

2024 | May - August

Leisure Ledger



**Raleigh
Parks**

Online Registration Starts
March 19, 2024

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!

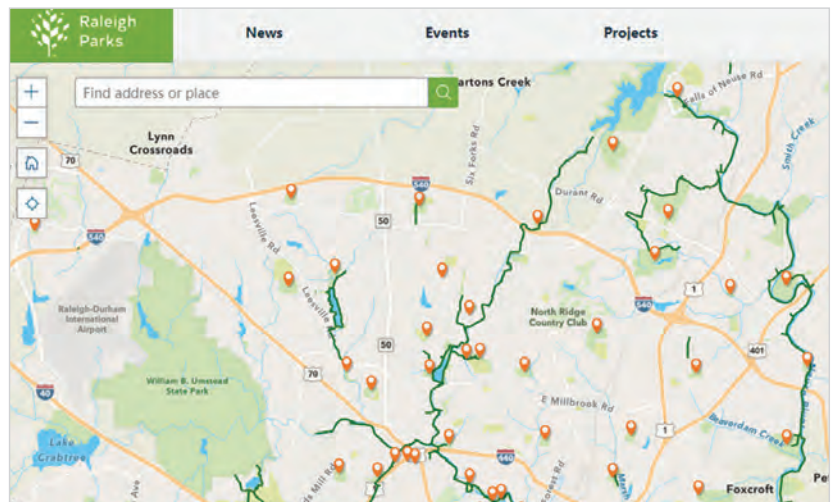
PARK LOCATOR HAS A NEW LOOK!!

Explore Raleigh Parks 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:

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

You may also access Park Locator by clicking or searching **Find A Park 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)



Raleigh Parks

Raleigh City Council*

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

Parks, Recreation and Greenway Advisory Board Members*

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

**at time of printing*

*Parks, Recreation and
Greenway Advisory
Board Meetings are
held on the 3rd Thursday
at 6:00pm of each month.
Please check the City website
for location. The public is
invited to attend.*

Arts Commission Members

Chair: David Clegg
Vice Chair: Patty Williams
Aurelia Belfield
Toni Gadsden
Juan Isler
David Moore
Judy Payne
Angela Salamanca
Mary Silver
Billy Warden
Greg Whitt
Carl Wilkins

Management Team

Director:
Stephen Bentley
Assistant Director:
Charles Craig
Ken Hisler
*Administration
Superintendent:*
Helene McCullough

Historic Resources and Museum Program Advisory Board

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

City of Raleigh Historic Cemetery Advisory Board

Connie Crumpler
James Demby
Amy Fix
Allyson Kuegel
Caleb Smith

Public Art and Design Board

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

Financial Assistance

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



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".



There is a place for everyone in Raleigh Parks!

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

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

Raleigh Parks also offers **Specialized Recreation and Inclusion Services** for those interested in additional accommodations.

Special Events

MAY

May the 4th be with You!

In a community center far far away... Celebrate May the 4th with us by wearing your favorite galaxy-approved costume and join in on crafts, activities, and themed snacks. May the 4th be with You!

John Chavis Community Center

May 4 Sa 11:00am-2:00pm

May the 4th Be with You Galactic Glow in the Dark Dodgeball Tournament

Whether you are member of the dark side, or rebel scum, let's join forces to unite in a fun filled day of glow-in-the-dark dodgeball benefitting Raleigh Parks financial assistance program. Activities will include food trucks, music, games, crafts, and costumes! Proceeds support the Play it Forward Financial Assistance program that helps families and individuals play for a lifetime. Grab your favorite droids and Wookies and register today! Cost \$160/team (5-8 players); \$25 for individuals. Price includes Glow-in-the-dark shirt! Ages 18+ to play. Register at raleighnc.gov keyword search: fundraising events.

Tarboro Road Community Center

May 4 Sa 11:00am-5:00pm

JUNE

Fun Fitness in the Park

Kick off our four-week program, Fun Fitness in the Park, with us! This program will feature different forms of fitness.

John Chavis Community Center

Jun 10-Jul 1 M 6:30-8:30pm

Chavis & Chill

Join us for a live band, food trucks, and a chill evening. We hope to see you jamming here!

John Chavis Community Center

Jun 11 Tu 6:00-8:00pm

Juneteenth: A Chavis Celebration

This event includes activities the whole family can enjoy! The excitement will include bounce houses, face painting, crafts and more.

John Chavis Community Center

Jun 12 W 6:00-9:00pm

Chavis Frolics

Dance the night away on the plaza to your favorite old school and new school tunes! This throwback event will feature a special musical guest, and it will be an event you will not want to miss!

John Chavis Community Center

Jun 13 Th 6:00-9:00pm

Midday Melodies & Eats

Let us be your lunch break getaway. We will have music to hear throughout the park, yard games and food trucks.

John Chavis Community Center

Jun 14 F 11:00am-1:00pm

African American History: A Trip through Time

Join us Monday night for conversations surrounding African American history subjects, places, events such as John Chavis, Juneteenth, and Chavis Park history. We will take a trip through time from the 1700s through present day. Refreshments will be provided.

John Chavis Community Center

Jun 17 M 6:00-8:00pm

Artival

Join us at JCMP for an art exhibition displaying various mediums of artistic expression. In addition, we will hold a painting workshop and light hors d'oeuvres will be provided.

John Chavis Community Center

Jun 18 Tu 5:30-8:30pm

JULY

Camp Carefree

Ages 18+ to play. Turn your staycation into a playcation with Raleigh Parks and Recreation! Whether this is your first camp experience, or you want to relive your youth, come escape the daily grind and have fun making new friendships with us. From creating tie-dye t-shirts, fishing and kayaking at the lake, to participating in a kickball tournament and cheering your team on at tug-of-war, we have something for everyone! You can register for the day or sign up for the entire week. \$40/day; \$110.00 for the entire week. Register at raleighnc.gov keyword search: fundraising events.

Marsh Creek Community Center - Arts & Crafts

Jul 1 M 10:00am-3:00pm

Forest Ridge Nature Preserve - Water Day

Jul 2 Tu 10:00am-3:00pm -

Baileywick Park - Field Day and Kickball Tournament

Jul 3 W 10:00am-3:00pm

Splashfest

Splish, splash, join our bash! Celebrate Summer with us by participating in water activities, enjoying our splash pad, and treating yourself to a snow cone!

John Chavis Community Center

Jul 13 Sa 12:00-3:00pm

Holly Jolly Raleigh Prom for Adults

Ages 21+. It might be hot outside, but you are in for a cool night at the Holly Jolly Raleigh Christmas in July Winter Prom. Get glitzed up and rock around our Christmas trees to the sounds of our DJ. Enjoy adult beverages at the cash bar and nosh on our free hors d'oeuvres. A mixologist will also be present creating delicious seasonally themed mocktails. Enter for a chance to be on the Winter Court, and you just might become our Winter King or Queen! This party is going to sleigh! So, bring your special someone, come by your elf, or round up your reindeer friends and come as a group! Proceeds support the Play it Forward Financial Assistance program that helps families and individuals play for a lifetime. \$35 per person. Ticket prices are per person and include two drink tickets and hors d'oeuvres. Register at raleighnc.gov keyword search: fundraising events.

Five Points Center for Active Adults

Jul 27 Sa 8:00pm-11:00pm

AUGUST

Back to School Jamboree at the Park

Join us for an evening filled with bounce houses, entertainment, crafts and more. Free lunch boxes and water bottles available to students while supplies last.

John Chavis Community Center

Aug 17 Sa 5:30-8:30pm

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.

All Pools

(with the exception of
Buffaloe Road Aquatic Center)

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

Buffaloe Road Aquatic Center

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

The Aquatics Division offers the following certification courses:

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

All Pools

Punch Passes

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

	Resident	Non-Res
1-12 years	\$24	\$36
13-54 years	\$60	\$96
55 and older	\$48	\$72

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

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

Aquatic Swim Lessons

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

Private Lesson - Single: \$32

Private Lesson - Package: \$110

Aquatic Water Exercise Membership

Senior Resident: \$32

Adult Resident: \$40

Senior Non-Resident: \$44

Adult Non-Resident: \$52

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

Drop-In Rates

Drop-in rates are available for single classes.

Senior Resident: \$6

Adult Resident: \$8

Senior Non-Resident: \$7

Adult Non-Resident: \$9

Preschool

Parent & Child Aquatics Level 1

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

Biltmore Hills Pool

Jul 13-Aug 3 Sa 10:10-10:40am Fee: \$45

Buffaloe Road Aquatic Center

May 7-May 23 Tu&Th 4:30-5:00pm Fee: \$60

Jun 1-Jun 22 Sa 10:10-10:40am Fee: \$45

Jun 4-Jun 20 Tu&Th 10:50-11:20am Fee: \$60

Jun 4-Jun 20 Tu&Th 4:30-5:00pm Fee: \$60

Jul 9-Jul 25 Tu&Th 11:30am-12:00pm Fee: \$60

Jul 9-Jul 25 Tu&Th 4:30-5:00pm Fee: \$60

Jul 13-Aug 3 Sa 10:10-10:40am Fee: \$45

Aug 6-Aug 22 Tu&Th 11:30am-12:00pm Fee: \$60

Aug 6-Aug 22 Tu&Th 4:30-5:00pm Fee: \$60

Lake Johnson Pool

Jun 8-Jun 29 Sa 9:30-10:00am Fee: \$45

Jul 8-Jul 18 M-Th 9:30-10:00am Fee: \$77

Longview Pool

Jun 17-Jun 27 M-Th 9:30-10:00am Fee: \$77

Millbrook Pool

Jun 1-Jun 22 Sa 9:30-10:00am Fee: \$45

Jul 9-Jul 18 Tu-Th 9:30-10:00am Fee: \$60

Jul 9-Jul 18 Tu-Th 5:50-6:20pm Fee: \$60

Jul 13-Jul 27 Sa 9:30-10:00am Fee: \$42

Jul 23-Aug 1 Tu-Th 9:30-10:00am Fee: \$60

Jul 23-Aug 1 Tu-Th 5:50-6:20pm Fee: \$60

Aug 6-Aug 15 Tu-Th 9:30-10:00am Fee: \$60

Aug 6-Aug 15 Tu-Th 5:10-5:40pm Fee: \$60

Aug 10-Aug 24 Sa 9:30-10:00am Fee: \$42

Pullen Aquatic Center

May 7-May 23 Tu&Th 5:10-5:40pm Fee: \$60

Jun 11-Jun 27 Tu&Th 10:50-11:20am Fee: \$60

Jun 11-Jun 27 Tu&Th 5:10-5:40pm Fee: \$60

Jul 8-Jul 18 M,W,Th 10:50-11:20am Fee: \$60

Jul 8-Jul 18 M,W,Th 5:10-5:40pm Fee: \$60

Jul 13-Aug 3 Sa 10:10-10:40am Fee: \$45

Jul 22-Aug 1 M,W,Th 10:50-11:20am Fee: \$60

Jul 22-Aug 1 M,W,Th 5:10-5:40pm Fee: \$60

Ridge Road Pool

Jun 8-Jun 29 Sa 9:30-10:00am Fee: \$45

Jun 17-Jun 27 M-Th 9:30-10:00am Fee: \$77

Parent & Child Aquatics Level 2

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

Buffaloe Road Aquatic Center

May 7-May 23 Tu&Th 4:30-5:00pm Fee: \$60

Jun 1-Jun 22 Sa 10:10-10:40am Fee: \$45

Jun 4-Jun 20 Tu&Th 10:50-11:20am Fee: \$60

Jun 4-Jun 20 Tu&Th 4:30-5:00pm Fee: \$60

Jul 9-Jul 25 Tu&Th 11:30am-12:00pm Fee: \$60

Jul 9-Jul 25 Tu&Th 4:30-5:00pm Fee: \$60

Jul 13-Aug 3 Sa 10:10-10:40am Fee: \$45

Aug 6-Aug 22 Tu&Th 11:30am-12:00pm Fee: \$60

Aug 6-Aug 22 Tu&Th 4:30-5:00pm Fee: \$60

Lake Johnson Pool

Jul 13-Aug 3 Sa 9:30-10:00am Fee: \$45

Longview Pool

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Jul 8-Jul 18 M,W,Th 5:50-6:20pm Fee: \$60

Jul 13-Aug 3 Sa 10:50-11:20am Fee: \$45

Jul 22-Aug 1 M,W,Th 10:10-10:40am Fee: \$60

Jul 22-Aug 1 M,W,Th 5:50-6:20pm Fee: \$60

Ridge Road Pool

Jul 13-Aug 3 Sa 9:30-10:00am Fee: \$45

Preschool Aquatics Swim Level 1

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

Biltmore Hills Pool

Jun 17-Jun 27 M-Th 5:10-5:40pm Fee: \$77

Jul 8-Jul 18 M-Th 5:10-5:40pm Fee: \$77

Jul 13-Aug 3 Sa 10:10-10:40am Fee: \$45

Jul 22-Aug 1 M-Th 5:10-5:40pm Fee: \$77

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Aug 6-Aug 22 Tu&Th 5:10-5:40pm Fee: \$60

Lake Johnson Pool

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Jun 3-Jun 13 M-Th 6:30-7:00pm Fee: \$77

Jun 8-Jun 29 Sa 9:30-10:00am Fee: \$45

Jun 17-Jun 27 M-Th 9:30-10:00am Fee: \$77

Jun 17-Jun 27 M-Th 5:10-5:40pm Fee: \$77

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Jul 13-Aug 3 Sa 9:30-10:00am Fee: \$45

Millbrook Pool

Jun 1-Jun 22 Sa 8:50-9:20am Fee: \$45

Jun 1-Jun 22 Sa 9:30-10:00am Fee: \$60

Jun 18-Jun 27 Tu-Th 9:30-10:00am Fee: \$55

Jun 18-Jun 27 Tu-Th 5:10-5:40pm Fee: \$55

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Jul 22-Aug 1 M-Th 6:30-7:00pm Fee: \$77

Preschool Aquatics Swim Level 2

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

Biltmore Hills Pool

Jun 17-Jun 27 M-Th 5:10-5:40pm Fee: \$77

Jul 8-Jul 18 M-Th 5:10-5:40pm Fee: \$77

Jul 13-Aug 3 Sa 10:50-11:20am Fee: \$45

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Jun 1-Jun 22 Sa 9:30-10:00am Fee: \$45

Jun 1-Jun 22 Sa 10:10-10:40am Fee: \$45

Jun 1-Jun 22 Sa 11:30am-12:00pm Fee: \$45

Jun 18-Jun 27 Tu-Th 10:10-10:40am Fee: \$55

Jun 18-Jun 27 Tu-Th 5:10-5:40pm Fee: \$55

Jul 9-Jul 18 Tu-Th 10:10-10:40am Fee: \$60

Jul 9-Jul 18 Tu-Th 5:10-5:40pm Fee: \$60

Jul 13-Jul 27 Sa 9:30-10:00am Fee: \$42

Jul 13-Jul 27 Sa 10:10-10:40am Fee: \$42

Jul 23-Aug 1 Tu-Th 10:10-10:40am Fee: \$60

Jul 23-Aug 1 Tu-Th 5:10-5:40pm Fee: \$60

Aug 6-Aug 15 Tu-Th 10:10-10:40am Fee: \$60

Aug 6-Aug 15 Tu-Th 5:10-5:40pm Fee: \$60

Aug 6-Aug 15 Tu-Th 5:50-6:20pm Fee: \$60

Aug 10-Aug 24 Sa 9:30-10:00am Fee: \$42

Aug 10-Aug 24 Sa 10:10-10:40am Fee: \$42

Pullen Aquatic Center

May 7-May 23 Tu&Th 5:50-6:20pm Fee: \$60

Jun 11-Jun 27 Tu&Th 10:10-10:40am Fee: \$60

Jun 11-Jun 27 Tu&Th 5:50-6:20pm Fee: \$60

Jul 8-Jul 18 M,W,Th 10:10-10:40am Fee: \$60

Jul 8-Jul 18 M,W,Th 5:50-6:20pm Fee: \$60

Jul 13-Aug 3 Sa 10:50-11:20am Fee: \$45

Jul 22-Aug 1 M,W,Th 10:10-10:40am Fee: \$60

Jul 22-Aug 1 M,W,Th 5:50-6:20pm Fee: \$60

Ridge Road Pool

Jun 3-Jun 13 M-Th 5:50-6:20pm Fee: \$77

Jun 8-Jun 29 Sa 10:10-10:40am Fee: \$45

Jun 17-Jun 27 M-Th 10:10-10:40am Fee: \$77

Jun 17-Jun 27 M-Th 5:10-5:40pm Fee: \$77

Jul 8-Jul 18 M-Th 10:10-10:40am Fee: \$77

Jul 8-Jul 18 M-Th 5:10-5:40pm Fee: \$77

Jul 13-Aug 3 Sa 10:50-11:20am Fee: \$45

Jul 22-Aug 1 M,W,Th 10:10-10:40am Fee: \$60

Jul 22-Aug 1 M,W,Th 5:50-6:20pm Fee: \$60

Preschool Aquatics Swim Level 3

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

Biltmore Hills Pool

Jun 17-Jun 27 M-Th 5:50-6:20pm Fee: \$77

Jul 13-Aug 3 Sa 10:50-11:20am Fee: \$45

Buffaloe Road Aquatic Center

May 7-May 23 Tu&Th 5:10-5:40pm Fee: \$60

Jun 1-Jun 22 Sa 10:50-11:20am Fee: \$45

Jun 4-Jun 20 Tu&Th 10:50-11:20am Fee: \$60

Jun 4-Jun 20 Tu&Th 5:10-5:40pm Fee: \$60

Jul 9-Jul 25 Tu&Th 10:10-10:40am Fee: \$60

Jul 9-Jul 25 Tu&Th 5:10-5:40pm Fee: \$60

Jul 13-Aug 3 Sa 10:50-11:20am Fee: \$45

Aug 6-Aug 22 Tu&Th 10:10-10:40am Fee: \$60

Aug 6-Aug 22 Tu&Th 5:10-5:40pm Fee: \$60

Lake Johnson Pool

Jun 3-Jun 13 M-Th 6:30-7:00pm Fee: \$77

Jun 8-Jun 29 Sa 10:10-10:40am Fee: \$45

Jun 17-Jun 27 M-Th 10:10-10:40am Fee: \$77

Jul 8-Jul 18 M-Th 10:10-10:40am Fee: \$77

Jul 8-Jul 18 M-Th 5:50-6:20pm Fee: \$77

Jul 13-Aug 3 Sa 10:10-10:40am Fee: \$45

Jul 22-Aug 1 M-Th 9:30-10:00am Fee: \$77

Jul 22-Aug 1 M-Th 5:10-5:40pm Fee: \$77

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Longview Pool

Jun 1-Jun 27	M-Th	10:10-10:40am	Fee: \$77
Jul 8-Jul 18	M-Th	5:50-6:20pm	Fee: \$77
Jul 13-Aug 3	Sa	10:10-10:40am	Fee: \$45

Millbrook Pool

Jun 1-Jun 22	Sa	10:10-10:40am	Fee: \$45
Jun 18-Jun 27	Tu-Th	10:50-11:20am	Fee: \$55
Jun 18-Jun 27	Tu-Th	6:30-7:00pm	Fee: \$55
Jul 9-Jul 18	Tu-Th	10:10-10:40am	Fee: \$60
Jul 9-Jul 18	Tu-Th	5:50-6:20pm	Fee: \$60
Jul 13-Jul 27	Sa	10:10-10:40am	Fee: \$42
Jul 23-Aug 1	Tu-Th	10:10-10:40am	Fee: \$60
Jul 23-Aug 1	Tu-Th	5:50-6:20pm	Fee: \$60
Aug 6-Aug 15	Tu-Th	10:10-10:40am	Fee: \$60
Aug 6-Aug 15	Tu-Th	5:50-6:20pm	Fee: \$60
Aug 10-Aug 24	Sa	10:10-10:40am	Fee: \$42

Pullen Aquatic Center

Jun 11-Jun 27	Tu&Th	11:30am-12:00pm	Fee: \$60
Jun 11-Jun 27	Tu&Th	6:30-7:00pm	Fee: \$60
Jul 8-Jul 18	M,W,Th	11:30am-12:00pm	Fee: \$60
Jul 8-Jul 18	M,W,Th	6:30-7:00pm	Fee: \$60
Jul 13-Aug 3	Sa	11:30am-12:00pm	Fee: \$45
Jul 22-Aug 1	M,W,Th	11:30am-12:00pm	Fee: \$60
Jul 22-Aug 1	M,W,Th	6:30-7:00pm	Fee: \$60

Ridge Road Pool

Jun 3-Jun 13	M-Th	6:30-7:00pm	Fee: \$77
Jun 8-Jun 29	Sa	10:10-10:40am	Fee: \$45
Jun 17-Jun 27	M-Th	10:10-10:40am	Fee: \$77
Jun 17-Jun 27	M-Th	5:50-6:20pm	Fee: \$77
Jul 8-Jul 18	M-Th	10:10-10:40am	Fee: \$77
Jul 8-Jul 18	M-Th	5:50-6:20pm	Fee: \$77
Jul 13-Aug 3	Sa	10:10-10:40am	Fee: \$45
Jul 22-Aug 1	M-Th	9:30-10:00am	Fee: \$77
Jul 22-Aug 1	M-Th	5:10-5:40pm	Fee: \$77

Youth**Intra City Swim Team**

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

Biltmore Hills Pool**Biltmore Barracudas 3-18**

Jun 17-Aug 5	M & W	6:00-6:45pm	Fee: \$82
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Buffaloe Road Aquatic Center**Buffaloe Blue Whales 11-18**

Jun 17-Aug 5	M & W	4:00-4:45pm	Fee: \$82
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Buffaloe Blue Whales 3-10

Jun 17-Aug 5	M & W	5:00-5:45pm	Fee: \$82
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Buffaloe Blue Whales 3-18

Jun 17-Aug 5	M & W	6:00-6:45pm	Fee: \$82
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Lake Johnson Pool**Lake Johnson Green Rays 3-18**

Jun 17-Aug 5	M & W	9:00-9:45am	Fee: \$82
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Lake Johnson Green Rays 3-10

Jun 17-Aug 5	M & W	6:00-6:45pm	Fee: \$82
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Lake Johnson Green Rays 11-18

Jun 17-Aug 5	M & W	7:00-7:45pm	Fee: \$82
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Longview Pool**Longview Sharks 3-18**

Jun 17-Aug 5	M & W	9:00-9:45am	Fee: \$82
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Longview Sharks 3-10

Jun 17-Aug 5	M & W	6:00-6:45pm	Fee: \$82
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Longview Sharks 11-18

Jun 17-Aug 5	M & W	7:00-7:45pm	Fee: \$82
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Millbrook Pool**Millbrook Marlins 3-18**

Jun 17-Aug 5	M & W	8:30-9:15am	Fee: \$82
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Millbrook Marlins 3-10

Jun 17-Aug 5	M & W	6:00-6:45pm	Fee: \$82
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Millbrook Marlins 11-18

Jun 17-Aug 5	M & W	7:00-7:45pm	Fee: \$82
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Pullen Aquatic Center**Pullen Pirates 3-10**

Jun 17-Aug 5	M & W	6:00-6:45pm	Fee: \$82
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Pullen Pirates 11-18

Jun 17-Aug 5	M & W	7:00-7:45pm	Fee: \$82
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Ridge Road Pool**Ridge Road Dolphins 3-18**

Jun 17-Aug 5	M & W	9:00-9:45am	Fee: \$82
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Ridge Road Dolphins 3-10

Jun 17-Aug 5	M & W	6:00-6:45pm	Fee: \$82
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Ridge Road Dolphins - 11-18

Jun 17-Aug 5	M & W	6:00-6:45pm	Fee: \$82
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**Swim Lesson - Level 1
Intro Water Skills**

Age: 6-12 yrs. School-age participants learn elementary aquatic skills. This class helps participants enjoy and feel comfortable in the water, learn underwater exploration while opening eyes, blow bubbles and float with assistance. Participants start developing good attitudes and safe practices around the water.

Biltmore Hills Pool

Jun 17-Jun 27	M-Th	5:50-6:20pm	Fee: \$77
Jun 17-Jun 27	M-Th	6:30-7:00pm	Fee: \$77
Jul 8-Jul 18	M-Th	5:50-6:20pm	Fee: \$77
Jul 13-Aug 3	Sa	11:30am-12:00pm	Fee: \$45
Jul 22-Aug 1	M-Th	5:50-6:20pm	Fee: \$77

Buffaloe Road Aquatic Center

May 7-May 23	Tu&Th	5:50-6:20pm	Fee: \$60
Jun 1-Jun 22	Sa	11:30am-12:00pm	Fee: \$45
Jun 4-Jun 20	Tu&Th	5:50-6:20pm	Fee: \$60
Jul 9-Jul 25	Tu&Th	10:50-11:20am	Fee: \$60
Jul 9-Jul 25	Tu&Th	5:50-6:20pm	Fee: \$60
Jul 13-Aug 3	Sa	11:30am-12:00pm	Fee: \$45
Aug 6-Aug 22	Tu&Th	10:50-11:20am	Fee: \$60
Aug 6-Aug 22	Tu&Th	5:50-6:20pm	Fee: \$60

Lake Johnson Pool

Jun 3-Jun 13	M-Th	5:50-6:20pm	Fee: \$77
Jun 8-Jun 29	Sa	10:50-11:20am	Fee: \$45
Jun 17-Jun 27	M-Th	10:50-11:20am	Fee: \$77
Jun 17-Jun 27	M-Th	11:30am-12:00pm	Fee: \$77
Jun 17-Jun 27	M-Th	5:50-6:20pm	Fee: \$77
Jul 8-Jul 18	M-Th	10:50-11:20am	Fee: \$77
Jul 8-Jul 18	M-Th	11:30am-12:00pm	Fee: \$77
Jul 8-Jul 18	M-Th	5:50-6:20pm	Fee: \$77
Jul 13-Aug 3	Sa	10:50-11:20am	Fee: \$45
Jul 22-Aug 1	M-Th	10:10-10:40am	Fee: \$77
Jul 22-Aug 1	M-Th	5:50-6:20pm	Fee: \$77

Longview Pool

Jun 17-Jun 27	M-Th	10:50-11:20am	Fee: \$77
Jun 17-Jun 27	M-Th	5:50-6:20pm	Fee: \$77
Jul 8-Jul 18	M-Th	5:50-6:20pm	Fee: \$77
Jul 13-Aug 3	Sa	10:50-11:20am	Fee: \$45

Millbrook Pool

Jun 1-Jun 22	Sa	8:50-9:20am	Fee: \$45
Jun 1-Jun 22	Sa	10:50-11:20am	Fee: \$45
Jun 18-Jun 27	Tu-Th	11:30am-12:00pm	Fee: \$55
Jun 18-Jun 27	Tu-Th	5:50-6:20pm	Fee: \$55
Jul 9-Jul 18	Tu-Th	10:50-11:20am	Fee: \$60
Jul 9-Jul 18	Tu-Th	6:30-7:00pm	Fee: \$60
Jul 13-Jul 27	Sa	8:50-9:20am	Fee: \$42

Jul 13-Jul 27	Sa	10:50-11:20am	Fee: \$42
Jul 23-Aug 1	Tu-Th	10:50-11:20am	Fee: \$60
Jul 23-Aug 1	Tu-Th	6:30-7:00pm	Fee: \$60
Aug 6-Aug 15	Tu-Th	10:50-11:20am	Fee: \$60
Aug 6-Aug 15	Tu-Th	6:30-7:00pm	Fee: \$60
Aug 10-Aug 24	Sa	8:50-9:20am	Fee: \$42
Aug 10-Aug 24	Sa	10:50-11:20am	Fee: \$42

Pullen Aquatic Center

May 7-May 23	Tu&Th	5:10-5:40pm	Fee: \$60
Jun 11-Jun 27	Tu&Th	10:50-11:20am	Fee: \$60
Jun 11-Jun 27	Tu&Th	5:10-5:40pm	Fee: \$60
Jul 8-Jul 18	M,W,Th	10:50-11:20am	Fee: \$60
Jul 8-Jul 18	M,W,Th	5:10-5:40pm	Fee: \$60
Jul 13-Aug 3	Sa	11:30am-12:00pm	Fee: \$45
Jul 22-Aug 1	M,W,Th	10:50-11:20am	Fee: \$60
Jul 22-Aug 1	M,W,Th	5:10-5:40pm	Fee: \$60

Ridge Road Pool

Jun 3-Jun 13	M-Th	5:50-6:20pm	Fee: \$77
Jun 8-Jun 29	Sa	10:50-11:20am	Fee: \$45
Jun 17-Jun 27	M-Th	10:50-11:20am	Fee: \$77
Jun 17-Jun 27	M-Th	11:30am-12:00pm	Fee: \$77
Jun 17-Jun 27	M-Th	5:50-6:20pm	Fee: \$77
Jul 8-Jul 18	M-Th	9:30-10:00am	Fee: \$77
Jul 8-Jul 18	M-Th	10:50-11:20am	Fee: \$77
Jul 8-Jul 18	M-Th	5:50-6:20pm	Fee: \$77
Jul 13-Aug 3	Sa	10:50-11:20am	Fee: \$45
Jul 22-Aug 1	M-Th	10:10-10:40am	Fee: \$77
Jul 22-Aug 1	M-Th	5:50-6:20pm	Fee: \$77

**Swim Lesson - Level 2
Fundamental Skills**

Age: 6-12 yrs. Participants must have completed exit skills in Level 1. In Level 2, participants go underwater completely while blowing bubbles from their noses and mouths. Participants learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotor skills while building on the skills learned in Level 1.

Biltmore Hills Pool

Jun 17-Jun 27	M-Th	6:30-7:00pm	Fee: \$77
Jul 8-Jul 18	M-Th	5:50-6:20pm	Fee: \$77
Jul 13-Aug 3	Sa	11:30am-12:00pm	Fee: \$45
Jul 22-Aug 1	M-Th	5:50-6:20pm	Fee: \$77

Buffaloe Road Aquatic Center

May 7-May 23	Tu&Th	5:50-6:20pm	Fee: \$60
Jun 1-Jun 22	Sa	11:30am-12:00pm	Fee: \$45
Jun 4-Jun 20	Tu&Th	5:50-6:20pm	Fee: \$60
Jul 9-Jul 25	Tu&Th	10:50-11:20am	Fee: \$60
Jul 9-Jul 25	Tu&Th	5:50-6:20pm	Fee: \$60
Jul 13-Aug 3	Sa	11:30am-12:00pm	Fee: \$45
Aug 6-Aug 22	Tu&Th	10:50-11:20am	Fee: \$60
Aug 6-Aug 22	Tu&Th	5:50-6:20pm	Fee: \$60

Lake Johnson Pool

Jun 3-Jun 13	M-Th	5:10-5:40pm	Fee: \$77
Jun 8-Jun 29	Sa	10:50-11:20am	Fee: \$45
Jun 17-Jun 27	M-Th	10:50-11:20am	Fee: \$77
Jun 17-Jun 27	M-Th	5:50-6:20pm	Fee: \$77
Jul 8-Jul 18	M-Th	10:50-11:20am	Fee: \$77
Jul 8-Jul 18	M-Th	6:30-7:00pm	Fee: \$77
Jul 13-Aug 3	Sa	10:50-11:20am	Fee: \$45
Jul 22-Aug 1	M-Th	10:50-11:20am	Fee: \$77

Longview Pool

Jun 17-Jun 27	M-Th	10:50-11:20am	Fee: \$77
Jun 17-Jun 27	M-Th	5:10-5:40pm	Fee: \$77
Jul 8-Jul 18	M-Th	6:30-7:00pm	Fee: \$77
Jul 13-Aug 3	Sa	10:50-11:20am	Fee: \$45

Millbrook Pool

Jun 1-Jun 22	Sa	10:50-11:20am	Fee: \$45
Jun 18-Jun 27	Tu-Th	5:50-6:20pm	Fee: \$55
Jul 9-Jul 18	Tu-Th	10:50-11:20am	Fee: \$60
Jul 9-Jul 18	Tu-Th	6:30-7:00pm	Fee: \$60
Jul 13-Jul 27	Sa	10:50-11:20am	Fee: \$42
Jul 13-Jul 27	Sa	11:30am-12:00pm	Fee: \$42
Jul 23-Aug 1	Tu-Th	10:50-11:20am	Fee: \$60
Jul 23-Aug 1	Tu-Th	6:30-7:00pm	Fee: \$60
Aug 6-Aug 15	Tu-Th	10:50-11:20am	Fee: \$60
Aug 6-Aug 15	Tu-Th	6:30-7:00pm	Fee: \$60
Aug 10-Aug 24	Sa	10:50-11:20am	Fee: \$42
Aug 10-Aug 24	Sa	11:30am-12:00pm	Fee: \$42

Pullen Aquatic Center

May 7-May 23	Tu&Th	5:50-6:20pm	Fee: \$60
Jun 11-Jun 27	Tu&Th	10:10-10:40am	Fee: \$60
Jun 11-Jun 27	Tu&Th	5:50-6:20pm	Fee: \$60
Jul 8-Jul 18	M,W,Th	10:10-10:40am	Fee: \$60
Jul 8-Jul 18	M,W,Th	5:50-6:20pm	Fee: \$60
Jul 22-Aug 1	M,W,Th	10:10-10:40am	Fee: \$60
Jul 22-Aug 1	M,W,Th	5:50-6:20pm	Fee: \$60

Ridge Road Pool

Jun 3-Jun 13	M-Th	5:10-5:40pm	Fee: \$77
Jun 8-Jun 29	Sa	10:50-11:20am	Fee: \$45
Jun 17-Jun 27	M-Th	10:50-11:20am	Fee: \$77
Jun 17-Jun 27	M-Th	6:30-7:00pm	Fee: \$77
Jul 8-Jul 18	M-Th	10:50-11:20am	Fee: \$77
Jul 8-Jul 18	M-Th	6:30-7:00pm	Fee: \$77
Jul 13-Aug 3	Sa	10:50-11:20am	Fee: \$45
Jul 22-Aug 1	M-Th	10:50-11:20am	Fee: \$77

Swim Lesson - Level 3 Stroke Development

Age: 6-12 yrs. Participants must have completed exit skills in Level 2. They will learn to coordinate alternating and simultaneous arm and leg actions of several strokes. Level 3 lets participants perform skills without assistance and learn survival float, elementary backstroke, dolphin and scissor kicks and coordination of the front crawl.

Biltmore Hills Pool

Jul 8-Jul 18	M-Th	6:30-7:00pm	Fee: \$77
Jul 22-Aug 1	M-Th	6:30-7:00pm	Fee: \$77

Buffaloe Road Aquatic Center

May 7-May 23	Tu&Th	5:50-6:20pm	Fee: \$60
Jun 1-Jun 22	Sa	11:30am-12:00pm	Fee: \$45
Jun 4-Jun 20	Tu&Th	5:50-6:20pm	Fee: \$60
Jul 9-Jul 25	Tu&Th	10:50-11:20am	Fee: \$60
Jul 9-Jul 25	Tu&Th	5:50-6:20pm	Fee: \$60
Jul 13-Aug 3	Sa	11:30am-12:00pm	Fee: \$45
Aug 6-Aug 22	Tu&Th	10:50-11:20am	Fee: \$60
Aug 6-Aug 22	Tu&Th	5:50-6:20pm	Fee: \$60

Lake Johnson Pool

Jun 8-Jun 29	Sa	11:30am-12:00pm	Fee: \$45
Jun 17-Jun 27	M-Th	11:30am-12:00pm	Fee: \$77
Jun 17-Jun 27	M-Th	6:30-7:00pm	Fee: \$77
Jul 8-Jul 18	M-Th	11:30am-12:00pm	Fee: \$77
Jul 8-Jul 18	M-Th	6:30-7:00pm	Fee: \$77
Jul 13-Aug 3	Sa	11:30am-12:00pm	Fee: \$45
Jul 22-Aug 1	M-Th	10:50-11:20am	Fee: \$77
Jul 22-Aug 1	M-Th	6:30-7:00pm	Fee: \$77

Longview Pool

Jun 17-Jun 27	M-Th	11:30am-12:00pm	Fee: \$77
Jun 17-Jun 27	M-Th	6:30-7:00pm	Fee: \$77
Jul 8-Jul 18	M-Th	6:30-7:00pm	Fee: \$77
Jul 13-Aug 3	Sa	11:30am-12:00pm	Fee: \$45

Millbrook Pool

Jun 1-Jun 22	Sa	10:50-11:20am	Fee: \$45
Jun 18-Jun 27	Tu-Th	6:30-7:00pm	Fee: \$55
Jul 9-Jul 18	Tu-Th	11:30am-12:00pm	Fee: \$60
Jul 9-Jul 18	Tu-Th	7:10-7:40pm	Fee: \$60
Jul 13-Jul 27	Sa	10:50-11:20am	Fee: \$42
Jul 23-Aug 1	Tu-Th	11:30am-12:00pm	Fee: \$60
Jul 23-Aug 1	Tu-Th	7:10-7:40pm	Fee: \$60
Aug 6-Aug 15	Tu-Th	11:30am-12:00pm	Fee: \$60
Aug 6-Aug 15	Tu-Th	7:10-7:40pm	Fee: \$60
Aug 10-Aug 24	Sa	10:50-11:20am	Fee: \$42

Pullen Aquatic Center

May 7-May 23	Tu&Th	6:30-7:00pm	Fee: \$60
Jun 11-Jun 27	Tu&Th	11:30am-12:00pm	Fee: \$60
Jun 11-Jun 27	Tu&Th	6:30-7:00pm	Fee: \$60
Jul 8-Jul 18	M,W,Th	11:30am-12:00pm	Fee: \$60
Jul 8-Jul 18	M,W,Th	6:30-7:00pm	Fee: \$60

Jul 22-Aug 1	M,W,Th	11:30am-12:00pm	Fee: \$60
Jul 22-Aug 1	M,W,Th	6:30-7:00pm	Fee: \$60

Ridge Road Pool

Jun 8-Jun 29	Sa	11:30am-12:00pm	Fee: \$45
Jun 17-Jun 27	M-Th	11:30am-12:00pm	Fee: \$77
Jun 17-Jun 27	M-Th	6:30-7:00pm	Fee: \$77
Jul 8-Jul 18	M-Th	11:30am-12:00pm	Fee: \$77
Jul 8-Jul 18	M-Th	6:30-7:00pm	Fee: \$77
Jul 13-Aug 3	Sa	11:30am-12:00pm	Fee: \$45
Jul 22-Aug 1	M-Th	10:50-11:20am	Fee: \$77
Jul 22-Aug 1	M-Th	11:30am-12:00pm	Fee: \$77
Jul 22-Aug 1	M-Th	6:30-7:00pm	Fee: \$77

Swim Lesson - Level 4 Stroke Improvement

Age: 6-12 yrs. Participants must have completed exit skills in Level 3. In Level 4 swim lessons, the back crawl and breaststroke are introduced. Endurance is also a key factor for this course. Participants continue to build upon the scissor kick and dolphin kick by adding the arms for sidestroke and butterfly.

Buffaloe Road Aquatic Center

May 7-May 23	Tu&Th	6:30-7:00pm	Fee: \$60
Jun 1-Jun 22	Sa	12:10-12:40pm	Fee: \$45
Jun 4-Jun 20	Tu&Th	6:30-7:00pm	Fee: \$60
Jul 9-Jul 25	Tu&Th	6:30-7:00pm	Fee: \$60
Jul 13-Aug 3	Sa	12:10-12:40pm	Fee: \$45
Aug 6-Aug 22	Tu&Th	6:30-7:00pm	Fee: \$60

Lake Johnson Pool

Jun 8-Jun 29	Sa	11:30am-12:00pm	Fee: \$45
Jun 17-Jun 27	M-Th	6:30-7:00pm	Fee: \$77
Jul 22-Aug 1	M-Th	11:30am-12:00pm	Fee: \$77

Longview Pool

Jun 17-Jun 27	M-Th	11:30am-12:00pm	Fee: \$77
Jul 13-Aug 3	Sa	11:30am-12:00pm	Fee: \$45

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Millbrook Pool

Jun 1-Jun 22	Sa	11:30am-12:00pm	Fee: \$45
Jun 18-Jun 27	Tu-Th	7:10-7:40pm	Fee: \$55
Jul 9-Jul 18	Tu-Th	11:30am-12:00pm	Fee: \$60
Jul 9-Jul 18	Tu-Th	7:10-7:40pm	Fee: \$60
Jul 13-Jul 27	Sa	11:30am-12:00pm	Fee: \$42
Jul 23-Aug 1	Tu-Th	11:30am-12:00pm	Fee: \$60
Jul 23-Aug 1	Tu-Th	7:10-7:40pm	Fee: \$60
Aug 6-Aug 15	Tu-Th	11:30am-12:00pm	Fee: \$60
Aug 6-Aug 15	Tu-Th	7:10-7:40pm	Fee: \$60
Aug 10-Aug 24	Sa	11:30am-12:00pm	Fee: \$42

Pullen Aquatic Center

May 7-May 23	Tu&Th	6:30-7:00pm	Fee: \$60
Jun 11-Jun 27	Tu&Th	11:30am-12:00pm	Fee: \$60
Jun 11-Jun 27	Tu&Th	6:30-7:00pm	Fee: \$60
Jul 8-Jul 18	M,W,Th	11:30am-12:00pm	Fee: \$60
Jul 8-Jul 18	M,W,Th	6:30-7:00pm	Fee: \$60
Jul 22-Aug 1	M,W,Th	11:30am-12:00pm	Fee: \$60
Jul 22-Aug 1	M,W,Th	6:30-7:00pm	Fee: \$60

Ridge Road Pool

Jun 8-Jun 29	Sa	11:30am-12:00pm	Fee: \$45
Jul 8-Jul 18	M-Th	11:30am-12:00pm	Fee: \$77
Jul 13-Aug 3	Sa	11:30am-12:00pm	Fee: \$45
Jul 22-Aug 1	M-Th	11:30am-12:00pm	Fee: \$77

**Swim Lesson - Level 5
Stroke Refinement**

Age: 6-12 yrs. Participants must have completed exit skills in Level 4 swim lessons. In Level 5 swim lessons, participants coordinate and refine all strokes. Flip turns on both front and back are introduced in this course. Endurance and distance are important in this course.

Buffaloe Road Aquatic Center

May 7-May 23	Tu&Th	6:30-7:00pm	Fee: \$60
Jun 1-Jun 22	Sa	12:10-12:40pm	Fee: \$45
Jun 4-Jun 20	Tu&Th	6:30-7:00pm	Fee: \$60
Jul 9-Jul 25	Tu&Th	6:30-7:00pm	Fee: \$60
Jul 13-Aug 3	Sa	12:10-12:40pm	Fee: \$45
Aug 6-Aug 22	Tu&Th	6:30-7:00pm	Fee: \$60

Lake Johnson Pool

Jul 13-Aug 3	Sa	11:30am-12:00pm	Fee: \$45
Jul 22-Aug 1	M-Th	11:30am-12:00pm	Fee: \$77

Millbrook Pool

Jun 1-Jun 22	Sa	11:30am-12:00pm	Fee: \$45
Jul 13-Jul 27	Sa	11:30am-12:00pm	Fee: \$42
Aug 6-Aug 15	T-Th	7:10-7:40pm	Fee: \$60
Aug 10-Aug 24	Sa	11:30am-12:00pm	Fee: \$42

Pullen Aquatic Center

Jun 11-Jun 27	Tu&Th	7:10-7:40pm	Fee: \$60
Jul 22-Aug 1	M,W,Th	7:10-7:40pm	Fee: \$60

Adult**Adult Learning the Basics
Swim Class**

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

Biltmore Hills Pool

Jul 8-Jul 18	M-Th	6:30-7:10pm	Fee: \$83
Jul 22-Aug 1	M-Th	6:30-7:10pm	Fee: \$83

Buffaloe Road Aquatic Center

May 7-May 23	Tu&Th	6:30-7:10pm	Fee: \$66
Jun 1-Jun 22	Sa	12:10-12:50pm	Fee: \$51
Jun 4-Jun 20	Tu&Th	11:30am-12:10pm	Fee: \$66
Jun 4-Jun 20	Tu&Th	6:30-7:10pm	Fee: \$66
Jul 9-Jul 25	Tu&Th	11:30am-12:10pm	Fee: \$66
Jul 9-Jul 25	Tu&Th	6:30-7:10pm	Fee: \$66
Jul 13-Aug 3	Sa	12:10-12:50pm	Fee: \$51
Aug 6-Aug 22	Tu&Th	11:30am-12:10pm	Fee: \$66
Aug 6-Aug 22	Tu&Th	6:30-7:10pm	Fee: \$66

Millbrook Pool

Jun 1-Jun 22	Sa	8:40-9:20am	Fee: \$51
Jun 18-Jun 27	Tu-Th	7:10-7:50pm	Fee: \$59
Jul 13-Jul 27	Sa	8:40-9:20am	Fee: \$48
Aug 10-Aug 24	Sa	8:40-9:20am	Fee: \$48

Pullen Aquatic Center

May 7-May 23	Tu&Th	7:10-7:50pm	Fee: \$66
Jun 11-Jun 27	Tu&Th	7:10-7:50pm	Fee: \$66
Jul 8-Jul 18	M,W,Th	7:10-7:50pm	Fee: \$66
Jul 22-Aug 1	M,W,Th	7:10-7:50pm	Fee: \$66

Adult Refining Swim Strokes Class

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

Buffaloe Road Aquatic Center

May 7-May 23	Tu&Th	6:30-7:10pm	Fee: \$66
Jun 1-Jun 22	Sa	12:10-12:50pm	Fee: \$51
Jun 4-Jun 20	Tu&Th	11:30am-12:10pm	Fee: \$66
Jun 4-Jun 20	Tu&Th	6:30-7:10pm	Fee: \$66
Jul 9-Jul 25	Tu&Th	11:30am-12:10pm	Fee: \$66
Jul 9-Jul 25	Tu&Th	6:30-7:10pm	Fee: \$66
Jul 13-Aug 3	Sa	12:10-12:50pm	Fee: \$51
Aug 6-Aug 22	Tu&Th	11:30am-12:10pm	Fee: \$66
Aug 6-Aug 22	Tu&Th	6:30-7:10pm	Fee: \$66

Pullen Aquatic Center

May 7-May 23	Tu&Th	7:10-7:50pm	Fee: \$66
Jul 8-Jul 18	M,W,Th	7:10-7:50pm	Fee: \$66





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: Kendal Draper

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

Pullen Arts Center's Gallery Exhibits

GALLERY SPACES

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

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

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

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

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

Fridays - Closed

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

Sertoma Arts Center

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

Director: Julia Meder

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

Hall Gallery: The Sertoma Students of Sarah Ann Austin

Display Cases: Ann Haigler, Katlyn Cornelius and Leeman Smith

JULY **Raleigh Room:** Troy Brown

Hall Gallery: Trudy Thomson

Display Cases: Ashley Bonner and Maria LeFrancois

Preschool

Ballet and Tap for Preschoolers

Age: 2-3 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: \$41
Ages 2-3

May 1-May 22	W	10:15-11:00am
May 7-May 28	Tu	10:15-11:00am

Ballet/Tap Basic Tinies at Greystone

Age: 2-3 yrs. Enroll your budding ballet/tap dancers in Ballet and Tap Basics! Steps, combinations and technical training will enhance your young dancer's coordination, vocabulary and knowledge of music. Dancers will refine their technique in a fun and safe environment with Ms. Gabbie.

Greystone Recreation Center – Course Fee: \$40
May 2-May 23 Th 11:00-11:45am

Ballet/Tap Basics at Greystone

Age: 3-5 yrs. Enroll your budding ballet/tap dancers in Ballet and Tap Basics! Steps, combinations and technical training will enhance your young dancer's coordination, vocabulary and knowledge of music. Dancers will refine their technique in a fun and safe environment with Ms. Gabbie.

Greystone Recreation Center – Course Fee: \$40
May 2-May 23 Th 10:15-11:00am

Butterfly Ballerina's

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

Hill Street Neighborhood Center – Course Fee: \$30
May 7-May 28 Tu 5:00-5:30pm
Jun 4-Jun 25 Tu 5:00-5:30pm
Jul 9-Jul 30 Tu 5:00-5:30pm
Aug 6-Aug 27 Tu 5:00-5:30pm

Crafters Corner - Preschool Drop In Art Time

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

Millbrook Exchange Community Center – Course Fee: \$5
May 24 F 10:30am-12:30pm

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.

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

UPCOMING PERFORMANCES & EVENTS

Looking for Roberto Clemente
May 4-12

Movies in the Garden: Moulin Rouge!
May 23

Kinky Boots
July 2-23

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 & EVENTS

Henry V
June 20-22 & 27-29 at 7:30pm
June 23 & 30 at 3:00pm

By the Way, Meet Vera Stark
August 15-17 & 22-24 at 7:30pm
August 18 & 25 at 3:00pm

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

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: \$40
May 7-May 28 Tu 5:30-6:30pm
Jun 4-Jun 25 Tu 5:30-6:30pm
Jul 9-Jul 30 Tu 5:30-6:30pm
Aug 6-Aug 27 Tu 5:30-6:30pm

Family Pottery - Magnet Mondays

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

Pullen Arts Center – Course Fee: \$30
May 6 M 10:00-11:00am
Jun 3 M 10:00-11:00am
Jul 1 M 10:00-11:00am
Aug 12 M 10:00-11:00am

JCMP Storytime/Art

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

John Chavis Community Center
May 1-Aug 28 W 10:30-11:30a

Mini Stars Competition Team

Age: 4-6 yrs. This Competition Team is for dancers ages 4-6 years old. There will be performances outside the studio and 3 competitions in which this class will compete (NC State Fair, Believe Competition and Showstopper Competition). Additional entry fee and costume costs will be required. Instructor Ms. Gabbie - No experience necessary. We do 2 recital performances in the dance season, one in winter (December) and the other in spring (June) where they will receive a trophy for the dance year. We also participate in Christmas parades.

Lake Lynn Community Center
May 4-May 25 Sa 1:15-2:00pm Fee: \$50
Jun 1-Jun 15 Sa 1:15-2:00pm Fee: \$37.50

Preschool - Mini Monets

Age: 1.5-2.5 yrs. This class introduces little ones to a variety of art materials through hands-on learning. Discovery and creative play encourage the development of motor skills and group social skills. A parent or caregiver attends with child; only child should be registered for class. Supplies included. 6 sessions. Instructor: Michelle Davis Petelinz.

Sertoma Arts Center – Course Fee: \$66
May 14-Jun 18 Tu 10:00-10:45am
Jul 16-Aug 20 Tu 10:00-10:45am

continued on page 16 –

Preschool - Petite Picassos

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

Sertoma Arts Center – Course Fee: \$76

May 14-Jun 18	Tu	11:00am-12:00pm
Jul 16-Aug 20	Tu	11:00am-12:00pm

Suzuki Music for Babies

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

Instructor: Jeanne Beegle

Greystone Recreation Center – Course Fee: \$556

May 1-Jun 5	W	10:00-10:50am
May 1-Jun 5	W	11:30am-12:20pm

Twinkle Stars Ballet and Tap

Age: 2-3 yrs. Learn Tendues, Shuffles and more with this class as it splits from ballet and into tap. Ages 2-3 yrs old. White/pink tights and pink/black leotard. Ballet skirt optional. Ballet slippers and tap shoes. Instructed by Ms. Gabbie. We do 2 recital performances in the dance season, one in Winter (December) and the other in Spring (June) where they will receive a trophy for the dance year. We also participate in Christmas parades.

Lake Lynn Community Center

May 4-May 25	Sa	9:15-10:00am	Fee: \$41
Jun 1-Jun 15	Sa	9:15-10:00am	Fee: \$31

Youth Pottery - Intergeneration Clay Exploration

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

Pullen Arts Center – Course Fee: \$36

Jun 5	W	10:00-11:15am
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Youth**Art - Fantastic Beasts and How to Make Them**

Age: 7-11 yrs. We'll create fantastic creatures letting our imaginations run wild! Using recycled materials, paper, paint, oil pastel, tissue paper, glue, fabric, yarn, and more. What will you create? A fierce multicolored dragonbird? A blue tortoise with spiky hair? If you can imagine it, you can make it! Supplies included. 6 Sessions. Instructor: Michelle Davis Petelinz.

Sertoma Arts Center – Course Fee: \$116

May 8-Jun 12	W	4:00-6:00pm
Jul 17-Aug 21	W	4:00-6:00pm

Art - Game Creators

Age: 7-11 yrs. If you've ever wanted to make up your own board game where you set the rules, design the board and create the game pieces, here's your chance! We'll find out what makes a fun game, so that you can become a game designer and dream up an entire game with a book of rules, pieces and more. On the last day of class, we'll play everyone's game! Supplies included. 6 Sessions. Instructor: Michelle Davis Petelinz.

Sertoma Arts Center – Course Fee: \$116

May 16-Jun 20	Th	4:00-6:00pm
Jul 18-Aug 22	Th	4:00-6:00pm

Ballet/Lyrical/Tap for Shooting Stars

Age: 6-13 yrs. The first half of this class is a mixture of ballet and lyrical, emphasizing technique and discipline. The second half shuffles into tap. Tights, leotard, ballet slippers, tap shoes and ballet skirt are preferred but not required. Instructed by Ms. Gabbie. We do 2 recital performances in the dance season, one in winter (December) and the other in spring (June) where they will receive a trophy for the dance year. We also participate in Christmas parades.

Lake Lynn Community Center

May 4-May 25	Sa	12:15-1:00pm	Fee: \$41
Jun 1-Jun 15	Sa	12:15-1:00pm	Fee: \$31

Ballet/Tap for Mini Stars

Age: 4-5 yrs. Your preschooler will learn techniques to grow as a dancer. Class is split from ballet and then into tap. We will work on flexibility and ballet terminology. Students will learn how to turn without getting dizzy and leap as high as they can without falling! Students should wear white or pink tights, ballet slippers/ tap shoes and black or pink leotards. Ballet skirt is optional. Instructed by Ms. Gabbie. We do 2 recital performances in the dance season, one in winter (December) and the other in spring (June) where they will receive a trophy for the dance year. We also participate in Christmas parades.

Lake Lynn Community Center

May 4-May 25	Sa	10:15-11:00am	Fee: \$41
Jun 1-Jun 15	Sa	10:15-11:00am	Fee: \$31

Drawing - Garden Art

Age: 6-12 yrs. This class will explore several projects to create unique art for your garden. Mosaic stepping stones, bird feeders, painted flower pots, wind chimes, and fairy houses are some of the projects this class will create. All supplies are provided. 6 Sessions. Instructor: Sarah Clover

Sertoma Arts Center – Course Fee: \$106

May 14-Jun 18	Tu	4:00-5:45pm
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Fibers - Sewing for Beginners

Age: 8-11 yrs. In this class you will learn about needles, fabric, and how to use a sewing machines basic functions. Students will choose from two simple designs: a pillow or sleep mask. No knowledge of sewing is required. Supplies included. We will be using Sertoma's sewing machines. 3 sessions. Instructor: Sarah Ann Austin.

Sertoma Arts Center – Course Fee: \$91

Jul 17-Jul 31	W	4:30-6:00pm
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It's Showtime Theater!

Age: 6-13 yrs. Students build confidence and find their voice with beginning acting lessons. Students will be taking on different emotions and environments as they work on skits. It's time for your close up! Instructor: Gabriellia Whitaker. Our theatre program continues month to month until December. Class will consist of a Winter Play on the last class in December and a Spring Play on the last class in June. Scripts will be given to students and we'll work on practicing lines.

Lake Lynn Community Center

May 1-May 22	W	7:00-8:00pm	Fee: \$51
Jun 5-Jun 12	W	7:00-8:00pm	Fee: \$26

Jazzed to Jive

Age: 5-11 yrs. Leap, twirl, and Jazz Hands!! The first half of class will focus on ballet technique and choreography; in the second half, we will let our hair down and bust a move with Jazz and Hip Hop steps. Freestylin' freedom is encouraged in the "final bow" of each class. Instructor: Ms. Gabbie

Greystone Recreation Center – Course Fee: \$30

May 6-May 20	M	5:00-5:55pm
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Jazzy Cheer-Hip Hop Fusion

Age: 6-13 yrs. This fun, high-energy class offers a mixture of cheerleading and hip-hop. So get those Poms Poms ready and learn to do some footwork with jazz hands! Please wear comfortable attire. Ages 6-13 years old. Instructed by Ms. Gabbie. We do 2 recital performances in the dance season, one in winter (December) and the other in spring (June) where they will receive a trophy for the dance year. We also participate in Christmas parades.

Lake Lynn Community Center

May 4-May 25 Sa 11:15am-12:00pm Fee: \$41
Jun 1-Jun 15 Sa 11:15am-12:00pm Fee: \$31

Junior Competition Team

Age: 7-12 yrs. This Competition Team is for dancers ages 7-12 years old. There will be performances outside the studio and 3 competitions in which this class will compete (NC State Fair, Believe Competition and Showstopper Competition). Additional entry fee and costume costs will be required. Instructor Ms. Gabbie - No experience necessary. We do 2 recital performances in the dance season, one in winter (December) and the other in spring (June) where they will receive a trophy for the dance year. We also participate in Christmas parades.

Lake Lynn Community Center

May 4-May 25 Sa 2:15-3:00pm Fee: \$50
Jun 1-Jun 15 Sa 2:15-3:00pm Fee: \$25

Music - Raleigh Children's Orchestra

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

Sertoma Arts Center - Course Fee: \$106

Summer Session (8 Weeks)

Jun 6-Aug 1 Th 6:15-7:30pm

Pottery - Ceramic Circus

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

Sertoma Arts Center - Course Fee: \$61

Jul 9-Jul 23 Tu 4:15-5:30pm

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. 2 sessions. Instructor: Patty Merrell.

Sertoma Arts Center - Course Fee: \$36

May 14-May 21 Tu 4:15-5:30pm

Aug 8-Aug 15 Th 4:15-5:30pm

Pottery - Kids Handbuilding: Mother's Day Gifts

Age: 5-9 yrs. Celebrate Father's day by creating gifts for Dad using handbuilding techniques. The first day of class, students will create ceramic works, and the second day they will decorate them with vibrant glazes. This class is a great way for Kids to explore art! Supplies are included. Projects will be ready for pickup about 2 weeks after the last class. Instructor: Ashley Bonner

Sertoma Arts Center - Course Fee: \$42

May 26-Jun 2 Su 12:30-1:30pm

Pottery - Snails and Bugs

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

Sertoma Arts Center - Course Fee: \$36

Jun 13-Jun 20 Th 4:15-5:30pm

Pottery - Youth Handbuilding: Pop! Bang! Boom!

Age: 9-12 yrs. Create bright, eye-catching wall hangings using handbuilding techniques! The first day of class, students will create ceramic works, and the second day they will decorate them with vibrant glazes. This class is a great way for Youth to explore art! Supplies are included. Projects will be ready for pickup about 2 weeks after the last class. Supplies included. 2 sessions. Instructor: Ashley Bonner

Sertoma Arts Center - Course Fee: \$37

Jun 25-Jul 2 Tu 4:30-5:30pm

Youth - Mixed Media Creatures

Age: 5-8 yrs. Come experiment with recycled objects and multimedia to create sculptural creatures! Students will be able to apply their own originality and creativity to each project. All supplies provided. 1 session. Instructor: Pamela Cola.

Pullen Arts Center - Course Fee: \$30

Jun 22 Sa 10:00-11:30am

Youth Drawing - Big and Tall

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

Pullen Arts Center - Course Fee: \$30

Jun 29 Sa 10:00-11:30am

Youth Mixed Media - Animal Experiments!

Age: 5-8 yrs. A chance to investigate a series of expressive mediums and walk away with several animal art pieces! Students will be able try out new supplies and will have a chance to play and experiment! All supplies provided. 1 session. Instructor: Pamela Cola.

Pullen Arts Center - Course Fee: \$30

Aug 24 Sa 10:00-11:30am

Youth Mixed Media - Creative Mask Making

Age: 5-8 yrs. We'll explore mask making with different media! An opportunity to experiment with supplies and creativity. All supplies provided. 1 session. Instructor: Pamela Cola.

Pullen Arts Center - Course Fee: \$30

May 18 Sa 10:00-11:30am

Youth Painting - Explore the Art of Watercolor

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

Pullen Arts Center - Course Fee: \$30

May 11 Sa 2:00-3:30pm

Youth Painting - Introduction to Watercolor

Age: 10-14 yrs. Come learn introductory watercolor techniques and complete a series of projects applying color, texture, and creativity in watercolor! All supplies included. 2 Sessions. Instructor: Aurelis Lugo.

Pullen Arts Center - Course Fee: \$60

May 4-May 11 Sa 10:00am-1:00pm

Youth Painting - Watercolor Landscapes

Age: 9-14 yrs. Join us for this class and learn basic watercolor techniques to create beautiful landscape compositions! All supplies included. 2 sessions. Instructor: Aurelis Lugo.

Pullen Arts Center - Course Fee: \$60

Jun 8-Jun 15 Sa 10:00am-1:00pm

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Youth Pottery - Bouquet for Mom

Age: 9-12 yrs. Let's create a beautiful bouquet for Mom! Youth potters will design and create a vase and flowers on a tile out of clay while using simple hand-building techniques and decorating it with colorful underglazes. Pieces will be left for firing and available for pickup between 2-3 weeks after the last class. All supplies included. 2 sessions. Instructor: Sue Chegari.

Pullen Arts Center - Course Fee: \$30
May 12 Su 1:00-3:00pm

Youth Pottery - Mug for Dad

Age: 9-12 yrs. Let's build a special mug just for Dad. Youth potters will learn hand-building skills to create a mug from slabs, add personal touches, and decorate it with colorful underglazes. Pieces will be left for firing and available for pickup between 2-3 weeks after the last class. All supplies included. 2 sessions. Instructor: Sue Chegari.

Pullen Arts Center - Course Fee: \$30
Jun 2 Su 1:00-3:00pm

Youth Pottery - Andy Warhol Inspired Soup Cups

Age: 9-12 yrs. Explore Clay by creating an Andy Warhol, Soup Can inspired Cup. The first day of class, students will create ceramic works, and the second day they will decorate them with vibrant glazes. This class is a great way to introduce your kids to Art Classes! Supplies are included. Projects will be ready for pickup 2-3 weeks after the last class. 2 Sessions. Instructor: Ashley Bonner.

Pullen Arts Center - Course Fee: \$45
Aug 15-Aug 22 Th 4:30-5:30pm

Youth Pottery - Clay Craft: Birds In a Nest

Age: 5-8 yrs. In this class, young potters will look at how local birds build their nests, then create their unique bird in a nest from clay, and decorate it with colorful underglazes. Projects will be left for firing and available for pickup 2-3 weeks after the last class. All supplies included. 1 session. Instructor: Sue Chegari.

Pullen Arts Center - Course Fee: \$30
May 4 Sa 1:00-3:00pm

Youth Pottery - Clay Craft: Bouquet for Mom

Age: 5-8 yrs. Let's create a beautiful bouquet for Mom! Young potters will create a vase and flowers on a tile out of clay while using simple hand-building techniques and decorate it with colorful underglazes. Projects will be left for firing and available for pickup 2-3 weeks after the last class. All supplies included. 1 session. Instructor: Sue Chegari.

Pullen Arts Center - Course Fee: \$30
May 11 Sa 10:00am-12:00pm

Youth Pottery - Clay Craft: Dish for Dad

Age: 5-8 yrs. Let's build a special dish just for Dad. Young potters learn hand-building skills to create a dish from a slab and a coil, add personal touches, and decorate with colorful underglazes. Projects will be left for firing and available for pickup 2-3 weeks after the last class. All supplies included. 1 session. Instructor: Sue Chegari.

Pullen Arts Center - Course Fee: \$30
Jun 1 Sa 10:00am-12:00pm

Youth Pottery - Clay Craft: Name Plaque

Age: 5-8 yrs. In this class, young potters will design a wall hanging plaque with their name from clay and decorate it with colorful underglazes. All supplies included. 1 session. Instructor: Sue Chegari.

Pullen Arts Center - Course Fee: \$30
Aug 4 Su 1:00-3:00pm

Youth Pottery - Clay Craft: Pinch Pot Animals

Age: 5-8 yrs. In this class, young potters will learn how to create a silly snail pot from a coil of clay and a pinch pot and decorate it with colorful underglaze. Projects will be left for firing and available for pickup 2-3 weeks after the last class. All supplies included. Instructor: Sue Chegari. 1 Session.

Pullen Arts Center - Course Fee: \$30
Jul 20 Sa 10:00am-12:00pm

Youth Pottery - Clay Craft: Silly Snail Pots

Age: 5-8 yrs. In this class, young potters will learn how to create a silly snail pot from a coil of clay and a pinch pot and decorate it with colorful underglaze. Projects will be left for firing and available for pickup 2-3 weeks after the last class. All supplies included. Instructor: Sue Chegari. 1 Session.

Pullen Arts Center - Course Fee: \$30
Jun 8 Sa 10:00am-12:00pm

Youth Pottery - Keith Haring Inspired Wall Hangers

Age: 5-8 yrs. Explore Clay by creating a Keith Haring inspired wall hanging, using the slab hand-building technique. The first day of class, students will create ceramic works, and the second day they will decorate them with vibrant glazes. This class is a great way to introduce your kids to Art Classes! Supplies are included. Projects will be ready for pickup 2-3 weeks after the last class. 2 Sessions. Instructor: Ashley Bonner.

Pullen Arts Center - Course Fee: \$45
May 16-May 23 Th 4:30-5:30pm

Youth Pottery - Personalized Name Plaque

Age: 9-12 yrs. In this class, youth potters will design a wall hanging plaque with their name from clay and decorate it with colorful underglazes. Pieces will be left for firing and available for pickup between 2-3 weeks after the last class. All supplies included. 2 sessions. Instructor: Sue Chegari.

Pullen Arts Center - Course Fee: \$60
Aug 17 Sa 10:00am-12:00pm

Youth Pottery - Pinch Pot Animals

Age: 9-12 yrs. Let's celebrate Beatrix Potter's birthday by making a pinch pot animal. While listening to our choice Beatrix Potter's audiobook, youth potters will use hand-building skills to create their one-of-a-kind pinch pot animal and figurine. Youth potters will explore different textures and add color with underglazes. Pieces will be left for firing and available for pickup between 2-3 weeks after the last class. All supplies included. 1 session. Instructor: Sue Chegari.

Pullen Arts Center - Course Fee: \$30
Jul 21 Su 1:00-3:00pm

Youth Pottery - Pop Art Food

Age: 9-12 yrs. Youth potters will learn how to create their ceramic cupcakes and doughnuts inspired by the work of Andy Warhol, a famous American artist known for his unique Pop Art style. The first week you will learn basic hand-building techniques and the second week we will decorate them with colorful underglazes. Pieces will be left for firing and available for pickup between 2-3 weeks after the last class. All supplies included. 2 sessions. Instructor: Sue Chegari.

Pullen Arts Center - Course Fee: \$60
Aug 3-Aug 10 Sa 10:00am-12:00pm

Youth Pottery - Tic Tac Toe Boards

Age: 9-12 yrs. Youth potters will design and create a 6 x 6 tile Tic Tac Toe board and 2 sets of movable game pieces. They will use a variety of hand-building techniques and decorate it with colorful underglazes. A satchet bag will be provided to transport your game on all your summer adventures. Projects will be left for firing and available for pickup approximately 2-3 weeks after the class. All supplies included. 2 sessions. Instructor: Sue Chegari.

Pullen Arts Center - Course Fee: \$60
May 18-May 25 Sa 10:00am-12:00pm



Youth Watercolor - Experiments in Watercolor

Age: 9-14 yrs. Ready to experiment and play with new ways of using watercolor? This class is an opportunity to explore painting from a new lens and trying out new ways of applying mark-making and color. Come have fun while trying something new! All supplies included. 2 sessions. Instructor: Aurelis Lugo.

Pullen Arts Center - Course Fee: \$60
Aug 10-Aug 17 Sa 10:00am-1:00pm

Teen

Drawing - Drawing Fundamentals for Teens

Age: 13-16 yrs. This class will explore drawing fundamentals such as contour drawing, gesture drawing, value and shading, composition and perspective. We will draw figures, landscapes in realistic and abstract experiments using a variety of drawing materials: pencil, pen, charcoal, colored pencils, pastels and markers. Supplies included. 6 sessions. Instructor: Anne Terry. No Class: May 27

Sertoma Arts Center - Course Fee: \$91
May 13-Jun 24 M 4:30-6:00pm
Jul 15-Aug 19 M 4:30-6:00pm

Drawing - Sketchbook Drawing for Teens

Age: 12-16 yrs. This class will explore all types of drawing techniques. Experimenting with contour drawing, gesture drawing, value and shading, composition and perspective; We will emphasize your personal style development. All supplies are included. 6 Sessions. Instructor: Sarah Clover
Sertoma Arts Center - Course Fee: \$106
May 14-Jun 18 Tu 6:00-7:45pm

Pottery - Wheel Throwing for Teens

Age: 12-16 yrs. Teens learn the basics of throwing pots on the potter's wheel. Class time includes throwing demonstrations followed by practice time on the wheel. Students work at their own level, so all teens are welcome! Class ends with glazing all pots for firing. Pottery will be ready for pick-up two weeks after class is over. Supplies included. 6 sessions. Instructor: Anne Terry.

Sertoma Arts Center - Course Fee: \$136
May 9-Jun 13 Th 4:00-6:30pm
Jul 11-Aug 15 Th 4:00-6:30pm

Teen - Felt Banners Workshop

Age: 11-16 yrs. Create Felt Banners to decorate your spaces! We will talk through decorative vs functional banners, as well as looking through examples and ideas for students to explore. This is a great way to create decor that expresses your interests! All supplies included. One session. Instructor: Ashley Bonner.

Pullen Arts Center - Course Fee: \$32
Jun 1 Sa 10:00am-12:00pm

Teen Ballet/Jazz

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

Lake Lynn Community Center
May 2-May 23 Th 7:00-8:00pm Fee: \$50
Jun 6-Jun 13 Th 7:00-8:00pm Fee: \$25

Teen Competition Team

Age: 13-17 yrs. This Competition Team is for dancers ages 13-17 years old. There will be performances outside the studio and 3 competitions in which this class will compete (NC State Fair, Believe Competition and Showstopper Competition). Additional entry fee and costume costs will be required. Instructor Ms. Gabbie - No experience necessary. We do 2 recital performances in the dance season, one in winter (December) and the other in spring (June) where they will receive a trophy for the dance year. We also participate in Christmas parades.

Lake Lynn Community Center
May 2-May 23 Th 6:00-6:45pm Fee: \$50
Jun 6-Jun 13 Th 6:00-6:45pm Fee: \$25

Teen Jewelry Workshop - Collage: 3D Style

Age: 12-18 yrs. Do you like to build things from other things? Do you like to find objects and put them together with other things you've found to make something new? Then this is the workshop for you! You will have your choice from everything but the kitchen sink to make collages that are three dimensional. They can be jewelry, wall art, sculptures, mobiles, or you name its. All supplies included. Join Nndi Kowalczyk and Amy Veatch for this workshop. Students should bring a brown bag lunch with them each day.
Pullen Arts Center - Course Fee: \$270
Aug 10-Aug 11 Sa&Su 10:00am-4:00pm

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Teen Pottery - Beginning Wheel

Age: 12-15 yrs. Level up and get behind the potter's wheel! Spend six afternoons with other creative teens in the new Pullen Arts Center wheel classroom, learning the fundamentals of wheel throwing. In this small group class, students will receive individualized attention from the instructor. The focus will be on learning about the creative process and persistence, the properties of clay, wedging, centering, throwing, refining shapes, trimming/finishing, and glazing. Pieces will be glazed during the last class meeting. Pieces will be left for firing and available for pickup between 2-3 weeks after the last class. All supplies included. 6 sessions. Instructor: Shanique Fowling.

Pullen Arts Center - Course Fee: \$135
May 12-Jun 16 Su 4:30-6:30pm

Teen Pottery - Trinket Trays

Age: 11-16 yrs. Create ring dishes, or catch-all trays for your home using hand-building techniques. Examples will be provided but I would love to see your ideas! The first day of class, students will create ceramic works, and the second day they will decorate them with vibrant glazes. This class is a great way for Teens to explore art! Supplies are included. Projects will be ready for pickup 2-3 weeks after the last class. Instructor: Ashley Bonner.

Pullen Arts Center - Course Fee: \$45
May 1-May 8 W 4:30-5:30pm

Teen Pottery: Intro to Hand-building

Age: 12-16 yrs. Create decorative and functional ceramic works using different techniques such as slab, coil, and pinch techniques. Each day of class will have a different focus. The final class will be a glaze day, so don't miss it! This class is a great way for teens in middle and high school to explore art! Supplies included. Projects will be ready for pickup 2-3 weeks after the last class. 6 sessions. Instructor: Shanique Fowling.

Pullen Arts Center - Course Fee: \$135
Jun 23-Jul 28 Su 2:00-4:00pm

Adult

Adult Ballet/Tap

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

Lake Lynn Community Center
May 6-May 20 M 6:30-7:30pm Fee: \$37.50
Jun 3-Jun 10 M 6:30-7:30pm Fee: \$45

Barn Quilts

Age: 16-99 yrs. You don't have to have a barn or live in the country to enjoy the beauty of barn quilting. The quilt patterns that grace the sides of old barns, bring communities together and provide a creative way to honor family

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

Horseshoe Farm Nature Preserve - Course Fee: \$65
May 18 Sa 9:00am-12:00pm

Bellydance for Fun & Fitness

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

Lake Lynn Community Center - Course Fee: \$5
May 5-Aug 18 Su 3:15-4:00pm

BOHO-utiful Bracelet Workshop

Age: yrs. In these weekly drop-in jewelry sessions, you will learn the basics of various types of jewelry pieces, including bracelets, earrings, and necklaces, and will be given the tools and supplies to be able to create your own custom pieces of jewelry!

Optimist Community Center - Course Fee: \$20
May 7-May 28 Tu 6:00-7:30pm



Bookmaking - Chapbook with Custom Clamshell Box Enclosure

Age: 15-99 yrs. This evening course will teach you the basics of bookbinding and box making, culminating in the creation of a unique chapbook with a custom clamshell box enclosure. Book board, fine text and marbled papers, headbands, spine reinforcement, book cloth, and Sarah Ann's handmade papers will be used to create a beautiful and functional blank chapbook, perfect for writing or sketching. Once your book is complete, you will learn how to protect it with a protective and decorative clamshell box, a bindery staple for fine binding and book conservation. Overall dimensions when completed are 6 1/2" x 5" x 1". Students pay \$40 supply fee for specialty papers, book board, PVA and more to the instructor at the beginning of class. 3 sessions. Instructor: Sarah Ann Austin.

Pullen Arts Center - Course Fee: \$60
Jul 15-Jul 29 M 6:00-8:00pm

Bookmaking - Plantable Greeting Cards

Age: 16-99 yrs. Who doesn't love to get a lovely card in the mail? And to make it even more fun, these cards can be used to grow some beautiful plants. You can recycle and plant trees at the same time! In this class we will make our own paper pulp with recycled paper scraps, then after adding different plant seeds, we will create our paper. Once they have dried we will turn them into lovely paper cards with stamps that can also be planted. \$5 supply fee due to instructor at first class. 3 sessions. Instructor: Jennifer Sandry.

Pullen Arts Center - Course Fee: \$115
May 11-May 25 Sa 12:30-4:00pm

Bookmaking - The Secret Belgian Binding

Age: 16-99 yrs. This hard cover book is a fun little book for notes, journaling, or an artist's book of your own creativity. It's woven binding thread across the spine makes an interesting visual element which is lovely as well as contemporary. We'll make a medium-sized book and a small miniature book. A supply fee of \$20 is payable to the instructor on the first class. 2 sessions. Instructor: Kathy Steinsberger.

Pullen Arts Center - Course Fee: \$60
Aug 21-Aug 28 W 10:00am-1:00pm

Bookmaking - Volvelles: Books that Spin

Age: 16-99 yrs. Creating books with pages that spin! Volvelles were first seen in medieval tomes on astrology, spirituality, and metaphysics. They are magical as well as delightful! In this class we'll make one or more volvelles, then bind them with other pages to create a small case-bound book. Supply fee of \$25 payable to the instructor at first class. 3 sessions. Instructor: Kathy Steinsberger.

Pullen Arts Center - Course Fee: \$90
Jul 31-Aug 14 W 10:00am-1:00pm

Drawing - Art Journaling

Age: 16-99 yrs. Enjoy a relaxing morning filling your notebook with art, poetry, or even your grocery list! We will be going through different fun and relaxing ways to prime and prep the pages in your notebook. There will be opportunities for guided creation as well as independent creation throughout the class time. We will talk through different ways you can enjoy using your new art journal during class, and create a list of ideas for use after the class ends. Sign up for each date you would like to participate. Students provide materials, supply list prints on receipt. 1 session. Instructor: Ashley Bonner.

Pullen Arts Center - Course Fee: \$30
Jun 30 Su 10:00am-12:00pm
Jul 14 Su 10:00am-12:00pm
Jul 28 Su 10:00am-12:00pm

Drawing - Intro to Drawing with Peter Marin

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

Sertoma Arts Center - Course Fee: \$126
May 9-Jun 13 Th 2:00-5:00pm
Jul 11-Aug 15 Th 2:00-5:00pm

Drawing - Media Exploration

Age: 14-99 yrs. There are so many wonderful classes out there for beginning artists, but sometimes it can feel a little daunting to sign up for a whole course dedicated to just one medium. This class will allow artists to dip their feet into graphite pencil, colored pencils, pastels, collage, watercolor, and acrylic; with each class meeting focusing on a new medium. This class is meant to let people explore what may or may not interest them, and give artists more confidence when it

comes to trying new things. \$10 supply fee due to instructor at first class. 6 sessions. Instructor: Jocelyn Steslicke.
Pullen Arts Center - Course Fee: \$125
May 25-Jun 29 Sa 1:00-4:00pm

Drawing - Still Life in Charcoal

Age: 16-99 yrs. This class will deal with drawing basic geometric forms, defining a curved surface and the logistics of designing a composition using fabric, solid and reflective forms. Actual props will be used with a defined light source. The media used will be charcoal both in pencil and compressed stick form. This course is open to students of all abilities who wish to improve their drawing skills as well as the relationship of value placement in a composition. \$10 lab fee due to the instructor at the first class to cover cost of props. Students provide materials, supply list prints on receipt. 4 sessions. Instructor: Nancy Carty.

Pullen Arts Center - Course Fee: \$84
Jun 4-Jun 25 Tu 1:00-4:00pm

Drawing - This Old House: Drawing the Character of a Home

Age: 16-99 yrs. This class will explore the role of perspective (one point and two point) as it relates to drawing the architecture of a historic home. The medium of charcoal in a series of black and white studies with an emphasis on composition, lighting and value. Four separate black and white photographs will be provided by the instructor. \$10 lab fee per student due to instructor covers the cost of the handouts and copies. Students provide materials, supply list prints on receipt. 4 sessions. Instructor: Nancy Carty.

Pullen Arts Center - Course Fee: \$84
Aug 6-Aug 27 Tu 1:00-4:00pm

Drum it Up!

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

Marsh Creek Community Center - Course Fee: \$80
May 2-Jun 20 Th 6:30-7:30pm
May 7-Jun 25 Tu 10:00-11:00am

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Fibers - Beginning Knitting

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

Sertoma Arts Center - Course Fee: \$58
Aug 4-Aug 18 Su 1:00-2:30pm

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. 1 Session. Instructor: Joy Kelley.

Sertoma Arts Center - Course Fee: \$37
Jun 29 Sa 1:00-4:00pm

Fibers - Beginning Sewing: Zippered Pillow

Age: 16-99 yrs. Register for this class and together we will create your own special pillow with a zippered closure! You will also learn how to make a pillow insert, which will enable you to create your own custom sized pillows. You will learn the basics of operating a sewing machine and develop the fundamental sewing skills necessary for progressing to more advanced projects. No prior sewing experience is necessary. We will be using Sertoma's sewing machines. The supply list is available on Sertoma's webpage. A \$18 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. 5 Sessions. Instructor: Joy Kelley

Sertoma Arts Center - Course Fee: \$121
May 9-Jun 6 Th 6:30-8:30pm

Fibers - Continuing Garment Sewing: Supportive Bralette and Underwear

Age: 18-99 yrs. For intermediate sewists who are interested in starting out with making their own underwear. We will be making a supportive bralette without underwires that can be made with or without lace detailing. Techniques used in this class can be applied to making more complex bras in the future. 2 Sessions. Instructor: Katie Maxey

Sertoma Arts Center - Course Fee: \$73
Jun 4-Jun 11 Tu 6:30-9:30pm
Jul 13-Jul 14 Sa & Su 1:00-4:00pm
Aug 17-Aug 18 Sa & Su 1:00-4:00pm

Fibers - Continuing Garment Sewing: Unisex Boxy Jacket

Age: 16-99 yrs. This class is intended for confident beginners or intermediate sewists who have some experience with a sewing machine and can read a pattern, but need help with garment construction and visualization. We will discuss how a simple pattern can be used to produce a variety of results based on fabric choice, detailing, and finishes. Members of the class are encouraged to look for inspiration to bring to class, or we will have some examples on the first night. Skills may include: working with heavier weight fabrics, setting sleeves, buttons and buttonholes, different types of finishing, making a collar, and making additions or alterations to a pattern. 4 Sessions. Instructor: Katie Maxey

Sertoma Arts Center - Course Fee: \$131
Aug 6-Aug 27 Tu 6:30-9:00pm

Fibers - Cosplay Crunch Workshop and Social

Age: 13-99 yrs. For any level of sewist who is interested in working on their cosplays with a group of other members of the community with the opportunity to get advice or support from an experienced costumer. Bring your current cosplay project and supplies, and we will do our best to get you ready for your upcoming event! (Please do not bring resin or thermoplastics, for safety reasons and for the limitations of our center.) 1 Sessions. Instructor: Katie Maxey

Sertoma Arts Center - Course Fee: \$31
Jun 8 Sa 10:00am-4:00pm
Jul 20 Sa 10:00am-4:00pm

Fibers - Embroidered Wonderlands

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

Pullen Arts Center - Course Fee: \$96
Jul 23-Aug 13 Tu 10:00am-12:00pm
Sertoma Arts Center - Course Fee: \$96
May 7-May 21 Tu 9:30-11:30am

Fibers - Garment Sewing: Hems

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

Sertoma Arts Center - Course Fee: \$31
Jul 11 Th 6:30-9:00pm

Fibers - Garment Sewing: Preparing to Sew

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

Sertoma Arts Center - Course Fee: \$73
Jul 25-Aug 8 Th 6:30-8:30pm

Fibers - Garment Sewing: Seam Finishes

Age: 18-99 yrs. Applying a seam finish to the raw edges of your fabric will improve the look of your garment and increase its durability and longevity. In this class, we will be sewing samples of various seam finishes, focusing on those that will be most useful across a range of garment styles. You will learn how to choose a seam finish based on garment type and fabric characteristics. This class will also introduce you to some specialty sewing machine presser feet that will make finishing your seams quicker and easier. This class is part of a series for sewists who want to advance their sewing skills by exploring the techniques of garment making in more detail. To complete the class exercises you will need to be comfortable using a sewing machine and have basic sewing skills. A supply fee of \$12 is paid to the instructor for the materials needed to sew the class samples. We will be using Sertoma's sewing machines. 1 session. Instructor: Joy Kelley.

Sertoma Arts Center - Course Fee: \$31
Jun 27 Th 6:30-9:00pm

Fibers - Intro to Cross Stitch

Age: 14-99 yrs. Create your own cross stitch creation! Learn the basics of cross stitching, including how to read cross stitch patterns. You will be walked through example stitches and have plenty of time to work on your images. Supply fee of \$10 due to instructors at start of class. 1 session. Instructor: Jocelyn Steslicke.

Pullen Arts Center - Course Fee: \$36
Jul 27 Sa 1:00-4:00pm

Fibers - Introduction to Garment Sewing: Pajamas

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

Sertoma Arts Center - Course Fee: \$151
Jun 18-Jul 23 Tu 6:30-9:00pm
Jul 24-Aug 28 W 6:30-9:00pm

Fibers - Multicolor Shibori

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

Sertoma Arts Center - Course Fee: \$100
Jul 11-Jul 18 Th 9:30-11:30am

Fibers - Sewing Machine - Beyond the Basics

Age: 18-99 yrs. Take your basic understanding of a sewing machine to the next level. This hands-on class offers a fun and supportive environment where beginners will explore various specialty stitches and presser feet. We will also discuss some of the more advanced sewing tools and accessories you may want to add to your supplies. This class is intended for students who can confidently and independently thread and operate a sewing machine. A supply fee of \$10 is paid to the instructor. Note: this class does not cover computerized or embroidery machines. We will be using Sertoma's sewing machines. 1 session. Instructor: Joy Kelley.

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

Fibers - Sewing Machine Basics

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

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

Fibers - Traditional Japanese Embroidery

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

encouraged to contact the instructor for more information before enrolling. 1 session. Instructor: Pam Reading.

Sertoma Arts Center - Course Fee: \$41
Jun 8 Sa 9:30am-4:30pm
Jun 9 Su 9:30am-4:30pm
Aug 24 Sa 9:30am-4:30pm
Aug 25 Su 9:30am-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! A \$35 kit will be available for purchase at the first class. Prerequisite: Beginning Metals at Sertoma or Pullen Arts Center. 6 sessions. Instructor: Amy Veatch.

Sertoma Arts Center - Course Fee: \$146
May 9-Jun 13 Th 9:30am-12:00pm

Jewelry - Beginning Beading

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

Pullen Arts Center - Course Fee: \$40
Jun 23-Jun 30 Su 1:00-3:00pm
Sertoma Arts Center - Course Fee: \$41
Jun 23-Jun 30 Su 1:00-3:00pm

Jewelry - Beginning Enamels

Age: 16-99 yrs. We will delve into the basics of enameling, or the process of fusing colorful ground glass to a metal substrate. We will explore different techniques including layering, stencils, decals, lusters, and graphite and will learn a few ways to incorporate enameled components into our jewelry. Students will come away from the class with many samples as well as some finished pieces. Enameling after protocols will be discussed and followed at all times. Prerequisite: Beginning Metals at Sertoma or Pullen Arts Center. All supplies included. 6 Sessions. Instructor: Lauren Markley

Sertoma Arts Center - Course Fee: \$151
May 8-Jun 12 W 2:30-5:00pm
Jul 9-Aug 13 Tu 2:30-5:00pm

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Jewelry - Beginning Metals

Age: 16-99 yrs. Design and construct earrings, pins, pendants, charms, or other small objects, and tokens in this basic metalworking class. Students will learn how to saw, drill, file, hammer, and texture metal before joining it with rivets, and solder to create individual projects. Students may purchase and/or bring their own metal for projects. Supply kits will be available for purchase at Pullen Arts Center for \$25. The kit will provide each student with solder, saw blades, drill bits, sandpaper and a small amount of copper to get started on projects. This class qualifies students for a jewelry studio membership. 6 sessions.

Pullen Arts Center - Course Fee: \$146

Instructor: Nididi Kowalczyk

May 6-Jun 17 M 1:00-3:30pm

Instructor: Hsiang-Ting Yen

May 7-Jun 11 Tu 10:00am-12:30pm

Instructor: Amy Veatch

May 8-Jun 12 W 7:00-9:30pm

Sertoma Arts Center - Course Fee: \$146

Instructor: Lauren Markley

May 7-Jun 11 Tu 6:30-9:00pm

Instructor: Sarah West

May 18-Jun 29 Sa 1:30-4:00pm

Instructor: Betty McKim

Jun 4-Jul 9 Tu 9:30am-12:00pm

Instructor: Lauren Markley

Jul 10-Aug 14 W 6:30-9:00pm

Jewelry - Chain Making and the Fabricated Clasp

Age: 16-99 yrs. The purpose of this class is to introduce you to the aspects of hand made chain making while building your technical skills. We will start by working on some chain and clasp samples in copper or brass. Students can choose to continue with these metals or move onto sterling silver for their final project. Individual projects will be based on student's experience, their investigations during sample making and the student's designs. Students should plan to bring a variety of copper (16g, 18g, or 20g) or brass (18g or 20g) wires or purchase materials from Pullen Arts Center's store. Students may use sterling silver if they choose. Prerequisite: Beginning Metals at Pullen or Sertoma. 6 sessions. Instructor: Sarah West.

Pullen Arts Center - Course Fee: \$145

Jul 25-Aug 29 Th 7:00-9:30pm

Jewelry - Continuing Enamel: Expanding the Palette

Age: 16-99 yrs. In this class, we will delve into alternative techniques in enameling. Student will experiment with decals, iridescent powders, underglazes, enamel paints and crayons. We will also learn about silver foil and how to use it with transparent enamels. Students should bring their own 18g (0.040 inches) or 20g (0.032 inches) copper sheet to class or purchase it through the Pullen Arts Center supply store. All supplies included

in price of class EXCEPT for copper.

Prerequisite: Beginning Enamel at Pullen or Sertoma. Instructor: Sarah West.

Pullen Arts Center - Course Fee: \$185

Jul 23-Aug 27 Tu 6:00-9:00pm

Jewelry - Continuing Metals

Age: 16-99 yrs. Continue to expand your skills working independently and on assigned projects to further your knowledge of jewelry techniques. Explore methods of stone-setting and hollow-form construction. Students may purchase and/or bring in their own metal for projects. Supply kits will be available for purchase from Pullen Arts Center for \$25. The kit will provide each student with solder, saw blades, drill bits, sandpaper and a small amount of copper to get started on projects. Prerequisite: Beginning Metals at Pullen or Sertoma Arts Center. 6 sessions. If you completed Jewelry - Beginning Metals at Pullen or Sertoma Arts Center prior to 2021 and have difficulty registering, please contact Pullen.Arts@raleighnc.gov.

Pullen Arts Center - Course Fee: \$146

Instructor: Amy Veatch

May 8-Jun 12 W 10:00am-12:30pm

Instructor: Sarah West

Jul 24-Aug 28 W 7:00-9:30pm

Instructor: Hsiang-Ting Yen

Aug 6-Sep 3 Tu 10:00am-1:00pm

Sertoma Arts Center - Course Fee: \$146

Instructor: Sarah West

Jul 20-Aug 24 Sa 1:30-4:00pm

Instructor: Betty McKim

Jul 30-Sep 3 Tu 9:30am-12:00pm

Jewelry - Continuing Torch Fired Enamels

Age: 16-99 yrs. Dive deeper into using the torch with enamels. Students will explore decals, water colors, seed bead embellishment, the use of a crow quill pen, working with mica and more. Supply fee of \$15 due to instructor at first class meeting. 4 sessions. Instructor: Nididi Kowalczyk.

Pullen Arts Center - Course Fee: \$155

Jun 18-Jul 9 Tu 5:00-9:00pm

Jewelry - Enameling Introduction

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

Pullen Arts Center - Course Fee: \$185

May 16-Jun 27 Th 6:00-9:00pm

Jewelry - Foldforming and Enameling

Age: 16-99 yrs. Make a piece of jewelry by folding copper, enameling it, and setting it using tabs. Students will use heat, bending, hammering, and opening to make the initial form. This process is a fascinating way to texture and form metal into shapes unachievable any other way. Jewelry making skills such as sawing, hammering, and riveting will be helpful, but there is no prerequisite. Supply kits will be available for purchase from Pullen Arts Center for \$15. Enamels are provided. 6 sessions. Instructor: Amy Veatch.

Pullen Arts Center - Course Fee: \$185

May 13-Jun 24 M 6:30-9:30pm

Jewelry - Intro to Torch Fired Enamel

Age: 16-99 yrs. Want to add color to your metalwork without stones? Try torch firing enamels to copper for a beautiful pop of color. Students will learn basic enamel powder application as well as firing techniques and a few embellishment ideas. A kit of materials needed for work during class time can be purchased through the Pullen Arts Center store (approx. \$25). 4 sessions. Instructor: Nididi Kowalczyk.

Pullen Arts Center - Course Fee: \$155

May 21-Jun 11 Tu 5:00-9:00pm

Jewelry - Pressure Under Glass

Age: 16-99 yrs. Join Amy Veatch & Nididi Kowalczyk to fire up your imagination and press ahead with your creative spirit to fabricate original art jewelry! In this two-day workshop, students will learn several specialized jewelry techniques using the hydraulic press to form a copper base with dies like wire, plexiglass, or old decorative interior hardware. Colorful touches will be added by torch firing vitreous enamel to each personalized canvas for fabulously unique adornments. Supply kits will be available for purchase for \$15. 2 sessions. Instructors: Amy Veatch & Nididi Kowalczyk.

Pullen Arts Center - Course Fee: \$225

Jun 8-Jun 9 Sa & Su 9:00am-5:00pm

Jewelry - Swing Locket

Age: 16-99 yrs. Make a locket or two with a tube rivet for your fastener. The tube rivet allows the two sides to swing open. Students will use the hydraulic press to make mirroring sides which be sawn out and riveted with a tube set and will be embellished both on the inside and the outside. Prerequisite: Beginning Metals at Pullen or Sertoma. Supply kits available for purchase for \$15. 6 sessions. Instructor: Amy Veatch.

Pullen Arts Center - Course Fee: \$145

May 9-Jun 13 Th 1:30-4:00pm

Mixed Media - Artist Trading Cards

Age: 12-99 yrs. Create mini artworks to trade or share with family, friends, and other local artists! In class we will explore the concept of artist trading cards and create our own multimedia art pieces.

At the end of class you will have a small collection of cards to take home, as well as a chance to trade your new cards with classmates. Supply list prints on receipt. 1 session. Instructor: Ashley Bonner.

Pullen Arts Center - Course Fee: \$30

May 19	Su	10:00am-12:00pm
Aug 25	Su	10:00am-12:00pm

Painting - Abstract Watercolor Compositions

Age: 16-99 yrs. Learn the meditative, layered technique of watercolors with an intuitive approach. Rather than focusing on the creation of specific images, we will play with the water centered nature of watercolors to generate unique color stains on paper, layer them, creating different marks that will illuminate nature in unexpected ways. All Levels. 6 Sessions. Instructor: Patrizia Ferreira

Sertoma Arts Center - Course Fee: \$86

Jul 24-Aug 28	W	9:30-11:30am
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Painting - Advanced Painting Lab

Age: 16-99 yrs. Join me in this creative, motivating and informative class so you may focus deeper into painting and improve your painting practice. Whether it is creating a body of work, preparing for an exhibition, continuing your practice or provoking change through experimentation, this is a course for you. Students work independently and share through critiques directly with instructor and class to focus on developing critical thinking, creating a personal visual vocabulary, and establishing foundations for technical mastery. This class is an artistic community. Many of the students have been taking this class for over 7 years now! Student supplies own materials. Any wet media welcome. This class qualifies students for a painting studio membership. 6 sessions. Instructor: Peter Marin.

Pullen Arts Center - Course Fee: \$125

May 13-Jun 24	M	9:30am-12:30pm
Jul 15-Aug 19	M	9:30am-12:30pm

Painting - Beginning Watercolor Groundwork for Adventure

Age: 16-99 yrs. Students will learn the basic skills of watercolor painting and how to create colorful and glowing effects. The instructor, Rick Bennett will demonstrate the properties of paints, paper and brushes, wet and dry techniques, washes, glazes, and traditional methods of developing a watercolor painting. Students will gain an understanding of how pigment and water work along with specific brush

skills. Skills to be taught include the use of the color wheel, how values work, and the importance of leaving your whites and mixing bright colors, neutrals, and darks. Paints and brushes are provided for use during class. Students should plan to purchase Arches 140lb cold press watercolor paper for use during class (available for purchase in Pullen's supply store). An optional supply list is available for students who want to practice outside of class time. This class qualifies students for a painting studio membership. 6 sessions. Instructor: Rick Bennett.

Pullen Arts Center - Course Fee: \$116

May 9-Jun 13	Th	7:00-9:30pm
Jul 30-Sep 3	Tu	10:00am-12:30pm

Painting - Beginning Watercolors

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

Instructor: Ryan Fox. No Class: May 27

Sertoma Arts Center - Course Fee: \$116

May 6-Jun 10	M	9:30am-12:30pm
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Painting - Continuing Watercolor with Rick Bennett

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

Pullen Arts Center - Course Fee: \$106

May 7-Jun 11	Tu	1:30-4:00pm
Jul 30-Sep 3	Tu	1:30-4:00pm

Painting - Intro to Painting with Peter Marin

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

as a reference point into painting. Class consists of slide lectures, studio time and take-home assignments. Any wet media welcome. NO experience required. Supply list prints on receipt. This class qualifies students for a painting studio membership. 6 sessions. Instructor: Peter Marin.

Pullen Arts Center - Course Fee: \$125

May 13-Jun 24	M	6:00-9:00pm
Jul 15-Aug 19	M	6:00-9:00pm

Sertoma Arts Center - Course Fee: \$126

May 9-Jun 13	Th	6:00-9:00pm
Jul 11-Aug 15	Th	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. 6 sessions. Instructor: Larry Dean. No Class: May 27

Sertoma Arts Center - Course Fee: \$106

May 6-Jun 17	M	6:30-9:00pm
May 7-Jun 11	Tu	6:30-9:00pm
Jul 8-Aug 12	M	6:30-9:00pm
Jul 9-Aug 13	Tu	6:30-9:00pm

Painting - Larry Dean's Studio

Age: 16-99 yrs. Students have usually taken a beginning class. Students will work on projects of their own choice. They may also bring works-in-progress. Instructions will include color mixing, shape and perspective. Topics range from selecting a subject to varnishing the finished work. Informal advice will assist as you learn at your own pace. Supply list available on Sertoma's webpage. 6 sessions. Instructor: Larry Dean.

Sertoma Arts Center - Course Fee: \$106

May 7-Jun 11	Tu	1:00-3:30pm
Jul 9-Aug 13	Tu	1:00-3:30pm

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Painting - New Paths in Watercolor: A Workshop with Rick Bennett

Age: 16-99 yrs. This workshop is for intermediate or advanced artists with some experience with the basics of watercolor who are looking to expand their skills. The focus will be on moving the paint, advanced layering to build textures and refine values, creative correcting skills, and how to make colors intricate and interesting. I will teach how to create depth in the painting and give volume to objects. The students will learn ways to evaluate and adjust at the final stages of your painting. Successful paintings by watercolor masters will be examined for learning skill sets. We will discuss what creates your style. Painting methods will be demonstrated, and students will have lots of painting time with individual assistance. Photo references will be provided but participants may bring their own. Students should plan to bring a bag lunch, break will take place from 12:00-1:00pm. Students bring their own materials, supply list prints on receipt. 1 session. Instructor: Rick Bennett.

Pullen Arts Center - Course Fee: \$60
 Aug 17 Sa 9:00am-4:00pm

Painting - Watercolor II

Age: 16-99 yrs. Intermediate students will refine and learn new brush skills to allow them to paint with confidence and achieve glowing colors and rich darks. Three major styles of developing a watercolor painting; quick sketch, layered approach, and sectional development will be explored and practiced. Methods of developing a successful painting with consideration of composition, developing space, value, light, shadow, and atmosphere will be discussed. Abstract painting will be used to develop gestural brush strokes, a looser style, and methods of mixing colors on the paper. Students will be encouraged to identify skills they want to work on and will receive assistance with problem areas. Supply list prints on receipt. This class qualifies students for a painting studio membership. 6 sessions. Instructor: Rick Bennett.

Pullen Arts Center - Course Fee: \$106
 May 7-Jun 11 Tu 10:00am-12:30pm
 Aug 1-Sep 5 Th 7:00-9:30pm

Papermaking - Intro to Western Papermaking

Age: 16-99 yrs. Learn to make handmade paper from start to finish in this weekend workshop. During this workshop you will be introduced to the basics of the Critter Hollander Beater and its use in Western hand papermaking. We will

look at different types of fiber, discuss their physical properties, how to process them, and the type of paper they produce. Through hands-on demonstrations you will learn to prepare the studio, consistent sheet formation, and will make paper from cotton rag and hemp fibers. This program can be noisy and involves getting your hands wet. Students that need less stimulation may work with instructor for achievable comfort. Touch is a large part of this craft and engages with many different textures within wet and dry environments. Waterproof apron and shoes suggested. No experience required. \$15 supply fee due to instructor at the start of class. 2 sessions. Instructor: Sarah Ann Austin.

Sertoma Arts Center - Course Fee: \$106
 Jul 27 Sa 10:30-4:00pm
 Jul 28 Su 12:00-4:30pm

Papermaking - Plants to Paper

Age: 15-99 yrs. Learn to make beautiful handmade sheets of paper in this hands on workshop. The workshop will begin with a demonstration and hands-on processing, cooking, scraping, and beating of bast fibers (e.g. kozo) into both washi paper using Eastern, specifically Japanese, sheet forming methods and thick alternative papers. Embracing the communal aspect of papermaking, we will concoct and experiment with pulp mixtures combining techniques of both the eastern and western worlds of sheet forming by exploring alternative techniques and materials to use with bast fibers. Bring your lunch and sign up with a friend or a loved one to explore this historical craft of making paper fibers from the plants all around us. \$15 supply fee due to the instructor at the start of class. All Levels of Experience Welcome. 2 sessions. Saturday 10:30am-4:30pm & Sunday 12-4pm. Instructor: Sarah Ann Austin.

Sertoma Arts Center - Course Fee: \$71
 Aug 24-Aug 25 Sa&Su 10:30am-4:30pm

Photography - Photography for Beginners Series

Age: 16-99 yrs. Photography for Beginners Series: Aperture, Shutter Speed, and ISO. What are all these numbers anyway? In this course you will learn how to adjust camera settings appropriate to your way of making and light source. Learning the use and harmony of these camera's settings is key to making impeccable images with any camera technology. No experience required; student must bring camera with manual functions. Digital and Film Cameras are welcomed. 3 sessions. Instructor: Sarah Ann Austin

Sertoma Arts Center - Course Fee: \$60
 Jul 16-Jul 30 Tu 5:00-6:30pm

Photography - The Art of Capturing Shadows: Cyanotype Printing

Age: 16-99 yrs. Enjoy making cyanotype photography from plants in this rewarding, educational, and playful workshop. Sarah Ann has been offering workshops and university courses in cyanotype printing for over 8 years. This one-day class on creating cyanotype photography with plants and light offers a fun, easy, and rewarding experience in printmaking using the cyanotype technique as well as an introduction to getting the supplies on your own. You'll make your own cyanotypes and go home with your very own, usually frame-worthy, cyanotype art! The cyanotype process, also known as the blueprint process because of its deep blue color, was first introduced in the early 1800s. For artists and scientists, this cyanotype workshop is rewarding. Experimentation is encouraged, no mistakes are possible in cyanotype art! No experience required. \$5 supply fee due to the instructor at the start of class will cover the cost of cyanotype chemicals. All other supplies included. 1 session. Instructor: Sarah Ann Austin.

Sertoma Arts Center - Course Fee: \$76
 Jul 20 Sa 9:30am-12:30pm

Pottery - Beginning Handbuilding

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

Pullen Arts Center - Course Fee: \$126
 Instructor: Michelle Miolla
 May 7-Jun 18 Tu 6:00-8:30pm
 May 8-Jun 26 W 6:00-8:30pm
 Jul 9-Aug 20 Tu 6:00-8:30pm
 Instructor: Laura Casas
 May 7-Jun 18 Tu 9:30am-12:00pm
 Instructor: Ashley Bonner
 May 9-Jun 20 Th 1:00-3:30pm

Pottery - Beginning Wheel

Age: 16-99 yrs. Beginning Wheel is one of our most popular classes! Demonstrations will focus on the fundamentals of wheel-thrown pottery. Projects will teach skills such as wedging, sticking, and centering clay on the wheel, the use of throwing tools, and basic glazing techniques. Instructors offer individualized attention as skill

progression is unique to each person. Students purchase clay and tools from Pullen Arts Center's store. Please arrive 20 minutes early to the first class to purchase materials. This class qualifies students for a pottery studio membership upon completion of the class and studio orientation. 7 sessions.

Pullen Arts Center – Course Fee: \$126

Instructor: Emily Malpass

May 2-Jun 13 Th 10:00am-12:30pm

Instructor: Olivia Martinez

May 7-Jun 18 Tu 9:30am-12:00pm

May 1-Jun 12 W 4:00-6:30pm

May 1-Jun 12 W 7:00-9:30pm

Instructor: Doug DeBastiani

May 7-Jun 18 Tu 7:00-9:30pm

Jul 9-Aug 20 Tu 7:00-9:30pm

Instructor: Olivia Martinez

Jul 10-Aug 21 W 4:00-6:30pm

Instructor: Doug DeBastiani

Jul 11-Aug 22 Th 4:00-6:30pm

Pottery - Ceramic Saturdays

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

Pullen Arts Center – Course Fee: \$50

Wind Chimes

Jun 8 Sa 10:00am-12:00pm

Plant Buddies & Mini Animals

Jul 13 Sa 10:00am-12:00pm

Garden Gnomes

Aug 10 Sa 10:00am-12:00pm

Pottery - Continuing Handbuilding

Age: 16-99 yrs. Building on techniques covered in Beginning Handbuilding, students will continue to explore the possibilities of soft slabs, stiff slabs, and coils through a combination of demonstrations and individual work time, with an emphasis on details, finishing techniques, and expanding possibilities into more distinctive pieces that reflect the student's unique style. Students should plan to provide their own tools and purchase clay from Pullen Arts Center - tool kit and individual tools available for purchase from Pullen Art Center's store. Prerequisite: Students must have prior handbuilding experience (whether at Pullen Arts Center or elsewhere). This class qualifies students for a pottery studio membership upon completion of the class and studio orientation. 7 sessions.

Pullen Arts Center – Course Fee: \$125

Instructor: Laura Casas

Jul 2-Aug 27 Tu 9:30am-12:00pm

Instructor: Michelle Miolla

Jul 10-Aug 21 W 6:00-8:30pm

Pottery - Continuing Wheel

Age: 16-99 yrs. Looking for the next step beyond Beginning Wheel? Instructors offer individual attention as skill progression is unique to each person. In Continuing Wheel, learn how to apply confidence and steadiness to your work with clay as you continue to practice and build your skill in centering, the use of throwing tools, and basic glazing techniques. Cylinders, bowls, lidded pieces, small plates, and handles will be covered. Practice time outside of class time is strongly suggested to develop throwing skills. Students purchase clay (approximately \$29) from the Pullen Arts Center. Continuing students provide their own tools - kit and individual tools available for purchase from Pullen Arts Center's store. Prerequisite: Students must have prior wheel throwing experience (whether at Pullen Arts Center or elsewhere) and should be able to comfortably center clay on the wheel to be successful in this class. This class qualifies students for a pottery studio membership upon completion of the class and studio orientation. 7 sessions.

Pullen Arts Center – Course Fee: \$126

Instructor: Doug DeBastiani

Jul 9-Aug 20 Tu 4:00-6:30pm

Instructor: Olivia Martinez

Jul 10-Aug 21 W 7:00-9:30pm

Instructor: Doug DeBastiani

Jul 11-Aug 22 Th 7:00-9:30pm

Pottery - Decorating Wheel Thrown Pieces with Lauren Wellborn

Age: 16-99 yrs. Looking for ways to add interest to your wheel thrown pots? Join teaching artist Lauren Wellborn for a 5-week class where you can explore slip trailing and texturizing with slips, decorating using slip with paper resist, using transfers to apply slip and underglaze drawings to vessels, carving decorations, and decorating using layers and patterns. Open to anyone who has at least basic wheel throwing skills (wedging, centering, able to make a basic bowl or cylinder without instruction). Students purchase clay from Pullen Arts Center and should bring their own throwing tools. Optional tools: X-acto knife, cutting mat, and carving tool (Kemper wire stylus or similar). 5 sessions. Instructor: Lauren Wellborn.

Pullen Arts Center – Course Fee: \$90

May 9-Jun 6 Th 6:00-8:30pm

Pottery - Decorating with Underglaze

Age: 16-99 yrs. Experienced clay makers will learn new ways to decorate their pottery. This class will explore different options for decorating with underglaze on both raw and bisqued clay. Some options we will explore are sgraffito, mishima, color inlay, sponging, painting, and 'washes'. These techniques will be explored on pottery tiles and items the students make predominantly outside of the class time. The instructor will provide underglazes, for a fee. Prerequisite: Beginning Wheel Throwing or Handbuilding at Sertoma or Pullen Arts Center. Must register in person at Sertoma Arts Center. This course does not qualify students for a studio membership. 4 sessions. Instructor: Jeannette Stevenson.

Sertoma Arts Center – Course Fee: \$126

Aug 5-Aug 26 M 9:30-11:45am

Pottery - First Friday Handbuilding

Age: 16-99 yrs. Explore the world of clay with these project focused workshops on Fridays! Each workshop will have a different themed project that can be completed in two short sittings. The first day will be for creation, while the second will be for glazing. Projects are great for beginners or experienced potters. No experience required. Projects will be ready for pick-up about 2 weeks after the workshop. Workshops do not qualify for a studio card. \$10 supply fee paid to instructor at start of workshop. Instructor: Ashley Bonner

Sertoma Arts Center – Course Fee: \$52

Ceramic Solstice Suns

Jun 14-Jun 21 F 10:00am-12:00pm

Ceramic Barn Quilt

Jul 19-Jul 26 F 10:00am-12:00pm

Pottery - Flower Pots & Herb Markers

Age: 16-99 yrs. Create Flower pots & Herb Markers in this project focused workshop on Saturday & Sunday morning! The first day will be for creation, while the second will be for glazing. This course is open to all levels, no experience required. Projects will be ready for pick-up 2 weeks after the workshop. All supplies included. 2 sessions. Instructor: Ashley Bonner.

Pullen Arts Center – Course Fee: \$50

May 4-May 11 Sa 10:00am-12:00pm

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Pottery - Garden Projects

Age: 16-99 yrs. If you're looking for a wheel throwing class focusing on works for the garden, look no further! Students will learn to make bird houses, feeders, toad houses, garden markers, flowers, mushrooms, lights, and planters. Projects will be able to overwinter outside. Students purchase clay from the Pullen Arts Center. Students provide their own tools - kit and individual tools available for purchase from Pullen's supply store. Prerequisite: Students must have prior wheel throwing experience (whether at Pullen Arts Center or elsewhere) and be able to consistently make an 8" cylinder on the wheel to be successful in this class. 6 sessions. Instructor: Sherry Nicholson.

Pullen Arts Center - Course Fee: \$110
Jun 3-Jul 8 M 10:00am-12:30pm

Pottery - Glaze Intensive

Age: 16-99 yrs. Deep dive into glazing with a guided, experiment based, intensive! We will explore Pullen's glaze palette, testing out different combos of texture, and glaze layering. Students will be guided through creating pieces to test glazes on, best practices for glazing, and ways to test ranges of glaze combinations. We will also be creating a photo log of the pieces created during class. We will skip a week between each class to give students time to work on projects between meetings. Students purchase half bag clay at first class from Pullen Arts Center. 3 sessions. Instructor: Ashley Bonner.

Pullen Arts Center - Course Fee: \$75
May 28-Jun 25 Tu 1:00-3:00pm

Pottery - Glaze Overview

Age: 16-99 yrs. Explore the fundamentals of glazing, one of the most challenging areas of finishing pottery. Demonstrations and projects involving underglaze, wax resist application, brushing/dipping/spray techniques, and glaze component basics will all be covered. Improve your glazing game! A \$15 supply fee due to the instructor at first class will include prepared test tiles, underglazes and additional glazes. Prerequisite: Beginning Handbuilding and/or Wheel at Sertoma or Pullen Arts Center. This class does not qualify for a studio membership. 4 sessions. Instructor: Steve Karloski.

Sertoma Arts Center - Course Fee: \$66
Jun 3-Jun 24 M 7:00-9:15pm

Pottery - Handbuilding Animal Sculpture

Age: 16-99 yrs. The 'Creatures' classes have created demand for this new 7-week class that will highlight six new animal sculpture projects and a glazing class. We will explore simple and more complex animal subjects, working through challenges and solutions, as well as glazing and display options. Students should bring all available tools, along with a sketchbook for planning. Additional tools and reference materials will be provided. Previous pottery experience is highly recommended. Although open to new students, this program does not qualify students for a studio card. 7 sessions. Instructor: Steve Karloski
Sertoma Arts Center - Course Fee: \$126
Jul 15-Aug 26 M 7:00-9:15pm

Pottery - Handbuilding: Beginning

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

Sertoma Arts Center - Course Fee: \$111
Instructor: Tim Cherry
May 8-Jun 26 W 9:30-11:45am
Instructor: Steve Karloski
May 8-Jun 26 W 7:00-9:15pm

Pottery - Handbuilding: Coiling and Pinching

Age: 16-99 yrs. Join Tim Cherry for this intermediate workshop exploring both the pinching and coiling construction methods. We will begin by discussing and experimenting with some of the exercises described by Paulus Berensohn in his book, Finding One's Way With Clay. Following that, we will focus on coils, with particular attention to combining the techniques of coiling and pinching into the same pieces. Prerequisite: Beginning Handbuilding at Sertoma or Pullen Arts Centers. Participants must register in-person at Sertoma or Pullen Arts Centers. This workshop does not qualify one for a studio card. 4 sessions. Instructor: Tim Cherry

Sertoma Arts Center - Course Fee: \$126
Jul 8-Jul 29 M 9:30-11:45am

Pottery - Handbuilding: Continuing

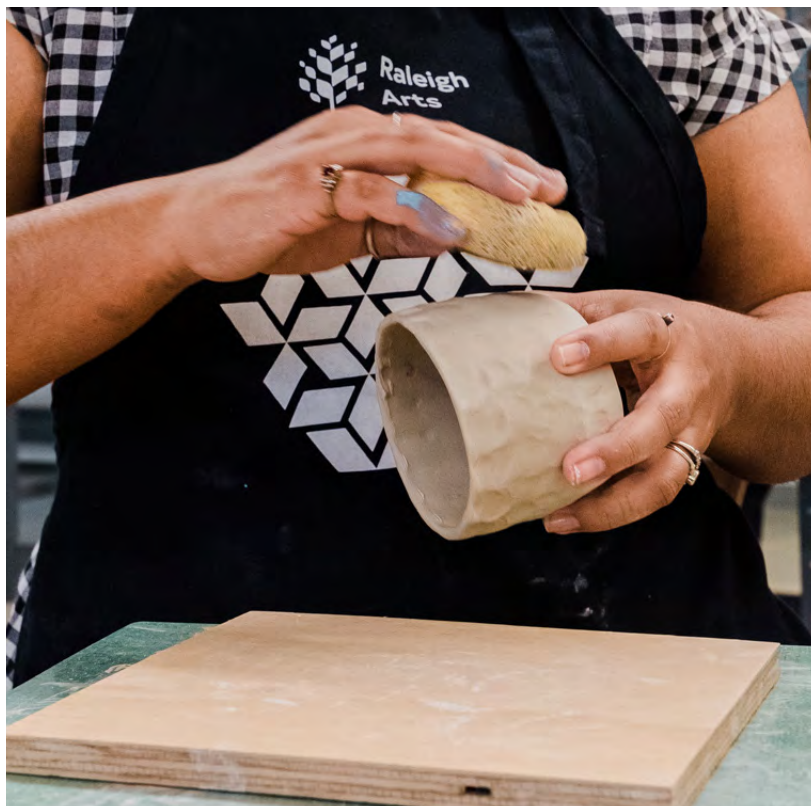
Age: 16-99 yrs. Through a combination of demonstrations and individual work time, students will further develop their hand building skills while making distinctive pieces, including planters, unique boxes and tile. A variety of construction techniques will include soft slabs, stiff slabs and coils. Students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

Sertoma Arts Center - Course Fee: \$111
Instructor: Tim Cherry
Jul 17-Aug 28 W 9:30-11:45am
Instructor: Steve Karloski
Jul 17-Aug 28 W 7:00-9:15pm

Pottery - Handbuilt Planters

Age: 16-99 yrs. Ready to take the houseplant habit you developed during the pandemic to the next level? Join teaching artist Michelle Miolla for a deep dive into making your own planters. During this 7 week class, you'll make 6 planter types: detached drip trays, attached drip trays, planters with feet, hanging planters, wall pockets, and larger planters that can house multiple succulents. While you're building, we will also explore surface design techniques like carving and sgraffito. To be successful in this class, students should have experience coil building and slab building and should know how to make a pinch pot. Planters limited to 7" diameter. Students purchase clay from Pullen Arts Center and should provide their own tools. This class qualifies students for a pottery studio membership upon completion of the class and studio orientation. Instructor: Michelle Miolla

Pullen Arts Center - Course Fee: \$125
May 9-Jun 20 Th 6:00-8:30pm



Pottery - If It Fits: Wheel Thrown Small Scale Lidded and Closed Forms

Age: 16-99 yrs. In this intermediate workshop, experiment with a multi-step technique for making lidded vessels that will save you from one pot with a million ill-fitting lids. First we will practice making narrow-necked forms on the wheel, then take the technique further to make small vessels and their lids at the same time by throwing and altering a closed form. We will be firing the piece intact to ensure a great fit, so special attention will be given to the trimming and glazing of these works. We will explore a range of designs and techniques for knobs, the visual ratio of lid to vessel, and the wide range of functional possibilities for your lidded vessels. Students purchase clay from the Pullen Arts Center. Students provide their own tools - kit and individual tools available for purchase from Pullen's supply store. Prerequisite: Students must have prior wheel throwing experience (whether at Pullen Arts Center or elsewhere) and should be able to comfortably center 2-3 pounds of clay on their own to be successful in this class. 5 sessions. Instructor: Emily Malpass.

Pullen Arts Center - Course Fee: \$90
May 1-May 29 W 10:00am-12:30pm

Pottery - Illustrated Clay: Surface Design Crash Course

Age: 16-99 yrs. Interested in learning how to create original and personal surfaces? In this class, students will focus on surface design techniques on pottery with an emphasis on experimentation and mark making. Participants will learn sgraffito, slip inlay, stenciling, monoprinting, as well as water etching and using wax. This workshop is designed for students who have some experience with clay; either wheel or handbuilding. Students are encouraged to prioritize process and risk taking! Clay must be purchased from Pullen Arts Center. Additionally, students should plan to bring your favorite clay tools, an X-acto knife, your favorite drawing tools, sketchbook, slip trailers, newspaper, and stickers or tape of your choice. X-acto knives, slip trailers, and other clay tools are available for purchase through Pullen Arts Center store. This class qualifies students for a pottery studio membership upon completion of the class and studio orientation. 7 sessions. Instructor: Laura Casas.

Pullen Arts Center - Course Fee: \$125
Jul 15-Aug 26 M 6:00-8:30pm

Pottery - Teen Handbuilding: Mini Animals

Age: 12-16 yrs. Create Mini animals or characters to display in your home using handbuilding techniques. Examples will be provided but I would love to see your ideas! The first day of class, students will create ceramic works, and the second day they will decorate them with vibrant glazes. This class is a great way for Teens to explore art! Supplies are included. Projects will be ready for pickup about 2 weeks after the last class. 2 Sessions. Instructor: Ashley Bonner
Sertoma Arts Center - Course Fee: \$46
Aug 13-Aug 20 Tu 4:30-6:00pm

Pottery - Wheel Throwing Workshop

Age: 18-99 yrs. Not quite sure if you're ready to commit to a 7 week long program? Or maybe you're just looking for something to do on a week night! Look no further because we are now offering a one night wheel throwing experience. You will be able to create your very own one of a kind piece on the pottery wheel, without the commitment of a weekly class. All supplies will be provided. 1 session. Instructor: Ashley Bonner.

Pullen Arts Center - Course Fee: \$30
May 6 M 7:00-8:30pm
Jun 10 M 7:00-8:30pm
Jul 8 M 7:00-8:30pm
Aug 12 M 7:00-8:30pm

Pottery - Wheel Throwing: Beginning

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

Sertoma Arts Center - Course Fee: \$111
Instructor: Jeannette Stevenson
May 13-Jul 8 M 9:30-11:45am
Instructor: Joan Walsh
May 15-Jul 3 W 9:30-11:45am
May 15-Jul 3 W 7:00-9:15pm
Instructor: Jeannette Stevenson
Jul 17-Sep 4 W 7:00-9:15pm

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Pottery - Wheel Throwing: Continuing

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

Sertoma Arts Center – Course Fee: \$111

Instructor: Jeannette Stevenson

May 15-Jul 3 W 4:00-6:15pm

Instructor: Joan Walsh

Jul 24-Sep 4 W 9:30-11:45am

Printmaking - Block Print Animal and Pet Portraits

Age: 16-99 yrs. Using animals as inspiration, students will carve and create linoleum block prints. We will learn how to carve the block, hand printing techniques, registration and how to use the etching press to bring our creations to life. This class is appropriate for beginning and continuing students. 2 Sessions. Instructor: Keith Norval

Sertoma Arts Center – Course Fee: \$121

May 18-May 19 Sa & Su 12:00-4:00pm

Printmaking - Experimental Reduction Prints in Color

Age: 16-99 yrs. Explore traditional and experimental printmaking techniques to create big, bold, dynamic, colorful prints! In this class you will be encouraged to play, experiment and push the boundaries of what a reduction print can be. Reduction printmaking is easy enough for a beginner or experienced printmaker to take their skill set to a new level. Students provide materials, supply list prints on receipt. This class qualifies students for a print studio membership. 8 sessions. Instructor: Maria Frati.

Pullen Arts Center – Course Fee: \$216

May 1-Jun 26 W 10:00am-1:00pm

Printmaking - Intro to Linoleum Block Print in Color

Age: 16-99 yrs. Deep dive into traditional relief printmaking technique to create dynamic colorful prints! This is a great class for those new to block printmaking. We will cover linoleum carving, and tool use as well as inking and printing on presses. Additionally there will be lots of emphasis on color use in this class.

Participants will learn how to mix and blend oil based inks in order to create bold, colorful work. Participants will each create an edition of 6-8 polished prints. Students provide materials, supply list prints on receipt. This class qualifies students for a print studio membership. 6 sessions. Instructor: Maria Frati.

Pullen Arts Center – Course Fee: \$160

May 6-Jun 17 M 10:00am-1:00pm

Printmaking - Learn to Screen Print

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

Pullen Arts Center – Course Fee: \$136

May 23-Jun 27 Th 4:00-6:30pm

Aug 1-Sep 5 Th 4:00-6:30pm

Printmaking - Metal & Ink

Age: 16-99 yrs. Bring two art forms together! Students will etch a copper plate and use it as a matrix to create unique prints on paper. Then they will add material to it or subtract material from it to create a one of a kind piece of jewelry. Come join this amazing process pairing jewelry and printmaking techniques. Supply kits will be available for purchase for \$40. 2 sessions. Instructors: Susan Martin and Amy Veatch.

Pullen Arts Center – Course Fee: \$225

May 18-May 19 Sa & Su 10:00am-5:00pm

Printmaking - Poster Printing and Creating Multiples

Age: 16-99 yrs. If you have a basic understanding of screen-printing techniques, then this class is for you! This intermediate level class will teach you how to create posters and a limited edition of prints. By the end, students will have designed, prepared, and printed a poster. Students provide supplies; supply list prints on receipt. This class qualifies students for a print studio membership. 6 sessions. Instructor: Pete Borsay.

Pullen Arts Center – Course Fee: \$163

Jul 30-Sep 3 Tu 6:00-9:00pm

Printmaking - Prints for Patches

Age: 14-99 yrs. Come join the fun and craft your own lino stamp! We will be using these stamps to create patches that can be sewn or adhered to clothing or bags or even hung on a wall! (though of course you will be able to use these stamps to print on paper as well) At the end of the final class, students will be able to opt in to trade the patches they

make with their classmates! Carving tools, inks, and fabric scraps will be provided but feel free to bring in any additional items you wish to print on. Linoleum blocks are available for purchase through the Pullen supply store. Beginner and experienced students welcome. 2 sessions. Instructor: Jocelyn Steslicke.

Pullen Arts Center – Course Fee: \$45

Aug 10-Aug 17 Sa 1:00-3:30pm

Printmaking - Screen Printing: Focus on Fabric

Age: 16-99 yrs. In this class we will use our own screen printed designs to create T-shirts, tote bags and hand towels. Techniques we will study are using a paper stencil, hand made screen designs and computer printed designs. We will learn how to apply photo emulsion, printing techniques and how to create a design that works well. Students provide materials, supply list prints on receipt. 4 sessions. Instructor: Keith Norval.

Pullen Arts Center – Course Fee: \$90

May 14-Jun 4 Tu 7:00-9:30pm

Sertoma Pottery Studio Orientation

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

Sertoma Arts Center – Course Fee: \$25

May 13 M 1:00-2:00pm

Jun 10 M 6:00-7:00pm

Jul 15 M 1:00-2:00pm

Senior**Basic Watercoloring Techniques**

Age: 18-99 yrs. In this class you will learn some basic techniques when painting with watercoloring. Discover some interesting tricks to make your art pop by using markers and pens. This class is for beginners. Instructor: Gail Forrest

Walnut Terrace Center

May 17-May 24 F 2:15-3:30pm

Christmas in July - Crafting

Age: 18-99 yrs. Why wait until December for the holiday season. Join us to get a jump start on your holiday preparations. Come create your own holiday decorations or gifts for your loved ones. We will have several craft stations setup for you to let your creativity flow: wreath making, bow making, ornament design, create a snowman are just a few ideas we have in store. This is a beginner level class but all levels are welcome. All supplies will be provided.

Walnut Terrace Center

Jul 10 W 12:30-4:30pm



Crafts

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

Five Points Center

May 6-Aug 29 M-Th 9:30am-12:00pm

Flower Pot Decor

Age: 18-99 yrs. Let your creativity flow as you create a unique piece of artwork using a used or new 6" terracotta or ceramic (not glazed) flower pot. Chose to paint or decoupage your pot as Gail provides guidance. Bring your own 6" flower pot. All supplies will be provided. Instructor: Gail Forrest

Walnut Terrace Center

Aug 23 F 2:15-3:30pm

Knitting and Crocheting

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

Anne Gordon Center

May 2-Aug 29 Th 2:00-4:00pm

Making Pressed Flower Bookmarks

Age: 18-99 yrs. Enjoy the simple art of pressing flowers as you create bookmarkers for yourself or gifts. This is a beginners art class, no experience needed. Bring your own flowers from your garden or some will be available from the instructor. All supplies are provided. Instructor: Gail

Walnut Terrace Center

Jul 19 F 2:15-3:30pm

Open Studio with Gail

Age: 18-99 yrs. Do you enjoy painting or always wanted to give it a try? Would a little guidance and a lot of open space encourage you to explore this practice which so many find therapeutic? Look no further! Gail will be on hand and more

than happy to answer art questions or help you get over the painter block you may be experiencing. Bring your supplies; we have space for storage. We have some supplies you can purchase for a minimal fee to get you started. Paint brushes and easels are available for you to use. Let's inspire one another and stop making excuses. There is a wall in your home hoping for some fresh artwork! And like most adventures, it is more fun to create with others. This program meets on the 1st, 2nd & 3rd Tuesday of each month.

Walnut Terrace Center

May 7-Aug 13 Tu 2:00-4:00pm

Quilling

Age: 18-99 yrs. Quilling is a simple craft, great for beginners and can be mastered in one to two hours. You will create your own design with quilling by cutting paper into long thin strips, rolling, and pinching the pieces into different shapes, and then gluing the shapes together to form decorative art. Paper quilling projects can be used to decorate cards, boxes, gift bags, picture frames, and much more. All supplies are provided.

Walnut Terrace Center

Baseball (combing)

May 1 W 1:00-3:00pm

Starfish (combing)

Jun 5 W 1:00-3:00pm

Apple (shapes and boarders)

Aug 7 W 1:00-3:00pm

Raleigh Miniatures Guild

Age: 18-99 yrs. This group is for art enthusiasts specializing in the craft of miniatures. The Guild meets the 1st and 3rd Thursdays each month.

See club officers at meeting for information on additional fees and dues.

Anne Gordon Center - Course Fee: \$4

May 2-Aug 15 Th 10:00am-12:00pm

Readers Theatre

Age: 18-99 yrs. A wide variety of short and medium length skits are taken from different sources and come alive not only through the words of the authors, the actors' faces and bodies, but also through their tone, pitch, and emotion. Memorization of scripts is not necessary. Costuming and props are minimal. This is not a class with an instructor who teaches acting, nor is it a class for the shy. Participants gather to learn acting and entertain each other by filling a variety of roles (acting experience is not required). This group is a prerequisite for the Readers Theater Performing Ensemble. Commitment to attendance and participation is stressed.

Five Points Center

May 6-Aug 26 M 3:00-4:45pm

What's the Deal with the Color Wheel

Age: 18-99 yrs. Expand your understanding of color combinations and why artists refer to the color wheel so often in their work. Play around with the color combinations from the color wheel and learn how to mix colors.

Walnut Terrace Center

Jun 21 F 2:15-3:30pm

Family

Art 4 Fun Series

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

John Chavis Community Center

Flower Art

May 16 Th 6:30-7:30pm

Beach Art

Jun 4 Tu 6:30-7:30pm

Ice Cream Art

Jul 16 Tu 6:30-7:30pm

Sunshine Art

Aug 6 Tu 6:30-7:30pm

Family - Field Studies in Art

Age: 6-12 yrs. This workshop is taught by an artist whose work will be exhibit in the main lobby gallery at Pullen Art Center. You'll take a hands on tour through this exhibition, creating art as a way to interpret the art on view. The artist will lead you outside into the Pullen Art Center gardens to do as she has done, be inspired to paint florals in the natural environment. Adult/parent/caregiver attends with child. Class fee includes one adult and one child; please register child only. All supplies included. Instructor: Julia Einstein

Pullen Arts Center - Course Fee: \$30

Aug 3 Sa 10:00-11:30am

Family - Playing with Art

Age: 6-12 yrs. The family that plays together stays together! Join us for a workshop all about creative play. You will discover the art of designing games and make one together to bring home for family game nights! Adult/parent/caregiver attends with child. Class fee includes one adult and one child; please register child only. All supplies included. Instructor: Julia Einstein

Pullen Arts Center - Course Fee: \$30

Aug 10 Sa 2:00-3:30pm



Athletic Instruction



Youth

Basketball Skills & Drills

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

Brier Creek Community Center – Course Fee: \$41

May 2-May 23	Th	6:30-7:30pm
Jun 6-Jun 27	Th	6:30-7:30pm
Jul 11-Aug 1	Th	6:30-7:30pm
Aug 8-Aug 29	Th	6:30-7:30pm

Basketball Skills Development

Age: 5-15 yrs. To help members development, this instruction will focus on various fundamental skill areas. These beginner to intermediate sessions are a great way to start if you are new to the sport or have little experience in the game of basketball. Instructor Carlos Enriquez, takes pride in properly introducing and developing our young athletes by their abilities. Skills for beginners will be concentrated on Triple Threat possibilities,

basic ball handling, basic passing, right and left hand lay-ups, shooting fundamentals, basic defensive stance and body movement, etc. This is a daily drop in class - each day they attend is a separate class.

Marsh Creek Community Center – Course Fee: \$5
May 5-Aug 25 Su 3:00-4:00pm

Elite Basketball Clinic - Advanced

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

Brier Creek Community Center – Course Fee: \$41

May 2-May 23	Th	7:30-8:30pm
Jun 6-Jun 27	Th	7:30-8:30pm
Jul 11-Aug 1	Th	7:30-8:30pm
Aug 8-Aug 29	Th	7:30-8:30pm

Intro to Golf

Age: 8-12 yrs.

Brier Creek Community Center – Course Fee: \$41

May 7-May 28	Tu	6:30-7:15pm
Jun 4-Jun 25	Tu	6:30-7:15pm
Jul 9-Jul 30	Tu	6:30-7:15pm
Aug 6-Aug 27	Tu	6:30-7:15pm

Soccer Kickers at Brier Creek

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

Brier Creek Community Center – Course Fee: \$41

Ages 5-8

May 2-May 23	Th	4:30-5:15pm
Jun 6-Jun 27	Th	4:30-5:15pm
Jul 11-Aug 1	Th	4:30-5:15pm
Aug 8-Aug 29	Th	4:30-5:15pm

Ages 9-12

May 2-May 23	Th	5:15-6:00pm
Jun 6-Jun 27	Th	5:15-6:00pm
Jul 11-Aug 1	Th	5:15-6:00pm
Aug 8-Aug 29	Th	5:15-6:00pm

Tennis Jr. Level 1

No experience needed for this class. Players will work on building rallying skills, learning basic strokes, scorekeeping, and the rules of tennis. 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.

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Millbrook Exchange Tennis Center**Age 6-8**

May 6-Jun 19	M&W	5:00-6:00pm	Fee: \$133
May 7-Jun 20	Tu&Th	5:00-6:00pm	Fee: \$133
May 11-Jun 22	Sa	11:00am-12:00pm	Fee: \$73
Jul 8-Aug 21	M&W	5:00-6:00pm	Fee: \$133
Jul 9-Aug 22	Tu&Th	5:00-6:00pm	Fee: \$133
Jul 13-Aug 24	Sa	11:00am-12:00pm	Fee: \$73

Age 8-10

May 6-Jun 19	M&W	5:00-6:00pm	Fee: \$133
May 7-Jun 20	Tu&Th	5:00-6:00pm	Fee: \$133
May 11-Jun 22	Sa	9:00-10:00am	Fee: \$73
May 11-Jun 22	Sa	10:00-11:00am	Fee: \$73
May 11-Jun 22	Sa	11:00am-12:00pm	Fee: \$73
Jul 8-Aug 21	M&W	5:00-6:00pm	Fee: \$133
Jul 9-Aug 22	Tu&Th	5:00-6:00pm	Fee: \$133
Jul 13-Aug 24	Sa	9:00-10:00am	Fee: \$73
Jul 13-Aug 24	Sa	10:00-11:00am	Fee: \$73
Jul 13-Aug 24	Sa	11:00am-12:00pm	Fee: \$73

Age 10-18

May 6-Jun 19	M&W	4:00-5:00pm	Fee: \$133
May 7-Jun 20	Tu&Th	4:00-5:00pm	Fee: \$133
May 11-Jun 22	Sa	10:00-11:00am	Fee: \$73
Jul 8-Aug 21	M&W	4:00-5:00pm	Fee: \$133
Jul 9-Aug 22	Tu&Th	4:00-5:00pm	Fee: \$133
Jul 13-Aug 24	Sa	10:00-11:00am	Fee: \$73

Tennis Jr. Level 2

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

Millbrook Exchange Tennis Center**Age 8-10**

May 6-Jun 19	M&W	5:00-6:00pm	Fee: \$133
Jul 8-Aug 21	M&W	5:00-6:00pm	Fee: \$133

Age 10-18

May 6-Jun 19	M&W	4:00-5:00pm	Fee: \$133
May 7-Jun 20	Tu&Th	4:00-5:00pm	Fee: \$133
May 11-Jun 22	Sa	9:00-10:00am	Fee: \$73
Jul 9-Aug 22	Tu&Th	4:00-5:00pm	Fee: \$133
Jul 13-Aug 24	Sa	9:00-10:00am	Fee: \$73

Tennis Summer Morning Mini Camp

This weeklong program provides tennis instruction and game play for juniors aged 8 and up. 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: \$133

Age 8-10 and Age 10-18

Jun 17-Jun 21	M-F	9:00am-12:00pm
Jun 24-Jun 28	M-F	9:00am-12:00pm
Jul 8-Jul 12	M-F	9:00am-12:00pm
Jul 15-Jul 19	M-F	9:00am-12:00pm
Jul 22-Jul 26	M-F	9:00am-12:00pm
Jul 29-Aug 2	M-F	9:00am-12:00pm
Aug 5-Aug 9	M-F	9:00am-12:00pm
Aug 12-Aug 16	M-F	9:00am-12:00pm

Volleyball Skills & Drills

Age: 8.99-15 yrs. Bump! Set! Hit it over! At this skills training clinic, players focus on hitting, passing, setter training and conditioning. Use of correct arm and footwork positioning and posture will be taught, along with blocking and serving techniques and more! This is a 6 week session, meeting every Thursday. Instructor: Monique Fearington

Optimist Community Center – Course Fee: \$150

May 2-Jun 6	Th	6:30-8:30pm
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Adult

Tennis Adult 2.5 Drills

Age: 18-99 yrs. Requirements: Must be at the NTRP 2.5 level or use full swing on most strokes during match play to enter this class. This is a drills class using all of your strokes. This class will focus more on 2.5 level match skills rather than stroke technique. To advance to 3.0 Drills, players must be at the 3.0 level. Class length is seven weeks, including one bonus week. If there is more than one week of rainouts, classes can be made up during other class times by emailing david.bell@raleighnc.gov.

Lake Lynn Community Center – Course Fee: \$133

May 11-Jun 22	Tu&Th	6:00-7:00pm
Jul 13-Aug 24	Tu&Th	6:00-7:00pm

Millbrook Exchange Tennis Center – Course Fee: \$133

May 6-Jun 19	M&W	6:00-7:00pm
May 7-Jun 20	Tu&Th	6:00-7:00pm
Jul 8-Aug 21	M&W	6:00-7:00pm
Jul 9-Aug 22	Tu&Th	6:00-7:00pm

Tennis Adult Cardio

Age: 18-99 yrs. Cardio Tennis is a fun group activity featuring drills to give players of all abilities an ultimate, high energy workout. Taught by a teaching professional, Cardio Tennis includes a warm-up, cardio workout and cool down phases. If you are looking for a great new way to get in shape and to burn calories, you must try Cardio Tennis. Class length is seven weeks, including one bonus week. If there is more than one week of rainouts, classes can be made up during other class times by emailing david.bell@raleighnc.gov.

Millbrook Exchange Tennis Center – Course Fee: \$73

May 10-Jun 21	F	9:00-10:00am
May 10-Jun 21	F	10:00-11:00am
Jul 12-Aug 23	F	9:00-10:00am
Jul 12-Aug 23	F	10:00-11:00am

Tennis Adult Doubles Ladder

Age: 18-99 yrs. In recreational doubles ladder play for all adult levels, participants play challenge matches for points. Players may join the ladder any time. Ladder rankings will be updated online each Monday. Players arrange their own match time and location. The ladder finishes with a season-ending tournament for the top eight players. Course Fee: \$25

Women's 2.5 Doubles

May 20-Jul 28

Women's 3.0 Doubles

May 20-Jul 28

Women's 3.5 Doubles

May 20-Jul 28

Men's 3.0 Doubles

May 20-Jul 28

Men's 3.5 Doubles

May 20-Jul 28

Men's 4.0 Doubles

May 20-Jul 28

Tennis Adult Level 1

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

Millbrook Exchange Tennis Center

May 6-Jun 19	M&W	10:00-11:00am	Fee: \$133
May 6-Jun 19	M&W	6:00-7:00pm	Fee: \$133
May 7-Jun 20	Tu&Th	11:00am-12:00pm	Fee: \$133
May 7-Jun 20	Tu&Th	7:00-8:00pm	Fee: \$133
May 11-Jun 22	Sa	9:00-10:00am	Fee: \$73
May 11-Jun 22	Sa	12:00-1:00pm	Fee: \$73
Jul 8-Aug 21	M&W	10:00-11:00am	Fee: \$133
Jul 8-Aug 21	M&W	6:00-7:00pm	Fee: \$133
Jul 9-Aug 22	Tu&Th	11:00am-12:00pm	Fee: \$133
Jul 9-Aug 22	Tu&Th	7:00-8:00pm	Fee: \$133
Jul 13-Aug 24	Sa	12:00-1:00pm	Fee: \$73
Jul 13-Aug 24	Sa	9:00-10:00am	Fee: \$73

Tennis Adult Level 2

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

Millbrook Exchange Tennis Center

May 6-Jun 19	M&W	11:00am-12:00pm	Fee: \$133
May 6-Jun 19	M&W	7:00-8:00pm	Fee: \$133
May 7-Jun 20	Tu&Th	10:00-11:00am	Fee: \$133
May 7-Jun 20	Tu&Th	6:00-7:00pm	Fee: \$133
Jul 8-Aug 21	M&W	11:00am-12:00pm	Fee: \$133
Jul 8-Aug 21	M&W	7:00-8:00pm	Fee: \$133
Jul 9-Aug 22	Tu&Th	10:00-11:00am	Fee: \$133
Jul 9-Aug 22	Tu&Th	6:00-7:00pm	Fee: \$133
May 11-Jun 22	Sa	10:00-11:00am	Fee: \$73
May 11-Jun 22	Sa	11:00am-12:00pm	Fee: \$73
Jul 13-Aug 24	Sa	10:00-11:00am	Fee: \$73
Jul 13-Aug 24	Sa	11:00am-12:00pm	Fee: \$73

Tennis Adult Singles Ladder

Age: 18-99 yrs. In recreational singles ladder play for all levels, participants play challenge matches for points. Players may join the ladder any time. Ladder rankings will be updated online each Monday. Players arrange their own match time and location. The ladder finishes with a season-ending tournament. Course Fee: \$25

Women's 2.5

May 20-Jul 8

Women's 4.0/4.5

May 20-Jul 8

Men's 3.5

May 20-Jul 8

Men's/Women's 4.5

May 20-Jul 8

Women's 3.0

May 20-Jul 8

Women's 3.5

May 20-Jul 8

Men's 2.5

May 20-Jul 8

Men's 3.0

May 20-Jul 8

Men's 4.0

May 20-Jul 8

Tennis Quads

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

Millbrook Exchange Tennis Center – Course Fee: \$45

All Levels

May 27-Jul 22	M	7:00-9:00pm
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May 29-Jul 24	W	9:30-11:30am
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Coed 2.0/2.5

May 30-Jul 25	Th	7:00-9:00pm
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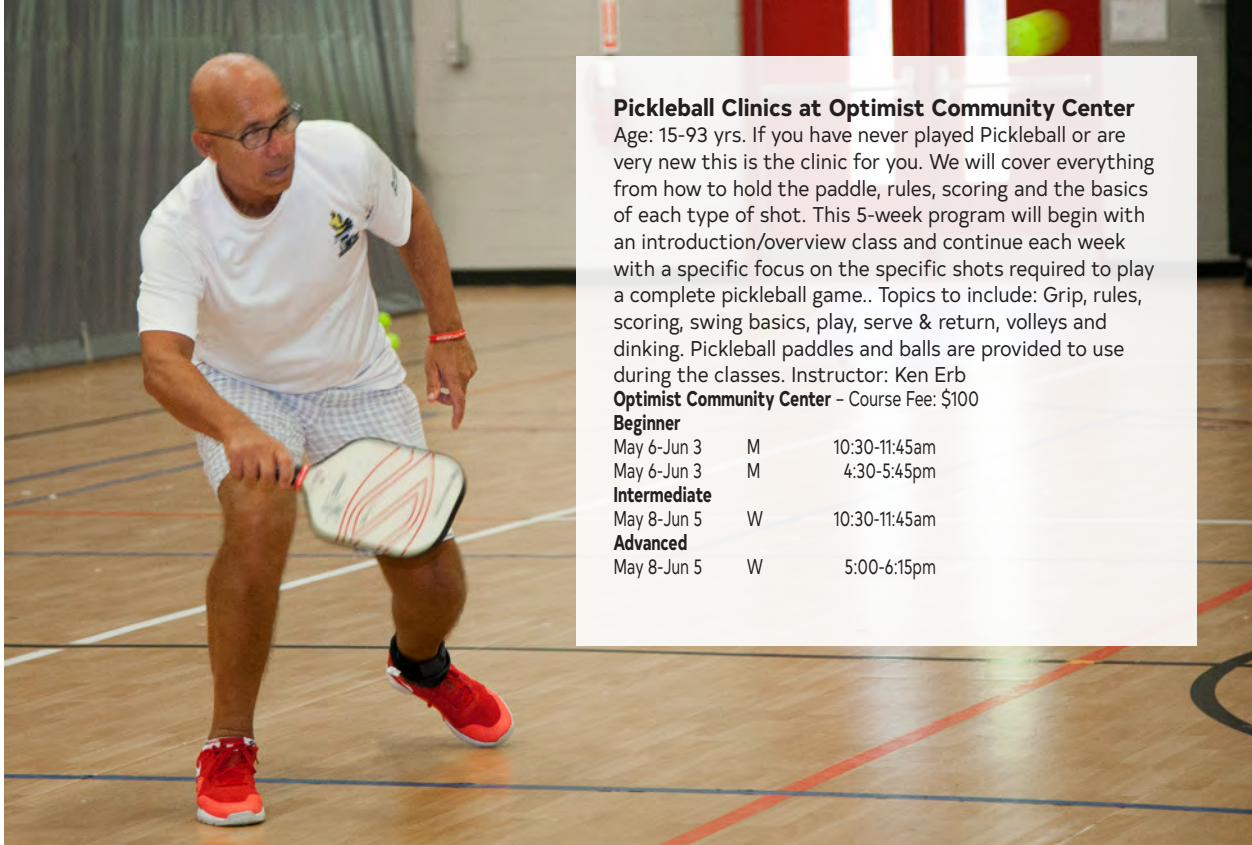
Tennis Senior Drop In

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

Millbrook Exchange Tennis Center – Course Fee: \$10

May 2-Aug 29	M&Th	9:00am-12:00pm
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Athletics Open Play



Pickleball Clinics at Optimist Community Center

Age: 15-93 yrs. If you have never played Pickleball or are very new this is the clinic for you. We will cover everything from how to hold the paddle, rules, scoring and the basics of each type of shot. This 5-week program will begin with an introduction/overview class and continue each week with a specific focus on the specific shots required to play a complete pickleball game.. Topics to include: Grip, rules, scoring, swing basics, play, serve & return, volleys and dinking. Pickleball paddles and balls are provided to use during the classes. Instructor: Ken Erb

Optimist Community Center - Course Fee: \$100

Beginner

May 6-Jun 3	M	10:30-11:45am
May 6-Jun 3	M	4:30-5:45pm

Intermediate

May 8-Jun 5	W	10:30-11:45am
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Advanced

May 8-Jun 5	W	5:00-6:15pm
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Athletics Teams/Leagues

Athletics Programs

athletics@raleighnc.gov
919-996-6836

Athletic Program Director

Ryan Ryba
ryan.ryba@raleighnc.gov

Athletic Program Managers

Jason Clemons
jason.clemons@raleighnc.gov

Zeb Alford
zebulon.alford@raleighnc.gov

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

Little League Youth Flag Football Age 11-13

The Athletics Division, is offering youth flag football for ages 11-13. Registration is July 1-14. The league age as of date is August 31, 2024. Fee is \$51 for Raleigh residents and \$66 for non-Raleigh residents. Practices will begin in August and can be anytime Monday-Friday, 6pm-9pm and Saturday, 9am-3pm. Games will begin in September, after Labor Day, and can be held weekdays (6:30pm or 7:30pm), or Saturday mornings (anytime 9am-1pm).
Baileywick Park League - \$51 (Resident); \$66 (Non-Resident)
Lions Park League - \$51 (Resident); \$66 (Non-Resident)

Mini-Mite Youth Flag Football Age 5-7

The Athletics Division, is offering youth flag football for ages 5-7. Registration is July 1-14. The league age as of date is August 31, 2024. Fee is \$51 for Raleigh residents and \$66 for non-Raleigh residents. Practices will begin in August and can be anytime Monday-Friday, 6pm-9pm and Saturday, 9am-3pm. Games will begin in September, after Labor Day, and can be held weekdays (6:30pm or 7:30pm), or Saturday mornings (anytime 9am-1pm).
Baileywick Park League - \$51 (Resident); \$66 (Non-Resident)
Lions Park League - \$51 (Resident); \$66 (Non-Resident)

Mini Softball - Age 7-9

This league is for girls ages 7-9 years old who are looking to learn the basic fundamentals of the sport of softball as well as learn good sportsmanship. Registration is July 1-14, 2024 (or until filled). Players age will be determined with an age as of date by August 31, 2024. Practices and games will take place at Buffalo Road Athletic Park.
Buffalo Road Athletic Park - \$56 (Resident); \$71 (Non-Resident)

Mitey-Mite Youth Flag Football Age 8-10

The Athletics Division, is offering youth flag football for ages 8-10. Registration is July 1-14. The league age as of date is August 31, 2024. Fee is \$51 for Raleigh residents and \$66 for non-Raleigh residents. Practices will begin in August and can be anytime Monday-Friday, 6pm-9pm and Saturday, 9am-3pm. Games will begin in September, after Labor Day, and can be held weekdays (6:30pm or 7:30pm), or Saturday mornings (anytime 9am-1pm).
Baileywick Park League - \$51 (Resident); \$66 (Non-Resident)
Lions Park League - \$51 (Resident); \$66 (Non-Resident)

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Youth Baseball - Bronco

Age: 11-12 yrs. Baseball registration is July 1-14, 2024. The Bronco Baseball League (ages 11-12) is a way for youth to learn the fundamentals of baseball and to teach positive sportsmanship. This league does keep score and records wins and losses. Volunteer coaches are needed who enjoy baseball, want to teach youth, and to help develop league participants' skills and knowledge of baseball. League Age is determined by participant's age on August 31, 2024.

Buffaloe Road Athletic Park – Course Fee: \$64

Youth Baseball - Colt

Age: 15-17 yrs. Baseball registration is July 1-14, 2024. The Colt Baseball League (ages 15-17) is a way for youth to learn the fundamentals of baseball and to teach positive sportsmanship. This league does keep score and records wins and losses. Volunteer coaches are needed who enjoy baseball, want to teach youth, and to help develop league participants' skills and knowledge of baseball. League Age is determined by participant's age on August 31, 2024.

Cedar Hills Park & Buffaloe Road Athletic Park
– Course Fee: \$64

Youth Baseball - Mustang

Age: 9-10 yrs. Baseball registration is July 1-14, 2024. The Mustang Baseball League (ages 9-10) is a way for youth to learn the fundamentals of baseball and to teach positive sportsmanship. This league does keep score and records wins and losses. Volunteer coaches are needed who enjoy baseball, want to teach youth, and to help develop league participants' skills and knowledge of baseball. League Age is determined by participant's age on August 31, 2024.

North Hills Park, Lake Lynn Park & Optimist Park
– Course Fee: \$64

Youth Baseball - Pinto

Age: 7-8 yrs. Baseball registration is July 1-14, 2024. The Pinto Baseball League (ages 7-8) is a way for youth to learn the fundamentals of baseball and to teach positive sportsmanship. This league does not keep score or record wins and losses. Volunteer coaches are needed who enjoy baseball, want to teach youth, and to help develop league participants' skills and knowledge of baseball. League Age is determined by participant's age on August 31, 2024.

Millbrook Exchange Community Center – Course Fee: \$64

Youth Baseball - Pony

Age: 13-14 yrs. Baseball registration is July 1-14, 2024. The Pony Baseball League (ages 13-14) is a way for youth to learn the fundamentals of baseball and to teach positive sportsmanship. This league does keep score and records wins and losses. Volunteer coaches are needed who enjoy baseball, want to teach youth, and to help develop league participants' skills and knowledge of baseball. League Age is determined by participant's age on August 31, 2024.

Buffaloe Road Athletic Park – Course Fee: \$64

Youth Baseball - TBall

Age: 5-6 yrs. Baseball registration is July 1-14, 2024. The TBall Baseball League (ages 5-6) is a way for youth to learn the fundamentals of baseball and to teach positive sportsmanship. This league does not keep score or record wins and losses. Volunteer coaches are needed who enjoy baseball, want to teach youth, and to help develop league participants' skills and knowledge of baseball. League Age is determined by participant's age on August 31, 2024.

Kiwanis Community Center – Course Fee: \$64

Youth Cheerleading

Age: 5-13 yrs. The youth cheerleading program is a way for youth to learn the fundamentals of cheerleading and teach positive sportsmanship. Cheerleaders will cheer for teams in our youth flag football league. Teams will be formed out of the participant's registered league location. League age is determined by participants age on August 31, 2024. Registration is July 1-14.

Baileywick Park Youth Flag Football Cheer Squad

– \$51 (Resident); \$66 (Non-Resident)

Lions Park Youth Flag Football Cheer Squad

– \$51 (Resident); \$66 (Non-Resident)

Youth Girls Softball - Age 10-12

Youth Girls Fall Softball registration is July 1-14, 2024. The Girls Softball League is a way for youth to learn the fundamentals of softball and to teach positive sportsmanship. Modified Fast-Pitch is offered for Girls (10-12). This league does keep score and records wins and losses. Volunteer coaches are needed who enjoy softball, want to teach youth, and to help develop league participants' skills and knowledge of softball. League Age is determined by participant's age on August 31, 2024.

Walnut Creek Athletic Complex – Course Fee: \$56

Youth Girls Softball - Age 13-17

Youth Girls Fall Softball registration is July 1-14, 2024. The Girls Softball League is a way for youth to learn the fundamentals of softball and to teach

positive sportsmanship. Youth Fast-Pitch is offered for Girls (13-17). This league does keep score and records wins and losses. Volunteer coaches are needed who enjoy softball, want to teach youth, and to help develop league participants' skills and knowledge of softball. League Age is determined by participant's age on August 31, 2024.

Walnut Creek Athletic Complex – Course Fee: \$56

Adult

Adult Baseball

Age: 18-99 yrs. The Athletics Division will be holding registration for the Adult Baseball League on July 15-28, 2024. Registration will be taken online or in person at 2401 Wade Ave. Raleigh 27607 from 8:30am-5:15pm Monday-Friday. For more information please contact (919) 996-6836. Individuals who are not a part of a team will need to contact City of Raleigh Athletics at 919-996-6836 to be placed on our Free Agent list. Registration is for teams only and team fee is \$800.

Optimist Community Center

Adult Kickball

The Athletics Division will be holding registration for the Fall Coed Adult Flag Football league on July 15-28. Registration will be taken online or in person at 2401 Wade Ave. Raleigh 27607 from 8:30am-5:15pm Monday-Friday. Registration is a team fee of \$450 (includes tournament entry for all teams) with a Non-Raleigh Resident fee of \$24 per player. The single-elimination tournament will begin at the end of the regular-season games.

Adult Softball

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

JCMP Cornhole Tournament

Age: 18-99 yrs. Let the games begin! Join us at John Chavis Memorial Park for our second annual cornhole tournament. Register by July 30th!

John Chavis Community Center – Course Fee: \$20
Aug 3 Sa 9:00am-3:00pm



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: \$200
May 1-May 22 M,W,F 9:15am-12:15pm

Youth

Learn to Ride

Age: 0-99 yrs. Bring your own bike or we will have bikes for riders of all ages to use! Please arrive 15 minutes early for check in and the event will be held in the parking lot at Worthdale Community Center. In case of inclement weather a rain date is set for June 8th, 2024. This event is held in partnership with Oaks and Spokes, a Raleigh based nonprofit dedicated to safer road users and streets. Using the balance bike method, volunteers assist learners with gaining a sense of balance and control on a bicycle. A balance bike is any bike with the pedals removed, which allows the rider to steady themselves using their feet. Learners of all ages are welcome, and extra bikes in all sizes will be available to use. Oaks and Spokes will also provide extra helmets that participants can take home. Or riders are welcome to bring their own helmet and bike. Oak and Spokes will have a bike mechanic on site for basic bike repairs, including inflating

tires and adjusting brakes. Participants will be paired with a volunteer who will help teach them how to balance and propel themselves forward using their feet in a closed parking lot. More skilled riders can practice their braking and turning skills in a small obstacle course made of cones. Please bring a refillable water bottle, and wear closed toed shoes.

Worthdale Community Center

Jun 1 Sa 9:00-11:00am

Adult

Backyard Orchard Management

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

Marsh Creek Community Center – Course Fee: \$10
Jul 24 W 6:00-7:30pm

Senior

Android Phone Basics 1

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

Anne Gordon Center

Jun 24-Jul 1 M 10:00-11:30am

Five Points Center

May 14-May 21 Tu 2:00-3:30pm

Android Phone Basics 2

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

Anne Gordon Center

May 29-Jun 12 W 10:00-11:30am

Aug 12-Aug 19 M 10:00-11:30am

App Based Taxi and Food/Grocery Delivery Services like UBER

Age: 18-99 yrs. Learn how to get car rides on demand with budget friendly options using apps on your smart phone! It is an easy way to give you freedom to get around at - go anywhere you want to go - when you want to do it! Plus learn how to get food delivered from your favorite restaurants and grocery stores to your home. All through the convenience of your smartphone and the Internet! If you can't go out or don't feel like driving no problem, have it delivered or get a ride! We will show you how you can do it safely and easily. Some of the apps we will cover are UBER, LYFT, Grubhub, UberEATS, Doordash, Postmates, Instacart, and Shipt! Prerequisite: You must have knowledge of your smartphone and your phone's App Store.
Five Points Center - Course Fee: \$6
Aug 27 Tu 10:00am-12:00pm

Boost Your Brain

Age: 18-99 yrs Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. We will review habits and how to achieve maximum benefit for the brain and body by starting NOW! It's never too late or too early to incorporate healthy habits. Presented by Lynne Moore, RN/CMC, and Jeanne Kline, ThriveMore at Home.
Five Points Center
Jul 10 W 1:00-2:00pm

Choosing Continuing Care Community

Age: 18-99 yrs Choosing a retirement community is not always easy. In fact, it can be downright confusing. During this discussion, you will learn about continuing care and life care options. Often misunderstood, now is the perfect time to educate yourself so you can make the right decisions about your future care needs. Presented by Freda Hamlett, Milestone Moves.
Anne Gordon Center
Jun 25 Tu 10:00-11:30am
Five Points Center
Jun 27 Th 2:00-3:30pm

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.
Anne Gordon Center - Course Fee: \$12
Jun 26-Jul 3 W 2:00-3:30pm
Five Points Center - Course Fee: \$12
May 14-May 21 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've done so.
Anne Gordon Center - Course Fee: \$12
Aug 14-Aug 21 W 2:00-3:30pm
Five Points Center
May 28-Jun 11 Tu 2:00-3:30pm

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Computer Basics 3

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

Five Points Center – Course Fee: \$12

Jun 18-Jun 25 Tu 10:00-11:30am

Computer Basics 4

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

Five Points Center – Course Fee: \$12

Aug 13-Aug 20 Tu 10:00-11:30am

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

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

Five Points Center – Course Fee: \$12

Aug 13-Aug 20 Tu 2:00-3:30pm

Decluttering

Age: 18-99 yrs. Decluttering involves getting rid of unnecessary things, organizing and making priorities to streamline one's life. Join us to learn practical decluttering tips and strategies that can change your life. Presented by Freda Hamlett, Milestone Moves.

Anne Gordon Center

Aug 27 Tu 10:00-11:30am

Five Points Center

Aug 29 Th 2:00-3:30pm

Excel Basics 1

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

Anne Gordon Center – Course Fee: \$6

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

Five Points Center – Course Fee: \$6

Aug 29 Th 10:00am-12:00pm

Finance: Medicare 101

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

Anne Gordon Center

Jul 16 Tu 10:00-11:30am

Five Points Center

Jun 25 W 1:00-2:30pm

Finance: Understanding Beneficiary Designations

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

Anne Gordon Center

Jul 11 Th 10:00-11:30am

Five Points Center

Jul 16 Tu 2:00-3:30pm

Financial Fraud Prevention

Age: 18-99 yrs. The purpose of this presentation is to present valuable information that will help you recognize and avoid fraud. Scammers steal billions of dollars from unsuspecting consumers every year. The impact on victims and their families can be financially and emotional devastating, especially for older Americans. We created the Fraud Watch Network to empower consumers to spot and avoid scams and to provide support and guidance to victims and their families when fraud happens. Presented by AARP.

Five Points Center

Jul 17 W 2:30-3:30pm

Five Wishes

Age: 18-99 yrs. Liberty Hospice can help you with advance directive planning through the Five Wishes Program. Five Wishes is a living will that covers personal, spiritual, medical and legal wishes all in one document. It allows your family or caregiver to know exactly what you want so they don't have to guess. Presented by Liberty Hospice.

Anne Gordon Center

Aug 13 Tu 10:00-11:30am

Five Points Center

May 22 W 2:00-3:30pm

Gimp Photo Editing Basics 1

Age: 18-99 yrs. Are you serious about photo editing, but don't want to pay for expensive software? Learn to use GIMP, a photo editing program that can help make your images look unique. GIMP is a free and open-source raster graphics editor used for image retouching, editing, free-form drawing, converting between different image formats, and more. GIMP is like the professional photo editor Adobe Photoshop. Prerequisite: 'Computer Basics 1' or equivalent computer knowledge.

Five Points Center – Course Fee: \$12

May 30-Jun 13 Th 10:00-11:30am

Gimp Photo Editing Basics 2

Age: 18-99 yrs. If you are excited about editing photos with software that has the features of those professional programs, then you should check out GIMP. Back by popular demand here is part 2 of our Gimp Photo Editing series. GIMP is a free and open-source raster graphics editor used for image retouching and editing, free-form drawing, converting between different image formats, and more specialized tasks. Learn to use GIMP, a photo editing program that has some similar features that the professional photo editing programs use like Adobe Photoshop! For

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

Five Points Center – Course Fee: \$12
Aug 15-Aug 22 Th 10:00-11:30am

GMAIL Basics 1

Age: 18-99 yrs. In this class we will show you how to create and use an email account using Google's GMAIL function. Nowadays, you need an email address for almost everything. Learn to use this convenient method of communication. Prerequisite: Computer Basics 1 and 2 or equivalent skills.

Anne Gordon Center – Course Fee: \$6
May 20 M 10:00am-12:00pm
Jun 17 M 10:00am-12:00pm
Aug 28 W 2:00-4:00pm

Google Applications Overview

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

Anne Gordon Center – Course Fee: \$12
May 15-May 22 W 2:00-3:30pm

Google Chrome Intro

Age: 18-99 yrs. You should consider having more than one web browser on your computer for security purposes. A web browser is an application on your computer that allows you to view websites. Learn about the Google Chrome web browser and how it protects you from security issues like phishing and dangerous sites. Chrome provides quick answers in your address bar, one-click translation, and personalized articles. Plus learn how to install other software applications called extensions into Chrome. Prerequisite: 'Computer Basics 1' or equivalent.

Anne Gordon Center – Course Fee: \$6
Aug 26 M 10:00am-12:00pm

Google Photos Intro

Age: 18-99 yrs. Learn basic photo editing, photo sharing, and steps to create a photo book using the Google Photos app. You may bring your own smart phone, iPad or tablet - but it is not required. Bring your Google account Username and Password to class. If you do not have an account, we will provide you with the information to create one on your own. If you do not wish to create an account, then you may observe.

Anne Gordon Center – Course Fee: \$12
May 15-May 22 W 10:00-11:30am

Herb Gardening

Age: 18-99 yrs. Herbs and vegetables are coming in at the Farmers Market every day. Join us for fun and fellowship as we look at easy to grow herbs veggies and flowers. Learn how you can enjoy them as plants, flowers, fragrance, and food enhancers. Instructor will bring sample cuttings to share. Instructor: Janet Harrison

Walnut Terrace Center – Course Fee: \$5
Trellis, Feeding and Weeding Your Garden - Less is More

May 22 W 1:00-3:00pm

Transplant, trellis and Pruning

Jun 26 W 1:00-3:00pm

Harvest, Prepare, Preserve, etc.

Jul 24 W 1:00-3:00pm

Planting Fall Brassicas

Aug 28 W 1:00-3:00pm

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

Age: 18-99 yrs. Alexa is a virtual assistant developed by amazon that allows you to interact with in your home using a smart speaker called Echo. The Echo Smart Speaker can check your calendar, weather, traffic, and sports scores, manage to-do and shopping lists, control your compatible smart lights, thermostats, garage doors, sprinklers, and more by saying commands. Learn about its exciting two-way intercom feature allowing you to talk to a family member inside your home, even if you are outside or miles away! Learn the basic setup.

Anne Gordon Center – Course Fee: \$6
May 1 W 2:00-4:00pm

Five Points Center – Course Fee: \$6
Jun 11 Tu 10:00am-12:00pm

iCloud Basics for iPad/iPhone

Age: 18-99 yrs. The iCloud is a virtual hard drive service allows users to securely store photos, videos, documents, apps, music and so much more online! It also lets you sync multiple devices, including your iPad, iPhone, iPod and PCs running Mac OS or Windows. If you own an Apple product,

then you have iCloud. Learn to use this feature to its fullest! Prerequisite: 'iPad/ iPhone Basics 1' or Intermediate user. Bring your Apple device PLUS your Apple ID and password.

Anne Gordon Center – Course Fee: \$6
Aug 28 W 10:00am-12:00pm
May 1 W 10:00am-12:00pm

Five Points Center – Course Fee: \$6
Jun 27 Th 10:00am-12:00pm

Independent Living Options

Age: 18-99 yrs. Retirement communities and 55+ active adult living options are popping up all around the Triangle area. But what are they exactly? Learn the facts about local senior living options. Sponsored by Freda Hamlett, Senior Transition Consultant, Milestone Moves Realty Group.

Anne Gordon Center
May 28 Tu 10:00-11:30am

Five Points Center
May 30 Th 2:00-3:30pm

Intro to Music Therapy

Age: 18-99 yrs. 'Music Therapy' hmm? I've heard of music as entertainment, I like listening to music, but what is Music Therapy and how does it help I invite you to come and share time with me as I share my knowledge with you about how Music Therapy can help in Hospice, Palliative, and Bereavement Care. Presented by Allison Antkowiak, Hopeforth LLC.

Anne Gordon Center
May 21 Tu 10:00-11:30am

Five Points Center
May 8 W 2:00-3:30pm

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
Jun 26-Jul 3 W 10:00-11:30am

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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 14-Aug 21 W 10:00-11:30am

iPhone Basics 1

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

Five Points Center - Course Fee: \$12
May 16-May 23 Th 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
May 29-Jun 12 W 2:00-3:30pm

iPhone Basics 3

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

Five Points Center - Course Fee: \$12
Jun 18-Jun 25 Tu 2:00-3:30pm

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

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

Anne Gordon Center
May 13 M 10:00-11:30am
Five Points Center
Jul 2 Tu 10:00-11:30am

Legal: Empowering your POA Executor or Trustee

Age: 18-99 yrs. You are thinking about 'who' might serve as your Agent under your POA, your Executor or Trustee, BUT have you given them the tools to complete the job successfully? Presented by Huston Law Firm, Carolina Estate Counsel.

Anne Gordon Center
May 9 Th 10:00-11:30am
Five Points Center
May 21 Tu 2:00-3:30pm

Legal: Getting Your Affairs in Order

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

Anne Gordon Center
Aug 8 Th 10:00-11:00am
Five Points Center
Aug 20 Tu 2:00-3:30pm

Legal: Important Documents Everyone Should Have

Age: 18-99 yrs. Learn what core documents make up the foundation of a good estate plan - you need more than a will! Presented by Huston Law Firm, LLC and Carolina Estate Counsel.

Anne Gordon Center
Jun 13 Th 10:00-11:30am
Five Points Center
Jun 18 Tu 2:00-3:00pm

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.

Five Points Center - Course Fee: \$6
Jul 2 Tu 2:00-4:00pm
Aug 27 Tu 2:00-4:00pm

Parkinson's Disease Dialogue Group

Age: 18-99 yrs. Are you in the early stages of Parkinson's Disease (PD)? Please join us for an inviting open discussion of Parkinson's Disease and sharing of experiences. The early goal is to equip us to be "prosumers" of PD related healthcare, by exchanging information, choosing topics for discussion and by sharing the collective wisdom. Each month there is a different presenter and discussion on a variety of topics relating to the health and wellbeing of persons living with Parkinson's disease and their care partners, as well as providing support for each other. This group meets monthly. For information please contact the Regional Service Coordinator, Resources for Seniors, at 919-996-4738.

Five Points Center
May 2-Aug 1 Th 1:30-3:00pm

Paying for Senior Living

Age: 18-99 yrs. Moving to an assisted living community is sometimes desirable and sometimes necessary. The question is how you will pay for it. We will discuss the costs of assisted living and the financial aid sources available to pay for it. Including Medicaid, Medicare, Veteran's benefits, and long-term care insurance and how they do and don't fund assisted living care. Presented by Freda Hamlett, Milestone Moves.

Anne Gordon Center

Jul 30 Tu 10:00-11:30am

Five Points Center

Jul 25 Th 10:00-11:30am

Questions Across the Spectrum Discussion

Age: 18-99 yrs. This group gathers to discuss contemporary issues drawn from over 4,000+ TED.COM talks. A TED talk, 5 to 15 minutes in length, is viewed on the big screen in class. A back-and-forth exchange of views about the topic with discussion leaders deepens our understanding of living in a complex world. You may come to listen or to join the discussion. Topics are announced weekly via email. Group meets on the 2nd and 4th Tuesday of each month.

Five Points Center

May 14-Aug 28 Tu 3:00-4:30pm

Resources for Seniors: Who Are We and What We Do

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

Anne Gordon Center

Jun 18 Tu 10:00-11:00am

Five Points Center

Jun 12 W 1:00-2:00pm

SHIIP Counseling

Age: 18-99 yrs. If you are turning 65 or retiring and will have Medicare, schedule an appointment to learn about your Medicare benefits, options, and enrollment. Your 1:1 appointment will help you be an informed consumer of your healthcare options. SHIIP counselors are not licensed insurance agents, and do not sell or endorse any product, plan, or company. By appointment only. Sponsored by the Seniors Health Insurance Information Program (SHIIP), a division of the NC Department of Insurance.

Anne Gordon Center

May 6-Aug 26 M & Th 1:00-4:00pm

Five Points Center

May 1-Aug 29 M-Th 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

May 2 Th 10:00am-12:00pm

Jun 20 Th 10:00am-12:00pm

The Importance of Self-Care as a Care Partner

Age: 18-99 yrs. Calling all caregivers! This presentation is for you! We'll discuss the importance of you and your self-care as well as offer a variety of resources and tools for coping. Presented by Lisa Hoskins, The Center for Volunteer Caregiving.

Five Points Center

Aug 14 W 2:00-3:30pm

Tips on Purchasing a Computer

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

Five Points Center - Course Fee: \$6

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

Write Your Story

Age: 18-99 yrs. Have you thought about capturing your life experiences by writing them into stories that you can enjoy, reliving and sharing the legacy with your children and grandchildren. Join us as we will create a safe place that facilitates and encourages us to remember, explore and create word pictures that bring our stories to life.

Walnut Terrace Center

Favorite Detox

May 9 Th 1:00-3:00pm

Hobby or Past time

Jun 13 Th 1:00-3:00pm

Harvest Season

Jul 18 Th 1:00-3:00pm

What Brought You to NC?

Aug 15 Th 1:00-3:00pm



Health & Wellness



Preschool

Gymnastics - Tumble, Giggles, and Fun

Age: 1.5-3 yrs. Parent and child participate in a fun-filled class encouraging play, fitness, social skills, and fun! We will tumble, jump, and dance through various stations including parachute play, obstacle courses, music, silly dances, props, and more. This is a child led class with parent participation, reinforcing parent/child bonding, entertainment, and introduction of various activities to release energy in a fun and safe setting. No boredom; just giggles and fun! Instructor: Ms. Gabbie

Greystone Recreation Center – Course Fee: \$40
May 3-May 31 F 10:30-11:15am

Gymnastics- Preschool Tumbling

Age: 4-5 yrs. Participants will learn basic gymnastics skills, such as forward rolls, backward rolls, handstands, cartwheels and more. They will practice coordination, balance flexibility and strength exercises. This class is tumbling fun!

Barwell Road Community Center – Course Fee: \$40
May 7-May 28 Tu 5:30-6:15pm
Jun 4-Jun 25 Tu 5:30-6:15pm
Jul 2-Jul 30 Tu 5:30-6:15pm
Aug 6-Aug 27 Tu 5:30-6:15pm

Kinder Tae Kwon Do

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

Lions Park Community Center – Course Fee: \$30

May 2-May 23	Th	6:30-7:15pm
Jun 6-Jun 27	Th	6:30-7:15pm
Jul 4-Jul 25	Th	6:30-7:15pm
Aug 1-Aug 22	Th	6:30-7:15pm

Parent and Toddler Yoga

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

Hill Street Neighborhood Center – Course Fee: \$41

May 4-Jun 1	Sa	11:15am-12:00pm
Jun 8-Jun 29	Sa	11:15am-12:00pm
Jul 13-Aug 3	Sa	11:15am-12:00pm
Aug 10-Aug 31	Sa	11:15am-12:00pm

Tumble N Twist

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

May 1-May 22	W	5:00-5:45pm
May 29-Jun 26	W	5:00-5:45pm
Jul 10-Jul 31	W	5:00-5:45pm
Aug 7-Aug 28	W	5:00-5:45pm

Ages 4-5

May 1-May 22	W	6:00-6:45pm
May 29-Jun 26	W	6:00-6:45pm
Jul 10-Jul 31	W	6:00-6:45pm
Aug 7-Aug 28	W	6:00-6:45pm

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Youth

Family Tree Yoga

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

Hill Street Neighborhood Center – Course Fee: \$41

May 2-May 23	Th	6:30-7:30pm
May 30-Jun 20	Th	6:30-7:30pm
Jul 11-Aug 1	Th	6:30-7:30pm
Aug 8-Aug 29	Th	6:30-7:30pm

Gymnastics- Youth Tumbling

Age: 6-11 yrs. Participants will learn basic gymnastic floor moves such as forward rolls, backward rolls, handstands, cartwheels and more. Participants will practice coordination, flexibility and strength exercises. This class is tumbling fun!

Barwell Road Community Center – Course Fee: \$40

May 7-May 28	Tu	6:15-7:00pm
Jun 4-Jun 25	Tu	6:15-7:00pm
Jul 2-Jul 30	Tu	6:15-7:00pm
Aug 6-Aug 27	Tu	6:15-7:00pm
May 7-May 28	Tu	7:00-7:45pm
Jun 4-Jun 25	Tu	7:00-7:45pm
Jul 2-Jul 30	Tu	7:00-7:45pm
Aug 6-Aug 27	Tu	7:00-7:45pm

Martial Arts - Youth Shotokan

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

Barwell Road Community Center – Course Fee: \$41

May 1-May 29	M & W	6:00-7:00pm
Jun 3-Jun 26	M & W	6:00-7:00pm
Jul 1-Jul 31	M & W	6:00-7:00pm
Aug 5-Aug 28	M & W	6:00-7:00pm

Speed and Agility Training

Age: 7-15 yrs. This class is designed to teach kids how to move quicker and be more reactive in sports. Change of direction, stop & go, plyometrics, reaction, and balance work will all be used during the course of this fun and focused training class. Instructor: Urysla Cotton, professional basketball player.

Brier Creek Community Center

May 6-May 20	M	6:30-7:15pm	Fee: \$31
Jun 3-Jun 24	M	6:30-7:15pm	Fee: \$41
Jul 1-Jul 22	M	6:30-7:15pm	Fee: \$41
Aug 5-Aug 26	M	6:30-7:15pm	Fee: \$41

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

May 14-May 30	Tu&Th	5:30-6:15pm	Fee: \$53.50
Jun 4-Jun 27	Tu&Th	5:30-6:15pm	Fee: \$71
Jul 2-Jul 30	Tu&Th	5:30-6:15pm	Fee: \$71
Aug 1-Aug 29	Tu&Th	5:30-6:15pm	Fee: \$79.75
4 Month Session Option			
May 14-Aug 29	Tu&Th	5:30-6:15pm	Fee: \$257.25

Adult

Abbotts Creek Tai Chi

Age 18-99 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 5-May 26	Su	5:00-5:55pm
Jun 2-Jun 30	Su	5:00-5:55pm
Jul 7-Jul 28	Su	5:00-5:55pm
Aug 4-Aug 25	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

May 13-May 30	M,Tu,Th	6:30-7:30pm	Fee: \$67.75
Jun 3-Jun 27	M,Tu,Th	6:30-7:30pm	Fee: \$101
Jul 1-Jul 30	M,Tu,Th	6:30-7:30pm	Fee: \$101
Aug 1-Aug 29	M,Tu,Th	6:30-7:30pm	Fee: \$101

4 Month Session Option

May 13-Aug 29	M,Tu,Th	6:30-7:30pm	Fee: \$376
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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

Aug 22-Sep 26	Th	6:30-7:30pm
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Asian Classical Dance

Age: 15-99 yrs. Experience the grace and beauty of traditional Asian dance with our low-to-intermediate-level classical dance class. Perfect for beginners or anyone with prior dance experience! Learn intricate movements, fluid footwork and delicate hand gestures while immersing yourself in the rich culture of Asian classical dance. Join us and enhance your performance, coordination, and expression as you refine your technique and develop your artistic abilities. Recommend bringing a yoga mat but not required. Instructor: Helen/Heng Ryan

Brier Creek Community Center – Course Fee: \$5

May 3-Aug 30	F	7:00-8:00pm
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Belly Dance Choreography

Age: 18-99 yrs. Students with an understanding of the basic moves of belly dance are invited to learn a beginner/intermediate level choreography to be performed with Sadiyah on the final date of the session. Students will also be supported in creating their own solo/duet performances, if desired, to be performed at the end of session event. Each session is 8 weeks in length.

Lake Lynn Community Center – Course Fee: \$41

May 6-Jun 24	M	7:15-8:00pm
May 5-Jun 30	Su	4:30-5:15pm
Jul 8-Aug 19	M	7:15-8:00pm
Jul 7-Aug 25	Su	4:30-5:15pm

Cardio Sculpt

Age: 18-99 yrs. Just enough cardio, strength, and ab work to make you feel fit and strong! The class format consists of low or high impact cardio exercises, followed by dumbbell or body weight strength training, and core exercises on the mat set to motivational music. Appropriate for all levels of fitness. The instructor will cue modifications. Participants shall bring their own mat. Strength training equipment will be provided.



Laurel Hills Community Center – Course Fee: \$40

May 6-May 27	M	10:30-11:30am
Jun 3-Jun 24	M	10:30-11:30am
Jun 3-Jun 24	M	10:30-11:30am
Jun 3-Jun 24	M	10:30-11:30am

Chavis Line Dancing

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

John Chavis Community Center – Course Fee: \$5

May 7-Aug 27	Tu	6:30-8:30pm
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Couch to 5K

Age: 12-99 yrs. Are you interested in completing a 5k? Well, you're in luck! The Wake County Health Promotion Chronic Disease Prevention Section is once again partnering with City of Raleigh's Parks Recreation and Cultural Resources to offer a 'Couch to 5K' running clinic. Sessions are open to all Wake County families (12 years and older), with special attention given to those who live in the region where the parks are located to emphasize neighborhood-based programming opportunities. Training sessions will take place every Wednesday evening at the Buffalo Road Athletic Park Track or greenway. Each participant will receive a weekly training calendar (homework) to prepare them for the next week's session. On the last day of the program, participations will run a timed 5k! Let's go! Walking to running is possible - you are stronger than you think! All children under 16 must be accompanied by a parent or guardian.

Buffaloe Road Athletic Park

Jul 10-Aug 14	W	6:00-7:00pm
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Exercise - Sertoma Chair Yoga for Seniors

Age: 16-99 yrs. This chair yoga class is designed for all levels including seniors and others with varying degrees of mobility. Yoga can help relax tense muscles, stabilize joints and strengthen the body. Yoga can also improve digestion, circulation and reduce high blood pressure as well as anxiety. You will learn gentle stretching, breathing techniques and ways to calm the mind. Before undertaking any exercise program, one should consult a physician. Bring a yoga mat and wear comfortable clothing. 6 sessions. Instructor: Susan Kilmon. No Class: May 28

Sertoma Arts Center – Course Fee: \$53

May 7-Jun 18	Tu	1:30-2:30pm
Jul 9-Aug 13	Tu	1:30-2:30pm

Exercise - Sertoma Kripalu Yoga Beginning

Age: 16-99 yrs. The ancient art of yoga combines postures for the body, breathing for relaxation and meditation for the mind. Kripalu is a gentle yoga that encourages students to discover their own degree of flexibility rather than push past their limits. Before undertaking any exercise program, one should consult a physician. Bring a large towel or blanket and wear comfortable clothing. 6 sessions. Instructor: Susan Kilmon. No Class: May 27

Sertoma Arts Center – Course Fee: \$53

May 6-Jun 17	M	6:15-7:15pm
May 6-Jun 17	M	7:30-8:30pm
May 7-Jun 18	Tu	12:00-1:00pm
Jul 8-Aug 12	M	6:15-7:15pm
Jul 8-Aug 12	M	7:30-8:30pm
Jul 9-Aug 13	Tu	12:00-1:00pm

Exercise - Sertoma Kripalu Yoga Continuing

Age: 16-99 yrs. This course is a continuation of the Kripalu Yoga Beginning Class. Students should have taken the beginning class or have yoga experience. Before undertaking any exercise program, one should consult a physician. Bring a large towel or blanket and wear comfortable clothing. 6 sessions. Instructor: Susan Kilmon. No class: May 29 and June 19

Sertoma Arts Center – Course Fee: \$53

May 8-Jun 26	W	6:15-7:15pm
May 8-Jun 26	W	7:30-8:30pm
May 9-Jun 20	Th	12:00-1:00pm
Jul 10-Aug 14	W	6:15-7:15pm
Jul 10-Aug 14	W	7:30-8:30pm
Jul 11-Aug 15	Th	12:00-1:00pm

Exercise - The Nia Technique

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

Instructor: Laura Ghantous.

Sertoma Arts Center – Course Fee: \$10

May 4-Aug 31	Sa	10:15-11:15am
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Feet Friendly Fridays

Age: 13-99 yrs. Learn the basic steps of Hip Hop Soul Line Dancing and the fundamentals behind how to execute them. The goal of this class is to be able follow voice instruction on the go, which will allow you to learn various line dances easier. Come prepared for a good work out.

John Chavis Community Center – Course Fee: \$5
May 3-Aug 30 F 6:30-8:30pm

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 7-May 28	Tu	6:15-7:15pm
Jun 4-Jun 25	Tu	6:15-7:15pm
Jul 2-Jul 30	Tu	6:15-7:15pm
Aug 6-Aug 27	Tu	6:15-7:15pm

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 13-May 29	M&W	5:30-6:30pm	Fee: \$41.65
Jun 3-Jun 26	M&W	5:30-6:30pm	Fee: \$57.91
Jul 1-Jul 31	M&W	5:30-6:30pm	Fee: \$82.25
Aug 5-Aug 28	M&W	5:30-6:30pm	Fee: \$66

4 Month Session Option

May 13-Aug 28	M&W	5:30-6:30pm	Fee: \$231.75
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Line Dance - Advanced

Age: 15-99 yrs. Experienced line dancers should join this class to build on your knowledge and experience with choreographed line dances. Work on more challenging line dances at the improver and intermediate level. Knowledge of line dance steps and prior experience is necessary. Instructor: Jackie Wheeler
Brier Creek Community Center – Course Fee: \$5
May 1-Aug 28 W 6:00-7:00pm

Line Dance - Beginner

Age: 15-99 yrs. Join this beginner line dance class and learn fun easy dances to all kinds of music including country, pop, oldies and more! Line dancing is a great way to keep active - both for your brain and body! You'll learn basic line dance steps while having a lot of fun! No experience necessary. Instructor: Jackie Wheeler

Brier Creek Community Center – Course Fee: \$5
May 1-Aug 28 W 7:00-8:00pm

Martial Arts - Adult/Advanced Youth Shotokan

Age: 14-99 yrs. Shotokan builds character through training in martial arts. Participants learn the different components of Shotokan-style karate. The class builds confidence, motor skills, discipline, self-defense, and self-control. This class is taught in a group setting with some individual instruction. Registrations completed after the start of class must be done in person. Instructor: Eric Blaize.

Barwell Road Community Center – Course Fee: \$41

May 1-May 29	M & W	7:00-8:30pm
Jun 3-Jun 26	M & W	7:00-8:30pm
Jul 1-Jul 31	M & W	7:00-8:30pm
Aug 5-Aug 28	M & W	7:00-8:30pm

Martial Arts at Abbotts Creek

Age: 10-99 Learn self-defense in a fun and unique way. Different from karate, Jo Kwon Chi (JKC) offers a soft but effective approach to the martial arts that's not only enjoyable, but also efficient and rewarding. Borrowing from various Chinese, Turkish, Japanese, and Korean styles, JKC teaches the student to utilize angles and go with the opponent's flow along with being acutely aware of surroundings, and de-escalation skills. This class is safe and geared for beginners and also for experienced martial artists.

Abbotts Creek Community Center – Course Fee: \$5 per class

May 2-Aug 29	Th	7:00-8:00pm
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Martial Arts - Chinese Kenpo Karate - Teens & Adults

Age: 13-99 yrs. Increase your physical and mental abilities while developing effective self-defense skills through kenpo. Expand your self-awareness, sharpen your focus, promote your critical-thinking skills and improve your problem-solving talents. Belt level testing fee payable to the instructor applies, but testing is not required. Uniform and patches are required after one month or upon testing (whichever comes first) and are available through instructor. The local school is affiliated with an international organization. Instructor: Bill Parsons of Triangle Kenpo Institute.

Millbrook Exchange Community Center – Course Fee: \$46

May 1-May 29	M & W	7:00-8:30pm
Jun 3-Jun 26	M & W	7:00-8:30pm
Jul 3-Jul 29	M & W	7:00-8:30pm
Aug 5-Aug 28	M & W	7:00-8:30pm

Movin' and Groovin'

Age: 5-99 yrs. The Wake County Health Promotion Chronic Disease Prevention Section is partnering with the City of Raleigh Parks and Recreation and Cultural Resources to again provide the Movin' and Groovin' exercise program on Thursday nights. This activity is an obesity reduction initiative to increase physical fitness in a fun, free and safe way. Sessions are open to all Wake County families (12 years and older), with special attention given to those who live in the region where the parks are located to emphasize neighborhood-based programming opportunities. The weekly exercises might include group fitness, Zumba, line dancing and kick boxing along with a group walk. Participants will receive take home activity sheets that will be returned each Thursday for prizes. All children under 16 must be accompanied by a parent or guardian.

Spring Forest Road Park

Aug 15-Oct 3	Th	6:00-7:00pm
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Nice Yoga

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

Lake Lynn Community Center – Course Fee: \$76

May 21-Sep 10	Tu	6:30-7:30pm
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Pilates

Age: 18-99 yrs. Pilates mat class focusing on core strength, flexibility, and balance. The principles of Stott Pilates will be taught. Stott Pilates is a contemporary approach to the original exercise method pioneered by the late Joseph Pilates. A team of physical therapists, sports medicine, and fitness professionals, have spent over two decades refining the Stott Pilates method. This resulted in the inclusion of modern principles of exercise science and spinal rehabilitation, making it one of the safest and effective methods available. Appropriate for all levels of fitness with cued modifications. Participants shall bring their own mat. Light weights will be provided.

Laurel Hills Community Center

May 1-May 29	W	10:30-11:30am	Fee: \$50
Jun 5-Jun 26	W	10:30-11:30am	Fee: \$30
Jul 3-Jul 31	W	10:30-11:30am	Fee: \$50
Aug 7-Aug 28	W	10:30-11:30am	Fee: \$40

Roll & Stretch

Age: 18-99 yrs.

Laurel Hills Community Center

May 6-May 27	M	11:45am-12:30pm	Fee: \$40
Jun 3-Jun 24	M	11:45am-12:30pm	Fee: \$40
Apr 1-Apr 29	M	11:45am-12:30pm	Fee: \$50
Mar 4-Mar 25	M	11:45am-12:30pm	Fee: \$40

Sertoma Open Line Dance

Age: yrs. Calling experienced Copperknob line dancers! We're open dancing to the favorite dances taught locally. Most dances are improver to intermediate level so dancers must have experience dancing higher level line dances. There is no teaching, but lots of fun dancing to popular line dances on Copperknob. We'll send out a list of planned dances prior to the session each week and we'll take requests too. Contact Jackie Wheeler (jackielinedances@gmail.com) for questions. Who's ready to dance?!

Sertoma Arts Center

May 5-Aug 25	Su	1:30-4:30pm	
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Soul Line Dance & Get Fit

Age: 16-99 yrs. This class is for Beginners and High Beginners (those who have attended classes before) to learn line dance terminology and steps. The goal for this class is to workout and teach newbies to line dance, introduce fast paced dances and help people feel comfortable on the dance floor. Come out and enjoy a friendly, supportive atmosphere. Please bring water, a willing attitude and a smile. First timers please arrive about 10 minutes early to register.

Barwell Road Community Center - Course Fee: \$7

May 1-Aug 28	W	6:00-7:30pm	
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Greystone Recreation Center - Course Fee: \$7

May 6-Aug 26	M	6:00-7:30pm	
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Tai Chi at Lake Lynn

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

Lake Lynn Community Center

May 13-May 29	M&W	4:00-5:00pm	Fee: \$41.65
Jun 3-Jun 26	M&W	4:00-5:00pm	Fee: \$57.87
Jul 1-Jul 31	M&W	4:00-5:00pm	Fee: \$82.30
Aug 5-Aug 28	M&W	4:00-5:00pm	Fee: \$66

4 Month Session Option

May 13-Aug 28	M&W	4:00-5:00pm	Fee: \$230.75
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Zumba® at Abbotts Creek

Age: 16-99 yrs. This aerobic fitness class adults and teens uses rhythms from salsa, merengue, samba, cha-cha and other Latin music. This class combines body-sculpting movements with easy-to-follow dance steps. Chair Zumba may be incorporated into some classes. You may bring small weights to class. Instructor: Ladarius Satterwhite.

Abbotts Creek Community Center

May 1-Aug 28	W	6:45-7:45pm	Fee: \$10 per class
May 1-May 29	W	6:45-7:45pm	Fee: \$40
Jun 5-Jun 26	W	6:45-7:45pm	Fee: \$30
Jul 3-Jul 31	W	6:45-7:45pm	Fee: \$40
Aug 7-Aug 28	W	6:45-7:45pm	Fee: \$30

ZUMBA® at Barwell Road

Age: 13-99 yrs. This aerobic fitness class adults and teens uses rhythms from salsa, merengue, samba, cha-cha and other Latin music. This class combines body-sculpting movements with easy-to-follow dance steps. Chair Zumba may be incorporated into some classes. You may bring small weights to class. Instructor: Dionne Taylor.

Barwell Road Community Center - Course Fee: \$5

May 2-May 30	Th	7:00-8:00pm	
Jun 6-Jun 27	Th	7:00-8:00pm	
May 5-Aug 25	Su	2:00-3:00pm	
Jul 4-Jul 25	Th	7:00-8:00pm	
Aug 1-Aug 29	Th	7:00-8:00pm	

ZUMBA® at Greystone

Age: 12-99 yrs. ZUMBA dance fitness combines rhythms of Latin and international music to make exercising fun! Learn basic steps to salsa, merengue, cumbia, samba and more! No dance experience necessary. Transform your body to a healthier you! Don't wait any longer! Come join the Zumba party for \$5

per class. All classes taught by a licensed Zumba Instructor. Instructor: Kaori Isaacson

Greystone Recreation Center - Course Fee: \$5

May 4-Aug 31	Sa	10:00-11:00am	
May 2-Aug 29	Th	6:00-7:00pm	

ZUMBA® at the Creek!

Age: 15-99 yrs. International explosion of dance, fun and fitness! Learn the basic Latin rhythms and moves of merengue, salsa, cumbia and more. No prior dance experience or background necessary. Come join the Zumba party! Pre-registration highly recommended. Instructor: Shay Anderson

Brier Creek Community Center - Course Fee: \$5

May 2-Aug 29	Th	6:30-7:30pm	
May 4-Aug 31	Sa	9:30-10:30am	

Senior

Adult Tap Dance

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

Five Points Center

May 1-May 29	W	12:30-1:30pm	Fee: \$16
Jun 5-Jun 26	W	12:30-1:30pm	Fee: \$12
Jul 3-Jul 31	W	12:30-1:30pm	Fee: \$16
Aug 7-Aug 28	W	12:30-1:30pm	Fee: \$12

AIM Fitness

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

Anne Gordon Center

May 7-May 28	Tu	9:15-10:00am	Fee: \$12
Jun 4-Jun 25	Tu	9:15-10:00am	Fee: \$12
Jul 2-Jul 30	Tu	9:15-10:00am	Fee: \$15
Aug 6-Aug 27	Tu	9:15-10:00am	Fee: \$12
May 2-May 30	Th	9:15-10:00am	Fee: \$15
Jun 6-Jun 27	Th	9:15-10:00am	Fee: \$12
Jul 11-Jul 25	Th	9:15-10:00am	Fee: \$9
Aug 1-Aug 29	Th	9:15-10:00am	Fee: \$15
May 2-May 30	Th	10:15-11:00am	Fee: \$15
Jun 6-Jun 27	Th	10:15-11:00am	Fee: \$12
Jul 11-Jul 25	Th	10:15-11:00am	Fee: \$9
Aug 1-Aug 29	Th	10:15-11:00am	Fee: \$15

Five Points Center

Instructor: Bettie Ittenbach

May 1-May 29	W	10:15-11:15am	Fee: \$15
Jun 5-Jun 26	W	10:15-11:15am	Fee: \$12
Jul 3-Jul 31	W	10:15-11:15am	Fee: \$15
Aug 7-Aug 28	W	10:15-11:15am	Fee: \$12

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Blood Pressure and Weight Screenings

Age: 18-99 yrs. Take advantage of this monthly FREE blood pressure clinic offered by Dr. Casey Baldwin, Senior Care Pharmacist, Resources for Seniors. Sponsored by Resources for Seniors.

Five Points Center

May 7-Aug 6 Tu 9:30-10:15am

Bootcamp

Age: 18-99 yrs. Challenge yourself with 45 minutes of strength and endurance training! Bootcamp classes are a great way to add variety, style, and intensity to your workout. This is an intermediate level class. Instructor: Sue Payne

Five Points Center

May 2-May 30	Th	9:15-10:00am	Fee: \$16
Jun 6-Jun 27	Th	9:15-10:00am	Fee: \$12
Jul 11-Jul 25	Th	9:15-10:00am	Fee: \$9
Aug 1-Aug 29	Th	9:15-10:00am	Fee: \$16

Butts and Guts

Age: 18-99 yrs. This class will tone your abs and glutes with targeted sculpting movements. The workout incorporates Pilates, Yoga and athletic movements to help your balance and flexibility, with focus on the abs, glutes, legs, and lower back. The goal is to build strength in your core, quads and hamstrings. Instructor: Meg Berg.

Five Points Center

May 6-May 20	M	9:15-10:00am	Fee: \$9
Jun 3-Jun 24	M	9:15-10:00am	Fee: \$12
Jul 1-Jul 29	M	9:15-10:00am	Fee: \$16
Aug 5-Aug 26	M	9:15-10:00am	Fee: \$12
May 1-May 29	W	9:15-10:00am	Fee: \$16
Jun 5-Jun 26	W	9:15-10:00am	Fee: \$12
Jul 3-Jul 31	W	9:15-10:00am	Fee: \$16
Aug 7-Aug 28	W	9:15-10:00am	Fee: \$12

Cardio Dance And Tone

Age: yrs. This class combines upbeat music and low-impact aerobic dance moves, with balance and strength exercises. You will be moving to the beat, toning muscles with light hand weights, and challenging your flexibility and balance with core work. Get a healthy heart and sculpted muscles all in one class.

Anne Gordon Center

May 7-May 28	Tu	10:15-11:00am	Fee: \$12
Jun 4-Jun 25	Tu	10:15-11:00am	Fee: \$12
Jul 2-Jul 30	Tu	10:15-11:00am	Fee: \$15
Aug 6-Aug 27	Tu	10:15-11:00am	Fee: \$12

Cardio Sculpt

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

Five Points Center

Instructor: Meg Berg

May 3-May 31	F	10:15-11:00am	Fee: \$16
Jun 7-Jun 28	F	10:15-11:00am	Fee: \$12
Jul 5-Jul 26	F	10:15-11:00am	Fee: \$12
Aug 2-Aug 30	F	10:15-11:00am	Fee: \$16



Instructor: Sue Payne

May 2-May 30	Th	2:30-3:15pm	Fee: \$16
Jun 6-Jun 27	Th	2:30-3:15pm	Fee: \$12
Jul 11-Jul 25	Th	2:30-3:15pm	Fee: \$9
Aug 1-Aug 29	Th	2:30-3:15pm	Fee: \$16
May 7-May 28	Tu	2:15-3:00pm	Fee: \$12
Jun 4-Jun 25	Tu	2:15-3:00pm	Fee: \$12
Jul 2-Jul 30	Tu	2:15-3:00pm	Fee: \$15
Aug 6-Aug 27	Tu	2:15-3:00pm	Fee: \$12

Cardio Sculpt: Chair

Age: 18-99 yrs. This seated class will help you burn fat and build muscles. The class is a combination of seated cardio and sculpting muscles. Get a healthy heart and sculpted muscles all in one class. Formerly Balance Fitness. Instructor: Sue Payne

Five Points Center

May 2-May 30	Th	12:30-1:15pm	Fee: \$12
Jun 6-Jun 27	Th	12:30-1:15pm	Fee: \$12
Jul 11-Jul 25	Th	12:30-1:15pm	Fee: \$9
Aug 1-Aug 29	Th	12:30-1:15pm	Fee: \$16
May 7-May 28	Tu	1:15-2:00pm	Fee: \$12
Jun 4-Jun 25	Tu	1:15-2:00pm	Fee: \$12
Jul 2-Jul 30	Tu	1:15-2:00pm	Fee: \$16
Aug 6-Aug 27	Tu	1:15-2:00pm	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 6-May 20	M	11:45am-12:30pm	Fee: \$9
Jun 3-Jun 24	M	11:45am-12:30pm	Fee: \$12
Jul 1-Jul 29	M	11:45am-12:30pm	Fee: \$15
Aug 5-Aug 26	M	11:45am-12:30pm	Fee: \$12

Falls Prevention

Age: 18-99 yrs. Reduce your risk of falling through exercises that will improve balance, stability, and core strength. Sessions may use a variety of standing, seated, and floor balance activities to achieve this goal. Instructor: Sue Payne

Five Points Center

May 2-May 30	Th	11:45am-12:30pm	Fee: \$16
Jun 6-Jun 27	Th	11:45am-12:30pm	Fee: \$12
Jul 11-Jul 25	Th	11:45am-12:30pm	Fee: \$9
Aug 1-Aug 29	Th	11:45am-12:30pm	Fee: \$16

Flexibility and Balance

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

Anne Gordon Center

May 7-May 28	Tu	1:15-2:00pm	Fee: \$12
Jun 4-Jun 25	Tu	1:15-2:00pm	Fee: \$12
Jul 2-Jul 30	Tu	1:15-2:00pm	Fee: \$15
Aug 6-Aug 27	Tu	1:15-2:00pm	Fee: \$12

Gentle Stretch

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

Five Points Center

May 2-May 30	Th	1:30-2:15pm	Fee: \$16
Jun 6-Jun 27	Th	1:30-2:15pm	Fee: \$12
Jul 11-Jul 25	Th	1:30-2:15pm	Fee: \$9
Aug 1-Aug 29	Th	1:30-2:15pm	Fee: \$16

Health Talks with Dr. Baldwin

Age: yrs. Dr. Casey Baldwin, Senior Care Pharmacist, Resources for Seniors, will be on-site monthly to discuss important health topics for older adults. Topics include chronic illnesses and strategies for healthy living. Sponsored by Resources for Seniors.

Five Points Center

May 7-Aug 6 Tu 10:15-11:15am

Line Dance for Active Adults

Age: 18-99 yrs. Enjoy a fun workout while learning new line dances. There is a class for every experience level! Those who do not know the line dancing steps, by name and movement, need to start with the Introduction level. This is a large group class and not individualized instruction.

Anne Gordon Center

Beginner (some experience)

May 7-May 28	Tu	2:15-3:30pm	Fee: \$12
Jun 4-Jun 25	Tu	2:15-3:30pm	Fee: \$12
Jul 2-Jul 30	Tu	2:15-3:30pm	Fee: \$15
Aug 6-Aug 27	Tu	2:15-3:30pm	Fee: \$12

Adv Beginner/Improver (good experience)

May 7-May 28	Tu	3:40-4:40pm	Fee: \$12
Jun 4-Jun 25	Tu	3:40-4:40pm	Fee: \$12
Jul 2-Jul 30	Tu	3:40-4:40pm	Fee: \$15
Aug 6-Aug 27	Tu	3:40-4:40pm	Fee: \$12

Five Points Center

Adv Beginner/Improver (good experience)

May 6-May 20	M	1:00-2:00pm
Jun 3-Jun 24	M	1:00-2:00pm
Jul 1-Jul 29	M	1:00-2:00pm
Aug 5-Aug 26	M	1:00-2:00pm

Intermediate Level

May 6-May 20	M	2:15-3:15pm
Jun 3-Jun 24	M	2:15-3:15pm
Jul 1-Jul 29	M	2:15-3:15pm
Aug 5-Aug 26	M	2:15-3:15pm

Line Dance Open Studio

Age: 18-99 yrs. Join us for this fun and informal line dance open studio time. There is no instructor. Dancers should have some line dancing experience and know the basic steps.

Five Points Center

May 1-Aug 28 W 1:30-3:00pm

Nia

Age: 18-99 yrs. Nia is a form of fusion fitness for the body, mind, emotions and spirit. The technique integrates movements from dance, martial arts and healing arts to condition the whole body, quiet the mind, release stress and restore the spirit. It is fun, expressive and adaptable for all fitness levels. Please bring a yoga mat.

Anne Gordon Center

May 7-May 28	Tu	12:15-1:00pm	Fee: \$9
Jun 4-Jun 25	Tu	12:15-1:00pm	Fee: \$9
Jul 2-Jul 30	Tu	12:15-1:00pm	Fee: \$15
Aug 6-Aug 27	Tu	12:15-1:00pm	Fee: \$9

Pilates for Active Adults

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

Meg Berg

Five Points Center

May 3-May 31	F	9:15-10:00am	Fee: \$16
Jun 7-Jun 28	F	9:15-10:00am	Fee: \$12
Jul 5-Jul 26	F	9:15-10:00am	Fee: \$12
Aug 2-Aug 30	F	9:15-10:00am	Fee: \$16
May 2-May 30	Th	11:15am-12:00pm	Fee: \$16
Jun 6-Jun 27	Th	11:15am-12:00pm	Fee: \$12
Jul 11-Jul 25	Th	11:15am-12:00pm	Fee: \$9
Aug 1-Aug 29	Th	11:15am-12:00pm	Fee: \$16

Qi Gong

Age: 18-99 yrs. Learn the 24 simple movements of qigong (chee-gong) designed to promote energetic and internal organ health. Practitioners think that the movements create good energy flow in the body and contribute to overall health. Beginners welcome; accommodations for all levels. Qi Gong for Joint Health combines guided visualization, simple motion, and balance to improve strength and fluidity for bones and joints. The class is conducted both sitting and standing.

Anne Gordon Center

May 7-May 28	Tu	11:15am-12:00pm	Fee: \$12
Jun 4-Jun 25	Tu	11:15am-12:00pm	Fee: \$12
Jul 2-Jul 30	Tu	11:15am-12:00pm	Fee: \$15
Aug 6-Aug 27	Tu	11:15am-12:00pm	Fee: \$12
May 3-May 31	F	10:45-11:30am	Fee: \$15
Jun 7-Jun 28	F	10:45-11:30am	Fee: \$12
Jul 5-Jul 26	F	10:45-11:30am	Fee: \$12
Aug 2-Aug 30	F	10:45-11:30am	Fee: \$15

Five Points Center

Instructor: Sharam Ghalikar

May 3-May 31	F	9:15-10:00am	Fee: \$16
Jun 7-Jun 28	F	9:15-10:00am	Fee: \$12
Jul 5-Jul 26	F	9:15-10:00am	Fee: \$12
Aug 2-Aug 30	F	9:15-10:00am	Fee: \$16
May 7-May 28	Tu	9:15-10:00am	Fee: \$12
Jun 4-Jun 25	Tu	9:15-10:00am	Fee: \$12
Jul 2-Jul 30	Tu	9:15-10:00am	Fee: \$16
Aug 6-Aug 27	Tu	9:15-10:00am	Fee: \$12

Shibashi for Active Adults

Age: 18-99 yrs. Shibashi is a gentle, free-flowing Qigong routine that consists of 18 easy-to-remember movements emphasizing proper posture and deep breathing. The practice includes visualization and standing meditation. Benefits include: improved flexibility and strength; better concentration; periods of sustained relaxation; and stress reduction. Seated modifications will be available upon request.

Anne Gordon Center

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

Soul Line Dancing

Age: 18-99 yrs. Dancing to R&B/Soul, Pop, and Jazz music, this class will provide you a heart-healthy benefit of an aerobic exercise while you engage in a social activity.

Instructor - Gail Burden

Five Points Center

May 1-May 29	W	2:00-3:00pm	Fee: \$16
Jun 5-Jun 26	W	2:00-3:00pm	Fee: \$12
Jul 3-Jul 31	W	2:00-3:00pm	Fee: \$16
Aug 7-Aug 28	W	2:00-3:00pm	Fee: \$12

Sound Meditation

Age: yrs. Combining Sound and Meditation allows you to focus attention and put the mind and body in state of harmony which can improve health. The tradition that we will use has been handed down for centuries and starts with a 'HUM'. This stimulates the inner ear and resets our fight or flight response in the brain, which is crucial to good internal and external communication. Combining meditation and sound is a fun and easy way to build balance and harmony in your life. Instructor: Mari Howerton

Anne Gordon Center

May 3-May 31	F	11:45am-12:30pm	Fee: \$15
Jun 7-Jun 28	F	11:45am-12:30pm	Fee: \$12
Jul 5-Jul 26	F	11:45am-12:30pm	Fee: \$12
Aug 2-Aug 30	F	11:45am-12:30pm	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 6-May 27	M	10:30-11:30am	Fee: \$12
Jun 3-Jun 24	M	10:30-11:30am	Fee: \$12
Jul 1-Jul 29	M	10:30-11:30am	Fee: \$16
Aug 5-Aug 26	M	10:30-11:30am	Fee: \$12

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Tai Chi for Active Adults

Age: 18-99 yrs. Tai Chi is an ancient practice that uses low-impact, slow movements to promote health and improve coordination, balance, and mental focus. Beginner Sun Style: No experience required. There are 21 movements in this set. The focus is on balance and learning the sequence of the movements. Chair modifications are available upon request. This is an 8 week class. Intermediate Sun Style: Pre-requisite is Beginner Sun Style class. This continuation of the beginner class includes 10 new movements and will increase endurance, mental acuity, agility, and balance. This is an 8 week class. Advanced Sun Style: Pre-requisite is beginner and intermediate classes. This class teaches the Sun 73 Long Form which includes movements learned in Beginner and Intermediate classes. The longer sequence builds endurance and previous improvements made in strength, balance and memory. This is a 16 week class. Various Styles: No experience needed. Class changes through various forms of Tai Chi and Qi Gong.

**Anne Gordon Center
Advanced Sun Style**

May 6-May 20	M	1:00-1:45pm	Fee: \$9
Jun 3-Jun 24	M	1:00-1:45pm	Fee: \$12
Jul 1-Jul 29	M	1:00-1:45pm	Fee: \$15
Aug 5-Aug 26	M	1:00-1:45pm	Fee: \$12

Beginner Sun Style

May 6-May 20	M	2:00-2:45pm	Fee: \$9
Jun 3-Jun 24	M	2:00-2:45pm	Fee: \$12
Jul 1-Jul 29	M	2:00-2:45pm	Fee: \$15
Aug 5-Aug 26	M	2:00-2:45pm	Fee: \$12

Intermediate Sun Style

May 6-May 20	M	3:00-3:45pm	Fee: \$9
Jun 3-Jun 24	M	3:00-3:45pm	Fee: \$12
Jul 1-Jul 29	M	3:00-3:45pm	Fee: \$15
Aug 5-Aug 26	M	3:00-3:45pm	Fee: \$12

**Anne Gordon Center
Various Styles**

May 2-May 30	Th	2:30-3:15pm	Fee: \$15
Jun 6-Jun 27	Th	2:30-3:15pm	Fee: \$12
Jul 11-Jul 25	Th	2:30-3:15pm	Fee: \$9
Aug 1-Aug 29	Th	2:30-3:15pm	Fee: \$15

Walk and Talk Meet Up

Age: yrs. Walking offers many benefits—lower blood pressure, stronger bones, and muscles, increased calories burned, and elevated mood. Walks are typically 45 minutes to an hour at a medium pace. Walks start at different locations decided upon by a group vote. The location is shared via email once decided upon. Please pre-register so that we know you are coming! The summer walks start at 9:00am to account for the warmer weather.

Five Points Center

May 7-Aug 27	Tu	9:00-10:30am	
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Workout With Weights

Age: 18-99 yrs. This class covers the proper technique for lifting weights. Get toned and build lean muscle safely using free weights. Instructor: Sue Payne.

NO CLASS 5/27**Five Points Center**

May 6-May 20	M	11:30am-12:15pm	Fee: \$9
Jun 3-Jun 24	M	11:30am-12:15pm	Fee: \$12
Jul 1-Jul 29	M	11:30am-12:15pm	Fee: \$16
Aug 5-Aug 26	M	11:30am-12:15pm	Fee: \$12

Yoga Chair

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

Anne Gordon Center

May 6-May 20	M	9:15-10:00am	Fee: \$9
Jun 3-Jun 24	M	9:15-10:00am	Fee: \$12
Jul 1-Jul 29	M	9:15-10:00am	Fee: \$15
Aug 5-Aug 26	M	9:15-10:00am	Fee: \$12
May 1-May 29	W	2:30-3:15pm	Fee: \$15
Jun 5-Jun 26	W	2:30-3:15pm	Fee: \$9
Jul 3-Jul 31	W	2:30-3:15pm	Fee: \$15
Aug 7-Aug 28	W	2:30-3:15pm	Fee: \$12

Five Points Center

Instructor: Marty Lamb

May 7-May 28	Tu	10:30-11:30am	Fee: \$12
Jun 4-Jun 25	Tu	10:30-11:30am	Fee: \$12
Jul 2-Jul 30	Tu	10:30-11:30am	Fee: \$16
Aug 6-Aug 27	Tu	10:30-11:30am	Fee: \$12

Yoga Gentle Floor

Age: 18-99 yrs. Gentle Yoga is structured to accommodate students of all levels and physical abilities. Poses are done in a variety of positions, including lying down, sitting, on hands and knees and standing. Modifications with props are suggested, as needed. Yoga incorporates breathing, stretching and strengthening exercises in addition to mindfulness practice. Bring your own mat.

Anne Gordon Center

May 6-May 20	M	10:15-11:15am	Fee: \$9
Jun 3-Jun 24	M	10:15-11:15am	Fee: \$12
Jul 1-Jul 29	M	10:15-11:15am	Fee: \$15
Aug 5-Aug 26	M	10:15-11:15am	Fee: \$12
May 1-May 29	W	3:30-4:30pm	Fee: \$15
Jun 5-Jun 26	W	3:30-4:30pm	Fee: \$9
Jul 3-Jul 31	W	3:30-4:30pm	Fee: \$15
Aug 7-Aug 28	W	3:30-4:30pm	Fee: \$12
May 2-May 30	Th	11:15am-12:15pm	Fee: \$15
Jun 6-Jun 27	Th	11:15am-12:15pm	Fee: \$12
Jul 11-Jul 25	Th	11:15am-12:15pm	Fee: \$9
Aug 1-Aug 29	Th	11:15am-12:15pm	Fee: \$15

Five Points Center

May 2-May 30	Th	10:30-11:30am	Fee: \$16
Jun 6-Jun 27	Th	10:00-11:00am	Fee: \$12
Jul 11-Jul 25	Th	10:00-11:00am	Fee: \$9
Aug 1-Aug 29	Th	10:30-11:30am	Fee: \$16
May 1-May 29	W	10:30-11:30am	Fee: \$16
Jun 5-Jun 26	W	10:30-11:30am	Fee: \$12
Jul 3-Jul 31	W	10:30-11:30am	Fee: \$16
Aug 7-Aug 28	W	10:30-11:30am	Fee: \$12

ZUMBA Gold®

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

Anne Gordon Center

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

Family**Maelawano Martial Arts**

Age: 10-99 yrs. The Maelawano system is a martial art that incorporates the science of body mechanics, psychological tactics and breath control for the contemporary threats of today. Maelawano meaning harmony, is the martial practice of various styles for effective street self-defense. We believe that martial arts would be a benefit to the body based on the following it provides the individual: discipline, focus, patience and flexibility that is necessary to perform self-defense. We offer a warrior's philosophy, moral and ethics that serve as a guideline to the physical techniques required in martial arts. This program will also introduce some minimal yoga and chi kung, which is also beneficial for the body. Martial Arts Instructor: Keith Nikoi, 4th Degree Japanese GoJu Ryu, 4th Degree Go Kempo Jitsu (weapons: Jo, Sai, Arnis sticks)

Biltmore Hills Community Center

Apr 25-Aug 22	Tu&Th	6:30-8:00pm	Fee: \$105
Apr 25-Aug 22	Tu&Th	6:30-8:00pm	Fee: \$20

Martial Arts - Kickboxing

Age: 5-99 yrs. Exciting, easy to learn, and challenging to master class of kickboxing. Enjoy a high energy workout with family and friends while improving coordination and fitness, building confidence and making new friends along the way. This Kickboxing course combines basic elements of Karate, "The way of the empty hand" and Muay Thai, "The art of eight limbs", and is a great opportunity to learn the fundamental techniques common to different martial arts styles. Students can continue with this program on an ongoing basis as a fitness class or choose to progress through a belt system with additional requirements. Classes are highly structured with safety first and students with ADHD can greatly benefit from this class as well. Boxing gloves required. Bring your



own, or purchase from instructor for \$30. Instructor: Alex Tsikos, 4th degree black belt certified & Muay Thai Fitness Kickboxing certified.

Brier Creek Community Center – Course Fee: \$41

May 3-May 24	F	6:45-7:45pm
Jun 7-Jun 28	F	6:45-7:45pm
Jul 5-Jul 26	F	6:45-7:45pm
Aug 2-Aug 23	F	6:45-7:45pm

Tae Kwon Do - Martial Arts

Age: 7-99 yrs. This martial arts class for youth and adults develops discipline in youth, fitness in adults and fine martial art skills in both youth and adults.

Tuesday Class 6:30pm -7:30pm

Thursday Class 7:30pm -8:30pm

Lions Park Community Center – Course Fee: \$40

May 2-May 30	Tu&Th	6:30-7:30pm
Jun 4-Jun 27	Tu&Th	6:30-7:30pm
Jul 2-Jul 30	Tu&Th	6:30-7:30pm
Aug 1-Aug 29	Tu&Th	6:30-7:30pm

ZUMBA®

Age: 10-99 yrs. ZUMBA® is a music-driven cardio dance workout taught here at Biltmore Hills Community Center. It incorporates movements from dance styles worldwide, including Salsa, Reggaeton, Bollywood, Merengue, and Hip Hop. There's specific choreography for each song in a class, which combines cardio, muscle conditioning, balance, and flexibility to give you a full-body workout.

Biltmore Hills Community Center – Course Fee: \$5

Aug 24-Apr 25 Tu & Th 6:30-7:30pm

Nature Education

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

Durant Nature Preserve and
Horseshoe Farm Nature Preserve
919-996-2271

Forest Ridge Park
919-996-5800

Lake Johnson Park Waterfront Center
919-996-3141

Lake Wheeler Park
919-662-5704

Thomas G. Crowder Woodland Center
919-996-3141

Walnut Creek Wetland Park
919-996-2760

Programming for organized groups (such as schools, daycare centers and preschools) is available by request from the Nature Program office. For more information 919-996-6856.

Preschool

Eager Explorers

Age: 3-6 yrs. Join us as we explore nature in the preserve! There will be stories, crafts, and nature walks on various themes. These programs are designed for an adult to attend with their preschooler. There is no charge for the adults. Note: Most programs will include an activity along a nature trail that is not stroller accessible.

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

Baby Mammals

May 9 Th 10:30am-12:00pm

Fun with Plants

May 14 Tu 10:30am-12:00pm

Flying Dragons

May 22 W 10:30am-12:00pm

Noises in Nature

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

Beaver Pond

Jun 4 Tu 10:30am-12:00pm

Hello Hummingbirds

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

Forest Friends

Jun 18 Tu 10:30am-12:00pm

Busy Bugs

Jul 10 W 10:30am-12:00pm

Animal Tree Houses

Jul 24 W 10:30am-12:00pm

Turtle Time

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

Little Nature Artists

Aug 20 Tu 10:30am-12:00pm

Fairies & Trolls

Aug 29 Th 10:30am-12:00pm

Firefly Frenzy!

Age: 2-6 yrs. Junior Naturalists will have great fun learning all about lightning bugs, the amazing lights of summer! Songs, games and a glowing craft are sure to delight our little learners. Preregistration is required. Children must be accompanied by adults. Adults attend free. For more information, contact Nature Programs at 919-996-6856.

Carolina Pines Community Center – Course Fee: \$2

Jun 20 Th 10:30-11:30am

Jun 20 Th 12:30-1:30pm

Kiwanis Community Center – Course Fee: \$2

Jun 19 W 10:30-11:30am

Laurel Hills Community Center – Course Fee: \$2

Jun 25 Tu 10:30-11:30am

Jun 25 Tu 12:30-1:30pm

Sertoma Arts Center – Course Fee: \$2

Jun 27 Th 10:30-11:30am

Jakes and Jennies: Young Explorers Club

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

Pre-Registration is highly recommended.

Forest Ridge Park – Course Fee: \$3

May 1 W 10:30am-12:00pm

Jun 5 W 10:30am-12:00pm

Jul 3 W 10:30am-12:00pm

Aug 7 W 10:30am-12:00pm

Little Adventurers

Age: 4-6 yrs. Are you ready for an adventure at Lake Johnson Park? Each month we will dive into a grand adventure about a different theme. We will spend time outside in the park and in the classroom learning about the theme of the month. Adult(s) must accompany participant(s). Adult(s) attend free and do not need to register.

Thomas G. Crowder Woodland Center – Course Fee: \$4

Jun 22 Sa 10:00-11:30am

Aug 17 Sa 10:00-11:30am

My, How You've Changed!

Age: 2-6 yrs. All animals grow and change in their lifetimes; but some animals grow and change in BIG ways. Through games, songs and stories, children will come to understand the amazing process of metamorphosis! We'll even get to see up close some live animals who go through these big changes! Preregistration is required. Children must be accompanied by adults. Adults attend free. For more information, contact Nature Programs at 919-996-6856.

Carolina Pines Community Center – Course Fee: \$2

May 23 Th 10:30-11:30am

May 23 Th 12:30-1:30pm

Kiwanis Community Center – Course Fee: \$2

May 22 W 10:30-11:30am

Laurel Hills Community Center – Course Fee: \$2

May 28 Tu 10:30-11:30am

May 28 Tu 12:30-1:30pm

Sertoma Arts Center – Course Fee: \$2

May 30 Th 10:30-11:30am

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Paws and Claws!

Age: 2-6 yrs. Children will have fun learning all about animal feet with this engaging program. Games, songs plus live creatures with interesting feet will bring this program to life! Preregistration is required. Children must be accompanied by adults. Adults attend free. For more information, contact Nature Programs at 919-996-6856.

Carolina Pines Community Center – Course Fee: \$2

Jul 18 Th 10:30-11:30am

Jul 18 Th 12:30-1:30pm

Kiwanis Community Center

Jul 17 W 10:30-11:30am

Laurel Hills Community Center

Jul 23 Tu 10:30-11:30am

Jul 23 Tu 12:30-1:30pm

Sertoma Arts Center

Jul 25 Th 10:30-11:30am

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 26 W 10:30am-12:00pm

Aug 21 W 10:30am-12:00pm

Seasons of the Sun

Age: 3-6 yrs. The temperature gets colder in winter, trees lose their leaves in fall, and flowers bloom in spring and summer. Why do the seasons change? What types of weather do you associate with each season? Come learn about changes in the sun's position in the sky and the different types of weather in each season through math and literacy activities, stories, an experiment, and a craft.

Forest Ridge Park – Course Fee: \$4

Jul 17 W 10:30am-12:00pm

Snouts and Sniffers!

Age: 2-6 yrs. Young nature lovers will have great fun sharing in this program featuring animal noses! We will enjoy lots of activities, sing songs and see live animals and their snouts and sniffers up close. Preregistration is required. Children must be accompanied by adults. Adults attend free. For more information, contact Nature Programs at 919-996-6856.

Carolina Pines Community Center – Course Fee: \$2

Aug 15 Th 10:30-11:30am

Aug 15 Th 12:30-1:30pm

Kiwanis Community Center – Course Fee: \$2

Aug 14 W 10:30-11:30am

Laurel Hills Community Center – Course Fee: \$2

Aug 20 Tu 10:30-11:30am

Aug 20 Tu 12:30-1:30pm

Sertoma Arts Center – Course Fee: \$2

Aug 22 Th 10:30-11:30am



Swamp Romp

Age: 3-7 yrs. Bring your budding naturalist to Walnut Creek Wetland Park for an exciting learning experience! A craft, engaging activity, perhaps a story and a guided walk through the wetland will awaken your child's sense of wonder. Each month features a different theme. Adults must be present with children. Please register at least four days in advance.

Walnut Creek Wetland Park – Course Fee: \$3

May 15 W 11:00am-12:00pm

Jun 5 W 11:00am-12:00pm

Jul 24 W 11:00am-12:00pm

Aug 7 W 11:00am-12:00pm

Tell Me a Story at the Lake

Age: 3-6 yrs. Do you know how many types of stories there are? Have you ever wanted to know more about fables, mad libs or picture books? Children will create and recreate stories using different story telling techniques. Come join us on an adventure as we use facts, props, and

creativity to tell a story! Children will learn some Falls Lake history and create a reading craft to take home.

Forest Ridge Park – Course Fee: \$4

May 22 W 10:30am-12:00pm

Jul 31 W 10:30am-12:00pm

Youth

Birding By Ear

Age: 10-99 yrs. Help us celebrate International Migratory Bird Day! Although it is sometimes difficult to spot birds, many people enjoy birds for their songs. Birds sing for many reasons, and often it helps them if their songs are different from those of other birds. We will discuss ways we can identify birds and learn about birds by listening to their songs. Children must be accompanied by adults. Children and adults must register.

Durant Nature Preserve – Course Fee: \$5

May 11 Sa 10:00am-12:00pm

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 for children only.

Durant Nature Preserve – Course Fee: \$5
May 19 Su 3:00-4:00pm

Citizen Science

Age: 7-99 yrs. Join us for the citizen science series! Themes rotate throughout the season. This program is designed for students who want to learn more about the amazing biodiversity of Durant Nature Preserve and how to document their findings for science! Children must be accompanied by adults. Children and adults must register.

Durant Nature Preserve – Course Fee: \$5
EcoExplore
May 18 Sa 10:00-11:00am
Creek Dipping
Jun 16 Su 3:00-4:30pm
Camera Trapping
Jul 6 Sa 9:30-11:00am
Turtle tracking
Jul 14 Su 3:00-4:30pm
NestWatch
Aug 10 Sa 10:00-11:00am
Monarch Monitoring
Aug 25 Su 3:00-4:00pm

Daring Discoverers

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

A.L. Wilkerson Nature Preserve – Course Fee: \$4
Discovering Decomposers

Jun 20 Th 10:30am-12:00pm
Insect Inspectors
Jul 11 Th 10:30am-12:00pm
Animal Habitats
Jul 25 Th 10:30am-12:00pm
Explore a Stream
Aug 15 Th 10:30am-12:00pm
Bird Bingo
Aug 22 Th 10:30am-12:00pm

Exploring Soils

Age: 7-14 yrs. Be prepared to get your hands soil-y as we dig in to compare and contrast different types of soil. Perform an experiment to determine which type of soil is at the park? Activities will align with the ecoEXPLORE Soils mission badge.

A.L. Wilkerson Nature Preserve – Course Fee: \$4
Jun 13 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.

A.L. Wilkerson Nature Preserve – Course Fee: \$5
Jun 7 F 7:30-9:00pm

How many ways to eat a plant?

Age: 5-99 yrs. Plants are like hotels for critters that use them for food and shelter. We'll explore some of the ways insects use plants, and the ways plants make homes for insects and other living things. Children must be accompanied by adults. Children and adults must register.

Horseshoe Farm Nature Preserve – Course Fee: \$5
Jul 20 Sa 10:00am-12:00pm

How to Raise an Insect

Age: 10-99 yrs. Insects are amazing and humans could not survive on Earth without them. One great thing about insects is that we can often watch them throughout their entire life cycle, even in a very small space. We will talk about how to take native insects (caterpillars, etc.) that you might find in your own backyard and safely raise them in your house, as well as some tips about what to watch for as they grow. The price includes your own insect-rearing kit. Children must be accompanied by adults. Children and adults must register.

Durant Nature Preserve – Course Fee: \$15
Jul 24 W 5:30-7:00pm

Lake Johnson ecoEXPLORErs

Age: 5-13 yrs. Do you enjoy observing nature? Want to be a scientist and earn badges while doing it? Join us to learn more about the ecoEXPLORE program and how to participate. ecoEXPLORE is an incentive-based citizen science program for children in grades K-8. During this program we will spend time inside working through one of the badge activities before heading outside to start making nature observations. Adults must accompany participant(s). Adults attend free and do not need to register. Advance registration is required.

Thomas G. Crowder Woodland Center – Course Fee: \$4
May 11 Sa 10:00-11:30am
Jun 8 Sa 10:00-11:30am
Jul 13 Sa 10:00-11:30am
Aug 10 Sa 10:00-11:30am

Life under the water

Age: 7-99 yrs. We'll explore how critters live under water--how they breathe, how they move, find or catch food, and more. We'll also look for some of the cool critters in the lower lake at Durant. Children must be accompanied by adults. Children and adults must register.

Durant Nature Preserve – Course Fee: \$5
Jul 17 W 5:30-7:00pm

Plant Detectives

Age: 7-99 yrs. According to NCPedia.org, there are over 4000 native plant species in North Carolina – if you look outside and just see a sea of green, you are not alone! This workshop will provide you with tools you can use to help distinguish one plant from another. We will also discuss why it matters which plants are which, to us and to other animals that eat plants. No experience necessary. Children must be accompanied by adults. Children and adults must register.

Durant Nature Preserve – Course Fee: \$5
May 11 Sa 2:00-4:00pm

Pollination, and the Great Southeastern Pollinator Census

Age: 12-99 yrs. Pollinators help many plants make fruits and seeds--without them many of our foods would not be available to us. Yet pollinators are declining worldwide. Come learn about pollinators and help monitor pollinators for a citizen science project, the Great Southeastern Pollinator Census! Children must be accompanied by adults. Children and adults must register.

Durant Nature Preserve – Course Fee: \$5
Aug 24 Sa 10:00am-12:00pm

Reptiles and Amphibians

Age: 7-14 yrs. Learn about the differences between reptiles and amphibians and meet a reptile up close! Activities will align with the ecoEXPLORE Herpetology field season badge.

A.L. Wilkerson Nature Preserve – Course Fee: \$4
May 17 F 4:30-6:00pm

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. Make an afternoon of it and bring a picnic to enjoy before or after the hunt! Preregistration is required. Children must be accompanied by adults. Children and adults must register and pay the program fee.

Durant Nature Preserve

Birds			
Jun 23	Su	3:00-4:00pm	Fee: \$2
Insects			
Jul 13	Sa	9:00-10:00am	Fee: \$4
Reptiles & Amphibians			
Aug 3	Sa	9:00-10:00am	Fee: \$4
Horseshoe Farm Nature Preserve			
Birds			
Jun 15	Sa	10:00-11:00am	Fee: \$4
Insects			
Jul 21	Su	3:00-4:00pm	Fee: \$4
Reptiles & Amphibians			
Aug 4	Su	3:00-4:00pm	Fee: \$4

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Summer Solstice Stroll

Age: 7-99 yrs. Embark on a journey through nature as the sun sinks toward the horizon during our late evening Summer Solstice Hike. Join us on this reflective hike and discover the wonders of the great outdoors while connecting with the energy of the summer solstice. Bring a friend and a water bottle! Children must be accompanied by adults. Pre-registration is required for adults and children.

Horseshoe Farm Nature Preserve – Course Fee: \$4
Jun 20 Th 7:00-8:00pm

To Bloom or Not to Bloom?

Age: 10-99 yrs. As the climate changes, plants are changing when they put out leaves, bloom, and produce seeds. Those changes affect animals and other critters that depend on these plants. Come learn about these changes in timing, their effects, and what we can do as community scientists to help monitor the changes. Children must be accompanied by adults. Pre-registration is required.

Durant Nature Preserve – Course Fee: \$5
Aug 14 W 6:00-7:00pm

Teen

Stream Exploration

Age: 12-18 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? Which kinds of animals live in the stream? Join a park naturalist as we visit a stream to answer these questions and more. Be sure to wear shoes that can get wet and muddy!

A.L. Wilkerson Nature Preserve – Course Fee: \$4
Jul 12 F 10:30am-12:00pm

Adult

Amazing Adaptations

Age: 12-99 yrs. Adaptations are amazing! We'll talk about some stunning adaptations shown by organisms around us, and we'll also explore ways that evolution works. Bring sunblock and a water bottle. Children must be accompanied by adults. Children and adults must register.

Horseshoe Farm Nature Preserve – Course Fee: \$5
Jul 20 Sa 2:00-4:00pm

Basic Tree ID

Age: 13-99 yrs. Have you ever wanted to identify a tree and didn't know where to start? Learn the basic identification characteristics and tools to get you started on how to read those tree field guides. Participate in a tree lab where you'll get to see those characteristics up close to become more confident in identifying a variety of native trees.

A.L. Wilkerson Nature Preserve – Course Fee: \$5
Jun 15 Sa 1:00-3:00pm

Beginning Birding

Age: 12-99 yrs. You don't have to be an expert to enjoy birdwatching! We'll start with the basic observational skills you'll need to help you identify the birds at your feeder. After observing a bird feeder, we'll go on a short walk in search of birds in the park. Bring your own binoculars, or we also have some to borrow.

A.L. Wilkerson Nature Preserve – Course Fee: \$4
May 11 Sa 10:30am-12:00pm

Botanizing by Boat

Age: 16-99 yrs. Ever wanted to see the world from a different perspective? We'll take a nature "hike" on the water, to view plants and the organisms that live in them (birds, insects, etc.) . We'll explore our lake by canoe to learn about the ecology of Durant. Bring a water bottle, and a waterproof bag to put things you want to keep dry. Some prior boating experience recommended. Adults only--please pre-register online.

Durant Nature Preserve – Course Fee: \$10
Jun 15 Sa 2:00-4:00pm

Early Birds

Age: 16-99 yrs. Grab your binoculars and meet us at Durant for a bird-watching hike led by Wake Audubon guest naturalist, Erla Beegle. Spend your morning watching and learning about birds that prefer a forests and lakes, on this approximately 1.5 mi hike. Help us document birds for the Great Backyard Bird Count! For beginning and advanced birders. Bring your binoculars, or borrow a pair of ours. Pre-registration is required.

Durant Nature Preserve
Jul 13 Sa 8:00-9:30am
Horseshoe Farm Nature Preserve
Jun 8 Sa 8:00-9:30am



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! To learn more about our upcoming speaker and topics, email LJWoodlandCtr@raleighnc.gov. Earn 1 hour of criteria III EE credit. Advance registration is required. Registered participants will receive an email invitation to lecture on lecture date.

Thomas G. Crowder Woodland Center Restoring North Carolina's Historic Peavine Prairies

May 13	M	7:00-8:00pm
Jun 10	M	7:00-8:00pm
Jul 8	M	7:00-8:00pm

Mammal Diversity in the Southern Appalachians

Aug 12	M	7:00-8:00pm
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Flying WILD

Age: 18-99 yrs. This exciting program introduces middle school students to bird conservation through classroom activities and school bird festivals! This educator program supports instructors by providing interdisciplinary, standard based opportunities to engage students in real-world learning that helps them understand the importance of migratory birds and their conservation. This 6-hour workshop is a Criteria 1 workshop for NC Environmental Educator Certification. Please bring a lunch, water bottle and dress for the weather.

Walnut Creek Wetland Park - Course Fee: \$15

May 29	W	9:00am-4:00pm
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Full Moon Walk

Age: 18-99 yrs. Leave the kids at home and enjoy an evening walk with a park naturalist. We'll learn about the nocturnal animals that are roaming the park after dark as we look and listen along our walk.

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

Jun 21	F	8:00-9:30pm
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How Do I Love Thee? Let Me Count the Ways.

Age: 16-99 yrs. In honor of pride month, we'll explore the vast array of reproductive adaptations and behaviors in organisms around the preserve. Join us as we learn and celebrate the diversity in nature all around us. Bring a water bottle. Please pre-register online.

Durant Nature Preserve - Course Fee: \$5

Jun 12	W	6:00-7:30pm
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Lifestyles of the Small and Squishy

Age: 16-99 yrs. Insects eat plants - let me count the ways! There is a surprising and incredible variety of ways to eat plants, ranging from chewing them to sucking out their juices like mosquitoes do to us, to mining trails through the insides of leaves, to creating tumors on plants that create fresh food. In this workshop we'll explore different ways animals eat plants and discuss the adaptations behind some of these methods of feeding. Then we'll work on finding examples of herbivores in nature to provide you with some tools for contributing to science by looking closely at the small things feeding on plants in your backyards. This program is for adults only, adults are required to pre-register.

NC-EE credit is available for this program.

Durant Nature Preserve - Course Fee: \$5

Jun 8	Sa	2:00-4:00pm
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Aug 24	Sa	2:00-4:00pm
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Moth Night!

Age: 12-99 yrs. Moths are incredibly diverse and beautiful! With nearly 3,000 species documented in NC, they come in an amazing array of colors, shapes, and sizes, and also play a vital role in the ecosystem. Please join David George, science educator and co-author of the Moths of North Carolina website, for a late-night program at Durant Nature Preserve. Many different kinds of moths, as well as a range of other interesting night-flying insects, are sure to show up at the lights - and hopefully so will you! This is a late-night program--bring a flashlight, insect repellent, and a water bottle. Children must be accompanied by adults.

Children and adults must register.

Durant Nature Preserve - Course Fee: \$12

Jun 8	Sa	8:30-10:30pm
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Project WET

Age: 18-99 yrs. The issue of water is expected to define the 21st century. Every day, the quality and quantity of water resources affect the health and well-being of the planet's people. This educator program supports instructors by providing interdisciplinary, standard based opportunities for K-12 students to engage students in real-world learning that helps them understand the importance of water conservation. This 6-hour workshop is a Criteria 1 workshop for NC Environmental Educator Certification. Please bring a lunch, water bottle and dress for the weather.

Walnut Creek Wetland Park - Course Fee: \$15

Jul 10	W	9:00am-4:00pm
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Seasonal Nature Walk

Age: 12-99 yrs. Join a park naturalist on a general nature walk to see what is happening at the park this season. Come prepared for trail walking because we'll visit various parts of the park to discover the peak season highlights!

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

Jul 13	Sa	10:30am-12:00pm
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Sunrise Birding Walk

Age: 12-99 yrs. This program is for beginner and well-practiced birders alike. Join us as we take a sunrise trek around the lake to find our avian friends. We will focus on both songbirds and waterfowl and maybe even see some raptors! Please bring water and wear comfortable footwear. Earn 2 hours criteria II or III EE credit upon request. Adult(s) must accompany participant(s) under 16, register, and pay the program fee.

Thomas G. Crowder Woodland Center - Course Fee: \$10

May 19	Su	7:30-9:30am
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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 rare chance to paddle by canoe on the lake at sunset. You'll have a magnificent view of the sunset from the water and watch nocturnal wildlife wake-up from their sleep as dusk settles. Come early and bring a picnic dinner to help you unwind, before your paddle. This is a guided, adults-only paddle at sunset. Some boating experience recommended. Preregistration required.

Durant Nature Preserve - Course Fee: \$10

May 17	F	7:00-8:00pm
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Jun 28	F	7:30-8:30pm
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Jul 19	F	7:30-8:30pm
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Aug 16	F	7:00-8:00pm
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Tree ID Trek

Age: 12-99 yrs. Come join our naturalists and learn how to identify some common trees found in the park. Participants will learn features of tree ID that will help year-round. No prior tree identification knowledge is necessary. Earn 2 hours criteria II or III EE credit upon request. Adult(s) must accompany participant(s) under 16, register, and pay the program fee. Advance registration is required.

Thomas G. Crowder Woodland Center - Course Fee: \$10

May 19	Su	10:00am-1:00pm
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Senior

Nature Art – Poetry in Nature

Age: 18-99 yrs. Nature has always inspired art, poetry, and songs. The aim of this program is to get inspired, and to write our own poetry! We'll use prompts to get our creative juices flowing, to see what we can create. Then we can share our poetry with the group if you'd like. Participants must preregister and pay the fee. This is an adults only program.

Horseshoe Farm Nature Preserve – Course Fee: \$4
May 22 W 10:00-11:30am

Family

Astronomy Nights

Age: 5-99 yrs. What's up in space this month? Each program begins with an indoor presentation and (weather permitting) moves outside after sunset to view the Moon, stars, and planets with the Preserve's telescope. Children must be accompanied by an adult. Adults and children (5 years and up) must register to attend.

A.L. Wilkerson Nature Preserve – Course Fee: \$3
Aug 9 F 8:00-9:30pm

Box Turtle Study

Age: 12-99 yrs. Celebrate World Turtle Day as we examine the life of Eastern Box Turtles and ways we can help them survive in the wild. Participate in a hands-on 'turtle lab' to experience how Wilkerson Nature Preserve contributes to scientific turtle research projects that will help us learn even more!

A.L. Wilkerson Nature Preserve – Course Fee: \$4
May 23 Th & Sa 6:00-7:30pm

Campfire Story & Marshmallow Roast

Age: yrs. Gather 'round the campfire to enjoy an evening of storytelling, nature, and community. As dusk falls, we'll come together to make new friends, share a tale connected to the forests and wildlife of the Preserve, and roast marshmallows. Children must be accompanied by adults. Children and adults must preregister and pay the program fee.

Durant Nature Preserve – Course Fee: \$5
May 3 F 6:00-7:00pm

Family Naturalist Series: Arthropods

Age: 7-99 yrs. Insects? Spider? Crustaceans? Get excited with us as we talk about our park's arthropods! Who are our parks hard-shelled crawlers and climbers, what do they do that is so important and what patterns can be revealed by looking closely? This course will include several introductory topics of discussion and include activities that get your body moving and test your investigation skills. Ages 7+

Walnut Creek Wetland Park – Course Fee: \$5
Jun 9 Su 1:30-3:30pm

Family Naturalist Series: Dendrology

Age: 7-99 yrs. Let's study trees! Get excited with us as we talk about all our park's forest composition. What trees can we work on identifying, which one's are unique to our wetland, what do they do that is so important and what patterns can be revealed by looking closely? This course will include several introductory topics of discussion and include activities that get your body moving and test your investigation skills.

Walnut Creek Wetland Park – Course Fee: \$5
Jul 27 Sa 12:00-2:00pm

Family Naturalist Series: Reptiles

Age: 7-99 yrs. Get excited with us as we talk about all our park's reptiles! Who are our scaly park friends, what do they do that is so important, and what patterns can be revealed by looking closely? This course will include several introductory topics of discussion and include activities that get your body moving and test your investigation skills.

Walnut Creek Wetland Park – Course Fee: \$5
Aug 24 Sa 12:00-2:00pm

Family Naturalist Series: Wetland Birds

Age: 7-99 yrs. Celebrate Migratory Bird Day at the Wetland Center and learn about our unique birds! Who are our parks birds, what do they do that is so important and what patterns can be revealed by looking closely? This course will include several introductory topics of discussion and include activities that get you outdoors, get your body moving, and let your creativity flow.

Walnut Creek Wetland Park – Course Fee: \$4
May 11 Sa 10:30am-12:00pm

Nature Play Day

All ages. Join us to make time for playing in nature. Children of all ages, as well as the young at heart, are welcome to join us for imaginative play in a natural setting. Dig in the dirt, build a fairy home out of natural materials, make mud pies and more. We'll provide the materials and guidance to get you started on a playful adventure. No registration is required; drop in any time between 10am and 12pm to join the fun! Adults must accompany their children.

A.L. Wilkerson Nature Preserve
Jul 3 W 10:00am-12:00pm

Playground Pop-Ups

Age: yrs. Join us for Lake Wheeler's Fall Playground Pop-Up Series! Every second Tuesday from September through November we will be providing a free, nature-inspired craft for kids! Registration is highly encouraged, but drop-ins are welcome! These pop-ups will be rain or shine! Held at our Magnolia Shelter by the playground; In the case of inclement weather, pop-ups will be moved to our Conference Room at our Waterfront Center to let the fun carry on! Hope to see you there!

Lake Wheeler Park
May 14 Tu 11:00am-1:00pm

Shell-ebrating Turtles

All ages Ever wonder what makes turtles so unique? We will learn about the different types of turtles, what makes each so special, and what you can do if you find one in the wild. You will even get an up-close and personal look at Lake Johnson Park's very own box turtle! Participants under 16 must be registered with an adult. Advance registration is required.

Thomas G. Crowder Woodland Center – Course Fee: \$5
Jul 27 Sa 9:00-11:00am

Solstice Stroll

Age: yrs. Gather with us for a summer solstice stroll. On the longest day of the year, we'll enjoy a warm evening stroll before the shortest night of summer. Encounter wildlife and plants along the way and learn about their adaptations for our increasingly warming summers. We'll end the evening with some storytelling and forest meditation. A great way to enjoy an easy walk with friends and family. All ages are welcome, children must be accompanied by adult. Not all trails may be accessible by strollers.

Walnut Creek Wetland Park – Course Fee: \$4
Jun 20 Th 3:30-5:00pm

Twilight Walk

Age: 5-99 yrs. Many animals are active around sunset or shortly after. Take a walk with a park naturalist to explore the woods and fields at this special time. Look and listen for deer, coyotes, and owls. This program is designed for families with young children. Adults must accompany children.

A.L. Wilkerson Nature Preserve – Course Fee: \$3
May 18 Sa 8:00-9:30pm
Jun 8 Sa 8:00-9:30pm
Jul 20 Sa 8:00-9:30pm
Aug 24 Sa 7:30-9:00pm



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

City of Oaks Foundation Urges Children to Get Outside

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

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

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



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

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

For more information:

visit www.cityofoaksfoundation.org call us at (919)355-6998, or send us mail to:

City of Oaks Foundation, PO Box 6147, Raleigh, NC 27628.

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



Outdoor Recreation



Preschool

Jr. Kids Fishing

Age: 4-6 yrs. This program is for younger children who have never fished before but would like to try. We will practice with some casting games and then spend some time fishing in the lake. Participants will leave with stickers and fishing-themed coloring pages. Adult(s) must accompany participant(s). Adult(s) attend free and do not need to register.

Lake Johnson Waterfront Center – Course Fee: \$5

May 20	M	10:00-11:30am
Jun 20	Th	10:00-11:30am
Jun 24	M	10:00-11:30am

Youth

Adventure Days

Age: 12-14 yrs. Come spend the day in the great outdoors learning new skills through fun, hands-on activities. Each Adventure Day will focus on a specific theme or topic. Participants should come dressed to spend the day outside. For more information about this program, please email us at LJWoodlandCtr@raleighnc.gov. Advance registration is required.

Lake Johnson Park – Course Fee: \$32

Jun 26	W	8:30am-4:30pm
Jul 10	W	8:30am-4:30pm
Jul 17	W	8:30am-4:30pm
Jul 24	W	8:30am-4:30pm
Jul 31	W	8:30am-4:30pm
Aug 7	W	8:30am-4:30pm

Compass Basics

Age: 10-13 yrs. Have you ever been lost in the woods? This course will teach you the skills needed to navigate using a compass through hands-on experience. We will end the course with a fun orienteering activity. Adult(s) must accompany participant(s). Adult(s) attend free and do not need to register.

Thomas G. Crowder Woodland Center – Course Fee: \$6

Jul 17	W	8:30am-4:30pm
Aug 4	Su	9:00-11:00am

Fishing on the Banks

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

Forest Ridge Park – Course Fee: \$5

May 18	Sa	9:00-11:00am
Jul 13	Sa	9:00-11:00am
Aug 24	Sa	9:00-11:00am

Kids Fishing

Age: 7-12 yrs. This program is great for youth new to fishing. We will go over casting techniques, setting up your rod and reel, and what fish are found in the lake. Then, of course, we will spend time fishing in the lake. Come see if you can hook one and reel it in. Adult(s) are not required to accompany participant(s). This program is designed to give adult(s) time to enjoy the park while participant(s) enjoy the program.

Lake Johnson Waterfront Center – Course Fee: \$5

Jun 15	Sa	10:00-11:30am
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Know Your Knots

Age: 7-12 yrs. A well-tied knot can go a long way. In this program, participants will learn how to tie various useful knots. Participants will even put a few to the test to see how well their knots hold up. Towards the end, participants will get the opportunity to make their own paracord bracelet to take home. Adult(s) must accompany participant(s). Adult(s) attend free and do not need to register. Advance registration is required.

Thomas G. Crowder Woodland Center – Course Fee: \$6

Jul 21	Su	10:00am-12:00pm
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Teen

Navigating the Wilderness

Age: 13-16 yrs. How would you get around the wilderness if your phone and GPS lost power or broke altogether? This course will take you on a journey off the trails in Lake Johnson Park. You will learn how to how to take bearings, read a topographic map, read a compass, understand triangulation, and much more. No prior experience is necessary. Adult(s) are not required to accompany participant(s). This program is designed to give adult(s) time to enjoy the park while the participant(s) enjoy the program. Advance registration is required.

Thomas G. Crowder Woodland Center – Course Fee: \$6
Aug 11 Su 9:00-11:00am

Teen Sailing

Age: 14-16 yrs. Want to learn how to sail a sunfish sailboat? This program introduces the basics of sailing in a calm setting at a relaxed pace. You will learn the parts of a sunfish sailboat, rigging a sunfish, maneuverability, and self-rescue techniques. You should be prepared to get wet during the program. No previous sailing experience is required. Advance registration is required.

Lake Johnson Waterfront Center – Course Fee: \$68

Jun 26	W	8:30am-4:30pm
Jul 18	Th	8:30am-4:30pm
Jul 22	M	8:30am-4:30pm
Aug 6	Tu	8:30am-4:30pm

Adult

Adult Fishing

Age: 16-99 yrs. This program is great for adults who have always wanted to learn to fish. We will learn how to set up a rod and reel, casting techniques, and what fish are found in the lake. We will also cover state rules and regulations. Then we will go fishing off our dock and learn some tips and tricks to become an experienced fisher. No prior experience is required. Equipment (rod, reel, bait) is provided.

Lake Johnson Waterfront Center – Course Fee: \$10
May 10 F 5:00-7:00pm

American Canoe Association Assessment - L1 Kayaks

Age: 18-99 yrs. This course is designed to evaluate a participant's appropriate level of knowledge and skills as associated with an American Canoe Association (ACA) level 1 paddler. Participants are expected to enter the course with the skills to paddle calm, protected flat water and already have the knowledge base that generally goes along with those activities. This assessment course provides the participant with the opportunity to receive documentation of having achieved a certain level of paddling ability. Participating in the course alone does not guarantee a successful assessment. ACA membership



is a pre-requisite for this program. You may purchase a membership at americancanoe.org prior to registering for this course. Advance registration is required.

Lake Johnson Waterfront Center – Course Fee: \$200

Jun 5	W	9:30am-4:30pm
Jul 16	Tu	9:30am-4:30pm
Aug 13	Tu	9:30am-4:30pm

Bike Maintenance Clinic

Age: 14-99 yrs. Stop paying for costly bike repairs that can be done on your own! Participants will learn how to change flat tires, adjust gears and brakes, as well as perform general upkeep on their bikes. We will also go over signs and symptoms of bicycles in need of maintenance. Bring your own bike and helmet, and wear clothes that can get dirty! Sign up today for quality instruction and hands-on experience.

Forest Ridge Park – Course Fee: \$12

May 11	Sa	1:00-3:00pm
Jul 20	Sa	1:00-3:00pm

Birding Paddle - Kayak

Age: 16-99 yrs. Are you a birder interested in paddling or a paddler interested in birding? Join us for a birding paddle! This kayak tour at Forest Ridge Park will explore the shoreline along the north side of the park. We may spot birds of prey, shorebirds or songbirds. You never know what you

will see on the water or from the water. All equipment is provided, including binoculars. No previous experience is required for this nature focused 2-hour paddle trip. We will meet at the waterfront and provide brief instruction before heading out as a group to explore the lake. Registration is required, and spots are limited so register now!

Forest Ridge Park – Course Fee: \$20

Nature Interpretive Paddle Tour

Jun 7	F	8:00-10:00am
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Float and Fish

Age: 14-100 yrs. Are you an experienced angler limited by the dock or the shore? Try sit-on-top kayak fishing! Kayaks are quiet and draw little water, making them ideal vessels to sneak up on fish. Join our experienced guides for an evening of kayak fishing on Falls Lake. All paddle equipment and instruction are provided. Participants are encouraged to bring their own fishing equipment: 2 rods and light tackle. This program is catch and release. Take only photos and share your fish story!

Forest Ridge Park – Course Fee: \$25

May 21	Tu	6:00-8:00pm
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Forest Ridge Park Kayak Excursion

Age: 14-99 yrs. Join us for a kayaking adventure as we explore the undeveloped southern shoreline of Forest Ridge Park. Previous paddle experience is preferred for this scenic 3-hour paddle. We will meet our transportation at the Forest Ridge Park Welcome Center. After a short ride to the Falls Lake Visitor's Center, we will provide brief instruction before launching our kayaks and heading out as a group to explore the lake. The paddle trip will conclude at the Forest Ridge Park fishing area, a short walk away from the welcome center and parking area. Registration includes all equipment, instruction, transportation to launch site and wonderful views of the lake and park. Pre-registration is required, and spots are limited so register today!

Forest Ridge Park

Jun 14	F	9:00am-12:00pm	Fee: \$31
Aug 30	F	9:00am-12:00pm	Fee: \$31

Forest Ridge Park SUP Tours

Age: 14-99 yrs. Join one of our Stand-up Paddle Board (SUP) Tours at Forest Ridge Park as we explore the shoreline along the north side of the park. No previous experience is required for this fun focused 2-hour paddle trip. We will meet at the waterfront and provide brief instruction before heading out as a group to explore the lake. This program will take place completely outdoors and in remote landscapes, please plan accordingly. Registration includes all equipment, instruction, and wonderful views of the lake and park. Pre-registration is required, and spots are limited so register now! Not able to make this date/time? Check back or call the park office for additional dates or to schedule your custom tour.

Forest Ridge Park – Course Fee: \$26

Jun 9	Su	6:00-8:00pm
Jul 14	Su	6:00-8:00pm
Aug 25	Su	6:00-8:00pm

Guided Hike

Age: 14-100 yrs. It's National Trails Day! Join us on a guided hike along Forest Ridge Park's Shoreline Trail! Our experienced guides will lead you through the beautiful landscapes of Forest Ridge Park, pointing out hidden gems and sharing their knowledge of the local flora, fauna, and history. Whether you're a seasoned hiker or a beginner, our hikes cater to all skill levels and offer a chance to disconnect and recharge while enjoying the great outdoors. So lace up your shoes and join us for an adventure!

Forest Ridge Park – Course Fee: \$6

National Trails Day Hike

Jun 1	Sa	9:00-11:00am
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Intro to Kayaking

Age: 14-99 yrs. Come join our experienced instructors for a fun, entry-level kayaking class! We will introduce the fundamentals of kayaking and go on a quick guided tour along the lake. All equipment will be provided. No experience is necessary. Spots are limited so preregister soon!

Lake Wheeler Park – Course Fee: \$25

Jun 6	Th	4:00-6:00pm
Jul 11	Th	4:00-6:00pm
Aug 8	Th	4:00-6:00pm

Intro to Stand-Up Paddle Boarding

Age: 14-99 yrs. Come join our experienced instructors for a fun, entry-level stand-up paddle board class! We will introduce the fundamentals of paddle boarding, practice balance, and go on a quick guided tour along the lake. All equipment will be provided. No experience is necessary. Spots are limited so preregister soon!

Lake Wheeler Park – Course Fee: \$26

Jun 20	Th	4:00-6:00pm
Jul 25	Th	4:00-6:00pm
Aug 22	Th	4:00-6:00pm

Introduction to Paddling

Age: 14-99 yrs. These classes will introduce the basics of paddling in a calm setting at a relaxed pace. Classes are split into two sections: Theory and Skills. Theory classes occur in a classroom setting, where participants will learn the parts of both kayaks and standup paddleboards, tips for trip preparation, and environmental factors that will impact your paddling experience. In our skills classes, participants will learn paddling strokes, maneuverability, and self-rescue techniques. All equipment is provided. Participants under 16 must be registered with an adult. Visit Reclink. RaleighNC.Gov for program dates and times.

Lake Johnson Waterfront Center – Course Fee: \$25

Kayak Skills

Jun 20	Th	5:30-7:30pm
Jul 28	Su	1:00-3:00pm
Aug 4	Su	1:00-3:00pm

Standup Paddleboard Skills

Jun 23	Su	1:00-3:00pm
Jul 14	Su	9:00-11:00am
Aug 4	Su	9:00-11:00am

Thomas G. Crowder Woodland Center – Course Fee: \$15

Paddling Theory

Jun 22	Sa	1:00-2:30pm
Jul 22	M	6:00-7:30pm
Aug 3	Sa	1:00-2:30pm

Lake Kayak Tours

Age: 14-99 yrs. Enjoy a unique experience of Lake Wheeler from a kayak! Our experienced instructors will take you on a relaxing kayak tour around the lake to enjoy the outdoors and see our wildlife. All equipment will be provided but you are welcome to bring your own kayak as well. Prior experience is recommended. Preregistration is required so sign up today!

Lake Wheeler Park – Course Fee: \$25

Jun 15	Sa	9:00-11:00am
Jul 20	Sa	9:00-11:00am
Aug 17	Sa	9:00-11:00am

Learn to Sail

Age: 16-99 yrs. These classes will introduce the basics of sailing in a calm setting at a relaxed pace. Classes are split into two sections: Theory and Skills. Sailing Theory classes occur in a classroom, where participants will learn the parts of a sunfish sailboat, tips for trip preparation, and environmental factors that will impact your sailing experience. In Sailing Skills, participants will learn paddling strokes, maneuverability, and self-rescue techniques. All equipment is provided. Sailing Theory is a pre-requisite for Sailing Skills. Additional dates may be available. Please check Reclink.RaleighNC.gov. Advance registration is required for this program. Visit Reclink.RaleighNC.Gov for program dates and times.

Lake Johnson Waterfront Center – Course Fee: \$47

Sailing Skills

Jun 27	Th	5:00-7:00pm
Jul 17	W	5:00-7:00pm
Aug 2	F	5:00-7:00pm

Thomas G. Crowder Woodland Center – Course Fee: \$15

Sailing Theory

Jun 22	Sa	4:00-6:00pm
Jul 20	Sa	1:00-3:00pm

Leave No Trace

Age: 16-99 yrs. Make a bigger impact in your community by focusing on minimizing environmental impacts. Join this fun-focused, outdoor ethics workshop to improve your understanding and application of Leave No Trace principles in the classroom, at your next group meeting, or on your next adventure. Whether you are an outdoor enthusiast or educator, this course will provide tools for you to be better prepared to minimize impacts. Advance registration is required. Thomas G. Crowder Woodland Center – Course Fee: \$15

Jun 1	Sa	8:00am-12:00pm
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Mountain Bike Basics

Age: 14-99 yrs. Hit the trails with confidence! Our certified instructors will guide you through the fundamentals of mountain biking. Learn and practice riding techniques, body position, braking, and shifting. The course will also cover trail etiquette and local mountain biking resources. We'll wrap up with a group trail ride, putting your new skills to use. Bikes and helmets are provided. Successful completion of the course qualifies you to participate in the Bike Loaner Program at Forest Ridge Park. Preregistration is required.

Forest Ridge Park – Course Fee: \$26

Introduction to Mountain Biking

May 11	Sa	9:00-11:00am
Jun 22	Sa	9:00-11:00am
Jul 20	Sa	9:00-11:00am
Aug 24	Sa	9:00-11:00am

Night Hike

Age: 14-99 yrs. Get ready for an unusual experience as you explore Forest Ridge Park by night! Join us on a guided 3 mile night hike through the park, where you'll

experience nature under the stars. Our guides will lead you through the darkness, pointing out features that you wouldn't see during the day. With just the light of the moon and your trusty flashlight, you'll enjoy a sense of adventure and excitement! Whether you're looking for a thrilling activity or simply want to try something new, our guided night hikes are an unforgettable way to see Forest Ridge Park!

Forest Ridge Park – Course Fee: \$6

Aug 22 Th 7:00-9:00pm

Orienteering 101

Age: 16-99 yrs. Have you ever wanted to explore the wilderness with just a map and compass? This course will take you off trail in Lake Johnson Park and teach you all about how to navigate without the aid of a GPS or your phone. Walk away understanding how to read a compass, take bearings, understand a topographic map, and much more. No prior experience is necessary. Advance registration is required for this program.

Lake Johnson Waterfront Center – Course Fee: \$12

May 18	Sa	8:00-11:00am
Jul 28	Su	8:00-11:00am

Paddling Tour

Age: 14-99 yrs. Explore Lake Johnson on the water with an experienced guide and naturalist. Tours provide opportunities to learn about wildlife, history, natural features of the lake, and more. While

some tours are general, others will have a specific craft or theme. To learn more about a particular tour, please email us at LJWoodlandCtr@raleighnc.gov. All equipment is provided. No prior experience is required. Participants under 16 must be registered with an adult. Additional dates may be available. Please check Reclink.RaleighNC.gov for current program availability. Advance registration is required.

Lake Johnson Waterfront Center – Course Fee: \$22

Jun 8	Sa	9:00-11:00am
Jun 9	Su	5:00-7:00pm
Jun 11	Tu	5:30-7:30pm
Jun 25	Tu	8:00-10:00am
Jul 13	Sa	9:00-11:00am
Jul 19	F	8:00-10:00am
Jul 27	Sa	9:00-11:00am
Jul 30	Tu	5:30-7:30pm
Aug 3	Sa	9:00-11:00am
Aug 10	Sa	9:00-11:00am
Aug 18	Su	9:00-11:00am
Aug 24	Sa	9:00-11:00am

Kayaks Only

Jul 14	Su	10:00am-12:00pm
Jul 28	Su	10:00am-12:00pm
Aug 4	Su	10:00am-12:00pm

Standup Paddleboards Only

Jun 9	Su	10:00am-12:00pm
Jun 23	Su	10:00am-12:00pm
Jul 21	Su	10:00am-12:00pm

Celebrating Diversity in the Outdoors

Jun 15	Sa	9:00-11:00am
Jun 22	Sa	9:00-11:00am

Celebrating Women in the Outdoors

Aug 26	M	5:00-7:00pm
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Nature Writing

Jul 20	Sa	9:00-11:00am
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Stand-Up Paddle Board Tour

Age: 14-99 yrs. Enjoy a unique experience of Lake Wheeler from a paddle board! Our experienced instructors will take you on a relaxing stand-up paddle board tour around the lake to enjoy the outdoors and see our wildlife. All equipment will be provided but you are welcome to bring your own board as well. Prior experience is recommended. Preregistration is required so sign up today!

Lake Wheeler Park – Course Fee: \$25

Jun 1	Sa	9:00-11:00am
Jul 6	Sa	9:00-11:00am
Aug 3	Sa	9:00-11:00am



Family

Family Campout

All ages. Join our family campout after completing our Introduction to Camping course. Utilize your new camping skills with your whole family. We will meet at Durant Nature Preserve, set up camp together, and share experiences and passions for the outdoors. Equipment is not provided unless specifically requested in advance. One member from each household must register and attend 3 of the 4 instruction sessions of the Introduction to Camping course prior to participation. Please contact Forest Ridge Park for more information.

Durant Nature Preserve – Course Fee: \$21
Jun 8-Jun 9 Sa-Su 5:00pm-10:00am

Family Fishing

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

Lake Johnson Waterfront Center – Course Fee: \$4
May 18 Sa 9:00-11:00am
Jun 8 Sa 1:00-3:00pm
Aug 25 Su 9:00-11:00am

Guided Nature Hike

Age: 7-99 yrs. Join us for a 2-3 mile hike on the beautiful trails of Lake Johnson Park. A knowledgeable nature instructor will accompany you on the hike to discuss natural features and Lake Johnson's history. The hike will be held on our unpaved trails, which may not be suitable for those with limited mobility. Parts of the trail are considered moderate/strenuous. Participants should dress for the weather in comfortable clothing and closed-toe shoes that can get messy. Adult(s) must accompany participant(s) under 16, register, and pay the program fee.

Thomas G. Crowder Woodland Center – Course Fee: \$4
Jul 14 Su 8:00-10:30am

Introduction to Camping

Age: 18-100 yrs. Have you always wanted to go camping but feel nervous or intimidated about planning a trip? This program will provide a wealth of knowledge for new campers or those planning and leading group trips. We will walk you through the basics of camping in four instruction sessions that qualify you to register your family for a campout at Durant Nature Park June 8-9, 2024. You will need to attend 3 of the 4 instruction sessions to participate in the campout. The sessions will cover finding a place to camp, navigating online reservation systems, campsite rules, and what to do when you get there. We will talk about gearing up for a campout: What do you need? Where do you get it? How do you use it? We will also talk about camp cooking, outdoor ethics, first aid, camp safety, and what to do in an emergency.

Forest Ridge Park – Course Fee: \$12
May 8-May 29 W 5:30-7:00pm

Parent & Me: Paddlers To-Be

Age: 5-13 yrs. Engage with your child during a unique experience paddling on Lake Wheeler! Our instructor will guide parent-child duos on an easy paddling tour in tandem kayaks! This is perfect for parents who would like to introduce their younger children to paddling. This class is geared towards children aged 5-13. Children must be accompanied by an adult. It is recommended that adults have some form of paddling experience. Pre-registration is required, so sign-up today!

Lake Wheeler Park – Course Fee: \$25
Jun 29 Sa 9:00-11:00am
Jul 31 W 9:00-11:00am
Aug 31 Sa 9:00-11:00am

Social Programs



Preschool

JCMP Tot-Time

Age: yrs. Calling all toddlers! Come play with us at JCMP. Every Wednesday participants will engage their social skills through games and activities. We hope to see you there!

John Chavis Community Center

May 1-Aug 28 W 11:30am-12:30pm

Adult

Board Game Night

Age: 18-99 yrs. Bring your friends or come make new ones at our new board game nights at Kiwanis Park! Each month we will have a different type of game to play and you can come and go as needed. The fun is free but our space is limited, so

pre-registration is encouraged. Please note that this program is for adults only, but we have a different night for the whole family!

Kiwanis Community Center

May 9	Th	6:00-7:30pm
Jun 13	Th	6:00-7:30pm
Jul 11	Th	6:00-7:30pm
Aug 8	Th	6:00-7:30pm

Camp Carefree

Age: 18-99 yrs. Turn your staycation into a playcation with Raleigh Parks and Recreation! Whether this is your first camp experience, or you want to relive your youth, come escape the daily grind and have fun making new friendships with us. From creating tie-dye t-shirts, fishing and kayaking at the lake, to participating in a kickball tournament and cheering your team on at tug-of-war,

we have something for everyone! You can register for the day or sign up for the entire week. Ages 18+ to play. \$40/day; \$110.00 for the entire week.

Baileywick Park - Course Fee: \$40

Field Day and Kickball Tournament

Jul 3 W 10:00am-3:00pm

Forest Ridge Park - Course Fee: \$4

Water Day

Jul 2 Tu 10:00am-3:00pm

Marsh Creek Community Center - Course Fee: \$40

Arts & Crafts

Jul 1 M 10:00am-3:00pm

German Shepherd Dog Club

Millbrook Exchange Community Center - Course Fee: \$1

May 2 Th 7:00-9:00pm

Jun 6 Th 7:00-9:00pm

Jul 11 Th 7:00-9:00pm

Aug 1 Th 7:00-9:00pm

Holly Jolly Raleigh Prom for Adults

Age: 21-99 yrs. It might be hot outside, but you are in for a cool night at the Holly Jolly Raleigh Christmas in July Winter Prom. Adults 21+ get glitzed up and rock around our Christmas trees to the sounds of our DJ. Enjoy adult beverages at the cash bar and nosh on our free hors d'oeuvres. A mixologist will also be present creating delicious seasonally themed mocktails. Enter for a chance to be on the Winter Court, and you just might become our Winter King or Queen! This party is going to sleigh! So, bring your special someone, come by your elf, or round up your reindeer friends and come as a group! \$35 per person. Ticket prices are per person and include two drink tickets and hors d'oeuvre.

Five Points Center - Course Fee: \$35

Jul 27 Sa 8:00-11:00pm

Senior

Barwell Seasoned Group

Age: 50-100 yrs. Don't let time pass you by. Come join the Barwell Senior Group and stay active. Learn how to paint, play a new card game and interact with others. The group will engage in field trips, healthy eating seminars, book club readings and more.

Barwell Road Community Center

Dec 5-Dec 26 Tu 11:00am-1:00pm

May 7-May 28 Tu 11:00am-1:00pm

Jun 4-Jun 25 Tu 11:00am-1:00pm

Jul 2-Jul 30 Tu 11:00am-1:00pm

Aug 6-Aug 27 Tu 11:00am-1:00pm

Bingo

Age: 18-110 yrs. We play a variety of games like straight, four corners, postage stamp and clear all. Registration required and costs \$1 per day which covers provided supplies. Bring \$1 cash for 3 cards which becomes prize money. Registration is on a month-by-month basis, call 919-996-4720 to find out about the next registration date. Space is limited. Please arrive at 10:15 for a 10:30 start.

Anne Gordon Center – Course Fee: \$1

May 3-May 31	F	10:30am-12:30pm
Jun 7-Jun 28	F	10:30am-12:30pm
Jul 5-Jul 26	F	10:30am-12:30pm
Aug 2-Aug 30	F	10:30am-12:30pm

Bridge: Open Play

Age: 18-99 yrs. Join your fellow game players for bridge. This is an open play time for all skill levels. There is no instruction.

Five Points Center

May 7-Aug 27	Tu	9:30am-12:30pm
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Greystone Recreation Center

May 6-Aug 26	M	10:00am-1:00pm
May 1-Aug 28	W	10:00am-1:00pm

Card Making to Lift Spirits

Age: 18-99 yrs. Looking for an opportunity to give back? Enjoy fun and fellowship while creating cards to give to those who are in need of a smile. All supplies, card stock, stickers, cut-outs and designed paper are provided. No experience needed. Cards will be donated to Meals on Wheels.

Walnut Terrace Center**Memorial Day/Father's Day**

May 16	Th	1:00-3:00pm
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Independence Day

Jun 20	Th	1:00-3:00pm
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Summer Fun/Birthday

Jul 18	Th	1:00-3:00pm
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Thinking of You/Labor Day

Aug 15	Th	1:00-3:00pm
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Cornhole for Active Adults

Age: yrs. Open play indoor cornhole for Active Adults. Come out to learn how to play, have fun, try something new, better your skills, and/or practice for Senior Games competition. Our programs are geared toward adults age 55+. Sign in upon arrival. Free.

Anne Gordon Center

May 3-Aug 30	F	2:00-4:00pm
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Five Points Center

May 1-Aug 28	W	2:00-4:00pm
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Greystone Blanketeers

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

Greystone Recreation Center

May 21	Tu	1:00-4:00pm
Jun 18	Tu	1:00-4:00pm
Jul 16	Tu	1:00-4:00pm
Aug 20	Tu	1:00-4:00pm

JCMP Senior Program

Join us at John Chavis Memorial Park every Thursday for fun, friends, and fellowship. Participants will engage in activities such as arts and crafts, cards, BINGO, exercise, dance, and more.

John Chavis Community Center

May 2-Aug 29	Th	11:00am-4:00pm
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Mah Jongg Open Play

Age: 18-99 yrs. This program is for those who know how to play and do not need instructions. Bring your game boards and cards; some supplies are available.

Greystone Recreation Center

May 6-Aug 26	M	1:30-4:00pm
May 2-Aug 29	Th	4:30-6:30pm

Movies at Anne Gordon Center

Age: 18-99 yrs. Join us for a movie that just recently left the theaters. Snacks and drinks are available from the machines or bring your own, and there is a microwave available for your use. Registration is required and is available on a month by month basis. Register online, in-person or call 919-996-4720 to reserve your seat. Seating is limited.

Anne Gordon Center

May 2-May 30	Th	1:00-3:30pm
May 3-May 31	F	10:30am-12:45pm
Jun 6-Jun 27	Th	1:00-3:30pm
Jun 7-Jun 28	F	10:30am-12:45pm
Jul 5-Jul 26	F	10:30am-12:45pm
Jul 11-Jul 25	Th	1:00-3:30pm
Aug 1-Aug 29	Th	1:00-3:30pm
Aug 2-Aug 30	F	10:30am-12:45pm

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Open Play Cards and Games

Age: 18-99 yrs. Want to play bridge, canasta, poker, mahjong or more with your friends? Bring your supplies or use ours. No registration required. This is an open play time for all, sign in upon arrival. First come first served and space is limited.

Anne Gordon Center

Jun 5-Aug 28 W 9:30am-1:30pm

Anne Gordon Center

May 7-Aug 27 Tu 1:00-4:30pm

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

Senior Fridays

Age: 18-99 yrs. Enjoy time playing cards and games while socializing with your friends. Feel free to bring cards and games with you!

Greystone Recreation Center

May 3-Aug 30 F 1:00-3:00pm

Table Tennis Open Play

Join other Table Tennis players for an afternoon of friendly competition. All levels are welcome.

Five Points Center

May 3-Aug 30 F 2:00-4:00pm

Trivia Group at Anne Gordon Center

Age: 18-99 yrs. Test your knowledge and memory in a fun social setting. We will provide trivia game cards to get the group started, but feel free to bring in your own supplies to challenge your friends. Registration is required and space is limited.

Anne Gordon Center

May 2-Aug 29 Th 12:30-1:55pm

Family

Family Fun: Board Game Night

Bring your family, friends, and neighbors to our new family fun series at Kiwanis Park! Each month we will have a different type of game to play and you can come and go as needed. All ages are welcome. The fun is free but our space is limited, so pre-registration is encouraged.

Kiwanis Community Center

May 7 Tu 6:00-7:30pm

Jun 11 Tu 6:00-7:30pm

Jul 9 Tu 6:00-7:30pm

Aug 6 Tu 6:00-7:30pm

National Holidays

Drop in for fun holiday celebrations!

John Chavis Community Center

Lei Day

May 1 W 10:00am-8:30pm

Sunglasses Day

Jun 27 Th 10:00am-8:30pm

Winter in July

Jul 25 Th 10:00am-8:30pm

Book Lover's Day

Aug 9 F 10:00am-8:30pm

Active Adult Trips

The Active Adult Program staff organize numerous one-day and multi-day trips throughout the year. Our trips like our programs are geared towards adult 50 years and better. The trips are open to all adults no matter where you reside. Find a list of our upcoming trips and how to register on the website under "Trips."

Duke Lemur Center – May

Visit the Duke Lemur Center a non-invasive research center housing over 200 lemurs and bush babies across 13 species. Learn about the research studies, why they are important, as well as tour the grounds as you learn all about the lemurs.

NC State University – June

Take a behind the scenes tour as you learn the history of some of the unique facilities and programs that the university has to offer like the Gregg Museum of Art & Design, Memorial Belltower, and the Howling Cow Dairy Education Center and Creamery just to name a few.

Mt. Rushmore, Yellowstone & Western Frontiers – July 24-August 1, 2024

This trip will fly into South Dakota, travel through Wyoming and fly home from Utah. This amazing 9-day trip visits several National Parks, monuments, and exciting locations. Travel to Yellowstone, Badlands, and the Grand Tetons, Mount Rushmore, Devil's Tower, Crazy Horse Memorial, Jackson Hole Valley, Deadwood, Salt Lake City just to name a few.

Halifax, NC: Sylvan Heights Brid Park – September

Enjoy an unforgettable up-close experience with over 2,000 waterfowl, parrots, toucans, flamingos, and other exotic birds from around the world. This 28-acre facility features spacious, walk-through aviaries, tranquil gardens, and lush natural areas.

Douro River Cruise – November 4-12, 2024

Enjoy a relaxing 7-night cruise on the Douro River through Portugal and Spain. Visit several cities and ports aboard the MS Amalia Rodrigues. Porto is the second largest city in Portugal, Vila Real is known for its variety of religious buildings and architecture, Salamanca is a city of dazzling beauty with extraordinary architectural treasures rich traditions, Lamego is a small picturesque old town rich in history and charm and Guimaraes a university town listed on the UNESCO World Heritage Site.

Asheville, NC & Biltmore Estate for the Holidays – December 2024

This overnight trip is sure to get you into the holiday season with a majestic candlelight tour through Biltmore. Enjoy the self-guided tour as thousands of ornaments reflect the soft glow of candlelight, fireplaces and sparkling lights followed by more holiday spirits outside at the Antler Hill Village. This trip will also include a guided tour of Asheville as well as a drive along the Blue Ridge Parkway

Golden Years Clubs

Clubs are composed of persons age 50+. Anyone meeting the age requirements may participate in any club no matter where they live. Club activities vary by club and may include socials, trips, cards, games, and luncheons. Contact the listed Club Liaison for specific details. **This information is not to be used for solicitation purposes.**

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**AARP Raleigh-Wake 3689
Waltonwood at Lake Boone**
3550 Horton Street
3rd Thursday, 11:00am
Sept-June: Speakers, lunch, cards
Cordelia: (646) 316-4618

Asbury Joy Club
Asbury UMC
6612 Creedmoor Road
3rd Thursday, 11:00am
Sept-May: Trips, meals, speakers
Candy: (919) 522-6759

**Chavis Circle of Friends Chavis
Community Center 505 MLK Blvd**
Last Wednesday, 11:00am
Sept-May: Speakers, social
Clinton: (919) 210-8658

FBC 39ers
First Baptist Church
99 N. Salisbury Street
Thursday, 10:30am
Sept-May: Speakers, lunch, trips
Carolyn: (919) 601-5598

Fifty-Five Plus Club
Anne Gordon Center
1901 Spring Forest Road
Wednesdays, 10:00am
Sept-May: Speakers, cards, trips
June-Aug: Cards only
Fannie: (919) 637-7194

First Cosmopolitan Club
First Cosmopolitan Baptist Church
1515 Cross Link Road
3rd Wednesday, 1:00pm
Sept-May: Social, trips, cards,
speakers
Gene: (919) 622-1448

First Friday
Five Points Adult Center
2000 Noble Road
Mon-Thur, 10:00am
Yearly: Social, crafts
Almatha: (919) 266-9597

Go-Getters Club
Greystone Village Shopping Center
7713 Leadmine Road
2nd/4th Thursday, Varied
Sept-May: Trips only
Lauren: (919) 612-5164

Golden Eagles Club "Top"
Greene Center
401 MLK Jr. Boulevard
2nd Wednesday, 11:00am
Yearly: Speakers, meals, trips
Carletta: (919) 606-5895

Keenagers
White Memorial Presbyterian
1704 Oberlin Road
Thursdays, 10:30am
Sept-May: Social, speakers, lunch, trips
James: (984) 255-5487

Lake Lynn Seniors
Lake Lynn Community Center
7921 Ray Road
Tuesdays, 10:00am
Sept-May: Speakers, meals, games
Kathy: (919) 349-8905

Lions Park Club
Lions Park Community Center
516 Dennis Avenue
1st Wednesday, 10:00am
Sept-June: Speakers, meals, cards,
games, trips
Christie: (919) 996-4726

NRUMC-Joy Club
North Raleigh UMC
8501 Honeycutt Road
2nd, Wednesday 11:00am
Yearly: Speakers, meals, trips
Cletha: (919) 606-1812

Parkview Manor Touch of Klass
911 N. Blount Street
Wednesdays, 5:00pm
Yearly: Speakers, trips
Melissa: (919) 508-1216
Deborah: (919) 508-1217

St. Francis of Assisi 55+ Club
St. Francis of Assisi Parish
11401 Leesville Road
4th Wednesday, 11:30am
Yearly: Speakers, meals, games, trips
Kathy: (919) 272-4442

**St. Joseph Happy Hearts St. Joseph
Catholic Church 2817 Poole Road**
1st Wednesday, 1 p.m.
Sept-May: Speakers, meals, trips
Liz: (919) 872-2917

Smiling Age Club
Biltmore Hills Community Center
2615 Fitzgerald Drive
2nd and 4th Tuesdays, 10:00am
Sept-May: Speakers, trips
Mary: (919) 755-1086

Snappy Seniors
Marsh Creek Community Center
3050 N. New Hope Road
3rd Monday, 10:00am
Sept-May: Speakers, meals, games
Sara: (919) 255-3563

Trailblazers
Mt. Pleasant Church
10720 Falls of the Neuse Road
2nd Tuesday, 11:00am
Sept-May: Speaker, meals, trips
Linda: (919) 801-6230

Watts Seniors
Watts Chapel
3703 Tryon Road
3rd Tuesday, 10:00am
Sept-June: Social, speakers
Ella: (917) 589-2566

Women Growing Older Gracefully
Five Points Center 2000 Noble Road
2nd/4th Wednesday, 11 a.m. Sep-June:
table talks, games, trips
Ciana: (215) 391-7898

Worthdale Walkers Club
Worthdale Community Center
1001 Cooper Road
Thursdays, 11:00am
Sept-May: Social, trips, speakers
Asha: (919) 996-2730

WTUMC Golden Circle
Wilson Temple UMC
1023 Oberlin Road
3rd Thursday, 11:00am
Sept-June: Social, speakers, lunch,
games, trips
Cheryl: (919) 592-2333

Specialized Recreation & Inclusion Services

Specialized Recreation and Inclusion Services

919.996.2147, SRIS@raleighnc.gov

Inclusion Manager

Jessica Niggebrugge, LRT/CTRS
jessica.niggebrugge@raleighnc.gov

Inclusion Coordinator

Casey Johnson, MS, LRT/CTRS
casey.johnson@raleighnc.gov

Program Director

Christen Winstead, MS, LRT/CTRS
christen.winstead@raleighnc.gov

Program Manager

Kevin DeHont, LRT/CTRS
kevin.dehont@raleighnc.gov

Program Coordinators

Hannah Hearn, MS, LRT/CTRS
hannah.hearn@raleighnc.gov

Rachel Barth, LRT/CTRS
rachel.barth@raleighnc.gov

Specialized Recreation and Inclusion Services offers a variety of specialized programs and inclusion services for individuals of all abilities to enjoy recreation opportunities of their choice.

Specialized Recreation programs are offered to meet the needs and interests of participants. Programs may be modified and/or adaptive equipment may be available to assist participants. Some eligibility requirements may apply. Please review our program listings for more information.

Inclusion Services provides supports to individuals who request modifications due to disability or medical condition, to assist with participation in all Parks, Recreation and Cultural Resource programs. To ensure reasonable modifications are available, the request should be received at least two weeks prior to the start date of the program.

For more information about our programs or inclusion services, please contact us at SRIS@raleighnc.gov or 919.996.2147.

Return registrations or forms to:

Raleigh Parks, Recreation and Cultural Resources Department
Specialized Recreation and Inclusion Services
2401 Wade Avenue, Raleigh, NC 27607

Abilities Tennis Clinics

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 Exchange Tennis Center.

Meet-Up Opportunities

Specialized Recreation will offer monthly meet-up opportunities for those interested in spending some time socializing with peers. Participants will meet staff on-site at various locations throughout the City of Raleigh. Participants will be responsible for providing their own transportation to and from these programs and must have current SRIS forms on file.

Outings & Trips

Specialized Recreation offers local outings, day trips and/or overnight trips for individuals with various disabilities. Some previous activities include local sporting events, trips to museums, seasonal outings, etc. Online registration may not be available for some outings. Participants must have current SRIS forms on file.

Raleigh Blind Bowlers Association - The Raleigh Outlaws

The Raleigh Outlaws operate a bowling league for visually impaired individuals throughout the Raleigh area. The Outlaw program is the nation's largest and most consistent blind bowler league. Participation is governed by league by-laws and officers. Contact Sharon Benton, League President, at (919) 755-0700 for league information.

Raleigh Riders

A bike ride is a wonderful thing, but for folks with limited mobility, it's difficult to experience the fresh air, sun and joy that a ride can deliver. We, a group of Raleigh citizens, would like to bring the biking experience to people that may not have thought that a bike ride was even possible for them. By using specially-made tandem bicycles, we plan to offer bike rides on Raleigh's incredible greenways. Contact Scott Reston at scott@therestons.com or visit us online at raleighriders.org.

Raleigh Sidewinders

The Raleigh Sidewinders is eastern North Carolina's wheelchair (i.e. Quad Rugby) team. The Raleigh Sidewinders are official members of the US Quad Rugby Association, (USQRA), www.quadrugby.com. The team is comprised of individuals with disabilities that preclude their play in competitive, able-bodied sports. Players

must have mobility impairments in their arms and legs to be considered eligible for participation. Most of the players have sustained cervical spinal cord injuries and have some type of quadriplegia as a result. The players are active members in their community, striving for a level of skill and competition offered by quad rugby. The vision of the Raleigh Sidewinders is to provide team members with an opportunity for personal growth, physical outlet and competition with adequate equipment and resources. For more information, please visit www.ncscia.org/theraleighsidewinders.

Special Olympics Wake County

Special Olympics Wake County provides year-round sport training and athletic competition in different sports for individuals with intellectual disabilities. Special Olympics training and competition is provided at no charge to eligible athletes. Each sport practices on a weekly basis at various times and locations.

SRIS Crafting Corner

Age: 16-99 yrs. Do you enjoy craft projects, time with friends, and fun? Then join us once a month to participate in a craft project together! An instructor will be available to lead us in our activity and supplies are included in the cost of the program. This program is designed to meet the needs of teens and adults with various disabilities. Participants must be able to work in small group settings of 1 staff to 4 participants, manage personal care with minimal assistance and follow basic rules of safety and interaction. Individuals who require more support may attend with a personal assistant (additional paperwork required).

Hill Street Neighborhood Center – Course Fee: \$16

May 20	M	6:30-7:30pm
Jun 24	M	6:30-7:30pm
Jul 22	M	6:30-7:30pm
Aug 26	M	6:30-7:30pm

SRIS Quest Adult Day Program

Age: 22-99 yrs. The Quest Adult Day Program is for adults with disabilities who can engage appropriately in a small group setting (approximately 6 participants with 1 staff). The program offers age appropriate activities to engage participants in nature, music and movement, arts and crafts, etc. with specialist visits revolving around themes such as Healthy Living, Culture, and Giving Back. Under normal program guidelines and operations, the following are examples of how staff and participants will engage during the program.

Behavior: Staff will provide positive behavior support, redirection, preferred activities, and use behavior support strategies provided by families. Participants are expected to exhibit appropriate behavior, without presenting a safety concern to themselves, other participants or staff. Unsafe behaviors may include, but are not limited to: biting, hitting, kicking, pinching, running, spitting, etc.

Feeding: Staff will provide verbal and visual prompting, reminders, assist with placement of food, break up food into small pieces, open containers for the participant. Participants should be able to physically feed themselves.

Participation: Staff will engage participants through multiple means of instruction, sensory engagement, supported transitions, and program modifications. Participants are expected to stay with their group, follow given/modeled

direction, and demonstrate engagement during program activities, during transitions, during specialist visits and in the community on field trips when appropriate.

Toileting & Personal Care: Staff will provide verbal and visual prompting and provide occasional assistance with pulling up and/or fastening clothing. Participants should be able to clean/wipe themselves independently or with minimal/prompting from staff.

Please contact SRIS@raleighnc.gov or 919.996.2147 for more information.

Eastgate Neighborhood Center – Course Fee: \$131

May 7-May 28	Tu	10:00am-3:00pm
May 2-May 30	Th	10:00am-3:00pm
Jun 4-Jun 25	Tu	10:00am-3:00pm
Jun 6-Jun 27	Th	10:00am-3:00pm
Jul 2-Jul 30	Tu	10:00am-3:00pm
Jul 11-Jul 25	Th	10:00am-3:00pm
Aug 6-Aug 27	Tu	10:00am-3:00pm
Aug 1-Aug 29	Th	10:00am-3:00pm

SRIS Bingo

Age: 16-99 yrs. Join us on Wednesdays for a fun-filled night of bingo, board games & more! Game winners will have a selection of prizes to choose from! Participants must be able to play in small group settings of 1 staff to 8 participants, manage personal care and follow basic rules of safety and interaction. Individuals who require more support may attend with a personal assistant (additional paperwork required). For more information, please contact SRIS at 919-996-2147.

Jaycee Community Center

May 1-May 15	W	6:30-7:30pm	Fee: \$10
Jun 5	W	6:30-7:30pm	Fee: \$5
Jul 3-Jul 17	W	6:30-7:30pm	Fee: \$10
Aug 7-Aug 21	W	6:30-7:30pm	Fee: \$10

continued on page 76 –



SRIS Cooking

Age: 13-99 yrs. Ages: 13+ Come cook with us! This program is designed to meet the needs of teens and adults with disabilities. We will teach the basics of menu planning, kitchen safety, how to read a recipe, and basic kitchen skills needed to prepare various dishes. Each week participants will be able to take home the dish they have prepared. Please notify us of any food allergy or dietary restriction at the time of registration. Participants must be able to work in small group settings of 1 staff to 4 participants, manage personal care with minimal assistance and follow basic rules of safety and interaction. Individuals who require more support may attend with a personal assistant, please call SRIS at 919-996-2147 for more information.

Marsh Creek Community Center – Course Fee: \$21

May 8	W	6:00-7:30pm
Jun 12	W	6:00-7:30pm
Jul 10	W	6:00-7:30pm
Aug 14	W	6:00-7:30pm

SRIS Mic Night

Age: 6-99 yrs. Ages: 6+ If you love to sing or perform, then it is your time to shine! Grab your friends and join us on the 3rd Friday of each month for karaoke open mic! We have thousands of songs to choose from in an encouraging, family-friendly atmosphere. We provide a staff to facilitate and supervise performers. Participants must be able to work in small group settings of 1 staff to 6 participants, manage personal care with minimal assistance and follow basic rules of safety and interaction. Individuals who require more support may attend with a personal assistant (additional paperwork required). For more information, please call 919-996-2147.

Jaycee Community Center – Course Fee: \$5

May 17	F	6:00-7:00pm
Jun 21	F	6:00-7:00pm
Jul 19	F	6:00-7:00pm
Aug 16	F	6:00-7:00pm

SRIS Recreation Bowling

Age: 13-120 yrs. This bowling program provides a fun and exciting place for youth (13+) and adults with developmental and/or physical disabilities to participate in bowling. This program is recreational in nature, and does not provide instructional skill curriculum. Ramps and bumpers will be available. Participants will be placed on lanes based on age, ability and style of bowling. Cost includes 2 hours of bowling and shoe rental (2 games max). This program will be facilitated on a 1 to 6 staff to participant ratio. Individuals needing additional assistance must bring a personal assistant. For more information, call 919-996-2147.

Offsite Programming

May 4-May 18	Sa	12:00-2:00pm	Fee: \$42
Jun 1-Jun 29	Sa	12:00-2:00pm	Fee: \$70
Jul 13-Jul 27	Sa	12:00-2:00pm	Fee: \$42
Aug 3-Aug 24	Sa	12:00-2:00pm	Fee: \$56

VIP Darts

Age: 16-99 yrs. Ages: 16+ Join us for an evening of fellowship, fun and darts every 1st and 3rd Monday of the month. Audio dart board is available. This program is designed as recreational practice and not instructional in nature. Staff are present to provide support as needed. There is no food or transportation offered during this program. For more information, please contact SRIS at 919-996-2147.

Jaycee Community Center – Course Fee: \$10

May 6-May 20	M	6:00-7:30pm
Jun 3-Jun 17	M	6:00-7:30pm
Jul 1-Jul 15	M	6:00-7:30pm
Aug 5-Aug 19	M	6:00-7:30pm

Team PRIDE: Junior Wheelchair Basketball

Ages 6-20. This program is a collaboration of Bridge II Sports and Raleigh Parks and is designed for youth with a physical disability. Junior Thunder has weekly practices from late August through April at Marsh Creek Community Center. In practices, athletes work on sports skills, building confidence, goal-setting and independence. If you are interested in participating or learning more, please visit www.bridge2sports.org or call 866-880-2742.

Triangle Taiko Drumming

Triangle Taiko is a joint program with the Raleigh Parks, Recreation & Cultural Resources Department providing free Taiko drumming classes for teens and adults with developmental and physical disabilities. Through this program, participants will increase their physical fitness level while learning the history and art of Taiko drumming. Individuals need to have some coordination, the ability to follow directions, a desire to play drums and perform, and be able to handle the loud volume level of the drums. For more information, please call 919-787-6233 or email yokoiwashima@gmail.com.

Triangle Thunder Wheelchair Basketball

Triangle Thunder is a recreational and competitive adult wheelchair basketball team. They provide opportunities for men and women with a variety of disabilities to become involved in the sport of wheelchair basketball. The goal is to enhance each individual's social well-being by fostering their physical well-being through vigorous physical exercise, skill formation, and healthy fellowship with other persons with disabilities. Practices are open to new players and to the public. For more information, please contact 919-696-2811 or visit www.trianglethunder.org.

VIP Darts

Age: 16-99 yrs. Ages: 16+ Join us for an evening of fellowship, fun and darts every 1st and 3rd Monday of the month. Audio dart board is available. This program is designed as recreational practice and not instructional in nature. Staff are present to provide support as needed. There is no food or transportation offered during this program. For more information, please contact SRIS at 919-996-2147.

Jaycee Community Center

Jan 29	M	6:00-7:30pm	Fee: \$5
Feb 5-Feb 19	M	6:00-7:30pm	Fee: \$10
Mar 4-Mar 18	M	6:00-7:30pm	Fee: \$10
Apr 1-Apr 15	M	6:00-7:30pm	Fee: \$10

Additional Facility and Program Information

Facilities

Amusements

Pullen Park Amusements

520 Ashe Avenue Raleigh, NC 27606

Phone: 919-996-6468

Park Manager: Scott Mott

Email: Scott.Mott@raleighnc.gov

Assistant Manager: Andrew Boos

Email: Andrew.Boos@raleighnc.gov

Assistant Manager: Deanna Ludwick

Email: Deanna.Ludwick@raleighnc.gov

Pullen Park offers popular amenities such as a renovated 1911 Gustave A. Dentzel menagerie carousel, a C.P. Huntington miniature train ride, pedal boat rentals, a kiddie boat ride and exciting playground equipment. Picnic shelters and our Island Gazebo are also available to rent for all occasions. The Pullen Place Cafe offers seasonal menus in addition to standard park fare.

Tickets are \$1.50 each for all guests over 1 year old. Pedal boat rentals are \$6 per boat for a 30 minute ride. Riders must be at least 42 inches tall to ride unaccompanied on the carousel and train.

Hours of Operation

April-September	10:00am-9:00pm
October-March	10:00am-6:00pm

John Chavis Memorial Park Carousel

505 Martin Luther King Jr. Boulevard Raleigh, NC 27601

Carousel Supervisor: Scott Mott

Phone: (919) 996-6590

Re-live the memories while riding the newly renovated Allan Herschell Carousel in its new location within the park.

Tickets are \$1.50 for all guests over 1 year old. Riders must be at least 42 inches tall to ride unaccompanied.

Hours of Operation

April-September	M-F	10:00am-9:00pm
	Sa	10:00am-8:00pm
	Su	10:00am-6:00pm
October-March	M-Sa	10:00am-6:00pm
	Su	12:00-6:00pm

Digital Inclusion

The Digital Inclusion Program offers over 250 classes, to develop and enhance technology skills from youth to active adults. Examples of these classes include computer, phone, and tablet basics, app based (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 in its appearance and make the house more closely resemble its appearance from the 1930s.

Playgrounds

The City of Raleigh owns and operates many playgrounds throughout Raleigh. For a list of playgrounds including location, age recommendation, surfacing, and photos, please visit www.parks.raleighnc.gov

Saint Monica Teen Center

Saint Monica Teen Center Director: Aaron Lesane
Email: aaron.lesane@raleighnc.gov
15 N Tarboro St. Raleigh, NC 27610
Phone: 919-996-4368

The Saint Monica Teen Center is the first teen center operated by Raleigh Parks, Recreation and Cultural Resources and provides a wide range of programs and opportunities for teenagers in Raleigh! The facility houses a state of the art technology room, teen lounge, fitness/dance room, multipurpose classroom, wall of history, and homework area. The Saint Monica Teen Center is open to ages 13-19 that are currently enrolled in a middle or high school. Free membership is required to utilize the Saint Monica Teen Center. Please call 919-996-4770 for more information.

Teen Zones

Teen Zones Program Manager: Chiffonda Holloway
Phone: 919-996-2142
Email: chiffonda.holloway@raleighnc.gov

Teen Zones are dedicated spaces within City of Raleigh Community Centers for teens ages 12-17. Teen Zones are designed to empower teens and provide them with opportunities to participate in recreation and skill development activities, programs and events. Stop by the Teen Zone closest to you for recreational activities such as PS4, basketball, movies, computer and internet access and music. The Teen Zone will also include classes, special events, field trips, leadership opportunities, service learning, and daily activities. Registration is required for the Teen Zone.

Hours of operation: Monday-Friday 3-6pm.

For more information contact Teen Programs at 919-996-2139.

Teen Zones operate August-May at the following locations:

Green Road Community Center

4201 Green Road, Raleigh 27604

John Chavis Community Center

505 Martin Luther King Jr Blvd, Raleigh 27601

Roberts Park Community Center

1300 East Martin St, Raleigh NC 27610

Method Road Community Center

514 Method Road, Raleigh NC 27607

Tennis Center and Courts

The Raleigh Parks, Recreation and Cultural Resources Department offers 104 public tennis courts (100 are lighted) located at 21 sites throughout the city. No advanced sign up is necessary and it is free to play at any location each day until 10:00pm. Millbrook also has a drop in doubles challenge court, a ball machine court and three backboards. Racquets and balls are available to borrow and tennis accessories are available for purchase. Tennis program updates and forms can be downloaded from www.Raleighnc.gov/Tennis. To talk to someone about tennis for you, call Millbrook Exchange Tennis Center, 919-996-4129.

Programs

The Cultural Outreach and Enrichment (COE) Program

Phone: 919-996-2118 or 919-996-2120 (en español)
Email: coeprogram@raleighnc.gov

The Cultural Outreach and Enrichment Program (COE) invites you to join us for programs and events that foster connections and explore the ethnic and cultural richness of our community. The program provides a range of valuable services. We offer free English classes both in-person across the City and online. We collaborate with community partners and various City of Raleigh departments to link individuals with essential services, cultivating a sense of belonging and establishing a support network within our community. COE includes Peach Road Cultural Center, a community gathering place in south Raleigh. For more information, please visit our website at raleighnc.gov/parks, keyword search "COE".

Digital Inclusion

Digital Inclusion Program Manager: Tommy Hodges
Phone: 919-996-2458
Email: thomas.hodges@raleighnc.gov

The Digital Inclusion Program offers over 250 classes, to develop and enhance technology skills from youth to active adults. Examples of these classes include computer, phone, and tablet basics, app based (ridesharing, grocery/food delivery), networking, video streaming, word processing and many more. In addition to classes for active adults, the program offers a variety of STEM camps for youth and teens covering topics such as game design, photo editing, electronic circuits and will debut a new aeronautics camp in 2021. The program manages two learning labs hosted at Anne Gordon & Five Points Active Adults Centers and a mobile learning lab to offer program throughout Raleigh.

Additional Facility and Program Information

Historic Resources and Museum Program

HRM Program Administrator: Troy Burton
Downtown Cultural Resources Director: Douglas Porter

The HRM Program manages operations and programs at the Borden Building and Stone Circle at Fletcher Park, the City of Raleigh Museum, the Fred Fletcher amphitheater at Fletcher Park, John Chavis Memorial Park Historic Attractions, the Latta House and University Site, Mordecai Historic Park, the Pope House Museum, Pullen Park Historic Attractions, Moore Square Park and the Raleigh Trolleys. The Historic Resources and Museum Program manages an artifact collection consisting of more than 18,000 fine and decorative material culture objects. The program offers various programs throughout the year including guided tours and rentals at the facilities, school field trips, summer camps, and special events.

Youth Programs

Youth Programs: 919-996-6165
Recreation Program Director: Beth Soles
Program Manager: Chase Sasse
Email: chase.sasse@raleighnc.gov

Youth Programs offers School Based Programs (After School, Before School, and Track Out Programs) and Summer Camps throughout the city for elementary and rising middle school aged participants. To obtain specific program descriptions and to register for these programs, visit your local community center to obtain at School-Based Programs or Summer Camp Brochure. Also, you can visit www.raleighnc.gov and search for the specific program name for more information.

Active Adult Program

Recreation Program Manager: Allie Crawford
Phone: 919-996-2151
Email: allie.crawford@raleighnc.gov

The Active Adult Program serves over 7,000 older adults throughout the Raleigh area. Activities are offered at the two Active Adult Centers, Walnut Terrace Neighborhood Center, as well as many city wide community centers and other locations within the City of Raleigh. These activities include sports leagues, exercise classes, bingo, cards, Outdoor Adventure Club, and much more; numerous one-day and overnight trips each year, including cruises and international travel; educational seminars and workshops on a wide range of topics; and a network of 48 adult clubs throughout the city. Further information can be found throughout this brochure under the Senior Sections, or by calling 919-996-4720, 919-996-4730 or 919-996-6160.

Teen Programs

Teen Programs: 919-996-2139
Recreation Program Director: Brandon Reed

Program Managers:
Chiffonda Holloway
Email: chiffonda.holloway@raleighnc.gov
Carmen Myles
Email: carmen.myles@raleighnc.gov

The Teen Program of Raleigh Parks, Recreation and Cultural Resources provides recreation, education, career exploration, personal and social empowerment, and personal development for the purpose of serving teens ages 12-18 in the City of Raleigh and Wake County through various programs and events. The goal of the program is to provide an opportunity for teens to initiate, plan, and implement programs as well as to design and develop projects and special events that will be of benefit to their peers, the community, and to themselves as individuals. For information on Teen programs, call 919-996-2139.

Portable Challenge Course for Teens

Age: 12-19yrs. Let the Teen Program Staff custom design a team building workshop to help meet your group's needs and challenges. Initiative activities are utilized to enhance problem solving, team building, conflict resolution and other life skills through experiential learning and will be tailored to your specific group. These programs are great for schools, church groups, student councils, drop-out prevention programs, and many other established youth groups. Courses will be held at the site of the participants' choosing and will be scheduled according to availability. Please contact the Teen Program at least one month in advance of desired program date. Cost: \$25 per staff hour of program with a minimum of 2 hours; we require a 1 to 10 staff member to student ratio.

Raleigh Youth Council

Are you a high school student that is interested in initiating, organizing and executing programs and projects that benefit youth? The Raleigh Youth Council is for teens and is run by teens. They focus their involvement in leadership opportunities, community service, recreation, fundraisers, special events, and State Youth Council conferences. The Raleigh Youth Council creates a forum where teens can freely express their ideas and opinions and serve as advocates for teens in Wake County. The meetings take place on the second and fourth Mondays of each month during the traditional school year. Cost: There is no membership fee but there may be additional fees for activities or conferences. Pre-registration is not required. Please contact the Teen Program at 919-996-2139 for more information.

Volunteer Opportunities with Raleigh Parks, Recreation and Cultural Resources

You are invited to make a difference in your community and volunteer with Raleigh Parks, Recreation and Cultural Resources. Individuals, families, students, businesses and organizations have an opportunity to contribute time, talents and resources to our City parks, programs and facilities.

Volunteer Opportunities in the Parks

Volunteers can enhance City Parks and facilities through the following projects: Gardening/landscaping, tree plantings, mulching, litter and debris removal, painting projects and removal of invasives.

The Raleigh Parks, Recreation and Cultural Resources Adopt-A-Park Program utilizes volunteers to enhance city parks, trails and facilities. Over 70 groups currently participate in the program and volunteer quarterly to improve a park or trail.

Volunteer Opportunities in Recreation Programs

Volunteers can assist with the following Recreation Programs:

- **Sports and Tournaments** – Youth athletic coaches are needed for baseball, basketball, football, lacrosse, in-line hockey, softball, swimming and tennis
- **Special Events** – Assist with registration, set-up, and activities at various citywide special events.
- **Specialized Recreation and Inclusion Services** – Volunteers are needed to lead a variety of specialized programs for individuals of all abilities throughout the City.
- **COE (Cultural Outreach and Enrichment) Program** Volunteers are always needed to assist teaching basic elements of English, and other exciting recreational opportunities. Volunteer are also needed to assist at various special events and with community outreach.
- **Centers for Active Adults** – Assist with teaching classes, special events, greeters, receptionists, room hosts, tour guides and more
- **Mordecai Historic Park** – Assist in the park as docents, gardeners, tour leaders and special events volunteers.

Volunteers can register now online at parks.raleighnc.gov

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	
Specialized Recreation Programs	919-996-2147
Inclusion Services	919-996-2148
Tennis Program	
Millbrook Exchange Tennis Center	
1905B Spring Forest Road	919-996-4129
Teen Program	
820 Clay Street	919-996-2139
Urban Forestry	
	919-996-4115
	919-872-4137 (fax)
Volunteer Programs	
222 W. Hargett Street	919-996-3292
Youth Programs	
820 Clay Street, 27605	919-996-6165
After School Program, Before School Program, Summer Camps, Track Out Program	

Abbotts Creek Community Center

— •A,E,Z
9950 Durant Road, 27614
919-996-2770

All Children's Playground c/o Laurel Hills Park

— •B,E,G
3808 Edwards Mill Road, 27612
919-996-2383

Anderson Point Park c/o Barwell Road

— •E,K,M,N
20 Anderson Point Drive, 27610
919-996-5994

Anne Gordon Center for Active Adults

— •L
1901 Spring Forest Road, 27615
919-996-4720

Annie Louise Wilkerson, MD Nature Preserve Park

— •K
5229 Awls Haven Drive, 27614
919-996-6764

Baileywick Road Park c/o Lake Lynn

— •B,E,M
9501 Baileywick Road, 27615
919-996-2911

Barwell Road Community Center

— •A,E,W,Z
5857 Barwell Park Drive, 27610
919-996-5994
Barwell's Open Play Line: 919-996-6736

Biltmore Hills Park and Community Center

— •A,B,C,D,E,G,M,Z
2615 Fitzgerald Drive, 27610
919-996-6895

Biltmore Hills Swimming Pool

— •D
701 Crown Crossing Lane, 27610
919-831-6736

Borden Building at Fletcher Park

— •G,M,V
820 Clay Street, 27605
919-996-4363

Brentwood Neighborhood Park and Center c/o Green Road

— •B,E,G,M
3315 Vinson Court, 27604
919-996-4141

Brier Creek Community Center

— •A,E,G,M,W,Z,AAI
10810 Globe Road, 27617
919-996-3301

Brookhaven Nature Park

— •K
5125 Berkeley Street, 27612

Buffaloe Road Aquatics Center

— •D
5908 Buffaloe Road, 27616
919-996-5600

Buffaloe Road Athletic Park

— •B,E,W
5900 Buffaloe Road, 27616
919-996-6836

Carolina Pines Park, Community Center, and Off-Leash Dog Park

— •A,B,C,E,U,Z
2305 Lake Wheeler Road, 27603
919-996-6435

Cedar Hills Park c/o Optimist

— •B,C,E,F,G,H,M
5600 Sweetbriar Drive, 27609
919-996-2880

City of Raleigh Museum (COR)

220 Fayetteville Street, 27601
919-996-2220

Dorothea Dix Park

— •E,M,N,U,V
1030 Richardson Dr, Raleigh, NC 27603
919-996-3255

Durant Nature Preserve

— •E,K,M,O,Q
8305 Camp Durant Road, 27614
919-878-9116

Eastgate Neighborhood Park Center c/o Millbrook

— •C,E,J,M
4200 Quail Hollow Drive, 27609
919-996-4156

Fallon Park c/o Kiwanis Park

2601 Oxford Road 27608
919-996-3135

Five Points Center for Active Adults

— •L,Z
2000 Noble Road, 27608
919-996-4730

Fred Fletcher Park c/o Jaycee

820 Clay Street, 27605
919-996-6833

Forest Ridge Park

2100 Old NC 98 Hwy, Wake Forest 27587
919-996-5800

Garris Building c/o Jaycee

820 Clay Street, 27605
919-996-6833

Glen Eden Pilot Neighborhood Center c/o Jaycee

— •C,M
1500 Glen Eden Drive, 27612
919-996-6833

Green Road Park and Community Center

— •A,B,C,E,G,M,R,Z,AAI
4201 Green Road, 27604
919-996-4141

Greystone Recreation Center

— •E
7713-55 Lead Mine Road, 27615
919-996-4848

Halifax Park and Community Center

— •A,E,G
1023 Halifax Street, 27604
919-996-6378

Hill Street Park and Neighborhood Center

— •E,M
2307 Hill Street, 27604
919-996-5300

Honeycutt Park c/o Millbrook Exchange

— •B,E,G,R,M,N
1032 Clear Creek Farm Road, 27615
919-996-4156

Horseshoe Farm Nature Preserve

— •KN
2900 Horseshoe Farm Road, 27587
919-878-9116

Isabella Cannon Park c/o Jaycee

2601 Kilgore Avenue, 27608
919-996-6833

Jaycee Park and Community Center

— •A,B,C,E,J,M,R,V,Z
2405 Wade Avenue, 27607
919-996-6833

Directory

John Chavis Memorial Park and Community Center
— •A,B,D,E,M,N,W,Z,AAI
505 MLK Jr. Boulevard, 27601
919-996-6590

John P. "Top" Greene Center
— •
401 MLK Jr. Boulevard, 27601
919-831-6527

Kentwood Park c/o Carolina Pines
4531 Kaplan Drive, 27606
919-831-6435

Kingwood Forest c/o Biltmore
2610 Evers Drive, 27610
919-996-6895

Kiwanis Neighborhood Park and Center
— •B,E,G,M,U
2525 Noble Road, 27608
919-996-3135

Lake Lynn Park and Community Center
— •A,B,C,E,N,O,Z,AAI
7921 Ray Road, 27613
919-996-2911

Lake Johnson Park and Nature Preserve
— •M,N,O,P,Q
4601 Avent Ferry Road, 27606
919-996-3141

Lake Johnson Swimming Pool
— •D
5623 Jaguar Park Drive, 27606
919-233-2111

Lake Wheeler Park
— •E,J,M,O,P,Q
6404 Lake Wheeler Road, 27603
919-662-5704

Laurel Hills Park and Sassafras Community Center
Sassafras Playground
— •A,B,E,G,M,Z,AAI
3808 Edwards Mill Road, 27612
919-996-2383

Leesville Community Park c/o Lake Lynn
— •E
5105 Country Trail, 27613
919-996-2911

Lions Park and Community Center
— •A,B,C,E,G,M,Z,AAI
516 Dennis Avenue, 27604
919-996-4726

Lions Park BMX Track
— •S
516 Dennis Avenue, 27604
919-996-4726

Longview Swimming Pool
321 Bertie Drive, 27610
919-831-6343

Marsh Creek Park, Community Center, Skate Park and Inline Hockey Rink
— •A,B,E,M,T,Y,Z
3050 N. New Hope Road, 27604
919-996-4920

Method Road Park and Community Center
— •A,E,G,Z,AAI,AAO
514 Method Road, 27607
919-996-6066

Millbrook Exchange Community Center
— •A,B,E,G,M,U,Z
1905 Spring Forest Road, 27615
919-996-4156

Millbrook Exchange Swimming Pool
— •D
1905 Spring Forest Road, 27615
919-996-4130

Millbrook Exchange Tennis Center
— •C
1905 B Spring Forest Road, 27615
919-996-4129

Mordecai Historic Park
— •V
1 Mimosa Street, 27604
919-996-4364

North Hills Park c/o Optimist
— •B,E,M,N,AAO
100 Chowan Circle, 27609
919-996-2880

Oakwood Off-Leash Dog Park c/o Lions
— •B,M,G,U
910 Brookside Drive, 27604
919-996-4726

Optimist Park and Community Center
— •A,B,C,D,E,N,AAI
5900 Whittier Drive, 27609
919-996-2880

Optimist Swimming Pool
— •D
5902 Whittier Drive, 27609
919-996-2790

Peach Road Cultural Center
— •E,G
911 Ileagnes Road, 27603
919-807-8545

Pope House Museum
511 South Wilmington Street, 27601
919-996-2220

Powell Drive Park c/o Method
— •C,E,G
740 Powell Drive, 27606
919-996-6066

Pullen Park Amusements
— •C,E,M,O,P,Z
520 Ashe Avenue, 27606
919-996-6468

Pullen Aquatic Center
— •D
410 Ashe Avenue, 27606
919-996-6197

Pullen Arts Center
— •L
105 Pullen Road, 27607
919-996-6126

Pullen Community Center
— •Z
408 Ashe Avenue, 27606
919-996-6052

Raleigh Little Theatre/Rose Garden
— •V
301 Pogue Street, 27607
919-821-4579

Ralph Campbell Community Center
— •G
756 Lunar Drive, 27610
919-250-2757

Ridge Road Swimming Pool
— •D
1709 Ridge Road, 27607
919-420-2322

Roberts Park and Community Center
— •A,B,C,E,G,L,M,Z
1300 E. Martin Street, 27610
919-831-6830

Saint Monica Teen Center
15 North Tarboro Street, 27610
919-996-4770

Sanderford Road Park and Neighborhood Center
— •B,C,E,G,M
2623 Sanderford Road, 27610
919-831-1898

Sgt. Courtney T. Johnson Neighborhood Center
— •E,G,M
1801 Proctor Road, 27610
919-831-6719

Sertoma Arts Center
— •L
1400 W. Millbrook Road, 27612
919-996-2329

Spring Forest Road Park c/o Green Road
— •B,C,E,M,N
4203 Spring Forest Road 27616
919-996-4141

Strickland Road Park c/o Lake Lynn
— •E
12804 Strickland Road, 27613
919-996-2911

Tarboro Road Park and Community Center
— •A,C,E,M,Z
121 N. Tarboro Street, 27610
919-996-6505

Theatre in the Park
— •
107 Pullen Road, 27607
919-831-6058

Thomas G. Crowder Woodland Center
— •K,N
5611 Jaguar Drive, 27606
919-996-3141

Tucker House
— •
418 N. Person Street, 27601
919-996-4363

Walnut Creek Softball Complex
— •B
1201 Sunnysbrook Road, 27610
919-250-2725

Walnut Creek Wetland Park and Education Center
— •K,N
950 Peterson Street, 27610
919-996-2760

Walnut Terrace Center
— •
1256 McCauley Street, Ste. 126, 27601
919-996-6160

Williams Park c/o Sertoma Arts Center
— •C,E,M,R
6601 Leadmine Road, 27612
919-996-2329

Worthdale Park and Community Center
— •A,C,E,F,Z
1001 Cooper Road, 27610
919-996-2730

* Inquiries and mail for unstaffed centers should be sent to c/o site.

Amenities Legend

A Gymnasiums	Q Fishing
B Lighted Ballfield(s)	R Sand Volleyball
C Tennis Courts	S BMX Track
D Pool	T Inline Skating
E Play Equipment	U Dog Park
F Mini Park	V Gardens
G Outdoor Basketball	W Walking Track
H Frisbee Golf	Y Skate Park
J Exercise Trail	Z Fitness Room
K Nature Study	AAI Pickle Ball Courts - Indoor
L Arts	AAO Pickle Ball Courts - Outdoor
M Picnic Shelter	• Handicap Accessible
N Greenway Trail	
O Lake	
P Boat Rental	



City of Raleigh
Parks, Recreation and Cultural Resources
P.O. Box 590 Raleigh, NC 27602
PRCR 6501

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