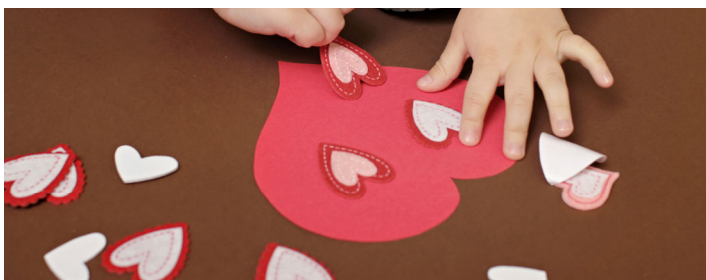


Optimist Community Center

Newsletter Winter/Spring 2020



Youth / Preschool Programs



Art: Krafty Kids (3 - 5 years)

Get your creative juices flowing in this class focused on creating! Join us for a different and creative arts-and-craft project or edible creation. A new project is introduced with each theme class. Staff provides the supplies; you provide the fun. Pre-registration is required, and the course fee is per class.

Course Fee: \$7

#250523	Winter Wonders	Jan 10	Fri	12:30-1:30pm
#250524	Winter Wonders	Jan 11	Sat	12:30-1:30pm
#250526	Valentines for Everyone	Feb 7	Fri	12:30-1:30pm
#250527	Valentines for Everyone	Feb 8	Sat	12:30-1:30pm
#250528	Leapin' Leprechauns	Mar 13	Fri	12:30-1:30pm
#250529	Leapin' Leprechauns	Mar 14	Sat	12:30-1:30pm
#250530	Spring Surprise	Apr 3	Fri	12:30-1:30pm
#250525	Spring Surprise	Apr 4	Sat	12:30-1:30pm

Art: Storyland Adventures with Mr. Moo Monet

(18 mo - 3 yrs)

Join our adventure through Storyland with Mr. Moo Monet each month. We start by waking up Mr. Moo Monet and sharing a story that goes with the theme for that day. Children participate in story time and make an arts and craft project at each adventure. Parent participation is required. Class length is four weeks, with a make-up class if needed, added the week following the scheduled end of the session. Instructor: Maureen Seltzer.

Course Fee: \$36

#251334	Feb 19—Mar 11	Wed	10:30-11:15am
#251335	Mar 25—Apr 15	Wed	10:30-11:15am

Homeschool Art Time (4 - 6 years)

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

Course Fee: \$40

#251540	Feb 19—Mar 11	Wed	11:45am-12:45pm
#251541	Mar 25—Apr 15	Wed	11:45am-12:45pm



Homeschool & Afterschool Art Time (7-12 years)

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

Course Fee: \$47

#251544	Feb 19—Mar 11	Wed	1:30-3:00pm
#251545	Feb 19—Mar 11	Wed	4:30-6:00pm
#251546	Mar 25—Apr 15	Wed	1:30-3:00pm
#251547	Mar 25—Apr 15	Wed	4:30-6:00pm

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Youth / Preschool Programs, cont.

Dance: Ballet and Tap (3 - 5 years)

This class will introduce preschoolers to ballet and tap techniques, positions, steps, patterns and other basic movements. Students will develop their coordination, self-confidence and imagination. Ballet and tap shoes are preferred but not required.

Instructor: Judy Gardo

Course Fee: \$36

#250531	Jan 6—27	Mon	10:45-11:30am
#250532	Feb 10—Mar 7	Mon	10:45-11:30am
#250533	Mar 9—30	Mon	10:45-11:30am
#251049	Apr 6—27	Mon	10:45-11:30am

All American Girls Create & Play (6 -12 years)

Bring your favorite doll and enjoy some special create-and-play time together! Your child will enjoy making crafts and accessories, reading stories, playing games, singing, dancing and much more with their doll. Cost is per session.

Course Fee: \$10

#250519	Winter Fun & Play	Jan 11	Sat	10:00am-12:00pm
#250520	Love Is in the Air	Feb 8	Sat	10:00am-12:00pm
#250521	Day at the Spa	Mar 14	Sat	10:00am-12:00pm
#250522	Going on an Egg Hunt	Apr 4	Sat	10:00am-12:00pm



Girls & Their Dolls Night Out (5 - 12 years)

Girls and their dolls are invited to come spend the evening with us. We will play games, eat pizza, watch movies, make crafts and more. Don't forget to bring your dolls and your imagination.

Course Fee: \$15

#251554	Jan 24	Fri	5:30-8:30pm
#251555	Feb 21	Fri	5:30-8:30pm
#251556	Mar 27	Fri	5:30-8:30pm
#251557	Apr 24	Fri	5:30-8:30pm

Homeschool PE (6 - 12yrs)

This class will cover a variety of sports activities and games. Students will participate in age appropriate activities that include fitness, team building games and sport specific skills. It's a great way to get the kids up and moving, learning new skills, trying new activities and making friends. Each month will be a different sport skill.

Course Fee: \$15

#251558	Jan 8—29	Wed	3:00-3:45pm
#251559	Mar 4—25	Wed	3:00-3:45pm
#251560	Apr 1—22	Wed	3:00-3:45pm

Playgroup Tot Time (up to 5 years)

The gym is your playground! Come meet other families in your community in a recreational setting. The gym will be open for parents and their young children. Sports and recreation equipment will also be available for use. Participation in the program is limited to children who are under 6 years of age and registration is required for all participants.

#251316	Jan 3—Apr 24	Fri	10:30am - 1:30pm
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All Sports - Little Starters (3 - 5 years)

Want to try several sports? Little Starters introduces you to a different sport each week. Sports may include baseball, soccer, basketball, football, hockey, and lacrosse. Get your game on!

Course fee: \$36

#251552	Jan 9—30	Thu	5:00-5:45pm
#251553	Mar 4—25	Wed	5:00-5:45pm

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Youth & Adult Athletic Programs & Classes

The Youth Athletics Program caters to children ages 5-17 and offers numerous benefits from playing organized sports, learning good sportsmanship and progressively developing skills.

Baseball registration is Feb 3 - 14; league age is determined by participant's age on Aug 31, 2019. Visit www.parks.raleighnc.gov for registration and locations for each league.

Volunteer coaches are needed who enjoy baseball and want to teach youth and help develop league participants' skills and knowledge.

League Fee: \$40 resident, \$55 non-resident



Youth Volleyball - Spring League

Are you looking to bump, set and rotate into a new sport? In the District 1 sponsored spring league, participants are introduced to and practice their skills. Registration is February 3-14. Practices start in March and games will be played in April and May. Exact dates and times will be determined after registration is complete, but could be on Mondays, Wednesdays, Thursdays or Saturdays at Optimist. League age is determined by participant's age as of August 31, 2019.

#251549	U9
#251550	U12
#251551	U15

Optimist Wide World of Sports Clinics (4 - 5 years)

Looking for a non-competitive sports environment through repetition and teamwork in a fun, safe and nurturing environment? Look no further. We are offering instructional sports clinics for preschool children. This is a highly structured format for beginners who want to learn the game the right way. We will work on key skills in each of the sports as well as developing hand-eye coordination, listening skills, good sportsmanship and teamwork. The first part of the 4-week program focuses on fundamentals while the second part of the program focuses on scrimmages and playing the game.

Course fee: \$45

#251328	Mar 17—Apr 7	Tues	5:00-6:00pm
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Volleyball - Skills (7 - 14 years)

Bump! Set! Hit it over! At this skills training clinic, players focus on hitting, passing and setter training. Using correct arm and footwork positioning and posture will be taught, along with blocking and serving techniques.

Course Fee: \$80 whole session

#251325	Jan 3 - Feb 7	Fri	6:30-8:30pm
#251326	Mar 6 - Apr 10	Fri	6:30-8:30pm

Course Fee: \$20 daily drop-in (each class)

#251321	Jan 3 - Feb 7	Fri	6:30-8:30pm
#251322	Mar 6 - Apr 10	Fri	6:30-8:30pm

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Adult Fitness Programs

Belly Dance for Fun and Fitness (16 years and up)

Learn to move your body in ways you never thought possible and bring out your inner goddess. No prior dance experience is necessary; we will cover the basic movements of belly dance while engaging core muscles. Strengthen and tone through low-impact dance. During each class students will learn a different combination of dance moves. Over the 8-week session students will learn an entire choreography and have the opportunity to perform for family and friends. Wear comfortable clothing, such as yoga pants, that allow for stretching. Shoes are not worn in class. Instructor: Sadiyah

Course Fee: \$80

#248709 Jan 5 - Feb 23 Sun 3:00-4:00pm

Pickleball Clinics (18 and up)

Ready to improve your game? Skills clinics are designed for level 2.5 - 3.5 players; each clinic is 1.5 hours and focuses on a particular skill. Register at any community center, or online at reclink.raleighnc.gov.

Instructor: Joe Borrelli, IPTPA Certified Teaching Professional

Course Fee: \$15 per session

#255119	Jan 8	Wed	12:00 - 1:30pm	Beginners/Intro
#255120	Jan 15	Wed	12:00 - 1:30pm	Serve & Return
#255121	Jan 29	Wed	12:00 - 1:30pm	Dinking
#255122	Feb 5	Wed	12:00 - 1:30pm	Drop Shots
#255123	Mar 4	Wed	12:00 - 1:30pm	Blocking
#255124	Mar 11	Wed	12:00 - 1:30pm	Serve & Return
#255125	Mar 18	Wed	12:00 - 1:30pm	Dinking
#255126	Mar 25	Wed	12:00 - 1:30pm	Drop Shots
#255127	Apr 1	Wed	12:00 - 1:30pm	Beginners / Intro

Pickleball Pass - Indoor Play (18 years and up)

What is Pickleball? It's a combination of tennis, badminton and table tennis that is fast-paced, easy to learn, great exercise and great fun! Drop-in fee is \$2 daily, per site. A full session pass is available for \$10. Visit www.raleighnc.gov keyword pickleball for the open play schedule and locations.

Course Fee: \$10 (Season Pass - #238188)

Course Fee: \$2 (Single Play - #238222)

Tue	10:45am - 2:45pm
Thu	10:45am - 2:45pm
Sun	1:45pm - 5:30pm

Dance & Get Fit (16 years and up)

Come and join us and get the best of both worlds: dancing and exercising. Dance & Get Fit is a total body workout that uses soul dancing, cardio hip hop, reggaeton and more to get into shape. You will love the class, and the music is great. Our motto is move, sweat and have fun! Instructor: Jennifer Hampton

Course Fee: \$5 per class

#251250 Jan 7—Apr 28 Tue 6:30-7:30pm

Yoga - Restorative & Chakra (16 years and up)

For mind and body balance. Your yoga instructor will lead you to rejuvenate through restorative anandas/postures, regulate pranayama/breathing, balance the alignment of the mind within the body and nurture positive energy to disseminate peace within and beyond. This is an open level class that will offer options for both beginners and experienced practitioners.

Instructor: Samia Touati

Course Fee: \$8 per class

#251263 Jan 8 - Apr 29 Wed 7:00-8:15pm

Zumba (16 years and up)

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!

Instructor: Justina Harvin

Course Fee: \$5 per class

#251248 Jan 2 - Apr 30 Thurs 6:45-7:45pm



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Facility Rental

The Raleigh Parks, Recreation and Cultural Resources Department offers many different rental and special event opportunities for the public. Whatever you're looking for, we offer a variety of spaces to accommodate your event. All rentals are booked with a minimum of 2 hours. Please contact Optimist with specific inquiries about the following facilities:

Community Centers

(Require \$100 refundable damage deposit and \$15 application fee.)

Optimist Community Center

Classroom	\$40 /hr	~45 guests
Kitchen	\$20 /hr	
Gym*	\$80 /hr	~299 guests

Outside operating hours fee: *additional* \$20/hr



Picnic Shelters

(Bathroom facilities not guaranteed due to winterization or closure.)

Cedar Hills Picnic Shelter

\$15/hr ~60 guests

Fallon Park Picnic Shelter **

\$12/hr ~30 guests

North Hills Picnic Shelter **

\$15/hr ~60 guests

* No food allowed in Gym

** No electricity

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Special Programs

Birthday Blast Packages (Ages 3 - 12)

Looking for a new idea for birthday entertainment? Does the idea of entertaining a crowd of children leave you weak in the knees? Let Optimist Community Center help you with your next birthday party—we will do the work for you! Our staff are knowledgeable in a variety of recreational games, sports and crafts; all theme activities will vary based on the size and age of the party participants. Theme options include, but are not limited to, basketball, hockey, soccer, baseball and Girl & their Dolls. If you have an idea of something else, please feel free to request it. Goody bags are included with your package. For more information and questions, please contact the front desk at 919-870-2880 or email us at optimistc@raleighnc.gov.

Package One: (12 attendees or less) \$110

Package Two: (13-20 attendees) \$145



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