

Fall 2016 Program Guide

Abbotts Creek Community Center

Preschool & Youth Programs

Abbotts Creek Toddler Sports (3-5yrs)

Toddler Sports focuses on basic movement skills, intro to soccer footwork and mini games, baseball throwing and catching with hands and t-ball striking, and basketball handling and dribbling. Each class will incorporate an age appropriate movement activity - your children will LOVE this class! J Miller has years of coaching and Physical Education teaching experience in youth sports. His classes focus on developing each child's skill level to increase confidence and enjoyment.

#192548 Sep 8-29 Th 4:45-5:30pm
#192795 Oct 6-27 Th 4:45-5:30pm

Course Fee: \$40

Arts, Crafts & Activities (2-5yrs)

Join your friends at Abbotts Creek Community Center for crafts, games, and activities to celebrate a different theme each month! Be sure to wear shoes and clothes that are appropriate for an outdoor adventure (if weather is appropriate) and active games!

Fall is Here!

#192552 Sep 7 W 10:00-10:45am

The Pumpkin Patch

#192553 Oct 5 W 10:00-10:45am

It's Turkey Time!

#192554 Nov 2 W 10:00-10:45am

Dashing Reindeer

#192555 Dec 7 W 10:00-10:45am

Course Fee: \$10

Friday Night Fun (6-11 yrs)

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 themed games, food and/or crafts based on the night's movie. Register your child and go out for a night on the town! Registration at least three days prior to the program date is required.

#193264 Sep 2 F 6:30-8:30pm

#196189 Oct 7 F 6:30-8:30pm

#196191 Dec 2 F 6:30-8:30pm

Course Fee: \$20

Little Kickers (3-5yrs)

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! Instructor, J Miller, has years of coaching and Physical Education teaching experience in youth sports and is just the coach to provide a fun and nurturing environment to help your child fall in love with the sport!

#192792 Sep 6-27 T 4:45-5:30pm

#192791 Oct 4-25 T 4:45-5:30pm

Course Fee: \$40

Morning "Coffee" for Kids (5-11yrs)

Help your child get energized for the day without 'real' coffee. This program will focus on fun, team work, and confidence building through a variety of games and activities. Instructors will walk the students to Abbotts Creek Elementary School at the conclusion of the session to ensure they are on time and ready to learn!

#191408 Sep 6-29 T/Th 8:30-9:15am

#191409 Oct 4-27 T/Th 8:30-9:15am

#191410 Nov 1-29 T/Th 8:30-9:15am

#191411 Dec 1-27 T/Th 8:30-9:15am

Course Fee: \$40

Not Just Coloring (5-10yrs)

Looking for an art class that's about more than just coloring? Sign up for this 4-week session led by the very crafty instructor, Linda Martin! Linda will lead you and your child through a different activity each week that will inspire imaginations and encourage creativity. Be sure to wear clothes that you don't mind getting dirty!

#192915 Sep 6-27 Tu 4:00-5:30pm

#192927 Oct 4-25 Tu 4:00-5:30pm

#192928 Nov 1-22 Tu 4:00-5:30pm

#192929 Dec 6-27 Tu 4:00-5:30pm

Course Fee: \$40

Tech-Reation (5-11yrs)

Combine your child's passion for technology with the developmental benefits of recreation in this unique and exciting class! Participants will take part in digital treasure hunts and obstacle courses enhanced by gadgets - all while encouraging the important place that both technology and recreation play in our day-to-day lives! The instructor will walk participants over to Abbotts Creek Elementary at the end of the session each day.

#197935 Sep 7-28 T/Th 8:30-9:15am

#197936 Oct 3-26 T/Th 8:30-9:15am

#197937 Nov 2-30 T/Th 8:30-9:15am

#197938 Dec 5-21 T/Th 8:30-9:15am

Course Fee: \$40

Zumba Kids® (4-11yrs)

Participants 4-11 years old get the chance to be active and jam out to their favorite music led by instructor Paula Grabill! This kids class will feature kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure. Classes incorporate key childhood development elements like leadership, respect, team work, confidence, self-esteem, memory, creativity, coordination, cultural awareness. Come see the 'show' put on in the last 15 minutes of the last class each session!

#193196 Sep 12-26 M 10:00-11:00am

#193197 Oct 3-24 M 10:00-11:00am

#193198 Nov 7-28 M 10:00-11:00am

#193199 Dec 5-26 M 10:00-11:00am

Course Fee: \$30



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Abbotts Creek Community Center
9950 Durant Rd.
Raleigh, NC 27614
(919) 996-2770



Adult Fitness Programs

African Dance (15yrs and up)

This course will cover various dances and styles from countries of the West African region and the African Diaspora. Learning a different dance that represents the diverse cultures of Africa will challenge participants each week. This energetic and engaging class is an open-ended level course for ages 15 and up. Instructor is Jamie Shakur.

#192530	Sep 1-22	Th	6:30-7:30pm
#192531	Oct 6-27	Th	6:30-7:30pm
#192532	Nov 3-17	Th	6:30-7:30pm
#192533	Dec 1-22	Th	6:30-7:30pm

Course Fee: \$60

Boot Camp at Abbotts Creek (18yrs and up)

Join Val, and ACE Certified Group Fitness Instructor, in this calorie and fat burning class. Experience sprints, bodyweight exercises, interval training, and isometric exercises that will keep your body challenged and moving in a safe, supportive, and motivational environment for her students. All fitness levels are welcome and will be accommodated for. Proper body mechanics are always monitored.

#192516	Sep 7-28	W	6:15-7:00pm
#192517	Oct 5-26	W	6:15-7:00pm
#192518	Nov 9-23	W	6:15-7:00pm
#192519	Dec 7-28	W	6:15-7:00pm

Course Fee: \$40

Cardio Jump Rope (16yrs and up)

ACE-certified instructor Val Salinas will get your heart pumping in this upbeat cardio jump rope class. This class can be as challenging or light as you make it, and Val will be there to encourage you all the way. Jump roping for 10 minutes can burn as many calories as jogging at an eight-minute-per-mile pace. By adding body weight exercises such as burpees, squats, push-ups and lunges, you will improve strength and coordination and increase fat loss for a complete and total body workout.

#192538	Sep 6-27	Tu	6:15-7:00pm
#192539	Oct 4-25	Tu	6:15-7:00pm
#197387	Nov 1-22	Tu	6:15-7:00pm
#197388	Dec 6-27	Tu	6:15-7:00pm

Course Fee: \$20

Curvy Yoga (16yrs and up)

Every body can be a yoga body! This is a body-positive take on traditional yoga classes taught by certified Curvy Yoga instructor Sierra Luz. Empower the body you have today with simple modifications. Explore the synthesis of movement, breath, and energy in a judgment-free environment. You will build confidence, strength, balance and flexibility, leading you toward a composed calm and stress relief. Students should bring a yoga mat and towel to class.

#191412	Sep 1-22	Th	7:15-8:00pm
#191413	Oct 6-27	Th	7:15-8:00pm
#191414	Nov 3-17	Th	7:15-8:00pm
#191415	Dec 1-22	Th	7:15-8:00pm

Course Fee: \$40

Functional Fitness for Everyday Living (18yrs and up)

This class will offer a variety of functional free-weight and body weighted exercises that will help strengthen your upper body, lower body and core. This is full-body workout that will focus of muscle endurance and total body stability, which will help you do day to day activities with confidence. In this class you will be encouraged to move at a slower pace to ensure that proper form is followed and that you 'feel' your workout.

Wednesday morning

#196879	Sep 7-28	W	9:30-10:15am
#196880	Oct 5-26	W	9:30-10:15am
#196881	Nov 2-30	W	9:30-10:15am
#196882	Dec 7-28	W	9:30-10:15am

Friday morning

#196883	Sep 2-30	F	9:30-10:15am
#196884	Oct 7-28	F	9:30-10:15am
#196885	Nov 4-18	F	9:30-10:15am
#196886	Dec 2-30	F	9:30-10:15am

Course Fee: \$8

Slow Flow Yoga (16yrs and up)

This slow-flow and restorative yoga class is suitable for beginners and intermediate participants alike. Explore the synthesis of movement, breath and energy. We begin with a gentle warm-up before transitioning into more challenging poses designed to build strength, balance, flexibility, stress relief and composed calm. You will learn to honor and work with your individuality, experiencing for yourself the yogic wisdom of 'unity through diversity.' Students should bring a yoga mat and towel to class. Not sure if Slow Flow Yoga for you? Give the class a 'go' one time with the 'Try it Class'.

Tuesday evening

#196411	Sep 6-27	Tu	6:15-7:00pm
#196412	Oct 4-25	Tu	6:15-7:00pm
#196413	Nov 8-29	Tu	6:15-7:00pm
#196414	Dec 6-27	Tu	6:15-7:00pm

Wednesday afternoon

#196185	Sep 7-28	W	12:00-12:45pm
#196186	Oct 5-26	W	12:00-12:45pm
#196187	Nov 2-23	W	12:00-12:45pm
#196188	Dec 7-28	W	12:00-12:45pm

Thursday evening

#191404	Sep 1-22	Th	6:15-7:00pm
#191405	Oct 6-27	Th	6:15-7:00pm
#191406	Nov 3-17	Th	6:15-7:00pm
#191407	Dec 1-22	Th	6:15-7:00pm

Course Fee: \$40

Drop in Fitness Opportunities

Soul Line Dance & Get Fit (18yrs and up)

This is a beginner/advanced beginner line dance class for individuals new to line dancing or those who want to learn new line dance basics. The class will be taught at a slow-to-moderate pace. We will learn and practice some great cardio workouts and low, medium and high-impact soul line dances. Come prepared to move, sweat and have fun! Class meets every Sunday.

Beginners class: 2:00-3:30pm

Advanced class: 3:30-5:30pm

Course Fee: \$5



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To view a complete list of programs pick up a Leisure Ledger or visit parks.raleighnc.gov and search keywords "Parks Publications".



Drop in Fitness Opportunities Continued

PiYo Live (18yrs and up)

PiYo LIVE combines the muscle-sculpting and core-firming benefits of Pilates with the strength and flexibility of yoga movements. You'll use your body weight to perform a series of continuous, targeted movements to define every single muscle, big or small, and get a great cardio, low impact workout.

Monday's and Wednesday's: 6:15-7:15pm

Course Fee: \$5

Zumba® (12yrs and up)

Zumba® dance fitness combines rhythms of Latin and international music to make exercising fun! Learn basic steps to salsa, merengue, cumbia, samba, and more! No dance experience necessary. Transform your body to a healthier you! Don't wait any longer - join the Zumba® fun!

Wednesday's: 7:00-8:00pm

Course Fee: \$5

Adult Educational Classes

English as a Second Language (18yrs and up)

Estas clases se ofrecen a niveles básicos. Las clases están diseñadas para gente que no habla inglés como su primer idioma y que están interesadas en aprender términos básicos para poder comunicarse en el idioma inglés.

#192299 Sep 12-Oct 17 M 7:00-8:30pm

#192300 Nov 7-Dec 12 M 7:00-8:30pm

Course Fee: Free

Parent/Youth Spanish Class (6yrs and up)

It's never too late for your child to learn a new language. Spanish speaking skills are taught in the same way that a child learns a first language: by watching and listening to Mom or Dad and interacting with daily objects. Come prepared to participate and become part of your child's development into a second language. This is an introductory family class.

#194801 Sep 10-Oct 1 Sa 10:00-11:00am

#194802 Oct 15-Nov 5 Sa 10:00-11:00am

Course Fee: \$40

Photography Skills "Lunch and Learn" (16yrs and up)

Bring a bag lunch and your passion for photography to Abbotts Creek Community Center for a 'lunch and learn' on a different topic each month! Instructor Denise Myers has been teaching the art of photography since 2008 and has the ability to develop the most advanced photographers and beginners alike. Join us for this exciting look at photography during your lunch!

Color Photography

#192779 Sep 14 W 12:00-1:00pm

Black and White Photography

#192780 Oct 12 W 12:00-1:00pm

Exposure

#192781 Nov 9 W 12:00-1:00pm

Photo Gifts

#192782 Dec 14 W 12:00-1:00pm

Course Fee: \$10

Making Space: Mindfulness for Stress Management

(16yrs and up)

Stress is part of our everyday life. One way to counteract stress is to employ mindfulness techniques. Understanding the connection between your body and mind will help you make positive changes in your life. This program will introduce you to mindfulness meditation and other mind-body exercises that can improve your resilience to stress in your life. Recommended reading: 'Wherever You Go, There You Are' by Jon Kabat-Zinn

#197493 Oct 4 Tu 6:30-7:30pm

#197495 Dec 6 Tu 6:30-7:30pm

Course Fee: \$5

Fitness Center

Abbotts Creek Fitness Center (18yrs and up)

Check out the fitness room at Abbotts Creek! Take advantage of the variety of state of the art cardiovascular and strength training equipment available and get into shape. The fitness room is during normal center operating hours (Mon-Fri 7:00am-9:00pm, Sat 9:00am-3:00pm, and Sun 1:00pm-6:00pm). See staff for additional information.

Monthly Pass: \$15; Daily Pass: \$2

Free Open Play/Gym Opportunities

Abbotts Creek Walking Club (any)

Meet new friends and improve your health! Come out to Abbotts Creek Community Center that is weather proof! Don't forget to check out a pedometer at the welcome desk!

Monday, Wednesday, Friday 10:00-11:00am

Course Fee: Free

Tot Time (5yrs and under)

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. Registration (online or on site) is required to attend.

Mon/Wed/Fri 8:00-12:00pm

Tues/Thurs 1:00-3:00pm

Course Fee: Free

Volleyball Open Gym (12yrs and up)

Interested in volleyball? Visit Abbotts Creek Community Center on Friday nights for volleyball open gym meet up. Call to confirm availability.

Friday 4:00-8:30pm

Course Fee: Free

Rentals

Don't forget Abbotts Creek for your next rental! We would love the opportunity to provide you with space for your next birthday party, wedding, business meeting, family reunion, or any other event you can imagine! Rental information is available on the Abbotts Creek webpage. Go to RaleighNC.gov and search for Abbotts Creek Community Center! Be sure to call with questions: 919-996-2770.



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Classes are being added frequently — be sure to keep an eye on the Abbotts Creek website for updated class offerings!

Go to RaleighNC.gov and search for Abbotts Creek Community Center.

