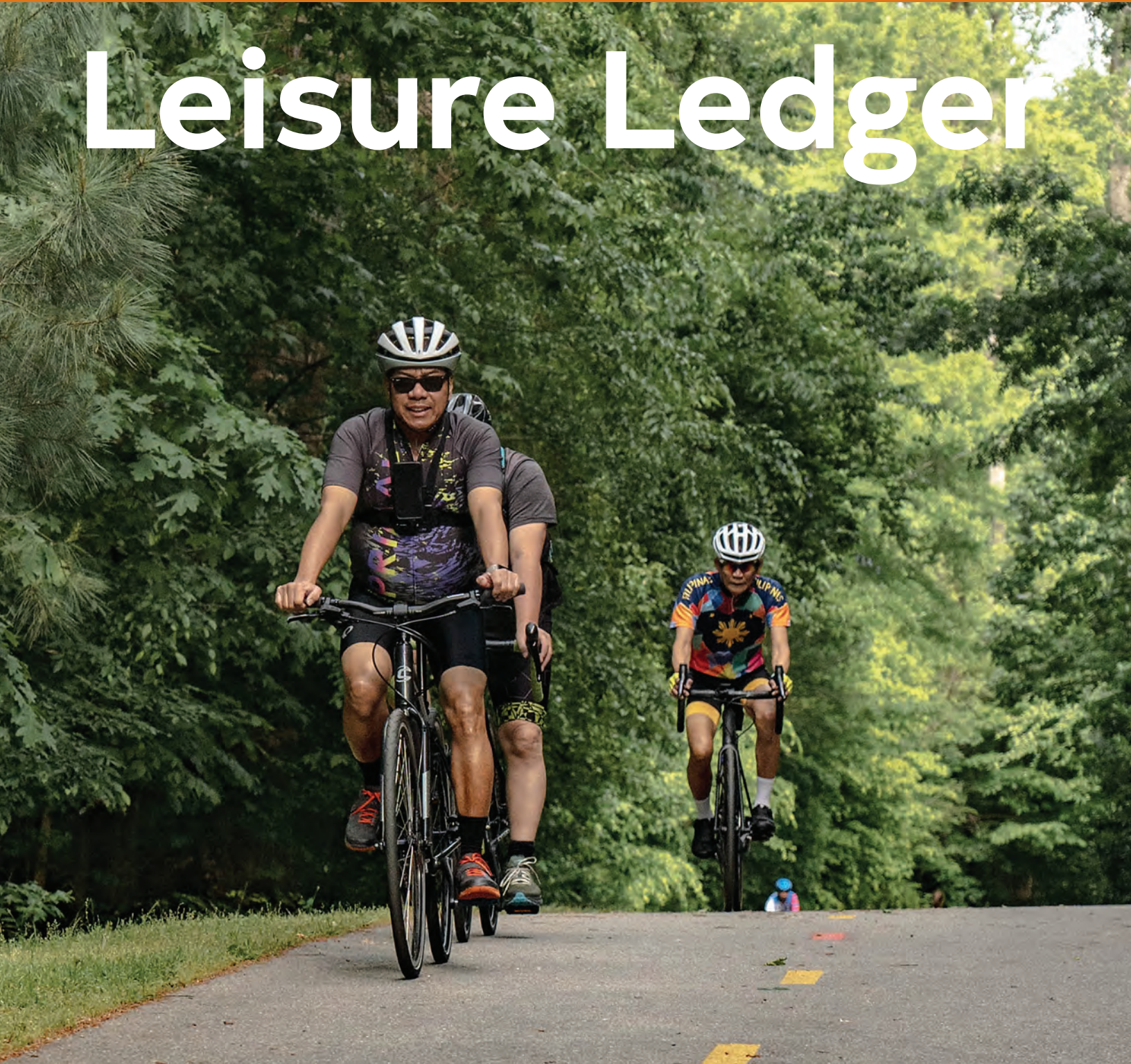


2025 | May - August

Leisure Ledger



**Raleigh
Parks**

Online Registration Starts
March 18, 2025

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!

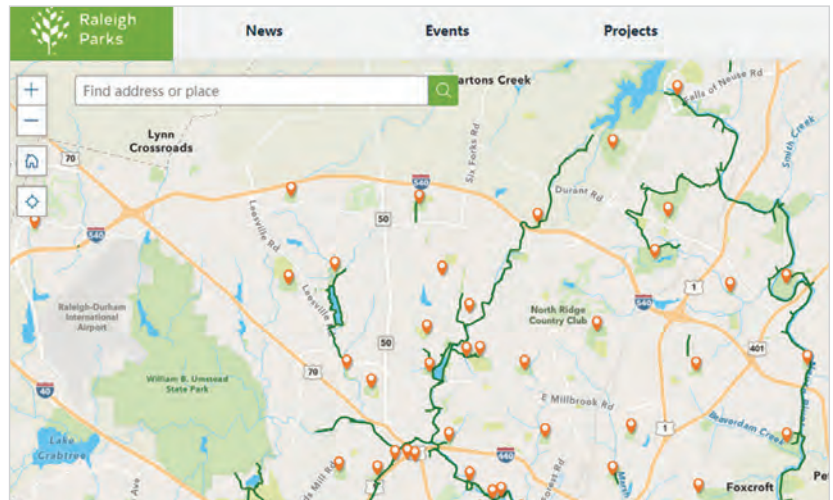
PARK LOCATOR HAS A NEW LOOK!!

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



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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: Janet Cowell
Corey Branch
Stormie D. Forte
Jane Harrison
Christina Jones
Jonathan Lambert-Melton
Megan Patton
Mitchell Silver

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
Adam Forman
Ken Hisler
Administration Superintendent:
Helene McCullough

Historic Resources and Museum Program Advisory Board

Wanda Cox-Bailey
Paul Brinkman
Dana Deaton
Ajamu Dillahunt-Holloway
Jane Forde
Clarissa Goodlett
Jenny Harper
John Hinshaw
Lucinda MacKethan
Audrey Morgan
Edna Rich-Ballentine
Jennifer Wagner
Jeff Havener

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

Green Road's Family Sneaker Ball

Mark your calendar for a fun filled family sneaker ball. This family-friendly event is sure to knock your socks off! Come dressed in semi-formal attire and your coolest kicks. This event will have an awesome DJ, a 360-photo booth, crafts, and food trucks. Let us see your sneaker game while you dance the night away.

Green Road Community Center
May 2 F 6:30-9:30pm

Adult Recess Festival

Age: 21-99 yrs. Join Let's Get Social Raleigh and Raleigh Parks for the Third Annual Adult Recess festival at Fletcher Park! Come together for games, arts and crafts, food trucks, and shopping with local businesses while making new friends. Inflatables, kickball, flag football, limbo, tug-o-war, Double Dutch, musical chairs, and more - we have it all! This event is free and open to the public. Go to the Let's Get Social Raleigh Eventbrite to register to receive event updates! For questions or more information, please call the Mordecai Historic Park Visitor Center at 919-996-4364.

Fred Fletcher Park
May 3 Sa 3:00-7:00pm



Halfway to Halloween

Join us at Powell Drive Community Center for our halfway to Halloween indoor/outdoor trail through glowing graveyards, creepy rooms, and misty forests, ghost, ghouls, and creatures of the night are awaiting you to share in a delightful fright. But BEWARE, as the night grows darker the shadows do change and open doors releasing the frightening and strange. So before you throw those costumes away, let them have one more frightful day of play!! Mooowahaha!

Powell Drive Neighborhood Center - Fee: \$10
May 10 Sa 7:00-9:00pm

JCMP COMMUNITY Stories

How has a sense of community shaped John Chavis Memorial Park's story over time? Whether you are a frequent visitor or have never stopped by before, join us to hear from pillars in the community about the importance of belonging, witness pop-up exhibits that display Chavis artifacts from over the decades, and participate in a walking tour of the park. There will be activities for children, and food trucks will be on-site. Come be a part of our ever-growing commUNITY!

John Chavis Community Center
Jun 16 M 6:00-9:00pm

Artival

Join us at John Chavis Memorial Park 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 17 Tu 5:30-8:30pm

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 18 W 6:00-9:00pm

Juneteenth: A Chavis Celebration

Come on by on Juneteenth for a day of fellowship. This event includes activities the whole family can enjoy! The excitement will include a DJ, bounce house, face painting, crafts, and food trucks. See you there!

John Chavis Community Center
Jun 19 Th 6:00-9:00pm

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 16 Sa 5:30-8:30pm

JCMP Beats and Eats

Attention foodies and music lovers...Join us for a series of evenings featuring curated pairings of music genres and cuisines. Dance the night away while indulging in savory eats. See you there!

John Chavis Community Center
Country and BBQ
May 23 F 6:00-9:00pm
Go-Go and Tacos
Jul 18 F 6:00-9:00pm
Jazz and Creole
Aug 8 F 6:00-9:00pm

Aquatics

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

Admission Fees

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

All Pools

(with the exception of Buffalo Road Aquatic Center)

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

Buffalo Road Aquatic Center

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

The Aquatics Division offers the following certification courses:

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

All Pools

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

Private Lesson - Single: \$32
Private Lesson - Package: \$110

Aquatic Water Exercise Membership

Senior Resident: \$32
Adult Resident: \$40
Senior Non-Resident: \$44
Adult Non-Resident: \$52
 Passes are valid for any 8 classes for one (1) year after date of purchase.

Drop-In Rates

Drop-in rates are available for single classes.
Senior Resident: \$6
Adult Resident: \$8
Senior Non-Resident: \$7
Adult Non-Resident: \$9

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

Jun 7-Jun 28	Sa	9:30-10:00am	Fee: \$45
Jun 23-Jun 26	M-Th	4:30-5:00pm	Fee: \$45
Jul 5-Jul 26	Sa	9:30-10:00am	Fee: \$45
Jul 7-Jul 10	M-Th	4:30-5:00pm	Fee: \$45
Jul 21-Jul 24	M-Th	4:30-5:00pm	Fee: \$45
Aug 4-Aug 7	M-Th	4:30-5:00pm	Fee: \$45

Buffalo Road Aquatic Center

May 13-May 29	Tu&Th	4:30-5:00pm	Fee: \$60
Jun 7-Jun 28	Sa	10:10-10:40am	Fee: \$45
Jun 10-Jun 26	Tu&Th	10:10-10:40am	Fee: \$55
Jun 10-Jun 26	Tu&Th	4:30-5:00pm	Fee: \$55
Jul 12-Aug 2	Sa	10:10-10:40am	Fee: \$45
Jul 8-Jul 24	Tu&Th	10:10-10:40am	Fee: \$60
Jul 8-Jul 24	Tu&Th	4:30-5:00pm	Fee: \$60
Aug 5-Aug 21	Tu&Th	4:30-5:00pm	Fee: \$60

Lake Johnson Pool

Jun 7-Jun 28	Sa	9:30-10:00am	Fee: \$45
Jun 23-Jun 26	M-Th	4:30-5:00pm	Fee: \$45
Jul 5-Jul 26	Sa	9:30-10:00am	Fee: \$45
Jul 7-Jul 10	M-Th	4:30-5:00pm	Fee: \$45
Jul 21-Jul 24	M-Th	4:30-5:00pm	Fee: \$45
Aug 4-Aug 7	M-Th	4:30-5:00pm	Fee: \$45

Longview Pool

Jun 7-Jun 28	Sa	9:30-10:00am	Fee: \$45
Jun 30-Jul 3	M-Th	4:30-5:00pm	Fee: \$45
Jul 5-Jul 26	Sa	9:30-10:00am	Fee: \$45
Jul 14-Jul 17	M-Th	4:30-5:00pm	Fee: \$45
Jul 28-Jul 31	M-Th	4:30-5:00pm	Fee: \$45

Millbrook Pool

Jun 7-Jun 28	Sa	9:30-10:00am	Fee: \$45
Jun 7-Jun 28	Sa	10:10-10:40am	Fee: \$45
Jun 24-Jul 3	Tu&Th	5:50-6:20pm	Fee: \$45
Jul 12-Jul 26	Sa	9:30-10:00am	Fee: \$42
Jul 12-Jul 26	Sa	10:10-10:40am	Fee: \$42
Jul 15-Jul 24	Tu&Th	9:30-10:00am	Fee: \$45
Jul 15-Jul 24	Tu&Th	5:50-6:20pm	Fee: \$45
Aug 5-Aug 14	Tu&Th	9:30-10:00am	Fee: \$45
Aug 5-Aug 14	Tu&Th	5:50-6:20pm	Fee: \$45
Aug 9-Aug 30	Sa	9:30-10:00am	Fee: \$45
Aug 9-Aug 30	Sa	10:10-10:40am	Fee: \$45

Optimist Pool

May 10-May 17	Sa	10:50-11:20am	Fee: \$33
May 31-Jun 7	Sa	10:50-11:20am	Fee: \$33
Jun 16-Jun 26	M,W,Th	10:50-11:20am	Fee: \$55
Jun 16-Jun 26	M,W,Th	5:10-5:40pm	Fee: \$55
Jul 7-Jul 17	M,W,Th	10:10-10:40am	Fee: \$60
Jul 7-Jul 17	M,W,Th	5:10-5:40pm	Fee: \$60
Jul 26-Aug 16	Sa	10:50-11:20am	Fee: \$45
Jul 28-Aug 7	M,W,Th	10:50-11:20am	Fee: \$60
Jul 28-Aug 7	M,W,Th	5:10-5:40pm	Fee: \$60
Aug 11-Aug 21	M,W,Th	10:10-10:40am	Fee: \$60
Aug 11-Aug 21	M,W,Th	5:10-5:40pm	Fee: \$60

Pullen Aquatic Center

May 6-May 22	Tu&Th	5:10-5:40pm	Fee: \$45
Jun 10-Jun 26	Tu&Th	10:50-11:20am	Fee: \$55
Jun 10-Jun 26	Tu&Th	5:10-5:40pm	Fee: \$55
Jul 7-Jul 17	M,W,Th	10:50-11:20am	Fee: \$60
Jul 7-Jul 17	M,W,Th	5:10-5:40pm	Fee: \$60

Jul 12-Aug 2	Sa	10:10-10:40am	Fee: \$45
Jul 21-Jul 31	M,W,Th	10:50-11:20am	Fee: \$60
Jul 21-Jul 31	M,W,Th	5:10-5:40pm	Fee: \$60
Ridge Road Pool			
Jun 7-Jun 28	Sa	9:30-10:00am	Fee: \$45
Jun 30-Jul 3	M-Th	4:30-5:00pm	Fee: \$45
Jul 5-Jul 26	Sa	9:30-10:00am	Fee: \$45
Jul 14-Jul 17	M-Th	4:30-5:00pm	Fee: \$45
Jul 28-Jul 31	M-Th	4:30-5:00pm	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 7-Jun 28	Sa	10:10-10:40am	Fee: \$45
Jun 23-Jun 26	M-Th	5:10-5:40pm	Fee: \$45
Jul 5-Jul 26	Sa	10:10-10:40am	Fee: \$45
Jul 7-Jul 10	M-Th	5:10-5:40pm	Fee: \$45
Jul 21-Jul 24	M-Th	5:10-5:40pm	Fee: \$45
Aug 4-Aug 7	M-Th	5:10-5:40pm	Fee: \$45

Buffalo Road Aquatic Center

May 13-May 29	Tu&Th	5:10-5:40pm	Fee: \$60
Jun 7-Jun 28	Sa	10:50-11:20am	Fee: \$45
Jun 10-Jun 26	Tu&Th	10:50-11:20am	Fee: \$55
Jun 10-Jun 26	Tu&Th	5:10-5:40pm	Fee: \$55
Jul 8-Jul 24	Tu&Th	10:50-11:20am	Fee: \$60
Jul 8-Jul 24	Tu&Th	5:10-5:40pm	Fee: \$60
Jul 12-Aug 2	Sa	10:50-11:20am	Fee: \$45
Aug 5-Aug 21	Tu&Th	5:10-5:40pm	Fee: \$60

Lake Johnson Pool

Jun 7-Jun 28	Sa	10:10-10:40am	Fee: \$45
Jun 23-Jun 26	M-Th	5:10-5:40pm	Fee: \$45
Jul 5-Jul 26	Sa	10:10-10:40am	Fee: \$45
Jul 7-Jul 10	M-Th	5:10-5:40pm	Fee: \$45
Jul 21-Jul 24	M-Th	5:10-5:40pm	Fee: \$45
Aug 4-Aug 7	M-Th	5:10-5:40pm	Fee: \$45

Longview Pool

Jun 7-Jun 28	Sa	10:10-10:40am	Fee: \$45
Jun 30-Jul 3	M-Th	5:10-5:40pm	Fee: \$45
Jul 5-Jul 26	Sa	10:10-10:40am	Fee: \$45
Jul 14-Jul 17	M-Th	5:10-5:40pm	Fee: \$45
Jul 28-Jul 31	M-Th	5:10-5:40pm	Fee: \$45

Millbrook Pool

Jun 3-Jun 12	Tu&Th	5:10-5:40pm	Fee: \$45
Jun 7-Jun 28	Sa	8:50-9:20am	Fee: \$45
Jun 7-Jun 28	Sa	9:30-10:00am	Fee: \$45
Jun 24-Jul 3	Tu&Th	9:30-10:00am	Fee: \$45
Jun 24-Jul 3	Tu&Th	5:10-5:40pm	Fee: \$45
Jul 12-Jul 26	Sa	8:50-9:20am	Fee: \$42
Jul 12-Jul 26	Sa	9:30-10:00am	Fee: \$42
Jul 15-Jul 24	Tu&Th	9:30-10:00am	Fee: \$45
Jul 15-Jul 24	Tu&Th	5:10-5:40pm	Fee: \$45
Aug 5-Aug 14	Tu&Th	9:30-10:00am	Fee: \$45
Aug 5-Aug 14	Tu&Th	5:10-5:40pm	Fee: \$45
Aug 9-Aug 30	Sa	8:50-9:20am	Fee: \$45
Aug 9-Aug 30	Sa	9:30-10:00am	Fee: \$45

Optimist Pool

May 6-May 22	Tu&Th	5:10-5:40pm	Fee: \$60
May 10-May 17	Sa	10:50-11:20am	Fee: \$33
May 31-Jun 7	Sa	10:50-11:20am	Fee: \$33
Jun 16-Jun 26	M,W,Th	10:10-10:40am	Fee: \$55
Jun 16-Jun 26	M,W,Th	10:50-11:20am	Fee: \$55
Jun 16-Jun 26	M,W,Th	5:10-5:40pm	Fee: \$55
Jul 7-Jul 17	M,W,Th	10:10-10:40am	Fee: \$60

Jul 7-Jul 17	M,W,Th	5:10-5:40pm	Fee: \$60
Jul 26-Aug 16	Sa	10:50-11:20am	Fee: \$45
Jul 28-Aug 7	M,W,Th	10:10-10:40am	Fee: \$60
Jul 28-Aug 7	M,W,Th	5:10-5:40pm	Fee: \$60
Aug 11-Aug 21	M,W,Th	10:10-10:40am	Fee: \$60
Aug 11-Aug 21	M,W,Th	5:10-5:40pm	Fee: \$60

Pullen Aquatic Center

May 6-May 22	Tu&Th	5:10-5:40pm	Fee: \$60
Jun 10-Jun 26	Tu&Th	10:50-11:20am	Fee: \$55
Jun 10-Jun 26	Tu&Th	5:10-5:40pm	Fee: \$55
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Jul 21-Jul 31	M,W,Th	5:10-5:40pm	Fee: \$60

Ridge Road Pool

Jun 7-Jun 28	Sa	10:10-10:40am	Fee: \$45
Jun 30-Jul 3	M-Th	5:10-5:40pm	Fee: \$45
Jul 5-Jul 26	Sa	10:10-10:40am	Fee: \$45
Jul 14-Jul 17	M-Th	5:10-5:40pm	Fee: \$45
Jul 28-Jul 31	M-Th	5:10-5:40pm	Fee: \$45

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 7-Jun 28	Sa	10:10-10:40am	Fee: \$45
Jun 23-Jun 26	M-Th	5:10-5:40pm	Fee: \$45
Jul 5-Jul 26	Sa	10:10-10:40am	Fee: \$45
Jul 7-Jul 10	M-Th	5:10-5:40pm	Fee: \$45
Jul 21-Jul 24	M-Th	5:10-5:40pm	Fee: \$45
Aug 4-Aug 7	M-Th	5:10-5:40pm	Fee: \$45

Buffalo Road Aquatic Center

May 13-May 29	Tu&Th	5:10-5:40pm	Fee: \$60
Jun 7-Jun 28	Sa	10:50-11:20am	Fee: \$45
Jun 10-Jun 26	Tu&Th	10:50-11:20am	Fee: \$55
Jun 10-Jun 26	Tu&Th	5:10-5:40pm	Fee: \$55
Jul 8-Jul 24	Tu&Th	10:50-11:20am	Fee: \$60
Jul 8-Jul 24	Tu&Th	5:10-5:40pm	Fee: \$60
Jul 12-Aug 2	Sa	10:50-11:20am	Fee: \$45
Aug 5-Aug 21	Tu&Th	5:10-5:40pm	Fee: \$60

Lake Johnson Pool

Jun 7-Jun 28	Sa	10:10-10:40am	Fee: \$45
Jun 23-Jun 26	M-Th	5:10-5:40pm	Fee: \$45
Jul 5-Jul 26	Sa	10:10-10:40am	Fee: \$45
Jul 7-Jul 10	M-Th	5:10-5:40pm	Fee: \$45
Jul 21-Jul 24	M-Th	5:10-5:40pm	Fee: \$45
Aug 4-Aug 7	M-Th	5:10-5:40pm	Fee: \$45

Longview Pool

Jun 7-Jun 28	Sa	10:10-10:40am	Fee: \$45
Jun 30-Jul 3	M-Th	5:10-5:40pm	Fee: \$45
Jul 5-Jul 26	Sa	10:10-10:40am	Fee: \$45
Jul 14-Jul 17	M-Th	5:10-5:40pm	Fee: \$45
Jul 28-Jul 31	M-Th	5:10-5:40pm	Fee: \$45

Millbrook Pool

Jun 3-Jun 12	Tu&Th	5:10-5:40pm	Fee: \$45
Jun 7-Jun 28	Sa	9:30-10:00am	Fee: \$45
Jun 7-Jun 28	Sa	10:10-10:40am	Fee: \$45
Jun 7-Jun 28	Sa	11:30am-12:00pm	Fee: \$45
Jun 24-Jul 3	Tu&Th	10:10-10:40am	Fee: \$45
Jun 24-Jul 3	Tu&Th	5:10-5:40pm	Fee: \$45
Jul 12-Jul 26	Sa	9:30-10:00am	Fee: \$42
Jul 12-Jul 26	Sa	10:10-10:40am	Fee: \$42

Jul 15-Jul 24	Tu&Th	10:10-10:40am	Fee: \$45
Jul 15-Jul 24	Tu&Th	5:10-5:40pm	Fee: \$45
Aug 5-Aug 14	Tu&Th	10:10-10:40am	Fee: \$45
Aug 5-Aug 14	Tu&Th	5:10-5:40pm	Fee: \$45
Aug 9-Aug 30	Sa	9:30-10:00am	Fee: \$45
Aug 9-Aug 30	Sa	10:10-10:40am	Fee: \$45

Optimist Pool

May 6-May 22	Tu&Th	5:10-5:40pm	Fee: \$60
May 6-May 22	Tu&Th	5:50-6:20pm	Fee: \$60
May 10-May 17	Sa	9:30-10:00am	Fee: \$33
May 10-May 17	Sa	11:30am-12:00pm	Fee: \$33
May 31-Jun 7	Sa	9:30-10:00am	Fee: \$33
May 31-Jun 7	Sa	11:30am-12:00pm	Fee: \$33
Jun 16-Jun 26	M,W,Th	10:10-10:40am	Fee: \$55
Jun 16-Jun 26	M,W,Th	11:30am-12:00pm	Fee: \$55
Jun 16-Jun 26	M,W,Th	5:50-6:20pm	Fee: \$55
Jul 7-Jul 17	M,W,Th	10:50-11:20am	Fee: \$60
Jul 7-Jul 17	M,W,Th	11:30am-12:00pm	Fee: \$60
Jul 26-Aug 16	Sa	9:30-10:00am	Fee: \$45
Jul 26-Aug 16	Sa	11:30am-12:00pm	Fee: \$45
Jul 28-Aug 7	M,W,Th	10:10-10:40am	Fee: \$60
Jul 28-Aug 7	M,W,Th	11:30am-12:00pm	Fee: \$60
Jul 28-Aug 7	M,W,Th	5:50-6:20pm	Fee: \$60
Aug 11-Aug 21	M,W,Th	10:50-11:20am	Fee: \$60
Aug 11-Aug 21	M,W,Th	5:50-6:20pm	Fee: \$60

Pullen Aquatic Center

May 6-May 22	Tu&Th	5:50-6:20pm	Fee: \$60
Jun 10-Jun 26	Tu&Th	10:10-10:40am	Fee: \$55
Jun 10-Jun 26	Tu&Th	5:50-6:20pm	Fee: \$55
Jul 7-Jul 17	M,W,Th	10:10-10:40am	Fee: \$60
Jul 7-Jul 17	M,W,Th	5:50-6:20pm	Fee: \$60
Jul 12-Aug 2	Sa	10:50-11:20am	Fee: \$55
Jul 21-Jul 31	M,W,Th	10:10-10:40am	Fee: \$60
Jul 21-Jul 31	M,W,Th	5:50-6:20pm	Fee: \$60

Ridge Road Pool

Jun 7-Jun 28	Sa	10:10-10:40am	Fee: \$45
Jun 30-Jul 3	M-Th	5:10-5:40pm	Fee: \$45
Jul 5-Jul 26	Sa	10:10-10:40am	Fee: \$45
Jul 14-Jul 17	M-Th	5:10-5:40pm	Fee: \$45
Jul 28-Jul 31	M-Th	5:10-5:40pm	Fee: \$45

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 7-Jun 28	Sa	10:10-10:40am	Fee: \$45
Jun 23-Jun 26	M-Th	5:10-5:40pm	Fee: \$45
Jul 5-Jul 26	Sa	10:10-10:40am	Fee: \$45
Jul 7-Jul 10	M-Th	5:10-5:40pm	Fee: \$45
Jul 21-Jul 24	M-Th	5:10-5:40pm	Fee: \$45
Aug 4-Aug 7	M-Th	5:10-5:40pm	Fee: \$45

Buffalo Road Aquatic Center

May 13-May 29	Tu&Th	5:10-5:40pm	Fee: \$60
Jun 7-Jun 28	Sa	10:50-11:20am	Fee: \$45
Jun 10-Jun 26	Tu&Th	10:50-11:20am	Fee: \$55
Jun 10-Jun 26	Tu&Th	5:10-5:40pm	Fee: \$55
Jul 8-Jul 24	Tu&Th	10:50-11:20am	Fee: \$60
Jul 8-Jul 24	Tu&Th	5:10-5:40pm	Fee: \$60
Jul 12-Aug 2	Sa	10:50-11:20am	Fee: \$45
Aug 5-Aug 21	Tu&Th	5:10-5:40pm	Fee: \$60

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Lake Johnson Pool

Jun 7-Jun 28	Sa	10:10-10:40am	Fee: \$45
Jun 23-Jun 26	M-Th	5:10-5:40pm	Fee: \$45
Jul 5-Jul 26	Sa	10:10-10:40am	Fee: \$45
Jul 7-Jul 10	M-Th	5:10-5:40pm	Fee: \$45
Jul 21-Jul 24	M-Th	5:10-5:40pm	Fee: \$45
Aug 4-Aug 7	M-Th	5:10-5:40pm	Fee: \$45

Longview Pool

Jun 7-Jun 28	Sa	10:10-10:40am	Fee: \$45
Jun 30-Jul 3	M-Th	5:10-5:40pm	Fee: \$45
Jul 5-Jul 26	Sa	10:10-10:40am	Fee: \$45
Jul 14-Jul 17	M-Th	5:10-5:40pm	Fee: \$45
Jul 28-Jul 31	M-Th	5:10-5:40pm	Fee: \$45

Millbrook Pool

Jun 3-Jun 12	Tu&Th	6:30-7:00pm	Fee: \$45
Jun 7-Jun 28	Sa	10:10-10:40am	Fee: \$45
Jun 24-Jul 3	Tu&Th	10:50-11:20am	Fee: \$45
Jun 24-Jul 3	Tu&Th	5:50-6:20pm	Fee: \$45
Jul 12-Jul 26	Sa	10:10-10:40am	Fee: \$42
Jul 15-Jul 24	Tu&Th	10:10-10:40am	Fee: \$45
Jul 15-Jul 24	Tu&Th	5:50-6:20pm	Fee: \$45
Aug 5-Aug 14	Tu&Th	10:10-10:40am	Fee: \$45
Aug 5-Aug 14	Tu&Th	5:50-6:20pm	Fee: \$45
Aug 9-Aug 30	Sa	10:10-10:40am	Fee: \$45

Optimist Pool

May 6-May 22	Tu&Th	5:50-6:20pm	Fee: \$60
May 6-May 22	Tu&Th	6:30-7:00pm	Fee: \$60
May 10-May 17	Sa	9:30-10:00am	Fee: \$33
May 10-May 17	Sa	11:30am-12:00pm	Fee: \$33
May 31-Jun 7	Sa	9:30-10:00am	Fee: \$33
May 31-Jun 7	Sa	11:30am-12:00pm	Fee: \$33
Jun 16-Jun 26	M,W,Th	5:50-6:20pm	Fee: \$55
Jun 16-Jun 26	M,W,Th	6:30-7:00pm	Fee: \$55
Jul 7-Jul 17	M,W,Th	10:50-11:20am	Fee: \$60
Jul 7-Jul 17	M,W,Th	5:50-6:20pm	Fee: \$60
Jul 26-Aug 16	Sa	9:30-10:00am	Fee: \$45
Jul 26-Aug 16	Sa	11:30am-12:00pm	Fee: \$45
Jul 28-Aug 7	M,W,Th	5:50-6:20pm	Fee: \$60
Jul 28-Aug 7	M,W,Th	6:30-7:00pm	Fee: \$60
Aug 11-Aug 21	M,W,Th	10:50-11:20am	Fee: \$60
Aug 11-Aug 21	M,W,Th	5:50-6:20pm	Fee: \$60

Pullen Aquatic Center

Jun 10-Jun 26	Tu&Th	11:30am-12:00pm	Fee: \$55
Jun 10-Jun 26	Tu&Th	6:30-7:00pm	Fee: \$55
Jul 7-Jul 17	M,W,Th	11:30am-12:00pm	Fee: \$60
Jul 7-Jul 17	M,W,Th	6:30-7:00pm	Fee: \$60
Jul 12-Aug 2	Sa	11:30am-12:00pm	Fee: \$45
Jul 21-Jul 31	M,W,Th	11:30am-12:00pm	Fee: \$60
Jul 21-Jul 31	M,W,Th	6:30-7:00pm	Fee: \$60

Ridge Road Pool

Jun 7-Jun 28	Sa	10:10-10:40am	Fee: \$45
Jun 30-Jul 3	M-Th	5:10-5:40pm	Fee: \$45
Jul 5-Jul 26	Sa	10:10-10:40am	Fee: \$45
Jul 14-Jul 17	M-Th	5:10-5:40pm	Fee: \$45
Jul 28-Jul 31	M-Th	5:10-5:40pm	Fee: \$45

Youth

Intra City Swim Team

Age: 5-18.99 yrs. Experience competitive swimming in a fun, enjoyable and relaxed environment. Prerequisite: Participants must be able to swim 25 yards unassisted.

Biltmore Hills Pool

Jun 16-Aug 11	M & W	6:30-7:15pm	Fee: \$82
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Buffaloe Road Aquatic Center

Jun 16-Aug 11	M & W	5:00-5:45pm	Fee: \$82
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Buffaloe Blue Whales 3-18

Jun 16-Aug 11	M & W	6:00-6:45pm	Fee: \$82
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Buffaloe Blue Whales 11-18

Jun 16-Aug 11	M & W	4:00-4:45pm	Fee: \$82
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Lake Johnson Pool

Jun 16-Aug 11	M & W	9:00-9:45am	Fee: \$82
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Lake Johnson Stingrays 3-10

Jun 16-Aug 11	M & W	6:30-7:15pm	Fee: \$82
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Lake Johnson Stingrays 11-18

Jun 16-Aug 11	M & W	7:15-8:00pm	Fee: \$82
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Longview Pool

Jun 16-Aug 11	M & W	9:00-9:45am	Fee: \$82
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Longview Sharks 3-10

Jun 16-Aug 11	M & W	6:30-7:15pm	Fee: \$82
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Longview Sharks 11-18

Jun 16-Aug 11	M & W	7:15-8:00pm	Fee: \$82
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Millbrook Pool

Jun 16-Aug 11	M & W	8:30-9:15am	Fee: \$82
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Millbrook Marlins 3-10 yrs

Jun 16-Aug 11	M & W	6:00-6:45pm	Fee: \$82
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Millbrook Marlins 11-18 yrs

Jun 16-Aug 11	M & W	7:00-7:45pm	Fee: \$82
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Optimist Pool

Jun 16-Aug 11	M & W	9:00-9:45am	Fee: \$82
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Optimist Otters 3-18

Jun 16-Aug 11	M & W	6:00-6:45pm	Fee: \$82
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Optimist Otters 11-18

Jun 16-Aug 11	M & W	7:00-7:45pm	Fee: \$82
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Pullen Aquatic Center

Jun 16-Aug 11	M & W	6:00-6:45pm	Fee: \$82
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Pullen Pirates 11-18

Jun 16-Aug 11	M & W	7:00-7:45pm	Fee: \$82
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Ridge Road Pool

Jun 16-Aug 11	M & W	9:00-9:45am	Fee: \$82
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Ridge Road Dolphins 3-10

Jun 16-Aug 11	M & W	6:30-7:15pm	Fee: \$82
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Ridge Road Dolphins 11-18

Jun 16-Aug 11	M & W	7:15-8:00pm	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 7-Jun 28	Sa	10:50-11:20am	Fee: \$45
Jun 23-Jun 26	M-Th	5:50-6:20pm	Fee: \$45
Jul 5-Jul 26	Sa	10:50-11:20am	Fee: \$45
Jul 7-Jul 10	M-Th	5:50-6:20pm	Fee: \$45
Jul 21-Jul 24	M-Th	5:50-6:20pm	Fee: \$45
Aug 4-Aug 7	M-Th	5:50-6:20pm	Fee: \$45

Buffaloe Road Aquatic Center

May 13-May 29	Tu&Th	5:50-6:20pm	Fee: \$60
Jun 7-Jun 28	Sa	11:30am-12:00pm	Fee: \$45
Jun 10-Jun 26	Tu&Th	11:30am-12:00pm	Fee: \$55
Jun 10-Jun 26	Tu&Th	5:50-6:20pm	Fee: \$55
Jul 8-Jul 24	Tu&Th	11:30am-12:00pm	Fee: \$60
Jul 8-Jul 24	Tu&Th	5:50-6:20pm	Fee: \$60
Jul 12-Aug 2	Sa	11:30am-12:00pm	Fee: \$45
Aug 5-Aug 21	Tu&Th	5:50-6:20pm	Fee: \$60

Lake Johnson Pool

Jun 7-Jun 28	Sa	10:50-11:20am	Fee: \$45
Jun 23-Jun 26	M-Th	5:50-6:20pm	Fee: \$45
Jul 5-Jul 26	Sa	10:50-11:20am	Fee: \$45
Jul 7-Jul 10	M-Th	5:50-6:20pm	Fee: \$45
Jul 21-Jul 24	M-Th	5:50-6:20pm	Fee: \$45
Aug 4-Aug 7	M-Th	5:50-6:20pm	Fee: \$45

Longview Pool

Jun 7-Jun 28	Sa	10:50-11:20am	Fee: \$45
Jun 30-Jul 3	M-Th	5:50-6:20pm	Fee: \$45
Jul 5-Jul 26	Sa	10:50-11:20am	Fee: \$45
Jul 14-Jul 17	M-Th	5:50-6:20pm	Fee: \$45
Jul 28-Jul 31	M-Th	5:50-6:20pm	Fee: \$45

Millbrook Pool

Jun 3-Jun 12	Tu&Th	5:50-6:20pm	Fee: \$45
Jun 7-Jun 28	Sa	8:50-9:20am	Fee: \$45
Jun 7-Jun 28	Sa	10:50-11:20am	Fee: \$45
Jun 24-Jul 3	Tu&Th	11:30am-12:00pm	Fee: \$45
Jun 24-Jul 3	Tu&Th	6:30-7:00pm	Fee: \$45
Jul 12-Jul 26	Sa	8:50-9:20am	Fee: \$45
Jul 12-Jul 26	Sa	10:50-11:20am	Fee: \$42
Jul 15-Jul 24	Tu&Th	10:50-11:20am	Fee: \$45
Jul 15-Jul 24	Tu&Th	6:30-7:00pm	Fee: \$45
Aug 5-Aug 14	Tu&Th	10:50-11:20am	Fee: \$45
Aug 5-Aug 14	Tu&Th	6:30-7:00pm	Fee: \$45
Aug 9-Aug 30	Sa	8:50-9:20am	Fee: \$45
Aug 9-Aug 30	Sa	10:50-11:20am	Fee: \$45

Optimist Pool

May 6-May 22	Tu&Th	5:10-5:40pm	Fee: \$60
May 10-May 17	Sa	9:30-10:00am	Fee: \$33
May 10-May 17	Sa	10:10-10:40am	Fee: \$33
May 31-Jun 7	Sa	9:30-10:00am	Fee: \$33
May 31-Jun 7	Sa	10:10-10:40am	Fee: \$33
Jun 2-Jun 12	M,W,Th	6:30-7:00pm	Fee: \$60
Jun 16-Jun 26	M,W,Th	10:50-11:20am	Fee: \$55
Jun 16-Jun 26	M,W,Th	5:10-5:40pm	Fee: \$55
Jul 7-Jul 17	M,W,Th	10:50-11:20am	Fee: \$60
Jul 7-Jul 17	M,W,Th	5:50-6:20pm	Fee: \$60
Jul 7-Jul 17	M,W,Th	6:30-7:00pm	Fee: \$60
Jul 26-Aug 16	Sa	9:30-10:00am	Fee: \$45
Jul 26-Aug 16	Sa	10:10-10:40am	Fee: \$45
Jul 28-Aug 7	M,W,Th	10:50-11:20am	Fee: \$60
Jul 28-Aug 7	M,W,Th	5:10-5:40pm	Fee: \$60
Aug 11-Aug 21	M,W,Th	10:50-11:20am	Fee: \$60
Aug 11-Aug 21	M,W,Th	5:50-6:20pm	Fee: \$60
Aug 11-Aug 21	M,W,Th	6:30-7:00pm	Fee: \$60

Pullen Aquatic Center

May 6-May 22	Tu&Th	5:10-5:40pm	Fee: \$60
Jun 10-Jun 26	Tu&Th	10:50-11:20am	Fee: \$55
Jun 10-Jun 26	Tu&Th	5:10-5:40pm	Fee: \$55
Jul 7-Jul 17	M,W,Th	10:50-11:20am	Fee: \$60
Jul 7-Jul 17	M,W,Th	5:10-5:40pm	Fee: \$60
Jul 12-Aug 2	Sa	11:30am-12:00pm	Fee: \$45
Jul 21-Jul 31	M,W,Th	10:50-11:20am	Fee: \$60
Jul 21-Jul 31	M,W,Th	5:10-5:40pm	Fee: \$60

Ridge Road Pool

Jun 7-Jun 28	Sa	10:50-11:20am	Fee: \$45
Jun 30-Jul 3	M-Th	5:50-6:20pm	Fee: \$45
Jul 5-Jul 26	Sa	10:50-11:20am	Fee: \$45
Jul 14-Jul 17	M-Th	5:50-6:20pm	Fee: \$45
Jul 28-Jul 31	M-Th	5:50-6:20pm	Fee: \$45

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 7-Jun 28	Sa	10:50-11:20am	Fee: \$45
Jun 23-Jun 26	M-Th	5:50-6:20pm	Fee: \$45
Jul 5-Jul 26	Sa	10:50-11:20am	Fee: \$45
Jul 7-Jul 10	M-Th	5:50-6:20pm	Fee: \$45
Jul 21-Jul 24	M-Th	5:50-6:20pm	Fee: \$45
Aug 4-Aug 7	M-Th	5:50-6:20pm	Fee: \$45

Buffalo Road Aquatic Center

May 13-May 29	Tu&Th	5:50-6:20pm	Fee: \$60
Jun 7-Jun 28	Sa	11:30am-12:00pm	Fee: \$45
Jun 10-Jun 26	Tu&Th	11:30am-12:00pm	Fee: \$55
Jun 10-Jun 26	Tu&Th	5:50-6:20pm	Fee: \$55
Jul 8-Jul 24	Tu&Th	11:30am-12:00pm	Fee: \$60
Jul 8-Jul 24	Tu&Th	5:50-6:20pm	Fee: \$60
Jul 12-Aug 2	Sa	11:30am-12:00pm	Fee: \$45
Aug 5-Aug 21	Tu&Th	5:50-6:20pm	Fee: \$60

Lake Johnson Pool

Jun 7-Jun 28	Sa	10:50-11:20am	Fee: \$45
Jun 23-Jun 26	M-Th	5:50-6:20pm	Fee: \$45
Jul 5-Jul 26	Sa	10:50-11:20am	Fee: \$45
Jul 7-Jul 10	M-Th	5:50-6:20pm	Fee: \$45
Jul 21-Jul 24	M-Th	5:50-6:20pm	Fee: \$45
Aug 4-Aug 7	M-Th	5:50-6:20pm	Fee: \$45

Longview Pool

Jun 7-Jun 28	Sa	10:50-11:20am	Fee: \$45
Jun 30-Jul 3	M-Th	5:50-6:20pm	Fee: \$45
Jul 5-Jul 26	Sa	10:50-11:20am	Fee: \$45
Jul 14-Jul 17	M-Th	5:50-6:20pm	Fee: \$45
Jul 28-Jul 31	M-Th	5:50-6:20pm	Fee: \$45

Millbrook Pool

Jun 3-Jun 12	Tu&Th	5:50-6:20pm	Fee: \$45
Jun 7-Jun 28	Sa	10:50-11:20am	Fee: \$45
Jun 24-Jul 3	Tu&Th	6:30-7:00pm	Fee: \$45
Jul 12-Jul 26	Sa	10:50-11:20am	Fee: \$42
Jul 12-Jul 26	Sa	11:30am-12:00pm	Fee: \$42
Jul 15-Jul 24	Tu&Th	10:50-11:20am	Fee: \$45
Jul 15-Jul 24	Tu&Th	6:30-7:00pm	Fee: \$45
Aug 5-Aug 14	Tu&Th	10:50-11:20am	Fee: \$45
Aug 5-Aug 14	Tu&Th	6:30-7:00pm	Fee: \$45
Aug 9-Aug 30	Sa	10:50-11:20am	Fee: \$45
Aug 9-Aug 30	Sa	11:30am-12:00pm	Fee: \$45

Optimist Pool

May 6-May 22	Tu&Th	5:50-6:20pm	Fee: \$60
May 6-May 22	Tu&Th	6:30-7:00pm	Fee: \$60
May 10-May 17	Sa	10:10-10:40am	Fee: \$33
May 10-May 17	Sa	11:30am-12:00pm	Fee: \$33
May 31-Jun 7	Sa	10:10-10:40am	Fee: \$33
May 31-Jun 7	Sa	11:30am-12:00pm	Fee: \$33
Jun 2-Jun 12	M,W,Th	6:30-7:00pm	Fee: \$60
Jun 16-Jun 26	M,W,Th	11:30am-12:00pm	Fee: \$55
Jun 16-Jun 26	M,W,Th	5:50-6:20pm	Fee: \$55
Jun 16-Jun 26	M,W,Th	6:30-7:00pm	Fee: \$55
Jul 7-Jul 17	M,W,Th	11:30am-12:00pm	Fee: \$60
Jul 7-Jul 17	M,W,Th	6:30-7:00pm	Fee: \$60
Jul 26-Aug 16	Sa	10:10-10:40am	Fee: \$45
Jul 26-Aug 16	Sa	11:30am-12:00pm	Fee: \$45
Jul 28-Aug 7	M,W,Th	11:30am-12:00pm	Fee: \$60
Jul 28-Aug 7	M,W,Th	5:50-6:20pm	Fee: \$60
Jul 28-Aug 7	M,W,Th	6:30-7:00pm	Fee: \$60
Jul 28-Aug 7	M,W,Th	6:30-7:00pm	Fee: \$60
Aug 11-Aug 21	M,W,Th	11:30am-12:00pm	Fee: \$60
Aug 11-Aug 21	M,W,Th	6:30-7:00pm	Fee: \$60

Pullen Aquatic Center

May 6-May 22	Tu&Th	5:50-6:20pm	Fee: \$60
Jun 10-Jun 26	Tu&Th	10:10-10:40am	Fee: \$55
Jun 10-Jun 26	Tu&Th	5:50-6:20pm	Fee: \$55
Jul 7-Jul 17	M,W,Th	10:10-10:40am	Fee: \$60
Jul 7-Jul 17	M,W,Th	5:50-6:20pm	Fee: \$60
Jul 21-Jul 31	M,W,Th	10:10-10:40am	Fee: \$60
Jul 21-Jul 31	M,W,Th	5:50-6:20pm	Fee: \$60

Ridge Road Pool

Jun 7-Jun 28	Sa	10:50-11:20am	Fee: \$45
Jun 30-Jul 3	M-Th	5:50-6:20pm	Fee: \$45
Jul 5-Jul 26	Sa	10:50-11:20am	Fee: \$45
Jul 14-Jul 17	M-Th	5:50-6:20pm	Fee: \$45
Jul 28-Jul 31	M-Th	5:50-6:20pm	Fee: \$45

**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

Jun 7-Jun 28	Sa	10:50-11:20am	Fee: \$45
Jun 23-Jun 26	M-Th	5:50-6:20pm	Fee: \$45
Jul 5-Jul 26	Sa	10:50-11:20am	Fee: \$45
Jul 7-Jul 10	M-Th	5:50-6:20pm	Fee: \$45
Jul 21-Jul 24	M-Th	5:50-6:20pm	Fee: \$45
Aug 4-Aug 7	M-Th	5:50-6:20pm	Fee: \$45

Buffalo Road Aquatic Center

May 13-May 29	Tu&Th	5:50-6:20pm	Fee: \$60
Jun 7-Jun 28	Sa	11:30am-12:00pm	Fee: \$45
Jun 10-Jun 26	Tu&Th	11:30am-12:00pm	Fee: \$55
Jun 10-Jun 26	Tu&Th	5:50-6:20pm	Fee: \$55
Jul 8-Jul 24	Tu&Th	11:30am-12:00pm	Fee: \$60
Jul 8-Jul 24	Tu&Th	5:50-6:20pm	Fee: \$60
Jul 12-Aug 2	Sa	11:30am-12:00pm	Fee: \$45
Aug 5-Aug 21	Tu&Th	5:50-6:20pm	Fee: \$60

Lake Johnson Pool

Jun 7-Jun 28	Sa	10:50-11:20am	Fee: \$45
Jun 23-Jun 26	M-Th	5:50-6:20pm	Fee: \$45
Jul 5-Jul 26	Sa	10:50-11:20am	Fee: \$45
Jul 7-Jul 10	M-Th	5:50-6:20pm	Fee: \$45
Jul 21-Jul 24	M-Th	5:50-6:20pm	Fee: \$45
Aug 4-Aug 7	M-Th	5:50-6:20pm	Fee: \$45

Longview Pool

Jun 7-Jun 28	Sa	10:50-11:20am	Fee: \$45
Jun 30-Jul 3	M-Th	5:50-6:20pm	Fee: \$45
Jul 5-Jul 26	Sa	10:50-11:20am	Fee: \$45
Jul 14-Jul 17	M-Th	5:50-6:20pm	Fee: \$45
Jul 28-Jul 31	M-Th	5:50-6:20pm	Fee: \$45

Millbrook Pool

Jun 3-Jun 12	Tu&Th	6:30-7:00pm	Fee: \$45
Jun 7-Jun 28	Sa	10:50-11:20am	Fee: \$45
Jun 24-Jul 3	Tu&Th	7:10-7:40pm	Fee: \$45
Jul 12-Jul 26	Sa	10:50-11:20am	Fee: \$42
Jul 15-Jul 24	Tu&Th	11:30am-12:00pm	Fee: \$45
Jul 15-Jul 24	Tu&Th	7:10-7:40pm	Fee: \$45
Aug 5-Aug 14	Tu&Th	11:30am-12:00pm	Fee: \$45
Aug 5-Aug 14	Tu&Th	7:10-7:40pm	Fee: \$45
Aug 9-Aug 30	Sa	10:50-11:20am	Fee: \$45

Optimist Pool

May 6-May 22	Tu&Th	6:30-7:00pm	Fee: \$60
May 10-May 17	Sa	10:10-10:40am	Fee: \$33
May 10-May 17	Sa	10:50-11:20am	Fee: \$33
May 31-Jun 7	Sa	10:10-10:40am	Fee: \$33
May 31-Jun 7	Sa	10:50-11:20am	Fee: \$33
Jun 2-Jun 12	M,W,Th	6:30-7:00pm	Fee: \$60
Jun 16-Jun 26	M,W,Th	11:30am-12:00pm	Fee: \$55
Jun 16-Jun 26	M,W,Th	6:30-7:00pm	Fee: \$55
Jul 7-Jul 17	M,W,Th	11:30am-12:00pm	Fee: \$60
Jul 7-Jul 17	M,W,Th	6:30-7:00pm	Fee: \$60
Jul 26-Aug 16	Sa	10:10-10:40am	Fee: \$45
Jul 26-Aug 16	Sa	11:30am-12:00pm	Fee: \$45
Jul 28-Aug 7	M,W,Th	11:30am-12:00pm	Fee: \$60
Jul 28-Aug 7	M,W,Th	6:30-7:00pm	Fee: \$60
Aug 11-Aug 21	M,W,Th	11:30am-12:00pm	Fee: \$60
Aug 11-Aug 21	M,W,Th	6:30-7:00pm	Fee: \$60
Aug 11-Aug 21	M,W,Th	7:10-7:40pm	Fee: \$60

Pullen Aquatic Center

May 6-May 22	Tu&Th	6:30-7:00pm	Fee: \$60
Jun 10-Jun 26	Tu&Th	11:30am-12:00pm	Fee: \$55
Jun 10-Jun 26	Tu&Th	6:30-7:00pm	Fee: \$55
Jul 7-Jul 17	M,W,Th	11:30am-12:00pm	Fee: \$60
Jul 7-Jul 17	M,W,Th	6:30-7:00pm	Fee: \$60
Jul 21-Jul 31	M,W,Th	11:30am-12:00pm	Fee: \$60
Jul 21-Jul 31	M,W,Th	6:30-7:00pm	Fee: \$60

Ridge Road Pool

Jun 7-Jun 28	Sa	10:50-11:20am	Fee: \$45
Jun 30-Jul 3	M-Th	5:50-6:20pm	Fee: \$45
Jul 5-Jul 26	Sa	10:50-11:20am	Fee: \$45
Jul 14-Jul 17	M-Th	5:50-6:20pm	Fee: \$45
Jul 28-Jul 31	M-Th	5:50-6:20pm	Fee: \$45

**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.

Biltmore Hills Pool

Jun 7-Jun 28	Sa	11:30am-12:00pm	Fee: \$45
Jun 23-Jun 26	M-Th	6:30-7:00pm	Fee: \$45
Jul 5-Jul 26	Sa	11:30am-12:00pm	Fee: \$45
Jul 7-Jul 10	M-Th	6:30-7:00pm	Fee: \$45
Jul 21-Jul 24	M-Th	6:30-7:00pm	Fee: \$45
Aug 4-Aug 7	M-Th	6:30-7:00pm	Fee: \$45

Buffalo Road Aquatic Center

May 13-May 29	Tu&Th	6:30-7:00pm	Fee: \$60
Jun 10-Jun 26	Tu&Th	6:30-7:00pm	Fee: \$55

Lake Johnson Pool

Jun 7-Jun 28	Sa	11:30am-12:00pm	Fee: \$45
Jun 23-Jun 26	M-Th	6:30-7:00pm	Fee: \$45
Jul 5-Jul 26	Sa	11:30am-12:00pm	Fee: \$45
Jul 7-Jul 10	M-Th	6:30-7:00pm	Fee: \$45
Jul 21-Jul 24	M-Th	6:30-7:00pm	Fee: \$45
Aug 4-Aug 7	M-Th	6:30-7:00pm	Fee: \$45

Longview Pool

Jun 7-Jun 28	Sa	11:30am-12:00pm	Fee: \$45
Jun 30-Jul 3	M-Th	6:30-7:00pm	Fee: \$45
Jul 5-Jul 26	Sa	11:30am-12:00pm	Fee: \$45
Jul 14-Jul 17	M-Th	6:30-7:00pm	Fee: \$45
Jul 28-Jul 31	M-Th	6:30-7:00pm	Fee: \$45

Millbrook Pool

Jun 3-Jun 12	Tu&Th	7:10-7:40pm	Fee: \$45
Jun 7-Jun 28	Sa	11:30am-12:00pm	Fee: \$45
Jun 24-Jul 3	Tu&Th	7:10-7:40pm	Fee: \$45
Jul 12-Jul 26	Sa	11:30am-12:00pm	Fee: \$42
Jul 15-Jul 24	Tu&Th	11:30am-12:00pm	Fee: \$45
Jul 15-Jul 24	Tu&Th	7:10-7:40pm	Fee: \$45
Aug 5-Aug 14	Tu&Th	11:30am-12:00pm	Fee: \$45
Aug 5-Aug 30	Sa	11:30am-12:00pm	Fee: \$45

Optimist Pool

May 6-May 22	Tu&Th	7:10-7:40pm	Fee: \$60
Jun 2-Jun 12	Tu&Th	7:10-7:40pm	Fee: \$60
Jun 16-Jun 26	M,W,Th	7:10-7:40pm	Fee: \$55
Jul 7-Jul 17	M,W,Th	11:30am-12:00pm	Fee: \$60
Jul 7-Jul 17	M,W,Th	7:10-7:40pm	Fee: \$60
Jul 28-Aug 7	M,W,Th	7:10-7:40pm	Fee: \$60
Aug 11-Aug 21	M,W,Th	11:30am-12:00pm	Fee: \$60
Aug 11-Aug 21	M,W,Th	7:10-7:40pm	Fee: \$60

Pullen Aquatic Center

May 6-May 22	Tu&Th	6:30-7:00pm	Fee: \$60
Jun 10-Jun 26	Tu&Th	11:30am-12:00pm	Fee: \$55
Jun 10-Jun 26	Tu&Th	6:30-7:00pm	Fee: \$55
Jul 7-Jul 17	M,W,Th	11:30am-12:00pm	Fee: \$60
Jul 7-Jul 17	M,W,Th	6:30-7:00pm	Fee: \$60
Jul 21-Jul 31	M,W,Th	11:30am-12:00pm	Fee: \$60
Jul 21-Jul 31	M,W,Th	6:30-7:00pm	Fee: \$60

Ridge Road Pool

Jun 7-Jun 28	Sa	11:30am-12:00pm	Fee: \$45
Jun 30-Jul 3	M-Th	6:30-7:00pm	Fee: \$45
Jul 5-Jul 26	Sa	11:30am-12:00pm	Fee: \$45
Jul 14-Jul 17	M-Th	6:30-7:00pm	Fee: \$45
Jul 28-Jul 31	M-Th	6:30-7:00pm	Fee: \$45

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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.

Buffalo Road Aquatic Center

May 13-May 29	Tu&Th	6:30-7:00pm	Fee: \$60
Jun 10-Jun 26	Tu&Th	6:30-7:00pm	Fee: \$55

Millbrook Pool

Jun 7-Jun 28	Sa	11:30am-12:00pm	Fee: \$45
Jul 12-Jul 26	Sa	11:30am-12:00pm	Fee: \$42
Aug 9-Aug 30	Sa	11:30am-12:00pm	Fee: \$45

Optimist Pool

May 6-May 22	Tu&Th	7:10-7:40pm	Fee: \$60
Jun 2-Jun 12	Tu&Th	7:10-7:40pm	Fee: \$60
Jun 16-Jun 26	M,W,Th	7:10-7:40pm	Fee: \$55
Jul 7-Jul 17	M,W,Th	7:10-7:40pm	Fee: \$60
Jul 28-Aug 7	M,W,Th	7:10-7:40pm	Fee: \$60
Aug 11-Aug 21	M,W,Th	7:10-7:40pm	Fee: \$60

Pullen Aquatic Center

Jun 10-Jun 26	Tu&Th	7:10-7:40pm	Fee: \$55
Jul 21-Jul 31	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

Jun 7-Jun 28	Sa	11:30am-12:10pm	Fee: \$51
Jun 23-Jun 26	M-Th	6:30-7:10pm	Fee: \$51
Jul 5-Jul 26	Sa	11:30am-12:10pm	Fee: \$51
Jul 7-Jul 10	M-Th	6:30-7:10pm	Fee: \$51
Jul 21-Jul 24	M-Th	6:30-7:10pm	Fee: \$51
Aug 4-Aug 7	M-Th	6:30-7:10pm	Fee: \$51

Buffalo Road Aquatic Center

May 13-May 29	Tu&Th	6:30-7:10pm	Fee: \$66
Jun 7-Jun 28	Sa	12:10-12:50pm	Fee: \$51
Jun 10-Jun 26	Tu&Th	10:10-10:40am	Fee: \$59
Jun 10-Jun 26	Tu&Th	6:30-7:10pm	Fee: \$59
Jul 8-Jul 24	Tu&Th	10:10-10:40am	Fee: \$66
Jul 8-Jul 24	Tu&Th	6:30-7:10pm	Fee: \$66
Jul 12-Aug 2	Sa	12:10-12:50pm	Fee: \$51
Aug 5-Aug 21	Tu&Th	6:30-7:10pm	Fee: \$66

Millbrook Pool

Jun 3-Jun 12	Tu&Th	7:10-7:50pm	Fee: \$51
Jun 7-Jun 28	Sa	8:40-9:20am	Fee: \$51
Jul 12-Jul 26	Sa	8:40-9:20am	Fee: \$48
Jul 15-Jul 24	Tu&Th	7:10-7:50pm	Fee: \$51
Aug 5-Aug 14	Tu&Th	7:10-7:50pm	Fee: \$51
Aug 9-Aug 30	Sa	8:40-9:20am	Fee: \$66

Optimist Pool

May 6-May 22	Tu&Th	7:10-7:50pm	Fee: \$66
Jun 2-Jun 12	M,W,Th	7:10-7:50pm	Fee: \$66
Jun 16-Jun 26	M,W,Th	7:10-7:50pm	Fee: \$59
Jul 7-Jul 17	M,W,Th	7:10-7:50pm	Fee: \$66
Jul 28-Aug 7	M,W,Th	7:10-7:50pm	Fee: \$66
Aug 11-Aug 21	M,W,Th	7:10-7:50pm	Fee: \$66

Pullen Aquatic Center

May 6-May 22	Tu&Th	7:10-7:50pm	Fee: \$66
Jun 10-Jun 26	Tu&Th	7:10-7:50pm	Fee: \$59
Jul 7-Jul 17	M,W,Th	7:10-7:50pm	Fee: \$66
Jul 21-Jul 31	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.

Buffalo Road Aquatic Center

May 13-May 29	Tu&Th	6:30-7:10pm	Fee: \$66
Jun 7-Jun 28	Sa	12:10-12:50pm	Fee: \$51
Jun 10-Jun 26	Tu&Th	6:30-7:10pm	Fee: \$59
Jul 8-Jul 24	Tu&Th	6:30-7:10pm	Fee: \$66
Jul 12-Aug 2	Sa	12:10-12:50pm	Fee: \$51
Aug 5-Aug 21	Tu&Th	6:30-7:10pm	Fee: \$66

Optimist Pool

May 6-May 22	Tu&Th	7:10-7:50pm	Fee: \$66
Jun 2-Jun 12	M,W,Th	7:10-7:50pm	Fee: \$66
Jun 16-Jun 26	M,W,Th	7:10-7:50pm	Fee: \$59
Jul 7-Jul 17	M,W,Th	7:10-7:50pm	Fee: \$66
Jul 28-Aug 7	M,W,Th	7:10-7:50pm	Fee: \$66
Aug 11-Aug 21	M,W,Th	7:10-7:50pm	Fee: \$66

Pullen Aquatic Center

May 6-May 22	Tu&Th	7:10-7:50pm	Fee: \$66
Jul 7-Jul 17	M,W,Th	7:10-7:50pm	Fee: \$66

Family

Lifeguard Training

Age: 15-99 yrs. This American Red Cross course trains participants in the basic skills needed to lifeguard at traditional pools. This course includes First Aid and CPR/AED for the Professional Rescuer. Participants must complete a prerequisite skills test in the first class (participants have 2 opportunities to successfully complete the skills). The skills include a Swim-Tread-Swim Sequence – Jump in, submerge, resurface and swim 150 yards continuously using the front crawl or breaststroke demonstrating rhythmic breathing, tread water for 2-minutes, finish the skill by swimming an additional 50 yards, and a timed brick retrieval in deep water using a 10 lb. brick. Individuals who are unable to successfully complete the exam will be withdrawn from the course and forfeit \$100 of their registration fee. There is an online portion of this course that MUST BE COMPLETE PRIOR to the first class session. The online portion requires internet access and takes 6-8 hours to complete. Participants will be contacted using the email/phone

number associated with the ReLink account to complete enrollment in the online portion of the course. Individuals that do not complete the online course prior to the first class session will be withdrawn from the course and forfeit \$150 of their enrollment fee.

To successfully complete the course and receive certifications participants must have 100% class attendance, demonstrate competency in all rescue skills, successfully complete final skill scenarios, and pass the multiple-choice written exams with a minimum score of 80%. Participants must be 15 years old by the last day of the course. A picture ID with proof of age will be required on the first night of class. This class meets Friday 4pm-9pm, Saturday 9am-7pm and Sunday 9am-6pm.

Pullen Aquatic Center

May 16-May 18	F-Su	9:00am-5:00pm	Fee: \$251
Jun 16-Jun 18	M-W	9:00am-5:00pm	Fee: \$251
Jun 27-Jun 29	F-Su	9:00am-5:00pm	Fee: \$251
Jul 11-Jul 13	F-Su	9:00am-5:00pm	Fee: \$251
Aug 1-Aug 3	F-Su	9:00am-5:00pm	Fee: \$251





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-JUN Raleigh Room: Sampada Agarwal

Hall Gallery: Jennifer Marks

Wall Case: Mark Blanchard

Display Cases: Allison Killea

JUL-AUG Raleigh Room: Cheryl McCordle

Hall Gallery: Kenneth Peters

Wall Case: Alexandra Zuckerman

Display Cases: Class and Workshop Students

Preschool

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 - Fee: \$30

May 6-May 27	Tu	5:00-5:30pm
Jun 3-Jun 24	Tu	5:00-5:30pm
Jul 8-Jul 29	Tu	5:00-5:30pm
Aug 5-Aug 26	Tu	5:00-5:30pm

Creative Movements Tinies

Age: 1.5-2 yrs. Enroll your little mover and shaker in a Zumbini style of dance today! Basic steps, combinations and technical training will enhance your tiny, but mighty dancer's coordination, vocabulary and peer support building. Opportunities for further parent and child bonding will encourage little groovers to refine their technique in a fun and safe environment.

Greystone Recreation Center - Fee: \$49

May 1-May 22	Th	9:30-10:15am
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Dance- Tap and Twirl

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

Hill Street Neighborhood Center - Fee: \$40

May 6-May 27	Tu	5:30-6:30pm
Jun 3-Jun 24	Tu	5:30-6:30pm
Jul 8-Jul 29	Tu	5:30-6:30pm
Aug 5-Aug 26	Tu	5:30-6:30pm

Family 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 work in our dedicated Youth Clay studio, where you'll learn a little about working with clay while learning even more about your child and the creative process. We'll use the slab roller and pinch-forming to create unique handbuilt vessels and/or sculptural objects using low-fire clay, and we'll decorate our works using stroke-and-coat glazes. Projects will be fired after class and ready for pickup within 2-3 weeks. Class fee includes one adult and one child--parents, grandparents or other adult welcome. Please register child only. All materials provided. 1 session. Instructor: Emily Malpass.

Pullen Arts Center - Fee: \$25

Jun 23	M	10:00-11:15am
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Raleigh Little Theatre

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

Email: info@raleighlittletheatre.org

Box Office: 919-821-3111

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

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

UPCOMING PERFORMANCES & EVENTS

Schoolhouse Rock Live! Jr.

May 3-11, 2025

The Color Purple

June 6-29, 2025

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

The Book Club Play

April 24-26, May 1-3 at 7:30pm

April 27 & May 4 at 3:00pm

Hamlet

June 19-21, 26-28 at 7:30pm

June 22 & 29 at 3:00pm

STEW

August 14-16, 21-23 at 7:30pm

August 17 & 24 at 3:00pm

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

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 - Fee: \$66

May 7-Jun 11	W	10:00-10:45am
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Preschool - What Can You See Under the Sea?

Age: 3-5 yrs. Each week we'll explore books about the wonders of the undersea world and create sea-themed art. Projects include salt painting, sand painting, watercolors, and torn paper seascapes. Supplies included. 6 Sessions. Instructor: Michelle Davis Petelinz.

Sertoma Arts Center - Fee: \$5 - Fee: \$76

May 8-Jun 12	Th	1:00-2:00pm
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Suzuki Music for Babies

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

class songs and activities. For the most rewarding experience, start early (age 1 or younger) and repeat as often as you wish. Caregiver does not enroll.

Instructor: Jeanne Beegle

Greystone Recreation Center - Fee: \$56

May 7-Jun 11	W	10:00-10:50am
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Tiny Hands, Big Hearts: Polymer Clay Gifts

Age: 3-5 yrs. Let your little artist's creativity shine as they sculpt treasures for the special women in their lives! We'll use colorful polymer clay to create flower pendants, heart-shaped magnets, or trinket bowls. Parent/Guardian participation required.

Laurel Hills Community Center - Fee: \$16

May 6	Tu	10:30-11:15am
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Toddler Beats

Age: 3-5 yrs. Your blossoming dancer will have fun learning through music, movement, and age-appropriate instruments, while helping to develop balance, coordination, self-confidence, and inspire imagination through movement. Children will learn different techniques, body positions and team building concepts with activities to foster an environment to further develop our budding dancer's attention span.

Greystone Recreation Center - Fee: \$49

May 1-May 22	Th	10:30-11:15am
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Youth

Art - Abstract Garden

Age: 6-11 yrs. This class will explore several multi-media projects to create unique art for your garden. Drawing, painting, mosaic stepping stones, bird feeders, painted flower pots, wind chimes, and fairy houses are some of the possible projects this class will create. Supplies included. 6 Sessions. Instructor: Sarah Clover.

Sertoma Arts Center – Fee: \$101
Jul 7-Aug 11 M 4:15-5:45pm

Art - Artrageous Artists!

Age: 7-11 yrs. We'll paint landscapes, pop-art, portraits, abstracts, and more, inspired by the work of famous artists like Picasso, Bearden, Kandinsky, Miro, Britto, Klee, Gauguin, Delaunay, and Rodrigue. Supplies included. 6 sessions. Instructor: Michelle Davis Petelinz.

Sertoma Arts Center – Fee: \$115
May 8-Jun 12 Th 4:00-6:00pm

Art - Fantastic Beasts and How to Make Them

Age: 7-11 yrs. We'll create fantastic creatures, letting our imaginations run wild! We'll build them out of recycled materials, polymer clay, paper, paint, oil pastel, fabric, yarn and more. What will you make? A dinobird with scales? A striped catdragon with webbed feet? A blue box turtle with spiky hair? Come create with us! Supplies included. 6 Sessions. Instructor: Michelle Davis Petelinz.

Sertoma Arts Center – Fee: \$116
May 7-Jun 11 W 4:30-6:30pm

Art - Imagination Station

Age: 5-11 yrs. Let your imagination soar! This class will focus on fundamentals of art by exploring a variety of materials, techniques. Creating unique art with drawing, painting, collage, paper craft and sculpture. Supplies included. 6 sessions. Instructor: Sarah Clover.

Sertoma Arts Center – Fee: \$101
May 6-Jun 10 Tu 4:15-5:45pm
Jul 8-Aug 12 Tu 4:15-5:45pm

Art 4 Fun Series

Age: 0-11 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 – Fee: \$2
Mother's Day Art
May 8 Th 6:30-7:30pm
Father's Day Art
Jun 12 Th 6:30-7:30pm
Sunflower Art
Jul 10 Th 6:30-7:30pm
Under the Sea Art
Aug 7 Th 6:30-7:30pm

Artistic Adventures

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

Halifax Community Center – Fee: \$40
Artistic Adventures Thursday Class
May 8-May 29 Th 4:00-5:00pm
Artistic Adventures Wednesday Class
May 7-May 28 W 4:00-5:00pm
Homeschool Art
May 7-May 28 W 2:00-3:00pm

Ballet & Lyrical Fusion

Age: 7-9 yrs. This is an introductory class that combines the grace and structure of traditional classical ballet with the musicality and elements of jazz found in contemporary lyrical dance. During this class, dancers will learn traditional ballet technique, positioning, and execution. They will also learn simple lyrical dance choreography that uses their ballet skills while also allowing them to learn how to connect with music and use their bodies to convey emotion. Dancers should wear either ballet shoes (with straps instead of laces, if possible), pirouettes (lyrical shoes), foot undies, or non-slip socks. Attire: Loose-fitting clothes are recommended. Leotard, tights & tutu are welcomed, but not required. Instructor: Chrystall Davis

Brier Creek Community Center – Fee: \$41
May 7-May 28 W 6:00-6:45pm
Jun 4-Jun 25 W 6:00-6:45pm
Jul 2-Jul 23 W 6:00-6:45pm
Aug 6-Aug 27 W 6:00-6:45pm

Ballet & Lyrical Fusion at Greystone

Age: 7-9 yrs. This is an introductory class that combines the grace and structure of traditional classical ballet with the musicality and elements of jazz found in contemporary lyrical dance. During this class, dancers will learn traditional ballet technique, positioning, and execution. They will also learn simple lyrical dance choreography that uses their ballet skills while also allowing them to learn how to connect with music and use their bodies to convey emotion. Dancers should wear either ballet shoes (with straps instead of laces, if possible), pirouettes (lyrical shoes), foot undies, or non-slip socks. Attire: Loose-fitting clothes are recommended. Leotard, tights & tutu are welcomed, but not required. Instructor: Chrystall Davis

Greystone Recreation Center
May 5-May 19 M 5:15-6:00pm Fee: \$31
Jun 2-Jun 23 M 5:15-6:00pm Fee: \$41
Jul 7-Jul 28 M 5:15-6:00pm Fee: \$41
Aug 4-Aug 25 M 5:15-6:00pm Fee: \$41

Dancin' Feet

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

Hill Street Neighborhood Center – Fee: \$41
May 1-May 22 Th 5:30-6:30pm
May 29-Jun 26 Th 5:30-6:30pm
Jul 10-Jul 31 Th 5:30-6:30pm
Aug 7-Aug 28 Th 5:30-6:30pm

Little Ballerinas

Age: 5-6 yrs. Little Ballerinas is an introductory ballet class that teaches classical ballet through fun and creative movement. During this class, dancers will learn traditional technique, positioning, and execution. Dancers should wear either ballet shoes (with straps instead of laces, if possible), pirouettes (lyrical shoes) or non-slip socks. Attire: Loose-fitting clothes are recommended. Leotard, tights & tutu are welcomed, but not required. Instructor: Chrystall Davis

Brier Creek Community Center – Fee: \$41
May 7-May 28 W 5:00-5:45pm
Jun 4-Jun 25 W 5:00-5:45pm
Jul 2-Jul 23 W 5:00-5:45pm
Aug 6-Aug 27 W 5:00-5:45pm

Little Ballerinas and Ballerinos @ Greystone

Age: 5-6 yrs. Enroll your budding ballet/tap dancers in Little Ballerinas. 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. Instructor: Chrystall Davis

Greystone Recreation Center
May 5-May 19 M 4:30-5:15pm Fee: \$31
Jun 2-Jun 23 M 4:30-5:15pm Fee: \$41
Jul 7-Jul 28 M 4:30-5:15pm Fee: \$41
Aug 4-Aug 25 M 4:30-5:15pm Fee: \$41

Mobile Music and Education for Kids

Age: 6-13 yrs. An activity program developed from educator Wanda Micheal's 'Whole Child' teaching Philosophy by engaging students through music, math, science and exercise. Introducing Basic Concepts in Music, Math, Science and Fitness, Activity Songs and Dance, Arts and Crafts, Circle Time, Cool Beats that Teach Science and Math, Famous Composers, Music Theory and History, Musical Bingo, Musical Educational Games, Musical Parachute Activities, Reading and Writing Music, Ribbons and Rhythms. (instruments are provided).

Worthdale Community Center – Fee: \$60
May 5-May 28 M & W 6:00-7:30pm
Jun 2-Jun 25 M & W 6:00-7:30pm
Jul 2-Jul 30 M & W 6:00-7:30pm
Aug 4-Aug 27 M & W 6:00-7:30pm

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 - Fee: \$121

Jun 5-Jul 31 Th 6:15-7:30pm

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 - Fee: \$36

Jul 15-Jul 22 Tu 4:15-5:30pm

Pottery - Snails and Bugs

Age: 7-11 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 - Fee: \$36

Aug 5-Aug 12 Tu 4:15-5:30pm

Pottery - Whiskers, Paws, and Tails

Age: 7-11 yrs. In this fun workshop, kids will create their own cat and mouse figures! They will sculpt, and decorate clay to bring these characters to life. adding their personal touch to each piece. Perfect for young artists who love animals and creativity! All supplies included. 2 Sessions. Instructor: Patty Merrell

Sertoma Arts Center - Fee: \$36

May 15-May 22 Th 4:15-5:30pm

Rumblin Tumblers

Join us for an exciting adventure in tumbling that will have your child rolling and leaping with joy! In this class, children will learn the basic building blocks of tumbling, including forward rolls, backward rolls, cartwheels, and handstands. Our experienced instructors will break down these skills into easy to follow steps, ensuring your child's

safety while they learn. Through a series of playful activities and games, we'll help kids improve their coordination and balance. Tumbling is an excellent way to boost self-confidence. Children will overcome challenges, achieve goals, and celebrate their accomplishments, fostering a sense of pride in their abilities. We encourage kids to express themselves through movement and creativity. Safety is our top priority and our dedicated instructors are trained to ensure a safe environment. Instructor: Alexis Brown, former NC State Cheerleader

Brier Creek Community Center**Ages 4-6**

May 5-May 26 M 5:15-6:00pm Fee: \$41

Jun 2-Jun 23 M 5:15-6:00pm Fee: \$41

Jul 7-Jul 28 M 5:15-6:00pm Fee: \$41

Aug 4-Aug 25 M 5:15-6:00pm Fee: \$41

Ages 7-10

May 5-May 26 M 6:15-7:00pm Fee: \$42

Jun 2-Jun 23 M 6:15-7:00pm Fee: \$42

Jul 7-Jul 28 M 6:15-7:00pm Fee: \$42

Aug 4-Aug 25 M 6:15-7:00pm Fee: \$42

Youth Drawing - Illustrating Art

Age: 6-10 yrs. Discover the fun of visiting our Pullen Arts Center neighbor, The Gregg Museum of Art, as an artist does - with a sketchbook, pencil, and looking eyes! Using a range of drawing tools and exploring techniques, you'll illustrate this visit to create a book of your favorites among the museum's collection of art and artifacts. It'll be a visual storybook! All supplies included. 1 session.

Instructor: Julia Einstein

Pullen Arts Center - Fee: \$30

Jul 19 Sa 10:00-11:30am

Youth Mixed Media - Paint, Paper, and Ink Magical Collage

Age: 8-12 yrs. We will dive into the wonderful world of collage using a wide variety of materials. Experimenting with many different techniques, young artists will create a work of art with a magical layered effect! All supplies included. 2 sessions. Instructor: Kim Lomax

Pullen Arts Center - Fee: \$45

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

Youth Painting - Beginning Watercolor

Age: 8-11 yrs. Start exploring the wonders of watercolor in this beginning watercolor class for kids! We'll have fun learning all about the basics of watercolor paints and tools through guided instruction and experimentation. Come ready to play and leave with a new set of artistic skills! All supplies included. 3 sessions. Instructor: Aurelis Lugo

Pullen Arts Center - Fee: \$85

Jul 12-Jul 26 Sa 2:00-4:30pm



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Youth Painting - Plein Air at Pullen Arts

Age: 6-10 yrs. Artists love to paint en plein air (that's French for 'in the open air'). With palette, canvas, paints, and brushes, young artists will venture into the Pullen Arts Center gardens to discover the joy of making a landscape painting! All supplies included. 1 session. Instructor: Julia Einstein

Pullen Arts Center - Fee: \$30
May 31 Sa 10:00-11:30am

Youth Painting - Watercolor Ocean Animals

Age: 8-12 yrs. Come learn all about the ocean and its amazing creatures! We will draw tropical fish and sea turtles and then explore a variety of watercolor techniques to complete a watery masterpiece. All supplies included. 2 sessions. Instructor: Kim Lomax

Pullen Arts Center - Fee: \$45
Aug 25-Aug 27 M & W 4:30-6:00pm

Youth Pottery - Bouquet for Mom

Age: 9-12 yrs. Let's create a beautiful bouquet for Mom! Young artists 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. Projects will be left for firing and available for pickup approximately two weeks after the class. All supplies included. 1 session. Instructor: Sue Chegari

Pullen Arts Center - Fee: \$30
May 4 Su 10:00am-12:00pm

Youth Pottery - Clay Craft: Bouquet for Mom

Age: 5-8 yrs. Celebrate Mom with a handmade bouquet! In this class, young potters will craft a vase with flowers on a clay tile using basic hand-building techniques and decorate their creations with colorful glazes. Projects will be left for firing and available for pickup approximately two weeks after the class. All supplies included. 1 session. Instructor: Sue Chegari

Pullen Arts Center - Fee: \$30
May 3 Sa 10:00am-12:00pm

Youth Pottery - Clay Craft: Dish for Dad

Age: 5-8 yrs. Create a thoughtful and functional gift for Dad! In this class, young potters will learn basic hand-building techniques to craft a unique ceramic dish. They'll add special details to make it personal and finish their creation with bright, colorful glazes. A perfect way for young potters to share their creativity while making something Dad will love! Projects will be left for firing and available for pickup approximately two weeks after the class. All supplies included. 1 session. Instructor: Sue Chegari

Pullen Arts Center - Fee: \$30
Jun 1 Su 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 vibrant glazes. Projects will be left for firing and available for pickup two weeks after the last class. All supplies included. 1 session. Instructor: Sue Chegari

Pullen Arts Center - Fee: \$30
Jun 22 Su 2:00-4:00pm

Youth Pottery - Clay Pendants or Charms: Unleash Your Creativity!

Age: 9-12 yrs. Calling all young artists! Get ready to create your own unique clay pendants or charms. Let your imagination run wild as you mold the clay into fun shapes like stars, hearts, or even your initials. Once your creations are fired, you'll have the option to turn them into stunning necklaces, stylish bracelets, or adorable keychains. Wear them with pride or share them with friends to spread the joy of your artistic expression! Projects will be left for firing and available for pickup approximately two weeks after the class. All supplies included. 1 session. Instructor: Sue Chegari

Pullen Arts Center - Fee: \$30
Aug 16 Sa 2:00-4:00pm

Youth Pottery - Dad's Morning Mug

Age: 9-12 yrs. Create a heartfelt gift Dad will treasure! In this class, young artists will learn hand-building techniques to craft a custom mug from clay slabs. They'll personalize their design with creative details and finish their masterpiece with colorful glazes. Perfect for budding artists who want to make something special and one-of-a-kind for Father's Day or any occasion! Projects will be left for firing and available for pickup approximately two weeks after the class. All supplies included. 1 session. Instructor: Sue Chegari

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

Youth Pottery - Found Object Assemblage

Age: 9-12 yrs. Young artists will explore the art of assemblage inspired by Louise Nevelson, using found objects to create unique sculpture. After arranging and gluing found objects, they'll paint their work in a single color, highlighting texture and form. This hands-on workshop fosters creativity and resourcefulness by transforming everyday objects into art. All supplies included. 1 session. Instructor: Sue Chegari

Pullen Arts Center - Fee: \$30
Jul 20 Su 1:00-3:00pm

Youth Pottery - Funny Face Mugs

Age: 8-12 yrs. Come learn to hand-build a slab construction mug with a handle. Attach and carve your best funny face - human or animal - to the side to complete the look! All supplies included. 2 sessions. Instructor: Kim Lomax

Pullen Arts Center - Fee: \$60
Aug 18-Aug 20 M & W 4:00-6:00pm

Youth Pottery - Garden Critters in Clay

Age: 5-8 yrs. Learn to coil, roll, and pinch your clay into the cutest garden critters! This class will support young artists in learning basic clay building techniques while having tons of fun creating unique creatures. All supplies included. 2 sessions. Instructor: Kim Lomax

Pullen Arts Center - Fee: \$45
May 10-May 17 Sa 2:00-3:30pm

Youth Pottery - Sea Turtles

Age: 5-8 yrs. Young potters will learn all about the amazing sea turtles that come to the North Carolina shores to lay their eggs. Then, you'll create your very own sea turtle while learning basic handbuilding techniques. We'll add fun details like textured shells and cute little flippers to make your turtle unique, then apply vibrant glazes! Projects will be left for firing and available for pickup approximately two weeks after the class. All supplies included. 1 session. Instructor: Sue Chegari

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

Youth Printmaking - Outside & Inside

Age: 6-10 yrs. Young artists will explore the art of printmaking. Inspired by the outside world and the summer gardens around Pullen Arts Center, they will sketch 'from life' and return inside to the creative studio where their impressions of nature will be transformed onto inked plates. Voila, a folio of prints will be created! All supplies included. 1 session. Instructor: Julia Einstein

Pullen Arts Center - Fee: \$30
Jun 7 Sa 10:00-11:30am

Teen

Drawing - Drawing Fundamentals for Teens

Age: 12-16 yrs. This class will explore drawing fundamentals such as contour drawing, gesture drawing, value and shading, composition and perspective. We will draw figures, landscapes in realistic and abstract experiments using a variety of drawing materials: pencil, pen, charcoal, colored pencils, pastels and markers. Supplies included. 6 sessions. Instructor: Anne Terry. No Class: May 26

Sertoma Arts Center - Fee: \$91
May 19-Jun 30 M 4:30-6:00pm
Jul 21-Aug 25 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 emphasis your personal style development. All supplies are included. 6 Sessions. Instructor: Sarah Clover
Sertoma Arts Center - Fee: \$106
 May 6-Jun 10 Tu 6:00-7:45pm
 Jul 8-Aug 12 Tu 6:00-7:45pm

Jewelry - Youth and Teen Bead Club

Age: 10-16 yrs. This new club will focus on making beaded jewelry, bead stitches and anything to do with beads of all sizes! Open to all levels of experience. All supplies included. 1 Session. Instructor: Anne Terry
Sertoma Arts Center - Fee: \$15
 May 3 Sa 2:00-4:30pm
 Jun 7 Sa 2:00-4:30pm
 Jul 19 Sa 2:00-4:30pm
 Aug 2 Sa 2:00-4:30pm

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 - Fee: \$136
 May 1 - June 5 Th 4:00-6:30pm
 Jul 10-Aug 14 Th 4:00-6:30pm

Teen Drawing - Advanced Drawing

Age: 12-15 yrs. Ready to take your drawing skills to the next level? This advanced class for teens dives deeper into techniques like perspective, intricate shading, and dynamic composition. You'll explore new mediums and learn to add detail and expression to your art, transforming ideas into gallery-worthy pieces. Challenge your

creativity and refine your style as you create your most impressive artwork yet! All supplies included. 3 sessions.
 Instructor: Aurelis Lugo
Pullen Arts Center - Fee: \$85
 Aug 9-Aug 23 Sa 10:00am-12:30pm

Teen Drawing - Illustrating Art

Age: 11-15 yrs. Discover the fun of visiting our Pullen Arts Center neighbor, The Gregg Museum of Art, as an artist does - with a sketchbook, pencil, and looking eyes! Using a range of drawing tools and exploring techniques, you'll illustrate this visit to create a book of your favorites among the museum's collection of art and artifacts. It'll be a visual storybook! All supplies included. 1 session.
 Instructor: Julia Einstein
Pullen Arts Center - Fee: \$30
 Jun 14 Sa 10:00-11:30am

Teen Painting - Creative Level Watercolor

Age: 12-15 yrs. Take your watercolor skills to new heights in this imaginative class for teens! Discover advanced techniques like wet-on-wet blending, layering, and adding unique textures to your artwork. You'll experiment with color mixing, create expressive and detailed pieces, and develop your own artistic style. Get ready to unleash your creativity and bring your watercolor visions to life in bold, unexpected ways! All supplies included. 3 sessions. Instructor: Aurelis Lugo
Pullen Arts Center - Fee: \$85
 May 3-May 17 Sa 2:00-4:30pm

Teen Painting - Plein Air at Pullen Arts

Age: 11-15 yrs. Artists love to paint en plein air (that's French for 'in the open air'). With palette, canvas, paints and brushes, young artists will venture into the Pullen Arts Center gardens to discover the joy of making a landscape painting! All supplies included. 1 session.
 Instructor: Julia Einstein
Pullen Arts Center - Fee: \$30
 Aug 2 Sa 10:00-11:30am

Teen Pottery - Beginning Wheel

Age: 11-15 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

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firing and available for pickup between 2-3 weeks after the last class. All supplies included. 6 sessions. Instructor: Anne Terry.

Pullen Arts Center – Fee: \$145

May 17-Jun 21 Sa 2:00-4:00pm
Jul 6-Aug 10 Su 2:00-4:00pm

Teen Printmaking - Mini Prints

Age: 13-16 yrs. Interested in printmaking but not sure you're ready to commit to a full, multi-week class? Maybe you aren't even sure what a printmaking class entails? Join us for this smaller class for a taste of lino block prints! We will spend the first session focusing on learning how to carve a design into a block and the second session dedicated to all that goes into printing those blocks. Find out if this is something that interests you by making a small print that can be finished in just two class sessions! All supplies included. Instructor: Jocelyn Steslicke

Pullen Arts Center – Fee: \$50

Aug 24-Aug 31 Su 2:30-4:00pm

Teen Printmaking - Outside & Inside

Age: 11-15 yrs. Young artists will explore the art of printmaking. Inspired by the outside world and the summer gardens around Pullen Arts Center, they will sketch 'from life' and return inside to the creative studio where their impressions of nature will be transformed onto inked plates. Voila, a folio of prints will be created! All supplies included. 1 session. Instructor: Julia Einstein

Pullen Arts Center – Fee: \$30

Jul 26 Sa 10:00-11:30am

Adult

Bellydance for Fun & Fitness

Age: 18-99 yrs. Drop-in to see if belly dance is right for you! No prior dance experience as we cover the basic movements of belly dance. No special clothing needed, just wear what makes you feel comfortable. Belly Dance Fun & Fitness is also available on alternating Sundays 2:30pm-3:15pm. There is no class on Monday, May 26th & Monday, July 30th.

Lake Lynn Community Center – Fee: \$5

May 12-Aug 18 M 6:15-7:00pm
May 4-Aug 24 Su 2:30-3:15pm

Bookmaking - Magic Box and a Tunnel Book

Age: 16-99 yrs. Make a fascinating box that opens from two sides and has three separate compartments, including one or two hidden spaces that appear when the box is opened from the opposite side. Inside one compartment, students will add a tiny tunnel book that illustrates a personal story in layers of cut paper or

collaged imagery. A \$25 supply fee will be paid to the instructor at the first class. 4 sessions. Instructor: Kathy Steinsberger

Pullen Arts Center – Fee: \$108

Aug 6-Aug 27 W 1:00-4:00pm

Bookmaking - Non-Adhesive Bookbinding Techniques

Age: 16-99 yrs. A binding experience for the soul. Unleash your inner book artist and uncover the joy of crafting your own unique books in this immersive and inspiring 3 week course. Under the guidance of experienced book and paper artist Sarah Ann Austin, you'll explore non-adhesive bookbinding techniques with beautiful handmade cover papers and decorative marbled end-sheets. Learn something new or refine your technique this summer. A winning combination of creativity and craft with Raleigh Arts. \$45 supply fee to instructor at the start of the class. 3 Sessions. Instructor: Sarah Ann Austin

Sertoma Arts Center – Fee: \$146

Jun 11-Jun 25 W 6:30-9:00pm

Bookmaking - Paste Paper Play Day

Age: 16-99 yrs. Spend the morning stamping, combing, painting, and printing paste paints onto large sheets of drawing paper to make a collection of beautiful papers for your future books, portfolios, boxes, and cards. You'll also make one 8-ft roll of wrapping paper... and have a ton of fun! A \$25 supply fee will be paid to the instructor at the first class. 1 session. Instructor: Kathy Steinsberger

Pullen Arts Center – Fee: \$45

Jul 19 Sa 10:00am-1:00pm

Cyanotype Printing

Age: 15.99-99 yrs. Join us for a half-day workshop combining community service and art. We'll remove glass from the creek and repurpose it for a unique craft, using UV-sensitive paper to create a special kind of print called a cyanotype.

Walnut Creek Wetland Park – Fee: \$15

May 16 F 12:30-4:00pm

Drawing - Intro to Drawing with Colored Pencils

Age: 16-99 yrs. Join this class to learn both drawing fundamentals as well as colored pencil techniques! Gesture drawing, shading, and blending are just a couple of techniques we will be working on, all while keeping in mind and learning more about the color wheel, color theory, and different ways of blending colored pencils. Regardless of skill level walking in, here we will learn and build on skills that are essential for any drawing practice. This class is great for complete beginners, beginners in colored pencils, or those with more experience who might be lacking a little color in their sketchbooks. Students should bring a

sketch pad and Prismacolor colored pencils (at least the 12 pack but the more colored pencils the merrier). This class qualifies students for a Painting Studio membership. 6 sessions. Instructor: Jocelyn Steslicke.

Pullen Arts Center – Fee: \$144

Jul 15-Aug 19 Tu 6:00-9:00pm

Drawing - Intro to Drawing with Peter Marin

Age: 16-99 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 – Fee: \$145

May 1-Jun 5 Th 2:30-5:30pm

Jul 24-Aug 28 Th 6:00-9:00pm

Drawing - Intro to Drawing: Sketchbook Focus

Age: 16-99 yrs. A sketchbook is one of the most important tools an artist can have! Sketchbooks are a place to put your art and your ideas; whether those be rough drafts, fully fleshed out designs, journaling, practice sketches, or even just a place for your grocery list! In this class we will be covering some of the fundamentals of drawing while also focusing on filling our sketchbooks as much as possible throughout our classes; aiming to make sketchbook use a habit rather than a chore. During class time we will be working inside the studio as well as taking small field trips around the building to better prepare for sketchbook practice outside a classroom setting. All materials and skill levels welcome!

This class qualifies students for a Painting Studio membership. 6 sessions.

Instructor: Jocelyn Steslicke.

Pullen Arts Center – Fee: \$144

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

Fibers - Beginning Knitting

Age: 13-99 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 – Fee: \$81

May 17-May 31 Sa 1:00-3:30pm

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 - Fee: \$37
Jun 28 Sa 1:00-4:00pm

Fibers - Beginning Sewing: Zippered Pillow

Age: 18-99 yrs. Register for this class and together we will create your own special pillow with a zippered closure! You will also learn how to make a pillow insert, which will enable you to create your own custom sized pillows. You will learn the basics of operating a sewing machine and develop the fundamental sewing skills necessary for progressing to more advanced projects. No prior sewing experience is necessary. We will be using Sertoma's sewing machines. The supply list is available on Sertoma's webpage. A \$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 - Fee: \$121
May 1-May 29 Th 6:30-8:30pm

Fibers - Bundle Dying and Intuitive Embroidery

Age: 16-99 yrs. Using the technique of bundle dyeing we will use natural materials such as, petals, leaves, fruit and vegetable peels to generate unique patterns on fabric. At a later stage we will discover paths, and shapes on our fabrics like children looking for recognizable shapes in the sky. Our stitches will help outline shapes, create dimensional marks, and further enhance our pieces. 3 Sessions. Instructor: Patrizia Ferreira

Sertoma Arts Center - Fee: \$70
Jul 8-Jul 22 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 - Fee: \$37
Jul 10 Th 6:00-9:00pm

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 - Fee: \$73
Jul 24-Aug 7 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 - Fee: \$37
Jun 26 Th 6:00-9:00pm

Fibers - Introduction to Indigo Shibori

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

Sertoma Arts Center - Fee: \$46
Aug 13 W 9:30am-1:00pm

Fibers - Macrame Propagation Hangers

Age: 13-99 yrs. The sun is shining and the plants are growing, making it a great time to propagate some plants! And then what do you do with them? Place them in a macrame propagation hanger of course! In this class you can either bring your own plant and vessel or choose from one of the ones the instructor provides, and learn how to make macrame hangers around them. You can keep your hanger simple or make them more intricate with knots and beads, but either way you will leave with something beautiful that your plant cuttings can rest in while they develop their new roots. A \$10 supply fee will be paid to the instructor at start of class, or a \$5 fee if you bring your own vessel. 1 session. Instructor: Jocelyn Steslicke

Pullen Arts Center - Fee: \$25
Jul 20 Su 2:30-4:00pm

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Fibers - Mending & Beautifying Gently Used Garments

Age: 16-99 yrs. Embracing the art of slow making and borrowing from ancestral stitching techniques such as Japanese boro, sashiko, and Indian kantha we will work with our hands to lovingly patch and beautify our gently worn garments. Bring one or two items to beautify in class or simply scraps of fabric to create beautiful patches to apply at a later time. List of additional supplies that students should bring to class prints on receipt. 4 sessions. Instructor: Patrizia Ferreira

Pullen Arts Center - Fee: \$72

Aug 5-Aug 26 Tu 6:30-8:30pm

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 - Fee: \$52

Jul 30-Aug 6 W 9:30am-12:30pm

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 - Fee: \$37

Aug 9 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 - Fee: \$37

May 3 Sa 1:00-4:00pm

May 31 Sa 1:00-4:00pm

Fibers - Summer Felt Banners

Age: 12-99 yrs. Celebrate the Summer Solstice by creating a themed pennant or banner out of felt! During this one day class we will plan, arrange pieces, and put our banners together. No sewing experience is needed, but a few simple hand stitches will be explained in class. Instructor will be providing many materials but students are encouraged to bring fun additions to help customize their pieces. \$10 supply fee due to instructor at beginning of class for materials. 1 Sessions. Instructor: Ashley Bonner

Sertoma Arts Center - Fee: \$26

Jun 20 F 10:00am-12:30pm

Fibers - Tapestry Weaving for Beginners

Age: 16-99 yrs. In this course, students will be given a comprehensive introduction to the wonderful art of hand woven tapestries. Through hands-on instruction, creative exploration, and personalized guidance, students will embark on a journey of artistic discovery, gaining the skills and confidence to create beautiful tapestries of their own. Each student will finish the class with full knowledge of the processes involved in tapestry weaving and will have successfully made 1-2 hand woven tapestries. A Supply fee of \$30 to be paid to the instructor at the beginning of class. 6 Sessions. Instructor: Leeman Smith

Sertoma Arts Center - Fee: \$136

Jul 9-Aug 13 W 7:00-9:30pm

Fibers - Traditional Japanese Embroidery

Age: 18-99 yrs. New students are required to contact the instructor for more information before enrolling. 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. 1 session. Instructor: Pam Reading.

Sertoma Arts Center - Fee: \$41

Jun 7 Sa 9:30am-4:30pm

Jun 8 Su 9:30am-4:30pm

Aug 23 Sa 9:30am-4:30pm

Aug 24 Su 9:30am-4:30pm

Glassmaking - Dimensional Fused Glass

Age: 16-99 yrs. Take your glass art to a new level when we turn glass into clay! We will use a binding medium to turn glass into a moldable, clay-like material. The glass clay can then be pressed into a mold or sculpted and shaped like real clay. You can then fuse your mini sculptures onto a glass base to create a variety of decorative pieces. Some experience with fused glass is required. \$30 supply fee will cover all supplies needed for several projects. 4 Sessions. Instructor: Danielle Cozart

Sertoma Arts Center - Fee: \$81

Jul 9-Jul 30 W 7:00-9:00pm

Glassmaking - Fused Glass Nightlight

Age: 12-99 yrs. Spend a few hours making a colorful, fused glass nightlight in this beginner-friendly workshop! You can create anything from a fun pattern to fit with your decor, a likeness of your favorite furry friend, or an elaborate mini-landscape. All materials will be provided, including patterns and samples, for a \$10 supply fee paid directly to the instructor at the start of the class. 1 Session. Instructor: Danielle Cozart

Sertoma Arts Center - Fee: \$31

May 17 Sa 10:00am-1:00pm

Jun 28 Sa 1:00-4:00pm

Glassmaking - Fused Glass Sampler

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

Sertoma Arts Center - Fee: \$91

Aug 16-Aug 17 Sa & Su 12:00-4:30pm

Introduction to Painting with Acrylics

Age: 18-99 yrs. Step by step students will be able to create a painting of their own and have fun doing it! This class will start out simple and grow. First students will learn to draw a proposed painting on tracing paper. Then transfer the drawing to canvas and start painting! Ms. Coni has taught art for over 30 years and will be painting along side of students. Knowledge of drawing is helpful, but not required. A supply list is available upon registration.

Halifax Community Center - Fee: \$55
May 7-May 28 W 6:30-8:00pm

Jewelry - Beginning Beading

Age: 16-99 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 - Fee: \$51
Aug 9-Aug 16 Sa 1:00-3:30pm
Sertoma Arts Center - Fee: \$51
Aug 17-Aug 24 Su 1:00-3:30pm

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. 5 Sessions. Instructor: Lauren Markley

Sertoma Arts Center - Fee: \$151
Jul 9-Aug 6 W 6:30-9:30pm

Jewelry - Beginning Metals

Age: 16-99 yrs. Design and construct earrings, pins, pendants, charms, or other small objects, and tokens in this basic metalworking class. Students will learn 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 - Fee: \$146
Instructor: Amy Veatch
May 6-Jun 10 Tu 10:00am-12:30pm

Instructor: Ndidi kowalczyk
May 5-Jun 16 M 10:00am-12:30pm
Instructor: Sarah West
Aug 7-Sep 11 Th 6:30-9:00pm
Sertoma Arts Center - Fee: \$146
Instructor: Sarah West
May 3-Jun 7 Sa 12:30-3:30pm
Instructor: Lauren Markley
May 27-Jul 1 Tu 9:30am-12:00pm
May 21-Jun 25 W 6:30-9:00pm
Jul 22-Aug 26 Tu 6:30-9:00pm

Jewelry - Bracelets! Bracelets! Bracelets!

Age: 16-99 yrs. Make cuff bracelets and link bracelets using rolling mill, hammering, sawing, and hydraulic press techniques! Students will form sheet metal into one of a kind bracelets. Materials not included; some metals available for purchase at Sertoma. Experience sawing and soldering would be good for this class. 6 Sessions.

Instructor: Amy Veatch
Sertoma Arts Center - Fee: \$146
May 8-Jun 12 Th 9:30am-12:00pm

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 - Fee: \$145
May 13-Jun 17 Tu 6:30-9:00pm

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 - Fee: \$146
Instructor: Amy Veatch
May 7-Jun 18 W 10:00am-12:30pm
Sertoma Arts Center - Fee: \$146
Instructor: Lauren Markley
May 27-Jul 1 Tu 1:00-3:30pm
Instructor: Sarah West
Aug 2-Aug 30 Sa 12:30-3:30pm

Jewelry - Cuffs Cuffs Cuffs!

Age: 16-99 yrs. Cuff bracelets are beautiful, dramatic, and arresting pieces of jewelry. The design supports many texture and finishing treatments from very detailed, to highly polished, to both. In this class students will make 2 - 3 cuff bracelets from sheet metal using sawing, filing, stamping, and hammering techniques for outline and texturing. Then they will shape and finish their beautiful creations to wear on the way out of class! It will be helpful to have experience sawing for this class, but beginners are welcome. Students should bring their own 18g or 20g copper or Sterling silver sheet metal, one measurement should be 6 inches. The copper sheet can be purchased at Pullen Arts Center. 3 sessions. Instructor: Amy Veatch

Pullen Arts Center - Fee: \$145
Aug 13-Aug 27 W 6:30-9:00pm

Jewelry - Earrings Earrings Earrings!

Age: 16-99 yrs. Earrings are one of the oldest forms of jewelry. Otzi the Iceman's body was found in the Alps in 1991. His 5,000 year old naturally mummified body had pierced ears. Sailors wore earrings to commemorate journeys across the equator, to ward off misfortune, and to pay for their funeral in case their body washed ashore. What do earrings mean to you? Come and make three different pairs of earrings with your unique designs inspired by earrings that came before! Students may bring their own supplies, buy a jewelry kit at Pullen Arts Center for \$25, or both. There will be some extra supplies offered for small fees. 6 sessions. Instructor: Amy Veatch

Pullen Arts Center - Fee: \$145
May 12-Jun 23 M 6:30-9:00pm

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Jewelry - Intro to Tube Setting

Age: 16-99 yrs. Whether you have never set a stone before or you just need a little practice with the technique, this tube setting class is not to be missed! We will learn how to cut our tubing and solder it onto flat and curved surfaces. Then we will set a small faceted cubic zirconia into our tubing. We will start with practice pieces but if you want to add a stone to a piece of jewelry that you made in a previous class, we can work on that, too. Supply Kit for sale at Sertoma. Students are required to purchase kit. Prerequisite: Beginning and Continuing Metals at Sertoma or Pullen Arts Centers. 1 session. Instructor: Sarah West.

Sertoma Arts Center - Fee: \$71
 Jun 21 Sa 10:30am-4:30pm

Jewelry - Macrame Masters: Earring Design Class

Age: 16-99 yrs. Participants will learn a form of macrame knotting techniques to craft stunning earrings and coordinating necklaces. Through guided instruction, students will explore the use of color, the art of adding beads and charms, and the incorporation of personal flair into their designs. A focus on color theory and composition will encourage students to experiment with mixing different color cords, unlocking the secrets of captivating visual harmony. Students will also delve into some wirework and learn to shape their own earring bases to anchor cords. 4 sessions. Instructor: Yaffe Assaan

Pullen Arts Center - Fee: \$60
 Jun 8-Jun 29 Su 1:00-2:30pm

Jewelry - Mini Masterpiece Jewelry

Age: 16-99 yrs. Artists have been adding painted designs to jewelry for centuries; it's an ancient art dating back to the Egyptian and Roman Eras. You can join them by adding your tiny painting to a piece of jewelry. Your miniature drawing or watercolor painting will be set in a frame behind mica, making a beautiful piece of jewelry from your 2D artwork! Instructors Natasja Brezenski and Amy Veatch are teaming up to bring you this innovative workshop combining painting and drawing techniques with jewelry. Required supply kits will be available for purchase from Pullen Arts Center for \$20. 2 sessions. Instructors: Natasja Brezenski & Amy Veatch

Pullen Arts Center - Fee: \$175
 Aug 16-Aug 17 Sa & Su 9:30am-4:30pm

Jewelry - Narrative Layered Brooch or Pendant with Betty McKim

Age: 16-99 yrs. While we exhibit her work during the summer, Betty McKim is coming back to Pullen Arts Center to teach this very special workshop in the Betty McKim Jewelry Studio, named for the renowned local jeweler and teacher. This workshop will focus on how to use multiple layers in a collage-like way to create depth and interest in a narrative pendant or brooch. McKim will guide you through making this piece of jewelry using a wide variety of techniques and materials. You are welcome to bring a small found object or treasure to incorporate in your creation, and/or an image you would like to dissect and depict in your piece of jewelry. Techniques will include rivets, tabs, texture, soldering, sawing, and tube setting small, faceted

gemstones. As findings, you will learn to make either a simple pin back or a hanging mechanism for a pendant. Beginners are welcome as this project can be adjusted to multiple skill levels, otherwise jewelry sawing and soldering skills are helpful. Supply information prints on receipt.

Pullen Arts Center - Fee: \$165
 Jun 28-Jun 29 Sa & Su 9:30am-4:30pm

Jewelry - Specialty Tools Bootcamps

Age: 16-99 yrs. This is a one-day workshop in which participants will receive training on and gain experience with the Hydraulic Press, Sandblaster, Ring Stretcher, and Jump Ringer. Students may bring in their own materials to practice and make samples with, or they may purchase supplies such as wire or sheet metal at Sertoma. Upon successful completion of this workshop, studio members will be allowed to use these tools during open studio hours. Prerequisite: Beginning Metals at either Pullen or Sertoma Arts Center. 1 Session. Instructor: Lauren Markley

Sertoma Arts Center - Fee: \$69
 Jun 8 Su 9:30am-4:30pm
 Jul 12 Sa 9:30am-4:30pm
 Aug 24 Su 9:30am-4:30pm

Jewelry - Torch Fire Enamel Intensive

Age: 16-99 yrs. Whether you're new to torch enameling or have experience, you'll find something for you in this offering by artist Ndidi kowalczyk. She will guide you through basic torch fired enameling techniques to intermediate skills with weekly demonstrations and ample class time to practice. A required supply kit will be available for purchase at Pullen Arts Center for \$25. Instructor: Ndidi kowalczyk

Pullen Arts Center - Fee: \$155
 May 7-Jun 11 W 6:00-9:00pm

Jewelry - Uniquely Your Own Pendant

Age: 16-99 yrs. If you like to wear unique jewelry set with striking stones, and create the pieces you wear, this is the class for you! Instructor Terry Thompson will guide you through the process of making a pendant and earrings in unique shapes. You will pick stones, set them with prongs, and configure them around a central shape. This style guarantees that your piece will be uniquely yours. Knowledge of jewelry soldering will be very helpful for this class. Instructor will provide stones and wire for you to choose for a fee, or you can bring your own. 4 sessions. Instructor: Terry Thompson

Pullen Arts Center - Fee: \$145

Aug 7-Aug 28 Th 1:00-4:30pm

Memory Jug Making

Age: 15.99-99 yrs. Memory jugs (also called spirit jars, ugly jugs, or whatnot jars) have a long history as a Southern folk art. With divergent origins both in Africa's Bakongo culture and Victorian arts and crafts, memory jugs are intended to serve as reminders of loved ones who have passed and to preserve history and memory. We will traipse up Little Rock Creek collecting shards of old pottery and historic glassware, embedding our curated finds into plaster to create one-of-a-kind pieces of art for your keepsake.

Walnut Creek Wetland Park - Fee: \$25

Jul 13 Su 1:00-3:30pm

Mixed Media - Art Journal Explorations

Age: 12-99 yrs. Start a new creative practice in this guided art journal creation class. Each week we will have new creative challenges to explore. Starting with a simple, empty notebook, we will explore ways to fill your book with fun techniques and creations. We will examine many different ways to prep the pages of your book for fun experiments and detailed drawings. This class is a great way to go further into your journaling or art sketchbook practice, or to start a new artistic medium! Class time will include options for structured and independent work in your new journals. \$10 supply fee due to instructor at start of class for materials. 5 Sessions. Instructor: Ashley Bonner
Sertoma Arts Center - Fee: \$126
May 2-May 30 F 10:00am-12:30pm

Mixed Media - Art Journal Workshop

Age: 12-99 yrs. Enjoy a relaxing weekend 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 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 class ends. \$10 supply fee due to instructor at beginning of class for materials (instructor providing some collage materials, and a small journal). 2 Sessions. Instructor: Ashley Bonner
Sertoma Arts Center - Fee: \$101
Jul 26-Jul 27 Sa & Su 10:00am-3:00pm

Mixed Media - Media Exploration II

Age: 16-99 yrs. In this class we will focus on creating one composition that we will repeat in four different mediums; illustration, stitching, lino print, and sculptural collage. The aim of this class is to focus on different processes and see how that could affect the type of image that we started with. By using the same image for all four iterations, we can place them side by side to see the differences in stark contrast. Play with different mediums and possibly learn something new, all while creating four thought provoking works of art that can be displayed together or separately. A \$10 fee to the instructor will cover all materials. 6 sessions. Instructor: Jocelyn Steslicke

Pullen Arts Center - Fee: \$162

Jun 2-Jul 7 M 6:00-9:00pm

Mixed Media Sketchbook Fun!

Age: 16-99 yrs. Are you a creative person or someone who appreciates art but haven't begun your own creative journey? Perhaps you're an artist who needs a motivational jumpstart. If you're ready to explore new art making and have fun in the process this course was designed for you! Each week you will receive instruction on specific methods and art elements/design principles to produce art in your own sketchbook using different art mediums and techniques. Ready to start this sketchbook journey? I hope to see you! Class fee includes a sketchbook!

Marsh Creek Community Center - Fee: \$200

May 8-Jun 26 Th 6:30-8:30pm

Nature Stamp Making

Age: 13-99 yrs. Always wanted to try the print medium, but not sure where to start? Use our environment here at Walnut Creek Wetland Park to inspire your art! Learn about the basics of stamp-making in this short class! Students will have the opportunity to carve their own stamp inspired by nature to take home.

Walnut Creek Wetland Park - Fee: \$12

Jun 13 F 1:00-3:00pm

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, layering them to create different marks that will illuminate nature in unexpected ways. All Levels. Suggested supply list prints on receipt. 5 Sessions. Instructor: Patrizia Ferreira
Pullen Arts Center - Fee: \$80
Jul 28-Aug 25 M 6:30-8:30pm

Painting - Abstraction

Age: 16-99 yrs. This highly experimental course delves into the abstract language over six different projects. Students who are curious about abstraction or are interested in challenging themselves will benefit from this workshop. Slide lectures and group critiques help guide critical thinking and skill building. Painting experience recommended. This class qualifies students for a painting studio membership. Some unconventional materials will be used, but not necessary to have immediately. Bring your usual painting materials and supports to class. Any wet media welcome. 6 sessions. Instructor: Peter Marin.

Pullen Arts Center - Fee: \$145

Jul 21-Sep 1 M 6:00-9:00pm

Sertoma Arts Center - Fee: \$145

May 1-Jun 5 Th 6:00-9:00pm

Jul 25-Aug 29 F 9:30am-12:30pm

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 - Fee: \$144

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

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Painting - Approaches to Color Mixing in Painting the Landscape

Age: 18-99 yrs. This class provides a foundation for color mixing as it relates to landscape painting. The course will revolve around technical exercises that consist of exploring color value and intensity. Students will be able to identify a key color and develop either a warm or cool color scheme depending on the light source and time of day. Students will not compose a finished painting; rather, the outcomes will result in color study exercises. The following topics will be covered: the color wheel (primary, secondary, intermediate and complimentary color uses); Color temperature and harmony; color mixing (intensity, saturation, and creating a center of interest through light and color); the effects of warm versus cool light in the landscape. Students may work in either acrylic or oil paints. Supply list printed in receipt. 4 sessions. Instructor: Nancy Carty
Pullen Arts Center - Fee: \$90
 Aug 5-Aug 26 Tu 1:00-4:00pm

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. A list of additional required materials will print on receipt. This class qualifies students for a Painting Studio membership. 6 sessions. Instructor: Rick Bennett.

Pullen Arts Center - Fee: \$121
 May 6-Jun 10 Tu 10:00am-12:30pm
 May 8-Jun 12 Th 7:00-9:30pm
 Jul 29-Sep 2 Tu 10:00am-12:30pm

Painting - Continuing Watercolor with Rick Bennett

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

qualifies students for a Painting Studio membership. 6 sessions. Instructor: Rick Bennett.

Pullen Arts Center - Fee: \$121
 May 6-Jun 10 Tu 1:30-4:00pm
 Jul 29-Sep 2 Tu 1:30-4:00pm
 Jul 31-Sep 4 Th 7:00-9:30pm

Painting - Intro to Painting with Peter Marin

Age: 16-99 yrs. This course introduces the student to the practice of painting by examining and 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 - Fee: \$144
 May 5-Jun 16 M 6:00-9:00pm
Sertoma Arts Center - Fee: \$145
 May 2-Jun 6 F 9:30am-12:30pm
 Jul 24-Aug 28 Th 2:30-5:30pm

Painting - Larry Dean's Acrylics Studio

Age: 16-99 yrs. This class is ideal for those with some acrylic experience. However, beginners are welcome. Students will bring their own projects and proceed with advice and demonstrations from the instructor. Assistance with choosing and mixing colors, composition, perspective and more will help you develop your own style of painting. Come hone your skills in this friendly, informal environment. Supply list available on Sertoma's webpage. 6 sessions. Instructor: Larry Dean.

Sertoma Arts Center - Fee: \$121
 May 6-Jun 10 Tu 6:30-9:00pm
 Jul 1-Aug 5 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 - Fee: \$121
 May 6-Jun 10 Tu 1:00-3:30pm
 Jul 1-Aug 5 Tu 1:00-3:30pm



Painting - Rule Breaking Watercolor

Age: 16-99 yrs. Explore inventive techniques and new applications for traditional watercolor paint. Break the rules of watercolor with non-traditional methods of painting: magnetic paint painting, texturing with spattering paint, dark to light, wet-into-wet bokeh (shallow depth of field), palette knife painting, and more. The workshop will be a learning experience with demonstrations, one-on-one consultations, and constructive critiques. All levels of students are encouraged to participate. Students will complete several quarter-sheet (11"x15") paintings during each session and are welcome to bring their own photographs or use the instructor's photographic resources. Supply list prints on receipt. 2 sessions. Instructor: Ryan Fox

Pullen Arts Center - Fee: \$145

Aug 30-Aug 31 Sa&Su 10:00am-4:00pm

Painting - Watercolor Batik

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

Pullen Arts Center - Fee: \$145

Jun 28-Jun 29 Sa&Su 10:00am-4:00pm

Painting - Watercolor Pouring

Age: 16-99 yrs. With an emphasis on design and planning, you will learn the technique of pouring diluted watercolor directly on paper. Pouring creates a wide range of colors and creates amazing blending effects. Through instructor demonstration, you will learn about masking, wetting techniques, using gravity to mix your limited palette, and preserving the transparency of your layers. Additional texture will be created using the mouth atomizer. You'll choose your own subject matter: still life, landscape, architectural, floral, or portrait. All levels welcome, including first-time watercolorists. Student provide their own materials; supply list prints on receipt. 2 sessions. Instructor: Ryan Fox.

Pullen Arts Center - Fee: \$145

May 31-Jun 1 Sa&Su 10:00am-4:00pm

Papermaking - Eastern Papermaking

Age: 12-99 yrs. Learn to make beautiful handmade sheets of paper in this annual paper making experience with papermaker Sarah Ann Austin. 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 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. \$20 supply fee due to the instructor at the start of class. All Levels of Experience Welcome. 1 Session. Instructor: Sarah Ann Austin

Sertoma Arts Center - Fee: \$129

Jun 21 Sa 10:30am-4:30pm

Papermaking - Intro to Western Papermaking

Age: 10-99 yrs. Experience Sarah Ann Austin's Annual immersive weekend papermaking workshop and learn the art of crafting your own paper from discarded clothing. You'll explore the fascinating world of Western papermaking, examining the use of the Critter Hollander Beater and delving into the unique properties of various fibers, from cotton rag to hemp. Through hands-on demonstrations, you'll learn the essential techniques of studio preparation, consistent sheet formation, and paper applications. Whether you're a seasoned artist or a curious beginner, this workshop is designed to inspire and empower you. No prior experience is necessary. Please note: This workshop involves hands-on work and can be noisy. Participants seeking a less stimulating environment can work closely with the instructor. Waterproof aprons and shoes are recommended. \$20 supply fee due to instructor at the start of class. 2 sessions, one weekend (10:30-4 Saturday and 12-4:30 Sunday). Instructor: Sarah Ann Austin

Sertoma Arts Center - Fee: \$121

Aug 2-Aug 3 Sa&Su 12:00-4:30pm

Photography - The Art of Capturing Shadows: Cyanotype Photography

Age: 10-99 yrs. Learn to expose your favorite plant silhouette onto cotton fabrics. This class will teach you the basics in coating fabric, drying it, exposing, rinsing, and washing. When it come to coating cyanotype on fabric there are different nuances that are inherently different to your typical paper coating process. We will experiment with a few basic tried and true techniques and show you how to accomplish the deepest Prussian blues. The fabric artworks, once dry, can be used in a variety of projects such as: quilt squares, patches, garment making, wall hangings, and much more. Students will provide \$20 to instructor for fabric supplied. All Levels. 1 Session. Instructor: Sarah Ann Austin

Sertoma Arts Center - Fee: \$119

Jun 28 Sa 11:00am-4:00pm

Poetry in Nature

Age: 12-99 yrs. Nature has always inspired art, poetry, and songs. The aim of this program is to get inspired, and to write our own poetry! We'll use prompts to get our creative juices flowing, 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.

Durant Nature Preserve - Fee: \$5

Aug 27 W 6:00-7:00pm

Pottery - Beginning Glaze

Age: 16-99 yrs. Feeling intimidated by glaze? Feeling like your glazing is not reliable? Running into the same few problems every time you glaze? Need a refresh on how to glaze and a boost in glazing confidence? Take this multi-week intensive to push through the stress of glazing and start exploring the fun! We will be focusing on best glazing practices, ways to improve your glazing skills, and a few ways to avoid or correct many common glaze issues. Students should have 5-10 pieces bisque fired before the class begins. Prerequisite: Beginning pottery course at Pullen or Sertoma Arts Center. Students will be expected to bring 5-10 bisque fired pieces to the first day of class. 5 sessions. Instructor: Ashley Bonner

Pullen Arts Center - Fee: \$120

Jun 1-Jun 29 Su 1:00-4:00pm

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Pottery - Beginning Handbuilding

Age: 16-99 yrs. Expand your possibilities with clay! If you can imagine it, you can build it with clay. In this class, students will learn the basics of handbuilding with clay. Course will include an introduction to the slab roller, extruder, and other handbuilding tools. Students purchase clay and tools from Pullen Arts Center. 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. 7 sessions.

Pullen Arts Center - Fee: \$141

Instructor: Laura Casas

May 6-Jun 17 Tu 9:30-11:00am

Instructor: Michelle Miolla

May 14-Jun 25 W 7:00-9:30pm

Jul 8-Aug 19 Tu 6:00-8:30pm

Jul 9-Aug 20 W 6:00-8:30pm

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. 7 sessions.

Pullen Arts Center - Fee: \$141

Instructor: Doug DeBastiani

May 6-Jun 17 Tu 4:00-6:30pm

Instructor: Staff

May 6-Jun 17 Tu 9:30am-12:00pm

May 7-Jun 18 W 4:00-6:30pm

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

Instructor: Emily Malpass

May 1-Jun 26 Th 10:00am-12:30pm

Instructor: Staff

Jul 2-Aug 13 W 4:00-6:30pm

Instructor: Staff

Jul 2-Aug 13 W 7:00-9:30pm

Instructor: Doug DeBastian

Jul 1-Aug 12 Tu 7:00-9:30pm

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

Pottery - Clay in the Garden

Age: 16-99 yrs. Learn to create beautiful and functional items for your garden out of clay! This wheel throwing class will engage students in a range of projects, including birdhouses, birdbaths, frog houses, fairy houses, garden markers and totems. Students should have basic wheel throwing skills. Clay and select tools can be purchased at Pullen Arts Center. 6 sessions. Instructor: Sherry Nicholson

Pullen Arts Center - Fee: \$140

Jun 14-Jul 19 Sa 10:00am-1:00pm

Pottery - Coil Building with Clay

Age: 16-99 yrs. Students will learn how to use coils to build various functional pieces such as mugs, cups, bowls and vases. We will be focusing on blending the coils together as opposed to having them exposed, using the coils more as a tool to build each piece. We will be creating our coils by hand and not with extruders. 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). 7 sessions. Instructor: Michelle Miolla

Pullen Arts Center - Fee: \$140

May 13-Jun 24 Tu 6:00-8:30pm

Pottery - Colored Clay: Basics & Beyond with Chris Campbell

Age: 16-99 yrs. Do you think colored clay is too difficult, too expensive or too limiting? Join me for this exciting workshop where you can explore the possibilities of using color in your pottery work. While basic hand building skills are needed, you do not have to have experience with coloring clay. I encourage collaboration so you can share and learn new techniques. Supplies will be available for purchase onsite. Chris Campbell is a North Carolina potter who has been creating Nerikomi porcelain Artwork since 1991. She is known for her inventive use of brilliant colors and her unique bold designs. She has taught Nerikomi skills in her Workshops across the USA and Canada. She has written many articles on this subject and her pieces have been included in many show and collections.

Pullen Arts Center - Fee: \$825

Aug 25-Aug 29 M-F 9:00am-5:00pm

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 - Fee: \$140

Instructor: Michelle Miolla

May 14-Jun 25 W 4:00-6:30pm

Instructor: Laura Casas

May 6-Jun 17 Tu 12:00-2:30pm

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 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. 7 sessions.

Instructor Doug DeBastiani

Pullen Arts Center - Fee: \$141

May 6-Jun 17 Tu 7:00-9:30pm

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

Jul 1-Aug 12 Tu 4:00-6:30pm

Pottery - Enhanced Techniques for Pottery

Age: 16-99 yrs. This 4-week hands on pottery class with explore throwing different forms, altering and finishing/ decorating techniques. We will focus on throwing larger and more complex forms and enhancing throwing and decoration skills. Students should have prior throwing experience and should be able to easily throw cylinders and bowl shape forms. This workshop does not qualify you for a studio card. 4 sessions. Instructor: Gary Fuquay

Sertoma Arts Center - Fee: \$81

May 6-May 27 Tu 7:00-9:30pm

Pottery - For the Garden

Age: 16-99 yrs. Make a few fun hand-built projects for your outdoor space. From charming planters to enchanting lanterns and small whimsical sculptures, you'll learn various handbuilding techniques to bring your imagination to life. Prerequisite: Students must have prior handbuilding experience (whether at Pullen Arts Center or elsewhere). 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. 5 sessions. Instructor: Patty Merrell.

Pullen Arts Center - Fee: \$100
May 5-Jun 9 M 1:00-3:30pm

Pottery - Garden Party: Planters & Herb Markers

Age: 16-99 yrs. This class will cover basic handbuilding skills to help you create unique items for your garden. The first day will be a demonstration on planters and herb markers. The second day we will glaze your items so they can be weather ready. Basic handbuilding and slab tools will be available for use in the classroom and clay can be purchased at Pullen Arts Center. 2 sessions. Instructor: Laura Casas

Pullen Arts Center - Fee: \$60
Aug 9-Aug 16 Sa 10:00am-2:00pm

Pottery - Gestural Handbuilding

Age: 16-99 yrs. In this four-week class, experienced handbuilders will learn to add gesture and motion to their forms. Gestural can be defined as using motion to express an idea or emotion, and in this class, students will use slabs and other types of handbuilding processes to create forms that are dynamic and built to express, much in the same way a dancer uses their body to express. Extra focus on creating volumes and terminations that create motion will be demonstrated and played with as students push their creative boundaries. This class does not qualify for studio membership. 4 Sessions. Instructor: Dr. Timothy Cherry

Sertoma Arts Center - Fee: \$73
Jul 23-Aug 13 W 9:30-11:45am

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 \$25 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. No Class: May 26

Sertoma Arts Center - Fee: \$73
May 5-Jun 2 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 - Fee: \$145
Jun 23-Aug 4 M 7:00-9:15pm

Pottery - Handbuilding: Houses and Fairy Houses

Age: 16-99 yrs. Expand basic handbuilding techniques to create fairy houses for your garden, ornaments, and larger houses for display and lanterns. Start with round mushroom fairy houses then expand to rectangular roofed houses, including steps, window frames and chimneys. Methods such as forming cylinders and stiff slab construction will provide the means to create houses of your own styles and interest. Precise brushed-on glazing techniques will be demonstrated. Prerequisite: Beginner Handbuilding at Sertoma or Pullen Arts Center. This course does not qualify students for a studio card. 4 Sessions. Instructor: Ann Haigler

Sertoma Arts Center - Fee: \$73
Jun 23-Jul 14 M 1:00-3:15pm

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 - Fee: \$127
Instructor: Dr. Tim Cherry
May 5-Jun 23 M 9:30-11:45am
Instructor: Steve Karloski
May 14-Jun 25 W 7:00-9:15pm
Instructor: Patty Merrell
Jul 10-Aug 21 Th 1:00-3:15pm

Pottery - Handbuilding: Coiling and Pinching

Age: 16-99 yrs. Join Dr. 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 class does not qualify one for a studio card. 7 sessions. Instructor: Tim Cherry
Sertoma Arts Center - Fee: \$145
May 14-Jun 25 W 9:30-11:45am

Pottery - Handbuilding: Continuing

Age: 16-99 yrs. Through a combination of demonstrations and individual work time, students will further develop their hand building skills while making distinctive pieces, including planters, unique boxes and tile. A variety of construction techniques will include soft slabs, stiff slabs and coils. Students will learn to add flair and professionalism to their pieces by adding finishing touches such as feet and handles. This class will help individuals develop and express their own unique style through clay. Students are encouraged to practice between class sessions and will have free access to Sertoma's well-equipped studio. 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 - Fee: \$126
Instructor: Dr. Tim Cherry
Jul 14-Aug 25 M 9:30-11:45am
Instructor: Steve Karloski
Jul 16-Aug 27 W 7:00-9:15pm

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Pottery - More Majolica

Age: 16-99 yrs. This class is designed for potters who have taken the Introduction to Majolica class at Sertoma who want to expand or reinforce their skills. We will start with a general review of products, brushes and brush strokes and move onto an assortment of exercises and projects to encourage the creation of new and exciting decorated pottery. Each student will work at their own pace and can pick and choose between the variety of techniques we cover to complete individual projects. This class does not qualify for a studio card. Open to qualified Sertoma Arts Center – Fee: \$5 potters and qualified Pullen Arts Center potters. Students must be able to throw or hand build forms for decorating. Students pay glaze and color fee of \$45 at the first class to the instructor. Registrants will be emailed information on clay to purchase, pieces to make, tools and brushes shortly after registration. Register early so you will have time to make pieces and have them fired before class. 4 sessions. Instructor: Randy Hinson. No Class: May 26
Sertoma Arts Center – Fee: \$81
 May 5-Jun 2 M 9:30am-12:00pm

Pottery - Pottery Parliament

Age: 16-99 yrs. Did you know a group of owls is called a 'parliament?' They make the perfect quirky handbuilt garden ornaments to nestle among your spring flowers, or give as a unique gift! Come make a collection of owl sculptures using simple handbuilding techniques (pinching, joining, altering, and adding texture) and you'll apply bright, colorful stroke-and-coat glazes directly to your pieces before firing. All levels welcome, no experience needed, and all materials provided. Pieces will be fired for pickup 2-3 weeks after the second class. 2 sessions. Instructor: Emily Malpass
Pullen Arts Center – Fee: \$40
 May 7-May 14 W 10:00am-12:00pm

Pottery - Special Assistance Needed

Age: 16-99 yrs. For students who are struggling with wheel throwing. Just can't figure out how to center? Not having success with certain forms? Always getting S-cracks? For students who are trying hard but not finding the groove you hope to find, special attention for your specific problems. This class is targeted to beginner level students who have already completed beginning wheel. Small class size (max of 8 students) allows for lots of individual attention. Bring your leftover clay from

your Beginning Wheel class at Pullen or, if you're coming from a beginning class elsewhere, be prepared to purchase clay onsite. 4 sessions. Instructor: Lauren Wellborn.

Pullen Arts Center – Fee: \$92

May 1-May 22 Th 6:00-8:30pm

Pottery - Wheel Throwing Office Hours

Age: 16-99 yrs. Do you have one specific problem you need help with on the wheel or related to your wheel-thrown pots? Trouble trimming? Trouble centering? Not able to pull the walls up into a cylinder shape, or not able to pull them out into a bowl shape? Struggling with handles? Come to office hours and get one-on-one instruction to help resolve your issue. Plan to stay for the full duration of class and come prepared to discuss your challenge with whatever pots you need help with already on hand. The instructor will spend approximately 10 minutes with each person in class and will offer a class-wide throwing demo if appropriate based on the needs of the group. More information about what to bring with you prints on receipt. 1 session. Instructor: Lauren Wellborn

Pullen Arts Center – Fee: \$30

May 3	Sa	10:00am-1:00pm
May 10	Sa	10:00am-1:00pm
Jul 13	Su	10:00am-1:00pm
Jul 20	Su	10:00am-1:00pm



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 - Fee: \$127

May 12-Jun 30	M	4:00-6:15pm
May 14-Jun 25	W	9:30-11:45am
May 21-Jul 2	W	7:00-9:15pm
Jul 14-Aug 25	M	9:30-11:45am
Jul 16-Aug 27	W	4:00-6:15pm

Pottery - Wheel Throwing: Continuing

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

Sertoma Arts Center - Fee: \$126

May 14-Jun 25	W	4:00-6:15pm
May 19-Jul 7	M	9:30-11:45am
Jul 14-Aug 25	M	4:00-6:15pm
Jul 16-Aug 27	W	7:00-9:15pm

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 - Fee: \$121
Aug 23-Aug 24 Sa&Su 12:00-4:00pm

Printmaking - Block Printing Explorations

Age: 16-99 yrs. Not all blocks are equal; different people enjoy different textures and a different firmness to their printing block. But with all the options out there, how do you know where to start? In this class we will explore a variety of different blocks to carve designs into, see how they print, and discuss the pros and cons of each one, how different materials lend themselves to different techniques and linework, and how that can affect the images you choose to print. This class is beginner friendly, but also suitable for more experienced printmakers who are used to only one kind of block and want to try something new! Supply list prints on receipt. This class qualifies students for a Print Studio membership. 6 sessions. Instructor: Jocelyn Steslicke.

Pullen Arts Center - Fee: \$162

May 1-Jun 5	Th	6:00-9:00pm
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Printmaking - Learn to Screen Print

Age: 16-99 yrs. Learn how to screen print! This class will cover the entire screen printing process; from selecting imagery and preparing screens, to registration and printing, to reclaiming your screens so you can start fresh for your next screen print idea. Once you learn the process you will be able to print on paper and fabric! All skill levels are welcome. The supply list prints on receipt. This class qualifies students for a Print Studio membership. 6 sessions. Instructor: Jocelyn Steslicke

Pullen Arts Center - Fee: \$136

Jul 3-Aug 7	Th	6:00-8:30pm
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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! \$5 fee to instructor (fee covers all fabrics that we print on as well as printing block). Additional supplies can be purchased day of at the Pullen Arts Center. Beginner and experienced students welcome. 2 sessions. Instructor: Jocelyn Steslicke.
Pullen Arts Center - Fee: \$45
Jun 22-Jun 29 Su 2:30-4:00pm

Sertoma Pottery Studio Orientation

Age: 16-99 yrs. Sertoma Arts Center - Fee: \$5 Pottery Studio Orientation is for qualified Pullen or Sertoma Arts Center - Fee: \$5 potters who wish to use Sertoma's Pottery Studio. Once you register, Sertoma Arts Center - Fee: \$5 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 - Fee: \$30

May 12	M	1:00-2:00pm
Jun 10	Tu	6:00-7:00pm
Aug 12	Tu	6:00-7:00pm
Jul 14	M	1:00-2:00pm

Traditional Craft - Appalachian Turkey Wing Broom

Age: 12-99 yrs. Hand Broom making is a traditional craft for beginners. Come learn to design and make functional and sculptural brooms! Students will learn how to tie classical handbrooms including the turkey wing. These traditional whisk brooms are an excellent introduction to the craft as well as the perfect jumping off point for a deeper dive. We will cover materials choices & sourcing, and broom construction. Whether you are just starting out or looking for a new way to apply a lifetime of craft experience, broom making is an exciting and accessible traditional craft. \$10 fee will be due at the beginning of class. 1 Session. Instructor: Sarah Ann Austin

Sertoma Arts Center - Fee: \$51

Jun 24	Tu	6:30-8:30pm
Jul 13	Su	1:00-3:00pm

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Senior

Crafts

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

Five Points Center - Fee: \$0

May 1-Aug 28 M-Th 9:30am-12:00pm

Drum It Up

Age: 18-99 yrs. Join this class to experience first-hand 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 a Djembe African hand drum to work on independence, coordination, basic rhythm patterns, ensemble performance and solo improvisation. Each class will focus on four elements of drumming: Hand exercises, beat patterns with drum tones, ensemble participation and a goal to complete an extended group composition. As a bonus for at home practice, a play along video will be provided! If you want to drum, let's get started! Class limited to 10 participants. Level I Intro/ Beginner: No prior musical experience is required. Level II Intermediate: Requires completion of at least one Level I Beginner class or instructor approval for previous drumming experience. This class continues the excitement and techniques of the beginner level and will focus on intermediate/advanced development of hand drumming and the use of sticks. Level III Advanced: Requires completion of Level II Intermediate: Continues with advanced rhythms, beats, utilization of bass drum patterns, improvisation and more. Instructor: Robert Jackson

Five Points Center - Fee: \$60

Jun 4-Jul 23 W 9:15-10:15am

Jun 4-Jul 23 W 10:30-11:30am

Anne Gordon Center

Jun 6-Aug 1 F 9:15-10:15am

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 - Fee: \$0

May 1-Aug 28 Th 2:00-4:00pm

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. NO MEETING 1/20

Five Points Center - Fee: \$0

May 5-Aug 25 M 3:00-4:45pm

Family

Dance - Medieval Dance

Age: 10-99 yrs. Oyez, oyez, oyez! One and All, bring your happy feet and join us for medieval dancing. No experience necessary. If you can tell left from right and count to four, that's all you need! This program meets every-other Tuesday. Instructors: Larkke and Michael Flood

Sertoma Arts Center - Fee: \$0

May 13-Aug 19 Tu 6:00-7:00pm

Holiday Crafts at the Creek

Age: 6-99 yrs. Are you looking for some family holiday fun? Unplug, unwind, and spend quality time together, creating a holiday craft to make and take home! Each month a craft will be created reflecting the holiday or season of that month.

Brier Creek Community Center - Fee: \$5

Flowers for my Mother!

May 10 Sa 9:30-11:00am

Best Dad Ever!

Jun 14 Sa 9:30-11:00am

Burstin' with Flames!

Jul 12 Sa 9:30-11:00am

2 Cool 4 School!

Aug 9 Sa 9:30-11:00am

Powell Park Pizzaz

Age: 12-99 yrs. One man's trash is another man's crafting supplies! Join us for upcycling the disposable into treasures. Bottles to birdhouses, K-cup crafts, and T-shirts to bags. This group will meet for 3 sessions. First turning those old water, coffee, and juice bottles into cute birdhouses and feeders, Second session is K-Cup crafts, and Third session is turning old t-shirts into shopping bags.

Powell Drive Neighborhood Center - Fee: \$35

May 6-May 20 Tu 6:30-8:00pm



Athletic Instruction

Athletic Instruction



Preschool

Green Road Little Ballers

Age: 3-5 yrs. Come out to Green Road to learn some fundamental drills and skills for ages 3-5 years old. Each registration includes a 4 week session with a trained instructor leading various activities. Come play with us!

Green Road Community Center - Fee: \$27
May 5-May 19 M 6:30-7:15pm

Mini Mite Tennis

Age: 3.99-13 yrs. This is a great opportunity to introduce your child to tennis. Preschoolers will learn hand-eye coordination and balancing skills. Enjoy social time with peers.

Worthdale Community Center - Fee: \$0

May 6-May 27	Tu	10:00-11:00am
Jun 3-Jun 24	Tu	10:00-11:00am
Jul 1-Jul 29	Tu	10:00-11:00am
Aug 5-Aug 26	Tu	10:00-11:00am

Mini Mite Tennis II

Age: 3.99-12 yrs. This is a great opportunity to introduce your child to tennis. Preschoolers will learn hand-eye coordination and balancing skills. Enjoy social time with peers.

Worthdale Community Center - Fee: \$20

May 7-May 28	W	10:00-11:00am
Jun 4-Jun 25	W	10:00-11:00am
Jul 2-Jul 30	W	10:00-11:00am
Aug 6-Aug 27	W	10:00-11:00am

Youth

All Sports All Stars

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

Jaycee Community Center - Fee: \$50
May 6-May 27 Tu 11:00-11:45am

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 - Fee: \$41
May 1-May 22 Th 6:30-7:30pm
Jun 5-Jul 3 Th 6:30-7:30pm
Jul 10-Jul 31 Th 6:30-7:30pm
Aug 7-Aug 28 Th 6:30-7:30pm

Basketball Skills Development

Age: 6-8 yrs. This fun and beginners instructional class is designed for players interested in learning the fundamentals of basketball. Skills will be concentrated on basic ball handling, passing, and shooting fundamentals. We will also teach basic defensive stance and body movement.

Ages 6-8 years old.
Green Road Community Center - Fee: \$95
May 3-Aug 30 Sa 11:00am-12:00pm
May 3-Aug 30 Sa 12:30-1:30pm

Basketball Skills Training

Age: 12-19 yrs.
Biltmore Hills Community Center - Fee: \$0
Jun 20-Sep 22 M,W,F 5:00-6:30pm

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 - Fee: \$41
May 1-May 22 Th 7:30-8:30pm
Jun 5-Jul 3 Th 7:30-8:30pm
Jul 10-Jul 31 Th 7:30-8:30pm
Aug 7-Aug 28 Th 7:30-8:30pm

First Tee - Golf

Age: 7-12 yrs. First Tee is a youth development organization that enables kids to build strength of character that empowers them through a lifetime of new challenges. By seamlessly integrating the game of golf with a life skills curriculum, we create active learning experiences that build inner strength, self-confidence, and resilience that kids can carry to everything they do. This program is instructed by First Tee Golf Instructors. The first three weeks will take place at Brier Creek Park Field #2 and the last three weeks at First Tee of the Triangle Golf Facility (12201 Leesville Rd.)

Brier Creek Community Center - Fee: \$20
 May 13-Jun 17 Tu 4:30-5:30pm
 Jun 24-Jul 29 Tu 4:30-5:30pm
 Aug 5-Sep 9 Tu 4:30-5:30pm

Soccer Kickers at Brier Creek

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

Brier Creek Community Center - Fee: \$41
Ages 5-8

May 1-May 22 Th 4:30-5:15pm
 Jun 5-Jun 26 Th 4:30-5:15pm
 Jul 3-Jul 24 Th 4:30-5:15pm
 Aug 7-Aug 28 Th 4:30-5:15pm

Ages 9-12

May 1-May 22 Th 5:15-6:00pm
 Jun 5-Jun 26 Th 5:15-6:00pm
 Jul 3-Jul 24 Th 5:15-6:00pm
 Aug 7-Aug 28 Th 5:15-6:00pm

Spike Starters Volleyball

Age: 8-14 yrs. Are you eager to dive into the world of volleyball? Our Beginners Volleyball Class is the perfect starting point for individuals looking to learn the fundamentals of this exciting team sport. In this class, you will be introduced to the basic techniques of serving, passing, setting, and hitting, as well as gaining an understanding of the rules and strategies that drive the game. Whether you're new to the sport or simply want to refresh your skills, our experienced instructors will provide a supportive and encouraging environment that fosters growth and confidence.

Worthdale Community Center - Fee: \$40
 May 5-May 26 M 6:15-7:15pm
 Jun 2-Jun 30 M 6:15-7:15pm
 Jul 7-Jul 28 M 6:15-7:15pm
 Aug 4-Aug 25 M 6:15-7:15pm

Tennis Jr. Level 1.

No experience needed for this class. Players will work on building rallying skills, learning basic strokes, scorekeeping, and the rules of tennis. Please bring light, loose-fitting clothes, nonmarking sneakers and a racquet. Racquets will be available to borrow if needed. Class length is seven weeks, including one bonus week. If there is more than one week of rainouts, classes can be made up during other class times by emailing david.bell@raleighnc.gov.

Millbrook Exchange Tennis Center

Age 6-8

May 5-Jun 18 M&W 5:00-6:00pm Fee: \$133
 May 6-Jun 19 Tu&Th 5:00-6:00pm Fee: \$133
 May 10-Jun 21 Sa 11:00am-12:00pm Fee: \$73
 Jul 7-Aug 20 M&W 5:00-6:00pm Fee: \$133
 Jul 8-Aug 21 Tu&Th 5:00-6:00pm Fee: \$133
 Jul 12-Aug 23 Sa 11:00am-12:00pm Fee: \$73

Age 8-10

May 5-Jun 18 M&W 4:00-5:00pm Fee: \$133
 May 5-Jun 18 M&W 5:00-6:00pm Fee: \$133
 May 6-Jun 19 Tu&Th 5:00-6:00pm Fee: \$133
 May 10-Jun 21 Sa 9:00-10:00am Fee: \$73
 May 10-Jun 21 Sa 10:00-11:00am Fee: \$73
 May 10-Jun 21 Sa 11:00am-12:00pm Fee: \$73
 Jul 7-Aug 20 M&W 5:00-6:00pm Fee: \$133
 Jul 8-Aug 21 Tu&Th 5:00-6:00pm Fee: \$133
 Jul 12-Aug 23 Sa 9:00-10:00am Fee: \$73
 Jul 12-Aug 23 Sa 10:00-11:00am Fee: \$73
 Jul 12-Aug 23 Sa 11:00am-12:00pm Fee: \$73

Age 10-18

May 6-Jun 19 Tu&Th 4:00-5:00pm Fee: \$133
 May 10-Jun 21 Sa 10:00-11:00am Fee: \$73
 Jul 7-Aug 20 M&W 4:00-5:00pm Fee: \$133
 Jul 8-Aug 21 Tu&Th 4:00-5:00pm Fee: \$133
 Jul 12-Aug 23 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 5-Jun 18 M&W 5:00-6:00pm Fee: \$133
 Jul 7-Aug 20 M&W 5:00-6:00pm Fee: \$133

Age 10-18

May 5-Jun 18 M&W 4:00-5:00pm Fee: \$133
 May 6-Jun 19 Tu&Th 4:00-5:00pm Fee: \$133
 May 10-Jun 21 Sa 9:00-10:00am Fee: \$73
 Jul 7-Aug 20 M&W 4:00-5:00pm Fee: \$133
 Jul 8-Aug 21 Tu&Th 4:00-5:00pm Fee: \$133
 Jul 12-Aug 23 Sa 9:00-10:00am Fee: \$73

Tennis Summer Morning MiniCamp

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 - Fee: \$133

Age 8-10

Jun 16-Jun 20 M-F 9:00am-12:00pm
 Jun 23-Jun 27 M-F 9:00am-12:00pm
 Jul 7-Jul 11 M-F 9:00am-12:00pm
 Jul 14-Jul 18 M-F 9:00am-12:00pm
 Jul 21-Jul 25 M-F 9:00am-12:00pm
 Jul 28-Aug 1 M-F 9:00am-12:00pm
 Aug 4-Aug 8 M-F 9:00am-12:00pm
 Aug 11-Aug 15 M-F 9:00am-12:00pm

Age 10-18

Jun 16-Jun 20 M-F 9:00am-12:00pm
 Jun 23-Jun 27 M-F 9:00am-12:00pm
 Jul 7-Jul 11 M-F 9:00am-12:00pm
 Jul 14-Jul 18 M-F 9:00am-12:00pm
 Jul 21-Jul 25 M-F 9:00am-12:00pm
 Jul 28-Aug 1 M-F 9:00am-12:00pm
 Aug 4-Aug 8 M-F 9:00am-12:00pm
 Aug 11-Aug 15 M-F 9:00am-12:00pm

Volleyball Skills Program

Age: 10-14 yrs. This Confidently Fit Volleyball Skills program is geared towards providing a safe environment where young athletes can develop their skills in volleyball! We will also work on the importance of sportsmanship and how to behave in a team environment. The goal of this program is to prepare our athletes to compete at the highest level all while making it affordable and creating the best experience for our participants.

Biltmore Hills Community Center - Fee: \$225

Jul 7-Nov 19 M&W 7:30-8:45pm

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Youth Basketball Training

Age: 8-12 yrs. The objective of this program is to provide basketball players aged 8-12 with an in-depth system for skill acquisition and skill development. By emphasizing deliberate practice and game-specific movements, this program will teach players how to prepare their bodies for the sport's athletic demands, develop confidence and on court IQ that translates to the game, use their training to access their on-court creativity, and to develop unique and healthy perspectives on the game.

Lake Lynn Community Center

May 5-May 26	M	6:00-7:00pm	Fee: \$20
May 3-May 31	Sa	9:45-10:30am	Fee: \$22.50
Jun 2-Jun 30	M	6:00-7:00pm	Fee: \$40
Jun 7-Jun 28	Sa	9:45-10:30am	Fee: \$22.50
Jul 7-Jul 28	M	6:00-7:00pm	Fee: \$30
Jul 5-Jul 26	Sa	9:45-10:30am	Fee: \$22.50
Aug 4-Aug 25	M	6:00-7:00pm	Fee: \$30
Aug 9-Aug 30	Sa	9:45-10:30am	Fee: \$22.50

Teen

Teen Basketball Training

Age: 13-17 yrs. The objective of this program is to provide basketball players aged 13-17 with an in-depth system for skill acquisition and skill development. By emphasizing deliberate practice and game-specific movements, this program will teach players how to prepare their bodies for the sport's athletic demands, develop confidence and on court IQ that translates to the game, use their training to access their on-court creativity, and to develop unique and healthy perspectives on the game.

Lake Lynn Community Center

May 3-May 31	Sa	10:45-11:45am	Fee: \$30
May 5-May 26	M	7:15-8:15pm	Fee: \$20
Jun 7-Jun 28	Sa	10:45-11:45am	Fee: \$30
Jun 2-Jun 30	M	7:15-8:15pm	Fee: \$40
Jul 5-Jul 26	Sa	10:45-11:45am	Fee: \$30
Jul 7-Jul 28	M	7:15-8:15pm	Fee: \$30
Aug 9-Aug 30	Sa	10:45-11:45am	Fee: \$30
Aug 4-Aug 25	M	7:15-8:15pm	Fee: \$30

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

May 6-Jun 19	Tu&Th	6:00-7:00pm	Fee: \$133
May 6-Jun 19	Tu&Th	7:00-8:00pm	Fee: \$133
Jul 8-Aug 21	Tu&Th	6:00-7:00pm	Fee: \$133
Jul 8-Aug 21	Tu&Th	7:00-8:00pm	Fee: \$133

Millbrook Exchange Tennis Center

May 5-Jun 18	M&W	6:00-7:00pm	Fee: \$133
May 6-Jun 19	Tu&Th	6:00-7:00pm	Fee: \$133
Jul 7-Aug 20	M&W	6:00-7:00pm	Fee: \$133
Jul 8-Aug 21	Tu&Th	6:00-7:00pm	Fee: \$133

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

May 9-Jun 20	F	9:00-10:00am	Fee: \$73
May 9-Jun 20	F	10:00-11:00am	Fee: \$73
Jul 11-Aug 22	F	9:00-10:00am	Fee: \$73
Jul 11-Aug 22	F	10:00-11:00am	Fee: \$73

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. Fee: \$25

Women's 3.0 Doubles

May 19-Jul 27

Women's 3.5 Doubles

May 19-Jul 27

Men's 3.0/3.5 Doubles

May 19-Jul 27



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 5-Jun 18	M&W	6:00-7:00pm	Fee: \$133
May 6-Jun 19	Tu&Th	6:00-7:00pm	Fee: \$133
May 6-Jun 19	Tu&Th	7:00-8:00pm	Fee: \$133
May 10-Jun 21	Sa	12:00-1:00pm	Fee: \$73
May 5-Jun 18	M&W	7:00-8:00pm	Fee: \$133
Jul 7-Aug 20	M&W	6:00-7:00pm	Fee: \$133
Jul 8-Aug 21	Tu&Th	6:00-7:00pm	Fee: \$133
Jul 8-Aug 21	Tu&Th	7:00-8:00pm	Fee: \$133
Jul 12-Aug 23	Sa	12:00-1:00pm	Fee: \$73
Jul 7-Aug 20	M&W	7:00-8:00pm	Fee: \$133
May 5-Jun 18	M&W	10:00-11:00am	Fee: \$133
May 6-Jun 19	Tu&Th	11:00am-12:00pm	Fee: \$133
Jul 7-Aug 20	M&W	10:00-11:00am	Fee: \$133
Jul 8-Aug 21	Tu&Th	11:00am-12:00pm	Fee: \$133
May 10-Jun 21	Sa	9:00-10:00am	Fee: \$73
Jul 12-Aug 23	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, backhand, serve and overhead and good volley technique while playing points. To pass, players must successfully use these 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 5-Jun 18	M&W	11:00am-12:00pm	Fee: \$133
May 5-Jun 18	M&W	7:00-8:00pm	Fee: \$133
May 6-Jun 19	Tu&Th	10:00-11:00am	Fee: \$133
Jul 7-Aug 20	M&W	11:00am-12:00pm	Fee: \$133
Jul 7-Aug 20	M&W	7:00-8:00pm	Fee: \$133
Jul 8-Aug 21	Tu&Th	10:00-11:00am	Fee: \$133
May 6-Jun 19	Tu&Th	6:00-7:00pm	Fee: \$133
Jul 8-Aug 21	Tu&Th	6:00-7:00pm	Fee: \$133
May 10-Jun 21	Sa	10:00-11:00am	Fee: \$73
May 10-Jun 21	Sa	11:00am-12:00pm	Fee: \$73
Jul 12-Aug 23	Sa	10:00-11:00am	Fee: \$73
Jul 12-Aug 23	Sa	11:00am-12:00pm	Fee: \$73

Tennis Adult Singles Ladder

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

Millbrook Exchange Tennis Center - Fee: \$25**Women's 2.5**

May 19-Jul 27

Women's 3.0

May 19-Jul 27

Women's 3.5

May 19-Jul 27

Men's 2.5

May 19-Jul 27

Men's 3.0

May 19-Jul 27

Men's 3.5

May 19-Jul 27

Men's 4.0

May 19-Jul 27

Men's 4.5

May 19-Jul 27

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 - Fee: \$45**All levels**

Jun 2-Jul 28 M 7:00-9:00pm

Jun 4-Jul 30 W 9:30-11:30am

Coed 2.0/2.5

Jun 5-Jul 31 Th 7:00-9:00pm

Tennis Senior Drop In

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

Millbrook Exchange Tennis Center - Fee: \$10

May 1-Aug 28 M & Th 9:00am-12:00pm



Athletics Open Play

Adult Open Play Pass

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

Indoor Pickleball Open Play Pass

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

- Brier Creek Community Center
- Green Road Community Center
- John Chavis Community Center
- Lake Lynn Community Center
- Laurel Hills Community Center
- Lions Park Community Center
- Method Road Community Center
- Millbrook Exchange Community Center
- Optimist Community Center
- Tarboro Road Community Center
- Worthdale Community Center

Men's Cross Court Basketball

Worthdale Community Center - Fee: \$5

Jun 2-Jun 30	M	6:00-8:30pm
Jul 7-Jul 28	M	6:00-8:30pm
Aug 4-Aug 25	M	6:00-8:30pm

Youth Open Play Pass

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



Athletics Teams/Leagues

Athletics Programs

athletics@raleighnc.gov
919-996-6836

Athletic Program Director

Ryan Ryba
ryan.ryba@raleighnc.gov

Athletic Program Managers

Zeb Alford
zebulon.alford@raleighnc.gov

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

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

Youth

Fall Youth NFL Flag Ages 11-13 (COED)

Age: 11-13 yrs. The Athletics Division, is offering youth flag football for ages 11-13. Open registration is July 1-14. Registration may be left open pending number of available spots. League age as of date is August 31, 2025. Fee is \$51 for Raleigh residents and \$66 for non-Raleigh residents. Practices will begin about August and can be anytime Monday-Friday, 6pm-8pm 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). Registration will be conducted at all local Raleigh Community Centers and online. For more information, please contact the Athletics Program at 919-996-6836 or email athletics@raleighnc.gov.

Baileywick Park
Lions Park Community Center

Fall Youth NFL Flag Ages 5-7 (COED)

Age: 5-7 yrs. The Athletics Division, is offering youth flag football for ages 5-7. Open registration is July 1-14. Registration may be left open pending number of available spots. League age as of date is August 31, 2025. Fee is \$51 for Raleigh residents and \$66 for non-Raleigh residents. Practices will begin about August and can be anytime Monday-Friday, 6pm-8pm 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). Registration will be conducted at all local Raleigh Community Centers and online. For more information, please contact the Athletics Program at 919-996-6836 or email athletics@raleighnc.gov.

Baileywick Park
Lions Park Community Center

Fall Youth NFL Flag Ages 8-10 (COED)

Age: 8-10 yrs. The Athletics Division, is offering youth flag football for ages 8-10. Open registration is July 1-14. Registration may be left open pending number of available spots. League age as of date is August 31, 2025. Fee is \$51 for Raleigh residents and \$66 for non-Raleigh residents. Practices will begin about August and can be anytime Monday-Friday, 6pm-8pm 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). Registration will be conducted at all local Raleigh Community Centers and online. For more information, please contact the Athletics Program at 919-996-6836 or email athletics@raleighnc.gov.

Baileywick Park
Lions Park Community Center

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Mini Softball

This league is for girls ages 7-9 years old who are looking to learn the basic fundamentals of the sport of softball as well as learn good sportsmanship. Registration is July 1-14, 2024 (or until filled). Players age will be determined with an age as of date by August 31, 2025. Practices and games will take place at Buffalo Road Athletic Park.

Buffalo Road Athletic Park - \$56 (Resident); \$71 (Non-Resident)
Aug 4-Nov 21

Youth Baseball – Bronco

Age 11-12 years. Baseball registration is July 1-14, 2025. 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 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, 2025.

Buffalo Road Athletic Park - Fee: \$64
Aug 4-Nov 21

Youth Baseball – Colt

Age 15-17 years. Baseball registration is July 1-14, 2025. 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 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, 2025.

Cedar Hills Park & Buffalo Road Athletic Park - Fee: \$64
Aug 4-Nov 21

Youth Baseball – Mustang

Age 9-10 years. Baseball registration is July 1-14, 2025. 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 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, 2025.

Lake Lynn Park, North Hills Park & Optimist Park - Fee: \$64
Aug 4-Nov 21

Youth Baseball – Pinto

Age 7-8 years. Baseball registration is July 1-14, 2025. 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, 2025.

Millbrook Exchange Community Center - Fee: \$64
Aug 4-Nov 21

Youth Baseball – Pony

Age 13-14 years. Baseball registration is July 1-14, 2025. 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 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, 2025.

Buffalo Road Athletic Park - Fee: \$64
Aug 4-Nov 21

Youth Baseball – TBall

Age 5-6 years. Baseball registration is July 1-14, 2025. 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, 2025.

Kiwanis Community Center - Fee: \$64
Aug 4-Nov 21

Youth Cheerleading

Age: 5-13 yrs. Youth Cheerleading registration is July 1-14 (or until filled). 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 31st of the current calendar year. The registration fee is \$51 for residents and \$66 for non-residents.

**Baileywick Park
Lions Park Community Center**

Youth Softball

Age: 13-17 yrs. Youth Girls Spring Softball registration is July 1-14th. The Girls Softball League is a way for youth to learn the fundamentals of softball and to teach positive sportsmanship. 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, 2025.

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 Softball

Age: 18-99 yrs. The Athletics Division will be holding registration for Adult Spring Softball from July 15-28th either online for participants ages 18 and up. Registration will be taken for Men's, Women's, Coed and Church Leagues. 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.

**Women's Open
Men's Open
Coed Open
Church Open**

Educational Programs



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 - Fee: \$181
May 2-May 21 M,W,F 9:15am-12:15pm

Youth

Learn to Ride

Age: 0-99 yrs. This event is held in partnership with Oaks and Spokes, a non-profit 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. We use the balance bike method. 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. All 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. Bring your own bike or we will have bikes for riders of all ages to use! Please arrive 15 minutes early for check in.

Lake Lynn Community Center

May 3 Sa 9:00-11:00am
May 10 Sa 9:00-11:00am

Sanderford Road Neighborhood Center

Jun 7 Sa 9:00-11:00am

Adult

Lunchbox Lectures

Feed your belly and your brain! Bring your lunch to the City of Raleigh Museum and listen to captivating lecture every third Thursday of the month. Lectures will run for 30 minutes and topics vary each month.

City of Raleigh Museum

May 15 Th 12:00-1:00pm
Jun 12 Th 12:00-1:00pm
Jul 17 Th 12:00-1:00pm
Aug 21 Th 12:00-1:00pm

Warm Season Lawn Care for Beginners

Age: 15-99 yrs. Discover how to achieve and maintain a healthy, beautiful lawn. Join us as we breakdown fertilizers, pre-emergents, mowing, pest control, and more! Identify your grass, understand how to address and prevent issues, and receive a helpful lawn maintenance calendar to stay on top of it. This class will focus on warm season lawns (Bermuda, Zoysia, Centipede, and St. Augustine) only.

Millbrook Exchange Community Center - Fee: \$10
May 7 W 6:15-8:00pm

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.

Five Points Center - Fee: \$12
May 13-May 20 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 - Fee: \$12

Jun 4-Jun 11	W	10:00-11:30am
Aug 11-Aug 18	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.

Anne Gordon Center - Fee: \$6

Jun 16	M	10:00am-12:00pm
May 5	M	10:00am-12:00pm

Five Points Center

Jul 3	Th	10:00am-12:00pm
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Boost Your Brain

Age: 18-111 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.

Anne Gordon Center

May 27	Tu	10:00am-12:00pm
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Five Points Center

Jun 11	W	2:00-3:00pm
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Caregiver Support Group

Age: 18-99 yrs. Are you the primary caregiver for an adult loved one, family member, or friend? Are you looking for support and ways to enhance your caregiving? Join others in a supportive

environment to manage the challenges of caregiving. It's always helpful to know you are not alone. This group meets monthly on 2nd Mondays. For more information, please contact the Regional Service Coordinator, Resources for Seniors, at 919-996-4738. Sponsored by Heartland Hospice and Resources for Seniors Inc.

Five Points Center

May 12-Aug 11	M	1:30-2:30pm
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CCRC: What are They?

Age: 18-111 yrs. This type of retirement living option is often misunderstood. Learn the facts about continuing care and life care options in our area. What is a continuing care or life care community? What do these communities have to offer? Can I afford to move to a CCRC or life care community?

Anne Gordon Center

Aug 12	Tu	10:00-11:30am
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Five Points Center

Aug 5	Tu	10:00-11:30am
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Computer Basics 1

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

Anne Gordon Center - Fee: \$12

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

May 13-May 20	Tu	10:00-11:30am
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Computer Basics 2

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

Anne Gordon Center - Fee: \$12

Aug 13-Aug 20	W	10:00-11:30am
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Five Points Center

Jun 3-Jun 10	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 - Fee: \$12

Jun 17-Jun 24	Tu	10:00-11:30am
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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 - Fee: \$12

Aug 12-Aug 19	Tu	10:00-11:30am
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Cutting the Cord: What does it mean and how does it work?

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

Anne Gordon Center - Fee: \$12

Jun 23-Jun 30	M	10:00-11:30am
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Five Points Center - Fee: \$12

Aug 12-Aug 19	Tu	2:00-3:30pm
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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
 Jun 9 M 10:00am-12:00pm Fee: \$6
Five Points Center
 Jul 1 Tu 2:00-4:00pm
 Aug 28 Th 10:00-11:30am

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
 May 20 Tu 10:00-11:30am
Five Points Center
 Jul 22 Tu 1:00-2:30pm

Finance: Why You Should Have a Trust

Age: 18-111 yrs. Trusts are not just for rich people! Should I have a trust? Who will be my Trustee? Presented by Huston Law Firm, PLLC and Carolina Estate Counsel.

Anne Gordon Center
 Jun 24 Tu 10:00-11:00am
Five Points Center
 Jun 17 Tu 2:00-3:30pm

Five Wishes

Age: 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
 Jun 17 Tu 10:30am-12:00pm
Five Points Center
 May 14 W 1:00-2:30pm

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 - Fee: \$12
 Jun 5-Jun 12 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 - Fee: \$12
 Aug 14-Aug 21 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 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 - Fee: \$6
 Jun 2 M 10:00am-12:00pm
 Aug 27 W 10:00am-12:00pm
Five Points Center - Fee: \$6
 May 6 Tu 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 - Fee: \$12
 May 14-May 21 W 10:00-11:30am



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 - Fee: \$6
 Aug 25 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 - Fee: \$12
 May 14-May 21 W 2:00-4:00pm

Home Modifications for Aging

Age: 18-111 yrs. Join us as we explore ways to enhance safety and comfort in your home. From simple modifications to implementing technology to structural changes, we'll discuss how to transform your home into a safe and enjoyable space that allows you to thrive at any stage of life. Presented by Pinnacle Group Construction.

Anne Gordon Center
 Jul 22 Tu 10:00-11:30am
Five Points Center
 May 8 Th 2:00-3:30pm

How do I get rid of all this stuff?

Age: yrs. Liquidating personal household items is not as easy and straightforward as it may sound. Finding out what will sell and for how much requires research and experience and that's only the beginning. Get your estate liquidation questions answered at our upcoming free seminar featuring industry experts who know the secrets to liquidating your excess 'stuff!'. Presented by Freda Hamlett, Milestone Moves.

Anne Gordon Center
 Jul 8 Tu 10:00-11:30am
Five Points Center
 Jul 1 Tu 10:00-11:30am

How to Pay for Assisted Living

Age: 18-111 yrs. Moving to an assisted living community is sometimes desirable and sometimes necessary. The question most people have is how they will pay

for it. Join us for a discussion related to financing options associated with assisted living costs such as: Medicaid and Medicare, Veteran Aid and Attendance, Long Term Care Insurance. Presented by Freda Hamlett, Milestone Moves.

Anne Gordon Center
 Jun 10 Tu 10:00-11:30am
Five Points Center
 Jun 3 Tu 10:00-11:30am

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 - Fee: \$6
 May 7 W 10:00am-12:00pm
Five Points Center - Fee: \$6
 Jun 10 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 - Fee: \$6
 May 19 M 10:00am-12:00pm
 Aug 27 W 2:00-4:00pm
Five Points Center - Fee: \$6
 Jun 26 Th 10:00am-12:00pm

iPad Basics 1

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

Five Points Center - Fee: \$12
 May 1-May 8 Th 10:00-11:30am

iPad Basics 2

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

Anne Gordon Center - Fee: \$12
 Jun 18-Jun 25 W 10:00-11:30am

iPad Basics 3

Age: 18-99 yrs. Prerequisite: 'iPad/iPhone Basics 1' or Intermediate user. Bring your iPad PLUS your Apple ID and password. Learn how you can control which applications can track you across other applications. Allow your iPhone to save your passwords and learn from Apple when your accounts are compromised. Don't want to be disturbed? We will show you how to create a custom Focus so that your iPad doesn't disturb you. Don't have a scanner at home? Learn how you can scan documents with your iPad. Learn ways to control how you interact with Siri. Plus many more tips and tricks. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

Anne Gordon Center - Fee: \$12
 Aug 13-Aug 20 W 2:00-3:30pm

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 - Fee: \$12
 May 15-May 22 Th 10:00-11:30am

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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 - Fee: \$12
Jun 4-Jun 11 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 - Fee: \$12
Jun 17-Jun 24 Tu & W 2:00-3:30pm

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

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

Anne Gordon Center
May 12 M 10:00am-12:00pm
Jul 2 W 10:00am-12:00pm

Legal: Important Documents Everyone Should Have

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

Anne Gordon Center
Aug 19 Tu 10:00-11:30am
Five Points Center
Aug 13 W 2:00-3:30pm

Microsoft Word Basics 1

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

Anne Gordon Center
Jul 2 W 2:00-4:00pm Fee: \$6
Five Points Center
May 6 Tu 10:00am-12:00pm Fee: \$6
Aug 26 Tu 2:00-4:00pm Fee: \$6

Parkinson's Disease Dialogue Group

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

Five Points Center
May 1-Aug 7 Th 1:30-3:00pm

Questions Across the Spectrum Discussion

Age: 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 13-Aug 26 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
Aug 26 Tu 10:00-11:00am Fee: \$0
Five Points Center
Jul 15 Tu 1:00-2:00pm Fee: \$0

SHIIP Counseling

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 and Medicare Part D prescription drug plans. Information provided on Medicare fraud and abuse and Medicare Savings Programs. Assistance with Extra Help applications also provided. Free. Call the center to schedule a 1:1 appointment with a SHIIP counselor.

Anne Gordon Center
May 5-Aug 28 M & Th 1:00-4:00pm
Five Points Center
May 5-Aug 18 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.

Anne Gordon Center

May 7 W 2:00-4:00pm

Five Points Center

Jul 1 Tu 10:00am-12:00pm

Aug 26 Tu 10:00am-12:00pm

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 - Fee: \$6

Jun 3 Tu 10:00am-12:00pm

Family

Family Fun Day

Age: yrs. Join the City of Raleigh Museum for a program that is both educational and entertaining for families. This program will run the second Saturday of each month, where you'll find a fresh theme that allows you to explore the museum in exciting and new ways. Don't miss out on this fantastic opportunity to bond with your family while learning something new each month!

City of Raleigh Museum

May 10 Sa 11:00am-2:00pm

Jun 14 Sa 11:00am-2:00pm

Aug 9 Sa 11:00am-2:00pm

Free Friday

Age: 5-99 yrs. Take a free tour of Mordecai Historic Park! Mordecai Historic Park will offer free tours throughout the day on this special Friday! Tours include the Mordecai House, Andrew Johnson's Birthplace, St. Mark's Chapel, and the Allen Kitchen. The first tour will begin at 10 a.m. and the last tour starts at 3 p.m. Tours start every 30 minutes and are limited to 20 people on a first-come, first-served basis. Online registration does NOT reserve a tour. Please check in with front desk upon arrival to choose your tour time.

Mordecai Historic Park

Aug 29 F 10:00am-3:00pm



Health & Wellness



Preschool

Gymnastics - Beginner Tumbling

Age: 4-6 yrs. Participants of all ages and abilities will learn basic gymnastics/tumbling skills, such as forward rolls, backward rolls, handstands, cartwheels and more. They will practice coordination, balance flexibility and strength exercises. This class is no longer just preschool.

Barwell Road Community Center - Fee: \$41
 May 6-May 27 Tu 5:00-5:45pm
 Jun 3-Jun 24 Tu 5:00-5:45pm
 Jul 1-Jul 22 Tu 5:00-5:45pm
 Aug 5-Aug 26 Tu 5:00-5:45pm

Tumble N Twist

Age: 2-5 yrs. Have a child who loves to tumble and have fun? Join us for our beginners tumbling class where your child will learn the basics of tumbling and fitness/conditioning. Your child will

work on gross motors skills while learning the forward roll, backwards roll, straddle roll, intro to cartwheels and much more. Come join in the fun.

Hill Street Neighborhood Center - Fee: \$40

Ages 2-3
 May 7-May 28 W 5:00-5:45pm
 Jun 4-Jun 25 W 5:00-5:45pm
 Jul 9-Jul 30 W 5:00-5:45pm
 Aug 6-Aug 27 W 5:00-5:45pm

Ages 4-5
 May 7-May 28 W 6:00-6:45pm
 Jun 4-Jun 25 W 6:00-6:45pm
 Jul 9-Jul 30 W 6:00-6:45pm
 Aug 6-Aug 27 W 6:00-6:45pm

Youth

Gymnastics - Youth Advanced Tumbling

Age: 6-11 yrs. Participants must be able to competently perform a forward somersault, forward straddle roll, AND a cartwheel to attend this class time.

New participants will be evaluated the first day of class. Instructor will build on these advanced tumbling skills.

Barwell Road Community Center - Fee: \$41
 May 6-May 27 Tu 4:00-4:45pm
 Jun 3-Jun 24 Tu 4:00-4:45pm
 Jul 1-Jul 22 Tu 4:00-4:45pm
 Aug 5-Aug 26 Tu 4:00-4:45pm

Gymnastics - Youth Intermediate Tumbling

Participants must be able to competently perform a forward somersault or forward straddle roll to attend this class time. New participants will be evaluated the first day of class. Next level tumbling skills will include instruction in cartwheels, backbends and backward somersaults.

Barwell Road Community Center - Fee: \$41
 May 6-May 27 Tu 6:00-6:45pm
 Jun 3-Jun 24 Tu 6:00-6:45pm
 Jul 1-Jul 22 Tu 6:00-6:45pm
 Aug 5-Aug 26 Tu 6:00-6:45pm

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 - Fee: \$41
 May 5-May 28 M & W 6:00-7:00pm
 Jun 2-Jun 25 M & W 6:00-7:00pm
 Jul 2-Jul 28 M & W 6:00-7:00pm
 Aug 4-Aug 27 M & W 6:00-7:00pm

Tae Kwon Do Youth

Age: 6-16 yrs. Participants will learn the art of self-defense, discipline, continue to refine their skills, learn different techniques and develop physical fitness.

Worthdale Community Center - Fee: \$26
 May 6-May 29 Tu & Th 6:30-7:30pm
 Jun 3-Jun 26 Tu & Th 6:30-7:30pm
 Jun 3-Jun 26 Tu & Th 6:30-7:30pm
 Jul 1-Jul 31 Tu & Th 6:30-7:30pm
 Aug 5-Aug 28 Tu & Th 6:30-7:30pm

Youth Wah Lum Kung Fu

Age: 6-13 yrs. Traditional Chinese Kung Fu class, taught by Sifu Matthew Martin, a certified Wah Lum instructor with over 20 years of experience. Wah Lum Kung Fu is an internationally renowned style of martial arts brought to the U.S. by Grandmaster Chan Pui. Wah Lum Kung Fu will develop your child's flexibility, focus, coordination, confidence, and discipline. The classes are exciting, educational, and fun. Children will increase their speed, stamina, strength, and overall health, while focusing on the Wah Lum values of respect, kindness, fellowship, self-control, and

patience. Children will benefit from the strengthening of both body and mind that result from training in Wah Lum Kung Fu. *A uniform fee of \$100 will be due before the second month of classes.

Lake Lynn Community Center - Fee: \$101

May 1-May 29	Tu & Th	5:30-6:30pm
Jun 3-Jun 26	Tu & Th	5:30-6:30pm
Jul 1-Jul 31	Tu & Th	5:30-6:30pm
Aug 5-Aug 28	Tu & Th	5:30-6:30pm

4-Month Session Option - Fee: \$381

May 1-Aug 28	Tu & Th	5:30-6:30pm
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Adult

Abbotts Creek Tai Chi

Age: 18-99 yrs. End the weekend in a relaxing and insightful way at this Tai Chi class that's offered at Abbott's Creek every Sunday evening. Tai Chi offers a gentler approach to the martial arts, reducing stress, improving balance, and increasing flexibility. The rhythmic movements performed in this class engages the mind and body, and is designed for both beginner and advanced participants. Class Fee \$45.00 Resident \$60.00 Non-Resident starts January 2024

Abbotts Creek Community Center

May 4-May 25	Su	5:00-5:55pm	Fee: \$41
Jun 1-Jun 29	Su	5:00-5:55pm	Fee: \$51
Jul 6-Jul 27	Su	5:00-5:55pm	Fee: \$41
Aug 3-Aug 31	Su	5:00-5:55pm	Fee: \$51

Adult/Teen Wah Lum Kung Fu

Age: 12-99 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. A uniform fee of \$100.00 will be due after the second month of classes.

*Intro to Wah Lum Kung Fu is a prerequisite for enrolling in this class

Lake Lynn Community Center - Fee: \$100

May 1-May 29	M,Tu,Th	6:45-7:45pm
Jun 2-Jun 30	M,Tu,Th	6:45-7:45pm
Jul 1-Jul 31	M,Tu,Th	6:45-7:45pm
Aug 4-Aug 28	M,Tu,Th	6:45-7:45pm

4-Month Session - Fee: \$381

May 1-Aug 28	M,Tu,Th	6:45-7:45pm
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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 - Fee: \$61

May 1-Jun 12	Th	6:30-7:30pm
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Barre at Abbotts Creek

Age: 16-99 yrs. This low to no impact class that focuses on functional movements, full range of motion, and alignment. Classes are designed to increase body awareness in movement, improve balance, increase muscular endurance and improve core strength. Equipment such as lighter dumbbells, resistance bands and Pilates balls may be used in the class. Monthly and Drop In Options Available

Abbotts Creek Community Center

May 7-May 28	W	8:30-9:30am
May 7-May 28	W	8:30-9:30am
May 5-Aug 25	M	6:30-7:20pm
May 5-Jun 2	M	6:30-7:20pm
Jul 7-Jul 28	M	6:30-7:20pm
Aug 4-Aug 25	M	6:30-7:20pm

Barre-Pilates Fusion

Age: 18-99 yrs. This class combines the best of Barre and Mat Pilates. Exercise will strengthen and lengthen muscles with a particular focus on the core. This low-impact workout is done to the beat of the music and movements will target the entire body.

Marsh Creek Community Center

May 1-May 22	Th	8:00-9:00am	Fee: \$40
Jul 3-Jul 24	Th	8:00-9:00am	Fee: \$40
Aug 7-Aug 21	Th	8:00-9:00am	Fee: \$30

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 at the end of session showcase. Students will also be supported in creating their own solo/duet performances, if desired. Participants must be registered by the 2nd week of class. There is no class on Sunday, May 25th.

Lake Lynn Community Center - Fee: \$40

May 4-Jun 29	Su	4:30-5:15pm
May 4-Jun 29	Su	3:30-4:15pm
Aug 3-Aug 24	Su	4:30-5:15pm
Aug 3-Aug 24	Su	3:30-4:15pm
Aug 4-Aug 25	M	7:15-8:00pm

Bootcamp At Worthdale

Age: 18-99 yrs. Participants will experience a full body strength and conditioning workout which increases metabolism so you may continue to burn more calories after each session. This

workout mixes strength, cardiovascular and interval training using both body weight and free weights. A safe, supportive and motivational environment is provided for participants. All levels are welcomed.

Worthdale Community Center - Fee: \$16

Jun 3-Jun 26	Tu & Th	7:15-8:15pm
Jul 1-Jul 31	Tu & Th	7:15-8:15pm
Jul 1-Jul 31	Tu & Th	7:15-8:15pm

Cardio Line Dancing at Abbotts Creek

Age: 18-99 yrs. Tired of cardio being a bore? Looking for a fun and exciting way to LEVEL up your fitness game and burn calories without feeling like you're exercising? Cardio Soul Line Dancing is the perfect solution. This invigorating workout fuses line dancing and exercise in a way that will have you feeling uplifted and motivated to reach your fitness goals. Say goodbye to monotony and hello to a workout that combines fun and physical activity that energizes and motivates you to achieve a healthier lifestyle!

Abbotts Creek Community Center - Fee: \$10

May 9-Aug 29	F	7:00-8:30pm
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Chavis Line Dancing

Age: 16-99 yrs. Chavis Line Dance is group fitness and fun! Classes are offered weekly for experienced line dancers (intermediate through advanced). Beginners are recommended to attend Feet Friendly Fridays.

John Chavis Community Center - Fee: \$5

May 6-Aug 26	Tu	6:30-8:30pm
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Clogging

Age: 13-99 yrs. Enjoy learning to clog, or double-step up to something more advanced! All levels of learners welcome -- it's fun, and great exercise, in an open, non-competitive environment. Partners are not necessary, and 'line' (individual) dances as well as traditional figures and steps are taught. Clogging is the wonderful percussive dance often seen when bluegrass or old-time music is playing - though this class incorporates pop songs as well. Clogging - also called flatfooting or buckdancing - began in the mountains of North Carolina, and has spread all over the world. Tap shoes or hard-sole shoes are best, but any shoe is fine! 8-week sessions ongoing all year!

Jaycee Community Center - Fee: \$35

Jun 19-Aug 14	Th	6:00-8:00pm
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Destination: Zumba

Age: 16-99 yrs. Zumba is a fitness program that involves cardio and Latin-inspired dance as well as other rhythms. This is a group fitness class for anyone interested in investing in their health and wellness. Whether you are working to reach a health goal and wanting to socialize with like-minded individuals, our destination is all the same: Destination: Zumba! All skill levels are welcome. Instructor: Lakisha Hamer.

John Chavis Community Center - Fee: \$5
 May 1-Aug 28 Th 6:45-7:45pm

Exercise - Nia

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 - Fee: \$10
 May 3-Aug 30 Sa 10:15-11:15am

Exercise - Sertoma Chair Yoga

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

wear comfortable clothing. 6 sessions.
 Instructor: Susan Kilmon. No Class: May 27
Sertoma Arts Center - Fee: \$53
 Apr 29-Jun 10 Tu 1:30-2:30pm
 Jul 8-Aug 12 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 26

Sertoma Arts Center - Fee: \$53
 Apr 28-Jun 9 M 6:15-7:15pm
 Apr 28-Jun 9 M 7:30-8:30pm
 Apr 29-Jun 10 Tu 12:00-1:00pm
 Jul 7-Aug 11 M 6:15-7:15pm
 Jul 7-Aug 11 M 7:30-8:30pm
 Jul 8-Aug 12 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 28

Sertoma Arts Center - Fee: \$53
 Apr 30-Jun 11 W 6:15-7:15pm
 Apr 30-Jun 11 W 7:30-8:30pm
 May 1-Jun 12 Th 12:00-1:00pm

Jul 9-Aug 13 W 6:15-7:15pm
 Jul 9-Aug 13 W 7:30-8:30pm
 Jul 10-Aug 14 Th 12:00-1:00pm

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 - Fee: \$5
 May 2-Aug 29 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 6-May 27 Tu 6:15-7:15pm Fee: \$41
 Apr 1-Jun 24 Tu 6:15-7:15pm Fee: \$41
 Jul 1-Jul 29 Tu 6:15-7:15pm Fee: \$51
 Aug 5-Aug 26 Tu 6:15-7:15pm Fee: \$41

Green Road Martial Arts

Age: 16-99 yrs. Cuong Nhu Martial Arts is best characterized as having roots in Karate, Boxing, Wing Chun Kung Fu, Aikido, Judo, Vovinam and Tai Chi Chuan. Beginners learn the basics skills of Karate and Boxing as well as the basics of



rolling and dropping to the floor. As the student's skill set grows they learn the fundamentals of throwing and ground work. We workout smart, we workout strong, we develop self-defense skills, we have fun and we learn from each other. Head instructors are Master Elizabeth Roman and Master Robert First. Both have been training and teaching for 39 years and are 7th Degree Blackbelts. Their years of experience have given them an understanding of how to develop people of all ages.

Green Road Community Center - Fee: \$7
 May 5-Aug 27 M & W 7:45-9:00pm

Intro to Wah Lum Kung Fu

Age: 13-99 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 \$100 will be due before the second month of classes.

Lake Lynn Community Center - Fee: \$81
 May 5-May 28 M & W 5:30-6:30pm
 Jun 2-Jun 30 M & W 5:30-6:30pm
 Aug 4-Aug 27 M & W 5:30-6:30pm
4 Month Session Option - Fee: \$301
 May 5-Aug 27 M & W 5:30-6:30pm

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 - Fee: \$5
 May 7-Aug 27 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 - Fee: \$5
 May 7-Aug 27 W 7:00-8:00pm

Martial Arts at Abbotts Creek

Age: 10-99 yrs. Learn self-defense in a fun and unique way. Different from karate, Jo Kwon Chi (JKC) offers a soft but effective approach to the martial arts that's not only enjoyable, but also efficient and rewarding. Borrowing from various Chinese, Turkish, Japanese, and Korean styles, JKC teaches the student to utilize angles and go with the opponent's flow along with being acutely aware of surroundings, and de-escalation skills. This class is safe and geared for beginners and also for experienced martial artists. Class meets Saturdays 11:15am-12:30pm and Thursdays 7pm-8pm see registration for available dates.

Abbotts Creek Community Center - Fee: \$5

Martial Arts - Adult/Advanced Youth Shotokan

Age: 14-99 yrs. Shotokan builds character through training in martial arts. Participants learn the different components of Shotokan-style karate. The class builds confidence, motor skills, discipline, self-defense, and self-control. This class is taught in a group setting with some individual instruction. Registrations completed after the start of class must be done in person. Instructor: Eric Blaize.

Barwell Road Community Center - Fee: \$41
 May 5-May 28 M & W 7:00-8:30pm
 Jun 2-Jun 25 M & W 7:00-8:30pm
 Jul 2-Jul 28 M & W 7:00-8:30pm
 Aug 4-Aug 27 M & W 7:00-8:30pm

Martial Arts - Chinese Kenpo Karate - Teens & Adults

Age: 13-99 yrs. Increase your physical and mental abilities while developing effective self-defense skills through kenpo. Expand your self-awareness, sharpen your focus, promote your critical-thinking skills and improve your problem-solving talents. Belt level testing fee payable to the instructor applies, but testing is not required. Uniform and patches are required after one month or upon testing (whichever comes first) and are available through instructor. The local school is affiliated with an international organization. Instructor: Bill Parsons of Triangle Kenpo Institute.

Millbrook Exchange Community Center - Fee: \$46
 May 5-May 28 M & W 7:00-8:30pm
 Jun 2-Jun 30 M & W 7:00-8:30pm
 Jul 2-Jul 30 M & W 7:00-8:30pm
 Aug 4-Aug 27 M & W 7:00-8:30pm

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 - Fee: \$75
 May 6-Aug 26 Tu 6:30-7:30pm

Self-Defense Class

Age: 15-99 yrs. Empower yourself and discover your inner fighter with our Krav Maga class - the ultimate Israeli self defense system. Whether you're a complete beginner or a seasoned enthusiast, this class welcomes everyone to discover the art of real-world self-defense without any prerequisites. Our expert instructor will guide you through the foundational principles and techniques of Krav Maga, emphasizing its simplicity and efficiency for practical self-defense in everyday situations. Engage in drills that address real-world situations, honing your ability to react with precision and confidence. Discover the physical and mental strength within you, arming yourself with the tools to protect not only yourself but also your loved ones. No uniform required. Instructor: Jeffrey Weisenborne; Black Belt KMF-AC, Certified Instructor Level 1 - 4

Brier Creek Community Center - Fee: \$38.50
 May 6-May 27 Tu 6:30-7:30pm
 Jun 3-Jun 24 Tu 6:30-7:30pm
 Jul 8-Jul 29 Tu 6:30-7:30pm
 Aug 5-Aug 26 Tu 6:30-7:30pm

Sertoma Open Line Dance

Age: 16-99 yrs. Calling experienced Copperknob line dancers! We're open dancing at the Sertoma Arts Center at Shelley Lake, in Raleigh, the favorite dances that are taught locally. Contact Jackie Wheeler (jackielinedances@gmail.com) for questions. Who's ready to dance?!

Sertoma Arts Center
Intermediate
 May 4-Aug 3 Su 1:30-4:30pm
Beginner
 May 18-Aug 17 Su 1:30-4:30pm
Line Dance Marathon
 May 28 W 6:00-9:30pm

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Soul Line Dance & Get Fit

Age: 16-99 yrs. This line dance class is for individuals new to line dancing and those who want to learn new line dance basics. Soul Line Dance is taught at a slow-to-moderate pace. Do not be fooled by the title: You will learn and practice some great cardio workouts and low-, medium- and high-impact soul line dances. Come prepared to move, sweat and have fun!

Barwell Road Community Center

May 7-Aug 27 W 6:00-7:30pm Fee: \$5

Greystone Recreation Center

May 5-Aug 25 M 6:00-7:30pm Fee: \$7

Soul Line Dance & Get Fit Class-Advanced

Age: 16-99 yrs. This line dance class is for individuals who have previously taken Soul Line Dance classes and would like to advance their skills. Advanced Soul Line Dance is taught at a faster pace than the beginner pace. Come prepared to move, sweat and have fun!

Marsh Creek Community Center - Fee: \$7

May 6-Aug 26 Tu 6:00-7:30pm

Tai Chi at Lake Lynn

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

Lake Lynn Community Center - Fee: \$81

May 5-May 28 M & W 4:00-5:00pm

Jun 2-Jun 30 M & W 4:00-5:00pm

Jul 2-Jul 30 M & W 4:00-5:00pm

Aug 4-Aug 27 M & W 4:00-5:00pm

4 Month Session Option - Fee: \$301

May 5-Aug 27 M & W 4:00-5:00pm

WARRIOR Rhythm ROOTS

Age: 16-99 yrs. Combining yoga-inspired sequences, resistance training, and cardio, this class enhances balance, flexibility, and strength with the support of a chair. Experience the perfect blend of rhythmic yoga flows, mindful movements, and invigorating, low impact exercises tailored for active agers and adaptive athletes. Root yourself in an unforgettable practice that nurtures your body and soul. Drop-In and Monthly Options available.

Abbotts Creek Community Center

May 7-May 28 W 9:45-10:45am

May 7-May 28 W 9:45-10:45am

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 - Fee: \$5

May 1-Aug 28 Th 6:30-7:30pm

May 3-Aug 30 Sa 9:30-10:30am

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 \$7 per class. All classes taught by a licensed Zumba Instructor.

Instructor: Kaori Isaacson

Greystone Recreation Center - Fee: \$7

May 3-Aug 30 Sa 10:00-11:00am

May 1-Aug 28 Th 6:00-7:00pm

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 7-May 28 W 12:30-1:30pm Fee: \$12

Jun 4-Jun 25 W 12:30-1:30pm Fee: \$12

Jul 2-Jul 30 W 12:30-1:30pm Fee: \$16

Aug 6-Aug 27 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, intervals and the use of hand weights and resistance bands. Regular classes are beginner level with chair support. Intermediate level is somewhat more energetic and is done without chair support

Anne Gordon Center

Instructor: Sue Payne

May 6-May 27 Tu 9:15-10:00am Fee: \$12

Jun 3-Jun 24 Tu 9:15-10:00am Fee: \$12

Jul 1-Jul 29 Tu 9:15-10:00am Fee: \$15

Aug 5-Aug 26 Tu 9:15-10:00am Fee: \$12

Instructor: Bonny Rakowski

May 1-May 29 Th 9:15-10:00am Fee: \$15

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

Jul 3-Jul 31 Th 9:15-10:00am Fee: \$15

Aug 7-Aug 28 Th 9:15-10:00am Fee: \$12

May 1-May 29 Th 10:15-11:00am Fee: \$15

Jun 5-Jun 26 Th 10:15-11:00am Fee: \$9

Jul 3-Jul 31 Th 10:15-11:00am Fee: \$15

Aug 7-Aug 28 Th 10:15-11:00am Fee: \$12

Five Points Center

Instructor: Bettie Ittenbach

May 7-May 28 W 10:30-11:15am Fee: \$12

Jun 4-Jun 25 W 10:30-11:15am Fee: \$12

Jul 2-Jul 30 W 10:30-11:15am Fee: \$16

Aug 6-Aug 27 W 10:30-11:15am Fee: \$12

Laurel Hills Community Center

Instructor: Bettie Ittenbach

May 2-May 30 F 10:30-11:30am Fee: \$16

Jun 6-Jun 27 F 10:30-11:30am Fee: \$12

Jul 11-Jul 25 F 10:30-11:30am Fee: \$9

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 6-Aug 5 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 1-May 29 Th 9:15-10:00am Fee: \$16

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

Jul 3-Jul 31 Th 9:15-10:00am Fee: \$16

Aug 7-Aug 28 Th 9:15-10:00am Fee: \$12

Butts and Guts

Age: 18-99 yrs. This class will tone your abs and glutes with targeted sculpting movements. The workout incorporates Pilates, Yoga and athletic movements to help your balance and flexibility, with focus on the abs, glutes, legs, and lower back. The goal is to build strength in your core, quads and hamstrings. Instructor: Meg Berg

NO CLASS 5/26

Five Points Center

May 5-May 19 M 9:15-10:00am Fee: \$9

Jun 2-Jun 30 M 9:15-10:00am Fee: \$16

Jul 7-Jul 28 M 9:15-10:00am Fee: \$12

Aug 4-Aug 25 M 9:15-10:00am Fee: \$12

May 7-May 28 W 9:15-10:00am Fee: \$12

Jun 4-Jun 25 W 9:15-10:00am Fee: \$12

Jul 2-Jul 30 W 9:15-10:00am Fee: \$16

Aug 6-Aug 27 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. Instructor: Meg Berg

Anne Gordon Center

May 6-May 27	Tu	10:15-11:00am	Fee: \$12
Jun 3-Jun 24	Tu	10:15-11:00am	Fee: \$12
Jul 1-Jul 29	Tu	10:15-11:00am	Fee: \$15
Aug 5-Aug 26	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 2-May 30	F	10:15-11:00am	Fee: \$16
Jun 6-Jun 27	F	10:15-11:00am	Fee: \$12
Jul 11-Jul 25	F	10:15-11:00am	Fee: \$9
Aug 1-Aug 29	F	10:15-11:00am	Fee: \$16

Instructor: Sue Payne

May 1-May 29	Th	2:30-3:15pm	Fee: \$16
Jun 5-Jun 26	Th	2:30-3:15pm	Fee: \$9
Jul 3-Jul 31	Th	2:30-3:15pm	Fee: \$16
Aug 7-Aug 28	Th	2:30-3:15pm	Fee: \$12
May 6-May 27	Tu	2:15-3:00pm	Fee: \$12
Jun 3-Jun 24	Tu	2:15-3:00pm	Fee: \$12
Jul 1-Jul 29	Tu	2:15-3:00pm	Fee: \$16
Aug 5-Aug 26	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.

Instructor: Sue Payne

Five Points Center

May 1-May 29	Th	12:30-1:15pm	Fee: \$16
Jun 5-Jun 26	Th	12:30-1:15pm	Fee: \$9
Jul 3-Jul 31	Th	12:30-1:15pm	Fee: \$16
Aug 7-Aug 28	Th	12:30-1:15pm	Fee: \$12
May 6-May 27	Tu	1:15-2:00pm	Fee: \$12
Jun 3-Jun 24	Tu	1:15-2:00pm	Fee: \$12
Jul 1-Jul 29	Tu	1:15-2:00pm	Fee: \$16
Aug 5-Aug 26	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! Instructor:

Linda Thomas

Anne Gordon Center

May 5-May 19	M	11:45am-12:30pm	Fee: \$9
Jun 2-Jun 30	M	11:45am-12:30pm	Fee: \$15
Jul 7-Jul 28	M	11:45am-12:30pm	Fee: \$12
Aug 4-Aug 25	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 1-May 29	Th	11:45am-12:30pm	Fee: \$16
Jun 5-Jun 26	Th	11:45am-12:30pm	Fee: \$9
Jul 3-Jul 31	Th	11:45am-12:30pm	Fee: \$16
Aug 7-Aug 28	Th	11:45am-12:30pm	Fee: \$12

May 5-May 19	M	2:00-2:45pm	Fee: \$9
Jun 2-Jun 30	M	2:00-2:45pm	Fee: \$16
Jul 7-Jul 28	M	2:00-2:45pm	Fee: \$12
Aug 4-Aug 25	M	2:00-2:45pm	Fee: \$12

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. Instructor: Bonnie Rakowski

Anne Gordon Center

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

Five Points Center

May 6-May 27	Tu	10:15-11:00am	Fee: \$12
Jun 3-Jun 24	Tu	10:15-11:00am	Fee: \$12
Jul 1-Jul 29	Tu	10:15-11:00am	Fee: \$16
Aug 5-Aug 26	Tu	10:15-11:00am	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 1-May 29	Th	1:30-2:15pm	Fee: \$16
Jun 5-Jun 26	Th	1:30-2:15pm	Fee: \$9
Jul 3-Jul 31	Th	1:30-2:15pm	Fee: \$16
Aug 7-Aug 28	Th	1:30-2:15pm	Fee: \$12

Golden Barre

Age: 18-99 yrs. Golden Barre is a barre class designed for people in their "golden" years. It focuses on core work, balance, muscle strengthening, and coordination. Barre is a full-body workout that involves squats, pliés, and pulsing, as well as upper body and core work. Modifications can be made for anyone with mobility issues. Registration is required. Instructor: Bettie Ittenbach

Laurel Hills Community Center

May 2-May 30	F	11:45am-12:45pm	Fee: \$16
Jun 6-Jun 27	F	11:45am-12:45pm	Fee: \$12
Jul 11-Jul 25	F	11:45am-12:45pm	Fee: \$9
Aug 1-Aug 29	F	11:45am-12:45pm	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. Instructor: Dr. Casey Baldwin

Five Points Center

May 6-Aug 5	Tu	10:15-11:15am	
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Line Dance for Active Adults

Age: 18-99 yrs. Enjoy a fun workout while line dancing to all kinds of music including country, pop, oldies and more! Knowledge of line dance steps and prior experience is required. Those without experience need to find an 'Introductory' or 'Learn To' class. Beginner level will start with basic line dances and progress to advanced beginner routines. Improver level is for line dancers with good experience. Build on your knowledge and experience with more challenging line dances. Intermediate is for highly experienced dancers. NO CLASS 5/26

Anne Gordon Center - Fee: \$12

Beginner (some experience)

May 6-May 27	Tu	2:15-3:15pm	
Jun 3-Jun 24	Tu	2:15-3:15pm	
Aug 5-Aug 26	Tu	2:15-3:15pm	

Improver (good experience)

May 6-May 27	Tu	3:30-4:30pm	
Jun 3-Jun 24	Tu	3:30-4:30pm	
Jul 8-Jul 29	Tu	3:30-4:30pm	
Aug 5-Aug 26	Tu	3:30-4:30pm	

Five Points Center

Improver Level

May 5-May 19	M	1:00-2:00pm	
Jun 2-Jun 30	M	1:00-2:00pm	
Jul 7-Jul 28	M	1:00-2:00pm	
Aug 4-Aug 25	M	1:00-2:00pm	

Intermediate Level

May 5-May 19	M	2:15-3:15pm	
Jun 2-Jun 30	M	2:15-3:15pm	
Jul 7-Jul 28	M	2:15-3:15pm	
Aug 4-Aug 25	M	2:15-3:15pm	

Beginner Level

May 7-May 28	W	2:15-3:15pm	
Jun 4-Jun 25	W	2:15-3:15pm	
Jul 2-Jul 30	W	2:15-3:15pm	
Aug 6-Aug 27	W	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 7-Aug 27	W	1:30-2:15pm	
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Line Dance: Introduction for New Dancers

Age: 18-111 yrs. This class is for new dancers who have no previous dance experience. Learn the names and how to perform the various dance steps needed for participation in continuing Line Dance classes.

Anne Gordon Center

Instructor: Jackie Wheeler

Jul 1	Tu	2:15-3:15pm	
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Millbrook Exchange Community Center

Instructor: Jane Fenn

May 6-May 27	Tu	1:00-2:00pm	
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continued on page 54 —

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. Instructor: Janice Horner

Anne Gordon Center

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

Pilates for Active Adults

Age: 18-99 yrs. Pilates takes a holistic approach to fitness and well-being.

Students will do a series of movements in conjunction with breathing techniques that will stretch and strengthen muscles; improve flexibility and balance; and stabilize and strengthen your core.

Modifications are shown for those with back, knee and neck issues. Instructor:

Meg Berg

Five Points Center

May 2-May 30	F	9:15-10:00am	Fee: \$16
Jun 6-Jun 27	F	9:15-10:00am	Fee: \$12
Jul 11-Jul 25	F	9:15-10:00am	Fee: \$9
Aug 1-Aug 29	F	9:15-10:00am	Fee: \$16

Five Points Center

May 1-May 29	Th	11:20am-12:05pm	Fee: \$16
Jun 5-Jun 26	Th	11:20am-12:05pm	Fee: \$12
Jul 3-Jul 31	Th	11:20am-12:05pm	Fee: \$16
Aug 7-Aug 28	Th	11:20am-12:05pm	Fee: \$12

Qi Gong

Age: 18-99 yrs. Learn the 24 simple movements of qigong (chee-gong) designed to promote energetic and internal organ health. Practitioners think that the movements create good energy flow in the body and contribute to overall health. Beginners welcome; accommodations for all levels. Instructor:

Jess Taylor

Anne Gordon Center

May 6-May 27	Tu	11:15am-12:00pm	Fee: \$12
Jun 3-Jun 24	Tu	11:15am-12:00pm	Fee: \$12
Jul 1-Jul 29	Tu	11:15am-12:00pm	Fee: \$15
Aug 5-Aug 26	Tu	11:15am-12:00pm	Fee: \$12
May 2-May 30	F	10:45-11:30am	Fee: \$15
Jun 6-Jun 27	F	10:45-11:30am	Fee: \$12
Jul 11-Jul 25	F	10:45-11:30am	Fee: \$9
Aug 1-Aug 29	F	10:45-11:30am	Fee: \$15

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. Instructor: Rita Shaloiko

Anne Gordon Center

May 1-May 29	Th	2:00-2:45pm	Fee: \$15
Jun 5-Jun 26	Th	2:00-2:45pm	Fee: \$9
Jul 3-Jul 31	Th	2:00-2:45pm	Fee: \$15
Aug 7-Aug 28	Th	2:00-2:45pm	Fee: \$12

Soul Line Dancing

Age: 18-99 yrs. Dancing to R&B/Soul, Pop, and Jazz music, this class will provide you a heart-healthy benefit of an aerobic exercise while you engage in a social activity. Instructor: Gail Burden

Five Points Center

May 7-May 28	W	2:00-3:00pm	Fee: \$12
Jun 4-Jun 25	W	2:00-3:00pm	Fee: \$12
Jul 2-Jul 30	W	2:00-3:00pm	Fee: \$16
Aug 6-Aug 27	W	2:00-3:00pm	Fee: \$12

Tai Chi Chih

Age: 18-99 yrs. Tai chi chih consists of 19 flowing moves to balance and circulate energy (chi). Students of all levels experience benefits such as decreased stress and anxiety, improved balance and increased muscle flexibility. Instructor: Adrienne McKenzie. NO CLASS 5/26

Five Points Center

May 5-May 19	M	10:30-11:30am	Fee: \$13
Jun 2-Jun 30	M	10:30-11:30am	Fee: \$16
Jul 7-Jul 28	M	10:30-11:30am	Fee: \$12
Aug 4-Aug 25	M	10:30-11:30am	Fee: \$12

Tai Chi for Active Adults

Age: 18-99 yrs. Tai Chi is an ancient practice that uses low-impact, slow movements to promote health and improve coordination, balance, and mental focus. Beginner Sun Style: No experience required. There are 21 movements in this set. The focus is on balance and learning the sequence of the movements. Chair modifications are available upon request. This is an 8 week class. Intermediate Sun Style: Pre-requisite is Beginner Sun Style class. This continuation of the beginner class includes 10 new movements and will increase endurance, mental acuity, agility, and balance. This is an 8 week class. Advanced Sun Style: Pre-requisite is beginner and intermediate classes. This class teaches the Sun 73 Long Form which includes movements learned in Beginner and Intermediate classes. The longer sequence builds endurance and previous improvements made in strength, balance and memory. This is a 16 week class. Various Styles: No experience needed. Class changes through various forms of Tai Chi and Qi Gong. Instructor: Rita Shaloiko

Anne Gordon Center

Advanced Sun Style

May 5-May 19	M	1:00-1:45pm	Fee: \$9
Jun 2-Jun 30	M	1:00-1:45pm	Fee: \$15
Jul 7-Jul 28	M	1:00-1:45pm	Fee: \$12
Aug 4-Aug 25	M	1:00-1:45pm	Fee: \$12

Beginner Sun Style

May 5-May 19	M	2:00-2:45pm	Fee: \$9
Jun 2-Jun 30	M	2:00-2:45pm	Fee: \$15
Jul 7-Jul 28	M	2:00-2:45pm	Fee: \$12
Aug 4-Aug 25	M	2:00-2:45pm	Fee: \$12

Intermediate Sun Style

May 5-May 19	M	3:00-3:45pm	Fee: \$9
Jun 2-Jun 30	M	3:00-3:45pm	Fee: \$15
Jul 7-Jul 28	M	3:00-3:45pm	Fee: \$12
Aug 4-Aug 25	M	3:00-3:45pm	Fee: \$12

Various Styles

May 1-May 29	Th	1:00-1:45pm	Fee: \$15
Jun 5-Jun 26	Th	1:00-1:45pm	Fee: \$9
Jul 3-Jul 31	Th	1:00-1:45pm	Fee: \$15
Aug 7-Aug 28	Th	1:00-1:45pm	Fee: \$12

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! Start times may be adjusted to account for temperature.

Five Points Center

May 6-Aug 26	Tu	9:00-10:00am
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Walk and Talk Meet Up at Greystone

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; in the event of inclement weather, we will cancel for the week. Please pre-register so that we know you are coming!

Greystone Recreation Center

May 1-May 29	Th	10:30-11:30am
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Walnut Creek Walk & Talk

Age: 18-111 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! Start times may be adjusted to account for temperature.

Walnut Creek Wetland Park

May 7-Aug 27	W	10:30-11:30am
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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 5/26

Five Points Center

May 5-May 19	M	11:30am-12:15pm	Fee: \$9
Jul 7-Jul 28	M	11:30am-12:15pm	Fee: \$12
Aug 4-Aug 25	M	11:30am-12:15pm	Fee: \$12
May 2-May 30	F	1:00-1:45pm	Fee: \$16
Jun 6-Jun 27	F	1:00-1:45pm	Fee: \$12
Jul 11-Jul 25	F	1:00-1:45pm	Fee: \$9
Aug 1-Aug 29	F	1:00-1:45pm	Fee: \$16

Yoga Chair

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

Anne Gordon Center

Instructor: Mary Flournoy

May 5-May 19	M	9:15-10:00am	Fee: \$9
Jun 2-Jun 30	M	9:15-10:00am	Fee: \$15
Jul 7-Jul 28	M	9:15-10:00am	Fee: \$12
Aug 4-Aug 25	M	9:15-10:00am	Fee: \$12
May 7-May 28	W	2:30-3:15pm	Fee: \$12
Jun 4-Jun 25	W	2:30-3:15pm	Fee: \$12
Jul 2-Jul 30	W	2:30-3:15pm	Fee: \$15
Aug 6-Aug 27	W	2:30-3:15pm	Fee: \$12

Five Points Center

Instructor: Marty Lamb

May 6-May 27	Tu	10:30-11:30am	Fee: \$12
Jun 3-Jun 24	Tu	10:30-11:30am	Fee: \$12
Jul 1-Jul 29	Tu	10:30-11:30am	Fee: \$16
Aug 5-Aug 26	Tu	10:30-11:30am	Fee: \$12

Yoga Flow

Age: 18-111 yrs. This Yoga practice incorporates yoga postures and gentle powerful movements coordinating breath with the poses. This class will provide the opportunity to improve posture, balance and flexibility. The sequences will flow using stability, balance and alignment. The class will conclude with guided relaxation. Instructor: Lawrence Bivins

Five Points Center

May 2-May 30	F	11:15am-12:15pm	Fee: \$16
Jun 6-Jun 27	F	11:15am-12:15pm	Fee: \$12
Aug 1-Aug 29	F	11:15am-12:15pm	Fee: \$16

Laurel Hills Community Center

May 1-May 29	Th	6:00-7:00pm	Fee: \$16
Jun 5-Jun 26	Th	6:00-7:00pm	Fee: \$9
Jul 3-Jul 31	Th	6:00-7:00pm	Fee: \$16
Aug 7-Aug 28	Th	6:00-7:00pm	Fee: \$12

Yoga Gentle Floor

Age: 18-99 yrs. Build strength and flexibility while enhancing body awareness. In this alignment-focused class you'll learn how to work from a stable base to feel more grounded both physically and mentally, while also improving range of motion, posture, and balance. Poses include standing poses,

poses seated on the floor, and poses laying down. Props and modifications are available to meet you where you are. No yoga experience necessary.

Anne Gordon Center

Instructor: Mary Flournoy

May 5-May 19	M	10:15-11:15am	Fee: \$9
Jun 2-Jun 30	M	10:15-11:15am	Fee: \$15
Jul 7-Jul 28	M	10:15-11:15am	Fee: \$12
Aug 4-Aug 25	M	10:15-11:15am	Fee: \$12
May 7-May 28	W	3:30-4:30pm	Fee: \$12
Jun 4-Jun 25	W	3:30-4:30pm	Fee: \$12
Jul 2-Jul 30	W	3:30-4:30pm	Fee: \$15
Aug 6-Aug 27	W	3:30-4:30pm	Fee: \$12

Instructor: Alda Biddell

May 1-May 29	Th	11:15am-12:15pm	Fee: \$15
Jun 5-Jun 26	Th	11:15am-12:15pm	Fee: \$9
Jul 3-Jul 31	Th	11:15am-12:15pm	Fee: \$15
Aug 7-Aug 28	Th	11:15am-12:15pm	Fee: \$12

Five Points Center

Instructor: Alixe Steinmetz

May 1-May 29	Th	10:10-11:10am	Fee: \$16
Jun 5-Jun 26	Th	10:10-11:10am	Fee: \$12
Jul 3-Jul 31	Th	10:10-11:10am	Fee: \$16
Aug 7-Aug 28	Th	10:10-11:10am	Fee: \$12
May 7-May 28	W	10:30-11:30am	Fee: \$12
Jun 4-Jun 25	W	10:30-11:30am	Fee: \$12
Jul 2-Jul 30	W	10:30-11:30am	Fee: \$16
Aug 6-Aug 27	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 2-May 30	F	9:15-10:00am	Fee: \$15
Jun 6-Jun 27	F	9:15-10:00am	Fee: \$12
Jul 11-Jul 25	F	9:15-10:00am	Fee: \$9
Aug 1-Aug 29	F	9:15-10:00am	Fee: \$15

Five Points Center

May 5-May 19	M	11:45am-12:30pm	Fee: \$9
Jun 2-Jun 23	M	11:45am-12:30pm	Fee: \$12
Jul 7-Jul 21	M	11:45am-12:30pm	Fee: \$9
Aug 4-Aug 18	M	11:45am-12:30pm	Fee: \$9

Family

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 - Fee: \$41

May 9-May 30	F	6:45-7:45pm
Jun 6-Jun 27	F	6:45-7:45pm
Jul 11-Aug 1	F	6:45-7:45pm
Aug 8-Aug 29	F	6:45-7:45pm

Zumba

Age: 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 the class, which combines cardio, muscle conditioning, balance, and flexibility to give you a full-body workout.

Biltmore Hills Community Center - Fee: \$5

Jun 26-Sep 18	Th	6:30-7:30am
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Nature Education

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

Durant Nature Preserve and Horseshoe Farm Nature Preserve
 919-996-2271

Forest Ridge Park
 919-996-5800

Lake Johnson Park Waterfront Center
 919-996-3141

Lake Wheeler Park
 919-996-6740

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: 3-7 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 - Fee: \$4

Baby Animals

May 6 Tu 10:30am-12:00pm

Snakesss

May 20 Tu 10:30am-12:00pm

Forest Friends

May 29 Th 10:30am-12:00pm

Flying Dragons

Jun 5 Th 10:30am-12:00pm

Hello Hummingbirds

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

Little Nature Artists

Jul 2 W 10:30am-12:00pm

Wiggly Worms

Jul 16 W 10:30am-12:00pm

Busy Bugs

Aug 6 W 10:30am-12:00pm

Noises in Nature

Aug 13 W 10:30am-12:00pm

Mini Dino Dig

Aug 20 W 10:30am-12:00pm

Life Under a Log

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

Eye Spy!

Age: 2-6 yrs. Big eyes, little eyes. Eyes for seeing in the day, eyes for seeing in the night. Eyes in the front of one's head, eyes on the sides of one's head. The eyes have it! Preschoolers will enjoy games, stories, and songs in this eye-opening program as we discover how creatures in the wild view the world around them. Preregistration is required. Children must be accompanied by adults. Adults attend free. For more information, contact Nature Programs at 919-996-6856.

Carolina Pines Community Center - Fee: \$2

May 22 Th 10:30-11:30am

May 22 Th 12:30-1:30pm

Kiwanis Community Center - Fee: \$2

May 21 W 10:30-11:30am

Laurel Hills Community Center - Fee: \$2

May 27 Tu 10:30-11:30am

May 27 Tu 12:30-1:30pm

Sertoma Arts Center - Fee: \$2

May 29 Th 10:30-11:30am

Habitat Hunt!

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

Preregistration is required. Children must be accompanied by adults. Adults attend free. For more information, contact Nature Programs at 919-996-6856.

Carolina Pines Community Center - Fee: \$2

Jun 19 Th 10:30-11:30am

Jun 19 Th 12:30-1:30pm

Kiwanis Community Center - Fee: \$2

Jun 18 W 10:30-11:30am

Laurel Hills Community Center - Fee: \$2

Jun 24 Tu 10:30-11:30am

Jun 24 Tu 12:30-1:30pm

Pullen Arts Center - Fee: \$2

Jun 16 M 10:30-11:30am

Sertoma Arts Center - Fee: \$2

Jun 26 Th 10:30-11:30am

Hiding in Plain Sight!

Age: 2-6 yrs. Camouflaged animals are often right in front of our eyes!

Young naturalists will love this program filled with hands-on activities as they discover how wild creatures can stay safe by blending into their surroundings. Preregistration is required. Children must be accompanied by adults. Adults attend free. For more information, contact Nature Programs at 919-996-6856.

Carolina Pines Community Center - Fee: \$2

Aug 14 Th 10:30-11:30am

Aug 14 Th 12:30-1:30pm

Kiwanis Community Center - Fee \$2

Aug 13 W 10:30-11:30am

Laurel Hills Community Center - Fee: \$2

Aug 19 Tu 10:30-11:30am

Aug 19 Tu 12:30-1:30pm

Pullen Arts Center - Fee: \$2

Aug 11 M 10:30-11:30am

Sertoma Arts Center - Fee: \$2

Aug 21 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 - Fee: \$3

May 7 W 10:00-11:30am

Jun 4 W 10:00-11:30am

Jul 2 W 10:00-11:30am

Aug 6 W 10:00-11:30am

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Masters of Disguise

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

Forest Ridge Park - Fee: \$3
 May 28 W 10:00-11:30am

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 - Fee: \$3
 Jun 18 W 10:00-11:30am

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 - Fee: \$4
 Jul 23 W 10:00-11:30am

Small Wonders!

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

Preregistration is required. Children must be accompanied by adults. Adults attend free. For more information, contact Nature Programs at 919-996-6856.

Carolina Pines Community Center - Fee: \$2

Jul 17 Th 10:30-11:30am
 Jul 17 Th 12:30-1:30pm

Kiwanis Community Center - Fee: \$2

Jul 16 W 10:30-11:30am

Laurel Hills Community Center - Fee: \$2

Jul 22 Tu 10:30-11:30am

Jul 22 Tu 12:30-1:30pm

Sertoma Arts Center - Fee: \$2

Jul 24 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 - Fee: \$3
 May 7 W 11:00am-12:00pm
 Jun 18 W 11:00am-12:00pm
 Jul 16 W 11:00am-12:00pm
 Aug 27 W 11:00am-12:00pm

What's in Your Water?

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

Forest Ridge Park - Fee: \$3
 Aug 27 W 10:00-11:30am

Youth

Birding By Ear

Age: 0-99 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. Recommended for adults and children 10 years and older. Children and adults must register.

Durant Nature Preserve - Fee: \$5
 May 3 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
 May 18 Su 3:00-4:00pm Fee: \$5

Community Science

Age: 7-99 yrs. Join us in the field to practice real science and learn about the incredible Monarch butterfly. We'll collect data from our milkweed plants to send to the Monarch Larva Monitoring Project. Scientists will use these data to study the butterflies. In addition to monarchs, we'll see what other caterpillars call the Preserve home. Preregistration is required. Children must be accompanied by adults. Children and adults must register.

Durant Nature Preserve - Fee: \$5
 Aug 31 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 - Fee: \$4

Bird Bingo
 Jun 20 F 10:30am-12:00pm

Reptiles & Amphibians
 Jul 3 Th 10:30am-12:00pm

Discovering Decomposer
 Jul 17 Th 10:30am-12:00pm

Insect Inspectors
 Aug 7 Th 10:30am-12:00pm

Animal Habitats
 Aug 14 Th 10:30am-12:00pm

Explore a Stream
 Aug 21 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 - Fee: \$5
 Jun 6 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. For adults and children ages 5 and up. Children and adults must register.

Horseshoe Farm Nature Preserve - Fee: \$5
 Jul 26 Sa 10:00am-12:00pm

How to Raise an Insect

Age: 8-99 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. Recommended for adults and children ages 10 and up. Children must be accompanied by adults. Children and adults must register.
Durant Nature Preserve - Fee: \$16
 Jul 24 Th 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 - Fee: \$4

Herpetology Field Season Badge

May 10 Sa 10:00-11:30am

Salamander Field Focus Badge

Jun 14 Sa 10:00-11:30am

Entomology Field Season Badge

Jul 12 Sa 10:00-11:30am

Dragonfly Field Focus Badge

Aug 9 Sa 10:00-11:30am

Nature Discovery Series

Age: 7-99 yrs. In this series of programs, we will search for cool plants, animals, or fungi in the preserve. During each program, we will pick one group of organisms (for example, mosses, stream animals, mushrooms, pollinators, spiders, beetles, or many other possibilities) or one location as our focus, and we'll spend time finding species and recording those species on iNaturalist. You'll have a chance to help us document what is in the preserve (while also doing community science) and you'll learn to see the preserve and its non-human residents in a new way. Children must be accompanied by adults. Children and adults must register.

Durant Nature Preserve - Fee: \$7

May 17 Sa 10:00-11:00am

Jul 13 Su 3:00-4:00pm

Horseshoe Farm Nature Preserve - Fee: \$7

Jun 15 Su 3:00-4:00pm

Aug 9 Sa 10:00-11:00am

Plant Detectives

Age: 6-99 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. Recommended

for adults and children 7 years and older.

Children and adults must register.

Durant Nature Preserve - Fee: \$5

May 3 Sa 2:00-4:00pm

Pollination, and the Great Southeastern Pollinator Census

Age: 10-99 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.

Recommended for adults and children 12 years and older. Children and adults must register.

Durant Nature Preserve - Fee: \$5

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

Sublime Snakes

Age: 6-99 yrs. We'll explore the wonderful world of snakes at Durant.

What makes snakes what they are?

What amazing things do snakes do in the environment? How can you tell venomous from nonvenomous snakes? Where can we look for snakes? We'll learn from model snakes, actual snakes, and a walk around the preserve. Children must be accompanied by adults. Preregistration is required for planning purposes.

Durant Nature Preserve - Fee: \$7

Jun 14 Sa 10:00-11:30am

Jul 12 Sa 10:00-11:30am

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 - Fee: \$4

Jun 20 F 7:00-8:00pm

Teen

Pollination: Advertising, Robbery, and Deception!

Age: 12-99 yrs. Pollination usually involves a relationship between plants and animals. Often it is beneficial to both plants and animals, yet sometimes one partner deceives the other. We'll talk about the pollination process, and we'll look for pollinators on plants at Horseshoe Farm Preserve, documenting them on iNaturalist. Participants must be at least 12 and be accompanied by adults, all participants must register.

Horseshoe Farm Nature Preserve - Fee: \$5

Jun 21 Sa 2:00-4:00pm

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 - Fee: \$4

Aug 8 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. We'll also explore how evolution works, from interacting species that affect each other's adaptations, to species that show similar adaptations even though they are distantly-related, to partnerships between two species that end up blending toward a single species. Bring sunblock and a water bottle. For participants ages 12 and up.

Horseshoe Farm Nature Preserve - Fee: \$5

Jul 26 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 - Fee: \$5

Jun 14 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 - Fee: \$4

May 10 Sa 10:30am-12:00pm

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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 - Fee: \$10
 Jun 13 F 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 5 Sa 8:00-9:30am
Horseshoe Farm Nature Preserve
 Jun 7 Sa 8:00-9:30am

Edible Plant Identification

Age: 17.99-99 yrs. Ever wonder how people were able to survive before your modern-day grocery store? Before modern agriculture? They foraged! Participants will learn to identify local edible plants based on buds, roots and leafing patterns, and take home a field guide for future reference. This is an outdoor program, and participants should dress for the weather conditions.

Walnut Creek Wetland Park - Fee: \$10
 May 4 Su 1:30-3:00pm

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
 May 12 M 7:00-8:00pm
 Jun 9 M 7:00-8:00pm
 Jul 14 M 7:00-8:00pm
 Aug 11 M 7:00-8:00pm
 Sep 8 M 7:00-8:00pm

Firefly Hike

Age: 16-99 yrs. Ghosts and fairies or springtime fireflies? Come learn about the elusive piedmont ghost firefly and see if you can spot one! We will meet indoors for an overview of the newly recognized species of firefly before venturing out on a 1-mile hike. The hike will cover varied terrain of roots, rocks, and gravel in limited light, if not total darkness. Your guide will alert participants to fireflies, other nocturnal creatures, and notable trail features.

Forest Ridge Park - Fee: \$6
 May 2 F 8:00-9:30pm

Flying WILD

Age: 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 - Fee: \$15
 May 2 F 9:00am-4:00pm



Full Moon Walk

Age: 18-99 yrs. Leave the kids at home and enjoy an evening walk with a park naturalist. We'll learn about the nocturnal animals that are roaming the park after dark as we look and listen along our walk.

A.L. Wilkerson Nature Preserve - Fee: \$3
Aug 9 Sa 8:00-9:30pm

History of Horseshoe Farm

Age: 10-99 yrs. Have you ever wondered about people who lived in this area hundreds of years ago? Horseshoe Farm Preserve has a rich and complicated history. Come to explore that history with us. For adults and children ages 12 and older. Children must be accompanied by adults. Preregistration is required for planning purposes.

Horseshoe Farm Nature Preserve - Fee: \$5
May 22 Th 6:30-8:00pm

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. From female insects that reproduce just fine without a male, to plants that have male and female body parts, to critters where males present as females and females present as males, life at the preserve is fascinating. 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 - Fee: \$5
Jun 5 Th 6:00-7:30pm

Lifestyles of the Small and Squishy

Age: 8-99 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. Recommended for adults and children 10 years and older. All children should be accompanied by an adult, and all participants are required to pre-register. NC-EE credit is available for this program.

Durant Nature Preserve - Fee: \$5
Jun 6 F 2:00-4:00pm
Aug 23 Sa 2:00-4:00pm

Methods of Teaching Environmental Education

Age: 18-99 yrs. The focus of this two-day, ten-hour workshop is to prepare participants from a variety of educational backgrounds and experiences in both the formal and non-formal sectors to use exemplary Environmental Education teaching methods. Participants will learn about a variety of teaching techniques, methods, and instructional strategies. The workshop will include multiple interactive components. This is a Criteria I required workshop for all NC Environmental Education Certification Candidates. CEU credits are also available. Attendance both Thursday August 14th 5pm-9pm AND Friday August 15th 9am-4pm is required for certification. Note: You MUST complete and receive credit for the Basics of Environmental Education 10 hour Independent Study <https://www.eenorthcarolina.org/certification/program-requirements/basics-environmental-education> BEFORE attending this workshop.

A.L. Wilkerson Nature Preserve
Aug 14-Aug 15 Th 5:00-9:00pm
F 9:00am-4:00pm

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 - Fee: \$12
Jun 21 Sa 8:30-10:30pm

Plant Swap

Join us at the City of Raleigh Museum for a plant swap in conjunction with our exhibit celebrating the Raleigh Garden Club's 100th anniversary. Bring your pest-free, cuttings, rooted plants, or potted plants for trade. All varieties of houseplants and outdoor plants are welcome! Please label each plant clearly and be prepared to take any that don't find a match back home with you. Join us and let's celebrate our love for plants together!

City of Raleigh Museum
May 17 Sa 1:00-3:00pm

Salamander Search

Age: 16-99 yrs. Who are out slimy swamp friends? Learn all about salamanders that can be found in the wetland in this adult program and then venture in the swamp with staff to search for them. Come prepared to get muddy!

Walnut Creek Wetland Park - Fee: \$5
May 11 Su 3:00-5:00pm

Seasonal Nature Walk

Age: 12-99 yrs. Join a park naturalist on a general nature walk to see what is happening at the park this season. Come prepared for trail walking because we'll visit various parts of the park to discover the peak seasonal highlights!

A.L. Wilkerson Nature Preserve - Fee: \$3
Jul 19 Sa 10:30am-12:00pm

Sunset Paddle at Durant

Age: 18-99 yrs. Are you in need of a night out? Grab your partner and join us at Durant Nature Preserve for a 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 - Fee: \$10
May 15 Th 7:00-8:00pm
Jun 20 F 7:30-8:30pm
Jul 10 Th 7:30-8:30pm
Aug 21 Th 7:00-8:00pm

Wildflower Walk

Age: 12-99 yrs. "April showers bring May flowers" -- Join us for a leisurely hike through our fields and woods as we learn to recognize some "May flowers" and appreciate their stories.

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

Family

Astronomy Nights

Age: 5-99 yrs. What's up in space this month? Each program begins with an indoor presentation and (weather permitting) moves outside after sunset to view the Moon, stars, and planets with the Preserve's telescope. Children must be accompanied by an adult. Adults and children (5 years and up) must register to attend.

A.L. Wilkerson Nature Preserve - Fee: \$3
Aug 15 F 8:00-9:30pm

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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 - Fee: \$4
 May 22 Th 6:00-7:30pm

Campfire Story & Marshmallow Roast

Age: 3-99 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 - Fee: \$5
 May 2 F 6:00-7:00pm

Junior Nature Explorers

Age: 3-99 yrs. Enjoy some quality time with your family by joining our summer Junior Nature Explorer series. Explore our nature preserves together while learning a thing or two about the wild! Each program explores a theme like butterflies, birds, frogs, etc. Have fun uncovering natural treasures, playing games, hearing stories, and enjoying a craft related to the theme. Preregistration is required. Children must be accompanied by adults.

Durant Nature Preserve - Fee: \$7

Birds
 Jun 28 Sa 9:00-10:00am

Frogs and Toads
 Jul 12 Sa 9:00-10:00am

Amazing Insects!
 Aug 2 Sa 9:00-10:00am

Horseshoe Farm Nature Preserve - Fee: \$7

Birds
 Jun 21 Sa 9:00-10:00am

Frogs and Toads
 Jul 20 Su 3:00-4:00pm

Amazing Insects!
 Aug 3 Su 3:00-4:00pm

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
 Jun 18 W 10:00am-12:00pm

Out in Nature

Age: 16.5-99 yrs. Connect and learn from queer professionals in environmentally-focused fields about navigating these spaces and how their identities inform their work. We will explore related careers, engage in activities that bridge comfort indoors and outdoors, and share further resources for being out in the workplace.

Walnut Creek Wetland Park
 Jun 14 Sa 9:00am-12:00pm Fee: \$10
 Jun 28 Sa 9:00am-12:00pm Fee: \$5

Solstice Stroll

Age: 4-99 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 - Fee: \$4
 Jun 21 Sa 3:30-5:00pm

Twilight Walk

Age: 5-99 yrs. Take a walk with a park naturalist to explore the woods and fields at this special time of day. Look 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 - Fee: \$3
 May 16 F 8:00-9:30pm
 Jul 12 Sa 8:00-9:30pm

Wildflowers!

Age: 4-99 yrs. People love looking at flowers. Yet what are flowers? Why do flowering plants do so well? We'll look at flowering plants at Horseshoe Farm Preserve, and we'll talk about what flowers are, and the different ways plants use flowers to attract pollinators. Children must be accompanied by adults. Pre-registration is required.

Horseshoe Farm Nature Preserve - Fee: \$5
 May 2 F 10:00am-12:00pm





CITY OF OAKS foundation

The City of Oaks Foundation believes that lives are made richer by nature and works to promote healthy outdoor lifestyles connected to nature to ensure a great outdoors for a great Raleigh. The Foundation is closely aligned with the City of Raleigh's Parks, Recreation & Cultural Resources Department and uses this relationship to provide equitable access to our community's natural resources in the form of parks, nature preserves and greenways for everyone to enjoy.

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.

The Foundation's premier youth program, 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. The Foundation supports other important programs like Roots 2 STEM, which provides financial assistance for educational STEM camps and for youth and like Play it Forward, which provides financial assistance for all ages to participate in active recreation programs through Raleigh's Parks, Recreation and Cultural Resources Department.

Additionally, the Foundation's land conservation programs help landowners who want to leave a legacy by setting aside natural properties as conservation land and future public parks and greenway trails. By supporting the City of Oaks Foundation with your tax-deductible contribution, you will help reverse our nature deficit and help us keep a great outdoors for a great Raleigh!



You can help children explore the Great Outdoors and support Raleigh's Parks through a donation to the City of Oaks Foundation!



For more information visit www.cityofoaksfoundation.org
The City of Oaks Foundation, supporting a great outdoors
and great parks for a great Raleigh!

Outdoor Recreation



Preschool

Learn to Ride Balance Bike Series

Age: 3-5 yrs. Ready to roll? Balance is key when riding a bicycle. Balance bikes focus on developing the skill and muscle memory required to ride a bike. After these three sessions, most participants will be comfortable riding a balance bike independently. Set your child up for a life long skill in a fun and inviting environment. All equipment is provided. Parents are encouraged to spectate during the 45 minutes of instruction and participate during the 15 minutes of ride practice.

Forest Ridge Park - Fee: \$31

Jun 16-Jun 20 M,W,F 9:30-10:30am

Youth

FRP Kids Mountain Bike Club

Age: 8-14 yrs. May is Bike Month! Join us for an all skills, no-drop youth trail ride! Please register in advance, but drop-ins are welcome. Helmets and closed toed shoes are required. Parents are optional. Meet under the sawtooth oak near the turning circle. The ride is cancelled if the trails are closed.

Forest Ridge Park

May 18 Su 1:30-3:00pm

Introduction to Fishing

Age: 4-6 yrs. This program is designed for children aged 4-6. Participants will enjoy casting games to practice their skills and then spend some time fishing in the lake. Each child will leave with fun stickers and fishing-themed coloring pages. Adults must accompany participants and may attend free of charge without the need to register.

Lake Johnson Waterfront Center - Fee: \$5

Jr. Kids Fishing

May 31	Sa	9:00-11:00am
Jul 27	Su	9:00-11:00am
Sep 28	Su	9:00-11:00am

Kids Fishing

Jun 22	Su	9:00-11:00am
Aug 24	Su	9:00-11:00am

Junior Scientist Track Out

Age: 6-12 yrs. The new Junior Scientist series is meant for ages 6 - 12 who are interested in looking at the natural world through experiments and explorations. Take part in mini field experiments, use research equipment, and make observations. Each session will examine a different topic of natural sciences. Dress for the weather with a possibility to get a little dirty.

Lake Wheeler Park

May 13-May 15	Tu & Th	1:30-4:30pm
Jun 3-Jun 5	Tu & Th	1:30-4:30pm
Jul 29-Jul 31	Tu & Th	1:30-4:30pm

Adult

Adult Intro to Fishing

Age: 18+ yrs. Ever wanted to get into fishing? Maybe you fished as a kid and want to pick it back up. This is a basic skill class for adults who want to get started with fishing. We will go over basic knots, rods/reels, fresh and saltwater fishing, and what to do with a fish if you catch one. All supplies will be provided but you are welcome to bring your own. Dress for the weather and prepare to get a little dirty. Program will meet at Simpkins Pond.

Lake Wheeler Park - Fee: \$10

May 3	Sa	8:30-11:00am
Jun 7	Sa	8:30-11:00am
Aug 2	Sa	8:30-11:00am

Backpacking Basics

Age: 18+ yrs. Are you new to backpacking and want to learn more? Weather you have no gear or are fully loaded, join our staff as we go over the basics. This class will start off in discussion about gear and trip planning before loading up packs and walking a trail to try it out. We will provide some example pack setups to try but we encourage participants to bring what they already have. Dress for backpacking and be prepared to walk 1 - 3 miles on varied terrain. This program will run rain or shine. Please reach out with any questions!

Lake Wheeler Park - Fee: \$15

May 14 W 5:00-7:00pm



Backpacking for New Backpackers

Age: 18-100 yrs. Have you always wanted to go backpacking, but feel nervous or intimidated about planning a trip? Whether you've never been or want to lead a small group trip, this program will give you a wealth of knowledge. We walk you through the basics of backpacking in four instruction sessions that qualify you to register for an upcoming backpacking trip along the Mountains-to-Sea Trail to the Shinleaf Campground at Falls Lake State Recreation Area. You will need to attend at least 3 of the 4 instruction sessions to participate in the trip. We will cover backpacking styles and trip planning, including online reservation systems and campsite rules. We will talk about gearing up for a backpacking trip: What do you need? Where do you get it? How do you use it? We will also discuss cooking and meal planning, outdoor ethics, first aid, safety and what to do in an emergency situation.

Forest Ridge Park - Fee: \$21

May 8-Aug 7 Th 6:00-7:30pm

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 - Fee: \$12

May 17 Sa 1:00-3:00pm
Jul 19 Sa 1:00-3:00pm

Forest Ridge Park Kayak Adventure

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 - Fee: \$31

May 16 F 9:00am-12:00pm

Forest Ridge Park Kayak Tours

Age: 14-99 yrs. Join one of our kayak 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. Registration is required, and spots are limited so register now! Not able to make this date/time? Check ReLink for additional tour dates and times or call the park office to schedule your custom tour.

Forest Ridge Park - Fee: \$21

Jun 4 W 6:00-8:00pm

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? Contact the park office to schedule your custom tour.

Forest Ridge Park - Fee: \$26

Jun 20 F 6:00-8:00pm
Jul 11 F 6:00-8:00pm
Aug 29 F 6:00-8:00pm

Guided Hike

Age: 14-100 yrs. It's National Trails Day! Join us for a guided hike along Forest Ridge Park's 'Loop' trails. 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. Lace up your shoes for adventure!

Forest Ridge Park - Fee: \$6

National Trails Day!

Jun 7 Sa 9:00-11:00am

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Intro to Kayaking

Age: 14-99 yrs. Join one of our intro to kayaking classes at Lake Wheeler Park where basic paddling techniques are explained. No previous experience is required for this fun focused 2-hour paddle class. We will meet at the waterfront center and provide land-based instruction before heading out as a group to explore the lake. We plan to hold this class several times through the summer. Check RecLink for dates and times or call the park office to schedule your custom program.

Lake Wheeler Park

Introduction to Paddling

Age: 14-99 yrs. These beginner-friendly paddling classes are designed to introduce participants to the fundamentals of paddling in a calm and supportive environment. Our sessions offer a relaxed pace, allowing each participant to build confidence and skill on the water. Throughout these skills-focused classes, participants will learn essential paddling strokes, practice maneuverability techniques, and develop self-rescue skills to enhance safety and independence while paddling. Our experienced instructors will guide you step-by-step, ensuring you feel comfortable and prepared as you progress. All necessary equipment, including life vests, paddles, and kayaks or canoes, is provided. Please note that participants under the age of 16 must be registered with an accompanying adult to join the class.

Lake Johnson Waterfront Center - Fee: \$25

Paddling Tour

May 18	Su	9:00-11:00am
Jun 15	Su	9:00-11:00am
Jul 20	Su	9:00-11:00am
Aug 17	Su	9:00-11:00am
Sep 21	Su	9:00-11:00am

SUP Skills

Jun 4	W	5:00-7:00pm
Jul 26	Sa	9:00-11:00am
Aug 6	W	5:00-7:00pm
Sep 27	Sa	9:00-11:00am

Kayak Skills

Jun 28	Sa	9:00-11:00am
Jul 2	W	5:00-7:00pm
Aug 23	Sa	9:00-11:00am
Sep 3	W	5:00-7:00pm

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 - Fee: \$26

May 17	Sa	9:00-11:00am
Aug 23	Sa	9:00-11:00am

Family

Adventure Play Day

Age: 2-6 yrs. Riding a bike around an obstacle course can be a great way for a child to improve their riding skills while having fun! We will provide the bikes, helmets, and bike course. You bring the fun! Adults must accompany their children.

Forest Ridge Park

May 31	Sa	9:00am-12:00pm
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Family Fishing

Age: 8-99 yrs. This intro program is for adult and kids to learn to fish alongside each other. Play a fishing game, learn to tie the hook, how to cast, and what to do when you catch a fish. Dress for the weather and plan to get a little dirty. All supplies are provided but you are welcome to bring your own.

Lake Wheeler Park - Fee: \$6

May 10	Sa	9:00-11:00am
Jul 12	Sa	9:00-11:00am
Aug 9	Sa	9:00-11:00am

Intro to Stand Up Paddleboard

Age: 14-99 yrs. Join one of our intro to kayaking classes at Lake Wheeler Park where basic paddling techniques are explained. No previous experience is required for this fun focused 2-hour paddle class. We will meet at the waterfront center and provide land-based instruction before heading out as a group to explore the lake. We plan to hold this class several times through the summer. Check RecLink for dates and times or call the park office to schedule your custom program.

Lake Wheeler Park - Fee: \$25

Lake Tours: Kayak & SUP

Age: 14-99 yrs. Join one of our lake tours at Lake Wheeler Park where we will explore different parts of the lake by kayak or stand up paddleboard. No previous experience is required for this fun focused 2-hour paddle class. We will meet at the waterfront center and provide land-based instruction before heading out as a group to explore the lake. We plan to hold this class several times through the summer. Check RecLink for dates and times or call the park office to schedule your custom program.

Lake Wheeler Park - Fee: \$25

Playground Pop-up

All Ages. Held on the first Tuesday of the month, these programs are free and drop-ins are welcome, though registration is encouraged. Staff will have a nature related craft and will be available to answer questions about programs and activities at Lake Wheeler. This program will take place in the Magnolia Shelter next to the playground.

Lake Wheeler Park

May 6	Tu	11:00am-1:00pm
Jun 3	Tu	11:00am-1:00pm
Jul 1	Tu	11:00am-1:00pm
Aug 5	Tu	11:00am-1:00pm

Social Programs



Preschool

Little Sprouts Spring Celebration

Age: 0-5 yrs. Come join us at Lake Lynn Community Center & Park for our first ever "Little Sprouts Spring Celebration". Designed especially for our curious Pre-K learners, this event is a celebration of the wonders of Spring. Families can enjoy hands-on activities, seasonal crafts, and a nature scavenger hunt. This event is designed for preschoolers, but people of all ages are welcome to attend.

Lake Lynn Community Center

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

Messy May

Age: 3-6 yrs. Messiness meets art in Messy May. This class will feature different spring art projects that involve getting messy! Be sure to wear clothes you can get messy in!

Abbotts Creek Community Center - Fee: \$7

May 6 Tu 10:00-10:45am

National Dance like a Chicken Day

Age: 2-5 yrs. Flap your wings and shake your tail feathers! It's time to celebrate Dancing like a chicken! Participants will listen to a story about the dance we all know and love the Chicken Dance, create a chicken themed craft, and DANCE LIKE A CHICKEN!

Laurel Hills Community Center - Fee: \$2

May 14 W 10:30-11:15am

Playgroup Tot Time

Age: 0-5 yrs. Spaces at identified community centers will be open for parents or caregivers and their young children (ages 5 and under) to socialize and burn off some energy! Age appropriate sports, recreational equipment, or stations will be available for use. Please check with individual community centers for specific days

and times and maximum number of participants. You can register for a Playgroup Tot Time pass online or at any community center.

Green Road Community Center

May 6-Dec 30 Tu & Th 10:00am-12:00pm

Sea Ya Later Spring

Age: 2-5 yrs. Come say see ya later to spring and hello summer at this new event at Abbotts Creek Community Center. The event will feature crafts and games that are under the sea themed. Pre-registration is required for this event.

Abbotts Creek Community Center - Fee: \$5

Jun 4 W 10:00-11:00am

Sippy "TEA" Cup Toddler Time

Age: yrs. Bring your child's favorite sippy cup, and join us for singing, puppets, and play. This is an inclusive group, for children ages 2-4 years old. We will meet 2nd Tuesday of each month from April-June!!

Powell Drive Neighborhood Center

May 14-Jun 25 W 10:30-11:15am

Storybook Adventures

Age: 3-5 yrs. Join us for story time as we take our readers on an adventure. We will read, experience, and create from our storybooks, sparking your readers imagination and love for books. Pre-registration and adult participation are required for this class.

Halifax Community Center

If You Give a Kid a Cookie

May 15 Th 11:15am-12:00pm

May 15 Th 4:00-4:45pm

Grand Tales

May 15 Th 11:15am-12:00pm

Tiny Tots: Play & Learn Time

Age: yrs. Tiny Tots is an interactive program where students, age 1-4, will participate in educational activities. These include arts and crafts, music, imaginative play, games, and story times. This program is to develop and grow toddlers social, emotional, fine, and gross motor skills. Also, to encourage children make new friends and develop an excitement for learning in a fun and safe environment.

Biltmore Hills Community Center

Jun 25-Sep 17 W 10:30-11:30am

Youth

Basketball Fundamentals 101

Age: 9.99-15.99 yrs. The skills sessions will cover all aspects of basketball, including shooting, passing, defense, offense, agility and dribbling. Scrimmage games will be included to add to the fun.

Worthdale Community Center - Fee: \$26

Jul 2-Jul 30 W 6:00-7:00pm

Aug 27 W 6:00-7:00pm

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Poke Pals Trading and Training

Age: 6-12 yrs. Calling all Poke fans to bring your trading cards! Want to have a safe place to trade your cards with friends and learn how to play the game? This program will give you just that. We will have time for kids to trade cards with other like-minded fans. After trading time, you will meet with a trainer to teach you how to play the game. Drop-in to trade, battle, or both. We are not a Sanctioned Pokemon League.

Hill Street Neighborhood Center – Fee: \$10
 May 16 F 5:30-7:30pm
 Jun 20 F 5:30-7:30pm
 Jul 18 F 5:30-7:30pm

Teen

Bounce Into Fun: Teen Party

Age: 12-15 yrs. Ready to power up your Friday night? Join us for an epic evening of fun at our Teen Night! We'll have inflatables for an ultimate adrenaline-pumping experience, show off your creativity by making custom friendship bracelets, and hang out with friends. Whether you're into speed, style, or just good vibes, this is the ultimate place to chill and play. Don't miss the chance to make memories and maybe a few new friends!

Laurel Hills Community Center – Fee: \$48
 May 23 F 6:00-8:00pm

Adult

Abbotts Creek Book Club

Age: 18-99 yrs. Are you an avid reader? Do you like talking about the books that you read? If so, come out to Abbotts Creek to join our book club. The book we will be reading is Lookaway, Lookaway by Wilton Barnhardt. The book club is free to the participants, but participant is responsible for paying for lost or damaged books. The official meeting start date is August 25th, books will be available for pick up on August 18th. More information will be given on August 18th. Pre-registration is required.

Abbotts Creek Community Center
Lookaway, Lookaway- Wilton Barnhardt
 Aug 18-Sep 22 M 2:30-3:30pm

Donut Judge My Art

Age: 18-99 yrs. Join us for a fun, relaxing evening of painting, coffee, and donuts! Enjoy a cozy atmosphere where you can sip your favorite drink, indulge in sweet treats, and unleash your creativity. Whether you're a beginner or an experienced artist, it's the perfect way to unwind and create something special!

Jaycee Community Center – Fee: \$55
 Aug 20 W 6:00-8:00pm

Gals & Pals: Night Out

Age: 18-99 yrs. Get ready to unleash your inner artist and mingle with like-minded creatives! Each session provides a new creative project and mocktail, and some projects may take more or less time. Whether you're meeting old friends or making new ones, join us as we celebrate friendship and cultivate a new third place!

Kiwanis Community Center – Fee: \$12
Flower Bouquets
 May 21 W 6:30-8:00pm
Seed Bead Daisy Bracelet
 Jun 18 W 6:30-8:00pm
Candles
 Jul 16 W 6:30-8:00pm
Embroidery Basics
 Aug 20 W 6:30-8:00pm

Sertoma Group - Sertoma Park Artists

Come join this creative group of artists who meet every Thursday. Individuals are welcome to visit the group and find out more about joining. Note: Course fee of \$3 is collected at each visit. See club officers at meeting for information on additional fees and dues.

Sertoma Arts Center – Fee: \$3
 May 1-Aug 28 Th 9:00am-12:00pm

Senior

Barwell Seasoned Group - Golden Years Club

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
 May 6-May 27 Tu 11:00am-1:00pm
 Jun 3-Jun 24 Tu 11:00am-1:00pm
 Jul 1-Jul 29 Tu 11:00am-1:00pm
 Aug 5-Aug 26 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 plus bring \$1 cash per 3 cards which becomes prize money. Space is limited. Registration is on a month-by-month basis and starts at 9am online or in-person on the 3rd Wednesday for the following month. Please arrive at 10:15 for a 10:30 start.

Anne Gordon Center – Fee: \$1
 May 2-May 30 F 10:30am-12:30pm
 Jun 6-Jun 27 F 10:30am-12:30pm
 Jul 11-Jul 25 F 10:30am-12:30pm
 Aug 1-Aug 29 F 10:30am-12:30pm

Bridge: Open Play

Age: 18-99 yrs. Join other bridge players for this open play program. All experience levels are welcome.

Greystone Recreation Center
 May 5-Aug 25 M 10:00am-1:00pm
 May 7-Aug 27 W 10:00am-1:00pm

Coffee and Cards

Age: yrs. Coffee and Cards is for our Active Adults looking for something fun to do every 2nd and 4th Tuesday at Powell Drive park. We won't Sandbag you! Be sure to Book your spot for this Spades group it Trumps all others. We've Set the coffee on and won't Renege on the promise of refills.

Powell Drive Neighborhood Center
 May 13-Jun 24 Tu 10:30am-12:30pm

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 2-Aug 29 F 2:00-4:00pm
Five Points Center
 May 7-Aug 27 W 2:00-4:00pm

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 20 Tu 1:00-4:00pm
 Jun 17 Tu 1:00-4:00pm
 Jul 15 Tu 1:00-4:00pm
 Aug 19 Tu 1:00-4:00pm

Mah Jong Open Play

MahJongg Special Interest Group is a collaboration between OLLI and the Five Points Center for Active Adults and is open to both OLLI members and non-members. MahJongg is a tile game that can be traced back to the end of the 19th Century. It is a game of skill but can be very exciting and fun to play. All levels of play are welcome. For newcomers the first part of the session will be used to cover the basic principles of play. Some game tile sets and supplies are available but you are asked to provide your own playing game card which changes every April.

Five Points Center
 May 7-Aug 27 W 2:00-4:45pm

Active Adult Trips

The Active Adult Program offers day and multi day trips for adults. Our trips are geared towards older adults however, all adults are welcome to join us. There is no requirement to be a resident of Raleigh or even NC to go on the trips. Find more information about our trips and FAQ on our website at parks.raleighnc.gov search "trip".

OVERNIGHT TRIPS 2025

Alaska Land and Sea – August 14-25, 2025

Grab your passport and travel to breathtaking Alaska by land and sea. Enjoy 2 nights in Fairbanks, 1 night in Denali, 1 night in Anchorage and 7 Nights Alaska Cruise aboard the Norwegian Jewel. Trip highlights include Riverboat Discovery Sternwheeler cruise, Fairbanks City Tour, Alaska Railroad to Denali, Denali National Park tour, Alaska Wildlife Conservation Center, Anchorage City Tour, Hubbard Glacier, Icy Strait Point, Juneau, Skagway, Ketchikan and the Inside Passage.

Athens & Greek Islands – October 7-15, 2025

Grab your friends and join us for an unforgettable adventure to Athens, Mykonos, and Santorini! This 9-day journey will immerse you in the rich history, stunning beauty, and vibrant culture of Greece. In Athens, explore iconic landmarks like the Acropolis, Parthenon, Acropolis Museum, Ancient Olympic Stadium, Plaka, and Syntagma Square. Then, discover the charm of Mykonos, including a guided tour of the historic island of Delos. Finally, experience the breathtaking beauty of Santorini with a visit to a local winery for a tasting, a stroll through the enchanting Oia Village, and panoramic views that will leave you in awe.

Highlights of the Columbia and Snake River Oregon, Washington, and Idaho – July 20-27, 2025

Explore the highlights of the Columbia and Snake Rivers during this eight days and seven nights trip. Tour Highlights includes Mount Hood and lunch at Timberline Lodge, Portland city tour including Old Town Historic District and International Rose Test Gardens, Columbia Gorge with Vista House, Multnamah Falls and Bonneville Dam, Fort Walla Walla Museum, a jet boat excursion on the Snake River, Dinner cruise on Lake Coeur d'Alene and a SkyRide gondola in Spokane.

Utah's National Parks – April 27-May 2, 2025

Discover Utah's Mighty National Parks on this adventure packed seven days six nights trip. Highlights of this trip: Salt Lake City, Moab, Canyonlands National Park, Dead Horse Point State Park, Monument Valley, Arches National Park, Capitol Reef National Park, and Park City. The trip also includes Canyonlands by night cruise, Goulding's Lodge Museum and Trading Post as well as wine tasting in Moab.

For trip questions or registration contact Carmen at 919-996-4734 or carmen.rayfield@raleighnc.gov

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 5-Aug 25	M	1:30-4:00pm
May 1-Aug 28	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. Drinks are available from the machine 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 1-May 29	Th	1:00-3:30pm
Jun 5-Jun 26	Th	1:00-3:30pm
Jul 3-Jul 31	Th	1:00-3:30pm
Aug 7-Aug 28	Th	1:00-3:30pm
May 2-May 30	F	10:30am-12:45pm
Jun 6-Jun 27	F	10:30am-12:45pm
Jul 11-Aug 1	F	10:30am-12:45pm
Aug 8-Aug 29	F	10:30am-12:45pm

Open Play Cards and Games

Age: 18-99 yrs. Want to play bridge, canasta, poker, mahjong or more with your friends? Bring your supplies or use ours. No registration required. This is an open play time for all, sign in upon arrival. First come first served and space is limited.

Anne Gordon Center

May 6-Aug 26	Tu	1:00-4:30pm
May 2-Aug 29	F	1:00-4:30pm
Jun 4-Aug 27	W	9:30am-1:30pm

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 2-Aug 29	F	1:00-3:00pm
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Table Tennis Open Play

Age: yrs. Join other Table Tennis players for an afternoon of friendly competition. All levels are welcome. NOT OPEN 4/18

Five Points Center

May 2-Aug 29	F	2:00-4:00pm
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Trivia Group at Anne Gordon Center

Age: 18-99 yrs. Test your knowledge and memory in a fun social setting. We will provide trivia game cards to get the group started, but feel free to bring in your own supplies to challenge your friends. Registration is required and space is limited.

Anne Gordon Center

May 1-Aug 28	Th	12:30-1:55pm
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Western Movie Society

Age: yrs. The Western Film Society keeps B-Western Movies Alive for Future Generations to Enjoy. The group, which is open to any adult, meets on the 3rd Tuesday of each month to watch and discuss Western Movies.

Five Points Center

May 20-Aug 19	Tu	1:30-4:30pm
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Family

Backyard Games at the Creek

Age: 8-99 yrs. Would you like to learn the rules of various backyard games and have some family fun? See who the household champion is or just have some friendly fun! Come experience yard games that everyone can enjoy! This program will be indoors or outdoors depending on weather. Don't miss out on the fun!

Brier Creek Community Center – Fee: \$15
 May 6-May 27 Tu 6:30-7:30pm
 Jun 3-Jun 24 Tu 6:30-7:30pm
 Jul 1-Jul 22 Tu 6:30-7:30pm
 Aug 5-Aug 26 Tu 6:30-7:30pm

First Friday at the Museum

This ongoing program takes place on the first Friday of every month and provides a lively and engaging way to connect with the local Raleigh community. Explore the museum after hours in an upbeat and enjoyable atmosphere!

City of Raleigh Museum
 May 2 F 6:00-9:00pm
 Aug 1 F 6:00-9:00pm

Friendship Fridays - Bracelet Making

Age: 5-18 yrs. Join us for Friendship Fridays at Millbrook Exchange Community Center. Students can join us afterschool for an afternoon of making custom friendship bracelets. We provide the supplies, you bring the creativity! Kids ages 5-12 must preregister and be accompanied by a parent/guardian the day of the event. Teens ages 13-18 are allowed to attend alone but must be preregistered by a parent/guardian.

Millbrook Exchange Community Center – Fee: \$8
 May 23 F 3:00-6:00pm
 Aug 29 F 3:00-6:00pm

Lets Get Cheesy; Cheese Pizza Day

Age: 3-5 yrs. If you love pizza, then this is the class for you. Sign up your pizzaiolos to make their delicious cheesy pies! This will include making their own personal cheese-tastic pizza and a fun activity. Let's cheese it up and have a gouda time!

Jaycee Community Center – Fee: \$10
 Jun 10 Tu 11:00am-12:30pm

National Holidays

Drop in for fun holiday celebrations!

John Chavis Community Center

National Endangered Species Day

May 16 F 11:00am-8:00pm

National Donut Day

Jun 6 F 11:00am-8:00pm

National International Friendship Day

Jul 30 W 11:00am-8:00pm

National Aviation Day

Aug 19 Tu 11:00am-8:00pm



Party in the Park

Come celebrate the end of the school year and the start of summer with the neighborhood as we party in Kiwanis Park. It's fun for the whole family with crafts, games, and popsicles! Pre-registration is encouraged for communication in the case of inclement weather, but is not required.

Kiwanis Community Center
 Jun 6 F 3:30-6:30pm

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.**

AARP Raleigh-Wake 3689

Durant Campbell Lodge
3237 Spottswood St.
3rd Thursday, 11:00am
Sept-June: Speakers, lunch, cards,
community service
Cordelia: (646) 316-4618

Barwell Seasoned Seniors

Barwell Road Center
5857 Barwell Park Dr.
Tuesdays, 11:00am
Yearly: social, crafts, games,
outings, speakers, meals
Kevin: (919) 996-5996

Cathedral Seniors

Holy Name of Jesus Cathedral
715 Nazareth Street
Thursdays, 11:00am
Aug-May: speakers, meals, trips,
social
Cathy: (919) 779-4920

Chavis Circle of Friends

Chavis Community Center
505 MLK Blvd
Last Wednesday, 11:00am
Jan-Nov: Speakers, social
Ivey: (917)755-4623

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

Go-Getters Club

Greystone Village Shopping Center
7713 Leadmine Road
2nd/4th Thursday, time varies
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
Jim: (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, 3rd & 4th Wednesdays, 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
Mary: (984) 202-1760
Deborah: (919) 508-1217

Platinum Plus

Ralph Campbell Center
756 Lunar Dr.
Sept-June: social, speaker
James: (919) 675-0339
Rickey: (919) 414-6530

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
Nancy: (201) 523-0548

St. Joseph Happy Hearts

St. Joseph Catholic Church
2817 Poole Road
1st Wednesday, 1:00pm
Sept-May: Speakers, meals, trips
Liz: (919) 872-2917
Judy: (919) 780-0614

Savvy Sisters

Five Points Center 2000 Noble Road
2nd/4th Wednesday, 11:00am
Sept-June: table talks, games, trips
Ciana: (215) 391-7898
Alice: (919) 434-6318

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

Southeast Raleigh 5032 AARP

Roberts Park Center
1300 E. Martin St.
2nd Thursday, 12:00pm
Sept-May: speakers, community
service, trips
Shirley: (619) 888-1962

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
Portia: (919) 833-6464

Worthdale Walkers Club

Worthdale Community Center
1001 Cooper Road
Thursdays, 11:00am
Sept-May: Social, trips, speakers
Asha: (919) 996-2730



Specialized Recreation & Inclusion Services

Specialized Recreation and Inclusion Services

919.996.2147, SRIS@raleighnc.gov

Program Director

Christen Winstead, LRT/CTRS
christen.winstead@raleighnc.gov

Inclusion Manager

Jessica Niggebrugge, LRT/CTRS
jessica.niggebrugge@raleighnc.gov

Inclusion Coordinator

Victoria Jenkins, LRT/CTRS
victoria.jenkins@raleighnc.gov

Program Manager

Kevin DeHont, LRT/CTRS
kevin.dehont@raleighnc.gov

Program Coordinators

Hannah Hearn, LRT/CTRS
hannah.hearn@raleighnc.gov

Specialized Recreation and Inclusion Services offers a variety of specialized programs and inclusion services for individuals of all abilities to enjoy recreation opportunities of their choice.

Specialized Recreation programs are offered to meet the needs and interests of participants. Programs may be modified and/or adaptive equipment may be available to assist participants. Some eligibility requirements may apply. Please review our program listings for more information.

Inclusion Services provides supports to individuals who request modifications due to disability or medical condition, to assist with participation in all Parks, Recreation and Cultural Resource programs. To ensure reasonable modifications are available, the request should be received at least two weeks prior to the start date of the program.

For more information about our programs or inclusion services, please contact us at SRIS@raleighnc.gov or 919.996.2147.

Return registrations or forms to:
Raleigh Parks, Recreation and Cultural Resources Department
Specialized Recreation and Inclusion Services
2401 Wade Avenue, Raleigh, NC 27607

Abilities Tennis Association of NC

Abilities Tennis of North Carolina is a local non-profit organization offering free tennis lessons and competitive opportunities for individuals with disabilities. Experienced volunteers will lead the lessons. Equipment is provided and all levels of experience welcome. Pre-registration is required. The program runs on Saturdays (2:00-3:00pm or 3:30-5:00pm) 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 Blind Bowlers Association - The Raleigh Outlaws operate a bowling league for visually impaired individuals throughout the Raleigh area. The Outlaw program is the nation's largest and most consistent blind bowler league. Participation is governed by league by-laws and officers. Contact Sharon Benton, League President, at (919) 755-0700 for league information.

Raleigh Riders

A bike ride is a wonderful thing, but for folks with limited mobility, it's difficult to experience the fresh air, sun and joy that a ride can deliver. We, a group of Raleigh citizens, would like to bring the biking experience to people that may not have thought that a bike ride was even possible for them. By using specially-made tandem bicycles, we plan to offer bike rides on Raleigh's incredible greenways. Contact Scott Reston at scott@therestons.com or visit us online at raleighriders.org.

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Raleigh Sidewinders

The Raleigh Sidewinders is eastern North Carolina's wheelchair (i.e. Quad Rugby) team. The Raleigh Sidewinders are official members of the US Quad Rugby Association, (USQRA), www.quadrugby.com. The team is comprised of individuals with disabilities that preclude their play in competitive, able-bodied sports. Players must have mobility impairments in their arms and legs to be considered eligible for participation. Most of the players have sustained cervical spinal cord injuries and have some type of quadriplegia as a result. The players are active members in their community, striving for a level of skill and competition offered by quad rugby. The vision of the Raleigh Sidewinders is to provide team members with an opportunity for personal growth, physical outlet and competition with adequate equipment and resources. For more information, please visit www.ncscia.org/theraleighsidewinders.

Special Olympics Wake County

Special Olympics Wake County provides year-round sport training and athletic competition in different sports for individuals with intellectual disabilities. Special Olympics training and competition is provided at no charge to eligible athletes. Each sport practices on a weekly basis at various times and locations.

SRIS Adaptive Group Fitness

Age: 16-99 yrs. Come get your workout on with SPIRIT Club! Experience a different style of exercise each week to include Zumba, cardio, yoga, boxing and more in a fun and inclusive environment! These classes will help you improve balance, flexibility, strength, endurance, coordination, and agility. Classes are taught with visual demonstrations and verbal cues to make sure instructions are clear and easy to follow. This is an adapted exercise class for individuals with disabilities who can benefit from minimum to moderate support and/or prompts and can follow 1-2 step instructions. To learn more about the SPIRIT Club visit www.spirit-club.com.

Eastgate Neighborhood Center

May 12	M	10:00-11:00am	Fee: \$5
Jun 9-Jun 23	M	10:00-11:00am	Fee: \$10
Jul 14-Jul 28	M	10:00-11:00am	Fee: \$10
Aug 11-Aug 25	M	10:00-11:00am	Fee: \$10

SRIS Clay Exploration

Age: 16-99 yrs. Unleash your creativity in Clay Exploration, a welcoming and supportive beginner pottery program designed specifically for individuals with disabilities. Whether you're new to clay or looking to explore a fun, tactile art form, this program offers an inclusive space for self-expression and artistic growth. Experienced instructors provide

step-by-step guidance in hand-building, wheel-throwing, and glazing techniques while allowing participants the creative freedom to explore different texture, shapes, and styles at their own pace. Projects include mirror frames, pinch pots, flower bouquets, and coil pots. Please note SRIS Clay Exploration does not qualify participants for studio membership.

Pullen Arts Center – Fee: \$24

Jun 6-Jun 20	F	10:00-11:15am
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Sertoma Arts Center – Fee: \$24

May 2-May 16	F	10:00-11:15am
Jul 11-Jul 25	F	10:00-11:15am
Aug 1-Aug 15	F	10:00-11:15am

SRIS Crafting Corner

Age: 16-99 yrs. This program is designed for individuals with disabilities. This program offers individuals with disabilities a supportive and inclusive environment to explore various art forms through hands-on projects like painting, seasonal crafts, and textile arts. With personalized guidance, participants can fully engage in the creative process, fostering self-expression, skill development, and joy through crafting.

Hill Street Neighborhood Center – Fee: \$16

May 19	M	6:30-7:30pm
Jun 23	M	6:30-7:30pm
Jul 28	M	6:30-7:30pm
Aug 25	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, movement, arts and crafts, culture and monthly volunteer opportunities. 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.

Program hours are 10:00am-3:00pm. All participants should bring a labeled lunch and water bottle daily. All participants are required to have a current Participant Information Form on file at least 1 week prior to their first day of participation. If forms are not current, after registration, families will receive additional forms that must be completed and returned at least 1 week prior to the first day of participation. Please contact SRIS at SRIS@raleighnc.gov or 919.996.2147 for more information.

Eastgate Neighborhood Center – Fee: \$131

May 6-May 27	Tu	10:00am-3:00pm
May 1-May 29	Th	10:00am-3:00pm
Jun 3-Jun 24	Tu	10:00am-3:00pm
Jun 5-Jun 26	Th	10:00am-3:00pm
Jul 1-Jul 29	Tu	10:00am-3:00pm
Jul 3-Jul 31	Th	10:00am-3:00pm
Aug 5-Aug 26	Tu	10:00am-3:00pm
Aug 7-Aug 28	Th	10:00am-3:00pm

Sensory Friendly Creative Saturday

Sensory Creative Saturdays are every second Saturday of each month. This free drop-in format series allows attendees to create a masterpiece in the setting of their choosing with the help of Sertoma Arts Center staff. Sensory Friendly Saturdays will offer accessible accommodations for individuals with Sensory Processing Disorders and Autism Spectrum Disorders (ASD). The Arts Center will provide an accepting and inclusive environment, modifications to sound and lighting, noise-canceling headsets, and a quiet room. All ages and abilities welcome. Instructor: Max Pulley

Sertoma Arts Center

May 10-Aug 9	Sa	1:00-3:00pm
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SRIS Bingo

Age: 16-99 yrs. Join us for a fun-filled evening of socializing and excitement through the timeless game of bingo. Designed for individuals with disabilities, our instructors will ensure activities are adapted to accommodate diverse needs and abilities. Game winners will have a selection of prizes to choose from! Participants must be able to play in small group settings of 1 staff to 8 participants, manage personal care,

and follow basic rules of safety and interaction. Individuals who require more support may attend with a personal assistant (additional paperwork required).

Jaycee Community Center - Fee: \$10

May 7-May 21	W	6:30-7:30pm
Jun 4-Jun 18	W	6:30-7:30pm
Jul 2-Jul 16	W	6:30-7:30pm
Aug 6-Aug 20	W	6:30-7:30pm

SRIS Cooking

Age: 16-99 yrs. Come cook with us! This program is designed for 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 enjoy the food they have prepared with their fellow sous-chefs. 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 - Fee: \$21

May 14	W	6:00-7:30pm
Jun 11	W	6:00-7:30pm
Jul 9	W	6:00-7:30pm
Aug 13	W	6:00-7:30pm

SRIS Game Night

Age: 16-99 yrs. This program is designed for teens and adults with disabilities. Get your game faces ready! Join us in person as we participate each month in a variety of games like charades, trivia, Jenga, board games – and so much more! Each week will be a unique game night full of fun!

Jaycee Community Center - Fee: \$5

May 12	M	6:30-7:30pm
Jun 9	M	6:30-7:30pm
Jul 14	M	6:30-7:30pm
Aug 11	M	6:30-7:30pm

SRIS Karaoke

Age: 16-99 yrs. This program is designed for individuals with disabilities. If you're passionate about singing or performing, this is your moment to shine! Gather your friends and join us on the 3rd Friday of each month for an exciting night of karaoke. Enjoy performing in a welcoming, family-friendly atmosphere, where everyone is encouraged to take the stage. Our dedicated staff is there to support and supervise, ensuring a fun and smooth experience for all performers.

Jaycee Community Center - Fee: \$5

May 16	F	6:00-7:00pm
Jun 20	F	6:00-7:00pm
Jul 18	F	6:00-7:00pm
Aug 15	F	6:00-7:00pm

SRIS Recreation Bowling

Age: 16-99 yrs. This bowling program provides a fun and exciting place for teens (16+) and adults with developmental and/or physical disabilities to participate in bowling. This program is recreational in nature, and does not provide instructional skill curriculum. Ramps and bumpers will be available. Participants will be placed on lanes based on age, ability and style of bowling. Cost includes 2 hours of bowling and shoe rental (2 games max). This program will be facilitated on a 1 to 6 staff to participant ratio. Individuals needing additional assistance must bring a personal assistant.

Offsite Programming - Fee: \$56

May 3-May 31	Sa	12:00-2:00pm
Jun 7-Jun 28	Sa	12:00-2:00pm
Jul 5-Jul 26	Sa	12:00-2:00pm
Aug 2-Aug 23	Sa	12:00-2:00pm

TAP into Recreation

We have partnered with the Triangle Aphasia Project (TAP) to provide members with different recreational opportunities each month. This group is a great way to practice your communication skills while doing something you enjoy! Participants must be an existing member of TAP. If you are interested in becoming a member, please contact Olivia Herrmann at olivia@aphasiaproject.org

Triangle Taiko Drumming

Triangle Taiko is a joint program with the Raleigh Parks, Recreation & Cultural Resources Department providing free Taiko drumming classes for teens and adults with developmental and physical disabilities. Through this program, participants will increase their physical fitness level while learning the history and art of Taiko drumming. Individuals need to have some coordination, the ability to follow directions, a desire to play drums and perform, and be able to handle the loud volume level of the drums. For more information, please call 919-787-6233 or e-mail yokoiwashima@gmail.com.

Triangle Thunder Wheelchair Basketball

Triangle Thunder is a recreational and competitive adult wheelchair basketball team. They provide opportunities for men and women with a variety of disabilities to become involved in the sport of wheelchair basketball. The goal is to enhance each individual's social well-being by fostering their physical well-being through vigorous physical exercise, skill formation, and healthy fellowship with other persons with disabilities. Practices are open to new players and to the public. For more information, please contact 919-696-2811 or visit www.triangletThunder.org

VIP Darts

Age: 16-99 yrs. Come out on the 1st and 3rd Monday of the month for our VIP darts program tailored for visually impaired individuals! Join us for an engaging and accessible experience where participants of all abilities can enjoy the thrill of this precision sport. Through adapted equipment and supportive guidance, we aim to create a welcoming environment where everyone can excel and have fun. This program is designed as recreational practice and not instructional in nature. For more information, please contact SRIS at 919-996-2147.

Jaycee Community Center - Fee: \$10

May 5-May 19	M	6:00-7:30pm
Jun 2-Jun 16	M	6:00-7:30pm
Jul 7-Jul 21	M	6:00-7:30pm
Aug 4-Aug 18	M	6:00-7:30pm



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 \$2.00 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 \$2.00 for all guests over 1 year old. Riders must be at least 42 inches tall to ride unaccompanied.

Hours of Operation

April-September	M	Closed
	Tu-Sa	11:00am-8:00pm
	Su	2:00-6:00pm
October-March	M	Closed
	Tu-Sa	11:00am-6:00pm
	Su	2:00-6:00pm

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 Sites

Site Manager: Joshua Ingersoll

Email: joshua.ingersoll@raleighnc.gov

Mordecai Historic Park

1 Mimosa Street, Raleigh, NC, 27604
(919) 996-4364
www.raleighnc.gov/museums

The Mordecai House is the oldest home in Raleigh on its original foundation and was once the seat of the largest plantation in Wake County, encompassing more than 1,000 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 historic buildings are offered Tuesday through Sunday—call or visit our website for times. The cost is \$7 for adults, \$4 for youth (7-17), \$4 for seniors (65+), and children 6 and under are free. In addition, Mordecai offers field trips and conducts events for all ages throughout the year.

The Tucker House

418 N. Blount St, Raleigh, NC 27601

The Tucker House was built in 1914 for Garland S. Tucker, owner of G.S. Tucker Furniture Company, and 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 functions. For more information call 919-996-4363.

The Borden Building

820 Clay St, Raleigh, NC 27605

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 orphanage's Superintendent and later 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 renovated in 1992 and is presently available for weddings, receptions, meetings, small conferences, and other functions. For more information call 919-996-4363.

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.

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 Baileywick Park, Buffalo Road Park, Carolina Pines Park, Dorothea Dix Park, Jaycee Park, Kiwanis Park, Millbrook Exchange Park, Oakwood Park, and Roberts Park.

Additional Facility and Program Information

Museums

COR Museum Director: Abby Kellerman
Email: abigail.kellerman@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 more than 10,000 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.

Historic Resources and Museum Program

HRM Program Administrator: Troy Burton
Downtown Cultural Resources Director: Douglas Porter
Museum Section Director: Ernest Dollar

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, Latta University Historic Park, Mordecai Historic Park, the Pope House Museum, Pullen Park. Historic Attractions, Moore Square Park, John P. "Top" Greene Community Center, and the Historic Raleigh Trolleys. The Historic Resources and Museum Program manages an artifact collection consisting of more

Additional Facility and Program Information

than 30,000 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, and special events volunteers.

Volunteers can register now online at parks.raleighnc.gov

For more information contact Mary Owens at mary.owens@raleighnc.gov or call 919-996-3292.

Account and Program Registration Form

Remember you can also register online with RecLink at parks.raleighnc.gov



Raleigh Parks

Main Contact

Raleigh Resident Non-resident Add \$15 to course.

Non-resident fees do not apply to Specialized Recreation Programs or courses less than \$15.

Last Name _____ First Name _____ DOB ____/____/____ Male Female

Mailing Address _____ City _____ State _____ Zip _____

Home Phone _____ Work Phone _____ Cell Phone _____ *Email _____

Emergency Contact _____ Phone _____

Registration Receipt: (for mail-in) I would like my receipt (please check one) emailed (valid email address required) printed/mailed

**By providing my email address I agree to receive email communication from Raleigh Parks, Recreation and Cultural Resources.*

The City of Raleigh Parks, Recreation and Cultural Resources Department welcomes the participation of all individuals, including those with disabilities or special needs. We are committed to compliance with the ADA and will provide reasonable accommodations to facilitate participation in our programs. To ensure that reasonable accommodations are in place, program registration or accommodation request should be received at least two weeks prior to the start date of the program. For more information please contact Inclusion Services 919.996.2147

Participant Information

Participant #1 Name _____ DOB ____/____/____ Male Female

Parent/Guardian Last Name If participant is under 18 _____ Parent's First Name _____

Please note any allergy, disability, health/medical condition or other information you would like to share with us for the participant:

Would you like to request an ADA Accommodation or Program Modification for a disability and/or medical condition? Yes No

Course Barcode	Program Name	Location	Date	Time	Fee
_____	_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	_____	\$ _____

Participant #2 Name _____ DOB ____/____/____ Male Female

Parent/Guardian Last Name If participant is under 18 _____ Parent's First Name _____

Please note any allergy, disability, health/medical condition or other information you would like to share with us for the participant:

Would you like to request an ADA Accommodation or Program Modification for a disability and/or medical condition? Yes No

Course Barcode	Program Name	Location	Date	Time	Fee
_____	_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	_____	\$ _____

Account Information

Create a New Account Update my Account Please send me My Family PIN and Client Barcode

Registration Information

Payment is required at the time of registration. Please use this form for registration, and mail to the facility where the program is held.

Non-City of Raleigh Resident Fee (\$15/course) \$ _____

I would like to make a donation to support a child's participation in
Raleigh Parks, Recreation and Cultural Resources Programs (specify amount) \$ _____

TOTAL AMOUNT DUE \$ _____

Payment Information

Check # _____ (checks payable to City of Raleigh) Money Order

Credit Card payments may be made at a staffed facility or through the online registration system RecLink. Visit parks.raleighnc.gov and select "Register on RecLink". If you would like to complete your registration online, but prefer not to pay online with a credit card, you may add a credit to your account prior to online registration by making a payment at a community center or the Recreation Business Office.



Account and Program Registration Form

Remember you can also register online with RecLink at parks.raleighnc.gov

Refund Policy

- **100% refund/credit/transfer if the Department cancels the program** or the facility rental.
- **Refund requests received in writing** at least 14 or more days in advance of the program/rental/team placement date are entitled to:
 - A. 100% credit or transfer of fees to another program at the time of the withdrawal;
 - B. 85% refund based on the total cost of the program or rental;
 - C. 85% credit/transfer/refund of eligible rental fees
- **Refund/credit/transfer requests** received less than 14 days in advance of the program/rental/team placement date will not be granted.
- **Refunds for medical circumstances** requested prior to the program/rental/team placement date will be granted at 100%, pending verification.
- **Outdoor facility** usage canceled due to inclement weather may be rescheduled pending space availability.
- **A transfer** must be requested at the time of withdrawal.
- **A credit** may be used by any family member on the same registration account.
- **Non-attendance/non-participation** in a program does not entitle the patron to a refund.

Refund requests may be sent to: Raleigh Parks, Recreation and Cultural Resources Department Rbo.registration@raleighnc.gov

Photo/Media Policy

I acknowledge and agree that the City of Raleigh may take photographs and video of individuals or groups participating in programs and events and may use any photographs(s) and/or video taken of me or my child to publicize the program and for other City-related purposes.

Non-Discrimination Policy

The policy of the City of Raleigh is, and shall be, to oppose any discrimination based on actual or perceived age, mental or physical disability, sex, religion, race, color, sexual orientation, gender identity or expression, familial or marital status, economic status, veteran status or national origin in any aspect of modern life. A participant alleging discrimination on the basis of any of the aforementioned areas may file a complaint with either the Director of Raleigh Parks, Recreation and Cultural Resources Department or the Office of Equal Opportunity, U.S. Department of the Interior, Washington, D.C. 20240.

COVID – 19 Risks / Release, Indemnity, and Agreement Not To Sue (revised 7/6/2020)

The City of Raleigh has been forced to confront the potential dangers associated with the COVID-19 pandemic. The City's Parks, Recreation, and Cultural Resources (PRCR) Department remains committed to providing high quality programming. However, in order to comply with guidelines from the Centers for Disease Control (CDC) and other federal, state, and local public health agencies, the PRCR Department has implemented additional safety precautions to ensure that program participants and other PRCR Department staff will have a fun, exceptional experience.

The contents of this document supplement applicable program policies (including Camp Policies and School-Based Program policies), the Program Registration Form, and the online registration for participants who registered through RecLink at parks.raleighnc.gov. Unless amended herein, all prior policies applicable to the program for which you have registered remain in effect. Please review the following information carefully to learn more about what the City is doing to maintain a healthy program environment and what participants (or their Parents/Guardians, if applicable) should do before participating in the PRCR program for which you have registered.

COVID-19 Risks

COVID-19 is a highly contagious and novel viral agent. Its transmission vectors are imperfectly understood, and it may be possible to transmit or become infected by COVID-19 despite strict adherence to guidelines prescribed by the CDC and other federal, state, and local health agencies.

Participants in Raleigh Parks programs will be in a group setting where they may come into contact with other program participants (instructors, coaches, campers, camp counselors, camp program staff, and camp program administrators, etc.). Many program activities will be conducted in a public community center setting. As a result, while PRCR Department staff will make reasonable efforts to adhere to the above-stated guidelines, participants in PRCR programs may be exposed to increased risk of transmission or infection of COVID-19 through various actions or interventions, including but not limited to contact with or proximity to one or more of the following:

- Other program participants, staff members, or administrators;
- The personal belongings of program participants, staff members, or administrators;
- Programming and activity materials including, but not limited to, markers, books, games, toys, recreational equipment, etc.; and;
- City of Raleigh community center fixtures and furnishings, including door knobs, chairs, tables, plumbing apparatus, light switches, etc.

I understand that participating in the recreational program selected involves risk of injury or illness. These risks include, but are not limited to, inclement weather, accidents while traveling, food related illness, equipment problems or failures, contact with and actions of other participants, spectators, and volunteers, slips/trips/falls, musculoskeletal injuries, exposure to and illness from infectious diseases, and any and all risks described in the preceding section. I choose for myself or for my child to participate in the selected programs despite the risks. By signing below, I acknowledge all risks of injury, illness, death, and property damage, and affirm that I have assumed all responsibility of injury, illness, or death in any way connected with participation in the program. I also agree for myself and for any child participant to follow all rules and procedures of the program and to follow the reasonable instructions of the counselors, staff members, and supervisors of the program.

By signing below, I acknowledge that I have read, understand, and agree to the City of Raleigh policies listed on this form. Signature is required to complete the registration process.

Participant Signature _____ Date _____

Signature of parent/legal guardian if child is under 18 _____ Date _____

Directory

Explore Your Parks with Park Locator! Access Park Locator: <http://maps.raleighnc.gov/parklocator/> Find the closest park to your home, search for parks by amenity, get directions to a park, and explore program offerings at the parks!

Frequently Called Numbers

Adopt-A-Park	919-996-3292
City Cemeteries	919-996-6548
General Park Maintenance	919-996-4115
Facilities and Operations	
Facilities, Irrigation, Lighting	919-996-3420
General Recreation	919-996-6640
Greenways	919-996-4786
Greenway Map Request	919-996-3285
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 Athletics

— •B,E,M,U
9501 Baileywick Road, 27615
919-996-6836

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 Health and Wellness Programs

— •C,M
1500 Glen Eden Drive, 27612
Ainsley Worrell: 919-996-2767
Samantha Williams: 919-996-2771
prcrhealthandwellness@raleighnc.gov

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

Directory

Jaycee Park and Community Center

— •A,B,C,E,J,M,R,U,V,Z
2405 Wade Avenue, 27607
919-996-6833

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,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,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
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 Ileaegnes Road, 27603
919-807-8545

Pope House Museum

511 South Wilmington Street, 27601
919-996-2220

Powell Drive Park c/o Method

— •C,E,G
740 Powell Drive, 27606
919-996-6066

Pullen Park Amusements

— •C,E,M,O,P,Z
520 Ashe Avenue, 27606
919-996-6468

Pullen Aquatic Center

— •D
410 Ashe Avenue, 27606
919-996-6197

Pullen Arts Center

— •L
105 Pullen Road, 27607
919-996-6126

Pullen Community Center

— Z
408 Ashe Avenue, 27606
919-996-6052

Raleigh Little Theatre/Rose Garden

— •V
301 Pogue Street, 27607
919-821-4579

Ralph Campbell Community Center

— •G
756 Lunar Drive, 27610
919-250-2757

Ridge Road Swimming Pool

— •D
1709 Ridge Road, 27607
919-420-2322

Roberts Park and Community Center

— •A,B,C,E,G,L,M,Z
1300 E. Martin Street, 27610
919-831-6830

Saint Monica Teen Center

15 North Tarboro Street, 27610
919-996-4770

Sanderford Road Park and Neighborhood Center

— •B,C,E,G,M
2623 Sanderford Road, 27610
919-831-1898

Sgt. Courtney T. Johnson Neighborhood Center

— •E,G,M
1801 Proctor Road, 27610
919-831-6719

Sertoma Arts Center

— •L
1400 W. Millbrook Road, 27612
919-996-2329

Spring Forest Road Park c/o Green Road

— B,C,E,M,N
4203 Spring Forest Road 27616
919-996-4141

Strickland Road Park c/o Lake Lynn

— E
12804 Strickland Road, 27613
919-996-2911

Tarboro Road Park and Community Center

— •A,C,E,M,Z
121 N. Tarboro Street, 27610
919-996-6505

Theatre in the Park

— •
107 Pullen Road, 27607
919-831-6058

Thomas G. Crowder Woodland Center

— •K,N
5611 Jaguar Drive, 27606
919-996-3141

Tucker House

— •
418 N. Person Street, 27601
919-996-4363

Walnut Creek Softball Complex

— •B
1201 Sunnybrook Road, 27610
919-250-2725

Walnut Creek Wetland Park and Education Center

— •K,N
950 Peterson Street, 27610
919-996-2760

Walnut Terrace Center

— •
1256 McCauley Street, Ste. 126, 27601
919-996-6160

Williams Park c/o Sertoma Arts Center

— C,E,M,R
6601 Leadmine Road, 27612
919-996-2329

Worthdale Park and Community Center

— •A,C,E,G,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	P Boat Rental
B Lighted Ballfield(s)	Q Fishing
C Tennis Courts	R Sand Volleyball
D Pool	S BMX Track
E Play Equipment	T Inline Skating
F Mini Park	U Dog Park
G Outdoor Basketball	V Gardens
H Frisbee Golf	W Walking Track
J Exercise Trail	Y Skate Park
K Nature Study	Z Fitness Room
L Arts	AAI Pickle Ball Courts - Indoor
M Picnic Shelter	AAO Pickle Ball Courts - Outdoor
N Greenway Trail	• Handicap Accessible
O Lake	



City of Raleigh
Parks, Recreation and Cultural Resources
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