

2022 | January – April

Leisure Ledger



**Raleigh
Parks**

**Online Registration Starts
November 30, 2021**

parks.raleighnc.gov

919.996.6640

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

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Together we connect and enrich our community through exceptional experiences.

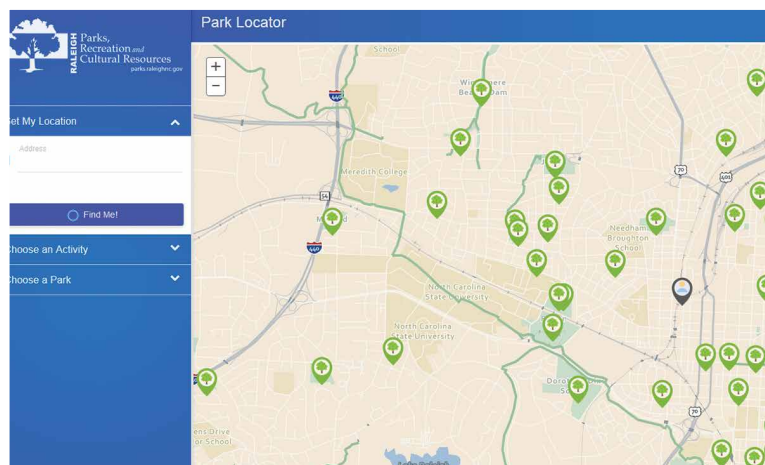
Raleigh Parks, Recreation and Cultural Resources Department boasts over 200 parks including features like amusements, art centers, athletic facilities, community centers, lakes, nature preserves, off-leash dog parks, playgrounds, swimming pools, historic homes, and open spaces. With innovative programs offered throughout the year, there are endless opportunities to learn something new, refine skills, or meet new friends. Whether you play tennis on one of our 106 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

Egg Hunts

Join your local community center this spring for fun-filled EGG-citing and EGG-cellent adventures to celebrate the season. Check with the centers closest to you to find out when and what events are planned as well as our inclement weather policy. Events may be hosted on multiple days and time, you are invited to attend all! Be sure to bring a basket or bag to collect all your goodies.

Abbotts Creek Community Center

Apr 9 Sa 11:00am-12:00pm

Green Road Community Center

Apr 9 Sa 11:00am-12:00pm

John Chavis Community Center

Apr 9 Sa 11:00am-12:00pm

Kiwanis Community Center

Apr 9 Sa 11:00am-12:00pm

Laurel Hills Community Center

Apr 9 Sa 11:00am-12:00pm

Marsh Creek Community Center

Apr 9 Sa 11:00am-12:00pm

Roberts Park Community Center

Apr 9 Sa 11:00am-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

PRCR Financial Assistance Program – 6107

P.O. Box 590 Raleigh, NC 27602

City of Raleigh tax ID number: 56-6000236

Play It Forward Scholarship Fund

BY CHECK

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

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

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

Name(s): _____

Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

ONLINE

To make a tax-deductible donation online, visit RecLink and click on the "donations" tab on the home page.

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

Buffaloe Road Aquatic Center

Jan 4-Jan 20	Tu,Th	4:30-5:00pm	Fee: \$56
Jan 8-Jan 29	Sa	10:10-10:40am	Fee: \$41
Feb 1-Feb 10	Tu,Th	4:30-5:00pm	Fee: \$41
Mar 19-Apr 9	Sa	10:10-10:40am	Fee: \$41
Mar 22-Apr 7	Tu,Th	11:30am-12:00pm	Fee: \$56
Mar 22-Apr 7	Tu,Th	4:30-5:00pm	Fee: \$56
Apr 30-May 21	Sa	10:10-10:40am	Fee: \$41

Millbrook Pool

Jan 15-Feb 5	Sa	9:30-10:00am	Fee: \$41
Feb 12-Mar 5	Sa	9:30-10:00am	Fee: \$41
Mar 12-Apr 2	Sa	9:30-10:00am	Fee: \$41
Apr 23-May 14	Sa	9:30-10:00am	Fee: \$41

Optimist Pool

Jan 15-Feb 5	Sa	10:50-11:20am	Fee: \$41
Feb 19-Mar 12	Sa	10:50-11:20am	Fee: \$41
Mar 26-Apr 9	Sa	10:50-11:20am	Fee: \$39

Pullen Aquatic Center

Jan 11-Jan 27	Tu,Th	5:10-5:40pm	Fee: \$56
Feb 8-Feb 24	Tu,Th	5:10-5:40pm	Fee: \$56
Mar 8-Mar 24	Tu,Th	5:10-5:40pm	Fee: \$56
Apr 19-May 5	Tu,Th	5:10-5:40pm	Fee: \$56

Parent & Child Aquatics Level 2

Age: 6 mo.-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.

Buffaloe Road Aquatic Center

Jan 4-Jan 20	Tu,Th	4:30-5:00pm	Fee: \$56
Jan 8-Jan 29	Sa	10:10-10:40am	Fee: \$41
Feb 1-Feb 10	Tu,Th	4:30-5:00pm	Fee: \$41
Mar 19-Apr 9	Sa	10:10-10:40am	Fee: \$41
Mar 22-Apr 7	Tu,Th	11:30am-12:00pm	Fee: \$56
Mar 22-Apr 7	Tu,Th	4:30-5:00pm	Fee: \$56
Apr 30-May 21	Sa	10:10-10:40am	Fee: \$41

Millbrook Pool

Jan 15-Feb 5	Sa	10:10-10:40am	Fee: \$41
Feb 12-Mar 5	Sa	10:10-10:40am	Fee: \$41
Mar 12-Apr 2	Sa	10:10-10:40am	Fee: \$41
Apr 23-May 14	Sa	10:10-10:40am	Fee: \$41

Optimist Pool

Jan 15-Feb 5	Sa	10:50-11:20am	Fee: \$41
Feb 19-Mar 12	Sa	10:50-11:20am	Fee: \$41
Feb 26-Apr 9	Sa	10:50-11:20am	Fee: \$41

Pullen Aquatic Center

Jan 11-Jan 27	Tu,Th	5:10-5:40pm	Fee: \$56
Feb 8-Feb 24	Tu,Th	5:10-5:40pm	Fee: \$56
Mar 8-Mar 24	Tu,Th	5:10-5:40pm	Fee: \$56
Apr 19-May 5	Tu,Th	5:10-5:40pm	Fee: \$56

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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.

Buffaloe Road Aquatic Center

Jan 4-Jan 20	Tu,Th	10:10-10:40am	Fee: \$56
Jan 4-Jan 20	Tu,Th	5:10-5:40pm	Fee: \$56
Jan 8-Jan 29	Sa	10:50-11:20am	Fee: \$41
Feb 1-Feb 10	Tu,Th	10:10-10:40am	Fee: \$41
Feb 1-Feb 10	Tu,Th	5:10-5:40pm	Fee: \$41
Mar 19-Apr 9	Sa	10:50-11:20am	Fee: \$41
Mar 22-Apr 7	Tu,Th	10:10-10:40am	Fee: \$56
Mar 22-Apr 7	Tu,Th	5:10-5:40pm	Fee: \$56
Apr 30-May 21	Sa	10:50-11:20am	Fee: \$41

Millbrook Pool

Jan 15-Feb 5	Sa	8:50-9:20am	Fee: \$41
Jan 15-Feb 5	Sa	9:30-10:00am	Fee: \$41
Jan 24-Feb 9	M,W	5:10-5:40pm	Fee: \$56
Feb 12-Mar 5	Sa	8:50-9:20am	Fee: \$41
Feb 12-Mar 5	Sa	9:30-10:00am	Fee: \$41
Feb 21-Mar 9	M,W	5:10-5:40pm	Fee: \$56
Mar 12-Apr 2	Sa	8:50-9:20am	Fee: \$41
Mar 12-Apr 2	Sa	9:30-10:00am	Fee: \$41
Mar 21-Apr 6	M,W	10:10-10:40am	Fee: \$56
Mar 21-Apr 6	M,W	5:10-5:40pm	Fee: \$56
Apr 18-May 4	M,W	10:10-10:40am	Fee: \$56
Apr 18-May 4	M,W	10:10-10:40am	Fee: \$56
Apr 23-May 14	Sa	8:50-9:20am	Fee: \$41
Apr 23-May 14	Sa	9:30-10:00am	Fee: \$41

Optimist Pool

Jan 15-Feb 5	Sa	10:10-10:40am	Fee: \$41
Jan 18-Feb 3	Tu,Th	5:10-5:40pm	Fee: \$56
Feb 15-Mar 3	Tu,Th	5:10-5:40pm	Fee: \$56
Feb 19-Mar 12	Sa	10:10-10:40am	Fee: \$41
Mar 15-Mar 31	Tu,Th	5:10-5:40pm	Fee: \$56
Mar 26-Apr 9	Sa	10:10-10:40am	Fee: \$39

Pullen Aquatic Center

Jan 11-Jan 27	Tu,Th	5:50-6:20pm	Fee: \$56
Feb 8-Feb 24	Tu,Th	5:50-6:20pm	Fee: \$56
Mar 8-Mar 24	Tu,Th	5:50-6:20pm	Fee: \$56
Apr 19-May 5	Tu,Th	5:50-6:20pm	Fee: \$56

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

Jan 4-Jan 20	Tu,Th	10:50-11:20am	Fee: \$56
Jan 4-Jan 20	Tu,Th	5:10-5:40pm	Fee: \$56
Jan 8-Jan 29	Sa	10:50-11:20am	Fee: \$41
Feb 1-Feb 10	Tu,Th	10:50-11:20am	Fee: \$41
Feb 1-Feb 10	Tu,Th	5:10-5:40pm	Fee: \$41
Mar 19-Apr 9	Sa	10:50-11:20am	Fee: \$41
Mar 22-Apr 7	Tu,Th	10:50-11:20am	Fee: \$56
Mar 22-Apr 7	Tu,Th	5:10-5:40pm	Fee: \$56
Apr 30-May 21	Sa	10:50-11:20am	Fee: \$41

Millbrook Pool

Jan 15-Feb 5	Sa	10:10-10:40am	Fee: \$41
Jan 15-Feb 5	Sa	10:50-11:20am	Fee: \$41
Jan 24-Feb 9	M,W	5:10-5:40pm	Fee: \$56

Feb 12-Mar 5	Sa	10:10-10:40am	Fee: \$41
Feb 12-Mar 5	Sa	10:50-11:20am	Fee: \$41
Feb 21-Mar 9	M,W	5:10-5:40pm	Fee: \$56
Mar 12-Apr 2	Sa	10:10-10:40am	Fee: \$41
Mar 12-Apr 2	Sa	10:50-11:20am	Fee: \$41
Mar 21-Apr 6	M,W	10:50-11:20am	Fee: \$56
Mar 21-Apr 6	M,W	5:10-5:40pm	Fee: \$56
Apr 18-May 4	M,W	10:50-11:20am	Fee: \$56
Apr 18-May 4	M,W	5:10-5:40pm	Fee: \$56
Apr 23-May 14	Sa	10:10-10:40am	Fee: \$41
Apr 23-May 14	Sa	10:50-11:20am	Fee: \$41

Optimist Pool

Jan 15-Feb 5	Sa	10:10-10:40am	Fee: \$41
Jan 18-Feb 3	Tu,Th	5:10-5:40pm	Fee: \$56
Feb 15-Mar 3	Tu,Th	5:10-5:40pm	Fee: \$56
Feb 19-Mar 12	Sa	10:10-10:40am	Fee: \$41
Mar 15-Mar 31	Tu,Th	5:10-5:40pm	Fee: \$56
Mar 26-Apr 9	Sa	10:10-10:40am	Fee: \$39

Pullen Aquatic Center

Jan 11-Jan 27	Tu,Th	5:50-6:20pm	Fee: \$56
Feb 8-Feb 24	Tu,Th	5:50-6:20pm	Fee: \$56
Mar 8-Mar 24	Tu,Th	5:50-6:20pm	Fee: \$56
Apr 19-May 5	Tu,Th	5:50-6:20pm	Fee: \$56

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

Jan 4-Jan 20	Tu,Th	11:30am-12:00pm	Fee: \$56
Jan 4-Jan 20	Tu,Th	5:10-5:40pm	Fee: \$56
Jan 8-Jan 29	Sa	10:50-11:20am	Fee: \$41
Feb 1-Feb 10	Tu,Th	11:30am-12:00pm	Fee: \$41
Feb 1-Feb 10	Tu,Th	5:10-5:40pm	Fee: \$41
Mar 19-Apr 9	Sa	10:50-11:20am	Fee: \$41
Mar 22-Apr 7	Tu,Th	10:50-11:20am	Fee: \$56
Mar 22-Apr 7	Tu,Th	5:10-5:40pm	Fee: \$56
Apr 30-May 21	Sa	10:50-11:20am	Fee: \$41

Millbrook Pool

Jan 15-Feb 5	Sa	10:50-11:20am	Fee: \$41
Jan 24-Feb 9	M,W	5:50-6:20pm	Fee: \$56
Feb 12-Mar 5	Sa	10:50-11:20am	Fee: \$41
Feb 21-Mar 9	M,W	5:50-6:20pm F	Fee: \$56
Mar 12-Apr 2	Sa	10:50-11:20am	Fee: \$41
Mar 21-Apr 6	M,W	11:30am-12:00pm	Fee: \$56
Mar 21-Apr 6	M,W	5:50-6:20pm	Fee: \$56
Apr 18-May 4	M,W	11:30am-12:00pm	Fee: \$56
Apr 18-May 4	M,W	5:50-6:20pm	Fee: \$56
Apr 23-May 14	Sa	10:50-11:20am	Fee: \$41

Optimist Pool

Jan 15-Feb 5	Sa	11:30am-12:00pm	Fee: \$41
Jan 18-Feb 3	Tu,Th	5:50-6:20pm	Fee: \$56
Feb 15-Mar 3	Tu,Th	5:50-6:20pm	Fee: \$56
Feb 19-Mar 12	Sa	11:30am-12:00pm	Fee: \$41
Mar 15-Mar 31	Tu,Th	5:50-6:20pm	Fee: \$56
Mar 26-Apr 9	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

Jan 4-Jan 20	Tu,Th	5:50-6:20pm	Fee: \$56
Jan 8-Jan 29	Sa	11:30am-12:00pm	Fee: \$41
Feb 1-Feb 10	Tu,Th	5:50-6:20pm	Fee: \$41
Mar 19-Apr 9	Sa	11:30am-12:00pm	Fee: \$41
Mar 22-Apr 7	Tu,Th	5:50-6:20pm	Fee: \$56
Apr 30-May 21	Sa	11:30am-12:00pm	Fee: \$41

Millbrook Pool

Jan 15-Feb 5	Sa	9:30-10:00am	Fee: \$41
Jan 24-Feb 9	M,W	6:30-7:00pm	Fee: \$56
Feb 12-Mar 5	Sa	9:30-10:00am	Fee: \$41
Feb 21-Mar 9	M,W	6:30-7:00pm	Fee: \$56
Mar 12-Apr 2	Sa	9:30-10:00am	Fee: \$41
Mar 21-Apr 6	M,W	6:30-7:00pm	Fee: \$56
Apr 18-May 4	M,W	6:30-7:00pm	Fee: \$56
Apr 23-May 14	Sa	9:30-10:00am	Fee: \$41

Optimist Pool

Jan 15-Feb 5	Sa	10:10-10:40am	Fee: \$41
Jan 18-Feb 3	Tu,Th	5:50-6:20pm	Fee: \$56
Feb 15-Mar 3	Tu,Th	5:50-6:20pm	Fee: \$56
Feb 19-Mar 12	Sa	10:10-10:40am	Fee: \$41
Mar 15-Mar 31	Tu,Th	5:50-6:20pm	Fee: \$56
Mar 26-Apr 9	Sa	10:10-10:40am	Fee: \$39

Pullen Aquatic Center

Jan 11-Jan 27	Tu,Th	6:30-7:00pm	Fee: \$56
Feb 8-Feb 24	Tu,Th	6:30-7:00pm	Fee: \$56
Mar 8-Mar 24	Tu,Th	6:30-7:00pm	Fee: \$56
Apr 19-May 5	Tu,Th	6:30-7:00pm	Fee: \$56

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

Jan 4-Jan 20	Tu,Th	5:50-6:20pm	Fee: \$56
Jan 8-Jan 29	Sa	11:30am-12:00pm	Fee: \$41
Feb 1-Feb 10	Tu,Th	5:50-6:20pm	Fee: \$41
Mar 19-Apr 9	Sa	11:30am-12:00pm	Fee: \$41
Mar 22-Apr 7	Tu,Th	5:50-6:20pm	Fee: \$56
Apr 30-May 21	Sa	11:30am-12:00pm	Fee: \$41

Millbrook Pool

Jan 15-Feb 5	Sa	10:10-10:40am	Fee: \$41
Jan 15-Feb 5	Sa	11:30am-12:00pm	Fee: \$41
Jan 24-Feb 9	M,W	6:30-7:00pm	Fee: \$56
Feb 12-Mar 5	Sa	10:10-10:40am	Fee: \$41
Feb 12-Mar 5	Sa	11:30am-12:00pm	Fee: \$41
Feb 21-Mar 9	M,W	6:30-7:00pm	Fee: \$56
Mar 12-Apr 2	Sa	10:10-10:40am	Fee: \$41
Mar 12-Apr 2	Sa	11:30am-12:00pm	Fee: \$41
Mar 21-Apr 6	M,W	6:30-7:00pm	Fee: \$56
Apr 18-May 4	M,W	6:30-7:00pm	Fee: \$56
Apr 23-May 14	Sa	10:10-10:40am	Fee: \$41
Apr 23-May 14	Sa	11:30am-12:00pm	Fee: \$41

Optimist Pool

Jan 15-Feb 5	Sa	10:50-11:20am	Fee: \$41
Jan 18-Feb 3	Tu,Th	6:30-7:00pm	Fee: \$56
Feb 15-Mar 3	Tu,Th	6:30-7:00pm	Fee: \$56
Feb 19-Mar 12	Sa	10:50-11:20am	Fee: \$41
Mar 15-Mar 31	Tu,Th	6:30-7:00pm	Fee: \$56
Mar 26-Apr 9	Sa	10:50-11:20am	Fee: \$39

Pullen Aquatic Center

Jan 11-Jan 27	Tu,Th	6:30-7:00pm	Fee: \$56
Feb 8-Feb 24	Tu,Th	6:30-7:00pm	Fee: \$56
Mar 8-Mar 24	Tu,Th	6:30-7:00pm	Fee: \$56
Apr 19-May 5	Tu,Th	6:30-7:00pm	Fee: \$56

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

Jan 4-Jan 20	Tu,Th	5:50-6:20pm	Fee: \$56
Jan 8-Jan 29	Sa	11:30am-12:00pm	Fee: \$41
Feb 1-Feb 10	Tu,Th	5:50-6:20pm	Fee: \$41
Mar 19-Apr 9	Sa	11:30am-12:00pm	Fee: \$41
Mar 22-Apr 7	Tu,Th	5:50-6:20pm	Fee: \$56
Apr 30-May 21	Sa	11:30am-12:00pm	Fee: \$41

Millbrook Pool

Jan 15-Feb 5	Sa	10:50-11:20am	Fee: \$41
Jan 24-Feb 9	M,W	5:50-6:20pm	Fee: \$56
Feb 12-Mar 5	Sa	10:50-11:20am	Fee: \$41
Feb 21-Mar 9	M,W	5:50-6:20pm	Fee: \$56
Mar 12-Apr 2	Sa	10:50-11:20am	Fee: \$41
Mar 21-Apr 6	M,W	5:50-6:20pm	Fee: \$56
Apr 18-May 4	M,W	5:50-6:20pm	Fee: \$56
Apr 23-May 14	Sa	10:50-11:20am	Fee: \$41

Optimist Pool

Jan 15-Feb 5	Sa	10:50-11:20am	Fee: \$41
Jan 18-Feb 3	Tu,Th	6:30-7:00pm	Fee: \$56
Feb 15-Mar 3	Tu,Th	6:30-7:00pm	Fee: \$56
Feb 19-Mar 12	Sa	10:50-11:20am	Fee: \$41
Mar 15-Mar 31	Tu,Th	6:30-7:00pm	Fee: \$56
Mar 26-Apr 9	Sa	10:50-11:20am	Fee: \$39

Pullen Aquatic Center

Jan 11-Jan 27	Tu,Th	7:10-7:40pm	Fee: \$56
Feb 8-Feb 24	Tu,Th	7:10-7:40pm	Fee: \$56
Mar 8-Mar 24	Tu,Th	7:10-7:40pm	Fee: \$56
Apr 19-May 5	Tu,Th	7:10-7:40pm	Fee: \$56

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

Jan 4-Jan 20	Tu,Th	6:30-7:00pm	Fee: \$56
Jan 8-Jan 29	Sa	12:10-12:40pm	Fee: \$41
Feb 1-Feb 10	Tu,Th	6:30-7:00pm	Fee: \$41
Mar 19-Apr 9	Sa	12:10-12:40pm	Fee: \$41
Mar 22-Apr 7	Tu,Th	6:30-7:00pm	Fee: \$56
Apr 30-May 21	Sa	12:10-12:40pm	Fee: \$41

Millbrook Pool

Jan 15-Feb 5	Sa	11:30am-12:00pm	Fee: \$41
Jan 24-Feb 9	M,W	7:10-7:40pm	Fee: \$56
Feb 12-Mar 5	Sa	11:30am-12:00pm	Fee: \$41
Feb 21-Mar 9	M,W	7:10-7:40pm	Fee: \$56
Mar 12-Apr 2	Sa	11:30am-12:00pm	Fee: \$41
Mar 21-Apr 6	M,W	7:10-7:40pm	Fee: \$56
Apr 18-May 4	M,W	7:10-7:40pm	Fee: \$56
Apr 23-May 14	Sa	11:30am-12:00pm	Fee: \$41

Optimist Pool

Jan 15-Feb 5	Sa	11:30am-12:00pm	Fee: \$41
Jan 18-Feb 3	Tu,Th	7:10-7:40pm	Fee: \$56
Feb 15-Mar 3	Tu,Th	7:10-7:40pm	Fee: \$56
Feb 19-Mar 12	Sa	11:30am-12:00pm	Fee: \$41
Mar 15-Mar 31	Tu,Th	7:10-7:40pm	Fee: \$56
Mar 26-Apr 9	Sa	11:30am-12:00pm	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

Jan 4-Jan 20	Tu,Th	6:30-7:00pm	Fee: \$56
Jan 8-Jan 29	Sa	12:10-12:40pm	Fee: \$41
Feb 1-Feb 10	Tu,Th	6:30-7:00pm	Fee: \$41
Mar 19-Apr 9	Sa	12:10-12:40pm	Fee: \$41
Mar 22-Apr 7	Tu,Th	6:30-7:00pm	Fee: \$56
Apr 30-May 21	Sa	12:10-12:40pm	Fee: \$41

Millbrook Pool

Jan 15-Feb 5	Sa	11:30am-12:00pm	Fee: \$41
Feb 12-Mar 5	Sa	11:30am-12:00pm	Fee: \$41
Mar 12-Apr 2	Sa	11:30am-12:00pm	Fee: \$41
Apr 18-May 4	M,W	11:30am-12:00pm	Fee: \$56
Apr 23-May 14	Sa	11:30am-12:00pm	Fee: \$41

Optimist Pool

Jan 15-Feb 5	Sa	11:30am-12:00pm	Fee: \$41
Jan 18-Feb 3	Tu,Th	7:10-7:40pm	Fee: \$56
Feb 15-Mar 3	Tu,Th	7:10-7:40pm	Fee: \$56
Feb 19-Mar 12	Sa	11:30am-12:00pm	Fee: \$41
Mar 15-Mar 31	Tu,Th	7:10-7:40pm	Fee: \$56
Mar 26-Apr 9	Sa	11:30am-12:00pm	Fee: \$39

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

Mar 14-May 2	M,W	4:00-4:45pm	Fee: \$56
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Buffaloe Blue Whales 11-18

Mar 14-May 2	M,W	5:00-5:45pm	Fee: \$56
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Buffaloe Blue Whales 3-10

Mar 14-May 2	M,W	6:00-6:45pm	Fee: \$56
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Millbrook Pool

Feb 22-May 3	Tu,Th	6:00-6:45pm	Fee: \$78
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Millbrook Marlins 11-18

Feb 22-May 3	Tu,Th	7:00-7:45pm	Fee: \$78
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Optimist Pool

Feb 21-May 2	M,W	6:00-6:45pm	Fee: \$78
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Optimist Otters 3-10

Feb 21-May 2	M,W	7:00-7:45pm	Fee: \$78
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Optimist Otters 11-18

Feb 21-May 2	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

Jan 4-Jan 20	Tu,Th	6:30-7:10pm	Fee: \$62
Jan 8-Jan 29	Sa	12:10-12:50pm	Fee: \$47
Feb 1-Feb 10	Tu,Th	6:30-7:10pm	Fee: \$47
Mar 19-Apr 9	Sa	12:10-12:50pm	Fee: \$47
Mar 22-Apr 7	Tu,Th	6:30-7:10pm	Fee: \$62
Apr 30-May 21	Sa	12:10-12:50pm	Fee: \$47

Millbrook Pool

Jan 15-Feb 5	Sa	8:40-9:20am	Fee: \$47
Jan 24-Feb 9	M,W	7:10-7:50pm	Fee: \$62
Feb 12-Mar 5	Sa	8:40-9:20am	Fee: \$47
Feb 21-Mar 9	M,W	7:10-7:50pm	Fee: \$62
Mar 12-Apr 2	Sa	8:40-9:20am	Fee: \$47
Mar 21-Apr 6	M,W	7:10-7:50pm	Fee: \$62
Apr 23-May 14	Sa	8:40-9:20am	Fee: \$47

Optimist Pool

Jan 15-Feb 5	Sa	9:20-10:00am	Fee: \$47
Feb 19-Mar 12	Sa	9:20-10:00am	Fee: \$47
Mar 26-Apr 9	Sa	9:20-10:00am	Fee: \$45

Pullen Aquatic Center

Jan 11-Jan 27	Tu,Th	7:10-7:50pm	Fee: \$62
Feb 8-Feb 24	Tu,Th	7:10-7:50pm	Fee: \$62
Mar 8-Mar 24	Tu,Th	7:10-7:50pm	Fee: \$62
Apr 19-May 5	Tu,Th	7:10-7:50pm	Fee: \$62

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

Jan 4-Jan 20	Tu,Th	6:30-7:10pm	Fee: \$62
Jan 8-Jan 29	Sa	12:10-12:50pm	Fee: \$47
Feb 1-Feb 10	Tu,Th	6:30-7:10pm	Fee: \$47
Mar 19-Apr 9	Sa	12:10-12:50pm	Fee: \$47
Mar 22-Apr 7	Tu,Th	6:30-7:10pm	Fee: \$62
Apr 30-May 21	Sa	12:10-12:50pm	Fee: \$47

Millbrook Pool

Jan 15-Feb 5	Sa	8:40-9:20am	Fee: \$47
Feb 12-Mar 5	Sa	8:40-9:20am	Fee: \$47
Mar 12-Apr 2	Sa	8:40-9:20am	Fee: \$47
Apr 23-May 14	Sa	8:40-9:20am	Fee: \$47

Optimist Pool

Jan 15-Feb 5	Sa	9:20-10:00am	Fee: \$47
Feb 19-Mar 12	Sa	9:20-10:00am	Fee: \$47
Feb 26-Apr 9	Sa	9:20-10:00am	Fee: \$45

**Water Exercise - Joint-
(Level 1-2)**

This class is designed for people with arthritis, fibromyalgia or other conditions that would benefit from range of motion exercises.

Pullen Aquatic Center

Jan 3-Apr 29 M,W,F 9:45-10:45am

Fees: Single admission PER class

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

8 Class pass:

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

**Water Exercise - Hydro Fusion
(Level 2-4)**

This class offers a variety of continuous exercises to gain muscular strength, coordination and cardiovascular endurance.

Optimist Pool

Jan 3-Apr 29 M,W,F 10:00-11:00am
Jan 4-Apr 28 Tu,Th 9:00-10:00am

Fees: Single admission PER class

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

8 Class pass:

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

**Water Exercise - Deep water Intervals
(Level 3-4)****Optimist Pool**

Jan 3-Apr 29 M,W,F 11:00am-12:00pm

Pullen Aquatic Center

Jan 3-Apr 29 M,W,F 8:30-9:30am

Fees: Single admission PER class

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

8 Class pass:

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

**Water Exercise - Deep Power Hour
(Level 4-5)**

Combination of high and low intensity exercises.

Millbrook Pool

Jan 4-Apr 28 Tu,Th 6:00-7:00pm
Jan 1-Apr 30 Sa 8:00-9:00am

Fees: Single admission PER class

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

8 Class pass:

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

Water Exercise - Pool Pilates

Age: 13-99 yrs. This non-impact exercise routine improves flexibility, builds strength, endurance, alignment and breathing.

Pullen Aquatic Center

Jan 4-Apr 28 Tu,Th 11:00am-12:00pm Fee: \$8

Water Exercise - Pool Pilates Plus

A more advance version of the intro class with more intense level of exercise for flexibility and control of the body.

Pullen Aquatic Center

Jan 4-Apr 28 Tu,Th 10:00-11:00am

Fees: Single admission PER class

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

8 Class pass:

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

Water Exercise - Water Walking Plus

Class includes range of motion, long movements and basic cardiovascular workout.

Optimist Pool

Jan 3-Apr 29 M,W,F 9:00-10:00am

Fees: Single admission PER class

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

8 Class pass:

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

Water Exercise-Ai Chi Aqua Moves

Exercises focusing to build strength, encourage flexibility, and improve balance and gait. This class is a combination of deep breathing and slow broad movements using nineteen postures balancing the whole body to invite awareness, relaxation and tranquility.

Pullen Aquatic Center

Jan 4-Apr 28 Tu,Th 8:00-9:00am

Fees: Single admission PER class

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

8 Class pass:

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

Water Exercise-Range of Motion Plus**Pullen Aquatic Center**

Jan 4-Apr 28 Tu,Th 9:00-10:00am

Fees: Single admission PER class

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

8 Class pass:

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



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](https://www.facebook.com/OfficeofRaleighArts)

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

Twitter: [@RaleighArts](https://twitter.com/RaleighArts)



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

January 2022

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

February - April 2022

Michael Bennett	Leatha Koeffer
Andy McKenzie	Patty Merrell
Sharon Parker	Sudi Rakusin
Sylvia Richardson	Madelyn Smock
Joan Walsh	

May - June 2022

Cindy Aldrich	Rick Bennett
Jeny Brill	Ari Ferro
Ann Harwell	Susan Parrish
Robyn Scott	Anne Terry
Gwen Weaver	

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

January – February

Raleigh Room: Color Focus - A Curated Exhibit by Charlotte Russell featuring artists Katie Berman, Abien Harris, Wiley Johnson, Peter Marin and Jean Gray Mohs

Hall Gallery: Jan-Ru Wan

Display Cases: Ann Haigler + Sarah Clover

March

Raleigh Room: Carolina Nature Photographers

Hall Gallery: Jan-Ru Wan

Display Cases: Betty McKim + Hannah Weaver

April

All Gallery Spaces: Sertoma Park Artists' Annual Show

Preschool

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 story time and make arts and crafts projects at each adventure. Parent participation is required. Class length is four weeks, with a makeup class, if needed, added the week following the scheduled end of the session. Instructor: Maureen Seltzer.

Optimist Community Center – Course Fee: \$36

Jan 5-Jan 26	W	10:30-11:15am
Feb 9-Mar 2	W	10:30-11:15am
Mar 16-Apr 6	W	10:30-11:15am

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

Jan 8-Jan 29	Sa	10:00-11:00am
Feb 5-Feb 26	Sa	10:00-11:00am
Mar 5-Mar 26	Sa	10:00-11:00am
Apr 2-Apr 30	Sa	10:00-11:00am
Jan 6-Jan 27	Th	11:00am-12:00pm
Feb 3-Feb 24	Th	11:00am-12:00pm
Mar 3-Mar 31	Th	11:00am-12:00pm
Apr 7-Apr 28	Th	11:00am-12:00pm

Ballet and Tap for Preschoolers

Age: 2-3 yrs. Your preschooler will learn technique and grow as a dancer in this class. Half of the class is devoted to ballet and the other half is devoted to tap. White or pink tights, pink or black leotard, ballet slippers and tap shoes are preferred but not required.

Millbrook Exchange Community Center – Course Fee: \$36

Ages 2-3

Jan 5-Jan 26	W	10:15-11:00am
Feb 2-Feb 23	W	10:15-11:00am
Mar 2-Mar 23	W	10:15-11:00am
Apr 6-Apr 27	W	10:15-11:00am

Ages 4-5

Jan 4-Jan 25	Tu	10:15-11:00am
Feb 1-Feb 22	Tu	10:15-11:00am
Mar 1-Mar 22	Tu	10:15-11:00am
Apr 5-Apr 26	Tu	10:15-11:00am

Ballet/Tap Basics at Greystone

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

Greystone Recreation Center – Course Fee: \$40

Age: 2-3 yrs.

Jan 6-Jan 27	Th	11:30am-12:15pm
Feb 3-Feb 24	Th	11:30am-12:15pm
Mar 3-Mar 24	Th	11:30am-12:15pm
Apr 7-Apr 28	Th	11:30am-12:15pm

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 Spring 2022 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

February 4 – 20, 2022

Greater Tuna

March 25 – April 10, 2022

The Dresser

June 3 – 19, 2022

The Sweet Delilah Swim Club

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

Age: 3-5 yrs.

Jan 6-Jan 27	Th	10:15-11:00am
Feb 3-Feb 24	Th	10:15-11:00am
Mar 3-Mar 24	Th	10:15-11:00am
Apr 7-Apr 28	Th	10:15-11:00am

Butterfly Ballerina's

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

Hill Street Neighborhood Center – Course Fee: \$25

Jan 4-Jan 25	Tu	4:45-5:15pm
Feb 1-Feb 22	Tu	4:45-5:15pm
Mar 1-Mar 22	Tu	4:45-5:15pm
Apr 5-Apr 26	Tu	4:45-5:15pm

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

Jan 8-Jan 29	Sa	9:15-10:00am
Feb 5-Feb 26	Sa	9:15-10:00am
Mar 5-Mar 26	Sa	9:15-10:00am
Apr 2-Apr 30	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

Jan 4-Jan 25	Tu	5:30-6:30pm
Feb 1-Feb 22	Tu	5:30-6:30pm
Mar 1-Mar 22	Tu	5:30-6:30pm
Apr 5-Apr 26	Tu	5:30-6:30pm

Happy Hearts

Age: 3-5 yrs. Love is in the air! Would you like to give your Valentine a handmade gift? Join us at Abbotts Creek for an exciting morning of cards and other fun crafts. Pre-registration required.

Abbotts Creek Community Center – Course Fee: \$5

Feb 14	M	10:00-10:45am
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Lucky Leprechauns

Age: 3-5 yrs. Is there gold at the end of the rainbow? Can you help us find A four-leaf clover? Follow the rainbow to Abbotts Creek for a fun morning of crafts and fun. Pre-registration required.

Abbotts Creek Community Center – Course Fee: \$5

Mar 14	M	10:00-10:45am
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Paints and Plants

Age: 3-6 yrs. This class will center around fun art projects where the students use nature's works of art to make their own! We're provided with amazing and unique tools to make art right outside our front doors. These projects will center around the elements of art such as, color, line, form, shape, and texture! For example, students may create 2 dimensional art such as flower/leaf rubbings or prints, scanned nature art, or foliage collages. They would also create awesome 3 dimensional works including clay prints, leaf-mache, or rock art. Supplies will be provided but students are welcome to bring their own flowers and/or leaves if you choose!

Brier Creek Community Center – Course Fee: \$30

Jan 8-Jan 29	Sa	10:00-10:45am
Feb 5-Feb 26	Sa	10:00-10:45am
Mar 5-Mar 26	Sa	10:00-10:45am
Apr 2-Apr 23	Sa	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

Jan 14-Feb 18	F	9:30-10:15am
Mar 11-Apr 22	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

Jan 11-Feb 15	Tu	9:30-10:30am
Mar 8-Apr 12	Tu	9:30-10:30am

Preschool - What Can You See Under the Sea?

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

Instructor: Michelle Davis Petelinz.

Sertoma Arts Center – Course Fee: \$75

Jan 11-Feb 15	Tu	11:00am-12:00pm
Mar 8-Apr 12	Tu	11:00am-12:00pm

Preschool - Wild Animal Art

Age: 3-5 yrs. We'll read about wild animals and create wild art projects! Projects include painted masks, clay sculptures, watercolor habitats, recycled object sculptures, salt painting and more. Supplies included.

Instructor: Michelle Davis Petelinz.

Sertoma Arts Center – Course Fee: \$75

Jan 13-Feb 17	Th	1:00-2:00pm
Mar 10-Apr 14	Th	1:00-2:00pm

Suzuki Music for Babies

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

Greystone Recreation Center – Course Fee: \$55

Jan 12-Feb 16	W	10:00-10:50am
Mar 9-Apr 13	W	10:00-10:50am

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

Jan 8-Jan 29	Sa	9:15-10:00am
Feb 5-Feb 26	Sa	9:15-10:00am
Mar 5-Mar 26	Sa	9:15-10:00am
Apr 2-Apr 30	Sa	9:15-10:00am

Youth

African Dance for Youth

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

Barwell Road Community Center – Course Fee: \$43

Jan 8-Jan 29	Sa	11:00-11:45am
Feb 5-Feb 26	Sa	11:00-11:45am
Mar 5-Mar 26	Sa	11:00-11:45am
Apr 2-Apr 30	Sa	11:00-11:45am

Art - Abstract Garden

Age: 6-11 yrs. Get your hands dirty in the abstract garden. We will explore drawing, painting, printing and sculpture, using different materials that will add to each one's artistic uniqueness. Abstract and realistic styles are encouraged within the theme of the abstract garden. Supplies included. Instructor: Sarah Clover.

Sertoma Arts Center – Course Fee: \$100

Jan 10-Feb 21	M	4:00-6:00pm
Mar 8-Apr 12	Tu	4:00-6:00pm



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Art - Fantastic Beasts and How to Make Them

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

Sertoma Arts Center – Course Fee: \$100

Jan 12-Feb 16	W	4:00-6:00pm
Mar 9-Apr 13	W	4:00-6:00pm

Art - Painted Paper Palooza!

Age: 6-10 yrs. We'll use brushes, paints, inks, sponges, body parts (!), feathers, foam and other wacky things to create a variety of painted papers, using lots of techniques, including sgraffito, marbling, mono printing, bubbling, stenciling and stamping. Then, we'll use those papers to create all kinds of wonderful art, both 2-D and 3-D inspired by the colors, textures and patterns we made! Supplies included. Instructor: Michelle Davis Petelinz.

Sertoma Arts Center – Course Fee: \$100

Jan 13-Feb 17	Th	4:00-6:00pm
Mar 10-Apr 14	Th	4:00-6:00pm

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

Jan 8-Jan 29	Sa	11:15am-12:15pm
Feb 5-Feb 26	Sa	11:15am-12:15pm
Mar 5-Mar 26	Sa	11:15am-12:15pm
Apr 2-Apr 30	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

Jan 8-Jan 29	Sa	10:00-10:45am
Feb 5-Feb 26	Sa	10:00-10:45am
Mar 5-Mar 26	Sa	10:00-10:45am
Apr 2-Apr 30	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

Jan 8-Jan 29	Sa	12:15-1:00pm
Feb 5-Feb 26	Sa	12:15-1:00pm
Mar 5-Mar 26	Sa	12:15-1:00pm
Apr 2-Apr 30	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

Jan 8-Jan 29	Sa	10:15-11:00am
Feb 5-Feb 26	Sa	10:15-11:00am
Mar 5-Mar 26	Sa	10:15-11:00am
Apr 2-Apr 30	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

Jan 8-Jan 29	Sa	11:15am-12:00pm
Feb 5-Feb 26	Sa	11:15am-12:00pm
Mar 5-Mar 26	Sa	11:15am-12:00pm
Apr 2-Apr 30	Sa	11:15am-12:00pm

Shooting Stars

Jan 8-Jan 29	Sa	1:15-2:00pm
Feb 5-Feb 26	Sa	1:15-2:00pm
Mar 5-Mar 26	Sa	1:15-2:00pm
Apr 2-Apr 30	Sa	1:15-2:00pm

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

Jan 8-Jan 29	Sa	1:00-1:45pm
Feb 5-Feb 26	Sa	1:00-1:45pm
Mar 5-Mar 26	Sa	1:00-1:45pm
Apr 2-Apr 30	Sa	1:00-1:45pm



Dancin' Feet

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

Hill Street Neighborhood Center – Course Fee: \$40

Jan 4-Jan 25	Tu	6:45-7:45pm
Feb 1-Feb 22	Tu	6:45-7:45pm
Mar 1-Mar 22	Tu	6:45-7:45pm
Apr 5-Apr 26	Tu	6:45-7:45pm

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

Jan 5-Jan 26	W	1:30-3:00pm
Jan 5-Jan 26	W	4:30-6:00pm
Feb 9-Mar 2	W	1:30-3:00pm
Feb 9-Mar 2	W	4:30-6:00pm
Mar 16-Apr 6	W	1:30-3:00pm
Mar 16-Apr 6	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

Jan 5-Jan 26	W	11:45am-12:45pm
Feb 9-Mar 2	W	11:45am-12:45pm
Mar 16-Apr 6	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

Jan 5-Jan 26	W	7:00-8:00pm
Feb 2-Feb 23	W	7:00-8:00pm
Mar 2-Mar 30	W	7:00-8:00pm
Apr 6-Apr 27	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

Jan 8-Jan 29	Sa	12:00-12:45pm
Feb 5-Feb 26	Sa	12:00-12:45pm
Mar 5-Mar 26	Sa	12:00-12:45pm
Apr 2-Apr 30	Sa	12:00-12:45pm

Jazzed to Jive

Age: 5-10 yrs. Leap, twirl, and Jazz Hands!! The first half of class will focus on ballet technique and choreography; in the second half, we will let our hair down and bust a move with Jazz and Hip Hop steps. Freestylin' freedom is encouraged in the "final bow" of each class. Instructor: Ms. Gabbie

Greystone Recreation Center – Course Fee: \$40

Jan 3-Jan 31	M	5:00-5:55pm
Feb 7-Feb 28	M	5:00-5:55pm
Mar 7-Mar 28	M	5:00-5:55pm
Apr 4-Apr 25	M	5:00-5:55pm

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

Jan 8-Jan 29	Sa	2:15-3:00pm
Feb 5-Feb 26	Sa	2:15-3:00pm
Mar 5-Mar 26	Sa	2:15-3:00pm
Apr 2-Apr 30	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

Jan 4-Jan 25	Tu	6:00-7:00pm
Feb 1-Feb 22	Tu	6:00-7:00pm
Mar 1-Mar 22	Tu	6:00-7:00pm
Apr 5-Apr 26	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

Jan 6-Apr 28	Th	6:15-7:30pm	Fee: \$160
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Half Session

Mar 3-Apr 28	Th	6:15-7:30pm	Fee: \$80
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Painting - Watercolor Out of this World: Paint the Nighttime Sky and Beyond!

Age: 7-12 yrs. Stars! Planets! Galaxies! Oh my! In this 6-week course, students will learn watercolor techniques to create stellar works of art that are out of this world. We will look at various NASA and Hubble telescope images for inspiration, discuss topics on galaxies, aurora borealis, the moon and more, all the while learning various techniques to gain a better understanding of how to paint with watercolor. Supplies included. Instructor: Lauren Blackwell.

Sertoma Arts Center – Course Fee: \$75

Jan 11-Feb 15	Tu	4:30-5:30pm
Mar 7-Apr 11	M	4:30-5:30pm

Paints and Plants for Kids

Age: 7-10 yrs. This class will center around fun art projects where the students use nature's works of art to make their own! We're provided with amazing and unique tools to make art right outside our front doors. These projects will center around the elements of art such as, color, line, form, shape, and texture! For example, students may create 2 dimensional art such as flower/leaf rubbings or prints, scanned nature art, or foliage collages. They would also create awesome 3 dimensional works including clay prints, leaf-mache, or rock art. Supplies will be provided but students are welcome to bring their own flowers and/or leaves if you choose!

Brier Creek Community Center – Course Fee: \$40

Jan 8-Jan 29	Sa	11:00-11:45am
Feb 5-Feb 26	Sa	11:00-11:45am
Mar 5-Mar 26	Sa	11:00-11:45am
Apr 2-Apr 23	Sa	11:00-11:45am

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Pottery - Ceramic Circus

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

Sertoma Arts Center – Course Fee: \$60
Mar 8-Mar 22 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
Jan 13-Jan 20 Th 4:15-5:30pm

Pottery - Kids Handbuilding Skills

Age: 5-8 yrs. Introduction to Handbuilding with clay. Create decorative and functional ceramic works using different techniques such as slab, coil and pinch techniques. The last class will be a glaze day so don't miss it! This class is a great way for kids to explore art and relax. Supplies included. Pottery will be ready for pick up 2 weeks after the last class. Instructor: Ashley Bonner.

Sertoma Arts Center – Course Fee: \$85
Feb 3-Mar 3 Th 4:30-6:00pm

Pottery - Something's Fishy

Age: 5-11 yrs. In the first class students will create a clay fish to hang on the wall. During the second class we will decorate these with glazes. Pottery will be ready 2 weeks after last class. Supplies included. Instructor: Patty Merrell.

Sertoma Arts Center – Course Fee: \$40
Apr 14-Apr 21 Th 4:15-5:30pm

Pottery - Youth Handbuilding Skills

Age: 9-12 yrs. Introduction to Handbuilding with clay. Create decorative and functional ceramic works using different techniques such as slab, coil and pinch techniques. The last class will be a day for glazing so don't miss it! This class is a great way for youth to explore art and relax! Supplies included. Pottery will be ready for pick up 2 weeks after the last class. Instructor: Ashley Bonner.

Sertoma Arts Center – Course Fee: \$85
Jan 12-Feb 9 W 4:30-6:00pm

Teen

Art - Abstract Garden for Teens

Age: 12-16 yrs. Get your hands dirty in the abstract garden. We will explore drawing, painting, printing and sculpture, using different materials that will add to each one's artistic uniqueness. Abstract and realistic styles are encouraged within the theme of abstract garden. Supplies included. Instructor: Sarah Clover.

Sertoma Arts Center – Course Fee: \$100
Jan 11-Feb 15 Tu 4:00-6:00pm

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
Jan 10-Feb 21 M 4:30-6:00pm
Mar 7-Apr 11 M 4:30-6:00pm

Fibers - Fiber Arts for Teens

Age: 13-18 yrs. This class will be an introduction to a variety of types of fiber arts. Topics we will cover include sewing, embroidery, decorative mending, natural dyeing and weaving. Students will have the flexibility to dive into or combine these techniques to create a final project of their choosing. Supplies included. Instructor: Ayla Gizlice.

Sertoma Arts Center – Course Fee: \$120
Jan 13-Feb 17 Th 4:00-6:00pm

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 MJ. Please wear comfortable attire. Instructed by Ms. Gabbie.

Lake Lynn Community Center – Course Fee: \$48
Jan 6-Jan 27 Th 7:30-8:15pm
Feb 3-Feb 24 Th 7:30-8:15pm
Mar 3-Mar 31 Th 7:30-8:15pm
Apr 7-Apr 28 Th 7:30-8:15pm

Pottery - Earth Day: Textures in Clay

Age: 13-16 yrs. After carefully exploring the natural areas around Sertoma, teens will experiment with natural textures in clay to create decorative and/or functional works. Handbuilding techniques will be friendly to all skill levels. Supplies included. Pottery will be ready for pick up 2 weeks after the last class. Instructor: Ashley Bonner.

Sertoma Arts Center – Course Fee: \$60
Apr 23-Apr 30 Sa 12:00-2:00pm

Pottery - Garden Gnomes

Age: 13-16 yrs. Create decorative Gnomes to guard your house or garden. Handbuilding techniques used will be friendly to all skill levels. Supplies included. Pottery will be ready for pick up 2 weeks after the last class. Instructor: Ashley Bonner.

Sertoma Arts Center – Course Fee: \$45
Mar 17-Mar 24 Th 4:30-6:00pm

Pottery - Spring Wall Art

Age: 13-16 yrs. Create Spring themed decor for your wall! Handbuilding techniques will focus on slab built creations and are friendly to all skill levels. Supplies included. Pottery will be ready for pick up 2 weeks after the last class. Instructor: Ashley Bonner.

Sertoma Arts Center – Course Fee: \$55
Feb 26-Mar 19 Sa 12:00-2:00pm

Pottery - Teen Handbuilding

Age: 13-16 yrs. Introduction to Handbuilding with clay. Create decorative and functional ceramic works using different techniques such as slab, coil and pinch techniques. The last class will be a day for glazing so don't miss it! This class is a great way for teens to explore clay and express themselves while relaxing. Supplies included. Pottery will be ready for pick up 2 weeks after the last class. Instructor: Ashley Bonner.

Sertoma Arts Center – Course Fee: \$100
Mar 16-Apr 20 W 4:30-6:00pm

Pottery - Valentines Clay Crafts

Age: 13-16 yrs. Create Valentines themed crafts using various handbuilding techniques such as pinch, slab and coil. Crafts will be friendly for all skill levels and interests. Participants will have the opportunity to make functional and/or decorative works to take home or gift to loved ones. Supplies included. Pottery will be ready for pick up 2 weeks after the last class. Instructor: Ashley Bonner.

Sertoma Arts Center – Course Fee: \$45
Jan 24-Jan 31 M 4:30-6:00pm

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: \$135
Jan 13-Feb 17 Th 4:00-6:30pm
Mar 17-Apr 21 Th 4:00-6:30pm

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 – Course Fee: \$48

Jan 6-Jan 27	Th	6:30-7:15pm
Feb 3-Feb 24	Th	6:30-7:15pm
Mar 3-Mar 31	Th	6:30-7:15pm
Apr 7-Apr 28	Th	6:30-7:15pm

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

Jan 4-Jan 25	Tu	7:30-8:30pm
Feb 1-Feb 22	Tu	7:30-8:30pm
Mar 1-Mar 29	Tu	7:30-8:30pm
Apr 5-Apr 26	Tu	7:30-8:30pm

Ballroom Dance 101

Age: yrs. Have you ever wanted to learn how to do the Waltz, Swing, Tango, Foxtrot, or Rumba? Come join us at Thomas G Crowder Woodland Center and learn to dance. Each class will include instruction from our dance instructor. With all kinds of different styles offered, you can pick and choose what you would like to learn. No prior experience required. Instructor: Ian McAreavy - .

Thomas G. Crowder Woodland Center – Course Fee: \$10

Swing

Jan 9	Su	9:00-10:15am
Feb 13	Su	10:30-11:45am
Mar 13	Su	9:00-10:15am
Apr 10	Su	10:30-11:45am

Waltz

Jan 9	Su	10:30-11:45am
Feb 13	Su	9:00-10:15am
Mar 13	Su	10:30-11:45am
Apr 10	Su	9:00-10:15am

Rumba

Jan 23	Su	9:00-10:15am
Feb 27	Su	10:30-11:45am
Apr 24	Su	9:00-10:15am

Tango

Jan 23	Su	10:30-11:45am
Mar 27	Su	9:00-10:15am
Apr 24	Su	10:30-11:45am

Foxtrot

Feb 27	Su	9:00-10:15am
Mar 27	Su	10:30-11:45am

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

Apr 2	Sa	9:00am-12:00pm
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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

Jan 9-Apr 24	Su	3:15-4:00pm
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Dance - Hemlock Bluff Cloggers Club

Age: 12-99 yrs. Are you an advanced clogger? The Hemlock Bluffs Cloggers perform at area functions and events under the direction of Bryan Craddock. To learn more or register, visit the Advanced Clogging Class at 7 p.m.

Jaycee Community Center

Jan 7-Apr 28	Th	8:00-9:00pm
Jan 6-Mar 3	Th	6:00-7:00pm
Mar 10-May 5	Th	6:00-7:00pm
Jan 6-Mar 3	Th	7:00-8:00pm
Mar 10-May 5	Th	7:00-8:00pm

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

Jan 13-Feb 17	Th	6:00-9:00pm
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Fibers - Beginning Sewing: Channel Pillow

Age: 18-99 yrs. Channel stitching is a great technique for adding visual and textural interest to pillows. In this beginner class, you will learn how to construct a pillow and use interfacing to give it structure and a professional finish. You will use a walking foot - one of the most versatile of all sewing machine feet - to customize your pillow with channel stitching. You will also 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. \$10 supply fee to be paid to instructor at first class. Pictures of some finished pillows can be found at the instructor's website: creativesewingstudios.com. Instructor: Joy Kelley.

Sertoma Arts Center – Course Fee: \$100

Mar 22-Apr 19	Tu	10:00am-12:00pm
Mar 24-Apr 21	Th	6:30-8:30pm

Fibers - Beginning Sewing: Sew an Apron

Age: 18-99 yrs. In this fun beginner's class you will gain experience tracing and cutting from a basic apron pattern, sewing with a consistent seam allowance and other fundamental sewing skills that are essential for progressing to more advanced projects. The goal of this one day workshop is for participants to leave with a completed apron and a personalized pattern to use in making other aprons. No prior sewing experience necessary. We will be using Sertoma's sewing machines. A \$5 supply fee for pattern and apron ties due to instructor at start of workshop. Supply list available on Sertoma's webpage. Pictures of a finished apron can be found at the instructor's website: creativesewingstudios.com. Instructor: Joy Kelley.

Sertoma Arts Center – Course Fee: \$30

Feb 19	Sa	1:00-4:00pm
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Fibers - Garment Making

Age: 16-99 yrs. Come and learn how to make garments using sewing techniques! You will learn how to measure, read patterns, learn pattern and strength sewing terminology. Students will create garments from start to finish of their choosing - each student can bring in their own pattern to work on. Instructor will provide individual time per students to answer questions and teach step by step instructions for garment making. Patterns will be recommended based on student's sewing experience. Wovens (not knits) is highly recommended. Fabric yardage based on student's size and pattern choice. Supply list available on Sertoma's webpage. Beginner sewing experience is required. Instructor: Brandy Godsil.

Sertoma Arts Center – Course Fee: \$150

Jan 10-Feb 21	M	6:00-8:00pm
Mar 7-Apr 11	M	6:00-8:00pm

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**Fibers - Garment Sewing:
Preparing to Sew**

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

Sertoma Arts Center – Course Fee: \$60
Feb 24-Mar 10 Th 6:30-8:30pm

**Fibers - Quilting Basics:
Piecing with a Sewing Machine**

Age: 18-99 yrs. The goal of this class is to introduce you to quilting and help you discover whether you enjoy it. We will do this by exploring one of the fundamental quilting skills: piecing. Piecing is the process of joining cut fabric pieces together into a quilt block (the basic unit which composes a quilt). If you find you like piecing, you will enjoy the rest of the quilting process as well. Please note this class is focused on learning one of the many necessary quilting skills - we won't be completing a quilt. We will be sewing several different types of quilt blocks focusing on developing your piecing skills. No prior sewing experience is necessary. We will be using Sertoma's machines. A \$10 supply fee to be paid to instructor at first class covers all you will need for this workshop - no need to buy materials or collect tools. Instructor: Joy Kelley.

Sertoma Arts Center – Course Fee: \$30
Apr 9 Sa 1:00-4:00pm

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

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

Sertoma Arts Center – Course Fee: \$30
Mar 19 Sa 1:00-4:00pm

Fibers - Sewing Machine Basics

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

Sertoma Arts Center – Course Fee: \$30
Feb 5 Sa 1:00-4:00pm
Mar 5 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
Feb 19 Sa 9:30am-4:30pm
Feb 20 Su 9:30am-4:30pm
Apr 23 Sa 9:30am-4:30pm
Apr 24 Su 9:30am-4:30pm

Glassmaking - Fused Glass Jewelry

Age: 16-99 yrs. Learn to make stunning glass jewelry from start to finish! You will be begin by learning glass fusing and casting techniques to create glass focal pieces for your jewelry designs. Next, we'll explore a variety of techniques including attaching simple findings, working with wire, and creating a one of a kind setting out of metal. Along the way, we will discuss how to plan a design using your favorite glass focals. You will leave the class with at least 3 finished pieces. A \$30 supply fee paid to the instructor on the first night of class will include all materials and supplies. Instructor: Danielle Cozart.

Sertoma Arts Center – Course Fee: \$105
Mar 9-Apr 13 W 6:30-9:00pm

Glassmaking - Intro to Glass Fusing

Age: 16-99 yrs. In this class you will create colorful glass suncatchers and ring dishes. You will start by learning the basics of layering glass and firing projects in a kiln. Next, we'll cover cutting glass and adding additional layers to add dimension. Finally, you will turn your flat pieces into functional artwork through the process of slumping. Supply fee of \$30 due to the instructor at the first class. Instructor: Danielle Cozart.

Sertoma Arts Center – Course Fee: \$105
Jan 12-Feb 16 W 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! \$35 kit will be available for purchase at the first class. 6 sessions. Must have had a jewelry class at Sertoma or Pullen Arts Center. Instructor: Amy Veatch.

Sertoma Arts Center
Mar 11-Apr 22 F 10:00am-12:30pm Fee: \$135

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. Instructor: Sarah West

Pullen Arts Center – Course Fee: \$140
Jan 24-Feb 28 M 7:00-9:30pm
Feb 21-Mar 28 M 10:00am-12:30pm
Feb 23-Mar 30 W 4:30-7:00pm
Apr 13-May 18 W 6:30-9:00pm

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
Jan 10-Feb 21 M 6:30-9:00pm
Feb 24-Mar 31 Th 10:00am-12:30pm
Mar 12-Apr 16 Sa 12:00-2:30pm

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. 6 sessions. Prerequisite: Beginning Metals at Sertoma or Pullen Arts Center. Instructor: Samantha Clarke.

Sertoma Arts Center – Course Fee: \$135
Mar 7-Apr 11 M 6:30-9:00pm

Jewelry - Cloisonne Enamels

Age: 16-99 yrs. In this class we will learn the basics of cloisonne enameling. Students will begin with a decorative or scenic line drawing and transform it into a beautiful piece of jewelry using transparent enamels and silver wire. Students will learn how to layout their design, prepare the enamels, work with cloisonne wire and best firing practices. We will also cover different techniques for setting your enamels into jewelry. A \$25 kit will be available for purchase at the first class and cover all supplies needed. 6 sessions. Prerequisite: Beginning Enamels at Sertoma or Pullen Arts Center. Instructor: Sarah West.

Sertoma Arts Center – Course Fee: \$215
Jan 15-Feb 19 Sa 12:00-4:00pm

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
Jan 18-Feb 22 Tu 10:00am-12:30pm
Apr 7-May 12 Th 7:00-9:30pm

Jewelry - Enameling Introduction

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

Pullen Arts Center – Course Fee: \$145
Jan 5-Feb 9 W 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. 2 sessions. Instructor: Samantha Clarke.

Sertoma Arts Center – Course Fee: \$50
Mar 8-Mar 15 Tu 6:30-9:00pm

Jewelry - Hydraulic Press Class

Age: 16-99 yrs. 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).

Prerequisite: Beginning Jewelry at Pullen Arts or Sertoma Arts. Instructor: Amy Veatch

Pullen Arts Center – Course Fee: \$100
Apr 11-May 2 M 10:00am-12:30pm

Jewelry - Make a Ring

Age: 16-99 yrs. This ring making class will explore stone setting for cabochons, faceted stones and/or found objects. We will use texture and fabrication techniques to embellish the surfaces. A \$35 kit will be available for purchase at the first class and will include a strip of silver, some silver wire, setting tube and bezel strip. Students may also provide their own supplies. Supply list will be provided 2 weeks before class to registrants. 6 sessions. Prerequisite: Beginning Metals at Sertoma or Pullen Arts Center. Instructor: Betty McKim.

Sertoma Arts Center
Mar 8-Apr 12 Tu 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. Instructor: Sarah West

Pullen Arts Center – Course Fee: \$140
Mar 14-Apr 25 M 7:00-9:30pm



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Jewelry - Open Studio

Age: 16-99 yrs. This open studio is for Sertoma Jewelry Studio members and students currently enrolled in Jewelry programs at Sertoma. No instruction provided.

Sertoma Arts Center

Jan 18	Tu	4:30-9:00pm
Jan 25	Tu	4:30-9:00pm
Feb 1	Tu	4:30-9:00pm
Feb 8	Tu	4:30-9:00pm
Feb 15	Tu	4:30-9:00pm
Feb 22	Tu	4:30-9:00pm
Mar 1	Tu	4:30-9:00pm
Mar 22	Tu	4:30-9:00pm
Mar 29	Tu	4:30-9:00pm
Apr 5	Tu	4:30-9:00pm
Apr 12	Tu	4:30-9:00pm
Apr 19	Tu	4:30-9:00pm
Apr 26	Tu	4:30-9:00pm

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. A \$5 fee is charged if using Sertoma's enamels.

Sertoma Arts Center

Jan 24	M	10:00am-4:00pm
Jan 31	M	10:00am-4:00pm
Feb 7	M	10:00am-4:00pm
Feb 14	M	10:00am-4:00pm
Feb 21	M	10:00am-4:00pm
Feb 28	M	10:00am-4:00pm
Mar 7	M	10:00am-4:00pm
Mar 14	M	10:00am-4:00pm
Mar 21	M	10:00am-4:00pm
Mar 28	M	10:00am-4:00pm
Apr 4	M	10:00am-4:00pm
Apr 11	M	10:00am-4:00pm
Apr 18	M	10:00am-4:00pm
Apr 25	M	10:00am-4:00pm

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

Jan 24-Feb 21	M	9:30am-12:30pm	Fee: \$105
Mar 14-Apr 11	M	9:30am-12:30pm	Fee: \$105

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

Jan 5	W	12:00-3:00pm
Feb 2	W	12:00-3:00pm
Mar 2	W	12:00-3:00pm
Apr 6	W	12:00-3:00pm

Painting - Florals & Greenery in Palette Knife

Age: 16-99 yrs. This class is great for any skill level covering the basics of painting flowers and greenery in acrylic paint using mainly a Palette Knife. You will be taught how to paint different types of flowers as well as how to understand depth, using light and shadow. Wilson will guide you through every color to use, way to hold your knife etc. throughout the course to achieve different techniques in your own work. Students are welcomed to have creative freedom to turn their work into anything they want and completely customize it, or stay with the instructor and follow along. This is a great class for anyone looking to learn how to use acrylic, or simply take their painting to the next level. The style of working with a palette knife can be more abstracted as much as the student wishes. Wilson will teach both abstraction of petals and greenery, as well as flowers that are more closely representing realism. Students may follow along in oil if they choose, but the instructor will be teaching in acrylic. During the final steps of the painting Amanda will add texture and details with the palette knives and Regular Body Gloss Gel Medium by Golden. If you choose to paint this along the same way please make sure you have the materials on hand. Supply list available on Sertoma's webpage. Instructor: Amanda Wilson.

Sertoma Arts Center - Course Fee: \$105

Mar 9-Apr 20	W	12:00-2:30pm
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Painting - Impressionistic Cityscapes in Palette Knife

Age: 16-99 yrs. This class will be a great introduction for how to use a palette knife to achieve texture in a painting. We will be practicing different ways to use the tool to create different effects such as beautiful skylines, buildings, reflections, clouds, trees etc. Students will be taught the basics of

impasto painting with Acrylic on Canvas using Gel Mediums to create different textures in the raised paint. This course is great for anyone looking to try something new, or brush up on some techniques and learn a new trick or two. Instructor Amanda Wilson will guide you every step of the way and be there to give in class demonstrations as well as one on one assistance. We will move from basic shape and color placement, to working with finishing details and final touches! Students are welcome to follow along with the instructor's demonstrations in more of a step by step manner, or bring in a reference photograph and work more independently using the demonstrated techniques in their own work with the instructor's guidance. This course is great for any skill level. Supply list available on Sertoma's webpage. Instructor: Amanda Wilson.

Sertoma Arts Center - Course Fee: \$105

Jan 12-Feb 23	W	3:30-6:00pm
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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

Mar 10-Apr 14	Th	6:00-9:00pm
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Painting - Introduction to Painting with Pastels

Age: 16-99 yrs. Students will learn the properties and application of pastels. How to layer the colors and create crisp realism, abstracts to soft impressionism paintings. You will also learn how to make you own tools to blend and crush the color together rather than using fingers or tortillions. You will leave this workshop with a completed painting, the knowledge of how to use pastels as a painting medium and the different levels of pastels available to work with. Supply list available on Sertoma's webpage. Instructor: Connie Mansfield.

Sertoma Arts Center - Course Fee: \$125

Apr 2-Apr 3	Sa & Su	10:00am-5:00pm
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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

Jan 10-Feb 21	M	6:30-9:00pm
Jan 11-Feb 15	Tu	6:30-9:00pm
Mar 7-Apr 11	M	6:30-9:00pm
Mar 8-Apr 12	Tu	6:30-9:00pm

Painting - Larry Dean's Studio

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

Sertoma Arts Center – Course Fee: \$105

Jan 11-Feb 15	Tu	1:00-3:30pm
Mar 8-Apr 12	Tu	1:00-3:30pm

Painting - Paint Like the Masters: Vincent van Gogh's "The Starry Night"

Age: 16-99 yrs. This class will be Amanda's step by step breakdown and recreation of "The Starry Night" by Vincent van Gogh, June 1889. Amanda will be using brush and palette knife techniques to recreate this masterful work. Through this six week course you will learn how to recreate your very own version of this painting on any size canvas you would like. Amanda will be working on a larger canvas that is 36" x 24" for this piece and encourages students to paint larger than they normally do. We will be using acrylic paint for this piece, please make sure you have an adequate amount of paint on hand for the canvas size you choose. This is a great class for all skill levels, instructions will be broken down to a manageable pace for students to follow along with. Supply list available on Sertoma's webpage. Instructor: Amanda Wilson.

Sertoma Arts Center – Course Fee: \$105

Mar 9-Apr 20	W	3:30-6:00pm
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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

Jan 24-Feb 21	M	1:00-4:00pm
Mar 14-Apr 11	M	1:00-4:00pm

Painting - Winter Landscapes in Acrylics

Age: 16-99 yrs. Have you ever seen a beautiful winter landscape painting and thought to yourself, I wish I could paint like that. Guess what? You absolutely can! In this class you will learn how to create your very own landscapes and leave with at least one completed painting. We will cover the use of color, perspective, light, value, how to create your own compositions and more. You will start with a sketch and move along during the length of the course with plenty of one on one assistance from the instructor as well as class demonstrations to help you along the way. We will move from basic shape and color placement, to working with finishing details and final touches! Students are welcome to follow along with the instructors demonstrations in more of a step by step manner, or bring in a reference photograph and work more independently with the instructors guidance. This course is great for any skill level, whether you have been painting for years or have never touched a brush or palette knife before you will be able to go home with something you are proud of! Supply list available on Sertoma's webpage. Instructor: Amanda Wilson.

Sertoma Arts Center – Course Fee: \$105

Jan 12-Feb 23	W	12:00-2:30pm
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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

Jan 15-Jan 16	Sa,Su	9:45am-3:30pm
Feb 12-Feb 13	Sa,Su	9:45am-3:30pm
Mar 19-Mar 20	Sa,Su	9:45am-3:30pm
Apr 9-Apr 10	Sa,Su	9:45am-3:30pm



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Sandy Creek Weavers Community Residency

APRIL 25-29 AT SERTOMA ARTS CENTER

For a Community Residency we are aware that most people know very little about weaving. Not often do people have an opportunity to observe a weaver at work or to see an exhibit entirely made up of woven objects, or perhaps more importantly to sit at a loom and make it work. We intend to change all that.

Sandy Creek Weavers have woven with over 180,000 adults, in hospitals, arts councils, cancer centers, church's, and mini camps creating large tapestries on the 300-year-old floor loom which incorporates items of sentimental value woven into the weaving by the community members. The weaving becomes 'A Fabric Time Capsule' representing the time in history of the community. The tapestry is also left for permanent display. Participants are encouraged to bring an item that represents who they are at this time in their life or an item that represents what Sertoma Arts Center means to you. Participants are welcome to create individual weaving projects as well. Victoria Sowers from Sandy Creek Weavers will supervise and instruct. Drop in times listed below.

Community Weaving Project

Monday-Friday: 10am-2pm and 6pm-8pm

Individual Weaving Project

Monday-Tuesday: 9am-10am and 2pm-3pm

For more information call Sertoma Arts Center at 919-996-2329



Photography - Print with the Sun: Cyanotype Printing and Tinting

Age: 16-99 yrs. In this 2 day workshop, we will learn the basics of creating photographic prints using cyanotype. We will spend the first day learning how to prepare paper, selecting botanical materials from Shelley Lake Park for our prints, and developing images. On the second day we will go over tinting the prints using a variety of techniques. Supplies included. Instructor: Ayla Gizlice.

Sertoma Arts Center – Course Fee: \$50

Jan 22-Jan 23 Sa,Su 12:00-2:00pm

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). Instructor: Kay Parks

Pullen Arts Center – Course Fee: \$105

Jan 12-Feb 23 W 1:00-3:30pm

Jan 12-Feb 23 W 4:30-7:00pm

Mar 9-Apr 20 W 4:30-7:00pm

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). Instructor: Tim Cherry

Pullen Arts Center – Course Fee: \$105

Mar 3-Apr 14 Th 10:00am-12:30pm

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

Jan 12-Feb 23 W 9:30-11:45am

Jan 12-Feb 23 W 7:00-9:15pm

Jan 11-Feb 22 Tu 7:00-9:15pm

Pottery - Handbuilding: Continuing

Age: 16-99 yrs. Through a combination of demonstrations and individual work time, students will further develop their hand building skills while making distinctive pieces, including planters, unique boxes and tile. A variety of construction techniques will include soft slabs, stiff slabs and coils. Students will learn to add flair and professionalism to their pieces by adding finishing touches such as feet and handles. This class will help individuals develop and express their own unique style through clay. Prerequisite: Beginning Handbuilding class at Sertoma or Pullen Arts.

Sertoma Arts Center – Course Fee: \$110

Mar 16-Apr 27 W 9:30-11:45am

Mar 16-Apr 27 W 7:00-9:15pm

Pottery - Introduction to Majolica

Age: 16-99 yrs. Developed in the Middle East during the 9th century and made famous by Italian artisans, majolica is earthenware pottery with a white opaque glaze decorated with ceramic colorants brushed on top of the raw, unfired glaze. The glaze is formulated to be viscous which restricts the flow and movement of the glaze retaining most of the line quality of the decoration. In this class we will examine historical aspects, designs of majolica and explore the process using commercial glazes & majolica colors making the techniques easy to use. Formulas for mixing your own majolica glazes/colors will be provided & discussed. If you like color and painting designs on pottery, this class is for you. This class does not qualify for a studio card at Sertoma Arts Center. Open to qualified Sertoma Arts Center potters and qualified Pullen Arts Center potters who have completed the Studio Orientation at Sertoma prior to registration only. Students must be able to throw or hand build forms for decorating. Students pay glaze and color fee of \$45 at the first class to the instructor. Registrants will be emailed information on tools and brushes shortly after registration. Instructor: Randy Hinson.

Sertoma Arts Center – Course Fee: \$75

Apr 7-Apr 28 Th 9:30am-12:00pm

Pottery - More Creatures!

Age: 16-99 yrs. The popularity of the Creatures of Habitat workshop has led to a second session of animal-building. This workshop involves small-scale creations of cats, dogs, rabbits, bears and elephants... oh my! Bring all of your handbuilding skills together for this fun exploration of creatures great and small. Basic handbuilding tools are necessary, along with a notebook for the planning process. Prerequisite: Beginner Handbuilding at Sertoma or Pullen Arts Center. This class does not qualify for a studio card. Instructor: Steve Karloski.

Sertoma Arts Center – Course Fee: \$65

Feb 7-Feb 28 M 7:00-9:15pm

Pottery - Sculptural Handbuilding

Age: 16-99 yrs. Explore ways to incorporate basic handbuilding techniques to create more unique and involved work. Through projects that start with your own ideas and interests, methods such as stiff slab construction will provide the means to build more solid pieces. Organic, architectural, functional and decorative approaches will be covered. Prerequisite: Beginner Handbuilding at Sertoma or Pullen Arts Center. This course does not qualify for a studio card. Instructor: Steve Karloski.

Sertoma Arts Center – Course Fee: \$65

Apr 4-Apr 25 M 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

Jan 10-Feb 28 M 7:00-9:15pm

Jan 12-Feb 23 W 7:00-9:15pm

Mar 16-Apr 27 W 9:30-11:45am

Pottery - Wheel Throwing: Continuing

Age: 16-99 yrs. This class is designed for those who have taken beginner wheel and need further refinement in basic throwing skills in order to progress to more challenging levels. It also serves as a refresher course for students who have previously taken throwing classes but have not thrown for some time. This is a seven-week class. Prerequisite: Beginner Wheel at Sertoma or Pullen Arts Center.

Sertoma Arts Center – Course Fee: \$110

Jan 12-Feb 23 W 9:30-11:45am

Mar 14-Apr 25 M 7:00-9:15pm

Mar 16-Apr 27 W 7:00-9:15pm

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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. Supply list is available on Sertoma's webpage. Instructor: Keith Norval.

Sertoma Arts Center – Course Fee: \$105
Jan 19-Feb 23 W 7:00-9:30pm

Raleigh International Folk Dance

Age: yrs. Exercise, socialize and learn the joy of dancing with music from many world cultures. The Raleigh International Folk Dancers take newcomers through a basic vocabulary workshop and dances. Previous cultural dance styles include Polish, Turkish, Israeli, Romanian and Bulgarian. Membership dues are \$1 per person per meeting. No registration is necessary.

Glen Eden Pilot Park

Jan 7-Jan 28 F 6:00-10:30pm
Feb 4-Feb 25 F 6:00-10:30pm
Mar 4-Mar 25 F 6:00-10:30pm
Apr 1-Apr 29 F 6:00-10:30pm

Raleigh Miniatures Guild

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

Anne Gordon Center – Course Fee: \$4
Jan 6-Apr 21 Th 10:00am-12:00pm

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
Jan 19 W 6:00-7:00pm
Mar 7 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
Jan 8-Jan 29 Sa 11:00am-12:00pm

Sewing: 101

Age: 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
Feb 5-Feb 26 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 every other month we will be crafting a new project 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
Mar 2 W 6:00-8:00pm
Jan 5 W 6:00-8:00pm

Senior

Bluegrass Jam

Age: 18-99 yrs. Join other musicians for a weekly bluegrass jam session. All levels are welcome. Come to play or come to listen!

Five Points Center
Jan 4-Apr 26 Tu 1:00-4:00pm

Crafts

Age: 18-99 yrs Join fellow crafters for this craft program. Bring your own unfinished items to work on or assist with projects for donation to local hospitals and charitable organizations.

Five Points Center
Jan 3-Apr 27 M,W 9:30am-12:00pm

Drawing: Introduction

Age: 18-99 yrs. Explore the basic elements of drawing using various exercises and techniques designed to build confidence in creative abilities. Materials may include pencil, Sharpie, charcoal, ink, or conte. A supply list will be provided upon registration.

Instructor: Tracie Fraccasso.
Five Points Center – Course Fee: \$90
Jan 7-Feb 11 F 1:00-4:00pm

Drawing: Introduction Part 2

Age: 18-99 yrs. This class is for students who have taken a basic drawing class. Students will explore surface textures and composition. Materials may include pencil, Sharpie, charcoal, ink, or conte. A supply list will be provided upon registration. Course content varies with instructor.

Five Points Center – Course Fee: \$90
Feb 18-Mar 25 F 2:00-4:00pm

Knitting and Crocheting

Age: 18-99 yrs. Do you like to knit or crochet? Please come and share your skills and projects with other like minded patrons. This will be a free informal social time, but if we have enough interest and participation we will explore getting an instructor and turning it into a class.

Anne Gordon Center
Jan 6-Apr 28 Th 1:00-3:00pm



Mixed Media and College

Age: 18-99 yrs. In this class, the focus is on experimentation and the creative process. Students will study the history of collage/mixed media including the contemporary art of today. The instruction will be either directed or based on each individual student's visual preferences and materials. Materials, best practices, technical and archival issues relevant to created works will also be discussed. Materials for this class are the student's preference. Quality supports (paper, canvas, and a variety of media are encouraged. Supplies list provided upon registration. Instructor: Tracie Fracasso
Five Points Center – Course Fee: \$90
 Mar 25-May 6 F 1:00-4:00pm

Painting- Watercolor Intermediate

Age: 18-99 yrs. This painting class is organized for the student who have already had experience working with watercolor and wants to develop their skill level using watercolor as a painting medium. Overall composition of the page, value placement and the use of color theory will be addressed as part of working on a study. Photographic references will be provided by the instructor and three studies will be completed using two weeks for each watercolor painting.
Abbotts Creek Community Center – Course Fee: \$90
 Mar 9-Apr 13 W 10:00am-1:00pm

Painting- Watercolor Introduction

Age: 18-99 yrs. This class will introduce the basics of watercolor, including: types of paper; use of brushes; use of flat wash, graded wash, wet on wet and dry on dry as part of using watercolor as a medium; basic still life, landscape, and nature; composition of the page; value placement; and color theory.
Abbotts Creek Community Center – Course Fee: \$90
 Jan 19-Feb 23 W 10:00am-1:00pm

Painting: Acrylic & Oil

Age: 18-99 yrs. This basic painting class for both acrylic and oil painters is open to all levels. Topics include: how to handle, mix and apply paint; to break down complicated subjects into basic shapes; composition, proportion and how to create form using value and color. Students may work from still lifes, photos or copy old masters paintings. Supply list provided upon registration.
Five Points Center – Course Fee: \$90
 Mar 29-May 3 Tu 1:00-4:00pm

Painting: Acrylic and Oil Still Life

Age: 18-99 yrs. This class is open to everyone from absolute beginners to seasoned painters. This is a basic painting class for both acrylic and oil painters. Students will learn to handle, mix and apply paint. They will also study composition. 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.
Five Points Center – Course Fee: \$90
 Feb 15-Mar 22 Tu 1:00-4:00pm

Painting: Color Theory

Age: 18-99 yrs. This class is open to everyone from absolute beginners to seasoned painters. This is a basic painting class for both acrylic and oil painters. Students will learn to handle, mix and apply paint. They will also study composition. 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. Supplies list provided upon registration.
Five Points Center – Course Fee: \$90
 Jan 4-Feb 8 Tu 1:00-4:00pm

Readers Theatre

Age: 18-99 yrs. A wide variety of short and medium length skits are taken from different sources and come alive not only through the words of the authors, the actors' faces and bodies, but also through their tone, pitch, and emotion. Memorization of scripts is not necessary. Costuming and props are minimal. This is not a class with an instructor who teaches acting, nor is it a class for the shy. Participants gather to learn acting and entertain each other by filling a variety of roles (acting experience is not required). This group is a prerequisite for the Readers Theater Performing Ensemble. Commitment to attendance and participation is stressed.
Five Points Center
 Jan 3-Apr 25 M 3:00-4:45pm

Triangle Portrait Artist

Age: 18-99 yrs. If you're interested in portrait painting, this is the group for you! Come out on Tuesday mornings and join a group dedicated to producing beautiful portraits. This class is self-lead, there is no formal instructor. For oil painters use Gamsol solvent-free gel or liquid. No odorless or mineral spirits allowed in this group. A \$5 cash model fee will be collected each class meeting. Note: See club officers at meeting for information on additional fees and dues.
Five Points Center – Course Fee: \$17
 Jan 4-Apr 26 Tu 9:00am-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
February - Sweet Valentine
 Feb 12 Sa 10:30-11:30am
March - Up, Up and Away with Dr. Seuss
 Mar 12 Sa 10:30-11:30am
April - Let's Grow Together
 Apr 9 Sa 10:30-11:30am

Fibers - Sandy Creek Weavers Community Residency

For a Community Residency we are aware that most people know very little about weaving. Not often do people have an opportunity to observe a weaver at work or to see an exhibit entirely made up of woven objects, or perhaps more importantly to sit at a loom and make it work. We intend to change all that. Sandy Creek Weavers have woven with over 180,000 adults, in hospitals, arts councils, cancer centers, church's, and mini camps creating large tapestries on the 300-year-old floor loom which incorporates items of sentimental value woven into the weaving by the community members. The weaving becomes 'A Fabric Time Capsule' representing the time in history of the community. The tapestry is also left for permanent display. Participants are encouraged to bring an item that represents who they are at this time in their life or an item that represents what Sertoma Arts Center means to you. Participants are welcome to create individual weaving projects as well. Victoria Sowers from Sandy Creek Weavers will supervise and instruct. Drop in times listed below.

Sertoma Arts Center Community Weaving Project

Apr 25-Apr 29	M-F	10:00am-2:00pm
Apr 25-Apr 29	M-F	6:00-8:00pm
Individual Weaving Project		
Apr 25-Apr 26	M,Tu	9:00-10:00am
Apr 25-Apr 26	M,Tu	2:00-3:00pm

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. Masks are REQUIRED for all participants due to the nature of this program. Pre-registration is preferred. All participants 10-16 years of age are required to have a parent/guardian present during class.

Method Road Community Center

Jan 3-Jan 31	M	6:30-8:00pm
Feb 7-Feb 28	M	6:30-8:00pm
Mar 7-Mar 28	M	6:30-8:00pm
Apr 4-Apr 25	M	6:30-8:00pm

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!

Barwell Road Community Center – Course Fee: \$27

Jan 4-Jan 25	Tu	5:00-5:45pm
Feb 3-Feb 24	Th	10:00-10:45am
Mar 8-Mar 29	Tu	5:00-5:45pm
Apr 7-Apr 28	Th	10:00-10:45am

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

Mar 1-Mar 22	Tu	6:15-7:00pm
Apr 5-Apr 26	Tu	6:15-7:00pm

Laurel Hills Community Center – Course Fee: \$36

Mar 5-Mar 26	Sa	10:15-11:00am
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Basketball - Twos Sport Zone

Age: 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

Mar 5-Mar 26	Sa	9:30-10:00am
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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

Jan 4-Jan 25	Tu	10:00-11:00am
Feb 1-Feb 22	Tu	10:00-11:00am
Mar 2-Mar 30	Tu	10:00-11:00am
Apr 5-Apr 26	Tu	10:00-11:00am

Mini Mite Tennis II

Jan 5-Jan 26	W	10:00-11:00am
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Mini Mite Tennis II

Feb 2-Feb 23	W	10:00-11:00am
Mar 2-Mar 30	W	10:00-11:00am
Apr 6-Apr 27	W	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

Mar 7-Mar 28	M	6:15-7:00pm
Apr 4-Apr 25	M	6:15-7:00pm

Laurel Hills Community Center – Course Fee: \$36

Apr 2-Apr 30	Sa	10:00-10:45am
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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: \$36

Apr 2-Apr 30	Sa	9:30-10:00am
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Youth

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

Mar 5-Mar 26	Sa	11:15am-12:15pm
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Basketball Skills And Drills

Age: 4-5 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

Jan 4-Jan 25	Tu	11:00am-12:00pm
Mar 1-Mar 22	Tu	11:00am-12:00pm

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

Mar 5-Mar 26	Sa	10:00-10:45am
Apr 2-Apr 30	Sa	10:00-10:45am

Biltmore Hills Baseball Skills Practice

Age: 7-15 yrs. This program allows youth to come out and practice baseball skills prior to the season.

Biltmore Hills Community Center

Feb 12	Sa	10:00am-12:00pm
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Cricket for Beginning Youth

Age: 7-12 yrs. Learn the sport of Cricket from Nate Hays, the Marketing Director of the Triangle Cricket League. This is a cricket class for youth who are wanting to try something completely new. Cricket for Beginning Youth is free to participants (only registration will be required). The class will take place from 5:30-7 each Wednesday evening and will be followed by a free unstructured open gym time from 7-8:30.

Abbots Creek Community Center

Mar 2-Apr 27 W 5:30-7:00pm

Ralph Campbell Cheer Club

Age: yrs.

Ralph Campbell Neighborhood Center

Jan 10-Mar 18 M,W,F 6:00-8:00pm

Soccer - Kickers

Age: 6-9 yrs. G-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

Apr 2-Apr 30 Sa 11:15am-12:15pm

Soccer Kickers

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

Brier Creek Community Center – Course Fee: \$10

Ages 5-8

Mar 17-Apr 28 Th 4:45-5:30pm

Ages 9-12

Mar 17-Apr 28 Th 5:30-6:15pm

Spring Fling Baseball Clinic

Age: 7-10 yrs. Calling all Pinto (7-8) and Mustang (9-10) League players. Method Community Park along with league coaches and special guests will conduct a baseball clinic to get players ready for the upcoming season. All fundamentals of baseball from offense to defense will be covered in this day of instruction. Eligibility is based on age as of Aug. 31, 2021. Please bring a water bottle.

Method Road Community Center – Course Fee: \$15
Feb 26 Sa 9:00am-12:00pm

Tennis Jr. Level 1

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

Mar 12-Apr 23 Sa 11:00am-12:00pm Fee: \$72

Mar 14-Apr 27 M,W 5:00-6:00pm Fee: \$132

Mar 15-Apr 28 Tu,Th 5:00-6:00pm Fee: \$132

Age 8-10

Mar 12-Apr 23 Sa 9:00-10:00am Fee: \$72

Mar 12-Apr 23 Sa 10:00-11:00am Fee: \$72

Mar 12-Apr 23 Sa 11:00am-12:00pm Fee: \$72

Mar 14-Apr 27 M,W 5:00-6:00pm Fee: \$132

Mar 15-Apr 28 Tu,Th 5:00-6:00pm Fee: \$132

Age 10-18

Mar 12-Apr 23 Sa 10:00-11:00am Fee: \$72

Mar 14-Apr 27 M,W 4:00-5:00pm Fee: \$132

Mar 15-Apr 28 Tu,Th 4:00-5:00pm Fee: \$132

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

Mar 12-Apr 23 Sa 9:00-10:00am Fee: \$72

Mar 14-Apr 27 M,W 4:00-5:00pm Fee: \$132

Mar 15-Apr 28 Tu,Th 4:00-5:00pm Fee: \$132

Tennis USTA Junior Team Tennis

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 in the Summer season and matches are on another weekday morning. An end-of-the season tournament is held each season. Players must be a USTA member (free) plus pay a local league fee (\$22).

Millbrook Exchange Tennis Center – Course Fee: \$132

8U Beginner

Mar 11-Apr 22 F 5:00-6:30pm

12U Bronze

Mar 11-Apr 22 F 5:00-6:30pm

18U Gold

Mar 11-Apr 22 F 5:00-6:30pm

10U Intermediate

Mar 11-Apr 22 F 5:00-6:30pm

10U Beginner

Mar 11-Apr 22 F 5:00-6:30pm

14U Bronze

Mar 11-Apr 22 F 5:00-6:30pm

14U Silver

Mar 11-Apr 22 F 5:00-6:30pm

18U Bronze

Mar 11-Apr 22 F 5:00-6:30pm

18U Silver

Mar 11-Apr 22 F 5:00-6:30pm



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Adult

Tennis Adult 2.5 Drills

Age: 18-99 yrs. Requirements: Must be at the NTRP 2.5 level or use full swing on most strokes during match play to enter this class. This is a drills class using all of your strokes. 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

Mar 12-Apr 23 Sa 10:00-11:00am Fee: \$72

Millbrook Exchange Tennis Center

Mar 14-Apr 27 M,W 6:00-7:00pm Fee: \$132

Mar 15-Apr 28 Tu,Th 6:00-7:00pm Fee: \$132

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

Mar 15-Apr 28 Tu,Th 6:00-7:00pm Fee: \$132

Mar 15-Apr 28 Tu,Th 7:00-8:00pm Fee: \$132

Mar 12-Apr 23 Sa 11:00am-12:00pm Fee: \$72

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: \$72

Mar 12-Apr 23 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

Mar 12-Apr 23 Sa 9:00-10:00am Fee: \$72

Millbrook Exchange Tennis Center

Mar 12-Apr 23 Sa 9:00-10:00am Fee: \$72

Mar 12-Apr 23 Sa 12:00-1:00pm Fee: \$72

Mar 14-Apr 27 M,W 10:00-11:00am Fee: \$132

Mar 14-Apr 27 M,W 6:00-7:00pm Fee: \$132

Mar 15-Apr 28 Tu,Th 11:00am-12:00pm Fee: \$132

Mar 15-Apr 28 Tu,Th 7:00-8:00pm Fee: \$132

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

Mar 14-Apr 27 M,W 11:00am-12:00pm Fee: \$132

Mar 15-Apr 28 Tu,Th 10:00-11:00am Fee: \$132

Mar 15-Apr 28 Tu,Th 6:00-7:00pm Fee: \$132

Mar 14-Apr 27 M,W 7:00-8:00pm Fee: \$132

Mar 12-Apr 23 Sa 10:00-11:00am Fee: \$72

Mar 12-Apr 23 Sa 11:00am-12:00pm Fee: \$72

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

Feb 28-May 1

Women's 3.0

Feb 28-May 1

Women's 3.5

Feb 28-May 1

Women's 4.0/4.5

Feb 28-May 1

Men's 3.0

Feb 28-May 1

Men's 3.5

Feb 28-May 1

Men's 4.0

Feb 28-May 1

Men's/Women's 4.5

Feb 28-May 1

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

Mar 7-May 16 M 7:00-9:00pm

Mar 9-May 18 W 9:30-11:30am

Coed 2.0/2.5

Mar 10-May 19 Th 7:00-9:00pm

Tennis Senior Drop In

Age: 18-99 yrs. There is no registration and no class fee for this program, Men and Women aged 55 and older are welcome to drop in and play at Millbrook Exchange Tennis Center on Mondays and Thursday mornings at 9am throughout the year. There will be an organizer to send you and your partner to the courts for doubles play for rounds of short matches. Need to come a little late or leave a little early, that's fine, just start your day off with some organized doubles play and be on your way.

Millbrook Exchange Tennis Center

Jan 1-Apr 30 M,Th 9:00am-12:00pm

Athletics Open Play



Youth

Basketball Open Play - Youth

Open gym basketball is an opportunity for youth to shoot around and play basketball games with others using our indoor basketball gyms. Participants 17 years and under must register for a free Youth Open Play pass online through the membership tile or at a community center. Capacity is limited and available on a first come, first serve basis. Participants may bring their own basketballs, or a limited number may be available to check out. Contact the location for open play schedule.

Tarboro Road Community Center

Jan 4-Apr 28 Tu,Th 6:30-8:30pm

Adult

Basketball Open Play - Adults

Age: 18-99 yrs. Open gym basketball is an opportunity for adults to shoot around and play basketball games with others using our indoor basketball gyms. Participants must register for a free Adult Open Play pass at a community center. Capacity is limited and available on a first come, first serve basis. Participants may bring their own basketballs, or a limited number may be available to check out. Contact the location for open play schedule.

Green Road Community Center

Jan 1-Apr 30 M,W,F 12:30-2:30pm

Tarboro Road Community Center

Jan 3-Apr 27 M,W 6:30-8:30pm

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

Jan 7-Apr 29 F 6:30-8:30pm

Jan 9-Feb 27 Su 1:30-5:30pm

Table Tennis - Open Play

Age: 18-99 yrs.

Lake Lynn Community Center

Jan 3-Apr 30 M,W,Th,Sa 9:00am-12:00pm

Family

Basketball Open Play - Family

Open gym basketball is an opportunity for parents and their children to shoot around and play basketball games with others using our indoor basketball gyms. Participants 17 and younger must register for a free Youth Open Play pass online through the membership tile. Participants 18 and older must register for a free Adult Open Play pass at a community center. Capacity is limited and available on a first come, first serve basis. Participants may bring their own basketballs, or a limited number may be available to check out. Contact the location for open play schedule.

Tarboro Road Community Center

Jan 7-Apr 29 F, Su 6:30-8:30pm

Athletics Teams/Leagues

Athletics Programs

athletics@raleighnc.gov
919-996-6836

Athletic Program Director

Jason Simpson
jason.simpson@raleighnc.gov

Athletic Program Managers

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

2022 Spring Youth NFL Flag (Ages 11-13)

The Athletics Division, is offering youth flag football for ages 11-13. Open registration is February 7-18. Registration may be left open pending number of available spots. League age as of date is August 31, 2021. Fee is \$40 for Raleigh residents and \$55 for non-Raleigh residents. Practices will begin about March/April and can be anytime Monday-Friday, 6pm-8pm, Saturday, 9am-3pm, and Sunday, 1pm-6pm. Games will be played on Saturdays and/or Wednesdays, tentatively, starting in April. Registration will be conducted at all local Raleigh Community Centers and online. Please check with your local Community Center for hours of operation. For more information please contact the Athletics Program at 919-996-6836 or email athletics@raleighnc.gov.

Baileywick Park - District 1

Mar 11-Jun 17 F 6:00-8:00pm Fee: \$40

Jaycee Community Center - District 3

Mar 12-Jun 18 Sa 9:00am-12:00pm Fee: \$40

John Chavis Community Center - District 4

Mar 12-Jun 18 Sa 10:00-11:00am Fee: \$40

Lions Park Community Center - District 2

Mar 7-Jun 17 M-F 6:00-8:00pm Fee: \$40

2022 Spring Youth NFL Flag Ages 5-7 (COED)

The Athletics Division is offering youth flag football for ages 5-7. Open registration is February 7-18. Registration may be left open pending number of available spots. League age as of date is August 31, 2021. Fee is \$40 for Raleigh residents and \$55 for non-Raleigh residents. Practices will begin about March/April and can be anytime Monday-Friday, 6pm-8pm, Saturday, 9am-3pm, and Sunday, 1pm-6pm. Games will be played on Saturdays and/or Wednesdays, tentatively, starting in April. Registration will be conducted at all local Raleigh Community Centers and online. Please check with your local Community Center for hours of operation. For more information, please contact the Athletics Program at 919-996-6836 or email athletics@raleighnc.gov.

Brier Creek Community Center - District 1

Mar 7-Jun 15 M,W 6:00-8:00pm Fee: \$40

Jaycee Community Center - District 3

Mar 7-Jun 17 M,W,F 6:00-8:00pm Fee: \$40

John Chavis Community Center - District 4

Mar 7-Jun 17 M,W,F 6:00-8:00pm Fee: \$40

Lions Park Community Center - District 2

Mar 7-Jun 17 M,W,F 6:00-8:00pm Fee: \$40

2022 Spring Youth NFL Flag (Ages 8-10)

The Athletics Division is offering youth flag football for ages 8-10. Open registration is February 7-18. Registration may be left open pending number of available spots. League age as of date is August 31, 2021. Fee is \$40 for Raleigh residents and \$55 for non-Raleigh residents. Practices will begin about March/April and can be anytime Monday-Friday, 6pm-8pm, Saturday, 9am-3pm, and Sunday, 1pm-6pm. Games will be played on Saturdays and/or Wednesdays, tentatively, starting in April. Registration will be conducted at all local Raleigh Community Centers and online. Please check with your local Community Center for hours of operation. For more information, please contact the Athletics Program at 919-996-6836 or email athletics@raleighnc.gov.

Bailewick Park - District 1

Mar 8-Jun 16 Tu & Th 6:00-8:00pm Fee: \$40

Jaycee Community Center - District

Mar 8-Jun 16 Tu & Th 6:00-8:00pm Fee: \$40

John Chavis Community Center - District 4

Mar 7-Jun 17 M-F 6:15-8:00pm Fee: \$40

Lions Park Community Center - District 2

Mar 8-Jun 16 Tu & Th 6:00-8:00pm Fee: \$40

Mini Girls Softball

Age: 7-9 yrs. This league is for girls ages 7-9 years old who are looking to learn the basic fundamentals of the sport of softball as well as learn good sportsmanship. Registration is February 7-18 (or until filled). Cost will be \$40 for Raleigh Residents and \$55 for Non-Raleigh Residents. Players age will be determined with an age as of date by August 31, 2021. Practices and games will take place at Lions Park.

Lions Park Community Center - Course Fee: \$40

Mar 8-Jun 4 Tu,Th,Sa 6:30-8:30pm

Spring Youth Soccer

Age: 4-8 yrs. Our Youth Soccer Leagues are for boys and girls ages 4-8 of all skill levels. These leagues are intended to promote the interest in soccer among young athletes and teach the fundamentals and rules of the sport. All teams are coached by trained and certified volunteer coaches. Participants will experience playing in a team sport, with an emphasis on sportsmanship, fair play and fostering a love for the game. Leagues are offered to children ages 4-8; league age is determined by August 31 of the current year. Practices will start in March and may be one weeknight and Saturdays, games start in April and will be held on Saturdays through May. Games and practices will be played in the North and West Raleigh areas. Registration fee is \$55 for Raleigh residents and \$70 for non-Raleigh residents and will begin in January at your local community center and online.

Peter Williams Park - Course Fee: \$60

U4 Co-ed

Feb 26-Jun 4 Sa 9:00am

U6 Co-ed

Feb 26-Jun 4 Sa 10:15am

U8 Co-ed

Feb 26-Jun 4 Sa 11:30am

Youth Baseball - Bronco

Age: 11-12 yrs. Baseball registration is February 7-18, 2022. The Bronco Baseball League is a way for youth to learn the fundamentals of baseball and to teach positive sportsmanship. This league does keep score and records wins and losses. Volunteer coaches are needed who enjoy baseball, want to teach youth, and to help develop league participants' skills and knowledge of baseball. League Age is determined by participant's age on August 31, 2021.

Bailewick Park - District 1

Mar 7-Jun 3 M-F 6:30-8:00pm Fee: \$40

Biltmore Hills Community Center - District 4

Mar 7-Jun 3 M-F 6:30-8:00pm Fee: \$40

Buffaloe Road Athletic Park - District 2

Mar 7-Jun 3 M-F 6:30-8:00pm Fee: \$40

Jaycee Community Center - District 3

Mar 7-Jun 3 M-F 6:30-8:00pm Fee: \$40

Youth Baseball - Colt

Age: 15-17 yrs. Baseball registration is February 7-18, 2022. The Colt Baseball League is a way for youth to learn the fundamentals of baseball and to teach positive sportsmanship. This league does keep score and records wins and losses. Volunteer coaches are needed who enjoy baseball, want to teach youth, and to help develop league participants' skills and knowledge of baseball. League Age is determined by participant's age on August 31, 2021.

Optimist Community Center - Course Fee: \$40

City Wide

Mar 7-Jun 3 M-F 6:30-8:00pm

Youth Baseball - Mustang

Age: 9-10 yrs. Baseball registration is February 7-18, 2022. The Mustang Baseball League is a way for youth to learn the fundamentals of baseball and to teach positive sportsmanship. This league does keep score and records wins and losses. Volunteer coaches are needed who enjoy baseball, want to teach youth, and to help develop league participants' skills and knowledge of baseball. League Age is determined by participant's age on August 31, 2021.

Biltmore Hills Community Center - District 4

Mar 7-Jun 3 M-W & F 6:30-8:00pm Fee: \$40

Buffaloe Road Athletic Park - District 2

Mar 7-Jun 3 M-W & F 6:30-8:00pm Fee: \$40

Lake Lynn Community Center - District 1

Mar 7-Jun 3 M-W & F 6:30-8:00pm Fee: \$40

Laurel Hills Community Center - District 3

Mar 7-Jun 3 M-W, F 6:30-8:00pm Fee: \$40

Youth Baseball - Pinto

Age: 7-8 yrs. Baseball registration is February 7-18, 2022. The Pinto 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, 2021.

Method Road Community Center - District 3

Mar 7-Jun 3 M-Su 6:15-8:30pm Fee: \$40

Millbrook Exchange Community Center - District 1

Mar 7-Jun 3 M-Su 6:15-8:30pm Fee: \$40

Sanderford Road Neighborhood Center - District 4

Mar 7-Jun 3 M-Su 6:15-8:30pm Fee: \$40

Worthdale Community Center - District 2

Mar 7-Jun 3 M-Su 6:15-8:30pm Fee: \$40

Youth Baseball - Pony

Age: 13-14 yrs. Baseball registration is February 7-18, 2022. The Pony Baseball League is a way for youth to learn the fundamentals of baseball and to teach positive sportsmanship. This league does keep score and records wins and losses. Volunteer coaches are needed who enjoy baseball, want to teach youth, and to help develop league participants' skills and knowledge of baseball. League Age is determined by participant's age on August 31, 2021.

Buffaloe Road Athletic Park - District 2/4

Mar 7-Jun 3 M,W 6:30-8:30pm Fee: \$40

Laurel Hills Community Center- District 1/3

Mar 7-Jun 3 M,W 6:30-8:30pm Fee: \$40

Youth Baseball - TBall

Age: 5-6 yrs. Baseball registration is February 7-18, 2022. The TBall 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, 2021.

Abbotts Creek Community Center - District 1

Mar 7-Jun 3 M-F 6:00-9:00pm Fee: \$40

John Chavis Community Center - District 4

Mar 7-Jun 3 M-F 6:00-9:00pm Fee: \$40

Marsh Creek Community Center - District 2

Mar 7-Jun 3 M-F 6:00-9:00pm Fee: \$40

Roberts Park Community Center- District 3

Mar 7-Jun 3 M-F 6:00-9:00pm Fee: \$40

Youth Lacrosse

Age: yrs. Lacrosse registration is January 10-21, 2022. The Lacrosse League is a way for youth to learn the fundamentals of lacrosse and to teach positive sportsmanship. This league does keep score and records wins and losses. Volunteer coaches are needed who enjoy baseball, want to teach youth, and to help develop league participants' skills and knowledge of baseball. League is determined by the players current grade level.

Jaycee Community Center

2nd-4th Grade

Feb 14-May 14 Tu-Th & Sa 6:00-10:00pm

5th-6th Grade

Feb 14-May 14 Tu-Th & Sa 6:00-10:00pm

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Youth Softball

Age: 13-17 yrs. Youth Girls Spring Softball registration is February 7-18, 2022. The Girls Softball League is a way for youth to learn the fundamentals of softball and to teach positive sportsmanship. Modified Pitch is offered for Girls (10-12) and Fast Pitch is offered for Girls (13-17). This league does keep score and records wins and losses. Volunteer coaches are needed who enjoy softball, want to teach youth, and to help develop league participants' skills and knowledge of softball. League Age is determined by participant's age on August 31, 2021.

Buffalo Road Athletic Park

Spring Fast Pitch

Mar 7-Jun 4 M-Th & Sa 6:30-8:00pm Fee: \$40

Optimist Community Center

Spring Modified Pitch

Mar 8-Jun 4 M-Th & Sa 6:30-8:00pm Fee: \$40

Adult

Adult 3 On 3 Basketball League

Age: 18-59 yrs. Adult 3 on 3 basketball league played on Sundays. Up to 4 players per team allowed.

Biltmore Hills Community Center – Fee: \$30

Men League

Mar 6-May 1 Su 1:15-5:45pm

Women League

Mar 6-May 1 Su 1:15-5:45pm

Adult Baseball

Age: 18-99 yrs. The Athletics Division will be holding registration for the Adult Baseball League on February 28 through March 4, 2022. 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 \$600.

Buffalo Road Athletic Park

Spring

Apr 4-Jul 29 M-Su 5:30-10:00pm

Adult Softball

Age: 18-99 yrs. The Athletics Division will be holding registration for Adult Spring Softball from Monday, February 21 through Friday, February 25 either online or in person at the Wade Avenue Building (2401 Wade Ave.) from 8:30am- 5pm for participants ages 18 and up. Registration will be taken for Men's and Women's Open Leagues, Church and Coed. Registration is a team fee of \$500 (includes tournament entry for all teams) with a Non Raleigh Resident fee of \$24 per player. Plan to begin the week of April 4. Each team will receive a 12-game season. The single elimination tournament will begin at the end of the regular season games.

Millbrook Exchange Community Center Women's Open

Apr 4-May 26 M-Th 6:00-9:00pm

Church

Apr 4-May 26 M-Th 6:00-9:00pm

Walnut Creek Athletic Complex

Men's Open

Apr 4-May 26 M-Th 6:00-9:00pm

Co-ed

Apr 4-May 26 M-Th 6:00-9:00pm

Jaycee Park Sand Volleyball League

Age: 18-99 yrs. Join us for this summer league to have fun in the sun! Late Summer Sand Volleyball Leagues will play mid August-September at Jaycee Park. Registration is limited based on dates of play. Registration dates: July 10-25, 2021.

Jaycee Community Center

3 Person Co-ed Intermediate

Mar 3-May 26 Th 6:30-10:00pm Fee: \$60

6 Person Co-Ed Beginner

Mar 3-May 26 Th 6:30-10:00pm Fee: \$80

Double Co-ed Intermediate

Mar 1-May 31 Tu 6:30-10:00pm Fee: \$50

4 Person Co-ed Intermediate

Mar 1-May 31 Tu 6:30-10:00pm Fee: \$70



Educational



Preschool

Biddy Ball

Age: 3-4 years old This coed league for 3 and 4 year old will learn the basics of basketball, tee-ball, and soccer. Sign your child up for an exciting program that teaches the "FUN"damentals, hand-eye coordination, teamwork and so much more.

Method Road Community Center

Apr 2-Apr 30 Sa 10:00-11:30am

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

Jan 3-Jan 31	M,W,F	9:15am-12:15pm	Fee: \$216
Feb 2-Feb 28	M,W,F	9:15am-12:15pm	Fee: \$198
Mar 2-Mar 30	M,W,F	9:15am-12:15pm	Fee: \$216
Apr 1-Apr 29	M,W,F	9:15am-12:15pm	Fee: \$198

Storybook Land Adventures

Age: 1.6-3 yrs. Bring your curious little mind to our StoryBook Land Adventures. Each week we will dive into a new classic story and get to know some of our favorite characters. Your little one will learn and socialize in this interactive class that includes art projects, silly songs, movement, musical instruments and lots of fun! Guardian attendance is required!

Laurel Hills Community Center – Course Fee: \$30

Feb 3-Feb 24	Th	10:00-10:45am
Mar 3-Mar 24	Th	10:00-10:45am
Apr 7-Apr 28	Th	10:00-10:45am

Youth

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

Jan 9	Su	2:30-4:30pm
Feb 13	Su	2:30-4:30pm
Mar 13	Su	2:30-4:30pm
Apr 10	Su	2:30-4:30pm

Teen

Lions Park Black History Essay Contest

Age: 11-13 yrs. Share with us your original poetry skills that could inspire the future while reflecting on the past or present-day hero. The poetry contest is open to all students, and the only requirement is that you write a poem, and the poem must relate to the theme in celebration of Black History Month. This is your moment to in-spire the next generation. Register to participate and receive essay guidelines. Winners will be notified, essays presented, and a small prize will be presented to winners.

Lions Park Community Center

Feb 24	Th	6:15-7:15pm
Feb 24	Th	7:15-8:15pm

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

Jan 10	M	6:30-7:30pm
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Protective Styling

Feb 21	M	6:30-7:30pm
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It's All About Conditioning

Mar 14	M	6:30-7:30pm
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DIY Hair Care Product Making

Apr 11	M	6:30-7:30pm
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English as a Second Language (ESL) - Clases de Inglés

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.

Green Road Community Center

Feb 2-Feb 23	W	6:30-8:00pm
Mar 9-Mar 30	W	6:30-8:00pm
Apr 6-Apr 27	W	6:30-8:00pm

Method Road Community Center

Feb 1-Feb 22	Tu	6:30-8:00pm
Mar 8-Mar 29	Tu	6:30-8:00pm
Apr 5-Apr 26	Tu	6:30-8:00pm

Peach Road Cultural Center

Feb 1-Feb 24	Tu & Th	10:30am-12:00pm
Mar 8-Mar 31	Tu & Th	10:30am-12:00pm
Apr 5-Apr 28	Tu & Th	10:30am-12:00pm

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Gardening for Beginners

Age: 15-99 yrs. Join your fellow 'newbies' at Abbotts Creek Community Center to learn the basics gardening in this three-part series. 'Introduction to Gardening' will go through the basics of starting your garden; including what you'll need, your timeline, and how to start seeds indoors in preparation for the growing season that's right around the corner. Part two, 'Hands-on Gardening' will teach you how to plant the baby plants we started in part one of the series, how to direct sow your seeds, how to water/fertilize, and how to space your crops. Be sure to check back in the Summer session for 'Continuing the Harvest' - a class that will focus on Fall crops and preserving your harvests. It's never too late to start your garden and prepare for the next growing season - be sure to sign up even if you missed the previous class!

Abbotts Creek Community Center – Course Fee: \$5

Vegetable Gardening Basics

Mar 9 W 6:15-7:30pm

Hands-on Vegetable Gardening

Apr 20 W 6:15-7:30pm

Laurel Hills Community Center – Course Fee: \$5

Vegetable Gardening Basics

Mar 16 W 6:15-7:30pm

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

Feb 26 Sa 10:00-11:30am

Raleigh-Durham Caged Bird Society

Age: yrs. The Raleigh-Durham Caged Bird Society educates the public on the care of caged birds, addresses avicultural concerns and encourages the conservation of avian species. The society meets the 3rd Sunday of each month. No registration necessary.

Jaycee Community Center – Course Fee: \$1

Jan 16 Su 1:00-5:00pm

Feb 20 Su 1:00-5:00pm

Mar 20 Su 1:00-5:00pm

Apr 17 Su 1:00-5:00pm

Senior

Home Safety

Age: yrs. Use a checklist and listen to this presentation to help determine if your senior's home is safe from hazards that could jeopardize well-being and independence. Presented by Nancy Foss, Home Instead.

Anne Gordon Center

Apr 12 Tu 10:00-11:00am

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

Jan 4-Jan 25 Tu 11:30am-1:30pm

Feb 1-Feb 22 Tu 11:30am-1:30pm

Mar 1-Mar 29 Tu 11:30am-1:30pm

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

Health & Wellness



Preschool

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: Ms. Gabbie

Greystone Recreation Center – Course Fee: \$40

Jan 7-Jan 28	F	10:30-11:15am
Feb 4-Feb 25	F	10:30-11:15am
Mar 4-Mar 25	F	10:30-11:15am
Apr 1-Apr 29	F	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

Jan 24-Feb 14	M	11:30am-12:15pm
Mar 7-Mar 28	M	11:30am-12:15pm
Apr 18-May 9	M	11:30am-12:15pm

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

Jan 24-Feb 14	M	10:30-11:15am
Mar 7-Mar 28	M	10:30-11:15am
Apr 18-May 9	M	10:30-11:15am

Kider Tae Kwon Do

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

Lions Park Community Center – Course Fee: \$19.50

Feb 3-Feb 24	Th	6:30-7:15pm
Mar 3-Mar 31	Th	6:30-7:15pm
Jan 6-Jan 27	Th	6:30-7:15pm
Apr 7-Apr 28	Th	6:30-7:15pm

Parent and Toddler Yoga

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

Hill Street Neighborhood Center – Course Fee: \$40

Jan 8-Jan 29	Sa	11:15am-12:00pm
Feb 5-Feb 26	Sa	11:15am-12:00pm
Mar 5-Mar 26	Sa	11:15am-12:00pm
Apr 2-Apr 30	Sa	11:15am-12:00pm

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 2-3 Years

Jan 5-Jan 26	W	4:45-5:30pm
Feb 2-Feb 23	W	4:45-5:30pm
Mar 2-Mar 23	W	4:45-5:30pm
Apr 6-Apr 27	W	4:45-5:30pm

Ages 4-5 Years

Jan 5-Jan 26	W	5:45-6:45pm
Feb 2-Feb 23	W	5:45-6:45pm
Mar 2-Mar 23	W	5:45-6:45pm
Apr 6-Apr 27	W	5:45-6:45pm

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Youth

Bollywood Dance Kids

Age: 4-11 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 – Course Fee: \$30

Jan 8-Jan 29 Sa 1:30-2:30pm

Feb 5-Feb 26 Sa 1:30-2:30pm

Mar 5-Mar 26 Sa 1:30-2:30pm

Apr 2-Apr 23 Sa 1:30-2:30pm

Boxing at Worthdale

Age: 8-12 yrs. This class will teach basic boxing skills and techniques such as; stance, guard, movement, jab, cross, hook to participants. This class will increase strength and improves endurance. Class will also include shadow boxing, partner drills and pad work. These skills will give youth self-defense tools as well as self-confidence.

Worthdale Community Center – Course Fee: \$25

Jan 6-Jan 27 Th 6:00-7:00pm

Feb 4-Feb 24 Th 6:00-7:00pm

Mar 4-Mar 31 Th 6:00-7:00pm

Apr 7-Apr 28 Th 6:00-7:00pm

Fighting Tiger Family Karate

Age: 7-65 yrs. This style is rooted in a Traditional Okinawan style. Our focus is personal development mentally and physically. Our students learn age appropriate self-defense. Karate is an art like playing the piano, the more you seek to learn the better you will become. We give each student the time and attention to grow at their own level. We require our students to show up and give their best. Uniforms are required before belt promotions. Our instructors are qualified by an international organization.

Laurel Hills Community Center – Course Fee: \$70

Jan 4-Jan 27 Tu & Th 6:00-7:00pm

Feb 1-Feb 24 Tu & Th 6:00-7:00pm

Mar 1-Mar 24 Tu & Th 6:00-7:00pm

Apr 5-Apr 28 Tu & Th 6:00-7:00pm



FEBRUARY IS HEART HEALTH MONTH

Health and wellness is an essential component of Raleigh Parks. We believe in modeling and promoting healthy lifestyles in our community. Join us as we celebrate Heart Health Awareness Month, a national campaign that aims to raise awareness about the risks and signs of heart disease. Learn how to prevent heart disease and focus on your cardiovascular health!

Throughout February, we will be sharing tips, fitness and wellness resources to improve heart health. Visit <https://raleighnc.gov/heartmonth> or @raleighparks for more information about Raleigh Parks Heart Health Month events.

Mark your calendar and show your support for heart health by wearing red on **NATIONAL WEAR RED DAY FEBRUARY 4!**



Remember #OurHearts are healthier when we stay active and work together.

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: \$68
Jan 19-Feb 23 W 4:00-5:00pm
Mar 9-Apr 20 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
Dec 2-Dec 30 Tu & Th 6:30-7:30pm
Jan 4-Jan 27 Tu & Th 6:30-7:30pm
Feb 1-Feb 24 Tu & Th 6:30-7:30pm
Mar 1-Mar 31 Tu & Th 6:30-7:30pm
Apr 5-Apr 28 Tu & Th 6:30-7:30pm

Youth Pickleball Clinic

Age: 8-11 yrs. Pickleball is a wonderful fitness and social activity that combines aspects of racquetball, tennis and table tennis. It is played on a smaller version of a tennis court. No pre-registration is required. Dates and times listed below may show as "Unavailable" or "Full" due to online registration not being activated. If the date and time is shown, Open Play Pickleball will be offered. Each session has a \$2 fee, or a 4 month pass can be purchased for \$10 and provides access to all sessions shown on reclink.raleighnc.gov.

Tarboro Road Community Center
Mar 7-Mar 28 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

Jan 4-Jan 27 Tu & Th 5:30-6:15pm
Feb 1-Feb 24 Tu & Th 5:30-6:15pm
Mar 1-Mar 31 Tu & Th 5:30-6:15pm
Apr 5-Apr 28 Tu & Th 5:30-6:15pm
4 Month Session – Course Fee: \$225
Jan 4-Apr 28 Tu & Th 5:30-6:15pm

Teen

Teen Pickleball Clinic

Age: 12-17 yrs. Pickleball is a wonderful fitness and social activity that combines aspects of racquetball, tennis and table tennis. It is played on a smaller version of a tennis court. No pre-registration is required. Dates and times listed below may show as "Unavailable" or "Full" due to online registration not being activated. If the date and time is shown, Open Play Pickleball will be offered. Each session has a \$2 fee, or a 4 month pass can be purchased for \$10 and provides access to all sessions shown on reclink.raleighnc.gov.

Tarboro Road Community Center
Mar 2-Mar 30 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

Jan 9-Jan 30 Su 5:00-5:55pm Fee: \$15
Feb 6-Feb 27 Su 5:00-5:55pm Fee: \$15
Mar 6-Mar 27 Su 5:00-5:55pm Fee: \$15
Apr 3-Apr 24 Su 5:00-5:55pm Fee: \$11.25

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
Jan 3-Jan 31 M,Tu,Th 6:30-7:30pm
Feb 1-Feb 28 M,Tu,Th 6:30-7:30pm
Mar 1-Mar 31 M,Tu,Th 6:30-7:30pm
Apr 4-Apr 28 M,Tu,Th 6:30-7:30pm
4 Month Session Option – Course Fee: \$300
Jan 3-Apr 28 M,Tu,Th 6:30-7:30pm

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Boot Camp

Age: 15-99 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
Jan 6-Apr 28 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
Jan 4-Jan 27 Tu & Th 7:00-8:00pm
Feb 1-Feb 24 Tu & Th 7:00-8:00pm
Mar 1-Mar 31 Tu & Th 7:00-8:00pm
Apr 5-Apr 28 Tu & Th 7:00-8:00pm

Dance - Beginner and Improver Contemporary Line Dance

Age: 16-99 yrs. Join this beginner through improver 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! From 4:00-5:00 is easy beginner through solid beginner dances. You'll learn steps and gain experience doing beginner line dances. From 5:00-6:00 is improver level dancing, work on more challenging dances at the improver level. Knowledge of line dance steps is necessary and prior experience recommended. Instructor: Jackie Wheeler.

Sertoma Arts Center – Course Fee: \$2
Jan 4-Apr 26 Tu 4:00-6:00pm

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: \$40
Jan 4-Jan 25 Tu 7:30-8:30pm
Feb 1-Feb 22 Tu 7:30-8:30pm
Mar 1-Mar 22 Tu 7:30-8:30pm
Apr 5-Apr 26 Tu 7:30-8:30pm

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
Jan 5-Apr 27 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
Jan 11-Feb 22 Tu 1:30-2:30pm
Mar 15-Apr 19 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
Jan 10-Feb 28 M 6:15-7:15pm
Jan 10-Feb 28 M 7:30-8:30pm
Jan 11-Feb 22 Tu 12:00-1:00pm
Mar 7-Apr 11 M 6:15-7:15pm
Mar 7-Apr 11 M 7:30-8:30pm
Mar 15-Apr 19 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 – Fee: \$52

Jan 12-Feb 16 W 7:30-8:30pm
Jan 13-Feb 17 Th 12:00-1:00pm
Mar 9-Apr 13 W 7:30-8:30pm
Mar 10-Apr 14 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

Jan 12-Feb 16 W 6:15-7:15pm Fee: \$52
Mar 9-Apr 13 W 6:15-7:15pm Fee: \$52

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. New to Nia? Take a free class! Instructor: Laura Ghantous.

Sertoma Arts Center – Course Fee: \$8
Jan 8-Mar 5 Sa 10:15-11:15am
Mar 12-Apr 23 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.

Abbots Creek Community Center – Course Fee: \$5
Jan 4-Apr 26 Tu 6:30-7:30pm

Gentle Yoga at Abbots 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.

Abbots Creek Community Center – Course Fee: \$40
Jan 4-Jan 25 Tu 6:15-7:15pm
Feb 1-Feb 22 Tu 6:15-7:15pm
Mar 1-Mar 22 Tu 6:15-7:15pm
Apr 5-Apr 26 Tu 6:15-7:15pm
Jan 6-Jan 27 Th 6:15-7:15pm
Feb 3-Feb 24 Th 6:15-7:15pm
Mar 3-Mar 24 Th 6:15-7:15pm
Apr 7-Apr 28 Th 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
Jan 4-Apr 22 Tu,W,F 7:00-8:30pm

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

Jan 5-Jan 31 M & W 5:30-6:30pm
Feb 2-Feb 28 M & W 5:30-6:30pm
Mar 2-Mar 30 M & W 5:30-6:30pm
Apr 4-Apr 27 M & W 5:30-6:30pm
4 month session – Course Fee: \$225
Jan 5-Apr 27 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 and also for experienced martial artists.

Abbotts Creek Community Center – Course Fee: \$5
Jan 8-Apr 30 Sa 11:15am-12:30pm

Laurel Hills Yoga Drop in

Age: 0-99 yrs. Gentle Yoga Drop in Fee.
Laurel Hills Community Center – Course Fee: \$10
Jan 3-Apr 25 M 10:15-11:30am

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

Jan 3-Jan 31 M & W 7:00-8:30pm
Feb 2-Feb 28 M & W 7:00-8:30pm
Mar 2-Mar 30 M & W 7:00-8:30pm
Apr 4-Apr 27 M & W 7:00-8:30pm

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
Jan 7-Apr 28 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

Apr 14-Jun 16 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: \$75
Jan 4-Apr 26 Tu 6:30-7:30pm

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Soul Line Dance & Get Fit

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

Abbotts Creek Community Center – Course Fee: \$5

Jan 2-Apr 24 Su 3:00-4:30pm

Greystone Recreation Center – Course Fee: \$5

Jan 3-Apr 25 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

Jan 4-Jan 27 Tu & Th 7:30-8:30pm

Feb 1-Feb 24 Tu & Th 7:30-8:30pm

Mar 1-Mar 31 Tu & Th 7:30-8:30pm

Apr 5-Apr 28 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

Jan 5-Jan 31 M & W 4:00-5:00pm

Feb 2-Feb 28 M & W 4:00-5:00pm

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

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

4 Month Session Option – Course Fee: \$225

Jan 5-Apr 27 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

Jan 1-Apr 30 Sa 9:00-10:30am

Walk This Weight Walking Club

Age: 18-99 yrs. Come and join is for our Walk This Weigh Walking Club. Enjoy some cool tunes as we walk the weight right off!!! Fun and relax atmosphere for everyone to enjoy.

Method Road Community Center

Feb 4-Feb 24 Th 9:15-10:15am

Mar 3-Mar 31 Th 9:15-10:15am

Apr 7-Apr 28 Th 9:15-10:15am

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

Jan 3-Jan 31 M 10:15-11:30am

Feb 7-Feb 28 M 10:15-11:30am

Mar 7-Mar 28 M 10:15-11:30am

Apr 4-Apr 25 M 10:15-11:30am

Yoga at Brier Creek

Age: 15-99 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

Jan 3-Apr 25 M 6:45-7:45pm

Zumba®

Age: yrs. Perfect for everybody and every body! Each Zumba® class is designed to bring people together to sweat it on. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. A total workout, combining all elements of fitness cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. Cost per class is \$3.

Peach Road Cultural Center – Class Fee: \$3

Jan 6-Apr 28 Th 5:30-6:30pm

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

Jan 1-Apr 30 M & W 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

Jan 6-Apr 28 Th 6:00-7:00pm

Jan 8-Apr 30 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!

Laurel Hills Community Center – Course Fee: \$40

Jan 5-Jan 26 W 7:00-8:00pm

Feb 2-Feb 23 W 7:00-8:00pm

Mar 2-Mar 23 W 7:00-8:00pm

Apr 6-Apr 27 W 7:00-8:00pm

ZUMBA® at the Creek!

Age: 15-99 yrs. International explosion of dance, fun and fitness! Learn the basic Latin rhythms and moves of merengue, salsa, cumbia and more. No prior dance experience or background necessary. Come join the Zumba party!

Brier Creek Community Center – Course Fee: \$5

Jan 8-Apr 30 Sa 9:00-10:00am

Jan 5-Apr 27 W 6:30-7:30pm

Senior**Adult Tap Dance**

Age: 18-99 yrs. Learn (or re-learn) classic tap patterns for a good physical and mental workout. Tap dance does not require a partner or a group so you can practice any time. Students should bring tap or hard bottomed shoes for class and have some tap/dance experience. Instructor: Bev Norwood

Five Points Center

Jan 5-Jan 26 W 12:30-1:30pm Fee: \$12

Feb 2-Feb 23 W 12:30-1:30pm Fee: \$15

Mar 2-Mar 30 W 12:30-1:30pm Fee: \$15

Apr 6-Apr 27 W 12:30-1:30pm Fee: \$12

AIM Fitness

Age: 18-99 yrs. The 'AIM' of Adults In Motion Fitness is to be fun, challenging and calorie burning. Strengthen your muscles and improve your range of motion, balance, and flexibility through stretching, low impact aerobics, 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

Jan 4-Jan 25	Tu	9:15-10:00am	Fee: \$12
Feb 1-Feb 22	Tu	9:15-10:00am	Fee: \$12
Mar 1-Mar 29	Tu	9:15-10:00am	Fee: \$15
Apr 5-Apr 26	Tu	9:15-10:00am	Fee: \$12
Jan 6-Jan 27	Th	9:15-10:00am	Fee: \$12
Feb 3-Feb 24	Th	9:15-10:00am	Fee: \$12
Mar 3-Mar 31	Th	9:15-10:00am	Fee: \$15
Apr 7-Apr 28	Th	9:15-10:00am	Fee: \$12

Intermediate

Jan 4-Jan 25	Tu	10:15-11:00am	Fee: \$12
Feb 1-Feb 22	Tu	10:15-11:00am	Fee: \$12
Mar 1-Mar 29	Tu	10:15-11:00am	Fee: \$15
Apr 5-Apr 26	Tu	10:15-11:00am	Fee: \$12
Jan 6-Jan 27	Th	10:15-11:00am	Fee: \$12
Feb 3-Feb 24	Th	10:15-11:00am	Fee: \$12
Mar 3-Mar 31	Th	10:15-11:00am	Fee: \$15
Apr 7-Apr 28	Th	10:15-11:00am	Fee: \$12

Chair

Jan 4-Jan 25	Tu	2:15-3:00pm	Fee: \$12
Feb 1-Feb 22	Tu	2:15-3:00pm	Fee: \$12
Mar 1-Mar 29	Tu	2:15-3:00pm	Fee: \$15
Apr 5-Apr 26	Tu	2:15-3:00pm	Fee: \$12

Laurel Hills Community Center

Jan 5-Jan 26	W	10:15-11:15am	Fee: \$27
Feb 2-Feb 23	W	10:15-11:15am	Fee: \$12
Mar 2-Mar 30	W	10:15-11:15am	Fee: \$15
Apr 6-Apr 27	W	10:15-11:15am	Fee: \$12

Tarboro Road Community Center

Jan 5-Jan 28	W & F	10:00-10:45am	Fee: \$10
Feb 2-Feb 25	W & F	10:00-10:45am	Fee: \$10
Mar 2-Mar 25	W & F	10:00-10:45am	Fee: \$10
Apr 1-Apr 29	W & F	10:00-10:45am	Fee: \$10

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

Jan 3-Jan 31	M	12:00-12:45pm	Fee: \$12
Feb 7-Feb 28	M	12:00-12:45pm	Fee: \$12
Mar 7-Mar 28	M	12:00-12:45pm	Fee: \$12
Apr 4-Apr 25	M	12:00-12:45pm	Fee: \$12
Jan 6-Jan 27	Th	12:30-1:15pm	Fee: \$12
Feb 3-Feb 24	Th	12:30-1:15pm	Fee: \$12
Mar 3-Mar 31	Th	12:30-1:15pm	Fee: \$15
Apr 7-Apr 28	Th	12:30-1:15pm	Fee: \$12

Cardio Sculpt

Age: 18-99 yrs. Cardio Sculpt helps burn fat and build muscles. Half of the class is spent doing low-impact aerobic exercises; the other half is spent sculpting major muscle groups. Get a healthy heart and sculpted muscles all in one class.

Abbotts Creek Community Center

Jan 4-Jan 25	Tu	9:30-10:15am	Fee: \$12
Feb 1-Feb 22	Tu	9:30-10:15am	Fee: \$12
Mar 1-Mar 29	Tu	9:30-10:15am	Fee: \$15
Apr 5-Apr 26	Tu	9:30-10:15am	Fee: \$12
Jan 6-Jan 27	Th	9:30-10:15am	Fee: \$12
Feb 3-Feb 24	Th	9:30-10:15am	Fee: \$12
Mar 3-Mar 31	Th	9:30-10:15am	Fee: \$15
Apr 7-Apr 28	Th	9:30-10:15am	Fee: \$12

Anne Gordon Center

Jan 4-Jan 25	Tu	1:15-2:00pm	Fee: \$12
Feb 1-Feb 22	Tu	1:15-2:00pm	Fee: \$12
Mar 1-Mar 29	Tu	1:15-2:00pm	Fee: \$15
Apr 5-Apr 26	Tu	1:15-2:00pm	Fee: \$12

Five Points Center

Jan 6-Jan 27	Th	2:30-3:15pm	Fee: \$12
Feb 3-Feb 24	Th	2:30-3:15pm	Fee: \$12
Mar 3-Mar 31	Th	2:30-3:15pm	Fee: \$15
Apr 7-Apr 28	Th	2:30-3:15pm	Fee: \$12
Jan 7-Jan 28	F	10:15-11:00am	Fee: \$12
Feb 4-Feb 25	F	10:15-11:00am	Fee: \$12
Mar 4-Mar 25	F	10:15-11:00am	Fee: \$12
Apr 1-Apr 29	F	10:15-11:00am	Fee: \$12

Virtual Programming

Jan 3-Jan 31	M	1:00-1:45pm	Fee: \$12
Feb 7-Feb 28	M	1:00-1:45pm	Fee: \$12
Mar 7-Mar 28	M	1:00-1:45pm	Fee: \$12
Apr 4-Apr 25	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 – Course Fee: \$20

January

Jan 4-Jan 25	Tu	12:00-12:45pm
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February

Feb 1-Feb 22	Tu	12:00-12:45pm
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March

Mar 1-Mar 29	Tu	12:00-12:45pm
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April

Apr 5-Apr 26	Tu	12:00-12:45pm
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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

Jan 6-Jan 27	Th	1:30-2:15pm	Fee: \$12
Feb 3-Feb 24	Th	1:30-2:15pm	Fee: \$12
Mar 3-Mar 31	Th	1:30-2:15pm	Fee: \$15
Apr 7-Apr 28	Th	1:30-2:15pm	Fee: \$12

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 with limited individualized instruction.

Anne Gordon Center – Course Fee: \$12

Introductory/Beginner (little to no experience)

Jan 7-Jan 28	F	1:30-2:15pm
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Introductory/Beginner (little to no experience)

Feb 4-Feb 25	F	1:30-2:15pm
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Introductory/Beginner (little to no experience)

Mar 4-Mar 25	F	1:30-2:15pm
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Introductory/Beginner (little to no experience)

Apr 1-Apr 29	F	1:30-2:15pm
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Adv Beginner/Improver (solid experience)

Jan 7-Jan 28	F	2:30-3:30pm
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Adv Beginner/Improver (solid experience)

Feb 4-Feb 25	F	2:30-3:30pm
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Adv Beginner/Improver (solid experience)

Mar 4-Mar 25	F	2:30-3:30pm
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Adv Beginner/Improver (solid experience)

Apr 1-Apr 29	F	2:30-3:30pm
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Line Dance Open Studio

Age: 18-99 yrs. Join us for this fun and informal line dance open studio time. There is no instructor. Dancers should have some line dancing experience and know the basic steps.

Anne Gordon Center

Beginner (need to know steps)

Jan 4-Apr 26	Tu	3:45-4:45pm
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Adv Beginner/Improver (solid experience)

Jan 7-Apr 29	F	3:45-4:45pm
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Five Points Center

Jan 5-Apr 27	W	2:45-4:15pm
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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

Jan 6-Jan 27	Th	9:15-10:00am	Fee: \$12
Feb 3-Feb 24	Th	9:15-10:00am	Fee: \$12
Mar 3-Mar 31	Th	9:15-10:00am	Fee: \$15
Apr 7-Apr 28	Th	9:15-10:00am	Fee: \$12
Jan 7-Jan 28	F	12:30-1:30pm	Fee: \$12
Feb 4-Feb 25	F	12:30-1:30pm	Fee: \$12
Mar 4-Mar 25	F	12:30-1:30pm	Fee: \$12
Apr 1-Apr 29	F	12:30-1:30pm	Fee: \$12

Virtual Programming

Jan 5-Jan 26	W	2:00-2:45pm	Fee: \$12
Feb 2-Feb 23	W	2:00-2:45pm	Fee: \$12
Mar 2-Mar 30	W	2:00-2:45pm	Fee: \$15
Apr 6-Apr 27	W	2:00-2:45pm	Fee: \$12

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Qi Gong

Age: 18-99 yrs. Learn the 24 simple movements of qigong (chee-gong) designed to promote energetic and internal organ health. Practitioners think that the movements create good energy flow in the body and contribute to overall health. Beginners welcome; accommodations for all levels. Qi Gong for Joint Health combines guided visualization, simple motion, and balance to improve strength and fluidity for bones and joints. The class is conducted both sitting and standing. Instructor: Kathy Bundy

Anne Gordon Center

Jan 4-Jan 25	Tu	11:15am-12:00pm	Fee: \$12
Feb 1-Feb 22	Tu	11:15am-12:00pm	Fee: \$12
Mar 1-Mar 29	Tu	11:15am-12:00pm	Fee: \$15
Apr 5-Apr 26	Tu	11:15am-12:00pm	Fee: \$12

Anne Gordon Center

Jan 7-Jan 28	F	10:45-11:30am	Fee: \$12
Feb 4-Feb 25	F	10:45-11:30am	Fee: \$12
Mar 4-Mar 25	F	10:45-11:30am	Fee: \$12
Apr 1-Apr 29	F	10:45-11:30am	Fee: \$12
Jan 7-Jan 28	F	11:45am-12:30pm	Fee: \$12
Feb 4-Feb 25	F	11:45am-12:30pm	Fee: \$12
Mar 4-Mar 25	F	11:45am-12:30pm	Fee: \$12
Apr 1-Apr 29	F	11:45am-12:30pm	Fee: \$12

Five Points Center

Jan 4-Jan 25	Tu	9:15-10:00am	Fee: \$12
Feb 1-Feb 22	Tu	9:15-10:00am	Fee: \$12
Mar 1-Mar 29	Tu	9:15-10:00am	Fee: \$15
Apr 5-Apr 26	Tu	9:15-10:00am	Fee: \$12
Jan 7-Jan 28	F	9:15-10:00am	Fee: \$12
Feb 4-Feb 25	F	9:15-10:00am	Fee: \$12
Mar 4-Mar 25	F	9:15-10:00am	Fee: \$12
Apr 1-Apr 29	F	9:15-10:00am	Fee: \$12

Shibashi for Active Adults

Age: 18-99 yrs. Shibashi is a gentle, free-flowing qigong routine utilizing movements from Yang style tai chi. The routine consists of an easy-to-remember sequence of 18 meditative movements emphasizing proper posture and deep breathing. There will be visualization practice and discussions explaining how to cultivate energy that results in improved health. Benefits include: improved flexibility and strength; better concentration; periods of sustained relaxation; and stress relief. Seated modifications will be available for those with physical limitations.

Anne Gordon Center

Jan 4-Jan 25	Tu	12:15-1:00pm	Fee: \$12
Feb 1-Feb 22	Tu	12:15-1:00pm	Fee: \$12
Mar 1-Mar 29	Tu	12:15-1:00pm	Fee: \$15
Apr 5-Apr 26	Tu	12:15-1:00pm	Fee: \$12

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

Jan 5-Jan 26	W	1:45-2:30pm	Fee: \$12
Feb 2-Feb 23	W	1:45-2:30pm	Fee: \$12
Mar 2-Mar 30	W	1:45-2:30pm	Fee: \$15
Apr 6-Apr 27	W	1:45-2:30pm	Fee: \$12

Tai Chi Chih

Age: 18-99 yrs. Tai chi chih consists of 19 flowing moves to balance and circulate energy (chi). Students of all levels experience benefits such as decreased stress and anxiety, improved balance and increased muscle flexibility. Instructor: Adrienne McKenzie

Five Points Center

Jan 3-Jan 31	M	9:15-10:15am	Fee: \$12
Feb 7-Feb 28	M	9:15-10:15am	Fee: \$12
Mar 7-Mar 28	M	9:15-10:15am	Fee: \$12
Apr 4-Apr 25	M	9:15-10:15am	Fee: \$12
Jan 3-Jan 31	M	10:30-11:30am	Fee: \$12
Feb 7-Feb 28	M	10:30-11:30am	Fee: \$12
Mar 7-Mar 28	M	10:30-11:30am	Fee: \$12
Apr 4-Apr 25	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**

Jan 3-Jan 31	M	1:00-1:45pm	Fee: \$12
Feb 7-Feb 28	M	1:00-1:45pm	Fee: \$12
Mar 7-Mar 28	M	1:00-1:45pm	Fee: \$12
Apr 4-Apr 25	M	1:00-1:45pm	Fee: \$12

Beginner Sun Style

Jan 3-Jan 31	M	2:00-2:45pm	Fee: \$12
Feb 7-Feb 28	M	2:00-2:45pm	Fee: \$12
Mar 7-Mar 28	M	2:00-2:45pm	Fee: \$12
Apr 4-Apr 25	M	2:00-2:45pm	Fee: \$12

Intermediate Sun Style

Jan 3-Jan 31	M	3:00-3:45pm	Fee: \$12
Feb 7-Feb 28	M	3:00-3:45pm	Fee: \$12
Mar 7-Mar 28	M	3:00-3:45pm	Fee: \$12
Apr 4-Apr 25	M	3:00-3:45pm	Fee: \$12

Workout With Weights

Age: 18-99 yrs. This class covers the proper technique for lifting weights. Get toned and build lean muscle safely using free weights.

Five Points Center

Jan 4-Jan 25	Tu	1:15-2:00pm	Fee: \$12
Feb 1-Feb 22	Tu	1:15-2:00pm	Fee: \$12
Mar 1-Mar 29	Tu	1:15-2:00pm	Fee: \$15
Apr 5-Apr 26	Tu	1:15-2:00pm	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

Jan 3-Jan 31	M	9:15-10:00am	Fee: \$12
Feb 7-Feb 28	M	9:15-10:00am	Fee: \$12
Mar 7-Mar 28	M	9:15-10:00am	Fee: \$12
Apr 4-Apr 25	M	9:15-10:00am	Fee: \$12
Jan 5-Jan 26	W	2:30-3:15pm	Fee: \$12
Feb 2-Feb 23	W	2:30-3:15pm	Fee: \$12
Mar 2-Mar 30	W	2:30-3:15pm	Fee: \$15
Apr 6-Apr 27	W	2:30-3:15pm	Fee: \$12

Five Points Center

Jan 4-Jan 25	Tu	10:30-11:30am	Fee: \$12
Feb 1-Feb 22	Tu	10:30-11:30am	Fee: \$12
Mar 1-Mar 29	Tu	10:30-11:30am	Fee: \$15
Apr 5-Apr 26	Tu	10:30-11:30am	Fee: \$12

Yoga Gentle Floor

Age: 18-99 yrs. Gentle Yoga is structured to accommodate students of all levels and physical abilities. Poses are done in a variety of positions, including lying down, sitting, on hands and knees and standing. Modifications with props are suggested, as needed. Yoga incorporates breathing, stretching and strengthening exercises in addition to mindfulness practice. Bring your own mat.

Anne Gordon Center

Jan 3-Jan 31	M	10:15-11:15am	Fee: \$12
Feb 7-Feb 28	M	10:15-11:15am	Fee: \$12
Mar 7-Mar 28	M	10:15-11:15am	Fee: \$12
Apr 4-Apr 25	M	10:15-11:15am	Fee: \$12
Jan 5-Jan 26	W	3:30-4:30pm	Fee: \$12
Feb 2-Feb 23	W	3:30-4:30pm	Fee: \$12
Mar 2-Mar 30	W	3:30-4:30pm	Fee: \$15
Apr 6-Apr 27	W	3:30-4:30pm	Fee: \$12
Jan 6-Jan 27	Th	11:15am-12:15pm	Fee: \$12
Feb 3-Feb 24	Th	11:15am-12:15pm	Fee: \$12
Mar 3-Mar 31	Th	11:15am-12:15pm	Fee: \$15
Apr 7-Apr 28	Th	11:15am-12:15pm	Fee: \$12

Five Points Center

Mar 2-Mar 30	W	10:30-11:30am	Fee: \$15
Apr 6-Apr 27	W	10:30-11:30am	Fee: \$12

Five Points Center

Jan 5-Jan 26	W	10:30-11:30am	Fee: \$12
Feb 2-Feb 23	W	10:30-11:30am	Fee: \$12

Zumba Gold® at the Creek

Age: 15-99 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.

Brier Creek Community Center – Course Fee: \$5

Jan 5-Apr 27	W	9:00-9:45am
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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 – Course Fee: \$12

Jan 7-Jan 28	F	9:15-10:00am
Feb 4-Feb 25	F	9:15-10:00am
Mar 4-Mar 25	F	9:15-10:00am
Apr 1-Apr 29	F	9:15-10:00am

Family

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

Jan 6-Jan 27	Th	6:30-7:30pm
Feb 3-Feb 24	Th	6:30-7:30pm
Mar 3-Mar 24	Th	6:30-7:30pm
Mar 31-Apr 28	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 – Course Fee: \$115

Live-January

Jan 4-Jan 25	Tu	6:30-7:30pm
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Virtual-January

Jan 5-Jan 25	Tu	6:30-7:30pm
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Live-February

Feb 1-Feb 22	Tu	6:30-7:30pm
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Virtual-February

Feb 2-Feb 22	Tu	6:30-7:30pm
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Live-March

Mar 1-Mar 29	Tu	6:30-7:30pm
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Virtual-March

Mar 2-Mar 29	Tu	6:30-7:30pm
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Live-April

Apr 5-Apr 26	Tu	6:30-7:30pm
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Virtual-April

Apr 6-Apr 26	Tu	6:30-7:30pm
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Martial Arts -Tae Kwon Do

Age: 16-99 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: \$30

Jan 4-Jan 27	Tu & Th	6:30-8:00pm
Feb 1-Feb 24	Tu & Th	6:30-8:00pm
Mar 1-Mar 31	Tu & Th	6:30-8:00pm
Apr 5-Apr 28	Tu & Th	6:30-8:00pm

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

Feb 1-Feb 24	Tu & Th	6:30-7:30pm
Mar 1-Mar 29	Tu & Th	6:30-7:30pm
Apr 5-Apr 28	Tu & Th	6:30-7:30pm
Jan 4-Jan 27	Tu & Th	6:30-7:30pm

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

Jan 4-Jan 27	Tu & Th	7:00-8:30pm
Feb 1-Feb 24	Tu & Th	7:00-8:30pm
Mar 1-Mar 31	Tu & Th	7:00-8:30pm
Apr 5-Apr 28	Tu & Th	7:00-8:30pm

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 Survival

Age: 3-5 yrs. BRRR, it's cold and the trees are bare. There is less food available. How does life change in the winter forest? Some animals hibernate, some migrate, and some make changes in their lifestyle. Come learn about animal life and the adaptations animals make to survive!

Forest Ridge Park – Course Fee: \$3

Jan 12	W	10:30am-12:00pm
Feb 9	W	10:30am-12:00pm

A Shell for a Home!

Age: 2-6 yrs. Can you imagine carrying a shell on your back both day and night? Children will discover animals that do just that! We'll play games, sing songs and see and touch live snails and turtles! 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

Mar 3	Th	10:30-11:30am
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Kiwanis Community Center – Fee: \$2

Mar 2	W	10:30-11:30am
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Lake Lynn Community Center – Course Fee: \$2

Mar 8	Tu	10:30-11:30am
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Mar 8	Tu	12:30-1:30pm
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Sertoma Arts Center – Course Fee: \$2

Mar 10	Th	10:30-11:30am
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Beneath our Feet!

Age: 2-6 yrs. Many animals live life underground! Your child's imagination will run wild while learning all about fascinating animals that we don't see every day. This program includes music, movement and live underground dwellers to see up close! Preregistration is required. Children must be accompanied by adults. Adults attend free. For more information, contact Nature Programs at 919-996-6856.

Carolina Pines Community Center – Course Fee: \$2

Feb 10	Th	10:30-11:30am
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Kiwanis Community Center – Course Fee: \$2

Feb 9	W	10:30-11:30am
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Lake Lynn Community Center – Course Fee: \$2

Feb 15	Tu	10:30-11:30am
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Feb 15	Tu	12:30-1:30pm
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Sertoma Arts Center – Course Fee: \$2

Feb 17	Th	10:30-11:30am
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Dinosaurs Rock!

Age: 2-6 yrs. Junior paleontologists will learn all about fossils and discover how fossils can tell the story of creatures that roamed the earth long ago! Participants will even use special tools to break open "dinosaur rocks" and delight in prehistoric treasures found within! Preregistration is required. Children must be accompanied by adults. Adults attend free. For more information, contact Nature Programs at 919-996-6856.

Carolina Pines Community Center – Course Fee: \$2

Jan 13	Th	10:30-11:30am
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Kiwanis Community Center

Jan 12	W	10:30-11:30am
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Lake Lynn Community Center – Course Fee: \$2

Jan 18	Tu	10:30-11:30am
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Jan 18	Tu	12:30-1:30pm
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Sertoma Arts Center – Course Fee: \$2

Jan 20	Th	10:30-11:30am
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Fairy Houses

Age: 3-6 yrs. Do fairies live at the nature preserve? Come find out! Make a tiny house in the woods for a mouse, bug, toad, woodland fairy, or even a troll. Wear fairy wings and walk the fairy trails! We'll provide stories and natural materials – all you need is a good imagination.

A.L. Wilkerson Nature Preserve – Course Fee: \$3

Mar 2	W	10:30am-12:00pm
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Mar 5	Sa	10:30am-12:00pm
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Foxes and Coyotes

Age: 3-6 yrs. How are foxes and coyotes similar to and different from dogs? We'll hear the stories of these wild creatures and go outside to look for their tracks and dens. Make a fox track and do a craft!

A.L. Wilkerson Nature Preserve – Course Fee: \$3

Feb 16	W	10:30am-12:00pm
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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 – Course Fee: \$3

Jan 5	W	10:30am-12:00pm
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Feb 2	W	10:30am-12:00pm
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Mar 2	W	10:30am-12:00pm
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Apr 6	W	10:30am-12:00pm
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Little Adventurers

Age: 4-6 yrs. Are you ready for an adventure at Lake Johnson Park? Each month will be a dive into a grand adventure about a different theme. We will spend time outside in the park and in the classroom learning about the theme of the month. Adult(s) must accompany participant(s), adult(s) attend free and do not need to register.

Thomas G. Crowder Woodland Center – Course Fee: \$3
Hibernation

Jan 8 Sa 10:00-11:30am

Migration

Feb 12 Sa 10:00-11:30am

Animal Tracks

Mar 12 Sa 10:00-11:30am

Wetlands

Apr 9 Sa 10:00-11:30am

Masters of Disguise

Age: 3-5 yrs. Do you know that adaptation is the key to survival in the wild? Successful animals and plants can hide really well through disguises. Come learn about camouflage, mimicry, blending and other ways to hide in plain sight. This program will include games and activities to see if you can find the hidden creatures as well as the creation of some camouflage artwork.

Forest Ridge Park – Course Fee: \$3

Mar 14 M 10:30am-12:00pm

Apr 11 M 10:30am-12:00pm

Tale of a Tadpole!

Age: 2-6 yrs. All creatures grow and change in their lifetimes, but the lifecycle of a frog is an extraordinary one! Children can hop on over to the park to learn all about tadpoles and frogs through games, songs and live pond creatures to see up close and touch! 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

Apr 5 Tu 10:30-11:30am

Kiwanis Community Center

Apr 6 W 10:30-11:30am

Lake Lynn Community Center

Apr 12 Tu 10:30-11:30am

Apr 12 Tu 12:30-1:30pm

Sertoma Arts Center

Apr 7 Th 10:30-11:30am

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

Apr 7 Th 10:00-11:00am

Wee Wetland Walkers

Age: 1-99 yrs. This free program is designed to run at a toddler's pace: Run. Stop. Pick a dandelion. Run. Climb a rock. Find an interesting leaf! Join others for an easy-paced walk along the greenway with one of our naturalists. Please register at least 48 hours in advance.

Walnut Creek Wetland Park

Mar 22 Tu 10:00-11:00am

Apr 19 Tu 10:00-11:00am

Welcome Hummingbirds

Age: 3-6 yrs. The hummingbirds are coming back to Raleigh from their winter homes in Mexico and Central America. Learn about hummers and play some hummingbird games. Help us put up the nectar feeders in the park for our hummingbirds.

A.L. Wilkerson Nature Preserve – Course Fee: \$3

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

Apr 23 Sa 10:30am-12:00pm

Wildlife in Winter

Age: 3-6 yrs. What do wild animals do in winter? Let's pretend to be animals that hibernate, migrate and stay warm in the cold, winter woods! We'll take a hike, make a craft, and learn about our wild friends.

A.L. Wilkerson Nature Preserve – Course Fee: \$3

Jan 19 W 1:00-2:30pm

Youth

Boy Scouts Merit Badge

Age: 10.5-18 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 – Course Fee: \$15

Sustainability

Feb 27 Su 2:00-5:00pm

Reptiles and Amphibians

Mar 20 Su 2:00-5:00pm

Forestry

Apr 24 Su 2:00-5:00pm

Celebrate World Wetland Day

Age: 8-99 yrs. Celebrate World Wetland Day by learning all about our native amphibians. We'll hike out to our hidden vernal pools to meet the critters that live there. This program includes a 2 mi hike (roundtrip) on uneven terrain. Children must be accompanied by adults. Children and adults must preregister and pay the program fee.

Durant Nature Preserve – Course Fee: \$4

Feb 5 Sa 3:00-5:00pm

City Nature Challenge Kickoff

Age: 8-99 yrs. Join us in kicking off the City Nature Challenge. We'll explore the preserve to see how many critters we can find. Learn about the amazing biodiversity of the Piedmont and then help us document our sightings using EcoExplore or iNaturalist. Children must be accompanied by adults. Children and adults must preregister.

Durant Nature Preserve

Apr 29 F 10:00-11:00am

EcoEXPLORE

Age: 5-13 yrs. Did you know that Walnut Creek Wetland Park is an ecoEXPLORE Hotspot? Come earn your ecoEXPLORE-Woodpecker badge at Walnut Creek Wetland Park! ecoEXPLORE is an incentive-based citizen science program for kids in grades K-8. This program encourages kids to spend time exploring outdoors, document their finds through technology, and share them on the ecoEXPLORE website! Participants earn points that they can cash in for some really great prizes, as well! Come dressed to spend time outside. Bring a pair of binoculars (or borrow a pair of ours) and a device for taking digital photos. (Cell phone or ipad is perfect! See the ecoEXPLORE.net for locations of loaner devices)

Walnut Creek Wetland Park – Course Fee: \$4

Woodpeckers

Feb 6 Su 2:00-3:00pm

Pollination

Mar 27 Su 2:00-3:00pm

Equinox Astronomy

Age: 8-13 yrs. Why do we have seasons? Why do we say days are 'getting shorter' or 'longer'? How do animals know when to migrate, and flowers know when to grow? In this investigation, we will use simulations construct models to understand how the source of the seasons is literally, 'out of this world.'

A.L. Wilkerson Nature Preserve – Course Fee: \$4

Mar 23 W 3:00-4:30pm

Hopping with Frogs

Age: 5-8 yrs. Spring brings frogs and toads in our forest ponds! Come hop along to learn about frog calls, search for frogs in the wild, and make a tadpole craft that changes into a frog.

A.L. Wilkerson Nature Preserve – Course Fee: \$3

Mar 26 Sa 10:30am-12:00pm

continued on page 46 —



Meteorology Masters

Age: 8-13 yrs. You could ask a groundhog or join us to learn how scientists really predict the weather by practicing your own observation-based forecast. We will measure the atmosphere using tools including an anemometer, hygrometer, barometer, and sling psychrometer. Make a weather instrument to take home!

A.L. Wilkerson Nature Preserve – Course Fee: \$3
Feb 2 W 3:00-4:30pm

Mineral Detectives

Age: 8-13 yrs. Don't be fooled by fool's gold -- learn how geologists test minerals by using properties including hardness, streak, color, luster, and acid reactivity. Take on the challenge of testing and identifying a variety of mineral samples. Take home a mineral for your own collection!

A.L. Wilkerson Nature Preserve – Course Fee: \$4
Jan 28 F 3:00-4:30pm

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
Apr 10 Su 3:00-4:30pm

Nature Art - Build a Kite

Age: 5-99 yrs. Join us and learn to harness the power of the wind by making your own kite. Using recycled materials, we'll make and decorate beautiful kites to fly in the sky! Children must be accompanied by an adult. Adults and children must preregister and pay the program fee.

Horseshoe Farm Nature Preserve – Course Fee: \$4
Mar 12 Sa 3:00-4:00pm

Volcanic Action

Age: 6-10 yrs. Have you seen pictures of the Kilauea volcano lava flows? Do you know when lava cools you are left with igneous rocks? Do you know there is a lot of granite in North Carolina and at one time that was hot magma that cooled inside the earth to form the rock? Come learn about igneous rocks with an edible lab and slime project.

Forest Ridge Park – Course Fee: \$3
Feb 13 Su 3:00-4:30pm

Adult

Birding for Adults

Age: 16-99 yrs. Have you ever been curious about the birds you see or hear in your yard or on a walk? Have you ever wondered what people are talking about when they say they are going. 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 (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 a pair 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
Mar 12 Sa 10:00am-12:00pm

Early Birds

Age: 16-99 yrs. Grab your binoculars and meet us at Durant for a bird-watching hike led by Wake Audubon guest naturalist, Erla Beegle. Spend your morning watching and learning about birds that prefer a forests and lakes, on this approximately 1.5 mi hike. Help us document birds for the Great Backyard Bird Count! For beginning and advanced birders. Bring your binoculars, or borrow a pair of ours. Pre-registration is required.

Durant Nature Preserve
Feb 20 Su 8:00-9:30am

Horseshoe Farm Nature Preserve
Feb 19 Sa 8:00-9:30am
Apr 16 Sa 8:00-9:30am

Environmental Education: Growing Up Wild

Age: 18-99 yrs. Growing Up Wild is an early childhood education program that builds on children's sense of wonder about nature and invites them to explore wildlife and the world around them. Through a wide range of activities and experiences, participants in this workshop will build a foundation for delivering experiences for early childhood, in the 3-7years of age range. This 6-hour workshop is a Criteria 1 workshop for NC Environmental Educator Certification. Please bring a lunch, water bottle and dress for the weather.

Walnut Creek Wetland Park
Mar 18 F 9:00am-4:00pm

Environmental Lecture Series

Age: 14-99 yrs. Join us 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.

Thomas G. Crowder Woodland Center

Apr 11	M	6:00-7:00pm
Mar 14	M	6:00-7:00pm
Feb 14	M	6:00-7:00pm
Jan 10	M	6:00-7:00pm

Environmental/Continuing Education: Flying Wild

Age: 18-99 yrs. Flying WILD workshops provide activities to teach middle school students about birds, their migration, and what people can do to help birds and their habitats. The activities can be used to teach classroom lessons or to set up service-learning projects about birds and their habitats. This workshop will be hybrid, utilizing Google Classroom. Taught by Wildlife Resources outreach specialist, CC King. Criteria I and CEU credits available. Pre-registration is required.

Horseshoe Farm Nature Preserve

Jan 15	Sa	9:00am-12:00pm
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Environmental/Continuing Education: Project Wild

Age: 18-99 yrs. Project WILD is a K-12 interdisciplinary conservation and environmental education program emphasizing wildlife. The goal of Project WILD is to assist students of any age in developing awareness, knowledge, skills, and commitment to result in informed decisions, responsible behavior, and constructive actions concerning wildlife and the environment. Participants will receive the Project WILD activity guide and qualify for CEU credits and EENC Criteria I credits. This workshop takes place rain or shine, and primarily outdoors. Dress for the weather and bring what you need for comfort. Taught by Wildlife Resources outreach specialist, CC King. Pre-registration is required.

Durant Nature Preserve

Apr 8	F	9:00am-4:00pm
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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

Feb 21	M	9:00am-5:00pm
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Lovers' Night Hike

Age: 18-99 yrs. The trails are lined with luminaries after the sun goes down to guide you on a stroll into the romantic lives of wildlife. Enjoy an easy walk in the night woods with loved ones or friends, and meet animated wildlife who weave stories of animal courtship and love. See what love is like for animals, from the drama of deer dating to the risks of praying mantis proposals. They're sweet, they're silly - they're not your usual love stories! Take a night hike unlike any you've seen, and wind your way to the campfire for s'mores and charming ambiance. Adults only. Advance registration is required!

Durant Nature Preserve - Course Fee: \$5

Feb 10	Th	7:00-8:30pm
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New Discoveries in NC Invasive Species

Age: 14-99 yrs. A Special Program for National Invasive Species Awareness Week -- Many new invasive species have been discovered in the Triangle area in recent years. Some of these species are new arrivals, while others have apparently lived in Raleigh for many decades without being detected, and have only recently been discovered to be widespread. What impacts can we expect from these new invasives? Learn how to recognize these new species which can't be found in most NC-focused books, but which are likely to remain a part of Raleigh's urban and suburban ecosystems for many years to come.

A.L. Wilkerson Nature Preserve

Mar 4	F	6:00-7:30pm
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Seasonal Tree ID

Age: 18-99 yrs. What kind of tree is that? In this program, you will learn to identify local trees based on bark, limb, buds and branching patterns as well as leaves, seeds and habitat. Participants will receive field guides for local trees to keep and take home. This is an outdoor event, and you should dress for weather conditions. Participants are eligible to receive three hours of Criteria II (outdoor) or Criteria III credit toward N.C. Environmental Educator Certification. Sign up today and answer the question, "What kind of tree is that?"

Forest Ridge Park - Course Fee: \$10

Feb 20	Su	2:00-5:00pm
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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. Participants under age of 16 must be registered with an adult.

Thomas G. Crowder Woodland Center - Course Fee: \$4

Feb 21	M	7:00-9:00am
Apr 23	Sa	7:00-9:00am

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 participant(s) under 16, register, and pay the program fee.

Thomas G. Crowder Woodland Center - Course Fee: \$4

Apr 10	Su	1:00-3:00pm
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WILD - Amphibians

Age: 18-99 yrs. Join NC Wildlife Resources Outreach Specialist CC King for a Criteria II or III, WILD - Amphibians. This 3 hour workshop will cover amphibian life cycles, habitats, identification and anatomy. From Spotted Salamanders to Leopard Frogs, from chains of eggs to baseball-size egg clusters, our amphibians lead fascinating lives. Find out about these herps through creek stomping and pond netting at Durant, and then take those skills home to explore your favorite outdoor spot. Gather materials to share with your students and have fun in the field, too. We look forward to seeing you there. Pre-registration is required.

Durant Nature Preserve

Feb 26	Sa	9:30am-12:30pm
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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

Coyote America by Dan Flores

Jan 26	W	5:30-7:00pm
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Entangled Life by Merlin Sheldrake

Apr 27	W	5:30-7:00pm
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Winter Tree ID

Age: 16-99 yrs. Did you know you can identify trees during the winter by their bark and small bud markings on their limbs? Come learn how! 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

Jan 23	Su	2:00-5:00pm
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Family

Astronomy Nights

Age: 5-99 yrs. What's up in space this spring? Each Astronomy program begins with an indoor presentation and (weather permitting) moves outside after sunset to view the moon, stars, and more with the preserve's telescope.

A.L. Wilkerson Nature Preserve – Course Fee: \$2
Feb 11 F 5:30-7:00pm
Mar 11 F 6:00-7:30pm

Backyard Bird Counting!

Age: 5-99 yrs. Become a Citizen Scientist and participate in the Great Backyard Bird Count! We'll collect data on Wilkerson's many winter-time birds to help real scientists track migration patterns, and we'll learn how we all can attract more birds to our own backyards and make them better bird habitats. No prior birding experience necessary – binoculars will be provided.

A.L. Wilkerson Nature Preserve
Feb 19 Sa 10:30am-12:00pm

Big Sweep

Age: 14-99 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. Volunteers under the age of 14 must be accompanied by an adult. 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
Apr 9 Sa 9:00am-12:00pm

Bird Feeder Watch

Age: 7-99 yrs. Join us for the Great Backyard Bird Count! Spend some time counting birds at our feeders and then make your own suet bird feed to take home. Ages 7+ welcome, but most appropriate for families with children middle school age or older. Adult(s) must accompany child(ren), register, and pay the program fee.

Thomas G. Crowder Woodland Center – Course Fee: \$3
Feb 19 Sa 9:00-10:30am

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
Jan 8 Sa 4:00-5:00pm
Feb 4 F 5:00-6:00pm

Family Naturalists-Amphibians

Age: 5-99 yrs. What is an amphibian? What kinds of amphibians live around here? We'll find out all that and more! Come dressed to spend time outdoors, in the vernal pools and in the creek. (A change of clothes is suggested) Bring your own rain boots or borrow a pair of ours. This is a family program and fee applies to all family members (recommended age 5 and older)

Walnut Creek Wetland Park – Course Fee: \$3
Mar 26 Sa 11:00am-12:30pm

Feathery Friends

All ages.. Come learn about our feathered, flying friends. You will learn about what makes birds cool, spend some time identifying birds at our feeders, and make your own bird treats to take home. All ages welcome, but most appropriate for families with children elementary school age or older. Adult(s) must accompany child(ren), register, and pay the program fee. Advance registration is required for this program.

Thomas G. Crowder Woodland Center – Course Fee: \$3
Feb 20 Su 1:00-2:30pm

Frog Song Campfire

All ages. Join us in the special Earth day edition of our Frog Song Campfire! Gather 'round the campfire as we listen to the songs of spring. Together we'll learn about and hear from the frogs that make Durant their home. Children must be accompanied by adults. Children and adults must preregister.

Durant Nature Preserve – Course Fee: \$2
Apr 22 F 7:30-8:30pm

Great Backyard Bird Count

Age: 7-99 yrs. Join an experienced birder at Walnut Creek Wetland Park for the annual Great American Backyard Bird Count! People of all ages and birding abilities join together during this four day weekend to count birds and submit their data which is used by scientists and bird experts. We'll get you started by counting the birds at Walnut Creek, and by giving you all the information you need to go home and count the birds in your own backyard! This is a fun, family activity where your count really counts! Recommended ages 7 and older.

Walnut Creek Wetland Park
Feb 19 Sa 8:00-10:00am

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.

Thomas G. Crowder Woodland Center
Mar 12 Sa 9:00-11:00am
Thomas G. Crowder Woodland Center
Apr 22 F 5:00-7:00pm

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.

Thomas G. Crowder Woodland Center
Mar 13 Su 1:30-3:00pm Fee: \$2
Apr 30 Sa 1:30-3:00pm Fee: \$2

Make Your Own Bird Feeder

All ages. Come prepare for the Great Backyard Bird Count by making your very own bird feeder and learn some of your common backyard birds! Made from all natural materials, this feeder will encourage birds to visit your yard so you can start contributing to community science! Children must be accompanied by adults. Children and adults must preregister and pay the program fee.

Durant Nature Preserve – Course Fee: \$4
Feb 18 F 3:00-4:00pm

Nature Play Day

Age: 0-99. 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, free of charge! You're welcome to drop-in anytime during this activity – registration is not required. Note: Adults must accompany their children.

A.L. Wilkerson Nature Preserve
Apr 1 F 10:30am-1:30pm

Nocturnal Nature Hike

Age: 5-99 yrs. 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
Apr 9 Sa 7:30-9:30pm



Pint-Sized Planters

Age: 5-99 yrs. What do plants need to survive? Why are plants important? In this springtime program we will explore the needs of plants, make our very own seed starters and become little scientists as we take a closer look at pollinators! 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
 Mar 20 Su 9:00-11:00am

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's edge. We'll learn to identify some common aquatic invertebrates, learn more about their different life stages, and take a closer look at them. 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
 Mar 26 Sa 9:00am-1:00pm
 Apr 3 Su 1:00-3:00pm

Shell-ebrating Turtles

Age: yrs. Ever wonder what makes turtles so unique? We will learn about the different types of turtles, what makes each so special, and what you can do if you find one in the wild. You will even get an up close and personal look at Lake Johnson Park's very own box turtle! Adult(s) must accompany child(ren), register, and pay the program fee.
Thomas G. Crowder Woodland Center – Course Fee: \$3
 Apr 2 Sa 9:00-11:00am

Statewide Star Party

Age: 5-99. Join members of the Raleigh Astronomy Club and Wilkerson Nature Preserve for a special star gaze held in conjunction with the NC Science Festival. Club members will share their telescopes and knowledge of the night sky, and there will be many astronomy-related activities and crafts available for younger space-fans. Please park in the Overflow Parking Lot and follow signs to the field near the Park Office to see the telescopes. You may wish to bring a flashlight (with a red light if possible) to aid you in walking. Free.

A.L. Wilkerson Nature Preserve
 Apr 8 F 8:00-10:30pm

Story in the Park

All ages. 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 – Course Fee: \$2

Salamander Dance
 Mar 19 Sa 10:30-11:30pm
The Box Turtle
 Apr 23 Sa 10:30am-11:30pm

Survive the Wild

Age: 7-99 yrs. Do you have what it takes to survive in the wild? Come find out! Join us for an afternoon of games and challenges to see what life is like for animals in the woods. Practice camouflage, learn how raptors hunt, build a forest shelter, and hone your fire-building skills to make s'mores. It's a wild day of wildlife wisdom for anyone eager to play in the woods. Children must be accompanied by adults. Children and adults must register and pay program fee.
Durant Nature Preserve – Course Fee: \$4
 Mar 5 Sa 3:00-4:30pm

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
 Feb 26 Sa 5:00-6:30pm
 Mar 19 Sa 6:30-8:00pm
 Apr 30 Sa 7:30-9:00pm

Vernal Equinox: Hike & Campfire

All ages. Gather with us for a stroll and campfire reflection during the vernal equinox. At a time when nature is reminding us that growth and change are constant, we'll spend time reflecting on how that is mirrored in our own lives and what we would like from the new season. Learn about the wildlife waking up in the preserve and then enjoy a peaceful campfire together. This easy hike is a great way to spend quality time with friends or family. 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
 Mar 20 Su 4:00-5:00pm

Wildflower Walk

Age: 5-99 yrs. Many wildflowers bloom in spring. Join us for a leisurely hike through our fields and woods as we learn to recognize some blooming beauties and appreciate their stories.

A.L. Wilkerson Nature Preserve – Course Fee: \$2
 Apr 2 Sa 10:30am-12:00pm

Wilkerson New Year Hike

Age: 5-99 yrs. Get off on the right step with the new year! We will hike all three Wilkerson Nature Preserve Trails to reflect on the year that has passed and face the one ahead. While guided by a naturalist, we will periodically stop to take in some of the Preserve winter wonders. Dress for winter hiking. Meet at Park Office.

A.L. Wilkerson Nature Preserve
 Jan 1 Sa 2:00-4:00pm

Winter Wetland Mystery

All ages. The wildlife at Walnut Creek Wetland Park have been up to some good-natured mischief! We need your help to solve the mystery and track down the suspects during a Winter Mystery in the Wetland. Bring your whole family and help us solve the riddles of the "who-done-it?" We'll celebrate our puzzle-solving skills with cookies and hot chocolate at the end! After registering, families will be notified of their scheduled start time. (Start times will be staggered). Appropriate for all ages, however, some trail surfaces are not wheeled-device accessible.

Walnut Creek Wetland Park – Course Fee: \$15
 Feb 5 Sa 1:00-4:00pm



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



Preschool

Learn to Ride Balance Bike Series

Age: 3-6 yrs. There is no better way for your child to learn to ride a bike than on a balance bike. Balance bikes focus on developing the skill and muscle memory required to ride a bike without pedals. After these four sessions, most participants will be comfortable riding balance bike independently. Set your child up for a life long skill in a fun and inviting environment. All equipment and instruction is provided. Parents are encouraged to spectate during the 45 minutes of instruction and assist with ride practice immediately after the program.

Forest Ridge Park
Mar 21-Mar 24 M-Th 10:00-11:00am

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 participant(s), adult(s) attend free and do not need to register.

Thomas G. Crowder Woodland Center – Course Fee: \$4
Mar 6 Su 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
Mar 30 W 4:00-6:00pm
Apr 30 Sa 9:00-11:00am

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
Apr 23 Sa 9:00-11:00am

Navigating the Wilderness

Age: 13-16 yrs. How would you get around the wilderness if your phone and GPS lost power or broke altogether? This course will take you on a journey off the trails 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 participant(s). This program is designed to give parent(s)/guardian(s) time to enjoy the park while the participant(s) enjoys the program.

Thomas G. Crowder Woodland Center – Course Fee: \$4
Mar 19 Sa 9:00-11:00am

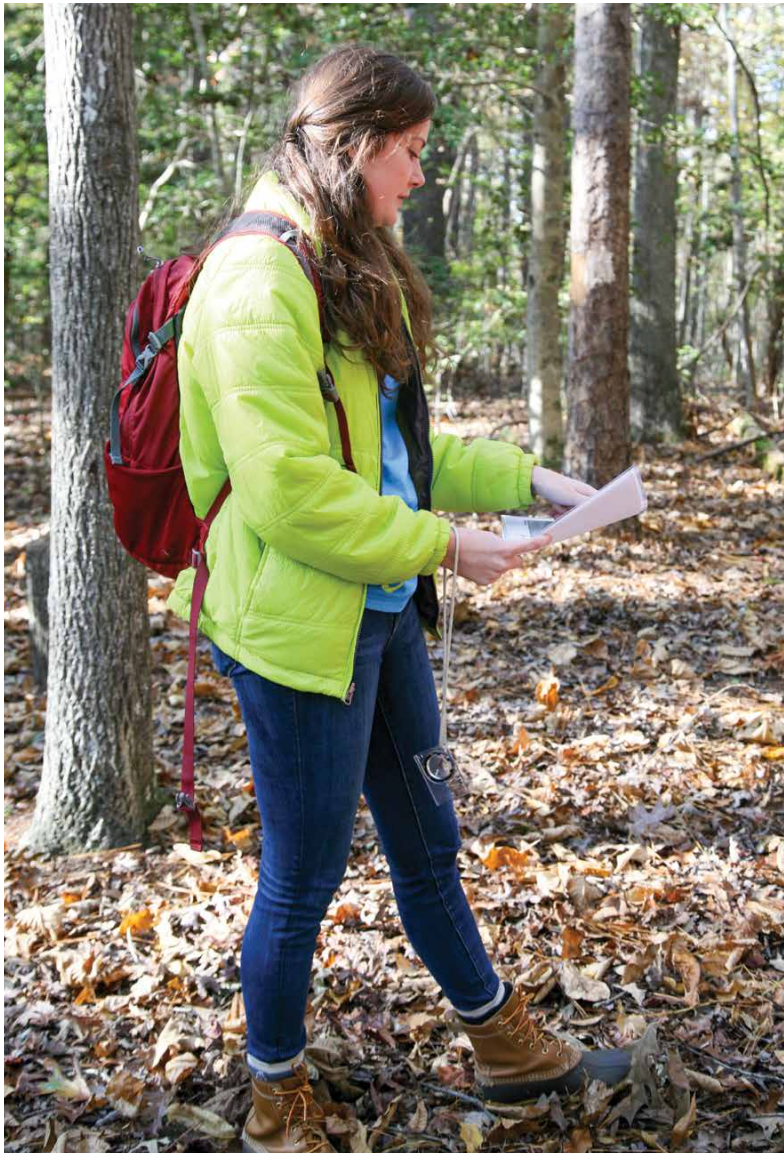
Adult

Adult Fishing

Age: 16-99 yrs. This program is great for adults who have always wanted to learn to fish. We will learn how to set up a rod and reel, casting techniques, and what fish are found in the lake. We will also cover state rules and regulations. Then we will go fishing off our bridge and learn some tips and tricks to becoming an experienced fisherman. No prior experience required. Equipment is provided including rod, reel, and bait.

Lake Johnson Waterfront Center – Course Fee: \$4
Mar 27 Su 1:00-3:00pm
Apr 19 Tu 5:00-7:00pm

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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

Jan 29 Sa 1:00-3:00pm

Mar 26 Sa 1:00-3:00pm

Orienteering 101

Age: 16-99 yrs. Ever been worried about getting lost in the woods with only a map and no working GPS? This course will take you off trail inside Lake Johnson Park and teach you all about how to navigate without the aid of a GPS or your phone. Walk away understanding how to read a compass, take bearings, understand a topographic map, and much more. No prior experience is necessary. Advanced registration is required for this program.

Thomas G. Crowder Woodland Center – Course Fee: \$6

Feb 26 Sa 1:00-3:00pm

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

Family

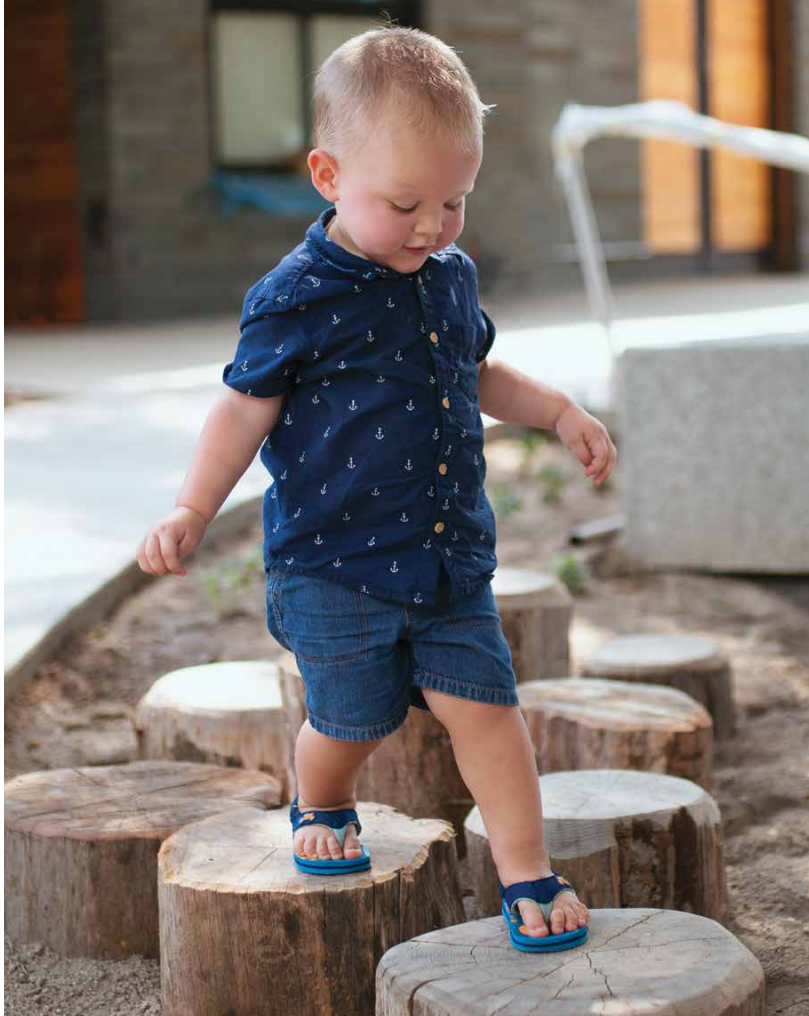
Family Fishing

Join us for this fun fishing program! Participants will learn how to cast and set up a rod and then go fishing in the lake. This is a great way to spend an afternoon with the whole family! Equipment is provided including rod, reel, and bait. Adult(s) must accompany child(ren), register, and pay the program fee. Advance registration is required for this program.

Lake Johnson Waterfront Center – Course Fee: \$4

Apr 24 Su 9:30-11:30am

Social Programs



Preschool

Cupid's Cuties

Age: 2-5 yrs. It's Valentine's Day and what better way to celebrate than being with the little ones you love! Kids and parents, come join us for fun story time and crafts to celebrate this happy holiday. Mask required and at least 1 parent/guardian required to stay with child during the program.

Hill Street Neighborhood Center – Course Fee: \$8
Feb 14 M 3:30-4:30pm

Eco-Avengers

Age: 3-6 yrs. Let's celebrate Earth Day by discovering ways we can help our planet and protect the environment. As Eco-Avengers, it is our duty to raise awareness, educate, and act to promote environmentally friendly deeds that inspire others to join our efforts. Planet Earth will take center stage with crafts, activities, and food experiences all themed towards our majestic earthly home.

Greystone Recreation Center – Course Fee: \$10
Apr 21 Th 10:00-11:30am

Little Leprechaun

Age: 2-5 yrs. Calling all the little leprechauns, one and all! We are going to have a sham-ROCK of a good time creating crafts and reading stories to celebrate this fun holiday! Hope to see you soon! Mask required and at least 1 parent/guardian required to stay with child during the program.

Hill Street Neighborhood Center – Course Fee: \$8
Mar 14 M 3:30-4:30pm

Party Like a Seuss!

Age: 3-6 yrs. Come cut loose for Dr. Seuss as we celebrate his birthday! Our superb celebration is sure to excite our little tykes as we read some of our favorite stories and craft some masterpieces themed to some of his greatest books. Now, no party is complete without a tasty treat, so rest assured some of our creations can't be eaten with our feet!

Greystone Recreation Center – Course Fee: \$10
Mar 1 Tu 10:00-11:30am

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
Apr 6-Apr 27 W 10:30-11:30am

Playgroup Tot Time

Age: 0-5 yrs. The gym is your playground! Come meet other families in your community in a recreational setting. The gym will be open for parents and their young children. Sports and recreation equipment will be available for use. Participation in the program is limited to children who are under 6 years of age and registration is required for all participants. Please check with individual facilities for maximum number of registrants allowed at a time.

Abbotts Creek Community Center

Jan 3-Apr 29 M-F 9:30am-12:00pm

Barwell Road Community Center

Jan 5-Apr 29 W, F 10:00am-12:00pm

Tarboro Road Community Center

Jan 7-Apr 29 F 10:30am-12:00pm

Spring Spectacular!

Age: 3-6 yrs. Can you smell it? Spring is in the air! Come celebrate the first day of spring with us while we plant seeds, make crafts and enjoy tasty treats...all Spring themed of course. We will learn about Spring and appreciate all the beauty and liveliness of this flower powered season.

Greystone Recreation Center – Course Fee: \$10
Mar 22 Tu 10:00-11:30am

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Under the Sea Preschool Art

Age: 2-5 yrs. There are lots of fun animals that live under the sea. Come learn about some of those animals while creating fun crafts and listen to under water stories. Mask required and at least 1 parent/guardian required to stay with child during the program.

Hill Street Neighborhood Center – Course Fee: \$8
Apr 25 M 3:30-4:30pm

Valentine's Extravaganza

Age: 3-6 yrs. No heart breakers at this party! Join our love-filled festivities as we celebrate Valentine's Day with new and old friends in the Raleigh community. Please invite your neighbors, family and friends to join in for our LOVEly celebration. We will play games and make special gifts/treats for the one(s) you love this Valentine's Day. Valentine's day is also about candy, so of course we will indulge in some of our own edible creations.

Greystone Recreation Center
Feb 10 Th 10:00-11:30am

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: \$25
Jan 4-Jan 25 Tu 6:00-7:00pm
Feb 1-Feb 22 Tu 6:00-7:00pm
Mar 1-Mar 29 Tu 6:00-7:00pm
Apr 5-Apr 26 Tu 6:00-7:00pm

Cut Loose with Dr. Seuss

Age: 6-12 yrs. Come celebrate Dr. Seuss' birthday at Method Community Center. Kids will engage in arts and crafts, fun games and a food experience. Registration ends Friday, February 25.

Method Road Community Center
Mar 4 F 4:30-6:00pm

Daddy Daughter Dance

Age: 0-99 yrs. Hey dads and daughters, get dressed up and celebrate Valentine's Day at Laurel Hills with a night of dancing, refreshments and great entertainment. The fee includes heavy hors d'oeuvres, a flower for each daughter and door prizes. Bring your camera to capture this fun evening! A photo area will be set up and staff will be available to assist with picture taking. (No photos will be printed on site.) Register early, space is limited! Cost is per person.

Laurel Hills Community Center – Course Fee: \$17
Feb 4 F 6:30-8:30pm
Feb 4 F 6:30-8:30pm

Fun Friday at Sanderford

Age: 5-12 yrs. Join us every Friday for fun, games, friends, and more FUN! See you at Sanderford!!!

Sanderford Road Neighborhood Center

Jan 7-Jan 28 F 6:00-8:00pm
Feb 4-Feb 25 F 6:00-8:00pm
Mar 4-Mar 18 F 6:00-8:00pm
Apr 1-Apr 29 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
Jan 8-Apr 30 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
Mar 9-Mar 30 W 6:00-7:00pm

Teen**Girls World**

Age: yrs. This is a program for girls that will meet once a week for 9 weeks. The program will serve girls age 12-17. The program focuses on media literacy, digital citizenship and informs girls how to use social media safely and in more of an emotionally healthy manner. Topics include: My Relationship to Technology, Finding My Media Balance, Ads, Messages and Being a Leader, The Importance of Empathy and Staying Safe on the Internet. The program will run at SMTC from 6:00pm-7:00pm.

Saint Monica Teen Center – Course Fee: \$15

Jan 13 Th 6:00-7:00pm
Jan 20 Th 6:00-7:00pm
Jan 27 Th 6:00-7:00pm
Feb 3 Th 6:00-7:00pm
Feb 10 Th 6:00-7:00pm
Feb 17 Th 6:00-7:00pm
Feb 24 Th 6:00-7:00pm
Mar 3 Th 6:00-7:00pm
Mar 10 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 yrs. Middle School Mania is a program that serves middle schoolers age 11-15 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

Jan 18 Tu 7:30AM-6:00pm
Feb 18 F 7:30AM-6:00pm
Mar 18 F 7:30AM-6:00pm
Mar 28 M 7:30AM-6:00pm
May 2 M 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 you are interested in participating, register online and attend a meeting or call the Teen Program at 919-996-2139. This program meets every 2nd and 4th Monday of each month through May.

Laurel Hills Community Center
Jan 10-May 9 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

Jan 4-Jan 27 Tu,Th 6:45-8:00pm
Feb 1-Feb 24 Tu, Th 6:45-8:00pm
Mar 1-Mar 31 Tu,Th 6:45-8:00pm
Apr 5-Apr 28 Tu,Th 6:45-8:00pm

Golden Years Clubs

Clubs are composed of persons age 50 and better. Anyone meeting the age requirements may join. Club activities vary from club to club and may include social, trips, cards, games, and luncheons. Contact the 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

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: \$5

Jan 6-Jan 27	Th	6:00-7:30pm
Feb 3-Feb 24	Th	6:00-7:30pm
Mar 3-Mar 31	Th	6:00-7:30pm
Apr 7-Apr 28	Th	6:00-7:30pm

Adult Game Time at Abbotts Creek

Age: 18-99 yrs. Join new and old friends at Abbotts Creek Community Center for game time, cards, and socialization each Saturday from 1-3. Playing cards will be provided but feel free to bring any other games you'd like to play.

Abbotts Creek Community Center

Jan 8-Apr 30	Sa	1:00-3:00pm
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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

Jan 4-Jan 25	Tu	12:30-4:00pm
Feb 1-Feb 22	Tu	12:30-4:00pm
Mar 1-Mar 29	Tu	12:30-4:00pm
Apr 5-Apr 26	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

Jan 6-Jan 27	Th	6:00-8:00pm
Feb 3-Feb 24	Th	6:00-8:00pm
Mar 3-Mar 31	Th	6:00-8:00pm
Apr 1-May 26	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

Jan 7-Jan 28	F	11:00am-4:00pm
Feb 4-Feb 25	F	11:00am-4:00pm
Mar 4-Mar 25	F	11:00am-4:00pm
Apr 1-Apr 29	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

Jan 7-Apr 29	F	7:00-8:30pm
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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

Jan 29	Sa	10:00-11:00am
Feb 26	Sa	10:00-11:00am
Mar 26	Sa	10:00-11:00am

Drum Circle-Friday Nights

Age: yrs. All Ages. Raleigh drum circle is a community in rhythm. We are dedicated to using the universal language of percussive music and dance for creative self-expression. In doing so, we encourage cultural awareness, embrace diversity, and promote harmony through rhythm. No experience is necessary. Everyone has something to offer the circle and all are welcome. Loaner drums are available at most events - feel free to drop by and sit in.

Method Road Community Center

Jan 7-Apr 29	F	6:30-8:30pm
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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

Jan 7-Apr 29	F	1:00-8:00pm
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Sertoma Group - Sertoma Park Artists

Age: 18-99 yrs. Come join this creative group of artists who meet every Thursday. Individuals are welcome to visit the group and find out more about joining. Note: Course fee is collected at each visit. See club officers at meeting for information on additional fees and dues.

Sertoma Arts Center

Jan 6-Apr 21	Th	9:00am-12:00pm
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Sister Enrichment Club

Age: 18yrs. and up. This program geared towards women, and will feature informative speakers who will uplift, encourage and motivate. The club will also include a Book of the Month. Take a moment for yourself, share social time and meet new friends.

Tarboro Road Community Center

Jan 10-Apr 25	M	6:30-8:30pm
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Senior

Bingo

Age: 18-99 yrs. Come have fun with some friends. We play a variety of games each day like straight, four corners, postage stamp and clear all. Registration fee covers the provided supplies. Bring \$1 cash for 3 cards which becomes prize money. Registration required and costs \$1 per day. Space is limited.

Anne Gordon Center – Course Fee: \$1

Jan 7-Jan 28	F	10:45am-12:30pm
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Green Road Community Center – Course Fee: \$1

Jan 4-Apr 26	Tu	10:30am-1:30pm
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Bridge: Open Play

Age: 18-99 yrs. Join your fellow game players for bridge. This is an open play time for all skill levels, no registration required, sign in upon arrival.

Five Points Center

Jan 6-Apr 28	Th	9:30am-12:30pm
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Greystone Recreation Center

Jan 3-Apr 25	M	10:00am-1:00pm
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Jan 5-Apr 27	W	10:00am-1:00pm
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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

Jan 17	M	11:30am-1:30pm
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Feb 21	M	11:30am-1:30pm
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Mar 21	M	11:30am-1:30pm
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Apr 18	M	11:30am-1:30pm
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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

Jan 25	Tu	1:00-4:00pm
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Feb 22	Tu	1:00-4:00pm
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Mar 22	Tu	1:00-4:00pm
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Apr 26	Tu	1:00-4:00pm
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Journey Through Maya Angelou's Life

Age: 18-99 yrs. This book discussion group will follow Maya Angelou's life journey by reading and discussing her works.

Walnut Terrace Center – Course Fee: \$3

The Heart of a Woman

Jan 18 Tu 6:00-8:30pm

All God's Children Need Traveling Shoes

Apr 19 Tu 6:00-8:30pm

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

Jan 3-Apr 25 M 1:30-4:00pm

Jan 4-Apr 26 Tu 12:00-2:00pm

Open Play Cards and Games

Age: 0-99 yrs. Want to play bridge, canasta, poker, mahjong or more with your friends? Bring your supplies or use ours. No registration required. This is an open play time for all, sign in upon arrival. First come first served and space is limited.

Anne Gordon Center

Jan 4-Apr 26 Tu 1:00-4:30pm

Jan 7-Apr 29 F 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

Jan 7-Apr 29 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, etc. Feel free to bring your own activities or games!

Brier Creek Community Center

Jan 4-Apr 26 Tu 10:00am-12:00pm

Trivia Group at Anne Gordon Center

Age: 55-99 yrs. Test your knowledge and memory in a fun social setting. We will provide trivia game cards to get the group started, but feel free to bring in your own supplies to challenge your friends. Registration is required and space is limited.

Anne Gordon Center

Jan 6-Apr 28 Th 1:00-3:00pm

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

Jan 6-Jan 27 Th 11:00am-1:00pm

Feb 3-Feb 24 Th 11:00am-1:00pm

Mar 3-Mar 31 Th 11:00am-1:00pm

Apr 7-Apr 28 Th 11:00am-1:00pm

Family

Cultural Connections

Age: 0-99 yrs. Discover cultures from around the world, right here in Raleigh! Everyone is welcome to join these fun and festive programs, where we'll learn about various holidays and traditions, while connecting with friends and family in the community.

Peach Road Cultural Center

Lunar New Year

Feb 12 Sa 10:30am-1:30pm

Spring Equinox

Mar 26 Sa 10:30am-1:30pm

Line Dance

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. Cost per class is \$5.

Tarboro Road Community Center – Course Fee: \$5

Jan 4-Apr 26 Tu 6:30-7:30pm

Specialized Recreation & Inclusion Services

Specialized Recreation and Inclusion Services
919.996.2147
SRIS@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 Coordinator
Amy Lubawy
amy.lubawy@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 919.996.2148.

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.

Art Time

Age: 16-99 yrs. Join us to create a unique, one-of-a-kind craft on the fourth Monday of the month! Each class will focus on a different theme and various 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 needing a higher level of support may attend with a personal assistant.

Hill Street Neighborhood Center – Course Fee: \$24

Jan 31	M	6:30-8:00pm
Feb 28	M	6:30-8:00pm
Mar 28	M	6:30-8:00pm
Apr 25	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

Course Fee: \$20 resident/\$35 non-resident

Jan 19	W	6:00-8:00pm
Feb 16	W	6:00-8:00pm
Mar 16	W	6:00-8:00pm
Apr 20	W	6:00-8:00pm

Friday Night Social

Age: 15-99 yrs. Join us virtually one Friday night each month this summer, 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. Hope to see all of your smiling faces there!

SRIS Virtual Snowflakes

Jan 21	F	5:30-6:30pm
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SRIS Virtual Valentine Cards

Feb 11	F	5:30-6:30pm
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SRIS Virtual St Patrick's BINGO

Mar 18	F	5:30-6:30pm
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SRIS Virtual Scavenger Hunt

Apr 15	F	5:30-6:30pm
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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 or 919-996-2147.

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.

Five Points Center

Course Fee: \$125 Resident / \$140 Non-Resident

Jan 4-Jan 25	Tu	10:00am-3:00pm
Feb 1-Feb 22	Tu	10:00am-3:00pm
Mar 1-Mar 29	Tu	10:00am-3:00pm
Apr 5-Apr 26	Tu	10:00am-3:00pm

Millbrook Exchange Community Center

Course Fee: \$125 Resident / \$140 Non-Resident

Jan 6-Jan 27	Th	10:00am-3:00pm
Feb 3-Feb 24	Th	10:00am-3:00pm
Mar 3-Mar 31	Th	10:00am-3:00pm
Apr 7-Apr 28	Th	10:00am-3:00pm

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Raleigh Blind Bowlers Association - The Raleigh Outlaws

The Raleigh Blind Bowlers Association – The Raleigh Outlaws operate a bowling league for visually impaired individuals throughout the Raleigh area. The Outlaw program is the nation's largest and most consistent blind bowler league. Participation is governed by league by-laws and officers. Contact Sharon Benton, League President, at (919) 755-0700 for league information.

Raleigh 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.

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 yokoishwashima@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.

John Chavis Community Center – Course Fee: \$4

Jan 26	W	6:30-7:30pm
Feb 23	W	6:30-7:30pm
Mar 30	W	6:30-7:30pm
Apr 27	W	6:30-7:30pm

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.

Wetland Sensory Walk

All ages. It is World Autism Awareness Day! Wear your blue and we'll take an easy stroll through the wetland, taking in the sights, sounds and smells in nature. Bring a pair of binoculars or borrow a pair of ours.

Walnut Creek Wetland Park

Apr 2 Sa 10:00-11:00am

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 Avent 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 106 public tennis courts (102 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". COE offers programs at Peach Road Cultural Center. Peach Road community gathering place focused on programs that promote the well-being of its neighbors and reflect the vibrant cultures in the City of Raleigh. Please call 919-807-8545 for more information.

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:

Chase Sasse

Email: chase.sasse@raleighnc.gov

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, Alec Craven 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:

- 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
- 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	
Specialized Recreation Programs	919-996-2147
Inclusion Services	919-996-2148
Tennis Program – Millbrook Exchange Tennis Center	
1905B Spring Forest Road	919-996-4129
Teen Program	
820 Clay Street	919-996-2139
Urban Forestry	919-996-4115 / 919-872-4137(fax)
Volunteer Programs	
222 W. Hargett Street	919-996-3292
Youth Programs	
820 Clay Street, 27605	919-996-6165
After School Program, Before School Program, Summer Camps, Track Out Program	
Abbotts Creek Community Center	
— •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

Baileywick Road Park c/o Lake Lynn

— •BEM
9501 Baileywick 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
919-996-3301

Brookhaven Nature Park

— •K
5125 Berkeley Street, 27612

Buffaloe Road Aquatics Center

— D
5908 Buffaloe Road, 27616
919-996-5600

Buffaloe Road Athletic Park

— 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

Frank Evans Administration Building

— •
2401 Wade Ave
919-996-6640

Fred Fletcher Park c/o Jaycee

— C
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

— **C**
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

— **•ABCENQZ**
7921 Ray Road, 27613
919-996-2911

Lake Johnson Park and Nature Preserve

— **•MNOPQ**
4601 Avenet Ferry Road, 27606
919-233-2121

Lake Johnson Swimming Pool

— **D**
5623 Jaguar Park Drive, 27606
919-233-2111

Lake Wheeler Park

— **EJMOPQ**
6404 Lake Wheeler Road, 27603
919-662-5704

Laurel Hills Park and Sassafras Community Center Sassafras Playground

— **•ABEGMZ**
3808 Edwards Mill Road, 27612
919-996-2383

Leesville Community Park c/o Lake Lynn

— **E**
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

— **•AEGIZ**
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

— **BEIMN**
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 Cultural 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

— **CZ**
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	N	Greenway Trail
B	Lighted Ballfield(s)	O	Lake
C	Tennis Courts	P	Boat Rental
D	Pool	Q	Fishing
E	Play Equipment	R	Sand Volleyball
F	Mini Park	S	BMX Track
G	Outdoor Basketball	T	Inline Skating
H	Frisbee Golf	U	Dog Park
I	Outdoor Pickleball Courts	V	Gardens
J	Exercise Trail	W	Walking Track
K	Nature Study	Y	Skate Park
L	Arts	Z	Fitness Room
M	Picnic Shelter	•	Handicap Accessible



City of Raleigh
Parks, Recreation and Cultural Resources
P.O. Box 590 Raleigh, NC 27602
PRCR 6501

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Raleigh, NC
Permit No.813

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



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