



September-December 2019

# Leisure Ledger

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



**RALEIGH** Parks,  
Recreation and  
Cultural Resources  
[parks.raleighnc.gov](http://parks.raleighnc.gov)

Registration begins **July 30, 2019**  
**919-996-6640 | [parks.raleighnc.gov](http://parks.raleighnc.gov)**

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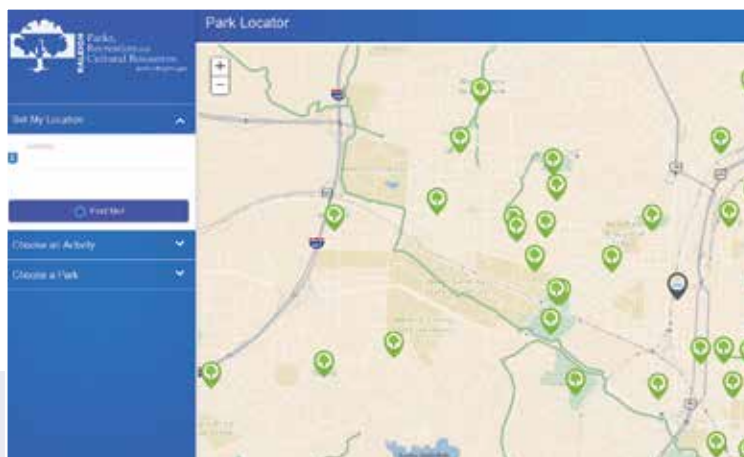
## Together we connect and enrich our community through exceptional experiences.

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 110 courts, dive into one of 9 pools, explore over 100 miles of paved greenway, or simply enjoy a picnic in the park, we hope you take time to discover YOUR Raleigh Parks, Recreation and Cultural Resources Department!

## Start Exploring With Park Locator!

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

Access Park Locator:  
**<http://maps.raleighnc.gov/parklocator/>**  
\* You may also access Park Locator at  
**[Parks.raleighnc.gov](http://Parks.raleighnc.gov)**



# DISCOVER YOUR

## Raleigh Parks, Recreation and Cultural Resources Department

### 3 WAYS TO REGISTER

Registration Status: Check the status of your registration at any time by going to Reclink at **parks.raleighnc.gov**  
Click on My Account and select View Full Purchase History.



#### Browse or Register online with Reclink

Visit [parks.raleighnc.gov](https://parks.raleighnc.gov)

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



#### mail-in

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



#### walk-in

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

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

### BE SOCIAL



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



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



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



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



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



#### My Raleigh Subscriptions

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



#### **Raleigh City Council\***

**Mayor:** Nancy McFarlane  
Corey Branch  
David Cox  
Kay Crowder  
Stef Mendell  
Russ Stephenson  
Nicole Stewart  
Dickie Thompson

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

**Chair:** Amy Simes  
**Vice Chair:** Brad Johnson  
Carol Ashcraft  
Patrick Buffkin  
Christopher Dillon  
Kendall Harris  
Dexter Hebert  
Jennifer Hoverstad  
Marsha Presnell Jennette  
Carol Love  
Clodagh Lyons-Bastian  
David Millsaps  
Dave Toms  
Charles Townsend  
Jennifer Wagner

\*at time of printing

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

#### **Arts Commission Members**

**Chair:** Chanda Branch  
**Vice Chair:** Moses T Alexander Greene  
Natalie Bullock Brown  
David Clegg  
Jamie Dawson  
Laurent de Comarmond  
Courtney Greer  
Pam Hartley  
Bain Jones  
Patty Williams  
Shelley Winters

#### **Management Team**

**Interim Director:** Scott Payne

**Assistant Director:**  
Sally Thigpen

**Assistant Director:**  
Ken Hisler

**Assistant Director:**  
Stephen Bentley

**Administration Superintendent:**  
Helene McCullough

#### **Historic Resources and Museum Program Advisory Board**

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

#### **City of Raleigh Historic Cemetery Advisory Board**

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

#### **Public Art and Design Board**

**Chair:** Scott Hazard  
**Vice Chair:** Laurent de Comarmond  
Adam Cave  
Susan Cannon  
Linda Dallas  
Lincoln Hancock  
Kathleen Rieder

## **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 RecLink and search the unique barcodes below for each donation amount:

\$10 donation code #239366

\$20 donation code #239367

\$50 donation code #239368

\$100 donation code #239370

# Special Events

## September

### Escape to Freedom

Age: All Ages. In celebration of the 154th anniversary of emancipation, and in partnership with MOJOAA Performing Arts Company, Mordecai Historic Park presents a theatrical experience: Escape to Freedom. This one hour guided tour and performance will lead guests through Mordecai Historic Park to experience plantation life through the eyes of an enslaved person. What decisions would you make if you were in their place? The tour will end with a question and answer session with Mordecai Historic Park Staff and MOJOAA Performing Arts Company members. Participants should be comfortable walking and standing for up to an hour.

#### Mordecai Historic Park – \$15

|         |        |    |              |
|---------|--------|----|--------------|
| #244629 | Sep 27 | F  | 7:30-8:45pm  |
| #244630 | Sep 27 | F  | 9:00-10:15pm |
| #244631 | Sep 28 | Sa | 6:00-7:15pm  |
| #244632 | Sep 28 | Sa | 7:30-8:15pm  |
| #244633 | Sep 28 | Sa | 9:00-10:15pm |
| #244634 | Sep 29 | Su | 4:30-5:15pm  |
| #244643 | Sep 29 | Su | 6:00-7:15pm  |

## October

### Fall Festival Method Community Center

Age: 6-11 yrs. The Method Community Center is hosting its annual Fall Festival. Activities will include carnival games, video gaming, healthy treat bags and music. Join us for a SPOOKtacular family event! The event is free to the public.

#### Method Road Community Center – \$0

|         |        |   |             |
|---------|--------|---|-------------|
| #245189 | Oct 18 | F | 5:00-7:00pm |
|---------|--------|---|-------------|

### Haunted Trolley

Age: All Ages. Jump on board the Haunted Trolley, if you dare, for a special late night tour of downtown Raleigh's most haunted places. Jump aboard - you never know who you might meet along the way! The trolley departs from Mordecai Historic Park. Advanced registration is recommended. Tickets are non-refundable. Call 919.996.4364 for tickets and information.



#### Mordecai Historic Park – \$10

|         |        |    |                 |
|---------|--------|----|-----------------|
| #244613 | Oct 18 | F  | 6:45-7:30pm     |
| #244614 | Oct 18 | F  | 7:45-8:30pm     |
| #244615 | Oct 18 | F  | 8:45-9:30pm     |
| #244616 | Oct 19 | Sa | 6:45-7:30pm     |
| #244617 | Oct 19 | Sa | 7:45-8:30pm     |
| #244618 | Oct 19 | Sa | 8:45-9:30pm     |
| #244619 | Oct 25 | F  | 6:45-7:30pm     |
| #244620 | Oct 25 | F  | 7:45-8:30pm     |
| #244621 | Oct 25 | F  | 8:45-9:30pm     |
| #244622 | Oct 26 | Sa | 6:45-7:30pm     |
| #244623 | Oct 26 | Sa | 7:45 PM-8:30 PM |
| #244624 | Oct 26 | Sa | 8:45 PM-9:30 PM |

### Haunted Mordecai Lantern Tours

Age: All Ages. Some believe that the Mordecai House is the most haunted home in North Carolina. Do you? Join us for this nighttime interactive tour of the Mordecai House and decide for yourself! Who knows, you might even meet some ghosts along the way.

Spooky tours are offered only once a year, so don't miss this chance! Advanced registration is recommended. Tickets are nonrefundable. Participants should be comfortable walking and standing for up to 30 minutes. Call 919-996-4364 for more information.

#### Mordecai Historic Park – \$5

|         |        |    |             |
|---------|--------|----|-------------|
| #244644 | Oct 25 | F  | 6:00-6:30pm |
| #244645 | Oct 25 | F  | 6:30-7:00pm |
| #244646 | Oct 25 | F  | 7:00-7:30pm |
| #244647 | Oct 25 | F  | 7:30-8:00pm |
| #244648 | Oct 25 | F  | 8:00-8:30pm |
| #244649 | Oct 26 | Sa | 5:00-5:30pm |
| #244650 | Oct 26 | Sa | 5:30-6:00pm |
| #244651 | Oct 26 | Sa | 9:00-9:30pm |
| #244652 | Oct 26 | Sa | 6:00-6:30pm |
| #244876 | Oct 26 | Sa | 6:30-7:00pm |
| #244877 | Oct 26 | Sa | 7:00-7:30pm |
| #244878 | Oct 26 | Sa | 7:30-8:00pm |
| #244879 | Oct 26 | Sa | 8:00-8:30pm |
| #244880 | Oct 26 | Sa | 8:30-9:00pm |

### Haunted Mordecai Festival

Age: All Ages. Enjoy an afternoon of Halloween-themed fun including food, music, games, and crafts on the lawn at Mordecai Historic Park. There will be costume contests for kids up to 16 years old beginning at 1 p.m. Paranormal investigation group the Ghost Guild will be on site to reveal their findings from the Mordecai House and answer your questions. This event is free and open to the public. No registration is necessary. Call 919-996-4364 for information.

#### Mordecai Historic Park – \$0

|         |        |    |             |
|---------|--------|----|-------------|
| #244627 | Oct 26 | Sa | 1:00-4:00pm |
|---------|--------|----|-------------|

## November

### Pullen & Sertoma Arts Centers Fall Arts Fair

Do you love supporting local artists? Get an early start on your holiday shopping and buy gifts for yourself and others from wonderful local artists at the Fall Arts Fair. The Fall Arts Fair showcases the work of jewelers, potters, painters, printmakers, bookmakers, glass artists and fiber artists who participate in Pullen and Sertoma Arts Centers' programs. A fun outing for the whole family, visitors can enjoy participating in a variety of hands on art activities and watching demonstrations by Pullen Arts Center's instructors. All are invited to join us for this free outdoor event.

#### NEW LOCATION: Fletcher Park – \$0

|       |    |                |
|-------|----|----------------|
| Nov 2 | Sa | 10:00am-5:00pm |
|-------|----|----------------|



# HOLIDAY EXPRESS

RALEIGH, NC

The 12th Annual Holiday Express will be held at Pullen Park  
December 4-8 and December 11-15.

Tickets for this holiday extravaganza will go on sale Tuesday, July 30 at 5:30am.  
Tickets must be purchased through [HolidayExpress.eventbrite.com](https://HolidayExpress.eventbrite.com).

## December

### Santa's Trolley

Age: 1yrs. and up. Santa is lost in Raleigh and Holly the Elf needs your help to find him in time for Christmas! Have you seen him lately? Do you know where he might be? Jump aboard the Raleigh Trolley and help Holly track down Santa in time for Christmas! Advance registration is recommended. Tickets are nonrefundable. Call 919-996-4364 for tickets and information.

#### Mordecai Historic Park – \$10

|         |        |    |             |
|---------|--------|----|-------------|
| #244655 | Dec 13 | F  | 5:00-5:45pm |
| #244656 | Dec 13 | F  | 6:00-6:45pm |
| #244657 | Dec 13 | F  | 7:00-7:45pm |
| #244658 | Dec 14 | Sa | 5:00-5:45pm |
| #244659 | Dec 14 | Sa | 6:00-6:45pm |
| #244660 | Dec 14 | Sa | 7:00-8:00pm |
| #244661 | Dec 15 | Su | 5:00-5:45pm |
| #244662 | Dec 15 | Su | 6:00-6:45pm |
| #244663 | Dec 15 | Su | 7:00-7:45pm |



### Mordecai Holidays Open House

Age: All Ages. Visit the Mordecai Holidays Open House and see how the home would have been decorated for the holidays in years past. Rooms will be decorated to represent colonial days through the WWII era. You can tour the house at your leisure, and volunteers will be on hand to answer questions. The open house is free, and there is no need to register. Call 919-996-4364 for information.

#### Mordecai Historic Park – \$0

|         |        |    |                |
|---------|--------|----|----------------|
| #244653 | Dec 14 | Sa | 10:00am-4:00pm |
| #244654 | Dec 15 | Su | 1:00-4:00pm    |



# THE NEW MOORE SQUARE IS OPEN!

## PROGRAMS

- **BUSKER SERIES**  
M-F 11:00am - 2:00pm
- **KID'S READING HOUR**  
M 9:00am
- **SHAPE UP! FITNESS**  
T/Th 6:00 - 7:00pm (through Oct)
- **MOORE SQUARE MARKET**  
W 4:00 - 7:00pm (through Oct 16)
- **RALEIGH ROCKERS**  
W 6:00 - 7:00pm
- **BRUSHES & BREWS**  
Various Sat 3:00 - 5:00pm
- **GAME NIGHTS**  
Th 6:00pm
- **CULTURE POP-UPS**  
First Fri 6:00 - 8:00pm (through Nov)



## SPECIAL EVENTS

- OCT 12 Raleigh Roots History Festival 11am-5pm  
OCT 26 Roaring Raleigh Lawn Party 11am-5pm  
NOV 9 Handmade Holiday Market 10am-5pm



There's so much Moore at [www.raleighnc.gov/MooreSquare](http://www.raleighnc.gov/MooreSquare)

# Adventure

**Outdoor Recreation Director:** Seth Yearout  
Seth.Yearout@raleighnc.gov

For more information about facilities, hours of operation, and available services please visit: <http://www.raleighnc.gov/parks> and search the term "Outdoor Recreation."

## Outdoor Recreation

Our mission is to enrich the lives of our patrons through programs, services and park facilities that connect them with the natural environment. Outdoor Recreation seeks to foster a personal connection to resources through firsthand experience and evaluation of one's relationship with the natural environment.

Our goal is to provide a variety of exceptional programs, services and park facilities that reach all members of the community. Programs, services and park facilities are designed to assist the balance of our participants' physical, mental or social needs through the use of the outdoor environment.

### Facilities:

**Lake Johnson**  
4601 Avent Ferry Rd.  
Raleigh, NC 27606  
Phone: 919-233-2121

**Adventure Program**  
2100 Old NC 98 Hwy.  
Wake Forest, NC 27587  
Phone: 919-996-6855

**Lake Wheeler**  
6404 Lake Wheeler Rd.  
Raleigh, NC 27603  
Phone: 919-662-5704

**Forest Ridge Park**  
2100 Old NC 98 Hwy.  
Wake Forest, NC 27587  
Phone: 919-556-6781

### River Access and Disc Golf Courses:

Visit our Website for more information

## Youth

### Adventure Days

Age: 10-14 yrs. Adventure Days are one day mini-camps designed to get students outside during teacher workdays. Each different day has a different sport they will be focusing on and learning about as they get outside, challenge themselves and one another. Participants should come dressed for the outdoors, bring a lunch, two snacks and a reusable water bottle. Canoe Day participants should bring swim clothes, towel, and close toed water shoes. Bike day which participants will be expected to bring their own bike, although some may be available upon request, and be comfortable riding up to 20 miles in 2-3-mile increments at a time. For more information contact the Adventure Program at (919) 996-6855 or [adventure.program@raleighnc.gov](mailto:adventure.program@raleighnc.gov)

**Forest Ridge Park** – Course Fee: \$45

#### Falls Lake Canoe Expedition

#244472 Sep 30 M 8:00am-5:00pm

#### River Canoeing

#244473 Oct 9 W 8:00am-5:00pm

#### Greenway Bike Challenge

#244474 Oct 31 Th 8:00am-5:00pm

#### Mountain Biking

#244475 Nov 1 F 8:00am-5:00pm

### Fishing on the Banks

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

**Forest Ridge Park** – Course Fee: \$6

#244407 Oct 19 Sa 10:00-11:30am

## Teen

### Merit Badge Sessions at Forest Ridge Park

Age: 12-18 yrs. Earn your next merit badge at Forest Ridge Park. Sessions are designed to cover most of the material required for merit badges. Allow our experienced instructors to teach new skills while allowing for hands-on application. Equipment will be provided for all activities. Most time will be spent outdoors so dress for the topic and weather.

**Forest Ridge Park** – Course Fee: \$15

### Pioneering Merit Badge

#244459 Sep 28 Sa 9:00am-12:00pm

#244476 Oct 12 Sa 9:00am-12:00pm

### Raleigh Whitewater Club

Age: 12-15 yrs. Calling all teens who are passionate about the outdoors, love being on the water or just looking for a new exciting adventure. Raleigh Whitewater Club is the place for you. Join us this fall as we progress from basic paddle instruction to whitewater paddling skills and rescue techniques, all here in Raleigh! Sessions will start on flat water and move to more advanced moving water as the group builds skill. Previous kayaking experience is encouraged, but not required. Sign up today for an opportunity to build paddling skills team work and individual responsibility. Location: First Class (9/7) will be held at Forest Ridge Park, weeks 2-4 we will meet at the Neuse River - 20 Anderson Pt Dr. Please come prepared with a water bottle, snacks, sunscreen, close toed water shoes, clothes that can get wet, towel, and a change of dry clothes. Bring your own gear (Boat, Skirt, Helmet, PFD) if you have it. Don't have a boat? No worries, we have plenty. Questions, contact the Adventure Program at [adventure.program@raleighnc.gov](mailto:adventure.program@raleighnc.gov) or (919) 996-6855

**Forest Ridge Park** – Course Fee: \$50

#244387 Sep 7-28 Sa 2:00-4:00pm

## Adult

### Bike Maintenance Clinic

Age: 12yrs. and up. Stop paying for costly bike repairs that can be done on your own! Participants will learn how to change flat tires, adjust gears and brakes, as well as perform general upkeep on their bikes. We will also go over signs and symptoms of bicycles in need of maintenance. Bring your own bike and helmet, and wear clothes that can get dirty. Sign up today for quality instruction and hands-on experience.

**Forest Ridge Park** – Course Fee: \$10

#244361 Sep 14 Sa 1:00-3:00pm

continued on page 10 —

continued from page 9 —

**First Aid/ CPR/ AED Certification Course**

Age: 18yrs. and up. Be prepared for emergencies with this First Aid, CPR, and AED certification course. Registration includes professional training with engaging learning material, a classroom session, and hands-on practice. First Aid and CPR certification is great to obtain for any outdoor enthusiast. Certification is subject to completion of course material. First Aid Certification is valid for 3 years but CPR needs annual updates. For more information please contact the Forest Ridge Park Office 919-556-6781.

**Forest Ridge Park** – Course Fee: \$75

#244455 Nov 16 Sa 9:00am-3:30pm

**Fundamentals of Sailing**

Age: 16yrs. and up. Spend a day at the lake learning to sail a Sunfish sailboat. This course is perfect for beginners. Instruction includes: terminology, basic sailing theory and practice, rigging, and safety procedures. No previous sailing experience required. Be prepared to get wet. Please bring a bagged lunch and wear closed toed shoes. All equipment is provided. Advance registration is required for this program.

**Lake Johnson** – Course Fee: \$60

#244419 Sep 8 Su 10:00am-4:00pm

**Guided Mountain Bike Ride**

Age: 18yrs. and up. Let's hit the trail! Take this opportunity to get out and ride the trails at Forest Ridge Park. Our guides will take the group through a brief bike inspection and warm-up before riding the trails together. This ride is open to all levels; however, participants should be comfortable riding at least 3 miles of trail. Participants are encouraged to bring their own equipment, however, loaner equipment is available and must be reserved in advance. Spots are limited, so register today! For more information, call the Forest Ridge Park office (919) 556-6781.

**Forest Ridge Park** – Course Fee: \$15

#244477 Oct 26 Sa 10:00am-11:30am

**Guided Night Paddle**

Age: 16yrs. and up. Explore Lake Johnson in a kayak after hours with an experienced guide and naturalist. Participants will learn about the wonderful wildlife that comes out at night. Look for beavers, owls, bats and more all while enjoying beautiful views of the moon on the water. Be prepared to get wet. All equipment is provided. Advance registration is required for this program.

**Lake Johnson** – Course Fee: \$15

#244431 Sep 14 Sa 7:30-9:30pm

**Kayak Pool Sessions**

Age: 8yrs. and up. Pool sessions are open paddling times for all levels of boaters, whether you're working on your roll, practicing new skills, or just wanting to try out the sport. Formal instruction is not provided, but a brief, basic boat orientation is available for

beginners. Take advantage of the warm water, grab your boat and come join us at the pool! No preregistration required. Participants under 14 are welcome when accompanied by an adult (over 16). Entrance fees: resident - \$4, nonresident - \$6, 5-punch pass, \$15. Don't have your own boat? Kayaks are available to rent for \$4. Bring clothes that can get wet, towel and a change of dry clothes. Questions? Contact the Adventure Program at adventure.program@raleighnc.gov or 919-996-6855.

**Optimist Pool**

|         |        |   |             |
|---------|--------|---|-------------|
| #244362 | Nov 1  | F | 5:00-8:00pm |
| #244363 | Nov 8  | F | 5:00-8:00pm |
| #244364 | Nov 15 | F | 5:00-8:00pm |
| #244365 | Nov 22 | F | 5:00-8:00pm |
| #244366 | Dec 6  | F | 5:00-8:00pm |
| #244367 | Dec 13 | F | 5:00-8:00pm |
| #244368 | Dec 20 | F | 5:00-8:00pm |
| #244369 | Dec 27 | F | 5:00-8:00pm |

**Morning Stand-up Paddle Board Tour**

Age: 16yrs. and up. Early morning is the best time to see wildlife, and what better way to experience it than by paddling with an experienced naturalist? Participants will explore beautiful Lake Johnson learning about the wildlife, history, and natural features of the lake; all while beating the summer heat. Tours provide opportunities to see wildlife such as wading birds, many types of turtles, bald eagles, and osprey. With a brief paddling lesson at the beginning this program is great for beginner and experienced paddlers alike! All equipment is provided. Advance registration is required for this program.

**Lake Johnson** – Course Fee: \$20

#244418 Sep 7 Sa 8:00-10:00am

**Private Roll Instruction**

Age: 8yrs. and up. Roll or swim? If you are tired of the second option, try our kayak roll instruction. For the boater wanting to take that next step in the kayaking progression, we are proud to offer personalized roll instruction. While everyone becomes proficient with these skills at different times, it usually takes more than one hour-long lesson to develop consistency in performing a roll. Roll instruction is designed to provide one step in the learning process. Students must have some kayaking experience, basic swimming ability and comfort under water. Participants under 14 must be accompanied by an adult (over 16). Preregistration is required. Bring clothes that can get wet, towel and a change of dry clothes. Bringing your own paddling equipment (boat, skirt, helmet, PFD) is optional, but recommended. Questions? Contact the Adventure Program at adventure.program@raleighnc.gov or 919-996-6855.

**Optimist Pool** – Course Fee: \$40

|         |        |   |             |
|---------|--------|---|-------------|
| #244314 | Nov 1  | F | 6:00-7:00pm |
| #244343 | Nov 1  | F | 7:00-8:00pm |
| #244344 | Nov 8  | F | 6:00-7:00pm |
| #244346 | Nov 8  | F | 7:00-8:00pm |
| #244347 | Nov 15 | F | 6:00-7:00pm |
| #244348 | Nov 15 | F | 7:00-8:00pm |
| #244349 | Nov 22 | F | 7:00-8:00pm |

|         |        |   |             |
|---------|--------|---|-------------|
| #244350 | Nov 22 | F | 6:00-7:00pm |
| #244351 | Dec 6  | F | 6:00-7:00pm |
| #244352 | Dec 6  | F | 7:00-8:00pm |
| #244353 | Dec 13 | F | 6:00-7:00pm |
| #244354 | Dec 13 | F | 7:00-8:00pm |
| #244355 | Dec 20 | F | 7:00-8:00pm |
| #244356 | Dec 20 | F | 6:00-7:00pm |
| #244357 | Dec 27 | F | 6:00-7:00pm |
| #244358 | Dec 27 | F | 7:00-8:00pm |

**Sunset Stand-up Paddle Board Tour**

Age: 16yrs. and up. Explore Lake Johnson on a stand-up paddle board with an experienced guide and naturalist. Participants will learn about the wildlife, history, and natural features of the lake. Tours provide opportunities to see wildlife such as wading birds, many types of turtles, bald eagles, and osprey. Participants will even get to stay out a bit later than normal, so they can be on the water as the sun is setting. With a brief paddling lesson at the beginning this program is great for beginner and experienced paddlers alike! All equipment is provided. Advance registration is required for this program.

**Lake Johnson** – Course Fee: \$20

#244417 Sep 5 Th 5:15-7:15pm

**Family****Compass Basics**

Age: 12yrs. and up. Have you ever been lost in the woods? This course will teach you the skills needed to navigate using a compass through fun, hands-on experience. We will end the course with a fun orienteering activity. Adult(s) must accompany child(ren). Adult(s) and child(ren) must register and pay the program fee. Advance registration is required for this program.

**Lake Johnson** – Course Fee: \$4

#244409 Oct 27 Su 1:00-3:00pm

#244410 Nov 17 Su 1:00-3:00pm

**Falls Lake Fridays**

Age: 8yrs. and up. Did you know that Forest Ridge Park has almost 7 miles of waterfront along Falls Lake? Let's get out there and explore it. On Fridays this fall we will be loading up the boats and setting out to explore beautiful Falls Lake. Guarantee your spot today by preregistering online or drop in on a Friday evening to join us for a paddle. Paddling experience is not required, but participants should be comfortable in on or around the water. At least one adult is required to register per family group. Please come prepared with a water bottle, snacks, sunscreen, close-toed water shoes, clothes that can get wet, a towel and a change of dry clothes. Questions? Contact the Adventure Program at adventure.program@raleighnc.gov or (919) 996-6855.

**Forest Ridge Park** – Course Fee: \$10

|         |        |   |             |
|---------|--------|---|-------------|
| #244392 | Sep 6  | F | 6:00-7:30pm |
| #244393 | Sep 13 | F | 6:00-7:30pm |
| #244394 | Sep 20 | F | 6:00p7:30pm |
| #244395 | Oct 4  | F | 6:00-7:30pm |
| #244396 | Oct 11 | F | 6:00-7:30pm |

### Morning Kayak Tour

Age: 10yrs. and up. Early morning is the best time to see wildlife, and what better way to experience it than by paddling with an experienced naturalist? Participants will explore beautiful Lake Johnson learning about the wildlife, history, and natural features of the lake; all while beating the summer heat. Tours provide opportunities to see wildlife such as wading birds, many types of turtles, bald eagles, and osprey. With a brief paddling lesson at the beginning this program is great for beginner and experienced paddlers alike! All equipment is provided, but feel free to bring your own (binoculars recommended). Participants under the age of 16 must be registered with an adult. Advance registration is required for this program.

**Lake Johnson** – Course Fee: \$15

#244432 Sep 21 Sa 8:00-10:00am

### Sunset Kayak Tour

Age: 10yrs. and up. Explore Lake Johnson in a kayak with an experienced guide and naturalist. Participants will learn about the wildlife, history, and natural features of the lake. Tours provide opportunities to see wildlife such as wading birds, many types of turtles, bald eagles, and osprey. Participants will even get to stay out a bit later than normal, so they can be on the water as the sun is setting. With a brief paddling lesson at the beginning this program is great for beginner and experienced paddlers alike! All equipment is provided, but feel free to bring your own (binoculars recommended). Participants under the age of 16 must be registered with an adult. Advance registration is required for this program.

**Lake Johnson** – Course Fee: \$15

#244430 Sep 12 Th 5:15-7:15pm

### Take a Kid Mountain Biking Trail Ride

Age: 6yrs. and up. Join us for Take A Kid Mountain Biking Day! We will be hosting guided rides with Triangle Off-Road Cyclist. Our morning ride is designed for the whole family while the afternoon ride is for teens. The ride will start with a bike inspection and warm-up prior to setting out on the trail. Participants are encouraged to bring their own equipment; however, loaner equipment is available on request. Pre-registration is encouraged but not required.

#### Forest Ridge Park

##### Family Ride

|         |       |    |                 |
|---------|-------|----|-----------------|
| #244400 | Oct 5 | Sa | 10:30am-12:00pm |
| #244402 | Oct 5 | Sa | 4:00-5:30pm     |



# Aquatics

For information about dates of operations, hours of operation, and amenities please visit <http://www.raleighnc.gov/parks> and look under Recreation for Aquatics Programs.

## Admission Fees

To ensure everyone's safety, all visitors passing the front desk must pay! Children 12 years old or younger must be accompanied by paying adult. All passes are not transferable and become property of the City of Raleigh upon expiration date. Replacement passes are available for \$10. Private lessons are also available for individuals wanting one on one instruction. Swim lessons for individuals with disabilities are available following the inclusion model. (For more information, contact Tricia Severa 919-996-6213.)

### All Pools

(with the exception of Buffalo Road Aquatic Center)

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

### Buffalo Road Aquatic Center

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

### All Pools

#### Photo I.D. Pass

may be purchased at all pools.

#### Punch Passes

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

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

#### Monthly Pass

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

#### Annual Pass

|              | Resident | Non-Res |
|--------------|----------|---------|
| 1-12 years   | \$120    | \$180   |
| 13-54 years  | \$240    | \$420   |
| 55 and older | \$180    | \$300   |

## Preschool

### Parent & Child Aquatics Level 1

Age: 6 mths - 3 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.

#### Buffalo Rd Aquatic Center

|                   |        |               |
|-------------------|--------|---------------|
| Course Fee: \$38  |        |               |
| #243688 Nov 9-23  | Sa     | 10:10-10:40am |
| #243793 Dec 7-21  | Sa     | 10:10-10:40am |
| Course Fee: \$55  |        |               |
| #243686 Sep 10-26 | Tu, Th | 4:30-5:00pm   |
| #243687 Nov 5-21  | Tu, Th | 4:30-5:00pm   |
| #243792 Dec 3-19  | Tu, Th | 4:30-5:00pm   |

#### Millbrook Pool – Course Fee: \$40

|                      |    |              |
|----------------------|----|--------------|
| #243908 Oct 12-Nov 2 | Sa | 9:30-10:00am |
| #243909 Nov 9-Dec 7  | Sa | 9:30-10:00am |

### Parent & Child Aquatics Level 2

Age: 6 mths - 3 yrs. Participants improve on skills from Level 1 parent and child swim lessons and learn more advanced skills to prepare for Level 1 preschool swim lessons. Three-year-olds ready to learn without a parent or caregiver should enroll in Level 1 preschool swim lessons.

#### Buffalo Rd Aquatic Center

|                   |        |               |
|-------------------|--------|---------------|
| Course Fee: \$38  |        |               |
| #243692 Nov 9-23  | Sa     | 10:10-10:40am |
| #243795 Dec 7-21  | Sa     | 10:10-10:40am |
| Course Fee: \$40  |        |               |
| #243690 Sep 7-28  | Sa     | 10:10-10:40am |
| Course Fee: \$55  |        |               |
| #243689 Sep 10-26 | Tu, Th | 4:30-5:00pm   |
| #243691 Nov 5-21  | Tu, Th | 4:30-5:00pm   |
| #243693 Dec 3-19  | Tu, Th | 4:30-5:00pm   |

#### Millbrook Pool

|                      |    |               |
|----------------------|----|---------------|
| Course Fee: \$40     |    |               |
| #243910 Oct 12-Nov 2 | Sa | 10:10-10:40am |
| #243911 Nov 9-Dec 7  | Sa | 10:10-10:40am |

#### Optimist Pool

|                       |    |               |
|-----------------------|----|---------------|
| Course Fee: \$38      |    |               |
| #244010 Dec 7-21      | Sa | 10:50-11:20am |
| Course Fee: \$40      |    |               |
| #244008 Sep 21-Oct 12 | Sa | 10:50-11:20am |
| #244009 Oct 26-Nov 16 | Sa | 10:50-11:20am |

#### Pullen Aquatic Center

|                  |        |             |
|------------------|--------|-------------|
| Course Fee: \$55 |        |             |
| #244087 Nov 5-21 | Tu, Th | 5:10-5:40pm |

### Preschool Aquatics 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.

#### Buffalo Rd Aquatic Center

|                   |        |               |
|-------------------|--------|---------------|
| Course Fee: \$38  |        |               |
| #243699 Nov 9-23  | Sa     | 10:50-11:20am |
| #243702 Dec 7-21  | Sa     | 10:50-11:20am |
| Course Fee: \$40  |        |               |
| #243695 Sep 7-28  | Sa     | 10:50-11:20am |
| Course Fee: \$55  |        |               |
| #243696 Sep 10-26 | Tu, Th | 5:10-5:40pm   |
| #243697 Nov 5-21  | Tu, Th | 5:10-5:40pm   |
| #243700 Dec 3-19  | Tu, Th | 5:10-5:40pm   |

#### Millbrook Pool

|                      |      |               |
|----------------------|------|---------------|
| Course Fee: \$40     |      |               |
| #243914 Oct 12-Nov 2 | Sa   | 9:30-10:00am  |
| #243917 Oct 12-Nov 2 | Sa   | 10:10-10:40am |
| #243920 Nov 9-Dec 7  | Sa   | 9:30-10:00am  |
| #243921 Nov 9-Dec 7  | Sa   | 10:10-10:40am |
| Course Fee: \$55     |      |               |
| #243912 Oct 7-23     | M, W | 10:10-10:40am |
| #243913 Oct 7-23     | M, W | 5:10-5:40pm   |
| #243919 Nov 4-20     | M, W | 5:50-6:20pm   |
| #243922 Dec 2-18     | M, W | 5:50-6:20pm   |

#### Optimist Pool

|                       |    |                 |
|-----------------------|----|-----------------|
| Course Fee: \$38      |    |                 |
| #244018 Dec 7-21      | Sa | 10:10-10:40am   |
| #244019 Dec 7-21      | Sa | 11:30am-12:00pm |
| Course Fee: \$40      |    |                 |
| #244011 Sep 21-Oct 12 | Sa | 10:10-10:40am   |
| #244012 Sep 21-Oct 12 | Sa | 11:30am-12:00pm |
| #244014 Oct 26-Nov 16 | Sa | 10:10-10:40am   |
| #244015 Oct 26-Nov 16 | Sa | 11:30am-12:00pm |

### Preschool Aquatics 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.

#### Buffalo Rd Aquatic Center

|                  |    |               |
|------------------|----|---------------|
| Course Fee: \$38 |    |               |
| #243706 Nov 9-23 | Sa | 10:50-11:20am |
| #243708 Dec 7-21 | Sa | 10:50-11:20am |
| Course Fee: \$40 |    |               |
| #243703 Sep 7-28 | Sa | 10:50-11:20am |

Course Fee: \$55  
 #243704 Sep 10-26 Tu, Th 5:10-5:40pm  
 #243705 Nov 5-21 Tu, Th 5:10-5:40pm  
 #243707 Dec 3-19 Tu, Th 5:10-5:40pm

#### Millbrook Pool

Course Fee: \$40  
 #243927 Oct 12-Nov 2 Sa 10:10-10:40am  
 #243930 Nov 9-Dec 7 Sa 10:10-10:40am  
 Course Fee: \$55  
 #243924 Oct 7-23 M, W 10:50-11:20am  
 #243926 Oct 7-23 M, W 5:10-5:40pm  
 #243929 Nov 4-20 M, W 5:10-5:40pm  
 #243931 Dec 2-18 M, W 5:10-5:40pm

#### Optimist Pool

Course Fee: \$38  
 #244027 Dec 7-21 Sa 10:10-10:40am  
 #244028 Dec 7-21 Sa 11:30-12:00pm  
 Course Fee: \$40  
 #244020 Sep 21-Oct 12 Sa 10:10-10:40am  
 #244021 Sep 21-Oct 12 Sa 11:30-12:00pm  
 #244023 Oct 26-Nov 16 Sa 10:10-10:40am  
 #244024 Oct 26-Nov 16 Sa 11:30am-12:00pm  
 Course Fee: \$55  
 #244022 Sep 24-Oct 10 Tu, Th 5:10-5:40pm  
 #244025 Nov 5-21 Tu, Th 5:10-5:40pm  
 #244026 Dec 3-19 Tu, Th 5:10-5:40pm

#### Pullen Aquatic Center

Course Fee: \$40  
 #244095 Sep 14-Oct 5 Sa 9:30-10:00am  
 #244097 Oct 12-Nov 9 Sa 9:30-10:00am  
 Course Fee: \$55  
 #244098 Nov 5-21 Tu, Th 5:50-6:20pm  
 #244099 Dec 3-19 Tu, Th 9:30-10:00am  
 Course Fee: \$72  
 #244094 Sep 3-26 Tu, Th 5:10-5:40pm  
 #244096 Oct 1-24 Tu, Th 5:50-6:20pm

### Preschool Aquatics Level 3

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

#### Buffaloe Rd Aquatic Center

Course Fee: \$38  
 #243712 Nov 9-23 Sa 10:50-11:20am  
 #243714 Dec 7-21 Sa 10:50-11:20am  
 Course Fee: \$40  
 #243709 Sep 7-28 Sa 10:50-11:20am  
 Course Fee: \$55  
 #243710 Sep 10-26 Tu, Th 5:10-5:40pm  
 #243711 Nov 5-21 Tu, Th 5:10-5:40pm  
 #243713 Dec 3-19 Tu, Th 5:10-5:40pm

#### Millbrook Pool

Course Fee: \$40  
 #243934 Oct 12-Nov 2 Sa 10:50-11:20am  
 #243936 Nov 9-Dec 7 Sa 10:50-11:20am  
 Course Fee: \$55  
 #243932 Oct 7-23 M, W 11:30am-12:00pm  
 #243933 Oct 7-23 M, W 5:50-6:20pm  
 #243935 Nov 4-20 M, W 5:10-5:40pm  
 #243937 Dec 2-18 M, W 5:10-5:40pm

#### Optimist Pool

Course Fee: \$38  
 #244036 Dec 7-21 Sa 10:50-11:20am  
 #244037 Dec 7-21 Sa 11:30am-12:00pm  
 Course Fee: \$40  
 #244029 Sep 21-Oct 12 Sa 10:50-11:20am  
 #244030 Sep 21-Oct 12 Sa 11:30-12:00pm  
 #244032 Oct 26-Nov 16 Sa 10:50-11:20am  
 #244033 Oct 26-Nov 16 Sa 11:30am-12:00pm

Course Fee: \$55  
 #244031 Sep 24-Oct 10 Tu, Th 5:50-6:20pm  
 #244034 Nov 5-21 Tu, Th 5:50-6:20pm  
 #244035 Dec 3-19 Tu, Th 5:50-6:20pm

#### Pullen Aquatic Center

Course Fee: \$40  
 #244101 Sep 14-Oct 5 Sa 9:30-10:00am  
 #244103 Oct 12-Nov 9 Sa 9:30-10:00am  
 Course Fee: \$55  
 #244104 Nov 5-21 Tu, Th 5:50-6:20pm  
 #244105 Dec 3-19 Tu, Th 9:30-10:00am  
 Course Fee: \$72  
 #244100 Sep 3-26 Tu, Th 5:50-6:20pm  
 #244102 Oct 1-24 Tu, Th 5:50-6:20pm

## Youth

### Group Swim and Play

Age: 3-6 yrs. This program combines a 30 minute swim lesson for varying skill levels with 45 minutes of self directed recreational swimming scheduled during the day for children that are home schooled, tracked out or on a non-traditional calendar.

#### Buffaloe Rd Aquatic Center – Course Fee: \$49

#### Beginner Group Swim and Play

#243881 Sep 9-25 M, W 10:15-11:30am  
 #243882 Sep 9-25 M, W 10:15-11:30am

### Swim Lesson - Level 1 Intro Water Skills

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

#### Buffaloe Rd Aquatic Center

Course Fee: \$38  
 #243718 Nov 9-23 Sa 11:30am-12:00pm  
 #243720 Dec 7-21 Sa 11:30am-12:00pm  
 Course Fee: \$40  
 #243715 Sep 7-28 Sa 11:30am-12:00pm  
 Course Fee: \$55  
 #243716 Sep 10-26 Tu, Th 5:50-6:20pm  
 #243717 Nov 5-21 Tu, Th 5:50-6:20pm  
 #243719 Dec 3-19 Tu, Th 5:50-6:20pm

#### Millbrook Pool

Course Fee: \$40  
 #243939 Oct 12-Nov 2 Sa 9:30-10:00am  
 #243940 Oct 12-Nov 2 Sa 11:30-12:00pm  
 #243942 Nov 9-Dec 7 Sa 9:30-10:00am  
 #243943 Nov 9-Dec 7 Sa 11:30-12:00pm  
 Course Fee: \$55  
 #243938 Oct 7-23 M, W 5:50-6:20pm  
 #243941 Nov 4-20 M, W 5:50-6:20pm  
 #243944 Dec 2-18 M, W 5:50-6:20pm

#### Optimist Pool

Course Fee: \$38  
 #244043 Dec 7-21 Sa 10:10-10:40am  
 Course Fee: \$40  
 #244038 Sep 21-Oct 12 Sa 10:10-10:40am  
 #244040 Oct 26-Nov 16 Sa 10:10-10:40am  
 Course Fee: \$55  
 #244039 Sep 24-Oct 10 Tu, Th 5:50-6:20pm  
 #244041 Nov 5-21 Tu, Th 5:50-6:20pm  
 #244042 Dec 3-19 Tu, Th 5:50-6:20pm

#### Pullen Aquatic Center

Course Fee: \$40  
 #244131 Sep 14-Oct 5 Sa 10:10-10:40am  
 #244169 Oct 12-Nov 9 Sa 10:10-10:40am

Course Fee: \$55  
 #244170 Nov 5-21 Tu, Th 6:30-7:00pm  
 #244171 Dec 3-19 Tu, Th 10:10-10:40am  
 Course Fee: \$72  
 #244130 Sep 3-26 Tu, Th 5:50-6:20pm  
 #244132 Oct 1-24 Tu, Th 6:30-7:00pm

### Swim Lesson - Level 2 Fundamental Skills

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

#### Buffaloe Rd Aquatic Center

Course Fee: \$38  
 #243724 Nov 9-23 Sa 11:30am-12:00pm  
 #243726 Dec 7-21 Sa 11:30am-12:00pm  
 Course Fee: \$40  
 #243721 Sep 7-28 Sa 11:30am-12:00pm  
 Course Fee: \$55  
 #243722 Sep 10-26 Tu, Th 5:50-6:20pm  
 #243723 Nov 5-21 Tu, Th 5:50-6:20pm  
 #243725 Dec 3-19 Tu, Th 5:50-6:20pm

#### Millbrook Pool

Course Fee: \$40  
 #243946 Oct 12-Nov 2 Sa 10:50-11:20am  
 #243948 Nov 9-Dec 7 Sa 10:50-11:20am  
 Course Fee: \$55  
 #243945 Oct 7-23 M, W 6:30-7:00pm  
 #243947 Nov 4-20 M, W 6:30-7:00pm  
 #243949 Dec 2-18 M, W 6:30-7:00pm

#### Optimist Pool

Course Fee: \$38  
 #244051 Dec 7-21 Sa 10:50-11:20am  
 #244052 Dec 7-21 Sa 11:30-12:00pm  
 Course Fee: \$40  
 #244044 Sep 21-Oct 12 Sa 10:50-11:20am  
 #244045 Sep 21-Oct 12 Sa 11:30am-12:00pm  
 #244047 Oct 26-Nov 16 Sa 10:50-11:20am  
 #244048 Oct 26-Nov 16 Sa 11:30am-12:00pm  
 Course Fee: \$55  
 #244046 Sep 24-Oct 10 Tu, Th 6:30-7:00pm  
 #244049 Nov 5-21 Tu, Th 6:30-7:00pm  
 #244050 Dec 3-19 Tu, Th 6:30-7:00pm

#### Pullen Aquatic Center

Course Fee: \$40  
 #244173 Sep 14-Oct 5 Sa 10:50-11:20am  
 #244175 Oct 12-Nov 9 Sa 10:50-11:20am  
 Course Fee: \$55  
 #244176 Nov 5-21 Tu, Th 6:30-7:00pm  
 #244177 Dec 3-19 Tu, Th 10:50-11:20am  
 Course Fee: \$72  
 #244172 Sep 3-26 Tu, Th 6:30-7:00pm  
 #244174 Oct 1-24 Tu, Th 6:30-7:00pm

### Swim Lesson - Level 3 Stroke Development

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

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#### Buffaloe Rd Aquatic Center

Course Fee: \$38

#243730 Nov 9-23 Sa 11:30am-12:00pm

#243732 Dec 7-21 Sa 11:30am-12:00pm

Course Fee: \$40

#243727 Sep 7-28 Sa 11:30am-12:00pm

Course Fee: \$55

#243728 Sep 10-26 Tu, Th 5:50-6:20pm

#243729 Nov 5-21 Tu, Th 5:50-6:20pm

#243731 Dec 3-19 Tu, Th 5:50-6:20pm

#### Millbrook Pool – Course Fee: \$40

#243951 Oct 12-Nov 2 Sa 10:50-11:20am

#243953 Nov 9-Dec 7 Sa 10:50-11:20am

Course Fee: \$55

#243950 Oct 7-23 M, W 6:30-7:00pm

#243952 Nov 4-20 M, W 6:30-7:00pm

#243954 Dec 2-18 M, W 6:30-7:00pm

#### Optimist Pool – Course Fee: \$38

#244060 Dec 7-21 Sa 10:50-11:20am

Course Fee: \$40

#244055 Sep 21-Oct 12 Sa 10:50-11:20am

#244057 Oct 26-Nov 16 Sa 10:50-11:20am

Course Fee: \$55

#244056 Sep 24-Oct 10 Tu, Th 6:30-7:00pm

#244058 Nov 5-21 Tu, Th 6:30-7:00pm

#244059 Dec 3-19 Tu, Th 6:30-7:00pm

#### Pullen Aquatic Center – Course Fee: \$40

#244179 Sep 14-Oct 5 Sa 10:50am-11:20am

#244181 Oct 12-Nov 9 Sa 10:50am-11:20am

Course Fee: \$55

#244182 Nov 5-21 Tu, Th 7:10-7:40pm

#244183 Dec 3-19 Tu, Th 10:50-11:20am

Course Fee: \$72

#244178 Sep 3-26 Tu, Th 6:30-7:00pm

#244180 Oct 1-24 Tu, Th 7:10-7:40pm

#### Swim Lesson - Level 4 Stroke Improvement

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

#### Buffaloe Rd Aquatic Center – Course Fee: \$38

#243736 Nov 9-23 Sa 12:10-12:40pm

#243738 Dec 7-21 Sa 12:10-12:40pm

Course Fee: \$40

#243733 Sep 7-28 Sa 12:10-12:40pm

Course Fee: \$55

#243734 Sep 10-26 Tu, Th 6:30-7:00pm

#243735 Nov 5-21 Tu, Th 6:30-7:00pm

#243737 Dec 3-19 Tu, Th 6:30-7:00pm

#### Millbrook Pool – Course Fee: \$40

#243956 Oct 12-Nov 2 Sa 11:30am-12:00pm

#243958 Nov 9-Dec 7 Sa 11:30am-12:00pm

Course Fee: \$55

#243955 Oct 7-23 M, W 7:10-7:40pm

#243957 Nov 4-20 M, W 7:10-7:40pm

#243959 Dec 2-18 M, W 7:10-7:40pm

#### Optimist Pool – Course Fee: \$38

#244066 Dec 7-21 Sa 9:30-10:00am

Course Fee: \$40

#244061 Sep 21-Oct 12 Sa 9:30-10:00am

#244063 Oct 26-Nov 16 Sa 9:30-10:00am

Course Fee: \$55

#244062 Sep 24-Oct 10 Tu, Th 7:10-7:40pm

#244064 Nov 5-21 Tu, Th 7:10-7:40pm

#244065 Dec 3-19 Tu, Th 7:10-7:40pm

#### Pullen Aquatic Center – Course Fee: \$40

#244184 Sep 14-Oct 5 Sa 11:30am-12:00pm

#244185 Oct 12-Nov 9 Sa 11:30am-12:00pm

Course Fee: \$55

#244186 Nov 5-21 Tu, Th 7:10-7:40pm

#244188 Dec 3-19 Tu, Th 11:30am-12:00pm

#### Swim Lesson - Level 5 Stroke Refinement

Age: 6-13 yrs. Participants must have completed exit skills in Level 4 swim lessons. In Level 5 swim lessons, participants coordinate and refine all strokes. Flip turns on both front and back are introduced in this course. Endurance and distance are important in this course.

#### Buffaloe Rd Aquatic Center– Course Fee: \$38

#243740 Nov 9-23 Sa 12:10-12:40pm

#243741 Dec 7-21 Sa 12:10-12:40pm

Course Fee: \$40

#243739 Sep 7-28 Sa 12:10-12:40pm

Course Fee: \$55

#243742 Dec 3-19 Tu, Th 6:30-7:00pm

#### Millbrook Pool – Course Fee: \$40

#243960 Oct 12-Nov 2 Sa 11:30am-12:00pm

#243961 Nov 9-Dec 7 Sa 11:30am-12:00pm

Course Fee: \$55

#243962 Dec 2-18 M, W 7:10-7:40pm

#### Optimist Pool – Course Fee: \$38

#244076 Dec 7-21 Sa 9:30-10:00am

Course Fee: \$40

#244071 Sep 21-Oct 12 Sa 9:30-10:00am

#244073 Oct 26-Nov 16 Sa 9:30-10:00am

Course Fee: \$55

#244072 Sep 24-Oct 10 Tu, Th 7:10-7:40pm

#244074 Nov 5-21 Tu, Th 7:10-7:40pm

#244075 Dec 3-19 Tu, Th 7:10-7:40pm

#### Swim Team - Intra-City Swim Association

Age: 3-10 yrs. Experience competitive swimming in a fun, enjoyable and relaxed environment. Prerequisite: Participants must be able to swim 25 yards unassisted.

#### Buffaloe Rd Aquatic Center – Course Fee: \$77

##### 3-10 Yrs Buffaloe Road Blue Whales

#243878 Nov 4-Dec 16 M, W 5:15-6:00pm

#243879 Nov 4-Dec 16 M, W 6:15-7:00pm

#### Millbrook Pool – Course Fee: \$77

##### 3-10 Yrs Millbrook Marlins

#243971 Nov 5-Dec 17 Tu, Th 6:00-6:45pm

#243972 Nov 5-Dec 17 Tu, Th 7:00-7:45pm

#### Optimist Pool – Course Fee: \$77

##### 3-10 Yrs Optimist Otters

#244053 Nov 4-Dec 16 M, W 6:00-6:45pm

#244054 Nov 4-Dec 16 M, W 7:00-7:45pm

#### Pullen Aquatic Center – Course Fee: \$77

##### 3-10 Yrs Pullen Pirates

#244192 Nov 4-Dec 16 M-W 5:45-6:30pm

#244193 Nov 4-Dec 16 M-W 6:45-7:30pm

## Adult

### Adult Fitness Swimming Class

Age: 13yrs. and up. This class is for adults who swim for fitness and want to refine their strokes. Some may want to use the benefits of the water to improve their fitness levels, while others may want to participate in a master swimming program or other competitive sports, such as triathlons or open water distance swimming.

**Millbrook Pool** – Course Fee: \$46

|         |              |    |             |
|---------|--------------|----|-------------|
| #243969 | Oct 12-Nov 2 | Sa | 8:40-9:20am |
| #243970 | Nov 9-Dec 7  | Sa | 8:40-9:20am |

### Adult Learning the Basics Swim Class

Age: 13yrs. and up. 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.

**Buffaloe Rd Aquatic Center** – Course Fee: \$44

|         |          |    |               |
|---------|----------|----|---------------|
| #243746 | Nov 9-23 | Sa | 12:10-12:50pm |
| #243787 | Dec 7-21 | Sa | 12:10-12:50pm |

Course Fee: \$46

|         |          |    |               |
|---------|----------|----|---------------|
| #243743 | Sep 7-28 | Sa | 12:10-12:50pm |
|---------|----------|----|---------------|

Course Fee: \$61

|         |           |        |             |
|---------|-----------|--------|-------------|
| #243744 | Sep 10-26 | Tu, Th | 6:30-7:10pm |
| #243745 | Nov 5-21  | Tu, Th | 6:30-7:10pm |

|         |          |        |             |
|---------|----------|--------|-------------|
| #243786 | Dec 3-19 | Tu, Th | 6:30-7:10pm |
|---------|----------|--------|-------------|

**Millbrook Pool** – Course Fee: \$46

|         |              |    |             |
|---------|--------------|----|-------------|
| #243964 | Oct 12-Nov 2 | Sa | 8:40-9:20am |
| #243965 | Nov 9-Dec 7  | Sa | 8:40-9:20am |

Course Fee: \$61

|         |          |      |             |
|---------|----------|------|-------------|
| #243963 | Oct 7-23 | M, W | 7:10-7:50pm |
|---------|----------|------|-------------|

**Optimist Pool** – Course Fee: \$44

|         |          |    |              |
|---------|----------|----|--------------|
| #244079 | Dec 7-21 | Sa | 9:20-10:00am |
|---------|----------|----|--------------|

Course Fee: \$46

|         |               |    |              |
|---------|---------------|----|--------------|
| #244077 | Sep 21-Oct 12 | Sa | 9:20-10:00am |
| #244078 | Oct 26-Nov 16 | Sa | 9:20-10:00am |

**Pullen Aquatic Center** – Course Fee: \$78

|         |          |        |             |
|---------|----------|--------|-------------|
| #244189 | Sep 3-26 | Tu, Th | 7:10-7:40pm |
| #244190 | Oct 1-24 | Tu, Th | 7:10-7:40pm |

### Adult Refining Swim Strokes Class

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

**Buffaloe Rd Aquatic Center** – Course Fee: \$44

|         |          |    |               |
|---------|----------|----|---------------|
| #243789 | Nov 9-23 | Sa | 12:10-12:50pm |
| #243791 | Dec 7-21 | Sa | 12:10-12:50pm |

Course Fee: \$46

|         |          |    |               |
|---------|----------|----|---------------|
| #243747 | Sep 7-28 | Sa | 12:10-12:50pm |
|---------|----------|----|---------------|

Course Fee: \$61

|         |           |        |             |
|---------|-----------|--------|-------------|
| #243748 | Sep 10-26 | Tu, Th | 6:30-7:10pm |
| #243788 | Nov 5-21  | Tu, Th | 6:30-7:10pm |

|         |          |        |             |
|---------|----------|--------|-------------|
| #243790 | Dec 3-19 | Tu, Th | 6:30-7:10pm |
|---------|----------|--------|-------------|

**Millbrook Pool** – Course Fee: \$46

|         |              |    |             |
|---------|--------------|----|-------------|
| #243966 | Oct 12-Nov 2 | Sa | 8:40-9:20am |
| #243968 | Nov 9-Dec 7  | Sa | 8:40-9:20am |

Course Fee: \$61

|         |          |      |             |
|---------|----------|------|-------------|
| #243967 | Nov 4-20 | M, W | 7:10-7:50pm |
|---------|----------|------|-------------|

**Optimist Pool** – Course Fee: \$44

|         |          |    |              |
|---------|----------|----|--------------|
| #244082 | Dec 7-21 | Sa | 9:20-10:00am |
|---------|----------|----|--------------|

Course Fee: \$46

|         |               |    |              |
|---------|---------------|----|--------------|
| #244080 | Sep 21-Oct 12 | Sa | 9:20-10:00am |
| #244081 | Oct 26-Nov 16 | Sa | 9:20-10:00am |

**Pullen Aquatic Center** – Course Fee: \$78

|         |          |        |             |
|---------|----------|--------|-------------|
| #244191 | Sep 3-26 | Tu, Th | 7:10-7:40pm |
|---------|----------|--------|-------------|

### Lifeguarding - american Red Cross

Age: 15yrs. and up. 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. To participate, you must pass a prerequisite skills evaluation.

This evaluation requires the following: A. Swim 300 yards, continuously demonstrating breath control and rhythmic breathing. (You may swim using the front crawl, breaststroke or a combination of both. Swimming on the back or side is not allowed.) B. Tread water for two minutes using only the legs while keeping your hands under your armpits. C. Complete a timed event within 1 minute, 40 seconds. This event includes starting in the water, swimming 20 yards (swim goggles are not allowed), surface diving to a depth of 7 to 10 feet to retrieve a 10-pound object, returning to the surface and swimming 20 yards on your back to return to the starting point while holding the object with both hands and keeping your face at or near the surface, and exiting the water without using a ladder or steps. The prerequisite skills evaluation will occur on the first day of the course.

**Optimist Pool** – Course Fee: \$200

|         |          |        |             |
|---------|----------|--------|-------------|
| #244197 | Oct 1-24 | Tu, Th | 5:00-9:00pm |
|---------|----------|--------|-------------|

**Pullen Aquatic Center** – Course Fee: \$200

|         |          |        |             |
|---------|----------|--------|-------------|
| #244194 | Sep 3-26 | Tu, Th | 5:00-9:00pm |
|---------|----------|--------|-------------|

### Lifeguarding Instructor - American Red Cross

Age: 17yrs. and up. This American Red Cross program will train future lifeguard instructors.

This includes teaching techniques for the lifeguarding course plus information on automated external defibrillators, oxygen administration and preventing disease transmission. Participants must be at least 17 years old. Prerequisite - participants must have a thorough knowledge of the Lifeguarding course and be prepared to perform all lifeguard skills to the standard during the course.

**Pullen Aquatic Center** – Course Fee: \$275

|         |               |        |             |
|---------|---------------|--------|-------------|
| #244195 | Oct 22-Nov 14 | Tu, Th | 5:00-9:00pm |
|---------|---------------|--------|-------------|

### Water Safety Instructor - American Red Cross

Age: All Ages. This American Red Cross course will certify candidates to teach water safety, including a basic water rescue course, learn-to-swim program and parent-and-child classes. All course materials are included in price of the course.

**Optimist Pool** – Course Fee: \$225

|         |               |        |             |
|---------|---------------|--------|-------------|
| #244196 | Sep 24-Oct 17 | Tu, Th | 5:00-9:00pm |
|---------|---------------|--------|-------------|

## Family

### Deep Water Exercise - Intervals -Flex Reg

Age: 13yrs. and up. Intervals, Intensity Level 3, offers a combination of high- and low-intensity exercises designed to keep you moving.

**Optimist Pool** – Course Fee: \$6

|         |               |         |               |
|---------|---------------|---------|---------------|
| #244702 | Sep 16-Dec 30 | M, W, F | 11:00-12:00pm |
|---------|---------------|---------|---------------|

**Pullen Aquatic Center** – Course Fee: \$6

|         |              |         |             |
|---------|--------------|---------|-------------|
| #244701 | Sep 2-Dec 27 | M, W, F | 8:30-9:30am |
|---------|--------------|---------|-------------|

### Deep Water Exercise - Power Hour-Flex Reg

Age: 13yrs. and up. Power Hour, Intensity Level 4-5, teaches quick, continuous and powerful movements with no impact for the advanced exerciser.

**Millbrook Pool** – Course Fee: \$6

|         |              |        |             |
|---------|--------------|--------|-------------|
| #244703 | Sep 3-Dec 26 | Tu, Th | 6:00-7:00pm |
| #244704 | Sep 7-Dec 28 | Sa     | 8:00-9:00am |

### Shallow Water Exercise - Current Channel - Flex Reg

Age: 12yrs. and up. Current Channel Challenge, Intensity Level 2-4, offers combination use of current channel, water resistance, shallow water area and exercise equipment. It is modified into a family format for all ages as noted on the schedule.

**Buffaloe Rd Aquatic Center** – Course Fee: \$6

|         |              |        |               |
|---------|--------------|--------|---------------|
| #244539 | Sep 3-Dec 26 | Tu, Th | 10:30-11:30am |
|---------|--------------|--------|---------------|

### Shallow Water Exercise - Hydro-fusion - Flex Reg

Age: 13yrs. and up. Hydro-fusion, Intensity Level 2-4, is designed for all fitness levels.

This class offers a variety of continuous exercises to gain muscular strength,

coordination and cardiovascular endurance.

**Millbrook Pool** – Course Fee: \$6

|         |              |         |              |
|---------|--------------|---------|--------------|
| #244549 | Sep 2-Dec 27 | M, W, F | 9:00-10:00am |
|---------|--------------|---------|--------------|

**Optimist Pool** – Course Fee: \$6

|         |               |         |               |
|---------|---------------|---------|---------------|
| #244540 | Sep 16-Dec 30 | M, W, F | 10:00-11:00am |
| #244541 | Sep 17-Dec 26 | Tu, Th  | 9:00-10:00am  |

### Shallow Water Exercise - Join-t Class - Flex Reg

Age: 13yrs. and up. Intensity Level 1-2, is designed for people with arthritis, fibromyalgia or other conditions who would benefit from a range-of-motion exercise.

**Pullen Aquatic Center** – Course Fee: \$6

|         |              |         |              |
|---------|--------------|---------|--------------|
| #244542 | Sep 4-Dec 30 | W-Th, M | 9:45-10:45am |
|---------|--------------|---------|--------------|

### Shallow Water Exercise - Pool Pilates - Flex Reg

Age: 13yrs. and up. Pilates is designed for all ages. It is a class with a variety of continuous exercises to gain muscular strength, coordination and cardiovascular endurance. Pilates improves flexibility, emphasizes alignment, breathing and developing a strong core.

**Pullen Aquatic Center** – Course Fee: \$6

|         |              |        |               |
|---------|--------------|--------|---------------|
| #244543 | Sep 3-Dec 26 | Tu, Th | 10:00-11:00am |
|---------|--------------|--------|---------------|

### Shallow Water Exercise - Water Walking - Flex Reg

Age: 13yrs. and up. Water Walking, Intensity Level 1-2, is designed for all fitness levels. This class focuses on flexibility and cardiovascular endurance, allowing participants to improve range of motion using long movements.

**Optimist Pool** – Course Fee: \$6

|         |               |         |               |
|---------|---------------|---------|---------------|
| #244544 | Sep 16-Dec 27 | M, W, F | 9:00-10:00am  |
| #244548 | Sep 16-Dec 27 | M, W, F | 10:00-11:00am |

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The **City of Raleigh** has a vision to get art everywhere! Raleigh Arts oversees the City's growing investments in the arts including:

- **GRANTS:** The Arts Partners grant program provides more than \$1.8M in grants to arts organizations each year, funding operating support as well as innovative and educational projects.
- **PUBLIC ART:** Raleigh reserves one percent of capital construction projects for public art and also partners with the community for temporary projects like GoRaleigh's Art-On-The-Move art buses, Art-Line performances and pop-up projects like Banjostand at Wide-Open Bluegrass.
- **EXHIBITIONS:** Block Gallery art exhibitions in the Raleigh Municipal Building, the Block2 Video Series at Market Plaza in downtown Raleigh as well as exhibitions at Pullen and Sertoma Arts Centers.
- **ARTS CENTERS:** Pullen and Sertoma Arts Centers host classes, workshops and programs for artists of all ages. Pullen is closed for renovations, so look out for pop-up studios around town.
- **EVENTS & AWARDS:** The Medal of Arts ceremony and the Piedmont Laureate writers' program honor special contributions to the community. Gifts of Gold, organized in conjunction with the Wake County Public School System, recognizes artistic talent in students. Events like the Fall Arts Fair and pop-up events connect local artists with the community.
- **MUNICIPAL ART COLLECTION:** Raleigh has 450 artworks throughout the City including work by local artists and major public art works.
- **OPPORTUNITIES FOR ARTISTS:** Raleigh Arts and arts partners have open calls for talent all year round. Subscribe to our newsletter or check social media for the latest listings.

**Raleigh Arts** has two resident advisory groups: the **Arts Commission**, and the **Public Art and Design Board**. For more information, contact the Office of Raleigh Arts at 919-996-3610 or [www.raleighnc.gov/arts](http://www.raleighnc.gov/arts) #arteverywhere  
Facebook: @OfficeofRaleighArts, Twitter: @RaleighArts, Instagram: @Raleigh\_Arts

## Pullen Arts Center

105 Pullen Road Raleigh, NC 27607  
(919)996-4895  
Director: Eliza Kiser

### Pullen Arts Center Closed for Renovation

Pullen Arts Center has been providing visual arts classes for artists of all ages and at all levels of experience since 1961. Raleigh has grown and changed over time and so has the demand for arts programs! In 2014, voters passed a Parks Bond that included \$6 million for improving Pullen Arts Center. After a two year public participation process, the center has closed to undergo a full renovation. Pullen Arts will gain 7500 square feet of space, expand and improve studios, and increase gallery space! During the closure, some of your favorite classes will be offered at Five Points Center for Active Adults, Glen Eden Neighborhood Center, and Sertoma Arts Center, listed here by class name as usual, but with new locations. Questions? Email [Pullen.Arts@raleighnc.gov](mailto:Pullen.Arts@raleighnc.gov).

## Sertoma Arts Center

1400 W. Millbrook Road Raleigh, NC 27612  
(919)996-2329  
Director: Julia Meder

Sertoma offers classes in painting, drawing, fiber arts, printmaking, jewelry, kids' art classes and pottery. Programs in music, dance, and fitness allow participants to improve their health and vitality while engaged in the arts.

**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 Case and Hall Gallery:

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

### Sertoma Arts Center's Gallery Exhibits

#### September-October

**Raleigh Room:** Bailey Knight

**Hall Gallery:** Chryssa Guidry

**Display Cases:** Rosalie Midyette

#### November-December

**All Gallery Spaces:** Annual Student, Instructor, and Patron Show

## Preschool

### Art - Krafty Kids

Age: 3-5 yrs. 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 will provide supplies; you provide the fun! Preregistration is required, and the fee is per class.

**Optimist Community Center** – Course Fee: \$7

#### Krafty Kids - Zoo Crew

|         |       |    |              |
|---------|-------|----|--------------|
| #245735 | Sep 6 | F  | 12:30-1:30pm |
| #245736 | Sep 7 | Sa | 12:30-1:30pm |
| #245737 | Oct 4 | F  | 12:30-1:30pm |
| #245738 | Oct 5 | Sa | 12:30-1:30pm |
| #245739 | Nov 1 | F  | 12:30-1:30pm |
| #245740 | Nov 2 | Sa | 12:30-1:30pm |
| #245741 | Dec 6 | F  | 12:30-1:30pm |
| #245742 | Dec 7 | Sa | 12:30-1:30pm |

### Art - Story Time Art

Age: 3-5 yrs. Children will bring storybook characters alive by making themed art with a story! Some stories include The Cat in the Hat, Brown Bear, Rainbow Fish and many more.

**Marsh Creek Park** – Course Fee: \$36

|         |          |   |              |
|---------|----------|---|--------------|
| #245759 | Oct 7-28 | M | 9:30-10:15am |
| #245760 | Dec 9-30 | M | 9:30-10:15am |

### Art - Storyland Adventures with Mr. Moo Monet

Age: 18 mths - 3 yrs. Join our adventure through Storyland with Mr. Moo Monet each month. We will start our adventure by waking up Mr. Moo Monet and sharing a story that goes with the theme for that day. Children will participate in story time and make arts and crafts projects at each adventure. Parent participation is required. Class length is four weeks, with a makeup class, if needed, added the week following the scheduled end of the session. Instructor: Maureen Seltzer.

**Optimist Community Center** – Course Fee: \$36

|         |               |   |               |
|---------|---------------|---|---------------|
| #246096 | Sep 4-25      | W | 10:30-11:15am |
| #246097 | Oct 9-30      | W | 10:30-11:15am |
| #246098 | Nov 13-Dec 11 | W | 10:30-11:15am |

### Art - 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, string pull art, sand painting, watercolors, and torn paper seascapes.

Instructor: Michelle Davis Petelinz.

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

|         |              |   |              |
|---------|--------------|---|--------------|
| #243767 | Sep 9-Oct 14 | M | 9:30-10:30am |
| #243768 | Nov 4-Dec 16 | M | 9:30-10:30am |

### Art Adventures

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

**Laurel Hills Community Center** – Course Fee: \$36

|         |          |    |               |
|---------|----------|----|---------------|
| #245257 | Sep 7-28 | Sa | 10:00-11:00am |
| #245258 | Oct 5-26 | Sa | 10:00-11:00am |

## Raleigh Little Theatre

Box Office: 919-821-3111

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

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

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

### UPCOMING PERFORMANCES AND EVENTS

**August 16 – September 1, 2019**

**A Gentleman's Guide to Love & Murder - Musical Comedy**

**September 14-15, 2019**

**Raleigh Symphony Orchestra Fall Concert**

**September 21, 2019**

**Groove in the Garden '19 - Concert**

**September 27 - October 13, 2019**

**Blood at the Root - Drama**

**October 25 – November 3, 2019**

**You're a Good Man, Charlie Brown - Musical Comedy**

**December 06 – December 22, 2019**

**Cinderella - Musical**

For tickets, visit [raleighlittletheatre.org](http://raleighlittletheatre.org) or call 919-821-3111.

## Theatre In The Park

Box Office 919-831-6058

Business Office: 919-831-6936

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

Email: [info@theatreinthepark.com](mailto:info@theatreinthepark.com)

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

### UPCOMING PERFORMANCES AND EVENTS

**October 4 - 20**

**Dracula**

**December 2019**

**The Santaland Diaries**

**December 2019**

**A Christmas Carol, Raleigh - Duke Energy Center and Durham - DPAC performances**

For tickets, visit [www.theatreinthepark.com](http://www.theatreinthepark.com) or call 919-831-6058.

### Ballerinos & Ballerinas Dance

Age: 3-5 yrs. Does your little one love to dance and spin? Ballerinos & Ballerinas is perfect for all aspiring dancers. Through basic techniques of ballet and tap, dancers will learn the beginning steps with Ms. Judy.

**Greystone Community Center** – Course Fee: \$30

|                  |          |   |              |
|------------------|----------|---|--------------|
| #245633          | Nov 4-25 | M | 4:15-5:00pm  |
| #245636          | Dec 4-18 | W | 9:15-10:00am |
| #245673          | Dec 4-18 | W | 4:30-5:15pm  |
| Course Fee: \$40 |          |   |              |
| #245629          | Sep 9-30 | M | 4:15-5:00pm  |
| #245630          | Sep 4-25 | W | 9:15-10:00am |
| #245631          | Oct 7-28 | M | 4:15-5:00pm  |
| #245632          | Oct 2-23 | W | 9:15-10:00am |
| #245634          | Nov 6-27 | W | 9:15-10:00am |
| #245635          | Dec 2-30 | M | 4:15-5:00pm  |
| #245637          | Sep 4-25 | W | 4:30-5:15pm  |
| #245666          | Oct 2-23 | W | 4:30-5:15pm  |
| #245668          | Nov 6-27 | W | 4:30-5:15pm  |

### Ballet and Tap for Preschoolers

Age: 3-4 yrs. Your preschooler will learn technique and grow as a dancer in this class. Half of the class is devoted to ballet and the other half is devoted to tap. White or pink tights, pink or black leotard, ballet slippers and tap shoes are preferred but not required.

**Millbrook Exchange Community Center**

Course Fee: \$27

|                  |          |   |               |
|------------------|----------|---|---------------|
| #245122          | Dec 4-18 | W | 10:15-11:00am |
| Course Fee: \$36 |          |   |               |
| #245119          | Sep 4-25 | W | 10:15-11:00am |
| #245120          | Oct 2-23 | W | 10:15-11:00am |
| #245121          | Nov 6-27 | W | 10:15-11:00am |

### Ballet Basics at Greystone

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

**Greystone Community Center** – Course Fee: \$30

|                  |          |    |               |
|------------------|----------|----|---------------|
| #245676          | Nov 7-21 | Th | 10:00-10:45am |
| #245677          | Dec 5-19 | Th | 10:00-10:45am |
| Course Fee: \$40 |          |    |               |
| #245674          | Sep 5-26 | Th | 10:00-10:45am |
| #245675          | Oct 3-24 | Th | 10:00-10:45am |

### Ballet Basics I - Beginner

Age: 3-5 yrs. Learning ballet is one of the most rewarding and enjoyable activities there is! Participants will explore the fundamentals, including body alignment, basic ballet terminology and principles of postures.

Participants will learn to follow instructions while having fun. Prior experience is not necessary. Instructor: Tanesha Patrick

**Green Road Community Center** – Course Fee: \$70

|         |              |    |               |
|---------|--------------|----|---------------|
| #244794 | Sep 7-Oct 19 | Sa | 9:15-10:00am  |
| #244795 | Sep 7-Oct 19 | Sa | 10:15-11:00am |
| #244796 | Nov 2-Dec 21 | Sa | 9:15-10:00am  |
| #244797 | Nov 2-Dec 21 | Sa | 10:15-11:00am |

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**Ballet Basics II - Intermediate**

Age: 6-8 yrs. Young ballet dancers will work on each movement in barre and center exercises and gradually move into combining each move into phrases. They will also gain a sense of awareness, body coordination and body alignment. While dancers focus on a structured lesson plan, they're encouraged to develop their own creativity. Prior experience is not necessary but encouraged.

Instructor: Tanesha Patrick

**Green Road Community Center** – Course Fee: \$70  
 #244798 Sep 7-Oct 19 Sa 11:15am-12:00pm  
 #244799 Nov 2-Dec 21 Sa 11:15am-12:00pm

**Ballet/Tap for Mini Stars**

Age: 4-5 yrs. Your preschooler will learn techniques to grow as a dancer. Class is split from ballet and then into tap. We will work on flexibility and ballet terminology. Students will learn how to turn without getting dizzy and leap as high as they can without falling! Students should wear white or pink tights, ballet slippers/ tap shoes and black or pink leotards. Ballet skirt is optional. Ages 4-5 yrs old. Instructed by Ms. Gabbie.

**Millbrook Exchange Community Center**

Course Fee: \$130

**Full Session**

#245874 Sep 7-Dec 14 Sa 10:15-11:00am  
 Course Fee: \$30  
 #245873 Dec 7-21 Sa 10:15-11:00am  
 Course Fee: \$40  
 #245870 Sep 7-28 Sa 10:15-11:00am  
 #245871 Oct 5-26 Sa 10:15-11:00am  
 #245872 Nov 2-23 Sa 10:15-11:00am

**Box Car Crafts-Preschoolers**

Age: 2-5 yrs. Crafts and cruising are so much fun! Bring your little ones out to decorate their very own box car. A variety of crafting supplies will be provided. Box cars are made of cardboard and large enough for a Preschooler to sit in. Registration must be received 3 days prior.

**Jaycee Community Center** – Course Fee: \$8  
 #245021 Oct 7 M 10:00-11:00am

**Butterfly Ballerinas**

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

**Hill Street Center** – Course Fee: \$25

#244600 Sep 10-Oct 1 Tu 4:30-5:00pm  
 #244601 Oct 8-29 Tu 4:30-5:00pm  
 #244602 Nov 5-Dec 3 Tu 4:30-5:00pm

**Crafts & Cocoa-Preschoolers**

Age: 2-5 yrs. The weather outside is getting colder but your little crafter can be warm and cozy. Come join us for a winter wonderland craft experience while sipping hot cocoa. Participants must be registered 3 days prior to the class start.

**Jaycee Community Center** – Course Fee: \$8  
 #245024 Dec 2 M 10:00-11:00am

**Create with Me Preschool Art**

Age: 18 mths - 30 yrs. This toddler-centric class introduces a variety of art materials through hands-on learning and exploration. Puzzles, matching games, and colorful manipulatives encourage discovery through play, development of hand-eye coordination, motor skills, shape and color recognition, and learning to socialize with other toddlers. Each week, we'll create an art project in class to take home. A parent or caregiver must attend with child; only child should be registered for class.

**Millbrook Exchange Community Center**

Course Fee: \$50

#245137 Sep 10-Oct 15 Tu 10:45-11:30am  
 #245138 Oct 29-Dec 3 Tu 10:45-11:30am

**Dance - Ballet/Tap**

Age: 3-5 yrs. This class will introduce preschoolers to ballet and tap techniques, form positions, steps, patterns and other basic movements. Students will develop coordination, self-confidence and imagination. Ballet and tap shoes are preferred but not required. Instructor: Judy Gardo.

**Optimist Community Center** – Course Fee: \$36

#245970 Sep 9-30 M 10:30-11:15am  
 #245971 Oct 7-28 M 10:30-11:15am  
 #245972 Nov 18-Dec 9 M 10:30-11:15am

**Dance - Twinkle Toes I**

Age: 2-3 yrs. Students will love this wonderful introduction to the art of dance! Twirling ribbons, scarves, hoops and music will help promote creative movement. Children will enjoy simple steps and dances that introduce them to ballet and jazz. Students will improve confidence, coordination, self-esteem and body awareness. This class is designed to help children transition to dancing independently, without a parent. Instructor: Bethany Schlegel, BS in education and former USGA gymnast.

**Greystone Community Center**

Course Fee: \$30

#245722 Dec 3-17 Tu 11:30am-12:15pm  
 Course Fee: \$40  
 #245719 Sep 3-24 Tu 11:30am-12:15pm  
 #245720 Oct 1-22 Tu 11:30am-12:15pm  
 #245721 Nov 5-26 Tu 11:30am-12:15pm

**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. Everything dancers learn will come together in an end-of-course performance for parents to enjoy.

**Hill Street Center** – Course Fee: \$35

#244609 Sep 10-Oct 1 Tu 5:15-6:15pm  
 #244610 Oct 8-29 Tu 5:15-6:15pm  
 #244611 Nov 5-Dec 3 Tu 5:15-6:15pm

**Little Brittos Art**

Age: 3-5 yrs. Named for Romero Britto, the Brazilian pop artist who uses bright, bold colors in his joyful paintings, this literature-based class provides preschool preparation. The focus is on student independence; no parent/caregiver participation. Each week, we'll read a story, then create an art project inspired by its subject or characters. We'll use our imaginations and a variety of media, including paint, oil pastels, crayons, markers and glue to create original, colorful works of art every week. Dress for a mess, and come ready to have some art-filled fun!

**Millbrook Exchange Community Center**

Course Fee: \$65

#245145 Sep 10-Oct 15 Tu 11:45am-12:45pm  
 #245146 Oct 29-Dec 3 Tu 11:45am-12:45pm

**Little Fancy Feet Dance**

Age: 18 - 36 mths. Share the joy of dancing together with your child. Dancers will choose their own props, including instruments, teddy bears, dolls and scarves to dance with in this fun and interactive class. Join Ms. Judy as we transform those little feet into fancy, happy, dancing feet.

**Greystone Community Center**

Course Fee: \$30

**18-36 months**

#246587 Dec 6-20 F 11:00-11:45am  
 #246591 Dec 6-20 F 11:45am-12:30pm  
 Course Fee: \$40

**18-36 months**

#246584 Sep 6-27 F 11:00-11:45am  
 #246585 Oct 4-25 F 11:00-11:45am  
 #246586 Nov 1-22 F 11:00-11:45am  
 #246588 Sep 6-27 11:45am-12:30pm  
 #246589 Oct 4-25 F 11:45am-12:30pm  
 #246590 Nov 1-22 F 11:45am-12:30pm

**Mommy & Me Movement**

Age: 18 - 36 mths. Through interactive games, lively music and simple combinations, babies and parents will experience the joy of rhythm and dance with Ms. Judy. This amazing collaboration of play and movement is a great way to burn a few calories while having fun!

**Greystone Community Center**

Course Fee: \$30

#246524 Nov 7-21 Th 11:00-11:45am  
 #246525 Dec 5-19 Th 11:00-11:45am  
 Course Fee: \$40  
 #246522 Sep 5-26 Th 11:00-11:45am  
 #246523 Oct 3-24 Th 11:00-11:45am

**Pinecone Craft Party-Preschoolers**

Age: 2-5 yrs. Love to use paint, glue and glitter! Come join us for some pinecone crafting. Participants will take home a nature themed pinecone craft. Participants must register 3 days prior to the class.

**Jaycee Community Center** – Course Fee: \$8

#245023 Nov 4 M 10:00-11:00am

### Preschool - Mini Monets

Age: 18 mths - 2 yrs. This class introduces little ones to a variety of art materials through hands-on learning. Discovery and creative play encourage the development of motor skills and group social skills. A parent or caregiver attends with child; only child should be registered for class. Instructor: Michelle Davis Petelinz.

**Sertoma Arts Center** – Course Fee: \$50

#243773 Sep 13-Oct 18 F 9:30-10:15am  
#243774 Nov 8-Dec 20 F 9:30-10:15am

### Preschool - Petite Picassos

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

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

#243775 Sep 10-Oct 15 Tu 3:00-4:00pm  
#243776 Nov 5-Dec 10 Tu 3:00-4:00pm

### REC-Creations

Age: 3-6 yrs. Join your friends at Green Road Community Center on the 3rd Wednesday of each month for crafts, games and activities! A different theme will be celebrated each month. Be sure to wear shoes and clothes that you can get dirty. Parent/caregiver attends and assists their participant as needed.

**Green Road Community Center** – Course Fee: \$10

#245296 Sep 18 W 6:30-8:30pm  
#245845 Oct 16 W 6:30-8:30pm  
#245846 Nov 20 W 6:30-8:30pm  
#245847 Dec 18 W 6:30-8:30pm

### Suzuki Music for Babies

Age: Up to 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.

**Greystone Community Center** – Course Fee: \$55

#246519 Sep 11-Oct 16 W 10:00-10:50am  
#246520 Nov 6-Dec 18 W 10:00-10:50am

### Toe Tappin' Toddlers

Age: 1-2 yrs. Though it seems like yesterday since your little one took his/her first steps, these little movers and shakers are capable of (fairly) complex choreography by 18 months of age. Toddler dance classes are a great source of exercise, help children adjust to group situations and tap into children's love for music. Let's start them early, while having fun! Your little shakers

will be exposed to ballet, tap, hip-hop, jazz and ballroom while learning simple steps, listening to fun music and joining imaginative play with children their own age. Barefoot is always fun; no special shoes needed!

**Greystone Community Center**

Course Fee: \$30  
#246604 Dec 4-18 W 3:45-4:30pm  
Course Fee: \$40  
#246601 Sep 4-25 W 3:45-4:30pm  
#246602 Oct 2-23 W 3:45-4:30pm  
#246603 Nov 6-27 W 3:45-4:30pm  
Course Fee: \$45  
#246604 Dec 4-18 W 3:45-4:30pm  
Course Fee: \$55  
#246601 Sep 4-25 W 3:45-4:30pm  
#246602 Oct 2-23 W 3:45-4:30pm  
#246603 Nov 6-27 W 3:45-4:30pm

### Twinkle Stars Ballet and Tap

Age: 2-3 yrs. Learn Tendues, Shuffles and more with this class as it splits from ballet and into tap. Ages 2-3 yrs old. White/pink tights and pink/black leotard. Ballet skirt optional. Ballet slippers and tap shoes.

Instructed by Ms. Gabbie.

**Millbrook Exchange Community Center**

Course Fee: \$130  
**Full Session - Saturdays**  
#245153 Sep 7-Dec 21 Sa 9:15-10:00am  
#245158 Sep 6-Dec 13 F 10:15-11:00am  
Course Fee: \$30  
#245152 Dec 7-21 Sa 9:15-10:00am  
#245157 Dec 6-20 F 10:15-11:00am  
Course Fee: \$40  
#245149 Sep 7-28 Sa 9:15-10:00am  
#245150 Oct 5-26 Sa 9:15-10:00am  
#245151 Nov 2-23 Sa 9:15-10:00am  
#245154 Sep 6-27 F 10:15-11:00am  
#245155 Oct 4-25 F 10:15-11:00am  
#245156 Nov 1-22 F 10:15-11:00am

## Youth

### African Dance for Youth

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

**Barwell Road Community Center**

Course Fee: \$32.25  
#244689 Dec 7-21 Sa 11:00-11:45am  
Course Fee: \$43  
#244686 Sep 7-28 Sa 11:00-11:45am  
#244687 Oct 5-26 Sa 11:00-11:45am  
#244688 Nov 2-23 Sa 11:00-11:45am

### Afterschool Art - Drawing to Painting

Age: 11-14 yrs. In this class you will learn basic drawing skills, composition and painting. Discover what you can do with color! Learn the color wheel, mix colors and then apply the paint. Students can bring in pictures or objects to work on, use their imagination to create their own subject, or work on items brought in by the instructor. Students will work with pencils, water color and/or acrylics. Registration is due 3 days prior to class start date.

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

#245590 Sep 5-26 Th 4:00-5:30pm  
#246019 Oct 3-31 Th 4:00-5:30pm  
#246020 Nov 7-21 Th 4:00-5:30pm  
#246024 Dec 5-19 Th 4:00-5:30pm

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**Allamerican Girls Create & Play**

Age: 5-12 yrs. Bring your favorite doll and enjoy some special create-and-play time together! We may make crafts and accessories, read stories, play games, sing and dance and more for you and your doll to enjoy. Each session has a different theme. Cost is per session.

**Optimist Community Center** – Course Fee: \$10

**Go TEAM Go!**

|         |       |    |                 |
|---------|-------|----|-----------------|
| #245684 | Sep 7 | Sa | 10:00am-12:00pm |
| #245685 | Oct 5 | Sa | 10:00am-12:00pm |
| #245686 | Nov 2 | Sa | 10:00am-12:00pm |
| #245687 | Dec 7 | Sa | 10:00am-12:00pm |

**Art - Fantastic Beasts and How to Make Them**

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

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

|         |               |   |             |
|---------|---------------|---|-------------|
| #243769 | Sep 11-Oct 16 | W | 4:30-6:30pm |
| #243770 | Nov 6-Dec 11  | W | 4:30-6:30pm |

**Art - Game Creators**

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

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

|         |               |    |             |
|---------|---------------|----|-------------|
| #243765 | Sep 10-Oct 15 | Tu | 4:30-6:30pm |
| #243766 | Nov 5-Dec 10  | Tu | 4:30-6:30pm |

**Art - You're A Superhero!**

Age: 6-10 yrs. Imagine yourself as a superhero - what's your name? What's your super power? What do you wear? What are your props? In this class you'll create your persona, story and costume with found objects, art supplies and your imagination. You'll be the super star! Instructor: Michelle Davis Petelinz.

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

|         |               |    |             |
|---------|---------------|----|-------------|
| #243771 | Sep 12-Oct 17 | Th | 4:30-6:30pm |
| #243772 | Nov 7-Dec 19  | Th | 4:30-6:30pm |

**Art Adventures for Kids**

Age: 6-11 yrs. Your artist will explore the world of art and create masterpieces each week. Watch as imaginations soar and we get dirty in the process!

**Laurel Hills Community Center** – Course Fee: \$36

|         |          |    |                 |
|---------|----------|----|-----------------|
| #245255 | Sep 7-28 | Sa | 11:15am-12:15pm |
| #245256 | Oct 5-26 | Sa | 11:15am-12:15pm |

**Ballet Basics III - Advanced**

Age: 9-12 yrs. Young dancers will gain a sense of awareness of body coordination and alignment. Participants will work on ballet movements in barre and center exercises. While dancers focus on structural

lesson plans, they are encouraged to develop their own creativity. Prior experience is required for this course. Instructor: Tanesha Patrick  
**Green Road Community Center** – Course Fee: \$70  
#244800 Sep 7-Oct 19 Sa 12:15-1:00pm  
#244801 Nov 2-Dec 21 Sa 12:15-1:00pm

**Ballet I**

Age: 3-7 yrs. This is a continual program to allow children to build their skills. New students are welcome each month. Students will be introduced to the structure of a ballet class, basic ballet vocabulary, alignment and posture and the five positions of ballet, stressing the importance of proper posture. Traditional barre work, center work and combinations are included in all classes. Students focus on building balance, strength, coordination and poise. Instructor Ms. E is the owner of Ethlyn Lassiter's Dance Ensemble.

**Barwell Road Community Center**

Course Fee: \$32.25

|             |          |    |               |
|-------------|----------|----|---------------|
| #244681     | Dec 7-21 | Sa | 10:00-10:45am |
| Course Fee: | \$43     |    |               |
| #244678     | Sep 7-28 | Sa | 10:00-10:45am |
| #244679     | Oct 5-26 | Sa | 10:00-10:45am |
| #244680     | Nov 2-23 | Sa | 10:00-10:45am |

**Ballet/Lyrical/Tap for Shooting Stars**

Age: 6-13 yrs. The first half of this class is a mixture of ballet and lyrical, emphasizing technique and discipline. The second half shuffles into tap. Tights, leotard, ballet slippers, tap shoes and ballet skirt are preferred but not required. Instructed by Ms. Gabbie.

**Millbrook Exchange Community Center**

Course Fee: \$130

**Full Session**

|             |              |    |              |
|-------------|--------------|----|--------------|
| #245907     | Sep 7-Dec 14 | Sa | 12:15-1:00pm |
| Course Fee: | \$30         |    |              |
| #245906     | Dec 7-21     | Sa | 12:15-1:00pm |
| Course Fee: | \$40         |    |              |
| #245903     | Sep 7-28     | Sa | 12:15-1:00pm |
| #245904     | Oct 5-26     | Sa | 12:15-1:00pm |
| #245905     | Nov 2-23     | Sa | 12:15-1:00pm |

**Ballet/Tap/Jazz Competition Team**

Age: 4-5 yrs. This class is for students that have been taught dance for at least 2 years. Students will need to be able to know a jete from a glissade. There will be performances outside the studio and 3 competitions that the class will compete in: NC fair, Believe competition and Showstopper competition. Additional entry fee and costume costs will be required. Instructor Ms. Gabbie

**Millbrook Exchange Community Center**

**Full Session - Mini Stars 4-5yrs** – Course Fee: \$130

|         |              |    |                 |
|---------|--------------|----|-----------------|
| #245950 | Sep 7-Dec 14 | Sa | 11:15am-12:00pm |
| #245955 | Sep 7-Dec 14 | Sa | 1:15-2:00pm     |

**Mini Stars 4-5yrs** – Course Fee: \$30

|         |          |    |                 |
|---------|----------|----|-----------------|
| #245949 | Dec 7-21 | Sa | 11:15am-12:00pm |
| #245954 | Dec 7-21 | Sa | 1:15-2:00pm     |

**Mini Stars 4-5yrs** – Course Fee: \$40

|         |          |    |                 |
|---------|----------|----|-----------------|
| #245946 | Sep 7-28 | Sa | 11:15am-12:00pm |
| #245947 | Oct 5-26 | Sa | 11:15am-12:00pm |
| #245948 | Nov 2-23 | Sa | 11:15am-12:00pm |
| #245951 | Sep 7-28 | Sa | 1:15-2:00pm     |
| #245952 | Oct 5-26 | Sa | 1:15-2:00pm     |
| #245953 | Nov 2-23 | Sa | 1:15-2:00pm     |

**Beginner Hip-Hop**

Age: 6-8 yrs. Do you think you can dance? Then this is the class for you. Come learn basic hip-hop moves and today's street dances. This class will focus on developing balance, strength, and confidence while having fun. Each week will focus on different styles, and your dancer will be ready to show off their moves at the end of each class.

**Laurel Hills Community Center** – Course Fee: \$40

|         |          |   |             |
|---------|----------|---|-------------|
| #245262 | Sep 4-25 | W | 5:00-6:00pm |
| #245263 | Oct 2-23 | W | 5:00-6:00pm |
| #245264 | Nov 6-27 | W | 5:00-6:00pm |

**Beginning Ballet Babes**

Age: 6-8 yrs. Does your little one love to dance and want to learn technical skills and terms? This class will be a fun introduction to basic ballet concepts, techniques, and terminology, including the use of props and time for improvisation.

**Greystone Community Center** – Course Fee: \$30

|             |          |   |             |
|-------------|----------|---|-------------|
| #246583     | Dec 4-18 | W | 5:15-6:15pm |
| Course Fee: | \$40     |   |             |

|         |          |   |             |
|---------|----------|---|-------------|
| #246580 | Sep 4-25 | W | 5:15-6:15pm |
| #246581 | Oct 2-23 | W | 5:15-6:15pm |
| #246582 | Nov 6-27 | W | 5:15-6:15pm |

**Dance - Bollywood Dance Kids**

Age: 4-7 yrs. Bollywood Dance is the genre arising out of the song and dance routines on screen in Indian cinema. 'Bollywood' = Bombay's Hollywood, one of the largest movie production industries in the world. Get in early and watch them quickly blossom! Our Bollywood Dance class for younger kids offers a fun, relaxed introduction to this style and helps them capture the essence of the modern & traditional culture of India. Children learn by imagination, creativity and encouragement and this class has tons to offer in that respect. Over 20 years of international teaching experience has given our tutor a refined edge in imparting even complex dance steps with ease! Instructor: Priya Chellani

**Brier Creek Community Center** – Course Fee: \$60

|         |               |    |                 |
|---------|---------------|----|-----------------|
| #246026 | Sep 7-Oct 12  | Sa | 10:30-11:15am   |
| #246027 | Oct 19-Nov 23 | Sa | 10:30-11:15am   |
| #246028 | Sep 7-Oct 12  | Sa | 11:15am-12:00pm |
| #246029 | Oct 19-Nov 23 | Sa | 11:15am-12:15pm |

**Dance - Boys Hip Hop**

Age: 7-10 yrs. Hip Hop is a street influenced type of dance infused with funky jazz and break dancing. Our class will include many techniques of Hip Hop such as Popping, Tutting, Freezes, Breaking, Gliding and more. The movements and exercises increase strength, muscle tone, musicality, and stamina. The dance choreography develops muscle memory and performance personality. The routines often have a fun theme or tell a story. This exciting, high energy class is fun at all levels. Instructor: Moriah Womble, Owner of Triangle Dance Company

**Brier Creek Community Center** – Course Fee: \$42

|         |               |    |             |
|---------|---------------|----|-------------|
| #246012 | Sep 3-24      | Tu | 6:45-7:30pm |
| #246013 | Oct 1-22      | Tu | 6:45-7:30pm |
| #246014 | Oct 29-Nov 19 | Tu | 6:45-7:30pm |
| #246021 | Nov 26-Dec 17 | Tu | 6:45-7:30pm |

### Dance - Girls Hip Hop!

Age: 7-10 yrs. Hip Hop is a street influenced type of dance infused with funky jazz and break dancing. Our class will include many techniques of Hip Hop such as Popping, Tutting, Freezes, Breaking, Gliding and more. The movements and exercises increase strength, muscle tone, musicality, and stamina. The dance choreography develops muscle memory and performance personality. The routines often have a fun theme or tell a story. This exciting, high energy class is fun at all levels. Instructor: Moriah Womble.

**Brier Creek Community Center** – Course Fee: \$42  
 #246003 Sep 3-24 Tu 6:00-6:45pm  
 #246004 Oct 1-22 Tu 6:00-6:45pm  
 #246005 Oct 29-Nov 19 Tu 6:00-6:45pm  
 #246011 Nov 26-Dec 17 Tu 6:00-6:45pm

### Dance - Preschool Dance

Age: 3-5 yrs. This class will consist of learning and practicing the basics of ballet along with other fun and simple dance moves! Coordination, self-confidence and imagination soar as preschoolers dance across the floor with props to age appropriate music. Not required but recommended: tights and leotard. Instructor: Moriah Womble, owner of Triangle Dance Company.

**Brier Creek Community Center** – Course Fee: \$38  
 #245993 Sep 7-28 Sa 10:00-10:30am  
 #245994 Oct 5-26 Sa 10:00-10:30am  
 #245995 Nov 2-23 Sa 10:00-10:30am

### Dance- Modern Dance

Age: 8-13 yrs. Fundamentals of Contemporary/Modern Dance class is designed for the beginner/intermediate dancer with a curiosity for modern/contemporary dance, this class builds on basic movement for a foundation to better prepare you for more advanced techniques in modern dance. It also develops strong creative dancers that allows beginners/intermediate to experience the sheer joy of dance and introduces integral concepts like body awareness, alignment, strength, flexibility, and endurance through the study of technique and improvisation with a focus on musicality, dynamics, footwork and artistic expression. The class is Rooted in Graham technique, which explores principles like contraction, release, and spiral. Skill and self-confidence are developed in a fun, and open environment.

**Barwell Road Community Center**  
 Course Fee: \$32.25  
 #244685 Dec 7-21 Sa 12:00-12:45pm  
 Course Fee: \$43  
 #244682 Sep 7-28 Sa 12:00-12:45pm  
 #244683 Oct 5-26 Sa 12:00-12:45pm  
 #244684 Nov 2-23 Sa 12:00-12:45pm

### Drawing - Drawing Fundamentals

Age: 6-10 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. Sarah Clover instructs.

**Sertoma Arts Center** Course Fee: \$70  
 #245959 Sep 9-Oct 14 M 4:30-6:00pm  
 #245961 Nov 4-Dec 16 M 4:30-6:00pm

### Fashion, Style and Me - Youth

Age: 7-11 yrs. Learn fabulous fashion trends and create fun items to take home. Learn tips on modeling and fashion show production. Class will end with a fashion show! Registration must be received by September 27th, 2019.

**Halifax Community Center**  
 Course Fee: \$50  
 #244744 Oct 1-Nov 26 Tu 6:00-7:30pm

### Girls & Their Dolls Night Out

Age: 5-12 yrs. 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.

**Optimist Community Center** – Course Fee: \$15  
 #246545 Sep 20 F 5:30-8:30pm  
 #246546 Oct 18 F 5:30-8:30pm  
 #246547 Nov 15 F 5:30-8:30pm  
 #246548 Dec 13 F 5:30-8:30pm

### Hip-Hop Fever

Age: 9-12 yrs. This high-energy class infuses old and new street styles of dance. Dancers will step outside the box and bring their own individual style to the dance floor. Whether you have been dancing for years or this is your first time on the floor, you will leave with the ability and confidence to step up and own the floor.

**Laurel Hills Community Center** – Course Fee: \$40  
 #245259 Sep 4-25 W 6:00-7:00pm  
 #245260 Oct 2-23 W 6:00-7:00pm  
 #245261 Nov 6-Dec 4 W 6:00-7:00pm

### Hip-Hop Fun

Age: 5-8 yrs. This fun, high-energy class uses the latest pop music to teach students hip-hop dance moves. Emphasis will be on coordination, rhythm, timing and confidence. Class will include time to freestyle, which develops an individual sense of style and promotes artistic expression, movement and teamwork in a fun, musical environment. Hip-hop is always age appropriate and always a blast for both boys and girls! Dance to today's hottest music!

**Greystone Community Center**  
 Course Fee: \$30  
 #245763 Nov 4-25 M 5:00-5:55pm  
 Course Fee: \$40  
 #245761 Sep 9-30 M 5:00-5:55pm  
 #245762 Oct 7-28 M 5:00-5:55pm  
 #245764 Dec 2-23 M 5:00-5:55pm

### Holiday Sewing

Age: 10-14 yrs. During this three week class, participants will make holiday themed projects. We will focus on the holidays that fall in November and December. All fabric, supplies, and sewing machines are provided. Sewing experience is required.

**Pullen Community Center** – Course Fee: \$40  
 #245362 Nov 5-19 Tu 6:00-7:30pm

### Homeschool & Afterschool Art Time

Age: 7-12 yrs. Come join us for this four-week class. We will explore art elements such as line and color composition. We will use many kinds of media, such as watercolor, tempera, chalk and acrylic paint. This class will at times get a little messy, so it is advisable to wear old clothes or bring an old T-shirt. Class length is four weeks, with a makeup class, if needed, added the week following the scheduled end of the session. Instructor: Maureen Seltzer.

**Optimist Community Center** – Course Fee: \$45  
 #246037 Sep 4-25 W 1:30-3:00pm  
 #246038 Sep 4-25 W 4:30-6:00pm  
 #246039 Oct 9-30 W 1:30-3:00pm  
 #246040 Oct 9-30 W 4:30-6:00pm  
 #246041 Nov 13-Dec 11 W 1:30-3:00pm  
 #246042 Nov 13-Dec 11 W 4:30-6:00pm

### Homeschool Art Time (ages 4 - 6)

Age: 4-6 yrs. Join us for this four-week art class. We will explore art elements such as line and color composition and use many kinds of media, such as watercolor, tempera, chalk and acrylic paint. This class will at times get a little messy, so it is advisable to wear old clothes or bring an old T-shirt. Class length is four weeks with a makeup class, if needed, added the week following the scheduled end of the session. Instructor: Maureen Seltzer.

**Optimist Community Center** – Course Fee: \$40  
 #246079 Sep 4-25 W 11:45am-12:45pm  
 #246080 Oct 9-30 W 11:45am-12:45pm  
 #246081 Nov 13-Dec 11 W 11:45am-12:45pm

### Intermediate Sewing Class

Age: 10-14 yrs. During this course, we will cover some of the special features of the sewing machine. Participants will also learn to read a pattern and assemble a project according to pattern markings. By the end of the course, participants will complete an intermediate level project using skills learned in this class. Participants will need to purchase a couple of supplies, such as fabric and thread. Previous sewing experience needed as there will be no time spent on basic skills and machine operation.

**Pullen Community Center** – Course Fee: \$40  
 #245363 Oct 1-22 Tu 6:00-7:30pm

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**It's Showtime**

Age: 6-18 yrs. Students build confidence and find their voice with beginning acting lessons. Students will be taking on different emotions and environments as they work on skits. It's time for your close up! Instructor: Gabriella Whitaker.

**Abbotts Creek Community Center**

Course Fee: \$140

**Full Session**

|             |              |   |             |
|-------------|--------------|---|-------------|
| #245127     | Sep 4-Dec 18 | W | 6:30-7:30pm |
| Course Fee: | \$30         |   |             |
| #245569     | Dec 4-18     | W | 6:30-7:30pm |
| Course Fee: | \$40         |   |             |
| #245123     | Sep 4-25     | W | 6:30-7:30pm |
| #245125     | Nov 6-27     | W | 6:30-7:30pm |
| Course Fee: | \$50         |   |             |
| #245124     | Oct 2-30     | W | 6:30-7:30pm |

**Jazz/Hip Hop Duo**

Age: 6-11 yrs. Beginner level dance Jazz/ Hip Hop Dance instruction in a fun and supportive environment. Come learn some cool moves! Instructor: Tanesha Patrick

**Green Road Community Center** – Course Fee: \$70

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|---------|--------------|----|-------------|
| #244837 | Sep 7-Oct 19 | Sa | 1:15-2:00pm |
| #244838 | Nov 2-Dec 21 | Sa | 1:15-2:00pm |

**Music - Raleigh Children's Orchestra**

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

**Sertoma Arts Center**

**Full session** – Course Fee: \$110

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|---------|--------------|----|-------------|
| #243888 | Sep 5-Nov 14 | Th | 6:15-7:30pm |
|---------|--------------|----|-------------|

**Half session** – Course Fee: \$55

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|---------|---------------|----|-------------|
| #243889 | Oct 10-Nov 14 | Th | 6:15-7:30pm |
|---------|---------------|----|-------------|

**Pottery - Celestial Tiles**

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

**Sertoma Arts Center** – Course Fee: \$20

|         |        |    |             |
|---------|--------|----|-------------|
| #244345 | Oct 20 | Su | 1:45-3:15pm |
|---------|--------|----|-------------|

**Pottery - Eccentric Elephant**

Age: 6-11 yrs. Students will create a unique and eccentric elephant in the first class. In the second class, students will add color with glaze to decorate. Pieces will be ready to pick up two weeks after the last class. Instructor: Patty Merrell.

**Sertoma Arts Center** – Course Fee: \$35

|         |           |    |             |
|---------|-----------|----|-------------|
| #244304 | Nov 12-19 | Tu | 4:15-5:30pm |
|---------|-----------|----|-------------|

**Pottery - Fall Fancies: Decorating Seasonal Ornaments**

Age: 5-10 yrs. Leaf people, pumpkin pendants, artistic acorns! In the first class children will make ornaments out of clay, then in the second class children will glaze their ornaments. Ornaments will be ready for pickup 2 weeks after the last class.

Instructor: Lynn Kurisko.

**Sertoma Arts Center** – Course Fee: \$35

|         |              |   |             |
|---------|--------------|---|-------------|
| #243925 | Oct 28-Nov 4 | M | 4:15-5:30pm |
|---------|--------------|---|-------------|

**Pottery - Handbuilding for Children**

Age: 5-8 yrs. Children work with clay and learn various methods of constructing pottery, such as pinch, coil and slab, to form their own unique creations. Pieces will be glazed during the last class, so don't miss it! Pottery will be ready for pick-up two weeks after class is over. 4 sessions. Lynn Kurisko instructs

**Sertoma Arts Center** – Course Fee: \$70

|         |              |   |             |
|---------|--------------|---|-------------|
| #243915 | Sep 16-Oct 7 | M | 4:15-5:30pm |
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| #243916 | Oct 1-22 | Tu | 4:15-5:30pm |
|---------|----------|----|-------------|

**Pottery - Holiday Gifts by Young Potters**

Age: 5-10 yrs. Students will learn basic handbuilding techniques to create a unique plate for goodies or snacks and an enclosed candle holder. Pieces will be decorated and glazed during the second class and left for firing. Finished pottery will be available for pickup 2 weeks after the last class. No previous clay experience is necessary.

**Sertoma Arts Center** – Course Fee: \$40

|         |         |   |             |
|---------|---------|---|-------------|
| #243928 | Dec 2-9 | M | 4:30-6:00pm |
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Instructor: Lynn Kurisko

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| #244604 | Dec 3-10 | Tu | 4:30-6:00pm |
|---------|----------|----|-------------|

Instructor: Patty Merrell

**Pottery - Magical Gnomes**

Age: 6-12 yrs. The whimsy and magical charm of gnomes have always grabbed our attention and imagination. In the first class we will be making a small gnome of clay, using handbuilding techniques such as pinch pots and slab building. The second class we will apply glaze (by painting) to complete the lively look of our gnome. Two weeks after the last class you will be able to pick up the finished product. Instructor: Lynn Kurisko.

**Sertoma Arts Center** – Course Fee: \$35

|         |          |   |             |
|---------|----------|---|-------------|
| #243923 | Oct 9-16 | W | 4:15-5:30pm |
|---------|----------|---|-------------|

**Teen****Ballet/Lyrical for Teens**

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

**Millbrook Exchange Community Center**

Course Fee: \$160

**Full Session**

|         |              |    |             |
|---------|--------------|----|-------------|
| #245135 | Sep 5-Dec 12 | Th | 6:30-7:30pm |
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Course Fee: \$36

|         |          |    |             |
|---------|----------|----|-------------|
| #245133 | Nov 7-21 | Th | 6:30-7:30pm |
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|---------|----------|----|-------------|
| #245134 | Dec 5-19 | Th | 6:30-7:30pm |
|---------|----------|----|-------------|

Course Fee: \$48

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|---------|----------|----|-------------|
| #245131 | Sep 5-26 | Th | 6:30-7:30pm |
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Course Fee: \$60

|         |          |    |             |
|---------|----------|----|-------------|
| #245132 | Oct 3-31 | Th | 6:30-7:30pm |
|---------|----------|----|-------------|

**Beginning Drawing- Teens**

Age: 13-18 yrs. Whether you are a beginner or experienced draftsman, this class is for you! This is a basic drawing class for both beginners and those who are looking to sharpen their drawing skills. Students will learn drawing elements such as contour hatching, positive/negative space and value.



Students will learn to break down complicated subjects into basic shapes. Students will experiment with drawing materials such as pencils, charcoal, chalk pastel and conte-crayon. Students will draw natural and man-made objects. This course provides a good foundation for all art classes. Students provide their own supplies. Supplies list provided upon registration.

#### Millbrook Exchange Community Center

Course Fee: \$60

#245159 Sep 12-Oct 17 Th 3:00-5:00pm  
#245160 Oct 31-Dec 12 Th 3:00-5:00pm

#### Drawing - Drawing Fundamentals for Teens

Age: 11-15 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. Sarah Clover instructs.

Sertoma Arts Center – Course Fee: \$90

#245967 Sep 9-Oct 14 M 6:30-8:30pm  
#245968 Nov 4-Dec 16 M 6:30-8:30pm

#### Drawing - Workshop: Introduction to Scratchboard for Teens

Age: 11-18 yrs. Give your creativity a boost and experience drawing in a different and fun way! In this workshop students will explore the tools used on scratchboard, creating fine detailed, textured drawings by scratching or etching on a black india paperboard. Supply list on Sertoma's webpage. Instructor: Dorian Monsalve.

Sertoma Arts Center – Course Fee: \$30

#244452 Oct 19 Sa 2:00-4:00pm

#### Fashion, Style and Me - Teen

Age: 12-15 yrs. Learn fabulous fashion trends and create fun items to take home. Learn tips on modeling and fashion show production. Class will end with a fashion show! Registration must be received by September 27th, 2019.

Halifax Community Center – Course Fee: \$50

#244742 Oct 3-Nov 21 Th 6:00-7:30pm

#### Hip-Hop for Teens

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

Millbrook Exchange Community Center

Course Fee: \$160

#### Full Session

#245144 Sep 5-Dec 12 Th 7:30-8:30pm  
Course Fee: \$36  
#245142 Nov 7-21 Th 7:30-8:30pm  
#245143 Dec 5-19 Th 7:30-8:30pm  
Course Fee: \$48  
#245140 Sep 5-26 Th 7:30-8:30pm  
Course Fee: \$60  
#245141 Oct 3-31 Th 7:30-8:30pm

#### 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. Class does not qualify participants for a studio card. 6 sessions.

Sertoma Arts Center – Course Fee: \$100

#246382 Sep 18-Oct 23 W 4:00-6:00pm

#### Adult

#### Acrylic & Oil Painting

Age: 18yrs. and up. This class is open to everyone from absolute beginners to seasoned painters. This is a basic painting class for both acrylic and oil painters. Students will learn to handle, mix and apply paint. Students will learn to break down complicated subjects into basic shapes. Students will learn composition, proportion and how to create form using value and color. Students may work from still lifes, photos or copy old masters paintings. Students provide their own supplies. Supplies list provided upon registration. Instructor: Tracie Fracasso

Five Points Center for Active Adults

Course Fee: \$60

#246138 Sep 10-Oct 15 Tu 3:30-5:30pm

#### Adult Ballet/Lyrical

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

Millbrook Exchange Community Center

Course Fee: \$176

#### Full Session

#245117 Sep 3-Dec 17 Tu 8:00-8:50pm  
Course Fee: \$36  
#245116 Dec 3-17 Tu 8:00-8:50pm  
Course Fee: \$48  
#245113 Sep 3-24 Tu 8:00-8:50pm  
#245115 Nov 5-26 Tu 8:00-8:50pm  
Course Fee: \$60  
#245114 Oct 1-29 Tu 8:00-8:50pm

#### Art - Color Theory

Age: 16yrs. and up. Students will explore the aspects of color, how we perceive color and how to use color in a pleasing composition. This fun, no-pressure class will help artists improve their work in all color media. Supply list on Sertoma's webpage. Instructor: Chelsea Brown.

Sertoma Arts Center – Course Fee: \$70

#243892 Sep 11-Oct 23 W 9:30-11:00am

#### Art - Dia de Muertos Workshop

Age: 16yrs. and up. The Dia de Muertos workshop explores traditional Mexican craft associated with the creation of an ofrenda (alter), the central element of this wonderful holiday. Students will learn the history and tradition of Dia de Muertos as they decorate their own paper mache skulls and learn to cut papel picado so they may install an ofrenda of their own to honor their loved ones who have passed. Peter Marin has been making ofrendas as part of a family tradition for decades and has recently been invited by NCMA to create the ofrenda celebrating Frida Kahlo as part of the upcoming Frida exhibit in October. All materials included in the cost of the workshop. Instructor: Peter Marin (1 session)

Brentwood Park – Course Fee: \$21

#245924 Oct 28 M 9:30am-12:30pm  
#245926 Oct 30 W 9:30am-12:30pm

#### Art - SPAA: Architecture Design Workshop

Age: 16yrs. and up. An introduction to the architectural design process and exercises in preliminary residential design. Participants may bring a design problem or work on one provided by the instructor. Group review of what we've produced and learned. Bring a notebook and pen or pencil. \$10 supply fee due to instructor at start of workshop. SPAA member, Nancy Wehling instructs.

Sertoma Arts Center – Course Fee: \$45

#244460 Oct 5-6 Sa-Su 9:00am-12:00pm

#### Art - SPAA: Using Photoshop for Artwork

Age: 16yrs. and up. This will be a demonstration for using Photoshop elements as a tool for creating art. Class will be geared toward those with experience with Photoshop. No supplies needed. Group members from SPAA will instruct.

Sertoma Arts Center – Course Fee: \$40

#243977 Oct 5 Sa 1:00-3:30pm

#### Ballroom Dance - Beginners Rhythm

Age: 18yrs. and up. During this program you will have the opportunity to step into the world of American Rhythm Ballroom Dance. We will be working on the basic movements of Rumba, Cha Cha, and Swing. These dances are exciting and energetic. You will find yourself having fun and listening to great music that is just contagious. These basic movements will give you the ability to hold your own and feel comfortable and confident on the dance floor. No experience needed, all you need to do is just have fun.

Jaycee Community Center

Course Fee: \$120

#### Level 2

#245026 Sep 4-Oct 23 W 8:00-8:50pm  
#245028 Oct 30-Dec 18 W 8:00-8:50pm  
Course Fee: \$90

#### Level 1

#245025 Sep 4-Oct 9 W 7:00-7:50pm  
#245027 Oct 30-Dec 4 W 7:00-7:50pm

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**Ballroom Dance - Beginners Smooth**

Age: 18yrs. and up. During this program you will have the opportunity to step into a world of American Smooth Ballroom Dance. We will be working on the basic movements of Waltz, Tango, and Foxtrot. These dances are elegant and whimsical. You will find yourself having a fancy time and being taken away to a place of royalty. These basic movements will give you the ability to hold your own and feel comfortable and confident on the dance floor. No experience needed, all you need to do is just have fun.

**Jaycee Community Center**

Course Fee: \$120

**Level 2**

#245030 Sep 9-Oct 28 M 8:00-8:50pm

#245032 Nov 11-Dec 30 M 8:00-8:50pm

Course Fee: \$90

**Level 1**

#245029 Sep 9-Oct 14 M 7:00-7:50pm

#245031 Nov 11-Dec 16 M 7:00-7:50pm

**Beginning Drawing- Adults**

Age: 18yrs. and up. Whether you are a beginner or experienced draftsman, this class is for you! This is a basic drawing class for both beginners and those who are looking to sharpen their drawing skills. Students will learn drawing elements such as contour hatching, positive/negative space and value. Students will learn to break down complicated subjects into basic shapes. Students will experiment with drawing materials such as pencils, charcoal, chalk pastel and conte-crayon. Students will draw natural and man-made objects. This course provides a good foundation for all art classes. Students provide their own supplies. Supplies list provided upon registration.

**Millbrook Exchange Community Center**

Course Fee: \$90

#245147 Sep 12-Oct 17 Th 12:00-2:30pm

#245148 Oct 31-Dec 12 Th 12:00-2:30pm

**Beginning Drawing-Five Points**

Age: 18yrs. and up. This is a basic drawing class for both beginners and those who are looking to sharpen their drawing skills. Students will learn to break down subjects into basic shapes and how to render an object's correct proportions. Students will learn drawing elements such as contour hatching and creating the impression of form in 2D using value. Students will experiment with drawing materials such as pencils and charcoal. Students will draw natural and man-made objects. This course provides a good foundation for all art classes. Students provide their own supplies. Supplies list provided upon registration. Instructor: Tracie Fracasso

**Five Points Center for Active Adults**

Course Fee: \$45

#246118 Sep 9-Oct 14 M 4:00-6:00pm

**Dance - Hemlock Bluff Cloggers Club**

Age: 12yrs. and up. Are you an advanced clogger? The Hemlock Bluffs Cloggers perform at area functions and events under

the direction of Bryan Craddock. To learn more or register, visit the Advanced Clogging Class at 7 p.m.

**Jaycee Community Center**

#244822 Sep 5-Oct 31 Th 8:00-9:00pm

#244823 Nov 7-Jan 2 Th 8:00-9:00pm

**Dance Beginner Clogging**

Age: 6yrs. and up. Learn the basic steps of clogging and advance at your own pace. You'll be amazed how quickly you can be a clogger. It's fun and great exercise in an open, noncompetitive environment. Partners are not necessary. Line 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. This class incorporates pop songs as well. Bryan Craddock, director of the Hemlock Bluff Cloggers, is an excellent instructor. Learn the official folk dance of North Carolina, which is catching on worldwide.

**Jaycee Community Center - Course Fee: \$35**

#244818 Sep 5-Oct 31 Th 6:00-7:00pm

#244819 Nov 7-Jan 2 Th 6:00-7:00pm

**Dance-Advanced Clogging**

Age: 6yrs. and up. Looking for a clogging challenge? Give our advanced class a try. It's fun and great exercise, in an open, noncompetitive environment. Clogging began in the mountains of North Carolina and has spread worldwide. It is the wonderful percussive dance often seen when bluegrass or old-time music is playing. This class incorporates pop songs as well. Bryan Craddock, director of the Hemlock Bluffs Cloggers, is an excellent instructor. Partners are not necessary for this class. Line dances as well as traditional figures and steps are taught. Please note that a beginner class is offered at 6 p.m., and the Hemlock Bluff Cloggers Club is offered at 8 p.m.

**Jaycee Community Center - Course Fee: \$35**

#244820 Sep 5-Oct 31 Th 7:00-8:00pm

#244821 Nov 7-Jan 2 Th 7:00-8:00pm

**Drawing - Beginning**

Age: 16yrs. and up. The word 'drawing' means the act of making marks on a picture plane. If you can write your name, you can draw. Students will learn drawing techniques such as contour, positive/negative space and value and experiment with drawing materials such as pencils, Sharpies, charcoal, ink and conte. Students will draw natural and man-made objects and learn to break down complicated subjects into basic shapes. We will explore a variety of exercises and reference master drawings. This course provides a good foundation for all art classes. Supplies list provided upon registration.

**Five Points Center for Active Adults - Course Fee: \$95**

#245969 Sep 12-Oct 17 Th 6:15-8:45pm

**Drawing - Beginning Drawing Part 1**

Age: 16yrs. and up. This class is for beginners and those who need a refresher. Explore contour, proportion, shape, form, value, space and perspective. A drawing course is recommended before any painting course. This will provide a great foundation. Supply lists are available on Sertoma's webpage. Chelsea Brown instructs.

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

#243894 Sep 13-Oct 18 F 9:30am-12:00pm

**Drawing - Beginning Drawing Part 2**

Age: 16yrs. and up. This class is for students who have taken a basic drawing class. Students will explore value, style, space, texture and portraiture. Supply lists are available on Sertoma's webpage. Chelsea Brown instructs.

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

#243895 Oct 25-Dec 13 F 9:30am-12:00pm

**Drawing - Intermediate Drawing**

Age: 16yrs. and up. This course is for the student who has completed a beginning drawing class and is ready to move towards independent art making. Intermediate drawing offers the structure of weekly meetings, regular critiques, and one-on-one instructor assistance of a drawing class with the independence to choose your drawing medium and subject matter similar to open studio. Instructor: Chelsea Brown.

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

#243890 Sep 10-Oct 15 Tu 9:30am-12:00pm

#243891 Nov 5-Dec 10 Tu 9:30am-12:00pm

**Drawing - Pastels**

Age: 16yrs. and up. Enjoy pastel as a medium on its own or use it as a stepping stone from drawing to painting. Students will explore both oil and chalk pastels as they draw a new subject each week. Completion of a beginning drawing class is recommended before this class. Supply list available on Sertoma's webpage. Instructor: Chelsea Brown.

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

#243893 Nov 6-Dec 18 W 9:30am-12:00pm

**Drawing - Workshop: Experimental Scratchboard**

Age: 16yrs. and up. Give your creativity a boost and experience drawing in a different and fun way! Scratchboard is a medium made up of paper or board, coated with a thin layer of black India on white film or white scratchboard/clayboard with a thin layer of white clay (un-inked). Artists can scratch and etch away the surface after layering/mixing the colored inks on the clayboard, then creating finely detailed, textured drawings. In this workshop we will uncover the basic techniques and experiment layering the inks with a piece of plastic to create unique texture. Supply list available on Sertoma's webpage.

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

#244453 Sep 28 Sa 1:00-5:00pm

**Drawing - Workshop: Introduction to Zentangle**

Age: 16yrs. and up. The Zentangle art method is an easy-to-learn, relaxing and fun way to create beautiful images by drawing structured patterns. It increases focus and creativity and provides artistic satisfaction along with an increased sense of personal well-being. The Zentangle method is enjoyed all over the world by people of all ages, skills and interests. It is easy to learn and easy to do. Materials fee of \$12 is due to instructor at start of workshop and includes all supplies needed. Instructor: Cathy Boytos.

**Sertoma Arts Center** – Course Fee: \$30  
#244458 Oct 30 W 6:30-9:00pm

**Fibers - Beginning Sewing: Quilting**

Age: 16yrs. and up. Are you a beginning sewer interested in quilting, but would like some hands on instruction and support as you learn? If so, this class is for you! Each student will make a small wall hanging size quilt, learning the fundamental steps of fabric preparation, quilt construction and finishing methods along the way. We will discuss key tools and the 'why' of each step (exploring topics such as fabric and batting selection and how fabric grainline affects your quilt). Each student will gain the skills needed to progress to more advanced quilts. We will be using Sertoma's sewing machines. Supply list available on Sertoma's webpage. Instructor: Joy Kelley

**Sertoma Arts Center** – Course Fee: \$120  
#244302 Sep 10-Oct 15 Tu 10:00am-12:00pm  
#244303 Sep 12-Oct 17 Th 6:30-8:30pm

**Fibers - Beginning Sewing: Zippered Pillow**

Age: 16yrs. and up. Register for this class and together we will create your own special pillow with a zippered closure! You will also learn how to make a pillow insert, which will enable you to create your own custom sized pillows. You will learn the basics of operating a sewing machine and develop the fundamental sewing skills necessary for progressing to more advanced projects. No prior sewing experience is necessary. We will be using Sertoma's sewing machines. The supply list is available on Sertoma's webpage. A \$13 supply fee for pillow form materials and interfacing is due to instructor at the beginning of class. Instructor: Joy Kelley

**Sertoma Arts Center** – Course Fee: \$100  
#244381 Oct 22-Nov 19 Tu 10:00am-12:00pm  
#244382 Oct 24-Nov 21 Th 6:30-8:30pm

**Fibers - Exploring Shibori**

Age: 16yrs. and up. Shibori is practiced internationally as a means of creating pattern through dye resist. That resist is created through compression. There is a variety of techniques used to manipulate cloth and other fibers in this way. We will explore some aspects of this through Itajime (board

clamp), Nui (stitch), Arashi (pole) and other closely related techniques. A five day class will give us time to explore variations in the indigo vat as well as adding other colors. Most tools will be provided as well as the dye. Beginners are welcome. Students should bring lunches and a drink. Supply list on Sertoma's webpage. Instructor: Susan Fennell.

**Sertoma Arts Center** – Course Fee: \$300  
#244457 Oct 21-25 M-F 10:00am-4:00pm

**Fibers - Introduction to Crochet**

Age: 18yrs. and up. Learn the essentials to get your start in the craft of crochet! Anatomy of the crochet stitch, chaining, terminology, principles of tension, basic stitches, and more! Projects may include a bracelet, a coaster, a scarf, and others, time permitting. Supply fee of \$20 due to instructor at first class, this will cover the cost of yarn, hooks, yarn needle, and notions. Instructor: Emily Babcock.

**Sertoma Arts Center** – Course Fee: \$95  
#244439 Sep 9-Oct 14 M 7:00-9:30pm

**Fibers - Traditional Japanese Embroidery**

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

**Sertoma Arts Center** – Course Fee: \$75  
#243597 Sep 21-22 Sa-Su 9:30am-4:30pm  
#243598 Nov 16-17 Sa-Su 9:30am-4:30pm

**Fibers - Workshop: Beginning Sewing - Holiday Gift Bag**

Age: 16yrs. and up. Sewing for the holidays is fun and this is a great project for getting into the holiday spirit! Set your gifts apart with the personal touch of a custom-sewn gift bag with your choice of holiday themed fabric. In this workshop, you will create a unique gift bag and leave with the skills to make more bags on your own. No prior sewing experience is necessary. We will be using Sertoma's sewing machines. Supply list available on Sertoma's webpage. Instructor: Joy Kelley.

**Sertoma Arts Center** – Course Fee: \$30  
#244301 Dec 7 Sa 1:00-3:00pm

**Fibers - Workshop: Beginning Sewing - Holiday Table Runner**

Age: 16yrs. and up. If you're a holiday decorator, this is a nice class to kick-off the holiday season. You'll love how this project enables you to create a unique look for your holiday table. In this fun workshop, you will sew a table runner while learning some fundamental sewing skills that will enable you to progress to other home decor projects. No prior sewing experience is necessary. We will be using Sertoma's sewing machines. Supply list available on Sertoma's webpage. Instructor: Joy Kelley.

**Sertoma Arts Center** – Course Fee: \$30  
#244300 Nov 16 Sa 1:00-3:00pm

**Fibers - Workshop: Sewing Machine - Beyond the Basics**

Age: 16yrs. and up. Take your basic understanding of a sewing machine to the next level. This hands-on class offers a fun and supportive environment where beginners will explore various specialty stitches and presser feet. We will also discuss some of the more advanced sewing tools and accessories you may want to add to your supplies. This class is intended for students who can confidently and independently thread and operate a sewing machine. A supply fee of \$10 is paid to the instructor. Note: this class does not cover computerized or embroidery machines. We will be using Sertoma's sewing machines. Instructor: Joy Kelley.

**Sertoma Arts Center** – Course Fee: \$30  
#244298 Oct 5 Sa 1:00-4:00pm

**Fibers - Workshop: Sewing Machine Basics**

Age: 16yrs. and up. Sewing machines are wonderful tools, but they are also complex and can be intimidating for beginners. This hands-on class offers a fun and supportive environment where beginners will gain the confidence to set up and use a sewing machine. We will cover machine set-up, operation, accessories, safety and basic maintenance. We will also address your particular sewing goals and offer advice on sewing machines and supplies to consider as you progress. A supply fee of \$7 is paid to the instructor at start of workshop. Note: This class does not cover computerized or embroidery machines. We will be using Sertoma's sewing machines. Instructor: Joy Kelley.

**Sertoma Arts Center** – Course Fee: \$30  
#244297 Sep 21 Sa 1:00-4:00pm

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**Glassmaking - Intro to Glass Fusing**

Age: 16yrs. and up. In this class you will create colorful glass suncatchers and ring dishes. You will start by learning the basics of layering glass and firing projects in a kiln. Next, we'll cover cutting glass and adding additional layers to add dimension. Finally, you will turn your flat pieces into functional artwork through the process of slumping. Supply fee of \$30 due to instructor at start of class and includes glass for several projects as well as other materials used throughout the class. Tools will be provided, but students may wish to bring their own glass cutter or tile nippers, available at most hardware stores and glass specialty shops. Instructor: Danielle Cozart.

**Sertoma Arts Center** – Course Fee: \$120  
#244424 Sep 11-Oct 16 W 6:30-9:00pm

**Jewelry: Anodizing Niobium**

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

**Sertoma Arts Center** – Course Fee: \$120  
#245042 Oct 21-Nov 25 M 7:00-9:30pm

**Jewelry: Basic Beginning Metals**

Age: 16yrs. and up. Come learn to saw, file and make a rivet. We will cover finishing techniques and patinas, use of the rollmill and general studio tool usage and safety procedures. This class will enhance your skills for other classes we offer. It will also allow you to get a studio card so you can practice the skills you have learned. Instructor: Sarah West.

**Sertoma Arts Center** – Course Fee: \$120  
#245599 Sep 14-Oct 19 Sa 10:30am-1:30pm

**Jewelry: Beginning Metals**

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

**Sertoma Arts Center** – Course Fee: \$120  
#245039 Oct 29-Dec 3 Tu 10:00am-12:30pm  
#245040 Oct 2-Nov 6 W 10:00am-12:30pm

**Jewelry: Continuing Metals**

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

**Sertoma Arts Center** – Course Fee: \$120  
#245041 Nov 9-Dec 14 Sa 10:30am-1:30pm

**Jewelry: Die Forming and Enameling - Form and Color**

Age: 16yrs. and up. Add dimension and color to your jewelry! In this workshop, we will explore enameling on dimensional forms. Students will learn how to create dies to use in forming metal. We will utilize our dies with the hydraulic press to create dimensional forms in metal. These forms will be our starting point as we add texture and further alter our pieces. Enameling with vitreous enamel will add a final layer of color. Techniques for setting enamels will be covered. Join us as we explore color, dimension, texture, and form and create our own unique jewelry. Open to all levels. Instructor: Kathryn Osgood (2 sessions)

**Sertoma Arts Center** – Course Fee: \$130  
#245044 Oct 26-27 Sa-Su 9:00am-4:00pm

**Jewelry Hydraulic Press and Cold Joining**

Age: 16yrs. and up. Use the hydraulic press to form your metal and learn to cold join the things you have formed! Students will use tabs, rivets, and wires to set objects and metal pieces formed in the hydraulic press. You will learn to make lockets and bracelets using the hydraulic press to form them. Bring your ideas and stones or other small objects to sell! Must have had a jewelry class at Sertoma or Pullen Arts Centers. \$30 Kit will be available for purchase at the first class. Instructor: Amy Veatch (6 sessions).

**Sertoma Arts Center** – Course Fee: \$120  
#245037 Oct 11-Nov 15 F 10:00am-12:30pm

**Jewelry: Make Your Own Textured Hoop Earrings**

Age: 16yrs. and up. In this one day class, students will learn the basics of jewelry making while learning to make a unique pair of hoop earrings in copper or brass. All materials included. More materials available for purchase. Instructor: Sarah West.

**Sertoma Arts Center** – Course Fee: \$50  
#245043 Dec 21 Sa 10:30am-2:30pm

**Jewelry: Open Studio for Enameling**

Age: 16yrs. and up. Enameling open studio is for those who have taken an enameling class at Pullen or Sertoma. This will allow you to finish up projects and explore new ideas. No instruction provided. You may bring your own enamels as long as they are lead free. We will supply some supplies and provide enameling kits for purchase if necessary. (1 session).

**Sertoma Arts Center** – Course Fee: \$5  
#245052 Sep 5 Th 1:00-4:00pm  
#245053 Sep 26 Th 1:00-4:00pm  
#245054 Oct 3 Th 1:00-4:00pm  
#245055 Dec 5 Th 1:00-4:00pm  
#245056 Dec 12 Th 1:00-4:00pm  
#245057 Dec 19 Th 1:00-4:00pm

**Jewelry: Open Studio for Niobium and Enameling**

Age: 16yrs. and up. Open studio for Niobium is for those who have taken Niobium at Sertoma or the Douglas Wunder workshop or the Kathryn Osgood Color on Metal workshop. You will be able to finish projects and explore new ideas using this space-age metal. Supervision of the studio will be provided by Amy Veatch. Kits and metal will be available for sale. (1 session)

**Sertoma Arts Center** – Course Fee: \$5  
#245045 Oct 10 Th 1:00-4:00pm  
#245046 Oct 17 Th 1:00-4:00pm  
#245047 Oct 24 Th 1:00-4:00pm  
#245048 Oct 31 Th 1:00-4:00pm  
#245049 Nov 7 Th 1:00-4:00pm  
#245050 Nov 14 Th 1:00-4:00pm  
#245051 Nov 21 Th 1:00-4:00pm

**Make It & Take It: Wreath Creation**

Age: 18yrs. and up. Get ready to decorate! Create a decorative wreath with real greenery provided from the park. This is a perfect opportunity to use your creativity, have fun, and design a live wreath that will last through the winter months. Our instructors will hand select greenery, provide a wreath frame, and tips on how to bring out the natural beauty. All materials are provided. Pre-registration is recommended.

**Forest Ridge Park** – Course Fee: \$14  
#244438 Dec 5 Th 10:00am-12:00pm

**Music of Nature**

Age: 16yrs. and up. Musicians find inspiration and direct musical ideas from the natural world, offering an endless variety of melodies and rhythms. Come tune-in as we share some tactics to capture ideas and listen to a few examples of how they can be incorporated into your own compositions. We will then explore locations in the park and practice capturing our own samples. Bring your own portable recording device if you have one, but you can just as easily use your personal cell phone. We will be walking some of our trails so dress accordingly.

**Forest Ridge Park** – Course Fee: \$5  
#244444 Nov 3 Su 2:00-4:00pm

**Painting - Advanced**

Age: 16yrs. and up. Have you been painting for a while and reached a plateau where you just do not know how to get to the next level? Or maybe you have had to take a break from painting due to other life priorities and need to brush up on your skills. This class is for painters who are familiar with their medium and are trying to clearly express themselves through the application of paint. Painters work independently, and class sessions provide individual and class critiques. Previous painting experience is required. Students furnish their own supplies. (6 sessions)

**Five Points Center for Active Adults** – Course Fee: \$95  
#244717 Sep 6-Oct 11 F 9:30am-12:30pm

**Glen Eden Pilot Park** – Course Fee: \$95

**skips November 27**

#244720 Nov 6-Dec 18 W 9:30am-12:30pm

#244738 Sep 4-Oct 9 W 9:30am-12:30pm

**Painting - Advanced Painting with Peter Marin**

Age: 16yrs. and up. Getting ready to exhibit? Want to focus deeper into painting? Seeking to improve your painting practice? Join us in this motivating and informative class. Students work independently and directly with instructor to focus on developing critical thinking, creating a personal visual vocabulary, and establishing foundations for technical mastery.

**Sertoma Arts Center** – Course Fee: \$95  
#244454 Sep 9-Oct 14 M 9:30am-12:00pm

**Painting - Chinese Brush Painting - Flowers & Birds**

Age: 16yrs. and up. Chinese brush painting is a traditional art form that shows the beauty of both simplicity and complication of the nature, with only ink or with ink and color. Flowers and birds is one of the three major categories for Chinese brush painting. Students will learn how to paint flowers such as poppy, lily, rose, iris or Chinese national flower, the peony, as well as birds, which are popular brush painting subjects. Instructor will provide step by step demo and individual help. Each person will complete a beautiful painting in every class, while practicing basic brush painting techniques. In addition, the students will learn some basic Chinese calligraphy technique as the title of the paintings or the artist's names. This course is for both experienced and beginning students. The instructor will provide all the supplies and student will pay \$5 for supplies per workshop. Or the students can bring their own supplies if they prefer, supply list provided upon registration. Instructor: Jinxiu Zhao (Alice) is a professional artist who specializes in the teaching of Chinese brush painting and calligraphy to both children and adults. She has been teaching in North Carolina for 23 years at all levels of the K12-public/private schools, teachers' training programs and in private classes.

**Sertoma Arts Center** – Course Fee: \$50

#243898 Sep 4 W 12:00-3:00pm

#243899 Oct 2 W 12:00-3:00pm

#243900 Nov 6 W 12:00-3:00pm

#243901 Dec 4 W 12:00-3:00pm

**Painting - Continuing Oils**

Age: 16yrs. and up. This class is for anyone who has previous oil painting experience who wants to further their technical development while exploring the conceptual elements in their paintings. This class will focus on the choices behind compositions, color and subject matter as it relates to the artist's intent. The course will introduce students to the practice of critiques, which will allow students to gain feedback on their work from a community of artists seeking to improve their skills and knowledge. Students will need to bring their own supplies. Anna Podris instructs.

**Sertoma Arts Center** – Course Fee: \$95  
#244433 Nov 7-Dec 19 Th 6:30-9:00pm

**Painting - Continuing Watercolor with Rick Bennett**

Age: 16yrs. and up. 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 use of color, demonstration of brush work, how to develop a painting and composition. Students bring their own supplies. Instructor: Rick Bennett. (6 sessions)

**Glen Eden Pilot Park** – Course Fee: \$95

**skips October 8**

#242262 Sep 3-Oct 15 Tu 7:00-9:30pm

#242263 Oct 29-Dec 10 Tu 7:00-9:30pm

**Painting - Continuing Watercolors**

Age: 18yrs. and up. In this class the basics of watercolor will be reinforced as additional watercolor techniques are learned and practiced. This class is for watercolorists who are ready to step beyond beginning watercolor as well as those who want to strengthen and add to their painting skills. Beginning watercolorists are welcome. Supply list available on Sertoma's webpage. Kate Lagaly instructs.

**Sertoma Arts Center** – Course Fee: \$95  
#243762 Aug 12-Sep 23 M 12:30-3:30pm

**Painting - Fun with Experimental Watercolor**

Age: 15yrs. and up. Learn to experiment with watercolor using a variety of techniques and alternate surfaces. Through classroom demonstrations you will learn different ways to mix paint for unique effects and textures. Each class will feature a different teacher demonstration. Beginners and experienced students welcome. Supply list available on Sertoma's webpage. Instructor: Ryan Fox.

**Sertoma Arts Center** – Course Fee: \$95  
#243764 Nov 4-Dec 16 M 9:30am-12:00pm

**Painting - Introduction to Oils**

Age: 16yrs. and up. This class is an introduction to oil painting, intended for anyone who is curious about this medium and needs a place to start. The course will cover the basics of oil painting, including: materials used, basic color theory and color mixing, form, value, perspective, composition, themes and painting techniques. The class will include brief lectures and instructor demonstrations. Supply list available on Sertoma's webpage. Anna Podris instructs.

**Sertoma Arts Center** – Course Fee: \$95  
#244428 Sep 12-Oct 17 Th 6:30-9:00pm

**Painting - Landscapes**

Age: 16yrs. and up. Landscape has been the subject for artists for many centuries. How the artist expresses that subject in painting has changed a great deal over time. Through 'mini' color studies and demonstrations, one will find how very diversely 'a tree and a path' or 'the rocky mountain stream' can be expressed. Or that a tree is not merely 'green leaves and a brown trunk'. We will discuss different styles of landscape paintings in art history. Our inspiration will be from photos, copies of other masterful works as well as sketches that you will complete outside of the class. This is an open medium class with demonstrations in both paints and dry mediums. Students should be familiar with the medium(s) they want to work with in this class; bring supplies you already have and are comfortable with. Suggested materials list provided with receipt. 6 sessions.

**Glen Eden Pilot Park** – Course Fee: \$95  
**skips October 7**  
#244737 Sep 9-Oct 21 M 7:00-9:30pm

**Painting - Larry Dean's Acrylics Studio**

Age: 16yrs. and up. 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 is available on Sertoma's webpage. Instructor: Larry Dean.

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

#243780 Sep 10-Oct 15 Tu 6:30-9:00pm

#243781 Nov 5-Dec 10 Tu 6:30-9:00pm

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**Painting - Larry Dean's Beginning Acrylics**

Age: 16yrs. and up. This true beginners class offers a gentle introduction to acrylic painting or a reintroduction to basic concepts with a focus on getting started. Students will work from their own photos, simple still-life arrangements or their imagination. Students will learn about materials, color mixing, shape and perspective. Informal lessons and paint-along demonstrations will assist as you learn at your own pace. Supply list is available on Sertoma's webpage. Instructor: Larry Dean.

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

#243782 Sep 9-Oct 14 M 6:30-9:00pm  
#243783 Nov 4-Dec 16 M 6:30-9:00pm

**Painting - Larry Dean's Studio**

Age: 16yrs. and up. 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 is available on Sertoma's webpage. Instructor: Larry Dean.

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

#243784 Nov 5-Dec 10 Tu 1:00-3:30pm  
#243785 Sep 10-Oct 15 Tu 1:00-3:30pm

**Painting - Open Studio Painting**

Age: 16yrs. and up. This is an uninstructed open studio environment where students work on their own projects. Students may paint in acrylics or watercolors. Bring a subject to paint if you wish. Students provide their own materials. (1 session)

**Brentwood Park** – Course Fee: \$10

#244726 Oct 7 M 9:30am-12:30pm  
#244727 Oct 14 M 9:30am-12:30pm  
#244728 Oct 21 M 9:30am-12:30pm  
#244729 Oct 28 M 9:30am-12:30pm  
#244730 Nov 4 M 9:30am-12:30pm

**Glen Eden Pilot Park** – Course Fee: \$10

#244722 Sep 9 M 9:30am-12:30pm  
#244723 Sep 16 M 9:30am-12:30pm  
#244724 Sep 23 M 9:30am-12:30pm  
#244725 Sep 30 M 9:30am-12:30pm  
#244732 Nov 18 M 9:30am-12:30pm  
#244733 Nov 25 M 9:30am-12:30pm  
#244734 Dec 2 M 9:30am-12:30pm  
#244735 Dec 9 M 9:30am-12:30pm  
#244736 Dec 16 M 9:30am-12:30pm

**Painting - Slide Lecture and Critique**

Age: 16yrs. and up.

**Glen Eden Pilot Park** – Course Fee: \$60

#244739 Sep 9-Oct 14 M 1:00-5:00pm  
#244741 Dec 2-9 M 1:00-5:00pm

**Painting - Workshop: Watercolor Weekend**

Age: 16yrs. and up. Experience the joy of watercolor in a casual environment at Sertoma Arts Center. We will explore traditional techniques as well as some experimental techniques. Janie will demonstrate in the morning. We will break for lunch (bring your own) and we will

have both of the afternoons to explore and enjoy art. Bring lots of photos, ideas and enthusiasm. Supply list is available on Sertoma's webpage. Instructor: Janie Johnson.

**Sertoma Arts Center** – Course Fee: \$150

#243902 Nov 2-3 Sa 9:45am-3:30pm  
Su 10:30am-3:30pm  
#243904 Sep 14-15 Sa 9:45am-3:30pm  
Su 10:30am-3:30pm  
#243905 Dec 7-8 Sa 9:45am-3:30pm  
Su 10:30am-3:30pm

**Painting- Acrylic and Oil**

Age: 18yrs. and up. This class is open to everyone from absolute beginners to seasoned painters. This is a basic painting class for both acrylic and oil painters. Students will learn to handle, mix and apply paint. Students will learn to break down complicated subjects into basic shapes. Students will learn composition, proportion and how to create form using value and color. Students may work from still lifes, photos or copy old master's paintings. Students provide their own supplies. Supplies list provided upon registration.

**Millbrook Exchange Community Center**

Course Fee: \$90

#245161 Sep 9-Oct 14 M 12:00-2:30pm  
#245162 Oct 28-Dec 2 M 12:00-2:30pm

**Painting at the Farmhouse - Big Skies with Watercolor**

Age: 16yrs. and up. This class is for intermediate or advanced artists with some experience with the basics of watercolor who are looking to expand their skills. The students will learn control methods to drop color onto big wet passages to shape clouds and skies, how to organize the composition and make beautiful colors. Instruction will include use of color, demonstration of brush work, and how to develop a painting and composition. Emphasis will be on individual painting with one-on-one assistance. Students bring their own supplies. A supply list is available on the Horseshoe Farm Nature Preserve website. Instructor: Rick Bennett

**Horseshoe Farm Nature Preserve** – Course Fee: \$35

#245804 Sep 22 Su 2:00-6:00pm

**Painting at the Farmhouse - Landscapes with Watercolor**

Age: 16yrs. and up. This class is for intermediate or advanced artists with some experience with the basics of watercolor who are looking to expand their skills. The students will learn how to choose the subject, organize the composition and make beautiful colors for landscape paintings. Instruction will include use of color, demonstration of brush work, and how to develop a painting and composition. Emphasis will be on individual painting with one-on-one assistance. Students bring their own supplies. A supply list is available on the Horseshoe Farm Nature Preserve website. Instructor: Rick Bennett

**Horseshoe Farm Nature Preserve** – Course Fee: \$35  
#245801 Sep 15 Su 2:00-6:00pm

**Painting: Workshop: Painted Paper Collage**

Age: 18yrs. and up. Learn to create amazing collages with your own hand painted papers. Raleigh artist, Corneille Little introduces you to gelli-plate printed collages in this weekend workshop. Participants paint their subject as an underpainting to follow on woodboard, we'll create amazing textured papers to hand tear and collage over the underpainting. Supply list on Sertoma's webpage. Instructor: Corneille Little.

**Sertoma Arts Center** – Course Fee: \$130

#244445 Oct 24-27 Th 6:30-8:30pm  
Sa 10:00am-5:00pm  
Su 1:00-5:00pm

**Photography - Workshop: Outdoor & Nature**

Age: 16yrs. and up. What's the workshop about? Learning to take that camera off of automatic and take the picture you want instead of what the camera thinks you want. And do it right and avoid all the software doctoring of your image. F-stop? Shutter speed? What do these things do? Printing a photograph? Wide angle vs. macro vs. telephoto? These and many more questions will be answered in this photography workshop geared toward beginners and intermediates with an emphasis on shooting outdoors. We'll talk what fools those automatic light meters (and how to compensate for them), coping with changing light conditions outdoors and more. You'll get notes, reprints, have some fun, learn a lot, etc. Open discussion and questions are encouraged, allowing participants to get some specific questions answered. The free exchange of information and ideas has proven to be helpful to all participants. What do you get? Each participant gets a binder containing the discussion notes, reprints of many articles to reinforce some of the discussion and other information... including being able to get the shots you want! What do you have to bring to the workshop? Some enthusiasm for photography, a willingness to learn and some patience. Bring a camera (everything from disposables to the top-of-line have been in the same workshop) if you want some specific questions answered about it. Instructor: Sol Levine.

**Sertoma Arts Center** – Course Fee: \$50

#246627 Sep 21 Sa 10:30am-2:30pm

**Pottery - Carving on Clay Surfaces**

Age: 16yrs. and up. Explore the tools and techniques that will make your pottery surfaces more unique and professional. This class focuses on ways to get a more consistent look, putting ideas into practice and fine-tuning a carving style that sets your work apart! Clay slab work will be the primary format, but wheel-thrown pieces

may also be used. Basic pottery tools are necessary, and additional carving tools will be suggested at the first class. Beginning Handbuilding at Sertoma or Pullen Arts Centers is required to qualify for this class. This course does not qualify for a studio card. Instructor: Steve Karloski.

**Sertoma Arts Center** – Course Fee: \$60  
#243756 Oct 21-Nov 18 M 7:00-9:15pm

### Pottery - Creatures of Habitat

Age: 16yrs. and up. Bring all your basic handbuilding skills together to create fun and unique animals for the garden, porch or patio. This four-week course will focus on smaller wildlife forms, including frogs, fish, birds, lizards, turtles and a few insects. Explore the components that bring your favorite creatures to life. Students should bring a notebook to help with the thought and planning process. Prerequisite: Beginner Handbuilding at Sertoma or Pullen Arts Center. This course does not qualify for a studio card. Instructor: Steve Karloski.

**Sertoma Arts Center** – Course Fee: \$60  
#243755 Sep 9-30 M 7:00-9:15pm

### Pottery - Handbuilding: Beginning

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

**Sertoma Arts Center** – Course Fee: \$100  
#243753 Sep 18-Oct 30 W 7:00-9:15pm  
Instructor: Steve Karloski  
#243754 Sep 18-Oct 30 W 9:30am-11:45am  
Instructor: Tim Cherry

### Pottery - Relief Landscape Images in Clay

Age: 16yrs. and up. In this workshop we will design and make relief images and use them to impress into clay in order to embellish clay boxes and other forms. Students will be making and using bisqued clay tiles as well as improvised printmaking techniques to transfer their relief images into the clay. The instructor will focus on landscapes, but other subject matter is encouraged as well. Prerequisite: Beginner Handbuilding at Sertoma or Pullen Arts Center. This course does not qualify for a studio card. Instructor: Tim Cherry.

**Sertoma Arts Center** – Course Fee: \$60  
#243907 Sep 23-Oct 14 M 9:30-11:45am

### Pottery - Wheel Throwing: Beginner

Age: 16yrs. and up. This course introduces students to the basics of throwing pottery and provides them with an understanding of ceramic terms, processes and knowledge needed to use the pottery studio safely and independently. Topics include centering clay, throwing basic forms, handles and glazing. Sessions include demonstrations and practice time under the guidance of the instructor. Students are encouraged to practice between class sessions and have free access to Sertoma's well-equipped studio. New students may miss no more than two classes and must attend the first class and the glazing class (approximately 6th week) to qualify for a studio card. Purchase materials at first class (approximately \$42). Please arrive 20 minutes early for first class to buy materials. This is a seven-week class.

**Sertoma Arts Center** – Course Fee: \$100  
#243757 Sep 18-Oct 30 W 9:30am-11:45am  
Instructor: Tina Granville  
#243758 Sep 18-Oct 30 W 7:00-9:15pm  
Instructor: Joan Walsh

### Pottery - Workshop: Glazing Clinic

Age: 16yrs. and up. Glazing is often one of the most confusing and frustrating aspects of learning how to create pottery. In this demonstration workshop we will cover the basics of proper glazing and move into more challenging techniques such as glazing large pieces or closed forms. Demos will also include slips, underglazes and multiple glaze layering. Students should bring a notebook and be prepared to improve and expand their glazing knowledge. Prerequisite: Beginner Wheel/Handbuilding at Sertoma or Pullen Arts Center. This class does not qualify for a studio card. Instructor: Randy Hinson.

**Sertoma Arts Center** – Course Fee: \$30  
#244599 Sep 12 Th 9:30am-12:00pm

### Pottery - Workshop: Majolica Holiday Ornaments

Age: 16yrs. and up. Create beautiful and colorful holiday ornaments using the majolica pottery technique. Students select terracotta ornaments that are glazed and ready to decorate with majolica colors. An assortment of shapes and variety of decorating colors gives you unlimited possibilities. Ornaments are left for firing after the workshop and can be picked up the next week. Ornaments cost \$2 and include clay, glaze, decorating colors and ribbon. The number of pieces created is up to the individual. This workshop is easy and fun, even for those with no pottery experience! Although open to new students, this workshop does not qualify students for a studio card. Instructor: Patty Merrell

**Sertoma Arts Center** – Course Fee: \$35  
#245902 Nov 10 Su 12:30-4:30pm

### Printmaking - Intro to Printmaking

Age: 16yrs. and up. Learn the printmaking techniques of intaglio, relief and monotype to print your own greeting cards, posters or fine art prints. Class will cover linoleum block, drypoint and the more painterly monotype printmaking. Use our Dick Blick printing press to pull your one-of-a-kind print or series of prints. We will study different registration methods, ink choices and techniques to add color and learn how to pull the perfect print! Supply list is available on Sertoma's webpage. Supplies are approximately \$30-\$50. Instructor: Keith Norval. (6 sessions).

**Sertoma Arts Center** – Course Fee: \$100  
#244437 Nov 5-Dec 10 Tu 7:00-9:30pm

### Printmaking - Learn to Screen Print

Age: 16yrs. and up. If you want to make your own T-shirts, this is the class for you. Get your screens, ink and squeegee ready. We will cover applying emulsion, making transparencies, exposing the screen and printing techniques. You can use store-bought screens or learn how to build your own inexpensive screens. You can also print on tote bags, dish towels, paper and more. All skill levels welcome. Supply list is available on Sertoma's webpage. Instructor: Keith Norval. (6 sessions)

**Sertoma Arts Center** – Course Fee: \$100  
#244435 Sep 10-Oct 15 Tu 7:00-9:30pm

### Sewing - Project Days

Age: 16yrs. and up. Want to learn sewing one project at a time? Join Pullen Arts Center instructors at Brentwood Neighborhood Center for sewing project days. Each day, we'll supply all of the materials and equipment you need to complete a small project in one class session. Each day is a new sewing project, so register for as many or as few dates as your schedule allows. Projects listed on Reclink by date. Questions? Email Pullen.Arts@raleighnc.gov or call 919-996-4895. Instructor: Gretchen Phillips

**Brentwood Park** – Course Fee: \$12  
#245957 Sep 10 Tu 10:15am-12:15pm  
#245960 Sep 17 Tu 10:15am-12:15pm  
#245964 Oct 8 Tu 10:15am-12:15pm  
#245965 Oct 15 Tu 10:15am-12:15pm

### Sewing For Beginners

Age: 18yrs. and up. In this class you will complete an item of your choice. You will select a pattern, fabric and notions. Some knowledge of sewing is required. Class cost does not include materials.

**Biltmore Hills Community Center** – Course Fee: \$30  
#246092 Nov 9-30 Sa 10:00am-12:00pm

### Sewing: 101

Age: 18yrs. and up. In this class you will complete an item of your choice. You will select a pattern, fabric and notions. Some knowledge of sewing is required. Class cost does not include materials.

**Biltmore Hills Community Center** – Course Fee: \$40  
#246099 Nov 9-30 Sa 11:00am-12:00pm

continued on page 30 —

**Wednesday Night Social Ballroom Dance**

Age: 18yrs. and up. Do you need a date night? Want to get out of the house and connect with old friends and make new ones? You are invited to check out the Pullen Park Wednesday Night Social Ballroom Dance at Pullen Community Center. Dancers meet every Wednesday night to enjoy and dance to live ballroom music. Some of the popular dances are fox-trot, waltz, swing and Latin. Fee is \$8 per person per week. First-time dancers get in for free!

**Pullen Community Center**

|         |          |   |             |
|---------|----------|---|-------------|
| #246229 | Sep 4-25 | W | 7:00-9:30pm |
| #246230 | Oct 2-30 | W | 7:00-9:30pm |
| #246231 | Nov 6-20 | W | 7:00-9:30pm |

**Senior****Acrylic Painting with Nancy Carty**

Age: 18yrs. and up. Painting with Acrylics will focus on using the medium of acrylic paint as way to express your artistic ideas. The class will combine a structured approach to a still life for the first three sessions. The last three sessions of the class will focus on the theme of landscape of the student's choice. Students who need structure are encouraged to work from an assignment provided by the instructor. The class will focus on the application of acrylic paint, value placement, color harmony, and composition of the work as a unified whole. Note: Painting students who have had previous experience in Acrylics are welcome to bring in current studio projects to work on. **Five Points Center for Active Adults** – Course Fee: \$60  
#243265 Sep 23-Oct 28 M 9:30am-12:30pm  
#243266 Nov 4-Dec 16 M 9:30am-12:30pm

**Bluegrass Jam**

Age: 18yrs. and up. Join other musicians for a weekly bluegrass jam session. All levels are welcome. Come to play or come to listen! **Five Points Center for Active Adults**  
#243667 Sep 4-Dec 18 W 2:00-4:30pm

**Craft Group**

Age: 18yrs. and up. Join your fellow crafters for this craft program. Bring your own unfinished items to work on or assist with projects for donation to local hospitals and charitable organizations. **Five Points Center for Active Adults**  
#243668 Sep 3-Dec 31 Tu-Th, M10:00-11:30am

**Drawing: Drawing for Beginners**

Age: 18yrs. and up. The word 'drawing' means the act of making marks on a picture plane. If you can write your name, you can draw. Students will learn drawing techniques such as contour, positive/negative space and value and experiment with drawing materials such as pencils, Sharpies, charcoal, ink and conte. Students will draw natural and man-made objects and learn to break down complicated subjects into basic shapes. We will explore a variety of exercises and reference master drawings. This course provides a good foundation for all art classes.

Supplies list provided upon registration.

Instructor Sue Soper.

**Five Points Center for Active Adults**

Course Fee: \$45

#243887 Nov 1-Dec 13 F 9:30am-12:00pm

**Drawing: Introduction**

Age: All Ages. This six week drawing workshop is designed to make you feel more comfortable with the art of drawing. No prior experience is necessary just come with your interest and imagination. Introduction to the elements and principles of design through the subject matter of still life (4 days) and proportions of the figure (2 days) will be covered. The drawing mediums used will include pencil, and charcoal. Topics covered will address 1 pt and 2 pt perspective as well as how to approach value and shading in a still life. The still life assignment will be drawn from life in charcoal. Introduction to working on toned paper with white and dark charcoal will be addressed. Mechanical forms such as boxes versus soft forms with folds will be demonstrated. Instructor: Nancy Carty **Five Points Center for Active Adults** – Course Fee: \$45  
#243570 Sep 25-Oct 30 W 1:00-4:00pm

**Drawing: The Fundamentals of Perspective**

Age: 18yrs. and up. This class will introduce one point, two point and aerial perspective to students who would like to create a sense of depth in their work. The subject matter will include geometric forms from still life studies, architectural structures and the theme of landscape. The materials used will include pencil, charcoal and wash with pen and ink. Students need not have prior experience in drawing as this course will help both beginning and advanced students who have an interest in improving their drawing skills. Emphasis will be on including a defined light source and the overall design of the page. Students will learn to shade the drawing to create volume and form in the final work. Instructor: Nancy Carty **Abbotts Creek Community Center** – Course Fee: \$45  
#242328 Sep 17-Oct 29 Tu 10:00am-1:00pm

**Gel Press: Printing Leaves and Feathers**

Age: 18yrs. and up. In this class you will capture the beauty of leaves and feathers by making mono-prints. This easy technique uses a gel press plate. Your prints will look good on walls and cards. A supply list will be given upon registration. The instructor will supply goose feathers and leaves, gel press plates, brayers, and additional paint and paper. Instructor - Marie Lawrence **Five Points Center for Active Adults** – Course Fee: \$25  
#245352 Oct 1-8 Tu 1:00-3:00pm

**Joyful Chorus**

Age: 18yrs. and up. Enjoy singing? Share your enthusiasm by joining the Joyfuls. Sing for clubs, organizations, groups and events. **Five Points Center for Active Adults**  
#243669 Sep 9-Dec 30 M 12:15-1:15pm  
#243670 Sep 9-Dec 30 M 11:15am-12:15pm

**Knitting and Crocheting**

Age: 18yrs. and up. This class is for knitters and crocheters of all levels. Learn basic and new techniques and work on your projects as you socialize with others. Instructor: Judy Bregler.

**Anne Gordon Center for Active Adults**

Course Fee: \$12

|         |               |    |             |
|---------|---------------|----|-------------|
| #244446 | Sep 10-Oct 29 | Tu | 2:00-4:00pm |
| #244447 | Nov 5-Dec 17  | Tu | 2:00-4:00pm |
| #244448 | Sep 12-Oct 31 | Th | 2:00-4:00pm |
| #244449 | Nov 7-Dec 19  | Th | 2:00-4:00pm |

**Oil Painting: Advanced Level**

Age: 18yrs. and up. This course is for those who have had some experience with oil painting and wish to further their knowledge and technical skill with this medium. This course will cover types of panels, brushes and materials needed for this class. Most students will complete 1 - 3 panels depending on the subject matter they wish to paint. I would plan on at least two surfaces to paint on. The smallest I would work is 11 x 14 and 16 x 20 gives you a bit more room to develop your images. Subject matter covered in this workshop will include architectural references in a landscape which are studies from photographs. It is important that the photo references you work from have a defined light source that is clearly evident in the photograph. Emphasis will be placed on creating a dynamic composition, with strong value relationships and color harmony with a defined focal point. Instructor: Nancy Carty **Five Points Center for Active Adults** – Course Fee: \$60  
**Session One**

|         |               |   |             |
|---------|---------------|---|-------------|
| #243291 | Sep 23-Oct 28 | M | 1:30-4:30pm |
| #243292 | Nov 4-Dec 16  | M | 1:30-4:30pm |

**Paint, Spatter, And Scrape**

Age: 18yrs. and up. Spatters and drips in a painting can create energy and excitement. We will create Jackson Pollock style paintings with spatters and then explore abstract painting with scraping techniques. A supply list will be given upon registration. Scraping tools will be provided. This class is for everyone, regardless of experience. Instructor: Marie Lawrence

**Five Points Center for Active Adults** – Course Fee: \$25  
#245351 Oct 29-Nov 5 Tu 1:00-3:00pm

**Quilting - Basics For Beginner Level 1**

Age: 18yrs. and up. This class will teach you about simple blocks, basic techniques, choosing fabric, tool usage, and quality terms. Each student will make a small quilt or wall hanging or a table runner. Bring your own machine. A few machines are available at the center for students use. Supply list available before the session starts. Instructor: Jeanette Gray

**Halifax Community Center** – Course Fee: \$20  
#243662 Sep 6-Nov 8 F 10:30am-1:30pm

**Quilting - Intermediate**

Age: 18yrs. and up. This class is designed for individuals who have a basic knowledge of quilting and are comfortable using quilting tools. Bringing your own sewing machine is required. Each session will have a main design, and we will explore other options if time allows. Instructions and a supply list will be available before the session starts. For more information, please call 919-996-4720. Instructor: Martha Killian.

**Anne Gordon Center for Active Adults**

Course Fee: \$20

#244461 Sep 9-Nov 18 M 1:00-4:00pm

**Quilting- Basics For Beginner Level 2**

Age: 18yrs. and up. This class will be for quilters who have basic knowledge of patchwork and are wanting to learn more block designs and techniques. Bring your own sewing machine. A few machines are available at the center for student use. Supply list available before the session starts. Instructor: Jeanette Gray.

**Halifax Community Center** – Course Fee: \$20

#243664 Sep 4-Nov 6 W 1:00-4:00pm

**Raleigh Miniatures Guild**

Age: 18yrs. and up. This group is for art enthusiasts specializing in the craft of miniatures. The Guild meets the 1st and 3rd Thursdays each month. See club officers at meeting for information on additional fees and dues.

**Anne Gordon Center for Active Adults** – Course Fee: \$4

#244450 Sep 5-Dec 19 Th 10:00am-12:00pm

**Readers Theatre**

Age: 18yrs. and up. Readers Theatre is much like radio: The script is read (no memorizing) and the story comes alive through the words of the author and the tone, pitch and emotion of the actors' voices. Minimal props and costumes may be used to enhance the story but are not required. Scripts include formal published plays and readings from noted authors. No previous acting experience is required. Plays may be performed before an audience of family and friends. Meets 2nd and 4th Monday of the month.

**Five Points Center for Active Adults**

#243671 Sep 3-Dec 23 Tu, M 4:00-5:45pm

**Remembrance Craft: Necktie Angels**

Age: All Ages. Do you have a necktie that belonged to someone special? Items of clothing can help us feel close to the person we have lost, and they are often kept as mementos. Now you can turn that special someone's necktie into a beautiful angel ornament to use at Christmas. There is no fee for this workshop, but pre-registration is needed to assist us in planning. Participants must bring a necktie (not a bowtie). Sponsors: Heartland Hospice and Resources for Seniors.

**Anne Gordon Center for Active Adults**

#245001 Nov 21 Th 1:00-3:00pm

Five Points Center for Active Adults

#245002 Dec 4 W 1:00-3:00pm

**Triangle Portrait Artists**

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

**Five Points Center for Active Adults**

Course Fee: \$18

#243672 Sep 3-Dec 31 Tu 9:00am-12:00pm

**Watercolor: Introduction with Nancy Carty**

Age: 18yrs. and up. If you have ever wanted to try your hand at Watercolor this class will introduce you to the basics. Types of paper and the use of various brushes (flats and rounds) will be addressed. Students will be introduced to using a flat wash, graded wash, wet on wet and dry on dry as part of using watercolor as a medium. Subject matter will include a basic still life and the theme of landscape and nature. Photo references will be used for the last two sessions. Overall composition of the page, value placement and the use of color theory will be addressed as part of working on a study.

**Abbotts Creek Community Center** – Course Fee: \$45

#242336 Nov 5-Dec 17 Tu 10:00am-1:00pm

**Five Points Center for Active Adults** – Course Fee: \$45

#243569 Nov 6-Dec 18 W 1:00-4:00pm

**Family****A Taste of Art at Lions**

Age: 16-99 yrs. Taste of the Arts at Lions Park celebrates and supports the rich diversity of arts and cultural experiences in our community. The monthly class will highlight a specific art form each class and is open to all.

**Lions Park Community Center** – Course Fee: \$15**September - Photo Scrap it Art**

#246403 Sep 7 Sa 10:30-11:30am

#246406 Oct 5 Sa 10:30-11:30am

#246407 Nov 2 Sa 10:30-11:30am

#246408 Dec 7 Sa 10:30-11:30am

**DIY: Fabric Wreath Making Class**

Age: 9yrs. and up. 'Tis the season to up-cycle! Join the Reborn Clothing Co. team to learn how to make your very own fabric wreath from recycled clothing. Bring the clothes you're wanting to get rid of and use additional recycled materials provided by Reborn, as well as all the tools you'll need to complete this project. Come enjoy a night of crafting, sustainability, cocoa and cookies.

**Pullen Community Center** – Course Fee: \$15

#246288 Nov 23 Sa 10:00am-12:00pm

**DIY: Top Transformation**

Age: 9yrs. and up. Join the Reborn Clothing Co. and help turn your boring tees and tops into unique, stylish wardrobe pieces. You are invited to bring your own shirts you would like to transform. With help from skilled seamstresses on the Reborn team, your top can become a workout tank or receive a stylish update from a tie-knot to a pattern cutout. We will provide the tools and instructions you need to complete several projects - all you need to bring is your tops!

**Pullen Community Center** – Course Fee: \$10

#246293 Sep 7 Sa 10:00am-1:00pm

**Juggling for Genius**

Age: 10yrs. and up. Join an activity that has been shown to increase brain mass. Juggling can trigger the non dominant side of the brain, which can make you smarter and able to focus more. This course is a great stress reliever and excellent for students during test-taking time. This course is free.

**Method Road Community Center**

#245209 Sep 9-30 M 6:30-8:00pm

#245210 Oct 7-28 M 6:30-8:00pm

#245211 Nov 4-25 M 6:30-8:00pm

#245212 Dec 2-30 M 6:30-8:00pm

**Nature + Art**

Age: 5yrs. and up. In this series, we will take natural elements and turn them into beautiful pieces of art! Each session is appropriate for families (kids ages 5 and up is most appropriate, but younger kids are not prohibited), and the cost is per project. Please wear clothing appropriate to spend some time outdoors collecting materials.

**Walnut Creek Wetland Center** – Course Fee: \$10**Pumpkin Forest**

#243263 Nov 3 Su 3:00-4:30pm

#243264 Sep 15 Su 3:00-4:30pm

**Sensory Friendly Creative Saturdays**

Age: 2yrs. and up. Create a masterpiece using a variety of materials and textures. Whether you like to make a mess or keep it clean and tidy, you'll find an art activity to enjoy. This program is a drop-in format so just join us as you arrive! 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 all abilities welcome! This event will offer accessible accommodations for individuals with Sensory Processing Disorders and Autism Spectrum Disorders (ASD).

**Sertoma Arts Center**

#244440 Sep 14 Sa 1:00-3:00pm

#244441 Oct 12 Sa 1:00-3:00pm

#244442 Nov 9 Sa 1:00-3:00pm

#244443 Dec 14 Sa 1:00-3:00pm

# Athletics Teams/ Leagues

## Athletics Programs

athletics@raleighnc.gov  
919-996-6836

## Athletic Program Director

Jason Simpson  
jason.simpson@raleighnc.gov

## Athletic Program Managers

Toni Moyer  
toni.moyer@raleighnc.gov

Ryan Ryba  
ryan.ryba@raleighnc.gov

Jason Clemons  
jason.clemons@raleighnc.gov

## Athletic Program Assistant Manager

Raven Johnson  
raven.johnson@raleighnc.gov

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

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

## Youth

### Boys Junior League (13-14) Basketball

Age: 13-14 yrs. Youth Boys Junior League (ages 13-14) Basketball registration is September 30- October 11. The Junior League Basketball League is a way for youth to learn the fundamentals of basketball and to teach positive sportsmanship. This league does keep score and records wins and losses. Volunteer coaches are needed who enjoy basketball, want to teach youth and to help develop league participants' skills and knowledge of basketball. League Age is determined by participant's age on August 31st, of the current calendar year. The registration fee is \$40 for Raleigh residents and \$55 for non-residents. For more information please go to: [www.raleighnc.gov](http://www.raleighnc.gov).

#### Brier Creek Community Center

#244987 Oct. 16- Mar 5 M, W 6:00-7:00pm

#### Halifax Community Center

#244989 Oct. 16- Mar 5 Sa 6:00-7:00pm

#### Marsh Creek Park

#244988 Oct. 16- Mar 5 Sa 6:30-7:30pm

#### Carolina Pines Community Center

#244990 Oct. 16- Mar 5 W, Sat 6:30-7:30pm

### Boys Little League (11-12) Basketball

Age: 11-12 yrs. Youth Boys Little League (ages 11-12) Basketball registration is September 30-October 11. The Little League Basketball League is a way for youth to learn the fundamentals of basketball and to teach positive sportsmanship. This league does keep score and records wins and losses. Volunteer coaches are needed who enjoy basketball, want to teach youth and to help develop league participants' skills and knowledge of basketball. League Age is determined by participant's age on August 31st, of the current calendar year. The registration fee is \$40 for Raleigh residents and \$55 for non-residents. For more information please go to: [www.raleighnc.gov](http://www.raleighnc.gov).

#### Carolina Pines Community Center

#244976 Oct. 16- Mar 5 M, W 6:00-7:00pm

#### Green Road Community Center

#244974 Oct. 16- Mar 5 M 7:00-8:00pm

#### Brier Creek Community Center

#244973 Oct. 16- Mar 5 M, W, F 6:30-7:30pm

#### Method Road Community Center

#244975 Oct. 16- Mar 5 Tu 6:00-7:00pm

### Boys Mitey Mite (9-10) Basketball

Age: 9-10 yrs. Youth Boys Mitey Mite (ages 9-10) Basketball registration is September 30-October 11. The Mitey Mite Basketball League is a way for youth to learn the fundamentals of basketball and to teach positive sportsmanship. This league does keep score and records wins and losses. Volunteer coaches are needed who enjoy basketball, want to teach youth and to help develop league participants' skills and

knowledge of basketball. League Age is determined by participant's age on August 31st, of the current calendar year. The registration fee is \$40 for Raleigh residents and \$55 for non-residents. For more information please go to: [www.raleighnc.gov](http://www.raleighnc.gov).

#### **Abbot's Creek Community Center**

#244957 Oct. 16- Mar 5 M 6:30-7:30pm

#### **Carolina Pines Community Center**

#244960 Oct. 16- Mar 5 M, W, F 9:30-10:30am

#### **Laurel Hills Community Center**

#244959 Oct. 16- Mar 5 Th 6:00-7:00pm

#### **Lions Park Community Center**

#244958 Oct. 16- Mar 5 Tu 6:00-7:00pm

### **Boys Senior League (15-17) Basketball**

Age: 15-17 yrs. Youth Boys Super Senior League (ages 15-17) Basketball registration is September 30-October 11. The Senior League Basketball League is a way for youth to learn the fundamentals of basketball and to teach positive sportsmanship. This league does keep score and records wins and losses. Volunteer coaches are needed who enjoy basketball, want to teach youth and to help develop league participants' skills and knowledge of basketball. League Age is determined by participant's age on August 31st, of the current calendar year. The registration fee is \$40 for Raleigh residents and \$55 for non-residents. For more information please go to: [www.raleighnc.gov](http://www.raleighnc.gov).

#### **Green Road Community Center**

#245007 Oct. 16- Mar 5 M, W, F 6:00-7:00pm

#### **Laurel Hill Community Center**

#245008 Oct. 16- Mar. 5 M,W,F 6:00-7:00pm

### **Co-ed Mini Mite (7-8) Basketball**

Age: 7-8 yrs. Youth Co-Ed Mini Mite (ages 7-8) Basketball registration is September 30-October 11, 2019. The Mini Mite Basketball League is a way for youth to learn the fundamentals of basketball and to teach positive sportsmanship. This league does not keep score or record wins and losses. Volunteer coaches are needed who enjoy basketball, want to teach youth, and to help develop league participants' skills and knowledge of basketball. League Age is determined by participant's age on August 31st, of the current calendar year. The registration fee is \$40 for Raleigh residents and \$55 for non-residents. For more information please go to: [www.raleighnc.gov](http://www.raleighnc.gov).

#### **Barwell Road Community Center**

#244949 Oct. 16- Mar 5 M 6:15-7:15pm

#### **Jaycee Community Center**

#244950 Oct. 16- Mar 5 M, W 7:00-8:00pm

#### **Millbrook Exchange Community Center**

#244948 Oct. 16- Mar 5 Tu 6:30-7:30pm

#### **Tarboro Road Community Center**

#244951 Oct. 16- Mar 5 W 10:00-11:00am

### **Co-ed Pee Wee (5-6) Basketball**

Age: 5-6 yrs. Youth Co-Ed Pee Wee (ages 5-6) Basketball registration is September 30-October 11, 2019. The Pee Wee Basketball League is a way for youth to learn the fundamentals of basketball and to teach positive sportsmanship. This league does not keep score or record wins and losses. Volunteer coaches are needed who enjoy basketball, want to teach youth, and to help develop league participants' skills and knowledge of basketball. League Age is determined by participant's age on August 31st, of the current calendar year. The registration fee is \$40 for Raleigh residents and \$55 for non-residents. For more information please go to: [www.raleighnc.gov](http://www.raleighnc.gov).

#### **Jaycee Community Center**

#244843 Oct. 16- Mar 5 Th 6:00-7:00pm

#### **Optimist Community Center**

#244841 Oct. 16- Mar 5 W 6:00-7:00pm

#### **Roberts Park Community Center**

#244844 Oct. 16- Mar 5 Th 10:30-11:15am

#### **Worthdale Community Center**

#244842 Oct. 16- Mar 5 W 6:00-7:00pm

### **Girls Junior League (13-16) Basketball**

Age: 13-16 yrs. Youth Girls Junior League (ages 13-16) Basketball registration is September 30- October 11. The Junior League Basketball League is a way for youth to learn the fundamentals of basketball and to teach positive sportsmanship. This league does keep score and records wins and losses. Volunteer coaches are needed who enjoy basketball, want to teach youth and to help develop league participants' skills and knowledge of basketball. League Age is determined by participant's age on August 31st, of the current calendar year. The registration fee is \$40 for Raleigh residents and \$55 for non-residents. For more information please go to: [www.raleighnc.gov](http://www.raleighnc.gov).

#### **Chavis Community Center**

#245017

### **Girls Little League (11-12) Basketball**

Age: 11-12 yrs. Registration is September 30 - October 11, 2019, for Youth Girls Little League (ages 11-12). The league is a way for youth to learn the fundamentals of basketball and to teach positive sportsmanship. This league keeps score and records wins and losses. Volunteer coaches are needed who enjoy basketball and want to teach youth and help develop league participants' skills and knowledge of basketball. Eligibility is determined by participant's age on Aug. 31 of the current calendar year. The registration fee is \$40 for Raleigh residents and \$55 for non-residents. For more information, please go to: [www.raleighnc.gov](http://www.raleighnc.gov).

#### **Chavis Community Center**

#245066

### **Girls Mitey Mite (9-10) Basketball**

Age: 9-10 yrs. Youth Girls Mitey Mite (ages 9-10) Basketball registration is September 30 - October 11, 2019. The Mitey Mite Girls Basketball League is a way for youth to learn the fundamentals of basketball and to teach positive sportsmanship. This league does keep score and records wins and losses. Volunteer coaches are needed who enjoy basketball, want to teach youth and to help develop league participants' skills and knowledge of basketball. League Age is determined by participant's age on August 31st, of the current calendar year. The registration fee is \$40 for Raleigh residents and \$55 for non-residents. For more information please go to: [www.raleighnc.gov](http://www.raleighnc.gov).

#### **Millbrook Exchange Community Center**

#245060

### **Adult**

#### **Winter Adult Basketball**

Ages: 18 & Up. The athletics division will be offering Adult Basketball. Registration will be held from October 7-11 online or in person at the Athletics office. Games will start mid-November or early-December. The cost is \$450 per team and \$24 per participant for any non-city players. The season consists of 10 games with a single elimination tournament. Course Fee: \$450

#### **Various Community Centers**

#245286

#### **Adult Volleyball**

Age: All Ages. Join Roberts Park Co-Ed Recreational Volleyball League for Adults. If you enjoy teamwork, setting, spiking and blocking, this may be the sport for you. It's time to play! Registration starts September 2 2019 - September 16 2019.

#### **Roberts Park Community Center**

League Fee: \$250

#246454 Oct 7-Nov 13 M, W 6:00-6:45pm

# Educational



## 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; this year, there will be a two-day or three-day option (both options will cover the same material). Participants must be toilet-trained; no diapers or pull-ups. All children will need to bring a snack and drink each day.

**Greystone Community Center** – Course Fee: \$108  
 #246515 Dec 3-19 Tu, Th 9:15am-12:15pm  
 Course Fee: \$126  
 #246514 Nov 5-26 Tu, Th 9:15am-12:15pm  
 Course Fee: \$144  
 #246512 Sep 3-26 Tu, Th 9:15am-12:15pm  
 Course Fee: \$162  
 #246506 Dec 2-20 M,W,F 9:15am-12:15pm  
 Course Fee: \$180  
 #246505 Nov 1-25 F, M, W 9:15am-12:15pm  
 #246513 Oct 1-31 Tu, Th 9:15am-12:15pm

Course Fee: \$216  
 #246503 Sep 4-30 W, F, M 9:15am-12:15pm  
 Course Fee: \$234  
 #246504 Oct 2-30 W, F, M 9:15am-12:15pm

#### Preschool Stem at Worthdale

Age: 4-5 yrs. STEM for preschool participants will include the subjects of science, technology, engineering and math- subjects that are fun for all ages. The incorporated STEM ideas are simple and preschool age appropriate. Activities will keep participants busy and teach them the basics of STEM.

**Worthdale Community Center** – Course Fee: \$10  
 #246508 Sep 4-25 W 10:30-11:30am  
 #246509 Oct 2-23 W 10:30-11:30am  
 #246510 Nov 6-27 W 10:30-11:30am  
 #246511 Dec 4-25 W 10:30-11:30am

#### Science Fun for Everyone

Age: 3-5 yrs. Come have some fun while your little ones explore age appropriate hands-on science experiments. Please note that this is the same class being offered at each site. Parent participation recommended.

**Hill Street Center** – Course Fee: \$12  
 #244068 Nov 4 M 3:45-4:30pm  
**Pullen Community Center**  
 Course Fee: \$12  
 #244067 Oct 8 Tu 10:15-11:00am

### TKD-Tiny Tigers

Age: 3-6 yrs. A blend of traditional and modern training gives student a strong understanding and foundation. This program increases flexibility, creates speed and explosion, improves reaction time, improves balance and coordination, agility and core strength. It also aids discipline, self service, respect, integrity, self-control, self-worth, courtesy, loyalty, and honor.

#### Biltmore Hills Community Center

Course Fee: \$60  
 #246043 Sep 4-30 W, M 6:30-7:00pm  
 #246044 Oct 2-30 W, M 6:30-7:00pm  
 #246045 Nov 4-27 M, W 6:30-7:00pm  
 #246046 Dec 2-18 M, W 6:30-7:00pm

### Youth

#### Afterschool STEM Club - Millbrook Exchange

Age: 5-10 yrs. Description: Did you know that STEM (science, technology, engineering, and math) related jobs are growing faster than any other profession? If your child enjoys hands-on learning and getting to interact with a variety of cool science materials, we have a program they are sure to love. Join us as we explore the world of STEM through hands-on discovery and exploration. Each class will have a different STEM theme centered around a unique and fun activity.

#### Millbrook Exchange Community Center

Course Fee: \$60  
 #245128 Sep 10-Oct 15 Tu 4:00-5:00pm  
 #245129 Oct 29-Dec 3 Tu 4:00-5:00pm

#### Introduction to Music - Youth

Age: 5-11 yrs. Music will allow students to master musical skills and concepts by hands-on participation. Students will perform with instruments such as guitar, violin, piano, cello, harp, drums, flute and voice. It will foster the ability to read and notate music, develop a listening ear and create compositions that translate thoughts and emotions into musical expression.

#### Method Road Community Center – Course Fee: \$50

##### PART I - Group

#245197 Sep 7-28 Sa 12:30-1:30pm  
 #245200 Oct 5-26 Sa 12:30-1:30pm  
 #245203 Nov 2-30 Sa 12:30-1:30pm  
 #245206 Dec 7-28 Sa 12:30-1:30pm  
 Course Fee: \$60

##### PART I

#245198 Sep 7-28 Sa 1:30-2:00pm  
 #245199 Sep 7-28 Sa 2:00-2:30pm  
 #245201 Oct 5-26 Sa 1:30-2:00pm  
 #245202 Oct 5-26 Sa 2:00-2:30pm  
 #245204 Nov 2-30 Sa 1:30-2:00pm  
 #245205 Nov 2-30 Sa 2:00-2:30pm  
 #245207 Dec 7-28 Sa 1:30-2:00pm  
 #245208 Dec 7-28 Sa 2:00-2:30pm  
 #245229 Sep 1-29 Su 1:30-2:30pm  
 #245230 Oct 6-Nov 3 Su 2:30-3:30pm  
 #245231 Nov 3-24 Su 3:30-4:30pm  
 #245236 Dec 1-29 Su 3:30-4:30pm

### Saturday Science for Kids

Age: 6-10 yrs. Get into some science fun Saturday afternoons with hands-on science projects. Different themes each month. Learn and play at Peach Road Park.

**Peach Road** – Course Fee: \$3

|         |        |    |             |
|---------|--------|----|-------------|
| #245181 | Sep 14 | Sa | 3:30-4:30pm |
| #245182 | Oct 12 | Sa | 3:30-4:30pm |
| #245183 | Nov 9  | Sa | 3:30-4:30pm |
| #245184 | Dec 21 | Sa | 3:30-4:30pm |

### Super Saturday: STEM Made Simple

Age: 7-12 yrs. Join in the fun with Saturday In The Park STEM Made Simple Projects. Choose from Ferris Wheel or Sail Car!! Both projects will be simple to make and FUN for ALL!!

**Chavis Community Center** – Course Fee: \$10

**Super Saturday: Carousel Art Project**

|         |       |    |                |
|---------|-------|----|----------------|
| #246430 | Sep 7 | Sa | 11:00am-1:30pm |
|---------|-------|----|----------------|

### Youth Reading, Writing and Math

Age: 5-13 yrs. Julia's School work with children with the development of life skills. Reading, Writing, Math and Manners are essential for the fundamental development of young people. The school emphasizes the three L's (listen, learn and laugh). Registration for this program will be taken on site at the Tarboro Road Community Center.

**Tarboro Road Community Center**

|         |        |    |             |
|---------|--------|----|-------------|
| #245669 | Sep 8  | Su | 2:30-4:30pm |
| #245670 | Oct 13 | Su | 2:30-4:30pm |
| #245671 | Nov 10 | Su | 2:30-4:30pm |
| #245672 | Dec 8  | Su | 2:30-4:30pm |

## Teen

### Choppin' Like a Chef

Age: 12-16 yrs. Ready to chop it up? At some point or another, food preparation involves cutting. Whether speciality cuts like the Julienne or traditional cuts such as the cube, we've got every slice covered! Knife safety, storage and proper handling are part of this course as well. Ready for all of that and more, come chop it up with us!

**St. Monica Teen Center** – Course Fee: \$5

|         |        |    |             |
|---------|--------|----|-------------|
| #246437 | Sep 21 | Sa | 1:30-3:30pm |
| #246438 | Nov 9  | Sa | 1:30-3:30pm |

### NCAA Clearinghouse & College Recruiting Workshops

Age: 14yrs. and up. Are you being recruited by a college to participate in athletics? Are you interested in learning about the recruiting process? Coming to the NCAA Clearinghouse and college recruiting workshops to become familiar with the recruiting process, GPA/ SAT or ACT and important dates, technology today, social media and the high school athlete, speaking to coaches (dos and don'ts), attending official visits, admissions process, understanding scholarship offers (Division 1, 2, and 3) verbal Commitments, understanding the NCAA clearinghouse process, signing the letter of intent and more!

**John P 'Top' Greene Center**

|         |        |    |             |
|---------|--------|----|-------------|
| #246090 | Sep 17 | Tu | 6:00-7:00pm |
| #246091 | Oct 22 | Tu | 6:00-7:00pm |

### Teambuilding For Teens

Age: 10-19 yrs. Let the Teen Program custom design a team-building workshop to help meet your group's needs and challenges. Initiative activities are used to enhance problem-solving, team-building, conflict resolution and other life skills through experiential learning and will be tailored to your group. These programs are great for schools, church groups, student councils, drop-out prevention programs and established youth groups. Courses will be held at the site of your choice and will be scheduled according to staff availability. Please contact the Teen Program at least one month in advance of desired program date. Cost: \$20 per staff hour of program with a minimum of two hours. We require a staff member to student ratio of 1:10. Call the Teen Program at 919-996-2140 for more information.

Non-City Owned Site

|         |              |       |               |
|---------|--------------|-------|---------------|
| #246297 | Sep 1-Dec 31 | Daily | 9:00am-5:00pm |
|---------|--------------|-------|---------------|

### Teen Thrive

Age: 12-15 yrs. Teen Programs is proud to announce Teen Thrive. The purpose of this program is to empower teens to know that this is their year for success. This program will give teens the opportunity to cultivate their personal and educational goals. Teens will be challenged to think critically and improve their decision-making skills through teambuilding activities. They will also explore various higher education and career opportunities by visiting local college campuses and businesses. Teens will also learn how to build resumes, complete job applications and develop interview skills. Community service projects will be completed to teach teens the importance of giving back to their community.

**St. Monica Teen Center** – Course Fee: \$25

|         |        |    |               |
|---------|--------|----|---------------|
| #246289 | Oct 9  | W  | 8:00am-5:00pm |
| #246291 | Oct 31 | Th | 8:00am-5:00pm |
| #246292 | Nov 1  | F  | 8:00am-5:00pm |

## Adult

### A Love Affair With My Hair - Natural Hair Workshop Series

Age: 13yrs. and up. Are you a newly transitioned natural or considering embarking upon this journey? If yes, then this workshop is for you. We will discuss tips on how to maintain growth, deep conditioning techniques, and styles that prevent hair breakage.

**Green Road Community Center** – Course Fee: \$5

**Taking on the Transition**

|         |        |   |             |
|---------|--------|---|-------------|
| #245938 | Sep 9  | M | 6:30-7:30pm |
| #245939 | Oct 14 | M | 6:30-7:30pm |
| #245940 | Nov 18 | M | 6:30-7:30pm |
| #245941 | Dec 9  | M | 6:30-7:30pm |

### Bridge 101

Age: 18yrs. and up. If you are new to bridge or just want to brush up on the basics, this class is for you. Topics include etiquette, rank of suits and counting points, opening bids and responding, raising your partner, preemptive bids, the overcall,

scorekeeping, game points, double and the finesse. Conventions to be covered include the Better Minor, Short Club, Blackwood, Gerber and Stayman. Sessions are hands-on and accompanied by a syllabus. Please preregister for this class. Note that there is a class for beginners on Mondays and a class for intermediate players on Wednesdays.

**Pullen Community Center** – Course Fee: \$35

|         |               |   |                 |
|---------|---------------|---|-----------------|
| #243500 | Sep 11-Oct 16 | W | 10:00am-12:00pm |
| #243501 | Sep 9-Oct 14  | M | 2:00-4:00pm     |
| #243502 | Oct 28-Dec 9  | M | 2:00-4:00pm     |
| #243503 | Oct 30-Dec 4  | W | 10:00am-12:00pm |

### Dog - Basic Dog Obedience 101

Age: 18yrs. and up. We will teach you the importance of your role as leader and teach your dog the ability to have self-control. These two things together will allow your pup to learn to sit, down, wait, come, stay and walk on a loose leash without pulling. In addition, your dog will learn to wait at doorways, wait without lunging out of the car, sit for supper and leave it. We'll also focus on proper body language and communicating clearly with your dog. The result will be improved behavior in public as well as at home and a closer bond between you and your dog. Class is limited to six dogs, so there is plenty of time for individual attention. This course is for dogs older than 3 months. All classes are held indoors. For more, see [www.dreamdogsn.com](http://www.dreamdogsn.com)

**Jaycee Community Center** – Course Fee: \$125

|         |             |    |             |
|---------|-------------|----|-------------|
| #245848 | Oct 1-Nov 5 | Tu | 7:00-8:00pm |
|---------|-------------|----|-------------|

### English as a Second Language (ESL) - Clases de Inglés

Age: 18yrs. and up. Ready to thrive in the community by learning to speak English and understand american culture? Classes are taught in a fun and welcoming environment for non-English-speaking adults. Listo para prosperar en la comunidad aprendiendo a hablar inglés y a entender la cultura estadounidense? Las clases se imparten en un ambiente divertido y que le dan la bienvenida a los adultos que no hablan inglés.

**Abbotts Creek Community Center**

|         |               |   |             |
|---------|---------------|---|-------------|
| #243143 | Sep 16-Oct 21 | M | 6:30-8:00pm |
| #243150 | Nov 18-Dec 16 | M | 6:30-8:00pm |

**Brier Creek Community Center**

|         |               |   |             |
|---------|---------------|---|-------------|
| #243137 | Sep 4-Oct 9   | W | 7:00-8:30pm |
| #243138 | Oct 16-Nov 20 | W | 7:00-8:30pm |

**Green Road Community Center**

|         |              |    |                |
|---------|--------------|----|----------------|
| #243141 | Sep 7-Oct 12 | Sa | 11:30am-1:00pm |
| #243142 | Oct 26-Dec 7 | Sa | 11:30am-1:00pm |

**Method Road Community Center**

|         |               |    |             |
|---------|---------------|----|-------------|
| #243139 | Sep 19-Oct 24 | Th | 6:30-8:00pm |
| #243146 | Nov 7-Dec 19  | Th | 6:30-8:00pm |

**Peach Road**

|         |               |    |             |
|---------|---------------|----|-------------|
| #243140 | Sep 10-Oct 15 | Tu | 6:30-8:00pm |
| #243149 | Oct 29-Dec 3  | Tu | 6:30-8:00pm |

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### Film and Acting Basics

Age: 18yrs. and up. Join Artist Christopher Terrell with his industry guests and your Abbotts Creek family for these unique explorations through film and acting basics. Register for all workshops in the series or just the ones that interest you! Basic Acting will cover screen acting, timing/line delivery, what casting directors look for, and how to build your resume. Screen Writing will cover what a script is/different types/characteristics. Cinematography will cover exposure, aperture, shutter speed, shot sizes, angles/moves. Film Directing will cover roles of the director, the director as a storyteller, the business of film, and the visual concept. All workshops will take a break from 12-1 for lunch. Mark your calendars for the opportunity to tie all of this together with 'Short Film Shoot' on January 11th!

**Abbotts Creek Community Center** – Course Fee: \$160

#### Basic Acting

|         |        |    |                |
|---------|--------|----|----------------|
| #244122 | Sep 14 | Sa | 10:00am-3:00pm |
| #244123 | Oct 12 | Sa | 10:00am-3:00pm |
| #244124 | Nov 9  | Sa | 10:00am-3:00pm |
| #244125 | Dec 14 | Sa | 10:00am-3:00pm |

### Financial Wellness

Age: 14yrs. and up. Explore all aspects of financial literacy with this unique partnership with Capital Bank. Each month we will explore different areas including overall financial wellness, budgeting for success, understanding credit, and identity protection. This class is completely free to all participants. Preregistration isn't required, but is appreciated. We hope to see you there!

#### Abbotts Creek Community Center

|         |       |    |             |
|---------|-------|----|-------------|
| #242130 | Sep 3 | Tu | 6:30-7:30pm |
| #242131 | Oct 1 | Tu | 6:30-7:30pm |
| #242132 | Nov 5 | Tu | 6:30-7:30pm |
| #242133 | Dec 3 | Tu | 6:30-7:30pm |

### Foundation of Investing - Investment 101

Age: 18yrs. and up. Building your investor IQ starts with understanding the basics. Don't let fear of the unknown prevent you from investing in your future. Getting started can be easier than you think if you understand the basics. Whether you are new to investing

or simply need a refresher, Edward Jones Foundation of Investing is the perfect seminar. The seminar features bonds, stocks, mutual funds, retirement, the importance of asset allocation and five steps to help you build a better investment strategy.

#### Method Road Community Center

#245194 Nov 12 Tu 6:30-8:00pm

### French Language, Continuation

Age: 18yrs. and up. Let's take out time to learn some French! Come join us for a continuing class of beginner French language. This class continues to build a solid foundation of French language, covering French grammar, conversation, writing, and listening skills. All those having attended previous classes or with an equivalent level are welcome to attend. Instructor: Kyle Beale  
**Five Points Center for Active Adults** – Course Fee: \$60  
#245900 Sep 5-Oct 31 Th 10:30am-12:00pm

### Lawn Care for Beginners

Age: 16yrs. and up. Have you ever wondered how to get your lawn to look lush and green year around? How do you know if you need to add lime to your soil? When is the right time to aerate your lawn? Join Abbotts Creek Community Center and their partner, Westlake ACE Hardware for this beginner class in lawn care.

#### Abbotts Creek Community Center

#244471 Sep 5 Th 6:30-7:30pm

### New To Email 1

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

\*A computer will be provided\*

#### Sanderford Road Park

#246415 Dec 23 M 3:00-5:00pm

#### Tarboro Road Community Center

#246414 Sep 30 M 3:00-5:00pm

### Spanish- Basics

Age: 18yrs. and up. This basic level is perfect for someone who wants to start learning Spanish because we'll start from scratch. This level will be easy, using visual aids and word repetition. Students will learn colors, numbers, greetings, and simple sentences in order to communicate basic information.

The student will learn how to use the Spanish verb 'to be', as well as other expressions. But most importantly, the student is expected to have fun!

#### Five Points Center for Active Adults

Course Fee: \$40

#246620 Sep 9-Oct 31 M, Th 6:30-7:30pm

### Understanding the Low-FODMAP Diet

Age: 18yrs. and up. There are certain small carbohydrates in our diet that are easily and readily fermented by the bacteria in our intestines. Too many of these FODMAPs can lead to very painful abdominal symptoms, especially for those with IBS. Join Lauren Nathan, a dietitian and retired college instructor, in exploring how the low-FODMAP diet can benefit you. This approach, which was developed at Monash University in Australia, is now seen as an effective way to manage IBS symptoms. It is also helpful for people who may not suffer from IBS, but experience enough bloating and excess flatulence to make learning about FODMAPs well worth it.

#### Five Points Center for Active Adults – Course Fee: \$5

|         |        |    |             |
|---------|--------|----|-------------|
| #242314 | Sep 24 | Tu | 1:00-3:00pm |
| #242315 | Oct 24 | Th | 1:00-3:00pm |
| #242316 | Nov 21 | Th | 1:00-3:00pm |

### Senior

#### Amazon Alexa Basics 1

Age: 18yrs. and up. Alexa is a virtual assistant developed by Amazon. You interact with Alexa using its smart speaker called Echo. The Echo speaker can be placed anywhere in your home. Just ask Alexa to 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. In this class you will learn the basic setup and what it takes to use Amazon's Alexa. If you have ever wondered about what Alexa does and are on the fence about purchasing Alexa for your own home, this is one class you don't want to miss!

#### Brier Creek Community Center – Course Fee: \$6

#246398 Nov 4 M 3:00pm-4:30pm

#### Five Points Center for Active Adults – Course Fee: \$6

|         |       |    |               |
|---------|-------|----|---------------|
| #246022 | Sep 3 | Tu | 10:00-11:30am |
| #246023 | Oct 3 | Th | 10:00-11:30am |
| #246030 | Nov 7 | Th | 2:00-3:30pm   |
| #246032 | Dec 3 | Tu | 10:00-11:30am |

### Android Phone Basics 1

Age: 18yrs. and up. Get comfortable using your Android Phone in this Android Phone Basics 1 course. The only requirement is that you bring your Android Phone because none will be provided. \*Registration ends approximately 1 week before the course begins\*

#### Anne Gordon Center for Active Adults – Course Fee: \$12

|         |           |   |               |
|---------|-----------|---|---------------|
| #246300 | Oct 14-21 | M | 10:00-11:30am |
| #246303 | Dec 2-9   | M | 10:00-11:30am |

### App Based Taxi and Food/Grocery Delivery Services like UBER

Age: 18yrs. and up. Learn how to get car rides on demand with budget friendly options using apps on your smart phone! It is an easy way to get around at your convenience - go anywhere you want to go - when you want to do it! Plus learn how to get food delivered from your favorite restaurants and grocery stores to your home. All through the convenience of your phone! If you can't go out or don't feel like driving no problem, have it delivered or get a car ride! We will show you how. Some of the apps we will cover are UBER, LYFT, Grubhub, UberEATS, Doordash, Postmates, Instacart, and Shipt! Prerequisite: You must have working knowledge of your phone and your phone's App Store. Plus you must know your ID and Password for your particular phone's App Store. This class will give you an overview of these various applications of what they do. However, if you want to use these applications on your own device you must already understand how to download and install these applications yourself.

**Anne Gordon Center for Active Adults** – Course Fee: \$6  
#246034 Dec 18 W 10:00am-12:00pm

**Brier Creek Community Center** – Course Fee: \$6  
#246399 Nov 18 M 3:00-4:00pm

**Five Points Center for Active Adults** – Course Fee: \$6  
#246033 Sep 3 Tu 2:00-4:00pm  
#246036 Oct 15 Tu 10:00am-12:00pm

### Apple Laptop Basics 1

Age: 18yrs. and up. Prerequisite: Must know your Apple ID and Password and bring it to class. You must bring your own Apple laptop to class. One will not be provided for you. This course is for beginners or new users who are just starting off using an Apple laptop. Objectives: Students will be introduced to the basics of Internet usage; how to connect to WiFi; Web Surfing and saving your favorite websites using the web browser Safari; know

the weather at all times using the Weather App; learn how to Shut Down and Restart; plus, how to shop safely using Secure Websites.

**Anne Gordon Center for Active Adults**

Course Fee: \$12  
#246047 Oct 2-9 W 10:00-11:30am

### Apple Laptop Basics 2

Age: 18yrs. and up. Prerequisite: Must know your Apple ID and Password and bring it to class. You must bring your own Apple laptop to class. One will not be provided for you. This course is for beginners or new users who are just starting off using an Apple laptop. Objectives: Students will be introduced to Pages which is Apple's version of Microsoft Word. Learn how to simply create a document; save the document; create a folder; and delete files while using Pages.

**Five Points Center for Active Adults** – Course Fee: \$12  
#246050 Oct 22-29 Tu 2:00-3:30pm

### Computer Basics 1

Age: 18yrs. and up. 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 create and save short documents. Students will also be introduced to the basics of Internet usage, creating a GMAIL email account, sending and receiving messages, uploading and downloading attachments/photos. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

**Anne Gordon Center for Active Adults**

Course Fee: \$12  
#246055 Oct 2-9 W 2:00-3:30pm  
#246056 Oct 16-23 W 10:00-11:30am  
#246058 Sep 4-11 W 10:00-11:30am

**Five Points Center for Active Adults**

Course Fee: \$12  
#246057 Dec 10-17 Tu 10:00-11:30am

### Computer Basics 2

Age: 18yrs. and up. 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. The student will learn the basics of Windows 10 as well as how to use the different features of functions. You will learn how to enter/edit text in Microsoft Word and to save retrieve data files. This class is intended for those who have some knowledge of using a computer, but may not be familiar with the Windows 10 operating system. . Contact Tommy Hodges for more information regarding this course at 919-996-2458.

**Anne Gordon Center for Active Adults**

Course Fee: \$12  
#246066 Oct 30-Nov 6 W 2:00-3:30pm  
Five Points Center for Active Adults  
Course Fee: \$12

#246065 Sep 24-Oct 1 Tu 2:00-3:30pm  
#246067 Dec 12-19 Th 10:00-11:30am

### Computer Basics 3

Age: 18yrs. and up. Prerequisite: 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. Have you ever wanted to make copies of your work or maybe store those files as a backup? This class goes into detail on how to save files, create folders, delete files. In addition to this, you will see how to save files using an external hard drive as well as a USB or 'Flash' drive.

**Five Points Center for Active Adults** – Course Fee: \$12

#246069 Oct 17-24 Th 2:00-3:30pm  
#246070 Nov 7-14 Th 10:00-11:30am

### Computer Network Basics 1

Age: 18yrs. and up. In this class learn the theory behind setting up a basic network in your home using the Internet. Since every modem and wireless router is different, we will discuss generalities on how to set one up on your own. This is fantastic class for those interested in maintaining or setting up their own network at home. There are no prerequisites.

**Anne Gordon Center for Active Adults**

Course Fee: \$6  
#246383 Nov 13 W 10:00am-12:00pm

**Five Points Center for Active Adults**

Course Fee: \$6  
#246384 Dec 19 Th 2:00-4:00pm

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**Create Flyers using Power Point**

Age: 18yrs. and up. Want to make a flyer for your church, organization, or even a yard sale? There are options out there, but did you know that you could build a flyer using Microsoft Power Point? Learn how to remove the background from an image, add dazzling text, and layer your photographs to create a professional flyer using Microsoft Power Point!

**Anne Gordon Center for Active Adults**

Course Fee: \$6

|         |        |   |             |
|---------|--------|---|-------------|
| #246072 | Sep 4  | W | 2:00-4:00pm |
| #246073 | Dec 18 | W | 2:00-4:00pm |

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

Age: 18yrs. and up.

'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.

**Abbotts Creek Community Center**

Course Fee: \$12

|         |           |   |             |
|---------|-----------|---|-------------|
| #246416 | Oct 21-28 | M | 3:00-4:30pm |
|---------|-----------|---|-------------|

**Anne Gordon Center for Active Adults**

Course Fee: \$12

|         |              |   |               |
|---------|--------------|---|---------------|
| #246086 | Sep 30-Oct 7 | M | 10:00-11:30am |
| #246089 | Dec 16-23    | M | 10:00-11:30am |

**Brier Creek Community Center**

Course Fee: \$12

|         |          |   |             |
|---------|----------|---|-------------|
| #246397 | Sep 9-16 | M | 3:00-4:30pm |
|---------|----------|---|-------------|

**Five Points Center for Active Adults**

Course Fee: \$12

|         |          |    |               |
|---------|----------|----|---------------|
| #246087 | Sep 5-12 | Th | 10:00-11:30am |
| #246088 | Nov 5-12 | Tu | 10:00-11:30am |

**Electronic Coupons**

Age: 18yrs. and up. Most stores are moving to the use of electronic coupons. This can be a great way to save not only paper, but also time and money! Plus it is a way to keep all of your coupons in the same place! We'll show you how to collect coupons using popular apps on your smart phone. Plus we will show you how to redeem them so you that you can save some dough at the register! We will go over stores like Harris Teeter, Target, Whole Foods, Food Lion, Publix, and Lidl. You may need a key tag account to tie your coupons too - For example a rewards card from those stores.

**Five Points Center for Active Adults**

Course Fee: \$6

|         |        |    |                 |
|---------|--------|----|-----------------|
| #246093 | Sep 5  | Th | 2:00-4:00pm     |
| #246095 | Oct 22 | Tu | 10:00am-12:00pm |

**Excel Basics 1**

Age: 18yrs. and up. 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 for Active Adults**

Course Fee: \$6

|         |       |   |                 |
|---------|-------|---|-----------------|
| #246104 | Sep 9 | M | 10:00am-12:00pm |
|---------|-------|---|-----------------|

**Five Points Center for Active Adults**

Course Fee: \$6

|         |       |    |             |
|---------|-------|----|-------------|
| #246100 | Nov 5 | Tu | 2:00-4:00pm |
|---------|-------|----|-------------|

**Finance: Basics of Estate Planning**

Age: 18yrs. and up. Tom McCuiston from McCuiston Law Offices, PLLC, discusses documents needed in estate planning such as powers of attorney, trust, wills and living wills and the consequences of having or not having these documents. Topics include: tax consequences of not having a will, creating trusts and why they may be helpful, responsibilities of designated power of attorney, property transfer and the consequences of not having a will. Sponsored by McCuiston Law Firm.

**Five Points Center for Active Adults**

|         |        |    |             |
|---------|--------|----|-------------|
| #244961 | Sep 10 | Tu | 1:00-2:00pm |
|---------|--------|----|-------------|

**Finance: Basics of Probate**

Age: All Ages. Representatives from McCuiston Law Offices, PLLC will discuss the legal documents and procedures you need to consider for your estate planning. Co-sponsored by Resources for Seniors.

**Five Points Center for Active Adults**

|         |       |    |             |
|---------|-------|----|-------------|
| #244962 | Nov 5 | Tu | 1:00-2:00pm |
|---------|-------|----|-------------|

**Finance: Government Benefits for Long Term Care**

Age: 18yrs. and up. The cost of Long Term Care is staggering, from in-home care, Assisted Living, Memory Care to Skilled Nursing Care, monthly costs often exceed \$10,000 per month. In this presentation, we review the various programs and outline the requirements for a family to qualify. We will primarily review Veteran's Aid and Attendance, Special Assistance for Assisted Living and Medicaid for Skilled Nursing. Presented by Huston Law Firm, PLLC and Carolina Estate Counsel.

**Anne Gordon Center for Active Adults**

|         |       |    |             |
|---------|-------|----|-------------|
| #244963 | Dec 5 | Th | 2:15-3:15pm |
|---------|-------|----|-------------|

**Five Points Center for Active Adults**

|         |       |   |             |
|---------|-------|---|-------------|
| #244964 | Dec 4 | W | 1:00-2:00pm |
|---------|-------|---|-------------|

**Finance: Home Purchasing Options for Seniors**

Age: 18yrs. and up. Choosing a maintenance-free or 55+ deed restricted neighborhood can be challenging. It's important to understand exactly what these neighborhoods have to offer and what is available as you consider your next move. Learn the facts about 55+ deed restricted neighborhoods and what is available in the Raleigh area when you attend this seminar sponsored by Freda Hamlett a certified senior housing professional of the Milestone Moves Realty Group.

**Anne Gordon Center for Active Adults**

|         |        |   |             |
|---------|--------|---|-------------|
| #245284 | Nov 18 | M | 2:45-4:15pm |
|---------|--------|---|-------------|

**Five Points Center for Active Adults**

|         |       |    |             |
|---------|-------|----|-------------|
| #245285 | Dec 3 | Tu | 2:00-3:30pm |
|---------|-------|----|-------------|

**Finance: Medicare 101**

Age: 18yrs. and up. The Seniors' Health Insurance Information Program (SHIIP) is a division of the N.C. Department of Insurance that offers free, objective information about Medicare, Medicare supplements, Medicare Advantage plans, Medicare prescription drug plans, Medicare fraud and abuse and long-term care insurance. This seminar will provide a quick explanation of Medicare and a time for questions.

**Anne Gordon Center for Active Adults**

|         |       |    |             |
|---------|-------|----|-------------|
| #244995 | Oct 3 | Th | 2:00-4:00pm |
|---------|-------|----|-------------|

**Five Points Center for Active Adults**

|         |        |   |             |
|---------|--------|---|-------------|
| #244996 | Sep 18 | W | 2:00-4:00pm |
|---------|--------|---|-------------|

**Finance: Medicare 2020- Changes & Things You Should Know**

Age: All Ages. Medicare options for Drug and Advantage Plans change annually and you have the option during Open Enrollment between October 15 and December 7 to assess your current plan. Now is the time to see what is new or changing in Medicare Drug and Advantage plans coverage's and prepare for 2020. This is an introduction to what SHIIP does and how to use their counseling program. The program is presented by a NC DOI certified SHIIP counselor.

**Anne Gordon Center for Active Adults**

|         |        |   |             |
|---------|--------|---|-------------|
| #244999 | Oct 14 | M | 1:30-2:00pm |
|---------|--------|---|-------------|

**Five Points Center for Active Adults**

|         |        |   |               |
|---------|--------|---|---------------|
| #245000 | Oct 18 | F | 10:30-11:00am |
|---------|--------|---|---------------|

**Walnut Terrace Neighborhood Center**

|         |        |    |               |
|---------|--------|----|---------------|
| #246113 | Sep 30 | M  | 9:15-9:45am   |
| #246114 | Oct 1  | Tu | 10:15-10:45am |
| #246115 | Oct 8  | Tu | 6:00-6:45pm   |

**Finance: Planning for Medicaid**

Age: 18yrs. and up. Answers to questions about Medicaid eligibility requirements; coverage options; Look-back Period; asset and income limitations; and spousal or family asset protection will be provided by Huston Law Firm. This is a program to learn the basics for preparing for Medicaid either for you or another family member.

**Anne Gordon Center for Active Adults**

|         |        |    |             |
|---------|--------|----|-------------|
| #244967 | Sep 19 | Th | 2:15-3:15pm |
|---------|--------|----|-------------|

**Five Points Center for Active Adults**

|         |        |   |             |
|---------|--------|---|-------------|
| #244968 | Sep 25 | W | 1:00-2:00pm |
|---------|--------|---|-------------|

### Finance: Social Security Strategies for Retirement

Age: 18yrs. and up. Are you thinking of or planning to retire? How does Social Security fit into your retirement income plan? When should you start taking benefits? What about taxes? Learn about the advantages and disadvantages associated with retirement and Social Security. Presented by Edward Jones Investments.

#### Anne Gordon Center for Active Adults

#245587 Dec 9 M  
1:00pm-2:00pm

#### Five Points Center for Active Adults

#245588 Oct 16 W 2:15-3:30pm  
#245589 Nov 7 Th 6:00-7:00pm

### Finance: Strategies for Selling Your Home in Today's Market

Age: 18yrs. and up. Selling your home that you have lived in for two, three or even five decades can seem like a daunting task, but it doesn't need to be so overwhelming. Real estate agents can be helpful, but they all seem to give a different and often conflicting advice, so who should I believe? Where do I begin and what should I expect before, during and after my home goes on the market? Get the FACTS about what is involved in selling a home in today's market and the top 10 Mistakes to Avoid when selling your home. This 90-minute lively program is presented by Freda Hamlet a certified senior housing professional of the Milestone Moves Realty Group.

#### Anne Gordon Center for Active Adults

#245275 Oct 21 M 2:45-4:15pm

#### Five Points Center for Active Adults

#245276 Oct 29 Tu 2:00-3:30pm

### Finance: Understanding Beneficiary Designations

Age: 18yrs. and up. Not understanding beneficiary designations can ruin an estate plan. There are many ways to pass on an inheritance other than a will or trust. Find out the problems that occur every day on insurance, 401K and IRA plans as well as bank accounts with beneficiary designations, 'in trust for' or 'payable on death (POD)' designations. Presented by Huston Law, PLLC and Carolina Estate Counsel.

#### Anne Gordon Center for Active Adults

#244971 Nov 4 M 2:45pm-3:45pm

#### Five Points Center for Active Adults

#244972 Sep 23 M 6:00-7:00pm  
#244977 Nov 19 Tu 11:00am-12:00pm

### Finance: Understanding Veterans' Aid and Attendance Benefits

Age: 18yrs. and up. There is a Veterans benefit that pays between \$1,000 and \$2,000 per month TAX FREE, it helps to pay for the cost of long term care no matter if it is Skilled Nursing, Assisted Living or In-Home Professional Care. War-time veterans should learn how to qualify and how to use this benefit. Presented by Huston Law, PLLC and Carolina Estate Counsel.

#### Anne Gordon Center for Active Adults

#244980 Nov 14 Th 2:15-3:15pm  
Five Points Center for Active Adults  
#244981 Nov 12 Tu 11:30am-12:30pm

### Finance: Using a Home Equity Conversion Mortgage

Age: 18yrs. and up. Today's retiree's may find themselves having to consider other options in addition to Social Security, retirement plans, and personal savings to help meet their financial needs. HECMs (Home Equity Conversion Mortgage, also called reverse mortgages) can, in the right circumstances and with the right borrower, offer both short-term (immediate need) and long-term benefits to help close in the gaps. HECMs accomplish this by turning part of the equity of their homes into cash they can use today, or a line of credit that will be there when they need it. Retirement shouldn't be about worrying. It should be about enjoying life to the fullest. A HECM might be the financial planning tool that can put you on a path towards a more flexible and satisfying retirement. Sponsored by Reverse Mortgage Funding, LLC.

#### Anne Gordon Center for Active Adults

#244969 Oct 17 Th 2:15-3:15pm

#### Five Points Center for Active Adults

#244970 Nov 6 W 2:00-3:00pm

### Finance: Wills Versus Trusts

Age: 18yrs. and up. One comment made so often..... 'I don't need a trust, I'm not rich'. There are different trusts for different purposes, from a basic revocable living trust, to Special Needs or Supplemental Needs Trusts, charitable trusts, right down to a Pet Trust for your beloved animals. Our question during these talks: 'Is your will sufficient to accomplish your estate planning goals?' Presented by Huston Law Firm, PLLC and Carolina Estate Counsel.

#### Anne Gordon Center for Active Adults

#244983 Oct 24 Th 2:15-3:15pm

### Five Wishes

Age: 18yrs. and up. Having the conversation with family and friends about our advanced directives and living will can be challenging. Five Wishes is a program that provides the opportunity to express your personal, emotional, and spiritual needs. It lets you choose the person you want to make your health care decisions for you in the event you are not able. It helps you decide how you wish to be treated if you get seriously ill. Five Wishes is written by the American Bar association and designed to help you plan for the future. Sponsored by Liberty Hospice and Resources for Seniors.

#### Anne Gordon Center for Active Adults

#244984 Oct 10 Th 1:00-2:00pm

#### Five Points Center for Active Adults

#244985 Oct 30 W 2:00-3:00pm

### French: French for Travelers

Age: 18yrs. and up. Are you planning a trip to France? How nice it would be to be operational in French while you're there, to read menus, road signs, to have simple conversations with people. Come learn the foundations of French in a class specifically developed for the traveler. You'll cover basic grammar in the context of travel vocabulary, dialogues, and practice. You'll go from basic building blocks to realistic travel situations, and that will enhance your trip! Instructor: Kyle Beale

#### Five Points Center for Active Adults – Course Fee: \$60

#245277 Nov 7-Dec 19 Th 10:30am-12:30pm

### Gimp Photo Editing Basics 1

Age: 18yrs. and up. Prerequisite: 'Computer Basics 1' or equivalent computer knowledge. Want to have more control over how you edit your photos? Maybe you've looked at professional photo editing applications for your computer, but their too expensive. 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.

#### Brier Creek Community Center – Course Fee: \$12

#246106 Oct 7-14 M 3:00-4:30pm

#### Five Points Center for Active Adults – Course Fee: \$12

#246105 Sep 10-17 Tu 10:00-11:30am

#246107 Oct 3-10 Th 2:00-3:30pm

### Gimp Photo Editing Basics 2

Age: 18yrs. and up. Prerequisite: 'Computer Basics 1' or equivalent computer knowledge. 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.

#### Five Points Center for Active Adults – Course Fee: \$12

#246108 Oct 24-31 Th 10:00-11:30am

### GMAIL Basics 1

Age: 18yrs. and up. Now you need an email address for almost everything: Rewards programs, subscriptions, online receipts, and access to more knowledge through online newsletters require you to have an email. Even some medical offices ask for your email when making appointments! In this class we will show you how to create an email account and how to use it. \*You must have a working knowledge of using a computer or you have taken Computer Basics 1 and 2.

#### Five Points Center for Active Adults – Course Fee: \$6

#246110 Dec 17 Tu 2:00-4:00pm

#246111 Sep 12 Th 2:00-4:00pm

continued on page 40 —

**Google Applications Overview**

Age: 18yrs. and up. Prerequisite: 'Computer Skills 1' or equivalent. In this class you will learn about several free Google applications. This includes Google Maps, Earth, Drive, YouTube, Calendar, and others. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

**Five Points Center for Active Adults** – Course Fee: \$12  
#246633 Oct 1-8 Tu 10:00-11:30am

**Google Chrome Intro**

Age: 18yrs. and up. Prerequisite: 'Computer Basics 1' or equivalent. Class will install and use the Internet browser Google Chrome. Please bring your personal laptop to the workshop. If you do not have a laptop, one will be provided. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

**Anne Gordon Center for Active Adults** – Course Fee: \$6  
#246119 Sep 25 W 10:00am-12:00pm

**Google Photos Intro**

Age: 18yrs. and up. Prerequisite: 'Computer Basics 1' or equivalent. Class will learn basic photo editing and photo sharing using the Google Photos app. This app can be used on most devices. Class will be using computers that have the Windows 10 operating system. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

**Anne Gordon Center for Active Adults**

Course Fee: \$12  
#246127 Sep 16-23 M 10:00-11:30am  
#246128 Oct 16-23 W 2:00-3:30pm

**Brier Creek Community Center**

Course Fee: \$12  
#246401 Dec 2-9 M 3:00-4:30pm

**Guide to Senior Home Safety**

Age: 18yrs. and up. According to the CDC, each year, millions of older people—those 65 and older—fall. In fact, more than one out of four older people falls each year, but less than half tell their doctor. Falling once doubles your chances of falling again. Falls are serious and costly. Join Homewatch CareGivers and Legacy Healthcare Services to learn consequences, costs, risk factors and most importantly how to reduce YOUR risk of falling.

**Anne Gordon Center for Active Adults**

#244991 Nov 14 Th 1:00-2:00pm

**Five Points Center for Active Adults**

#244992 Nov 12 Tu 10:15-11:15am

**Health Talks with Dr. Baldwin**

Age: 18yrs. and up. Dr Casey Baldwin, RFS Senior Care Pharmacist, 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 and Grace Healthcare Services Inc. This will take place the first Tuesday and third Thursday of the month.

**Five Points Center for Active Adults**

#245022 Sep 3-Dec 3 Tu 10:15-11:15am

**Health Topic: Blood Pressure and Weight Screening**

Age: All Ages. Take advantage of these FREE blood pressure and weight screenings offered by Dr. Casey Baldwin with Resources for Seniors. This will take place the first Tuesday and third Thursday of the month.

**Five Points Center for Active Adults**

#245015 Sep 3-Dec 19 Tu, Th 9:30-10:15am

**Health Topic: Different Types of Dementia**

Age: 18yrs. and up. We hear Alzheimer's Disease or Lewy Body Dementia and wonder what that really looks like for those living with the disease. Sharon Kilpatrick, RN will discuss some of the more prevalent dementias and what it all means for those walking the road of 'dementia'. Sponsored by Always Best Care Senior

**Anne Gordon Center for Active Adults**

#246623 Oct 17 Th 1:00-2:00pm

**Five Points Center for Active Adults**

#246624 Oct 22 Tu 1:00-2:00pm

**Health Topic: Healthy Aging**

Age: All Ages. There are many facets to staying healthy as we aged. Come learn some strategies to keep you healthy and vibrant not just your body but your brain. Sponsored by Homewatch CareGivers.

**Anne Gordon Center for Active Adults**

#245062 Sep 26 Th 1:00-2:00pm

**Five Points Center for Active Adults**

#245063 Sep 24 Tu 10:15-11:15am

**Health Topic: Hearing Loss & Assistive Devices**

Age: All Ages. This presentation covers a variety of topics related to hearing loss and describes the newer resources available to benefit hard of hearing individuals so they can lead independent lives and enjoy life more by reducing the stress associated with hearing loss. Topics covered include 1) Types of hearing loss, 2) Causes of hearing loss, 3) Overview and features of hearing aids and cochlear implants 4) Telecommunications equipment, 3) Overview of Smart phones 4) Public Accommodations, including television and movie captions. Sponsored by CapTel NC.

**Anne Gordon Center for Active Adults**

#245071 Oct 31 Th 2:15-3:00pm

**Five Points Center for Active Adults**

#245072 Oct 22 Tu 10:15-11:00am

**Health Topic: Medication Management**

Age: All Ages. People have many concerns on medication management when filling their prescriptions from dosages to timely dispensing. There are easier ways to get all your medications in a convenient and timely manner and help eliminate your concerns.

Sponsored by Josefs Pharmacy.

**Anne Gordon Center for Active Adults**

#245064 Sep 26 Th 2:15-3:15pm

**Five Points Center for Active Adults**

#245065 Oct 2 W 2:15-3:15pm

**Health Topic: Parkinson's Disease Dialogue**

Age: 18yrs. and up. Are you living actively 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 in a patient-centered environment. 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.

**Five Points Center for Active Adults**

#245070 Sep 27-Nov 22 F 1:30-3:00pm

**Health Topic: Preparing for Doctor Visit**

Age: 5-15 yrs. Have you looked forward to talking with your physician and then left feeling frustrated because you forgot to ask your questions? Do you feel like your physician is not listening or does not understand how you are feeling? Are you taking so many medications or been given new medications that you have lost track of when to take them and why? Gina Murray, RN, BSN will provide some useful tools and strategies to prepare you for your visit with your physician and be armed with good questions. Sponsored by Aware Senior Care.

**Anne Gordon Center for Active Adults**

#245068 Nov 7 Th 1:00-2:00pm

**Five Points Center for Active Adults**

#245069 Nov 4 M 6:00-7:00pm

**Health Topic: Empowering the Patient**

Age: All Ages. It's doubtful that we will ever go back to the days when the family doctor made house calls. The current health care system has become complicated and impersonal. In this session, Marianna Crane, author and Nurse Practitioner-R, will give you the tools and strategies to educate yourself to get the care you want and need, to engage in shared decision making with your provider, and to evaluate your provider and your health care treatments. An educated patient is a satisfied patient

**Anne Gordon Center for Active Adults**

#245016 Sep 19 Th 1:00-2:00pm

**Five Points Center for Active Adults**

#245019 Oct 2 W 1:00-2:00pm

#245020 Oct 8 Tu 10:15-11:15am

**iCloud Basics for iPad/iPhone**

Age: 18yrs. and up. Prerequisite: 'iPad/iPhone Basics 1' or Intermediate user. Bring your iPad PLUS your Apple ID and password. The iCloud service allows users to securely store photos, videos, documents, apps, music and so much more! It also lets you sync multiple devices, including your iPad, iPhone, iPod and PCs running Mac OS or Windows. The iCloud is your virtual hard drive that is always accessible with an internet connection. This class will show you how to set up an account and use the iCloud. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

**Anne Gordon Center for Active Adults**

Course Fee: \$6  
#246133 Dec 4 W 10:00am-12:00pm

**Five Points Center for Active Adults**

Course Fee: \$6  
#246131 Oct 29 Tu 10:00am-12:00pm  
#246132 Nov 19 Tu 10:00am-12:00pm  
#246134 Sep 17 Tu 2:00-4:00pm

**iCloud for Apple Laptops**

Age: 18yrs. and up. Prerequisite: Must know your Apple ID and Password and bring it to class. You must bring your own Apple laptop to class. One will not be provided for you. In this class you will learn how to set up your iCloud for your Apple Laptop. The iCloud service allows users to securely store photos, videos, documents, apps, music and so much more! It also lets you sync multiple devices, including your iPad, iPhone, iPod. The iCloud is your virtual hard drive that is always accessible with an internet connection. This class will show you how to set and use the iCloud.

**Five Points Center for Active Adults** – Course Fee: \$6  
#246162 Nov 21 Th 2:00-4:00pm

**Introducing SIRI - Your Personal Assistant for iPad/iPhone**

Age: 18yrs. and up. Prerequisite: 'iPad/iPhone Basics 1' or intermediate user. Bring your iPhone or iPad PLUS your Apple ID and password. Wished you had a personal assistant to remind you to do something at a certain time or when you arrive at a certain place? Now you can! Get to know Siri, your personal assistant on your Apple device. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

**Anne Gordon Center for Active Adults**

Course Fee: \$6  
#246164 Dec 11 W 10:00am-12:00pm  
#246165 Sep 18 W 10:00am-12:00pm  
#246167 Nov 18 M 10:00am-12:00pm

**iPad Basics 1**

Age: 18yrs. and up. Introduction to the basics of owning an iPad. Must bring: Your own iPad PLUS your Apple ID & Password. This class will provide a brief overview of the many popular applications that are out there. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

**Anne Gordon Center for Active Adults**

Course Fee: \$12  
#246182 Sep 18-25 W 2:00-3:30pm

**Five Points Center for Active Adults**

Course Fee: \$12  
#246180 Oct 8-15 Tu 2:00-3:30pm

**iPad Basics 2**

Age: 18yrs. and up. Prerequisite: 'iPad/iPhone Basics 1' or if you are an Intermediate user. Bring your iPad or iTouch PLUS your Apple ID and Password. This course will cover how to sync your iPad or iTouch device with an Apple or Windows computer. Learn about Facetime, how to transfer contacts, manage calendars, and to search and download apps from Apple App Store. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

**Anne Gordon Center for Active Adults**

Course Fee: \$12  
#246189 Dec 4-11 W 2:00-3:30pm

**iPad Basics 3**

Age: 18yrs. and up. Prerequisite: 'iPad/iPhone Basics 1' or Intermediate user. Bring your iPad PLUS your Apple ID and password. Learn how to search and download the great variety of content from the App Store, the iTunes Store, and the iBook store. Plus learn how to check out eBooks from the Wake County Public Library! Contact Tommy Hodges for more information regarding this course at 919-996-2458.

**Five Points Center for Active Adults** – Course Fee: \$6  
#246210 Oct 31 Th 2:00-4:00pm  
#246211 Nov 21 Th 10:00am-12:00pm

**iPhone 2: Basic Setup and Use**

Age: 18yrs. and up. Prerequisite: Must bring: Bring your own iPhone as well as your Apple ID and Password. You will learn basic set up, making simple phone calls, and advanced features such as iHealth, Notification, Cellular Data usage and the DO NOT DISTURB feature. Check out the popular apps such as Safari, Mail, Calendar, Maps, Weather and Contacts that truly makes the iPhone a 'Smartphone'. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

**Anne Gordon Center for Active Adults**

Course Fee: \$12  
#246238 Oct 30-Nov 6 W 10:00-11:30am

**Five Points Center for Active Adults**

Course Fee: \$12  
#246239 Dec 5-12 Th 2:00-3:30pm

**iPhone Basics 1**

Age: 18yrs. and up. Introduction to the basics of owning an iPhone. Must bring: Your own iPhone/iPad PLUS your Apple ID & Password. This class will provide a brief overview of the many popular applications that are out there. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

**Anne Gordon Center for Active Adults**

Course Fee: \$12  
#246237 Nov 13-20 W 2:00-3:30pm

**Five Points Center for Active Adults**

Course Fee: \$12  
#246234 Sep 19-26 Th 10:00-11:30am  
#246236 Oct 10-17 Th 10:00am-12:00pm

**Keep Driving Longer**

Age: All Ages. Older drivers represent the fastest-growing driving population. Studies have shown seniors suffer a significant reduction in their quality of life when they are no longer able to drive. It is important we find ways to keep ourselves and others safe on the road. Learn ways to keep yourself healthy enough to keep on driving. Sponsored by Another Daughter and Resources for Seniors.

**Anne Gordon Center for Active Adults**

#244993 Nov 7 Th 2:15-3:15pm

**Five Points Center for Active Adults**

#244994 Nov 5 Tu 2:15-3:15pm

**Legal: Important Documents Everyone Should Have**

Age: 18yrs. and up. 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 for Active Adults**

#244965 Oct 14 M 2:15-3:15pm

**Five Points Center for Active Adults**

#244966 Oct 16 W 1:00-2:00pm

**Microsoft Word Basics 1**

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

**Five Points Center for Active Adults** – Course Fee: \$6

#246284 Sep 19 Th 2:00-4:00pm  
#246285 Nov 12 Tu 2:00-4:00pm

**New To Computers 1**

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

**Sanderford Road Park**

#246411 Dec 16 M 3:00-5:00pm

**Tarboro Road Community Center**

#246409 Sep 23 M 3:00-5:00pm

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### **Noggin Joggin'**

Age: 18yrs. and up. People who regularly partake in the stimulating activities showed healthier densities of 'white matter'-the parts of the brain that transmit information-than those who didn't. In other words: If you don't use it, you lose it. Brain training that targets memory, attention and focus can lead to better recollection, faster reaction time and an overall sharper mind. Our Noggin Joggin' brain games work to stave off dementia, strengthen critical thinking skills, and promote brain health. Join us monthly in a variety of brain stimulating activities to keep our brains active. Presented by Homewatch Care Givers. This is held the first and third Monday of each month.

#### **Anne Gordon Center for Active Adults**

#244451 Sep 16-Dec 16 M 1:30-2:30pm

### **Nutrition: All About Carbohydrates**

Age: 18yrs. and up. There are many conflicting messages about how many carbohydrates we should be eating on a daily basis. This class will provide detailed information regarding carbs and how they affect the body. Instructor: Lauren Nathan

**Five Points Center for Active Adults** – Course Fee: \$5  
#242319 Nov 7 Th 1:00-3:00pm

### **Nutrition: All About Fats**

Age: 18yrs. and up. This class will take a close look at fats and oils and answer questions about fat in foods and in the body. Instructor: Lauren Nathan

**Five Points Center for Active Adults** – Course Fee: \$5  
#242318 Oct 22 Tu 1:00-3:00pm

### **Nutrition: All About Proteins**

Age: 18yrs. and up. Take a close look at protein and explore how proteins are made in our bodies, how and why we break down body proteins, plant and animal sources of protein, non-meat food combinations that are complete protein sources. Instructor: Lauren Nathan

**Five Points Center for Active Adults** – Course Fee: \$5  
#242317 Oct 10 Th 1:00-3:00pm

### **One-On-One Caregiver Support or Grief Counseling**

Age: 18yrs. and up. Are you the primary caregiver for a loved-one, family member or friend and are you looking for support and ways to enhance your caregiving? Kristin Lassiter will provide you with one-on-one counseling to help you in this journey. Have you recently experienced the loss of a loved-one, family member, friend or employment? Maybe you are challenged by a recent medical diagnosis or the move to a new location. Kristin can help you in this journey. Make an appointment to meet with Kristin and learn ways to manage the challenges of caregiving or adjusting to a loss. This free service is sponsored by Heartland Hospice and Resources for Seniors, Inc.

#### **Five Points Center for Active Adults**

#245003 Sep 16-Dec 16 M 2:00-3:45pm

### **Pinterest Basics 1**

Age: 18yrs. and up. So, what is Pinterest Basics 1? It is a comprehensive overview of how to manage social media for crafts, DIY projects and hobbies alike. Learn how to utilize Pinterest to find interesting DO IT YOURSELF projects, cooking recipes and new crafting ideas. This class will teach you how to create an account plus explore recipes, projects, and hobbies from likeminded enthusiasts based on your interests. Prerequisites: You must have a GMAIL or email account. Computer Basics 1 and Computer Basics 2 Recommended. Or a basic understanding of surfing the web.

#### **Five Points Center for Active Adults**

Course Fee: \$6

#246257 Sep 24 Tu 10:00am-12:00pm  
#246260 Nov 19 Tu 2:00-4:00pm

### **Questions Across the Spectrum Discussion Group**

Age: 18yrs. and up. Participants will view videos from TED.com, upworthy.com and similar websites on a variety of topics, including nature, leisure, aging, compassion, intervention and science. A back-and-forth exchange of views will deepen understanding of questions and issues raised by living in a complex world. Preregistration is required. Class meets on the first and third Monday of each month.

#### **Five Points Center for Active Adults**

#245136 Sep 16-Dec 16 M, Th 3:30-5:00pm

### **Resources for Seniors: Who Are We and How We Can Help**

Age: 18yrs. and up. Resources for Seniors will provide an overview of their 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.

#### **Anne Gordon Center for Active Adults**

#245005 Dec 12 Th 11:00am-11:45am

#### **Five Points Center for Active Adults**

#245006 Dec 12 Th 2:00-2:45pm

### **Restorative Writing**

Age: 18yrs. and up. Restorative writing is a unique tool that has the potential for powerful and dramatic outcomes, even for those who do not normally consider themselves writers. This program was developed with the help of local author Carol Henderson. Join us for an opportunity to explore our deepest feelings in a safe environment. Through writing, we will gently probe, reflect, remember and reconsider. We will honor our loved ones, reimagine our lives now and discover inner resources we had no idea were within us. Preregistration is required. Presented by Heartland Hospice and Resources for Seniors.

#### **Five Points Center for Active Adults**

#245004 Oct 8-22 Tu 2:00-3:30pm

### **SHIIP Counseling**

Age: 18yrs. and up. These 1:1 appointments will help you to understand your Medicare options with the Senior Health Insurance

Information Program (SHIIP). If you are turning 65 or retiring and will have Medicare, now is the time to meet with a counselor and review your future Medicare options. Please call the Anne Gordon Center 919-996-4720, Five Points Center 919-996-4730 or Walnut Terrace Center 919-996-6160 to make an appointment.

#### **Anne Gordon Center for Active Adults**

#244468 Sep 9-Dec 30 M, F 9:30am-4:00pm

#### **Five Points Center for Active Adults**

#244469 Sep 4-Jan 1 W-Th 1:30-4:30pm

#### **Walnut Terrace Neighborhood Center**

#246103 Sep 5-Dec 5 Th 10:00am-12:00pm

### **The UPSide of DOWnsizing**

Age: All Ages. Learning more about iDownsizing and Rightsizingi has become an essential part of aging, but you don't have to do it alone. Selecting the right time, the right place and the right amount of personal belongings to take when you move can prove to be time consuming and stressful. Deciding to iDownsizei now rather than later can provide financial benefits, allow more time to make important decisions, reduce overall stress and limit additional burden to family members. Determine your space versus your belongings ratio and ensure that you don't leave any of your treasured possessions behind. We will explain how letting go of ispace takersi can help you get the ball rolling and we will share how we can purge or liquidate the household goods that you will no longer need.

#### **Anne Gordon Center for Active Adults**

#245101 Sep 26 Th 11:00am-12:00pm

#### **Five Points Center for Active Adults**

#245102 Oct 23 W 2:00-3:00pm

### **Thoughts Of Wisdom**

Age: 55yrs. and up. A series of writing classes for seniors. Participants will enjoy a 2 hour class designed to stimulate memories and write stories and moments down. Also enjoy the social aspects of writing and sharing with friends and family.

#### **Worthdale Community Center** – Course Fee: \$15

#246453 Sep 4-25 W 10:00am-12:00pm

### **Time Machine: How to back up your Apple Computer**

Age: 18yrs. and up. Prerequisite: Must know your Apple ID and Password and bring it to class. You must bring your own Apple laptop to class. One will not be provided for you. Apple's Time Machine is a backup software application that allows you to back up EVERYTHING on your Apple laptop. If you have an Apple computer then you already have Time Machine. But are you using it? Distributed as part of macOS, desktop operating system developed by Apple. The software is designed to work with AirPort Time Capsule, the Wi-Fi router with built-in hard disk, as well as other internal and external disk drives. In this class I will show you how to use Time Machine to back up your computer to an external hard drive.

#### **Five Points Center for Active Adults** – Course Fee: \$6

#246261 Nov 14 Th 2:00-4:00pm



### Tips on Purchasing a Computer

Age: 18yrs. and up. You're finally ready to purchase a computer, but you can't decide what type of computer you should get. First you need to decide specifically what you are going to do with your computer. Not only you can decide this. But before you go to the store we will help you understand the differences between a laptop, desktop, and tablet so that you will have an idea of what you should be looking for. Then you can decide which will work best for your needs.

#### Anne Gordon Center for Active Adults

Course Fee: \$6

#246267 Nov 20 W 10:00am-12:00pm

#### Five Points Center for Active Adults

Course Fee: \$6

#246268 Dec 5 Th 10:00am-12:00pm

#246270 Sep 26 Th 2:00-4:00pm

### Windows 10 Basics 1

Age: 18yrs. and up. In this course we concentrate solely on the Windows 10 Operating System. Join us as we dive into the Windows 10 System Settings and more! 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\*

#### Anne Gordon Center for Active Adults

Course Fee: \$12

#246387 Oct 28-Nov 4 M 10:00-11:30am

#### Five Points Center for Active Adults

Course Fee: \$12

#246388 Dec 3-10 Tu 2:00-3:30pm

### Writing as a Meditative Practice

Age: All Ages. This workshop uses poetry and simple exercises as prompts to lead participants into writing on their life's journey, with optional sharing within the group. No writing experience needed. This is a safe, confidential group, with a core of members, where reading aloud reinforces the power of creating new art through our memories and stories. Led by William Finger, MSW, who

enjoys writing as a way to reflect on our life stories and nurture our daily lives. The class utilizes ideas developed by the writer Dan Wakefield (The Story of Your Life: Writing a Spiritual Autobiography), Nan Phifer (Memoirs of the Soul), and others. Finger's memoir, The Crane Dance: Taking Flight in Midlife (2016), recounts how he came to terms with chronic low-grade depression and found new vitality for life, using meditation, yoga, expressive arts and other efforts, including medication and therapy.

#### Five Points Center for Active Adults

#244516 Sep 11-Dec 11 W 2:00-4:00pm

## Family

### Dos and Don'ts of Event Planning

Age: 13yrs. and up. Looking to throw an event that guests will remember? From arriving on time to choosing the perfect venue, every detail counts. This workshop will help you plan the most memorable event by knowing the do's and don'ts of event planning.

#### Green Road Community Center – Course Fee: \$5

#245937 Sep 20 F 6:30-7:30pm

### Genealogy Basics

Age: 12yrs. and up. Trying to trace your family heritage? Join other interesting people who are on the same quest. Learn the basics of tracing your family roots. Preregistration is required at least one day in advance of each class.

#### John P 'Top' Greene Center

#246565 Aug 14 W 6:30-7:30pm

#246566 Sep 11 W 6:30-7:30pm

#246567 Oct 9 W 6:30-7:30pm

### Homeschool Explorers

Age: 1yrs. and up. This cooperative homeschool support group provides social and educational activities for a minimum cost per family. For additional information, please visit the web site at [www.homeschoolexplorers.org](http://www.homeschoolexplorers.org) or call the Method Community Center.

#### Method Road Community Center – Course Fee: \$1

#245196 Sep 10-Dec 17 Tu 11:30am-1:30pm

### Magic Makers-Event Planning Workshop

Age: 13yrs. and up. Do you love attending social gatherings? Are you often mesmerized by the decor of an event? Well behind every event is a planner that makes that MAGIC happen. This workshop spark your inner magic and help guide you on your way to developing and designing incredible looking events.

#### Green Road Community Center – Course Fee: \$5

#245936 Oct 18 F 6:30-7:30pm

### TKD-All Belt Open Class

Age: 7-65 yrs. A blend of traditional and modern training gives student a strong understanding and foundation. This program increases flexibility, creates speed and explosion, improves reaction time, improves balance and coordination, agility and core strength. It also aids discipline, self service, respect, integrity, self-control, self-worth, courtesy, loyalty, and honor.

#### Biltmore Hills Community Center – Course Fee: \$75

#245997 Oct 2-30 W, M 7:00-7:45pm

#245998 Nov 4-20 M, W 7:00-7:45pm

#245999 Dec 2-23 M, W 7:00-7:45pm

### Top Greene PC Lab

Age: 15yrs. and up. This Internet-enabled computer lab is available for public use. Registration and photo ID are required for participation.

#### John P 'Top' Greene Center

#246562 Aug 1-Nov 27 Th-Sa, M-Th 2:00-6:00pm

# Fitness



## Preschool

### Gymnastics - Tumbling Tinies

Age: 9 - 24 mths. Parent and child participate in a fun-filled class that enhance balance, fitness and social skills. Tots will enjoy music, silly dances, tunnels, slides, obstacle courses, parachute play and more! This class provides a time of fun and togetherness for you and your little one, while building your child's motor skills. Instructor: Bethany Schlegel, BS in education and former USGA gymnast.

**Greystone Community Center** – Course Fee: \$30

|                  |          |    |              |
|------------------|----------|----|--------------|
| #245733          | Dec 3-17 | Tu | 9:30-10:15am |
| Course Fee: \$40 |          |    |              |
| #245730          | Sep 3-24 | Tu | 9:30-10:15am |
| #245731          | Oct 1-22 | Tu | 9:30-10:15am |
| #245732          | Nov 5-26 | Tu | 9:30-10:15am |

### Gymnastics - Tumbling Tots

Age: 2-3 yrs. Parent and child participate in a fun-filled class that enhance motor skills, strength, balance, fitness and social skills. Children enjoy beginning gymnastic skills, obstacle courses, music, silly dances, parachute play and more! Have fun bonding with your child, while he or she releases energy in a fun and safe setting. Instructor: Bethany Schlegel, former USGA gymnast, BS in elementary education.

**Greystone Community Center** – Course Fee: \$30

|                  |          |    |               |
|------------------|----------|----|---------------|
| #245747          | Dec 3-17 | Tu | 10:30-11:15am |
| Course Fee: \$40 |          |    |               |
| #245744          | Sep 3-24 | Tu | 10:30-11:15am |
| #245745          | Oct 1-22 | Tu | 10:30-11:15am |
| #245746          | Nov 5-26 | Tu | 10:30-11:15am |

### Gymnastics- Preschool Tumbling

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

**Barwell Road Community Center** – Course Fee: \$40

|         |           |    |             |
|---------|-----------|----|-------------|
| #244746 | Sep 3-24  | Tu | 4:30-5:15pm |
| #244747 | Oct 1-22  | Tu | 4:30-5:15pm |
| #244748 | Nov 5-26  | Tu | 4:30-5:15pm |
| #244749 | Dec 10-17 | Tu | 4:30-5:15pm |

### Kinder Tae Kwon Do

Age: 4-6 yrs. This martial arts class for youth provides introductory instruction in tae kwon do. Parents are encouraged to sit in and observe.

**Lions Park Community Center** – Course Fee: \$25

|         |           |    |             |
|---------|-----------|----|-------------|
| #245698 | Sep 5-26  | Th | 6:30-7:30pm |
| #245699 | Oct 10-31 | Th | 6:30-7:30pm |
| #245700 | Nov 7-21  | Th | 6:30-7:30pm |
| #245701 | Dec 5-19  | Th | 6:30-7:30pm |

### Little Tumblers

Age: 30 mths - 4 yrs. This is an introductory level tumbling class that will improve your child's basic motor skills, coordination, strength, flexibility & balance. We will learn beginning tumbling skills using a variety of fun stations and activities.

**Abbotts Creek Community Center** – Course Fee: \$30

|                  |          |   |               |
|------------------|----------|---|---------------|
| #245856          | Dec 4-18 | W | 10:30-11:15am |
| Course Fee: \$40 |          |   |               |
| #245853          | Sep 4-25 | W | 10:30-11:15am |
| #245854          | Oct 2-23 | W | 10:30-11:15am |
| #245855          | Nov 6-27 | W | 10:30-11:15am |

### Parent and Toddler Yoga

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

**Hill Street Center** – Course Fee: \$40

|         |              |    |                 |
|---------|--------------|----|-----------------|
| #244668 | Sep 14-Oct 5 | Sa | 11:15am-12:00pm |
| #244669 | Oct 12-Nov 2 | Sa | 11:15am-12:00pm |
| #244670 | Nov 9-Dec 7  | Sa | 11:15am-12:00pm |

### Preschool Sports at Worthdale

Age: 4yrs. and up. Preschool sports sessions are for children ages 4-5. The goal of each session is to creatively introduce young children to sports in a noncompetitive environment. Each session incorporates the following: Fun fitness activities, coordination, balance, agility development and individual skill development. (Soccer, T-ball, Basketball and flag football)

**Worthdale Community Center** – Course Fee: \$25

|         |          |   |               |
|---------|----------|---|---------------|
| #246474 | Sep 9-30 | M | 10:30-11:30am |
| #246481 | Oct 7-28 | M | 10:30-11:30am |
| #246482 | Nov 4-25 | M | 10:30-11:30am |
| #246483 | Dec 2-23 | M | 10:30-11:30am |

### Tennis- Mini Mite

Age: 4-5 yrs. This is a great opportunity to introduce your child to tennis. Preschoolers will learn hand-eye coordination and balancing skills. Enjoy social time and meet new friends.

**Worthdale Community Center** – Course Fee: \$5

|         |          |    |               |
|---------|----------|----|---------------|
| #245784 | Sep 3-24 | Tu | 10:00-11:00am |
| #245785 | Oct 1-29 | Tu | 10:00-11:00am |
| #245786 | Nov 5-26 | Tu | 10:00-11:00am |
| #245787 | Dec 3-31 | Tu | 10:00-11:00am |

### Tiny Tumblers

Age: 18 - 30 mths. Both the parent & child participate in a 45 minute class. Parents and children will work together on body awareness, strength, balance, flexibility and fitness while learning basic gymnastics skills. This class is the perfect place to let your little one be active and burn some energy through a variety of activities.

**Abbotts Creek Community Center** – Course Fee: \$30

|                  |          |   |              |
|------------------|----------|---|--------------|
| #245860          | Dec 4-18 | W | 9:30-10:15am |
| Course Fee: \$40 |          |   |              |
| #245857          | Sep 4-25 | W | 9:30-10:15am |
| #245858          | Oct 2-23 | W | 9:30-10:15am |
| #245859          | Nov 6-27 | W | 9:30-10:15am |

### Tumble 'n' Twist

Age: 2-3 yrs. Have a child who loves to tumble and have fun? Join us for our beginners tumbling class where your child will learn the basics of tumbling and fitness/conditioning. Your child will work on gross motor skills while learning the forward roll, backwards roll, straddle roll, intro to cartwheels and much more. Progressing to the class for ages 4-5, your child will be adding handstands and other moves. Come join in the fun.

**Hill Street Center** – Course Fee: \$40

#### Ages: 2-3 years

|         |               |   |             |
|---------|---------------|---|-------------|
| #244635 | Sep 11-Oct 2  | W | 5:00-5:45pm |
| #244636 | Oct 9-30      | W | 5:00-5:45pm |
| #244637 | Nov 13-Dec 11 | W | 5:00-5:45pm |

#### Ages: 4-5 years

|         |               |   |             |
|---------|---------------|---|-------------|
| #244639 | Sep 11-Oct 2  | W | 5:45-6:45pm |
| #244640 | Oct 9-30      | W | 5:45-6:45pm |
| #244641 | Nov 13-Dec 11 | W | 5:45-6:45pm |

## Youth

### Kid's Zumba At Laurel Hills

Age: 4-10 yrs. Zumba® Kids classes are designed to combine movement, music, community and a healthy lifestyle for children. These fitness classes are high-energy dance parties packed with specially choreographed, kid-friendly routines and all the music kids love! Ages are 4 and up. The cost is \$5 per class.

**Laurel Hills Community Center** – Course Fee: \$5

|         |              |    |               |
|---------|--------------|----|---------------|
| #245295 | Sep 7-Oct 26 | Sa | 10:30-11:30am |
|---------|--------------|----|---------------|

### Gymnastics- Youth Tumbling

Age: 9-14 yrs. Participants will learn basic gymnastic floor moves such as forward rolls, backward rolls, handstands, cartwheels and more. Participants will practice coordination, flexibility and strength exercises. This class is tumbling fun!

**Barwell Road Community Center** – Course Fee: \$30

|         |          |    |             |
|---------|----------|----|-------------|
| #244771 | Dec 3-17 | Tu | 6:00-6:45pm |
|---------|----------|----|-------------|

Course Fee: \$40

|         |          |    |             |
|---------|----------|----|-------------|
| #244764 | Sep 3-24 | Tu | 5:15-6:00pm |
| #244765 | Oct 1-22 | Tu | 5:15-6:00pm |
| #244766 | Nov 5-26 | Tu | 5:15-6:00pm |
| #244767 | Dec 3-17 | Tu | 5:15-6:00pm |
| #244768 | Sep 3-24 | Tu | 6:00-6:45pm |
| #244769 | Oct 1-22 | Tu | 6:00-6:45pm |
| #244770 | Nov 5-26 | Tu | 6:00-6:45pm |

### Homeschool Open Gym - Millbrook

Age: 5-17 yrs. Calling all homeschoolers in the Millbrook area. Join us for open gym each Tuesday. Staff will provide equipment, and you provide the fun. This is a great way to get some midday wiggles out before school starts back in the afternoon and to meet other homeschool students in your neighborhood.

**Millbrook Exchange Community Center**

|         |              |    |              |
|---------|--------------|----|--------------|
| #245574 | Sep 5-Dec 26 | Th | 12:30-2:00pm |
|---------|--------------|----|--------------|

### Jazzy Cheer-Hip Hop Fusion

Age: 6-13 yrs. This fun, high-energy class offers a mixture of cheerleading and hip-hop. So get those Poms Poms ready and learn to do some footwork with jazz hands! Please



wear comfortable attire. Ages 6-13 years old. Instructed by Ms. Gabbie.

**Millbrook Exchange Community Center**

Course Fee: \$130

#### Full session

|             |              |    |             |
|-------------|--------------|----|-------------|
| #245167     | Sep 7-Dec 21 | Sa | 2:15-3:00pm |
| Course Fee: | \$40         |    |             |
| #245163     | Sep 7-28     | Sa | 2:15-3:00pm |
| #245164     | Oct 5-26     | Sa | 2:15-3:00pm |
| #245165     | Nov 2-23     | Sa | 2:15-3:00pm |
| #245166     | Dec 7-21     | Sa | 2:15-3:00pm |

### JKC Self Defense for Kids

Age: 8-11 yrs. Learn self-defense in this fun and unique way. Different from karate, Jo Kwon Chi (JKC) offers a soft but effective approach to the martial arts that is 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 but advanced martial artists can benefit too! Instructor isamy Benevento.

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

|         |              |   |             |
|---------|--------------|---|-------------|
| #242137 | Sep 9-Dec 30 | M | 6:15-7:00pm |
|---------|--------------|---|-------------|

### Kamp Kason Karate

Age: 5-13 yrs. Learn the traditional forms of three combat styles: tae-kwon-do, goju and shotokan karate. The discipline is supervised by professional certified karate instructor Khashon Beyallah of the Action Martial Arts Hall of Fame, with over 40 years of teaching experience. The class emphasizes total body alignment exercises through kata and a series of punch, kick, block and stance techniques. Kata is the imaginary fighting tool of self-defense. Your child will build personal control and confidence in this fun-filled activity. Skills learned through this course will help prepare each participant for championship competition. A one-time \$40 uniform payment will be given directly to the instructor.

**Tarboro Road Community Center** – Course Fee: \$20

|         |          |   |             |
|---------|----------|---|-------------|
| #245645 | Sep 6-27 | F | 6:00-7:30pm |
| #245646 | Oct 4-25 | F | 6:00-7:30pm |
| #245647 | Nov 1-22 | F | 6:00-7:30pm |
| #245648 | Dec 6-13 | F | 6:00-7:30pm |

### Martial Arts - Youth Shotokan Karate-Do

Age: 6-14 yrs. Shotokan builds character through training in martial arts. Participants will master the different components of Shotokan-style karate. The class builds confidence, motor skills, discipline, self-defense, self-control and more. This class is taught in a group setting with some individual instruction. Instructor: Eric Blaize.

**Barwell Road Community Center** – Course Fee: \$20

|         |             |      |             |
|---------|-------------|------|-------------|
| #244756 | Sep 4-25    | W, M | 6:00-7:00pm |
| #244757 | Oct 2-Nov 4 | W, M | 6:00-7:00pm |
| #244758 | Nov 4-27    | M, W | 6:00-7:00pm |
| #244759 | Dec 2-18    | M, W | 6:00-7:00pm |
| #244760 | Sep 4-25    | W, M | 7:00-8:00pm |
| #244761 | Oct 2-Nov 4 | W, M | 7:00-8:00pm |
| #244762 | Nov 4-27    | M, W | 7:00-8:00pm |
| #244763 | Dec 4-23    | W, M | 7:00-8:00pm |

### Step Team at Hill Street

Age: 10-14 yrs. Learn the core values of stepping: teamwork, commitment and discipline-while working together seeing how every member of the team adds value to their performance. Students also gain self-confidence through performing their dancing skills and ability to create beats using their hands and feet. At the end of the session students will have the opportunity to show off what they have learned at a culminating performance.

**Hill Street Center** – Course Fee: \$20

|         |               |   |             |
|---------|---------------|---|-------------|
| #244664 | Sep 16-Oct 7  | M | 7:00-8:00pm |
| #244665 | Oct 14-Nov 4  | M | 7:00-8:00pm |
| #244666 | Nov 18-Dec 16 | M | 7:00-8:00pm |

### Tae Kwon Do Youth

Age: 6-76 yrs. Learn the art of self-defense and discipline. Students will continue to refine their skills, learn different techniques and develop physical fitness.

**Worthdale Community Center** – Course Fee: \$25

|         |          |        |             |
|---------|----------|--------|-------------|
| #245033 | Sep 3-26 | Tu, Th | 6:30-7:30pm |
| #245034 | Oct 1-31 | Tu, Th | 6:30-7:30pm |
| #245035 | Nov 5-28 | Tu, Th | 6:30-7:30pm |
| #245036 | Dec 3-31 | Tu, Th | 6:30-7:30pm |

### Youth Boxing at Worthdale

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

**Worthdale Community Center** – Course Fee: \$25

|         |          |      |             |
|---------|----------|------|-------------|
| #246458 | Sep 4-30 | W, M | 6:15-7:15pm |
| #246459 | Oct 2-28 | W, M | 6:15-7:15pm |
| #246460 | Nov 4-27 | M, W | 6:15-7:15pm |
| #246462 | Sep 4-30 | W, M | 7:30-8:00pm |
| #246463 | Oct 2-28 | W, M | 7:30-8:00pm |
| #246464 | Nov 4-27 | M, W | 7:30-8:30pm |

### 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 20 years of experience. Wah Lum Kung Fu is an

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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, coordination, concentration, confidence, and discipline. The classes are exciting, educational, and fun, and children will increase their speed, stamina, strength, and overall health. Children will benefit from the strengthening of both body and mind that result from training in Wah Lum Kung Fu. A uniform fee of \$85 will be due before the second month of classes.

**Laurel Hills Community Center** – Course Fee: \$225  
**Full Session**

|                  |              |        |             |
|------------------|--------------|--------|-------------|
| #245642          | Sep 3-Dec 19 | Tu, Th | 5:15-6:15pm |
| Course Fee: \$60 |              |        |             |
| #245638          | Sep 3-26     | Tu, Th | 5:15-6:15pm |
| #245639          | Oct 1-31     | Tu, Th | 5:15-6:15pm |
| #245640          | Nov 5-26     | Tu, Th | 5:15-6:15pm |
| #245641          | Dec 3-19     | Tu, Th | 5:15-6:15pm |

## Teen

### TruFit Teens: Fitness With a HIIT

Age: 12-19 yrs. Looking to explore high intensity interval training aka HIIT? Come to the Saint Monica Teen Center and check it out! This HIIT class will combine short periods of intense cardio mixed with longer periods of low intensity cardio or strength training. If you want to push yourself a little further while breaking a sweat at the same time, come check us out. See you there!

**St. Monica Teen Center**

|         |        |   |             |
|---------|--------|---|-------------|
| #246467 | Sep 4  | W | 5:30-6:30pm |
| #246468 | Sep 11 | W | 5:30-6:30pm |
| #246469 | Sep 18 | W | 5:30-6:30pm |
| #246470 | Sep 25 | W | 5:30-6:30pm |
| #246471 | Nov 6  | W | 5:30-6:30pm |
| #246472 | Nov 13 | W | 5:30-6:30pm |
| #246473 | Nov 27 | W | 5:30-6:30pm |

## Adult

### Adult Tap Dance

Age: 18yrs. and up. Learn basic tap dance patterns that will be incorporated into short dances to music. This will be a good physical and mental workout as you learn (or maybe re-learn) classic patterns. Tap dance does not require a partner or a group so you can practice any time. If you can walk you can dance! Instructor: Bev Norwood

**Five Points Center for Active Adults**

Course Fee: \$10

|         |          |   |              |
|---------|----------|---|--------------|
| #242495 | Sep 4-25 | W | 12:00-1:00pm |
| #242496 | Nov 6-27 | W | 12:00-1:00pm |
| #242497 | Oct 2-30 | W | 12:00-1:00pm |
| #242498 | Dec 4-18 | W | 12:00-1:00pm |

### Bands and Bells

Age: 18yrs. and up. This class offers strength and conditioning - based on exercise participants who want to tone, gain strength and muscle, as well as develop greater mobility and flexibility. Various equipment will be used in order to meet these goals including, but not limited to, dumbbells, kettle bells, and resistance bands. Medicine balls and body-weight movements will also be utilized.

**Green Road Community Center** – Course Fee: \$5  
#244881 Sep 5-Dec 12 Th 11:00am-12:00pm

### BE AWARE!- Women's Self Defense Seminar

Age: 18yrs. and up. The need for self-defense is a tough reality to face. By learning and using a few basic principles, you can prepare and protect yourself for the unexpected. This seminar addresses the most important issues when defending yourself in a violent encounter. Topics include: What is self-defense according to the law?; Developing awareness of your surroundings; Recognizing vulnerable targets and using your natural weapons; What happens after you're attacked? Ages 12-17 permitted with a registered parent/guardian.

**Millbrook Exchange Community Center**

Course Fee: \$20

|         |        |    |              |
|---------|--------|----|--------------|
| #245168 | Sep 14 | Sa | 9:30-11:30am |
| #245169 | Oct 12 | Sa | 9:30-11:30am |
| #245170 | Nov 9  | Sa | 9:30-11:30am |
| #245171 | Dec 14 | Sa | 9:30-11:30am |

### Beginner's Soul Line Dance Class

Age: 15yrs. and up. This class is for beginners to learn basic line dance terminology and steps. Our goal for this class is to teach newbies how to line dance and feel comfortable on the dance floor. In each class, we will learn and perform an average of five or six dances. Don't let the word 'beginners' fool you; this will be a hidden workout, you will move, sweat and have fun! Come out and enjoy a friendly, supportive atmosphere.

**Greystone Community Center** – Course Fee: \$5

#245678 Sep 9-Dec 30 M 6:00-7:30pm

### Belly Dance for Fun and Fitness

Age: 16yrs. 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 for this course as 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. Sadiyah instructs.

**Brier Creek Community Center** – Course Fee: \$80

|         |              |    |             |
|---------|--------------|----|-------------|
| #243498 | Sep 8-Oct 27 | Su | 3:00-4:00pm |
| #243499 | Nov 3-Dec 22 | Su | 3:00-4:00pm |

### Bootcamp At Worthdale

Age: 18yrs. and up. Participants will experience a full body strength and conditioning workout which increases your metabolism so you will continue to burn more calories after each class session. This workout mixes strength, cardiovascular and interval training using both body weight and free weights. A safe, supportive and motivational environment is provided for participants. All levels are welcomed.

**Worthdale Community Center** – Course Fee: \$10

|         |          |        |              |
|---------|----------|--------|--------------|
| #245083 | Sep 5-28 | Th, Sa | 7:15-8:15pm  |
| #245084 | Oct 3-31 | Th, Sa | 7:15-8:30pm  |
| #245085 | Nov 2-30 | Sa, Th | 9:00-10:00am |
| #245086 | Dec 5-28 | Th, Sa | 7:15-8:30pm  |

### Capoeira

Age: 18yrs. and up. Capoeira is a Brazilian martial art form that involves dance, music, gymnastics, self-defense and the Portuguese language. Participants appear to defy gravity as they jump, flip, spin and cartwheel through the air. Capoeira embodies a discipline, mind-set and rhythm that are clever and deceptive. Often appearing vulnerable, the good capoeirista knows the right time to strike back with lethal power and grace. Musically, capoeira is enchanting. Beautiful melodies, pulsating rhythms and the cries and shouts of the crowd blend into one intensely-charged atmosphere.

**Marsh Creek Park**

#245748 Sep 4-Dec 23 W, M 6:30-8:30pm

### Cardio Fitness Workout Class

Age: 18yrs. and up. Tae kwon do develops strength, speed, balance, flexibility and stamina. Along with a cardio workout, this class will focus on physical fitness. By incorporating calisthenics, tae kwon do basics and cardio/strength training, this program works on multiple body areas, including core, arms and legs. The class is designed to build physical fitness and a healthier body.

**Lions Park Community Center** – Course Fee: \$12

|         |          |   |             |
|---------|----------|---|-------------|
| #245688 | Sep 6-27 | F | 6:30-7:30pm |
| #245689 | Oct 4-25 | F | 6:30-7:30pm |
| #245690 | Nov 1-22 | F | 6:30-7:30pm |
| #245691 | Dec 6-27 | F | 6:30-7:30pm |

### Cardio Kick

Age: 18yrs. and up. Cardio Kick is a group fitness class that combines basic punching and kicking techniques with a safe cardiovascular workout. This high-energy class offers an excellent workout for both beginners and elite athletes. Experience increased cardiovascular endurance, flexibility, strength, agility and coordination while burning a ton of calories and having a blast! Drop in for a class Thursday evenings for only \$5! Instructor: Shontera Gillespie-Coleman.

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

#242135 Sep 5-Dec 19 Th 6:30-7:30pm

### Chavis Line Dancing

Age: 16-99 yrs. You are invited to learn the latest and all-time favorite line dances to urban contemporary, classic R&B/soul and country music. Lessons are for beginner through advanced dancers. Improvisational dance techniques will be taught as well. Line dancing is a great form of exercise that is popular at all social occasions and events. Cost per class is \$5.

**Chavis Community Center** – Course Fee: \$5

|         |        |    |             |
|---------|--------|----|-------------|
| #244557 | Sep 10 | Tu | 6:30-7:30pm |
| #244558 | Oct 8  | Tu | 6:30-7:30pm |
| #244559 | Nov 12 | Tu | 6:30-7:30pm |
| #244560 | Dec 10 | Tu | 6:30-7:30pm |

### Coffee and Yoga

Age: 18yrs. and up. Fall weather is here and what sounds better than free yoga and coffee? Stretch out and relax with a complimentary yoga class followed by the coffee cool down. Socialize with classmates and enjoy a cup of coffee from our favorite local shop. Please bring your own mat. Program is free, but preregistration is required 3 days prior to event.

#### Halifax Community Center

#244712 Oct 19 Sa 10:00-11:00am

### Couch to 5K

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

#### Buffalo Road Athletic Park

#244886 Aug 7-Sep 11 W 6:00-7:00pm

### Dance - Bollywood Dance Fitness

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

#### Brier Creek Community Center – Course Fee: \$30

#246258 Sep 3-Oct 8 Tu 7:45-8:45pm

#246259 Oct 15-Nov 19 Tu 7:45-8:30pm

### Dance - Contemporary Beginner Line Dance

Age: 18yrs. and up. Learn beginner line dances to all kinds of music, which includes pop, country, and oldies. No experience necessary. Have fun learning the latest dances performed at wedding receptions, cruises and parties. Meets every Wednesday. Instructors: Jackie Wheeler, Drop-in fee: \$2. Pass: \$10, valid May-Aug '19.

#### Brier Creek Community Center

Course Fee: \$10

#246294 Sep 4-Dec 25 W 6:30pm-7:45pm

Course Fee: \$2 drop-in

#246295 Sep 4-Dec 25 W 6:30pm-7:45pm

### Dance & Get Fit

Age: 16yrs. and up. Join us for 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.

#### Optimist Community Center – Course Fee: \$5

#245979 Sep 3-Dec 17 Tu 6:30-7:30pm

### Dance Xross Fitness at the Creek

Age: 18yrs. and up. This is an intermediate to advanced level fitness class for our active adults. This fun, high-energy class is geared toward active older adults and combines dance fitness, with kickboxing moves, strength training, and soul line dancing.

Instructor: Linda Thomas

#### Brier Creek Community Center – Course Fee: \$5

#246287 Sep 4-Dec 27 W, F 9:30-10:30am

### Exercise - A.M. Zumba at the Creek

Age: 18yrs. and up. All ladies are welcome to this ladies combo class that burns calories and sculpts lean muscle for a total body workout! The class starts with a five-minute cardio warm-up, followed by a 45-minute calorie burning session and finishing with 5-10 minutes of focus and cool down. Please bring water bottle and have fun! Instructor: Jon, Mr Zumba, \$5 drop in or 30 Day Fit Pass: \$15.

#### Brier Creek Community Center – Course Fee: \$5

#246286 Sep 3-Dec 19 Tu, Th 8:45-9:45am

### Exercise - Fitness Centers

Age: 18yrs. and up. Check out the fitness rooms around the city! Take advantage of a variety of cardiovascular and strength-training equipment and get into shape. Fitness rooms will be open during normal center operating hours. Participants must be 18 or older. Please see staff for additional information.

#### Abbotts Creek Community Center – Course Fee: \$15

Barwell Community Center – Course Fee: \$15

Brier Creek Community Center – Course Fee: \$15

Chavis Park Community Center – Course Fee: \$10

Green Road Community Center – Course Fee: \$10

Jaycee Community Center – Course Fee: \$15

Laurel Hills Community Center – Course Fee: \$15

Marsh Creek Community Center – Course Fee: \$10

Method Community Center – Course Fee: \$12

Millbrook Exchange Community Center – Course Fee: \$12

Pullen Community Center – Course Fee: \$10

Roberts Park Community Center – Course Fee: \$10

Worthdale Community Center – Course Fee: \$10

### Exercise - Sertoma Chair Yoga for Seniors

Age: 50yrs. and up. This chair yoga class is designed for all levels including seniors and others with varying degrees of mobility. Yoga can help relax tense muscles, stabilize joints and strengthen the body. Yoga can also improve digestion, circulation and reduce high blood pressure as well as anxiety. You will learn gentle stretching, breathing techniques and ways to calm the mind. Before undertaking any exercise program,

one should consult a physician. Bring a yoga mat and wear comfortable clothing. Instructor: Susan Kilmon.

#### Sertoma Arts Center – Course Fee: \$52

#243611 Sep 10-Oct 22 Tu 1:30-2:30pm

#243612 Oct 29-Dec 17 Tu 1:30-2:30pm

### Exercise - Sertoma Kripalu Yoga Beginning

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

#### Sertoma Arts Center – Course Fee: \$52

#243599 Sep 9-Oct 14 M 6:15-7:15pm

#243600 Sep 9-Oct 14 M 7:30-8:30pm

#243601 Oct 28-Dec 16 M 7:30-8:30pm

#243602 Oct 28-Dec 16 M 6:15-7:15pm

#243603 Sep 10-Oct 22 Tu 12:00-1:00pm

#243604 Oct 29-Dec 17 Tu 12:00-1:00pm

### Exercise - Sertoma Kripalu Yoga Continuing

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

#### Sertoma Arts Center – Course Fee: \$52

#243605 Sep 11-Oct 16 W 7:30-8:30pm

#243606 Oct 30-Dec 11 W 7:30-8:30pm

#243607 Sep 12-Oct 17 Th 12:00-1:00pm

#243608 Oct 31-Dec 12 Th 12:00-1:00pm

### Exercise - Sertoma Kripalu Yoga Continuing with Meditation

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

#### Sertoma Arts Center – Course Fee: \$52

#243609 Sep 11-Oct 16 W 6:15-7:15pm

#243610 Oct 30-Dec 11 W 6:15-7:15pm

### Exercise - The Nia Technique

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

#### Sertoma Arts Center – Course Fee: \$48

#243595 Oct 26-Dec 14 Sa 10:15-11:15am

#243596 Sep 7-Oct 19 Sa 10:15-11:15am

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**Exercise - Zumba® Gold at Sertoma Arts**

Age: 16yrs. and up. Zumba® Gold is dance fitness for the young at heart. You'll learn basic steps to Salsa Merengue, Cha Cha, Swing and more while moving to the beat of Latin and International music. We come together to exercise in a supportive environment as a Zumba® family. You'll have fun and feel great! Come join us! Instructor: Diana Call.

**Sertoma Arts Center** – Course Fee: \$48  
 #244307 Sep 13-Oct 18 F 11:00am-12:00pm  
 #244308 Nov 8-Dec 20 F 11:00am-12:00pm

**Fitness - Zumba®**

Age: 12yrs. 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 for \$5 per class.

**Greystone Community Center** – Course Fee: \$5  
 Licensed Instructor Remy San Luis.  
 #245749 Sep 7-Dec 28 Sa 10:00am-11:00am  
 #245750 Sep 5-Dec 19 Th 6:00-7:00pm  
 #245751 Sep 3-Dec 17 Tu 6:30pm-7:30pm  
**Optimist Community Center** – Course Fee: \$5  
 Licensed Instructor Justina Harvin  
 #246440 Sep 5-Dec 12 Th 6:30-7:30pm

**Fitness Pass**

Age: 18yrs. and up. Interested in utilizing the fitness room but want to try it out first? Register for a daily pass.

**Abbotts Creek Community Center** – Course Fee: \$2  
 #242145 Sep 1-30 Daily 1:00-6:00pm  
 #242146 Oct 1-31 Daily 7:00am-9:00pm  
 #242147 Nov 1-30 Daily 7:00am-9:00pm  
 #242148 Dec 1-30 Daily 1:00pm-6:00pm  
**Green Road Community Center** – Course Fee: \$2  
 #244832 Oct 1-31 Daily 10:00am-9:00pm  
 #244833 Sep 1-30 Daily 1:00pm-6:00pm  
 #244834 Nov 1-30 Daily 10:00am-9:00pm  
 #244835 Dec 1-31 Daily 1:00-6:00pm  
**Pullen Community Center** – Course Fee: \$2  
 #246185 Sep 3-30 Tu-Sa, M 10:00am-9:00pm  
 #246186 Oct 1-31 Tu-Sa, M 10:00am-9:00pm  
 #246187 Nov 1-30 F-Sa, M-F 10:00am-9:00pm  
 #246188 Dec 2-31 M-Sa 10:00am-9:00pm

**Full Body Boot Camp**

Age: 18yrs. and up. This boot camp will burn excess fat, bring out the best in you, and prove that you can do things you never thought possible. This boot camp is a total body workout that is a high intensity, fast paced training session.

**Green Road Community Center** – Course Fee: \$5  
 #244887 Sep 8-Dec 29 Su 2:00-3:00pm

**Gentle Yoga at Abbotts Creek**

Age: 15yrs. and up. Taught by Nadine Morrison, this calming, stress-relieving yoga class will stretch and strengthen the body gradually. Emphasis will be placed on building awareness of the breath and the body. This class focuses on gentle flowing

movements, passive and supported poses, and deep, relaxing stretches to build flexibility and strength. All levels are welcome. Please bring your own mat.

**Abbotts Creek Community Center** – Course Fee: \$30  
 #242151 Nov 7-21 Th 6:15-7:00pm  
 #242152 Dec 5-19 Th 6:15-7:00pm  
 Course Fee: \$40  
 #242149 Sep 5-26 Th 6:15-7:00pm  
 #242150 Oct 3-24 Th 6:15-7:00pm

**Green Road Walking Club**

Age: 18yrs. and up. Meet new friends, improve your health, and stay active with this free course! Come out to Green Road Community Center during those cold winter months! Walk at your own pace!

**Green Road Community Center**  
 #244836 Sep 2-Dec 27 M-F 10:00-11:00am

**JKC Self Defense**

Age: 12yrs. and up. Learn self-defense in this 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 but advanced martial artists can benefit too! Instructor isamy Benevento.

**Abbotts Creek Community Center** – Course Fee: \$5  
 #242136 Sep 7-Dec 30 Sa, M 11:00am-12:00pm

**Kung Fu**

Age: 14yrs. and up. This traditional Chinese Kung Fu class is taught by Sifu Matthew Martin, a certified Wah Lum instructor with 20 years of experience. Wah Lum Kung Fu is a style of martial arts that is practiced internationally. Students will learn basic exercises to improve their overall physical condition, with a focus on health, fitness, strength, flexibility, coordination and self-control. Students will learn empty hand forms, self-defense, weapons forms and free sparring. Students will benefit from the strengthening of body and mind that result. A uniform fee of \$85 will be due before the second month of classes.

**Laurel Hills Community Center** – Course Fee: \$300  
**Sept-Dec Session**  
 #245865 Sep 3-Dec 19 Tu-Th 6:30-7:30pm  
 Course Fee: \$80  
 #245861 Sep 3-26 Tu-Th 6:30-7:30pm  
 #245862 Oct 1-31 Tu-Th 6:30-7:30pm  
 #245863 Nov 5-27 Tu-Th 6:30-7:30pm  
 #245864 Dec 3-19 Tu-Th 6:30-7:30pm

**Lunch Time Free-play Basketball**

Age: 18yrs. and up. Beat the Mid-day work stress and play noon day basketball. Release the pressures of the job and get a good workout.

**Method Road Community Center**  
 #245213 Sep 3-Dec 31 Tu, Th 10:30am-2:30pm

**Martial Arts - Adult Shotokan Karate-Do**

Age: 15yrs. and up. Learn a traditional martial art and enjoy a challenging workout! Shotokan stresses cardiovascular health, strength development, coordination and overall physical fitness. Some youth designated by instructor may participate in this class. Instructor: Eric Blaize.

**Barwell Road Community Center** – Course Fee: \$20  
 #245244 Sep 4-Oct 2 W, M 7:00-8:30pm  
 #245245 Oct 2-28 W, M 7:00-8:30pm  
 #245246 Nov 4-27 M, W 7:00-8:30pm  
 #245247 Dec 2-30 M, W 7:00-8:30pm

**Martial Arts - Chinese Kenpo Karate - Teens & Adults**

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

**Millbrook Exchange Community Center**  
 Course Fee: \$45  
 #245576 Sep 2-30 M, W 7:00pm-8:30pm  
 #245579 Dec 2-30 M, W 7:00pm-8:30pm  
**Millbrook Tennis Center**  
 Course Fee: \$45  
 #245577 Oct 2-28 W, M 7:00pm-8:30pm  
 #245578 Nov 4-27 M, W 7:00pm-8:30pm

**MELT METHOD, 2-hour Introduction Workshop**

Age: 18yrs. and up. Become your own Hands-Off Bodyworker with the MELT Method, a revolutionary self-treatment that can help you feel better – even if you'd had chronic pain for years. Using a MELT Soft Roller and small MELT Hand and Foot Treatment Calls, discover how to rehydrate connective tissue and allow the body to release long-held tension. Many of us carry this tension in low back, neck and shoulders often originating from repetitive movements and compromised postures of daily living. Expect to leave this class feeling as if you have had a massage, moving better and more aligned. To read more about MELT visit [www.meltmethod.com](http://www.meltmethod.com) or email the instructor Jenny Turnage with your questions [jenny@foodfityoga.com](mailto:jenny@foodfityoga.com)

**Thomas G Crowder Woodland Center** – Course Fee: \$25  
 #244504 Sep 28 Sa 10:00am-12:00pm

### Men on Weights

Age: 18yrs. and up. Men, it is time to put down the remote and take control of your health! This program is designed to teach you the proper usage of exercise machines, free weights, resistance bands, BOSU and more. You will learn exercise principles and improve your physical fitness. You will also learn how to design a personal exercise program to meet your goals.

**Green Road Community Center** – Course Fee: \$5  
#244889 Sep 5-Dec 19 Th 10:00-11:00am

### MixedFit at the Creek

Age: 18yrs. and up. High energy fitness class which is a people inspired fitness program that incorporates explosive movements and boot camp toning! Instructor: Shaunta Clowney, National Trainer. \$5 drop in or 30 day Fit Pass.

**Brier Creek Community Center** – Course Fee: \$5  
#246290 Sep 4-Dec 30 W, M 6:30-7:30pm

### MixedFit Fitness

Age: 18-99 yrs. MixedFit is a people-inspired dance fitness program that blends explosive dancing with bootcamp toning. We work out to today's hits and yesterday's favorites. If you are plateauing in your traditional workouts, give MixedFit a try and join the #MixedFitMovement!

**Chavis Community Center** – Course Fee: \$5  
#244568 Sep 5-26 Th 6:45-7:45pm  
#245580 Oct 10-24 Th 6:45-7:45pm  
#245581 Nov 7-21 Th 6:45-7:45pm  
#245582 Dec 5-19 Th 6:45-7:45pm

### Morning Gentle Yoga

Age: All Ages. This 8-week session introduces students to the 8 limbs of yoga; each practice includes gentle poses and movements (asanas/vinyasa); breath control (pranayama); and meditation. The practice intends to develop full body flexibility, strength, overall balance and mindfulness. Open to all levels.

**Laurel Hills Community Center** – Course Fee: \$60  
Monday  
#245271 Sep 9-Oct 28 M 10:15am-11:15am  
#245272 Sep 5-Oct 24 Th 10:15-11:15am  
Course Fee: \$75  
#245272 Sep 5-Oct 24 Th 10:15-11:15am

### Movin' and Groovin'

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

**Spring Forest Road Park**  
#244890 Aug 22-Oct 24 Th 6:00-7:00pm

### Qigong

Age: 18yrs. and up.  
Qigong (pronounced: chee-gong) postures promote energetic and internal organ health. This class offers the opportunity to engage in numerous therapeutic postures that use gentle, safe movements. Posture modifications can be made for those with physical limitations. Time will be dedicated to qigong breathing instruction, meditation and body energy flow discussions. Join the class and enjoy the benefits of improved health.

**Green Road Community Center**  
#245297 Sep 4-25 W 10:30-11:30am  
#245298 Oct 2-23 W 10:30-11:30am  
#245299 Nov 6-27 W 10:30-11:30am  
#245300 Dec 4-18 W 10:30-11:30am

### Roberts Park Walking Club

Age: 16yrs. and up. Let's get moving! Join us at Roberts Park for a community walking club in the Roberts Park gym. This is a great way to fit exercise into your day and build relationships with your neighbors, family and friends. Rain or shine...see you at Roberts Park!

**Roberts Park Community Center**  
#245925 Sep 9-Dec 18 M, W 10:00am-12:00pm

### Soul Line Dance & Get Fit - Abbotts Creek

Age: 18yrs. and up. 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! Class meets every Sunday from 3 to 4:30 p.m.

**Abbotts Creek Community Center** – Course Fee: \$5  
#242138 Sep 8-Dec 29 Su 3:00-4:30pm

### Soul Line Dance & Get Fit Class for Beginners - Marsh Creek

Age: 15yrs. and up.  
This is a beginner/advanced-beginner class for individuals new to line dancing or those who want to learn new line dance basics. The class will be taught at a slow-to-moderate pace. Do not be fooled by the title. We will learn and practice great cardio workouts and low/medium/high impact soul line dances. Come prepared to move, sweat and have fun!

**Marsh Creek Park** – Course Fee: \$20  
#245702 Oct 29 Tu 7:00-8:30pm  
#245703 Nov 5 Tu 7:00-8:30pm  
#245704 Nov 12 Tu 7:00-8:30pm  
#245705 Nov 19 Tu 7:00-8:30pm  
#245706 Nov 26 Tu 7:00-8:30pm  
#245707 Dec 3 Tu 7:00-8:30pm  
#245708 Dec 10 Tu 7:00-8:30pm  
#245709 Dec 17 Tu 7:00-8:30pm  
#245710 Sep 3 Tu 7:00-8:30pm  
#245711 Sep 10 Tu 7:00-8:30pm  
#245712 Sep 24 Tu 7:00-8:30pm  
#245713 Oct 1 Tu 7:00-8:30pm  
#245714 Oct 8 Tu 7:00-8:30pm  
#245715 Oct 15 Tu 7:00-8:30pm  
#245716 Oct 22 Tu 7:00-8:30pm  
#245717 Sep 17 Tu 7:00-8:30pm

### Stand-up Paddle Board Fitness

Age: 16yrs. and up. Our certified instructor will assist participants in training to be their best as they stand-up paddle board around beautiful Lake Johnson. Incorporating yoga, Pilates, and paddling techniques participants will increase their strength, endurance, and flexibility through increasingly difficult exercises. Sign up for multiple classes to create a workout session suited to your schedule. Classes held most Monday evenings. All equipment is provided.

Advance registration is required for this class.  
Instructor: Alicia Hedges.

**Lake Johnson** – Course Fee: \$15  
#244420 Sep 9 M 5:45-7:15pm  
#244421 Sep 16 M 5:45-7:15pm  
#244422 Sep 23 M 5:45-7:15pm  
#244423 Sep 30 M 5:45-7:15pm

### Stand-Up Paddle Board Yoga

Age: 16yrs. and up. SUP Yoga courses will take students through a vinyasa style yoga sequence with some added strength training, play time, and a gentle cool down. Total class will be 45 minutes with a 15 minute warm up paddle to and from location. Yoga and/or SUP experience required as a prerequisite. Advance registration is required for this program.

Instructor: Angel Bailey  
**Lake Johnson** – Course Fee: \$15  
#244425 Sep 10 Tu 6:00am-7:15pm  
#244426 Sep 17 Tu 6:00am-7:15pm  
#244427 Sep 24 Tu 6:00am-7:15pm

### Step It Up Line Dance Class

Age: 17yrs. and up. Do you want to take your line dancing to the next level? In this progressive class, you will learn a variety of dances, from intermediate to advanced. Understanding line dance terminology is a plus but not required. This class is a great way to exercise and will keep your body and mind fit. So let's get together, make new friends and have fun while dancing to the latest and popular line dance songs! Fee is per night attending.

**Barwell Road Community Center** – Course Fee: \$5  
**Beginner Line Dance**  
#245268 Sep 4-Dec 18 W 6:00-7:30pm

### Tae Kwon Do Level 2

Age: 13yrs. and up. Students will continue to learn the art of self-defense and discipline at an advanced level. Students will refine their skills, learn different techniques and develop physical fitness.

**Worthdale Community Center** – Course Fee: \$25  
#245075 Sep 3-26 Tu, Th 7:30-8:30pm  
#245076 Oct 1-31 Tu, Th 7:30-8:30pm  
#245077 Nov 5-28 Tu, Th 7:30-8:30pm  
#245078 Dec 3-31 Tu, Th 7:30-8:30pm

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**Tai Chi - Lake Lynn / Laurel Hills**

Age: 18yrs. and up. 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.

**Laurel Hills Community Center** – Course Fee: \$200  
4 Month Session  
#245595 Sep 3-Dec 19 Tu, Th 4:00-5:00pm  
Course Fee: \$55  
#245591 Sep 3-26 Tu, Th 4:00-5:00pm  
#245592 Oct 1-31 Tu, Th 4:00-5:00pm  
#245593 Nov 5-26 Tu, Th 4:00-5:00pm  
#245594 Dec 3-19 Tu, Th 4:00-5:00pm

**Tai Chi at Abbotts Creek**

Age: 18yrs. and up. End the week 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 more gentle 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. Instructoramy Benevento, whose teacher was a student of the late Cheng Man-Ching, has trained in Tai Chi for over 25 years. Only \$5 per class.

**Abbotts Creek Community Center** – Course Fee: \$5  
#242139 Sep 8-Dec 29 Su 5:00-5:55pm

**Try this at Home Yoga**

Age: 18yrs. and up. Looking for a way to winddown after a long day of work? This beginner yoga class introduces the fundamental principles of alignment and breath work in a flow of postures linked together by the breath. Participants will be introduced to yoga postures through step-by-step verbal description and demonstration. Many of the postures you learn can be done in your own home.

**Hill Street Center** – Course Fee: \$40  
#244706 Sep 12-Oct 3 Th 6:30-7:30pm  
#244707 Oct 10-31 Th 6:30-7:30pm  
#244708 Nov 7-Dec 5 Th 6:30-7:30pm

**Urban (Soul) Line Dancing**

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

**Green Road Community Center** – Course Fee: \$5  
#244850 Sep 9-30 M 7:00-8:30pm  
#244851 Oct 7-28 M 7:00-8:30pm  
#244852 Nov 4-25 M 7:00-8:30pm  
#244853 Dec 2-30 M 7:00-8:30pm

**Women on Weights**

Age: 18yrs. and up. Ladies - don't shy away from free weights and strength training! This program is designed to teach you the proper use of exercise machines, free weights, resistance bands, balls, BOSU etc. You will build endurance, improve muscle tone, and learn exercise principles. You will also design a personal exercise program to meet your fitness goals.

**Green Road Community Center** – Course Fee: \$5  
#244895 Sep 3-Dec 31 Tu 10:00-11:00am

**Yoga - Gentle**

Age: 18yrs. and up. Treat your body to much-needed stretches and release stress in a yoga class. Focus is on a gentler yoga, primarily on the floor, which may include meditations and stretches that help with flexibility, posture and stress relief. Please bring your mats, towels or blankets.

**Pullen Community Center** – Course Fee: \$60  
#246242 Sep 4-Nov 6 W 5:15-6:15pm

**Yoga - Nice Yoga**

Age: 16yrs. and up. 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.

**Greystone Community Center** – Course Fee: \$60  
#243497 Sep 3-Dec 17 Tu 7:00-7:45pm

**Yoga - Power Yoga Fitness**

Age: 18yrs. and up. A strengthening treat without the weights! This class emphasizes alignment and provides an opportunity to challenge and deepen your practice. The pace may be faster or include longer holds of poses. This class is most definitely not appropriate for beginners. Please bring your mats, towels or blankets.

**Pullen Community Center** – Course Fee: \$60  
#246255 Sep 3-Nov 12 Tu 4:00-5:00pm

**Yoga 4 Punch Pass**

Age: 18yrs. and up. Punch pass may be used for Yoga class Wednesday evenings at Halifax Community Center only. Please bring your own mat. Punch pass registration and pass pick up is done at Halifax Community Center.

**Halifax Community Center** – Course Fee: \$45  
W 6:30-7:30pm

**Yoga 8 Punch Pass**

Age: 18yrs. and up. Punch pass may be used for Yoga class Wednesday evenings at Halifax Community Center only. Please bring your own mat. Punch pass registration and pass pick up is done at Halifax Community Center.

**Halifax Community Center** – Course Fee: \$65  
W 6:30-7:30pm

**Yoga at Lake Johnson: Therapeutic Renewal Yoga**

Age: 16yrs. and up. Stretch. Breathe. Release tension. Thought you could not do yoga? This class can benefit those who are new to yoga or are looking for a safe, gentle, accessible way to explore yoga poses, breathing techniques and relaxation practices. TJ Martin is a registered yoga teacher at the 500-hour level and an integrative yoga therapist and has been a yoga instructor for Pink Ribbon Yoga Retreats since 2005.

**Thomas G Crowder Woodland Center**

Course Fee: \$70  
#243613 Sep 10-Oct 22 Tu 9:30-11:00am  
#243614 Nov 5-Dec 17 Tu 9:30-11:00am

**Yoga at Lake Johnson: Yoga for All Levels**

Age: 18-65 yrs. Unwind the body and mind after a long day with Yoga! In this class we'll develop strength, flexibility and focus. We'll start with conscious breathing and gentle stretching then progress to more active fluid yoga practice. Expect to be gently challenged and to leave feeling refreshed, relaxed and centered. Modifications for poses will be offered so students can work at the appropriate level for them. All levels of yoga experience welcome. Certified yoga instructor: Jenny Turnage.

**Thomas G Crowder Woodland Center**

Course Fee: \$60  
#244390 Sep 19-Oct 24 Th 6:30-7:30pm  
#244391 Nov 7-Dec 19 Th 6:30-7:30pm

**Yoga at Lake Johnson: Yoga Gentle Floor**

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

Yoga incorporates breathing, stretching and strengthening exercises in addition to mindfulness practice. Students encourage to bring your own mat. Certified Yoga Instructor: Tina Stephens.

**Thomas G Crowder Woodland Center**

Course Fee: \$32  
#243839 Sep 9-30 M 10:00-11:00am  
#243840 Oct 14-Nov 4 M 10:00-11:00am

**Yoga at Lions Park - Beginners**

Age: 18-99 yrs. Ignite your passion for yoga while expanding the foundation of your yoga practice with our class. Find that inner strength and peace by experiencing different yoga techniques, terminology, meditations, breathing, and much more. Bring a Yoga mat to class.

**Lions Park Community Center** – Course Fee: \$8

#246447 Sep 5-Dec 19 Th 10:30-11:00am  
#246448 Sep 1-Dec 15 Su 2:00-3:00pm

### Yoga at Optimist Community Center

Age: 18yrs. and up. Restorative and chakra yoga for mind and body balance. Your yoga instructor will lead you to rejuvenate through restorative ananas/postures, regulate pran-ayama/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 beginner and experienced practitioners. Instructor: Samia Touati.

**Optimist Community Center** – Course Fee: \$8  
#245923 Sep 4-Dec 18 W 7:00-8:15pm

### Yogalates

Age: 16yrs. and up. Combining the best of yoga and Pilates, you will leave feeling rejuvenated through breath work combined with core work and lengthening/stretching of the body. A mind-body session that improves agility, strength, and flexibility. You will feel more balanced and stand taller ready to take on your day! Advance registration is required for this program. Sign up for multiple classes to make a session suited to your schedule. Instructor: Alicia Hedges.

#### Thomas G Crowder Woodland Center

Course Fee: \$10  
#244690 Oct 7 M 6:00-7:00pm  
#244691 Oct 14 M 6:00-7:00pm  
#244692 Oct 21 M 6:00-7:00pm  
#244693 Oct 28 M 6:00-7:00pm  
#244694 Nov 4 M 6:00-7:00pm  
#244695 Nov 18 M 6:00-7:00pm  
#244696 Nov 25 M 6:00-7:00pm  
#244697 Dec 2 M 6:00-7:00pm  
#244698 Dec 9 M 6:00-7:00pm  
#244699 Dec 16 M 6:00-7:00pm  
#244700 Dec 30 M 6:00-7:00pm



### ZUMBA® Fit

Age: 18yrs. and up. This feel-good workout is based on a motivating fusion of Latin and international music with unique moves and dynamic combinations. A combination of fast and slow rhythms tone and sculpt the body, maximizing caloric output and fat burning. No dance experience is required. Dance to great music with great people and burn a ton of calories without even realizing it!

**Halifax Community Center** – Course Fee: \$5

M 6:45-7:45pm  
F 6:45-7:45pm

### ZUMBA® & ZUMBA® Toning with Maria - Bundle Pass

Age: 12yrs. and up. When you see a Zumba class in action, you'll have to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you're getting fit and your energy levels are soaring! There's no other fitness class like a Zumba fitness party. It's easy to do, effective and totally exhilarating, often building a deep-rooted sense of community among returning students. Certified Zumba instructor: Maria Elena de Leon Angel Williams. Punch pass includes 5 passes that can be used at any time.

**Green Road Community Center** – Course Fee: \$25

#244854 Dec 30 M 6:00-7:00pm  
#244855 Sep 4-6 W, F 6:00-7:00pm  
#244856 Sep 9-13 M, W, F 6:00-7:00pm  
#244857 Sep 16-20 M, W, F 6:00-7:00pm  
#244858 Sep 23-27 M, W, F 6:00-7:00pm  
#244859 Sep 30-Oct 4 M, W, F 6:00-7:00pm  
#244860 Oct 7-11 M, W, F 6:00-7:00pm  
#244861 Oct 14-18 M, W, F 6:00-7:00pm  
#244862 Oct 21-25 M, W, F 6:00-7:00pm  
#244863 Oct 28-Nov 1 M, W, F 6:00-7:00pm  
#244864 Nov 4-8 M, W, F 6:00-7:00pm  
#244865 Nov 11-15 M, W, F 6:00-7:00pm  
#244866 Nov 18-22 M, W, F 6:00-7:00pm  
#244867 Nov 25-29 M, W, F 6:00-7:00pm  
#244868 Dec 2-6 M, W, F 6:00-7:00pm  
#244869 Dec 9-13 M, W, F 6:00-7:00pm  
#244870 Dec 16-20 M, W, F 6:00-7:00pm  
#244871 Dec 23-27 M, W, F 6:00-7:00pm

### ZUMBA® at Barwell Road

Age: 13yrs. and up. This aerobic fitness class adults and teens uses rhythms from salsa, merengue, samba, cha-cha and other Latin music. This class combines body-sculpting movements with easy-to-follow dance steps. Chair Zumba may be incorporated into some classes. You may bring small weights to class. Instructor: Portia Walton.

**Barwell Road Community Center** – Course Fee: \$3

#245273 Sep 9-Dec 30 M 6:00-7:00pm

### Zumba® at Lions Park

Age: 16-99 yrs. The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. This class is designed to help you shed those extra pounds or just give that fun exercise experience you have been looking for. Zumba® classes are held on Wednesdays and Saturdays.

**Lions Park Community Center**

Course Fee: \$15

#246136 Dec 4-18 W 6:30-7:30pm

Course Fee: \$20

#245943 Sep 4-25 W 6:30-7:30pm

#245944 Sep 7-28 Sa 10:00-11:00am

#245945 Oct 2-23 W 6:30-7:30pm

#245973 Oct 5-26 Sa 10:00-11:00am

#246124 Nov 6-27 W 6:30-7:30pm

#246135 Nov 2-23 Sa 10:00-11:00am

#246137 Dec 7-28 Sa 10:00-11:00am

### ZUMBA® Boom at Laurel Hills

Age: 16yrs. and up. 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! Passes: \$5 (daily), \$24 (6 visits), \$42 (12 visits).

**Laurel Hills Community Center**

Course Fee: \$24- 6 Visit Pass

#245294 Sep 3-Jan 1 Tu-W 7:30-8:30pm

Course Fee: \$5 Single Class

#245293 Sep 3-Jan 1 Tu-W 7:30-8:30pm

### ZUMBA® with Maria - Daily Pass

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

**Green Road Community Center** – Course Fee: \$5

#244872 Sep 2-27 M, W, F 6:00-7:00pm

#244873 Oct 2-30 W, F, M 6:00-7:00pm

#244874 Nov 1-27 F, M, W 6:00-7:00pm

#244875 Dec 2-30 M, W, F 6:00-7:00pm

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## Senior

### Active Adult Group Fitness

Age: 55yrs. and up. Our group fitness program is aimed at adults ages 55 + who are looking for ways to incorporate physical fitness in their lives. Workouts will be low-intensity, stretching and light weight resistance bands which allows for low-impact workouts that are easy on the joints. Must pre-register.

#### Worthdale Community Center

|                 |          |   |               |
|-----------------|----------|---|---------------|
| #245795         | Nov 4-18 | M | 10:15-11:00am |
| Course Fee: \$5 |          |   |               |
| #245793         | Sep 9-23 | M | 10:15-11:00am |
| #245794         | Oct 7-28 | M | 10:15-11:00am |

### Active Adult Line Dance

Age: 30yrs. and up. This class provides exercise and a social outlet for active adults. Come learn the latest and all-time favorite line dances to the sounds of R&B, jazz, country, Latin, pop music and more.

#### Marsh Creek Park – Course Fee: \$20

|         |        |    |              |
|---------|--------|----|--------------|
| #245603 | Sep 21 | Sa | 9:00-10:00am |
| #245604 | Sep 14 | Sa | 9:00-10:00am |
| #245605 | Sep 7  | Sa | 9:00-10:00am |
| #245606 | Sep 28 | Sa | 9:00-10:00am |
| #245607 | Oct 5  | Sa | 9:00-10:00am |
| #245608 | Oct 12 | Sa | 9:00-10:00am |
| #245610 | Oct 19 | Sa | 9:00-10:00am |
| #245611 | Oct 26 | Sa | 9:00-10:00am |
| #245612 | Nov 2  | Sa | 9:00-10:00am |
| #245613 | Nov 9  | Sa | 9:00-10:00am |
| #245614 | Nov 16 | Sa | 9:00-10:00am |
| #245615 | Nov 23 | Sa | 9:00-10:00am |
| #245616 | Nov 30 | Sa | 9:00-10:00am |
| #245617 | Dec 7  | Sa | 9:00-10:00am |
| #245618 | Dec 14 | Sa | 9:00-10:00am |

### Ageless Grace

Age: 18yrs. and up. Learn 21 simple tools for lifelong comfort and ease! The tools focus on specific areas of the brain and body to improve balance, flexibility, cognitive function and more, all while you are sitting in a chair. It's fun, and best of all, it's easy! Visit [www.agelessgrace.com](http://www.agelessgrace.com) for more information. Instructor: Missy Atkinson.

#### Anne Gordon Center for Active Adults

Course Fee: \$10

|         |          |    |             |
|---------|----------|----|-------------|
| #242501 | Sep 3-24 | Tu | 2:00-2:45pm |
| #242502 | Oct 1-29 | Tu | 2:00-2:45pm |
| #242503 | Nov 5-26 | Tu | 2:00-2:45pm |
| #242511 | Dec 3-31 | Tu | 2:00-2:45pm |

#### Five Points Center for Active Adults

Course Fee: \$10

|         |          |   |              |
|---------|----------|---|--------------|
| #242500 | Sep 9-30 | M | 9:30-10:15am |
| #242504 | Oct 7-28 | M | 9:30-10:15am |
| #242505 | Nov 4-25 | M | 9:30-10:15am |
| #242506 | Dec 2-30 | M | 9:30-10:15am |

#### Walnut Terrace Neighborhood Center

|         |          |    |               |
|---------|----------|----|---------------|
| #242507 | Sep 3-24 | Tu | 12:00-12:45pm |
| #242508 | Oct 1-29 | Tu | 12:00-12:45pm |
| #242509 | Nov 5-26 | Tu | 12:00-12:45pm |
| #242510 | Dec 3-31 | Tu | 12:00-12:45pm |

### AIM Fitness

Age: 18yrs. and up. The 'AIM' of Adults In Motion Fitness is to be fun, challenging and calorie burning. Strengthen your muscles and improve your range of motion, balance, and flexibility through; stretching, low impact

aerobics and the use of light hand weights and resistance bands. Classes differ by instructor. All classes are beginner level with chair support unless otherwise noted. \*Please note that the free classes at the Five Points Center are limited to the first 30 people who arrive each day.\*

#### Anne Gordon Center for Active Adults

Course Fee: \$10

|         |          |    |              |
|---------|----------|----|--------------|
| #242512 | Sep 3-24 | Tu | 9:15-10:00am |
| #242513 | Oct 1-29 | Tu | 9:15-10:00am |
| #242514 | Nov 5-26 | Tu | 9:15-10:00am |
| #242515 | Dec 3-31 | Tu | 9:15-10:00am |
| #242520 | Sep 5-26 | Th | 9:15-10:00am |
| #242521 | Oct 3-31 | Th | 9:15-10:00am |
| #242522 | Nov 7-21 | Th | 9:15-10:00am |
| #242523 | Dec 5-19 | Th | 9:15-10:00am |
| #244384 | Sep 3-24 | Tu | 3:00-3:45pm  |
| #244385 | Oct 1-29 | Tu | 3:00-3:45pm  |
| #244388 | Nov 5-26 | Tu | 3:00-3:45pm  |
| #244389 | Dec 3-31 | Tu | 3:00-3:45pm  |

#### Intermediate

|         |          |    |               |
|---------|----------|----|---------------|
| #242516 | Sep 3-24 | Tu | 10:15-11:00am |
| #242517 | Oct 1-29 | Tu | 10:15-11:00am |
| #242518 | Nov 5-26 | Tu | 10:15-11:00am |
| #242519 | Dec 3-31 | Tu | 10:15-11:00am |
| #242524 | Sep 5-26 | Th | 10:15-11:00am |
| #242525 | Oct 3-31 | Th | 10:15-11:00am |
| #242526 | Nov 7-21 | Th | 10:15-11:00am |
| #242527 | Dec 5-19 | Th | 10:15-11:00am |

#### Chair

|         |          |    |              |
|---------|----------|----|--------------|
| #242528 | Sep 3-24 | Tu | 12:45-1:30pm |
| #242529 | Oct 1-29 | Tu | 12:45-1:30pm |
| #242530 | Nov 5-26 | Tu | 12:45-1:30pm |
| #242531 | Dec 3-31 | Tu | 12:45-1:30pm |

#### Five Points Center for Active Adults

|         |              |    |                |
|---------|--------------|----|----------------|
| #242532 | Sep 5-Dec 26 | Th | 9:30am-10:00am |
|---------|--------------|----|----------------|

#### Greystone Community Center

|         |          |   |               |
|---------|----------|---|---------------|
| #242538 | Oct 4-25 | F | 10:00-10:45am |
| #242540 | Dec 6-27 | F | 10:00-10:45am |

Course Fee: \$10

|         |          |    |               |
|---------|----------|----|---------------|
| #242533 | Sep 2-30 | M  | 10:00-10:45am |
| #242534 | Oct 7-28 | M  | 10:00-10:45am |
| #242535 | Nov 4-25 | M  | 10:00-10:45am |
| #242536 | Dec 2-30 | M  | 10:00-10:45am |
| #242537 | Sep 6-27 | F  | 10:00-10:45am |
| #242539 | Nov 1-29 | F  | 10:00-10:45am |
| #242565 | Sep 3-24 | Tu | 9:00-9:45am   |
| #242566 | Oct 1-29 | Tu | 9:00-9:45am   |
| #242567 | Nov 5-26 | Tu | 9:00-9:45am   |
| #242568 | Dec 3-31 | Tu | 9:00-9:45am   |
| #242569 | Sep 5-26 | Th | 9:00-9:45am   |
| #242570 | Oct 3-31 | Th | 9:00-9:45am   |
| #242571 | Nov 7-28 | Th | 9:00-9:45am   |
| #242572 | Dec 5-26 | Th | 9:00-9:45am   |

#### Halifax Community Center

|         |          |   |                 |
|---------|----------|---|-----------------|
| #242541 | Sep 2-30 | M | 11:45am-12:30pm |
| #242542 | Oct 7-28 | M | 11:45am-12:30pm |
| #242543 | Nov 4-25 | M | 11:45am-12:30pm |
| #242544 | Dec 2-30 | M | 11:45am-12:30pm |

#### Laurel Hills Community Center – Course Fee: \$10

|         |          |   |               |
|---------|----------|---|---------------|
| #242545 | Sep 2-30 | M | 12:15-1:00pm  |
| #242546 | Oct 7-28 | M | 12:15-1:00pm  |
| #242547 | Nov 4-25 | M | 12:15-1:00pm  |
| #242548 | Dec 2-30 | M | 12:15-1:00pm  |
| #242549 | Sep 4-25 | W | 10:15-11:15am |
| #242550 | Oct 2-30 | W | 10:15-11:15am |
| #242551 | Nov 6-27 | W | 10:15-11:15am |
| #242552 | Dec 4-25 | W | 10:15-11:15am |
| #242553 | Sep 6-27 | F | 10:15-11:15am |
| #242554 | Oct 4-25 | F | 10:15-11:15am |
| #242555 | Nov 1-29 | F | 10:15-11:15am |
| #242556 | Dec 6-27 | F | 10:15-11:15am |

#### Powell Drive Park – Course Fee: \$10

|         |             |    |             |
|---------|-------------|----|-------------|
| #242557 | Sep 3-Oct 1 | Tu | 2:00-2:45pm |
| #242558 | Oct 1-29    | Tu | 2:00-2:45pm |
| #242559 | Nov 5-26    | Tu | 2:00-2:45pm |
| #242560 | Dec 3-31    | Tu | 2:00-2:45pm |
| #242561 | Sep 5-26    | Th | 2:00-2:45pm |
| #242562 | Oct 3-24    | Th | 2:00-2:45pm |
| #242563 | Nov 7-21    | Th | 2:00-2:45pm |
| #242564 | Dec 5-26    | Th | 2:00-2:45pm |

#### Tarboro Road Community Center

|         |             |      |               |
|---------|-------------|------|---------------|
| #242573 | Sep 4-27    | W, F | 10:00-10:45am |
| #242574 | Oct 2-30    | W, F | 10:00-10:45am |
| #242575 | Nov 6-Dec 6 | W, F | 10:00-10:45am |
| #242577 | Dec 4-27    | W, F | 10:00-10:45am |

### Balance Fitness

Age: All Ages. 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 differ by instructor, difficulty/impact level, and option to use a chair for support.

#### Abbotts Creek Community Center – Course Fee: \$10

|         |          |    |               |
|---------|----------|----|---------------|
| #242600 | Sep 3-24 | Tu | 10:30-11:15am |
| #242601 | Oct 1-29 | Tu | 10:30-11:15am |
| #242602 | Nov 5-26 | Tu | 10:30-11:15am |
| #242603 | Dec 3-31 | Tu | 10:30-11:15am |
| #242604 | Sep 5-26 | Th | 10:30-11:15am |
| #242605 | Oct 3-31 | Th | 10:30-11:15am |
| #242606 | Nov 7-28 | Th | 10:30-11:15am |
| #242607 | Dec 5-26 | Th | 10:30-11:15am |

#### Five Points Center for Active Adults

Course Fee: \$10

|         |          |    |               |
|---------|----------|----|---------------|
| #242608 | Sep 3-24 | Tu | 10:15-11:00am |
| #242609 | Oct 1-29 | Tu | 10:15-11:00am |
| #242610 | Nov 5-26 | Tu | 10:15-11:00am |
| #242611 | Dec 3-31 | Tu | 10:15-11:00am |
| #242612 | Sep 4-25 | W  | 2:15-3:00pm   |
| #242613 | Oct 2-30 | W  | 2:15-3:00pm   |
| #242614 | Nov 6-27 | W  | 2:15-3:00pm   |
| #242615 | Dec 4-18 | W  | 2:15-3:00pm   |
| #242616 | Sep 5-26 | Th | 9:15-10:00am  |
| #242617 | Oct 3-31 | Th | 9:15-10:00am  |
| #242618 | Nov 7-21 | Th | 9:15-10:00am  |
| #242619 | Dec 5-26 | Th | 9:15-10:00am  |
| #242620 | Sep 5-26 | Th | 11:15-12:00pm |
| #242621 | Oct 3-31 | Th | 11:15-12:00pm |
| #242622 | Nov 7-21 | Th | 11:15-12:00pm |
| #242623 | Dec 5-26 | Th | 11:15-12:00pm |
| #242624 | Sep 5-26 | Th | 6:45-7:30pm   |
| #242625 | Oct 3-31 | Th | 6:45-7:30pm   |
| #242626 | Nov 7-21 | Th | 6:45-7:30pm   |
| #242627 | Dec 5-26 | Th | 6:45-7:30pm   |

### Bootcamp

Age: 18yrs. and up. Bootcamp is designed to push you a little further than you would normally push yourself. It builds on the fundamentals of cardio and strength training. You will use bodyweight exercises like pushups, squats and burpees interspersed with aerobic activities. Be prepared to sweat in this class. Bring a towel and your mat.

#### Abbotts Creek Community Center – Course Fee: \$10

|         |          |   |               |
|---------|----------|---|---------------|
| #242628 | Sep 2-30 | M | 10:30-11:15am |
| #242629 | Oct 7-28 | M | 10:30-11:30am |
| #242630 | Nov 4-25 | M | 10:30-11:30am |
| #242631 | Dec 2-30 | M | 10:30-11:30am |
| #242632 | Sep 4-25 | W | 10:30-11:30am |
| #242633 | Oct 2-30 | W | 10:30-11:30am |
| #242634 | Nov 6-27 | W | 10:30-11:30am |
| #242635 | Dec 4-25 | W | 10:30-11:30am |



|                                                                |           |    |               |
|----------------------------------------------------------------|-----------|----|---------------|
| #242636                                                        | Sep 6-27  | F  | 10:30-11:30am |
| #242637                                                        | Oct 4-25  | F  | 10:30-11:15am |
| #242638                                                        | Nov 1-29  | F  | 10:30-11:15am |
| #242639                                                        | Dec 6-27  | F  | 10:30-11:15am |
| <b>Five Points Center for Active Adults</b> – Course Fee: \$10 |           |    |               |
| #242640                                                        | Sep 3-24  | Tu | 9:15-10:00am  |
| #242641                                                        | Oct 1-29  | Tu | 9:15-10:00am  |
| #242642                                                        | Nov 12-26 | Tu | 9:15-10:00am  |
| #242643                                                        | Dec 3-31  | Tu | 9:15-10:00am  |
| #242644                                                        | Sep 4-25  | W  | 1:15-2:00pm   |
| #242645                                                        | Oct 2-30  | W  | 1:15-2:00pm   |
| #242646                                                        | Nov 6-27  | W  | 1:15-2:00pm   |
| #242647                                                        | Dec 4-18  | W  | 1:15-2:00pm   |

### Boxing for Fitness

Age: 18yrs. and up. This a cardio intensive class involves actual boxing work along with core and abdominal floor work. This is a great overall muscle toning and fat burning exercise class. Bring boxing gloves and mat. Instructor: Sue Payne

|                                                               |          |    |             |
|---------------------------------------------------------------|----------|----|-------------|
| <b>Five Points Center for Active Adults</b> – Course Fee: \$8 |          |    |             |
| #242648                                                       | Sep 3-24 | Tu | 3:00-3:45pm |
| #242649                                                       | Oct 1-29 | Tu | 3:00-3:45pm |
| #242650                                                       | Nov 5-26 | Tu | 3:00-3:45pm |
| #242651                                                       | Dec 3-31 | Tu | 3:00-3:45pm |

### Cardio Sculpt

Age: All Ages. Cardio Sculpt is a combination class that 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.

|                                                          |          |    |              |
|----------------------------------------------------------|----------|----|--------------|
| <b>Abbotts Creek Community Center</b> – Course Fee: \$10 |          |    |              |
| #242653                                                  | Sep 3-24 | Tu | 9:30-10:15am |
| #242654                                                  | Oct 1-29 | Tu | 9:30-10:15am |

|                                                                |           |    |                 |
|----------------------------------------------------------------|-----------|----|-----------------|
| #242655                                                        | Nov 5-26  | Tu | 9:30-10:15am    |
| #242656                                                        | Dec 3-31  | Tu | 9:30-10:15am    |
| #242657                                                        | Sep 5-26  | Th | 9:30-10:15am    |
| #242658                                                        | Oct 3-31  | Th | 9:30-10:15am    |
| #242659                                                        | Nov 7-28  | Th | 9:30-10:15am    |
| #242660                                                        | Dec 5-26  | Th | 9:30-10:15am    |
| <b>Five Points Center for Active Adults</b> – Course Fee: \$10 |           |    |                 |
| #242661                                                        | Sep 9-30  | M  | 9:30-10:15am    |
| #242662                                                        | Oct 7-28  | M  | 9:30-10:15am    |
| #242663                                                        | Nov 4-25  | M  | 9:30-10:15am    |
| #242664                                                        | Dec 2-30  | M  | 9:30-10:15am    |
| #242665                                                        | Sep 9-30  | M  | 6:30-7:15pm     |
| #242666                                                        | Oct 7-28  | M  | 6:30-7:15pm     |
| #242667                                                        | Nov 4-25  | M  | 6:30-7:15pm     |
| #242668                                                        | Dec 2-30  | M  | 6:30-7:15pm     |
| #242669                                                        | Sep 3-24  | Tu | 10:15-11:00am   |
| #242670                                                        | Oct 1-29  | Tu | 10:15-11:00am   |
| #242671                                                        | Nov 12-26 | Tu | 10:15-11:00am   |
| #242672                                                        | Dec 3-31  | Tu | 10:15-11:00am   |
| #242673                                                        | Sep 4-25  | W  | 9:15-10:00am    |
| #242674                                                        | Oct 2-30  | W  | 9:15-10:00am    |
| #242675                                                        | Nov 6-27  | W  | 9:15-10:00am    |
| #242676                                                        | Dec 4-18  | W  | 9:15-10:00am    |
| #242677                                                        | Sep 4-25  | W  | 10:15-11:00am   |
| #242678                                                        | Oct 2-30  | W  | 10:15-11:00am   |
| #242679                                                        | Nov 6-27  | W  | 10:15-11:00am   |
| #242680                                                        | Dec 4-18  | W  | 10:15-11:00am   |
| #242681                                                        | Sep 4-25  | W  | 11:15am-12:00pm |
| #242682                                                        | Oct 2-30  | W  | 11:15-12:00pm   |
| #242683                                                        | Nov 6-27  | W  | 11:15-12:00pm   |
| #242684                                                        | Dec 4-18  | W  | 11:15-12:00pm   |
| #242685                                                        | Sep 5-26  | Th | 10:15-11:00am   |
| #242686                                                        | Oct 3-31  | Th | 10:15-11:00am   |
| #242687                                                        | Nov 7-21  | Th | 10:15-11:00am   |
| #242688                                                        | Dec 5-26  | Th | 10:15-11:00am   |

### Chair Yoga for All

Age: 50yrs. and up. You do not have to bend like a pretzel or stand on your head. Our gentle, chair based class is intended to help anyone of any skill set sit, breathe, and move better. Your instructor Dianne Reed, will lead you through practices to improve posture, balance, breathing capacity, focus and mobility. We will use the chair in a variety of ways. Please bring a bath towel, if possible. This program is brought to you through a partnership with You Call This Yoga, a Raleigh based nonprofit organization with a mission to improve your health.

#### Chavis Community Center

|         |          |    |                 |
|---------|----------|----|-----------------|
| #244553 | Sep 3-24 | Tu | 11:30am-12:15pm |
| #244554 | Oct 1-29 | Tu | 11:30am-12:15pm |
| #244555 | Nov 5-26 | Tu | 11:30am-12:15pm |
| #244556 | Dec 3-31 | Tu | 11:30am-12:15pm |

### Dance Xross Fitness

Age: 18yrs. and up. This fun, high-energy class combines dance fitness, kickboxing moves, strength training and soul line dancing.

#### Anne Gordon Center for Active Adults

|                  |          |   |                 |
|------------------|----------|---|-----------------|
| Course Fee: \$10 |          |   |                 |
| #242690          | Sep 9-30 | M | 11:45am-12:45pm |
| #242691          | Oct 7-28 | M | 11:45am-12:45pm |
| #242692          | Nov 4-25 | M | 11:45am-12:45pm |
| #242693          | Dec 2-30 | M | 11:45am-12:45pm |

#### Five Points Center for Active Adults

|                  |           |    |               |
|------------------|-----------|----|---------------|
| Course Fee: \$10 |           |    |               |
| #242694          | Sep 3-24  | Tu | 11:00-11:45am |
| #242695          | Oct 1-29  | Tu | 11:00-11:45am |
| #242696          | Nov 12-26 | Tu | 11:00-11:45am |
| #242697          | Dec 3-17  | Tu | 11:00-11:45am |

continued on page 54 —

**Exercise-Walking**

Age: All Ages. Come out with family and friends to enjoy a walk inside Barwell's gym.  
**Barwell Road Community Center**  
 #245250 Sep 9-Dec 16 M 11:00am-12:00pm

**Five Points Fitness Room**

Age: 18yrs. and up. Take advantage of the variety of cardiovascular and strength-training equipment available at the Five Points Center for Active Adults and get into shape. The fitness room is open during normal operating hours.  
**Five Points Center for Active Adults**  
 #242703 Sep 3-Dec 31 Tu-F, M 9:00am-6:00pm

**Gentle Stretch**

Age: 18yrs. and up. In this 45-minute chair class, 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 for Active Adults**

Course Fee: \$8

|         |          |   |               |
|---------|----------|---|---------------|
| #242704 | Sep 4-25 | W | 12:00-12:45pm |
| #242705 | Oct 2-30 | W | 12:00-12:45pm |
| #242706 | Nov 6-27 | W | 12:00-12:45pm |
| #242707 | Dec 4-18 | W | 12:00-12:45pm |

**Get Fit Seniors at Roberts Park**

Age: 55yrs. and up. Join us every Tuesday at Roberts Park for exercise programs that promote senior fitness and healthy living. Classes are designed to introduce exercises that increase muscle strength, range of motion, and balance. All activities will take place in a fun and engaging environment with friends. For all programs, a chair can be used seated or standing for additional support. See you at Roberts!

**Roberts Park Community Center**

|         |          |    |               |
|---------|----------|----|---------------|
| #246006 | Sep 3-24 | Tu | 10:15-11:00am |
| #246007 | Oct 1-29 | Tu | 10:15-11:00am |
| #246008 | Nov 5-26 | Tu | 10:15-11:00am |
| #246009 | Dec 3-17 | Tu | 10:15-11:00am |

**Line Dance for Active Adults**

Age: 18yrs. and up. Enjoy a fun workout while learning new line dances. There is a class for every experience level! Those who do not know the line dancing steps, by name and movement, need to start with the Introduction level. This is a large group class and not individualized instruction.

**Anne Gordon Center for Active Adults****Introduction (little to no experience)**

|         |          |   |             |
|---------|----------|---|-------------|
| #242743 | Sep 6-27 | F | 2:15-3:15pm |
| #242744 | Oct 4-25 | F | 2:15-3:15pm |
| #242745 | Nov 1-22 | F | 2:15-3:15pm |
| #242746 | Dec 6-27 | F | 2:15-3:15pm |

**Beginner Level (Some Experience, need to know steps)**

|         |          |   |             |
|---------|----------|---|-------------|
| #242747 | Sep 6-27 | F | 1:00-2:00pm |
| #242748 | Oct 4-25 | F | 1:00-2:00pm |
| #242749 | Nov 1-22 | F | 1:00-2:00pm |
| #242750 | Dec 6-27 | F | 1:00-2:00pm |

**Five Points Center for Active Adults****Adv. Beginner/Improver (good experience)**

|         |          |      |             |
|---------|----------|------|-------------|
| #242751 | Sep 4-30 | W, M | 1:00-2:00pm |
| #242752 | Oct 2-30 | W, M | 1:00-2:00pm |
| #242753 | Nov 4-27 | M, W | 1:00-2:00pm |
| #242754 | Dec 2-30 | M, W | 1:00-2:00pm |

**Intermediate Level (Highly experienced)**

|         |          |      |             |
|---------|----------|------|-------------|
| #242755 | Sep 4-30 | W, M | 2:00-3:00pm |
| #242756 | Oct 2-30 | W, M | 2:00-3:00pm |
| #242757 | Nov 4-27 | M, W | 2:00-3:00pm |
| #242758 | Dec 2-30 | M, W | 2:00-3:00pm |

**Line Dance Open Studio**

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

**Anne Gordon Center for Active Adults****Beginner (need to know steps)**

|         |              |   |             |
|---------|--------------|---|-------------|
| #242759 | Sep 9-Dec 30 | M | 4:00-5:30pm |
|---------|--------------|---|-------------|

**Adv. Beginner (good experience)**

|         |              |    |             |
|---------|--------------|----|-------------|
| #242760 | Sep 3-Dec 31 | Tu | 4:00-5:30pm |
| #242761 | Sep 5-Dec 19 | Th | 4:30-5:45pm |

**Five Points Center for Active Adults**

|         |              |   |             |
|---------|--------------|---|-------------|
| #242762 | Sep 6-Dec 27 | F | 2:00-3:30pm |
|---------|--------------|---|-------------|

**Line Dance: Learn to Line Dance**

Age: 18yrs. and up. This learn to line dance class will teach basic line dance steps. We will go slow so that everyone will learn and you will be able to do basic beginner dances at the end of each class. We will learn about finding the beat of the music, counting the beats and dancing to the tempo of the music. We'll be dancing to all kinds of music from oldies to new pop and country western. The focus is on having fun learning how to dance!

**Anne Gordon Center for Active Adults**

Course Fee: \$10

|         |          |    |                 |
|---------|----------|----|-----------------|
| #242763 | Sep 5-26 | Th | 11:15am-12:15pm |
|---------|----------|----|-----------------|

**Mature Adult Fitness**

Age: 55yrs. and up. This group exercise program is designed to improve your overall health and fitness. All classes are taught to music. Participants should wear loosely fitted, athletic-style apparel.

**Green Road Community Center**

|         |              |    |                 |
|---------|--------------|----|-----------------|
| #245930 | Sep 3-Dec 17 | Tu | 11:00am-12:00pm |
|---------|--------------|----|-----------------|

**Men's Strength and Conditioning**

Age: 18yrs. and up. This class provides a total body workout in a men-only environment. Strength and cardio segments are incorporated using dumbbells, medicine balls, and resistance bands. Bring your mat. Instructor: Sue Payne.

**Five Points Center for Active Adults**

Course Fee: \$8

|         |           |    |               |
|---------|-----------|----|---------------|
| #242856 | Sep 3-24  | Tu | 2:00-2:45pm   |
| #242857 | Oct 1-29  | Tu | 2:00-2:45pm   |
| #242858 | Nov 12-26 | Tu | 2:00-2:45pm   |
| #242859 | Dec 3-17  | Tu | 2:00-2:45pm   |
| #242860 | Sep 5-26  | Th | 12:00-12:45pm |
| #242861 | Oct 3-31  | Th | 12:00-12:45pm |
| #242862 | Nov 7-21  | Th | 12:00-12:45pm |
| #242863 | Dec 5-26  | Th | 12:00-12:45pm |

**Mindful Meditation**

Age: 18yrs. and up. Like Yoga, Mindful Meditation is an exercise that integrates mind, body and spirit; but it does not require difficult floor work or strenuous poses. Class will incorporate warm-up movements and guided breathing techniques, with sitting and walking meditation techniques to enhance focus and spinal alignment. This class will allow practitioners to cultivate concentration within oneself and bring awareness to one's body mechanics, balance, and relaxation.

Instructor: My Hao Tran

**Anne Gordon Center for Active Adults**

Course Fee: \$10

|         |          |    |                 |
|---------|----------|----|-----------------|
| #242864 | Sep 3-24 | Tu | 11:15am-12:00pm |
| #242865 | Oct 1-29 | Tu | 11:15am-12:00pm |
| #242866 | Nov 5-26 | Tu | 11:15am-12:00pm |
| #242867 | Dec 3-31 | Tu | 11:15am-12:00pm |

**Personal Training Sessions**

Age: 18yrs. and up. These sessions will provide one-on-one training with a certified instructor who will help you meet your personal fitness goals. These sessions are a great way to kick off your fitness routine, keep you motivated or help you identify your fitness needs. Sessions will be scheduled at a time that is mutually convenient for the patron and the instructor.

**Five Points Center for Active Adults – Course fee: \$20 PT with Sue Payne**

|         |              |         |               |
|---------|--------------|---------|---------------|
| #242868 | Sep 3-Dec 31 | Tu-F, M | 9:30am-5:30pm |
| #242869 | Sep 3-Dec 31 | Tu-F, M | 9:30am-5:30pm |

**Pilates for Active Adults**

Age: 18yrs. and up. 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. Bring your own mat.

**Five Points Center for Active Adults**

Course Fee: \$10

|         |          |    |                 |
|---------|----------|----|-----------------|
| #242870 | Sep 9-30 | M  | 9:15-10:00am    |
| #242871 | Oct 7-28 | M  | 9:15-10:00am    |
| #242872 | Nov 4-25 | M  | 9:15-10:00am    |
| #242873 | Dec 2-30 | M  | 9:15-10:00am    |
| #242874 | Sep 9-30 | M  | 5:30-6:30pm     |
| #242875 | Oct 7-28 | M  | 5:30-6:30pm     |
| #242876 | Nov 4-25 | M  | 5:30-6:30pm     |
| #242877 | Dec 2-30 | M  | 5:30-6:30pm     |
| #242878 | Sep 4-25 | W  | 10:15am-11:00am |
| #242879 | Oct 2-30 | W  | 10:15am-11:00am |
| #242880 | Nov 6-27 | W  | 10:15am-11:00am |
| #242881 | Dec 4-18 | W  | 10:15am-11:00am |
| #242882 | Sep 4-25 | W  | 11:15am-12:00pm |
| #242883 | Oct 2-30 | W  | 11:15am-12:00pm |
| #242884 | Nov 6-27 | W  | 11:15am-12:00pm |
| #242885 | Dec 4-18 | W  | 11:15am-12:00pm |
| #242886 | Sep 5-26 | Th | 12:00-1:00pm    |
| #242887 | Oct 3-31 | Th | 12:00-1:00pm    |
| #242888 | Nov 7-21 | Th | 12:00-1:00pm    |
| #242889 | Dec 5-26 | Th | 12:00-1:00pm    |
| #242890 | Sep 6-27 | F  | 11:30am-12:30pm |
| #242891 | Oct 4-25 | F  | 11:30am-12:30pm |
| #242892 | Nov 1-22 | F  | 11:30am-12:30pm |
| #242893 | Dec 6-27 | F  | 11:30am-12:30pm |

## Qi Gong

Age: 18yrs. and up. 24-Posture Qi Gong (chee-gong), the ancient Chinese practice of meditation with movement, uses 24 simple movements designed to promote internal energy and organ health. Practitioners believe that in addition to the physical exercise, the movements create good energy flow in the body and contribute to overall health. Qi Gong for Joint Health is conducted both seated and standing. You practice guided visualization, simple motion and balance exercises to improve strength and fluidity of movement, promoting bone and joint health. Instructor: Kathy Bundy.

### Anne Gordon Center for Active Adults

Course Fee: \$10

|         |          |    |               |
|---------|----------|----|---------------|
| #242894 | Sep 3-24 | Tu | 10:30-11:15am |
| #242895 | Oct 1-29 | Tu | 10:30-11:15am |
| #242896 | Nov 5-26 | Tu | 10:30-11:15am |
| #242897 | Dec 3-31 | Tu | 10:30-11:15am |
| #242898 | Sep 6-27 | F  | 10:30-11:15am |
| #242899 | Oct 4-25 | F  | 10:30-11:15am |
| #242900 | Nov 1-22 | F  | 10:30-11:15am |
| #242901 | Dec 6-27 | F  | 10:30-11:15am |

### Joint Health

|         |          |   |                 |
|---------|----------|---|-----------------|
| #242902 | Sep 6-27 | F | 11:30am-12:15pm |
| #242903 | Oct 4-25 | F | 11:30am-12:15pm |
| #242904 | Nov 8-22 | F | 11:30am-12:15pm |
| #242905 | Dec 6-27 | F | 11:30am-12:15pm |

### Five Points Center for Active Adults

Course Fee: \$10

|         |          |    |              |
|---------|----------|----|--------------|
| #242906 | Sep 3-24 | Tu | 9:15-10:00am |
| #242907 | Oct 1-29 | Tu | 9:15-10:00am |
| #242908 | Nov 5-26 | Tu | 9:15-10:00am |
| #242909 | Dec 3-31 | Tu | 9:15-10:00am |
| #242910 | Sep 6-27 | F  | 9:15-10:00am |
| #242911 | Oct 4-25 | F  | 9:15-10:00am |
| #242912 | Nov 1-22 | F  | 9:15-10:00am |
| #242913 | Dec 6-27 | F  | 9:15-10:00am |

### Walnut Terrace Neighborhood Center

|         |          |   |                 |
|---------|----------|---|-----------------|
| #242914 | Sep 2-30 | M | 11:30am-12:15pm |
| #242915 | Oct 7-28 | M | 11:30am-12:15pm |
| #242916 | Nov 4-25 | M | 11:30am-12:15pm |
| #242917 | Dec 2-30 | M | 11:30am-12:15pm |

## Senior Circuit at Worthdale

Age: 55yrs. and up. Participants will work their upper body one day and lower body the other. This circuit will help you to learn how to use the weight room equipment with the help of staff instruction. You will also be able to meet up with other seniors and enjoy social time!

Worthdale Community Center – Course Fee: \$10

|         |          |        |                |
|---------|----------|--------|----------------|
| #246500 | Sep 3-26 | Tu, Th | 12:00pm-1:00pm |
| #246501 | Oct 1-31 | Tu, Th | 12:00pm-1:00pm |
| #246502 | Nov 5-28 | Tu, Th | 12:00pm-1:00pm |
| #246507 | Dec 3-31 | Tu, Th | 12:00pm-1:00pm |

## Senior Tennis Free Play

Age: 55yrs. and up. Tennis is a good fitness and social activity for older adults. Enjoy indoor and outdoor tennis with peers. No experience necessary, equipment is provided and all ability levels are welcome.

### Worthdale Community Center

|         |          |   |                 |
|---------|----------|---|-----------------|
| #246441 | Sep 4-25 | W | 11:00am-12:00pm |
| #246442 | Oct 2-30 | W | 11:00am-12:00pm |
| #246443 | Nov 6-27 | W | 11:00am-12:00pm |

## Shibashi for Active Adults

Age: 18yrs. and up. Shibashi is a gentle, free-flowing qigong routine utilizing movements from Yang style tai chi.†The routine consists of an easy-to-remember sequence of 18 meditative movements emphasizing proper posture and deep breathing. There will be visualization practice and discussions explaining how you can cultivate energy that results in improved health.†As you gain knowledge of the routine, the increased repetitions will result in improved flexibility and strength. You will also experience better concentration and periods of sustained relaxation and stress relief.†Seated modifications will be available for those with physical limitations. Join this wonderful class and enjoy the changes it will make in your life!

### Anne Gordon Center for Active Adults

Course Fee: \$10

|         |          |    |                 |
|---------|----------|----|-----------------|
| #242985 | Sep 3-24 | Tu | 11:30am-12:30pm |
| #242986 | Oct 1-29 | Tu | 11:30am-12:30pm |
| #242987 | Nov 5-26 | Tu | 11:30am-12:30pm |
| #242988 | Dec 3-31 | Tu | 11:30am-12:30pm |

### Five Points Center for Active Adults

Course Fee: \$10

|         |          |    |             |
|---------|----------|----|-------------|
| #242989 | Sep 4-25 | W  | 4:30-5:15pm |
| #242990 | Oct 2-30 | W  | 4:30-5:15pm |
| #242991 | Nov 6-27 | W  | 4:30-5:15pm |
| #242992 | Dec 4-18 | W  | 4:30-5:15pm |
| #242997 | Sep 5-26 | Th | 2:00-2:45pm |
| #242998 | Oct 3-31 | Th | 2:00-2:45pm |
| #242999 | Nov 7-21 | Th | 2:00-2:45pm |
| #243000 | Dec 5-26 | Th | 2:00-2:30pm |

### Green Road Community Center

Course Fee: \$8

|         |          |   |                 |
|---------|----------|---|-----------------|
| #245306 | Sep 4-25 | W | 11:30am-12:30pm |
| #245307 | Oct 2-30 | W | 11:30am-12:30pm |
| #245308 | Nov 6-27 | W | 11:30am-12:30pm |
| #245309 | Dec 4-18 | W | 11:30am-12:30pm |

## Silver Cardio

Age: 18yrs. and up. Classes start with basic warm-up moves, followed by 30 minutes of moderate-impact moves, including gentle boxing, floor exercises and balance elements. You'll break a sweat and have lots of fun!

Instructor: Bettie Iitenbach.

### Five Points Center for Active Adults

Course Fee: \$10

|         |          |    |             |
|---------|----------|----|-------------|
| #242918 | Sep 5-26 | Th | 1:00-1:45pm |
| #242919 | Oct 3-31 | Th | 1:00-1:45pm |
| #242920 | Nov 7-21 | Th | 1:00-1:45pm |
| #242921 | Dec 5-26 | Th | 1:00-1:45pm |

## Tai Chi Chih

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

### Five Points Center for Active Adults

Course Fee: \$8

### Tai Chi Ch- Beginner

|         |          |   |               |
|---------|----------|---|---------------|
| #242922 | Sep 9-30 | M | 10:30-11:30am |
| #242923 | Oct 7-28 | M | 10:30-11:30am |
| #242924 | Nov 4-25 | M | 10:30-11:30am |
| #242925 | Dec 2-30 | M | 10:30-11:30am |
| #242926 | Sep 9-30 | M | 11:30-12:30pm |
| #242927 | Oct 7-28 | M | 11:30-12:30pm |
| #242928 | Nov 4-25 | M | 11:30-12:30pm |
| #242929 | Dec 2-30 | M | 11:30-12:30pm |

## Tai Chi for Active Adults

Age: 18yrs. and up. Tai chi is a low-impact, slow-motion exercise consisting of a series of motions that can be adapted for any fitness level. Tai chi is an ancient form of movement that promotes health and improves coordination, balance and mental focus. Beginner Sun Style: No experience required. There are 21 movements in this set. The focus is on balance and learning the gentle movements. Chair Beginner Sun Style has the beginning movements modified for sitting. Intermediate Sun Style: This is a continuation of the beginner class including 10 new movements. This class will increase your endurance and your mental acuity.

Learn to step with more agility and direction to increase your balance and coordination. Advanced Sun Style Part 1: Pre-requisite Intermediate Sun Style. This class will teach the first half of the Sun 73 Long Form movements. Movements include kicks and standing on one leg, which will increase your balance and coordination as well as your lower body and core strength. Advanced Sun Style Part 2: A continuation of the Part One class, here you will complete the Long Form with spiraling and crouching movements.

The sequence begins with gentle movements and progresses to more challenging, flowing forms. It is a great overall workout for the body and mind. Advanced Various Styles: Some previous experience is required. This class will explore styles including the most popular Yang 24 forms and Chen style movements. Instructor: Rita Shaloiko

### Anne Gordon Center for Active Adults

Course Fee: \$10

### Chair Beginner Sun Style

|         |          |   |             |
|---------|----------|---|-------------|
| #242930 | Sep 9-30 | M | 1:00-1:45pm |
| #242931 | Oct 7-28 | M | 1:00-1:45pm |
| #242932 | Nov 4-25 | M | 1:00-1:45pm |
| #242933 | Dec 2-30 | M | 1:00-1:45pm |

### Intermediate Sun Style

|         |          |   |             |
|---------|----------|---|-------------|
| #242934 | Sep 9-30 | M | 2:00-2:45pm |
| #242935 | Oct 7-28 | M | 2:00-2:45pm |
| #242936 | Nov 4-25 | M | 2:00-2:45pm |
| #242937 | Dec 2-30 | M | 2:00-2:45pm |

### Advanced Various Styles

|         |          |   |             |
|---------|----------|---|-------------|
| #242938 | Sep 9-30 | M | 3:00-3:45pm |
| #242939 | Oct 7-28 | M | 3:00-3:45pm |
| #242940 | Nov 4-25 | M | 3:00-3:45pm |
| #242941 | Dec 2-30 | M | 3:00-3:45pm |

### Advanced Sun Style Part 2

|         |          |    |              |
|---------|----------|----|--------------|
| #242942 | Sep 5-26 | Th | 12:30-1:15pm |
| #242943 | Oct 3-31 | Th | 12:30-1:15pm |
| #242944 | Nov 7-21 | Th | 12:30-1:15pm |
| #242945 | Dec 5-19 | Th | 12:30-1:15pm |

### Advanced Sun Style Part 1

|         |          |    |             |
|---------|----------|----|-------------|
| #242946 | Sep 5-26 | Th | 1:30-2:15pm |
| #242947 | Oct 3-31 | Th | 1:30-2:15pm |
| #242948 | Nov 7-21 | Th | 1:30-2:15pm |
| #242949 | Dec 5-19 | Th | 1:30-2:15pm |

### Beginner Sun Style

|         |          |    |             |
|---------|----------|----|-------------|
| #242950 | Sep 5-26 | Th | 2:30-3:15pm |
| #242951 | Oct 3-31 | Th | 2:30-3:15pm |
| #242952 | Nov 7-21 | Th | 2:30-3:15pm |
| #242953 | Dec 5-19 | Th | 2:30-3:15pm |

continued on page 56 —

**Total Body**

Age: All Ages. Improve your quality of life by building strength, balance, and flexibility; aspects of your health which are essential to maintaining physical independence. In this class you will use body weight, hand weights, resistance bands, and other exercise equipment while you are being encouraged to follow proper form and technique. Classes differ by instructor, difficulty/impact level, and option to use a chair for support.

**Abbotts Creek Community Center**

Course Fee: \$10

|         |          |   |              |
|---------|----------|---|--------------|
| #242954 | Sep 2-30 | M | 9:30-10:15am |
| #242955 | Oct 7-28 | M | 9:30-10:15am |
| #242956 | Nov 4-25 | M | 9:30-10:15am |
| #242957 | Dec 2-30 | M | 9:30-10:15am |
| #242958 | Sep 4-25 | W | 9:30-10:15am |
| #242959 | Oct 2-30 | W | 9:30-10:15am |
| #242960 | Nov 6-27 | W | 9:30-10:15am |
| #242961 | Dec 4-25 | W | 9:30-10:15am |
| #242962 | Sep 6-27 | F | 9:30-10:15am |
| #242963 | Oct 4-25 | F | 9:30-10:15am |
| #242964 | Nov 1-29 | F | 9:30-10:15am |
| #242965 | Dec 6-27 | F | 9:30-10:15am |

**Five Points Center for Active Adults**

Course Fee: \$10

|         |           |    |             |
|---------|-----------|----|-------------|
| #242966 | Sep 3-24  | Tu | 1:00-1:45pm |
| #242967 | Oct 1-29  | Tu | 1:00-1:45pm |
| #242968 | Nov 12-26 | Tu | 1:00-1:45pm |
| #242969 | Dec 3-31  | Tu | 1:00-1:45pm |
| #242970 | Sep 5-26  | Th | 1:00-1:45pm |
| #242971 | Oct 3-31  | Th | 1:00-1:45pm |
| #242972 | Nov 7-21  | Th | 1:00-1:45pm |
| #242973 | Dec 5-26  | Th | 1:00-1:45pm |
| #242974 | Sep 5-26  | Th | 5:45-6:30pm |
| #242975 | Oct 3-31  | Th | 5:45-6:30pm |
| #242976 | Nov 7-21  | Th | 5:45-6:30pm |
| #242977 | Dec 5-26  | Th | 5:45-6:30pm |

**Workout With Weights**

Age: All Ages. This class covers the proper technique for lifting weights. Get toned and build lean muscle safely using free weights.

**Five Points Center for Active Adults**

Course Fee: \$10

|         |          |   |                |
|---------|----------|---|----------------|
| #243002 | Sep 4-25 | W | 9:15am-10:00am |
| #243003 | Oct 2-30 | W | 9:15am-10:00am |
| #243004 | Nov 6-27 | W | 9:15am-10:00am |
| #243005 | Dec 4-18 | W | 9:15am-10:00am |

**Worthdale Yoga for Seniors**

Age: 55yrs. and up. Come enjoy a gentle, chair-based class that will help anyone of any skill set - sit, breathe and move with ease. The instructor will lead you through practices to improve posture, balance, breathing capacity, focus and mobility. Participants will use the chair in a variety of ways.

**Worthdale Community Center**

|         |          |    |               |
|---------|----------|----|---------------|
| #245807 | Sep 5-26 | Th | 10:15-11:00am |
| #245808 | Oct 3-24 | Th | 10:15-11:00am |
| #245809 | Nov 7-28 | Th | 10:15-11:00am |

**Yoga at Lake Johnson: Adaptive Chair Yoga**

Age: 18yrs. and up. This class is for anyone who wants to experience the benefits of yoga and have fun. There will be many variations of postures with or without the chair to help relax tense muscles, stabilize joints, and

strengthen the body. Adaptive Chair Yoga can also improve balance, digestion, circulation and reduce high blood pressure, as well as anxiety. You will learn gentle stretching, breathing techniques, and ways to calm the mind. Certified Yoga instructor: Tina Stephens

**Thomas G Crowder Woodland Center**

Course Fee: \$32

|         |              |    |             |
|---------|--------------|----|-------------|
| #243836 | Sep 10-Oct 1 | Tu | 5:00-6:00pm |
| #243838 | Oct 15-Nov 5 | Tu | 5:00-6:00pm |

**Yoga Chair**

Age: 18yrs. and up. This beginning 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 for Active Adults**

Course Fee: \$10

|         |          |    |                 |
|---------|----------|----|-----------------|
| #243006 | Sep 9-30 | M  | 9:15-10:15am    |
| #243007 | Oct 7-28 | M  | 9:15-10:15am    |
| #243008 | Nov 4-25 | M  | 9:15-10:15am    |
| #243009 | Dec 2-30 | M  | 9:15-10:15am    |
| #243010 | Sep 3-24 | Tu | 11:15am-12:00pm |
| #243011 | Oct 1-29 | Tu | 11:15am-12:00pm |
| #243012 | Nov 5-26 | Tu | 11:15am-12:00pm |
| #243013 | Dec 3-31 | Tu | 11:15am-12:00pm |
| #243014 | Sep 5-26 | Th | 10:30-11:15am   |
| #243015 | Oct 3-31 | Th | 10:30-11:15am   |
| #243016 | Nov 7-21 | Th | 10:30-11:15am   |
| #243017 | Dec 5-19 | Th | 10:30-11:15am   |
| #243018 | Sep 5-26 | Th | 11:30am-12:15pm |
| #243019 | Oct 3-31 | Th | 11:30am-12:15pm |
| #243020 | Nov 7-21 | Th | 11:30am-12:15pm |

Course Fee: \$8

#243021 Dec 5-19 Th 11:30am-12:15pm

**Five Points Center for Active Adults**

Course Fee: \$10

|         |          |    |                 |
|---------|----------|----|-----------------|
| #243022 | Sep 3-24 | Tu | 11:30am-12:45pm |
| #243023 | Oct 1-22 | Tu | 11:30am-12:45pm |
| #243024 | Nov 5-26 | Tu | 11:30am-12:45pm |
| #243025 | Dec 3-31 | Tu | 11:30am-12:45pm |
| #243026 | Sep 5-26 | Th | 11:30am-12:45pm |
| #243027 | Oct 3-31 | Th | 11:30am-12:45pm |
| #243028 | Nov 7-21 | Th | 11:30am-12:45pm |
| #243029 | Dec 5-26 | Th | 11:30am-12:45pm |

**Halifax Community Center**

Course Fee: \$8

|         |          |   |                 |
|---------|----------|---|-----------------|
| #243030 | Sep 4-25 | W | 11:30am-12:15pm |
| #243031 | Oct 2-30 | W | 11:30am-12:15pm |
| #243032 | Nov 6-27 | W | 11:30am-12:15pm |
| #243033 | Dec 4-25 | W | 11:30am-12:15pm |

**Walnut Terrace Neighborhood Center**

|         |          |   |             |
|---------|----------|---|-------------|
| #243817 | Sep 4-25 | W | 9:00-9:45am |
| #243818 | Oct 2-30 | W | 9:00-9:45am |
| #243819 | Nov 6-27 | W | 9:00-9:45am |
| #243820 | Dec 4-25 | W | 9:00-9:45am |

**Yoga Gentle Floor**

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

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

**Anne Gordon Center for Active Adults**

Course Fee: \$10

|         |          |    |               |
|---------|----------|----|---------------|
| #243039 | Sep 9-30 | M  | 10:30-11:30am |
| #243040 | Oct 7-28 | M  | 10:30-11:30am |
| #243041 | Nov 4-25 | M  | 10:30-11:30am |
| #243042 | Dec 2-30 | M  | 10:30-11:30am |
| #243043 | Sep 4-25 | W  | 3:30-4:30pm   |
| #243044 | Oct 2-30 | W  | 3:30-4:30pm   |
| #243045 | Nov 6-27 | W  | 3:30-4:30pm   |
| #243046 | Dec 4-18 | W  | 3:30-4:30pm   |
| #243047 | Sep 5-26 | Th | 9:15-10:15am  |
| #243048 | Oct 3-31 | Th | 9:15-10:15am  |
| #243049 | Nov 7-21 | Th | 9:15-10:15am  |
| #243050 | Dec 5-19 | Th | 9:15-10:15am  |
| #243051 | Sep 3-24 | Tu | 12:15-1:15pm  |
| #243052 | Oct 1-29 | Tu | 12:15-1:15pm  |
| #243057 | Dec 3-31 | Tu | 12:15-1:15pm  |
| #246613 | Sep 5-26 | Th | 3:30-4:30pm   |
| #246614 | Oct 3-31 | Th | 3:30-4:30pm   |
| #246615 | Nov 7-21 | Th | 3:30-4:30pm   |
| #246616 | Dec 5-19 | Th | 3:30-4:30pm   |

**Five Points Center for Active Adults**

Course Fee: \$10

|         |          |   |             |
|---------|----------|---|-------------|
| #243058 | Sep 9-30 | M | 2:00-3:00pm |
| #243059 | Oct 7-28 | M | 2:00-3:00pm |
| #243060 | Nov 4-25 | M | 2:00-3:00pm |
| #243061 | Dec 2-30 | M | 2:00-3:00pm |
| #243062 | Sep 9-30 | M | 3:15-4:15pm |
| #243063 | Oct 7-28 | M | 3:15-4:15pm |
| #243064 | Nov 4-25 | M | 3:15-4:15pm |
| #243065 | Dec 2-30 | M | 3:15-4:15pm |
| #243066 | Sep 4-25 | W | 3:15-4:15pm |
| #243067 | Oct 2-30 | W | 3:15-4:15pm |
| #243068 | Nov 6-27 | W | 3:15-4:15pm |
| #243069 | Dec 4-18 | W | 3:15-4:15pm |

**Halifax Community Center**

Course Fee: \$10

|         |          |   |               |
|---------|----------|---|---------------|
| #243070 | Sep 4-25 | W | 10:15-11:15pm |
| #243071 | Oct 2-30 | W | 10:15-11:15pm |
| #243072 | Nov 6-27 | W | 10:15-11:15pm |
| #243073 | Dec 4-25 | W | 11:00-11:45am |

**Tarboro Road Community Center**

Course Fee: \$8

|         |          |      |               |
|---------|----------|------|---------------|
| #243074 | Oct 2-30 | W, F | 11:00-11:45am |
| #243075 | Nov 1-29 | F, W | 11:00-11:45am |
| #243076 | Dec 4-27 | W, F | 11:00-11:45am |

**Yoga Restorative**

Age: 18yrs. and up. Restorative yoga is a slow and still practice that focuses on poses that help to heal the effects of stress, injury, illness and daily activity. This class will take you through a sequence of restful yoga poses, supported by props such as blankets, bolsters, straps, and blocks. Patrons are encouraged to find comfort and ease in their own body. These restorative poses along with breathing techniques and gentle stretches, serve to calm the nervous system, promote relaxation, and healing.

**Anne Gordon Center for Active Adults**

Course Fee: \$10

|         |          |   |             |
|---------|----------|---|-------------|
| #243079 | Sep 6-27 | F | 3:30-4:30pm |
| #243080 | Oct 4-25 | F | 3:30-4:30pm |
| #243081 | Nov 1-22 | F | 3:30-4:30pm |
| #243082 | Dec 6-27 | F | 3:30-4:30pm |

## Yoga Vinyasa Yoga Flow

Age: 18yrs. and up. Vinyasa yoga links breath and movement as it takes you through a fluid sequence of poses. A sequence may move from mat to standing and back to the mat and thus requires the ability to move up and down with relative ease. Class begins with warm-up and alignment work and end with stretches and relaxation. Yoga, exercise or movement experience is strongly recommended. Please bring your own yoga mat or towel.

### Five Points Center for Active Adults

Course Fee: \$10

|         |          |    |             |
|---------|----------|----|-------------|
| #243083 | Sep 3-24 | Tu | 3:15-4:15pm |
| #243084 | Oct 1-29 | Tu | 3:15-4:15pm |
| #243085 | Nov 5-26 | Tu | 3:15-4:15pm |
| #243086 | Dec 3-31 | Tu | 3:15-4:15pm |
| #243087 | Sep 5-26 | Th | 6:15-7:15pm |
| #243088 | Oct 3-31 | Th | 6:15-7:15pm |
| #243089 | Nov 7-21 | Th | 6:15-7:15pm |
| #243090 | Dec 5-26 | Th | 6:15-7:15pm |

## ZUMBA Gold®

Age: All Ages. Zumba Gold® recreates the original moves of Zumba® at a lower intensity. It is set to Latin, international and pop music while combining cardio fitness, muscle conditioning, balance and coordination. The easy-to-follow moves and invigorating party-like atmosphere feel friendly. Modifications will be given so you may work at your own level.

### Anne Gordon Center for Active Adults

Course Fee: \$10

|         |          |    |              |
|---------|----------|----|--------------|
| #243091 | Sep 3-24 | Tu | 9:15-10:00am |
| #243092 | Oct 1-29 | Tu | 9:15-10:00am |
| #243093 | Nov 5-26 | Tu | 9:15-10:00am |
| #243094 | Dec 3-31 | Tu | 9:15-10:00am |
| #243095 | Sep 5-26 | Th | 1:00-1:45pm  |
| #243096 | Oct 3-31 | Th | 1:00-1:45pm  |
| #243097 | Nov 7-21 | Th | 1:00-1:45pm  |
| #243098 | Dec 5-19 | Th | 1:00-1:45pm  |
| #243099 | Sep 6-27 | F  | 9:15-10:00am |
| #243100 | Oct 4-25 | F  | 9:15-10:00am |
| #243101 | Nov 1-22 | F  | 9:15-10:00am |
| #243102 | Dec 6-27 | F  | 9:15-10:00am |

### Five Points Center for Active Adults

Course Fee: \$10

|         |           |    |               |
|---------|-----------|----|---------------|
| #243103 | Sep 9-30  | M  | 7:30-8:15pm   |
| #243104 | Oct 7-28  | M  | 7:30-8:15pm   |
| #243105 | Nov 4-25  | M  | 7:30-8:15pm   |
| #243106 | Dec 2-30  | M  | 7:30-8:15pm   |
| #243107 | Sep 3-24  | Tu | 12:00-12:45pm |
| #243108 | Oct 1-29  | Tu | 12:00-12:45pm |
| #243109 | Nov 12-26 | Tu | 12:00-12:45pm |
| #243110 | Dec 3-31  | Tu | 12:00-12:45pm |
| #243111 | Sep 5-26  | Th | 7:30-8:15pm   |
| #243112 | Oct 3-31  | Th | 7:30-8:15pm   |
| #243113 | Nov 7-21  | Th | 7:30-8:15pm   |
| #243114 | Dec 5-26  | Th | 7:30-8:15pm   |
| #243115 | Sep 6-27  | F  | 1:00-1:45pm   |
| #243116 | Oct 4-25  | F  | 1:00-1:45pm   |
| #243117 | Nov 1-22  | F  | 1:00-1:45pm   |
| #243118 | Dec 6-27  | F  | 1:00-1:45pm   |

## Family

### Gentle Yoga at Carolina Pines

Age: 15yrs. and up. Gentle yoga is appropriate for beginners and all levels. Class will focus on alignment principles and the connection of movement and breath. Each class ends with a period of relaxation. This class will increase your balance, help you become more flexible, relieve muscle tension and reduce stress.

### Carolina Pines Community Center

Course Fee: \$35

|         |          |   |             |
|---------|----------|---|-------------|
| #245533 | Sep 4-25 | W | 7:00-8:15pm |
| #245534 | Oct 2-30 | W | 7:00-8:15pm |
| #245535 | Nov 6-27 | W | 7:00-8:15pm |
| #245536 | Dec 4-25 | W | 7:00-8:15pm |

### Intermediate Karate

Age: 12yrs. and up. Traditional Okinawan Karate, focused on self-defense and quick movements to avoid violence. Suitable for all ages and abilities. Great for fitness, fun and building self-confidence. Kobudo is the traditional weapons like Bo, Sai, Tonfa and is taught separately. \*Students will be required to purchase a gradebook (\$20), patch (\$10) and uniform (\$50) if they wish to grade.

Grading starts at \$25 and additional fees paid to instructor. Open to youth and adults.

Instructor: Sensei Martin

### Brier Creek Community Center – Course Fee: \$30

|                  |          |    |             |
|------------------|----------|----|-------------|
| #245107          | Nov 7-21 | Th | 7:00-7:45pm |
| #245108          | Dec 5-19 | Th | 7:00-7:45pm |
| Course Fee: \$40 |          |    |             |
| #245105          | Sep 5-26 | Th | 7:00-7:45pm |
| #245106          | Oct 3-24 | Th | 7:00-7:45pm |
| Course Fee: \$45 |          |    |             |
| #245107          | Nov 7-21 | Th | 7:00-7:45pm |
| #245108          | Dec 5-19 | Th | 7:00-7:45pm |
| Course Fee: \$55 |          |    |             |
| #245105          | Sep 5-26 | Th | 7:00-7:45pm |
| #245106          | Oct 3-24 | Th | 7:00-7:45pm |

### Karate and Kobudo

Age: 6yrs. and up. Traditional Okinawan Karate, focused on self-defense and quick movements to avoid violence. Suitable for all ages and abilities. Great for fitness, fun and building self-confidence. Kobudo is the traditional weapons like Bo, Sai, Tonfa and is taught separately. \*Students will be required to purchase a gradebook (\$20), patch (\$10) and uniform (\$50) if they wish to grade.

Grading starts at \$25 and additional fees paid to instructor. Open to youth and adults.

Instructor: Sensei Martin

### Brier Creek Community Center – Course Fee: \$30

|                  |          |    |             |
|------------------|----------|----|-------------|
| #245098          | Nov 7-21 | Th | 6:00-6:45pm |
| #245099          | Dec 5-19 | Th | 6:00-6:45pm |
| #246643          | Nov 7-21 | Th | 7:00-7:45pm |
| #246644          | Dec 5-19 | Th | 7:00-7:45pm |
| #246647          | Nov 7-21 | Th | 8:00-8:45pm |
| #246648          | Dec 5-19 | Th | 8:00-8:45pm |
| Course Fee: \$40 |          |    |             |
| #245096          | Sep 5-26 | Th | 6:00-6:45pm |
| #245097          | Oct 3-24 | Th | 6:00-6:45pm |
| #246641          | Sep 5-26 | Th | 7:00-7:45pm |
| #246642          | Oct 3-24 | Th | 7:00-7:45pm |
| #246645          | Sep 5-26 | Th | 8:00-8:45pm |
| #246646          | Oct 3-24 | Th | 8:00-8:45pm |

## Kobudo at Brier Creek

Age: 12yrs. and up. Traditional Okinawan Karate, focused on self-defense and quick movements to avoid violence. Suitable for all ages and abilities. Great for fitness, fun and building self-confidence. Kobudo is the traditional weapons like Bo, Sai, Tonfa and is taught separately. \*Students will be required to purchase a gradebook (\$20), patch (\$10) and uniform (\$50) if they wish to grade.

Grading starts at \$25 and additional fees paid to instructor. Open to youth and adults.

Instructor: Sensei Martin

### Brier Creek Community Center – Course Fee: \$30

|                  |          |    |             |
|------------------|----------|----|-------------|
| #245111          | Nov 7-21 | Th | 8:00-8:45pm |
| Course Fee: \$40 |          |    |             |
| #245109          | Sep 5-26 | Th | 8:00-8:45pm |
| #245110          | Oct 3-24 | Th | 8:00-8:45pm |
| #245112          | Dec 5-19 | Th | 8:00-8:45pm |

### Open Play

Age: 18-99 yrs. Community open time for gym use. Adults must have a photo ID to enter gym. Youth must have a signed participation form on file to enter during specified times. Call ahead for Community Center Gym days & times. Schedule subject to change anytime.

### Lions Park Community Center

|         |              |    |             |
|---------|--------------|----|-------------|
| #246457 | Sep 1-Nov 17 | Su | 4:45-5:45pm |
|---------|--------------|----|-------------|

## Tae Kwon Do - Martial Arts

Age: 7yrs. and up. This martial arts class for youth and adults develops discipline in youth, fitness in adults and fine martial art skills in both youth and adults.

### Lions Park Community Center – Course Fee: \$26

|                  |               |        |             |
|------------------|---------------|--------|-------------|
| #245942          | Dec 3-19      | Tu, Th | 6:30-7:30pm |
| Course Fee: \$35 |               |        |             |
| #245931          | Sep 3-26      | Tu, Th | 6:30-7:30pm |
| #245932          | Oct 1-24      | Tu, Th | 6:30-7:30pm |
| #245933          | Oct 29-Nov 21 | Tu, Th | 6:30-7:30pm |

## Wado-Ryu Karate-Martial Arts

Age: 8yrs. and up. Wado-Ryu is a traditional karate emphasizing evasive movement and balance, moving drills and practice in forms (kata) and sparring (kumite). Develop your physical skills as well as mental discipline. Students routinely gain confidence and better focus. The first hour of class is for kids 8-16 and their parents. The second hour is for ages 16 and up. Instructors are members of the U.S. Eastern Wado-Ryu Federation. There are yearly opportunities to learn from the highest ranks of the discipline. Uniforms are required after two months of practice. Membership to USEWF is available after the first belt test. Belt test fee is minimal, including the price of the belt and certificate.

### Carolina Pines Community Center – Course Fee: \$40

|         |             |        |             |
|---------|-------------|--------|-------------|
| #245372 | Sep 3-26    | Tu, Th | 6:30-8:30pm |
| #245373 | Oct 1-29    | Tu, Th | 6:30-8:30pm |
| #245374 | Nov 5-Dec 5 | Tu, Th | 6:30-8:30pm |
| #245375 | Dec 3-26    | Tu, Th | 6:30-8:30pm |



# ROCKtober!

Celebrate geology in October at your local Nature Preserves and Parks. Look for special programs all month long about rocks, minerals, sand, mud, and the plants and critters that live in them. Discover your perfect rock, test minerals like a scientist, grow a crystal, and hunt for signs of ancient life in fossils. Ready to be a real rockhound? Try them all!

## Explore a Rock Outcrop

Ages 7-12 yrs. Learn all about rocks and take home a few for your collection! We'll also hike to a rock outcrop to explore how rocks are changed by rain, ice, plants and people. Wear sturdy shoes and clothes you don't mind getting dirty.

**Annie Louise Wilkerson Nature Preserve** – Course Fee \$5  
#244777 Oct 4 F 3:00-4:30pm

## Everybody Needs a Rock

Ages 4 yrs and up. Yes, we mean you! This afternoon, we'll go on a quest using the ten rules for finding the perfect rock. Will yours be smooth or spiky? Colorful or plain? Where does your rock live, and how did it get there? Learn about rocks in our region as you explore and find your perfect personal stone. Preregistration is required for children and adults. Children must be accompanied by adults.

**Durant Nature Preserve**  
#245816 Oct 5 Sa 2:00-3:00pm

## Everyone Needs a Rock

Ages 3 yrs and up. Do you know all ten rules for finding the perfect rock? Come and learn just how special finding that perfect rock can be, and then take a walk in Little Rock Creek to find YOUR perfect rock! Bring your own set of rain boots or borrow a pair of ours, and wear clothes that can get wet or messy.

**Walnut Creek Wetland Park**  
#243267 Oct 6 Su 2:00-3:00pm

## Sandsational!

Ages 6 yrs and up. Join us as we explore sand in nature and in play. Where does sand come from, and who lives in it? Examine teeny specks of sand through a microscope to see their colorful, spiky surprises. Try out the meditative practice of sand gardening, and make a colorful sand painting to take home. Preregistration is required for children and adults. Children must be accompanied by adults.

**Durant Nature Preserve** – Course Fee \$2  
#245817 Oct 9 W 2:00-3:00pm

## Diggin' the Dirt!

Age: 3-5 yrs. Learn about rocks and soil by digging in the dirt. Find hidden rock treasures, make a mud painting, and plant a seed to take home and grow. You'll get dirty for sure, so wear old clothes. Advance registration

is required for this program. Adults must accompany their children; adults attend free. This program may take place on trails that are not accessible by strollers.

**Annie Louise Wilkerson Nature Preserve** – Course Fee: \$4  
#244779 Oct 9 W 12:45-2:15pm  
#244778 Oct 12 Sa 10:30am-12:00pm

## Crystal Craze

Ages 6 yrs and up. We're crazy for crystals! Learn about these special stones and explore them up close. Inspect precious gems, and touch and see the geometry that makes a crystal. Learn how humans use these prized rocks (hint: sometimes we eat them!). Mix up a crystal-growing solution to take home and grow your own crystals in a rainbow of colors and shapes. Spend the afternoon at play with the fanciest of gems! Preregistration is required for children and adults. Children must be accompanied by adults.

**Horseshoe Farm Nature Preserve** – Course Fee \$3  
#245818 Oct 13 Su 3:00-4:00pm

## Rock and Roll

Ages 6-9 yrs. Explore the differences and similarities between rocks and minerals and discover how rocks are formed and changed. Adult(s) must accompany child(ren), adult(s) attend free and do not need to register. Advance registration is required for this program.

**Lake Johnson Park**  
**Thomas G. Crowder Woodland Center** – Course Fee \$2  
#243001 Oct 19 Sa 1:00-2:00pm

## Likin' Lichens

Ages 8 yrs and up. Zoom in on lichens to learn about these ancient, symbiotic organisms living on rocks and trees. Discover how they grow and disperse, how animals use them for nests and food, and how humans use them for medicine and science. Get up close with a microscope, and even learn to make lichen dye. Children must be accompanied by adults. Children and adults must register and pay the program fee.

**Durant Nature Preserve** – Course Fee \$4  
#245822 Oct 20 Su 2:00-4:00pm

## Dinosaurs Rock!

Ages 2-6 yrs. Little learners are invited to share in 'ROCKtober' fun with this engaging preschool program. Junior paleontologists will

learn all about fossils and discover how they tell the story of creatures that roamed the Earth long ago! Preschoolers will even use special tools to break open 'dinosaur rocks' and delight in prehistoric treasures found within. Preregistration is required. Children must be accompanied by adults. Adults attend free. For more information, contact Nature Programs at 919-996-6856.

**Laurel Hills Community Center** – Course Fee \$3  
#243485 Oct 22 Tu 10:30-11:30am  
#243486 Oct 22 Tu 1 12:30-1:30pm  
**Carolina Pines Community Center** – Course Fee \$3  
#243487 Oct 23 W 10:30AM-11:30AM  
**Sertoma Arts Center** – Course Fee \$3  
#243488 Oct 24 Th 10:30-11:30am

## What is a Fossil?

Ages 3-6 yrs. What is a fossil? Where do you find fossils? What types of rock hide fossils? Let's search for fossils from North Carolina and learn about the different types of fossils and how they formed. Children will leave with the fossils they found, mold, cast, and track fossils they created. They will learn how each of these fossils formed long ago.

**Forest Ridge Park** – Course Fee \$3  
#244415 Oct 23 W 10:00-11:30am

## All About Fossils

Ages 7-10 yrs. What is a fossil? Where do you find fossils? What types of rock hide fossils? Let's search for fossils from North Carolina and learn about the different types of fossils and how they formed. Children will leave with the fossils they found, mold, cast, and track fossils they created. They will learn how each of these fossils formed long ago.

**Forest Ridge Park** – Course Fee \$3  
#244416 Oct 26 Sa 10:00-11:30am



# Nature Education

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

**Durant Nature Preserve and**  
**Horseshoe Farm Nature Preserve**  
 919-870-2871

**Forest Ridge Park**  
 919-556-6781

**Lake Johnson Park**  
 919-233-2121

**Lake Wheeler Park**  
 919-662-5704

**Thomas G. Crowder Woodland Center**  
 919-996-3141

**Walnut Creek Wetland Park**  
 919-996-2760

Programming for organized groups (schools, scout troops, churches and others) is available by request from the Nature Program office. For more information on group programming, contact Nature Programs at 919-996-6856.

## Preschool

### Leaf Man - Story and Craft

Age: 3-6 yrs. Join us as we read about the adventures of Lois Ehlert's 'The Leaf Man.' We'll follow Leaf Man's storybook journey and make leaf creatures of our own inspired by the collage illustrations in the book. Wear good walking shoes to take your leaf creature on a hike in the Preserve! Preregistration required. Children must be accompanied by an adult. Adults attend free.

**Durant Nature Preserve** – Course Fee: \$2  
 #246173 Nov 2 Sa 11:00am-12:00pm

### Bird Buddies

Age: 3-5 yrs. The winter birds are arriving at the nature preserve and they need some buddies! Make paper-tube binoculars and take a walk to spy on our bird buddies in the forest and field. Learn how you can help them this winter. Advance registration

is required for this program. Adults must accompany their children; adults attend free. This program may take place on trails that are not accessible by strollers.

### Annie Louise Wilkerson Nature Preserve

Course Fee: \$3  
 #244784 Nov 13 W 12:45-2:15pm  
 #244785 Nov 16 Sa 10:30am-12:00pm

### Bitty Bats

Age: 2-3 yrs. This special section of Buddy Bats is just for the youngest fans of our furry, flying friends. Flap and fly together as we explore bat life, and be sure to bring your grown-up along as we learn about bat families! Preregistration is required. Children must be accompanied by adults. Adults attend free.

**Durant Nature Preserve** – Course Fee: \$2  
 #245820 Oct 17 Th 10:00-10:45am

### Buddy Bats

Age: 3-6 yrs. Flap your wings as we soar into the lives and adventures of bats. Investigate furry mammals that fly, practice your bat skills, and discover all the remarkable ways humans and bat friends can help each other. Preregistration is required. Children must be accompanied by adults. Adults attend free.

**Durant Nature Preserve** – Course Fee: \$2  
 #245819 Oct 15 Tu 10:00-11:00am

### Chalk and Walk

Age: Up to 6 yrs. Visit Abbotts Creek Community Center for an exciting morning outside. Participants will go on a nature scavenger hunt, create one-of-a-kind art on the greenway connector, and more. Pre-registration is requested but not required. In the case of adverse weather conditions, we will contact pre-registrants.

**Abbotts Creek Community Center**  
 #244552 Sep 24 Tu 10:00-11:00am

### Crafty Crows

Age: 3-6 yrs. Come join the flock as we investigate the sassy social lives of our neighborhood crows. Get to know these clever birds as we learn about their families, friendships, and tendency to gossip. Try their top tricks for using tools and solving complex problems. Cackle and caw along with our feathered friends as we look for birds in the Preserve. Preregistration is required. Children must be accompanied by adults.

**Durant Nature Preserve** – Course Fee: \$2  
 #245841 Dec 10 Tu 10:00-11:00am

### Digging Into the Past

Age: 3-6 yrs. How big were the dinosaurs that roamed the earth? How do we know what we know about dinosaurs? Through activities and games, youth will dig through the dirt to find some dinosaur 'fossils.' They will create some mold fossils to take home along with a hatched dinosaur egg. Come join the fun as we learn about what fossils can tell us about the past!

**Forest Ridge Park** – Course Fee: \$6  
 #244404 Oct 9 W 10:00-11:30am  
 #244405 Nov 13 W 10:00-11:30am

### Jake and Jennies: Young Explorers Club

Age: 3-6 yrs. Jakes and Jennies are young turkeys looking to find their way in the world. Join the flock at Forest Ridge Park to enjoy an hour of educational outdoor based programming. Activities include interactive games and crafts that orient these young turkeys with their natural surroundings. Programs take place outdoors weather permitting. Toms and Hens (Parents) are encouraged to participate with their children. Registration is recommended but not required.

**Forest Ridge Park** – Course Fee: \$3  
 #244339 Sep 4 W 10:00-11:30pm  
 #244340 Oct 2 W 10:00-11:30am  
 #244341 Nov 6 W 10:00-11:30am  
 #244342 Dec 4 W 10:00-11:30am

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**Meet a Tree**

Age: 3-6 yrs. Have you ever met a tree? Did you learn its name? Join us to explore the secret world of trees, inside and out. Meet some special trees and explore how trees help our lives and we can help theirs. Find your new favorite tree at Durant! Preregistration is required. Children must be accompanied by adults. Adults attend free.

**Durant Nature Preserve** – Course Fee: \$2  
#245788 Sep 10 Tu 10:00-11:00am

**Nature - Wonder Explorers**

Age: 4-7 yrs. Exploring nature around Optimist Community Center, we will learn what is around us on different parts of the greenway, inside the park and more. We will have a nature story and craft to go with the theme of each lesson. Examples include changing seasons, leaves changing, weather, insects, birds and plant life! Please make sure your child has on bug spray.

**Optimist Community Center** – Course Fee: \$36  
#246555 Sep 10-Oct 1 Tu 10:30-11:30am  
#246556 Oct 15-Nov 5 Tu 10:30-11:30am  
#246558 Nov 19-Dec 10 Tu 10:30-11:30am

**Not So Scary Spiders**

Age: 3-5 yrs. Learn about our eight-legged friends through fun, hands-on activities. Participants will also get to go exploring to see what spiders we can find. Adult(s) must accompany child(ren), adult(s) attend free and do not need to register. Advance registration is required for this program.

**Thomas G Crowder Woodland Center**  
Course Fee: \$2  
#242337 Sep 7 Sa 10:30-11:30am

**Preschool Swamp Romp**

Age: 2-6 yrs. Bring your budding naturalist to the Walnut Creek Wetland Center for an exciting learning experience. A craft, engaging activity and guided walk through the wetland will awaken your preschooler's sense of wonder. Each month will feature a different nature-inspired theme. Please register at least four days prior to the program.

**Walnut Creek Wetland Center** – Course Fee: \$2

**Animal Coverings**  
#243246 Nov 12 Tu 11:00am-12:00pm

**Winter in the Wetland**  
#243247 Dec 10 Tu 11:00am-12:00pm

**Honeybees**  
#243248 Sep 10 Tu 11:00am-12:00pm

**Spiders**  
#243249 Oct 15 Tu 11:00am-12:00pm

**Turkey Time Tots**

Age: 2-3 yrs. This special section of Turkey Time is adapted for our youngest turkey fans. Explore turkey colors and sounds, touch real turkey feathers, and look for signs of wild turkeys in the woods. Preregistration is required. Children must be accompanied by adults. Adults attend free.

**Durant Nature Preserve** – Course Fee: \$2  
#245836 Nov 21 Th 10:00-10:45am

**Turkey Time!**

Age: 3-6 yrs. This time of year, turkeys are on everyone's mind! Join us to learn more about North Carolina's beautiful wild turkeys. We'll read a fun turkey story, search for turkeys in the wild, and make an autumn turkey craft sure to look terrific on your Thanksgiving table! Preregistration is required. Children must be accompanied by adults. Adults attend free.

**Durant Nature Preserve** – Course Fee: \$2  
#245834 Nov 17 Su 2:00-3:00pm  
#245835 Nov 19 Tu 10:00-11:00am

**Wee Walkers**

Age: Up to 5 yrs. Would you and your toddler like some company for your walks? Join others on an easy paced hike around the Preserve. This is a great opportunity for adults and little ones to meet each other and explore what's happening in nature. Preregistration is not required but is helpful for planning purposes. This program takes place on trails that may not be accessible by strollers.

**Durant Nature Preserve**  
#245775 Sep 5 Th 10:00-11:00am  
#245776 Oct 3 Th 10:00-11:00am  
#245777 Nov 7 Th 10:00-11:00am

**Wee Wetland Walkers**

Age: All Ages. This free program is designed to move at a toddler's pace: Run. Stop. Pick dandelions. Run. Climb on a rock. Find an interesting leaf! Join others for an easy-paced hike around the greenway, accompanied by one of our naturalists. Please register at least 24 hours in advance.

**Walnut Creek Wetland Center**  
#243258 Sep 12 Th 11:00am-12:00pm  
#243259 Oct 17 Th 11:00am-12:00pm  
#243260 Nov 14 Th 11:00am-12:00pm

**Who Cooks For You?**

Age: 2-6 yrs. Preschoolers will love this program featuring OWLS, including the Barred Owl with its signature call: 'Who cooks for you?' Songs, games and dissecting owl pellets will surely engage even our youngest naturalists! Preregistration is required.

Children must be accompanied by adults. Adults attend free. For more information, contact Nature Programs at 919-996-6856.  
**Carolina Pines Community Center** – Course Fee: \$3  
#243491 Nov 20 W 10:30-11:30am  
**Laurel Hills Community Center** – Course Fee: \$3  
#243489 Nov 19 Tu 10:30-11:30am  
#243490 Nov 19 Tu 12:30-1:30pm  
**Sertoma Arts Center** – Course Fee: \$3  
#243492 Nov 21 Th 10:30-11:30am

**Youth****Animal Hibernation**

Age: 6yrs. and up. Have you ever wonder what happens to all of the animals during winter? Come learn what life is like for all of our woodland creatures and make some fun hibernation crafts! This event is free but space is limited so register early. A parent or guardian must accompany children for the duration of the event.

**Lake Wheeler** – Course Fee: \$2  
#244275 Nov 6 W 11:00am-12:00pm

**Boy Scouts Merit Badge**

Age: 10-18 yrs. Come to Walnut Creek Wetland Park to meet most of the requirements for earning your merit badge. Dress for walking in the forest, and bring a water bottle, spiral notebook to use as a field notebook, your Blue Card and the Merit Badge Workbook for the subject being taught. You will be contacted at least a week in advance if there are any additional prerequisites.

**Walnut Creek Wetland Center** – Course Fee: \$15  
**Sustainability**  
#243250 Oct 20 Su 2:00-5:00pm  
**Bird Study**  
#243251 Dec 8 Su 2:00-5:00pm  
**Insect Study**  
#243252 Sep 22 Su 2:00-5:00pm  
**Mammal Study**  
#243253 Nov 17 Su 2:00-5:00pm

**Deer Tracking**

Age: 7-12 yrs. It's the peak of the rutting season and the deer are very active in the woods. Let's see if we can track some deer and find their hiding places. Learn how to think like a whitetail. Dress for the weather and outdoor adventure. Advance registration is required for this program. Parents and guardians are welcome but are not required to accompany their children.

**Annie Louise Wilkerson Nature Preserve** – Course Fee: \$3  
#244786 Nov 15 F 2:00-3:30pm

**Give Thanks for Turkeys**

Age: 4yrs. and up. Gobble! Gobble! It's turkey time! Come take a look into the amazing world of turkeys where we will learn why they are so special. Join us for some neat turkey crafts and facts. A parent or guardian must accompany children for the duration of the event. If you have any questions, contact Lake Wheeler Park at 919-662-5704.

**Lake Wheeler** – Course Fee: \$2  
#244296 Nov 22 F 1:00-2:00pm

**Pollinator Chronicles: Life in the Garden**

Age: 4-7 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 create a tie dye butterfly to take home!

**Forest Ridge Park** – Course Fee: \$3  
#244359 Sep 11 W 10:00-11:30am

### The Story at Falls Lake

Age: 4-7 yrs. Through storytelling and interactive participation, children will learn about Falls Lake and the animals that make the park home. Come join us on an adventure as we make props to participate in the stories of the area. Children will learn a little history and science and make some art.

**Forest Ridge Park** – Course Fee: \$3

|         |        |   |               |
|---------|--------|---|---------------|
| #244377 | Sep 25 | W | 10:00-11:30am |
| #244378 | Oct 16 | W | 10:00-11:30am |
| #244379 | Nov 20 | W | 10:00-11:30am |
| #244380 | Dec 18 | W | 10:00-11:30am |

### Winter Nature Crafts

Age: 7yrs. and up. Have last minute Christmas shopping to do? Need to wrap some presents? Drop off your kids to celebrate the first day of winter with fun nature crafts and get a couple of hours to yourself. Advance registration is required for this program.

**Thomas G Crowder Woodland Center** – Course Fee: \$4  
#242482 Dec 21 Sa 1:00-3:00pm

### Adult

#### Early Bird Walk

Age: 12yrs. and up. This program is for beginning birders and well-practiced watchers alike. Join us as we take a morning trek around the lake to find our avian friends. We will focus on both songbirds and waterfowl. Bring your own binoculars if possible, as supplies are limited. Please bring water and wear comfortable footwear. Adult(s) must accompany child(ren) under 16, register, and pay the program fee. Advance registration is required for this program.

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

|         |        |    |              |
|---------|--------|----|--------------|
| #242332 | Sep 21 | Sa | 8:30-10:30am |
| #242333 | Oct 26 | Sa | 8:30-10:30am |
| #242426 | Nov 9  | Sa | 8:30-10:30am |

#### Environmental Lecture Series

Age: 16yrs. and up. Join us at the Thomas G. Crowder Woodland Center for an exciting environmental lecture series held every 2nd Monday of the month. With a new topic each month, there is something for everyone. We will have professionals and graduate students presenting on topics that they know best! Call 919-996-3141 to find out more about our upcoming speakers and topics. Earn 1 hour of criteria III EE credit. Advance registration is not required but is helpful for planning purposes.

**Thomas G Crowder Woodland Center**

|         |        |   |             |
|---------|--------|---|-------------|
| #242323 | Sep 9  | M | 7:00-8:00pm |
| #242324 | Oct 14 | M | 7:00-8:00pm |
| #242325 | Nov 4  | M | 6:00-7:00pm |
| #242326 | Dec 9  | M | 6:00-7:00pm |

#### Environmental/Continuing Education - Growing Up WILD

Age: 16yrs. and up. Growing Up WILD is an early childhood education program that builds on children's sense of wonder about nature and invites them to explore wildlife and the world around them. Through a wide range of activities and experiences,



participants in Growing Up WILD will build a foundation for delivering experiences for early childhood that develop positive impressions about the natural world and lifelong social and academic skills. This program is geared toward adults who work with children between the ages of 3-7 years old. This workshop is correlated to the National Association for the Education of Young People Standards and the Head Start Domains. Facilitated by NC Wildlife Resource Commission Educator Becky Skiba, this 6-hour workshop counts as a Criteria I workshop in the NC Environmental Education Certification Program. Please bring a bag lunch and water bottle, and dress to be comfortable both indoors and out.

**Durant Nature Preserve**

|         |       |   |               |
|---------|-------|---|---------------|
| #245830 | Nov 4 | M | 9:00am-4:00pm |
|---------|-------|---|---------------|

#### Environmental/Continuing Education - Wildlife Trail Cameras

Age: 14yrs. and up. Venture out with the NC Wildlife Resources Commission to learn about wildlife monitoring in our state. Learn how to set up a trail camera, collect images, and share them with friends and researchers who study mammals and other wildlife across NC. We'll explore the role of this data in wildlife health and management and get outside to set up cameras in the Preserve. Go home with all the skills needed to monitor with trail cameras at your home or program site. This program is eligible for 4 hrs of Criteria II credit in the NC EE Certification Program. Preregistration is required. Please bring a snack and water bottle and dress for the weather. Instructor: Becky Skiba.

**Durant Nature Preserve**

|         |        |   |               |
|---------|--------|---|---------------|
| #245844 | Sep 16 | M | 9:00am-1:00pm |
|---------|--------|---|---------------|

#### Frosty Flicks - Winter Film Series

Age: 16yrs. and up. It's dark outside, just right for a movie! Take advantage of winter evenings with our new documentary series in the scenic Campbell Lodge. Film topics will cover current science events and environmental conservation near home and around the world. Each film screening includes Q&A discussion, opportunities for sharing resources, networking time, and, of course, popcorn! Frosty Flicks events are eligible for NC EE Criteria III credit. All interested community members are invited. Preregistration is required. Register to receive an email announcing each month's film and topic.

**Durant Nature Preserve**

|         |        |    |             |
|---------|--------|----|-------------|
| #244546 | Nov 7  | Th | 6:30-8:30pm |
| #244547 | Dec 12 | Th | 6:30-8:30pm |

#### Introduction to Birding

Age: 13yrs. and up. What kind of bird is that? In this program, participants will learn bird identification techniques. This program will start inside and then venture through the park to spot our feathered friends. Participants will receive field guides of local birds to take home. This is an outdoor event, and participants should dress for weather conditions. We will provide some binoculars, but you are encouraged to bring your own if you have them.

**Forest Ridge Park** – Course Fee: \$10

|         |        |    |              |
|---------|--------|----|--------------|
| #244383 | Sep 21 | Sa | 9:00-11:00am |
|---------|--------|----|--------------|

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**Seasonal Tree ID**

Age: 18yrs. and up. What kind of tree is that? In this program, you will learn to identify local trees based on bark, limb, buds and branching patterns as well as leaves, seeds and habitat. Participants will receive field guides for local trees to keep and take home. This is an outdoor event, and you should dress for weather conditions. Participants are eligible to receive three hours of Criteria II (outdoor) or Criteria III credit toward N.C. Environmental Educator Certification. Sign up today and answer the question, 'What kind of tree is that?'

**Forest Ridge Park** – Course Fee: \$10  
#244517 Sep 29 Su 2:00-5:00pm

**Seasonal Tree Identification**

Age: 16yrs. and up. What's that tree? Participants will learn to identify local trees based on bark, limb, buds and branching patterns as well as leaves, seeds and habitat. Participants will receive field guides for local trees to keep and take home. This is an outdoor event, and participants should dress for weather conditions. Participants are eligible to receive three hours of Criteria II (outdoor) or Criteria III credit toward N.C. Environmental Educator Certification.

**Walnut Creek Wetland Center** – Course Fee: \$10  
#243261 Sep 11 W 3:00-6:00pm

**Storytelling for Environmental Educators**

Age: 18yrs. and up. Have you ever been mesmerized by a good storyteller, and perhaps even wished you could tell stories like that? In this workshop we will learn about the origins of storytelling, how to gauge your audience and many storytelling techniques. This program is eligible for Criteria 3 and Continuing Ed credit towards NC Environmental Education certification. Please come dressed to spend some time outdoors, bring a water bottle and a bag lunch. Coffee, tea, and hot chocolate will be provided.

**Walnut Creek Wetland Center**  
#243284 Nov 25 M 9:00am-4:00pm

**Tree ID Trek**

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

**Thomas G Crowder Woodland Center** – Course Fee: \$4  
#242362 Oct 5 Sa 10:30am-12:30pm

**Wild Reads - Nature Book Club**

Age: 15yrs. and up. What's the first thing you want to do when you finish a great book? Talk about it! Join our community book club of nature lovers as we read and discuss quarterly selections on wildlife, science, environmental conservation, memoir, and more. Our relaxed meetings are an ideal way to meet like-minded friends and share ideas, questions, and perspectives inspired by notable books on nature. We'll provide the snacks and tea. Preregistration is required for planning purposes.

**Durant Nature Preserve**

**The Wild Trees: A Story of Passion and Daring - Richard Preston**  
#245823 Oct 23 W 6:00-7:30pm

**Wildlife Cam 101**

Age: 12yrs. and up. Take your best shot! This program introduces the use of wildlife cameras for viewing animals in their natural environment. In this two-session course, you will get tips on use and etiquette, location identification and setting up a camera trap. The course will start indoors and then move outdoors to set up cameras in the park. In the second session we will retrieve the cameras to see what we have captured. Dress for the weather in comfortable clothing and close-toe shoes that can get messy. Adult(s) must accompany child(ren) under 16, register, and pay the program fee. Advance registration is required for this program.

**Thomas G Crowder Woodland Center** – Course Fee: \$5  
#243365 Sep 14-28 Sa 9:00-11:00am

**Family****Astronomy Nights**

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

**Annie Louise Wilkerson Nature Preserve**

Course Fee: \$2  
#244781 Oct 11 F 7:00-8:30pm  
#244782 Nov 8 F 5:30-7:00pm  
#244783 Dec 6 F 5:00-6:30pm

**Batty for Bats**

Age: All Ages. Join us for an evening of fun where we will learn about the mysteries of bats. We will play games, make a craft, and even spend some time looking for bats. All ages welcome, but most appropriate for families with children elementary school age or older. Adult(s) must accompany child(ren), register, and pay the program fee. Advance registration is required for this program.

**Thomas G Crowder Woodland Center**

Course Fee: \$3  
#242372 Oct 18 F 5:30-7:00pm

**Big Sweep Spring 2019**

Age: 5yrs. and up. The Walnut Creek Wetland Center was founded by dedicated community volunteers who came together to clean up a neglected area and establish a nature park for southeast Raleigh. Be a part of the legacy of this gem by helping us with our biannual cleanup of the wetland. Please bring your own water bottle, and we will fill it with ice water. Light refreshments will be available when you are done! Registration is not required but appreciated for planning purposes. All volunteers will be required to sign a liability waiver, and children under 18 will need a waiver signed by a parent or guardian.

**Walnut Creek Wetland Center**

#243282 Oct 5 Sa 9:00am-12:00pm

**Calling For Owls**

Age: 4yrs. and up. We'll learn about the owls that live in and around the nature preserve and go outside to call the owls. Will they answer us? Make an owl craft to take home. Advance registration is required for this program. Adults must accompany children. Adults and children (4 years and up) must register and pay the program fee. This program takes place on trails that may not be accessible by strollers. Participants should dress for the weather in comfortable clothing and closed-toed shoes that can get messy.

**Annie Louise Wilkerson Nature Preserve**

Course Fee: \$2  
#244788 Dec 13 F 4:30-6:00pm

**Campfire Story & Marshmallow Roast**

Age: 6yrs. and up. Gather 'round the campfire for an evening of storytelling, nature, and marshmallows. As dusk falls, we'll come together to meet new friends, enjoy quality time, and share a tale connected to the forests and wildlife of the Preserve. Children must be accompanied by adults. Children and adults must register and pay the program fee.

**Durant Nature Preserve** – Course Fee: \$2

#245824 Oct 25 F 6:30-7:30pm  
#245825 Nov 23 Sa 5:00-6:00pm  
#245826 Dec 14 Sa 5:00-6:00pm

**Creepy Critters**

Age: 5yrs. and up. In the spirit of Halloween, come learn about the creepy, crawly critters of nature! Learn about spiders, bats and bugs. We will also be making a craft to take home. A parent or guardian must accompany children for the duration of the event.

**Lake Wheeler** – Course Fee: \$2

#244267 Oct 30 W 11:00am-12:00pm

**Enchanted Forest**

Age: All Ages. Halloween magic has infused the Preserve, where enchanted wildlife friends are eager to talk with you and show you their forest home. Bring family and friends to explore the trails at twilight, meet our magical woodland neighbors, roast a marshmallow over the campfire, and make wildlife-inspired Halloween nature crafts. Preregistration is required. Children must be accompanied by

adults. Children and adults must register and pay the program fee.

**Durant Nature Preserve** – Course Fee: \$2  
#245821 Oct 19 Sa 6:00-8:00pm

### Evergreens

Age: All Ages. Ever wonder why some trees stay green year-round? Join us as we learn about what makes evergreens so unique. All ages welcome, but most appropriate for families with children elementary school age or older. Adult(s) must accompany child(ren), register, and pay the program fee. Advance registration is required for this program.

**Thomas G Crowder Woodland Center** – Course Fee: \$3  
#242487 Dec 7 Sa 1:00-2:30pm

### Eye Spy

Age: 6yrs. and up. How do animals see the world? Explore wildlife perspectives and get a chance to see through their eyes - for real! What do colors look like for a butterfly? How do owls hunt in the dark? Join us to find out and see nature through wild, new eyes. Children must be accompanied by adults. Children and adults must register and pay the program fee.

**Durant Nature Preserve** – Course Fee: \$3  
#245796 Sep 14 Sa 11:00am-12:00pm

### Fall Foliage Hike

Age: 5yrs. and up. You don't have to travel far to appreciate the colors of fall. Come see Wilkerson Nature Preserve in full fall color and join a naturalist guide for a hike focused on our beautiful deciduous trees. Advance registration is required for this program. Adults must accompany children. Adults and children (5 years and up) must register and pay the program fee. This program may take place on trails that are not accessible by strollers. Participants should dress for the weather in comfortable clothing and closed-toed shoes that can get messy.

**Annie Louise Wilkerson Nature Preserve**

Course Fee: \$2  
#244787 Nov 9 Sa 2:00-3:30pm

### Fall Leaves

Age: All Ages. Why do leaves change color? Come find out in this fun filled program. Participants will learn about leaves while participating in leaf themed activities. We will even perform a science experiment to see what pigments leaves have. All ages welcome, but most appropriate for families with children elementary school age or older. Adult(s) must accompany child(ren), register, and pay the program fee. Advance registration is required for this program.

**Thomas G Crowder Woodland Center** – Course Fee: \$4  
#242420 Nov 16 Sa 1:00-3:00pm

### Family Fishing

Age: All Ages. Join us for this fun fishing program! Participants will learn how to cast and set up a rod and then go fishing in the lake. This is a great way to spend an afternoon with the whole family! Equipment

is provided including rod, reel, and bait. Participants 3 years old and under attend free and do not need to register. Adult(s) must accompany child(ren), register, and pay the program fee. Advance registration is required for this program.

**Lake Johnson** – Course Fee: \$4  
#244403 Oct 20 Su 1:00-3:00pm  
#244406 Nov 3 Su 1:00-3:00pm  
#244411 Dec 1 Su 1:00-3:00pm

### Family Naturalists: Create a Pollinator Garden

Age: 6yrs. and up. What is a pollinator? In this family program, we will learn all about pollinators, how to maintain a pollinator-friendly plot, and take home some pollinator friendly plants and/or seeds. Only one registrant per family is necessary. This program is most appropriate for elementary age and older, but all ages are welcome.

**Walnut Creek Wetland Center** – Course Fee: \$8  
#243289 Sep 22 Su 2:00-3:30pm

### Family Naturalists: Nocturnal Nature

Age: 4yrs. and up. As you are getting sleepy and letting go of a yawn, many of the wetland's inhabitants are stretching and getting ready for their 'day.' We'll look at which animals are active in the wetland and go for a night hike. What might we see and hear? This is a family program and the fee applies to all participants. Please register at least 4 days in advance and dress to spend some time outdoors.

**Walnut Creek Wetland Center** – Course Fee: \$3  
#243285 Oct 26 Sa 6:00-8:00pm

### Full Moon Hike

Age: All Ages. Watch as the park comes alive when the sun slips behind the trees. Please join us on this full moon trek to unveil the nocturnal wildlife of Lake Johnson Park. We will call for owls and nightjars, look for evidence of mammals, and identify singing amphibians. Participants should dress for the weather in comfortable clothing and close-toed shoes that can get messy. Participants must be able to walk approximately one mile on uneven terrain. All ages welcome, but most appropriate for families with children elementary school age or older. Adult(s) must accompany child(ren), register, and pay the program fee. Advance registration is required for this program.

**Thomas G Crowder Woodland Center**

Course Fee: \$3  
#242327 Sep 13 F 7:30-9:00pm  
#242329 Oct 12 Sa 7:00-8:30pm

### Grandparents Day

Age: All Ages. Drop by with your favorite grandparent, friend, or elder for a playful afternoon of quality time outside together. Take a stroll, try a nature scavenger hunt, or relax by the lake to count turtles. Build a Bug House to take home, and learn about helpful insect neighbors. Borrow our Explorer Backpacks with all the tools to investigate

birds, bugs, tracks, art, trees, and critters. Celebrate family time across generations at the Preserve. Preregistration is not required but is helpful for planning purposes. Please sign in at the table near the office. Children must be accompanied by adults.

**Durant Nature Preserve**  
#245779 Sep 8 Su 3:00-5:00pm

### Habitat Hike

Age: 5yrs. and up. Animals are found all around us but have you ever seen where they live? Join us for a hike around Lake Wheeler Park where we will search for places animals call home. A parent or guardian must accompany children for the duration of the event. If you have any questions, contact Lake Wheeler Park at 919-662-5704.

**Lake Wheeler**  
#244276 Nov 8 F 2:00-3:00pm

### Lake Johnson Park Nature Explorers

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

**Thomas G Crowder Woodland Center** – Course Fee: \$2  
#242483 Sep 15 Su 2:00-3:00pm  
#242484 Oct 13 Su 2:00-3:00pm  
#242485 Nov 10 Su 2:00-3:00pm  
#242486 Dec 15 Su 2:00-3:00pm

### Lake Wheeler Family Fishing Class

Age: 6yrs. and up. Bring the family out for a day of fishing and fun! You and your family will learn all about the fundamentals of fishing as well as local fish biology and their importance. Equipment will be provided but you are welcome to bring your own fishing gear. Limited spots are available so register today.

**Lake Wheeler** – Course Fee: \$5  
#244269 Sep 6 F 2:00-3:00pm  
#244270 Sep 20 F 2:00-3:00pm  
#244271 Oct 11 F 1:00-2:00pm

### Nature and Sensory Play Day

Age: All Ages. Come check out Durant's Sensory and Nature Play Garden! Self-guided activities to delight the senses and encourage nature play will be provided. Children must be accompanied by an adult. Walk-in registration is on a first come first served basis. If the garden is full when you arrive, staff will be happy to point out other areas of interest to visit until a spot opens up.

**Durant Nature Preserve**  
Sep 13 F 10:00am-12:00pm  
Oct 11 F 10:00am-12:00pm  
Nov 15 F 10:00am-12:00pm

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### Nature Art - Holiday Crafts

Age: 5yrs. and up. Bring nature indoors this year as you decorate for the winter. Join us for an afternoon of crafts as we find inspiration in natural materials and create unique, organic ornaments and gifts for your holiday celebrations. Preregistration is required. Children must be accompanied by adults. Children and adults must register and pay the program fee.

**Horseshoe Farm Nature Preserve** – Course Fee: \$4  
#245838 Dec 7 Sa 10:00am-12:00pm

### Nature Walk

Age: 4yrs. and up. Come enjoy the outdoors while participating in a nature scavenger hunt throughout the park. We will be learning all about local plant and animal species here at Lake Wheeler Park. A parent or guardian must accompany children for the duration of the event.

#### Lake Wheeler

#244272 Sep 25 W 3:00-4:00pm  
#244273 Oct 17 Th 3:00-4:00pm

### Night Hike Durant

Age: 6yrs. and up. Who comes out when the sun goes down? What's all the rustling in the woods at night? Which animals are waking up when we go to bed? We'll go on a guided walk with owls, bats, and our other nocturnal neighbors to see Durant in a whole new starlight. Discover what it takes to live in the nighttime forest as you find your way to the campfire and some toasty s'mores. Children must be accompanied by adults. Children and adults must register in advance and pay the program fee.

**Durant Nature Preserve** – Course Fee: \$4  
#245831 Nov 8 F 6:00-7:30pm

### Outdoor Cooking Family Feast

Age: 8yrs. and up. Spend the afternoon around a campfire learning family-friendly camp recipes and cooking techniques that can be done over a fire. We'll practice fire building and cook a delicious, multi-course meal. Bring a chair and your appetite for this unique and informative program that is sure to inspire your next campout! Preregistration is required. Children must be accompanied by adults. Children and adults must register and pay the program fee.

**Durant Nature Preserve** – Course Fee: \$8  
#245833 Nov 16 Sa 12:00-2:00pm

### Pigment Experiments - The Science of Colors

Age: 8yrs. and up. What makes leaves red or orange and caterpillars neon green? Why do flower petals fade but butterfly wings never do? Experiment with color chemistry to discover nature's paintbrush and interpret the color stories all around us in the woods. Children must be accompanied by adults. Children and adults must register and pay the program fee.

**Durant Nature Preserve** – Course Fee: \$4  
#245837 Nov 24 Su 2:00-3:30pm

### Pumpkins Have Seeds

Age: All Ages. Learn how seeds make things grow and dive into a gooey pumpkin to explore its seeds. Participants will decorate and take home a pumpkin of their own. All ages welcome, but most appropriate for families with children elementary school age or older. Adult(s) must accompany child(ren), register, and pay the program fee. Advance registration is required for this program.

**Thomas G Crowder Woodland Center** – Course Fee: \$3  
#242392 Oct 6 Su 2:00-3:30pm

### Shapes & Senses Scavenger Hunt

Age: 4yrs. and up. Venture out into the Preserve together on a scavenger hunt to test your senses in the wild. Tune in to color, shape, texture, scent, and sound as you interact with the meadow and woods to search for nature's treasures. Preregistration is required. Children must be accompanied by adults. Children and adults must register.

**Horseshoe Farm Nature Preserve**  
#245832 Nov 10 Su 2:00-3:00pm

### Solstice Stroll

Age: All Ages. Gather at the Preserve for an early evening stroll on the Winter Solstice. On this shortest day of the year, we'll enjoy the crisp forest trails as the sun sets for the longest night of winter. Encounter wildlife and plants along the way and learn about their adaptations for cold season survival. We'll close with a reflection campfire. This easy, social walk is a great way to spend quality time with friends or family taking in the quiet, restful phase of the natural year. This program takes place on trails that may not be accessible by strollers. Children must be accompanied by adults. Preregistration is required for all participants.

**Durant Nature Preserve**  
#245842 Dec 21 Sa 4:00-5:00pm



### Talkin' Turkeys

Age: All Ages. Ever wonder why a gobbler's head is bare or what all those feathers are for? Find out the secrets of America's favorite Thanksgiving dish. All ages welcome, but most appropriate for families with children elementary school age or older. Adult(s) must accompany child(ren), register, and pay the program fee. Advance registration is required for this program.

**Thomas G Crowder Woodland Center** – Course Fee: \$3  
#242471 Nov 23 Sa 10:30am-12:00pm

### Tracks, Scat, and Skulls

Age: 7yrs. and up. Learn how to identify tracks, scat, and skulls of common animals found at Lake Johnson Park. Adult(s) must accompany child(ren), register, and pay the program fee. Advance registration is required for this program.

**Thomas G Crowder Woodland Center** – Course Fee: \$3  
#242449 Nov 2 Sa 10:30am-12:00pm

### Twilight Walk

Age: 4yrs. and up. Many animals are active around sunset or shortly after. Take a walk with a park naturalist to explore the woods and fields at this special time. Look for deer, coyotes and owls. This program is designed for families with young children. Advance registration is required for this program. Adults must accompany children. Adults and children (4 years and up) must register and pay the program fee. This program takes place on trails that may not be accessible by strollers. Participants should dress for the weather in comfortable clothing and closed-toed shoes that can get messy.

#### Annie Louise Wilkerson Nature Preserve

Course Fee: \$2

#244775 Sep 6 F 6:30-8:00pm  
#244776 Oct 5 Sa 6:00-7:30pm

### We've Lost Our Spots! - Fawns and Deer

Age: 6yrs. and up. Little fawns have gotten big, and all their spots are gone! What do they need now to survive as grown-up deer? Learn about the adventures of fawns in fall right here at Durant. Where do they like to sleep? What does it mean when they wiggle noses and flip their tails? And where did all their spots go?? Try on life as a growing deer for a day, and find out! Preregistration required. Children must be accompanied by an adult. Adults attend free.

**Durant Nature Preserve** – Course Fee: \$2  
#245829 Nov 3 Su 3:00-4:00pm

### Where Do Animals go in Winter?

Age: All Ages. Ever wonder where animals go during winter? Find out in this fun-filled program. We will explore hibernation, torpor, migration, and more. All ages welcome, but most appropriate for families with children elementary school age or older. Adult(s) must accompany child(ren), register, and pay the program fee. Advance registration is required for this program.

**Thomas G Crowder Woodland Center** – Course Fee: \$3  
#242481 Dec 14 Sa 1:00-2:30pm

### Why Do The Leaves Fall?

Age: 6yrs. and up. Have you ever looked at the trees and wondered why their leaves change colors and fall to the ground? We will be exploring the park to find signs of autumn. A parent or guardian must accompany children for the duration of the event. If you have any questions, contact Lake Wheeler Park at 919-662-5704.

#### Lake Wheeler

#244266 Oct 25 F 2:00-3:00pm  
#244274 Nov 19 Tu 2:00-3:00pm

### Wild Walkers

Age: All Ages. Join us for a guided twilight walk at Horseshoe Farm, and enjoy the opportunity to stay in the meadow later than usual for a full sunset experience. Along the way, our staff will point out interesting natural features of the preserve. Bring a picnic blanket and some snacks to enjoy a leisurely late afternoon before the program. Children must be accompanied by adults. Children and adults must register in advance.

#### Horseshoe Farm Nature Preserve

#245797 Sep 14 Sa 7:00-8:00pm  
#245798 Oct 12 Sa 6:00-7:00pm  
#245799 Nov 16 Sa 4:30-5:30pm

### Wisteria Wreaths

Age: 7yrs. and up. Have you noticed the wisteria that blooms in the Preserve every spring? Though popular for its beauty, this invasive plant threatens the health of trees and is regularly cut at Durant. Join us to reclaim these pretty vines and put them to positive use! We'll master the basics of wreath weaving decorate our new holiday wreaths with natural materials. Children must be accompanied by adults. Children and adults must register in advance and pay the program fee.

**Durant Nature Preserve** – Course Fee: \$3  
#245839 Dec 8 Su 2:00-3:00pm  
#245840 Dec 8 Su 3:30-4:30pm



# Take A Child Outside Week

**September 24-30**

Raleigh Parks, Recreation and Cultural Resources invites you to join our celebration of **Take a Child Outside (TACO) Week!** This annual event encourages children and families across the country to get outside, explore, and learn more about the local environment. What will you discover about yourself or your backyard? **Join one – or many – of our special programs this week to learn, play, and spend time together in the wonderful world outdoors. All programs are FREE unless otherwise listed.**

## Magical Monarchs

Ages 3-6 yrs. Meet the Monarchs, our most famous butterflies, as they journey south for the winter. We'll learn about the Monarchs' long migration and what they like to eat, make a craft fit for the king of butterflies, and search for flying visitors in our Monarch Garden. Preregistration is required. Children must be accompanied by adults.

### Durant Nature Preserve

#245805 Sep 24 Tu 10:00-11:00am

### Horseshoe Farm Nature Preserve

#245806 Sep 26 Th 10:00-11:00am

## Junior Kids Fishing

Ages 4-6 yrs. This program is for younger children who have never fished before but would like to try. We will practice with some casting games and then spend some time fishing in the lake. Your child will leave with stickers and fishing themed coloring pages. We will teach them that fishing is fun, join us today. Adult(s) must accompany child(ren), adult(s) attend free and do not need to register. Advance registration is required for this program.

### Lake Johnson Park

#244412 Sep 24 Tu 10:00-11:30am

## Way Up High in an Apple Tree!

Ages 2-6 yrs. With this engaging program, little ones will delight in the wonders of apple trees as they grow from tiny seeds to tall, fruit-filled trees! Budding botanists will enjoy songs, hands-on activities and great fun. Preregistration is required. Children must be accompanied by adults. This program is offered at no charge in celebration of Take a Child Outside Week. For more information, contact Nature Programs at 919-996-6856.

### Laurel Hills Community Center

#243481 Sep 24 Tu 10:30-11:30am

#243482 Sep 24 Tu 1 2:30-1:30pm

### Carolina Pines Community Center

#243483 Sep 25 W 10:30-11:30am

### Sertoma Arts Center

#243484 Sep 26 Th 10:30-11:30am

## Chimney Swifts

Ages 6 yrs and up. Join us as we celebrate the migratory chimney swifts and learn why their future is threatened. After a short education session, we'll walk across the street to watch them as they come together in a magical aeronautical show before roosting for the night in the chimney at Carnage Magnet Middle School. Times are approximate and may be adjusted as the date approaches. There is no rain date for this event.

### Walnut Creek Wetland Park

#243262 Sep 24 Tu 6:30-8:00pm

## Nature Hike

Ages 4 yrs and up. Come enjoy the outdoors while participating in a nature scavenger hunt throughout the park. We will be learning all about local plant and animal species here at Lake Wheeler Park. A parent or guardian must accompany children for the duration of the event.

### Lake Wheeler Park

#244272 Sep 25 W 3:00-4:00pm

## Nature Art – Sun Prints

Ages 4 yrs and up. Team up with the warm, summer sun to make art from light and shadows. With the right supplies, we'll make art prints from natural items and sunshine. Collect natural materials, explore textures and shapes, and set your prints in the sun to preserve the bright, sunny day in your creation. Make patterns, try some art science, and explore! Preregistration is required for children and adults. Children must be accompanied by adults.

### Horseshoe Farm Nature Preserve

#245811 Sep 25 W 4:00-5:00pm

## Guided Nature Walks

Ages 3 yrs and up. Get outside and explore the trails at Forest Ridge Park. Join one of our experienced naturalists to gain information on flora and fauna, or just enjoy walking as part of a group. These walks are designed for the whole family. Routes and topics will be tailored to accommodate the group. Dress

for the weather and wear comfortable shoes. Pre-registration is recommended although not required.

### Forest Ridge Park

#### Afternoon Walk

#244398 Sep 25 W 4:00-5:30pm

#### Morning Walk

#244399 Sep 27 F 10:00-11:30am

## Kids Fishing

Ages 7-12 yrs. This program is great for youth new to fishing. We will go over casting techniques, setting up your rod and reel, and what fish are found in the lake. Then of course we will spend time fishing in the lake. Come see if your child can hook one and reel it in. Adult(s) must accompany child(ren), adult(s) attend free and do not need to register. Advance registration is required for this program.

### Lake Johnson Park

#244413 Sep 25 W 5:00-6:30pm

## Family Fishing

All Ages. Enjoy 'Take A Child Outside' Week by participating in Lake Johnson's Family Fishing activities. Participants will learn how to cast and set up a rod and then go fishing in the lake. This is a great way to spend an afternoon with the whole family! Equipment is provided including rod, reel, and bait. Adult(s) must accompany child(ren). Adult(s) and child(ren) must both register. Advance registration is required for this program.

### Lake Johnson Park

#244414 Sep 26 Th 5:00-7:00pm

## Nature Play Days

All Ages. Join us anytime between 11 a.m. and 3 p.m. to enjoy our latest ideas 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 for gemstones, make a fort out of natural materials, fly a kite, make mud pies and more. We'll provide the materials and guidance to get you started on a playful adventure, free of charge! Please wear

clothes you can get dirty. Note: Adults must accompany their children. No large groups please! This play day is designed for small family groups.

**Annie Louise Wilkerson Nature Preserve**

#244780 Sep 27 F 11:00am-3:00pm

**Know Your Knots**

Ages 7-12 yrs. A well tied knot can go a long way. In this program participants will learn how to tie 10 useful knots. Participants will even put a few to the test to see how well their knots hold up. Adult(s) must accompany child(ren), but do not need to register. Advance registration is required for this program.

**Lake Johnson Park – Thomas G. Crowder Woodland Center**

#242335 Sep 27 F 5:30-6:30pm

**Family Paddle**

Ages 8 yrs and up. Come celebrate Take a Child Outside Week with us at Forest Ridge Park. On Friday 9/27 we'll be loading up the canoes for an evening paddle to explore the wonders of Falls Lake. Guarantee your spot today by preregistering online or drop in on a Friday evening to join us for a paddle. Paddling experience is not required, but participants should be comfortable in on or around the water. At least one adult is required to register per family group. Please come prepared with a water bottle, snacks, sunscreen, close-toed water shoes, clothes that can get wet, a towel and a change of dry clothes. Questions? Contact the Adventure Program at [adventure.program@raleighnc.gov](mailto:adventure.program@raleighnc.gov) or (919) 996-6855

**Forest Ridge Park**

#244397 Sep 27 F 6:00-7:30pm

**Durant Family Campout**

Ages 6 yrs and up. Families gather for an overnight campout at Durant. We'll cook dinner at the campfire, stargaze, and go for a night hike. In the morning, wake up with the birds, enjoy a camp breakfast, and have time for morning paddling on the lake. Bring a tent if you have one or borrow one of ours. We'll haul your gear by vehicle down to the primitive campsite that we will call home for the night. Class fee is \$20 per adult and \$15 per youth. Preregistration is required at least four days prior to the program.

**Durant Nature Preserve** – Course fee: Youth \$15, Adults \$20

#245812 Sep 27 F-Sa 5:30pm-11:00am

**Beaver Pond**

Ages 3-5 yrs. Discover how beavers live, eat and play in their watery world. Weather permitting, we will search for beaver signs in and around the farm pond at the preserve. Story and craft are included. Advance registration is required for this program. Adults must accompany their children; adults attend free. This program may take place on trails that are not accessible by strollers.

**Annie Louise Wilkerson Nature Preserve**

#244774 Sep 28 Sa 10:30am-12:00pm

**All About Beavers**

All Ages. Join us to learn all about the amazing beaver - nature's ecosystem engineers. Participants will learn about beaver adaptations with a fun filled activity and even go on a short hike to look for signs of beavers. All ages welcome, but most appropriate for families with children elementary school age or older. Adult(s) must accompany child(ren), adult(s) attend free and do not need to register. Advance registration is required for this program.

**Lake Johnson Park – Thomas G. Crowder Woodland Center**

#243366 Sep 28 Sa 1:00-3:00pm

**Stories, Songs, and S'mores**

Ages 5 yrs and up. Come together for a special evening campfire where we'll enjoy stories, silly singing, quality time together, and S'MORES! Bring your favorite campfire tale and a few good friends. Preregistration is required for children and adults. Children must be accompanied by adults.

**Durant Nature Preserve**

#245813 Sep 28 Sa 7:00-8:00pm

**Compass Basics**

Ages 7-12 yrs. Have you ever been lost in the woods? This course will teach you the skills needed to navigate using a compass through fun, hands-on experience. We will end the course with a fun orienteering activity. Adult(s) must accompany child(ren), but do not need to register. Advance registration is required for this program.

**Lake Johnson Park – Thomas G. Crowder Woodland Center**

#242334 Sep 29 Su 1:00-3:00pm

**Scutes & Scales**

Ages 3 yrs and up. Explore the remarkable world of reptiles at the Preserve. Meet Scout, our Eastern box turtle, and visit with our friendly snakes. Find out what it takes to make it in the wild as a turtle, a snake, or a lizard, and take on a turtle scavenger hunt at the lake. Learn about how you can protect the turtles of Raleigh and help rescue them in times of need. It's an afternoon full of scales, scutes, and surprises! Preregistration is required for children and adults. Children must be accompanied by adults.

**Durant Nature Preserve**

#245814 Sep 29 Su 3:00-4:00pm

**Nature Art - Wild Sculpture**

Ages 5 yrs and up. Learn about the natural world art of Andy Goldsworthy and work with new friends to sculpt an Andy-inspired art installation at the Preserve. Discover wild works of art based on the colors, lines, and potential of natural materials. You'll never look at leaves and pebbles the same way again! Preregistration is required for children and adults. Children must be accompanied by adults.

**Durant Nature Preserve**

#245815 Sep 30 M 4:00-5:00pm



## GRAB A BACKPACK!

Can't join a group program? Explore nature sites across the city on your own at any time. Check out Self-Guided Explorer Kits at these locations to borrow all the gear you need for nature study and play.

**Walnut Creek Wetland Park**

Birds, Amphibians, Trees, Bugs

**Durant Nature Preserve**

Aquatics, Insects, Birds, Nature Art, Wildlife Tracking, Trees

**Forest Ridge Park**

Nature Explorer Backpacks

**Annie Louise Wilkerson Nature Preserve**

Nature Explorer Backpacks, Gardens Kit, Sandbox Kit, Costume Kit, Fort Building Kit, Fairy Houses Backpack



## City of Oaks Foundation urges children to get outside

Did you know that American children spend an average of 10 minutes each day in outdoor play? 10 minutes a day! As you might suspect, this is a fraction of the time that kids spent playing outdoors 20 years ago, and most of the time that was spent outside has been soaked up by screen time—children in front of phones, tablets, computers and televisions.

Playing outside in nature is vital to childhood development—not to mention physical health. Inventing games and establishing rules helps kids hone their social skills. Unstructured play with natural materials sparks

a child's imagination and creativity. Accomplishments bolster self-confidence, and failings teach them how to handle adversity. Nature play is a time-tested way for children to find their own paths and learn how to get along with others.

If playing outside is so beneficial, then why are children doing so little of it? Richard Louv, author of *Last Child in the Woods*, believes there are 5 barriers to nature play. First, America is growing more urbanized, and our cities' growth is without adequate natural areas and access to them. Second, many parents are afraid to let their children play in the woods and creeks. Third, technology dominates every aspect of our lives (children and adults alike). Fourth, we no longer consider nature play as an enriching activity. Fifth, nature often is seen as the problem (e.g. climate change, species extinction) and not the solution.

This is why the City of Oaks Foundation is busy conserving natural places around Raleigh and providing scholarships to help children participate in the City's incredible summer camps and nature programs.

Through our Raleigh, Naturally land conservation program, we work with landowners who want to leave a legacy by setting aside their forests, farms, gardens and streams as conservation land. Our Give Play initiative strives to remove cost as a barrier for children's participation in the nature play programs Raleigh offers.

Support the City of Oaks Foundation with your tax-deductible contribution and help reverse our nature deficit.

For more information:

visit [www.cityofoaksfoundation.org](http://www.cityofoaksfoundation.org) call us at **(919) 996-4773**, or send us mail to:  
**City of Oaks Foundation** 222 W. Hargett Street, Suite 608 Raleigh, NC 27601

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

# Social Programs



## Preschool

### Amazing Alphabet

Age: 2-5 yrs. Learning the alphabet? Why not do it in a fun way! Join us for a fun alphabet hour full of crafts, stories and songs.

**Hill Street Center** – Course Fee: \$8

#244718 Sep 16 M 3:30-4:30pm

### Gobble till you Wobble

Age: 3-6 yrs. Let your little one come join us for an afternoon of fun, thankfulness and lots of turkey related silliness. Children will participate in arts and crafts, stories, and tasty treats!

**Greystone Community Center** – Course Fee: \$10  
#246579 Nov 20 W 1:00-2:30pm

### It's Turkey Time

Age: 2-5 yrs. Why did the Turkey cross the road? To get to Hill Street for fun crafts and story time! We will be reading stories and creating crafts related to Thanksgiving. Come join the fun!

**Hill Street Center** – Course Fee: \$8  
#244719 Nov 25 M 3:30-4:30pm

## Kidokinetics

Age: 3-5 yrs. Kidokinetics is a sports and fitness program designed especially for preschoolers! Through the introduction of a variety of sports, games and fitness activities, we focus on basic gross motor skills and sports fundamentals. Classes enhance coordination, improve muscle tone and encourage play and listening skills.

Activities include soccer, basketball, baseball, hockey, golf, football, hula hoops, parachute games, obstacle courses and much more!

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

#246494 Sep 16-Oct 7 M 12:00-12:45pm  
#246495 Oct 14-Nov 4 M 12:00-12:45pm  
#246496 Nov 18-Dec 9 M 12:00-12:45pm  
#246497 Sep 12-Oct 3 Th 1:15-2:00pm  
#246498 Oct 10-31 Th 1:15-2:00pm  
#246499 Nov 14-Dec 12 Th 1:15-2:00pm

## Kidokinetics Jr. Sports with Caregiver

Age: 18 mths - 3 yrs Kidokinetics Jr. is an all around sports fitness program for toddlers and their grown-ups! Move, stretch and build confidence together while learning sports fundamentals and play skills. Our curriculum is designed to get toddlers engaged

in active play in order to encourage a positive attitude toward sports and physical activity in a fun, non-competitive environment. Activities include soccer, basketball, volleyball, hockey, parachute games, tennis, baseball, obstacle courses, hula hoops and lots more!

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

#246475 Sep 16-Oct 7 M 11:00-11:45am  
#246476 Oct 14-Nov 4 M 11:00-11:45am  
#246477 Nov 18-Dec 9 M 11:00-11:45am  
#246478 Sep 12-Oct 3 Th 12:15-1:00pm  
#246479 Oct 10-31 Th 12:15-1:00pm  
#246480 Nov 14-Dec 12 Th 12:15-1:00pm

## Peach Road Play Time

Age: Up to 3 yrs. Open play time for crawlers up to three years old. Join us for some indoor play time where the little ones can burn off some energy. Let them crawl around on mats, shoot some mini-basketball hoops and play ball. Parents must stay with their children at all times. Tiempo de juego para bebés que arrastran se hasta tres años. Jase en Peach Rd para un poco de tiempo de juego interior donde los m-s pequeños pueden gastar un poco de energía. Déjalos arrastrarse sobre las esteras, jugar baloncesto o la pelota. Los padres deben quedarse con sus hijos todo el tiempo

**Peach Road**

#245177 Sep 3-Nov 28 Tu-Th 2:30-4:30pm

## Play, Create and Explore-Preschool

Age: 3-5 yrs. Join us as we get creative in the kitchen, get crafty with art, get active in the gym and explore in the lab! Schedule: September 4, arts and crafts; September 11, science; September 18, active games; September 25, cooking.

**Tarboro Road Community Center** – Course Fee: \$20

#245664 Sep 4-25 W 10:30-11:30am

## Playgroup Tot Time

Age: Up to 5 yrs. 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 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. Please check with individual facilities for maximum number of registrants allowed at a time.

**Abbotts Creek Community Center**

#242158 Sep 2-Dec 31 M-Sa 8:00am-12:00pm

**Green Road Community Center**

#244845 Sep 2-Dec 31 M-F 10:00am-12:00pm

**Jaycee Community Center**

#243985 Sep 4-Dec 27 W, F 10:30am-12:30pm

**Laurel Hills Community Center**

#245238 Sep 3-Dec 24 Tu, Th 10:00am-12:00pm

**Millbrook Exchange Community Center**

#245575 Sep 5-Dec 26 Th 10:30am-12:00pm

**Optimist Community Center**

#246446 Sep 6-Dec 13 F 10:30am-1:30pm

**Roberts Park Community Center**

#245980 Sep 3-Dec 17 Tu 10:30am-12:30pm

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### Reindeer Rodeo

Age: 2-6 yrs. It's the most wonderful time of the year for the Reindeer Rodeo! Bring your little one for a fun-filled morning of crafts, games, treats and a few surprises. Due to the limited number of crafts, pre-registration is encouraged. See you at the Rodeo!

**Abbotts Creek Community Center** – Course Fee: \$2  
#244520 Dec 13 F 10:00am-11:00am

### Santa's Little Helpers

Age: 2-5 yrs. Santa's little helpers will get into the holiday spirit with fun crafts, stories, and games. Enjoy creating one of a kind ornaments to hang from the tree and enjoy making holiday memories.

**Hill Street Center** – Course Fee: \$8  
#244721 Dec 16 M 3:30-4:30pm

### SPAacular

Age: 3-5 yrs. Make relaxing so much more fun with a spa day! Have fun using everyday items from your home. During this program you might be creating your own lip balms, lotions, scrubs, and much more while being guided by an instructor. You will get to take your creations home to use time and time again. Please note this is the same class being offered at each site. Parent involvement recommended.

**Hill Street Center** – Course Fee: \$15  
#244070 Sep 30 M 3:30-4:30pm

**Pullen Community Center** – Course Fee: \$15  
#244069 Nov 19 Tu 10:00am-11:00am

### Stories and Art

Age: 3-5 yrs. Pre-schoolers will have fun listening to exciting stories while they create and color pictures of what the stories are about. This is a great opportunity to make new friends and enjoy social time.

**Worthdale Community Center**  
#245802 Sep 5-26 Th 10:00-10:45am  
#245803 Oct 3-24 Th 10:00-10:45am

### Superhero Fun!

Age: 2-5 yrs. Bring out your little ones for an hour of superhero fun! Each child will come up with their very own superhero name and make their own cape and mask. We will also play some games, make a craft and read a book. Please preregister your children so that we can plan accordingly.

**Pullen Community Center** – Course Fee: \$8  
#246413 Sep 17 Tu 10:00-11:00am

### Youth

#### Birthday Parties - Birthday Bash

Age: 2-9 yrs. 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. Activities vary based on the size and age of party participants. Theme options include, but are not limited to, basketball, hockey, soccer, baseball and 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 call the front desk at 919-870-2880 or email us at [optimistic@raleighnc.gov](mailto:optimistic@raleighnc.gov). Package One (12 or fewer attendees): \$110. Package Two (13-20 attendees): \$145

**Optimist Community Center** – Course Fee: \$145  
#246412 Sep 7 Sa 6:30-8:30pm

#### Birthday Parties at Pullen Community Center

Age: 3-12 yrs. Pullen Community Center offers birthday parties for children 3-12 years old. We offer two packages of two hours each. The first package includes an hour at the center and an hour at Pullen Park. The second package includes an hour at the center and an hour making crafts. A birthday staff member stays with your group during the two hours. The room is decorated with balloons and tablecloths for you; all you have to do is bring the children and cake. Please call the center at 919-831-6052 for more information.

**Pullen Community Center** – Course Fee: \$120

#### Coats 'Cause We Care

Age: 5yrs. and up. Coats' Cause We Care is a community service project through which volunteers in the public and private sectors donate coats to community children.

**Sgt. Courtney T. Johnson Center**  
#246573 Nov 9 Sa 11:00am-5:00pm

#### Costume Construction

Age: 4-10 yrs. Homemade costumes are not only creative but, fun to make! Join us at Peach Rd where we can show you the skills to make your own costume. From construction paper wigs to table cloth capes we'll help you build the best costume this Halloween.

**Peach Road**  
#245192 Oct 22 Tu 5:00-6:00pm

### Flashlight Candy Cane Hunt

Age: 6-12 yrs. Quick! The elves at the North Pole lost some of their candy canes and need your help to find them at Method Road Park. They're hidden throughout the park, so bring your flashlights! Be on the lookout for some special candy canes - if you find one you'll receive a special prize. Before the hunt, there will be an arts and crafts opportunity with hot chocolate. Cost is \$3 per participant and pre-registration is required.

**Method Road Community Center** – Course Fee: \$3  
#245193 Dec 6 F 6:30-7:30pm

### Fun Friday at Sanderford

Age: 5-12 yrs. Arts, crafts, games, activities, movies and FUN! Swing by Sanderford with your friends to mingle, relax, or have a little friendly competition. No one does fun like Sanderford. See you soon!

**Sanderford Road Park**  
#244509 Sep 6-20 F 6:00-8:00pm  
#244510 Oct 4-18 F 6:00-8:00pm  
#244511 Nov 1-22 F 6:00-8:00pm  
#244512 Dec 6-27 F 6:00-8:00pm

### Game Room

Age: 6-16 yrs. Peach Road's game room will be open on designated weeknights from 6:30 to 8 p.m. Play Nintendo, Wii, billiards or table tennis. You must register to drop in and be 12 or older to play billiards.

**Peach Road**  
#245179 Sep 4-Dec 30 W, F-Sa, M 6:30-8:00pm

### Halloween Spooktacular

Age: Up to 10 yrs. This event offers Halloween fun for kids 10 and under. Join us for a variety of activities and games. Space is limited, and preregistration is recommended. All participants must be accompanied by an adult.

**Green Road Community Center**  
#244952 Oct 28 M 8:00am-6:00pm

### Imagination Playground

Age: Up to 6 yrs. Join your friends at Abbotts Creek Community Center for this opportunity to let your imaginations run wild! We will supply the equipment, you supply the fun! Each day, we will provide Imagination Playground blocks and other fun activities for your tot to put their imagination to work and socialize with friends. A maximum of 30 kids and adults will be allowed each session. Registration is required for all participants age 6 and under.

**Abbotts Creek Community Center**  
#244259 Sep 7-Dec 28 Sa 9:15-11:30am

### Kids' Night Out

Age: 5-12 yrs. Parents, enjoy this time to relax, relate, and release while the staff at Green Road and your child enjoy a night filled with pure fun and excitement. Each month we will offer a different theme. Preregistration is required. Please contact the facility for additional details.

**Green Road Community Center** – Course Fee: \$10  
#245301 Sep 20 F 5:30-8:30pm  
#245302 Oct 18 F 5:30-8:30pm  
#245303 Nov 15 F 5:30-8:30pm  
#245304 Dec 20 F 5:30-8:30pm

### Kool Kids Traveling Club

Age: 5-12 yrs. Join your community friends for an awesome opportunity to get out and have some fun! We are making fun affordable, giving young people an opportunity to take field trips to various fun destinations throughout Raleigh NC. Sign up early because space is limited. Pre-registration required along with a signed parent/ guardian field trip form.

**Ralph Campbell Community Center** – Course Fee: \$20  
#245974 Sep 26 Th 3:30-8:30pm  
#245975 Oct 30 W 3:30-8:30pm  
#245976 Nov 21 Th 3:30-8:30pm  
#245977 Dec 19 Th 3:30-8:30pm

### LEGO Open Build

Age: 3+ yrs. Looking to unwind, get creative and build with LEGOs? Or maybe you just want to introduce your kids to LEGOs? Stop by Open Build and have fun. For ages 3+ Mega Blocks and LEGOs will be provided, no instruction.

**Jaycee Community Center**  
#242714 Sep 3-Dec 12 Tu, Th 3:30-5:00pm

### Millbrook Exploration Club

Age: 5-12 yrs. Looking for an EXCITING and ENRICHING full-day program for your child on teacher workdays? Join us for a fantastic day of EXPLORING and ADVENTURING as we JOURNEY around Wake County and beyond! Drop off location for each trip will be Millbrook Exchange Community Center. Doors open at 8am, pick-up is no later than 6pm. Pack your child a change of clothes, morning snack, lunch, and water bottle, we will provide a nutritious afternoon snack and an unforgettable experience.

**Millbrook Exchange Community Center**  
Course Fee: \$55  
Durham Life and Science Center  
#245100 Oct 9 W 8:00am-6:00pm

### Mommy & Me Girls' Night Out

Age: 5-16 yrs. Calling all Moms and Daughters!! Come join us for a fun filled night of games, dancing, music, karaoke and more. This special girls night out will be the highlight of your week. Pre-Registration is required!

**Chavis Community Center** – Course Fee: \$10  
#245551 Nov 22 F 6:30-8:30pm

### Open Activities

Age: 6-11 yrs. Play games, create crafts and have fun. Call 919-807-8545 or come visit us to see what we have planned.

**Peach Road**  
#245180 Sep 7-Dec 28 Sa 11:30am-1:30pm

### Play, Create and Explore-School Age

Age: 5-12 yrs. Join us as we get creative in the kitchen, get crafty with art, get active in the gym and explore in the lab! Schedule: October 2, arts and crafts; October 9, science; October 16, active games; October 23, cooking.

**Tarboro Road Community Center** – Course Fee: \$20  
#245665 Oct 2-23 W 6:00-7:00pm

### Pumpkin Bash

Age: 2-11 yrs. Celebrate with us at Roberts Park for an evening of fun, friends and costumes! Join us for crafts, pumpkin activities and snacks. Prizes will be given to the coolest costume. See you at Roberts!

**Roberts Park Community Center**  
#246386 Oct 25 F 5:00-8:00pm

### Rudolph Roundup

Age: 6-12 yrs. Need a chance to finish up last any minute shopping or preparing for your holiday guests? Drop the kids off for a fun filled evening of crafts, active games and of course snacks! Registration 3 days prior to program date is required.

**Halifax Community Center** – Course Fee: \$10  
#244258 Dec 13 F 5:30-8:30pm

### Sanderford or Treat

Age: All Ages Join us at Sanderford for an evening treat. Youth will participate in carnival games and arts activities. All kids will walk away with a goody bag from Sanderford Road Center. See you soon!

**Sanderford Road Park**  
#244591 Oct 25 F 6:00-8:00pm

### Santa's Elves Workshop

Age: Up to 12 yrs. The holiday season is here, and the Raleigh Youth Council has planned a festive morning for children. This drop-in program features make it/take it craft projects, refreshments and entertainment. We are expecting a special visitor from the North Pole! Please help us support the Youth Council's toy drive by sending each child with a small new toy. All contributions will be given out the following weekend at another Community Center. Children 12 and under are invited to join us and must be accompanied by a parent.

**Laurel Hills Community Center**  
#245252 Dec 7 Sa 10:00am-12:00pm

### Season's Showing

Age: 6-11 yrs. Capture the feeling of the season with our season showings. Different seasons, different films.

**Peach Road** – Course Fee: \$1  
**Fantastic Fall Film**  
#245315 Sep 19 Th 6:30-8:00pm  
#245316 Dec 20 F 6:30-8:00pm

### Turkey Time at Peach

Age: 4-10 yrs. Become one Cool Turkey as you learn about the history of Thanksgiving and the activities that surrounded it. Try your hand at Thanksgiving trivia, build some Thanksgiving crafts and learn history actively.

**Peach Road**  
#245322 Nov 21 Th 6:00-7:30pm

### Twick or Tweak

Age: Up to 10 yrs. Put on your best costume and join us for a fun evening of spectacular music, fun, games, and tweaks! (No twicks!) Fun for the whole family! Participants must be accompanied by parents, please.

**Laurel Hills Community Center**  
#245249 Oct 24 Th 6:00-7:30pm

### Wednesday - Board Games and Gator Balls

Age: 5-12 yrs. Its hump day but that doesn't mean you can't have fun! Come in early and have some friendly competition playing your favorite board games. Then for the second part of the evening, we will take part in some awesome gator ball games. Staff will be on site to help facilitate and monitor the activities.  
**Ralph Campbell Community Center** – Course Fee: \$1  
#245982 Sep 4-Jan 1 W 6:00-7:30pm

### Your Next Move Chess Club

Age: 7-17 yrs. Join us at Roberts Park for our chess club! This is a fun, rewarding, and engaging experience for kids to learn chess in a focused classroom setting. See you at Roberts!

**Roberts Park Community Center**  
#246484 Oct 3-Dec 19 Th 6:30-7:30pm

## Teen

### Modified Fun - Middle School

Age: 11-13 yrs. Do you have a middle schooler on the Wake County modified schedule? Great, now they have something fun to look forward to during their break! It's all fun and games until it's time to go home. Participants will have indulge in various arts, crafts, competitive and non competitive games, food projects and field trips throughout the week. Participants are required to bring their own snack and lunch.

**Ralph Campbell Community Center** – Course Fee: \$160  
#246002 Sep 30-Oct 4 M-F 7:30am-3:00pm  
#246010 Oct 7-11 M-F 7:30am-3:00pm

### Raleigh Youth Council

Age: 14-18 yrs. Are you a high school student interested in initiating, organizing and executing programs and projects that benefit teens? The Raleigh Youth Council is for teens and is run by teens. They focus on leadership opportunities, community service, recreation and fundraising as well as special events such as Youth Legislative Assembly, State Youth Council conferences and other events that develop leadership qualities and help members realize their full potential. The Raleigh Youth Council creates a forum where teens can freely express their ideas and opinions and serve as advocates for teens in Raleigh and Wake County. The Raleigh Youth Council is sponsored by the Parks, Recreation and Cultural Resources Department and is a charter member of the Youth Councils of North Carolina. If you are interested in participating, call the Teen Program at 919-996-2139. This program meets every 2nd and 4th Monday of each month through May.

**Laurel Hills Community Center**  
#246299 Aug 26-Dec 9 M 7:00-8:00pm

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### Teen Outreach Program

Age: 12-17yrs. The Teen Outreach Program (TOP) is a free, recreation-based, after-school program for teens ages 12-17 that operates at seven community centers across Raleigh. Activities include athletics, the arts, recreational games, field trips, adventure programs, skill building and more. The goal of the program is to provide a positive and engaging environment for teens in the hours after school. The program also provides mentoring relationships while addressing issues that affect teens, their community and their environment. The TOP program will not be open on teacher workdays or days when WCPSS is closed due to inclement weather. Teens can register by dropping by any of our seven locations during program hours and completing a registration packet. For more information about the program, please call 919-996-2139.

#### Carolina Pines Community Center

#245880 Aug 26-Dec 20 M-F 3:00-6:00pm

#### Chavis Community Center

#245875 Aug 26-Dec 20 M-F 3:00-6:00pm

#### Green Road Community Center

#245878 Aug 26-Dec 20 M-F 3:00-6:00pm

#### Lions Park Community Center

#246622 Aug 26-Dec 20 M-F 3:00-6:00pm

#### Method Road Community Center

#245876 Aug 26-Dec 20 M-F 3:00-6:00pm

#### Millbrook Exchange Community Center

#245883 Aug 26-Dec 20 M-F 3:00-6:00pm

#### Roberts Park Community Center

#245882 Aug 26-Dec 20 M-F 3:00-6:00pm

### Teen Service Day

Age: 14yrs. and up. Need to get some volunteer service hours knocked out while you're out of school? Make that experience memorable at Walnut Creek Wetland Park (and we'll even let you sleep late!) Projects may include mulching a trail, killing things (invasive plants, that is), or wading in Little Rock Creek to collect trash that has washed in. All volunteers must have a signed waiver from a parent. Please bring a refillable water bottle, and wear clothes that can get wet, messy or torn. Light snacks will be provided.

#### Walnut Creek Wetland Center

#243278 Oct 4 F 10:00am-12:00pm

#243279 Oct 9 W 10:00am-12:00pm

### Adult

### Bridge - Capitol Bridge Club

Age: 18yrs. and up. Come join the Capitol Bridge Club, which meets twice a week for competitive bridge in a social atmosphere. Experienced players are welcome to join the club. No bridge is played on City holidays. The club meets at Jaycee Center except during the summer months. During the summer, the club moves to Glen Eden. Membership dues \$1 per person per meeting.

#### Jaycee Community Center – Course Fee: \$1

#243980 Sep 3-27 Tu, F 12:30-4:30pm

#243981 Oct 1-29 Tu, F 12:30-4:30pm

#243982 Nov 1-26 F, Tu 12:30-4:30pm

#243983 Dec 3-31 Tu, F 12:30-4:30pm

### Bridge Club

Age: 18yrs. and up. Join fellow bridge enthusiasts at this weekly afternoon club. Come and join a very competitive atmosphere for experienced players and have a lot of fun at the same time. Fees are \$2 per person per meeting.

#### Tarboro Road Community Center – Course Fee: \$2

#245619 Sep 3-24 Tu 12:30-4:00pm

#245620 Oct 1-29 Tu 12:30-4:00pm

#245621 Nov 5-26 Tu 12:30-4:00pm

#245622 Dec 3-17 Tu 12:30-4:00pm

### Card Game Night for Adults

Age: 18yrs. and up. Age: 18yrs and up. Laugh, learn and play! Enjoy learning new card games or teach a game you know to others. A great way to socialized and exercise the brain.

#### Tarboro Road Community Center

#245624 Sep 5-Dec 26 Th 6:00-8:00pm

### Card Night for Adults

Age: 18yrs. and up. Want a place to play cards? Come out to Millbrook Exchange Community Center to play a hand of cards and socialize with friends. Play begins at 6 p.m. Millbrook Exchange Community Center

#245104 Sep 6-Dec 27 F 6:00-8:30pm

### Card Table Tuesdays

Age: 40yrs. and up. Come join us for Card Table Tuesdays!! Every Tuesday of the month we will host a variety of card table games like chess, checkers, dominoes, spades, bidwhist, and to many others to name. This program is for participants 40 years of age and UP. So come out and enjoy and lets PLAY!!!

#### Chavis Community Center – Course Fee: \$2

#245371 Nov 12-19 Tu 11:00am-1:00pm

#245376 Dec 10-17 Tu 11:00am-1:00pm

### Checkers At Tarboro Road

Age: All Ages. Join the neighborhood checkers players. Bring a partner or meet a new one. Fun and fellowship for all!

#### Tarboro Road Community Center

#245625 Sep 13 F 11:00am-4:00pm

#245626 Oct 11 F 11:00am-4:00pm

#245627 Nov 8 F 11:00am-4:00pm

#245628 Dec 13 F 11:00am-4:00pm

### Chicas, Conversation and Coffee Book Club

Age: 18-99 yrs. If you want great conversations and discussion while enjoying a good cup o' Joe, then this book club is for you. Oh, the places we will go! The group will select books on a monthly basis from a list of captivating best sellers. Club will meet every 2nd Saturday of the month.

#### Lions Park Community Center

#245753 Sep 14 Sa 10:00-11:00am

#245754 Oct 12 Sa 10:00-11:00am

#245755 Nov 9 Sa 10:00-11:00am

### Explore North Carolina

Age: 18yrs. and up. Join other cultural enthusiast for day trips to cultural and historic places of interest in the North Carolina area. Trips depart from Top Greene Center around 8 a.m. and usually return by early evening. This trip we are traveling to the historic Pea Island life saving station. Preregistration is

required. Suggestions for future trips locations are welcome! Call Top Greene for more information. Participants are responsible for admission fees and lunch.

#### John P 'Top' Greene Center

#246563 Sep 18 W 8:00am-5:00pm

### German Shepherd Dog Club

Age: 18yrs. and up. The purpose of the German Shepherd Dog Club is to improve the breed through education of club members and the public at large. The club meets the first Wednesday of each month and offers lectures and demonstrations throughout the year. See club president for information on meeting topics and club dues.

#### Millbrook Exchange Community Center

#245087 Sep 4 W 7:00-9:00pm

#245088 Oct 2 W 7:00-9:00pm

#245089 Nov 6 W 7:00-9:00pm

#245090 Dec 4 W 7:00-9:00pm

### Green Road Open Gym

Age: 18yrs. and up. Green Road has open gym in Gymnasium #1 for ages 18 and up. Players must present a valid photo ID to staff who will hold it while you play. We must have an Adult Open Play Registration Form on file, and you must also sign in daily with the front desk.

#### Green Road Community Center

Adult - 18 and up

#244789 Sep 2-Dec 31 M-F 12:15-2:30pm

### Make It & Take It: Vivariums

Age: 16yrs. and up. Join us in this part-naturalist treasure hunt, part-crafting two-session course, where you can help the environment and take home your own handheld ecosystem. In the first session, we will search the woods for an old container that will host your vivarium. In the second session, we will collect plants you need to grow. Instruction will include guiding you through the process of constructing your own sealed vivarium. This program will have a variety of activities outdoors, so dress accordingly. All materials will be provided.

#### Forest Ridge Park – Course Fee: \$12

#244436 Nov 7-14 Th 10:00am-12:00pm

### Open Ballroom Dance

Age: 18yrs. and up. Bring your partner or come solo and have fun dancing the night away. We play a variety of ballroom music, and you are welcome to bring your own. Feel free to call ahead with any questions about the music. Please make sure to read the scheduled dates below, because the dance does not meet every week.

#### Pullen Community Center – Course Fee: \$2

#246191 Sep 6 F 7:00-9:00pm

#246192 Sep 13 F 7:00-9:00pm

#246193 Sep 20 F 7:00-9:00pm

#246194 Sep 27 F 7:00-9:00pm

#246195 Oct 4 F 7:00-9:00pm

#246196 Oct 11 F 7:00-9:00pm

#246197 Oct 18 F 7:00-9:00pm

#246198 Oct 25 F 7:00-9:00pm

#246199 Nov 1 F 7:00-9:00pm

#246200 Nov 8 F 7:00-9:00pm

#246201 Nov 15 F 7:00-9:00pm

#246202 Nov 22 F 7:00-9:00pm

### **Pinochle Challenge**

Age: 45-100 yrs. Pinochle card challenge social for adults 50+.

#### **Biltmore Hills Community Center**

#246102 Sep 6-Jan 10 F 1:00-8:00pm

### **Raleigh Hemerocallis Club**

Age: 16yrs. and up. This club focuses on day lilies: recognizing their different forms and hybridizing, growing and enjoying them. A flower show is held in June for those who want their flowers judged. The club's fundraising allows it to have nationally known speakers at meetings and to award a scholarship to a deserving horticulture student. All ages are welcome to attend, and youth are encouraged to participate.

#### **Method Road Community Center – Course Fee: \$1**

#245218 Sep 10 Tu 6:45-9:00pm

#245219 Oct 8 Tu 6:45-9:30pm

### **Raleigh Zig-Zaggers Square Dance Club**

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

#### **Pullen Community Center – Course Fee: \$1**

#245222 Sep 9-Dec 30 M 7:00-9:00pm

### **Sertoma Group - North Raleigh Rotary**

Age: 18yrs. and up.

The Rotary Club of North Raleigh meets weekly for fellowship, buffet lunch and an informative presentation from a guest speaker. For information, visit [www.northraleighrotary.org](http://www.northraleighrotary.org).

#### **Sertoma Arts Center – Course Fee: \$1**

#243752 Sep 4-Dec 25 W 11:30am-2:00pm

### **Sertoma Group - Sertoma Park Artists**

Age: 16yrs. and up. Come join this creative group of artists who meet every Thursday. Individuals are welcome to visit the group and find out more about joining. Note: Course fee is collected at each visit. See club officers at meeting for information on additional fees and dues.

#### **Sertoma Arts Center – Course Fee: \$3**

#243750 Sep 5-Dec 26 Th 9:00am-12:00pm

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## **Adult Program Trips**

### **Day Trips**

#### **September**

##### **Surf City, NC: Turtle Rescue & Rehabilitation Center**

Karen Beasley Sea Turtle Rescue & Rehabilitation Center's mission is the conservation and preservation of all species of marine turtles, both in the water and on the beach. They accomplish their mission through the rescue, care and release of sick and injured sea turtles, public education regarding the plight of sea turtles and the threat of their extinction; and learning opportunities for students of biology, wildlife conservation and veterinary medicine from around the world.

#### **October**

##### **New Bern, NC**

Travel back in time and walk in the footsteps of colonial governors with a visit to Tryon Palace and the NC History Center. Enjoy the architectural history of some of the town's mansions, churches, cemeteries and downtown.

##### **Mystery Trip**

Enjoy a fun day of delightful surprises to??? Always popular and interesting. Lots of adventure and fun for everyone.

#### **November**

##### **Fayetteville, NC: Honor Our Veterans**

Visit the U.S. Army's Airborne and Special Operations Museum (ASOM), considered one of the country's most pristine military museums. Learn about the region and how the Cape Fear River played a role in southern North Carolina history by visiting the Museum of the Cape Fear Historical Complex.

#### **December**

##### **Rose Hill, NC: Duplin Winery**

Celebrate the season with the Down-Home Country's presentation of the sights and sounds of the holidays. Take a tour of the winery and enjoy some samples before you sit back, relax, and enjoy the dinner and show.

### **Multi-Day Trips**

#### **October**

##### **Iceland – Exploration, October 8-15, 2019**

Iceland is a beacon of nature's majesty and culture: crystal-blue waters and mossy hills dotted with countless waterfalls. Explore Reykjavik, a sophisticated European city with museums, galleries, and more. View the geothermal pools at Strokkur Geyser and breathe in the beauty of the many water falls or take a dip in the healing waters of the Blue Lagoon.

#### **December**

##### **Branson, Memphis & Nashville: Music Cities Holidays, December 6-12, 2019**

Fly to Branson, MO to experience an Ozark winter holiday. "The Live Music Show Capital of the World" is known for world-class live shows and performers. Explore the light filled town, experience a top music and dance show or choose to experience the wonder of Silver Dollar City during An Old Time Christmas Festival. Travel by bus to Memphis, TN, known for the Blues and Rock 'n' Roll, where we will take in some of the incredible blues music and visit Elvis Presley's famous Graceland. We will then head to our final destination of Nashville, TN, "Music City USA". You will have the opportunity to visit the Country Music Hall of Fame and take in a holiday show at the Grand Ole Opry.

**Sister Enrichment Club**

Age: 18yrs. and up. Age: 18yrs. and up. This program geared towards women will feature informative speakers who will uplift, encourage and motivate. The club will also include a Book of the Month. Take a moment for yourself, share social time and meet new friends.

**Tarboro Road Community Center**

#245667 Sep 2-Dec 23 M 6:30-8:30pm

**Sister Share at CP**

Age: 18yrs. and up. This support group for ladies meets the 2nd and 4th Thursdays of each month.

**Carolina Pines Community Center**

#245364 Sep 12 Th 6:30-8:00pm  
#245365 Sep 26 Th 6:30-8:00pm  
#245366 Oct 10 Th 6:30-8:00pm  
#245367 Oct 24 Th 6:30-8:00pm  
#245368 Nov 14 Th 6:30-8:00pm  
#245369 Dec 12 Th 6:30-8:00pm

**Senior****Adult Program Open House**

Age: All Ages. Come and explore the exciting new opportunities the Walnut Terrace Center has to offer you and the neighborhood. The Open House will be a great way to meet new people with similar interest as well as demo the fitness classes the center is currently offering. Our fitness classes are geared for older adults, however, the classes are open to all adults. Are you looking for a social group? Come and find out about our card/mahjong/games groups, Golden Years Clubs or Men's Monday group. Come and check out all the exciting programs and educational opportunities we have to offer. We are open to new ideas, come and give us your suggestions. Light refreshments will be provided. For more information, call 919-996-6160.

**Walnut Terrace Neighborhood Center**

#246417 Sep 26 Th 10:00am-12:00pm  
#246418 Oct 3 Th 5:00-8:30pm

**Adult Trip - Branson, Memphis and Nashville for the Holidays**

Age: All Ages. Do you enjoy music and traveling? This trip is just for you. Join us as we fly to Branson Missouri 'The Live Music Show Capital of the World' where we will enjoy the Ozark winter for two days. Next we will head to Memphis, TN, known for the Blues and Rock and Roll. Here we will spend 2 days enjoying the incredible blues and Graceland. Our final destination will be Nashville, TN, 'Music City USA.' Our 2 day stay will be spent enjoying the Gaylord Opryland Resort, County Music Hall of Fame and the Grand Ole Opry Show. For more trip information and registration contact the Adult Program at 919-996-6160 or 919-996-4720

**Anne Gordon Center for Active Adults**

#244625 Dec 6-11 F-W 6:00am-11:59pm

**Bingo**

Age: 18yrs. and up. This is not your typical bingo. We play a variety of games each day, including straight bingo, Four Corners, Postage Stamp and Clear All. Cost is \$1 for three cards or 50 cents per card.

**Anne Gordon Center for Active Adults**

#244462 Sep 6-Dec 27 F 9:30am-12:00pm  
**Green Road Community Center**  
#244811 Sep 3-Dec 31 Tu 10:00am-1:00pm  
**Marsh Creek Park**  
#245743 Sep 5-Dec 19 Th 10:00am-1:00pm  
**Walnut Terrace Neighborhood Center**  
#246296 Sep 9-Dec 23 M 1:00-4:00pm

**Bridge Club - Laurel Hills**

Age: 55yrs. and up. Join members of the Laurel Hills Bridge Club as they meet weekly to play bridge in a fun and relaxed atmosphere. New participants are welcome to join us anytime!

**Laurel Hills Community Center**

#245237 Sep 3-Dec 24 Tu 10:15am-1:00pm

**Bridge, Cribbage, and Games**

Age: 18yrs. and up. Join your fellow game players for intermediate bridge, canasta, cribbage, dominoes or board games. Bring your own games to share with the group, if you wish.

**Five Points Center for Active Adults**

#243680 Sep 9-Dec 30 M 1:00-4:00pm

**Bridge: Open Play**

Age: 18yrs. and up. Join other bridge players for this open play program. All experience levels are welcome.

**Greystone Community Center**

#245679 Sep 9-Dec 30 M 10:00am-1:30pm  
#245680 Sep 4-Dec 18 W 10:30am-1:30pm

**Brier Creek Seniors Club**

Age: 55yrs. and up. Welcome! Are you 55 plus and new to the area or have lived in Raleigh for many years? Come join a 'Kick Off Celebration' for a fun and exciting activities here at Brier Creek! Refreshment provided! Call 420-2340 for more information regarding trips and activities planned throughout the year. Club meets every Tues 10-11:30am.

**Brier Creek Community Center**

Course Fee: \$15  
#245095 Sep 10-Dec 24 Tu 10:00-11:30am

**Cards and Mahjong Open Play**

Age: 18yrs. and up. Want to play bridge, canasta, poker, mahjong or more with your friends? Have you not played in a while and want to freshen up your skills? 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 space is limited.

**Anne Gordon Center for Active Adults**

#244463 Sep 3-Dec 31 Tu 12:30-5:00pm  
#244464 Sep 4-Dec 18 W 1:00-3:00pm  
#244465 Sep 6-Dec 27 F 12:30-5:00pm  
**Walnut Terrace Neighborhood Center**  
#246302 Sep 3-Dec 17 Tu 9:00-11:45am  
#246304 Sep 5-Dec 19 Th 4:00-8:00pm

**Celebrating Our Seniors**

Age: 55yrs. and up. This event was created as a day to support, honor and show appreciation to our seniors. Enjoy fellowship, food and fun.

**Worthdale Community Center**

#245800 Nov 14 Th 11:00am-1:00pm

**Chair Volleyball - Senior Adults**

Age: 55yrs. and up. Chair volleyball for ages 55 and up is more fun than you can possibly stand - while seated! Come enjoy this fun-filled game. Chair volleyball is great for upper body mobility and joint flexibility. It enhances your muscle tone, reflexes, hand-eye coordination and endurance. The game is played with a beach ball and a five-foot-high net. Rules are similar to regular volleyball except 'cheeks on the chair!'

**Jaycee Community Center**

#244812 Sep 9-30 M 10:30am-12:00pm  
#244813 Oct 7-28 M 10:30am-12:00pm  
#244814 Nov 4-25 M 10:30am-12:00pm  
#244815 Dec 2-30 M 10:30am-12:00pm

**Golden Age Bingo**

Age: 50-100 yrs. If you are 50 years or over and like to play games to win prizes join us for bingo. Bingo is played in a variety of ways. When you have it yell bingo! You will win a great prize. Refreshments provided.

**Tarboro Road Community Center**

Course Fee: \$3

#245643 Sep 16 M 11:30am-1:30pm  
#245644 Oct 21 M 11:30am-1:30pm  
#245962 Nov 18 M 11:30am-1:30pm  
#245966 Dec 16 M 11:30am-1:30pm

**Greystone Blanketeers**

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

**Greystone Community Center**

#245752 Sep 24-Dec 31 Tu 1:00-4:00pm

**Mah Jongg**

Age: 18yrs. and up. Mah jongg is a tile game that can be traced back to the 1800s. A growing number of people are realizing the intellectual challenge mah jongg poses and the beauty and excitement of the game itself.

**Five Points Center for Active Adults**

#243683 Sep 5-Dec 26 Th 2:00-4:00pm  
#243684 Sep 6-Dec 27 F 12:30-3:30pm

### Mah Jongg Open Play

Age: All Ages. 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 Community Center

|         |              |    |              |
|---------|--------------|----|--------------|
| #246516 | Sep 9-Dec 30 | M  | 2:00-4:00pm  |
| #246517 | Sep 3-Dec 31 | Tu | 12:00-3:00pm |

### Mahjong Madness

Age: 18yrs. and up. Mahjong is a 2-4 player tile game that originated in China in the 1800's and grew popularity in the United States during the 1920's. Mahjong is an intellectual game involving both skill and luck, which encourages better brain function in individuals. Experienced players will be in attendance to work with beginner players who are interested. Game equipment is provided for up to 16 players. Come join the group and have some fun!

#### Green Road Community Center

|         |              |    |             |
|---------|--------------|----|-------------|
| #244839 | Sep 3-Dec 31 | Tu | 1:00-4:30pm |
|---------|--------------|----|-------------|

### Men's Mornings

Age: 18yrs. and up. Men, are you looking for a place to hangout, play some games and socialize with the 'Guys'? Men's Mornings is just what you are looking for. Drop in and enjoy coffee and an easy and fun game of video bowling. Card games, cornhole and other games are also options, or just pop in for a visit. Registration is not required, you will be asked to sign in upon arrival.

#### Walnut Terrace Neighborhood Center

|         |              |   |                |
|---------|--------------|---|----------------|
| #246305 | Sep 2-Dec 16 | M | 9:00am-12:00pm |
|---------|--------------|---|----------------|

### Movies at Walnut Terrace Center

Age: 18yrs. and up. Join us for a newly released movie. Bring your own drinks and snacks, as our site does not have vending machines. Microwave on site is available for your use. No registration, it is first come first serve starting at 9:30 and space is limited to 25 people. Free. You will be asked to sign in upon arrival. Monthly movie listing available at center.

#### Walnut Terrace Neighborhood Center

|         |              |   |                |
|---------|--------------|---|----------------|
| #246385 | Sep 6-Dec 27 | F | 9:30am-12:00pm |
|---------|--------------|---|----------------|

### Senior Club

Age: 50yrs. and up. Come join your neighborhood seniors for fellowship, friendship and fun. This group is for seniors who like to travel, socialize, engage in recreational activities and just have a grand time! The John Chavis senior group meets the 4th Wednesdays of every month.

#### Chavis Community Center

|         |        |   |                |
|---------|--------|---|----------------|
| #244561 | Sep 25 | W | 11:00am-1:30pm |
| #244562 | Oct 23 | W | 11:00am-1:30pm |
| #244563 | Nov 27 | W | 11:00am-1:30pm |
| #244564 | Dec 18 | W | 11:00am-1:30pm |

### Senior Club - Lions Park Senior Club

Age: 55-100 yrs. Join a group of friendly seniors for a grand time. If you like to travel, sing, dine on good food, keep up with the latest social events and have fun come join us. Club meets at Lions Park Community Center 516 Dennis Ave. on the 1st Wednesday of the month at 10:00am

#### Lions Park Community Center

|         |              |   |                |
|---------|--------------|---|----------------|
| #246456 | Sep 4-Dec 18 | W | 9:45am-12:00pm |
|---------|--------------|---|----------------|

### Senior Club - Worthdale Walkers

Age: 55yrs. and up. Adults 55 and up come out and enjoy walking, fellowship, speakers and health/life management sessions. Attend special events and trips throughout the year.

#### Worthdale Community Center

|         |          |    |                |
|---------|----------|----|----------------|
| #245079 | Sep 5-26 | Th | 11:00am-1:00pm |
| #245080 | Oct 3-24 | Th | 11:00am-1:00pm |
| #245081 | Nov 7-28 | Th | 11:00am-1:00pm |
| #245082 | Dec 5-26 | Th | 11:00am-1:00pm |

### Senior Fridays

Age: 55yrs. and up. Enjoy time playing cards and games while socializing with your friends. Feel free to bring cards and games with you!

#### Greystone Community Center

|         |              |   |             |
|---------|--------------|---|-------------|
| #246518 | Sep 6-Dec 27 | F | 1:00-3:00pm |
|---------|--------------|---|-------------|

### Senior Gaming Club at Roberts Park

Age: 55yrs. and up. Join us at Roberts Park for a morning of fun! Adults 50 and better can come together for socializing and game options like bingo, bridge, chess and more! See you soon!

#### Roberts Park Community Center

|         |          |    |                 |
|---------|----------|----|-----------------|
| #246015 | Sep 3-24 | Tu | 11:00am-12:00pm |
| #246016 | Oct 1-29 | Tu | 11:00am-12:00pm |
| #246017 | Nov 5-26 | Tu | 11:00am-12:00pm |
| #246018 | Dec 3-17 | Tu | 11:00am-12:00pm |

### Wednesday Movies at the Anne Gordon Center

Age: 18yrs. and up. Join us for a movie that just recently left the theaters. Items from the drink and candy machines cost \$1 each or bring your own. We have a microwave available for your use. No registration, it is first come first serve starting at 1:15pm and space is limited to 60 people. Free. You will be asked to sign in upon arrival.

#### Anne Gordon Center for Active Adults

|         |              |   |             |
|---------|--------------|---|-------------|
| #244466 | Sep 4-Dec 18 | W | 2:00-4:30pm |
|---------|--------------|---|-------------|

## Family

### A Reason to Celebrate

Age: Up to 99 yrs. Don't leave all the celebrations to the traditional holiday's and parties. There is always a reason to celebrate. Stop by OPT for a special treat, games or crafts as we honor a few unique and special days each month. Don't wait to RSVP to the celebration, limited spots available.

#### Optimist Community Center

##### National Chocolate Milk Day

|         |        |    |                 |
|---------|--------|----|-----------------|
| #246489 | Sep 27 | F  | 11:00am-12:00pm |
| #246490 | Oct 18 | F  | 11:00am-12:00pm |
| #246491 | Nov 1  | F  | 11:00am-12:00pm |
| #246492 | Nov 14 | Th | 11:00am-12:00pm |
| #246493 | Dec 13 | F  | 11:00am-12:00pm |

### ApolloWween

Age: 1-99 yrs. Be sure to stop by The Ralph Campbell Center on Halloween night as you're making your trick or treat rounds through the city. We always have a Fun Frightful scene and the BEST GOODIE Bags in the city. The Legacy Photo Booth from Legacy

Photo and Events will be joining us again, so you will remember this night forever with a complimentary photo.

#### Ralph Campbell Community Center

|         |        |    |             |
|---------|--------|----|-------------|
| #245956 | Oct 31 | Th | 6:00-8:00pm |
|---------|--------|----|-------------|

### Boo Bash

Age: 1yrs. and up. Get your costume ready and come be a part of District 1's Annual Boo Bash! Visit one of our decorated vehicles for some trunk-or-treating, try your hand at some FANGtastic games, take a walk through our Spooky Bus (both scary and non-scary versions are available), and just fall into fun! This event is sponsored by all of the District 1 Boo Crew Community Centers: Abbotts Creek, Brier Creek, Greystone, Lake Lynn, Millbrook and Optimist. Don't miss out on this happy haunting event for the whole family!

#### Abbotts Creek Community Center

|         |        |   |             |
|---------|--------|---|-------------|
| #244519 | Oct 25 | F | 6:00-8:00pm |
|---------|--------|---|-------------|

### Fall Carnival

Age: 1-10 yrs. Experience lots of scary fun with games, prizes and treats! Wear a costume, and be sure to bring an adult to share the fun. Admission is free.

#### Carolina Pines Community Center

|         |        |   |             |
|---------|--------|---|-------------|
| #245313 | Oct 28 | M | 6:30-8:00pm |
|---------|--------|---|-------------|

### Fall Festival

Age: 1-12 yrs. Celebrate the fall season! Join us for a fun-filled evening of games, activities, etc. Prizes, candy and light refreshments will be available. Admission is free.

#### Chavis Community Center

|         |        |    |             |
|---------|--------|----|-------------|
| #244566 | Oct 24 | Th | 6:30-8:00pm |
|---------|--------|----|-------------|

### Family Movie Night at Roberts Park

Age: 4yrs. and up. Join us at Roberts Park for a Family Movie Night! Friends, family and popcorn is the recipe for a good time. See you soon!

#### Roberts Park Community Center

|         |        |   |             |
|---------|--------|---|-------------|
| #246402 | Sep 20 | F | 6:00-8:30pm |
| #246404 | Nov 15 | F | 6:00-8:30pm |

### Family Night at the Movies

Age: 5yrs. and up. We've got the movie ñ you bring the kids, parents or friends! Join us the last Friday of each month at Sanderford Road Center. Preregistration is required.

#### Sanderford Road Park

|         |        |   |             |
|---------|--------|---|-------------|
| #244507 | Sep 27 | F | 6:00-8:00pm |
| #244513 | Nov 29 | F | 6:00-8:00pm |

### FANG-tastic Halloween Drop In at Powell Drive Park

Age: 2-11 yrs. Bring your little pumpkins and young ghouls to our Halloween drop-in and get caught up in our web of goodies and games! Come as you are, hang around for a spell, vamp it up with activities and make no bones about it. You are sure to have a booo-tiful Halloween.

#### Powell Drive Park

|         |        |    |             |
|---------|--------|----|-------------|
| #245191 | Oct 31 | Th | 5:30-7:00pm |
|---------|--------|----|-------------|

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**Friday - Movie Nights**

Age: 1-100 yrs. Lets chill inside and watch a nice family movie together. . Staff will be on site to help facilitate and monitor the activities.

**Ralph Campbell Community Center**

#245987 Sep 6-Jan 3 F 6:00-7:45pm

**Gingerbread House Decorating Competition**

Age: 1yrs. and up. Oh SNAP! Come join us at Method Road for a family friendly Gingerbread House decorating competition. We will provide the gingerbread houses and some supplies, and you can bring your creativity and holiday spirit! Feel free to bring any supplies of your own to add to your creativity. No glue guns, please. There will be fun prizes and superlatives given at the end of the competition. A hot cocoa bar and gingerbread cookies will be provided for your enjoyment. Only one gingerbread house is allowed per family. Must pre-register. One registration per family.

**Method Road Community Center** – Course Fee: \$20  
#245195 Dec 7 Sa 1:00-2:30pm

**Gingerbread Show Down**

Age: All Ages. Candy! Frosting! Imagination! Celebrate the season by designing your very own gingerbread house using graham crackers, frosting and of course, CANDY! Bring your family and compete with other families for a chance to be crowned the Supreme Gingerbread Jam.

**Greystone Community Center** – Course Fee: \$20  
#246577 Dec 14 Sa 12:30pm-2:30pm

**Halifax Sundae Social**

Age: All Ages. Come see what Halifax has to offer! Meet our instructors, staff and neighbors. Try a brief class demo, play games and of course eat ice cream! Please pre-register by September 10th.

**Halifax Community Center**  
#244260 Sep 13 F 6:00-7:30pm

**Haunted Halloween**

Age: All Ages. Witches and goblins, spooks and spiders, join us for the spookiest night of the year.

**Peach Road**  
#245319 Oct 25 F 6:30-8:00pm

**Jaycee Family Night Out Series**

Age: All Ages. Jaycee Community Center is proud to announce our Family Night Out Series! Always stressing to find something fun for the whole family? We have got you covered! Each month will be a different activity that the entire family can enjoy!

**Jaycee Community Center** – Course Fee: \$2

**Family Bingo Night**  
#242709 Sep 20 F 6:30-8:00pm

**Family Arts & Crafts Night**  
#242710 Oct 18 F 6:30-8:00pm

**Family Game Night**  
#242711 Nov 15 F 6:30-8:00pm

**Family Polar Express Night**  
#242712 Dec 13 F 6:30-8:30pm

**Line Dance**

Age: 16yrs. and up. You are invited to learn and follow the latest and all-time favorite line dances to urban contemporary, classic R&B/soul and country music. Lessons cover beginner through advanced line dances and improvisational dance techniques. Line dancing is a great form of exercise that is popular at social occasions. Cost per class is \$5.

**Tarboro Road Community Center** – Course Fee: \$5

|         |        |    |             |
|---------|--------|----|-------------|
| #245649 | Sep 3  | Tu | 6:30-7:30pm |
| #245650 | Sep 17 | Tu | 6:30-7:30pm |
| #245651 | Sep 24 | Tu | 6:30-7:30pm |
| #245652 | Oct 1  | Tu | 6:30-7:30pm |
| #245653 | Oct 15 | Tu | 6:30-7:30pm |
| #245654 | Oct 22 | Tu | 6:30-7:30pm |
| #245655 | Oct 29 | Tu | 6:30-7:30pm |
| #245656 | Nov 5  | Tu | 6:30-7:30pm |
| #245657 | Nov 19 | Tu | 6:30-7:30pm |
| #245658 | Nov 26 | Tu | 6:30-7:30pm |
| #245659 | Dec 3  | Tu | 6:30-7:30pm |
| #245660 | Dec 17 | Tu | 6:30-7:30pm |

**Monday - Ralph Campbell Card Games & Coloring Pages**

Age: 5-99 yrs. Come and enjoy a few quick games of various card games or pull up a chair and color a beautiful picture to take with you when you leave. Staff will be on site to help facilitate and monitor the activities.

**Ralph Campbell Community Center** – Course Fee: \$1  
#245981 Sep 2-Dec 30 M 6:00-7:30pm

**Mother & Son**

Age: 2yrs. and up. Calling all Moms and Sons!! UP, UP, and AWAY!! It's Super Hero DAY!! Come dressed in your costume and have some fun. Plenty of activities and games for all Mother & Sons!! Costumes are not mandatory, but come dressed so that you can enter the Super Hero Contest!!

**Chavis Community Center** – Course Fee: \$10  
#245584 Oct 25 F 6:30-8:30pm

**Movie Night with the Family**

Age: All Ages. Come enjoy a free movie with the family. We'll provide the entertainment while you get to spend quality time with your family. Preregistration is recommended. Call ahead to see what movie will be playing.

**Hill Street Center**  
#244713 Sep 20 F 6:00-8:00pm  
#244714 Oct 18 F 6:00-8:00pm  
#244715 Nov 15 F 6:00-8:00pm  
#244716 Dec 13 F 6:00-8:00pm

**Movie Thursday at Top Greene**

Age: 15yrs. and up. Do you enjoy movie classics, Westerns, romance, suspense or box office hits? Come enjoy popcorn while you watch a movie with your friends!

**John P 'Top' Greene Center**  
#246569 Aug 22 Th 5:30-8:00pm  
#246570 Sep 19 Th 6:30-8:00pm  
#246571 Oct 17 Th 6:30-8:00pm

**Parents Night Out Xtreme**

Age: 6-11 yrs. Parents it's time for a night on the town without the kids. This program offers a night out for parents while your children are being safely supervised in a fun and exciting environment. This program will offer a night

of fun games, pizza, movies, craft projects, and team sports.

**Lions Park Community Center** – Course Fee: \$20  
#246139 Sep 13 F 5:45-8:45pm  
#246140 Nov 8 F 5:45-8:45pm  
#246141 Dec 13 F 5:30-8:30pm

**Pumpkin Palooza**

Age: All Ages. Come and join us for an evening of fun and creativity as we ring in the fall season! We will decorate pumpkins and enjoy tasty treats to inspire the most outrageous designs and creations.

**Greystone Community Center** – Course Fee: \$10  
#246576 Oct 4 F 6:00-7:30pm

**Pumpkinfest**

Age: 2-11 yrs. Celebrate fall and pumpkins at our annual event. Pumpkins will come alive through your favorite carnival games, crafts, and more. Wear comfortable shoes and be ready for fun! Parents must stay to supervise children.

**Barwell Road Community Center**  
#245254 Oct 18 F 6:30-8:30pm

**Sanderford Road Trunk or Treat**

Age: All Ages. Come show off your best costume at Sanderford Road! We will be passing out prizes and candy! Get ready to have a howling good time!

**Sanderford Road Park**  
#244589 Oct 31 Th 6:00-8:00pm

**Snacks with Santa**

Age: 1-12 yrs. Join us for fun activities and snacks with Santa Claus. We'll have holiday games, arts and craft activities and story time with Santa! Bring your camera to capture a photo with the man in red! Please bring two nonperishable food items for this event.

**Chavis Community Center**  
#244567 Dec 21 Sa 10:00am-12:00pm

**Toys for Tots**

Age: All Ages. Toys for Tots Registration Day. Register children, newborns to 13 years old to receive a toy for Christmas. Registration is one day only. Space is limited. You must register in person.

**Hill Street Center - Registration**  
#244710 Nov 13 W 5:00-7:00pm

**Peach Road - Registration**  
#245317 Nov 13 W 5:00-7:00pm

**Tree Trimming**

Age: All Ages. Help us deck our halls for the holidays. Create ornaments to help us trim our tree or make your own ornaments to take home. Listen to Holiday music and enjoy cookies and hot chocolate.

**Peach Road**  
#245324 Dec 5 Th 5:00-6:30pm

**Worthdale Fall Festival**

Age: 1-12 yrs. Bring the family and celebrate fall at Worthdale. Activities include carnival games, arts and crafts, door prizes and refreshments.

**Worthdale Community Center**  
#245792 Oct 10 Th 6:00-8:00pm

## Golden Years Clubs

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

### Asbury Joy Club

Asbury UMC  
3rd Thursday, 11am  
Sep-May: trips, meals,  
speakers  
Velma (919) 847-0775

### Chavis Circle of Friends

John Chavis Community Cen.  
Wednesday, 11am  
Oct.-May: speakers,  
cards, meals  
Clara (919) 900-7269

### Fellowship Club

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

### Fifty-Five Plus Club

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

### First Cosmopolitan Club

First Cosmopolitan Baptist  
3rd Wednesday, 1pm  
Sep-May: social  
Gene (919) 266-1222

### First Friday

Five Points Adult Center  
1st Friday, 9:30am  
Yearly: social, crafts  
Joan (919) 803-2266

### G.E.M.S.

Watts Chapel  
Wednesday after the 1st/3rd  
Sunday, 10:30am  
Sep-June: social, speakers  
Gaynelle (919) 851-0869

### Go-Getters Club

Creedmoor Rd.  
Federal Coastal Credit  
2nd/4th Thursday, 10am  
Sep-May: trips only  
Lauren (919) 612-5164

### Golden Eagles Club

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

### Golden Jewels

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

### Grand Age Club

Hayes Barton United Methodist  
Thursdays, 11:15am  
Sep-May: speakers,  
meals, trips  
Margie (919) 467-0572

### Heddingham Hi-Milers

Willow Oak Clubhouse  
2nd Tuesday, 10:00am  
Aug-June: speakers,  
meals, trips  
Lianne (919) 880-7409

### Keenagers Club

White Memorial Presbyterian  
Thursdays, 10:15am  
Sep-May: speakers  
Robert (919) 834-3424

### Lake Lynn Seniors

Lake Lynn Comm. Center  
Tuesdays, 10am  
Sep-May: speakers, meals,  
trips  
Kathy (919) 349-8905

### Lions Park Club

Lions Park Comm. Center  
1st Wednesday, 10am  
Sep-June: speakers,  
meals, cards, trips  
Christie (919) 996-4726

### NRUMC—Joy Club

North Raleigh UMC  
1st, 2nd, 3rd, 5th Wed, 11am  
Yearly: speakers, meals, trips  
Cletha (919) 847-5988

### Pullen Park Club

Pullen Park Comm. Center  
Wednesdays, 10am  
Yearly: cards  
Jane (919) 785-1345

### Quail Hollow Club

Millbrook United Methodist  
Wednesdays, 9:45am  
Sep-May: speakers,  
meals, cards  
Susan (919) 870-0557

### St. Francis of Assisi 55+ Club

St. Francis of Assisi Parish  
Wednesday, 12noon  
Sep-May: speakers, meals,  
cards, trips  
Kathy (919) 272-4442

### St. Joseph Happy Hearts

St. Joseph Catholic Church  
1st Tuesday, 12pm  
Sep-May: speakers,  
meals, trips  
Connie (919) 418-3743

### Smiling Age Club

Blittmore Hills Comm. Center  
Tuesdays, 10am  
Sep-May: speakers, trips  
Mary (919) 755-1086

### Snappy Seniors

Marsh Creek Comm. Center  
1st and 3rd Monday, 10am  
Sep-May: speakers, meals  
Nancy (804) 921-5465

### Tarboro Road Movers and Shakers

Tarboro Road Comm Center  
1st/3rd Monday, 11am  
Sep - May: speakers,  
meals, trips  
Chris/Sherri 919-996-6505

### Thirty-Niners Club

First Baptist Church  
Thursdays, 10:30am  
Sep-May: speakers,  
meals, trips  
Mary Alice (919) 832-4485

### Touch of Love

St. Matthew Baptist Ch.  
Wed after the 2nd/4th  
Sun, 10:30am  
Yearly: speakers,  
meals, trips  
Dee (919) 630-0320

### Trailblazers

Mt. Pleasant Baptist Ch.  
2nd Tuesday 11:00 am  
Yearly: speakers, meals  
Lizzie (919) 847-0831

### Trinity JOY Club

Open Table Trinity UMC  
3rd Tuesday, 11am  
Aug-May: speakers,  
meals, trips  
Betty (919) 850-9191

### Wakefield Villagers Club

Villages of Wakefield  
1st & 3rd Tuesday, 9:30am  
Yearly: speakers, meals,  
cards, trips  
Margaret (919) 556-9541

### Worthdale Walkers Club

Worthdale Comm. Center  
Thursdays, 11am  
Sep-May: social  
Carletta (919) 996-2730

### Young at Heart Club

Five Points Adult Center  
2nd/4th Wednesday, 10am  
Yearly: speakers,  
meals, trips  
Brenda (919) 834-8170

# Specialized Recreation and Inclusion Services

## Specialized Recreation and Inclusion Services

919.996.2147

SRIS@raleighnc.gov

### Program Director

Nikki Speer-Raleigh

nikki.speer@raleighnc.gov

### Program Manager

Christen Winstead

christen.winstead@raleighnc.gov

### Assistant Program Managers

Olivia Atkinson

olivia.atkinson@raleighnc.gov

Wendy Miller

wendy.miller@raleighnc.gov

Jessica Niggebrugge

jessica.niggebrugge@raleighnc.gov

Specialized Recreation and Inclusion Services offers a variety of programs for individuals who have developmental and/or physical disabilities, and provides inclusion support for individuals with disabilities who participate in typical programs. Each program is designed to meet the needs and interests of the participants. We offer a variety of programs, including specific programs in the areas of Adapted Aquatics, Social Clubs, Special Olympics sport opportunities, Wheelchair Sports, Track Out programs, programs for individuals with Visual Impairments, etc. Please review our program listings for more information. Some eligibility restrictions may apply. Please note that non-resident fees currently do not apply to our programs. For more information on how to receive program information, please contact us at SRIS@raleighnc.gov or 919.996.2147.

Return registrations to:

Raleigh Parks, Recreation and Cultural Resources Department

**Specialized Recreation and Inclusion Services**

2401 Wade Avenue • Raleigh, NC 27607

## Abilities Tennis

Ages: 8yrs and up. Abilities Tennis of North Carolina is a local non-profit organization offering free tennis lessons and competitive opportunities for individuals with disabilities. Experienced volunteers will lead the lessons. Equipment is provided and all levels of experience welcome. Pre-registration is required. The program runs on Saturdays (2-3pm or 3:30-5pm) at Millbrook Tennis Center during the months of September and October. For more information, please call 919-996-2147 or email SRIS@raleighnc.gov.

## Art Time

Age: 16yrs. and up. Join us to create some unique, one-of-a-kind art on the 4th Monday of the month! Each class will focus on a different theme, and various types of materials will be used. Materials will be provided.

An instructor will be available to facilitate and assist participants at a ratio of 1:5.

Individuals requiring a higher level of support may attend with a personal assistant. For more information, please call 919-996-2147 or email SRIS@raleighnc.gov.

### Pullen Community Center – Course Fee: \$20

|         |        |   |             |
|---------|--------|---|-------------|
| #245915 | Sep 23 | M | 6:30-8:00pm |
| #245916 | Oct 28 | M | 6:30-8:00pm |
| #245917 | Nov 25 | M | 6:30-8:00pm |
| #245918 | Dec 16 | M | 6:30-8:00pm |

## Bingo Night

Age: 18yrs. and up. Join us the second Wednesday of the month for a fun-filled night of bingo! There will be prizes and time with friends. A program instructor will be available to facilitate and assist all participants. No one-on-one assistance will be provided. Individuals requiring a higher level of support may attend with a personal assistant. Pre-registration is required. For more information, please call 919-996-2147 or email SRIS@raleighnc.gov.

### Chavis Community Center – Course Fee: \$10

|         |        |   |             |
|---------|--------|---|-------------|
| #244913 | Sep 11 | W | 6:00-8:00pm |
| #244914 | Oct 9  | W | 6:00-8:00pm |
| #244915 | Nov 13 | W | 6:00-8:00pm |
| #244916 | Dec 11 | W | 6:00-8:00pm |

## Cooking - Kitchen Cheers

Age: 16yrs. and up. This program is designed to meet the needs of teens and adults with developmental or physical disabilities. We will teach the basics of menu planning, kitchen safety and personal hygiene, how to read a recipe and basic kitchen skills needed to prepare various dishes. Please notify us of any food allergy or dietary restriction at the time of registration. Participants must be able to follow simple instructions and step-by-step directions. No one-on-one assistance is provided. Individuals requiring a higher level of assistance should attend with an approved personal assistant. For more information, call 919-996-2147 or email SRIS@raleighnc.gov.

### Marsh Creek Park – Course Fee: \$45

|                  |               |    |             |
|------------------|---------------|----|-------------|
| #244121          | Dec 3-24      | Tu | 6:00-8:00pm |
| Course Fee: \$60 |               |    |             |
| #244119          | Sep 10-Oct 1  | Tu | 6:00-8:00pm |
| #244120          | Oct 22-Nov 12 | Tu | 6:00-8:00pm |

## Friendly Track Out

Friendly Track Out is designed to meet the needs of students with developmental disabilities who attend school on Track 4. The program is offered at Lake Lynn Community Center and Marsh Creek Community Center. Each week features structured recreation, leisure and social activities specifically for these students, in addition to field trips and inclusive activities with participants in the Track Out X-Press program. Participants must be able to participate successfully within a 1:3 ratio of staff to participants. Students who require more assistance or supervision may attend with a personal assistant.

**Behavior:** staff will provide positive behavior support, redirection, preferred activities, and use behavior support strategies provided by families. Participants are expected to exhibit appropriate program behavior, without presenting a safety concern to themselves, other campers or staff.

**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 participant 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, and in the community on field trips. **Toileting and Personal Care:** staff will provide verbal and visual prompting, assist camper with pull-up/diaper and/or clothing. Participant should be able to clean/wipe themselves with minimal assistance from staff. Registration for each break will close 1 month in advance. Additional forms and either a phone or live interview are required to complete the registration process. The

interview is now part of the registration process to ensure that your participant is appropriately registered, so they can be the most successful in the program. This interview not only allows us to get to know the participant better but also provides a forum where we can answer any of your more specific questions. If at this interview, it is determined that Friendly Track Out is not appropriate for your participant, we will grant a full refund for the weeks in which they are registered. Please contact Specialized Recreation and Inclusion Services at 919-996-2147 or SRIS@raleighnc.gov for more information.

## HIP Silent Supper

**Age:** All Ages. Silent Suppers are held the 3rd Tuesday of each month. All are welcome. This program is designed for individuals who are deaf or hard of hearing and their family members. It provides an opportunity for beginner and advanced signers to socialize in a fun and relaxed setting. Preregistration is encouraged but not required. All attendees must sign in with staff upon arrival. For more information, please contact us at 919-996-2147 or SRIS@raleighnc.gov.

### Cary Towne Center

|         |        |    |             |
|---------|--------|----|-------------|
| #244925 | Sep 17 | Tu | 5:30-8:30pm |
| #244927 | Nov 19 | Tu | 5:30-8:30pm |

### Crabtree Valley Mall

|         |        |    |             |
|---------|--------|----|-------------|
| #244926 | Oct 15 | Tu | 5:30-8:30pm |
| #244928 | Dec 17 | Tu | 5:30-8:30pm |

## Inclusive Open Gym Basketball

**Age:** 18+ yrs. We want to welcome YOU to come to our open gym program. This open gym experience will be a welcoming inclusive environment for ages 18 and up. Bring your friends and we will be ready to welcome you with a friendly accommodating environment to play basketball. When you leave, you will be ready to come back!

### Jaycee Community Center

|         |              |    |                 |
|---------|--------------|----|-----------------|
| #243994 | Sep 5-Dec 26 | Th | 10:00am-12:00pm |
|---------|--------------|----|-----------------|

## Next Step

**Age:** 17yrs. and up. Graduation is over. For many, Social Security, Medicaid, guardianship and other services are in place for an adult child with disabilities. Now what? Moving away from home is often the next step! Join this group as guest speakers from the community help us: (1) examine residential options in the Triangle area and (2) explore ways we can continue to be involved to enhance our adult child's life after the move into a new home. Meetings are 9:30-11:00 a.m. every third Saturday of the month at Millbrook Exchange Community Center, 1905 Spring Forest Road. Meetings are free, and light refreshments will be available. No reservations are necessary. For more information, contact Dave Curro at davecurro11@gmail.com.

### Millbrook Exchange Community Center

|         |        |    |              |
|---------|--------|----|--------------|
| #245173 | Sep 21 | Sa | 9:00-11:30am |
| #245174 | Oct 19 | Sa | 9:00-11:30am |
| #245175 | Nov 16 | Sa | 9:00-11:30am |
| #245176 | Dec 21 | Sa | 9:00-11:30am |

## Open Mic Night

**Age:** 18yrs. and up. If you love to sing or perform, then it is your time to shine! Grab your friends and join us on the 3rd Friday of each month for karaoke open mic! We have thousands of songs to choose from in an encouraging, family-friendly atmosphere. We provide a staff to facilitate and supervise performers. If performers require a higher level of support, assistants are welcome to attend. Preregistration is required. For more information, contact 919-996-2147 or SRIS@raleighnc.gov.

### Chavis Community Center

|         |        |   |             |
|---------|--------|---|-------------|
| #244929 | Sep 20 | F | 6:00-8:30pm |
| #244930 | Oct 18 | F | 6:00-8:30pm |
| #244931 | Nov 15 | F | 6:00-8:30pm |
| #244932 | Dec 20 | F | 6:00-8:30pm |

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**Quest Adult Day Program**

Age: 22-99 yrs. This program is designed for participants with developmental and/or physical disabilities who are interested in daytime recreation, healthy living and community engagement. Participants must be able to work in a small group setting, 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. Personal assistants must complete additional paperwork and a background check before attending. Registration and additional participant information forms are required at least two weeks before each monthly program start date. Please call 919-996-2147 or email [SRIS@raleighnc.gov](mailto:SRIS@raleighnc.gov) for more information.

**Five Points Center for Active Adults**

Course Fee: \$125

|         |          |    |               |
|---------|----------|----|---------------|
| #244933 | Sep 3-24 | Tu | 9:15am-2:15pm |
| #244934 | Oct 1-29 | Tu | 9:15am-2:15pm |
| #244935 | Nov 5-19 | Tu | 9:15am-2:15pm |
| #244936 | Dec 3-17 | Tu | 9:15am-2:15pm |

**Millbrook Exchange Community Center**

Course Fee: \$125

|         |          |    |               |
|---------|----------|----|---------------|
| #244937 | Sep 5-26 | Th | 9:15am-2:15pm |
| #244938 | Oct 3-31 | Th | 9:15am-2:15pm |
| #244939 | Nov 7-21 | Th | 9:15am-2:15pm |
| #244940 | Dec 5-19 | Th | 9:15am-2:15pm |

**Walnut Terrace Neighborhood Center**

Course Fee: \$125

|         |          |   |               |
|---------|----------|---|---------------|
| #244941 | Sep 4-25 | W | 9:15am-2:15pm |
| #244942 | Oct 2-30 | W | 9:15am-2:15pm |
| #244943 | Nov 6-20 | W | 9:15am-2:15pm |
| #244944 | Dec 4-18 | W | 9:15am-2:15pm |

**Raleigh Sidewinders Quad Rugby**

The Raleigh Sidewinders is eastern North Carolina's wheelchair (i.e. Quad Rugby) team. The Raleigh Sidewinders are official members of the US Quad Rugby Association, (USQRA), [www.quadrugby.com](http://www.quadrugby.com). The team is comprised of individuals with disabilities that preclude their play in competitive, able-bodied sports. Players must have mobility impairments in their arms and legs to be considered eligible for participation. Most of the players have sustained cervical spinal cord injuries and have some type of quadriplegia as a result. The players are active members in their community, striving for a level of skill and competition offered by quad rugby. The vision of the Raleigh Sidewinders is to provide team members with an opportunity for personal growth, physical outlet and competition with adequate equipment and resources. For more information, please visit [www.ncscia.org/theraleighsidewinders](http://www.ncscia.org/theraleighsidewinders).

**Recreational Bowling**

Age: 6yrs. and up. This bowling program provides a fun and exciting place for youth and adults with developmental and/or physical disabilities to participate in bowling. This is a recreational program and does not provide instruction. Ramps and bumpers will be available. Participants will be placed on lanes based on age, ability and style of bowling. Cost includes 20 games of bowling and shoe rental. This program will be facilitated on a 1 to 10 staff to participant ratio. Individuals needing additional assistance are welcome to bring a personal assistant. For more information, call 919-996-2147 or [SRIS@raleighnc.gov](mailto:SRIS@raleighnc.gov).

Course Fee: \$65

**AMF Pleasant Valley**

#244945 Sep 14-Nov 16 Sa 10:00am-12:00pm

**AMF South Hills**

#244946 Sep 14-Nov 16 Sa 10:00am-12:00pm

**Social Clubs**

Specialized Recreation and Inclusion Services offers three (3) Social Clubs for individuals with developmental and/or physical disabilities: the Adventure Club is for ages 15-24, the Wildcats Club is for ages 25-34 and the Dragons Club is for ages 35 and up. Most club activities are suggested by club members and range from local outings, day trips and/or overnight trips. Some previous activities include local sporting events, trips to museums, winery tours, etc. To receive more information about any of these club activities, please contact us at 919-996-2147 or [SRIS@raleighnc.gov](mailto:SRIS@raleighnc.gov).

**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. To receive more information on Special Olympics Wake County sport opportunities, please contact us at 919-996-2147 or [SRIS@raleighnc.gov](mailto:SRIS@raleighnc.gov).

**Special Olympics Young Athletes**

Age: 2-7 yrs. Special Olympics Young Athletes is an inclusive sport and play program for children, age 2-7, with and without disabilities, that introduces basic sport skills like running, kicking and throwing. This program also enhances fine gross motor skills, turn-taking, playing well with others, and builds new friendships. The program will be facilitated by an instructor, but parents and guardians are asked to stay, learn and assist their child as needed. For more information, please call 919-996-2147.

**Abbotts Creek Community Center**

#245172 Sep 11-Oct 30 W 9:30-10:30am

**Barwell Road Community Center**

#244538 Sep 18-Nov 20 W 10:00am-12:00pm

**Hill Street Center**

#244537 Sep 13-Nov 22 F 3:30-4:30pm

**Specialized Recreation Dances**

Age: 14yrs. and up. Come dance the night away! Dress to impress! We'll provide volunteer chaperones, music, refreshments and lots of friends. Participants who need higher support, supervision or assistance are welcome to attend with a chaperone or personal assistant. Chaperones attend for free but must fill out a registration form. Specific dance flyers and registration forms will be sent out in advance. No pre-registration accepted. Cost is \$5 cash at the door. For more information, call 919-996-2147 or email [SRIS@raleighnc.gov](mailto:SRIS@raleighnc.gov).

**Fall Harvest Dance - Five Points Center for Active Adults**

Sep 28 Sa 7:00-9:30pm

**Halloween Dance - Millbrook Exchange Community Ctr.**

Oct 26 Sa 7:00-9:30pm

**Nutcracker - Marsh Creek Community Ctr.**

Dec 14 Sa 7:00-9:30pm

**Specialized Recreation Guided Nature Hike**

Age: 16yrs. and up. Join us for a fun and friendly learning session and an accessible walk along the Walnut Creek Greenway. Along the way we will experience the sounds, sights, smells and texture as we learn about the plants and animals that call this area home. Each session will feature a different topic. Come join us! Please register at least 3 days in advance.

**Walnut Creek Wetland Center****Spiders**

|         |        |    |             |
|---------|--------|----|-------------|
| #243255 | Oct 17 | Th | 1:00-2:00pm |
| #243256 | Nov 12 | Tu | 1:00-2:00pm |
| #243257 | Sep 10 | Tu | 1:00-2:00pm |

**Team PRIDE: Junior Wheelchair Basketball**

Age: 6-20 yrs. This program is a collaboration of Bridge II Sports and the Raleigh Parks, Recreation and Cultural Resources Department and is designed for youth with a physical disability. We have two divisions: Prep and JV. Thunder has weekly practices from late August to March. In practices, we work on sports skills, building confidence, goal-setting and independence. The team travels for tournaments in and out of state. The program runs at Laurel Hills Community Center on Fridays from 6:30-8:30pm. If you are interested in participating or learning more, please visit [www.bridge2sports.org](http://www.bridge2sports.org) or call 866-880-2742.

### Triangle Taiko

Triangle Taiko is a joint program with the Raleigh Parks, Recreation & Cultural Resources Department providing free Taiko drumming classes for teens and adults with developmental and physical disabilities. Through this program, participants will increase their physical fitness level while learning the history and art of Taiko drumming. Individuals need to have some coordination, the ability to follow directions, a desire to play drums and perform, and be able to handle the loud volume level of the drums. For more information, please call 919-787-6233 or e-mail yokoishima@gmail.com.

### Triangle Thunder Wheelchair Basketball

Triangle Thunder is a recreational and competitive adult wheelchair basketball team. They provide opportunities for men and women with a variety of disabilities to become involved in the sport of wheelchair basketball. The goal is to enhance each individual's social well-being by fostering their physical well-being through vigorous physical exercise, skill formation, and healthy fellowship with other persons with disabilities. Practices are open to new players and to the public. For more information, please contact 919-696-2811 or visit [www.trianglethunder.org](http://www.trianglethunder.org).

## Visually Impaired Programs

The following programs, noted as VIP, are designed for individuals who are blind or who have vision impairment. Visually Impaired programs are not currently available for online registration. To receive our bi-monthly Newsletter, please contact us at 919-996-2147 or [SRIS@raleighnc.gov](mailto:SRIS@raleighnc.gov).

### VIP Bingo

Age: 14yrs. and up. Join us for an evening of fellowship, fun and bingo. Braille and large print cards are available. There will be no food or drink provided. Participants are welcome to bring or order food to be delivered to the program location. Food, delivery and eating should not interrupt the program. For more information, please contact 919-996-2147 or [SRIS@raleighnc.gov](mailto:SRIS@raleighnc.gov).

**Chavis Community Center** – Course Fee: \$4

|         |        |   |             |
|---------|--------|---|-------------|
| #244891 | Sep 25 | W | 7:00-8:45pm |
| #244892 | Oct 23 |   | 7:00-8:45pm |
| #244893 | Nov 27 | W | 7:00-8:45pm |
| #244894 | Dec 18 | W | 7:00-8:45pm |

### VIP Darts

Age: 18yrs. and up. Come enjoy a competitive evening playing darts. You must register for a month in order to participate. Weekly Registration is not available. This program is designed for individuals with visual impairments. For more information, call 919-996-2147 or [SRIS@raleighnc.gov](mailto:SRIS@raleighnc.gov).

**Five Points Center for Active Adults**

Course Fee: \$16

|         |          |   |             |
|---------|----------|---|-------------|
| #245988 | Sep 9-30 | M | 6:30-8:15pm |
| #245989 | Oct 7-28 | M | 6:30-8:15pm |

Course Fee: \$12

|         |          |   |             |
|---------|----------|---|-------------|
| #245990 | Nov 4-25 | M | 6:30-8:15pm |
| #245991 | Dec 2-16 | M | 6:30-8:15pm |

### VIP Dinner and a Movie

Age: 18yrs. and up. This program is for individuals with visual impairments. Join us the first Sunday of each month for dinner and a movie at a local restaurant and movie theatre. As new releases come out, we'll socialize and enjoy each other's company and then continue on to the feature of the month. Location and movie will be determined one week in advance. For more information, please contact 919-996-2147 or [SRIS@raleighnc.gov](mailto:SRIS@raleighnc.gov).

**Non-City Owned Site** – Course Fee: \$4

|         |       |    |             |
|---------|-------|----|-------------|
| #244896 | Sep 8 | Su | 4:00-9:00pm |
| #244897 | Nov 3 | Su | 4:00-9:00pm |

### VIP Fun Bowl

Age: 18yrs. and up. This program is designed for participants with visual impairments.

Come out and bowl! Participants must be able to carry balls to and from the lane, and bowl unassisted. No instruction or one-on-one assistance will be provided. Pin spotters will be provided, and guide rails are available.

A fee of \$1 cash per game is paid directly to the bowling alley each day. Program is held at Buffalo Lanes North. All participants must register in advance for each month. Weekly registration is not available. For more information, please call 919-996-2147 or [SRIS@raleighnc.gov](mailto:SRIS@raleighnc.gov).

**Non-City Owned Site**

Course Fee: \$3

|         |          |   |              |
|---------|----------|---|--------------|
| #244111 | Sep 4-18 | W | 12:30-2:30pm |
| #244113 | Nov 6-20 | W | 12:30-2:30pm |
| #244114 | Dec 4-18 | W | 12:30-2:30pm |

Course Fee: \$5

|         |          |   |              |
|---------|----------|---|--------------|
| #244112 | Oct 2-30 | W | 12:30-2:30pm |
|---------|----------|---|--------------|

### VIP Outlaw Bowling

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 and transportation needs.

### VIP Trivia

Age: 18yrs. and up. This program is designed for participants with visual impairments. Enjoy an evening playing competitive trivia every 3rd Thursday of each month. Participants must be able to meet at trivia location. Transportation home is offered within the Raleigh city limits. Pre-registration is required. For more information, please contact us at 919-996-2147 or [SRIS@raleighnc.gov](mailto:SRIS@raleighnc.gov).

**Non-City Owned Site** – Course Fee: \$4

|         |        |    |             |
|---------|--------|----|-------------|
| #244115 | Sep 19 | Th | 6:00-8:30pm |
| #244116 | Oct 17 | Th | 6:00-8:30pm |
| #244117 | Nov 21 | Th | 6:00-8:30pm |
| #244118 | Dec 19 | Th | 6:00-8:30pm |

# Sports



## Preschool

### All Sports - Little Starters

Age: 3-5 yrs. Want to try several sports? Little Starters introduces a different sport each week. Sports may include baseball, football, hockey, lacrosse and others. Get your game on!

#### Green Road Community Center

Course Fee: \$36  
 #244790 Sep 7-28 Sa 11:00-11:45am  
 #244791 Oct 5-26 Sa 11:00-11:45am

#### Laurel Hills Community Center

Course Fee: \$36  
 #246076 Sep 9-30 M 11:00-11:45am  
 #246077 Nov 4-25 M 11:00-11:45am

#### Marsh Creek Park

Course Fee: \$36  
 #245757 Sep 4-25 W 9:30-10:15am  
 #245758 Nov 6-27 W 9:30-10:15am

#### Optimist Community Center

Course Fee: \$36  
 #245723 Sep 9-30 M 5:00-5:45pm  
 #245725 Oct 2-23 W 5:00-5:45pm  
 #245734 Nov 14-Dec 12 Th 5:00-5:45pm

### Basketball - Kinderbasketball

Age: 3-5 yrs. This sports class focuses on the fundamental skills of basketball each week. Participants will be introduced to skills such as passing, dribbling, shooting and team play in a safe, rewarding, noncompetitive environment.

**Barwell Road Community Center** – Course Fee: \$40  
 #244745 Sep 15-Oct 6 Su 2:00-2:45pm

### Basketball - Little Shooters

Age: 3-5 yrs. This is a skills, drills and play basketball class. Players learn the basics, including dribbling, shooting, passing, one-on-one, offense-defense and team play fundamentals for a rewarding, noncompetitive sports experience.

**Green Road Community Center** – Course Fee: \$36  
 #244802 Sep 3-24 Tu 6:00-6:45pm  
 #244803 Oct 1-22 Tu 6:00-6:45pm  
 #244804 Nov 5-26 Tu 6:00-6:45pm

**Laurel Hills Community Center** – Course Fee: \$36  
 #245353 Sep 7-28 Sa 10:45-11:30am  
 #245600 Sep 4-25 W 5:00-5:45pm  
 #245601 Oct 2-23 W 5:00-5:45pm  
 #245696 Nov 2-30 Sa 10:45-11:30am

**Optimist Community Center** – Course Fee: \$36  
 #246400 Sep 5-26 Th 5:00-5:45pm  
 #246405 Oct 14-Nov 4 M 5:00-5:45pm

### Basketball - Twos Sport Zone

Age: 2-2 yrs. This parent-tot class is a great way to play while learning about the basics of basketball on a toddler's level. Little shooters will enjoy tiny hoop games, touch-n-go dribbling, catch, pass and more motor skill development fun. Wonderful for social skills and fitness! Instructor: Coach K.

**Laurel Hills Community Center** – Course Fee: \$36  
 #245312 Sep 7-28 Sa 10:00-10:30am  
 #245683 Nov 2-23 Sa 10:00-10:30am

### Football - Little Tacklers

Age: 3-5 yrs. Hut one, hut two ... hike! This class is an introduction in skills development that teaches the basics of football, including passing, kicking, catching and running. The class will help develop hand-eye coordination, listening skills, good sportsmanship and teamwork! Emphasis will be on safe play. Touchdown!

**Laurel Hills Community Center** – Course Fee: \$36  
 #245724 Nov 2-23 Sa 11:30am-12:15pm

### Futsal Junior

Age: 3-4 yrs. Bring the little ones inside to play fun pick-up games with friends and meet people with a shared passion for futsal. The game of quick-paced indoor soccer will be played on a smaller basketball-style court with walls and a smaller, low-bouncing ball. Space, goals, futsal ball and chairs for parents provided. Participants must be accompanied and supervised by an adult. Onsite registration is required.

**Ralph Campbell Community Center**  
 #245978 Sep 7-Dec 28 Sa 2:00-4:00pm

### Little Dribblers

Age: 4-5 yrs. This is a great opportunity to introduce your child to basketball. Enjoy weekly 1-hour sessions that begins the skill development of 4 and 5 year olds. Participants will work on basic movements such as running, dribbling, passing and shooting activities: work on hand-eye coordination, ball handling, following instructions and how to work together with others on the court in a productive manner. Must pre-register.

**Worthdale Community Center** – Course Fee: \$15  
 #246433 Sep 5-26 Th 10:30-11:30am  
 #246434 Oct 3-31 Th 10:30-11:30am  
 #246435 Nov 7-21 Th 10:30-11:30am

### smALL-Stars - All Sports

Age: 3-5 yrs. Introduce your future all-star to various sports in this fun and engaging look at sports for preschoolers. Your child will learn the basics of different sports while developing hand-eye coordination, listening skills, good sportsmanship and teamwork.

**Abbotts Creek Community Center** – Course Fee: \$30  
 #242588 Nov 7-21 Th 4:45-5:30pm  
 #242589 Dec 5-19 Th 4:45-5:30pm  
 Course Fee: \$40  
 #242586 Sep 5-26 Th 4:45-5:30pm  
 #242587 Oct 3-24 Th 4:45-5:30pm

**small-Stars - Soccer**

Age: 3-5 yrs. Introduce your future all-star to soccer in this fun and engaging look at soccer for preschoolers. Your child will learn the basics of soccer while developing hand-eye coordination, listening skills, good sportsmanship and teamwork.

**Abbotts Creek Community Center** – Course Fee: \$30  
 #242592 Dec 4-18 W 4:45-5:30pm  
 #242593 Nov 6-20 W 4:45-5:30pm  
 Course Fee: \$40  
 #242590 Sep 4-25 W 4:45-5:30pm  
 #242591 Oct 2-23 W 4:45-5:30pm

**Soccer - Little Kickers**

Age: 5-8 yrs. This introduction in skills development teaches the basics of soccer, including drills in passing, dribbling and shooting. Class will help develop hand-eye coordination, listening skills, good sportsmanship and teamwork!

**Brier Creek Community Center** – Course Fee: \$40  
 #245381 Oct 3-24 Th 4:45-5:30pm  
 #245382 Sep 5-26 Th 4:45-5:30pm

**Green Road Community Center** – Course Fee: \$27  
 #244846 Oct 7-21 M 6:00-6:45pm  
 Course Fee: \$36

#244847 Nov 4-25 M 6:00-6:45pm  
 #244848 Dec 2-23 M 6:00-6:45pm  
 #244849 Sep 9-30 M 6:00-6:45pm

**Laurel Hills Community Center** – Course Fee: \$36  
 #245310 Oct 5-26 Sa 10:45-11:30am

**Optimist Community Center** – Course Fee: \$36  
 #245692 Sep 10-Oct 1 Tu 5:00-5:45pm  
 #245693 Oct 3-24 Th 5:00-5:45pm  
 #245694 Oct 30-Nov 20 W 5:00-5:45pm  
 #245695 Nov 18-Dec 9 M 5:00-5:45pm

**Soccer - Twos Sport Zone**

Age: 2-2 yrs. Parent and child come off the sidelines and get into the game, learning soccer skills by participating in mini soccer drills and fun games. Play drop, dribble, kick, net goals and more. Benefits include hand-eye coordination, body awareness and socialization. Instructor: Coach K.

**Laurel Hills Community Center** – Course Fee: \$36  
 #245305 Oct 5-26 Sa 10:00-10:30am  
 #245697 Nov 2-23 Sa 10:45-11:15am

**Sports with Coach Scott**

Age: 3-5 yrs. Sports with Coach Scott aims to introduce preschool age children to the world of sports.† The classes will focus on learning new skills, teamwork and most importantly having fun. We will work on the beginning stages of sports, basic techniques and coordination. Children will participate in soccer, basketball, baseball and other games to keep them entertained and having fun.†Classes begin in May 2019 and registration is required 3 days prior to class start date.

**Halifax Community Center** – Course Fee: \$45  
 #244244 Nov 4-25 M 1:15-2:30pm  
 #244240 Sep 9-30 M 1:15-2:30pm  
 #244241 Sep 6-27 F 1:15-2:30pm  
 #244242 Nov 1-22 F 1:15-2:30pm  
 #244243 Oct 7-28 M 1:15-2:30pm  
 #244245 Oct 4-25 F 1:15-2:30pm  
 #244246 Dec 2-23 M 1:15-2:30pm  
 #244247 Dec 6-27 F 1:15-2:30pm

**Toddler Intro to Sports**

Age: 3-5 yrs. Calling all toddlers that like to have fun! Join us at Roberts Park for a Toddler Introduction to Sports! Participants will explore sports including basketball, soccer, t-ball and hockey. A new sport will be introduced each class. Participants will take home a reward for participation. See you at Roberts!

**Roberts Park Community Center** – Course Fee: \$25  
 #246064 Sep 4-25 W 3:00-4:00pm

**Youth****All Girls-All Stars**

Age: 6-9 yrs. This all girl atmosphere will allow your athlete to be introduced to a variety of sports! Participants will be introduced to the fundamentals of a different sport each week, such as baseball, soccer, basketball, football, hockey, lacrosse and others. Participants will also practice balancing, catching, agility, aiming, motor skills and much more. Give your girl the confidence and leadership she needs to Play Like a Girl!

**Laurel Hills Community Center** - Course Fee: \$36  
 #245266 Sep 9-30 M 5:00-5:45pm  
 #245267 Oct 7-28 M 5:00-5:45pm

**All Sports - Youth**

Age: 6-9 yrs. Interested in introducing your athlete to a variety of sports? Participants will be introduced to the fundamentals of a different sport each week, such as baseball, soccer, basketball, football, hockey, lacrosse and others. Participants will also practice balancing, catching, agility, aiming, motor skills and much more.

**Laurel Hills Community Center** – Course Fee: \$36  
 #245269 Sep 9-30 M 6:00-6:45pm  
 #245270 Oct 7-28 M 6:00-6:45pm

**All Stars-All Sports**

Age: 5-8 yrs. Have an active child that LOVES sports! This is the class for them. Sports could include baseball, soccer, basketball, football, hockey, lacrosse and maybe others. Get your game on!

**Brier Creek Community Center** – Course Fee: \$40  
**B.Creek: Ages 5-8**  
 #245287 Sep 3-24 Tu 4:45-5:30pm  
 #245288 Oct 1-22 Tu 4:45-5:30pm  
 #245289 Sep 3-24 Tu 5:30-6:15pm  
 #245290 Oct 1-22 Tu 5:30-6:15pm

**Ballin' Basics Level 2**

Age: 9-15 yrs. Participants will enhance their basketball skills during each session to prepare for league play. Work on defense, offense, position play, good sportsmanship and teamwork. Be sure to wear comfortable clothes and sneakers.

**Worthdale Community Center** – Course Fee: \$25  
 #245769 Sep 4-25 W 7:30-8:30pm  
 #245770 Oct 2-23 W 7:30-8:30pm

**Ballin' Basics Level 1**

Age: 5-12 yrs. This is an opportunity for beginners and those who may have just started to play basketball. Enjoy learning the fundamentals of basketball. Each session participant will learn basic skills such as dribbling, passing, defense and shooting.

**Worthdale Community Center** – Course Fee: \$25  
 #245766 Oct 7-21 M 6:15-7:15pm  
 #245767 Sep 4-25 W 6:15-7:15pm

**Basketball - Shooters**

Age: 6-9 yrs. This skills development sports program teaches the basics of basketball, including passing, dribbling and shooting. The program helps develop good hand-eye coordination as well as listening skills and good sportsmanship.

**Laurel Hills Community Center** – Course Fee: \$36

**Laurel Hills with Coach K**  
 #245355 Sep 7-28 Sa 11:45am-12:30pm  
 #245602 Sep 4-25 W 5:45-6:30pm  
 #245609 Oct 2-23 W 5:45-6:30pm

**Basketball - Skill Development and Training Clinic**

Age: 10-14 yrs. This fun and instructional program is designed to focus on the player's individual skill development. Drills will put an emphasis on ball handling, shooting and finishing. Players will also get a chance to work on offensive/defensive spacing, passing and defensive footwork. Players will have the opportunity to work on these skills in game situation drills and small-sided scrimmages. Learn teamwork and cooperation, a skill that will last forever.

**Green Road Community Center** – Course Fee: \$45  
 #244882 Sep 7-28 Sa 12:00-1:30pm  
 #244883 Oct 5-26 Sa 12:00-1:30pm

**Basketball Skills**

Age: 6-11 yrs. This class will help participants improve their fundamental skills through practice drills. The instructor will help participants master dribbling, passing, shooting and defense. This program is great for beginners just learning basketball and those who want to improve their skills.

**Barwell Road Community Center** – Course Fee: \$40  
 #244754 Sep 15-Oct 6 Su 3:00-3:45pm

**Basketball Skills for Beginners**

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

**Green Road Community Center** – Course Fee: \$40  
**Green Road Community Center**  
 #244806 Sep 7-28 Sa 10:15-11:00am  
 #244807 Oct 5-26 Sa 10:15-11:00am

**Cricket for Beginning Youth**

Age: 7-12 yrs. Learn the sport of Cricket from Nate Hays, the Youth Coordinator of the Triangle Cricket League. This is a cricket class for youth who are wanting to try something completely new. Cricket for Beginning Youth is free to participants (only registration will be required). The class will take place from 5:30-7 each Wednesday evening and will be followed by a free unstructured open gym time from 7-8:30.

**Abbotts Creek Community Center**  
 #244239 Sep 4-Nov 27 W 5:30-7:00pm

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### Cricket Open Gym

Age: 7-12 yrs. Cricket Open Gym time  
**Abbotts Creek Community Center**  
 #244238 Sep 4-Nov 27 W 7:00-8:30pm

### Fast Break Basketball Clinic

Age: 5-7 yrs. Learning basketball has never been more fun! Join Roberts Park Fast Break Basketball Clinic. These classes focus on defense, dribbling, shot technique, passing and team work. This is a kid friendly way to learn basketball fundamentals and have fun.  
**Roberts Park Community Center** – Course Fee: \$20  
 #246461 Sep 9-30 M 6:30-7:30pm

### Fast Break Varsity Basketball Clinic

Age: 8-12 yrs. Learning basketball has never been more fun! Join Roberts Park Fast Break Varsity Basketball Clinic. These classes focus on defense, dribbling, shot technique, passing and team work. This is a kid friendly way to learn basketball fundamentals and have fun.  
**Roberts Park Community Center** – Course Fee: \$20  
 #246466 Oct 7-28 M 6:30-7:30pm

### Homeschool PE Classes

Age: 6-12 yrs. 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.

**Optimist Community Center** – Course Fee: \$15  
 #246535 Sep 11-Oct 2 W 3:00-3:45pm  
 #246536 Oct 9-30 W 3:00-3:45pm

### Introduction to Basketball Skills Class

Age: 5-7 yrs. This class is created to introduce your child to the game of basketball. The class is designed to enhance your child's ability to dribble, pass and shoot. Along with focusing on the 3 major aspects of the game, the class will help your child's hand and eye coordination, basketball awareness, sportsmanship, and teamwork in a fun and encouraging environment.

**Lions Park Community Center** – Course Fee: \$20  
**Saturdays Only**  
 #246431 Nov 2 Sa 9:15-10:00am  
 Course Fee: \$35  
 #246419 Sep 5-28 Th, Sa 6:15-7:00pm  
 #246421 Oct 3-26 Th, Sa 6:15-7:15pm  
 #246422 Sep 5-28 Th, Sa 7:15-8:00pm  
 #246423 Oct 3-26 Th, Sa 7:15-8:00pm

### Road Runners

Age: 5-10 yrs. Running clubs are an excellent way for kids to build strength, agility and flexibility while exercising in a fun environment. Running encourages self-esteem and a

positive attitude, as well as a healthy lifestyle. Participants will learn safe warm-ups and cool down techniques, pacing and strategies to increase endurance with instructor Dr. Lindsay Moses (PT, DPT certifications).

### Greystone Community Center

Course Fee: \$120  
 #246600 Sep 4-Oct 9 W 5:00-5:45pm  
 Course Fee: \$135  
 #246600 Sep 4-Oct 9 W 5:00-5:45pm

### Saturday Sports

Age: 6-10 yrs. Build you skills or just have fun, once a month, at Peach Road's Saturday Sports Series. Different games monthly. From video game tournaments to soccer clinics, games for different interests and different skill levels.

### Peach Road

#### Saturday Sports- soccer

|         |        |    |             |
|---------|--------|----|-------------|
| #245186 | Sep 21 | Sa | 3:00-4:00pm |
| #245187 | Oct 19 | Sa | 3:00-4:00pm |
| #245188 | Dec 21 | Sa | 3:00-4:00pm |
| #245190 | Dec 21 | Sa | 3:00-4:00pm |

### Soccer - Kickers

Age: 9-12 yrs. G-O-O-O-A-L! This class will help develop the fundamentals of soccer, including passing, dribbling, shooting and defense. Class will help develop hand-eye coordination, listening skills, good sportsmanship and teamwork!

### Brier Creek Community Center

Course Fee: \$40  
 #245378 Sep 5-26 Th 5:30-6:15pm  
 #245379 Oct 3-24 Th 5:30-6:15pm

### Laurel Hills Community Center

Course Fee: \$36  
 #245311 Oct 5-26 Sa 11:45am-12:30pm

### T-Ball Takeover

Age: 4-7 yrs. Crack! It's going, going...gone! This T-Ball class helps develop the skills of baseball, including running, hitting, throwing, pitching and fielding. The class also will help develop hand-eye coordination, listening skills, good sportsmanship and teamwork!

### Laurel Hills Community Center

Course Fee: \$36  
 #246054 Sep 5-26 Th 5:00-5:45pm  
 #246059 Oct 3-24 Th 5:00-5:45pm

### Tennis Jr. Level 1

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 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.

### Lake Lynn Community Center

Course Fee: \$190  
 #246149 Sep 9-Nov 20 M, W 4:30-5:30pm  
 #246157 Sep 10-Nov 21 Tu, Th 5:30-6:30pm  
 Course Fee: \$95  
 #246150 Sep 14-Nov 23 Sa 10:00-11:00am  
 #246158 Sep 14-Nov 23 Sa 11:00am-12:00pm

**Millbrook Tennis Center**

Course Fee: \$190

|                  |               |        |                 |
|------------------|---------------|--------|-----------------|
| #246142          | Sep 9-Nov 20  | M, W   | 5:00-6:00pm     |
| #246143          | Sep 9-Nov 20  | M, W   | 6:00-7:00pm     |
| #246144          | Sep 10-Nov 21 | Tu, Th | 5:00-6:00pm     |
| #246145          | Sep 10-Nov 21 | Tu, Th | 6:00-7:00pm     |
| #246151          | Sep 9-Nov 20  | M, W   | 5:00-6:00pm     |
| #246152          | Sep 9-Nov 20  | M, W   | 6:00-7:00pm     |
| #246153          | Sep 10-Nov 21 | Tu, Th | 5:00-6:00pm     |
| #246154          | Sep 10-Nov 21 | Tu, Th | 6:00-7:00pm     |
| #246159          | Sep 9-Nov 20  | M, W   | 4:00-5:00pm     |
| #246160          | Sep 10-Nov 21 | Tu, Th | 4:00-5:00pm     |
| Course Fee: \$95 |               |        |                 |
| #246146          | Sep 7-Nov 23  | Sa     | 9:00-10:00am    |
| #246147          | Sep 7-Nov 23  | Sa     | 10:00-11:00am   |
| #246148          | Sep 7-Nov 23  | Sa     | 11:00am-12:00pm |
| #246155          | Sep 7-Nov 23  | Sa     | 9:00-10:00am    |
| #246156          | Sep 7-Nov 23  | Sa     | 11:00am-12:00pm |
| #246161          | Sep 7-Nov 23  | Sa     | 10:00-11:00am   |

**Tennis Jr. Level 2**

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

**Lake Lynn Community Center** – Course Fee: \$190

|                                                    |               |        |                 |
|----------------------------------------------------|---------------|--------|-----------------|
| #246247                                            | Sep 10-Nov 21 | Tu, Th | 4:00-5:00pm     |
| <b>Millbrook Tennis Center</b> – Course Fee: \$190 |               |        |                 |
| #246248                                            | Sep 9-Nov 20  | M, W   | 5:00-6:00pm     |
| #246249                                            | Sep 10-Nov 21 | Tu, Th | 5:00-6:00pm     |
| #246250                                            | Sep 10-Nov 21 | Tu, Th | 4:00-5:00pm     |
| #246254                                            | Sep 9-Nov 20  | M, W   | 4:00-5:00pm     |
| Course Fee: \$95                                   |               |        |                 |
| #246251                                            | Sep 7-Nov 23  | Sa     | 11:00am-12:00pm |
| #246252                                            | Sep 7-Nov 23  | Sa     | 9:00-10:00am    |
| #246253                                            | Sep 7-Nov 23  | Sa     | 10:00-11:00am   |

**Tennis Jr. Level 3**

Requirements: Must use full swing on all strokes during match play to enter this class. This class focuses on topspin and underspin for all strokes and the slice on the serve. To advance to Level 4, players must be able to hit topspin and underspin on both groundstrokes, underspin on both volleys and slice on the serve. Class length is seven weeks, which includes one bonus week. If there is more than one week of rainouts, classes can be made up during other class times.

**Millbrook Tennis Center** – Course Fee: \$190

|                  |               |        |                 |
|------------------|---------------|--------|-----------------|
| #246264          | Sep 9-Nov 20  | M, W   | 5:00-6:00pm     |
| #246265          | Sep 10-Nov 21 | Tu, Th | 4:00-5:00pm     |
| Course Fee: \$95 |               |        |                 |
| #246266          | Sep 7-Nov 23  | Sa     | 11:00am-12:00pm |

**Tennis Jr. Tiny Tots**

Age: 4-6 yrs. Eye-hand coordination games and fine motor skills are the focus of this fun introduction class. Please bring light, loose-fitting clothing, nonmarking sneakers and a 19- or 21-inch junior 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.

**Lake Lynn Community Center** – Course Fee: \$95

|                                                      |               |        |                 |
|------------------------------------------------------|---------------|--------|-----------------|
| #245910                                              | Sep 10-Nov 21 | Tu, Th | 5:00-5:30pm     |
| #245911                                              | Sep 9-Nov 20  | M, W   | 5:30-6:00pm     |
| <b>Millbrook Tennis Center</b> – Course Fee: \$47.50 |               |        |                 |
| #245913                                              | Sep 7-Nov 23  | Sa     | 11:00-11:30am   |
| #245914                                              | Sep 7-Nov 23  | Sa     | 11:30am-12:00pm |
| Course Fee: \$95                                     |               |        |                 |
| #245908                                              | Sep 9-Nov 20  | M, W   | 4:00-4:30pm     |
| #245909                                              | Sep 9-Nov 20  | M, W   | 4:30-5:00pm     |
| #245912                                              | Sep 10-Nov 21 | Tu, Th | 4:30-5:00pm     |

**Tennis USTA Jr. Team Tennis**

Come to tryouts at Millbrook Exchange Tennis Center to be placed on a team. All three season of practices for 8U+10U are 5-6:30pm on Fridays with matches 9-10:30am Saturdays. Fall season and spring season practices for 12U, 14U, 18U are Fridays after school, time TBD, and matches are on Saturday mornings. Summer season practices for 12U, 14U, 18U are once a week on a weekday morning, and matches are on another weekday morning. An end-of-the season tournament is held each season. Players must pay USTA annual membership (\$20) plus local league fee (\$22).

**Millbrook Tennis Center** – Course Fee: \$120

|         |              |      |              |
|---------|--------------|------|--------------|
| #246272 | Sep 13-Nov 9 | F-Sa | 5:00-6:30pm  |
| #246273 | Sep 13-Nov 9 | F-Sa | 5:00-6:30pm  |
| #246276 | Sep 13-Nov 9 | F-Sa | 5:00-6:30pm  |
| #246277 | Sep 13-Nov 9 | F-Sa | 5:00-6:30pm  |
| #246278 | Sep 13-Nov 9 | F-Sa | 5:30-7:00pm  |
| #246279 | Sep 13-Nov 9 | F-Sa | 6:00-7:30pm  |
| #246280 | Sep 13-Nov 9 | F-Sa | 5:30-7:00pm  |
| #246281 | Sep 13-Nov 9 | F-Sa | 5:00-6:30pm  |
| #246282 | Sep 13-Nov 9 | F-Sa | 4:30-6:00pm  |
| #246274 | Sep 14-Nov 9 | Sa   | 12:00-1:30pm |
| #246275 | Sep 14-Nov 9 | Sa   | 1:30-3:00pm  |

**Ultimate Frisbee Youth Clinic**

Age: 6-12 yrs. Youth will participate in an ultimate frisbee clinic. This is a clinic for beginners who are interested in learning a new sport. Ultimate Frisbee is a combination of football, basketball and soccer. Please wear gym clothes and tennis shoes. Members from NC State's Ultimate Frisbee teams and members from Triangle Ultimate will instruct.

**Method Road Community Center**

|         |               |    |             |
|---------|---------------|----|-------------|
| #245224 | Sep 12-Oct 24 | Th | 4:15-5:15pm |
|---------|---------------|----|-------------|

**Volleyball - Skills - DAILY**

Age: 8-14 yrs. Bump! Set! Hit it over! At this skills training clinic, players focus on hitting, passing and setter training. Use of correct arm and footwork positioning and posture will be taught, along with blocking and serving techniques and more!

**Optimist Community Center** – Course Fee: \$20

|         |              |   |             |
|---------|--------------|---|-------------|
| #245929 | Sep 6-Oct 11 | F | 6:30-8:30pm |
| #245934 | Oct 25-Dec 6 | F | 6:30-8:30pm |

**Volleyball - Skills Training**

Age: 8-14 yrs. 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 and more!

**Optimist Community Center** – Course Fee: \$80

|         |              |   |             |
|---------|--------------|---|-------------|
| #245928 | Sep 6-Oct 11 | F | 6:30-8:30pm |
| #245935 | Oct 25-Dec 6 | F | 6:30-8:30pm |

**Teen****Teen Turkey Bowl**

Age: 12-18 yrs. Gobble Gobble! Why not get a head start on burning off those holiday calories with a good game of flag football?! If you're ready to hit the gridiron before getting stuffed next week, join us on the field! Will your team be triumphant in the annual Teen Turkey Bowl?! Ready, set hike to find out! Just be sure you don't fumble!

**St. Monica Teen Center** – Course Fee: \$5

|         |        |    |                |
|---------|--------|----|----------------|
| #246455 | Nov 16 | Sa | 10:00am-1:00pm |
|---------|--------|----|----------------|

**Adult****Adult Open Play at Jaycee**

Age: 18yrs. and up. Open play basketball for ages 18 and up takes place at Jaycee Community Center on Tuesdays and Thursdays from 10:30 a.m. to 1 p.m. Photo ID is required.

**Jaycee Community Center**

|         |              |        |                |
|---------|--------------|--------|----------------|
| #243995 | Sep 3-Dec 31 | Tu, Th | 10:30am-1:00pm |
|---------|--------------|--------|----------------|

**Basketball Open Gym - Biltmore Hills**

Age: 16yrs. and up. This is community open gym time. Players must present a valid photo ID to staff, who will hold it while you play. You must fill out an Adult Open Play registration form and sign in at front desk.

**Biltmore Hills Community Center**

|         |             |       |                |
|---------|-------------|-------|----------------|
| #246060 | Sep 1-29    | Daily | 2:00-4:00pm    |
| #246061 | Oct 1-31    | Daily | 11:00am-3:00pm |
| #246062 | Nov 1-30    | Daily | 11:00am-3:00pm |
| #246063 | Dec 1-Jan 3 | Daily | 2:00-4:00pm    |

**Basketball Open Gym - Tarboro Road**

Age: 18yrs. and up. This is community open gym time. Adults must have a photo ID to play. Youth must have a signed participation form on file to enter during specified times. Please call 919-996-6505 for the weekly schedule.

**Adult**

|         |              |    |             |
|---------|--------------|----|-------------|
| #245596 | Sep 1-Dec 22 | Su | 2:00-5:00pm |
|---------|--------------|----|-------------|

**Teens**

|         |              |      |             |
|---------|--------------|------|-------------|
| #245597 | Sep 4-Dec 27 | W, F | 6:30-8:30pm |
|---------|--------------|------|-------------|

**Youth and Family**

|         |              |       |             |
|---------|--------------|-------|-------------|
| #245598 | Sep 2-Dec 26 | M, Th | 6:30-8:30pm |
|---------|--------------|-------|-------------|

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**Just kicking it Adult Co-Ed Kickball League**

Age: 18yrs. and up. Join Roberts Park in an Co-Ed Adult Kickball League. Registration will be from August 26th- September 9th at Roberts Park 1300 E. Martin Street from 11:00am-8:00pm. Games will begin the week of September 23rd. For more information please contact 919-831-6830. Registration fee is \$350.00

**Roberts Park Community Center** – Course Fee: \$350  
#246439 Sep 23-Nov 13 M, W 6:30-8:30pm

**Pickleball Clinics**

Age: 16yrs. and up. Interested in learning how to play Pickleball? Want to improve your serve, dink, volley, drop shot, spin shot? Join our clinics at Optimist. Each clinic will be designed as a bootcamp, with 1.5 hours of continuous movement, working on improving skills. These new clinics will be geared toward the player that has demonstrated an ability to perform intermediate level skills.† Bring water and be prepared to have fun while learning. Instructed by Joe Borrelli, ITPA Certified Teaching Professional

**Optimist Community Center** – Course Fee: \$15  
#245327 Sep 11 W 12:00-1:30pm  
#245329 Sep 18 W 12:00-1:30pm  
#245330 Sep 25 W 12:00-1:30pm  
#245331 Oct 2 W 12:00-1:30pm  
#245332 Oct 16 W 12:00-1:30pm  
#245333 Oct 23 W 12:00-1:30pm  
#245334 Oct 30 W 12:00-1:30pm  
#245335 Nov 6 W 12:00-1:30pm  
#245336 Nov 13 W 12:00-1:30pm  
#245337 Nov 20 W 12:00-1:30pm  
#245338 Dec 4 W 12:00-1:30pm  
#245339 Dec 11 W 12:00-1:30pm

**Pickleball Pass - Indoor Play**

Age: 18yrs. 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. Please visit [www.raleighnc.gov](http://www.raleighnc.gov) keyword search Pickleball for the open play schedule and locations.

#244740 Sep 1-Dec 31

**Table Tennis - Open Play**

Age: All Ages. Join us at Lake Lynn for a spirited game of table tennis. All abilities are welcome!

**Abbotts Creek Community Center**

#244263 Aug 19-Dec 12 M, Th 9:00am-2:00pm

**Table Tennis Brier Creek**

Age: 8yrs. and up. Drop in on Friday evenings for fun and competition playing table tennis. All levels and ages are welcome and encouraged to play. Enjoy open play / pick games, and USATT-affiliated tournaments are held throughout the year. Drop In: \$5. Session Pass: \$15. Coordinator: Jim McQueen.

**Brier Creek Community Center** – Course Fee: \$15  
#246085 Sep 6-Dec 27 F 5:45-8:30pm  
Course Fee: \$5 drop in  
#246084 Sep 6-Dec 27 F 5:45-8:30pm

**Tennis Adult Cardio - All Levels**

Age: 18yrs. and up. 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 11 weeks which includes 1.5 bonus weeks. If there is more than 1.5 weeks of rainouts, classes can be made up during other class times by emailing [david.bell@raleighnc.gov](mailto:david.bell@raleighnc.gov)

**Millbrook Tennis Center** – Course Fee: \$90

#246617 Sep 10-Nov 19 Tu 9:00-10:00am  
#246618 Sep 13-Nov 22 F 9:00-10:00am  
#246619 Sep 12-Nov 21 Th 9:00-10:00am

**Tennis Adult Doubles Ladder**

Age: 18yrs. and up. 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.

#245866 Nov 18-Feb 17 M  
#245867 Nov 18-Feb 17 M

**Tennis Adult Level 1**

Age: 18yrs. and up. 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.

**Lake Lynn Community Center** – Course Fee: \$190

#246529 Sep 9-Nov 20 M, W 6:00-7:00pm

Course Fee: \$95

#246534 Sep 14-Nov 23 Sa 9:00-10:00am

**Millbrook Tennis Center** – Course Fee: \$190

#246526 Sep 9-Nov 20 M, W 10:00-11:00am

#246527 Sep 10-Nov 21 Tu, Th 11:00am-12:00pm

#246531 Sep 9-Nov 20 M, W 6:00-7:00pm

#246532 Sep 9-Nov 20 M, W 7:00-8:00pm

#246533 Sep 10-Nov 21 Tu, Th 7:00-8:00pm

Course Fee: \$95

#246528 Sep 7-Nov 23 Sa 9:00-10:00am

#246530 Sep 7-Nov 23 Sa 12:00-1:00pm

**Tennis Adult Level 2.0/2.5 Drills**

Age: 18yrs. and up. Players must be able to sustain a rally with another student, serve 6 out of 10 in from the baseline, keep score and have played a full court set. Must be NTRP 2.0 or 2.5 level. To pass, players must successfully demonstrate these techniques while playing a match. 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.

**Lake Lynn Community Center** – Course Fee: \$190

#246540 Sep 10-Nov 21 Tu, Th

6:30pm-7:30pm

**Millbrook Tennis Center** – Course Fee: \$190

#246538 Sep 9-Nov 20 M, W 11:00am-12:00pm

#246539 Sep 10-Nov 21 Tu, Th 10:00-11:00am

#246542 Sep 9-Nov 20 M, W 6:00-7:00pm

#246543 Sep 10-Nov 21 Tu, Th 7:00-8:00pm

Course Fee: \$95

#246537 Sep 7-Nov 23 Sa 10:00-11:00am

#246544 Sep 7-Nov 23 Sa 12:00-1:00pm

**Tennis Adult Level 3.0 Drills**

Age: 18yrs. and up. Requirements: Must be at the NTRP 3.0 level or use full swing on all strokes during match play to enter this class. This is a drills class using all of your strokes. Topics may include topspin and underspin and slice on the serve. To advance to Level 4, players must be at the 3.5 level or be able to hit topspin and underspin on both groundstrokes, underspin on both volleys and slice on the serve. Class length is seven weeks, including one bonus week. If there is more than one week of rainouts, classes can be made up during other class times.

**Lake Lynn Community Center**

Course Fee: \$190

#246550 Sep 9-Nov 20 M, W

8:00pm-9:00pm

**Millbrook Tennis Center**

Course Fee: \$190

#246551 Sep 9-Nov 20 M, W 7:00pm-8:00pm

#246552 Sep 10-Nov 21 Tu, Th 6:00-7:00pm

Course Fee: \$95

#246549 Sep 7-Nov 23 Sa 11:00am-12:00pm

**Tennis Adult Level 3.5 Drills**

Age: 18yrs. and up. Requirements: Must be at the NTRP 3.5 level or be able to hit topspin and underspin on both groundstrokes, underspin volleys and slice serves. This is a drills class, which will work on all of your strokes. To graduate from this class, matches must be at the 4.0 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.

**Millbrook Tennis Center**

Course Fee: \$190

#246553 Sep 10-Nov 21 Tu, Th 6:00-7:00pm

Course Fee: \$95

#246554 Sep 7-Nov 23 Sa 12:00-1:00pm

**Tennis Adult Level 4.0/4.5 Drills**

Age: 18yrs. and up. Requirements: Must be at the NTRP 4.0 level or higher or able to hit topspin and underspin during matches. This is a drill class, which has less instruction and more drilling. We don't work on your technique if we drill you to get your legs and heart pumping. Bring your water bottle and get ready to run. 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.

**Millbrook Tennis Center** – Course Fee: \$190

#246557 Sep 9-Nov 20 M, W 7:00pm-8:00pm



### Tennis Adult Singles Ladder

Age: 18yrs. and up. 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.

#245884 Nov 18-Feb 10  
#245885 Nov 18-Feb 10  
#245886 Nov 18-Feb 10  
#245887 Nov 18-Feb 10  
#245888 Nov 18-Feb 10  
#245889 Nov 18-Feb 10  
#245890 Nov 18-Feb 10  
#245891 Nov 18-Feb 10

### Tennis Quadrants

Age: 18yrs. and up. 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 Tennis Center** – Course Fee: \$40

#246559 Sep 4-Nov 13 W 9:30-11:30am  
#246560 Sep 3-Nov 12 Tu 7:00-9:00pm  
#246561 Sep 5-Nov 14 Th 7:00-9:00pm

### Volleyball Open Gym Jaycee

Age: 18yrs. and up. Interested in volleyball? Visit Jaycee Community Center on Monday and Wednesday nights for volleyball open gym meet-up.

**Jaycee Community Center**

#243992 Sep 3-Dec 24 Tu 6:30-8:30pm

### Senior

#### Basketball - Active Adult 3-on-3 Tournament

Age: 50yrs. and up. This 3-on-3 basketball tournament for adults age 50 and over will follow the Senior Games rules. Teams will play a minimum number of games depending on how many teams register. Teams must register by September 8. Registration fee is per team. Please call Barwell Road Community Center at 919-996-5994 for more information.

**Barwell Road Community Center** – Course Fee: \$50

#245251 Sep 21 Sa 9:00am-3:00pm  
#245251 Sep 21 Sa 9:00am-3:00pm

#### Basketball - Active Adults Open Play

Age: 50yrs. and up. Join other active adults in playing basketball, staying healthy and learning the Senior Games rules! Participants play competitive half-court pickup games, and all levels are welcome. The gym is air conditioned and has sportscore flooring. Bring your towel and be ready to sweat!

**Barwell Road Community Center**

#245253 Sep 5-Jan 6 Th, M 3:00 -6:00pm

#### Parkinson's Pickleball Workshop & Beginner/Advanced Beginner

Age: 18yrs. and up. Playing Pickleball is a great exercise for anyone especially for those individuals diagnosed with Parkinson's disease (PD). Evidence continues to show that daily regular exercise has a profound effect on managing PD symptoms. Pickleball combines hand, eye coordination and simple movement thus assisting with daily life activities. Pickleball combines the elements tennis, badminton and table tennis on a court with solid paddles and a waffle ball. All levels of experience and physical mobility welcome. For specific questions please contact Rudy Patterson at Rudy.Patterson@gmail.com or 919-812-5314.

**Chavis Community Center**

#243675 Oct 8-Feb 4 Tu 10:30am-2:00pm

### Pickleball - Open Play

Age: 18yrs. and up. Pickleball is a wonderful fitness and social activity that combines aspects of racquetball, tennis and table tennis. It is played on a smaller version of a tennis court. No experience is necessary, and all equipment is provided.

**Five Points Center for Active Adults**

#243674 Sep 3-Dec 31 Tu, F 3:15-5:45pm

### Pickleball Workshops/Clinics

Age: 18yrs. and up. Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis. Two, three or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a wiffle ball, over a net. Experienced volunteer players offer free workshops to players of all levels, from beginners with new or minimal knowledge of the game and rules to intermediate players who have developed consistency in their serves and returns with the ability to direct the ball. For specific questions please contact Rudy Patterson at Rudy.Patterson@gmail.com or 919-812-5314. Pre-registration is required.

**Five Points Center for Active Adults**

#243678 Sep 6-Dec 27 F 9:00am-3:00pm

**Tarboro Road Community Center**

#243677 Sep 5-Dec 26 Th 10:30am-2:00pm

### Table Tennis Free Play

Age: 18yrs. and up. Learn to play table tennis. All ability levels are welcome.

**Five Points Center for Active Adults**

#243673 Sep 5-Dec 26 Th 1:30-3:30pm

### Tennis - Free Play For Seniors

Age: 55yrs. and up. This drop-in mixer offers free organized play for senior tennis players at Millbrook Exchange Tennis Center. Held throughout the year, this program offers all levels of play. Simply show up and play.

**Millbrook Tennis Center**

#246564 Sep 2-Dec 30 M, Th 9:00am-12:00pm

# Additional Facility and Program Information

## Facilities

### Amusements

#### Pullen Park Amusements

520 Ashe Avenue Raleigh, NC 27606  
Phone: 919-996-6468

**Program Manager:** Matthew Wright  
Email: matthew.wright@raleighnc.gov

**Program Manager:** Scott Mott  
Email: scott.mott@raleighnc.gov

Pullen Amusements offers popular amenities such as a recently renovated 1911 Gustave A. Dentzel menagerie carousel, updated C.P. Huntington Train ride, pedal boat rentals on Lake Howell, a kiddie boat ride, fresh and stimulating playground, picnic shelter rentals, and "Pullen Place" our park's café with seasonal menus as well as standard park fare menu.

Tickets are \$1 for all ages 13 months and older. Riders 12 months and younger are free with a paying adult. Riders must be at least 42 inches tall to ride unaccompanied on most rides.

#### Hours of Operation

|                 |                |
|-----------------|----------------|
| April-September | 10:00am-9:00pm |
| October-March   | 10:00am-6:00pm |

#### John Chavis Memorial Park Carousel

505 Martin Luther King Jr. Boulevard Raleigh, NC 27601

**Carousel Supervisor:** Scott Mott  
Phone: (919) 996-6468

Email: scott.mott@raleighnc.gov

Re-live the memories while riding the newly renovated Allan Herschell Carousel in its new location within the park.

Tickets are \$1 for all ages 13 months and older. Riders 12 months and younger are free with a paying adult. Riders must be at least 42 inches tall to ride unaccompanied.

#### Hours of Operation

|                 |      |                |
|-----------------|------|----------------|
| April-September | M-F  | 10:00am-9:00pm |
|                 | Sa   | 10:00am-8:00pm |
|                 | Su   | 10:00am-6:00pm |
| October-March   | M-Sa | 10:00am-6:00pm |
|                 | Su   | 12:00-6:00pm   |

### Greenways

919-996-3285

The Capital Area Greenway is a linear system of open space located along rivers, creeks, and streams, which can include public recreation trails for activities such as walking, jogging, hiking, fishing, picnicking, and outdoor fun. The trails connect many of Raleigh's parks and in many cases complement the recreational activities at the parks. The Neuse River, Walnut and Crabtree Creeks and their tributaries are the framework of the Capital Area Greenway System. Many of the city's major ecological features can be experienced in their natural state along these water courses. If you would like to request a hard copy of our greenway map, please

call 996-3285. You can also view the map using a KML file and Google Earth—visit [www.parks.raleighnc.gov](http://www.parks.raleighnc.gov) To Apply for the Greenway Volunteer Program email [rpdvoluteer@raleighnc.gov](mailto:rpdvoluteer@raleighnc.gov)

### Historic Homes

#### Mordecai Historic Park

1 Mimosa Street, Raleigh NC, 27604  
(919) 996-4364

[www.raleighnc.gov/museums](http://www.raleighnc.gov/museums)

**Site Manager:** Joshua Ingersoll  
Email: [joshua.ingersoll@raleighnc.gov](mailto:joshua.ingersoll@raleighnc.gov)

The Mordecai House at Mordecai Historic Park is the oldest home in Raleigh on its original location and was once the seat of one of the largest plantations in Wake County encompassing more than 5,000 acres. The park also features historic structures moved to Mordecai for preservation, including the Birthplace of Andrew Johnson and St. Mark's Chapel. The Chapel and grounds are a popular spot for wedding rentals. Tours of the Mordecai Mansion and other historic buildings are offered Tuesday through Sunday—call or visit our website for times. The cost is \$5 for adults, \$3 for youth (7-17), \$3 for seniors (65+), and children 6 and under are free. In addition, Mordecai conducts family friendly events throughout the year.

#### The Tucker House

The Tucker House was built in 1914 for Garland S. Tucker, owner of G.S. Tucker Furniture Company. The home was donated to the City of Raleigh by the Tucker Family in 1975. At that time, the home was located one block west, at 420 N. Blount Street. It was moved to its present site by the City and renovated as a Community Meeting House. Many house furnishings have been donated by families of deceased members of the Oakwood Community. Today the downstairs portion of the Tucker House is available for weddings, receptions, meetings, small conferences and other approved functions. For more information call 919-831-6009.

#### The Borden Building

The Borden Building is one of the two remaining buildings on the former campus of the Methodist Home for Children. Built in 1900, it was the home of the Superintendent of the Orphanage and later served as home to hundreds of children. Purchased by the City of Raleigh in 1982, the house and its companion, Fred Fletcher Park provides a wealth of history and tranquility in an urban setting. The Borden Building was extremely renovated in 1992 and is presently available for weddings, receptions, meetings, small conferences, and other approved functions. For more information call 919-996-4363 and leave a message for the caretaker.

### Lakes

#### Lake Johnson Park and Nature Preserve

4601 Avent Ferry Road, Raleigh NC, 27606  
(919) 233-2121

**Park Manager:** Mark Elmore

Email: [Mark.Elmore@raleighnc.gov](mailto:Mark.Elmore@raleighnc.gov)

Year-round (October-March closed Mondays)

**Assistant Park Manager:** Chris Hill

Email: [christopher.hill@raleighnc.gov](mailto:christopher.hill@raleighnc.gov)

#### Lake Wheeler Park

6404 Lake Wheeler Road, Raleigh NC, 27603  
(919) 662-5704

**Park Manager:** Chris Murray

Email: [Chris.Murray@raleighnc.gov](mailto:Chris.Murray@raleighnc.gov)

**Assistant Park Manager:** Ben Coats

Email: [Ben.Coats@raleighnc.gov](mailto:Ben.Coats@raleighnc.gov)

Year-round (October-March closed Mondays)

#### Lake Facility Rentals

Both Lake Johnson and Lake Wheeler offer a beautiful setting to hold a variety of special events including: weddings/receptions, family reunions, company outings, business meetings, etc. For more information about available rentals contact the facility or visit [www.parks.raleighnc.gov](http://www.parks.raleighnc.gov)

#### Boat Rentals

Both Lake Johnson and Lake Wheeler have a variety of boats available for rental, some motorized and some nonmotorized (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 Carolina Pines Park, Millbrook Exchange Park, Jaycee Park and Oakwood Park.

# Additional Facility and Program Information

## Museums

### COR Museum

**Museum Director:** Ernest Dollar  
Email: [ernest.dollar@raleighnc.gov](mailto:ernest.dollar@raleighnc.gov)  
220 Fayetteville St. Raleigh, NC 27601  
Phone: 919-996-2220

COR Museum is located on Fayetteville Street, Raleigh's "Main Street" and the center of downtown. Originally established in 1993 as a non-profit entity, the City of Raleigh assumed operational control of the museum in 2012. Housed in a historic former hardware store, the museum is dedicated to preserving and interpreting the history of North Carolina's capital city while envisioning its future. The museum curates temporary and permanent exhibits about the city's people, places, and resources, maintains a collection of approximately 5,000 artifacts, and offers educational programming and tours. The COR Museum is open Tuesday-Saturday from 9:00am-4:00pm and Sundays from 1:00-4:00pm. Admission is free.

### Pope House Museum

511 South Wilmington St. Raleigh, NC 27601  
Phone: 919-996-2220

The Pope House Museum was originally built in 1901 as the home to Dr. Manassa Pope and his wife. Dr. Pope holds the distinction of being the first medically licensed African-American doctor in the state. The structure has undergone a transition from private management to City of Raleigh Parks, Recreation and Cultural Resources Department management, and will be open for regular tours for the first time. The Pope House Museum's new hours will be Saturdays, 10:00am-3:00pm and by appointment during the week. Saturday tours start on the hour with the first at 10:00am and the last tour beginning at 2:00pm. A new program has been developed to inform the public about one of Raleigh's more interesting citizens. Exterior work is being performed on the structure to improve its appearance and make the house more closely resemble its appearance from the 1930s.

## Playgrounds

The City of Raleigh owns and operates many playgrounds throughout Raleigh. For a list of playgrounds including location, age recommendation, surfacing, and photos, please visit [www.parks.raleighnc.gov](http://www.parks.raleighnc.gov)

### Saint Monica Teen Center

The Saint Monica Teen Center is the first teen center operated by Raleigh Parks, Recreation and Cultural Resources and provides a wide range of programs and opportunities for teenagers in Raleigh! The facility houses a state of the art technology room, teen lounge,

fitness/dance room, multipurpose classroom, wall of history, and homework area. The Saint Monica Teen Center is open to ages 13-19 that are currently enrolled in a middle or high school. Free membership is required to utilize the Saint Monica Teen Center. Please call 919-996-4770 for more information.

## Tennis Center and Courts

The Raleigh Parks, Recreation and Cultural Resources Department offers 110 public tennis courts (106 are lighted) located at 24 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.raleightennis.com](http://www.raleightennis.com). To talk to someone about tennis for you, call Millbrook Exchange Tennis Center, 919-872-4128.

## Programs

### The Cultural Outreach and Enrichment (COE) Program

**Cultural Outreach Coordinator:** Lisa-Ann Utsumi  
**Phone:** 919-996-6844  
**Email:** [coeprogram@raleighnc.gov](mailto:coeprogram@raleighnc.gov)

The Cultural Outreach and Enrichment Program invites people of all ages to discover the ethnic and cultural richness of the community. The program provides meaningful leisure experiences for people of other cultures and the local community to connect in an open and welcoming environment. Highlights of some of the current recreation programming include: Virtual Tours of the World, Multicultural Camp Specialists, and English as a Second Language classes. The COE program also supports events such as the Raleigh Tamale Festival and has created meaningful partnerships that serve the needs of the local community through the International Festival; and North Carolina State University through the Foreign Language Department with programs like VOLAR (Voluntarios Ahora in Raleigh) and TESOL (Teaching English to Speakers of Other Languages). Volunteers are always needed to assist with community outreach, teaching English, and many other opportunities. For more information, please visit our website at [parks.raleighnc.gov](http://parks.raleighnc.gov), keyword search "COE".

## Historic Resources and Museum Program

**HRM Program Administrator:** Troy Burton  
**Downtown Cultural Resources Director:** Douglas Porter

The HRM Program manages operations and programs at the Borden Building and Stone Circle at Fletcher Park, the City of Raleigh Museum, the Fred Fletcher Amphitheater at Fletcher Park, John Chavis Memorial Park Historic Attractions, the Latta House and University Site, Mordecai Historic Park, the Pope House Museum, Pullen Park Historic Attractions, Moore Square Park and the Raleigh Trolleys. The Historic Resources and Museum Program manages an artifact collection consisting of more than 18,000 fine and decorative material culture objects. The program offers various programs throughout the year including guided tours and rentals at the facilities, school field trips, summer camps, and special events.

## School Programs

**Youth Programs:** 919-996-6165

### Program Director:

Toni Webb  
Email: [toni.webb@raleighnc.gov](mailto:toni.webb@raleighnc.gov)

### Program Managers:

Beth Soles  
Email: [beth.soles@raleighnc.gov](mailto:beth.soles@raleighnc.gov)  
Joseph Voska  
Email: [joseph.voska@raleighnc.gov](mailto:joseph.voska@raleighnc.gov)  
Katie Walker  
Email: [katie.walker@raleighnc.gov](mailto:katie.walker@raleighnc.gov)

Youth Programs offers School Based Programs (After School, Before School, and Track Out Programs) and Summer Camps throughout the city for elementary and rising middle school aged participants. To obtain specific program descriptions and to register for these programs, visit your local community center to obtain at School-Based Programs or Summer Camp Brochure. Also, you can visit [www.raleighnc.gov](http://www.raleighnc.gov) and search for the specific program name for more information.

## Adult Program

### Recreation Program Director:

Todd Riddick 919-996-2151  
Email: [todd.riddick@raleighnc.gov](mailto:todd.riddick@raleighnc.gov)

### Recreation Program Manager:

Carmen Rayfield 919-996-4734  
Email: [carmen.rayfield@raleighnc.gov](mailto:carmen.rayfield@raleighnc.gov)

The Adult Program serves over 7,000 older adults throughout the Raleigh area. Activities are offered at the two Active Adult Centers, Walnut Terrace Neighborhood Center, as well as many city wide community centers and other locations within the City of Raleigh. These activities include sports leagues, exercise classes, bingo, cards, Outdoor Adventure Club, and much more; numerous one-day and overnight trips each year, including cruises and international

## Additional Facility and Program Information

travel; educational seminars and workshops on a wide range of topics; and a network of 48 adult clubs throughout the city. Further information can be found throughout this brochure

under the Senior Sections, or by calling 919-996-4720, 919-996-4730 or 919-996-6160.

### Teen Programs

#### Program Supervisors:

Kent Hunt, Chiffonda Holloway, Jason Jones and Carmen Myles

The Teen Program of Raleigh Parks, Recreation and Cultural Resources provides recreation, education, career exploration, personal and social empowerment, and personal development for the purpose of serving teens ages 12-18 in the City of Raleigh and Wake County through various programs and events. The goal of the program is to provide an opportunity for youth to initiate, plan, and implement programs as well as to design and develop projects and special events that will be of benefit to their peers, the community, and to themselves as individuals. For information on Teen programs, call 919-996-2139.

#### Portable Challenge Course for Teens

Age: 12-19yrs. Let the Teen Program Staff custom design a team building workshop to help meet your group's needs and challenges. Initiative activities are utilized to enhance problem solving, team building, conflict resolution and other life skills through experiential learning and will be tailored to your specific group. These programs are great for schools, church groups, student councils, drop-out prevention programs, and many other established youth groups. Courses will be held at the site of the participants' choosing and will be scheduled according to availability. Please contact the Teen Program at least one month in advance of desired program date. Cost: \$25 per staff hour of program with a minimum of 2 hours; we require a 1 to 10 staff member to student ratio.

### Raleigh Youth Council

Are you a high school student that is interested in initiating, organizing and executing programs and projects that benefit youth? The Raleigh Youth Council is for teens and is run by teens. They focus their involvement in leadership opportunities, community service, recreation, fundraisers, special events, and State Youth Council conferences. The Raleigh Youth Council creates a forum where teens can freely express their ideas and opinions and serve as advocates for teens in Wake County. The meetings take place on the second and fourth Mondays of each month during the traditional school year. Cost: There is no membership fee but there may be additional fees for activities or conferences. Pre-registration is not required. Please contact the Teen Program at 919-996-2139 for more information.

### Volunteer Opportunities with Raleigh Parks, Recreation and Cultural Resources

You are invited to make a difference in your community and volunteer with Raleigh Parks, Recreation and Cultural Resources. Individuals, families, students, businesses and organizations have an opportunity to contribute time, talents and resources to our City parks, programs and facilities.

#### Volunteer Opportunities in the Parks

Volunteers can enhance City Parks and facilities through the following projects:

- Gardening/Landscaping
- Tree plantings
- Mulching
- Litter and debris removal
- Painting projects
- Removal of invasives

The Raleigh Parks, Recreation and Cultural Resources Adopt-A-Park Program utilizes volunteers to enhance city parks, trails and facilities. Over 70 groups currently participate in the program and volunteer quarterly to improve a park or trail.

### Volunteer Opportunities in Recreation Programs

Volunteers can assist with the following Recreation Programs:

- **Sports and Tournaments** – Youth athletic coaches are needed for baseball, basketball, football, lacrosse, in-line hockey, softball, swimming and tennis
- **Special Events** – Assist with registration, set-up, and activities at various citywide special events.
- **Specialized Recreation Services** – Assist individuals with developmental and/or physical disabilities in diverse events and activities including Wake County Special Olympics.
- **COE (Cultural Outreach and Enrichment) Program** – Volunteers are always needed to assist teaching basic elements of English, and other exciting recreational opportunities. Volunteers are also needed to assist at various special events and with community outreach.
- **Centers for Active Adults** – Assist with teaching classes, special events, greeters, receptionists, room hosts, tour guides and more
- **Mordecai Historic Park** – Assist in the park as docents, gardeners, tour leaders and special events volunteers.

Volunteers can register now online at

**[parks.raleighnc.gov](http://parks.raleighnc.gov)**

For more information contact Mary Owens at **[mary.owens@raleighnc.gov](mailto:mary.owens@raleighnc.gov)** or call 919-996-3292.



## Account and Program Registration Form

Remember you can also register online with RecLink at parks.raleighnc.gov

### 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 #1 Information

Participant #1 Name \_\_\_\_\_ DOB \_\_\_\_ / \_\_\_\_ / \_\_\_\_ ☐ Male ☐ Female

Parent/Guardian Last Name If participant is under 18 \_\_\_\_\_ Parent's First Name \_\_\_\_\_

I want Parks, Recreation and Cultural Resources to know about these medical conditions for the participant: \_\_\_\_\_

I want Parks, Recreation and Cultural Resources to know about these disabilities for the participant: \_\_\_\_\_

I request ADA accommodation for the disability/medical condition listed. ☐ Yes ☐ No

| <u>Course Barcode</u> | <u>Program Name</u> | <u>Location</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> |
|-----------------------|---------------------|-----------------|-------------|-------------|------------|
| _____                 | _____               | _____           | _____       | _____       | \$ _____   |
| _____                 | _____               | _____           | _____       | _____       | \$ _____   |

### Participant #2 Information

Participant #2 Name \_\_\_\_\_ DOB \_\_\_\_ / \_\_\_\_ / \_\_\_\_ ☐ Male ☐ Female

Parent/Guardian Last Name If participant is under 18 \_\_\_\_\_ Parent's First Name \_\_\_\_\_

I want Parks, Recreation and Cultural Resources to know about these medical conditions for the participant: \_\_\_\_\_

I want Parks, Recreation and Cultural Resources to know about these disabilities for the participant: \_\_\_\_\_

I request ADA accommodation for the disability/medical condition listed. ☐ Yes ☐ No

| <u>Course Barcode</u> | <u>Program Name</u> | <u>Location</u> | <u>Date</u> | <u>Time</u> | <u>Fee</u> |
|-----------------------|---------------------|-----------------|-------------|-------------|------------|
| _____                 | _____               | _____           | _____       | _____       | \$ _____   |
| _____                 | _____               | _____           | _____       | _____       | \$ _____   |

### 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** \$ \_\_\_\_\_

## Account and Program Registration Form

Remember you can also register online with RecLink at [parks.raleighnc.gov](http://parks.raleighnc.gov)

### Payment Information

☐ **Check #** \_\_\_\_\_ (checks payable to City of Raleigh) ☐ **Money Order**

**Credit Card** payments may be made at a staffed facility or through the online registration system **RecLink**. Visit [parks.raleighnc.gov](http://parks.raleighnc.gov) and select "Register on RecLink". If you would like to complete your registration online, but prefer not to pay online with a credit card, you may add a credit to your account prior to online registration by making a payment at a community center or the Recreation Business Office.

### 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 cancelled due to inclement weather may be rescheduled pending space availability.
- A transfer must be requested at the time of withdrawal.
- A credit may be used by any family member on the same registration account.
- Non-attendance/non-participation in a program does not entitle the patron to a refund.

Refund requests may be sent to: **Raleigh Parks, Recreation and Cultural Resources Department** [Rbo.registration@raleighnc.gov](mailto:Rbo.registration@raleighnc.gov)

### Photo/Media Policy

I acknowledge and agree that the City of Raleigh may take photographs and video of individuals or groups participating in programs and events and may use any photographs(s) and/or video taken of me or my child to publicize the program and for other City-related purposes.

### Non-Discrimination Policy

The policy of the City of Raleigh is, and shall be, to oppose any discrimination based on actual or perceived age, mental or physical disability, sex, religion, race, color, sexual orientation, gender identity or expression, familial or marital status, economic status, veteran status or national origin in any aspect of modern life. A participant alleging discrimination on the basis of any of the aforementioned areas may file a complaint with either the Director of Raleigh Parks, Recreation and Cultural Resources Department or the Office of Equal Opportunity, U.S. Department of the Interior, Washington, D.C. 20240.

### Release, Indemnity, and Agreement Not To Sue

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, and musculoskeletal injuries, among others. I choose for myself or for my child to participate in the selected programs despite the risks.

By signing the Program Registration form, 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 teachers and supervisors of the program.

In return for the opportunity to participate in this program, I agree for myself and for my heirs, assigns, executors, and administrators to release, waive, and discharge any legal rights I may have to seek payment or relief of any kind from the City, its employees or its agents for injury, illness, or death resulting from this program. If I am registering a child for a program, I agree that I am a parent, legal guardian, or am otherwise responsible for the child whose application I am submitting and that I release, waive, and discharge any legal rights that I may assert on behalf of the child participation in the program. I also agree not to sue the City, its employees, or its agents and agree to indemnify the City for all claims, damages, losses, or expenses, including attorney's fees, if a suit is filed concerning an injury, illness, or death to me or to my child resulting from participation in the program.

### Registration Date Mail-in, Walk-in, and RecLink Registration begins Tuesday, July 30, 2019

By signing below, I acknowledge that I have read, understand, and agree to the City of Raleigh policies listed on this form. Signature is required to complete the registration process.

**Participant Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Signature of parent/legal guardian if child is under 18** \_\_\_\_\_ **Date** \_\_\_\_\_

# Directory

**Explore Your Parks with Park Locator!** Access Park Locator: <http://maps.raleighnc.gov/parklocator/> Find the closest park to your home, search for parks by amenity, get directions to a park, and explore program offerings at the parks!

## Frequently Called Numbers

|                                   |              |
|-----------------------------------|--------------|
| <b>Adopt-A-Park</b>               | 919-996-3292 |
| <b>City Cemeteries</b>            | 919-996-6548 |
| <b>General Park Maintenance</b>   | 919-996-4115 |
| <b>Facilities and Operations</b>  |              |
| Facilities, Irrigation, Lighting  | 919-996-3420 |
| <b>General Recreation</b>         | 919-996-6640 |
| <b>Greenways</b>                  | 919-996-4786 |
| <b>Greenway Map Request</b>       | 919-996-3285 |
| <b>Reclink Support</b>            | 919-996-2153 |
| <b>Recreation Business Office</b> | 919-996-4800 |

## Division

|                           |              |
|---------------------------|--------------|
| <b>Administration</b>     | 919-996-3285 |
| <b>Design/Development</b> | 919-996-4824 |
| <b>Maintenance/Parks</b>  | 919-996-4115 |
| <b>Marketing</b>          | 919-996-3285 |
| <b>Raleigh Arts</b>       | 919-996-3610 |
| <b>Recreation</b>         | 919-996-6640 |
| <b>Urban Forestry</b>     | 919-996-4115 |

## Programs

|                                                                                 |                                    |
|---------------------------------------------------------------------------------|------------------------------------|
| <b>Adult Program</b>                                                            |                                    |
| Anne Gordon Center for Active Adults                                            | 919-996-4720                       |
| Five Points Center for Active Adults                                            | 919-996-4730                       |
| <b>Adventure Program</b>                                                        | 919-996-6855                       |
| <b>Amusements</b>                                                               |                                    |
| 520 Ashe Avenue                                                                 | 919-996-6468                       |
| <b>Aquatics and Swimming Pools</b>                                              |                                    |
| 2401 Wade Avenue                                                                | 919-996-6852                       |
| <b>Arts Program</b>                                                             | 919-996-4683                       |
| <b>Athletic Program</b>                                                         |                                    |
| 2401 Wade Avenue                                                                | 919-996-6836                       |
| <b>Athletics Leisure Line Update</b>                                            |                                    |
| 2401 Wade Avenue                                                                | (24 hr. recording)<br>919-996-6575 |
| <b>Community Centers Program</b>                                                |                                    |
| 2401 Wade Avenue                                                                | 919-996-6640                       |
| <b>Cultural Outreach and Enrichment Program</b>                                 |                                    |
| 2401 Wade Avenue                                                                | 919-996-6844                       |
| <b>Nature Programs</b>                                                          |                                    |
| 820 Clay Street                                                                 | 919-996-6856                       |
| <b>Specialized Recreation Services</b>                                          |                                    |
| 2401 Wade Avenue                                                                | 919-996-6640                       |
| Adults                                                                          | 919-996-2149                       |
| Inclusion Services                                                              | 919-996-2145                       |
|                                                                                 | or 919-996-2146                    |
| Social Clubs                                                                    | 919-996-2148                       |
| Visually Impaired                                                               | 919-996-2147                       |
| Youth                                                                           | 919-996-2110                       |
| Special Olympics Wake County                                                    | 919-996-2111                       |
| <b>Tennis Program – Millbrook Exchange Tennis Center</b>                        |                                    |
| 1905B Spring Forest Road                                                        | 919-872-4128                       |
| <b>Teen Program</b>                                                             |                                    |
| 820 Clay Street                                                                 | 919-996-2139                       |
| <b>Urban Forestry</b>                                                           | 919-996-4115 / 919-872-4137(fax)   |
| <b>Volunteer Programs</b>                                                       |                                    |
| 222 W. Hargett Street                                                           | 919-996-3292                       |
| <b>Youth Programs</b>                                                           |                                    |
| 820 Clay Street, 27605                                                          | 919-996-6165                       |
| After School Program, Before School Program,<br>Summer Camps, Track Out Program |                                    |

### Abbotts Creek Community Center

— •AEZ  
9950 Durant Road, 27614  
919-996-2770

### All Children's Playground c/o Laurel Hills Park

— •BEG  
3808 Edwards Mill Road, 27612  
919-420-2383

### Anderson Point Park c/o Barwell Road

— •EKMN  
20 Anderson Point Drive, 27610  
919-996-5994

### Anne Gordon Center for Active Adults

— •L  
1901 Spring Forest Road, 27615  
919-996-4720

### Annie Louise Wilkerson, MD Nature Preserve Park

— •K  
5229 Awls Haven Drive, 27614  
919-996-6764

### Bailewick Road Park c/o Lake Lynn

— •BEM  
9501 Bailewick Road, 27615  
919-996-2911

### Barwell Road Community Center

— •AWZ  
5857 Barwell Park Drive, 27610  
919-996-5994  
**Barwell's Open Play Line:** 919-996-6736

### Biltmore Hills Park and Community Center

— •ABCDEGMZ  
2615 Fitzgerald Drive, 27610  
919-831-6895

### Biltmore Hills Swimming Pool

— •D  
701 Crown Crossing Lane, 27610  
919-831-6736

### Borden Building at Fletcher Park

— •GMV  
820 Clay Street, 27605  
919-996-4363

### Brentwood Neighborhood Park and Center

c/o Green Road  
— •BCEGM  
3315 Vinson Court, 27604  
919-996-4141

### Brier Creek Community Center

— •AEGMWZ  
10810 Globe Road, 27617  
919-420-2340

### Brookhaven Nature Park

— •K  
5125 Berkeley Street, 27612

### Buffaloe Road Aquatics Center

— •D  
5908 Buffaloe Road, 27616  
919-996-5600

### Buffaloe Road Athletic Park

— •BEW  
5900 Buffaloe Road, 27616  
919-996-6836

### Carolina Pines Park, Community Center, and

### Off-Leash Dog Park

— •ABCEUZ  
2305 Lake Wheeler Road, 27603  
919-831-6435

### Cedar Hills Park c/o Optimist

— •BCEFGHM  
5600 Sweetbriar Drive, 27609  
919-996-2880

### City of Raleigh Museum (COR)

220 Fayetteville Street, 27601  
919-996-2220

### Durant Nature Preserve

— •EKMOQ  
8305 Camp Durant Road, 27614  
919-870-2871

### Eastgate Neighborhood Park Center c/o Millbrook

— •CEJM  
4200 Quail Hollow Drive, 27609  
919-996-4156

### Fallon Park c/o Optimist

2601 Oxford Road 27608  
919-870-2880

### Five Points Center for Active Adults

— •LZ  
2000 Noble Road, 27608  
919-996-4730

### Fred Fletcher Park c/o Jaycee

820 Clay Street, 27605  
919-996-6833

### Forest Ridge Park

2100 Old NC 98 Hwy, Wake Forest 27587  
919-556-6781

### Garris Building c/o Jaycee

820 Clay Street, 27605  
919-996-6833

### Glen Eden Pilot Neighborhood Center c/o Jaycee

— •CM  
1500 Glen Eden Drive, 27612  
919-996-6833

### Green Road Park and Community Center

— •ABCEGMZ  
4201 Green Road, 27604  
919-996-4141

### Greystone Recreation Center

— •E  
7713-55 Lead Mine Road, 27615  
919-996-4848

### Halifax Park and Community Center

— •AEG  
1023 Halifax Street, 27604  
919-996-6378

### Hill Street Park and Neighborhood Center

— •EM  
2307 Hill Street, 27604  
919-996-5300

### Honeycutt Park c/o Millbrook Exchange

— •BEGRMN  
1032 Clear Creek Farm Road, 27615  
919-996-4156

### Horseshoe Farm Nature Preserve

— •KN  
2900 Horseshoe Farm Road, 27587  
919-870-2871

### Isabella Cannon Park c/o Jaycee

2601 Kilgore Avenue, 27608  
919-996-6833

### Jaycee Park and Community Center

— •ABCEJMRVZ  
2405 Wade Avenue, 27607  
919-996-6833

### John Chavis Memorial Park and Community Center

— •ABCDEMNWZ  
505 MLK Jr. Boulevard, 27601  
919-831-6989

### John Chavis Memorial Park Swimming Pool

— •D  
720 Chavis Way, 27601  
919-831-6565

# Directory

## John P. "Top" Greene Center

— •  
401 MLK Jr. Boulevard, 27601  
919-831-6527

## Kentwood Park c/o Carolina Pines

4531 Kaplan Drive, 27606  
919-831-6435

## Kingwood Forest c/o Biltmore

2610 Evers Drive, 27610  
919-831-6895

## Kiwanis Neighborhood Park and Center c/o Optimist

— •BEGM  
**Closed for renovations; reopening late 2019.**  
2525 Noble Road, 27608  
919-996-2880

## Lake Lynn Park and Community Center

— •ABCENQZ  
7921 Ray Road, 27613  
919-996-2911

## Lake Johnson Park and Nature Preserve

— •MNOPQ  
4601 Avenet Ferry Road, 27606  
919-233-2121

## Lake Johnson Swimming Pool

— •D  
5623 Jaguar Park Drive, 27606  
919-233-2111

## Lake Wheeler Park

— •EJMOPQ  
6404 Lake Wheeler Road, 27603  
919-662-5704

## Laurel Hills Park and Sassafras Community Center Sassafras Playground

— •ABEGMZ  
3808 Edwards Mill Road, 27612  
919-996-2383

## Leesville Community Park c/o Lake Lynn

— E  
E 5105 Country Trail, 27613  
919-996-2911

## Lions Park and Community Center

— •ABCEGMZ  
516 Dennis Avenue, 27604  
919-996-4726

## Lions Park BMX Track

— S  
516 Dennis Avenue, 27604  
919-996-4726

## Longview Swimming Pool

321 Bertie Drive, 27610  
919-831-6343

## Marsh Creek Park, Community Center, Skate Park and Inline Hockey Rink

— •ABEMTYZ  
3050 N. New Hope Road, 27604  
919-996-4920

## Method Road Park and Community Center

— •AEGZ  
514 Method Road, 27607  
919-996-6066

## Millbrook Exchange Community Center

— •ABEGMUZ  
1905 Spring Forest Road, 27615  
919-996-4156

## Millbrook Exchange Swimming Pool

— •D  
1905 Spring Forest Road, 27615  
919-996-4130

## Millbrook Exchange Tennis Center

— C  
1905 B Spring Forest Road, 27615  
919-872-4128

## Mordecai Historic Park

— V

1 Mimosa Street, 27604  
919-996-4364

## North Hills Park c/o Optimist

— BCEMN  
100 Chowan Circle, 27609  
919-870-2880

## Oakwood Off-Leash Dog Park c/o Lions

— BMGU  
910 Brookside Drive, 27604  
919-996-4726

## Optimist Park and Community Center

— •ABCDEN  
5900 Whittier Drive, 27609  
919-996-2880

## Optimist Swimming Pool

— •D  
5902 Whittier Drive, 27609  
919-996-2790

## Peach Road Neighborhood Center

— •EG  
911 Ileagnes Road, 27603  
919-807-8545

## Pope House Museum

511 South Wilmington Street, 27601  
919-996-2220

## Powell Drive Park c/o Method

— •CEG  
740 Powell Drive, 27606  
919-996-6066

## Pullen Parkamusements

— •CEMOPZ  
520 Ashe Avenue, 27606  
919-996-6468

## Pullen Aquatic Center

— •D  
410 Ashe Avenue, 27606  
919-996-6197

## Pullen Arts Center

Closed for renovations

— •L  
105 Pullen Road, 27607  
919-996-6126

## Pullen Community Center

— Z  
408 Ashe Avenue, 27606  
919-831-6052

## Raleigh Little Theatre/Rose Garden

— •V  
301 Pogue Street, 27607  
919-821-4579

## Ralph Campbell Community Center

— •G  
756 Lunar Drive, 27610  
919-250-2757

## Ridge Road Swimming Pool

— •D  
1709 Ridge Road, 27607  
919-420-2322

## Roberts Park and Community Center

— •ABCEGLMZ  
1300 E. Martin Street, 27610  
919-831-6830

## Saint Monica Teen Center

15 North Tarboro Street, 27610  
919-996-4770

## Sanderford Road Park and Neighborhood Center

— •BCEGM  
2623 Sanderford Road, 27610  
919-831-1898

## Sgt. Courtney T. Johnson Neighborhood Center

— •EGM

1801 Proctor Road, 27610  
919-831-6719

## Sertoma Arts Center

— •L  
1400 W. Millbrook Road, 27612  
919-996-2329

## Spring Forest Road Park c/o Green Road

— BCEMN  
4203 Spring Forest Road 27616  
919-996-4141

## Strickland Road Park c/o Lake Lynn

— E  
E 12804 Strickland Road, 27613  
919-996-2911

## Tarboro Road Park and Community Center

— •ACEMZ  
121 N. Tarboro Street, 27610  
919-996-6505

## Theatre in the Park

— •  
107 Pullen Road, 27607  
919-831-6936

## Thomas G. Crowder Woodland Center

— •KN  
5611 Jaguar Drive, 27606  
919-996-3141

## Tucker House

— •  
418 N. Person Street, 27601  
919-996-4363

## Walnut Creek Softball Complex

— •B  
1201 Sunnybrook Road, 27610  
919-250-2725

## Walnut Creek Wetland Center

— •KN  
950 Peterson Street, 27610  
919-996-2760

## Walnut Terrace Neighborhood Center

— •  
1256 McCauley Street, Ste. 126, 27601  
919-996-6160

## Williams Park c/o Sertoma Arts Center

— CEMR  
6601 Leadmine Road, 27612  
919-996-2329

## Worthdale Park and Community Center

— •ACEFZ  
1001 Cooper Road, 27610  
919-996-2730

\* Inquiries and mail for unstaffed centers should be sent to c/o site.

## Amenities Legend

|          |                      |          |                     |
|----------|----------------------|----------|---------------------|
| <b>A</b> | Gymnasiums           | <b>P</b> | Boat Rental         |
| <b>B</b> | Lighted Ballfield(s) | <b>Q</b> | Fishing             |
| <b>C</b> | Tennis Courts        | <b>R</b> | Sand Volleyball     |
| <b>D</b> | Pool                 | <b>S</b> | BMX Track           |
| <b>E</b> | Play Equipment       | <b>T</b> | Inline Skating      |
| <b>F</b> | Mini Park            | <b>U</b> | Dog Park            |
| <b>G</b> | Outdoor Basketball   | <b>V</b> | Gardens             |
| <b>H</b> | Frisbee Golf         | <b>W</b> | Walking Track       |
| <b>J</b> | Exercise Trail       | <b>Y</b> | Skate Park          |
| <b>K</b> | Nature Study         | <b>Z</b> | Weight Room         |
| <b>L</b> | Arts                 | •        | Handicap Accessible |
| <b>M</b> | Picnic Shelter       |          |                     |
| <b>N</b> | Greenway Trail       |          |                     |
| <b>O</b> | Lake                 |          |                     |



#RaleighParks





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Recreation and Cultural Resources  
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