

2023 | January - April

Leisure Ledger



Raleigh
Parks

Online Registration Starts
November 29, 2022

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.

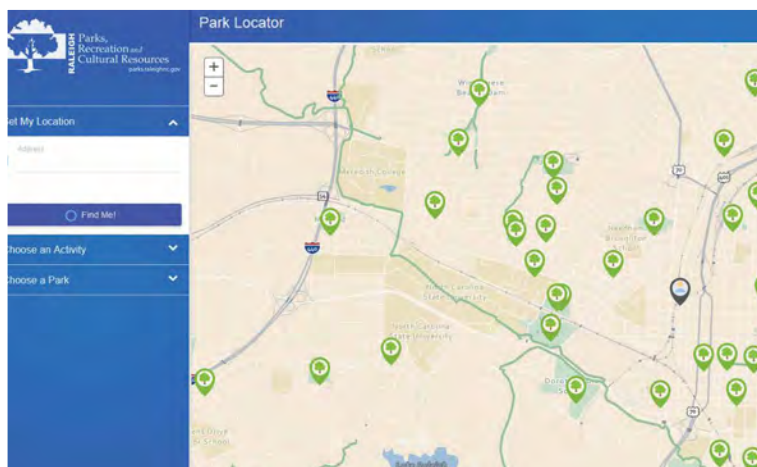
Raleigh Parks, Recreation and Cultural Resources Department boasts over 200 parks including features like amusements, art centers, athletic facilities, community centers, lakes, nature preserves, off-leash dog parks, playgrounds, swimming pools, historic homes, and open spaces. With innovative programs 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 104 courts, dive into one of 8 pools, explore over 100 miles of paved greenway, or simply enjoy a picnic in the park, we hope you take time to discover YOUR Raleigh Parks, Recreation and Cultural Resources Department!

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)



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



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BAUER



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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
Gregory Etheridge
Van Fletcher
Lex Janes
Christina Jones
Rashawn King
Carol Love
Malay Patel
Chris Pereira
Marsha Presnell Jennette
Lindsay Saunders
Kara Strang
Dave Toms

**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: David Clegg
Vice Chair: Patty Williams
Nada Eshmaeel
Toni Gadsden
Moses T Alexander Greene
Pam Hartley
Judy Payne
Angela Salamanca
Mary Silver
Isabel Villa-Garcia
Billy Warden
Carl Wilkins

Management Team

Director:
Stephen Bentley
Assistant Director:
Ken Hisler
Administration Superintendent:
Helene McCullough

Historic Resources and Museum Program Advisory Board

Clare Bass
Fred Belledin
Jannette Coleridge-Taylor
Sally Greaser
Esther Hall
Holmes Harden
Matt Hobbs
Alicia McGill
Joe Mobley
Sam Mordecai
Edna Rich-Ballentine
Stephen Rabin
Jennifer Wagner, 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: Linda Dallas
Vice Chair: Angela Lombardi
Lincoln Hancock
Vershae Hite
Derek Ham
Phillip Jefferson
Jackie Turner

Financial Assistance

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



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".

Special Events



JANUARY

John Chavis Memorial Park presents King Day: A Celebration of Dr. Martin Luther King, Jr.

All ages. John Chavis Memorial Park presents *King Day: A Celebration of Dr. Martin Luther King, Jr.* on January 16, 2023, from 12:00-3:00pm. This event will celebrate Dr. King's life through service, children's activities, and more!

John Chavis Community Center

Jan 16 M 12:00-3:00pm

Lunar New Year Celebration

Come and celebrate Lunar New Year with us at Lake Lynn Community Center! It's fun for the whole family as you enjoy games, crafts, and the famous Lion Dance! Featuring performances and demonstrations by Wah Lum Kung Fu of Raleigh and special partners. There will be a food truck on site with some delectable delights available for purchase. This event is brought to you by the Cultural Outreach and Enrichment (COE) Program, Wah Lum Kung Fu of Raleigh, and Lake Lynn Community Center. Pre-registration is encouraged but not required.

Lake Lynn Community Center

Jan 22 Su 2:00-4:00pm

FEBRUARY

Get Moving at Chavis

Walk and Groove at Chavis Indoor Track. Get moving to your favorite old school tunes!

John Chavis Community Center

Feb 1 W 10:00am-9:00pm

African American Cinema: Family Movie Night

Participants will watch a film by an African American director. Popcorn and refreshments will be served.

John Chavis Community Center

Feb 3 F 6:30-8:30pm

Black History Trivia

Gather your friends and compete to be the best black history historians on the block! On MLK' block that is! You will team up with friends and neighbors and test your knowledge on everything black history. Raleigh black history guaranteed! All participants will leave with a prize!

John Chavis Community Center

Feb 7 Tu 7:00-9:00pm

Kids Black History Storytime and Crafts:

Spotlight on Musicians

Kids will listen to empowering stories of black history through music that encourages, motivates, and uplifts. Participants will also have the opportunity to make a craft of their experience.

John Chavis Community Center

Feb 8 W 5:00-7:00pm

African American Genealogy

Join us in learning how you can connect to the past through genealogy.

John Chavis Community Center

Feb 9 Th 6:00-8:00pm

Spotlight on an African American Artist: Tots Storytime & Crafts

Bring out your toddler's inner artist with story time and crafts where they will learn about an African American painter.

John Chavis Community Center

Feb 15 W 10:30-11:30am

Black Inventor's Workshop for Kids

Did you know that the stoplight, the IBM personal computer, and elevator doors were all invented or co-invented by African Americans? Discover the unique and innovative inventions and amazing accomplishments of African Americans. Participants will use their imagination at the end to create their own inventions.

John Chavis Community Center

Feb 18 Sa 11:00am-1:00pm

Mardi Gras at Chavis!

Come experience the festivities of Mardi Gras at John Chavis Memorial Park! We will have food trucks, music, and fun for all ages! Other activities include mask making and a bead giveaway.

John Chavis Community Center

Feb 21 Tu 4:00-7:00pm

Black History: Share Your Story

We stand on the shoulders of many. Not all African American pioneers made the history book. This is your opportunity to share your personal story of a notable African American that has had an influence your life.

John Chavis Community Center

Feb 23 Th 6:30-8:30pm

Minority Food Truck Pop-Up

This pop-up food truck event features minority food truck owners. Food will be available for purchase. Weather permitting only.

John Chavis Community Center

Feb 26 Su 1:00-5:00pm

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Special Events (continued)



MARCH

Instructor Hiring Blitz

Age: 18-99 yrs. Do you have a special skill that you'd like to share with your community? Have you always wanted to get your foot in the door with Raleigh Parks, Recreation and Cultural Resources Department? Have you dreamt of giving back to your community? Are you passionate about recreation? Visit Marsh Creek Community Center on March 3rd anytime between the hours of 8:00am and 8:00pm to meet with the Center Director to take a tour of the facility, view equipment/supplies, and propose your idea for a class. No need to schedule an appointment – this will be a drop in session and it should take around 30 minutes. If you're unable to make it during this time, contact Jamie Quinn at Jamie.Quinn@raleighnc.gov to come up with another time to meet. If you're looking for inspiration, we'd love to hear your idea for a class in any of these areas: adult art, youth sport, group fitness, educational, socialization, dance, or the list goes on! Think of your dream class and come in to 'upitch' it!

Marsh Creek Community Center

Mar 3 F 9:00am-7:00pm

End of Winter Family Sock-Hop

Join us in the gym for a super cool dance party the entire family will enjoy! Activities will include music, games and more! Chavis is where it is at!

John Chavis Community Center

Mar 24 F 6:00-9:00pm

EGG HUNT EVENTS

EGG-splore your local community center this Spring for a fun-filled EGG-citing adventure to celebrate the season. Contact the location to find out more about the EGG-cellent events that are planned. It will be an EGG-ceptional experience for all to enjoy! Locations listed below:

Abbotts Creek Community Center
Carolina Pines Community Center
Kiwanis Neighborhood Center
Marsh Creek Community Center

Brier Creek Community Center
Chavis Community Center
Lions Park Community Center
Roberts Park Community Center



APRIL

Spring Garden Party

Spring is in the air! Chavis invites you to celebrate spring with cheerful activities that fuse art and music in a festive environment. All ages are welcome! Food trucks will be on site.

John Chavis Community Center

Apr 6 Th 4:30-7:30pm

CELEBRATE: Raleigh History Month

Ever wondered about the history of your community? Join at JCMP for a day filled with history, art and games which recognize and honor the outstanding legacies of Raleigh's finest citizens. History begins with you. See you at Chavis!

John Chavis Community Center

Apr 22 Sa 11:00am-2:00pm

Aquatics

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

Admission Fees

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

All Pools

(with the exception of Buffalo Road Aquatic Center)

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

Buffalo Road Aquatic Center

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

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
1-12 years	\$120	\$180
13-54 years	\$240	\$420
55 and older	\$180	\$300

The aquatics program offers a variety of programs at pools across the City of Raleigh. Please visit relink.raleighnc.gov or contact one of the aquatic facilities for detailed information on class availability at each location.

Aquatics Lessons

Preschool

Parent & Child Aquatics Level 1

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.

Parent & Child Aquatics Level 2

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.

Preschool Aquatics Level 1

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.

Preschool Aquatics Level 2

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.

Preschool Aquatics Level 3

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.

Youth

Intra City Swim Team

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

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Aquatic Swim Lessons

Private swim lessons and stroke development are offered at Buffalo Road Aquatic Center, Millbrook Pool, Optimist Pool, and Pullen Aquatic Center. Private lessons are offered at times when group lessons are not being conducted and based on instructor availability. Contact the aquatic center for information on requesting private swim lessons.

Private Lesson - Single: \$32

Private Lesson - Package: \$110

Aquatic Water Exercise Membership

Senior Resident: \$32

Adult Resident: \$40

Senior Non-Resident: \$44

Adult Non-Resident: \$52

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

Drop-In Rates

Drop-in rates are available for single classes.

Senior Resident: \$6

Adult Resident: \$8

Senior Non-Resident: \$7

Adult Non-Resident: \$9



Intra City Swim Team

Age: 11-18 yrs. Experience competitive swimming in a fun, enjoyable and relaxed environment. Prerequisite: Participants must be able to swim 25 yards unassisted.

Buffaloe Road Aquatic Center - Buffaloe Blue Whales

Age 11-18

Mar 13-May 2 M&W 4:00-4:45pm Fee: \$52

Age 3-10

Mar 13-May 2 M&W 5:00-5:45pm Fee: \$52

Age 3-18

Mar 13-May 2 M&W 6:00-6:45pm Fee: \$52

Millbrook Pool - Millbrook Marlins

Age 3-10

Feb 14-May 2 Tu&Th 6:00-6:45pm Fee: \$82

Age 11-18

Feb 14-May 2 Tu&Th 7:00-7:45pm Fee: \$82

Optimist Pool - Optimist Otters

Age 3-10

Feb 13-May 1 M&W 6:00-6:45pm Fee: \$82

Age 11-18

Feb 13-May 1 M&W 7:00-7:45pm Fee: \$82

Pullen Aquatic Center - Pullen Pirates

Age 3-10

Feb 13-May 1 M&W 6:00-6:45pm Fee: \$82

Age 11-18

Feb 13-May 1 M&W 7:00-7:45pm Fee: \$82

Swim Lesson - Level 1

Intro Water Skills

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.

Swim Lesson - Level 2
Fundamental Skills

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.

Swim Lesson - Level 3
Stroke Development

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.

Swim Lesson - Level 4
Stroke Improvement

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.

Swim Lesson - Level 5
Stroke Refinement

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.

Adult

Adult Learning the Basics Swim Class

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.

Adult Refining Swim Strokes Class

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.

Water Exercise

Intensity Scale for all classes

Level 1-2: Low intensity

Level 3: Moderate intensity

Level 4-5: High intensity

Deep Water Classes
(exercise belts provided)

Intervals (Level 3-4) Combination of high- and low-intensity exercises.

Power Hour (Level 4-5)

Quick, continuous, and powerful aerobic movements for the overall body workout with no impact for the advanced exerciser.

Shallow Water Classes
Ai-Chi/Aqua Moves (Level 1-2)

Exercises focus on building strength, encouraging flexibility, and improving balance and gait. Ai-Chi is a combination of deep breathing and slow broad movements using nineteen postures balancing the whole body, invite awareness, relaxation and tranquility.

Advanced Pool-Pilates (Level 1-2)

A more advance version of the intro class with more intense level of exercises for flexibility and control of the body.

Intro Pool-Pilates (Level 1-2)

This non-impact exercise routine improves flexibility, builds strength, and develops control and endurance. Alignment, breathing, developing a strong core, and improving coordination and balance are the emphasis.

Hydro-fusion (Level 2-4)

This class offers a variety of continuous exercises to gain muscular strength, coordination, and cardiovascular endurance.

Join-T Class (Level 1-2)

This class is designed for people with arthritis, fibromyalgia, or other conditions that would benefit from range-of-motion exercises.

Range of Motion+ (Level 1-2)

The focus of this class is on all muscle groups and joints of the body with a target of strengthening and lengthening.



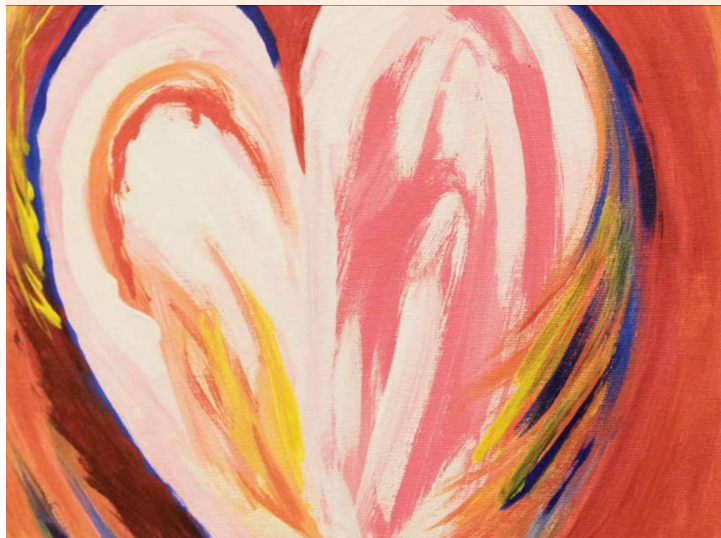
Raleigh Arts

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

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

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

Facebook: @OfficeofRaleighArts
 Instagram: @Raleigh_Arts
 Twitter: @RaleighArts



Pullen Arts Center

105 Pullen Road Raleigh, NC 27607, (919)996-6126

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.

Pullen Arts Center's Gallery Exhibits

November 2022 – January 2023

Closing Reception: Saturday, January 21, 2:30-4:30pm

Tammy Kaufman	Karen Rose
Ruth Little	Galina Stockstill
Lori Patterson	

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 Arts Center is a hub of community creativity, offering classes in painting, drawing, sewing & fiber arts, printmaking, jewelry, glass fusing, pottery, music, dance and fitness. Sertoma's programming serves all ages, all abilities, and all levels of art experience. Memberships are available to those qualified students wishing to continue their artistic journey by working independently in our studios. Located in beautiful Shelley Lake Park, Sertoma provides the perfect location for creativity in a natural setting. Visitors are welcome to borrow an art pack to create their own work of art in the park. Gallery displays of local artist's work are shown throughout the center all year long. Want to host an event surrounded by creativity? Our large room is available for facility rentals such as parties, weddings, and more. Learn more at www.raleighnc.gov/arts. Questions? Email sertomaartscenter@raleighnc.gov.

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

Raleigh Room, Display Cases and Hall Gallery:

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

Sertoma Arts Center's Gallery Exhibits

January/February

Raleigh Room: Mountains to Sea Trail of North Carolina Group Exhibit featuring Karen Rose, Autumn Cobeland, Katie Podracky, Caitlin Cary, Helen Crouse & Sara Roberts

Hall Gallery: Cheryl McCardle & Marybeth Bradbury

Display Cases: Pamela Reading & Levi Yakubu

March

Raleigh Room: Eduardo Lapetina

Hall Gallery: Around Health's Day Program for People with Disabilities

Display Cases: Pamela Reading & Julie Terwelp

April

All Gallery Spaces: Sertoma Park Artists Association Annual Exhibit



Preschool

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 story time and make arts and crafts projects at each adventure. Parent participation is required. Class length is four weeks, with a makeup class, if needed, added the week following the scheduled end of the session. Instructor: Maureen Seltzer.

Optimist Community Center – Course Fee: \$37

Jan 4-Jan 25	W	10:30-11:15am
Feb 8-Mar 1	W	10:30-11:15am
Mar 15-Apr 5	W	10:30-11:15am

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 – Course Fee: \$37

Ages 4-5

Jan 3-Jan 24	Tu	10:15-11:00am
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Ages 2-3

Jan 4-Jan 25	W	10:15-11:00am
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Ages 2-3

Mar 1-Mar 22	W	10:15-11:00am
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Ages 2-3

Feb 1-Feb 22	W	10:15-11:00am
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Ages 2-3

Apr 5-Apr 26	W	10:15-11:00am
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Ages 4-5

Feb 7-Feb 28	Tu	10:15-11:00am
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Ages 4-5

Mar 7-Mar 28	Tu	10:15-11:00am
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Ages 4-5

Apr 4-Apr 25	Tu	10:15-11:00am
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Ballet/Tap Basic Tinies at Greystone

Age: 2-3 yrs. Enroll your budding ballet/tap dancers in Ballet and Tap 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. Gabbie.

Greystone Recreation Center – Course Fee: \$41

Jan 5-Jan 26	Th	11:00-11:45am
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Feb 2-Feb 23	Th	11:00-11:45am
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Mar 2-Mar 23	Th	11:00-11:45am
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Apr 6-Apr 27	Th	11:00-11:45am
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Ballet/Tap Basics at Greystone

Age: 3-5 yrs. Enroll your budding ballet/tap dancers in Ballet and Tap 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. Gabbie.

Greystone Recreation Center – Course Fee: \$41

Jan 5-Jan 26	Th	10:15-11:00am
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Feb 2-Feb 23	Th	10:15-11:00am
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Mar 2-Mar 23	Th	10:15-11:00am
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Apr 6-Apr 27	Th	10:15-11:00am
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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

Jan 27-Feb 12, 2023

Blood Wedding

Folk Tragedy

Mar 17-26, 2023

(Apr 1 - Sensory Friendly)

Fancy Nancy: The Musical

Musical

May 5-21, 2023

(May 20 - Sensory Friendly)

My Wonderful Birthday Suit

Young Audiences

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

Butterfly Ballerina's

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

Hill Street Neighborhood Center – Course Fee: \$26

Jan 10-Jan 31	Tu	4:45-5:15pm
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Feb 7-Feb 28	Tu	4:45-5:15pm
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Mar 7-Mar 28	Tu	4:45-5:15pm
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Apr 4-Apr 25	Tu	4:45-5:15pm
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Crafts for Kids

Age: 3-5 yrs. During this course, your kids will learn to explore their imagination. This class will include seasonal, holiday, and other themed crafts. Get your glue sticks and glitter ready - it's time for some crafty fun!

Marsh Creek Community Center – Course Fee: \$10

Jan 3	Tu	9:00-10:00am
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Feb 7	Tu	9:00-10:00am
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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 – Course Fee: \$36

Jan 10-Jan 31	Tu	5:15-6:15pm
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Feb 7-Feb 28	Tu	5:15-6:15pm
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Mar 7-Mar 28	Tu	5:15-6:15pm
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Apr 4-Apr 25	Tu	5:15-6:15pm
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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

Feb 16-26, 2023

Forbidden Broadway

Apr 13-23, 2023

Inherit The Wind

Jun 8-18

Raleigh

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

Happy Hearts

Age: 3-5 yrs. Love is in the air! Would you like to give your Valentine a handmade gift? Join us at Abbotts Creek for an exciting morning of cards and other fun crafts. Pre-registration required.

Abbotts Creek Community Center – Course Fee: \$7

Feb 13	M	10:00-10:45am
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JCMP Storytime/Art

Ages 2-6 yrs. Calling all toddlers! Come join us at JCMP for a story and craft. Toddlers will listen to a story and create a unique craft to take home!

John Chavis Community Center

Jan 4-Apr 26	W	10:30-11:30am
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Lucky Leprechauns

Age: 3-5 yrs. Is there gold at the end of the rainbow? Can you help us find A four-leaf clover? Follow the rainbow to Abbotts Creek for a fun morning of crafts and fun. Pre-registration required.

Abbotts Creek Community Center – Course Fee: \$7

Mar 17	M	10:00-10:45am
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Papermaking - Love and Hearts

Age: 3-4 yrs. Join us in making your very own handmade paper valentines with custom shapes. Supplies included. 1 session. Instructor: Sarah Ann Austin.

Sertoma Arts Center – Course Fee: \$41

Feb 4	Sa	2:30-4:30pm
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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. 6 sessions. Instructor: Michelle Davis Petelinz.

Sertoma Arts Center – Course Fee: \$66

Jan 12-Feb 16	Th	9:30-10:15am
Mar 9-Apr 13	Th	9:30-10:15am

Preschool - Petite Picassos

Age: 3-4 yrs. Classes will encourage children to create unique works of art as we explore different painting and craft techniques. Each week, we'll read a new book that will inspire our projects. The classes provide preschool prep with a focus on student independence. No parent/guardian participation. Supplies included. 6 sessions. Instructor: Michelle Davis Petelinz.

Sertoma Arts Center – Course Fee: \$76

Jan 10-Feb 14	Tu	1:00-2:00pm
Mar 7-Apr 11	Tu	1:00-2:00pm

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. No parent/guardian participation. Supplies included.

6 sessions. Instructor: Michelle Davis Petelinz.

Sertoma Arts Center – Course Fee: \$76

Jan 12-Feb 16	Th	11:00am-12:00pm
Mar 9-Apr 13	Th	11:00am-12:00pm

Suzuki Music for Babies

Age: 0-3 yrs. In this interactive music class for parent and child (birth to age 3), parents enjoy watching their babies develop rhythm, melodic awareness, memory and movement. Through activities such as singing, dancing and story time, children learn self-control, sharing, independence and listening skills. A home CD and booklet (one-time purchase from instructor) reinforce class songs and activities. For the most rewarding experience, start early (age 1 or younger) and repeat as often as you wish. Caregiver does not enroll.

Instructor: Jeanne Beegle

Greystone Recreation Center – Course Fee: \$56

Jan 4-Feb 8	W	10:00-10:50am
Mar 1-Apr 5	W	10:00-10:50am

Twinkle Stars Ballet and Tap

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

Lake Lynn Community Center – Course Fee: \$41

Jan 7-Jan 28	Sa	9:15-10:00am
Feb 4-Feb 25	Sa	9:15-10:00am
Mar 4-Mar 25	Sa	9:15-10:00am
Apr 1-Apr 29	Sa	9:15-10:00am

Full Session Option – Course Fee: \$151

Jan 7-Apr 29	Sa	9:15-10:00am
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Young Artists at Worthdale

Age: 3-4 yrs. Spark your child's inner artist in our cheerful and interactive art program. Our children classes focus on honing essential art skills that will boost their future artistic endeavors. We make sure that your child develops confidence and pride in every masterpiece that they bring into life!

Worthdale Community Center – Course Fee: \$21

Jan 2-Jan 30	M	11:00am-12:00pm
Feb 6-Feb 27	M	11:00am-12:00pm
Mar 6-Mar 27	M	11:00am-12:00pm
Apr 3-Apr 24	M	11:00am-12:00pm

Youth Pottery - Intergeneration Clay Exploration: Hands & Hearts

Age: 3-4 yrs. Bring your curiosity and the child in your life to Pullen Arts Center for a special cooperative art-making experience! Learn a little about working with clay while learning even more about your child and the creative process. Participants will make a "nesting" set of hand-shaped vessels (one big, one little!) and a heart-shaped pinch pot of two...perfect for a keepsake or gift to someone you love. Pieces will be left for firing and available for pickup two weeks after the class. The class fee includes one adult and one child; please register child only. All supplies included. Instructor: Emily Malpass (1 session)

Pullen Arts Center – Course Fee: \$21

Jan 29	Su	12:15-1:30pm
Jan 29	Su	2:00-3:15pm

Youth Pottery - Intergeneration Clay Exploration: Plant Friendly

Age: 3-4 yrs. Bring your curiosity and the child in your life to Pullen Arts Center for a special cooperative art-making experience! Learn a little about working with clay while learning even more about your child and the creative process. Participants will make miniature handbuilt vessels you can use as planters and vases at home or gift to a loved one for Earth Day! Pieces will be left for firing and available for pickup two weeks after the class. The class fee includes one adult and one child; please register child only. All supplies included. Instructor: Emily Malpass (1 session)

Pullen Arts Center – Course Fee: \$21

Apr 16	Su	12:15-1:30pm
Apr 16	Su	2:00-3:15pm



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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 – Course Fee: \$44

Jan 7-Jan 28	Sa	11:00-11:45am
Feb 4-Feb 25	Sa	11:00-11:45am
Mar 4-Mar 25	Sa	11:00-11:45am
Apr 1-Apr 29	Sa	11:00-11:45am

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. 6 sessions. Instructor: Michelle Davis Petelinz.

Sertoma Arts Center – Course Fee: \$101

Jan 10-Feb 14	Tu	4:00-6:00pm
Mar 7-Apr 11	Tu	4:00-6:00pm

Art - Game Creators

Age: 7-11 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. 6 sessions. Instructor: Michelle Davis Petelinz.

Sertoma Arts Center – Course Fee: \$101

Jan 11-Feb 15	W	4:00-6:00pm
Mar 8-Apr 12	W	4:00-6:00pm

Art for Kids!

Age: 6-12 yrs. With the guidance of a professional art instructor, young artists can come and enjoy fun art classes created for ages 6-12. Children will explore all types of mediums, learn techniques, and experiment with their creative minds. Within the one hour class, your young artist will create an amazing art piece to keep and take home to show to family!

Marsh Creek Community Center – Course Fee: \$41

Jan 7-Jan 28	Sa	10:00-11:00am
Feb 4-Feb 25	Sa	10:00-11:00am
Mar 4-Mar 25	Sa	10:00-11:00am
Apr 1-Apr 29	Sa	10:00-11:00am

Artistic Adventures

Age: 7-11 yrs. Delight your child's artistic side with instructor Ms. Coni who has taught art for over 30 years. We will awaken your child's creativity with fun and exciting painting techniques. Each month we will develop a new technique and experiment with a different delivery of paint. Children will create their very own masterpieces. Registration must be received 3 days prior to course start date.

Halifax Community Center – Course Fee: \$41

Feb 2-Feb 23	Th	4:00-5:00pm
Jan 5-Jan 26	Th	4:00-5:00pm
Mar 2-Mar 23	Th	4:00-5:00pm
Apr 6-Apr 27	Th	4:00-5:00pm

Ballet I

Age: 3-7 yrs. This is a continual program to allow children to build their skills. New students are welcome each month. Students will be introduced to the structure of a ballet class, basic ballet vocabulary, alignment and posture and the five positions of ballet, stressing the importance of proper posture. Traditional barre work, center work and combinations are included in all classes.

Students focus on building balance, strength, coordination and poise. Instructor Ms. E is the owner of Ethlyn Lassiter's Dance Ensemble.

Barwell Road Community Center – Course Fee: \$44

Jan 7-Jan 28	Sa	10:00-10:45am
Feb 4-Feb 25	Sa	10:00-10:45am
Mar 4-Mar 25	Sa	10:00-10:45am
Apr 1-Apr 29	Sa	10:00-10:45am

Ballet/Lyrical/Tap for Shooting Stars

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

Lake Lynn Community Center – Course Fee: \$41

Jan 7-Jan 28	Sa	12:15-1:00pm
Feb 4-Feb 25	Sa	12:15-1:00pm
Mar 4-Mar 25	Sa	12:15-1:00pm
Apr 1-Apr 29	Sa	12:15-1:00pm

Full Session Option – Course Fee: \$151

Jan 7-Apr 29	Sa	12:15-1:00pm
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Ballet/Tap for Mini Stars

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

Lake Lynn Community Center

Jan 7-Jan 28	Sa	10:15-11:00am	Fee: \$41
Feb 4-Feb 25	Sa	10:15-11:00am	Fee: \$41
Mar 4-Mar 25	Sa	10:15-11:00am	Fee: \$41
Apr 1-Apr 29	Sa	10:15-11:00am	Fee: \$41

Full Session Option

Jan 7-Apr 29	Sa	10:15-11:00am	Fee: \$151
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Ballet/Tap/Jazz Competition Team

Age: 5-13 yrs. There will be performances outside the studio and 3 competitions in which this class will compete (NC State Fair, Believe Competition and Showstopper Competition). Additional entry fee and costume costs will be required. Instructor Ms. Gabbie - No experience necessary.

Lake Lynn Community Center – Course Fee: \$51

Jan 7-Jan 28	Sa	1:15-2:00pm
Feb 4-Feb 25	Sa	1:15-2:00pm
Mar 4-Mar 25	Sa	1:15-2:00pm
Apr 1-Apr 29	Sa	1:15-2:00pm

Full Session Option – Course Fee: \$201

Jan 7-Apr 29	Sa	1:15-2:00pm
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Dance- Modern Dance

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

Barwell Road Community Center – Course Fee: \$44

Jan 7-Jan 28	Sa	1:00-1:45pm
Feb 4-Feb 25	Sa	1:00-1:45pm
Mar 4-Mar 25	Sa	1:00-1:45pm
Apr 1-Apr 29	Sa	1:00-1:45pm

Dancin' Feet

Age: 6-8 yrs. Your dancer will have tons of fun learning the basics of ballet, tap, and jazz. This class will help them develop balance, coordination, and self-confidence. All while learning basic technique, body positions and steps in each style of dance. Everything they learn will come together for an end of session performance for the parents to enjoy.

Hill Street Neighborhood Center – Course Fee: \$41

Jan 5-Jan 26	Th	5:30-6:30pm
Feb 2-Feb 23	Th	5:30-6:30pm
Mar 2-Mar 23	Th	5:30-6:30pm
Apr 6-Apr 27	Th	5:30-6:30pm

Homeschool & Afterschool Art Time

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

Instructor: Maureen Seltzer. THIS CLASS WILL NOT MEET ON NOV. 23

Optimist Community Center – Course Fee: \$48

Jan 4-Jan 25	W	1:30-3:00pm
Jan 4-Jan 25	W	4:30-6:00pm
Feb 8-Mar 1	W	1:30-3:00pm
Feb 8-Mar 1	W	4:30-6:00pm
Mar 15-Apr 5	W	1:30-3:00pm
Mar 15-Apr 5	W	4:30-6:00pm

Homeschool Art Time

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

Optimist Community Center – Course Fee: \$41

Jan 4-Jan 25	W	11:45am-12:45pm
Feb 8-Mar 1	W	11:45am-12:45pm
Mar 15-Apr 5	W	11:45am-12:45pm

It's Showtime Theater!

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

Lake Lynn Community Center – Course Fee: \$41

Jan 4-Jan 25	W	7:00-8:00pm
Feb 1-Feb 22	W	7:00-8:00pm
Mar 1-Mar 29	W	7:00-8:00pm
Apr 5-Apr 26	W	7:00-8:00pm

Full Session Option – Course Fee: \$161

Jan 4-Apr 26	W	7:00-8:00pm
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Jazzed to Jive

Age: 5-10 yrs. Leap, twirl, and Jazz Hands!! The first half of class will focus on ballet technique and choreography; in the second half, we will let our hair down and bust a move with Jazz and Hip Hop steps. Freestylin' freedom is encouraged in the "final bow" of each class. Instructor: Ms. Gabbie

Greystone Recreation Center

Jan 9-Jan 30	M	5:00-5:55pm	Fee: \$31
Feb 6-Feb 27	M	5:00-5:55pm	Fee: \$41
Mar 6-Mar 27	M	5:00-5:55pm	Fee: \$41
Apr 3-Apr 24	M	5:00-5:55pm	Fee: \$41

Jazzy Cheer-Hip Hop Fusion

Age: 6-13 yrs. This fun, high-energy class offers a mixture of cheerleading and hip-hop. So get those Poms Poms ready and learn to do some footwork with jazz hands! Please wear comfortable attire. Ages 6-13 years old. Instructed by Ms. Gabbie.

Lake Lynn Community Center – Course Fee: \$41

Jan 7-Jan 28	Sa	11:15am-12:00pm
Feb 4-Feb 25	Sa	11:15am-12:00pm
Mar 4-Mar 25	Sa	11:15am-12:00pm
Apr 1-Apr 29	Sa	11:15am-12:00pm

Full Session Option – Course Fee: \$151

Jan 7-Apr 29	Sa	11:15am-12:00pm
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JCMP April Shower Art

Age: yrs. Don't let the spring showers get you down! Turn that frown upside down by joining us at JCMP for a hour filled with arts and crafts. See you there!

John Chavis Community Center

Apr 13	Th	6:30-7:30pm
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JCMP Pre-School Dance

Age: yrs. Bring your little dancer to JCMP for a Friday dance party featuring all the kids greatest hits. We hope to see you there!

John Chavis Community Center

Apr 28	F	10:30am-12:00pm
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JCMP St. Patrick's Art

Age: yrs. It's your lucky day! Join us at JCMP for fun arts and crafts. Bring appropriate clothing so we can shamrock and roll!

John Chavis Community Center

Mar 9	Th	6:30-7:30pm
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JCMP Valentine's Art

Age: yrs. Love is in the air at JCMP, come create some lovely arts and crafts for someone special. Bring appropriate clothing and a full heart!

John Chavis Community Center

Feb 9	Th	6:30-7:30pm
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JCMP Winter Art

Age: yrs. Come to JCMP this January to create some un-burr-lieveable winter themed arts and crafts. Bring clothes that can get messy!

John Chavis Community Center

Jan 12	Th	6:30-7:30pm
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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. 16 sessions. Director: Ilse Mann.

Sertoma Arts Center

Full Session – Course Fee: \$191

Jan 5-Apr 27 Th 6:15-7:30pm

Half Session – Course Fee: \$96

Mar 2-Apr 27 Th 6:15-7:30pm

Papermaking - Design Your Valentines!

Age: 5-8 yrs. Join Sarah Ann, local maker and professional papermaker, in making one of a kind handmade paper valentines with custom designs your student creates and pigments. By using repurposed fibers and traditional Papermaking techniques they will be ready for their valentine exchange at school or with family and friends. One adult per child enrollment. Supplies included. 1 session. Instructor: Sarah Ann Austin.

Sertoma Arts Center – Course Fee: \$56

Feb 4 Sa 10:00am-1:00pm

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. 3 sessions. Instructor: Patty Merrell.

Sertoma Arts Center – Course Fee: \$61

Jan 12-Jan 26 Th 4:15-5:30pm

Pottery - Earth Day Ceramics

Age: 6-11 yrs. Celebrate Earth Day by creating Nature themed projects using slab handbuilding techniques. The first day of class, students will create ceramic works, and the second day they will decorate them with vibrant glazes. This class is a great way for kids to explore art! Supplies are included. Projects will be ready for pickup about 2 weeks after the last class. 2 sessions. Instructor: Ashley Bonner.

Sertoma Arts Center – Course Fee: \$46

Apr 22-Apr 29 Sa 1:00-3:30pm

Pottery - Funky Fungi

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

Supplies included. 2 sessions. Instructor: Patty Merrell.

Sertoma Arts Center – Course Fee: \$41

Apr 20-Apr 27 Th 4:15-5:30pm

Pottery - Garden Gnomes

Age: 6-11 yrs. Create a gnome friend for your garden using the slab handbuilding technique! The first day of class, students will create ceramic works, and the second day they will decorate them with vibrant glazes. This class is a great way for kids to explore art! Supplies are included. Projects will be ready for pickup about 2 weeks after the last class. 2 sessions. Instructor: Ashley Bonner.

Sertoma Arts Center – Course Fee: \$46

Mar 16-Mar 23 Th 4:30-6:00pm

Pottery - Kids Handbuilding Skills

Age: 5-8 yrs. Introduction to Handbuilding with clay. Create decorative and functional ceramic works using different techniques such as slab, coil and pinch techniques. Each day of class will have a different focus. The final class will be a glaze day, so don't miss it! This class is a great way for kids to explore art. Supplies included. Pottery will be ready for pick up 2 weeks after the last class. 4 sessions.

Sertoma Arts Center – Course Fee: \$61

Instructor: Ashley Bonner

Jan 10-Jan 31 Tu 4:30-5:30pm

Instructor: Patty Merrell

Feb 9-Mar 2 Th 4:30-5:30pm

Pottery - Mother's Day Gifts

Age: 5-8 yrs. Celebrate Mother's day by creating gifts for Mom using handbuilding techniques. The first day of class, students will create ceramic works, and the second day they will decorate them with vibrant glazes. This class is a great way for kids to explore art! Supplies are included. Projects will be ready for pickup about 2 weeks after the last class. 2 sessions. Instructor: Ashley Bonner.

Sertoma Arts Center – Course Fee: \$46

Apr 23-Apr 30 Su 1:30-3:00pm

Pottery - Something's Fishy

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

Sertoma Arts Center – Course Fee: \$41

Apr 17-Apr 24 M 4:15-5:30pm

Pottery - Spring Celebration

Age: 5-8 yrs. Celebrate Spring by creating themed projects using the slab handbuilding technique. The first day of class, students will create ceramic works, and the second day they will decorate them with vibrant glazes. This class is a great way for kids to explore art! Supplies are included. Projects will be ready for pickup about 2 weeks after the last class. 2 sessions. Instructor: Ashley Bonner.

Sertoma Arts Center – Course Fee: \$31

Mar 27-Apr 3 M 4:30-5:30pm

Pottery - Valentines Gift Making

Age: 6-11 yrs. Celebrate Valentine's day by creating heart themed gifts for friends and family using the slab handbuilding technique. The first day of class, students will create ceramic works, and the second day they will decorate them with vibrant glazes. This class is a great way for kids to explore art! Supplies are included. Projects will be ready for pickup about 2 weeks after the last class. 2 sessions. Instructor: Ashley Bonner.

Sertoma Arts Center – Course Fee: \$31

Jan 23-Jan 30 M 4:30-5:30pm

Pottery - Youth Handbuilding Skills

Age: 9-12 yrs. Introduction to handbuilding with clay. Create decorative and functional ceramic works using different techniques such as slab, coil, and pinch techniques. Each day of class will have a different focus. The final class will be a glaze day, so don't miss it! This class is a great way for youth to explore art! Supplies are included. Projects will be ready for pickup about 2 weeks after the last class. 4 sessions. Instructor: Ashley Bonner.

Sertoma Arts Center – Course Fee: \$86

Feb 28-Mar 21 Tu 4:30-6:00pm

Apr 5-Apr 26 W 4:30-6:00pm

Seasons of Art at Sanderford

Age: yrs. Season of Art at Sanderford is a fun time of doing projects to celebrate each holiday and season

Sanderford Road Neighborhood Center

Sweet Heart Valentine

Feb 9 Th 5:00-5:30pm

Shamrock Hat

Mar 16 Th 5:00-5:30pm

Spring Bunnies

Apr 6 Th 5:00-5:30pm

Shamrock Pointillism

Age: 3-10 yrs. Come celebrate St. Patrick's Day and learn the art of Pointillism at Lake Lynn Community Center. Participants will create canvas pointillism paintings of Shamrocks. The class is designed for drop in participation during the class times, however, pre-registration is required to help us prepare supplies.

Lake Lynn Community Center – Course Fee: \$10

Mar 15 W 2:00-4:00pm

Youth Mixed Media - Illustrated Envelopes

Age: 9-12 yrs. Create beautifully illustrated envelopes by hand! In this Valentine's Day workshop, youth will spend time designing and illustrating their own motifs and scenes on high-quality paper using drawing, stamping, and collage materials. They will then learn to cut and fold the paper into a special handmade envelope. Use the time in class to create one incredibly intricate envelope or a collection of simple envelopes - the choice is yours! There will be time at the end to decorate a corresponding note to put inside. And you can even take your envelope template home to make more in the future! All supplies included. Instructor: Jesse White (1 session)

Pullen Arts Center – Course Fee: \$46
Feb 5 Su 10:00am-12:30pm

Youth Painting - Faith Ringgold's Art Museum Visit

Age: 5-8 yrs. Art museums are fun places to explore. In this class, students will visit the Louvre Museum through the artist, Faith Ringgold's eyes. After exploring the Louvre students will create their own museum visit. All supplies included. Instructor: Pamela Cola (1 session)

Pullen Arts Center – Course Fee: \$31
Feb 4 Sa 10:00-11:30am

Youth Painting - Pattern & Color with Alma Thomas

Age: 5-8 yrs. In this class, youth will learn about the artist Alma Thomas and create an inspired by painting using patterns and vibrant colors. All supplies included. Instructor: Pamela Cola (1 session)

Pullen Arts Center – Course Fee: \$31
Mar 4 Sa 10:00-11:30am

Youth Pottery - Botanical Sculptures

Age: 9-12 yrs. In this workshop, youth potters will create botanical sculptures inspired by native botanicals. Pieces will be left for firing and available for pickup two weeks after the class. All supplies included. Instructor: Julia Einstein (1 session)

Pullen Arts Center – Course Fee: \$31
Mar 4 Sa 10:00-11:30am

Youth Pottery - Chia Pets

Age: 9-12 yrs. Make your very own chia pet! Each student will pinch, carve, and decorate a pair of creatures with matching dip trays. When students pick up their pieces, a grow kit with chia seeds and instructions will be provided to grow your chia pets at home. Pieces will be left for firing and available for pickup two weeks after the last class. All supplies included. Instructor: Kalee Calhoun (2 sessions)

Pullen Arts Center – Course Fee: \$51
Jan 21-Jan 28 Sa 1:00-4:00pm

Youth Pottery - Friendship Pendants

Age: 5-8 yrs. In this class, youth potters will make their own personalized pendants out of a slab of clay. Pendants will be designed to be split in half to share with a friend. Youth potters will explore using different textures and add color using underglazes. Pieces will be left for firing and available for pickup two weeks after the last class. All supplies included. Instructor: Sue Chegari (1 session)

Pullen Arts Center – Course Fee: \$26
Mar 26 Su 10:00-11:00am

Youth Pottery - Kinetic Clay Mobile

Age: 9-12 yrs. Let's be inspired by Alexander Calder and their kinetic (moveable) sculpture. In the first class, youth will cut out different shapes from a slab of clay and personalize them with texture and color. In the second class, youth will arrange their shapes and attach them to a metal ring to complete their mobile. All supplies included. Instructor: Sue Chegari (2 sessions)

Pullen Arts Center – Course Fee: \$46
Feb 19-Feb 26 Su 10:00-11:30am

Youth Pottery - Mixing Media: Ceramics & Drawing

Age: 5-8 yrs. In this workshop, youth potters will experiment with mixing media. Students will learn how to use drawing techniques in creating pottery. Pieces will be left for firing and available for pickup two weeks after the class. All supplies included. Instructor: Julia Einstein (1 session)

Pullen Arts Center – Course Fee: \$31
Apr 1 Sa 10:00-11:30am
Apr 15 Sa 10:00-11:30am

Youth Pottery - Mixing Media: Ceramics & Printmaking

Age: 9-12 yrs. In this workshop, youth potters will experiment with mixing media. Students will learn how to use printmaking techniques in creating pottery. Pieces will be left for firing and available for pickup two weeks after the class. All supplies included. Instructor: Julia Einstein (1 session)

Pullen Arts Center – Course Fee: \$31
Feb 4 Sa 10:00-11:30am

Youth Pottery - MLK Kindness Coins

Age: 5-8 yrs. In honor of Martin Luther King Jr.'s birthday, youth will create multiple clay coins decorating them with positive imagery and text and adding color using underglazes. When they are complete you can share your kindness coins with friends and family. Pieces will be left for firing and available for pickup two weeks after the last class. All supplies included. Instructor: Sue Chegari (1 session)

Pullen Arts Center – Course Fee: \$31
Jan 15 Su 10:00-11:30am

Youth Pottery - Silhouettes

Age: 10-12 yrs. In this class, youth will create a self-portrait silhouette. Youth will learn to use the slab roller, how to apply different kinds of attachments, and add texture and underglazes to create a personalized silhouette that expresses their unique personality. Pieces will be left for firing and available for pickup two weeks after the last class. All supplies included. Instructor: Mary Parker (2 sessions)

Pullen Arts Center – Course Fee: \$61
Feb 1-Feb 8 W 5:00-7:00pm

Youth Pottery - Silly Snail Pots

Age: 5-8 yrs. In this class, youth potters will learn how to create silly snail pots from a coil of clay and a pinch pot. Pieces will be left for firing and available for pickup two weeks after the last class. All supplies included. Instructor: Sue Chegari (1 session)

Pullen Arts Center – Course Fee: \$26
Apr 30 Su 10:00-11:00am

Youth Printmaking - Simple Japanese Notans

Age: 11-14 yrs. Notan is a simple term that means the relationship between light and dark shapes. Youth will first create images using black and white paper and then transfer their image to a linoleum block which will then be cut and printed. All supplies included. Instructor: Susan Soper (1 session)

Pullen Arts Center – Course Fee: \$46
Feb 18 Sa 10:00am-1:00pm

Youth Printmaking - Simple Tessellations

Age: 11-14 yrs. Tessellations are created when a shape is printed over and over again to create a colorful pattern. Patterns will be explored through hand printmaking. Your own drawings will personalize your tessellations with white line etching. All supplies included. Instructor: Susan Soper (1 session)

Pullen Arts Center – Course Fee: \$46
Feb 18 Sa 2:00-4:00pm

Teen

Bookmaking and Cyanotypes

Age: 10-16 yrs. Students will learn how to make one of a kind images and then turn some of those images into a handmade book displaying their works. Cyanotype is a historical photographic process that involves painting a paper surface with a light sensitive solution. We'll work on cyanotypes in the morning, have a break for lunch, and then work on bookmaking in the afternoon. Students will need to bring two reused glass jars with lids as well as two brown empty and clean glass bottles. All other supplies included. 1 session. Instructor: Sarah Ann Austin.

Sertoma Arts Center – Course Fee: \$136
Mar 7 Tu 9:00am-5:00pm

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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. 6 sessions. Instructor: Anne Terry.
Sertoma Arts Center – Course Fee: \$91
 Jan 9-Feb 20 M 4:30-6:00pm
 Mar 13-Apr 17 M 4:30-6:00pm

Hip Hop For Teens

Age: 13-18 yrs. Students will learn more advanced routines and tricks from the younger ages in this funky class! The class will show techniques of isolating body parts and sliding like M.J. Please wear comfortable attire. Instructed by Ms. Gabbie.
Lake Lynn Community Center – Course Fee: \$49
 Jan 5-Jan 26 Th 7:30-8:15pm
 Feb 2-Feb 23 Th 7:30-8:15pm
 Mar 2-Mar 30 Th 7:30-8:15pm
 Apr 6-Apr 27 Th 7:30-8:15pm
Full Session Option – Course Fee: \$193
 Jan 5-Apr 27 Th 7:30-8:15pm

Mixed Media - Optical Art for Beginners

Age: 13-16 yrs. Learn all about Optical Art! Students will create optical illusions using lines, color, and movement. Supplies included. 6 sessions. Instructor: Sarah Clover.
Sertoma Arts Center – Course Fee: \$101
 Jan 10-Feb 14 Tu 4:00-6:00pm
 Mar 14-Apr 18 Tu 4:00-6:00pm

Pottery - Earth Day: Textures in Clay

Age: 12-16 yrs. Celebrate Earth Day by creating nature themed projects using handbuilding techniques. The first day of class, students will create ceramic works, and the second day they will decorate them with vibrant glazes. This class is a great way for teens to explore art! Supplies are included. Projects will be ready for pickup about 2 weeks after the last class. 2 sessions. Instructor: Ashley Bonner.
Sertoma Arts Center – Course Fee: \$46
 Apr 18-Apr 25 Tu 4:30-6:00pm

Pottery - Hands On History

Age: 12-16 yrs. Celebrate Black History month and Women's History month with this Artist focused Art History class. We will be looking into BIPOC and Women Artists, a bit of their personal histories, and the work that they create. Students will then create their own ceramic artworks inspired or encouraged by the artists they feel most interested in. The class will be divided into lecture and studio times. Artists Featured will include practicing and past artists. Students will be encouraged to do their own research between classes and are welcome to bring their own reference photos. Supplies included. 6 sessions. Instructor: Ashley Bonner.
Sertoma Arts Center – Course Fee: \$121
 Feb 15-Mar 22 W 4:30-6:00pm

Pottery - Teen Handbuilding

Age: 12-16 yrs. Introduction to handbuilding with clay. Create decorative and functional ceramic works using different techniques such as slab, coil, and pinch techniques. Each day of class will have a different focus. The final class will be a glaze day, so don't miss it! This class is a great way for Teens in middle and high school to explore art! Supplies are included. Projects will be ready for pickup about 2 weeks after the last class. 4 sessions. Instructor: Ashley Bonner.
Sertoma Arts Center – Course Fee: \$86
 Jan 11-Feb 1 W 4:30-6:00pm

Pottery - Wheel Throwing for Teens

Age: 12-16 yrs. Teens learn the basics of throwing pots on the potter's wheel. Class time includes throwing demonstrations followed by practice time on the wheel. Students work at their own level, so all teens are welcome! Class ends with glazing all pots for firing. Pottery will be ready for pick-up two weeks after class is over. Supplies included. 6 sessions. Instructor: Anne Terry.
Sertoma Arts Center – Course Fee: \$136
 Jan 12-Feb 16 Th 4:00-6:30pm
 Mar 9-Apr 13 Th 4:00-6:30pm

Teen - Mixed Media Experimentation

Age: 13-17 yrs. In this class teens will focus on a different mixed media technique each week, learning new skills and new ways to create texture and depth in compositions. Teens will experiment with resists, mark-making, transfers, stencils, and printmaking. At the end of the class, teens will create layered collages from their experiments. Students are encouraged to bring in source materials to work with including but not limited to photographs, magazines, papers, fabric, and sketches that tell a personal narrative. All supplies included. Instructor: Joanna Moody (6 sessions)
Pullen Arts Center – Course Fee: \$96
 Feb 1-Mar 8 W 6:00-8:00pm

Teen Ballet / Lyrical

Age: 13-18 yrs. This class for ages 13-18 offers a mixture of ballet and lyrical with more mature technique. Wear pink or white tights, black or pink leotard and ballet slippers. Instructed by Ms. Gabbie.
Lake Lynn Community Center – Course Fee: \$49
 Jan 5-Jan 26 Th 6:30-7:15pm
 Feb 2-Feb 23 Th 6:30-7:15pm
 Mar 2-Mar 30 Th 6:30-7:15pm
 Apr 6-Apr 27 Th 6:30-7:15pm
Full Session Option – Course Fee: \$193
 Sep 8-Dec 22 Th 6:30-7:15pm

Teen Drawing - Anime Art

Age: 13-16 yrs. Do you love anime? Have you always wanted to take your drawings to the next level? Work to uncover your hidden talents as you gather inspiration from your favorite anime artists and create your own portfolio of characters. All supplies included. Instructor: David Anyanwu (4 sessions)

Pullen Arts Center – Course Fee: \$76

Feb 2-Feb 23	Th	5:00-7:00pm
Mar 2-Mar 23	Th	5:00-7:00pm
Apr 6-Apr 27	Th	5:00-7:00pm

Teen Jewelry - Beginning Metals

Age: 13-17 yrs. Learn your way around the Jewelry Studio at Pullen Arts Center in this introductory class. Design and construct earrings, pins, pendants, charms, or other small objects, and tokens in this basic metalworking class. Teens will learn how to saw, drill, file, hammer, and texture metal before joining it with rivets, and solder to create individual projects. All supplies included. Instructor: Naidi Kowalczyk (6 sessions)
Pullen Arts Center – Course Fee: \$141
 Jan 26-Mar 2 Th 5:00-7:30pm
 Mar 16-Apr 27 Th 5:00-7:30pm

Teen Jewelry - Colorful Enamel Jewelry

Age: 13-17 yrs. Looking to get creative on your day off from school? In this make and take class, teens will learn beginning jewelry techniques and the basics of enameling to create a colorfully creative pendant. All supplies included. Instructor: Sarah West (1 session)
Pullen Arts Center – Course Fee: \$46
 Mar 7 Tu 9:00am-12:00pm

Teen Jewelry - Riveted Bookmark

Age: 13-17 yrs. Join us for Spring break in the Jewelry Studio! Teens will create a fun way to save their place in their favorite read. Using metal, a jeweler's saw, hammers, texturing stamps, and wire each student will leave with a beautifully textured and riveted bookmark. All supplies included. Instructor: Naidi Kowalczyk (4 sessions)
Pullen Arts Center – Course Fee: \$101
 Apr 3-Apr 6 M-Th 9:00am-12:00pm

Teen Jewelry - Telling a Story on Metal

Age: 13-17 yrs. With stamping, hammering, and other texturizing techniques teens will tell a story on a sheet of metal that can be turned into jewelry or a decorative item. All supplies included. Instructor: Amy Veatch (4 sessions)
Pullen Arts Center – Course Fee: \$91
 Mar 1-Mar 22 W 4:30-7:00pm

Teen Jewelry - Textured & Twisted Bangle Bracelets

Age: 13-17 yrs. Looking to get creative on your day off from school? In this fun make and take class, teens 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. All supplies included. Instructor: Sarah West (1 session)
Pullen Arts Center – Course Fee: \$46
 Mar 7 Tu 1:00-4:00pm

Teen Jewelry - Wire Wrapped Enamel Rings

Age: 13-17 yrs. In this workshop, teens will learn the basics of kiln-fired enameling while creating wire wrapped sterling silver rings. All supplies included. Instructor: Ndi Kowalczyk (1 session)

Pullen Arts Center – Course Fee: \$51
Feb 4 Sa 10:00am-1:00pm

Teen Mixed Media - Illustrated Envelopes

Age: 13-17 yrs. Create beautifully illustrated envelopes by hand! In this Valentine's Day workshop, youth will spend time designing and illustrating their own motifs and scenes on high-quality paper using drawing, stamping, and collage materials. They will then learn to cut and fold the paper into a special handmade envelope. Use the time in class to create one incredibly intricate envelope or a collection of simple envelopes - the choice is yours! There will be time at the end to decorate a corresponding note to put inside. And you can even take your envelope template home to make more in the future! All supplies included. Instructor: Jesse White (1 session)

Pullen Arts Center – Course Fee: \$46
Feb 12 Su 10:00am-12:30pm

Teen Painting - Acrylic Abstraction

Age: 13-17 yrs. This course allows students to experiment with the medium of acrylic paint while learning about value, color, form, and composition. We will discuss historical abstraction concepts and different application techniques while exploring the creative freedom that is abstraction. All supplies included. Instructor: Joanna Moody (5 sessions)

Pullen Arts Center – Course Fee: \$96
Jan 10-Feb 7 Tu 5:00-7:30pm

Teen Pottery - Beginning Wheel

Age: 13-17 yrs. Level up and get behind the potter's wheel! Spend five afternoons with other creative teens in the new Pullen Arts Center wheel classroom, learning the fundamentals of wheel throwing. The focus will be on learning about the creative process and persistence, the properties of clay, wedging, centering, throwing, refining shapes, trimming/finishing, and glazing. Pieces will be glazed during the last class meeting. Pieces will be left for firing and available for pickup two weeks after the last class. All supplies included. Instructor: Emily Malpass (5 sessions)

Pullen Arts Center – Course Fee: \$96
Feb 12-Mar 12 Su 2:00-4:00pm

Teen Pottery - Birdhouses, Planters, and Slip Transfers

Age: 13-17 yrs. Get ready for Spring with handbuilt planters and birdhouses to use outdoors (or for decoration indoors). Each student will design a paper template, then build at least one birdhouse and one planter using slabs cut from their original designs. Students will learn how to use the slip transfer technique to colorfully decorate their pieces before glazing. Pieces will be left for firing and available for pickup two weeks after the last class. All supplies included. Instructor: Kalee Calhoun (4 sessions)

Pullen Arts Center – Course Fee: \$96
Feb 25-Mar 18 Sa 1:00-3:30pm

Teen Pottery - Botanical Sculptures

Age: 13-17 yrs. In this workshop, teen potters will create botanical sculptures inspired by native botanicals. Pieces will be left for firing and available for pickup two weeks after the class. All supplies included. Instructor: Julia Einstein (1 session)

Pullen Arts Center – Course Fee: \$31
Jan 14 Sa 10:00-11:30am

Teen Pottery - Ceramic Luminaries

Age: 13-17 yrs. Discover the magic of creating your very own ceramic luminary. In the first session, teens will use coils to build up hollow forms. In the second session, teens will cut designs out of their clay forms, revealing how light from a candle will shine through. Pieces will be left for firing and available for pickup two weeks after the last class. All supplies included. Instructor: Kalee Calhoun (2 sessions)

Pullen Arts Center – Course Fee: \$56
Jan 7-Jan 14 Sa 10:00am-12:00pm

Teen Pottery - Intro to Handbuilding

Age: 13-17 yrs. Join us for Spring break at Pullen Arts Center! If you can imagine it, you can build it with clay! Teen potters will learn the basics of handbuilding, how to use underglazes, and also receive an introduction to the slab roller, extruder and other handbuilding tools. Pieces will be left for firing and available for pickup two weeks after the last class. All supplies included. Instructor: Mary Parker (4 sessions)

Pullen Arts Center – Course Fee: \$96
Apr 3-Apr 6 M-Th 9:00am-12:00pm

Teen Pottery - Mixing Media: Ceramics & Printmaking

Age: 13-17 yrs. In this workshop, teen potters will experiment with mixing media. Students will learn how to use printmaking techniques in creating pottery. Pieces will be left for firing and available for pickup two weeks after the class. All supplies included. Instructor: Julia Einstein (1 session)

Pullen Arts Center – Course Fee: \$31
Jan 28 Sa 10:00-11:30am



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Teen Pottery - Silhouettes

Age: 13-17 yrs. In this class, teens will create a self-portrait silhouette. Teens will learn to use the slab roller, how to apply different kinds of attachments, and add texture and underglazes to create a personalized silhouette that expresses their unique personality. Pieces will be left for firing and available for pickup two weeks after the last class. All supplies included.

Instructor: Mary Parker (2 sessions)

Pullen Arts Center – Course Fee: \$61

Mar 1-Mar 8 W 5:30-7:30pm

Teen Pottery - Statement Mugs

Age: 13-17 yrs. Learn how to hand build a mug that makes a statement, shares a narrative, or expresses a feeling or idea. Teens will be encouraged to stretch their creativity with the construction and surface design of their mug. Pieces will be left for firing and available for pickup two weeks after the last class. All supplies included.

Instructor: Mary Parker (2 sessions)

Pullen Arts Center – Course Fee: \$61

Jan 18-Jan 25 W 5:30-7:30pm

Teen Printmaking - Poetry-Inspired Stamps

Age: 13-17 yrs. Are you a rubber stamp fan? Do you love poetry and song lyrics? This class, held during National Poetry Month, is for you! Using a favorite poem or song as inspiration for a theme, students will design and create a gorgeous, unique collection of rubber stamps. Learn how to design a cohesive series of illustrations for your collection, then learn the skills to carve the illustrations into rubber. Students will wrap up the course by using their stamps to make a mini zine that documents their designs. All supplies included. Instructor: Jesse White (4 sessions)

Pullen Arts Center – Course Fee: \$76

Apr 3-Apr 6 M-Th 1:00-3:30pm

Adult

Adult Ballet/Lyrical

Age: 18-99 yrs. It's never too late to be a ballerina or cabaret star! We'll start with basic dance techniques and barre exercises that correct posture and balance while improving flexibility. We'll then go into hip hop and jazz dance! Why choose when you can have both worlds? Please wear comfortable attire. Tights, leotard, ballet slippers and ballet skirt are preferred but not required. Instructed by Ms. Gabbie.

Lake Lynn Community Center – Course Fee: \$51

Jan 10-Jan 31 Tu 7:30-8:30pm

Feb 7-Feb 28 Tu 7:30-8:30pm

Mar 7-Mar 28 Tu 7:30-8:30pm

Apr 4-Apr 25 Tu 7:30-8:30pm

Daily Fee – Course Fee: \$16

Jan 10-Apr 25 Tu 7:30-8:30pm

Full Session Option – Course Fee: \$201

Jan 10-Apr 25 Tu 7:30-8:30pm

Barn Quilts

Age: 16-99 yrs. You don't have to have a barn or live in the country to enjoy the beauty of barn quilting. The quilt patterns that grace the sides of old barns, bring communities together and provide a creative way to honor family heritage. Learn how quilt trails along the countryside came to be as you join instructor Beth Ball in a quilt painting workshop. The farming history and peaceful setting of Horseshoe Farm will provide inspiration, as you paint a quilt masterpiece that you will be proud to display. Quilt patterns, instruction, paints and other needed materials for completing a 2' x 2' painted quilt board are provided in this all inclusive workshop. Please bring a water bottle and dress to be outdoors. Preregistration is required.

Horseshoe Farm Nature Preserve – Course Fee: \$66

Mar 25 Sa 9:00am-12:00pm

Basketry - Reed Gift Baskets

Age: 16-99 yrs. Create a woven platter or basket using reed. Beginning students can learn the basics of basket construction, and more advanced students can practice new weave patterns and borders. A \$15 supply fee is due to the instructor at the start of the workshop. 1 session. Instructor: Angela Eastman.

Sertoma Arts Center – Course Fee: \$86

Jan 21 Sa 10:00am-5:00pm

Basketry - Wicker Teapot Handles

Age: 16-99 yrs. This one-day workshop will cover techniques for adding a wicker handle to a ceramic teapot. Wood, cane, reed, and other materials will be discussed. Students should bring a teapot (or an idea for a future teapot!). A supply fee of \$5 is due to the instructor at the start of the workshop.

1 session. Instructor: Angela Eastman.

Sertoma Arts Center – Course Fee: \$61

Jan 14 Sa 10:00am-3:00pm

Bellydance for Fun & Fitness

Age: 18-99 yrs. Learn to move your body in ways you never thought possible and bring out your inner goddess. No prior dance experience is necessary for this course as we will cover the basic movements of belly dance while engaging core muscles. Strengthen and tone through low-impact dance. No special clothing needed, just wear what makes you feel comfortable! Sadiyah instructs.

Lake Lynn Community Center – Course Fee: \$5

Jan 8-Apr 23 Su 3:15-4:00pm

Bookmaking - A Book in a Box

Age: 16-199 yrs. We will make a flat-back book that slips into its own drop-top box case. This class covers cutting and covering bookboard, binding using the french-link/kettle stitch, and adhering the textblock firmly into the cover casing. Then, we'll make a box that looks just like a book, also covered in beautiful papers and fine bookcloth. All levels. Supply fee of \$35 payable to instructor at first class.

Instructor: Kathy Steinsberger

Pullen Arts Center – Course Fee: \$61

Mar 1-15 W 10:00am-1:00pm

Bookmaking - Carousel Book Palace

Age: 16-199 yrs. Make a delightful 3-dimensional book that opens into a 5 section structure with roof and floor resembling a cathedral. Create cut-paper panels with collage, marker, or watercolor imagery to illustrate your book. Spend a class creating marbled paper for the roof, floor, and cover boards. Put it all together with bookcloth and pamphlet binding and add a magnet closure. Supply fee of \$25 payable to instructor at first class.

Instructor: Kathy Steinsberger

Pullen Arts Center – Course Fee: \$115

Feb 15-Mar 22 W 6:00-9:00pm

Bookmaking - Constructing and Covering Boxes

Age: 16-99 yrs. Students will learn how to create their own magnificent boxes. Every step needed to make two standard types of boxes, hinged lid and clamshell styles. Supply list available on Sertoma's webpage. 4 sessions. Instructor: Sarah Ann Austin.

Sertoma Arts Center – Course Fee: \$106

Jan 30-Feb 20 M 10:00am-1:00pm

Bookmaking - Handmade Sketchbooks for Artists

Age: 16-99 yrs. Create one of a kind sketchbooks for many uses. Learn several binding techniques and covering methods used in the Book Arts world. The possibilities are limitless and the Instructor can help you make the book of your dreams. Supplies included. 4 sessions. Instructor: Sarah Ann Austin.

Sertoma Arts Center – Course Fee: \$131

Mar 2-Mar 30 Th 1:00-3:00pm

Bookmaking - Pop Up Book Arts

Age: 14-99 yrs. Join us to make pop up books! Students will learn and execute three different pop up book designs and create one of a kind pop up Artist books. Students need to bring multicolored cardstock pack 8x10, watercolor paints and pencils, and a bone folder. All other supplies are included. 4 sessions. Instructor: Sarah Ann Austin.

Sertoma Arts Center – Course Fee: \$126

Jan 10-Jan 31 Tu 9:30am-12:00pm

Bookmaking - Surprise! Pop-ups for Cards or Books

Age: 16-199 yrs. Surprise! Pop-ups for Cards or Books: Exploring the magic of crafting pop-ups, we start simply and move to more complex structures. We'll illustrate each pop-up structure with simple imagery. At the end the class you'll have a dozen or more examples of pop-ups you can use to make future pop-ups for cards or books. All levels. Supply fee of \$15 payable to instructor at first class. Instructor: Kathy Steinsberger

Pullen Arts Center – Course Fee: \$100
Jan 18-Feb 15 W 10:00am-1:00pm

Chavis Line Dancing

Age: 16-99 yrs. Chavis Line Dance is group dancing fitness and fun! Classes are offered weekly for beginners through advanced line dancers and everyone is welcome.

John Chavis Community Center – Course Fee: \$5
Jan 3-Apr 25 Tu 6:30-8:30pm

Drawing - Beginning Drawing Continued with Tracie Fracasso

Age: 16-199 yrs. This is a course for both beginners and those who are looking to sharpen their drawing skills. Students may select their own subject matter. Emphasis will be upon surface textures and composition. Students will also study composition. Students will experiment with drawing materials such as pencil, charcoal and pastel/conté crayons. Students will draw natural, man-made objects and reproductions. This course provides a good foundation for all art classes. Supplies for use during class time are provided. Students wishing to practice outside of class time should provide their own supplies; supplies list prints on receipt. Instructor: Tracie Fracasso

Pullen Arts Center – Course Fee: \$115
Mar 1-Apr 5 W 9:30am-12:30pm

Drawing - Beginning Drawing with Tracie Fracasso

Age: 16-99 yrs. This is a basic drawing class for both beginners and those who are looking to sharpen their drawing skills. Students will study drawing elements such as line, value, color and texture. Students will learn to break down subjects into basic shapes and how to render an object's correct proportions. Students will learn drawing elements such as contour hatching and creating the impression of form in 2D using value. Students will also study composition. Students will experiment with drawing materials such as pencils and charcoal. Students will draw natural, man-made objects and reproductions. Students may select their own subject matter. This course provides a good foundation for all art classes. Supplies used during class time are provided. Students who intend to practice outside of class time should provide their own supplies. Supplies list provided upon registration. Instructor: Tracie Fracasso

Pullen Arts Center – Course Fee: \$115
Jan 11-Feb 15 W 9:30am-12:30pm
Mar 16-Apr 20 Th 9:30am-12:30pm

Drawing - Intermediate Drawing with Peter Marin

Age: 16-99 yrs. This course follows Intro to Drawing. This class focuses on drawing strategies and visual problems. Strategies include process, materials and development of ideas through the daily practice of drawing. Visual problems address developing skills to assess one's work and techniques to solve for these issues. Students create a body of work as a means of expressing one's self. Class leans heavily on the use and acquisition of philosophical and theoretical ideas rather than the development of formal skills. Weekly assignments are given. Classes include daily slide lectures and critiques. This is a must do course for those wanting to establish an emerging drawing practice, whether on its own or as a means to support a painting practice. Materials: Any drawing media and supports of your choice. Must have enough materials to produce at least 8 drawings a week. Supply list available on Sertoma's webpage. 6 sessions.

Sertoma Arts Center – Course Fee: \$116
Mar 9-Apr 13 Th 1:00-4:00pm

Drawing - Intro to Drawing with Peter Marin

Age: 16-199 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 supplies. Supply list prints on receipt. Instructor: Peter Marin

Pullen Arts Center – Course Fee: \$116
Jan 23-Feb 27 M 6:00-9:00pm
Sertoma Arts Center – Course Fee: \$116
Jan 12-Feb 16 Th 1:00-4:00pm

Drawing - Learning How to Draw in Photoshop and Illustrator

Age: 16-99 yrs. Photoshop can start with an image and become so much more. Learn how to manipulate and create imagery to match your vision! Students will learn how to navigate tools within Photoshop and Illustrator to allow for more creative expression. Students need to bring a laptop with the Adobe Photoshop and Illustrator programs (Adobe offers monthly plans for these programs). 3 sessions. Instructor: Sarah Ann Austin.

Sertoma Arts Center – Course Fee: \$100
Feb 7-Feb 21 Tu 9:30am-12:30pm

Drop in Tie-Dye

Age: yrs. Do you want to tie-dye a shirt but don't have the dye equipment? Abbotts Creek will celebrate National Tie-Dye day with a drop in tie-dye clinic. Bring a washed white cotton T-Shirt or pillowcase, and we will guide you through the process. Cost is per person per item. Pre registration required.

Abbotts Creek Community Center – Course Fee: \$2
Apr 21 F 10:00-11:00am

Fibers - Beginning Sewing: Channel Pillow

Age: 18-99 yrs. Channel stitching is a great technique for adding visual and textural interest to pillows. In this beginner class, you will learn how to construct a pillow and use interfacing to give it structure and a professional finish. You will use a walking foot - one of the most versatile of all sewing machine feet - to customize your pillow with channel stitching. You will also learn the basics of operating a sewing machine and develop fundamental sewing skills necessary for progressing to more advanced projects. No prior sewing experience is necessary. We will be using Sertoma's sewing machines. Supply list available on Sertoma's webpage. \$15 supply fee to be paid to instructor at first class. Pictures of some finished pillows can be found at the instructor's website: creativesewingstudios.com. 5 sessions. Instructor: Joy Kelley.

Sertoma Arts Center – Course Fee: \$121
Mar 21-Apr 18 Tu 10:00am-12:00pm
Mar 23-Apr 20 Th 6:30-8:30pm

Fibers - Beginning Sewing: Sew an Apron

Age: 18-99 yrs. In this fun beginner's class you will gain experience tracing and cutting from a basic apron pattern, sewing with a consistent seam allowance and other fundamental sewing skills that are essential for progressing to more advanced projects. The goal of this one day workshop is for participants to leave with a completed apron and a personalized pattern to use in making other aprons. No prior sewing experience necessary. We will be using Sertoma's sewing machines. A \$5 supply fee for pattern and apron ties due to instructor at start of workshop. Supply list available on Sertoma's webpage. Pictures of a finished apron can be found at the instructor's website: creativesewingstudios.com. 1 session. Instructor: Joy Kelley.

Sertoma Arts Center – Course Fee: \$37
Apr 15 Sa 1:00-4:00pm

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Fibers - Garment Sewing: Hems

Age: 18-99 yrs. A successful hem does more than just adjust the garment's length. The right hem can help the garment hang and move as intended. A skillfully made hem can prolong the life of the piece by providing appropriate support to the garment. In this class, we will be sewing samples of several of the most versatile hem techniques that are applicable to a variety of hem locations - sleeve and shirt hems as well as pants and skirt hems. You will learn how to determine which hem technique to use based on garment type and fabric characteristics. This class will also introduce you to some sewing machine presser feet and specialty tools which make sewing hems easier and more successful. This class is part of a series for sewists who want to advance their sewing skills by exploring the techniques of garment making in more detail. To complete the class exercises you will need to be comfortable using a sewing machine and have basic sewing skills. A supply fee of \$12 is paid to the instructor for the materials needed to sew the class samples. We will be using Sertoma's sewing machines. 1 session. Instructor: Joy Kelley.

Sertoma Arts Center – Course Fee: \$31
Mar 9 Th 6:30-9:00pm

Fibers - Garment Sewing: Preparing to Sew

Age: 18-99 yrs. If you are excited about sewing clothes but not sure how to get started, this class will help you find your path. We will cover the preparatory steps necessary to make your garment sewing projects both successful and enjoyable. You will learn the ins and outs of patterns as well as how to choose fabric and supplies. The class will also cover what essential tools you need as you get started and what tools would be helpful to add as you progress in your skills. Please note that this class is focused on getting ready to sew - we will not be sewing a garment. A supply fee of \$10 is due to the instructor at the start of class. 3 sessions. Instructor: Joy Kelley.

Sertoma Arts Center – Course Fee: \$73
Jan 26-Feb 9 Th 6:30-8:30pm

Fibers - Garment Sewing: Seam Finishes

Age: 18-99 yrs. Applying a seam finish to the raw edges of your fabric will improve the look of your garment and increase its durability and longevity. In this class, we will be sewing samples of various seam finishes, focusing on those that will be most useful across a range of garment styles. You will learn how to choose a seam finish based on garment type and fabric characteristics. This class will also introduce you to some specialty sewing

machine presser feet that will make finishing your seams quicker and easier. This class is part of a series for sewists who want to advance their sewing skills by exploring the techniques of garment making in more detail. To complete the class exercises you will need to be comfortable using a sewing machine and have basic sewing skills. A supply fee of \$12 is paid to the instructor for the materials needed to sew the class samples. We will be using Sertoma's sewing machines. 1 session. Instructor: Joy Kelley.

Sertoma Arts Center – Course Fee: \$31
Mar 2 Th 6:30-9:00pm

Fibers - Introduction to Japanese Shibori

Age: 16-99 yrs. Immerse yourself in the technique of Shibori. Learn to tie and fold your fabric in myriad ways to achieve unique patterns. In this class you will learn the basic methods that will later allow you to explore variations of the technique on your own. Come with white cloth and leave with beautiful, rich, deep indigo patterns on cloth. No prior experience necessary. Students need to bring 2 yards of pre washed 100% white cotton fabric (if too wrinkled it's best to iron first), all other supplies are included. 1 session. Instructor: Patrizia Ferreira.

Sertoma Arts Center – Course Fee: \$61
Mar 18 Sa 10:00am-1:00pm

Fibers - Intuitive Embroidery

Age: 16-99 yrs. New to embroidery? Savvy embroiderer, looking for a new approach? This class is for you! In workshop, students will learn techniques for free-styling with stitches on fabric. I will share with you an intuitive way to start a textile art piece from scratch. How I combine fabrics, colors, textures and specific stitches. How I go about developing a composition and letting serendipity lead the way. Supply list available on Sertoma's webpage. 4 sessions. Instructor: Patrizia Ferreira.

Sertoma Arts Center – Course Fee: \$97
Feb 16-Mar 9 Th 10:00am-12:00pm

Fibers - Multicolor Shibori

Age: 16-99 yrs. In this workshop students utilize Shibori techniques to create multicolor patterns by dipping their samples on different dyes. The result is mesmerizing! Bring plain fabric (any color) of a natural fiber and leave with unique, rich and colorful samples. All other supplies are included. 2 sessions. Instructor: Patrizia Ferreira.

Sertoma Arts Center – Course Fee: \$101
Apr 19-Apr 26 W 3:00-6:00pm

Fibers - Quilting Basics: Piecing with a Sewing Machine

Age: 18-99 yrs. The goal of this class is to introduce you to quilting and help you discover whether you enjoy it. We will do this by exploring one of the fundamental quilting skills: piecing. Piecing is the process of joining cut fabric pieces together into a quilt block (the basic unit which composes a quilt). If you find you like piecing, you will enjoy the rest of the quilting process as well. Please note this class is focused on learning one of the many necessary quilting skills - we won't be completing a quilt. We will be sewing several different types of quilt blocks focusing on developing your piecing skills. No prior sewing experience is necessary. We will be using Sertoma's machines. A \$10 supply fee to be paid to instructor at first class covers all you will need for this workshop - no need to buy materials or collect tools. 1 session. Instructor: Joy Kelley.

Sertoma Arts Center – Course Fee: \$37
Feb 11 Sa 1:00-4:00pm

Fibers - Sewing Machine - Beyond the Basics

Age: 18-99 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. 1 session. Instructor: Joy Kelley.

Sertoma Arts Center – Course Fee: \$37
Apr 1 Sa 1:00-4:00pm

Fibers - Sewing Machine Basics

Age: 18-99 yrs. Sewing machines are wonderful tools, but they are also complex and can be intimidating for beginners. This hands-on class offers a fun and supportive environment where beginners will gain the confidence to set up and use a sewing machine. We will cover machine set-up, operation, accessories, safety and basic maintenance. We will also address your particular sewing goals and offer advice on sewing machines and supplies to consider as you progress. A supply fee of \$7 is paid to the instructor at start of workshop. Note: This class does not cover computerized or embroidery machines. We will be using Sertoma's sewing machines. 1 session. Instructor: Joy Kelley.

Sertoma Arts Center – Course Fee: \$37
Jan 28 Sa 1:00-4:00pm
Mar 4 Sa 1:00-4:00pm

Fibers - Traditional Japanese Embroidery

Age: 18-99 yrs. The technique of Japanese embroidery goes back more than 1,600 years. We use silk and metallic fibers on silk fabrics to produce traditional and modern designs for framing. Instruction follows an orderly progression of steps with a new design at each level. This workshop is open to beginners as well as current students at all levels. Current students should bring projects they are working on. New students are required to purchase kit and supplies from the instructor, payable at first class. Two options are available, see the supply list on Sertoma's webpage for details and cost. Instructor needs one month's notice to order supplies for new students. Additional supplies will be available for purchase from instructor in class. New students are highly encouraged to contact the instructor for more information before enrolling. 1 session. Instructor: Pam Reading.

Sertoma Arts Center – Course Fee: \$41

Feb 11	Sa	9:30am-4:30pm
Feb 12	Su	9:30am-4:30pm
Apr 15	Sa	9:30am-4:30pm
Apr 16	Su	9:30am-4:30pm

Glassmaking - Fused Glass Guided Studio

Age: 16-99 yrs. This guided studio time is for glass artists with some experience. This is a good opportunity for students to work on unfinished projects, try out new ideas, or get clarification on techniques they learned in other classes. The instructor will provide samples and demonstrate techniques, but no specific instruction will be given and students will create their own projects. Students will have access to glass tools and molds, and all work completed during the studio time will be fired. Students will provide their own COE 90 compatible glass. A limited assortment of glass will be for sale during class. Students who wish to use frit, stringer, and scrap glass provided by Sertoma can pay an optional \$10 supply fee. 4 sessions. Instructor: Danielle Cozart.

Sertoma Arts Center – Course Fee: \$66

Mar 29-Apr 19	W	6:30-8:30pm
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Glassmaking - Fused Glass Trivet

Age: 16-99 yrs. Want to try out glass fusing but don't have time to take a 6-week class? This project-based class will teach you the basics of fused glass while you create a custom trivet to use in your home or give as a gift! The class will be geared towards beginners, but experienced glass artists are also welcome. A supply fee of \$20 is due to the instructor at the start of class, it will include the metal trivet form and all glass used in the project. 1 session. Instructor: Danielle Cozart.

Sertoma Arts Center – Course Fee: \$31

Jan 21	Sa	10:00am-12:30pm
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Glassmaking - Intro to Glass Fusing

Age: 16-99 yrs. In this class you will create colorful glass art using a kiln. You will start by learning the different forms of glass and how they work together, the basics of layering glass, and how glass behaves in a kiln. Next, we'll cover cutting glass and adding additional layers to fired pieces to add dimension. Finally, you will turn your flat pieces into functional artwork through the process of slumping. You will leave the class with several finished projects. A \$40 supply fee due to the instructor at the first class will include all glass and tools used in the class. 6 sessions. Instructor: Danielle Cozart.

Sertoma Arts Center – Course Fee: \$116

Feb 1-Mar 8	W	6:30-9:00pm
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Jewelry - Beginning Beading

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

Sertoma Arts Center – Course Fee: \$41

Mar 5-Mar 12	Su	1:00-3:00pm
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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 how to saw, drill, file, hammer, and texture metal before joining it with rivets, and solder to create individual projects. Students may purchase and/or bring their own metal for projects. Supply kits will be available for \$25. The kit will provide each student with solder, saw blades, drill bits, sandpaper and a small amount of copper to get started on projects.

Pullen Arts Center – Course Fee: \$141

Instructor: Ndid Kowalczyk		
Jan 10-Feb 14	Tu	6:30-9:00pm
Instructor: Hsiang-Ting Yen		
Mar 16-Apr 27	Th	9:30am-12:00pm
(skips Apr 6)		
Instructor: Sarah West		
Mar 16-Apr 27	Th	1:30-4:00pm
(skips Apr 6)		

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 – Course Fee: \$141

Instructor: Sarah West		
Jan 7-Feb 4	Sa	1:00-4:00pm
Instructor: Suijin Li		
Jan 19-Feb 23	Th	7:00-9:30pm
Instructor: Amy Veatch		
Mar 15-Apr 19	W	4:00-6:30pm

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. 4 sessions. Instructor: Sarah West.

Sertoma Arts Center – Course Fee: \$151

Apr 1-Apr 29	Sa	12:30-4:30pm
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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 – Course Fee: \$141

Instructor: Sarah West		
Feb 18-Mar 25	Sa	1:00-4:00pm
Instructor: Amy Veatch		
Mar 16-Apr 20	Th	4:00-6:30pm
Instructor: Suijin Li		
Mar 16-Apr 20	Th	7:00-9:30pm

Jewelry - Continuing Torch Fired Enamels

Age: 16-199 yrs. Dive deeper into using the torch with enamels. Students will explore decals, water colors, seed bead embellishment, the use of a crow quill pen, working with mica and more. A supply fee of \$15 due to instructor at first class meeting. Instructor: Ndid Kowalczyk

Pullen Arts Center – Course Fee: \$161

Mar 6-Mar 27	M	5:00-9:00pm
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Jewelry - Etching with Ferric Chloride

Age: 16-99 yrs. On day one of this two-day workshop, students will learn the basics of etching on copper or brass using Ferric Chloride and a variety of resists, such as stamps, sharpies, or Press-n-Peel Blue Transfer Film. Students will create unique designs or use a pre-printed images. On the second day, once we have some pieces etched, participants will make items such as earrings, cuffs, ornaments, etc., and will learn the basic techniques needed for these. Participants will come away from the class with several samples and at least one finished project. Prerequisite: Beginning Metals at Sertoma or Pullen Arts Centers. \$25 kit will be available for purchase at the first class. 2 sessions. Instructor: Lauren Markley.
Sertoma Arts Center – Course Fee: \$151
 Feb 11-Feb 12 Sa&Su 9:00am-5:00pm

Jewelry - Flat to Fabulous with Deb Karash

Age: 16-99 yrs. Improve your skills in this fun 2 day workshop. Add interest to your jewelry designs with surface texture, volume, and layers. Emphasis is placed on planning and finishing techniques in order to achieve a more professional look. You will learn easy soldering and riveting tips, how to incorporate found materials or beads, how to create a rich surface on copper and silver, and how to use commercial findings or make your own. Most students will leave with a finished piece. This is the perfect precursor to Deb's Drawing on Metal workshop which will be offered May 4-7, 2023 at Sertoma Arts Center. A supply list will be sent out to registrants 3 weeks prior to the workshop. Instructor: Deb Karash.
Sertoma Arts Center – Course Fee: \$176
 Mar 18-Mar 19 Sa&Su 10:00am-5:00pm

Jewelry - Hydraulic Press Class

Age: 16-99.9 yrs. Design and make hollow forms, lockets, bracelets, and more! Learn to emboss, form, and raise metal while maintaining surface embellishment and texture by using the hydraulic press. Metals can be purchased at the Center or ordered at the first class (approximately \$30). Prerequisite Beginning Jewelry at Pullen Arts or Sertoma Arts. Instructor: Amy Veatch
Pullen Arts Center – Course Fee: \$101
 Mar 1-Mar 22 W 1:30-4:00pm

Jewelry - Intermediate Fabrication

Age: 16-99 yrs. Taking an architectural approach to jewelry, students will work through a number of fabrication techniques, improving their soldering skills along the way. They will explore three-dimensional forms to create sculptural objects. Class projects will present opportunities to hone order-of-operations and problem-solving skills. Students will come away with several samples and hopefully one or two finished pieces. Basic metalsmithing skills required.

\$25 kit will be available for purchase at the first class. Prerequisite: Beginning Metals at Sertoma or Pullen Arts Centers. 6 sessions. Instructor: Lauren Markley.

Sertoma Arts Center – Course Fee: \$141
 Jan 17-Feb 21 Tu 1:00-3:30pm

Jewelry - Intro to Torch Fired Enamel

Age: 16-199 yrs. Want to add color to your metalwork without stones? Try torch firing enamels to copper for a beautiful pop of color. Students will learn basic enamel powder application as well as firing techniques and a few embellishment ideas. A kit of materials needed for work during class time is included in the cost of this class. Instructor: Ndidi Kowalczyk
Pullen Arts Center – Course Fee: \$161
 Jan 23-Feb 13 M 5:00-9:00pm

Jewelry - Linked Bracelets

Age: 16-99 yrs. This class will focus on designing and making a linked bracelet. We will use a layering technique which includes piercing, soldering, riveting and the hydraulic press. We will incorporate silver, copper and/or nugold in this bracelet. There will also be an option of including tube set stones, texture and patinas as surface embellishment to enhance your bracelet design. Basic soldering and sawing skills needed for this class. Optional jewelry kit available for \$30. Kit will include 1"x1" square of silver sheet, 1"x1" square of copper sheet, 1"x1" square of nugold sheet, one foot 18g silver wire, 1" silver tube, sawblades, drill bit and 3mm faceted gemstones. Prerequisite: Beginning Metals at Sertoma or Pullen Arts Centers. 6 sessions. Instructor: Betty McKim.
Sertoma Arts Center – Course Fee: \$141
 Jan 24-Feb 28 Tu 10:00am-12:30pm

Jewelry - Make a Ring

Age: 16-99 yrs. This ring making class will explore stone setting for cabochons, faceted stones and/or found objects. We will use texture and fabrication techniques to embellish the surfaces. A \$35 kit will be available for purchase at the first class and will include a strip of silver, some silver wire, setting tube and bezel strip. Students may also provide their own supplies. Supply list will be provided 2 weeks before class to registrants. 6 sessions. Prerequisite: Beginning Metals at Sertoma or Pullen Arts Center. 6 sessions. Instructor: Betty McKim.
Sertoma Arts Center – Course Fee: \$141
 Mar 21-Apr 25 Tu 10:00am-12:30pm

Jewelry - Metal Continuing

Age: 16-99 yrs. Continue to expand your skills working independently and on assigned projects to further your knowledge of jewelry techniques. Explore methods of stone-setting and hollow-form construction. Students may purchase and/ or bring in their own metal for projects. Supply kits will be available for \$25. The kit will provide each

student with solder, saw blades, drill bits, sandpaper and a small amount of copper to get started on projects. Prerequisite: Beginning Metals at Pullen or Sertoma Arts Center.

Pullen Arts Center – Course Fee: \$141
 Jan 18-Feb 22 W 7:00-9:30pm

Jewelry - Soldering Techniques

Age: 16-99 yrs. Soldering is an important part of your jewelry and metalsmith learning because it opens a lot of design opportunities. No matter where you are in your learning process, this class will meet you where you are and will help you advance and master your soldering skills. In 6 weeks we will learn and practice 3 kinds of soldering: capillary, direct and sweat methods and will complete a project that will use 2 or 3 of these soldering methods. \$10 kit available for purchase at first class. Prerequisite: Beginning Metals at Sertoma or Pullen Arts Centers. 6 sessions. Instructor: Suijin Li.
Sertoma Arts Center – Course Fee: \$141
 Mar 14-Apr 18 Tu 7:00-9:30pm

Mixed Media - Make an Art Journal

Age: 16-99 yrs. If you haven't attended art school you probably never had to make an art journal. Art journals are the foundation of any creative activity in visual arts. It is like the written journal for a writer. Art journaling is a lovely practice where you get to translate your ideas, and inspirations into visual, palpable material. Each page will transport you to a place where your creativity runs free and you will be surprised to discover how much of its randomness actually makes sense! Supply list available on Sertoma's webpage. 4 sessions. Instructor: Patrizia Ferreira.
Sertoma Arts Center – Course Fee: \$101
 Jan 18-Feb 8 W 9:30-11:30am

Painting - Abstraction in Landscape Painting - Oil and Acrylic

Age: 16-199 yrs. This Intermediate Painting Class will focus on the transition of a Landscape Painting from Realism to Abstraction. Emphasis will be placed on color and design as it relates to planning an Abstract Painting. Demonstrations in class will focus on moving from Realism to Abstraction using the reference photos provided by the instructor. Students are welcome to bring reference photos of their own choosing. Having a black and white as well as a color reference printed photo -8 x 10 is most helpful. Students will furnish their own painting supplies. A supply list will print for both Oil Paint and Acrylic on receipt; student should choose the medium they are most comfortable working in. A lab fee of \$15 payable to the instructor on the first day of class is requested to cover the costs of handouts. Instructor: Nancy Carty
Pullen Arts Center – Course Fee: \$126
 Mar 7-Apr 11 Tu 1:00-4:00pm

Painting - Advanced Painting Lab

Age: 16-99 yrs. Join me in this creative, motivating and informative class so you may focus deeper into painting and improve your painting practice. Whether it is creating a body of work, preparing for an exhibition, continuing your practice or provoking change through experimentation, this is a course for you. Students work independently and share through critiques directly with instructor and class to focus on developing critical thinking, creating a personal visual vocabulary, and establishing foundations for technical mastery. This class is an artistic community. Many of the students have been taking this class for over 4 years now! Student supplies own materials. Any wet media welcome. Instructor: Peter Marin
Pullen Arts Center – Course Fee: \$116
 Jan 12-Feb 16 Th 9:30am-12:30pm
 Mar 2-Apr 6 Th 9:30am-12:30pm

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. Paints and brushes provided for use during

class. Students should plan to purchase Arches 140lb cold press watercolor paper for use during class. An optional supply list is available for students who want to practice outside of class time. Instructor: Rick Bennett

Pullen Arts Center – Course Fee: \$100
 Jan 10-Feb 14 Tu 10:00am-12:30pm
 Jan 12-Feb 16 Th 7:00-9:30pm

Painting - Beginning Watercolors

Age: 15-99 yrs. Learn the basic techniques of transparent watercolor. Find out about the best paper, paint and brushes to use. Students will create multiple paintings after learning how to do wet-on-wet washes, wet-on-dry washes, and building layers of colors. Students can copy the instructor's paintings or work on their own subjects. Supply list available on Sertoma's webpage. 5 sessions. Instructor: Ryan Fox.

Sertoma Arts Center – Course Fee: \$106
 Jan 23-Feb 20 M 9:30am-12:30pm
 Mar 13-Apr 10 M 9:30am-12:30pm

Painting - Chinese Brush Painting

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. Students will learn how to paint flowers, birds, vegetables and fruits, 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 techniques such as the title of the paintings or the artist's names. This course is for both experienced and beginning students. A \$5 supply fee is due to the instructor at the start of each class or students can purchase their own supplies (supply list available on Sertoma's webpage). 1 session. Instructor: Jinxiu Zhao (Alice) is a professional artist who specializes in the teaching of Chinese brush painting and calligraphy to both children and adults. She has been teaching in North Carolina for 23 years at all levels of the K12-public/private schools, teachers' training programs and in private classes.

Sertoma Arts Center – Course Fee: \$51
 Jan 4 W 12:00-3:00pm
 Feb 1 W 12:00-3:00pm
 Mar 1 W 12:00-3:00pm
 Apr 5 W 12:00-3:00pm

Painting - Color Theory and Abstraction with Tracie Fracasso

Age: 16-99 yrs. This is a course in which the student will explore the amazing world of color. Students will learn about the nature and use of color. Emphasis will be upon color mixing, manipulation and the creation of color harmonies. This is a great starter class for students interested in painting. Students provide their own supplies. Supplies list provided upon registration. Instructor: Tracie Fracasso

Pullen Arts Center – Course Fee: \$115
 Jan 11-Feb 15 W 1:00-4:00pm

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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. Supply list will be provided. No class meeting on November 22. Instructor: Rick Bennett
Pullen Arts Center – Course Fee: \$100
 Jan 10-Feb 14 Tu 1:30-4:00pm
 Feb 28-Apr 4 Tu 1:30-4:00pm

Painting - Impressionistic Winter Landscapes with a Palette Knife & Brush

Age: 16-99 yrs. This class will be a great introduction for how to use a palette knife to achieve texture in an impressionistic style of landscape painting. We will be practicing different ways to use the tool to create different textures that build into a scene. We will be painting mountains, water, grasses, plants, palm trees, clouds, skies and more. Students will be taught the basics of impasto painting with Acrylic on Canvas using Gel Mediums to create different textures in the raised paint. We will touch on the use of color and space and how to achieve depth and space within the painting while also using thick paint application to bring certain objects into the foreground. This is a great class to take if you have already taken an acrylic painting class, and will teach you how to abstract objects just enough to create more interest within your work. Instructor Amanda Wilson will guide you every step of the way and be there to give in class demonstrations as well as one on one assistance. Please bring a 11"x14" or 12"x16" canvas to the first class ready to paint! This course is great for any skill level. Supply list available on Sertoma's webpage. 6 sessions. Instructor: Amanda Wilson.
Sertoma Arts Center – Course Fee: \$106
 Jan 11-Feb 15 W 3:30-6:00pm

Painting - Intermediate Painting with Peter Marin

Age: 16-99 yrs. This course follows Intro to Painting. This class focuses on continuing to develop the necessary painting strategies to solve visual problems. These strategies include process, materials and development of ideas through the daily practice of painting. Students create a body of work as a means of expressing one's self. A deepening of art history and exposure to other artists are at the core of this learning experience. Weekly assignments are given. Classes include daily slide lectures and critiques. This is a must do course for those

wanting to establish a continuing practice of painting. Supply list available on Sertoma's webpage. 6 sessions. Instructor: Peter Marin.
Sertoma Arts Center – Course Fee: \$116
 Mar 9-Apr 13 Th 6:00-9:00pm

Painting - Intro to Painting with Peter Marin

Age: 16-99 yrs. This course introduces the student to the practice of painting by examining practicing the fundamental languages of painting such as color, form, composition and narrative. Comparative methods will be used to develop the foundations of a personal visual vocabulary with the aim of supporting a painting practice. Technical and theoretical issues will be discussed to form a frame of reference to serve as a reference point into painting. Class consists of slide lectures, studio time and take-home assignments. Any wet media welcome. NO experience required. Supply list available on Sertoma's webpage. 6 sessions. Instructor: Peter Marin.
Sertoma Arts Center – Course Fee: \$116
 Jan 12-Feb 16 Th 6:00-9:00pm
Pullen Arts Center – Course Fee: \$116
 Mar 13-Apr 17 M 6:00-9:00pm

Painting - Introduction to Painting with Pastels

Age: 16-99 yrs. Students will learn the properties and application of pastels. How to layer the colors and create crisp realism, abstracts to soft impressionism paintings. You will also learn how to make you own tools to blend and crush the color together rather than using fingers or tortillions. You will leave this workshop with a completed painting, the knowledge of how to use pastels as a painting medium and the different levels of pastels available to work with. Supply list available on Sertoma's webpage. 2 sessions. Instructor: Connie Mansfield.
Sertoma Arts Center – Course Fee: \$126
 Feb 4-Feb 5 Sa&Su 10:00am-5:00pm

Painting - Introduction to Painting with Pastels Continued

Age: 16-99 yrs. Beginning with semi-soft pastels, you will be introduced to the properties and application of pastels. How to layer the colors and create crisp realism, abstracts to soft impressionism paintings. You will also learn to make your own tools to blend and crush the colors together rather than to use your fingers or a tortillon to smudge. You will leave this workshop with a completed painting, the knowledge of how to use pastels as a painting medium and the different levels of pastels available to work with and to blend with. Students who have participated with earlier pastel workshops can come and continue to grow as I will work with individuals on their levels. Supply list available on Sertoma's webpage. 2 sessions. Instructor: Connie Mansfield.
Sertoma Arts Center – Course Fee: \$126
 Mar 11-Mar 12 Sa & Su 10:00am-5:00pm

Painting - Larry Dean's Acrylics Studio

Age: 16-99 yrs. This class is ideal for those with some acrylic experience. However, beginners are welcome. Students will bring their own projects and proceed with advice and demonstrations from the instructor. Assistance with choosing and mixing colors, composition, perspective and more will help you develop your own style of painting. Come hone your skills in this friendly, informal environment. Supply list available on Sertoma's webpage. 6 sessions. Instructor: Larry Dean.
Sertoma Arts Center – Course Fee: \$106
 Jan 9-Feb 20 M 6:30-9:00pm
 Jan 10-Feb 14 Tu 6:30-9:00pm
 Mar 13-Apr 17 M 6:30-9:00pm
 Mar 14-Apr 18 Tu 6:30-9:00pm

Painting - Larry Dean's Studio

Age: 16-99 yrs. Students have usually taken a beginning class. Students will work on projects of their own choice. They may also bring works-in-progress. Instructions will include color mixing, shape and perspective. Topics range from selecting a subject to varnishing the finished work. Informal advice will assist as you learn at your own pace. Supply list available on Sertoma's webpage. 6 sessions. Instructor: Larry Dean.
Sertoma Arts Center – Course Fee: \$106
 Jan 10-Feb 14 Tu 1:00-3:30pm
 Mar 14-Apr 18 Tu 1:00-3:30pm

Painting - Mountain Scenes with Texture in Palette Knife

Age: 16-99 yrs. This class will be a great introduction for how to use a palette knife to achieve bold color and texture in an impressionistic style of painting mountain scenes and rock texture. We will be practicing different ways to use the tool to create different textures that build into a scene. We will be painting bright vibrant colored skies & clouds and will touch on color theory in class. Students will be taught the basics of impasto painting with Acrylic on Canvas using Gel Mediums to create different textures in the raised paint. Instructor Amanda Wilson will guide you every step of the way and be there to give in class demonstrations as well as one on one assistance. Please bring a 11"x14" or 12"x16" canvas to the first class ready to paint. This course is great for any skill level. Supply list available on Sertoma's webpage. 6 sessions. Instructor: Amanda Wilson.
Sertoma Arts Center – Course Fee: \$106
 Mar 8-Apr 12 W 12:00-2:30pm

Painting - Painting Pop Art

Age: 16-199 yrs. This class is for absolute beginners and seasoned painters. This is a class for both acrylic and oil painters. Student will create paintings inspired by the Pop Artists Andy Warhol and Roy Lichtenstein. Students can create Pop Art still life paintings and/or portraits. In addition, students will learn composition, how to handle, mix and apply paint. Students may paint from life and photos. Self-expression and experimentation are encouraged. Students provide their own supplies. Supplies list prints on receipt. Instructor: Tracie Fracasso

Pullen Arts Center – Course Fee: \$115

Mar 1-Apr 5 W 1:00-4:00pm

Painting - Pets and Animals in Acrylic

Age: 15-99 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. 6 sessions. Instructor: Amanda Wilson.

Sertoma Arts Center – Course Fee: \$106

Jan 11-Feb 15 W 12:00-2:30pm

Painting - Spring Birds and Winter Cardinals

Age: 16-99 yrs. This class is great for any skill level covering the basics of painting birds and their seasonal surroundings in acrylic paint. The first few classes will be spent on a more simplified painting covering the basic techniques of painting shapes of birds. The last few classes will be spent on a more detailed painting, branching off of what we learned during the first few classes. You will be taught how to paint different types of scenery as well as taught how to understand depth, using color, light and shadow. Wilson will guide you through every color to use, way to hold your brush etc. throughout the course to achieve different techniques in your own work. Students are welcomed to have creative freedom to turn their work into anything they want and completely customize it, or stay with the instructor and follow along. This is a great class for anyone looking to learn how to use acrylic, or simply take their painting to the next level. Please bring a 11"x14" or 12"x16" canvas to the first class ready to paint! This course is great for any skill level. Supply list available on Sertoma's webpage. 6 sessions. Instructor: Amanda Wilson.

Sertoma Arts Center – Course Fee: \$106

Mar 8-Apr 12 W 3:30-6:00pm

Painting - Watercolor Again!

Age: 15-99 yrs. This class will explore various watercolor techniques and styles ranging from unique color combinations, alternate surfaces, extreme monochromatic granulation and more. Different subjects and techniques will be demonstrated in each class session. Supply list available on Sertoma's webpage. 5 sessions. Instructor: Ryan Fox.

Sertoma Arts Center – Course Fee: \$106

Jan 23-Feb 20 M 1:00-4:00pm

Mar 13-Apr 10 M 1:00-4:00pm

Painting - Watercolor II

Age: 16-99 yrs. Intermediate students will refine and learn new brush skills to allow them to paint with confidence, achieve glowing colors and rich darks. Three major styles of developing a watercolor painting; Quick Sketch, Layered Approach and Sectional Development will be explored and practiced. Methods of developing a successful painting with consideration of composition, developing the space, value, light and shadow and atmosphere will be discussed. Abstract painting will be used to develop gestural brush strokes, looser style and methods of mixing colors on the paper. Students will be encouraged to identify skills they want to work on and given assistance with problem areas. Students provide their own supplies; a supply list will be provided. Instructor: Rick Bennett

Pullen Arts Center – Course Fee: \$100

Feb 28-Apr 4 Tu 10:00am-12:30pm

Mar 2-Apr 6 Th 7:00-9:30pm

Painting - Workshop: Watercolor Weekend

Age: 16-99 yrs. Come spend all day Saturday and Sunday creating wonderful art pieces. The BEST part of the weekend is our "Play Time" Art is at it's best when we play with the colors and put our authentic self in our work. The focus of the workshop is learning a variety of techniques experimenting with the process of painting rather than producing a product. Funny thing happens when you approach it this way, our paintings become more free and fun. Janie will begin each morning with a demo of various techniques. Afterwards you will go back to your seat and explore the techniques on your own. Janie will give each student individual attention. We typically take our lunch at this time (don't forget to bring one). The atmosphere of the class is relaxed and informal with each student and Janie helping one another. The afternoon is spent working on your own with numerous demonstrations by Janie during this session! Sunday is basically the same format and with this type of concentration of techniques, students experience success and joy! Some watercolor experience is required. Janie will personally guide you with the purchase of supplies. If you have supplies, bring what

you have. Contact Janie to discuss the supply list. Each weekend workshop will focus on different techniques so sign up for more than one weekend. 2 sessions. Instructor: Janie Johnson.

Sertoma Arts Center – Course Fee: \$121

Jan 14-Jan 15 Sa&Su 9:45am-3:30pm

Feb 18-Feb 19 Sa&Su 9:45am-3:30pm

Mar 25-Mar 26 Sa&Su 9:45am-3:30pm

Apr 22-Apr 23 Sa&Su 9:45am-3:30pm

Papermaking - Eastern Papermaking with Plants Emersion

Age: 16-99 yrs. Sarah Ann, local maker and professional papermaker, will teach you how to make paper with your garden plants and other traditional fibers. Students will learn a basic knowledge of the chemistry and science behind sheet formation as well as history on handmade papermaking techniques. Students will take part in a weekend workshop Saturday 10-4 pm (1 hour break for lunch) and Sunday 12-5pm. Supplies included. 2 sessions. Instructor: Sarah Ann Austin.

Sertoma Arts Center – Course Fee: \$106

Feb 11-Feb 12 Sa & Su 10:00am-4:00pm

Mar 25-Mar 26 Sa & Su 10:00am-4:00pm

Photography - Cyanotype and Experiments with Alternative Process Photography

Age: 16-99 yrs. Learn how to create images using historical photographic processes. Each student will learn how to make a Cyanotypes, Salt prints, and Anthotypes. Step by step instruction for every level, no prior knowledge needed. Mix your own chemicals, coat your own paper, and compose your images to make one of a kind prints every time! Students need to bring two reused glass jars with lids, two brown empty and clean glass bottles, and an apron. All other supplies included. 4 sessions. Instructor: Sarah Ann Austin.

Sertoma Arts Center – Course Fee: \$121

Apr 4-Apr 25 Tu 9:30am-12:30pm

Photography - Photoshop Basics: From Open to Display

Age: 16-99 yrs. Learn how to make your images pop and have the contrast you really see before snapping the shutter. Students will learn basics from file saving, organizing, layer control and manipulation, in RAW edits, and more. Students must bring a laptop and have the Adobe Photoshop program (Adobe offers monthly subscriptions for the program). Students will pay a \$5 fee to instructor for printed images. 5 sessions. Instructor: Sarah Ann Austin.

Sertoma Arts Center – Course Fee: \$111

Jan 23-Feb 20 M 4:00-6:00pm

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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 individualized attention as skill progression is unique to each person. Students purchase clay and tools from Pullen Arts Center's store (approximately \$29 for clay; tool kit available for \$24 or students may buy individual tools). This class qualifies students for a pottery studio membership on completion of the class.

Pullen Arts Center – Course Fee: \$106

Instructor: Kay Parks
 Jan 10-Feb 21 Tu 1:00-3:30pm
 Instructor: Doug DeBastiani
 Jan 12-Feb 23 Th 3:30-6:00pm
 Instructor: Doug DeBastiani
 Jan 12-Feb 23 Th 7:00-9:30pm
 Instructor: Doug DeBastiani
 Jan 17-Feb 28 Tu 7:00-9:30pm
 Instructor: Gabbie Grabowski
 Feb 6-Mar 20 M 6:30-9:00pm
 Instructor: Emily Malpass
 Feb 16-Mar 30 Th 10:00am-12:30pm
 Instructor: Doug DeBastiani
 Mar 14-Apr 25 Tu 3:30-6:00pm
 Instructor: Doug DeBastiani
 Mar 16-Apr 27 Th 7:00-9:30pm

Pottery - Breaking Out of a Rut

Age: 16-99 yrs. If you find that you make the same work because it's the work you make, or if you find that you are not getting the same level of personal satisfaction out of the work you are producing, or you just don't know what to do next on your journey with clay, then this class is for you. The design of this course allows for each session to work around a class prompt or reading. The class will be broken down into smaller cohort groups that will allow for more frequent discussions and reflection on a specific subject. Visual journaling will also be expected in between class meetings. While specific techniques will be discussed and demonstrated this is not a class where we will be focused on mastering a given technique instead, we will explore how technique and skill mastery assists you in creating the work that you envision. Critique is a slightly terrifying word, but it's a necessary process for growth. There will be uncomfortable moments of exploration during this class but that is where the most growth will occur. This class will meet every other week for 14 weeks - a total of 7 class sessions.

Prerequisite: Beginning Wheel or Beginning Handbuilding at Sertoma or Pullen Arts Centers. Must register in person at Sertoma or Pullen to verify qualifications. This class does not qualify for a studio card. Instructor: Andy McKenzie.

Sertoma Arts Center – Course Fee: \$111

Jan 19-Apr 13 Th 7:00-9:15pm

Pottery - Continuing Handbuilding

Age: 16-199 yrs. Building on techniques covered in Beginning Handbuilding, students will continue to explore the possibilities of soft slabs, stiff slabs, and coils through a combination of demonstrations and individual work time, with an emphasis on details, finishing techniques, and expanding possibilities into more distinctive pieces that reflect the student's unique style. Students should plan to provide their own tools and purchase clay from Pullen Arts Center (approximately \$29). This class qualifies students for a pottery studio membership. Prerequisite: Students must have prior handbuilding experience (whether at Pullen or elsewhere) and should feel comfortable with basic slab and coil construction. Instructor: Michelle Miolla

Pullen Arts Center – Course Fee: \$106

Mar 21-May 2 Tu 6:00-8:30pm

Pottery - Continuing Wheel

Age: 16-99 yrs. Looking for the next step beyond Beginning Wheel? Instructors offer individual attention as skill progression is unique to each person. In Continuing Wheel, learn how to apply confidence and steadiness to your work with clay as you continue to practice and build your skill in centering, use of throwing tools and basic glazing techniques. Cylinders, bowls, small lidded pieces, small plates and handles will be covered. Practice time outside of class time is strongly suggested to develop throwing skills. Students purchase clay (approximately \$29 for 25 lbs) from Pullen Arts Center. Continuing students provide their own tools. Completion of this class qualifies students for a Pullen Arts Center studio membership. Prerequisite: Students must have prior wheel throwing experience (whether at Pullen or elsewhere) and should be able to comfortably center clay on the wheel to be successful in this class.

Pullen Arts Center – Course Fee: \$106

Instructor: Kay Parks
 Jan 10-Feb 21 Tu 4:00-6:30pm
 Instructor: Doug DeBastiani
 Mar 14-Apr 25 Tu 7:00-9:30pm
 Instructor: Doug DeBastiani
 Mar 16-Apr 27 Th 3:30-6:00pm

Pottery - Glazing for the Gas Kiln

Age: 16-99 yrs. This class will cover the skills and techniques required to create work in a cone 10 reduction firing. Traditional glazes like shinos and celadons, developing copper red glazes, and playing with the addition of ash are just some of the possibilities that will be covered. There will be two glaze firings in the class. Students should bring 10-15 bisque fired pots (made out of Standard 153, B-Mix 10, or Helios) to the first class. Prerequisite: Beginning Wheel or Beginning Handbuilding at Sertoma or Pullen Arts Center. Must register in person at Sertoma

or Pullen to verify qualifications. This class does not qualify for a studio card. 4 sessions. Instructor: Andy McKenzie.

Sertoma Arts Center – Course Fee: \$66

Jan 17-Feb 7 Tu 7:00-9:15pm

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, extruder, and other handbuilding tools. Students purchase clay through Pullen Arts Center's store (approximately \$29).

Instructor: Michelle Miolla

Pullen Arts Center – Course Fee: \$106

Jan 17-Feb 21 Tu 6:00-8:30pm
 Mar 23-May 4 Th 6:00-8:30pm

Pottery - Handbuilding: Beginning I

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! 7 sessions.

Sertoma Arts Center – Course Fee: \$111

Instructor: Tim Cherry
 Jan 11-Feb 22 W 9:30-11:45am
 Instructor: Steve Karloski
 Jan 11-Feb 22 W 7:00-9:15pm

Pottery - Handbuilding: Beginning II

Age: 16-99 yrs. Through a combination of demonstrations and individual work time, students will further develop their hand building skills while making distinctive pieces, including planters, unique boxes and tile. A variety of construction techniques will include soft slabs, stiff slabs and coils. Students will learn to add flair and professionalism to their pieces by adding finishing touches such as feet and handles. This class will help individuals develop and express their own unique style through clay. Students are encouraged to practice between class sessions and will have free access to Sertoma's well-equipped studio. New students may not miss more than two classes and must attend the first class and the glazing class (approximately 5th week) to qualify for a studio card. Students will purchase clay and tools at first class (approximately \$42) - students are welcome to bring their own tools. 7 sessions.

Sertoma Arts Center – Course Fee: \$111

Instructor: Tim Cherry

Mar 15-Apr 26 W 9:30-11:45am

Instructor: Steve Karloski

Mar 15-Apr 26 W 7:00-9:15pm

Pottery - Handbuilt Planters

Age: 16-199 yrs. Ready to take the houseplant habit you developed during the pandemic to the next level? Join teaching artist Michelle Miolla for a deep dive into making your own planters. During this 7 week class, you'll make 6 planter types: detached drip trays, attached drip trays, planters with feet, hanging planters, wall pockets, and larger planters that can house multiple succulents. While you're building, we will also explore surface design techniques like carving and sgraffito. To be successful in this class, students should have experience coil building and slab building and should know how to make a pinch pot. Planters limited to 7" diameter. Students purchase clay from Pullen Arts Center (approx \$28 for 25 lb bag) and should provide their own tools. This class does not qualify students for a studio membership. Instructor: Michelle Miolla

Pullen Arts Center – Course Fee: \$106

Jan 19-Mar 2 Th 6:00-8:30pm

Pottery - Introduction to Majolica

Age: 16-99 yrs. Developed in the Middle East during the 9th century and made famous by Italian artisans, majolica is earthenware pottery with a white opaque glaze decorated with ceramic colorants brushed on top of the raw, unfired glaze. The glaze is formulated to be viscous which restricts the flow and movement of the glaze retaining most of the line quality of the decoration. In this class we will examine historical aspects, designs of majolica and explore the process using commercial glazes & majolica colors making the techniques easy to use. Formulas for mixing your own majolica glazes/colors will be provided & discussed. If you like color and painting designs on pottery, this class is for you. This class does not qualify for a studio card at Sertoma Arts Center. Open to qualified Sertoma Arts Center potters and qualified Pullen Arts Center potters who have completed the Studio Orientation at Sertoma prior to registration only. Must register in person at Sertoma or Pullen to verify qualifications. Students must be able to throw or hand build forms for decorating. Students pay glaze and color fee of \$45 at the first class to the instructor. Registrants will be emailed information on tools and brushes shortly after registration. 4 sessions. Instructor: Randy Hinson.

Sertoma Arts Center – Course Fee: \$76

Jan 23-Feb 13 M 9:30am-12:00pm

Pottery - More Creatures!

Age: 16-99 yrs. The popularity of the Creatures of Habitat workshop has led to a second session of animal-building. This workshop involves small-scale creations of cats, dogs, rabbits, bears and elephants... oh my! Bring all of your handbuilding skills together for this fun exploration of creatures great and small. Basic handbuilding tools are necessary, along with a notebook for the planning process. Prerequisite: Beginner Handbuilding at Sertoma or Pullen Arts Center. Must register in person at Sertoma or Pullen to verify qualifications. This class does not qualify for a studio card. 4 sessions. Instructor: Steve Karloski.

Sertoma Arts Center – Course Fee: \$66

Jan 9-Feb 6 M 7:00-9:15pm

Pottery - More Majolica

Age: 16-99 yrs. This class is designed for potters who have either taken the Introduction to Majolica class at Sertoma or who have some experience in decorating majolica pottery and want to expand or reinforce their skills. We will start with a general review of products, brushes and brush strokes and move into an assortment of exercises and projects to encourage the creation of new and exciting decorated pottery. Each student will work at their own pace and can pick and choose between the variety of techniques we cover to complete individual projects. This class does not qualify for a studio card. Open to qualified Sertoma Arts Center potters and qualified Pullen Arts Center potters. Must register in person at Sertoma or Pullen to verify qualifications. Students must be able to throw or hand build forms for decorating. Students pay a glaze and color fee of \$45 at the first class to the instructor. Registrants will be emailed information on clay to purchase, pieces to make, tools and brushes shortly after registration. 4 sessions. Instructor: Randy Hinson.

Sertoma Arts Center – Course Fee: \$76

Mar 20-Apr 10 M 9:30am-12:00pm

Pottery - Mugs & Bowls Intensive

Age: 16-99 yrs. Deep dive into mugs and bowls. This 4 week program will push you to step out of your mug and bowl comfort zone. We'll cover small and large sizes, different types of handles (coiled, textured, pulled, upside down) and bowls (altered, berry, lidded), as well as textures (carvings and slip trips). Prerequisite: Beginning Wheel at Sertoma or Pullen Arts Center. Must register in person at Sertoma or Pullen to verify qualifications. This class does not qualify for a studio card. 4 sessions. Instructor: Joan Walsh.

Sertoma Arts Center – Course Fee: \$66

Mar 7-Mar 28 Tu 7:00-9:15pm

Pottery - One Day Pottery Projects with Mary Parker

Age: 16-199 yrs. Interested in trying pottery but not ready to commit to a 7 week class? Join teaching artist Mary Parker in the handbuilding studio to create a pottery project that you can successfully finish in one evening. This is a great class to try something new with a friend! All materials and tools for use during class time are provided. With a different project each week, you can sign up for one session or multiple sessions! Pieces must go through the kiln to be complete and will be ready for pick up 2 weeks after class. Instructor: Mary Parker

Pullen Arts Center – Course Fee: \$51**One Day Mug**

Jan 9 M 5:30-8:30pm

One Day Set of 3 Slump Built Bowls

Jan 23 M 5:30-8:30pm

One Day Light Switch Covers

Feb 6 M 5:30-8:30pm

One Day Incense Burners

Feb 20 M 5:30-8:30pm

One Day Silhouettes

Mar 6 M 5:30-8:30pm

One Day Bowl and Spoon Breakfast Set

Mar 20 M 5:30-8:30pm

One Day Mug

Mar 27 M 5:30-8:30pm

Pottery - Sculpt Your Self-Portrait

Age: 16-99 yrs. Get in touch with your inner Michelangelo! This class focuses on how to sculpt a human head. Starting with a block of clay, you will use the subtractive technique to carve your likeness. Tricks for laying out facial proportions will be covered. Basic pottery tools are necessary and other carving tools will be recommended. Prerequisite: Beginning Handbuilding at Sertoma or Pullen Arts Center. Must register in person at Sertoma or Pullen to verify qualifications. This course does not qualify for a studio card. 5 sessions. Instructor: Jeannette Stevenson.

Sertoma Arts Center – Course Fee: \$81

Feb 20-Mar 20 M 4:00-6:15pm

Pottery - Sculptural Handbuilding

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

Sertoma Arts Center – Course Fee: \$66

Mar 13-Apr 3 M 7:00-9:15pm

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Pottery - Special Assistance Needed

Age: 16-199 yrs. For students who are struggling with wheel throwing. Just can't figure out how to center? Not having success with certain forms? Always getting S-cracks? For students who are trying hard but not finding the groove you hope to find, special attention for your specific problems. This class is targeted to beginner level students who have already completed beginning wheel. Small class size (max of 5 students) allows for lots of individual attention. Bring your leftover clay from your Beginning Wheel class at Pullen or, if you're coming from a beginning class elsewhere, be prepared to purchase clay (approx \$28 for 25 lbs). This class does not qualify students for a studio membership at Pullen Arts. Instructor: Lauren Wellborn

Pullen Arts Center – Course Fee: \$91

Feb 1-Mar 1 W 6:00-8:30pm
Apr 3-May 1 M 6:30-9:00pm

Pottery - Things That Pour

Age: 16-199 yrs. Create artfully designed and skillfully made pouring pots fit to serve any occasion and drink! This class is focused on drinkwares from cups, mugs to creamers, coffee pourers and large pitchers (and optionally teapots). Students will learn how to thoughtfully craft spouts that pour with ease, and handles that ergonomically balance the weight. We will also experiment on different shapes and sizes to best fit the need, from small 4-oz espresso mugs to large 16oz beer steins. This class is best suited for intermediate levels and beyond. Skill Level: Intermediate + Beyond. Completion of Continuing Wheel class (whether at Pullen or elsewhere) is required. Students should have basic wheel throwing skills and be able to center 3 lbs clay comfortably. Students provide their own tools and purchase clay from Pullen Arts Center (approximately \$28 for 25lbs clay). Instructor: Wei Sun

Pullen Arts Center – Course Fee: \$131

Mar 15-Apr 19 W 6:00-9:00pm

Pottery - Wheel Throwing: Beginning I

Age: 16-99 yrs. This course introduces students to the basics of throwing pottery and provides them with an understanding of ceramic terms, processes and knowledge needed to use the pottery studio safely and independently. Topics include centering clay, throwing basic forms, handles and glazing. Sessions include demonstrations and practice time under the guidance of the instructor. Students are encouraged to practice between class sessions and have free access to Sertoma's well-equipped studio. New students may miss no more than two classes and must attend the first class and the glazing class (approximately 6th week) to qualify for a studio card. Purchase materials at first class (approximately \$42). Please arrive 20 minutes early for first class to buy materials. 7 sessions.

Sertoma Arts Center – Course Fee: \$111

Instructor: Jeannette Stevenson

Jan 9-Feb 27 M 7:00-9:15pm

Instructor: Joan Walsh

Jan 11-Feb 22 W 7:00-9:15pm

Instructor: Tina Granville

Mar 15-Apr 26 W 9:30-11:45am

Pottery - Wheel Throwing: Beginning II

Age: 16-99 yrs. This class is designed for those who have taken beginner wheel and need further refinement in basic throwing skills in order to progress to more challenging levels. It also serves as a refresher course for students who have previously taken throwing classes but have not thrown for some time. Students are encouraged to practice between class sessions and have free access to Sertoma's well-equipped studio. New students may miss no more than two classes and must attend the first class and the glazing class (approximately 6th week) to qualify for a studio card. Students will purchase clay and tools at first class (approximately \$42) - students are welcome to bring their own tools. Please arrive 20 minutes early for first class to buy materials. 7 sessions.

Sertoma Arts Center – Course Fee: \$111

Instructor: Tina Granville

Jan 11-Feb 22 W 9:30-11:45am

Instructor: Joan Walsh

Mar 15-Apr 26 W 7:00-9:15pm

Printmaking - Continuing Waterless Lithography

Age: 16-99 yrs. Students who have completed one full waterless lithography class are eligible to enroll in this weekend workshop. Students will continue to build printing skills and techniques. Workshop will be tailored to the participants' needs. Bring your leftover supplies. Instructor will have some supplies on hand for purchase. Paper will be available in Pullen's store. Bring drawing ideas, your photos, box of plain tissues, clean rags, and lunch. Paper and omnichrom pencils available for sale through Pullen Arts Center's store; students should expect supply cost of \$10 - \$25 due at first class. Instructor: Susan Soper

Pullen Arts Center – Course Fee: \$111

Apr 29-Apr 30 Sa & Su 10:00am-5:00pm



Printmaking - Image and Text

Age: 16-199 yrs. Learn how to set type the old fashioned way! Experiment with combining wooden, moveable type to create your own originals. Type will be enhanced through colorful stenciling and gelli plate mono printing techniques. Images will compliment your text through relief printing and embossing. What do you want to say? Bring your words! \$30.00 supply fee paid directly to instructor first day of class. Additional paper available for purchase through Pullen Arts Center's store by the sheet. Instructor: Susan Soper
Pullen Arts Center – Course Fee: \$106
 Mar 2-Mar 30 Th 9:30am-12:30pm

Printmaking - Intro to Linoleum Block Print

Age: 16-99 yrs. This class will focus on block printing using unmounted linoleum to produce a small series of prints or multiple prints. Learn how to transfer your design to your block, carving and inking techniques and print using the Dick Blick etching press. Topics to be covered include single color prints, multiple block prints, reduction block and white line techniques. Class time will be composed of demonstrations and working time, allowing students to focus on the technique of their choice. Beginning and continuing students welcome. Supply list is available on Sertoma's webpage. 6 sessions. Instructor: Keith Norval.

Sertoma Arts Center – Course Fee: \$116
 Jan 18-Feb 22 W 7:00-9:30pm
Pullen Arts Center – Course Fee: \$116
 Mar 7-Apr 18 Tu 7:00-9:30pm
 Skips Apr 11

Printmaking - Learn to Screen Print

Age: 16-99 yrs. If you want to make your own T-shirts, this is the class for you. Get your screens, ink and squeegee ready. We will cover applying emulsion, making transparencies, exposing the screen and printing techniques. You can use store-bought screens or learn how to build your own inexpensive screens. You can also print on tote bags, dish towels, paper and more. All skill levels welcome. Supply list provided on receipt.

Pullen Arts Center – Course Fee: \$116
 Instructor: Keith Norval
 Jan 17-Feb 21 Tu 7:00-9:30pm
 Instructor: Peter Borsay
 Mar 13-Apr 10 M 6:00-9:00pm
Sertoma Arts Center – Course Fee: \$116
 Instructor: Keith Norval
 Mar 8-Apr 19 W 7:00-9:30pm

Printmaking - Miniature Shaped Intaglio Prints

Age: 16-199 yrs. In this class we'll use shaped copper to make petite drypoint and monotype prints. The plates will be printed on traditional etching presses. Once printed and dry I'll demonstrate how to adorn your prints with thread, hand-tinting and gold leafing. If students are interested we can complete

a class portfolio to trade. Various shaped copper plates will be available for sale through the Pullen shop, as well as paper. Open to artists of all levels, no experience needed. Supply fee approximately \$25-30. Instructor: Susan Martin
Pullen Arts Center – Course Fee: \$86
 Jan 23-Feb 13 M 10:00am-1:00pm

Printmaking - Mixed Media Collage

Age: 16-199 yrs. In this course we will play with a variety of media from paint to prints to photo-transfers. Anyone wanting to shake up their existing art practice by adding some new techniques and layers to their compositions, this class should be experimental and fun. All levels of experience are welcome. Supply fee of \$30.00 due at the first class covers materials needed for class time. Instructor: Joanna Moody

Pullen Arts Center – Course Fee: \$106
 Jan 17-Feb 21 Tu 9:30am-12:00pm

Printmaking - Monoprint Explorations

Age: 16-199 yrs. In this multi-part class we'll explore various methods of making unique monoprints. This is a painterly technique of printmaking, with each approach yielding different results. We'll explore reductive and additive techniques, watercolor and trace monotypes as well as approaches to layering and combining techniques for rich results. (Monoprints also make great collage material!) Traditional oil based inks as well as soy based Akua inks will be demonstrated. Open to artists of all levels, no experience needed. Inks will be on hand for class time. Supply fee will vary based on paper usage, approximately \$25-30; students purchase paper from Pullen Arts store as needed. Instructor: Susan Martin

Pullen Arts Center – Course Fee: \$86
 Mar 7-Mar 28 Tu 10:00am-1:00pm

Printmaking - Poster Printing and Creating Multiples

Age: 16-199.9 yrs. If you have a basic understanding of screen printing techniques then this class is for you! The class will teach you how to create posters and a limited edition of prints. Students provide supplies; supply list provided on receipt. Instructor: Pete Borsay

Pullen Arts Center – Course Fee: \$126
 Jan 23-Feb 27 M 6:00-9:00pm

Printmaking - Relief Printing on Fabric

Age: 16-99 yrs. This workshop will focus specifically in learning to carve linoleum and other soft materials to create patterns and motifs that can later be printed on fabric. Students will learn to create a multicolor stamp, to think about repetition and rhythm in order to develop patterns that can be printed endlessly on fabric. No experience necessary. Supply list available on Sertoma's webpage. 5 sessions. Instructor: Patrizia Ferreira.
Sertoma Arts Center – Course Fee: \$91
 Jan 23-Feb 20 M 10:00am-12:00pm

Printmaking - Watercolor Monotypes

Age: 16-199 yrs. In this one day workshop we'll dive head-first into various ways of making prints using watercolors and water-soluble crayons and pencils. You can work big and bold, washy or rich, each approach yielding unique prints. It's magical watching the watercolors rehydrate and print onto dampened paper. Open to artists of all levels, no experience needed. Bring sketches, ideas, and an open mind. If you have them, please bring any favorite watercolors or water media brushes, a selection of both will be on hand for class use as well. Paper, plates and watercolor samplers are available for purchase through the Pullen shop, approximately \$25-30. Instructor: Susan Martin
Pullen Arts Center – Course Fee: \$66
 Apr 15 Sa 10:00am-5:00pm

Printmaking - Waterless Lithography

Age: 16-99.9 yrs. Discover the magic of Waterless Lithography. Try your hand at a printmaking technique that can be suited to your drawing style and color sense. Using this safer printmaking process, students will create multicolored originals. You will learn how to transfer your images to aluminum plates, process plates for printing, and come away with multiples. Paper, ink selection, and master printmakers will be discussed. Please bring 5 X 7 image ideas, or photos for reference. A \$30.00 supply fee is paid directly to instructor at first class. No experience necessary. Instructor: Susan Soper
Pullen Arts Center – Course Fee: \$106
 Jan 19-Feb 16 Th 9:30am-1:00pm

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
 Jan 6-Jan 27 F 6:00-10:30pm
 Feb 3-Feb 24 F 6:00-10:30pm
 Mar 3-Mar 31 F 6:00-10:30pm
 Apr 7-Apr 28 F 6:00-10:30pm

Sewing For Beginners

Age: 10.99-17 yrs. In this class you will learn about needles, fabric, notions and how to read a pattern. No knowledge of sewing is required. The instructor will select a pattern and you will be responsible for fabric and additional items. Student will receive a class list. Class cost do not include material.
Biltmore Hills Community Center – Course Fee: \$41
 Jan 7-Jan 28 Sa 10:00-11:00am
 Jan 7-Jan 28 Sa 11:00am-12:00pm

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Sewing: 101

Age: 17-99 yrs. Some knowledge of a sewing machine and ability to read a pattern required. You will select a pattern, fabric and notions. Instructor will assist in the construction of the garment. This class will assist you in becoming more confident in your sewing skills.

Biltmore Hills Community Center – Course Fee: \$61
Feb 4-Feb 25 Sa 10:00am-12:00pm

Senior

Coffee and Create

Age: 55-99 yrs. Come out for a relaxing morning of coffee and creating. Paint a spring inspired masterpiece and have fun while doing it! Coffee and supplies provided, but feel free to bring snacks and drinks (non-alcoholic) to enjoy while you paint. Registration must be received by March 29th, 2022.

Halifax Community Center – Course Fee: \$36
Apr 3 M 10:00am-1:00pm

Color Theory and Abstraction

Age: yrs. This is a course in which the student will explore the amazing world of color. Students will learn about the nature and use of color. Emphasis will be upon color mixing, manipulation and the creation of color harmonies. This is a great starter class for students interested in painting. Students provide their own supplies.

Supplies list provided upon registration.
Five Points Center – Course Fee: \$91
Feb 24-Mar 31 F 1:00-4:00pm

Drawing: Introduction

Age: 18-99 yrs. This is a basic drawing class for both beginners and those who are looking to sharpen their drawing skills. Students will study drawing elements such as value, color and texture. Students will also study composition. Students will experiment with drawing materials such as pencils and charcoal. Students will draw natural and man-made objects. This course provides a good foundation for all art classes. Students provide their own supplies. Supplies list provided upon registration.

Five Points Center – Course Fee: \$91
Jan 13-Feb 17 F 9:30am-12:30pm

Knitting and Crocheting

Age: 18-99 yrs. Do you like to knit or crochet? Please come and share your skills and projects with other like minded patrons. This is a free informal social time.

Anne Gordon Center
Jan 5-Apr 27 Th 2:00-4:00pm

Painting Pop Art

Age: 18-99 yrs. This class is for absolute beginners and seasoned painters. This is a class for both acrylic and oil painters. Student will create paintings inspired by the Pop Artists Andy Warhol and Roy Lichtenstein. Students can create Pop Art still life paintings and/or portraits. In addition, students will learn composition, how to handle, mix and apply paint. Students may paint from life and photos. Self-expression and experimentation are encouraged. Students provide their own supplies. Supplies list provided upon registration.

Five Points Center – Course Fee: \$91
Apr 14-May 19 F 9:30am-12:30pm

Painting: Acrylic & Oil

Age: 18-99 yrs. This basic painting class for both acrylic and oil painters is open to all levels. Topics include: how to handle, mix and apply paint; to break down complicated subjects into basic shapes; composition, proportion and how to create form using value and color. Students may work from still lives, photos or copy old masters paintings. Supply list provided upon registration.

Five Points Center – Course Fee: \$121
Jan 10-Feb 28 Tu 10:00am-1:00pm

Painting: Acrylic and Oil Still Life

Age: yrs. This class is open to everyone from absolute beginners to seasoned painters. This is a basic painting class for both acrylic and oil painters. Students will learn to handle, mix and apply paint. Students will learn to break down complicated subjects into basic shapes. Students will learn to render an object's correct proportions and create the impression of form in 2D using value. They will also study composition. Students may select their own subject/props. Students provide their own supplies. Supplies list provided upon registration

Five Points Center – Course Fee: \$121
Mar 7-Apr 25 Tu 1:00-4:00pm

Raleigh Miniatures Guild

Age: 18-99 yrs. This group is for art enthusiasts specializing in the craft of miniatures. The Guild meets the 1st and 3rd Thursdays each month. See club officers at meeting for information on additional fees and dues.

Anne Gordon Center – Course Fee: \$4
Jan 5-Apr 27 Th 10:00am-12:00pm

The Magic of MAGIC Markers

Age: 18-99 yrs. Let's discover together how the flow of color onto paper can be so relaxing. Destress with us! We will combine the ancient art of Doodling with the fresh perspective of design and you will be encouraged to find your very own style. You will take home the supplies to continue perfecting your relaxation doodling on your own.

Walnut Terrace Center – Course Fee: \$7
Jan 10 Tu 2:15-3:30pm

Family

Family Paint Night

Age: 8-99 yrs. Drop the electronics and learn some new skills. Come out for a fun evening of painting together and see what masterpiece you can create as a group or duo! Feel free to bring snacks and drinks (non-alcoholic) to enjoy while you paint. Art supplies provided, registration must be received 3 days prior to program.

Halifax Community Center – Course Fee: \$61
Feb 17 F 6:00-8:00pm

Family Pottery - Botanical Sculptures

Age: 5-10 yrs. In this workshop, participants will create botanical sculptures inspired by native botanicals. Pieces will be left for firing and available for pickup two weeks after the class. All supplies included. Class fee includes one adult and one child; please register child only. Instructor: Julia Einstein (1 session)

Pullen Arts Center – Course Fee: \$31
Mar 18 Sa 10:00-11:30am

Family Pottery - Mixing Media: Ceramics & Drawing

Age: 5-10 yrs. In this workshop, families will experiment with mixing media. Participants will learn how to use drawing techniques in creating pottery. Pieces will be left for firing and available for pickup two weeks after the class. All supplies included. Class fee includes one adult and one child; please register child only. Instructor: Julia Einstein (1 session)

Pullen Arts Center – Course Fee: \$31
Apr 29 Sa 10:00-11:30am

Family Pottery - Mixing Media: Ceramics & Printmaking

Age: 5-10 yrs. In this workshop, families will experiment with mixing media. Participants will learn how to use printmaking techniques in creating pottery. Pieces will be left for firing and available for pickup two weeks after the class. All supplies included. Class fee includes one adult and one child; please register child only. Instructor: Julia Einstein (1 session)

Pullen Arts Center – Course Fee: \$31
Feb 25 Sa 10:00-11:30am

Family Pottery - Valentine's Day Love Boxes

Age: 5-10 yrs. Create a one-of-a-kind clay box to celebrate your family's love! An adult and child will work together to make a colorful heart - shaped box using textured slabs and underglazes. Pieces will be left for firing and available for pickup two weeks after the class. All supplies included. Class fee includes one adult and one child; please register child only. Instructor: Kalee Calhoun (1 session)

Pullen Arts Center – Course Fee: \$46
Feb 11 Sa 9:30am-12:00pm

Athletic Instruction



Preschool

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 – Course Fee: \$10

Jan 3-Jan 31	Tu	10:00-11:00am
Jan 4-Jan 25	W	10:00-11:00am
Feb 1-Feb 22	W	10:00-11:00am
Feb 7-Feb 28	Tu	10:00-11:00am
Mar 1-Mar 29	W	10:00-11:00am
Mar 7-Mar 28	Tu	10:00-11:00am
Apr 4-Apr 25	Tu	10:00-11:00am
Apr 5-Apr 26	W	10:00-11:00am

smALL Stars Toddler Sports

Age: 3-5 yrs. Introduce your future all-star to various sports in this fun and engaging look at sports for preschoolers. Your child will learn the basics of different sports while developing hand-eye coordination, listening skills, good sportsmanship, and teamwork. Class goes on hiatus each June-August.

Marsh Creek Community Center – Course Fee: \$41

Jan 10-Jan 31	Tu	10:15-11:00am
Feb 7-Feb 28	Tu	10:15-11:00am
Mar 7-Mar 28	Tu	10:15-11:00am
Apr 4-Apr 25	Tu	10:15-11:00am

Youth

Basketball Clinic 2

Age: 8-11 yrs. If you are looking for a quality basketball clinic to improve, you're on court skills look no further. Join us in enhancing your fundamental skills in the off-season. We will work on dribbling, passing, shooting, scrimmaging, and defense.

Roberts Park Community Center

Mar 1-Mar 29	W	6:00-7:00pm
Mar 2-Mar 30	Th	6:00-7:00pm

Basketball Skills & Drills

Age: 8-17 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: Urysla Cotton, current professional basketball player.

Brier Creek Community Center – Course Fee: \$41

Jan 7-Jan 28	Sa	11:30am-12:30pm
Feb 4-Feb 25	Sa	11:30am-12:30pm
Mar 4-Mar 25	Sa	11:30am-12:30pm
Apr 1-Apr 22	Sa	11:30am-12:30pm

Basketball Skills And Drills

Age: 4-5 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 – Course Fee: \$41

Feb 7-Feb 28	Tu	11:00am-12:00pm
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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

Apr 5-May 31	W	5:30-7:00pm
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Homeschool Sports

Ages 6-19 yrs.

Worthdale Community Center

Jan 6-Jan 27	F	10:00am-12:00pm
Feb 3-Feb 24	F	10:00am-12:00pm
Feb 3-Feb 24	F	10:00am-12:00pm
Feb 3-Feb 24	F	10:00am-12:00pm

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Little Laxers Lacrosse

Age: 5-8 yrs. Scoop, Cradle, and Shoot!! This class is a great introduction to the game of lacrosse, teaching the basic fundamentals. Little Laxers features a number of fun lacrosse-themed games designed to teach kids fundamentals, while keeping them moving and having FUN! Skills learned include scooping, passing, shooting, cradling, and receiving a pass. These skills are hidden inside fun games - kids don't even know they're learning! Little Laxers uses a light-weight lacrosse training ball, making it easier to pass and shoot. Players can bring their own equipment or it'll be provided.

Instructor: Tina Rodgers

Brier Creek Community Center – Course Fee: \$41

Apr 4-Apr 25 Tu 4:30-5:15pm
Apr 4-Apr 25 Tu 5:30-6:15pm

Soccer Kickers at Brier Creek

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

Instructor: Urysla Cotton

Brier Creek Community Center – Course Fee: \$41

Ages 5-8

Apr 6-Apr 27 Th 4:30-5:15pm

Ages 9-12

Apr 6-Apr 27 Th 5:30-6:15pm

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

Millbrook Exchange Tennis Center

Age 6-8

Mar 13-Apr 26 M&W 5:00-6:00pm Fee: \$133
Mar 14-Apr 27 Tu&Th 5:00-6:00pm Fee: \$133
Mar 18-Apr 29 Sa 11:00am-12:00pm Fee: \$73

Age 10-18

Mar 13-Apr 26 M&W 4:00-5:00pm Fee: \$133
Mar 14-Apr 27 Tu&Th 4:00-5:00pm Fee: \$133
Mar 18-Apr 29 Sa 10:00-11:00am Fee: \$73

Age 8-10

Mar 18-Apr 29 Sa 9:00-10:00am Fee: \$73
Mar 18-Apr 29 Sa 10:00-11:00am Fee: \$73
Mar 18-Apr 29 Sa 11:00am-12:00pm Fee: \$73
Mar 13-Apr 26 M&W 5:00-6:00pm Fee: \$133
Mar 14-Apr 27 Tu&Th 5:00-6:00pm Fee: \$133

Tennis Jr. Level 2

Must be assessed prior to registering for this class. Email david.bell@raleighnc.gov for assessment. Requirements: able to sustain a rally with another student, serve 6 out of 10 in from the baseline, keep score and have played a full court set. This class works on using full-swing forehand, backhand, full-swing serve, overhead and good volley techniques while playing points. 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

Millbrook Exchange Tennis Center

Age 8-10

Mar 13-Apr 26 M&W 5:00-6:00pm Fee: \$133

Age 10-18

Mar 13-Apr 26 M&W 4:00-5:00pm Fee: \$133
Mar 14-Apr 27 Tu&Th 4:00-5:00pm Fee: \$133
Mar 18-Apr 29 Sa 9:00-10:00am Fee: \$73

Tennis USTA Junior Team Tennis

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

Millbrook Exchange Tennis Center – Course Fee: \$133

8U Beginner

Mar 3-May 6 F & Sa 5:00-6:30pm

10U Beginner

Mar 3-May 6 F 5:00-6:30pm

10U Intermediate

Mar 3-May 6 F 5:00-6:30pm

12U Bronze

Mar 3-May 6 F 5:00-6:30pm

12U Yellow

Mar 3-May 6 F 5:00-6:30pm

12U Silver

Mar 3-May 6 F 5:00-6:30pm

14U Bronze

Mar 3-May 6 F 5:00-6:30pm

14U Silver

Mar 3-May 6 F 5:00-6:30pm

18U Bronze

Mar 3-May 6 F 5:00-6:30pm

18U Silver

Mar 3-May 6 F 5:00-6:30pm

18U Gold

Mar 3-May 6 F 5:00-6:30pm

Adult

Pickleball Clinics

Age: 50 and up. Join us at John Chavis Community Center to learn how to play pickleball! Weekly "Learn to Play" clinics for beginners ages 50 and over are instructed by local pickleball volunteers to help bring new players to the sport. Each session will involve skill drills, rules overviews, and short game play sessions to put your skills to the test! Limited equipment is available to borrow during each session. \$10 for 8 weeks.

John Chavis Community Center – Course Fee: \$15

Jan 3-Apr 25 Tu 11:00am-1:00pm



Roller Skating Fitness

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

Millbrook Exchange Community Center – Course Fee: \$10
Jan 8-Apr 30 Su 4:00-5:00pm

Tennis Adult 2.5 Drills

Age: 18-99 yrs. Requirements: Must be at the NTRP 2.5 level or use full swing on most strokes during match play to enter this class. This is a drills class using all of your strokes.

This class will focus more on 2.5 level match skills rather than stroke technique.

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

Millbrook Exchange Tennis Center – Course Fee: \$133
Mar 13-Apr 26 M & W 6:00-7:00pm
Mar 14-Apr 27 Tu & Th 6:00-7:00pm

Tennis Adult Cardio

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
Millbrook Exchange Tennis Center – Course Fee: \$73
Mar 17-Apr 28 F 9:00-10:00am

Tennis Adult Doubles Ladder

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

Non-City Owned Tennis Location – Course Fee: \$25

Women's 2.5 Doubles
Mar 6-May 7 M & Su

Women's 3.5 Doubles
Mar 6-May 7 M & Su

Men's 4.0 Doubles
Mar 6-May 7 M & Su

Tennis Adult Level 1

Age: 18-99 yrs. No experience needed for this class. Players will work on building rallying skills; learn basic strokes, scorekeeping, and the rules of tennis. To graduate into level 2, players must be able to sustain a rally, make 6 out of 10 serve from the baseline, keep score and play a full court set. Please bring light, loose-fitting clothes, nonmarking sneakers and your racquet. Racquets are available to borrow. Class length is seven weeks, including one bonus week. If there is more than one week of rainouts, classes can be made up during other class times by emailing david.bell@raleighnc.gov

Millbrook Exchange Tennis Center
Mar 13-Apr 26 M&W 10:00-11:00am Fee: \$133
Mar 13-Apr 26 M&W 6:00-7:00pm Fee: \$133
Mar 14-Apr 27 Tu&Th 11:00am-12:00pm Fee: \$133
Mar 14-Apr 27 Tu&Th 7:00-8:00pm Fee: \$133
Mar 18-Apr 29 Sa 12:00-1:00pm Fee: \$73
Mar 18-Apr 29 Sa 9:00-10:00am Fee: \$73

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
Mar 13-Apr 26 M&W 11:00am-12:00pm Fee: \$133
Mar 13-Apr 26 M&W 7:00-8:00pm Fee: \$133
Mar 14-Apr 27 Tu&Th 10:00-11:00am Fee: \$133
Mar 14-Apr 27 Tu&Th 6:00-7:00pm Fee: \$133
Mar 18-Apr 29 Sa 10:00-11:00am Fee: \$73
Mar 18-Apr 29 Sa 11:00am-12:00pm Fee: \$73

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 – Course Fee: \$25

Women's 2.5
Mar 6-May 7 M & Su

Women's 3.5
Mar 6-May 7 M & Su

Women's 4.0/4.5
Mar 6-May 7 M & Su

Men's 3.5
Mar 6-May 7 M & Su

Men's/Women's 4.5
Mar 6-May 7 M & Su

Women's 3.0
Mar 6-May 7 M & Su

Men's 3.0
Mar 6-May 7 M & Su

Men's 4.0
Mar 6-May 7 M

Tennis Quads

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

Millbrook Exchange Tennis Center – Course Fee: \$45
All levels

Mar 6-May 15 M 7:00-9:00pm
Mar 8-May 17 W 9:30-11:30am

Coed 2.0/2.5
Mar 9-May 18 Th 7:00-9:00pm

Tennis Senior Drop In

Age: 55-99 yrs. Men and Women aged 55 and older are welcome to drop in and play at Millbrook Exchange Tennis Center on Mondays and Thursday mornings at 9am throughout the year. There will be an organizer to send you and your partner to the courts for doubles play for rounds of short matches. Need to come a little late or leave a little early, that's fine, just start your day off with some organized doubles play and be on your way.

Millbrook Exchange Tennis Center – Course Fee: \$40
Jan 1-Apr 30 M & Th 9:00am-12:00pm

Family**Roller Skating Open Skate**

Age: 0-17 yrs. Bring your own skates as we open up the gym for youth to roller skate in a family friendly environment. Pads and helmets are encouraged, but not required. Parents must stay to supervise their child, but are allowed to skate for free alongside a paid child.

Millbrook Exchange Community Center – Course Fee: \$5

Youth Open Skate
Jan 7-Apr 29 Sa 10:00am-2:00pm

Adult Open Skate
Jan 8-Apr 30 Su 1:30-3:30pm

Athletics Open Play

Athletics
Open Play



Youth

Basketball Open Play - Youth

Age: 6-11 yrs. Open gym basketball is an opportunity for youth to shoot around and play basketball games with others using our indoor basketball gyms. Participants 17 years and under must register for a free Youth Open Play pass online through the membership tile or at a community center. Capacity is limited and available on a first come, first serve basis. Participants may bring their own basketballs, or a limited number may be available to check out. Contact the location for open play schedule.

Worthdale Community Center
Jan 2-Apr 28 M & F 6:00-7:30pm

Teen

Ball Out

Age: 12-17 yrs. Open gym basketball is an opportunity for teens to shoot around and play basketball games with others using our indoor basketball gyms. Participants 12-17 years old must register online through the membership tile or at a community center. Capacity is limited and available on a first-come, first-serve basis. Participants may bring their basketballs, or a limited number may be available to check out.

John Chavis Community Center
Jan 23-May 22 M 4:00-5:30pm
Millbrook Community Center
Jan 24-May 23 Tu 3:00-6:00pm

Roberts Community Center
Jan 25-May 24 W 3:00-4:00pm
Green Road Community Center
Jan 26-May 25 Th 3:30-5:30pm
Saint Monica Teen Center
Jan 27-May 26 F 3:00-5:30pm
Tarboro Community Center
Jan. 27-May 26 F 3:00-6:00pm

Adult

Basketball Open Play - Adults

Age: 18-99 yrs. Open gym basketball is an opportunity for adults to shoot around and play basketball games with others using our indoor basketball gyms. Participants must register for a free Adult Open Play pass at a community center. Capacity is limited and available on a first come, first serve basis. Participants may bring their own basketballs, or a limited number may be available to check out. Contact the location for open play schedule.

Worthdale Community Center
Jan 2-Apr 28 M-F 12:00-3:00pm

Pickleball Open Play

Age: 18-99 yrs.

Lions Park Community Center
Mar 5-Mar 26 Su 1:30-5:30pm
Apr 2-Apr 30 Su 1:30-5:30pm

Optimist Community Center

Jan 3-Apr 27 Tu & Th 10:30am-3:00pm
Jan 3-Apr 28 M-W & F 6:30-8:30pm
Jan 8-Apr 30 Su 1:30-5:45pm

Table Tennis - Open Play

Age: 18-99 yrs.

Lake Lynn Community Center
Jan 4-Apr 29 M,W,Th,Sa 9:00am-12:00pm

Family

Basketball Open Play - Family

Open gym basketball is an opportunity for parents and their children to shoot around and play basketball games with others using our indoor basketball gyms. Participants 17 and younger must register for a free Youth Open Play pass online through the membership tile. Participants 18 and older must register for a free Adult Open Play pass at a community center. Capacity is limited and available on a first come, first serve basis. Participants may bring their own basketballs, or a limited number may be available to check out. Contact the location for open play schedule.

Optimist Community Center
Jan 3-Apr 28 M-F 3:30-5:30pm
Worthdale Community Center
Jan 2-Apr 28 M,W,F 7:30-8:45pm

Athletics Teams/Leagues

Athletics Programs

athletics@raleighnc.gov
919-996-6836

Athletic Program Director

Vacant

Athletic Program Managers

Ryan Ryba
ryan.ryba@raleighnc.gov

Jason Clemons
jason.clemons@raleighnc.gov

Athletic Program Assistant Manager

Raven Johnson
raven.johnson@raleighnc.gov

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

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

Youth

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 February 6-17 (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, 2022. Practices and games will take place at Lions Park.

Lions Park Community Center – Course Fee: \$56
Mar 6-Jun 9 M-F 6:00-9:30pm

Spring Youth NFL Flag Football (Mini-Mite Age 5-7)

Age: 5-7 yrs. The Athletics Division is offering youth flag football for ages 5-7. Open registration is February 6-17. Registration may be left open pending number of available spots. League age as of date is August 31, 2022. Fee is \$50 for Raleigh residents and \$65 for non-Raleigh residents. Practices will begin about March/April and can be anytime Monday-Friday, 6pm-8pm, Saturday, 9am-3pm, and Sunday, 1pm-6pm. Games will be played on Saturdays and/or Wednesdays, tentatively, starting in April. 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 – Course Fee: \$51

District 1
Mar 13-Jun 14 M,W,F 6:00-8:00pm

Jaycee Community Center – Course Fee: \$51

District 3
Mar 13-Jun 16 M,W,F 6:00-8:00pm

John Chavis Community Center – Course Fee: \$51

District 4
Mar 13-Jun 16 M,W,F 6:00-8:00pm

Lions Park Community Center – Course Fee: \$51

District 2
Mar 13-Jun 16 M-F 6:00-8:00pm

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Spring Youth NFL Flag Football (Mitey-Mite Age 8-10)

Age: 8-10 yrs. The Athletics Division is offering youth flag football for ages 8-10. Open registration is February 6-17. Registration may be left open pending number of available spots. League age as of date is August 31, 2022. Fee is \$50 for Raleigh residents and \$65 for non-Raleigh residents. Practices will begin about March/April and can be anytime Monday-Friday, 6pm-8pm, Saturday, 9am-3pm, and Sunday, 1pm-6pm. Games will be played on Saturdays and/or Wednesdays, tentatively, starting in April. 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.

Baileywick Park – Course Fee: \$51

District 1

Mar 14-Jun 15 Tu & Th 6:00-8:00pm

Jaycee Community Center – Course Fee: \$51

District 3

Mar 14-Jun 15 Tu & Th 6:00-8:00pm

John Chavis Community Center – Course Fee: \$51

District 4

Mar 14-Jun 15 M-F 6:15-8:00pm

Lions Park Community Center – Course Fee: \$51

District 2

Mar 14-Jun 15 Tu & Th 6:00-8:00pm

Spring Youth NFL Flag Football (Little League Age 11-13)

Age: 11-13 yrs. The Athletics Division, is offering youth flag football for ages 11-13. Open registration is February 6-17. Registration may be left open pending number of available spots. League age as of date is August 31, 2022. Fee is \$50 for Raleigh residents and \$65 for non-Raleigh

residents. Practices will begin about March/April and can be anytime Monday-Friday, 6pm-8pm, Saturday, 9am-3pm, and Sunday, 1pm-6pm. Games will be played on Saturdays and/or Wednesdays, tentatively, starting in April. 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.

Baileywick Park – Course Fee: \$51

District 1

Mar 13-Jun 16 M,W,F 6:00-8:00pm

Jaycee Community Center – Course Fee: \$51

District 3

Mar 18-Jun 10 Sa 9:00am-12:00pm 1

John Chavis Community Center – Course Fee: \$51

District 4

Mar 18-Jun 10 Sa 9:00am-12:00pm

Lions Park Community Center – Course Fee: \$51

District 2

Mar 13-Jun 16 M,Tu,Th,F 6:00-8:00pm

Spring Youth Soccer

Age: 3-8 yrs. Our Youth Soccer Leagues are for boys and girls ages 3-8 of all skill levels. These leagues are intended to promote the interest in soccer among young athletes and teach the fundamentals and rules of the sport. All teams are coached by trained and certified volunteer coaches. Participants will experience playing in a team sport, with an emphasis on sportsmanship, fair play and fostering a love for the game. Leagues are offered to children ages 3-8; league age is determined by August 31 of the current year. Practices will start in March and may be one weeknight and Saturdays, games start in April and will

be held on Saturdays through May. Games and practices will be played in the North and West Raleigh areas. Registration fee is \$60 for Raleigh residents and \$75 for non-Raleigh residents and will begin in January at your local community center and online.

Peter Williams Park – Course Fee: \$61

U4 Co-ed

Feb 25-Jun 10 Sa 9:00am-6:00pm

U6 Co-ed

Feb 25-Jun 10 M-Th & Sa 9:00am-6:00pm

U8 Co-ed

Feb 25-Jun 10 M-Th & Sa 9:00am-6:00pm

Youth Baseball - Bronco

Age: 11-12 yrs. Baseball registration is February 6-17, 2023. The Bronco Baseball League (ages 11-12) 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, 2022.

Baileywick Park – Course Fee: \$51

District 1

Mar 6-Jun 2 M-F 6:00-9:00pm

Biltmore Hills Community Center

District 4

Mar 6-Jun 2 M-F 6:00-9:00pm

Buffaloe Road Athletic Park

District 2

Mar 6-Jun 2 M-F 6:00-9:00pm

Jaycee Community Center

District 3

Mar 6-Jun 2 M-F 6:00-9:00pm



Youth Baseball - Colt

Age: 15-17 yrs. Baseball registration is February 6-17, 2023. The Colt Baseball League (ages 15-17) 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, 2022.

Cedar Hills Park – Course Fee: \$51
Mar 6-Jun 2 M-F 6:00-9:00pm

Youth Baseball - Mustang

Age: 9-10 yrs. Baseball registration is February 6-17, 2023. The Mustang Baseball League (ages 9-10) 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, 2022.

Biltmore Hills Community Center – Course Fee: \$51
District 4

Mar 6-Jun 2 M-F 6:00-9:00pm

Lake Lynn Community Center

District 1

Mar 6-Jun 2 6:00-9:00pm

Laurel Hills Community Center

District 3

Mar 6-Jun 2 M-F 6:00-9:00pm

Spring Forest Road Park

District 2

Mar 6-Jun 2 M-F 6:00-9:00pm

Youth Baseball - Pinto

Age: 7-8 yrs. Baseball registration is February 6-17, 2023. The Pinto Baseball League (ages 7-8) 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, 2022.

Method Road Community Center – Course Fee: \$51

District 3

Mar 6-Jun 2 M-F 6:00-9:00pm

Millbrook Exchange Community Center – Course Fee: \$51

District 1

Mar 6-Jun 2 M-F 6:00-9:00pm

Sanderford Road Neighborhood Center – Course Fee: \$51

District 4

Mar 6-Jun 2 M-F 6:00-9:00pm

Worthdale Community Center – Course Fee: \$51

District 2

Mar 6-Jun 2 M-F 6:00-9:00pm

Youth Baseball - Pony

Age: 13-14 yrs. Baseball registration is February 6-17, 2023. The Pony Baseball League (ages 13-14) 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, 2022.

Buffaloe Road Athletic Park – Course Fee: \$51

District 2/4

Mar 6-Jun 2 M-F 6:00-9:00pm

Laurel Hills Community Center – Course Fee: \$51

District 1/3

Mar 6-Jun 2 M-F 6:00-9:00pm

Youth Baseball - TBall

Age: 5-6 yrs. Baseball registration is February 6-17, 2023. The TBall Baseball League (ages 5-6) 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, 2022.

John Chavis Community Center – Course Fee: \$51

District 4

Mar 6-Jun 2 M-F 6:00-9:00pm

Kiwanis Community Center – Course Fee: \$51

District 3

Mar 6-Jun 2 M-F 6:00-9:00pm

Marsh Creek Community Center – Course Fee: \$51

District 2

Mar 6-Jun 2 M-F 6:00-9:00pm

Optimist Community Center – Course Fee: \$51

District 1

Mar 6-Jun 2 M-F 6:00-9:00pm

Youth Cheerleading

Age: 5-13 yrs. Youth cheerleading (ages 5-13) registration is July 11-22 (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. The registration fee is \$55 for residents and \$70 for non-residents.

Brier Creek Community Center

District 1

Aug 8-Nov 12 M-Sa 6:30-8:30pm

Jaycee Community Center

District 3

Mar 13-Jun 10 M-Th & Sa 6:30-8:30pm

John Chavis Community Center

District 4

Mar 13-Jun 10 M,W,Sa 6:30-8:30pm

Lions Park Community Center

District 2

Mar 13-Jun 10 M,W,F,Sa 6:30-8:30pm

Youth Futsal

Age: 6-11 yrs. Futsal registration is February 6-17, 2023. Futsal is an exciting, new five-on-five sport that encourages team-wide participation. With fast-paced gameplay and creative goal scoring opportunities, futsal is sure to make every burgeoning athlete feel like a star! Locations may include, but are not limited to: Peach Road Park, Brentwood Park, and Millbrook Park. The non-competitive league is for ages 6-8, and the competitive league is for ages 9-11. The cost is \$51 for Raleigh residents, and \$65 for non-residents. The league age as of date is August 31, 2022.

Various Locations

Mar 6-Jun 2 M-F 6:30-8:00pm

Youth Lacrosse

Registration is scheduled for January 2-20, 2023. Raleigh Parks, Recreation and Cultural Resources Athletics Division in conjunction with the North Carolina Lacrosse Academy offers Youth LAX for boys grades 2nd through 6th. Registration can be done online at reclink.raleighnc.gov. Practices and games will be held at Jaycee Community Center & Buffaloe Road Athletic Park. Game and practice days will vary, but expect to practice and play two weekdays and Saturday.

Jaycee Community Center – Course Fee: \$76

Lacrosse Grades 2nd-4th

Feb 13-May 12 Tu-Th & Sa 6:00-9:00pm

Lacrosse Grades 5th-6th

Feb 13-May 12 Tu-Th & Sa 6:00-9:00pm

Youth Softball

Age: 10-12 yrs. Youth Girls Spring Modified Pitch Softball registration is February 6-17, 2023. The Girls Softball League is a way for youth to learn the fundamentals of softball and to teach positive sportsmanship. Modified Pitch is offered for Girls ages 10-12 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, 2022.

Buffaloe Road Athletic Park – Course Fee: \$51

Spring Modified Pitch

Mar 13-Jun 8 M-W & Sa 6:30-7:30pm

Spring Fast Pitch

Mar 13-Jun 8 M-W & Sa 6:30-7:30pm

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Teen

RPD Summer Basketball League

Age: 13-14 yrs. Come One, Come All, it's time to BALL! Method Road Park and Raleigh Police Department offers youth summer basketball league for ages 13-14 (age as of August 31, 2022). Each participant must provide a copy of birth verification before assessments and have insurance.

Method Road Community Center – Course Fee: \$56

Junior League

Jun 20-Aug 15 Tu & Th 6:00-9:00pm

Senior League

Jun 21-Aug 16 M & W 6:00-9:00pm

Adult

Adult Baseball

Age: 18-99 yrs. The Athletics Division will be holding registration for the Adult Baseball League on February 13-17, 2023. Registration will be taken online or in person at 2401 Wade Ave. Raleigh 27607 from 8:30am-5:15pm Monday-Friday. For more information please contact (919) 996-6836. Individuals who are not a part of a team will need to contact City of Raleigh Athletics at 919-996-6836 to be placed on our Free Agent list. Registration is for teams only and team fee is \$800.

Buffalo Road Athletic Park

Mar 6-Jun 2 M-Su 5:30-10:00pm

Adult Basketball

Age: 18-99 yrs. The Athletics Division will be holding registration for the summer Adult Basketball League on April 24-28, 2023. Registration will be taken online or in person at 2401 Wade Ave. Raleigh 27607 from 8:30am-5:15pm Monday-Friday. For more information please contact (919) 996-6836. Individuals who are not a part of a team will need to contact City of Raleigh Athletics at 919-996-6836 to be placed on our Free Agent list. Registration is for teams only and team fee is \$450.

Various Community Centers

Jun 5-Aug 25 Tu & Th 6:30-9:30pm

Adult Fall Flag Football

Age: 18-99 yrs. The Athletics Division will be holding registration for the Spring Adult Flag Football (COED) League on March 6-10. Registration will be taken online or in person at 2401 Wade Ave. Raleigh 27607 from 8:30am-5:15pm Monday-Friday. For more information please contact (919) 996-6836. Individuals who are not a part of a team will need to contact City of Raleigh Athletics at 919-996-6836 to be placed on our Free Agent list. Registration is for teams only and team fee is \$400.

Lions Park Community Center

Mar 20-Jun 29 M-Th 6:00-9:00pm

Jaycee Park Sand Volleyball League

Age: 18-99 yrs. Join us for the Spring Sand Volleyball League to have fun in the sun!

Registration dates: February 10-26, 2023.

League play will begin in March and run through May.

Jaycee Community Center

3 Person Co-ed

Mar 9-May 25 Th 6:00-10:00pm Fee: \$61

6 Person Co-Ed

Mar 9-May 25 Th 6:00-10:00pm Fee: \$81

Doubles Co-ed

Mar 7-May 30 Tu 6:00-10:00pm Fee: \$51

4 Person Coed

Mar 7-May 30 Tu 6:00-10:00pm Fee: \$71



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

Jan 4-Jan 30	M,W,F	9:15am-12:15pm	Fee: \$221
Jan 3-Jan 31	Tu&Th	9:15am-12:15pm	Fee: \$181
Feb 1-Feb 27	M,W,F	9:15am-12:15pm	Fee: \$241
Feb 2-Feb 28	Tu&Th	9:15am-12:15pm	Fee: \$161
Mar 1-Mar 31	M,W,F	9:15am-12:15pm	Fee: \$281
Mar 2-Mar 30	Tu&Th	9:15am-12:15pm	Fee: \$181
Apr 3-Apr 28	M,W,F	9:15am-12:15pm	Fee: \$221
Apr 4-Apr 27	Tu&Th	9:15am-12:15pm	Fee: \$161

Passport to Kiwanis

Age: 3-5 yrs. Join your friends at Kiwanis Park as we travel the world! Each week we will visit a new country and learn about it through games and crafts. Hop on a plane and fly to Kiwanis as we fill out our passports and go on new adventures all month long!
Kiwanis Community Center – Course Fee: \$21
 Mar 1-Mar 29 W 11:00am-12:00pm

Youth

Piano Lessons

Age: 7-18 yrs. Join us at Lake Lynn Community Center for Piano Lessons! Students will work individually with the teacher to learn and improve their piano skills. The class is open to all beginner and intermediate piano players.

Lake Lynn Community Center – Course Fee: \$16

Jan 8-Apr 30	Su	1:15-2:00pm
Jan 8-Apr 30	Su	2:15-3:00pm
Jan 8-Apr 30	Su	3:15-4:00pm
Jan 8-Apr 30	Su	4:15-5:00pm
Jan 8-Apr 30	Su	5:15-6:00pm

Sister 2 Sister Mentoring Program

Age: 11-13 yrs. Our Sister 2 Sister Mentoring program is for girls ages 11-13 years old who are interested in soccer. Each night we will have a hour and half soccer skills clinic, and then finish up the program for the night with a guest speaker.
Method Road Community Center
 Apr 5-Apr 26 W 6:15-8:15pm

Workday Playdate

Age: 6-11 yrs. Join your friends at Kiwanis Park for a fun, jam-packed time on this Teacher Workday! Each session will focus on either art or science and features several projects and activities based on the theme. Today's a great day to let your kiddos have some fun on their day off from school! Please bring a snack and water bottle.

Kiwanis Community Center – Course Fee: \$41

Whimsical Watercolors

Jan 27 F 9:00am-12:00pm

Rube Goldberg Machines and Chain Reactions

Mar 7 Tu 9:00am-12:00pm

Bugging Out

Mar 31 F 9:00am-12:00pm

Earth Day

Apr 21 F 9:00am-12:00pm

Teen

Cooking Block

Age: 12-17 yrs. From easy appetizers and yummy desserts to classic dinners and quick, low-cost snacks, it's all here! Join other teens to learn their way around the kitchen, creating tasty foods.

Saint Monica Teen Center – Course Fee: \$5

Jan 24 Tu 6:00-7:30pm

Feb 7 Tu 6:00-7:30pm

Feb 21 Tu 6:00-7:30pm

Mar 7 Tu 6:00-7:30pm

Mar 21 Tu 6:00-7:30pm

Apr 4 Tu 6:00-7:30pm

Apr 18 Tu 6:00-7:30pm

Adult

Bridge 101- Beginner

Age: 18-99 yrs. If you are new to bridge or just want to brush up on the basics, this class is for you. Topics include etiquette, rank of suits and counting points, opening bids and responding, raising your partner, preemptive bids, the overcall, scorekeeping, game points, double and the finesse. Conventions to be covered include the Better Minor, Short Club, Blackwood, Gerber and Stayman. Sessions are hands-on and accompanied by a syllabus. Please pre-register for this class. Please note this is a beginner level class.

Pullen Community Center – Course Fee: \$5

Jan 9-Feb 20 M 2:00-4:00pm

Mar 6-Apr 10 M 2:00-4:00pm

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Bridge 101- Intermediate

Age: 18-99 yrs. Please join us for this intermediate level bridge class. Participants interested in this class should be familiar with Weak Twos and the Stamen and Transfer Conventions, Take Out Doubles, the Gerber and Blackwood Convention, and Pre-Emptive bids. Each table will draw to find out what hand they should construct for the other table to play. Please pre-register for this class. Please note this is an intermediate level class.

Pullen Community Center – Course Fee: \$36
 Jan 11-Feb 15 W 10:00am-12:00pm
 Mar 1-Apr 5 W 10:00am-12:00pm

Cool Season Lawn Care for Beginners

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

Marsh Creek Community Center – Course Fee: \$5
 Feb 8 W 6:15-7:30pm

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 cultura estadounidense? Las clases se imparten en un ambiente divertido y que le dan la bienvenida a los adultos que no hablan inglés.

Green Road Community Center
 Jan 4-Jan 25 W 6:30-8:00pm
 Feb 1-Feb 22 W 6:30-8:00pm
 Mar 8-Mar 29 W 6:30-8:00pm
 Apr 5-Apr 26 W 6:30-8:00pm

Method Road Community Center
 Jan 3-Jan 24 Tu 6:30-8:00pm
 Feb 7-Feb 28 Tu 6:30-8:00pm
 Mar 7-Mar 28 Tu 6:30-8:00pm
 Apr 4-Apr 25 Tu 6:30-8:00pm

English Language Lounge Virtual

Age: 18-99 yrs. Join our virtual English Language Lounge and engage in conversations with other participants. Learn about American culture, new vocabulary and much more with various themes in a fun and welcoming atmosphere. All levels are welcome. Registration is required in RecLink.

Virtual Classes
 Jan 10-Jan 26 Tu & Th 7:00-8:15pm
 Feb 7-Feb 23 Tu & Th 7:00-8:15pm
 Mar 7-Mar 23 Tu & Th 7:00-8:15pm

Introduction to Rain Barrels and Rain Gardens

Age: 18-99 yrs. Learn the basics of how to design and install a rain garden or rain barrel for your home and how these simple measures can help protect our streams and wildlife. After a brief introduction to stormwater and its impacts to streams, this class will focus on choosing appropriate locations and sizes for rain barrels and rain

gardens and maintaining them for maximum aesthetic and environmental benefits. This class will also discuss using native plants and other DIY practices for protecting our natural resources.

Walnut Creek Wetland Park
 Mar 18 Sa 10:00-11:30am

Marsh Creek Gardening Series

Age: 16-99 yrs. Join your fellow 'newbies' at Marsh Creek Community Center to learn the basics gardening in this three-part series. 'Introduction to Vegetable 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 Fall 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!

Marsh Creek Community Center – Course Fee: \$5
Introduction to Vegetable Gardening
 Mar 15 W 6:15-8:00pm
Hands-on Vegetable Gardening
 Apr 26 W 6:15-8:00pm



Senior

Aging In Place: Preparing to 'Stay Put'

Age: 18-99 yrs. You've decided to stay in your home - now what? Are you prepared? Have you taken steps to equip yourself and your residence for the long haul? Learn the pro's and con's about aging-in-place. Experts will share the most important facts you need to know about "staying put" Learn about easy and smart home modifications, transportation options, ways to stay involved and more! Sponsored by Freda Hamlett, Senior Transition Consultant, Milestone Moves Realty Group.

Anne Gordon Center

Mar 21 Tu 10:00-11:30am

Five Points Center

Mar 23 Th 2:00-3:30pm

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 – Course Fee: \$12

Feb 15-Feb 22 W 10:00-11:30am

Five Points Center – Course Fee: \$12

Jan 10-Jan 17 Tu 2:00-3:30pm

Android Phone Basics 2

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

Anne Gordon Center – Course Fee: \$12

Jan 25-Feb 1 W 10:00-11:30am

Mar 1-Mar 15 W 10:00-11:30am

App Based Taxi and Food/Grocery Delivery Services like UBER

Age: 18-99 yrs. Learn how to get car rides on demand with budget friendly options using apps on your smart phone! It is an easy way to give you freedom to get around at 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 – Course Fee: \$6

Feb 15 W 2:00-4:00pm

Mar 29 W 2:00-4:00pm

Apple Laptop Basics 1

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. This course is for beginners or new users who are just starting off using an Apple laptop. Objectives: Students will be introduced to the basics of Internet usage; how to connect to Wi-Fi; Web Surfing and saving your favorite websites using the web browser Safari; always know the weather using the Weather App; learn how to Shut Down and Restart; plus, how to utilize gestures and adjust some system preferences.

Five Points Center – Course Fee: \$12

Apr 11-Apr 18 Tu 2:00-3:30pm

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.

Five Points Center – Course Fee: \$12

Apr 25 Tu 2:00-4:00pm

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 – Course Fee: \$6

Apr 27 Th 10:00-11:30am

Computer Basics 1

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

Five Points Center – Course Fee: \$12

Jan 24-Jan 31 Tu 2:00-3:30pm

Mar 16-Mar 23 Th 10:00-11:30am

Computer Basics 2

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

Five Points Center – Course Fee: \$12

Feb 14-Feb 21 Tu 10:00-11:30am

Apr 11-Apr 18 Tu 10:00-11:30am

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 – Course Fee: \$12

Feb 28-Mar 14 Tu 10:00-11:30am

continued on page 44 —

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 – Course Fee: \$12

Jan 10-Jan 17 Tu 10:00-11:30am
Mar 21-Mar 28 Tu 10:00-11:30am

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 – Course Fee: \$12

Jan 23-Jan 30 M 10:00-11:30am

Five Points Center – Course Fee: \$12

Feb 28-Mar 14 Tu 2:00-3:30pm

Downsizing 101

Age: 18-99 yrs. If you are considering making a move, now or in your future, you owe it to yourself to be prepared. Get useful information about downsizing from some of the most knowledgeable and experienced professionals in the senior service industry. Sponsored by Freda Hamlett, Senior Transition Consultant, Milestone Moves Realty Group.

Anne Gordon Center

Jan 17 Tu 10:00-11:30am

Five Points Center

Jan 26 Th 10:00-11:30am

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 – Course Fee: \$6

Mar 15 W 2:00-3:30pm

Five Points Center – Course Fee: \$6

Apr 13 Th 10:00am-12:00pm

Finance: Medicaid 101

Age: 18-99 yrs. Where can you use this benefit, what does it cover, what are the income and asset requirements, and what in the world is a 'Five Year Lookback'? Presented by Huston Law Firm, PLLC and Carolina Estate Counsel.

Five Points Center

Feb 15 W 2:00-3:00pm

Finance: Medicare 101

Age: 18-99 yrs. The Seniors' Health Insurance Information Program (SHIIP) is a division of the NC Department of Insurance that offers free, objective information about Medicare, Medicare supplements, Medicare Advantage plans, Medicare Part D prescription drug plans, Medicare fraud and abuse. This seminar will provide a quick explanation of Medicare and its programs. Sponsored by the Seniors' Health Insurance Information Program (SHIIP), a division of the NC Department of Insurance.

Anne Gordon Center

Mar 14 Tu 10:00-11:30am

Five Points Center

Feb 16 Th 10:00-11:30am

Finance: Social Security Strategies for Retirement

Age: 18-99 yrs. Are you thinking of or planning to retire? How does Social Security fit into your retirement income plan? When should you start taking benefits? What about taxes? Learn about the advantages and disadvantages associated with retirement and Social Security. Presented by Steve Fordham, Edward Jones Investments.

Anne Gordon Center

Jan 23 M 1:00-2:00pm

Five Points Center

Mar 15 W 1:00-2:00pm

Finance: Understanding Beneficiary Designations

Age: 18-99 yrs. There are many ways to pass on an inheritance other than a will or trust. Find out the problems that occur every day on insurance, 401K and IRA plans as well as bank accounts with beneficiary designations, "in trust for" or "payable on death (POD) designations. Presented by Huston Law, PLLC and Carolina Estate Counsel.

Anne Gordon Center

Apr 11 Tu 10:30-11:30am

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

Apr 12 W 2:00-3:00pm

Finance: Wills vs. Trusts

Age: 18-99 yrs. One comment made so often.... "I don't need a trust, I'm not rich". There are different trusts for different purposes, from a basic revocable Living Trust, to Special Needs or Supplemental Needs Trusts, Charitable Trusts, right down to a Pet Trust for your beloved animals. Our question during these talks: "is your Will sufficient to accomplish your estate planning goals?" Presented by Huston Law Firm, PLLC and Carolina Estate Counsel.

Anne Gordon Center

Feb 7 Tu 10:30-11:30am

Five Points Center

Mar 21 Tu 2:00-3:00pm

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 – Course Fee: \$12

Jan 26-Feb 2 Th 10:00-11:30am

Gimp Photo Editing Basics 2

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

Five Points Center – Course Fee: \$12

Feb 23-Mar 2 Th 10:00-11:30am

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.

Anne Gordon Center – Course Fee: \$6
 Feb 13 M 2:00-4:00pm
 Apr 12 W 10:00am-12:00pm
Five Points Center – Course Fee: \$6
 Apr 25 Tu 10:00am-12:00pm

Google Applications Overview

Age: 18-99 yrs. Did you know if you have a Google or GMAIL account you have access to many free applications? Everything from word processing to spreadsheets to presentation software is at your fingertips for FREE and you probably didn't even know you had access to it. In this class you will learn about several free Google applications. This includes Google Maps, Earth, Drive, YouTube, Google Docs, Calendar, and others. For more information about this class please contact Tommy Hodges at 919-996-2458. Prerequisite: 'Computer Skills 1' or equivalent.

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

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 – Course Fee: \$6
 Apr 12 W 2:00-3:30pm

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 – Course Fee: \$12
 Jan 11-Jan 18 W 10:00-11:30am

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

Age: 18-150.9 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's Echo smart speaker.

Anne Gordon Center – Course Fee: \$6
 Mar 22 W 10:00-11:30am
Five Points Center – Course Fee: \$6
 Jan 31 Tu 10:00am-12:00pm

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 – Course Fee: \$6
 Feb 22 W 10:00am-12:00pm
 Mar 22 W 2:00-4:00pm

Independent Living Options

Age: 18-99 yrs. Retirement communities and 55+ active adult living options are popping up all around the Triangle area and in every other city in the country. But what are they exactly? What do they offer me as a senior? Where do I even begin? Come and learn the facts about local senior living options. Sponsored by Freda Hamlett, Senior Transition Consultant, Milestone Moves Realty Group.

Anne Gordon Center
 Apr 18 Tu 10:00-11:30am
Five Points Center
 Apr 27 Th 2:00-3:00pm

Introduction to the NC Medical Board

Age: 18-99 yrs. The North Carolina Medical Board exists to protect the people of North Carolina. An informed public will be aware of and more effectively use the resources of the Board while managing healthcare matters. Please join us for a presentation by a medical board representative. Learn about the Medical Board, how to look up a doctor or physician assistant, and understand when and how to file a complaint. Get some tips for successful telemedicine interactions and spotting red flags. The presentation is followed by a Q&A session. Sponsored by the NC Medical Board.

Anne Gordon Center
 Feb 14 Tu 10:00-11:00am
Five Points Center
 Feb 8 W 2:00-3:00pm

iPad Basics 1

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

Anne Gordon Center – Course Fee: \$12
 Feb 20-Feb 27 M 10:00-11:30am

continued on page 46 —

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 – Course Fee: \$12
Mar 13-Mar 20 M 10:00-11:30am

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 – Course Fee: \$6
Mar 29 W 10:00am-12:00pm

iPhone Basics 1

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

Anne Gordon Center – Course Fee: \$12
Apr 10-Apr 17 M 10:00-11:30am

Five Points Center – Course Fee: \$12
Feb 14-Feb 21 Tu 2:00-3:30pm

iPhone Basics 2

Age: 18-99 yrs. Learn to view existing email accounts using Mail app, Search and Download Apps from Apple Store, Search locations, how to look at suggested searches, directions to home and work, Managing Apps, Customizing Notification Settings, Customize Do Not Disturb, Create and Manage Contacts, Calendar, Maps, Weather, Safari, Mail, Messages, Customize Control Center, How to Access All Connected Devices

under a single Apple ID, Personal Info, and more! Prerequisite: 'iPad/iPhone Basics 1' or if you are an Intermediate user. Bring your iPhone PLUS your Apple ID and Password. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

Anne Gordon Center – Course Fee: \$12
Apr 19-Apr 26 W 10:00-11:30am

Five Points Center – Course Fee: \$12
Jan 12-Jan 19 Th 10:00-11:30am

iPhone Basics 3

Age: 18-105 yrs. What is left to learn about your iPhone? What about your privacy? Learn how you can control which applications can track you across other applications. Learn how to see which apps are using your location and when they are doing it. And is your phone working slower than usual? You may not need a new phone. See our tips. Plus, learn how to use Siri, your very own personal assistant to open applications, construct text messages, conduct searches, add reminders, schedule appointments on your calendar and more by using your voice!

Anne Gordon Center – Course Fee: \$12
Jan 25-Feb 1 W 2:00-3:30pm

Learn how to Register for City of Raleigh Programs and Courses Online

Age: 18-99 yrs. Want to learn how register for City of Raleigh programs and courses? Stop standing in long lines to register! Take this free course and start registering online using a computer. Learn how to create a RECLINK account and register for City of Raleigh programs and classes online using a web browser on a computer or other connected devices like smart phones and tablets. It is highly recommended that you have basic working knowledge of using a computer before registering for this free course. *Computers will be provided for you to use during the class. You may bring your own laptop computer or tablet if you prefer.

Anne Gordon Center
Jan 9 M 10:00am-12:00pm
Mar 1 W 2:00-3:30pm

Mar 27 M 10:00am-12:00pm

Five Points Center
Apr 20 Th 10:00am-12:00pm

Legal Aid

Age: 18-99 yrs. If you are over 60 and would like free civil legal assistance with a will, advance directives, consumer issues, public benefits, potential eviction or other housing issues, domestic violence or elder abuse, this is a chance to meet with a representative of Legal Aid of North Carolina (LANC) in-person. This appointment will only be for intake, so that LANC can determine whether you are eligible for assistance. If eligible, we will open a file for you and an attorney will contact you to discuss your legal issue further. Please be prepared to answer a few questions about your income and assets in order to determine your eligibility for services. If you prefer to do our intake process by phone, you may call 877-579-7562 at

your convenience, Monday through Friday, between 9:00 - 3:00. For more information about LANC, please visit legalaidnc.org. Sponsored by Legal Aid of NC.

Five Points Center
Legal Aid of NC Intake Appointments

Jan 25 W

Legal Aid Wills Clinic

Apr 5 W

Legal: Getting Your Affairs in Order

Age: 18-99 yrs. What papers are important, what are not? Where are they and who has access to them? Don't be the family member who leaves a file cabinet full of outdated papers, expired insurance policies, bank statements, old pass books, and much more. Let's figure out what you need, where to file them, and who to tell. Presented by Huston Law Firm, PLLC and Carolina Estate Counsel.

Anne Gordon Center
Jan 10 Tu 10:30-11:30am

Five Points Center
Jan 24 Tu 2:00-3:00pm

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
Mar 7 Tu 10:30-11:30am

Microsoft Word Basics 1

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

Anne Gordon Center – Course Fee: \$6
Apr 19 W 2:00-4:00pm

Project Preplan

Age: 18-99 yrs. You didn't always have a choice. Today, learn about the many options in planning ahead for cremation, burial, anatomical donation and possible future methods of final disposition. Learn why you may not want to rely on life insurance. Learn about Medicaid requirements and ways to protect against overspending, survivor doubt and family quarreling. Planning starts with knowledge. Presented by Renaissance Funeral Home.

Anne Gordon Center
Feb 27 M 2:00-3:00pm

Five Points Center
Jan 18 W 2:00-3:00pm

**Resources for Seniors:
Who Are We and What We Do**

Age: 18-99 yrs. Resources for Seniors' Regional Service Coordinator will provide an overview of the agency and the many resources they provide to the aging population including programs that assist with locating housing, transportation, in-home care, weatherization, home improvements and Medicare assistance. Sponsored by Resources for Seniors.

Anne Gordon Center		
Feb 13	M	1:00-2:00pm
Five Points Center		
Mar 9	Th	1:00-2:00pm

Selling Your Home In This Market

Age: 18-99 yrs. There are many myths about what is required in order to sell a home. These falsehoods are often perpetuated by shows on television featuring actors reading from a script. Learn the truth about what is required to sell a home in the Triangle area, what selling 'as-is' really means. Sponsored by Freda Hamlett, Senior Transition Consultant, Milestone Moves Realty Group.

Anne Gordon Center		
Feb 21	Tu	10:00-11:30am
Five Points Center		
Feb 23	Th	10:00-11:30am

SHIIP Counseling

Age: 18-99 yrs. If you are turning 65 or retiring and will have Medicare in 2023 schedule an appointment to learn about your Medicare benefits, options and enrollment. These 1:1 appointments will help you to be an informed consumer about your healthcare options. SHIIP counselors are not licensed insurance agents, and they do not sell or endorse any product, plan or

company. By appointment only. Sponsored by the Seniors' Health Insurance Information Program (SHIIP), a division of the NC Department of Insurance.

Anne Gordon Center		
Feb 6-Apr 17	M	1:00-5:00pm
Five Points Center		
Jan 2-Apr 27	M-Th	1:00-5:00pm

SHIIP Needs You!

Age: 18-99 yrs. Would you like to help seniors and people with disabilities in your community who need accurate information about Medicare and other insurance issues? Come learn about what it takes to be a SHIIP volunteer and how you can make a difference! Sponsored by the Seniors' Health Insurance Information Program (SHIIP), a division of the NC Department of Insurance.

Anne Gordon Center		
Jan 26	Th	10:00-11:00am
Five Points Center		
Apr 4	Tu	1:30-2:30pm

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.

Anne Gordon Center		
Apr 26	W	2:00-4:00pm
Five Points Center		
Mar 21	Tu	2:00-4:00pm
Mar 30	Th	10:00am-12:00pm

Therapy and Dementia Care

Age: 18-99 yrs. During this segment we will discuss the benefits of physical, occupational and speech therapy when caring for loved ones with dementia. While exploring the most common forms of dementia we will also discuss the benefits of home assessments and caregiver training to help decrease unwanted behaviors. Sponsored by Galberth Health.

Five Points Center		
Feb 22	W	1:00-2:00pm

Thoughts on Aging

Age: 18-99 yrs. Gain insight to the things which are most important as we journey through life. We will candidly discuss several options which seniors are using today as they age. Tips will be given on how to smoothly transition, if/when necessary. Presented by Gerry Rife, Oasis Senior Advisors.

Anne Gordon Center		
Feb 23	Th	10:00-11:00am
Five Points Center		
Jan 31	Tu	10:00-11:00am

Tips on Purchasing a Computer

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

Five Points Center – Course Fee: \$6		
Jan 24	Tu	10:00-11:30am
Mar 28	Tu	2:00-4:00pm

continued on page 48 —



Women, Wealth & Well-Being

Age: 18-99 yrs. Women's assets and financial independence is growing. Women are wielding more power today- and even more so in the future. As women gain more financial responsibility, more knowledge is needed to make educated choices. Women have generally been underserved by the financial services industry. Our focus is on making women more confident with their financial decisions. Presented by Gray Pendleton, CFP.

Anne Gordon Center

Jan 12 Th 11:00am-12:00pm

Five Points Center

Feb 9 Th 11:00am-12:00pm

Family

Introduction to Honey Bees and Beekeeping

Age: 9-99 yrs. Today there is quite a fascination with the honey bee. The honey bee serves an important part in pollinating flowers, especially the flowers that produce our fruits and vegetables. They also provide us honey to eat. Come and learn about the honey bee, beekeeping as a hobby, and increase your awareness of this important pollinator in our midst. This is family friendly program. There will be a presentation, hands on stations, and a Q&A at the end. If you have an interest in the honey bee or beekeeping, then this is the program for you! Please register each person who plans to attend.

Pullen Community Center

Apr 22 Sa 10:00-11:30am

Mobile Music and Education for Kids

Age: 7-18 yrs. Mobile Music and Education for Kids is a program developed to teach students by engaging them through music, math, science, exercise, and lots of fun! This program strives to meet educational, health, and developmental needs through creative activities and physical movement. Important skills and topics include Introducing basic concepts in music, math, science and fitness; developing coordination, strength and balance; Enhancing vocabulary; Improving mental flexibility and critical thinking skills; Developing focus and attention to detail; Improving communication skills; Developing core strength; Improving spatial awareness; Enhancing reading comprehension; Improving hand-eye and foot-eye coordination; Promoting teamwork and teaching test-taking strategies. Other great activities include an introduction to the five families of instruments (instruments are provided) and the Magic Box, which is a lesson on self-esteem and anti-bullying practices.

Biltmore Hills Community Center – Course Fee: \$161

Feb 2-Apr 27 Tu & Th 6:00-8:00pm



Health & Wellness



Preschool

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: Ms. Gabbie

Greystone Recreation Center – Course Fee: \$41			
Jan 6-Jan 27	F		10:30-11:15am
Feb 3-Feb 24	F		10:30-11:15am
Mar 3-Mar 24	F		10:30-11:15am
Apr 14-Apr 28	F		10:30-11:15am

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. Promotion of physical activity and play in the early years sets a foundation for a positive relationship to overall health and wellness. Activities include soccer, basketball, volleyball, hockey, parachute games, tennis, baseball, obstacle courses, hula hoops and lots more! Instructor: Kidokinetics Triangle NC

Greystone Recreation Center – Course Fee: \$49			
Jan 23-Feb 13	M		11:30am-12:15pm
Mar 6-Mar 27	M		11:30am-12:15pm
Apr 17-May 8	M		11:30am-12:15pm

Kidokinetics Jr.

Age: 2-4 yrs. Kidokinetics Jr. is an introductory sports class for kids and their grown-ups! Move, stretch, and build confidence together while learning sports fundamentals and play skills. Our curriculum is designed to get young children engaged in active play to encourage a positive attitude toward sports and physical activity, while providing opportunities for interaction with other children in a structured

setting. Activities include soccer, basketball, volleyball, hockey, parachute games, tennis, baseball, obstacles courses, hula hoops, and lots more! Instructor: Kidokinetics Triangle NC

Greystone Recreation Center – Course Fee: \$49			
Jan 23-Feb 13	M		10:30-11:15am
Mar 6-Mar 27	M		10:30-11:15am
Apr 17-May 8	M		10:30-11:15am

Kinder Tae Kwon Do

Age: 4-6 yrs. This martial arts class for youth provides introductory instruction in Tae Kwon Do. A parent per family is encouraged to sit in and observe. Social distancing and Covid-19 guidelines will be in place during the class.

Hill Street Neighborhood Center – Course Fee: \$26			
Lions Park Community Center – Course Fee: \$26			
Feb 2-Feb 23	Th		6:30-7:15pm
Mar 2-Mar 23	Th		6:30-7:15pm
Apr 6-Apr 27	Th		6:30-7:15pm
Jan 5-Jan 26	Th		6:30-7:15pm

Parent and Toddler Yoga

Age: 3-5 yrs. This fun yoga series combines age-appropriate poses with imaginative yoga adventures, delightful books and music while offering a special time for parents and caregivers to connect with their child. Grown ups, get your silly hats on! We will hiss in cobra pose, bark in downward dog, and flutter our wings in butterfly all while building strength, coordination, and balance! Your little yogi will love this class with you and everyone will leave more centered and ready to face the weekend. Grown-ups and children should both wear clothes for movement. Please bring a yoga mat. Register child only.

Hill Street Neighborhood Center – Course Fee: \$41			
Feb 4-Feb 25	Sa		11:15am-12:00pm
Mar 4-Mar 25	Sa		11:15am-12:00pm
Apr 1-Apr 29	Sa		11:15am-12:00pm

Preschool Mindful Movement

Age: 3-6 yrs. This playful class for kids aged 3-6 will introduce yoga in a way that they love - through fun! Poses, breathing, meditation, and games will be used to teach children yoga in a way that they understand. Whether learning through books, music, and imagination, kids will learn to love yoga! These classes focus on building strength, flexibility, focus, connectedness, and compassion. Children can bring their own mat or one will be provided! Instructor: Tina Rodgers, certified preschool teacher

Brier Creek Community Center – Course Fee: \$41			
Jan 4-Jan 25	W		10:00-10:45am
Feb 1-Feb 22	W		10:00-10:45am
Mar 1-Mar 22	W		10:00-10:45am
Apr 5-Apr 26	W		10:00-10:45am

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Youth

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 – Course Fee: \$26
 Feb 2-Feb 23 Th 6:00-7:00pm
 Mar 2-Mar 30 Th 6:00-7:00pm
 Apr 6-Apr 27 Th 6:00-7:00pm

Fighting Tiger Family Karate

Age: 7-65 yrs. This style is rooted in a Traditional Okinawan style. Our focus is personal development mentally and physically. Our students learn age appropriate self-defense. Karate is an art like playing the piano, the more you seek to learn the better you will become. We give each student the time and attention to grow at their own level. We require our students to show up and give their best. Uniforms are required before belt promotions. Our instructors are qualified by an international organization.

Brier Creek Community Center – Course Fee: \$71
 Jan 3-Jan 31 Tu & Th 6:00-7:00pm
 Feb 2-Feb 28 Tu & Th 6:00-7:00pm
 Mar 2-Mar 30 Tu & Th 6:00-7:00pm
 Apr 4-Apr 27 Tu & Th 6:00-7:00pm

Generation Pound

Age: 6-12 yrs. Generation POUND® was created not just as a workout geared towards 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! How? By introducing alternative ways to, MOVE, ROCK, PLAY and MAKE NOISE! Certified Instructor: Rachel Fogarty
Greystone Recreation Center – Course Fee: \$41
 Jan 4-Jan 25 W 5:30-6:15pm
 Feb 1-Feb 22 W 5:30-6:15pm
 Mar 1-Mar 22 W 5:30-6:15pm
 Apr 5-Apr 26 W 5:30-6:15pm

Martial Arts - Youth Shotokan

Age: 6-17 yrs. Shotokan builds character through training in martial arts. Participants learn the different components of Shotokan-style karate. The class builds confidence, motor skills, discipline, self-defense, and self-control. This class is taught in a group setting with some individual instruction. Registrations completed after the start of class must be done in person. Instructor: Eric Blaize.

Barwell Road Community Center – Course Fee: \$41
 Jan 4-Jan 30 M & W 6:00-7:00pm
 Feb 1-Feb 27 M & W 6:00-7:00pm
 Mar 1-Mar 29 M & W 6:00-7:00pm
 Apr 3-Apr 26 M & W 6:00-7:00pm

Speed and Agility Training

Age: 7-17 yrs. This class is designed to teach kids how to move quicker and be more reactive in sports. Change of direction, stop & go, plyometrics, reaction, and balance work will all be used during the course of this fun and focused training class. Instructor: Urysla Cotton, professional basketball player.

Brier Creek Community Center – Course Fee: \$41
 Jan 7-Jan 28 Sa 12:45-1:30pm
 Feb 4-Feb 25 Sa 12:45-1:30pm
 Mar 4-Mar 25 Sa 12:45-1:30pm
 Apr 1-Apr 22 Sa 12:45-1:30pm

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 – Course Fee: \$26
 Jan 3-Jan 31 Tu & Th 6:30-7:30pm
 Feb 2-Feb 28 Tu & Th 6:30-7:30pm
 Mar 2-Mar 30 Tu & Th 6:30-7:30pm
 Apr 4-Apr 27 Tu & Th 6:30-7:30pm

Youth Wah Lum Kung Fu

Age: 6-13 yrs. Traditional Chinese Kung Fu class, taught by Sifu Matthew Martin, a certified Wah Lum instructor with over 20 years of experience. Wah Lum Kung Fu is an internationally renowned style of martial arts brought to the U.S. by Grandmaster Chan Pui. Wah Lum Kung Fu will develop your child's flexibility, focus, coordination, confidence, and discipline. The classes are exciting, educational, and fun. Children will increase their speed, stamina, strength, and overall health, while focusing on the Wah Lum values of respect, kindness, fellowship, self-control, and patience. Children will benefit from the strengthening of both body and mind that result from training in Wah Lum Kung Fu. ***A uniform fee of \$85 will be due before the second month of classes.

Lake Lynn Community Center
 Jan 3-Jan 31 Tu & Th 4:30-5:15pm Fee: \$61
 Feb 2-Feb 28 Tu & Th 4:30-5:15pm Fee: \$61
 Mar 2-Mar 30 Tu & Th 4:30-5:15pm Fee: \$61
 Apr 11-Apr 27 Tu & Th 4:30-5:15pm Fee: \$46

4 Month Session

Jan 3-Apr 27 Tu & Th 4:30-5:15pm Fee: \$186
 Jan 3-Jan 31 Tu & Th 5:30-6:15pm Fee: \$61
 Feb 2-Feb 28 Tu & Th 5:30-6:15pm Fee: \$61
 Mar 2-Mar 30 Tu & Th 5:30-6:15pm Fee: \$61
 Apr 11-Apr 27 Tu & Th 5:30-6:15pm Fee: \$46

4 Month Session

Jan 3-Apr 27 Tu & Th 5:30-6:15pm Fee: \$186

Teen

Teen Fit

Age: 13-17 yrs. The Teen Fit 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, hand weights, and resistance bands. All classes are beginner level. Let's get fit!! This class will meet every other Saturday on the following dates: January 28, February 11, February 25, March 11, March 25, April 8, April 22, May 6, and April 20

Saint Monica Teen Center
 Jan 28-May 20 Sa 2:00-3:00pm

Adult

Abbotts Creek Tai Chi

Age: 18-99 yrs. End the weekend in a relaxing and insightful way at this Tai Chi class that's offered at Abbott's Creek every Sunday evening. Tai Chi offers a gentler approach to the martial arts, reducing stress, improving balance, and increasing flexibility. The rhythmic movements performed in this class engages the mind and body, and is designed for both beginner and advanced participants.

Abbotts Creek Community Center – Course Fee: \$16
 Jan 8-Jan 29 Su 5:00-5:55pm
 Feb 5-Feb 26 Su 5:00-5:55pm
 Mar 5-Mar 26 Su 5:00-5:55pm
 Apr 2-Apr 30 Su 5:00-5:55pm

Adult Group Fitness

Age: 18-99 yrs.
Worthdale Community Center
 Jan 2-Jan 30 M & W 11:00am-12:00pm
 Feb 1-Feb 27 M & W 11:00am-12:00pm
 Mar 1-Mar 29 M & W 11:00am-12:00pm
 Apr 3-Apr 26 M & W 11:00am-12:00pm

Adult/Teen Wah Lum Kung Fu

Age: 14-99 yrs. Traditional Chinese Kung Fu class taught by Sifu Matthew Martin, a certified Wah Lum instructor with over 20 years of experience. This class is designed for people who are current Wah Lum students and who have already taken the Intro to Wah Lum Kung Fu class. Students will develop greater strength, flexibility, cardiovascular endurance, and a deeper understanding of the Wah Lum Kung Fu system. This class is a blend of individual exercises, forms, line drill, weapons, and bag work to encourage each student to refine their skills and become a well-rounded martial artist.

***Intro to Wah Lum Kung Fu is a prerequisite for enrolling in this class
Lake Lynn Community Center – Course Fee: \$81
 Jan 3-Jan 31 M,Tu,Th 6:30-7:30pm
 Feb 2-Feb 28 M,Tu,Th 6:30-7:30pm
 Mar 2-Mar 30 M,Tu,Th 6:30-7:30pm
 Apr 10-Apr 27 M,Tu,Th 6:30-7:30pm
4 Month Session Option – Course Fee: \$301
 Jan 3-Apr 27 M,Tu,Th 6:30-7:30pm

All Levels Yoga

Age: 18-99 yrs. This class is for those seeking to unwind the body and mind after a long day. During class you will build internal heat and focus, strength, and flexibility. Class will start with conscious breathing and gentle stretches, progressing to more active, fluid styles of yoga. Class will incorporate standing postures and balance work. Expect to be challenged but leave feeling refreshed, relaxed, and centered. Modifications for some poses will be offered so you can choose to work at the level appropriate for you. Previous yoga experience is recommended. Certified yoga instructor: Jenny Turnage.

Thomas G. Crowder Woodland Center – Course Fee: \$61

Jan 5-Feb 9	Th	6:30-7:30pm
Feb 23-Mar 30	Th	6:30-7:30pm
Apr 13-May 18	Th	6:30-7:30pm

Belly Dance Choreography

Age: 18-99 yrs. Students with an understanding of the basic moves of belly dance are invited to learn a beginner/intermediate level choreography to be performed with Sadiyah on the final date of the session. Students will also be supported in creating their own solo/duet performances, if desired, to be performed at the end of session event. Each session is 8 weeks in length.

Lake Lynn Community Center – Course Fee: \$41

Jan 8-Feb 26	Su	4:30-5:15pm
Mar 5-Apr 30	Su	4:30-5:15pm

Bootcamp At Worthdale

Age: 18-99 yrs. Participants will experience a full body strength and conditioning workout which increases metabolism so you may continue to burn more calories after each session. This workout mixes strength, cardiovascular and interval training using both body weight and free weights. A safe, supportive and motivational environment is provided for participants. All levels are welcomed.

Worthdale Community Center

Jan 3-Jan 31	Tu & Th	7:00-8:15pm
Feb 2-Feb 28	Tu & Th	7:00-8:15pm
Mar 2-Mar 30	Tu & Th	7:00-8:15pm
Apr 4-Apr 27	Tu & Th	7:00-8:15pm

COMMIT Dance Fitness

Age: 15-99 yrs. COMMIT Dance Fitness is a dynamic, fun-filled HIIT-style dance fitness workout that focuses on essential fitness elements created to a variety of popular music, from all over the world, that will inspire everyone to get moving. We'd love to see you join us! Instructor: Candice Torain

Brier Creek Community Center – Course Fee: \$5

Jan 9-Apr 24	M	6:30-7:30pm
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Dance - Beginner and Improver Contemporary Line Dance

Age: 16-99 yrs. Join this beginner though improver+ line dance class and learn fun dances to all kinds of music: pop, country, and oldies. Line dancing is a great way to keep active - for both your brain and body! 4-5pm is easy beginner through beginner. You'll learn basic line dance steps and gain experience. 5-6pm is improver and intermediate line dancing where we work on more challenging dances and steps. Knowledge of line dance steps is necessary and prior experience recommended. Instructor: Jackie Wheeler.

Sertoma Arts Center – Course Fee: \$3

Jan 3-Apr 25	Tu	4:00-6:00pm
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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. Instructor: Jackie Wheeler

Brier Creek Community Center – Course Fee: \$5

Jan 4-Apr 26	W	6:00-8:00pm
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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. 6 sessions. Instructor: Susan Killmon.

Sertoma Arts Center – Course Fee: \$53

Jan 10-Feb 14	Tu	1:30-2:30pm
Mar 7-Apr 18	Tu	1:30-2:30pm

Exercise - Sertoma Kripalu Yoga Beginning

Age: 16-99 yrs. The ancient art of yoga combines postures for the body, breathing for relaxation and meditation for the mind. Kripalu is a gentle yoga that encourages students to discover their own degree of flexibility rather than push past their limits. Before undertaking any exercise program, one should consult a physician. Bring a

large towel or blanket and wear comfortable clothing. 6 sessions. Instructor: Susan Killmon.

Sertoma Arts Center – Course Fee: \$53

Jan 9-Feb 20	M	6:15-7:15pm
Jan 9-Feb 20	M	7:30-8:30pm
Mar 6-Apr 17	M	6:15-7:15pm
Mar 6-Apr 17	M	7:30-8:30pm
Jan 10-Feb 14	Tu	12:00-1:00pm
Mar 7-Apr 18	Tu	12:00-1:00pm

Exercise - Sertoma Kripalu Yoga Continuing

Age: 16-99 yrs. This course is a continuation of the Kripalu Yoga Beginning Class. Students should have taken the beginning class or have yoga experience. Before undertaking any exercise program, one should consult a physician. Bring a large towel or blanket and wear comfortable clothing. 6 sessions. Instructor: Susan Killmon.

Sertoma Arts Center – Course Fee: \$53

Jan 11-Feb 15	W	7:30-8:30pm
Jan 12-Feb 16	Th	12:00-1:00pm
Mar 8-Apr 19	W	7:30-8:30pm
Mar 9-Apr 20	Th	12:00-1:00pm

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. 6 sessions. Instructor: Susan Killmon.

Sertoma Arts Center – Course Fee: \$53

Jan 11-Feb 15	W	6:15-7:15pm
Mar 8-Apr 19	W	6:15-7:15pm

Exercise - The Nia Technique

Age: 13-99 yrs. Nia is a form of fusion fitness for the body, mind, emotions and spirit. The technique integrates movements from dance, martial arts and healing arts to condition the whole body, quiet the mind, release stress and restore the spirit. It is fun, expressive and adaptable for all fitness levels. Instructor: Laura Ghanous.

Sertoma Arts Center – Course Fee: \$10

Jan 7-Apr 29	Sa	10:15-11:15am
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Feet Friendly Fridays

Age: yrs. Learn the basic steps of Hip Hop Soul Line Dancing and the fundamentals behind how to execute them. The goal of this class is to be able follow voice instruction on the go, which will allow you to learn various line dances easier. Come prepared for a good work out.

John Chavis Community Center – Course Fee: \$5

Jan 6-Apr 28	F	6:30-8:30pm
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Gentle Yoga

Age: 17-99 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 – Course Fee: \$61
Jan 11-Mar 1 W 4:30-5:30pm

Gentle Yoga at Abbotts Creek

Age: 15-99 yrs. Gentle Yoga classes offer a supportive environment to meet the needs of all levels of yogis, including beginners, at a slower, relaxed pace. Foundational yoga postures are practiced to strengthen and promote flexibility in the body. Also integrated are breathing techniques and meditation to reduce tension and stress. As a result, students leave with an overall sense of calm and well-being in the body and mind. Please bring your own mat and props.

Abbotts Creek Community Center – Course Fee: \$41
Jan 10-Jan 31 Tu 6:15-7:15pm
Feb 7-Feb 28 Tu 6:15-7:15pm
Mar 7-Mar 28 Tu 6:15-7:15pm
Apr 4-Apr 25 Tu 6:15-7:15pm

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 – Course Fee: \$7
Jan 4-Apr 26 M & W 7:15-8:45pm

Intro to Wah Lum Kung Fu

Age: 14-99 yrs. Traditional Chinese Kung Fu class taught by Sifu Matthew Martin, a certified Wah Lum instructor with over 20 years of experience. Wah Lum Kung Fu is an internationally renowned style of martial arts brought to the U.S. by Grandmaster Chan Pui. This introductory class is designed for students who are new to Wah Lum, or new to the practice of martial arts entirely. Students will be taught based on their current fitness level and are encouraged to learn at their own pace. Kung Fu training enhances a student's physical strength, stamina, balance, and flexibility, while simultaneously focusing on the Wah Lum values of self-control, respect, and patience. Sifu Matthew Martin and Simu Kimberly Liberatore have brought Wah Lum Kung Fu to Raleigh to share this ancient art form and help people strengthen both the body and mind, improve their health and

wellness, and move through the world with more focus, purpose, kindness, and courage. ***A uniform fee of \$85 will be due before the second month of classes.

Lake Lynn Community Center
Jan 4-Jan 30 M & W 5:30-6:30pm Fee: \$61
Feb 1-Feb 27 M & W 5:30-6:30pm Fee: \$61
Mar 1-Mar 29 M & W 5:30-6:30pm Fee: \$61
Apr 10-Apr 26 M & W 5:30-6:30pm Fee: \$46
4 month session
Jan 4-Apr 26 M & W 5:30-6:30pm Fee: \$211

JCMP Zumba Party

Age: yrs. Calling all party people! Come to JCMP every first Wednesday of the month for a Zumba Party. Participants will learn basic movements and dance their way to fitness. No dance experience is needed. Come join the Zumba Party!

John Chavis Community Center – Course Fee: \$5
Jan 4-Apr 5 W 7:00-8:00pm

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 and also for experienced martial artists.

Abbotts Creek Community Center – Course Fee: \$5
Jan 7-Apr 29 Sa 11:15am-12:30pm

Marsh Creek Restorative and Yin Yoga

Age: 16-99 yrs. Restorative and Yin Yoga are practiced seated and lying down holding each posture several minutes or longer to encourage deep stretching and release, especially in our connective tissues (fascia). Yoga 'props' including blocks and blankets are used so all bodies can benefit. This class allows you to practice being present and calm, focus on sensations in your body and use your breath to encourage relaxation. The instructor will provide options so you can choose your level of intensity (yin) or relaxation (restorative). Please bring your own mat (if available). Certified Yoga Instructor: Mandy Jorgensen

Marsh Creek Community Center
Jan 6-Jan 27 F 9:00-10:00am Fee: \$49
Feb 3-Feb 24 F 9:00-10:00am Fee: \$49
Mar 3-Mar 24 F 9:00-10:00am Fee: \$49
Apr 14-Apr 28 F 9:00-10:00am Fee: \$37



Marsh Creek Slow Flow Yoga

Age: 16-99 yrs. Slow Flow Yoga includes movement, stretching, balancing, breathwork and relaxation to help increase flexibility, strength, awareness and focus. Options will be offered throughout the practice to accommodate all bodies and varying levels of flexibility, experience and strength. Come connect to your body, breath and mind and leave feeling more centered, invigorated and empowered. Please bring your own mat (if available). Certified Yoga Instructor: Mandy Jorgensen

Marsh Creek Community Center – Course Fee: \$49
 Jan 10-Jan 31 Tu 9:00-10:00am
 Feb 7-Feb 28 Tu 9:00-10:00am
 Mar 7-Mar 28 Tu 9:00-10:00am
 Apr 4-Apr 25 Tu 9:00-10:00am

Martial Arts - Adult/Advanced Youth Shotokan

Age: 14-99 yrs. Shotokan builds character through training in martial arts. Participants learn the different components of Shotokan-style karate. The class builds confidence, motor skills, discipline, self-defense, and self-control. This class is taught in a group setting with some individual instruction. Registrations completed after the start of class must be done in person. Instructor: Eric Blaize.

Barwell Road Community Center – Course Fee: \$41
 Jan 4-Jan 30 M & W 7:00-8:30pm
 Feb 1-Feb 27 M & W 7:00-8:30pm
 Mar 1-Mar 29 M & W 7:00-8:30pm
 Apr 3-Apr 27 M & W 7:00-8:30pm

Martial Arts - Chinese Kenpo Karate - Teens & Adults

Age: 13-99 yrs. Increase your physical and mental abilities while developing effective self-defense skills through kenpo. Expand your self-awareness, sharpen your focus, promote your critical-thinking skills and improve your problem-solving talents. Belt level testing fee payable to the instructor applies, but testing is not required. Uniform and patches are required after one month or upon testing (whichever comes first) and are available through instructor. The local school is affiliated with an international organization. Instructor: Bill Parsons of Triangle Kenpo Institute.

Millbrook Exchange Community Center – Course Fee: \$46
 Jan 2-Jan 30 M & W 7:00-8:30pm
 Feb 1-Feb 27 M & W 7:00-8:30pm
 Mar 1-Mar 27 M & W 7:00-8:30pm
 Apr 3-Apr 26 M & W 7:00-8:30pm

MELT Method Workshop

Age: 18-99 yrs. Do you have body aches and pains? Did you know many of your aches and pains are due to dehydration of your connective tissue? Aging, exercise, repetitive postures and activities of daily living impact the support of your connective tissue. MELT is a self-care treatment that helps improve joint function, reduce chronic pain and restore neurological efficiency by making the body more relaxed. Whether you are young or old,

active or sedentary MELT empowers you to be your own body worker and release tension and improve joint mobility. Come experience positive changes you'll feel immediately using a MELT Soft Body Roller and small MELT balls during this introduction workshop. We will perform specific sequences for the hands, feet and entire body allowing tension to release from the neck, shoulders and low back. Participants will need to be able to get on the floor for this class. Equipment will be available to purchase for anyone interested in continuing MELT on their own. Any questions about this workshop can be directed to Jenny Turnage at jenny@foodfityoga.com or visit www.foodfityoga.com/melt-method to read what others have said about how MELT helped them.

Thomas G. Crowder Woodland Center – Course Fee: \$36
 Feb 26 Su 10:30am-12:30pm

MixedFit Fitness

Age: 16-99 yrs. MixedFit is a people-inspired dance fitness program that blends explosive dancing with Bootcamp toning. We work out to the latest hits and yesterday's favorites. Give MixedFit a try and join the #MixedFitMovement!

John Chavis Community Center – Course Fee: \$5
 Jan 5-Apr 27 Th 6:45-7:45pm

Movin' and Groovin'

Age: 18-99 yrs. The Parks, Recreation, and Cultural Resources Department is partnering with the Health Promotion and Chronic Disease Prevention and 4-H Youth Development sections of Wake County Human Services to offer our community physical activity program. This series encourages families to increase their physical activity in a free, fun, and safe way. Adults will take part in mini physical activity sessions as well as organized walking. While the adults get their groove on, children 5 years and older will participate in the 4-H Youth Program Operation Fit Kids. Join us to enjoy beautiful outdoor resources and fun for the whole family.

Spring Forest Road Park
 Apr 13-Jun 15 Th 6:00-7:00pm

Nice Yoga

Age: 18-99 yrs. This class will offer core strengthening and stretching as well as movement into sun salutations, poses and reflective meditations. The pace will be free-flowing and fun, and intensity may vary based on the participants' abilities. Previous knowledge of yoga fitness is not required.

Lake Lynn Community Center – Course Fee: \$76
 Jan 10-Apr 25 Tu 6:30-7:30pm

Pound Unplugged

Age: 14-99 yrs. POUND® Unplugged is a 30-minute class that balances focused, high-intensity exercises with restorative movements, rhythmic breathing and meditation. Quick, efficient and challenging, the workout guides participants through a deeply intentional journey designed to

promote the health and fitness of the whole person mental, physical and emotional. Using Ripstix®, exercise drumsticks, POUND Unplugged connects mind, body and sound to create immersive, sensory experiences unlike anything you've experienced in a group fitness class. Instructor: Lisa DePinto
Greystone Recreation Center – Course Fee: \$10
 Jan 4-Apr 26 W 7:00-7:30pm

POUND. Rockout. Workout. @ Greystone

Age: 14-99 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: Lisa DePinto; Certified Pound Pro
Greystone Recreation Center – Course Fee: \$5
 Jan 4-Apr 26 W 6:30-7:00pm

Power Yoga Fitness

Age: 18-99 yrs. A strengthening treat without the weights! This class emphasizes alignment and provides an opportunity to challenge and deepen your yoga practice. The pace may be faster or include longer holds of poses. This class is not appropriate for beginners. Please bring your mats, towels, or blankets.
Pullen Community Center – Course Fee: \$61
 Jan 11-Mar 1 W 5:30-6:30pm

Roberts Park Cardio Line Dance

Age: yrs. Join us in a fun cardio line dancing workout! Get fit while dancing and exercising to music you will love. You do not have to get the steps perfect as long as you are willing to MOVE, SWEAT, and have FUN!
Roberts Park Community Center – Course Fee: \$5
 Jul 8-Dec 30 F 6:00-7:00pm

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 – Course Fee: \$7
 Jan 8-Apr 30 Su 3:00-4:30pm
Barwell Road Community Center – Course Fee: \$7
 Sep 7-Apr 26 W 6:00-7:30pm
Greystone Recreation Center – Course Fee: \$7
 Jan 9-Apr 24 M 6:00-7:30pm
Marsh Creek Community Center – Course Fee: \$7
 Jan 3-Apr 25 Tu 6:00-7:30pm

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Sunset Flow Yoga

Age: 16-99.9 yrs. Join us for an evening wind-down practice session. The idea is to nurture yourself by lengthening all areas of your body that accumulates tension during the day. We will move into a session of fluid movements to deep floor poses, practicing breathing and mental control techniques. A safe, accessible, and effective practice where students are encouraged to move on their own pace. All levels are welcome; please bring your own mat.

Greystone Recreation Center – Course Fee: \$41
 Jan 3-Jan 24 Tu 6:30-7:30pm
 Feb 7-Feb 28 Tu 6:30-7:30pm
 Mar 7-Mar 28 Tu 6:30-7:30pm
 Apr 4-Apr 25 Tu 6:30-7:30pm

Tai Chi at Lake Lynn

Age: 18-99 yrs. Tai Chi is a system of rounded, flowing, balanced movements designed to increase physical health, peace of mind and overall wellness. Often described as meditation in motion, Tai Chi promotes serenity, stamina and strength through gentle, fluid movements. The slow, soft, graceful movements help people of all ages to alleviate tension and stress, tone the body, develop endurance, increase longevity and improve general health and well-being. Students will learn basic Tai Chi stances, hand movements and breathing techniques called chi gung. Instructor: Sifu Matthew Martin.

Lake Lynn Community Center
 Jan 4-Jan 30 M & W 4:00-5:00pm Fee: \$61
 Feb 1-Feb 27 M & W 4:00-5:00pm Fee: \$61
 Mar 1-Mar 29 M & W 4:00-5:00pm Fee: \$61
 Apr 10-Apr 26 M & W 4:00-5:00pm Fee: \$46
4 Month Session Option
 Jan 4-Apr 26 M & W 4:00-5:00pm Fee: \$226

Women's Self Defense

Age: 16-99 yrs. Do you worry about defending yourself? Let's turn that anxiety into action! In this fun, high-energy class, we will provide a safe space to develop awareness, assertiveness, and the physical tools you might need to defend yourself or someone you love. Sessions will offer a combination of conversation, information, and hands-on practice of basic self-defense techniques. No experience? No problem! You're welcome to work at your own pace through each step-by-step lesson in a supportive, non-competitive environment. Let's learn how to prevent trouble and stop danger together!

Hill Street Neighborhood Center – Course Fee: \$101
 Jan 9-Feb 1 M & W 6:45-7:45pm
 Feb 6-Mar 1 M & W 6:45-7:45pm
 Mar 6-Mar 29 M & W 6:45-7:45pm
 Apr 3-May 3 M & W 6:45-7:45pm

Yoga at 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.

Jaycee Community Center – Course Fee: \$33
 Jan 9-Jan 30 M 10:15-11:30am
 Feb 6-Feb 27 M 10:15-11:30am
 Mar 6-Mar 27 M 10:15-11:30am
 Apr 3-Apr 24 M 10:15-11:30am
 Jan 5-Jan 26 Th 10:15-11:30am
 Feb 2-Feb 23 Th 10:15-11:30am
 Mar 2-Mar 30 Th 10:15-11:30am
 Apr 6-Apr 27 Th 10:15-11:30am
 Sep 1-Sep 29 Th 10:15-11:30am

Zumba at Marsh and Abbotts Creek

Age: 16-99 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: Ladarius Satterwhite

Abbotts Creek Community Center
 Jan 11-Apr 26 W 6:30-7:30pm Fee: \$10
 Jan 4-Jan 25 W 6:30-7:30pm Fee: \$37
 Feb 1-Feb 22 W 6:30-7:30pm Fee: \$37
 Mar 1-Mar 29 W 6:30-7:30pm Fee: \$46
 Apr 5-Apr 26 W 6:30-7:30pm Fee: \$37
Marsh Creek Community Center
 Jan 9-Apr 24 M 6:30-7:30pm Fee: \$10
 Jan 9-Jan 30 M 6:30-7:30pm Fee: \$28
 Feb 6-Feb 27 M 6:30-7:30pm Fee: \$37
 Mar 6-Mar 27 M 6:30-7:30pm Fee: \$37
 Apr 3-Apr 24 M 6:30-7:30pm Fee: \$37

ZUMBA® at Barwell Road

Age: 13-99.9 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: Dionne Taylor.

Barwell Road Community Center – Course Fee: \$5
 Jan 5-Apr 27 Th 7:00-8:00pm

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 – Course Fee: \$5
 Jan 4-Apr 28 M,W,F 6:00-7:00pm

ZUMBA® at Greystone

Age: 12-99 yrs. ZUMBA dance fitness combines rhythms of Latin and international music to make exercising fun! Learn basic steps to salsa, merengue, cumbia, samba and more! No dance experience necessary. Transform your body to a healthier you! Don't wait any longer! Come join the Zumba party for \$5 per class. All classes taught by a licensed Zumba Instructor. Instructor: Kaori Isaacson

Greystone Recreation Center – Course Fee: \$5
 Jan 7-Apr 29 Sa 10:00-11:00am

ZUMBA® at Millbrook

Age: 15-99 yrs. International explosion of dance, fun and fitness! Learn the basic Latin rhythms and moves of merengue, salsa, cumbia as well as African inspired beats. No prior dance experience or background necessary. Come join the Zumba party! Pre-registration required.

Millbrook Exchange Community Center – Course Fee: \$5
 Jan 3-Apr 25 Tu 6:30-7:30pm

ZUMBA® at the Creek!

Age: 15-99 yrs. International explosion of dance, fun and fitness! Learn the basic Latin rhythms and moves of merengue, salsa, cumbia and more. No prior dance experience or background necessary. Come join the Zumba party! Pre-registration highly recommended. Instructor: Shay Anderson

Brier Creek Community Center – Course Fee: \$5
 Jan 5-Apr 27 Th 6:30-7:30pm
 Jan 7-Apr 29 Sa 9:30-10:30am

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
 Jan 4-Jan 25 W 12:30-1:30pm Fee: \$12
 Feb 1-Feb 22 W 12:30-1:30pm Fee: \$12
 Mar 1-Mar 29 W 12:30-1:30pm Fee: \$16
 Apr 5-Apr 26 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

Jan 3-Jan 31	Tu	9:15-10:00am	Fee: \$16
Feb 7-Feb 28	Tu	9:15-10:00am	Fee: \$12
Mar 7-Mar 28	Tu	9:15-10:00am	Fee: \$12
Apr 4-Apr 25	Tu	9:15-10:00am	Fee: \$12
Jan 5-Jan 26	Th	9:15-10:00am	Fee: \$12
Feb 2-Feb 23	Th	9:15-10:00am	Fee: \$12
Mar 2-Mar 30	Th	9:15-10:00am	Fee: \$16
Apr 6-Apr 27	Th	9:15-10:00am	Fee: \$12

Intermediate

Jan 5-Jan 26	Th	10:15-11:00am	Fee: \$12
Feb 2-Feb 23	Th	10:15-11:00am	Fee: \$12
Mar 2-Mar 30	Th	10:15-11:00am	Fee: \$16
Apr 6-Apr 27	Th	10:15-11:00am	Fee: \$12

Chair

Jan 3-Jan 31	Tu	2:15-3:00pm	Fee: \$16
Feb 7-Feb 28	Tu	2:15-3:00pm	Fee: \$12
Mar 7-Mar 28	Tu	2:15-3:00pm	Fee: \$12
Apr 4-Apr 25	Tu	2:15-3:00pm	Fee: \$12

Five Points Center

Jan 4-Jan 25	W	10:15-11:15am	Fee: \$12
Feb 1-Feb 22	W	10:15-11:15am	Fee: \$12
Mar 1-Mar 29	W	10:15-11:15am	Fee: \$16
Apr 5-Apr 26	W	10:15-11:15am	Fee: \$12

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.

Five Points Center

Jan 5-Jan 26	Th	12:30-1:15pm	Fee: \$12
Feb 2-Feb 23	Th	12:30-1:15pm	Fee: \$12
Mar 2-Mar 30	Th	12:30-1:15pm	Fee: \$16
Apr 6-Apr 27	Th	12:30-1:15pm	Fee: \$12

Blood Pressure and Weight Screenings

Age: 18-99 yrs. Take advantage of this monthly FREE blood pressure clinic offered by Dr. Casey Baldwin, Senior Care Pharmacist, Resources for Seniors. Sponsored by Resources for Seniors.

Five Points Center

Jan 3-Apr 4	Tu	9:30-10:15am	
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Bootcamp

Age: 18-99 yrs. Challenge yourself with 45 minutes of strength and endurance training! Bootcamp classes are a great way to add variety, style, and intensity to your workout. This is an intermediate level class.

Five Points Center

Jan 5-Jan 26	Th	9:15-10:00am	Fee: \$12
Feb 2-Feb 23	Th	9:15-10:00am	Fee: \$12
Mar 2-Mar 30	Th	9:15-10:00am	Fee: \$16
Apr 6-Apr 27	Th	9:15-10:00am	Fee: \$12

Butts and Guts

Age: 18-99 yrs. This class will tone your abs and glutes with targeted sculpting movements. The workout incorporates Pilates, Yoga and athletic movements to help your balance and flexibility, with focus on the abs, glutes, legs, and lower back. The goal is to build strength in your core, quads and hamstrings. Instructor: Meg Berg
NO CLASS 1/16/2023 due to Martin Luther King, Jr holiday.

Five Points Center

Jan 9-Jan 30	M	9:15-10:00am	Fee: \$9
Feb 6-Feb 27	M	9:15-10:00am	Fee: \$12
Mar 6-Mar 27	M	9:15-10:00am	Fee: \$12
Apr 3-Apr 24	M	9:15-10:00am	Fee: \$12

Cardio Sculpt

Age: 18-99 yrs. Cardio Sculpt helps burn fat and build muscles. Half of the class is spent doing low-impact aerobic exercises; the other half is spent sculpting major muscle groups. Get a healthy heart and sculpted muscles all in one class.

Five Points Center

Jan 5-Jan 26	Th	2:30-3:15pm	Fee: \$12
Feb 2-Feb 23	Th	2:30-3:15pm	Fee: \$12
Mar 2-Mar 30	Th	2:30-3:15pm	Fee: \$16
Apr 6-Apr 27	Th	2:30-3:15pm	Fee: \$12
Jan 6-Jan 27	F	10:15-11:00am	Fee: \$12
Feb 3-Feb 24	F	10:15-11:00am	Fee: \$12
Mar 3-Mar 31	F	10:15-11:00am	Fee: \$16
Apr 14-Apr 28	F	10:15-11:00am	Fee: \$9

Dance Fit

Age: 18-99 yrs. This fun, high-energy class combines fitness, dance, line dance and kickboxing moves with strength training for a great workout!

Anne Gordon Center

Jan 9-Jan 30	M	11:45am-12:30pm	Fee: \$9
Feb 6-Feb 27	M	11:45am-12:30pm	Fee: \$12
Mar 6-Mar 27	M	11:45am-12:30pm	Fee: \$12
Apr 3-Apr 24	M	11:45am-12:30pm	Fee: \$12

Falls Prevention

Age: 18-99 yrs. Reduce your risk of falling through exercises that will improve balance, stability, and core strength. Sessions may use a variety of standing, seated, and floor balance activities to achieve this goal.

Five Points Center

Jan 5-Jan 26	Th	11:45am-12:30pm	Fee: \$12
Feb 2-Feb 23	Th	11:45am-12:30pm	Fee: \$12
Mar 2-Mar 30	Th	11:45am-12:30pm	Fee: \$16
Apr 6-Apr 27	Th	11:45am-12:30pm	Fee: \$12

Gentle Stretch

Age: 18-99 yrs. Participants will gently and safely stretch each body part in a quiet relaxing atmosphere. Gentle, structured stretches will allow the body to recognize loss in flexibility and range of motion and work to improve these losses. Instructor: Sue Payne.

Five Points Center

Jan 5-Jan 26	Th	1:30-2:15pm	Fee: \$12
Feb 2-Feb 23	Th	1:30-2:15pm	Fee: \$12
Mar 2-Mar 30	Th	1:30-2:15pm	Fee: \$16
Apr 6-Apr 27	Th	1:30-2:15pm	Fee: \$12

Health Talks with Dr. Baldwin

Age: 18-99 yrs. Dr. Casey Baldwin, Senior Care Pharmacist, Resources for Seniors, will be on-site monthly to discuss important health topics for older adults. Topics include chronic illnesses and strategies for healthy living. Sponsored by Resources for Seniors.

Five Points Center

Jan 3-Apr 4	Tu	10:15-11:15am	
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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. NO CLASS 1/16/2023 due to Martin Luther King, Jr. holiday.

Anne Gordon Center

Introductory (little to no experience)

Jan 6-Jan 27	F	1:00-1:45pm	Fee: \$12
Feb 3-Feb 24	F	1:00-1:45pm	Fee: \$12
Mar 3-Mar 31	F	1:00-1:45pm	Fee: \$16
Apr 14-Apr 28	F	1:00-1:45pm	Fee: \$9

Beginner (good experience)

Jan 6-Jan 27	F	2:00-2:45pm	Fee: \$12
Feb 3-Feb 24	F	2:00-2:45pm	Fee: \$12
Mar 3-Mar 31	F	2:00-2:45pm	Fee: \$16
Apr 14-Apr 28	F	2:00-2:45pm	Fee: \$9

Improver (very good experience)

Jan 6-Jan 27	F	3:00-4:00pm	Fee: \$12
Feb 3-Feb 24	F	3:00-4:00pm	Fee: \$12
Mar 3-Mar 31	F	3:00-4:00pm	Fee: \$16
Apr 14-Apr 28	F	3:00-4:00pm	Fee: \$9

Five Points Center

Adv. Beginner/Improver Level

Jan 9-Jan 30	M	1:00-2:00pm	
Feb 6-Feb 27	M	1:00-2:00pm	
Mar 6-Mar 27	M	1:00-2:00pm	
Apr 3-Apr 24	M	1:00-2:00pm	

Intermediate Level

Jan 9-Jan 30	M	2:15-3:15pm	
Feb 6-Feb 27	M	2:15-3:15pm	
Mar 6-Mar 27	M	2:15-3:15pm	
Apr 3-Apr 24	M	2:15-3:15pm	

Line Dance Open Studio

Age: 18-99 yrs. Join us for this fun and informal line dance open studio time. There is no instructor. Dancers should have some line dancing experience and know the basic steps.

Anne Gordon Center

Beginner (need to know steps)

Jan 3-Apr 25	Tu	3:15-4:45pm	
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Adv Beginner/Improver (solid experience)

Jan 6-Apr 28	F	4:05-4:50pm	
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Five Points Center

Jan 4-Apr 26	W	2:45-4:15pm	
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Nia

Age: 18-99 yrs. Nia is a form of fusion fitness for the body, mind, emotions and spirit. The technique integrates movements from dance, martial arts and healing arts to condition the whole body, quiet the mind, release stress and restore the spirit. It is fun, expressive and adaptable for all fitness levels. Please bring a yoga mat.

Anne Gordon Center

Jan 3-Jan 31	Tu	12:15-1:00pm	Fee: \$16
Feb 7-Feb 28	Tu	12:15-1:00pm	Fee: \$12
Mar 7-Mar 28	Tu	12:15-1:00pm	Fee: \$12
Apr 4-Apr 25	Tu	12:15-1:00pm	Fee: \$12

Parkinson's Disease Dialogue Group

Age: yrs. Are you in the early stages of Parkinson's Disease (PD)? Please join us for an inviting open discussion of Parkinson's Disease and sharing of experiences. The early goal is to equip us to be "prosumers" of PD related healthcare, by exchanging information, choosing topics for discussion and by sharing the collective wisdom. Each month there is a different presenter and discussion on a variety of topics relating to the health and wellbeing of persons living with Parkinson's disease and their care partners, as well as providing support for each other. This group meets monthly January - December. For information please contact the Regional Service Coordinator, Resources for Seniors, at 919-996-4738.

Five Points Center

Jan 5-Apr 6	Th	1:30-3:30pm	
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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

Jan 5-Jan 26	Th	11:15am-12:00pm	Fee: \$12
Jan 6-Jan 27	F	12:30-1:30pm	Fee: \$12
Feb 2-Feb 23	Th	11:15am-12:00pm	Fee: \$12
Feb 3-Feb 24	F	12:30-1:30pm	Fee: \$12
Mar 2-Mar 30	Th	11:15am-12:00pm	Fee: \$16
Mar 3-Mar 31	F	12:30-1:30pm	Fee: \$16
Apr 6-Apr 27	Th	11:15am-12:00pm	Fee: \$12
Apr 14-Apr 28	F	12:30-1:30pm	Fee: \$9

Qi Gong

Age: 18-99 yrs. Learn the 24 simple movements of qigong (chee-gong) designed to promote energetic and internal organ health. Practitioners think that the movements create good energy flow in the body and contribute to overall health. Beginners welcome; accommodations for all levels. Qi Gong for Joint Health combines guided visualization, simple motion, and balance to improve strength and fluidity for bones and joints. The class is conducted both sitting and standing. Instructor: Kathy Bundy

Anne Gordon Center

Jan 3-Jan 31	Tu	11:15am-12:00pm	Fee: \$16
Feb 7-Feb 28	Tu	11:15am-12:00pm	Fee: \$12
Mar 7-Mar 28	Tu	11:15am-12:00pm	Fee: \$12
Apr 4-Apr 25	Tu	11:15am-12:00pm	Fee: \$12

Anne Gordon Center

Jan 6-Jan 27	F	10:45-11:30am	Fee: \$12
Feb 3-Feb 24	F	10:45-11:30am	Fee: \$12
Mar 3-Mar 31	F	10:45-11:30am	Fee: \$16
Apr 14-Apr 28	F	10:45-11:30am	Fee: \$9
Jan 6-Jan 27	F	11:45am-12:30pm	Fee: \$12
Feb 3-Feb 24	F	11:45am-12:30pm	Fee: \$12
Mar 3-Mar 31	F	11:45am-12:30pm	Fee: \$16
Apr 14-Apr 28	F	11:45am-12:30pm	Fee: \$9

Five Points Center

Jan 3-Jan 31	Tu	9:15-10:00am	Fee: \$16
Feb 7-Feb 28	Tu	9:15-10:00am	Fee: \$12
Mar 7-Mar 28	Tu	9:15-10:00am	Fee: \$12
Apr 4-Apr 25	Tu	9:15-10:00am	Fee: \$12
Jan 6-Jan 27	F	9:15-10:00am	Fee: \$12
Feb 3-Feb 24	F	9:15-10:00am	Fee: \$12
Mar 3-Mar 31	F	9:15-10:00am	Fee: \$16
Apr 14-Apr 28	F	9:15-10:00am	Fee: \$9

Shibashi for Active Adults

Age: 18-99 yrs. Shibashi is a gentle, free-flowing Qigong routine that consists of 18 easy-to-remember movements emphasizing proper posture and deep breathing. The practice includes visualization and standing meditation. Benefits include: improved flexibility and strength; better concentration; periods of sustained relaxation; and stress reduction. Seated modifications will be available upon request.

Anne Gordon Center

Jan 5-Jan 26	Th	1:30-2:15pm	Fee: \$12
Feb 2-Feb 23	Th	1:30-2:15pm	Fee: \$12
Mar 2-Mar 30	Th	1:30-2:15pm	Fee: \$16
Apr 6-Apr 27	Th	1:30-2:15pm	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

Jan 4-Jan 25	W	1:45-2:30pm	Fee: \$12
Feb 1-Feb 22	W	1:45-2:30pm	Fee: \$12
Mar 1-Mar 29	W	1:45-2:30pm	Fee: \$16
Apr 5-Apr 26	W	1:45-2:30pm	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 NO CLASS 1/16/2023 due to Martin Luther King, Jr. holiday.

Five Points Center

Jan 9-Jan 30	M	10:30-11:30am	Fee: \$9
Feb 6-Feb 27	M	10:30-11:30am	Fee: \$12
Mar 6-Mar 27	M	10:30-11:30am	Fee: \$12
Apr 3-Apr 24	M	10:30-11:30am	Fee: \$12

Tai Chi for Active Adults

Age: 18-99 yrs. Tai Chi is an ancient practice that uses low-impact, slow movements to promote health and improve coordination, balance, and mental focus. Beginner Sun Style: No experience required. There are 21 movements in this set. The focus is on balance and learning the sequence of the movements. Chair modifications are available upon request. This is an 8 week class. Intermediate Sun Style: Pre-requisite is Beginner Sun Style class. This continuation of the beginner class includes 10 new movements and will increase endurance, mental acuity, agility, and balance. This is an 8 week class. Advanced Sun Style: Pre-requisite is beginner and intermediate classes. This class teaches the Sun 73 Long Form which includes movements learned in Beginner and Intermediate classes. The longer sequence builds endurance and previous improvements made in strength, balance and memory. This is a 16 week class.

Various Styles: No experience needed. Class changes through various forms of Tai Chi and Qi Gong.

Anne Gordon Center

Beginner Sun Style

Jan 9-Jan 30	M	2:00-2:45pm	Fee: \$9
Feb 6-Feb 27	M	2:00-2:45pm	Fee: \$12
Mar 6-Mar 27	M	2:00-2:45pm	Fee: \$12
Apr 3-Apr 24	M	2:00-2:45pm	Fee: \$12

Intermediate Sun Style

Jan 9-Jan 30	M	3:00-3:45pm	Fee: \$9
Feb 6-Feb 27	M	3:00-3:45pm	Fee: \$12
Mar 6-Mar 27	M	3:00-3:45pm	Fee: \$12
Apr 3-Apr 24	M	3:00-3:45pm	Fee: \$12

Advanced Sun Style

Jan 9-Jan 30	M	1:00-1:45pm	Fee: \$9
Feb 6-Feb 27	M	1:00-1:45pm	Fee: \$12
Mar 6-Mar 27	M	1:00-1:45pm	Fee: \$12
Apr 3-Apr 24	M	1:00-1:45pm	Fee: \$12

Various Styles

Jan 5-Jan 26	Th	2:30-3:15pm	Fee: \$12
Feb 2-Feb 23	Th	2:30-3:15pm	Fee: \$12
Mar 2-Mar 30	Th	2:30-3:15pm	Fee: \$16
Apr 6-Apr 27	Th	2:30-3:15pm	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. NO CLASS 1/16/2023 due to Martin Luther King, Jr. holiday.

Five Points Center

Jan 9-Jan 30	M	11:45am-12:30pm	Fee: \$9
Feb 6-Feb 27	M	11:45am-12:30pm	Fee: \$12
Mar 6-Mar 27	M	11:45am-12:30pm	Fee: \$12
Apr 3-Apr 24	M	11:45am-12:30pm	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

Jan 9-Jan 30	M	9:15-10:00am	Fee: \$9
Feb 6-Feb 27	M	9:15-10:00am	Fee: \$12
Mar 6-Mar 27	M	9:15-10:00am	Fee: \$12
Apr 3-Apr 24	M	9:15-10:00am	Fee: \$12
Jan 4-Jan 25	W	2:30-3:15pm	Fee: \$12
Feb 1-Feb 22	W	2:30-3:15pm	Fee: \$12
Mar 1-Mar 29	W	2:30-3:15pm	Fee: \$16
Apr 5-Apr 26	W	2:30-3:15pm	Fee: \$12

Five Points Center

Jan 3-Jan 31	Tu	10:30-11:30am	Fee: \$16
Feb 7-Feb 28	Tu	10:30-11:30am	Fee: \$12
Mar 7-Mar 28	Tu	10:30-11:30am	Fee: \$12
Apr 4-Apr 25	Tu	10:30-11:30am	Fee: \$12

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

Jan 9-Jan 30	M	10:15-11:15am	Fee: \$9
Feb 6-Feb 27	M	10:15-11:15am	Fee: \$12
Mar 6-Mar 27	M	10:15-11:15am	Fee: \$12
Apr 3-Apr 24	M	10:15-11:15am	Fee: \$12
Jan 4-Jan 25	W	3:30-4:30pm	Fee: \$12
Feb 1-Feb 22	W	3:30-4:30pm	Fee: \$12
Mar 1-Mar 29	W	3:30-4:30pm	Fee: \$16
Apr 5-Apr 26	W	3:30-4:30pm	Fee: \$12
Jan 5-Jan 26	Th	11:15am-12:15pm	Fee: \$12
Feb 2-Feb 23	Th	11:15am-12:15pm	Fee: \$12
Mar 2-Mar 30	Th	11:15am-12:15pm	Fee: \$16
Apr 6-Apr 27	Th	11:15am-12:15pm	Fee: \$12

Five Points Center

Jan 4-Jan 25	W	10:30-11:45am	Fee: \$12
Feb 1-Feb 22	W	10:30-11:45am	Fee: \$12
Mar 1-Mar 29	W	10:30-11:45am	Fee: \$16
Apr 5-Apr 26	W	10:30-11:45am	Fee: \$12

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

Jan 3-Jan 31	Tu	10:15-11:00am	Fee: \$16
Feb 7-Feb 28	Tu	10:15-11:00am	Fee: \$12
Mar 7-Mar 28	Tu	10:15-11:00am	Fee: \$12
Apr 4-Apr 25	Tu	10:15-11:00am	Fee: \$12
Jan 6-Jan 27	F	9:15-10:00am	Fee: \$12
Feb 3-Feb 24	F	9:15-10:00am	Fee: \$12
Mar 3-Mar 31	F	9:15-10:00am	Fee: \$16
Apr 14-Apr 28	F	9:15-10:00am	Fee: \$9

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.

Hill Street Neighborhood Center – Course Fee: \$41

Feb 2-Feb 23	Th	6:30-7:30pm
Mar 2-Mar 23	Th	6:30-7:30pm
Apr 6-Apr 27	Th	6:30-7:30pm

Martial Arts - Kickboxing

Age: 5-99 yrs. Exciting, easy to learn, and challenging to master class of kickboxing. Enjoy a high energy workout with family and friends while improving coordination and fitness, building confidence and making new friends along the way. This Kickboxing course combines basic elements of Karate, "The way of the empty hand" and Muay Thai, "The art of eight limbs", and is a great opportunity to learn the fundamental techniques common to different martial arts styles. Students can continue with this program on an ongoing basis as a fitness class or choose to progress through a belt system with additional requirements. Classes are highly structured with safety first and students with ADHD can greatly benefit from this class as well. Boxing gloves required. Bring your own, or purchase from instructor for \$30. Instructor: Alex Tsikos, 4th degree black belt certified & Muay Thai Fitness Kickboxing certified.

Brier Creek Community Center – Course Fee: \$41

Jan 6-Jan 27	F	6:30-7:30pm
Feb 3-Feb 24	F	6:30-7:30pm
Mar 3-Mar 24	F	6:30-7:30pm
Mar 31-Apr 28	F	6:30-7:30pm

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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 – Course Fee: \$31

Jan 3-Jan 31	Tu & Th	6:30-8:00pm
Feb 2-Feb 28	Tu & Th	6:30-8:00pm
Mar 2-Mar 30	Tu & Th	6:30-8:00pm
Apr 4-Apr 27	Tu & Th	6:30-8:00pm

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 – Course Fee: \$36

Jan 3-Jan 26	Tu & Th	6:30-7:30pm
Feb 2-Feb 28	Tu & Th	6:30-7:30pm
Mar 2-Mar 30	Tu & Th	6:30-7:30pm
Apr 4-Apr 27	Tu & Th	6:30-7:30pm

Wado-Ryu Karate-Martial Arts

Age: 12-99 yrs. "Wado-Ryu is a traditional karate emphasizing evasive movement and balance, moving drills and practice in forms (kata) and sparring (kumite). Develop your physical skills as well as mental discipline. Students routinely gain confidence and better focus. Kids are encouraged to bring their parents to practice as well! Instructors are members of the U.S. Eastern Wado-Ryu Federation. There are yearly opportunities to learn from the highest ranks of the discipline. Uniforms are required after two months of practice. Membership to USEWF is available after the first belt test. Belt test fee is minimal."

Carolina Pines Community Center – Course Fee: \$41

Jan 3-Jan 31	Tu & Th	7:00-8:30pm
Feb 2-Feb 28	Tu & Th	7:00-8:30pm
Mar 2-Mar 30	Tu & Th	7:00-8:30pm
Mar 2-Mar 30	Tu & Th	7:00-8:30pm



Nature Education

Annie Louise Wilkerson, MD
Nature Preserve Park
919-996-6764

Durant Nature Preserve and
Horseshoe Farm Nature Preserve
919-996-2271

Forest Ridge Park
919-996-5800

Lake Johnson Park Waterfront Center
919-996-3141

Lake Wheeler Park
919-662-5704

Thomas G. Crowder Woodland Center
919-996-3141

Walnut Creek Wetland Park
919-996-2760

Programming for organized groups (such as schools, daycare centers and preschools) is available by request from the Nature Program office. For more information 919-996-6856.

Preschool

Do Beavers Need Blankets?

Age: 2-6 yrs. Come and find out how and when wild animals in our forests, fields and ponds SLEEP! Little ones are invited to attend the program wearing their pajamas...but there will be no snoozing in this engaging program! Children will enjoy songs, hands-on activities and great fun. Preregistration is required. Children must be accompanied by adults. Adults attend free. For more information, contact Nature Programs at 919-996-6856.

Carolina Pines Community Center – Course Fee: \$2
Jan 19 Th 10:30-11:30am
Kiwanis Community Center
Jan 18 W 10:30-11:30am
Lake Lynn Community Center
Jan 24 Tu 10:30-11:30am
Jan 24 Tu 12:30-1:30pm
Sertoma Arts Center
Jan 27 F 10:30-11:30am

Eager Explorers

Age: 3-6 yrs. Join us as we explore nature in the Preserve! There will be stories, crafts and nature walks on various themes. These programs are designed for an adult to attend with their preschooler. There is no charge for the adults. Note: Most programs will include an activity along a nature trail that is not stroller accessible.

A.L. Wilkerson Nature Preserve – Course Fee: \$3
Oh Deer!
Jan 12 Th 10:30am-12:00pm
Calling for Owls
Jan 18 W 10:30am-12:00pm
Wildlife in Winter
Jan 26 Th 10:30am-12:00pm
Fun with Shadows
Feb 2 Th 10:30am-12:00pm
Textures in Nature
Feb 8 W 10:30am-12:00pm
Squirrelly Squirrels
Feb 22 W 10:30am-12:00pm
Bird Buddies
Mar 2 Th 10:30am-12:00pm
Signs of Spring
Mar 15 W 10:30am-12:00pm

Froggy Fun
Mar 29 W 10:30am-12:00pm
Diggin' the Dirt
Apr 12 W 10:30am-12:00pm
Turtle Time
Apr 20 Th 10:30am-12:00pm
Life of a Seed
Apr 26 W 10:30am-12:00pm

EGGcellent Adventures!

Age: 2-6 yrs. What's in an egg? Preschoolers will find out with this EGGcellent program featuring the many animals that begin life in an egg! Children will enjoy stories, songs and games plus they will see up close live creatures that hatch from eggs. Preregistration is required. Children must be accompanied by adults. Adults attend free. For more information, contact Nature Programs at 919-996-6856.

Carolina Pines Community Center – Course Fee: \$2
Mar 9 Th 10:30-11:30am
Kiwanis Community Center
Mar 8 W 10:30-11:30am
Lake Lynn Community Center
Mar 14 Tu 10:30-11:30am
Mar 14 Tu 12:30-1:30pm
Sertoma Arts Center
Mar 16 Th 10:30-11:30am

Jake and Jennies: Young Explorers Club

Age: 3-6 yrs. Jakes and Jennies are young turkeys looking to find their way in the world. Join the flock at Forest Ridge Park to enjoy an hour of educational outdoor based programming. Activities include interactive games and crafts that orient these young turkeys with their natural surroundings. Programs take place outdoors weather permitting. Toms and Hens (Parents) are encouraged to participate with their children. Pre-Registration is highly recommended.

Forest Ridge Park – Course Fee: \$3
Jan 4 W 10:30am-12:00pm
Feb 1 W 10:30am-12:00pm
Mar 1 W 10:30am-12:00pm
Apr 5 W 10:30am-12:00pm

Leapin' Lizards!

Age: 2-6 yrs. Little explorers are invited to leap on over to the park and discover the wonders of lizards. We will find out where they live, what they eat and how they stay safe in the wild. We will even get a chance to see up close and touch some live lizards. Preregistration is required. Children must be accompanied by adults. Adults attend free. For more information, contact Nature Programs at 919-996-6856.

Carolina Pines Community Center – Course Fee: \$2
Feb 16 Th 10:30-11:30am
Kiwanis Community Center
Feb 15 W 10:30-11:30am
Lake Lynn Community Center
Feb 21 Tu 10:30-11:30am
Feb 21 Tu 12:30-1:30pm
Sertoma Arts Center
Feb 23 Th 10:30-11:30am

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Little Adventurers

Age: 4-6 yrs. Are you ready for an adventure at Lake Johnson Park? Each month will be a dive into a grand adventure about a different theme. We will spend time outside in the park and in the classroom learning about the theme of the month. Adult(s) must accompany participant(s), adult(s) attend free and do not need to register.

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

Birds

Jan 14 Sa 10:00-11:30am

Adaptations

Feb 11 Sa 10:00-11:30am

Plants

Mar 11 Sa 10:00-11:30am

Snooze or Cruise

Age: 3-6 yrs. BRRR it is cold outside! What do you do to stay warm? Put on gloves, coat, and a hat! But what do animals do? There is less food available, the trees are bare so it is not as easy to hide, and the temperature has dropped. How does the winter forest change? How do animals respond? Some migrate, some hibernate, and some make lifestyle changes. Come learn about the adaptations animals make to survive winter!

Forest Ridge Park – Course Fee: \$3

Jan 18 W 10:30am-12:00pm

Super Animal Senses

Age: 3-6 yrs. Did you know ants have a super-sense of smell, which directs them to food from far away? Did you know a starfish uses its arm to see? Did you know crickets use their legs to hear? Did you know butterflies use their feet to taste nectar? Come learn about the amazing super senses of many animals and how these adaptations help them survive. There will be hands-on activities using your senses as well as stories to help you learn about some unique animal senses.

Forest Ridge Park – Course Fee: \$3

Feb 15 W 10:30am-12:00pm

Apr 19 W 10:30am-12:00pm

Youth

Animal Survival

Age: 3-5 yrs. BRRR, it's cold and the trees are bare. There is less food available. How does life change in the winter forest? Some animals hibernate, some migrate, and some make changes in their lifestyle. Come learn about animal life and the adaptations animals make to survive!

Forest Ridge Park – Course Fee: \$3

Jan 22 Su 3:00-4:30pm

Bird Bingo

Age: 6-12 yrs. Learn how to use binoculars and how to identify some common birds that visit Wilkerson's bird feeders. We'll go on a short walk in search of more birds in the preserve as we play bird bingo - can you get bingo?

A.L. Wilkerson Nature Preserve – Course Fee: \$3

Feb 15 W 3:30-5:00pm



Celebrate World Wetland Day

Age: 8-99 yrs. Celebrate World Wetland Day by learning all about our native amphibians. We'll hike out to our hidden vernal pools to meet the critters that live there. This program includes a 2 mi hike (roundtrip) on uneven terrain. Children must be accompanied by adults. Children and adults must preregister and pay the program fee.

Durant Nature Preserve – Course Fee: \$8

Feb 4 Sa 3:00-5:00pm

City Nature Challenge Kickoff

Age: 8-99 yrs. Join us in kicking off the City Nature Challenge. We'll explore the preserve to see how many critters we can find. Learn about the amazing biodiversity of the Piedmont and then help us document our sightings using EcoExplore or iNaturalist. Children must be accompanied by adults. Children and adults must preregister.

Durant Nature Preserve – Course Fee: \$4

Apr 28 F 9:30-10:30am

Equinox Astronomy

Age: 8-14 yrs. Why do we have seasons? Why do we say days are 'getting shorter' or 'longer'? How do animals know when to migrate, and flowers know when to grow? In this investigation, we will use simulations and construct models to understand how the source of the seasons is literally 'out of this world.'

A.L. Wilkerson Nature Preserve – Course Fee: \$4

Mar 22 W 3:30-5:00pm

Hopping with Frogs

Age: 5-8 yrs. Spring brings frogs and toads in our forest ponds! Come hop along to learn about frog calls, search for frogs in the wild, and make a tadpole craft that changes into a frog.

A.L. Wilkerson Nature Preserve – Course Fee: \$3

Apr 6 Th 3:30-5:00pm

Lake Johnson ecoEXPLORErs

Age: 5-12 yrs. Do you enjoy observing nature? Want to be a scientist and earn badges while doing it? Join us to learn more about the ecoEXPLORE program and how to participate. ecoEXPLORE is an incentive-based citizen science program for children in grades K-8. During this program we will spend time inside working through one of the badge activities before heading outside to start making nature observations. Adults must accompany participant(s), adults attend free and do not need to register. Advance registration required.

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

Ornithology & Air Badges

Jan 7 Sa 10:00-11:30am

Botany & Trees Badges

Mar 18 Sa 10:00-11:30am

City Nature Challenge Badge

Apr 29 Sa 10:00-11:30am

Little Gardeners

Age: yrs. Join us as we explore the beauty of plant life. Your little gardener will learn the science of the plant cycle while building their own garden bed. This STEM program is a great opportunity to learn environmental awareness by exploring the workings of nature. Participants must provide a flower bed no larger than 4x4.

John Chavis Community Center

Mar 21 Tu 6:30-7:30pm

Meteorology Masters

Age: 8-14 yrs. You could ask a groundhog or join us to learn how scientists really predict the weather by practicing your own observation-based forecast. We will measure the atmosphere using tools including an anemometer, hygrometer, barometer, and sling psychrometer. Make a weather instrument to take home!

A.L. Wilkerson Nature Preserve – Course Fee: \$3

Feb 2 Th 3:30-5:00pm

Microscope Discoveries

Age: 10-14 yrs. Experience nature up close. Really up close! Learn how to use a microscope and then peer inside to see how tiny nature can really be!

A.L. Wilkerson Nature Preserve – Course Fee: \$3

Mar 31 F 3:30-5:00pm

Mineral Detectives

Age: 8-14 yrs. Don't be fooled by fool's gold -- learn how geologists test minerals by using properties including hardness, streak, color, luster, and acid reactivity. Take on the challenge of testing and identifying a variety of mineral samples. Take home a mineral for your own collection!

A.L. Wilkerson Nature Preserve – Course Fee: \$4

Jan 20 F 3:30-5:00pm

Mini BioBlitz

Age: 8-99 yrs. Join us for an epic nature scavenger hunt around the preserve. Learn about the amazing biodiversity of the Piedmont and then help us document our sightings using EcoExplore or iNaturalist on your phone or computer. Children must be accompanied by adults. Children and adults must preregister.

Durant Nature Preserve – Course Fee: \$4

Ornithology

Feb 24 F 11:00am-12:00pm

Botany

Mar 17 F 11:00am-12:00pm

Owl Pellet Study

Age: 8-14 yrs. Learn about the owls that live here in Raleigh, and the amazing adaptations that help them survive. What do they eat? What happens after they eat? We'll take a close look as we dissect owl pellets and determine exactly what an owl had for dinner.

A.L. Wilkerson Nature Preserve – Course Fee: \$5

Jan 13 F 3:30-5:00pm

Super Animal Senses

Age: 7-11 yrs. Did you know ants have a super-sense of smell, which directs them to food from far away? Did you know a starfish uses its arm to see? Did you know crickets use their legs to hear? Did you know butterflies use their feet to taste nectar? Come learn about the amazing super senses of many animals and how these adaptations help them survive. There will be hands-on activities using your senses as well as stories to help you learn about some unique animal senses.

Forest Ridge Park – Course Fee: \$3

Feb 19 Su 3:00-4:30pm

Apr 23 Su 3:00-4:30pm

Volcanic Action

Age: 6-10 yrs. Have you seen pictures of the Kilauea volcano lava flows? Do you know when lava cools you are left with igneous rocks? Do you know there is a lot of granite in North Carolina and at one time that was hot magma that cooled inside the earth to form the rock? Come learn about igneous rocks with an edible lab and slime project.

Forest Ridge Park – Course Fee: \$3

Mar 19 Su 3:00-4:30pm

Teen

Birding for Teens

Age: 11-18 yrs. Interested in local birds? Students will learn about various forms of bird identification, observe facility bird feeders, and explore nature with an eye out for feathery fauna. Feel free to bring your own binoculars or your favorite field guide, but binoculars and field guides will be provided.

Walnut Creek Wetland Park – Course Fee: \$10

Mar 25 Sa 9:00-11:00am

Nature Stamp Making

Age: 13-18 yrs. Always wanted to try the print medium, but not sure where to start? Learn about the basics of stamp-making in this short class! Students will have the opportunity to carve their own stamp inspired by nature to take home.

Walnut Creek Wetland Park – Course Fee: \$10

Apr 16 Su 2:00-5:00pm

Adult

Digital Nature Photography for Beginners

Age: 16-99 yrs. Have you ever wanted to learn how to take better nature photographs? Join us for a presentation to learn some tips and then explore the preserve with your camera and practice! Participants must provide their own digital camera (or mobile device). Participants must preregister.

Durant Nature Preserve – Course Fee: \$8

Mar 27 M 9:00-11:00am

Horseshoe Farm Nature Preserve – Course Fee: \$8

Apr 3 M 9:00-11:00am

Dr. Annie's Legacy

Age: 12-99 yrs. Learn about the life and legacy of Dr. Annie Louise Wilkerson in honor of Women's History Month. A pioneer for women in the medical world, Dr. Annie was well-known and respected by her peers and patients as a medical leader and supporter of science, even before gifting her 1.57-acre property and designating it as the City of Raleigh's first Nature Preserve Park.

A.L. Wilkerson Nature Preserve – Course Fee: \$2

Mar 24 F 6:00-7:30pm

Early Birders

All ages. In celebration of the Great Backyard Bird Count, Wilkerson Nature Preserve will open two hours early on Friday February 17. Enjoy a chance to walk the preserve trails or scope out birds visiting the feeders in the peacefulness of morning in the preserve. Registration is not required but is appreciated.

A.L. Wilkerson Nature Preserve

Feb 17 F 8:00-10:00am

Early Birds

Age: 16-99 yrs. Grab your binoculars and meet us at Durant for a bird-watching hike led by Wake Audubon guest naturalista, Erla Beegle. Spend your morning watching and learning about birds that prefer a forests and lakes, on this approximately 1.5 mi hike. Help us document birds for the Great Backyard Bird Count! For beginning and advanced birders. Bring your binoculars, or borrow a pair of ours. Pre-registration is required.

Durant Nature Preserve

Feb 19 Su 8:00-9:30am

Horseshoe Farm Nature Preserve

Apr 8 Sa 8:00-9:30am

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Environmental Lecture Series

Age: 12-99 yrs. Join us for an exciting virtual environmental lecture series held every 2nd Monday of the month. With a new topic each month, there is something for everyone. We will have professionals and graduate students presenting on topics that they know best! Call 919-996-3141 to find out more about our upcoming speakers and topics. Earn 1 hour of criteria III EE credit. Advanced registration is required. Registered participants will receive email invitation to lecture on lecture date.

Thomas G. Crowder Woodland Center

Jan 9	M	7:00-8:00pm
Feb 13	M	7:00-8:00pm
Apr 10	M	7:00-8:00pm
Jan 9	M	7:00-8:00pm

Full Moon Walk

Age: 18-99 yrs. Leave the kids at home and enjoy an evening walk with a park naturalist. We'll learn about the nocturnal animals that are roaming the park after dark as we look and listen along our walk.

A.L. Wilkerson Nature Preserve – Course Fee: \$2
Feb 5 Su 5:30-7:00pm

Gardening for Pollinators

Age: 12-99 yrs. Prepare your garden for spring by planting for pollinators. Learn how pollinators play an essential role in every ecosystem and what to plant to provide food and habitat for them. Participants will go home with knowledge of how to start their own pollinator garden and something to put in it. Adult(s) must accompany participant(s) under 16, register, and pay the program fee. Advance registration required.

Thomas G. Crowder Woodland Center – Course Fee: \$12
Apr 16 Su 1:00-3:00pm

Make It & Take It: Bluebird Box

Age: 18-99 yrs. Build a bluebird box that you can take home and post in your yard. This project-based program allows you to create and construct a take home, useable birdbox. Learn more about bluebird habits and etiquette of hosting bluebirds. Registration covers all the materials and equipment needed to complete the project from start to finish. Pre-registration is required.

Forest Ridge Park – Course Fee: \$14
Jan 28 Sa 1:00-3:00pm

New Discoveries in NC Invasive Species

Age: 14-99 yrs. A Special Program for National Invasive Species Awareness Week -- Many new invasive species have been discovered in the Triangle area in recent years. Some of these species are new arrivals, while others have apparently lived in Raleigh for many decades without being detected, and have only recently been discovered to be widespread. What impacts can we expect from these new invasives? Learn how to recognize these new species which can't be found in most NC-focused

books, but which are likely to remain a part of Raleigh's urban and suburban ecosystems for many years to come.

A.L. Wilkerson Nature Preserve – Course Fee: \$2
Mar 3 F 6:00-7:30pm

Seasonal Nature Walk

Age: 12-99 yrs. Join a park naturalist on a general nature walk to see what is happening at the park this season. Come prepared for trail walking because we'll visit various parts of the park to discover the season's highlights!

A.L. Wilkerson Nature Preserve – Course Fee: \$2
Winter Walk
Jan 28 Sa 10:30am-12:00pm
Spring Walk
Apr 1 Sa 10:30am-12:00pm

Seasonal Tree ID

Age: 18-99 yrs. What kind of tree is that? In this program, you will learn to identify local trees based on bark, limb, buds and branching patterns as well as leaves, seeds and habitat. Participants will receive field guides for local trees to keep and take home. This is an outdoor event, and you should dress for weather conditions. Participants are eligible to receive three hours of Criteria II (outdoor) or Criteria III credit toward N.C. Environmental Educator Certification. Sign up today and answer the question, "What kind of tree is that?"

Forest Ridge Park – Course Fee: \$10
Jan 29 Su 2:00-5:00pm

Snakes 101

Age: 12-99 yrs. Does seeing a snake make you nervous? Would you like to be more confident about identifying venomous snakes in our area? Do you want to know more about how to discourage (or encourage!) snakes in your yard? This is the class for you! We'll discuss the most commonly seen snakes in Raleigh, learn about their typical behaviors and what to do if you see one.

A.L. Wilkerson Nature Preserve – Course Fee: \$2
Apr 15 Sa 2:00-3:30pm

Wild Reads - Nature Book Club

Age: 16-99 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. Preregistration is required for planning purposes.

Durant Nature Preserve
Rooted by Lyanda Lynn Haupt
Jan 25 W 5:30-6:30pm
Rising: Dispatches from the New American Shore by Elizabeth Rush
Apr 26 W 5:30-6:30pm

Winter Tree ID

Age: 17-99 yrs. What kind of tree is that? Participants will learn to identify local trees based on bark, limbs, buds, and branching patterns, as well as leaves, seeds and habitat. Participants will receive field guides for local trees to keep and take home. This is an outdoor program and participants should dress for the weather conditions. This course is worth 3 hours of Criteria 2 credit towards NC Environmental Educator certification.

Walnut Creek Wetland Park – Course Fee: \$10
Feb 26 Su 2:00-5:00pm

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 must register to attend.

A.L. Wilkerson Nature Preserve – Course Fee: \$2
Feb 10 F 5:30-7:00pm
Mar 10 F 6:00-7:30pm

Backyard Bird Counting!

Age: 12-99 yrs. Become a citizen scientist and participate in the Great Backyard Bird Count! We'll collect data on Wilkerson's many winter-time birds to help scientists track migration patterns, and we'll learn how we all can attract more birds to our own backyards. No prior birding experience is necessary. Binoculars will be provided.

A.L. Wilkerson Nature Preserve – Course Fee: \$2
Feb 17 F 9:00-10:30am

Campfire Story & Marshmallow Roast

Age: yrs. Gather 'round the campfire to enjoy an evening of storytelling, nature, and community. As dusk falls, we'll come together to make new friends, share a tale connected to the forests and wildlife of the Preserve, and roast marshmallows. Children must be accompanied by adults. Children and adults must preregister and pay the program fee.

Durant Nature Preserve – Course Fee: \$5
Jan 7 Sa 4:00-5:00pm
Feb 11 Sa 4:30-5:30pm

Frog Song Campfire

Age: yrs. Join us in the special Earth day edition of our Frog Song Campfire! Gather 'round the campfire as we listen to the songs of spring. Together we'll learn about and hear from the frogs that make Durant their home. Children must be accompanied by adults. Children and adults must preregister.

Durant Nature Preserve – Course Fee: \$5
Apr 22 Sa 7:30-8:30pm

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. Adult(s) must accompany participant(s) under 16, register, and pay the program fee. **Thomas G. Crowder Woodland Center** – Course Fee: \$4
Mar 25 Sa 9:00-11:00am

Lake Johnson Park Nature Explorers

Age: 3-17 yrs. 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 participant(s), adult(s) attend free and do not need to register. Advanced registration required. **Thomas G. Crowder Woodland Center** – Course Fee: \$4
Apr 29 Sa 1:30-3:00pm

Leprechaun Village

All ages. Leprechauns have been sighted in Wilkerson's Woodland Village, but they need a place to stay! Can you help us build leprechaun houses for them? Using natural materials such as sticks and rocks, the leprechauns will feel very lucky to be among the fairies and trolls in Wilkerson's Woodland Village! All materials will be provided. Drop in any time between 10am and noon to help out! Parents must accompany their children. **A.L. Wilkerson Nature Preserve**
Mar 17 F 10:00am-12:00pm

Make Your Own Bird Feeder

Age: yrs. Come prepare for the Great Backyard Bird Count by making your very own bird feeder and learn some of your common backyard birds! Made from all natural materials, this feeder will encourage birds to visit your yard so you can start contributing to community science! Children must be accompanied by adults. Children and adults must preregister and pay the program fee. **Durant Nature Preserve** – Course Fee: \$6
Feb 17 F 3:30-4:30pm

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 in the dirt, build a fairy home out of natural materials, make mud pies and more. We'll provide the materials and guidance to get you started on a playful adventure. No registration is required; drop in any time between 10:00am and 12:00pm to join the fun! Adults must accompany their children. **A.L. Wilkerson Nature Preserve**
Apr 14 F 10:00am-12:00pm

Night Bugs

Age: 6-99 yrs. Many insects and spiders are active at night. Park staff will set up blacklights to attract moths and other nighttime critters and look around the fields to find more lurking in the grass. Learn how to identify what we see as we document our observations for the iNaturalist City Nature Challenge. Come prepared for the weather. Bring a flashlight! **A.L. Wilkerson Nature Preserve** – Course Fee: \$2
Apr 28 F 8:00-10:00pm

Statewide Star Party

All ages. Join members of the Raleigh Astronomy Club and Wilkerson Nature Preserve for a special star gaze in conjunction with the NC Science Festival. Club members will share their telescopes and knowledge of the night sky. You can also enjoy making science crafts and other astronomy related family activities. Please park in the overflow parking lot and follow the "Solar System Walk" to the telescope field near the park office. Bring a flashlight (with a red light if possible) to aid you in walking after dark. Adults must accompany their children. **A.L. Wilkerson Nature Preserve**
Apr 21 F 8:00-10:30pm

Taking Nature Photos - For Science!

Age: 10-99 yrs. The City Nature Challenge is a global challenge and friendly competition between cities motivating people around the world to find and document plants and wildlife in their cities. Learn how you can make observations and help the Triangle Area document what lives here as we compete against other cities around the world, and learn how scientists can use our nature observations for their research! Come prepared ready for a hike with a camera or other device to take photos. Downloading the iNaturalist app in advance is suggested but not necessary. **A.L. Wilkerson Nature Preserve** – Course Fee: \$2
Apr 15 Sa 10:30am-12:00pm

Twilight Walk

Age: 5-99 yrs. Many animals are active around sunset or shortly after. Take a walk with a park naturalist to explore the woods and fields at this special time. Look for deer, coyotes, and owls. This program is designed for families with young children. Adults must accompany children. **A.L. Wilkerson Nature Preserve** – Course Fee: \$2
Feb 25 Sa 5:30-7:00pm
Mar 25 Sa 6:00-7:30pm

Vernal Equinox: Hike & Campfire

All ages. Gather with us for a stroll and campfire reflection during the vernal equinox. At a time when nature is reminding us that growth and change are constant, we'll spend time reflecting on how that is mirrored in our own lives and what we would like from the new season. Learn about the wildlife waking up in the preserve and then enjoy a peaceful campfire together. This easy hike is a great way to spend quality time with friends or family. This program takes place on trails that may not be accessible by strollers. Children must be accompanied by adults. Preregistration is required for all participants. **Durant Nature Preserve** – Course Fee: \$5
Mar 20 M 3:00-4:30pm

Wilkerson New Year Hike

Age: 5-99 yrs. Get off on the right step with the new year! We will hike all three Wilkerson Nature Preserve Trails to reflect on the year that has passed and face the one ahead. While guided by a naturalist, we will periodically stop to take in some of the Preserve's winter wonders. Dress for winter hiking. Meet at Park Office. **A.L. Wilkerson Nature Preserve** – Course Fee: \$2
Jan 1 Su 2:00-4:00pm



CITY OF OAKS *f o u n d a t i o n*



City of Oaks Foundation Urges Children to Get Outside

Keeping nature nearby for all to enjoy—this mission is at the heart of the City of Oaks Foundation’s goal for Raleigh. The connection to the outdoors is fundamental to the health and well-being of everyone, but especially children.

American children today spend less than 10 minutes a day on unstructured outdoor play, according to the National Recreation and Park Association. The rapidly growing role of technology in our world and the increased urbanization of our communities are just some of the reasons that experts have given for the limited time children now spend outside in nature. The City of Oaks Foundation wants to help children grow into stronger and healthier adults who will be connected to their environment. Part of educating children about nature is simply giving them the opportunity to spend more time outside.

Give Play is the City of Oaks’ premier youth program. A partnership with Raleigh Parks, Recreation and Cultural Resources, Give Play allows us to provide financial assistance to help children participate in the City’s incredible summer camps and nature programs, getting them outdoors and active, making friends and building an appreciation of natural settings and physical activity that will last a lifetime.

Give Play also introduces many children to outdoor sports such as hiking, climbing, canoeing and mountain biking, and helps them build self-confidence and important social skills. Recently, programs like outdoor arts and crafts have been added as a means for more creative and contemplative activities. Through these camps, local youth have safe and healthy ways to spend their summers

Our Give Play initiative strives to remove cost as a barrier for children’s participation in the nature play programs Raleigh offers. Additionally, the Foundation’s land conservation programs help landowners who want to leave a legacy by setting aside their forests, farms, gardens and streams as conservation land and future public parks. By supporting the City of Oaks Foundation with your tax-deductible contribution, you will help reverse our nature deficit and help maintain a great outdoors for a great Raleigh!

For more information:

visit www.cityofoaksfoundation.org call us at **(919)355-6998**, or send us mail to:
City of Oaks Foundation, PO Box 6147, Raleigh, NC 27628.

The City of Oaks Foundation, a great outdoors for a great Raleigh!



Outdoor Recreation



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 participant(s), adult(s) attend free and do not need to register.

Thomas G. Crowder Woodland Center – Course Fee: \$6
 Mar 19 Su 1:00-3:00pm

Fishing on the Banks

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

Forest Ridge Park – Course Fee: \$5
 Mar 30 Th 4:00-6:00pm
 Apr 15 Sa 9:00-11:00am

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 various useful knots. Participants will even put a few to the test to see how well their knots hold up. Towards the end participants will get the opportunity to make their own paracord bracelet to take home. Adult(s) must accompany participant(s), adult(s) attend free and do not need to register. Advanced registration required.

Thomas G. Crowder Woodland Center – Course Fee: \$6
 Jan 22 Su 1:00-3:00pm

Learn to Fish

Age: 10-12 yrs. We would like to invite you to Lake Wheeler Park to learn how to fish. Our program is designed to teach basics skills for fishing. No experience required. Equipment will be provided rod, reel, and bait. You will learn how to tie a fishing knot, set up fishing rod and how to cast. Additionally, we will cover state rules and regulations. Start your fishing adventure with us. Program is designed for ages 10 to 12. Youth must be accompanied by an adult.

Lake Wheeler Park – Course Fee: \$6
 Mar 18 Sa 9:30-11:30am
 Apr 8 Sa 9:30-11:30am

Teen

Mountain Bike Basics

Age: 14-99 yrs. Hit the trails with confidence with this introduction to mountain biking. If you are interested in mountain biking but don't have equipment or don't know where to ride, this course is for you. Utilize our bikes and learn to ride on some of the newest single track trail in the area. One of our experienced instructors that will get you set up to ride and guide you through fundamentals that can prepare you for a lifetime of enjoyment. All equipment will be provided. Preregistration is required so sign up today!

Forest Ridge Park – Course Fee: \$26
 Apr 15 Sa 9:00-11:00am
 Apr 18 Tu 5:30-7:30pm
 Mar 25 Sa 9:00-11:00am

Adult

Adult Fishing

Age: 16-99 yrs. This program is great for adults who have always wanted to learn to fish. We will learn how to set up a rod and reel, casting technique, and what fish are found in the lake. We will also cover state rules and regulations. Then we will go fishing off our dock and learn some tips and tricks to becoming an experienced fisher. No Prior experience required. Equipment (rod, reel, bait) is provided.

Lake Johnson Waterfront Center – Course Fee: \$10
 Apr 15 Sa 9:00-11:00am

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 – Course Fee: \$12

Jan 21	Sa	1:00-3:00pm
Mar 18	Sa	1:00-3:00pm

Leave No Trace Workshop

Age: 16-100 yrs. Make a bigger impact in your community by focusing on minimizing environmental impacts. Join this fun focused, outdoor ethics workshop to improve your understanding and application of Leave No Trace principles in the classroom, at your next group meeting, or on your next adventure. Whether you are an outdoor enthusiast or educator this course will provide tools for you to be better prepared to minimize impacts. Pre-Registration is required.

Forest Ridge Park – Course Fee: \$10

Mar 1-Mar 8	W	5:30-7:30pm
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Orienteering 101

Age: 16-99 yrs. Have you ever wanted to explore the wilderness with just a map and compass? This course will take you off trail inside Lake Johnson Park and teach you all about how to navigate without the aid of a GPS or your phone. Walk away understanding how to read a compass, take bearings, understand a topographic map, and much more. No prior experience is necessary. Advanced registration is required for this program.

Magnolia Cottage – Course Fee: \$16

Feb 25	Sa	9:00am-12:00pm
Apr 23	Su	1:00-4:00pm



Social Programs



Preschool

Building Without Tools

Age: 3-5 yrs. Can we build it? Yes, we can! In this one hour class, your little one will experience a variety of games, activities, and crafts that center around building without the use of tools. Dress for active games.

Marsh Creek Community Center – Course Fee: \$8
Jan 4 W 9:30-10:30am

Cupid's Cuties

Age: 2-5 yrs. It's Valentine's Day and what better way to celebrate than being with the little ones you love! Kids and parents, come join us for fun story time and crafts to celebrate this happy holiday. Mask required and at least 1 parent/guardian required to stay with child during the program.

Hill Street Neighborhood Center – Course Fee: \$8
Feb 13 M 3:30-4:30pm

Eco-Avengers

Age: 3-6 yrs. Let's celebrate Earth Day by discovering ways we can help our planet and protect the environment. As Eco-Avengers, it is our duty to raise awareness, educate, and act to promote environmentally friendly deeds that inspire others to join our efforts. Planet Earth will take center stage with crafts, activities, and food experiences all themed towards our majestic earthly home.

Greystone Recreation Center – Course Fee: \$10
Apr 20 Th 10:00-11:30am

Excellent Experiments

Age: 3-5 yrs. Join us as we explore science together! Participants will get hands on with various experiments. Each month will be a different theme. Registration must be received 3 days prior.

Halifax Community Center – Course Fee: \$8
Jan 11 W 10:00-11:15am
Feb 8 W 10:00-11:15am
Mar 8 W 10:00-11:15am
Apr 12 W 10:00-11:15am

Gardening Without a Garden

Age: 3-5 yrs. In this hour-long class, there will never be a moment! Your little gardener will decorate pots, learn about plants, and start their own garden without a garden. Dress for a mess.

Marsh Creek Community Center – Course Fee: \$8
Apr 5 W 9:30-10:30am

Imagination Playground

Age: 2-6 yrs. Join your friends at Marsh 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.

Marsh Creek Community Center
Jan 4-Apr 28 M,W,F 7:30-11:30am

JCMP Tot-Time

Age: yrs. Calling all toddlers! Come play with us at JCMP. Every Wednesday participants will engage their social skills through games and activities. We hope to see you there!

John Chavis Community Center
Jan 4-Apr 26 W 11:30am-1:00pm

Kids in Action

Age: yrs. Join your friends at Kiwanis Park for this chance to socialize and play! Each session we will have several stations set up with different activities, like preschool centers! Options can include art, reading, sensory, building, and more. A maximum of 30 kids and adults will be allowed each session. Registration is required for all participants ages 5 and under.

Kiwanis Community Center
Jan 12 Th 9:30-11:30am
Feb 9 Th 9:30-11:30am
Mar 9 Th 9:30-11:30am
Apr 13 Th 9:30-11:30am

Little Leprechaun

Age: 2-5 yrs. Calling all the little leprechauns, one and all! We are going to have a sham-ROCK of a good time creating crafts and reading stories to celebrate this fun holiday! Hope to see you soon! Mask required and at least 1 parent/guardian required to stay with child during the program.

Hill Street Neighborhood Center – Course Fee: \$8
Mar 13 M 3:30-4:30pm

Mini Movers

Age: 3-5 yrs. Your little mover will have loads of fun learning to move through space. This class will feature a variety of different movement styles such as dance, gymnastics, soccer and many more. Children should come dressed in clothing they can move in. Registration is required for participation.

Abbotts Creek Community Center
Jan 4-Jan 25 W 10:00-10:45am

Music Without Instruments

Age: 3-5 yrs. In this hands-on class, your little Beethoven will make instruments out of everyday household items. Dress for art activities and 'all that jazz.'

Marsh Creek Community Center – Course Fee: \$8
Feb 1 W 9:30-10:30am

Party Like a Seuss!

Age: 3-6 yrs. Come cut loose for Dr. Seuss as we celebrate his birthday! Our superb celebration is sure to excite our little tykes as we read some of our favorite stories and craft some masterpieces themed to some of his greatest books. Now, no party is complete without a tasty treat, so rest assured some of our creations can't be eaten with our feet!

Greystone Recreation Center – Course Fee: \$10
Mar 2 Th 10:00-11:30am

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.

Green Road Community Center
Jan 4-Apr 28 M,W,F 10:30am-12:00pm

Lake Lynn Community Center
Jan 5-Apr 27 Th 10:00am-12:00pm

Marsh Creek Community Center
Jan 5-Apr 27 Th 7:30-11:30am

Science Without a Lab

Age: 3-5 yrs. Calling all MAD SCIENTISTS! Join your friends at Marsh Creek Community Center for some science experiments, games, and activities! Be sure to wear clothes that can get dirty!

Marsh Creek Community Center – Course Fee: \$8
Mar 1 W 9:30-10:30am

Spring Spectacular!

Age: 3-6 yrs. Can you smell it? Spring is in the air! Come celebrate the first day of spring with us while we plant seeds, make crafts and enjoy tasty treats...all Spring themed of course. We will learn about Spring and appreciate all the beauty and liveliness of this flower powered season.

Greystone Recreation Center – Course Fee: \$10
Mar 23 Th 10:00-11:30am

Spring Tea Party

Age: 3-5 yrs. Spring is here! Dress in your best for a fun tea party. After we enjoy snacks and 'tea' and we will make a craft. Be sure to stick around until the end when we do our costume parade!

Halifax Community Center – Course Fee: \$10
Apr 5 W 10:15-11:30am

Story Corner and Crafts

Age: 3-5 yrs. Join your friends at Kiwanis Park as we dive into a story, let out our sillies with a game, and make a craft related to our book! Each session will feature a different book. Children must be accompanied by adults. Adults attend free.

Kiwanis Community Center – Course Fee: \$3
Jan 17 Tu 10:30-11:30am
Feb 21 Tu 10:30-11:30am
Mar 21 Tu 10:30-11:30am
Apr 18 Tu 10:30-11:30am

Under the Big Top

Age: 3-5 yrs. Come have some carnival fun with your little one! This active program will be enjoyable for all, as we take you and your little one to the carnival for a great time. We will be making some carnival games, carnival themed crafts, and have a chance to play some carnival activities. We will also enjoy some carnival snacks!

Hill Street Neighborhood Center – Course Fee: \$12
Apr 24 M 3:00-4:30pm

Valentine's Extravaganza

Age: 3-6 yrs. No heart breakers at this party! Join our love-filled festivities as we celebrate Valentine's Day with new and old friends in the Raleigh community. Please invite your neighbors, family and friends to join in for our LOVEly celebration. We will play games and make special gifts/treats for the one(s) you love this Valentine's Day. Valentine's day is also about candy, so of course we will indulge in some of our own edible creations.

Greystone Recreation Center – Course Fee: \$10
Feb 9 Th 10:00-11:30am

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 – Course Fee: \$26
Jan 4-Jan 25 W 6:00-7:00pm
Feb 1-Feb 22 W 6:00-7:00pm
Mar 1-Mar 29 W 6:00-7:00pm
Apr 5-Apr 26 W 6:00-7:00pm

Fun Friday at Sanderford

Age: 5-12 yrs. Join us every Friday for fun, games, friends, and more FUN! See you at Sanderford!!!

Sanderford Road Neighborhood Center
Jan 6-Jan 27 F 6:00-8:00pm
Feb 3-Feb 24 F 6:00-8:00pm
Mar 3-Mar 24 F 6:00-8:00pm
Apr 7-Apr 28 F 6:00-8:00pm

Imagination Playground

Age: 0-6 yrs. Join your friends at Abbotts Creek Community Center for this opportunity to let your imaginations run wild! We will supply the equipment, you supply the fun! Each day, we will provide Imagination Playground blocks and other fun activities for your tot to put their imagination to work and socialize with friends. A maximum of 30 kids and adults will be allowed each session. Registration is required for all participants age 6 and under.

Abbotts Creek Community Center
Jan 7-Apr 29 Sa 9:15-11:30am

Teen

Middle School Mania

Age: 11-14.5 yrs. Are you looking for something fun to do on teacher work days? Join us for Middle school Mania. Participants will engage in recreational activities such as sporting competitions, video gaming, arts and crafts, and much more.

Saint Monica Teen Center – Course Fee: \$31
Jan 27 F 8:00am-5:00pm
Mar 7 Tu 8:00am-5:00pm
Mar 31 F 8:00am-5:00pm
Apr 21 F 8:00am-5:00pm

Raleigh Youth Council

Age: 14-18 yrs. Are you a high school student interested in initiating, organizing and executing programs and projects that benefit teens? The Raleigh Youth Council is for teens and is run by teens. The Council focuses on leadership opportunities, community service, recreation and fundraising as well as special events such as Youth Legislative Assembly, State Youth Council conferences and other events that develop leadership qualities and help members realize their full potential. The Raleigh Youth Council creates a forum where teens can freely express their ideas and opinions and serve as advocates for teens in Raleigh and Wake County. The Raleigh Youth Council is sponsored by the Parks, Recreation and Cultural Resources Department and is a charter member of the Youth Councils of North Carolina. If you are interested in participating, register online and attend a meeting or call the Teen Program at 919-996-2139. This program meets every 2nd and 4th Monday of each month through May.

Kiwanis Community Center
Jan 9-May 8 M 7:00-8:00pm

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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

Jan 3-Jan 31	Tu & Th	6:45-8:00pm
Feb 2-Feb 28	Tu & Th	6:45-8:00pm
Mar 2-Mar 30	Tu & Th	6:45-8:00pm
Apr 4-Apr 27	Tu & Th	6:45-8:00pm

Teen Basketball Night

Attention teens 12-18! Come out to John Chavis Memorial Park to show off your basketball skills. There will be music, a basketball skills challenge, and a 3-point contest. We hope to see you there!

John Chavis Community Center

Mar 24	F	6:00-8:30pm
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Teen Talk

Age: 12-17 yrs. Opening up to someone can be scary. Teen talk allows teens to open up in a non-judgmental zone with other peers. And will also allow them to journal their thoughts.

Saint Monica Teen Center

Jan 30-May 29	M	3:00-5:30pm
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Young Kings Mentoring

Age: 12-17 yrs. This program for boys will meet once a week for (8)weeks. The program will serve boys aged 12-17. Join a mentoring program empowering young males on how to build confidence, mental health, job preparedness, and much more.

Saint Monica Teen Center

Apr 6-May 25	Th	6:00-7:30pm
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Adult

Active Adult Line Dancing

Age: 18-99 yrs. Would you like to dance, but don't have a partner? No problem! Line Dancing is a pattern of steps done repeatedly throughout the course of a song which individuals can do WITHOUT a partner. We'll dance to Soul, R&B, Country music PLUS other types. All the steps will be thoroughly explained. You'll develop your inner dancer, gain confidence, & make lifelong friendships in a safe & personal environment. Wear smooth-soled shoes; no experience necessary.

Worthdale Community Center – Course Fee: \$5

Jan 4-Jan 25	W	7:00-8:30pm
Feb 1-Feb 22	W	7:00-8:30pm
Mar 1-Mar 29	W	7:00-8:30pm
Apr 5-Apr 26	W	7:00-8:30pm

Adult Game Time at Abbotts Creek

Age: 18-99 yrs. Join new and old friends at Abbotts Creek Community Center for game time, cards, and socialization each Saturday from 1-3. Playing cards will be provided but feel free to bring any other games you'd like to play.

Abbotts Creek Community Center

Jan 7-Apr 29	Sa	1:00-3:00pm
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German Shepherd Dog Club

Millbrook Exchange Community Center – Course Fee: \$1

Jan 5	Th	7:00-9:00pm
Feb 2	Th	7:00-9:00pm
Mar 2	Th	7:00-9:00pm
Apr 6	Th	7:00-9:00pm

Night Of Love

Ralph Campbell Neighborhood Center

Feb 10	F	6:30-9:30pm
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Raleigh Caged Bird Society

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

Jan 15	Su	1:00-5:00pm
Feb 19	Su	1:00-5:00pm
Mar 19	Su	1:00-5:00pm
Apr 16	Su	1:00-5:00pm

Reading "Between the Spines" Book Club

Age: 16-99 yrs. Bring friends AND make new ones at this once per month book club at Marsh Creek Community Center. Each month will feature a new book to read with discussion to follow. All discussions will be led by a lifelong lover of books. Out-of-the-box theories, ideas for better endings, ideas for subplots, and in-depth character analysis will all be discussed.

Marsh Creek Community Center – Course Fee: \$1

Jan 4-Apr 5	W	10:00-11:00am
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Sertoma Group - North Raleigh Rotary

Age: yrs. The Rotary Club of North Raleigh meets weekly for fellowship, buffet lunch and an informative presentation from a guest speaker. For information, visit www.northraleighrotary.org.

Sertoma Arts Center

Jan 4-Apr 26	W	11:30am-2:00pm
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Sertoma Group - Sertoma Park Artists

Come join this creative group of artists who meet every Thursday. Individuals are welcome to visit the group and find out more about joining. Note: Course fee is collected at each visit. See club officers at meeting for information on additional fees and dues.

Sertoma Arts Center

Jan 5-Apr 27	Th	9:00am-12:00pm
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Sew Creative Sewing

Age: 18-99 yrs. All you need is thread plus your imagination and you'll create a masterpiece. This class will cover cross-stitching, embroidery, and sewing projects. We will be making embroidery pillows, DIY fabric masks, and cross-stitch artwork. Sign up and bring your sewing kit!

Marsh Creek Community Center – Course Fee: \$61

Feb 6-Feb 27	M	9:00-10:00am
Mar 6-Mar 27	M	9:00-10:00am
Apr 3-Apr 24	M	9:00-10:00am

Senior

Active Adult Club

Age: 18-99 yrs. Come join the Roberts Park Active Adult Club. Club activities include trips, fitness classes, cards, movies, bingo, luncheons, and more.

Roberts Park Community Center

Jun 7-Dec 20	Tu	10:30am-1:00pm
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Bingo

Age: 18-99 yrs. Come have fun with some friends. We play a variety of games like straight, four corners, postage stamp and clear all. Registration required and costs \$1 per day which covers provided supplies. Bring \$1 cash for 3 cards which becomes prize money. Registration is on a month by month basis, call 919-996-4720 to find out about the next registration date. Space is limited. Please arrive at 10:15 for a 10:30 start.

Anne Gordon Center – Course Fee: \$1

Jan 6-Jan 27	F	10:30am-12:30pm
Feb 3-Feb 24	F	10:30am-12:30pm
Mar 3-Mar 31	F	10:30am-12:30pm
Apr 14-Apr 28	F	10:30am-12:30pm

Book Lovers Group

Age: 18-99 yrs. Do you enjoy reading and talking about books? This group shares and discusses what books they are reading as well as recommend titles and authors to others. Join other book lovers the 2nd Wednesday of each month for this roundtable discussion group.

Walnut Terrace Center

Jan 11-Apr 12	W	1:00-2:30pm
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Bridge: Open Play

Age: yrs.

Five Points Center

Jan 3-Apr 25	Tu	9:00am-12:00pm
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Greystone Recreation Center

Jan 4-Apr 26	W	10:00am-1:00pm
Jan 9-Apr 24	M	10:00am-1:00pm

Card Making to Lift Spirits

Age: 18-99 yrs. Enjoy fun and fellowship while creating cards to give to those who are in need of a smile. All supplies: card stock, stickers, cut-outs and designed paper is provided. No experience needed. Join us as we make cards to be donated to Meals on Wheels.

Walnut Terrace Center

Valentines Day

Jan 19	Th	1:00-3:00pm
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Let it Snow!

Feb 16	Th	1:00-3:00pm
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Birthday/St. Patrick's Day

Mar 16	Th	1:00-3:00pm
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Spring/Mother's Day

Apr 20	Th	1:00-3:00pm
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Crafting Enthusiasts

Age: 18-99 yrs. Are you a crafting enthusiast? Bring a craft you are working on and join other crafting enthusiasts. This group is a great way to socialize, get to know others and learn new craft ideas. Share your crafting knowledge with others as you learn new ones yourself. Brainstorm ideas how to create a new project or build on some old ideas. All levels of crafters are welcome.

Walnut Terrace Center

Jan 4-Apr 5 W 1:00-3:00pm

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

Jan 24 Tu 1:00-4:00pm
Feb 28 Tu 1:00-4:00pm
Mar 28 Tu 1:00-4:00pm
Apr 25 Tu 1:00-4:00pm

Herb Gardening

Age: 18-99 yrs. Herbs and vegetables are coming in at the Farmers Market every day. Join us for fun and fellowship as we look at easy to grow herbs veggies and flowers. Learn how you can enjoy them as plants, flowers, fragrance, and food enhancers. Instructor will bring sample cuttings to share. Instructor: Janet Harrison

Walnut Terrace Center

Planting Root Vegetables

Feb 22 W 1:00-3:00pm

Preparing Your Garden: Brassicas and Squash

Mar 22 W 1:00-3:00pm

Planting Tomatoes and Leafy Herbs

Apr 26 W 1:00-3:00pm

JCMP Senior Program

Age: yrs. Join us at John Chavis Memorial Park every Thursday for fun, friends, and fellowship. Participants will engage in activities such as arts and crafts, cards, BINGO, exercise, dance, and more.

John Chavis Community Center

Jan 5-Apr 27 Th 10:30am-1:00pm

Line Dancing Seniors

Age: 55-99 yrs. Keep your mind sharp, strengthen your bones, and improve your balance and cardiovascular function, while having fun and making new lasting friendships. Come join your fellow seniors dancing to all genres of music as we learn 12 to 17 fun new line dances each session. Whether you have always loved to dance or always felt you have 2 left feet, come check us out.

Pullen Community Center

Beginner

Jan 5-Apr 20 Th 11:00am-12:00pm

High Beginner/Improve

Jan 5-Apr 20 Th 12:15-1:15pm

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

Jan 9-Apr 24 M 1:30-4:00pm

Jan 3-Apr 25 Tu 12:00-2:00pm

Movies at Anne Gordon Center

Age: 18-99 yrs. Join us for a movie that just recently left the theaters. Snacks and drinks are available from the machines or bring your own, and there is a microwave available for your use. Registration is required and is available on a month by month basis. Register online, in-person or call 919-996-4720 to reserve your seat. Seating is limited.

Anne Gordon Center

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

Feb 2-Feb 23 Th 1:00-3:30pm

Mar 2-Mar 30 Th 1:00-3:30pm

Apr 6-Apr 27 Th 1:00-3:30pm

Anne Gordon Center

Jan 6-Jan 27 F 10:00am-12:30pm

Feb 3-Feb 24 F 10:00am-12:30pm

Mar 3-Mar 31 F 10:00am-12:30pm

Apr 14-Apr 28 F 10:00am-12:30pm

Nature Crafts

Age: 18-99 yrs. Enjoy using items from or about nature to create new fun crafts that enhance our living space or to use as a gift.

Walnut Terrace Center

Quilt Wall Hanging

Jan 25 W 1:00-3:00pm

Beach Shadowbox

Apr 27 Th 1:00-3:00pm

Open Play Cards and Games

Age: 18-99 yrs. Want to play bridge, canasta, poker, mahjong or more with your friends? Bring your supplies or use ours. No registration required. This is an open play time for all, sign in upon arrival. First come first served and space is limited.

Anne Gordon Center

Jan 3-Apr 25 Tu 1:00-4:30pm

Jan 6-Apr 28 F 1:00-4:30pm

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

Jan 6-Apr 28 F 1:00-3:00pm

Spring Time Welcome

Age: 18-99 yrs. Create a painting of an abstract field of flowers using acrylic paint, pastels and other mixed media techniques. No former experience required.

Walnut Terrace Center – Course Fee: \$5

Mar 14 Tu 2:00-3:30pm

Table Tennis Open Play

Age: 18-99 yrs.

Five Points Center

Jan 6-Apr 28 F 2:00-4:00pm

Trivia Group at Anne Gordon Center

Age: 18-99 yrs. Test your knowledge and memory in a fun social setting. We will provide trivia game cards to get the group started, but feel free to bring in your own supplies to challenge your friends. Registration is required and space is limited.

Anne Gordon Center

Jan 5-Apr 27 Th 12:30-1:55pm

Valentines Wishes

Age: 18-99 yrs. Create your own look on a heart shaped wood frame to show off a loved one; give away as a Valentine gift or keep for yourself. Enjoy a relaxing atmosphere of fun, creativity and socialization.

Walnut Terrace Center

Feb 7 Tu 2:15-3:30pm

Worthdale Walkers

Age: 55-99 yrs. Come out and enjoy walking, fellowship, and health / life management sessions. Attend special events for older adults and take field trips throughout the year. Join this group each Thursday as they meet from 11:00am - 1:00pm.

Worthdale Community Center

Jan 5-Jan 26 Th 11:00am-1:00pm

Feb 2-Feb 23 Th 11:00am-1:00pm

Mar 2-Mar 30 Th 11:00am-1:00pm

Apr 6-Apr 27 Th 11:00am-1:00pm

Write Your Story

Age: 18-99 yrs. Have you thought about capturing your life experiences by writing them into stories that you can enjoy, reliving and sharing the legacy with your children and grandchildren. Join us as we will create a safe place that facilitates and encourages us to remember, explore and create word pictures that bring our stories to life.

Walnut Terrace Center

It is Snowing Outside!

Jan 12 Th 1:00-3:00pm

Mom said, "What do you think?"

Feb 9 Th 1:00-3:00pm

The Wind Is Howling Outside and ...

Mar 9 Th 1:00-3:00pm

Let's Go Fishing

Apr 13 Th 1:00-3:00pm

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Family

Family Game Night

All ages. There is no party like a JCMP party! Grab your family and head down to Chavis for an evening filled with laughs, fun, and excitement! This environment will allow families to reconnect and spend quality time together while participating in a little friendly competition as well. Come make some memories at Chavis! See you soon!

John Chavis Community Center

Jan 13-Apr 7 F 6:30-8:30pm

Family Night at the Movies

Age: 5-99 yrs. We've got the movie - you bring the kids, parents or friends! Come out and enjoy popcorn with a family-friendly movie while being comfy in your pajamas!

Sanderford Road Neighborhood Center

Mar 31 F 6:00-8:00pm

Superhero Movie Night

Age: 1-100 yrs. You're invited to enjoy a Superhero movie at Roberts Park. Bring your family for a good movie, good snacks, and a meet and greet with a few superheroes.

Roberts Park Community Center

Apr 28 F 6:00-8:00pm

Tail Waggin Treat Hunt

ARR you ready - signaling all good buoys and mermaids to Kiwanis Park on Saturday, May 7 from 1 p.m. to 3 p.m. All salty dogs are invited to celebrate the approaching dog days of summer with a Nauti Dog treasure hunt. Vendors, re-tailers, and sponsors will be on site for questions. Treat bags with goodies and coupons are on a first come, first serve basis, so pre-registered pooches are guaranteed their cut of the loot. Food vendors with menus of tasty treats are available for purchase and sure to fill all 'ye scurvy dogs' grumbling bellies. Sea wolves are welcome to don their best David HASSLEhoff or nautical themed costumes; the possibilities are doggone endless. Don't forget to drop your anchor and paws at our photo booth to capture all these treasured memories. There're no bones about it, this event is sure to bring the high tides and good vibes. Treat you and your pooch to some vitamin sea and join us for a sun-tastic time! Sea you there.

Kiwanis Community Center - Course Fee: \$8

Nauti Dogs

May 7 Sa 1:00-3:00pm



Golden Years Clubs

Clubs are composed of persons age 50 and better. Anyone meeting the age requirements may join. Club activities vary from club to club and may include social, trips, cards, games, and luncheons. Contact the listed club leader for specific club information.

Asbury Joy Club

Asbury UMC
6612 Creedmoor Road
3rd Thursday, 11:00am
Sept – May: trips, meals, speakers
Susan: (919) 624-1603

Chavis Circle of Friends

Chavis Community Center
505 MLK Blvd
Last Wednesday, 11:00am
Jan – Nov: speakers, social
Clinton: (919) 210-8658

Fellowship Club

West Raleigh Presbyterian
1016 Deboy Street
2nd/4th Tuesday, 10:00am
Sept – May: speakers, meals, trips
Brenda: (919) 208-0925

Fifty-Five Plus Club

Anne Gordon Center
1901 Spring Forest Road
Wednesdays, 10:00am
Sept – May: speakers, cards, trips
June – Aug: cards only
Staff: (919) 996-4720

First Cosmopolitan Club

First Cosmopolitan Baptist
1515 Cross Link Road
3rd Wednesday, 1:00pm
Sept – May: social, trips, cards, speakers
Gene: (919) 622-1448

First Friday

Five Points Adult Center
2000 Noble Road
Mon – Thur, 10:00am
Yearly: social, crafts
Almatha: (919) 266-9597

Go-Getters Club

Federal Coastal Credit
7415 Creedmoor Road
2nd/4th Thursday, 10:00am
Sept – May: trips only
Lauren: (919) 612-5164

Golden Eagles Club

Top Greene Center
401 MLK Jr. Boulevard
2nd Wednesday, 11:00am
Yearly: speakers, meals, trips
Troy: (919) 996-2730

Golden Circle

Wilson Temple UMC
1023 Oberlin Road
3rd Wednesday, 11:00am
Sept – May: social, speakers, lunch, trips
Phyliss: (919) 827-5371

Golden Jewels

St. Paul AME Church
402 W. Edenton Street
Wednesdays, 10:00am
Sept – May: speakers, trips
Vallarie: (919) 789-3366

Grand Age Club

Hayes Barton United Methodist
2209 Fairview Road
Thursdays, 11:15am
Sept – May: speakers, meals, trips
1x month in the summer
Margie: (919) 280-4840

Keenagers

White Memorial Presbyterian
1704 Oberlin Road
Thursdays, 10:30am
Sep—May: social, speakers, lunch, trips
James: (984) 255-5487

Lake Lynn Seniors

Lake Lynn Comm. Center
7921 Ray Road
Tuesdays, 10:00am
Sept – May: speakers, meals, trips
Kathy: (919) 349-8905

Lions Park Club

Lions Park Community Center
516 Dennis Avenue
1st Wednesday, 10:00am
Sept – June: speakers, meals, cards,
Christie: (919) 996-4726

NRUMC—Joy Club

North Raleigh UMC
8501 Honeycutt Road
1st, 2nd, 3rd, 5th Wed, 11:00am
Yearly: speakers, meals, trips
Cletha: (919) 606-1812

Pullen Park Club

Pullen Park Community Center
408 Ashe Avenue
Wednesdays, 10:00am
Yearly: cards
Staff: (919) 996-6052

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 Liaison for specific club information.

This information is not to be used for solicitation purposes.

St. Francis of Assisi 55+Club

St. Francis of Assisi Parish
11401 Leesville Road
2nd & 4th Wednesday, 11:30am
Yearly: speakers, meals, cards, trips
Kathy: (919) 272-4442

St. Joseph Happy Hearts

St. Joseph Catholic Church
2817 Poole Road
1st Wednesday, 1:00pm
Sept – May: speakers, meals, trips
Liz: 919-872-2917

Smiling Age Club

Billmore Hills Comm. Center
2615 Fitzgerald Drive
Tuesdays, 10:00am
Sept – May: speakers, trips
Many: (919) 755-1086

Snappy Seniors

Marsh Creek Comm. Center
3050 N. New Hope Road
1st and 3rd Monday, 10:00am
Sept – May: speakers, meals
Sara: (919) 255-3563

Tarboro Road Movers & Shakers

Tarboro Road Comm Center
121 N. Tarboro Street
1st/3rd Monday, 10:30am
Sept – May: speakers, meals, trips
Sherri: (919) 996-6505

Touch of Love

St. Matthew Baptist Ch.
5410 Louisburg Road
Wed after the 2nd/4th Sun, 10:30am
Sept – May: speakers, meals, trips
Dee: (919) 630-0320

Watts Seniors

Watts Chapel
3703 Tryon Road
3rd Tuesday, 10:00am
Sept – June: social, speakers
Ella: (917) 589-2566

Worthdale Walkers Club

Worthdale Comm. Center
1001 Cooper Road
Thursdays, 11:00am
Sept – May: social, trips, speakers
Troy: (919) 996-2730

Young at Heart Club

Five Points Adult Center
2000 Noble Road
2nd/4th Wednesday, 10:00am
Yearly: speakers, meals, trips
Brenda: (919) 834-8170

Specialized Recreation & Inclusion Services

Specialized Recreation and Inclusion Services
919.996.2147, SRIS@raleighnc.gov

Program Director

Christen Winstead, LRT/CTRS
christen.winstead@raleighnc.gov

Inclusion Manager

Laurel Heizelman, LRT/CTRS
laurel.heizelman@raleighnc.gov

Inclusion Coordinator

Olivia Atkinson, LRT/CTRS
olivia.atkinson@raleighnc.gov

Program Manager

Kevin DeHont, LRT/CTRS
kevin.dehont@raleighnc.gov

Program Coordinators

Hannah Hearn, CTRS
hannah.hearn@raleighnc.gov

Casey Johnson, LRT/CTRS
casey.johnson@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 Clinics

Age: 8+ yrs. 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 for Beginners) or (3:30-5pm for Intermediate/Advanced)) at Millbrook Tennis Center.

Outings & Trips

Specialized Recreation offers local outings, day trips and/or overnight trips for individuals with various disabilities. All outings can be found online or emailed monthly via My Raleigh Subscriptions - Specialized Recreation.

Quest Adult Day Program

Ages: 22+ 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.

Eastgate Neighborhood Center

Jan 3-Jan 31	Tu	10:00am-3:00pm
Jan 4-Jan 25	W	10:00am-3:00pm
Jan 5-Jan 26	Th	10:00am-3:00pm
Feb 7-Feb 28	Tu	10:00am-3:00pm
Feb 1-Feb 22	W	10:00am-3:00pm
Feb 2-Feb 23	Th	10:00am-3:00pm
Mar 7-Mar 28	Tu	10:00am-3:00pm
Mar 1-Mar 29	W	10:00am-3:00pm
Mar 2-Mar 30	Th	10:00am-3:00pm
Apr 4-Apr 25	Tu	10:00am-3:00pm
Apr 5-Apr 26	W	10:00am-3:00pm
Apr 6-Apr 27	Th	10:00am-3:00pm

Raleigh Blind Bowlers Association - The Raleigh Outlaws

The Raleigh Outlaws operate a bowling league for visually impaired individuals throughout the Raleigh area. The Outlaw program is the nation's largest and most consistent blind bowler league. Participation is governed by league by-laws and officers. Contact Sharon Benton, League President, at (919) 755-0700 for league information.

Raleigh Riders

A bike ride is a wonderful thing, but for folks with limited mobility, it's difficult to experience the fresh air, sun and joy that a ride can deliver. We, a group of Raleigh citizens, would like to bring the biking experience to people that may not have thought that a bike ride was even possible for them. By using specially-made tandem bicycles, we plan to offer bike rides on Raleigh's incredible greenways. Contact Scott Reston at scott@therestons.com or visit us online at raleighriders.org.

Raleigh Sidewinders

The Raleigh Sidewinders is eastern North Carolina's wheelchair (i.e. Quad Rugby) team. The Raleigh Sidewinders are official members of the US Quad Rugby Association, (USQRA), www.quadrugby.com. The team is comprised of individuals with disabilities that preclude their play in competitive, able-bodied sports. Players must have mobility impairments in their arms and legs to be considered eligible for participation. Most of the players have sustained cervical spinal cord injuries and have some type of quadriplegia as a result. The players are active members in their community, striving for a level of skill and competition offered by quad rugby. The vision of the Raleigh Sidewinders is to provide team members with an opportunity for personal growth, physical outlet and competition with adequate equipment and resources. For more information, please visit www.ncscia.org/theraleighsidewinders.

Special Olympics Wake County

Special Olympics Wake County provides year-round sport training and athletic competition in different sports for individuals with intellectual disabilities. Special Olympics training and competition is provided at no charge to eligible athletes. Each sport practices on a weekly basis at various times and locations.

SRIS Bingo

Age: 16+ yrs. Join us on Wednesdays for a fun-filled night of bingo, board games & more! Game winners will have a selection of prizes to choose from! Participants must be able to play in small group settings of 1 staff to 8 participants, manage personal care and follow basic rules of safety and interaction. Individuals who require more support may attend with a personal assistant (additional paperwork required).

Jaycee Community Center – Course Fee: \$10

Jan 4-Jan 18	W	6:30-7:30pm
Feb 1-Feb 22	W	6:30-7:30pm
Mar 1-Mar 15	W	6:30-7:30pm
Apr 5-Apr 19	W	6:30-7:30pm

SRIS Cooking

Age: 13+ yrs. Come cook with us! This program is designed to meet the needs of teens and adults with disabilities. We will teach the basics of menu planning, kitchen safety, how to read a recipe, and basic kitchen skills needed to prepare various dishes. Each week participants will be able to take home the dish they have prepared. Please notify us of any food allergy or dietary restriction at the time of registration. Participants must be able to work in small group settings of 1 staff to 4 participants, manage personal care with minimal assistance and follow basic rules of safety and interaction. Individuals who require more support may attend with a personal assistant.

Marsh Creek Community Center – Course Fee: \$22

Jan 11	W	6:00-7:30pm
Feb 8	W	6:00-7:30pm
Mar 8	W	6:00-7:30pm
Apr 12	W	6:00-7:30pm

SRIS Crafting Corner

Age: 16+ yrs. Ages 16 and up join us once a month to participate in a fun Crafting Corner Project together. An instructor will be available to lead us in our activity at a ratio of 1:4 and supplies will be included in the cost of the program. Participants may join with a personal assistant if needed.

Hill Street Neighborhood Center – Course Fee: \$16

Jan 30	M	6:30-7:30pm
Feb 27	M	6:30-7:30pm
Mar 27	M	6:30-7:30pm
Apr 24	M	6:30-7:30pm

SRIS Mic Night

Age: 16+ yrs. If you love to sing or perform, then it is your time to shine! Grab your friends and join us on the 3rd Friday of each month for karaoke open mic! We have thousands of songs to choose from in an encouraging, family-friendly atmosphere. We provide a staff to facilitate and supervise performers. Participants must be able to work in small group settings of 1 staff to 6 participants, manage personal care with minimal assistance and follow basic rules of safety and interaction. Individuals who require more support may attend with a personal assistant (additional paperwork required).

Jaycee Community Center – Course Fee: \$6

Jan 20	F	6:00-7:00pm
Feb 17	F	6:00-7:00pm
Mar 17	F	6:00-7:00pm
Apr 21	F	6:00-7:00pm

SRIS Recreation Bowling

Age: 13+ yrs. This bowling program provides a fun and exciting place for youth (13+) and adults with developmental and/or physical disabilities to participate in bowling. This program is recreational in nature, and does not provide instructional skill curriculum. Ramps and bumpers will be available. Participants will be placed on lanes based on age, ability and style of bowling. Cost includes 2 hours of bowling and shoe rental (2 games max). This program will be facilitated on a 1 to 6 staff to participant ratio. Individuals needing additional assistance must bring a personal assistant.

Offsite Programming

Jan 21-Jan 28	Sa	12:00-2:00pm	Fee: \$23
Feb 4-Feb 25	Sa	12:00-2:00pm	Fee: \$46
Mar 4-Mar 25	Sa	12:00-2:00pm	Fee: \$46
Apr 1-Apr 29	Sa	12:00-2:00pm	Fee: \$46

SRIS Virtual Game Night

Age: 15+ yrs. Get your game faces ready! Join us as we participate each week in a variety of games like charades, name that tune, family feud, scattogories' and so much more! Each week will be a unique game night full of fun!

Virtual Programming

Jan 9-Jan 23	M	7:00-8:00pm
Feb 6-Feb 20	M	7:00-8:00pm
Mar 6-Mar 20	M	7:00-8:00pm
Apr 3-Apr 17	M	7:00-8:00pm

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Team PRIDE: Junior Wheelchair Basketball

Age: 6-20 yrs. This program is a collaboration of Bridge II Sports and Raleigh Parks and is designed for youth with a physical disability. Junior Thunder has weekly practices from late August through April at Marsh Creek Community Center. In practices, athletes work on sports skills, building confidence, goal-setting and independence. If you are interested in participating or learning more, please visit www.bridge2sports.org or call 866-880-2742.

Triangle Taiko Drumming

Triangle Taiko is a joint program with the Raleigh Parks, Recreation & Cultural Resources Department providing free Taiko drumming classes for teens and adults with developmental and physical disabilities. Through this program, participants will increase their physical fitness level while learning the history and art of Taiko drumming. Individuals need to have some coordination, the ability to follow directions, a desire to play drums and perform, and be able to handle the loud volume level of the drums. For more information, please call 919-787-6233 or e-mail yokoiwashima@gmail.com.

Triangle Thunder Wheelchair Basketball

Triangle Thunder is a recreational and competitive adult wheelchair basketball team. They provide opportunities for men and women with a variety of disabilities to become involved in the sport of wheelchair basketball. The goal is to enhance each individual's social well-being by fostering their physical well-being through vigorous physical exercise, skill formation, and healthy fellowship with other persons with disabilities. Practices are open to new players and to the public. For more information, please contact 919-696-2811 or visit www.trianglethunder.org.

VIP Darts

Age: 16+ yrs. Join us for an evening of fellowship, fun and darts. Audio dart board is available. This program is designed as recreational practice and not instructional in nature. Staff are present to provide support as needed. There is no food or transportation offered during this program.

Jaycee Community Center

Jan 30	M	6:00-7:30pm	Fee: \$5
Feb 6-Feb 20	M	6:00-7:30pm	Fee: \$10
Mar 6-Mar 20	M	6:00-7:30pm	Fee: \$10
Apr 3-Apr 17	M	6:00-7:30pm	Fee: \$10

Additional Facility and Program Information

Facilities

Amusements

Pullen Park Amusements

520 Ashe Avenue Raleigh, NC 27606

Phone: 919-996-6468

Park Manager: Scott Mott

Email: Scott.Mott@raleighnc.gov

Assistant Manager: Andrew Boos

Email: Andrew.Boos@raleighnc.gov

Assistant Manager: Deanna Ludwick

Email: Deanna.Ludwick@raleighnc.gov

Pullen Park offers popular amenities such as a renovated 1911 Gustave A. Dentzel menagerie carousel, a C.P. Huntington miniature train ride, pedal boat rentals, a kiddie boat ride and exciting playground equipment. Picnic shelters and our Island Gazebo are also available to rent for all occasions. The Pullen Place Cafe offers seasonal menus in addition to standard park fare.

Tickets are \$1.50 each for all guests over 1 year old. Pedal boat rentals are \$6 per boat for a 30 minute ride. Riders must be at least 42 inches tall to ride unaccompanied on the carousel and train.

Hours of Operation

April-September	10:00am-9:00pm
October-March	10:00am-6:00pm

John Chavis Memorial Park Carousel

505 Martin Luther King Jr. Boulevard Raleigh, NC 27601

Carousel Supervisor: Scott Mott

Phone: (919) 996-6468

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

5611 Jaguar Park Drive, Raleigh NC, 27606

(919) 996-3141

Waterfront Center (Closed Mondays: October - March)

Park Manager: Mark Elmore

Email: Mark.Elmore@raleighnc.gov

Assistant Park Managers:

Chris Hill

Email: christopher.hill@raleighnc.gov

Julia Babuin

Email: Julia.Babuin@raleighnc.gov

Lake Wheeler Park

6404 Lake Wheeler Road, Raleigh NC, 27603

(919) 662-5704

Park Manager: Chris Murray

Email: Chris.Murray@raleighnc.gov

Assistant Park Manager: Ben Coats

Email: Ben.Coats@raleighnc.gov

Year-round (October-March closed Mondays)

Lake Facility Rentals

Both Lake Johnson and Lake Wheeler offer a beautiful setting to hold a variety of special events including: weddings/receptions, family reunions, company outings, business meetings, etc. For more information about available rentals contact the facility or visit www.parks.raleighnc.gov

Boat Rentals

Both Lake Johnson and Lake Wheeler have a variety of boats available for rent (weather and temperature conditions permitting). Please contact each facility for additional information.

Private Boat Launchings

Lake Wheeler and Lake Johnson (non-motorized only) permit private boat launches with a fee. Contact each site for current fees, pass options, permitted types of boats, no-wake hours, and other guidelines.

Fishing Opportunities

Bank fishing from the shores is restricted from the banks of Lake Wheeler and Lake Johnson. Fishing is permitted from Lake Johnson's Boardwalk and Shelley Lake's shorelines and docks. A fee is required for fishing at Lake Wheeler and is permitted from designated fishing piers and the banks of Simpkins Pond. Fishing from any boat is allowed. Please check each facility for additional regulations.

Additional Facility and Program Information

Off-Leash Dog Parks

Raleigh Parks, Recreation and Cultural Resources encourages you and your dog to come out and enjoy the park facilities located throughout Raleigh. Each park is managed by volunteers and depends on responsible dog ownership and etiquette. These dog parks are areas where you can take your dogs and let them off leash, while remaining in compliance with Raleigh city ordinances. They are located at Carolina Pines Park, Millbrook Exchange Park, Jaycee Park, Oakwood Park and Dorothea Dix Park.

Museums

COR Museum Director: Ernest Dollar
Email: ernest.dollar@raleighnc.gov
220 Fayetteville St. Raleigh, NC 27601
Phone: 919-996-2220

COR Museum is located on Fayetteville Street, Raleigh's "Main Street" and the center of downtown. Originally established in 1993 as a non-profit entity, the City of Raleigh assumed operational control of the museum in 2012. Housed in a historic former hardware store, the museum is dedicated to preserving and interpreting the history of North Carolina's capital city while envisioning its future. The museum curates temporary and permanent exhibits about the city's people, places, and resources, maintains a collection of approximately 5,000 artifacts, and offers educational programming and tours. The COR Museum is open Tuesday-Saturday from 9:00am-4:00pm and Sundays from 1:00-4:00pm. Admission is free.

Pope House Museum
511 South Wilmington St. Raleigh, NC 27601
Phone: 919-996-2220

The Pope House Museum was originally built in 1901 as the home to Dr. Manassa Pope and his wife. Dr. Pope holds the distinction of being the first medically licensed African-American doctor in the state. The structure has undergone a transition from private management to City of Raleigh Parks, Recreation and Cultural Resources Department management, and will be open for regular tours for the first time. The Pope House Museum's new hours will be Saturdays, 10:00am-3:00pm and by appointment during the week. Saturday tours start on the hour with the first at 10:00am and the last tour beginning at 2:00pm. A new program has been developed to inform the public about one of Raleigh's more interesting citizens. Exterior work is being performed on the structure to improve in its appearance and make the house more closely resemble its appearance from the 1930s.

Playgrounds

The City of Raleigh owns and operates many playgrounds throughout Raleigh. For a list of playgrounds including location, age recommendation, surfacing, and photos, please visit www.parks.raleighnc.gov

Saint Monica Teen Center

The Saint Monica Teen Center is the first teen center operated by Raleigh Parks, Recreation and Cultural Resources and provides a wide range of programs and opportunities for teenagers in Raleigh! The facility houses a state of the art technology room, teen lounge, fitness/dance room, multipurpose classroom, wall of history, and homework area. The Saint Monica Teen Center is open to ages 13-19 that are currently enrolled in a middle or high school. Free membership is required to utilize the Saint Monica Teen Center. Please call 919-996-4770 for more information.

Teen Zones

Teen Zones are dedicated spaces within City of Raleigh Community Centers for teens. Teen Zones are dedicated to creating safe and diverse environments for the teen community and are designed to empower youth, foster creativity and promote diversity, equity and inclusion. Stop by the Teen Zone closest to you for recreational activities such as PS4, basketball, movies, computer and internet access and music. The Teen Zone will also include classes, special events, field trips, leadership opportunities, service learning, and daily activities for which teens can register. Registration is required for the Teen Zone. Hours of operation: Monday-Friday 3-6pm. Ages: 12-17. For more information contact Teen Programs at 919-996-2139. Teen Zones are located at the following sites:

Green Road Community Center—
4201 Green Road, Raleigh 27604
John Chavis Community Center—
505 Martin Luther King Jr Blvd, Raleigh 27601
Roberts Park Community Center
1300 East Martin St, Raleigh NC 27610
Method Road Community Center
514 Method Road, Raleigh NC 27607

Tennis Center and Courts

The Raleigh Parks, Recreation and Cultural Resources Department offers 104 public tennis courts (100 are lighted) located at 21 sites throughout the city. No advanced sign up is necessary and it is free to play at any location each day until 10:00pm. Millbrook also has a drop in doubles challenge court, a ball machine court and three backboards. Racquets and balls are available to borrow and tennis accessories are available for purchase. Tennis program updates and forms can be downloaded from www.Raleighnc.gov/ Tennis. To talk to someone about tennis for you, call Millbrook Exchange Tennis Center, 919-996-4129.

Programs

The Cultural Outreach and Enrichment (COE) Program

Phone: 919-996-6844
Email: coeprogram@raleighnc.gov

The Cultural Outreach and Enrichment Program invites people of all ages to discover the ethnic and cultural richness of the community. The program provides meaningful leisure experiences for people of other cultures and the local community to connect in an open and welcoming environment. Highlights of some of the current recreation programming include: Virtual Tours of the World, Multicultural Camp Specialists, and English as a Second Language classes. The COE program also supports events such as the Raleigh Tamale Festival and has created meaningful partnerships that serve the needs of the local community through the International Festival; and North Carolina State University through the Foreign Language Department with programs like VOLAR (Voluntarios Ahora in Raleigh) and TESOL (Teaching English to Speakers of Other Languages). Volunteers are always needed to assist with community outreach, teaching English, and many other opportunities. For more information, please visit our website at parks.raleighnc.gov, keyword search "COE".

Digital Inclusion

Digital Inclusion Program Manager: Tommy Hodges
Phone: 919-996-2458
Email: thomas.hodges@raleighnc.gov

The Digital Inclusion Program offers over 250 classes, to develop and enhance technology skills from youth to active adults. Examples of these classes include computer, phone, and tablet basics, app based (ridesharing, grocery/food delivery), networking, video streaming, word processing and many more. In addition to classes for active adults, the program offers a variety of STEM camps for youth and teens covering topics such as game design, photo editing, electronic circuits and will debut a new aeronautics camp in 2021. The program manages two learning labs hosted at Anne Gordon & Five Points Active Adults Centers and a mobile learning lab to offer program throughout Raleigh.

Additional Facility and Program Information

Historic Resources and Museum Program

HRM Program Administrator: Troy Burton

Downtown Cultural Resources Director: Douglas Porter

The HRM Program manages operations and programs at the Borden Building and Stone Circle at Fletcher Park, the City of Raleigh Museum, the Fred Fletcher amphitheater at Fletcher Park, John Chavis Memorial Park Historic Attractions, the Latta House and University Site, Mordecai Historic Park, the Pope House Museum, Pullen Park Historic Attractions, Moore Square Park and the Raleigh Trolleys. The Historic Resources and Museum Program manages an artifact collection consisting of more than 18,000 fine and decorative material culture objects. The program offers various programs throughout the year including guided tours and rentals at the facilities, school field trips, summer camps, and special events.

Youth Programs

Youth Programs: 919-996-6165

Recreation Program Director: Kent Hunt

Program Managers:

Beth Soles

Email: beth.soles@raleighnc.gov

Chase Sasse

Email: chase.sasse@raleighnc.gov

Youth Programs offers School Based Programs (After School, Before School, and Track Out Programs) and Summer Camps throughout the city for elementary and rising middle school aged participants. To obtain specific program descriptions and to register for these programs, visit your local community center to obtain at School-Based Programs or Summer Camp Brochure. Also, you can visit www.raleighnc.gov and search for the specific program name for more information.

Adult Program

Recreation Program Manager: 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: Alec Craven, Chiffonda Holloway 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** – Volunteers are needed to lead a variety of specialized programs for individuals of all abilities throughout the City.
- **COE (Cultural Outreach and Enrichment) Program** – Volunteers are always needed to assist teaching basic elements of English, and other exciting recreational opportunities. Volunteer are also needed to assist at various special events and with community outreach.
- **Centers for Active Adults** – Assist with teaching classes, special events, greeters, receptionists, room hosts, tour guides and more
- **Mordecai Historic Park** – Assist in the park as docents, gardeners, tour leaders and special events volunteers.

Volunteers can register now online at parks.raleighnc.gov

For more information contact Mary Owens at mary.owens@raleighnc.gov or call 919-996-3292.

Account and Program Registration Form

Remember you can also register online with RecLink at parks.raleighnc.gov



Raleigh Parks

Main Contact

Raleigh Resident Non-resident Add \$15 to course.

Non-resident fees do not apply to Specialized Recreation Programs or courses less than \$15.

Last Name _____ First Name _____ DOB ____/____/____ Male Female

Mailing Address _____ City _____ State _____ Zip _____

Home Phone _____ Work Phone _____ Cell Phone _____ *Email _____

Emergency Contact _____ Phone _____

Registration Receipt: (for mail-in) I would like my receipt (please check one) emailed (valid email address required) printed/mailed

**By providing my email address I agree to receive email communication from Raleigh Parks, Recreation and Cultural Resources.*

The City of Raleigh Parks, Recreation and Cultural Resources Department welcomes the participation of all individuals, including those with disabilities or special needs. We are committed to compliance with the ADA and will provide reasonable accommodations to facilitate participation in our programs. To ensure that reasonable accommodations are in place, program registration or accommodation request should be received at least two weeks prior to the start date of the program. For more information please contact Inclusion Services 919.996.2147

Participant Information

Participant #1 Name _____ DOB ____/____/____ Male Female

Parent/Guardian Last Name If participant is under 18 _____ Parent's First Name _____

Please note any allergy, disability, health/medical condition or other information you would like to share with us for the participant:

Would you like to request an ADA Accommodation or Program Modification for a disability and/or medical condition? Yes No

Course Barcode	Program Name	Location	Date	Time	Fee
_____	_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	_____	\$ _____

Participant #2 Name _____ DOB ____/____/____ Male Female

Parent/Guardian Last Name If participant is under 18 _____ Parent's First Name _____

Please note any allergy, disability, health/medical condition or other information you would like to share with us for the participant:

Would you like to request an ADA Accommodation or Program Modification for a disability and/or medical condition? Yes No

Course Barcode	Program Name	Location	Date	Time	Fee
_____	_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	_____	\$ _____

Account Information

Create a New Account Update my Account Please send me My Family PIN and Client Barcode

Registration Information

Payment is required at the time of registration. Please use this form for registration, and mail to the facility where the program is held.

Non-City of Raleigh Resident Fee (\$15/course) \$ _____

I would like to make a donation to support a child's participation in
Raleigh Parks, Recreation and Cultural Resources Programs (specify amount) \$ _____

TOTAL AMOUNT DUE \$ _____

Payment Information

Check # _____ (checks payable to City of Raleigh) Money Order

Credit Card payments may be made at a staffed facility or through the online registration system RecLink. Visit parks.raleighnc.gov and select "Register on RecLink". If you would like to complete your registration online, but prefer not to pay online with a credit card, you may add a credit to your account prior to online registration by making a payment at a community center or the Recreation Business Office.



Account and Program Registration Form

Remember you can also register online with RecLink at parks.raleighnc.gov

Refund Policy

- **100% refund/credit/transfer if the Department cancels the program** or the facility rental.
- **Refund requests received in writing** at least 14 or more days in advance of the program/rental/team placement date are entitled to:
 - A. 100% credit or transfer of fees to another program at the time of the withdrawal;
 - B. 85% refund based on the total cost of the program or rental;
 - C. 85% credit/transfer/refund of eligible rental fees
- **Refund/credit/transfer requests** received less than 14 days in advance of the program/rental/team placement date will not be granted.
- **Refunds for medical circumstances** requested prior to the program/rental/team placement date will be granted at 100%, pending verification.
- **Outdoor facility** usage canceled due to inclement weather may be rescheduled pending space availability.
- **A transfer** must be requested at the time of withdrawal.
- **A credit** may be used by any family member on the same registration account.
- **Non-attendance/non-participation** in a program does not entitle the patron to a refund.

Refund requests may be sent to: Raleigh Parks, Recreation and Cultural Resources Department Rbo.registration@raleighnc.gov

Photo/Media Policy

I acknowledge and agree that the City of Raleigh may take photographs and video of individuals or groups participating in programs and events and may use any photographs(s) and/or video taken of me or my child to publicize the program and for other City-related purposes.

Non-Discrimination Policy

The policy of the City of Raleigh is, and shall be, to oppose any discrimination based on actual or perceived age, mental or physical disability, sex, religion, race, color, sexual orientation, gender identity or expression, familial or marital status, economic status, veteran status or national origin in any aspect of modern life. A participant alleging discrimination on the basis of any of the aforementioned areas may file a complaint with either the Director of Raleigh Parks, Recreation and Cultural Resources Department or the Office of Equal Opportunity, U.S. Department of the Interior, Washington, D.C. 20240.

COVID – 19 Risks / Release, Indemnity, and Agreement Not To Sue (revised 7/6/2020)

The City of Raleigh has been forced to confront the potential dangers associated with the COVID-19 pandemic. The City's Parks, Recreation, and Cultural Resources (PRCR) Department remains committed to providing high quality programming. However, in order to comply with guidelines from the Centers for Disease Control (CDC) and other federal, state, and local public health agencies, the PRCR Department has implemented additional safety precautions to ensure that program participants and other PRCR Department staff will have a fun, exceptional experience.

The contents of this document supplement applicable program policies (including Camp Policies and School-Based Program policies), the Program Registration Form, and the online registration for participants who registered through RecLink at parks.raleighnc.gov. Unless amended herein, all prior policies applicable to the program for which you have registered remain in effect. Please review the following information carefully to learn more about what the City is doing to maintain a healthy program environment and what participants (or their Parents/Guardians, if applicable) should do before participating in the PRCR program for which you have registered.

COVID-19 Risks

COVID-19 is a highly contagious and novel viral agent. Its transmission vectors are imperfectly understood, and it may be possible to transmit or become infected by COVID-19 despite strict adherence to guidelines prescribed by the CDC and other federal, state, and local health agencies.

Participants in Raleigh Parks programs will be in a group setting where they may come into contact with other program participants (instructors, coaches, campers, camp counselors, camp program staff, and camp program administrators, etc.). Many program activities will be conducted in a public community center setting. As a result, while PRCR Department staff will make reasonable efforts to adhere to the above-stated guidelines, participants in PRCR programs may be exposed to increased risk of transmission or infection of COVID-19 through various actions or interventions, including but not limited to contact with or proximity to one or more of the following:

- Other program participants, staff members, or administrators;
- The personal belongings of program participants, staff members, or administrators;
- Programming and activity materials including, but not limited to, markers, books, games, toys, recreational equipment, etc.; and;
- City of Raleigh community center fixtures and furnishings, including door knobs, chairs, tables, plumbing apparatus, light switches, etc.

I understand that participating in the recreational program selected involves risk of injury or illness. These risks include, but are not limited to, inclement weather, accidents while traveling, food related illness, equipment problems or failures, contact with and actions of other participants, spectators, and volunteers, slips/trips/falls, musculoskeletal injuries, exposure to and illness from infectious diseases, and any and all risks described in the preceding section. I choose for myself or for my child to participate in the selected programs despite the risks. By signing below, I acknowledge all risks of injury, illness, death, and property damage, and affirm that I have assumed all responsibility of injury, illness, or death in any way connected with participation in the program. I also agree for myself and for any child participant to follow all rules and procedures of the program and to follow the reasonable instructions of the counselors, staff members, and supervisors of the program.

By signing below, I acknowledge that I have read, understand, and agree to the City of Raleigh policies listed on this form. Signature is required to complete the registration process.

Participant Signature _____ Date _____

Signature of parent/legal guardian if child is under 18 _____ Date _____

Directory

Explore Your Parks with Park Locator! Access Park Locator: <http://maps.raleighnc.gov/parklocator/> Find the closest park to your home, search for parks by amenity, get directions to a park, and explore program offerings at the parks!

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	
Specialized Recreation Programs	919-996-2147
Inclusion Services	919-996-2148
Tennis Program – Millbrook Exchange Tennis Center	
1905B Spring Forest Road	919-996-4129
Teen Program	
820 Clay Street	919-996-2139
Urban Forestry	919-996-4115 / 919-872-4137(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	
Abbotts Creek Community Center	
— •A,E,Z	
9950 Durant Road, 27614	
919-996-2770	

All Children's Playground c/o Laurel Hills Park

— •B,E,G
3808 Edwards Mill Road, 27612
919-996-2383

Anderson Point Park c/o Barwell Road

— •E,K,M,N
20 Anderson Point Drive, 27610
919-996-5994

Anne Gordon Center for Active Adults

— •L
1901 Spring Forest Road, 27615
919-996-4720

Annie Louise Wilkerson, MD Nature Preserve Park

— •K
5229 Awls Haven Drive, 27614
919-996-6764

Baileywick Road Park c/o Lake Lynn

— •B,E,M
9501 Baileywick Road, 27615
919-996-2911

Barwell Road Community Center

— •A,E,W,Z
5857 Barwell Park Drive, 27610
919-996-5994
Barwell's Open Play Line: 919-996-6736

Biltmore Hills Park and Community Center

— •A,B,C,D,E,G,M,Z
2615 Fitzgerald Drive, 27610
919-996-6895

Biltmore Hills Swimming Pool

— •D
701 Crown Crossing Lane, 27610
919-831-6736

Borden Building at Fletcher Park

— •G,M,V
820 Clay Street, 27605
919-996-4363

Brentwood Neighborhood Park and Center c/o Green Road

— •B,C,E,G,M
3315 Vinson Court, 27604
919-996-4141

Brier Creek Community Center

— •A,E,G,M,W,Z,AAI
10810 Globe Road, 27617
919-996-3301

Brookhaven Nature Park

— •K
5125 Berkeley Street, 27612

Buffaloe Road Aquatics Center

— •D
5908 Buffaloe Road, 27616
919-996-5600

Buffaloe Road Athletic Park

— •B,E,W
5900 Buffaloe Road, 27616
919-996-6836

Carolina Pines Park, Community Center, and Off-Leash Dog Park

— •A,B,C,E,U,Z
2305 Lake Wheeler Road, 27603
919-831-6435

Cedar Hills Park c/o Optimist

— •B,C,E,F,G,H,M
5600 Sweetbriar Drive, 27609
919-996-2880

City of Raleigh Museum (COR)

220 Fayetteville Street, 27601
919-996-2220

Dorothea Dix Park

— •E,M,N,U,V
1030 Richardson Dr, Raleigh, NC 27603
919-996-3255

Durant Nature Preserve

— •E,K,M,O,Q
8305 Camp Durant Road, 27614
919-878-9116

Eastgate Neighborhood Park Center c/o Millbrook

— •C,E,J,M
4200 Quail Hollow Drive, 27609
919-996-4156

Fallon Park c/o Kiwanis Park

2601 Oxford Road 27608
919-996-3135

Five Points Center for Active Adults

— •L,Z
2000 Noble Road, 27608
919-996-4730

Fred Fletcher Park c/o Jaycee

820 Clay Street, 27605
919-996-6833

Forest Ridge Park

2100 Old NC 98 Hwy, Wake Forest 27587
919-996-5800

Garris Building c/o Jaycee

820 Clay Street, 27605
919-996-6833

Glen Eden Pilot Neighborhood Center c/o Jaycee

— •C,M
1500 Glen Eden Drive, 27612
919-996-6833

Green Road Park and Community Center

— •A,B,C,E,G,M,R,Z,AAI
4201 Green Road, 27604
919-996-4141

Greystone Recreation Center

— •E
7713-55 Lead Mine Road, 27615
919-996-4848

Halifax Park and Community Center

— •A,E,G
1023 Halifax Street, 27604
919-996-6378

Hill Street Park and Neighborhood Center

— •E,M
2307 Hill Street, 27604
919-996-5300

Honeycutt Park c/o Millbrook Exchange

— •B,E,G,R,M,N
1032 Clear Creek Farm Road, 27615
919-996-4156

Horseshoe Farm Nature Preserve

— •KN
2900 Horseshoe Farm Road, 27587
919-878-9116

Isabella Cannon Park c/o Jaycee

2601 Kilgore Avenue, 27608
919-996-6833

Jaycee Park and Community Center

— •A,B,C,E,J,M,R,V,Z
2405 Wade Avenue, 27607
919-996-6833

John Chavis Memorial Park and Community Center

— •A,B,C,D,E,M,N,W,Z,AAI
505 MLK Jr. Boulevard, 27601
919-996-6590

Directory

John P. "Top" Greene Center
 — •
 401 MLK Jr. Boulevard, 27601
 919-831-6527

Kentwood Park c/o Carolina Pines
 4531 Kaplan Drive, 27606
 919-831-6435

Kingwood Forest c/o Biltmore
 2610 Evers Drive, 27610
 919-996-6895

Kiwanis Neighborhood Park and Center
 — •B,E,G,M,U
 2525 Noble Road, 27608
 919-996-3135

Lake Lynn Park and Community Center
 — •A,B,C,E,N,O,Z,AAI
 7921 Ray Road, 27613
 919-996-2911

Lake Johnson Park and Nature Preserve
 — •M,N,O,P,Q
 4601 Avent Ferry Road, 27606
 919-996-3141

Lake Johnson Swimming Pool
 — •D
 5623 Jaguar Park Drive, 27606
 919-233-2111

Lake Wheeler Park
 — E,J,M,O,P,Q
 6404 Lake Wheeler Road, 27603
 919-662-5704

Laurel Hills Park and Sassafras Community Center
Sassafras Playground
 — •A,B,E,G,M,Z,AAI
 3808 Edwards Mill Road, 27612
 919-996-2383

Leesville Community Park c/o Lake Lynn
 — E
 5105 Country Trail, 27613
 919-996-2911

Lions Park and Community Center
 — •A,B,C,E,G,M,Z,AAI
 516 Dennis Avenue, 27604
 919-996-4726

Lions Park BMX Track
 — S
 516 Dennis Avenue, 27604
 919-996-4726

Longview Swimming Pool
 321 Bertie Drive, 27610
 919-831-6343

Marsh Creek Park, Community Center, Skate Park and Inline Hockey Rink
 — •A,B,E,M,T,Y,Z
 3050 N. New Hope Road, 27604
 919-996-4920

Method Road Park and Community Center
 — •A,E,G,Z,AAI,AAO
 514 Method Road, 27607
 919-996-6066

Millbrook Exchange Community Center
 — •A,B,E,G,M,U,Z
 1905 Spring Forest Road, 27615
 919-996-4156

Millbrook Exchange Swimming Pool
 — •D
 1905 Spring Forest Road, 27615
 919-996-4130

Millbrook Exchange Tennis Center
 — C
 1905 B Spring Forest Road, 27615
 919-996-4129

Mordecai Historic Park
 — V
 1 Mimosa Street, 27604
 919-996-4364

North Hills Park c/o Optimist
 — B,C,E,M,N,AAO
 100 Chowan Circle, 27609
 919-996-2880

Oakwood Off-Leash Dog Park c/o Lions
 — B,M,G,U
 910 Brookside Drive, 27604
 919-996-4726

Optimist Park and Community Center
 — •A,B,C,D,E,N,AAI
 5900 Whittier Drive, 27609
 919-996-2880

Optimist Swimming Pool
 — •D
 5902 Whittier Drive, 27609
 919-996-2790

Peach Road Cultural Center
 — •E,G
 911 Heagnes Road, 27603
 919-807-8545

Pope House Museum
 511 South Wilmington Street, 27601
 919-996-2220

Powell Drive Park c/o Method
 — •C,E,G
 740 Powell Drive, 27606
 919-996-6066

Pullen Park Amusements
 — •C,E,M,O,P,Z
 520 Ashe Avenue, 27606
 919-996-6468

Pullen Aquatic Center
 — •D
 410 Ashe Avenue, 27606
 919-996-6197

Pullen Arts Center
 — •L
 105 Pullen Road, 27607
 919-996-6126

Pullen Community Center
 — Z
 408 Ashe Avenue, 27606
 919-996-6052

Raleigh Little Theatre/Rose Garden
 — •V
 301 Pogue Street, 27607
 919-821-4579

Ralph Campbell Community Center
 — •G
 756 Lunar Drive, 27610
 919-250-2757

Ridge Road Swimming Pool
 — •D
 1709 Ridge Road, 27607
 919-420-2322

Roberts Park and Community Center
 — •A,B,C,E,G,L,M,Z
 1300 E. Martin Street, 27610
 919-831-6830

Saint Monica Teen Center
 15 North Tarboro Street, 27610
 919-996-4770

Sanderford Road Park and Neighborhood Center
 — •B,C,E,G,M
 2623 Sanderford Road, 27610
 919-831-1898

Sgt. Courtney T. Johnson Neighborhood Center
 — •E,G,M
 1801 Proctor Road, 27610
 919-831-6719

Sertoma Arts Center
 — •L
 1400 W. Millbrook Road, 27612
 919-996-2329

Spring Forest Road Park c/o Green Road
 — B,C,E,M,N
 4203 Spring Forest Road 27616
 919-996-4141

Strickland Road Park c/o Lake Lynn
 — E
 12804 Strickland Road, 27613
 919-996-2911

Tarboro Road Park and Community Center
 — •A,C,E,M,Z
 121 N. Tarboro Street, 27610
 919-996-6505

Theatre in the Park
 — •
 107 Pullen Road, 27607
 919-831-6058

Thomas G. Crowder Woodland Center
 — •K,N
 5611 Jaguar Drive, 27606
 919-996-3141

Tucker House
 — •
 418 N. Person Street, 27601
 919-996-4363

Walnut Creek Softball Complex
 — •B
 1201 Sunnybrook Road, 27610
 919-250-2725

Walnut Creek Wetland Park and Education Center
 — •K,N
 950 Peterson Street, 27610
 919-996-2760

Walnut Terrace Center
 — •
 1256 McCauley Street, Ste. 126, 27601
 919-996-6160

Williams Park c/o Sertoma Arts Center
 — C,E,M,R
 6601 Leadmine Road, 27612
 919-996-2329

Worthdale Park and Community Center
 — •A,C,E,F,Z
 1001 Cooper Road, 27610
 919-996-2730

* Inquiries and mail for unstaffed centers should be sent to c/o site.

Amenities Legend

A	Gymnasiums	Q	Fishing
B	Lighted Ballfield(s)	R	Sand Volleyball
C	Tennis Courts	S	BMX Track
D	Pool	T	Inline Skating
E	Play Equipment	U	Dog Park
F	Mini Park	V	Gardens
G	Outdoor Basketball	W	Walking Track
H	Frisbee Golf	Y	Skate Park
J	Exercise Trail	Z	Fitness Room
K	Nature Study	AAI	Pickle Ball Courts - Indoor
L	Arts	AAO	Pickle Ball Courts - Outdoor
M	Picnic Shelter	•	Handicap Accessible
N	Greenway Trail		
O	Lake		
P	Boat Rental		



City of Raleigh
Parks, Recreation and Cultural Resources
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