



*Discover your Raleigh Parks and Recreation Department*

## Preschool & Youth Programs

### Baby Sign Me

Ages 8-18 Months \$30

American sign language is the base of this class which is taught to the parent and infant to improve communication and help lessen frustration. Instructor: Bettie Ittenbach.  
#123806 May 2-23 W 12:30 pm - 1:00 pm

### Dance - Twirling Ribbons for 2's and 3's

Ages 2-3 yrs. \$36

They love it! Colorful ribbon movements creating hoops, loops, figures, floats, swirls, and trains. Fun dance steps that are short, easy to follow and beautiful to see! Parent attendance is required.  
#124456 Jun 2-23 Sa 11:45 am -12:15 pm

### Princess Ballet

Ages 2-3 yrs. \$36

Introduce your ballerina to the world of dance through Ballet. We will explore simple, fun elements such as positioning, levels, techniques, point and flex, spatial dynamics and graceful moves. The benefits can include improved balance, coordination, self-awareness and the class is a great way to further socialization skills. Instructor: Ms. Khadija (Coach K)  
#124470 May 5-26 Sa 11:45 am -12:15 pm

### Soccer - Two's Sport Zone

Age 2 yrs. \$36

Parent and child come off the sidelines and get into the game as you learn about soccer skills by participating in mini soccer drills and fun games. Play drop, dribble, kick, net goals and more. Benefits include hand-eye coordination, body awareness and socialization. Instructor: Coach K.  
#124289 May 5-26 Sa 9:45 am -10:15 am  
#124290 Jun 2-23 Sa 9:45 am -10:15 am  
#124291 Jul 7-28 Sa 9:45 am -10:15 am  
#124292 Aug 4-25 Sa 9:45 am -10:15 am

### Kidokinetics \$40

Kidokinetics is the 'Fun Way to Fitness' that's inspiring kids to get up, get moving and get in shape! We are an exciting and unique program developed to promote sports and fitness to boys and girls. Our fun-filled classes include activities that develop motor and cognitive skills while enhancing physical fitness. Kidokinetics teaches the basic concepts of various sports and other important physical exercises in an encouraging, high energy atmosphere. Children will leave each class feeling accomplished and more confident.

Ages 3-5 yrs.

#126835 May 7-Jun 4 M 10:15 am -11:00 am

Ages 18 mo - 2 yrs.

#126836 May 9-30 W 10:15 am -11:00 am

### Basketball - Two's Sport Zone

Age 2 yrs. \$36

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 the tiny hoop games, touch-n-go dribbling, catch, pass, and more motor skill development fun. Wonderful for social skills and fitness! Instructor: Coach K.

#124415 May 5-26 Sa 9:00 am - 9:30 am

#124416 Jun 2-23 Sa 9:00 am - 9:30 am

#124417 Jul 7-28 Sa 9:00 am - 9:30 am

#124418 Aug 4-25 Sa 9:00 am - 9:30 am

### Playgroup Tot Time

Ages 5 and under.

The gym is your playground! Come meet other families in your community in a recreation setting. The gym will be reserved for parents and their young children. Sports and recreation equipment will be available for use. This program is free and registration is required to attend.  
May 1-Jun 7 Tu, Th 10:00 am -12:00 pm



## Dance - Jazz - Z Creative Dance for 2's and 3's

Ages 2-3 yrs. \$36

Come little dancers and do your thing! You know you like to pop and swing! Learn dances from 'around the world' as you jazz it up, flip, heel - toe and rock 'n roll! Dance pirouette solo arabesque. Perform top hat moves, use floating ribbon streamer, scarves and other memorable props to enhance your artistic dance experience for life. Great for motor skills, fitness and social skills. Great music. Instructor: Ms. Khadija (Coach K).

#124450 Aug 4-25 Sa 10:30 am -11:00 am

## Soccer - Little Kickers

Ages 3-5 yrs. \$36

This class is an introduction in skills development that teaches the basics of soccer including drills such as passing, dribbling, and shooting. Class will help develop hand/eye coordination, listening skills, good sportsmanship and teamwork! GOAL!!!!

#124349 May 9-30 W 4:15 pm - 5:00 pm

#124350 Aug 4-25 Sa 12:45 pm - 1:30 pm

#124351 Jun 6-27 W 4:15 pm - 5:00 pm

#124352 Aug 8-29 W 4:15 pm - 5:00 pm

#124353 May 5-26 Sa 12:45 pm - 1:30 pm

## Basketball - Little Shooters

Ages 3-5 yrs. \$36

A skills, drills and play shooters class. Players learn the basics including dribbling, shooting, passing, one-on-one, offense-defense and team play fundamentals for a rewarding non-competitive sports experience.

#124419 May 8-29 Tu 4:15 pm - 5:00 pm

#124420 Jun 5-26 Tu 4:15 pm - 5:00 pm

#124421 Jul 10-31 Tu 4:15 pm - 5:00 pm

#124422 Aug 7-28 Tu 4:15 pm - 5:00 pm

## Mom and Me Fit Fun

Ages 3-5 yrs. \$30

Come learn some fun fit moves for both mommy and preschooler. This class is all about parents getting active alongside their children and promoting fitness through active play! Instructor Bettie Ittenbach will utilize a variety of games and fun fit activities to keep you both moving.

#123823 May 2-23 W 1:15 pm - 2:00 pm

## Preschool Yoga - Nature and Me

Ages 3-5 yrs. \$48

Kids have lots of fun with yoga through movement, songs, games and stories with the benefits of expanding creativity while developing body awareness, balance and coordination. They will have fun imagining themselves in a beautiful natural world - being a lion in the jungle, a lizard on a rock, a tree in the forest or a dog at the park. No yoga mat needed.

#123402 May 8-Jun 5 Tu 11:00 am -11:45 am

## Track Fit 4 Kids

Ages 4-7 yrs. \$40

Don't they just love to run and race? This is a great way to build their skills with some form and structure. Track Fit aims to promote cardiovascular health and body awareness as it incorporates age appropriate multilevel hurdles, distance, agility drills and more fun! Instructor: Coach K.

#124288 Jun 5-26 Tu 5:15 pm - 6:00 pm

## Dance - Twirling Ribbons

Ages 4-7 yrs. \$42

They love it! Colorful ribbon movements creating hoops, loops, figures, floats, swirls, and trains. Learn fun dance steps that are short, easy to follow and beautiful to see! Instructor: Ms. Khadija (Coach K).

#124465 Jul 7-28 Sa 10:30 am -11:15 am

#124466 Aug 4-25 Sa 11:45 am -12:30 pm

## Dance - Hip Hop Jam

Ages 4-7 yrs. \$42

Learn the basics of jazz with a hip hop flare. Have fun with the latest street dancing while developing body awareness, self image, and confidence. Traditional and innovative steps introduced along with rhythmic movement. Learn heel toe, Atlanta stomp, step and more. Instructor: Ms. Khadija (Coach K)

#124479 Jul 7-28 Sa 11:45 am -12:15 pm

## Dance - Jazz-z Creative Dance

Ages 4-7 yrs. \$42

Come little dancers and do your thing! You know you like to pop and swing! Learn dances from 'around the world' as you jazz it up, flip, heel - toe and rock 'n roll! Dance pirouette solo arabesque. Perform top hat moves, use floating ribbon streamer, scarves and other memorable props to enhance your artistic dance experience for life. Great for motor skills, fitness and social skills. Great music. Instructor: Ms. Khadija (Coach K).

#124455 Jun 2-23 Sa 10:30 am -11:15 am

## Princess Ballerinas

Ages 4-7 yrs. \$42

Ballerinas will enjoy the beauty and grace of ballet. We will learn, reinforce and perform the basics. Dancers will explore their own artistic expressions through techniques, form and level variations with spatial and locomotive dance skill development. These activities promote body awareness and talent discovery. Fun, educational concepts are incorporated through terms and compositional movement experiences. Instructor: Ms. Khadija (Coach K)

#124471 Jun 6-27 W 5:30 pm - 6:15 pm

#124472 Jul 11-Aug 1 W 5:30 pm - 6:15 pm

#124473 May 5-26 Sa 10:30 am -11:15 am



## Basketball - Shooters

Ages 4-7 yrs. \$40

A skills development sports program that teaches the basics of basketball including passing, dribbling, and shooting. Helps develop good hand/eye coordination as well as listening skills and good sportsmanship.

#124423 May 5-26 Sa 1:45 pm - 2:30 pm

#124424 Jun 2-23 Sa 1:45 pm - 2:30 pm

## T-Ball - Sluggers

Ages 4-7 yrs. \$40

Introduction to T-ball skills using activities that teach fielding, hitting, throwing, and catching. This basic sports program will also help build your child's coordination and confidence in a fun, non-competitive atmosphere.

#124281 Jun 5-26 Tu 6:30 pm - 7:15 pm

## Football - Tacklers

Ages 4-7 yrs. \$40

Your tough tackler will be introduced to the basics of football fun, including safety, kicking, passing and positions. Helps develop listening skills, hand-eye coordination as well as good sportsmanship. Instructor: Coach K.

#124287 Jul 7-28 Sa 1:45 pm - 2:30 pm

## Karate at Laurel Hills

Ages 5-10 yrs. \$40

Come train in Karate under instructor Dominique Richburg at Laurel Hills Community Center. Learn the basics of Karate and then develop your skills and technique as you become more advanced. All skill levels are welcome.

#127279 May 9-Jun 1 W, F 6:00 pm - 7:00 pm

#127702 Jun 6-29 W, F 6:00 pm - 7:00 pm

#127704 Jul 11-Aug 3 W, F 6:00 pm - 7:00 pm

#127706 Aug 8-31 W, F 6:00 pm - 7:00 pm

## Soccer - Kickers

Ages 6-9 yrs. \$40

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

#124372 Jul 11-Aug 1 W 4:15 pm - 5:00 pm

#124412 Jun 2-23 Sa 12:45 pm - 1:30 pm

#124413 Jul 7-28 Sa 12:45 pm - 1:30 pm

## Basketball - Hoops Hopefuls

Ages 6-9 yrs. \$40

A skills development sports program that teaches the basics of basketball including passing, dribbling, and shooting. Helps develop good hand/eye coordination as well as listening skills and good sportsmanship.

Instructor: Coach K.

#124429 Aug 8-29 W 5:30 pm - 6:15 pm

#124430 May 9-30 W 5:30 pm - 6:15 pm

## ZumbAtomic®

Ages 6-10 yrs. \$30

Zumbatomic® fitness program for kids is a mix of the Zumba program's moves (salsa, cumbia, reggaeton, hip-hop and more) and involves hula hoops, games, sharing and team work. Safe and effective. Instructor: Ms. Bettie.

#123804 May 2-23 W 4:15 pm - 5:00 pm

## Friday Night Fun

Ages 4-11 yrs. \$15

If your child LOVES pizza, movies, games or arts and crafts and if you would LOVE some time with your friends or significant other, keep reading! We will entertain your child with theme related games, food and/or crafts based on the night's movie. Register them with a friend and go out for a night on the town! Registration at least two days prior to the program date is required.

#123007 Aug 17 F 5:30 pm - 9:00 pm

#123008 Jun 15 F 5:30 pm - 9:00 pm

## Basketball - Hoops

Ages 10-12 yrs \$40

Keep your skills sharp! We'll work on shooting, defense, position play and overall understanding of the game while having fun! Be sure to wear comfortable clothes and sneakers. Instructor: Coach K.

#124425 May 9-30 W 6:30 pm - 7:15 pm

#124428 Aug 8-29 W 6:30 pm - 7:15 pm

## Scooter Soccer

Ages 7-11 yrs. \$40

Soccer skills and drills with scooter fun. Little athletes will practice dribbling, kicking, passing and ball maneuvers. Benefits include great sportsmanship, fitness, motivational enhancement and coordination. Instructor: Coach K.

#124414 May 8-29 Tu 5:15 pm - 6:00 pm

