

Greystone Recreation Center Winter/Spring Programs

Art

Preschool

Ballet Basics at Greystone

Age: 2-4 yrs

Enroll your want-to-be ballerinas in ballet basics today!

Course Fee: \$40

#183138 Jan 7-28 Th 10:00 -10:45 am

#183139 Feb 4-25 Th 10:00 -10:45 am

#183140 Mar 3-24 Th 10:00 -10:45 am

#183141 Apr 7-28 Th 10:00 -10:45 am

Bodacious Biology:

Dinosaurs Exploration

Age: 4-6 yrs

Learn, laugh and play as we discover the intriguing lives of dinosaurs! Combines nicely with Thimble Thespians at 10:00am.

Course Fee: \$39

#186392 Jan 14-Feb 4 Th 11:00 -11:45 am

Bodacious Biology: Dinosaurs!

Age: 18-36 mths

Learn, laugh and play as we discover the intriguing lives of dinosaurs! Combines nicely with Thimble Thespians at 10:00am.

Course Fee: \$39

#186389 Jan 14-Feb 4 Th 9:00 -9:45 am



Dance - Little Fancy Feet

Age: 18 mths-5 yrs parent/child

Explore fun and exciting dance moves with your child.

Course Fee: \$36

Age: 18-36 mths

#183129 Jan 8-29 F 11:00 -11:45 am

#183130 Feb 5-26 F 11:00 -11:45 am

#183131 Mar 4-25 F 11:00 -11:45 am

#183132 Apr 1-22 F 11:00 -11:45 am

Age: 36 mths -5 yrs

#183133 Jan 8-29 F 11:45 -12:30 pm

#183134 Feb 5-26 F 11:45 -12:30 pm

#183135 Mar 4-25 F 11:45 12:30 pm

#183136 Apr 1-22 F 11:45 12:30 pm

Dance - Twinkle Toes I

Age: 2-3 yrs

Students will love this wonderful introduction to the art of dance!

Course Fee: \$40

#183112 Jan 5-26 Tu 11:30 -12:15 pm

#183113 Feb 2-23 Tu 11:30 -12:15 pm

#183114 Mar 1-22 Tu 11:30 -12:15 pm

#183115 Apr 5-26 Tu 11:30 -12:15 pm

Mommy & Me Art

Age: 18 mths-5 yrs

A creative environment where both mom and child are free to explore.

Course Fee: \$45

#186697 Jan 5-26 Tu 9:30 -10:15 am

#186698 Feb 2-23 Tu 10:30 -11:15 am

#187604 Mar 8-29 Tu 11:30 12:15 pm

#187605 Apr 5-26 Tu 9:30 -10:15 am

Suzuki Music for Babies

Age: Up to 36 mths

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.

Course Fee: \$55

#183158 Jan 5-Feb 9 Tu 10:00 -10:50 am

#183159 Jan 6-Feb 10 W 10:00 10:50 am

#183160 Mar 1-Apr 5 Tu 10:00 -10:50 am

#183161 Mar 2-Apr 6 W 10:00-10:50 am

Ballerina Buttercups

Age: 3-5 yrs

This class will introduce participants to the basic techniques of ballet and tap. Ballet and tap shoes are not required.

Course Fee \$40

#186376 Jan 6-27 W 9:00 -10:00 am

#186377 Feb 3-24 W 9:00 -10:00 am

#186378 Mar 2-23 W 9:00 -10:00 am

#186379 Apr 6-27 W 9:00 10:00 am

#188113 Jan 11-Feb 8 M 4:15-5:00 pm

#188114 Feb 22-Mar 14 M 4:15-5:00PM

#188115 Apr 4-25 M 4:15-5:00PM



Greystone Recreation Center Winter/Spring Programs

Art

Preschool continued...

Thimble Thespians: Fairy Tale Gala!

Age: 2-6 yrs.

Course Fee: \$39

Act, sing, dance! Bring your favorite costume! Combines nicely with Bodacious Biology offered at 9am or 11am.

#186406 Jan 14-Feb 4 Th 10:00 -10:45 am

Thimble Thespians: Story Time Theater!

Age: 2-6 yrs.

Course Fee \$39

Act, sing, dance! What is your favorite story to listen to? What is your favorite story to tell? Let's share our stories through acting! The series concludes with a mini 'playlet' incorporating music, song, dance and crafts. Combines nicely with Bodacious Biology class at 9am or 11am.

#186417 Feb 18-Mar 17 Th
10:00 -10:45 am

My Self Portrait

Age: 18 mths-5 yrs

Course Fee: \$40

A story about me, followed by a self-portrait using a child's creativity to express what they look like from the inside out.

#186699 Jan 5-26 Tu 10:30 -11:15 am

#186700 Feb 2-23 Tu 11:30 -12:15 pm

#187610 Mar 8-29 Tu 9:30 -10:15 am

#187611 Apr 5-26 Tu 10:30 -11:15 am

Youth

Funky Hip Hop

Age 5-8 yrs

Get down and have fun with the basics of hip hop. Dancers will learn moves and combinations that will be put together for an end-of-course routine.

Course Fee \$40

#188117 Jan 11-Feb 8 M 5:00 -6:00 pm

#188132 Feb 22-Mar 14 M 5:00-6:00 pm

#188133 Apr 4-25 M 5:00 -6:00 pm

Adult

Ballroom Dance

Age: 16 yrs & up

Have fun at social events by learning five or more of these popular ballroom dances: swing, foxtrot, rumba, cha-cha, hustle, waltz and tango.

Course Fee: \$60

#183171 Jan 8-Feb 12 F 6:00 -7:00 pm

#183172 Mar 4-Apr 8 F 6:00 -7:00 pm

Senior

Greystone Blanketeers

Age: 16yrs. and up.

Knit, crochet, sew or quilt for charity. We meet the fourth Tuesday of the month. For those who cannot attend but wish to make items at home, all are gladly accepted. For more information, contact:

Betty Boucher at 919-251-9120.

#183178 Jan 26-Apr 26 Tu 1:00-4:00pm

Educational

Preschool

Leap Into Learning

Age 3-5 yrs

This is a perfect stepping stone from being at home to going off to a full day of school. All children must be potty trained. All children will need to bring a snack and drink each day.

Monday/Wednesday/Friday Session \$210

#183180 Jan 4-27 M, W, F 9:15-12:15 pm

#183181 Feb 1-26 M, W, F 9:15 -12:15 pm

#183182 Mar 2-28 M, W, F 9:15 12:15 pm

#183183 Apr 1-29 M, W, F 9:15-12:15 pm

Bodacious Biology: Creepies, Crawlies & Cuities

Age: 2-4 yrs

Course Fee: \$39

In this class we will meet a variety of small animals. We will learn how they move, what they eat, where they live and why they are so important - even if some of them seem creepy. Combines nicely with Thimble Thespians at 10:00am.

#186375 Feb 18-Mar 17 Th 9:00 -9:45 am

Bodacious Biology: Creepies, Crawlies & Cuties!

Age 4-6 yrs

Course Fee: \$39

Sessions are interdisciplinary with stories, games, songs, movement and crafts in addition to scientific discovery. Combines nicely with Thimble Thespians at 10:00am.

#186401 Feb 18-Mar 17 Th 11:00-11:45 am



Greystone Recreation Center Winter/Spring Programs

Fitness

Preschool

Gymnastics - Tumbling Tinies

Age: 9 - 24 mths

Parent and child participate in a fun-filled class that enhances balance, fitness and social skills. This class provides a time of fun and togetherness for you and your little one while building your child's motor skills.

Course Fee: \$40

#183100 Jan 5-26 Tu 9:30 -10:15 am

#183101 Feb 2-23 Tu 9:30 -10:15 am

#183102 Mar 1-22 Tu 9:30 10:15 am

#183103 Apr 5-26 Tu 9:30 -10:15 am

#183102 Mar 1-22 Tu 9:30 -10:15 am

#183103 Apr 5-26 Tu 9:30 -10:15 am

Gymnastics - Tumbling Tots

Age: 18 mths - 3 yrs

Parent and child participate in a fun-filled class that enhances 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.

Course Fee: \$40

#183108 Jan 5-26 Tu 10:30 -11:15 am

#183109 Feb 2-23 Tu 10:30 -11:15 am

#183110 Mar 1-22 Tu 10:30 -11:15 am

#183111 Apr 5-26 Tu 10:30 -11:15 am

Mommy & Me Movement

Age 5-30 mths

This professionally run class is for parents and their children. Come join this amazing collaboration of play and movement, and burn a few calories while you're at it! Caregiver does not enroll.

Course Fee: \$40

#183144 Jan 7-28 Th 11:00 -11:45 am

#183145 Feb 4-25 Th 11:00 -11:45 am

#183146 Mar 3-24 Th 11:00 -11:45 am

#183147 Apr 7-28 Th 11:00 -11:45 am

Adult

Beginner's Line Dance

Age: 15 yrs & up

Come out and join the 'Dance & Get Fit for Moving It'. Don't worry you will Move, Sweat and have Fun!. Do wear comfortable clothing; no sandals or flip flops. Please bring water and a towel.

Course Fee: \$5 per class

#186701 Jan 4-Feb 22 M 6:00 -7:00 pm

#186702 Feb 29-Apr 25 M 6:00 -7:00 pm

Cardio Ballet

Age: 15 yrs & up

Join friends for ballet-infused exercises set to fun, upbeat music. This class offers a chance for a full body workout in a structured, fun environment with ballet-based movements.

Course Fee: \$40

#183152 Jan 7-28 Th 12:00 12:45 pm

#183153 Feb 4-25 Th 12:00 12:45 pm

#183154 Mar 3-24 Th 12:00 12:45 pm

#183155 Apr 7-28 Th 12:00 12:45 pm

Hot Legs Ballet!

Age: 16 yrs. and up

Bring out your inner ballerina or danseur for fun and fitness. No experience necessary.

Course Fee: \$45

#186415 Jan 14-Feb 4 Th 3:00 -4:00 pm

Dance N2 Shape

Age: 18 yrs. and up

You have never taken a class like DANCE N2 SHAPE! This class is for all fitness levels as moves are easy to learn and fun to do.

Course Fee: \$42

#186523 Jan 20-Feb 24 W 6:00 -7:00 pm

Tone N2 Shape

(16yrs & up)

Who says toning your muscles can't be fun? This class is designed for those who want to obtain a long, lean and sleek look.

Course Fee: \$42

#186934 Jan 20-Feb 24 W 5:00-6:00pm



Greystone Recreation Center Winter/Spring Programs

Fitness

Adult continued...

Line Dancing to the Golden Oldies!

Age: 18yrs. and up

Who said exercise had to be stodgy!

Reviving music of the '40's, '50's & 60's.

Standing or seated, there's fun to be had while improving our health.

Course Fee: \$45

#186396 Jan 14-Feb 4 Th 12:30 -1:30PM

Pilates Mat

Age: 16yrs. and up

In this mat-based program, consisting of stretching and strength exercises, our instructor will lead you through a series of moves that target your postural and core muscles while utilizing the weight of your own body to create amazing toning, strengthening and shaping results.

Course Fee: \$44

#183853 Jan 4-27 M,W 11:00 -12:00 pm

#183854 Feb 1-29 M,W 11:00-12:00 pm

Course Fee: \$50

#183855 Mar 2-28 M,W 11:00-12:00 pm

#183856 Apr 4-May 4 M,W 11:00-12:00pm

Course Fee: \$25

#183857 Jan 6-27 W 6:00 -7:00 pm

#183858 Feb 3-24 W 6:00 -7:00 pm

#183859 Mar 2-23 W 6:00 -7:00 pm

#183860 Apr 6-27 W 6:00 -7:00 pm

#183863 Mar 7-28 M 6:00 -7:00 pm

#183864 Apr 4-25 M 6:00 -7:00 pm

Course Fee: \$18.75

#183861 Jan 4-25 M 6:00 -7:00 pm

#183862 Feb 1-22 M 6:00 -7:00 pm

Pilates Mat Daily Pass

Course Fee: \$10 per class

#183866 Jan 4-Apr 27

Fitness - Zumba®

Age: 12yrs. and up

Zumba® dance fitness combines rhythms of Latin and international music to make exercising fun! ! No dance experience necessary.

Course Fee: \$5 per class

#184137 Jan 2-Apr 28

W 10:00-11:00 am

Sa 10:00-11:00 am

Th 6:00-7:00 pm

Senior

Line Dance for Seniors

Age: 55 yrs & up

Come and Line Dance N2 Shape with a full hour of non-stop moving and grooving. This class is for all fitness levels.

Course Fee \$42

#186929 Jan 21-Feb 25 Th 9:00 -9:45 am

Seniorcise

All Ages

This class offers low-impact exercises geared toward adults age 50 and older. Strengthen muscles and improve your movement for a healthier lifestyles.

Course Fee: \$8

#180402 Jan 4-25 M 10:00 -10:45 am

#180403 Feb 1-29 M 10:00 -10:45 am

#180404 Mar 7-28 M 10:00 -10:45 am

#180405 Apr 4-25 M 10:00 -10:45 am

#180406 Jan 8-29 F 10:00 -10:45 am

#180407 Feb 5-26 F 10:00 -10:45 am

#180408 Mar 4-18 F 10:00 -10:45 am

#180409 Apr 1-29 F 10:00 -10:45 am

Social

Senior Fridays

Age: 55yrs & up

Enjoy time playing cards and games while socializing with your friends. Feel free to bring cards and games with you!

Course Fee: Free

#183869 Jan 1-Apr 22 F 1:00 -3:00 pm

Bingo

All Ages

This is not your typical bingo. We play 1st & 3rd Tu & Th. Cost is \$1 for three cards or 50 cents per card.

#180877 Jan 5-Apr 28

Tu, Th 2:00 -3:30 pm

Bridge for Active Adults

Open Play

Age: 16 yrs & up

Join other bridge players for this open play program. All experience levels are welcome.

Course Fee: Free

#185436 Jan 5-Apr 27 M 10:00 -12:00 pm

Mah Jongg

Open Play

Age: All Ages

This program is for those who know how to play and do not need instruction. Bring your game boards and cards. Some supplies are available.

Course Fee: Free

#180884 Jan 4-Apr 25 M 2:00 -4:00 pm

Mah Jongg Beginner

#180350 Jan 4-Jan 25 M 2:00-4:00 pm

#180352 Feb 1-29 M 2:00-4:00 pm

#180354 Mar 1-Apr-25 M 2:00-4:00 pm



Greystone Recreation Center Winter/Spring Programs

Social

Family

Valentine's Card Making Workshop

Age: 6-10 yrs

Bring your children to this workshop on making beautiful Valentine's day cards for loved ones. There will be lots of wonderful supplies to ignite your child's creativity.

Course Fee: \$7

#188526 Feb 9 Tu 4:30 pm-5:30 pm

Hearts & Crafts

Age: 6 mths-5 yrs

Decorate to your heart's content with paper, glitter, stickers, and all other supplies provided. Families will make adorable Valentine's Day crafts and enjoy a treat. Parent participation required.

Course Fee: \$7

#188134 Feb 11 Th 10:00 -11:00 am

Happy Birthday Dr. Seuss!

Age: 3-5 yrs

Join us for a birthday celebration and craft party. Participants will read a classic story, make a craft and have fun celebrating Dr. Seuss.

Course Fee: \$7

#188529 Mar 2 W 3:30 pm-4:30 pm

Mother's Day Tea Party

Age: 18 mths-4 yrs

Do you want to make Mom feel special? Come and enjoy time with your caregiver/Mom at our Mother's Day Tea Party. This workshop will give children an opportunity to create a special gift for their mother. Enjoy tea/juice and cookies. Adult participation required for students under 4 years of age.

Course Fee: \$7

#189603 May 3 Tu 10:00 -11:00 am

#188604 May 3 Tu 3:30 -4:30 pm

Father's Day Fun

Age: 18 mths-4 yrs

Join us in this one day workshop to celebrate your dad. Surprise your dad with a unique and personal gift that you created just for him.

Course Fee: \$7

#189065 Jun 7 Tu 10:30 am-11:30 am

Playground Hours

We brought playtime inside!

Greystone Recreation Center features an indoor playground. Adult supervision required during open play.

Monday, Wednesday & Friday

9:00 -11:30 am

12:15-7:00 pm*

Tuesday & Thursday

9:00 am-7:00 pm*

Saturday

9:00 am-3:00 pm*

*Hours are subject to change due to facility rentals. Please call the center at 919 996-4848.

