

2022 | May - August

Leisure Ledger



**Raleigh
Parks**

**Online Registration Starts
March 22, 2022**

parks.raleighnc.gov

919.996.6640

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

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Together we connect and enrich our community through exceptional experiences.

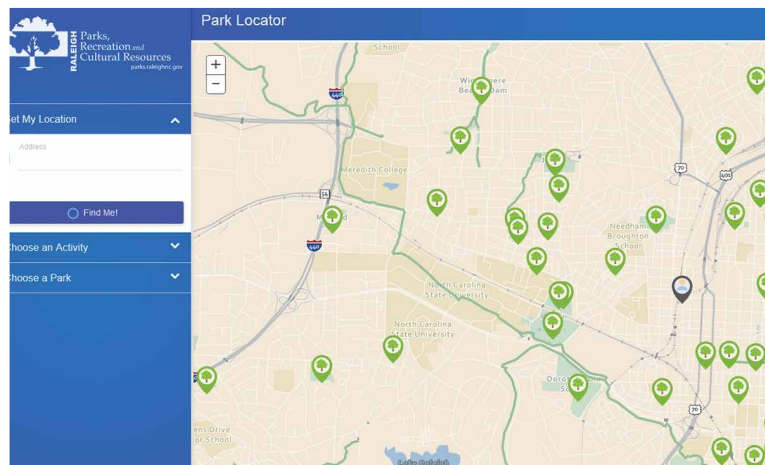
Raleigh Parks, Recreation and Cultural Resources Department boasts over 200 parks including features like amusements, art centers, athletic facilities, community centers, lakes, nature preserves, off-leash dog parks, playgrounds, swimming pools, historic homes, and open spaces. With innovative programs offered throughout the year, there are endless opportunities to learn something new, refine skills, or meet new friends. Whether you play tennis on one of our 104 courts, dive into one of 8 pools, explore over 100 miles of paved greenway, or simply enjoy a picnic in the park, we hope you take time to discover YOUR Raleigh Parks, Recreation and Cultural Resources Department!

Start Exploring With Park Locator!

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

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

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



DISCOVER YOUR

Raleigh Parks, Recreation and Cultural Resources Department

3 WAYS TO REGISTER

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



Browse or Register online with RecLink

Visit parks.raleighnc.gov

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



mail-in

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



walk-in

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

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



My Raleigh Subscriptions

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

BE SOCIAL



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



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



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



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



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



PLAY SAFELY

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

Social Distancing Best Practices

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

Thank you for staying safe, Raleigh!



Raleigh Parks

Raleigh City Council*

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

Parks, Recreation and Greenway Advisory Board Members*

Chair: Jennifer Wagner
Vice Chair: Beverley Clark
Carol Ashcraft
Gregory Etheridge
Van Fletcher
Lex Janes
Brad Johnson
Christina Jones
Rashawn King
Kendall Harris
Carol Love
Malay Patel
Marsha Presnell Jennette
Lindsay Saunders
Dave Toms

**at time of printing*

*Parks, Recreation and
Greenway Advisory
Board Meetings are
held on the 3rd Thursday
at 5:30pm of each month.
Please check the City website
for location. The public is
invited to attend.*

Arts Commission Members

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

Management Team

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

Historic Resources and Museum Program Advisory Board

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

City of Raleigh Historic Cemetery Advisory Board

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

Public Art and Design Board

Chair: Linda Dallas
Vice Chair: Angela Lombardi
Derek Ham
Lincoln Hancock
Vershae Hite
Phillip Jefferson
Jackie Turner

Financial Assistance

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



Donate to Financial Assistance Fund

Together we connect and enrich our community through exceptional experiences.



Play It Forward Financial Assistance Fund

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

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

City Of Raleigh

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

Play It Forward Scholarship Fund

BY CHECK

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

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

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

Name(s): _____

Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

ONLINE

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

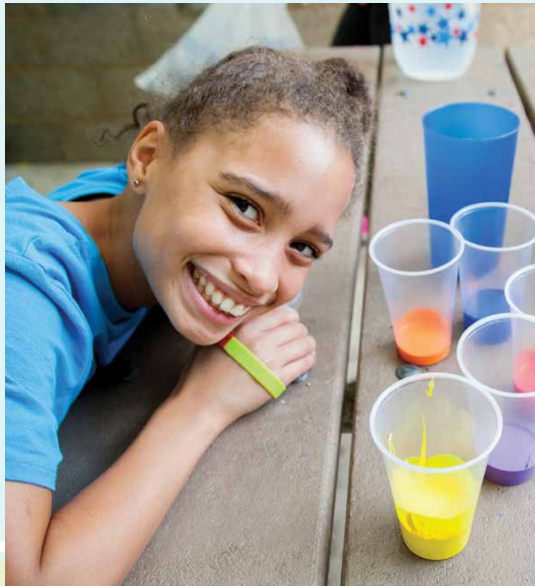
Special Events

Historic Method Day

Join us in celebrating the history of the Method Community. There will be informational vendors, a book-bag giveaway, games, music, arts and crafts and food. Come socialize with old friends while enjoying this special event.

Method Road Community Center

Aug 27 Sa 11:00am-3:00pm



MUD DAY

Mud Day

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

Walnut Creek Wetland Park

Aug 20 Sa 10:00am-1:00pm



Aquatics

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

Admission Fees

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

All Pools

(with the exception of Buffalo Road Aquatic Center)

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

Buffalo Road Aquatic Center

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

The Aquatics Division offers the following certification courses:

Lifeguarding, Lifeguarding Instructor, and Water Safety Instructor. Please check www.raleighnc.gov/aquatics for course requirements and schedules.

All Pools

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

Punch Passes

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

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

Monthly Pass

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

Annual Pass

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

Aquatic Swim Lessons

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

Private Lesson - Single: \$32

Private Lesson - Package: \$110

Aquatic Water Exercise Membership

Senior Resident: \$32

Adult Resident: \$40

Senior Non-Resident: \$44

Adult Non-Resident: \$52

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

Drop-in Rates

Drop-in rates are available for single classes.

Senior Resident: \$6

Adult Resident: \$8

Senior Non-Resident: \$7

Adult Non-Resident: \$9

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

Aquatics Lessons Preschool

Parent & Child Aquatics Level 1

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

Parent & Child Aquatics Level 2

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

Preschool Aquatics Level 1

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

Preschool Aquatics Level 2

In Level 2, participants go completely under water while blowing bubbles from their mouths and noses. Participants learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotor skills while building on the skills learned in Level 1.

Preschool Aquatics Level 3

While building on skills learned in Level 2, participants learn to coordinate simultaneous and alternating arm and leg actions. Level 3 lets participants master skills without assistance.

Youth

Intra City Swim Team

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

Swim Lesson - Level 1 Intro Water Skills

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

Swim Lesson - Level 2 Fundamental Skills

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

Swim Lesson - Level 3 Stroke Development

They will learn to coordinate alternating and simultaneous arm and leg actions of several strokes. Level 3 lets participants perform skills without assistance and learn survival float, elementary backstroke, dolphin and scissor kicks and coordination of the front crawl.

Swim Lesson - Level 4 Stroke Improvement

In Level 4 swim lessons, the back crawl and breaststroke are introduced. Endurance is also a key factor for this course. Participants continue to build upon the scissor kick and dolphin kick by adding the arms for sidestroke and butterfly.

Swim Lesson - Level 5 Stroke Refinement

In Level 5 swim lessons, participants coordinate and refine all strokes. Flip turns on both front and back are introduced in this course. Endurance and distance are important in this course.

Adult

Adult Learning the Basics Swim Class

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

Adult Refining Swim Strokes Class

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

Water Exercise

Intensity Scale for all classes

Level 1–2: Low intensity

Level 3: Moderate intensity

Level 4–5: High intensity

Deep Water Classes (exercise belts provided)

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

Power Hour (Level 4–5)

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

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

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

Advanced Pool-Pilates (Level 1–2)

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

Intro Pool-Pilates (Level 1–2)

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

Hydro-fusion (Level 2–4)

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

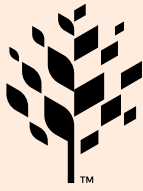
Join-T Class (Level 1–2)

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

Range of Motion+ (Level 1–2)

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





Raleigh Arts

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

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

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

Facebook: @OfficeofRaleighArts

Instagram: @Raleigh_Arts

Twitter: @RaleighArts



Pullen Arts Center

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

Director: Eliza Kiser

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

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

Pullen Arts Center's Gallery Exhibits

May - June:

Cindy Aldrich
Jery Brill
Michael Bennett
Ari Ferro
Ann Harwell
Susan Parrish
Robyn Scott
Anne Terry
Gwen Weaver

July - August:

Adam Cohen
Linda Collura
Peter Marin
Keith Norval
Anna Podris
Lauri Rhoades
Sarah West

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

Sertoma Arts Center

1400 W. Millbrook Road Raleigh, NC 27612, (919)996-2329

Director: Julia Meder

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

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

Raleigh Room, Display Cases and Hall Gallery:

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

Sertoma Arts Center's Gallery Exhibits

May/June

Raleigh Room: Shawn Etheridge

Hall Gallery: Dian Sourellis

Display Cases: José Pablo Barreda + Andy McKenzie

July/August

Raleigh Room: Professional Art Quilters of the South

Hall Gallery: Arts Access/Artist Link Project

Display Cases: Elijah Kell

Preschool

Art Adventures

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

Laurel Hills Community Center – Course Fee \$36

May 7-May 21	Sa	10:00-11:00am
Jun 4-Jun 25	Sa	10:00-11:00am
Jul 9-Jul 30	Sa	10:00-11:00am
Aug 6-Aug 27	Sa	10:00-11:00am

Ballet and Tap for Preschoolers

Age: 2-5 yrs. Your preschooler will learn technique and grow as a dancer in this class. Half of the class is devoted to ballet and the other half is devoted to tap. White or pink tights, pink or black leotard, ballet slippers and tap shoes are preferred but not required.

Millbrook Exchange Community Center – Course Fee \$36

Ages 2-3

May 4-May 25	W	10:15-11:00am
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Ages 4-5

May 3-May 24	Tu	10:15-11:00am
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Ballet/Tap Basics at Greystone

Age: 2-5 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 \$40

Tinies Ages 2-3

May 5-May 26	Th	11:00-11:45am
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Basics Ages 3-5

May 5-May 26	Th	10:15-11:00am
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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 \$25

May 3-May 24	Tu	5:30-6:00pm
Jun 7-Jun 28	Tu	5:30-6:00pm
Jul 5-Jul 26	Tu	5:30-6:00pm
Aug 2-Aug 23	Tu	5:30-6:00pm

Dance- Tap and Twirl

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

Hill Street Neighborhood Center – Course Fee \$35

May 3-May 24	Tu	6:00-7:00pm
Jun 7-Jun 28	Tu	6:00-7:00pm
Jul 5-Jul 26	Tu	6:00-7:00pm
Aug 2-Aug 23	Tu	6:00-7:00pm

Raleigh Little Theatre

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

Email: info@raleighlittletheatre.org

Box Office: 919-821-3111

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

UPCOMING PERFORMANCES AND EVENTS

Please check RaleighLittleTheatre.org for events in 2022 that may have been rescheduled from the 2020-2021 season due to COVID-19.

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

Theatre In The Park

Website: www.theatreinthepark.com

Email: info@theatreinthepark.com

Box Office 919-831-6058

Business Office: 919-831-6936

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

UPCOMING PERFORMANCES AND EVENTS

June 3-June 19

The Sweet Delilah Swim Club

August 5-August 21

The Father

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

Preschool - Mini Monets

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

Instructor: Michelle Davis Petelinz.

Sertoma Arts Center – Course Fee \$65

May 12-Jun 16	Th	9:30-10:15am
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Jul 14-Aug 18	Th	9:30-10:15am
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Preschool - Wild Animal Art

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

Instructor: Michelle Davis Petelinz.

Sertoma Arts Center – Course Fee \$75

May 10-Jun 14	Tu	9:30-10:30am
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Jul 12-Aug 16	Tu	9:30-10:30am
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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 \$55

May 4-Jun 8	W	10:00-10:50am
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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. White/pink tights and pink/black leotard. Ballet skirt optional. Ballet slippers and tap shoes. Instructed by Ms. Gabbie.

Lake Lynn Community Center – Course Fee \$70

May 7-Jun 18	Sa	9:15-10:00am
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Youth

African Dance for Youth

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

Barwell Road Community Center – Course Fee \$32

May 7-May 21	Sa	11:00-11:45am
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Art - Abstract Art for Beginners

Age: 6-11 yrs. In this camp, students will have fun exploring shapes, form, colors, and lines to create amazing works of abstract art. We will look at famous works of art by artists for inspiration to create our own projects! Supplies included. Instructor: Lauren Blackwell.

Sertoma Arts Center – Course Fee \$60

Jun 27-Jun 30	M-Th	4:00-5:30pm
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continued on page 12 —

Art - Fantastic Beasts and How to Make Them

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

Sertoma Arts Center – Course Fee \$100

May 10-Jun 14 Tu 4:00-6:00pm

Jul 12-Aug 16 Tu 4:00-6:00pm

Art - Game Creators

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

Sertoma Arts Center – Course Fee \$100

May 12-Jun 16 Th 4:00-6:00pm

Jul 14-Aug 18 Th 4:00-6:00pm

Art - Painted Paper Palooza!

Age: 6-10 yrs. We'll use brushes, paints, inks, sponges, body parts (!), feathers, foam and other wacky things to create a variety of painted papers, using lots of techniques, including sgraffito, marbling, mono printing, bubbling, stenciling and stamping. Then, we'll use those papers to create all kinds of wonderful art, both 2-D and 3-D inspired by the colors, textures and patterns we made! Supplies included. Instructor: Michelle Davis Petelinz.

Sertoma Arts Center – Course Fee \$100

May 11-Jun 15 W 4:00-6:00pm

Jul 13-Aug 17 W 4:00-6:00pm

Art Adventures for Kids

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

Laurel Hills Community Center – Course Fee \$36

May 7-May 21 Sa 11:15am-12:15pm

Jun 4-Jun 25 Sa 11:15am-12:15pm

Jul 9-Jul 30 Sa 11:15am-12:15pm

Aug 6-Aug 27 Sa 11:15am-12:15pm

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 \$32

May 7-May 21 Sa 10:00-10:45am

Ballet/Tap/Jazz Competition Team

Age: 4-5 yrs. There will be performances outside the studio and 3 competitions in which this class will compete (NC State Fair, Believe Competition and Showstopper Competition). Additional entry fee and costume costs will be required. Instructor Ms. Gabbie

Lake Lynn Community Center – Course Fee \$70

Mini Stars

May 7-Jun 18 Sa 11:15am-12:00pm

Shooting Stars

May 7-Jun 18 Sa 1:15-2:00pm



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 \$40

May 5-May 26	Th	5:30-6:30pm
Jun 2-Jun 23	Th	5:30-6:30pm
Jul 7-Jul 28	Th	5:30-6:30pm
Aug 4-Aug 25	Th	5:30-6:30pm

It's Showtime Theater!

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

Lake Lynn Community Center – Course Fee \$70

May 4-Jun 15	W	7:00-8:00pm
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Jazzed to Jive

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

Greystone Recreation Center

May 2-May 23	M	5:00-5:55pm	Fee: \$40
Jun 6-Jun 27	M	5:00-5:55pm	Fee: \$30

Learn to Twirl!

Age: 7-10 yrs. Is your young performer ready to try something new? This weekly class will give your star an opportunity to learn the art of baton twirling. Twirlers will learn basic twirling skills and develop the ability to combine twirling and dancing. Baton twirling can teach students discipline and confidence that translates beyond performance; it also reinforces the value of hard work and practice. No prior experience is necessary. Twirlers should wear athletic footwear and clothing (try to avoid baggy or loose-fitting clothing if possible, to avoid the baton getting caught). Instructor: Olivia Kane; former Twirler at North Carolina State University

Greystone Recreation Center

May 3-May 24	Tu	6:00-7:00pm	Fee: \$40
Jun 7-Jun 28	Tu	6:00-7:00pm	Fee: \$40
Jul 12-Jul 26	Tu	6:00-7:00pm	Fee: \$30
Aug 2-Aug 23	Tu	6:00-7:00pm	Fee: \$40

Music - Raleigh Children's Orchestra

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

Sertoma Arts Center – Course Fee \$80

Jun 9-Jul 28	Th	6:15-7:30pm
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Pottery - Celestial Tiles

Age: 5-10 yrs. Planets, moons, stars and ALIENS! Children will create their own strange universe or night sky by glazing prepared tiles. Tiles will be fired and ready to pick up one week later. Supplies included. Instructor: Patty Merrell.

Sertoma Arts Center – Course Fee \$20

Jun 12	Su	1:45-3:00pm
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Pottery - Ceramic Circus

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

Sertoma Arts Center – Course Fee \$60

Jun 9-Jun 23	Th	4:15-5:30pm
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Pottery - Father's Day Gifts

Age: 5-11 yrs. Create gifts for Dad in preparation for Father's Day! Children will create one of a kind, coil "catch-all" bowls out of clay during the first class. During the second class, young potters will decorate their creations with vivid glazes. Supplies included. Pieces will be ready for pick up on Saturday, June 18. Instructor: Ashley Bonner.

Sertoma Arts Center – Course Fee \$45

Jun 5-Jun 12	Su	1:00-2:30pm
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Pottery - Flower Wreaths

Age: 5-11 yrs. April showers bring May flowers! Celebrate May by creating a lovely ceramic flower wreath out of clay. Children will use basic handbuilding techniques during their first class to create their wreaths. During the second class, young potters will use vibrant glazes to decorate their creations. Supplies included. Pottery will be ready for pick up 2 weeks after the last class. Instructor: Ashley Bonner.

Sertoma Arts Center – Course Fee \$45

May 9-May 16	M	4:00-5:30pm
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Pottery - Flowers and Flower Pots

Age: 9-15 yrs. Using nature and imagination as a guide, children in this pottery class will be able to play while they create a spring flower pot with flowers. Supplies included. Pottery will be ready for pick up 2 weeks after the last class. Instructor: Lynn Kurisko.

Sertoma Arts Center – Course Fee \$75

Jun 6-Jun 27	M	4:00-5:45pm
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Pottery - Green Man Tile

Age: 7-11 yrs. The Green Man is sculptural face made of leaves with branches and vines sprouting from the mouth or other parts of the face. It is found in many ancient cultures. Students will create their own version during the first class and will glaze it in varying shades of green during the second. Pottery will be ready for pick up 2 weeks after the last class. Supplies provided. Instructor: Patty Merrell.

Sertoma Arts Center – Course Fee \$40

May 12-May 19	Th	4:15-5:30pm
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Pottery - Kids Handbuilding Skills

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

Sertoma Arts Center – Course Fee \$85

May 11-Jun 1	W	4:00-5:30pm
Aug 2-Aug 23	Tu	4:00-5:30pm

Pottery - Mother's Day Gifts

Age: 5-11 yrs. Children will create lovely gifts in preparation for Mother's day. The first class we will be using textures and handbuilding techniques to create lovely bud vases. During the second class, young potters will decorate their gifts with vibrant glazes. Supplies included. Pottery will be ready for pick up on Saturday, May 7. Instructor: Ashley Bonner.

Sertoma Arts Center – Course Fee \$45

Apr 24-May 1	Su	1:00-2:30pm
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Pottery - Snails and Bugs

Age: 6-11 yrs. If you like slimy or squirmy creatures then this is the class for you! We will form, texture, incise, and join clay during the first class. During the second class we will decorate the pottery with glazes. Pottery will be ready 2 weeks after last class. Supplies provided. Instructor: Patty Merrell.

Sertoma Arts Center – Course Fee \$40

Jul 14-Jul 21	Th	4:15-5:30pm
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Pottery - Summer Wall Decor

Age: 5-11 yrs. Celebrate summer with a lovely wall hanging! Children will use basic handbuilding techniques to create summer themed wall decor. During the second class, young potters will decorate their creations with vibrant colored glazes. Supplies included. Pieces will be ready for pick up 2 weeks after the last class. Instructor: Ashley Bonner.

Sertoma Arts Center – Course Fee \$45
Jun 15-Jun 22 W 4:00-5:30pm

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. The last class will be a day for glazing so don't miss it! This class is a great way for youth to explore art and relax! Supplies included. Pottery will be ready for pick up 2 weeks after the last class. Instructor: Ashley Bonner.

Sertoma Arts Center – Course Fee \$85
Jul 13-Aug 3 W 4:00-5:30pm
Aug 4-Aug 25 Th 4:00-5:30pm

Step Dance Program

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

Barwell Road Community Center – Course Fee \$40
May 5-May 26 Th 6:00-7:00pm
Jun 2-Jun 30 Th 6:00-7:00pm
Jul 7-Jul 28 Th 6:00-7:00pm
Aug 4-Aug 25 Th 6:00-7:00pm

Youth Pottery - Botanical Sculptures

Age: 5-8 yrs. In this workshop, youth potters will create botanical sculptures inspired by native botanicals. Pieces will be left for firing and available for pickup two weeks after the class. All supplies included. Instructor: Julia Einstein

Pullen Arts Center – Course Fee \$30
Jul 9 Sa 10:00-11:30am
Jul 16 Sa 10:00-11:30am

Youth Pottery - Ceramic Mosaics

Age: 9-12 yrs. In this special three-part workshop, youth potters will create mosaic magic. Students will learn to handbuild a unique set of ceramic tiles, add color using underglazes, and set their tiles to reveal a decorative mosaic design perfect for a favorite outdoor space. Pieces will be left for firing and available for pickup two weeks after the last class. All supplies included. Instructor: Julia Einstein

Pullen Arts Center – Course Fee \$60
Jun 11-Jun 25 Sa 10:00-11:00am

Youth Pottery - Intro to Handbuilding

Age: 9-12 yrs. If you can imagine it, you can build it with clay! Youth potters will learn the basics of handbuilding, how to use underglazes, and also receive an introduction to the slab roller, extruder and other handbuilding tools. Pieces will be left for firing and available for pickup two weeks after the last class. All supplies included. Instructor: Laura Casas

Pullen Arts Center – Course Fee \$95
Jun 13-Jun 16 M-Th 1:00-4:00pm

Youth Pottery - Mixing Media: Ceramics & Drawing

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

Pullen Arts Center – Course Fee \$30
Aug 6 Sa 10:00-11:30am

Youth Pottery - Mixing Media: Ceramics & Printmaking

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

Pullen Arts Center – Course Fee \$30
Aug 20 Sa 10:00-11:30am

Youth Pottery - Pots 4 Ways

Age: 9-12 yrs. Rotate through pottery stations as you learn different construction techniques, slab, coil, pinch pot, and wheelthrowing to make four small pots. Pieces will be left for firing and available for pickup two weeks after the class. All supplies included. Instructor: Julia Einstein

Pullen Arts Center – Course Fee \$30
May 21 Sa 10:00-11:30am
May 14 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. Instructor: Anne Terry.

Sertoma Arts Center – Course Fee \$90

May 9-Jun 27	M	4:30-6:00pm
Jul 11-Aug 15	M	4:30-6:00pm

Hip Hop For Teens

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

Instructed by Ms. Gabbie.

Lake Lynn Community Center – Course Fee \$84

May 5-Jun 16	Th	7:30-8:15pm
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Painting - Whimsical Watercolor Cottagecore

Age: 11-15 yrs. Magical mushroom houses, garden gnomes, forest fairies and more—this class is all about using drawing and watercolor techniques to create beautiful, magical outdoor scenes and creatures! Supplies included. Instructor: Lauren Blackwell.

Sertoma Arts Center – Course Fee \$30

Jun 8	W	1:00-4:00pm
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Pottery - Ceramic Baskets

Age: 12-15 yrs. Celebrate the middle of summer by creating lovely ceramic basket dishes! Teens will create their dishes the first day of class. During the second class, they will decorate their creations with vivid glazes. Pieces will be ready for pick up 2 weeks after the last class. Supplies included. Instructor: Ashley Bonner.

Sertoma Arts Center – Course Fee \$60

Jul 18-Jul 25	M	4:00-6:00pm
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Pottery - Sun Shaped Candle Holders

Age: 12-15 yrs. Celebrate the return of summer by creating a sun shaped candle holder! During the first class, teens will use basic handbuilding techniques to create their candle holders. During the second class, teens will be decorating their creations with vibrant glazes. Supplies included. Pieces will be ready for pick up 2 weeks after the last class. Instructor: Ashley Bonner.

Sertoma Arts Center – Course Fee \$45

Jun 7-Jun 14	Tu	4:00-5:30pm
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Pottery - Teen Handbuilding

Age: 13-18 yrs. Introduction to Handbuilding with clay. Create decorative and functional ceramic works using different techniques such as slab, coil and pinch techniques. The last class will be a day for glazing so don't miss it! This class is a great way for teens to explore clay and express themselves while relaxing. Supplies included. Pottery will be ready for pick up 2 weeks after the last class.

Instructor: Ashley Bonner.

Sertoma Arts Center – Course Fee \$85

May 10-May 31	Tu	4:30-6:00pm
Jun 21-Jul 12	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. Class does not qualify participants for a studio card. Supplies included. Instructor: Anne Terry.

Sertoma Arts Center – Course Fee \$135

May 12-Jun 16	Th	4:00-6:30pm
Jul 14-Aug 18	Th	4:00-6:30pm

Teen Ballet / Lyrical

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

Lake Lynn Community Center – Course Fee \$84

May 5-Jun 16	Th	6:30-7:15pm
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Teen Pottery - Illustrative Clay

Age: 13-17 yrs. This class will provide teen potters with a crash course in handbuilding techniques with a focus on narrative and storytelling through surface design. Pieces will be left for firing and available for pickup two weeks after the last class. All supplies included. Instructor: Laura Casas

Pullen Arts Center – Course Fee \$95

May 25-Jun 29	W	6:00-8:00pm
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Teen Pottery - Summer Intensive: Beginning Wheel

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

Pullen Arts Center – Course Fee \$75

May 17-May 26	Tu,Th	6:00-8:00pm
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Teens - Drawing the Song

Age: 13-17 yrs. In this workshop, students will use music to jumpstart the creative process of creating abstract work. Students will listen to multiple genres of music together as a class and use the sounds of the music to inspire linework, shapes, and color.

Students will then choose their own song/album to listen to while creating a larger final piece. All supplies will be provided but students should plan to bring a way to play music with headphones. Instructor: Natasja Brezenski

Pullen Arts Center – Course Fee \$60

May 14	Sa	1:00-4:00pm
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Teens - Intro to Drawing

Age: 13-17 yrs. This Intro to Drawing class is for both beginners and those looking to sharpen their skills. Students will study drawing elements such as line, value, color, how to break down subjects into basic shapes, render proportions, composition, and how to utilize contour hatching and create the impression of form in 2D using value. Students will experiment with various drawing materials while drawing inspiration from a mix of natural, man-made objects, and reproductions. All supplies will be provided.

Instructor: Tracie Fracasso

Pullen Arts Center – Course Fee \$99

Jun 1-Jul 13	W	6:00-8:00pm
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Teens - Intro to Painting

Age: 13-17 yrs. This Intro to Painting class is for both beginners and those looking to sharpen their skills. Students will learn how to handle, mix, and apply acrylic paint while also learning to break down subjects into basic shapes, composition, proportion, and how to create form using value and color. All supplies will be provided. Instructor: Tracie Fracasso

Pullen Arts Center – Course Fee \$99

Jul 14-Aug 18	Th	6:00-8:00pm
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Adult

Basketry - Ribbed Baskets

Age: 16-99 yrs. Have you ever delighted in using a basket to gather flowers or veggies from the garden, and wondered if you could make your own harvesting basket? In this class, you can learn how, using a combination of provided wild foraged vines and commercially available reed. The baskets we make will be a traditional ribbed basket, or egg basket, design. Materials will be provided with a \$10 supply fee paid to the instructor at the first class. Instructor: Angela Eastman.

Sertoma Arts Center – Course Fee \$65
May 14-May 28 Sa 1:00-3:00pm

Bellydance for Fun & Fitness

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

Lake Lynn Community Center – Course Fee \$5
May 1-Aug 28 Su 3:15-4:00pm

Drawing - Beginning Drawing

Age: 16-99 yrs. This class is for beginners and those who need a refresher. Students will explore contour, proportion, shape, form, value, space, and perspective as they build their observational skills. A drawing course is recommended before any painting course; this will provide a great foundation. Supply list available on Sertoma's webpage. Instructor: Chelsea Brown.

Sertoma Arts Center – Course Fee \$105
May 4-Jun 8 W 9:30am-12:00pm

Drawing - Intro to Drawing with Peter Marin

Age: 16-99 yrs. This course covers the elemental visual languages of drawing- line, contour, mass, gesture and value- and builds upon them to begin developing the necessary drawing skills to facilitate personal expression. Students are encouraged to practice drawing through class and take-home assignments and strengthen their observational skills. Course consists of slide lectures and studio time. No experience required. Supply list available on Sertoma's webpage. Instructor: Peter Marin.

Sertoma Arts Center – Course Fee \$115
May 13-Jun 17 F 9:30am-12:30pm

Fibers - Beginning Sewing: Reversible Table Runner

Age: 18-99 yrs. Reversible table runners are an easy way to change your table decoration to fit a new season, to celebrate a special occasion, or just to show off a special fabric

that you love. In this workshop you will design and sew a reversible table runner while learning some fundamental skills that will enable you to progress to other home decor projects. No prior sewing experience necessary. We will be using Sertoma's sewing machines. Supply list available on Sertoma's webpage. Instructor: Joy Kelley.

Sertoma Arts Center – Course Fee \$36
Jun 25 Sa 1:00-4:00pm

Fibers - Beginning Sewing: Zippered Pillow

Age: 18-99 yrs. Register for this class and together we will create your own special pillow with a zippered closure! You will also learn how to make a pillow insert, which will enable you to create your own custom sized pillows. You will learn the basics of operating a sewing machine and develop the fundamental sewing skills necessary for progressing to more advanced projects. No prior sewing experience is necessary. We will be using Sertoma's sewing machines. The supply list is available on Sertoma's webpage. A \$13 supply fee for pillow form materials and interfacing is due to instructor at the beginning of class. Pictures of some finished pillows can be found at the instructor's website: creativesewingstudios.com. Instructor: Joy Kelley

Sertoma Arts Center – Course Fee \$120
May 31-Jun 28 Tu 10:00am-12:00pm
Jun 2-Jun 30 Th 6:30-8:30pm

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. Instructor: Joy Kelley.
Sertoma Arts Center – Course Fee \$30
 Aug 11 Th 6:30-9:00pm

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. Instructor: Joy Kelley.

Sertoma Arts Center – Course Fee \$30

Jul 28 Th 6:30-9:00pm

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. Instructor: Joy Kelley.

Sertoma Arts Center – Course Fee \$36

Aug 20 Sa 1:00-4:00pm

Fibers - Sewing Machine Basics

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

Sertoma Arts Center – Course Fee \$136

Jun 4 Sa 1:00-4:00pm

Jul 16 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. Instructor: Pam Reading.

Sertoma Arts Center – Course Fee \$40

Jun 25 Sa 9:30am-4:30pm

Jun 26 Su 9:30am-4:30pm

Aug 20 Sa 9:30am-4:30pm

Aug 21 Su 9:30am-4:30pm

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! \$40 supply fee due to instructor at first class. Instructor: Danielle Cozart.

Sertoma Arts Center – Course Fee \$125

May 11-Jun 15 W 6:30-9:00pm

Glassmaking - Fused Glass Suncatchers

Age: 16-99 yrs. In this weekend workshop you'll use specialty art glass to create sparkling sun-catchers ready to hang in your window or yard. You will learn techniques for creating colorful abstract designs and simple mosaic images. No experience with glass is needed. \$30 supply fee due to instructor at start of workshop. Instructor: Danielle Cozart.

Sertoma Arts Center – Course Fee \$100

Jul 9-Jul 10 Sa,Su 10:30am-4:30pm

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! \$35 kit will be available for purchase at the first class. Must have had a jewelry class at Sertoma or Pullen Arts Center. Instructor: Amy Veatch.

Sertoma Arts Center – Course Fee \$135

May 2-Jun 13 M 4:00-6:30pm

Jewelry - Beginning Metals

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

Sertoma Arts Center – Course Fee \$135

May 6-Jun 17 F 10:00am-12:30pm

May 10-Jun 14 Tu 10:00am-1:00pm

May 14-Jun 11 Sa 1:00-4:00pm

May 18-Jun 15 W 6:00-9:00pm

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Jewelry - Continuing Metals

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

Sertoma Arts Center – Course Fee \$135

Jul 12-Aug 9	Tu	10:00am-1:00pm
Jul 13-Aug 10	W	6:00-9:00pm
Jul 23-Aug 20	Sa	1:00-4:00pm

Jewelry - Open Studio for Enameling

Age: 16-99 yrs. Enameling open studio is for those who have taken an enameling class at Pullen or Sertoma. This will allow you to finish up projects and explore new ideas. No instruction provided. You may bring your own enamels as long as they are lead free. A \$5 fee is charged if using Sertoma's enamels.

Sertoma Arts Center

May 9	M	10:00am-4:00pm
May 16	M	10:00am-4:00pm
May 23	M	10:00am-4:00pm
Jun 6	M	10:00am-4:00pm
Jun 13	M	10:00am-4:00pm
Jun 27	M	10:00am-4:00pm
Jul 11	M	10:00am-4:00pm
Jul 18	M	10:00am-4:00pm
Jul 25	M	10:00am-4:00pm
Aug 1	M	10:00am-4:00pm
Aug 8	M	10:00am-4:00pm
Aug 15	M	10:00am-4:00pm
Aug 22	M	10:00am-4:00pm
Aug 29	M	10:00am-4:00pm

Painting - Advanced Painting Lab

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

Pullen Arts Center – Course Fee \$114

May 5-Jun 9	Th	9:30am-12:30pm
May 16-Jun 20	M	9:30am-12:30pm

Painting - Advanced Painting Lab -

4 week session – Course Fee \$76

Jun 16-Jul 7	Th	9:30am-12:30pm
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Painting - Beginning Acrylics

Age: 16-100 yrs. In this course, students will be taught the beginning basics of painting with acrylics. We will discuss understanding your materials, paint application, color mixing, using value to create form, and the steps to painting a still life. This foundational course is for anyone wanting to learn to paint or improve their existing skills. Paint and brushes will be provided, students are responsible for providing their own canvases. Canvas recommendations will be provided.

Instructor: Joanna Moody

Pullen Arts Center – Course Fee \$99

Aug 16-Aug 31	Tu,W	10:00am-12:30pm
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Painting - Chinese Brush Painting

Age: 16-99 yrs. Chinese brush painting is a traditional art form that shows the beauty of both simplicity and complication of the nature, with only ink or with ink and color. Students will learn how to paint flowers, birds, vegetables and fruits, which are popular brush painting subjects. Instructor will provide step by step demo and individual help. Each person will complete a beautiful painting in every class, while practicing basic brush painting techniques. In addition, the students will learn some basic Chinese calligraphy techniques such as the title of the paintings or the artist's names. This course is for both experienced and beginning students. A \$5 supply fee is due to the instructor at the start of each class or students can purchase their own supplies (supply list available on Sertoma's webpage). Instructor: Jinxiu Zhao (Alice) is a professional artist who specializes in the teaching of Chinese brush painting and calligraphy to both children and adults. She has been teaching in North Carolina for 23 years at all levels of the K12-public/private schools, teachers' training programs and in private classes.

Sertoma Arts Center – Course Fee \$50

May 4	W	12:00-3:00pm
Jun 1	W	12:00-3:00pm
Jul 6	W	12:00-3:00pm
Aug 3	W	12:00-3:00pm

Painting - Intro to Painting with Peter Marin

Age: 16-99 yrs. This course introduces the student to the practice of painting by examining practicing the fundamental languages of painting such as color, form, composition and narrative. Comparative methods will be used to develop the foundations of a personal visual vocabulary with the aim of supporting a painting practice. Technical and theoretical issues will be discussed to form a frame of reference to serve as a reference point into painting. Class consists of slide lectures, studio time and take-home assignments. Any wet media welcome. NO experience required. Supply list available on Sertoma's webpage. Instructor: Peter Marin.

Sertoma Arts Center – Course Fee \$115

Jul 15-Aug 19	F	9:30am-12:30pm
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Painting - Introduction to Painting with Pastels

Age: 16-99 yrs. Students will learn the properties and application of pastels. How to layer the colors and create crisp realism, abstracts to soft impressionism paintings. You will also learn how to make you own tools to blend and crush the color together rather than using fingers or tortillions. You will leave this workshop with a completed painting, the knowledge of how to use pastels as a painting medium and the different levels of pastels available to work with. Supply list available on Sertoma's webpage. Instructor: Connie Mansfield.

Sertoma Arts Center – Course Fee \$125

Jul 23-Jul 24	Sa,Su	10:00am-5:00pm
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Painting - ISMS with Peter Marin

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

Pullen Arts Center – Course Fee \$114

Jul 18-Aug 22 M 6:00-9:00pm

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. Instructor: Larry Dean.

Sertoma Arts Center – Course Fee \$105

May 9-Jun 27 M 6:30-9:00pm

May 10-Jun 14 Tu 6:30-9:00pm

Jul 11-Aug 15 M 6:30-9:00pm

Jul 12-Aug 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. Instructor: Larry Dean.

Sertoma Arts Center – Course Fee \$105

May 10-Jun 14 Tu 1:00-3:30pm

Jul 12-Aug 16 Tu 1:00-3:30pm

Painting - Mixed Media & Collage Weekend Workshop with Joanna Moody

Age: 16-99 yrs. In this course we will play with a variety of media from paint to prints to photo-transfers. Anyone wanting to shake up their existing art practice by adding some new techniques and layers to their compositions, this class should be experimental and fun. All levels of experience are welcome. Supply fee of \$15 due at first class. Instructor: Joanna Moody

Pullen Arts Center – Course Fee \$110

Aug 20-Aug 21 Sa,Su 9:30am-4:30pm

Painting - Pets and Animals in Acrylic

Age: 15-99 yrs. This class will demonstrate basic pet portraiture/animal painting in Acrylic. The instructor will demonstrate how to set up a portrait using both realistic and expressive color. Students will work from reference photos. Please come to the first class with a photo you would like to work from, or with an idea in mind for your first painting. You will be guided from start to finish through your painting with individual help and class demonstrations from the instructor. All skill levels welcome! This is a great introduction of how to paint animals! Supply list available on Sertoma's webpage. Instructor: Amanda Wilson.

Sertoma Arts Center – Course Fee \$105

May 12-Jun 16 Th 12:30-3:00pm

Painting - Sacred Geometry with Peter Marin

Age: 16-99 yrs. This course focuses on the ideas that have propelled art as an instrument of the sacred. We examine the history surrounding what sacred art has been considered and how it has evolved beginning with the Egyptians, the Greeks, the Renaissance, the Baroque, Modernity and finishing up in contemporary times. Assignments, slide lectures and readings are given on a weekly basis. Class covers significant mathematical and historical issues such as divine proportions, musical relationships, the Fibonacci sequence and irrational proportions. Materials: Bring usual painting materials, any wet media. Include a compass, tracing paper roll 12"/18" any length. Instructor: Peter Marin

Pullen Arts Center – Course Fee \$114

Jul 21-Aug 25 Th 6:00-9:00pm

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Painting - Sunsets and Sunrises with Texture in Palette Knife

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 of painting Sunsets & Sunrises. We will be practicing different ways to use the tool to create different textures that build into a scene. We will be painting bright vibrant colored skies & clouds and will touch on color theory in class. Students will be taught the basics of impasto painting with Acrylic on Canvas using Gel Mediums to create different textures in the raised paint. Instructor Amanda Wilson will guide you every step of the way and be there to give in class demonstrations as well as one on one assistance. Please bring a 11"x14" or 12"x16" canvas to the first class ready to paint! This course is great for any skill level. Supply list available on Sertoma's webpage. Instructor: Amanda Wilson.

Sertoma Arts Center – Course Fee \$105

Jul 14-Aug 18 Th 12:30-3:00pm

Painting - Tropical Impressionistic Landscapes with a Palette Knife

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

Sertoma Arts Center – Course Fee \$105

May 12-Jun 16 Th 4:00-6:30pm

Painting - Vases of Flowers in Acrylic

Age: 15-99 yrs. This class is great for any skill level covering the basics of painting flowers and greenery in acrylic paint, and also having plenty of guidance from the instructor. The first few classes will be spent on a more simplified painting covering the basic shapes of petals and leaves of different flowers. 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 flowers as well as how to understand depth, using color, light and shadow. Wilson will guide you through every color to use, way to hold your brush etc. throughout the course to achieve different techniques in your own work. Students are welcomed to have creative freedom to turn their work into anything they want and completely customize it, or stay with the instructor and follow along. This is a great class for anyone looking to learn how to use acrylic, or simply take their painting to the next level. Please bring a 11"x14" or 12"x16" canvas to the first class ready to paint! This course is great for any skill level. Supply list available on Sertoma's webpage. Instructor: Amanda Wilson.

Sertoma Arts Center – Course Fee \$105

Jul 14-Aug 18 Th 4:00-6:30pm

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, use of throwing tools and basic glazing techniques. Instructors offer individualized attention as skill progression is unique to each person. Students purchase clay from Pullen Arts Center's store (approximately \$27).

Pullen Arts Center – Course Fee \$105

May 4-Jun 15 W 6:30-9:00pm

Jun 7-Jun 28 Tu,Th 7:00-9:30pm

Pottery - Cone 6 Crystalline Glazes

Age: 16-99 yrs. This class will cover the basic techniques for making work that will be fired with Macro Crystalline glazes. Developing forms and how to mate them with "glaze catchers" will be demonstrated. The course will also cover firing schedules and the possibilities of post firing finishes, including strike firing in the gas kiln and acid etching. Prerequisite: Beginner Handbuilding at Sertoma or Pullen Arts Center. This class does not qualify for a studio card. Instructor: Andy McKenzie.

Sertoma Arts Center – Course Fee \$110

Jul 12-Aug 23 Tu 7:00-9:15pm

Pottery - For the Garden

Age: 16-99 yrs. Planters, lanterns, and birdhouses...oh my! Join us and learn how to use the wheel to make a variety of things for the garden. You'll learn about creating planters with attached and unattached bases and made for African violets and orchids. You'll also explore some options for birdhouses, lanterns, bird baths and other garden art ideas. Plan to bring your wheel tools - fettling knife and hole making tools recommended. Prerequisite: Beginning Wheel at Sertoma or Pullen Arts Centers. This class does not qualify for a studio card. Instructor: Jeannette Stevenson.

Sertoma Arts Center – Course Fee \$65

May 2-Jun 6 M 9:30-11:45am

Pottery - Glazing for the Gas Kiln

Age: 16-99 yrs. This class will cover the skills and techniques required to create work in a cone 10 reduction firing. Traditional glazes like shinos and celadons, developing copper red glazes, and playing with the addition of ash are just some of the possibilities that will be covered. There will be two glaze firings in the class. Students should bring 10-15 bisque fired pots (made out of Phoenix, Loafers Glory, or Helios) to the first class. Prerequisite: Beginner Handbuilding at Sertoma or Pullen Arts Center. This class does not qualify for a studio card. Instructor: Andy McKenzie.

Sertoma Arts Center – Course Fee \$65

May 12-Jun 2 Th 9:30-11:45am

Pottery - Handbuilding: Beginning

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

Sertoma Arts Center – Course Fee \$110

May 11-Jun 22 W 9:30-11:45am

May 11-Jun 22 W 7:00-9:15pm

Pottery - Handbuilding: Continuing

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

Sertoma Arts Center – Course Fee \$110

Jul 13-Aug 24 W 9:30-11:45am

Jul 13-Aug 24 W 7:00-9:15pm

Pottery - More Creatures!

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

Sertoma Arts Center – Course Fee \$65

Jul 11-Aug 1 M 7:00-9:15pm

Pottery - Wheel Throwing: Beginner

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

Sertoma Arts Center – Course Fee \$110

May 2-Jun 27 M 7:00-9:15pm

May 4-Jun 15 W 9:30-11:45am

May 11-Jun 22 W 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. This is a seven-week class. Prerequisite: Beginner Wheel at Sertoma or Pullen Arts Center.

Sertoma Arts Center – Course Fee \$110

Jul 11-Aug 22 M 7:00-9:15pm

Jul 13-Aug 24 W 7:00-9:15pm

Jul 13-Aug 24 W 9:30-11:45am

Printmaking - Collage Intaglio: Exploring Collograph

Age: 16-99 yrs. Utilizing collograph techniques printed intaglio style, we will explore the options with paper plates printed on an etching press. Textures will be incorporated with carborundum (a grit suspended acrylic medium) to explore tone and density. Techniques using sandpaper, adhesive tapes and matte and gloss acrylic mediums will also be demonstrated. Inking with multiple colors will be demoed as well. Open to artists of all levels, open to individual projects. Printmaking curiosity appreciated! Approximately \$20 fee for paper and plates.

Instructor: Susan Martin

Pullen Arts Center – Course Fee \$125

Jun 25-Jun 26 Sa,Su 9:00am-5:00pm

Printmaking - Continuing Waterless Lithography

Age: 16-99 yrs. Students who have completed one full waterless lithography class are eligible to enroll in this weekend workshop. Students will continue to build printing skills and techniques. Workshop will be tailored to the participants' needs. Bring your leftover supplies. Instructor will have some supplies on hand for purchase. Paper will be available in Pullen's store. Bring drawing ideas, your photos, box of plain tissues, clean rags, and lunch. Paper and ominchrom pencils available for sale through Pullen Arts Center's store; students should expect to supply cost of \$10 - \$20.

Instructor: Susan Soper

Pullen Arts Center – Course Fee \$110

May 14-May 15 Sa,Su 10:00am-5:00pm

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Printmaking - Monoprinting in May

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 Akua inks to find mark making ways with stencils and textures. Additive and subtractive techniques will be put into play as well as concepts of layering and playing with opacity and translucency. Samples and texts to explore will be on hand. Open to artists of all levels, no printmaking experience required. Approximately \$20-25 supply fee for plates and paper purchased through Pullen. Instructor: Susan Martin
Pullen Arts Center – Course Fee \$125
 May 21-May 22 Sa,Su 9:00am-5:00pm

Raleigh International Folk Dance

Exercise, socialize and learn the joy of dancing with music from many world cultures. The Raleigh International Folk Dancers take newcomers through a basic vocabulary workshop and dances. Previous cultural dance styles include Polish, Turkish, Israeli, Romanian and Bulgarian. Membership dues are \$1 per person per meeting. No registration is necessary.

Glen Eden Pilot Park

May 6-May 27	F	6:00-10:30pm
Jun 3-Jun 24	F	6:00-10:30pm
Jul 1-Jul 29	F	6:00-10:30pm
Aug 5-Aug 26	F	6:00-10:30pm

Raleigh Miniatures Guild

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

May 5-Aug 18	Th	10:00am-12:00pm
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Sertoma Pottery Studio Orientation

Age: 16-99 yrs. Sertoma Arts Center's Pottery Studio Orientation covers studio safety, studio set up, and studio policies. In order to purchase a Pottery studio membership, you must complete a 7 week beginning level Pottery class at Sertoma Arts Center OR you must complete Studio Orientation at Sertoma if you have taken Beginning Wheel/Handbuilding at Pullen or Sertoma between 2016 - 2021 or held a Pottery Studio membership at Pullen or Sertoma between 2016 - 2021. If your last Beginning Wheel/Handbuilding class or Pottery Studio Membership was held prior to 2016, you need to start with a 7 week Beginning Wheel or Handbuilding class.

Sertoma Arts Center – Course Fee \$25

May 18	W	6:00-7:00pm
Jul 20	W	6:00-7:00pm

Senior**Knitting and Crocheting**

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

Anne Gordon Center

May 5-Aug 25	Th	1:00-3:00pm
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Triangle Portrait Artist

Age: 18-99 yrs. If you're interested in portrait painting, this is the group for you! Come out on Tuesday mornings and join a group dedicated to producing beautiful portraits. This class is self-lead, there is no formal instructor. For oil painters use Gamsol solvent-free gel or liquid. No odorless or mineral spirits allowed in this group. A \$5 cash model fee will be collected each class meeting. Note: See club officers at meeting for information on additional fees and dues.

Five Points Center – Course Fee \$20

May 3-Aug 30	Tu	9:00am-12:00pm
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Family**Family Pottery - Botanical Sculptures**

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

Pullen Arts Center – Course Fee \$30

Jul 23	Sa	10:00-11:30am
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Family Pottery - Mixing Media: Ceramics & Painting

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

Pullen Arts Center – Course Fee \$30

Aug 13	Sa	10:00-11:30am
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Family Pottery - Pots 4 Ways

Age: 5-10 yrs. Rotate through pottery stations as you learn different construction techniques, slab, coil, pinch pot, and wheelthrowing to make four small pots. Pieces will be left for firing and available for pickup two weeks after the class. All supplies included. Class fee includes one adult and one child; please register child only.

Instructor: Julia Einstein**Pullen Arts Center** – Course Fee \$30

May 28	Sa	10:00-11:30am
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Juggling for Genius

Age: 10-99 yrs. Join an activity that has been shown to increase brain mass. Juggling can trigger the non dominant side of the brain, which can make you smarter and able to focus more. This course is a great stress reliever and excellent for students during test-taking time. This course is free. Masks are REQUIRED for all participants due to the nature of this program. Pre-registration is preferred. All participants 10-16 years of age are required to have a parent/guardian present during class.

Method Road Community Center

May 2-May 23	M	6:30-8:00pm
Jun 6-Jun 27	M	6:30-8:00pm
Jul 11-Jul 25	M	6:30-8:00pm
Aug 1-Aug 29	M	6:30-8:00pm

Optimist Community Center TO GO Craft Kits

Optimist Craft Kits for you to enjoy and complete from the comfort of your own home. You provide the scissors, stapler, tape and glue and we have crafts for you to do. Instructional video will be provided after pick up. Pre-registration is required while supplies last. You will be notified by email when bags are ready to be picked up. Curbside pick is available for you to pick up your craft kit Monday- Thursday ONLY from 10:00am - 9:00pm, by calling 919-996-2880.

Optimist Community Center – Course Fee \$5**Buzzy Bee Kind Crafts**

May 5-May 31	M-Th	10:00am-9:00pm
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SUN Shiny Day

Jun 9-Jun 30	M-Th	10:00am-9:00pm
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Beach Bum Baller

Jul 7-Jul 28	M-Th	10:00am-9:00pm
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August of Fun

Aug 4-Aug 31	M-Th	10:00am-9:00pm
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Athletic Instruction



Preschool

All Sports - Little Starters

Age: 3-5 yrs. Want to try several sports? Little Starters introduces a different sport each week. Sports may include baseball, football, hockey, lacrosse and others. Get your game on!
Laurel Hills Community Center – Course Fee \$27
 May 7-May 21 Sa 10:15-11:00am

Baseball - Little Sluggers

Age: 3-5 yrs. This class is an introductory class that introduces skills development, teaches the basics of baseball to your young athlete. Skills will include fielding, hitting, throwing and catching. This class will help develop your child's hand-eye coordination,

listening skills, good sportsmanship, and teamwork. Parents are asked to participate in this class. Let's PLAY BALL!

Laurel Hills Community Center – Course Fee \$36
 Jun 4-Jun 25 Sa 10:15-11:00am

Basketball - Little Shooters

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

Green Road Community Center – Course Fee \$36
 May 3-May 24 Tu 6:15-7:00pm
 Jun 7-Jun 28 Tu 6:15-7:00pm
 Jul 5-Jul 26 Tu 6:15-7:00pm
 Aug 2-Aug 23 Tu 6:15-7:00pm

Mini Mite Tennis

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

Worthdale Community Center – Course Fee \$10
 May 3-May 31 Tu 10:00-11:00am
 Jun 7-Jun 28 Tu 10:00-11:00am
 Jul 5-Jul 26 Tu 10:00-11:00am
 Aug 2-Aug 30 Tu 10:00-11:00am

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
 May 2-May 23 M 6:15-7:00pm Fee: \$36
 Jun 6-Jun 27 M 6:15-7:00pm Fee: \$27
 Jul 11-Aug 1 M 6:15-7:00pm Fee: \$36
 Aug 8-Aug 29 M 6:15-7:00pm Fee: \$36
Laurel Hills Community Center
 Jul 9-Jul 30 Sa 10:00-10:45am Fee: \$36

Youth

All Sports - Youth

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

Laurel Hills Community Center – Course Fee \$30
 May 7-May 21 Sa 11:15am-12:15pm

Baseball - Sluggers

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

Laurel Hills Community Center – Course Fee \$40
 Jun 4-Jun 25 Sa 11:15am-12:15pm

Basketball Skills & Drills

Age: 8-14 yrs. This fun and instructional clinic is designed to focus on a player's individual skill development. Drills will put an emphasis on ball handling, shooting and finishing. Players will get a chance to work on offensive/defensive spacing, passing and defensive footwork. Instructor: Daron Gibson, former college basketball player.

Brier Creek Community Center – Course Fee \$40
 May 5-May 26 Th 6:30-7:30pm
 Jun 2-Jun 23 Th 6:30-7:30pm
 Jul 7-Jul 28 Th 6:30-7:30pm
 Aug 4-Aug 25 Th 6:30-7:30pm

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Soccer - Kickers

Age: 6-9 yrs. G-O-O-O-A-L! This class will help develop the fundamentals of soccer, including passing, dribbling, shooting and defense. Class will help develop hand-eye coordination, listening skills, good sportsmanship and teamwork!

Laurel Hills Community Center – Course Fee \$40
Jul 9-Jul 30 Sa 11:00am-12:00pm

Soccer Kickers

Age: 5-12 yrs. G-O-O-O-A-L! This class will help develop the fundamentals of soccer, including passing, dribbling, shooting and defense. Class will help develop hand-eye coordination, listening skills, good sportsmanship and teamwork! Instructor: Ross Osborn

Brier Creek Community Center – Course Fee \$10

Ages 5-8

May 5-Aug 25 Th 4:45-5:30pm

Ages 9-12

May 5-Aug 25 Th 5:30-6:15pm

Tennis Jr. Level 1

Age: 6-18 yrs. 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**

May 9-Jun 22	M,W	5:00-6:00pm	Fee: \$132
May 10-Jun 23	Tu,Th	5:00-6:00pm	Fee: \$132
May 14-Jun 25	Sa	11:00am-12:00pm	Fee: \$72
Jul 11-Aug 24	M,W	5:00-6:00pm	Fee: \$132
Jul 12-Aug 25	Tu,Th	5:00-6:00pm	Fee: \$132
Jul 16-Aug 20	Sa	11:00am-12:00pm	Fee: \$72

Age 8-10

May 9-Jun 22	M,W	5:00-6:00pm	Fee: \$132
May 10-Jun 23	Tu,Th	5:00-6:00pm	Fee: \$132
May 14-Jun 25	Sa	9:00-10:00am	Fee: \$72
May 14-Jun 25	Sa	10:00-11:00am	Fee: \$72
May 14-Jun 25	Sa	11:00am-12:00pm	Fee: \$72
Jul 11-Aug 24	M,W	5:00-6:00pm	Fee: \$132
Jul 12-Aug 25	Tu,Th	5:00-6:00pm	Fee: \$132
Jul 16-Aug 20	Sa	9:00-10:00am	Fee: \$72
Jul 16-Aug 20	Sa	10:00-11:00am	Fee: \$72
Jul 16-Aug 20	Sa	11:00am-12:00pm	Fee: \$72

Age 10-18

May 9-Jun 22	M,W	4:00-5:00pm	Fee: \$132
May 10-Jun 23	Tu,Th	4:00-5:00pm	Fee: \$132
May 14-Jun 25	Sa	10:00-11:00am	Fee: \$72
Jul 11-Aug 24	M,W	4:00-5:00pm	Fee: \$132
Jul 12-Aug 25	Tu,Th	4:00-5:00pm	Fee: \$132
Jul 16-Aug 20	Sa	10:00-11:00am	Fee: \$72

Tennis Jr. Level 2

Age: 10-18 yrs. Requirements: Must be able to sustain a rally with another student, serve 6 out of 10 in from the baseline, keep score and have played a full court set. This class works on using full-swing forehand, backhand, full-swing serve, overhead and good volley techniques while playing points. To pass, players must successfully demonstrate these techniques while playing a match. Please bring light, loose-fitting clothes, nonmarking sneakers and a racquet. Racquets will be available to borrow if needed. Class length is seven weeks, including one bonus week. If there is more than one week of rainouts, classes can be made up during other class times by emailing david.bell@raleighnc.gov

Millbrook Exchange Tennis Center**Age 10-18**

May 9-Jun 22	M,W	4:00-5:00pm	Fee: \$132
May 10-Jun 23	Tu,Th	4:00-5:00pm	Fee: \$132
May 14-Jun 25	Sa	9:00-10:00am	Fee: \$72
Jul 11-Aug 24	M,W	4:00-5:00pm	Fee: \$132
Jul 12-Aug 25	Tu,Th	4:00-5:00pm	Fee: \$132
Jul 16-Aug 20	Sa	9:00-10:00am	Fee: \$72

Tennis Summer Morning MiniCamp

Age: 8-18 yrs. This weeklong program provides tennis instruction and play for juniors of all levels. Players with no experience will learn how to play matches and those with experience will learn how to play more competitive matches. Class meets indoors on rainy days for physical and mental training and the week finishes with match play on Friday.

Millbrook Exchange Tennis Center – Course Fee \$132

Age 8-10

Jun 13-Jun 17	M-F	9:00am-12:00pm
Jun 20-Jun 24	M-F	9:00am-12:00pm
Jun 27-Jul 1	M-F	9:00am-12:00pm
Jul 11-Jul 15	M-F	9:00am-12:00pm
Jul 18-Jul 22	M-F	9:00am-12:00pm
Jul 25-Jul 29	M-F	9:00am-12:00pm
Aug 1-Aug 5	M-F	9:00am-12:00pm
Aug 8-Aug 12	M-F	9:00am-12:00pm
Aug 15-Aug 19	M-F	9:00am-12:00pm

Age 10-18

Jun 13-Jun 17	M-F	9:00am-12:00pm
Jun 20-Jun 24	M-F	9:00am-12:00pm
Jun 27-Jul 1	M-F	9:00am-12:00pm
Jul 11-Jul 15	M-F	9:00am-12:00pm
Jul 18-Jul 22	M-F	9:00am-12:00pm
Jul 25-Jul 29	M-F	9:00am-12:00pm
Aug 1-Aug 5	M-F	9:00am-12:00pm
Aug 8-Aug 12	M-F	9:00am-12:00pm
Aug 15-Aug 19	M-F	9:00am-12:00pm

Adult**Tennis Adult 2.5 Drills**

Age: 18-99 yrs. Requirements: Must be at the NTRP 2.5 level or use full swing on most strokes during match play to enter this class. This is a drills class using all of your strokes. Topics may include topspin and underspin and slice on the serve. To advance to 3.0 Drills, players must be at the 3.0 level or

be able to hit topspin or underspin on some groundstrokes or volleys. Class length is seven weeks, including one bonus week. If there is more than one week of rainouts, classes can be made up during other class times by emailing david.bell@raleighnc.gov

Lake Lynn Community Center

May 14-Jun 25	Sa	10:00-11:00am	Fee: \$72
Jul 9-Aug 20	Sa	10:00-11:00am	Fee: \$72

Millbrook Exchange Tennis Center

May 9-Jun 22	M,W	6:00-7:00pm	Fee: \$132
May 10-Jun 23	Tu,Th	6:00-7:00pm	Fee: \$132
Jul 11-Aug 24	M,W	6:00-7:00pm	Fee: \$132
Jul 12-Aug 25	Tu,Th	6:00-7:00pm	Fee: \$132

Tennis Adult 3.0 Drills

Age: 18-99 yrs. Requirements: Must be at the NTRP 3.0 level or use full swing on all strokes during match play to enter this class. This is a drills class using all of your strokes. Topics may include topspin and underspin and slice on the serve. To advance to 3.5 Drills, players must be at the 3.5 level or be able to hit topspin and underspin on both groundstrokes, underspin on both volleys and slice on the serve. Class length is seven weeks, including one bonus week. If there is more than one week of rainouts, classes can be made up during other class times by emailing david.bell@raleighnc.gov

Lake Lynn Community Center

May 10-Jun 23	Tu, h	6:00-7:00pm	Fee: \$132
May 10-Jun 23	Tu, h	7:00-8:00pm	Fee: \$132
May 14-Jun 25	Sa	11:00am-12:00pm	Fee: \$72
Jul 12-Aug 25	Tu, h	6:00-7:00pm	Fee: \$132
Jul 12-Aug 25	Tu,Th	7:00-8:00pm	Fee: \$132
Jul 9-Aug 20	Sa	11:00am-12:00pm	Fee: \$72

Tennis Adult 3.5 Drills

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

Lake Lynn Community Center – Course Fee \$72

May 14-Jun 25	Sa	12:00-1:00pm
Jul 9-Aug 20	Sa	12:00-1:00pm

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 \$24

Women's 3.5 Double

May 23-Jul 31	M,Su
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Men's 4.0 Doubles

May 23-Jul 31	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

Lake Lynn Community Center

May 14-Jun 25	Sa	9:00-10:00am	Fee: \$72
Jul 9-Aug 20	Sa	9:00-10:00am	Fee: \$72

Millbrook Exchange Tennis Center

May 9-Jun 22	M,W	10:00-11:00am	Fee: \$132
May 9-Jun 22	M,W	6:00-7:00pm	Fee: \$132
May 10-Jun 23	Tu, h	11:00am-12:00pm	Fee: \$132
May 10-Jun 23	Tu,Th	7:00-8:00pm	Fee: \$132
May 14-Jun 25	Sa	12:00-1:00pm	Fee: \$72
Jul 11-Aug 24	M,W	10:00-11:00am	Fee: \$132
Jul 11-Aug 24	M,W	6:00-7:00pm	Fee: \$132
Jul 12-Aug 25	Tu,Th	11:00am-12:00pm	Fee: \$132
Jul 12-Aug 25	Tu,Th	7:00-8:00pm	Fee: \$132
Jul 9-Aug 20	Sa	12:00-1:00pm	Fee: \$72

Millbrook Exchange Tennis Center

May 14-Jun 25	Sa	9:00-10:00am	Fee: \$72
Jul 9-Aug 20	Sa	9:00-10:00am	Fee: \$72

Tennis Adult Level 2

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

Millbrook Exchange Tennis Center

May 9-Jun 22	M,W	11:00am-12:00pm	Fee: \$132
May 10-Jun 23	Tu,Th	10:00-11:00am	Fee: \$132
May 10-Jun 23	Tu,Th	6:00-7:00pm	Fee: \$132
Jul 11-Aug 24	M, W	11:00am-12:00pm	Fee: \$132
Jul 12-Aug 25	Tu,Th	10:00-11:00am	Fee: \$132
Jul 12-Aug 25	Tu, h	6:00-7:00pm	Fee: \$132
May 9-Jun 22	M,W	7:00-8:00pm	Fee: \$132
Jul 11-Aug 24	M,W	7:00-8:00pm	Fee: \$132
May 14-Jun 25	Sa	10:00-11:00am	Fee: \$72
May 14-Jun 25	Sa	11:00am-12:00pm	Fee: \$72
Jul 9-Aug 20	Sa	10:00-11:00am	Fee: \$72
Jul 9-Aug 20	Sa	11:00am-12:00pm	Fee: \$72

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 \$24**Women's 2.5**

May 23-Jul 31	M,Su
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Women's 3.0

May 23-Jul 31	M,Su
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Women's 3.5

May 23-Jul 31	M,Su
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Women's 4.0/4.5

May 23-Jul 31	M,Su
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Men's 3.0

May 23-Jul 31	M,Su
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Men's 3.5

May 23-Jul 31	M,Su
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Men's 4.0

May 23-Jul 31	M
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Men's/Women's 4.5

May 23-Jul 31	M,Su
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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 \$44**All levels**

May 30-Jul 25	M	7:00-9:00pm
Jun 1-Jul 27	W	9:30-11:30am

Coed 2.0/2.5

Jun 2-Jul 28	Th	7:00-9:00pm
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Athletics Open Play



Youth

Youth Open Play Pass

Annual pass for youth, 17 and younger, to participate in Open Play Sports, such as basketball, volleyball, and futsal. Open play schedules and types vary by location. Times and dates may change without notice. Open Play pass is not valid for Indoor Pickleball. Contact one of the locations below or visit <https://raleighnc.gov/SupportPages/open-play-sports> for more information.

Adult

Adult Open Play Pass

Annual pass for adults to participate in Open Play Sports, such as basketball, volleyball, cricket, and futsal. Open play schedules and types vary by location. Times and dates may change without notice. Open Play pass is not valid for Indoor Pickleball. Contact one of the locations below or visit <https://raleighnc.gov/SupportPages/open-play-sports> for more information.

Basketball Open Play - Adults

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

Green Road Community Center

May 2-Jun 10 M,W,F 12:30-2:30pm

Laurel Hills Community Center

Jun 13-Aug 24 M,W 6:30-8:30pm

Pickleball Open Play

Age: 18-99 yrs. Pickleball is a wonderful fitness and social activity that combines aspects of racquetball, tennis and table tennis. It is played on a smaller version of a tennis court. No pre-registration is required. Dates and times listed below may show as "Unavailable" or "Full" due to online registration not being activated. If the date and time is shown, Open Play Pickleball will be offered. Each session has a \$2 fee, or a 4 month pass can be purchased for \$10 and provides access to all sessions shown on reclink.raleighnc.gov.

Brier Creek Community Center

May 1-Aug 28 Su

3:00-5:30pm

May 2-Aug 29 M

6:30-8:30pm

Green Road Community Center

May 3-Aug 30 Tu, Th

6:30-8:30pm

Laurel Hills Community Center

May 1-Aug 28 Su 1:30-5:30pm

May 6-Aug 26 F 6:30-8:30pm

Method Road Community Center

Jun 4-Aug 20 Sa 12:30-2:30pm

Table Tennis - Open Play

Age: 18-99 yrs.

Lake Lynn Community Center

May 2-Aug 31 M,W,Th,Sa 9:00am-12:00pm

Senior

Active Adult 50+ Open Gym

Age: 50-99 yrs. Basketball Open gym for any 50+ Active Adult. Please bring ID.

Biltmore Hills Community Center

May 1-Aug 28 Su 1:30-5:30pm

Family

Basketball Open Play - Family

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

Laurel Hills Community Center

May 3-Aug 25 Tu,Th 6:30-8:30pm

Indoor Pickleball Open Play

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

Brier Creek Community Center

Green Road Community Center

Lake Lynn Community Center

Laurel Hills Community Center

Lions Park Community Center

Method Road Community Center

Millbrook Exchange Community Center

Optimist Community Center

John Chavis Community Center

Worthdale Community Center





Athletics Teams/Leagues

Athletics Programs

athletics@raleighnc.gov
919-996-6836

Athletic Program Director

Jason Simpson
jason.simpson@raleighnc.gov

Athletic Program Managers

Josh Hardin
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Ryan Ryba
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Jason Clemons
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Athletic Program Assistant Manager

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

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

Youth

Fall Youth NFL Flag Football Age 5-7 (COED)

Age: 5-7. The Athletics Division, is offering youth flag football for ages 5-7. Open registration is July 11-22. Registration may be left open pending number of available spots. League age as of date is August 31, 2022. Fee is \$40 for Raleigh residents and \$55 for non-Raleigh residents. Practices will begin in August and will be held at designated Parks within the team's primary District location. Practices will be held 1-2 times per week and can be anytime Monday-Friday, 6pm-8pm, Saturday, 9am-3pm, or Sunday, 1pm-6pm. All games will be played on Wednesday evenings and Saturday mornings, tentatively, starting in September and will be held at Lions Park. Registration will be conducted at all local Raleigh Community Centers and online. Please check with your local Community Center for hours of operation.

District 1 - Lake Lynn Park

Aug 8-Nov 19

District 2 - Lions Park

Aug 8-Nov 19

District 3 - Jaycee Park

Aug 8-Nov 19

District 4 - Chavis Park

Aug 8-Nov 19

Fall Youth NFL Flag Football Age 8-10 (COED)

Age: 8-10. The Athletics Division, is offering youth flag football for ages 8-10. Open registration is July 11-22. Registration may be left open pending number of available spots. League age as of date is August 31, 2022. Fee is \$40 for Raleigh residents and \$55 for non-Raleigh residents. Practices will begin in August and will be held at designated Parks within the team's primary District location. Practices will be held 1-2 times per week and can be anytime Monday-Friday, 6pm-8pm, Saturday, 9am-3pm, or Sunday, 1pm-6pm. All games will be played on Wednesday evenings and Saturday mornings, tentatively, starting in September and will be held at Lions Park. Registration will be conducted at all local Raleigh Community Centers and online. Please check with your local Community Center for hours of operation.

District 1 - Lake Lynn Park

Aug 8-Nov 19

District 2 - Lions Park

Aug 8-Nov 19

District 3 - Jaycee Park

Aug 8-Nov 19

District 4 - Chavis Park

Aug 8-Nov 19

continued on page 30 —

Fall Youth NFL Flag Football Age 11-13 (COED)

Age: 11-13. The Athletics Division, is offering youth flag football for ages 11-13. Open registration is July 11-22. Registration may be left open pending number of available spots. League age as of date is August 31, 2022. Fee is \$40 for Raleigh residents and \$55 for non-Raleigh residents. Practices will begin in August and will be held at designated Parks within the team's primary District location. Practices will be held 1-2 times per week and can be anytime Monday-Friday, 6pm-8pm, Saturday, 9am-3pm, or Sunday, 1pm-6pm. All games will be played on Wednesday evenings and Saturday mornings, tentatively, starting in September and will be held at Lions Park. Registration will be conducted at all local Raleigh Community Centers and online. Please check with your local Community Center for hours of operation.

District 1 - Lake Lynn Park

Aug 8-Nov 19

District 2 - Lions Park

Aug 8-Nov 19

District 3 - Jaycee Park

Aug 8-Nov 19

District 4 - Chavis Park

Aug 8-Nov 19

Fall Youth Soccer

Age: 4-8 yrs. Our Youth Soccer Leagues are for boys and girls ages 4-8 of all skill levels. These leagues are intended to promote the interest in soccer among young athletes and teach the fundamentals and rules of the sport. All teams are coached by trained and certified volunteer coaches. Participants will experience playing in a team sport, with an emphasis on sportsmanship, fair play and fostering a love for the game. Leagues are offered to children ages 4-8; league age is determined by August 31 of the current year. Practices will start in August and may be one weeknight and Saturdays, games start in October and will be held on Saturdays through Early November. Registration fee is \$60 for Raleigh residents and \$75 for non-Raleigh residents and will begin in July at your local community center and online.

Peter Williams Park – Course Fee: \$60

U4 Co-ed

Sep 10-Nov 12 Sa 9:00am-3:00pm

U6 Co-ed

Sep 10-Nov 12 Sa 9:00am-3:00pm

U8 Co-ed

Sep 10-Nov 12 Sa 9:00am-3:00pm

Youth Baseball - Bronco

Age: 11-12 yrs. Baseball registration is July 11-22, 2022. The Bronco League is a way for youth to learn the fundamentals of baseball and to teach positive sportsmanship. This league does keep score and records wins and losses. Volunteer coaches are needed who enjoy baseball, want to teach youth, and to help develop league participants' skills and knowledge of baseball. League Age is determined by participant's age on August 31, 2022.

Buffaloe Road Athletic Park – Course Fee \$63

Aug 15-Nov 18

Youth Baseball - Colt

Age: 15-17 yrs. Baseball registration is July 11-22, 2022. The Colt League is a way for youth to learn the fundamentals of baseball and to teach positive sportsmanship. This league does keep score and records wins and losses. Volunteer coaches are needed who enjoy baseball, want to teach youth, and to help develop league participants' skills and knowledge of baseball. League Age is determined by participant's age on August 31, 2022.

Buffaloe Road Athletic Park – Course Fee \$63

Aug 15-Nov 18

Youth Baseball - Mustang

Age: 9-10 yrs. Baseball registration is July 11-22, 2022. The Mustang League is a way for youth to learn the fundamentals of baseball and to teach positive sportsmanship. This league does keep score and records wins and losses. Volunteer coaches are needed who enjoy baseball, want to teach youth, and to help develop league participants' skills and knowledge of baseball. League Age is determined by participant's age on August 31, 2022.

Baileywick Park – Course Fee \$63

Aug 15-Nov 18

Youth Baseball - Pinto

Age: 7-8 yrs. Baseball registration is July 11-22, 2022. The Pinto League is a way for youth to learn the fundamentals of baseball and to teach positive sportsmanship. This league does not keep score or records wins and losses. Volunteer coaches are needed who enjoy baseball, want to teach youth, and to help develop league participants' skills and knowledge of baseball. League Age is determined by participant's age on August 31, 2022.

Millbrook Community Center – Course Fee \$63

Aug 15-Nov 18



Youth Baseball - Pony

Age: 13-14 yrs. Baseball registration is July 11-22, 2022. The Pony League is a way for youth to learn the fundamentals of baseball and to teach positive sportsmanship. This league does keep score and records wins and losses. Volunteer coaches are needed who enjoy baseball, want to teach youth, and to help develop league participants' skills and knowledge of baseball. League Age is determined by participant's age on August 31, 2022.

Buffaloe Road Athletic Park – Course Fee \$63
Aug 15-Nov 18

Youth Baseball - TBall

Age: 5-6 yrs. Tball registration is July 11-22, 2022. The T-ball League is a way for youth to learn the fundamentals of baseball and to teach positive sportsmanship. This league does not keep score or records wins and losses. Volunteer coaches are needed who enjoy baseball, want to teach youth, and to help develop league participants' skills and knowledge of baseball. League Age is determined by participant's age on August 31, 2022.

Jaycee Community Center – Course Fee \$63
Aug 15-Nov 18

Adult

Adult Baseball

Age: 18-99 yrs. The Athletics Division will be holding registration for the Adult Baseball League on August 1-5, 2022. 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 \$600.

Optimist Community Center
Aug 22-Nov 18

Fall Adult Flag Football

Age: 18 and older. The Athletics Division will be holding registration for the Fall Flag Football league on August 8-12. Registration will be taken online or in person at 2401 Wade Ave. Raleigh 27607 from 8:30am -5:15pm Monday-Friday. Games will begin in September and will be played at Lions Park on Tuesday and Thursday evenings. Registration is for teams only and the fee is \$400 per team entry. Individuals who are not a part of a team and wish to possibly participate with a team will need to contact City of Raleigh Athletics at 919-996-6836 to be placed on our Free Agent list. For more information please contact (919) 996-6836.

Lions Park
Sept 20-Nov 17 Tues-Thurs

Jaycee Park Sand Volleyball League

Age: 18-99 yrs. Join us for the Summer Sand Volleyball League to have fun in the sun! Play will be mid June to August at Jaycee Park. Registration is limited based on dates of play. Registration dates: February May 20 - June 4, 2022.

Jaycee Community Center
3 Person Co-ed Intermediate
Jun 2-Aug 25 Th 6:00-10:00pm Fee: \$60
6 Person Co-Ed Beginner
Jun 2-Aug 25 Th 6:00-10:00pm Fee: \$80
Jaycee Community Center
Doubles Co-ed Intermediate
Jun 7-Aug 30 Tu 6:00-10:00pm Fee: \$50
4 Person Co-ed Intermediate
Jun 7-Aug 30 Tu 6:00-10:00pm Fee: \$70

Tennis World Team Tennis

Age: 18+ yrs. World Team Tennis (WTT) is a 9 week recreational, adult social league with a unique, co-ed format. The league is divided into NTRP levels. The format features co-ed teams competing in six sets: men's and women's singles, men's and women's doubles, and mixed doubles. This unique format includes no-ad scoring, substitutions, super-tiebreakers and coaching. Total games won from all sets determines the winner. The league is made up of city, club and subdivision teams who can guarantee the use of two lit tennis courts to play their matches at 7pm. Winning teams from our local league may advance to a National Qualifier and ultimately the National Championships. Players must be 18+. Senior players must be 50+.

Non-City Owned Tennis Location – Course Fee: \$75
May 9-Jul 18 M, F 7:00-10:00pm

Educational



Preschool

Little Learners Preschool Program

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

Greystone Recreation Center – Course Fee \$162

May 2-May 20 M,W,F 9:15am-12:15pm

Senior

Android Phone Basics 1

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

Anne Gordon Center – Course Fee \$12

May 4-May 11 W 10:00-11:30am

Aug 8-Aug 15 M 10:00-11:30am

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

May 18-May 25 W 10:00-11:30am

Five Points Center – Course Fee \$12

Aug 18-Aug 25 Th 2:00-3:30pm

App Based Taxi and Food/Grocery Delivery Services like UBER

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

Anne Gordon Center – Course Fee \$6

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

Five Points Center – Course Fee \$6

May 17 Tu 2:00-4:00pm

Jul 28 Th 2:00-4:00pm

Aug 16 Tu 2:00-4:00pm

Apple Laptop Basics 1

Age: 18-99 yrs. Prerequisite: Must know your Apple ID and Password and bring it to class. You must bring your own Apple laptop to class. One will not be provided. This course is for beginners or new users who are just starting off using an Apple laptop. Objectives: Students will be introduced to the basics of Internet usage; how to connect to Wi-Fi; Web Surfing and saving your favorite websites using the web browser Safari; always know the weather using the Weather App; learn how to Shut Down and Restart; plus, how to utilize gestures and adjust some system preferences.

Anne Gordon Center – Course Fee \$12

Jun 1-Jun 8 W 10:00-11:30am

Apple Laptop Basics 2

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 for you. This course is for beginners or new users who are just starting off using an Apple laptop. Objectives: Students will be introduced to Pages which is Apple's version of Microsoft Word. Learn how to simply create a document; save the document; create a folder; and delete files while using Pages. We cover a multitude of quick key commands and multiple ways to handle, copy, and move files. For more information about this class please contact Tommy Hodges at 919-996-2458.

Anne Gordon Center – Course Fee \$12

Jul 27-Aug 3 W 10:00-11:30am

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

Aug 11 Th 2:00-4:00pm

Computer Basics 1

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

Anne Gordon Center – Course Fee \$12

May 2-May 9 M 10:00-11:30am

Five Points Center – Course Fee \$12

Jun 9-Jun 16 Th 10:00-11:30am

Jul 26-Aug 2 Tu 10:00-11:30am

Computer Basics 2

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

Anne Gordon Center – Course Fee \$12

May 16-May 23 M 10:00-11:30am

Five Points Center – Course Fee \$12

Jun 23-Jun 30 Th 10:00-11:30am

Aug 9-Aug 16 Tu 10:00-11:30am

Computer Basics 3

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

Five Points Center – Course Fee \$12

Jul 28-Aug 4 Th 10:00-11:30am

Aug 23-Aug 30 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. Contact Tommy Hodges for more information about this class at 919-996-2458.

Five Points Center – Course Fee \$12

Aug 11-Aug 18 Th 10:00-11:30am

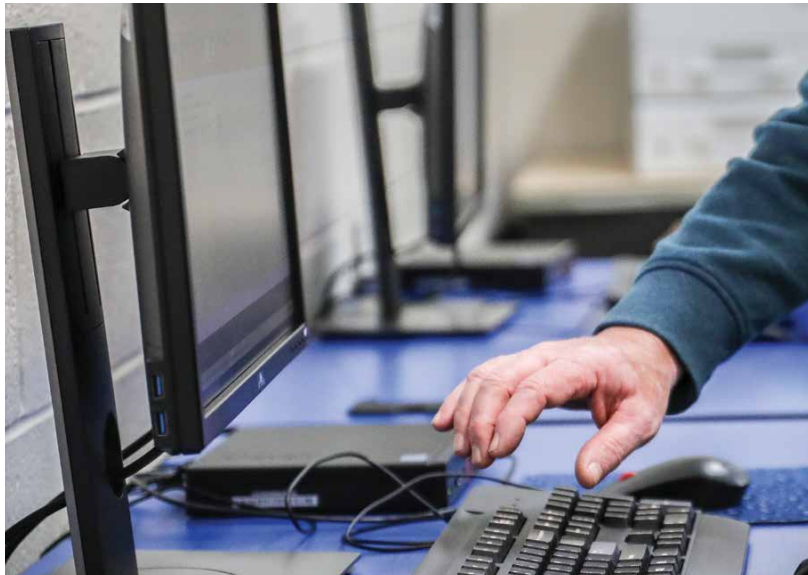
Computer Network Basics 1

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

Five Points Center – Course Fee \$6

Jun 21 Tu 10:00am-12:00pm

Aug 4 Th 2:00-4:00pm



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

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

Anne Gordon Center – Course Fee \$12

Jun 22-Jun 29 W 10:00-11:30am

Jul 25-Aug 1 M 10:00-11:30am

Aug 17-Aug 24 W 2:00-3:30pm

Five Points Center – Course Fee \$12

May 3-May 10 Tu 2:00-3:30pm

May 26-Jun 2 Th 2:00-3:30pm

Jun 7-Jun 14 Tu 10:00-11:30am

Excel Basics 1

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

Anne Gordon Center – Course Fee \$6

May 4 W 2:00-4:00pm

Jul 27 W 2:00-4:00pm

Five Points Center – Course Fee \$6

May 26 Th 10:00am-12:00pm

Jun 28 Tu 10:00am-12:00pm

FO AGC Gardening Club

Age: 18-99 yrs The Friends of the Anne Gordon Center Gardening Club. Interested in gardening or horticulture or maybe you would be willing to help with a beautification project around the park? The gardening club will have guest speakers, plant and seed swaps, occasional service projects and anything else related that the participants would like to do.

Anne Gordon Center

May 19-Aug 18 Th 3:30-4:45pm

Gimp Photo Editing Basics 1

Age: 18-99 yrs. Are you serious about photo editing, but don't want to pay for expensive software? Learn to use GIMP, a photo editing program that can help make your images look unique. GIMP is a free and open-source raster graphics editor used for image retouching, editing, free-form drawing, converting between different image formats, and more specialized tasks. GIMP is similar to the professional photo editor

Adobe Photoshop. For more information about this class please contact Tommy Hodges at 919-996-2458. Prerequisite: 'Computer Basics 1' or equivalent computer knowledge.

Five Points Center – Course Fee \$12

Jul 26-Aug 2 Tu 2:00-3:30pm

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

Aug 23-Aug 30 Tu 2:00-3:30pm

GMAIL Basics 1

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

Anne Gordon Center – Course Fee \$6

May 25 W 2:00-4:00pm

Aug 10 W 2:00-4:00pm

Google Chrome Intro

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

Five Points Center – Course Fee \$6

May 19 Th 10:00am-12:00pm

Google Photos Intro

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

Five Points Center – Course Fee \$12

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

iCloud Basics for iPad/iPhone

Age: 18-99 yrs. If you own an Apple product then you have iCloud. But are you using it to its fullest potential? Did you know if you lost your Apple Device, iCloud could help you find it? It even comes with free word processing, spreadsheet, and presentation software that can be accessed by both Windows and Apple computers via the web – for free! The iCloud is a virtual hard drive service allows users to securely store photos, videos, documents, apps, music and so much more online! It also lets you sync multiple devices, including your iPad, iPhone, iPod and PCs running Mac OS or Windows. Prerequisite: 'iPad/iPhone Basics 1' or Intermediate user. Bring your Apple device PLUS your Apple ID and password.

Anne Gordon Center – Course Fee \$6

Jun 29 W 2:00-4:00pm

Five Points Center – Course Fee \$6

May 5 Th 10:00am-12:00pm

May 31 Tu 10:00am-12:00pm

Aug 25 Th 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

Aug 10-Aug 17 W 10:00-11:30am

Five Points Center – Course Fee \$12

Jun 7-Jun 14 Tu 2:00-3:30pm

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
 Aug 24-Aug 31 W 10:00-11:30am
Five Points Center – Course Fee \$12
 Jun 21-Jun 28 Tu 2:00-3:30pm

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
 May 18 W 2:00-4:00pm
 Aug 31 W 2:00-4:00pm

iPhone Basics 1

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

Anne Gordon Center – Course Fee \$12
 Jun 1-Jun 8 W 2:00-3:30pm
 Aug 22-Aug 29 M 10:00-11:30am
Five Points Center – Course Fee \$12
 May 3-May 10 Tu 10:00-11:30am

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
 Jun 15-Jun 22 W 2:00-3:30pm
Five Points Center – Course Fee \$12
 May 17-May 24 Tu 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
 May 11 W 2:00-4:00pm
 Jun 15 W 10:00-11:30am
 Aug 3 W 2:00-4:00pm
Five Points Center – Course Fee \$6
 Jun 2 Th 10:00-11:30am
 Jun 30 Th 2:00-4:00pm

New To Computers 1

Age: 18-99 yrs. This is the first in a series of Digital Literacy classes where you can learn the essentials to using a computer. If you are brand new to computers, then you are signing up for the right class! In this first program we break down the essentials for you to get on any computer and get online to explore, shop, pay bills, find out when a store opens/closes, get directions and more! Learn how to use a mouse while understanding the key differences between left-clicking and right-clicking. Understand how to get on the Internet and 'Surf' the World Wide Web safely and most importantly, securely! Plus learn how to play games for free on your computer. *A computer will be provided*

Peach Road Cultural Center
 May 2 M 2:30-4:30pm
 Jun 6 M 2:30-4:30pm
 Aug 8 M 2:30-4:30pm

New To Email 1

Age: 18-99 yrs. Email is a form of communication that citizens and businesses use daily. We will show you how to set up and use GMAIL in this 2 hour long class.

A computer will be provided

Peach Road Cultural Center
 May 9 M 2:30-4:30pm
 Jun 13 M 2:30-4:30pm
 Aug 15 M 2:30-4:30pm

SHIIP Counseling

Age: 18-99 yrs. The Senior Health Insurance Information Program (SHIIP) sponsored by the NC Department of Insurance provides certified counselors to help you to understand your Medicare options. Are you turning 65, retiring, or needing to sign-up during open enrollment; make a 1:1 appointment to review your future Medicare options. Please call the Anne Gordon Center 919-996-4720 or Five Points Center 919-996-4730 to make an appointment. Appointment dates and times vary by location.

Anne Gordon Center
 May 2-Aug 29 M 1:00-5:00pm

TechRefresh

Age: 18-99 yrs. TechRefresh is an exciting new program that allows students who have previously completed a Digital Inclusion Adult Technology class to return and ask questions about the material that was previously covered or requires further explanation. Only those who have completed a course related to the refresh topic during a predetermined grace period are eligible to participate in this free program. Your TechRefresh time with an instructor is scheduled in advance and we require you to show up 15 minutes early for set up.

Five Points Center

Android Phone Refresh
 May 19 Th 2:00-4:00pm
 Jun 23 Th 2:00-4:00pm

Computer Basics Refresh

May 5 Th 2:00-4:00pm
 Jun 9 Th 2:00-4:00pm

iPhone Refresh

May 12 Th 2:00-4:00pm
 Jun 16 Th 2:00-4:00pm

Tips on Purchasing a Computer

Age: 18-99 yrs. Want to buy a computer, but don't know where to start? You're finally ready to purchase a computer, but you can't decide what type of computer you should get. First you need to decide specifically what you are going to do with your computer. And only you can decide this. But before you go to the store, let us help you understand the differences between a laptop, desktop, and tablet and all the tech that can be found in each. So that you will have an idea of what you should be looking for when you make your decision. Then you can decide which will work best for your needs.

Five Points Center – Course Fee \$6
 May 12 Th 2:00-4:00pm
 Aug 9 Tu 2:00-4:00pm



Health & Wellness



Preschool

Gymnastics - Tumbling Tots

Age: 1.5-3 yrs. Parent and child participate in a fun-filled class that enhance motor skills, strength, balance, fitness and social skills. Children enjoy beginning gymnastic skills, obstacle courses, music, silly dances, parachute play and more! Have fun bonding with your child, while he or she releases energy in a fun and safe setting.

Instructor: Ms. Gabbie

Greystone Recreation Center – Course Fee \$40

May 6-Jun 3 F 10:30-11:15am

Kidokinetics

Age: 3-5 yrs. Kidokinetics is a sports and fitness program designed especially for preschoolers! Through the introduction of a variety of sports, games, and fitness activities, we focus on basic gross motor skills and sports fundamentals. Promotion of physical activity and play in the early years sets a foundation for a positive relationship to overall health and wellness. Activities include soccer, basketball, volleyball, hockey, parachute games, tennis, baseball, obstacle courses, hula hoops and lots more! Instructor: Kidokinetics Triangle NC
Greystone Recreation Center – Course Fee \$36
Preschool Sports and Fitness
May 16-Jun 6 M 11:30am-12:15pm

Kidokinetics Jr.

Age: 2-4 yrs. Kidokinetics Jr. is an introductory sports class for kids and their grown-ups! Move, stretch, and build confidence together while learning sports fundamentals and play skills. Our curriculum is designed to get young children engaged in active play to encourage a positive attitude toward sports and physical activity, while providing opportunities for interaction with other children in a structured setting. Activities include soccer, basketball, volleyball, hockey, parachute games, tennis, baseball, obstacles courses, hula hoops, and lots more!

Instructor: Kidokinetics Triangle NC

Greystone Recreation Center – Course Fee \$36

May 16-Jun 6 M 10:30-11:15

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 \$40

May 7-May 28 Sa 11:15am-12:00pm

Jun 4-Jun 25 Sa 11:15am-12:00pm

Jul 9-Jul 30 Sa 11:15am-12:00pm

Aug 6-Aug 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 Years

May 4-May 25 W 5:30-6:15pm

Jun 1-Jun 22 W 5:30-6:15pm

Jul 6-Jul 27 W 5:30-6:15pm

Aug 3-Aug 24 W 5:30-6:15pm

Ages 4-5 Years

May 4-May 25 W 6:15-7:15pm

Jun 1-Jun 22 W 6:15-7:15pm

Jul 6-Jul 27 W 6:15-7:15pm

Aug 3-Aug 24 W 6:15-7:15pm

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Youth

Bollywood Dance Kids

Age: 4-11 yrs. Bollywood Dance is a fusion of dance styles based on traditional Indian dances blended with world elements. This class offers a fun, relaxed intro to this fusion and gives children a glimpse into modern and traditional dances of India. Children learn with imagination, creativity, and encouragement, benefiting from the expertise of our gifted and highly experienced tutor Priya Chellani. They are taught vivacious routines with age appropriate music, in a fun loving atmosphere. Priya's experience makes even complex dance routines easy to follow. Instructor: Priya Chellani, Indigo Dance Evolution Academy.

Brier Creek Community Center

May 7-May 21	Sa	1:30-2:30pm	Fee: \$30
Jun 4-Jun 25	Sa	1:30-2:30pm	Fee: \$40
Jul 9-Jul 30	Sa	1:30-2:30pm	Fee: \$40
Aug 6-Aug 27	Sa	1:30-2:30pm	Fee: \$40

Boxing at Worthdale

Age: 8-12 yrs. This class will teach basic boxing skills and techniques such as; stance, guard, movement, jab, cross, hook to participants. This class will increase strength and improves endurance. Class will also include shadow boxing, partner drills and pad work. These skills will give youth self-defense tools as well as self-confidence.

Worthdale Community Center – Course Fee \$25

May 5-May 26	Th	6:00-7:00pm
Jun 2-Jun 30	Th	6:00-7:00pm
Jul 7-Jul 28	Th	6:00-7:00pm
Aug 4-Aug 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. Our instructors are qualified by an international organization.

Laurel Hills Community Center – Course Fee \$70

Fighting Tiger Family Karate

May 3-May 26	Tu,Th	6:00-7:00pm
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Fighting Tiger Family Karate

Jun 7-Jun 30	Tu,Th	6:00-7:00pm
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Fighting Tiger Family Karate

Jul 5-Jul 28	Tu,Th	6:00-7:00pm
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Fighting Tiger Family Karate

Aug 2-Aug 25	Tu,Th	6:00-7:00pm
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Kidokinetics Afterschool Sports and Fitness

Age: 4-7 yrs. Kidokinetics afterschool sports and fitness classes combine a variety of sports, games, and fitness activities designed for kids participating in a virtual learning/homeschool environment or those who want to be active and have fun afterschool. Classes introduce a variety of sports through various skills practice and drills. Group games and fitness activities will add to the fun while enhancing coordination, muscle tone, cardiovascular endurance, and fostering social interaction. Instructor: Kidokinetics Triangle NC

Greystone Recreation Center – Course Fee \$68

May 4-Jun 8	W	4:00-5:00pm
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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 \$40

May 2-May 30	M,W	6:00-7:00pm
Jun 1-Jun 29	M,W	6:00-7:00pm
Jul 6-Jul 27	M,W	6:00-7:00pm
Aug 1-Aug 31	M,W	6:00-7:00pm

Tae Kwon Do Youth

Age: 6-12 yrs. Participants will learn the art of self-defense, discipline, continue to refine their skills, learn different techniques and develop physical fitness.

Worthdale Community Center – Course Fee \$25

May 3-May 31	Tu,Th	6:30-7:30pm
Jun 2-Jun 30	Tu,Th	6:30-7:30pm
Jul 7-Jul 28	Tu,Th	6:30-7:30pm
Aug 2-Aug 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 – Course Fee \$60

May 3-May 31	Tu,Th	5:30-6:15pm
Jun 2-Jun 30	Tu,Th	5:30-6:15pm
Jul 5-Jul 28	Tu,Th	5:30-6:15pm
Aug 2-Aug 30	Tu,Th	5:30-6:15pm

4 Month Session – Course Fee \$225

May 3-Aug 30	Tu,Th	5:30-6:15pm
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Community Center Fitness Rooms

Adult Memberships

Check out the fitness rooms around the City! Take advantage of a variety of cardiovascular and strength-training equipment and achieve your fitness goals. Complimentary Fitness Orientations are available free of charge for all new members. The orientation is conducted by our staff and will familiarize new members with the equipment in the fitness rooms as well as the policies and procedures. Teen Fitness Room Orientations are requested by contacting the Health and Wellness Program Director at 919.996.2767 or by e-mail at Ainsley.worrell@raleighnc.gov. Passes can be purchased at any fitness room location. Fitness rooms are open during normal center hours.

Adult Fitness Room Pass options (18 and older):

Annual: \$150, Monthly: \$15, Daily: \$2

Abbotts Creek Community Center
Barwell Road Community Center
Biltmore Hills Community Center
Brier Creek Community Center
Carolina Pines Community Center
Green Road Community Center
Halifax Community Center
Jaycee Community Center
John Chavis Community Center
Lake Lynn Community Center
Laurel Hills Community Center
Lions Park Community Center
Marsh Creek Community Center
Method Road Community Center
Millbrook Exchange Community Center
Pullen Community Center
Roberts Park Community Center
Tarboro Road Community Center
Worthdale Community Center

Teen Fitness Room Pass

Check out the fitness rooms around the City! Take advantage of a variety of cardiovascular and strength-training equipment and achieve your fitness goals. Fitness rooms will be open during normal center operating hours. A Youth Fitness Orientation will be required for all youth participants who desire to access community center Fitness Rooms. The Youth Fitness Orientation is designed to educate and instruct youth members on how to use the cardio and weight equipment in each Fitness Room. Investing in your child's safety, health, and well-being is a top priority for our Parks Recreation and Cultural Resources team. Upon completion of the Orientation, eligible youth will receive approval to use the Cardio and selected strength equipment ONLY with parental/guardian with a pass to supervision. Each orientation is approximately 30 minutes in length. Orientations are requested by contacting the Health and Wellness Program Director at 919.996.2767 or by e-mail at Ainsley.worrell@raleighnc.gov. Fitness rooms are open during normal center hours.

Teen Fitness Room Pass options (13-17 year olds):

Annual: \$150, Monthly: \$15, Daily: \$2



Abbotts Creek Community Center
 Barwell Road Community Center
 Biltmore Hills Community Center
 Brier Creek Community Center
 Carolina Pines Community Center
 Green Road Community Center
 Halifax Community Center
 Jaycee Community Center
 John Chavis Community Center
 Lake Lynn Community Center
 Laurel Hills Community Center
 Lions Park Community Center
 Marsh Creek Community Center
 Method Road Community Center
 Millbrook Exchange Community Center
 Pullen Community Center
 Roberts Park Community Center
 Tarboro Road Community Center
 Worthdale Community Center

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 \$15

May 1-May 29	Su	5:00-5:55pm
Jun 5-Jun 26	Su	5:00-5:55pm
Jul 10-Jul 31	Su	5:00-5:55pm
Aug 7-Aug 28	Su	5:00-5:55pm

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 \$80

May 2-May 31	M,Tu,Th	6:30-7:30pm
Jun 2-Jun 30	M,Tu,Th	6:30-7:30pm
Jul 5-Jul 28	M,Tu,Th	6:30-7:30pm
Aug 1-Aug 30	M,Tu,Th	6:30-7:30pm

4 Month Session Option – Course Fee \$300

May 2-Aug 30	M,Tu,Th	6:30-7:30pm
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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 \$60

Jun 2-Jul 7	Th	6:30-7:30pm
Jul 28-Sep 1	Th	6:30-7:30pm

Boot Camp

Age: 15-99 yrs. An interval training class that mixes calisthenics and bodyweight exercises with cardio and strength training. Each week a different workout to push you outside your comfort zone. The number goal is to provide encouragement, never intimidation. Instructor: Shawnette Gross

Brier Creek Community Center – Course Fee \$5

May 5-Aug 25	Th	7:15-8:00pm
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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

May 4-May 27	Tu,Th	7:00-8:15pm
Jun 2-Jun 30	Tu,Th	7:00-8:15pm
Jul 5-Jul 28	Tu,Th	7:00-8:15pm
Aug 2-Aug 30	Tu,Th	7:00-8:15pm

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Couch to 5K

Age: 16-99 yrs. Couch to 5K is a free six-week fitness and wellness program for inexperienced runners interested in working toward running a 5K (30 minutes). Participants will receive a step-by-step plan preparing them to walk, jog, and then run. Weekly running meetings will allow continued motivation, support, and inspiration. At the end of the nine weeks, participants can sign up for a local 5K to show off newly developed running ability.

Buffaloe Road Athletic Park

Jun 29-Aug 3 W 5:30-7:00pm

Dance - Beginner and Improver Contemporary Line Dance

Age: 16-99 yrs. Join this beginner through improver line dance class and learn fun dances to all kinds of music: pop, western, and oldies. Line dancing is a great way to keep active - both for your brain and body! From 4:00-5:00 is easy beginner through solid beginner dances. You'll learn steps and gain experience doing beginner line dances. From 5:00-6:00 is improver level dancing, work on more challenging dances at the improver level. Knowledge of line dance steps is necessary and prior experience recommended. Instructor: Jackie Wheeler.

Sertoma Arts Center - Course Fee \$3

May 10-Aug 30 Tu 4:00-6:00pm

Dance - Bollywood Dance Fitness

Age: 13-99 yrs. Bollywood is a fusion of dance styles based on traditional Indian dances blended with world elements. Energetic routines are taught in this class to inculcate rhythm, fitness and a sense of achievement as you are guided in rhythmic cardio fitness under the personalized attention of tutor Priya Chellani. With more than 20 years of teaching and performing experience, she demonstrates her lifelong love of dance and brings out the best in you. Each participant discovers hidden strengths while working out to upbeat Bollywood music! Get the exercise you need to be healthily engaged throughout the year!

Brier Creek Community Center - Course Fee \$40

May 3-May 24 Tu 7:30-8:30pm
Jun 7-Jun 28 Tu 7:30-8:30pm
Jul 12-Aug 2 Tu 7:30-8:30pm
Aug 9-Aug 30 Tu 7:30-8:30pm

Dance - Contemporary Beginner/Improver Line Dance

Age: 18-99 yrs. Come and join this line dance class and learn fun dances to all kinds of music: pop, western, and oldies. Line dancing is a great way to keep active - both for your brain and body! You'll learn basic dance steps while having a lot of fun! 6:00- 6:30 New beginner - A great way to start line dancing. You'll learn the steps for beginner line dances. 6:30 - 7:30 Beginner

line dancing - Build on your knowledge of line dance steps by dancing contemporary line dances to all kinds of music. 7:30 - 8:00 Beginner plus line dancing- Work on more challenging dances at the high beginner and improve your level. Knowledge of line dance steps and prior experience necessary.

Instructors: Jackie Wheeler

Brier Creek Community Center - Course Fee \$5

May 4-Aug 31 W 6:00-8:00pm

Exercise - Sertoma Chair Yoga for Seniors

Age: 16-99 yrs. This chair yoga class is designed for all levels including seniors and others with varying degrees of mobility. Yoga can help relax tense muscles, stabilize joints and strengthen the body. Yoga can also improve digestion, circulation and reduce high blood pressure as well as anxiety. You will learn gentle stretching, breathing techniques and ways to calm the mind. Before undertaking any exercise program, one should consult a physician. Bring a yoga mat and wear comfortable clothing. Instructor: Susan Kilmon.

Sertoma Arts Center - Course Fee \$52

May 3-Jun 14 Tu 1:30-2:30pm
Jun 28-Aug 9 Tu 1:30-2:30pm

Exercise - Sertoma Kripalu Yoga Beginning

Age: 16-99 yrs. The ancient art of yoga combines postures for the body, breathing for relaxation and meditation for the mind. Kripalu is a gentle yoga that encourages students to discover their own degree of flexibility rather than push past their limits. Before undertaking any exercise program, one should consult a physician. Bring a large towel or blanket and wear comfortable clothing. Instructor: Susan Kilmon.

Sertoma Arts Center - Course Fee \$52

May 2-Jun 13 M 6:15-7:15pm
May 2-Jun 13 M 7:30-8:30pm
May 3-Jun 14 Tu 12:00-1:00pm
Jun 27-Aug 8 M 6:15-7:15pm
Jun 27-Aug 8 M 7:30-8:30pm
Jun 28-Aug 9 Tu 12:00-1:00pm

Exercise - Sertoma Kripalu Yoga Continuing

Age: 16-99 yrs. This course is a continuation of the Kripalu Yoga Beginning Class. Students should have taken the beginning class or have yoga experience. Before undertaking any exercise program, one should consult a physician. Bring a large towel or blanket and wear comfortable clothing. Instructor: Susan Kilmon.

Sertoma Arts Center - Course Fee \$52

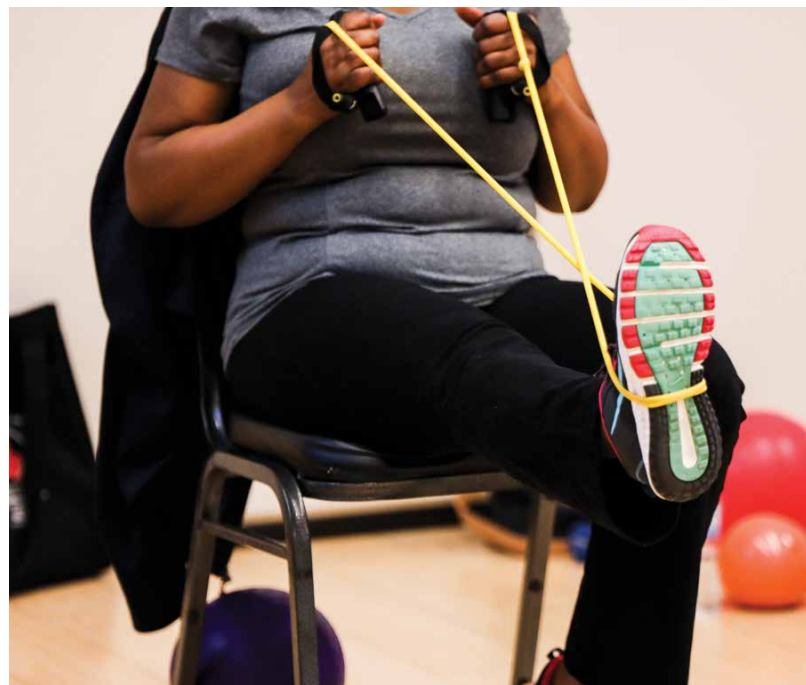
May 4-Jun 15 W 7:30-8:30pm
Jun 29-Aug 10 W 7:30-8:30pm
May 5-Jun 16 Th 12:00-1:00pm
Jun 30-Aug 11 Th 12:00-1:00pm

Exercise - Sertoma Kripalu Yoga Continuing with Meditation

Age: 16-99 yrs. This course is a continuation of the Kripalu Yoga Beginning Class and includes a meditation component. Students should have taken the beginning class or have yoga experience. Before undertaking any exercise program, one should consult a physician. Bring a large towel or blanket and wear comfortable clothing. Instructor: Susan Kilmon.

Sertoma Arts Center - Course Fee \$52

May 4-Jun 15 W 6:15-7:15pm
Jun 29-Aug 10 W 6:15-7:15pm



Exercise - The Nia Technique

Age: 13-99 yrs. Nia is a form of fusion fitness for the body, mind, emotions and spirit. The technique integrates movements from dance, martial arts and healing arts to condition the whole body, quiet the mind, release stress and restore the spirit. It is fun, expressive and adaptable for all fitness levels. New to Nia? Take a free class! Instructor: Laura Ghantous.

Sertoma Arts Center – Course Fee \$10

Apr 30-Aug 27 Sa 10:15-11:15am

Fitness - Zumba

Age: 10-99 yrs. Zumba dance fitness combines rhythms of Latin and international music to make exercising fun! Learn basic steps to salsa, merengue, cumbia, samba and more! No dance experience necessary. Transform your body to a healthier you! Don't wait any longer! Come join the Zumba party for \$5 per class. All classes taught by licensed Zumba Instructor.

Abbotts Creek Community Center – Course Fee \$5

May 3-Aug 30 Tu 6:30-7:30pm

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

May 5-May 26	Th	6:15-7:15pm	Fee: \$40
Jun 2-Jun 30	Th	6:15-7:15pm	Fee: \$50
Jul 7-Jul 28	Th	6:15-7:15pm	Fee: \$40
Aug 4-Aug 25	Th	6:15-7:15pm	Fee: \$40
May 3-May 31	Tu	6:15-7:15pm	Fee: \$50
Jun 7-Jun 28	Tu	6:15-7:15pm	Fee: \$40
Jul 5-Jul 26	Tu	6:15-7:15pm	Fee: \$40
Aug 2-Aug 30	Tu	6:15-7:15pm	Fee: \$50

Green Road Martial Arts

Age: 16-99 yrs. Cuong Nhu Martial Arts is best characterized as having roots in Karate, Boxing, Wing Chun Kung Fu, Aikido, Judo, Vovinam and Tai Chi Chuan. Beginners learn the basics skills of Karate and Boxing as well as the basics of rolling and dropping to the floor. As the student's skill set grows they learn the fundamentals of throwing and ground work. We workout smart, we workout strong, we develop self-defense skills, we have fun and we learn from each other. Head instructors are Master Elizabeth Roman and Master Robert First. Both have been training and teaching for 39 years and are 7th Degree Blackbelts. Their years of experience have given them an understanding of how to develop people of all ages.

Green Road Community Center – Course Fee \$7

May 3-Aug 31 Tu,W,F 7:00-8:30pm

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

May 2-May 30	M,W	5:30-6:30pm	Fee: \$60
Jun 1-Jun 29	M,W	5:30-6:30pm	Fee: \$60
Jul 6-Jul 27	M,W	5:30-6:30pm	Fee: \$60
Aug 1-Aug 31	M,W	5:30-6:30pm	Fee: \$60
4 month session			
May 2-Aug 31	M,W	5:30-6:30pm	Fee: \$225

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

May 7-Aug 27 Sa 11:15am-12:30pm Fee: \$5

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 \$40

May 2-May 30	M,W	7:00-8:30pm
Jun 1-Jun 29	M,W	7:00-8:30pm
Jul 6-Jul 27	M,W	7:00-8:30pm
Aug 1-Aug 31	M,W	7:00-8:30pm

MELT Method Workshop

Age: 18-99 yrs. Do you have body aches and pains? Did you know many of your aches and pains are due to dehydration of your connective tissue? Aging, exercise, repetitive postures and activities of daily living impact the support of your connective tissue. MELT is a self-care treatment that helps improve joint function, reduce chronic pain and restore neurological efficiency by making the body more relaxed. Whether you are young or old, active or sedentary MELT empowers you to be your own body worker and release tension and improve joint mobility. Come experience positive changes you'll feel immediately using a MELT Soft Body Roller and small MELT balls during this introduction workshop. We will perform specific sequences for the hands, feet and entire body allowing tension to release from the neck, shoulders and low back. Participants will need to be able to get on the floor for this class. Equipment will be available to purchase for anyone interested in continuing MELT on their own. Any questions about this workshop can be directed to Jenny Turnage at jenny@foodfityoga.com or visit www.foodfityoga.com/melt-method to read what others have said about how MELT helped them.

Thomas G. Crowder Woodland Center – Course Fee \$30
Explore and Restore

Aug 14 Su 10:30am-12:00pm

Movin' and Groovin'

Age: 18-99 yrs. The Parks, Recreation, and Cultural Resources Department is partnering with the Health Promotion and Chronic Disease Prevention and 4-H Youth Development sections of Wake County Human Services to offer our Movin' and Groovin' walking series. This series encourages families to increase their physical activity in a free, fun, and safe way. Adults will take part in mini physical activity sessions as well as organized walking. Children will engage in exercise activities and nutrition education. Join us to enjoy beautiful outdoor resources and fun for the whole family.

Spring Forest Road Park

Aug 18-Oct 6 Th 6:00-7:00pm

Nice Yoga

Age: 18-99 yrs. This class will offer core strengthening and stretching as well as movement into sun salutations, poses and reflective meditations. The pace will be free-flowing and fun, and intensity may vary based on the participants' abilities. Previous knowledge of yoga fitness is not required.

Lake Lynn Community Center – Course Fee \$75

May 3-Aug 30 Tu 6:30-7:30pm

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POUND®. Rockout. Workout. Greystone

Age: 15-99 yrs. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out and releasing stress. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable, and the alternative vibe and welcoming philosophy, appeals to men and women of all ages and abilities. Instructor: Lisa DePinto; Certified POUND® Pro

Greystone Recreation Center – Course Fee \$10
May 4-Aug 31 W 6:30-7:30pm

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!

Barwell Road Community Center – Course Fee \$5
May 4-Aug 31 W 6:00-7:30pm
Greystone Recreation Center – Course Fee \$5
May 2-Aug 29 M 6:00-7:30pm

Tai Chi at Lake Lynn

Age: 18-99 yrs. Tai Chi is a system of rounded, flowing, balanced movements designed to increase physical health, peace of mind and overall wellness. Often described as meditation in motion, Tai Chi promotes serenity, stamina and strength through gentle, fluid movements. The slow, soft, graceful movements help people of all ages to alleviate tension and stress, tone the body, develop endurance, increase longevity and improve general health and well-being. Students will learn basic Tai Chi stances, hand movements and breathing techniques called chi gung. Instructor: Sifu Matthew Martin.

Lake Lynn Community Center – Course Fee \$60
May 2-May 30 M,W 4:00-5:00pm
Jun 1-Jun 29 M,W 4:00-5:00pm
Jul 6-Jul 27 M,W 4:00-5:00pm
Aug 1-Aug 31 M,W 4:00-5:00pm
4 Month Session Option – Course Fee \$225
May 2-Aug 31 M,W 4:00-5:00pm

Urban (Soul) Line Dancing

Age: 16-99 yrs. You are invited to learn and follow the latest and all-time favorite line dances to urban contemporary, classic R&B/soul and country music. Lessons cover beginner through advanced line dances and improvisational dance techniques. Line dancing is a great form of exercise that is popular at social occasions.

Green Road Community Center – Course Fee \$5
May 3-Aug 30 Sa 10:00-11:00am

Yoga Flow, Flex, and Fun

Age: 13-99 yrs. Nurture your body and mind with a yoga flow for all levels. Whether you are new to yoga or ready to restart your practice, come and be present on your mat and explore movement aligned to your breath. We will finish out the hour with some flexibility work all while enjoying the support of an in person yoga community. Blocks, blankets, or any props are welcome in this judgement free zone. Instructor: Michelle Mitchell, 200 RYT
Brier Creek Community Center – Course Fee \$40
May 3-May 24 Tu 6:30-7:30pm
Jun 7-Jun 28 Tu 6:30-7:30pm
Jul 12-Aug 2 Tu 6:30-7:30pm
Aug 9-Aug 30 Tu 6:30-7:30pm

Zumba®

Age: 12-99 yrs. Perfect for everybody and every body! Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. This total workout combines all elements of fitness including cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

Peach Road Cultural Center – Fee \$3
May 5-Aug 25 Th 5:30-6:30pm



ZUMBA® at Green Road

Age: 12-99 yrs. When you see a Zumba class in action, you'll have to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you're getting fit and your energy levels are soaring! There's no other fitness class like a Zumba fitness party. It's easy to do, effective and totally exhilarating, often building a deep-rooted sense of community among returning students. Certified Zumba instructor: Maria Elena de Leon Angel Williams.

Green Road Community Center – Course Fee \$5
May 2-Aug 31 M,W,F 6:00-7:00pm

ZUMBA® at Greystone

Age: 12-99 yrs. ZUMBA® dance fitness combines rhythms of Latin and international music to make exercising fun! Learn basic steps to salsa, merengue, cumbia, samba and more! No dance experience necessary. Transform your body to a healthier you! Don't wait any longer! Come join the Zumba party for \$5 per class. All classes taught by a licensed Zumba Instructor. Shelly Johnson is instructor for Thursdays (5/5-8/25); Kaori Isaacson is instructor for Saturdays (5/7-8/27).

Greystone Recreation Center – Course Fee \$5
May 5-Aug 25 Th 6:30-7:30pm
May 7-Aug 27 Sa 10:00-11:00am

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!

Brier Creek Community Center – Course Fee \$5
May 4-Aug 31 W 6:30-7:30pm
May 7-Aug 27 Sa 9:00-10:00am

Senior

Adult Tap Dance

Age: 18-99 yrs. Learn (or re-learn) classic tap patterns for a good physical and mental workout. Tap dance does not require a partner or a group so you can practice any time. Students should bring tap or hard bottomed shoes for class and have some tap/dance experience. Instructor: Bev Norwood

Five Points Center
May 4-May 25 W 12:30-1:30pm Fee: \$12
Jun 1-Jun 29 W 12:30-1:30pm Fee: \$15
Jul 6-Jul 27 W 12:30-1:30pm Fee: \$12
Aug 3-Aug 31 W 12:30-1:30pm Fee: \$15

AIM Fitness

Age: 18-99 yrs. The 'AIM' of Adults In Motion Fitness is to be fun, challenging and calorie burning. Strengthen your muscles and improve your range of motion, balance, and flexibility through stretching, low impact aerobics, and the use of hand weights and resistance bands. Classes differ by instructor. All classes are beginner level with chair support unless otherwise noted.

Anne Gordon Center

May 3-May 31	Tu	9:15-10:00am	Fee: \$15
May 5-May 26	Th	9:15-10:00am	Fee: \$12
Jun 2-Jun 30	Th	9:15-10:00am	Fee: \$15
Jun 7-Jun 28	Tu	9:15-10:00am	Fee: \$12
Jul 5-Jul 26	Tu	9:15-10:00am	Fee: \$12
Jul 7-Jul 28	Th	9:15-10:00am	Fee: \$12
Aug 2-Aug 30	Tu	9:15-10:00am	Fee: \$15
Aug 4-Aug 25	Th	9:15-10:00am	Fee: \$12

Intermediate

May 3-May 31	Tu	10:15-11:00am	Fee: \$15
May 5-May 26	Th	10:15-11:00am	Fee: \$12
Jun 2-Jun 30	Th	10:15-11:00am	Fee: \$15
Jun 7-Jun 28	Tu	10:15-11:00am	Fee: \$12
Jul 5-Jul 26	Tu	10:15-11:00am	Fee: \$12
Jul 7-Jul 28	Th	10:15-11:00am	Fee: \$12
Aug 2-Aug 30	Tu	10:15-11:00am	Fee: \$15
Aug 4-Aug 25	Th	10:15-11:00am	Fee: \$12

Chair

May 3-May 31	Tu	2:15-3:00pm	Fee: \$15
Jun 7-Jun 28	Tu	2:15-3:00pm	Fee: \$12
Jul 5-Jul 26	Tu	2:15-3:00pm	Fee: \$12
Aug 2-Aug 30	Tu	2:15-3:00pm	Fee: \$15

Laurel Hills Community Center

May 4-May 25	W	10:15-11:15am	Fee: \$12
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Balance Fitness

Age: 18-99 yrs. Strengthen your balance, stability, and core strength with these classes. Sessions may use weights, bands and weighted balls along with cardio and balance activities to achieve these goals. Classes vary by instructor, difficulty/impact level, and option to use a chair for support.

Five Points Center

May 5-May 26	Th	12:30-1:15pm	Fee: \$12
Jun 2-Jun 30	Th	12:30-1:15pm	Fee: \$15
Jul 7-Jul 28	Th	12:30-1:15pm	Fee: \$12
Aug 4-Aug 25	Th	12:30-1:15pm	Fee: \$12

Cardio Sculpt

Age: 18-99 yrs. Cardio Sculpt helps burn fat and build muscles. Half of the class is spent doing low-impact aerobic exercises; the other half is spent sculpting major muscle groups. Get a healthy heart and sculpted muscles all in one class.

Anne Gordon Center

May 3-May 31	Tu	1:15-2:00pm	Fee: \$15
Jun 7-Jun 28	Tu	1:15-2:00pm	Fee: \$12
Jul 5-Jul 26	Tu	1:15-2:00pm	Fee: \$12
Aug 2-Aug 30	Tu	1:15-2:00pm	Fee: \$15

Five Points Center

May 5-May 26	Th	2:30-3:15pm	Fee: \$12
May 6-May 27	F	10:15-11:00am	Fee: \$12
Jun 2-Jun 30	Th	2:30-3:15pm	Fee: \$15
Jun 3-Jun 24	F	10:15-11:00am	Fee: \$12
Jul 1-Jul 29	F	10:15-11:00am	Fee: \$15
Jul 7-Jul 28	Th	2:30-3:15pm	Fee: \$12
Aug 4-Aug 25	Th	2:30-3:15pm	Fee: \$12
Aug 5-Aug 26	F	10:15-11:00am	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

May 2-May 23	M	11:45am-12:30pm	Fee: \$12
Jun 6-Jun 27	M	11:45am-12:30pm	Fee: \$9
Jul 11-Jul 25	M	11:45am-12:30pm	Fee: \$9
Aug 1-Aug 29	M	11:45am-12:30pm	Fee: \$15

Gentle Stretch

Age: 18-99 yrs. Participants will gently and safely stretch each body part in a quiet relaxing atmosphere. Gentle, structured stretches will allow the body to recognize loss in flexibility and range of motion and work to improve these losses. Instructor: Sue Payne.

Five Points Center

May 5-May 26	Th	1:30-2:15pm	Fee: \$12
Jun 2-Jun 30	Th	1:30-2:15pm	Fee: \$15
Jul 7-Jul 28	Th	1:30-2:15pm	Fee: \$12
Aug 4-Aug 25	Th	1:30-2:15pm	Fee: \$12

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 with limited individualized instruction.

Anne Gordon Center

Introductory (little to no experience)

May 6-May 27	F	1:00-1:45pm	Fee: \$12
Jun 3-Jun 24	F	1:00-1:45pm	Fee: \$12
Jul 1-Jul 29	F	1:00-1:45pm	Fee: \$15
Aug 5-Aug 26	F	1:00-1:45pm	Fee: \$12

Beginner (good experience)

May 6-May 27	F	2:00-2:45pm	Fee: \$12
Jun 3-Jun 24	F	2:00-2:45pm	Fee: \$12
Jul 1-Jul 29	F	2:00-2:45pm	Fee: \$15
Aug 5-Aug 26	F	2:00-2:45pm	Fee: \$12

Improver (very good experience)

May 6-May 27	F	3:00-4:00pm	Fee: \$12
Jun 3-Jun 24	F	3:00-4:00pm	Fee: \$12
Jul 1-Jul 29	F	3:00-4:00pm	Fee: \$15
Aug 5-Aug 26	F	3:00-4:00pm	Fee: \$12

Five Points Center

Adv. Beginner/Improver Level

May 2-May 23	M	1:00-2:00pm	
Jun 6-Jun 27	M	1:00-2:00pm	
Jul 11-Jul 25	M	1:00-2:00pm	
Aug 1-Aug 29	M	1:00-2:00pm	

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Line Dance Open Studio

Age: 18-99 yrs. Join us for this fun and informal line dance open studio time. There is not an instructor, but the regulars can help get you up to speed. Enjoy dancing to some old favorites while making new friends! Participants should have some line dancing experience and know the basic steps.

Anne Gordon Center**Beginner (need to know steps)**

May 3-Aug 30	Tu	3:45-4:45pm
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Adv Beginner/Improver (solid experience)

May 6-Aug 26	F	4:05-4:50pm
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Five Points Center

May 4-Aug 31	W	2:45-4:15pm
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Intermediate

May 2-Aug 29	M	2:00-3:00pm
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Pilates for Active Adults

Age: 18-99 yrs. Pilates takes a holistic approach to fitness and well-being. Students will do a series of movements in conjunction with breathing techniques that will stretch and strengthen muscles; improve flexibility and balance; and stabilize and strengthen your core. Modifications are shown for those with back, knee and neck issues.

Five Points Center

May 5-May 26	Th	11:15am-12:00pm	Fee: \$12
May 6-May 27	F	12:30-1:30pm	Fee: \$12
Jun 2-Jun 30	Th	11:15am-12:00pm	Fee: \$15
Jun 3-Jun 24	F	12:30-1:30pm	Fee: \$12
Jul 1-Jul 29	F	12:30-1:30pm	Fee: \$15
Jul 7-Jul 28	Th	11:15am-12:00pm	Fee: \$12
Aug 1-Aug 29	M	3:30-4:30pm	Fee: \$15
Aug 4-Aug 25	Th	11:15am-12:00pm	Fee: \$12
Aug 5-Aug 26	F	12:30-1:30pm	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. Instructor: Kathy Bundy

Anne Gordon Center

May 3-May 31	Tu	11:15am-12:00pm	Fee: \$15
Jun 7-Jun 28	Tu	11:15am-12:00pm	Fee: \$12
Jul 5-Jul 26	Tu	11:15am-12:00pm	Fee: \$12
Aug 2-Aug 30	Tu	11:15am-12:00pm	Fee: \$15
May 6-May 27	F	10:45-11:30am	Fee: \$12
Jun 3-Jun 24	F	10:45-11:30am	Fee: \$12
Jul 1-Jul 29	F	10:45-11:30am	Fee: \$15
Aug 5-Aug 26	F	10:45-11:30am	Fee: \$12

Joint Health

May 6-May 27	F	11:45am-12:30pm	Fee: \$12
Jun 3-Jun 24	F	11:45am-12:30pm	Fee: \$12
Jul 1-Jul 29	F	11:45am-12:30pm	Fee: \$15
Aug 5-Aug 26	F	11:45am-12:30pm	Fee: \$12

Five Points Center

May 3-May 31	Tu	9:15-10:00am	Fee: \$15
May 6-May 27	F	9:15-10:00am	Fee: \$12
Jun 3-Jun 24	F	9:15-10:00am	Fee: \$12
Jun 7-Jun 28	Tu	9:15-10:00am	Fee: \$12
Jul 1-Jul 29	F	9:15-10:00am	Fee: \$15
Jul 5-Jul 26	Tu	9:15-10:00am	Fee: \$12
Aug 2-Aug 30	Tu	9:15-10:00am	Fee: \$15
Aug 5-Aug 26	F	9:15-10:00am	Fee: \$12

Shibashi for Active Adults

Age: 18-99 yrs. Shibashi is a gentle, free-flowing qigong routine utilizing movements from Yang style tai chi. The routine consists of an easy-to-remember sequence of 18 meditative movements emphasizing proper posture and deep breathing. There will be visualization practice and discussions explaining how to cultivate energy that results in improved health. Benefits include: improved flexibility and strength; better concentration; periods of sustained relaxation; and stress relief. Seated modifications will be available for those with physical limitations.

Anne Gordon Center

May 3-May 31	Tu	12:15-1:00pm	Fee: \$15
Jun 7-Jun 28	Tu	12:15-1:00pm	Fee: \$12
Jul 5-Jul 26	Tu	12:15-1:00pm	Fee: \$12
Aug 2-Aug 30	Tu	12:15-1:00pm	Fee: \$15

Soul Line Dancing

Age: 18-99 yrs. Dance to soul and R&B music while working up a sweat and burning calories. Learn popular line dances, as well as new ones. All levels are welcome.

Instructor Journonya Harris-Rayner

Five Points Center

May 4-May 25	W	1:45-2:30pm	Fee: \$12
Jun 1-Jun 29	W	1:45-2:30pm	Fee: \$15
Jul 6-Jul 27	W	1:45-2:30pm	Fee: \$12
Aug 3-Aug 31	W	1:45-2:30pm	Fee: \$15

Tai Chi Chih

Age: 18-99 yrs. Tai chi chih consists of 19 flowing moves to balance and circulate energy (chi). Students of all levels experience benefits such as decreased stress and anxiety, improved balance and increased muscle flexibility. Instructor: Adrienne McKenzie

Five Points Center

May 2-May 23	M	10:30-11:30am	Fee: \$12
Jun 6-Jun 27	M	10:30-11:30am	Fee: \$9
Jul 11-Jul 25	M	10:30-11:30am	Fee: \$9
Aug 1-Aug 29	M	10:30-11:30am	Fee: \$15

Tai Chi for Active Adults

Age: 18-99 yrs. Tai chi is an ancient form of movement that uses low-impact, slow-motion motions to promote health and improve coordination, balance, and mental focus; Beginner Sun Style: No experience required. There are 21 movements in this set. The focus is on balance and learning the gentle movements. Intermediate Sun Style: This continuation of the beginner class includes 10 new movements and will increase endurance, mental acuity, agility, and balance. Advanced Sun Style: Pre-requisite Intermediate Sun Style. This class teaches the Sun 73 Long Form movements. Instructor: Rita Shaloiko

Anne Gordon Center**Advanced Sun Style**

May 2-May 23	M	1:00-1:45pm	Fee: \$12
Jun 6-Jun 27	M	1:00-1:45pm	Fee: \$9
Jul 11-Jul 25	M	1:00-1:45pm	Fee: \$9
Aug 1-Aug 29	M	1:00-1:45pm	Fee: \$15

Beginner Sun Style

May 2-May 23	M	2:00-2:45pm	Fee: \$12
Jun 6-Jun 27	M	2:00-2:45pm	Fee: \$12
Jul 11-Jul 25	M	2:00-2:45pm	Fee: \$9
Aug 1-Aug 29	M	2:00-2:45pm	Fee: \$15

Intermediate Sun Style

May 2-May 23	M	3:00-3:45pm	Fee: \$12
Jun 6-Jun 27	M	3:00-3:45pm	Fee: \$9
Jul 11-Jul 25	M	3:00-3:45pm	Fee: \$9
Aug 1-Aug 29	M	3:00-3:45pm	Fee: \$15

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.

Five Points Center

May 2-May 23	M	11:45am-12:30pm	Fee: \$12
Jun 6-Jun 27	M	11:45am-12:30pm	Fee: \$9
Jul 11-Jul 25	M	11:45am-12:30pm	Fee: \$9
Aug 1-Aug 29	M	11:45am-12:30pm	Fee: \$15

Yoga Chair

Age: 18-99 yrs. This class includes stretches to increase range of motion, simple balancing poses to strengthen muscles that support joints and breath awareness to calm and release tension. All standing poses may be done with the support of a chair. Students should provide their own yoga mat.

Anne Gordon Center

May 2-May 23	M	9:15-10:00am	Fee: \$12
May 4-May 25	W	2:30-3:15pm	Fee: \$12
Jun 1-Jun 29	W	2:30-3:15pm	Fee: \$15
Jun 6-Jun 27	M	9:15-10:00am	Fee: \$9
Jul 6-Jul 27	W	2:30-3:15pm	Fee: \$12
Jul 11-Jul 25	M	9:15-10:00am	Fee: \$9
Aug 1-Aug 29	M	9:15-10:00am	Fee: \$15
Aug 3-Aug 31	W	2:30-3:15pm	Fee: \$15

Five Points Center

May 3-May 31	Tu	10:30-11:30am	Fee: \$15
Jun 7-Jun 28	Tu	10:30-11:30am	Fee: \$12
Jul 5-Jul 26	Tu	10:30-11:30am	Fee: \$12
Aug 2-Aug 30	Tu	10:30-11:30am	Fee: \$15

Yoga Gentle Floor

Age: 18-99 yrs. Gentle Yoga is structured to accommodate students of all levels and physical abilities. Poses are done in a variety of positions, including lying down, sitting, on hands and knees and standing. Modifications with props are suggested, as needed.

Yoga incorporates breathing, stretching and strengthening exercises in addition to mindfulness practice. Bring your own mat.

Anne Gordon Center

May 2-May 23	M	10:15-11:15am	Fee: \$12
Jun 6-Jun 27	M	10:15-11:15am	Fee: \$9
Jul 11-Jul 25	M	10:15-11:15am	Fee: \$9
Aug 1-Aug 29	M	10:15-11:15am	Fee: \$15
May 4-May 25	W	3:30-4:30pm	Fee: \$12
Jun 1-Jun 29	W	3:30-4:30pm	Fee: \$15
Jul 6-Jul 27	W	3:30-4:30pm	Fee: \$12
Aug 3-Aug 31	W	3:30-4:30pm	Fee: \$15
May 5-May 26	Th	11:15am-12:15pm	Fee: \$12
Jun 2-Jun 30	Th	11:15am-12:15pm	Fee: \$15
Jul 7-Jul 28	Th	11:15am-12:15pm	Fee: \$12
Aug 4-Aug 25	Th	11:15am-12:15pm	Fee: \$15

Five Points Center

May 4-May 25	W	10:30-11:30am	Fee: \$12
Jun 1-Jun 29	W	10:30-11:30am	Fee: \$15
Jul 6-Jul 27	W	10:30-11:30am	Fee: \$12
Aug 3-Aug 31	W	10:30-11:30am	Fee: \$15

Zumba Gold at the Creek

Age: 15-99 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.

Brier Creek Community Center – Course Fee: \$5

May 4-Aug 31	W	9:00-9:45am
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ZUMBA Gold®

Age: 18-99 yrs. Zumba Gold® recreates the original moves of Zumba® at a lower intensity. It is set to Latin, international and pop music and combines cardio fitness, muscle conditioning, balance and coordination. The easy-to-follow moves and invigorating party-like atmosphere feel friendly. Modifications will be provided for all fitness levels.

Anne Gordon Center

May 6-May 27	F	9:15-10:00am	Fee: \$12
Jun 3-Jun 24	F	9:15-10:00am	Fee: \$12
Jul 1-Jul 29	F	9:15-10:00am	Fee: \$15
Aug 5-Aug 26	F	9:15-10:00am	Fee: \$12

Family

Family Tree Yoga

Age: 5-8 yrs. This class is for parents, caregiver, and their child to have an opportunity to strengthen the family bond through the practice of yoga. We'll include age appropriate poses to build confidence, partner poses to promote bonding, acroyoga to foster trust, as well as yoga games that make learning yoga fun! Reinforce your family's roots while creating a strong and grounded practice that will last for years to come. All levels of yoga are welcomed. Dress comfortably and bring a yoga mat.

Hill Street Neighborhood Center – Course Fee \$40

May 5-May 26	Th	6:30-7:30pm
Jun 2-Jun 23	Th	6:30-7:30pm
Jul 7-Jul 28	Th	6:30-7:30pm
Aug 4-Aug 25	Th	6:30-7:30pm

Martial Arts -Tae Kwon Do

Age: 16-99 yrs. Tae Kwon Do is a Korean martial art. It loosely translates to 'the way of the hand and foot.' As such, no weapons are used. It is a strong, fast and powerful martial art form. This class will keep you fit and give you great confidence, not just physically, but in all aspects of life. This class practices a safe, no-contact format.

Jaycee Community Center – Course Fee \$30

May 3-May 31	Tu,Th	6:30-8:00pm
Jun 2-Jun 30	Tu,Th	6:30-8:00pm
Jul 5-Jul 28	Tu,Th	6:30-8:00pm
Aug 2-Aug 30	Tu,Th	6:30-8:00pm

Nature Education

Annie Louise Wilkerson, MD
Nature Preserve Park
 919-996-6764

Durant Nature Preserve and
Horseshoe Farm Nature Preserve
 919-878-9116

Forest Ridge Park
 919-996-5800

Lake Johnson Park Waterfront Center
 919-996-3141

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

Birds and Nests

Age: 3-6 yrs. Meet Mama and Papa Bluebird and take a peek in their nest box. We'll also go on a hunt to find hidden birds and identify the birds we see. Design a bird of your own and make a nest with eggs to take home. Children must be accompanied by an adult. Adult attends free of charge. Preregistration is required.

A.L. Wilkerson Nature Preserve – Course Fee: \$3
 May 11 W 10:30am-12:00pm
 May 14 Sa 10:30am-12:00pm

Eager Explorers

Age: 3-6 yrs. Join us for one or more Wednesday mornings this summer to explore 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 adults. Note: Most programs will include an activity along a nature trail that is not stroller accessible.

A.L. Wilkerson Nature Preserve – Course Fee: \$3

Squirrely Squirrels		
Jun 22	W	10:30am-12:00pm
Turtle Time		
Jun 29	W	10:30am-12:00pm
Colors in Nature		
Jul 6	W	10:30am-12:00pm
Wiggle Worms		
Jul 20	W	10:30am-12:00pm
Feathered Friends		
Jul 27	W	10:30am-12:00pm
Froggy Fun		
Aug 3	W	10:30am-12:00pm
Tall Trees		
Aug 10	W	10:30am-12:00pm
Busy Bees		
Aug 17	W	10:30am-12:00pm
Life Under a Log		
Aug 24	W	10:30am-12:00pm

Eye Spy!

Age: 2-6 yrs. Big eyes, little eyes. Eyes for seeing in the day, eyes for seeing in the night. Eyes in the front of one's head, eyes on the side of one's head. The eyes have it! Preschoolers will enjoy games, stories and songs in this eye-opening program as we discover how creatures in the wild view the world around them. 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

May 19 Th 10:30-11:30am

Kiwanis Community Center – Course Fee: \$2

May 18 W 10:30-11:30am

Lake Lynn Community Center – Course Fee: \$2

May 24 Tu 10:30-11:30am

May 24 Tu 12:30-1:30pm

Sertoma Arts Center – Course Fee: \$2

May 26 Th 10:30-11:30am

Habitat Hunt!

Age: 2-6 yrs. What do animals need to survive? Preschoolers will find out while pretending to be wild creatures of North Carolina in search of just the right habitat! 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

Jun 16 Th 10:30-11:30am

Kiwanis Community Center – Course Fee: \$2

Jun 15 W 10:30-11:30am

Lake Lynn Community Center – Course Fee: \$2

Jun 21 Tu 10:30-11:30am

Jun 21 Tu 12:30-1:30pm

Sertoma Arts Center – Course Fee: \$2

Jun 23 Th 10:30-11:30am

Hiding in Plain Sight!

Age: 2-6 yrs. Camouflaged animals are often right in front of our eyes! Young naturalists will love this program filled with hands-on activities, songs and crafts as they discover how creatures stay safe in the wild by blending into their surroundings. 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

Aug 18 Th 10:30-11:30am

Kiwanis Community Center – Course Fee: \$2

Aug 17 W 10:30-11:30am

Lake Lynn Community Center – Course Fee: \$2

Aug 23 Tu 10:30-11:30am

Aug 23 Tu 12:30-1:30pm

Sertoma Arts Center – Course Fee: \$2

Aug 25 Th 10:30-11:30am

Jake and Jennies: Young Explorers Club

Age: 3-6 yrs. Jakes and Jennies are young turkeys looking to find their way in the world. Join the flock at Forest Ridge Park to enjoy an hour of educational outdoor based programming. Activities include interactive games and crafts that orient these young turkeys with their natural surroundings. Programs take place outdoors weather permitting. Toms and Hens (Parents) are encouraged to participate with their children. Pre-Registration is highly recommended.

Forest Ridge Park – Course Fee: \$3

May 4	W	10:00-11:30am
Jun 1	W	10:00-11:30am
Jul 6	W	10:00-11:30am
Aug 3	W	10:00-11:30am

Masters of Disguise

Age: 3-6 yrs. Do you know that adaptation is the key to survival in the wild? Successful animals and plants can hide really well through disguises. Come learn about camouflage, mimicry, blending and other ways to hide in plain sight. This program will include games and activities to see if you can find the hidden creatures as well as the creation of some camouflage artwork.

Forest Ridge Park – Course Fee: \$3

May 25	W	10:00-11:30am
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Pollinators at Forest Ridge Park

Age: 3-6 yrs. What lives in the pollinator garden? What plants attract the insects? Why are pollinators so important to our food supply and a healthy planet? How do the insects pollinate the plants? Come learn about the life cycle of pollinators through interactive play. See evidence of the transformations of the pollinators in the park. You will create a tie dye butterfly to take home!

Forest Ridge Park – Course Fee: \$3

Jun 22	W	10:00-11:30am
Aug 24	W	10:00-11:30am

Small Wonders!

Age: 2-6 yrs. Little explorers are invited to this special program focusing on tiny creatures like insects, worms and spiders. We'll sing songs, listen to stories and play games plus we'll see up close some of nature's smallest wonders! 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

Jul 14	Th	10:30-11:30am
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Kiwanis Community Center – Course Fee: \$2

Jul 13	W	10:30-11:30am
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Lake Lynn Community Center – Course Fee: \$2

Jul 19	Tu	10:30-11:30am
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Jul 19	Tu	12:30-1:30pm
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Sertoma Arts Center – Course Fee: \$2

Jul 21	Th	10:30-11:30am
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Wee Wetland Walkers

Age: yrs. This free program is designed to run at a toddler's pace: Run. Stop. Pick up a Stick. Run. Climb a rock. Find an interesting leaf. Join others for an easy-paced walk along the greenway or our mulched trails with one of our naturalists. Please register at least 48 hours in advance.

Walnut Creek Wetland Park

May 19	Th	11:00am-12:00pm
Jun 16	Th	11:00am-12:00pm
Jul 21	Th	11:00am-12:00pm
Aug 11	Th	11:00am-12:00pm

What's in Your Water?

Age: 3-6 yrs. We live in the Upper Neuse River Basin and our drinking water comes from Falls Lake. Do you know what is in your water? Do you know how water moves? Do you know how important water is to all living things? In this workshop, you will look at water from Falls Lake, brainstorm all the words you know related to water, think about how plants, animals, and people use water, and create an art project to take home.

Forest Ridge Park – Course Fee: \$3

Jul 20	W	10:00-11:30am
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Youth

Box Turtle Survival

Age: 6-99 yrs. Did you know there's a turtle in North Carolina that lives on land instead of the water? Join us and learn all about box turtles. Get outside and play games to see what it takes to survive the wild as a turtle and what we're doing to protect these critters. Children must be accompanied by adults. Preregistration is required.

Durant Nature Preserve – Course Fee: \$4
May 22 Su 3:00-4:00pm

Boy Scouts Merit Badge

Age: 10.5-18 yrs. Come to Walnut Creek Wetland Park to meet most of the requirements for earning your merit badge. Dress for walking and exploring in the forest, and bring a water bottle, spiral notebook or sketchbook, your Blue Card, and the Merit Badge Workbook for the subject being taught. You will be contacted at least a week in advance if there are additional prerequisites.

Walnut Creek Wetland Park – Course Fee: \$15
Fish and Wildlife Management
May 15 Su 2:00-5:00pm

Daring Discoverers

Age: 7-12 yrs. Make new friends and discover the wonders of nature with a park naturalist! The focus will be on hands-on outdoor discovery and respect for nature and all living things. In case of rain, indoor activities will be available. Each Thursday will have a different theme. Come to one or more!

A.L. Wilkerson Nature Preserve – Course Fee: \$3
Mysterious Mammals

Jun 23 Th 10:30am-12:00pm

Scaly Predators

Jun 30 Th 10:30am-12:00pm

Terrific Turtles

Jul 7 Th 10:30am-12:00pm

Wonderful Worms

Jul 21 Th 10:30am-12:00pm

Bird Bonanza

Jul 28 Th 10:30am-12:00pm

Water Critters

Aug 4 Th 10:30am-12:00pm

Tree Trackers

Aug 11 Th 10:30am-12:00pm

Insect Inspectors

Aug 18 Th 10:30am-12:00pm

Spectacular Spiders

Aug 25 Th 10:30am-12:00pm

Firefly Fun

Age: 6-12 yrs. Join us as we learn some fun firefly facts, make a glowing firefly craft, and then set out at dusk to find fireflies at the Preserve. Children must be accompanied by an adult. Adult attends free of charge. Preregistration is required.

A.L. Wilkerson Nature Preserve – Course Fee: \$4
Firefly Fun

Jun 3 F 7:30-9:00pm

Jun 4 Sa 7:30-9:00pm

Summer Scavenger Hunt

Age: 5-99 yrs. Enjoy some quality time with your family by joining our summer scavenger hunts. Explore our nature preserves together while learning a thing or two about the wild! Have fun seeing if you can uncover the nature-themed treasures we have hidden for you to find. Preregistration is required. Children must be accompanied by adults. Children and adults must register and pay the program fee.

Durant Nature Preserve – Course Fee: \$4

Wildflowers

May 14 Sa 3:00-4:00pm

Birds

Jun 11 Sa 10:00-11:00am

Reptiles & Amphibians

Jul 9 Sa 9:00-10:00am

Insects

Aug 6 Sa 9:00-10:00am

Horseshoe Farm Nature Preserve

Wildflowers

May 15 Su 3:00-4:00pm

Birds

Jun 18 Sa 10:00-11:00am

Reptiles & Amphibians

Jul 23 Sa 9:00-10:00am

Insects

Aug 13 Sa 9:00-10:00am

Teen

Introduction to Citizen Science

Age: 12-16 yrs. Did you know that you can contribute to real scientific research in your own community? Learn about some of the different citizen science projects you can join. Learn how to make scientific observations, how to record data, and how you can use these skills to learn more about the natural world.

A.L. Wilkerson Nature Preserve – Course Fee: \$3
Jun 24 F 10:30am-12:00pm

Stream Exploration

Age: 12-16 yrs. Where does the water in our stream come from and where does it go? How can we tell if our stream is healthy? How have humans impacted the stream? Join a park naturalist as we survey a stream to answer these questions and more.

A.L. Wilkerson Nature Preserve – Course Fee: \$3
Jul 29 F 10:30am-12:00pm

Adult

BioBlitz: Documenting Species in a Preserve

Age: 16-99 yrs. How do land managers know what species to protect on preserved lands? First, we have to document the species we find. Join us to discover ways we document wildlife and help us find unique species in the preserve. This program is eligible for NC-EE Criteria II credit.

Horseshoe Farm Nature Preserve
Jun 17 F 9:00-10:30am

Burning the Meadow: The Importance of Fire

Age: 16-99 yrs. Prescribed fire is an important part of natural resources management. Join us and learn about the importance of fire in our ecosystem and how we are incorporating it into the management of Horseshoe Farm Nature Preserve. This program counts towards NC-EE Criteria II credit.

Horseshoe Farm Nature Preserve
Aug 19 F 9:00-10:30am

Environmental Lecture Series

Age: 12-99 yrs. Join us for an exciting virtual environmental lecture series held every 2nd Monday of the month. With a new topic each month, there is something for everyone. We will have professionals and graduate students presenting on topics that they know best! Call 919-996-3141 to find out more about our upcoming speakers and topics. Earn 1 hour of criteria III EE credit.

Thomas G. Crowder Woodland Center

May 9 M 7:00-8:00pm

Jun 13 M 7:00-8:00pm

Jul 11 M 7:00-8:00pm

Aug 8 M 7:00-8:00pm

Forest Ridge Park Book Club

Age: 18-100 yrs. Do you need an excuse to pick up a new book? We'll meet once a month to discuss a book we've picked at our previous meeting. Come join us as we discuss books on nature, the outdoors, and adventure. We'll make sure that we have a selection of books with a wide range of perspectives and authors that present from varied backgrounds and experiences. Meet up with others in our community to promote healthy conversation and explore the outdoors through books! Pre-registration is required, so sign up today!

Forest Ridge Park – Course Fee: \$15
May 12-Aug 18 Th 6:00-7:30pm

History Walking Tour: Horseshoe Farm

Age: 16-99 yrs. Curious about the history of Horseshoe Farm Nature Preserve? Who used to live here and what did they do? Get a tour of the farmhouse and join us on a walking tour of the Preserve to learn about the history of the land and plans for the future. Preregistration is required.

Horseshoe Farm Nature Preserve
May 20 F 9:00-10:30am

Invaders: Plant Identification and Management

Age: 16-99 yrs. What plants and animals occupy and take over a preserve? Invasives! Learn to identify common invasive plants at Horseshoe Farm nature preserve and learn how what steps we take to combat these plants. Use these tips and tricks to fight invasive plants in your own backyard. This program is eligible for NC-EE Criteria II credit. Preregistration is required.

Horseshoe Farm Nature Preserve
Jul 15 F 9:00-10:30am



Snakes 101

Age: 16-99 yrs. Does seeing a snake make you nervous? Would you like to be more confident about identifying venomous snakes in our area? Do you want to know more about how to discourage (or encourage!) snakes in your yard? This is the class for you! We'll discuss the most commonly seen snakes in Raleigh, learn about their typical behaviors and what to do if you see one.

A.L. Wilkerson Nature Preserve – Course Fee: \$2
 Jun 25 Sa 2:00-3:00pm
 Jul 22 F 7:00-8:00pm

Sunset Paddle at Durant

Age: 18-99 yrs. Are you in need of a night out? Grab your partner and join us at Durant Nature Preserve for a special, adults-only, paddle at sunset during the full moon. You'll have a magnificent view of the sunset from the water, watch nocturnal wildlife wake-up from their sleep as dusk settles, and learn more about our wild neighbors. Come early and bring a picnic dinner to help you unwind, before your paddle. Preregistration required.

Durant Nature Preserve – Course Fee: \$8
 Jun 10 F 7:00-8:00pm
 Jul 8 F 7:30-8:30pm
 Aug 12 F 6:30-7:30pm

Tree ID Trek

Age: 14-99 yrs. Come join our naturalists and learn how to identify some common trees found in the park. Participants will learn features of tree ID that will help year-round. No prior tree identification knowledge is necessary. Earn 2 hours criteria II or III EE credit. Adult(s) must accompany participant(s) under 16, register, and pay the program fee. Advanced registration is required for this program.

Thomas G. Crowder Woodland Center – Course Fee: \$10
 Jul 9 Sa 1:00-3:00pm

Wild Reads - Nature Book Club

Age: 16-99 yrs. What's the first thing you want to do when you finish a great book? Talk about it! Join our community book club of nature lovers as we read and discuss quarterly selections on wildlife, science, environmental conservation, memoir, and more. Our relaxed meetings are an ideal way to meet like-minded friends and share ideas, questions, and perspectives inspired by notable books on nature. Preregistration is required for planning purposes.

Durant Nature Preserve
Twelve by Twelve by William Powers
 Jul 27 W 5:30-6:30pm

Family

A Herping We Will Go

Age: 3+ yrs. This family-friendly program for all ages (recommended ages 3 and older) will introduce you to the concept of "herping," which is nature-slang for "looking for reptiles and amphibians." We will learn the difference between reptiles and amphibians and go see what we can find? Will there be frogs in the tubes? Tadpoles in the pond? Lizards on the deck? Snakes under a coverboard? Come dressed to be outside and bring your own rain boots or borrow a pair of ours. A Herping Adventure awaits! Please register at least 4 days in advance. All participants must register and pay the fee.

Walnut Creek Wetland Park – Course Fee: \$3
A Herping We Will Go
 Aug 7 Su 2:00-3:30pm

continued on page 50 —

Astronomy Nights

Age: 5-99 yrs. What's up in space this month? Find out the answer in our monthly astronomy program. Each program begins with an indoor presentation and (weather permitting) moves outside after sunset to view the moon, stars and planets with the preserve's telescope. Advance registration is required for this program. Children must be accompanied by an adult. Adults and children (5 years and up) must register to attend."

A.L. Wilkerson Nature Preserve – Course Fee: \$2

May 15	Su	8:00-9:30pm
Aug 11	Th	8:00-9:30pm

Guided Nature Hike

Age: 5-99 yrs. Join us for a 2-mile hike on the beautiful trails of Lake Johnson Park. A knowledgeable nature instructor will accompany you on each hike to discuss natural features and Lake Johnson's history. The hikes will be held on our unpaved trails that may not be suitable for children under the age of 7. Parts of the trail considered moderate/strenuous. Participants should dress for the weather in comfortable clothing and closed-toed shoes that can get messy. Adult(s) must accompany participant(s) under 16, register, and pay the program fee. Advanced registration is required for this program.

Thomas G. Crowder Woodland Center – Course Fee: \$2

Jun 4	Sa	9:00-11:00am
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Lake Johnson Park Nature Explorers

All Ages. Flip over logs, dig a hole, or sift through leaves with one of our naturalists. Participants will immerse themselves in nature and learn about the interesting things they find. All ages welcome, but most appropriate for families with children elementary school age or older. Adult(s) must accompany participant(s) under age 16, register, and pay the program fee. Advanced registration is required for this program.

Thomas G. Crowder Woodland Center – Course Fee: \$5

May 15	Su	1:30-3:00pm
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Monarch Larva Monitoring

Age: 8-99 yrs. Join us in the field to practice real science and learn about the incredible Monarch butterfly. We'll collect data from our milkweed plants to send to the Monarch Larva Monitoring Project. Scientists will use this data to study the butterflies. In addition to monarchs, we'll see what other caterpillars call the Preserve home. Preregistration is required. Children must be accompanied by adults. Children and adults must register.

Durant Nature Preserve – Course Fee: \$4

Aug 27	Sa	10:00-11:00am
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Nature Art

Age: 5-99 yrs. Join us to learn about the ancient Japanese art of gyotaku fish printing. Learn about native fish in the lakes at Durant and make painted fish prints from replica fish for lots of fishy fun with none of the fishy smell! Preregistration is required. Children must be accompanied by adults. Children and adults must register.

Durant Nature Preserve

Gyotaku Fish Printing

Jun 25	Sa	10:00-11:00am	Fee: \$4
Jun 26	Su	1:00-2:00pm	Fee: \$5

Nature Play Day

Age: 3-99 yrs. Make time for playing in nature! Children of all ages, as well as the young at heart, are welcome to join us for an imaginative play in a natural setting. Build fairy houses, make mud pies, create art with natural items and more! We'll provide the materials and guidance to get you started on a playful adventure, free of charge! You're welcome to drop in any time during this activity. Registration is not required. Adults must accompany their children.

A.L. Wilkerson Nature Preserve

Jul 8	F	10:00am-1:00pm
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Outdoor Cooking

Age: yrs. 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

May 6	F	6:00-7:30pm
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Pond Explorers

Age: 5-99 yrs. Curious as to what lives in the water at Lake Johnson? During this program, you'll get to sample along the shore edge and find out just what kind of creatures live in the leaf litter and mud at the lake's edge. We'll learn to identify some common aquatic invertebrates, learn more about their different life stages, and take a closer look at them. Come prepared to get dirty and meet some amazing creatures. Adult(s) must accompany participant(s) under age 16, register, and pay the program fee.

Lake Johnson Waterfront Center – Course Fee: \$4

Aug 13	Sa	9:00-11:00am
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Twilight Walk

Age: 4-99 yrs. Many animals are active around sunset or shortly after. Take a moonlit walk with a park naturalist to explore the woods and fields at this special time. Look for deer, coyotes and owls. This program is designed for families with young children. Adults must accompany children. Adults and children (4 years and up) must preregister.

A.L. Wilkerson Nature Preserve – Course Fee: \$2

May 20	F	8:00-9:30pm
Jun 18	Sa	8:00-9:30pm
Jul 9	Sa	8:00-9:30pm



CITY OF OAKS *f o u n d a t i o n*



City of Oaks Foundation urges children to get outside

Keeping nature nearby for all to enjoy—this mission is at the heart of the City of Oaks Foundation’s goal for Raleigh. The connection to the outdoors is fundamental to the health and well-being of everyone, but especially children.

American children today spend less than 10 minutes a day on unstructured outdoor play, according to the National Recreation and Park Association. The rapidly growing role of technology in our world and the increased urbanization of our communities are just some of the reasons that experts have given for the limited time children now spend outside in nature. The City of Oaks Foundation wants to help children grow into stronger and healthier adults who will be connected to their environment. Part of educating children about nature is simply giving them the opportunity to spend more time outside.

Give Play is the City of Oaks’ premier youth program. A partnership with Raleigh Parks, Recreation and Cultural Resources, Give Play allows us to provide financial assistance to help children participate in the City’s incredible summer camps and nature programs, getting them outdoors and active, making friends and building an appreciation of natural settings and physical activity that will last a lifetime.

Give Play also introduces many children to outdoor sports such as hiking, climbing, canoeing and mountain biking, and helps them build self-confidence and important social skills. Recently, programs like outdoor arts and crafts have been added as a means for more creative and contemplative activities. Through these camps, local youth have safe and healthy ways to spend their summers

Our Give Play initiative strives to remove cost as a barrier for children’s participation in the nature play programs Raleigh offers. Additionally, the Foundation’s land conservation programs help landowners who want to leave a legacy by setting aside their forests, farms, gardens and streams as conservation land and future public parks. By supporting the City of Oaks Foundation with your tax-deductible contribution, you will help reverse our nature deficit and help maintain a great outdoors for a great Raleigh!

For more information:

visit www.cityofoaksfoundation.org call us at **(919)355-6998**, or send us mail to:
City of Oaks Foundation, PO Box 6147, Raleigh, NC 27628.

The City of Oaks Foundation, a great outdoors for a great Raleigh!

Outdoor Recreation



Youth

Fishing on the Banks

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

Forest Ridge Park

Jun 11	Sa	9:00-11:00am
Aug 13	Sa	9:00-11:00am
May 14	Sa	9:00-11:00am
Jul 16	Sa	9:00-11:00am

Teen

Mountain Bike Basics

Age: 14-99 yrs. Hit the trails with this multi session approach to mountain biking. If you're interested in mountain biking but don't have equipment or don't know where to ride, this course is for you. Utilize our bikes and learn to ride on some of the newest single track trail in the area. Each session will be led by one of our experienced instructors that will get you set up to ride and guide you through fundamentals that can prepare you for a lifetime of enjoyment. All equipment will be provided. Preregistration is required so sign up today!

Forest Ridge Park – Course Fee: \$10

Jun 25	Sa	9:00-11:00am
Aug 27	Sa	9:00-11:00am

Adult

Adult Fishing

Age: 16-99 yrs. This program is great for adults who have always wanted to learn to fish. We will learn how to set up a rod and reel, casting techniques, what fish are found in the lake, and cover state rules and regulations. Then we will go fishing off our bridge and learn some tips and tricks to becoming an experienced fisherman. No prior experience required. All equipment is provided. Advanced registration is required for this program.

Lake Johnson Waterfront Center – Course Fee: \$10

May 20	F	5:30-7:30pm
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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: \$10

May 21	Sa	1:00-3:00pm
Jul 23	Sa	1:00-3:00pm

Evening Paddling Tour

Age: 14-99 yrs. Explore Lake Johnson on the water with an experienced guide and naturalist. Participants will learn about the wildlife, history, and natural features of the lake. Tours provide opportunities to see wildlife such as birds, turtles, bald eagles, and osprey. With a brief paddling lesson at the beginning, this program is great for beginner and experienced paddlers alike! All equipment is provided. Adult(s) must accompany participant(s) under 16, register, and pay the program fee. Advance registration is required for this program.

Lake Johnson Waterfront Center – Course Fee: \$20

Kayak

Jun 21	Tu	6:00-8:00pm
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Standup Paddleboard

Jul 12	Tu	6:00-8:00pm
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Fundamentals of Paddling

Age: 15-99 yrs. These classes will introduce the basics of paddling in a calm setting and at a relaxed pace. Participants will learn the parts of each watercraft, paddling strokes and techniques, maneuverability, and self-rescue techniques. All equipment is provided. Adult(s) must accompany participant(s) under 16, register, and pay the program fee. Advanced registration is required for this program.

Lake Johnson Waterfront Center – Course Fee: \$25

Standup Paddleboard

Jun 14	Tu	6:00-8:00pm
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Kayak

Aug 2	Tu	6:00-8:00pm
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Fundamentals of Sailing

Age: 16-99 yrs. This course introduces the basics of sailing in a calm setting and at a relaxed pace. Participants will learn the parts of a sunfish sailboat, rigging a sunfish, maneuverability, and self-rescue techniques. Participants should be prepared to get wet during the program. Please bring a bagged lunch, water bottle, and sunscreen. No previous sailing experience required. Advanced registration is required for this program.

Lake Johnson Waterfront Center – Course Fee: \$75
Jun 5 Su 10:00am-4:00pm
Jul 10 Su 10:00am-4:00pm
Aug 7 Su 10:00am-4:00pm

Fundamentals of SUP

Age: 15-99 yrs. This class will introduce the basics of Stand Up Paddleboarding (SUP) in a calm setting and at a relaxed pace. Participants will learn the parts of each watercraft, paddling strokes and techniques, maneuverability, and self-rescue techniques. Participants should expect to get wet. All equipment is provided. Program is adult oriented. Minimum age is 16. Advance registration is required for this program.

Lake Wheeler Park – Course Fee: \$35
Jun 18 Sa 9:00-11:00am
Aug 6 Sa 9:00-11:00am

Family

Camping for New Campers

Age: 18-100 yrs. Have you always wanted to go camping but feel nervous or intimidated about planning a trip? Whether you have never been or want to lead a small group trip, this program will give you a wealth of knowledge. We walk you through the basics of camping in three instruction sessions that qualify you to register your family for an upcoming campout at Durant Nature Park. You will need to attend at least 2 of the 3 instruction sessions to attend the campout. The first session will cover finding a place to camp, navigating online reservation systems, campsite rules, and what to do when you get there. In the second session 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. The third session will cover outdoor ethics, first aid, camp safety, and what to do in an emergency.

Forest Ridge Park – Course Fee: \$12
May 18-Jun 1 W 6:00-7:30pm

Family Campout

Join our family campout after completing our Camping for Beginners course. Utilize your new camping skills with your whole family. We will meet at Durant Nature Preserve and set up camp together, sharing experiences and passions for the outdoors. Equipment is not provided unless specifically requested in advance. One member from each household must register and attend at least 2 of the Camping for Beginners course prior to participation. Please contact Forest Ridge Park for more information.

Durant Nature Preserve – Course Fee: \$20
Jun 4-Jun 5 Sa, Su 5:00pm-10:00am

Family Fishing

All Ages. Join us for this fun fishing program! Participants will learn how to cast and set up a rod and then go fishing in the lake. This is a great way to spend an afternoon with the whole family! Equipment is provided including rod, reel, and bait. Adult(s) must accompany participant(s) under age 16, register, and pay the program fee. Advance registration is required for this program.

Lake Johnson Waterfront Center – Course Fee: \$4
Jul 23 Sa 9:30-11:30am



Social Programs



Preschool

Little Crafters

Age: 2-5 yrs. Participants will create art while practicing colors, shapes, fine motor skills and cooperation. Each date will be different crafts. Parents may be required to assist 2 year olds participants.

Anderson Point Park – Course Fee: \$5

May 11	W	10:00-10:45am
Jun 8	W	10:00-10:45am
Jul 13	W	10:00-10:45am

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: \$25

May 4-May 25	W	6:00-7:00pm
Jun 1-Jun 29	W	6:00-7:00pm
Jul 6-Jul 27	W	6:00-7:00pm
Aug 3-Aug 31	W	6:00-7:00pm

Adult

Active Adult Line Dancing

Age: 18-99 yrs. Would you like to dance, but don't have a partner? No problem! Line Dancing is a pattern of steps done repeatedly throughout the course of a song which individuals can do WITHOUT a partner. We'll dance to Soul, R&B, Country music PLUS other types. All the steps will be thoroughly explained. You'll develop your inner dancer, gain confidence, & make lifelong friendships in a safe & personal environment. Wear smooth-soled shoes; no experience necessary.

Worthdale Community Center – Course Fee: \$5

May 5-May 26	Th	7:00-8:30pm
Jun 2-Jun 30	Th	7:00-8:30pm
Jul 7-Jul 28	Th	7:00-8:30pm
Aug 4-Aug 25	Th	7:00-8:30pm

Adult Game Time at Abbotts Creek

Age: 18-99 yrs. Join new and old friends at Abbotts Creek Community Center for game time, cards, and socialization each Saturday from 1-3. Playing cards will be provided but feel free to bring any other games you'd like to play.

Abbotts Creek Community Center

May 7-Aug 27	Sa	1:00-3:00pm
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Pinochle Challenge

Age: 50-99 yrs. Pinochle is a card game for two or more players using a 48-card deck consisting of two of each card from nine to ace, the object being to score points for various combinations and to win tricks. If you do not know how to play, the group will teach you.

Biltmore Hills Community Center

May 6-Aug 26	F	6:15-8:45pm
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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

May 15	Su	1:00-5:00pm
Jun 19	Su	1:00-5:00pm
Jul 17	Su	1:00-5:00pm
Aug 21	Su	1:00-5:00pm

Raleigh Hemerocallis Club

Age: 13-99 yrs. This club focuses on day lilies: recognizing their different forms and hybridizing, growing and enjoying them. A flower show is held in June for those who want their flowers judged. The club's fundraising allows it to have nationally known speakers at meetings and to award a scholarship to a deserving horticulture student. All ages are welcome to attend, and youth are encouraged to participate.

Powell Drive Neighborhood Center – Course Fee: \$1

Aug 9	Tu	6:30-9:00pm
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Sertoma Group - North Raleigh Rotary

Age: yrs. The Rotary Club of North Raleigh meets weekly for fellowship, buffet lunch and an informative presentation from a guest speaker. For information, visit www.northraleighrotary.org.

Sertoma Arts Center

May 4-Aug 31 W 11:30am-2:00pm

Sertoma Group - Sertoma Park Artists

Age: yrs. Come join this creative group of artists who meet every Thursday. Individuals are welcome to visit the group and find out more about joining. Note: Course fee is collected at each visit. See club officers at meeting for information on additional fees and dues.

Sertoma Arts Center

May 5-Aug 25 Th 9:00am-12:00pm

Zig Zaggers Square Dance Club

Age: 13yrs. and up. The Zig-Zaggers are a challenge-level square dance group. The group is open to all dancers who have completed the A2 (advanced) level and want to take lessons for the C1 level as listed by Callerlab definition. All members also belong to other square dance clubs in the area offering classes at the basic and advanced levels. If you are interested in becoming a square dancer, the Zig-Zaggers are happy to provide contact information to get you started. Visitors are always welcome, but please call ahead to make sure the class is not canceled. This is a small group and must have eight people to dance.

Powell Drive Neighborhood Center - Course Fee: \$1

May 2-Aug 29 M 7:00-9:00pm

Senior

Bridge: Open Play

Age: 18-99 yrs. Join your fellow game players for bridge. This is an open play time for all skill levels, no registration required, sign in upon arrival.

Five Points Center

May 5-Aug 25 Th 9:30am-12:30pm

Greystone Recreation Center

May 2-Aug 29 M 10:00am-1:00pm

May 4-Aug 31 W 10:00am-1:00pm

Golden Years Clubs

Age: 50-100 yrs. There are more than 30 clubs affiliated with the Active Adult Program. These clubs meet at area community centers, churches, or senior housing facilities, and offer a range of activities such as bridge, speakers, trips, community service projects, and more. The clubs are open to all persons aged 50 or older. To find out more information about each club contact the club liaison for each club. Find the all specific club information on the City of Raleigh Active Adult Program website or contact Carmen Rayfield at 919-996-4734

Greystone Blanketeers

Age: 16-99 yrs. Knit, crochet, sew or quilt for charity. We meet the fourth Tuesday of the month from 1 p.m. to 4 p.m. to make blankets, hats and afghans for various charitable organizations in the Raleigh area. Items are distributed to women's shelters, local hospitals and homeless groups. Come join us, meet new people, and help bring a little joy to those in need. We do not offer lessons, but all members gladly share their knowledge. For those who cannot attend but wish to make items at home, all are gladly accepted. For more information, contact Linda Seanor 919-413-3548.

Greystone Recreation Center

May 24 Tu 1:00-4:00pm

Jun 28 Tu 1:00-4:00pm

Jul 26 Tu 1:00-4:00pm

Aug 23 Tu 1:00-4:00pm

Mah Jongg Open Play

Age: 0-99 yrs. This program is for those who know how to play and do not need instructions. Bring your game boards and cards; some supplies are available.

Greystone Recreation Center

May 2-Aug 29 M 1:30-4:00pm

May 3-Aug 30 Tu 12:00-2:00pm

Open Play Cards and Games

Age: 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

May 3-Aug 30 Tu 1:00-4:30pm

May 6-Aug 26 F 1:00-4:30pm

Senior Fridays

Age: 50-99 yrs. Enjoy time playing cards and games while socializing with your friends. Feel free to bring cards and games with you!

Greystone Recreation Center

May 6-Aug 26 F 1:00-3:00pm

Senior Social Hour

Age: 55-99 yrs. Join us at Brier Creek for a morning of fun. Adults 55 and older can come together for socializing and game options like bingo, bridge, chess, etc. Feel free to bring your own activities or games!

Brier Creek Community Center

May 3-Aug 30 Tu 10:00am-12:00pm

Trivia Group at Anne Gordon Center

Age: 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

May 5-Aug 25 Th 1:00-3:00pm

Family

Cultural Connections

Age: yrs. Discover cultures from around the world, right here in Raleigh! Everyone is welcome to join these fun and festive programs, where we'll learn about various holidays and traditions, while connecting with friends and family in the community. The United Nations' World Refugee Day is celebrated worldwide on the 20th of June. Join us to celebrate and honor the many cultures of the diverse refugee population in Raleigh, NC.

Peach Road Cultural Center

Jun 25 Sa 2:00-4:00pm



Golden Years Clubs

Clubs are composed of persons age 50 and better. Anyone meeting the age requirements may join. Club activities vary from club to club and may include social, trips, cards, games, and luncheons. Contact the listed club leader for specific club information.

Asbury Joy Club

Asbury UMC
3rd Thursday, 11:00am
Sept-May: trips, meals, speakers
Susan (919) 624-1603

Chavis Circle of Friends

John Chavis Community Center
Wednesday, 11:00am
Oct-May: speakers, cards, meals
Dennis (919) 831-6989

Fellowship Club

West Raleigh Presbyterian
2nd/4th Tuesday, 10:00am
Sept-May: speakers, meals, trips
Brenda (919) 851-5851

Fifty-Five Plus Club

Anne Gordon Center
Wednesdays, 10:00am
Sept-May: speakers, cards, trips
June-Aug: cards only
Jane (919) 801-0097

First Cosmopolitan Club First

Cosmopolitan Baptist
3rd Wednesday, 1:00pm
Sept-May: social, trips, cards, speakers
Gene (919) 266-1222

First Friday

Five Points Adult Center
Mon-Thur, 10:00am
Yearly: social, crafts
Almatha (919) 266-9597

Go Getters Club

Creedmoor Rd. Federal Coastal Credit
2nd/4th Thursday, time varies
Sept-May: trips only
Lauren (919) 612-5164

Golden Eagles Club

Top Greene Center
2nd Wednesday, 11:00am
Yearly: speakers, meals, trips
Carletta (919) 996-2730

Golden Circle

Wilson Temple UMC
3rd Wednesday, 11:00am
Sept-May: social
Phyllis (919) 827-5371

Golden Jewels

St. Paul AME Church
Wednesdays, 10:00am
Sept-May: speakers, trips
Vallarie (919) 789-3366

Grand Age Club

Hayes Barton United Methodist
Thursdays, 11:15am
Sept-May: speakers, meals, trips
1x month in the summer
Margie (919) 280-4840

Hi-Milers

Marsh Creek Community Center
2nd Tuesday, 10:00am
Aug-June: speakers, meals, trips
Lianne (919) 880-7409

Keenagers Club

White Memorial Presbyterian
Thursdays, 10:15am
Sept-May: speakers
James (984) 255-5487

Lake Lynn Seniors

Lake Lynn Community Center
Tuesdays, 10:00am
Sept-May: speakers, meals, trips
Kathy (919) 349-8905

Lions Park Club

Lions Park Community Center
1st Wednesday, 10:00am
Sept-June: speakers, meals, cards, trips
Christie (919) 996-4726

NRUMC—Joy Club

North Raleigh UMC
1st, 2nd, 3rd, 5th Wed, 11:00am
Yearly: speakers, meals, trips
Cletha (919) 847-5988

Pullen Park Club

Pullen Park Community Center
Wednesdays, 10:00am
Yearly: cards
(919) 996-6052

Quail Hollow Club

Eastgate Park
Wednesdays, 9:45am
Sept-May: speakers, meals, cards
Susan (919) 870-0557

St. Francis of Assisi 55+ Club

St. Francis of Assisi Parish
Wednesday, 12:00pm
Sept-May: speakers, meals, cards, trips
Kathy (919) 272-4442

St. Joseph Happy Hearts

St. Joseph Catholic Church
1st Tuesday, 12:00pm
Sept-May: speakers, meals, trips
Liz (919) 872-2917

Smiling Age Club

Blittmore Hills Community Center
Tuesdays, 10:00am
Sept-May: speakers, trips
Mary (919) 755-1086

Snappy Seniors

Marsh Creek Community Center
1st and 3rd Monday, 10:00am
Sept-May: speakers, meals
Nancy (804) 921-5465

Tarboro Road Movers and Shakers

Tarboro Road Comm Center
1st/3rd Monday, 11:00am
Sept-May: speakers, meals, trips
Chris/Sherri (919) 996-6505

Thirty-Niners Club

First Baptist Church
Thursdays, 10:30am
Sept-May: speakers, meals, trips
Mary Alice (919) 832-4485

Touch of Love

St. Matthew Baptist Church
Wed after the 2nd/4th
Sun 10:30am
Sept-June: speakers, meals, trips
Dee (919) 630-0320

Trailblazers

Mt. Pleasant Baptist Church
2nd Tuesday 11:00am
Yearly: speakers, meals
Lucy Lee (919) 830-0975

Forever JOY Club

Open Table UMC
3rd Tuesday, 11:00am
Aug-May: speakers, meals, trips
Jeanette (919) 872-6561

Wakefield Villagers Club

Villages of Wakefield
2nd & 4th Tuesday, 9:30am
Yearly: speakers, meals, cards, trips
Margaret (919) 556-9541

Watts Seniors

Watts Chapel
1st & 3rd Tuesday, 10:00am
Sept-June: social, speakers
Ella (917) 589-2566

Worthdale Walkers Club

Worthdale Community Center
Thursdays, 11:00am
Sept-May: social, trips, speakers
Carletta (919) 996-2730

Young at Heart Club

Five Points Adult Center 2nd/4th
Wednesday, 10:00am
Yearly: speakers, meals, trips
Brenda (919) 834-8170

This information is not to be used for solicitation purposes.



Kindness
grows
where you
plant it



Specialized Recreation & Inclusion Services

Specialized Recreation and Inclusion Services

919.996.2147

SRIS@raleighnc.gov

Inclusion Manager

Laurel Heizelman, LRT/CTRS

laurel.heizelman@raleighnc.gov

Inclusion Coordinator

Olivia Atkinson, LRT/CTRS

olivia.atkinson@raleighnc.gov

Program Manager

Christen Winstead, LRT/CTRS

christen.winstead@raleighnc.gov

Program Coordinators

Amy Lubawy, LRT/CTRS

amy.lubawy@raleighnc.gov

Casey Johnson, LRT/CTRS

casey.johnson@raleighnc.gov

Specialized Recreation and Inclusion Services offers a variety of specialized programs and inclusion services for individuals of all abilities to enjoy recreation opportunities of their choice.

Specialized Recreation programs are offered to meet the needs and interests of participants. Programs may be modified and/or adaptive equipment may be available to assist participants. Some eligibility requirements may apply. Please review our program listings for more information.

Inclusion Services provides supports to individuals who request modifications due to disability or medical condition, to assist with participation in all Parks, Recreation and Cultural Resource programs. To ensure reasonable modifications are available, the request should be received at least two weeks prior to the start date of the program.

For more information about our programs or inclusion services, please contact us at SRIS@raleighnc.gov or 919.996.2147.

Return registrations or forms to:

Raleigh Parks, Recreation and Cultural Resources Department

Specialized Recreation and Inclusion Services

2401 Wade Avenue, Raleigh, NC 27607

Abilities Tennis Association of NC

Abilities Tennis of North Carolina is a local non-profit organization offering free tennis lessons and competitive opportunities for individuals with disabilities. Experienced volunteers will lead the lessons. Equipment is provided and all levels of experience welcome. Pre-registration is required. The program runs on Saturdays (2-3pm or 3:30-5pm) at Millbrook Tennis Center.

Art Time

Ages 16 and up join us every last Monday of the month to participate in a fun Crafting Corner Project together. An instructor will be available to lead us in our activity at a ratio of 1:4 and supplies will be included in the cost of the program. Participants may join with a personal assistant if needed, please call our office for more information at 919-996-2147.

Hill Street Neighborhood Center – Course Fee: \$24

May 30	M	6:30-8:00pm
Jun 27	M	6:30-8:00pm
Jul 25	M	6:30-8:00pm
Aug 29	M	6:30-8:00pm

Cooking

Age: 18 yrs. This program is designed to meet the needs of adults with developmental or physical disabilities. We will teach the basics of menu planning, kitchen safety and personal hygiene, how to read a recipe, and basic kitchen skills needed to prepare various dishes. Please notify us of any food allergy or dietary restriction at the time of registration. Participants must be able to follow simple instructions and step-by-step directions. No one-on-one assistance is provided. Individuals requiring a higher level of assistance should attend with an approved personal assistant.

Marsh Creek Community Center – Course Fee: \$60

May 18	W	6:00-8:00pm
Jun 15	W	6:00-8:00pm
Jul 20	W	6:00-8:00pm
Aug 17	W	6:00-8:00pm

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.



Next Step

Graduation is over. For many, Social Security, Medicaid, guardianship and other services are in place for an adult child with disabilities. Now what? Moving away from home is often the next step! Join this group as guest speakers from the community help us: (1) examine residential options in the Triangle area and (2) explore ways we can continue to be involved to enhance our adult child's life after the move into a new home. Meetings are 9:30-11:00 a.m. every third Saturday of the month at Millbrook Exchange Community Center, 1905 Spring Forest Road. Meetings are free, and light refreshments will be available. No reservations are necessary. For more information, contact Dave Curro at davecurro11@gmail.com.

Outings & Trips

Specialized Recreation offers local outings, day trips and/or overnight trips for individuals with various disabilities. Some previous activities include local sporting events, trips to museums, seasonal outings, etc. Online registration may not be available for some outings. Participants must have current SRIS forms on file.

Quest Adult Day Program

Age: 22-99 yrs. The Quest Adult Day Program is for adults with disabilities who can engage appropriately in a small group setting (approximately 6 participants with 1 staff). The program offers age appropriate activities to engage participants in nature, music and movement, arts and crafts, etc. with specialist visits revolving around themes such as Healthy Living, Culture, and Giving Back. Under normal program guidelines and operations, the following are examples of how staff and participants will engage during the program.

Behavior: Staff will provide positive behavior support, redirection, preferred activities, and use behavior support strategies provided by families. Participants are expected to exhibit appropriate behavior, without presenting a safety concern to themselves, other participants or staff. Unsafe behaviors may include, but are not limited to: biting, hitting, kicking, pinching, running, spitting, etc.

Feeding: Staff will provide verbal and visual prompting, reminders, assist with placement of food, break up food into small pieces, open containers for the participant. Participants should be able to physically feed themselves.

Participation: Staff will engage participants through multiple means of instruction, sensory engagement, supported transitions, and program modifications. Participants are expected to stay with their group, follow given/modeled direction, and demonstrate engagement during program activities, during transitions, during specialist visits and in the community on field trips when appropriate.

Toileting & Personal Care: Staff will provide verbal and visual prompting and provide occasional assistance with pulling up and/or fastening clothing. Participants should be able to clean/wipe themselves independently or with minimal/prompting from staff.

Please contact SRIS@raleighnc.gov or 919.996.2147 for more information.

Five Points Center – Course Fee: \$125

May 3-May 31	Tu	10:00am-3:00pm
Jun 7-Jun 28	Tu	10:00am-3:00pm
Jul 5-Jul 26	Tu	10:00am-3:00pm
Aug 2-Aug 30	Tu	10:00am-3:00pm

Millbrook Exchange Community Center – Course Fee: \$125

May 5-May 26	Th	10:00am-3:00pm
Jun 2	Th	10:00am-3:00pm
Jul 7-Jul 28	Th	10:00am-3:00pm
Aug 4-Aug 25	Th	10:00am-3:00pm

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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 Sidewinders

The Raleigh Sidewinders is eastern North Carolina's wheelchair (i.e. Quad Rugby) team. The Raleigh Sidewinders are official members of the US Quad Rugby Association, (USQRA), www.quadrugby.com. The team is comprised of individuals with disabilities that preclude their play in competitive, able-bodied sports. Players must have mobility impairments in their arms and legs to be considered eligible for participation. Most of the players have sustained cervical spinal cord injuries and have some type of quadriplegia as a result. The players are active members in their community, striving for a level of skill and competition offered by quad rugby. The vision of the Raleigh Sidewinders is to provide team members with an opportunity for personal growth, physical outlet and competition with adequate equipment and resources. For more information, please visit www.ncscia.org/theraleighsidewinders.

Special Olympics Wake County

Special Olympics Wake County provides year-round sport training and athletic competition in different sports for individuals with intellectual disabilities. Special Olympics training and competition is provided at no charge to eligible athletes. Each sport practices on a weekly basis at various times and locations.

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 yokoishima@gmail.com.

Triangle Thunder Wheelchair Basketball

Triangle Thunder is a recreational and competitive adult wheelchair basketball team. They provide opportunities for men and women with a variety of disabilities to become involved in the sport of wheelchair basketball. The goal is to enhance each individual's social well-being by fostering their physical well-being through vigorous physical exercise, skill formation, and healthy fellowship with other persons with disabilities. Practices are open to new players and to the public. For more information, please contact 919-696-2811 or visit www.trianglethunder.org.

VIP Bingo

Age: 14-99 yrs. Join us, the last Wednesday of the month, for an evening of fellowship, fun and bingo. This program is for individuals with vision impairments. Braille and large print cards are available. No food is allowed during the program and transportation will not be provided. For more information, please call 919-996-2147.

John Chavis Community Center – Course Fee: \$4

May 25	W	6:30-7:30pm
Jun 29	W	6:30-7:30pm
Jul 27	W	6:30-7:30pm
Aug 31	W	6:30-7:30pm

Virtual Programs

We are happy to be able to continue to offer virtual opportunities to connect with participants in programs such as fitness, art, dance parties, game nights and more! These virtual programs are designed for individuals with various disabilities and interests. Participants must have current SRIS forms on file and internet access via a computer, smart phone, or other mobile device.

Additional Facility and Program Information

Facilities

Amusements

Pullen Park Amusements

520 Ashe Avenue Raleigh, NC 27606

Phone: 919-996-6468

Park Manager: Scott Mott

Email: Scott.Mott@raleighnc.gov

Assistant Manager: Matthew Wright

Email: Matthew.Wright@raleighnc.gov

Assistant Manager: Allora Spruill

Email: Allora.Spruill@raleighnc.gov

Pullen Park offers popular amenities such as a renovated 1911 Gustave A. Dentzel menagerie carousel, a C.P. Huntington miniature train ride, pedal boat rentals, a kiddie boat ride and exciting playground equipment. Picnic shelters and our Island Gazebo are also available to rent for all occasions. The Pullen Place Cafe offers seasonal menus in addition to standard park fare.

Tickets are \$1.50 each for all guests over 1 year old. Pedal boat rentals are \$6 per boat for a 30 minute ride. Riders must be at least 42 inches tall to ride unaccompanied on the carousel and train.

Hours of Operation

April-September	10:00am-9:00pm
October-March	10:00am-6:00pm

John Chavis Memorial Park Carousel

505 Martin Luther King Jr. Boulevard Raleigh, NC 27601

Carousel Supervisor: Scott Mott

Phone: (919) 996-6468

Email: scott.mott@raleighnc.gov

Re-live the memories while riding the newly renovated Allan Herschell Carousel in its new location within the park.

Tickets are \$1.50 for all guests over 1 year old. Riders must be at least 42 inches tall to ride unaccompanied.

Hours of Operation

April-September	M-F	10:00am-9:00pm
	Sa	10:00am-8:00pm
	Su	10:00am-6:00pm
October-March	M-Sa	10:00am-6:00pm
	Su	12:00-6:00pm

Digital Inclusion

The Digital Inclusion Program offers over 250 classes, to develop and enhance technology skills from youth to active adults. Examples of these classes include computer, phone, and tablet basics, app based (ridesharing, grocery/food delivery), networking, video streaming, word processing and many more. In addition to classes for active adults, the program offers a variety of STEM camps for youth and teens covering topics such as game design, photo editing, electronic circuits and will debut a new aeronautics camp in 2021. The program manages two learning labs hosted at Anne Gordon & Five Points Active Adults Centers and a mobile learning lab to offer program throughout Raleigh.

Greenways

919-996-3285

The Capital Area Greenway is a linear system of open space located along rivers, creeks, and streams, which can include public recreation trails for activities such as walking, jogging, hiking, fishing, picnicking, and outdoor fun. The trails connect many of Raleigh's parks and in many cases complement the recreational activities at the parks. The Neuse River, Walnut and Crabtree Creeks and their tributaries are the framework of the Capital Area Greenway System. Many of the city's major ecological features can be experienced in their natural state along these water courses. If you would like to request a hard copy of our greenway map, please call 996-3285. You can also view the map using a KML file and Google Earth—visit www.parks.raleighnc.gov To Apply for the Greenway Volunteer Program email rdpvolunteer@raleighnc.gov

Historic Homes

Mordecai Historic Park

1 Mimosa Street, Raleigh NC, 27604

(919) 996-4364

www.raleighnc.gov/museums

Site Manager: Joshua Ingersoll

Email: joshua.ingersoll@raleighnc.gov

The Mordecai House at Mordecai Historic Park is the oldest home in Raleigh on its original location and was once the seat of one of the largest plantations in Wake County encompassing more than 5,000 acres. The park also features historic structures moved to Mordecai for preservation, including the Birthplace of Andrew Johnson and St. Mark's Chapel. The Chapel and grounds are a popular spot for wedding rentals. Tours of the Mordecai Mansion and other historic buildings are offered Tuesday through Sunday—call or visit our website for times. The cost is \$5 for adults, \$3 for youth (7-17), \$3 for seniors (65+), and children 6 and under are free. In addition, Mordecai conducts family friendly events throughout the year.

The Tucker House

The Tucker House was built in 1914 for Garland S. Tucker, owner of G.S. Tucker Furniture Company. The home was donated to the City of Raleigh by the Tucker Family in 1975. At that time, the home was located one block west, at 420 N. Blount Street. It was moved to its present site by the City and renovated as a Community Meeting House. Many house furnishings have been donated by families of deceased members of the Oakwood Community. Today the downstairs portion of the Tucker House is available for weddings, receptions, meetings, small conferences and other approved functions. For more information call 919-831-6009.

The Borden Building

The Borden Building is one of the two remaining buildings on the former campus of the Methodist Home for Children. Built in 1900, it was the home of the Superintendent of the Orphanage and later served as home to hundreds of children. Purchased by the City of Raleigh in 1982, the house and its companion, Fred Fletcher Park provides a wealth of history and tranquility in an urban setting. The Borden Building was extremely renovated in 1992 and is presently available for weddings, receptions, meetings, small conferences, and other approved functions. For more information call 919-996-4363 and leave a message for the caretaker.

Lakes

Lake Johnson Park and Nature Preserve

5611 Jaguar Park Drive, Raleigh NC, 27606

(919) 996-3141

Waterfront Center (Closed Mondays: October - March)

Park Manager: Mark Elmore

Email: Mark.Elmore@raleighnc.gov

Assistant Park Managers:

Chris Hill

Email: christopher.hill@raleighnc.gov

Julia Babuin

Email: Julia.Babuin@RaleighNC.gov

Lake Wheeler Park

6404 Lake Wheeler Road, Raleigh NC, 27603

(919) 662-5704

Park Manager: Chris Murray

Email: Chris.Murray@raleighnc.gov

Assistant Park Manager: Ben Coats

Email: Ben.Coats@raleighnc.gov

Year-round (October-March closed Mondays)

Lake Facility Rentals

Both Lake Johnson and Lake Wheeler offer a beautiful setting to hold a variety of special events including: weddings/receptions, family reunions, company outings, business meetings, etc. For more information about available rentals contact the facility or visit www.parks.raleighnc.gov

Boat Rentals

Both Lake Johnson and Lake Wheeler have a variety of boats available for rent (weather and temperature conditions permitting). Please contact each facility for additional information.

Private Boat Launchings

Lake Wheeler and Lake Johnson (non-motorized only) permit private boat launches with a fee. Contact each site for current fees, pass options, permitted types of boats, no-wake hours, and other guidelines.

Fishing Opportunities

Bank fishing from the shores is restricted from the banks of Lake Wheeler and Lake Johnson. Fishing is permitted from Lake Johnson's Boardwalk and Shelley Lake's shorelines and docks. A fee is required for fishing at Lake Wheeler and is permitted from designated fishing piers and the banks of Simpkins Pond. Fishing from any boat is allowed. Please check each facility for additional regulations.

Additional Facility and Program Information

Off-Leash Dog Parks

Raleigh Parks, Recreation and Cultural Resources encourages you and your dog to come out and enjoy the park facilities located throughout Raleigh. Each park is managed by volunteers and depends on responsible dog ownership and etiquette. These dog parks are areas where you can take your dogs and let them off leash, while remaining in compliance with Raleigh city ordinances. They are located at Carolina Pines Park, Millbrook Exchange Park, Jaycee Park, Oakwood Park and Dorothea Dix Park.

Museums

COR Museum Director: Ernest Dollar
Email: ernest.dollar@raleighnc.gov
220 Fayetteville St. Raleigh, NC 27601
Phone: 919-996-2220

COR Museum is located on Fayetteville Street, Raleigh's "Main Street" and the center of downtown. Originally established in 1993 as a non-profit entity, the City of Raleigh assumed operational control of the museum in 2012. Housed in a historic former hardware store, the museum is dedicated to preserving and interpreting the history of North Carolina's capital city while envisioning its future. The museum curates temporary and permanent exhibits about the city's people, places, and resources, maintains a collection of approximately 5,000 artifacts, and offers educational programming and tours. The COR Museum is open Tuesday-Saturday from 9:00am-4:00pm and Sundays from 1:00-4:00pm. Admission is free.

Pope House Museum
511 South Wilmington St. Raleigh, NC 27601
Phone: 919-996-2220

The Pope House Museum was originally built in 1901 as the home to Dr. Manassa Pope and his wife. Dr. Pope holds the distinction of being the first medically licensed African-American doctor in the state. The structure has undergone a transition from private management to City of Raleigh Parks, Recreation and Cultural Resources Department management, and will be open for regular tours for the first time. The Pope House Museum's new hours will be Saturdays, 10:00am-3:00pm and by appointment during the week. Saturday tours start on the hour with the first at 10:00am and the last tour beginning at 2:00pm. A new program has been developed to inform the public about one of Raleigh's more interesting citizens. Exterior work is being performed on the structure to improve its appearance and make the house more closely resemble its appearance from the 1930s.

Playgrounds

The City of Raleigh owns and operates many playgrounds throughout Raleigh. For a list of playgrounds including location, age recommendation, surfacing, and photos, please visit www.parks.raleighnc.gov

Saint Monica Teen Center

The Saint Monica Teen Center is the first teen center operated by Raleigh Parks, Recreation and Cultural Resources and provides a wide range of programs and opportunities for teenagers in Raleigh! The facility houses a state of the art technology room, teen lounge, fitness/dance room, multipurpose classroom, wall of history, and homework area. The Saint Monica Teen Center is open to ages 13-19 that are currently enrolled in a middle or high school. Free membership is required to utilize the Saint Monica Teen Center. Please call 919-996-4770 for more information.

Tennis Center and Courts

The Raleigh Parks, Recreation and Cultural Resources Department offers 104 public tennis courts (100 are lighted) located at 23 sites throughout the city. No advanced sign up is necessary and it is free to play at any location each day until 10:00pm. Millbrook also has a drop in doubles challenge court, a ball machine court and three backboards. Racquets and balls are available to borrow and tennis accessories are available for purchase. Tennis program updates and forms can be downloaded from www.Raleighnc.gov. To talk to someone about tennis for you, call Millbrook Exchange Tennis Center, 919-996-4129.

Programs

The Cultural Outreach and Enrichment (COE) Program

Phone: 919-996-6844
Email: coeprogram@raleighnc.gov

The Cultural Outreach and Enrichment Program invites people of all ages to discover the ethnic and cultural richness of the community. The program provides meaningful leisure experiences for people of other cultures and the local community to connect in an open and welcoming environment. Highlights of some of the current recreation programming include: Virtual Tours of the World, Multicultural Camp Specialists, and English as a Second Language classes. The COE program also supports events such as the Raleigh Tamale Festival and has created meaningful partnerships that serve the needs of the local community through the International Festival; and North Carolina State University through the Foreign Language Department with programs like VOLAR (Voluntarios Ahora in Raleigh) and TESOL (Teaching English to Speakers of Other Languages). Volunteers are always needed to assist with community outreach, teaching English, and many other opportunities. For more information, please visit our website at parks.raleighnc.gov, keyword search "COE".

Digital Inclusion

Digital Inclusion Program Manager: Tommy Hodges
Phone: 919-996-2458
Email: thomas.hodges@raleighnc.gov

The Digital Inclusion Program offers over 250 classes, to develop and enhance technology skills from youth to active adults. Examples of these classes include computer, phone, and tablet basics, app based (ridesharing, grocery/food delivery), networking, video streaming, word processing and many more. In addition to classes for active adults, the program offers a variety of STEM camps for youth and teens covering topics such as game design, photo editing, electronic circuits and will debut a new aeronautics camp in 2021. The program manages two learning labs hosted at Anne Gordon & Five Points Active Adults Centers and a mobile learning lab to offer program throughout Raleigh.

Additional Facility and Program Information

Historic Resources and Museum Program

HRM Program Administrator: Troy Burton

Downtown Cultural Resources Director: Douglas Porter

The HRM Program manages operations and programs at the Borden Building and Stone Circle at Fletcher Park, the City of Raleigh Museum, the Fred Fletcher amphitheater at Fletcher Park, John Chavis Memorial Park Historic Attractions, the Latta House and University Site, Mordecai Historic Park, the Pope House Museum, Pullen Park Historic Attractions, Moore Square Park and the Raleigh Trolleys. The Historic Resources and Museum Program manages an artifact collection consisting of more than 18,000 fine and decorative material culture objects. The program offers various programs throughout the year including guided tours and rentals at the facilities, school field trips, summer camps, and special events.

Youth Programs

Youth Programs: 919-996-6165

Program Managers:

Beth Soles

Email: beth.soles@raleighnc.gov

Chase Sasse

Email: chase.sasse@raleighnc.gov

Youth Programs offers School Based Programs (After School, Before School, and Track Out Programs) and Summer Camps throughout the city for elementary and rising middle school aged participants. To obtain specific program descriptions and to register for these programs, visit your local community center to obtain a School-Based Programs or Summer Camp Brochure. Also, you can visit www.raleighnc.gov and search for the specific program name for more information.

Adult Program

Recreation Program Director: Todd Riddick

Phone: 919-996-2151

Email: todd.riddick@raleighnc.gov

Recreation Program Manager: Carmen Rayfield

Phone: 919-996-4734

Email: carmen.rayfield@raleighnc.gov

The Adult Program serves over 7,000 older adults throughout the Raleigh area. Activities are offered at the two Active Adult Centers, Walnut Terrace Neighborhood Center, as well as many city wide community centers and other locations within the City of Raleigh. These activities include sports leagues, exercise classes, bingo, cards, Outdoor Adventure Club, and much more; numerous one-day and overnight trips each year, including cruises and international travel; educational seminars and workshops on a wide range of topics; and a network of 48 adult clubs throughout the city. Further information can be found throughout this brochure under the Senior Sections, or by calling 919-996-4720, 919-996-4730 or 919-996-6160.

Teen Programs

Program Supervisors: Alec Craven, Chiffonda Holloway Kent Hunt, and Carmen Myles

The Teen Program of Raleigh Parks, Recreation and Cultural Resources provides recreation, education, career exploration, personal and social empowerment, and personal development for the purpose of serving teens ages 12-18 in the City of Raleigh and Wake County through various programs and events. The goal of the program is to provide an opportunity for youth to initiate, plan, and implement programs as well as to design and develop projects and special events that will be of benefit to their peers, the community, and to themselves as individuals. For information on Teen programs, call 919-996-2139.

Portable Challenge Course for Teens

Age: 12-19yrs. Let the Teen Program Staff custom design a team building workshop to help meet your group's needs and challenges. Initiative activities are utilized to enhance problem solving, team building, conflict resolution and other life skills through experiential learning and will be tailored to your specific group. These programs are great for schools, church groups, student councils, drop-out prevention programs, and many other established youth groups. Courses will be held at the site of the participants' choosing and will be scheduled according to availability. Please contact the Teen Program at least one month in advance of desired program date. Cost: \$25 per staff hour of program with a minimum of 2 hours; we require a 1 to 10 staff member to student ratio.

Raleigh Youth Council

Are you a high school student that is interested in initiating, organizing and executing programs and projects that benefit youth? The Raleigh Youth Council is for teens and is run by teens. They focus their involvement in leadership opportunities, community service, recreation, fundraisers, special events, and State Youth Council conferences. The Raleigh Youth Council creates a forum where teens can freely express their ideas and opinions and serve as advocates for teens in Wake County. The meetings take place on the second and fourth Mondays of each month during the traditional school year. Cost: There is no membership fee but there may be additional fees for activities or conferences. Pre-registration is not required. Please contact the Teen Program at 919-996-2139 for more information.

Volunteer Opportunities with Raleigh Parks, Recreation and Cultural Resources

You are invited to make a difference in your community and volunteer with Raleigh Parks, Recreation and Cultural Resources. Individuals, families, students, businesses and organizations have an opportunity to contribute time, talents and resources to our City parks, programs and facilities.

Volunteer Opportunities in the Parks

Volunteers can enhance City Parks and facilities through the following projects:

- Gardening/Landscaping
- Tree plantings
- Mulching
- Litter and debris removal
- Painting projects
- Removal of invasives

The Raleigh Parks, Recreation and Cultural Resources Adopt-A-Park Program utilizes volunteers to enhance city parks, trails and facilities. Over 70 groups currently participate in the program and volunteer quarterly to improve a park or trail.

Volunteer Opportunities in Recreation Programs

Volunteers can assist with the following Recreation Programs:

- **Sports and Tournaments** – Youth athletic coaches are needed for baseball, basketball, football, lacrosse, in-line hockey, softball, swimming and tennis
- **Special Events** – Assist with registration, set-up, and activities at various citywide special events.
- **Specialized Recreation and Inclusion Services** – Volunteers are needed to lead a variety of specialized programs for individuals of all abilities throughout the City.
- **COE (Cultural Outreach and Enrichment) Program** – Volunteers are always needed to assist teaching basic elements of English, and other exciting recreational opportunities. Volunteers are also needed to assist at various special events and with community outreach.
- **Centers for Active Adults** – Assist with teaching classes, special events, greeters, receptionists, room hosts, tour guides and more
- **Mordecai Historic Park** – Assist in the park as docents, gardeners, tour leaders and special events volunteers.

Volunteers can register now online at parks.raleighnc.gov

For more information contact Mary Owens at mary.owens@raleighnc.gov or call 919-996-3292.

Account and Program Registration Form

Remember you can also register online with RecLink at parks.raleighnc.gov



**Raleigh
Parks**

Main Contact

☐ Raleigh Resident ☐ Non-resident Add \$15 to course.

Non-resident fees do not apply to Specialized Recreation Programs or courses less than \$15.

Last Name _____ First Name _____ DOB ____/____/____ ☐ Male ☐ Female

Mailing Address _____ City _____ State _____ Zip _____

Home Phone _____ Work Phone _____ Cell Phone _____ *Email _____

Emergency Contact _____ Phone _____

Registration Receipt: (for mail-in) I would like my receipt (please check one) ☐ emailed (valid email address required) ☐ printed/mailed

**By providing my email address I agree to receive email communication from Raleigh Parks, Recreation and Cultural Resources.*

The City of Raleigh Parks, Recreation and Cultural Resources Department welcomes the participation of all individuals, including those with disabilities or special needs. We are committed to compliance with the ADA and will provide reasonable accommodations to facilitate participation in our programs. To ensure that reasonable accommodations are in place, program registration or accommodation request should be received at least two weeks prior to the start date of the program. For more information please contact Inclusion Services 919.996.2147

Participant Information

Participant #1 Name _____ DOB ____/____/____ ☐ Male ☐ Female

Parent/Guardian Last Name If participant is under 18 _____ Parent's First Name _____

Please note any allergy, disability, health/medical condition or other information you would like to share with us for the participant:

Would you like to request an ADA Accommodation or Program Modification for a disability and/or medical condition? ☐ Yes ☐ No

Course Barcode	Program Name	Location	Date	Time	Fee
_____	_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	_____	\$ _____

Participant #2 Name _____ DOB ____/____/____ ☐ Male ☐ Female

Parent/Guardian Last Name If participant is under 18 _____ Parent's First Name _____

Please note any allergy, disability, health/medical condition or other information you would like to share with us for the participant:

Would you like to request an ADA Accommodation or Program Modification for a disability and/or medical condition? ☐ Yes ☐ No

Course Barcode	Program Name	Location	Date	Time	Fee
_____	_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	_____	\$ _____

Account Information

☐ Create a New Account ☐ Update my Account ☐ Please send me My Family PIN and Client Barcode

Registration Information

Payment is required at the time of registration. Please use this form for registration, and mail to the facility where the program is held.

Non-City of Raleigh Resident Fee (\$15/course) \$ _____

I would like to make a donation to support a child's participation in
Raleigh Parks, Recreation and Cultural Resources Programs (specify amount) \$ _____

TOTAL AMOUNT DUE \$ _____

Payment Information

☐ Check # _____ (checks payable to City of Raleigh) ☐ Money Order

Credit Card payments may be made at a staffed facility or through the online registration system RecLink. Visit parks.raleighnc.gov and select "Register on RecLink". If you would like to complete your registration online, but prefer not to pay online with a credit card, you may add a credit to your account prior to online registration by making a payment at a community center or the Recreation Business Office.

Account and Program Registration Form

Remember you can also register online with RecLink at parks.raleighnc.gov



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

Photo/Media Policy

I acknowledge and agree that the City of Raleigh may take photographs and video of individuals or groups participating in programs and events and may use any photographs(s) and/or video taken of me or my child to publicize the program and for other City-related purposes.

Non-Discrimination Policy

The policy of the City of Raleigh is, and shall be, to oppose any discrimination based on actual or perceived age, mental or physical disability, sex, religion, race, color, sexual orientation, gender identity or expression, familial or marital status, economic status, veteran status or national origin in any aspect of modern life. A participant alleging discrimination on the basis of any of the aforementioned areas may file a complaint with either the Director of Raleigh Parks, Recreation and Cultural Resources Department or the Office of Equal Opportunity, U.S. Department of the Interior, Washington, D.C. 20240.

COVID – 19 Risks / Release, Indemnity, and Agreement Not To Sue (revised 7/6/2020)

The City of Raleigh has been forced to confront the potential dangers associated with the COVID-19 pandemic. The City's Parks, Recreation, and Cultural Resources (PRCR) Department remains committed to providing high quality programming. However, in order to comply with guidelines from the Centers for Disease Control (CDC) and other federal, state, and local public health agencies, the PRCR Department has implemented additional safety precautions to ensure that program participants and other PRCR Department staff will have a fun, exceptional experience.

The contents of this document supplement applicable program policies (including Camp Policies and School-Based Program policies), the Program Registration Form, and the online registration for participants who registered through RecLink at parks.raleighnc.gov. Unless amended herein, all prior policies applicable to the program for which you have registered remain in effect. Please review the following information carefully to learn more about what the City is doing to maintain a healthy program environment and what participants (or their Parents/Guardians, if applicable) should do before participating in the PRCR program for which you have registered.

COVID-19 Risks

COVID-19 is a highly contagious and novel viral agent. Its transmission vectors are imperfectly understood, and it may be possible to transmit or become infected by COVID-19 despite strict adherence to guidelines prescribed by the CDC and other federal, state, and local health agencies.

Participants in Raleigh Parks programs will be in a group setting where they may come into contact with other program participants (instructors, coaches, campers, camp counselors, camp program staff, and camp program administrators, etc.). Many program activities will be conducted in a public community center setting. As a result, while PRCR Department staff will make reasonable efforts to adhere to the above-stated guidelines, participants in PRCR programs may be exposed to increased risk of transmission or infection of COVID-19 through various actions or interventions, including but not limited to contact with or proximity to one or more of the following:

- Other program participants, staff members, or administrators;
- The personal belongings of program participants, staff members, or administrators;
- Programming and activity materials including, but not limited to, markers, books, games, toys, recreational equipment, etc.; and;
- City of Raleigh community center fixtures and furnishings, including door knobs, chairs, tables, plumbing apparatus, light switches, etc.

I understand that participating in the recreational program selected involves risk of injury or illness. These risks include, but are not limited to, inclement weather, accidents while traveling, food related illness, equipment problems or failures, contact with and actions of other participants, spectators, and volunteers, slips/trips/falls, musculoskeletal injuries, exposure to and illness from infectious diseases, and any and all risks described in the preceding section. I choose for myself or for my child to participate in the selected programs despite the risks. By signing below, I acknowledge all risks of injury, illness, death, and property damage, and affirm that I have assumed all responsibility of injury, illness, or death in any way connected with participation in the program. I also agree for myself and for any child participant to follow all rules and procedures of the program and to follow the reasonable instructions of the counselors, staff members, and supervisors of the program.

By signing below, I acknowledge that I have read, understand, and agree to the City of Raleigh policies listed on this form. Signature is required to complete the registration process.

Participant Signature _____ Date _____

Signature of parent/legal guardian if child is under 18 _____ Date _____

Directory

Explore Your Parks with Park Locator! Access Park Locator: <http://maps.raleighnc.gov/parklocator/> Find the closest park to your home, search for parks by amenity, get directions to a park, and explore program offerings at the parks!

Frequently Called Numbers

Adopt-A-Park	919-996-3292
City Cemeteries	919-996-6548
General Park Maintenance	919-996-4115
Facilities and Operations	
Facilities, Irrigation, Lighting	919-996-3420
General Recreation	919-996-6640
Greenways	919-996-4786
Greenway Map Request	919-996-3285
Reclink Support	919-996-2153
Recreation Business Office	919-996-4800

Division

Administration	919-996-3285
Design/Development	919-996-4824
Maintenance/Parks	919-996-4115
Marketing	919-996-3285
Raleigh Arts	919-996-3610
Recreation	919-996-6640
Urban Forestry	919-996-4115

Programs

Adult Program	
Anne Gordon Center for Active Adults	919-996-4720
Five Points Center for Active Adults	919-996-4730
Walnut Terrace Center	919-996-6160
Adventure Program	919-996-6855
Amusements	
520 Ashe Avenue	919-996-6468
Aquatics and Swimming Pools	
2401 Wade Avenue	919-996-6852
Arts Program	919-996-4683
Athletic Program	
2401 Wade Avenue	919-996-6836
Athletics Leisure Line Update	
2401 Wade Avenue	(24 hr. recording) 919-996-6575
Community Centers Program	
2401 Wade Avenue	919-996-6640
Cultural Outreach and Enrichment Program	
2401 Wade Avenue	919-996-6844
Nature Programs	
820 Clay Street	919-996-6856
Specialized Recreation Services	
2401 Wade Avenue	919-996-6640
Adults	919-996-2149
Inclusion Services	919-996-2145
	or 919-996-2146
Social Clubs	919-996-2148
Visually Impaired	919-996-2147
Youth	919-996-2110
Special Olympics Wake County	919-996-2111
Tennis Program – Millbrook Exchange Tennis Center	
1905B Spring Forest Road	919-996-4129
Teen Program	
820 Clay Street	919-996-2139
Urban Forestry	919-996-4115 / 919-872-4137(fox)
Volunteer Programs	
222 W. Hargett Street	919-996-3292
Youth Programs	
820 Clay Street, 27605	919-996-6165
After School Program, Before School Program, Summer Camps, Track Out Program	

Abbotts Creek Community Center

— **•AEZ**
9950 Durant Road, 27614
919-996-2770

All Children's Playground c/o Laurel Hills Park

— **•BEG**
3808 Edwards Mill Road, 27612
919-996-2383

Anderson Point Park c/o Barwell Road

— **•EKMN**
20 Anderson Point Drive, 27610
919-996-5994

Anne Gordon Center for Active Adults

— **•L**
1901 Spring Forest Road, 27615
919-996-4720

Annie Louise Wilkerson, MD Nature Preserve Park

— **•K**
5229 Awls Haven Drive, 27614
919-996-6764

Bailewick Road Park c/o Lake Lynn

— **•BEM**
9501 Bailewick Road, 27615
919-996-2911

Barwell Road Community Center

— **•AEWZ**
5857 Barwell Park Drive, 27610
919-996-5994
Barwell's Open Play Line: 919-996-6736

Biltmore Hills Park and Community Center

— **•ABCDEGMZ**
2615 Fitzgerald Drive, 27610
919-996-6895

Biltmore Hills Swimming Pool

— **•D**
701 Crown Crossing Lane, 27610
919-831-6736

Borden Building at Fletcher Park

— **•GMV**
820 Clay Street, 27605
919-996-4363

Brentwood Neighborhood Park and Center c/o Green Road

— **•BCEGM**
3315 Vinson Court, 27604
919-996-4141

Brier Creek Community Center

— **•AEGMWZ**
10810 Globe Road, 27617
919-996-3301

Brookhaven Nature Park

— **•K**
5125 Berkeley Street, 27612

Buffaloe Road Aquatics Center

— **•D**
5908 Buffaloe Road, 27616
919-996-5600

Buffaloe Road Athletic Park

— **•BEW**
5900 Buffaloe Road, 27616
919-996-6836

Carolina Pines Park, Community Center, and Off-Leash Dog Park

— **•ABCEUZ**
2305 Lake Wheeler Road, 27603
919-831-6435

Cedar Hills Park c/o Optimist

— **•BCEFGHM**
5600 Sweetbriar Drive, 27609
919-996-2880

City of Raleigh Museum (COR)

220 Fayetteville Street, 27601
919-996-2220

Dorothea Dix Park

— **•NUV**
2105 Umstead Dr, Raleigh, NC 27603
919-996-6688

Durant Nature Preserve

— **•EKMOQ**
8305 Camp Durant Road, 27614
919-878-9116

Eastgate Neighborhood Park Center c/o Millbrook

— **•CEJM**
4200 Quail Hollow Drive, 27609
919-996-4156

Fallon Park c/o Kiwanis Park

2601 Oxford Road 27608
919-996-3135

Five Points Center for Active Adults

— **•LZ**
2000 Noble Road, 27608
919-996-4730

Fred Fletcher Park c/o Jaycee

820 Clay Street, 27605
919-996-6833

Forest Ridge Park

2100 Old NC 98 Hwy, Wake Forest 27587
919-996-5800

Garris Building c/o Jaycee

820 Clay Street, 27605
919-996-6833

Glen Eden Pilot Neighborhood Center c/o Jaycee

— **•CM**
1500 Glen Eden Drive, 27612
919-996-6833

Green Road Park and Community Center

— **•ABCEGMRZ**
4201 Green Road, 27604
919-996-4141

Greystone Recreation Center

— **•E**
7713-55 Lead Mine Road, 27615
919-996-4848

Halifax Park and Community Center

— **•AEG**
1023 Halifax Street, 27604
919-996-6378

Hill Street Park and Neighborhood Center

— **•EM**
2307 Hill Street, 27604
919-996-5300

Honeycutt Park c/o Millbrook Exchange

— **•BEGRMN**
1032 Clear Creek Farm Road, 27615
919-996-4156

Horseshoe Farm Nature Preserve

— **•KN**
2900 Horseshoe Farm Road, 27587
919-878-9116

Isabella Cannon Park c/o Jaycee

2601 Kilgore Avenue, 27608
919-996-6833

Jaycee Park and Community Center

— **•ABCEJMRVZ**
2405 Wade Avenue, 27607
919-996-6833

John Chavis Memorial Park and Community Center

— **•ABCEMNWZ**
505 MLK Jr. Boulevard, 27601
919-996-6590

Directory

John P. "Top" Greene Center

— •
401 MLK Jr. Boulevard, 27601
919-831-6527

Kentwood Park c/o Carolina Pines

4531 Kaplan Drive, 27606
919-831-6435

Kingwood Forest c/o Biltmore

2610 Evers Drive, 27610
919-996-6895

Kiwanis Neighborhood Park and Center

— •BEGMU
2525 Noble Road, 27608
919-996-3135

Lake Lynn Park and Community Center

— •ABCENQZ
7921 Ray Road, 27613
919-996-2911

Lake Johnson Park and Nature Preserve

— •MNOPQ
4601 Avenet Ferry Road, 27606
919-996-3141

Lake Johnson Swimming Pool

— •D
5623 Jaguar Park Drive, 27606
919-233-2111

Lake Wheeler Park

— •EJMOPQ
6404 Lake Wheeler Road, 27603
919-662-5704

Laurel Hills Park and Sassafras Community Center Sassafras Playground

— •ABEGMZ
3808 Edwards Mill Road, 27612
919-996-2383

Leesville Community Park c/o Lake Lynn

— E
5105 Country Trail, 27613
919-996-2911

Lions Park and Community Center

— •ABCEGMZ
516 Dennis Avenue, 27604
919-996-4726

Lions Park BMX Track

— S
516 Dennis Avenue, 27604
919-996-4726

Longview Swimming Pool

321 Bertie Drive, 27610
919-831-6343

Marsh Creek Park, Community Center, Skate Park and Inline Hockey Rink

— •ABEMTYZ
3050 N. New Hope Road, 27604
919-996-4920

Method Road Park and Community Center

— •AEGZ
514 Method Road, 27607
919-996-6066

Millbrook Exchange Community Center

— •ABEGMUZ
1905 Spring Forest Road, 27615
919-996-4156

Millbrook Exchange Swimming Pool

— •D
1905 Spring Forest Road, 27615
919-996-4130

Millbrook Exchange Tennis Center

— C
1905 B Spring Forest Road, 27615
919-996-4129

Mordecai Historic Park

— V
1 Mimosa Street, 27604
919-996-4364

North Hills Park c/o Optimist

— BCEMN
100 Chowan Circle, 27609
919-996-2880

Oakwood Off-Leash Dog Park c/o Lions

— BMGU
910 Brookside Drive, 27604
919-996-4726

Optimist Park and Community Center

— •ABCEN
5900 Whittier Drive, 27609
919-996-2880

Optimist Swimming Pool

— •D
5902 Whittier Drive, 27609
919-996-2790

Peach Road Cultural Center

— •EG
911 Ileagnes Road, 27603
919-807-8545

Pope House Museum

511 South Wilmington Street, 27601
919-996-2220

Powell Drive Park c/o Method

— •CEG
740 Powell Drive, 27606
919-996-6066

Pullen Park Amusements

— •CEMOPZ
520 Ashe Avenue, 27606
919-996-6468

Pullen Aquatic Center

— •D
410 Ashe Avenue, 27606
919-996-6197

Pullen Arts Center

— •L
105 Pullen Road, 27607
919-996-6126

Pullen Community Center

— Z
408 Ashe Avenue, 27606
919-996-6052

Raleigh Little Theatre/Rose Garden

— •V
301 Pogue Street, 27607
919-821-4579

Ralph Campbell Community Center

— •G
756 Lunar Drive, 27610
919-250-2757

Ridge Road Swimming Pool

— •D
1709 Ridge Road, 27607
919-420-2322

Roberts Park and Community Center

— •ABCEGLMZ
1300 E. Martin Street, 27610
919-831-6830

Saint Monica Teen Center

15 North Tarboro Street, 27610
919-996-4770

Sanderford Road Park and Neighborhood Center

— •BCEGM
2623 Sanderford Road, 27610
919-831-1898

Sgt. Courtney T. Johnson Neighborhood Center

— •EGM
1801 Proctor Road, 27610
919-831-6719

Sertoma Arts Center

— •L
1400 W. Millbrook Road, 27612
919-996-2329

Spring Forest Road Park c/o Green Road

— BCEMN
4203 Spring Forest Road 27616
919-996-4141

Strickland Road Park c/o Lake Lynn

— E
12804 Strickland Road, 27613
919-996-2911

Tarboro Road Park and Community Center

— •ACEMZ
121 N. Tarboro Street, 27610
919-996-6505

Theatre in the Park

— •
107 Pullen Road, 27607
919-831-6058

Thomas G. Crowder Woodland Center

— •KN
5611 Jaguar Drive, 27606
919-996-3141

Tucker House

— •
418 N. Person Street, 27601
919-996-4363

Walnut Creek Softball Complex

— •B
1201 Sunnybrook Road, 27610
919-250-2725

Walnut Creek Wetland Center

— •KN
950 Peterson Street, 27610
919-996-2760

Walnut Terrace Center

— •
1256 McCauley Street, Ste. 126, 27601
919-996-6160

Williams Park c/o Sertoma Arts Center

— CEMR
6601 Leadmine Road, 27612
919-996-2329

Worthdale Park and Community Center

— •ACEFZ
1001 Cooper Road, 27610
919-996-2730

* Inquiries and mail for unstaffed centers should be sent to c/o site.

Amenities Legend

A	Gymnasiums	O	Lake
B	Lighted Ballfield(s)	P	Boat Rental
C	Tennis Courts	Q	Fishing
D	Pool	R	Sand Volleyball
E	Play Equipment	S	BMX Track
F	Mini Park	T	Inline Skating
G	Outdoor Basketball	U	Dog Park
H	Frisbee Golf	V	Gardens
J	Exercise Trail	W	Walking Track
K	Nature Study	Y	Skate Park
L	Arts	Z	Fitness Room
M	Picnic Shelter	•	Handicap Accessible
N	Greenway Trail		



City of Raleigh
Parks, Recreation and Cultural Resources
P.O. Box 590 Raleigh, NC 27602
PRCR 6501

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