

2021 | September – December

Leisure Ledger



**Raleigh
Parks**

**Online Registration Starts
July 27, 2021**

parks.raleighnc.gov

919.996.6640

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

Contents

General Information

- Administration 4
- Capital Area Greenway 69
- Directory 74-75
- Registration Options 3
- Registration Form 72-73
- Volunteer Opportunities 71

Facilities

- Amusements 69
- Arts Centers 10
- Historic Homes 69
- Lakes 69
- Museums 70
- Additional Facilities and Programs 69-71
- Tennis Center 70

Program Areas

- Adult Program 71
- Aquatics 7-9
- Arts Program 10-23
- Athletic Instruction 24-27
- Athletic Open Play 28
- Athletic Teams/Leagues 29-31
- City of Oaks Foundation 57
- Cultural Outreach and Enrichment Program 70
- Educational Programs 32-39
- Gallery Program 10
- Greenways 69
- Health & Wellness 40-48
- Nature Education 49-56
- Outdoor Recreation 58-59
- Social Program 60-65
- Specialized Recreation and Inclusion Services 66-68
- Tennis 70
- Teen Program 71

Together we connect and enrich our community through exceptional experiences.

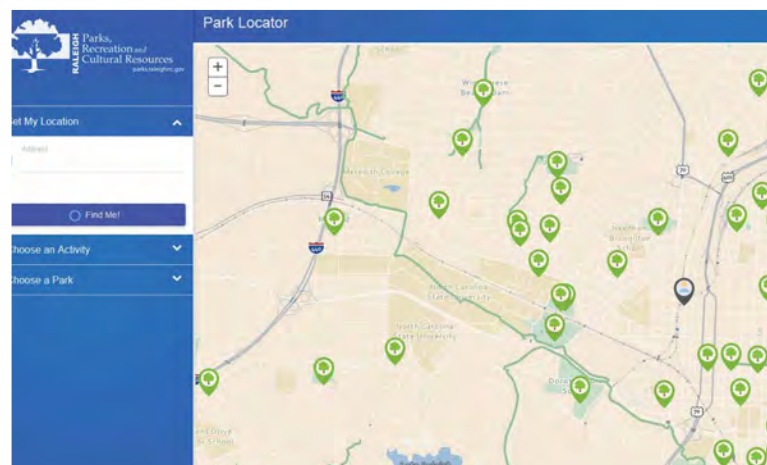
Raleigh Parks, Recreation and Cultural Resources Department boasts over 200 parks including features like amusements, art centers, athletic facilities, community centers, lakes, nature preserves, off-leash dog parks, playgrounds, swimming pools, historic homes, and open spaces. With innovative programs 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 108 courts, dive into one of 8 pools, explore over 100 miles of paved greenway, or simply enjoy a picnic in the park, we hope you take time to discover YOUR Raleigh Parks, Recreation and Cultural Resources Department!

Start Exploring With Park Locator!

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

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

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



DISCOVER YOUR

Raleigh Parks, Recreation and Cultural Resources Department

3 WAYS TO REGISTER

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



Browse or Register online with RecLink

Visit parks.raleighnc.gov

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



mail-in

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



walk-in

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

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



My Raleigh Subscriptions

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

BE SOCIAL



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



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



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



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



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



Raleigh Parks

Raleigh City Council*

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

Parks, Recreation and Greenway Advisory Board Members*

Chair: Jennifer Wagner
Vice Chair: Beverley Clark
Carol Ashcraft
Karen Crispen
Lex Janes
Brad Johnson
Christina Jones
Rashawn King
Kendall Harris
Carol Love
Marsha Presnell Jennette
Lindsay Saunders
Dave Toms
Charles Townsend

**at time of printing*

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

Arts Commission Members

Chair: Moses T.
Alexander Greene
Vice Chair: Jamie Dawson
David Clegg
Pam Hartley
Bain Jones
Judy Payne
Angela Salamanca
Shelley Smith
Isabel Villa-Garcia
Billy Warden
Patty Williams

Management Team

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

Historic Resources and Museum Program Advisory Board

Clare Bass
Fred Belledin
Alexander Casado
Clarissa Goodlett
Esther Hall
Holmes Harden
Matt Hobbs
Alicia McGill
Audrey Morgan
Chip Patterson
Edna Rich-Ballentine
Mark Turner
Jennifer Wagner,
PRGAB Liaison

City of Raleigh Historic Cemetery Advisory Board

Chair: Shelby Reap
Vice Chair: Melissa Timo
Barden Culbreth
Robin Hammond
Dr. Dru McGill
Dr. Kimberly Muktarian
Caleb Smith

Public Art and Design Board

Chair: Scott Hazard
Vice Chair: Linda Dallas
Adam Cave
Susan Cannon
Lincoln Hancock
Angela Lombardi
Phillip Jefferson

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**

Special Events

Snacks With Santa

Ho, Ho, Ho! Happy Holidays! Join us at the new JCMP for LOTS of exciting activities and fun galore from no other than Mr. Santa Claus himself! Experience holiday-themed games, arts and craft activities, and storytime with Santa! Join us in spreading some holiday cheer at JCMP! See you soon!

John Chavis Community Center

Dec 11 Sa 10:00am-12:00pm



PLAY SAFELY

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

Social Distancing Best Practices

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

Thank you for staying safe, Raleigh!



Donate to Financial Assistance Fund

Together we connect and enrich our community through exceptional experiences.



Play It Forward Financial Assistance Fund

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

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

City Of Raleigh

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

Play It Forward Scholarship Fund

BY CHECK

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

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

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

Name(s): _____

Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

ONLINE

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

Aquatics

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

Admission Fees

To ensure everyone's safety, all visitors passing the front desk must pay! Children 12 years old or younger must be accompanied by a paying adult at least 16 years of age. All passes are not transferable and become property of the City of Raleigh upon expiration date. Private lessons are also available for individuals wanting one on one instruction. Swim lessons for individuals with disabilities are available following the inclusion model. (For more information, contact Specialized Recreation and Inclusion Services at 919-996-2147.)

All Pools

(with the exception of Buffalo Road Aquatic Center)

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

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

The Aquatics Division offers the following certification courses:

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

All Pools

Membership Passes may be purchased at all pools.

Punch Passes	Resident	Non-Res
Valid for 15 visits (valid two years-to-date)		
1-12 years	\$24	\$36
13-54 years	\$48	\$84
55 and older	\$36	\$60
Monthly Pass	Resident	Non-Res
1-12 years	\$18	\$27
13-54 years	\$36	\$63
55 and older	\$27	\$45
Annual Pass	Resident	Non-Res
(valid one year-to-date)		
1-12 years	\$120	\$180
13-54 years	\$240	\$420
55 and older	\$180	\$300

Private Swim Lessons

Private swim lessons and stroke development are offered at Buffalo Road Aquatic Center, Millbrook Pool, Optimist Pool, and Pullen Aquatic Center. Private lessons are offered at times when group lessons are not being conducted and based on instructor availability. Contact the aquatic center for information on requesting private swim lessons. A single Private Lesson is one (1) 30 minute lesson. The Private Lesson package is four (4) 30 minute lessons.

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

Aquatic Water Exercise Passes

Senior Resident: \$32
Adult Resident: \$40
Senior Non-Resident: \$44
Adult Non-Resident: \$52

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

Drop-in Rates

Drop-in rates are available for single classes.

Senior Resident: \$6
Adult Resident: \$8
Senior Non-Resident: \$7
Adult Non-Resident: \$9

Preschool

Parent & Child Aquatics Level 1

Age: 6 mos.-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 Road Aquatic Center – Course Fee: \$56

Sep 7-Sep 23	Tu,Th	4:30-5:00pm
Oct 5-Oct 21	Tu,Th	4:30-5:00pm
Nov 30-Dec 16	Tu,Th	4:30-5:00pm

Buffalo Road Aquatic Center – Course Fee: \$41

Sep 11-Oct 2	Sa	10:10-10:40am
Oct 16-Nov 6	Sa	10:10-10:40am
Nov 27-Dec 18	Sa	10:10-10:40am

Millbrook Pool

Sep 18-Oct 9	Sa	9:30-10:00am	Fee: \$41
Sep 20-Oct 6	M,W	10:50-11:20am	Fee: \$56
Oct 16-Nov 6	Sa	9:30-10:00am	Fee: \$41
Nov 29-Dec 15	M,W	5:10-5:40pm	Fee: \$56
Dec 4-Dec 18	Sa	9:30-10:00am	Fee: \$39

Optimist Pool

Oct 9-Oct 30	Sa	10:10-10:40am	Fee: \$41
Dec 4-Dec 18	Sa	10:10-10:40am	Fee: \$39

Pullen Aquatic Center – Course Fee: \$73

Sep 7-Sep 30	Tu,Th	5:10-5:40pm
Nov 2-Dec 2	Tu,Th	5:10-5:40pm

Parent & Child Aquatics Level 2

Age: 6 mos.-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 Road Aquatic Center

Sep 7-Sep 23	Tu,Th	4:30-5:00pm	Fee: \$56
Sep 11-Oct 2	Sa	10:10-10:40am	Fee: \$41
Oct 5-Oct 21	Tu,Th	4:30-5:00pm	Fee: \$56
Oct 16-Nov 6	Sa	10:10-10:40am	Fee: \$41
Nov 27-Dec 18	Sa	10:10-10:40am	Fee: \$41
Nov 30-Dec 16	Tu,Th	4:30-5:00pm	Fee: \$56

Millbrook Pool

Sep 18-Oct 9	Sa	10:10-10:40am	Fee: \$41
Oct 16-Nov 6	Sa	10:10-10:40am	Fee: \$41

Optimist Pool

Oct 9-Oct 30	Sa	10:50-11:20am	Fee: \$41
Dec 4-Dec 18	Sa	10:50-11:20am	Fee: \$39

Pullen Aquatic Center

Oct 5-Oct 28	Tu,Th	5:10-5:40pm	Fee: \$73
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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 Road Aquatic Center

Sep 7-Sep 23	Tu,Th	5:10-5:40pm	Fee: \$56
Sep 11-Oct 2	Sa	10:50-11:20am	Fee: \$41
Oct 5-Oct 21	Tu,Th	5:10-5:40pm	Fee: \$56

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Oct 16-Nov 6	Sa	10:50-11:20am	Fee: \$41
Nov 27-Dec 18	Sa	10:50-11:20am	Fee: \$41
Nov 30-Dec 16	Tu,Th	5:10-5:40pm	Fee: \$56

Millbrook Pool

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Nov 29-Dec 15	M,W	5:10-5:40pm	Fee: \$41
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Dec 4-Dec 18	Sa	10:10-10:40am	Fee: \$39
Dec 4-Dec 18	Sa	11:30am-12:00pm	Fee: \$39

Pullen Aquatic Center

Sep 7-Sep 30	Tu,Th	5:50-6:20pm	Fee: \$73
Nov 2-Dec 2	Tu,Th	5:50-6:20pm	Fee: \$73

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.

Buffaloe Road Aquatic Center

Sep 7-Sep 23	Tu,Th	5:10-5:40pm	Fee: \$56
Sep 11-Oct 2	Sa	10:50-11:20am	Fee: \$41
Oct 5-Oct 21	Tu,Th	5:10-5:40pm	Fee: \$56
Oct 16-Nov 6	Sa	10:50-11:20am	Fee: \$41
Nov 27-Dec 18	Sa	10:50-11:20am	Fee: \$41
Nov 30-Dec 16	Tu,Th	5:10-5:40pm	Fee: \$56

Millbrook Pool

Sep 18-Oct 9	Sa	10:10-10:40am	Fee: \$41
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Sep 20-Oct 6	M,W	5:10-5:40pm	Fee: \$41
Oct 11-Oct 27	M,W	5:10-5:40pm	Fee: \$41
Oct 16-Nov 6	Sa	10:10-10:40am	Fee: \$41
Nov 1-Nov 17	M,W	5:10-5:40pm	Fee: \$41
Nov 29-Dec 15	M,W	5:50-6:20pm	Fee: \$41
Dec 4-Dec 18	Sa	10:10-10:40am	Fee: \$39

Optimist Pool

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Oct 9-Oct 30	Sa	10:10-10:40am	Fee: \$41
Oct 9-Oct 30	Sa	11:30am-12:00pm	Fee: \$41
Nov 2-Nov 23	Tu,Th	5:10-5:40pm	Fee: \$56
Nov 30-Dec 16	Tu,Th	10:10-10:40am	Fee: \$56
Dec 4-Dec 18	Sa	10:10-10:40am	Fee: \$39
Dec 4-Dec 18	Sa	11:30am-12:00pm	Fee: \$39

Pullen Aquatic Center

Oct 5-Oct 28	Tu,Th	5:50-6:20pm	Fee: \$73
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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 Road Aquatic Center

Sep 7-Sep 23	Tu,Th	5:10-5:40pm	Fee: \$56
Sep 11-Oct 2	Sa	10:50-11:20am	Fee: \$41
Oct 5-Oct 21	Tu,Th	5:10-5:40pm	Fee: \$56
Oct 16-Nov 6	Sa	10:50-11:20am	Fee: \$41
Nov 27-Dec 18	Sa	10:50-11:20am	Fee: \$41
Nov 30-Dec 16	Tu,Th	5:10-5:40pm	Fee: \$56

Millbrook Pool

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Dec 4-Dec 18	Sa	10:10-10:40am	Fee: \$39

Optimist Pool

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Dec 4-Dec 18	Sa	11:30am-12:00pm	Fee: \$39

Youth**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 Road Aquatic Center

Sep 7-Sep 23	Tu,Th	5:50-6:20pm	Fee: \$56
Sep 11-Oct 2	Sa	11:30am-12:00pm	Fee: \$41
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Oct 11-Oct 27	M,W	5:50-6:20pm	Fee: \$56
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Dec 4-Dec 18	Sa	10:10-10:40am	Fee: \$39

Pullen Aquatic Center

Oct 5-Oct 21	Tu,Th	6:30-7:00pm	Fee: \$73
Nov 2-Dec 2	Tu,Th	6:30-7:00pm	Fee: \$73



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 Road Aquatic Center

Sep 7-Sep 23	Tu,Th	5:50-6:20pm	Fee: \$56
Sep 11-Oct 2	Sa	11:30am-12:00pm	Fee: \$41
Oct 5-Oct 21	Tu,Th	5:50-6:20pm	Fee: \$56
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Nov 30-Dec 16	Tu,Th	6:30-7:00pm	Fee: \$56
Dec 4-Dec 18	Sa	10:50-11:20am	Fee: \$39
Dec 4-Dec 18	Sa	11:30am-12:00pm	Fee: \$39

Pullen Aquatic Center

Oct 5-Oct 28	Tu,Th	6:30-7:00pm	Fee: \$73
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Swim Lesson - Level 3 Stroke Development

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

Buffaloe Road Aquatic Center

Sep 7-Sep 23	Tu,Th	5:50-6:20pm	Fee: \$56
Sep 11-Oct 2	Sa	11:30am-12:00pm	Fee: \$41
Oct 5-Oct 21	Tu,Th	5:50-6:20pm	Fee: \$56
Oct 16-Nov 6	Sa	11:30am-12:00pm	Fee: \$41
Nov 27-Dec 18	Sa	11:30am-12:00pm	Fee: \$41
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Millbrook Pool

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Oct 16-Nov 6	Sa	10:50-11:20am	Fee: \$41
Nov 1-Nov 17	M,W	6:30-7:00pm	Fee: \$56
Nov 29-Dec 15	M,W	7:10-7:40pm	Fee: \$56
Dec 4-Dec 18	Sa	11:30am-12:00pm	Fee: \$39

Optimist Pool

Oct 5-Oct 21	Tu,Th	6:30-7:00pm	Fee: \$56
Oct 9-Oct 30	Sa	10:50-11:20am	Fee: \$41
Nov 2-Nov 23	Tu,Th	6:30-7:00pm	Fee: \$56
Nov 30-Dec 16	Tu,Th	6:30-7:00pm	Fee: \$56
Dec 4-Dec 18	Sa	10:50-11:20am	Fee: \$39

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 Road Aquatic Center

Sep 7-Sep 23	Tu,Th	6:30-7:00pm	Fee: \$56
Sep 11-Oct 2	Sa	12:10-12:40pm	Fee: \$41
Oct 5-Oct 21	Tu,Th	6:30-7:00pm	Fee: \$56
Oct 16-Nov 6	Sa	12:10-12:40pm	Fee: \$41
Nov 30-Dec 16	Tu,Th	6:30-7:00pm	Fee: \$56

Millbrook Pool

Sep 18-Oct 9	Sa	11:30am-12:00pm	Fee: \$41
Sep 20-Oct 6	M,W	7:10-7:40pm	Fee: \$56
Oct 11-Oct 27	M,W	7:10-7:40pm	Fee: \$56
Oct 16-Nov 6	Sa	11:30am-12:00pm	Fee: \$41
Nov 29-Dec 15	M,W	7:10-7:40pm	Fee: \$56
Dec 4-Dec 18	Sa	11:30am-12:00pm	Fee: \$39

Optimist Pool

Oct 5-Oct 21	Tu,Th	7:10-7:40pm	Fee: \$56
Oct 9-Oct 30	Sa	9:30-10:00am	Fee: \$41
Nov 2-Nov 23	Tu,Th	7:10-7:40pm	Fee: \$56
Nov 30-Dec 16	Tu,Th	7:10-7:40pm	Fee: \$56
Dec 4-Dec 18	Sa	9:30-10:00am	Fee: \$39

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 Road Aquatic Center

Sep 7-Sep 23	Tu,Th	6:30-7:00pm	Fee: \$56
Sep 11-Oct 2	Sa	12:10-12:40pm	Fee: \$41
Oct 5-Oct 21	Tu,Th	6:30-7:00pm	Fee: \$56
Oct 16-Nov 6	Sa	12:10-12:40pm	Fee: \$41
Nov 27-Dec 18	Sa	12:10-12:40pm	Fee: \$41
Nov 30-Dec 16	Tu,Th	6:30-7:00pm	Fee: \$56

Millbrook Pool

Sep 18-Oct 9	Sa	11:30am-12:00pm	Fee: \$41
Sep 20-Oct 6	M,W	7:10-7:40pm	Fee: \$56
Oct 16-Nov 6	Sa	11:30am-12:00pm	Fee: \$41
Nov 1-Nov 17	M,W	7:10-7:40pm	Fee: \$56

Optimist Pool

Oct 5-Oct 21	Tu,Th	7:10-7:40pm	Fee: \$56
Oct 9-Oct 30	Sa	9:30-10:00am	Fee: \$41
Nov 2-Nov 23	Tu,Th	7:10-7:40pm	Fee: \$56
Nov 30-Dec 16	Tu,Th	7:10-7:40pm	Fee: \$56
Dec 4-Dec 18	Sa	9:30-10:00am	Fee: \$41

Intra City Swim Team

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

Buffaloe Road Aquatic Center

Oct 11-Dec 13	M,W	4:00-4:45pm	Fee: \$78
Oct 11-Dec 13	M,W	5:00-5:45pm	Fee: \$78
Oct 11-Dec 13	M,W	6:00-6:45pm	Fee: \$78

Millbrook Pool

Millbrook Marlins 3-10

Oct 12-Dec 14	Tu,Th	6:00-6:45pm	Fee: \$78
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Millbrook Marlins 11-18

Oct 12-Dec 14	Tu,Th	7:00-7:45pm	Fee: \$78
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Optimist Pool

Optimist Offers 3-10

Oct 11-Dec 15	M,W	6:00-6:45pm	Fee: \$78
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Optimist Offers 11-18

Oct 11-Dec 15	M,W	7:00-7:45pm	Fee: \$78
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Pullen Aquatic Center

Pullen Pirates 3-10

Oct 11-Dec 15	M,W	6:00-6:45pm	Fee: \$78
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Pullen Pirates 11-18

Oct 11-Dec 15	M,W	7:00-7:45pm	Fee: \$78
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Adult

Adult Learning the Basics Swim Class

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

Buffaloe Road Aquatic Center

Sep 7-Sep 23	Tu,Th	6:30-7:10pm	Fee: \$62
Sep 11-Oct 2	Sa	12:10-12:50pm	Fee: \$47
Oct 5-Oct 21	Tu,Th	6:30-7:10pm	Fee: \$62
Oct 16-Nov 6	Sa	12:10-12:50pm	Fee: \$47
Nov 27-Dec 18	Sa	12:10-12:50pm	Fee: \$47
Nov 30-Dec 16	Tu,Th	6:30-7:10pm	Fee: \$62

Millbrook Pool

Sep 18-Oct 9	Sa	8:40-9:20am	Fee: \$47
Sep 20-Oct 6	M,W	7:10-7:50pm	Fee: \$62
Oct 16-Nov 6	Sa	8:40-9:20am	Fee: \$47
Nov 1-Nov 17	M,W	7:10-7:50pm	Fee: \$62

Optimist Pool

Oct 9-Oct 30	Sa	9:20-10:00am	Fee: \$47
Dec 4-Dec 18	Sa	9:20-10:00am	Fee: \$45

Pullen Aquatic Center

Sep 7-Sep 30	Tu,Th	7:10-7:50pm	Fee: \$79
Oct 5-Oct 28	Tu,Th	7:10-7:50pm	Fee: \$79
Nov 2-Dec 2	Tu,Th	7:10-7:50pm	Fee: \$79

Adult Refining Swim Strokes Class

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

Buffaloe Road Aquatic Center

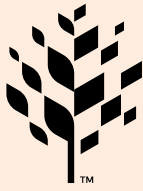
Sep 7-Sep 23	Tu,Th	6:30-7:10pm	Fee: \$62
Sep 11-Oct 2	Sa	12:10-12:50pm	Fee: \$47
Oct 5-Oct 21	Tu,Th	6:30-7:10pm	Fee: \$62
Oct 16-Nov 6	Sa	12:10-12:50pm	Fee: \$47
Nov 27-Dec 18	Sa	12:10-12:50pm	Fee: \$47
Nov 30-Dec 16	Tu,Th	6:30-7:10pm	Fee: \$62

Millbrook Pool

Sep 18-Oct 9	Sa	8:40-9:20am	Fee: \$47
Oct 11-Oct 27	M,W	7:10-7:50pm	Fee: \$62
Oct 16-Nov 6	Sa	8:40-9:20am	Fee: \$47

Optimist Pool

Oct 9-Oct 30	Sa	9:20-10:00am	Fee: \$47
Dec 4-Dec 18	Sa	9:20-10:00am	Fee: \$45



Raleigh Arts

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

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

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

Facebook: @OfficeofRaleighArts

Instagram: @Raleigh_Arts

Twitter: @RaleighArts



Raleigh ArtBeats Mural by Elisabeth Flock

Pullen Arts Center

105 Pullen Road Raleigh, NC 27607

(919)996-6126

Director: Eliza Kiser

Pullen Arts Center Reopening

Pullen Arts Center is a community arts education facility focused on serving beginning to advanced visual artists of all ages by providing quality instruction by professional teaching artists, gallery exhibition opportunities, and studio access. Programming is focused in four studio areas – pottery, bookmaking & printmaking, painting & drawing, and jewelry. In addition to the art classes, studio memberships, and Art4Fun summer camps that Pullen Arts Center has been known for, Pullen Arts Center now also offers a Teen Art Pass, Monday Creative Aging memberships, Studio Assistantships, kiln rentals, and facility rentals. Learn more at www.raleighnc.gov/arts. Questions? Email Pullen.Arts@raleighnc.gov.

Pullen Arts Center's Gallery Exhibits

September – October:

Edward Baxter
Susan Luddeke
Jennifer Mecca
Sharon Parker
Jo and Bill Pumphrey
Rose Warner
Emily Weinstein

November – January:

Ashlyn Browning
Suzanne Krill
Georges LeChevallier
Gerry Lynch
Richard Marshall
Wei Sun
Patricia Westphal

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

Sertoma Arts Center

1400 W. Millbrook Road Raleigh, NC 27612

(919)996-2329

Director: Julia Meder

Sertoma 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: Caitlin Cary

Hall Gallery: Transitions Day Program by A Small Miracle

November - December

Raleigh Room: Student/Instructor/Patron Show

Hall Gallery: Student/Instructor/Patron Show

Display Cases: Student/Instructor/Patron Show

Preschool

A Book and Craft

Age: 3-6 yrs. Come join us and create an art design/craft related to a book for the theme. Children will venture into building self confidence with art while creating their own masterpieces and explore a different type of art each week!

Brier Creek Community Center – Course Fee: \$10
Sep 11-Dec 18 Sa 11:00-11:45am

Abbotts Creek Pumpkin Patch

Age: 3-6 yrs. Join us for a morning of fun at the Abbotts Creek Pumpkin Patch! Participants will have the opportunity to decorate a pumpkin and listen to a spooky story. Pre-registration is required.

Abbotts Creek Community Center – Course Fee: \$5
Oct 21 Th 10:00-10:45am

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-crafts project or edible creation. A new project is introduced with each themed class. Staff provides supplies; you provide the fun! Preregistration is required, and the fee is per class.

Optimist Community Center – Course Fee: \$7

Zoo Crew

Sep 10	F	12:30-1:30pm
Sep 11	Sa	12:30-1:30pm

Pumpkin Surprise

Oct 8	F	12:30-1:30pm
Oct 9	Sa	12:30-1:30pm

T is for Turkey!

Nov 12	F	12:30-1:30pm
Nov 13	Sa	12:30-1:30pm

Holiday Ornaments

Dec 10	F	12:30-1:30pm
Dec 11	Sa	12:30-1:30pm

Art - Storyland Adventures with Mr. Moo Monet

Age: 1.5-3 yrs. Join our adventure through Storyland with Mr. Moo Monet. We start by waking up Mr. Moo Monet and sharing a story that goes with the theme for that day. Children will participate in storytime 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

Sep 8-Sep 29	W	10:30-11:15am
Oct 13-Nov 3	W	10:30-11:15am

Nov 17-Dec 15	W	10:30-11:15am
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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

Sep 11-Oct 2	Sa	10:00-11:00am
Oct 9-Oct 30	Sa	10:00-11:00am
Nov 6-Dec 4	Sa	10:00-11:00am

Raleigh Little Theatre

Website: <http://raleighlittletheatre.org/>
Email: info@raleighlittletheatre.org
Box Office: 919-821-3111

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

UPCOMING PERFORMANCES AND EVENTS

Please check RaleighLittleTheatre.org for the most current list of Fall 2021 performances and classes.

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

Theatre In The Park

Website: www.theatreinthepark.com
Email: info@theatreinthepark.com
Box Office 919-831-6058
Business Office: 919-831-6936

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

UPCOMING PERFORMANCES AND EVENTS

October 1-2, 7-9, 15-16 at 7:30pm

October 3, 10, 17 at 3pm

The Gravitational Pull of Bernice Trimble

December 2021

A Christmas Carol - Duke Energy Center and DPAC

The Santaland Diaries

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

Ballet and Tap for Preschoolers

Age: 4-5 yrs. Your preschooler will learn technique and grow as a dancer in this class. Half of the class is devoted to ballet and the other half is devoted to tap. White or pink tights, pink or black leotard, ballet slippers and tap shoes are preferred but not required.

Millbrook Exchange Community Center – Course Fee: \$36

Ages 4-5

Sep 7-Sep 28	Tu	10:15-11:00am
Oct 5-Oct 26	Tu	10:15-11:00am
Nov 2-Nov 23	Tu	10:15-11:00am
Nov 30-Dec 21	Tu	10:15-11:00am

Ages 2-3

Sep 8-Sep 29	W	10:15-11:00am
Oct 6-Oct 27	W	10:15-11:00am
Nov 3-Nov 24	W	10:15-11:00am
Dec 1-Dec 22	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.

Greystone Recreation Center – Course Fee: \$40

Sep 2-Sep 23	Th	10:00-10:45am
Oct 7-Oct 28	Th	10:00-10:45am
Nov 18-Dec 16	Th	10:00-10:45am

Ballet/ Tap Duo - Beginner Basics

Age: 3-5 yrs. Participants will explore the fundamentals, including body alignment, basic ballet and tap terminology and principles of postures. Participants will learn basic tap steps and to follow instructions while having fun. All students will need ballet and tap shoes. Prior experience is not necessary. Instructor: Tanesha Patrick

Green Road Community Center – Course Fee: \$70

Sep 11-Oct 23	Sa	10:15-11:00am
Nov 6-Dec 18	Sa	10:15-11:00am

Ballet/ Tap Duo - Intermediate

Age: 6-8 yrs. First half of class is ballet and 2nd half is tap. Students will work on flexibility and learn foundational ballet skills and positions. They will build upon the skills that are taught in the 3 year old class. Students will learn beginners tap steps and work on rhythm and synchrony. Students will learn a short ballet dance and tap dance. All students will need ballet shoes and tap shoes. Instructor Tanesha Patrick

Green Road Community Center – Course Fee: \$70

Sep 11-Oct 23	Sa	11:15am-12:00pm
Nov 6-Dec 18	Sa	11:15am-12:00pm

Butterfly Ballerina's

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

Hill Street Neighborhood Center – Course Fee: \$25

Sep 7-Sep 28	Tu	4:45-5:15pm
Oct 5-Oct 26	Tu	4:45-5:15pm
Nov 2-Nov 23	Tu	4:45-5:15pm
Nov 30-Dec 21	Tu	4:45-5:15pm

continued on page 12 —

Create Together- Art For Fun

Age: 2-6 yrs. This art class allows the parent and their child to participate in an art project together! We will give you all of the supplies and the instruction to enjoy your opportunity to create. The artistic expression may include drawing, painting, coloring, and creative expression! See you at Chavis!

John Chavis Community Center – Course Fee: \$5
Sep 1-Dec 8 W 1:00-2:00pm

Dance -Ballet

Age: 3-5 yrs. This basic introductory ballet course will introduce your ballerina to the world of ballet. Ballerinas will build their confidence and nurture a love for movement, music, and dance.

Laurel Hills Community Center – Course Fee: \$40
Ballerina Babies

Sep 9-Sep 30	Th	10:15-11:00am
Sep 11-Oct 2	Sa	9:15-10:00am
Oct 9-Oct 30	Sa	9:15-10:00am
Oct 7-Oct 28	Th	10:15-11:00am
Nov 6-Dec 4	Sa	9:15-10:00am

Dance- Tap and Twirl

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

Hill Street Neighborhood Center – Course Fee: \$35

Sep 7-Sep 28	Tu	5:30-6:30pm
Oct 5-Oct 26	Tu	5:30-6:30pm
Nov 2-Nov 23	Tu	5:30-6:30pm
Nov 30-Dec 21	Tu	5:30-6:30pm

Dancin' Dynamos

Age: 3-5 yrs. Does your little one love to dance, spin and bust a move? Dancin' Dynamos is a perfect class to introduce your little mover and shaker to basic dance techniques, including tap, ballet and jazz to name a few. Students will learn beginning steps to encourage a love of dance and inspire movement; while building a foundation for artistic expression.

Greystone Recreation Center

Sep 13-Sep 27	M	4:15-5:00pm	Fee: \$30
Oct 4-Oct 25	M	4:15-5:00pm	Fee: \$40
Nov 1-Nov 22	M	4:15-5:00pm	Fee: \$40
Dec 6-Dec 20	M	4:15-5:00pm	Fee: \$30

Little Fancy Feet Dance

Age: 1.5-3 yrs. 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 us as we transform those little feet into fancy, happy, dancing feet.

Greystone Recreation Center

Sep 3-Sep 24	F	11:00-11:45am	Fee: \$40
Oct 1-Oct 22	F	11:00-11:45am	Fee: \$40
Nov 5-Nov 19	F	11:00-11:45am	Fee: \$30
Dec 3-Dec 17	F	11:00-11:45am	Fee: \$30

Monster Mash

Age: 3-6 yrs. Halloween is coming and Abbotts Creek has a fun morning planned! Have you ever wanted to create your very own party mask? Participants will create a fun mask followed by story time. Pre-registration is required.

Abbotts Creek Community Center – Course Fee: \$5
Oct 7 Th 10:00-10:45am

Preschool - Mini Monets

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

Sertoma Arts Center – Course Fee: \$65
Sep 17-Oct 22 F 9:30-10:15am
Nov 5-Dec 17 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. Supplies included. Instructor: Michelle Davis Petelinz.

Sertoma Arts Center – Course Fee: \$75
Sep 9-Oct 14 Th 9:30-10:30am
Oct 28-Dec 16 Th 9:30-10:30am

Suzuki Music for Babies

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

Greystone Recreation Center – Course Fee: \$55
Sep 15-Oct 20 W 10:00-10:50am Fee: \$55
Nov 3-Dec 15 W 10:00-10:50am Fee: \$55

Thankful Turkeys

Age: 3-6 yrs. With turkey day approaching join us at Abbotts Creek for a morning of fun art! Participants will create decorations to display for their family. We're also going to share a story and play a fun game! Preregistration is required

Abbotts Creek Community Center – Course Fee: \$5
Nov 18 Th 10:00-10:45am

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 Recreation Center – Course Fee: \$40

Sep 1-Sep 22	W	3:00-3:45pm
Oct 6-Oct 27	W	3:00-3:45pm
Nov 3-Nov 24	W	3:00-3:45pm
Dec 1-Dec 22	W	3:00-3:45pm

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.

Lake Lynn Community Center – Course Fee: \$40

Sep 11-Oct 2	Sa	9:15-10:00am
Oct 9-Oct 30	Sa	9:15-10:00am
Nov 6-Nov 27	Sa	9:15-10:00am
Dec 4-Dec 18	Sa	9:15-10:00am

Youth Artists at Worthdale

Age: 3-4 yrs. Spark your child's inner artist in our cheerful and interactive art program. Our children classes focus on honing essential art skills that will boost their future artistic endeavors. We make sure that your child develops confidence and pride in every masterpiece that they bring into life!

Worthdale Community Center – Course Fee: \$45

Sep 1-Sep 29	M & W	11:00am-12:30pm
Oct 4-Oct 27	M & W	11:00am-12:30pm
Nov 1-Nov 29	M & W	11:00am-12:30pm
Dec 1-Dec 29	M & W	11:00am-12:30pm

Youth**A Book and Craft for Kids**

Age: 7-10 yrs. Come join us and create an art design/craft related with a book for the theme. Children will venture into building self confidence with art while creating their own masterpieces and explore a different type of art each week!

Brier Creek Community Center – Course Fee: \$10

Sep 11-Dec 18	Sa	10:00-10:45am
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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: \$43

Sep 11-Sep 25	Sa	11:00-11:45am
Oct 2-Oct 23	Sa	11:00-11:45am
Nov 6-Nov 27	Sa	11:00-11:45am
Dec 4-Dec 18	Sa	11:00-11:45am

Art - Art Club

Age: 7-11 yrs. Come join the Art Club! Members will choose projects from a list provided by the instructor, such as weaving, bookmaking, mask-making, sculpture, mixed-media painting, puppet making, posters and printmaking. No two sessions are alike, so join as many as you can. Supplies included. Instructor: Michelle Davis Petelinz.

Sertoma Arts Center – Course Fee: \$100

Sep 15-Oct 20	W	4:30-6:30pm
Nov 3-Dec 15	W	4:30-6:30pm

Art - Get Your Passport: Art Explorers!

Age: 6-10 yrs. Come travel with us! Each week we'll learn about a different country and create projects inspired by its art. Destinations may include Australia, China, Egypt, Ghana, India, Mexico, Peru and more. No two sessions are ever alike, so sign up for them all! Instructor: Michelle Davis Petelinz.

Sertoma Arts Center – Course Fee: \$100

Sep 14-Oct 19	Tu	4:30-6:30pm
Nov 9-Dec 14	Tu	4:30-6:30pm

Art - Monday Masterpieces

Age: 7-11 yrs. We'll paint like Picasso, find out why the Blue Dog is blue, paint landscapes with odd palettes, create stabiles, become abstract expressionists and more! After exploring the work of well-known artists, we'll create our own masterpieces. Each session is different. Instructor: Michelle Davis Petelinz.

Sertoma Arts Center – Course Fee: \$100

Sep 13-Oct 18	M	4:30-6:30pm
Nov 8-Dec 13	M	4:30-6:30pm

Art Adventures for Kids

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

Laurel Hills Community Center – Course Fee: \$36

Sep 11-Oct 2	Sa	11:15am-12:15pm
Oct 9-Oct 30	Sa	11:15am-12:15pm
Nov 6-Dec 4	Sa	11:15am-12:15pm

Ballet I

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

Barwell Road Community Center – Course Fee: \$43

Sep 11-Sep 25	Sa	10:00-10:45am
Oct 2-Oct 23	Sa	10:00-10:45am
Nov 6-Nov 27	Sa	10:00-10:45am
Dec 4-Dec 18	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.

Lake Lynn Community Center – Course Fee: \$40

Sep 11-Oct 2	Sa	12:15-1:00pm
Oct 9-Oct 30	Sa	12:15-1:00pm
Nov 6-Nov 27	Sa	12:15-1:00pm
Dec 4-Dec 18	Sa	12:15-1:00pm

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. Instructed by Ms. Gabbie.

Lake Lynn Community Center – Course Fee: \$40

Sep 11-Oct 2	Sa	10:15-11:00am
Oct 9-Oct 30	Sa	10:15-11:00am
Nov 6-Nov 27	Sa	10:15-11:00am
Dec 4-Dec 18	Sa	10:15-11:00am

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 in which this class will compete (NC State Fair, Believe Competition and Showstopper Competition). Additional entry fee and costume costs will be required. Instructor Ms. Gabbie

Lake Lynn Community Center – Course Fee: \$40**Mini Stars**

Sep 11-Oct 2	Sa	11:15am-12:00pm
Oct 9-Oct 30	Sa	11:15am-12:00pm
Nov 6-Nov 27	Sa	11:15am-12:00pm
Dec 4-Dec 18	Sa	11:15am-12:00pm

Shooting Stars

Sep 11-Oct 2	Sa	1:15-2:00pm
Oct 9-Oct 30	Sa	1:15-2:00pm
Nov 6-Nov 27	Sa	1:15-2:00pm
Dec 4-Dec 18	Sa	1:15-2:00pm

Dance Contemporary

Age: 6-9 yrs. This contemporary dance class will inspire dancers to be exploratory in their movement while being able to embody various movement styles and emotions. It will emphasize spatial and body awareness, the use of weight, floor work, leaps, turns, and proper body alignment.

Laurel Hills Community Center – Course Fee: \$40

Sep 12-Oct 3	Su	1:30-2:30pm
Sep 9-Sep 30	Th	6:30-7:30pm
Oct 7-Oct 28	Th	6:30-7:30pm
Oct 10-Oct 31	Su	1:30-2:30pm

continued on page 14 —

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: \$43

Sep 11-Sep 25	Sa	1:00-1:45pm
Oct 2-Oct 23	Sa	1:00-1:45pm
Nov 6-Nov 27	Sa	1:00-1:45pm
Dec 4-Dec 18	Sa	1:00-1:45pm

Hip Hop Hooray

Age: 5-10 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! Let's get dancing!

Greystone Recreation Center

Sep 13-Sep 27	M	5:00-5:55pm	Fee: \$30
Oct 4-Oct 25	M	5:00-5:55pm	Fee: \$40
Nov 1-Nov 22	M	5:00-5:55pm	Fee: \$40
Dec 6-Dec 20	M	5:00-5:55pm	Fee: \$30

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: \$47

Sep 8-Sep 29	W	1:30-3:00pm
Sep 8-Sep 29	W	4:30-6:00pm
Oct 13-Nov 3	W	1:30-3:00pm
Oct 13-Nov 3	W	4:30-6:00pm
Nov 17-Dec 15	W	1:30-3:00pm
Nov 17-Dec 15	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

Sep 8-Sep 29	W	11:45am-12:45pm
Oct 13-Nov 3	W	11:45am-12:45pm
Nov 17-Dec 15	W	11:45am-12:45pm

It's Showtime Theater!

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

Lake Lynn Community Center – Course Fee: \$40

Sep 8-Sep 29	W	7:00-8:00pm
Oct 6-Oct 27	W	7:00-8:00pm
Nov 3-Nov 24	W	7:00-8:00pm
Dec 1-Dec 22	W	7:00-8:00pm

Jazz/Hip-Hop

Age: 7-14 yrs. Jazz/Hip-hop is a fusion of jazz, hip-hop and contemporary. The dancers will develop strength, flexibility and body control. Skills such as isolations, extensions, leaps and turns are incorporated into upbeat fast and fun combinations to challenge the dancers. The dances will also step outside of the box by bringing their own individual style and personality to the movements. Instructor is Ms. E of Ethlyn Lassiter Dance Studio.

Barwell Road Community Center – Course Fee: \$43

Sep 11-Sep 25	Sa	12:00-12:45pm
Oct 2-Oct 23	Sa	12:00-12:45pm
Nov 6-Nov 27	Sa	12:00-12:45pm
Dec 4-Dec 18	Sa	12:00-12:45pm

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.

Lake Lynn Community Center – Course Fee: \$40

Sep 11-Oct 2	Sa	2:15-3:00pm
Oct 9-Oct 30	Sa	2:15-3:00pm
Nov 6-Nov 27	Sa	2:15-3:00pm
Dec 4-Dec 18	Sa	2:15-3:00pm

Learn to Twirl!

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

Greystone Recreation Center – Course Fee: \$40

Sep 7-Sep 28	Tu	6:00-7:00pm
Oct 5-Oct 26	Tu	6:00-7:00pm
Nov 2-Nov 23	Tu	6:00-7:00pm
Dec 7-Dec 28	Tu	6:00-7:00pm

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: \$100

Sep 9-Nov 18	Th	6:15-7:30pm
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Half Session – Course Fee: \$50

Oct 14-Nov 18	Th	6:15-7:30pm
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Pottery - Ceramic Sun Wall Hanging

Age: 6-11 yrs. We are going to anticipate some bright sunny days by making happy sun faces to hang on the wall. Children will take clay slabs and create a sun with a face. During the second class, children will decorate with glazes. They will be ready to pick up two weeks after the last class. 2 sessions. Instructor: Patty Merrell.

Sertoma Arts Center – Course Fee: \$40
Sep 9-Sep 16 Th 4:15-5:30pm

Pottery - Eccentric Elephants

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: \$40
Nov 23-Nov 30 Tu 4:15-5:30pm

Pottery - Funky Fungi

Age: 6-11 yrs. Children will create splendidly speckled and spotted toadstools using textures and handbuilding techniques during the first class. During the second class, young potters will decorate with vibrant glazes. Pottery will be ready for pick-up two weeks after class is over. Supplies included. Instructor: Patty Merrell.

Sertoma Arts Center – Course Fee: \$40
Oct 7-Oct 14 Th 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. Supplies included. Instructor: Lynn Kurisko.

Sertoma Arts Center – Course Fee: \$80
Sep 13-Oct 4 M 4:15-5:30pm

Pottery - Holiday Gifts by Young Potters

Age: 5-10 yrs. Students will learn basic handbuilding techniques to create hand crafted holiday ornaments and a votive candle holder. Potters will make the ornaments and candle holder out of wet clay in the first class. 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. Supplies included. Instructor: Lynn Kurisko.

Sertoma Arts Center – Course Fee: \$50
Nov 1-Nov 8 M 4:15-6:00pm
Nov 2-Nov 9 Tu 4:15-6:00pm

Pottery - Youth Handbuilding

Age: 9-12 yrs. Students will work with slabs, coils, pinch pots and other handbuilding techniques manipulating clay and making functional and decorative pieces. Class experimentation with clay will allow confidence in skills as well as relaxation. All glazes are food safe and students will have different glazes to decorate the work. Supplies included. Instructor: Lynn Kurisko.

Sertoma Arts Center – Course Fee: \$100
Sep 14-Oct 19 Tu 4:15-6:00pm

Step Dance Program

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

Barwell Road Community Center

Sep 9-Sep 30	Th	6:00-7:00pm	Fee: \$40
Oct 7-Oct 28	Th	6:00-7:00pm	Fee: \$40
Nov 4-Nov 18	Th	6:00-7:00pm	Fee: \$30
Dec 2-Dec 16	Th	6:00-7:00pm	Fee: \$30

Teen**Drawing - Drawing Fundamentals for Teens**

Age: 12-16 yrs. This class will explore drawing fundamentals such as contour drawing, gesture drawing, value and shading, composition and perspective. We will draw figures, landscapes in realistic and abstract experiments using a variety of drawing materials: pencil, pen, charcoal, colored pencils, pastels and markers. Supplies included. Instructor: Anne Terry.

Sertoma Arts Center – Course Fee: \$90
Sep 16-Oct 21 Th 4:30-6:00pm
Nov 9-Dec 14 Tu 4:30-6:00pm

Hip Hop For Teens

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

Instructed by Ms. Gabbie.

Lake Lynn Community Center

Sep 9-Sep 30	Th	7:30-8:15pm	Fee: \$48
Oct 7-Oct 28	Th	7:30-8:15pm	Fee: \$48
Nov 4-Dec 16	Th	7:30-8:15pm	Fee: \$60

Jewelry - Create Your Own Stamped Jewelry

Age: 13-16 yrs. Have you ever wanted to create unique, personalized jewelry for yourself or your friends? In this workshop, students will learn the basics of metal stamping to design and create one-of-a-kind pieces incorporating monograms, mantras or simple images. Price includes materials to make a pendant necklace and two styles of bracelet. Instructor: Caitlin Lewis.

Sertoma Arts Center – Course Fee: \$50
Dec 18 Sa 10:00am-1:00pm

Pottery - Wheel Throwing for Teens

Age: 12-16 yrs. Teens learn the basics of throwing pots on the potter's wheel. Class time includes throwing demonstrations followed by practice time on the wheel. Students work at their own level, so all teens are welcome! Class ends with glazing all pots for firing. Pottery will be ready for pick-up two weeks after class is over. Class does not qualify participants for a studio card. Supplies included. Instructor: Anne Terry.

Sertoma Arts Center – Course Fee: \$125
Sep 15-Oct 20 W 4:00-6:30pm
Nov 3-Dec 15 W 4:00-6:30pm



continued on page 16 —

Teen Art Series

Age: 12-17 yrs. This art series is designed to introduce teens to different mediums of art. Unleash your creativity and experiment with the different art forms and create!

Watercolor, Sketching, Portraits, Graffiti Art
John Chavis Community Center – Course Fee: \$50
 Sep 9-Sep 23 Th 6:00-7:30pm
 Oct 7-Oct 21 Th 6:00-7:30pm

Teen Ballet / Lyrical

Age: 13-18 yrs.

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

Lake Lynn Community Center

Sep 9-Sep 30 Th 6:30-7:15pm Fee: \$48
 Oct 7-Oct 28 Th 6:30-7:15pm Fee: \$48
 Nov 4-Dec 16 Th 6:30-7:15pm Fee: \$60

Adult**Adult Ballet/Lyrical**

Age: 18-99 yrs. 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.

Lake Lynn Community Center – Course Fee: \$50

Sep 7-Sep 28 Tu 7:30-8:30pm
 Oct 5-Oct 26 Tu 7:30-8:30pm
 Nov 2-Nov 23 Tu 7:30-8:30pm
 Nov 30-Dec 21 Tu 7:30-8:30pm

Art History - Non-Studio Explorations with Peter Marin

Age: 16-99 yrs. Join artist Peter Marin for a non-studio course exploring Modern Art (September/October) or Mexican Modernism (October/November). "What is Modern Art?" decodes Modern Art by analyzing the formal, theoretical and philosophical features of modern art and suggests a roadmap to understanding art in our times. "Mexican Modernism" undergoes an investigation into the importance of Mexican modernism, and how a nation and the world were culturally enriched.

Pullen Arts Center – Course Fee: \$85

What is Modern Art?

Sep 13-Oct 18 M 9:15-11:30am

Mexican Modernism

Oct 25-Dec 6 M 9:15-11:30am

Barn Quilts

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

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

Horseshoe Farm Nature Preserve – Course Fee: \$65
 Oct 16 Sa 9:00am-12:00pm

Bellydance for Fun & Fitness

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

Lake Lynn Community Center – Course Fee: \$5

Sep 12-Dec 12 Su 3:15-4:00pm

Bookmaking - 3 Japanese Stab Books and Wrap Case

Age: 16-99 yrs. Create 3 styles of soft cover books using the Japanese stab binding and make a hard cover case to house them. Beautiful Japanese papers outside, handmade Japanese paper inside, and colorful binding thread. We'll make our own book cloth using colorful fabric. \$45 supply fee payable to the instructor at the first class.

Pullen Arts Center – Course Fee: \$76

Sep 20-Oct 11 M 6:00-9:00pm

Drawing - Beginning Sketching

Age: 16-99 yrs. Do you want to capture a scene quickly? Students will learn various Sketching Techniques to capture the moment. Gesture, value, line, and color sketching will be explored. A variety of materials and subject matter will be practiced. Master drawings will be referenced. Supply list available upon registration.

Pullen Arts Center – Course Fee: \$99

Sep 8-Oct 13 W 4:00-6:30pm

Drawing - Intro to Drawing with Peter Marin

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

Sertoma Arts Center – Course Fee: \$115

Sep 17-Oct 22 F 9:00am-12:00pm

Fibers - Beginning Sewing: Holiday Gift Bag

Age: 16-99 yrs. 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

Dec 11 Sa 1:00-4:00pm

Fibers - Beginning Sewing: Holiday Table Runner

Age: 16-99 yrs. 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

Nov 20 Sa 1:00-4:00pm

Fibers - Beginning Sewing: Piped Pillows

Age: 16-99 yrs. Piping is a great way to add some color contrast and 'pop' to a decorative pillow. Once you learn how to make and attach piping, you can use this skill to add piping to many other kinds of projects. In this beginner class, you will learn how to construct a pillow, create your own piping, and trim your pillow with it. You will learn the basics of operating a sewing machine and develop fundamental sewing skills necessary for progressing to more advanced projects. No prior sewing experience is necessary. We will be using Sertoma's sewing machines. Supply list available on Sertoma's webpage. \$13 supply fee due to instructor at first class for cording fiberfill and interfacing. Instructor: Joy Kelley.

Sertoma Arts Center – Course Fee: \$40

Aug 31-Sep 28 Tu 10:00am-12:00pm

Sep 2-Sep 30 Th 6:30-8:30pm

Fibers - Dyeing with Local Lichens

Age: 16-99 yrs. Did you know that lichens can produce colors that range from earthy to electric? In this class, we will learn about sustainably collecting, cleaning and dyeing with lichens using the boiling water method and the ammonia fermentation method. We will start with a walk around Shelley Lake Park to observe lichens and learn to identify different species - so wear your walking shoes! Students will come away from the class with a thorough understanding of the process and will have completed two skeins of dyed wool yarn. Supplies included. Instructor: Ayla Gizlice.

Sertoma Arts Center – Course Fee: \$125

Sep 12-Oct 17 Su 1:00-3:30pm

Fibers - Garment Sewing: Preparing to Sew

Age: 16-99 yrs. If you are excited about sewing clothes but not sure how to get started, this class will help you find your path. We will cover the preparatory steps necessary to make your garment sewing projects both successful and enjoyable. You will learn the ins and outs of patterns as well as how to choose fabric and supplies. The class will also cover what essential tools you need as you get started and what tools would be helpful to add as you progress in your skills. Please note that this class is focused on getting ready to sew - we will not be sewing a garment. A supply fee of \$10 is due to the instructor at the start of class. Instructor: Joy Kelley.

Sertoma Arts Center – Course Fee: \$60

Oct 21-Nov 4 Th 6:30-8:30pm

Fibers - Geometry in Shibori

Age: 16-99 yrs. Working from the square through the octagon (and more), we will explore pattern making in the craft of cloth manipulation - shibori. There are many ways to approach this, but we will focus on itajime - board clamping and stitch. Lastly, the pieces will be "dipped" in indigo to reveal blue and white patterning. Supply fee of \$40 due to instructor at the start of the workshop, this includes a small kit containing some cotton yardage, ingredients for the indigo dye vats and dispensable supplies. Some cloth will be provided, but students are encouraged to bring their own selections. Plant fibers (cotton, linen, bamboo types) are recommended. Tools (needles, thread, clamping tools) will also be provided. Please bring small scissors, dishwashing type gloves, protective clothing for the dye studio and also a bagged lunch. Instructor: Susan Fennell.

Sertoma Arts Center – Course Fee: \$130

Oct 9-Oct 10 Sa & Su 10:00am-4:00pm

Fibers - Sewing Machine - Beyond the Basics

Age: 16-99 yrs. Take your basic understanding of a sewing machine to the next level. This hands-on class offers a fun and supportive environment where beginners will explore various specialty stitches and presser feet. We will also discuss some of the more advanced sewing tools and accessories you may want to add to your supplies. This class is intended for students who can confidently and independently thread and operate a sewing machine. A supply fee of \$10 is paid to the instructor. Note: this class does not cover computerized or embroidery machines. We will be using Sertoma's sewing machines. Instructor: Joy Kelley.

Sertoma Arts Center – Course Fee: \$30

Oct 9 Sa 1:00-4:00pm

Fibers - Sewing Machine Basics

Age: 16-99 yrs. Sewing machines are wonderful tools, but they are also complex and can be intimidating for beginners. This hands-on class offers a fun and supportive environment where beginners will gain the

confidence to set up and use a sewing machine. We will cover machine set-up, operation, accessories, safety and basic maintenance. We will also address your particular sewing goals and offer advice on sewing machines and supplies to consider as you progress. A supply fee of \$7 is paid to the instructor at start of workshop. Note: This class does not cover computerized or embroidery machines. We will be using Sertoma's sewing machines. Instructor: Joy Kelley.

Sertoma Arts Center – Course Fee: \$30

Sep 11 Sa 1:00-4:00pm

Sep 25 Sa 1:00-4:00pm

Fibers - Traditional Japanese Embroidery

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

Sertoma Arts Center – Course Fee: \$40

Nov 6 Sa 9:30am-4:30pm

Nov 7 Su 9:30am-4:30pm

Glassmaking - Fused Glass Ornaments

Age: 16-99 yrs. In this class, we will create winter-themed ornaments and suncatchers from fusible glass. We will start by learning the basics of layering glass and firing projects in a kiln. Next, we cover cutting glass and adding additional layers to add dimension. Finally, we will experiment with using point and other embellishments to add detail to our ornaments. Supply fee of \$30 due to the instructor at first 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 file nippers, available at most hardware stores and glass specialty shops. No experience with glass is required! Instructor: Danielle Cozart.

Sertoma Arts Center – Course Fee: \$105

Sep 16-Oct 21 Th 6:30-9:00pm

Jewelry - Anodizing Niobium

Age: 16-99 yrs. Experiment by adding beautiful color to your jewelry! With anodized niobium, you can add color to your pieces. Students will learn to anodize niobium with an electrolyte solution and electrical current. Anodizing brings out amazing color and highlights texture on niobium. The pieces created can be added to other metals by cold joining or be the centerpiece in a set of earrings or necklace. The creative possibilities are endless! Must have had a jewelry class at Sertoma or Pullen Arts Center. \$35 kit will be available for purchase at the first class. Instructor: Caitlin Lewis.

Sertoma Arts Center – Course Fee: \$135

Nov 8-Dec 13 M 6:30-9:00pm

continued on page 18 —



Jewelry - Beginning Metal

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

Pullen Arts Center – Course Fee: \$140

Sep 13-Oct 18 M 10:00am-12:30pm

Sep 13-Oct 18 M 7:00-9:30pm

Jewelry - Beginning Metals

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

Sertoma Arts Center – Course Fee: \$135

Sep 9-Oct 14 Th 7:00-9:30pm

Sep 11-Oct 9 Sa 10:30am-1:30pm

Jewelry - Chain Making

Age: 16-99 yrs. Learn how to make your own chain! Hone your soldering skills while learning tips and tricks to make beautiful one-of-a-kind chains. Using sterling silver, brass, and copper wire students will be working with pliers, hammers, and the rolling mill along with an acetylene torch to create their own designs. Leave class with a completed chain and the skills to create many more! Class kits will be available to purchase for \$15 on the first day of class. Students are encouraged to bring their own materials. Prerequisite: Beginning Metals at Sertoma or Pullen Arts Center. Instructor: Samantha Clarke.

Sertoma Arts Center – Course Fee: \$135

Sep 13-Oct 18 M 6:30-9:00pm

Jewelry - Continuing Enamel: Expanding the Palette

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

Pullen Arts Center – Course Fee: \$145

Nov 2-Dec 14 Tu 6:00-9:00pm

Jewelry - Continuing Metals

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

Sertoma Arts Center – Course Fee: \$135

Nov 8-Dec 13 M 10:00am-12:30pm

Oct 23-Nov 20 Sa 10:30am-1:30pm

Jewelry - Create Your Own Stamped Jewelry

Age: 16-99 yrs. Have you ever wanted to create unique, personalized jewelry for yourself or your friends? In this workshop, students will learn the basics of metal stamping to design and create one-of-a-kind pieces incorporating monograms, mantras or simple images. An optional kit is available to purchase for \$20, and contains materials to make two styles of bracelet, and a pendant necklace (plus some spare pendants). Instructor: Caitlin Lewis.

Sertoma Arts Center – Course Fee: \$30

Sep 19 Su 2:00-5:00pm

Jewelry - Enameling Introduction

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

Pullen Arts Center – Course Fee: \$145

Sep 14-Oct 19 Tu 6:00-9:00pm

Jewelry - French Hook Earrings

Age: 16-99 yrs. Dip your toe into jewelry making with this french hook earring class. Students will learn to make their own earring wires and will leave the class with a fun, playful pair of earrings. Optional jewelry kits will be available for \$10. No experience needed. Instructor: Samantha Clarke.

Sertoma Arts Center – Course Fee: \$50

Oct 7-Oct 14 Th 10:00am-12:30pm



Jewelry - Hydraulic Press Class

Age: 16-99 yrs. Beginning Jewelry at Pullen Arts or Sertoma Arts. Design and make hollow forms, lockets, bracelets, and more! Learn to emboss, form, and raise metal while maintaining surface embellishment and texture by using the hydraulic press. Metals can be purchased at the Center or ordered at the first class (approximately \$30).

Pullen Arts Center – Course Fee: \$140

Nov 1-Dec 6 M 7:00-9:30pm

Jewelry - Intro to Tube Setting

Age: 16-99 yrs. Whether you have never set a stone before or you just need a little practice with the technique, this tube setting class is not to be missed! We will learn how to cut tubing and solder it onto a flat and curved surface. Then we will set a small faceted cubic zirconia into our tubing. We will start with practice pieces but if you want to add a stone to a piece of jewelry that you made in a previous class, we can work on that, too. This class can be taken as a stand alone or combined with Silver Stacking Rings and you can add a tube set stone to one of your rings from your stack. Supplies included. Prerequisite: Beginning and Continuing Metals at Sertoma or Pullen Arts Center. Instructor: Sarah West.

Sertoma Arts Center – Course Fee: \$60

Dec 11 Sa 10:30am-3:30pm

Jewelry - Linked Bracelets

Age: 16-99 yrs. This class will focus on designing and making a linked bracelet. We will use a layering technique which includes piercing, soldering, riveting and the hydraulic press. We will incorporate silver, copper and/ or nugold in this bracelet. There will also be an option of including tube set stones, texture and patinas as surface embellishment to enhance your bracelet design. Basic soldering and sawing skills needed for this class. Optional jewelry kit available for \$30. Kit will include 1"x1" square of silver sheet, 1"x1" square of copper sheet, 1"x1" square of nugold sheet, one foot 18g silver wire, 1" silver tube, sawblades, drill bit and 3mm faceted gemstones. Instructor: Betty McKim.

Sertoma Arts Center – Course Fee: \$135

Nov 2-Dec 7 Tu 10:00am-12:30pm

Jewelry - Make a Pendant

Age: 16-99 yrs. This class requires basic metalworking skills soldering and sawing. To make this multi layered pendant we will explore design, textures and joining techniques including riveting and tabs. We will also incorporate the use of the hydraulic press, and tube setting gemstones. We will make this pendant wearable by creatively designing the clasp and finding from which it will hang. Metals used will be copper, silver and jewelers brass. Supply kit available from Pullen Arts Center's store for \$25. Instructor: Betty McKim

Pullen Arts Center – Course Fee: \$140

Sep 18-Oct 23 Sa 10:00am-12:30pm

Jewelry - Make Your Own Anodized Niobium Earrings

Age: 16-99 yrs. Anodizing niobium adds a splash of bright color to your jewelry. In this class students will learn how to safely carry out this electrochemical process to create beautiful one-of-a-kind pieces. In addition, students will learn basic metalsmithing techniques such as sawing, drilling, filing, texturing and riveting in order to turn their colored creations into 2 pairs of earrings or pendants. A \$30 kit will be available for purchase at the first class and will contain materials for your first project. Additional supplies will also be available for purchase if your creative juices really start to flow and you'd like to create further pieces. Instructor: Caitlin Lewis.

Sertoma Arts Center – Course Fee: \$90

Sep 8-Sep 29 W 10:00am-12:30pm

Jewelry - Make Your Own Stud Earrings

Age: 16-99 yrs. Stud earrings are a popular and practical alternative to larger dangly designs. In this class students will learn how to transform sheet metal and wire into unique stud earrings of their own design. Learn the basics of cutting, shaping and texturing metal, and how to solder ear posts. Optional jewelry kits will be available for \$25. The kit will provide you with solder, sawblades, drill bits, sandpaper and a small amount of silver wire and sheet copper to get started on projects. Instructor: Caitlin Lewis.

Sertoma Arts Center – Course Fee: \$90

Nov 10-Dec 8 W 10:00am-12:30pm

Jewelry - Metal Continuing

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

Pullen Arts Center – Course Fee: \$140

Sep 29-Nov 3 W 10:00am-12:30pm

Oct 25-Nov 29 M 6:30-9:30pm

Jewelry - Open Studio for Enameling

Age: 16-99 yrs. Enameling open studio is for those who have taken an enameling class at Pullen or Sertoma. This will allow you to finish up projects and explore new ideas. No instruction provided. You may bring your own enamels as long as they are lead free. We will supply some supplies and provide enameling kits for purchase if necessary. (1 session).

Sertoma Arts Center – Course Fee: \$5

Sep 2 Th 1:00-4:00pm

Sep 9 Th 1:00-4:00pm

Sep 16 Th 1:00-4:00pm

Sep 23 Th 1:00-4:00pm

Sep 30 Th 1:00-4:00pm

Oct 7 Th 1:00-4:00pm

Oct 14 Th 1:00-4:00pm

Oct 21 Th 1:00-4:00pm

Oct 28 Th 1:00-4:00pm

Nov 4 Th 1:00-4:00pm

Nov 18 Th 1:00-4:00pm

Dec 2 Th 1:00-4:00pm

Dec 9 Th 1:00-4:00pm

Dec 16 Th 1:00-4:00pm

Dec 30 Th 1:00-4:00pm

Jewelry - Silver Stacking Rings

Age: 16-99 yrs. In this class students will learn the basics of working with sterling silver by making three custom sized sterling silver stacking rings with or without texture! This class can be taken as a stand alone class or can be combined with Intro to Tube Setting and you can add a tube set stone to one of your rings from your stack. Supplies included. Prerequisite: Beginning and Continuing Metals at Sertoma or Pullen Arts Center. Instructor: Sarah West.

Sertoma Arts Center – Course Fee: \$65

Dec 4 Sa 10:30am-3:30pm

Jewelry - Stone Setting

Age: 16-99 yrs. In this class students will receive demonstrations for a variety of stone setting styles and will practice setting a faceted stone in a bezel, flush-set stones into earrings and prong set a stone. Optional jewelry kits will be available for \$35. The kit will provide each student with the tools, materials and stones to complete the class projects. Prerequisite: Beginning Metals at Sertoma or Pullen Arts Center. Instructor: Dustin Walker.

Sertoma Arts Center – Course Fee: \$135

Sep 13-Oct 18 M 10:00am-12:30pm

Jewelry - Textured and Twisted - Bangle Bracelets

Age: 16-99 yrs. In this fun make and take class, you will learn some jewelry making basics. Each student will make at least two bangle bracelets - one with twisted wire and one with a hammer texture. Beginners welcome! Materials for 2 bracelets provided; additional materials available for purchase through Pullen Arts Center store. Instructor: Sarah West

Pullen Arts Center – Course Fee: \$45

Dec 13 M 5:30-9:30pm

Dec 8 W 5:30-9:30pm

Sertoma Arts Center – Course Fee: \$45

Oct 9 Sa 10:30am-2:30pm

Make it Take It

Age: 14-99 yrs. Get ready to decorate! Create a decorative wreath with real greenery provided from the park. This is a perfect opportunity to use your creative, have fun, and design a live wreath that will last through the winter months. Our instructors will hand select greenery, provide 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

Dec 7 Tu 10:00am-12:00pm

continued on page 20 —

Painting - Abstraction

Age: 16-99 yrs. This course invites the curious painter to explore abstraction through the painting medium. We will examine the history of abstraction with all its movements and the evolution of modern thinking, equipping the students with the necessary references to embark on developing a personal abstract language/voice. Any painting medium is welcome. Previous painting experience recommended. Materials: Bring your usual painting materials and supports to class. Any wet media welcome.

Pullen Arts Center – Course Fee: \$114

Oct 28-Dec 16 Th 6:00-9:00pm

Painting - Advanced Painting Lab

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

Pullen Arts Center – Course Fee: \$114

Sep 9-Oct 14 Th 9:30am-12:30pm

Oct 28-Dec 16 Th 9:30am-12:30pm

Painting - Art of the Portrait with Peter Marin

Age: 16-99 yrs. This course takes a critical look at the history and use of portraiture and examines how it has been used to determine and define ideas central to the times. Further, students will form a sound frame of reference and develop a dynamic approach to creating portraits that reflect their passions, philosophies and concerns. Class consists of slide lectures, studio time and take-home assignments. Particular emphasis will be placed on work that makes up part of the NCMA collection. Prior painting experience required. Materials: Student should bring their materials of choice including paints and supports.

Pullen Arts Center – Course Fee: \$114

Sep 9-Oct 14 Th 6:00-9:00pm

Painting - Beginning Acrylics

Age: 16-100 yrs. Students will learn basic techniques for working with acrylics while learning about applying good composition and color scheme and incorporating mixed media and thematic elements. Students supply materials. Supply list will be provided.

Pullen Arts Center – Course Fee: \$99

Sep 8-Oct 13 W 7:00-9:30pm

Painting - Beginning Watercolor Groundwork for Adventure

Age: 16-99 yrs. Students will learn the basic skills of watercolor painting that create colorful and glowing effects. We will demonstrate the properties of paints, paper and brushes, wet and dry techniques, washes, glazes and traditional methods of developing a watercolor painting. Students will gain an understanding of how pigment and water work along with specific brush skills. Skills to be taught include: use of color wheel, how values work, the importance of leaving your whites and mixing bright colors, neutrals and darks. Students provide their own supplies. A supply list is included.

Pullen Arts Center – Course Fee: \$99

Sep 9-Oct 14 Th 7:00-9:30pm

Painting - Beginning Watercolors

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

Sertoma Arts Center – Course Fee: \$105

Sep 13-Oct 11 M 9:30am-12:30pm

Nov 1-Nov 29 M 9:30am-12:30pm

Painting - Chinese Brush Painting

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

Sertoma Arts Center – Course Fee: \$50

Sep 1 W 12:00-3:00pm

Oct 6 W 12:00-3:00pm

Nov 3 W 12:00-3:00pm

Dec 1 W 12:00-3:00pm

Painting - Color Theory with Tracie Fracasso

Age: 16-99 yrs. This is a course in which the student will explore the amazing world of color. Students will learn about the nature and use of color. Emphasis will be upon color mixing, manipulation and the creation of color harmonies. This is a great starter class for students interested in painting. Students provide their own supplies. Supplies list provided upon registration.

Pullen Arts Center – Course Fee: \$99

Oct 11-Nov 8 M 4:00-7:00pm

Painting - Continuing Watercolor with Rick Bennett

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

Pullen Arts Center – Course Fee: \$50

Sep 7-Oct 12 Tu 7:00-9:30pm

Oct 26-Dec 7 Tu 7:00-9:30pm

Painting - Intro to Painting the Landscape

Age: 16-99 yrs. This class will focus on the challenges involved in painting the landscape; Emphasis will be on creating a strong composition with the design and value placement. Color theory will be addressed as it relates to creating both linear and aerial perspective. Reference photographs will be used as part of the instructional process. Three separate landscape scenes will be studied over a six week period. Students may work in oils or acrylics. Supply list provided.

Pullen Arts Center – Course Fee: \$114

Sep 14-Oct 19 Tu 9:30am-12:30pm

Painting - Intro to Painting with Peter Marin

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

Sertoma Arts Center – Course Fee: \$115

Nov 5-Dec 17 F 9:00am-12:00pm

Painting - Intro to the Still Life

Age: 16-99 yrs. This class will help students to work from life and learn to render a form with value and color changes. Emphasis will be on creating a dynamic composition and the use of value and color to create a strong center of interest. Students may work in oil or acrylic. Supply list provided.

Pullen Arts Center – Course Fee: \$114

Nov 2-Dec 14 Tu 9:30am-12:30pm

Painting - Larry Dean's Acrylics Studio

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

Sertoma Arts Center – Course Fee: \$105

Sep 14-Oct 19 Tu 6:30-9:00pm

Nov 9-Dec 14 Tu 6:30-9:00pm

Painting - Larry Dean's Beginning Acrylics

Age: 16-99 yrs. 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 available on Sertoma's webpage. Instructor: Larry Dean.

Sertoma Arts Center – Course Fee: \$105

Sep 13-Oct 18 M 6:30-9:00pm

Nov 8-Dec 13 M 6:30-9:00pm

Painting - Larry Dean's Studio

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

Sertoma Arts Center – Course Fee: \$105

Sep 14-Oct 19 Tu 1:00-3:30pm

Nov 9-Dec 14 Tu 1:00-3:30pm

Painting - Let's Baroque

Age: 16-99 yrs. A comprehensive study of ideas behind the Baroque period from Europe and Latin America as it pertains to painting, architecture and decoration. Students will work within the context of the Baroque to create works that reflect our times. Materials: Bring your usual painting materials and supports to class. Any wet media welcome.

Pullen Arts Center – Course Fee: \$114

Sep 13-Oct 18 M 6:00-9:00pm

Painting - Let's Pop with Peter Marin

Age: 16-99 yrs. A comprehensive study of ideas behind the POP Art period from the US and Latin America as it pertains to painting, sculpture, performance and installation. Students will work within the context of POP Art to create works that reflect our times. Materials: Bring your usual painting materials and supports to class. Any wet media welcome.

Pullen Arts Center – Course Fee: \$114

Nov 1-Dec 13 M 6:00-9:00pm

Painting - Oil and Acrylic with Tracie Fracasso

Age: 15-99-99 yrs. This class is open to everyone from absolute beginners to seasoned painters. This is a 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 may select their own subject/genre. Students will be introduced to successfully working independently. Students provide their own supplies. Supplies list provided upon registration.

Pullen Arts Center – Course Fee: \$99

Nov 15-Dec 13 M 4:00-7:00pm

Painting - Watercolor Again!

Age: 15-99 yrs. This class will explore various watercolor techniques and styles ranging from unique color combinations, alternate surfaces, extreme monochromatic granulation and more. Different subjects and techniques will be demonstrated in each class session. Supply list available on Sertoma's webpage. Instructor: Ryan Fox.

Sertoma Arts Center – Course Fee: \$105

Sep 13-Oct 11 M 1:00-4:00pm

Nov 1-Nov 29 M 1:00-4:00pm

Painting - Watercolor II

Age: 16-99 yrs. Intermediate students will refine and learn new brush skills to allow them to paint with confidence, achieve glowing colors and rich darks. Three major styles of developing a watercolor painting; Quick Sketch, Layered Approach and Sectional Development will be explored and practiced. Methods of developing a successful painting with consideration of composition, developing the space, value, light and shadow and atmosphere will be discussed. Abstract painting will be used to develop gestural brush strokes, looser style and methods of mixing colors on the paper. Students will be encouraged to identify skills they want to work on and given assistance with problem areas. A supply list is provided.

Pullen Arts Center – Course Fee: \$99

Oct 28-Dec 16 Th 7:00-9:30pm

Painting - Workshop: Watercolor Weekend

Age: 16-99 yrs. 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 available on Sertoma's webpage. Instructor: Janie Johnson.

Sertoma Arts Center – Course Fee: \$120

Sep 18-Sep 19 Sa, Su 9:45am-3:30pm

Oct 16-Oct 17 Sa, Su 9:45am-3:30pm

Nov 20-Nov 21 Sa, Su 9:45am-3:30pm

Dec 18-Dec 19 Sa, Su 9:45am-3:30pm

Pottery - Beginning Wheel

Age: 16-99 yrs. Beginning Wheel is one of our most popular classes! Demonstrations will focus on the fundamentals of wheel-thrown pottery. Projects will teach skills such as wedging, sticking, and centering clay on the wheel, use of throwing tools and basic glazing techniques. Instructors offer individualized attention as skill progression is unique to each person. Students purchase clay from Pullen Arts Center's store (approximately \$25).

Pullen Arts Center – Course Fee: \$105

Sep 13-Oct 25 M 9:30am-12:00pm

Sep 23-Nov 4 Th 1:00-3:30pm

Pottery - Carving on Clay Surfaces

Age: 16-99 yrs. 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. Prerequisite: Beginning Handbuilding at Sertoma or Pullen Arts Center. This course does not qualify for a studio card. Instructor: Steve Karloski.

Sertoma Arts Center – Course Fee: \$65

Sep 20-Oct 11 M 7:00-9:15pm

Pottery - Cone 6 Crystalline Glazes

Age: 16-99 yrs. This class will cover the basic techniques for making work that will be fired with Macro-Crystalline glazes. Developing forms and how to mate them with "glaze catchers" will be demonstrated. The course will also cover firing schedules and the possibilities of post firing finishes, including strike firing in the gas kiln and acid etching. Prerequisite: Beginning Wheel at Sertoma or Pullen Arts Center. Instructor: Andy McKenzie.

Sertoma Arts Center – Course Fee: \$110

Nov 2-Dec 14 Tu 9:30-11:45am

continued on page 22 —

Pottery - Glaze Overview

Age: 16-99 yrs. Explore the fundamentals of glazing, one of the most challenging areas of finishing pottery. Demonstrations and projects involving underglaze, wax resist application, brushing/dipping/spray techniques, and glaze component basics will all be covered. Improve your glazing game! A \$15 supply fee due to the instructor at first class will include prepared test tiles, underglazes and additional glazes. Prerequisite: Beginning Handbuilding and/or Wheel at Sertoma or Pullen Arts Center. This class does not qualify for a studio membership. Instructor: Steve Karloski.
Sertoma Arts Center – Course Fee: \$65
 Nov 1-Nov 22 M 7:00-9:15pm

Pottery - Handbuilding Techniques Intro

Age: 16-99 yrs. Expand your possibilities with clay! If you can imagine it, you can build it with clay. We will cover the basics of handbuilding with clay. We will talk about the entire process of working with clay, from creating a piece to glazing and firing it. Course will include an introduction to the slab roller, extruder, and other handbuilding tools. Students purchase clay through Pullen Arts Center's store (approximately \$25).
Pullen Arts Center – Course Fee: \$105
 Sep 8-Oct 20 W 6:30-9:00pm
 Sep 23-Nov 4 Th 9:30am-12:00pm
 Oct 5-Nov 16 Tu 6:30-9:00pm

Pottery - Handbuilding: Beginning

Age: 16-99 yrs. This class explores techniques including pinching, coils and slabs, and provides an overview of ceramic materials and glazing. Classes provide demonstrations and individual work time with instructor guidance. Students are encouraged to practice between class sessions and will have free access to Sertoma's well-equipped studio. New students may not miss more than two classes and must attend the first class and the glazing class (approximately 5th week) to qualify for a studio card. Students will purchase materials at first class (approximately \$42). All skill levels are welcome!
Sertoma Arts Center – Course Fee: \$110
 Sep 15-Oct 27 W 9:30-11:45am
 Sep 15-Oct 27 W 7:00-9:15pm

Pottery - Majolica Holiday Ornaments

Age: 16-99 yrs. 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
 Dec 5 Su 12:30-4:30pm

Pottery - Piercing the Form!

Age: 16-99 yrs. Explore how piercing your pottery can create both functional and more decorative wheel forms. This class focuses on taking simple wheel thrown forms to the next level by making holes in them. A few functional examples would be berry bowls/colanders, orchid pots, and candleholders. Holes can also create purely decorative textures and patterns around the rim or all over the form. Basic wheel tools and a fettling knife are necessary; other tools for making holes will be suggested in the first class. Prerequisite: Beginning Wheel at Sertoma or Pullen Arts Center. Instructor: Jeannette Stevenson.

Sertoma Arts Center – Course Fee: \$110
 Oct 1-Nov 12 F 9:30-11:45am

Pottery - Vessels for Libation

Age: 16-99 yrs. This course will cover all of the utilitarian vessels that we commonly use to consume, store, and create alcohol. From the lowly shot glass to the finest wine goblet, we will create work that will enhance our consumption of liquor and spirits. Forms to be demonstrated are: shot glasses, whisky cups, beer steins, wine goblets, growlers, flasks, plus many more! Prerequisite: Beginning Wheel at Sertoma or Pullen Arts Center. Instructor: Andy McKenzie.
Sertoma Arts Center – Course Fee: \$110
 Sep 7-Oct 19 Tu 7:00-9:15pm

Pottery - Wheel Throwing: Beginner

Age: 16-99 yrs. This course introduces students to the basics of throwing pottery and provides them with an understanding of ceramic terms, processes and knowledge needed to use the pottery studio safely and independently. Topics include centering clay, throwing basic forms, handles and glazing. Sessions include demonstrations and practice time under the guidance of the instructor. Students are encouraged to practice between class sessions and have free access to Sertoma's well-equipped studio. New students may miss no more than two classes and must attend the first class and the glazing class (approximately 6th week) to qualify for a studio card. Purchase materials at first class (approximately \$42). Please arrive 20 minutes early for first class to buy materials.
Sertoma Arts Center – Course Fee: \$110
 Sep 13-Oct 25 M 7:00-9:15pm
 Sep 29-Nov 10 W 9:30-11:45am
 Sep 15-Oct 27 W 7:00-9:15pm

Pottery Pouring Vessels

Age: 16-99 yrs. Join Tim Cherry in this intermediate level workshop focusing on constructing pouring vessels such as pitchers and teapots. Several molds and forms will be used in combination to create a larger piece. Prerequisite: Beginning Handbuilding at Sertoma or Pullen Arts Center. This course does not qualify for a studio card. Instructor: Tim Cherry.
Sertoma Arts Center – Course Fee: \$65
 Oct 11-Nov 1 M 9:30-11:45am

Printmaking - Drawing the Print - Drypoint Intaglio

Age: 16-99 yrs. A great technique for people who like to draw or are curious about printmaking. Drypoint is a non-acid intaglio technique where marks are made directly on plates. Plates are then inked and printed on an etching press. Open to all levels, no experience necessary! Individual instruction provided depending on what the student is interested in learning. Supply fee for paper and plates, purchased from Pullen, approximately \$15-\$20.
Pullen Arts Center – Course Fee: \$100
 Dec 9-Dec 12 Th, Sa, Su 9:00am-4:00pm

Printmaking - Intro to Linoleum Block

Age: 16-99 yrs. This class will focus on block printing using unmounted linoleum to produce a small series of prints or multiple prints. Learn how to transfer your design to your block, carving and inking techniques and print using the Whelan press. Topics to be covered include single color prints, multiple block prints, reduction block and white line techniques. Class time will be composed of demonstrations and working time, allowing students to focus on the technique of their choice. Beginning and continuing students welcome.
Pullen Arts Center – Course Fee: \$95
 Sep 14-Oct 19 Tu 7:00-9:30pm

Printmaking - Intro to Linoleum Block Print

Age: 16-99 yrs. This class will focus on block printing using unmounted linoleum to produce a small series of prints or multiple prints. Learn how to transfer your design to your block, carving and inking techniques and print using the Whelan press. Topics to be covered include single color prints, multiple block prints, reduction block and white line techniques. Class time will be composed of demonstrations and working time, allowing students to focus on the technique of their choice. Beginning and continuing students welcome. Supply list is on Sertoma's webpage. Instructor: Keith Norval.
Sertoma Arts Center – Course Fee: \$105
 Nov 3-Dec 15 W 7:00-9:30pm

Printmaking - Jigsaw Relief Workshop

Age: 16-99 yrs. Learn the basics of Jigsaw Relief Printmaking! Jigsaw printmaking is a process of relief printmaking in which linoleum blocks are cut up like puzzle pieces. The pieces are individually inked in separate colors and then reassembled and printed. Multi-color prints will be passed through the printing press or printed by hand. Additional textures and patterns can be worked back into the pieces. Students will also create their own pressure printed decorative papers. Bring ideas for 2-3 projects and lunch. \$30.00 supply fee due to instructor at beginning of workshop.

Pullen Arts Center – Course Fee: \$100

Oct 23-Oct 24 Sa, Su 9:00am-5:00pm

Printmaking - Learn to Screen Print

Age: 16-99 yrs. 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.

Pullen Arts Center – Course Fee: \$95

Nov 2-Dec 14 Tu 7:00-9:30pm

Sertoma Arts Center – Course Fee: \$105

Sep 15-Oct 20 W 7:00-9:30pm

Printmaking - Waterless Lithography

Age: 16-99 yrs. Discover the magic of Waterless Lithography! Using this safer printmaking process, students will create multi-colored original prints. You will learn how to transfer your images to aluminum plates, process your plates, and create multiples. Paper and ink selection will be discussed. Master printmakers will be referenced. Please bring \$30.00 supply fee paid directly to instructor to first class. Also bring ideas, your photos, and drawing ideas!

Pullen Arts Center – Course Fee: \$95

Sep 23-Oct 21 Th 9:30am-1:00pm

Sertoma Pottery Studio Orientation

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

Sertoma Arts Center – Course Fee: \$25

Sep 13 M 6:00-7:00pm

Nov 8 M 6:00-7:00pm

Sewing For Beginners

Age: 18-99 yrs. 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

Sep 25-Oct 16 Sa 11:00am-12:00pm

Sewing: 101

Age: 16-99 yrs. 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: \$60
Oct 30-Nov 20 Sa 10:00am-12:00pm

Sustainability in Art

Age: 14-99 yrs. Join us for this conservation and sustainability focused art series. On the first Wednesday evening of each month we will be crafting a new projects suitable for gift giving or sprucing up your own home. We will cover a broad range of topics from spotting and utilizing invasive plants or giving household scraps new life. All participants under the age of 16 must be registered with an adult.

Thomas G. Crowder Woodland Center – Course Fee: \$8

Sep 1 W 6:00-8:00pm

Nov 3 W 6:00-8:00pm

Senior**Crafts**

Age: yrs.

Five Points Center

Sep 1-Dec 29 M & W 9:30am-12:00pm

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

November- Thankful Hands

Nov 13 Sa 10:30-11:30am

December - Ornament Time

Dec 11 Sa 10:30-11:30am

Gingerbread House Day

Age: yrs. Join us at JCMP in designing our own big, I mean giant, I mean GIGANTIC gingerbread house! We will be working on this house from 10:00am until 8:00pm so come in at your leisure to assist in the building process. Our progress depends on you, so we need you! Assist us in making JCMP festive. See you soon!

John Chavis Community Center

Dec 15 W 10:00am-8:00pm

Juggling for Genius

Age: 10-99 yrs. Join an activity that has been shown to increase brain mass. Juggling can trigger the non dominant side of the brain, which can make you smarter and able to focus more. This course is a great stress reliever and excellent for students during test-taking time. This course is free.

Method Road Community Center

Sep 13-Sep 27 M 6:30-8:00pm

Oct 4-Oct 25 M 6:30-8:00pm

Nov 1-Nov 29 M 6:30-8:00pm

Dec 6-Dec 27 M 6:30-8:00pm

Make A Hat Day

Age: 2-99 yrs. Make A Hat Day! Come out and express your creativity and artistic skills through the creation of some fantastic head wear to delight and amaze! Whether you style a hat for your own use or make one or give it to a friend! Make a Hat Day gives you the reason you need to make something wonderful.

John Chavis Community Center

Sep 15 W 6:30-7:30pm

Optimist Community Center TO GO Craft Kits

Age: 2-12 yrs. Optimist Craft Kits for you to enjoy and complete from the comfort of your own home. You provide the scissors, stapler, tape and glue and we have crafts for you to do. Instructional video will be provided after pick up. Pre-registration is required while supplies last. Curbside pick is available for you to pick up your craft kit Monday-Thursday ONLY from 10:30am - 5:30pm, by calling 919-996-2880.

Optimist Community Center – Course Fee: \$5

Harvest of Goodness

Sep 1-Sep 30 M-Th 10:30am-5:30pm

BOO the Ghost

Oct 1-Oct 31 M-Su 10:30am-5:30pm

Turkey Lurkey

Nov 1-Nov 30 M-Su 10:30am-5:30pm

Programmer the Reindeer

Dec 1-Dec 31 M-Su 10:30am-5:30pm

Poinsettia Day

Age: 5-99 yrs. Imagine a poinsettia on canvas! What a beautiful work of art! No need to imagine come on over to Chavis! In honor of National Poinsettia Day, join us at Chavis in creating your own watercolor work of art. See you soon!

John Chavis Community Center

Dec 13 M 5:00-7:00pm

Athletic Instruction



Preschool

All Sports - Little Starters

Age: 3-5 yrs. Want to try several sports? Little Starters introduces a different sport each week. Sports may include baseball, football, hockey, lacrosse and others. Get your game on!

Laurel Hills Community Center – Course Fee: \$36

Nov 6-Dec 4 Sa 10:15-11:15am

Optimist Community Center – Course Fee: \$27

Sep 7-Sep 28 Tu 5:00-5:45pm

Oct 7-Oct 28 Th 5:00-5:45pm

Nov 1-Nov 22 M 5:00-5:45pm

All Stars - Two's

Age: 2-2 yrs. All Stars - Two introduces your up and rising All-Star to a different sport each week. Each week we will focus on basic fundamentals of a sports such as T-Ball, Soccer, Basketball, Football, and maybe others. Parents are asked to participate with their All-Star during this class. Come and get your game on!

Laurel Hills Community Center – Course Fee: \$27

Sep 8-Sep 29 W 10:30-11:00am

Basketball - Little Shooters

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

Green Road Community Center – Course Fee: \$36

Sep 7-Sep 28 Tu 6:15-7:00pm

Oct 5-Oct 26 Tu 6:15-7:00pm

Nov 2-Nov 23 Tu 6:15-7:00pm

Nov 2-Nov 23 Tu 6:15-7:00pm

Laurel Hills Community Center – Course Fee: \$36

Sep 11-Oct 2 Sa 10:00-10:45am

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! This gym does not have air conditioning.

Laurel Hills Community Center – Course Fee: \$36

Sep 11-Oct 2 Sa 9:30-10:00am

Mini Mite Tennis

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

Worthdale Community Center – Course Fee: \$10

Sep 7-Sep 28 Tu 10:00-11:00am

Oct 5-Oct 26 Tu 10:00-11:00am

Nov 2-Nov 30 Tu 10:00-11:00am

Dec 7-Dec 28 Tu 10:00-11:00am

Soccer - Little Kickers

Age: 3-5 yrs. This introduction in skills development teaches the basics of soccer, including drills in passing, dribbling and shooting. Class will help develop hand-eye coordination, listening skills, good sportsmanship and teamwork!

Green Road Community Center – Course Fee: \$36

Sep 13-Oct 4 M 6:15-7:00pm

Oct 11-Nov 1 M 6:15-7:00pm

Nov 8-Nov 29 M 6:15-7:00pm

Laurel Hills Community Center – Course Fee: \$5

Oct 9-Oct 30 Sa 10:00-10:45am

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.

Laurel Hills Community Center – Course Fee: \$5

Oct 9-Oct 30 Sa 9:30-10:00am

Youth

All Sports - Youth

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

Laurel Hills Community Center – Course Fee: \$30

Nov 6-Dec 4 Sa 10:15-11:15am

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. This gym does not have air conditioning.

Laurel Hills Community Center – Course Fee: \$36

Sep 11-Oct 2 Sa 11:00am-12:00pm

Basketball Clinic

Age: 9-12 yrs. Enhance your fundamentals and improve skills in a positive and fun environment at our basketball clinic. Players from Saint Augustine University will work with campers on dribbling, passing, shooting and defense. Campers will also learn the

importance of teamwork through games. Please pack a snack and refillable water bottle.

Halifax Community Center

Sep 25 Sa 9:00am-1:00pm

Basketball Skills & Drills

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

Brier Creek Community Center – Course Fee: \$10

Sep 2-Oct 28 Th 6:30-7:30pm

Basketball Skills And Drills

Age: 9-11 yrs. This fun and instructional class is designed to focus on the player's individual skill development while being conscious of socially distancing. Drills will focus on ball handling and shooting form.

Lions Park Community Center – Course Fee: \$40

Oct 5-Oct 26 Tu 6:00-6:45pm

Nov 2-Nov 23 Tu 11:00-11:45am

Dec 7-Dec 28 Tu 11:00-11:45am

Basketball Skills Development

Age: 10-13 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 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

Sep 11-Oct 2 Sa 11:30am-1:00pm

Oct 9-Oct 30 Sa 11:30am-1:00pm

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: \$36

Sep 11-Oct 2 Sa 10:00-10:45am

Oct 9-Oct 30 Sa 10:00-10:45am

Chavis Sports Trio Clinics

Age: 5-11 yrs. Join us at JCMP for an introduction to youth baseball, soccer, and basketball for beginner athletes! This four-week program will expose the participants to basic concepts, skills and rules associated with each sport area. Kids will develop good listening skills and the value of good sportsmanship. See you at Chavis!

John Chavis Community Center – Course Fee: \$40

Sep 4-Nov 27 Sa 10:30-11:30am

Sep 4-Nov 27 Sa 10:00-11:00am

Introduction to Skateboarding

Age: 5-12 yrs. Come learn how to skateboard with us, in our introduction to skateboarding course. Participants will practice balance, gliding, direction change, and some easy jumps to get them ready to roll down any street. We will focus on skateboarding safety and fun!

**Laurel Hills Community Center
Skateboard Club**

Sep 12-Oct 3 Su 3:00-4:00pm

Soccer - Kickers

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

Laurel Hills Community Center – Course Fee: \$40

Oct 9-Oct 30 Sa 11:00am-12:00pm

Soccer Kickers

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

Ross Osborn

Brier Creek Community Center – Course Fee: \$10

Ages 5-8

Sep 2-Nov 4 Th 4:45-5:30pm

Ages 9-12

Sep 2-Nov 4 Th 5:30-6:15pm

Softball - Mini Sluggers

Age: 6-9 yrs. This class is an introductory class that introduces skills development and teaches basic softball to your young athletes. Skills will include fielding, hitting, throwing and catching. We will not focus on pitching in this particular class. Our goal for this class, is introducing the game of softball to your child in a fun and inviting environment. Parents may be asked to participate in this class.

Lions Park Community Center – Course Fee: \$36

Oct 7-Oct 28 Th 6:00-6:45pm

Tennis Jr. Level 1

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

Millbrook Exchange Tennis Center

Age 6-8

Sep 6-Nov 17 M, W 5:00-6:00pm Fee: \$209

Sep 7-Nov 18 Tu, Th 5:00-6:00pm Fee: \$209

Sep 4-Nov 20 Sa 11:00am-12:00pm Fee: \$114

Age 8-10

Sep 4-Nov 20 Sa 9:00-10:00am Fee: \$114

Sep 4-Nov 20 Sa 11:00am-12:00pm Fee: \$114

Sep 6-Nov 17 M, W 5:00-6:00pm Fee: \$209

Sep 7-Nov 18 Tu, Th 5:00-6:00pm Fee: \$209

Age 10-18

Sep 4-Nov 20 Sa 10:00-11:00am Fee: \$114

Sep 6-Nov 17 M, W 4:00-5:00pm Fee: \$209

Sep 7-Nov 18 Tu, Th 4:00-5:00pm Fee: \$209

Tennis Jr. Level 2

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

Millbrook Exchange Tennis Center

Age 10-18 – Course Fee: \$209

Sep 7-Nov 18 Tu, Th 4:00-5:00pm

Age 10-18S – Course Fee: \$209

Sep 6-Nov 17 M, W 4:00-5:00pm

Age 10-18 – Course Fee: \$114

Sep 4-Nov 20 Sa 9:00-10:00am

Tennis USTA Junior Team Tennis

Age: 8-10 yrs. Come to tryouts (TBD) at Millbrook Exchange Tennis Center to be placed on a team. Practices for 8U+10U are Fridays 5-6:30pm with matches Saturdays 9-10:30am. Practices for 12U, 14U, 18U are Friday afternoons in the Fall and Spring seasons with matches on Saturdays. 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 Exchange Tennis Center – Course Fee: \$132

10U Beginner

Sep 10-Oct 29 F, S 5:00-6:30pm

10U Intermediate

Sep 10-Oct 29 F, S 5:00-6:30pm

8U Beginner

Sep 10-Oct 29 F, S 5:00-6:30pm

18U Silver

Sep 10-Oct 29 F, S 5:30-7:00pm

14U Bronze

Sep 10-Oct 29 F, S 5:00-6:30pm

18U Bronze

Sep 10-Oct 29 F, S 6:00-7:30pm

12U Bronze

Sep 10-Oct 29 F, S 5:30-7:00pm

14U Silver

Sep 10-Oct 29 F, S 5:30-7:00pm

Non-City Owned Tennis Location

18U Gold

Sep 10-Oct 29 F, S 5:30-7:30pm

continued on page 26 —

Your Serve Tennis Clinic

Age: 5-12 yrs. No experience needed for this class. Players will work on building rallying skills; learn fundamental and the rules of tennis. Please bring light, loose-fitting clothes, non-marking sneakers and a racquet. Racquets will be available to borrow if needed.

Roberts Park Community Center

Sep 9-Sep 30 Tu 6:00-7:00pm

Oct 7-Oct 28 Tu 6:00-7:00pm

Adult

Table Tennis @ Brier Creek: Drop-In

Age: 16-99 yrs. 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 and pick up games! Coordinator: Jim McQueen.

Brier Creek Community Center – Course Fee: \$5

Sep 3-Dec 17 F 5:45-8:30pm

Tennis Adult 2.5 Drills

Age: 18-99 yrs. Requirements: Must be at the NTRP 2.5 level or use full swing on most strokes during match play to enter this class. This is a drills class using all of your strokes. Topics may include topspin and underspin and slice on the serve. To advance to 3.0 Drills, players must be at the 3.0 level or be able to hit topspin or underspin on some groundstrokes or volleys. Class length is seven weeks, including one bonus week. If there is more than one week of rainouts, classes can be made up during other class times by emailing david.bell@raleighnc.gov

Lake Lynn Community Center

Sep 4-Nov 20 Sa 10:00-11:00am Fee: \$114

Millbrook Exchange Tennis Center

Sep 6-Nov 17 M, W 6:00-7:00pm Fee: \$209

Sep 7-Nov 18 Tu, Th 6:00-7:00pm Fee: \$209

Tennis Adult 3.0 Drills

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

Lake Lynn Community Center

Sep 7-Nov 18 Tu, Th 6:00-7:00pm Fee: \$209

Sep 7-Nov 18 Tu, Th 7:00-8:00pm Fee: \$209

Sep 4-Nov 20 Sa 11:00am-12:00pm Fee: \$114



Tennis Adult 3.5 Drills

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

Lake Lynn Community Center – Course Fee: \$114

Sep 4-Nov 20 Sa 12:00-1:00pm

Tennis Adult Level 1

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

Lake Lynn Community Center

Sep 4-Nov 20 Sa 9:00-10:00am Fee: \$114

Millbrook Exchange Tennis Center

Sep 6-Nov 17 M, W 10:00-11:00am Fee: \$209

Sep 6-Nov 17 M, W 6:00-7:00pm Fee: \$209

Sep 7-Nov 18 Tu, Th 11:00am-12:00pm Fee: \$209

Sep 7-Nov 18 Tu, Th 7:00-8:00pm Fee: \$209

Sep 4-Nov 20 Sa 12:00-1:00pm Fee: \$114

Millbrook Exchange Tennis Center

Sep 4-Nov 20 Sa 9:00-10:00am Fee: \$114

Tennis Adult Level 2

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

Millbrook Exchange Tennis Center

Sep 6-Nov 17 M, W 11:00am-12:00pm Fee: \$209

Sep 7-Nov 18 Tu, Th 10:00-11:00am Fee: \$209

Sep 7-Nov 18 Tu, Th 6:00-7:00pm Fee: \$209

Sep 6-Nov 17 M, W 7:00-8:00pm Fee: \$209

Sep 4-Nov 20 Sa 10:00-11:00am Fee: \$114

Sep 4-Nov 20 Sa 11:00am-12:00pm Fee: \$114

Tennis Adult Singles Ladder

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

Millbrook Exchange Tennis Center – Course Fee: \$24

Women's 2.5

Nov 22-Feb 6

Women's 3.0

Nov 22-Feb 6

Women's 3.5

Nov 22-Feb 6

Men's 3.0

Nov 22-Feb 6

Men's 3.5

Nov 22-Feb 6

Men's 4.0

Nov 22-Feb 6

Men's 4.5

Nov 22-Feb 6

Tennis Quads

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

Millbrook Exchange Tennis Center – Course Fee: \$44

All levels

Sep 6-Nov 15 M 7:00-9:00pm

Sep 8-Nov 17 W 9:30-11:30am

Dec 1-Feb 16 W 10:00am-12:00pm

Coed 2.0/2.5

Sep 9-Nov 18 Th 7:00-9:00pm

Tennis Senior Drop In

Age: 55+. Men and Women who are 55 or older can drop in to play at Millbrook Exchange Tennis Center on Mondays and Thursday mornings throughout the year. There will be an organizer to make the match ups. Play begins at 9am and continues through the morning.

Millbrook Exchange Tennis Center

Sep 1-Dec 31 M, Th 9:00am-12:00pm

Yoga at John Chavis

Join us at JCMP for National Yoga Day!

During yoga, your body goes through a full range and variety of motion that improves strength, balance, and flexibility. In honor of this day, we are offering free yoga classes! Pre-registration is required.

John Chavis Community Center

Dec 14 Tu 6:00-7:00pm

Dec 14 Tu 7:00-8:00pm

Family

Basketball Day

It's national Basketball Day! Celebrate by playing, you guessed it, BASKETBALL!

Family-friendly games will be played with more detailed games as well for your more serious players. See you at Chavis!

John Chavis Community Center

Dec 1 W 5:00-7:00pm



Athletics Open Play



Youth

Cricket Open Gym

Age: 7-12 yrs. Cricket Open Gym time
Abbots Creek Community Center
 May 5-Jun 9 W 7:00-8:30pm

Youth Open Play Pass

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

Adult

Adult Open Play Pass

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

Futsal Open Gym

Age: 13-99 yrs. Play pick-up games with friends and meet people with a similar passion for Futsal. Quick paced indoor soccer played with a five person team on a basketball-style court with no walls and a smaller, low-bouncing ball. It is a great way to develop foot skills, speed, agility, and stay in shape.

Biltmore Hills Community Center

May 7-Aug 27 F 6:30-8:30pm

Indoor Pickleball Open Play

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

Brier Creek Community Center

Green Road Community Center

Lake Lynn Community Center

Laurel Hills Community Center

Lions Park Community Center

Method Road Community Center

Millbrook Exchange Community Center

Optimist Community Center

John Chavis Community Center

Worthdale Community Center

Table Tennis Brier Creek: Drop-In

Age: 8-99 yrs. 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

May 7-Aug 27 F 5:45-8:30pm Fee: \$5

Athletics Teams/Leagues

Athletics Programs

athletics@raleighnc.gov
919-996-6836

Athletic Program Director

Jason Simpson
jason.simpson@raleighnc.gov

Athletic Program Managers

Antoinette 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 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

Youth Baseball - TBall

Age: 5-6 yrs. Baseball registration is February 1-12th, 2021. The T-Ball Baseball League is a way for youth to learn the fundamentals of baseball and to teach positive sportsmanship. This league does not keep score or record wins and losses. Volunteer coaches are needed who enjoy baseball, want to teach youth, and to help develop league participants' skills and knowledge of baseball. League Age is determined by participant's age on August 31, 2020.

Abbotts Creek Community Center – Course Fee: \$40
District 1

Mar 1-Jun 2 M & W 6:15-7:15pm

Marsh Creek Community Center – Course Fee: \$40
District 2

Mar 9-Jun 7 M-F 6:15-9:00pm

Optimist Community Center – Course Fee: \$63

Aug 2-Nov 19 M & W 6:15-9:00pm

Roberts Park Community Center

District 3

Mar 1-Jun 2 M & W 6:30-8:30pm

Youth Winter Basketball-Citywide-Girls (age 11-12)

Age: 11-12 yrs. Youth Winter Basketball registration is September 27-October 8, 2021. The Little League is competitive league play. Fundamentals of basketball play are strongly encouraged and taught. Positive sportsmanship is strongly encouraged by spectators, coaches, and players. This league does keep score and records of wins and losses are kept. Also, there is postseason tournament play. 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 31, 2021.

John Chavis Community Center – Course Fee: \$40
Oct 18-Feb 12 M,W,F 6:30-7:30pm

Youth Winter Basketball-Citywide-Girls (age 13-16)

Age: 13-16 yrs. Youth Winter Basketball registration is September 27-October 8, 2021. The Junior League is competitive league play. Fundamentals of basketball play are strongly encouraged and taught. Positive sportsmanship is strongly encouraged by spectators, coaches, and players. This league does keep score and records of wins and losses are kept. Also, there is postseason tournament play. 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 31, 2021.

John Chavis Community Center – Course Fee: \$40
Oct 18-Feb 12 Tu & Th 6:30-7:30pm

continued on page 30 —

**Youth Winter Basketball-
Citywide-Girls (age 9-10)**

Age: 9-10 yrs. Youth Winter Basketball registration is September 27-October 8, 2021. The Mitey-Mite League is a introduction to competitive league play. Fundamentals of basketball play are strongly encouraged and taught. Positive sportsmanship is strongly encouraged by spectators, coaches, and players. This league does keep score and records of wins and losses are kept. However, there is NO postseason tournament play. 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 31, 2021.

Millbrook Exchange Community Center – Course Fee: \$40
Oct 18-Feb 12 M,W,F 7:30-8:30pm

**Youth Winter Basketball- Junior League
Boys (age 13-14)**

Age: 13-14 yrs. Youth Winter Basketball registration is September 27-October 8, 2021. The Little League is competitive league play. Positive sportsmanship is strongly encouraged by spectators, coaches, and players. This league does keep score and records of wins and losses are kept. Also, there is postseason tournament play. 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 31, 2021.

Brier Creek Community Center – Course Fee: \$40
Oct 18-Feb 25 M,W,F 6:15-7:15pm
Carolina Pines Community Center – Course Fee: \$40
Oct 18-Feb 25 Tu & Th 6:15-7:15pm
Halifax Community Center – Course Fee: \$40
Oct 18-Feb 25 M-Th 6:15-7:15pm
Marsh Creek Community Center – Course Fee: \$40
Oct 18-Feb 25 M,W,F 6:15-7:15pm

**Youth Winter Basketball-
Little League Boys (age 11-12)**

Age: 11-12 yrs. Youth Winter Basketball registration is September 27-October 8, 2021. The Little League is competitive league play. Fundamentals of basketball play are strongly encouraged and taught. Positive sportsmanship is strongly encouraged by spectators, coaches, and players. This league does keep score and records of wins and losses are kept. Also, there is postseason tournament play. 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 31, 2021.

Carolina Pines Community Center – Course Fee: \$40
Oct 18-Feb 25 M,W,F 6:15-7:15pm
Green Road Community Center – Course Fee: \$40
Oct 18-Feb 25 M,W,F 6:15-7:15pm
Oct 18-Feb 25 M-F 6:15-7:15pm
Lake Lynn Community Center – Course Fee: \$40
Oct 18-Feb 25 M & W-F 6:15-7:15pm

**Youth Winter Basketball- Mini-Mite
(age 7-8)**

Age: 7-8 yrs. Youth Winter Basketball registration is September 27-October 8, 2021. The Mini-Mite 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 31, 2021.

Barwell Road Community Center – Course Fee: \$40
Oct 18-Feb 12 Tu & F 6:30-7:30pm
Jaycee Community Center – Course Fee: \$40
Oct 18-Feb 12 Sa 9:00-10:00am
Millbrook Exchange Community Center – Course Fee: \$40
Oct 18-Feb 12 Sa 9:00-10:00am
Tarboro Road Community Center
Oct 23-Feb 12 Sa 9:00-10:00am

**Youth Winter Basketball-
Mitey-Mite Boys (age 9-10)**

Age: 9-10 yrs. Youth Winter Basketball registration is September 27-October 8, 2021. The Mitey-Mite League is a introduction to competitive league play. Fundamentals of basketball play are strongly encouraged and taught. Positive sportsmanship is strongly encouraged by spectators, coaches, and players. This league does keep score and records of wins and losses are kept. However, there is NO postseason tournament play. 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 31, 2021.

Abbotts Creek Community Center – Course Fee: \$40
Oct 18-Feb 12 M & W 6:15-7:15pm
Biltmore Hills Community Center – Course Fee: \$40
Oct 18-Feb 12 M-F 6:15-7:15pm
Laurel Hills Community Center – Course Fee: \$40
Oct 18-Feb 12 M-F 6:15-7:15pm
Lions Park Community Center – Course Fee: \$40
Oct 18-Feb 12 Tu,Th,F 6:15-7:15pm

**Youth Winter Basketball-
Pee Wee (age 5-6)**

Youth Winter Basketball registration is September 27-October 8, 2021. The Pee Wee 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 31, 2021.

Optimist Community Center – Course Fee: \$40
Oct 18-Feb 12 M, W-F 6:00-8:00pm
Roberts Park Community Center – Course Fee: \$40
Oct 18-Feb 12 Sa 9:00-11:00am
Oct 23-Feb 12 Sa 10:00-11:00am
Worthdale Community Center – Course Fee: \$40
Oct 18-Feb 12 Sa 9:00am-12:00pm

**Youth Winter Basketball- Senior
League Boys (age 15-17)**

Age: 15-17 yrs. Youth Winter Basketball registration is September 27-October 8, 2021. The Senior Boys League is competitive league play. Positive sportsmanship is strongly encouraged by spectators, coaches, and players. This league does keep score and records of wins and losses are kept. Also, there is postseason tournament play. 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 31, 2021.

Green Road Community Center – Course Fee: \$40
Oct 18-Feb 25 Tu & Th 6:15-7:15pm
Laurel Hills Community Center – Course Fee: \$40
Oct 18-Mar 10 Tu & Th 6:15-7:15pm

Adult**Adult Basketball**

Age: 18-99 yrs. The Athletics Division will be holding registration for the Adult Basketball League on October 4-8, 2021. Registration will be taken online or in person at 2401 Wade Ave. Raleigh 27607 from 8:30am-5:15pm Monday-Friday. For more information please contact (919) 996-6836. Individuals who are not a part of a team will need to contact City of Raleigh Athletics at 919-996-6836 to be placed on our Free Agent list. Registration is for teams only and team fee is \$450.

Various Community Centers

Nov 1-Mar 31 M-Th 7:00-9:30pm

Jaycee Park Sand Volleyball League

Age: 18-99 yrs. Join us for this fall league to have fun in the sun! Fall Sand Volleyball Leagues will play October- Mid November at Jaycee Park. Registration is limited based on dates of play. Registration dates: September 1-19

Jaycee Community Center

3 Person Co-ed Intermediate – Course Fee: \$60
Oct 5-Dec 2 Tu & Th 6:30-10:00pm
6 Person Co-Ed Beginner – Course Fee: \$80
Oct 5-Dec 2 Tu & Th 6:30-10:00pm
Double Co-ed Intermediate – Course Fee: \$50
Oct 5-Dec 2 Tu & Th 6:30-10:00pm
4 Person Co-ed Intermediate – Course Fee: \$50
Oct 5-Dec 2 Tu & Th 6:30-10:00pm



Educational



Preschool

Karate/Martial Arts

Age: 3-6 yrs. The program is to teach valuable life skills in a fun, exciting, and inspiring environment. This program is to enhance and develop motor skills, cognitive reasoning as well as social skills.

John Chavis Community Center – Course Fee: \$65
Oct 7-Oct 28 Th 7:00-8:00pm

Little Learners Preschool Program

Age: 3-5 yrs. Little Learners is an interactive preschool program for ages 3-5. The students will engage in developmentally appropriate educational activities such as arts and crafts, music, imaginative play, group games and stories. Activities will be geared to develop and enhance their social, emotional, fine and gross motor skills. This is the ideal program for your child to learn, grow, and make new friends in a fun and safe environment. Our goal is to create an environment that will nurture positive character, development and an excitement for learning. Little Learners runs September through May. Participants must

be toilet-trained; no diapers or pull-ups. All children will need to bring a snack and drink each day.

Greystone Recreation Center

Sep 1-Sep 29	M,W,F	9:15am-12:15pm	Fee: \$216
Oct 1-Oct 29	M,W,F	9:15am-12:15pm	Fee: \$234
Nov 1-Nov 29	M,W,F	9:15am-12:15pm	Fee: \$198
Dec 1-Dec 22	M,W,F	9:15am-12:15pm	Fee: \$180

Little Ones Storybook Social

Age: 2-5 yrs. It's storytime! Young children will be introduced to books, nursery rhymes, and other interactive activities. Toddlers will be introduced to the joys of reading in a fun and interactive environment. See you at Chavis!

John Chavis Community Center

Sep 1-Dec 8 W 11:30am-12:15pm

Science Fun for Everyone

Age: 3-5 yrs. Come have some fun while your little ones explore age appropriate hands-on science experiments. We will also be making a craft and reading a book. Please note that this is the same class being offered at each site.

Hill Street Neighborhood Center – Course Fee: \$12

Nov 15 M 3:30-4:30pm

Pullen Community Center

Oct 19 Tu 10:00-11:00am

Youth

MATHMATTERS Elementary Tutoring

Age: 8-12 yrs. This Academy focuses on providing tutoring to community youth and assisting in improving overall mathematics mastery and skills for students grades 3rd-12th. MATHMATTERS Academy is 100% face to face onsite tutoring. Tutors are assigned to small groups. The objectives are to provide supplementary academic assistance to classroom instruction while working on mastery of grade level appropriate math content and interactive learning as connectors.

Biltmore Hills Community Center

Elementary Session 1

Sep 4-Oct 9 Sa 10:00am-12:00pm

Elementary Session 2

Oct 23-Dec 4 Sa 10:00am-12:00pm

STEM Challenge Night

Age: 6-12 yrs. Do you love problem solving? Have you always wanted to learn more about STEM? This two hour program is full of fun and problematic challenges while allowing you to explore the world of STEM education. There will be various challenge stations that you will rotate through, while ending the night with a demonstration of a real robot from a local "FIRST" Robotics team. Pre-registration is required.

Method Road Community Center

Nov 19 F 6:00-8:00pm

Youth Reading Writing and Math

Age: 5-8 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

Sep 12	Su	2:30-4:30pm
Oct 10	Su	2:30-4:30pm
Nov 14	Su	2:30-4:30pm
Dec 12	Su	2:30-4:30pm

Teen

Future Parks and Recreation Professionals

Age: 13-18 yrs. This program is designed for teens that may be interested in a career in recreation or giving back to the community. Participants will have the opportunity to learn about how to gain community service hours for school and learn about job options in the field of parks recreation.

John Chavis Community Center

Oct 14 Th 6:30-8:00pm

MATHMATTERS Middle/High School Tutoring

Age: 11-14 yrs. This Academy focuses on providing tutoring to community youth and assisting in improving overall Mathematics mastery and skills for students grades 3rd-12th. MATHMATTERS Academy is 100% face to face onsite tutoring. Tutors are assigned to small groups. The objectives are to provide supplementary academic assistance to class room instruction while working on mastery of grade level appropriate math content and interactive learning as connectors.

Biltmore Hills Community Center

Middle Session 1

Sep 4-Oct 9 Sa 10:00am-12:00pm

Middle Session 2

Oct 23-Dec 4 Sa 10:00am-12:00pm

High Session 1

Sep 4-Oct 9 Sa 10:00am-12:00pm

High Session 2

Oct 23-Dec 4 Sa 10:00am-12:00pm

Middle Session 1

Feb 1-Mar 10 M & W 6:30-7:00pm

Middle Session 2

Mar 22-Apr 28 M & W 6:30-7:00pm

High Session 1

Feb 1-Mar 10 M & W 7:00-7:30pm

High Session 2

Mar 22-Apr 28 M & W 7:00-7:30pm

SAT/ACT Workshop

Age: High School Students. Raleigh Tutoring's popular SAT and ACT one-day boot camps have helped prepare Raleigh area teens for these tests for 10 years. This boot camp covers both content and strategy for all sections of the test. Although designed with first-time test takers in mind, our boot camps also benefit students retaking the tests.

During the ACT boot camp, students learn what to expect on all four sections of the test: Reading, Math, English and Science. Experienced instructors share strategies to help students prioritize questions, manage the clock and avoid wrong answer traps. Similarly, the SAT boot camp covers the Math and Read/Writing and Language sections, reviewing content as well as presenting best practices for achieving a strong score.

Each boot camp provides six hours of instruction, and students receive a study book as part of their tuition. Students are asked to bring a bag lunch for the 30 minute lunch break.

Saint Monica Teen Center – Course Fee: \$150

Sep 25 Sa 9:00am-4:00pm

Oct 16 Sa 9:00am-4:00pm

Teen Trivia Night

Age: 12-17 yrs. Are you ready?!?! It's time for the ultimate trivia challenge! Join us at JCMP for a teen takeover! Teens will be assigned to teams and will compete with one another on topics ranging from sports, music, and history! Who says that you can't learn in a fun environment?! See you at Chavis!

John Chavis Community Center

Sep 16 Th 6:30-8:00pm

Oct 21 Th 6:30-8:00pm

Nov 18 Th 6:30-8:00pm

Adult

A Love Affair With My Hair - Natural Hair Workshop Series

Age: 13-99 yrs.

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

Sep 13 M 6:30-7:30pm

Protective Styling

Oct 11 M 6:30-7:30pm

It's All About Conditioning

Nov 8 M 6:30-7:30pm

DIY Hair Care Product Making

Dec 13 M 6:30-7:30pm

Bridge 101- Beginner

Age: 18-99 yrs. 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 pre-register for this class. Please note this is a beginner level class.

Pullen Community Center – Course Fee: \$35

Bridge 101- Beginner

Sep 13-Oct 18 M 2:00-4:00pm

Bridge 101- Beginner

Nov 1-Dec 6 M 2:00-4:00pm

Bridge 101- Intermediate

Age: 18-99 yrs. 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 pre-register for this class. Please note this is an intermediate level class.

Pullen Community Center – Course Fee: \$35

Bridge 101- Intermediate

Sep 15-Oct 20 W 10:00am-12:00pm

English as a Second Language (ESL) - Clases de Ingles

Age: 18-99 yrs. 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.

Biltmore Hills Community Center

Sep 9-Sep 30 Th 7:00-8:30pm

Oct 7-Oct 28 Th 7:00-8:30pm

Dec 2-Dec 16 Th 7:00-8:30pm

Brier Creek Community Center

Sep 8-Sep 29 W 7:00-8:30pm

Oct 6-Oct 27 W 7:00-8:30pm

Nov 10-Dec 1 W 7:00-8:30pm

Green Road Community Center

Sep 11-Sep 25 Sa 11:30am-1:00pm

Oct 2-Oct 23 Sa 11:30am-1:00pm

Nov 6-Nov 20 Sa 11:30am-1:00pm

Method Road Community Center

Sep 9-Sep 30 Th 6:30-8:00pm

Oct 7-Oct 28 Th 6:30-8:00pm

Dec 2-Dec 16 Th 6:30-8:00pm

Peach Road Community Center

Sep 7-Sep 28 Tu 6:30-8:00pm

Oct 5-Oct 26 Tu 6:30-8:00pm

Nov 9-Nov 30 Tu 6:30-8:00pm

Dec 7-Dec 21 Tu 6:30-8:00pm

Rain Barrels and Rain Gardens

Age: 16-99 yrs. Learn the basics of how to design and install a rain garden or rain barrel for your home and how these simple measures can help protect our streams and wildlife. After a brief introduction to stormwater and its impacts to streams, this class will focus on choosing appropriate locations and sizes for rain barrels and rain gardens and maintaining them for maximum aesthetic and environmental benefits. This class will also discuss using native plants and other DIY practices for protecting our natural resources.

Walnut Creek Wetland Park

Oct 2 Sa 10:00-11:30am

Senior

Aging In Place: Preparing to 'Stay Put'

Age: 18-99 yrs. Learn the pro's and con's about aging-in-place during this lively and informative discussion. We will share with you some of the most effective strategies and resources available for living safely and independently in your home as you get older. Learn about precautions you can take to ensure that you remain in control of your lifestyle choices and decisions.

Anne Gordon Center

Sep 30 Th 10:45-11:45am

Five Points Center

Sep 29 W 2:30-3:30pm

Aging: What's Normal, What's Not?

Age: 18-99 yrs.

Anne Gordon Center

Nov 18 Th 10:45-11:45am

Five Points Center

Nov 17 W 1:00-2:00pm

continued on page 34 —

Amazon Alexa Basics 1

Age: 18-99 yrs. Alexa is a virtual assistant developed by Amazon that you interact with in your home using a smart speaker called Echo. The Echo Smart Speaker can check your calendar, weather, traffic, and sports scores, manage to-do and shopping lists, control your compatible smart lights, thermostats, garage doors, sprinklers, ask when businesses open, and more by saying commands. Learn about its exciting two-way intercom feature allowing you to talk to a family member inside your home, even if you are outside or miles away! Learn to use smart light bulbs and smart outlets to power lamps and lights on and off, on demand or on a schedule for convenience and added security! Learn the basic setup and what it takes to use Amazon Alexa Echo smart speaker.

Five Points Center – Course Fee: \$6

Oct 7	Tu, Th	2:00-4:00pm
Nov 30	Tu	2:00-4:00pm
Dec 2	Th	10:00am-12:00pm

Android Phone Basics 1

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

Five Points Center – Course Fee: \$12

Sep 7-Sep 14	Tu	10:00-11:30am
Oct 14-Oct 21	Th	2:00-4:00pm

Android Phone Basics 2

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

Five Points Center – Course Fee: \$12

Sep 21-Sep 28	Tu	10:00-11:30am
Oct 28-Nov 4	Th	2:00-3:30pm

Android Tablet 1

Age: 18-99 yrs. Did you recently purchase an Android Tablet but don't know how to use it? Register today and learn on your own device! The only requirements: Bring your account information and your own tablet. Tablets will not be provided. If you have any questions about this class please contact Tommy Hodges 919-996-2458.

Five Points Center – Course Fee: \$12

Oct 5-Oct 12	Tu	10:00-11:30am
Dec 2-Dec 9	Th	2:00-3:30pm

Android Tablet Basics 2

Age: 18-99 yrs. Join us for the second installment of our Android Tablet series titled Android Tablet Basics 2. Please bring your own tablet and account information. If you have any questions about this course please contact Tommy Hodges 919-996-2458.

Five Points Center – Course Fee: \$12

Oct 19-Oct 26	Tu	10:00-11:30am
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App Based Taxi and Food/Grocery Delivery Services like UBER

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

Anne Gordon Center – Course Fee: \$6

Sep 27	M	10:00am-12:00pm
Dec 1	W	10:00am-12:00pm
Dec 22	W	10:00am-12:00pm

Walnut Terrace Center – Course Fee: \$6

Nov 8	M	2:00-4:00pm
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Apple Laptop Basics 1

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

Anne Gordon Center – Course Fee: \$12

Sep 13-Sep 20	M	10:00-11:30am
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Apple Time Machine: How to back up your Apple Computer

Age: 18-99 yrs. Prerequisite: Must know your Apple ID and Password and bring it to class. You must bring your own Apple laptop to class. One will not be provided. Apple's Time Machine is a backup software application that allows you to back up EVERYTHING on your Apple laptop. If you have an Apple computer then you already have Time Machine. But are you using it? In this class I will show you how to use Time Machine to back up your computer to an external hard drive. In addition to Time Machine, you will also learn how to create a disk image as well as a boot disk. If you want to learn how to back up your files then you definitely should attend.

Walnut Terrace Center – Course Fee: \$12

Dec 20	M	2:00-4:00pm
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Chromecast Basics 1

Age: 18-99 yrs. What exactly is a Google Chromecast? You've probably seen boxes of them at the stores. They can stream things to your television. And they can make a dumb tv smart. So how does it work? Join us as we dive into Google Chromecast as we show you all of its features for free. Get a better understanding of what it means to stream! There are no prerequisites for this class. However, if you are interested in more information about cable television options please check out our more detailed Cutting the Cord class. If you have any questions please contact Tommy Hodges 919-996-2458.

Anne Gordon Center

Sep 29	W	10:00-11:30am
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Five Points Center

Nov 2	Tu	2:00-4:00pm
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Computer Basics 1

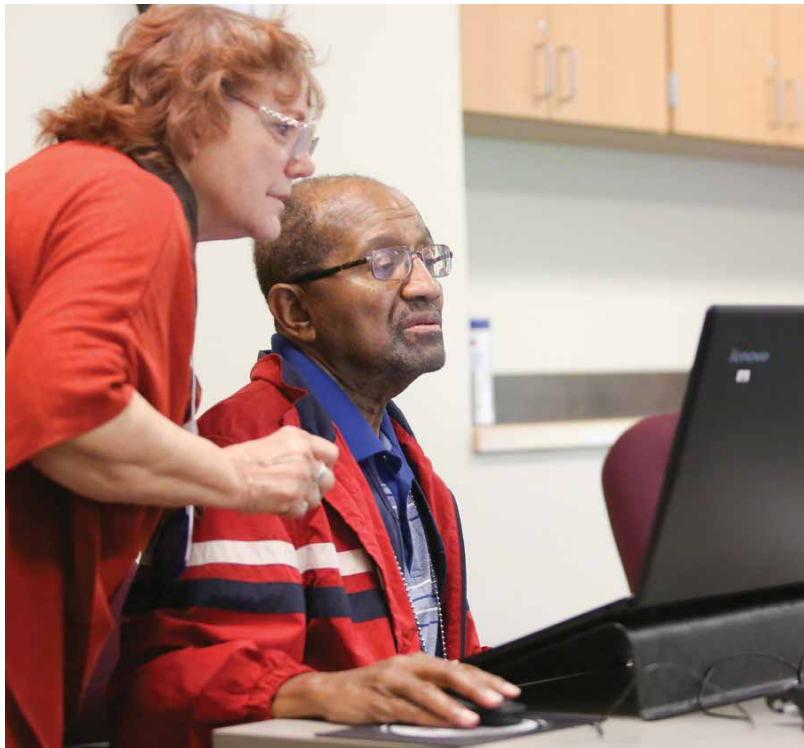
Age: 18-99 yrs. Prerequisite: Little or no computer skills. Class will be using computers that have the Windows 10 operating system. This course is for beginners or new users who are just starting off using a computer, mouse, and keyboard. Objectives: improve skills in these areas and teach participants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

Anne Gordon Center – Course Fee: \$12

Sep 1-Sep 8	W	2:00-3:30pm
Dec 8-Dec 15	W	2:00-3:30pm

Five Points Center – Course Fee: \$12

Nov 2-Nov 9	Tu	10:00-11:30am
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Computer Basics 2

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

Anne Gordon Center – Course Fee: \$12

Sep 15-Sep 22 W 2:00-3:30pm

Five Points Center – Course Fee: \$12

Nov 16-Nov 23 Tu 10:00-11:30am

Computer Basics 3

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

Anne Gordon Center – Course Fee: \$12

Sep 29-Oct 6 W 2:00-3:30pm

Five Points Center

Nov 30-Dec 7 Tu 10:00-11:30am

Computer Basics 4

Age: 18-99 yrs. In this course we concentrate solely on the Windows 10 Operating System Settings. Have more control over your computer by learning more about your system. Prerequisite: It is recommended that you have taken Computer Basics 1 and 2 or have good navigational skills within the Windows 10 Operating System. *A computer will be provided* Learn about Windows Troubleshoot, Quick Actions in the Action Center, Sharing files with people nearby, Night Light, Snip & Sketch, Control when Windows Updates, make your display, cursor, pointer, and text larger, Clipboard History, collaborate / share files with others, and an overview of using OneDrive. Understand how to take control and customize using Settings. Contact Tommy Hodges for more information about this class at 919-996-2458.

Anne Gordon Center – Course Fee: \$12

Oct 13-Oct 20 W 2:00-3:30pm

Five Points Center

Dec 14-Dec 21 Tu 10:00-11:30am

Computer Network Basics 1

Age: 18-99 yrs. In this class learn the theory behind setting up a basic wireless network in your home using the Internet for your wireless devices like laptops and smartphones. Since every modem and wireless router is different, we will discuss generalities on how to set it up in your own home. This is a fantastic class for those interested in maintaining or setting up their own network. Plus, learn how

you can save a little bit of money buying the equipment yourself instead of renting. There are no prerequisites. This class is also recommended for those who have attended our Cutting the Cord class. For more information about this class please contact Tommy Hodges at 919-996-2458.

Anne Gordon Center – Course Fee: \$6

Dec 1 W 2:00-4:00pm

Five Points Center

Nov 9 Tu 2:00-4:00pm

Creating a Smooth Move

Age: yrs. Are you ready to downsize to a smaller home, but uncertain about where to begin? Are you wondering what to do with all the stuff you've accumulated over the years? Unsure about what needs to be done first and feeling totally overwhelmed just by the thought of moving? Susan Stanhope, a certified Senior Move Manager and owner of Move Elders With Ease will share tips for downsizing and techniques designed to make your move more relaxing and less stressful.

Anne Gordon Center

Oct 21 Th 10:45-11:45am

Five Points Center

Nov 3 W 10:45-11:45am

Creating Flyers Using Power Point

Age: 18-99 yrs. Want to make a flyer for your church, club, 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! Prerequisite: You must have a working knowledge of using a Windows Computer or have attended Computer Basics 1 and 2. *A Windows computer will be provided* For more information about this class please contact Tommy Hodges at 919-996-2458.

Five Points Center – Course Fee: \$6

Sep 23 Th 2:00-4:00pm

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

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

Five Points Center – Course Fee: \$12

Sep 9-Sep 16 Th 2:00-3:30pm

Oct 19-Oct 26 Tu 2:00-3:30pm

Nov 16-Nov 23 Tu 2:00-3:30pm

continued on page 36 —

Eldercare is a Team Sport

Age: 18-99 yrs. Providing exceptional elder care involves a collection of individuals and organizations with different professions collaborating. There may come a time because of the natural aging process, illness or an injury, you may need a little help to remain and live well independently in your home or apartment. Also, it may be that your home can't support you as it once did and moving to a community may be your best option. In either case, building your support team or what we refer to as your 'circle of support' will help you live the best life you can wherever you choose to live. This seminar will explore questions to ask yourself about how you want to spend your time; present a self-assessment tool to aid you in determining if you need help to live independently in your home. Presented by Gina Murray, RN BSN and co-founder of Aware Senior Care.

Anne Gordon Center

Oct 26 Tu 10:45-11:45am

Five Points Center

Oct 27 W 1:00-2:00pm

Electronic Coupons

Age: 18-99 yrs. 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! We'll show you how to collect coupons using popular apps on your smart phone and ditch those scissors and newspapers. Keep all of your coupons in the same place! Plus we will show you how to redeem them to 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 link your coupons too - For example a rewards card from those stores. For more information about this class please contact Tommy Hodges at 919-996-2458.

Five Points Center – Course Fee: \$6

Sep 2 Th 2:00-4:00pm

Nov 18 Th 2:00-4:00pm

Excel Basics 1

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

Anne Gordon Center – Course Fee: \$6

Sep 22 W 10:00am-12:00pm

Oct 4 M 10:00am-12:00pm

Five Points Center

Nov 18 Th 10:00am-12:00pm

Dec 16 Th 10:00am-12:00pm

Finance: Selling Your Home "As-Is"

Age: 18-99 yrs. There are many myths about what is required in order to sell a home. These falsehoods are often perpetuated by television shows featuring tiny homes selling for millions. Learn the truth about what is 'required' to sell a home in the Raleigh area, what selling 'as-is' really means, and the secret behind the 'We Buy Houses' business model. Sponsored by Freda Hamlett a certified senior housing professional of the Milestone Moves Realty Group.

Anne Gordon Center

Oct 28 Th 10:45-11:45am

Five Points Center

Oct 27 W 2:30-3:30pm

Finance: Social Security Strategies for Retirement

Age: 18-99 yrs. Edward Jones Investments will cover the advantages/disadvantages associated with retirement and social security, including how social security should fit into retirement income plan, when to begin taking benefits, and tax implications.

Anne Gordon Center

Sep 23 Th 10:45-11:45am

Five Points Center

Nov 3 W 1:00-2:00pm

Finance: Understanding Beneficiary Designations

Age: 18-99 yrs. Beneficiary designations are an important part of an estate plan. 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

Sep 21 Tu 10:45-11:45am

Five Points Center

Dec 1 W 2:00-3:00pm

Finance: Veterans' Aid and Attendance Benefits

Age: 18-99 yrs. There is a Veterans benefit that pays between \$1,000 and \$2,000 per month TAX FREE! This benefit will help cover the cost of long-term care (skilled nursing, assisted living, or professional in-home care). War-time veterans should learn how to qualify and how to use this benefit. Presented by Huston Law, PLLC and Carolina Estate Counsel.

Five Points Center

Nov 10 W 2:00-3:00pm

Finance: Wills vs. Trusts

Age: 18-99 yrs. Trusts are used for many different purposes. 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. Learn the various types of trusts and how they may benefit you. Presented by Huston Law Firm, PLLC and Carolina Estate Counsel.

Anne Gordon Center

Oct 19 Tu 10:45-11:45am

Five Wishes

Age: 18-99 yrs. 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

Nov 9 Tu 10:45-11:45am

Five Points Center

Nov 3 W 1:00-2:00pm

Gimp Photo Editing Basics 1

Age: 18-99 yrs. Are you serious about photo editing, but don't want to pay for expensive software? Learn to use GIMP, a photo editing program that can help make your images look unique. GIMP is a free and open-source raster graphics editor used for image retouching, editing, free-form drawing, converting between different image formats, and more specialized tasks. GIMP is similar to the professional photo editor Adobe Photoshop. For more information about this class please contact Tommy Hodges at 919-996-2458. Prerequisite: 'Computer Basics 1' or equivalent computer knowledge.

Anne Gordon Center – Course Fee: \$12

Nov 1-Nov 8 M 10:00-11:30am

Five Points Center

Sep 21-Sep 28 Tu 2:00-3:30pm

Gimp Photo Editing Basics 2

Age: 18-99 yrs. If you are excited about editing photos with software that has the features of those professional programs, then you should check out GIMP. Back by popular demand here is part 2 of our Gimp Photo Editing series. GIMP is a free and open-source raster graphics editor used for image retouching and editing, free-form drawing, converting between different image formats, and more specialized tasks. Learn to use GIMP, a photo editing program that has some similar features that the professional photo editing programs use like Adobe Photoshop! For more information about this class please contact Tommy Hodges at 919-996-2458. Prerequisite: 'Computer Basics 1', Gimp Basics 1 or equivalent computer knowledge.

Anne Gordon Center – Course Fee: \$12

Dec 13-Dec 20 M 10:00-11:30am

Five Points Center – Course Fee: \$12

Oct 5-Oct 12 Tu 2:00-3:30pm

GMAIL Basics 1

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

Anne Gordon Center – Course Fee: \$6

Oct 27 W 2:00-4:00pm

Five Points Center – Course Fee: \$6

Dec 14 Tu 2:00-4:00pm

Google Applications Overview

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

Anne Gordon Center – Course Fee: \$12

Oct 18-Oct 25 M 10:00-11:30am

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

Google Chrome Intro

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

Anne Gordon Center – Course Fee: \$6

Nov 3 W 2:00-4:00pm

Google Photos Intro

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

Five Points Center – Course Fee: \$12

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

Oct 14-Oct 21 Th 10:00-11:30am

Government Benefits for Long-Term Care

Age: 18-99 yrs. The cost of Long-Term Care is staggering and monthly costs often exceed \$10,000 per month. Huston Law Firm and Carolina Estate counsel will review various programs and outline the requirements for a family to qualify. Special attention will be given to Veterans' Aid and Attendance; Special Assistance for Assisted Living; and Medicaid for Skilled Nursing.

Anne Gordon Center

Dec 7 Tu 10:45-11:45am

Five Points Center

Oct 13 W 2:00-3:00pm

iCloud Basics for iPad/iPhone

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

Anne Gordon Center – Course Fee: \$6

Sep 8 W 10:00am-12:00pm

Nov 10 W 10:00am-12:00pm

Dec 15 W 10:00am-12:00pm

Introducing SIRI - Your Personal Assistant for iPad/iPhone

Age: 18-99 yrs. Do you hate typing when you are on your iPad, iPhone, or Apple Laptop? Wish you could just say what you want your device to do like send a text message, call a friend, or remind me to buy bananas the next time I'm near the grocery store without bumbling around on your Apple device? Well you can. And it is called Siri! Using your voice, you can get Siri to do all sorts of things like add appointments to your calendar, grocery lists and so much more! Get to know Siri, your personal assistant on your Apple device. Prerequisite: 'iPad/iPhone Basics 1' or intermediate user. Bring your Apple device like you iPhone or iPad. PLUS your Apple ID and password.

Anne Gordon Center – Course Fee: \$6

Nov 3 W 10:00am-12:00pm

Five Points Center – Course Fee: \$6

Dec 16 Th 2:00-4:00pm

iPad Basics 1

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

Anne Gordon Center – Course Fee: \$12

Nov 15-Nov 22 M 10:00-11:30am

Five Points Center – Course Fee: \$12

Sep 2-Sep 9 Th 10:00-11:30am

iPad Basics 2

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

Anne Gordon Center – Course Fee: \$12

Nov 29-Dec 6 M 10:00-11:30am

Five Points Center – Course Fee: \$12

Sep 16-Sep 23 Th 10:00-11:30am

continued on page 38 —

iPad Basics 3

Age: 18-99 yrs. Want to read books and listen to Audio books and Music on your iPad? Or maybe find some cool apps? Learn how to search and download a variety of content from the App Store, the iTunes Store, and the iBook store. Plus learn how to check out eBooks from the Wake County Public Library! Contact Tommy Hodges for more information regarding this course at 919-996-2458. Prerequisite: 'iPad/iPhone Basics 1' or Intermediate user. Bring your iPad PLUS your Apple ID and password.

Anne Gordon Center – Course Fee: \$6

Sep 1	W	10:00am-12:00pm
Dec 8	W	10:00am-12:00pm

iPhone Basics 1

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

Anne Gordon Center – Course Fee: \$12

Oct 6-Oct 13	W	10:00-11:30am
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Five Points Center – Course Fee: \$12

Oct 28-Nov 4	Th	10:00-11:30am
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iPhone Basics 2

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

Anne Gordon Center – Course Fee: \$12

Oct 20-Oct 27	W	10:00-11:30am
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Nov 17-Nov 24	W	10:00-11:30am
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Laptop Basics 2

Age: 18-99 yrs. Students will be introduced to Pages which is Apple's version of Microsoft Word. Learn how to simply create a document; save the document; create a folder; and delete files while using Pages. We cover a multitude of quick key commands and multiple ways to copy and move files. Plus learn the process to add user accounts and devices (such as printers). Learn about the Home app and Photos app. Prerequisite: Apple Laptop Basics 1. You 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.

Five Points Center – Course Fee: \$12

Sep 30-Oct 7	Th	10:00-11:30am
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Legal: Important Documents Everyone Should Have

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

Anne Gordon Center

Nov 16	Tu	11:00am-12:00pm
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Five Points Center

Sep 15	W	2:00-3:00pm
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Microsoft Word Basics 1

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

Anne Gordon Center – Course Fee: \$6

Sep 15	W	10:00am-12:00pm
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Oct 11	M	10:00am-12:00pm
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Five Points Center – Course Fee: \$6

Dec 9	Th	10:00am-12:00pm
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Walnut Terrace Center – Course Fee: \$6

Dec 13	M	2:00-4:00pm
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New To Computers 1

Age: 18-99 yrs. This is the first in a series of Digital Literacy classes where you can learn the essentials to using a computer. If you are brand new to computers, then you are signing up for the right class! In this first program we break down the essentials for you to get on any computer and get online to explore, shop, pay bills, find out when a store opens/closes, get directions and more! Learn how to use a mouse while understanding the key differences between left-clicking and

right-clicking. Understand how to get on the Internet and "Surf" the World Wide Web safely and most importantly, securely! Plus learn how to play games for free on your computer. *A computer will be provided*

Walnut Terrace Center

Sep 20	M	2:00-4:00pm
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Oct 18	M	2:00-4:00pm
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Nov 15	M	2:00-4:00pm
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New To Email 1

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

Walnut Terrace Center

Sep 27	M	2:00-4:00pm
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Oct 25	M	2:00-4:00pm
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Nov 22	M	2:00-4:00pm
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Pinterest Basics 1

Age: 18-99 yrs. 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 – Course Fee: \$6

Dec 7	Tu	2:00-4:00pm
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Resources for Seniors: Who Are We and What We Do

Age: 18-99 yrs. 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

Sep 14	Tu	10:45-11:45am
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Five Points Center

Sep 22	W	1:00-2:00pm
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SHIP Counseling

Age: 18-99 yrs. These 1:1 appointments will help you to understand your Medicare options with the Senior Health Insurance Information Program (SHIP). 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

Sep 13-Dec 27	M	9:00am-4:00pm
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Five Points Center

Sep 1-Dec 31	Tu-F	9:30am-4:30pm
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TechRefresh

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

Anne Gordon Center

Android Phone Refresh

Dec 22 W 2:00-5:00pm

Walnut Terrace Center

iPhone Refresh

Nov 1 M 2:15-5:15pm

Android Phone Refresh

Oct 4 M 2:15-5:15pm

Android Phone Refresh

Dec 6 M 2:15-5:15pm

Computer Basics Refresh

Sep 13 M 2:15-5:15pm

Computer Basics Refresh

Nov 29 M 2:15-5:15pm

Tips on Purchasing a Computer

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

Anne Gordon Center – Course Fee: \$6

Nov 10 W 2:00-4:00pm

Five Points Center – Course Fee: \$6

Dec 21 Tu 2:00-4:00pm

Walnut Terrace Center – Course Fee: \$6

Oct 11 M 2:00-4:00

Family

Homeschool Explorers

Age: 0-99 yrs. This cooperative homeschool support group provides social and educational activities for a minimum cost per child. For additional information, please visit the web site at www.homeschoolexplorers.org or call the Method Community Center.

Method Road Community Center – Course Fee: \$1

Sep 14-Sep 28 Tu 11:30am-1:30pm

Oct 5-Oct 26 Tu 11:30am-1:30pm

Nov 9-Nov 30 Tu 11:30am-1:30pm

Dec 7-Dec 28 Tu 11:30am-1:30pm

Tae Kwon Do

Age: 6-99 yrs. Tae Kwon Do is a Korean martial art. It loosely translates to 'the way of the hand and foot.' As such, no weapons are used. It is a strong, fast and powerful martial art form. This class will keep you fit and give you great confidence, not just physically, but in all aspects of life. This class practices a safe, no-contact format.

Jaycee Community Center – Course Fee: \$40

Sep 2-Sep 30 Tu & Th 6:30-8:00pm

Oct 5-Oct 28 Tu & Th 6:30-8:00pm

Nov 2-Nov 30 Tu & Th 6:30-8:00pm

Dec 2-Dec 30 Tu & Th 6:30-8:00pm

Touch a Truck at Sanderford Road

Age: 0-99 yrs. Get in the driver's seat with a free hands-on experience with vehicles of all kinds. This is a fun, interactive, family-friendly event that allows children and adults to see, touch, and safely explore their favorite trucks and heavy machinery, as well as meet the personnel who protect, serve, and build the Raleigh community. We will feature a 'No Horn Hour' from 11 a.m.-12 p.m. for guests with sensitive hearing. Little ones with sensitivities to loud noises are encouraged to visit during this time to experience everything in a comfortable environment.

Sanderford Road Neighborhood Center

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

Health & Wellness



Preschool

Biltmore Hills Tiny Tot Time

Age: 2-5 yrs. Open gym time for youth under 5 yrs old. Bring your your child to play in the gym.

Biltmore Hills Community Center Tiny Tot Time

Sep 22-Dec 1 W 11:00am-12:00pm

Dance - Twinkle Toes

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 is a cheerleader at North Carolina State University.

Greystone Recreation Center – Course Fee: \$40

Sep 7-Sep 28	Tu	11:30am-12:15pm
Oct 5-Oct 26	Tu	11:30am-12:15pm
Nov 2-Nov 23	Tu	11:30am-12:15pm
Dec 7-Dec 28	Tu	11:30am-12:15pm

Gymnastics - Tumbling Tinies

Age: 0.75-2 yrs. 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 is a cheerleader at North Carolina State University.

Greystone Recreation Center – Course Fee: \$40

Sep 7-Sep 28	Tu	9:30-10:15am
Oct 5-Oct 26	Tu	9:30-10:15am
Nov 2-Nov 23	Tu	9:30-10:15am
Dec 7-Dec 28	Tu	9:30-10:15am

Gymnastics - Tumbling Tots

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

Greystone Recreation Center – Course Fee: \$40

Sep 7-Sep 28	Tu	10:30-11:15am
Oct 5-Oct 26	Tu	10:30-11:15am
Nov 2-Nov 23	Tu	10:30-11:15am
Dec 7-Dec 28	Tu	10:30-11:15am

Kidokinetics

Age: 3-5 yrs. Kidokinetics is a sports and fitness program designed especially for preschoolers! Through the introduction of a variety of sports, games, and fitness activities, we focus on basic gross motor skills and sports fundamentals. Promotion of physical activity and play in the early years sets a foundation for a positive relationship to overall health and wellness. Activities include soccer, basketball, volleyball, hockey, parachute games, tennis, baseball, obstacle courses, hula hoops and lots more!

Instructor: Kidokinetics Triangle NC

Greystone Recreation Center – Course Fee: \$48

Preschool Sports and Fitness

Sep 20-Oct 11	M	11:30am-12:15pm
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Preschool Sports and Fitness

Oct 25-Nov 15	M	11:30am-12:15pm
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Preschool Sports and Fitness

Nov 29-Dec 20	M	11:30am-12:15pm
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Kidokinetics Jr.

Age: 2-4 yrs. Kidokinetics Jr. is an introductory sports class for kids and their grown-ups! Move, stretch, and build confidence together while learning sports fundamentals and play skills. Our curriculum is designed to get young children engaged in active play to encourage a positive attitude toward sports and physical activity, while providing opportunities for interaction with other children in a structured setting.

Activities include soccer, basketball, volleyball, hockey, parachute games, tennis, baseball, obstacles courses, hula hoops, and lots more!

Instructor: Kidokinetics Triangle NC

Greystone Recreation Center – Course Fee: \$48

Sep 20-Oct 11	M	10:30-11:15am
Oct 25-Nov 15	M	10:30-11:15am
Nov 29-Dec 20	M	10:30-11:15am

Kinder Tae Kwon Do

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

Lions Park Community Center

Oct 7-Oct 28	Th	6:30-7:15pm	Fee: \$25
Sep 2-Sep 30	Th	6:30-7:15pm	Fee: \$25
Nov 4-Nov 25	Th	6:30-7:15pm	Fee: \$20
Dec 2-Dec 16	Th	6:30-7:15pm	Fee: \$20

Parent and Toddler Yoga

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

Hill Street Neighborhood Center – Course Fee: \$40

Sep 11-Oct 2	Sa	11:15am-12:00pm
Oct 9-Oct 30	Sa	11:15am-12:00pm
Nov 6-Dec 4	Sa	11:15am-12:00pm

Toddler Two Step

Age: 2-6 yrs. Toddlers! This your time to jam! Toddlers will listen to kid-friendly tunes and have the stage to dance and carefree! The Toddler Two-Step program is geared towards toddlers but enjoyable for the whole family.

John Chavis Community Center

Sep 1-Dec 8	W	10:30-11:30am
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Tumble N Twist

Have a child who loves to tumble and have fun? Join us for our beginners tumbling class where your child will learn the basics of tumbling and fitness/conditioning. Your child will work on gross motors skills while learning the forward roll, backwards roll, straddle roll, intro to cartwheels and much more. Come join in the fun.

Hill Street Neighborhood Center – Course Fee: \$40

Ages 4-5

Sep 1-Sep 22	W	5:45-6:45pm
Sep 29-Oct 20	W	5:45-6:45pm
Oct 27-Nov 17	W	5:45-6:45pm
Dec 1-Dec 22	W	5:45-6:45pm

Ages 2-3

Sep 1-Sep 22	W	4:45-5:30pm
Sep 29-Oct 20	W	4:45-5:30pm
Oct 27-Nov 17	W	4:45-5:30pm
Dec 1-Dec 22	W	4:45-5:30pm

Wellness/ Wellbeing Wednesday

Age: 2-6 yrs. Preschool: Join us for a fun-filled wellness day. Chavis Wellness Wellbeing Wednesday offers various skills and habits to help promote mental, emotional, and physical well-being. A healthy snack, arts/craft, and play/fitness activities.

John Chavis Community Center – Course Fee: \$20

Sep 1-Sep 29	W	2:00-3:00pm
Oct 6-Oct 27	W	4:00-5:00pm
Sep 1-Sep 29	W	4:00-5:00pm
Oct 6-Oct 27	W	2:00-3:00pm

Youth

Bollywood Dance Kids

Age: 4-7 yrs. Bollywood Dance is a fusion of dance styles based on traditional Indian dances blended with world elements. This class offers a fun, relaxed intro to this fusion and gives children a glimpse into modern and traditional dances of India. Children learn with imagination, creativity, and encouragement, benefitting from the expertise of our gifted and highly experienced tutor Priya Chellani. They are taught vivacious routines with age appropriate music, in a fun loving atmosphere. Priya's experience makes even complex dance routines easy to follow. Instructor: Priya Chellani, Indigo Dance Evolution Academy.

Brier Creek Community Center

Ages 4-7

Sep 11-Dec 18	Sa	10:30-11:15am
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Ages 8-11

ep 11-Dec 18	Sa	11:30AM-12:15pm
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Capoeira at Method - Youth

Age: 5-11 yrs. Capoeira is an amazing martial art from Brazil that combines dance, gymnastics and music! The beautiful movements are deceptive and powerful. Regular practice builds strength, flexibility, confidence and coordination.

Method Road Community Center – Course Fee: \$15

Sep 4-Sep 25	Sa	11:00-11:45am
Sep 4-Sep 25	Sa	11:00-11:45am
Nov 6-Nov 27	Sa	11:00-11:45am
Dec 4-Dec 18	Sa	11:00-11:45am

GENERATION POUND® Greystone

Age: 6-12 yrs. GENERATION POUND® is a youth-oriented program that fuses movement and music to improve focus, coordination and physical fitness, while building teamwork skills. Its creation was not only geared towards encouraging wellness in kids, but a MOVEMENT that aims to change the concept of health and fitness for today's youth. Get ready to make fitness about self-expression, empowerment, self-love and FUN! This workout is bound to be a hit with young 'Rockstar's' and introduces alternative ways to, MOVE, ROCK, PLAY and MAKE NOISE! Instructor: Lisa Shackelford; Certified Pound Pro; AFAA Group Ex. Certification; ACE PT Certified

Greystone Recreation Center – Course Fee: \$40

Sep 1-Sep 22	W	5:30-6:15pm
Oct 6-Oct 27	W	5:30-6:15pm
Nov 3-Nov 24	W	5:30-6:15pm
Dec 1-Dec 22	W	5:30-6:15pm

Hapkido-Intermediate

Age: 6-16 yrs. Intermediate Hapkido builds character through training in martial arts. Participants will learn the art of self defense through Hapkido. The class improves physical fitness, increases self-confidence, and strength development. The class will be taught in a group setting with some individual instructions.

Barwell Road Community Center – Course Fee: \$40

Sep 1-Sep 29	M & W	7:00-8:00pm
Oct 4-Oct 27	M & W	7:00-8:00pm
Nov 1-Nov 29	M & W	7:00-8:00pm
Dec 1-Dec 29	M & W	7:00-8:00pm

Hapkido-Youth

Age: 6-14 yrs. Hapkido helps develops self-discipline through martial arts training. Participants will learn the art of self defense skills through Hapkido. The class helps develop total body strength and speed, increases self-confidence, and improves your overall athleticism. The class will be taught in a group setting with some individual instructions.

Barwell Road Community Center – Course Fee: \$40

Sep 1-Sep 29	M & W	6:00-7:00pm
Oct 4-Oct 6	M & W	6:00-7:00pm
Nov 1-Nov 29	M & W	6:00-7:00pm
Dec 1-Dec 22	M & W	6:00-7:00pm

Kidokinetics Afterschool Sports and Fitness

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

Greystone Recreation Center – Course Fee: \$52

Sep 29-Oct 20	W	4:00-5:00pm
Nov 3-Dec 1	W	4:00-5:00pm

Tae Kwon Do Youth

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

Worthdale Community Center – Course Fee: \$25

Sep 2-Sep 30	Tu & Th	6:30-7:30pm
Oct 5-Oct 28	Tu & Th	6:30-7:30pm
Nov 2-Nov 30	Tu & Th	6:30-7:30pm
Dec 2-Dec 30	Tu & Th	6:30-7:30pm

continued on page 42 —

Youth Pickleball Clinic

Age: 8-11 yrs. From holding the racquet to keeping score, this clinic is designed to teach the basic skills of pickleball. Our newly surfaced and lined courts are the perfect place for children to learn the basics of this amazing sport. Our coaches and staff have played pickleball for years and are excited to work with your child!

Tarboro Road Community Center – Course Fee: \$40
Oct 4-Oct 25 M 5:30-6:30pm

Youth Wah Lum Kung Fu

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

***A uniform fee of \$85 will be due before the second month of classes.

Lake Lynn Community Center – Course Fee: \$60

Sep 2-Sep 30 Tu & Th 5:30-6:15pm
Oct 5-Oct 28 Tu & Th 5:30-6:15pm
Nov 2-Nov 30 Tu & Th 5:30-6:15pm
Dec 2-Dec 21 Tu & Th 5:30-6:15pm

Teen**Get Up & Go - Teens**

Age: 12-19 yrs. Is your teen interested in improving their fitness level and reaching their fitness goals? Well the Get Up and Go clinic is the perfect place for your teen. This program offers functional training for student athletes grades 7th-12th that focuses on motor skills and the development and improvement of those skills. Clinics will involve agility, plyometric, and mobility drills and exercises to improve muscular efficiency during athletics or ordinary everyday tasks. This program includes Pre and Post Individual Movement Assessments and is led by a certified personal trainer.

Saint Monica Teen Center

Sep 8-Oct 29 M,W,F 4:00-5:00pm

Teen Pickleball Clinic

Age: 12-16 yrs. From holding the racquet to keeping score, this clinic is designed to teach the basic skills of pickleball. Our newly surfaced and lined courts are the perfect place for teens to learn the basics of this amazing sport. Our coaches and staff have played pickleball for years and are excited to work with your teen!

Tarboro Road Community Center – Course Fee: \$40
Oct 6-Oct 27 W 5:30-6:30pm

Adult**Abbotts Creek Tai Chi**

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

Abbotts Creek Community Center

Sep 5-Sep 26 Su 5:00-5:55pm Fee: \$15
Oct 3-Oct 24 Su 5:00-5:55pm Fee: \$15
Nov 7-Nov 28 Su 5:00-5:55pm Fee: \$15
Dec 5-Dec 19 Su 5:00-5:55pm Fee: \$11.25

Adult Group Fitness

Age: 18-99 yrs. Our group fitness program is aimed at adults ages 21 + 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.

Worthdale Community Center – Course Fee: \$70

Sep 1-Sep 29 M & W 11:00am-12:00pm
Oct 4-Oct 27 M & W 11:00am-12:00pm
Nov 1-Nov 29 M & W 11:00am-12:00pm
Dec 1-Dec 29 M & W 11:00am-12:00pm

Adult/Teen Wah Lum Kung Fu

Age: 14-99 yrs. Traditional Chinese Kung Fu class taught by Sifu Matthew Martin, a certified Wah Lum instructor with over 20 years of experience. This class is designed for people who are current Wah Lum students and who have already taken the Intro to Wah Lum Kung Fu class. Students will develop greater strength, flexibility, cardiovascular endurance, and a deeper understanding of the Wah Lum Kung Fu system. This class is a blend of individual exercises, forms, line drill, weapons, and bag work to encourage each student to refine their skills and become a well-rounded martial artist. ***Intro to Wah Lum Kung Fu is a prerequisite for enrolling in this class

Lake Lynn Community Center – Course Fee: \$80

Sep 2-Sep 30 M,Tu,Th 6:30-7:30pm
Oct 4-Oct 28 M,Tu,Th 6:30-7:30pm
Nov 1-Nov 30 M,Tu,Th 6:30-7:30pm
Dec 2-Dec 23 M,Tu,Th 6:30-7:30pm

All Levels Yoga

Age: 18-99 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

Sep 16-Oct 21 Th 6:30-7:30pm
Nov 4-Dec 16 Th 6:30-7:30pm

Boot Camp

Age: 18-99 yrs. An interval training class that mixes calisthenics and bodyweight exercises with cardio and strength training. Each week a different workout to push you outside your comfort zone. The number goal is to provide encouragement, never intimidation. Instructor: Shawnette Gross

Brier Creek Community Center – Course Fee: \$5

Sep 2-Dec 30 Th 7:15-8:00pm

Bootcamp At Worthdale

Age: 18-99 yrs. Participants will experience a full body strength and conditioning workout which increases metabolism so you may continue to burn more calories after each session. This workout mixes strength, cardiovascular and interval training using both body weight and free weights. A safe, supportive and motivational environment is provided for participants. All levels are welcomed.

Worthdale Community Center – Course Fee: \$15

Sep 2-Sep 30 Tu & Th 7:30-8:30pm
Oct 5-Oct 28 Tu & Th 7:30-8:30pm
Nov 2-Nov 30 Tu & Th 7:30-8:30pm
Dec 2-Dec 30 Tu & Th 7:30-8:30pm

Capoeira at Method - Adult

Age: 12-99 yrs. Capoeira is an amazing martial art from Brazil that combines dance, gymnastics and music! The beautiful movements are deceptive and powerful. Regular practice builds strength, flexibility, confidence and coordination.

Method Road Community Center – Course Fee: \$15

Sep 1-Sep 29 W & Sa 12:00-1:00pm
Oct 2-Oct 30 W & Sa 12:00-1:00pm
Nov 3-Nov 27 W & Sa 12:00-1:00pm
Dec 1-Dec 29 W & Sa 12:00-1:00pm

Cardio Kick

Age: 18-99 yrs. 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

Sep 2-Dec 30 Th 6:30-7:30pm

Chavis Center Walk This Weigh Walking Club

Age: 16-99 yrs. The Chavis Walking club is a great way to meet other active people, stay fit and rediscover the John Chavis Memorial Park. Come and join us for a fun and relaxed atmosphere for all the entire family!

John Chavis Community Center

Sep 7-Dec 21 Tu 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 beginners 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.

John Chavis Community Center – Course Fee: \$5
Sep 14-Dec 21 Tu 6:30-7:30pm

Dance - Bollywood Dance Fitness

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

Brier Creek Community Center – Course Fee: \$10
May 4-Dec 28 Tu 7:45-8:45pm

Dance - Contemporary Beginner/Improver Line Dance

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

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

Brier Creek Community Center – Course Fee: \$5
Sep 1-Dec 29 W 6:00-8:00pm

Exercise - Sertoma Chair Yoga for Seniors

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

Sertoma Arts Center – Course Fee: \$52
Sep 7-Oct 19 Tu 1:30-2:30pm
Nov 2-Dec 14 Tu 1:30-2:30pm

Exercise - Sertoma Kripalu Yoga Beginning

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

Sertoma Arts Center – Course Fee: \$52
Sep 13-Oct 25 M 6:15-7:15pm
Sep 13-Oct 25 M 7:30-8:30pm
Sep 7-Oct 19 Tu 12:00-1:00pm
Nov 1-Dec 13 M 6:15-7:15pm
Nov 1-Dec 13 M 7:30-8:30pm
Nov 2-Dec 14 Tu 12:00-1:00pm

Exercise - Sertoma Kripalu Yoga Continuing

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

Sertoma Arts Center – Course Fee: \$40
Sep 8-Oct 13 W 7:30-8:30pm
Sep 9-Oct 14 Th 12:00-1:00pm
Nov 3-Dec 15 W 7:30-8:30pm
Oct 28-Dec 16 Th 12:00-1:00pm

Exercise - Sertoma Kripalu Yoga Continuing with Meditation

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

Sertoma Arts Center – Course Fee: \$52
Sep 8-Oct 13 W 6:15-7:15pm
Nov 3-Dec 15 W 6:15-7:15pm

Exercise - The Nia Technique

Age: 13-99 yrs. Nia is a form of fusion fitness for the body, mind, emotions and spirit. The technique integrates movements from dance, martial arts and healing arts to condition the whole body, quiet the mind, release stress and restore the spirit. It is fun, expressive and adaptable for all fitness levels. Drop-in classes available at \$13. Buy 6 or more classes in a session and receive a package rate of \$65. New to Nia? Take a free class! Instructor: Laura Ghantous.

Sertoma Arts Center – Course Fee: \$13
Sep 11-Oct 30 Sa 10:15-11:15am
Nov 13-Dec 18 Sa 10:15-11:15am

Fitness - Zumba®

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

Abbotts Creek Community Center – Course Fee: \$5
Sep 5-Dec 19 Su 1:15-2:15pm



continued on page 44 —

Gentle Yoga

Age: 18-99 yrs. 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
Sep 1-Nov 3 W 5:15-6:15pm

Gentle Yoga at Abbotts Creek

Age: 15-99 yrs. 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: \$40
Sep 2-Sep 23 Th 6:15-7:15pm
Oct 7-Oct 28 Th 6:15-7:15pm
Nov 4-Nov 25 Th 6:15-7:15pm
Dec 2-Dec 23 Th 6:15-7:15pm

Abbotts Creek Community Center

Sep 7-Sep 28 Tu 6:15-7:15pm
Oct 5-Oct 26 Tu 6:15-7:15pm
Nov 2-Nov 23 Tu 6:15-7:15pm
Dec 7-Dec 28 Tu 6:15-7:15pm

Green Road Martial Arts

Age: 16-99 yrs. Cuong Nhu Martial Arts is best characterized as having roots in Karate, Boxing, Wing Chun Kung Fu, Aikido, Judo, Vovinam and Tai Chi Chuan. Beginners learn the basics skills of Karate and Boxing as well as the basics of rolling and dropping to the floor. As the student's skill set grows they learn the fundamentals of throwing and ground work. We workout smart, we workout strong, we develop self-defense skills, we have fun and we learn from each other. Head

instructors are Master Elizabeth Roman and Master Robert First. Both have been training and teaching for 39 years and are 7th Degree Blackbelts. Their years of experience have given them an understanding of how to develop people of all ages.

Green Road Community Center – Course Fee: \$7
Sep 1-Dec 31 Tu,W,F 7:00-8:30pm

Hapkido-Adult

Age: 15-99.9 yrs. Learn a Korean martial art and have a great workout. Hapkido helps increase speed and agility, improves physical tone and muscle gains, and overall coordination.

Barwell Road Community Center – Course Fee: \$40
Sep 1-Sep 29 M & W 8:00-9:00pm
Oct 4-Oct 27 M & W 8:00-9:00pm
Nov 1-Nov 29 M & W 8:00-9:00pm
Dec 1-Dec 29 M & W 8:00-9:00pm

Intro to Wah Lum Kung Fu

Age: 14-99 yrs. Traditional Chinese Kung Fu class taught by Sifu Matthew Martin, a certified Wah Lum instructor with over 20 years of experience. Wah Lum Kung Fu is an internationally renowned style of martial arts brought to the U.S. by Grandmaster Chan Pui. This introductory class is designed for students who are new to Wah Lum, or new to the practice of martial arts entirely. Students will be taught based on their current fitness level and are encouraged to learn at their own pace. Kung Fu training enhances a student's physical strength, stamina, balance, and flexibility, while simultaneously focusing on the Wah Lum values of self-control, respect, and patience. Sifu Matthew Martin and Simu Kimberly Liberatore have brought Wah Lum Kung Fu to Raleigh to share this ancient art form and help people strengthen both the body and mind, improve their health and wellness, and move through the world with more focus, purpose, kindness, and courage.

***A uniform fee of \$85 will be due before the second month of classes.

Lake Lynn Community Center – Course Fee: \$60
Sep 1-Sep 29 M & W 5:30-6:30pm
Oct 4-Oct 27 M & W 5:30-6:30pm
Nov 1-Nov 29 M & W 5:30-6:30pm
Dec 1-Dec 22 M & W 5:30-6:30pm

JKC Self Defense

Age: 10-99 yrs. Learn self-defense in a fun and unique way. Different from karate, Jo Kwon Chi (JKC) offers a soft but effective approach to the martial arts that's not only enjoyable, but also efficient and rewarding. Borrowing from various Chinese, Turkish, Japanese, and Korean styles, JKC teaches the student to utilize angles and go with the opponent's flow along with being acutely aware of surroundings, and de-escalation skills. This class is safe and geared for beginners, but advanced martial artists can benefit too!

Abbotts Creek Community Center – Course Fee: \$5
Sep 1-Dec 29 W 7:15-8:30pm
Sep 4-Dec 18 S 11:15am-12:30pm.

Lunch Time Free-Play Basketball

Age: 18-99 yrs. Beat the mid-day work stress and play basketball at Method Road. Release the pressures of the job and get a good workout.

Method Road Community Center
Sep 7-Dec 28 Tu & Th 10:30am-2:30pm

Martial Arts - Chinese Kenpo Karate - Teens & Adults

Age: 13-99 yrs. Increase your physical and mental abilities while developing effective self-defense skills through kenpo. Expand your self-awareness, sharpen your focus, promote your critical-thinking skills and improve your problem-solving talents. Belt level testing fee payable to the instructor applies, but testing is not required. Uniform and patches are required after one month or upon testing (whichever



comes first) and are available through instructor. The local school is affiliated with an international organization. Instructor: Bill Parsons of Triangle Kenpo Institute.
Millbrook Exchange Community Center – Course Fee: \$45
 Sep 1-Sep 29 M & W 7:00-8:30pm
 Oct 4-Oct 27 M & W 7:00-8:30pm
 Nov 1-Nov 24 M & W 7:00-8:30pm
 Nov 29-Dec 22 M & W 7:00-8:30pm

MixedFit at the Creek

Age: 18-99 yrs. High energy, fun fitness class! MixedFit is a people inspired fitness program that incorporates explosive movements and boot camp toning! Instructor: Shawnette Gross (certified)
Brier Creek Community Center – Course Fee: \$5
 Sep 7-Dec 28 Tu 7:15-8:15pm

MixedFit Fitness

Age: 16-99 yrs. MixedFit is a people-inspired dance fitness program that blends explosive dancing with Bootcamp toning. We work out to the latest hits and yesterday's favorites., Give MixedFit a try and join the #MixedFitMovement!
John Chavis Community Center – Course Fee: \$5
 Sep 9-Dec 16 Th 6:45-7:45pm

Movin' and Groovin'

Age: 18-99 yrs. The Parks, Recreation, and Cultural Resources Department is partnering with the Health Promotion and Chronic Disease Prevention and 4-H Youth Development sections of Wake County Human Services to offer our Movin' and Groovin' walking series. This series encourages families to increase their physical activity in a free, fun, and safe way. Adults will take part in mini physical activity sessions as well as organized walking. Children will engage in exercise activities and nutrition education. Join us to enjoy beautiful outdoor resources and fun for the whole family.
Spring Forest Road Park
 Aug 19-Oct 7 Th 6:00-7:00pm

Nice Yoga

Age: 18-99 yrs. This class will offer core strengthening and stretching as well as movement into sun salutations, poses and reflective meditations. The pace will be free-flowing and fun, and intensity may vary based on the participants' abilities. Previous knowledge of yoga fitness is not required.
Lake Lynn Community Center – Course Fee: \$64
 Sep 7-Dec 21 Tu 5:00-6:00pm

POUND. Rockout. Workout.® Greystone

Age: 16-99 yrs. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out and releasing stress. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is

easily modifiable, and the alternative vibe and welcoming philosophy, appeals to men and women of all ages and abilities. Instructor is a Certified Pound Pro; AFAA Group Ex. Certification; ACE PT Certified
Greystone Recreation Center – Course Fee: \$28
 Sep 1-Sep 22 W 6:30-7:30pm
 Oct 6-Oct 27 W 6:30-7:30pm
 Nov 3-Nov 24 W 6:30-7:30pm
 Dec 1-Dec 22 W 6:30-7:30pm

Power Yoga Fitness

Age: 18-99 yrs. A strengthening treat without the weights! This class emphasizes alignment and provides an opportunity to challenge and deepen your yoga practice. The pace may be faster or include longer holds of poses. This class is not appropriate for beginners. Please bring your mats, towels, or blankets.
Pullen Community Center – Course Fee: \$60
 Sep 7-Nov 9 Tu 4:00-5:00pm

Soul Line Dance & Get Fit

Age: 16-99 yrs. This line dance class is for individuals new to line dancing and those who want to learn new line dance basics. Soul Line Dance is taught at a slow-to-moderate pace. Do not be fooled by the title: You will learn and practice some great cardio workouts and low-, medium-, and high-impact soul line dances. Come prepared to move, sweat and have fun!
Abbotts Creek Community Center – Course Fee: \$5
 Sep 5-Dec 19 Su 3:00-4:30pm
Barwell Road Community Center
 Sep 1-Dec 29 W 6:00-7:30pm
Greystone Recreation Center
 Sep 13-Dec 20 M 6:00-7:30pm

Tae Kwon Do Level 2

Age: 13-99 yrs. Participants will continue to learn the art of self-defense and discipline at an advanced level. Also will refine their skills, learn different techniques and develop physical fitness.
Worthdale Community Center – Course Fee: \$25
 Sep 2-Sep 30 Tu & Th 7:30-8:30pm
 Oct 5-Oct 28 Tu & Th 7:30-8:30pm
 Nov 2-Nov 30 Tu & Th 7:30-8:30pm
 Dec 2-Dec 30 Tu & Th 7:30-8:30pm

Tai Chi at Lake Lynn

Age: 18-99 yrs. Tai Chi is a system of rounded, flowing, balanced movements designed to increase physical health, peace of mind and overall wellness. Often described as meditation in motion, Tai Chi promotes serenity, stamina and strength through gentle, fluid movements. The slow, soft, graceful movements help people of all ages to alleviate tension and stress, tone the body, develop endurance, increase longevity and improve general health and well-being. Students will learn basic Tai Chi stances, hand movements and breathing techniques called chi gung.
 Instructor: Sifu Matthew Martin.
Lake Lynn Community Center – Course Fee: \$60
 Sep 1-Sep 29 M & W 4:00-5:00pm
 Oct 4-Oct 27 M & W 4:00-5:00pm
 Nov 1-Nov 24 M & W 4:00-5:00pm
 Nov 29-Dec 22 M & W 4:00-5:00pm

Urban (Soul) Line Dancing

Age: 16-99 yrs. You are invited to learn and follow the latest and all-time favorite line dances to urban contemporary, classic R&B/soul and country music. Lessons cover beginner through advanced line dances and improvisational dance techniques. Line dancing is a great form of exercise that is popular at social occasions.
Green Road Community Center – Course Fee: \$5
 Sep 1-Dec 31 M 7:00-8:30pm

Yoga 4 Us

Age: 18-99 yrs. Train Up a Child Invite your children into your wellness space with this Adult/Child group session. We explore partner work, mindfulness, and movement to equip them with lifelong self-care tools.
John Chavis Community Center – Course Fee: \$5
 Sep 7-Sep 28 Tu 6:00-7:00pm
 Oct 5-Oct 26 Tu 6:00-7:00pm
 Nov 2-Nov 16 Tu 6:00-7:00pm
 Dec 7-Dec 21 Tu 6:00-7:00pm

Yoga @ Laurel Hills

Age: 16-99 yrs. Yoga begins with centering and a warm up followed by poses and movements with breath awareness and finally a relaxation. The practice intends to develop full body awareness, flexibility, strength, and balance and builds mindfulness. Open to all levels. Students should bring a mat or blanket.
Laurel Hills Community Center – Course Fee: \$32
 Aug 30-Sep 27 M 10:15-11:30am
 Sep 1-Sep 22 W 5:30-6:45pm
 Oct 4-Oct 25 M 10:15-11:30am
 Oct 6-Oct 27 W 5:30-6:45pm
 Nov 1-Nov 29 M 10:15-11:30am
 Nov 3-Dec 1 W 5:30-6:45pm

Yoga at Brier Creek/Drop In

Age: 18-99 yrs. Come and discover the benefits of yoga. It is very effective for stress reduction and relaxation. Stretch and find balance, greater strength and overall well-being. This class will focus on where you are in your body with gentle healing postures. Bring a yoga mat to class.
Brier Creek Community Center – Course Fee: \$10
 Sep 7-Dec 28 Tu 6:30-7:30pm

ZUMBA® Fit

Age: 18-99 yrs. 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
 Sep 7-Dec 30 Tu & Th 6:00-7:00pm

continued on page 46 —

ZUMBA® at Green Road

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

Green Road Community Center – Course Fee: \$5
Sep 1-Dec 31 M,W,F 6:00-7:00pm

ZUMBA® at Greystone

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

Greystone Recreation Center – Course Fee: \$5
Sep 2-Dec 30 Th 6:00-7:00pm
Sep 4-Dec 18 Sa 10:00-11:00am

ZUMBA® at Laurel Hills

Age: 14-99 yrs. International explosion of dance, fun and fitness! Learn the basic Latin rhythms and moves of merengue, salsa, cumbia and more. No prior dance experience or background necessary. Come join the Zumba party! Passes: \$5 (daily), \$25 (6 visit pass), \$45 (12 visit Pass)

Laurel Hills Community Center – Course Fee: \$40
Sep 1-Sep 29 Tu & W 7:30-8:30pm
Aug 31-Sep 28 Tu 7:30-8:30pm

ZUMBA® at the Creek!

Age: 18-99 yrs. International explosion of dance, fun and fitness! Learn the basic Latin rhythms and moves of merengue, salsa, cumbia and more. No prior dance experience or background necessary. Come join the Zumba party!

Brier Creek Community Center – Course Fee: \$5
Sep 1-Dec 29 W 6:30-7:30pm

Senior**AIM Fitness**

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

Anne Gordon Center

Sep 7-Sep 28	Tu	9:15-10:00am	Fee: \$12
Oct 5-Oct 26	Tu	9:15-10:00am	Fee: \$12
Nov 2-Nov 30	Tu	9:15-10:00am	Fee: \$15
Dec 7-Dec 28	Tu	9:15-10:00am	Fee: \$12

Sep 2-Sep 30	Th	9:15-10:00am	Fee: \$15
Oct 7-Oct 28	Th	9:15-10:00am	Fee: \$12
Nov 4-Nov 18	Th	9:15-10:00am	Fee: \$6
Dec 2-Dec 30	Th	9:15-10:00am	Fee: \$12

Intermediate

Sep 2-Sep 30	Th	10:15-11:00am	Fee: \$15
Sep 7-Sep 28	Tu	10:15-11:00am	Fee: \$12
Oct 5-Oct 26	Tu	10:15-11:00am	Fee: \$12
Oct 7-Oct 28	Th	10:15-11:00am	Fee: \$12
Nov 2-Nov 30	Tu	10:15-11:00am	Fee: \$15
Nov 4-Nov 18	Th	10:15-11:00am	Fee: \$6
Dec 2-Dec 30	Th	10:15-11:00am	Fee: \$12
Dec 7-Dec 28	Tu	10:15-11:00am	Fee: \$12

Halifax Community Center

Sep 7-Sep 28	Tu	11:30am-12:15pm	Fee: \$5
Oct 5-Oct 26	Tu	11:30am-12:15pm	Fee: \$5
Nov 2-Nov 30	Tu	11:30am-12:15pm	Fee: \$5
Dec 7-Dec 28	Tu	11:30am-12:15pm	Fee: \$5

Laurel Hills Community Center

Sep 1-Sep 29	W	10:15-11:15am	Fee: \$15
Oct 6-Oct 27	W	10:15-11:15am	Fee: \$12
Nov 3-Nov 24	W	10:15-11:15am	Fee: \$12
Dec 1-Dec 29	W	10:15-11:15am	Fee: \$15

Tarboro Road Community Center

Oct 6-Oct 29	W & F	10:15-11:15am
Nov 3-Nov 24	W & F	10:15-11:15am
Dec 1-Dec 31	W & F	10:15-11:15am

Balance Fitness

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

Five Points Center**Chair Based**

Sep 2-Sep 30	Th	12:30-1:15pm	Fee: \$15
Oct 7-Oct 28	Th	12:30-1:15pm	Fee: \$12
Nov 4-Nov 18	Th	12:30-1:15pm	Fee: \$9
Dec 2-Dec 30	Th	12:30-1:15pm	Fee: \$12

Blood Pressure and Weight Screenings

Age: yrs. Take advantage of these FREE blood pressure and weight screenings offered by Resources for Seniors.

Five Points Center

Sep 7-Dec 7	Tu	9:30-10:15am
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Cardio Sculpt

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

Abbotts Creek Community Center

Sep 7-Sep 28	Tu	9:30-10:15am	Fee: \$12
Oct 5-Oct 26	Tu	9:30-10:15am	Fee: \$12
Nov 2-Nov 30	Tu	9:30-10:15am	Fee: \$15
Dec 7-Dec 28	Tu	9:30-10:15am	Fee: \$12
Sep 2-Sep 30	Th	9:30-10:15am	Fee: \$15
Oct 7-Oct 28	Th	9:30-10:15am	Fee: \$12
Nov 4-Nov 25	Th	9:30-10:15am	Fee: \$6
Dec 2-Dec 30	Th	9:30-10:15am	Fee: \$15

Five Points Center

Sep 3-Sep 24	F	10:15-11:00am	Fee: \$12
Oct 1-Oct 29	F	10:15-11:00am	Fee: \$15
Nov 5-Nov 26	F	10:15-11:00am	Fee: \$9
Dec 3-Dec 31	F	10:15-11:00am	Fee: \$12

Sep 2-Sep 30	Th	2:30-3:15pm	Fee: \$15
Oct 7-Oct 28	Th	2:30-3:15pm	Fee: \$12
Nov 4-Nov 25	Th	2:30-3:15pm	Fee: \$6
Dec 2-Dec 30	Th	2:30-3:15pm	Fee: \$12

Virtual Programming

Sep 13-Sep 27	M	1:00-1:45pm	Fee: \$9
Oct 4-Oct 25	M	1:00-1:45pm	Fee: \$12
Nov 1-Nov 29	M	1:00-1:45pm	Fee: \$15
Dec 6-Dec 27	M	1:00-1:45pm	Fee: \$12

Chair Yoga

Age: 55-99 yrs. Chair Yoga is a specific form of yoga practiced sitting on a chair or standing using a chair for support. The poses are often adaptations of asanas (postures) in modern yoga. During class we will experience breath work, movement and meditation.

Biltmore Hills Community Center

Sep 7-Sep 28	Tu	12:00-12:45pm	Fee: \$20
Oct 5-Oct 26	Tu	12:00-12:45pm	Fee: \$20
Nov 2-Nov 23	Tu	12:00-12:45pm	Fee: \$20

Dance Xross Fitness

Age: 18-99 yrs. This fun, high-energy class combines dance fitness, kickboxing moves, strength training and soul line dancing.

Anne Gordon Center

Sep 13-Sep 27	M	11:45am-12:30pm	Fee: \$9
Oct 4-Oct 25	M	11:45am-12:30pm	Fee: \$12
Nov 1-Nov 29	M	11:45am-12:30pm	Fee: \$15
Dec 6-Dec 27	M	11:45am-12:30pm	Fee: \$12

Gentle Stretch

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

Five Points Center

Sep 2-Sep 30	Th	1:30-2:15pm	Fee: \$15
Oct 7-Oct 28	Th	1:30-2:15pm	Fee: \$12
Nov 4-Nov 18	Th	1:30-2:15pm	Fee: \$6
Dec 2-Dec 30	Th	1:30-2:15pm	Fee: \$12

Health Talks with Dr. Baldwin

Age: yrs. 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.

Five Points Center

Sep 7-Dec 7	Tu	10:15-11:15am
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Line Dance for Active Adults

Age: 18-99 yrs. Enjoy a fun workout while learning new line dances. There is a class for every experience level! Those who do not know the line dancing steps, by name and movement, need to start with the Introduction level. This is a large group class and not individualized instruction.

Anne Gordon Center**Introductory/Beginner (little to no experience)**

Sep 3-Sep 24	F	1:00-1:45pm	Fee: \$12
Oct 1-Oct 29	F	1:00-1:45pm	Fee: \$15
Nov 5-Nov 19	F	1:00-1:45pm	Fee: \$9
Dec 3-Dec 31	F	1:00-1:45pm	Fee: \$12

Adv Beginner/Improver (solid experience)

Sep 3-Sep 24	F	2:15-3:15pm	Fee: \$12
Oct 1-Oct 29	F	2:15-3:15pm	Fee: \$15
Nov 5-Nov 19	F	2:15-3:15pm	Fee: \$9
Dec 3-Dec 31	F	2:15-3:15pm	Fee: \$12

Five Points Center**Adv. Beginner/Improver Level**

Sep 13-Sep 27	M	1:00-2:00pm	
Oct 4-Oct 25	M	1:00-2:00pm	
Dec 6-Dec 27	M	1:00-2:00pm	

Intermediate Level

Sep 13-Sep 27	M	2:15-3:15pm	
Oct 4-Oct 25	M	2:15-3:15pm	
Nov 1-Nov 29	M	2:15-3:15pm	
Dec 6-Dec 27	M	2:15-3:15pm	

Line Dance Open Studio

Age: 18-99 yrs. Join us for this fun and informal line dance open studio time. There is no instructor, but the regulars can help get you up to speed. Enjoy dancing to some old favorites while making new friends! Participants should have some line dancing experience and know the basic steps.

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

Sep 7-Dec 28	Tu	3:45-4:45pm	
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Parkinson's Disease Dialogue Group

Age: yrs. If you are living in the early stages of Parkinson's disease, join us for an inviting, open discussion of the disease. The early goal is to equip us to be "prosumers" of PD related healthcare by exchanging information, choosing topics, and by sharing the collective wisdom. Meets the last Friday of the month. Each month a different presenter will share a variety of topics.

Five Points Center

Sep 24-Nov 19	F	1:30-3:00pm	
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Pilates for Active Adults

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

Five Points Center

Sep 3-Sep 24	F	12:30-1:30pm	Fee: \$12
Sep 13-Sep 27	M	3:30-4:30pm	Fee: \$9
Oct 1-Oct 29	F	12:30-1:30pm	Fee: \$15
Oct 4-Oct 25	M	3:30-4:30pm	Fee: \$12
Nov 1-Nov 29	M	3:30-4:30pm	Fee: \$15
Nov 5-Nov 19	F	12:30-1:30pm	Fee: \$9
Dec 3-Dec 31	F	12:30-1:30pm	Fee: \$12
Dec 6-Dec 27	M	3:30-4:30pm	Fee: \$12

Virtual Programming**Virtual Pilates**

Sep 1-Sep 29	W	2:00-2:45pm	Fee: \$15
Oct 6-Oct 27	W	2:00-2:45pm	Fee: \$12
Nov 3-Nov 24	W	2:00-2:45pm	Fee: \$12
Dec 1-Dec 29	W	2:00-2:45pm	Fee: \$15

Qi Gong

Age: 18-99 yrs. 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

Sep 7-Sep 28	Tu	11:45am-12:30pm	Fee: \$12
Oct 5-Oct 26	Tu	11:45am-12:30pm	Fee: \$12
Nov 2-Nov 30	Tu	11:45am-12:30pm	Fee: \$15
Dec 7-Dec 28	Tu	11:45am-12:30pm	Fee: \$12
Sep 3-Sep 24	F	10:30-11:15am	Fee: \$12
Oct 1-Oct 29	F	10:30-11:15am	Fee: \$15
Nov 5-Nov 19	F	10:30-11:15am	Fee: \$9
Dec 3-Dec 31	F	10:30-11:15am	Fee: \$12

Joint Health

Sep 3-Sep 24	F	11:45am-12:30pm	Fee: \$12
Oct 1-Oct 29	F	11:45am-12:30pm	Fee: \$15
Nov 5-Nov 19	F	11:45am-12:30pm	Fee: \$9
Dec 3-Dec 31	F	11:45am-12:30pm	Fee: \$12

Five Points Center

Sep 7-Sep 28	Tu	9:15-10:00am	Fee: \$12
Oct 5-Oct 26	Tu	9:15-10:00am	Fee: \$12
Nov 2-Nov 30	Tu	9:15-10:00am	Fee: \$15
Dec 7-Dec 28	Tu	9:15-10:00am	Fee: \$27

Soul Line Dancing

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

Instructor: Jourmonya Harris-Rayner

Five Points Center

Sep 1-Sep 29	W	1:45-2:30pm	Fee: \$15
Oct 6-Oct 27	W	1:45-2:30pm	Fee: \$12
Nov 3-Nov 24	W	1:45-2:30pm	Fee: \$12
Dec 1-Dec 29	W	1:45-2:30pm	Fee: \$15

Tai Chi Chih

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

Five Points Center

Oct 4-Oct 25	M	10:30-11:30am	Fee: \$9
Nov 1-Nov 29	M	10:30-11:30am	Fee: \$15
Dec 6-Dec 27	M	10:30-11:30am	Fee: \$12

Tai Chi for Active Adults

Age: 18-99 yrs. Tai chi is an ancient form of movement that uses low-impact, slow-motion motions to promote health and improve coordination, balance, and mental focus; Beginner Sun Style: No experience required. There are 21 movements in this set. The focus is on balance and learning the gentle movements. Chair Beginner Sun Style is modified for sitting. Intermediate

Sun Style: This continuation of the beginner class includes 10 new movements and will increase endurance, mental acuity, agility, and balance. Advanced Sun Style Part 1: Pre-requisite Intermediate Sun Style. This class teaches the first half of the Sun 73 Long Form movements. Advanced Sun Style Part 2: This continuation of the Part One class will complete the Long Form with spiraling and crouching movements. Various Styles: No experience needed. Class changes through various forms of Tai Chi and Qi Gong.

Anne Gordon Center**Advanced Sun Style**

Sep 13-Sep 27	M	1:00-1:45pm	Fee: \$9
Oct 4-Oct 25	M	1:00-1:45pm	Fee: \$12
Nov 1-Nov 29	M	1:00-1:45pm	Fee: \$15
Dec 6-Dec 27	M	1:00-1:45pm	Fee: \$12

Beginner Sun Style

Sep 13-Sep 27	M	2:15-3:00pm	Fee: \$9
Oct 4-Oct 25	M	2:15-3:00pm	Fee: \$12
Nov 1-Nov 29	M	2:15-3:00pm	Fee: \$15
Dec 6-Dec 27	M	2:15-3:00pm	Fee: \$12

Intermediate Sun Style

Sep 13-Sep 27	M	3:30-4:15pm	Fee: \$9
Oct 4-Oct 25	M	3:30-4:15pm	Fee: \$12
Nov 1-Nov 29	M	3:30-4:15pm	Fee: \$15
Dec 6-Dec 27	M	3:30-4:15pm	Fee: \$12

Yoga Chair

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

Anne Gordon Center

Sep 13-Sep 27	M	9:15-10:00am	Fee: \$9
Oct 4-Oct 25	M	9:15-10:00am	Fee: \$12
Nov 1-Nov 29	M	9:15-10:00am	Fee: \$15
Dec 6-Dec 27	M	9:15-10:00am	Fee: \$12
Sep 1-Sep 29	W	2:30-3:15pm	Fee: \$15
Oct 6-Oct 27	W	2:30-3:15pm	Fee: \$12
Nov 3-Nov 24	W	2:30-3:15pm	Fee: \$12
Dec 1-Dec 29	W	2:30-3:15pm	Fee: \$15

Five Points Center

Sep 7-Sep 28	Tu	10:30-11:30am	Fee: \$15
Oct 5-Oct 26	Tu	10:30-11:30am	Fee: \$15
Nov 2-Nov 30	Tu	10:30-11:30am	Fee: \$15
Dec 7-Dec 28	Tu	10:30-11:30am	Fee: \$12

Yoga For Seniors

Age: 55-99 yrs. Our free, gentle, chair-based class is intended to help anyone of any skill-set sit, breathe and move with more ease. The instructor, will lead you through practices to improve posture, balance, breathing capacity, focus, and mobility. Participants use the chair in a variety of ways.

Worthdale Community Center

Sep 2-Sep 30	Th	10:00-11:00am	
Oct 7-Oct 28	Th	10:00-11:00am	
Nov 4-Nov 25	Th	10:00-11:00am	
Dec 2-Dec 30	Th	10:00-11:00am	

continued on page 48 —

Yoga Gentle Floor

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

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

Anne Gordon Center

Sep 13-Sep 27	M	10:30-11:15am	Fee: \$9
Oct 4-Oct 25	M	10:30-11:15am	Fee: \$12
Nov 1-Nov 29	M	10:30-11:15am	Fee: \$15
Dec 6-Dec 27	M	10:30-11:15am	Fee: \$12
Sep 1-Sep 29	W	3:45-4:45pm	Fee: \$15
Oct 6-Oct 27	W	3:45-4:45pm	Fee: \$12
Nov 3-Nov 24	W	3:45-4:45pm	Fee: \$12
Dec 1-Dec 29	W	3:45-4:45pm	Fee: \$15

ZUMBA Gold®

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

Anne Gordon Center

Sep 3-Sep 24	F	9:15-10:00am	Fee: \$12
Oct 1-Oct 29	F	9:15-10:00am	Fee: \$15
Nov 5-Nov 19	F	9:15-10:00am	Fee: \$9
Dec 3-Dec 31	F	9:15-10:00am	Fee: \$12

Family**Chavis Fun Run**

Age: 6-99 yrs. The Chavis fun run is a friendly race that participants will run or walk through the beautiful John Chavis Memorial Park.

This fun run will include novelty categories, such as wearing costumes, and categories for children, teens, and active adults.

John Chavis Community Center

Sep 11	Sa	10:00am-1:45pm
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Family Tree Yoga

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

Hill Street Neighborhood Center – Course Fee: \$40

Sep 2-Sep 23	Th	6:30-7:30pm
Oct 7-Oct 28	Th	6:30-7:30pm
Nov 18-Dec 16	Th	6:30-7:30pm

Gentle Yoga

Age: 16-99 yrs. This beginner friendly class is a mindful movement class in which we focus on our breath/prana while warming the body up in a slow and thoughtful way. Each sequence of poses/postures are knit together in a fluid manner which allows each pose to prepare you for the next. Students are encouraged to move at their own pace.

Biltmore Hills Community Center**Live FREE TRIAL**

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

Aug 17-Aug 31	Tu	6:30-7:30pm	Fee: \$90
Sep 7-Sep 28	Tu	6:30-7:30pm	Fee: \$115
Oct 5-Oct 26	Tu	6:30-7:30pm	Fee: \$115
Nov 2-Nov 23	Tu	6:30-7:30pm	Fee: \$115

Virtual FREE TRIAL

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

Aug 17-Aug 31	Tu	6:30-7:30pm	Fee: \$90
Sep 7-Sep 28	Tu	6:30-7:30pm	Fee: \$115
Oct 5-Oct 26	Tu	6:30-7:30pm	Fee: \$115
Nov 2-Nov 23	Tu	6:30-7:30pm	Fee: \$115

Tae Kwon Do - Martial Arts

Age: 7-99 yrs. This martial arts class for youth and adults develops discipline in youth, fitness in adults and fine martial art skills in both youth and adults.

Lions Park Community Center – Course Fee: \$35

Sep 2-Sep 30	Tu	6:30-7:30pm
	Th	7:30-8:30pm.
Oct 5-Oct 28	Tu	6:30-7:30pm
	Th	7:30-8:30pm.
Nov 2-Nov 30	Tu	6:30-7:30pm
	Th	7:30-8:30pm.
Dec 2-Dec 30	Tu	6:30-7:30pm
	Th	7:30-8:30pm.

Wado-Ryu Karate-Martial Arts

Age: 8-99 yrs. 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.

Carolina Pines Community Center – Course Fee: \$40

Sep 7-Sep 30	Tu & Th	6:30-8:30pm
Oct 5-Oct 28	Tu & Th	6:30-8:30pm
Nov 2-Nov 30	Tu & Th	6:30-8:30pm
Dec 7-Dec 30	Tu & Th	6:30-8:30pm

Nature Education

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

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

Forest Ridge Park
 919-996-5800

Lake Johnson Park Waterfront Center
 919-233-2121

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 (such as schools, daycare centers and preschools) is available by request from the Nature Program office. For more information 919-996-6856.

Preschool

Animal Architects!

Age: 2-6 yrs. Our natural world is filled with talented architects from beavers to birds to bees! Children will become architects as they come to understand how wild creatures create and build. Children will enjoy games, stories, songs and crafts. 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

Sep 29 W 10:30-11:30am Fee: \$0

Kiwanis Community Center

Sep 22 W 10:30-11:30am Fee: \$2

Lake Lynn Community Center

Sep 21 Tu 10:30-11:30am Fee: \$2

Sep 21 Tu 12:30-1:30PM Fee: \$2

Sertoma Arts Center

Sep 30 Th 10:30-11:30am Fee: \$0

Bird Buddies

Age: 3-6 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.

A.L. Wilkerson Nature Preserve

Nov 10 W 10:30am-12:00pm

Digging into the past

Age: 3-5 yrs. How big were the dinosaurs that roamed the earth? How do we know what we know about dinosaurs? Through activities and games, participants 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

Nov 17 W 10:00-11:30am

Go Batty!

Age: 3-6 yrs. Learn all about bats--how they fly and catch their food, where they live and what they will do in the winter. Play some batty games and make a bat toy to take home. Advance registration is required for this program. Adults must accompany their children; adults attend free.

A.L. Wilkerson Nature Preserve

Oct 13 W 1:00-2:30pm

Going Batty!

Age: 2-6 yrs. Bats are fascinating creatures! Children will enjoy activities and games that will help them to understand that although bats may not look like human animals, they are mammals just like us. 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

Oct 27 W 10:30-11:30am

Kiwanis Community Center

Oct 20 W 10:30-11:30am

Lake Lynn Community Center

Oct 19 Tu 10:30-11:30am

Oct 19 Tu 12:30-1:30pm

Sertoma Arts Center

Oct 28 Th 10:30-11:30am

Jake and Jennies: Young Explorers Club

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

Forest Ridge Park

Sep 1 W 10:00-11:30am

Oct 6 W 10:00-11:30am

Nov 3 W 10:00-11:30am

Dec 1 W 10:00-11:30am

Meadow Wee Walkers

Age: 1-99 yrs. Join us for a special Wee Walkers at Horseshoe Farm Nature Preserve. This is a great opportunity for adults and little ones (1-4 yrs) to meet each other and explore what's happening in nature as we take an easy-paced hike around the preserve. We'll explore the meadow and look for wildlife and signs of the arrival of fall. Preregistration is required for planning purposes. Children and adults must preregister.

Horseshoe Farm Nature Preserve

Sep 9 Th 10:00-11:00am

Oct 14 Th 10:00-11:00am

continued on page 50 —

Native Animals

Age: 3-5 yrs. What animals live near you? Do they live in the forest? In the lake? In the grassy fields? What do they eat? Do they stay active or hibernate in the winter? All animals have certain adaptations that help them survive in their habitats. What are these adaptations? Come learn about some Native North Carolina species that you may see around Falls Lake through games and activities. Then use what you learn to design a new species that can live in a nearby habitat.

Forest Ridge Park – Course Fee: \$3

Dec 8 W 10:00-11:30am

Pollinators at Forest Ridge Park

Age: 3-5 yrs. What lives in the pollinator garden? What plants attract the insects? Why are pollinators so important to our food supply and a healthy planet? How do the insects pollinate the plants? Come learn about the life cycle of pollinators through interactive play. See evidence of the transformations of the pollinators in the park. You will create a tie dye butterfly to take home!

Forest Ridge Park – Course Fee: \$3

Ages 3-5

Sep 8 W 10:00-11:30am

Radical Reptiles!

Age: 2-6 yrs. Reptiles are fascinating creatures. Little naturalists are invited to this memorable program where they will see and touch live reptiles including turtles, lizards and snakes and discover just how amazing these creatures truly are. Preregistration is required. Children must be accompanied by adults.

Adults attend free. For more information, contact Nature Programs at 919-996-6856.

Carolina Pines Community Center – Course Fee: \$2

Nov 19 F 10:30-11:30am

Kiwanis Community Center – Course Fee: \$2

Nov 17 W 10:30-11:30am

Lake Lynn Community Center – Course Fee: \$2

Nov 16 Tu 10:30-11:30am

Nov 16 Tu 12:30-1:30Ppm

Sertoma Arts Center – Course Fee: \$2

Nov 18 Th 10:30-11:30am

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

Nov 20 Sa 10:00-11:00am

Wee Walkers

Age: 1-99 yrs. Would you and your toddler (1-4 yrs) 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 required for planning purposes. Children and adults must preregister. This program takes place on trails that may not be accessible by strollers.

Durant Nature Preserve

Sep 2 Th 10:00-11:00am

Oct 7 Th 10:00-11:00am

What is a fossil?

Age: 3-5 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. Fossils are the remains or traces of plants and animals that lived long ago. ...For this reason, fossils are important to paleontology, or the study of prehistoric life. Most fossils are found in earth that once lay underwater. They usually formed from the hard parts such as shells or bones of living things. 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: \$4

Oct 13 W 10:00-11:30am

Youth

Autumnal Equinox: Equinox Astronomy

Age: 8-13 yrs. Why do we have seasons? Why do we say fall days are 'getting shorter'? How do animals know when to migrate? In this investigation, we will construct models to understand how the source of the seasons is literally, 'out of this world.'

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

Apr 22 Th 3:00-4:30pm

Deer Tracking

Age: 8-13 yrs. It's the peak of the rutting season and the deer are very active in our 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.

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

Nov 12 F 3:00-4:30pm

Digging into the past

Age: 6-10 yrs. How big were the dinosaurs that roamed the earth? How do we know what we know about dinosaurs? Through activities and games, participants 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: \$4

Nov 21 Su 3:00-4:30pm

Explore a Rock Outcrop

Age: 7-13 yrs. Learn all about rocks and take home a few for your collection! We'll hike to a rock outcrop to explore how rocks are changed by plants, water, and people. Wear sturdy shoes and clothes for the outdoors.

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

Dec 3 F 2:00-3:30pm

Native Wildlife

Age: 6-10 yrs. What animals live near you? Do they live in the forest? In the lake? In the grassy fields? What do they eat? Do they stay active or hibernate in the winter? All animals have certain adaptations that help them survive in their habitats. What are these adaptations? Come learn about some Native North Carolina species that you may see around Falls Lake through games and activities. Then use what you learn to design a new species that can live in a nearby habitat.

Forest Ridge Park – Course Fee: \$3

Dec 12 Su 3:00-4:30pm

Pollinators at Forest Ridge Park

Age: 6-10 yrs. What lives in the pollinator garden? What plants attract the insects? Why are pollinators so important to our food supply and a healthy planet? How do the insects pollinate the plants? Come learn about the life cycle of pollinators through interactive play. See evidence of the transformations of the pollinators in the park. You will create a tie dye butterfly to take home!

Forest Ridge Park – Course Fee: \$3

Sep 12 Su 3:00-4:30pm

Tracks and Skulls

Age: 8-12 yrs. Learn to identify the tracks and skulls of common animals that live in or near the preserve. Make a plaster cast of a track to take home. Weather permitting, we will take a short hike to look for tracks and animal bones!

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

Oct 22 F 3:00-4:30pm

What is a fossil?

Age: 6-10 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. Fossils are the remains or traces of plants and animals that lived long ago. ... For this reason, fossils are important to paleontology, or the study of prehistoric life. Most fossils are found in earth that once lay underwater. They usually formed from the hard parts such as shells or bones of living things. 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: \$4

Oct 17 Su 3:00-4:30pm



Teen

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 and exploring in the forest, and bring a water bottle, spiral notebook or sketchbook, your Blue Card, and the Merit Badge Workbook for the subject being taught. You will be contacted at least a week in advance if there are additional prerequisites.

Walnut Creek Wetland Park

Insect Study

Sep 12 Su 2:00-5:00pm Fee: \$15

Sustainability

Oct 10 Su 2:00-5:00pm Fee: \$0

Mammal Study

Nov 14 Su 2:00-5:00pm Fee: \$0

Bird Study

Dec 12 Su 2:00-5:00pm Fee: \$15

Winged Migration: Birding by App

Age: 12-99 yrs. Have you noticed the wonderful variety of birds that enjoy Raleigh? If you want to learn more about these birds and get some tips on how to identify them, join us on this birding hike at Horseshoe Farm! We'll teach you about different phone apps available to help you identify birds and how to document your findings in eBird, so that you can help contribute to the conservation of North Carolina birds. Preregistration is required for planning purposes.

Horseshoe Farm Nature Preserve

Oct 9 Sa 8:30-10:00am

Winged Migration: Nest Watch

Age: 12-99 yrs. Become a scientist for a day! Learn how we collect data from our bluebird boxes for NestWatch, investigate the different species of birds that use our nest boxes, and see nests and eggs up close! We'll send you home with all the information you need to start your own NestWatch in your backyard. Youth must be accompanied by adults. Youth and adults must register and pay the program fee.

Durant Nature Preserve – Course Fee: \$2

Oct 9 Sa 11:00am-12:30pm

Adult

Advanced Tree ID

Age: 18-99 yrs. This class will focus on tree identification using dichotomous keys, scientific names, growth habits, tree measurements of growth, and forest composition. The focus will be on wetland species. Participants should have previously taken Seasonal Tree ID or Winter Tree ID, or an equivalent. Please come dressed to spend time outdoors. This class is eligible for 3 hours of Criteria II credit towards NC Environmental Educator certification.

Walnut Creek Wetland Park – Course Fee: \$10

Sep 13 M 12:30-3:30pm

Advanced Wild: Bats

Age: 18-99 yrs. Join the NC Wildlife Resources Commission in a learning adventure about bats, one of our most misunderstood animals. We'll learn about the biology and habitats of these amazing mammals and learn ways to communicate this information to students. This workshop qualifies for Criteria 3 credit towards NC Environmental Educator certification. THIS IS HYBRID COURSE AND REQUIRES 2 HOURS OF PRE-VISIT COURSEWORK. Please register at least 4 days in advance to receive coursework instruction.

Walnut Creek Wetland Park

Oct 27 W 5:00-8:00pm

Birding for Adults

Age: 18-99 yrs. Have you ever been curious about the birds you see or hear in your yard or on a walk? Have you been wondering what people are talking about when they say they are going "birding?" Whether you are casually observing what is in your own backyard or going on hikes just to see new and exciting birds, anyone can enjoy "birding" (or watching birds!) Learn how to spot birds, use or get better at using binoculars, and how to identify what you are seeing or hearing. Bring a set of binoculars, or borrow one of ours, and come prepared to enjoy the weather and a short hike while looking for birds in the park!

Walnut Creek Wetland Park – Course Fee: \$10

Oct 9 Sa 8:00-10:00am

continued on page 54 —

September 24-30, 2021

Take A Child Outside Week



TACO Week: Beaver Pond

Ages: 3-6. Discover how beavers live, eat and play in their watery world. Weather permitting, we will search for beaver signs in and around the nature preserve's pond. Story and craft are included. Adults must accompany their children.

Annie Louise Wilkerson Nature Preserve

Activity Code: AWNPTACOBFAVERPOND

Sept 29 W 1:00 - 2:30 pm

TACO Week: Fall Flowers and Flyers

Age: 5+. Every fall brings thousands of flowers to Wilkerson Nature Preserve's fields -- just in time to fuel fall butterflies, monarchs, and hummingbirds as they prepare for migration. Join us for an outdoor walking program to learn about the flowers of fall, admire their beauty and diversity, and see how protecting fall flowers supports many animals around us.

Annie Louise Wilkerson Nature Preserve

Activity Code: AWNPTACOFLOWERFLYERS

Sept 24 F 3:30 - 5:00pm

TACO Week: Nature Play Day

All ages. Join us to make time for playing in nature. Children of all ages, as well as the young at heart, are welcome to join us for imaginative play in a natural setting. Dig 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. No registration required. Adults must accompany their children.

Annie Louise Wilkerson Nature Preserve

Activity Code: AWNPTACOPLAYDAY

Sept 24 F 10:00am - 1:00pm

TACO Week: Twilight Walk

Age: 5+. 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. Adults must accompany children.

Annie Louise Wilkerson Nature Preserve

Activity Code: AWNPTACOTWILIGHT

Sept 25 S 6:30 - 8:00pm

TACO Week: Outdoor Cooking & Night Hike

All ages. Skip the kitchen for a night of family fun and skill-building as you work together to prepare and eat a delicious dinner over the campfire. Practice building a fire, cooking with coals, and assembling a meal sure to please the whole crew. After dinner, we'll enjoy a leisurely nighttime stroll to look for wildlife that wakes up when the sun goes down. Children must be accompanied by adults. Children and adults must register and pay program fee.

Durant Nature Preserve - Resident Fee: \$10

Activity Code: DUNPTACOCOOK

Sept 24 F 6:00 - 8:00pm

TACO Week: Fishing 101

Age: 6+. Get hooked on fishing by joining us for a fun casting lesson before we send you out to catch the BIG one off our fishing dock. Fishing poles and bait will be provided. Preregistration is required. Children must be accompanied by adults. Children and adults must register and pay the program fee.

Durant Nature Preserve

Activity Code: DUNPTACOFISH

Sept 25 S 9:30 - 10:30am

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.

TACO Week: Magical Monarchs

Age: 3-6. Meet the Monarchs, our most famous butterflies, as they journey south for the winter. We'll learn about the monarch's 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

Activity Code: DUNPTACOFLY

Sept 26 Su 3:00 - 4:00pm

TACO Week: Family Nature Hike

All ages. Get outside and explore the trails at Forest Ridge Park. Join one of our experienced naturalists to gain information on flora, 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.

Facility: Forest Ridge Park

Activity Code: FRORTACOHKE

Sept 27 M 4:00 - 6:00pm

TACO Week: Family Nature Hike

All ages. Get outside and explore the trails at Forest Ridge Park. Join one of our experienced naturalists to gain information on flora, 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.

Facility: Forest Ridge Park

Activity Code: FRORTACOHKE

Sept 29 W 9:00 - 11:00am

TACO Week: Praying Mantids

Age: 6+. Colder weather is coming and many animals are preparing, including praying mantids. Come learn about these wacky insects and their lives. We'll explore the preserve to search for mantids and their egg cases. Preregistration is required. Children must be accompanied by adults. Children and adults must register and pay the program fee.

Horseshoe Farm Nature Preserve

Activity Code: HFNPACOPRAY

Sept 30 Th 5:00 - 6:00pm

TACO Week: Family Fishing

All ages. Come participate in this fun fishing program! You 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) and register. Advance registration is required.

Lake Johnson Waterfront Center

Activity Code: LJOROR

Sept 24 F 5:30 - 7:30pm

TACO Week: Jr. Kids Fishing

Age: 4-6. 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), but do not need to register. Advanced registration required.

Lake Johnson Waterfront Center

Activity Code: LJOROR

Sept 27 M 10:00 - 11:30am

TACO Week: Kids Fishing

Age: 7-12. This program is great for youth new to fishing. We will go over casting techniques, setting up your rod and reel, and what fish are found in the lake. Then of course we will spend time fishing in the lake. Come see if you can hook one and reel it in. Parent(s)/guardian(s) are not required to accompany child(ren). This program is designed to give parent(s)/guardian(s) time to enjoy the park while the child(ren) enjoys the program. Advanced registration is required.

Lake Johnson Waterfront Center

Activity Code: LJOROR

Sept 28 T 5:30 - 7:30pm

TACO Week: Animal Architects!

Age: 2-6. Our natural world is filled with talented architects from beavers to birds to

bees! Children will become architects as they come to understand how wild creatures create and build. Children will enjoy games, stories, songs and crafts. Preregistration is required. Children must be accompanied by adults.

Adults attend free. For more information, contact Nature Programs at 919-996-6856.

Facility: Carolina Pines Community Center

Activity Code: NPANIMALARCH

Sept 29 W 10:30 - 11:30am

TACO Week: Animal Architects!

Age: 2-6. Our natural world is filled with talented architects from beavers to birds to bees! Children will become architects as they come to understand how wild creatures create and build. Children will enjoy games, stories, songs and crafts. Preregistration is required. Children must be accompanied by adults. Adults attend free. For more information, contact Nature Programs at 919-996-6856.

Sertoma Arts Center

Activity Code: NPANIMALARCH

Sept 30 Th 10:30 - 11:30am

TACO Week: Family Nature Hike

All ages. Get outside at Lake Wheeler and explore the world around you. This guided hike will encourage you to use multiple senses to make observations along the trail. 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.

Lake Wheeler

Activity Code: NPTACOHKE

Sept 25 S 2:00 - 3:00pm

TACO Week: Pond Explorers

Age: 5-12. Love exploring creeks and ponds? Use dip nets, buckets, and your hands to find out what lives there! We'll get wet as we search for amazing critters in Simpkins Pond, and learn what they can tell us about the health of the water. Please wear rain boots or water shoes if you have them. Preregistration

is required. Children must be accompanied by adults.

Lake Wheeler

Activity Code: NPTACOPOND

Sept 28 T 1:00 - 3:30pm

TACO Week: Navigating the Wilderness

Age: 13-16. How would you get around the wilderness if your phone and GPS lost power or broke altogether? This course will take you on a journey off the trails inside Lake Johnson Park. You will learn how to take bearings, read a topographic map, read a compass, understand triangulation, and much more. No prior experience is necessary. Parent(s)/guardian(s) are not required to accompany child(ren). This program is designed to give parent(s)/guardian(s) time to enjoy the park while the child(ren) enjoys the program. Advanced registration required.

Thomas G Crowder Woodland Center

Activity Code: TCWCTACOOR

Sept 26 Su 1:00 - 3:00pm

TACO Week: All About Beavers

All ages. Want to learn more about the amazing beaver – nature's ecosystem engineers? During this program you 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). Advanced registration required.

Thomas G Crowder Woodland Center

Activity Code: TCWCTACO

Sept 25 S 10:00 - 11:30am

TACO Week: Herping in the Wetland

Age: 7-12. What is herping? Herping is looking for 'herps' or reptiles and amphibians. In this TACO (Take a Child Outside) program, kids will learn about and search for some of the reptiles and amphibians that call the wetland home. Come dressed to spend some time outside in clothing that can get wet or muddy. A change of clothes is recommended, and kids are encouraged to bring rain boots or borrow a pair of ours, if conditions merit.

Walnut Creek Wetland Park

Activity Code: WCNPTACOTHERPING

Sept 30 Th 4:30 - 5:30pm

TACO Week: Build a Pollinator Hotel

Age: 4+. Did you know some pollinators live in hotels? Not really, but you and your family can make a mini-hotel that is inviting for pollinators such as solitary bees and wasps to nest in. Pollinators (animals that are instrumental in the vital work of carrying pollen between plants) are on the decline, but you can do your part to welcome them! This is a TACO (Take a Child Outside) week program for families to work together to assemble a "hotel" for home use. Please register all participants so we have an accurate count of attendees. Come dressed to take a walk outside to look for additional pollinators, as well!

Walnut Creek Wetland Park

Activity Code: WCNPTACOPHOTEL

Sept 26 Su 2:00 - 3:00pm

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.

Annie Louise Wilkerson Nature

Preserve – Nature Explorer

Backpacks, Gardens Kit, Sandbox Kit, Costume Kit, Fort Building Kit, Fairy Houses Backpack

Durant Nature Preserve – Aquatics,

Insects, Birds, Nature Art, Wildlife Tracking, Trees

Forest Ridge Park – Nature Explorer

Backpacks, Fort Kit, Art Backpack, Loaner Fishing Kit (no bait included)

Lake Johnson Waterfront Center –

fishing poles

Lake Johnson Woodland Center

– adventure backpacks

Walnut Creek Wetland Park –

Birds, Amphibians, Trees, Bugs

Christmas Bird Count

Age: 14-99 yrs. The annual Audubon Christmas Bird Count is the world's longest citizen science project! Participants will hike around the Walnut Creek wetlands to identify and count as many birds as possible. Those who take part make a significant contribution to conservation as Audubon and other organizations use the data collected to assess the health of bird populations. Beginners are welcome. Dress for winter weather and bring a pair of binoculars or borrow a pair of ours.

Walnut Creek Wetland Park

Dec 18 Sa 8:00-10:00am

Environmental Lecture Series

Age: 14-99 yrs. 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. Advanced registration required.

Thomas G. Crowder Woodland Center

Sep 13	M	7:00-8:00pm
Oct 11	M	7:00-8:00pm
Nov 15	M	6:00-7:00pm
Dec 13	M	6:00-7:00pm

Gardening for Wildlife

Age: 12-99 yrs. Tired of mowing your grass and ready for your backyard to be a wildlife oasis? Learn tips and tricks for inviting native wildlife like pollinators, birds, reptiles, and amphibians. We'll get you prepared to start gardening at home by learning some of our native plants and even get to take your own home! Preregistration is required.

Durant Nature Preserve – Course Fee: \$4

Sep 16 Th 6:00-7:00pm

Introduction to Birding

Age: 13-99 yrs. 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

Oct 16 Sa 9:00-11:00am

Invasive Plant ID

Age: 16-99 yrs. What does an invasive plant look like? How can they harm an ecosystem? Learn this and more, along with a chance to practice a little invasive plant removal in an urban wetland. Come dressed for a natural encounter! Criteria 2 environmental education credit is available for this course.

Walnut Creek Wetland Park

Oct 5 Tu 10:00am-12:00pm

Leopold Education Project

Age: 18-99 yrs. The Leopold Education Project (LEP) is an interdisciplinary education program based on the works of Aldo Leopold. LEP uses Leopold's writings as a springboard for engaging students in natural science curriculum, and uses the outdoors as a learning laboratory to connect with the essentials standards. It provides teachers with the tools to give students direct experiences with the natural and cultural world outside the classroom and promotes critical thinking skills. This is a Criteria 1 class for those pursuing their Environmental Educator certification, and is worth up to 10 hours. There is a \$50 fee payable to Center for Human Earth Restoration on the day of the event (Cash or Check). Please register at least 5 days in advance.

Walnut Creek Wetland Park

Oct 20 W 9:00am-5:00pm

Project Learning Tree: Southern Forests and Climate Change

Age: 18-99 yrs. Come explore Project Learning Tree's newest high school module! This module has a robust online support platform that can help bring a variety of scientists and researchers into your classroom through a cadre of online videos and additional materials. We will be pairing the climate change module with the revised Focus on Forests high school module. This course is eligible for 7 hours of Criteria 1 credit toward NC Environmental Educator certification. THERE IS A \$20 FEE FOR THIS CLASS, AND AFTER REGISTERING YOU WILL BE SENT A LINK TO PAY ONLINE.

Walnut Creek Wetland Park

Nov 13 Sa 9:00am-5:00pm

Seasonal Tree ID

Age: 18-99 yrs. What kind of tree is that? Participants will learn to identify local trees based on bark, limbs, 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 program and participants should dress for the weather conditions. This course is worth 3 hours of Criteria 2 credit towards NC Environmental Educator certification.

Walnut Creek Wetland Park – Course Fee: \$10

Sep 13 M 8:30-11:30am

Storytelling for Environmental Educators

Age: 18-99 yrs. Have you ever been mesmerized by a good storyteller, and perhaps wished you could tell stories like that? In this workshop we will learn about the origins of storytelling, how to gauge your audience, many storytelling techniques. This program is eligible for Criteria 3 credit and Continuing Education Credit towards NC Environmental Educator certification. Please come dressed to spend time outdoors, bring a water bottle and a bag lunch.

Walnut Creek Wetland Park

Nov 22 M 9:30am-4:30pm

Sunrise Birding Walk

Age: 12-99 yrs. This program is for beginning birders and well-practiced watchers alike. Join us as we take a sunrise trek around the lake to find our avian friends. We will focus on both songbirds and waterfowl and maybe see some raptors! Bring your own binoculars if possible, as supplies are limited. Please bring water and wear comfortable footwear. 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

Oct 9 Sa 7:30-9:30am

Nov 14 Su 7:30-9:30am

Sunset Paddle at Durant

Age: 18-99 yrs. Are you in need of a night out? Grab your partner and join us at Durant Nature Preserve for a special, adults-only, paddle at sunset during the new moon. You'll have a magnificent view of the sunset from the water, watch nocturnal wildlife wake-up from their sleep as dusk settles, and learn more about our wild neighbors. Come early and bring a picnic dinner to help you unwind, before your paddle. Registration required, limited to 6 couples.

Durant Nature Preserve – Course Fee: \$4

Sep 3 F 6:30-7:30pm

Tis the Season to be Sustainable

Age: 16-99 yrs. Looking for a way to be more sustainable this holiday season? Look no further! We have you covered with tips, tricks, and resources for gift giving and decorating that reduces waste and stress. You've come away with ready-made, practicable, sustainable gifts to give your friends and loved ones, plus a host of ideas to incorporate in your own home to make your holidays greener. Preregistration is required.

Durant Nature Preserve – Course Fee: \$8

Dec 9 Th 6:00-8:00pm

Tree ID Trek

Age: 14-99 yrs. Come join our naturalists and learn how to identify some common trees found in the park. Participants will learn features of tree ID that will help year-round. No prior tree identification knowledge is necessary. Earn 2 hours criteria II or III EE credit 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

Sep 12 Su 9:30-11:30am

Wild & Design

Age: 12-99 yrs. Get your creative juices flowing at Horseshoe Farm Nature Preserve. Practice your watercolor skills and paint a beautiful sunset that will brighten up your home on those rainy days. Bring a picnic dinner to enjoy before the program and enjoy the serenity of the preserve. Preregistration required.

Horseshoe Farm Nature Preserve**Watercolor Sunsets** – Course Fee: \$8

Sep 7 Tu 6:00-7:00pm

Oct 5 Tu 5:30-6:30pm

Wild Reads - Nature Book Club

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

Durant Nature Preserve

The World of Wonders by Aimee Nezhukumatathil

Oct 27 W 5:30-7:00pm

Family

Family Hike

All ages. Get outside and explore the trails at Forest Ridge Park. Join one of our experienced naturalists to gain information on flora, 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 Hike

Sep 27 M 4:00-6:00pm

Morning Hike

Sep 29 W 9:00-11:00am

Astronomy Nights

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

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

Oct 8 F 7:00-8:30pm

Nov 18 Th 5:00-6:30pm

Dec 10 F 5:00-6:30pm

Autumnal Equinox: Hike & Campfire

All ages. Gather with us for an afternoon hike for the Autumnal Equinox. During this hike, you will encounter wildlife and plants along the way and learn about their adaptations and how they're starting to prepare for the coming winter. We'll close with a campfire, where we'll share a folk tale about the Autumnal Equinox. This easy, social hike is a great way to spend quality time with friends or family. Children must be accompanied by adults. Preregistration is required for planning purposes.

Durant Nature Preserve

Sep 22 W 3:00-4:30pm

Thomas G. Crowder Woodland Center

Sep 22 W 3:00-4:30pm

Batty for Bats

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.

Thomas G. Crowder Woodland Center – Course Fee: \$3

Oct 30 Sa 10:00-11:30am

Big Sweep

Age: 0-99 yrs. Walnut Creek Wetland Park 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 a refillable water bottle. Snacks will be available when you are done! Registration is not required but is appreciated for planning purposes. All volunteers will be required to sign a liability waiver, and those under 18 must have a waiver signed by a parent or guardian. Come dressed in clothing that can get dirty. If you are participating to receive school service hours, please bring any forms that you need our staff to sign.

Walnut Creek Wetland Park

Sep 25 Sa 9:00am-12:00pm

Campfire Story & Marshmallow Roast

All ages. Gather 'round the campfire to enjoy an evening of storytelling, nature, and community. As dusk falls, we'll come together to make new friends, share a tale connected to the forests and wildlife of the Preserve, and roast marshmallows. Children must be accompanied by adults. Children and adults must preregister and pay the program fee.

Durant Nature Preserve – Course Fee: \$2

Oct 8 F 6:30-7:30pm

Nov 12 F 5:30-6:30pm

Dec 3 F 5:00-6:00pm

Dec 17 F 5:00-6:00pm

Chimney Swifts

Age: 4-99 yrs. 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 come together in a magical aeronautical show before roosting for the night in the chimney of Carnage Magnet Middle School. Fee applies to all participants ages 6 and older. There is no rain date for this event.

Walnut Creek Wetland Park – Course Fee: \$4

Sep 21 Tu 6:30-8:00pm

Enchanted Forest

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

Oct 23 Sa 6:00-8:00pm

Evergreens for Everyone

Age: 5-99 yrs. As winter approaches, we can all appreciate the Evergreens! Learn to identify our native evergreen species, and make your own evergreen field guide with us. We'll also take a short hike to visit our evergreens (and near-evergreens) growing wild in the preserve. Any children must be accompanied by an adult.

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

Dec 15 W 3:00-4:30pm

Fall Foliage Hike

Age: 5-99 yrs. You don't have to travel far to experience the changing colors of fall. Come see Wilkerson Nature Preserve's forest 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. Any children must be accompanied by an adult.

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

Nov 20 Sa 2:00-3:30pm

Fall Leaves

All ages. Why do leaves change color? Come find out in this fun filled program. You 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.

Thomas G. Crowder Woodland Center – Course Fee: \$4

Nov 13 Sa 1:00-3:00pm

Family Fun(GI) in the Wetland

Age: 8-99 yrs. Join us as we learn about the fabulous world of fungi! We will begin with a classroom portion all about the anatomy of fungi, their importance in the ecosystem, and some common species that can be found around Walnut Creek. Then, we will spend the second half of the day testing our identification skills out in the field. Come dressed to spend time outdoors in the woods!

Walnut Creek Wetland Park – Course Fee: \$3

Oct 9 Sa 1:00-2:30pm

continued on page 56 —

Family Naturalists: Nocturnal Nature

Age: 2-99 yrs. 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 ages 2 and older. Please register at least 4 days in advance and come dressed for the weather.

Walnut Creek Wetland Park – Course Fee: \$6
Oct 29 F 6:30-8:30pm

Guided Nature Hike

Age: 5-99 yrs. Join us for a 2 mile hike on the beautiful trails of Lake Johnson Park. A knowledgeable nature instructor will accompany you on each hike to discuss natural features and Lake Johnson's history. The hikes will be held on our unpaved trails that may not be suitable for children under the age of 7. Parts of the trail considered moderate/strenuous. Participants should dress for the weather in comfortable clothing and closed-toed shoes that can get messy. The program will run rain or shine. 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
Sep 18 Sa 10:00am-12:00pm
Nov 20 Sa 1:00-3:00pm

Lake Johnson Park Nature Explorers

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

Thomas G. Crowder Woodland Center – Course Fee: \$2
Sep 19 Su 1:30-3:00pm
Oct 17 Su 1:30-3:00pm

Nature Art

Age: 6-99 yrs. Come make wild ornaments out of natural items. We'll use invasive plants found on the property and other commonly found nature items to create beautiful ornaments for you to take home. Use these ornaments to brighten up your home during the darkest month of the year! Children must be accompanied by adults. Children and adults must preregister and pay the program fee.

Durant Nature Preserve

Wisteria Wreaths – Course Fee: \$5
Dec 4 Sa 3:00-4:00pm

Wild Ornaments – Course Fee: \$5
Dec 5 Su 3:00-4:00pm

Horseshoe Farm Nature Preserve

Journey Staffs – Course Fee: \$4
Nov 6 Sa 2:00-3:00pm

Wild Ornaments – Course Fee: \$5
Dec 11 Sa 3:00-4:00pm

Wisteria Wreaths – Course Fee: \$5
Dec 12 Su 3:00-4:00pm

Nocturnal Nature Hike

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.

Thomas G. Crowder Woodland Center – Course Fee: \$4
Oct 16 Sa 7:00-9:00pm

Pond Explorers

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

Lake Johnson Waterfront Center – Course Fee: \$4
Sep 11 Sa 9:00-11:00am
Oct 2 Sa 10:00am-12:00pm

Pumpkins Have Seeds

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.

Thomas G. Crowder Woodland Center – Course Fee: \$3
Oct 9 Sa 1:30-3:00pm

Reduce, Reuse, Repurpose

All ages. Looking for ways to become more sustainable in your daily life? Join our program to learn some tips and tricks for reducing and repurposing your waste. You'll even get a chance to turn a piece of "trash" into something useful to you! Preregistration is required. Children and adults must register and pay the program fee.

Durant Nature Preserve – Course Fee: \$2
Oct 2 Sa 2:00-3:00pm

Story in the Park

Age: 2-99 yrs. Join us for a story in the park accompanied by a related activity. This family program is best suited to preschoolers through early elementary, though all ages are welcome. Children must be accompanied by an adult, and all participants are required to register and pay. Unless weather precludes, the program will occur outdoors.

Walnut Creek Wetland Park

The Very Hungry Caterpillar
Sep 11 Sa 1:00-2:00pm Fee: \$2

Salamander Ball
Oct 16 Sa 1:00-2:00pm Fee: \$0

Talkin' Turkeys

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.

Thomas G. Crowder Woodland Center – Course Fee: \$3
Nov 21 Su 1:00-3:00pm

Twilight Walk

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

A.L. Wilkerson Nature Preserve – Course Fee: \$2
Oct 16 Sa 6:00-7:30pm

Winter Solstice: Solstice Stroll

All ages. Gather with us for a Winter Solstice stroll. On this shortest day of the year, we'll enjoy the crisp forest trails before 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 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

Dec 21 Tu 3:30-5:00pm

Thomas G. Crowder Woodland Center
Dec 21 Tu 3:30-5:00pm



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



City of Oaks Foundation urges children to get outside

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

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

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

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

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

For more information:

visit www.cityofoaksfoundation.org call us at **(919) 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!

Outdoor Recreation



Youth

Compass Basics

Age: 10-13 yrs. Have you ever been lost in the woods? This course will teach you the skills needed to navigate using a compass through fun, hands-on experience. We will end the course with a fun orienteering activity. 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: \$4
Sep 18 Sa 1:00-3:00pm

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 so register soon to catch the big one!

Forest Ridge Park
Sep 25 Sa 9:00-11:00am

Know Your Knots

Age: 7-12 yrs. A well tied knot can go a long way. In this program participants will learn how to tie 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), adult(s) attend free and do not need to register. Advance registration is required for this program.

Thomas G. Crowder Woodland Center – Course Fee: \$4
Nov 6 Sa 10:00am-12:00pm

Teen

Mountain Bike Basics

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

Forest Ridge Park – Course Fee: \$10
Oct 2 Sa 9:00-11:00am

Adult

Bike Maintenance Clinic

Age: 14-99 yrs. Stop paying for costly bike repairs that can be done on your own! Participants will learn how to change flat tires, adjust gears and brakes, as well as perform general upkeep on their bikes. We will also go over signs and symptoms of bicycles in need of maintenance. Bring your own bike and helmet, and wear clothes that can get dirty! Sign up today for quality instruction and hands-on experience.

Forest Ridge Park – Course Fee: \$10
Sep 18 Sa 1:00-3:00pm
Nov 13 Sa 1:00-3:00pm

Evening SUP Tour

Age: 12-99 yrs. Explore Lake Johnson on the water with an experienced guide and naturalist. Participants will learn about the wildlife, history, and natural features of the lake. Tours provide opportunities to see wildlife such as birds, turtles, bald eagles, and osprey. With a brief paddling lesson at the beginning, this program is great for beginner and experienced paddlers alike! All equipment is provided. Adult(s) must accompany child(ren) under 16, register, and pay the program fee. Advance registration is required for this program.

Lake Johnson Waterfront Center – Course Fee: \$30
Sep 14 Tu 6:00-8:00pm

Fundamentals of Kayaking

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

Lake Johnson Waterfront Center – Course Fee: \$25
Aug 31 Tu 5:30-7:30pm

Fundamentals of Sailing

Age: 16-99 yrs. This in-depth course introduces the basics of sailing in a calm setting and at a relaxed pace. Participants will learn the parts of a sunfish sailboat, rigging a sunfish, maneuverability, and self-rescue techniques. Participants should be prepared to get wet during the program. Please bring a bagged lunch, water bottle, and sunscreen. No previous sailing experience required. After passing this course, you will be eligible for a Lake Johnson Park Sailing Membership. Memberships are good for up to 3 years. Advance registration is required for this program.

Lake Johnson Waterfront Center – Course Fee: \$75
Sep 12 Su 10:00am-4:00pm

Fundamentals of SUP

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

Lake Johnson Waterfront Center – Course Fee: \$35
Sep 7 Tu 5:30-7:30pm

Guided Night Paddle

Age: 16-99 yrs. 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, participants will be using double kayaks so feel free register with a friend! Advance registration is required for this program.

Lake Johnson Waterfront Center – Course Fee: \$20
Sep 10 F 8:00-10:00pm



Family

Family Fishing

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

Lake Johnson Waterfront Center – Course Fee: \$4
Oct 2 Sa 1:00-3:00pm

Social Programs



Social

Haunted Room to Room

Age: 11-75 yrs. BOOOOOOOOO! Chills and thrills! This is not Scooby-Doo's mystery. Take the challenge if you think you can handle each haunted theme room at Carolina Pines.

Carolina Pines Community Center – Course Fee: \$3
Oct 28 Th 6:30-8:00pm

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 Neighborhood Center – Course Fee: \$8
Sep 20 M 3:30-4:30pm

Fall is Here

Age: 2-5 yrs. Join us as we celebrate all things fall! Participants will learn about leaves, pumpkins, apples and much more. We will be making some crafts, playing a game and reading a book. Please pre-register, so we can plan accordingly.

Pullen Community Center – Course Fee: \$8
Nov 9 Tu 10:00-11:00am

Gobble till' you Wobble

Age: 2-5 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 Recreation Center – Course Fee: \$10
Nov 18 Th 10:00-11:30am

Howling Halloween

Age: 2-5 yrs. Your kids will go BATTY over these fun Halloween crafts. Join us for a fun afternoon of crafts, food experiences, and games to celebrate the spirit of Halloween.

Hill Street Neighborhood Center – Course Fee: \$8
Oct 25 M 3:30-4:30pm

Little Crafters at Halifax

Age: 3-5 yrs. Join us for a fun morning out! Children will get to make crafts, participate in activities and have fun. Registration is due 3 days prior to program.

Halifax Community Center – Course Fee: \$8

Perfect Pumpkins

Oct 14 Th 10:00-11:00am

Fantastic Fall

Nov 18 Th 10:00-11:00am

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: October 6, arts and crafts; October 13, science; October 20, active games; October 27, cooking.

Tarboro Road Community Center – Course Fee: \$20

Oct 6-Oct 27 W 10:30-11:30am

Playgroup Tot Time

Age: 0-5 yrs. Gyms at identified community centers will be open for parents or caregivers and their young children (ages 6 and under) to socialize and burn off some energy! Age appropriate sports and recreational equipment will be available for use. Please check with individual community centers for specific days and times and maximum number of participants. You can register for a Playgroup Tot Time pass online or at any community center.

Abbotts Creek Community Center

Sep 1-Dec 31 M-F 9:00am-12:00pm

Green Road Community Center

Sep 1-Dec 31 M-F 10:30am-12:00pm

Reindeer Rodeo

Age: 3-6 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 required. See you at the Rodeo!

Abbotts Creek Community Center

Dec 10 F 10:00-10:45am

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 Neighborhood Center – Course Fee: \$8

Dec 13 M 3:30-4:30pm

Superhero Fun

Age: 2-5 yrs. Sign up your little one for an hour of superhero fun! Each child will get to decorate their own cape. We will also be making other crafts, reading a book, and playing a game. Please pre-register, so we can plan accordingly.

Pullen Community Center – Course Fee: \$8
Sep 21 Tu 10:00-11:00am

Thanksgiving Scrambler

Age: 2-5 yrs. Preschoolers will enjoy a Thanksgiving party! Activities will include a story, craft and games for a morning of fun. Parents or guardians are required for 2-year-olds and are welcome for older participants.

Barwell Road Community Center – Course Fee: \$5
Nov 9 Tu 10:30-11:15am

Winter Wonderland

Age: 2-5 yrs. It's a winter wonderland here at Pullen! Participants will be making winter themed crafts, playing some games and reading a book. Please pre-register, so we can plan accordingly.

Pullen Community Center – Course Fee: \$8
Dec 14 Tu 10:00-11:00am

Youth

Basketball Fundamentals 101

Age: 5-12 yrs. The skills sessions will cover all aspects of basketball, including shooting, passing, defense, offense, agility and dribbling. Scrimmage games will be included to add to the fun.

Worthdale Community Center – Course Fee: \$5
Sep 1-Sep 29 W 6:00-7:00pm
Oct 6-Oct 27 W 6:00-7:00pm
Nov 3-Nov 24 W 6:00-7:00pm
Dec 1-Dec 29 W 6:00-7:00pm

Chavis Youth Talent Show

Age: 6-17 yrs. If you have a hidden talent or a talent that everyone should know about, here is your chance! We are looking for youth ages 5-17 to show us what you got! We are looking for a variety of talent show ideas ranging from dancing, art, poetry or musical acts. Solo and ground acts are encouraged! All interested acts must call JCMP to perform by Friday, September 24, 2021. Note: All talents, music used, and words spoken must be positive in nature and refrain from any inappropriate language or content.

John Chavis Community Center – Course Fee: \$10
Oct 8 F 6:00-9:00pm

Chess not Checkers

Age: 8-11 yrs. Join us for a 4-week course of chess. Kids will learn how to set up the board, name of the pieces, pieces movement, special moves in chess, critical thinking, checks, checkmates, choosing the Best moves, and basic opening principles

Roberts Park Community Center – Course Fee: \$20
Sep 7-Sep 28 Tu 6:00-7:00pm
Nov 2-Nov 23 Tu 6:00-7:00pm

Flashlight Candy Cane Hunt

Age: 5-12 yrs. Quick! The elves at the North Pole lost some of their candy canes and need your help to find them at Powell Drive 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. Cost is \$7 per participant. Pre-registration is required by December 10th.

Powell Drive Neighborhood Center – Course Fee: \$7
Dec 17 F 6:30-7:30pm

Fun Friday at Sanderford

Age: 5-12 yrs.
Sanderford Road Neighborhood Center
Sep 3-Sep 24 F 6:00-8:00pm
Oct 1-Oct 22 F 6:00-8:00pm
Nov 5-Nov 19 F 6:00-8:00pm
Dec 3-Dec 10 F 6:00-8:00pm

Imagination Playground

Age: 0-6 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
Sep 4-Dec 18 Sa 9:15-11:30am

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: September 8, arts and crafts; September 15, science; September 22, active games; September 29, cooking.

Tarboro Road Community Center – Course Fee: \$20
Sep 8-Sep 29 W 6:00-7:00pm

Sanderford or Treat

Age: 5-12 yrs.
Sanderford Road Neighborhood Center
Oct 29 F 6:00-8:00pm

Teen

Girls World

Age: 13-17. Girls World is an 8-week program for girls ages 13-17 that challenges girls to explore who they are as a person. The program is designed to foster self-esteem and help girls maintain healthy and authentic connections with their peers and their community. Topics include: Building trust, journaling, friendships, assertiveness and life goals. Girls World groups meet weekly and participants should commit to attending all meetings.

Saint Monica Teen Center – Course Fee: \$15
Sep 9-Oct 28 Th 6:00-7:00pm

Halifax Youth VIP Night

Age: 12-16 yrs.
Halifax Community Center
Sep 10 F 6:00-7:00pm

Middle School Mania

Age: 11-14. Middle School Mania is a program that serves middle schoolers age 11-14 on Teacher Workdays. Programming times are 7:30am-6:00pm. Middle School Mania follows the WCPSS Traditional School calendar. Participants will be engaged in recreation games and activities, art programs, nature programs, teambuilding and challenge activities, guest presentations and outdoor games. Participants will need to bring a lunch and 2 snacks.

Laurel Hills Community Center – Course Fee: \$30
Sept 7 Tu 7:30am-6:00pm
Sept 16 Th 7:30am-6:00pm
Oct 11 Mon 7:30am-6:00pm
Oct 27 Wed 7:30am-6:00pm
Dec 20 Mon 7:30am-6:00pm
Dec 21 Tu 7:30am-6:00pm

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. The Council focuses 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 your office is interested in participating, register online and attend a meeting or call the Teen Program office at 919-996-2139. This program meets every 2nd and 4th Monday of each month through May.

Laurel Hills Community Center
Aug 23-Dec 13 M 7:00-8:00pm

Step Team of Worthdale

Age: 13-18 yrs. Youth will explore stepping and traditional native dance. Stepping is a form of complex rhythms and sounds through a mixture of footsteps, hand claps and promotes expressive dancing and dramatic acting.

Worthdale Community Center
Sep 2-Sep 30 Th-Sa 7:30-8:30pm
Oct 1-Oct 30 Th-Sa 7:30-8:30pm
Nov 4-Nov 27 Th-Sa 7:30-8:30pm
Dec 2-Dec 18 Th-Sa 7:30-8:30pm

continued on page 63 —

Golden Years Clubs

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

Asbury Joy Club

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

Chavis Circle of Friends

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

Fellowship Club

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

Fifty-Five Plus Club

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

First Cosmopolitan Club First

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

First Friday

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

Go Getters Club

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

Golden Eagles Club

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

Golden Circle

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

Golden Jewels

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

Grand Age Club

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

Hi-Millers

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

Keenagers Club

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

Lake Lynn Seniors

Lake Lynn Community Center
Tuesdays, 10:00am
Sept-May: speakers, meals, trips
Kathy (919) 349-8905

Lions Park Club

Lions Park Community Center
1st Wednesday, 10:00am
Sept-June: speakers, meals, cards, trips
Christie (919) 996-4726

NRUMC—Joy Club

North Raleigh UMC
1st, 2nd, 3rd, 5th Wed, 11:00am
Yearly: speakers, meals, trips
Cletha (919) 847-5988

Pullen Park Club

Pullen Park Community Center
Wednesdays, 10:00am
Yearly: cards
(919) 996-6052

Quail Hollow Club

Eastgate Park
Wednesdays, 9:45am
Sept-May: speakers, meals, cards
Susan (919) 870-0557

St. Francis of Assisi 55+ Club

St. Francis of Assisi Parish
Wednesday, 12:00pm
Sept-May: speakers, meals, cards, trips
Kathy (919) 272-4442

St. Joseph Happy Hearts

St. Joseph Catholic Church
1st Tuesday, 12:00pm
Sept-May: speakers, meals, trips
Liz (919) 872-2917

Smiling Age Club

Billmore Hills Community Center
Tuesdays, 10:00am
Sept-May: speakers, trips
Mary (919) 755-1086

Snappy Seniors

Marsh Creek Community Center
1st and 3rd Monday, 10:00am
Sept-May: speakers, meals
Nancy (804) 921-5465

Tarboro Road Movers and Shakers

Tarboro Road Comm Center
1st/3rd Monday, 11:00am
Sept-May: speakers, meals, trips
Chris/Sherri (919) 996-6505

Thirty-Niners Club

First Baptist Church
Thursdays, 10:30am
Sept-May: speakers, meals, trips
Mary Alice (919) 832-4485

Touch of Love

St. Matthew Baptist Church
Wed after the 2nd/4th
Sun 10:30am
Sept-June: speakers, meals, trips
Dee (919) 630-0320

Trailblazers

Mt. Pleasant Baptist Church
2nd Tuesday 11:00am
Yearly: speakers, meals
Lucy Lee (919) 830-0975

Forever JOY Club

Open Table UMC
3rd Tuesday, 11:00am
Aug-May: speakers, meals, trips
Jeanette (919) 872-6561

Wakefield Villagers Club

Villages of Wakefield
2nd & 4th Tuesday, 9:30am
Yearly: speakers, meals, cards, trips
Margaret (919) 556-9541

Watts Seniors

Watts Chapel
1st & 3rd Tuesday, 10:00am
Sept-June: social, speakers
Ella (917) 589-2566

Worthdale Walkers Club

Worthdale Community Center
Thursdays, 11:00am
Sept-May: social, trips, speakers
Carletta (919) 996-2730

Young at Heart Club

Five Points Adult Center 2nd/4th
Wednesday, 10:00am
Yearly: speakers, meals, trips
Brenda (919) 834-8170

This information is not to be used for solicitation purposes.

Adult

1990's Dance Party

Age: 18-99 yrs Who didn't love the 1990's? The music, the dances, the fashion trends – those were the days! Let's bring those days back at JCMP and you got to dress the part, of course! Unwind with the best hits from the 1990's! Wine, beer and light hors d'oeuvres will be served.

John Chavis Community Center – Course Fee: \$20
Nov 5 F 7:00-10:00pm

Active Adult Line Dancing

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

Worthdale Community Center – Course Fee: \$30
Sep 2-Sep 30 Th, Sa 6:00-7:30pm
Oct 7-Oct 30 Th, Sa 6:00-7:30pm
Nov 4-Nov 27 Th, Sa 6:00-7:30pm
Dec 2-Dec 30 Th, Sa 6:00-7:30pm

African Contemporary

Age: 13-15 yrs. This class will focus on introducing the fundamentals of Afro-Contemporary dance though exploring various rhythms of the body in response to the music. This class will emphasize the use of the spine, pelvis, and incorporate various movements used in social dances.

Laurel Hills Community Center – Course Fee: \$40
Sep 12-Oct 3 Su 3:15-4:15pm
Oct 10-Oct 31 Su 3:15-4:15pm
Nov 7-Dec 5 Su 3:15-4:15pm

Artival

Age: 18-99 yrs. This is an art exhibition displaying all mediums of artwork. Artwork will be showcased in a designated area. Live jazz will also be showcased in this area, and hors d'oeuvres will be served. Participants will be free to roam the room and view the artwork at their leisure. There will be a hands-on painting "Wine and Design" type activity in another room, with a pre-designed canvas. Beer and wine will be served.

John Chavis Community Center
Sep 24 F 6:00-9:30pm

Bridge Club

Age: 18-99 yrs. 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
Sep 7-Sep 28 Tu 12:30-4:00pm
Oct 5-Oct 26 Tu 12:30-4:00pm
Nov 2-Nov 30 Tu 12:30-4:00pm
Dec 7-Dec 28 Tu 12:30-4:00pm

Card Game Night for Adults

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
Feb 4-Apr 29 Th 6:00-8:00pm
Feb 4-Apr 29 Th 6:00-8:00pm
Feb 4-Apr 29 Th 6:00-8:00pm
Feb 4-Apr 29 Th 6:00-8:00pm

Checkers At Tarboro Road

Age: 0-99 yrs. Join the neighborhood checkers players. Bring a partner or meet a new one. Fun and fellowship for all!

Tarboro Road Community Center
Sep 10 F 11:00am-4:00pm
Oct 8 F 11:00am-4:00pm
Nov 12 F 11:00am-4:00pm
Dec 10 F 11:00am-4:00pm

Chicago Steppin' (Urban Ballroom)

Age: 18-99 yrs. The Capital City Steppers in partnership with Raleigh Parks and Recreation invite you to 'Look before you Step' by joining us for the partner's dance called Chicago Steppin'. Courses will be every 1st and 3rd Friday at Green Road Community Center, 4201 Green Rd, Raleigh NC 27604. We invite you to come and take part in learning this beautiful partner's dance art form. Participants should be 18 years or older and no partner is required to take the lessons. The Capital City Steppers supported by the United Arts Council of Raleigh and Wake County and The North Carolina Arts Council is a recognized Non-Profit 501(C) organization.

Green Road Community Center – Course Fee: \$7
Sep 3-Dec 31 F 7:00-8:30pm

Chicas Conversation & 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
Oct 9 Sa 10:00-11:00am
Nov 13 Sa 10:00-11:00am
Sep 11 Sa 10:00-11:00am

German Shepherd Dog Club

Age: 18-99 yrs. 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 – Course Fee: \$1
Sep 1 W 7:00-9:00pm
Oct 6 W 7:00-9:00pm
Nov 3 W 7:00-9:00pm
Dec 1 W 7:00-9:00pm

Green Road Adult Open Gym

Age: 18-99 yrs. 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
Sep 1-Dec 31 M,W,F 12:30-2:30pm

Music - Appalachian Dulcimer

Age: 16-99 yrs. All day workshop covering basic skill or review for some in DAD tuning, in the morning. In the afternoon we will advance to cording techniques for smooth playing, while incorporating variation in playing style and finger-picking techniques that will make you sound like a pro. You will learn how to take any basic tab and use your new skills to play with sophistication. As time permits, we will review any challenges you may have in your own journey. Jam break included! Supply list available on Sertoma's webpage. Sertoma Park Artists' Association member, Joan Burroughs, instructs.

Sertoma Arts Center
Ode to Joy by Beethoven – Course Fee: \$45
Sep 22 W 9:30am-4:00pm

Music - Intermediate Mountain Dulcimer

Age: 16-99 yrs. This class will take a simple DAD tab of "Spotted Pony Takes Off" and make it sophisticated as we learn hammer-on and pull-off techniques to give it a Celtic flair. We will combine this with finger picking, style and rhythm variations. Bring your mountain dulcimer, tab is provided. Class participants will be encouraged to play for the class and jam afterwards in the park, weather permitting, so bring your chair and a lunch. A jam game awards a winner's prize. Sertoma Park Artists' Association member, Joan Burroughs, instructs.

Sertoma Arts Center
Spotted Pony Takes Off – Course Fee: \$105
Sep 3-Oct 8 F 9:30am-12:30pm

Pinochle Challenge

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

Biltmore Hills Community Center
Aug 6-Nov 26 F 1:00-8:00pm

Sister Share

Age: 18-99 yrs. This support group for ladies meets the 2nd and 4th Thursdays of each month.

Carolina Pines Community Center
Sep 9-Dec 9 Th 6:30-8:00pm

continued on page 64 —



Senior

Bingo

Age: 18-99 yrs. This is not your typical bingo. We play a variety of games each day, including straight bingo, Four Corners, Postage Stamp and Clear All.

Green Road Community Center

Sep 7-Dec 28 Tu 10:30am-1:00pm

Bridge Club - Laurel Hills

Age: 55-99 yrs. 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

Sep 7-Dec 14 Tu 10:15am-1:00pm

Bridge: Open Play

Age: 18-99 yrs. Join other bridge players for this open play program. All experience levels are welcome.

Greystone Recreation Center

Sep 13-Dec 20 M 10:00am-1:00pm
Sep 1-Dec 29 W 10:00am-1:00pm

Golden Age Bingo

Age: 50-99 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.

Tarboro Road Community Center – Course Fee: \$3

Sep 20 M 11:30am-1:30pm
Oct 18 M 11:30am-1:30pm
Nov 15 M 11:30am-1:30pm
Dec 20 M 11:30am-1:30pm

Greystone Blanketeers

Age: 16-99 yrs. Knit, crochet, sew or quilt for charity. We meet the fourth Tuesday of the month from 1 p.m. to 4 p.m. to make blankets, hats and afghans for various charitable organizations in the Raleigh area. Items are distributed to women's shelters, local hospitals and homeless groups. Come

join us, meet new people, and help bring a little joy to those in need. We do not offer lessons, but all members gladly share their knowledge. For those who cannot attend but wish to make items at home, all are gladly accepted. For more information, contact Linda Seanor 919-413-3548.

Greystone Recreation Center

Sep 28 Tu 1:00-4:00pm
Oct 26 Tu 1:00-4:00pm
Nov 23 Tu 1:00-4:00pm
Dec 28 Tu 1:00-4:00pm

Mah Jongg Open Play

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

Greystone Recreation Center

Sep 13-Dec 20 M 1:30-4:00pm
Sep 7-Dec 28 Tu 12:00-2:00pm

Mahjong Madness

Age: 18-99 yrs. 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

Sep 1-Dec 31 Tu & Th 1:00-4:30pm

Senior Fridays

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

Greystone Recreation Center

Sep 3-Dec 31 F 1:00-3:00pm

Senior Social Hour

Age: 55-99 yrs. Join us at Brier Creek for a morning of fun. Adults 55 and older can come together for socializing and game options like bingo, bridge, chess and more!

Brier Creek Community Center

Sep 7-Dec 28 Tu 10:15am-12:30pm

Trivia Group at Anne Gordon Center

Age: yrs. Test your knowledge and memory in a fun social setting. We will provide trivia game cards to get the group started, but feel free to bring in your own supplies to challenge your friends. Registration is required and space is limited to 10 patrons per day. Masks and wellness checks are required for entry.

Anne Gordon Center

May 6-May 27 Th 1:00-3:00pm

Tuesday Table Top Games

Age: yrs. Come join us at Powell Drive for Tuesday Table Top Games! You name it and we will play it from bingo, card games, dominoes and so much more. Make sure to get your seat and each meeting we will have treats!!

Powell Drive Neighborhood Center

Oct 12 Tu 10:00am-12:00pm
Nov 9 Tu 10:00am-12:00pm

Worthdale Walkers

Age: 55-99 yrs. Come out and enjoy walking, fellowship, and health / life management sessions. Attend special events for older adults and take field trips throughout the year. Join this group each Thursday as they meet from 11:00am - 1:00pm.

Worthdale Community Center

Sep 2-Sep 30 Th 11:00am-1:00pm
Oct 7-Oct 28 Th 11:00am-1:00pm
Nov 4-Nov 25 Th 11:00am-1:00pm
Dec 2-Dec 30 Th 11:00am-1:00pm

Family

Fall Drive Thru

Age: 0-10 yrs. Drive through the park and enjoy different Halloween scenes. Prizes and snacks along the way!

Carolina Pines Community Center

Oct 25 M 6:30-8:00pm

Fall Festival

Age: 4-11 yrs. Method Community Center is hosting its annual Fall Festival. Activities will include carnival games, healthy treat bags, music and more. Join us for a SPOOKtacular family event! This event is free to the public.

Method Road Community Center

Oct 15 F 5:00-7:00pm

Family Game Night

Age: yrs. There is no party like a JCMP party! Grab your family and head down to Chavis for an evening filled with laughs, fun, and excitement! This environment will allow families to reconnect and spend quality time together while participating in a little friendly competition as well. Come make some memories at Chavis! See you soon!

John Chavis Community Center

Nov 5 F 6:30-8:30pm

Family Movie Night

Age: yrs. Brrr it's cold outside. Join us for a movie and popcorn in the gym. Bring a blanket or use a chair provided to enjoy the movie on the big screen. Movie begins at 6:30pm. An adult must remain with children during the movie.

Halifax Community Center

Dec 10 F 6:30-8:30pm

Family Night at the Movies

Age: 5-99 yrs. Sanderford Road Neighborhood Center

Sep 24 F 6:00-8:00pm

FANG-tastic Halloween Drop-In at Powell Drive

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 and let us be one of your stops on your trick-or-treat trail. You are sure to have a boo-o-tiful Halloween!

Powell Drive Neighborhood Center

Oct 31 Su 5:30-7:00pm

Friday Parent Child Game Night

Age: 5-99 yrs. Come out to a parent and child(ren) bingo night! Bring your family to enjoy a game of bingo with popcorn while social distancing between families. Family preregistration is required.

Lions Park Community Center – Course Fee: \$3

Friday Parent Child Game Night

Oct 22 F 6:30-7:30pm

Friday Parent Child Game Night

Mar 26 F 6:30-7:30pm

Friday Parent Child Game Night

Sep 24 F 6:30-7:30pm

Frosty Festivities

Age: 0-99 yrs. Join us for a frosty festive family night as we venture to the snowy North Pole. We encourage you to wear your favorite PJ's as we enjoy a holiday themed movie and an intermission filled with hot cocoa, popcorn, pizza and more!

Greystone Recreation Center – Course Fee: \$8

Dec 3 F 6:00-8:00pm

Gingerbread Show Down

Age: 0-99 yrs. 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 Recreation Center – Course Fee: \$20

Dec 11 Sa 10:30am-12:00pm

Holiday Display

Age: 0-99 yrs. Happy Holidays! Come and enjoy a display of holiday lights and inflatables. Monday-Thursday from 6pm-8pm enjoy the light show.

Carolina Pines Community Center

Dec 20-Dec 23 M-Th 6:00-8:30pm

Holiday Movie Night

Age: 5-99 yrs.

Sanderford Road Neighborhood Center

Dec 17 F 6:00-8:00pm

Pumpkin Palooza

Age: 0-99 yrs. Come and join us for an evening of family 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 Recreation Center – Course Fee: \$12

Oct 1 F 6:00-7:30pm

Santa's Workshop and Toy Drive

Age: 0-99 yrs. The holiday season is here! Come join the Raleigh Youth Council at Laurel Hills Community Center for your personal tour through Santa's workshop! Enjoy Art and Craft Activities, Festive Music, and a picture with a very special visitor! In addition, please help put a smile on a child's face by donating a new toy for children in need. Toy donations are optional but much appreciated.

Laurel Hills Community Center

Dec 4 Sa 10:00am-12:00pm

Scarecrow Walk

Age: 0-99 yrs. Does your family enjoy creating arts and crafts together? Are you looking for a fun family activity to display your creativity? Come and join our Scarecrow Walk Program at Powell Drive Park. Families

will be provide with hay and a stake for their scarecrow creation to be included along our Scarecrow Walk. A prize will be awarded for the Best in Show. Scarecrows will be displayed from October 29th - October 31st along Powell Drive trail.

Powell Drive Neighborhood Center

Oct 29-Oct 31 F-Su 9:00am-6:00pm

Stretch and Story

Age: 18-99.9 yrs. It's time for a breather! Parents/guardians will experience the bliss of yoga while children will hear a story and enjoy some play time. Each registration is for yoga for a single adult and will include story/play time for up to two children between the age of 3-5 (at the time of the first class). We will contact you one week before the class begins for information on children who will be participating. Contact Abbotts Creek Community Center with any questions!

Abbotts Creek Community Center – Course Fee: \$40

Sep 1-Sep 22 W 2:00-2:45pm

Oct 6-Oct 27 W 2:00-2:45pm

Toys For Tots

Age: 0-99 yrs. 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 Neighborhood Center

Registration

Nov 15 M 5:00-7:00pm

Pick up

Dec 18 Sa 1:30-3:30pm

Trunk or Treat

Age: 0-99 yrs.

Sanderford Road Neighborhood Center

Oct 30 Sa 11:00am-2:00pm



Specialized Recreation & Inclusion Services

Specialized Recreation and Inclusion Services

919.996.2147

SRIS@raleighnc.gov

Program Director

Nikki Speer-Raleigh

nikki.speer@raleighnc.gov

Inclusion Manager

Laurel Heizelman

laurel.heizelman@raleighnc.gov

Inclusion Coordinator

Olivia Atkinson

olivia.atkinson@raleighnc.gov

Program Manager

Christen Winstead

christen.winstead@raleighnc.gov

Program Coordinators

Amy Lubawy

amy.lubawy@raleighnc.gov

Taylor Shuler

taylor.shuler@raleighnc.gov

Specialized Recreation and Inclusion Services offers a variety of specialized programs and inclusion services for individuals of all abilities to enjoy recreation opportunities of their choice.

Specialized Recreation programs are offered to meet the needs and interests of participants. Programs may be modified and/or adaptive equipment may be available to assist participants. Some eligibility requirements may apply. Please review our program listings for more information. For more information about specialized programs, please contact SRIS@raleighnc.gov or 919.996.2147.

Inclusion Services provides supports to individuals who request modifications under the Americans with Disabilities Act (ADA), to assist with participation in all Parks, Recreation and Cultural Resource programs. To ensure reasonable modifications are available, the request should be received at least two weeks prior to the start date of the program.

For more information about specialized programs, please contact: SRIS@raleighnc.gov or 919.996.2147.

For more information about Inclusion Services, please contact: ParksInclusion@raleighnc.gov or call 919.996.2147.

Return registrations or forms to:

Raleigh Parks, Recreation and Cultural Resources Department
Specialized Recreation and Inclusion Services
2401 Wade Avenue, Raleigh, NC 27607

Abilities Tennis Association of NC

Abilities Tennis of North Carolina is a local non-profit organization offering free tennis lessons and competitive opportunities for individuals with disabilities. Experienced volunteers will lead the lessons. Equipment is provided and all levels of experience welcome. Pre-registration is required. The program runs on Saturdays (2-3pm or 3:30-5pm) at Millbrook Tennis Center. For more information, please call 919-996-2147.

Art Time

Age: 16-99 yrs. Join us to create some unique, one-of-a-kind art on the fourth 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.

Hill Street Neighborhood Center – Course Fee: \$24

Sep 27	M	6:30-8:00pm
Oct 25	M	6:30-8:00pm
Nov 29	M	6:30-8:00pm
Dec 13	M	6:30-8:00pm

Cooking

Age: 18yrs. This program is designed to meet the needs of adults with developmental or physical disabilities. We will teach the basics of menu planning, kitchen safety and personal hygiene, how to read a recipe, and basic kitchen skills needed to prepare various dishes. Please notify us of any food allergy or dietary restriction at the time of registration. Participants must be able to follow simple instructions and step-by-step directions. No one-on-one assistance is provided. Individuals requiring a higher level of assistance should attend with an approved personal assistant.

Marsh Creek Community Center

Fee: \$20 resident / \$35 non-resident

Sep 15	W	6:30-8:00pm
Oct 20	W	6:30-8:00pm
Nov 17	W	6:30-8:00pm
Dec 15	W	6:30-8:00pm

Friday Night Virtual Socials

Age: 15-99 yrs. Join us virtually one Friday night each month, to socialize, show off unique talents, sing some karaoke and more! We will be meeting through a link sent out to everyone the week of the program, using WebEx. Hope to see all of your smiling faces there!

Virtual Programming

SRIS Virtual Talent Show

Sep 10 F 5:30-6:30pm

SRIS Virtual Costume Contest

Oct 29 F 5:30-6:30pm

SRIS Virtual Pumpkin Carving

Nov 19 F 5:30-6:30pm

SRIS Virtual Holiday Party

Dec 17 F 5:30-6:30pm

Meet-Up Opportunities

Specialized Recreation will offer monthly meet-up opportunities for those interested in spending some time socializing with peers. Participants will meet staff on-site at various locations throughout the City of Raleigh. Participants will be responsible for providing their own transportation to and from these programs and must have current SRIS forms on file. For more information, or to receive a monthly newsletter with specific opportunities, please contact SRIS@raleighnc.gov or 919-996-2147.

Next Step

Graduation is over. For many, Social Security, Medicaid, guardianship and other services are in place for an adult child with disabilities. Now what? Moving away from home is often the next step! Join this group as guest speakers from the community help us: (1) examine residential options in the Triangle area and (2) explore ways we can continue to be involved to enhance our adult child's life after the move into a new home. Meetings are 9:30-11:00 a.m. every third Saturday of the month at Millbrook Exchange Community Center, 1905 Spring Forest Road. Meetings are free, and light refreshments will be available. No reservations are necessary. For more information, contact Dave Curro at davecurro11@gmail.com.

Outings & Trips

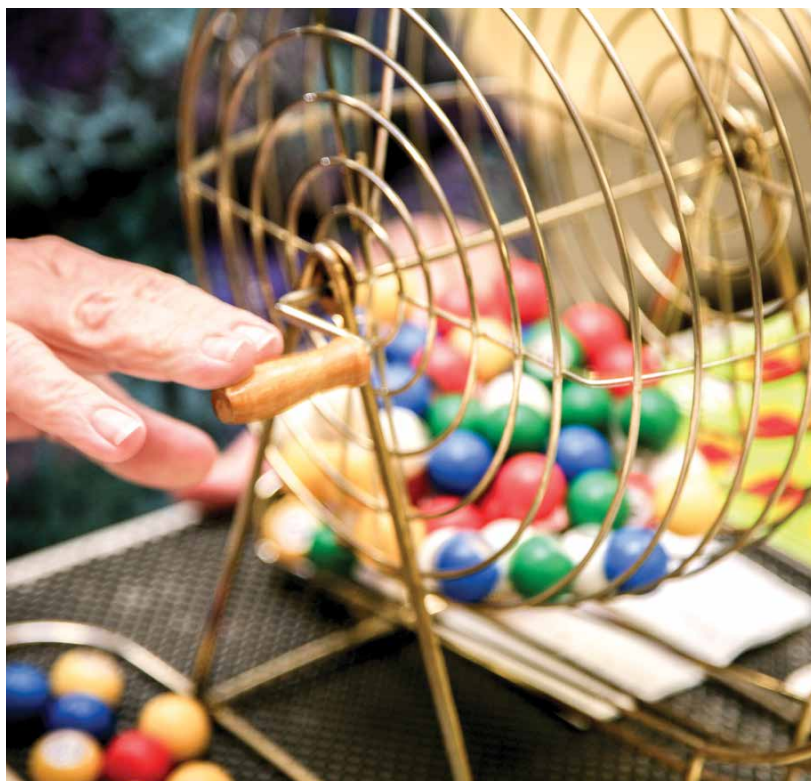
Specialized Recreation offers local outings, day trips and/or overnight trips for individuals with various disabilities. Some previous activities include local sporting events, trips to museums, seasonal outings, etc. Online registration may not be available for some outings. Participants must have current SRIS forms on file. For more information, or to receive a monthly newsletter with specific opportunities, please contact SRIS@raleighnc.gov.

PRIDE Wheelchair Basketball

This program is a collaboration of Bridge II Sports and the Raleigh Parks, Recreation & Cultural Resources Department, and is designed for youth with a physical disability. We have two (2) divisions: Prep and JV. Thunder has weekly practices from August to March. In practices, we work on sports skills, as well as building confidence, goal setting and independence. The team does travel for tournaments in and out of state. If you are interested in participating or learning more, please visit www.bridge2sports.org or call 866-880-2742.

Quest Adult Day Program

Age: 22-99 yrs. The Quest Adult Day Program is for adults with disabilities who can engage appropriately in a small group setting (approximately 6 participants with 1 staff). The program offers age appropriate activities to engage participants in nature, music and movement, arts and crafts, etc. with specialist visits revolving around themes



such as Healthy Living, Culture, and Giving Back. Under normal program guidelines and operations, the following are examples of how staff and participants will engage during the program.

Behavior: staff will provide positive behavior support, redirection, preferred activities, and use behavior support strategies provided by families. Participants are expected to exhibit appropriate behavior, without presenting a safety concern to themselves, other participants or staff. Unsafe behaviors may include, but are not limited to: biting, hitting, kicking, pinching, running, spitting, etc.

Feeding: staff will provide verbal and visual prompting, reminders, assist with placement of food, break up food into small pieces, open containers for the participant. Participants should be able to physically feed themselves. Participation: staff will engage participants through multiple means of instruction, sensory engagement, supported transitions, and program modifications. Participants are expected to stay with their group, follow given/modeled direction, and demonstrate engagement during program activities, during transitions, during specialist visits and in the community on field trips when appropriate.

Toileting & Personal Care: staff will provide verbal and visual prompting and provide occasional assistance with pulling up and/or fastening clothing. Participants should be able to clean/wipe themselves independently or with minimal/prompting from staff. Please contact SRIS@raleighnc.gov or 919.996.2147 for more information.

Five Points Center

Fee: \$125 Resident / \$140 Non-Resident

Sep 7 - Sep 28	Tu	10:00am-3:00pm
Oct 5 - Oct 26	Tu	10:00am-3:00pm
Nov 2 - Nov 30	Tu	10:00am-3:00pm
Dec 7 - Dec 14	Tu	10:00am-3:00pm

Millbrook Exchange Community Center

Fee: \$125 Resident / \$140 Non-Resident

Sep 2 - Sep 30	Th	10:00am-3:00pm
Oct 7 - Oct 28	Th	10:00am-3:00pm
Nov 4 - Nov 25	Th	10:00am-3:00pm
Dec 2 - Dec 16	Th	10:00am-3:00pm

Raleigh Blind Bowlers Association - The Raleigh Outlaws

The Raleigh Blind Bowlers Association – The Raleigh Outlaws operate a bowling league for visually impaired individuals throughout the Raleigh area. The Outlaw program is the nation's largest and most consistent blind bowler league. Participation is governed by league by-laws and officers. Contact Sharon Benton, League President, at (919) 755-0700 for league information.

continued on page 68 —

Raleigh Sidewinders

The Raleigh Sidewinders is eastern North Carolina's wheelchair (i.e. Quad Rugby) team. The Raleigh Sidewinders are official members of the US Quad Rugby Association, (USQRA), www.quadrugby.com. The team is comprised of individuals with disabilities that preclude their play in competitive, able-bodied sports. Players must have mobility impairments in their arms and legs to be considered eligible for participation. Most of the players have sustained cervical spinal cord injuries and have some type of quadriplegia as a result. The players are active members in their community, striving for a level of skill and competition offered by quad rugby. The vision of the Raleigh Sidewinders is to provide team members with an opportunity for personal growth, physical outlet and competition with adequate equipment and resources. For more information, please visit www.ncscia.org/theraleighsidewinders.

Special Olympics Wake County

Special Olympics Wake County provides year-round sport training and athletic competition in different sports for individuals with intellectual disabilities. Special Olympics training and competition is provided at no charge to eligible athletes. Each sport practices on a weekly basis at various times and locations. To receive more information on Special Olympics Wake County sport opportunities, please contact us at 919-996-2147 or SRIS@raleighnc.gov.

Triangle Taiko Drumming

Triangle Taiko is a joint program with the Raleigh Parks, Recreation & Cultural Resources Department providing free Taiko drumming classes for teens and adults with developmental and physical disabilities. Through this program, participants will increase their physical fitness level while learning the history and art of Taiko drumming. Individuals need to have some coordination, the ability to follow directions, a desire to play drums and perform, and be able to handle the loud volume level of the drums. For more information, please call 919-787-6233 or e-mail yokoiwashima@gmail.com.

Triangle Thunder Wheelchair Basketball

Triangle Thunder is a recreational and competitive adult wheelchair basketball team. They provide opportunities for men and women with a variety of disabilities to become involved in the sport of wheelchair basketball. The goal is to enhance each individual's social well-being by fostering their physical well-being through vigorous physical exercise, skill formation, and healthy fellowship with other persons with disabilities. Practices are open to new players and to the public. For more information, please contact 919-696-2811 or visit www.trianglethunder.org.

VIP Bingo

Age: 14-99 yrs. Join us, the last Wednesday of the month, for an evening of fellowship, fun and bingo. This program is for individuals with vision impairments. Braille and large print cards are available. No food is allowed during the program and transportation will not be provided. For more information, please call 919-996-2147.

John Chavis Community Center – Course Fee: \$4

Sep 29	W	6:00-8:00pm
Oct 27	W	6:00-8:00pm
Nov 17	W	6:00-8:00pm
Dec 15	W	6:00-8:00pm

Virtual Programs

We are happy to be able to continue to offer virtual opportunities to connect with participants in programs such as fitness, art, dance parties, game nights and more! These virtual programs are designed for individuals with various disabilities and interests. Participants must have current SRIS forms on file and internet access via a computer, smart phone, or other mobile device. For more information, or to receive a monthly newsletter with specific opportunities, please contact SRIS@raleighnc.gov or 919-996-2147.

Additional Facility and Program Information

Facilities

Amusements

Pullen Park Amusements

520 Ashe Avenue Raleigh, NC 27606

Phone: 919-996-6468

Park Manager: Scott Mott

Email: Scott.Mott@raleighnc.gov

Assistant Manager: Matthew Wright

Email: Matthew.Wright@raleighnc.gov

Assistant Manager: Allora Spruill

Email: Allora.Spruill@raleighnc.gov

Pullen Park offers popular amenities such as a renovated 1911 Gustave A. Dentzel menagerie carousel, a C.P. Huntington miniature train ride, pedal boat rentals, a kiddie boat ride and exciting playground equipment. Picnic shelters and our Island Gazebo are also available to rent for all occasions. The Pullen Place Cafe offers seasonal menus in addition to standard park fare.

Tickets are \$1.50 each for all guests over 1 year old. Pedal boat rentals are \$6 per boat for a 30 minute ride. Riders must be at least 42 inches tall to ride unaccompanied on the carousel and train.

Hours of Operation

April-September 10:00am-9:00pm

October-March 10:00am-6:00pm

John Chavis Memorial Park Carousel

505 Martin Luther King Jr. Boulevard Raleigh, NC 27601

Carousel Supervisor: Scott Mott

Phone: (919) 996-6468

Email: scott.mott@raleighnc.gov

Re-live the memories while riding the newly renovated Allan Herschell Carousel in its new location within the park.

Tickets are \$1.50 for all guests over 1 year old. Riders must be at least 42 inches tall to ride unaccompanied.

Hours of Operation

April-September M-F 10:00am-9:00pm

Sa 10:00am-8:00pm

Su 10:00am-6:00pm

October-March M-Sa 10:00am-6:00pm

Su 12:00-6:00pm

Digital Inclusion

The Digital Inclusion Program offers over 250 classes, to develop and enhance technology skills from youth to active adults. Examples of these classes include computer, phone, and tablet basics, app based (ridesharing, grocery/food delivery), networking, video streaming, word processing and many more. In addition to classes for active adults, the program offers a variety of STEM camps for youth and teens covering topics such as game design, photo editing, electronic circuits and will debut a new aeronautics camp in 2021. The program manages two learning labs hosted at Anne Gordon & Five Points Active Adults Centers and a mobile learning lab to offer program throughout Raleigh.

Greenways

919-996-3285

The Capital Area Greenway is a linear system of open space located along rivers, creeks, and streams, which can include public recreation trails for activities such as walking, jogging, hiking, fishing, picnicking, and outdoor fun. The trails connect many of Raleigh's parks and in many cases complement the recreational activities at the parks. The Neuse River, Walnut and Crabtree Creeks and their tributaries are the framework of the Capital Area Greenway System. Many of the city's major ecological features can be experienced in their natural state along these water courses. If you would like to request a hard copy of our greenway map, please call 996-3285. You can also view the map using a KML file and Google Earth—visit www.parks.raleighnc.gov To Apply for the Greenway Volunteer Program email rpvolunteer@raleighnc.gov

Historic Homes

Mordecai Historic Park

1 Mimosa Street, Raleigh NC, 27604

(919) 996-4364

www.raleighnc.gov/museums

Site Manager: Joshua Ingersoll

Email: joshua.ingersoll@raleighnc.gov

The Mordecai House at Mordecai Historic Park is the oldest home in Raleigh on its original location and was once the seat of one of the largest plantations in Wake County encompassing more than 5,000 acres. The park also features historic structures moved to Mordecai for preservation, including the Birthplace of Andrew Johnson and St. Mark's Chapel. The Chapel and grounds are a popular spot for wedding rentals. Tours of the Mordecai Mansion and other historic buildings are offered Tuesday through Sunday—call or visit our website for times. The cost is \$5 for adults, \$3 for youth (7-17), \$3 for seniors (65+), and children 6 and under are free. In addition, Mordecai conducts family friendly events throughout the year.

The Tucker House

The Tucker House was built in 1914 for Garland S. Tucker, owner of G.S. Tucker Furniture Company. The home was donated to the City of Raleigh by the Tucker Family in 1975. At that time, the home was located one block west, at 420 N. Blount Street. It was moved to its present site by the City and renovated as a Community Meeting House. Many house furnishings have been donated by families of deceased members of the Oakwood Community. Today the downstairs portion of the Tucker House is available for weddings, receptions, meetings, small conferences and other approved functions. For more information call 919-831-6009.

The Borden Building

The Borden Building is one of the two remaining buildings on the former campus of the Methodist Home for Children. Built in 1900, it was the home of the Superintendent of the Orphanage and later served as home to hundreds of children. Purchased by the City of Raleigh in 1982, the house and its companion, Fred Fletcher Park provides a wealth of history and tranquility in an urban setting. The Borden Building was extremely renovated in 1992 and is presently available for weddings, receptions, meetings, small conferences, and other approved functions. For more information call 919-996-4363 and leave a message for the caretaker.

Lakes

Lake Johnson Park and Nature Preserve

4601 Avenet Ferry Road, Raleigh NC, 27606

(919) 233-2121

Park Manager: Mark Elmore

Email: Mark.Elmore@raleighnc.gov

Year-round (October-March closed Mondays)

Assistant Park Manager: Chris Hill

Email: 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

Assistant Park Manager: Ben Coats

Email: Ben.Coats@raleighnc.gov

Year-round (October-March closed Mondays)

Lake Facility Rentals

Both Lake Johnson and Lake Wheeler offer a beautiful setting to hold a variety of special events including: weddings/receptions, family reunions, company outings, business meetings, etc. For more information about available rentals contact the facility or visit www.parks.raleighnc.gov

Boat Rentals

Both Lake Johnson and Lake Wheeler have a variety of boats available for 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.

Additional Facility and Program Information

Off-Leash Dog Parks

Raleigh Parks, Recreation and Cultural Resources encourages you and your dog to come out and enjoy the park facilities located throughout Raleigh. Each park is managed by volunteers and depends on responsible dog ownership and etiquette. These dog parks are areas where you can take your dogs and let them off leash, while remaining in compliance with Raleigh city ordinances. They are located at Carolina Pines Park, Millbrook Exchange Park, Jaycee Park, Oakwood Park and Dorothea Dix Park.

Museums

COR Museum Museum Director: Ernest Dollar
Email: ernest.dollar@raleighnc.gov
220 Fayetteville St. Raleigh, NC 27601
Phone: 919-996-2220

COR Museum is located on Fayetteville Street, Raleigh's "Main Street" and the center of downtown. Originally established in 1993 as a non-profit entity, the City of Raleigh assumed operational control of the museum in 2012. Housed in a historic former hardware store, the museum is dedicated to preserving and interpreting the history of North Carolina's capital city while envisioning its future. The museum curates temporary and permanent exhibits about the city's people, places, and resources, maintains a collection of approximately 5,000 artifacts, and offers educational programming and tours. The COR Museum is open Tuesday-Saturday from 9:00am-4:00pm and Sundays from 1:00-4:00pm. Admission is free.

Pope House Museum
511 South Wilmington St. Raleigh, NC 27601
Phone: 919-996-2220

The Pope House Museum was originally built in 1901 as the home to Dr. Manassa Pope and his wife. Dr. Pope holds the distinction of being the first medically licensed African-American doctor in the state. The structure has undergone a transition from private management to City of Raleigh Parks, Recreation and Cultural Resources Department management, and will be open for regular tours for the first time. The Pope House Museum's new hours will be Saturdays, 10:00am-3:00pm and by appointment during the week. Saturday tours start on the hour with the first at 10:00am and the last tour beginning at 2:00pm. A new program has

been developed to inform the public about one of Raleigh's more interesting citizens. Exterior work is being performed on the structure to improve in its appearance and make the house more closely resemble its appearance from the 1930s.

Playgrounds

The City of Raleigh owns and operates many playgrounds throughout Raleigh. For a list of playgrounds including location, age recommendation, surfacing, and photos, please visit www.parks.raleighnc.gov

Saint Monica Teen Center

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 108 public tennis courts (104 are lighted) located at 23 sites throughout the city. No advanced sign up is necessary and it is free to play at any location each day until 10:00pm. Millbrook also has a drop in doubles challenge court, a ball machine court and three backboards. Racquets and balls are available to borrow and tennis accessories are available for purchase. Tennis program updates and forms can be downloaded from www.Raleighnc.gov. To talk to someone about tennis for you, call Millbrook Exchange Tennis Center, 919-996-4129.

Programs

The Cultural Outreach and Enrichment (COE) Program

Cultural Outreach Coordinator: Lisa-Ann Utsumi
Phone: 919-996-6844
Email: coepprogram@raleighnc.gov

The Cultural Outreach and Enrichment Program invites people of all ages to discover the ethnic and cultural richness of the community. The program provides meaningful leisure experiences for people of other cultures and the local community to connect in an open and welcoming environment. Highlights of some of the current recreation programming include: Virtual Tours of the World, Multicultural Camp Specialists, and English as a Second Language classes. The COE program also supports events such as the Raleigh Tamale Festival and has created meaningful partnerships that serve the needs of the local community through the International Festival; and North Carolina State University through the Foreign Language Department with programs like VOLAR (Voluntarios Ahora in Raleigh) and TESOL (Teaching English to Speakers of Other Languages). Volunteers are always needed to assist with community outreach, teaching English, and many other opportunities. For more information, please visit our website at parks.raleighnc.gov, keyword search "COE".

Digital Inclusion

Digital Inclusion Program Manager: Tommy Hodges
Phone: 919-996-2458
Email: thomas.hodges@raleighnc.gov

The Digital Inclusion Program offers over 250 classes, to develop and enhance technology skills from youth to active adults. Examples of these classes include computer, phone, and tablet basics, app based (ridesharing, grocery/food delivery), networking, video streaming, word processing and many more. In addition to classes for active adults, the program offers a variety of STEM camps for youth and teens covering topics such as game design, photo editing, electronic circuits and will debut a new aeronautics camp in 2021. The program manages two learning labs hosted at Anne Gordon & Five Points Active Adults Centers and a mobile learning lab to offer program throughout Raleigh.

Additional Facility and Program Information

Historic Resources and Museum Program

HRM Program Administrator: Troy Burton

Downtown Cultural Resources Director: Douglas Porter

The HRM Program manages operations and programs at the Borden Building and Stone Circle at Fletcher Park, the City of Raleigh Museum, the Fred Fletcher Amphitheater at Fletcher Park, John Chavis Memorial Park Historic Attractions, the Latta House and University Site, Mordecai Historic Park, the Pope House Museum, Pullen Park Historic Attractions, Moore Square Park and the Raleigh Trolleys. The Historic Resources and Museum Program manages an artifact collection consisting of more than 18,000 fine and decorative material culture objects. The program offers various programs throughout the year including guided tours and rentals at the facilities, school field trips, summer camps, and special events.

School Programs

Youth Programs: 919-996-6165

Program Director: Toni Webb

Email: toni.webb@raleighnc.gov

Program Managers:

Beth Soles

Email: beth.soles@raleighnc.gov

Katie Walker

Email: 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 and search for the specific program name for more information.

Adult Program

Recreation Program Director: Todd Riddick

Phone: 919-996-2151

Email: todd.riddick@raleighnc.gov

Recreation Program Manager: Carmen Rayfield

Phone: 919-996-4734

Email: carmen.rayfield@raleighnc.gov

The Adult Program serves over 7,000 older adults throughout the Raleigh area. Activities are offered at the two Active Adult Centers, Walnut Terrace Neighborhood Center, as well as many city wide community centers and other locations within the City of Raleigh. These activities include sports leagues, exercise classes, bingo, cards, Outdoor Adventure Club, and much more; numerous one-day and overnight trips each year, including cruises and international travel; educational seminars and workshops on a wide range of topics; and a network of 48 adult clubs throughout the city. Further

information can be found throughout this brochure under the Senior Sections, or by calling 919-996-4720, 919-996-4730 or 919-996-6160.

Teen Programs

Program Supervisors: 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 and Inclusion Services** – offers a variety of specialized programs and inclusion services for individuals of all abilities to enjoy recreation opportunities of their choice.
- **COE (Cultural Outreach and Enrichment) Program** Volunteers are always needed to assist teaching basic elements of English, and other exciting recreational opportunities. Volunteer are also needed to assist at various special events and with community outreach.
- **Centers for Active Adults** – Assist with teaching classes, special events, greeters, receptionists, room hosts, tour guides and more
- **Mordecai Historic Park** – Assist in the park as docents, gardeners, tour leaders and special events volunteers.

Volunteers can register now online at parks.raleighnc.gov

For more information contact Mary Owens at mary.owens@raleighnc.gov or call 919-996-3292.

Account and Program Registration Form

Remember you can also register online with RecLink at parks.raleighnc.gov



**Raleigh
Parks**

Main Contact

First Name _____ Last Name _____ DOB ____/____/____ ☐ Male ☐ Female

Mailing Address _____ City _____ State _____ Zip _____

Primary Phone _____ Phone Type: ☐ Cell ☐ Home ☐ Work *Email _____

Emergency Contact _____ Phone _____

Optional:

1. What is this person's race? (Select one or more): ☐ American Indian or Alaska Native ☐ Asian ☐ Black or African American
☐ Native Hawaiian and Pacific Islander ☐ White ☐ Other Race
2. Is this person of Hispanic, Latino, or Spanish origin? ☐ Yes ☐ No

Registration Receipt: (for mail-in) I would like my receipt (please check one) ☐ emailed (valid email address required) ☐ printed/mailed

* By providing my email address I agree to receive email communication from Raleigh Parks, Recreation and Cultural Resources.

The City of Raleigh Parks, Recreation and Cultural Resources Department welcomes the participation of all individuals, including those with disabilities or special needs. We are committed to compliance with the ADA and will provide reasonable accommodations to facilitate participation in our programs. To ensure that reasonable accommodations are in place, program registration or accommodation request should be received at least two weeks prior to the start date of the program. For more information please contact Inclusion Services 919.996.2147

Participant Information

Participant #1 Name _____ DOB ____/____/____ ☐ Male ☐ Female

Parent/Guardian Last Name If participant is under 18 _____ Parent's First Name _____

Please note any allergy, disability, health/medical condition or other information you would like to share with us. _____

Would you like to request an ADA accommodation or program modification for a disability and/or medical condition? ☐ Yes ☐ No

Course Barcode	Program Name	Location	Date	Time	Fee
_____	_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	_____	\$ _____

Participant #2 Name _____ DOB ____/____/____ ☐ Male ☐ Female

Parent/Guardian Last Name If participant is under 18 _____ Parent's First Name _____

Please note any allergy, disability, health/medical condition or other information you would like to share with us: _____

Would you like to request an ADA accommodation or program modification for a disability and/or medical condition? ☐ Yes ☐ No

Course Barcode	Program Name	Location	Date	Time	Fee
_____	_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	_____	\$ _____

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) \$ _____

Non-resident fees do not apply to Specialized Recreation Programs or courses less than \$15. Non-resident fee in registration information.

I would like to make a donation to support a child's participation in
Raleigh Parks, Recreation and Cultural Resources Programs (specify amount) \$ _____

TOTAL AMOUNT DUE \$ _____

Payment Information

☐ Check # _____ (checks payable to City of Raleigh) ☐ Money Order

Credit Card payments may be made at a staffed facility or through the online registration system RecLink. Visit parks.raleighnc.gov and select "Register on RecLink". If you would like to complete your registration online, but prefer not to pay online with a credit card, you may add a credit to your account prior to online registration by making a payment at a community center or the Recreation Business Office.

Account and Program Registration Form

Remember you can also register online with RecLink at parks.raleighnc.gov



**Raleigh
Parks**

Cancellation and Refund Policy

- **When an activity is cancelled by Raleigh Parks, fees are 100% refundable.**
- **Any participant wishing to withdraw from an activity or league** must do so at least 14 days prior to the scheduled start of the activity or league. Refunds must be requested online through RecLink, by email to reclinksupport@raleighnc.gov, or provided in writing to the Recreation Business Office, 2401 Wade Avenue, Raleigh, NC 27607.
- **Withdrawal and cancellation requests** after the 14-day notice period will be granted, but no refund will be given – with the exception of approved medical or hardship cases. Medical and hardship cases are considered on a case-by-case basis and may require additional documentation.
- **Non-attendance or non-participation** in an activity does not entitle the patron to a refund/credit.
- If you wish to leave your **credit on your account**, the credit will be valid for one (1) year. By leaving the credit on the account, the participant also agrees that credits remaining inactive after one (1) year will be donated to the Raleigh Scholarship Fund, without further notification.

Photo/Media Policy

I acknowledge and agree that the City of Raleigh may take photographs and video of individuals or groups participating in programs and events and may use any photographs(s) and/or video taken of me or my child to publicize the program and for other City-related purposes.

Non-Discrimination Policy

The policy of the City of Raleigh is, and shall be, to oppose any discrimination based on actual or perceived age, mental or physical disability, sex, religion, race, color, sexual orientation, gender identity or expression, familial or marital status, economic status, veteran status or national origin in any aspect of modern life. A participant alleging discrimination on the basis of any of the aforementioned areas may file a complaint with either the Director of Raleigh Parks, Recreation and Cultural Resources Department or the Office of Equal Opportunity, U.S. Department of the Interior, Washington, D.C. 20240.

COVID – 19 Risks / Release, Indemnity, and Agreement Not To Sue (revised April 2021)

The City of Raleigh has been forced to confront the potential dangers associated with the COVID-19 pandemic. The City's Parks, Recreation, and Cultural Resources (PRCR) Department remains committed to providing high quality programming. However, in order to comply with guidelines from the Centers for Disease Control (CDC) and other federal, state, and local public health agencies, the PRCR Department has implemented additional safety precautions to ensure that program participants and other PRCR Department staff will have a fun, exceptional experience.

The contents of this document supplement applicable program policies (including Camp Policies and School-Based Program policies), the Program Registration Form, and the online registration for participants who registered through RecLink at parks.raleighnc.gov. Unless amended herein, all prior policies applicable to the program for which you have registered remain in effect. Please review the following information carefully to learn more about what the City is doing to maintain a healthy program environment and what participants (or their Parents/Guardians, if applicable) should do before participating in the PRCR program for which you have registered.

COVID-19 Risks

COVID-19 is a highly contagious and novel viral agent. Its transmission vectors are imperfectly understood, and it may be possible to transmit or become infected by COVID-19 despite strict adherence to guidelines prescribed by the CDC and other federal, state, and local health agencies.

Participants in Raleigh Parks programs will be in a group setting where they may come into contact with other program participants (instructors, coaches, campers, camp counselors, camp program staff, and camp program administrators, etc.). Many program activities will be conducted in a public community center setting. As a result, while PRCR Department staff will make reasonable efforts to adhere to the above-stated guidelines, participants in PRCR programs may be exposed to increased risk of transmission or infection of COVID-19 through various actions or interventions, including but not limited to contact with or proximity to one or more of the following:

- Other program participants, staff members, or administrators;
- The personal belongings of program participants, staff members, or administrators;
- Programming and activity materials including, but not limited to, markers, books, games, toys, recreational equipment, etc.; and;
- City of Raleigh community center fixtures and furnishings, including door knobs, chairs, tables, plumbing apparatus, light switches, etc.

I understand that participating in the recreational program selected involves risk of injury or illness. These risks include, but are not limited to, inclement weather, accidents while traveling, food related illness, equipment problems or failures, contact with and actions of other participants, spectators, and volunteers, slips/ trips/falls, musculoskeletal injuries, exposure to and illness from infectious diseases, and any and all risks described in the preceding section. I choose for myself or for my child to participate in the selected programs despite the risks. By signing below, I acknowledge all risks of injury, illness, death, and property damage, and affirm that I have assumed all responsibility of injury, illness, or death in any way connected with participation in the program. I also agree for myself and for any child participant to follow all rules and procedures of the program and to follow the reasonable instructions of the counselors, staff members, and supervisors of the program.

By signing below, I acknowledge that I have read, understand, and agree to the City of Raleigh policies listed on this form. Signature is required to complete the registration process.

Participant Signature _____ Date _____

Signature of parent/legal guardian if child is under 18 _____ Date _____

Directory

Explore Your Parks with Park Locator! Access Park Locator: <http://maps.raleighnc.gov/parklocator/> Find the closest park to your home, search for parks by amenity, get directions to a park, and explore program offerings at the parks!

Frequently Called Numbers

Adopt-A-Park	919-996-3292
City Cemeteries	919-996-6548
General Park Maintenance	919-996-4115
Facilities and Operations	
Facilities, Irrigation, Lighting	919-996-3420
General Recreation	919-996-6640
Greenways	919-996-4786
Greenway Map Request	919-996-3285
Reclink Support	919-996-2153
Recreation Business Office	919-996-4800

Division

Administration	919-996-3285
Design/Development	919-996-4824
Maintenance/Parks	919-996-4115
Marketing	919-996-3285
Raleigh Arts	919-996-3610
Recreation	919-996-6640
Urban Forestry	919-996-4115

Programs

Adult Program	
Anne Gordon Center for Active Adults	919-996-4720
Five Points Center for Active Adults	919-996-4730
Walnut Terrace Center	919-996-6160
Adventure Program	919-996-6855
Amusements	
520 Ashe Avenue	919-996-6468
Aquatics and Swimming Pools	
2401 Wade Avenue	919-996-6852
Arts Program	919-996-4683
Athletic Program	
2401 Wade Avenue	919-996-6836
Athletics Leisure Line Update	
2401 Wade Avenue	(24 hr. recording) 919-996-6575
Community Centers Program	
2401 Wade Avenue	919-996-6640
Cultural Outreach and Enrichment Program	
2401 Wade Avenue	919-996-6844
Nature Programs	
820 Clay Street	919-996-6856
Specialized Recreation Services	
2401 Wade Avenue	919-996-6640
Adults	919-996-2149
Inclusion Services	919-996-2145
	or 919-996-2146
Social Clubs	919-996-2148
Visually Impaired	919-996-2147
Youth	919-996-2110
Special Olympics Wake County	919-996-2111
Tennis Program – Millbrook Exchange Tennis Center	
1905B Spring Forest Road	919-996-4129
Teen Program	
820 Clay Street	919-996-2139
Urban Forestry	919-996-4115 / 919-872-4137(fox)
Volunteer Programs	
222 W. Hargett Street	919-996-3292
Youth Programs	
820 Clay Street, 27605	919-996-6165
After School Program, Before School Program, Summer Camps, Track Out Program	

Abbotts Creek Community Center

— •AEZ
9950 Durant Road, 27614
919-996-2770

All Children's Playground c/o Laurel Hills Park

— •BEG
3808 Edwards Mill Road, 27612
919-996-2383

Anderson Point Park c/o Barwell Road Center

— •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
919-996-6895

Biltmore Hills Swimming Pool

— •D
701 Crown Crossing Lane, 27610
919-831-6736

Borden Building at Fletcher Park

— •GMV
820 Clay Street, 27605
919-996-4363

Brentwood Neighborhood Park and Center

c/o Green Road
— •BCEGM
3315 Vinson Court, 27604
919-996-4141

Brier Creek Community Center

— •AEGMWZ
10810 Globe Road, 27617
919-420-2340

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

Dorothea Dix Park

— •NUV
2105 Umstead Dr, Raleigh, NC 27603
919-996-6688

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 Kiwanis Park

2601 Oxford Road 27608
919-996-3135

Five Points Center for Active Adults

— •LZ
2000 Noble Road, 27608
919-996-4730

Fred Fletcher Park c/o Jaycee

820 Clay Street, 27605
919-996-6833

Forest Ridge Park

2100 Old NC 98 Hwy, Wake Forest 27587
919-996-5800

Garris Building c/o Jaycee

820 Clay Street, 27605
919-996-6833

Glen Eden Pilot Neighborhood Center c/o Jaycee

— •CM
1500 Glen Eden Drive, 27612
919-996-6833

Green Road Park and Community Center

— •ABCEGMRZ
4201 Green Road, 27604
919-996-4141

Greystone Recreation Center

— •E
7713-55 Lead Mine Road, 27615
919-996-4848

Halifax Park and Community Center

— •AEG
1023 Halifax Street, 27604
919-996-6378

Hill Street Park and Neighborhood Center

— •EM
2307 Hill Street, 27604
919-996-5300

Honeycutt Park c/o Millbrook Exchange

— •BEGRMN
1032 Clear Creek Farm Road, 27615
919-996-4156

Horseshoe Farm Nature Preserve

— •KN
2900 Horseshoe Farm Road, 27587
919-870-2871

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

Directory

John Chavis Memorial Park Swimming Pool

— **D**
720 Chavis Way, 27601
919-831-6565

John P. "Top" Greene Center

— **•**
401 MLK Jr. Boulevard, 27601
919-831-6527

Kentwood Park c/o Carolina Pines

4531 Kaplan Drive, 27606
919-831-6435

Kingwood Forest c/o Biltmore

2610 Evers Drive, 27610
919-996-6895

Kiwanis Neighborhood Park and Center

— **•BEGMU**
2525 Noble Road, 27608
919-996-3135

Lake Lynn Park and Community Center

— **•ABCENoz**
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**
5105 Country Trail, 27613
919-996-2911

Lions Park and Community Center

— **•ABCEGMZ**
516 Dennis Avenue, 27604
919-996-4726

Lions Park BMX Track

— **S**
516 Dennis Avenue, 27604
919-996-4726

Longview Swimming Pool

321 Bertie Drive, 27610
919-831-6343

Marsh Creek Park, Community Center, Skate Park and Inline Hockey Rink

— **•ABEMTYZ**
3050 N. New Hope Road, 27604
919-996-4920

Method Road Park and Community Center

— **•AEGZ**
514 Method Road, 27607
919-996-6066

Millbrook Exchange Community Center

— **•ABEGMUZ**
1905 Spring Forest Road, 27615
919-996-4156

Millbrook Exchange Swimming Pool

— **•D**
1905 Spring Forest Road, 27615
919-996-4130

Millbrook Exchange Tennis Center

— **C**
1905 B Spring Forest Road, 27615
919-996-4129

Mordecai Historic Park

— **V**
1 Mimosa Street, 27604
919-996-4364

North Hills Park c/o Optimist

— **BCEMN**
100 Chowan Circle, 27609
919-996-2880

Oakwood Off-Leash Dog Park c/o Lions

— **BMGU**
910 Brookside Drive, 27604
919-996-4726

Optimist Park and Community Center

— **•ABCEN**
5900 Whittier Drive, 27609
919-996-2880

Optimist Swimming Pool

— **•D**
5902 Whittier Drive, 27609
919-996-2790

Peach Road 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 Park Amusements

— **•CEMOPZ**
520 Ashe Avenue, 27606
919-996-6468

Pullen Aquatic Center

— **•D**
410 Ashe Avenue, 27606
919-996-6197

Pullen Arts Center

— **•L**
105 Pullen Road, 27607
919-996-6126

Pullen Community Center

— **Z**
408 Ashe Avenue, 27606
919-996-6052

Raleigh Little Theatre/Rose Garden

— **•V**
301 Pogue Street, 27607
919-821-4579

Ralph Campbell Community Center

— **•G**
756 Lunar Drive, 27610
919-250-2757

Ridge Road Swimming Pool

— **•D**
1709 Ridge Road, 27607
919-420-2322

Roberts Park and Community Center

— **•ABCEGLMZ**
1300 E. Martin Street, 27610
919-831-6830

Saint Monica Teen Center

15 North Tarboro Street, 27610
919-996-4770

Sanderford Road Park and Neighborhood Center

— **•BCEGM**
2623 Sanderford Road, 27610
919-831-1898

Sgt. Courtney T. Johnson Neighborhood Center

— **•EGM**
1801 Proctor Road, 27610
919-831-6719

Sertoma Arts Center

— **•L**
1400 W. Millbrook Road, 27612
919-996-2329

Spring Forest Road Park c/o Green Road

— **BCEMN**
4203 Spring Forest Road 27616
919-996-4141

Strickland Road Park c/o Lake Lynn

— **E**
12804 Strickland Road, 27613
919-996-2911

Tarboro Road Park and Community Center

— **•ACEMZ**
121 N. Tarboro Street, 27610
919-996-6505

Theatre in the Park

— **•**
107 Pullen Road, 27607
919-831-6936

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 Center

— **•**
1256 McCauley Street, Ste. 126, 27601
919-996-6160

Williams Park c/o Sertoma Arts Center

— **CEMR**
6601 Leadmine Road, 27612
919-996-2329

Worthdale Park and Community Center

— **•ACEFZ**
1001 Cooper Road, 27610
919-996-2730

* Inquiries and mail for unstaffed centers
should be sent to c/o site.

Amenities Legend

A	Gymnasiums	O	Lake
B	Lighted Ballfield(s)	P	Boat Rental
C	Tennis Courts	Q	Fishing
D	Pool	R	Sand Volleyball
E	Play Equipment	S	BMX Track
F	Mini Park	T	Inline Skating
G	Outdoor Basketball	U	Dog Park
H	Frisbee Golf	V	Gardens
J	Exercise Trail	W	Walking Track
K	Nature Study	Y	Skate Park
L	Arts	Z	Fitness Room
M	Picnic Shelter	•	Handicap Accessible
N	Greenway Trail		



City of Raleigh
Parks, Recreation and Cultural Resources
P.O. Box 590 Raleigh, NC 27602
PRCR 6501

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Please recycle or share with a friend.

PLAY SAFELY

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

Thank you for staying safe, Raleigh!



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



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



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