

2024 | January - April

# Leisure Ledger



**Raleigh  
Parks**

*Online Registration Starts*  
**November 28, 2023**

*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.

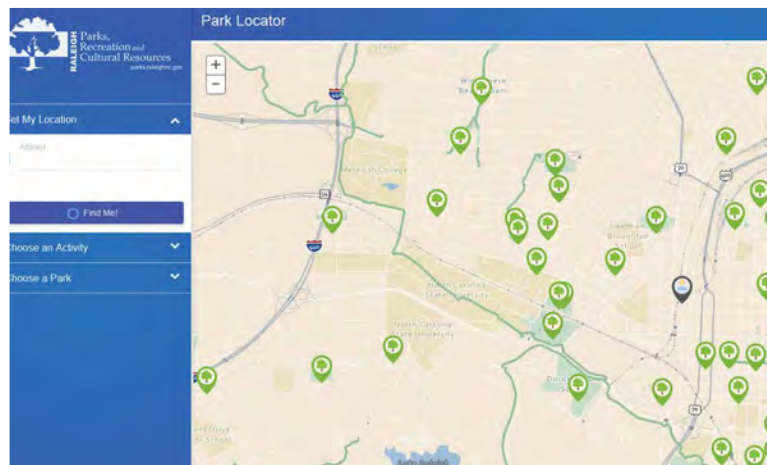
Raleigh Parks, Recreation and Cultural Resources Department boasts over 200 parks including features like amusements, art centers, athletic facilities, community centers, lakes, nature preserves, off-leash dog parks, playgrounds, swimming pools, historic homes, and open spaces. With innovative programs 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](http://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](https://parks.raleighnc.gov)*



### Browse or Register Online with RecLink

Visit [parks.raleighnc.gov](https://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](https://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](https://www.raleighnc.gov) to receive emails or text messages about a variety of City of Raleigh topics including Parks and Recreation.

## BE SOCIAL



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



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



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



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



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



# Raleigh Parks

## **Raleigh City Council\***

*Mayor:* Mary-Ann Baldwin  
Mary Black  
Corey Branch  
Stormie D. Forte  
Jane Harrison  
Christina Jones  
Jonathan Melton  
Megan Patton

## **Parks, Recreation and Greenway Advisory Board Members\***

*Chair:* Beverley Clark  
*Vice Chair:* Chris Pereira  
Carol Ashcraft  
Bob Edgerton  
Gregory Etheridge  
Hugh Fuller  
Jeff Havener  
Douglas Johnston  
Rashawn King  
Shangwen Liu  
April Love  
Marsha Presnell Jennette  
Lindsay Saunders  
Kara Strang

*\*at time of printing*

*Parks, Recreation and  
Greenway Advisory  
Board Meetings are  
held on the 3rd Thursday  
at 6:00pm 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  
Aurelia Belfield  
Toni Gadsden  
Juan Isler  
David Moore  
Judy Payne  
Angela Salamanca  
Mary Silver  
Billy Warden  
Greg Whitt  
Carl Wilkins

## **Management Team**

*Director:*  
Stephen Bentley  
*Assistant Director:*  
Charles Craig  
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**

Connie Crumpler  
James Demby  
Amy Fix  
Allyson Kuegel  
Caleb Smith

## **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](mailto: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](https://parks.raleighnc.gov) and search "Play It Forward".



## There is a place for everyone in Raleigh Parks!

To allow people of all abilities to safely participate and thrive in our programs, you can count on us to:

- **Encourage open lines of communication** about the program schedule and activity changes.
- **Create seamless transitions** through preparedness and the use of verbal and visual cues.
- **Accommodate all types of learners** with varying demonstration styles and instruction methods.
- **Modify activities** to meet participants where they are.
- **Assign helper tasks** as needed to promote a sense of belonging.
- **Provide support** and tools for participants to refocus and rejoin the fun.
  - Quiet spaces
  - Fidgets/sensory items
  - Mind-body techniques and movement
  - One-to-one conversations
- **Use positive reinforcement** for positive behavior.

Raleigh Parks also offers **Specialized Recreation and Inclusion Services** for those interested in additional accommodations (see page 90).



# Special Events

## JANUARY - FEBRUARY

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

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

**John Chavis Community Center**

Jan 15 M 12:00-3:00pm

### Get Moving at Chavis: Walk and Groove at Chavis Indoor Track

Get moving to your favorite old school tunes!

**John Chavis Community Center**

Feb 2 F 10:00am-9:00pm

### Candlelight Yoga - An Evening of Self-Care

Age: 21-99 yrs. Enjoy an evening of self-care with a gentle yoga practice while surrounded by a soothing candle lit ambience followed by a chocolate treat! All abilities and levels of experience are welcome, bring a mat if you have one.

**Laurel Hills Community Center** - Course Fee: \$20

Feb 5 M 7:00-8:00pm

### Black History Trivia

Gather your friends and compete to be the best black history historians on the block! On MLK's 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 6 Tu 7:00-9:00pm

### Kids Storytime and Craft: Spotlight on Scientist

Kids will listen to empowering stories of black history through science that encourages, motivates, and uplifts. Participants will also have the opportunity to perform a science experiment.

**John Chavis Community Center**

Feb 7 W 5:30-7:30pm

### My Best Guy and Me Red Carpet Dance

Age: 6-14 yrs. Tonight's the night to show off your Best Guy!! Join us for a semi-formal event for youth to celebrate the special bond with their fathers and significant male mentors. It'll be a fun-filled evening with a DJ, dance floor, games, selfie station, light refreshments and so much more!!

**Laurel Hills Community Center** - Course Fee: \$65

Feb 9 F 6:00-8:30pm

### Spotlight on an African American Athlete:

#### Tots Storytime and Play

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

**John Chavis Community Center**

Feb 12 M 10:30-11:30am

### 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 13 Tu 4:00-7:00pm

### Black History Month: Trolley Ride

Hop on the trolley to join us for a ride that will feature prominent Black history sites in Raleigh!

**John Chavis Community Center**

Feb 15 Th 11:30am-12:30pm

Feb 24 Sa 12:00-1:00pm

### 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 17 Sa 11:00am-1:00pm

### Stories of the Past, Present, and Future

Age: 16-99 yrs. Come share your stories and learn about oral history with your fellow community members! Please bring a laptop or phone to record your interviews, and invite a friend, family member, neighbor, or make a new friend at the program to interview!

**John Chavis Community Center**

Feb 21 W 6:30-8:30pm

### Lions Park Black History Essay Contest

Age: 14-18 yrs. Bring out your inner Langston Hughes, May Angelou, or Nikki Giovanni. Share with us your own original poem that could inspire the future while reflecting on the past. Tell us what African American History means to you and the importance of celebrating the past in a poem in celebration of Black History Month. This is your moment to inspire the next generation. Register to participate and receive entry guidelines. The Open Mic Night is open to all and must relate to the theme in celebration of Black History Month.

**Lions Park Community Center**

**Poetry in Motion- Black History**

Feb 23 F 6:00-7:30pm

### Legacy of the Tuskegee Airmen

Learn about the legacy of the Tuskegee Airmen through the Heart of the Carolina Chapter of the Tuskegee Airmen. There will be an interactive component to this presentation so as to celebrate, empower, and encourage.

**John Chavis Community Center**

Feb 27 Tu 6:00-7:30pm

### 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 29 Th 6:30-8:30pm

### Lions Park Black History Month Quiz Bowl

All Ages.

**Lions Park Community Center**

Feb 29 Th 5:30-7:00pm

# Special Events

## MARCH

### Throw it Forward Disc Golf Tournament

It is back and better than ever at Forest Ridge Park! This unsanctioned, flex start tournament highlights the parks' 18-hole disc golf course. The tournament will include both recreational and advanced player divisions. Player packs for each player and prizes for each division will be awarded for the top three players! All registration proceeds support the City of Raleigh Parks' financial assistance program. Play It Forward Raleigh provides affordable, accessible programs that bring children, individuals, and families into our parks and give them great reasons to play for a lifetime. The registration fee is \$25 per player. Register at [raleighnc.gov](http://raleighnc.gov) keyword search: fundraising events

#### Forest Ridge Park

Mar 8 F 9:30am - 5:00pm

### 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 8 F 5:00-8:00pm

### My Best Gal and Me Red Carpet Dance

Age: 6-14 yrs. Tonight's the night to show off your Best Gal!! Join us for a semi-formal event for youth to celebrate the special bond with their mothers and significant female mentors. It'll be a fun-filled evening with a DJ, dance floor, games, selfie station, light refreshments and so much more!!

#### Laurel Hills Community Center - Course Fee: \$65

Mar 8 F 6:00-8:30pm

### Hippity-Hoppity Egg Hunt

Age: 0-99 yrs. Hippity-Hoppity! Hop out to Laurel Hills and meet the Bunny! We'll have not one, but two egg hunts! One for kids and one for kids at heart! After the kids have their own egg hunt, we'll ask them to hide other eggs for grown-ups! We'll have games, crafts, and a selfie station with or without the bunny. Registrations required for planning purposes.

#### Laurel Hills Community Center

Mar 23 Sa 10:00am-12:00pm

### Kiwanis Park Egg Hunt

Age: 0-12 yrs. Join your friends at Kiwanis Park for an egg-citing spring morning as we celebrate the season! We will kick off our day with a traditional egg hunt before moving into fun crafts, games, and spring activities in the park. Get ready for an eggs-tra special day, bring a basket or bag to collect all your goodies, and throw your name in for one of our awesome raffle baskets! Pre-registration is encouraged.

#### Kiwanis Community Center

Mar 23 Sa 10:00am-12:00pm

### Hopping Down the Bunny Trail

Age: 0-12 yrs. It'll be a Basketful o' Fun - Come join us for an evening of egg-static fun. Kids will get to fill their baskets with eggs, crafts and prizes while they stroll through the egg-cellent activity stations. Kids will also get an opportunity to get their picture taken with the bunny! This event is free for kids 12 and under - pre-registration is requested.

#### Marsh Creek Community Center

Mar 27 W 5:00-7:30pm

### Biltmore Hills Egg Hunt

Age: 1-12 yrs. Families of all ages, join us at Biltmore Hills Community Center to experience the 2024 Egg Hunt! Participate in door raffles, various arts and crafts stations, games and activities, and snacks for the whole Family. You will even have opportunity to take a picture with the Biltmore Bunny. Kids will receive a goodie bag to go while supplies last. Activities begin at 5:30 and The Egg Hunt will start at 6:30 pm. This event is indoors & outdoors and is free for all. Pre Registration is not required.

#### Biltmore Hills Community Center

Mar 28 Th 5:30-7:30pm

### The Great Eggstravaganza

Hop on over to Brier Creek Community Center to experience The Great Eggstravaganza! You'll enjoy stations of arts, crafts, games, snacks for the whole Family. There will even be a chance to capture a picture with the Bunny himself! By visiting all stations, all kids will receive a goodie bag to go, while supplies last. This event is indoors and free for all. Don't miss out on the fun!

#### Brier Creek Community Center

Mar 29 F 6:00-7:30pm

## APRIL

### Quadball Extravaganza (Quidditch for you Muggles)!

Inspired by the sport of quidditch, Quadball, combines physical activity with fun! Participants will have the opportunity to learn the fundamentals of the game, communication, and the importance of teambuilding from NCSU and UNC's most experienced players. Participants will have the chance to make their own brooms and run through interactive drills. We will finish out the day putting our newfound skills to use playing a match. T-shirt, broom, and small snack are included in registration fee. Don't forget your water! Cost \$30\* per participant. Ages: 10-13 years. Register at [raleighnc.gov](http://raleighnc.gov) keyword search: fundraising events. *\*All proceeds benefit the Play It Forward Raleigh Financial Assistance Fund.*

#### Halifax Community Center

Apr 6 S 10:00am - 1:00pm

### Pawsitively Imperfect Pet Portraits and Pop-Up Pet Market

We are putting the fun back in fundraising, by having Parks and Recreation staff put pen to paper and draw portraits of your lovable pets. At registration, you will upload a picture of your pet, and then our staff, some very talented, some not so much, will create an 8x10 masterpiece for you to pick up at our pop-up pet market on April 20th at Abbotts Creek. It is going to be a crapshoot on how the portraits turn out, but we can guarantee they will be on quality paper using quality art supplies. Day of event will include pet inspired vendors, the pop-up pet park, and lots of fun! Deadline to register and submit photo for artwork is April 5th. Cost \$5.00\* per portrait. Register at [raleighnc.gov](http://raleighnc.gov) keyword search: fundraising events. *\*All proceeds benefit the Play It Forward Raleigh Financial Assistance Fund.*

#### Abbotts Creek Community Center

Apr 20 S 1:00 - 3:00pm







# Aquatics

For information about dates of operations, hours of operation, and amenities please visit [www.raleighnc.gov/aquatics](http://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.

### All Pools

(with the exception of  
Buffaloe Road Aquatic Center)

At The Door	Resident	Non-Res
1-12 years	\$2	\$3
13-54 years	\$5	\$8
55 and older	\$4	\$6

Buffaloe Road Aquatic Center

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

The Aquatics Division offers the following certification courses:

Lifeguarding, Lifeguarding Instructor, and Water Safety Instructor. Please check [www.raleighnc.gov/aquatics](http://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	\$60	\$96
55 and older	\$48	\$72

Monthly Pass	Resident	Non-Res
1-12 years	\$18	\$27
13-54 years	\$45	\$72
55 and older	\$36	\$54

Annual Pass	Resident	Non-Res
(valid one year-to-date)		
1-12 years	\$120	\$180
13-54 years	\$300	\$480
55 and older	\$240	\$360

### Aquatic Swim Lessons

Private swim lessons and stroke development are offered at Buffaloe 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

## Preschool

### Parent & Child Aquatics Level 1

Age: 0.5-2 yrs. This class introduces basic skills to parents and children. Parents are taught to safely and appropriately hold their children in the water while preparing and encouraging their children to participate fully and try the skills. These basic skills will lay the foundation to help children learn to swim in the future. The class also introduces water safety topics for parents.

#### Buffaloe Road Aquatic Center

Jan 6-Jan 27	Sa	10:10-10:40am	Fee: \$45
Jan 9-Jan 25	Tu & Th	4:30-5:00pm	Fee: \$60
Feb 6-Feb 22	Tu & Th	4:30-5:00pm	Fee: \$60
Feb 10-Mar 2	Sa	10:10-10:40am	Fee: \$45
Mar 5-Mar 21	Tu & Th	4:30-5:00pm	Fee: \$60
Apr 2-Apr 18	Tu & Th	4:30-5:00pm	Fee: \$60
Apr 6-Apr 27	Sa	10:10-10:40am	Fee: \$45

#### Millbrook Pool

Jan 27-Feb 17	Sa	9:30-10:00am	Fee: \$45
Feb 24-Mar 16	Sa	9:30-10:00am	Fee: \$45
Mar 4-Mar 20	M & W	5:50-6:20pm	Fee: \$60
Apr 6-Apr 27	Sa	9:30-10:00am	Fee: \$45

#### Optimist Pool

Jan 6-Jan 27	Sa	10:50-11:20am	Fee: \$45
Jan 9-Jan 25	Tu & Th	10:50-11:20am	Fee: \$60
Feb 6-Feb 22	Tu & Th	10:50-11:20am	Fee: \$60
Feb 6-Feb 22	Tu & Th	5:10-5:40pm	Fee: \$60
Feb 10-Mar 2	Sa	10:50-11:20am	Fee: \$45
Mar 5-Mar 21	Tu & Th	10:50-11:20am	Fee: \$60
Mar 5-Mar 21	Tu & Th	5:10-5:40pm	Fee: \$60
Apr 2-Apr 18	Tu & Th	10:50-11:20am	Fee: \$60
Apr 6-Apr 27	Sa	10:50-11:20am	Fee: \$45

#### Pullen Aquatic Center

Jan 9-Jan 25	Tu & Th	5:10-5:40pm	Fee: \$60
Feb 13-Feb 29	Tu & Th	5:10-5:40pm	Fee: \$60
Mar 5-Mar 21	Tu & Th	5:10-5:40pm	Fee: \$60
Apr 6-Apr 27	Sa	10:10-10:40am	Fee: \$45
Apr 9-Apr 25	Tu & Th	5:10-5:40pm	Fee: \$60

### Parent & Child Aquatics Level 2

Age: 0.5-2 yrs. Participants improve on skills from Level 1 parent and child swim lessons and learn more advanced skills to prepare for Level 1 preschool swim lessons. Three-year-olds ready to learn without a parent or caregiver should enroll in Level 1 preschool swim lessons.

#### Buffaloe Road Aquatic Center

Jan 6-Jan 27	Sa	10:10-10:40am	Fee: \$45
Jan 9-Jan 25	Tu & Th	4:30-5:00pm	Fee: \$60
Feb 6-Feb 22	Tu & Th	4:30-5:00pm	Fee: \$60
Feb 10-Mar 2	Sa	10:10-10:40am	Fee: \$45
Mar 5-Mar 21	Tu & Th	4:30-5:00pm	Fee: \$60
Apr 2-Apr 18	Tu & Th	4:30-5:00pm	Fee: \$60
Apr 6-Apr 27	Sa	10:10-10:40am	Fee: \$45

#### Millbrook Pool

Jan 27-Feb 17	Sa	10:10-10:40am	Fee: \$45
Feb 24-Mar 16	Sa	10:10-10:40am	Fee: \$45
Apr 6-Apr 27	Sa	10:10-10:40am	Fee: \$45

#### Optimist Pool

Jan 6-Jan 27	Sa	10:50-11:20am	Fee: \$45
Jan 9-Jan 25	Tu & Th	10:50-11:20am	Fee: \$60
Feb 6-Feb 22	Tu & Th	10:50-11:20am	Fee: \$60
Feb 6-Feb 22	Tu & Th	5:10-5:40pm	Fee: \$60
Feb 10-Mar 2	Sa	10:50-11:20am	Fee: \$45
Mar 5-Mar 21	Tu & Th	10:50-11:20am	Fee: \$60
Mar 5-Mar 21	Tu & Th	5:10-5:40pm	Fee: \$60
Apr 2-Apr 18	Tu & Th	10:50-11:20am	Fee: \$60
Apr 6-Apr 27	Sa	10:50-11:20am	Fee: \$45

### Preschool Aquatics Swim Level 1

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

#### Buffaloe Road Aquatic Center

Jan 6-Jan 27	Sa	10:50-11:20am	Fee: \$45
Jan 9-Jan 25	Tu & Th	5:10-5:40pm	Fee: \$60
Feb 6-Feb 22	Tu & Th	5:10-5:40pm	Fee: \$60
Feb 10-Mar 2	Sa	10:50-11:20am	Fee: \$45
Mar 5-Mar 21	Tu & Th	5:10-5:40pm	Fee: \$60
Apr 2-Apr 18	Tu & Th	5:10-5:40pm	Fee: \$60
Apr 6-Apr 27	Sa	10:50-11:20am	Fee: \$45

#### Millbrook Pool

Jan 27-Feb 17	Sa	8:50-9:20am	Fee: \$45
Jan 27-Feb 17	Sa	9:30-10:00am	Fee: \$45
Feb 12-Feb 28	M & W	5:10-5:40pm	Fee: \$60
Feb 24-Mar 16	Sa	8:50-9:20am	Fee: \$45
Feb 24-Mar 16	Sa	9:30-10:00am	Fee: \$45
Mar 4-Mar 20	M & W	10:10-10:40am	Fee: \$60
Mar 4-Mar 20	M & W	5:10-5:40pm	Fee: \$60
Apr 6-Apr 27	Sa	8:50-9:20am	Fee: \$45
Apr 6-Apr 27	Sa	9:30-10:00am	Fee: \$45
Apr 8-Apr 24	M & W	10:10-10:40am	Fee: \$60
Apr 8-Apr 24	M & W	5:10-5:40pm	Fee: \$60

#### Optimist Pool

Jan 6-Jan 27	Sa	10:10-10:40am	Fee: \$45
Jan 9-Jan 25	Tu & Th	5:10-5:40pm	Fee: \$60
Feb 6-Feb 22	Tu & Th	10:50-11:20am	Fee: \$60
Feb 6-Feb 22	Tu & Th	5:10-5:40pm	Fee: \$60
Feb 10-Mar 2	Sa	10:10-10:40am	Fee: \$45
Mar 5-Mar 21	Tu & Th	10:50-11:20am	Fee: \$60
Mar 5-Mar 21	Tu & Th	5:10-5:40pm	Fee: \$60
Apr 2-Apr 18	Tu & Th	10:50-11:20am	Fee: \$60
Apr 2-Apr 18	Tu & Th	5:10-5:40pm	Fee: \$60
Apr 6-Apr 27	Sa	10:10-10:40am	Fee: \$45

### Pullen Aquatic Center

Jan 9-Jan 25	Tu & Th	5:50-6:20pm	Fee: \$60
Feb 13-Feb 29	Tu & Th	5:50-6:20pm	Fee: \$60
Mar 5-Mar 21	Tu & Th	5:50-6:20pm	Fee: \$60
Apr 6-Apr 27	Sa	10:50-11:20am	Fee: \$45
Apr 9-Apr 25	Tu & Th	5:50-6:20pm	Fee: \$60

### Preschool Aquatics Swim Level 2

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

#### Buffaloe Road Aquatic Center

Jan 6-Jan 27	Sa	10:50-11:20am	Fee: \$45
Jan 9-Jan 25	Tu & Th	5:10-5:40pm	Fee: \$60
Feb 6-Feb 22	Tu & Th	5:10-5:40pm	Fee: \$60
Feb 10-Mar 2	Sa	10:50-11:20am	Fee: \$45
Mar 5-Mar 21	Tu & Th	5:10-5:40pm	Fee: \$60
Apr 2-Apr 18	Tu & Th	5:10-5:40pm	Fee: \$60
Apr 6-Apr 27	Sa	10:50-11:20am	Fee: \$45

#### Millbrook Pool

Jan 27-Feb 17	Sa	9:30-10:00am	Fee: \$45
Jan 27-Feb 17	Sa	10:10-10:40am	Fee: \$45
Feb 12-Feb 28	M & W	5:10-5:40pm	Fee: \$60
Feb 24-Mar 16	Sa	9:30-10:00am	Fee: \$45
Feb 24-Mar 16	Sa	10:10-10:40am	Fee: \$45
Mar 4-Mar 20	M & W	10:50-11:20am	Fee: \$60
Mar 4-Mar 20	M & W	5:10-5:40pm	Fee: \$60
Apr 6-Apr 27	Sa	9:30-10:00am	Fee: \$45
Apr 6-Apr 27	Sa	10:10-10:40am	Fee: \$45
Apr 8-Apr 24	M & W	10:50am-11:20pm	Fee: \$60
Apr 8-Apr 24	M & W	5:10-5:40pm	Fee: \$60

#### Optimist Pool

Jan 6-Jan 27	Sa	9:30-10:00am	Fee: \$45
Jan 6-Jan 27	Sa	10:10-10:40am	Fee: \$45
Jan 9-Jan 25	Tu & Th	10:50-11:20am	Fee: \$60
Jan 9-Jan 25	Tu & Th	5:10-5:40pm	Fee: \$60
Feb 6-Feb 22	Tu & Th	10:50-11:20am	Fee: \$60

Feb 6-Feb 22	Tu & Th	5:10-5:40pm	Fee: \$60
Feb 10-Mar 2	Sa	9:30-10:00am	Fee: \$45
Feb 10-Mar 2	Sa	10:10-10:40am	Fee: \$45
Mar 5-Mar 21	Tu & Th	10:50-11:20am	Fee: \$60
Mar 5-Mar 21	Tu & Th	5:10-5:40pm	Fee: \$60
Apr 2-Apr 18	Tu & Th	10:50-11:20am	Fee: \$60
Apr 2-Apr 18	Tu & Th	5:10-5:40pm	Fee: \$60
Apr 6-Apr 27	Sa	9:30-10:00am	Fee: \$45
Apr 6-Apr 27	Sa	10:10-10:40am	Fee: \$45

#### Pullen Aquatic Center

Jan 9-Jan 25	Tu & Th	5:10-5:40pm	Fee: \$60
Feb 13-Feb 29	Tu & Th	5:10-5:40pm	Fee: \$60
Mar 5-Mar 21	Tu & Th	5:10-5:40pm	Fee: \$60
Apr 6-Apr 27	Sa	10:50-11:20am	Fee: \$45
Apr 9-Apr 25	Tu & Th	5:10-5:40pm	Fee: \$60

### Preschool Aquatics Swim Level 3

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

#### Buffaloe Road Aquatic Center

Jan 6-Jan 27	Sa	10:50-11:20am	Fee: \$45
Jan 9-Jan 25	Tu & Th	5:10-5:40pm	Fee: \$60
Feb 6-Feb 22	Tu & Th	5:10-5:40pm	Fee: \$60
Feb 10-Mar 2	Sa	10:50-11:20am	Fee: \$45
Mar 5-Mar 21	Tu & Th	5:10-5:40pm	Fee: \$60
Apr 2-Apr 18	Tu & Th	5:10-5:40pm	Fee: \$60
Apr 6-Apr 27	Sa	10:50-11:20am	Fee: \$45

#### Millbrook Pool

Jan 27-Feb 17	Sa	10:10-10:40am	Fee: \$45
Feb 12-Feb 28	M & W	6:30-7:00pm	Fee: \$60
Feb 24-Mar 16	Sa	10:10-10:40am	Fee: \$45
Mar 4-Mar 20	M & W	11:30am-12:00pm	Fee: \$60
Mar 4-Mar 20	M & W	5:50-6:20pm	Fee: \$60
Apr 6-Apr 27	Sa	10:10-10:40am	Fee: \$45
Apr 8-Apr 24	M & W	11:30am-12:00pm	Fee: \$60
Apr 8-Apr 24	M & W	5:50-6:20pm	Fee: \$60

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**Optimist Pool**

Jan 6-Jan 27	Sa	9:30-10:00am	Fee: \$45
Jan 6-Jan 27	Sa	11:30am-12:00pm	Fee: \$45
Jan 9-Jan 25	Tu & Th	11:30am-12:00pm	Fee: \$60
Jan 9-Jan 25	Tu & Th	5:10-5:40pm	Fee: \$60
Jan 9-Jan 25	Tu & Th	5:50-6:20pm	Fee: \$60
Feb 6-Feb 22	Tu & Th	11:30am-12:00pm	Fee: \$60
Feb 6-Feb 22	Tu & Th	5:50-6:20pm	Fee: \$60
Feb 10-Mar 2	Sa	9:30-10:00am	Fee: \$45
Feb 10-Mar 2	Sa	11:30am-12:00pm	Fee: \$45
Mar 5-Mar 21	Tu & Th	11:30am-12:00pm	Fee: \$60
Mar 5-Mar 21	Tu & Th	5:50-6:20pm	Fee: \$60
Apr 2-Apr 18	Tu & Th	11:30am-12:00pm	Fee: \$60
Apr 2-Apr 18	Tu & Th	5:10-5:40pm	Fee: \$60
Apr 2-Apr 18	Tu & Th	5:50-6:20pm	Fee: \$60
Apr 6-Apr 27	Sa	9:30-10:00am	Fee: \$45
Apr 6-Apr 27	Sa	11:30am-12:00pm	Fee: \$60

**Pullen Aquatic Center**

Jan 9-Jan 25	Tu & Th	5:50-6:20pm	Fee: \$60
Feb 13-Feb 29	Tu & Th	5:50-6:20pm	Fee: \$60
Mar 5-Mar 21	Tu & Th	5:50-6:20pm	Fee: \$60
Apr 9-Apr 25	Tu & Th	5:50-6:20pm	Fee: \$60

**Youth****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 11-18**

Mar 11-Apr 29	M & W	4:15-5:00pm	Fee: \$82
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**Buffaloe Blue Whales 3-10**

Mar 11-Apr 29	M & W	5:00-5:45pm	Fee: \$82
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**Buffaloe Blue Whales 3-18**

Mar 11-Apr 29	M & W	6:00-6:45pm	Fee: \$82
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**Millbrook Pool****Millbrook Marlins 3-10**

Mar 12-Apr 30	Tu & Th	6:00-6:45pm	Fee: \$82
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**Millbrook Marlins 11-18**

Mar 12-Apr 30	Tu & Th	7:00-7:45pm	Fee: \$82
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**Optimist Pool****Optimist Otters 3-10**

Mar 11-Apr 29	M & W	6:00-6:45pm	Fee: \$82
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**Optimist Otters 11-18**

Mar 11-Apr 29	M & W	7:00-7:45pm	Fee: \$82
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**Pullen Aquatic Center****Pullen Pirates 3-10**

Mar 11-Apr 29	M & W	6:00-6:45pm	Fee: \$82
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**Pullen Pirates 11-18**

Mar 11-Apr 29	M & W	7:00-7:45pm	Fee: \$82
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**Swim Lesson - Level 1  
Intro Water Skills**

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

**Buffaloe Road Aquatic Center**

Jan 6-Jan 27	Sa	11:30am-12:00pm	Fee: \$45
Jan 9-Jan 25	Tu & Th	5:50-6:20pm	Fee: \$60
Feb 6-Feb 22	Tu & Th	5:50-6:20pm	Fee: \$60
Feb 10-Mar 2	Sa	11:30am-12:00pm	Fee: \$45
Mar 5-Mar 21	Tu & Th	5:50-6:20pm	Fee: \$60
Apr 2-Apr 18	Tu & Th	5:50-6:20pm	Fee: \$60
Apr 6-Apr 27	Sa	11:30am-12:00pm	Fee: \$45

**Millbrook Pool**

Jan 27-Feb 17	Sa	10:50-11:20am	Fee: \$45
Jan 27-Feb 17	Sa	8:50-9:20am	Fee: \$45
Feb 12-Feb 28	M & W	5:50-6:20pm	Fee: \$60
Feb 24-Mar 16	Sa	8:50-9:20am	Fee: \$45
Feb 24-Mar 16	Sa	10:50-11:20am	Fee: \$45
Mar 4-Mar 20	M & W	6:30-7:00pm	Fee: \$60
Apr 6-Apr 27	Sa	8:50-9:20am	Fee: \$45
Apr 6-Apr 27	Sa	10:50-11:20am	Fee: \$45
Apr 8-Apr 24	M & W	6:30-7:00pm	Fee: \$60

**Optimist Pool**

Jan 6-Jan 27	Sa	10:10-10:40am	Fee: \$45
Jan 9-Jan 25	Tu & Th	11:30am-12:00pm	Fee: \$60
Jan 9-Jan 25	Tu & Th	5:50-6:20pm	Fee: \$60
Feb 6-Feb 22	Tu & Th	11:30am-12:00pm	Fee: \$60
Feb 6-Feb 22	Tu & Th	5:50-6:20pm	Fee: \$60
Feb 10-Mar 2	Sa	10:10-10:40am	Fee: \$45
Mar 5-Mar 21	Tu & Th	11:30am-12:00pm	Fee: \$60
Mar 5-Mar 21	Tu & Th	5:50-6:20pm	Fee: \$60
Apr 2-Apr 18	Tu & Th	11:30am-12:00pm	Fee: \$60
Apr 2-Apr 18	Tu & Th	5:50-6:20pm	Fee: \$60
Apr 6-Apr 27	Sa	10:10-10:40am	Fee: \$45

**Pullen Aquatic Center**

Jan 9-Jan 25	Tu & Th	6:30-7:00pm	Fee: \$60
Feb 13-Feb 29	Tu & Th	6:30-7:00pm	Fee: \$60
Mar 5-Mar 21	Tu & Th	6:30-7:00pm	Fee: \$60
Apr 6-Apr 27	Sa	11:30am-12:00pm	Fee: \$45
Apr 9-Apr 25	Tu & Th	6:30-7:00pm	Fee: \$60

**Swim Lesson - Level 2  
Fundamental Skills**

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

**Buffaloe Road Aquatic Center**

Jan 6-Jan 27	Sa	11:30am-12:00pm	Fee: \$45
Jan 9-Jan 25	Tu & Th	5:50-6:20pm	Fee: \$60
Feb 6-Feb 22	Tu & Th	5:50-6:20pm	Fee: \$60
Feb 10-Mar 2	Sa	11:30am-12:00pm	Fee: \$45
Mar 5-Mar 21	Tu & Th	5:50-6:20pm	Fee: \$60
Apr 2-Apr 18	Tu & Th	5:50-6:20pm	Fee: \$60
Apr 6-Apr 27	Sa	11:30am-12:00pm	Fee: \$45

**Millbrook Pool**

Jan 27-Feb 17	Sa	10:50-11:20am	Fee: \$45
Jan 27-Feb 17	Sa	11:30am-12:00pm	Fee: \$45
Feb 12-Feb 28	M & W	5:50-6:20pm	Fee: \$60

Feb 24-Mar 16	Sa	10:50-11:20am	Fee: \$45
Feb 24-Mar 16	Sa	11:30am-12:00pm	Fee: \$45
Mar 4-Mar 20	M & W	5:50-6:20pm	Fee: \$60
Apr 6-Apr 27	Sa	10:50-11:20am	Fee: \$45
Apr 6-Apr 27	Sa	11:30am-12:00pm	Fee: \$45
Apr 8-Apr 24	M & W	6:30-7:00pm	Fee: \$60

#### Optimist Pool

Jan 6-Jan 27	Sa	9:30-10:00am	Fee: \$45
Jan 6-Jan 27	Sa	10:50-11:20am	Fee: \$45
Jan 9-Jan 25	Tu & Th	5:50-6:20pm	Fee: \$60
Jan 9-Jan 25	Tu & Th	6:30-7:00pm	Fee: \$60
Feb 6-Feb 22	Tu & Th	5:50-6:20pm	Fee: \$60
Feb 6-Feb 22	Tu & Th	6:30-7:00pm	Fee: \$60
Feb 10-Mar 2	Sa	9:30-10:00am	Fee: \$45
Feb 10-Mar 2	Sa	10:50-11:20am	Fee: \$45
Mar 5-Mar 21	Tu & Th	5:50-6:20pm	Fee: \$60
Mar 5-Mar 21	Tu & Th	6:30-7:00pm	Fee: \$60
Apr 2-Apr 18	Tu & Th	5:50-6:20pm	Fee: \$60
Apr 2-Apr 18	Tu & Th	6:30-7:00pm	Fee: \$60
Apr 6-Apr 27	Sa	9:30-10:00am	Fee: \$45
Apr 6-Apr 27	Sa	10:50-11:20am	Fee: \$45

#### Pullen Aquatic Center

Jan 9-Jan 25	Tu & Th	6:30-7:00pm	Fee: \$60
Feb 13-Feb 29	Tu & Th	6:30-7:00pm	Fee: \$60
Mar 5-Mar 21	Tu & Th	6:30-7:00pm	Fee: \$60
Apr 6-Apr 27	Sa	11:30am-12:00pm	Fee: \$45
Apr 9-Apr 25	Tu & Th	6:30-7:00pm	Fee: \$60

### Swim Lesson - Level 3 Stroke Development

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

#### Buffaloe Road Aquatic Center

Jan 6-Jan 27	Sa	11:30am-12:00pm	Fee: \$45
Jan 9-Jan 25	Tu & Th	5:50-6:20pm	Fee: \$60
Feb 6-Feb 22	Tu & Th	5:50-6:20pm	Fee: \$60
Feb 10-Mar 2	Sa	11:30am-12:00pm	Fee: \$45
Mar 5-Mar 21	Tu & Th	5:50-6:20pm	Fee: \$60
Apr 2-Apr 18	Tu & Th	5:50-6:20pm	Fee: \$60
Apr 6-Apr 27	Sa	11:30am-12:00pm	Fee: \$45

#### Millbrook Pool

Jan 27-Feb 17	Sa	10:50-11:40am	Fee: \$45
Feb 12-Feb 28	M & W	6:30-7:00pm	Fee: \$60
Feb 24-Mar 16	Sa	10:50-11:40am	Fee: \$45
Mar 4-Mar 20	M & W	7:10-7:40pm	Fee: \$60
Apr 6-Apr 27	Sa	10:50-11:40am	Fee: \$45
Apr 8-Apr 24	M & W	5:50-6:20pm	Fee: \$60

#### Optimist Pool

Jan 6-Jan 27	Sa	9:30-10:00am	Fee: \$45
Jan 6-Jan 27	Sa	10:50-11:20am	Fee: \$45
Jan 9-Jan 25	Tu & Th	6:30-7:00pm	Fee: \$60
Feb 6-Feb 22	Tu & Th	6:30-7:00pm	Fee: \$60
Feb 10-Mar 2	Sa	9:30-10:00am	Fee: \$45

Feb 10-Mar 2	Sa	10:50-11:20am	Fee: \$45
Mar 5-Mar 21	Tu & Th	6:30-7:00pm	Fee: \$60
Apr 2-Apr 18	Tu & Th	6:30-7:00pm	Fee: \$60
Apr 6-Apr 27	Sa	9:30-10:00am	Fee: \$45
Apr 6-Apr 27	Sa	10:50-11:20am	Fee: \$45

#### Pullen Aquatic Center

Jan 9-Jan 25	Tu & Th	7:10-7:40pm	Fee: \$60
Feb 13-Feb 29	Tu & Th	7:10-7:40pm	Fee: \$60
Mar 5-Mar 21	Tu & Th	7:10-7:40pm	Fee: \$60
Apr 9-Apr 25	Tu & Th	7:10-7:40pm	Fee: \$60

### Swim Lesson - Level 4 Stroke Improvement

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

#### Buffaloe Road Aquatic Center

Jan 6-Jan 27	Sa	12:10-12:40pm	Fee: \$45
Jan 9-Jan 25	Tu & Th	6:30-7:00pm	Fee: \$60
Feb 6-Mar 21	Tu & Th	6:30-7:00pm	Fee: \$60
Feb 10-Mar 2	Sa	12:10-12:40pm	Fee: \$45
Mar 5-Mar 21	Tu & Th	6:30-7:00pm	Fee: \$60
Apr 2-Apr 18	Tu & Th	6:30-7:00pm	Fee: \$60
Jan 6-Apr 27	Sa	12:10-12:40pm	Fee: \$45

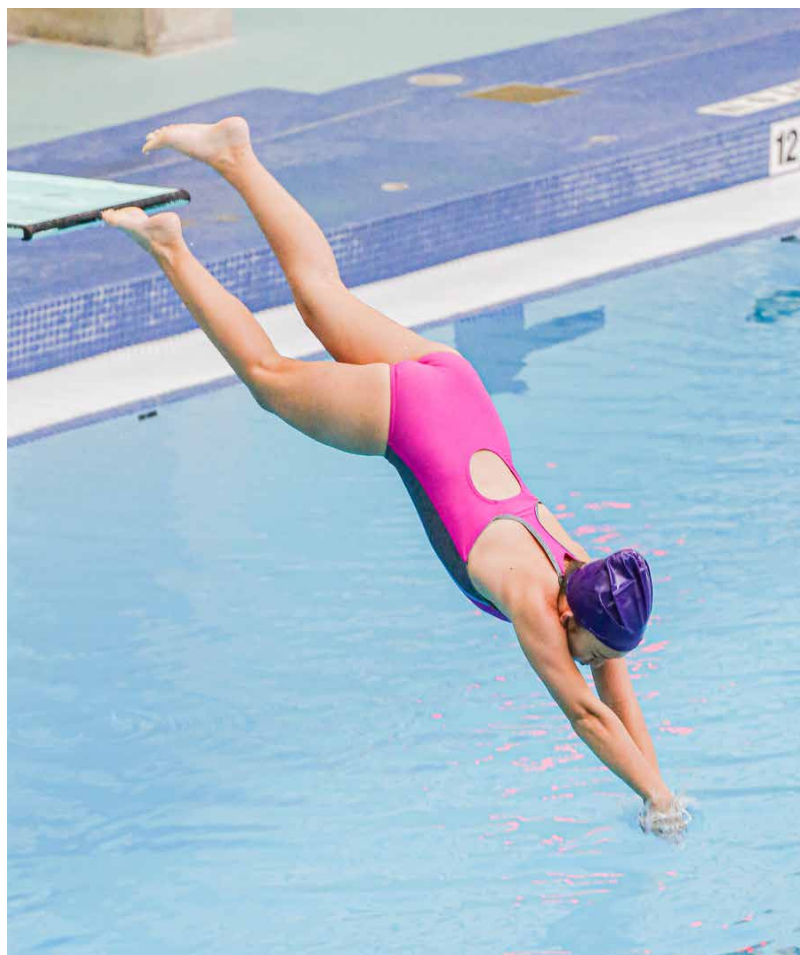
#### Millbrook Pool

Jan 27-Feb 17	Sa	11:30am-12:00pm	Fee: \$45
Feb 12-Feb 28	M & W	7:10-7:40pm	Fee: \$60
Feb 24-Mar 16	Sa	11:30am-12:00pm	Fee: \$45
Mar 4-Mar 20	M & W	7:10-7:40pm	Fee: \$60
Apr 6-Apr 27	Sa	11:30am-12:00pm	Fee: \$45
Apr 8-Apr 24	M & W	7:10-7:40pm	Fee: \$60

#### Optimist Pool

Jan 6-Jan 27	Sa	11:30am-12:00pm	Fee: \$45
Jan 9-Jan 25	Tu & Th	6:30-7:00pm	Fee: \$60
Jan 9-Jan 25	Tu & Th	7:10-7:40pm	Fee: \$60
Feb 6-Feb 22	Tu & Th	6:30-7:00pm	Fee: \$60
Feb 6-Feb 22	Tu & Th	7:10-7:40pm	Fee: \$60
Feb 10-Mar 2	Sa	11:30am-12:00pm	Fee: \$45
Mar 5-Mar 21	Tu & Th	6:30-7:00pm	Fee: \$60
Mar 5-Mar 21	Tu & Th	7:10-7:40pm	Fee: \$60
Apr 2-Apr 18	Tu & Th	6:30-7:00pm	Fee: \$60
Apr 2-Apr 18	Tu & Th	7:10-7:40pm	Fee: \$60
Apr 6-Apr 27	Sa	11:30am-12:00pm	Fee: \$45

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### Swim Lesson - Level 5 Stroke Refinement

Age: 6-13 yrs. Participants must have completed exit skills in Level 4 swim lessons. In Level 5 swim lessons,

participants coordinate and refine all strokes. Flip turns on both front and back are introduced in this course.

Endurance and distance are important in this course.

#### Buffalo Road Aquatic Center

Jan 6-Jan 27	Sa	12:10-12:40pm	Fee: \$45
Jan 9-Jan 25	Tu & Th	6:30-7:00pm	Fee: \$60
Feb 6-Feb 22	Tu & Th	6:30-7:00pm	Fee: \$60
Feb 10-Mar 2	Sa	12:10-12:40pm	Fee: \$45
Mar 5-Mar 21	Tu & Th	6:30-7:00pm	Fee: \$60
Apr 2-Apr 18	Tu & Th	6:30-7:00pm	Fee: \$60
Apr 6-Apr 27	Sa	12:10-12:40pm	Fee: \$45

#### Millbrook Pool

Jan 27-Feb 17	Sa	11:30am-12:00pm	Fee: \$45
Feb 24-Mar 16	Sa	11:30am-12:00pm	Fee: \$45
Apr 6-Apr 27	Sa	11:30am-12:00pm	Fee: \$45

#### Optimist Pool

Jan 6-Jan 27	Sa	11:30am-12:00pm	Fee: \$45
Jan 9-Jan 25	Tu & Th	7:10-7:40pm	Fee: \$60
Feb 6-Feb 22	Tu & Th	7:10-7:40pm	Fee: \$60
Feb 10-Mar 2	Sa	11:30am-12:00pm	Fee: \$45
Mar 5-Mar 21	Tu & Th	7:10-7:40pm	Fee: \$60
Apr 2-Apr 18	Tu & Th	7:10-7:40pm	Fee: \$60
Apr 6-Apr 27	Sa	11:30am-12:00pm	Fee: \$45

#### Pullen Aquatic Center

Jan 9-Jan 25	Tu & Th	7:10-7:50pm	Fee: \$66
Feb 13-Feb 29	Tu & Th	7:10-7:50pm	Fee: \$66
Mar 5-Mar 21	Tu & Th	7:10-7:50pm	Fee: \$66
Apr 9-Apr 25	Tu & Th	7:10-7:50pm	Fee: \$66

### Adult Refining Swim Strokes Class

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

#### Buffalo Road Aquatic Center

Jan 6-Jan 27	Sa	12:10-12:50pm	Fee: \$51
Jan 9-Jan 25	Tu & Th	6:30-7:10pm	Fee: \$66
Feb 6-Feb 22	Tu & Th	6:30-7:10pm	Fee: \$66
Feb 10-Mar 2	Sa	12:10-12:50pm	Fee: \$51
Mar 5-Mar 21	Tu & Th	6:30-7:10pm	Fee: \$66
Apr 2-Apr 18	Tu & Th	6:30-7:10pm	Fee: \$66
Apr 6-Apr 27	Sa	12:10-12:50pm	Fee: \$51

#### Optimist Pool

Jan 6-Jan 27	Sa	9:20-10:00am	Fee: \$51
Jan 9-Jan 25	Tu & Th	7:10-7:50pm	Fee: \$66
Feb 6-Feb 22	Tu & Th	7:10-7:50pm	Fee: \$66
Feb 10-Mar 2	Sa	9:20-10:00am	Fee: \$51
Mar 5-Mar 21	Tu & Th	7:10-7:50pm	Fee: \$66
Apr 2-Apr 18	Tu & Th	7:10-7:50pm	Fee: \$66
Apr 6-Apr 27	Sa	9:20-10:00am	Fee: \$51

## Adult

### Adult Learning the Basics Swim Class

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

#### Buffalo Road Aquatic Center

Jan 6-Jan 27	Sa	12:10-12:50pm	Fee: \$51
Jan 9-Jan 25	Tu & Th	6:30-7:10pm	Fee: \$66
Feb 6-Feb 22	Tu & Th	6:30-7:10pm	Fee: \$66
Feb 10-Mar 2	Sa	12:10-12:50pm	Fee: \$51
Mar 5-Mar 21	Tu & Th	6:30-7:10pm	Fee: \$66
Apr 2-Apr 18	Tu & Th	6:30-7:10pm	Fee: \$66
Apr 6-Apr 27	Sa	12:10-12:50pm	Fee: \$51

#### Millbrook Pool

Jan 27-Feb 17	Sa	8:40-9:20am	Fee: \$51
Feb 12-Feb 28	M & W	7:10-7:50pm	Fee: \$66
Feb 24-Mar 16	Sa	8:40-9:20am	Fee: \$51
Apr 6-Apr 27	Sa	8:40-9:20am	Fee: \$51
Apr 8-Apr 24	M & W	7:10-7:50pm	Fee: \$66

#### Optimist Pool

Jan 6-Jan 27	Sa	9:20-10:00am	Fee: \$51
Jan 9-Jan 25	Tu & Th	7:10-7:50pm	Fee: \$66
Feb 6-Feb 22	Tu & Th	7:10-7:50pm	Fee: \$66
Feb 10-Mar 2	Sa	9:20-10:00am	Fee: \$51
Mar 5-Mar 21	Tu & Th	7:10-7:50pm	Fee: \$66
Apr 2-Apr 18	Tu & Th	7:10-7:50pm	Fee: \$66
Apr 6-Apr 27	Sa	9:20-10:00am	Fee: \$51





## 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](http://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

**Director:** Kendal Draper

Pullen Arts Center is a community arts education facility focused on serving artists of all ages and skill levels. Programs are instructed by professional teaching artists focused in pottery, bookmaking, printmaking, painting, drawing, jewelry, and more. Studio memberships are available to qualified students wishing to continue their artistic journey by working in our studios. Pullen Arts Center is located in the north Pullen Park campus, across from the NCSU Belltower, Gregg Museum, and Theatre in the Park. This vibrant area is the perfect setting to spark creativity.

### Pullen Arts Center's Gallery Exhibits

#### GALLERY SPACES

**Main Gallery:** This second-floor gallery features group exhibitions of emerging and professional artists.

**Youth & Teen Gallery:** This first-floor gallery features works by artists 17 years old and younger.

**Chalk Wall Murals:** Local artist murals near the first-floor entrance

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

Monday - Thursday from 9:00am-10:00pm

Fridays - Closed

Saturday - Sunday from 9:00am-5:00pm

## 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 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](http://www.raleighnc.gov/arts). Questions? Email [sertomaartscenter@raleighnc.gov](mailto: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:** Doug Bennett and Fania Greenwood  
**Hall Gallery:** Kathleen Kelly

**Display Cases:** Arts Access and Robyn Scott

**MARCH** **Raleigh Room:** Elizabeth Trefney

**Hall Gallery:** Arts Access

**Display Cases:** Arts Access and Robyn Scott

**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: \$41

Jan 3-Jan 24	W	10:30-11:15am
Feb 7-Feb 28	W	10:30-11:15am
Mar 13-Apr 3	W	10:30-11:15am
Apr 17-May 8	W	10:30-11:15am

### Art Explorers

Age: 3-5 yrs. Your little artist will love to explore the world through different mediums of art and creativity. Artist will love using their hands and getting a little dirty. Adult participation is required for this class.

**Halifax Community Center** - Course Fee: \$41

Feb 1-Feb 22	Th	11:15am-12:00pm
Apr 4-Apr 25	Th	11:15am-12:00pm

### Ballet and Tap for Preschoolers

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: \$41

#### Ages 2-3

Jan 10-Jan 31	W	10:15-11:00am
Feb 7-Feb 28	W	10:15-11:00am
Mar 6-Mar 27	W	10:15-11:00am
Apr 3-Apr 24	W	10:15-11:00am

#### Ages 3-5

Jan 9-Jan 30	Tu	10:15-11:00am
Feb 6-Feb 27	Tu	10:15-11:00am
Mar 5-Mar 26	Tu	10:15-11:00am
Apr 2-Apr 23	Tu	10:15-11:00am

### 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 4-Jan 25	Th	11:00-11:45am
Feb 1-Feb 22	Th	11:00-11:45am
Mar 7-Mar 28	Th	11:00-11:45am
Apr 4-Apr 25	Th	11:00-11:45am

## Raleigh Little Theatre

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

Email: [info@raleighlittletheatre.org](mailto: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.

For tickets, visit

[raleighlittletheatre.org](http://raleighlittletheatre.org)

or call 919-821-3111.

### UPCOMING PERFORMANCES & EVENTS

#### Nate the Great

February 2-11

#### Trouble in Mind

March 15-31

#### Movies in the Garden:

The Sandlot - April 4

## Theatre In The Park

Website: [www.theatreinthepark.com](http://www.theatreinthepark.com)

Email: [info@theatreinthepark.com](mailto: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 & EVENTS

#### Harold and Maude

February 15-17, 22-24 at 7:30pm

February 18 & 25 at 3:00pm

#### Into the Woods

April 18-20, 25-27 at 7:30pm

April 21 & 28 at 3:00pm

For tickets, visit [theatreinthepark.com](http://theatreinthepark.com)

or call 919-831-6058.

### 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 4-Jan 25	Th	10:15-11:00am
Feb 1-Feb 22	Th	10:15-11:00am
Mar 7-Mar 28	Th	10:15-11:00am
Apr 4-Apr 25	Th	10:15-11:00am

### 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: \$31

Jan 9-Jan 30	Tu	4:45-5:15pm
Feb 6-Feb 27	Tu	4:45-5:15pm
Mar 5-Mar 26	Tu	4:45-5:15pm
Apr 9-Apr 30	Tu	4:45-5:15pm

### Children's Crafts & Creative Movement

Age: 3-5 yrs. Pre-schoolers will spend part of the time in the art room with guided crafts to help develop imagination, fine motor skills, & critical thinking. In the dance room,

they will explore creative movement to help develop their self-awareness and build healthy self-identities while being physically active.

**Laurel Hills Community Center** - Course Fee: \$8

Jan 3-Apr 24	W	10:30-11:30am
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### Crafters Corner - Preschool Drop In Art Time

Age: 0-5 yrs. Drop in the 4th Friday of every month for Crafters Corner, the self-guided art time for preschoolers and their parents. We will provide a variety of materials and supplies for you and your little one to develop your own craft ideas or explore different mediums.

**Hill Street Neighborhood Center** - Course Fee: \$5

**Millbrook Exchange Community Center** - Course Fee: \$5

Jan 26	F	10:30am-12:30pm
Feb 23	F	10:30am-12:30pm
Mar 22	F	10:30am-12:30pm
Apr 26	F	10:30am-12:30pm

### 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**

Jan 9-Jan 30	Tu	5:15-6:15pm	Fee: \$41
Feb 6-Feb 27	Tu	5:15-6:15pm	Fee: \$41
Mar 5-Mar 26	Tu	5:15-6:15pm	Fee: \$41
Apr 9-Apr 30	Tu	5:15-6:15pm	Fee: \$41



**Family Pottery - Magnet Mondays**

Age: 2-4 yrs. Pre-k potters will have a playful experience by exploring basic handbuilding skills to create themed magnet from a slab of clay. Pieces will be left for firing and available for pickup 2-3 weeks after the last class. All supplies included. A parent or caregiver attends with child, only the child should be registered for the class. 1 sessions.

Instructor: Sue Chegari.

**Pullen Arts Center** - Course Fee: \$31

Jan 15	M	10:00-11:00am
Feb 12	M	10:00-11:00am
Mar 4	M	10:00-11:00am
Apr 15	M	10:00-11:00am

**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 15	F	10:00-10:45am
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**Mini Stars Competition Team**

Age: 4-6 yrs. This Competition Team is for dancers ages 4-6 years old. 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. We do 2 recital performances in the dance season, one in winter (December) and the other in spring

(June) where they will receive a trophy for the dance year. We also participate in Christmas parades.

**Lake Lynn Community Center** - Course Fee: \$50

Jan 6-Jan 27	Sa	1:15-2:00pm
Feb 3-Feb 24	Sa	1:15-2:00pm
Mar 2-Mar 30	Sa	1:15-2:00pm
Apr 6-Apr 27	Sa	1:15-2:00pm

**Full Session Option** - Course Fee: \$200

Jan 6-Apr 27	Sa	1:15-2:00pm
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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: \$65

Jan 9-Feb 13	Tu	9:30-10:15am
Mar 26-Apr 30	Tu	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 11-Feb 15	Th	1:00-2:00pm
Mar 28-May 2	Th	1:00-2:00pm

**Story Corner and Crafts**

Age: 3-5 yrs. Join your friends at Kiwanis Park as we dive into a story and make a craft related to our book! Each session will feature a different book.

**Kiwanis Community Center** - Course Fee: \$5

Jan 10	W	10:00-11:00am
Feb 14	W	10:00-11:00am
Mar 13	W	10:00-11:00am
Apr 10	W	10:00-11:00am

**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 10-Feb 14	W	10:00-10:50am
Jan 10-Feb 14	W	11:30am-12:20pm
Mar 6-Apr 10	W	10:00-10:50am
Mar 6-Apr 10	W	11:30am-12:20pm

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**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.

We do 2 recital performances in the dance season, one in Winter (December) and the other in Spring (June) where they will receive a trophy for the dance year. We also participate in Christmas parades.

**Lake Lynn Community Center**

Jan 6-Jan 27	Sa	9:15-10:00am	Fee: \$41
Feb 3-Feb 17	Sa	9:15-10:00am	Fee: \$31
Mar 2-Mar 30	Sa	9:15-10:00am	Fee: \$41
Apr 6-Apr 27	Sa	9:15-10:00am	Fee: \$41

**Full Session Option**

Jan 6-Apr 27	Sa	9:15-10:00am	Fee: \$151
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**Valentine's Day Party**

Age: 3-5 yrs. Join us as we get ready for Valentine's Day with card making and cookie decorating as an extra sweet treat. Don't worry - we won't tell if you keep the cookies all to yourself!

**Kiwanis Community Center** - Course Fee: \$5

Feb 13	Tu	10:00-11:30am
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**Youth Pottery - Intergeneration Clay Exploration**

Age: 3-4 yrs. Bring your curiosity and the child in your life to Pullen Arts Center for a special cooperative art-making experience! We'll spend time in the Youth Pottery Studio, where you'll learn a little about working with clay while learning even more about your child and the creative process. Pieces will be left for firing and available for pickup 2-3 weeks after the class. Class fee includes one adult and one child; please register child only. All materials provided. 1 session. Instructor: Emily Malpass.

**Pullen Arts Center** - Course Fee: \$36

Mar 14	Th	10:00-11:15am
Apr 18	Th	10:00-11:15am

**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 6-Jan 27	Sa	11:00-11:45am
Feb 3-Feb 24	Sa	11:00-11:45am
Mar 2-Mar 23	Sa	11:00-11:45am
Apr 6-Apr 27	Sa	11:00-11:45am

**Art - Art Club**

Age: 8-11 yrs. Come join the Art Club! Members will choose projects from a list provided by the instructor, such as watercolor painting, paper weaving, Japanese Notan, mixed-media painting, oil pastels, posters and collage. No two sections are alike, so join as many as you can. Supplies included. 6 sessions.

Instructor: Michelle Davis Petelinz.

**Sertoma Arts Center** - Course Fee: \$100

Jan 11-Feb 15	Th	4:00-6:00pm
Mar 28-May 2	Th	4:00-6:00pm

**Art - Destination: Art!**

Age: 8-11 yrs. Come travel with us! Each week we'll explore a different destination then create a project inspired by its art. Sites may include: Australia, China, Ecuador, India, Italy, Mexico, Peru, Samoa, Sweden, Tanzania, and more. No two sessions are alike. Supplies included. 6 sessions. Instructor: Michelle Davis Petelinz.

**Sertoma Arts Center** - Course Fee: \$100

Jan 10-Feb 14	W	4:00-6:00pm
Mar 27-May 1	W	4:00-6:00pm

**Art - Imagination Station**

Age: 6-12 yrs. Let your imagination soar! This class will focus on fundamentals of art by exploring a variety of materials, techniques. Creating unique art with drawing, painting, collage, paper craft and sculpture. Supplies included. 6 sessions. Instructor: Sarah Clover.

**Sertoma Arts Center** - Course Fee: \$100

Jan 9-Feb 13	Tu	4:15-5:45pm
Mar 5-Apr 16	Tu	4:15-5:45pm

**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

Jan 4-Jan 25	Th	4:00-5:00pm
Feb 1-Feb 22	Th	4:00-5:00pm
Mar 7-Mar 28	Th	4:00-5:00pm
Apr 4-Apr 25	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 6-Jan 27	Sa	10:00-10:45am
Feb 3-Feb 24	Sa	10:00-10:45am
Mar 2-Mar 23	Sa	10:00-10:45am
Apr 6-Apr 27	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. We do 2 recital performances in the dance season, one in winter (December) and the other in spring (June) where they will receive a trophy for the dance year. We also participate in Christmas parades.

**Lake Lynn Community Center**

Jan 6-Jan 27	Sa	12:15-1:00pm	Fee: \$41
Feb 3-Feb 17	Sa	12:15-1:00pm	Fee: \$31
Mar 2-Mar 30	Sa	12:15-1:00pm	Fee: \$41
Apr 6-Apr 27	Sa	12:15-1:00pm	Fee: \$41

**Full Session Option**

Jan 6-Apr 27	Sa	12:15-1:00pm	Fee: \$151
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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. We do 2 recital performances in the dance season, one in winter (December) and the other in spring (June) where they will receive a trophy for the dance year. We also participate in Christmas parades.

**Lake Lynn Community Center**

Feb 3-Feb 17	Sa	10:15-11:00am	Fee: \$31
Mar 2-Mar 30	Sa	10:15-11:00am	Fee: \$41
Apr 6-Apr 27	Sa	10:15-11:00am	Fee: \$41

**Full Session Option**

Jan 6-Apr 27	Sa	10:15-11:00am	Fee: \$151
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**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 4-Jan 25	Th	5:30-6:30pm
Feb 1-Feb 22	Th	5:30-6:30pm
Feb 29-Mar 21	Th	5:30-6:30pm
Apr 4-Apr 25	Th	5:30-6:30pm

### Fibers - Beginner Sewing: Roll-Up Organizer

Age: 8-12 yrs. Create a useful roll-up organizer to store a variety of things from your school supplies or your toothbrush and toothpaste for travel, or even your lunch utensils! You will learn the basics of using a sewing machine, the tools used in sewing, and the vocabulary for following a pattern. No experience is necessary. Supplies included. We will be using Sertoma's sewing machines. 2 sessions. Instructor: Samantha Pell  
**Sertoma Arts Center** - Course Fee: \$90  
 Mar 9-Mar 16 Sa 10:00am-1:00pm

### Fibers - Youth Learn to Weave

Age: 8-12 yrs. This class is great for weaving beginners or those who want to explore pattern, texture and material with the technique. Students will work on three small weavings to challenge their approach in these design elements. Supplies included. 2 Sessions. Instructor: Samantha Pell  
**Sertoma Arts Center** - Course Fee: \$90  
 Mar 9-Mar 16 Sa 2:00-4:00pm

### Homeschool & Afterschool Art Time

Age: 7-12 yrs. Come join us for this four-week class. We will explore art elements such as line and color composition. We will use many kinds of media, such as watercolor, tempera, chalk and acrylic paint. This class will at times get a little messy, so it is advisable to wear old clothes or bring an old T-shirt. Class length is four weeks, with a makeup class, if needed, added the week following the scheduled end of the session. Instructor: Maureen Seltzer  
**Optimist Community Center** - Course Fee: \$51  
 Jan 3-Jan 24 W 1:30-3:00pm  
 Jan 3-Jan 24 W 4:30-6:00pm  
 Feb 7-Feb 28 W 1:30-3:00pm  
 Feb 7-Feb 28 W 4:30-6:00pm  
 Mar 13-Apr 3 W 1:30-3:00pm  
 Mar 13-Apr 3 W 4:30-6:00pm  
 Apr 17-May 8 W 1:30-3:00pm  
 Apr 17-May 8 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: \$46  
 Jan 3-Jan 24 W 11:45am-12:45pm  
 Feb 7-Feb 28 W 11:45am-12:45pm  
 Mar 13-Apr 3 W 11:45am-12:45pm  
 Apr 17-May 8 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. Our theatre program continues month to month until December. Class will consist of a Winter Play on the last class in December and a Spring Play on the last class in June. Scripts will be given to students and we'll work on practicing lines.

**Lake Lynn Community Center** - Course Fee: \$51

Jan 10-Jan 31 W 7:00-8:00pm  
 Feb 7-Feb 28 W 7:00-8:00pm  
 Mar 6-Mar 27 W 7:00-8:00pm  
 Apr 3-Apr 24 W 7:00-8:00pm

**Full Session Option** - Course Fee: \$201  
 Jan 3-Apr 24 W 7:00-8:00pm

### Jazzed to Jive

Age: 5-11 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 8-Jan 29 M 5:00-5:55pm Fee: \$31  
 Feb 5-Feb 26 M 5:00-5:55pm Fee: \$41  
 Mar 4-Mar 25 M 5:00-5:55pm Fee: \$41  
 Apr 1-Apr 22 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. We do 2 recital performances in the dance season, one in winter (December) and the other in spring (June) where they will receive a trophy for the dance year. We also participate in Christmas parades.

**Lake Lynn Community Center**

Jan 6-Jan 27 Sa 11:15am-12:00pm Fee: \$41  
 Feb 3-Feb 17 Sa 11:15am-12:00pm Fee: \$31  
 Mar 2-Mar 30 Sa 11:15am-12:00pm Fee: \$41  
 Apr 6-Apr 27 Sa 11:15am-12:00pm Fee: \$41

**Full Session Option**

Jan 6-Apr 27 Sa 11:15am-12:00pm Fee: \$151

### Junior Competition Team

Age: 7-12 yrs. This Competition Team is for dancers ages 7-12 years old. 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. We do 2 recital performances in the dance season, one in winter

(December) and the other in spring (June) where they will receive a trophy for the dance year. We also participate in Christmas parades.

**Lake Lynn Community Center** - Course Fee: \$50

Jan 6-Jan 27 Sa 2:15-3:00pm  
 Feb 3-Feb 24 Sa 2:15-3:00pm  
 Mar 2-Mar 30 Sa 2:15-3:00pm  
 Apr 6-Apr 27 Sa 2:15-3:00pm

**Full Session Option** - Course Fee: \$200

Jan 6-Apr 27 Sa 2:15-3:00pm

### Music - Raleigh Children's Orchestra

Age: 6-13 yrs. The Raleigh Children's Orchestra is a multilevel string orchestra for students in grades 1-7 who have played for six months or more. The orchestra provides a rare opportunity for young players to rehearse and perform in an ensemble setting. For those who are not yet proficient in reading music, parts are available with string names and finger numbers. More experienced players have more difficult parts and leadership opportunities. All will gain fluency in playing and ensemble skills. The semester ends with a free public concert. Students provide their own instruments, music stands and three-ring binders. 8 sessions. Director: Ilse Mann.

**Sertoma Arts Center**

**Half Session (8 Weeks)** - Course Fee: \$105

Jan 4-Feb 22 Th 6:15-7:30pm  
 Feb 29-Apr 25 Th 6:15-7:30pm

**Full Session (16 Weeks)** - Course Fee: \$200

Jan 4-Apr 25 Th 6:15-7:30pm

### Pottery - Ceramic Circus

Age: 6-11 yrs. In the first class students will create a big top circus tent. In the second class we will create clowns and circus animals. In the last class we will glaze these with bright colors. Pottery will be ready 2 weeks after the last class. 3 Sessions. Supplies included. Instructor: Patty Merrell.

**Sertoma Arts Center** - Course Fee: \$60

Jan 11-Jan 25 Th 4:15-5:30pm

### Pottery - Funky Fungi

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

**Sertoma Arts Center** - Course Fee: \$41

Feb 27-Mar 5 Tu 4:15-5:30pm

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**Pottery - Kids Handbuilding: Garden Gnomes**

Age: 5-9 yrs. Explore Clay by creating a gnome for your garden using the slab handbuilding technique. The first day of class, students will create their gnomes, and the second day they will decorate them with vibrant glazes. This class is a great way to introduce your kids to Clay! Supplies are included. Projects will be ready for pickup about 2 weeks after the last class. Instructor: Ashley Bonner  
**Pullen Arts Center** - Course Fee: \$43  
 Mar 13-Mar 20 W 4:30-5:30pm

**Pottery - Kids Handbuilding: Happy Hearts**

Age: 5-9 yrs. Explore Clay by creating clay projects decorated with hearts and textures, 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 to introduce your kids to Clay! Supplies are included. Projects will be ready for pickup about 2 weeks after the last class. Instructor: Ashley Bonner  
**Pullen Arts Center** - Course Fee: \$43  
 Feb 15-Feb 22 Th 4:30-5:30pm

**Pottery - Kids Handbuilding: Mother's Day Gifts**

Age: 5-9 yrs. Explore Clay by creating lovely gifts for Mom using the slab handbuilding technique. The first day of class, students will create their gifts, and the second day they will decorate them with vibrant glazes. This class is a great way to introduce your kids to Clay! Supplies are included. Projects will be ready for pickup about 2 weeks after the last class. Instructor: Ashley Bonner  
**Sertoma Arts Center** - Course Fee: \$42  
 Apr 21-Apr 28 Su 12:30-1:30pm

**Pottery - Kids Handbuilding: Winter Wonders**

Age: 5-9 yrs. Explore Clay by creating winter 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 to introduce your kids to Clay! Supplies are included. Projects will be ready for pickup about 2 weeks after the last class. Instructor: Ashley Bonner  
**Pullen Arts Center** - Course Fee: \$43  
 Jan 16-Jan 23 Tu 4:30-5:30pm

**Pottery - Something's Fishy**

Age: 5-11 yrs. In the first class students will create a clay fish to hang on the wall. During the second class we will decorate these with glazes. Pottery will be ready 2 weeks after last class. Supplies included. 2 sessions. Instructor: Patty Merrell.  
**Sertoma Arts Center** - Course Fee: \$41  
 Apr 4-Apr 11 Th 4:15-5:30pm

**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 included. Projects will be ready for pickup 2 weeks after the last class. 4 sessions. Instructor: Ashley Bonner.  
**Pullen Arts Center** - Course Fee: \$66  
 Jan 10-Jan 31 W 4:30-5:30pm  
 Mar 7-Mar 28 Th 4:30-5:30pm

**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 8 Th 5:00-5:30pm

**Shamrock Hat**

Mar 16 Th 5:00-5:30pm

**Spring Bunnies**

Mar 28 Th 5:00-5:30pm

**Spring into art!**

Age: 6-9 yrs. Spring into the season with some arts and crafts guaranteed to bring some fun!

**Marsh Creek Community Center** - Course Fee: \$10  
 Apr 8 M 6:00-7:00pm

**Valentine's Day Crafts**

Age: 6-9 yrs. Come and join us to make some holiday themed crafts. These crafts will be valentine's day themed and full of fun!

**Marsh Creek Community Center** - Course Fee: \$10  
 Feb 12 M 6:00-7:00pm

**Youth Drawing - Big and Tall**

Age: 6-12 yrs. Discover the wide range of drawing tools and techniques, from technical pencils to charcoal to ink. You'll learn how to master the art of drawing on oversized paper, inspired by the ancient art of scrolls and the contemporary art of visual storytelling. 1 session. All supplies included. Instructor: Julia Einstein.

**Pullen Arts Center** - Course Fee: \$31  
 Mar 9 Sa 10:00-11:30am





**Youth Mixed Media - Land of the Llamas**

Age: 5-8 yrs. We'll explore the Lama and their uniqueness. Then paint our own llamas with color combinations & mark making! All supplies provided. 1 session. Instructor: Pamela Cola.

**Pullen Arts Center** - Course Fee: \$31  
Mar 16 Sa 10:00-11:30am

**Youth Mixed Media - Let's mask for Mardi Gras**

Age: 5-8 yrs. Explore Mardi Gras and create your own mask. All supplies included. 1 session. Instructor: Pamela Cola.

**Pullen Arts Center** - Course Fee: \$31  
Jan 20 Sa 10:00-11:30am

**Youth Mixed Media - Pop up!**

Age: 6-12 yrs. The art of cutting and folding paper goes back centuries! Learn how to animate your drawings with pop-up techniques! It's a fun way to transform stories into 3D illustrations. 1 session. All supplies included. Instructor: Julia Einstein.

**Pullen Arts Center** - Course Fee: \$31  
Apr 27 Sa 10:00-11:30am

**Youth Painting - Birds Soar**

Age: 5-8 yrs. In this class youth will explore color, pattern, and mark-making while painting a bird portrait. All supplies included. 1 session. Instructor: Pamela Cola.

**Pullen Arts Center** - Course Fee: \$31  
Feb 17 Sa 10:00-11:30am

**Youth Painting - Explore the Art of Watercolor**

Age: 6-12 yrs. Color + Water = Experiment! Explore all the different techniques of a watercolor artist. Learn how to use everyday materials like salt, masking tape, and drinking straws (and more) to create amazing effects in paint. You'll create a series of paintings to bring home. All supplies included. 1 session. Instructor: Julia Einstein.

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

**Youth Painting - Realistic & Abstract**

Age: 6-12 yrs. Artists love to produce paintings both life-like and purely expressive. Learn how to be painterly, to mix colors on a palette, and to use brushes the tools of a painter. You'll create 2 masterpieces in acrylic paint on canvas. All supplies included. 1 Session. Instructor: Julia Einstein.

**Pullen Arts Center** - Course Fee: \$31  
Apr 6 Sa 10:00-11:30am

**Youth Pottery - Clay Craft: Bugs on a Log**

Age: 5-8 yrs. In this class, youth potters will listen to a storybook about bugs and then hand-build their own bugs on a log out of clay. Pieces will be left for firing and available for pickup 2-3 weeks after the class. All supplies included. 1 session. Instructor: Sue Chegari.

**Pullen Arts Center** - Course Fee: \$31  
Apr 13 Sa 1:00-3:00pm

**Youth Pottery - Clay Craft: Colorful Rainbows**

Age: 5-8 yrs. Youth potters will learn how to use the extruder to make hollow tubes of clay. We will arrange the tubes into arches to create a rainbow. Then we will add colorful underglazes to the arches and bring some sunshine to the winter days. Projects will be left for firing and available for pickup 2-3 weeks after the last class. All supplies included. 1 session. Instructor: Sue Chegari.

**Pullen Arts Center** - Course Fee: \$31  
Feb 18 Su 10:00am-12:00pm

**Youth Pottery - Clay Craft: Earth Sounds**

Age: 9-12 yrs. In this class, youth potters will create one-of-a-kind musical instruments out of clay inspired by maracas. Students will be encouraged to let their personalities shine through with their design and color choices while learning basic handbuilding techniques. Pieces will be left for firing and available for pickup between 2-3 weeks after the last class. All supplies included. 1 session. Instructor: Sue Chegari.

**Pullen Arts Center** - Course Fee: \$31  
Apr 28 Su 2:00-4:00pm

**Youth Pottery - Clay Craft: 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 share with a friend. Youth potters will explore using different textures and adding color with underglazes. Projects will be left for firing and available for pickup approximately 2-3 weeks after the class. All supplies included. 1 session. Instructor: Sue Chegari.

**Pullen Arts Center** - Course Fee: \$31  
Feb 10 Sa 1:00-3:00pm

**Youth Pottery - Clay Craft: Hot Cocoa Mug**

Age: 5-8 yrs. Let's create a ceramic mug to have a warm drink in this winter. Youth potters will use hand building techniques to construct and personalize their own functional ceramic mug. Projects will be left for firing and available for pickup 2-3 weeks after the last class. All supplies included. 1 session. Instructor: Sue Chegari.

**Pullen Arts Center** - Course Fee: \$31  
Jan 21 Su 10:00am-12:00pm

**Youth Pottery - Clay Craft: I Love Myself**

Age: 5-8 yrs. Let's celebrate our uniqueness by creating a personalized ceramic frame for a mirror. Youth potters will construct a ceramic frame using a slab and coils and decorate it with texture and colorful underglaze. After the piece is fired the instructor will adhere a 4x6 mirror tile to it. Projects will be left for firing and available for pickup between 2-3 weeks after the last class. All supplies included. 1 session. Instructor: Sue Chegari.

**Pullen Arts Center** - Course Fee: \$31  
Feb 4 Su 1:00-3:00pm

**Youth Pottery - Clay Craft: Kinetic Clay Sculpture**

Age: 5-8 yrs. Let's celebrate the birthday of Alexander Calder, an american sculptor that is best known for his mobiles, which are sculptures that move. Calder's work is often playful and whimsical. Youth potters will create their own playful ceramic objects from slabs of clay with fun textures and bright colors. After they are fired, a dowel and craft string will be provided to finish constructing their kinetic clay sculpture at home. Projects will be left for firing and available for pickup 2-3 weeks after the last class. All supplies included. 1 session. Instructor: Sue Chegari.

**Pullen Arts Center** - Course Fee: \$31  
Jan 27 Sa 2:00-4:00pm

**Youth Pottery - Clay Craft: One Fish, Two Fish**

Age: 5-8 yrs. Come let's celebrate Dr. Seuss's birthday by creating our own fish dish from a slab of clay and a slump mold while we listen to a Dr. Seuss book. We will decorate our fish dish with colorful underglazes. Projects will be left for firing and available for pickup 2-3 weeks after the last class. All supplies included. 1 session. Instructor: Sue Chegari.

**Pullen Arts Center** - Course Fee: \$31  
Mar 3 Su 1:00-3:00pm

**Youth Pottery - Clay Craft: Sunflowers**

Age: 5-8 yrs. Let's look at Van Gough's sunflower paintings for inspiration to create a 3-D tile of sunflowers in a vase. We will start with a slab and learn different ceramic techniques to create our colorful masterpiece. Projects will be ready for pickup 2-3 weeks after last class. Supplies included. 1 session. Instructor: Sue Chegari.

**Pullen Arts Center**  
Mar 16 Sa 1:00-3:00pm Fee: \$31

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### Youth Pottery - Clay Play: Bobbleheads

Age: 9-12 yrs. Want to make a fun movable sculpture? We will make our own by using a slab of clay and a pinch pot. You will learn basic ceramic techniques, how to add texture and colorful underglaze to make this whimsical ceramic sculpture. Pieces will be left for firing and available for pickup 2-3 weeks after the last class. All supplies included. 2 sessions. Instructor: Sue Chegari.

**Pullen Arts Center** – Course Fee: \$46  
Mar 25-Apr 1 M 4:30-6:00pm

### Youth Pottery - Clay Play: Creative Coil Creation

Age: 9-12 yrs. Build a vessel while we explore ancient coiling techniques to create a modern piece of art. Potters will learn hand-build skills, how to use clay tools and how to add underglaze to their pottery. Pieces will be left for firing and available for pickup between 2-3 weeks after the last class. All supplies included. 2 sessions. Instructor: Sue Chegari.

**Pullen Arts Center** – Course Fee: \$61  
Feb 19-Feb 26 M 4:30-6:30pm

### Youth Pottery - Clay Play: Dot Pots

Age: 9-12 yrs. Youth potters will learn how to create their own ceramic pots inspired by the work of Japanese artist Yayoi Kusama. First you will learn how to make a pinch pot and then you will use underglaze and various tools to add the signature polka dots that are Kusama's trademark. Pieces will be left for firing and available for pickup 2-3 weeks after the last class. All supplies included. 2 session. Instructor: Sue Chegari.

**Pullen Arts Center** – Course Fee: \$46  
Mar 11-Mar 18 M 4:30-6:00pm

### Youth Pottery - Clay Play: Earth Sounds

Age: 9-12 yrs. In this class, potters will create one-of-a-kind musical instruments out of clay inspired by maracas. Students will be encouraged to let their personalities shine through with their design and color choices while learning basic hand-building techniques. Pieces will be left for firing and available for pickup between 2-3 weeks after the last class. All supplies included. 2 sessions. Instructor: Sue Chegari.

**Pullen Arts Center** – Course Fee: \$61  
Apr 22-Apr 29 M 4:30-6:30pm

### Youth Pottery - Clay Play: Fairy & Gnome Homes

Age: 9-12 yrs. Potters are invited to build a ceramic home for a fairy or a gnome while learning how to use a variety of handbuilding techniques. Students will learn how to decorate with texture, underglaze and their own imaginative details. Pieces will be left for firing and available for pickup 2-3 weeks after the last class. All supplies included. 2 sessions. Instructor: Sue Chegari.

**Pullen Arts Center** – Course Fee: \$61  
Apr 8-Apr 15 M 4:30-6:30pm

### 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 texture and colorful underglazes. When they are complete you can share your kindness coins with friends and family. Projects will be left for firing and available for pickup 2-3 weeks after the last class. All supplies included. 1 session. Instructor: Sue Chegari.

**Pullen Arts Center** – Course Fee: \$31  
Jan 7 Su 1:00-3:00pm

### Youth Printmaking - Print it!

Age: 6-12 yrs. The art of printmaking is a fun! Learn all the steps to transform your drawings into impressions to apply inks and create a folio of prints. All supplies included. 1 session. Instructor: Julia Einstein.

**Pullen Arts Center** – Course Fee: \$31  
Jan 27 Sa 10:00-11:30am

## Teen

### Drawing - Drawing Fundamentals for Teens

Age: 12-16 yrs. This class will explore drawing fundamentals such as contour drawing, gesture drawing, value and shading, composition and perspective. We will draw figures, landscapes in realistic and abstract experiments using a variety of drawing materials: pencil, pen, charcoal, colored pencils, pastels and markers. Supplies included. 6 sessions.

**Sertoma Arts Center** – Course Fee: \$76  
Instructor: Sarah Clover  
Jan 9-Feb 13 Tu 6:00-7:30pm  
Mar 5-Apr 16 Tu 6:00-7:30pm

**Sertoma Arts Center** – Course Fee: \$76  
Instructor: Anne Terry  
Jan 8-Feb 19 M 4:30-6:00pm  
Mar 4-Apr 15 M 4:30-6:00pm

**Pottery - Teen Handbuilding**

Age: 12-17 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 included. Projects will be ready for pickup 2 weeks after the last class. 4 sessions. Instructor: Ashley Bonner.

**Sertoma Arts Center** - Course Fee: \$85

Feb 5-Feb 26	M	4:30-6:00pm
Apr 2-Apr 23	Tu	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 11-Feb 15	Th	4:00-6:30pm
Mar 7-Apr 18	Th	4:00-6:30pm

**Teen Ballet/Jazz**

Age: 13-17 yrs. This class for ages 13-17 offers a mixture of ballet and jazz with more mature technique. Wear pink or white tights, black or pink leotard and ballet slippers. Instructed by Ms. Gabbie. We do 2 recital performances in the dance season, one in Winter (December) and the other in Spring (June) where they will receive a trophy for the dance year. We also participate in Christmas parades.

**Lake Lynn Community Center** - Course Fee: \$50

Jan 4-Jan 25	Th	7:00-8:00pm
Feb 1-Feb 22	Th	7:00-8:00pm
Mar 7-Mar 28	Th	7:00-8:00pm
Apr 4-Apr 25	Th	7:00-8:00pm

**Full Session Option** - Course Fee: \$200

Jan 4-Apr 25	Th	7:00-8:00pm
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**Teen Competition Team**

Age: 13-17 yrs. This Competition Team is for dancers ages 13-17 years old. 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. We do 2 recital performances in the dance season, one in winter (December) and the other in spring (June) where they will receive a trophy for the dance year. We also participate in Christmas parades.

**Lake Lynn Community Center** - Course Fee: \$50

Jan 4-Jan 25	Th	6:00-6:45pm
Feb 1-Feb 22	Th	6:00-6:45pm
Mar 7-Mar 28	Th	6:00-6:45pm
Apr 4-Apr 25	Th	6:00-6:45pm

**Full Session Option** - Course Fee: \$200

Jan 4-Apr 25	Th	6:00-6:45pm
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**Teen Drawing - Intro to Drawing**

Age: 9-15 yrs. Students will have the opportunity to develop basic drawing skills using a number of techniques. 3 Sessions. Instructor: Aurelis Lugo. All supplies included.

**Pullen Arts Center** - Course Fee: \$100

Feb 10-Feb 24	Sa	9:00am-12:00pm
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**Teen Jewelry - Beginning Metals**

Age: 12-15 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. 5 sessions. Instructor: Amy Veatch.

**Pullen Arts Center** - Course Fee: \$166

Jan 8-Feb 12	M	4:30-7:30pm
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**Teen Jewelry - Intro to Kiln-Fired Enamels**

Age: 12-16 yrs. Come learn to play with kiln-firing while fusing powdered glass to copper sheet in fun patterns. This class will be a foundation for subsequent kiln-fire enameling classes. All supplies included. 4 sessions. Instructor: Ndidi Kowalczyk.

**Pullen Arts Center** - Course Fee: \$151

Feb 19-Mar 11	M	4:30-7:30pm
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**Teen Pottery - Beginning Wheel**

Age: 13-15 yrs. Level up and get behind the potter's wheel! Spend six afternoons with other creative teens in the new Pullen Arts Center wheel classroom, learning the fundamentals of wheel throwing. In this small group class, students will receive individualized attention from instructors. 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 between 2-3 weeks after the last class. All supplies included. 6 sessions. Instructor: Olivia Martinez.

**Pullen Arts Center** – Course Fee: \$136  
Mar 18-Apr 22 M 4:30-6:30pm

**Adult****Adult Ballet/Tap**

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

**Lake Lynn Community Center** – Course Fee: \$50

Jan 8-Jan 29	M	6:30-7:30pm
Feb 5-Feb 26	M	6:30-7:30pm
Mar 4-Mar 25	M	6:30-7:30pm
Apr 8-Apr 29	M	6:30-7:30pm

**Full Session Option** – Course Fee: \$200

Jan 8-Apr 29	M	6:30-7:30pm
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**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  
Apr 20 Sa 9:00am-12:00pm

**Basketry - Flat Reed Basket**

Age: 16-99 yrs. Learn to weave with flat reed material to create a useful small tote basket. All levels are welcome! \$10 supply fee paid to the instructor at the beginning of the workshop for all supplies. Instructor: Angela Eastman  
**Sertoma Arts Center** – Course Fee: \$85  
Feb 3 Sa 10:00am-4:00pm

**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. \*\* Due to Wake County Early Voting, class on 2/18 and 3/3 will be held at Optimist Park.

**Lake Lynn Community Center** – Course Fee: \$5  
Jan 7-Apr 21 Su 3:15-4:00pm

**BOHO-utiful Bracelet Workshop**

Age: yrs. In this four-week class, you will learn several forms of bracelet making techniques, stringing, knotted cord, macrame, and bead weaving, and will finish the sessions with a set of beautiful handmade jewelry.

**Optimist Community Center** – Course Fee: \$60

Jan 16-Feb 6	Tu	6:00-7:30pm
Mar 5-Mar 26	Tu	6:00-7:30pm
Apr 9-Apr 30	Tu	6:00-7:30pm

**Bookmaking - Floral Themed Zines**

Age: 14-99 yrs. Yearning for springtime? Come join a zine making session with a floral focus! In this class there will be two different zine bases you can learn to make and plenty of time to let your imagination bloom (see what I did there). No experience needed and all materials provided! 1 session. Instructor: Jocelyn Steslicke.

**Pullen Arts Center** – Course Fee: \$46  
Apr 6 Sa 1:00-4:00pm

**Decolonizing Cubism**

Age: 16-99 yrs. Join us for this studio course! Participants will have the opportunity to create their own painting and learn about the history behind the cubism and 'primitivism' art movements.

**John Chavis Community Center**  
Mar 28 Th 6:00-9:00pm

**Drawing - Beginning Drawing Continued with Tracie Fracasso**

Age: 16-99 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, color shape and space. 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. Students provide their own supplies. Supply list is provided on receipt. 6 sessions. Instructor: Tracie Fracasso.

**Pullen Arts Center** – Course Fee: \$126  
Feb 21-Mar 27 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, shape and form. 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. Students provide their own supplies. Supply list is provided on receipt. This class qualifies students for a painting studio membership. 6 sessions. Instructor: Tracie Fracasso.

**Pullen Arts Center** – Course Fee: \$126  
Jan 10-Feb 14 W 9:30am-12:30pm  
Apr 3-May 8 W 9:30am-12:30pm

**Drawing - Intro to Drawing with Peter Marin**

Age: 15-99 yrs. This course covers the elemental visual languages of drawing - line, form, value, composition, and perspective - and builds upon them to begin developing the necessary drawing skills to facilitate personal expression. Students are encouraged to practice drawing through class and take-home assignments and strengthen their observational skills. Course consists of slide lectures and studio time. No experience required. Supply list available on Sertoma's webpage. 6 sessions. Instructor: Peter Marin.

**Sertoma Arts Center** – Course Fee: \$126  
Jan 11-Feb 15 Th 6:00-9:00pm  
Mar 7-Apr 11 Th 6:00-9:00pm

### Drawing - Media Exploration

Age: 14-99 yrs. There are so many wonderful classes out there for beginning artists, but sometimes it can feel a little daunting to sign up for a whole course dedicated to just one medium. This class will allow artists to dip their feet into graphite pencil, colored pencils, pastels, collage, watercolor, and acrylic; with each class meeting focusing on a new medium. This class is meant to let people explore what may or may not interest them, and give artists more confidence when it comes to trying new things. \$10 supply fee due to instructor at first class. 6 sessions. Instructor: Jocelyn Steslicke.  
**Pullen Arts Center** - Course Fee: \$126  
 Feb 10-Mar 16 Sa 1:00-4:00pm

### 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: \$5  
 Apr 30 Tu 10:00-11:00am

### Drum it Up!

Age: 16-99 yrs. No prior musical experience is required. Join this class to experience first hand the excitement of live drumming. If you are a total beginner, or have a musical background, this is the class for you. All hand drums will be provided, or bring your own. We will use the African hand drum (called a Djembe) to work on independence, coordination, basic rhythm patterns, ensemble performance, and ideas for solo improvisation. Each class will focus on four elements of drumming. Hand exercises, beat patterns with drum tones, ensemble participation and a goal to complete an extended group composition. As a bonus, for at home practice, a play along video will be provided! If you want to drum, let's get started! Please note that this course is intended for beginner students.

**Marsh Creek Community Center** - Course Fee: \$80  
 Feb 1-Mar 21 Th 6:30-7:30pm

**Pullen Community Center** - Course Fee: \$80  
 Feb 6-Mar 26 Tu 6:30-7:30pm

### Fibers - Beginning Crochet

Age: 15-99 yrs. Great for beginners or those who need a refresher - this class will touch on the basic stitches for crochet. We will work through a series of sample squares, learning single, half-double, double, and treble stitches. Supply list available on Sertoma's webpage. 3 sessions. Instructor: Samantha Pell.

**Sertoma Arts Center** - Course Fee: \$72  
 Jan 22-Feb 5 M 6:30-8:30pm

### Fibers - Knitting for the Absolute Beginner

Age: 12-99 yrs. Get started with this fun hobby for the absolute beginner! We will make samples of different stitches, talk about yarn and needles. All supplies included. 3 Sessions. Instructor: Anne Terry

**Sertoma Arts Center** - Course Fee: \$57  
 Jan 14-Jan 28 Su 3:00-4:30pm

### 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](http://creativesewingstudios.com). Instructor: Joy Kelley.

**Sertoma Arts Center** - Course Fee: \$121  
 Mar 14-Apr 11 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](http://creativesewingstudios.com). 1 session. Instructor: Joy Kelley.

**Sertoma Arts Center** - Course Fee: \$37  
 Feb 3 Sa 1:00-4:00pm

### Fibers - Continuing Garment Sewing: Unisex Boxy Jacket

Age: 16-99 yrs. This class is intended for confident beginners or intermediate sewists who have some experience with a sewing machine and can read a pattern, but need help with garment construction

and visualization. We will discuss how a simple pattern can be used to produce a variety of results based on fabric choice, detailing, and finishes. Members of the class are encouraged to look for inspiration to bring to class, or we will have some examples on the first night. Skills may include: working with heavier weight fabrics, setting sleeves, buttons and buttonholes, different types of finishing, making a collar, and making additions or alterations to a pattern. 5 Sessions. Instructor: Katie Maxey  
**Sertoma Arts Center** - Course Fee: \$130  
 Mar 12-Apr 9 Tu 6:30-9:00pm

### Fibers - Crochet Patterns

Age: 15-99 yrs. For those who have a good grasp of the four basic stitches: single, double, half-double and treble. Learn how these stitches work together in create patterns. Students will learn how to read pattern diagrams to complete various style samples. 3 Sessions. Instructor: Samantha Pell.  
**Sertoma Arts Center** - Course Fee: \$72  
 Mar 4-Mar 18 M 6:30-8:30pm

### Fibers - Embroidered Wonderlands

Age: 16-99 yrs. This is an experimental class where we create wonderlands out of repurposed and discarded materials. Unexpected effects are achieved using non-textile materials, and incorporating them into our textile pieces providing them with unusual textures, shine and luster. Students will learn techniques to stitch them, mold them, wrap them and alter them. All elements are put together with the use of stitches. No prior experience necessary. All supplies included. 4 sessions. Instructor: Patrizia Ferreira.

**Pullen Arts Center** - Course Fee: \$97  
 Feb 15-Mar 7 Th 10:00am-12:00pm

### Fibers - Felted Beanie

Age: 15-99 yrs. Keep yourself warm by making a wool beanie using wet felting techniques. Students will learn the basics of wet felting and how to create a pattern for a 3-dimensional felting project. No experience necessary. A supply fee of \$15 is paid to the instructor on the day of the class. The supply list for other items students will need to bring can be found on Sertoma's webpage. Instructor: Samantha Pell.  
**Sertoma Arts Center** - Course Fee: \$37  
 Jan 7 Su 1:30-4:30pm

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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  
Feb 29 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 18-Feb 1 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  
Feb 15 Th 6:30-9:00pm 1

**Fibers - Introduction to Garment Sewing: Pajamas**

Age: 16-99 yrs. For beginning sewists who want to start out or refresh garment making abilities or learn to read patterns. We will be making woven pajama pants and a simple stretch t-shirt. Skills included will be: pattern reading, preparation and cutting of fabric, introduction to different needles, side-seam pockets, setting sleeves, and simple finishing techniques. 6 Sessions. Instructor: Katie Maxey

**Sertoma Arts Center** - Course Fee: \$150  
Jan 23-Feb 27 Tu 6:30-9:00pm  
Apr 16-May 21 Tu 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  
Apr 27 Sa 10:30am-2:00pm

**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. 6 sessions. Instructor: Patrizia Ferreira.

**Sertoma Arts Center** - Course Fee: \$97  
Jan 22-Feb 26 M 9:30-11:30am  
Mar 11-Apr 22 M 9:30-11:30am

**Fibers - Multicolor Shibori**

Age: 16-99 yrs. In this workshop students utilize Japanese Shibori techniques to create multicolor patterns by dipping their samples on different dyes. The result is mesmerizing! Starting with a plain cotton sample you will leave with a beautiful, multilayered color fabric instead! Students supply fabric - details print on receipt, all other supplies are included. 2 sessions. Instructor: Patrizia Ferreira.

**Pullen Arts Center** - Course Fee: \$76  
Apr 16-Apr 23 Tu 10:00am-12:00pm

**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 the start of 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  
Apr 13 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  
Mar 23 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. 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 20 Sa 1:00-4:00pm  
 Mar 2 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  
 Jan 13 Sa 9:30am-4:30pm  
 Jan 14 Su 9:30am-4:30pm  
 Mar 9 Sa 9:30am-4:30pm  
 Mar 10 Su 9:30am-4:30pm

**Floral Design Seminar**

Age: yrs. Join us and discover the artistry of floral design. Unleash your creativity and learn to craft floral arrangements inspired by the colors of the season.

**John Chavis Community Center** - Course Fee: \$15  
 Jan 30 Tu 7:00-9:00pm  
 Apr 3 W 7:00-9:00pm

**Glassmaking - Fused Glass Painting**

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

**Sertoma Arts Center** - Course Fee: \$105  
 Jan 10-Feb 14 W 6:30-8:30pm  
 Mar 6-Apr 10 W 6:30-8:30pm

**Glassmaking - Fused Glass Sampler**

Age: 16-99 yrs. In this weekend workshop, we will explore different techniques in glass fusing to create colorful, functional artwork! On the first day, you'll start by learning the basics of layering glass and firing projects in a kiln. You will make several small pieces following samples and instructor demos. The next day, you will have the option to make one large project or several smaller projects using your favorite techniques from the day before. Projects fired on day 2 will be picked up the following weekend.

Instructor: Danielle Cozart

**Sertoma Arts Center** - Course Fee: \$50  
 Mar 2-Mar 3 Sa & Su 12:00-4:30pm

**Heritage is Art!**

Age: 16-99 yrs. Do you have a family tradition or piece of heritage you want to share? Come on over to Chavis for our Heritage is Art Program! Bring your newspaper clippings, photographs, yearbook pictures, artifacts, recipes, stories, songs, traditions, and oral histories to create a collage, art piece, poetry, and more!

**John Chavis Community Center**  
 Jan 23 Tu 6:30-8:30pm

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**Jewelry - Anodizing Niobium**

Age: 16-99 yrs. Experiment by adding beautiful color to your jewelry! With anodized niobium, you can add color to your pieces. Students will learn to anodize niobium with an electrolyte solution and electrical current. Anodizing brings out amazing color and highlights texture on niobium. The pieces created can be added to other metals by cold joining or be the centerpiece in a set of earrings or necklace. The creative possibilities are endless! A \$35 kit will be available for purchase at the first class. Prerequisite: Beginning Metals at Sertoma or Pullen Arts Center. 6 sessions. Instructor: Amy Veatch.

**Sertoma Arts Center** – Course Fee: \$145  
Jan 11-Feb 15 Th 7:00-9:30pm

**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.

**Pullen Arts Center**  
Mar 3-Mar 10 Su 3:00-5:00pm Fee: \$41  
**Sertoma Arts Center**  
Apr 21-Apr 28 Su 1:00-3:00pm Fee: \$41

**Jewelry - Beginning Enamels**

Age: 16-99 yrs. We will delve into the basics of enameling, or the process of fusing colorful ground glass to a metal substrate. We will explore different techniques including layering, stencils, decals, lusters, and graphite and will learn a few ways to incorporate enameled components into our jewelry. Students will come away from the class with many samples as well as some finished pieces. Enameling after protocols will be discussed and followed at all times. Prerequisite: Beginning Metals at Sertoma or Pullen Arts Center. All supplies included. Instructor: Lauren Markley

**Sertoma Arts Center** – Course Fee: \$150  
Jan 9-Feb 13 Tu 2:30-5:00pm  
Mar 5-Apr 9 Tu 2:30-5:00pm

**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 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 purchase at Pullen Arts Center 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. This class qualifies students for a jewelry studio membership. 6 sessions.

**Pullen Arts Center** – Course Fee: \$146

Instructor: Amy Veatch  
Jan 9-Feb 13 Tu 10:00am-12:30pm  
Instructor: Sarah West  
Jan 9-Feb 13 Tu 6:00-8:30pm  
Instructor: Hsiang-Ting Yen  
Jan 10-Feb 14 W 1:00-3:30pm  
Instructor: Ndidi Kowalczyk  
Jan 11-Feb 15 Th 10:00am-12:30pm  
Instructor: Amy Veatch  
Feb 21-Mar 27 W 7:00-9:30pm

**Sertoma Arts Center**

Instructor: Sarah West  
Jan 6-Feb 3 Sa 12:30-3:30pm  
Instructor: Amy Veatch  
Jan 11-Feb 15 Th 10:00am-12:30pm  
Instructor: Lauren Markley  
Jan 9-Feb 13 Tu 6:00-8:30pm  
Instructor: Lauren Markley  
Mar 5-Apr 9 Tu 6:00-8:30pm

**Jewelry - Beyond the Bezel: Tab and Prong Setting**

Age: 16-99 yrs. In this class, we will focus on tab and prong settings to add found objects, unusual shaped stones or delicate materials such as enamels to our jewelry. We will be working primarily in brass and copper but students can choose to experiment with sterling silver. Individual projects will be based on student's experience, their investigations during sample making and the student's designs. Students will need to supply their own materials, supply list prints on receipt. 6 sessions. Instructor: Sarah West.

**Pullen Arts Center** – Course Fee: \$146  
Apr 3-May 1 W 6:00-9:00pm

**Jewelry - Build Like Artist Madelyn Smoak**

Age: 16-99 yrs. Let's draw inspiration from artist, Madelyn Smoak's artwork. A donation of materials from Smoak's studio have given rise to this one-of-a-kind workshop. Come build pieces inspired by her work, putting together beads, decorative metal, coins, wire, hardware, small portraits, and stones, to make interesting and beautiful jewelry, ornament, or sculpture. All supplies included. 2 sessions. Instructors:

Amy Veatch & Ndidi Kowalczyk.  
**Pullen Arts Center** – Course Fee: \$211  
Apr 6-Apr 7 Sa&Su 9:30am-4:30pm

**Jewelry - Chain Making and the Fabricated Clasp**

Age: 16-99 yrs. The purpose of this class is to introduce you to the aspects of hand made chain making while building your technical skills. We will start by working on some chain and clasp samples in copper or brass. Students can choose to continue with these metals or move onto sterling silver for their final project. Individual projects will be based on student's experience, their

investigations during sample making and the student's designs. Students should plan to bring a variety of copper (16g, 18g, or 20g) or brass (18g or 20g) wires or purchase materials from Pullen Arts Center's store (approx. \$20). Students may use sterling silver if they choose. Prerequisite: Beginning Metals at Pullen or Sertoma. 5 sessions. Instructor: Sarah West.

**Pullen Arts Center** – Course Fee: \$146  
Jan 22-Feb 19 M 1:00-4:00pm

**Jewelry - Cold Joining**

Age: 16-99 yrs. Rivets, tabs, slots, and prongs. Fabricate your piece without solder. This allows for a collage type assemblage of varied components. Possibilities include found objects, gemstones, and things that otherwise could not withstand heat. \$25 kit available. Instructor: Betty McKim.

**Sertoma Arts Center** – Course Fee: \$141  
Mar 5-Apr 9 Tu 10:00am-12:30pm

**Jewelry - Continuing Metals**

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 purchase from Pullen Arts Center 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. 6 sessions. If you completed Jewelry - Beginning Metals at Pullen or Sertoma Arts Center prior to 2021 and have difficulty registering, please contact Pullen.Arts@raleighnc.gov.

**Pullen Arts Center** – Course Fee: \$146  
Instructor: Amy Veatch  
Jan 3-Feb 7 W 7:00-9:30pm  
Instructor: Sarah West  
Feb 27-Apr 2 Tu 7:00-9:30pm  
**Sertoma Arts Center** – Course Fee: \$146  
Instructor: Amy Veatch  
Feb 22-Mar 28 Th 7:00-9:30pm  
Instructor: Sarah West  
Feb 10-Mar 9 Sa 12:30-3:30pm

### Jewelry - Enameling Introduction

Age: 16-99 yrs. This class is designed for the aspiring enamelist. Starting with the absolute basics, we will explore color on metal with transparent and opaque enamels. The sky's the limit - there will be tons of room for experimentation! Students will come away with the basic knowledge and confidence to enamel oodles of samples to make into finished jewelry. Students should bring their own 18g (0.040 inches) or 20g (0.032 inches) copper sheet to class or they can purchase it through the Pullen Arts Center supply store. All supplies included in price of class EXCEPT copper. 6 sessions.

**Pullen Arts Center** - Course Fee: \$186

Instructor: Lauren Markley

Feb 12-Mar 18 M 9:30am-12:30pm

Instructor: Sarah West

Feb 22-Mar 28 Th 6:00-9:00pm

### Jewelry - Guided Studio

Age: 16-99 yrs. In this class students can complete or start projects of their own design. If you have taken a Beginning or Continuing Metals class and have an idea for a project, but feel you need instructor support this is the class for you. There are no set of skills or projects for this class, instead there will be individualized instruction according to the projects students bring to class. Students will need to supply their own materials. Prerequisite: Beginning Metals at Pullen or Sertoma. 6 sessions. Instructor: Amy Veatch.

**Pullen Arts Center** - Course Fee: \$146

Feb 27-Apr 2 Tu 10:00am-12:30pm

### Jewelry - Intro to Torch Fired Enamel

Age: 16-99 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 can be purchased through the Pullen Arts Center store (approx. \$25). 4 sessions. Instructor: Ndidi Kowalczyk.

**Pullen Arts Center** - Course Fee: \$156

Jan 11-Feb 1 Th 5:00-9:00pm

### Jewelry - Intro to Tube Setting

Age: 16-99 yrs. Whether you have never set a stone before or you just need a little practice with the technique, this tube setting class is not to be missed! We will learn how to cut our tubing and solder it onto flat and curved surfaces. Then we will set a small faceted cubic zirconia into our tubing. We will start with practice pieces but if you want to add a stone to a piece of jewelry that you made in a previous class, we can work on that, too. Supply Kit for sale at

Sertoma. Prerequisite: Beginning and Continuing Metals at Sertoma or Pullen Arts Centers. 1 session. Instructor: Sarah West.

**Sertoma Arts Center** - Course Fee: \$71

Mar 16-Mar 23 Sa 12:30-4:30pm

### 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 16-Feb 20 Tu 10:00am-12:30pm

### Jewelry - Simple Enameled Rings

Age: 16-99 yrs. In this weekend workshop, students will make rings inspired by abstract art using enamel powder on copper with sterling silver shanks. Students will learn to add inclusions like beads, wire, or casting grain as embellishments to create motif. We'll then explore a couple methods for connecting the motif to a ring shank. Experience with vitreous enamels and/or basic metalsmithing knowledge is helpful but not a prerequisite. A \$15 materials fee due to instructor on the first day of class. Instructor accepts Cash, Venmo, or Credit Card. 2 sessions. Instructor: Ndidi Kowalczyk.

**Pullen Arts Center** - Course Fee: \$151

Mar 2-Mar 3 Sa & Su 9:30am-4:30pm

### Jewelry - Textured and Twisted: Bangle Bracelets

Age: 16-99 yrs. In this fun make and take class, you will learn some jewelry making basics. Each student will make at least two bangle bracelets - one with twisted wire and one with a hammer texture. All supplies included! Beginners welcome! 1 session. Instructor: Sarah West.

**Sertoma Arts Center** - Course Fee: \$43

Apr 6 Sa 12:30-4:30pm

**Pullen Arts Center** - Course Fee: \$43

Apr 18 Th 6:00-9:30pm

### Jewelry - Zen and the Art of the Jewelers Saw

Age: 16-99 yrs. This one day class is designed to get you in the groove with your jeweler's saw! We will talk about best practices when planning our designs

and then we will create a unique drawing for a pendant. Next we will transfer our drawing onto the copper by sawing and texturing the day away! Finally we will learn the basics of filing and finishing techniques. Students will leave class with a finished pendant and some basic jewelry making knowledge. All materials, including one 2"x3" piece of 20 gauge copper and saw blades, provided! All levels welcome! 1 session. Instructor: Sarah West.

**Pullen Arts Center**

Apr 8 M 6:00-9:30pm Fee: \$48

**Sertoma Arts Center**

Apr 20 Sa 12:30-4:30pm Fee: \$35

### Mixed Media - Artist Brushmaking: From Tool to Treasure

Age: 16-99 yrs. Explore the idea that a tool can be a piece of functional artwork. Learn to make a variety of brushes and how to harvest and source materials. You'll create brush heads from hair, fur, and natural fiber. For brush handles you'll use bamboo, wood, and even learn the possibilities of how clay can be incorporated to make handles and ferrule. This workshop includes discussions, slide presentations, and collaborations. The brushes can be used in various media with the possibility of mark making unique to each brush. You can use them in alternative process photography, ceramic mark making, lithography, watercolor, and much more. A materials fee of \$55 per student is payable to the instructor at the start of the workshop to cover the natural hair and locally sourced materials for making the brushes. 2 sessions. Instructor: Sarah Ann Austin.

**Pullen Arts Center** - Course Fee: \$61

Feb 5-Feb 12 M 6:00-8:00pm

### Mixed Media - Artist Trading Cards

Age: 12-99 yrs. Create mini artworks to trade or share with family, friends, and other local artists! In class we will explore the concept of artist trading cards and create our own multimedia art pieces. At the end of class you will have a small collection of cards to take home, as well as a chance to trade your new cards with classmates. \$5 kits available for purchase at Pullen Arts Center or students can provide materials - supply details print on receipt. Instructor: Ashley Bonner.

**Pullen Arts Center** - Course Fee: \$31

Jan 28 Su 10:00am-12:00pm

Feb 25 Su 10:00am-12:00pm

Mar 24 Su 10:00am-12:00pm

Apr 28 Su 10:00am-12:00pm

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### 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 7 years now! Student supplies own materials. Any wet media welcome. This class qualifies students for a painting studio membership. 6 sessions. Instructor: Peter Marin.

**Pullen Arts Center** – Course Fee: \$126

Jan 11-Feb 15	Th	9:30am-12:30pm
Mar 14-Apr 18	Th	9:30am-12:30pm

### Painting - Beginning Watercolor Groundwork for Adventure

Age: 16-99 yrs. Students will learn the basic skills of watercolor painting and how to create colorful and glowing effects. The instructor, Rick Bennett 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 the use of the color wheel, how values work, and the importance of leaving your whites and mixing bright colors, neutrals, and darks. Paints and brushes are 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. This class qualifies students for a painting studio membership. 6 sessions. Instructor: Rick Bennett.

**Pullen Arts Center** – Course Fee: \$116

Jan 16-Feb 20	Tu	10:00am-12:30pm
Jan 18-Feb 22	Th	7:00-9:30pm
Mar 12-Apr 16	Tu	10:00am-12:30pm

### Painting - Beginning Watercolors

Age: 15-99 yrs. Have you ever gazed in wonder at a beautiful watercolor painting and wished you could create something like that too? This 6 week course will teach you all you need to know about beginning watercolor painting. Each week will feature different demonstrations through lessons that teach you to "see" your subject using color, values, and other tricks. In addition, learn the secrets of the best paper, paint, and brushes to use. Supply list available on Sertoma's webpage. 6 sessions. All Levels.

**Sertoma Arts Center**

Instructor: Ryan Fox – Course Fee: \$126

Jan 8-Feb 19	M	9:30am-12:30pm
Mar 4-Apr 8	M	9:30am-12:30pm

Instructor: Patriza Ferreira – Course Fee: \$86

Jan 23-Feb 27	Tu	9:30-11:30am
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### Painting - Birds in Acrylic

Age: 15-99 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"x12" 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 6-Apr 10	W	12:00-2:30pm
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### Painting - Chinese Brush Painting

Age: 15-99 yrs. Chinese brush painting is a traditional art form that shows the beauty of both simplicity and complication of nature, with only ink or with ink and color. Students will learn how to paint the landscape including trees, rocks and rivers. Or flowers and birds, vegetables and fruits, which are popular brush painting subjects. The instructor will provide step by step demo and individual help according to their level and needs. Both beginners and experienced artists are welcome. 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 their names. Instructor: Alice Zhao

**Sertoma Arts Center** – Course Fee: \$51

Jan 3	W	1:00-3:30pm
Feb 7	W	1:00-3:30pm
Mar 6	W	1:00-3:30pm
Apr 3	W	1:00-3:30pm

### Painting - Color Theory 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. Supply list prints on receipt. This class qualifies students for a painting studio membership. 6 sessions. Instructor: Tracie Fracasso.  
**Pullen Arts Center** - Course Fee: \$126  
 Feb 21-Mar 27 W 1:30-4:30pm

### 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 the use of color, demonstration of brushwork, and how to develop a painting and composition. Students bring their own supplies. Supply list prints on receipt. This class qualifies students for a painting studio membership. 6 sessions. Instructor: Rick Bennett.

**Pullen Arts Center** - Course Fee: \$86  
 Jan 16-Feb 20 Tu 1:30-4:00pm  
 Mar 12-Apr 16 Tu 1:30-4:00pm

### Painting - Continuing Watercolors

Age: 16-99 yrs. In this class the basics of watercolor will be reinforced as additional watercolor techniques are learned and practiced. This class is for watercolorists who are ready to step beyond beginning watercolor as well as those who want to strengthen and add to their painting skills. Supply list available on Sertoma's webpage. 6 sessions. Instructor: Patrizia Ferreira.  
**Sertoma Arts Center** - Course Fee: \$86  
 Jan 24-Feb 28 W 9:30-11:30am  
 Mar 13-Apr 24 W 9:30-11:30am

### Painting - Iconic Image Collage

Age: 16-99 yrs. Students will bring imagery of an object(s) they wish to use for the subject of 1-2 iconic collages. We will create neutral paper collage bases onto which our subjects will be placed then added to with additional media and texture. We will discuss iconic images in art history and employ devices to elevate our subjects to symbols of greater meaning. Students will bring sturdy supports (wood cradles, canvas board, etc.) and a variety of papers and media to class to be used in their collages. Supply list prints on receipt. 4 sessions. Instructor: Joanna Moody.  
**Pullen Arts Center** - Course Fee: \$91  
 Jan 16-Feb 6 Tu 9:30am-12:00pm

### Painting - Impressionistic Flowers with Brush and Palette Knife

Age: 15-99 yrs. Bright bold flowers will be explored in this fun impressionist/impasto painting style course. The use of larger brushes and palette knife combined will help students loosen up their style. A big part of this class is understanding light, value and color. Amanda will break down how to create a successful stylized painting that will still be recognizable to the viewer without being too direct and overworked. Amanda will lead you through 2 paintings in this class that build from one another in technique as the class progresses. We first start with a smaller more basic painting, and then move onto a slightly larger canvas with a more involved painting. You will learn from her methods and apply them to your own work in class or at home. We will cover the use of color, perspective, light, value, how to create your own compositions and more. You will start with a sketch and move along during the length of the course with plenty of one-on-one assistance from the instructor as well as class demonstrations to help you along the way. We will move from basic shape and color placement, to working with finishing details and final touches! Students are welcome to follow along with the instructor's demonstrations in more of a step by step manner, or bring in a reference photograph and work more independently with the instructor's guidance on the subject. This course is great for any skill level, whether you have been painting for years or have never touched a brush/knife before. We will be painting the first day of class, please bring in a 14'x14' or similar size canvas and basic painting supplies to class. We will run through the supply list the first day as well. Full Supply lists are available on Sertoma's web page and through amanda's amazon wish list. 6 sessions. Instructor: Amanda Wilson.

**Sertoma Arts Center** - Course Fee: \$106  
 Jan 10-Feb 14 W 12:00-2:30pm

### Painting - Intro to Landscape Painting in Acrylics

Age: 16-99 yrs. If you have wanted to try your hand at landscape painting using acrylic paint then this class will provide you with an opportunity to do so. Students will be provided with three sets of reference photos, both in black and white and in color. A lab fee of \$20.00 will be charged for these photo references payable in cash or check on the first day of class to instructor. Supply list prints on receipt. 6 sessions. Instructor: Nancy Carty.  
**Pullen Arts Center** - Course Fee: \$126  
 Feb 27-Apr 2 Tu 1:00-4:00pm

### 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 prints on receipt. 6 sessions. Instructor: Peter Marin.

**Pullen Arts Center** - Course Fee: \$126  
 Jan 8-Feb 19 M 9:30am-12:30pm  
 Mar 11-Apr 15 M 9:30am-12:30pm  
 Jan 8-Feb 19 M 6:00-9:00pm  
 Mar 11-Apr 15 M 6:00-9:00pm  
**Sertoma Arts Center** - Course Fee: \$126  
 Jan 11-Feb 15 Th 2:00-5:00pm  
 Mar 7-Apr 11 Th 2:00-5:00pm

### 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 tortillons. 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 24-Feb 25 Sa & Su 10:00am-5:00pm

### Painting - Introduction to Painting with Pastels Continued

Age: 16-99 yrs. This workshop will continue to delve into painting with pastels using tools already made in Introduction to Painting with Pastels Workshop. Individual style and desires will be considered. Techniques will be taught for you to apply to your paintings as students grow and create personal styles. Students will already have used the softest and harder pastels and will continue to learn how to build layers and blend with them. Prerequisite: you must have taken the "Introduction to Painting with Pastels Workshop" before taking this class. Supply list available on Sertoma's webpage. 2 sessions. Instructor: Connie Mansfield.  
**Sertoma Arts Center** - Course Fee: \$126  
 Mar 9-Mar 10 Sa & Su 10:00am-5:00pm

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### Painting - Introduction to Still Life Painting with Acrylics

Age: 16-99 yrs. If you have wanted to try your hand at painting a still life using acrylic paint than this class will provide you with an opportunity to do so. Students will be provided with three sets of reference photos, both in black and white and in color. A lab fee of \$20.00 will be charged for these photo references payable in cash or check on the first day of class to instructor. All other supplies needed for this class prints on receipt. 6 sessions. Instructor: Nancy Carty.

**Pullen Arts Center** - Course Fee: \$126  
Jan 9-Feb 13 Tu 1:00-4:00pm

### 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 8-Feb 19 M 6:30-9:00pm  
Mar 11-Apr 15 M 6:30-9:00pm  
Jan 9-Feb 13 Tu 6:30-9:00pm  
Mar 12-Apr 16 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 9-Feb 13 Tu 1:00-3:30pm  
Mar 12-Apr 16 Tu 1:00-3:30pm

### Painting - Learning to Paint: Choosing How to Perceive the World

Age: 16-99 yrs. Painting is a creative process that an artist uses to express their perception of the world, not only concretely, but also emotionally and philosophically. A fundamental principle is learning how to see or being able to choose how to perceive the world. There is no right or wrong in artistic expression, but there is the importance of understanding why you choose how to see and not only use a photograph (which is copying what a camera has decided to interpret). A photograph is a medium where all the decisions are made for you, and like a sign painter - you copy the photograph. In this course you will begin to learn how to use the actual perceptual experience. This

class will begin the understanding how your eyes can fool you. It will make you aware of how a photograph can distort the actual experience. This class is for all levels of experience from absolute beginner to seasoned painter. The class will cover the fundamentals of painting with oil paints' best practices to use. It will also cover the principles used to paint such as line, form, value, color/hue, figure ground, concept/narrative, and composition. Students will paint from a photograph as well as a still life to start understanding what each method offers. We will discuss the nature of abstraction and how it relates to realism in rendering a painting. We will begin the search for what each student wants to do to find a painting practice that is personally theirs. The course will consist of lectures and studio time. All levels of experience welcome. Students supply their own materials. Supply list prints on receipt. This class qualifies students for a painting studio membership. 6 sessions. Instructor: Natacha Sochat.

**Pullen Arts Center** - Course Fee: \$126  
Jan 11-Feb 15 Th 1:30-4:30pm





### Painting - Making Mixed Media Papers

Age: 16-99 yrs. This class is designed to be experimental and fun as we explore layering wet and dry media to create a variety of papers that can be used in collaging. We will discuss stamping, stenciling, resists and mark making in this four week course. Bring your paints and pens, markers textures and any found papers you want to personalize. All levels of experience welcome. Supply list prints on receipt. 4 sessions. Instructor: Joanna Moody.

**Pullen Arts Center** - Course Fee: \$91

Jan 18-Feb 8 Th 9:30am-12:00pm

### Painting - Oil and Acrylic with Tracie Fracasso

Age: 16-99 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 composition, proportion and how to create form using value and color. Students may paint from their own objects/props, photos or copy old masters paintings. Students may select their own subject matter. Independent study, self-expression and experimentation are encouraged. Students provide their own supplies. Supply list prints on receipt. This class qualifies students for a painting studio membership. 8 sessions. Instructor: Tracie Fracasso.

**Pullen Arts Center** - Course Fee: \$126

Jan 10-Feb 14 W 1:30-4:30pm

Apr 3-May 8 W 1:30-4:30pm

### Painting - Open Studio Workshop for Pastels and other Mediums

Age: 16-99 yrs. Open studio workshop This is time for artists to get together with their own mediums and paint. This will be a relaxed and fun studio experience. Coffee and tea provided. Bring a lunch. Instructor: Connie Mansfield

**Sertoma Arts Center** - Course Fee: \$105

Apr 13-Apr 14 Sa & Su 10:00am-4:00pm

### Painting - Painted Paper and Fabric Collage

Age: 16-99 yrs. In this class we will paint papers and fabrics to create collages. We will discuss positive and negative space as well as the virtues of value in design. Students are encouraged to bring an image they would like to recreate as a painted paper collage. It can be one of their own artworks or another composition they are inspired by. Students are also welcome to work intuitively abstract or otherwise. All levels welcome. Supply list prints on receipt. 4 sessions. Instructor: Joanna Moody.

**Pullen Arts Center** - Course Fee: \$91

Feb 13-Mar 5 Tu 9:30am-12:00pm

### Painting - Pathways Using Perspective in Acrylic

Age: 15-99 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. We will be exploring perspective and pathways that lead you into the painting. We will be practicing different ways to use the tool to create different textures that build into a scene. We will be exploring scenes such as leading you into a forest, and along a walkway to a beach or scene of your choice. 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 6-Apr 10 W 3:30-6:00pm

### 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! 6 sessions. Instructor: Amanda Wilson.

**Sertoma Arts Center** - Course Fee: \$106

Jan 10-Feb 14 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, experimental and non-traditional techniques, extreme monochromatic granulation and more. Different subjects and techniques will be demonstrated in each class session. Supply list available on Sertoma's webpage. 6 sessions. Instructor: Ryan Fox.

**Sertoma Arts Center** - Course Fee: \$126

Jan 8-Feb 19 M 1:00-4:00pm

Mar 4-Apr 8 M 1:00-4:00pm

### Painting - Watercolor Batik

Age: 16-99 yrs. Learn a new painting technique using the batik method with watercolor. Watercolor batik is the process of using traditional watercolor paint and wax to create unique and beautiful batik-style paintings on Japanese rice paper. This process is similar to the age old technique where melted wax is applied to fabric as a resist and then the fabric is dipped in dye. Students will begin the process with a drawing and then learn to create highlights and shadows, as well as how to mask areas of the project with wax. Supply list prints on receipt. 2 sessions. Instructor: Ryan Fox.

**Pullen Arts Center** - Course Fee: \$131

Mar 30-Mar 31 Sa & Su 10:00am-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 and 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 space, value, light, shadow, and atmosphere will be discussed. Abstract painting will be used to develop gestural brush strokes, a looser style, and methods of mixing colors on the paper. Students will be encouraged to identify skills they want to work on and will receive assistance with problem areas. Supply list prints on receipt. This class qualifies students for a painting studio membership. 6 sessions. Instructor: Rick Bennett.

**Pullen Arts Center** - Course Fee: \$106

Mar 14-Apr 18 Th 7:00-9:30pm

### Painting - Watercolor Pouring Weekend

Age: 15-99 yrs. With an emphasis on design and planning, you will learn the technique of pouring diluted watercolor directly on paper. Pouring creates a wide range of colors and creates amazing blending effects. Through instructor demonstration, you will learn about masking, wetting techniques, using gravity to mix your limited palette, and preserving the transparency of your layers. Additional texture will be created using the mouth atomizer. You'll choose your own subject matter: still life, landscape, architectural, floral, or portrait. All levels welcome, including first-time watercolorists. Instructor: Ryan Fox

**Pullen Arts Center** - Course Fee: \$131

Mar 16-Mar 17 Sa & Su 10:00am-4:00pm

**Sertoma Arts Center** - Course Fee: \$131

Feb 24-Feb 25 Sa & Su 10:00am-4:00pm

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**Painting - Workshop:  
Watercolor Weekend**

Age: 16-99 yrs. Experience the joy of watercolor in a casual environment at Sertoma Arts Center. We will explore traditional techniques as well as some experimental techniques. Janie will demonstrate in the morning. We will break for lunch (bring your own) and we will have both of the afternoons to explore and enjoy art. Bring lots of photos, ideas and enthusiasm. Supply list available on Sertoma's webpage. 2 sessions. Instructor: Janie Johnson.

**Sertoma Arts Center** – Course Fee: \$120

Jan 20-Jan 21	Sa & Su	9:45am-3:30pm
Feb 17-Feb 18	Sa & Su	9:45am-3:30pm
Mar 16-Mar 17	Sa & Su	9:45am-3:30pm
Apr 13-Apr 14	Sa & Su	9:45am-3:30pm

**Papermaking - Eastern Papermaking Techniques**

Age: 15-99 yrs. Eastern paper, often identified as washi, is characterized by its both thin and strong properties and is commonly made from the inner bark of the mulberry bush. The method we will use, although Japanese, is applicable to most plant bast fibers. This class will go over all the steps in making paper in this method, starting with pulp preparation: cooking and scraping the fibers clean and then beating them into pulp. We will then form sheets using the nagashizuki method with flexible screens as it is practiced in Japan. We will make as many sheets as time allows from both abaca (known as either Manila Hemp or banana fibers) and NC kozo (mulberry fibers). All supplies included. 3 sessions. Instructor: Sarah Ann Austin.

**Pullen Arts Center** – Course Fee: \$136

Feb 28-Mar 13	W	6:00-9:00pm
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**Papermaking - Eastern Papermaking: Intermediate and Advanced**

Age: 16-99 yrs. Now that you've made paper and you loved it, research the nuances between different fibers. All participants must have some plant/bark papermaking experience and will come with a fiber of their choosing to make paper with. A variety of sugetta sizes will be available for participants to use and \$12 materials fee to instructor will cover the cost of supplemental fiber.

Please email the instructor for pre class instructions. Sarah@sarahannaustin.com. 2 Sessions. Instructor: Sarah Ann Austin

**Sertoma Arts Center** – Course Fee: \$95

Apr 18-Apr 25	Th	6:00-9:00pm
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**Papermaking - Professional Papermaking Open Studio**

Age: 15-99 yrs. Come join professional Papermaker, Sarah Ann Austin, in a monthly open studio where you can come with a project to work on, a problem to solve, or just come to have fun with a friend making paper. This class

requires that you have taken at least one paper making class with Sarah Ann or an override from her to join the class. Class-size is limited to ensure a comfortable community learning atmosphere. Participants will have access to her critter beater, press, and other equipment necessary. Please bring \$12 to each class for pulp and other materials. Register for each monthly session in February, March, & April. Feel free to email the instructor at sarah@sarahannaustin.com instructor: Sarah Ann Austin

**Sertoma Arts Center** – Course Fee: \$58

Feb 18	Su	12:00-4:30pm
Mar 17	Su	12:00-4:30pm
Apr 21	Su	12:00-4:30pm

**Photography - The Art of Capturing Shadows: Cyanotype Printing**

Age: 15-99 yrs. Enjoy making cyanotype photography from plants in this rewarding, educational, and playful workshop. Sarah Ann has been offering workshops and university courses in cyanotype printing for over 8 years. This one-day class on creating cyanotype photography with plants and light offers a fun, easy, and rewarding experience in printmaking using the cyanotype technique as well as an introduction to getting the supplies on your own. You'll make your own cyanotypes and go home with your very own, usually frame-worthy, cyanotype art! The cyanotype process, also known as the blueprint process because of its deep blue color, was first introduced in the early 1800s. For artists and scientists, this cyanotype workshop is rewarding. Experimentation is encouraged, no mistakes are possible in cyanotype art! No experience required. \$5 supply fee due to the instructor at the start of class will cover the cost of cyanotype chemicals. All other supplies included. 1 session. Instructor: Sarah Ann Austin.

**Sertoma Arts Center** – Course Fee: \$75

Apr 6	Sa	10:00am-2:30pm
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**Pottery - Beginning Handbuilding**

Age: 16-99 yrs. Expand your possibilities with clay! If you can imagine it, you can build it with clay. In this class, students will learn the basics of handbuilding with clay. Course will include an introduction to the slab roller, extruder, and other handbuilding tools. Students purchase clay and tools from Pullen Arts Center's store (approximately \$29 for clay; tool kit available for \$15 or students may buy individual tools). Please arrive 20 minutes early to the first class to purchase materials. This class qualifies students for a pottery studio membership upon completion of the class and studio orientation. 7 sessions.

**Pullen Arts Center** – Course Fee: \$126

Instructor: Michelle Miolla

Jan 9-Feb 20	Tu	6:00-8:30pm
Jan 10-Feb 21	W	6:00-8:30pm
Instructor: Patty Merrell		
Jan 22-Mar 4	M	1:00-3:30pm

**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, the 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 \$15 or students may buy individual tools). Please arrive 20 minutes early to the first class to purchase materials. This class qualifies students for a pottery studio membership upon completion of the class and studio orientation. 7 sessions.

**Pullen Arts Center** – Course Fee: \$126

Instructor: Olivia Martinez

Jan 8-Feb 26	M	6:00-8:30pm
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Instructor: Doug DeBastiani

Jan 9-Feb 20	Tu	3:30-6:00pm
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Jan 9-Feb 20	Tu	6:30-9:00pm
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Instructor: Kay Parks

Jan 10-Feb 21	W	9:30am-12:00pm
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Instructor: Doug DeBastiani

Jan 10-Feb 21	W	1:00-3:30pm
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Instructor: Doug DeBastiani

Jan 10-Feb 21	W	4:00-6:30pm
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Instructor: Lauren Wellborn

Jan 18-Feb 29	Th	6:00-8:30pm
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Instructor: Emily Malpass

Jan 25-Mar 7	Th	10:00am-12:30pm
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Instructor: Doug DeBastiani

Mar 12-Apr 23	Tu	3:30-6:00pm
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Mar 12-Apr 23	Tu	6:30-9:00pm
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Instructor: Kay Parks

Mar 13-Apr 24	W	9:30am-12:00pm
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**Pottery - Ceramic Saturdays**

Age: 16-99 yrs. Explore the world of clay with these project focused workshops on the second Saturday of each month! Each workshop will have a different themed project that can be completed in one sitting. Projects will be great for beginners or experienced potters looking for new ideas to explore. Projects will be ready for pick-up about 2 weeks after the workshop. No experience required. All supplies included. 1 session. Instructor: Ashley Bonner.

**Pullen Arts Center**

**Paint Palettes and Water Cups**

Jan 13	Sa	10:00am-12:30pm	Fee: \$50
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**Game Boards**

Feb 10	Sa	10:00am-12:30pm	Fee: \$50
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**Mini Altars**

Mar 9	Sa	10:00am-12:30pm	Fee: \$50
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**Textures in Clay**

Apr 13	Sa	10:00am-12:30pm	Fee: \$50
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### Pottery - Continuing Handbuilding

Age: 16-99 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) - tool kit and individual tools available for purchase from Pullen Art Center's store. Prerequisite: Students must have prior handbuilding experience (whether at Pullen Arts Center or elsewhere). This class qualifies students for a pottery studio membership upon completion of the class and studio orientation. 7 sessions.

**Pullen Arts Center** - Course Fee: \$126

Instructor: Michelle Miolla

Mar 5-Apr 23 Tu 6:00-8:30pm

Instructor: Laura Casas

Apr 1-May 13 M 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, the use of throwing tools, and basic glazing techniques. Cylinders, bowls, 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) from the Pullen Arts Center. Continuing students provide their own tools - kit and individual tools available for purchase from Pullen Arts Center's store. Prerequisite: Students must have prior wheel throwing experience (whether at Pullen Arts Center or elsewhere) and should be able to comfortably center clay on the wheel to be successful in this class. This class qualifies students for a pottery studio membership upon completion of the class and studio orientation. 7 sessions.

**Pullen Arts Center** - Course Fee: \$126

Instructor: Kay Parks

Mar 13-Apr 24 W 1:00-3:30pm

Instructor: Doug DeBastiani

Mar 13-Apr 24 W 4:00-6:30pm

Mar 13-Apr 24 W 7:00-9:30pm

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**Pottery - Crystalline Glazes Workshop**

Age: 16-99 yrs. This 2 day workshop will allow you to make, glaze and get your Crystalline pots fired at Sertoma Arts Center. The first class will be instruction on making pots, catch basins, and lining the pot. The second class will be glazing, breaking the catch basin, and grinding a pot. Beginning Wheel or Hand Building classes at Sertoma Arts Center are a prerequisite. Wheel thrown pots are preferred but hand building will be accommodated. This class does not qualify for a studio membership. Instructor: Joan Walsh

**Sertoma Arts Center** - Course Fee: \$50  
Feb 1-Feb 22 Th 7:00-9:15pm

**Pottery - First Friday Handbuilding**

Age: 16-99 yrs. Explore the world of clay with these project focused classes on the first Friday of each month! Each class will have a different themed project that can be completed in one sitting. Projects will be great for beginners or experienced potters looking for new ideas to explore. Projects will be ready for pick-up about 2 weeks after the class. No experience required. Class does not qualify for a studio card. \$10 supply fee paid to instructor at start of workshop. Instructor: Ashley Bonner

**Sertoma Arts Center** - Course Fee: \$51

**January: Winter Wall Decor**

Jan 5 F 9:30am-12:00pm

**February: Candle Holders**

Feb 2 F 9:30am-12:00pm

**March: Garden Gnomes**

Mar 1 F 9:30am-12:00pm

**April: Textures in Clay**

Apr 5 F 9:30am-12:00pm

**Pottery - For the Garden**

Age: 16-99 yrs. Planter, lanterns, and birdhouses oh my! Create artwork for the garden using the wheel, handbuilding or a combination of both techniques. We'll explore options for planters, birdhouses, lanterns, bird baths, and more. This class does not qualify for a studio card. Previous pottery experience is required. 4 Sessions. Instructor: Jeannette Stevenson

**Sertoma Arts Center** - Course Fee: \$65  
Apr 1-Apr 22 M 4:00-6:15pm

**Pottery - Going Big: A History of Reduction in Ceramics**

Age: 16-99 yrs. Interested in cone 10, reduction firing and the history of ceramics? In this class, we will demystify the reduction firing process by exploring traditional and contemporary ceramics through the lens of this high-fire process. Students will leave this class with a body of work made and fired in a gas kiln and deeper understanding of the ceramic firing process. This class will be in two sections; lecture + hands on.

Students purchase clay (approximately \$29) from the Pullen Arts Center. Students provide their own tools - kit and individual tools available for purchase from Pullen Arts Center's store. This class qualifies students for a pottery studio membership upon completion of the class and studio orientation. 7 sessions. Instructor: Laura Casas.

**Pullen Arts Center** - Course Fee: \$126  
Jan 10-Feb 21 W 7:00-9:30pm

**Pottery - Handbuilding Animal Sculpture**

Age: 16-99 yrs. The 'Creatures' classes have created demand for this new 7-week class that will highlight six new animal sculpture projects and a glazing class. We will explore simple and more complex animal subjects, working through challenges and solutions, as well as glazing and display options. Students should bring all available tools, along with a sketchbook for planning. Additional tools and reference materials will be provided. Previous pottery experience is required recommended. Although open to new students, this program does not qualify students for a studio card. 7 sessions. Instructor: Steve Karloski

**Sertoma Arts Center** - Course Fee: \$126  
Jan 22-Mar 4 M 7:00-9:15pm

**Pottery - Handbuilding: Beginning**

Age: 16-99 yrs. This class explores techniques including pinching, coils and slabs, and provides an overview of ceramic materials and glazing. Classes provide demonstrations and individual work time with instructor guidance. Students are encouraged to practice between class sessions and will have free access to Sertoma's well-equipped studio. New students may not miss more than two classes and must attend the first class and the glazing class (approximately 5th week) to qualify for a studio card. Students will purchase materials at first class (approximately \$42). All skill levels are welcome! 7 sessions.

**Sertoma Arts Center** - Course Fee: \$111  
Instructor: Steve Karloski  
Jan 10-Feb 21 W 7:00-9:15pm  
Instructor: Tim Cherry  
Jan 10-Feb 21 W 9:30-11:45am

**Pottery - Handbuilding: Continuing**

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

own unique style through clay. 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 6-Apr 17 W 9:30-11:45am  
Instructor: Steve Karloski  
Mar 6-Apr 17 W 7:00-9:15pm

**Pottery - Handbuilt Planters**

Age: 16-99 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 should plan to provide their own tools and purchase clay from Pullen Arts Center (approximately \$29) - tool kit and individual tools available for purchase from Pullen Art Center's store. This class qualifies students for a pottery studio membership upon completion of the class and studio orientation. Instructor: Michelle Miolla

**Pullen Arts Center** - Course Fee: \$126  
Mar 6-Apr 24 W 6:00-8:30pm

**Pottery - Illustrated Clay: Surface Design Crash Course**

Age: 16-99 yrs. Interested in learning how to create original and personal surfaces? In this class, students will focus on surface design techniques on pottery with an emphasis on experimentation and mark making. Participants will learn sgraffito, slip inlay, stenciling, monoprinting, as well as water etching and using wax. This workshop is designed for students who have some experience with clay; either wheel or handbuilding. Students are encouraged to prioritize process and risk taking! Clay must be purchased from Pullen Arts Center (approximately \$29 for a 25 lb bag). Additionally, students should plan to bring your favorite clay tools, an X-acto

knife, your favorite drawing tools, sketchbook, slip trailers, newspaper, and stickers or tape of your choice. X-acto knives, slip trailers, and other clay tools are available for purchase through Pullen Arts Center store. This class qualifies students for a pottery studio membership upon completion of the class and studio orientation. 7 sessions. Instructor: Laura Casas.

**Pullen Arts Center** – Course Fee: \$126  
Jan 22-Mar 4 M 6:00-8:30pm

### Pottery - Majolica Lab

Age: 16-99 yrs. This workshop is designed for potters who already create majolica pottery, have projects they are working on or wish to start new ones. The sessions are used to work on individual pieces with guidance from the instructor and input from the other participants. Mini demos will be given by the instructor as needed to enhance your work. All levels of experience are welcome, and you will work at your own pace. Students furnish their own majolica glazed bisque pieces, majolica colors and brushes. A list of supply vendors will be available, and some colors are available to purchase from the instructor. This workshop does not qualify you to use the Sertoma studio. If you are not a qualified Sertoma potter you are welcome to bring in your own pieces, but you will need to fire pieces in your own kiln. 4 Sessions. Instructor: Randy Hinson

**Sertoma Arts Center** – Course Fee: \$88  
Mar 11-Apr 1 M 9:30am-12:00pm

### 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. Students must be able to throw or hand build forms for decorating. Students pay glaze and color fee of \$35 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  
Jan 22-Feb 12 M 9:30am-12:00pm

### Pottery - Out of Round

Age: 16-99 yrs. Cylinders will be altered into ovals, squares, rectangles. The clay will be manipulated by stretching, pulling, paddling, cutting, darting. Everything but round. Students purchase clay (approximately \$29) from the Pullen Arts Center. Students provide their own tools - kit and individual tools available for purchase from Pullen Arts Center's onsite store. Prerequisite: Students must have prior wheel throwing experience (whether at Pullen Arts Center or elsewhere) and should be able to comfortably center clay on the wheel to be successful in this class. 6 sessions. Instructor: Sherry Nicholson.

**Pullen Arts Center** – Course Fee: \$131  
Jan 22-Feb 26 M 9:30am-12:30pm

### Pottery - Special Assistance Needed

Age: 16-99 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 8 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 (approximately \$29 for 25 lbs). This class qualifies students for a pottery studio membership upon completion of the class and studio orientation. 7 sessions. Instructor: Lauren Wellborn.

**Pullen Arts Center** – Course Fee: \$151  
Mar 14-Apr 25 Th 6:00-8:30pm

### Pottery - Wheel Throwing: Beginning

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: Joan Walsh  
Jan 8-Feb 26 M 9:30-11:45am  
Jan 10-Feb 21 W 7:00-9:15pm  
Instructor: Jeannette Stevenson  
Jan 10-Feb 21 W 4:00-6:15pm  
Instructor: Tina Granville  
Mar 20-May 1 W 9:30-11:45am  
Instructor: Joan Walsh  
Mar 25-May 6 M 9:30-11:45am  
Instructor: Jeannette Stevenson  
Feb 5-Mar 18 M 7:00-9:15pm

### Pottery - Wheel Throwing: Continuing

Age: 16-99 yrs. This class is designed for those who have taken beginner wheel and need further refinement in basic throwing skills in order to progress to more challenging levels. It also serves as a refresher course for students who have previously taken throwing classes but have not thrown for some time. 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 17-Feb 28 W 9:30-11:45am  
Instructor: Joan Walsh  
Mar 13-May 1 W 7:00-9:15pm  
Instructor: Jeannette Stevenson  
Mar 27-May 8 W 4:00-6:15pm

### Pottery - Pouring Vessels

Age: 16-99 yrs. Join Tim Cherry as he plunges deeper into handbuilding pouring vessels. Students will use a variety of techniques to design and construct such utilitarian items as teapots, creamers, pitchers, ladles, batter bowls, gravy boats, and double-pouring wedding vessels. The seven class periods will allow them to devote time into the design and construction of their pieces. Numerous tools and techniques will be included to provide texture and pattern to their work. Studio molds will be available as well to make pieces to combine into more complex forms. Prerequisite: Beginning Handbuilding at either Sertoma or Pullen Arts Center. Must register in person at Sertoma Arts Center. This course does not qualify students for a studio membership. 7 sessions. Instructor: Tim Cherry.

**Sertoma Arts Center** – Course Fee: \$126  
Feb 19-Apr 1 M 9:30-11:45am

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### **Printmaking - Block Print Patterns on Fabric**

Age: 16-99 yrs. Create your own original block print design on fabric. Get creative with color blending, gradients, and layering! This class is a wonderful opportunity to get specific design feedback on your work and create something high-quality and wearable. No previous printmaking experience is required. Pullen Arts Center provides ink. Students provide additional supplies; supply list is prints on receipt. This class qualifies students for a print studio membership. 6 sessions. Instructor: Maria Frati.

**Pullen Arts Center** - Course Fee: \$161  
Mar 19-Apr 23 Tu 10:00am-1:00pm

### **Printmaking - Drawing the Print: Drypoint Intaglio**

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

purchased from Pullen, approximately \$15-\$20. We will discuss supplies at the start of class. This class qualifies students for a print studio membership. 6 sessions. Instructor: Susan Martin.

**Pullen Arts Center** - Course Fee: \$191  
Jan 25-Feb 29 Th 10:00am-1:30pm

### **Printmaking - Exploring Collagraph: Textured Printmaking**

Age: 16-99 yrs. Beautiful, rich painterly marks can be achieved with this technique. We will create printing plates utilizing mat board and plastic plates. Textures will be incorporated with carborundum paste (a grit suspended in acrylic medium) to explore tone and density. Techniques using sandpaper, stylus, adhesive tapes and matte and gloss acrylic mediums will also be demonstrated. Open to artists of all levels, repeat students welcome, printmaking curiosity appreciated! Printing paper and plastic plates may purchased from Pullen for approx. \$15-20. Instructor will explain supplies at the beginning of class. This class qualifies students for a print studio membership. 6 sessions. Instructor: Susan Martin.

**Pullen Arts Center** - Course Fee: \$191  
Jan 10-Feb 14 W 10:00am-1:30pm

### **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. 8 sessions. Instructor: Keith Norval.

**Sertoma Arts Center** - Course Fee: \$181  
Apr 3-May 22 W 7:00-9:30pm

### **Printmaking - Intro to Linoleum Block Print in Color**

Age: 16-99 yrs. Deep dive into traditional relief printmaking technique to create dynamic colorful prints! This is a great class for those new to block printmaking. We will cover linoleum carving, and tool use as well as inking and printing on presses. Additionally there will be lots of emphasis on color use in this class. Participants will learn how to mix and blend oil based inks in order to create bold, colorful work. Participants will each create an edition of 6-8 polished prints. Students purchase linoleum and printing papers through Pullen Arts onsite store (approx. \$25). This class qualifies students for a print studio membership. 6 sessions. Instructor: Maria Frati.

**Pullen Arts Center** - Course Fee: \$161  
Mar 20-Apr 24 W 10:00am-1:00pm





**Printmaking - Intuitive Printmaking**

Age: 16-99 yrs. Play and explore using a multi-block relief printmaking technique to create beautiful, layered colors and textures. Students will learn how to carve plates, ink, and register prints. Delve into oil-based ink mixing and gradient rolling to create rich, dynamic images. Students will be encouraged to make an edition of 6-12 final prints. Pullen Arts Center provides ink and carving tools. Students provide additional supplies; the supply list is provided on the receipt. 8 sessions. Instructor: Maria Frati.

**Pullen Arts Center** - Course Fee: \$216  
Jan 16-Mar 5 Tu 9:30am-12:30pm

**Printmaking - Keith Norval's Screenprint / Block Print Mashup**

Age: 16-99 yrs. Attracted to the big, bold graphic qualities of linoleum block and screen print? This class will focus on making designs that work well for screen print or linoleum. We will study block print for half the class and then screen print or the other half and with the option to combine them. Hand drawn imagery and/or photographic references can will be used to make works on paper and fabric including T-shirts, tote bags, or hand towels. Recommended for beginning and intermediate printmakers. Supply list prints on receipt. This class qualifies students for a print studio membership. 8 sessions. Instructor: Keith Norval.

**Pullen Arts Center** - Course Fee: \$181  
Jan 16-Mar 5 Tu 7:00-9:30pm

**Printmaking - Learn to Screen Print**

Age: 16-99 yrs. Learn how to make screen prints! Students will create images on both paper and textiles (t-shirts). You can also print on tote bags, dish towels, paper and more. This class includes image selection, preparing screens, registration, exposing screens, printing, and reclaiming screens. All skill levels are welcome. The supply list prints on receipt. This class qualifies students for a print studio membership. 6 sessions. Instructor: Pete Borsay

**Pullen Arts Center** - Course Fee: \$136  
Jan 22-Feb 26 M 6:00-8:30pm

**Printmaking - Monoprinting Fun!**

Age: 16-99 yrs. Using the basics of monoprinting techniques on and off the etching press we will explore the possibilities of this painterly approach to printmaking. We will utilize both Akua inks and oil based inks to find unique ways to make prints. Additive and subtractive techniques will be put into play as well as concepts of layering and playing with opacity and translucency. We'll also explore trace mono printing and utilizing stencils. Samples and texts to explore will be on hand. Open

to artists of all levels, repeat students welcome, no printmaking experience required. Any supplies will be bought at the the Pullen shop. Students will need to buy thin PETG plates (from Speedball/ Akua) and paper for printing (Rives BFK and Hahnumuhle)- both stocked in the Pullen shop. We will use inks (Akua and oil based) already in the studio. 2 sessions. Instructor: Susan Martin.

**Pullen Arts Center** - Course Fee: \$141  
Mar 2-Mar 3 Sa & Su 10:00am-4:30pm

**Printmaking - Poster Printing and Creating Multiples**

Age: 16-99 yrs. If you have a basic understanding of screen-printing techniques, then this class is for you! This class will teach you how to create posters and a limited edition of prints. Students provide supplies; supply list prints on receipt. 6 sessions. Instructor: Pete Borsay.

**Pullen Arts Center** - Course Fee: \$161  
Mar 4-Apr 8 M 6:00-9:00pm

**Printmaking - Print Basics**

Age: 16-99 yrs. Want to explore the wonderful world of printmaking? This is a great sampler class to get a feel for the range of possibilities with different mediums. We'll explore ways to make marks both on and off the etching press. Woodcut, monoprinting, intaglio and other techniques will be covered. Instructor will have lots of print samples, plates and texts on hand to facilitate printmaking terms and dialogue. Bring an open mind and come have fun making prints. No experience required, all levels welcome. All supplies (paper and plates) will be available for purchase from the Pullen Arts onsite store, approximately \$30-\$35 total. Ink and tools are provided. This class qualifies students for a print studio membership. 6 sessions. Instructor: Susan Martin.

**Pullen Arts Center** - Course Fee: \$136  
Mar 14-Apr 25 Th 6:30-9:00pm

**Printmaking - Print: The Recycled Edition**

Age: 16-99 yrs. In this one day workshop we will utilize the packaging material Tetra Pak to make unique shaped prints. Often used to package soups, stocks and other shelf stable liquids, Tetra Pak also makes an eco and budget friendly printing plate. After an introduction to the technique with printed samples and demo plates, students will receive material and create their own plates. We'll use the second part of the day to explore inking and printing these plates on a traditional etching press. Open to artists of all levels, no experience needed. Instructor will provide the recycled Tetra Pak materials. Ink and tools will be supplied but printmaking paper will need to be purchased from the

Pullen Arts onsite store, approximately \$15-20. 1 session. Instructor: Susan Martin.  
**Pullen Arts Center** - Course Fee: \$71  
Apr 20 Sa 10:00am-4:30pm

**Printmaking - Prints for Patches**

Age: 14-99 yrs. Come join the fun and craft your own lino stamp! We will be using these stamps to create patches that can be sewn or adhered to clothing or bags or even hung on a wall! (though of course you will be able to use these stamps to print on paper as well) At the end of the final class, students will be able to opt in to trade the patches they make with their classmates! Fabric scraps will be provided but feel free to bring in any additional items you wish to print on. Beginner and experienced students welcome. 2 sessions. Instructor: Jocelyn Steslicke.

**Pullen Arts Center** - Course Fee: \$46  
Jan 20-Jan 27 Sa 10:00-11:30am

**Printmaking - Simple Polyester Plate Lithography**

Age: 16-99 yrs. Polyester plate lithography is a water-based lithographic process, easier than waterless lithography or traditional stone based lithography methods. An artist can beautifully and easily create drawing or photography based original prints via pronto plate lithography. Learn how to transfer an image to the pronto (mylar) plate using the same drawing mediums used in other lithographic processes. Resultant prints can be one color or several colors. This is a very safe printmaking process. The student will be taught what materials are needed and you do not need to transfer your image to the polyester (pronto) plate as it will be created directly on the plate. Students will print multiples in this process of their own work, but on day one will be given an image that is already on a plate to use so that they learn how to do the process from day one. The students will then create their own images on one plate if doing one color or several plates (if they are planning several - black + up to 3 layers of colors). The instructor will demonstrate each step as well as share examples of monochromatic and multi-color prints. Students will work with 5.5 x 8.5 polyester plates. Paper choices, inks, materials needed will be discussed. Planning more than one color will be discussed. No prior printmaking experience necessary. Instructor will provide all the materials for a \$30 per student fee paid directly to instructor (due on first day of class). This class qualifies students for a print studio membership. 6 sessions. Instructor: Natacha Sochat.

**Pullen Arts Center** - Course Fee: \$191  
Mar 14-Apr 18 Th 10:00am-1:30pm

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### Printmaking - Watercolor Monotypes

Age: 16-99 yrs. In this workshop we will merge watercolor painting with printmaking to create unique prints. Plates will be developed with watercolor paints and other water-soluble materials, then printed on an etching press. There are lots of possibilities with this technique, including layering, experimenting with translucency, and merging the monotypes with other medias. All levels welcome, prior printmaking experience not necessary, repeat students welcome. Supply fee of approximately \$20 for plates and paper purchased through Pullen, supplies will be discussed at the beginning of class. Brushes will be available, bring any favorites. 1 session. Instructor: Susan Martin.

**Pullen Arts Center** – Course Fee: \$76  
Feb 3 Sa 10:00am-5:00pm

### Printmaking - Weekend Waterless Lithography Workshop

Age: 16-99 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 start of workshop. No experience necessary. This workshop qualifies students for a print studio membership. 3 sessions. Instructor: Susan Soper.

**Pullen Arts Center** – Course Fee: \$229  
Mar 23-Mar 25 M,Sa,Su 10:00am-5:00pm

### 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 5-Apr 26 F 6:00-10:30pm

### Sertoma Pottery Studio Orientation

Age: 16-99 yrs. Sertoma Arts Center Pottery Studio Orientation is for qualified Pullen or Sertoma Arts Center potters who wish to use Sertoma's Pottery Studio. Once you register, Sertoma Arts Center will confirm that you are a qualified pottery patron. We will offer these orientations each session. For further information, please call 919-996-2329.

**Sertoma Arts Center** – Course Fee: \$26  
Jan 22 M 6:00-7:00pm  
Feb 12 M 1:00-2:00pm  
Mar 11 M 6:00-7:00pm

### Sewing For Beginners

Age: 18.01-99 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 6-Jan 27 Sa 11:00am-12:00pm

### Sewing: 101

Age: 18-99 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 3-Feb 24 Sa 10:00am-12:00pm

## Senior

### Crafts

Age: yrs. Bring your own projects to work on or work on projects for donation to local charities. Students share skills with each other in this social environment. Instructor: Sarah Ellen Sanders

**Five Points Center**  
Jan 2-Apr 30 M-Th 9:30am-12:00pm

### Drum It Up

Age: 18-99 yrs. No prior musical experience is required for the Beginner level. Completion of at least one Beginner class is required for the Intermediate level. Join this class to experience first-hand the excitement of live drumming. If you are a total beginner, or have a musical background, this is the class for you. All hand drums will be provided or bring your own. We

will use the African hand drum, called a Djembe), to work on independence, coordination, basic rhythm patterns, ensemble performance and ideas for solo improvisation. Each class will focus on four elements of drumming. Hand exercises, beat patterns with drum tones, ensemble participation and a goal to complete an extended group composition. As a bonus, for at home practice, a play along video will be provided! If you want to drum, let's get started! Class limited to 10 participants.

**Anne Gordon Center** – Course Fee: \$60

### Intermediate

Feb 2-Mar 22 F 9:15-10:15am

### Five Points Center

**Beginner** – Course Fee: \$60

Feb 1-Mar 21 Th 10:00-11:00am

### Knitting and Crocheting

Age: 18-99 yrs. If you like to knit and crochet, please come and share your skills and projects with other like-minded patrons. This is an informal social time; there is no instructor.

**Anne Gordon Center**

Jan 4-Apr 25 Th 2:00-4:00pm

### 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 4-Apr 25 Th 10:00am-12:00pm

### Readers Theatre

Age: 18-99 yrs. A wide variety of short and medium length skits are taken from different sources and come alive not only through the words of the authors, the actors's faces and bodies, but also through their tone, pitch, and emotion. Memorization of scripts is not necessary. Costuming and props are minimal. This is not a class with an instructor who teaches acting, nor is it a class for the shy. Participants gather to learn acting and entertain each other by filling a variety of roles (acting experience is not required). This group is a prerequisite for the Readers Theater Performing Ensemble. Commitment to attendance and participation is stressed. \*NO CLASS 1/15\*

**Five Points Center**

Jan 8-Apr 29 M 3:00-4:45pm

## Family

### Art 4 Fun Series

Age: yrs. Celebrate each month with a themed art activity that will excite the whole family. Come unleash your creative side with art- Art for Fun!

**John Chavis Community Center** – Course Fee: \$5  
**Winter Wonders**

Jan 24           W           6:30-7:30pm

#### FebruARTy

Feb 1           Th           7:00-8:00pm

#### March Marvels

Mar 28           Th           7:00-8:00pm

#### Spring Art

Apr 10           W           7:00-8:00pm

### Crafting Art & Jewelry

Age: 12-65 yrs. Interested in all things crafting and art? Unleash your inner artist with our fun and interactive community art classes! Whether you're a beginner or a seasoned artist, our classes offer something for everyone. From painting and drawing to crafting and jewelry design. Our experienced instructor will guide you through each step of the creative process, providing you with the skills and knowledge needed to create beautiful works of art. Let's make art together!

**Biltmore Hills Community Center**

Jan 3-Mar 20    W           6:00-8:00pm

### Papermaking - Design Your Valentines!

Age: 10-99 yrs. Join Sarah Ann and Raleigh Arts, in making one of a kind handmade paper valentines with custom designs and individual pigmented pulp choices. By using repurposed fibers and traditional Papermaking techniques you will be ready for valentine exchange with family and dear friends. Supplies included. 1 session. Instructor: Sarah Ann Austin

**Sertoma Arts Center** – Course Fee: \$65

Feb 3           Sa           10:30am-2:00pm



# Athletic Instruction



## Preschool

### All 2's All Stars

Age: 2-2 yrs. This introductory sports class will let your All Star explore the world of sports. Through basketball, baseball, soccer, and hockey we will develop hand eye coordination, spatial awareness, sportsmanship, and teamwork. Adult participation is required for this class.

**Halifax Community Center** - Course Fee: \$37

Jan 8-Jan 29	M	10:15-10:45am
Feb 5-Feb 26	M	10:15-10:45am
Mar 4-Mar 25	M	10:15-10:45am
Apr 1-Apr 22	M	10:15-10:45am

### All Kids All Stars

Age: 3-5 yrs. This introductory sports class will let your All Star explore the world of sports. Through basketball, baseball, soccer, and hockey we will develop hand eye coordination, spatial awareness, sportsmanship, and teamwork. Adult participation is required for this class.

**Halifax Community Center** - Course Fee: \$41

Jan 8-Jan 29	M	11:00-11:45am
Feb 5-Feb 26	M	11:00-11:45am
Mar 4-Mar 25	M	11:00-11:45am
Apr 1-Apr 22	M	11:00-11:45am

### Basketball - Little Ballers

Age: yrs.

**Green Road Community Center** - Course Fee: \$36

Jan 8-Jun 17 M 6:15-7:00pm

### Mini Mite Tennis

Age: 4-13 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**

Jan 2-Jan 30	Tu	10:00-11:00am
Feb 6-Feb 27	Tu	10:00-11:00am
Mar 5-Mar 26	Tu	10:00-11:00am
Apr 2-Apr 30	Tu	10:00-11:00am

### Mini Mite Tennis II

Age: 4-12 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**

Jan 3-Jan 31	W	10:00-11:00am
Feb 7-Feb 28	W	10:00-11:00am
Mar 6-Mar 27	W	10:00-11:00am
Apr 3-Apr 24	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 9-Jan 30	Tu	10:15-11:00am
Feb 6-Feb 27	Tu	10:15-11:00am
Apr 2-Apr 23	Tu	10:15-11:00am

### Soccer - Little Kickers

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

**Green Road Community Center** - Course Fee: \$27

Jan 4-Jun 20 Th 6:15-7:00pm

## Youth

### All Sports All Stars

Age: 5-8 yrs. Interested in introducing your new athlete to a variety of sports? This fundamental class will allow your athlete to explore a different sport each week. Sports covered include Baseball, Soccer, Basketball, Football, Hockey, Lacrosse and more. Participants will also practice balancing, catching, agility, aiming, and much more. Let's Get our Game on!

**Laurel Hills Community Center**

Jan 3-Jan 31	W	6:00-6:45pm	Fee: \$50
Feb 7-Feb 28	W	6:00-6:45pm	Fee: \$40
Mar 6-Mar 27	W	6:00-6:45pm	Fee: \$40
Apr 3-Apr 24	W	6:00-6:45pm	Fee: \$40

### Basketball Skills & Drills

Age: 8-12 yrs. This fun and instructional clinic is designed for beginner players that are new to basketball skill learning the basic fundamentals of basketball. Drills will put an emphasis on ball handling, shooting mechanics and finishing. Players will get a chance to work on offensive/defensive spacing, passing and defensive footwork, as well as learn basketball terminology. Goals can be lowered as needed. Instructor: Urysla Cotton, current professional basketball player.

**Brier Creek Community Center** – Course Fee: \$41

Mar 7-Mar 28	Th	6:30-7:30pm
Apr 4-Apr 25	Th	6:30-7:30pm

### Basketball Skills Development

Age: 5-15 yrs. To help members development, this instruction will focus on various fundamental skill areas. These beginner to intermediate sessions are a great way to start if you are new to the sport or have little experience in the game of basketball. Instructor Carlos Enriquez, takes pride in properly introducing and developing our young athletes by their abilities. Skills for beginners will be concentrated on Triple Threat possibilities, basic ball handling, basic passing, right and left hand lay-ups, shooting fundamentals, basic defensive stance and body movement, etc. This is a daily drop in class - each day they attend is a separate class.

**Marsh Creek Community Center** – Course Fee: \$5

Jan 7-Apr 28	Su	3:00-4:00pm
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### Basketball Skills for Beginners

Age: 6-9 yrs. Just can't get enough basketball? This class will stress the fundamentals of basketball with an emphasis on fun. Learn the basic techniques of dribbling, shooting and passing along with other drills for ball control. Be prepared to sweat, learn and have a good time!

**Green Road Community Center** – Course Fee: \$36

Jan 6-Jun 15	Sa	10:00-11:00am
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### Elite Basketball Clinic - Advanced

Age: 10-15 yrs. Do you want to take your game to the next level? This clinic is for intermediate and advanced players that have played or currently on a school, prep, AAU, or recreation team. Players will learn how to improve court vision, move with and without the ball, do various cuts, create shots, and read/react on offense and defense. Everything will be done at game speed! Instructor: Urysla Cotton, current professional basketball player

**Brier Creek Community Center** – Course Fee: \$41

Mar 7-Mar 28	Th	7:30-8:30pm
Apr 4-Apr 25	Th	7:30-8:30pm

### Sanderford Hoopers

Age: 4-6 yrs. Bring your little hooper out to learn the fun, basic skills of basketball. Participants will learn how to dribble, pass, and shoot a basketball while having fun with their peers.

**Sanderford Road Neighborhood Center** – Course Fee: \$25

Jan 13-Feb 17	Sa	11:00am-12:00pm
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### Soccer Kickers at Brier Creek

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

**Brier Creek Community Center** – Course Fee: \$41

**Ages 5-8**

Apr 4-Apr 25	Th	4:30-5:15pm
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**Ages 9-12**

Apr 4-Apr 25	Th	5:15-6:00pm
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### SouthEast Raleigh Wrestling Club

Age: 7-12 yrs. Are looking for a new sport to try? Are you new to the sport of wrestling or ready to take your skills to the next level? The SouthEast Raleigh Wrestling Club is the newest place for wrestlers of all skill levels. Wrestlers will be taught and refreshed on the fundamentals of wrestling on a skill level guided approach. Wrestlers will be taught life skills and mentored through coaching and the sport of wrestling. If you want to vastly improve upon your physical and mental athleticism then you want to come out and join the Southeast Raleigh Wrestling Club.

**Ralph Campbell Community Center** – Course Fee: \$5

Apr 1-May 30	M-Th	6:00-8:00pm
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**Spike Starters Volleyball**

Age: 8-15 yrs. Are you eager to dive into the world of volleyball? Our Beginners Volleyball Class is the perfect starting point for individuals looking to learn the fundamentals of this exciting team sport. In this class, you will be introduced to the basic techniques of serving, passing, setting, and hitting, as well as gaining an understanding of the rules and strategies that drive the game. Whether you're new to the sport or simply want to refresh your skills, our experienced instructors will provide a supportive and encouraging environment that fosters growth and confidence.

**Worthdale Community Center** – Course Fee: \$40

Jan 8-Jan 30	M & Tu	6:15-7:15pm
Feb 5-Feb 27	M & Tu	6:15-7:15pm
Mar 4-Mar 26	M & Tu	6:15-7:15pm
Apr 1-Apr 30	M & Tu	6:15-7:15pm

**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 11-Apr 24	M&W	5:00-6:00pm	Fee: \$133
Mar 12-Apr 25	Tu&Th	5:00-6:00pm	Fee: \$133
Mar 16-Apr 27	Sa	11:00am-12:00pm	Fee: \$73

**Age 8-10**

Mar 11-Apr 24	M&W	5:00-6:00pm	Fee: \$133
Mar 12-Apr 25	Tu&Th	5:00-6:00pm	Fee: \$133
Mar 16-Apr 27	Sa	9:00-10:00am	Fee: \$73

**Age 10-18**

Mar 11-Apr 24	M&W	4:00-5:00pm	Fee: \$133
Mar 12-Apr 25	Tu&Th	4:00-5:00pm	Fee: \$133
Mar 16-Apr 27	Sa	11:00am-12:00pm	Fee: \$73

**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 11-Apr 24	M&W	5:00-6:00pm	Fee: \$133
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**Age 10-18**

Mar 11-Apr 24	M&W	4:00-5:00pm	Fee: \$133
Mar 12-Apr 25	Tu&Th	4:00-5:00pm	Fee: \$133
Mar 16-Apr 27	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**

**8U Beginner**

Mar 1-May 4	F	5:00-6:30pm	Fee: \$132
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**10U Beginner**

Mar 1-May 4	F	5:00-6:30pm	Fee: \$133
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**10U Intermediate**

Mar 1-May 4	F	5:00-6:30pm	Fee: \$132
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**12U Yellow**

Mar 1-May 4	F	5:00-6:30pm	Fee: \$132
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**12U Bronze**

Mar 1-May 4	F	5:00-6:30pm	Fee: \$133
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**12U Silver**

Mar 1-May 4	F	5:00-6:30pm	Fee: \$133
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**14U Bronze**

Mar 1-May 4	F	5:00-6:30pm	Fee: \$133
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**14U Silver**

Mar 1-May 4	F	5:30-7:00pm	Fee: \$133
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**18U Bronze**

Mar 1-May 4	F	5:00-6:30pm	Fee: \$133
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**18U Silver**

Mar 1-May 4	F	5:30-7:00pm	Fee: \$133
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**Adult****Tennis Adult 2.5 Drills**

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

**Lake Lynn Community Center** – Course Fee: \$133

Mar 12-Apr 25	Tu & Th	6:00-7:00pm
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**Millbrook Exchange Tennis Center** – Course Fee: \$133

Mar 11-Apr 24	M&W	6:00-7:00pm
Mar 12-Apr 25	Tu & Th	6:00-7:00pm

**Tennis Adult Cardio**

Age: 18-99 yrs. Cardio Tennis is a fun group activity featuring drills to give players of all abilities an ultimate, high energy workout. Taught by a teaching professional, Cardio Tennis includes a warm-up, cardio workout and cool down phases. If you are looking for a great new way to get in shape and to burn calories, you must try Cardio Tennis. Class length is 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 15-Apr 26	F	9:00-10:00am
Mar 15-Apr 26	F	10:00-11:00am

**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 4-May 5	M & Su
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**Women's 3.0 Double**

Mar 4-May 5	M & Su
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**Women's 3.5 Doubles**

Mar 4-May 5	M & Su
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**Men's 3.0 Doubles**

Mar 4-May 5	M & Su
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**Men's 3.5 Doubles**

Mar 4-May 5	M & Su
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**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 11-Apr 24	M&W	10:00-11:00am	Fee: \$133
Mar 11-Apr 24	M&W	6:00-7:00pm	Fee: \$133
Mar 12-Apr 25	Tu&Th	11:00am-12:00pm	Fee: \$133
Mar 12-Apr 25	Tu&Th	7:00-8:00pm	Fee: \$133
Mar 16-Apr 27	Sa	9:00-10:00am	Fee: \$73
Mar 16-Apr 27	Sa	12:00-1:00pm	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 11-Apr 24	M&W	11:00am-12:00pm	Fee: \$133
Mar 11-Apr 24	M&W	7:00-8:00pm	Fee: \$133
Mar 12-Apr 25	Tu&Th	10:00-11:00am	Fee: \$133
Mar 12-Apr 25	Tu&Th	6:00-7:00pm	Fee: \$133
Mar 16-Apr 27	Sa	10:00-11:00am	Fee: \$73
Mar 16-Apr 27	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 4-May 5 M & Su

**Women's 3.5**

Mar 4-May 5 M & Su

**Women's 4.0/4.5**

Mar 4-May 5 M & Su

**Men's 3.5**

Mar 4-May 5 M & Su

**Men's/Women's 4.5**

Mar 4-May 5 M & Su

**Women's 3.0**

Mar 4-May 5 M & Su

**Men's 2.5**

Mar 4-May 5 M & Su

**Men's 3.0**

Mar 4-May 5 M & Su

**Men's 4.0**

Mar 4-May 5 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 4-May 13 M 7:00-9:00pm

Mar 6-May 15 W 9:30-11:30am

**Coed 2.0/2.5**

Mar 7-May 16 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: \$10

Jan 1-Apr 30 M&Th 9:00am-12:00pm



# Athletics Open Play

## Table Tennis - Open Play

Age: 18-99 yrs. All abilities are welcome! \*\*Due to Wake County Early Voting, there will be no Table Tennis offered from 2/14-3/7

Lake Lynn Community Center

Jan 3-Apr 27 W,Th,Sa 9:00am-12:00pm

Athletics  
Open Play



# Athletics Teams/Leagues

## Athletics Programs

athletics@raleighnc.gov  
919-996-6836

## Athletic Program Director

Ryan Ryba  
ryan.ryba@raleighnc.gov

## Athletic Program Managers

Jason Clemons  
jason.clemons@raleighnc.gov

Zeb Alford  
zebulon.alford@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](http://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

### Just Kick It

Age: 3-4 yrs. Just Kick It is a Youth Soccer Leagues for boys and girls ages 4-8 of all skill levels. These instructional leagues intended to promote the interest in soccer among young athletes and teach the fundamentals and rules of the sport. All teams are coached by trained and certified volunteer coaches. Participants will experience playing in a team sport, with an emphasis on sportsmanship, fair play and fostering a love for the game. Leagues are offered to children ages 4-8; league age is determined by August 31 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. 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.

**Sanderford Road Neighborhood Center** – Course Fee: \$66

Mar 2-Jun 8	Sa	10:00am-1:00pm
Mar 2-Jun 8	Sa	10:00am-1:00pm
Mar 2-Jun 8	Sa	10:00am-1:00pm
Mar 2-Jun 8	Sa	10:00am-1:00pm

### Mini Softball

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 1-14, 2024. Cost will be \$51 for Raleigh Residents and \$66 for Non-Raleigh Residents. Players age will be determined with an age as of date by August 31, 2023. Practices and games will take place at Buffalo Road Athletic Park.

**Buffalo Road Athletic Park**

### Raleigh Rockets

Age: 7-12 yrs. Interested in Track and Field? Raleigh Rockets is a recreational track and field program developed to introduce young athletes to this sport rich in tradition and history. The program combines technical development and fundamental techniques with safety and a major focus on fun! We want to inspire athletes to have a love for running and be active! Participants will have weekly practice sessions at team sites as well as opportunities to put it all together in fun-filled track meets and competitions. Uniform shirts provided.

**Barwell Road Community Center** – Course Fee: \$45

Mar 12-May 9	Tu & Th	5:30-7:00pm
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**Biltmore Hills Community Center**

Mar 12-May 9	Tu & Th	5:30-7:00pm
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**Brier Creek Community Center**

Mar 11-May 8	M & W	5:30-7:00pm
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**Green Road Community Center**

Mar 12-May 9	Tu & Th	5:30-7:00pm
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**Jaycee Community Center**

Mar 11-May 8 M & W 5:30-7:00pm

**John Chavis Community Center**

Mar 12-May 9 Tu & Th 5:30-7:00pm

**Laurel Hills Community Center**

Mar 12-May 9 Tu & Th 5:30-7:00pm

**Method Road Community Center**

Mar 12-May 9 Tu & Th 5:30-7:00pm

**Sgt. Courtney T. Johnson Neighborhood Center**

Mar 12-May 9 Tu & Th 5:30-7:00pm

**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 1-14. Registration may be left open pending number of available spots. League age as of date is August 31, 2023. Fee is \$51 for Raleigh residents and \$66 for non-Raleigh residents. Practices will begin about March/April and can be anytime Monday-Friday, 6pm-9pm, Saturday, 9am-3pm, and Sunday, 1pm-6pm. Games will be played on Saturdays and/or Monday/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**

**Lions Park Community Center**

**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 1-14. Registration may be left open pending number of available spots. League age as of date is August 31, 2023. Fee is \$51 for Raleigh residents and \$66 for non-Raleigh residents. Practices will begin about March/April and can be anytime Monday-Friday, 6pm-9pm, Saturday, 9am-3pm, and Sunday, 1pm-6pm. Games will be played on Saturdays and/or Monday/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**

**Lions Park Community Center**

**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 1-14. Registration may be left open pending number of available spots. League age as of date is August 31, 2023. Fee is \$51 for Raleigh residents and \$66 for non-Raleigh residents. Practices will begin about March/April and can be anytime Monday-Friday, 6pm-9pm, Saturday, 9am-3pm, and Sunday, 1pm-6pm. Games will be played on Saturdays and/or Monday/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**

**Lions Park Community Center**

**Spring Youth Soccer**

Age: 3-4 yrs. Our Youth Soccer Leagues are for boys and girls ages 4-8 of all skill levels. These leagues are intended to promote the interest in soccer among young athletes and teach the fundamentals and rules of the sport. All teams are coached by trained and certified volunteer coaches. Participants will experience playing in a team sport, with an emphasis on sportsmanship, fair play and fostering a love for the game. Leagues are offered to children ages 4-8; league age is determined by August 31 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 24-Jun 8 Sa 9:00am-6:00pm

**U6 Co-ed**

Feb 24-Jun 8 M-Th&Sa 9:00am-6:00pm

**U8 Co-ed**

Feb 24-Jun 8 M-Th&Sa 9:00am-6:00pm



### Youth Baseball - Bronco

Age: 11-12 yrs. Baseball registration is February 1-14, 2024. 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, 2023. Registration fee is \$51 for Raleigh residents and \$66 for non-Raleigh residents.

**Buffaloe Road Athletic Park  
Cedar Hills Park  
Jaycee Community Center**

### Youth Baseball - Colt

Age: 15-17 yrs. Baseball registration is February 1-14, 2024. 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, 2023. Registration fee is \$51 for Raleigh residents and \$66 for non-Raleigh residents.

**Optimist Community Center and Cedar Hills Park**

### Youth Baseball - Mustang

Age: 9-10 yrs. Baseball registration is February 1-14, 2024. 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, 2023. Registration fee is \$51 for Raleigh residents and \$66 for non-Raleigh residents.

**Biltmore Hills Community Center  
Lake Lynn Community Center  
Marsh Creek Community Center  
North Hills Park**

### Youth Baseball - Pinto

Age: 7-8 yrs. Baseball registration is February 1-14, 2024. 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, 2023. Registration fee is \$51 for Raleigh residents and \$66 for non-Raleigh residents.

**Lions Park Community Center  
Method Road Community Center  
Millbrook Exchange Community Center**

### Youth Baseball - Pony

Age: 13-14 yrs. Baseball registration is February 1-14, 2024. 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, 2023. Registration fee is \$51 for Raleigh residents and \$66 for non-Raleigh residents.

**Buffaloe Road Athletic Park**

### Youth Baseball - TBall

Age: 5-6 yrs. Baseball registration is February 1-14, 2024. 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, 2023. Registration fee is \$51 for Raleigh residents and \$66 for non-Raleigh residents.

**Kiwanis Community Center  
Optimist Community Center  
Roberts Park Community Center**

### Youth INDOOR Volleyball

Age: 8-16 yrs. Are you looking to BUMP and SET into a new sport? Then sign up for fun playing INDOOR youth volleyball. This league will give participants the opportunity to be introduced, practice their skills and improve their indoor game. Registration is Feb. 7 - until full. Registration will remain open, if needed, until league requirements are met, if space is still available. League practices will not start until March and games will be played in April - May. League age is determined by the participant's age as of August 31st, 2023. Games will be held at Optimist Park and practice will be

held at Optimist. Location is subject to change based on Wake County Board of Elections Early Voting location selection that may occur during the season. Dates and times of practice and games will be Tuesday, Friday and/or Saturday. The TIMES FOR THIS LEAGUE could occur between 5:30p - 9:00p on Tuesdays and Fridays and 9:30pm - 3:00pm on Saturday. Other times listed are for facility reservation ONLY.

**Optimist Community Center** - Course Fee: \$70  
Mar 12-May 31 Tu,F,Sa

### Youth Outdoor Summer Basketball League

Age: 11-12 yrs. Youth Summer Outdoor Basketball registration is April 1-12. The Little League is competitive league play. Fundamentals of basketball play are strongly encouraged and taught. Positive sportsmanship is strongly encouraged by spectators, coaches, and players. This league does keep score and records of wins and losses are kept. Also, there is postseason tournament play. Volunteer coaches are needed who enjoy basketball, want to teach youth, and to help develop league participants' skills and knowledge of basketball. League Age is determined by participant's age on August 31, 2023. PLEASE KNOW THAT THIS SUMMER BASKETBALL LEAGUE WILL PLAY/PRACTICE OUTDOORS.

**Baileywick Park** - Course Fee: \$51

### Youth Softball

Ages 10-17 yrs. Youth Girls Fall Softball registration is February 1-14, 2024. 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, 2023. Registration fee is \$51 for Raleigh residents and \$66 for non-Raleigh residents.

**Walnut Creek Athletic Complex  
Spring Fast Pitch  
Spring Modified Pitch**

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## Teen

### **Lions Park March Madness 3v3 Tournament**

Age: yrs.

**Lions Park Community Center**

Mar 30 Sa 10:00am-1:00pm

### **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, 2024). Each participant must provide a copy of birth verification before assessments and have insurance.

**Method Road Community Center** – Course Fee: \$56

Jun 25-Aug 15 Tu & Th 6:00-9:00pm

Jun 24-Aug 14 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 14-28, 2024. 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.

**Buffaloe Road Athletic Park and Cedar Hills Park**

### **Adult Basketball**

Age: 18-99 yrs. The Athletics Division will be holding registration for the summer Adult Basketball League on April 14-28, 2024. 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**

### **Adult Softball**

Age: 18-99 yrs. The Athletics Division will be holding registration for Adult Spring Softball from February 15 through February 28th either online or in person at the Wade Avenue Building (2401 Wade Ave.) from 8:30 am- 5 pm for participants ages 18 and up. Registration will be taken for Men's and Women's Open Leagues, Church, and Coed. Registration is a team fee of \$450 (includes tournament entry for all teams) with a Non-Raleigh Resident fee of \$24 per player. Each team will receive a 12-game season. The single-elimination tournament will begin at the end of the regular-season games.

**Millbrook Exchange Community Center**

**Walnut Creek Athletic Complex**

### **Adult Spring Kickball**

Age: 18-99 yrs. The Athletics Division will be holding registration for the Adult Kickball (COED) League on February 15-29, 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.

**Walnut Creek Athletic Complex**



# Educational



## Preschool

### Let's Ride! An Introduction to Bike Riding

Age: 3-4 yrs. Sign your child up for this introduction to bike riding using Strider Balance Bikes. Taught by Certified Strider Bike Instructors, this class will go through the basics of bike riding, including safety, and will get your child more comfortable with peddling by the end of the four-week class. Participants should come wearing comfortable clothes for biking (including athletic shoes) and bring a helmet. Class will be held indoors. Parents should plan to stay for the entire class. The last 15 minutes will be used for a "free ride" with parents.

**Marsh Creek Community Center** – Course Fee: \$40  
Feb 5-Feb 26 M 4:30-5:30pm

### 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 3-Jan 31	M,W,F	9:15am-12:15pm	Fee: \$241
Feb 2-Feb 28	M,W,F	9:15am-12:15pm	Fee: \$221
Mar 1-Mar 27	M,W,F	9:15am-12:15pm	Fee: \$241
Apr 1-Apr 29	M,W,F	9:15am-12:15pm	Fee: \$261

## Youth

### Global Gurus

Age: 6-9 yrs. We'll explore the different cultures through games, art, music, stories, and cuisine to learn what makes the land their people unique. We'll even learn some basic conversational words in

each language! This one-day program is a preview of what's to come with our week long Global Guru Summer 2024 Specialty Camp.

**Laurel Hills Community Center** – Course Fee: \$20

#### Let's Explore France

Mar 19	Tu	6:30-8:00pm
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#### Let's Explore Spain

Apr 16	Tu	6:30-8:00pm
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## Teen

### Cooking Block

Age: 11-17 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 23	Tu	6:00-7:30pm
Feb 6	Tu	6:00-7:30pm
Feb 20	Tu	6:00-7:30pm
Mar 5	Tu	6:00-7:30pm
Mar 19	Tu	6:00-7:30pm
Apr 2	Tu	6:00-7:30pm
Apr 16	Tu	6:00-7:30pm
May 7	Tu	6:00-7:30pm

## Adult

### Backyard Orchard Management

Age: 16-99 yrs. Do you have a fruit tree that refuses to produce fruit? Have you always dreamed of having your own orchard? Do you have an interest in learning more about how to grow fruit trees in an urban backyard? If any of these apply to you, sign up for our Backyard Orchard Management series for a hands on take on orchard care.

**Marsh Creek Community Center** – Course Fee: \$10

Feb 21	W	4:00-5:30pm
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### 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: \$10

Feb 7	W	6:15-8:00pm
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### Creative Writing Workshop

Age: 16-99 yrs. Join us for a writing workshop! Participants will have the opportunity to create an original poem, short story, song, or monologue. The final thirty minutes will feature a Family and friends showcase.

**John Chavis Community Center**

Mar 20	W	6:00-9:00pm
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**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 continuing the growing season. 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

Mar 6	W	6:15-8:00pm
Apr 24	W	6:15-8:00pm

**Senior****Aging In Place**

Age: yrs. Most older adults prefer to "go out feet first" enjoying the Golden Years in the comfort of their long-time home. Are you prepared? Have you taken steps to equip yourself and your residence for the long haul? Learn strategies to make your home safer as your needs change. Presented by Freda Hamlett, Milestone Moves.

**Anne Gordon Center**

Mar 26	Tu	10:00-11:30am
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**Five Points Center**

Mar 28	Th	2:00-3:30pm
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**Android Phone Basics 1**

Age: 18-99 yrs. Get comfortable using your Android Phone! Learn to create contacts, text, make phone calls, take & share photos, connect to Wi-Fi and how to use Google Maps. Please bring your Android Phone, Android Account info (typically your GMAIL account info). Screenshots shown in class may not match your phone exactly due to the different manufacturers that sell Android phones.

**Anne Gordon Center** - Course Fee: \$12

Feb 14-Feb 21	W	10:00-11:30am
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**Five Points Center**

Jan 9-Jan 16	Tu	2:00-3:30pm
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**Android Phone Basics 2**

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

**Anne Gordon Center** - Course Fee: \$12

Jan 24-Jan 31	W	10:00-11:30am
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Feb 28-Mar 13	W	10:00-11:30am
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**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 - 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 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 knowledge of your smartphone and your phone's App Store.

**Anne Gordon Center** - Course Fee: \$6

Feb 14	W	2:00-4:00pm
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Mar 27	W	2:00-4:00pm
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**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 9-Apr 16	Tu	2:00-3:30pm
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**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 23	Tu	2:00-4:00pm
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**Care Options As We Age**

Age: yrs. As we age, we are faced with different levels of medical needs. How do you know what options are available to you and when do you qualify for each type of help? Home Care, Home Health, Palliative Care and Hospice Care are all different and provide different levels of care. Learn the difference between each one and how to know when each option is the best choice. Presented by Dellie Hinton, Comfort Keepers.

**Five Points Center**

Mar 26	Tu	2:00-3:00pm
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**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.

**Five Points Center** - Course Fee: \$12

Jan 23-Jan 30	Tu	2:00-3:30pm
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Mar 14-Mar 21	Th	10:00-11:30am
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**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've done so.

**Five Points Center** – Course Fee: \$12

Feb 13-Feb 20 Tu 10:00-11:30am  
Apr 9-Apr 16 Tu 10:00-11:30am

### Computer Basics 3

Age: 18-99 yrs. Prerequisite: 'Computer Basics 1' or equivalent computer knowledge. This class goes into detail on how to save and delete files, create folders, 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. Learn how to see how much space items are using on your computer. Plus learn how to create zip files, cut, copy, and rename files.

**Five Points Center** – Course Fee: \$12

Feb 27-Mar 12 Tu 10:00-11:30am

### 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.

**Five Points Center** – Course Fee: \$12

Jan 9-Jan 16 Tu 10:00-11:30am  
Mar 19-Mar 26 Tu 10:00-11:30am

### Computer Network Basics 1

Age: 18-99 yrs. Learn how to set up a basic wireless network in your home using the internet for your wireless devices. Since every modem and wireless router is different, we will discuss generalities on how to set it up in your home. This is a fantastic class for those interested in maintaining or setting up their own network. Plus, learn how you can save a little bit of money buying the equipment instead of renting.

**Five Points Center** – Course Fee: \$6

Apr 30 Tu 2:00-4:00pm

### 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.

**Anne Gordon Center** – Course Fee: \$12

Jan 22-Jan 29 M 10:00-11:30am

Apr 22-Apr 29 M 10:00-11:30am

**Five Points Center** – Course Fee: \$12

Feb 27-Mar 12 Tu 2:00-3:30pm

### Decluttering

Age: 18-99 yrs. Decluttering involves getting rid of unnecessary things, organizing and making priorities to streamline one's life. Join us to learn practical decluttering tips and strategies that can change your life. Presented by Freda Hamlett, Milestone Moves.

**Anne Gordon Center**

Jan 23 Tu 10:00-11:30am

Feb 20 Tu 10:00-11:30am

**Five Points Center**

Jan 25 Th 2:00-3:30pm

Feb 22 Th 2:00-3:30pm

### 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.

**Anne Gordon Center** – Course Fee: \$6

Mar 13 W 2:00-4:00pm

**Five Points Center**

Apr 11 Th 10:00am-12:00pm

### Finance: Medicaid 101

What are the basic rules of Medicaid? How do I become eligible? Will it pay for memory care? Learn more about what you should consider when planning for Medicaid. Presented by the Huston Law Firm, PLLC and Carolina Estate Counsel.

**Anne Gordon Center**

Feb 13 Tu 10:00-11:00am

**Five Points Center**

Feb 15 Th 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. Presented by the Seniors' Health Insurance Information Program (SHIIP), a division of the NC Department of Insurance.

**Anne Gordon Center**

Feb 27 Tu 10:00-11:30am

**Five Points Center**

Jan 30 Tu 1:00-2:30pm

### Finance: Why You Should Have a Trust

Trusts are not just for rich people! Should I have a trust? Who will be my Trustee? Presented by Huston Law Firm, PLLC and Carolina Estate Counsel.

**Anne Gordon Center**

Mar 12 Tu 10:00-11:00am

**Five Points Center**

Mar 21 Th 2:00-3:00pm

### Fraud Against Seniors

What is fraud against seniors and why should I be concerned? Learn how fraud against seniors works and how you can protect yourself from it. Presented by Huston Law Firm, PLLC and Carolina Estate Council.

**Anne Gordon Center**

Jan 9 Tu 10:00-11:00am

**Five Points Center**

Jan 18 Th 2:00-3:30pm

### 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. GIMP is like the professional photo editor Adobe Photoshop. Prerequisite: 'Computer Basics 1' or equivalent computer knowledge.

**Five Points Center** – Course Fee: \$12

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

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**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 22-Feb 29 Th 10:00-11:30am

**GMAIL Basics 1**

Age: 18-99 yrs. In this class we will show you how to create and use an email account using Google's GMAIL function. Nowadays, you need an email address for almost everything. Learn to use this convenient method of communication. Prerequisite: Computer Basics 1 and 2 or equivalent skills.

**Anne Gordon Center** – Course Fee: \$6  
Feb 12 M 10:00am-12:00pm  
Apr 10 W 10:00am-12:00pm  
**Five Points Center** – Course Fee: \$6  
Apr 23 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 10-Jan 17 W 2:00-3:30pm

**Google Chrome Intro**

Age: 18-99 yrs. 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. Learn about the Google Chrome web browser and 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.

**Anne Gordon Center** – Course Fee: \$6  
Apr 10 W 2:00-3:30pm

**Google Photos Intro**

Age: 18-99 yrs. Learn basic photo editing, photo sharing, and steps to create a photo book using the Google Photos app. You may bring your own smart phone, iPad or tablet - but it is not required. Bring your Google account 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 10-Jan 17 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 allows you to 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, 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 the basic setup.

**Anne Gordon Center** – Course Fee: \$6  
Mar 20 W 10:00-11:30am  
**Five Points Center** – Course Fee: \$6  
Apr 25 Th 10:00-11:30am

**iCloud Basics for iPad/iPhone**

Age: 18-99 yrs. 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. If you own an Apple product, then you have iCloud. Learn to use this feature to its fullest! 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 21 W 2:00-4:00pm  
Mar 20 W 2:00-4:00pm  
**Five Points Center** – Course Fee: \$6  
Apr 30 Tu 10:00am-12:00pm

**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 19-Feb 26 M 10:00-11:30am

**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 11-Mar 18 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 27 W 10:00-11:30am

### 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 8-Apr 15 M 10:00-11:30am

**Five Points Center** - Course Fee: \$12

Feb 13-Feb 20 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 17-Apr 24 W 10:00-11:30am

**Five Points Center** - Course Fee: \$12

Jan 11-Jan 18 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 24-Jan 31 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 8 M 10:00-11:30am

Feb 28 W 2:00-4:00pm

Mar 25 M 10:00-11:30am

**Five Points Center**

Jan 30 Tu 10:00-11:30am

Apr 18 Th 10:00-11:30am

### 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 17 W 2:00-4:00pm

### Paying for Long-Term Care

Care costs are astounding -- \$5,000, \$8,000, \$10,000 per month or more... How can I afford this? Presented by Huston Law Firm, PLLC and Carolina Estate Counsel.

**Anne Gordon Center**

Apr 9 Tu 10:00-11:00am

**Five Points Center**

Apr 18 Th 2:00-3:00pm

### Questions Across the Spectrum Discussion

This group gathers to discuss contemporary issues drawn from over 4,000+ TED.COM talks. A TED talk, 5 to 15 minutes in length, is viewed on the big screen in class. A back-and-forth exchange of views about the topic

with discussion leaders deepens our understanding of living in a complex world. You may come to listen or to join the discussion. Topics are announced weekly via email. Group meets on the 2nd and 4th Tuesday of each month.

**Five Points Center**

Jan 9-Apr 23 Tu 3:00-4:30pm

### 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. Presented by Resources for Seniors.

**Anne Gordon Center**

Jan 16 Tu 10:00-11:30am

**Five Points Center**

Jan 10 W 1:00-2:00pm

### Selling Your Home In This Market

The housing market is ever changing. The documents required to sell a home are numerous. Learn about the current market and how to navigate it successfully. Presented by Freda Hamlett, Milestone Movers.

**Anne Gordon Center**

Apr 23 Tu 10:00-11:30am

**Five Points Center**

Apr 25 Th 2:00-3:30pm

### Senior Living: From Independent Living to Skilled Nursing

Senior Living encompasses a range of housing and lifestyle options for aging persons adapted to the challenges of health issues associated with aging, such as limited mobility and susceptibility to illness. Join us to learn about all the options, qualifications, costs and who pays. Presented by Anne Browning, The Oaks at Whitaker Glen.

**Five Points Center**

Apr 10 W 2:00-3:00pm

### SHIIP Counseling

Age: 18-99 yrs. If you are turning 65 or retiring and will have Medicare, schedule an appointment to learn about your Medicare benefits, options, and enrollment. Your 1:1 appointment will help you be an informed consumer of your healthcare options. SHIIP counselors are not licensed insurance agents, and 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**

Jan 1-Apr 29 M & Th 1:00-4:00pm

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**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 24	W	2:00-3:30pm
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**Five Points Center**

Feb 15	Th	10:00-11:30am
Mar 19	Tu	2:00-3:30pm
Mar 28	Th	10:00-11:30am

**Thoughts on Aging**

Age: 18-99 yrs. Gain insight to the key things which are most important as we journey through life. Those would include, but aren't limited to, living options/arrangements, health issues, wealth preservation, safety and socialization and managing transition(s). We will candidly discuss several options which seniors are using today as they age and how/when to make decisions concerning those options. Presented by Gerry Rife, Oasis Senior Advisors.

**Anne Gordon Center**

Apr 16	Tu	11:00am-12:00pm
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**Five Points Center**

Feb 7	W	2:00-3:00pm
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**Tips and Tricks to Prevent Falls**

Falling is not a normal part of aging. You can prevent falls by doing the right exercises, making your home safer, getting regular health checkups and more. Learn steps you can take to stay safe. Presented by Anne Browning, The Oaks at Whitaker Glen.

**Five Points Center**

Feb 20	Tu	2:00-3:00pm
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**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 23	Tu	10:00-11:30am
Mar 26	Tu	2:00-4:00pm

**Family****House Plant Appreciation Day**

Age: 5-14 yrs. It's National Houseplant Appreciation Day! Drop off your budding horticulturist to learn about different species of indoor plants including what type of light and level of care they need. Once they've chosen the plant they want to bring home and care for, out come the paints! Of course, they can't pot them in a plain pot! The terra cotta pots become transformed by your child's own creativity! Kids will learn how to nurture their plant and gain the skills to potentially be the one to care for all the houseplants at home!

**Laurel Hills Community Center** – Course Fee: \$10

Jan 10	W	6:00-8:00pm
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**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**

Jan 20	Sa	10:00am-12:00pm
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**Mobile Music and Education for Kids**

Age: 6-13 yrs. Mobile Music and Educational for Kids was developed by Wanda Micheal, using the 'Whole Child' teaching philosophy which engages students through art, math, science and lots of fun! This program will engage your little learner in both mental and light physical fitness! Core activities are based on the introduction to the five families of instruments and The Magic Box, which is a lesson on self-esteem and anti-bullying practices. Instruments will be provided by the instructor. Mobile Music and Education for Kids strives to meet the educational, health, and developmental needs of students through creative activities and physical movement. Important skills and topics include introducing basic concepts in music, math, and science. This program helps develop coordination, strength and balance. Enhances vocabulary and

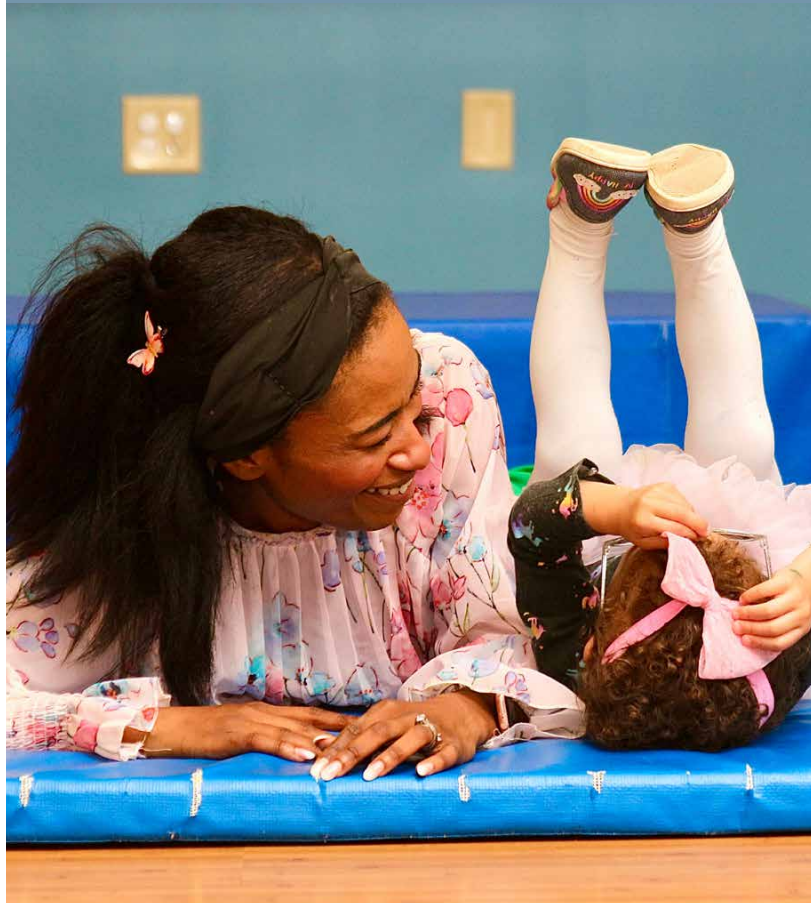
reading comprehension. Improves mental flexibility, spatial awareness and critical thinking skills. Wanda's experience in education also helps promote teamwork and test-taking strategies in children of diverse learning styles.

**Biltmore Hills Community Center** – Course Fee: \$80

Jan 2-Apr 30	Tu	6:00-8:00pm
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# Health & Wellness



## Preschool

### Gymnastics - Tumble, Giggles, and Fun

Age: 1.5-3 yrs. Parent and child participate in a fun-filled class encouraging play, fitness, social skills, and fun! We will tumble, jump, and dance through various stations including parachute play, obstacle courses, music, silly dances, props, and more. This is a child led class with parent participation, reinforcing parent/child bonding, entertainment, and introduction of various activities to release energy in a fun and safe setting. No boredom; just giggles and fun! Instructor: Ms. Gabbie  
**Greystone Recreation Center** - Course Fee: \$41

Jan 5-Jan 26	F	10:30-11:15am
Feb 2-Feb 23	F	10:30-11:15am
Mar 1-Mar 22	F	10:30-11:15am
Apr 5-Apr 26	F	10:30-11:15am

### Gymnastics- Preschool Tumbling

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

**Barwell Road Community Center** - Course Fee: \$40

Jan 2-Jan 23	Tu	5:30-6:15pm
Feb 6-Feb 27	Tu	5:30-6:15pm
Mar 5-Mar 26	Tu	5:30-6:15pm
Apr 2-Apr 23	Tu	5:30-6:15pm

### Kidokinetics

Age: 4-6 yrs. Kidokinetics is a sports and fitness program designed especially for preschoolers! Through the introduction of a variety of sports, we focus on basic gross motor skills and sports fundamentals. Classes build confidence while stressing cooperation, discipline, and good sportsmanship. Coaches are

positive and encouraging and classes are non-competitive. Activities include football, soccer, basketball, volleyball, hockey, tennis, baseball and many more!  
 Instructor: Kidokinetics Triangle NC  
**Greystone Recreation Center** - Course Fee: \$49

Jan 22-Feb 12	M	11:30am-12:15pm
Feb 26-Mar 18	M	11:30am-12:15pm
Apr 8-Apr 29	M	11:30am-12:15pm

### Kidokinetics Jr.

Age: 2-3 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 22-Feb 12	M	10:30-11:15am
Feb 26-Mar 18	M	10:30-11:15am
Apr 8-Apr 29	M	10:30-11:15am

### Kids Yoga & Mindful Play

Age: 3-5 yrs. Come stretch, breathe, move, dance, relax, create, and have FUN! These classes will include age-appropriate yoga and movement-including breathing, poses, games, stories, music, relaxation, meditation, and more. Your little yogi will get to practice fine and gross motor skills, social and group skills, and begin to learn mindfulness and breathing/calming tools. Taught by Jaime Andrews who is a certified in Kids Yoga and Kidding Around Yoga.

**Halifax Community Center** - Course Fee: \$48

Jan 2-Jan 23	Tu	1:00-2:00pm
Feb 6-Feb 27	Tu	1:00-2:00pm
Mar 5-Mar 26	Tu	1:00-2:00pm
Apr 2-Apr 23	Tu	1:00-2:00pm

### Kinder Tae Kwon Do

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

**Lions Park Community Center** - Course Fee: \$31

Jan 4-Jan 25	Th	6:30-7:15pm
Feb 1-Feb 29	Th	6:30-7:15pm
KinderMar 7	Th	6:30-7:15pm
Apr 4	Th	6:30-7:15pm

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**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

Jan 6-Jan 27	Sa	11:15am-12:00pm
Feb 3-Feb 24	Sa	11:15am-12:00pm
Mar 2-Mar 23	Sa	11:15am-12:00pm
Apr 6-Apr 27	Sa	11:15am-12:00pm

**Tumble N Twist**

Have a child who loves to tumble and have fun? Join us for our beginners tumbling class where your child will learn the basics of tumbling and fitness/conditioning. Your child will work on gross motors skills while learning the forward roll, backwards roll, straddle roll, intro to cartwheels and much more. Come join in the fun.

**Hill Street Neighborhood Center** – Course Fee: \$40

**Ages 2-3**

Jan 3-Jan 24	W	4:45-5:30pm
Feb 7-Feb 28	W	4:45-5:30pm
Mar 6-Mar 27	W	4:45-5:30pm
Apr 3-Apr 24	W	4:45-5:30pm

**Ages 4-5**

Jan 3-Jan 24	W	5:30-6:15pm
Feb 7-Feb 28	W	5:30-6:15pm
Mar 6-Mar 27	W	5:30-6:15pm
Apr 3-Apr 24	W	5:30-6:15pm

**Youth****Boxing at Worthdale**

Age: 8-14 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

Jan 4-Jan 25	Th	6:00-7:00pm
Feb 1-Feb 29	Th	6:00-7:00pm
Mar 7-Mar 28	Th	6:00-7:00pm
Apr 4-Apr 25	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 and instructors are qualified by an international organization. Instructor: George Whitten

**Brier Creek Community Center** – Course Fee: \$81

Jan 4-Jan 30	Tu & Th	6:00-7:00pm
Feb 6-Feb 29	Tu & Th	6:00-7:00pm
Mar 5-Mar 28	Tu & Th	6:00-7:00pm
Apr 2-Apr 25	Tu & Th	6:00-7:00pm

**Gymnastics- Youth Tumbling**

Age: 6-11 yrs. Participants will learn basic gymnastic floor moves such as forward rolls, backward rolls, handstands, cartwheels and more. Participants will practice coordination, flexibility and strength exercises. This class is tumbling fun!

**Barwell Road Community Center** – Course Fee: \$40

Jan 2-Jan 23	Tu	6:15-7:00pm
Feb 6-Feb 27	Tu	6:15-7:00pm
Mar 5-Mar 26	Tu	6:15-7:00pm
Apr 2-Apr 23	Tu	6:15-7:00pm
Jan 2-Jan 23	Tu	7:00-7:45pm
Feb 6-Feb 27	Tu	7:00-7:45pm
Mar 5-Mar 26	Tu	7:00-7:45pm
Apr 2-Apr 23	Tu	7:00-7:45pm

**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 1-Jan 31	M & W	6:00-7:00pm
Feb 5-Feb 28	M & W	6:00-7:00pm
Mar 4-Mar 27	M & W	6:00-7:00pm
Apr 1-Apr 29	M & W	6:00-7:00pm

**Speed and Agility Training**

Age: 7-15 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 8-Jan 29	M	6:30-7:15pm
Feb 5-Feb 26	M	6:30-7:15pm
Mar 4-Mar 25	M	6:30-7:15pm
Apr 1-Apr 22	M	6:30-7:15pm

**Tae Kwon Do Youth**

Age: 6-16 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 2-Jan 30	Tu & Th	6:30-7:30pm
Feb 1-Feb 29	Tu & Th	6:30-7:30pm
Mar 5-Mar 28	Tu & Th	6:30-7:30pm
Apr 2-Apr 30	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 2-Jan 30	Tu & Th	4:30-5:15pm	Fee: \$81
Feb 1-Feb 29	Tu & Th	4:30-5:15pm	Fee: \$81
Mar 5-Mar 28	Tu & Th	4:30-5:15pm	Fee: \$81
Apr 2-Apr 18	Tu & Th	4:30-5:15pm	Fee: \$61
Jan 2-Jan 30	Tu & Th	5:30-6:15pm	Fee: \$81
Feb 1-Feb 29	Tu & Th	5:30-6:15pm	Fee: \$81
Mar 5-Mar 28	Tu & Th	5:30-6:15pm	Fee: \$81
Apr 2-Apr 18	Tu & Th	5:30-6:15pm	Fee: \$61

**4 Month Session**

Jan 2-Apr 18	Tu & Th	5:30-6:15pm	Fee: \$281
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**Teen****Rap Your Head Around It**

Age: 11-17 yrs. Calling all African American males (11-17) to discuss mental wellness, hot topics (major stresses), and resources to get help. Participates will learn about emotions, triggers, and coping skills through writing and expressing themselves through music. We will provide lunch.

**Sanderford Road Neighborhood Center**

Jan 20-Apr 20	Sa	12:30-3:30pm
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## 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 7-Jan 28	Su	5:00-5:55pm
Feb 4-Feb 25	Su	5:00-5:55pm
Mar 3-Mar 31	Su	5:00-5:55pm
Apr 7-Apr 28	Su	5:00-5:55pm

### Adult Group Fitness

Age: 18-99 yrs. Energize Your Lifestyle! Are you ready to invigorate your day with a fitness class designed exclusively for active adults? Our Active Adult Fitness Class is tailored to meet the unique needs and preferences of individuals who are committed to maintaining a healthy and energetic lifestyle. Whether you're looking to boost your strength, flexibility, or overall well-being, this class is the perfect fit for you.

**Worthdale Community Center** - Course Fee: \$25

Jan 4-Jan 29	M & Th	10:30-11:30am
Feb 1-Feb 29	M & Th	10:30-11:30am
Mar 4-Mar 28	M & Th	10:30-11:30am
Apr 1-Apr 29	M & Th	10:30-11:30am

### 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: \$101

Jan 2-Jan 30	M,Tu,Th	6:30-7:30pm
Feb 1-Feb 27	M,Tu,Th	6:30-7:30pm
Mar 4-Mar 28	M,Tu,Th	6:30-7:30pm
Apr 1-Apr 18	M,Tu,Th	6:30-7:30pm

**4 Month Session Option** - Course Fee: \$346

Jan 2-Apr 18	M,Tu,Th	6:30-7:30pm
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### Advance Hip Hop Soul Line Dance

Age: yrs. This class is for those who are experienced with the fundamentals and terminology, as well as following voice instruction. Hip Hop Soul Line Dancing can be much more than the Wobble, Cupid Shuffle, etc. An example of a dance you would be expected to learn in a relatively short amount of time can be seen here. <https://youtu.be/AzVLuzMEHO4?t=56>

**Carolina Pines Community Center** - Course Fee: \$5

Jan 8	M	6:30-8:30pm
Jan 22	M	6:30-8:30pm
Jan 29	M	6:30-8:30pm
Feb 5	M	6:30-8:30pm
Feb 12	M	6:30-8:30pm
Feb 19	M	6:30-8:30pm
Feb 26	M	6:30-8:30pm
Mar 4	M	6:30-8:30pm
Mar 11	M	6:30-8:30pm
Mar 18	M	6:30-8:30pm
Mar 25	M	6:30-8:30pm
Apr 1	M	6:30-8:30pm
Apr 8	M	6:30-8:30pm
Apr 15	M	6:30-8:30pm
Apr 22	M	6:30-8:30pm
Apr 29	M	6:30-8:30pm

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### 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 4-Feb 8 Th 6:30-7:30pm  
 Feb 22-Mar 28 Th 6:30-7:30pm  
 Apr 11-May 23 Th 6:30-7:30pm

### Asian Classical Dance

Age: 15-99 yrs. Experience the grace and beauty of traditional Asian dance with our low-to-intermediate-level classical dance class. Perfect for beginners or anyone with prior dance experience! Learn intricate movements, fluid footwork and delicate hand gestures while immersing yourself in the rich culture of Asian

classical dance. Join us and enhance your performance, coordination, and expression as you refine your technique and develop your artistic abilities. Recommend bringing a yoga mat but not required. Instructor: Helen/Heng Ryan  
**Brier Creek Community Center** – Course Fee: \$5  
 Jan 5-Apr 26 F 7:00-8:00pm

### 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, and registration will be closed after the 2nd week of class. Please note the drop-in class is available at 3:15pm each Sunday.

**Lake Lynn Community Center**  
 Jan 8-Feb 19 M 7:15-8:00pm Fee: \$36  
 Mar 4-Apr 22 M 7:15-8:00pm Fee: \$41  
**Lake Lynn Community Center**  
 Jan 7-Feb 25 Su 4:30-5:15pm Fee: \$41  
 Mar 3-Apr 28 Su 4:30-5:15pm Fee: \$41

### 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** – Course Fee: \$15  
 Jan 2-Jan 30 Tu & Th 7:15-8:15pm  
 Feb 1-Feb 29 Tu & Th 7:15-8:15pm  
 Mar 5-Mar 28 Tu & Th 7:15-8:15pm  
 Apr 4-Apr 30 Tu & Th 7:15-8:15pm

### Cardio Sculpt

Age: 18-99 yrs. Just enough cardio, strength, and ab work to make you feel fit and strong! The class format consists of low or high impact cardio exercises, followed by dumbbell or body weight strength training, and core exercises on the mat set to motivational music. Appropriate for all levels of fitness. The instructor will cue modifications. Participants shall bring their own mat. Strength training equipment will be provided.

**Laurel Hills Community Center**  
 Jan 8-Jan 29 M 10:30-11:30am Fee: \$30  
 Feb 5-Feb 26 M 10:30-11:30am Fee: \$40  
 Mar 4-Mar 25 M 10:30-11:30am Fee: \$40  
 Apr 1-Apr 29 M 10:30-11:30am Fee: \$50

### 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 9-Apr 30 Tu 6:30-8:30pm

### Cloggin

Age: 13-99 yrs. Enjoy learning to clog, or double-step up to something more advanced! All levels of learners welcome -- it's fun, and great exercise, in an open, non-competitive environment. Partners are not necessary, and line (individual) dances as well as traditional figures and steps are taught. Clogging is the wonderful percussive dance often seen when bluegrass or old-time music is playing - though this class incorporates pop songs as well. Clogging - also called flatfooting or buckdancing - began in the mountains of North Carolina, and has spread all over the world. Tap shoes or hard-sole shoes are best, but any shoe is fine!

**Jaycee Community Center** – Course Fee: \$35  
 Jan 4-Feb 22 Th 6:00-8:00pm  
 Feb 29-Apr 18 Th 6:00-8:00pm



### Evening Flow Yoga

Age: 18-99 yrs. Come put the 'ahhh' in yoga with a new evening class at Greystone Community Center. These gentle yoga classes offer centering, breathwork, poses for strength, flexibility, balance, and a cool-down and resting. All are welcome in this safe and soothing environment. Yoga instructor, Sarah Peters, has been a teacher for 20 years and has her 200- and 500-hour teacher certifications, as well as training in energy work and wellness.

**Greystone Recreation Center** - Course Fee: \$49

Jan 9-Jan 30	Tu	6:00-7:00pm
Feb 6-Feb 27	Tu	6:00-7:00pm
Mar 5-Mar 26	Tu	6:00-7:00pm

### Evening Yoga

Age: 18-99 yrs. Come put the 'ahhh' in yoga at this morning class. These gentle yoga classes offer centering, breathing tips, poses for strength, flexibility and balance, and a cool-down. Make space in a safe and soothing environment just to feel better each week! Instructor, Sarah Peters, has taught for 20 years, and has 200 and 500-hour teacher certifications, as well as training in energy work and wellness.

**Halifax Community Center** - Course Fee: \$48

Jan 4-Jan 25	Th	6:15-7:15pm
Feb 1-Feb 22	Th	6:15-7:15pm
Mar 7-Mar 28	Th	6:15-7:15pm
Apr 4-Apr 25	Th	6:15-7:15pm

### Feet Friendly Fridays

Age: 16-99 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 12-Apr 26	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 10-Feb 28	W	4:30-5:30pm
Mar 13-May 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

Jan 2-Jan 30	Tu	6:15-7:15pm	Fee: \$51
Feb 6-Feb 27	Tu	6:15-7:15pm	Fee: \$41
Mar 5-Mar 26	Tu	6:15-7:15pm	Fee: \$41
Apr 2-Apr 30	Tu	6:15-7:15pm	Fee: \$51

### 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 3-Jan 31	M & W	5:30-6:30pm	Fee: \$71
Feb 5-Feb 28	M & W	5:30-6:30pm	Fee: \$71
Mar 4-Mar 27	M & W	5:30-6:30pm	Fee: \$71
Apr 1-Apr 17	M & W	5:30-6:30pm	Fee: \$47.50

**4 Month Session Option**

Jan 3-Apr 17	M & W	5:30-6:30pm	Fee: \$242.50
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### JKC Self Defense

Age: 10-99 yrs. Learn self-defense in a fun and unique way. Different from karate, Jo Kwon Chi (JKC) offers a soft but effective approach to the martial arts that's not only enjoyable, but also efficient and rewarding. Borrowing from various Chinese, Turkish, Japanese, and Korean styles, JKC teaches the student to utilize angles and go with the opponent's flow along with being acutely aware of surroundings, and de-escalation skills. This class is safe and geared for beginners and also for experienced martial artists.

**Abbotts Creek Community Center** - Course Fee: \$5

Jan 4-Apr 27	Th & Sa	7:00-8:00pm
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### Laurel Hills Yoga Drop in Fee

Age: 0-99 yrs. Gentle Yoga Drop in Fee

**Jaycee Community Center** - Course Fee: \$10

Jan 3-Apr 24	W	1:00-2:00pm
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### Line Dance - Advanced

Age: 15-99 yrs. Experienced line dancers should join this class to build on your knowledge and experience with choreographed line dances. Work on more challenging line dances at the improver and intermediate level. Knowledge of line dance steps and prior experience is necessary. Instructor: Jackie Wheeler

### Brier Creek Community Center

Jan 3-Apr 24	W	6:00-7:00pm	Fee: \$5
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### Line Dance - Beginner

Age: 15-99 yrs. Join this beginner line dance class and learn fun easy dances to all kinds of music including country, pop, oldies and more! Line dancing is a great way to keep active - both for your brain and body! You'll learn basic line dance steps while having a lot of fun! No experience necessary. Instructor: Jackie Wheeler

**Brier Creek Community Center** - Course Fee: \$5

Jan 3-Apr 24	W	7:00-8:00pm
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### 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 1-Jan 31	M & W	7:00-8:30pm
Feb 5-Feb 28	M & W	7:00-8:30pm
Mar 4-Mar 27	M & W	7:00-8:30pm
Apr 1-Apr 29	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 3-Jan 31	M & W	7:00-8:30pm
Feb 5-Feb 28	M & W	7:00-8:30pm
Mar 4-Mar 27	M & W	7:00-8:30pm
Apr 1-Apr 29	M & W	7:00-8:30pm

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**MELT 101**

Age: 18-99 yrs. MELT is a self-care treatment that helps improve joint function, reduce chronic pain, and restore neurological efficiency by making the body more relaxed. Come experience the positive changes you will feel immediately using a MELT Soft Body Roller and small MELT balls during this introductory workshop. We will perform specific sequences for the hands, feet, and entire body, allowing tension to release from the neck, shoulders, and lower back. Participants will need to be able to get on the floor for this class.

**Thomas G. Crowder Woodland Center** – Course Fee: \$36  
Feb 24 Sa 10:30am-12:30pm

**MELT 102**

Age: 18-99 yrs. This workshop is for anyone that has taken a MELT class or workshop before and already understands the basic hand, foot and MELT roller rebalance sequence. In MELT 102 we will explore the advanced treatments for the hands and feet using the other therapy balls as well as more techniques for legs, back and shoulders through additional MELT techniques taught on the roller. Advanced registration highly recommended.

**Thomas G. Crowder Woodland Center** – Course Fee: \$27  
Mar 2 Sa 10:30am-12:00pm

**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 11-Apr 25 Th 6:45-7:45pm

**Morning Yoga**

Age: 18-99 yrs. Come put the 'ahhh' in yoga at this morning class. These gentle yoga classes offer centering, breathing tips, poses for strength, flexibility and balance, and a cool-down. Make space in a safe and soothing environment just to feel better each week! Instructor, Sarah Peters, has taught for 20 years, and has 200 and 500-hour teacher certifications, as well as training in energy work and wellness.

**Halifax Community Center** – Course Fee: \$48  
Jan 2-Jan 23 Tu 10:15-11:15am  
Feb 6-Feb 27 Tu 10:15-11:15am  
Mar 5-Mar 26 Tu 10:15-11:15am  
Apr 2-Apr 23 Tu 10:15-11:15am

**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 9-Apr 16 Tu 6:30-7:30pm

**Pilates**

Age: 18-99 yrs. Pilates mat class focusing on core strength, flexibility, and balance. The principles of Stott Pilates will be taught. Stott Pilates is a contemporary approach to the original exercise method pioneered by the late Joseph Pilates.

A team of physical therapists, sports medicine, and fitness professionals, have spent over two decades refining the Stott Pilates method. This resulted in the inclusion of modern principles of exercise science and spinal rehabilitation, making it one of the safest and effective methods available. Appropriate for all levels of fitness with cued modifications. Participants shall bring their own mat. Light weights will be provided.

**Laurel Hills Community Center**  
Jan 3-Jan 31 W 10:30-11:30am Fee: \$50  
Feb 7-Feb 28 W 10:30-11:30am Fee: \$40  
Mar 6-Mar 27 W 10:30-11:30am Fee: \$40  
Apr 3-Apr 24 W 10:30-11:30am Fee: \$40

**POUND. Rockout. Workout at Optimist Park**

Age: 16-99 yrs. Instead of listening to music, you become the music in this exhilarating full body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.

Instructor: Kalyn Warren  
**Optimist Community Center** – Course Fee: \$10  
Jan 4-Apr 25 Th 6:30-7:15pm

**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**  
Jan 3-Jan 31 W 6:30-7:30pm Fee: \$51  
Feb 7-Feb 28 W 6:30-7:30pm Fee: \$41  
Mar 6-Mar 27 W 6:30-7:30pm Fee: \$41  
Apr 3-Apr 24 W 6:30-7:30pm Fee: \$41

**Roll & Stretch**

Age: 18-99 yrs. This fusion class is a combination of foam rolling and stretching. Foam rolling can improve circulation, reduced inflammation, and release overactive muscles of the body. Stretching will result in a deep sense of relaxation and release. Participants shall bring a foam roller and an exercise mat. The roller length should be between 24-inches and 36-inches. Ideally, one should be able to lay atop the roller with their head and tailbone supported.

**Laurel Hills Community Center**  
Jan 8-Jan 29 M 11:45am-12:30pm Fee: \$30  
Feb 5-Feb 26 M 11:45am-12:30pm Fee: \$40  
Mar 4-Mar 25 M 11:45am-12:30pm Fee: \$40  
Apr 1-Apr 29 M 11:45am-12:30pm Fee: \$50

**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 3-Jan 31 M & W 6:45-7:45pm  
Feb 5-Feb 28 M & W 6:45-7:45pm  
Mar 4-Mar 27 M & W 6:45-7:45pm  
Apr 8-May 1 M & W 6:45-7:45pm





### Sertoma Chair Yoga

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 Kilmon.

**Sertoma Arts Center** – Course Fee: \$53

Jan 9-Feb 13	Tu	1:30-2:30pm
Mar 5-Apr 16	Tu	1:30-2:30pm

### 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 Kilmon.

**Sertoma Arts Center** – Course Fee: \$53

Jan 8-Feb 19	M	6:15-7:15pm
Mar 4-Apr 15	M	6:15-7:15pm
Jan 8-Feb 19	M	7:30-8:30pm
Mar 4-Apr 15	M	7:30-8:30pm
Jan 9-Feb 13	Tu	12:00-1:00pm
Mar 5-Apr 16	Tu	12:00-1:00pm

### 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 Kilmon.

**Sertoma Arts Center** – Course Fee: \$53

Jan 10-Feb 14	W	6:15-7:15pm
Mar 6-Apr 17	W	6:15-7:15pm
Jan 10-Feb 14	W	7:30-8:30pm
Mar 6-Apr 17	W	7:30-8:30pm
Jan 11-Feb 15	Th	12:00-1:00pm

### Mar 7-Apr 18 Th 12:00-1:00pm 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!

**Greystone Recreation Center** – Course Fee: \$7

Jan 8-Apr 29	M	6:00-7:30pm
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### Soul Line Dance & Get Fit Class-Advanced

Age: 16-99 yrs. This line dance class is for individuals who have previously taken Soul Line Dance classes and would like to advance their skills. Advanced Soul Line Dance is taught at a faster pace than the beginner pace. Come prepared to move, sweat and have fun!

**Marsh Creek Community Center** – Course Fee: \$7

Jan 2-Apr 30	Tu	6:00-7:30pm
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### 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 3-Jan 31	M & W	4:00-5:00pm	Fee: \$71
Feb 5-Feb 28	M & W	4:00-5:00pm	Fee: \$71
Mar 4-Mar 27	M & W	4:00-5:00pm	Fee: \$71
Apr 1-Apr 17	M & W	4:00-5:00pm	Fee: \$53

**4 Month Session Option**

Jan 3-Apr 17	M & W	4:00-5:00pm	Fee: \$248
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### 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 Ghantous.

**Jaycee Community Center** – Course Fee: \$10

Jan 8-Apr 29	M	11:45am-12:45pm
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**Sertoma Arts Center** – Course Fee: \$10

Jan 6-Apr 27	Sa	10:15-11:15am
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### Yoga - Gentle

Age: 18-99 yrs. A gentle journey on the mat; reduce stress, stretch limbs/ muscles, calm the mind, balance, breathe, and enhance circulation. Participants shall bring their own mat & yoga blocks.

**Laurel Hills Community Center**

Jan 3-Jan 31	W	7:00-8:00pm	\$50
Feb 7-Feb 28	W	7:00-8:00pm	\$40
Mar 6-Mar 27	W	7:00-8:00pm	\$40
Apr 3-Apr 24	W	7:00-8:00pm	\$40

### Yoga Flow

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. Please bring your mats, towels, or blankets.

**Pullen Community Center** – Course Fee: \$61

Jan 10-Feb 28	W	5:30-6:30pm
Mar 13-May 1	W	5:30-6:30pm

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### Zumba at 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

Drop-In Rate	W	6:45-7:45pm	Fee: \$10
Jan 3-Jan 31	W	6:45-7:45pm	Fee: \$41
Feb 7-Feb 28	W	6:45-7:45pm	Fee: \$31
Mar 6-Mar 27	W	6:45-7:45pm	Fee: \$31
Apr 3-Apr 24	W	6:45-7:45pm	Fee: \$31

### ZUMBA®

Age: 18-99 yrs. Zumba at Laurel Hills is an exhilarating, Latin-based dance which gives you a dynamic work out! Your instructor will guide you through routines with a combination of aerobic and slow rhythms that tone and sculpt the body. Pre-registration online is highly recommended.

#### Laurel Hills Community Center

Jan 2-Jan 30	Tu	7:00-8:00pm	Fee: \$50
Feb 6-Feb 27	Tu	7:00-8:00pm	Fee: \$40
Mar 5-Mar 26	Tu	7:00-8:00pm	Fee: \$40
Apr 2-Apr 30	Tu	7:00-8:00pm	Fee: \$50

### 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: Crystal Morgan

**Green Road Community Center** – Course Fee: \$5

Jan 2-Jun 19 M-W 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 6-Apr 27 Sa 10:00-11:00am  
Jan 4-Apr 25 Th 6:00-7:00pm

### 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 2-Apr 30 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 4-Apr 25 Th 6:30-7:30pm  
Jan 6-Apr 27 Sa 9:30-10:30am

## Senior

### Adult Tap Dance

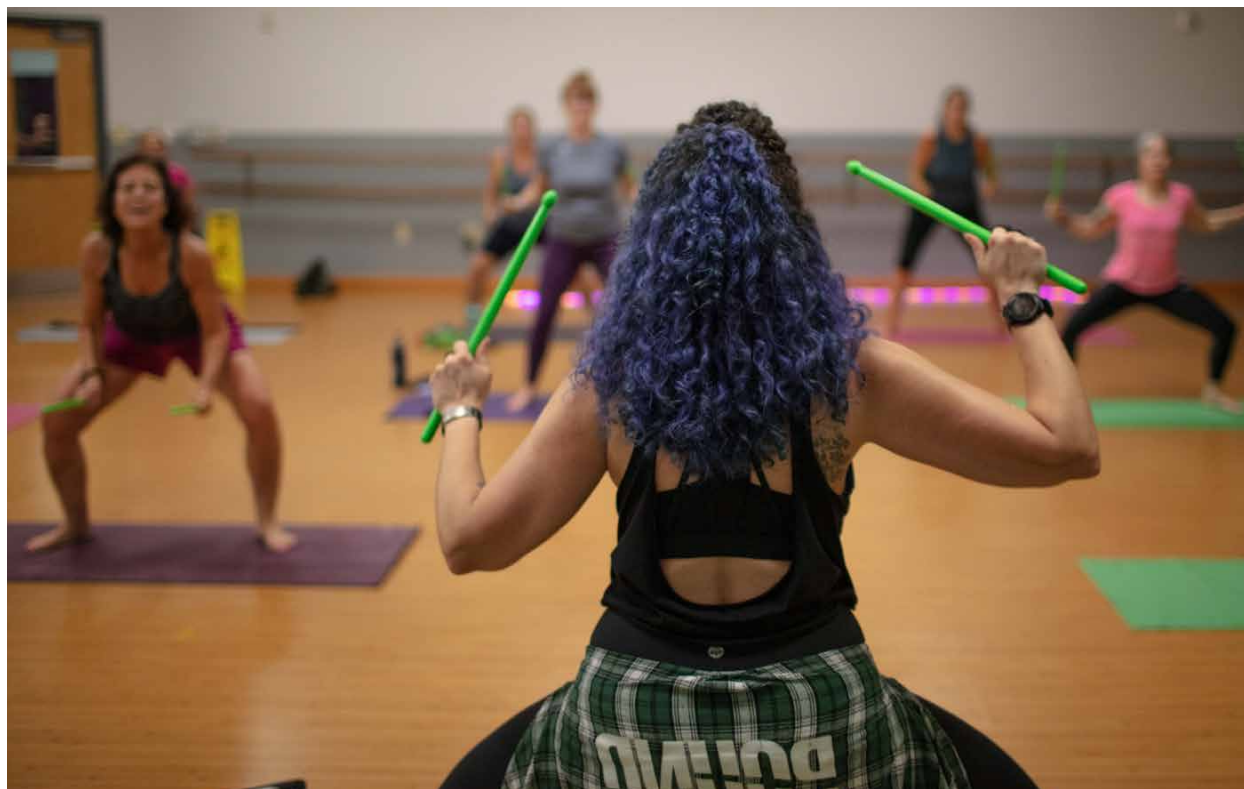
Age: 18-99 yrs. Learn (or re-learn) classic tap patterns for a good physical and mental workout. Tap dance does not require a partner or a group so you can practice any time. Students should bring tap or hard bottomed shoes for class and have some tap/dance experience.

Instructor: Bev Norwood NO CLASS

12/27. CLOSED FOR CHRISTMAS HOLIDAY.

#### Five Points Center

Jan 3-Jan 31	W	12:30-1:30pm	Fee: \$16
Feb 7-Feb 28	W	12:30-1:30pm	Fee: \$9
Mar 6-Mar 27	W	12:30-1:30pm	Fee: \$12
Apr 3-Apr 24	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. All classes are beginner level with chair support unless otherwise noted.

Instructor: Bettie Ittenbach.

### Anne Gordon Center

Jan 2-Jan 30	Tu	9:15-10:00am	Fee: \$15
Feb 6-Feb 27	Tu	9:15-10:00am	Fee: \$12
Mar 5-Mar 26	Tu	9:15-10:00am	Fee: \$12
Apr 2-Apr 30	Tu	9:15-10:00am	Fee: \$15
Jan 4-Jan 25	Th	9:15-10:00am	Fee: \$12
Feb 1-Feb 29	Th	9:15-10:00am	Fee: \$15
Mar 7-Mar 28	Th	9:15-10:00am	Fee: \$12
Apr 4-Apr 25	Th	9:15-10:00am	Fee: \$12
Jan 4-Jan 25	Th	10:15-11:00am	Fee: \$12
Feb 1-Feb 29	Th	10:15-11:00am	Fee: \$15
Mar 7-Mar 28	Th	10:15-11:00am	Fee: \$12
Apr 4-Apr 25	Th	10:15-11:00am	Fee: \$12

### Five Points Center

Jan 3-Jan 31	W	10:30-11:15am	Fee: \$16
Feb 7-Feb 28	W	10:30-11:15am	Fee: \$12
Mar 6-Mar 27	W	10:30-11:15am	Fee: \$12
Apr 3-Apr 24	W	10:30-11:15am	Fee: \$12

## Balance Fitness

Age: 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.

### Anne Gordon Center

Jan 2-Jan 30	Tu	1:15-2:00pm	Fee: \$15
Feb 6-Feb 27	Tu	1:15-2:00pm	Fee: \$12
Mar 5-Mar 26	Tu	1:15-2:00pm	Fee: \$12
Apr 2-Apr 30	Tu	1:15-2:00pm	Fee: \$15

## 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. Instructor: Sue Payne

### Five Points Center

Jan 4-Jan 25	Th	9:15-10:00am	Fee: \$12
Feb 1-Feb 29	Th	9:15-10:00am	Fee: \$16
Mar 7-Mar 28	Th	9:15-10:00am	Fee: \$12
Apr 4-Apr 25	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 1/15\*

## Five Points Center

Jan 8-Jan 29	M	9:15-10:00am	Fee: \$9
Feb 5-Feb 26	M	9:15-10:00am	Fee: \$12
Mar 4-Mar 25	M	9:15-10:00am	Fee: \$12
Apr 1-Apr 29	M	9:15-10:00am	Fee: \$16
Jan 3-Jan 31	W	9:15-10:00am	Fee: \$16
Feb 7-Feb 28	W	9:15-10:00am	Fee: \$12
Mar 6-Mar 27	W	9:15-10:00am	Fee: \$12
Apr 3-Apr 24	W	9:15-10:00am	Fee: \$12

## Cardio Dance And Tone

Age: yrs. This class combines upbeat music and low-impact aerobic dance moves, with balance and strength exercises. You will be moving to the beat, toning muscles with light hand weights, and challenging your flexibility and balance with core work.. Get a healthy heart and sculpted muscles all in one class.

### Anne Gordon Center

Jan 2-Jan 30	Tu	10:15-11:00am	Fee: \$15
Feb 6-Feb 27	Tu	10:15-11:00am	Fee: \$12
Mar 5-Mar 26	Tu	10:15-11:00am	Fee: \$12
Apr 2-Apr 30	Tu	10:15-11:00am	Fee: \$15

## 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. Instructor: Sue Payne

### Five Points Center

Jan 2-Jan 30	Tu	2:15-3:00pm	Fee: \$16
Feb 6-Feb 27	Tu	2:15-3:00pm	Fee: \$12
Mar 5-Mar 26	Tu	2:15-3:00pm	Fee: \$12
Apr 2-Apr 30	Tu	2:15-3:00pm	Fee: \$16

## Cardio Sculpt: Chair

Age: 18-99 yrs. This seated class will help you burn fat and build muscles. The class is a combination of seated cardio and sculpting muscles. Get a healthy heart and sculpted muscles all in one class. Formerly Balance Fitness. Instructor: Sue Payne

### Five Points Center

Jan 2-Jan 30	Tu	1:15-2:00pm	Fee: \$16
Feb 6-Feb 27	Tu	1:15-2:00pm	Fee: \$12
Mar 5-Mar 26	Tu	1:15-2:00pm	Fee: \$12
Apr 2-Apr 30	Tu	1:15-2:00pm	Fee: \$16
Jan 4-Jan 25	Th	12:30-1:15pm	Fee: \$12
Feb 8-Feb 29	Th	12:30-1:15pm	Fee: \$12
Mar 7-Mar 28	Th	12:30-1:15pm	Fee: \$12
Apr 4-Apr 25	Th	12:30-1:15pm	Fee: \$12

## 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 8-Jan 29	M	11:45am-12:30pm	Fee: \$9
Feb 5-Feb 26	M	11:45am-12:30pm	Fee: \$12
Mar 4-Mar 25	M	11:45am-12:30pm	Fee: \$12
Apr 1-Apr 29	M	11:45am-12:30pm	Fee: \$15

## 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. Instructor: Sue Payne

### Five Points Center

Jan 4-Jan 25	Th	11:45am-12:30pm	Fee: \$12
Feb 1-Feb 29	Th	11:45am-12:30pm	Fee: \$16
Mar 7-Mar 28	Th	11:45am-12:30pm	Fee: \$12
Apr 4-Apr 25	Th	11:45am-12:30pm	Fee: \$12

## Flexability and Balance

Age: 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. Instructor: Bonnie Rakowski

### Five Points Center

Jan 2-Jan 30	Tu	10:00-10:45am	Fee: \$16
Feb 6-Feb 27	Tu	10:00-10:45am	Fee: \$12
Mar 5-Mar 26	Tu	10:00-10:45am	Fee: \$12
Apr 2-Apr 30	Tu	10:00-10:45am	Fee: \$16

## 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 4-Jan 25	Th	1:30-2:15pm	Fee: \$12
Feb 1-Feb 29	Th	1:30-2:15pm	Fee: \$16
Mar 7-Mar 28	Th	1:30-2:15pm	Fee: \$12
Apr 4-Apr 25	Th	1:30-2:15pm	Fee: \$12

## Health Talks with Dr. Baldwin

Age: 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 2-Apr 2	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 1/15\*

**Anne Gordon Center** – Course Fee: \$12

**Beginner (some experience)**

Jan 2-Jan 23	Tu	2:15-3:30pm
Feb 6-Feb 27	Tu	2:15-3:30pm
Mar 5-Mar 26	Tu	2:15-3:30pm
Apr 2-Apr 23	Tu	2:15-3:30pm

**Adv Beginner/Improver (good experience)**

Jan 2-Jan 23	Tu	3:40-4:40pm
Feb 6-Feb 27	Tu	3:40-4:40pm

**Adv Beginner/Improver (good experience)**

Mar 5-Mar 26	Tu	3:40-4:40pm
Apr 2-Apr 23	Tu	3:40-4:40pm

**Five Points Center****Adv. Beginner/Improver Level**

Jan 8-Jan 29	M	1:00-2:00pm
Feb 5-Feb 26	M	1:00-2:00pm
Mar 4-Mar 25	M	1:00-2:00pm
Apr 1-Apr 29	M	1:00-2:00pm

**Intermediate Level**

Jan 1-Jan 29	M	2:15-3:15pm
Feb 5-Feb 26	M	2:15-3:15pm
Mar 4-Mar 25	M	2:15-3:15pm
Apr 1-Apr 29	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.

**Five Points Center**

Jan 3-Apr 24	W	1:30-3:00pm
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**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. This is an ongoing class, please feel free to join the class at any time.

**Pullen Community Center****Beginner**

Jan 8-Apr 29	M	11:00am-12:00pm
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**Beginner**

Jan 11-Apr 25	Th	11:00am-12:00pm
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**High Beginner/Improver**

Jan 11-Apr 25	Th	12:15-1:15pm
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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 2-Jan 30	Tu	12:15-1:00pm	Fee: \$15
Feb 6-Feb 27	Tu	12:15-1:00pm	Fee: \$9
Mar 5-Mar 26	Tu	12:15-1:00pm	Fee: \$9
Apr 2-Apr 30	Tu	12:15-1:00pm	Fee: \$15

**Five Points Center**

Instructor: Louise Martin

Jan 5-Jan 26	F	11:30am-12:15pm	Fee: \$12
Feb 2-Feb 23	F	11:30am-12:15pm	Fee: \$12
Mar 1-Mar 22	F	11:30am-12:15pm	Fee: \$12
Apr 5-Apr 26	F	11:30am-12:15pm	Fee: \$12

**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. Instructor:

Meg Berg

**Five Points Center**

Jan 5-Jan 26	F	9:15-10:00am	Fee: \$12
Feb 2-Feb 23	F	9:15-10:00am	Fee: \$12
Mar 1-Mar 22	F	9:15-10:00am	Fee: \$12
Apr 5-Apr 26	F	9:15-10:00am	Fee: \$12

**Five Points Center**

Jan 4-Jan 25	Th	11:15am-12:00pm	Fee: \$12
Feb 1-Feb 29	Th	11:15am-12:00pm	Fee: \$16
Mar 7-Mar 28	Th	11:15am-12:00pm	Fee: \$12
Apr 4-Apr 25	Th	11:15am-12:00pm	Fee: \$12

**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.

**Anne Gordon Center**

Jan 2-Jan 30	Tu	11:15am-12:00pm	Fee: \$15
Feb 6-Feb 27	Tu	11:15am-12:00pm	Fee: \$12
Mar 5-Mar 26	Tu	11:15am-12:00pm	Fee: \$12
Apr 2-Apr 30	Tu	11:15am-12:00pm	Fee: \$15

**Anne Gordon Center**

Jan 5-Jan 26	F	10:45-11:30am	Fee: \$12
Feb 2-Feb 23	F	10:45-11:30am	Fee: \$12
Mar 1-Mar 22	F	10:45-11:30am	Fee: \$12
Apr 5-Apr 26	F	10:45-11:30am	Fee: \$12

**Five Points Center**

Instructor: Sharam Ghalikar

Jan 2-Jan 30	Tu	9:15-10:00am	Fee: \$16
Feb 6-Feb 27	Tu	9:15-10:00am	Fee: \$12
Mar 5-Mar 26	Tu	9:15-10:00am	Fee: \$12
Apr 2-Apr 30	Tu	9:15-10:00am	Fee: \$16
Jan 5-Jan 26	F	9:15-10:00am	Fee: \$12
Feb 2-Feb 23	F	9:15-10:00am	Fee: \$12
Mar 1-Mar 22	F	9:15-10:00am	Fee: \$12
Apr 5-Apr 26	F	9:15-10:00am	Fee: \$12

**Sertoma Chair Yoga**

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 Kilmon.

**Sertoma Arts Center** – Course Fee: \$53

Jan 9-Feb 13	Tu	1:30-2:30pm
Mar 5-Apr 16	Tu	1:30-2:30pm

**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 Kilmon.

**Sertoma Arts Center** – Course Fee: \$53

Jan 8-Feb 19	M	6:15-7:15pm
Mar 4-Apr 15	M	6:15-7:15pm
Jan 8-Feb 19	M	7:30-8:30pm
Mar 4-Apr 15	M	7:30-8:30pm
Jan 9-Feb 13	Tu	12:00-1:00pm
Mar 5-Apr 16	Tu	12:00-1:00pm

**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 Kilmon.

**Sertoma Arts Center** – Course Fee: \$53

Jan 10-Feb 14	W	6:15-7:15pm
Mar 6-Apr 17	W	6:15-7:15pm
Jan 10-Feb 14	W	7:30-8:30pm
Mar 6-Apr 17	W	7:30-8:30pm
Jan 11-Feb 15	Th	12:00-1:00pm
Mar 7-Apr 18	Th	12:00-1:00pm

### 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 4-Jan 25	Th	1:30-2:15pm	Fee: \$12
Feb 1-Feb 29	Th	1:30-2:15pm	Fee: \$15
Mar 7-Mar 28	Th	1:30-2:15pm	Fee: \$12
Apr 4-Apr 25	Th	1:30-2:15pm	Fee: \$12

### Soul Line Dancing

Age: 18-99 yrs. Dancing to R&B/Soul, Pop, and Jazz music, this class will provide you a heart-healthy benefit of an aerobic exercise while you engage in a social activity. Instructor: Gail Burden

#### Five Points Center

Jan 3-Jan 31	W	2:00-3:00pm	Fee: \$16
Feb 7-Feb 28	W	2:00-3:00pm	Fee: \$12
Mar 6-Mar 27	W	2:00-3:00pm	Fee: \$12
Apr 3-Apr 24	W	2:00-3:00pm	Fee: \$12

### Sound Meditation

Age: yrs. Combining Sound and Meditation allows you to focus attention and put the mind and body in state of harmony which can improve health. The tradition that we will use has been handed down for centuries and starts with a 'HUM'. This stimulates the inner ear and resets our fight or flight response in the brain, which is crucial to good internal and external communication. Combining meditation and sound is a fun and easy way to build balance and harmony in your life. Instructor: Mari Howerton

#### Anne Gordon Center

Jan 5-Jan 26	F	11:45am-12:30pm	Fee: \$12
Feb 2-Feb 23	F	11:45am-12:30pm	Fee: \$12
Mar 1-Mar 22	F	11:45am-12:30pm	Fee: \$12
Apr 5-Apr 26	F	11:45am-12:30pm	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 1/15\*

#### Five Points Center

Jan 8-Jan 29	M	10:30-11:30am	Fee: \$9
Feb 5-Feb 26	M	10:30-11:30am	Fee: \$12
Mar 4-Mar 25	M	10:30-11:30am	Fee: \$12
Apr 1-Apr 29	M	10:30-11:30am	Fee: \$16

### 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

##### Various Styles

Jan 4-Jan 25	Th	2:30-3:15pm	Fee: \$12
Feb 1-Feb 29	Th	2:30-3:15pm	Fee: \$15
Mar 7-Mar 28	Th	2:30-3:15pm	Fee: \$12
Apr 4-Apr 25	Th	2:30-3:15pm	Fee: \$12

##### Beginner Sun Style

Jan 8-Jan 29	M	2:00-2:45pm	Fee: \$9
Feb 5-Feb 26	M	2:00-2:45pm	Fee: \$12
Mar 4-Mar 25	M	2:00-2:45pm	Fee: \$12
Apr 1-Apr 29	M	2:00-2:45pm	Fee: \$15

##### Intermediate Sun Style

Jan 8-Jan 29	M	3:00-3:45pm	Fee: \$9
Feb 5-Feb 26	M	3:00-3:45pm	Fee: \$12
Mar 4-Mar 25	M	3:00-3:45pm	Fee: \$12
Apr 1-Apr 29	M	3:00-3:45pm	Fee: \$15

##### Advanced Sun Style

Jan 8-Jan 29	M	1:00-1:45pm	Fee: \$9
Feb 5-Feb 26	M	1:00-1:45pm	Fee: \$12
Mar 4-Mar 25	M	1:00-1:45pm	Fee: \$12
Apr 1-Apr 29	M	1:00-1:45pm	Fee: \$15

### 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.

#### Jaycee Community Center - Course Fee: \$10

Jan 8-Apr 29 M 11:45am-12:45pm

#### Sertoma Arts Center - Course Fee: \$10

Jan 6-Apr 27 Sa 10:15-11:15am

### Walk and Talk Meet Up

Walking offers many benefits- lower blood pressure, stronger bones and muscles, increased calories burned, and elevated mood. Walks are typically 45 minutes to an hour at a medium pace. Walks start at different locations decided upon by a group vote. The location is shared via email once decided upon. Please pre-register so that we know you are coming!

#### Five Points Center

Jan 2-Apr 30 Tu 10:30-11:30am

### Walk and Talk Meet Up at Greystone

Walking offers many benefits- lower blood pressure, stronger bones and muscles, increased calories burned, and elevated mood. Walks are typically 45 minutes to an hour at a medium pace. Walks start at different locations decided upon by a group vote. The location is shared via email once decided upon; in the event of inclement weather, we will cancel for the week. Please pre-register so that we know you are coming!

#### Greystone Recreation Center

Jan 4-Apr 25 Th 10:30-11:30am

### Workout With Weights

Age: 18-99 yrs. This class covers the proper technique for lifting weights. Get toned and build lean muscle safely using free weights. Instructor: Sue Payne  
\*NO CLASS 1/15\*

#### Five Points Center

Jan 8-Jan 29	M	11:30am-12:15pm	Fee: \$9
Feb 5-Feb 26	M	11:30am-12:15pm	Fee: \$12
Mar 4-Mar 25	M	11:30am-12:15pm	Fee: \$12
Apr 1-Apr 29	M	11:30am-12:15pm	Fee: \$16

### 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 8-Jan 29	M	9:15-10:00am	Fee: \$9
Feb 5-Feb 26	M	9:15-10:00am	Fee: \$12
Mar 4-Mar 25	M	9:15-10:00am	Fee: \$12
Jan 3-Jan 31	W	2:30-3:15pm	Fee: \$15
Feb 7-Feb 28	W	2:30-3:15pm	Fee: \$12
Mar 6-Mar 27	W	2:30-3:15pm	Fee: \$12
Apr 3-Apr 24	W	2:30-3:15pm	Fee: \$12

#### Five Points Center

Instructor: Marty Lamb

Jan 2-Jan 30	Tu	10:30-11:30am	Fee: \$16
Feb 6-Feb 27	Tu	10:30-11:30am	Fee: \$12
Mar 5-Mar 26	Tu	10:30-11:30am	Fee: \$12
Apr 2-Apr 30	Tu	10:30-11:30am	Fee: \$16

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**Yoga Gentle Floor**

Age: 18-99 yrs. Gentle Yoga is structured to accommodate students of all levels and physical abilities. Poses are done in a variety of positions, including lying down, sitting, on hands and knees and standing. Modifications with props are suggested, as needed. Yoga incorporates breathing, stretching and strengthening exercises in addition to mindfulness practice. Bring your own mat.

**Anne Gordon Center**

Jan 8-Jan 29	M	10:15-11:15am	Fee: \$9
Feb 5-Feb 26	M	10:15-11:15am	Fee: \$12
Mar 4-Mar 25	M	10:15-11:15am	Fee: \$12
Apr 1-Apr 29	M	10:15-11:15am	Fee: \$15
Jan 3-Jan 31	W	3:30-4:30pm	Fee: \$15
Feb 7-Feb 28	W	3:30-4:30pm	Fee: \$12
Mar 6-Mar 27	W	3:30-4:30pm	Fee: \$12
Apr 3-Apr 24	W	3:30-4:30pm	Fee: \$12
Jan 4-Jan 25	Th	11:15am-12:15pm	Fee: \$12
Feb 1-Feb 29	Th	11:15am-12:15pm	Fee: \$15
Mar 7-Mar 28	Th	11:15am-12:15pm	Fee: \$12
Apr 4-Apr 25	Th	11:15am-12:15pm	Fee: \$12

**Five Points Center**

Instructor: Brenda Cleveland

Jan 3-Jan 31	W	10:30-11:45am	Fee: \$16
Feb 7-Feb 28	W	10:30-11:45am	Fee: \$12
Mar 6-Mar 27	W	10:30-11:45am	Fee: \$12
Apr 3-Apr 24	W	10:30-11:45am	Fee: \$12
Instructor: Carolina Belluco			
Jan 4-Jan 25	Th	10:00-11:00am	Fee: \$12
Feb 1-Feb 29	Th	10:00-11:00am	Fee: \$16
Mar 7-Mar 28	Th	10:00-11:00am	Fee: \$12
Apr 4-Apr 25	Th	10:00-11:00am	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** – Course Fee: \$12

Jan 5-Jan 26	F	9:15-10:00am
Feb 2-Feb 23	F	9:15-10:00am
Mar 1-Mar 22	F	9:15-10:00am
Apr 5-Apr 26	F	9:15-10:00am

**Family****Family Tree Yoga**

Age: 5-8 yrs. This class is for parents, caregiver, and their child to have an opportunity to strengthen the Family bond through the practice of yoga. We'll include age appropriate poses to build confidence, partner poses to promote bonding, acro yoga 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

Jan 4-Jan 25	Th	6:30-7:30pm
Feb 1-Feb 22	Th	6:30-7:30pm
Feb 29-Mar 21	Th	6:30-7:30pm
Apr 4-Apr 25	Th	6:30-7:30pm

**Maelawano Martial Arts**

Age: 9-99 yrs. The Maelawano system is a martial art that incorporates the science of body mechanics, psychological tactics and breath control for the contemporary threats of today. Maelawano meaning harmony, is the martial practice of various styles for effective street self-defense. We believe that martial arts would be a benefit to the body based on the following it provides the individual: discipline, focus, patience and flexibility that is necessary to perform self-defense. We offer a warrior's philosophy, moral and ethics that serve as a guideline to the physical techniques required in martial arts. This program will also introduce some minimal yoga and chi kung, which is also beneficial for the body. Martial Arts Instructor: Keith Nikoi, 4th Degree Japanese GoJu Ryu, 4th Degree Go Kempo Jitsu (weapons: Jo, Sai, Arnis sticks)

**Biltmore Hills Community Center**

Jan 2-Apr 25	Tu & Th	6:30-8:00pm	Fee: \$20
Jan 2-Apr 25	Tu & Th	6:30-8:00pm	Fee: \$90

**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 5-Jan 26	F	6:30-7:30pm
Feb 2-Feb 23	F	6:30-7:30pm
Mar 1-Mar 22	F	6:30-7:30pm
Apr 5-Apr 26	F	6:30-7:30pm

**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: \$41

Dec 5-Dec 28	Tu & Th	6:30-7:30pm
Dec 5-Dec 28	Tu & Th	6:30-7:30pm
Dec 5-Dec 28	Tu & Th	6:30-7:30pm
Dec 5-Dec 28	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 2-Jan 30	Tu & Th	7:00-8:30pm
Feb 1-Feb 29	Tu & Th	7:00-8:30pm
Mar 5-Mar 28	Tu & Th	7:00-8:30pm
Apr 2-Apr 30	Tu & Th	7:00-8:30pm

**Yoga at Optimist Community Center**

Age: 13 - 99. This yoga class is a gentle stretch and restore class intended for all levels. It will combine postures of the body, breathing techniques and meditation. Through mindful movements you will learn better self-regulation and compassion. Bring a blanket or large towel and a yoga mat. Wear comfortable clothing.

**Optimist Community Center** – Course Fee: \$10

Jan 3 - Apr 24	W	6:30-7:30pm
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**Zumba**

Age: 10-99 yrs. Zumba is a music-driven cardio dance workout taught here at Biltmore Hills Community Center. It incorporates movements from dance styles worldwide, including Salsa, Reggaeton, Bollywood, Merengue, and Hip Hop. There's specific choreography for each song in a class, which combines cardio, muscle conditioning, balance, and flexibility to give you a full-body workout.

**Biltmore Hills Community Center** – Course Fee: \$5

Aug 24-Apr 25	Tu & Th	6:30-7:30pm
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# 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

### Duck, Duck, Goose!

Age: 2-6 yrs. Little ones will have fun learning all about ducks, geese and other feathered creatures. Games, songs, stories and crafts will delight young naturalists. 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

Apr 24 W 10:30-11:30am

Apr 24 W 12:30-1:30pm

**Kiwanis Community Center** – Course Fee: \$2

Apr 17 W 10:30-11:30am

**Lake Lynn Community Center** – Course Fee: \$2

Apr 23 Tu 10:30-11:30am

Apr 23 Tu 12:30-1:30pm

**Sertoma Arts Center** – Course Fee: \$2

Apr 18 Th 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: \$4

#### Wildlife in Winter

Jan 5 F 10:30am-12:00pm

#### Oh, Deer!

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

#### Squirrely Squirrels

Jan 18 Th 10:30am-12:00pm

#### Calling for Owls

Jan 23 Tu 10:30am-12:00pm

#### Fun with Shadows

Feb 2 F 10:30am-12:00pm

#### Fairies and Trolls

Feb 8 Th 10:30am-12:00pm

### We 'Heart' the Preserve!

Feb 14 W 10:30am-12:00pm

### Fur, Feathers, and Scales

Feb 23 F 10:30am-12:00pm

### Things that Leap!

Feb 29 Th 10:30am-12:00pm

### Textures in Nature

Mar 7 Th 10:30am-12:00pm

### Signs of Spring

Mar 20 W 10:30am-12:00pm

### Froggy Fun

Apr 2 Tu 10:30am-12:00pm

### Turtle Time

Apr 12 F 10:30am-12:00pm

### Birds and Nests

Apr 16 Tu 10:30am-12:00pm

### Digging the Dirt

Apr 25 Th 10:30am-12:00pm

### Earth Day: All About Seeds

Age: 3-5 yrs. Celebrate Earth Day at Kiwanis Park as we learn about seeds through fun crafts, tasty treats, and planting!

**Kiwanis Community Center** – Course Fee: \$8

Apr 22 M 10:00-11:30am

### Jakes 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 3 W 10:30am-12:00pm

Feb 7 W 10:30am-12:00pm

Mar 6 W 10:30am-12:00pm

Apr 3 W 10:30am-12:00pm

### 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: \$3

Feb 17 Sa 10:00-11:30am

Apr 20 Sa 10:00-11:30am

### Love Bugs!

Age: 2-6 yrs. Children will enjoy games, stories and songs all featuring those six-legged creatures we call bugs! Children will see and touch live bugs and will create a buggy valentine craft to take home. 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 7 W 10:30-11:30am

Feb 7 W 12:30-1:30pm

**Kiwanis Community Center** – Course Fee: \$2

Feb 14 W 10:30-11:30am

**Laurel Hills Community Center** – Course Fee: \$2

Feb 13 Tu 10:30-11:30am

Feb 13 Tu 12:30-1:30pm

**Sertoma Arts Center** – Course Fee: \$2

Feb 8 Th 10:30-11:30am

### Pint-Sized Planters

Age: 4-6 yrs. What do plants need to survive? Why are plants important? In this springtime program we will explore the needs of plants, make our very own seed starters, and become little scientists as we take a closer look at plants! Participant(s) must be accompanied by an adult. Adult(s) attend free and do not need to register.

**Thomas G. Crowder Woodland Center**

Apr 27 Sa 9:00-11:00am Fee: \$5

### Seasons of the Sun

Age: 3-6 yrs. The temperature gets colder in winter, trees lose their leaves in fall, and flowers bloom in spring and summer. Why do the seasons change? What types of weather do you associate with each season? Come learn about changes in the sun's position in the sky and the different types of weather in each season through math and literacy activities, stories, an experiment, and a craft.

**Forest Ridge Park** – Course Fee: \$4

Feb 12 M 10:30am-12:00pm

Apr 8 M 10:30am-12:00pm

### Shake Your Tail Feathers!

Age: 2-6 yrs. Children will shake their tail feathers as they come to understand the many different kinds, colors and textures of tails that trail behind all sorts of wild creatures. Games, stories, songs and live animals will engage little learners. Preregistration is required. Children must be accompanied by adults. Adults attend free. For more information, contact Nature Programs at 919-996-6856.

**Carolina Pines Community Center** – Course Fee: \$2

Mar 14 Th 10:30-11:30am

Mar 14 Th 12:30-1:30pm

**Kiwanis Community Center** – Course Fee: \$2

Mar 20 W 10:30-11:30am

**Laurel Hills Community Center** – Course Fee: \$2

Mar 12 Tu 10:30-11:30am

Mar 12 Tu 12:30-1:30pm

**Sertoma Arts Center** – Course Fee: \$2

Mar 21 Th 10:30-11:30am

### 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 17 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 26 M 10:30am-12:00pm

Mar 11 M 10:30am-12:00pm

Apr 29 M 10:30am-12:00pm

### Swamp Romp

Ages 3- yrs. Bring your budding naturalist to Walnut Creek Wetland Park for an exciting learning experience! A craft, engaging activity, perhaps a story and a guided walk through the wetland will awaken your child's sense of wonder. Each month features a different theme. Adults must be present with children. Please register at least four days in advance.

**Walnut Creek Wetland Park** – Course Fee: \$3

Jan 17 W 11:00am-12:00pm

Feb 7 W 11:00am-12:00pm

Mar 20 W 11:00am-12:00pm

Apr 17 W 11:00am-12:00pm

### Winter in the Wilderness!

Age: 2-6 yrs. Through games, stories and songs, we will discover how wild animals manage these cold days of winter. We will learn how some animals snooze, others move to warm places while others adapt in order to stay active in the chilly temperatures. Live creatures to see up close will bring this program to life. Preregistration is required. Children must be accompanied by adults. Adults attend free. For more information, contact Nature Programs at 919-996-6856.

**Carolina Pines Community Center** – Course Fee: \$2

Jan 11 Th 10:30-11:30am

Jan 11 Th 12:30-1:30pm

**Kiwanis Community Center**

Jan 10 W 10:30-11:30am

**Laurel Hills Community Center**

Jan 23 Tu 10:30-11:30am

Jan 23 Tu 12:30-1:30pm

**Sertoma Arts Center**

Jan 4 Th 10:30-11:30am

### 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 21 Su 3:00-4:30pm

#### Beginner Botany

Age: 7-14 yrs. Learn some botany basics with hands-on activities at the preserve! Trees, flowers, seeds and more are all parts of the world of plants. Activities will align with the ecoEXPLORE program's Botany Field Season Badge.

**A.L. Wilkerson Nature Preserve** – Course Fee: \$4

Mar 1 F 3:30-5:00pm

#### Bird Bingo

Age: 7-14 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: \$4

Feb 16 F 3:30-5:00pm

#### Celebrate World Wetland Day

Age: 8-99 yrs. Even though it is cold outside, salamanders are out and about (especially on rainy nights), looking for places to lay eggs in pools of water that often dry up during the summer (vernal pools). In honor of world wetlands day, we will hike to a vernal pool to look for salamanders or their eggs, and will talk about the biology of these amazing animals. Children must be accompanied by adults. Preregistration is required for planning purposes.

**Durant Nature Preserve** – Course Fee: \$8

Feb 3 Sa 2:00-4:00pm

#### Equinox Astronomy

Age: 7-14 yrs. Why do we say fall days are 'getting shorter'? How do animals know when to migrate? We'll construct models to understand how the source of the seasons is literally, 'out of this world.'

**A.L. Wilkerson Nature Preserve** – Course Fee: \$5

Mar 20 W 3:30-5:00pm

#### Explore a Tiny World!

Age: 10-99 yrs. Come have a look under the microscope at critters that live in our lake. We'll talk about these tiny organisms, and some of the interesting things they do, while taking a look at this foreign world right under our noses. Children must be accompanied by adults. Pre-registration is required.

**Durant Nature Preserve** – Course Fee: \$5

Mar 27 W 6:00-7:00pm

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### Habitat Exploration

Age: 7-14yrs. What does an animal need in its habitat? In which ways do we share habitats with animals? We will examine the components of a good wildlife habitat, and then go on a hike to visit different habitats in the Preserve – including Forest, Pond, Field, and more.

**A.L. Wilkerson Nature Preserve** – Course Fee: \$4  
Mar 26 TU 10:30am-12:00pm

### Lake Johnson ecoEXPLORErs

Age: 5-13 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 Field Season Badge**

Jan 13 Sa 10:00-11:30am

**Duck Field Focus Badge**

Feb 10 Sa 10:00-11:30am

**Botany Field Season Badge**

Mar 9 Sa 10:00-11:30am

**Wildflower Field Focus Badge**

Apr 13 Sa 10:00-11:30am

### Life Among the Fallen Leaves

Age: 6-99 yrs. During winter, we often seek a warm, sheltered place. Other critters do too, and leaf litter is home to many organisms over the winter. We'll learn about organisms found in leaf litter, and what they do. Then we'll collect some leaf litter and see how many critters we find. Children and adults must preregister and pay the program fee.

**Durant Nature Preserve** – Course Fee: \$5  
Jan 20 Sa 2:00-4:00pm

### Make Your Own Bird Feeder

Age: 6-99 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 16 F 4:00-5:00pm



### Marvelous Mosses!

Age: 10-99 yrs. Mosses and liverworts are tiny plants. They don't look like much at first glance, but they are amazing in their diversity and their adaptations. They are also homes for many tiny living things. Come get a closer look and learn more about these incredible organisms! Bring a warm coat! Children must be accompanied by adults. Pre-registration is required.

**Durant Nature Preserve** – Course Fee: \$5  
Mar 23 Sa 10:00am-12:00pm

### 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: \$4  
Feb 2 F 3:30-5:00pm

### Mineral Detectives

Age: 9-14 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: \$5  
Feb 20 Tu 3:30-5:00pm

### Nature's Jamboree

Age: 6-99 yrs. Many animals make sounds, for many different reasons. We'll learn about animal sounds, as we listen to the evening bird chorus and the start of the evening frog chorus. Children must be accompanied by adults. Pre-registration is required.

**Durant Nature Preserve** – Course Fee: \$5  
Apr 10 W 5:00-7:00pm

### Owl Pellet Study

Age: 8-16 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: \$6  
Jan 24 W 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  
Apr 21 Su 3:00-4:30pm

### To Bloom or Not to Bloom?

Age: 10-99 yrs. As the climate changes, plants are changing when they put out leaves, bloom, and produce seeds. Those changes affect animals and other critters that depend on these plants. Come learn about these changes in timing, their effects, and what we can do as citizen scientists to help monitor the changes. Children must be accompanied by adults. Pre-registration is required.

**Durant Nature Preserve** – Course Fee: \$5  
Mar 13 W 6:00-7:00pm

### Volcanic Action

Age: 6-10 yrs. Have you seen pictures of the Kilauea volcano lava flows? Do you know when lava cools you are left with igneous rocks? Do you know there is a lot of granite in North Carolina and at one time that it 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  
Feb 11 Su 3:00-4:30pm  
Mar 17 Su 3:00-4:30pm

### Winter Botany - Plant Detectives

Age: 6-99 yrs. Even without leaves, it is possible to use clues on branches (and sometimes fallen leaves nearby) to figure out which trees are which. We'll walk around playing plant detective, and see how many different trees we can find. Registration cost includes a tree ID guide. Children and adults must pre-register for this program.

**Durant Nature Preserve** – Course Fee: \$10  
Feb 10 Sa 2:00-4:00pm

### Winter sleep: Hibernation and Suspended Animation

Age: 10-99 yrs. Winter often feels like a "dead" time, yet it is easy to forget that life is all around us, even if it is in suspended animation. We'll explore hibernation and related processes, to see why critters do it, how they do it, and when they do it. Pre-registration is required for participants.

**Durant Nature Preserve** – Course Fee: \$5  
Jan 24 W 5:00-6:00pm

### Winter Wildlife - Large and Small

Age: 6-99 yrs. We'll walk around and look for wildlife that is active in winter. We'll talk about ways large and small living things survive the winter season, and the benefits and costs of being active in winter. Bring your binoculars, or borrow a pair of ours. Also bring a warm coat! Children must be accompanied by adults. Pre-registration is required.

**Durant Nature Preserve** – Course Fee: \$5  
Feb 10 Sa 10:00am-12:00pm

## Teen

### Pollination: Advertising, Robbery, and Deception!

Age: 12-99 yrs. Pollination usually involves a relationship between plants and animals. Often it is beneficial to both plants and animals, yet sometimes one partner deceives the other. We'll talk about the pollination process, and we'll look for pollinators on plants at Horseshoe Farm Preserve, documenting them on iNaturalist. Participants must be at least 12 and be accompanied by adults, all participants must register.

**Horseshoe Farm Nature Preserve** – Course Fee: \$5  
Apr 27 Sa 2:00-4:00pm

### Watching the Woodcock Ballet at Horseshoe

Age: 12-99 yrs. Woodcocks are sandpipers that look kind of like footballs. Males do a surprisingly graceful aerial "dance" to attract mates in winter and early spring. Come watch one of the wonders of the bird world. Bring your binoculars, or borrow a pair of ours. Also bring a warm coat! Children must be accompanied by adults. Pre-registration is required.

**Horseshoe Farm Nature Preserve** – Course Fee: \$5  
Jan 31 W 5:00-7:00pm  
Feb 15 Th 5:30-7:30pm

## Adult

### 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. This program may count for Criteria II for NC Environmental Education Certification.  
**A.L. Wilkerson Nature Preserve** – Course Fee: \$4  
Feb 17 Sa 10:30am-12:00pm

### Bird Watcher Walks

Age: 13-99 yrs. Join us for a morning of birding! Lake Wheeler Park is home to a plethora of bird species from songbirds to eagles. Our instructor will be leading a morning stroll along our trails to see what birds we may encounter and identify. We will be using an app to help us identify bird calls. This class is perfect for beginner birders and those wanting to learn a little more about nature.

#### Lake Wheeler Park

Apr 17 W 9:00-11:00am  
Apr 30 Tu 9:30-11:00am

### Cyanotype Printing

Age: 15-99-99 yrs. Join us for a half-day workshop combining community service and art. We'll remove glass from the creek and repurpose it for a unique craft, using UV-sensitive paper to create a special kind of print called a cyanotype.

**Walnut Creek Wetland Park** – Course Fee: \$15  
Mar 2 Sa 12:00-4:00pm

### Early Birds

Age: 16-99 yrs. Grab your binoculars and meet us at Durant for a bird-watching hike led by Wake Audubon guest naturalist, 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 17 Sa 8:00-9:30am  
**Horseshoe Farm Nature Preserve**  
Mar 16 Sa 8:00-9:30am

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### Edible Plant Identification

Age: 17.99-99 yrs. Ever wonder how people were able to survive before your modern-day grocery store? Before modern agriculture? They foraged! Participants will learn to identify local edible plants based on buds, roots and leafing patterns, and take home a field guide for future reference. This is an outdoor program and participants should dress for the weather conditions.

**Walnut Creek Wetland Park** – Course Fee: \$10  
Apr 20 Sa 1:00-2:30pm

### 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! To learn more about our upcoming speaker and topics, email LJWoodlandCtr@raleighnc.gov. 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 8	M	7:00-8:00pm
Feb 12	M	7:00-8:00pm
Mar 11	M	7:00-8:00pm
Apr 8	M	7:00-8:00pm

### Art in a Nature Preserve: Natural Pigments and Mono-prints

Age: 12-99 yrs. Interested in learning about soils, minerals and native and invasive plants and how they can be transformed into beautiful pigments? Join Natalia Torres del Valle and Nature Preserve Artist in Residence Scott Hazard on a hike to explore plants, soils and minerals and their roles supporting life in the landscapes we live in. Following the hike will be a classroom demonstration of making pigments from natural materials for watercolors and inks that can be used for drawing and printing, and a mono-print session where participants will be able to make a print of natural materials such as leaves, mushrooms or moss. All tools and materials will be provided.

**A.L. Wilkerson Nature Preserve** – Course Fee: \$10  
Apr 6 Sa 1:00-4:30pm

### 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: \$3  
Apr 23 Tu 7:30-9:00pm

### Ghostchasers: Search for the Piedmont Ghost

Age: 16-99 yrs. Piedmont blue ghost fireflies are spring fireflies. They are very elusive, so much so that they were only recently recognized as a new species in the Piedmont. We'll join the hunt as part of the City Nature Challenge 2024. Bring a flashlight and water bottle. Pre-registration is required.

**Durant Nature Preserve** – Course Fee: \$5  
Apr 24 W 7:30-9:00pm

### Memory Jug Making

Age: 15.99-99 yrs. Memory jugs (also called spirit jars, ugly jugs, or whatnot jars) have a long history as a Southern folk art. With divergent origins both in Africa's Bakongo culture and Victorian arts and crafts, memory jugs are intended to serve as reminders of loved ones who have passed and to preserve history and memory. We will traipse up Little Rock Creek collecting shards of old pottery and historic glassware, embedding our curated finds into plaster to create one-of-a-kind pieces of art for your keepsake.

**Walnut Creek Wetland Park**  
Feb 10 Sa 2:00-5:00pm Fee: \$25

### Nature Stamp Making

Age: 13.99-99 yrs. Always wanted to try the print medium, but not sure where to start? Use our environment here at Walnut Creek Wetland Park to inspire your art! 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: \$12  
Jan 20 Sa 10:00am-12:00pm

### Project Wild

Age: 18-99 yrs. Project WILD is a K-12 interdisciplinary conservation and environmental education program emphasizing wildlife. The goal of Project WILD is to assist students of any age in developing awareness, knowledge, skills, and commitment to result in informed decisions, responsible behavior, and constructive actions concerning wildlife and the environment. Participants of this 6-hour workshop receive the





Project WILD K-12 educator guide along with materials specifically about North Carolina wildlife. The educator guide contains more than 81 hands-on activities that focus on wildlife and natural resources. Participants are eligible for Criteria I credit of NC OEE Environmental Education Certification and school teachers receive CEU credit. Homework option available. This workshop and all materials are free, however advanced registration required. For more information on Project WILD, visit <http://www.projectwild.org/>. Please bring a packed lunch.

**Thomas G. Crowder Woodland Center**  
Feb 3 Sa 9:00am-4:00pm

### 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 20 Sa 10:30am-12:00pm

### Spring Walk

Mar 23 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 28 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: \$3  
Apr 20 Sa 2:00-3:00pm

## Family

### Astronomy Nights

Age: 5-99 yrs. What's up in space this month? 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. Children must be accompanied by an adult. Adults and children (5 years and up) must register to attend.

**A.L. Wilkerson Nature Preserve** – Course Fee: \$3  
Feb 16 F 6:00-7:30pm  
Mar 8 F 6:30-8:00pm

### Autumn Equinox Stroll

All ages. Gather with us for a breezy, Spring Equinox stroll. During this hike, we'll enjoy a short stroll before celebrating the changing of seasons and the official end of winter. Encounter wildlife and plants along the way and learn about their adaptations as they prepare for the season of renewal. We'll end the evening with some storytelling and forest meditation. A great way to enjoy an easy walk with friends and Family. All ages are welcome, children must be accompanied by adult. Not all trails may be accessible by strollers.

**Walnut Creek Wetland Park** – Course Fee: \$4  
Mar 19 Tu 3:30-5:00pm

### Campfire Story & Marshmallow Roast

All ages. 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 12 F 5:00-6:00pm  
Jan 27 Sa 5:00-6:00pm  
Feb 23 F 5:30-6:30pm  
Mar 15 F 6:00-7:00pm

### Family Naturalist Series: Amphibians

Age: 12-99 yrs. Get excited with us as we talk about all our park's amphibians! Who are our slimy park friends, what do they do that is so important and what patterns can be revealed by looking closely? This course will include several introductory topics of discussion and include activities that get your body moving and test your investigation skills.

**Walnut Creek Wetland Park** – Course Fee: \$5  
Mar 10 Su 1:30-3:30pm

### Family Naturalist Series: Fungi

Age: 12-99 yrs. Get excited with us as we talk about our favorite spring blooms - fungi! Learn how to find the best fungi spots and how to identify some more common species. This course will include several introductory topics of discussion and include activities that get your body moving and test your investigation skills.

**Walnut Creek Wetland Park** – Course Fee: \$5  
Apr 21 Su 1:30-3:30pm

### Family Naturalist Series: Raptors

Age: 12-99 yrs. Get excited with us as we talk about raptors! Who are our parks birds of prey, what do they do that is so important and what patterns can be revealed by looking closely? This course will include several introductory topics of discussion and include activities that get you outdoors, get your body moving, and let your creativity flow.

**Walnut Creek Wetland Park** – Course Fee: \$10  
Jan 7 Su 2:00-4:00pm

### Family Naturalist Series: Rodents

Age: 12-99 yrs. Get excited with us as we talk about our park's rodents! Who are our parks fuzzy crawlers and climbers, what do they do that is so important and what patterns can be revealed by looking closely? This course will include several introductory topics of discussion and include activities that get your body moving and test your investigation skills.

**Walnut Creek Wetland Park** – Course Fee: \$5  
Feb 25 Su 2:00-4:00pm

### Frog Song Campfire

All ages. Join us for our annual 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 21 Su 7:00-8:00pm

### 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 15 F 10:00am-12:00pm

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### Nature Art

Age: 12-99 yrs. Nature has always inspired art, poetry, and songs. The aim of this program is to get inspired, and to write our own poetry! We'll use prompts to get our creative juices flowing, and see what we can create. At the end we may do a poetry reading if people feel comfortable sharing their work. Participants must preregister and pay the fee, children must be accompanied by adults.

**Durant Nature Preserve** – Course Fee: \$5

#### Poetry in Nature

Apr 10 W 2:00-3:00pm

### 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 10am and 12pm to join the fun! Adults must accompany their children.

**A.L. Wilkerson Nature Preserve**

Mar 28 Th 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: \$3

Apr 26 F 8:00-10:00pm

### Outdoor Cooking

All ages. Skip the kitchen for a night of Family fun and skill-building as you work together to prepare and eat a delicious dinner over the campfire. Practice building a fire, cooking with coals, and assembling a meal sure to please the whole crew. Children must be accompanied by adults. Children and adults must register and pay program fee.

**Durant Nature Preserve** – Course Fee: \$15

Mar 22 F 6:00-7:30pm

### Playground Pop-Ups

Join us for Lake Wheeler's Fall Playground Pop-Up Series! Every second Tuesday from September through November we will be providing a free, nature-inspired craft for kids! Registration is highly encouraged, but drop-ins are welcome! These pop-ups will be rain Or shine! Held at our Magnolia Shelter by the playground; In the case of inclement weather, pop-ups will be moved to our Conference Room at our Waterfront Center to let the fun carry on! Hope to see you there!

**Lake Wheeler Park**

Mar 12 Tu 11:00am-1:00pm

Apr 9 Tu 11:00am-1:00pm

### Survive the Wild

Age: 7-99 yrs. Do you have what it takes to survive in the wild? Come find out! Join us for an afternoon of games and challenges to see what life is like for animals in the woods. Practice camouflage, learn how animals hunt, build a forest shelter, and hone your fire-building skills. Children and adults will participate in this program and both must register and pay the program fee.

**Durant Nature Preserve** – Course Fee: \$10

Feb 11 Su 3:00-5:00pm

### 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. Note: This is not a photography class.

**A.L. Wilkerson Nature Preserve** – Course Fee: \$3

Apr 20 Sa 10:30am-12:00pm

### Twilight Walk

Age: 5-99 yrs. Take a walk with a park naturalist to explore the woods and fields at this special time of day. 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: \$3

Feb 24	Sa	5:30-7:00pm
Mar 16	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 21	Th	3:00-4:30pm
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### Wilkerson Star Party

All ages. A once-a-year free all-ages Astronomy event and Wilkerson tradition since 2013. Join us after sunset to observe the Moon, planets and more with our telescopes, or bring your own telescope to join the fun. There will also be hands-on space-science activities for families at our Picnic Shelter and Ec Center. 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 12	F	8:00-10:00pm
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### Wildflowers!

All ages. People love looking at flowers. Yet what are flowers? Why do flowering plants do so well? We'll look at flowering plants at Horseshoe Farm Preserve, and we'll talk about what flowers are, and the different ways plants use flowers to attract pollinators. Children must be accompanied by adults. Pre-registration is required.

**Horseshoe Farm Nature Preserve** – Course Fee: \$5

Apr 27	Sa	10:00am-12:00pm
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### Wildflowers: Now you see them, Now you don't

Age: 10-99 yrs. Wildflowers called spring ephemerals put on a stunning display in early spring, then they all but disappear from the woods for the rest of the year. We'll explore why plants might do this, and we'll walk around and enjoy the display. Bring a warm coat! children must be accompanied by adults. Pre-registration is required.

**Durant Nature Preserve** – Course Fee: \$5

Mar 23	Sa	2:00-4:00pm
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### Winter Birds

All ages. Over the winter, the bird "residents" are often very different from those we find in summer! We'll talk about how birds survive the winter around here, and then we'll walk around and look for any birds we can find. Bring your binoculars, or borrow a pair of ours. Pre-registration is required. Adults and children are required to register.

**Durant Nature Preserve** – Course Fee: \$5

Jan 20	Sa	10:00am-12:00pm
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# 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!

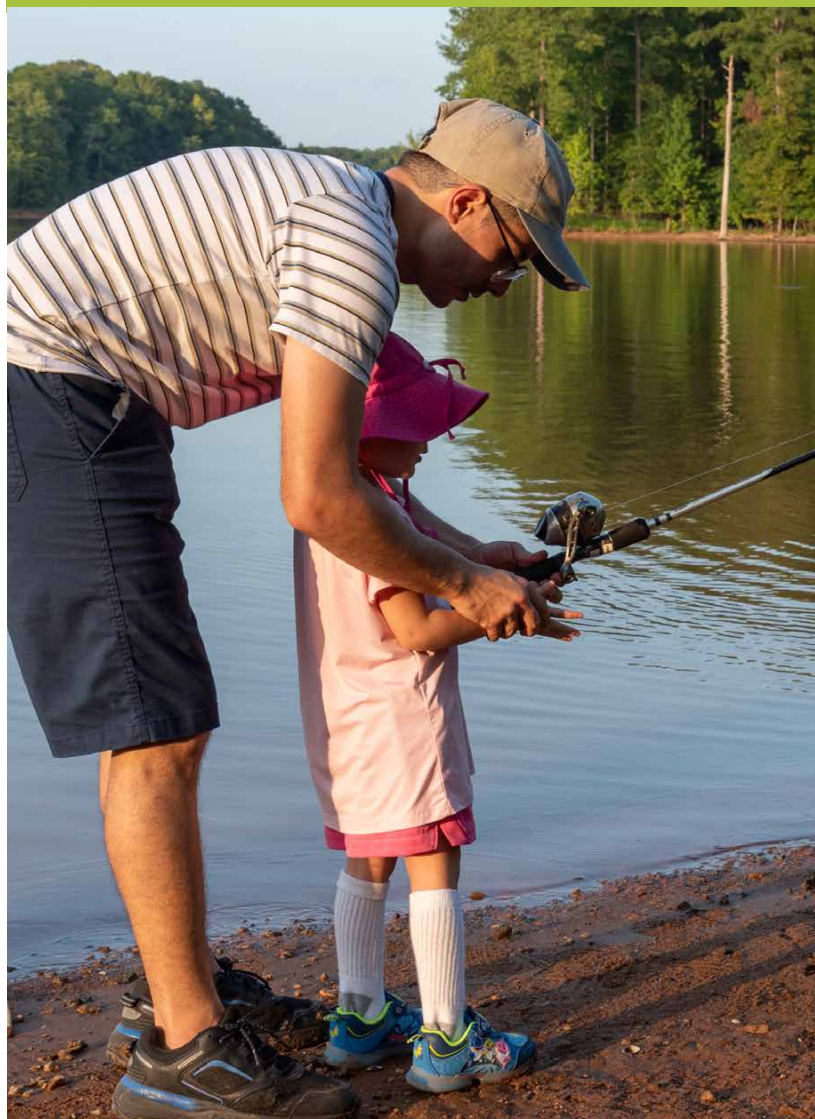
For more information:

visit [www.cityofoaksfoundation.org](http://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



## Preschool

### Jr. Kids Fishing

Age: 4-6 yrs. This program is for younger children who have never fished before but would like to try. We will practice with some casting games and then spend some time fishing in the lake. Participants will leave with stickers and fishing themed coloring pages. Adult(s) must accompany child(ren), adult(s) attend free and do not need to register.

**Lake Johnson Waterfront Center** – Course Fee: \$6  
Apr 21 Su 10:00-11:30am

## 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  
Apr 7 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 28 Th 4:00-6:00pm  
Apr 20 Sa 9:00-11:00am

### Kids Fishing

Age: 7-12 yrs. This program is great for youth new to fishing. We will go over casting techniques, setting up your rod and reel, and what fish are found in the lake. Then of course we will spend time fishing in the lake. Come see if you can hook one and reel it's in. Adult(s) are not required to accompany participant(s). This program is designed to give adult(s) time to enjoy the park while participant(s) enjoys the program.

**Lake Johnson Waterfront Center** – Course Fee: \$5  
Apr 6 Sa 9:00-10:30am

### 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  
Mar 17 Su 1:00-3:00pm

### Learn to Fish

Age: 7-10 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  
Apr 20 Sa 9:30-11:30am

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## Teen

### Disc Golf Fundamentals

Age: 12-15 yrs. New to disc golf? Join our 'flying saucers' to learn the fundamentals! We'll start in the classroom with an overview of the rules, etiquette, and types of discs before we head outside for a dynamic warm-up, throwing, and putting practice. You'll learn backhand, forehand, overhand, various grips, as well as putting and driving techniques. The clinic will wrap up with a mini-round of play. All equipment is provided. Preregistration is required.

**Forest Ridge Park** – Course Fee: \$10  
Jan 13 Sa 10:30am-12:00pm

### Navigating the Wilderness

Age: 13-16 yrs. How would you get around the wilderness if your phone and GPS lost power or broke altogether? This course will take you on a journey off the trails inside Lake Johnson Park. You will learn how to how to take bearings, read a topographic map, read a compass, understand triangulation, and much more. No prior experience is necessary. Adult(s) are not required to accompany participant(s). This program is designed to give adult(s) time to enjoy the park while the participant(s) enjoys the program. Advanced registration is required.

**Thomas G. Crowder Woodland Center** – Course Fee: \$6  
Mar 10 Su 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  
Feb 24 Sa 9:00-11:00am  
Apr 14 Su 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 20 Sa 1:00-3:00pm  
Mar 16 Sa 1:00-3:00pm



### Disc Golf Fundamentals

Age: 16-99 yrs. New to disc golf? Join our 'flying saucers' to learn the fundamentals! We'll start in the classroom with an overview of the rules, etiquette, and types of discs before we head outside for a dynamic warm-up, throwing and putting practice. You'll learn overhand, forehand, overhead, various grips, putting and driving techniques. The clinic will wrap up with a mini-round of play. All equipment is provided. Preregistration is required.

**Forest Ridge Park** – Course Fee: \$10  
Jan 13 Sa 1:00-2:30pm

### Mountain Bike Basics

Age: 14-99 yrs. Hit the trails with confidence! Our certified instructors will guide you through the fundamentals of mountain biking. Learn and practice riding techniques, body position, braking, and shifting. The course will also cover trail etiquette and local mountain biking resources. We'll wrap up with a group trail ride, putting your new skills to use. Bikes and helmets are provided. Successful completion of the course qualifies you to participate in the Bike Loaner Program at Forest Ridge Park. Preregistration is required.

**Forest Ridge Park** – Course Fee: \$26  
Mar 16 Sa 9:00-11:00am  
Apr 20 Sa 9:00-11:00am

### Mountain Bike Instruction Session

Age: 14-99 yrs. Whether you are beginning your mountain bike riding adventure or wanting to hone in your mountain biking skill, this one to one session is for you. Get fitted on one of our modern mountain bikes and allow our skilled instructors to guide you through a riding progression at your own pace. This session will include equipment orientation, skill building activities, and riding on our single-track mountain bike trails. Choose a time that fits your schedule and setup a learning progression that fits your needs. Call or email the Forest Ridge Park office to set your session up today. Successful completion of this session also makes you eligible to participate in our Mountain Bike Loaner Program. Forest Ridge Park office: 919-996-5800 / forest.ridge@raleighnc.gov

**Forest Ridge Park** – Course Fee: \$45  
Jan 2 Tu 9:00-10:30am



## Night Hike

Age: 14-99 yrs. Get ready for an unusual experience as you explore Forest Ridge Park by night! Join us on a guided four mile night hike through the park, where you'll experience nature under the stars. Our guides will lead you through the darkness, pointing out features that you wouldn't see during the day. With just the light of the moon and your trusty flashlight, you'll enjoy a sense of adventure and excitement! Whether you're looking for a thrilling activity or simply want to try something new, our guided night hikes are an unforgettable way to see Forest Ridge Park!

**Forest Ridge Park** - Course Fee: \$6

### Night Hike - Shoreline Trail

Jan 24 W 6:00-8:00pm

### Night Hike - Loops

Feb 28 W 6:00-8:00pm

## 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.

**Ali Wood: Magnolia Cottage** - Course Fee: \$12

Jan 27 Sa 1:00-4:00pm

Feb 18 Su 1:00-4:00pm

## Seize the Night Trail Run

Age: 16-100 yrs. Short on daylight? Training for a trail race? Running is your favorite? Bundle up, lace up, and bring a light to run the Shoreline Trail at Forest Ridge Park after hours. This is a social, no drop four mile trail run. Check in, warm up, and learn the course. The run will start at 6:15 p.m. Check out after your run. Participants must use headlamps or lights while on the trail. Seize the night!

**Forest Ridge Park** - Course Fee: \$2

Jan 10 W 6:00-8:00pm

Feb 29 Th 6:00-8:00pm

## Wilderness First Aid

Age: yrs.

**Thomas G. Crowder Woodland Center**

May 4-May 5 Sa & Su 8:00am-6:00pm

## Family

### Family Fishing

Join us for this fun fishing program!

Participants will learn how to cast, set up a rod, and then go fishing in the lake. This is a great way to spend the day with the whole Family! Equipment is provided including rod, reel, and bait. Adult(s) must accompany participant(s) under 16, register, and pay the program fee. Advance registration is required for this program.

**Lake Johnson Waterfront Center** - Course Fee: \$4

Mar 16 Sa 9:00-11:00am

### Full Moon Glow Disc Golf

Age: 14-100 yrs. Why let daylight limit your playing time? Play a round of 9 by the light of the moon! The baskets will be illuminated and glow discs will be provided. This will be a night of open play with no assigned tee times. Tee off between 6 p.m. and 6:45 p.m. Space is limited. Preregistration is required for each participant. A headlamp or flashlight is recommended.

**Forest Ridge Park** - Course Fee: \$5

Jan 3 W 6:00-8:00pm

Feb 7 W 6:00-8:00pm

### Guided Nature Hike

Age: 7-99 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

Jan 20 Sa 3:00-5:00pm

## Introduction to Camping

Age: 18-100 yrs. Have you always wanted to go camping but feel nervous or intimidated about planning a trip? This program will provide a wealth of knowledge for new campers or those planning and leading group trips. We will walk you through the basics of camping in four instruction sessions that qualify you to register your Family for a campout at Durant Nature Park June 8-9, 2024. You will need to attend 3 of the 4 instruction sessions to participate in the campout (We will not have a session 2/14). The sessions will cover finding a place to camp, navigating online reservation systems, campsite rules, and what to do when you get there. We will talk about gearing up for a campout: What do you need? Where do you get it? How do you use it? We will also talk about camp cooking, outdoor ethics, first aid, camp safety, and what to do in an emergency.

**Forest Ridge Park** - Course Fee: \$12

Feb 7-Mar 6 W 5:30-7:00pm

# 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 3 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. A parent/guardian required to stay with child during the program.

**Hill Street Neighborhood Center** – Course Fee: \$8  
Feb 12 M 3:30-4:30pm

### Craft-ernoon

Age: 3-5 yrs. Craft-ernoon is a time for you and your little one to come do arts and crafts! In the drop-in style class, we will provide the supplies and you will use your creativity to create beautiful masterpieces! Supplies can range from coloring pages, beads, yarn, paint, etc.

**Marsh Creek Community Center** – Course Fee: \$5  
Jan 17 W 1:00-3:00pm  
Mar 20 W 1:00-3:00pm

### Dr. Seuss Birthday Bash

Age: 2-5 yrs. Happy Birthday Dr. Seuss! Dr. Seuss is loved by so many for his creative books that rhyme and delight! While he is no longer with us, his legacy lives on in the pages of his books. He forever changed the way children's books were written and continues to inspire generations. So what better way to celebrating his birthday than with a couple of his favorite books and crafts to match!

**Hill Street Neighborhood Center** – Course Fee: \$8  
Mar 4 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 18 Th 10:00-11:30am

### Gardening Without a Garden

Age: 3-5 yrs. In this hour-long class, there will never be a dull 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 3 W 9:30-10:30am

### Greystone's Winter Wonderland

Age: 3-6 yrs. Brrrr! Bring your little snow bunnies in for some warmth, fun times and winter themed activities as we escape the dropping temperatures. Children will partake in crafts, games and food creations while sipping on hot chocolate and socializing with new friends. We may not get snow often in the South, but in our Winter Wonderland, you never know what magic may occur.

**Greystone Recreation Center** – Course Fee: \$10  
Jan 11 Th 10:30am-12:00pm

### Happy Earth Day

Age: 2-5 yrs. Bring the littles out to celebrate this great earth we live on! We will be making some Earth Day crafts, snacks and reading a book. We will also play a game and learn about the three R's- reduce, reuse & recycle. Please preregister so we can plan accordingly.

**Pullen Community Center** – Course Fee: \$8  
Apr 23 Tu 10:00-11:00am

### Happy Groundhog Day!

Age: 2-5 yrs. Will the groundhog see his shadow??? Join us for a morning of crafts, snacks, games, a story and more. Please preregister your children so that we can plan accordingly.

**Pullen Community Center** – Course Fee: \$8  
Feb 2 F 10:00-11:00am

### Happy New Year!

Age: 2-5 yrs. Come and celebrate the new year with us! The children will get to decorate party hats and create noise makers. We will also make some party snacks and read a book. We will end the celebration with a balloon drop! Please preregister so we can plan accordingly.

**Pullen Community Center** – Course Fee: \$8  
Jan 2 Tu 10:00-11:00am

### Hop Into Spring

Age: 2-5 yrs. Spring brings memories of birds chirping, smelling the flowers, and playing outside after a long winter. It's a wonderful time to explore all that Spring has to offer. Come have fun making craft related to the season of Spring and hear stories related to the fun things that happen during this time of year.

**Hill Street Neighborhood Center** - Course Fee: \$8  
Apr 15 M 3:30-4:30pm

### Little All Stars

Age: 4-6 yrs. Looking to introduce your child to sports, but not quite ready to sign up for a full season/league yet? Then Little All Stars is the class to do just that. Each week a different sport will be covered. Some of the sports that MAY be included are, baseball, soccer, basketball, hockey, volleyball and more. Equipment will be provided. Please make sure to wear comfortable clothes. LET'S GO!!!!

**Optimist Community Center** - Course Fee: \$40  
Jan 9-Jan 30 Tu 5:00-5:45pm  
Feb 8-Feb 29 Th 5:00-5:45pm  
Mar 5-Mar 26 Tu 5:00-5:45pm

### Little Critters Story Time

Age: yrs. We'll explore the natural world through stories and exciting activities! Listen to a fun story about nature and then get hands on with a craft, games, music and more! Parents to participate  
**Laurel Hills Community Center** - Course Fee: \$8  
Apr 25 Th 10:15-11:30am

### Mini Movers

Age: 3-6 yrs. Your little mover will have loads of fun learning different movement styles such as dance, yoga, soccer, and many more! Children should come dressed in clothing they can move around in.  
**Abbotts Creek Community Center** - Course Fee: \$40  
Mar 5-Mar 26 Tu 10:00-10:45am

### Movement, Music and More

Age: 1.5-3 yrs. Get ready for your little one to move their bodies and nurture their imagination. This class focuses on fun and introducing our mover to music, movement, dance, and creativity. We will develop coordination, creativity, and self-expression while having fun! Adult participation is required for this class.  
**Halifax Community Center** - Course Fee: \$41  
Jan 4-Jan 25 Th 10:15-11:00am  
Feb 1-Feb 22 Th 10:15-11:00am  
Mar 7-Mar 28 Th 10:15-11:00am  
Apr 4-Apr 25 Th 10:15-11:00am

### Parents'/Guardians' Night Out Tots

Age: 3-5 yrs. Who's going to have more fun - the parents/guardians getting a night out or the kids who get to hang at the Laurel Hills Community Center?! Kids will participate in sports, arts & crafts, and much more! Participants must be potty-trained, bring a water bottle, and optional snack.

**Laurel Hills Community Center** - Course Fee: \$20

Jan 5	F	5:00-8:00pm
Feb 2	F	5:00-8:00pm
Mar 1	F	5:00-8:00pm
Apr 5	F	5:00-8:00pm

### 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  
Feb 29 Th 10:00-11:30am

### Playgroup Tot Time

Age: 0-5 yrs. Spaces at identified community centers will be open for parents or caregivers and their young children (ages 5 and under) to socialize and burn off some energy! Age appropriate sports, recreational equipment, or stations 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.

**Kiwanis Community Center**  
Jan 4-Apr 25 Th 10:00am-12:00pm

### 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 6 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 21 Th 10:00-11:30am

### SPRINGing Forward

Age: 3-5 yrs. Put some spring in your step at Kiwanis Park this season as we celebrate with crafts, tasty treats, and birdhouse decorating (birdhouse included). Bring your little sprouts for a blooming great time!

**Kiwanis Community Center** - Course Fee: \$12  
Mar 8 F 10:00-11:30am

### Story & Craft Hour

Age: 2-5 yrs. Join us for story hour! During this time, we will read a book and make 1-2 crafts that relate to the book. Please preregister so we can plan accordingly.

**Pullen Community Center** - Course Fee: \$5  
**Spring is in the Air**  
Mar 30 Sa 10:30-11:30am

### Storybook Land Adventures

Age: 2-5 yrs. Come experience story time as we take our readers on an adventure. We will read, experience, and create from our storybooks, sparking your readers imagination and love for books. Adult participation is required for this class.  
**Halifax Community Center** - Course Fee: \$41  
Jan 4-Jan 25 Th 11:15am-12:00pm  
Mar 7-Mar 28 Th 11:15am-12:00pm

### Tiny Tot's Basketball

Age: 3-5 yrs.  
**Barwell Road Community Center** - Course Fee: \$40  
Mar 2-Mar 23 Sa 10:00-11:00am

### Tots, Turtles & Toads

Age: 3-5 yrs. Discover reptiles and amphibians! Explore how they are different with books, games and crafts. Hop like a toad, crawl like a turtle and slither like a snake! We'll read several stories about these critters then we'll break out the craft supplies and create our own version of them in all colors, shapes, & sizes! Parents to participate.  
**Laurel Hills Community Center** - Course Fee: \$8  
Apr 19 F 10:15-11:30am

### Tuesday Tots' Story Time & Activities

Age: 3-4 yrs. Tuesday Tots' Storytime & Activities. Every month we'll feature an author or theme for story time, singing, acting, crafts and wherever else our imaginations bring us! Storytime fosters early literacy skills, develops a lifelong love of reading, and prepares little ones for school plus we'll have a bunch of creative fun doing it! Parents participate in class.  
**Laurel Hills Community Center** - Course Fee: \$8  
Jan 2 - Apr 30 Tu 10:30-11:15am

### 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 8 Th 10:00-11:30am

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### Valentines Story Time & Crafts

Age: 3-4 yrs. A time for tots to create their very own Valentine for their special someone(s)! We'll read Valentine-inspired stories and then go through all our art supplies to make one-of-a-kind masterpieces! Parents participate in class.  
**Laurel Hills Community Center** – Course Fee: \$8  
 Feb 14 W 10:30-11:15am

## 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 3-Jan 31	W	6:00-7:00pm
Feb 7-Feb 28	W	6:00-7:00pm
Mar 6-Mar 27	W	6:00-7:00pm
Apr 3-Apr 24	W	6:00-7:00pm

### Campbell Kids Club

Age: 5-12 yrs. Fun Fun and yep you guessed it, more Fun. So many Fun times will be had, so come join us! We hope to see you this Friday at the Campbell Kids Club!

**Ralph Campbell Community Center**

Jan 5-Apr 19	F	6:00-8:00pm
<b>Ralph Campbell Community Center</b>		
May 5-May 26	F	6:00-8:00pm
Jun 2-Jun 30	F	6:00-8:00pm
Jul 7-Jul 28	F	6:00-8:00pm
Aug 4-Aug 25	F	6:00-8:00pm
Sep 1-Dec 22	F	6:00-8:00pm

### Fun Friday at Sanderford with H.A.I.R

Age: 5-12 yrs. Join us on the 3rd Friday for a time of creativity and imagination with a friends from H.A.I.R (Having Aunties In Reach)

**Sanderford Road Neighborhood Center**

Jan 19-Apr 19	F	6:00-8:00pm
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### Parents/Guardians w/Youth Night Out

Age: 6-9 yrs. We are not sure who is going to have more fun... the parents/ guardians getting a night out or the kids who get to hang at the Laurel Hills Community Center! Kids will participate in sports, arts & crafts, and much more! Participants must bring a water bottle and optional snack.

**Laurel Hills Community Center** – Course Fee: \$20

Jan 19	F	5:00-8:00pm
Feb 16	F	5:00-8:00pm
Mar 15	F	5:00-8:00pm
Apr 19	F	5:00-8:00pm

### Quadball Extravaganza

Age: 10-13 yrs. Inspired by the sport of quidditch, Quadball, combines physical activity with fun! Participants will have the opportunity to learn the fundamentals of the game, communication, and the importance of teambuilding from NCSU and UNC's most experienced players. Participants will have the chance to make their own brooms and run through interactive drills. We will finish out the day putting our newfound skills to use playing a match. T-shirt, broom, and small snack are

included in registration fee. Don't forget your water! All proceeds benefit the Play It Forward Financial Assistance Fund.

**Halifax Community Center** – Course Fee: \$31  
 Apr 6 Sa 10:00am-1:00pm

### Spring Break Basketball Camp

Age: 8-15 yrs. Spring Break Basketball Camp: Skills, Drills, and Fun! Looking for an active and engaging way to spend your spring break? Join us for an exciting week of basketball at our Spring Break Basketball Camp! Whether you're an aspiring hoop star or just looking to have a blast on the court, this camp is the perfect opportunity to learn, improve your skills, and make new friends.

**Worthdale Community Center**

Mar 25-Mar 28	M-Th	9:00am-4:00pm
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### Spring in to the Garden

Age: 8-12 yrs. Participants will spring in to the garden with this unique spring break camp! Campers will spend time in the garden and orchard (including learning to start seeds, transplant seedlings, and harvest!), make crafts, play games, and learn to cook what we're growing! Please plan to drop your camper off between 9:30-10 and pickup between 2-2:30 each day so no activities are missed. All campers should bring a lunch and water bottle each day. What's being cooked will be cleared with all parents/ guardians before camp and campers will be given the chance to sample their culinary creations.

**Marsh Creek Community Center** – Course Fee: \$120

Mar 25-Mar 28	M-Th	9:30am-2:30pm
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## SPRINGing Forward

Age: 6-10 yrs. Put some spring in your step at Kiwanis Park this season as we celebrate with crafts, tasty treats, and birdhouse decorating (birdhouse included). Bring your little sprouts for a blooming great time!

**Kiwanis Community Center** – Course Fee: \$12  
Mar 8 F 3:30-5:00pm

## Winnie The Pooh Day!

Age: 5-8 yrs. It's National Winnie The Pooh Day! We're having an evening of all things Winnie to celebrate A.A. Milne's birthday! We'll re-enact some favorite scenes, write stories with our favorite characters, have a picnic, play games and make figurines to take home!

**Laurel Hills Community Center** – Course Fee: \$8  
Jan 18 Th 6:00-8:00pm

## Teen

### Egg-citing Teen Glow Egg Hunt

Age: 12-17 yrs. Let's add an additional fun spin on Egg-Hunt themed events with a Teen Glow Egg Hunt. We will have egg-citing games and activities that include glow min-it to win it, challenges, pre-stuffed eggs, snacks, prizes and more.

**Lions Park Community Center**  
Mar 30 Th 7:00-8:30pm

## Raleigh Youth Council

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.

**Laurel Hills Community Center**  
Jan 8 - May 13 M 7:00-8:00pm

## Teen Kick Back

Age: 12-17 yrs. Just a little something for the teens to do. Karaoke, Card Games, Dodge Ball, Video Games, Texting, Cell Phones, Friends, New Friends, Anime, Basketball and sometimes just nothing but kicking back and chilling with peers.

**Ralph Campbell Community Center**  
Jan 12-Apr 26 F 6:00-8:00pm  
**Sanderford Road Neighborhood Center**  
May 5-May 26 F 6:00-8:00pm  
Jun 2-Jun 30 F 6:00-8:00pm  
Jul 7-Jul 28 F 6:00-8:00pm  
Aug 4-Aug 25 F 6:00-8:00pm  
Sep 1-Dec 22 F 6:00-8:00pm

## Adult

### Board Game Night

Age: 18-99 yrs. Bring your friends or come make new ones at our new board game nights at Kiwanis Park! Each month we will have a different type of game to play and you can come and go as needed. The fun is free but our space is limited, so pre-registration is encouraged. Please note that this program is for adults only, but we have a different night for the whole Family!

**Kiwanis Community Center**  
**Bingo**  
Jan 11 Th 6:00-7:30pm  
**Card Games**  
Feb 15 Th 6:00-7:30pm  
**Trivia**  
Mar 14 Th 6:00-7:30pm  
**Classic Board Games**  
Apr 11 Th 6:00-7:30pm

## German Shepherd Dog Club

**Millbrook Exchange Community Center** – Course Fee: \$1  
Jan 4 Th 7:00-9:00pm  
Feb 1 Th 7:00-9:00pm  
Mar 7 Th 7:00-9:00pm  
Apr 4 Th 7:00-9:00pm

## Let's Dance Class

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: \$7  
Jan 4-Jan 25 Th 6:00-7:30pm  
Feb 1-Feb 29 Th 6:00-7:30pm  
Mar 7-Mar 28 Th 6:00-7:30pm  
Apr 4-Apr 25 Th 6:00-7:30pm

## Open Ballroom Dance

Age: 18-99 yrs. Join us for a night of ballroom dancing! Adults of all dance skills and abilities are welcome to attend. We dance to a variety of rhythms, including salsa, cha-cha-cha, rumba, east- and west-coast swing, foxtrot, waltz and more. We dance a little bit of everything. No partner required! The dances meet weekly and a live band plays 3 weeks out of the month. For more information, please call the center at 919-996-6052.

**Pullen Community Center**  
Jan 3-Apr 24 W 7:00-8:45pm

## Raleigh Caged Bird Society

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

**Jaycee Community Center**  
Jan 7-Apr 28 Su 1:00-5:00pm

## Sister Share

Age: 18-99 yrs. This support group for ladies meets the 2nd and 4th Thursdays of each month.

**Carolina Pines Community Center**  
Jan 4-Apr 25 Th 6:30-8:00pm

## Urban Ballroom Dance Lessons

Age: 18-99 yrs. Discover the joy of social dancing where the instructor will teach the core fundamentals of Urban Ballroom Dancing. You will learn the basic steps, half-turns, full-turns, and combinations while dancing to old school, neo-soul, R&B, and pop music. Urban Ballroom dancing is a fun social dance for all ages 18 years and up. Although a dance partner is encouraged, it is not required. Instructor: Omari Moore, Ambassador of Urban Ballroom Dance

**Greystone Recreation Center** – Course Fee: \$81  
Jan 5-Feb 23 F 6:00-7:30pm  
Mar 1-Apr 26 F 6:00-7:30pm

## Senior

### Barwell Senior Group

Age: 50-100 yrs. Don't let time pass you by. Come join the Barwell Senior Group and stay active. Learn how to paint, play an new card game and interact with others. The group will engage in field trips, healthy eating seminars, book club readings and more.

**Barwell Road Community Center**  
Jan 2-Jan 30 Tu 11:00am-1:00pm  
Feb 6-Feb 27 Tu 11:00am-1:00pm  
Mar 5-Mar 26 Tu 11:00am-1:00pm  
Apr 2-Apr 30 Tu 11:00am-1:00pm

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### Bingo

Age: 18-110 yrs. 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 5-Jan 26	F	10:30am-12:30pm
Feb 2-Feb 23	F	10:30am-12:30pm
Mar 1-Mar 22	F	10:30am-12:30pm
Apr 5-Apr 26	F	10:30am-12:30pm

### Bingo for Active Adults

Age: yrs. Come out and enjoy make new friends and share lots of laughs all while playing bingo! This isn't your typical bingo game; we'll be playing a variety of different styles, such as four corners, postage style, and black out. This program is open to participants 50 and!

**Worthdale Community Center**

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

### Bridge: Open Play

Age: 18-99 yrs. Join your fellow game players for bridge. This is an open play time for all skill levels. There is no instruction.

**Five Points Center**

Jan 2-Apr 30	Tu	9:30am-12:30pm
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**Greystone Recreation Center**

Jan 8-Apr 29	M	10:00am-1:00pm
Jan 3-Apr 24	W	10:00am-1:00pm

### Cornhole for Active Adults

Age: yrs. Open play indoor cornhole for Active Adults. Come out to learn how to play, have fun, try something new, better your skills, and/or practice for Senior Games competition. Our programs are geared toward adults age 55+. Sign in upon arrival. Free.

**Anne Gordon Center**

Jan 5-Apr 26	F	2:00-4:00pm
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**Five Points Center**

Jan 3-Apr 24	W	2:00-4:00pm
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### Greystone Blanketeers

Age: 16-99 yrs. Knit, crochet, sew or quilt for charity. We meet the third 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 16	Tu	1:00-4:00pm
Feb 20	Tu	1:00-4:00pm
Mar 19	Tu	1:00-4:00pm
Apr 16	Tu	1:00-4:00pm

### JCMP Senior Program

Age: 50-99 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 11-Apr 25	Th	11:00am-4:00pm
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### Mah Jongg Open Play

Age: 18-99 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**

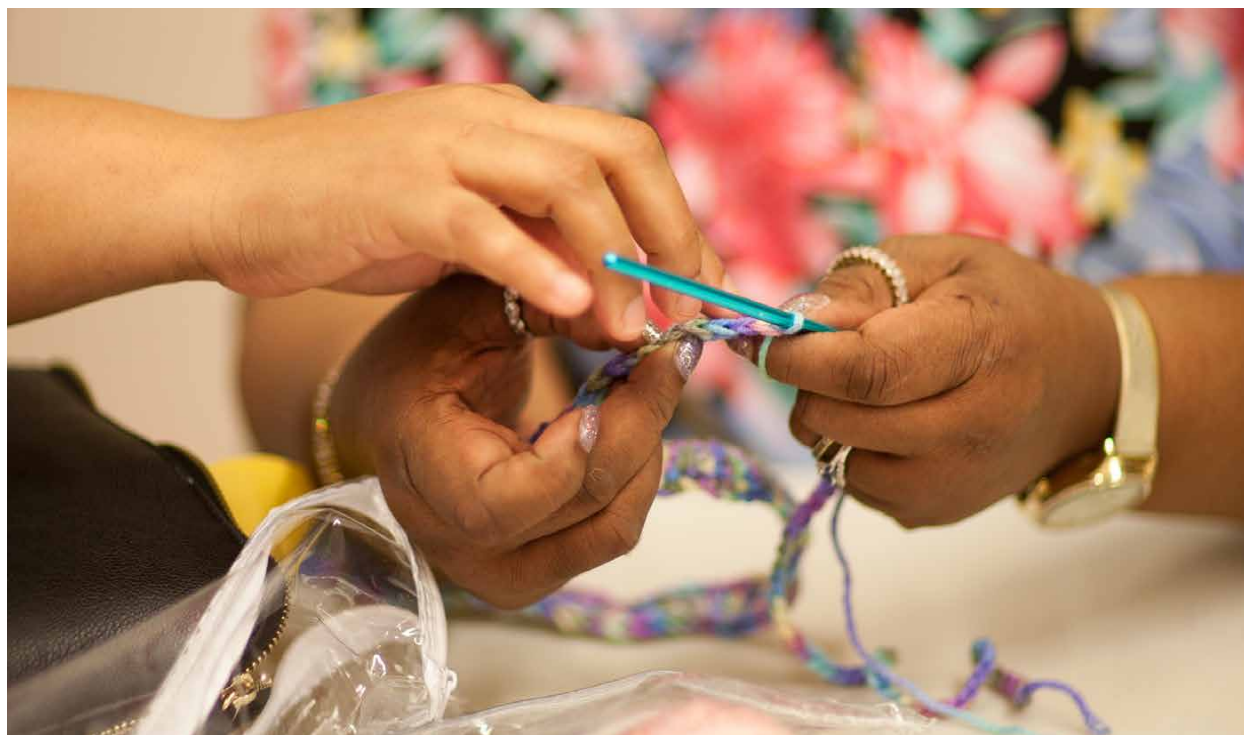
Jan 8-Apr 29	M	1:30-4:00pm
Jan 4-Apr 25	Th	4:30-6:30pm

### 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 4-Jan 25	Th	1:00-3:30pm
Jan 5-Jan 26	F	10:30am-12:45pm
Feb 1-Feb 29	Th	1:00-3:30pm
Feb 2-Feb 23	F	10:30am-12:45pm
Mar 1-Mar 22	F	10:30am-12:45pm
Mar 7-Mar 28	Th	1:00-3:30pm
Apr 4-Apr 25	Th	1:00-3:30pm
Apr 5-Apr 26	F	10:30am-12:45pm





## 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 2-Apr 30	Tu	1:00-4:30pm
Jan 5-Apr 26	F	1:00-4:30pm

## Senior Fridays

Age: 18-99 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 5-Apr 26	F	1:00-3:00pm
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## Table Tennis Open Play

Join other Table Tennis players for an afternoon of friendly competition. All levels are welcome.

### Five Points Center

Jan 5-Apr 26	F	2:00-4:00pm
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## 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 4-Apr 25	Th	12:30-1:55pm
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## 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 4-Jan 25	Th	11:00am-1:00pm
Feb 1-Feb 29	Th	11:00am-1:00pm
Mar 7-Mar 28	Th	11:00am-1:00pm
Apr 4-Apr 25	Th	11:00am-1:00pm

## Family

### Day Events

What is a day without some fun? Come visit us for a special mini celebration filled with crafts, snacks and fun! Each celebration will be focused around a theme.

### Optimist Community Center

#### Green Day Surprise

Mar 15	F	10:45am-12:00pm
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## Family Fun: Board Game Night

Age: 0-99 yrs. Bring your Family, friends, and neighbors to our new Family fun series at Kiwanis Park! Each month we will have a different type of game to play and you can come and go as needed. All ages are welcome. The fun is free but our space is limited, so pre-registration is encouraged.

### Kiwanis Community Center

#### Bingo

Jan 9	Tu	6:00-7:30pm
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#### Card Games

Feb 13	Tu	6:00-7:30pm
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#### Trivia

Mar 12	Tu	6:00-7:30pm
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#### Classic Board Games

Apr 9	Tu	6:00-7:30pm
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## 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 29	F	6:00-8:00pm
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## National Holidays

Age: 0-99 yrs. Drop in for fun holiday celebrations!

### John Chavis Community Center

#### International Thank You Day

Jan 11	Th	10:00am-8:30pm
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#### Valentine's Card Making

Feb 8	Th	10:00am-8:30pm
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#### Plant a Flower Day

Mar 12	Tu	10:00am-8:30pm
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#### Earth Day

Apr 22	M	10:00am-8:30pm
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## Golden Years Clubs

Clubs are composed of persons age 50+. Anyone meeting the age requirements may participate in any club no matter where they live. Club activities vary by club and may include socials, trips, cards, games, and luncheons. Contact the listed Club Liaison for specific details. **This information is not to be used for solicitation purposes.**

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### **Asbury Joy Club**

Asbury UMC  
6612 Creedmoor Road  
3rd Thursday, 11:00am  
Sept-May: trips, meals, speakers  
Candy: (919) 522-6759

### **Chavis Circle of Friends**

Chavis Community Center  
505 MLK Blvd  
Last Wednesday, 11:00am  
Sept-May: speakers, social  
Clinton: (919) 210-8658

### **FBC 39ers**

First Baptist Church  
99 N. Salisbury Street  
Thursday, 10:30am  
Sept-May: speakers, lunch, trips  
Carolyn: 919-601-5598

### **First Friday**

Five Points Adult Center  
2000 Noble Road  
Mon-Thur, 10:00 a.m.  
Yearly: social, crafts  
Almatha: (919) 266-9597

### **Fifty-Five Plus Club**

Anne Gordon Center  
1901 Spring Forest Road  
Wednesdays, 10:00am  
Sept-May: speakers, cards, trips  
June-Aug: cards only  
Stan: (919) 801-6640

### **First Cosmopolitan Club**

First Cosmopolitan Baptist  
1515 Cross Link Road  
3rd Wednesday, 1:00pm.  
Sept-May: social, trips,  
cards, speakers  
Gene: (919) 622-1448

### **Go-Getters Club**

Greystone Village Shopping  
7713 Leadmine Road  
2nd/4th Thursday, Varied  
Sep-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  
Carletta: (919) 606-5895

### **Keenagers**

White Memorial Presbyterian  
1704 Oberlin Road  
Thursdays, 10:30am  
Sept-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 Comm. 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  
2nd, Wednesdays 11:00am  
Yearly: speakers, meals, trips  
Cletha: (919) 606-1812

### **St. Francis of Assisi 55+Club**

St. Francis of Assisi Parish  
11401 Leesville Road  
4th Wednesday, 11:30am  
Yearly: speakers, meals, games, trips  
Kathy: (919) 272-4442





# Specialized Recreation & Inclusion Services

## Specialized Recreation and Inclusion Services

919.996.2147, [SRIS@raleighnc.gov](mailto:SRIS@raleighnc.gov)

### Inclusion Manager

Jessica Niggebrugge, LRT/CTRS  
[jessica.niggebrugge@raleighnc.gov](mailto:jessica.niggebrugge@raleighnc.gov)

### Inclusion Coordinator

Casey Johnson, LRT/CTRS  
[casey.johnson@raleighnc.gov](mailto:casey.johnson@raleighnc.gov)

### Program Director

Christen Winstead, LRT/CTRS  
[christen.winstead@raleighnc.gov](mailto:christen.winstead@raleighnc.gov)

### Program Manager

Kevin DeHont, LRT/CTRS  
[kevin.dehont@raleighnc.gov](mailto:kevin.dehont@raleighnc.gov)

### Program Coordinators

Hannah Hearn, LRT/CTRS  
[hannah.hearn@raleighnc.gov](mailto:hannah.hearn@raleighnc.gov)

Rachel Barth, LRT/CTRS  
[rachel.barth@raleighnc.gov](mailto:rachel.barth@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](mailto: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: 8-99 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 (2:00-3:00pm for Beginners) or (3:30-5:00pm for Intermediate/Advanced)) at Millbrook Tennis Center. For more information, please call 919-996-2147.

### Millbrook Exchange Tennis Center

Mar 4-May 13	Sa	2:00-3:00pm
Mar 4-May 13	Sa	3:00-5:00pm

## Meet-Up Opportunities

Specialized Recreation will offer monthly meet-up opportunities for those interested in spending some time socializing with peers. Participants will meet staff on-site at various locations throughout the City of Raleigh. Participants will be responsible for providing their own transportation to and from these programs and must have current SRIS forms on file.

## Outings & Trips

Specialized Recreation offers local outings, day trips and/or overnight trips for individuals with various disabilities. Some previous activities include local sporting events, trips to museums, seasonal outings, etc. Online registration may not be available for some outings. Participants must have current SRIS forms on file.

## Raleigh Blind Bowlers Association - The Raleigh Outlaws

The Raleigh Blind Bowlers Association - The Raleigh Outlaws operate a bowling league for visually impaired individuals throughout the Raleigh area. The Outlaw program is the nation's largest and most consistent blind bowler league. Participation is governed by league by-laws and officers. Contact Sharon Benton, League President, at (919) 755-0700 for league information.

## 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](mailto:scott@therestons.com) or visit us online at [raleighriders.org](http://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](http://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](http://www.ncscia.org/theraleighsidewinders).

### Sensory Friendly Sunday

Age: yrs. Please join us for a special event as Greystone offers Sensory Friendly Sunday featuring arts & crafts, music & movement, choice activities, chill zone, indoor playground, and much more. This event will offer accessible accommodations for individuals with sensory sensitivities and neurodiverse individuals. The center will provide an accepting and inclusive environment, modifications to sound and lighting, noise cancelling headsets, and a quiet area. The playground will be open during

non-operating hours to limit capacity and create a more controlled environment to reduce overstimulation. Pre-registration is encouraged. This is a floating/drop-in event; families can come/leave at any time during the event.

#### Greystone Recreation Center

Jan 21	Su	2:00-4:00pm
Feb 18	Su	2:00-4:00pm
Mar 24	Su	2:00-4:00pm
Apr 21	Su	2:00-4:00pm

### Special Olympics Wake County

Special Olympics Wake County provides year-round sport training and athletic competition in different sports for individuals with intellectual disabilities. Special Olympics training and competition is provided at no charge to eligible athletes. Each sport practices on a weekly basis at various times and locations.

### SRIS Bingo

Age: 16-99 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). For more information, please contact SRIS at 919-996-2147.

#### Jaycee Community Center - Course Fee: \$10

Jan 3-Jan 17	W	6:30-7:30pm
Feb 7-Feb 21	W	6:30-7:30pm
Mar 6-Mar 20	W	6:30-7:30pm
Apr 3-Apr 17	W	6:30-7:30pm

### SRIS Buddy Basketball

Age: yrs. Buddy Basketball is an instructional program focused on developing basic basketball skills such as passing, dribbling, guarding, and shooting. Each participant must attend with a "buddy" (sibling, friend, assistant, parent). Only the participant must register for the program; there is no charge for the buddy. For more information, please contact 919-996-2147. **Jaycee Community Center** - Course Fee: \$15  
Feb 3-Mar 9 Sa 10:00-11:00am

### SRIS Cooking

Age: 13-99 yrs. Ages: 13+ 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, please call SRIS at 919-996-2147 for more information.

#### Marsh Creek Community Center - Course Fee: \$22

Jan 10	W	6:00-7:30pm
Feb 14	W	6:00-7:30pm
Mar 13	W	6:00-7:30pm
Apr 10	W	6:00-7:30pm

### SRIS Mic Night

Age: 6-99 yrs. Ages: 6+ 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). For more information, please call 919-996-2147.

#### Jaycee Community Center - Course Fee: \$6

Jan 19	F	6:00-7:00pm
Feb 16	F	6:00-7:00pm
Mar 15	F	6:00-7:00pm
Apr 19	F	6:00-7:00pm



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**SRIS Quest Adult Day Program**

Age: 22-99 yrs. The Quest Adult Day Program is for adults with disabilities who can engage appropriately in a small group setting (approximately 6 participants with 1 staff). The program offers age appropriate activities to engage participants in nature, music and movement, arts and crafts, etc. with specialist visits revolving around themes such as Healthy Living, Culture, and Giving Back. Under normal program guidelines and operations, the following are examples of how staff and participants will engage during the program.

**Behavior:** staff will provide positive behavior support, redirection, preferred activities, and use behavior support strategies provided by families.

Participants are expected to exhibit appropriate behavior, without presenting a safety concern to themselves, other participants or staff. Unsafe behaviors may include, but are not limited to: biting, hitting, kicking, pinching, running, spitting, etc.

**Feeding:** staff will provide verbal and visual prompting, reminders, assist with placement of food, break up food into small pieces, open containers for the participant. Participants should be able to physically feed themselves.

**Participation:** staff will engage participants through multiple means of instruction, sensory engagement, supported transitions, and program modifications. Participants are expected to stay with their group, follow given/ modeled direction, and demonstrate engagement during program activities, during transitions, during specialist visits and in the community on field trips when appropriate. Toileting &

**Personal Care:** staff will provide verbal and visual prompting and provide occasional assistance with pulling up and/or fastening clothing. Participants should be able to clean/wipe themselves independently or with minimal prompting from staff. Please contact SRIS@raleighnc.gov or 919.996.2147 for more information.

**Millbrook Exchange Community Center** – Course Fee: 98.50

Jan 2-Jan 30	Tu	10:00am-3:00pm
Jan 4-Jan 25	Th	10:00am-3:00pm
Feb 6-Feb 27	Tu	10:00am-3:00pm
Feb 1-Feb 29	Th	10:00am-3:00pm
Mar 5-Mar 26	Tu	10:00am-3:00pm
Mar 7-Mar 28	Th	10:00am-3:00pm
Apr 2-Apr 30	Tu	10:00am-3:00pm
Apr 4-Apr 25	Th	10:00am-3:00pm

**SRIS Recreation Bowling**

Age: 13-120 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. For more information, call 919-996-2147.

**Offsite Programming**

Jan 6-Jan 27	Sa	12:00-2:00pm	Fee: \$43
Feb 3-Feb 24	Sa	12:00-2:00pm	Fee: \$56
Mar 2-Mar 23	Sa	12:00-2:00pm	Fee: \$56
Apr 6-Apr 27	Sa	12:00-2:00pm	Fee: \$56

**Team PRIDE: Junior Wheelchair Basketball**

Ages 6-20. 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](http://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](mailto: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](http://www.trianglethunder.org).

**VIP Darts**

Age: 16-99 yrs. Ages: 16+ Join us for an evening of fellowship, fun and darts every 1st and 3rd Monday of the month. 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. For more information, please contact SRIS at 919-996-2147.

**Jaycee Community Center**

Jan 29	M	6:00-7:30pm	Fee: \$5
Feb 5-Feb 19	M	6:00-7:30pm	Fee: \$10
Mar 4-Mar 18	M	6:00-7:30pm	Fee: \$10
Apr 1-Apr 15	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) 996-6590

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 (rides sharing, 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](http://www.parks.raleighnc.gov) To Apply for the Greenway Volunteer Program email [rdpvolunteer@raleighnc.gov](mailto:rdpvolunteer@raleighnc.gov)

#### Historic Homes

##### Mordecai Historic Park

1 Mimosa Street, Raleigh NC, 27604

(919) 996-4364

[www.raleighnc.gov/museums](http://www.raleighnc.gov/museums)

**Site Manager:** Joshua Ingersoll

Email: [joshua.ingersoll@raleighnc.gov](mailto: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](mailto:Mark.Elmore@raleighnc.gov)

**Assistant Park Managers:**

Chris Hill

Email: [christopher.hill@raleighnc.gov](mailto:christopher.hill@raleighnc.gov)

Julia Babuin

Email: [Julia.Babuin@raleighnc.gov](mailto: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](mailto:Chris.Murray@raleighnc.gov)

**Assistant Park Manager:** Ben Coats

Email: [Ben.Coats@raleighnc.gov](mailto: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](http://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](mailto: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](http://www.parks.raleighnc.gov)

### Saint Monica Teen Center

**Saint Monica Teen Center Director:** Aaron Lesane  
**Email:** [aaron.lesane@raleighnc.gov](mailto:aaron.lesane@raleighnc.gov)  
15 N Tarboro St. Raleigh, NC 27610  
**Phone:** 919-996-4368

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 Program Manager:** Chiffonda Holloway  
**Phone:** 919-996-2142  
**Email:** [chiffonda.holloway@raleighnc.gov](mailto:chiffonda.holloway@raleighnc.gov)

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 teens, foster creativity and promote diversity, equity and inclusion among teens. 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](http://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](mailto: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](http://parks.raleighnc.gov), keyword search "COE".

### Digital Inclusion

**Digital Inclusion Program Manager:** Tommy Hodges  
**Phone:** 919-996-2458  
**Email:** [thomas.hodges@raleighnc.gov](mailto: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:** Beth Soles  
**Program Manager:**  
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](http://www.raleighnc.gov) and search for the specific program name for more information.

### Adult Program

**Recreation Program Manager:** Allie Crawford  
**Phone:** 919-996-2151  
**Email:** allie.crawford@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

**Teen Programs:** 919-996-2139  
**Recreation Program Director:** Brandon Reed  
**Program Managers:**  
Chiffonda Holloway  
**Email:** chiffonda.holloway@raleighnc.gov  
Carmen Myles  
**Email:** carmen.myles@raleighnc.gov  
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 teens 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 and 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](http://parks.raleighnc.gov)

For more information contact Mary Owens at [mary.owens@raleighnc.gov](mailto: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](http://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](http://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](https://parks.raleighnc.gov)



**Raleigh  
Parks**

## 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](mailto: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](https://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

<b>Adopt-A-Park</b>	919-996-3292
<b>City Cemeteries</b>	919-996-6548
<b>General Park Maintenance</b>	919-996-4115
<b>Facilities and Operations</b>	
Facilities, Irrigation, Lighting	919-996-3420
<b>General Recreation</b>	919-996-6640
<b>Greenways</b>	919-996-4786
<b>Greenway Map Request</b>	919-996-3285
<b>Reclink Support</b>	919-996-2153
<b>Recreation Business Office</b>	919-996-4800

## Division

<b>Administration</b>	919-996-3285
<b>Design/Development</b>	919-996-4824
<b>Maintenance/Parks</b>	919-996-4115
<b>Marketing</b>	919-996-3285
<b>Raleigh Arts</b>	919-996-3610
<b>Recreation</b>	919-996-6640
<b>Urban Forestry</b>	919-996-4115

## Programs

<b>Adult Program</b>	
Anne Gordon Center for Active Adults	919-996-4720
Five Points Center for Active Adults	919-996-4730
Walnut Terrace Center	919-996-6160
<b>Adventure Program</b>	919-996-6855
<b>Amusements</b>	
520 Ashe Avenue	919-996-6468
<b>Aquatics and Swimming Pools</b>	
2401 Wade Avenue	919-996-6852
<b>Arts Program</b>	919-996-4683
<b>Athletic Program</b>	
2401 Wade Avenue	919-996-6836
<b>Athletics Leisure Line Update</b>	
2401 Wade Avenue (24 hr. recording)	919-996-6575
<b>Community Centers Program</b>	
2401 Wade Avenue	919-996-6640
<b>Cultural Outreach and Enrichment Program</b>	
2401 Wade Avenue	919-996-6844
<b>Nature Programs</b>	
820 Clay Street	919-996-6856
<b>Specialized Recreation Services</b>	
2401 Wade Avenue	
Specialized Recreation Programs	919-996-2147
Inclusion Services	919-996-2148
<b>Tennis Program</b>	
Millbrook Exchange Tennis Center	
1905B Spring Forest Road	919-996-4129
<b>Teen Program</b>	
820 Clay Street	919-996-2139
<b>Urban Forestry</b>	
	919-996-4115
	919-872-4137 (fax)
<b>Volunteer Programs</b>	
222 W. Hargett Street	919-996-3292
<b>Youth Programs</b>	
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  
919-996-6435

## 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



# Directory

**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

**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 Ileagnes 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

<b>A</b> Gymnasiums	<b>Q</b> Fishing
<b>B</b> Lighted Ballfield(s)	<b>R</b> Sand Volleyball
<b>C</b> Tennis Courts	<b>S</b> BMX Track
<b>D</b> Pool	<b>T</b> Inline Skating
<b>E</b> Play Equipment	<b>U</b> Dog Park
<b>F</b> Mini Park	<b>V</b> Gardens
<b>G</b> Outdoor Basketball	<b>W</b> Walking Track
<b>H</b> Frisbee Golf	<b>Y</b> Skate Park
<b>J</b> Exercise Trail	<b>Z</b> Fitness Room
<b>K</b> Nature Study	<b>AAI</b> Pickle Ball Courts - Indoor
<b>L</b> Arts	<b>AAO</b> Pickle Ball Courts - Outdoor
<b>M</b> Picnic Shelter	• Handicap Accessible
<b>N</b> Greenway Trail	
<b>O</b> Lake	
<b>P</b> Boat Rental	



City of Raleigh  
Parks, Recreation and Cultural Resources  
P.O. Box 590 Raleigh, NC 27602  
PRCR 6501

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