



January-April 2017

Leisure Ledger

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.

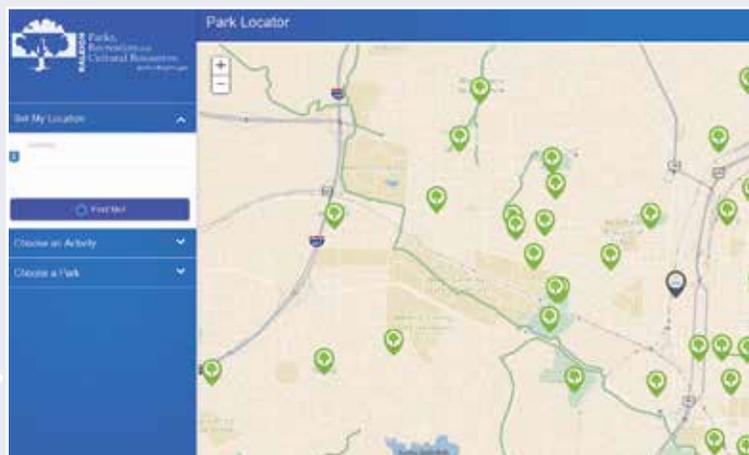
Raleigh Parks, Recreation and Cultural Resources Department boasts over 200 parks including features like amusements, art centers, athletic facilities, community centers, lakes, nature preserves, off-leash dog parks, playgrounds, swimming pools, historic homes, and open spaces. With innovative programs 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 110 courts, dive into one of 9 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!

Explore The Improved Park Locator Application!

The newest version of 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
Click on My Account and select View Full Purchase History.



Browse or Register online with Reclink

Visit parks.raleighnc.gov

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



mail-in

Send registration form and payment to:

**Raleigh Parks, Recreation and
Cultural Resources Department**
Attn: Recreation Business Office
Pullen Arts Center
105 Pullen Road
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)

Be Social



pinterest.com/raleighparks



Instagram.com/raleighparks



YouTube.com/raleighparksandrec



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



facebook.com/raleighparks

MyRaleighSubscriptions

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





Raleigh City Council*

Mayor: Nancy McFarlane
Mary-Ann Baldwin
Corey Branch
David Cox
Kay Crowder
Bonner Gaylord
Russ Stephenson
Dickie Thompson

**Parks, Recreation and
Greenway Advisory
Board Members***

Chair: Mike Surasky
Vice Chair: Amy Simes
Richard Bostic
Patrick Buffkin
Christopher Dillon
Kendall Harris
Dexter Hebert
Steve Hepler
Jennifer Hoverstad
Brad Johnson
Clodagh Lyons-Bastian
Shane Mellin
David Millsaps
Charles Townsend
Kimberly Wicker

*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: Nancy Novell
Vice Chair: R. Gene Davis, Jr.
Chanda Branch
Joe Cebina
Jason Craighead
Linda Dallas
Laurent de Comarmond
Moses Alexander Greene
Andy Martin
Gail Perry
Joanne Sullivan
Stan Williams

Management Team

Director: Diane Sauer
Assistant Director:
Scott Payne
Building Maintenance Superintendent:
Billy Jackson
Business Superintendent:
Kim Kittner
Parks Superintendent:
Wayne Schindler
Recreation Superintendent:
Ken Hisler
**Strategic Planning and Development
Superintendent:**
Stephen Bentley

**Historic Resources and
Museum Program
Advisory Board**

Clare Bass
Fred Belledin
Al Brothers
Dwight Coleman
Jannette Coleridge-Taylor
Nick Fountain
Barbara Freedman
Melissa Hockaday
Treva Jones
Joe Mobley
Ed Morris
Amy Simes
Tom Ward

**City of Raleigh
Historic Cemetery
Advisory Board**

Jimmy Thiem
Jenny Harper
Terry Harper
Jane Thurman
Jose Fraser
Danny Coleman
David Brown

Public Art and Design Board

Susan Cannon
Adam Cave
Laurent de Comarmond, Chair
Scott Hazard
Linda Noble
Bob Rankin
Kathleen Rieder

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**

Play It Forward! Donate to Scholarship Fund

Together we connect and enrich our community through exceptional experiences.



Play It Forward Scholarship Fund

The City of Raleigh Parks, Recreation and Cultural Resources Department established the Financial Assistance Scholarship Fund in 1993 to ensure that no one is denied the benefits of public recreation due to the inability to pay. The scholarship fund helps reduce barriers to participation in recreation programs that encourage healthy lifestyles, promote self-confidence and teach life-long lessons. Scholarships are awarded

based on financial need and are offered to support all who wish to participate in our programs. To make a tax-deductible donation, please mail a completed form to:

City Of Raleigh

Financial Assistance Program – 6107

P.O. Box 590 Raleigh, NC 27602

City of Raleigh tax ID number: 56-6000236

Play It Forward Scholarship Fund

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: _____

Special Events

January

Mordecai Free Friday

Age: All Ages. Mordecai Historic Park will offer free tours throughout the day on this special Friday. Tours include the Mordecai House, Andrew Johnson birthplace, St. Mark's Chapel and Allen Kitchen. Tours begin on the hour and half hour and are limited to 20 persons per tour. The first tour will begin at 10:00am, and the last tour starts at 3:00pm. Free tours are offered only twice a year, so don't miss out! First come, first served. No registration necessary. \$0

Mordecai Historic Park

#199782 Jan 20 F 10:00am-4:00pm



April

Egg Hunt

Age: All Ages. Come join your local community center on Saturday, April 8th for a fun-filled morning! Check with the center closest to you to find out what exciting pre-hunt events are planned and for the inclement weather policy. Hunts start promptly at 11:00am. This is a free activity and pre-registration is not required. \$0

Abbotts Creek Community Center	919-996-2770
Anderson Point	919-996-5994
Brier Creek Community Center	919-420-2340
Carolina Pines Community Center	919-831-6435
John Chavis Community Center	919-831-6989
Laurel Hills Community Center	919-420-2383
Lions Park	919-831-6995
Mordecai Historic Park	919-996-4364
Pullen Amusements	919-996-6468
Roberts Park Community Center	919-831-6830
Spring Forest Road Park	919-996-4141



Paint Your heART Out!

Age: All Ages. Help us help you! Sertoma is hosting the 6th annual Paint your heART out valentine-inspired arts and scholarship support programs. Each person will get the opportunity to create an original valentine-inspired masterpiece on canvas using paint and other materials on site. This is a great opportunity to support arts and scholarship programs while spending time with your loved ones! Preregistration is encouraged, but registration is also available on the day of the

program. Participants must register in person for \$6, \$10 and \$12 canvases. Minimum donation: \$6 per person. For a donation above the minimum, please call Sertoma at 919-996-2329, include a note on your registration, or bring it in person the day of the event.

Glen Eden Park

Preschool/Youth/Teen/Family

#201721 Feb 4 Sa 10:30am-2:00pm

Adult/Teen

#201720 Feb 4 Sa 10:30am-2:00pm

It's My Park and Trail Day

Ages: All ages. To celebrate National Volunteer Week, join us on Saturday, April 29 from 9:00-10:00am for our third annual It's My Park and Trail Day. You're invited to make a difference in your community and beautify the City of Raleigh. This city-wide day of volunteer service provides an opportunity for groups and individuals to clean up their local parks and greenway trails. Volunteer registration will begin in March. For more information on this event, contact Ashley Deans at 919-996-4810 or Ashley.deans@raleighnc.gov.

April 29 / Saturday / 9:00-10:00am

Adventure

Outdoor Recreation Director: Seth Yearout
Seth.Yearout@raleighnc.gov

For more information about facilities, hours of operation, and available services please visit: <http://www.raleighnc.gov/parks> and search the term "Outdoor Recreation."

Outdoor Recreation

Our mission is to enrich the lives of our patrons through programs, services and park facilities that connect them with the natural environment. Outdoor Recreation seeks to foster a personal connection to resources through firsthand experience and evaluation of one's relationship with the natural environment.

Our goal is to provide a variety of exceptional programs, services and park facilities that reach all members of the community. Programs, services and park facilities are designed to assist the balance of our participant's physical, mental or social needs through the use of the outdoor environment.

Facilities:

Lake Johnson
4601 Avent Ferry Rd.
Raleigh, NC 27606
Phone: 919-231-2121

Lake Wheeler
6404 Lake Wheeler Rd.
Raleigh, NC 27603
Phone: 919-662-5704

Adventure Program
2401 Wade Avenue
Raleigh, NC 27607
Phone: 919-996-6855



River Access and Disc Golf Courses: Visit our Website for more information

Youth

Adventure Days

Age: 10-15yrs. Have your child spend this teacher workday with the Adventure Program. Adventure staffers teach students different outdoor skills including paddling at an indoor pool. Call the Adventure Program at 919-996-6855 for more information. Preregistration is required.

Thomas G. Crowder Woodland Center – Course Fee: \$60
#198918 Jan 27 F 8:00am-5:30pm
#198932 Feb 20 M 8:00am-5:30pm
#198933 Mar 31 F 8:00am-5:30pm

Neuse River Kids Club

Age: 8-12yrs. Neuse River Kids Club is a multi-session kayaking program for youth. Sessions will start on flat water and move to more advanced moving water as the group builds skill. Previous kayaking experience is encouraged. Adventure Program provides boats for participants who do not have their own whitewater kayak for a small fee.

Optimist Pool – Course Fee: \$90
#198962 Apr 21,28 W 5:30-7:30pm
May 3,10,17,24 W 5:30-7:30pm

Adult

ADV Pool Sessions

Age: 8yrs and up. Pool sessions are open practice times for all levels of paddlers, whether you're working on playboating, perfecting your roll or just wanting to try out the sport. Formal instruction is not provided, but a brief, basic boat orientation is available for beginners. So take advantage of the warm water at the pool and practice your paddling! Cost is \$4 for residents and \$8 for nonresidents. There is no preregistration. Funds will be taken at the front desk on the day of each pool session. Participants under 18 are welcome when accompanied by an adult.

Optimist Pool 5:00-8:00pm

Kayak Basics

Age: 12yrs and up. This introductory-level course is for those wishing to learn more about the sport of kayaking. This four-hour course provides a comfortable and pleasant environment in which to learn the basics of paddling. Our calm, friendly instructors will help lay a strong foundation of skills so you will be ready for touring or moving-water instruction on local rivers. Kayak experience is not required, but participants should have basic swimming ability and comfort in water. Equipment and instruction are provided. Preregistration is required. Please call the Adventure Program at 919-996-6855 for more information or to register. Participants under 18 are welcome when registered with an adult.

Optimist Pool – Course Fee: \$45
#198915 Jan 14 Sa 1:00-5:00pm
#198916 Feb 11 Sa 1:00-5:00pm
#198917 Mar 11 Sa 1:00-5:00pm

Family

Wrench and Ride

Age: 10yrs and up. Adventure staff members teach some basics of bike maintenance as you explore the Capital Area Greenway System. Come try this out, explore and find a new place you'll love to ride. The greenway consists of paved trails that wind through woods and along creeks and streams to connect parks throughout the city. Instructors will shuttle you up the trail and guide you to one of many recreation facilities along the greenway. Bring your own bike; program bikes may be available upon request. Preregistration is required. Participants under 18 are welcome when registered with an adult.

Thomas G. Crowder Woodland Center
Course Fee: \$15
#198955 Mar 25 Sa 1:00-4:00pm
Walnut Creek Wetland Center
Course Fee: \$15
#198954 Apr 8 Sa 1:00-4:00pm

Aquatics

For information about dates of operations, hours of operation, and amenities please visit <http://www.raleighnc.gov/parks> and look under Recreation for Aquatics Programs.

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 paying adult. All passes are not transferable and become property of the City of Raleigh upon expiration date. Replacement passes are available for \$10. 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 Tricia Severa or Billy Thorne 919-996-6213.)

All Pools

(with the exception of Buffalo Road Aquatic Center)

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

Buffalo Road Aquatic Center

At The Door	Resident	Non-Res
1-12 years	\$3	\$6
13-54 years	\$7	\$14
55 and older	\$5	\$10

All Pools

Photo I.D. Pass
may be purchased at all pools.

Punch Passes

Purchased at each pool for 15 swims.
(valid one year-to-date)

	Resident	Non-Res
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
1-12 years	\$120	\$180
13-54 years	\$240	\$420
55 and older	\$180	\$300

Preschool

Parent and Child Aquatics Level 1

Age: 6mths-3yrs. This class introduces basic skills to parents and children. Parents are taught to safely and appropriately hold their children in the water while preparing and encouraging their children to participate fully and try the skills. These basic skills will lay the foundation to help children learn to swim in the future. The class also introduces water safety topics for parents.

Buffalo Road Aquatic Center

Course Fee: \$39			
#197416	Jan 7-28	Sa	10:10-10:40am
#197419	Feb 11-Mar 4	Sa	10:10-10:40am
#197422	Mar 18-Apr 8	Sa	10:10-10:40am
Course Fee: \$54			
#197417	Jan 10-26	T,Th	4:30-5:00pm
#197418	Feb 7-23	T,Th	4:30-5:00pm
#197420	Mar 7-23	T,Th	10:50-11:20am

#197421	Mar 7-23	T,Th	4:30-5:00pm
#197423	Apr 18-May 4	T,Th	10:50-11:20am
#197424	Apr 18-May 4	T,Th	4:30-5:00pm

Millbrook Pool

Course Fee: \$39			
#197629	Jan 7-28	Sa	9:30-10:00am
#197630	Feb 4-25	Sa	9:30-10:00am
#197633	Mar 11-Apr 1	Sa	9:30-10:00am
#197638	Apr 22-May 13	Sa	9:30-10:00am
Course Fee: \$54			
#197631	Feb 20-Mar 8	M,W	10:10-10:40am
#197632	Feb 20-Mar 8	M,W	5:50-6:20pm
#197634	Mar 20-Apr 5	M,W	10:10-10:40am
#197635	Mar 20-Apr 5	M,W	5:50-6:20pm
#197636	Apr 17-May 3	M,W	10:10-10:40am
#197637	Apr 17-May 3	M,W	5:50-6:20pm

Optimist Pool

Course Fee: \$39			
#198260	Feb 11-Mar 4	Sa	10:10-10:40am
#198262	Mar 18-Apr 8	Sa	10:10-10:40am
#198266	Apr 22-May 13	Sa	10:10-10:40am

Course Fee: \$54			
#198259	Jan 31-Feb 16	T,Th	4:30-5:00pm
#198261	Feb 28-Mar 16	T,Th	4:30-5:00pm
#198264	Mar 21-Apr 6	T,Th	10:10-10:40am
#198265	Mar 21-Apr 6	T,Th	4:30-5:00pm

Pullen Aquatic Center

Course Fee: \$39			
#198704	Jan 7-28	Sa	11:30am-12:00pm
#198706	Feb 4-25	Sa	11:30am-12:00pm
Course Fee: \$70			
#198705	Jan 10-Feb 2	T,Th	5:10-5:40pm
#198707	Feb 14-Mar 9	T,Th	5:10-5:40pm
#198708	Mar 14-Apr 6	T,Th	11:30am-12:00pm
#198709	Mar 14-Apr 6	T,Th	5:10-5:40pm
#198711	Apr 18-May 11	T,Th	11:30am-12:00pm
#198712	Apr 18-May 11	T,Th	5:10-5:40pm

Parent and Child Aquatics Level 2

Age: 6mths-3yrs. Participants improve on skills from Level 1 parent and child swim lessons and learn more advanced skills to prepare for Level 1 preschool swim lessons. Three-year-olds ready to learn without a parent or caregiver should enroll in Level 1 preschool swim lessons.

Buffalo Road Aquatic Center

Course Fee: \$39			
#197425	Jan 7-28	Sa	10:10-10:40am
#197428	Feb 11-Mar 4	Sa	10:10-10:40am
#197431	Mar 18-Apr 8	Sa	10:10-10:40am

Course Fee: \$54

#197426	Jan 10-26	T,Th	4:30-5:00pm
#197427	Feb 7-23	T,Th	4:30-5:00pm
#197429	Mar 7-23	T,Th	10:50-11:20am
#197430	Mar 7-23	T,Th	4:30-5:00pm
#197432	Apr 18-May 4	T,Th	10:50-11:20am
#197433	Apr 18-May 4	T,Th	4:30-5:00pm

Millbrook Pool

Course Fee: \$39			
#197639	Jan 7-28	Sa	10:10-10:40am
#197640	Feb 4-25	Sa	10:10-10:40am
#197642	Mar 11-Apr 1	Sa	10:10-10:40am
#197645	Apr 22-May 13	Sa	10:10-10:40am

Course Fee: \$54

#197643	Mar 20-Apr 5	M,W	10:10-10:40am
#197644	Apr 17-May 3	M,W	10:10-10:40am

Optimist Pool

Course Fee: \$39			
#198268	Feb 11-Mar 4	Sa	10:50-11:20am
#198270	Mar 18-Apr 8	Sa	10:50-11:20am
#198273	Apr 22-May 13	Sa	10:50-11:20am

Course Fee: \$54

#198267	Jan 31-Feb 16	T,Th	4:30-5:00pm
#198269	Feb 28-Mar 16	T,Th	4:30-5:00pm
#198271	Mar 21-Apr 6	T,Th	10:10-10:40am
#198272	Mar 21-Apr 6	T,Th	4:30-5:00pm

Pullen Aquatic Center

Course Fee: \$70			
#198713	Jan 10-Feb 2	T,Th	5:50-6:20pm
#198714	Feb 14-Mar 9	T,Th	5:50-6:20pm
#198715	Mar 14-Apr 6	T,Th	5:50-6:20pm
#198716	Apr 18-May 11	T,Th	11:30am-12:00pm
#198717	Apr 18-May 11	T,Th	5:50-6:20pm

Preschool Aquatics Level 1

Age: 3-5yrs. Participants learn to enjoy and feel comfortable in the water. Participants gain elementary aquatic skills such as underwater exploration while opening eyes, blowing bubbles and floating with assistance. Participants start developing good attitudes and safe practices around the water. This



course has no prerequisites.

Buffalo Road Aquatic Center

Course Fee: \$39

#197434	Jan 7-28	Sa	10:50-11:20am
#197437	Feb 11-Mar 4	Sa	10:50-11:20am
#197441	Mar 18-Apr 8	Sa	10:50-11:20am

Course Fee: \$54

#197435	Jan 10-26	T,Th	5:10-5:40pm
#197436	Feb 7-23	T,Th	5:10-5:40pm
#197438	Mar 7-23	T,Th	10:10-10:40am
#197439	Mar 7-23	T,Th	11:30am-12:00pm
#197440	Mar 7-23	T,Th	5:10-5:40pm
#197442	Apr 18-May 4	T,Th	10:10-10:40am
#197443	Apr 18-May 4	T,Th	5:10-5:40pm

Millbrook Pool

Course Fee: \$39

#197876	Jan 7-28	Sa	9:30-10:00am
#197877	Jan 7-28	Sa	10:10-10:40am
#197880	Feb 4-25	Sa	9:30-10:00am
#197881	Feb 4-25	Sa	10:10-10:40am
#197884	Mar 11-Apr 1	Sa	9:30-10:00am
#197885	Mar 11-Apr 1	Sa	10:10-10:40am
#197894	Apr 22-May 13	Sa	9:30-10:00am
#197895	Apr 22-May 13	Sa	10:10-10:40am

Course Fee: \$54

#197878	Jan 23-Feb 8	M,W	10:10-10:40am
#197879	Jan 23-Feb 8	M,W	5:10-5:40pm
#197882	Feb 20-Mar 8	M,W	10:50-11:20am
#197883	Feb 20-Mar 8	M,W	5:10-5:40pm
#197886	Mar 20-Apr 5	M,W	10:50-11:20am
#197887	Mar 20-Apr 5	M,W	11:30am-12:00pm
#197888	Mar 20-Apr 5	M,W	5:10-5:40pm
#197889	Mar 20-Apr 5	M,W	5:50-6:20pm
#197890	Apr 17-May 3	M,W	10:50-11:20am
#197891	Apr 17-May 3	M,W	11:30am-12:00pm
#197892	Apr 17-May 3	M,W	5:10-5:40pm
#197893	Apr 17-May 3	M,W	5:50-6:20pm

Optimist Pool

Course Fee: \$39

#198275	Feb 11-Mar 4	Sa	10:10-10:40am
#198276	Feb 11-Mar 4	Sa	11:30am-12:00pm
#198278	Mar 18-Apr 8	Sa	10:10-10:40am
#198279	Mar 18-Apr 8	Sa	11:30am-12:00pm
#198282	Apr 22-May 13	Sa	10:10-10:40am
#198283	Apr 22-May 13	Sa	11:30am-12:00pm

Course Fee: \$54

#198274	Jan 31-Feb 16	T,Th	5:10-5:40pm
#198277	Feb 28-Mar 16	T,Th	5:10-5:40pm
#198280	Mar 21-Apr 6	T,Th	10:50-11:20am
#198281	Mar 21-Apr 6	T,Th	5:10-5:40pm

Pullen Aquatic Center

Course Fee: \$39

#198718	Jan 7-28	Sa	11:30am-12:00pm
#198720	Feb 4-25	Sa	11:30am-12:00pm

Course Fee: \$70

#198719	Jan 10-Feb 2	T,Th	5:10-5:40pm
#198721	Feb 14-Mar 9	T,Th	5:10-5:40pm
#198722	Mar 14-Apr 6	T,Th	10:50-11:20am
#198723	Mar 14-Apr 6	T,Th	5:10-5:40pm
#198724	Apr 18-May 11	T,Th	10:50-11:20am
#198725	Apr 18-May 11	T,Th	5:10-5:40pm

Preschool Aquatics Level 2

Age: 3-5yrs. 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.

Buffalo Road Aquatic Center

Course Fee: \$39

#197444	Jan 7-28	Sa	10:50-11:20am
#197447	Feb 11-Mar 4	Sa	10:50-11:20am
#197450	Mar 18-Apr 8	Sa	10:50-11:20am

Course Fee: \$54

#197445	Jan 10-26	T,Th	5:10-5:40pm
#197446	Feb 7-23	T,Th	5:10-5:40pm
#197448	Mar 7-23	T,Th	10:10-10:40am
#197449	Mar 7-23	T,Th	5:10-5:40pm
#197451	Apr 18-May 4	T,Th	10:10-10:40am
#197452	Apr 18-May 4	T,Th	5:10-5:40pm

Millbrook Pool

Course Fee: \$39

#197896	Jan 7-28	Sa	10:10-10:40am
#197899	Feb 4-25	Sa	10:10-10:40am
#197902	Mar 11-Apr 1	Sa	10:10-10:40am
#197907	Apr 22-May 13	Sa	10:10-10:40am

Course Fee: \$54

#197897	Jan 23-Feb 8	M,W	10:50-11:20am
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#197898	Jan 23-Feb 8	M,W	5:10-5:40pm
#197900	Feb 20-Mar 8	M,W	11:30am-12:00pm
#197901	Feb 20-Mar 8	M,W	5:10-5:40pm
#197903	Mar 20-Apr 5	M,W	10:50-11:20am
#197904	Mar 20-Apr 5	M,W	5:10-5:40pm
#197905	Apr 17-May 3	M,W	10:50-11:20am
#197906	Apr 17-May 3	M,W	5:10-5:40pm

Optimist Pool

Course Fee: \$39

#198285	Feb 11-Mar 4	Sa	10:10-10:40am
#198289	Feb 11-Mar 4	Sa	11:30am-12:00pm
#198291	Mar 18-Apr 8	Sa	10:10-10:40am
#198292	Mar 18-Apr 8	Sa	11:30am-12:00pm
#198295	Apr 22-May 13	Sa	10:10-10:40am
#198296	Apr 22-May 13	Sa	11:30am-12:00pm

Course Fee: \$54

#198284	Jan 31-Feb 16	T,Th	5:10-5:40pm
#198290	Feb 28-Mar 16	T,Th	5:10-5:40pm
#198293	Mar 21-Apr 6	T,Th	10:50-11:20am
#198294	Mar 21-Apr 6	T,Th	5:10-5:40pm

Pullen Aquatic Center

Course Fee: \$39

#198726	Jan 7-28	Sa	10:50-11:20am
#198741	Feb 4-25	Sa	10:50-11:20am

Course Fee: \$70

#198740	Jan 10-Feb 2	T,Th	5:50-6:20pm
#198742	Feb 14-Mar 9	T,Th	5:50-6:20pm
#198745	Mar 14-Apr 6	T,Th	10:10-10:40am
#198746	Mar 14-Apr 6	T,Th	5:50-6:20pm
#198747	Apr 18-May 11	T,Th	10:10-10:40am
#198748	Apr 18-May 11	T,Th	5:50-6:20pm

Preschool Aquatics Level 3

Age: 3-5yrs. 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.

Buffalo Road Aquatic Center

Course Fee: \$39

#197453	Jan 7-28	Sa	10:50-11:20am
#197456	Feb 11-Mar 4	Sa	10:50-11:20am
#197459	Mar 18-Apr 8	Sa	10:50-11:20am

Course Fee: \$54

#197454	Jan 10-26	T,Th	5:10-5:40pm
#197455	Feb 7-23	T,Th	5:10-5:40pm
#197457	Mar 7-23	T,Th	11:30am-12:00pm
#197458	Mar 7-23	T,Th	5:10-5:40pm
#197460	Apr 18-May 4	T,Th	11:30am-12:00pm
#197461	Apr 18-May 4	T,Th	5:10-5:40pm

Millbrook Pool

Course Fee: \$39

#197908	Jan 7-28	Sa	10:50-11:20am
#197911	Feb 4-25	Sa	10:50-11:20am
#197913	Mar 11-Apr 1	Sa	10:50-11:20am
#197918	Apr 22-May 13	Sa	10:50-11:20am

Course Fee: \$54

#197909	Jan 23-Feb 8	M,W	11:30am-12:00pm
#197910	Jan 23-Feb 8	M,W	5:50-6:20pm
#197912	Feb 20-Mar 8	M,W	5:50-6:20pm
#197914	Mar 20-Apr 5	M,W	11:30am-12:00pm
#197915	Mar 20-Apr 5	M,W	5:50-6:20pm
#197916	Apr 17-May 3	M,W	11:30am-12:00pm
#197917	Apr 17-May 3	M,W	5:50-6:20pm

Optimist Pool

Course Fee: \$39

#198298	Feb 11-Mar 4	Sa	10:50-11:20am
#198299	Feb 11-Mar 4	Sa	11:30am-12:00pm
#198301	Mar 18-Apr 8	Sa	10:50-11:20am
#198302	Mar 18-Apr 8	Sa	11:30am-12:00pm

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#198305	Apr 22-May 13	Sa	10:50-11:20am
#198306	Apr 22-May 13	Sa	11:30am-12:00pm
Course Fee: \$54			
#198297	Jan 31-Feb 16	T,Th	5:50-6:20pm
#198300	Feb 28-Mar 16	T,Th	5:50-6:20pm
#198303	Mar 21-Apr 6	T,Th	11:30am-12:00pm
#198304	Mar 21-Apr 6	T,Th	5:50-6:20pm
Pullen Aquatic Center			
Course Fee: \$39			
#198771	Jan 7-28	Sa	10:10-10:40am
#198772	Feb 4-25	Sa	10:10-10:40am
Course Fee: \$70			
#198773	Mar 14-Apr 6	T,Th	5:50-6:20pm
#198774	Apr 18-May 11	T,Th	10:50-11:20pm
#198775	Apr 18-May 11	T,Th	5:50-6:20pm

Youth

**Swim Lesson – Level 1
Intro Water Skills**

Age: 6-13yrs. 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

Course Fee: \$39			
#197462	Jan 7-28	Sa	11:30am-12:00pm
Course Fee: \$54			
#197463	Jan 10-26	T,Th	5:50-6:20pm
#197464	Apr 18-May 4	T,Th	11:30am-12:00pm
#197465	Apr 18-May 4	T,Th	5:50-6:20pm

Millbrook Pool

Course Fee: \$39			
#198174	Jan 7-28	Sa	9:30-10:00am
#198175	Jan 7-28	Sa	11:30am-12:00pm
#198177	Feb 4-25	Sa	9:30-10:00am
#198178	Feb 4-25	Sa	11:30am-12:00pm
#198180	Mar 11-Apr 1	Sa	9:30-10:00am
#198181	Mar 11-Apr 1	Sa	11:30am-12:00pm
#198184	Apr 22-May 13	Sa	9:30-10:00am
#198185	Apr 22-May 13	Sa	11:30am-12:00pm
Course Fee: \$54			
#198176	Jan 23-Feb 8	M,W	5:50-6:20pm
#198179	Feb 20-Mar 8	M,W	6:30-7:00pm
#198182	Mar 20-Apr 5	M,W	5:10-5:40pm
#198183	Apr 17-May 3	M,W	5:10-5:40pm

Optimist Pool

Course Fee: \$39			
#198308	Feb 11-Mar 4	Sa	10:10-10:40am
#198310	Mar 18-Apr 8	Sa	10:10-10:40am
#198312	Apr 22-May 13	Sa	10:10-10:40am
Course Fee: \$54			
#198307	Jan 31-Feb 16	T,Th	5:50-6:20pm
#198309	Feb 28-Mar 16	T,Th	5:50-6:20pm
#198311	Mar 21-Apr 6	T,Th	5:50-6:20pm

Pullen Aquatic Center

Course Fee: \$39			
#198776	Jan 7-28	Sa	10:50-11:20am
#198778	Feb 4-25	Sa	10:50-11:20am
Course Fee: \$70			
#198777	Jan 10-Feb 2	T,Th	6:30-7:00pm
#198779	Feb 14-Mar 9	T,Th	6:30-7:00pm
#198780	Mar 14-Apr 6	T,Th	6:30-7:00pm
#198781	Apr 18-May 11	T,Th	6:30-7:00pm



**Swim Lesson –
Level 2 Fundamental Skills**

Age: 6-13yrs. 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

Course Fee: \$39			
#197466	Jan 7-28	Sa	11:30am-12:00pm
#197469	Feb 11-Mar 4	Sa	11:30am-12:00pm
#197471	Mar 18-Apr 8	Sa	11:30am-12:00pm
Course Fee: \$54			
#197467	Jan 10-26	T,Th	5:50-6:20pm
#197468	Feb 7-23	T,Th	5:50-6:20pm
#197470	Mar 7-23	T,Th	5:50-6:20pm
#197472	Apr 18-May 4	T,Th	5:50-6:20pm

Millbrook Pool

Course Fee: \$39			
#198186	Jan 7-28	Sa	11:30am-12:00pm
#198188	Feb 4-25	Sa	11:30am-12:00pm
#198190	Mar 11-Apr 1	Sa	11:30am-12:00pm
#198195	Apr 22-May 13	Sa	11:30am-12:00pm
Course Fee: \$54			
#198187	Jan 23-Feb 8	M,W	6:30-7:00pm
#198189	Feb 20-Mar 8	M,W	6:30-7:00pm
#198191	Mar 20-Apr 5	M,W	6:30-7:00pm
#198192	Mar 20-Apr 5	M,W	7:10-7:40pm
#198193	Apr 17-May 3	M,W	6:30-7:00pm
#198194	Apr 17-May 3	M,W	7:10-7:40pm

Optimist Pool

Course Fee: \$39			
#198314	Feb 11-Mar 4	Sa	10:50-11:20am
#198315	Feb 11-Mar 4	Sa	11:30am-12:00pm
#198317	Mar 18-Apr 8	Sa	10:50-11:20am
#198318	Mar 18-Apr 8	Sa	11:30am-12:00pm
#198320	Apr 22-May 13	Sa	10:50-11:20am
#198321	Apr 22-May 13	Sa	11:30am-12:00pm
Course Fee: \$54			
#198313	Jan 31-Feb 16	T,Th	6:30-7:00pm
#198316	Feb 28-Mar 16	T,Th	6:30-7:00pm
#198319	Mar 21-Apr 6	T,Th	6:30-7:00pm

Pullen Aquatic Center

Course Fee: \$39			
#198782	Jan 7-28	Sa	10:10-10:40am
#198784	Feb 4-25	Sa	10:10-10:40am

Course Fee: \$70

#198783	Jan 10-Feb 2	T,Th	6:30-7:00pm
#198785	Feb 14-Mar 9	T,Th	6:30-7:00pm
#198786	Mar 14-Apr 6	T,Th	6:30-7:00pm
#198787	Apr 18-May 11	T,Th	6:30-7:00pm

**Swim Lesson – Level 3
Stroke Development**

Age: 6-13yrs. Participants must have completed exit skills in Level 2. While building on skills learned in Level 2, participants learn to coordinate alternating and simultaneous arm and leg actions. 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

Course Fee: \$39			
#197473	Jan 7-28	Sa	11:30am-12:00pm
#197481	Feb 11-Mar 4	Sa	11:30am-12:00pm
#197483	Mar 18-Apr 8	Sa	11:30am-12:00pm
Course Fee: \$54			
#197474	Jan 10-26	T,Th	5:50-6:20pm
#197475	Feb 7-23	T,Th	5:50-6:20pm
#197482	Mar 7-23	T,Th	5:50-6:20pm
#197484	Apr 18-May 4	T,Th	5:50-6:20pm

Millbrook Pool

Course Fee: \$39			
#198196	Jan 7-28	Sa	10:50-11:20am
#198198	Feb 4-25	Sa	10:50-11:20am
#198200	Mar 11-Apr 1	Sa	10:50-11:20am
#198203	Apr 22-May 13	Sa	10:50-11:20am
Course Fee: \$54			
#198197	Jan 23-Feb 8	M,W	6:30-7:00pm
#198199	Feb 20-Mar 8	M,W	7:10-7:40pm
#198201	Mar 20-Apr 5	M,W	6:30-7:00pm
#198202	Apr 17-May 3	M,W	6:30-7:00pm

Optimist Pool

Course Fee: \$39			
#198323	Feb 11-Mar 4	Sa	10:50-11:20am
#198325	Mar 18-Apr 8	Sa	10:50-11:20am
#198327	Apr 22-May 13	Sa	10:50-11:20am
Course Fee: \$54			
#198322	Jan 31-Feb 16	T,Th	6:30-7:00pm
#198324	Feb 28-Mar 16	T,Th	6:30-7:00pm
#198326	Mar 21-Apr 6	T,Th	6:30-7:00pm

Pullen Aquatic Center

Course Fee: \$39			
#198788	Jan 7-28	Sa	9:30-10:00am
#198789	Feb 4-25	Sa	9:30-10:00am
Course Fee: \$70			
#198790	Mar 14-Apr 6	T,Th	6:30-7:00pm
#198791	Apr 18-May 11	T,Th	6:30-7:00pm

**Swim Lesson – Level 4
Stroke Improvement**

Age: 6-13yrs. 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.

Buffalo Road Aquatic Center

Course Fee: \$39

#197486	Feb 11-Mar 4	Sa	11:30am-12:00pm
#197488	Mar 18-Apr 8	Sa	11:30am-12:00pm

Course Fee: \$54

#197485	Feb 7-23	T,Th	5:50-6:20pm
#197487	Mar 7-23	T,Th	5:50-6:20pm
#197489	Apr 18-May 4	T,Th	6:30-7:00pm

Millbrook Pool

Course Fee: \$39

#198206	Jan 7-28	Sa	10:50-11:20am
#198208	Feb 4-25	Sa	10:50-11:20am
#198210	Mar 11-Apr 1	Sa	10:50-11:20am
#198213	Apr 22-May 13	Sa	10:50-11:20am

Course Fee: \$54

#198207	Jan 23-Feb 8	M,W	7:10-7:40pm
#198209	Feb 20-Mar 8	M,W	7:10-7:40pm
#198211	Mar 20-Apr 5	M,W	6:30-7:00pm
#198212	Apr 17-May 3	M,W	6:30-7:00pm

Optimist Pool

Course Fee: \$39

#198329	Feb 11-Mar 4	Sa	9:30-10:00am
#198331	Mar 18-Apr 8	Sa	9:30-10:00am
#198333	Apr 22-May 13	Sa	9:30-10:00am

Course Fee: \$54

#198328	Jan 31-Feb 16	T,Th	7:10-7:40pm
#198330	Feb 28-Mar 16	T,Th	7:10-7:40pm
#198332	Mar 21-Apr 6	T,Th	7:10-7:40pm

Pullen Aquatic Center

Course Fee: \$70

#198792	Mar 14-Apr 6	T,Th	7:10-7:40pm
#198793	Jul 18-Aug 10	T,Th	7:10-7:40pm

**Swim Lesson – Level 5
Stroke Refinement**

Age: 6-13yrs. 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.

Buffalo Road Aquatic Center

Course Fee: \$39

#197491	Mar 18-Apr 8	Sa	12:10-12:40am
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Course Fee: \$54

#197490	Mar 7-23	T,Th	6:30-7:00pm
#197492	Apr 18-May 4	T,Th	6:30-7:00pm

Millbrook Pool

Course Fee: \$39

#198214	Jan 7-28	Sa	11:30am-12:00pm
#198215	Feb 4-25	Sa	11:30am-12:00pm
#198216	Mar 11-Apr 1	Sa	11:30am-12:00pm
#198219	Apr 22-May 13	Sa	11:30am-12:00pm

Course Fee: \$54

#198217	Mar 20-Apr 5	M,W	7:10-7:40pm
#198218	Apr 17-May 3	M,W	7:10-7:40pm

Optimist Pool

Course Fee: \$39

#198337	Feb 11-Mar 4	Sa	9:30-10:00am
#198339	Mar 18-Apr 8	Sa	9:30-10:00am
#198342	Apr 22-May 13	Sa	9:30-10:00am

Course Fee: \$54

#198335	Jan 31-Feb 16	T,Th	7:10-7:40pm
#198338	Feb 28-Mar 16	T,Th	7:10-7:40pm
#198341	Mar 21-Apr 6	T,Th	7:10-7:40pm

**Swim Team – Intra-City
Swim Association**

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

Buffalo Road Blue Whales – Course Fee: \$71

Ages 3-10

#198644	Feb 13-Apr 19	M,W	5:15-6:00pm
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Ages 11-18

#198645	Feb 13-Apr 19	M,W	6:15-7:00pm
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Millbrook Marlins

Ages 3-10

#198647	Feb 14-Apr 20	T,Th	6:00-6:45pm
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Ages 11-18

#198648	Feb 14-Apr 20	T,Th	7:00-7:45pm
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Optimist Otters

Ages 3-10

#198649	Feb 13-Apr 19	M,W	6:00-6:45pm
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Ages 11-18

#198650	Feb 13-Apr 19	M,W	7:00-7:45pm
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Pullen Pirates

Ages 3-8

#198646	Feb 13-Apr 19	M,W	5:30-6:15pm
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Ages 9-18

#198651	Feb 13-Apr 19	M,W	6:30-7:15pm
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Junior Lifeguard

Age: 11-14yrs. The City of Raleigh Junior Lifeguard Program provides youth ages 11-14 an introduction into the role of a professional lifeguard. The program helps participants build a foundation of knowledge, attitudes and skills that they will need to be responsible future lifeguards. Lessons are grouped into four main areas: prevention, response, leadership and professionalism.

Millbrook Pool – Course Fee: \$135

#198819	Apr 10-14	M-F	9:00am-4:00pm
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Adult

Adult Fitness Swimming Class

Age: 13yrs and up. This class is for adults who swim for fitness and want to refine their strokes. Some may want to use the benefits of the water to improve their fitness levels, while others may want to participate in a master swimming program or other competitive sports, such as triathlons or open water distance swimming.

Buffalo Road Aquatic Center

Course Fee: \$45

#197512	Jan 7-28	Sa	12:10-12:50pm
#197515	Feb 11-Mar 4	Sa	12:10-12:50pm

Course Fee: \$60

#197513	Jan 10-26	T,Th	6:30-7:10pm
#197514	Feb 7-23	T,Th	6:30-7:10pm
#197516	Mar 7-23	T,Th	11:30am-12:10pm
#197517	Apr 18-May 4	T,Th	11:30am-12:10pm

Millbrook Pool

Course Fee: \$45

#197622	Jan 7-28	Sa	8:40-9:20am
#197623	Feb 4-25	Sa	8:40-9:20am
#197624	Mar 11-Apr 1	Sa	8:40-9:20am
#197626	Apr 22-May 13	Sa	8:40-9:20am

Course Fee: \$60

#197625	Apr 17-May 3	M,W	7:10-7:50pm
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**Adult Learning The Basics
Swim Class**

Age: 13yrs and up. 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.

Buffalo Road Aquatic Center

Course Fee: \$45

#197494	Jan 7-28	Sa	12:10-12:50pm
#197498	Feb 11-Mar 4	Sa	12:10-12:50pm
#197500	Mar 18-Apr 8	Sa	12:10-12:50pm

Course Fee: \$60

#197496	Jan 10-26	T,Th	6:30-7:10pm
#197497	Feb 7-23	T,Th	6:30-7:10pm
#197499	Mar 7-23	T,Th	6:30-7:10pm
#197501	Apr 18-May 4	T,Th	6:30-7:10pm

Millbrook Pool

Course Fee: \$45

#197605	Jan 7-28	Sa	8:40-9:20am
#197607	Feb 4-25	Sa	8:40-9:20am
#197608	Mar 11-Apr 1	Sa	8:40-9:20am
#197609	Apr 22-May 13	Sa	8:40-9:20am

Course Fee: \$60

#197606	Jan 23-Feb 8	M,W	7:10-7:50pm
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Optimist Pool

Course Fee: \$45

#198344	Feb 11-Mar 4	Sa	9:20-10:00am
#198345	Mar 18-Apr 8	Sa	9:20-10:00am
#198346	Apr 22-May 13	Sa	9:20-10:00am

Pullen Aquatic Center

Course Fee: \$45

#198794	Jan 7-28	Sa	9:30-10:10am
#198796	Feb 4-25	Sa	9:30-10:10am

Course Fee: \$76

#198795	Jan 10-Feb 2	T,Th	7:10-7:50pm
#198797	Feb 14-Mar 9	T,Th	7:10-7:50pm
#198798	Mar 14-Apr 6	T,Th	7:10-7:50pm
#198799	Apr 18-May 11	T,Th	7:10-7:50pm

Adult Refining Swim Strokes Class

Age: 13yrs and up. 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.

Buffalo Road Aquatic Center

Course Fee: \$45

#197502	Jan 7-28	Sa	12:10-12:50pm
#197509	Feb 11-Mar 4	Sa	12:10-12:50pm
#197511	Mar 18-Apr 8	Sa	12:10-12:50pm

Course Fee: \$60

#197507	Jan 10-26	T,Th	6:30-7:10pm
#197508	Feb 7-23	T,Th	6:30-7:10pm
#197510	Mar 7-23	T,Th	6:30-7:10pm

Millbrook Pool

Course Fee: \$45

#197616	Jan 7-28	Sa	8:40-9:20am
#197617	Feb 4-25	Sa	8:40-9:20am
#197618	Mar 11-Apr 1	Sa	8:40-9:20am
#197620	Apr 22-May 13	Sa	8:40-9:20am

Course Fee: \$60

#197619	Mar 20-Apr 5	M,W	7:10-7:50pm
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Optimist Pool

Course Fee: \$45

#198347	Feb 11-Mar 4	Sa	9:20-10:00am
#198348	Mar 18-Apr 8	Sa	9:20-10:00am
#198349	Apr 22-May 13	Sa	9:20-10:00am

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Pullen Aquatic Center

Course Fee: \$76

#198800	Jan 10-Feb 2	T,Th	7:10-7:50pm
#198801	Feb 14-Mar 9	T,Th	7:10-7:50pm
#198802	Mar 14-Apr 6	T,Th	7:10-7:50pm
#198803	Apr 18-May 11	T,Th	7:10-7:50pm

Lifeguarding – American Red Cross

Age: 15yrs and up. This American Red Cross course trains participants in the basic skills needed to lifeguard at traditional pools. This course includes first aid and CPR/AED for the professional rescuer. To participate, you must pass a prerequisite skills evaluation. This evaluation requires the following: A) Swim 300 yards, continuously demonstrating breath control and rhythmic breathing. (You may swim using the front crawl, breaststroke or a combination of both. Swimming on the back or side is not allowed.) B) Tread water for two minutes using only the legs while keeping your hands under your armpits. C) Complete a timed event within 1 minute, 40 seconds. This event includes starting in the water, swimming 20 yards (swim goggles are not allowed), surface diving to a depth of 7 to 10 feet to retrieve a 10-pound object, returning to the surface and swimming 20 yards on your back to return to the starting point while holding the object with both hands and keeping your face at or near the surface, and exiting the water without using a ladder or steps. The prerequisite skills evaluation will occur on the first day of the

course.

Optimist Pool – Course Fee: \$200

#198350	Jan 23-Feb 15	M,W	5:00-8:30pm
#198351	Jan 28-Feb 18	Sa	9:00am-5:00pm
#198352	Mar 13-Apr 5	M,W	5:00-8:30pm
#198353	Apr 10-13	M-Th	9:00am-5:00pm
#198354	Apr 17-May 10	M,W	5:00-8:30pm
#198355	Apr 22-May 13	Sa	9:00am-5:00pm

Pullen Aquatic Center – Course Fee: \$200

#198804	Feb 4-25	Sa	9:00am-5:00pm
#198805	Feb 13-Mar 8	M,W	5:00-8:30pm
#198806	Mar 13-Apr 5	M,W	5:00-8:30pm
#198807	Apr 17-May 10	M,W	5:00-8:30pm

Lifeguarding Instructor – American Red Cross

Age: 17yrs and up. This American Red Cross program will train future lifeguard instructors. This includes teaching techniques for the lifeguarding course plus information on automated external defibrillators, oxygen administration and preventing disease transmission. Participants must be at least 17 years old.

Pullen Aquatic Center – Course Fee: \$275

#198808	Mar 14-Apr 6	T,Th	5:00-9:00pm
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Triathlon Swim Training – Beginner

Age: 14yrs and up. This program is designed for the beginner triathlete and offers instruction and tips on the swim portion of a triathlon. This class focuses on being comfortable in the water and breathing techniques and helps participants to prepare for a race.

Millbrook Pool

Course Fee: \$45

#197613	Jan 7-28	Sa	7:00-7:40am
#197614	Feb 4-25	Sa	7:00-7:40am
#197615	Mar 11-Apr 1	Sa	7:00-7:40am

Course Fee: \$60

#197603	Jan 17-Feb 2	T,Th	6:30-7:10pm
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Triathlon Swim Training – Intermediate

Age: 14yrs and up. This program is designed for the more experienced swimmer or triathlete. The program helps participants build endurance, refine and improve stroke technique and practice drills to prepare for a race.

Millbrook Pool

Course Fee: \$45

#197610	Jan 7-28	Sa	7:45-8:25am
#197611	Feb 4-25	Sa	7:45-8:25am
#197612	Mar 11-Apr 1	Sa	7:45-8:25am

Course Fee: \$60

#197604	Jan 17-Feb 2	T,Th	7:15-7:55pm
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Water Safety Instructor – American Red Cross

Age: All Ages. This American Red Cross course will certify candidates to teach water safety, including a basic water rescue course, learn-to-swim program and parent-and-child classes. All course materials are included in price of the course.

Pullen Aquatic Center – Course Fee: \$225

#198809	Apr 18-May 11	T,Th	5:00-9:00pm
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The **Office of Raleigh Arts** administers the programs of the Raleigh Arts Commission and the Public Art and Design Board and supports the Pullen and Sertoma Arts Centers. Raleigh Arts activities that foster and promote the arts include:

- Arts classes at Pullen and Sertoma Arts Centers;
- Awards: The **Medal of Arts** ceremony and the **Piedmont Laureate** writers' program honor special contributions to the community. **Gifts of Gold**, organized in conjunction with the Wake County Public School System, recognizes artistic talent in students;
- **Block Gallery art exhibitions** in the Raleigh Municipal Building;
- The **Arts Partners** program, providing grants to arts organizations that are essential to Raleigh's cultural vitality;
- The **Municipal Art Collection**, which holds more than 450 artworks throughout the City of Raleigh;
- **The Percent for Art** program, which allocates one percent of capital construction projects for public art;
- Public Art Special Projects including **Art-On-The-Move** (with designs by local artists on CAT buses), **Art on City Plaza** and temporary public art events at festivals such as **SPARKcon**.
- Community outreach through workshops, publications and e-newsletters.

For more information, visit www.raleighnc.gov

Pullen Arts Center

105 Pullen Road Raleigh, NC 27607
Eliza Kiser (919)996-6126

Pullen Arts Center offers specialty studio programs in jewelry-making, printmaking, clay, bookmaking, and painting, in addition to classes in glass arts, fiber arts, and drawing.

Gallery Hours – Exhibits at Pullen Arts Center are on display in the lobby during normal operating hours.

M-Th	9am-10pm
F	9am-1pm
Sa	9am-5pm
Su	1-5pm

Pullen Arts Center's Gallery Exhibits

January and February

Group Show

Linda Dallas: Watercolor paintings

Larry Lean: Paintings

Peter Marin: Paintings

Sarah Powers: Paintings

David Wilson: Collage

March

My Precious: An Exploration of Materiality in Contemporary Jewelry

Curated by **Katherine Osgood** and **Betty McKim**

April

Mugs : Group exhibition of Mugs by local and regional potters

Sertoma Arts Center

1400 W. Millbrook Road Raleigh, NC 27612
(919)996-2329

Director: Julia Meder

Sertoma offers classes in painting, drawing, fiber arts, 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 during normal operating hours.

Display Case and Hall Gallery:

M-Th	9am-10pm
F	9am-1pm
Sa	10am-5pm
Su	12-5pm

Sertoma Arts Center's Gallery Exhibits

Sertoma Arts Center will be closed for facility maintenance January-March 2017

The Block Gallery

The Block Art Gallery, located on the first and second floors of the Raleigh Municipal Building at 222 West Hargett Street, is open Monday-Friday, 8:30am-5:15pm. For more information, visit www.raleighnc.gov



Preschool

Art – Krafty Kids

Age: 3-5yrs. Join us for a different and creative arts-and-craft project or edible creation. A new project is introduced with each theme class. Preregistration is required, and the fee is per class.

Optimist Community Center – Course Fee: \$7

Happy New Year!

#200461 Jan 13 F 12:30-1:30pm
#200462 Jan 14 Sa 12:30-1:30pm

Winter Wonders

#200463 Jan 27 F 12:30-1:30pm
#200464 Jan 28 Sa 12:30-1:30pm

Valentine's For Everyone

#200465 Feb 10 F 12:30-1:30pm
#200466 Feb 11 Sa 12:30-1:30pm

I Want to Be President!

#200467 Feb 24 F 12:30-1:30pm
#200468 Feb 25 Sa 12:30-1:30pm

Leapin' Leprechauns

#200469 Mar 10 F 12:30-1:30pm
#200470 Mar 11 Sa 12:30-1:30pm

Spring Surprise

#200471 Mar 24 F 12:30-1:30pm
#200472 Mar 25 Sa 12:30-1:30pm

Egg Hunt

#200473 Apr 7 F 12:30-1:30pm
#200474 Apr 8 Sa 12:30-1:30pm

Love the Earth

#200561 Apr 21 F 12:30-1:30pm
#200600 Apr 22 Sa 12:30-1:30pm

Art – Storyland Adventures I with Mr. Moo Monet

Age: 18mths-3yrs. Come and join our adventure through Storyland with Mr. Moo Monet each month. We will start our adventure 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 project at each adventure. Parent participation is required. Class length is four weeks, with a make up class, if needed, added the week following the scheduled end of the session. Instructor: Maureen Seltzer.

Optimist Community Center – Course Fee: \$45

#200365 Jan 11-Feb 1 W 10:30-11:15am
#200366 Feb 15-Mar 8 W 10:30-11:15am
#200367 Mar 22-Apr 12 W 10:30-11:15am

Ballerina Buttercups

Age: 3-5yrs. Do you have a future ballerina who loves to dance and twirl? Ballerina Buttercups is perfect for all aspiring ballerinas. Through basic techniques of ballet and tap, dancers will learn the beginning steps with Ms. Judy. This class encourages children's interest in dance by bringing out their natural energy and expressiveness! Ballet and tap shoes are recommended but not required

Greystone Community Center

Course Fee: \$30
#198388 Jan 9-30 M 4:15-5:00pm
Course Fee: \$40
#198384 Jan 4-25 W 9:00-10:00am
#198385 Feb 1-22 W 9:00-10:00am
#198386 Mar 1-22 W 9:00-10:00am
#198387 Apr 5-26 W 9:00-10:00am
#198389 Feb 6-27 M 4:15-5:00pm
#198390 Mar 6-27 M 4:15-5:00pm
#198391 Apr 3-24 M 4:15-5:00pm

Raleigh Little Theatre

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

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

January 13-29

The Whipping Man – Historical Drama

February 10-26

One Man, Two Guvnors – Comedy

March 17-April 2

When She Had Wings – Fairy Tale

April 21-30

James and the Giant Peach – Fairy Tale

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

Theatre In The Park

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

Theatre In The Park, located in the northern end of Raleigh's scenic Pullen Park, is internationally acclaimed for its outstanding theatrical achievements, with more than 40,000 people attending our programming each year.

Upcoming Performances and Events

February 10-26

N by Adrienne Earle Pender – World Premier!

April 7-23

On Golden Pond by Ernest Thompson

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

Ballet and Tumbling Preschool Dance – Sanderford

Age: 2-5yrs. Are you looking for a class that provides structure and encourages creativity from your little dancer? This is the class for you! This class combines ballet, creative movement and dance theater all in one! This program is offered throughout the year beginning in September. We build upon our dance skills and end the year with an awesome recital in June. Class is taught by Mrs. Lala, owner of Right Moves Dance.

Marsh Creek Park

Course Fee: \$36
#201350 Jan 4-25 W 5:00-6:00pm
#201351 Feb 1-22 W 5:00-6:00pm
#201352 Mar 1-22 W 5:00-6:00pm
#201353 Apr 5-26 W 5:00-6:00pm

Course Fee: \$60

#201354 Jan 4-Feb 22 W 5:00-6:00pm
#201355 Feb 1-Mar 22 W 5:00-6:00pm
#201356 Mar 1-Apr 19 W 5:00-6:00pm

Sanderford Road Park

Course Fee: \$36

#199991 Jan 9-30 M 5:00-6:00pm
#199992 Feb 6-27 M 5:00-6:00pm
Course Fee: \$60
#199993 Jan 9-Feb 27 M 5:00-6:00pm

Ballet Basics at Greystone

Age: 4-5yrs. Enroll your budding ballerina in Ballet Basics! Steps, combinations and technical training will enhance your young dancer's coordination, vocabulary and knowledge of music. Dancers will refine their technique in a fun and safe environment with Ms. Judy.

Greystone Community Center – Course Fee: \$40

#198393 Jan 5-26 Th 10:00-10:45am
#198394 Feb 2-23 Th 10:00-10:45am
#198395 Mar 2-23 Th 10:00-10:45am
#198396 Apr 6-27 Th 10:00-10:45am

Ballet Basics I

Age: 3yrs. Learning ballet is one of the most rewarding and enjoyable activities there is! Participants will explore the fundamentals, including body alignment, basic ballet terminology and principles of postures. Participants will learn to follow instructions while having fun. Prior experience is not necessary. Instructor: Hanna Chio, BA in dance and private studio teaching.

Green Road Community Center – Course Fee: \$70

#197230 Jan 7-Feb 18 Sa 10:00-10:45am
#197231 Mar 4-Apr 15 Sa 10:00-10:45am

Ballet Basics II

Age: 4-6yrs. Young ballet dancers will work on each movement in barre and center exercises and gradually move into combining each move into phrases. They will also gain a sense of awareness, body coordination and body alignment. While dancers focus on a structured lesson plan, they're encouraged to develop their own creativity. Prior experience is not necessary. Instructor: Hanna Chio, BA in dance and private studio teaching.

Green Road Community Center – Course Fee: \$70

#197232 Jan 7-Feb 18 Sa 11:00-11:45am
#197233 Mar 4-Apr 15 Sa 11:00-11:45am

Ballet for 2s and 3s

Age: 2-3yrs. Introduce your tiny ballerina to the world of dance through ballet. Children will explore simple fun elements such as positioning, levels, techniques, point and flex, spatial dynamics and graceful moves. The benefits may include balance, coordination and self-awareness. Instructor: Ms. Khadija (Coach K).

Laurel Hills Community Center – Course Fee: \$36

#199590 Jan 7-28 Sa 10:00-10:30am



Ballet/Tap for Mini Stars

Age: 4-5yrs. Your preschooler will learn technique and grow as a dancer in this class for ages 4-5. The class devotes 30 minutes to ballet and 30 minutes to tap. Wear white or pink tights, pink or black leotard, ballet slippers and tap shoes. Ballet skirt is optional.

Lake Lynn Community Center – Course Fee: \$40
 #200646 Jan 7-28 Sa 10:15-11:15am
 #200647 Feb 4-25 Sa 10:15-11:15am
 #200648 Mar 4-25 Sa 10:15-11:15am
 #200651 Apr 1-29 Sa 10:15-11:15am

Ballet/Tap for Twinkle Stars

Age: 2-3yrs. Learn tendues, shuffles and more in this class for ages 2-3. The class devotes 30 minutes to ballet and 30 minutes to tap. Wear white or pink tights, pink or black leotard, ballet slippers and tap shoes. Ballet skirt is optional.

Lake Lynn Community Center – Course Fee: \$40
 #200653 Jan 7-28 Sa 9:15-10:15am
 #200654 Feb 4-25 Sa 9:15-10:15am
 #200655 Mar 4-25 Sa 9:15-10:15am
 #200659 Apr 1-29 Sa 9:15-10:15am

Dance – Ballet/Tap

Age: 3-5yrs. This class will introduce preschoolers to ballet and tap techniques, form positions, steps, patterns and other basic movements. Students will develop their coordination, self-confidence and imagination. Ballet and tap shoes are preferred but not required. Instructor: Judy

Gardo.

Optimist Community Center – Course Fee: \$36

Ballet/Tap I

#201004 Jan 23-Feb 13 M 10:30-11:15am
 #201005 Feb 27-Mar 20 M 10:30-11:15am
 #201006 Apr 3-24 M 10:30-11:15am

Ballet/Tap II

#201007 Jan 23-Feb 13 M 11:30am-12:15pm
 #201008 Feb 27-Mar 20 M 11:30am-12:15pm
 #201009 Apr 3-24 M 11:30am-12:15pm

Dance – Hippity ‘N’ Roll

Age: 2-5yrs. This class uniquely combines hip hop dance with tumbling in a fun and energetic atmosphere. This high-energy class encourages creative and rhythmic dance. This program is offered throughout the year beginning in September. We build on our dance skills and end the year with an awesome recital in June. Class is taught by Mrs. Lala, owner of Right Moves Dance.

Sanderford Road Park

Course Fee: \$36
 #200040 Jan 9-30 M 6:00-7:00pm
 #200041 Feb 6-27 M 6:00-7:00pm
 Course Fee: \$60
 #200042 Jan 9-Feb 27 M 6:00-7:00pm

Dance – Jazz-Z Creative Dance for 2s and 3s

Age: 2-3yrs. 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! Dancers will also perform top hat moves and use floating ribbon streamers, scarves and other memorable props to enhance their artistic dance experience. This is a fun,

creative class, great for motor skills, fitness and social skills. Instructor: Ms. Khadija (Coach K).

Laurel Hills Community Center – Course Fee: \$36
 #199833 Feb 4-25 Sa 10:15-10:45am

Dance – Little Fancy Feet

Age: 18-36mths. Share the joy of dancing together with your child. Dancers will choose their own props including instruments, teddy bears, dolls, and scarves to dance with in this fun and interactive class. Join Ms. Judy as we transform those little feet into happy, fancy, dancing feet.

Greystone Community Center – Course Fee: \$40

#198397 Jan 6-27 F 11:00-11:45am
 #198398 Feb 3-24 F 11:00-11:45am
 #198399 Mar 3-24 F 11:00-11:45am
 #198400 Apr 7-28 F 11:00-11:45am
 #198401 Jan 6-27 F 11:45am-12:30pm
 #198402 Feb 3-24 F 11:45am-12:30pm
 #198403 Mar 3-24 F 11:45am-12:30pm
 #198404 Apr 7-28 F 11:45am-12:30pm

Dance – Parent-Tot

Age: 18mths-3yrs. Come dance with me! This class is an introduction to dance forms through games, music and the basic ballet steps to interact with your child. Class fee is per child. No charge for adults. Instructor: Judy Gardo.

Optimist Community Center – Course Fee: \$36

#201139 Jan 6-27 F 10:30-11:15am
 #201141 Feb 3-24 F 10:30-11:15am
 #201142 Mar 3-24 F 10:30-11:15am
 #201144 Mar 31-Apr 28 F 10:30-11:15am

Dance – Tiny Tot Ballet/Tap

Age: 3-5yrs. 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. Everything dancers learn will come together in an end-of-course performance for parents to enjoy.

Hill Street Center – Course Fee: \$45

#198161 Jan 5-Feb 9 Th 4:00-5:00pm
 #198162 Feb 16-Mar 23 Th 4:00-5:00pm
 #198163 Mar 30-May 4 Th 4:00-5:00pm

Dance – Twinkle and Pop

Age: 3-5yrs. Join us as we combine basic ballet moves with hip hop. Our little princesses will learn how to be graceful and tumble with the music all at the same time! This program is offered throughout the year beginning in September. We build upon our dance skills and end the year with an awesome recital in June. Class is taught by Mrs. Lala, owner of Right Moves Dance. She has a BA degree in dance performance and technique.

Marsh Creek Park

Course Fee: \$36
 #200215 Jan 10-31 T 5:00-6:00pm
 #200217 Feb 7-28 T 5:00-6:00pm
 #200218 Mar 7-28 T 5:00-6:00pm
 #200221 Apr 4-25 T 5:00-6:00pm
 Course Fee: \$60
 #200216 Jan 10-Feb 28 T 5:00-6:00pm
 #200219 Feb 7-Mar 28 T 5:00-6:00pm
 #200223 Mar 7-Apr 25 T 5:00-6:00pm

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Dance – Twinkle Toes I

Age: 2-3yrs. Students will love this wonderful introduction to the art of dance! Twirling ribbons, scarves, hoops and music will help promote creative movement. Children will enjoy simple steps and dances that introduce them to ballet and jazz. Students will improve confidence, coordination, self-esteem and body awareness. This class is designed to help children transition to dancing independently without parent.

Instructor: Bethany Schlegel, BS in education and former USGA gymnast.

Brier Creek Community Center

Course Fee: \$30

#199798 Apr 3-24 M 10:30-11:15am
#199799 Jan 9-30 M 10:30-11:15am

Course Fee: \$40

#199803 Feb 6-27 M 10:30am-11:15pm
#199804 Mar 6-27 M 10:30-11:15am

Greystone Community Center

Course Fee: \$30

#198153 Apr 4-25 T 11:30am-12:15pm
Course Fee: \$40

#198150 Jan 10-31 T 11:30am-12:15pm
#198151 Feb 7-28 T 11:30am-12:15pm

#198152 Mar 7-28 T 11:30am-12:15pm

Dance – Twinkle Toes II

Age: 3-4yrs. This fun-filled dance class introduces students to beginning ballet and jazz steps, positions and techniques. Dancers will use twirling ribbons, scarves, hoops and fun music to encourage creative movement. This class is a great way to improve flexibility, coordination and self-esteem while learning the elements of dance. Students will also learn a short dance routine that will be built upon each week of class. Instructor: Bethany Schlegel, BS in education, former USGA gymnast.

Brier Creek Community Center

Course Fee: \$30

#199809 Jan 9-30 M 11:30am-12:15pm
#199812 Apr 3-24 M 11:30am-12:15pm

Course Fee: \$40

#199810 Feb 6-27 M 11:30am-12:15pm
#199811 Mar 6-27 M 11:30am-12:15pm

Imagination Theatre

Age: 3-5yrs. Students build their minds and creativity by acting as tigers, doctors, astronauts and more! This is the perfect class for students to unleash their dreams, climb imaginary mountains and learn the sky is the limit! Instructor: Gabriellia Whitaker.

Lake Lynn Community Center – Course Fee: \$40

#200924 Jan 9-30 M 11:00-11:45am
#200925 Feb 6-27 M 11:00-11:45am

#200926 Mar 6-27 M 11:00-11:45am
#200927 Apr 3-24 M 11:00-11:45am

Once Upon a Time Theatre

Age: 2-4yrs. Let the love of reading begin. Participants will watch the characters come alive from books that are read to them! One day we are French wearing berets and reading 'Madeline,' and another day we are making apple treats and reading 'The Giving

Tree.' Join this lovely adventure as we become the characters! Instructor: Gabriellia Whitaker. Instructor: Gabriellia Whitaker
Lake Lynn Community Center – Course Fee: \$40
#200900 Jan 9-30 M 10:00-10:45am
#200901 Feb 6-27 M 10:00-10:45am
#200913 Mar 6-27 M 10:00-10:45am
#200915 Apr 3-24 M 10:00-10:45am

Pottery – Little Potters

Age: 4-5yrs. Bring your little potter for an hour of fun with you in the clay studio! We will guide you and your child in a clay project designed with young artists' skills, abilities and attention span in mind. Explore textures, form and function and enjoy the creative process together. Pieces will be glazed and fired after class for pickup at a later date. Please register child only; one caregiver must attend with each child. Instructor: Gretchen Quinn or Emily Malpass. (1 session)

Pullen Arts Center – Course Fee: \$20

#198620 Jan 14 Sa 9:30-10:30am
#198621 Mar 11 Sa 9:30-10:30am
#198622 Apr 15 Sa 9:30-10:30am

Pre K Arts and Crafts

Age: 3-5yrs. We are going to find our inner artist! Painting by numbers will teach students how to hold pencils and paint brushes and identify different colors and numbers. Students will also do projects involving paper mâché, bird houses and more! Instructor: Gabriellia Whitaker

Lake Lynn Community Center – Course Fee: \$40

#200949 Jan 5-26 Th 10:00-10:45am
#200950 Feb 2-23 Th 10:00-10:45am

#200951 Mar 2-23 Th 10:00-10:45am
#200956 Mar 30-Apr 27 Th 10:00-10:45am

Preschool – Mini Monets

Age: 18mths-2yrs. 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. Instructor: Michelle Davis Petelinz.

Chavis Community Center – Course Fee: \$45

#201101 Jan 12-Feb 16 Th 10:30-11:15am
#201102 Jan 13-Feb 17 F 10:30-11:15am

#201103 Mar 2-Apr 6 Th 10:30-11:15am
#201104 Mar 3-Apr 7 F 10:30-11:15am

Preschool – Petite Picassos

Age: 3-4yrs. 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. Instructor: Michelle Davis Petelinz.

Chavis Community Center – Course Fee: \$60

#201119 Jan 9-Feb 13 M 10:30-11:30am
#201120 Jan 12-Feb 16 Th 11:45am-12:45pm

#201121 Feb 27-Apr 3 M 10:30-11:30am
#201122 Mar 2-Apr 6 Th 11:45am-12:45pm

Preschool – Wild Animal Art

Age: 3-5yrs. 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. Instructor: Michelle Davis Petelinz.

Chavis Community Center – Course Fee: \$60

#201124 Jan 10-Feb 14 T 10:30-11:30am
#201125 Feb 28-Apr 4 T 10:30-11:30am

Suzuki Music for Babies at Greystone

Age: Up to 36mths. 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 Community Center – Course Fee: \$55

#198356 Jan 10-Feb 14 T 10:00-10:50am
#198357 Jan 11-Feb 15 W 10:00-10:50am

#198358 Mar 7-Apr 11 T 10:00-10:50am
#198359 Mar 8-Apr 12 W 10:00-10:50am

Thimble Thespians: Story Time Theater!

Age: 2-6yrs. 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! Each class starts with fun acting exercises designed to build confidence and creativity. The series concludes with a mini 'playlet,' incorporating music, song, dance and crafts. Friends and family are invited to be the audience for the final presentation!

Greystone Community Center – Course Fee: \$58

#198495 Jan 17-Feb 14 T 10:30-11:30am
#198496 Feb 21-Mar 21 T 10:30-11:30am

Tots, Arts and You

Age: 3-5yrs. Join us for a short story, art and fun. Cut, paste, print and paint to create memorable pictures.

Greystone Community Center – Course Fee: \$35

#198430 Jan 5-26 Th 9:30-10:30am
#198431 Feb 2-23 Th 9:30-10:30am

#198432 Mar 2-23 Th 9:30-10:30am
#198433 Apr 6-27 Th 9:30-10:30am

Youth

African Dance for Youth

Age: 3-7yrs. 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

#199465	Jan 7-28	Sa	11:00-11:45am
#199466	Feb 4-25	Sa	11:00-11:45am
#199467	Mar 4-25	Sa	11:00-11:45am
#199468	Apr 1-29	Sa	11:00-11:45am
#199469	Jan 7-28	Sa	12:00-12:45pm
#199470	Feb 4-25	Sa	12:00-12:45pm
#199471	Mar 4-25	Sa	12:00-12:45pm
#199472	Apr 1-29	Sa	12:00-12:45pm

Afterschool Art Time

Age: 5-12yrs. 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: \$45

#200451	Jan 11-Feb 1	W	4:30-6:00pm
#200452	Feb 15-Mar 8	W	4:30-6:00pm
#200453	Mar 22-Apr 12	W	4:30-6:00pm

All American Girls Create and Play

Age: 6-11yrs. Bring your favorite doll and enjoy some special create-and-play time together! We may make crafts and accessories, read stories, play games, sing and dance and more for you and your doll to enjoy. Each session has a different theme. Cost is per session. Instructor: Jessica Marshall.

Optimist Community Center – Course Fee: \$15

Flipping into the New Year

#200916	Jan 14	Sa	10:00am-12:00pm
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Dance, Model and Sing

#200917	Jan 28	Sa	10:00am-12:00pm
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Love is in the Air

#200918	Feb 11	Sa	10:00am-12:00pm
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Day at the Spa!

#200919	Feb 25	Sa	10:00am-12:00pm
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Be a Good Sport

#200920	Mar 11	Sa	10:00am-12:00pm
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Springtime Fun

#200921	Mar 25	Sa	10:00am-12:00pm
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Going on an Egg Hunt

#200922	Apr 8	Sa	10:00am-12:00pm
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Love the Earth!

#200923	Apr 22	Sa	10:00am-12:00pm
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Art4Fun – Birdhouses

Age: 7-11yrs. Make a little birdhouse for your soul! We will paint and embellish wooden birdhouses in this class using found objects, cloth, buttons, paper and other stuff! These houses will be finished so they can be displayed inside or put outside, making a great home for your winged friends. All materials provided. Instructor: Amy Veatch. (3 sessions)

Pullen Arts Center – Course Fee: \$45

#198666	Jan 26-Feb 9	Th	4:00-6:00pm
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Art4Fun – Making Masks

Age: 7-11yrs. Masks are one of the most ancient art forms and a great way to express yourself! We will make masks out of several different materials, including papier mache,

paper, cardboard, cloth and clay. Then we will paint and embellish them with found objects. These masks will be objects of art that you can display on your face or your walls! All materials provided. Instructor: Amy Veatch. (4 sessions)

Pullen Arts Center – Course Fee: \$60

#198665	Mar 16-Apr 6	Th	4:00-6:00pm
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Ballet – Prime Time Ballet

Age: 6-12yrs. This is a formal ballet class that will focus on correct arm and foot positions and the fundamentals that give ballet its grace and beauty. Flexible clothing and ballet shoes are preferred for this class. Class length is six weeks, with a makeup class, if needed, added the week following the scheduled end of the session. Instructor: Jessica Marshall.

Optimist Community Center – Course Fee: \$45

#201110	Jan 12-Feb 16	Th	4:00-5:00pm
#201111	Mar 2-Apr 6	Th	4:00-5:00pm

Ballet Basics III

Age: 6-8yrs. Designed for youngsters with or without dance experience, this class emphasizes coordination of ballet movements properly and safely. They will discover the joy of combining movements into phrases, while also developing their own creativity and expression.

Green Road Community Center – Course Fee: \$70

#197234	Jan 7-Feb 18	Sa	12:00-12:45pm
#197235	Mar 4-Apr 15	Sa	12:00-12:45pm

Ballet Basics IV

Age: 8-13yrs. Young dancers will gain a sense of awareness of body coordination and alignment. Participants will work on ballet movements in barre and center exercises. While dancers focus on structural lesson plans, they are encouraged to develop their own creativity. Prior experience is required for this course. Instructor Hanna Chio has a BA in dance and private studio teaching.

Green Road Community Center – Course Fee: \$70

#197236	Jan 7-Feb 18	Sa	1:00-1:45pm
#197237	Mar 4-Apr 15	Sa	1:00-1:45pm

Ballet I

Age: 3-7yrs. 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 EthylN Lassiter's Dance Ensemble.

Barwell Road Community Center – Course Fee: \$43

#198934	Jan 7-28	Sa	10:00-10:45am
#198935	Feb 4-25	Sa	10:00-10:45am
#198936	Mar 4-25	Sa	10:00-10:45am
#198937	Apr 1-29	Sa	10:00-10:45am

Ballet/Lyrical/Tap for Shooting Stars

Age: 6-13yrs. The first half of this class is a mixture of ballet and lyrical learning technique and discipline and the second half shuffles into tap. Wear white or pink tights, pink or black leotard, ballet slippers and tap shoes. Ballet skirt is optional.

Lake Lynn Community Center – Course Fee: \$40

#200640	Jan 7-28	Sa	11:15am-12:15pm
#200641	Feb 4-25	Sa	11:15am-12:15pm
#200642	Mar 4-25	Sa	11:15am-12:15pm
#200645	Apr 1-29	Sa	11:15am-12:15pm

Become the Artist

Age: 5-8yrs. Calling all aspiring artists! Have fun learning how to draw and apply paint using different sized and style brushes. Play with paints to make prints, abstracts and paintings that express themselves. Become the artist.

Greystone Community Center – Course Fee: \$45

#198424	Jan 3-24	T	4:00-5:00pm
#198425	Feb 7-28	T	4:00-5:00pm
#198426	Mar 7-28	T	4:00-5:00pm
#198427	Apr 4-25	T	4:00-5:00pm

**Buckets of Drums
Beginner Drumming**

Age: 5-10yrs. Learn the beginning fundamentals of drumming with buckets and other household objects. Preregistration required.

Ralph Campbell Community Center – Course Fee: \$30

#200985	Jan 9-30	M,W	6:30-7:15pm
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Cool Artsy Crafts

Age: 5-14yrs. Are you creative? Do you enjoy making one-of-a-kind creations? Channel that ability into this cool arts and crafts experience. A different activity is introduced in each class. See you at Sanderford!

Sanderford Road Park

#199867	Mar 31	F	6:00-8:00pm
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Dance – Ballet, Hip Hop and Tumbling

Age: 5-6yrs. Twinkle meets pop meets powerhouse! Join us on a journey through ballet skills, hip hop moves and cartwheels. That's just a preview of what your dancer will learn! This program is offered throughout the year beginning in September. We build on our dance skills and end the year with an awesome recital in June. Class is taught by Mrs. Lala, owner of Right Moves Dance.

Sanderford Road Park
Course Fee: \$36

#200007	Jan 5-26	Th	5:30-6:30pm
#200008	Feb 2-23	Th	5:30-6:30pm

Course Fee: \$60

#200009	Jan 5-Feb 23	Th	5:30-6:30pm
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Dance – Hip-Hop Hype

Age: 6-8yrs. Get ready to have fun with the basics of modern-day hip-hop. Learn the latest dance moves while developing body strength, balance and confidence. Throughout the class you'll learn different combinations that will be put together for an

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end-of-course routine.

Hill Street Center – Course Fee: \$50

#198154	Jan 4-Feb 8	W	6:00-7:00pm
#198155	Feb 15-Mar 22	W	6:00-7:00pm
#198156	Mar 29-May 3	W	6:00-7:00pm

Dance – Tap and Jazz

Age: 4-6yrs. This class will introduce your child to the basics of tap and jazz dance while enhancing coordination and self-esteem. Dancers will dance with props, hats, batons and flowing ribbons. Instructor: Ms. Khadija.

Laurel Hills Community Center – Course Fee: \$42
#199603 Feb 4-25 Sa 11:00am-12:00pm

Dance – Triple Threat I and II

Age: 6-11yrs. Do you like more than one style of dance? Well, this class is for you! This is a ballet, hip hop and jazz combination class. Your child will learn various movements for each style and expand upon these skills on a weekly basis. This program is offered throughout the year beginning in September. We build upon our dance skills and end the year with an awesome recital in June. Class is taught by Mrs. Lala, owner of Right Moves Dance. She has a BA degree in dance performance and technique. For registration information, please call the Marsh Creek Community Center at 919-996-4920.

Marsh Creek Park

Course Fee: \$36

#200186	Jan 10-31	T	6:00-7:00pm
#200187	Feb 7-28	T	6:00-7:00pm
#200188	Mar 7-28	T	6:00-7:00pm
#200189	Jan 4-25	W	7:00-8:00pm
#200190	Feb 1-22	W	7:00-8:00pm
#200191	Mar 1-22	W	7:00-8:00pm
#200198	Apr 4-25	T	6:00-7:00pm
#200200	Apr 5-26	W	7:00-8:00pm
Course Fee: \$60			
#200192	Jan 10-Feb 28	T	6:00-7:00pm
#200193	Jan 4-Feb 22	T	7:00-8:00pm
#200203	Feb 7-Mar 28	T	6:00-7:00pm
#200204	Mar 7-Apr 25	T	6:00-7:00pm
#200205	Feb 1-Mar 22	W	7:00-8:00pm
#200206	Mar 1-Apr 19	W	7:00-8:00pm

Dance – Triple Threat III

Age: 7-11yrs. This class is for experienced dancers. We will learn intermediate to advanced skills, concentrating on ballet, hip hop and jazz. This class will leave your child excited and tired at the same time. This is a continual program offered throughout the year beginning in September. We build upon our dance skills and end the year with an awesome recital in June. Class is taught by Mrs. Lala, owner of Right Moves Dance.

Marsh Creek Park

Course Fee: \$36

#200208	Jan 4-25	W	6:00-7:00pm
#200209	Feb 1-22	W	6:00-7:00pm
#200210	Mar 1-22	W	6:00-7:00pm
#200211	Apr 5-26	W	6:00-7:00pm
Course Fee: \$60			
#200212	Jan 4-Feb 22	W	6:00-7:00pm
#200213	Feb 1-Mar 22	W	6:00-7:00pm
#200214	Mar 1-Apr 19	W	6:00-7:00pm

Dance – Got Rhythm

Age: 5-8yrs. We got the beat to make you move your feet. Dancing is a great way to get active and creatively express oneself. Got Rhythm combines modern and hip hop dance for young dancers wanting to explore and learn various styles in a fun atmosphere. The goal is to learn proper execution of techniques and fundamentals to build on and grow toward the Inspired Dancer Program. Dancers will showcase their dance at our recital.

Chavis Community Center – Course Fee: \$40

#200694	Feb 6-Mar 30	M,Th	6:00-7:00pm
#200695	Feb 6-Mar 30	M,Th	7:30-8:30pm

Home School Sewing

Age: 10-18yrs. This class for homeschoolers will teach the basics of sewing.

Biltmore Hills Community Center – Course Fee: \$20

#199961	Feb 1-22	W	10:30-11:30am
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Homeschool Art Time

Age: 5-12yrs. Come 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 for class. Class length is four weeks, with a make up class, if needed, added the week following the scheduled end of the session. Instructor: Maureen Seltzer.

Optimist Community Center – Course Fee: \$45

#200430	Jan 11-Feb 1	W	1:30-3:00pm
#200431	Feb 15-Mar 8	W	1:30-3:00pm
#200432	Mar 22-Apr 12	W	1:30-3:00pm

Homeschool Ballet

Age: 6-12yrs. This is a formal ballet class that will focus on correct arm and foot positions and the fundamentals that give ballet its grace and beauty. Flexible clothing and ballet shoes are preferred for this class. Class length is six weeks, with a make up class, if needed, added in the week following the scheduled end of the session. Instructor: Jessica Marshall.

Optimist Community Center – Course Fee: \$45

#201153	Jan 12-Feb 16	Th	1:30-2:30pm
#201154	Mar 2-Apr 6	Th	1:30-2:30pm

It's Showtime

Age: 6-13yrs. 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 their close up! Instructor: Gabriellia Whitaker.

Lake Lynn Community Center – Course Fee: \$40

#200932	Jan 4-25	W	6:00-6:45pm
#200933	Feb 1-22	W	6:00-6:45pm
#200934	Mar 1-22	W	6:00-6:45pm
#200935	Mar 29-Apr 26	W	6:00-6:45pm

Mosaic Heart Art

Age: 5-14yrs. Roses are red, violets are blue, sugar is sweet...this program at Sanderford Road Center is too! Join us for Valentine's Day inspired arts and crafts.

Sanderford Road Park

#199912	Feb 10	F	5:00-6:00pm
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Music – Raleigh Children's Orchestra

Age: 6-13yrs. 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.

Laurel Hills Community Center – Course Fee: \$150

#201146	Jan 5-Mar 30	Th	6:15-7:30pm
no class Apr 13			

Sertoma Arts Center – Course Fee: \$150

#201146	Apr 6-May 4	Th	6:15-7:30pm
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New Art

Age: 5-7yrs. Delight your child's artistic side and help him or her become an artist. We will awaken your child's creativity with fun and exciting painting techniques. Each month we will develop a new technique and experiment with a different delivery of paint. Children will create their very own masterpieces.

Halifax Community Center – Course Fee: \$35

#199894	Jan 5-26	Th	4:00-5:00pm
#199895	Feb 2-23	Th	4:00-5:00pm
#199896	Mar 2-23	Th	4:00-5:00pm
#199897	Apr 6-27	Th	4:00-5:00pm

Not Just Coloring

Age: 5-10yrs. Looking for an art class that's about more than just coloring? Sign up for this four-week session led by 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!

Abbotts Creek Community Center – Course Fee: \$40

#197391	Jan 3-24	T	4:00-5:30pm
#197392	Feb 7-28	T	4:00-5:30pm
#197393	Mar 7-28	T	4:00-5:30pm
#197394	Apr 4-25	T	4:00-5:30pm

Pottery – Intergeneration Clay Workshop

Age: 6-11yrs. Share in the fun of handbuilding with your child! Come to the pottery studio at Pullen and support your child as you both make original ornamental and functional works in clay. Learn a little about clay while you learn a little about your child and the creative process! Projects will be glazed and fired after the class for pickup at a later date. Please register child only; one caregiver must attend with each child. Instructor: Gretchen Quinn. (2 sessions)

Pullen Arts Center – Course Fee: \$50

#198628	Jan 19-26	Th	6:00-8:00pm
#198629	Mar 23-30	Th	6:00-8:00pm
#198630	Apr 20-27	Th	6:00-8:00pm



Pottery – Young Potters

Age: 6yrs. Bring your young potter for an hour of fun with you in the clay studio! We will guide you and your child in a clay project designed with budding artists’ skills, abilities and attention span in mind. Explore textures, form and function and enjoy the creative process together. Pieces will be glazed and fired after class for pickup at a later date. Please register child only; one caregiver must attend with each child. Instructor: Gretchen Quinn. (1 session)

Pullen Arts Center – Course Fee: \$20

#198625	Jan 28	Sa	9:30-10:30am
#198626	Feb 25	Sa	9:30-10:30am
#198627	Mar 25	Sa	9:30-10:30am

Saturday Sewing Jr.

Age: 10-17yrs. Sewing lessons for young people (middle and high school age) who want to learn how to construct an item from a simple pattern that has been preselected. You will learn about patterns, needles, fabric and how to use a sewing machine. Class cost does not include material.

Biltmore Hills Community Center – Course Fee: \$30
 #199956 Jan 7-28 Sa 10:00 -11:00am

Thimble Thespians II: Children at Play!

Age: 5-10yrs. Act, sing, dance! How can we communicate without saying a word? How does storytelling differ from stage performance? Let’s exercise our acting skills and explore new ways to flourish on stage! Each class starts with fun acting exercises designed to build confidence and creativity. The series concludes with a mini original ‘playlet’ incorporating music, song, dance and crafts. Friends and family are invited to be the audience for the final presentation!

Greystone Community Center – Course Fee: \$58

#198506	Jan 17-Feb 14	T	3:45-4:45pm
#200140	Feb 21-Mar 21	T	3:45-4:45pm

Triple Threat I and II

Age: 6-11yrs. Do you like more than one style of dance? Well, this is the class for you! This is a ballet, hip hop and jazz combination class. Your child will learn various movements for each style on a weekly basis. This program is offered throughout the year beginning in September. We build upon our dance skills and end the year with an awesome recital in June. Class is taught by Mrs. Lala, owner of Right Moves Dance. For registration information, please call the Marsh Creek Community Center at 919-996-4920.

Sanderford Road Park

Dance – Ballet and Tumbling

Course Fee: \$36

#200032	Jan 9-30	M	7:00-8:00pm
#200033	Feb 6-27	M	7:00-8:00pm

Course Fee: \$60

#200034	Jan 9-Feb 27	M	7:00-8:00pm
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Waltz for Young Ladies and Gentlemen

Age: 11-15yrs. Ballroom dance training improves academic performance, self-esteem, physical health, socialization skills and self-confidence. Young teens can learn skills that will last a lifetime on and off the dance floor! A seasoned dancer/teacher will teach the graceful and classic waltz, along with dance floor etiquette. Each class includes practice time to seal in the newly acquired steps. No experience or partner necessary; slick or suede-bottomed shoes recommended.

Greystone Community Center – Course Fee: \$59

#198504	Jan 17-Feb 14	T	4:45-5:30pm
#198505	Feb 21-Mar 21	T	4:45-5:30pm

Teen

Art – Creative Art Workshop with Aquilla McCoy

Age: 12-18yrs. This creative art workshop will focus on self expression of spoken word, song and movement to empower youth in leadership, team building, goal setting and self imaging. Aquilla McCoy is an educator, speaker, writer and author who loves teaching and inspiring youth.

Method Road Community Center – Course Fee: \$10

#201135	Feb 1-22	W	6:30-8:00pm
#201136	Mar 8-29	W	6:30-8:00pm
#201138	Apr 5-26	W	6:30-8:00pm

Beginning Drawing

Age: 13yrs and up. Would you like to learn to draw? Are you trying to enhance your drawing skills? This class will introduce different techniques of drawing through shading and applying positive and negative space to create the visual object with depth and perspective. All beginners are welcome.

Greystone Community Center – Course Fee: \$65

#198422	Jan 3-Feb 7	T	5:15-6:45pm
#198423	Feb 21-Mar 28	T	5:15-6:45pm

Dance – Lyrical and Hip Hop

Age: 12-16yrs. So you think you can dance? Or at least are you eager to learn? This is the class for you, whether you are a beginner or advanced dancer. We will explore lyrical through contemporary music suiting ballet fundamentals, with a hint of jazz-modern fusion! We’ll even add a little swag and turn the tables on the dynamics of break dance, pop ‘n’ lock and creativity in hip hop. This program is offered throughout the year beginning in September. We build upon our dance skills and end the year with an awesome recital in June. Class is taught by Mrs. Lala, owner of Right Moves Dance.

Marsh Creek Park

Course Fee: \$36

#200342	Jan 10-31	T	7:00-8:00pm
#200343	Feb 7-28	T	7:00-8:00pm
#200345	Feb 7-Mar 28	T	7:00-8:00pm
#200347	Mar 7-28	T	7:00-8:00pm
#200348	Apr 4-25	T	7:00-8:00pm
#200359	Mar 7-Apr 25	T	7:00-8:00pm

Course Fee: \$60

#200344	Jan 10-Feb 28	T	7:00-8:00pm
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Funky Soul Hip Hop

Age: 13-18yrs. 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.

Lake Lynn Community Center – Course Fee: \$45

#200796	Jan 5-26	Th	7:30-8:30pm
#200797	Feb 2-23	Th	7:30-8:30pm
#200798	Mar 2-23	Th	7:30-8:30pm
#200815	Mar 30-Apr 27	Th	7:30-8:30pm

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Jewelry – Metal Jewelry for Teens

Age: 13-16yrs. Make pendant charms to put together in a necklace or bracelet. Learn basic metalsmithing skills of sawing, filing, hammering and texturing in different ways. All materials provided. (This class does not qualify students for a studio card.) Instructor: Amy Veatch. (4 sessions)

Pullen Arts Center – Course Fee: \$68
#198673 Apr 6-27 Th 4:00-6:00pm

Lights Camera Action

Age: 13-18yrs. The stage awaits! In this musical theatre/drama class, students are encouraged to be drama queens and kings! We'll working on character development, stage crossing, making skits, improv and bursting into songs! Instructor: Gabriellia Whitaker.

Lake Lynn Community Center – Course Fee: \$40
#200939 Jan 4-25 W 7:00-7:45pm
#200941 Feb 1-22 W 7:00-7:45pm
#200942 Mar 1-22 W 7:00-7:45pm
#200943 Mar 29-Apr 26 W 7:00-7:45pm

Moonlight Ballet/Lyrical

Age: 13-18yrs. 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.

Lake Lynn Community Center – Course Fee: \$45
#200816 Jan 5-26 Th 6:30-7:30pm
#200817 Feb 2-23 Th 6:30-7:30pm
#200818 Mar 2-23 Th 6:30-7:30pm
#200821 Mar 30-Apr 27 Th 6:30-7:30pm

Pottery – Teen Beginning and Intermediate Wheel

Age: 12-16yrs. Hey teens! If you're new to clay or if you have taken a wheel class before, this class is for you. Beginning students will learn the basics of wheel throwing, including wedging, centering and making small pots. Intermediate students will learn how to pull clay taller, use larger amounts to make bigger objects and attach handles, knobs and feet. (This class does not qualify students for a studio card.) All supplies are included. Instructor: Anne Terry. (4 sessions)

Pullen Arts Center – Course Fee: \$75
#198609 Apr 10-13 M-Th 1:00-3:30pm

Teen Lyrical and Hip-Hop Dance

Age: 12-18yrs. This class combines lyrical dance and hip hop in a fun and energetic atmosphere. A continuation of skills in ballet and tap are taught as well as basic beginning skills in jazz. Routines in ballet, jazz and hip hop are performed in the spring recital. Students continue to take a more mature and disciplined attitude toward their dance. See you at Sanderford!

Sanderford Road Park
Course Fee: \$36
#201156 Jan 5-26 Th 6:30-7:30pm
#201157 Feb 9-Mar 2 Th 6:30-7:30pm
Course Fee: \$60
#201158 Jan 12-Feb 23 Th 6:30-7:30pm

Adult

African Dance for Adults

Age: 17yrs and up. 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. Women may wear a lapa (cloth wrapped around the hips).

Barwell Road Community Center – Course Fee: \$43
#199473 Jan 7-28 Sa 1:00-2:00pm
#199474 Feb 4-25 Sa 1:00-2:00pm
#199475 Mar 4-25 Sa 1:00-2:00pm
#199476 Apr 1-29 Sa 1:00-2:00pm

Ballroom Dance – Wednesday Club

Age: 18yrs and up. Do you need a date night? Want to get out of the house and connect with old friends and make new ones? You are invited to join the Pullen Park Wednesday Night Dance Club at Pullen Community Center. This club meets every Wednesday night to enjoy and dance to live ballroom music. Some of the popular dances are fox-trot, waltz, swing and Latin. Fee is \$8 per person per week. First time dancers get in for free!

Pullen Community Center
#199534 Jan 4-25 W 7:00-9:30pm
#199535 Feb 1-22 W 7:00-9:30pm
#199536 Mar 1-29 W 7:00-9:30pm
#199537 Apr 5-26 W 7:00-9:30pm

Ballroom Dancing at Optimist Park

Age: 15yrs and up. This fun and active class teaches the smooth dances of fox-trot, waltz and tango with the rhythm dances of East Coast swing, cha-cha and rumba. Intermediate class is a continuation of the beginning ballroom dance learning the bronze level syllabus. Instructor: Jessica Marshall.

Optimist Community Center – Course Fee: \$45
Beginner
#201130 Jan 12-Feb 16 Th 5:30-6:30pm
#201131 Mar 2-Apr 6 Th 5:30-6:30pm
Intermediate
#201132 Jan 12-Feb 16 Th 6:30-7:30pm
#201133 Mar 2-Apr 6 Th 6:30-7:30pm

Beginning West Coast Swing Dancing

Age: 16yrs and up. Dancing is one the best exercises for body, mind and soul. But what to do when the music starts? A seasoned dancer/teacher leads you through the basics. West Coast Swing is a fun and dynamic social dance that can be done to many Top 40 contemporary tunes. Each class includes practice time to seal in those newly acquired steps. No experience or partner necessary—just a desire for fun. Slick or suede-bottomed shoes recommended.

Greystone Community Center – Course Fee: \$59
#200142 Jan 17-Feb 14 T 6:15-7:00pm
#201358 Feb 21-Mar 21 T 6:15-7:00pm

Bookmaking – Kaleidoscope Across the Folds

Age: 16yrs and up. We'll explore several delightful folded structures and make them into books with contents that fold out, up and around. You're welcome to bring your own paper ephemera, photos, vintage magazine pages, old letters, stamps and anything else you want to collage into these wonderful books. Supply fee of \$15 is payable to instructor at first class. Instructor: Kathy Steinsberger. (5 sessions)

Pullen Arts Center – Course Fee: \$84
#198251 Jan 31-Feb 28 T 9:30am-12:30pm

Bookmaking – Open and Shut

Age: 16yrs and up. Make a box with a pull-out drawer and partitions inside that are custom fit for your miniature books and pretty things. We'll cover the outside and inside with beautiful papers that you choose from a wide variety of Kathy's prints, paste papers and marbled papers and craft a beaded pull knob. Supply fee of \$30 is payable to the instructor at the first class.

Instructor: Kathy Steinsberger. (3 sessions)
Pullen Arts Center – Course Fee: \$60
#198252 Feb 20-Mar 6 M 6:00-9:00pm

Bookmaking – The Cord-Bound Book

Age: 16yrs and up. We'll sew our text blocks on a sewing frame and finish the cover with a leather spine piece and beautiful cover and end papers. We'll practice using the Sharfix leather parer, carve a niche in the covers, then glue on custom-made headbands and pretty endpapers to finish our lovely books. Supply fee of \$30 is payable to instructor at the first class. Instructor: Kathy Steinsberger. (3 sessions)

Pullen Arts Center – Course Fee: \$60
#198253 Jan 30-Feb 13 M 6:00-9:00pm

Dance – Merry Mixers Square Dance

Age: 18yrs and up. The Merry Mixers of Raleigh is an Advanced Level (A1/A2) square dance club. Classes are held at the Brentwood Community Center on Wednesdays. Classes may not be held on the 5th Wednesday of a month.

Brentwood Park
Merry Mixers
#197241 Jan 4-25 W 7:30-10:00pm
#197242 Feb 1-22 W 7:30-10:00pm
#197243 Mar 1-22 W 7:30-10:00pm
#197244 Apr 5-26 W 7:30-10:00pm

Dance – Raleigh International Folk Dancers

Age: 16yrs and up. 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. Classes are held at Glen Eden

Pilot Park, 1500 Glen Eden Drive.

Glen Eden Park – Course Fee: \$1

#199157	Jan 6-27	F	6:00-10:30pm
#199158	Feb 3-24	F	6:00-10:30pm
#199159	Mar 3-31	F	6:00-10:30pm
#199160	Apr 7-28	F	6:00-10:30pm

Digital Photography 2

Age: 16yrs and up. This six-week course will continue where beginning digital photography left off. We dig deeper into the artistic elements of composition, technical aspects of photography and polishing the image in the digital dark room. Contact Abbotts Creek for a supply list. Denise Myers instructs.

Abbotts Creek Community Center

Course Fee: \$100

#198488	Mar 7-Apr 18	T	9:30am-12:00pm
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Digital Photography I

Age: 16yrs and up. This six-week course will teach you how to better capture people, places, things, nature and events with your digital camera. We will learn how to combine the artistic elements of composition with the technical aspects of photography to take great pictures and how to finish the process in the digital dark room. Learn photo composition (how to design a picture with the end results in mind), camera functions (aperture, shutter speed, ISO, white balance, etc.), and digital dark room and workflow (finishing well, using Picasa). Contact Abbotts Creek for a supply list. Denise Myers instructs.

Abbotts Creek Community Center

Course Fee: \$100

#198486	Jan 10-Feb 14	T	9:30am-12:00pm
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Drawing – Beginning

Age: 16yrs and up. The word ‘drawing’ means the act of making marks on a picture plane. If you can write your name, you can draw. Students will learn drawing techniques such as contour, positive/negative space and value and experiment with drawing materials such as pencils, Sharpies, charcoal, ink and conte. Students will draw natural and man-made objects and learn to break down complicated subjects into basic shapes. We will explore a variety of exercises and reference master drawings. This course provides a good foundation for all art classes. Supplies list provided upon registration. (6 sessions)

Pullen Arts Center – Course Fee: \$85

Instructor: Sue Soper

#198242	Jan 23-Feb 27	M	6:30-9:00pm
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Instructor: David Wilson

#199397	Mar 13-Apr 24	M	6:30-9:00pm
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Drawing – Beginning Sketching

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

registration. Instructor: Sue Soper. (4 sessions)

Pullen Arts Center – Course Fee: \$60

#198241	Apr 6-27	Th	4:00-6:30pm
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Drawing – Drawing with Expression

Age: 16yrs and up. The definition of the word ‘gestural’ is the act of making marks on a picture plane that capture the quick expressions of various subjects. Subjects will include still life to start, but we will mostly concentrate on expressive faces as well as break down faces to individual parts. Students will use various drawing materials to capture the overall movement of the subjects. Line quality will be explored as well as referencing the expressionists and master drawings. Supply list will be provided upon registration. Instructor: Sue Soper. (6 sessions)

Pullen Arts Center – Course Fee: \$90

#198240	Mar 17-Apr 28	F	10:00am-12:30pm
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Drawing – Drawing with Ink

Age: 16yrs and up. Students will focus on using brush and ink and pen and ink while experimenting with contour, hatching, cross-hatching, stippling and textures. We will learn how to incorporate these techniques in your still-life drawings of natural and man-made objects. Master drawings will be referenced. Students provide supplies. Supply list provided upon registration. Instructor: Sue Soper. (4 sessions)

Pullen Arts Center – Course Fee: \$60

#198416	Feb 2-23	Th	4:00-6:30pm
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Exercise – Cardio and Sculpt Fifty Plus

Age: 18yrs and up. Ladies age 50-plus are invited to this combo class that burns calories and sculpts lean muscle for a total body workout! Starts with five-minute cardio warm-up, followed by a 45-minute calorie burning session and finishing with 5-10 minutes of AB focus and cool down. Please bring water bottle and have fun! Instructor: Liz St John, BS in Health and Group Fitness. 30-day Fit Pass: \$15

Brier Creek Community Center

Course Fee: \$15

#199849	Jan 4-Apr 17	M,W,F	9:00-9:45am
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Course Fee: \$5

#199850	Jan 2-May 19	M,W,F	9:15-10:00am
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Fibers – Sewing and Painting

Age: 16yrs and up. Using our own hand-painted fabric we will do embroidery stitches and applique to create artwork. Supply list provided. Instructor: Anna Podris. (6 sessions)

Pullen Arts Center – Course Fee: \$85

#198258	Feb 8-Mar 15	W	7:00-9:30pm
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Fibers – The Humble Stitch in Shibori

Age: 16yrs and up. Simply using needle and thread has many implications in creating pattern or imagery in shibori. We will explore some of those techniques in this two-day course. The results will be uncomplicated and traditional by dyeing the stitched samples in indigo. Some tools and cloth will

be provided, but we recommend that you bring your own fabric. Dress appropriately for the dye studio. Bring dishwashing-type gloves and small, embroidery-type scissors. A \$25 supply fee will be paid to the instructor in the first class. All levels are welcome. Instructor: Susan Fennell. (2 sessions)

Pullen Arts Center – Course Fee: \$90

#200481	Mar 11-12	Sa-Su	10:00am-4:00pm
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For the Love of Latin Dance: Level 1

Age: 16yrs and up. In this progressive four-week course, take the opportunity to enrich your life with the energy of dance. We will provide a solid social dancing program. This is the ideal course for absolute beginners and those who have had some experience. We will focus on frame, lead and follow techniques and basic steps for merengue, bachata and salsa. This approach, with each class building on the last, was developed over years of experience teaching these dances.

Greystone Community Center – Course Fee: \$40

#198434	Jan 3-24	T	6:00-7:00pm
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#198435	Feb 7-28	T	6:00-7:00pm
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#198436	Mar 7-28	T	6:00-7:00pm
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#198437	Apr 4-25	T	6:00-7:00pm
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For the Love of Latin Dance: Level II

Age: 16yrs and up. Enrich your life with this progressive four-week solid social dancing program. This course is for students who have completed the Latin Dance I course. This class will focus on intermediate salsa steps such as cross body lead and inside and outside turns. We will continue to perfect our lead and follow skills while learning how to transition between more intermediate steps mixed with basic steps.

Greystone Community Center – Course Fee: \$40

#198438	Jan 6-27	F	5:45-6:45pm
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#198439	Feb 3-24	F	5:45-6:45pm
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#198440	Mar 3-24	F	5:45-6:45pm
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#198441	Apr 7-28	F	5:45-6:45pm
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For the Love of Latin Dance: Level III

Age: 16yrs and up. Enrich your life with the energy of dance! This course is for students who have completed the Latin Dance II course. We will focus on intermediate to advanced elements of patterns as well as body movement, prepping and executing multiple turns, musicality and adding more steps to our repertoire of basic steps. Students will also have the opportunity to create short, eight-count patterns that will be shared with their classmates. Class will meet the first and third Saturdays of the month.

Greystone Community Center – Course Fee: \$40

#198442	Jan 7-21	Sa	12:30-2:30pm
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#198443	Feb 4-18	Sa	12:30-2:30pm
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#198444	Mar 4-18	Sa	12:30-2:30pm
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#198445	Apr 1-15	Sa	12:30-2:30pm
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Glass – Beginner Plus

Age: 16yrs and up. So you’ve completed one class but aren’t ready for an open studio? Beginner Plus is for you! While continuing to build your basic glassworking skills, we will begin to explore techniques that will allow you

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to expand your design possibilities, including texture and mosaics, and creating depth in your original pieces. Students purchase Bullseye glass for projects and should expect to spend at least \$40 on materials. Instructor: Linda Martin. (4 sessions)

Pullen Arts Center – Course Fee: \$104
#198246 Mar 27-30 M-Th 9:30am-1:00pm

Glass – Dazzling Dichroic Glass Jewelry Workshop

Age: 16yrs and up. This workshop will teach you to create gorgeous dichroic glass jewelry pieces using a small tabletop kiln. Using three thin layers of glass, you will design three pieces of jewelry (two pendants and a pair of earrings, hairpins or cuff links). This workshop provides hands-on instruction using small kilns, dichroic glass inclusions, findings and instruction on finishing the pieces for your personal use. All glass pieces will be either pre-cut or can be cut for you by the instructor during class. A wide variety of Dichroic glass will be provided for you to choose from. You will be amazed at what you can create in just a few hours! Closed-toed shoes must be worn in the glass workshop, and students should bring a lint-free microfiber towel. Supply fee of \$30 will be payable to the instructor at the beginning of the class. Additional pieces may be made (if space is available in the kilns) for an additional \$10/piece. Instructor: Lauri Rhoades. (2 sessions)

Pullen Arts Center – Course Fee: \$50
#200454 Feb 25-26 Sa-Su 1:00-3:30pm
#200455 Mar 20-22 M,W 6:30-9:00pm

Glass – Fused Glass Critters

Age: 16yrs and up. We will combine simple glass shapes with wire to create a variety of colorful glass critters. In our first class, we will talk about firing schedules and considerations for fusing with inclusions, look at some sample critters for inspiration and then begin creating! We will practice cutting curves and using the grinder to smooth edges. Next, students will explore different ways of layering glass, frit and stringer and firing multiple times to add depth and personality to their pieces. We will create several projects that can be used as wall hangings, sun catchers or ornaments. This class is suitable for beginners and experienced fusers. Students should expect to spend at least \$30 on supplies, depending on size and number of projects. Instructor: Danielle Cozart. (3 sessions)

Pullen Arts Center – Course Fee: \$70
#200460 Apr 13-27 Th 6:30-9:00pm

Glass – Fused Glass Mosaics

Age: 16yrs and up. Combine colorful mosaic techniques with glass fusing! We will start by discussing background and foreground color choice and kiln firing schedules and create two or three small tiles. Next we will talk about how to choose or create your own pattern. Finally, we will practice cutting more complex shapes for focal points.

Students will have the opportunity to create several projects using whatever combination of techniques they choose. This class is suitable for beginners and experienced fusers. Students should expect to spend at least \$30 on supplies, depending on size and quantity of projects. Instructor: Danielle Cozart. (3 sessions)

Pullen Arts Center – Course Fee: \$70
#200458 Apr 11-25 T 6:30-9:00pm

Glass – Fusing and Slumping Open Studio

Age: 16yrs and up. Open studio time allows you to work on fused glass projects and collaborate with your fellow glass artists. Students must have at least a beginner's understanding of glass fusing prior to joining this class. The instructor will be on site and available to answer questions, but there will be no formal lessons during this class. All glass used in this class must be Bullseye brand fusible glass (COE90). Students will have equal kiln space available during each class (approximately 192 sq. in.) and their projects must fit within these parameters. Larger pieces or high volume work will be completed at the instructor's discretion.

Students will have access to frit and molds, but all other supplies and tools must be provided by the student. Students must wear closed-toed shoes in the glass studio and should plan to bring or purchase a lint-free microfiber towel. Prerequisite: Any fusing class or fusing/slumping class at the Pullen Arts Center. Instructor: Linda Martin or Lauri Rhoades. (5 sessions)

Pullen Arts Center – Course Fee: \$104
Instructor: Lauri Rhoades
#200476 Feb 21-Mar 21 T 6:30-9:00pm
Instructor: Linda Martin
#198247 Mar 4-Apr 8 Sa 9:30am-1:00pm

Glass – Glass Fusing Technique Tester – Intermediate

Age: 16yrs and up. This class is for students who have already taken the Intro to Glass Fusing class at Pullen Arts Center. It will focus on two intermediate level techniques to use in your glass fusing: trapping bubbles using stringers to add dimension or extra sparkle to your project and kiln carving using texture molds or cut fiber paper to add dimension and interest to your fusing. We will discuss other methods of kiln carving that you might want to try on your own. These techniques will be explored in small projects at first (think coaster-size tiles) and will culminate in one larger piece using your preferred method. Students will have access to frit, molds, and tools, but all other supplies must be provided by the student. Students should expect to spend at least \$45 on glass, stringers, and fiber paper. Closed-toed shoes must be worn in the glass studio, and students should plan to bring or purchase a lint-free microfiber towel. Instructor: Lauri Rhoades. (5 sessions)

Pullen Arts Center – Course Fee: \$104
#200456 Jan 10-Feb 7 T 6:30-9:00pm

Glass – Intro to Fused Glass

Age: 16yrs and up. This course will introduce you to the exciting art of warm glass fusing and slumping. Students will use Bullseye brand art glass, stringers and frit to create tiles and small dishes. Instruction will cover all the basics of glass cutting, fusing and slumping. Students' designs will be fused in a kiln and then go through the process of slumping, the controlled shaping of glass to create functional glass pieces. The results will be small dishes, plates and bowls. Students will work at their own speed to create designs up to a maximum of 12 x 12 inches. All slumping will be completed on molds provided by Pullen Arts Center. All tools are provided. Students will need to purchase glass for their projects (starting at approximately \$45, depending on the size and number of projects). Students must wear closed-toed shoes in the glass studio and should plan to bring or purchase a lint-free microfiber towel for the class. Instructor: Linda Martin. (5 sessions)

Pullen Arts Center – Course Fee: \$104
#198248 Jan 12-Feb 9 Th 6:30-9:00pm
#200475 Feb 23-Mar 23 Th 6:30-9:00pm

Jewelry – Beginning Metal

Age: 16yrs and up. 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. Instructors: Betty McKim, Sarah West or Amy Veatch. (6 sessions)

Pullen Arts Center – Course Fee: \$104
#198667 Jan 24-Feb 28 T 10:00am-12:30pm
#198668 Mar 15-Apr 19 W 7:00-9:30pm
#198669 Jan 10-Feb 14 T 7:00-9:30pm

Jewelry – Cloisonne Enameling

Age: 16yrs and up. Learn techniques and approaches for adding subtly, complexity and a gestural feel to your cloisonne designs. In addition to the basics of wire bending and wet packing, the class covers an assortment of techniques for incorporating texture, pattern and markings into the cloisonne. This includes texturing base metal, using textured foils, inlaying enamels, inlaying metal, using underglaze and diamond burs for mark making, combining opaques with transparent colors, using foils to create depth and more. Playfulness and experimentation will be encouraged as students use the techniques to create a cloisonne piece. Several different approaches to finishing cloisonne will be covered. Beginners will gain an introduction to an exciting medium,

and more experienced students will deepen their understanding. Supply list provided.
 Instructor: Amy Roper Lyons. (2 sessions)
Pullen Arts Center – Course Fee: \$300
 #198703 Mar 25-26 Sa-Su 9:00am-4:00pm

Jewelry – Enamel Beginning Experiments in Color

Age: 16yrs and up. 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, and there will be tons of room for experimentation! Students will come away with the basic knowledge and confidence to enamel and oodles of samples to make into finished jewelry. Open studio hours will be available 1:00-4:00pm Wednesdays (Feb 8,15,22 and Mar 1,8).
 Instructor: Sarah West. (5 sessions)
Pullen Arts Center – Course Fee: \$115
 #198674 Feb 1-Mar 8 W 6:30-9:30pm

Jewelry – Enameling Open Studio for Studio Card Holders

Age: 16yrs and up. This is an open studio for those who have a current studio card and have taken enameling classes at Pullen Arts Center. This class will provide kiln use and use of the essentials, such as Klyr-Fire, grinders, base white, clear flux and a limited palette of colors. It is recommended that you bring your own lead-free enamels. This is a self-guided, noninstructional class. This is a great class to finish up projects you may have started in other classes or workshops but didn't have time to complete. It also provides an excellent time to practice skills and techniques you have learned while creating a special enamel piece of jewelry. (1 session)

Pullen Arts Center – Course Fee: \$15

#198678	Jan 11	W	1:00-4:00pm
#198688	Jan 18	W	1:00-4:00pm
#198689	Jan 25	W	1:00-4:00pm
#198690	Feb 1	W	1:00-4:00pm
#198691	Feb 8	W	1:00-4:00pm
#198692	Feb 15	W	1:00-4:00pm
#198693	Feb 22	W	1:00-4:00pm
#198694	Mar 1	W	1:00-4:00pm
#198695	Mar 8	W	1:00-4:00pm
#198696	Mar 15	W	1:00-4:00pm
#198697	Mar 22	W	1:00-4:00pm
#198698	Mar 29	W	1:00-4:00pm
#198699	Apr 5	W	1:00-4:00pm
#198700	Apr 12	W	1:00-4:00pm
#198701	Apr 19	W	1:00-4:00pm
#198702	Apr 26	W	1:00-4:00pm

Jewelry – Hydraulic Press Class

Age: 16yrs and up. Learn to emboss, raise metal and make hollow forms while maintaining surface embellishment.
 Prerequisite: Beginning Jewelry at Pullen Arts. Silver will be ordered at first class (approximately \$30). Instructor: Amy Veatch. (6 sessions).
Pullen Arts Center – Course Fee: \$104
 #198672 Mar 22-Apr 26 W 10:00am-12:30pm

Jewelry – Metal Continuing

Age: 16yrs and up. Prerequisite: Beginning Metals class at the Pullen Arts Center. 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 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. Instructors: Betty McKim, Sarah West or Amy Veatch. (6 sessions)

Pullen Arts Center – Course Fee: \$104
 #198670 Mar 7-Apr 11 T 7:00-9:30pm

Jewelry – Micro Forming Workshop

Age: 16yrs and up. Using specially designed tools, metalsmiths will learn to use thinner gauge materials to create voluminous and structurally sound pieces in a jewelry format. We will cover several exercises in micro synclastic and anticlastic shell forming. Kits will be provided for rental to work with and learn this technique. All tools in the kit are designed and made by NC Black Co. Students pay \$25 to the instructor for tool rental. A supply list is provided at registration. Instructor: Andrea Kennington. (2 sessions)

Pullen Arts Center – Course Fee: \$160
 #199330 Jan 28-29 Sa-Su 9:00am-4:00pm

Jewelry – Open Studio Thursday

Age: 16yrs and up. This is a new class that will allow you to focus on designing and creating jewelry at your own pace. Based on the skills you have, you will receive instruction and guidance for use of tools and techniques that will help you create individual projects. Experimentation and exploration will be determined by the projects and ideas provided by the class. Basic jewelry making skills are required. Instructor: Betty McKim. (4 sessions)

Pullen Arts Center – Course Fee: \$90
 #198675 Jan 19-Feb 9 Th 10:00am-2:00pm
 #198676 Feb 23-Mar 16 Th 10:00am-2:00pm
 #198677 Apr 6-27 Th 10:00am-2:00pm

Jewelry – Tool Making Workshop

Age: 16yrs and up. This workshop will consist of making chasing tools and chisels. We will touch on what each tool does. Most of the time will be spent making the tools. Each person should be able to make 5-15 tools. Limited to 8 students. Stock for making tools will be bought from instructor at approximately 50 cents each. Instructor: Tim Lazure. (2 sessions).

Pullen Arts Center – Course Fee: \$120
 #198710 Apr 29-30 Sa-Su 9:00am-4:00pm

Painting – Advanced

Age: 16yrs and up. Have you been painting for a while and reached a plateau where you just do not know how to get to the next

level? Or maybe you have had to take a break from painting due to other life priorities and need to brush up on your skills. This class is for painters who are familiar with their medium and are trying to clearly express themselves through the application of paint. Painters work independently, and class sessions provide individual and class critiques as well as lectures on other artists and painting concepts. Previous painting experience is required. Students furnish their own supplies. Class limit: 12 students. Instructor: Leslie Pruneau (Monday and Wednesday mornings) or Peter Marin (Thursday mornings). (6 sessions)

Pullen Arts Center – Course Fee: \$90
 Instructor: Leslie Pruneau
 #198222 Jan 9-Feb 20 M 1:00-4:00pm
 #198223 Jan 11-Feb 15 W 9:30am-12:30pm
 #198224 Jan 12-Feb 16 Th 9:30am-12:30pm
 #198225 Mar 6-Apr 10 M 1:00-4:00pm
 #198226 Mar 8-Apr 12 W 9:30am-12:30pm
 #198227 Mar 9-Apr 13 Th 9:30am-12:30pm

Painting – Beginning Acrylics

Age: 16yrs and up. Students will learn basic techniques for working with acrylics while learning about applying good composition and color scheme and incorporating mixed media and thematic elements. Students supply materials. Supply list will be provided with receipt. Instructor: Joanna Moody or Preference Evans. (6 sessions)

Pullen Arts Center – Course Fee: \$85
 Instructor: Joanna Moody
 #198220 Jan 11-Feb 15 W 7:00-9:30pm
 Instructor: Preference Evans
 #199387 Mar 7-Apr 11 T 10:00am-12:30pm

Painting – Beginning Landscapes

Age: 16yrs and up. Learn the basics of landscape painting in this exploratory and fun class. Using acrylic paints, we'll learn basic painting principles and techniques for a successful landscape painting. The class will include demos from the instructor and lots of one-on-one attention. Beginners and beginners-againers are welcome! Supply fee of \$14 is due to instructor at beginning of class. Instructor: Rebecca Rousseau. (1 session)

Pullen Arts Center – Course Fee: \$38
 #198232 Mar 18 Sa 10:30am-2:30pm

Painting – Beginning Oils

Age: 16yrs and up. This beginner-level class is perfect for those who want to learn about oil painting and explore techniques as well as use and care of materials. Important principles of painting will be discussed, demonstrated and applied to students' work. We'll focus on still life and landscape painting. Students may bring in their own supplies or pay a \$30 supply fee at the start of class. Instructor: Nathan Gruposso. (6 sessions)

Pullen Arts Center – Course Fee: \$90
 #200606 Mar 13-Apr 17 M 7:00-9:30pm

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Painting – Beginning Watercolor, Groundwork for Adventure

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

Instructor: Rick Bennett. (6 sessions)

Pullen Arts Center – Course Fee: \$85

#198236 Jan 12-Feb 16 Th 7:00-9:30pm

Painting – Color Harmony in Watercolor

Age: 16yrs and up. In this workshop we will focus on color. We will explore the impact that hue, value and intensity have on watercolor compositions. There will be a demonstration, a color harmony activity and the opportunity create your own colorful composition. Students bring supplies. A supply list will be provided. Instructor: Linda Dallas. (1 session)

Pullen Arts Center – Course Fee: \$80

#198664 Mar 25 Sa 10:00am-4:00pm

Painting – Continuing Acrylics

Age: 16yrs and up. This class is for the acrylics painter who has had a beginning painting class or who needs a refresher for this medium. We will explore different textures and approaches to various application techniques. We will be refining composition and exploring framing options for this versatile paint. Students supply materials. Supply list will be provided with receipt. Instructor: Joanna Moody. (6 sessions)

Pullen Arts Center – Course Fee: \$85

#198221 Mar 8-Apr 12 W 7:00-9:30pm

Painting – Continuing Watercolor with Rick Bennett

Age: 16yrs and up. This class is for intermediate or advanced artists with some experience with the basics of watercolor who are looking to expand their skills. Emphasis is on individual painting with one-on-one assistance. Topics will include use of color, demonstration of brush work, how to develop a painting and composition. Students bring their own supplies. Instructor: Rick Bennett. (6 sessions)

Pullen Arts Center – Course Fee: \$85

#198238 Jan 10-Feb 14 T 7:00-9:30pm

#198239 Mar 7-Apr 11 T 7:00-9:30pm

Painting – Easy Abstract Paintings

Age: 16yrs and up. Learn techniques to jumpstart your abstract paintings or jump into abstract painting if you've never created abstracts before. Get ready to spray, spatter,

sponge, scrape and stamp! Get tips on color and composition. Bring your favorite brushes. Supply fee of \$10 will be due at the beginning of class. Instructor: Marie Lawrence. (1 session)

Pullen Arts Center – Course Fee: \$30

#198228 Apr 9 Su 2:00-4:00pm

Painting – Exploring Abstract Painting

Age: 16yrs and up. Whirl, spin, throw, splatter, pop! How do all those paint strokes equal an abstract painting? We will explore these concepts in this fun abstract painting class. Learn what techniques used together create a dynamic abstract or dynamic background for a representational painting.

We'll go over composition, values, hues, tones, shapes and color combinations. No prior experience required. You'll take home a finished abstract or two! Supply fee \$14. Instructor: Rebecca Rousseau. (1 session)

Pullen Arts Center – Course Fee: \$38

#198230 Mar 4 Sa 10:30am-2:30pm

Painting – Floral Workshop

Age: 16yrs and up. Learn basic painting techniques while painting beautiful florals. You will learn shading, composition, color placement and color mixing while capturing the character of flowers. Each student will take home a completed beautiful floral painting. A supply fee of \$14 will be due at the start of class. Instructor: Rebecca Rousseau. (1 session)

Pullen Arts Center – Course Fee: \$38

#198233 Apr 8 Sa 10:30am-2:30pm

Painting – Impressionistic Landscapes

Age: 16yrs and up. Learn and use the Impressionist's palette and soft application of paint to create colorful landscapes. You will use acrylic paint to express your artistic vision and represent your favorite landscape. You will learn color mixing, choosing colors that work well together, paint application methods, creating texture and other basic techniques. By the end of this class you will have completed a one-of-a-kind work of art that will be ready to display. \$14 supply fee.

Instructor: Rebecca Rousseau. (1 session)

Pullen Arts Center – Course Fee: \$38

#198231 Jan 21 Sa 10:30am-2:30pm

Painting – Interaction of Color

Age: 16yrs and up. Interaction of Color is a foundational course that introduces the student to the principles of color theory and practice. Along with the history and theory of color, visual examples of color principles are shown in tandem, reinforcing learning. In addition, we examine great works of art and their color choices. The course is great for painters, dry media artists and photographers. Every class has an in-class assignment covering the subject of the day, and the course culminates in a personal project. Students provide their own supplies.

Instructor: Peter Marin. (5 sessions)

Pullen Arts Center – Course Fee: \$75

#200632 Feb 3-Mar 3 F 9:30am-12:30pm

Painting – Open Studio

Age: 16yrs and up. This is an unstructured open studio environment where students work on their own projects. Students may paint in oils, acrylics or watercolors. Bring a subject to paint if you wish. Students provide their own materials. (4 sessions)

Pullen Arts Center – Course Fee: \$31

#200617 Jan 30-Feb 20 M 9:30am-12:30pm

#200619 Feb 27-Mar 20 M 9:30am-12:30pm

#200620 Mar 27-Apr 17 M 9:30am-12:30pm

Painting – Painting with Gouache

Age: 16yrs and up. Gouache (rhymes with squash) is opaque watercolor paint. In this day-long workshop we will explore the properties of and applications techniques for gouache. The workshop will include a demonstration, a warm-up activity and the opportunity to combine transparent watercolor and gouache to create your own composition. Student provides supplies. A supply list will be provided. Instructor: Linda Dallas. (1 session)

Pullen Arts Center – Course Fee: \$80

#198660 Feb 25 Sa 10:00am-4:00pm

Painting – Pet Portraits

Age: 16yrs and up. Paint a pet! Imagine painting your pet, whether it has fur, feathers or fins, using varied techniques to take home one large finished portrait. Acrylic paint and graphic materials will be used to give each student a real feel for their friend and companion. The portrait makes a wonderful keepsake. A supply fee of \$14 will be due at the start of class. Instructor: Rebecca Rousseau. (1 session)

Pullen Arts Center – Course Fee: \$38

#198234 Feb 11 Sa 10:30am-2:30pm

Painting – Portraits with Rebecca Rousseau

Age: 16yrs and up. This fun and exploratory class will focus on the human face in portraiture. The proportions of the face and the placement of the eyes, nose, mouth, ears and hair will be covered in detail.

We will also discuss color choices and color mixing. Realism is an option but not required! Many famous portraits throughout history have been painted expressions of people, so anything goes! Bring a photo or picture to work from. Supply fee of \$14 is due at the beginning of class. Instructor: Rebecca Rousseau. (1 session)

Pullen Arts Center – Course Fee: \$38

#198235 Apr 29 Sa 10:30am-2:30pm

Painting – Textural Landscapes with Encaustic

Age: 16yrs and up. We will learn several techniques to create unique landscapes by building texture through layers of colorful wax. Supply fee of \$40 due at the start of class. Instructor: Anna Podris. (2 sessions)

Pullen Arts Center – Course Fee: \$105

#198245 Mar 25-26 Sa 10:00am-5:00pm

Su 1:00-4:30pm

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Painting – Watercolor II, Achieving the Next Level

Age: 16yrs and up. Intermediate and advanced students will refine and learn new brush skills to allow them to paint with confidence and achieve glowing colors and rich darks. We will explore and practice three major styles of developing a watercolor painting; quick sketch, layered approach and sectional development. We will discuss methods of developing a successful painting with consideration of composition, developing the space, value, light and shadow, and atmosphere. Abstract painting will be used to develop gestural brush strokes, looser style and methods of mixing colors on the paper. Students will be encouraged to identify skills they want to work on and receive assistance with problem areas. Students provide their own supplies. Supply list is included. Instructor: Rick Bennett. (6 sessions)

Pullen Arts Center – Course Fee: \$85
#198237 Mar 9-Apr 13 Th 7:00-9:30pm

Painting – Watercolor Workshop for Beginners

Age: 16yrs and up. We will focus on basic watercolor application techniques. We will explore washes, dry brush, pouring and spattering. There will be a demonstration, a watercolor application activity and the opportunity create a simple composition. Students bring supplies. A supply list will be provided. Instructor: Linda Dallas. (1 session)

Pullen Arts Center – Course Fee: \$80
#198663 Jan 28 Sa 10:00am-4:00pm

Painting for Adults

Age: 18yrs and up. Bring your supplies with a picture or object that you want to paint. We will learn to get the image on the canvas paper. Learn the color wheel and then start applying your paint to create the finished product. Supply list available.

Greystone Community Center – Course Fee: \$65
#198428 Jan 5-Feb 9 Th 11:00am-1:00pm
#198429 Mar 2-Apr 6 Th 11:00am-1:00pm

Painting Outdoors Introduction

Age: 16yrs and up. Painting outside from life provides a natural inspiring environment and will give you better information to create a successful painting. Each class starts with a discussion of how to deal with the unique challenges of painting outdoors, such as composition, changing light, scale, color, value and space. After a demonstration, students will paint with individual guidance from the instructor. This class is for artists of all experience levels. The student will need to have a basic knowledge of their media and any paint in any media. Each artist is responsible for bringing their materials and setting up equipment. Age: 16 years and up.

Thomas G. Crowder Woodland Center
Course Fee: \$50
#198510 Apr 8-22 Sa 9:00-11:00am

Photography Skills Lunch and Learn

Age: 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 in a relaxed and inviting atmosphere.

Abbotts Creek Community Center – Course Fee: \$10
Portraiture

#197528	Jan 11	W	12:00-1:00pm
#197529	Feb 15	W	12:00-1:00pm
#197530	Mar 15	W	12:00-1:00pm
#197531	Apr 12	W	12:00-1:00pm

Pottery – Beginning Wheel

Age: 16yrs and up. 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 individual attention as skill progression is unique to each person. Supply fee of approximately \$20 (for clay) payable at first class. Instructors: Ryan Terry, Sherry Nicholson, Doug DeBastiani or Anne Terry. (7 sessions)

Pullen Arts Center – Course Fee: \$94
Instructor: Anne Terry
#198613 Jan 17-Feb 28 T 4:00-6:30pm
Instructor: Doug DeBastiani
#198611 Jan 18-Mar 1 W 7:00-9:30pm
Instructor: Sherry Nicholson
#198615 Jan 23-Mar 6 M 7:00-9:30pm
Instructor: Ryan Terry
#198614 Mar 9-Apr 20 Th 4:00-6:30pm
#198612 Mar 9-Apr 20 Th 7:00-9:30pm
Instructor: Doug DeBastiani
#200940 Mar 15-Apr 26 W 7:00-9:30pm

Pottery – Handbuilding Techniques Intro

Age: 16yrs and up. 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 and other handbuilding tools. Supply fee of approximately \$20 (for clay) payable at first class. Instructor: Tim Cherry or Gretchen Quinn. (6 or 7 sessions)

Pullen Arts Center – Course Fee: \$94
Instructor: Gretchen Quinn (7 sessions)
#198617 Jan 19-Mar 2 Th 10:00am-12:30pm
Instructor: Tim Cherry (6 sessions)
#201746 Mar 23-Apr 27 Th 9:30am-12:30pm

Pottery – Handbuilt Tableware

Age: 16yrs and up. In this class we will focus on plates, cups, bowls, serving items, and designing sets through handbuilt forming and decorating techniques. Supply fee of \$20 for clay payable at first class. Prerequisite: Beginning Handbuilding at

Pullen or Sertoma. Instructor: Gaines Bailey (6 sessions)

Pullen Arts Center – Course Fee: \$84
#198619 Jan 17-Feb 21 T 7:00-9:30pm

Pottery – Lidded Forms

Age: 16yrs and up. Explore the jar or box form as a hand-built object. Learn and perfect traditional and innovative techniques for constructing lidded containers using slabs. Use the lid's knob as a sculptural embellishment, an extension of the design or a reference to historical pottery. Supply fee of \$20 for clay due at first class. Prerequisite: Beginning Wheel at Pullen or Sertoma. Instructor Marty Fielding. (7 sessions)

Pullen Arts Center – Course Fee: \$94
#199393 Feb 28-Apr 11 T 7:00-9:30pm

Pottery – Mold Making

Age: 16yrs and up. Interested in constructing your own molds for pottery making? This class is for you. Ever wanted a shape that was not available at the Art Center? Or had to wait in line for the most popular molds to be free? Now you can have your own. We will learn how to make the many types of molds used in the studio, including slump/hump molds, sling molds, piece molds and bisque molds. Additionally, you will receive instruction on how to use your molds to create multiples of the pots or sculptures you design. Class time will be spent discussing design aspects of making successful and sturdy molds that will endure heavy use and techniques for making molds of almost anything. Demonstrations will include the building of various molds as well as methods used in preparing for and pouring plaster. All who have taken beginning handbuilding or wheel at Pullen or Sertoma are welcome. Supply fee of \$20 is due at the first class meeting. Instructor: Jennifer Stas. (7 sessions)

Pullen Arts Center – Course Fee: \$94
#199391 Mar 8-Apr 19 W 7:00-9:30pm

Pottery – More Continuing Handbuilding

Age: 16yrs and up. Hungry for more? Come continue to refine your handbuilding skills. In this class, you will further expand techniques and build up your range of form and surface. We will discuss developing quality work and finding your voice with clay. Class demonstrations include new approaches to forming cups, bowls, vases, etc.; interesting surface design and decorative finishes; and mold-making. Learn how to punctuate your work with lids that fit, feet, nice handles and clean design. It's time to tighten up your pots by combining function with unique and decisive form. All who have taken beginning handbuilding at Pullen or Sertoma are welcome. Supply fee of \$20 for clay is due at first class. Instructor: Jennifer Stas. (6 sessions)

Pullen Arts Center – Course Fee: \$84
#199392 Jan 11-Feb 15 W 7:00-9:30pm

Pottery – Pitchers

Age: 16yrs and up. Push your wheel skills with the pitcher. One of the gold standards of a potter is the pitcher. Pitchers should be lightweight in relation to their size so they are comfortable to use when they are full of liquid. This class will explore throwing taller and thinner as well as looking at form, handles and an assortment of spout possibilities. Supply fee of \$20 for clay due at first class. Prerequisite: Beginning Wheel at Pullen or Sertoma. Instructor: Marty Fielding. (5 sessions)

Pullen Arts Center – Course Fee: \$84
#199389 Jan 23-27 M-F 9:30am-12:30pm

Pottery – Soft Slabs

Age: 16yrs and up. Take advantage of the workability of soft clay by stretching and adding texture and slip decorations, and make your own reusable templates so that you can recreate your success! Supply fee of \$20 for clay due at first class. Prerequisite: Beginning Handbuilding at Pullen or Sertoma. Instructor: Gaines Bailey. (6 sessions)

Pullen Arts Center – Course Fee: \$84
#200903 Jan 17-Feb 21 T 4:00-6:30pm

Pottery – Studio Social

Age: 16yrs and up. Pullen Arts pottery students and studio card holders are invited to join us for our free monthly studio social. We'll get together to share pottery tips, tricks and opinions in a relaxed social setting. Get to know your fellow studio users and learn from one another. Bring your own Pullen clay and ideas to share! Studio Coordinator Lauren Brockman will facilitate. Register day of the program; spaces are available on a first-come, first-served basis.

Pullen Arts Center
#198631 Jan 12 Th 7:00-9:00pm
#198632 Feb 9 Th 7:00-9:00pm
#198633 Mar 9 Th 7:00-9:00pm
#198634 Apr 13 Th 7:00-9:00pm

Pottery – Throwing Cheats and Fixes

Age: 16yrs and up. We'll cover how to get past typical bumps in the road when learning to throw. We'll present techniques for overcoming hurdles in centering, opening and pulling pots. Students must be currently enrolled in any pottery class at Pullen or Sertoma or have a current studio card. This class does not qualify the participant for a studio card. Instructor: Lauren Brockman. (1 session)

Pullen Arts Center – Course Fee: \$15
#198636 Jan 20 F 9:30-11:30am
#198635 Mar 11 Sa 9:30-11:30am

Pottery – Thrown and Altered Pots

Age: 16yrs and up. We will start with round pots on the wheel and turn them into ovals, squares and interesting asymmetrical pieces. By cutting, adding, and stretching, we will get some interesting and unique pieces. Supply fee of \$20 for clay due at first class. Prerequisite: Beginning Wheel at Pullen or

Sertoma. Instructor: Gaines Bailey. (6 sessions)

Pullen Arts Center – Course Fee: \$84
#200938 Jan 19-Feb 23 Th 7:00-9:30pm

Pottery – Tile Murals

Age: 16yrs and up. Learn how to make beautiful handmade ceramic tile murals. We will create our own unique designs, translate those into individual tiles that we cut from slabs, then bisque, glaze, fire and assemble our final design on a mesh webbing that will be ready to install anywhere you want. Murals can be placed in areas like bathrooms, showers or outdoor concrete areas. They can also be mounted on wood and hung like a painting or turned into table tops! Prerequisite: Beginning handbuilding or beginning wheel. Supply fee of \$20 for clay due at first class. Additional \$5-\$10 for mounting fabric and glue. Instructor Lauren Brockman. (5 sessions)

Pullen Arts Center – Course Fee: \$84
#199394 Jan 23-Feb 20 M 7:00-9:30pm

Pottery – Try It!

Age: 16yrs and up. Are you curious about pottery but not ready to commit to a seven-week course? Just looking for something fun to do with a friend? Try It! is the class for you! Spend two hours with a Pullen Arts Center's pottery instructor trying out the wheel. Because you won't be making any pots to take home, there is no supply fee. But if you do throw a masterpiece for the first try, you can purchase it for \$2 per pound. This class does not qualify students for Pullen Arts Center's studio card. Instructor: Lauren Brockman. (1 session)

Pullen Arts Center – Course Fee: \$15
#198637 Apr 7 F 10:00am-12:00pm

Pottery – Utility as Composition

Age: 16yrs and up. Design and construct cream and sugar sets, salt and pepper shakers or a tea set. Consider the grouping as a unified visual statement in which each component relates to the others through contrast, continuity, color, etc. Each set will be accompanied by a tray or platform that acts as a frame for the composition. This class will be geared toward cone 10 firing. Prerequisite: Beginning Handbuilding at Pullen or Sertoma. Supply fee of \$20 for clay will be due at the start of class. Instructor Marty Fielding. (5 sessions)

Pullen Arts Center – Course Fee: \$84
#199390 Mar 13-17 M-F 9:30am-12:30pm

Pottery- Filling in the Gaps: Making Pottery Start to Finish

Age: 16yrs and up. Trying to start your own home pottery studio? Not sure how to get started? This class will give you an introduction to the pottery-making process and what you need to consider in setting up your studio. We'll talk about topics like studio setup, equipment, cost, record-keeping, storage and safety and have hands-on opportunities for studio tasks like kiln programming and loading, measuring

and weighing materials and properly testing your glazes. Instructor: Lauren Brockman. (5 sessions)

Pullen Arts Center – Course Fee: \$84
#199396 Mar 20-Apr 17 M 7:00-9:30pm

Printmaking – Drawing the Print: Drypoint Intaglio Workshop

Age: 16yrs and up. A great technique for people who like to draw, drypoint is a non-acid intaglio technique where marks are made directly on plates with various tools, inked and then printed on an etching press. The mark of a drypoint can be identified by a characteristically rich and velvety line. We'll explore a variety of drypoint techniques, proper inking and printing procedures and ways to incorporate color. This lovely technique offers lots of possibilities. The workshop is open to artists of all levels. A supply fee of \$20 will be due at the beginning of class for copper plate and paper. Instructor: Susan Martin. (3 sessions)

Pullen Arts Center – Course Fee: \$90
#200450 Mar 23, 25 & 26 Th 7:00-9:30pm
Sa-Su 9:30-4:30pm

Printmaking – Intro to Linoleum Block Print

Age: 16yrs and up. This class will focus on block printing using unmounted linoleum to produce a small series of prints or multiple prints. Learn how to transfer your design to your block, carving and inking techniques and print using the Whelan press. Topics to be covered include single color prints, multiple block prints, reduction block and white line techniques. Class time will be composed of demonstrations and working time, allowing students to focus on the technique of their choice. Beginning and continuing students welcome. Supply list is provided. Instructor: Keith Norval. (4 sessions)

Pullen Arts Center – Course Fee: \$70
#198255 Mar 30-Apr 27 Th 7:00-9:30pm

Printmaking – Introduction

Age: 16yrs and up. Learn the printmaking techniques of intaglio, collagraph, monotype and relief to print your own greeting cards, posters and linoleum block prints. Use the Pullen Arts Center's Whelan printing press to pull your one-of-a-kind print or series of prints. We will study different registration methods, ink choices and techniques to add color and learn how to pull the perfect print! Supply list is provided. Supplies are approximately \$30-\$50. Instructor: Keith Norval. (6 sessions)

Pullen Arts Center – Course Fee: \$70
#198250 Jan 12-Feb 2 Th 7:00-9:30pm

Printmaking – Screen Print

Age: 16yrs and up. 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, exposing the screen and printing techniques. Supply list is provided. Instructor: Keith Norval. (6 sessions)

Pullen Arts Center – Course Fee: \$93
#198254 Feb 9-Mar 16 Th 7:00-9:30pm
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Printmaking – Waterless Lithography

Age: 16yrs and up. Whether you love to paint or draw or are just getting into art, beginning waterless lithography is for you! Using this safe printmaking method, students will experiment with black and white as well as multicolors. You will learn how to create washes, transfers, sharpie and pencil work on aluminum plates to create your own original prints. Representational and nonrepresentational images will be accommodated. Finished prints can be incorporated in other mixed media work or can stand on their own. Supply fee of \$25 is due to instructor at first class meeting. Students should bring some supplies to first class. (A supply list will be included with receipt.) Students should bring ideas or drawings for a 5 x 7 plate to the first class. Instructor: Susan Soper. (5 or 6 sessions)

Pullen Arts Center – Course Fee: \$85

6 sessions

#198256 Jan 31-Mar 7 T 6:30-9:30pm

5 sessions

#198257 Mar 21-Apr 18 T 9:30am-1:00pm

REC-Creations

Age: 18yrs and up. Do you love DIY projects? This course is just what you have been looking for. Learn to assemble simple crafts that will complement your home, garden and even office. Some projects may require the purchase of additional materials. Please contact recreation center for supply list.

Green Road Community Center – Course Fee: \$40

#200038 Apr 4-25 T 6:15-7:15pm

Sewing: 101

Age: 18yrs and up. 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

#199960 Feb 4-25 Sa 10:00am-12:00pm

Sewing: For Beginners

Age: 18yrs and up. These sewing lessons are for adults who want to learn to construct an item from a simple pattern that has been preselected. You will learn about patterns, needles, fabric and how to use a sewing machine. Class cost does not include material.

Biltmore Hills Community Center – Course Fee: \$30

#199957 Jan 7-28 Sa 11:00am-12:00pm

Senior

Acrylic Painting

This class is for those who want an introduction to acrylic painting or want to expand their painting experience. Students will receive a list of materials to purchase on their own.

Five Points Center for Active Adults

Course Fee: \$55

#197650 Jan 4-Apr 26 W 12:30-3:00pm

#197651 Jan 9-Apr 24 M 10:30am-1:30pm

Ceramics Basics – Painting Greenware

This class introduces students to painting greenware to create beautiful pieces.

Students will be given a supply list of necessary materials to purchase on their own. Instructor: Ann Long.

Five Points Center for Active Adults

#197713 Jan 4-Apr 26 W 9:30am-12:00pm

Craft Group

Join your 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 for Active Adults

Senior Crafts Group

#197718 Jan 3-Apr 27 M-Th 10:00-11:30am

Drawing From History

Whether you are a beginner (no experience needed) or are looking for inspiration to improve your drawing skills and knowledge of art history, this class will help you learn about yourself, master artists and art history. Each class will explore mark making and design, focusing on one historic artist or genre with a fun approach allowing you to use any medium or instrument you like. Materials provided for first class along with a suggested materials list for the rest of the session. Instructor: Suzanne McDermott.

Anne Gordon Center for Active Adults

Course Fee: \$25

#199663 Feb 21-Mar 28 T 9:15am-12:15pm

Five Points Center for Active Adults

Course Fee: \$25

#199664 Feb 21-Mar 28 T 2:00-5:00pm

Greystone Blanketeers

Age: 16yrs and up. Knit, crochet, sew or quilt for charity. We meet the fourth Tuesday of the month from 1:00-4:00pm 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 Betty Boucher at 919-251-9120.

Greystone Community Center

#198134 Jan 24-Apr 25 T 1:00-4:00pm

Joyful Chorus

Enjoy singing? Share your enthusiasm by joining the Joyfuls. Sing for clubs, organizations, groups and events.

Five Points Center for Active Adults

#197762 Jan 9-Apr 24 M 12:15-1:15pm

Knitting and Crocheting

This class is for knitters and crocheters of all levels. Learn basic and new techniques and work on your projects as you socialize with others. Instructor: Judy Bregler.

Anne Gordon Center for Active Adults

Course Fee: \$10

#198866 Jan 10-Feb 28 T 2:00-4:00pm

#198867 Mar 7-Apr 25 T 2:00-4:00pm

#198868 Jan 12-Mar 2 Th 2:00-4:00pm

#198869 Mar 9-Apr 27 Th 2:00-4:00pm

Quilting – Intermediate

This class is designed for individuals who have a basic knowledge of quilting and are comfortable using quilting tools. Sewing machine is required. Each session will have a main design, and we will explore other options if time allows. Instructions and a supply list will be available before the session starts. For more information, please call 919-996-4720

Anne Gordon Center for Active Adults

Course Fee: \$15

#199008 Jan 23-Mar 27 M 1:00-4:00pm

Watercolor Intermediate

If you have learned the basics of watercolor but don't know how to develop, this class will provide instruction and inspiration to help you get unstuck and proceed. In our first class we will review watercolor basics, then have weekly exercises for you to experience different approaches and techniques. All materials provided for the first class, as well as a suggested supply list for the rest of the session. Instructor: Suzanne McDermott.

Anne Gordon Center for Active Adults

Course Fee: \$25

#199665 Jan 10-Feb 14 T 9:15am-12:15pm

Five Points Center for Active Adults

Course Fee: \$25

#199667 Jan 10-Feb 14 T 2:00-5:00pm

Watercolor Intermediate (more)

This class is for anyone who has learned basic watercolor and would like to continue at an intermediate level. Interesting and challenging weekly exercises will help you gain experience with different approaches and techniques and guidance on incorporating those into your own style. All materials provided for first class, which is dedicated to orientation and review, along with a suggested materials list for the rest of the session. Instructor: Suzanne McDermott.

Anne Gordon Center for Active Adults

Course Fee: \$25

#199671 Apr 4-May 23 T 9:15am-12:15pm

Five Points Center for Active Adults

Course Fee: \$25

#199672 Apr 4-May 23 T 2:00pm-5:00pm



Go beyond the studio and make art in a truly inspiring setting, nature!

Monet painted by the water and Van Gogh painted under the stars. Now is your chance to create your own masterpiece. Visit Pullen or Sertoma Arts Centers to borrow an Art Backpack to use while in the park. Stocked with all of the basic art supplies you would need to enjoy an art-filled outing in the park, the Art Backpacks are free to check out and are available on a first-come, first-served basis. Questions? Call Pullen Arts Center at 919-996-6126 or Sertoma Arts Center at 919-996-2329.

Family

Clogging – Advanced

Age: 10yrs and up. Looking for a clogging challenge? Give our advanced class a try. Bryan Craddock is an excellent instructor and is the director of the Hemlock Bluffs Cloggers. Partners are not necessary for this class. Line dances as well as traditional figures and steps are taught.

Joycee Community Center – Course Fee: \$35
 #199598 Jan 5-Feb 23 Th 7:00-8:00pm
 #199599 Mar 2-Apr 27 Th 7:00-8:00pm

Clogging – Beginner

Age: 16yrs and up. Come on and give clogging a try! Bryan Craddock is an excellent instructor and director of the Hemlock Bluff Cloggers. Partners are not necessary for this class. Line dances as well as traditional figures and steps are taught.

Joycee Community Center – Course Fee: \$35
 #199591 Jan 5-Feb 23 Th 6:00-7:00pm
 #199592 Mar 2-Apr 27 Th 6:00-7:00pm

Clogging – Hemlock Bluff Cloggers Club

Age: 16yrs and up. Are you an advanced clogger? Bryan Craddock is the director of the Hemlock Bluffs Cloggers. The club performs at area functions and events.

Joycee Community Center
 #199601 Jan 5-Feb 23 Th 8:00-9:00pm
 #199602 Mar 2-Apr 27 Th 8:00-9:00pm

Dance – Scottish

Age: 12yrs and up. Exercise, socialize and learn the fundamentals of Scottish country dancing through the Carolina Scottish Dance Society. While experienced dancers are welcomed, beginners are taught basic skills to become competent dancers quickly and easily. Memberships dues are \$1 per person per meeting. No registration is necessary. Classes are held on every Wednesday night at Glen Eden Pilot Park, 1500 Glen Eden Drive.

Glen Eden Park – Course Fee: \$1
 #199161 Jan 4-25 W 7:00-10:00pm
 #199162 Feb 1-22 W 7:00-10:00pm
 #199163 Mar 1-29 W 7:00-10:00pm
 #199164 Apr 5-26 W 7:00-10:00pm

Juggling for Genius

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

Method Road Community Center
 #200696 Jan 9-30 M 6:30-8:00pm
 #200697 Feb 6-Mar 6 M 6:30-8:00pm
 #200698 Mar 13-Apr 3 M 6:30-8:00pm
 #200699 Apr 10-May 1 M 6:30-8:00pm

Mommy and Me Movin' and Groovin'

Age: 18-36mths. Ballet, tap, hip-hop, jazz, ballroom: Let's start them early and have some fun, too! Simple steps, fun music and imaginative play combine for a great time of exercise and bonding. Dads, grandparents and nannies welcome, too!

Greystone Community Center – Course Fee: \$49
 #200141 Feb 21-Mar 21 T 9:00-9:45am

Spring Egg Decorating

Age: 3yrs and up. Springtime is here again! Join us at Sanderford Road Center to make fun and colorful decorative eggs with your family. Come one, come all!

Sanderford Road Park
 #199916 Apr 7 F 5:00-6:00pm

Athletics Teams/ Leagues

Athletics Programs

athletics@raleighnc.gov

919-996-6836

Athletic Program Director:

Jason Simpson

jason.simpson@raleighnc.gov

Assistant Athletic Program Director:

Toni Moyer

toni.moyer@raleighnc.gov

Athletic Program Managers:

Ryan Ryba

ryan.ryba@raleighnc.gov

Recreation Facility and Program Supervisor II:

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 5-18 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.

Athletic Teams/Leagues are not currently available for online registration.

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

All City Basketball Open Clinic

Age: 5-19yrs. Basketball Skills Clinic open to the general public. This is a free Clinic taught by volunteers. You will practice basic fundamental skills of basketball. The clinic is for ages 7-18 boys and girls.

Biltmore Hills Community Center

#200902 Mar 4-Apr 8 Sa 10:00am-12:00pm

Girls Spring Softball

Youth Girls Spring Softball registration is February 6-17, 2017. 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, 2016. For more information please go to: www.raleighnc.gov. The fee is \$40 for Raleigh Residents or \$55 for Non-Raleigh Residents.

#200945 **10-12 Girls Modified Pitch**

#200946 **13-17 Girls Fast Pitch**

Lacrosse

Grades: 2nd-6th. Registration is scheduled for January 9-20, 2017. Raleigh Parks, Recreation and Cultural Resources Athletics Division in conjunction with the North Carolina Lacrosse Academy offers Youth LAX for boys grades 2-6. Practices and games will be primarily held at Kiwanis and Buffalo Road Athletic Park. Game and practice days will vary, but expect to practice and play two weekdays and on Saturday. Participants are responsible for providing their own equipment. (Tri-Lacrosse may be able to assist in providing equipment to those participants who may be unable to provide their own due to financial hardship. Interested participants should complete the Youth Lacrosse registration form and turn it in at your local Community Center in January.) The fee is \$75 for Raleigh Residents or \$90 for Non-Raleigh Residents.

#200623 **2nd-4th Grade**

#200624 **5th-6th Grade**

Lions Park Capital City Youth Basketball Summer League

Age: 8-11yrs. The Lions Park Capital City Youth Basketball Summer League offers a chance for youth to participate in an organized basketball league during the summer. Games will be played Mondays or Wednesdays and Saturday mornings. Practice times will vary depending on the team's head coach. Register your child for a summer of fun-filled hoops.

Lions Park Community Center – Course Fee: \$55

#199443 May 8-Jul 23 Daily 6:30-8:30pm

Mini Girls Softball

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 will be February 6-17, 2017. 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, 2016. Practices and games may alternate with several locations through Northeast and possibly Southeast Raleigh sites.

#200948 **City-Wide**

MLB Pitch Hit and Run

Age: 7-14yrs. The Parks, Recreation and Cultural Resources Department hosts an MLB Pitch, Hit and Run event on Saturday, March 12, at Lake Lynn Community Center, 7921 Ray Road. Registration starts at 9:30am This event is free for boys and girls ages 7-14 (based on age as of July 17, 2016). The Pitch, Hit and Run competition allows children to show off their baseball or softball skills at the MLB All-Star Game. Boys and girls divide into age groups to compete in pitch (throwing strikes to a designated target), hit (hitting from a stationary batting tee for distance and accuracy) and run (sprinting from second base to home plate). High scorers advance to sectional competition. Register on site March 12. Please bring copy of participant's birth certificate. Contact: Chris Nadeau at 919-870-2911 or email chris.nadeau@raleighnc.gov.

Lake Lynn Community Center

#200622 Mar 18 Sa 9:30am

Raleigh Rockets Track Club

Age: 7-14yrs. Interested in track and field? Join your local community center to participate in the newest track and field team! Practices will be held twice a week from 5:30-7:00pm. All participants will have the opportunity to compete in track and field meets!

Abbotts Creek Community Center

Course Fee: \$25
#200629 Mar 13-May 24 M,W 5:30-7:00pm

Biltmore Hills Community Center

Course Fee: \$25
#200490 Mar 14-May 25 T,Th 5:30-7:00pm

Brier Creek Community Center

Course Fee: \$25
#200631 Mar 13-May 24 M,W 5:30-7:00pm

Carolina Pines Community Center

Course Fee: \$25
#200496 Mar 13-May 24 M,W 5:30-7:00pm

Chavis Community Center

Course Fee: \$25
#200494 Mar 14-May 25 T,Th 5:30-7:00pm

Green Road Community Center

Course Fee: \$25
#200498 Mar 14-May 25 T,Th 5:30-7:00pm

Jaycee Community Center

Course Fee: \$25
#200497 Mar 13-May 24 M,W 5:30-7:00pm

Laurel Hills Community Center

Course Fee: \$25
#200495 Mar 14-May 25 T,Th 5:30-7:00pm

Marsh Creek Park

Course Fee: \$25
#200636 Mar 14-May 25 T,Th 5:30-7:00pm

Ralph Campbell Community Center

Course Fee: \$25
#200493 Mar 13-May 24 M,W 5:30-7:00pm

Sanderford Road Park

Course Fee: \$25
#200491 Mar 13-May 24 M,W 5:30-7:00pm

Sgt. Courtney T. Johnson Center

Course Fee: \$25
#200492 Mar 14-May 25 T,Th 5:30-7:00pm

Spring Flag Football

Come have fun playing football while learning football skills, fundamentals and sportsmanship. Leagues are offered to children ages 5-13 (age is as of August 31, 2016). All games and practices will in Northwest Raleigh. Registration fees include a shirt. Registration will be held February 6-24, 2017. For more details contact Lake Lynn Community Center at 919-870-2911. The fee is \$65 for Raleigh Residents and \$80 for Non-Raleigh Residents.

Ages 5-7 League

#201100 Jan 8-31 T,Th 5:00-6:00am

Ages 8-10 League

#201105 Feb 5-28 T,Th 5:00-6:00am

Ages 11-13 League

#201108 Mar 5-28 T,Th 5:00-6:00am

Spring Junior Court Stars League

Age: 9-11yrs. This is a fun basketball league for girls and boys 9-11 years old. Participants will learn basketball skills, game strategies, teamwork and sportsmanship through competition. Players must not turn 12 prior to May 31, 2017. Call Roberts Park for additional information at 919- 831-6830.

Roberts Park Community Center

– Course Fee: \$30
#199308 Mar 23-Jun 8 Th 6:00-9:00pm

Spring T-Ball (5-6) Baseball

Youth T-Ball (ages 5-6) Baseball registration is February 6-17, 2017. The T-Ball Baseball League is a way for youth to learn the fundamentals of baseball and to teach positive sportsmanship. This league does not keep score or record wins and losses. Volunteer coaches are needed who enjoy baseball, want to teach youth, and to help develop league participants' skills and knowledge of baseball. League Age is determined by participant's age on August 31, 2016. For more information please go to: www.raleighnc.gov. The fee is \$40 for Raleigh Residents or \$55 for Non-Raleigh Residents.

#200744 **District 1**

#200741 **District 2**

#200742 **District 3**

#200743 **District 4**

Spring Pinto (7-8) Baseball

Youth Pinto (ages 7-8) Baseball registration is February 6-17, 2017. 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, 2016. For more information please go to: www.raleighnc.gov. The fee is \$40 for Raleigh Residents or \$55 for Non-Raleigh Residents.

#200896 **District 1**

#200897 **District 2**

#200898 **District 3**

#200899 **District 4**

Spring Mustang (9-10) Baseball

Youth Mustang (ages 9-10) Baseball registration is February 6-17, 2017. 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, 2016. For more information please go to: www.raleighnc.gov. The fee is \$40 for Raleigh Residents or \$55 for Non-Raleigh Residents.

#200909 **District 1**

#200910 **District 2**

#200911 **District 3**

#200912 **District 4**

Spring Bronco (11-12) Baseball

Youth Bronco (ages 11-12) Baseball registration is February 6-17, 2017. 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, 2016. For more information please go to: www.raleighnc.gov. The fee is \$40 for Raleigh Residents or \$55 for Non-Raleigh Residents.

#200928 **District 1**

#200929 **District 2**

#200930 **District 3**

#200931 **District 4**

Spring Pony (13-14) Baseball

Youth Pony (ages 13-14) Baseball registration is February 6-17, 2017. 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, 2016. For more information please go to: www.raleighnc.gov. The fee is \$40 for Raleigh Residents or \$55 for Non-Raleigh Residents.

#200936 **District 1 and 3**

#200937 **District 2 and 4**

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Spring Colt (15-18) Baseball

Youth Colt (ages 15-18) Baseball registration is February 6-17, 2017. 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, 2016. For more information please go to: www.raleighnc.gov. The fee is \$40 for Raleigh Residents or \$55 for Non-Raleigh Residents.

#200944 **City-Wide**

Youth Volleyball

Age: 8-10yrs. Are you looking to BUMP, SET and ROTATE into a new sport? Then sign up for fun with District sponsored youth volleyball. This Spring league will give participants the opportunity to be introduced, prepare and practice their skills. Registration is Feb 6-19. Registration will remain open, if needed, until league requirements are met, if space is still available. League practices will not start until March and games will be played in April and May. League age is determined by the participant's age as of August 31, 2016. Games and practices will be held at Optimist Community Center.

Optimist Community Center – Course Fee: \$60

#200612 **U10**

#200613 **U14**

Teen

Biltmore Hills Teen Basketball

Age: 11-16yrs. These basketball leagues are for player who want to continue developing their skills throughout the Spring. Jerseys will not be provided. Registration will be held March 1-15, 2016.

Biltmore Hills Community Center – Course Fee: \$40

#199907 Apr 4-May 25 T,Th 6:00-9:00pm

#199908 Apr 3-May 27 M,W,Sa 6:00-9:00pm

RPD Summer Basketball at Method

Age: 13-14yrs. Method Community Center and the Raleigh Police Department in coordination with community centers throughout Raleigh offer youth basketball for ages 13-14 and 15-16. Registration will be at all city parks March 27-April 9. Each participant must provide a copy of birth verification before registering and must have insurance. League age is determined by the participant's age as of August 31, 2016. All games will be played at Method Community Center and practices will be at your local community center.

Method Road Community Center – Course Fee: \$45

Campbell – Jr League

Adult

Adult Outdoor Pickleball League

Age: 18yrs and up. Raleigh Parks, Recreation and Cultural Resources has teamed with the Triangle Pickleball League to host a six-team league with 10 players per team. Teams will be determined by draft. All matches will be played at Method Community Park. Register at any of the five pickleball sites, including Method, Optimist, Five Points, Brier Creek and Lake Lynn centers. Participants must be 18 years old on or before March 5, 2016.

Method Road Community Center – Course Fee: \$10
#200633 Mar 4-May 6 Sa 9:00am-3:00pm

Basketball – Adult Spring League District 3

Age: 18yrs and up. Adult basketball league registration is Feb. 13, 2016, until filled. Teams can have only 12 players on a roster. Play begins the week of March 13. Open Leagues A&B, C&D and church leagues play at Method Center. Each team is guaranteed 10 games.

Method Road Community Center

Church League – Course Fee: \$350

#200639 Mar 11-May 13 Sa 9:30am-12:00pm

A&B League – Course Fee: \$395

#200637 Mar 13-May 3 M,W 7:00-9:00pm

#200638 Mar 14-Apr 20 T,Th 10:00am-12:00pm

Outdoor Fall Basketball Tournament at Powell Drive Park

Age: 18yrs and up. Registration will be open to the first eight paid teams for this one-day round robin or double elimination outdoor basketball tournament at Powell Drive Community Center. There will be an eight-man roster for 12-point/20-minute games with each team guaranteed 3-plus games. First- and second-place trophies will be awarded.

Powell Drive Park – Course Fee: \$65

#200975 Apr 8 Sa 9:00am-7:00pm

Sand Volleyball – Spring League

Age: 18yrs and up. Catch spring volleyball fever. Get a jump start on the summer season with our spring sand season. Registration dates: February 10-19, 2017. Leagues: beginner, intermediate, advanced. Team registration: 6-person, 4-person, 3-person and doubles. League will play mid March-May at Jaycee Park. Play days have been determined as outlined below. Dates may change due to weather or scheduling conflicts. Space is limited by day/league.

Jaycee Community Center

Course Fee: \$50

Doubles-Coed Advanced

#199624 Mar 15-May 3 W 6:00-10:00pm

#199628 Mar 16-May 4 Th 6:00-10:00pm

Course Fee: \$60

Coed 3 Person Intermediate

#199630 Mar 13-May 1 M 6:00-10:00pm

#199631 Mar 15-May 3 W 6:00-10:00pm

Course Fee: \$70

Coed 4 Person Beginner

#199626 Mar 13-May 1 M 6:00-10:00pm

#199629 Mar 14-May 16 T 6:00-10:00pm

Course Fee: \$80

Coed 6 Person-Beginner

#199625 Mar 14-May 2 T 6:00-10:00pm

#199627 Mar 16-May 4 Th 6:00-10:00pm

Adult Spring Kickball

The Athletics Division is offering adult kickball. Registration will take place from Monday, March 13 through Thursday, March 16 at 2401 Wade Avenue in Jaycee Park from 8:30am-6pm. Games will begin around the end of March. For more information please call (919) 996-6836. Registration will be conducted by a team fee basis of \$300.

#200643 **Intermediate** M,W

#200644 **Beginner** T,Th

Adult Spring Softball

Age: All Ages. The Athletics Division will be holding registration for Adult Spring Softball from Monday, February 20th through Thursday, February 23rd at Wade Avenue Building (2401 Wade Ave.) from 9am- 6pm for participants ages 18 and up. Registration will be taken for Men's and Women's Open Leagues, Church and Coed. Registration will be taken by a team fee of \$450 with a Non Raleigh Resident fee of \$24 per player. Plan to begin on April 3rd. Each team will receive a 12 game season. The tournament will be an additional \$50 per team.

Various City-Wide Fields:

Carolina Pines, Cedar Hills, Green Road, Millbrook

Exchange, and Worthdale

Course Fee: \$450

#200625 **Men's Open**

#200626 **Women's**

#200627 **Co-Ed**

#200628 **Church**

Adult Softball Spring Tournament

Age: All Ages. Adult Softball Tournament entries for the SPRING 2017 program— ONLY TEAMS THAT ARE CURRENTLY ENROLLED IN LEAGUE PLAY ARE ELIGIBLE!

Various City-Wide Fields:

Carolina Pines, Cedar Hills, Green Road, Millbrook

Exchange, and Worthdale

Course Fee: \$50

#200965



Educational



Preschool

Alphabet Art and Creative Counting

Age: 2-3yrs. Can your little one count by two and draw a U? Come sit with your little learner as we draw, sound out and create letters and numbers. This class will keep your little one's attention with art projects, exploration and lots of silly songs and movements.

Laurel Hills Community Center

Course Fee: \$12
 #199925 Jan 9-23 M 10:15-11:15am
 Course Fee: \$16
 #199927 Mar 6-27 M 10:15-11:15am

Bodacious Biology: Critter Cravings – What Animals Eat!

Age: 4-6yrs. Learn, laugh and play as we discover mammalian munchies, gastropod gastronomies, arthropod appetites and other creature cravings. What do birds eat? What do reptiles dine on? What makes a food desirable? Why don't all mouths have teeth? Does a whale need a whale of a meal? Let's find out! Sessions are interdisciplinary with stories, games, songs, movement and crafts

in addition to scientific discovery. When possible, a real live hungry critter will make an appearance!

Greystone Community Center – Course Fee: \$49
 #200138 Feb 21-Mar 21 T 12:00-1:00pm

Bodacious Biology: Dinosaurs and Friends!

Age: 4-6yrs. Learn, laugh and play as we discover the fascinating world of the dinosaurs. What are they? What are they not? How did they move? What did they eat? Where did they live? Were they big or little? What animals lived with them? Let's find out! Sessions are interdisciplinary with stories, games, songs, movement and crafts in addition to scientific discovery. When possible, a real live dinosaur relative will make an appearance!

Greystone Community Center – Course Fee: \$49
 #198502 Jan 17-Feb 14 T 12:00-1:00pm

Down at the Farm

Age: 5-6yrs. Join us down in the barnyard! During this half day camp we will read books, make arts and crafts, learn about different farm animals and play games. Please send your

child with a morning snack. Participants must be potty trained.

Halifax Community Center – Course Fee: \$68
 #200396 Apr 10-13 M-Th 9:00am-12:00pm

Fizz, Muck, Bubbles and Goo

Age: 4-6yrs. We'll mix up some crazy concoctions and do some messy experiments using stuff around the house: slime, bubbles, crazy dough, goo and more. So get ready for some messy fun! Participants will learn and explore science by doing hands-on activities such as art projects, experiments and games. Parents are encouraged to participate.

Joycee Community Center – Course Fee: \$32
 #200311 Feb 1-22 W 10:30-11:15am

Little Learners Preschool Program

Age: 3-5yrs. Little Learners, formerly known as Leap into Learning, is an interactive preschool program for ages 3-5. The curriculum includes activities that foster social skills as well as critical and individual thinking. 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 so create an environment that will nurture positive character development and an excitement for learning. Little Learners runs September through April. Participants must be toilet-trained; no diapers or pull-ups. All children will need to bring a snack and drink each day. Child's age is determined as of August 31, 2016.

Greystone Community Center

Course Fee: \$162
 #198139 Apr 3-28 M,W,F 9:15am-12:15pm
 Course Fee: \$198
 #198136 Jan 4-30 M,W,F 9:15am-12:15pm
 Course Fee: \$216
 #198137 Feb 1-27 M,W,F 9:15am-12:15pm
 Course Fee: \$252
 #198138 Mar 1-31 M,W,F 9:15am-12:15pm

Storybook Land Adventures

Age: 18mths-3yrs. Bring your curious little mind to our Story Book 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: \$16
 #199911 Feb 6-27 M 10:15-11:15am
 #199913 Apr 3-24 M 10:15-11:15am

Youth

Bike Safety at the Wetland Center

Age: 7yrs and up. The Raleigh Police Department will help children learn to ride safely while also testing their skills on their

bikes. Children must bring their own bicycle and already be able to ride. Free greenway maps will be given to families, as well. This is a free program, but preregistration is appreciated.

Walnut Creek Wetland Center

#199187 Mar 25 Sa 10:00am-12:00pm

Build Your Own Ride

Age: 7-12yrs. Put your hottest model car on display. Maybe you like the Lexus, Corvette or even the Escalade. No matter which car you like, let's build it together. Instructor will purchase additional materials needed. Please come to class knowing which model car you would like to build. The car is yours to take home, so you can show everyone your new ride.

Roberts Park Community Center – Course Fee: \$20

Let's Build a Car

#199331 Apr 29 Sa 11:00am-1:00pm

Homeschool – Community Connections

Age: 6-12yrs. Where does my trash go? How do we get water to drink? How many parks and greenways does our city have? What makes our great city the capital of our state? Come join us as we explore these questions and more. Games, crafts and field trips enhance this community connection experience. Class length is six weeks, with a makeup class, if needed, added the week following the scheduled end of the session. Instructor: Jessica Marshall.

Optimist Community Center – Course Fee: \$55

#201214 Jan 12-Feb 16 Th 10:00am-12:00pm

#201230 Mar 9-Apr 13 Th 10:00am-12:00pm

Introduction to Music

Age: 5-10yrs. A Musical Adventure: Introduction to Music will allow students to display mastery of musical skills and concepts by hands on participation. They will perform music as musicians in displaying their abilities through playing various instruments such as guitar, violin, piano, cello, harp, drums, flute, and voice. Students will foster the ability to read and notate music, develop a listening ear, and encourage creative compositions that translate their thoughts and emotions into musical expression.

Biltmore Hills Community Center – Course Fee: \$50

#200813 Jan 3-Feb 14 T 6:30-7:30pm

#200814 Jan 3-Feb 14 T 7:30-8:30pm

Kids and Wealth

Age: 9-13yrs. This class teaches youth how to earn, save, budget and explore revenue-producing avenues. In addition, it teaches youth how to become entrepreneurs. Participants will learn that a business can be home-based, providing supplemental income or enough income to support yourself.

Roberts Park Community Center – Course Fee: \$15

#199326 Feb 11 Sa 9:30-11:00am

#199327 Apr 22 Sa 9:30-11:00am

Kids Sign and Fun

Age: 8-12yrs. Enjoy learning American Sign Language through games, songs and general play! Instructor Bettie Iftenbach will teach the basics in a fun and exciting environment.

Laurel Hills Community Center – Course Fee: \$30

#199632 Mar 1-22 W 4:30-5:30pm

#199633 Apr 5-26 W 4:30-5:30pm

Little Medical School: First Aid!

Age: 5-11yrs. Little Medical School brings medicine, science and the importance of health to children in an entertaining, exciting and fun way. Through hands-on demonstrations, crafts and games, children are actively engaged as they explore the world of medicine. In this class, students will learn how to respond when first aid is needed and be able to identify items needed in a first aid kit.

Greystone Community Center – Course Fee: \$16

#198381 Mar 11 Sa 10:00-11:00am

Little Medical School: Mini Class Part 1

Age: 5-11yrs. Little Medical School brings medicine, science and the importance of health to children in an entertaining way. Children learn while having fun as they dress up like doctors, use medical instruments and discover how the body works. Through hands-on demonstrations, crafts and games, children are actively engaged as they explore the world of medicine. Our programs aim to inspire children to aspire for careers in health care. The Little Medical School Mini Class Part 1 and Part 2 classes do not have to be taken in order.

Greystone Community Center – Course Fee: \$50

#198382 Jan 23-Feb 13 M 5:00-6:00pm

Little Medical School: Mini Class Part 2

Age: 5-11yrs. Little Medical School brings medicine, science and the importance of health to children in an entertaining way. Children learn while having fun as they dress up like doctors, use medical instruments and discover how the body works. Through hands-on demonstrations, crafts and games, children are actively engaged as they explore the world of medicine. Our programs aim to inspire children to aspire for careers in health care. The Little Medical School Mini Class Part 1 and Part 2 classes do not have to be taken in order.

Greystone Community Center – Course Fee: \$50

#198383 Mar 6-27 M 5:00-6:00pm

Morals and Manners Part 3

Age: 8-16yrs. This program equips youth with skills that will last for a life time. Students will learn how to cope with daily challenges and how to respect themselves and others. This is where morals and manners meet. Refreshments will be served.

Roberts Park Community Center

Life Skills Part 2

#199332 Jan 15 Su 3:00-5:00pm

#199333 Feb 19 Su 3:00-5:00pm

#199334 Mar 19 Su 3:00-5:00pm

#199335 Apr 23 Su 3:00-5:00pm

Morning Coffee for Kids

Age: 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 students to Abbotts Creek Elementary School at the conclusion of the session to ensure they are on time and ready to learn!

Abbotts Creek Community Center

Course Fee: \$30

#197806 Apr 4-27 T,Th 8:30-9:15am

Course Fee: \$40

#197803 Jan 3-26 T,Th 8:30-9:15am

#197804 Feb 2-28 T,Th 8:30-9:15am

#197805 Mar 2-28 T,Th 8:30-9:15am

Saturday Morning Sciences

Age: 9-14yrs. Saturday Morning Sciences is a series of public lectures aimed at bringing the joy and variety of science to students and their families. City of Raleigh staff and speakers from elsewhere will talk about aspects of science and mathematics that they find fascinating or useful.

Sgt. Courtney T. Johnson Center – Course Fee: \$10

#201066 Dec 17 Sa 11:30am-12:30pm

#201067 Apr 8 Sa 11:30am-12:30pm

#201068 May 13 Sa 11:30am-12:30pm

Science Fun Hour

Age: 5-12yrs. This program encourages youth to learn more about science through hands-on activities that are educational and fun! Classes will be held the 2nd and 4th Friday of each month. Instruction by Score One Up.

Sanderford Road Park

#201160 Mar 10 F 5:00-6:00pm

Spring Break Safari Camp

Age: 7-11yrs. Every day will be an adventure on this safari! Discover different animals and habitats through arts and crafts, experiments and games! Please pack a lunch and two snacks.

Halifax Community Center – Course Fee: \$100

#200363 Apr 10-13 M-Th 8:30am-5:30pm

Tech-Reation

Age: 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 technology and recreation play in our day-to-day lives! The instructor will walk participants to Abbotts Creek Elementary at the conclusion of the session each day.

Abbotts Creek Community Center

Course Fee: \$30

#197958 Apr 3-26 M,W 8:30-9:15am

Course Fee: \$35

#197955 Jan 4-30 M,W 8:30-9:15am

#197956 Feb 1-27 M,W 8:30-9:15am

Course Fee: \$40

#197957 Mar 1-27 M,W 8:30-9:15am

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The Faces of a Bully

Age: 9-15yrs. This class teaches preteens and teens various techniques to improve self-esteem, develop self-help skills, utilize refusal skills, handle peer pressure and confront daily challenges by simply changing the way they think and feel. You must have the right attitude to achieve success and not succumb to bullying.
Roberts Park Community Center
#199328 Apr 8 Sa 12:30-1:30pm

Tuskegee Airmen Youth Aviation Academy

Age: 12-13yrs. Aviation is an explosive industry with tremendous growth projected over the next several decades. This program helps make youth aware of the many careers and life experiences available in aviation. Participants will discuss the history of Tuskegee Airman, complete a community service project, build model planes, apply math to aviation problems, fly flight simulators and visit aviation museums and airports. Program open to boys and girls ages 10 to 12. Program will take place the first Saturday of each month from February through June.
Sanderford Road Park
#199919 Jan 7-Feb 11 Sa 11:00am-1:00pm

What's in the Doctor's Bag? All About the Heart!

Age: 5-11yrs. Little Medical School brings medicine, science and the importance of health to children in an entertaining way. Through hands-on demonstrations, crafts and games, children are actively engaged as they explore the world of medicine. Students will learn about instruments doctors use and how the heart functions. They will even get their own working stethoscope to keep!
Greystone Community Center – Course Fee: \$30
#198380 Feb 25 Sa 10:00am-12:00pm

Teen

Coding Crash Course for Teens

Age: 14-18yrs. Computer coding has become a valuable skill in the 21st century workforce. Through an interactive workshop, students will learn the basics of HTML and web design. Students will have the opportunity to express their passions by creating a website in a chosen topic.
St. Monica Teen Center – Course Fee: \$20
#200649 Feb 4 Sa 9:00am-12:00pm
#200650 Apr 10 M 2:00-5:00pm

Financial Literacy for Teens

Age: 14-18yrs. Learn valuable leadership and financial skills in a fun and engaging atmosphere. Through this instructor led and online workshop, students will have opportunities for practical interaction with their peers in a collaborative setting. Students will learn subjects such as setting financial goals, paying for college and

budgeting. At the end of this 12-session course, students will become certified in Ever-Fi financial literacy.
St. Monica Teen Center – Course Fee: \$60
#200656 Feb 6-Mar 15 M,W 6:00-8:00pm

Makeup Artistry with Andrea Bynum

Age: 12-18yrs. Get ready for your prom, formals, debutante balls and other special occasions with this class in makeup artistry. Teens will learn how and when to wear day, evening and glam makeup and the difference in applications and techniques. Those interested can prepare for Advanced Makeup Artistry and possible certification.
Method Road Community Center – Course Fee: \$45
#201151 Mar 4-25 Sa 11:00am-12:30pm
#201152 Apr 8-29 Sa 11:00am-12:30pm

Teambuilding For Teens

Age: 12-19yrs. Let the Teen Program custom design a team-building workshop to help meet your group's needs and challenges. Initiative activities are used to enhance problem-solving, team-building, conflict resolution and other life skills through experiential learning and will be tailored to your group. These programs are great for schools, church groups, student councils, drop-out prevention programs and established youth groups. Courses will be held at the site of your choice and will be scheduled according to staff 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 two hours. We require a staff member to student ratio of 1:8. Call the Teen Program at 919-996-2140 for more information.

Adult

Birds – Raleigh-Durham Caged Bird Society

Age: 18yrs and up. 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 at Glen Eden Pilot Park, 1500 Glen Eden Drive. Membership dues are \$1 per person per meeting. No registration necessary.
Glen Eden Park – Course Fee: \$1
#199165 Jan 15 Su 1:00-5:00pm
#199166 Feb 19 Su 1:00-5:00pm
#199167 Mar 19 Su 1:00-5:00pm
#199168 Apr 16 Su 1:00-5:00pm

Creating Health

Age: 16yrs and up. Explore what health means to you, define your optimal health vision and goals, assess your current health, learn simple mindfulness techniques, and design a plan to achieve your desired state of wellness in this interactive group coaching program led by certified integrative health

coach Marilee Johnson.
Abbotts Creek Community Center – Course Fee: \$5
#197951 Jan 3 T 6:30-7:30pm
#197952 Feb 7 T 6:30-7:30pm
#197953 Mar 7 T 6:30-7:30pm
#197954 Apr 4 T 6:30-7:30pm

Distraction Proofing for your Dog

Age: 16yrs and up. This class is for dogs of any age that know the basics, but out in public or off a leash are tempted and distracted. This class will improve your ability to control your dog in unexpected situations. In addition we work on getting their attention without food in your hands! By adding distractions and practicing commands off leash, your dog will improve self-control and make your public outings more fun.

Jaycee Community Center – Course Fee: \$125
#199968 Jan 17-Feb 21 T 8:00-9:00pm
#199969 Mar 7-Apr 11 T 8:00-9:00pm

Dog – Basic Dog Obedience 101

Age: 16yrs and up. You will learn the importance of your role as leader and teach your dog self-control. Together, you and your dog learn sit, down, come, stay and to walk on a loose leash without pulling. Resulting in improved behavior in public as well as home. This course is for dogs 3 and half months and older.

Jaycee Community Center – Course Fee: \$125
#199966 Jan 17-Feb 21 T 7:00-8:00pm
#199967 Mar 7-Apr 11 T 7:00-8:00pm

Dog Obedience

Age: 13yrs and up. This course offers instruction in basic commands and controlling your dog. The Raleigh Kennel Club provides this class as a community service. An AKC Canine Good Citizen test will conclude the class, with passing dogs earning their AKC CGC title. This test evaluates the ability of a dog to display good public manners. Dogs should be no younger than 6 months old.

Millbrook Exchange Community Center
Course Fee: \$40
#198945 Mar 22-May 24 W 7:30-8:30pm

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

Age: 18yrs and up. These beginner-level classes are designed for people who use a primary language other than English and are interested in learning important skills to communicate in English. 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.

Abbotts Creek Community Center
#197597 Jan 9-Feb 20 M 7:00-8:30pm
#197598 Mar 13-Apr 24 M 7:00-8:30pm
Brier Creek Community Center
#201747 Jan 11-Feb 15 W 7:00-8:30pm
#197582 Jan 14-Feb 18 Sa 11:30am-1:00pm
#197600 Feb 25-Apr 1 Sa 11:30am-1:00pm
#201748 Mar 1-Apr 5 W 7:00-8:30pm

Chavis Community Center

#197602 Jan 7-Feb 11 Sa 11:30am-1:00pm
 #197601 Apr 22-May 27 Sa 11:30am-1:00pm

Green Road Community Center

#197584 Jan 4-Feb 8 W 6:30-8:00pm
 #197585 Jan 7-Feb 18 Sa 11:30am-1:00pm
 #197587 Mar 1-Apr 5 W 6:30-8:00pm
 #197586 Mar 11-Apr 22 Sa 11:30am-1:00pm

Marsh Creek Park

#197583 Jan 25-Mar 1 W 6:30-8:00pm
 #197580 Mar 8-Apr 12 W 6:30-8:00pm

Method Road Community Center

#197588 Jan 12-Feb 16 Th 6:30-8:00pm
 #197599 Mar 9-Apr 13 Th 6:30-8:00pm

Peach Road

#197589 Jan 31-Mar 7 T 6:30-8:00pm
 #197590 Feb 2-Mar 9 Th 6:30-8:00pm
 #197591 Mar 21-Apr 25 T 6:30-8:00pm
 #197592 Mar 23-Apr 27 Th 6:30-8:00pm

Ralph Campbell Community Center

#197595 Jan 11-Feb 15 W 1:00-2:30pm
 #197596 Mar 8-Apr 12 W 1:00-2:30pm

Walnut Creek Wetland Center

#199596 Jan 10-Feb 14 T 10:30am-12:00pm
 #197581 Mar 7-Apr 11 T 10:30am-12:00pm

Flower Arranging 101

Age: 16yrs and up. This course is a great way to learn the basics of floral designs just in time for the holidays. The course covers bow making, beautiful corsages, boutonnieres, floral head wreaths and bud vases. Learn important skills to improve your flower arrangement technique. Call for supply list.

Method Road Community Center – Course Fee: \$20

#201010 Feb 7-28 T 6:30-8:00pm
 #201011 Mar 21-Apr 11 T 6:30-8:00pm

Intro to Rain Barrels and Rain Gardens

Age: 16yrs and up. Learn the basics of how to design and install a rain garden or a 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 also will discuss using native plants and other DIY practices for protecting our natural resources. Advance registration required.

Walnut Creek Wetland Center

#201375 Mar 4 Sa 10:00am-12:30pm

Meditation at Marsh Creek

Age: 18yrs and up. This class will offer teachings about meditation and its benefits. It will introduce participants to mindfulness meditation and other types of meditation, including single point concentration, analytical, visualization, metta (loving-kindness) and intention. It will also introduce walking meditation. Participants will be guided through each practice, which promote balance, clarity and feelings of well-being in every aspect of life. The goal: Becoming better human beings.

Marsh Creek Park – Course Fee: \$20

#200229 Jan 3-Feb 7 T 7:00-8:00pm
 #200230 Feb 14-Mar 21 T 7:00-8:00pm
 #200231 Apr 4-May 9 T 7:00-8:00pm

Sign Language ASL I

Age: 14yrs and up. Want to learn sign language? This is a good place to start. Get the basics and build your vocabulary in a fun and relaxed atmosphere. Beginning classes are geared toward the needs of registrants. It is best to take a few beginner classes before moving on to intermediate. This four-week course will help emergency workers learn basic alphabet and emergency signs used in various situations.

Laurel Hills Community Center – Course Fee: \$80
 #199619 Mar 1-22 W 6:00-7:30pm

Spanish for the Workplace

Age: 16yrs and up. This course teaches general customer service skills in Spanish to better communicate with Spanish-speaking workers and clients.

Peach Road – Course Fee: \$20
 #199917 Feb 7-Mar 7 T 6:30-7:30pm

Spanish I/Español I

Age: 18yrs and up. This course is an introduction to basic conversational Spanish with an emphasis on listening and speaking. Topics such as time, days, months, colors, simple dialogues and present tense of verbs are covered. Este curso es una introducción a la conversación en Español con Énfasis en escuchar y hablar. Se cubrirán temas como el concepto del tiempo, días de la semana, meses y colores. También practicaremos diálogos simples y el tiempo presente de los verbos.

Barwell Road Community Center

Course Fee: \$50
 #199360 Feb 1-Mar 8 W 6:30-8:00pm
 #199361 Mar 29-May 10 W 6:30-8:00pm

Jaycee Community Center

Course Fee: \$50
 #199358 Jan 7-Feb 11 Sa 1:00-2:30pm
 #199359 Mar 4-Apr 8 Sa 1:00-2:30pm

Millbrook Exchange Community Center

Course Fee: \$50
 #199356 Jan 20-Feb 24 F 6:30-8:00pm
 #199357 Mar 17-Apr 28 F 6:30-8:00pm

Senior

Computer and Email Basics for Beginners

Prerequisite: Little or no computer skills. Applies to Windows 10. This course is for beginners or new users who are starting to get familiar with a computer, mouse and keyboard. Class exercises improve skills in these areas and teach participants to create and save short documents. Students will also be introduced to the basics of Internet usage, creating an email ID, sending and receiving messages and uploading and downloading attachments and photos. For more information, call Raleigh SeniorTechEd at 919-954-3688.

Five Points Center for Active Adults

Course Fee: \$30
 #199048 Jan 17-Feb 21 T 2:00-4:00pm

Computer Fundamentals – Beyond the Basics

Prerequisite: ‘Computer and Email Basics’ or equivalent computer knowledge. Applies to: Windows 10. This course is for students who have basic computer experience using the mouse and keyboard. The student will learn the basics of Windows 10 as well as how to use the different features and functions. You will learn how to enter/edit text and to save and retrieve data files. For more course information, contact Raleigh SeniorTechEd at 919-954-3688.

Anne Gordon Center for Active Adults

Course Fee: \$20
 #199052 Feb 8-Mar 1 W 1:30-3:30pm

Five Points Center for Active Adults

Course Fee: \$20
 #199050 Jan 12-Feb 2 Th 1:30-3:30pm
 #199051 Mar 23-Apr 13 Th 1:30-3:30pm

Edge-ing the Internet

Prerequisite: Beginning Computers and Email or equivalent. This course teaches proper and safe ways to browse the Internet using Microsoft Edge, the Windows 10 browser. The course also covers file downloading, browser customization, favorites and security concepts. Applies to: Windows 10. For more information, call Raleigh SeniorTechEd at 919-954-3688.

Anne Gordon Center for Active Adults

Course Fee: \$20
 #199065 Jan 18-Feb 8 W 9:30-11:30am

Five Points Center for Active Adults

Course Fee: \$20
 #199064 Mar 9-30 Th 9:30-11:30am

Excel: Level I

If you would like to calculate a budget and track your utility bills, etc., but have been putting it off, then learning Excel is for you. This class starts with basic definitions, continues with calculation examples and discusses formatting and colors. Student level: Experienced PC user. Applies to MS Office, Windows 7, 8 and 10. For more information, call Raleigh SeniorTechEd at 919-954-3688.

Anne Gordon Center for Active Adults

Course Fee: \$10
 #199066 Feb 10 F 9:30-11:30am

Five Points Center for Active Adults

Course Fee: \$10
 #199067 Feb 16 Th 1:30-3:30pm

Excel: Level II

This class is for experienced PC users who are familiar with Excel. The class builds on the lessons in the Introduction class, adding more functions and how to find them. Sorting data, drawing a graph, header/footer creation and page-break previews are also discussed. Applies to: Windows 7, 8 and 10. For more information, call Raleigh SeniorTechEd at 919-954-3688.

Anne Gordon Center for Active Adults

Course Fee: \$10
 #199070 Mar 17 F 9:30-11:30am

Five Points Center for Active Adults

Course Fee: \$10
 #199069 Apr 20 Th 9:30-11:30am

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Finance: Estate Planning

What does estate planning really mean? Do you have to have a will? What is a trust? Who will care for you if you need help? Tom McCuiston's presentation will answer these questions and more! After attending, you will have a better understanding of this important information.

Five Points Center for Active Adults
#199009 Feb 28 T 1:00-2:00pm

Finance: International Estate Planning

In recent years, there have been significant efforts calling for enhanced international thinking on estate and gift tax laws. Tom McCuiston's presentation will help you learn how to plan your estate so that your family does not pay hundreds of thousands of dollars in estate taxes that could have been avoided by knowledgeable international estate tax planning.

Five Points Center for Active Adults
#199014 Apr 25 T 1:00-2:00pm

Finance: Medicare 101

The Seniors' Health Insurance Information Program (SHIIP) is a division of the N.C. Department of Insurance that offers free, objective information about Medicare, Medicare supplements, Medicare Advantage plans, Medicare prescription drug plans, Medicare fraud and abuse and long-term care insurance. This seminar will provide a quick explanation of Medicare and a time for questions.

Anne Gordon Center for Active Adults
#199017 Mar 30 Th 1:00-3:00pm

Five Points Center for Active Adults
#199018 Feb 21 T 1:00-3:00pm
#199019 Apr 18 T 11:00am-1:00pm

Finance: Social Security Strategies for Retirement

This class will provide information on how Social Security fits into your retirement income plan, when benefits should be taken and how taxes are best handled. Presented by Edward Jones Investments and Resources for Seniors.

Anne Gordon Center for Active Adults
#199031 Jan 19 Th 1:30-2:30pm

Five Points Center for Active Adults
#199032 Feb 2 Th 11:00am-12:00pm
#199033 Mar 16 Th 11:00am-12:00pm

Five Wishes

This program is designed to help you express your personal, emotional and spiritual needs as you plan for the future. It helps you decide how you wish to be treated if you become seriously ill and select the person you want to make your health care decisions in the event you are unable. The program was written with the help of the American Bar Association's Commission on Law and Aging. It is sponsored by Liberty Hospice Services and Resources for Seniors.

Anne Gordon Center for Active Adults
#199010 Mar 9 Th 11:00am-12:00pm

Five Points Center for Active Adults
#199011 Mar 16 Th 10:00-11:00am

Genealogy Fun Using Ancestry.com

This class is for computer users who are experienced with web browsing and are beginning or casual users of Ancestry.com. The class will teach you how to build and add members to your family tree on Ancestry.com using its tree storage and research capabilities. Users may already have an Ancestry account or the instructor will advise how to get a trial subscription before the class start date. Students may bring personal laptops or use classroom PC. For more information, please call Raleigh SeniorTechEd at 919-954-3688.

Five Points Center for Active Adults
Course Fee: \$20
#199071 Jan 10-31 T 9:30-11:30am
#199073 Feb 7-28 T 9:30-11:30am
#199074 Apr 4-25 T 9:30-11:30am

Google Can Do That?

Prerequisite: Computer Fundamentals or equivalent. In this workshop, you will learn about and use several free Google applications. This includes Google Maps, Earth, Drive, Books, YouTube, Calendar and others. Applies to: Windows 10. For more information, call Raleigh SeniorTechEd at 919-954-3688.

Five Points Center for Active Adults
Course Fee: \$15
#199075 Mar 21-28 T 2:00-4:30pm

Google Chrome

Prerequisite: Computer Fundamentals or equivalent. This class will teach students to install and use the Internet browser Google Chrome. Please bring your personal laptop to the workshop. If you have a desktop system at home, you will install Google Chrome on one of our SeniorTechEd laptops to get hands-on experience in the workshop. Applies to: Windows 10. For more information, please call Raleigh SeniorTechEd at 919-954-3688.

Five Points Center for Active Adults
Course Fee: \$15
#199076 Feb 15-22 W 9:30-11:30am
#199077 Mar 7-14 T 9:30-11:30am

Google Photos

This class for experienced PC users encompasses basic photo editing and sharing photos using Google's new Google Photos app that can be used on most devices. Applies to: Windows 10.

Five Points Center for Active Adults
Course Fee: \$15
#199078 Mar 17-24 F 1:30-3:30pm

Health Topic: Blood Pressure Screening

Take advantage of these FREE blood pressure screening offered by Dr. Casey Baldwin with Resources for Seniors; or a registered nurse from Raleigh Rehabilitation.

Five Points Center for Active Adults
#199036 Jan 3-Apr 20 1st T, 3rd M 9:30-10:15am

Health Topic: Health Talks with Dr. Baldwin

Dr. Casey Baldwin, RFS senior care pharmacist, will be on site each month to discuss an important health topic for older adults. Cosponsor: Resources for Seniors.

Five Points Center for Active Adults
#199037 Jan 3-Apr 4 T 10:15-11:15am

Health Topic: Healthy Fats vs Unhealthy Fats

Ever wonder what all the hype is about regarding fat in our diets? Should you use olive oil or coconut oil in your cooking or meal preparation? Which fats are 'good' fats and which are not? Learn about healthy fats, how much fat we should eat and why we need them.

Five Points Center for Active Adults
#199039 Feb 17 F 10:15-11:15am

Health Topic: Healthy Heartbeat

February is National Heart Health Month. Learn about your heart, its related conditions and disease management. Free blood pressure screenings follow the class. Sponsored by Raleigh Rehabilitation Center.

Five Points Center for Active Adults
#199038 Feb 16 Th 10:00-11:00am

Health Topic: Hearing the Whole Conversation

Do you or do you know someone who struggles to hear on the telephone? Learn about Clear Caption and how persons with hearing loss can receive a free phone which displays the whole conversation in text, offers hands-free calls and digital amplification boosts voice up to 50 decibels. Clear caption is a free program for seniors or hearing impaired persons. If you know someone who could benefit from this program please invite them to hear this presentation.

Anne Gordon Center for Active Adults
#199040 Jan 12 Th 11:00am-12:00pm
Five Points Center for Active Adults
#199041 Feb 28 T 1:00-2:00pm

Health Topic: How to Evaluate Home Care Agencies

Learn strategies to make the most of the care you are paying for and make sure the job they are doing is what you want. Hear the realities of home care. Determine when you need to start getting care at home. Sponsored by Another Daughter and Resources for Seniors.

Anne Gordon Center for Active Adults
#199012 Apr 6 Th 1:00-2:00pm
Five Points Center for Active Adults
#199013 Apr 4 T 1:00-2:00pm

Health Topic: Making Warm and Hearty Soups

Soups have been a go-to meal for generations for a reason: they are comforting, hearty, fulfilling, and healthy. They are kind on the wallet; taste even better reheated; and freeze beautifully. Come be inspired with Abbotswood at Stonehenge Wellness Staff by savory traditional soups,

as well as some exciting new flavors, all while using fresh produce from your local farmer's market or grocery store!

Anne Gordon Center for Active Adults

#199042 Mar 2 Th 1:00-2:00pm

Five Points Center for Active Adults

#199043 Feb 28 T 1:00-2:00pm

Health Topic: Noggin Joggin'

Brain training that targets memory, attention and focus may lead to better recollection, faster reaction time and an overall sharper mind. Our Noggin Joggin' brain games aim to stave off dementia, strengthen critical thinking skills and promote brain health.

Join us monthly in a variety of brain-stimulating activities to keep our brains active. Sponsored by Resources for Seniors and Homewatch Caregiving.

Anne Gordon Center for Active Adults

#199044 Feb 6-Apr 17 M 1:30-2:30pm

Five Points Center for Active Adults

#199045 Jan 9-Apr 10 M 10:00-11:00am

Health Topic: Parkinson's Disease Dialogue

Are you living actively in the early stages of Parkinson's disease? Please join us for an inviting open discussion of Parkinson's disease and sharing of experiences in a patient-centered environment. The early goal is to equip us to be 'prosumers' of Parkinson's disease-related healthcare by exchanging information, choosing topics for discussion and sharing the collective wisdom.

Five Points Center for Active Adults

#199047 Jan 27, Feb 24, Mar 31, Apr 28 F 1:00-2:30pm

iOS #1 : iPad/iPhone – Introduction to the Basics

Are you thinking of getting an i-Device from Apple? This course will teach you how to set up your iPhone or iPad, provide a brief overview of the many available applications, or apps. Bring your own i-Devices and your Apple ID and Password.

Five Points Center for Active Adults

Course Fee: \$10
#199080 Jan 11 W 9:30am-12:00pm

iOS #2: Getting to Know Your iPhone

Age: All Ages. This course illustrates the capabilities and underlying concepts of the Apple iPhone. You will learn basic set up, making simple phone calls, and advanced features such as 'Do Not Disturb'. A brief overview of the many applications (apps) available, such as Safari, Mail, Calendar and Contacts. Bring your iPhone.

Five Points Center for Active Adults

Course Fee: \$10
#199081 Jan 18 W 9:30am-12:00pm
#199082 Mar 22 W 9:30-11:30am

iOS #3: Going Further with Built-In Apps

Pre-Req: 'Basics' or 'Getting to Know' class, or Intermediate User. This course will cover how to sync with a Mac or PC, transfer contacts, create contact groups, calendars,

Facetime, and the App Store. eBook readers and how to borrow electronic books from the library will also be covered. Bring your iPad, iPhone, or iTunes.

Five Points Center for Active Adults

Course Fee: \$10
#199109 Mar 8 W 1:30-4:00pm

iOS #4: Enhance with New Content

Pre Req: Either Introduction or Going Further or Intermediate iOS user. Learn how to search and download the great variety of content from the App Store, the iTunes Store, and the eBooks store, and how to check out ebooks from the Wake County Public Library. Bring your personal Apple device to class, as well as your Apple ID and password.

Five Points Center for Active Adults

Course Fee: \$10
#199113 Mar 15 W 1:30-4:00pm

iOS #5: Introduction to iCloud

Pre-Req: 'Basics' or 'Getting to Know'. The iCloud service allows users to securely store personal computer files on Apple's iCloud servers and access them from multiple devices. It also lets you sync multiple devices, including your iPad, iPhone, iPod and PCs running Mac OS or Windows. Consider it a highly capable personal Internet hard drive! This class will show you how to set up an account and make the best use of the service. Bring your own iPad, iPhone or iPad Touch, your Apple ID and Password

Five Points Center for Active Adults

Course Fee: \$10
#199118 Mar 29 W 9:30am-12:00pm

iOS #6: Getting to Know Siri

Student Level; Intermediate device user. Applies to Apple iOS devices. Siri is an Apple iPhoen and iPad personal assistant app. Siri uses natural language to answer questions, make recommendations, and send requests to services.

Five Points Center for Active Adults

Course Fee: \$10
#199119 Apr 19 W 9:30am-12:00pm

Keep Driving Longer

Older drivers represent the fastest-growing driving population. Studies have shown seniors suffer a significant reduction in their quality of life when they are no longer able to drive. It is important we find ways to keep them and others safe on the road. Learn ways to keep yourself healthy enough to keep on driving.

Anne Gordon Center for Active Adults

#199015 Apr 27 Th 1:00-2:00pm

Five Points Center for Active Adults

#199016 Apr 25 T 1:00-2:00pm

Legal: The Truth About Trusts

This presentation takes the mystery out of living trusts and explains when a trust is necessary and when it is not. Tom McCuiston will address trust topics, including: When is a trust necessary? When is it not? What is a living trust? What is a testamentary trust? Do you need either?

Does a trust help you avoid creditors? Sponsored by Resources for Seniors and McCuiston Law Firm.

Five Points Center for Active Adults

#199026 Mar 28 T 1:00-2:00pm

Legal: Understanding Beneficiary Designations

There are many ways to pass on an inheritance other than a will or trust. Find out about inheritance-related issues when it comes to insurance, 401K and IRA plans as well as bank accounts with beneficiary designations, 'in trust for' or 'payable on death' (POD) designations.

Anne Gordon Center for Active Adults

#199027 Apr 20 Th 2:00-3:00pm

Five Points Center for Active Adults

#199028 Apr 11 T 1:00-2:00pm

Legal: Understanding Veterans' Aid and Assistance Benefits

A veterans benefit pays between \$1,000 and \$2,000 per month tax-free toward the cost of long-term care, including skilled nursing, assisted living and in-home professional care. War-time veterans should learn how to qualify and how to use the benefit.

Anne Gordon Center for Active Adults

#199029 Mar 23 Th 3:00-4:00pm

Five Points Center for Active Adults

#199030 Mar 14 T 10:00-11:00am

Microsoft Word: Introduction

This class for experienced PC users gives an overview of creating a document with MS Word, including keying, font selection, numbered lists, spellcheck, page layout, built-in styles and table of contents. Applies to: Windows 7, 8 and 10. For more information, call Raleigh SeniorTechEd at 919-954-3688.

Anne Gordon Center for Active Adults

Course Fee: \$10
#199130 Apr 7 F 9:30-11:30am

Five Points Center for Active Adults

Course Fee: \$10
#199128 Apr 20 Th 1:30-3:30pm

Music Therapy for Parkinson's Disease

This program will use music to improve or maintain speech and language skills for those with Parkinson's disease in a creative and supportive atmosphere. Prior musical training or abilities not required. Caregivers are welcome to attend. Preregistration is required. For more information, please contact Allison Hingley, MM, MT-BC, at 919-443-9448 or atlanticmusictherapyllc@gmail.com. This program is hosted by Atlantic Music Therapy LLC and funded by the National Parkinson Foundation.

Five Points Center for Active Adults

#200621 Jan 24-Mar 28 T 4:30-5:30pm

Organization: When Collecting Becomes Clutter

Bring an example of something you collect, and we will share our stories. We will look at what we collect and how collecting can lead to clutter or hoarding.

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Why do we acquire things in our lives? Is collecting a healthy practice? Learn about the advantages and disadvantages of collecting, clutter and hoarding. Presented by Resources for Seniors.
Anne Gordon Center for Active Adults
#199034 Apr 6 Th 11:00am-12:00pm

Password Management

Prerequisite: Computer Fundamentals or equivalent. This seminar will help students understand the importance of good password management and introduce an application to manage passwords in a secure manner. Applies to: Windows 10. For information, call 919-954-3688.
Five Points Center for Active Adults
Course Fee: \$10
#199131 Jan 11 W 9:30-11:30am
#199132 Feb 23 Th 9:30-11:30am

Path to Peace

This small group setting consists of four 75-minute sessions over the course of a month. In addition to general support, this group covers topics such as understanding the grief process, making life adjustments and carrying on without your loved one. There is no fee, but registration is required in advance, and participants are asked to commit to the entire four-week class in order to foster trusting relationships within the group. Sponsors: Heartland Hospice and Resources for Seniors.

Anne Gordon Center for Active Adults
#199020 Feb 2-23 Th 10:00-11:15am
Five Points Center for Active Adults
#199021 Jan 5-26 Th 10:00-11:15am

PC Workshop

This workshop is for anyone who wants to practice class exercises or has questions about using the computer. For more information, call Raleigh SeniorTechEd, 919-954-3688.
Five Points Center for Active Adults
#199049 Jan 9-Apr 24 M 9:30-11:30am

PowerPoint: Introduction

This class for experienced PC users applies to MS Office and Windows 7, 8 and 10. Learn to create presentations and flyers with PowerPoint. This class starts with basic definitions and continues with creating various page types. Learn to how to make effective presentations with page-to-page transitions and other tips.
Anne Gordon Center for Active Adults
Course Fee: \$10
#199511 Jan 27 F 9:30-11:30am
Five Points Center for Active Adults
Course Fee: \$10
#199510 Feb 16 Th 9:30-11:30am

Protect Your Computer

Learn about various computer viruses and the software available to help prevent them. We'll also cover what to do if your computer becomes infected with a virus.
Five Points Center for Active Adults
Course Fee: \$10
#199512 Jan 11 W 1:30-3:30pm

Questions Across the Spectrum Discussion Group

Participants will view videos from TED.com, upworthy.com and similar websites on a variety of topics, including nature, leisure, aging, compassion, intervention and science. A back-and-forth exchange of views will deepen understanding of questions and issues raised by living in a complex world. Preregistration is required.
Five Points Center for Active Adults
#197974 Feb 6-Apr 17 1st & 3rd M 3:30-5:00pm

Resources for Seniors: Who Are We and How Can We Help

Resources for Seniors will provide a detailed overview of its agency and the many resources that can be valuable to you or your loved ones.
Anne Gordon Center for Active Adults
#199022 Jan 26 Th 11:00am-12:00pm
Five Points Center for Active Adults
#199023 Jan 26 Th 2:00-3:00pm

SHIIP Counseling Appointments

These one-on-one appointments with the Seniors' Health Insurance Information Program (SHIIP) will help you understand your Medicare options. The trained SHIIP volunteer will help you identify Medicare health or drug plans that best meet your needs. You must preregister for an appointment. Please bring your Medicare card and a list of prescriptions you are currently taking.
Anne Gordon Center for Active Adults
#199024 Jan 9-Apr 24 M 9:30am-4:00pm
Five Points Center for Active Adults
#199025 Jan 4-Apr 27 W-Th 2:00-5:00pm

Skype: An Introduction

Prerequisite: Computer Fundamentals or equivalent. Applies to: Windows 10. Learn the basics of how to use Skype to communicate with family and friends. Skype is a free program that allows you to communicate by voice and video with other users around the world. Anyone with Internet access can create a Skype account. For more information, call Raleigh SeniorTechEd at 919-954-3688.
Anne Gordon Center for Active Adults
Course Fee: \$10
#199514 Feb 3 F 9:30am-12:00pm
Five Points Center for Active Adults
Course Fee: \$10
#199513 Mar 10 F 9:30am-12:00pm

Where's My Stuff?

Prerequisite: Computer Fundamentals or equivalent. This course offers ways to manage data storage and files and covers folder creation and organization. Applies to: Windows 10. For more information, call

Raleigh SeniorTechEd at 919-954-3688.
Five Points Center for Active Adults
Course Fee: \$20
#199515 Feb 1-22 W 1:30-3:30pm

Windows 10 Overview

This seminar will discuss the basics of the Windows 10 operating system and help you get started using this software. Students need to be experienced PC users. For more course information, call Raleigh SeniorTechEd at 919-954-3688.
Anne Gordon Center for Active Adults
Course Fee: \$10
#199518 Feb 17 F 9:30-11:30am
#199519 Apr 21 F 9:30-11:30am
Five Points Center for Active Adults
Course Fee: \$10
#199516 Jan 27 F 1:30-3:30pm
#199517 Mar 10 F 1:30-3:30pm

Windows 10: What's New?

This class offers an introduction to Windows 10 for experienced PC users. It provides an overview of new features, such as the new Start menu, taskbar, customization and the revised File Explorer. Students are encouraged to bring their own Windows 10 laptops.
Anne Gordon Center for Active Adults
Course Fee: \$20
#199520 Mar 8-29 W 1:30-3:30pm
Five Points Center for Active Adults
Course Fee: \$20
#199521 Jan 9-30 M 1:30-3:30pm
#199532 Feb 6-27 M 1:30-3:30pm
#199533 Apr 5-26 W 1:30-3:30pm

Windows Backup

Learn the importance of backing up your computer onto various storage devices. Several methods of backing up data will be discussed. Student level: completion of Beginning Computers II or equivalent. Applies to: Windows 7, 8 and 10. For more information, call Raleigh SeniorTechEd at 919-954-3688.
Anne Gordon Center for Active Adults
Course Fee: \$10
#199524 Feb 24 F 9:30-11:30am
Five Points Center for Active Adults
Course Fee: \$10
#199523 Jan 10 T 1:30-3:30pm

Windows Photo Gallery

Windows Photo Gallery can be used to organize, edit, create and share your photos. The workshop will cover transferring photos from your camera to your computer and basic editing. Student level: completion of Beginning Computers and Email or equivalent. Applies to: Windows 7, 8 and 10. For information, please call 919-954-3688.
Anne Gordon Center for Active Adults
Course Fee: \$15
#199525 Jan 13-20 F 9:30-11:30am
Five Points Center for Active Adults
Course Fee: \$15
#199526 Apr 14-21 F 1:30-3:30pm



Family

Chavis Community Legacy Ceremony

Age: All Ages. Come celebrate the historic and cultural significance of the Chavis community. The celebration will consist of a banquet highlighting citizens who have made significant contributions.

Chavis Community Center

#199405 Mar 30 Th 6:30-8:30pm

Freedom Shrine

Age: All Ages. Come visit the Freedom Shrine, a collection of historic American documents photographically reproduced for display. The purpose of the shrine is to encourage citizens to gain a deeper understanding of the events that took place in the building of America.

Millbrook Exchange Community Center

#198944 Jan 1-May 6 Daily 1:00-6:00pm

Genealogy Basics

Age: 12yrs and up. Trying to trace your family heritage? Join other interesting people who are on the same quest. Learn the basics of tracing your family roots.

Preregistration is required at least one day in advance of each class.

John P. "Top" Greene Center

#201115	Jan 11	W	6:30-7:30pm
#201116	Jan 18	W	6:30-7:30pm
#201117	Mar 15	W	6:30-7:30pm
#201118	Apr 12	W	6:30-7:30pm

Homeschool Explorers

Age: All Ages. This cooperative homeschool support group provides social and educational activities for a minimum cost per family. For additional information, please visit the website at www.homeschoolexplorers.org or call the Method Community Center.

Method Road Community Center – Course Fee: \$1

#200678	Jan 3-31	T	11:30am-1:30pm
#200679	Feb 7-28	T	11:30am-1:30pm
#200680	Mar 7-28	T	11:30am-1:30pm
#200681	Apr 4-25	T	11:30am-1:30pm

Introduction To Sewing

Age: 13yrs and up. Bring your sewing machine and an easy or beginner level pattern of your choice with the correct notions and material for your project. In six weeks we will guide you through your project and help you complete it. Class length is six weeks, with a makeup class, if needed, added the week following the scheduled end of the session. Instructor: Jessica Marshall.

Optimist Community Center – Course Fee: \$45

#201106	Jan 13-Feb 17	F	5:30-7:30pm
#201107	Mar 3-Apr 7	F	5:30-7:30pm

Mexican Folkloric Dance/ Danza Folklorica de Mexico

Age: 6-17yrs. The program's main objective is to enhance cultural pride and awareness in our community while educating the public in general about the Hispanic/Latino culture's contribution to our communities through dance. The instructor will teach folkloric dance techniques from different regions in Mexico that include: footwork, skirt work, stage presence, outfits coordination, dance origins and history. Participants will learn teamwork and self-expression through the arts. El principal objetivo del programa es mejorar el orgullo cultural, la conciencia en nuestra comunidad, y educación del público en general acerca de la contribución de la cultura hispana/latina a nuestras comunidades por medio de la danza. El instructor enseñará técnicas de danza folclórica de diferentes regiones de México que incluirán el trabajo de pies, el manejo de falda de ensayo, presencia en el escenario, trajes de coordinación, orígenes e historia de la danza. Los participantes aprenderán del trabajo en equipo y se les fomentará la auto-expresión a través de las artes.

Marsh Creek Park

#199427	Jan 6-Apr 28	F	6:00-7:15pm
#199428	Jan 6-Apr 28	F	7:30-8:45pm

Parent/Youth Spanish Class

Age: 6yrs and up. It is 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. This class will teach basic colors, counting and numbers, songs and greetings. Come prepared to participate and become part of your child's second language development. This is an introductory family class for participants who are new to the Spanish language; adult and child are required to participate together. Families with more than two members will be assessed an additional fee. Nunca es tarde para que su hijo aprenda un nuevo idioma. Conceptos en el idioma Español se enseñarán de la misma manera que un niño aprende su primer idioma observando y escuchando a mamá o papá interactuando con objetos cotidianos. Esta clase le enseñará colores básicos, como contar, los números, canciones y formas de saludar. Venga preparado para participar (ya que mamá o papá aprenderán Español También), tome parte del desarrollo de su hijo en un segundo idioma. Esta es una clase introductoria familiar para aquellos participantes que son nuevos en el idioma Español; se requiere que adultos y niños participen juntos. Las familias con más de 2 miembros de familia tendrán que pagar una tarifa adicional.

Abbotts Creek Community Center – Course Fee: \$40

#199343	Feb 4-25	Sa	10:00-11:00am
#199344	Apr 1-22	Sa	10:00-11:00am

Virtual Tours of the World

Age: All Ages. Have you always wanted to travel but time just slipped by? Come and travel to amazing places: Learn the language, explore the culture, sample foods and tour the streets with us from the classroom. You will feel as if you are really visiting these locations.

Abbotts Creek Community Center

#200485	Feb 28	T	6:30-8:30pm
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Walnut Creek Wetland Center

#199538	Apr 28	F	6:00-8:00pm
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Fitness



Preschool

Gymnastics – Tumble Time

Age: 3-4yrs. Children are introduced to the basics of gymnastics in a fun and playful class. Your child will experience the fun of doing flexibility moves, stunts, beam, bars, obstacle courses, parachute play and more! Course is designed to help youth release energy while developing strength, flexibility, coordination and confidence. Instructor: Bethany Schlegel, former USGA gymnast, BS in elementary education.

Brier Creek Community Center

Course Fee: \$30			
#199816	Apr 6-27	Th	11:30am-12:15pm
Course Fee: \$40			
#199813	Jan 5-26	Th	11:30am-12:15pm
#199814	Feb 2-23	Th	11:30am-12:15pm
#199815	Mar 2-23	Th	11:30am-12:15pm

Gymnastics – Tumbling Tinies

Age: 9-24mths. Parent and child participate in a fun-filled class that enhances balance, fitness and social skills. Tots will enjoy music, silly dances, tunnels, slides, obstacle courses, parachute play and more! This class provides a time of fun and togetherness for you and your little one while building your child's motor skills. Instructor: Bethany Schlegel, BS in

education and former USGA gymnast.

Brier Creek Community Center

Course Fee: \$30			
#199822	Apr 6-27	Th	9:30-10:15am
Course Fee: \$40			
#199819	Jan 5-26	Th	9:30-10:15am
#199820	Feb 2-23	Th	9:30-10:15am
#199821	Mar 2-23	Th	9:30-10:15am

Greystone Community Center

Course Fee: \$30			
#198145	Apr 4-25	T	9:30-10:15am
Course Fee: \$40			
#198142	Jan 10-31	T	9:30-10:15am
#198143	Feb 7-28	T	9:30-10:15am
#198144	Mar 7-28	T	9:30-10:15am

Gymnastics – Tumbling Tots

Age: 2-3yrs. 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. Instructor: Bethany Schlegel, former USGA gymnast, BS in elementary education.

Brier Creek Community Center

Course Fee: \$30			
#199826	Apr 6-27	Th	10:30-11:15am
Course Fee: \$40			
#199823	Jan 5-26	Th	10:30-11:15am

#199824	Feb 2-23	Th	10:30-11:15am
#199825	Mar 2-16	Th	10:30-11:15am

Greystone Community Center

Course Fee: \$30			
#198149	Apr 4-25	T	10:30-11:15am
Course Fee: \$40			
#198146	Feb 7-28	T	10:30-11:15am
#198147	Mar 7-28	T	10:30-11:15am
#198148	Jan 10-31	T	10:30-11:15am

Kidokinetics Jr. Parent and Me

Age: 18mths-3yrs. Kidokinetics Jr. is an all-around sports fitness program for toddlers and their grown-ups! Move, stretch and build confidence together while learning sports fundamentals and play skills. Our curriculum is designed to get toddlers engaged in active play in order to encourage a positive attitude toward sports and physical activity in a fun, noncompetitive environment. Activities include soccer, basketball, volleyball, hockey, parachute games, tennis, baseball, obstacle courses, hula hoops and lots more!

Greystone Community Center – Course Fee: \$40

#198456	Jan 9-Feb 6	M	10:00-10:45am
#198457	Feb 13-Mar 6	M	10:00-10:45am
#198458	Mar 13-Apr 3	M	10:00-10:45am
#198459	Apr 17-May 8	M	10:00-10:45am
#198460	Jan 10-31	T	3:00-3:45pm
#198461	Feb 7-28	T	3:00-3:45pm
#198462	Mar 7-28	T	3:00-3:45pm
#198463	Apr 18-May 9	T	3:00-3:45pm
#198464	Jan 14-Feb 4	Sa	9:00-9:45am
#198465	Feb 11-Mar 4	Sa	9:00-9:45am
#198466	Mar 11-Apr 1	Sa	9:00-9:45am
#198467	Apr 22-May 13	Sa	9:00-9:45am

Laurel Hills Community Center – Course Fee: \$40

#199658	Jan 11-Feb 1	W	10:15-11:00am
#199659	Feb 8-Mar 1	W	10:15-11:00am
#199660	Mar 8-29	W	10:15-11:00am
#199661	Apr 19-May 10	W	10:15-11:00am

Kidokinetics Lil Tumblers

Age: 3-5yrs. Preschoolers receive an introduction to the basics of tumbling and creative movement in an energetic class setting. Through music, games, obstacle courses and dance, preschoolers will work on developing gross motor skills with movements designed to improve balance and flexibility. We will focus on building coordination, concentration and confidence while having fun!

Laurel Hills Community Center

Course Fee: \$30			
#199763	Apr 22-May 13	Sa	9:15-10:00am
Course Fee: \$40			
#199760	Jan 14-Feb 4	Sa	9:15-10:00am
#199761	Feb 11-Mar 4	Sa	9:15-10:00am
#199762	Mar 11-Apr 1	Sa	9:15-10:00am

Kidokinetics Preschool Sports

Age: 3-6yrs. Kidokinetics is a fun, noncompetitive, all-around sports fitness program designed to enhance kids' coordination and concentration and improve muscle tone and cardiovascular fitness. We introduce an age-appropriate sport or activity each week, focusing on basic gross motor skills and sport fundamentals while instilling the importance of physical activity and fitness. Activities include soccer, hockey,

tennis, basketball, volleyball, golf, obstacle courses, baseball, hula hoops and lots more!

Laurel Hills Community Center – Course Fee: \$40
 #199764 Jan 9-30 M 4:15-5:00pm
 #199765 Feb 13-Mar 6 M 4:15-5:00pm
 #199766 Mar 13-Apr 3 M 4:15-5:00pm
 #199767 Apr 17-May 8 M 4:15-5:00pm
 #199768 Jan 11-Feb 1 W 11:15am-12:00pm
 #199769 Feb 8-Mar 1 W 11:15am-12:00pm
 #199770 Mar 8-29 W 11:15am-12:00pm
 #199771 Apr 19-May 10 W 11:15am-12:00pm

Kids Zumba Jr

Age: 4-6yrs. Calling all little jammers for a high-energy dance fitness class, packed with kid-friendly routines! Experience how fun it is to stay active. As their little feet groove to the music and play fun games, kids will develop key skills such as leadership, respect, teamwork, confidence, self-esteem, memory, creativity, coordination, balance and cultural awareness. No previous dance experience required. Just bring a water bottle, a smiling face and your happy dancing feet! Kids should wear comfortable clothes and athletic shoes.

Greystone Community Center – Course Fee: \$30
 #198811 Jan 10-31 T 12:30-1:15pm
 #198812 Feb 7-28 T 12:30-1:15pm
 #198813 Mar 7-28 T 12:30-1:15pm
 #198814 Apr 4-25 T 12:30-1:15pm
 #198815 Jan 6-27 F 11:00-11:45am
 #198816 Feb 3-24 F 11:00-11:45am

Kinder Tae Kwon Do

Age: 4-6yrs. This martial arts class for youth provides introductory instruction in tae kwon do. Parents are encouraged to sit in and observe.

Lions Park Community Center – Course Fee: \$25
 #199232 Jan 5-26 Th 6:30-7:30pm
 #199233 Feb 2-23 Th 6:30-7:30pm
 #199234 Mar 2-30 Th 6:30-7:30pm
 #199235 Apr 6-27 Th 6:30-7:30pm

Lil Kicks

Age: 3-5yrs. American karate is taught with an emphasis on conditioning and self-defense. The program is designed to provide training in the art of karate for exercise and sport, offering the discipline of karate as an extracurricular activity for your child, competitive training toward a black belt, participation in tournaments or simply as part of a lifestyle. One-time uniform fee of \$35 must be paid separately to instructor, or you may bring your own uniform.

Halifax Community Center – Course Fee: \$20
 #199650 Jan 9-30 M 5:00-5:30pm
 #199652 Feb 6-27 M 5:00-5:30pm
 #199653 Mar 6-27 M 5:00-5:30pm
 #199654 Apr 3-17 M 5:00-5:30pm

Mommy and Baby Fitness

Age: 1mths-1yrs. This class is for new mothers and their babies up to one year old. Get the OK from the doctor to take part in this class, which features yoga, strengthening and dance. The class helps you create a wonderful bond with your baby,

get back in shape, reduce stress and build confidence.

Lake Lynn Community Center – Course Fee: \$40
 #200869 Jan 10-31 T 10:15-11:00am
 #200870 Feb 7-28 T 10:15-11:00am
 #200871 Mar 7-28 T 10:15-11:00am
 #200872 Apr 4-25 T 10:15-11:00am

Mommy and Baby Yoga

Age: 3-14mths. Congratulations on the birth of your new baby. Are you ready to strengthen and support your post-partum body? This class is a great way to meet other moms while bonding with your baby in this special yoga class designed just for new mothers and infants. Every class will devote time for baby yoga exercises to aid in digestion and promote better sleeping patterns. All levels of yoga are welcomed. Dress comfortably and bring a blanket for your little one.

Greystone Community Center – Course Fee: \$40
 #200982 Jan 9-30 M 3:00-4:00pm
 #200983 Feb 6-27 M 3:00-4:00pm
 #200984 Mar 6-27 M 3:00-3:45pm
 #201359 Apr 3-24 M 3:00-3:45pm

Hill Street Center – Course Fee: \$40
 #198165 Jan 4-25 W 3:00-4:00pm
 #198166 Feb 1-22 W 3:00-4:00pm
 #198167 Mar 1-22 W 3:00-4:00pm
 #198168 Apr 5-26 W 3:00-4:00pm

Mommy and Me Dance

Age: 1-4yrs. Twirl and leap in this creative movement dance class for moms and their little ones. Bond with your child in this class filled with yoga for stretching and using tutus, eye patches and other props while we dance and play! This class promises laughter, smiles and memories! Class is for ages 1-4. Please wear comfortable attire.

Lake Lynn Community Center – Course Fee: \$40
 #200873 Jan 10-31 T 11:00-11:45am
 #200874 Feb 7-28 T 11:00-11:45am
 #200875 Mar 7-28 T 11:00-11:45am
 #200878 Apr 4-May 2 T 11:00-11:45am

Tennis – Mini Mite

Age: 4-5yrs. This is a great opportunity to introduce your child to tennis. Preschoolers will learn hand-eye coordination and balancing skills. Enjoy social time and meet new friends.

Worthdale Community Center – Course Fee: \$5
 #199346 Jan 4-25 W 10:00-11:00am
 #199347 Feb 1-22 W 10:00-11:00am
 #199348 Mar 1-29 W 10:00-11:00am
 #199349 Apr 5-26 W 10:00-11:00am

Tots on the Move

Age: 3-6yrs. Little cardio kids, let's move! Does your child have a lot of energy? We have a great way to get those wiggles out. This kid-friendly class is 45 minutes of nonstop games and activities to ensure a good time. Each class will include a warm-up, a brief health discussion, fitness development activities (games, challenges, dancing) and a cool-down. Lessons on how to create a habit of a healthy lifestyle are

included as well.

Greystone Community Center
 Course Fee: \$30
 #200146 Apr 4-25 T 11:00-11:45am
 Course Fee: \$40
 #200143 Jan 10-31 T 11:00-11:45am
 #200144 Feb 7-28 T 11:00-11:45am
 #200145 Mar 7-28 T 11:00-11:45am
 #200147 Jan 6-27 F 12:00-12:45pm
 #200148 Feb 3-24 F 12:00-12:45pm
 #200149 Mar 3-24 F 12:00-12:45pm
 #200150 Mar 31-Apr 28 F 12:00-12:45pm

Tumble 'n' Twist

Age: 2-4yrs and 5-6yrs. Have a child that 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 their gross motors skills while being taught the Forward roll, Backwards roll, Straddle roll, Intro to cartwheels, and much more.

As your child gets into the 5-6 year old class they will be adding on handstands and progressing into round-offs. Come join in the fun.

Hill Street Center – Course Fee: \$40

Ages 2-4
 #198987 Jan 4-25 W 4:15-5:00pm
 #198988 Feb 1-22 W 4:15-5:00pm
 #198989 Mar 1-22 W 4:15-5:00pm
 #198991 Apr 5-26 W 4:15-5:00pm

Ages 5-6
 #198984 Jan 10-31 T 4:30-5:15pm
 #198985 Feb 7-28 T 4:30-5:15pm
 #198986 Mar 7-28 T 4:30-5:15pm
 #198990 Apr 4-25 T 4:30-5:15pm

Youth

4 Kicks Karate

Ages: 5-8yrs. American Karate is taught with an emphasis on conditioning and self-defense. The program is designed for training in the art of karate for the exercise and sport, providing the discipline of karate, competitive training towards a black belt and participation in tournaments. A onetime uniform fee of \$35 must be paid separately to the instructor or you may bring your own.

Halifax Community Center – Course Fee: \$30
 #201765 Jan 9-30 M 5:30-6:30pm
 #201766 Feb 6-27 M 5:30-6:30pm
 #201767 Mar 6-27 M 5:30-6:30pm

4 Kicks Karate

Ages: 8-11yrs. American Karate is taught with an emphasis on conditioning and self-defense. The program is designed for training in the art of karate for the exercise and sport, providing the discipline of karate, competitive training towards a black belt and participation in tournaments. A onetime uniform fee of \$35 must be paid separately to the instructor or you may bring your own.

Halifax Community Center – Course Fee \$30
 #201781 Jan 9-30 M 6:30-7:30pm
 #201782 Feb 6-27 M 6:30-7:30pm
 #201783 Mar 6-27 M 6:30-7:30pm

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Athletes of Tomorrow

Age: 4-6yrs. It's all about young kids having fun, being active and working on their overall fitness and athletic ability. We encourage jumping, running, and rolling while kids gain the confidence to become athletes of tomorrow. Preregistration required.

Ralph Campbell Community Center – Course Fee: \$20
#201064 Jan 7-28 Sa 12:00-12:45pm

Cheer-Hop Punk Fusion

Age: 6-13yrs. A fun, high-energy dance class for adults! Learn choreographed routines as though you are on stage dancing with professionals! This class will show you how to chair dance as in the musical 'Chicago,' strut like a Pussycat Doll and work on flexibility and 8-count steps. Please wear comfortable attire.

Lake Lynn Community Center – Course Fee: \$40
#200730 Jan 7-28 Sa 12:15-1:15pm
#200731 Feb 4-25 Sa 12:15-1:15pm
#200733 Mar 4-25 Sa 12:15-1:15pm
#200791 Apr 1-29 Sa 12:15-1:15pm

Chosen Kids Dance Crew – Youth

Age: 5-11yrs. We are all chosen, but adding a nice beat, cool rhythms and your own dance moves just makes it much more fun. Kids will learn to channel their inner beat into an outward expression of hip-hop, lyrical and mime dancing movements. Join the Chosen Kids Dance Crew! Preregistration required.

Ralph Campbell Community Center – Course Fee: \$10
#200914 Jan 10-31 T,Th 6:30-7:30pm

Homeschool Open Gym – Millbrook

Age: 5-17yrs. Calling all homeschoolers in the Millbrook area. Join us for open gym each Tuesday. Staff will provide equipment, and you provide the fun. This is a great way to get some midday wiggles out before school starts back in the afternoon and to meet other homeschool students in your neighborhood.

Millbrook Exchange Community Center
#198960 Jan 3-Apr 25 T 10:30am-12:30pm

Martial Arts –

American Kenpo Karate Youth

Age: 4-12yrs. Learn traditional American kenpo karate while improving personal skills like respect, discipline, confidence, pride, balance, coordination and self-defense. Students will enjoy the personal benefits of karate while challenging themselves both mentally and physically. This is a family class, and participants will have fun while learning together. Classes are taught by a certified organization. Testing and certification will require an additional \$20 fee paid to the instructor. Testing is not a requirement. Instructor: Jim LeClair.

Marsh Creek Park
Three Months: \$150
#201325 Jan 4-30 M,W 5:15-6:00pm
#201326 Feb 1-27 M,W 5:15-6:00pm
#201327 Mar 1-29 M,W 5:15-6:00pm
#201328 Apr 3-26 M,W 5:15-6:00pm

Course Fee: \$50
#201325 Jan 4-30 M,W 5:15-6:00pm
#201326 Feb 1-27 M,W 5:15-6:00pm
#201327 Mar 1-29 M,W 5:15-6:00pm
#201328 Apr 3-26 M,W 5:15-6:00pm

Martial Arts – Chinese Kenpo Karate – Youth

Age: 7-12yrs. Learning self-defense through kenpo promotes self-confidence, concentration, goal-setting, assertiveness (not aggressiveness) and self-discipline. There are no bench-warmers in kenpo; everybody participates and everybody benefits. Belt level testing fee payable to the instructor applies, but testing is not required. Uniform and patches are required after one calendar 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: \$40
#199213 Jan 2-30 M,W 6:15-7:00pm
#199214 Feb 1-Mar 1 M,W 6:15-7:00pm
#199215 Mar 6-29 M,W 6:15-7:00pm
#199216 Apr 3-26 M,W 6:15-7:00pm

Martial Arts – Youth Shotokan

Age: 6-14yrs. Shotokan builds character through training in martial arts. Participants will master the different components of Shotokan-style karate. The class builds confidence, motor skills, discipline, self-defense, self-control and more. This class is taught in a group setting with some individual instruction. Instructor: Eric Blaize.

Barwell Road Community Center – Course Fee: \$15
#199120 Jan 4-30 M,W 6:00-7:00pm
#199121 Feb 1-27 M,W 6:00-7:00pm
#199122 Mar 1-Apr 3 M,W 6:00-7:00pm
#199123 Apr 3-May 3 M,W 6:00-7:00pm
#199124 Jan 4-30 M,W 7:00-8:00pm
#199125 Feb 1-Mar 6 M,W 7:00-8:00pm
#199126 Mar 1-27 M,W 7:00-8:00pm
#199127 Apr 3-26 M,W 7:00-8:00pm

Tae Kwon Do Youth

Age: 5-13yrs. Learn the art of self-defense and discipline. Students will continue to refine their skills, learn different techniques and develop physical fitness.

Worthdale Community Center – Course Fee: \$25
#199083 Jan 3-31 T,Th 6:30-7:30pm
#199084 Feb 2-28 T,Th 6:30-7:30pm
#199085 Mar 2-30 T,Th 6:30-7:30pm
#199086 Apr 4-27 T,Th 6:30-7:30pm

Teen

Saint Monica TruFit Teens

Age: 12-19yrs. Looking to feel great, stay in shape and have some fun all at the same time? Come to the Saint Monica Teen Center and be a TruFit Teen! This class will combine simple cardio and aerobic exercise fitness workouts along with some of the latest dance moves all rolled into one heart-pumping, energy-filled, sweat-breaking class! If you want to have a blast while burning a few calories at the same time,

come check it out. See you there!

St. Monica Teen Center
#200904 Jan 4-25 W 6:30-7:30pm
#200905 Feb 1-22 W 6:30-7:30pm
#200906 Mar 1-29 W 6:30-7:30pm
#200907 Apr 5-26 W 6:30-7:30pm

Adult

4 Kicks Karate

Age: 12yrs and up. American karate is taught with an emphasis on conditioning and self-defense. The program is designed to provide training in the art of karate for exercise and sport, offering the discipline of karate as an extracurricular activity, competitive training towards a black belt, participation in tournaments or simply as part of a lifestyle. One-time uniform fee of \$35 must be paid separately to instructor, or you may bring your own uniform.

Halifax Community Center – Course Fee: \$30
#199637 Jan 9-30 M 7:30-8:30pm
#199638 Feb 6-27 M 7:30-8:30pm
#199639 Mar 6-27 M 7:30-8:30pm
#199640 Apr 3-24 M 7:30-8:30pm

Abbotts Creek Walking Club

Age: 18yrs and up. Meet new friends and improve your health! Come out to Abbotts Creek Community Center, where walking is weather proof! Don't forget to check out a pedometer at the welcome desk!

Abbotts Creek Community Center
#197326 Jan 2-Apr 28 M, W, F 10:00-11:00am

African Dance at Abbotts Creek

Age: 15yrs and up. This four-week course, instructed by Jamie Shakur, will cover various dances and styles from countries of West Africa and the African diaspora. Learning different dances that represent the diverse cultures of Africa will challenge participants each week. This is an open-level course and is suitable for ages 15 and above. Don't miss out on this chance to get active while learning about African culture. Not sure if African Dance is for you? Give it a go with the one time Try It class!

Abbotts Creek Community Center
Course Fee: \$15
#198490 Jan 5-Apr 27 Th 6:30-7:30pm
Course Fee: \$45
#197505 Mar 2-16 Th 6:30-7:30pm
Course Fee: \$60
#197503 Jan 5-26 Th 6:30-7:30pm
#197504 Feb 2-23 Th 6:30-7:30pm
#197506 Apr 6-27 Th 6:30-7:30pm

Beginners Line Dance

Age: 15yrs and up. This class is for beginners to learn basic line dance terminology and steps. Our goal for this class is to teach newbies how to line dance and feel comfortable on the dance floor. In each class we will learn and perform an average of five or six dances. Don't let the word 'beginners' fool you; this will be a hidden workout — you will move, sweat and have fun! Come out and enjoy a friendly, supportive atmosphere.

Greystone Community Center – Course Fee: \$5
#198140 Jan 9-Apr 24 M 6:00-7:00pm

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Belles of the Barre

Age: 16yrs and up. Becoming the belle of the ball starts at the barre! This course is designed to utilize barre exercises to tone, slim, and strengthen. Elements of yoga, pilates, and ballet provide an excellent workout.

Millbrook Exchange Community Center

Course Fee: \$44			
#199437	Jan 3-26	T,Th	7:00-8:00pm
#199438	Feb 2-28	T,Th	7:00-8:00pm
#199439	Mar 2-28	T,Th	7:00-8:00pm
#199440	Apr 4-27	T,Th	7:00-8:00pm

Belly Dance for Beginners

Age: 18yrs and up. Looking for a fun way to exercise? Have you wondered what belly dance is all about? Come join us as we explore the feminine side of working out. Find muscles you didn't know you had and laugh with a wonderful group of women as you learn the secrets of the ancient art of belly dance. Each session is complete with its own dance steps and music, but each session is based on the same style of belly dance.

Lake Lynn Community Center – Course Fee: \$88

#200615	Jan 10-Feb 28	T	7:00-7:55pm
#200616	Mar 7-Apr 25	T	7:30-8:30pm

Boot Camp Abbotts Creek Community Center

Age: 18yrs and up. Join Val, an ACE-certified group fitness instructor, in this calorie- and fat-burning class. You'll experience sprints, bodyweight exercises, interval training and isometric exercise (just to name a few) that will keep your body challenged and moving! Val provides a safe, supportive and motivational environment for her students. All fitness levels are welcome and will be accommodated. Proper body mechanics are always monitored.

Abbotts Creek Community Center

Course Fee: \$30			
#197381	Mar 1-15	W	6:15-7:00pm
Course Fee: \$40			
#197379	Jan 4-25	W	6:15-7:00pm
#197380	Feb 1-22	W	6:15-7:00pm
#197382	Apr 5-26	W	6:15-7:00pm

Cabaret Adult Hip Hop/Jazz

Age: 18yrs and up. This is a fun, high energy dance class for ages 18 and up! Learn choreographed routines as though you are on stage dancing with professionals! Please wear comfortable attire.

Lake Lynn Community Center – Course Fee: \$45

#200700	Jan 9-30	M	8:00-8:50pm
#200701	Feb 6-27	M	8:00-8:50pm
#200702	Mar 6-27	M	8:00-8:50pm
#200725	Apr 3-24	M	8:00-8:50pm

Capoeira

Age: 18yrs and up. Capoeira is a Brazilian martial art form that involves dance, music, gymnastics, self-defense and the Portuguese language. Participants appear to defy gravity as they jump, flip, spin and cartwheel through the air. Capoeira

embodies a discipline, mind-set and rhythm that are clever and deceptive. Often appearing vulnerable, the good capoeirista knows the right time to strike back with lethal power and grace. Musically, capoeira is enchanting. Beautiful melodies, pulsating rhythms and the cries and shouts of the crowd blend into one intensely-charged atmosphere.

Marsh Creek Park

#201309	Jan 4-Apr 26	M,W	6:30-8:30pm
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Cardio Fitness Workout Class

Age: 18yrs and up. Tae kwon do develops strength, speed, balance, flexibility and stamina. Along with a cardio workout, this class will focus on physical fitness. By incorporating calisthenics, tae kwon do basics and cardio/strength training, this program works on multiple body areas, including core, arms and legs. The class is designed to build physical fitness and a healthier body.

Lions Park Community Center

Course Fee: \$20			
(\$12 for those enrolled in Lions Park Tae Kwon Do)			
#199446	Jan 6-27	F	7:30-8:30pm
#199447	Feb 3-24	F	7:30-8:30pm
#199448	Mar 3-24	F	7:30-8:30pm
#199449	Apr 7-28	F	7:30-8:30pm
Course Fee: \$20			
(\$12 for those enrolled in Lions Park Tae Kwon Do)			
#199446	Jan 6-27	F	7:30-8:30pm
#199447	Feb 3-24	F	7:30-8:30pm
#199448	Mar 3-24	F	7:30-8:30pm
#199449	Apr 7-28	F	7:30-8:30pm

Cardio Jump Rope

Age: 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 easy as you make it, and Val will be there to encourage you all the way. Use a rope or go without one. Jumping rope 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.

Abbotts Creek Community Center – Course Fee: \$20

#197383	Jan 3-24	T	6:15-7:00pm
#197384	Feb 7-28	T	6:15-7:00pm
#197385	Mar 7-28	T	6:15-7:00pm
#197386	Apr 4-25	T	6:15-7:00pm

Couch to 5K

Age: 16yrs and up. Couch to 5K is a free nine-week fitness and wellness program for inexperienced runners interested in working toward running a 5K (or 30 minutes). Participants will receive a step-by-step plan preparing them to walk, jog and then run. Weekly running meetings will allow for continued motivation, support and inspiration. At the end of the nine weeks, participants can sign up for a local 5K to show off newly developed running ability.

Buffaloe Road Athletic Park

#197240	Mar 1-Apr 26	W	5:30-6:30pm
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Curvy Yoga at Abbotts Creek

Age: 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. This class empowers the body you have today with simple modifications that can be completely accessible and very powerful. This slow-flow and restorative yoga class is suitable for beginners and intermediate participants. 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. Not sure if Curvy Yoga is for you? Try it one time without the commitment of a full session!

Abbotts Creek Community Center

Course Fee: \$40			
#197307	Jan 5-26	Th	7:15-8:00pm
#197308	Feb 2-23	Th	7:15-8:00pm
#197309	Mar 2-16	Th	7:15-8:00pm
#197310	Apr 6-27	Th	7:15-8:00pm
'Try it Class' – Course Fee: \$10			
#197311	Jan 5-Apr 27	Th	7:15-8:00pm

Dance and Get Fit

Age: 16yrs and up. Join us for the best of both worlds: dancing and exercising. Dance and Get Fit is a total body workout that uses soul dancing, cardio hip-hop, reggaeton and more to get into shape. You will love the class, and the music is great. Our motto is move, sweat and have fun! Instructor: Jennifer Hampton.

Optimist Community Center – Course Fee: \$5

#200630	Jan 3-Apr 25	T	6:30-7:30pm
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Dance-About-It

Age: 18yrs and up. Want to have fun and a great total body workout at the same time? This Dance-About-It gets you in the groove to keep on moving. It's an easy-to-follow class with a mixture of dance moves. Come ready to sweat and smile!

Tarboro Road Community Center – Course Fee: \$5

#199251	Jan 4	W	6:30-7:30pm
#199252	Jan 11	W	6:30-7:30pm
#199253	Jan 18	W	6:30-7:30pm
#199254	Jan 25	W	6:30-7:30pm
#199255	Feb 1	W	6:30-7:30pm
#199256	Feb 8	W	6:30-7:30pm
#199257	Feb 15	W	6:30-7:30pm
#199258	Feb 22	W	6:30-7:30pm
#199259	Mar 1	W	6:30-7:30pm
#199260	Mar 8	W	6:30-7:30pm
#199261	Mar 15	W	6:30-7:30pm
#199262	Mar 22	W	6:30-7:30pm
#199263	Mar 29	W	6:30-7:30pm
#199264	Apr 5	W	6:30-7:30pm
#199265	Apr 12	W	6:30-7:30pm
#199266	Apr 19	W	6:30-7:30pm
#199267	Apr 26	W	6:30-7:30pm

Exercise – Cardio and Sculpt at the Creek

Age: 18yrs and up. All ladies are welcome to this ladies combo class that burns calories and sculpts lean muscle for a total

body workout! The class starts with a five-minute cardio warm-up, followed by a 45-minute calorie burning session and finishing with 5-10 minutes of focus and cool down. Please bring water bottle and have fun! Instructor: Liz St John, BS in Health and Group Fitness. 30-day Fit Pass: \$15.

Brier Creek Community Center – Course Fee: \$5
#199829 Jan 3-May 19 T-F 8:45-9:45am

Exercise – Fitness Centers

Age: 18yrs and up. Check out the fitness rooms around the city! Take advantage of a variety of cardiovascular and strength-training equipment and get into shape. Fitness rooms will be open during normal center operating hours. Participants must be 18 or older. Please see staff for additional information.

City-Wide Membership

Class Fee: \$20

#200593 Jan 1-31 Daily
#200594 Feb 1-28 Daily
#200595 Mar 1-31 Daily
#200596 Apr 1-30 Daily

Abbotts Creek Community Center

Course Fee: \$15

#197283 Jan 1-31 Daily
#197284 Feb 1-28 Daily
#197285 Mar 1-31 Daily
#197286 Apr 1-30 Daily

Barwell Road Community Center

Course Fee: \$15

#200530 Jan 1-31 Daily
#200531 Feb 2-Mar 1 Daily
#200532 Mar 1-31 Daily
#200587 Apr 1-30 Daily

Barwell Road 6-month membership

Course Fee: \$75

#200588 Jan 1-Apr 30 Daily

Biltmore Hills Community Center

Course Fee: \$10

#200533 Jan 1-31 Daily
#200534 Feb 1-28 Daily
#200535 Mar 1-31 Daily
#200536 Apr 1-30 Daily

Brier Creek Community Center

Course Fee: \$15

#200538 Jan 1-31 Daily
#200539 Feb 1-28 Daily
#200540 Mar 1-31 Daily
#200541 Apr 1-30 Daily

Brier Creek 6-month membership

Course Fee: \$75

#200565 Jan 1-Apr 30 Daily

Carolina Pines Community Center

Course Fee: \$15

#200667 Jan 2-Feb 5 Daily
#200668 Feb 1-28 Daily
#200669 Mar 1-Apr 4 Daily
#200670 Apr 1-May 5 Daily

Chavis Community Center

Course Fee: \$10

#200550 Jan 1-31 Daily
#200551 Feb 1-28 Daily
#200552 Mar 1-31 Daily
#200553 Apr 1-30 Daily

Green Road Community Center

Course Fee: \$10

#197257 Jan 2-31 Daily
#197258 Feb 1-28 Daily
#197259 Mar 1-31 Daily
#197260 Apr 1-30 Daily

Halifax Community Center

Course Fee: \$15

#200570 Jan 1-31 Daily
#200571 Feb 1-28 Daily
#200572 Mar 1-31 Daily
#200573 Apr 1-30 Daily

Jaycee Community Center

Course Fee: \$15

#199615 Jan 1-31 Daily
#199621 Feb 1-28 Daily
#199622 Mar 1-31 Daily
#199623 Apr 1-30 Daily

Lake Lynn Community Center

Course Fee: \$15

#200546 Jan 1-31 Daily
#200547 Feb 1-28 Daily
#200548 Mar 1-31 Daily
#200549 Apr 1-30 Daily

Laurel Hills Community Center

Course Fee: \$15

#199645 Jan 1-31 Daily
#199646 Feb 1-28 Daily
#199647 Mar 1-31 Daily
#199648 Apr 1-30 Daily

Laurel Hills 6-month membership

Course Fee: \$75

#199649 Jan 1-May 6 Daily

Laurel Hills 6-month membership

Course Fee: \$90

#199649 Jan 1-May 6 Daily

Lions Park Community Center

Course Fee: \$12

#200558 Jan 1-31 Daily
#200559 Feb 1-28 Daily
#200560 Mar 1-31 Daily
#200562 Apr 1-30 Daily

Marsh Creek Park

Course Fee: \$10

#200582 Jan 1-31 Daily
#200583 Feb 1-28 Daily
#200584 Mar 1-31 Daily
#200585 Apr 1-30 Daily

Method Road Community Center

Course Fee: \$12

#200566 Jan 1-31 Daily
#200567 Feb 1-28 Daily
#200568 Mar 1-31 Daily
#200569 Apr 1-30 Daily

Millbrook Exchange Community Center

Course Fee: \$12

#198946 Jan 1-31 Daily
#198947 Feb 1-28 Daily
#198948 Mar 1-31 Daily
#198949 Apr 1-30 Daily

Pullen Community Center

Course Fee: \$10

#200526 Jan 2-Feb 4 M-Sa 10:00am-9:00pm
#200527 Feb 2-Mar 1 M-Sa 10:00am-9:00pm
#200528 Mar 1-31 M-Sa 10:00am-9:00pm
#200529 Apr 4-May 6 M-Sa 10:00am-9:00pm

Roberts Park Community Center

Course Fee: \$10

#200578 Jan 1-31 Daily
#200579 Feb 1-28 Daily
#200580 Mar 1-31 Daily
#200581 Apr 1-30 Daily

Tarboro Road Community Center

Course Fee: \$10

#200574 Jan 1-31 Daily
#200575 Feb 1-28 Daily
#200576 Mar 1-31 Daily
#200577 Apr 1-30 Daily

Worthdale Community Center

Course Fee: \$10

#200586 Jan 1-31 Daily

#200597 Feb 1-28 Daily

#200598 Mar 1-31 Daily

#200599 Apr 1-30 Daily

Exercise – Nia

Age: 13yrs and up. Nia is a form of fusion fitness for the body, mind, emotions and spirit. The technique integrates movements from dance, the martial arts and healing arts to create an experience that is high-energy, expressive, fun and restorative. This non-impact form is a safe, body-centered workout that is adaptable for all fitness levels. Instructor: Laura Ghantous.

Abbotts Creek Community Center – Course Fee: \$48

#197545 Jan 14-Feb 18 Sa 10:00-11:00am

#197546 Mar 11-Apr 15 Sa 10:00-11:00am

Exercise – Power Hour Boot Camp

Age: 18yrs and up. The class offers 60 minutes of high-intensity circuit training and interval training that incorporates building muscles, core strength and endurance.

The class is for participants looking to trim down and tone up! If you want to break a sweat, this class is for you! Newcomers and advanced participants are welcome. Bring water bottle and towel. Instructor: Liz St. John, BS, Health and Group Fitness.

Brier Creek Community Center – Course Fee: \$24

#199843 Jan 3-26 T,Th 6:30-7:30pm

#199844 Feb 7-Mar 2 T,Th 6:30-7:30pm

#199845 Mar 7-30 T,Th 6:30-7:30pm

#199846 Apr 4-27 T,Th 6:30-7:30pm

Exercise – Sertoma

Chair Yoga for Seniors

Age: 55yrs and up. This chair class is designed for seniors and others with varying degrees of mobility. Yoga can help relax tense muscles, loosen joints, strengthen muscles, improve digestion and circulation and reduce high blood pressure and anxiety. You will learn gentle stretching and breathing techniques. Before undertaking any exercise program, one should consult a physician. Bring a large towel or blanket and wear comfortable clothing. Instructor: Susan Kilmon.

Glen Eden Park – Course Fee: \$48

#198992 Jan 10-Feb 14 T 1:30-2:30pm

#198993 Mar 14-28 T 1:30-2:30pm

Sertoma Arts Center – Course Fee: \$48

#198993 Apr 4-25 T 1:30-2:30pm

Exercise – Sertoma Chair Yoga for Seniors with Meditation

Age: 55yrs and up. This chair yoga class includes meditation and is designed for all levels. It is great for people with varying degrees of mobility. This class includes adaptive yoga with mindfulness on the breath and gentle postures for increased balance. Instructor: Susan Kilmon.

Glen Eden Park – Course Fee: \$48

#198994 Jan 12-Feb 16 Th 1:30-2:30pm

#198995 Mar 16-30 Th 1:30-2:30pm

Sertoma Arts Center – Course Fee: \$48

#198995 Apr 6-27 Th 1:30-2:30pm

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Exercise – Sertoma Kripalu Yoga Beginning

Age: 16yrs and up. Yoga is an ancient art that combines postures for the body, breathing for relaxation and meditation for the mind. Kripalu yoga 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.

Glen Eden Park – Course Fee: \$48				
#198996	Jan 9-Feb 20	M	6:15-7:15pm	no class Jan 16
#198997	Mar 13-27	M	6:15-7:15pm	
#198998	Jan 9-Feb 20	M	7:30-8:30pm	
#198999	Mar 13-27	M	7:30-8:30pm	
#199000	Jan 10-Feb 14	T	12:00-1:00pm	
#199001	Mar 14-28	T	12:00-1:00pm	
Sertoma Arts Center – Course Fee: \$48				
#198997	Apr 3-24	M	6:15-7:15pm	
#198999	Apr 3-24	M	7:30-8:30pm	
#199001	Apr 4-25	T	1:00-2:00pm	

Exercise – Sertoma Kripalu Yoga Continuing

Age: 16yrs and up. 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.

Glen Eden Park – Course Fee: \$48				
#199004	Jan 12-Feb 16	Th	12:00-1:00pm	
#199005	Mar 16-30	Th	12:00-1:00pm	
Sertoma Arts Center – Course Fee: \$48				
#199003	Apr 5-19	W	7:30-8:30pm	
#199005	Apr 6-27	Th	12:00-1:00pm	
Laurel Hills Community Center – Course Fee: \$48				
#199002	Jan 11-Feb 15	W	7:30-8:30pm	
#199003	Mar 15-29	W	7:30-8:30pm	

Exercise – Sertoma Kripalu Yoga Continuing with Meditation

Age: 16yrs and up. 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.

Laurel Hills Community Center – Course Fee: \$48				
#199006	Jan 11-Feb 15	W	6:15-7:15pm	
#199007	Mar 15-29	W	6:15-7:15pm	
Sertoma Arts Center – Course Fee: \$48				
#199007	Apr 5-19	W	6:15-7:15pm	

Feet Meet Sneaks

Age: 55yrs and up. This walking program is for persons 55 and older. Your feet will contribute to your improved health. This inexpensive exercise program provides both therapeutic and social benefits. One foot in front of the other and you are on your way to a healthier and happier life.

Roberts Park Community Center – Course Fee: \$5				
#199301	Mar 2-30	Th	10:00-11:00am	
#199302	Apr 6-27	Th	9:30-10:30am	

Fitness – Pullen Personal Trainer

Age: 18yrs and up. Certified personal trainer, advanced personal trainer and senior fitness specialist Ervin Mitchell can help design a workout that is right for you. Focus on increasing your flexibility, body toning, strength training and cardiovascular fitness. One-hour sessions are available by appointment only. Call 919-831-6052 with questions.

Pullen Community Center – Course Fee: \$30				
#199544	Jan 2-Apr 29	M-Sa	10:00am-9:00pm	

Fitness – Zumba®

Age: 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! Come join the Zumba® party for \$5 per class.

Abbots Creek Community Center – Course Fee: \$5				
#197372	Jan 4-Apr 26	W	7:00-8:00pm	
Greystone Community Center – Course Fee: \$5				
#197939	Jan 7-Apr 29	Sa	10:00-11:00am	
#197940	Jan 5-Apr 27	Th	6:00-7:00pm	

Fitness Pass

Age: 18yrs and up. Interested in utilizing the fitness room but want to try it out first? Register for a daily pass.

Abbots Creek Community Center				
Course Fee: \$2				
#201403	Jan 1-Feb 4	Daily	1:00-6:00pm	
#201404	Feb 1-Mar 5	Daily	7:00am-9:00pm	
#201405	Mar 1-Apr 2	Daily	7:00am-9:00pm	
#201406	Apr 1-30	Daily	9:00am-3:00pm	
Barwell Road Community Center				
Course Fee: \$2				
#201412	Feb 1-28	Daily	7:00am-9:00pm	
#201413	Jan 2-31	Daily	7:00am-9:00pm	
#201414	Apr 1-30	Daily	9:00am-3:00pm	
#201415	Mar 1-31	Daily	7:00am-9:00pm	

Green Road Community Center

Course Fee: \$2				
#197265	Jan 2-31	Daily	10:00am-9:00pm	
#197266	Feb 1-28	Daily	10:00am-9:00pm	
#197267	Mar 1-31	Daily	10:00am-9:00pm	
#197268	Apr 1-30	Daily	10:00am-9:00pm	

Pullen Community Center

Course Fee: \$2				
#199545	Jan 3-31	M-Sa	10:00am-9:00pm	
#199546	Feb 1-28	M-Sa	10:00am-9:00pm	
#199547	Mar 1-31	M-Sa	10:00am-9:00pm	
#199548	Apr 1-29	M-Sa	9:00am-3:00pm	

Fitness – Yoga

Age: 14yrs and up. Yoga will help strengthen your muscles, increase flexibility and build balance, while helping the mind to focus. Yoga helps us focus and relieves us from our everyday stress. Prepare today for a stronger more relaxed you tomorrow! Participants may bring mats, yoga



blocks or yoga straps. Instructor is Malikia Robertson.

Barwell Road Community Center – Course Fee: \$5
#198931 Jan 8-Apr 30 Su 2:30-3:45pm

HIIT (High-Intensity Interval Training)

Age: 18yrs and up. High-intensity interval training has been gaining popularity for its health and fitness benefits. This type of training involves repeated bouts of high-intensity exercise followed by varied recovery times. By maximizing heart rate training principles, you will be encouraged to push yourself to your own personal peak with each exercise before a period of rest. The exercises vary with each class and may include body-weighted exercises and plyometric and resistance training with equipment. Although this class is rooted in challenging yourself, it is modifiable for all fitness levels and special conditions. Certified fitness instructor Shelly Solan will assist you in taking your fitness to the next level to maximize your calorie-burning potential.

Abbotts Creek Community Center – Course Fee: \$5
#200249 Jan 3-Apr 25 T 9:30-10:15am

**Hot Legs Ballet!
Ballet for Gorgeous Gams!**

Age: 16yrs and up. Bring out your inner ballerina or danseur for fun and fitness. Feel elegant while sculpting your calves and thighs! Ballet will strengthen joints, loosen muscles, improve posture and boost general well-being. Dancing is one the best exercises for body, mind and soul. Feel and look more beautiful at any age and any stage. No experience necessary. Based on the Royal Academy of Dance syllabus.

Greystone Community Center – Course Fee: \$54
#198498 Jan 17-Feb 14 T 5:30-6:15pm
#198499 Feb 21-Mar 21 T 5:30-6:15pm

Line Dancing to the Golden Oldies

Age: 18yrs and up. Who said exercise had to be stodgy? Reviving music of the '40s, '50s and '60s, we will step and strut, move and groove and maybe even twist and shout to the classics. Dancing improves balance, bone density, mood, weight management, blood pressure, cognitive function, muscle tone, concentration, coordination and posture! Standing or seated, there's fun to be had while improving our health.

Greystone Community Center – Course Fee: \$54
#198500 Jan 17-Feb 14 T 9:45-10:30am
#198501 Feb 21-Mar 21 T 9:45-10:30am

Lunar Adult Ballet/Lyrical

Age: 18yrs and up. It's never too late to be a ballerina! Even if you used to dance, it's not too late to return to ballet. Learn basic dance technique and balance. The class is for ages 18 and up. Wear white or pink tights and a black or pink leotard. Ballet skirt optional.

Lake Lynn Community Center – Course Fee: \$45
#200889 Jan 9-30 M 7:00-7:50pm
#200890 Feb 6-27 M 7:00-7:50pm
#200891 Mar 6-27 M 7:00-7:50pm
#200892 Apr 3-24 M 7:00-7:50pm

Martial Arts – Adult Shotokan

Age: 15yrs and up. Learn a traditional martial art and enjoy a challenging workout! Shotokan stresses cardiovascular health, strength development, coordination and overall physical fitness. Some youth designated by instructor may participate in this class. Instructor: Eric Blaize.

Barwell Road Community Center – Course Fee: \$15
#199114 Jan 4-30 M,W 8:00-9:00pm
#199115 Feb 1-27 M,W 8:00-9:00pm
#199116 Mar 1-Apr 3 M,W 8:00-9:00pm
#199117 Apr 3-May 3 M,W 8:00-9:00pm

**Martial Arts – American Kenpo
Karate Adult and Teen**

Age: 13yrs and up. Learn traditional American kenpo karate while improving personal skills like respect, discipline, confidence, pride, balance, coordination and self-defense. All students will enjoy the personal benefits of karate while challenging themselves both mentally and physically. This is a family class, and participants will have fun while learning together. Classes are taught by a certified organization. Testing and certification will require an additional \$20 fee paid to instructor. Testing is not a requirement. Instructor: Jim LeClair.

Marsh Creek Park

Three Months: \$150
#201321 Jan 4-30 M,W 6:00-7:00pm
#201322 Feb 1-27 M,W 6:00-7:00pm
#201323 Mar 1-29 M,W 6:00-7:00pm
#201324 Apr 3-26 M,W 6:00-7:00pm
Course Fee: \$50
#201321 Jan 4-30 M,W 6:00-7:00pm
#201322 Feb 1-27 M,W 6:00-7:00pm
#201323 Mar 1-29 M,W 6:00-7:00pm
#201324 Apr 3-26 M,W 6:00-7:00pm

**Martial Arts – Chinese Kenpo Karate
– Teens and Adults**

Age: 13yrs and up. 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
#199209 Jan 2-30 M,W 7:00-8:30pm
#199210 Feb 1-Mar 1 M,W 7:00-8:30pm
#199211 Mar 6-29 M,W 7:00-8:30pm
#199212 Apr 3-26 M,W 7:00-8:30pm

**Meditation and Wellness
at Lake Johnson Park**

Age: 18yrs and up. This class will offer participants the opportunity to sample several different types of meditation. Each week will include a short lecture followed by very light exercises and a 20 to 30 minute meditation. Many studies document

the benefits of meditation including stress reduction, increased awareness and a greater ability to focus. This class will be taught by Kathy Burroughs, a certified instructor in meditation. Kathy has been practicing, guiding and teaching in meditation in Cary since 2012.

Thomas G. Crowder Woodland Center

Course Fee: \$20
#197799 Jan 4-25 W 5:30-6:30pm
#197800 Feb 1-22 W 5:30-6:30pm
#197801 Mar 1-22 W 5:30-6:30pm
#197802 Mar 29-Apr 26 W 5:30-6:30pm

Mindfulness Yoga at Halifax

Age: 18yrs and up. This yoga class is geared toward those wanting a gentler approach. Each class will include relaxation and breath awareness, warmup, active practice and sitting meditation with mindfulness techniques woven throughout. Participants should bring a mat, towel or blanket and wear comfortable clothes.

Halifax Community Center – Course Fee: \$60
#199668 Jan 4-Feb 8 W 10:00-11:15am
#199669 Feb 15-Mar 22 W 10:00-11:15am
#199890 Mar 29-May 3 W 10:00-11:15am

Movin' and Groovin'

Age: 18yrs and up. The Parks, Recreation and Cultural Resources Department is partnering with Wake Human Services sections of Health Promotion Chronic Disease Prevention and 4-H Youth Development for the fifth season of the Movin' and Groovin' walking series. This event 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

#197270 Apr 6-Jun 8 Th 6:00-7:00pm

Phenom Fitness

Age: 15yrs and up. Indoors and outdoors, it does not matter. Come and be your best you! Come and be your own Fitness Phenom!

Carolina Pines Community Center – Course Fee: \$6

#200745 Jan 9 M 6:00-7:00pm
#200751 Feb 6 M 6:00-7:00pm
#200759 Mar 6 M 6:00-7:00pm
#200768 Apr 3 M 6:00-7:00pm

Pickleball Pass – Indoor Play

Age: 18yrs and up. What is pickleball? It's a combination of tennis, badminton and table tennis that is fast-paced, easy to learn, great exercise and great fun! Drop-in fee is \$2 daily, per site. A full session pass is available for \$10. Session pass is valid for all indoor pickleball courts at Brier Creek, Lake Lynn, Method, Optimist and Laurel Hills community centers. Please contact each site for court times and site-specific information. Course Fee: \$10
#200607

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Pilates Mat Daily Pass

Age: 13yrs and up. Pilates workouts are designed to develop strength through the core of the body ñ back, abdomen and hips ñ and to improve flexibility and coordination without weights or other equipment. 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.

Greystone Community Center – Course Fee: \$7
#198421 Jan 9-May 3 M,W 12:15-1:15pm

PiYo Live

Age: 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.

Abbotts Creek Community Center – Course Fee: \$5
#197370 Jan 2-Apr 26 M,W 6:15-7:15pm

Prenatal Yoga at Abbotts Creek

Age: 16yrs and up. Prenatal Yoga employs posture, breathing, and meditation to help ease pregnancy, delivery, and the after effects of birth. This class creates strength, focus, flexibility and awareness through a gentle practice designed especially for a pregnant woman's needs. Prenatal Yoga classes provide a safe, peaceful and supportive environment for expectant mothers and are a wonderful way to connect with other mothers-to-be. Yoga helps to alleviate many of the discomforts of pregnancy such as heartburn, nausea, constipation, varicose veins, swelling, back pain and sciatica. The classes are appropriate for both new and experienced students. Instructor: Sierra Luz.

Abbotts Creek Community Center – Course Fee: \$40
#201422 Jan 3-24 T 7:15-8:00pm
#201423 Feb 7-28 T 7:15-8:00pm
#201424 Mar 7-28 T 7:15-8:00pm
#201425 Apr 4-25 T 7:15-8:00pm

Prenatal Yoga for the Body and Soul

Age: 18-65yrs. Whether you are new to yoga or a seasoned yogini, prenatal yoga is a wonderful way to connect with your body and your baby. Through breathing and poses, we'll address some of the common aches and complaints of pregnancy and prepare for labor, delivery and beyond. No experience needed. All trimesters welcome. Dress comfortably for movement and bring a pillow and yoga mat or blanket.

Hill Street Center – Course Fee: \$40
#198360 Feb 6-27 M 6:00-7:00pm
#198361 Mar 6-27 M 6:00-7:00pm
#198362 Apr 3-24 M 6:00-7:00pm

Qigong

Age: 18yrs and up. Qigong (pronounced: chee-gong) postures promote energetic and internal organ health. This class offers the opportunity to engage in numerous therapeutic postures that utilize gentle, safe movements. Posture modifications can be made for those with physical limitations. Time will be dedicated to Qigong breathing instruction, meditation and body energy flow discussions. Join the class and enjoy the benefits of improved health.

Green Road Community Center
#197272 Jan 3-31 T 6:00-7:00pm
#197273 Feb 7-28 T 6:00-7:00pm
#197274 Mar 7-28 T 6:00-7:00pm
#197275 Apr 4-25 T 6:00-7:00pm

Slow Flow Yoga

Age: 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 to see if you want to sign up for more! Need more yoga in your life? The class is offered on both Tuesday and Thursday evenings!

Abbotts Creek Community Center
'Try it Class' – Course Fee: \$10
#197320 Jan 3-Apr 27 T,Th 6:15-7:00pm
Course Fee: \$30
#197318 Mar 2-16 Th 6:15-7:00pm
Course Fee: \$40
#197316 Jan 5-26 Th 6:15-7:00pm
#197317 Feb 2-23 Th 6:15-7:00pm
#197319 Apr 6-27 Th 6:15-7:00pm
#197321 Jan 3-24 T 6:15-7:00pm
#197322 Feb 7-28 T 6:15-7:00pm
#197323 Mar 7-28 T 6:15-7:00pm
#197324 Apr 4-25 T 6:15-7:00pm

Soul Line Dance and Get Fit – Abbotts Creek

Age: 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. Do not be fooled by the title: 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 starting in September. Beginners class: 2:00-3:30pm. Advanced class: 3:30-5:30pm.

Abbotts Creek Community Center – Course Fee: \$5
#197368 Jan 8-Apr 30 Su 2:00-3:30pm

Soul Line Dance and Get Fit Class for Beginners – Marsh Creek

Age: 15yrs and up. This is a beginner/ advanced-beginner 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. Do not be fooled by the title. We will learn and practice great cardio workouts and low/ medium/high impact soul line dances. Come prepared to move, sweat and have fun!

Marsh Creek Park – Course Fee: \$20
#201329 Jan 10 T 7:00-8:30pm
#201330 Jan 17 T 7:00-8:30pm
#201331 Feb 7 T 7:00-8:30pm
#201332 Feb 14 T 7:00-8:30pm
#201333 Jan 31 T 7:00-8:30pm
#201334 Feb 21 T 7:00-8:30pm
#201335 Feb 28 T 7:00-8:30pm
#201336 Mar 7 T 7:00-8:30pm
#201337 Mar 14 T 7:00-8:30pm
#201338 Mar 21 T 7:00-8:30pm
#201339 Mar 28 T 7:00-8:30pm
#201340 Apr 4 T 7:00-8:30pm
#201341 Apr 11 T 7:00-8:30pm
#201342 Apr 18 T 7:00-8:30pm
#201343 Apr 25 T 7:00-8:30pm

Step It Up Line Dance Class

Age: 17yrs and up. Do you want to take your line dancing to the next level? In this progressive class, you will learn a variety of dances, from intermediate to advanced. Understanding line dance terminology is a plus but not required. This class is a great way to exercise and will keep your body and mind fit. So let's get together, make new friends and have fun while dancing to the latest and popular line dance songs!

Barwell Road Community Center – Course Fee: \$5
#199135 Mar 8-May 3 W 6:00-7:00pm

Step It Up Line Dance – Intermediate

Age: 17yrs and up. Do you want to take your line dancing to the next level? In this progressive class, you will learn a variety of dances, from intermediate to advanced. Understanding line dance terminology is a plus but not required. This class is a great way to exercise and keep your body and mind fit. So let's get together, make new friends and have fun while dancing to the latest and popular line dance songs!

Barwell Road Community Center
#199137 Jan 4 W 7:00-8:30pm
Course Fee: \$5
#199138 Jan 11 W 7:00-8:30pm
#199139 Jan 18 W 7:00-8:30pm
#199140 Jan 25 W 7:00-8:30pm
#199141 Feb 1 W 7:00-8:30pm
#199142 Feb 8 W 7:00-8:30pm
#199143 Feb 15 W 7:00-8:30pm
#199144 Feb 22 W 7:00-8:30pm
#199145 Mar 1 W 7:00-8:30pm
#199146 Mar 8 W 7:00-8:30pm
#199147 Mar 15 W 7:00-8:30pm
#199148 Mar 22 W 7:00-8:30pm
#199149 Mar 29 W 7:00-8:30pm
#199150 Apr 5 W 7:00-8:30pm
#199151 Apr 12 W 7:00-8:30pm
#199152 Apr 19 W 7:00-8:30pm
#199153 Apr 26 W 7:00-8:30pm

Sunset Yoga

Age: 18yrs and up. This yoga class takes place during sunset at one of Raleigh's unique outdoor recreation park facilities. Vinyasa connects the mind, body and breath with an energetic sequence of yoga postures. Anyone with beginner to advanced yoga experience may attend. The 75-minute class is a great way to challenge your flexibility, strength and balance. A certified vinyasa instructor leads the class.

Lake Wheeler – Course Fee: \$50
 #199527 Feb 7-Mar 7 T 6:00-7:15pm
 #199528 Mar 14-Apr 11 T 6:00-7:15pm

Tabata

Age: 18yrs and up. Tabata is a form of high-intensity interval training that uses an interval-based training model to get you maximum results in a shorter period of time. The class is formatted with alternating bursts of 20 seconds of work and 10 seconds of rest for each exercise. Through its short periods of hard work and heart rate peaks, Tabata training benefits your cardiovascular health, revs up your metabolism and spikes your total body strength and fitness level. As a certified fitness instructor, wellness coach and physical therapist, instructor Shelly Solan will guide you through a safe and effective workout that is designed to challenge you in a motivating group environment.

Abbotts Creek Community Center – Course Fee: \$5
 #200236 Jan 5-Apr 27 Th 6:15-7:00pm

Tae Kwon Do Level 2

Age: 13yrs and up. Students will continue to learn the art of self-defense and discipline at an advanced level. Students will refine their skills, learn different techniques and develop physical fitness.

Worthdale Community Center – Course Fee: \$25
 #199091 Jan 3-31 T,Th 7:30-8:30pm
 #199092 Feb 2-28 T,Th 7:30-8:30pm
 #199093 Mar 2-30 T,Th 7:30-8:30pm
 #199094 Apr 4-27 T,Th 7:30-8:30pm

Touch Your Heart Meditation

Age: 18yrs and up. Join us for an amazing meditative yoga practice with a special focus on the heart. There will be an opportunity to move through different breathing postures, all with an emphasis on YOU! Please bring your mats, towels or blankets. This meditation practice will be a heart-touching practice for all levels.

Pullen Community Center – Course Fee: \$20
 #199573 Feb 11 Sa 1:30-3:00pm

Trail Mix

Age: 18yrs and up. Walk and talk your way into a healthy lifestyle. Make new friends and enjoy social time and a half-mile walking trail. No fitness level and no gender requirements. Must have a willing heart and open mind to get into shape.

Barwell Road Community Center
 #199477 Apr 4-25 T 6:30-7:30pm

Urban (Soul) Line Dancing

Age: 16yrs and up. 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/day
 #197338 Jan 2-30 M 7:00-8:30pm
 #197339 Feb 6-27 M 7:00-8:30pm
 #197340 Mar 6-27 M 7:00-8:30pm
 #197341 Apr 3-24 M 7:00-8:30pm

Urban Line Dance

Age: 16yrs and up. Learn 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.

Hill Street Center – Course Fee: \$5
 #198364 Jan 5 Th 6:45-7:45pm
 #198365 Jan 12 Th 6:45-7:45pm
 #198366 Jan 19 Th 6:45-7:45pm
 #198367 Jan 26 Th 6:45-7:45pm
 #198368 Feb 2 Th 6:45-7:45pm
 #198369 Feb 9 Th 6:45-7:45pm
 #198370 Feb 16 Th 6:45-7:45pm
 #198371 Feb 23 Th 6:45-7:45pm
 #198372 Mar 2 Th 6:45-7:45pm
 #198373 Mar 9 Th 6:45-7:45pm
 #198374 Mar 16 Th 6:45-7:45pm
 #198375 Mar 23 Th 6:45-7:45pm
 #198376 Mar 30 Th 6:45-7:45pm
 #198377 Apr 6 Th 6:45-7:45pm
 #198378 Apr 13 Th 6:45-7:45pm
 #198379 Apr 20 Th 6:45-7:45pm
 #198392 Apr 27 Th 6:45-7:45pm

Walking Group – 600 Mile Walk Across NC

Age: 18yrs and up. Come join our walking group! You will have the opportunity to socialize while you walk your way across the state. You can check out a pedometer and track your 600-mile trek from Manteo to Murphy as you walk laps in the Jaycee gym. Tracking sheets will be provided to record your journey. Come get fit and make friends!

Jaycee Community Center
 #199984 Jan 2-30 M 10:00am-12:30pm
 #199985 Feb 6-27 M 10:00am-12:30pm
 #199986 Mar 6-27 M 10:00am-12:30pm
 #199987 Apr 3-24 M 10:00am-12:30pm

Wednesday Walk for Fun at Laurel Hills

Age: 18yrs and up. Come join us at Laurel Hills for a fun walking experience. Let personal trainer Bettie lead you on a fun-filled walk. Begin with a warm-up stretch by the pond, then enjoy nearby trails and finish with a cool-down. This is a great way to meet new friends and have fun walking. Please make sure you wear appropriate shoes and bring water and a towel.

Laurel Hills Community Center – Course Fee: \$8
 #199787 Mar 15-May 3 W 1:00-2:00pm

Yoga – Gentle

Age: 18yrs and up. Treat your body to much-needed stretches and release stress in a yoga class. Focus is on a gentler yoga, primarily on the floor, which may include meditations and stretches that help with flexibility, posture and stress relief.

Pullen Community Center – Course Fee: \$40
 #199597 Jan 11-Mar 22 W 5:15-6:15pm

Yoga – Nice Yoga

Age: 16yrs and up. This class will offer core strengthening and stretching as well as movement into sun salutations, poses and reflective meditations. The pace of this yoga class 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: \$60
 #200459 Jan 3-Apr 25 T 7:00-7:30pm

Yoga – Power Yoga Fitness

Age: 18yrs and up. A strengthening treat without the weights! This class emphasizes alignment and provides an opportunity to challenge and deepen your practice. The pace may be faster or include longer holds of poses. This class is most definitely not appropriate for beginners.

Pullen Community Center – Course Fee: \$40
 #199600 Jan 9-Mar 27 M 5:15-6:15pm

Yoga at Lake Johnson: Beginners

Age: 18yrs and up. This class is great for beginners and those seeking to learn how to unwind the body and mind after a long day. During class you will build internal heat and focus, strength and flexibility. Class will start with conscious breathing and gentle stretches, progressing to more active, fluid styles of yoga. Class will also incorporate standing postures and balance work.

Modifications for some poses will be offered so you can choose to work at the level that is appropriate for you. Certified yoga instructor: Jenny Turnage.

Thomas G. Crowder Woodland Center
 Course Fee: \$65
 #199378 Jan 9-Feb 13 M 6:30-7:45pm

Yoga at Lake Johnson: Chair Yoga

Age: 50yrs and up. The purpose of this class is to increase our ability to enjoy life. This class includes stretches to increase range of motion, balancing poses to strengthen muscles that support joints and breath awareness to promote a calm mind and body. Although this is a chair yoga class, we use the chair not to sit in but as a prop, and we use the wall to support every pose so it's safe and accessible. The dynamic format of the class will increase fitness and be challenging but at a level appropriate for folks ages 50+.

Thomas G. Crowder Woodland Center
 Course Fee: \$50
 #197413 Jan 10-Feb 14 T 6:00-7:00pm
 #197414 Feb 28-Apr 4 T 6:00-7:00pm
 #197415 Apr 18-May 23 T 6:00-7:00pm

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Yoga at Lake Johnson: Therapeutic Renewal

Age: 16yrs and up. Stretch. Breathe. Release tension. Thought you couldn't do yoga? This class can benefit those who are new to yoga or are looking for a safe, gentle, accessible way to explore yoga poses, breathing techniques and relaxation practices. TJ Martin is a registered yoga teacher at the 500-hour level and an integrative yoga therapist and has been a yoga instructor for Pink Ribbon Yoga Retreats since 2005.

Thomas G. Crowder Woodland Center

Course Fee: \$80
 #197745 Jan 3-Feb 21 T 9:30-11:00am
 #197746 Mar 7-Apr 25 T 9:30-11:00am

Yoga at Lake Johnson: Yoga for All Levels

Age: 18-65yrs. This class is for those seeking to unwind the body and mind after a long day. During class you will build internal heat and focus, strength and flexibility. Class will start with conscious breathing and gentle stretches, progressing to more active, fluid styles of yoga. Class will incorporate standing postures and balance work. Expect to be challenged but leave feeling refreshed, relaxed and centered. Modifications for some poses will be offered so you can choose to work at the level appropriate for you. Certified yoga instructor: Jenny Turnage.

Thomas G. Crowder Woodland Center

Course Fee: \$55
 #199375 Jan 5-Feb 9 Th 6:30-7:30pm
 #199376 Feb 23-Mar 30 Th 6:30-7:30pm
 #199377 Apr 13-May 18 Th 6:30-7:30pm

Yoga at Optimist Community Center

Age: 16yrs and up. Flow Yoga combines a creative and intuitive vinyasa practice to promote a unique blend of energies and enhancements. Test the depths of your patience, grace, strength, balance and flexibility. Get ready to dive deep, enter the realm of the unknown, tap into your inner strength and discover more peace and joy along the way. Flow Yoga is an open level class that will offer options for both beginner and experienced practitioners. Instructor: Gustavo Ruiz.

Optimist Community Center – Course Fee: \$5

#200635 Jan 4-Apr 26 W 7:00-8:00pm

Yoga Flow at Jaycee

Age: 16yrs and up. This will be a Yoga Flow class focused on coordination of breath and movement, with emphasis on strength building, flexibility and mental focus. All levels are welcome, please bring your own mats and props if available. Limited materials will be provided. Instructor: Malkia Robertson. Drop in is available at \$10 per class.

Jaycee Community Center – Course Fee: \$40

#200346 Jan 11-Feb 15 W 6:30-7:45pm
 #200360 Feb 22-Mar 29 W 6:30-7:45pm
 #200362 Apr 5-May 10 W 6:30-7:45pm

Zumba at Biltmore Hills

Age: 12yrs and up. Zumba® features exotic rhythms set to high energy Latin and international beats. Before you know it, you're getting fit and your energy level is rising. It is easy to do, effective and totally exhilarating. It is always a zumba party.

Biltmore Hills Community Center – Course Fee: \$5

#201256 Jan 5 Th 6:30-7:30pm
 #201258 Jan 12 Th 6:30-7:30pm
 #201260 Jan 19 Th 6:30-7:30pm
 #201262 Jan 26 Th 6:30-7:30pm
 #201263 Feb 2 Th 6:30-7:30pm
 #201264 Feb 9 Th 6:30-7:30pm
 #201265 Feb 16 Th 6:30-7:30pm
 #201266 Feb 23 Th 6:30-7:30pm
 #201267 Mar 2 Th 6:30-7:30pm
 #201268 Mar 9 Th 6:30-7:30pm
 #201269 Mar 16 Th 6:30-7:30pm
 #201270 Mar 23 Th 6:30-7:30pm
 #201271 Mar 30 Th 6:30-7:30pm
 #201300 Apr 6 Th 6:30-7:30pm
 #201302 Apr 13 Th 6:30-7:30pm
 #201306 Apr 20 Th 6:30-7:30pm
 #201307 Apr 27 Th 6:30-7:30pm

Zumba Boom

Age: 16yrs and up. International explosion of dance, fun and fitness! Learn the basic Latin rhythms and moves of merengue, salsa, cumbia and more. No prior dance experience or background necessary. Come join the Zumba party! Passes: \$5 (daily), \$24 (6 visits), \$42 (12 visits).

Laurel Hills Community Center

Course Fee: \$24
 #200164 Jan 3-Apr 27 T,Th 7:30-8:30pm
 Course Fee: \$42
 #200164 Jan 3-Apr 27 T,Th 7:30-8:30pm
 Course Fee: \$5
 #200164 Jan 3-Apr 27 T,Th 7:30-8:30pm

Method Road Community Center

Course Fee: \$24
 #201097 Jul 8-Oct 28 Sa 9:30-10:30am
 #201098 Jan 4-Apr 26 W 7:30-8:30pm
 Course Fee: \$42
 #201097 Jul 8-Oct 28 Sa 9:30-10:30am
 #201098 Jan 4-Apr 26 W 7:30-8:30pm
 Course Fee: \$5
 #201097 Jul 8-Oct 28 Sa 9:30-10:30am
 #201098 Jan 4-Apr 26 W 7:30-8:30pm

Zumba® and Zumba® Toning with Maria – Bundle Pass

Age: 12yrs and up. 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. Tuesday classes are held from 7:15-8:15pm.

Green Road Community Center – Course Fee: \$25

#197346 Jan 2-14 M-W,F 6:00-7:00pm
 #197347 Jan 16-28 M-W,F 6:00-7:00pm
 #197348 Jan 30-Feb 11 M-W,F 6:00-7:00pm
 #197349 Feb 13-25 M-W,F 6:00-7:00pm

#197350 Feb 27-Mar 11 M-W,F 6:00-7:00pm
 #197351 Mar 13-25 M-W,F 6:00-7:00pm
 #197352 Mar 27-Apr 8 M-W,F 6:00-7:00pm
 #197353 Apr 10-22 M-W,F 6:00-7:00pm

Zumba®

Age: All Ages. Zumba® is a feel-good workout based on a motivating fusion of Latin and international music with unique moves and dynamic combinations. A combination of fast and slow rhythms tone and sculpt the body, maximizing caloric output, fat burning and total body toning. No dance experience is required. Dance to great music with great people and burn a ton of calories without even realizing it! \$5 per class or \$40 for an eight-class punch pass.

Halifax Community Center

W,F 6:45-7:45pm
 Sa 10:00-11:00am

Zumba® at Barwell Road

Age: 13yrs and up. Zumba® is an aerobic fitness class using rhythms from salsa, merengue, samba, cha cha and other Latin music. This class combines body-sculpting movements with easy-to-follow dance steps. Chair Zumba may be incorporated into some classes. You may bring small weights.

Instructor: Portia Walton.

Barwell Road Community Center

Course Fee: \$3
 #198941 Jan 2-Apr 17 M 6:00-7:00pm
 #198942 Jan 5-Apr 20 Th 6:30-7:30pm
 Course Fee: \$5
 #198941 Jan 2-Apr 17 M 6:00-7:00pm
 #198942 Jan 5-Apr 20 Th 6:30-7:30pm

Zumba® at The Pines

Age: 16yrs and up. Zumba®-Latin inspired, easy to follow, calorie burning, dance fitness-party. Feel the music and let loose. Classes taught by Licensed Zumba® Instructor, Sarita Smith. Join the party at Carolina Community Center on Friday night!

Carolina Pines Community Center – Course Fee: \$5

Instructor: Sarita Smith
 #201145 Jan 6 F 6:30-7:30pm
 #201147 Feb 3 F 6:30-7:30pm
 #201148 Mar 3 F 6:30-7:30pm
 #201150 Apr 7 F 6:30-7:30pm

Zumba® Toning

Age: 13yrs and up. Zumba® is an aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music. Zumba® Toning includes the challenge of adding resistance by using Zumba® toning sticks (or light weights) to help you focus on specific muscle groups so you (and your muscles) stay engaged. This is the workout for you! Join the party at Sanderford Road Center!

Sanderford Road Park – Course Fee: \$5

#199868 Jan 3 T 7:00-8:00pm
 #199869 Jan 10 T 7:00-8:00pm
 #199870 Jan 17 T 7:00-8:00pm
 #199871 Jan 24 T 7:00-8:00pm
 #199872 Jan 31 T 7:00-8:00pm
 #199873 Feb 7 T 7:00-8:00pm
 #199874 Feb 14 T 7:00-8:00pm
 #199875 Feb 21 T 7:00-8:00pm

#199876	Feb 28	T	7:00-8:00pm
#199877	Mar 7	T	7:00-8:00pm
#199878	Mar 14	T	7:00-8:00pm
#199879	Mar 21	T	7:00-8:00pm
#199880	Mar 28	T	7:00-8:00pm
#199881	Apr 4	T	7:00-8:00pm
#199882	Apr 11	T	7:00-8:00pm
#199883	Apr 18	T	7:00-8:00pm
#199884	Apr 25	T	7:00-8:00pm
#199885	May 3	W	7:00-8:00pm
#199892	May 10	W	7:00-8:00pm
#199898	May 17	W	7:00-8:00pm
#199899	May 24	W	7:00-8:00pm
#199900	May 31	W	7:00-8:00pm
#201162	Jan 4	W	7:00-8:00pm
#201163	Jan 11	W	7:00-8:00pm
#201164	Jan 18	W	7:00-8:00pm
#201165	Jan 25	W	7:00-8:00pm
#201166	Feb 1	W	7:00-8:00pm
#201167	Feb 8	W	7:00-8:00pm
#201168	Feb 15	W	7:00-8:00pm
#201169	Feb 22	W	7:00-8:00pm
#201170	Mar 1	W	7:00-8:00pm
#201171	Mar 8	W	7:00-8:00pm
#201172	Mar 15	W	7:00-8:00pm
#201173	Mar 22	W	7:00-8:00pm
#201174	Mar 29	W	7:00-8:00pm
#201175	Apr 5	W	7:00-8:00pm
#201176	Apr 12	W	7:00-8:00pm
#201177	Apr 19	W	7:00-8:00pm
#201178	Apr 26	W	7:00-8:00pm
#201179	May 3	W	7:00-8:00pm
#201180	May 10	W	7:00-8:00pm
#201181	May 17	W	7:00-8:00pm
#201182	May 24	W	7:00-8:00pm
#201183	May 31	W	7:00-8:00pm

Zumba® Toning/Sentao with Maria – Daily Pass

Age: 12yrs and up. If you wish to learn how to blend body-sculpting techniques and Zumba® moves into one calorie-burning, strength-training class, this is your class! You'll learn how to use weighted, maraca-like Zumba® toning sticks to enhance rhythm, build strength and tone all the target zones. Zumba® Sentao combines strength and resistance exercises with dance moves on and around a chair. Zumba® Sentao effectively works your core muscles: your abs and midsection. Certified Zumba® Instructor: Maria Elena de Leon Angel Williams. Tuesday classes are held from 7:15-8:15pm

Green Road Community Center

Toning Daily Pass – Course Fee: \$5/day

#197355	Jan 3-31	T,F	6:00-7:00pm
#197356	Feb 3-28	T,F	6:00-7:00pm
#197357	Mar 3-31	T,F	6:00-7:00pm
#197358	Apr 4-28	T,F	6:00-7:00pm

Zumba® with Maria – Daily Pass

Age: 12yrs and up. 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

Zumba Daily Pass – Course Fee: \$5/day

#197363	Jan 2-28	M,W	6:00-7:00pm
#197364	Feb 1-27	M,W	6:00-7:00pm
#197365	Mar 1-29	M,W	6:00-7:00pm
#197366	Apr 1-29	M,W	6:00-7:00pm

Zumba-Thon at Halifax

Age: 15yrs and up. Wear your pink and red to celebrate with your sweetheart at our Zumba-Thon! Enjoy two hours of a total workout that combines all elements of fitness and is a ton of fun! Pre-registration is January 17- February 8 at Halifax Community Center. Registration the night of the event begins at 6:00pm; please allow ample time to park, register and sign in!

Halifax Community Center – Course Fee: \$10

#200293	Feb 10	F	7:00-9:00pm
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Senior

60 Seconds to Good Health

Eat lunch later — exercise now! This lunchtime class features interval training to improve muscle strength and take your fitness to a higher level. All it takes is 60 seconds! Instructor: Jane Stenhouse.

Five Points Center for Active Adults – Course Fee: \$8

#197646	Jan 9-30	M	11:45am-12:45pm
#197647	Feb 6-27	M	11:45am-12:45pm
#197648	Mar 6-27	M	11:45am-12:45pm
#197649	Apr 3-24	M	11:45am-12:45pm

Active Adult Line Dance

Age: 50yrs and up. This class provides exercise and a social outlet for active adults. Come learn the latest and all-time favorite line dances to the sounds of R&B, jazz, country, Latin, pop music and more.

Marsh Creek Park – Course Fee: \$5

#201276	Jan 7	Sa	9:00-10:00am
#201277	Jan 14	Sa	9:00-10:00am
#201278	Jan 21	Sa	9:00-10:00am
#201279	Jan 28	Sa	9:00-10:00am
#201280	Feb 4	Sa	9:00-10:00am
#201281	Feb 11	Sa	9:00-10:00am
#201282	Feb 18	Sa	9:00-10:00am
#201283	Feb 25	Sa	9:00-10:00am
#201284	Mar 4	Sa	9:00-10:00am
#201285	Mar 11	Sa	9:00-10:00am
#201286	Mar 18	Sa	9:00-10:00am
#201287	Mar 25	Sa	9:00-10:00am
#201288	Apr 1	Sa	9:00-10:00am
#201289	Apr 8	Sa	9:00-10:00am
#201290	Apr 15	Sa	9:00-10:00am
#201291	Apr 22	Sa	9:00-10:00am
#201292	Apr 29	Sa	9:00-10:00am

Aerobic Fit

Aerobic Fit is an Active Adult intermediate level class designed to be fun, challenging and calorie burning! It is perfect for participants who want an energizing activity and who do not need the assistance of a chair. This class includes continuous low-impact aerobic choreography, smooth transitions, and sequenced movement repetitions. This class may include the use of mats, weights,

resistance bands, and small medicine balls.

Instructor: Dana Kincaid

Anne Gordon Center for Active Adults

Course Fee: \$8

#198822	Jan 3-31	T	10:15-11:00am
#198823	Feb 7-28	T	10:15-11:00am
#198824	Mar 7-28	T	10:15-11:00am
#198825	Apr 4-25	T	10:15-11:00am
#198826	Jan 5-26	Th	10:15-11:00am
#198827	Feb 2-23	Th	10:15-11:00am
#198828	Mar 2-30	Th	10:15-11:00am
#198829	Apr 6-27	Th	10:15-11:00am

Ageless Grace

Learn 21 simple tools for lifelong comfort and ease! The tools focus on specific areas of the brain and body to improve balance, flexibility, cognitive function and more, all while you are sitting in a chair. It's fun, and best of all, it's easy! Visit www.agelessgrace.com for more information.

Anne Gordon Center for Active Adults

Course Fee: \$8

#197652	Jan 3-31	T	2:00-2:45pm
#197655	Feb 7-28	T	2:00-2:45pm
#197656	Mar 7-28	T	2:00-2:45pm
#197657	Apr 4-25	T	2:00-2:45pm

Five Points Center for Active Adults

Course Fee: \$8

#197658	Jan 4-25	W	2:00-2:45pm
#197659	Feb 1-22	W	2:00-2:45pm
#197660	Mar 1-29	W	2:00-2:45pm
#197661	Apr 5-26	W	2:00-2:45pm

Walnut Terrace Neighborhood Center

Course Fee: \$0

#197653	Mar 7-28	T	12:00-12:45pm
#197654	Apr 4-25	T	12:00-12:45pm
#197662	Jan 3-31	T	12:00-12:45pm
#197663	Feb 7-28	T	12:00-12:45pm

Balance and Strength Foundations

A series of balance and strength exercises will be used to help improve balance and core strength. Exercises may be done both sitting in a chair and standing with support.

Instructor: Sandy Stanton.

Five Points Center for Active Adults – Course Fee: \$8

#197664	Jan 3-31	T	10:30-11:15am
#197665	Feb 7-28	T	10:30-11:15am
#197666	Mar 7-28	T	10:30-11:15am
#197667	Apr 11-May 2	T	10:30-11:15am
#197668	Jan 5-26	Th	11:15am-12:00pm
#197669	Feb 2-23	Th	11:15am-12:00pm
#197670	Mar 2-30	Th	11:15am-12:00pm
#197671	Apr 6-27	Th	11:15am-12:00pm

Balance Strengthening

This class is designed to strengthen your over-all balance! Good balance decreases our risk of falls and helps with our daily activities. We will use core strengthening movements to improve our balance, and you will have the choice to participate standing or sitting in a chair. This class is designed to improve posture, improve core strength and increase your ability to do everyday activities. This class is a strengthening class and will not have any impact or high cardio movements. Light weights can be used during class as an added strengthening option. This class is for all abilities, and

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no previous fitness experience is required.

Instructor: Dana Kincaid.

Anne Gordon Center for Active Adults

Course Fee: \$8

#198830	Jan 3-31	T	11:15am-12:00pm
#198831	Feb 7-28	T	11:15am-12:00pm
#198832	Mar 7-28	T	11:15am-12:00pm
#198833	Apr 4-25	T	11:15am-12:00pm
#198834	Jan 5-26	Th	11:15am-12:00pm
#198835	Feb 2-23	Th	11:15am-12:00pm
#198836	Mar 2-30	Th	11:15am-12:00pm
#198837	Apr 6-27	Th	11:15am-12:00pm

BeneFitness

Strengthen your muscles and improve your range of motion, balance, flexibility and strength through low-impact aerobics, stretching and light weights. There is no pre-registration for this course; the first 30 participants to sign in may participate each day. Instructor: Bill Unger.

Five Points Center for Active Adults

#197682	Jan 3-31	T,Th	9:30-10:00am
#197683	Feb 2-28	T,Th	9:30-10:15am
#197684	Mar 2-30	T,Th	9:30-10:15am
#197685	Apr 4-27	T,Th	9:30-10:15am

Bootcamp

Bootcamp classes are a great way to add variety, style and intensity to your workouts. Challenge yourself with 45 minutes of strength and endurance training. Be prepared to sweat in this class, and bring a towel! This is an intermediate/advanced level class.

Five Points Center for Active Adults – Course Fee: \$8

#197686	Jan 9-30	M	4:30-5:30pm
#197687	Feb 6-27	M	4:30-5:30pm
#197688	Mar 6-27	M	4:30-5:30pm
#197689	Apr 3-24	M	4:30-5:30pm
#197690	Jan 4-25	W	4:30-5:30pm
#197691	Feb 1-22	W	4:30-5:30pm
#197692	Mar 1-29	W	4:30-5:30pm
#197693	Apr 5-26	W	4:30-5:30pm

Cardio Sculpt

Cardio Sculpt is a combination class that 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. Come get a healthy heart and sculpted muscles all in one class! All levels are welcome.

Five Points Center for Active Adults – Course Fee: \$8

#197697	Jan 9-30	M	10:15-11:00am
#197698	Feb 6-27	M	10:15-11:00am
#197699	Mar 6-27	M	10:15-11:00am
#197700	Apr 3-24	M	10:15-11:00am
#197701	Jan 3-31	T	10:15-11:00am
#197702	Feb 7-28	T	10:15-11:00am
#197703	Mar 7-28	T	10:15-11:00am
#197704	Apr 4-25	T	10:15-11:00am
#197705	Jan 4-25	W	10:15-11:00am
#197706	Feb 1-22	W	10:15-11:00am
#197707	Mar 1-29	W	10:15-11:00am
#197708	Apr 5-26	W	10:15-11:00am
#197709	Jan 5-26	Th	10:15-11:00am
#197710	Feb 2-23	Th	10:15-11:00am
#197711	Mar 2-30	Th	10:15-11:00am
#197712	Apr 6-27	Th	10:15-11:15am



Core, Balance, and Stretch

Participants will strengthen the abs and lower back while practicing balance and improving stability. Equipment will include stability balls, mats and foam rollers.

Instructor: Sandy Stanton.

Five Points Center for Active Adults – Course Fee: \$8

#197714	Jan 5-26	Th	9:15-10:00am
#197715	Feb 2-23	Th	9:15-10:00am
#197716	Mar 2-30	Th	9:15-10:00am
#197717	Apr 6-27	Th	9:15-10:00am

Exercise – Walking

Age: 18yrs and up. Come out with family and friends to enjoy a walk inside Barwell's gym.

Barwell Road Community Center

#199169	Jan 10-Feb 14	T	11:00am-1:00pm
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Five Points Fitness Room

Take advantage of the variety of cardiovascular and strength-training equipment available at the Five Points Center for Active Adults and get into shape. The fitness room is open during normal operating hours but will be closed for Group Fitness Training classes 2:00-2:45pm on Wednesday and Thursday.

Five Points Center for Active Adults

#197719	Jan 3-Apr 28	M-F	9:00am-6:00pm
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Five Points Fitness Room Orientation

Meet with a fitness instructor who will show you the proper way to use the equipment in the fitness room, including body mechanics and machine usage.

Five Points Center for Active Adults

#197720	Jan 3-Apr 27	T,Th	9:00am-9:30am
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Foam Rolling

This class offers an introduction to using a foam roller to relax muscles and target trigger points. The class builds core strength and will end with a stretch and relaxation period. Hydration is encouraged before and after the class. Instructor: Sandy Stanton.

Five Points Center for Active Adults – Course Fee: \$8

#197721	Jan 3-31	T	1:00-1:50pm
#197722	Feb 7-28	T	1:00-1:45pm
#197723	Mar 7-28	T	1:00-1:45pm
#197724	Apr 4-25	T	12:45-1:30pm
#197725	Jan 4-25	W	12:45-1:30pm
#197726	Feb 1-22	W	12:45-1:30pm
#197727	Mar 1-29	W	12:45-1:30pm
#197728	Apr 5-26	W	12:45-1:30pm

Group Fitness Room Training

This course provides instruction on fitness equipment in the Five Points Center for Active Adults fitness room. Small class sizes allow for more one-on-one assistance from our group fitness instructors. All ability and experience levels are welcome. Instructor: Jane Stenhouse.

Five Points Center for Active Adults

Course Fee: \$25

#197729	Jan 4-25	W	2:15-3:00pm
#197730	Feb 1-22	W	2:15-3:00pm
#197731	Mar 1-29	W	2:15-3:00pm
#197732	Apr 5-26	W	2:15-3:00pm

Healing Meditation

This class is being offered to help begin, progress, and advance healing through meditation. Based in Traditional Chinese Medicine and other ancient systems of healing, the program is designed to bring the entire body together to use positive energy flow to impact healing. Ultimately what drives Qi (chee) or life-force energy through the body, begins with thought and imagination and goes to intention. We will teach you what you must know about the body, how to breathe, and connect through the wonders of the meditations, to begin to enact healing and well-being.

Anne Gordon Center for Active Adults

Course Fee: \$8

#198838	Jan 3-31	T	11:30am-12:30pm
#198839	Feb 7-28	T	11:30am-12:30pm
#198840	Mar 7-28	T	11:30am-12:30pm
#198841	Apr 4-25	T	11:30am-12:30pm

Line Dance for Active Adults

Enjoy a fun workout while learning line dance steps. There is a class for every experience level! Instructor: Mitzi Kelley.

Anne Gordon Center for Active Adults

Introduction To Line Dance

#197763	Jan 6-27	F	2:15-3:15pm
#197764	Feb 3-24	F	2:15-3:15pm
#197765	Mar 3-31	F	2:15-3:15pm
#197766	Apr 7-28	F	2:15-3:15pm

Beginner/Improver

#197767	Jan 6-27	F	1:00-2:00pm
#197768	Feb 3-24	F	1:00-2:00pm
#197769	Mar 3-31	F	1:00-2:00pm
#197770	Apr 7-28	F	1:00-2:00pm

Five Points Center for Active Adults

Beginner/Improver

#197771	Jan 4-30	M,W	1:00-2:00pm
#197772	Feb 1-27	M,W	1:00-2:00pm
#197773	Mar 1-29	M,W	1:00-2:00pm
#197774	Apr 5-May 1	M,W	1:00-2:00pm

Intermediate

#197775	Jan 4-30	M,W	2:00-3:00pm
#197776	Feb 1-27	M,W	2:00-3:00pm
#197777	Mar 1-29	M,W	2:00-3:00pm
#197778	Apr 3-26	M,W	2:00-3:00pm

Line Dance Open Studio

Join us for this fun and informal line dance program. No previous line dancing experience is required. Enjoy dancing to some old favorites while making new friends!

Five Points Center for Active Adults

#197780	Jan 6-May 5	F	1:30-3:00pm
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Open Play for Seniors

Age: 55yrs and up. Older adults will enjoy stretching, shooting hoops and walking in the gym. Great for social time with peers.

Worthdale Community Center

#199352	Jan 6-Apr 28	F	10:00-11:00am
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Personal Training Sessions

These sessions will provide one-on-one training with a certified instructor who will help you meet your personal fitness goals. These sessions are a great way to kick off your fitness routine, keep you motivated or help you identify your fitness needs. Sessions will be scheduled at a time that is mutually convenient for the patron and the instructor.

Five Points Center for Active Adults

Course Fee: \$25/one-hour session

#200341	Jan 3-Apr 28	M-F	9:30-5:30pm
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Pilates for Active Adults

Pilates takes a holistic approach to fitness and well-being. It stretches and strengthens the muscles while improving flexibility, core strength and balance. Modifications are shown for those with back, knee and neck issues. Participants must be able to get on a mat on the floor.

Five Points Center for Active Adults – Course Fee: \$8

#197821	Jan 9-30	M	9:15-10:00am
#197822	Feb 6-27	M	9:15-10:00am
#197823	Mar 6-27	M	9:15-10:00am
#197824	Apr 3-24	M	9:15-10:00am
#197825	Jan 3-24	T	1:00-1:45pm
#197826	Feb 7-28	T	1:00-1:45pm
#197827	Mar 7-28	T	1:00-1:45pm

#197829	Apr 4-25	T	1:00-1:45pm
#197830	Jan 5-26	Th	12:00-12:45pm
#197831	Feb 2-23	Th	12:00-12:45pm
#197832	Mar 2-30	Th	12:00-12:45pm
#197833	Apr 6-27	Th	12:00-12:45pm

Qi Gong

Learn the 24 simple movements of qigong (chee-gong), the ancient Chinese practice of meditation with movement, which is designed to promote internal energy and organ health. Practitioners believe that in addition to the physical exercise, the movements create good energy flow in the body and contribute to overall health.

This is a beginner level class. Qigong for Joint Health is conducted both sitting and standing. We will practice guided visualization, simple motion, and balance exercises to improve strength and fluidity of movement to promote bone and joint health.

This is a beginner level class. Instructor:

Kathy Bundy.

Anne Gordon Center for Active Adults

Course Fee: \$8

Qi Gong

#197837	Jan 3-31	T	10:30-11:15am
#197838	Feb 7-28	T	10:30-11:15am
#197839	Mar 7-28	T	10:30-11:15am
#197840	Apr 4-25	T	10:30-11:15am
#197841	Jan 6-27	F	10:30-11:15am
#197842	Feb 3-24	F	10:30-11:15am
#197843	Mar 3-31	F	10:30-11:15am
#197844	Apr 7-28	F	10:30-11:15am

Qi Gong for Joint Health

#197849	Jan 6-27	F	11:30am-12:15pm
#197850	Feb 3-24	F	11:30-12:15pm
#197851	Mar 3-31	F	11:30am-12:15pm
#197852	Apr 7-28	F	11:30am-12:15pm

Five Points Center for Active Adults

Course Fee: \$8

Qi Gong

#197845	Jan 6-27	F	9:15-10:00am
#197846	Feb 3-24	F	9:15-10:00am
#197847	Mar 3-31	F	9:15-10:00am
#197848	Apr 7-28	F	9:15-10:00am

Qigong: Qigong for Arthritis

Age: All Ages. This class will use the art of qigong (chi gong) to help treat joints affected by arthritis and keep them moving and pain-free. Certified Instructor: Angela Mitchell.

Biltmore Hills Community Center

#199952	Jan 17-31	T	12:00-2:00pm
#199953	Feb 7-28	T	12:00-2:00pm
#199954	Mar 7-28	T	12:00-2:00pm
#199955	Apr 4-25	T	12:00-2:00pm

Senior Weight Training

Age: 55yrs and up. This program helps persons 55 and older get into shape and tone those hidden muscles. You are never too old to get into shape. Participants will feel better and meet new friends. Be prepared to receive many compliments on your new appearance.

Roberts Park Community Center – Course Fee: \$5

#199309	Jan 3-31	T	1:00-3:00pm
#199310	Feb 7-28	T	3:00-7:00pm
#199311	Mar 7-28	T	1:00-4:00pm
#199312	Apr 4-25	T	1:00-3:00pm

Seniorcise

Age: All Ages. This class offers low-impact exercises geared toward adults age 50 and older. Strengthen muscles and improve your movement for a healthier lifestyle. The goal of this class is to improve balance, flexibility and strength through stretching, light weights and aerobic activity.

Anne Gordon Center for Active Adults

Course Fee: \$8

#197975	Jan 3-31	T	9:15-10:00am
#197976	Feb 7-28	T	9:15-10:00am
#197977	Mar 7-28	T	9:15-10:00am
#197978	Apr 4-25	T	9:15-10:00am
#197979	Jan 5-26	Th	9:15-10:00am
#197980	Mar 2-30	Th	9:15-10:00am
#197981	Apr 6-27	Th	9:15-10:00am
#198014	Feb 2-23	Th	9:15-10:00am

Five Points Center for Active Adults

Course Fee: \$8

#197982	Jan 9-30	M	1:30-2:15pm
#197983	Feb 6-27	M	1:30-2:15pm
#197984	Mar 6-27	M	1:30-2:15pm
#197985	Apr 3-24	M	1:30-2:15pm
#198015	Jan 5-26	Th	10:15-11:00am
#198016	Feb 2-23	Th	10:15-11:00am
#198017	Mar 2-30	Th	10:15-11:00am
#198018	Apr 6-27	Th	10:15-11:00am
#198019	Feb 7-28	T	10:15-11:00am
#198020	Jan 3-31	T	10:15-11:00am
#198021	Mar 7-28	T	10:15-11:00am
#198022	Apr 4-25	T	10:15-11:00am

Seniors In Motion

This class includes stretching and flexibility movements, as well as low-impact cardio exercise, strength training with light weights and other toning elements.

Laurel Hills Community Center – Course Fee: \$8

#199774	Jan 4-25	W	10:15-11:15am
#199775	Feb 1-22	W	10:15-11:15am
#199776	Mar 1-29	W	10:15-11:15am
#199777	Apr 5-26	W	10:15-11:15am
#199778	Jan 6-27	F	10:15-11:15am
#199779	Feb 3-24	F	10:15-11:15am
#199780	Mar 3-31	F	10:15-11:15am
#199781	Apr 7-28	W	10:15-11:15am

Silver Cardio

Classes start with basic warm-up moves, followed by 30 minutes of constant low-impact moves with a burst of fun moves, such as gentle boxing, floor exercises and balance elements. You'll break a sweat and have lots of fun! This is an intermediate level class. Instructor: Bettie Iftenbach.

Five Points Center for Active Adults

Course Fee: \$8

#198023	Jan 5-26	Th	1:00-2:00pm
#198024	Feb 2-23	Th	1:00-2:00pm
#198025	Mar 2-30	Th	1:00-2:00pm
#198026	Apr 7-28	F	1:00-2:00pm

Tai Chi Chih

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.

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Instructor: Adrienne McKenzie.

Five Points Center for Active Adults

Course Fee: \$8

Beginner Level

#198028	Jan 9-30	M	10:00-11:00am
#198029	Feb 6-27	M	10:00-11:00am
#198030	Mar 6-27	M	10:00-11:00am
#198031	Apr 3-24	M	10:00-11:00am

Intermediate Level

#198032	Jan 9-30	M	11:00am-12:00pm
#198033	Feb 6-27	M	11:00am-12:00pm
#198034	Mar 6-27	M	11:00am-12:00pm
#198035	Apr 3-24	M	11:00am-12:00pm
#198036	Jan 5-26	Th	2:00-3:00pm
#198037	Feb 2-23	Th	2:00-3:00pm
#198038	Mar 2-30	Th	2:00-3:00pm
#198039	Apr 6-27	Th	2:00-3:00pm

T'ai Chi for Active Adults

T'ai chi is a low-impact, slow-motion exercise consisting of a series of motions that can be adapted for any fitness level. Movements are modified by the instructor on an individual basis for safety and stability. T'ai chi is an ancient form of movement that promotes health and improves coordination, balance and mental focus. Exercising the mind and body together increases self-confidence and mindfulness and creates better balance physically and mentally. T'ai chi can also help reduce effects of many chronic conditions. Beginner Sun Style: The Sun Style 21 forms has easy to learn movements. Focus will be on balance and relaxation for a feeling of well-being. Intermediate Sun Style: This is a continuation of the Beginner class. This class will increase your endurance and your mental acuity. Learn to step with more agility and direction to increase your balance and coordination. Advanced Sun Style: This is a continuation of the Intermediate class progressing to 73 forms. This class will challenge your balance and concentration. Advanced Various Styles: This class will explore styles including the most popular Yang 24 forms, as well as some Chen style movements. Previous experience is required. Instructor: Rita Shaloiko.

Anne Gordon Center for Active Adults

Course Fee: \$8

Beginner Sun Style

#198842	Jan 5-26	Th	1:30-2:15pm
#198843	Feb 2-23	Th	1:30-2:15pm
#198844	Mar 2-30	Th	1:30-2:15pm
#198845	Apr 6-27	Th	1:30-2:15pm
#198846	Jan 9-30	M	1:00-1:45pm
#198847	Feb 6-27	M	1:00-1:45pm
#198848	Mar 6-27	M	1:00-1:45pm
#198849	Apr 3-24	M	1:00-1:45pm

Advanced Various Styles

#198850	Jan 9-30	M	3:00-3:45pm
#198851	Feb 6-27	M	3:00-3:45pm
#198852	Mar 6-27	M	3:00-3:45pm
#198853	Apr 3-24	M	3:00-3:45pm

Intermediate Sun Style

#198854	Jan 5-26	Th	2:30-3:15pm
#198855	Feb 2-23	Th	2:30-3:15pm
#198856	Mar 2-30	Th	2:30-3:15pm
#198857	Apr 6-27	Th	2:30-3:15pm
#198858	Jan 9-30	M	2:00-2:45pm
#198859	Feb 6-27	M	2:00-2:45pm

#198860	Mar 6-27	M	2:00-2:45pm
#198861	Apr 3-24	M	2:00-2:45pm

Advanced Sun Style

#198862	Jan 5-26	Th	12:45-1:30pm
#198863	Feb 2-23	Th	12:45-1:30pm
#198864	Mar 2-30	Th	12:45-1:30pm
#198865	Apr 6-27	Th	12:45-1:30pm

Total Body Conditioning

This class will strengthen your mind and body! Improve your quality of life by building strength and balance, which are essential to maintaining physical independence.

Instructor: Jane Stenhouse.

Five Points Center for Active Adults – Course Fee: \$8

#198040	Jan 3-31	T	1:00-2:00pm
#198041	Feb 7-28	T	1:00-2:00pm
#198042	Mar 7-28	T	1:00-2:00pm
#198043	Apr 4-25	T	1:00-2:00pm
#198044	Jan 5-26	Th	1:00-2:00pm
#198045	Feb 2-23	Th	1:00-2:00pm
#198046	Mar 2-30	Th	1:00-2:00pm
#198047	Apr 6-27	Th	1:00-2:00pm

Total Body Toning

Weight-bearing exercise is especially important as we age. This intermediate level class incorporates hand weights, resistance tubing and our own body weight to provide resistance, build strength and improve flexibility of the joints. Instructor: Sandy Stanton.

Five Points Center for Active Adults

Course Fee: \$8

#198048	Jan 4-25	W	11:30am-12:30pm
#198049	Feb 1-22	W	11:30am-12:30pm
#198050	Mar 1-29	W	11:30am-12:30pm
#198051	Apr 5-26	W	11:30am-12:30pm
#198052	Jan 6-27	F	11:30am-12:30pm
#198053	Feb 3-24	F	11:30am-12:30pm
#198054	Mar 3-24	F	11:30am-12:30pm
#198055	Apr 7-May 5	F	11:30am-12:30pm

Yoga – Chair Yoga

This beginning 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 for Active Adults

Course Fee: \$8

#198064	Jan 5-26	Th	10:30-11:30am
#198065	Feb 2-23	Th	10:30-11:30am
#198066	Mar 2-30	Th	10:30-11:30am
#198067	Apr 6-27	Th	10:30-11:30am
#198068	Jan 9-30	M	9:15-10:15am
#198069	Feb 6-27	M	9:15-10:15am
#198070	Mar 6-27	M	9:15-10:15am
#198071	Apr 3-24	M	9:15-10:15am
#198072	Jan 5-26	Th	11:30am-12:30pm
#198073	Feb 2-23	Th	11:30am-12:30pm
#198074	Mar 2-30	Th	11:30am-12:30pm
#198075	Apr 6-27	Th	11:30 AM-12:30 PM

Five Points Center for Active Adults

Course Fee: \$8

#198056	Jan 3-31	T	11:30am-12:45pm
#198057	Feb 7-28	T	11:30am-12:45pm
#198058	Mar 7-28	T	11:30am-12:45pm
#198059	Apr 4-25	T	11:30am-12:30pm
#198060	Jan 5-26	Th	11:30am-12:45pm
#198061	Feb 2-23	Th	11:30am-12:45pm
#198062	Mar 2-30	Th	11:30am-12:45pm
#198063	Apr 6-27	Th	11:30am-12:45pm

Walnut Terrace Neighborhood Center

Course Fee: \$0

#198076	Jan 4-25	W	9:00-9:45am
#198077	Feb 1-22	W	9:00-9:45am
#198078	Mar 1-29	W	9:00-9:45am
#198079	Apr 5-26	W	9:00-9:45am

Yoga: Vinyasa Yoga Flow

Vinyasa yoga links breath and movement as it takes you through a fluid sequence of poses. A sequence may move from mat to standing and back to the mat and thus requires the ability to move up and down with relative ease. Class will open with warm-up and alignment work and end with stretches and relaxation. Yoga, exercise or movement experience is strongly recommended. Please bring your own yoga mat or towel. Instructor: Elka Harabin.

Five Points Center for Active Adults – Course Fee: \$8

#198104	Jan 10-31	T	3:00-4:00pm
#198105	Feb 7-28	T	3:00-4:00pm
#198106	Mar 7-Apr 4	T	3:00-4:00pm
#198107	Apr 11-May 2	T	3:00-4:00pm

Yoga – Gentle Yoga for Beginners

This gentle approach to yoga is structured to accommodate students of all levels and physical abilities. The yoga poses and exercises will be done standing, sitting in a chair, leaning against the wall for support and using a floor mat. Each class incorporates yoga breathing exercises to help improve lung capacity and focus and a period of deep relaxation or meditation. This is a beginner level class.

Anne Gordon Center for Active Adults

Course Fee: \$8

#198092	Jan 9-30	M	10:30-11:30am
#198093	Feb 6-27	M	10:30-11:30am
#198094	Mar 6-27	M	10:30-11:30am
#198095	Apr 3-24	M	10:30-11:30am
#198096	Jan 4-25	W	3:30-4:30pm
#198097	Feb 1-22	W	3:30-4:30pm
#198098	Mar 1-29	W	3:30-4:30pm
#198099	Apr 5-26	W	3:30-4:30pm
#198100	Jan 5-26	Th	9:15-10:15am
#198101	Feb 2-23	Th	9:15-10:15am
#198102	Mar 2-30	Th	9:15-10:15am
#198103	Apr 6-27	Th	9:15-10:15am

Five Points Center for Active Adults

Course Fee: \$8

#198084	Jan 9-30	M	3:15-4:15pm
#198085	Feb 6-27	M	3:15-4:15pm
#198086	Mar 6-27	M	3:15-4:15pm
#198087	Apr 3-24	M	3:15-4:15pm
#198088	Jan 4-25	W	3:15-4:15pm
#198089	Feb 1-22	W	3:15-4:15pm
#198090	Mar 1-29	W	3:15-4:15pm
#198091	Apr 5-26	W	3:15-4:15pm

Zumba® – Gold

Golden Zumba® is known for zesty Latin and international music, easy-to-follow moves and an invigorating party-like atmosphere! This dance-fitness class feels friendly and, most of all, it's fun! This is an intermediate level class.

Anne Gordon Center for Active Adults

Course Fee: \$8

#198116	Jan 3-31	T	9:15-10:00am
#198117	Feb 7-28	T	9:15-10:00am
#198118	Mar 7-28	T	9:15-10:00am
#198119	Apr 4-25	T	9:15-10:00am

#198120	Jan 5-26	Th	1:00-1:45pm
#198121	Feb 2-23	Th	1:00-1:45pm
#198122	Mar 2-30	Th	1:00-1:45pm
#198123	Apr 6-27	Th	1:00-1:45pm

Five Points Center for Active Adults

Course Fee: \$8

#198108	Jan 3-31	T	12:00-12:45pm
#198109	Feb 7-28	T	12:00-12:45pm
#198110	Mar 7-28	T	12:00-12:45pm
#198111	Apr 4-25	T	12:00-12:45pm
#198112	Jan 6-27	F	12:30-1:15pm
#198113	Feb 3-24	F	12:30-1:15pm
#198114	Mar 3-31	F	12:30-1:15pm
#198115	Apr 7-28	F	12:30-1:15pm

Family

A New Way to Punch and Kick

Age: 6-60yrs. A combination of various forms of martial arts and kick boxing. This class builds the body, mind and spirit. Great way to exercise, have more energy and develop new friendships.

Roberts Park Community Center

Course Fee: \$25

#199336	Jan 7-30	M,Sa	9:30-11:00am
#199338	Feb 6-Mar 4	M,Sa	6:00-7:30pm
#199339	Mar 6-Apr 1	M,Sa	6:00-7:30pm
#199340	Apr 3-29	M,Sa	6:00-7:30pm

Course Fee: \$40

#199336	Jan 7-30	M,Sa	9:30-11:00am
#199338	Feb 6-Mar 4	M,Sa	6:00-7:30pm
#199339	Mar 6-Apr 1	M,Sa	6:00-7:30pm
#199340	Apr 3-29	M,Sa	6:00-7:30pm

Gentle Yoga at Carolina Pines

Age: 15yrs and up. Gentle yoga is appropriate for beginners and all levels. Class will focus on alignment principles and the connection of movement and breath. Each class ends with a period of relaxation. This class will increase your balance, help you become more flexible, relieve muscle tension and reduce stress.

Carolina Pines Community Center

Single Class – Course Fee: \$10

#200708	Jan 4	W	7:00-8:15pm
#200712	Mar 1	W	7:00-8:15pm
#200717	Apr 5	W	7:00-8:15pm
#200724	Feb 1	W	7:00-8:15pm

Four Week Class – Course Fee: \$35

#200703	Jan 4-25	W	7:00-8:15pm
#200704	Feb 1-22	W	7:00-8:15pm
#200705	Mar 1-29	W	7:00-8:15pm
#200706	Apr 5-26	W	7:00-8:15pm

Martial Arts – Tae Kwon Do

Age: 10yrs and up. Tae kwon do is a Korean martial art. It loosely translates to 'the way of the hand and foot.' As such, no weapons are used. It is a strong, fast and powerful martial art form. This class will keep you fit and give you great confidence, not just physically, but in all aspects of life. This class practices a safe, no-contact format.

Jaycee Community Center

Course Fee: \$40

#199605	Jan 3-31	T,Th	6:30-8:00pm
#199606	Feb 2-28	T,Th	6:30-8:00pm
#199607	Mar 2-30	T,Th	6:30-8:00pm
#199608	Apr 4-27	T,Th	6:30-8:00pm

MIXXEDFIT FITNESS

Age: 16yrs and up. MixedFit® is a people inspired dance fitness program that blends explosive dancing with boot camp toning. We work out to today's hits and yesterday's favorites. If you are plateauing in your traditional workouts, give MixedFit® a try and join the #MixedFitMovement!

Carolina Pines Community Center – Course Fee: \$5

#201208	Jan 8	Su	2:00-3:00pm
#201209	Feb 5	Su	2:00-3:00pm
#201210	Mar 5	Su	2:00-3:00pm
#201211	Apr 2	Su	2:00-3:00pm

Qigong: Cultivating Improved Health

Age: 18yrs and up. Open to all ages, this class offers the opportunity to engage in numerous therapeutic postures that utilize gentle, safe movements. Qigong (pronounced: chee-gong) postures promote energy and health. Posture modifications can be made for those with physical limitations. We also will spend time on qigong breathing instruction, meditation and body energy flow discussions. Join the class and enjoy the benefits of improved health. Instructor: Angie Mitchell.

Tarboro Road Community – Course Fee: Free

#199274	Jan 2-30	M,Th	11:00am-12:00pm
#199275	Feb 2-27	M,Th	11:00am-12:00pm
#199276	Mar 2-30	M,Th	11:00am-12:00pm
#199277	Apr 3-27	M,Th	11:00am-12:00pm

Tae Kwon Do – Martial Arts

Age: 7yrs and up. 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

#199238	Jan 3-26	T,Th	6:30-7:30pm
#199239	Feb 2-28	T,Th	7:30-8:30pm
#199240	Mar 2-28	T,Th	7:30-8:30pm
#199241	Apr 4-27	T,Th	6:30-7:30pm

Tae Kwon Do Beginner to Pro

Age: 5yrs and up. The art of self-defense, confidence, self-esteem, discipline, respect and self-control are taught through practice drills, classroom instruction and tournaments. This is an ongoing class that promotes belt promotions. Wear comfortable clothes.

Biltmore Hills Community Center – Course Fee: \$50

#200060	Jan 4-25	M,W,F	6:30-7:45pm
#200061	Feb 1-27	M,W,F	6:30-7:45pm
#200062	Mar 1-29	M,W,F	6:30-7:45pm
#200063	Apr 3-26	M,W,F	6:30-7:45pm

Wado-Ryu Karate – Martial Arts

Age: 8yrs and up. 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, including the price of the belt and certificate. No class November 24.

Carolina Pines Community Center – Course Fee: \$40

#200792	Jan 3-26	T,Th	6:30-8:30pm
#200793	Feb 2-28	T,Th	6:30-8:30pm
#200794	Mar 2-Apr 4	T,Th	6:30-8:30pm
#200795	Apr 4-27	T,Th	6:30-8:30pm

Wah Lum Kung Fu

Traditional Chinese Kung Fu class, taught by Sifu Matthew Martin, a certified Wah Lum instructor with 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. All instructors are recertified every 3 years to retain Wah Lum's high standard and to ensure the traditional integrity of the system. Students will learn basic exercises that will help to improve their overall physical condition, with a focus on health, fitness, strength, flexibility, coordination, and self-control. Students will learn empty hand forms, self-defense, weapons forms, and free sparring. Students will benefit from the strengthening of body and mind that result from participating in Kung Fu classes. \$85 uniform fee will be due before the second month of classes.

Lake Lynn Community Center

Youth Class – Course Fee: \$50

#201065	Jan 5-31	T,Th	5:30-6:30pm
#201070	Feb 2-28	T,Th	5:30-6:30pm
#201073	Mar 2-28	T,Th	5:30-6:30pm
#201074	Apr 4-27	T,Th	5:30-6:30pm

Adult Class – Course Fee: \$60

#201077	Jan 5-31	T,Th	6:30-7:30pm
#201078	Feb 2-28	T,Th	6:30-7:30pm
#201080	Mar 2-28	T,Th	6:30-7:30pm
#201082	Apr 4-27	T,Th	6:30-7:30pm

Zumba®

Age: 13yrs and up. Zumba dance fitness class combines rhythms of Latin and international music to make exercising fun! Zumba uses the basic steps of salsa, merengue, cha cha, reggeton, African dance, samba and more! No dance experience is necessary. Transform your body to a healthier you! Come join the party!

Tarboro Road Community Center – Course Fee: \$3

#199282	Jan 8	Su	4:00-4:45pm
#199283	Jan 15	Su	4:00-4:45pm
#199284	Jan 22	Su	4:00-4:45pm
#199285	Jan 29	Su	4:00-4:45pm
#199286	Feb 5	Su	4:00-4:45pm
#199287	Feb 12	Su	4:00-4:45pm
#199288	Feb 19	Su	4:00-4:45pm
#199289	Feb 26	Su	4:00-4:45pm
#199290	Mar 5	Su	4:00-4:45pm
#199291	Mar 12	Su	4:00-4:45pm
#199292	Mar 19	Su	4:00-4:45pm
#199293	Mar 26	Su	4:00-4:45pm
#199294	Apr 2	Su	4:00-4:45pm
#199295	Apr 9	Su	4:00-4:45pm
#199296	Apr 16	Su	4:00-4:45pm
#199635	Apr 23	Su	4:00-4:45pm
#199636	Apr 30	Su	4:00-4:45pm

City of Oaks Foundation urges children to get outside



Did you know that American children spend an average of 10 minutes each day in outdoor play? 10 minutes a day! As you might suspect, this is a fraction of the time that kids spent playing outdoors 20 years ago, and most of the time that was spent outside has been soaked up by screen time—children in front of phones, tablets, computers and televisions.

Playing outside in nature is vital to childhood development—not to mention physical health. Inventing games and establishing rules helps kids hone their social skills. Unstructured play with natural materials sparks a child's imagination and creativity. Accomplishments bolster self-confidence, and failings teach them how to handle adversity. Nature play is a time-tested way for children to find their own paths and learn how to get along with others.

If playing outside is so beneficial, then why are children doing so little of it? Richard Louv, author of *Last Child in the Woods*, believes there are 5 barriers to nature play.

First, America is growing more urbanized, and our cities' growth is without adequate natural areas and access to them. Second, many parents are afraid to let their children play in the woods and creeks. Third, technology dominates every aspect of our lives (children and adults alike). Fourth, we no longer consider nature play as an enriching activity. Fifth, nature often is seen as the problem (e.g. climate change, species extinction) and not the solution.

This is why the City of Oaks Foundation is busy conserving natural places around Raleigh and providing scholarships to help children participate in the City's incredible summer camps and nature programs.

Through our Raleigh, Naturally land conservation program, we work with landowners who want to leave a legacy by setting aside their forests, farms, gardens and streams as conservation land. Our Give Play initiative strives to remove cost as a barrier for children's participation in the nature play programs Raleigh offers.

Support the City of Oaks Foundation with your tax-deductible contribution and help reverse our nature deficit.

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!

Nature Programs

Durant Nature Preserve and Horseshoe Farm Nature Preserve
919-870-2871

Annie Louise Wilkerson, MD
Nature Preserve Park
919-996-6764

Walnut Creek Wetland Center
919-996-2760

Lake Johnson Park
919-233-2121

Thomas G. Crowder Woodland Center
919-996-3141

Programming for organized groups (schools, scout troops, churches and others) is available by request from the Nature Program office. For more information on group programming, contact Nature Programs at 919-996-6856.

Preschool

The Mitten adapted by Jan Brett: Story and Craft

Age: 3-5yrs. Come be smitten by 'The Mitten', as we read this endearing folktale adapted by Jan Brett to your toddler. We'll play winter-related games and make a craft celebrating the wonderful world of winter. Children must be accompanied by an adult. Adults attend free. Preregistration is required at least four days in advance.

Durant Nature Preserve – Course Fee: \$3
#200055 Jan 24 T 10:00-11:00am

Animals Underground!

Age: 2-6yrs. Celebrate Groundhog Day with a program featuring groundhogs and other underground dwellers. Children will enjoy games, stories, songs and crafts. Preregistration is required four days prior to the program. Children must be accompanied by an adult. Adults attend for free. For more information, call Nature Programs at 919-996-6856.

Laurel Hills Community Center – Course Fee: \$4
#197862 Feb 2 Th 10:30-11:30am

EGGcellent Adventures!

Age: 2-6yrs. What's in an egg? Preschoolers can find out with this EGGcellent program featuring the many animals who begin life in an egg! Stories, songs, games and crafts await your little learner. Preregistration is required four days prior to the program.

Children must be accompanied by an adult. Adults attend for free. For more information, call Nature Programs at 919-996-6856.

Lake Wheeler
Course Fee: \$4
#197867 Mar 9 Th 10:30-11:30am

Laurel Hills Community Center
Course Fee: \$4
#197868 Mar 14 T 10:30-11:30am

Fairies and Trolls

Age: 3-5yrs. Do fairies and trolls 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! This program is designed for PreK and parent. No charge for adult. We'll provide stories and natural materials—all you need is a good imagination. Note: This program is conducted

on natural surface trails and play areas that are not designed for strollers.

Annie Louise Wilkerson Nature Preserve

Course Fee: \$4
#198883 Mar 17 F 12:45-2:15pm
#198884 Mar 18 Sa 10:30am-12:00pm

Foxes and Coyotes

Age: 3-5yrs. How are foxes and coyotes similar to and different from dogs? Meet Red the Fox and Carrie the Coyote and hear their stories. We'll go outside to look for their tracks and dens. Make a fox track and do a craft! This program is designed for preschooler to attend with parent. No charge for adults. Note: Part of this program is conducted on natural surface trails that are not designed for strollers.

Annie Louise Wilkerson Nature Preserve

Course Fee: \$3
#198881 Feb 17 F 12:45-2:15pm
#198882 Feb 18 Sa 10:30am-12:00pm

Frogs and Toads

Age: 3-5yrs. What are frogs and toads? Let's find out together! We'll take a short walk to find frogs and toads in the park, then make a 'toadally' awesome craft. Children must be accompanied by an adult. Adults attend free. Preregistration is required at least four days in advance of program.

Durant Nature Preserve – Course Fee: \$3
#200086 Apr 25 T 2:00-3:00pm

Lady Bugs and Butterflies

Age: 3-5yrs. Preschool participants will listen to stories about lady bugs and butterflies and learn about their habitats. Enjoy art activities and games. Participants must be accompanied by an adult.

Worthdale Community Center – Course Fee: \$5
#199479 Apr 26 W 10:30-11:30am

Love Bugs

Age: 2-6yrs. Children will enjoy games, stories and songs all featuring these six-legged creatures we call bugs! Children will see and touch live bugs and create a buggy valentine craft. Preregistration is required four days prior to the program. Children must be accompanied by an adult. Adults attend for free. For more information, call Nature Programs at 919-996-6856.

Lake Wheeler – Course Fee: \$4
#197863 Feb 9 Th 10:30-11:30am
Laurel Hills Community Center – Course Fee: \$4
#197864 Feb 14 T 10:30-11:30am

Meadow Wee Walkers

Age: 1-5yrs. Join us for a special Wee Walkers at Horseshoe Farm Nature Preserve. We'll take 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. Although pre-registration is not necessary, it is helpful so that we can prepare for your visit.

Horseshoe Farm Nature Preserve
#200094 Mar 16 Th 10:00-11:00am

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Preschool Park Explorers

Age: 3-5yrs. Preschool participants will discover and explore the wonders of nature in the park at Worthdale. Enjoy a walk on the trail and express your findings through art activities. Please dress for the weather. Participants must be accompanied by an adult.

Worthdale Community Center – Course Fee: \$5
#199442 Mar 15 W 10:30-11:30am

Preschool Swamp Romp

Age: 2-6yrs. Bring your budding naturalist to the Walnut Creek Wetland Center for an exciting learning experience. A craft, engaging activity and guided walk through the wetland will awaken your preschooler's sense of wonder. Each month will feature a different nature-inspired theme. Please register at least four days prior to the program.

Walnut Creek Wetland Center – Course Fee: \$3
#199095 Jan 12 Th 10:30-11:30am
#199096 Jan 18 W 10:30-11:30am
#199097 Jan 21 Sa 10:30-11:30am
#199098 Feb 8 W 10:30-11:30am
#199099 Feb 18 Sa 10:30-11:30am
#199100 Feb 23 Th 10:30-11:30am
#199101 Mar 2 Th 10:30-11:30am
#199102 Mar 15 W 10:30-11:30am
#199103 Mar 18 Sa 10:30-11:30am
#199104 Apr 5 W 10:30-11:30am
#199105 Apr 8 Sa 10:30-11:30am
#199106 Apr 20 Th 10:30-11:30am

Tell A Fairytale Day

Age: 2-10yrs. February 26 is Tell a Fairy Tale Day! Celebrate with us as we read a nature-themed fairy tale or two. Afterwards, you and your little ones can build your very own fairy home to take home or leave in our Sensory and Nature Play Garden's fairy village. In case of inclement weather, the program will take place indoors. Children must be accompanied by an adult. Adults attend free. Pre-registration is required at least four days in advance of program.

Durant Nature Preserve – Course Fee: \$3
#200057 Feb 26 Su 2:00-3:00pm

The Wiggles

Age: 3-5yrs. Wiggly worms are not only fun to observe but they are great for the soil! In this hands-on program, your child will get to examine some worms up close to learn about their body parts and why these wiggly little invertebrates are so important for plant growth. Each child will decorate a pot and plant a pretty flower in soil the worms have prepared especially for this occasion! Children must be accompanied by an adult. Adults attend free. Pre-registration is required at least four days in advance of program.

Durant Nature Preserve – Course Fee: \$3
#200059 Mar 21 T 10:00-11:00am

Wee Walker Egg Hunt

Age: 1-5yrs. Join an egg hunt just for our Wee Walkers! Have your little one bring a basket to find the hidden eggs and the surprises that are inside. After the hunt, we'll have spring-inspired activity stations in the field for your Wee Walkers to enjoy! Pre-registration is required at least four days in advance. Children must be accompanied by an adult. Adults attend free.

Durant Nature Preserve – Course Fee: \$2
#200089 Apr 13 Th 10:00-11:00am

Wee Walkers

Age: Up to 5yrs. Would you and your toddler like some company for your walks? Join others on an easy-paced hike around the park. This is a great opportunity for adults and little ones to meet each other and explore what's happening in nature. Although preregistration is not necessary, it is helpful so that we can prepare for your visit.

Durant Nature Preserve
#200087 Mar 2 Th 10:00-11:00am
#200088 Apr 6 Th 10:00-11:00am

Wee Wetland Walkers

Age: All Ages. This free program is designed to move at a toddler's pace: Run. Stop. Pick dandelions. Run. Climb on a rock. Find an interesting leaf! Join others for an easy-paced hike around the greenway, accompanied by one of our naturalists. Registration is not required but is helpful for planning.

Walnut Creek Wetland Center
#199056 Jan 10 T 11:00am-12:00pm
#199057 Jan 25 W 11:00am-12:00pm
#199059 Feb 24 F 11:00am-12:00pm
#199060 Mar 1 W 11:00am-12:00pm
#199061 Mar 23 Th 11:00am-12:00pm
#199063 Apr 19 W 11:00am-12:00pm
#200601 Apr 25 T 11:00am-12:00pm

Welcome, Hummingbirds

Age: 3-5yrs. 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 hungry hummingbirds. This program is designed for a parent or other adult to attend with their preschooler. No charge for adult. Note: Part of this program is conducted on natural surface trails that are not designed for strollers.

Annie Louise Wilkerson Nature Preserve
Course Fee: \$3
#198887 Apr 7 F 12:45-2:15pm
#198888 Apr 8 Sa 10:30am-12:00pm

Wildlife in Winter

Age: 3-5yrs. What do wild animals do in winter? Let's pretend to be animals that hibernate, migrate and stay warm in the cold, winter woods! Take a hike, do a craft and learn how to help our wild friends. This program is designed for a preschooler to attend with an adult. No fee for adult. Note: Some parts of this program may take place

on trails that are inaccessible for strollers.

Annie Louise Wilkerson Nature Preserve
Course Fee: \$3
#198876 Jan 20 F 12:45-2:15pm
#198877 Jan 21 Sa 10:30am-12:00pm

Winter in the Wild!

Age: 2-6yrs. Through games, stories, songs and crafts, preschoolers will discover how wild animals manage the cold days of winter. Preregistration is required four days prior to the program. Children must be accompanied by an adult. Adults attend for free. For more information, call Nature Programs at 919-996-6856.

Laurel Hills Community Center – Course Fee: \$4
#197859 Jan 19 Th 10:30-11:30am
Lake Wheeler – Course Fee: \$4
#197860 Jan 26 Th 10:30-11:30am

Youth

Art + Nature Spring Break Mini Camp (9-12)

Age: 9-12yrs. Enjoy the beauty of nature with the creativity of art. In this day-long mini-camp we will spend time outdoors exploring, and using what we find to create art. Students should come dressed to get messy, bringing a change of clothes, a bag lunch and two snacks. There is no early drop-off or late pickup available at this site.
Walnut Creek Wetland Center – Course Fee: \$25
#199202 Apr 13 Th 9:00am-4:00pm

Art + Nature Spring Break Mini-Camp (5-8)

Age: 5-8yrs. Enjoy the beauty of nature with the creativity of art. In this day-long mini-camp we will spend time outdoors exploring, and using what we find to create art. Students should come dressed to get messy, bringing a change of clothes, a bag lunch and two snacks. There is no early drop-off or late pickup available at this site.
Walnut Creek Wetland Center – Course Fee: \$25
#199201 Apr 12 W 9:00am-4:00pm

Counting Canids

Age: 9-13yrs. Learn about canids—wolves, coyotes and foxes—and how they are alike and different. Take a hike to look for tracks and signs. Learn how biologists use wildlife cameras to reveal these secretive animals. Make casts of canid feet to take home.
Annie Louise Wilkerson Nature Preserve
Course Fee: \$5
#199997 Feb 24 F 3:00-5:00pm

Frogs, Toads and Their Abodes

Age: 6-8yrs. Learn to identify frogs and toads by their calls and field marks. Be prepared for muddy feet as we explore their habitats. Make a special toad abode to take home!
Annie Louise Wilkerson Nature Preserve
Course Fee: \$4
#198885 Mar 25 Sa 2:00-4:00pm

Geology Detectives: Minerals

Age: 9-13yrs. 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!

Annie Louise Wilkerson Nature Preserve

Course Fee: \$5
#199989 Jan 27 F 3:00-5:00pm

Intro to Nature Photography

Age: 8-11yrs. Participants will discuss and learn basic photography techniques (exposure and composition) with an emphasis on the natural world. A camera with manual controls is recommended but not required. Mobile devices are also welcome!

Walnut Creek Wetland Center – Course Fee: \$20
#199962 Apr 11 T 8:30-11:30am

Junior Kids' Fishing

Age: 4-6yrs. Hook, line and sinker! This class is for younger children who have never fished before but would like to try. We'll practice with some casting games and spend some time fishing in the lake.

Lake Johnson – Course Fee: \$5
#197407 Apr 15 Sa 3:00-4:00pm

Kids Fishing

Age: 7-12yrs. Hook, line and sinker! This class is great for kids who have never fished before but would like to try. We'll go over casting techniques and setting up your rod and reel, and we'll spend time fishing in the lake.

Lake Johnson – Course Fee: \$5
#197405 Apr 16 Su 3:30-4:30pm

Kids Nature Night: Turtles

Age: 6-12yrs. It's Date Night! Drop your kids off here at the Walnut Creek Wetland Center and they can learn all about turtles from Mr. T, our own eastern box turtle. We'll spend some time in the creek, so come dressed to get dirty, and bring a change of clothes. Use your own rain boots or borrow a pair of ours!

Walnut Creek Wetland Center – Course Fee: \$5
#199190 Apr 21 F 6:00-8:00pm

Meteorology Masters: Weather Instruments

Age: 9-13yrs. 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!

Annie Louise Wilkerson Nature Preserve
Course Fee: \$5
#199990 Feb 4 Sa 2:00-4:00pm

Owl Pellets

Age: 6-10yrs. Learn all about our native owls. An owl doesn't digest the fur, feathers or bones of its prey. Instead, owls cough up some pretty disgusting pellets, which you will get to dissect! Weather permitting, we'll take a hike in the winter woods to call for owls.

Annie Louise Wilkerson Nature Preserve
Course Fee: \$4
#198878 Jan 7 Sa 3:30-5:30pm
#198879 Jan 14 Sa 3:30-5:30pm

Pint-Sized Planters

Age: All Ages. 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 for pollinators! Parents of children under 6 must attend but are free of charge.

Thomas G. Crowder Woodland Center
Course Fee: \$3
#197412 Apr 2 Su 2:00-3:00pm

Salamander Search

Age: 9-13yrs. Wilkerson Nature Preserve is home to many amphibians: frogs, toads and salamanders! We will search for salamanders and newts in the ponds where they breed and learn what makes these shy, slimy creatures special.

Annie Louise Wilkerson Nature Preserve
Course Fee: \$3
#200058 Mar 18 Sa 1:00-3:00pm

Stream Explorers

Age: 6-8yrs. Follow a stream channel in the park to find out where water goes. We'll explore how water moves and affects rocks and soil. Where is the stream the widest and the deepest and why? Who lives in the stream?

Annie Louise Wilkerson Nature Preserve
Course Fee: \$3
#198889 Apr 29 Sa 2:00-4:00pm

That's So Gross!

Age: 6-8yrs. What's grosser than sitting in front of a television or playing video games all day on a teacher workday? Slime. Mucus. Poop. In this fun hands-on program we will learn about the many things that make us say, 'YUCK!' and the science behind it. Bring a change of clothes, towel, a bag lunch and two snacks, and expect to say 'That's GROSS!' and 'That's so COOL!' No early drop off/late pickup available at this site.

Walnut Creek Wetland Center – Course Fee: \$25
#199207 Mar 31 F 9:00am-4:00pm

Wetland Day

Age: 8-12yrs. Come explore the wetland as we celebrate World Wetland Day. Sure, we know those 'Other people' are celebrating a rodent on this date, but here you can see exactly where one lives! We will learn about how wetlands are critical to ecosystems around the world, and venture into the wetland to see what critters live here. Dress for the weather and we suggest bringing a change of clothes. Registration is required at least 4 days in advance

Walnut Creek Wetland Center – Course Fee: \$2
#199129 Feb 2 Th 4:30-6:00pm

Wild Nights In

Age: 7-12yrs. This program allows parents to drop off their children for a fun night of nature activities, including games, crafting, stargazing, songs and stories while the parents get a chance to relax! Children should eat beforehand and pack a light snack for snack time.

Thomas G. Crowder Woodland Center
Course Fee: \$15
#197408 Jan 13 F 5:30-8:30pm
#197409 Feb 10 F 5:30-8:30pm
#197410 Mar 10 F 5:30-8:30pm
#197411 Apr 7 F 5:30-8:30pm

Wolves, Coyotes and Foxes

Age: 6-8yrs. Find out if wolves, coyotes and foxes live at the nature preserve or around Falls Lake. We'll look for their tracks and signs along park trails. Take home a plaster cast of your favorite wild dog's paws!

Annie Louise Wilkerson Nature Preserve
Course Fee: \$5
#198880 Feb 11 Sa 2:00-4:00pm

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Teen

Teen Intro to Nature Photography

Age: 11-15yrs. Participants will discuss and learn basic photography techniques (exposure and composition) with an emphasis on the natural world. More advanced techniques of exposure and composition will also be introduced. A camera with manual controls is recommended but not required. Mobile devices are also welcome!

Walnut Creek Wetland Center – Course Fee: \$20
#199964 Apr 11 T 1:00-4:00pm

Adult

Advanced WILD: Mammals

Age: 18yrs and up. This workshop is designed for formal and informal educators. We will cover topics such as identification and how to educate on urban wildlife. Please bring a bagged lunch and dress for the weather. This course is available for 3 EE credits. Must be 18 or older to attend.

Walnut Creek Wetland Center
#199107 Feb 4 Sa 10:00am-3:00pm

Advanced Wild: Reptiles and Amphibians

Age: 18yrs and up. This workshop is designed for both formal and informal educators. We will cover the differences between reptiles and amphibians, discuss common species in the Piedmont and spend time in the wetland searching for amphibians. Please bring a bag lunch and dress for the weather. We suggest that you bring a change of clothes, just in case. This course is eligible for five hours of Criteria II or III credit toward N.C. Environmental Educator certification.

Walnut Creek Wetland Center
#199205 Mar 3 F 10:00am-4:00pm

Advanced Wild: Waterfowl in the Wetland

Age: 18yrs and up. This course is designed for both formal and informal educators. We will learn to identify native waterfowl and focus on waterfowl conservation. Please dress for the weather as a portion of this class will be held outdoors, and participants can expect to walk one half mile down a greenway and then back. This class is eligible for three hours of Criteria II or III credit toward N.C. Environmental Educator Certification.

Walnut Creek Wetland Center
#199079 Jan 11 W 9:00am-12:00pm

Bamboo Harvest and Craft

Age: 16yrs and up. Learn about some of the many cool projects that can be made with bamboo as we work to remove non-native bamboo from the Preserve. We'll have a bamboo craft making session as well as an opportunity for you to take some bamboo home for your own project ideas Please

dress for the weather and wear sturdy work shoes. Tools and gloves will be provided.

Horseshoe Farm Nature Preserve
#201744 Feb 19 Su 1:00-4:00pm

Bird Watching at Lake Wheeler

Age: 16yrs and up. Bring your binoculars, or borrow a pair of ours, and explore the park with a wildlife educator in search of feathered creatures who grace our natural world with their beauty and song. Preregistration is required four days prior to the program. For more information, call Nature Programs at 919-996-6856.

Lake Wheeler – Course Fee: \$2
#197873 Apr 5 W 11:00am-12:00pm

Butterfly Gardening Workshop

Age: 18yrs and up. Learn how to design, install and maintain a garden that is attractive both to people and butterflies.

Annie Louise Wilkerson Nature Preserve
Course Fee: \$10
#200056 Apr 9 Su 2:00-5:00pm

Gardening for Wildlife

Age: 16yrs and up. Learn to plant your garden to attract butterflies, birds and other wildlife. Explore the wildlife of the park with a nature educator. Preregistration is required four days prior to the program. For more information, call Nature Programs at 919-996-6856.

Lake Wheeler – Course Fee: \$2
#197870 Mar 22 W 11:00am-12:00pm

Nature Play Spring 2017

Age: 18yrs and up. No matter where you live, you can incorporate nature into a child's life. We will explore why exposure to nature is vitally important to a child's development and learn simple and inexpensive ways to add nature play to a child's daily life. This program is eligible for Criteria II or III credit toward N.C. Environmental Educator certification. This course is appropriate for formal and informal educators, parents, grandparents and childcare workers. Preregistration is required at least four days in advance. Please bring a bag lunch, water bottle, rain boots (or borrow a pair of ours) and a change of clothes. Wearing old clothes is recommended as we will be doing some painting and spending time in the creek.

Walnut Creek Wetland Center – Course Fee: \$15
#199192 Apr 18 T 10:00am-4:00pm

Project Learning Tree PreK-8

Age: 18yrs and up. This course is designed for both formal and informal educators who teach or incorporate environmental education into their lessons. This workshop is fun, hands-on, action-packed, and informational. The workshop offers educators exciting new activities to use in teaching science, math, language arts, social studies, and environmental studies. This course is a Criteria I workshop for NC Environmental

Educator certification. Educators will receive a free PLT Activity Guide. Come dressed for the weather.

Walnut Creek Wetland Center
#199133 Feb 10 F 9:00am-4:00pm

Tracks! Teaching Tracks and Scat to Kids

Age: 16yrs and up. Be a kid for an afternoon and come get the scoop on poop. In addition to track and scat basics, we'll go over games and activities you can use to teach tracking and scat identification to children. Class is eligible for Criteria II or III towards the N.C. Environmental Education Certification. Program is held outdoors. Please dress for the weather. Pre-registration required.

Durant Nature Preserve
#200201 Feb 12 Su 12:00-4:00pm

Winter Tree ID

Age: 18yrs and up. Did you know you can figure out what species a tree is without using the leaves? Discover how to identify trees using bark and buds and a dichotomous key. You'll spend time with an experienced naturalist specializing in forestry and learn skills that you can use in any formal or informal education setting. Class includes the book, *Winter Tree Finder* (Watts) to take home. This course is eligible for Criteria II or III credit towards NC Environmental Educator Certification. Please dress for the outdoors.

Walnut Creek Wetland Center – Course Fee: \$10
#199072 Jan 22 Su 2:00-5:00pm

Family

Astronomy Nights

Age: All Ages. What's up in space this month? Find out the answer in our own monthly astronomy program. Each program begins with an indoor presentation and (weather permitting) moves outside after sunset to view the moon, stars and planets with the preserve's telescope. Children must be accompanied by an adult. Fee applies to all participants, ages 5 through adult.

Annie Louise Wilkerson Nature Preserve
Course Fee: \$2
#200050 Jan 13 F 5:00-7:00pm
#200051 Feb 3 F 5:30-7:30pm
#200052 Mar 4 Sa 6:00-8:00pm

Big Sweep Spring 2017

Age: 5yrs and up. The Walnut Creek Wetland Center 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 your own water bottle, and we will fill it with ice water. Coffee, hot chocolate and snacks will be available to refresh you when you are done! Registration is not required but appreciated for planning purposes.

Walnut Creek Wetland Center
#199191 Apr 1 Sa 9:00am-12:00pm

Campfire Story and Marshmallow Roast

Age: 6yrs and up. Gather 'round the campfire while we read a nature story perfect for just this occasion. Share some quality time with your family and the good company of others while roasting marshmallows.

Children must be accompanied by a registered adult. Pre-registration is required at least four days in advance of program.

Durant Nature Preserve – Course Fee: \$2

#200099 Feb 18 Sa 6:00-7:00pm
#200100 Mar 10 F 7:00-8:00pm

Citizen Science – NestWatch

Age: 5yrs and up. Become a scientist for a day with us at Durant. We'll collect data from our bluebird boxes for the citizen science project NestWatch. Investigate the different species of birds that use our nest boxes and see different nests and eggs up close! We'll send you home with all the information you need to start collecting NestWatch data in your own backyard. Children must be accompanied by a registered adult. Pre-registration is required at least four days in advance.

Durant Nature Preserve – Course Fee: \$1

#200157 Apr 8 Sa 2:00-3:00pm

Durant Family Campout

Age: 6yrs and up. Families gather for an overnight experience complete with a naturalist-led night hike, a light Dutch oven dinner, s'mores for the kids, breakfast and time for fishing and boating in the morning. Your gear will be hauled by vehicle to the primitive, lakeside campsite that we will call home for the night! Class fee: Adults, \$20 each; youth, \$15. Pre-registration is required at least four days prior to the program.

Durant Nature Preserve

Course Fee: Adults \$20, Youth \$15

#200161 Apr 21-22 F-Sa

Earth Day with The Lorax

Age: 4yrs and up. Spend a Sunday afternoon with The Lorax. We'll read a story, make a craft and learn about recycling and conservation.

Walnut Creek Wetland Center – Course Fee: \$1

#200618 Apr 23 Su 2:00-3:30pm

Family Nature Night – Astronomy

Age: 3yrs and up. Join us as we learn our way around the night sky while enjoying fun astronomy activities and making star finders. Bring the whole family and listen to some fascinating legends inspired by the constellations. Pre-registration is required four days prior to the program. Children must be accompanied by an adult. Children and adults must register. For more information, call Nature Programs at 919-996-6856.

Laurel Hills Community Center – Course Fee: \$3

#197874 Apr 6 Th 7:00-8:00pm

Family Nature Night – Busy Beavers

Age: 3yrs and up. Discover the amazing adaptations of beavers. We'll search the area's habitats for signs of these amazing

animals, including tracks, dams, lodges and felled trees. We will even enjoy a few cultural stories relating to beavers. Pre-registration is required four days prior to the program. Children must be accompanied by an adult. Children and adults must register. For more information, call Nature Programs at 919-996-6856.

Sertoma Arts Center – Course Fee: \$3

#197875 Apr 20 Th 7:00-8:00pm

Family Nature Night – Figuring Out Fossils

Age: 3yrs and up. Have fun digging for fossils and learning how paleontologists sort through their finds. We will see and touch fossilized bones, sea creatures and more. Games and activities will delight the fossil seeker who is young or young at heart. Everyone will create a fossil replica to take home. Pre-registration is required four days prior to the program. Children must be accompanied by an adult; fee applies to adults and children. For more information, call the Nature Program at 919-996-6856.

Marsh Creek Park – Course Fee: \$3

#197551 Jan 19 Th 7:00-8:00pm

Family Nature Night – Predators on the Prowl!

Age: 3yrs and up. Join us every first Thursday of the month for Family Nature Night at Laurel Hills Park. Have fun as we play games and enjoy activities that will teach us about evening predators active in these winter months. Pre-registration is required four days prior to the program. Children must be accompanied by an adult. Children and adults must register. For more information, contact Nature Programs at 919-996-6856.

Laurel Hills Community Center – Course Fee: \$3

#197861 Feb 2 Th 7:00-8:00pm

Family Nature Night – Radical Reptiles!

Age: 3yrs and up. Join us each month for Family Nature Night! This month we will see and touch live reptiles including turtles, lizards and snakes and discover just how amazing these creatures truly are. Children may come in their pajamas as we will conclude with a bed-time story featuring reptiles. Pre-registration is required four days prior to program. Adult must accompany child, fee applies to all participants. For more information, call Nature Programs at 919-996-6856.

Marsh Creek Park – Course Fee: \$3

#197865 Mar 16 Th 7:00-8:00pm

Family Nature Night – Seeing Green!

Age: 3yrs and up. Celebrate Saint Patrick's Day by planting something green! Each participant will decorate a flower pot, plant a seed and take it home to watch it grow. We'll have fun learning all about plants and celebrating their place in our natural world. Pre-registration is required four days prior to the program. Children must be accompanied by an adult. Children and adults must

register. For more information, call Nature Programs at 919-996-6856.

Marsh Creek Park – Course Fee: \$3

#197869 Mar 16 Th 7:00-8:00pm

Bilingual Storytime: The Mitten

Age: All Ages. Join us as we read the beloved children's tale, Jan Brett's The Mitten in both Spanish and English. We will make our own mitten and forest animals to take home. Registration is required at least 4 days in advance.

Walnut Creek Wetland Center – Course Fee: \$1

#199206 Feb 26 Su 2:00-3:00pm

Family Nature Night – Superheroes

Age: 3yrs and up. What do Spiderman, Batman, and Teenage Mutant Ninja Turtles all have in common? They are all based on wildlife! Join a wildlife educator and learn about the creatures behind these popular heroes and find out just how SUPER they really are! Pre-registration is required four days prior to the program. Children must be accompanied by an adult; fee applies to adults and children. For more information, call the Nature Program at 919-996-6856.

Laurel Hills Community Center – Course Fee: \$3

#197550 Jan 5 Th 7:00-8:00pm

Family Nature Night – The Lorax Speaks for the Trees!

Age: 3yrs and up. We will celebrate the birthday of Dr. Seuss with an evening focused on his beloved Lorax and the trees. We will learn how trees grow and even create our own Truffula trees. Pre-registration is required four days prior to the program. Adult must accompany child, and fee applies to all participants. For more information, call Nature Programs at 919-996-6856.

Laurel Hills Community Center – Course Fee: \$3

#197866 Mar 2 Th 7:00-8:00pm

Family Nature Night: Owls

Age: 5yrs and up. Join us for a family-friendly evening learning all about owls! We'll learn what kinds live around us, and what they sound like. What do they eat? What parts of their prey are not digestible? Find out by dissecting an owl pellet! We'll go outside and call for owls, as well! Will they answer back? We'll see! Parents are expected to participate with their children and join in on the fun!

Walnut Creek Wetland Center – Course Fee: \$2

#199204 Jan 13 F 6:00-8:00pm

Family Nature Night: Salamanders

Age: 5yrs and up. Did you know that the Salamander Capital of the World lies in North Carolina? Learn why at this activity-filled hands-on program. We'll learn all about these amazing amphibians and why wetlands are critical to their survival. We'll be spending time in the vernal pools dipping for salamander larva and looking for egg cases, so dress to get dirty and bring a change of clothes! Bring your own rain boots

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or borrow ours. Registration is required at least four days in advance. Parents are expected to accompany children and join in on the fun!

Walnut Creek Wetland Center – Course Fee: \$2
#199136 Mar 17 F 6:00-8:00pm

Family Scavenger Hunt

Age: 5yrs and up. Gather the family and get to know the preserve while figuring out the clues and looking for the fun nature-themed items we've hidden. Make an outing of it and bring a picnic lunch to enjoy before or after the hunt! Spaces are limited, pre-registration is recommended.

Horseshoe Farm Nature Preserve
#200199 Apr 23 Su 1:00-2:30pm

New Year's Day Hikes

Age: All Ages. Jump-start your New Year's resolutions and join our staff for a scenic guided walk in nature. Be prepared to walk at least a mile. Strollers are welcome at Walnut Creek Wetland Center! Preregistration is helpful but not required.

Walnut Creek Wetland Center
#193210 Jan 1 Su 2:00-4:00pm

Durant Nature Preserve
#196357 Jan 1 Su 2:00-4:00pm

Get Hooked!

Age: 5yrs and up. Join us for a lovely spring day on our lakeshore. We'll provide the bait, fishing poles and instruction to get you and your family hooked on fishing! Fee applies to all participants. Children must be accompanied by a registered adult. Pre-registration is required at least four days in advance.

Durant Nature Preserve – Course Fee: \$1
#200158 Apr 30 Su 1:30-2:30pm
#200159 Apr 30 Su 3:00-4:00pm

Hunters in the Sky

Age: 5yrs and up. What bird can spot prey from 100 feet above and reach speeds up to 120mph? The magnificent red-tailed hawk! Come learn about one of the fiercest hunters of the sky as we discuss a day in the life of a raptor. We'll search and listen for nearby hawks, run through an exciting obstacle course, and finish with a craft to take home. Children must be accompanied by an adult. Adults attend free but should come ready to participate. Pre-registration is required at least four days in advance.

Horseshoe Farm Nature Preserve – Course Fee: \$6
#200196 Mar 12 Su 2:00-3:30pm

Make a Snowflake

Age: All Ages. Stop by our office between 12-4pm for a fun wayside exhibit. You can make a paper snowflake and learn how snow forms.

Durant Nature Preserve
#200098 Jan 20 F 12:00-4:00pm

Meadow Story and a Nature Walk

Age: All Ages. Join us for a delightful story about a meadow. After the story we'll go on a nature walk and sow some wildflower

seeds on our way. Each participant will be able to take some seeds home. Children must be accompanied by a registered adult. Pre-registration is required at least four days in advance.

Horseshoe Farm Nature Preserve
#200197 Apr 2 Su 2:00-3:00pm

Nature and Sensory Play Day

Age: All Ages. Come check out Durant's Sensory and Nature Play Garden! Park staff will have guided activities to delight the senses and encourage nature play. Pre-registration is requested. Children must be accompanied by an adult.

Durant Nature Preserve
#200085 Mar 10 F 10:00am-12:00pm

Nature Art: Natural Brush Painting

Age: 3yrs and up. Come prepared to get messy! We'll use natural items as brushes to paint masterpieces with. Children must be accompanied by a registered adult. Pre-registration required at least four days in advance.

Horseshoe Farm Nature Preserve – Course Fee: \$1
#200095 Apr 18 T 6:00-6:45pm

Nature Nerds Film Festival

Age: 5yrs and up. Do you love David Attenborough? Can't get enough of Animal Planet? Join kindred spirits for an hour-long Nature series film, complete with popcorn and some scientific exploration. Feel free to bring your evening meal and make it a dinner theater! Registration is required at least 4 days in advance.

Walnut Creek Wetland Center – Course Fee: \$1
#199053 Jan 17 T 6:30-8:00pm
#199054 Feb 14 T 6:30-8:00pm
#199055 Mar 14 T 6:30-8:00pm

Nature Play Days

Age: All Ages. Join us anytime between 11:00am and 3:00pm to enjoy our latest ideas 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! Children must be accompanied by an adult. If you can't make this play day, you can check out Nature Play kits free of charge whenever the park office is open.

Annie Louise Wilkerson Nature Preserve
#198886 Mar 31 F 11:00am-3:00pm

Nocturnal Nature

Age: 6yrs and up. The park comes alive when the sun slips behind the trees. All ages are welcome to join us on this full moon trek to unveil the nocturnal wildlife of Lake Johnson. We will call for owls and nightjars, look for evidence of mammals and identify singing amphibians. Please wear comfortable shoes and be sure to bring a flashlight. We will provide red cellophane to cover the lights.

Thomas G. Crowder Woodland Center
Course Fee: \$5
#197401 Mar 18 Sa 7:00-8:30pm

Predators on the Prowl

Age: 6yrs and up. When the sun goes down, whoooo do you think comes out to hunt? Join us as we take an evening walk in the woods to look and listen for winter predators. We'll finish our hike by roasting marshmallows over a campfire and practicing our predator calls. Pre-registration is required at least four days in advance. Parent must register and accompany children.

Durant Nature Preserve – Course Fee: \$3
#200096 Jan 27 F 6:00-7:30pm

Salamander Sleuths

Age: 5yrs and up. Become a salamander sleuth as we look under rocks, logs and leaf litter and inside vernal pools to 'sniff' out the places salamanders and their eggs can be found. Learn about the lifecycle of the salamander and the types of salamanders that can be found in the park, plus make your very own salamander to take home! Children must be accompanied by an adult. Adults attend free but should come ready to participate. Pre-registration is required at least four days in advance.

Durant Nature Preserve – Course Fee: \$6
#200156 Mar 25 Sa 2:00-4:00pm

Sample Durant

Age: All Ages. Catch it all in one day: critter stop, bird watching, crafts, nature scavenger hunt, dipnetting, canoeing and fishing! Look for the registration table at the preserve's north entrance next to the office. Although pre-registration is not necessary, it is helpful so that we can prepare for your visit.

Durant Nature Preserve
#200185 May 6 Sa 10:00am-2:00pm

Statewide Star Party

Age: All Ages. Join members of the Raleigh Astronomy Club and Wilkerson Nature Preserve for a special star gaze in conjunction with the N.C. Science Festival. Event is free of charge! Club members will share their telescopes and knowledge of the night sky. Please park in the overflow parking lot and walk to the field near the park office. You may wish to bring a flashlight (with a red light if possible) to aid you in walking.

Annie Louise Wilkerson Nature Preserve
#200053 Apr 21 F 8:00-10:30pm

Track Attack

Age: 5yrs and up. Become a nature detective! Explore ways to track animals by looking at their tracks and scat as we hike some trails to find all the clues our animals leave behind. We'll also play some fun games and make a cool track to take home. Children must be accompanied by an adult. Adults attend free but should come ready to participate. Pre-registration is required at least four days in advance.

Durant Nature Preserve – Course Fee: \$6
#200101 Feb 11 Sa 2:00-4:00pm

Twilight Walk

Age: 4yrs and up. Many animals are active around sunset or shortly after. Take a walk with a park naturalist to explore the woods and fields at this special time. Look for deer, coyotes and owls. The program is designed for families with young children. All ages are welcome. Children must be accompanied by an adult. Fee applies to all participants, ages 4 through adult. Children under 4 do not need to register.

Annie Louise Wilkerson Nature Preserve

Course Fee: \$2

#199998	Feb 10	F	5:00-6:30pm
#199999	Mar 11	Sa	5:30-7:00pm
#200000	Apr 29	Sa	7:30-9:00pm

Wildflower Hike

Age: 5yrs and up. Many wildflowers bloom in spring. Join us for a leisurely hike as we learn to recognize some blooming beauties and appreciate their stories. Program is for all ages. Fee applies to ages 5 through adult. Children must be accompanied by an adult.

Annie Louise Wilkerson Nature Preserve

Course Fee: \$2

#200054	Apr 15	Sa	10:30am-12:00pm
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Wildside Walk

Age: All Ages. Enjoy a guided hike with a wildlife educator. Meet other families in your community and learn about nature. We'll see birds, insects and maybe even a few mammals and reptiles. Join us on the wild side! Preregistration is required four days prior to the program. Children must be accompanied by an adult. Adults attend for free. For more information, call Nature Programs at 919-996-6856.

Anderson Point – Course Fee: \$2

#197871	Mar 30	Th	10:30-11:30am
#197872	Apr 13	Th	10:30-11:30am

Winter Play Day

Age: 5yrs and up. Join us for a day of winter fun for the whole family. Whether indoor or out there are plenty of cool games to celebrate the season with!! Children must be accompanied by an adult. Adults attend free but should come ready to participate. Pre-registration required.

Durant Nature Preserve – Course Fee: \$1

#200097	Jan 21	Sa	1:00-3:00pm
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Winter Scavenger Hunt

Age: 5yrs and up. Join us for a fun family friendly scavenger hunt to look for things found around the preserve in winter. Warm up inside after the hunt with a cup of hot cocoa and a craft. Each participant will create a cute tree face out of clay to take home and decorate a tree with. Children must be accompanied by an adult. Adults attend free but should come ready to participate. Pre-registration is required at least four days in advance.

Durant Nature Preserve – Course Fee: \$6

#200102	Mar 4	Sa	2:00-3:30pm
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School Programs



Youth

Sports Training and Conditioning

Age: 5-12yrs. Try something different while you are tracked out. Optimist Sports Training and Conditioning camps will provide sports instruction and physical conditioning and challenge your strength, speed and mental conditioning to push your limits and get you in the game. With coaching knowledge, this camp will create a fun and motivating environment for players of all ages and levels to enhance performance, improve their game and keep a positive attitude. Do you have what it takes? Bring two snacks, water bottle and lunch each day. Instructor: Monique Fearrington.

Optimist Community Center – Course Fee: \$145

#201275	Jan 9-13	M-F	10:00am-5:00pm
#201294	Feb 6-10	M-F	10:00am-5:00pm
#201295	Feb 20-24	M-F	10:00am-5:00pm
#201296	Mar 13-17	M-F	10:00am-5:00pm
#201297	Jan 9-13	M-F	10:00am-5:00pm
#201299	Feb 6-10	M-F	10:00am-5:00pm
#201301	Feb 20-24	M-F	10:00am-5:00pm
#201303	Mar 13-17	M-F	10:00am-5:00pm
#201305	Apr 3-7	M-F	10:00am-5:00pm
#201308	Mar 3-9	M-F	10:00am-5:00pm

Weather Bound

Age: 5-11yrs. Need a structured place for your children to play when Wake County Schools are closed for the day due to inclement weather? Program hours are 8:00am-5:00pm. Activities may include sports, crafts, games, computer games, movies and outdoor play. Children should bring a lunch, two snacks, drinks and a change of clothes. Space is limited. The program is offered at the following Community Centers:

Abbotts Creek, Chavis, Green Road and Jaycee

Course Fee: \$25

#199988	Jan 2	M	8:00am-5:00pm
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Teen

Teens Traveling the Triangle

Age: 11-14yrs. Looking for something exciting to do on your day off from school? Teens Traveling the Triangle will provide just that! This program that will occur on select WCPSS teacher workdays provides an opportunity for middle school teens to experience a few of the diverse attractions that the Triangle has to offer. At least 2 field trips will occur each day. Example of possible field trips include local parks and museums, arcades, facility tours of local sports arenas, bowling and much more! Participants will need to be dropped off by 9:00am and will need to be picked up between 4:30-6:00pm. Parents please send two snacks and a lunch with your child.

Abbotts Creek Community Center – Course Fee: \$35

#200483	Jan 27	F	7:30am-6:00pm
#200484	Feb 20	M	7:30am-6:00pm
#201079	Mar 31	F	7:30am-6:00pm
#201081	May 12	F	7:30am-6:00pm

Social Programs



Preschool

Arts, Crafts, and Activities at Abbotts Creek!

Age: 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!

Abbotts Creek Community Center – Course Fee: \$10

New Years Party

#197965	Jan 4	W	10:00-10:45am
#197966	Feb 1	W	10:00-10:45am
#197967	Mar 1	W	10:00-10:45am
#197968	Apr 5	W	10:00-10:45am

Cupid's Cuties

Age: 2-5yrs. It's Valentine's Day and what better way to celebrate it 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.

Hill Street Center – Course Fee: \$5

#199926	Feb 13	M	3:30-4:30pm
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Dr. Seuss

Age: 2-5yrs. Happy birthday, Dr. Seuss! Dr. Seuss is loved by so many for his creative books that rhyme and delight! While he is no longer with us, his legacy lives on in the pages of his books. He forever changed the way children's books were written and continues to inspire generations. So what better way to celebrating his birthday than with a couple of his favorite books and crafts to match?

Hill Street Center – Course Fee: \$8

#199930	Mar 3	F	3:30-4:30pm
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Great Times at Greystone!

Age: 2-5yrs. Join your Greystone friends for an adventure in arts and crafts! Each class will explore a different theme that will get your preschooler active! Contact Greystone Recreation Center for more information 919-996-4848.

Greystone Community Center – Course Fee: \$9

For the Birds!

#199342	Jan 5	Th	10:00-11:00am
#199509	Jan 12	Th	3:00-4:00pm
#199749	Jan 10	T	10:00-11:00am
#199750	Jan 18	W	3:00-4:00pm
#199752	Jan 19	Th	10:30-11:30am

#199753	Jan 20	F	3:00-4:00pm
#199754	Feb 2	Th	3:00-4:00pm
#199755	Feb 11	Sa	10:00-11:00am
#199756	Feb 27	M	3:00-4:00pm
#199757	Mar 1	W	3:00-4:00pm
#199758	Mar 25	Sa	10:00-11:00am
#199759	Apr 27	Th	10:00-11:00am

Little Leprechaun

Age: 2-5yrs. 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!

Hill Street Center – Course Fee: \$5

#199931	Mar 17	F	3:30-4:30pm
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Mardi Gras

Age: 2-5yrs. Have a little Mardi Gras fun with us! We will be making Mardi Gras-themed crafts and learning how children celebrate the holiday and how it began!

Hill Street Center – Course Fee: \$8

#199928	Feb 27	M	3:30-4:30pm
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Music and Movement

Age: 3-5yrs. Come out to Millbrook Exchange Community Center for this unique preschool class! This class will develop music skills, nurture creativity, promote self-expression and build confidence while also supporting social, emotional, cognitive and physical development. Parents can watch from the side or join in on this fun and energizing class for preschoolers.

Millbrook Exchange Community Center

Course Fee: \$15

#199225	Mar 2-16	Th	10:30-11:15am
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Course Fee: \$20

#199223	Jan 5-26	Th	10:30-11:15am
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#199224	Feb 2-23	Th	10:30-11:15am
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#199226	Apr 6-27	Th	10:30-11:15am
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Playgroup Tot Time

Age: 1-5yrs. 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.

Abbotts Creek Community Center

#197325	Jan 2-Apr 28	M-F	7:00-11:00am
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Barwell Road Community Center

#198943	Jan 4-Apr 26	W	10:00am-12:00pm
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Biltmore Hills Community Center

#199951	Jan 11-Apr 26	W	10:30am-12:00pm
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Green Road Community Center

#197271	Jan 3-Apr 27	T,Th	10:00am-12:00pm
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Jaycee Community Center

#199614	Jan 4-Apr 28	W-F	10:30am-12:30pm
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Tarboro Road Community Center

#201659	Jan 4-Apr 26	W	10:30am-12:00pm
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Lake Lynn Community Center

#200614	Jan 4-Apr 26	W	8:30-11:00am
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Laurel Hills Community Center

#199856	Jan 3-Apr 27	T,Th	10:00am-12:00pm
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Millbrook Exchange Community Center

#199236	Jan 2-Apr 24	M	10:30am-12:00pm
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Preschool Morning Out

Age: 2-5yrs. Join us for our preschool morning out program, as we make crafts, read books, participate in activities and have fun! Themes will differ depending on the month. Please call the center at 919-831-6052 for specific questions about the themes. Please preregister your children so that we can plan accordingly.

Pullen Community Center – Course Fee: \$5

#199566	Jan 10	T	10:00-11:00am
#199567	Jan 24	T	10:00-11:00am
#199568	Feb 7	T	10:00-11:00am
#199569	Feb 14	T	10:00-11:00am
#199570	Mar 14	T	10:00-11:00am
#199571	Apr 4	T	10:00-11:00am
#199572	Apr 18	T	10:00-11:00am

Rescue Rangers

Age: 4-6yrs. Calling all rescue rangers! If you love fire trucks, police cars and ambulances, come make it, take it and display it. We've got models to make while we learn about the exciting and important jobs that our local rescuers do. Participants will learn about and focus on a different type of vehicle each week, such as a car, truck, helicopter or motorcycle. They will build and decorate several models to take home. Parents are encouraged to participate.

Jaycee Community Center – Course Fee: \$35
#199577 Mar 8-29 W 10:30-11:15am

The Great Carrot Caper at Millbrook Exchange Park

Age: 1-5yrs. Franklin, the resident bunny at Millbrook Exchange Park, has lost his carrots. We need your help to solve this mystery. Join other preschool friends at Millbrook Exchange Community Center as we help Franklin find the carrots and get back on the bunny trail. We will play some bunny-themed games and create some art to take home. Come dressed for the outdoors!

Millbrook Exchange Community Center

Course Fee: \$10
#199237 Mar 23 Th 11:00am-12:00pm

Tot Social Hour

Age: 1-5yrs. Bring your kids ages 1-5 for self-guided fun and games! We will provide the toys, sports equipment, and space for you and your children to engage with each other. This is a great way to meet other families in your community within a fun and safe environment. Registration is required to attend. Free to participate.

Hill Street Center

#198164 Jan 10-Apr 25 T 3:30-4:30pm

Valentine's Day Celebration at Millbrook Exchange Park

Age: 1-5yrs. Join other preschool children and their parents for a celebration of St. Valentine's Day at Millbrook Exchange Park. Children and their parents will enjoy Valentine's Day themed games, crafts and snacks. Be sure to dress for activity and be prepared for going outside if the weather allows. Class meets at Millbrook Exchange Community Center. Don't miss this great

opportunity to celebrate Valentine's Day with your Millbrook friends!

Millbrook Exchange Community Center

Course Fee: \$10
#199242 Feb 9 Th 11:00am-12:00pm

Youth

Birthday Bash

Age: 3-12yrs. Does the idea of entertaining a crowd of children leave you weak in the knees? Let Jaycee Community Center help you with your child's birthday party. The two-hour Birthday Bash packages include gym games, a two-hour rental of the party room and goodie bags for your participants. During the first hour of the party, Birthday Bash staff will entertain your partygoers in our gym with a variety of games picked out by the birthday child. Call Jaycee Community Center at 919-996-6833 for further details and to register.

Jaycee Community Center – Course Fee: \$150
Up to 25 party participants

Birthday Parties – Celebration Station

Age: 2-5yrs. Looking for a new idea for birthday entertainment? Does the idea of entertaining a crowd of children leave you weak in the knees? Let Optimist Community Center help you with your next birthday party ó we will do the work for you! Our staff are knowledgeable in a variety of recreational games, sports and crafts. Activities vary based on the size and age of party participants. Theme options include, but are not limited to, basketball, hockey, soccer, baseball and American Girl Dolls. If you have an idea of something else, please feel free to request it. Goody bags are included with your package. For more information and questions, please call the front desk at 919-870-2880 or email us at optimist@raleighnc.gov. Package One (12 attendees or fewer): \$110. Package Two (13-20 attendees): \$145

Optimist Community Center – Course Fee: \$145
#201061 Jan 8-8 Su 4:00-5:00pm

Birthday Parties at Pullen Community Center

Age: 3-12yrs. Pullen Community Center offers birthday parties for children 3-12 years old. We offer two packages of two hours each. The first package includes an hour at the center and an hour at Pullen Park. The second package includes an hour at the center and an hour making crafts. A birthday staff member stays with your group during the two hours. The room is decorated for you; all you have to do is bring the children and cake. Please call the center at 919-831-6052 for more information.

Pullen Community Center – Course Fee: \$120

Birthday Parties at Sanderford Road

Age: 1-12yrs. Join us at Sanderford Road Center to host your child's birthday party. We will provide decorations and a games kit for your party. Parties for ages 1-12 only. See

you at Sanderford!

Sanderford Road Park – Course Fee: \$100
#199903 Jan 7 Sa 2:00-5:00pm

Breakfast with the Bunny

Age: Up to 11yrs. Hop on over to Laurel Hills for the annual egg hunt, which will include crafts and other family entertainment. Enjoy light refreshments and meet the bunny!

Laurel Hills Community Center

#199595 Apr 9 Su 11:30am-12:30pm

Creative Crafts Throughout The Holidays

Age: 5-12yrs. Come join the fun at Hill Street for crafts throughout the year. We will be creating fun holiday-themed crafts that will allow you to show off your creative side. Each holiday you will get the opportunity to create a new themed project. Please preregister so we know you are coming.

Hill Street Center

Valentines Day

#197395	Feb 8	W	5:00-6:00pm
#197396	Mar 15	W	5:00-6:00pm
#197397	May 10	W	5:00-6:00pm
#197398	May 24	W	5:00-6:00pm
#197399	Apr 5	W	5:00-6:00pm

Daddy Daughter Dance

Age: All Ages. 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, because space is limited! Cost is per person.

Laurel Hills Community Center – Course Fee: \$15
#199851 Feb 10 F 6:30-8:30pm

Fiesta Fun

Age: 7-12yrs. Parents enjoy an evening out as we celebrate Cinco De Mayo. There will be pizza, arts and crafts, games and a piñata. Registration must be received by April 28.

Halifax Community Center – Course Fee: \$5
#200429 May 5 F 6:00-8:30pm

Friday Night Fun at Abbotts Creek

Age: 6-11yrs. 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. Friday Night Fun takes place on the first Friday of each month!

Abbotts Creek Community Center – Course Fee: \$20
#197287 Jan 6 F 6:30-8:30pm
#197288 Feb 3 F 6:30-8:30pm
#197289 Mar 3 F 6:30-8:30pm
#197290 Apr 7 F 6:30-8:30pm

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Game Room

Age: 6-18yrs. Peach Road's game room will be open on designated weeknights 6:30-8:00pm—Play Nintendo, Wii, billiards or table tennis. You must register to drop in and be 12 or older to play billiards.

Peach Road

#199918 Jan 2-May 1 M,F-Sa 6:30-8:00pm

Homeschool Game Play

Age: 6-16yrs. This program is offered during the day and is designed for multi-age participation. Participants will interact with other homeschooled participants to enjoy friendly activities and games such as pool, ping pong, bingo and foosball.

Worthdale Community Center – Course Fee: \$2

#199185 Jan 3-31 T,Th 10:30-11:30am

#199186 Feb 2-28 T,Th 10:30-11:30am

Homeschool Game Time

Age: 5-13yrs. Looking for a place to meet and play with other homeschoolers in the area? Come to Millbrook Exchange Community Center each Wednesday morning for game time. We'll provide board games, crafts, ping pong, and other supplies—you supply the fun!

Millbrook Exchange Community Center

#199222 Jan 4-May 3 W 10:30am-12:00pm

Homeschool Recreation

Age: 6-16yrs. This program is designed for multi-age participation to build skills in physical education and team sports. Participants will enhance skill development, coordination and learn the basics for a variety of sports such as kickball wiffle ball, basketball, dodgeball and soccer.

Worthdale Community Center – Course Fee: \$10

#199176 Jan 4-30 M,W 10:30-11:30am

#199177 Feb 1-27 M,W 10:30-11:30am

#199178 Mar 6-29 M,W 10:30-11:30am

#199179 Apr 3-26 M,W 10:30-11:30am

Kid's Night Out

Age: 5-12yrs. Parents, enjoy this time to relax, relate, and release while the staff at Green Road and your child enjoy a night filled with pure fun and excitement. Each month we will offer a different theme and pre-registration is required. Please contact the facility for additional details.

Green Road Community Center – Course Fee: \$10

#200014 Jan 20 F 5:30-8:30pm

#200015 Feb 17 F 5:30-8:30pm

#200016 Mar 17 F 5:30-8:30pm

#200017 Apr 21 F 5:30-8:30pm

Love Bugs Activity Night

Age: 6-12yrs. Join us for a special night of craft making. Your child will prepare their own special love bug to give to the one they love most!

Tarboro Road Community Center

#199374 Feb 14 T 6:00-7:30pm



Open Activities

Age: 6-16yrs. Play games, create crafts and have fun. Call 919-807-8545 or come visit us to see what we have planned.

Peach Road

#199921 Jan 7-May 6 Sa 11:30am-4:30pm

Wii Game Night at Sanderford Road Center

Age: 5-14yrs. Join us at Sanderford Road Center the first Friday of each month for Wii Game Night! Bring yourself and bring a couple of friends. Put your game face on and have fun!

Sanderford Road Park

#199834 Jan 6 F 6:00-8:00pm

#199835 Feb 3 F 6:00-8:00pm

#199836 Mar 3 F 6:00-8:00pm

#199837 Apr 7 F 6:00-8:00pm

Zumba® Kids

Age: 4-11yrs. Perfect for our younger Zumba® fans! Kids 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. This class will help kids develop a healthy lifestyle and incorporate fitness as a natural part of fitness fun. Classes incorporate key childhood development elements like leadership, respect, team work, confidence, self-esteem, memory, creativity, coordination, cultural awareness. Don't miss what your child has learned during a 'show' put on in the last 15 minutes of the last class each session!

Abbotts Creek Community Center

Course Fee: \$22.50

#197792 Jan 2-30 M 10:00-11:00am

Course Fee: \$30

#197793 Feb 6-27 M 10:00-11:00am

#197794 Mar 6-27 M 10:00-11:00am

#197795 Apr 3-24 M 10:00-11:00am

Teen

Egg Hunt Challenge for Teens

Age: 12-16yrs. Sometimes growing up means you have to miss out on the fun activities from your childhood. Not anymore! We've taken your classic childhood egg hunt and amped it up full scale! Bring a friend and a flashlight. This is going to be a night to remember! Preregistration is required by April 10.

Pullen Amusements

#200433 Apr 13 Th 7:00-9:00pm

Junior Raleigh Youth Council

Age: 12-15yrs. The Junior Raleigh Youth Council is for middle school aged teens looking to develop and improve leadership skills, engage in community service opportunities, recreation activities and teambuilding. The Junior Raleigh Youth Council provides a forum for teens to express themselves and involve their peers in discussion while being advocates for teens across the City of Raleigh. The JRYC serves as a feeder program into the Raleigh Youth Council as teens make the transition from middle to high school. If you are interested in participating, contact the Saint Monica Teen Center at 919-996-4770.

St. Monica Teen Center

#200961 Jan 23 M 6:30-7:30pm

#200962 Feb 20 M 6:30-7:30pm

#200963 Mar 20 M 6:30-7:30pm

#200964 Apr 24 M 6:30-7:30pm

Raleigh Youth Council

Age: 14-18yrs. 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. They focus 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, contact the Teen Program at 919-996-2139. This program meets on the 2nd and 4th Monday of each month through May 22, 2017.

Laurel Hills Community Center

#200732 Jan 9-May 22 M 7:00-8:00pm

Saint Monica Teen Art

Age: 12-19yrs. Are you interested in learning some basic fundamentals about colors, drawing, painting and more? Check out the art class at the Saint Monica Teen Center to learn more about what art is really about! Participation requires a valid membership

with the Saint Monica Teen Center. Join now.

Membership is free!

St. Monica Teen Center

#201233	Jan 3-31	T,Th	6:00-8:00pm
#201234	Feb 7-28	T,Th	6:00-8:00pm
#201235	Mar 7-30	T,Th	6:00-8:00pm
#201236	Apr 4-27	T,Th	6:00-8:00pm

Teen Nights

Age: 12-17yrs. Activities include field trips, team building, life skills, leadership skills, etc., for ages 12-17. Call 919-807-8545 for more information.

Peach Road

#199924	Jan 4-Apr 26	W	6:30-7:30pm
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Teen Outreach Program

Age: 12-17yrs. The Teen Outreach Program (TOP) is a free, recreation-based, after-school program for teens ages 12-18 that operates at 10 community centers across Raleigh. Activities include athletics, the arts, recreational games, field trips, adventure programs, skill building and more. The goal of the program is to provide a positive and engaging environment for teens in the hours after school. The program also provides mentoring relationships while addressing issues that affect teens, their community and their environment. Teens can register by dropping by any of our 10 locations during program hours and completing a registration packet. For more information about the program, please call 919-996-2139.

Biltmore Hills Community Center

#200683	Jan 3-Jun 2	M-F	3:00-6:00pm
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Carolina Pines Community Center

#200692	Jan 3-Jun 2	M-F	3:00-6:00pm
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Chavis Community Center

#200684	Jan 3-Jun 2	M-F	3:00-6:00pm
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Green Road Community Center

#200689	Jan 3-Jun 2	M-F	3:00-6:00pm
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Lions Park Community Center

#200685	Jan 3-Jun 2	M-F	3:00-6:00pm
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Method Road Community Center

#200686	Jan 3-Jun 2	M-F	3:00-6:00pm
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Millbrook Exchange Community Center

#200690	Jan 3-Jun 2	M-F	3:00-6:00pm
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Peach Road

#200688	Jan 3-Jun 2	M-F	3:00-6:00pm
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Saint Monica Teen Center

#200687	Jan 3-Jun 2	M-F	3:00-6:00pm
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Worthdale Community Center

#200691	Jan 3-Jun 2	M-F	3:00-6:00pm
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Teen Ping Pong Tournament

Age: 12-19yrs. Think you got a wicked serve? Think nobody can handle your spin? Step up to the table for the Ping Pong Tournament to face off against all challengers. Single and double elimination brackets. All ability levels welcome.

St. Monica Teen Center

#201093	Jan 6	F	6:30-7:30pm
#201095	Feb 3	F	6:30-7:30pm
#201096	Mar 3	F	6:30-7:30pm
#201099	Apr 7	F	6:30-7:30pm

Teen Video Game Tournament

Age: 12-19yrs. Think you've got the best hands on the controller? Come to the Saint Monica Teen Center to showcase your skills and see if you've got what it takes to be the best or if you need to step up your game! All entries will receive a snack, and the winner will receive a prize! Participation requires a valid Saint Monica Teen Center membership.

St. Monica Teen Center – Course Fee: \$5

Teen Center NFL Madden 17 Tournament

#201086	Mar 24	F	6:00-8:00pm
#201087	Apr 22	Sa	6:00-8:00pm

Teens Traveling the Triangle

Age: 11-14yrs. Looking for something exciting to do on your day off from school? Teens Traveling the Triangle will provide just that! This program will occur on select WCPSS teacher workdays. The program provides an opportunity for middle school teens to experience a few of the diverse attractions the Triangle has to offer. At least two field trips will occur each day. Possible field trips include local parks and museums, arcades, tours of local sports arenas, bowling and much more! Participants must be dropped off by 9:00am and picked up between 4:30-6:00pm. Parents, please send two snacks and a lunch with your child.

Abbotts Creek Community Center – Course Fee: \$35

#200483	Jan 27	F	7:30am-6:00pm
#200484	Feb 20	M	7:30am-6:00pm
#201079	Mar 31	F	7:30am-6:00pm
#201081	May 12	F	7:30am-6:00pm

Adult

Bid Whist and Pinochle Play

Age: 30-99yrs. Bring your lunch and card playing skills to this social hour and join friends for a game of bid whist or pinochle.

Method Road Community Center

#200976	Jan 3-24	T	11:00am-3:00pm
#200977	Feb 7-28	T	11:00am-3:00pm
#200978	Mar 7-28	T	11:00am-3:00pm
#200979	Apr 4-25	T	11:00am-3:00pm

Bridge – Capitol Bridge Club

Age: 18yrs and up. Come join the Capitol Bridge Club, which meets twice a week for competitive bridge in a social atmosphere. Experienced players are welcome to join the club. No bridge is played on City holidays. The club meets at Jaycee Center except during the summer months. During the summer, the club moves to Glen Eden. Membership dues \$1 per person per meeting.

Jaycee Community Center – Course Fee: \$1

#199586	Jan 3-31	T,F	9:00am-1:30pm
#199587	Feb 3-28	T,F	9:00am-1:30pm
#199588	Mar 3-31	T,F	9:00am-1:30pm
#199589	Apr 4-28	T,F	9:00am-1:30pm

Bridge 101

Age: 18yrs and up. If you are new to bridge or just want to brush up on the basics, this class is for you. Topics include etiquette, rank of suits and counting points, opening bids and responding, raising your partner, preemptive bids, the overall, scorekeeping, game points, double and the finesse. Conventions to be covered include the Better Minor, Short Club, Blackwood, Gerber and Stayman. Sessions are hands-on and accompanied by a syllabus. Please preregister for this class. Note that there is a class for beginners on Mondays and a class for intermediate players on Wednesdays.

Pullen Community Center – Course Fee: \$35

#199540	Jan 11-Feb 15	W	10:00am-12:00pm
#199541	Jan 23-Feb 20	M	2:00-4:00pm
#199542	Mar 6-Apr 3	M	2:00-4:00pm
#199543	Mar 1-Apr 5	W	10:00am-12:00pm

Bridge Club

Age: 18yrs and up. 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

#199245	Jan 3-31	T	12:30-4:00pm
#199246	Feb 7-28	T	12:30-4:00pm
#199247	Mar 7-28	T	12:30-4:00pm
#199248	Apr 4-25	T	12:30-4:00pm

Card Night for Adults

Age: 18yrs and up. Want a place to play cards? Come out to Millbrook Exchange Community Center to play a hand of cards and socialize with friends. Play begins at 6:00pm.

Millbrook Exchange Community Center

#199217	Jan 6-Apr 28	F	6:00-8:30pm
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German Shepherd Dog Club

Age: 18yrs and up. The purpose of the German Shepherd Dog Club is to improve the breed through education of club members and the public at large. The club meets the first Wednesday of each month and offers lectures and demonstrations throughout the year. See club president for information on meeting topics and club dues.

Millbrook Exchange Community Center

#199218	Jan 4	W	7:00-9:00pm
#199219	Feb 1	W	7:00-9:00pm
#199220	Apr 5	W	7:00-9:00pm
#199221	Mar 1	W	7:00-9:00pm

Green Road Open Gym

Age: 18yrs and up. Green Road has open gym in Gymnasium #1. Players must present a valid photo ID to staff who will hold it while you play. We must have an Adult Open Play Registration Form on file, and you must also sign in daily with the front desk.

Green Road Community Center

#197269	Jan 3-Apr 27	T,Th	12:15-2:00pm
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Open Ballroom Dance

Age: 18yrs and up. Bring your partner or come solo and have fun dancing the night away. We play a variety of ballroom music, and you are welcome to bring your own. Feel free to call ahead with any questions about the music. Please make sure to read the scheduled dates below, because the dance does not meet every week.

Pullen Community Center – Course Fee: \$2

#199549	Jan 6	F	7:00-9:00pm
#199550	Jan 13	F	7:00-9:00pm
#199551	Jan 20	F	7:00-9:00pm
#199552	Jan 27	F	7:00-9:00pm
#199553	Feb 3	F	7:00-9:00pm
#199554	Feb 10	F	7:00-9:00pm
#199555	Feb 17	F	7:00-9:00pm
#199556	Feb 24	F	7:00-9:00pm
#199557	Mar 10	F	7:00-9:00pm
#199558	Mar 17	F	7:00-9:00pm
#199560	Mar 31	F	7:00-9:00pm
#199561	Apr 7	F	7:00-9:00pm
#199562	Apr 14	F	7:00-9:00pm
#199563	Apr 21	F	7:00-9:00pm
#199564	Apr 28	F	7:00-9:00pm

Raleigh Hemerocallis Club

Age: 13yrs and up. This club focuses on daylilies: recognizing their different forms and hybridizing, growing and enjoying them. A flower show is held in June for those who want their flowers judged. The club's fundraising allows it to have nationally known speakers at meetings and to award a scholarship to a deserving horticulture student. All ages are welcome to attend, and youth are encouraged to participate.

Powell Drive Park – Course Fee: \$1

#200952	Jan 10	T	6:30-8:30am
#200953	Feb 14	T	6:30-8:30am
#200954	Mar 14	T	6:30-8:30am
#200955	Apr 11	T	6:30-8:30am

Raleigh Zig-Zaggers Square Dance Club

Age: 13yrs and up. The Zig-Zaggers are a challenge-level square dance group. The group is open to all dancers who have completed the A2 (advanced) level and want to take lessons for the C-1 level as listed by Callerlab definition. All members also belong to other square dance clubs in the area offering classes at the basic and advanced levels. If you are interested in becoming a square dancer, the Zig-Zaggers are happy to provide contact information to get you started. Visitors are always welcome, but please call ahead to make sure the class is not canceled. This is a small group and must have eight people to dance.

Powell Drive Park – Course Fee: \$1

#200957	Jan 9-30	M	7:30-9:30pm
#200958	Feb 6-27	M	7:00-9:00pm
#200959	Mar 6-27	M	7:00-9:00pm
#200960	Apr 3-24	M	7:00-9:00pm

Sertoma Group – North Raleigh Rotary

Age: 18yrs and up. The Rotary Club of North Raleigh meets weekly for fellowship, buffet

lunch and an informative presentation from a guest speaker. For information, visit www.northraleighrotary.org.

Greystone Community Center – Course Fee: \$1

#197544 Jan 4-Mar 29 W 11:30am-2:00pm

Sertoma Arts Center – Course Fee: \$1

#197544 Apr 5-26 W 11:30am-2:00pm

Sertoma Group – Portrait Painters

Age: 16yrs and up. 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. Note: Course fee is collected at each visit. See club officers at meeting for information on additional fees and dues.

Glen Eden Park – Course Fee: \$1

#197541 Jan 3-Mar 28 T 9:00am-12:00pm

Sertoma Arts Center – Course Fee: \$1

#197541 Apr 4-25 T 9:00am-12:00pm

Sertoma Group – Raleigh Miniatures Guild

Age: 18yrs and up. This group is for art enthusiasts specializing in the craft of miniatures. The Guild meets the 1st and 3rd Thursdays each month. Note: Course fee is collected at each visit. See club officers at meeting for information on additional fees and dues.

Greystone Community Center – Course Fee: \$1

#197543 Jan 5-Mar 16 Th 1:00-3:00pm

Sertoma Arts Center – Course Fee: \$1

#197543 Apr 6-20 Th 1:00-3:00pm

Sertoma Group – Sertoma Park Artists

Age: 16yrs and up. 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.

Glen Eden Park – Course Fee: \$1

#197542 Jan 5-Mar 30 Th 9:00am-12:00pm

Sertoma Arts Center – Course Fee: \$1

#197542 Apr 6-27 Th 9:00am-12:00pm

Sister Share at CP

Age: 18yrs and up. This support group for ladies meets the 2nd and 4th Thursdays of each month.

Carolina Pines Community Center

#200803	Jan 12	Th	6:30-8:00pm
#200804	Jan 26	Th	6:30-8:00pm
#200805	Feb 9	Th	6:30-8:00pm
#200806	Feb 23	Th	6:30-8:00pm
#200807	Mar 9	Th	6:30-8:00pm
#200808	Mar 23	Th	6:30-8:00pm
#200809	Apr 13	Th	6:30-8:00pm
#200810	Apr 27	Th	6:30-8:00pm

Senior

Adult Program Open House

Join us for an afternoon of fun-filled activities to see what new adult programs are available in Southeast Raleigh. This is an excellent opportunity to meet instructors, ask questions and register for programs. Instructors will offer demonstrations, and

light refreshments will be provided. For more information, call 919-996-6161.

Chavis Community Center

#199963 Feb 22 W 11:00am-1:00pm

Bingo

This is not your typical bingo. We play a variety of games each day, including straight bingo, Four Corners, Postage Stamp and Clear All. Cost is \$1 for three cards or 50 cents per card.

Anne Gordon Center

#198870 Jan 6-Apr 28 F 9:30am-12:00pm

Green Road Community Center

#197238 Jan 3-Apr 25 T 10:00am-1:00pm

Greystone Recreation Center

#198125 Jan 3-Apr 20 T,Th 2:00-3:30pm

Marsh Creek Park

#198124 Jan 5-Apr 27 Th 10:00am-1:00pm

Bingo Seniors

Age: 55yrs and up. You can get B-I-N-G-O horizontally, vertically, diagonally and other ways, too! Win great prizes. You must be 55 or older to holler 'Bingo!' Cost is \$1 for three cards. You can't win if you don't play. Refreshments provided.

Roberts Park Community Center – Course Fee: \$1

#199297 Jan 17 T 12:00-1:30pm

#199298 Mar 21 T 12:00-1:30pm

#199299 Feb 21 T 12:00-1:30pm

#199300 Apr 18 T 12:00-1:30pm

Bridge Club – Laurel Hills

Age: 55yrs and up. Join members of the Laurel Hills Bridge Club as they meet weekly to play bridge in a fun and relaxed atmosphere. New participants are welcome to join us anytime!

Laurel Hills Community Center

#199848 Jan 3-Apr 25 T 10:15am-1:00pm

Bridge for Active Adults – Open Play

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

Five Points Center for Active Adults

#197694 Jan 4-Apr 26 W 9:30am-12:30pm

#197695 Jan 5-Apr 27 Th 10:00am-12:00pm

#197696 Jan 6-Apr 28 F 12:30 PM-3:00 PM

Greystone Community Center

#198133 Jan 9-Apr 24 M 10:00am-12:00pm

Cards and Mah Jongg Open Play

Want to play bridge, canasta, poker, mah jongg or more with your friends? Have you not played in a while and want to freshen up your skills? This is an open play time for all. Bring your supplies or use ours.

Anne Gordon Center for Active Adults

#198871 Jan 6-Apr 28 F 12:30-4:00pm

#198872 Jan 3-Apr 25 T 12:30-4:00pm

#198873 Jan 4-Apr 26 W 1:00-3:00pm

Intermediate Bridge and Game Day

Join your fellow game players for intermediate bridge, canasta, dominoes and board games. Bring your own games to share with the group if you wish.

Five Points Center for Active Adults

#197761 Jan 9-Apr 24 M 1:00-4:00pm

Mah Jongg

Mah jongg is a tile game that can be traced back to the 1800s. A growing number of people are realizing the intellectual challenge mah jongg poses and the beauty and excitement of the game itself.

Five Points Center for Active Adults

#197785 Jan 5-Apr 27 Th 2:00-4:00pm

Greystone Community Center

#197786 Jan 9-Apr 24 M 2:00-4:00pm

Mah Jongg Open Play

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.

Marsh Creek Community Center

#200227 Jan 9-Apr 24 M 1:30-3:30pm

Men's Monday Mornings

Men, are you looking for a place to hang out, play some games and socialize that is for guys only? Men's Monday Mornings is

just what you are looking for. Drop in and enjoy coffee and an easy and fun game of video bowling. Card games, cornhole and other games are also possibilities. Or just pop in for a visit.

Anne Gordon Center for Active Adults

#198875 Jan 9-Apr 24 M 9:00am-12:00pm

Senior Citizens Club

Age: 55yrs and up. At this social club for people 55 and older, activities include trips, educational and physical activities, banquets, movies, music, guest speakers, special events and more. This is an excellent way to make new friends and fulfill the need to belong.

Roberts Park Community Center

#199303 Jan 3-31 T 10:30am-12:30pm

#199304 Feb 7-28 T 10:30am-12:00pm

#199305 Mar 7-28 T 10:30am-12:00pm

#199306 Apr 4-25 T 10:30am-12:00pm

#199307 May 2-30 T 10:30am-12:30pm

Senior Club

Age: 55yrs and up. Come join your neighborhood seniors for fellowship, friendship and fun. This group is for seniors who like to travel, socialize, engage in recreational activities and just have a grand time! The John Chavis senior group meets the 4th Wednesdays of every month.

Chavis Community Center

#199416 Jan 25 W 11:00am-1:00pm

#199417 Feb 22 W 11:00am-1:00pm

#199418 Mar 22 W 11:00am-1:00pm

#199419 Apr 26 W 11:00am-1:00pm

Senior Club – Carolina Pines

Age: 55yrs and up. Join this group of seniors who meet once per month for fun and fellowship. Individuals are invited to join us for trips, seminars, bingo, entertainment, home-cooked meals, restaurant visits, tours

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Pullen Dance Club

1979 marked the year when a small group of people came to Pullen Community Center to dance—they didn't know it at the time, but they were the original Pullen Park Dance Club. Live music is provided by musicians playing a variety of ballroom music, such as fox-trot, waltz, swing, Latin and more. If you are over the age of 18 and interested in joining this club of passionate dance enthusiasts, you are welcome to dance the night away every Wednesday night from 7:00-9:30pm at the Pullen Community Center.



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and anything else we plan to do. Carolina Pines Senior Club will meet at Carolina Pines Community Center. Dues are \$10 per year. For schedule, call Carolina Pines at 919-831-6435.

Carolina Pines Community Center

#200799	Jan 11	W	10:30am-12:30pm
#200800	Feb 8	W	10:30am-12:30pm
#200801	Mar 8	W	10:30am-12:30pm
#200802	Apr 12	W	10:30am-12:30pm

Senior Club – Snappy Seniors

Age: 55yrs and up. This senior club is for individuals 55 and up. The club meets at Marsh Creek Community Center from 10:00am to 11:30am on the 1st and 3rd Mondays of the month.

Marsh Creek Park

#200364	Jan 9-Apr 17	M	10:00am-12:30pm
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Senior Club – Worthdale Walkers

Age: 55yrs and up. Come out and enjoy walking, fellowship and health/life management sessions. Attend special events for older adults and take trips throughout the year.

Worthdale Community Center

#198491	Jan 5-26	Th	11:00am-1:00pm
#198492	Feb 2-23	Th	11:00am-1:00pm
#198493	Mar 2-30	Th	11:00am-1:00pm
#198494	Apr 6-27	Th	11:00am-1:00pm

Senior Fridays

Age: 55yrs and up. Enjoy time playing cards and games while socializing with your friends. Feel free to bring cards and games with you!

Greystone Community Center

#198135	Jan 6-Apr 28	F	1:00-3:00pm
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Family

Abbotts Creek Open House

Age: All Ages. Come out to Abbotts Creek Community Center for this fun family event! Learn about our programs, enjoy a snow cone and participate in an arts and crafts activity at this free event for the whole family!

Abbotts Creek Community Center

#200877	Feb 4	Sa	9:30am-12:30pm
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Family Night at the Movies

Age: 5yrs and up. We've got the movie—you bring the kids, parents or friends! Join us the last Friday of each month at Sanderford Road Center. Preregistration is required.

Sanderford Road Park

#199862	Jan 27	F	6:00-8:00pm
#199863	Feb 24	F	6:00-8:00pm
#199864	Mar 24	F	6:00-8:00pm
#199865	Apr 28	F	6:00-8:00pm

Game It Up

Age: 4yrs and up. Socialize with friends while playing popular games like Uno, Connect Four, Sorry and Twister. Like a challenge? Try Pictionary, Taboo or Cranium for older gamers.

Sanderford Road Park

#199852	Jan 13	F	6:00-8:00pm
#199853	Feb 10	F	6:00-8:00pm
#199854	Mar 10	F	6:00-8:00pm
#199855	Apr 14	F	6:00-8:00pm

Games Galore at Sanderford

Age: 5-15yrs. See you at Sanderford for a night filled with fun, games and more games! There will be so much to do—boredom is not an option. Bring the family—the more the merrier!

Sanderford Road Park

#199857	Jan 20	F	6:00-8:00pm
#199858	Feb 17	F	6:00-8:00pm
#199859	Mar 17	F	6:00-8:00pm
#199860	Apr 21	F	6:00-8:00pm

Lights, Camera, Popcorn

Age: 6yrs and up. Parents, have some time for yourself. Drop off the kids and do something you enjoy. Or if you prefer, stay and enjoy the movie with your kids. Either way, your kids will enjoy a great movie, refreshments and the company of peers with great staff. Your kids will be in a safe, clean and fun environment.

Roberts Park Community Center

Course Fee: \$1

#199323	Feb 19	F	6:00-8:30pm
#199324	Mar 25	Sa	12:00-2:00pm
#199325	Apr 28	F	6:00-8:30pm
Course Fee: \$5			
#199322	Jan 20	F	6:00-8:30pm

Line Dance

Age: 16yrs and up. 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

#199268	Jan 3	T	6:30-7:30pm
#199269	Jan 17	T	6:30-7:30pm
#199270	Feb 7	T	6:30-7:30pm
#199271	Feb 21	T	6:30-7:30pm
#199272	Mar 7	T	6:30-7:30pm
#199273	Mar 21	T	6:30-7:30pm
#199610	Apr 4	T	6:30-7:30pm
#199611	Apr 18	T	6:30-7:30pm

Movie in the Park

Age: All Ages. Looking for a unique and family friendly thing to do on Friday night? Come out to Abbotts Creek Community Center for a movie in the park! Bring a towel or blanket and a snack. We will supply a family-friendly movie! Looks like rain? Don't worry. We have a backup plan! Preregistration is requested but not required.

Abbotts Creek Community Center

#201149	Apr 28	F	7:00-9:00pm
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Movie Night with the Family

Age: All Ages. Come enjoy a movie with the family. We'll provide the popcorn and drinks, while you enjoy the entertainment. Preregistration is required.

Hill Street Center – Course Fee: \$2

#198157	Jan 20	F	6:00-8:00pm
#198158	Feb 17	F	6:00-8:00pm
#198159	Mar 17	F	6:00-8:00pm
#198160	Apr 21	F	6:00-8:00pm

Movies at Method

Age: All ages. Come join us at Method Community Park as we present some of our favorite family movies on the big screen. You can sit back and relax while we provide the film and the popcorn for the perfect movie watching experience.

Method Road Community Center

#201075	Mar 31	F	7:00-9:00pm
#201076	Apr 28	F	7:00-9:00pm

Open Court Play

Age: 6yrs and up. Open play occurs during various days and times of the week and is open to all ages.

Roberts Park Community Center

#199317	Jan 3-May 1	M-Sa	10:30am-3:00pm
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Pullen Park Children's Book Swap

Age: All Ages. March is National Reading Month, and Pullen Park is celebrating with a Children's Book Swap. During the month of March, drop off new or used children's books in good condition at the Welcome Center and receive a ticket to pick out a different book at the swap on April 8.

Pullen Amusements

#200908	Apr 14	F	10:00am-2:00pm
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St. Patrick's Day Gold Hunt

Age: All Ages. It's St. Patrick's Day, and Pullen Park's leprechauns have hidden their gold all over the park! Scour all the guest areas of Pullen Park in search of the gold for a chance to win cool prizes, including free ride tickets! While supplies last, no registration is necessary. Please make sure to register in advance and meet at the event lawn promptly at 10:00am!

Pullen Amusements

#200445	Mar 17	F	10:00am-12:00pm
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Youth and Family Movie Night

Age: All Ages. Come join us for a night of movie watching with your family and friends! We will provide the popcorn and a drink as well as an age-appropriate movie everyone will enjoy! Participants under 5 years old must be accompanied by an adult.

Tarboro Road Community Center

#199278	Jan 13	F	6:00-7:30pm
#199279	Feb 17	F	6:00-7:30pm
#199280	Mar 17	F	6:00-7:30pm
#199281	Apr 21	F	6:00-7:30pm

Specialized Recreation and Inclusion Services

Specialized Recreation and Inclusion Services

919.996.2147

SRIS@raleighnc.gov

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Specialized Recreation and Inclusion Services offers a variety of programs for individuals who have developmental and/or physical disabilities, and provides inclusion support for individuals with disabilities who participate in typical programs. Each program is designed to meet the needs and interests of the participants. We offer a variety of programs, including specific programs in the areas of Adapted Aquatics, Social Clubs, Special Olympics sport opportunities, Wheelchair Sports, Track Out programs, programs for individuals with Visual Impairments, etc. Please review our program listings for more information. Some eligibility restrictions may apply. Please note that non-resident fees currently do not apply to our programs. For more information on how to receive program information, please contact us at SRIS@raleighnc.gov or 919.996.2147.

Return registrations to:

Raleigh Parks, Recreation and Cultural Resources Department

Specialized Recreation and Inclusion Services

2401 Wade Avenue • Raleigh, NC 27607

Adapted Aquatics

Adapted Aquatics swim lessons for individuals with disabilities are available following the inclusion model. Private lessons are also available for individuals wanting one-on-one instruction. For more information, please contact Pullen Aquatic Center at 919-996-6197.

Art Time

Age: 16yrs and up. Join us to create some unique, one-of-a-kind art on the 4th Monday of the month! Each class will focus on a different theme, and various types of materials will be used. Materials will be provided. An instructor will be available to facilitate and assist participants at a ratio of 1:10. Individuals requiring a higher level of support may attend with a personal assistant. For more information, please contact 919-996-2147 or SRIS@raleighnc.gov.

Pullen Community Center – Course Fee: \$20

#200122 Jan 23 M 6:30-8:00pm

#200123 Feb 27 M 6:30-8:00pm

#200124 Mar 27 M 6:30-8:00pm

#200125 Apr 24 M 6:30-8:00pm

Buddy Basketball

Age: 5-14yrs. Buddy Basketball is an instructional program for people with developmental and/or physical disabilities on developing basic basketball skills such as passing, dribbling, guarding and shooting. Each participant must attend with a buddy (sibling, friend, assistant, parent). Only the participant must register for the program; there is no charge for the buddy. For more information, please call 919-996-2147.

Method Community Center – Course Fee: \$30

#200228 Jan 7-Feb 11 Sa 10:00-11:00am

Cooking for Adults

Age: 18yrs and up. This program is designed to meet the needs of adults with developmental or physical disabilities. This program will teach participants the basics of menu planning, kitchen safety and personal hygiene, how to read a recipe and basic kitchen skills needed to prepare various dishes. This class is designed for individual participants, based on their knowledge and experience. 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 support may attend with a personal assistant. For more information, call 919-996-2147.

Marsh Creek Park – Course Fee: \$48

#200103 Jan 31-Feb 21 T 6:00-8:00pm

#200104 Mar 21-Apr 11 T 6:00-8:00pm

Fitness Fun

Age: 15yrs and up. This program will demonstrate how much fun fitness can be. Participants will explore different types of exercise and equipment and how to use the

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indoor and outdoor environments around them. This program is designed to meet the needs of participants with developmental or physical disabilities. Activities will be facilitated based on age appropriateness and participant interest. For more information, please call 919-996-2147.

Green Road Community Center – Course Fee: \$20
#199746 Apr 6-27 Th 5:30-6:30pm

Friendly Track Out

Stay active during Track Out 4 for structured recreational, leisure, and social activities specifically designed for students with developmental disabilities. Participants must be able to work successfully on a 1 staff to 3 participant ratio, but Personal Assistants are welcome to attend for more individualized support. Friendly Track Out is offered at 2 locations: Lake Lynn Community Center and Marsh Creek Community Center. For more information, please refer to the School Based Programs Brochure 2016-17, City website, or contact Specialized Recreation and Inclusion Services at 919-996-2147. PLEASE REGISTER AT LEAST 3 WEEKS IN ADVANCE.

Friendly Y.E.S. Day Program

Friendly YES Days are designed for participants with developmental disabilities who would enjoy recreational activities on WCPSS Teacher Workdays. Some personal care is provided, but students who require more supervision or assistance may attend with a Personal Assistant. Registration is recommended at least 2 weeks in advance. Dates offered at Jaycee Community Center: January 27, February 20, March 31, and May 12, 2017. Please refer to the School Based Programs Brochure 2016-17, City website, or call 919-996-2147 for more information.

Next Step

Age: 17yrs and up. 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 various 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 every third Saturday of the month 9:30-11:00am at Millbrook Exchange Community Center (1905 Spring Forest Road, Raleigh). Meetings are free, and light refreshments will be available. No reservations are necessary. For more information, contact Dave Curro at Dave@IDNNextStep.org.

Millbrook Exchange Community Center

Jan 21	Sa	9:00-11:30am
Feb 18	Sa	9:00-11:30am
Mar 18	Sa	9:00-11:30am
Apr 15	Sa	9:00-11:30am

Open Mic Night

Age: 18yrs and up. Time to Shine is an open mic night for performers with developmental or physical disabilities. We offer an encouraging, family-friendly atmosphere for entertainers of all genres to shine. We provide a staff to facilitate and supervise performers. If performers require a higher level of support, assistants are welcome to attend. Preregistration is encouraged but not required. All attendees must sign in with staff upon arrival. For more information, call 919-996-2147.

Chavis Community Center

#200105	Jan 20	F	6:00-8:30pm
#200106	Feb 17	F	6:00-8:30pm
#200107	Mar 17	F	6:00-8:30pm
#200108	Apr 21	F	6:00-8:30pm

Quest Adult Day Program

Age: 22 and up. This program is designed for participants with developmental and/or physical disabilities who are interested in day-time recreation, healthy living and community engagement. Participants must be able to work within a small group setting, manage personal care with minimal assistance and follow basic rules of safety and interaction. Individuals who require more support may attend with a personal assistant. Personal assistants must complete additional paperwork and a background check before attending. Registration and additional participant information forms are requested at least two weeks before the program start date. Please contact 919-996-2147 or SRIS@raleighnc.gov for more information.

Five Points Center for Active Adults

Course Fee: \$100

#200126	Jan 10-31	T	9:15am-2:15pm
#200127	Feb 7-28	T	9:15am-2:15pm
#200128	Mar 7-28	T	9:15am-2:15pm
#200129	Apr 4-11	T	9:15am-2:15pm

Raleigh Sidewinders Quad Rugby

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.

Recreational Bowling

Age: 6yrs and up. This bowling program is recreational in nature and provides a fun and exciting place for adults with developmental and/or physical disabilities to participate in bowling. This is not an instructional but rather is a recreational class. Ramps and bumpers will be available. Participants will be placed on lanes based on age, ability and style of bowling. Cost includes 20 games of bowling and shoe rental. Individuals attending with a personal assistant are welcome. For more information, call 919-996-2147.

AMF Pleasant Valley

Course Fee: \$60
#199743 Jan 21-Mar 25 Sa 10:00am-12:00pm

AMF South Hills

Course Fee: \$60
#199744 Jan 21-Mar 25 Sa 10:00am-12:00pm

Silent Supper

Age: All Ages. Deaf and hard-of-hearing Silent Suppers are held the third Tuesday of each month. All are welcome. This program is designed for individuals who are deaf and hard of hearing and their family members. It provides an opportunity for beginner and advanced signers to socialize in a fun and relaxed setting. Preregistration is not necessary, but we do ask that participants sign in upon arrival. Cost of food is on your own.

Cary Towne Center

#200114	Jan 20	T	5:30-8:30pm
#200116	Mar 17	T	5:30-8:30pm

Crabtree Valley Mall

#200115	Feb 17	T	5:30-8:30pm
#200117	Apr 21	T	5:30-8:30pm

Social Clubs

Specialized Recreation and Inclusion Services offers four (3) Social Clubs. The following clubs are for individuals with developmental and/or physical disabilities: the Adventure Club is for ages 15-24, the Wildcats Club is for ages 25-34 and the Dragons Club is for ages 35 and up. Most club activities are suggested by club members and range from local outings, to day and/or overnight trips. Some previous activities include local sporting events, trips to museums, winery tours, etc. To receive more information about any of these club activities, please contact us at 919.996.2147 or SRIS@raleighnc.gov.

Special Olympics Wake County

Special Olympics Wake County provides year-round sport training and athletic competition in different sports for individuals with intellectual disabilities. Special Olympics training and competition is provided at no charge to eligible athletes. Each sport practices on a weekly basis at various times and locations. To receive more information on Special Olympics Wake County sport opportunities, please contact us at 919-996-2147 or SRIS@raleighnc.gov.

Specialized Recreation Dances

Age: 14yrs and up. Come dance the night away! We'll provide a DJ, refreshments and lots of friends. Participants who need one-to-one assistance are welcome to attend with a chaperone or personal assistant. No pre-registration accepted. Registration and \$5 cash will be accepted at the door. Parents, assistants and chaperones do not pay the entry fee. For more information, call 919-996-2147. Cost is \$5 cash at the door.

Spring Dance at Five Points Center
 Mar 17 F 7:00-9:30pm

Valentine's Dance at Millbrook Exchange Community Center
 Course Fee: \$5
 Feb 11 Sa 7:00-9:30pm

Snowflake Ball at Cary Academy
 Course Fee: \$5
 Jan 20 F 7:00-9:30pm

Specialized Recreation Egg Hunt

Age: 1-16yrs. In partnership with NCSU, join student volunteers in seasonal activities and an egg hunt designed for participants with developmental and/or physical disabilities, ages up to 16. Participants must be accompanied by an adult parent/guardian, who can complete registration and waiver information upon arrival. No pre-registration is required. This is a free program, and family members are welcome. If you have questions, please call 919-996-2147.

Laurel Hills Community Center
 #200133 Apr Su 2:00-4:00pm

Sport Sampler

Age: 5-14yrs. Join us each month as we focus on a different sport, learning the basics and having fun. Participants will work with staff and volunteers as they navigate through various skills and drills and play fun games, all while interacting with peers. This program is designed to meet the needs of participants with disabilities. No previous experience necessary.

Green Road Community Center – Course Fee: \$6

Volleyball
 #200110 Feb 18 Sa 1:00-2:00pm

Jaycee Community Center – Course Fee: \$6

Softball
 #200111 Mar 25 Sa 1:30-2:30pm
 #200112 Apr 22 Sa 1:30-2:30pm

SRS Bingo Night

Age: 18yrs and up. Join us the 2nd Wednesday of the month for a fun-filled night of bingo! There will be prizes and time with friends. A program instructor will be available to facilitate and assist all participants. No one-on-one assistance will be provided. Individuals requiring a higher level of support may attend with a personal assistant. Preregistration is required. For more information, please contact 919-996-2147 or SRIS@raleighnc.gov.

Chavis Community Center – Course Fee: \$8

#200118 Jan 11 W 6:00-8:00pm
 #200119 Feb 8 W 6:00-8:00pm
 #200120 Mar 8 W 6:00-8:00pm
 #200121 Apr 12 W 6:00-8:00pm

SRS Dance Your Way To Fitness

Age: 15yrs and up. This program is designed for individuals with developmental and/or physical disabilities. Come learn some new dance moves while you get into shape. Dance and movement will be geared towards participant age appropriateness and preference. For more information, contact 919-996-2147.

Jaycee Community Center – Course Fee: \$20
 #201402 Jan 25-Feb 15 W 6:00-7:00pm

Triangle Taiko

Triangle Taiko provides 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. For more information, please call 919-787-6233 or e-mail yokoishima@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.

Yoga for All

Age: 15yrs and up. Feeling stressed? Need a way to relax? Join us for a yoga class designed just for you! This class is for people of all levels of experience. Yoga is an excellent way to increase muscular strength and endurance, flexibility, posture and balance. It is also effective for achieving mental balance and reducing stress. Individuals attending with a personal assistant are welcome. For more information, call 919-996-2147.

Abbott's Creek
 Course Fee: \$20
 #199748 Mar 2-23 Th 7:00-8:00pm

Youth Wheelchair Basketball

Age: 6-19yrs. If you're interested in sports but can't participate in typical sports programs due to physical disability, please join us for some fun! We have extra wheelchairs if you do not have one. N.C. Wheels of Steel is a group of physically challenged athletes. Our team ranges in age from 6 to 19. We have three age

divisions: elementary, middle school and high school. We participate in exhibition games and tournaments. This program is run in partnership with the Bridge II Sports organization (www.bridge2sports.org).
Laurel Hills Community Center – Course Fee: \$10

Visually Impaired Programs

Visually Impaired programs are not currently available for online registration. To receive our bi-monthly Newsletter, please contact us at 919-996-2147 or SRIS@raleighnc.gov.

VIP Darts

Age: 18yrs and up. Enjoy a competitive evening playing darts. This program is for individuals with visual impairments. For more information, including program fees call 919-996-2147.

Jaycee Community Center

#199482	Jan 9-30	M	7:00-8:45pm
#199483	Feb 6-27	M	7:00-8:45pm
#199484	Mar 6-27	M	7:00-8:45pm
#199485	Apr 3-24	M	7:00-8:45pm

VIP Fitness

Age: 18yrs and up. These fitness programs are designed for participants with visual impairments. Please call 919-996-2147 for more information.

Walking Group – Course Fee: \$2

#199488	Jan 24	T	6:00-7:00pm
#199491	Feb 28	T	6:00-7:00pm
#199494	Mar 28	T	6:00-7:00pm
#199497	Apr 25	T	6:00-7:00pm

VIP Fun Bowl

Age: 18yrs and up. This program is designed for participants with visual impairments. Come out and bowl! Participants must be able to carry balls to and from the lane and bowl unassisted. No one-on-one instruction will be available. Pin spotters will be provided, and guide rails are available. A fee of \$1 cash per game is paid directly to the bowling alley each day. All participants must register in advance for each month. Weekly registration is not available. For more information, please call 919-996-2147.

Buffalo Lanes North
 Course Fee: \$4

#199505	Jan 4-25	W	12:30-2:30pm
#199506	Feb 1-22	W	12:30-2:30pm
#199508	Apr 5-26	W	12:30-2:30pm

Course Fee: \$5

#199507	Mar 1-29	W	12:30-2:30pm
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Sports



Preschool

All Sports – Little Starters

Age: 3-5yrs. 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: \$36
 #199445 Jan 8-29 Su 1:15-2:00pm
 #199450 Apr 2-30 Su 1:15-2:00pm

Lake Lynn Community Center

Course Fee: \$27
 #200867 Mar 11-25 Sa 9:30-10:15am
 Course Fee: \$36
 #200864 Jan 9-30 M 9:30-10:15am
 #200866 Feb 2-Mar 2 Th 5:15-6:00pm
 #200865 Mar 6-27 M 10:30-11:15am
 #200986 Apr 1-29 Sa 10:30-11:15am
 #201109 Apr 3-24 M 9:30-10:15am

Optimist Community Center

– Course Fee: \$36
 #201232 Jan 6-27 F 10:30-11:15am
 #201240 Feb 3-24 F 10:30-11:15am
 #201241 Mar 31-Apr 28 F 10:30-11:15am
 #201314 Feb 9-Mar 2 Th 5:00-5:45pm
 #201315 Mar 8-29 W 5:00-5:45pm
 #201316 Apr 4-25 T 5:00-5:45pm

Ball Handling for Toddlers

Age: 2-3yrs. Participants will work on ball handling in this fun class. We will be throwing, kicking, rolling and bouncing different balls. Parent participation may be

required.

Barwell Road Community Center – Course Fee: \$5
 #199388 Feb 21 T 10:00-10:30am

Baseball – Kinder T-Ball

Age: 4-6yrs. Diamond tough. Let's play ball! Come learn about batting, fielding and base running in a noncompetitive setting.

Jaycee Community Center – Course Fee: \$35
 #199574 Mar 7-28 T 5:00-5:45pm

Baseball – Little Sluggers

Age: 3-5yrs. This class, an introduction to skills development, teaches the basics of baseball, including fielding, hitting, throwing and catching. The class will help develop your child's hand-eye coordination, listening skills, good sportsmanship and teamwork! Let's play ball!

Lake Lynn Community Center

Course Fee: \$36
 #200988 Feb 6-27 M 10:30-11:15am
 #200989 Mar 2-23 Th 4:15-5:00pm

Millbrook Exchange Community Center

Course Fee: \$36
 #199341 Apr 6-27 Th 6:30-7:15pm

Optimist Community Center

Course Fee: \$36
 #201250 Jan 9-Feb 6 M 5:00-5:45pm
 #201274 Feb 8-Mar 1 W 5:00-5:45pm

Basketball – Kinder Basketball

Age: 4-6yrs. Taught in a noncompetitive atmosphere, Kinder Basketball focuses on a variety of skills, including dribbling, passing, shooting and defense.

Jaycee Community Center – Course Fee: \$35
 #199576 Jan 10-31 T 9:30-10:15am

Basketball – Little Shooters

Age: 3-5yrs. 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.

Barwell Road Community Center

Course Fee: \$36
 #199458 Feb 5-26 Su 1:15-2:00pm

Green Road Community Center

Course Fee: \$36
 #197250 Jan 3-24 T 5:00-5:45pm
 #197251 Jan 31-Feb 21 T 5:00-5:45pm
 #197252 Mar 7-28 T 5:00-5:45pm
 #197253 Apr 4-25 T 6:00-6:45pm

Lake Lynn Community Center

Course Fee: \$36
 #201001 Jan 9-30 M 10:30-11:15am
 #201129 Feb 2-23 Th 4:15-5:00pm

Laurel Hills Community Center

Course Fee: \$36
Laurel Hills with Coach K
 #199817 Mar 4-25 Sa 11:00-11:45am

Millbrook Exchange Community Center

Course Fee: \$36
Millbrook Exchange
 #199429 Apr 3-24 M 6:30-7:15pm

Optimist Community Center

Course Fee: \$36
 #201293 Jan 10-31 T 5:00-5:45pm
 #201298 Feb 13-Mar 6 M 5:00-5:45pm
 #201317 Mar 9-30 Th 5:00-5:45pm
 #201318 Apr 5-26 W 5:00-5:45pm

Basketball – Twos Sport Zone

Age: 2yrs. 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.

Laurel Hills Community Center – Course Fee: \$36
 #199789 Mar 4-25 Sa 9:30-10:00am
 #199790 Mar 4-25 Sa 10:15-10:45am

Biddy Ball Sports League

Age: 3-4yrs. This coed league for 3- and 4-year-olds plays on Saturdays at the John Chavis Community Center. Sign your child up for an exciting program that teaches fundamentals, hand-eye coordination, teamwork and so much more.

Chavis Community Center – Course Fee: \$10
 #199399 Mar 4-Apr 1 Sa 10:00am-12:00pm

Football – Little Tacklers

Age: 3-5yrs. Hut one, hut two...hike! This class is an introduction in skills development that teaches the basics of football, including passing, kicking, catching and running. The class will help develop hand-eye coordination, listening skills, good

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sportsmanship and teamwork! Emphasis will be on safe play. Some parent participation included. Touchdown!

Lake Lynn Community Center – Course Fee: \$36
#201071 Apr 3-24 M 10:30-11:15am
#201072 Apr 1-29 Sa 9:30-10:15am
Optimist Community Center – Course Fee: \$36
#201304 Jan 11-Feb 1 W 5:00-5:45pm

Golf – Kinder Golf I

Age: 4-6yrs. Kinder Golf I is an introduction to golf. We will cover the basics of swing, putting and grip in a hands-on format.

Jaycee Community Center – Course Fee: \$35
#200292 Apr 4-25 T 5:00-5:45pm

Hockey – Kinder Indoor Hockey

Age: 4-5yrs. Give indoor hockey a try! Bring your tennis shoes and be ready for some fun. We'll work on the fundamentals as we introduce you to this exciting, fast-paced game.

Jaycee Community Center
Course Fee: \$36
#200313 Feb 7-28 T 9:30-10:15am

Hockey – Little Goalies

Age: 3-5yrs. This class is an introduction in skills development that teaches the basics of hockey, including passing, shooting and defense. Class will help develop hand-eye coordination, listening skills, good sportsmanship and teamwork!

Lake Lynn Community Center – Course Fee: \$36
#201083 Jan 5-26 Th 4:15-5:00pm
#201085 Feb 6-27 M 9:30-10:15am
#201090 Apr 1-29 Sa 11:30am-12:15pm
Optimist Community Center – Course Fee: \$36
#201319 Mar 7-28 T 5:00-5:45pm
#201320 Apr 6-27 Th 5:00-5:45pm

Kidokinetics Preschool Sports and Fitness

Age: 3-6yrs. Kidokinetics is a fun, noncompetitive all-round sports fitness program designed to enhance kids' coordination and concentration and improve muscle tone and cardiovascular fitness. We introduce an age-appropriate sport or activity each week, focusing on basic gross motor skills and sport fundamentals while instilling the importance of physical activity and fitness. Activities include soccer, hockey, tennis, basketball, volleyball, golf, obstacle courses, baseball, hula-hoops and lots more!

Greystone Community Center – Course Fee: \$40
#198468 Jan 9-Feb 6 M 11:00-11:45am
#198469 Feb 13-Mar 6 M 11:00-11:45am
#198470 Mar 13-Apr 3 M 11:00-11:45am
#198471 Apr 17-May 8 M 11:00-11:45am
#198472 Jan 10-31 T 4:00-4:45pm
#198473 Feb 7-28 T 4:00-4:45pm
#198474 Mar 7-28 T 4:00-4:45pm
#198475 Apr 18-May 9 T 4:00-4:45pm
#198476 Jan 14-Feb 4 Sa 10:00-10:45am
#198477 Feb 11-Mar 4 Sa 10:00-10:45am
#198479 Mar 11-Apr 1 Sa 10:00-10:45am
#198480 Apr 22-May 13 Sa 10:00-10:45am

Kids All Sport and Recreation

Age: 3-5yrs. Teachers choose from our variety of recreation, physical education and sports packages. Let our staff educate, teach and entertain your class. We will provide the staff, space and equipment, and you provide the kids. Teachers must stay on site and participate. \$5 per student.

Method Road Community Center – Course Fee: \$5
#200726 Jan 5-26 Th 10:30-11:30am
#200727 Feb 2-23 Th 10:30-11:30am
#200728 Mar 2-30 Th 10:30-11:30am
#200729 Apr 6-27 Th 10:30-11:30am

Soccer – Little Kickers

Age: 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!

Abbotts Creek Community Center
Course Fee: \$36
#197941 Jan 3-24 T 4:45-5:30pm
#197942 Feb 7-28 T 4:45-5:30pm
#197943 Mar 7-28 T 4:45-5:30pm
#197944 Apr 4-25 T 4:45 PM-5:30 PM

Barwell Road Community Center
Course Fee: \$36
#199444 Mar 5-26 Su 1:15-2:00pm

Green Road Community Center
Course Fee: \$27
#199181 Jan 9-30 M 5:00-5:45pm
Course Fee: \$36
#199182 Feb 6-27 M 5:00-5:45pm
#199183 Mar 6-27 M 5:00-5:45pm
#199184 Apr 3-24 M 6:00-6:45pm

Lake Lynn Community Center
Course Fee: \$27
#201113 Mar 11-25 Sa 12:30-1:15pm
Course Fee: \$36
#201112 Mar 6-27 M 9:30-10:15am
#201114 Apr 6-27 Th 4:15-5:00pm

Laurel Hills Community Center
Course Fee: \$36
#199792 Apr 1-22 Sa 11:00-11:45am

Millbrook Exchange Community Center
Course Fee: \$36
#199436 Apr 4-25 T 6:30-7:15pm

Optimist Community Center
Course Fee: \$36
#201310 Jan 12-Feb 2 Th 5:00-5:45pm
#201312 Feb 7-28 T 5:00-5:45pm
#201313 Mar 13-Apr 3 M 5:00-5:45pm

Soccer – Twos Sport Zone

Age: 2yrs. 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. Instructor: Coach K.

Laurel Hills Community Center – Course Fee: \$36
#199806 Apr 1-22 Sa 10:15-10:45am
#199807 Apr 1-22 Sa 9:30-10:00am

Youth

All Sports – Youth

Age: 5-8yrs. Interested in introducing your athlete to a variety of sports? Participants will be introduced to the fundamentals of a different sport each week, such as baseball, soccer, basketball, football, hockey, lacrosse and others. Participants will also practice balancing, catching, agility, aiming, motor skills and much more.

Barwell Road Community Center – Course Fee: \$36
#199451 Jan 8-29 Su 2:15-3:00pm
#199452 Mar 5-26 Su 2:15-3:00pm
#199453 Jan 8-29 Su 3:15-4:15pm
#199454 Mar 5-26 Su 3:15-4:15pm

Ballin' Basics Level 1

Age: 5-12yrs. This is an opportunity for beginners and those who may have just started to play basketball. Enjoy learning the fundamentals of basketball. Each session participant will learn basic skills such as dribbling, passing, defense and shooting.

Worthdale Community Center – Course Fee: \$25
#199175 Apr 5-May 1 M,W 6:00-7:00pm

Ballin Basics Level 2

Age: 5-12yrs. Participants will learn more advanced fundamentals skills of basketball in each session. 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
#199110 Apr 3-26 M,W 7:15-8:15pm
#199111 Apr 3-26 M,W 7:15-8:15pm

Baseball – Sluggers

Age: 6-9yrs. Crack! It's going, going... gone! This class helps develop the skills of baseball, including running, hitting, throwing, pitching and fielding. The class will help develop hand-eye coordination, listening skills, good sportsmanship and teamwork! Instructor: Coach K.

Millbrook Exchange Community Center
Course Fee: \$40
#199345 Apr 6-27 Th 7:30-8:15pm

Baseball Skills for Beginners

Age: 6-9yrs. Play ball! This class will continue to develop the basics of baseball, including fielding, hitting, throwing and catching. This class will help develop players for future league play, emphasizing good sportsmanship and teamwork as well as skills.

Lake Lynn Community Center
Course Fee: \$30
#201126 Mar 11-25 Sa 11:30am-12:15pm
Course Fee: \$40
#201123 Mar 2-23 Th 5:15-6:00pm

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Basketball – Shooters

Age: 6-9yrs. 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.

Laurel Hills Community Center

Course Fee: \$40

#199612 Mar 4-25 Sa 12:00-1:00pm

Millbrook Exchange Community Center

Course Fee: \$40

#199430 Apr 3-24 M 7:30-8:15pm

Basketball – Chavis Skills Clinics

Age: 10-15yrs. Let's shoot some hoops! This is a basketball skill learning program for youth ages 10 to 15. Drills will develop and enhance fundamental basketball skills, including dribbling, passing and shooting. This program is designed to help youth become familiar with the game of basketball as well as develop good life skills and learn the value of good sportsmanship.

Chavis Community Center – Course Fee: \$15

#199740 Mar 20-May 12 M, F 6:30-7:30pm

#199741 Mar 20-May 12 M, F 7:30-8:30pm

Basketball Skills

Age: 5-8yrs. This class will help participants improve their fundamental skills through practice drills. The instructor will help participants master dribbling, passing, shooting and defense. This program is great for beginners just learning basketball and those who want to improve their skills.

Barwell Road Community Center – Course Fee: \$36

#199459 Feb 5-26 Su 2:15-3:00pm

#199460 Feb 5-26 Su 3:15-4:00pm

#199461 Apr 2-30 Su 2:15-3:00pm

#199462 Apr 2-30 Su 3:15-4:00pm

Basketball Skills for Beginners

Age: 6-9yrs. 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: \$40

#197255 Mar 4-25 Sa 10:15-11:00am

#197256 Apr 1-22 Sa 10:15-11:00am

Lake Lynn Community Center – Course Fee: \$40

#201058 Jan 5-26 Th 5:15-6:00pm

Cheer Technique

Age: 6-13yrs. Go team! If you are interested in learning how to cheer or if you are a cheerleader who wants to improve your moves, then this is the class for you! Students will work on their cheerleading techniques and skills such as motions, dance, jumps and everything else you need to be the best cheerleader on the block.

Green Road Community Center – Course Fee: \$20

#200047 Mar 11 Sa 11:00am-1:00pm

#200048 Apr 8 Sa 11:00am-1:00pm

Dribble, Pass, Shoot Skills Improvement Clinic

Age: 6-8yrs. This fun and instructional league is for boys and girls 6-8 years of age. It is an excellent opportunity to have fun, make friends, improve fitness, learn basketball skills and develop sportsmanship. Learn how to work as a team member. Teamwork is a skill that will last forever.

Roberts Park Community Center – Course Fee: \$20

#199329 Apr 1-29 Sa 10:00-11:15am

First Tee of the Triangle at Method

Age: 7-10yrs. The First Tee of the Triangle is a youth serving organization that teaches life skills to kids through the game of golf. Your child will learn how to make healthy decisions while learning the fundamentals of golf. Kids will learn the game of golf with age-appropriate SNAG (Starting New At Golf) equipment, hitting SNAG balls to Velcro targets.

Method Road Community Center

#200990 Mar 22-Apr 12 W 5:00-6:00pm

Let's Get Active – Homeschool Sports/Games

Age: 5-13yrs. Get your homeschooler active in this unique program at Millbrook Exchange Community Center. Our instructor will guide your homeschooler through a variety of sports and games that will keep your child moving and having fun. Each week is different and exciting. Class meets each Tuesday. Parents must stay for the entire program.

Millbrook Exchange Community Center

Course Fee: \$20

#199431 Jan 3-24 T 1:30-2:30pm

#199432 Feb 7-28 T 1:30-2:30pm

#199433 Mar 7-28 T 1:30-2:30pm

#199434 Apr 4-25 T 1:30-2:30pm

Lions Future Legends Basketball Clinic

Age: 8-10yrs. Children will learn the fundamentals of basketball -- dribbling, passing and shooting -- as well as build social skills and have fun. Class will be taught by a certified coach.

Lions Park Community Center – Course Fee: \$10

#199193 Mar 11 Sa 10:00-11:00am

#199194 Mar 18 Sa 10:00-11:00am

#199195 Mar 25 Sa 10:00-11:00am

#199196 Apr 1 Sa 10:00-11:00am

#199197 Apr 8 Sa 9:30-10:30am

#199198 Apr 15 Sa 10:00-11:00am

#199199 Apr 22 Sa 10:00-11:00am

#199200 Apr 29 Sa 10:00-11:00am

Little Hoopers

Age: 5-8yrs. Little Hoopers is a basketball clinic to kids girls and boys. Clinics are designed to enhance basketball fundamentals and IQ. Basketball fundamentals include ball handling, shooting, offensive, moves, defense, rebounding, and how to handle gametime situations.

Roberts Park Community Center – Course Fee: \$20

#201367 Mar 7-28 T 6:00-7:00pm

#201368 Mar 7-28 T 7:00-8:00pm

Little Kickers

Age: 5-8yrs. Little Kickers is a Soccer clinic to kids girls and boys. Clinics are designed to enhance soccer fundamentals and IQ. Soccer fundamentals include passing, scoring, dribbling, how to handle gametime situations, and more.

Roberts Park Community Center – Course Fee: \$20

#201371 Apr 4-25 T 6:00-7:00pm

#201372 Apr 4-25 T 7:00-8:00pm

Little Sluggers Baseball

Age: 5-8yrs. Little Sluggers is a baseball clinic to kids girls and boys. Clinics are designed to enhance baseball fundamentals and IQ. Baseball fundamentals include pitching, hitting, catching, how to handle gametime situations, and more.

Roberts Park Community Center – Course Fee: \$20

#201369 Mar 25-Apr 15 Sa 10:00-11:00am

#201370 Mar 25-Apr 15 Sa 11:00am-12:00pm

March Madness Dribble, Pass, and Shoot Contest

Age: 6-12yrs. Chavis Community Center hosts a dribble, pass and shoot contest for children ages 6-12. Do you have the skills to compete against the best? Come out and compete on teams organized by age and have a chance to win cool prizes and trophies. Space is limited, so sign up early!

Chavis Community Center – Course Fee: \$10

#200151 Mar 10 F 5:30-7:30pm

POM POM Cheerleading Varsity

Age: 9-12yrs. POM POM Cheerleading class is designed to enhance fundamental tumbling, elite stunting, dancing.

Roberts Park Community Center – Course Fee: \$20

#201366 Jan 3-24 T 7:00-8:00pm

POM POM Squad Cheerleading

Age: 5-8yrs. POM POM Squad is cheerleading class designed to enhance fundamental skills such as tumbling, elite stunting, dancing, and conditioning.

Roberts Park Community Center – Course Fee: \$20

#201365 Jan 3-24 T 6:00-7:00pm

Recreation and Sports Camp

Age: 9-11yrs. Let your child spend spring break being active. This is a noncompetitive recreation and sport camp for kids of all athletic abilities. This camp is geared toward exercise and movement, skill development, learning a variety of sports, team-building skills and eliminating bullying through team play. Parents are responsible for a lunch and two snacks. Children must wear sneakers and comfortable athletic clothing.

Method Road Community Center – Course Fee: \$125

#200819 Apr 10-14 M-F 9:00am-5:00pm

Skateboard Lessons

Age: All Ages. Skateboard instructors are now available for both individual and group lessons at Marsh Creek Skate Park! Whether you are just starting out or want to improve specific fundamentals and skills, our instructors will enable you to meet your

goals. Contact us today to learn more at 919-996-4920.

Marsh Creek Park

Course Fee: \$100

#201357 Jan 8 Su 2:00-3:00pm

Course Fee: \$30

#201357 Jan 8 Su 2:00-3:00pm

Soccer – Kickers

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

Lake Lynn Community Center

Course Fee: \$27

#201094 Mar 11-25 Sa 10:30-11:15am

Laurel Hills Community Center

Course Fee: \$40

#199796 Apr 1-22 Sa 12:00-1:00pm

Millbrook Exchange Community Center

Course Fee: \$40

#199435 Apr 4-25 T 7:30-8:15pm

Sportkinetics Fall Sports Clinics

Age: 6-9yrs. Sportkinetics Fall Sports Clinics are sport-specific, technique-oriented clinics designed to introduce a few of the popular fall sports. Through a combination of games, drills and exercises, clinics teach basic skills, proper mechanics and general knowledge of the sport. Clinics are a great way for kids to try out new sports without committing to a full season.

Greystone Community Center – Course Fee: \$40

Lacrosse

#198481 Jan 12-Feb 2 Th 4:45-5:30pm

#198482 Feb 9-Mar 2 Th 4:45-5:30pm

#198483 Mar 9-30 Th 4:45-5:30pm

#198484 Apr 20-May 11 Th 4:45-5:30pm

Sports Skills for Beginners

Age: 6-9yrs. It's time to play! The session introduces sports such as baseball, basketball, soccer, lacrosse, hockey and more. Fundamentals of each sport will be taught at an age-appropriate level.

Lake Lynn Community Center – Course Fee: \$40

#201127 Apr 6-27 Th 5:15-6:00pm

#201128 Apr 1-29 Sa 12:30-1:15pm

Spring Break Basketball Camp

Age: 5-12yrs. The camp provides youth an opportunity to stay active, make new friends and have fun during their break. Participants will improve and develop their basketball skills. Emphasis will be on shooting, passing, dribbling, rebounding, defense and team play. Participants should bring lunch and two snacks each day.

Worthdale Community Center – Course Fee: \$75

#199362 Apr 10-14 M-F 7:30am-6:00pm

Spring Fling Baseball Clinic

Age: 7-10yrs. 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 full

day of instruction. Eligibility is based on age as of August 31, 2016.

Method Road Community Center – Course Fee: \$10

#200820 Feb 25 Sa 9:00am-2:00pm

Tennis Jr. Level 1

No experience needed for this class. Participants will work on full-swing forehand and backhand, volleys, overhead, serve, scorekeeping and the rules of tennis. To graduate to Level 2, players must be able to serve 6 out of 10 in 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.

Lake Lynn Community Center

Course Fee: \$120

Ages 6-8

#200272 Mar 6-Apr 19 M,W 4:30-5:30pm

Ages 8-18

#200274 Mar 7-Apr 20 T,Th 5:30-6:30pm

Course Fee: \$60

Ages 6-8

#200273 Mar 4-Apr 15 Sa 10:00-11:00am

Ages 8-18

#200275 Mar 4-Apr 15 Sa 11:00am-12:00pm

Millbrook Tennis Center

Course Fee: \$120

Ages 6-8

#200251 Mar 6-Apr 19 M,W 6:00-7:00pm

#200257 Mar 6-Apr 19 M,W 5:00-6:00pm

#200258 Mar 7-Apr 20 T,Th 5:00-6:00pm

#200259 Mar 7-Apr 20 T,Th 6:00-7:00pm

Ages 8-10

#200263 Mar 6-Apr 19 M,W 5:00-6:00pm

#200264 Mar 6-Apr 19 M,W 6:00-7:00pm

#200265 Mar 7-Apr 20 T,Th 5:00-6:00pm

#200266 Mar 7-Apr 20 T,Th 6:00-7:00pm

Ages 10-18

#200269 Mar 6-Apr 19 M,W 4:00-5:00pm

#200270 Mar 7-Apr 20 T,Th 4:00-5:00pm

Course Fee: \$60

Ages 6-8

#200260 Mar 4-Apr 22 Sa 9:00-10:00am

#200261 Mar 4-Apr 22 Sa 10:00-11:00am

#200262 Mar 4-Apr 22 Sa 11:00am-12:00pm

Ages 8-10

#200267 Mar 4-Apr 22 Sa 9:00-10:00am

#200268 Mar 4-Apr 22 Sa 11:00am-12:00pm

Ages 10-18

#200271 Mar 4-Apr 22 Sa 10:00-11:00am

Ages 10-18

#200271 Mar 4-Apr 22 Sa 10:00-11:00am

Tennis Jr. Level 2

Age: 8-18yrs. Requirements: 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, 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.

Lake Lynn Community Center

Ages 8-18 Course Fee: \$120

#200303 Mar 7-Apr 20 T,Th 4:00-5:00pm

Millbrook Tennis Center

Course Fee: \$120

Ages 8-10

#200294 Mar 6-Apr 19 M,W 5:00-6:00pm

#200297 Mar 7-Apr 20 T,Th 5:00-6:00pm

Ages 10-18

#200298 Mar 6-Apr 19 M,W 4:00-5:00pm

#200299 Mar 7-Apr 20 T,Th 4:00-5:00pm

Course Fee: \$60

Ages 10-18

#200300 Mar 4-Apr 22 Sa 9:00-10:00am

#200301 Mar 4-Apr 22 Sa 10:00-11:00am

Ages 8-10

#200302 Mar 4-Apr 22 Sa 11:00am-12:00pm

#200310 Mar 10-Apr 21 F 4:00-5:00pm

Tennis Jr. Level 3

Requirements: Must use full swing on all strokes during match play to enter this class. This class focuses on topspin and underspin for all strokes and the slice on the serve.

To advance to Level 4, players must be able to hit topspin and underspin on both groundstrokes, underspin on both volleys and slice on the serve. Class length is seven weeks, which includes one bonus week.

If there is more than one week of rainouts, classes can be made up during other class times.

Millbrook Tennis Center

Course Fee: \$120

Ages 8-10

#200322 Mar 6-Apr 19 M,W 5:00-6:00pm

Ages 10-18

#200323 Mar 7-Apr 20 T,Th 4:00-5:00pm

Course Fee: \$60

Ages 10-18

#200324 Mar 4-Apr 22 Sa 11:00am-12:00pm

Tennis Jr. Tiny Tots

Age: 4-6yrs. Eye-hand coordination games and fine motor skills are the focus of this fun introduction class. Please bring light, loose-fitting clothing, nonmarking sneakers and a 19- or 21-inch junior 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.

Lake Lynn Community Center

Course Fee: \$60

#200023 Mar 6-Apr 19 M,W 5:30-6:00pm

#200024 Mar 7-Apr 20 T,Th 5:00-5:30pm

Millbrook Tennis Center

Course Fee: \$30

#200021 Mar 4-Apr 22 Sa 11:00-11:30am

#200022 Mar 4-Apr 22 Sa 11:30am-12:00pm

Course Fee: \$60

#200018 Mar 6-Apr 19 M,W 4:00-4:30pm

#200019 Mar 6-Apr 19 M,W 4:30-5:00pm

#200020 Mar 7-Apr 20 T,Th 4:30-5:00pm

Tennis USTA Jr. Team Tennis

Come to tryouts at Millbrook Exchange Tennis Center to be placed on a team.

Year-round practices for 8U+10U are

5:00-6:30pm Fridays with matches

9:00am-10:30am Saturdays. Fall and

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spring practices for 12U, 14U, 18U are once a week after school, and matches are on Saturday mornings. Summer practices for 12U, 14U, 18U are once a week on a weekday morning, and matches are on another weekday morning. An end-of-the-season tournament is held each season. Players must pay USTA annual membership (\$20) plus local league fee (\$16).

Millbrook Tennis Center – Course Fee: \$120

8U Beginner

#200328 Mar 3-Apr 29 F-Sa 5:00-6:30pm

8U Intermediate

#200329 Mar 3-Apr 29 F-Sa 5:00-6:30pm

10U Beginner

#200330 Mar 3-Apr 29 F-Sa 5:00-6:30pm

10U Intermediate

#200331 Mar 3-Apr 29 F-Sa 5:00-6:30pm

10U Advanced

#200332 Mar 3-Apr 29 F-Sa 5:00-6:30pm

12U Bronze

#200333 Mar 4-Apr 29 Sa 10:30am-12:00pm

12U Silver

#200334 Mar 4-Apr 29 Sa 12:00-1:30pm

14U Bronze

#200335 Mar 4-Apr 29 Sa 10:30am-12:00pm

14U Silver

#200336 Mar 4-Apr 29 Sa 12:00-1:30pm

18U Silver

#200337 Mar 4-Apr 29 Sa 12:00-1:30pm

18U Gold

#200338 Mar 4-Apr 29 Sa 1:30-3:00pm

Track and Field Training

Age: 9-16yrs. Participants will learn basic strength and conditioning exercises through recreational activities in a fun and competitive manner. There will also be drills in different track and field events. The experience will allow participants to engage in track and field events with the knowledge and self-confidence to excel.

Barwell Road Community Center – Course Fee: \$40

#199463 Feb 5-26 Su 4:30-5:30pm

#199464 Apr 2-30 Su 4:30-5:30pm

Teen

All Sports – Strength and Conditioning

Age: 9-16yrs. This is an age-appropriate training class that includes instruction in movement training, injury reduction, linear and lateral speed and agility techniques, foot speed, core stability, plyometrics, and explosive power development without the use of weights. The workout becomes progressively more challenging once basic techniques have been mastered. Instructor: Monique Fearrington.

Barwell Road Community Center – Course Fee: \$40

#199455 Jan 8-29 Su 4:30-5:30pm

#199456 Mar 5-26 Su 4:30-5:30pm

AM Volley

Age: 8-14yrs. This volleyball class is designed to focus on the fundamentals: passing, setting, serving, and spiking. Boys and girls will also focus on digs, diving,

offensive and defensive game strategies.

Carolina Pines Community Center – Course Fee: \$30

#200811 Apr 1-22 Sa 10:30-11:30am

#200812 Apr 29-May 20 Sa 10:30-11:30am

Basketball – Last Man Standing 1-on-1 Tournament

Age: 13-16yrs. Who will be the last man standing? Sign in and participate in our organized 1-on-1 tournament. Individual trophies will be awarded to the winners.

Method Road Community Center – Course Fee: \$3

#200657 Mar 24 F 6:00-7:30pm

#200658 Apr 28 F 3:00-6:00pm

Dan Dunn Basketball Scholarship Tournament

Age: 13-17yrs. Join us for a Nitro style round robin and single elimination basketball tournament to benefit The Dan Dunn Scholarship Fund!

Carolina Pines Community Center – Course Fee: \$5

#200966 Mar 24 F 4:00-9:00pm

Adult

Adult Open Play at Jaycee

Age: 18yrs and up. Open play basketball takes place at Jaycee Community Center on Tuesdays and Thursdays from 10:30am-1:00pm. Photo ID is required.

Jaycee Community Center – Free

#201738 Jan 3-Apr 27 T,Th 10:30-1:00pm

Basketball Open Gym – Tarboro Road

Age: 18yrs and up. This is community open gym time. Adults must have a photo ID to play. Youth must have a signed participation form on file to enter during specified times. Please call 919-831-6505 for the weekly schedule.

Tarboro Road Community Center

#199364 Jan 8-29 Su 2:00-5:00pm

#199365 Feb 5-26 Su 2:00-5:00pm

#199366 Apr 2-30 Su,T 2:00-5:00pm

#199367 Jan 4-27 W,F 6:30-8:30pm

#199368 Jan 2-30 M 6:30-8:30pm

#199369 Feb 1-24 W,F 6:30-8:30pm

#199370 Mar 1-31 W,F 6:30-8:30pm

#199371 Apr 5-28 W,F 6:30-8:30pm

#199372 Feb 6-27 M 6:30-8:30pm

#199373 Mar 6-30 M,Th 6:30-8:30pm

#199565 Mar 5-28 Su,T 2:00-5:00pm

#199785 Apr 3-27 M,Th 6:30-8:30pm

Table Tennis – Open Play

Age: All Ages. Join us at Lake Lynn for a spirited game of table tennis. All abilities are welcome!

Lake Lynn Community Center

#200503 Jan 4-May 1 W-Th,Sa,M 6:30-9:00pm

Tennis Adult Cardio – All Levels

Age: 18yrs and up. Cardio tennis is a fun group activity featuring drills to give players of all abilities an ultimate, high-energy workout. Taught by a teaching professional, cardio tennis includes a warm-up, cardio workout and cool-down phases. If you are looking for a great new way to get in shape and to burn calories, you must try cardio tennis. 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.

Millbrook Tennis Center – Course Fee: \$60

#200887 Mar 7-Apr 18 T 9:00-10:00am

#200886 Mar 9-Apr 20 Th 9:00-10:00am

#200888 Mar 10-Apr 21 F 9:00-10:00am

Tennis Adult Level 1

Age: 18yrs and up. No experience is needed for this class. You will work on full-swing forehand and backhand, volleys, overhead, serve, scorekeeping and the rules of tennis. To graduate to Level 2, players must be able to serve 6 out of 10 in 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.

Lake Lynn Community Center

Course Fee: \$120

#200394 Mar 6-Apr 19 M,W 6:00-7:00pm

Course Fee: \$60

#200389 Mar 4-Apr 15 Sa 9:00-10:00am

Millbrook Tennis Center

Course Fee: \$120

#200388 Mar 7-Apr 20 T,Th 7:00-8:00pm

#200390 Mar 7-Apr 20 T,Th 11:00am-12:00pm

#200391 Mar 6-Apr 24 M,W 10:00-11:00am

#200392 Mar 6-Apr 19 M,W 7:00-8:00pm

#200395 Mar 6-Apr 19 M,W 6:00-7:00pm

Course Fee: \$60

#200393 Mar 4-Apr 22 Sa 9:00-10:00am

Tennis Adult Level 2.0/2.5 Drills

Age: 18yrs and up. Players must be able to serve 6 out of 10 in from the baseline, keep score and have played a full court set. Must be NTRP 2.0 or 2.5 level. To pass, players must successfully demonstrate these techniques while playing a match. 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.

Lake Lynn Community Center

Course Fee: \$120

#200427 Mar 7-Apr 20 T,Th 6:30-7:30pm

Millbrook Tennis Center

Course Fee: \$120

#200423 Mar 6-Apr 24 M,W 11:00am-12:00pm

#200424 Mar 7-Apr 20 T,Th 10:00-11:00am

#200425 Mar 7-Apr 20 T,Th 7:00-8:00pm

#200428 Mar 6-Apr 19 M,W 6:00-7:00pm

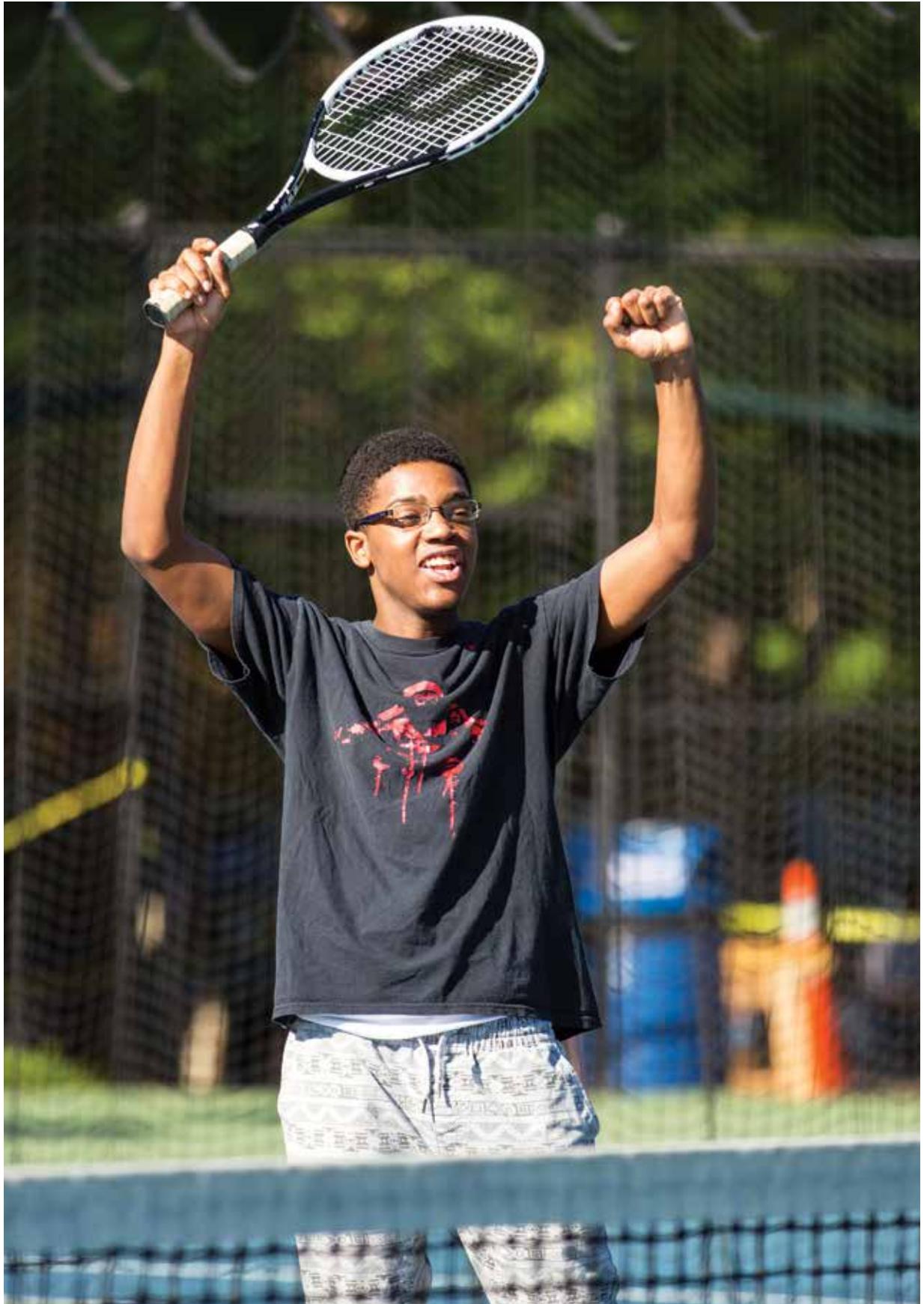
Course Fee: \$60

#200426 Mar 4-Apr 22 Sa 10:00-11:00am

Tennis Adult Level 3.0 Drills

Age: 18yrs and up. 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 Level 4, 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

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more than one week of rainouts, classes can be made up during other class times.

Lake Lynn Community Center

Course Fee: \$120

#200317 Mar 6-Apr 19 M,W 8:00-9:00pm

Millbrook Tennis Center

Course Fee: \$120

#200314 Mar 6-Apr 19 M,W 7:00-8:00pm

#200315 Mar 7-Apr 20 T,Th 6:00-7:00pm

Course Fee: \$60

#200316 Mar 4-Apr 22 Sa 11:00am-12:00pm

Tennis Adult Level 3.5 Drills

Age: 18yrs and up. Requirements: Must be at the NTRP 3.5 level or be able to hit topspin and underspin on both groundstrokes, underspin volleys and slice serves. This is a drills class, which will work on all of your strokes. To graduate from this class, matches must be at the 4.0 level. 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.

Millbrook Tennis Center

Course Fee: \$120

#200446 Mar 7-Apr 20 T,Th 6:00-7:00pm

Course Fee: \$60

#200447 Mar 4-Apr 22 Sa 12:00-1:00pm

Tennis Adult Level 4.0/4.5 Drills

Age: 18yrs and up. Requirements: Must be at the NTRP 4.0 level or higher or able to hit topspin and underspin during matches. This is a drill class, which has less instruction and more drilling. We don't work on your technique — we drill you to get your legs and heart pumping. Bring your water bottle and get ready to run. 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.

Millbrook Tennis Center – Course Fee: \$120

#200876 Mar 6-Apr 19 M,W 7:00-8:00pm

Tennis Adult Singles Ladder

Age: 18yrs and up. 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 Tennis Center – Course Fee: \$24

#198446 Mar 6-May 8

#198447 Mar 6-May 8

#198448 Mar 6-May 8

#198449 Mar 6-May 8

#198450 Mar 6-May 15

#198451 Mar 6-May 8

#198452 Mar 6-May 8

#198453 Mar 6-May 8

#198454 Mar 6-May 8

Tennis Quadrants

Age: 18yrs and up. 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 in 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 Tennis Center – Course Fee: \$40

#201137 Nov 30-Feb 22 W 9:30-11:30am

#200893 Mar 1-May 10 W 9:30-11:30am

#200895 Mar 6-May 22 M 7:00-9:00pm

Volleyball Open Play at Laurel Hills

Age: All Ages. Come join us at Laurel Hills for a friendly evening of volleyball! We will set up the nets and provide the balls!

Laurel Hills Community Center

#199861 Mar 8-Apr 26 W,Su 6:15-8:30pm

Senior

Basketball – Active Adult 3-on-3 Tournament

Age: 50yrs and up. This 3-on-3 basketball tournament for adults age 50 and over will follow the Senior Games rules. Teams will play a minimum number of games depending on how many teams register. Teams must register by March 18.

Registration fee is per team. Please call Barwell Road Community Center at 919-996-5994 for more information.

Barwell Road Community Center – Course Fee: \$25

#199478 Mar 18 Sa 9:00am-3:00pm

Basketball – Active Adults Open Play

Age: 50yrs and up. Join other active adults in playing basketball, staying healthy and learning the Senior Games rules! Participants play competitive half-court pickup games, and all levels are welcome. The gym is air conditioned and has sportscore flooring. Bring your towel and be ready to sweat!

Barwell Road Community Center

#198938 Jan 5-May 4 M,Th 3:00-6:00pm

Basketball – Senior Women's Open Play

Age: 50yrs and up. Did you play basketball in high school or college or on a church or community team? Do you want to play again? Please join other women on Monday evenings from 7 to 9 at Green Road Community Center to enjoy new friends, fitness and fun and to play and compete under Senior Game rules. The game is played on one half of the basketball court with the three players from each team playing offense and defense.

Green Road Community Center

#197254 Mar 13-Apr 24 M 7:00-9:00pm

Pickleball

Age: All Ages. 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 experience is necessary, and all equipment is provided.

Five Points Center for Active Adults

#197807 Jan 4-May 5 W,F 12:30-3:00pm

Table Tennis Free Play

Age: 50yrs and up. Learn to play table tennis. All ability levels are welcome.

Five Points Center for Active Adults

#198027 Jan 9-Apr 24 M 1:00-3:00pm

Tennis – Free Play For Seniors

Age: 55yrs and up. This drop-in mixer offers free organized play for senior tennis players at Millbrook Exchange Tennis Center. Held throughout the year, this program offers all levels of play. Simply show up and play.

Millbrook Tennis Center

#201143 Jan 5-Apr 27 M,Th 9:00am-12:00pm

Wake County Senior Games

Age: 50yrs and up. Compete in over 30 sports and events during the month of April. Activities are held throughout Wake County. Volunteers are needed too! Visit wcseniorgames.org for registration and more information.

Family

Badminton

Age: 12yrs and up. Join us for badminton! All abilities are welcome. We will have four courts of badminton on Tuesdays from 6:00-9:00pm and on Sundays from 3:30-6:00pm. The session pass will run March 21-Oct. 15, 2017. Cost is \$20 for residents and \$35 for nonresidents. Daily passes are available for \$2.

Lake Lynn Community Center – Course Fee: \$20

#200480 Mar 21-Apr 30 T,Su

Volleyball Open Gym

Age: 12yrs and up. Interested in volleyball? Visit Abbots Creek Community Center on Friday nights for volleyball open gym meet up. Call to confirm availability.

Abbots Creek Community Center

#197337 Jan 6-Apr 21 F 4:00-8:30pm

Additional Facility and Program Information

Facilities



Amusements

Pullen Park Amusements

520 Ashe Avenue Raleigh, NC 27606

Phone: 919-996-6468

Park Manager: Marvin Howell

Email: Marvin.Howell@raleighnc.gov

Program Manager: Jenna Kostka

Email: Jenna.Kostka@raleighnc.gov

Pullen Amusements offers popular amenities

such as a recently renovated 1911 Gustave A. Denzel menagerie carousel, updated C.P. Huntington Train ride, pedal boat rentals on Lake Howell, a kiddie boat ride, fresh and stimulating playground, picnic shelter rentals, and "Pullen Place" our park's café with seasonal menus as well as standard park fare menu.

Tickets are \$1 for all ages 13 months and older. Riders 12 months and younger are free with a paying adult. Riders must be at least 42 inches tall to ride unaccompanied on most rides.

Hours of Operation

May-August 10:00am-9:00pm

John Chavis Memorial Park Carousel

505 Martin Luther King Jr. Boulevard Raleigh, NC 27601

Carousel Supervisor: Marvin Howell

Phone: (919) 996-6468

Email: Marvin.Howell@raleighnc.gov

Re-live the memories while riding the newly renovated Allan Herschell Carousel in its new location within the park.

Tickets are \$1 for all ages 13 months and older. Riders 12 months and younger are free with a paying adult. Riders must be at least 42 inches tall to ride unaccompanied.

Hours of Operation

May-August	M-F	10:00am-9:00pm
	Sa	10:00am-8:00pm
	Su	10:00am-6:00pm

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 rdpvolunteer@raleighnc.gov



Historic Homes

Mordecai Historic Park

1 Mimosas Street, Raleigh, NC, 27604

(919) 996-4364

www.raleighnc.gov/museums

Assistant Site Manager: Brynn Hoffman

Email: brynn.hoffman@raleighnc.gov

The Mordecai House at Mordecai Historic Park is the oldest home in Raleigh on its original location and was once the seat of one of the largest plantations in Wake County encompassing more than 5,000 acres. The park also features historic structures moved to Mordecai for preservation, including the Birthplace of Andrew Johnson and St. Mark's Chapel. The Chapel and grounds are a popular spot for wedding rentals. Tours of the Mordecai Mansion and other historic buildings are offered Tuesday through Sunday—call or visit our website for times. The cost is \$5 for adults, \$3 for youth (7-17), \$3 for seniors (65+), and children 6 and under are free. In addition, Mordecai conducts family friendly events throughout the year.

The Tucker House

The Tucker House was built in 1914 for Garland S. Tucker, owner of G.S. Tucker Furniture Company. The home was donated to the City of Raleigh by the Tucker Family in 1975. At that time, the home was located one block west, at 420 N. Blount Street. It was moved to its present site by the City and renovated as a Community Meeting House. Many house furnishings have been donated by families of deceased members of the

Oakwood Community. Today the downstairs portion of the Tucker House is available for weddings, receptions, meetings, small conferences and other approved functions. For more information call 919-831-6009.

The Borden Building

The Borden Building is one of the two remaining buildings on the former campus of the Methodist Home for Children. Built in 1900, it was the home of the Superintendent of the Orphanage and later served as home to hundreds of children. Purchased by the City of Raleigh in 1982, the house and its companion, Fred Fletcher Park provides a wealth of history and tranquility in an urban setting. The Borden Building was extremely renovated in 1992 and is presently available for weddings, receptions, meetings, small conferences, and other approved functions. For more information call 919-996-4363 and leave a message for the caretaker.

Lakes

Lake Johnson Park and Nature Preserve

4601 Avenet Ferry Road, Raleigh, NC, 27606

(919) 233-2121

Park Manager: Mark Elmore

Email: Mark.Elmore@raleighnc.gov

Year-round (October-March closed Mondays)

Assistant Park Manager: Joel Bateman

Email: Joel.Bateman@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

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Additional Facility and Program Information

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permitting). Please contact each facility for additional information.

Private Boat Launches

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.

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, and Oakwood 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 110 public tennis courts (106 are lighted) located at 24 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.raleightennis.com. To talk to someone about tennis for you, call Millbrook Exchange Tennis Center, 872-4128.

Programs

The Cultural Outreach and Enrichment (COE) Program

Program Director: Monica Quechol-Bradley
Program Specialist: Lisa-Ann Utsumi

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, Folk Dance, English as a Second Language and Spanish classes for beginners. The COE program also supports events such as the Raleigh Tamale Festival, Day of the Dead event, Beyond Bollywood 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 www.Parks.raleighnc.gov, keyword search "COE". Contact the COE program by phone at 919-996-6844 or by email at coeprogram@raleighnc.gov

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, 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.



NeighborWoods

NeighborWoods is the City of Raleigh's street tree program. Our mission is to cooperate with local residents to replace trees that disappear from the urban landscape due to development and inclement weather. We help ensure that Raleigh lives up to its name, "The City of Oaks", while enhancing the sense of community amongst its citizens. NeighborWoods provides and prunes the trees, free of charge, and the homeowner must plant the tree on the city right of way, while pledging to water the tree for the first two years. Our goal is to plant at least 1500 trees every year. Together we have planted over 12,000 trees since 2004. NeighborWoods trees are purchased solely through donations and we rely on volunteers to help us plant trees for those who are disabled. If you would like to make a tax deductible contribution, please, enter the donation amount in the designated box on the Raleigh Parks, Recreation and Cultural

Resources Department – Account and Registration Form located in this brochure, or mail a check to:

Raleigh NeighborWoods

Attn: Recreation Business Office
Pullen Arts Center, PandR 6501
105 Pullen Road Raleigh, NC 27607

For other contribution options, to request a tree or volunteer please contact the Tree Planting Coordinator at 996-4115 or email trees@raleighnc.gov. For more information on NeighborWoods visit our website! From the City of Raleigh home page click the Environment tab and then click on the NeighborWoods tree planting link.

School Programs

Youth Programs: 919-996-6165

Program Director: Toni Webb

Email: toni.webb@raleighnc.gov

Program Managers: Beth Soles

Email: beth.soles@raleighnc.gov

Joseph Voska Email: joseph.voska@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 a 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 919-996-2151

Email: todd.riddick@raleighnc.gov

The Adult Program serves over 7,000 older adults throughout the Raleigh area. Activities are offered at two Active Adult Centers, 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 senior adult clubs throughout the city. Further information can be found throughout this brochure under the Senior Sections, or by calling 919-996-4730 or 919-996-4720.

Teen Programs

Program Supervisors:

Kent Hunt, Chiffonda Holloway, 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 8 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.

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Additional Facility and Program Information

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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 Services** – Assist individuals with developmental and/or physical disabilities in diverse events and activities including Wake County Special Olympics.
- **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 Ashley Deans at ashley.deans@raleighnc.gov or call (919)996-4810.

Digital Inclusion Raleigh Digital Connectors Program

Recreation Program Director: Linda Jones

Email: linda.jones@raleighnc.gov

Phone: 919-996-5468

Recreation Program Manager: Bradley Upchurch

Email: bradley.upchurch@raleighnc.gov

Phone: 919-812-2113

The Digital Inclusion Team of the Raleigh Parks, Recreation and Cultural Resources provides the Raleigh Digital Connectors training program for youth living in Raleigh city limits. Digital Connectors is a nationally renowned program. It provides technology training and mentoring for young people, age 14 through 21, from diverse

backgrounds and neighborhoods.

Raleigh Digital Connectors are dedicated to improving their communities and themselves through technology and community service. The program allows young people to expand 21st century technology skills, develop professional life skills, participate in open data projects, explore workplace pathways, and serve their communities.

Youth in Raleigh Digital Connectors serve as ambassadors, teaching their families, friends, and neighbors to participate in the digital economy. Digital Connectors practice skills that prepare young people for opportunities in tomorrow's technology-driven economy. Students give 60 community service hours throughout the school year. Raleigh Digital Connectors give back to the community and help address the digital divide by: promoting digital literacy at community events with partner agencies, teaching computer and Internet skills to community members, refurbishing computers for economically disadvantaged families, and performing humanitarian community service projects.

During the academic school year, Digital Connectors attend classes two evenings a week for a total of five hours. Youth learn technical, leadership, social, and life skills through a combination of instructor-led training, team exercises, field trips, guest speakers, mentors, and community service. Participation in this interactive, challenging learning experience culminates in a formal graduation celebration and the opportunity to continue serving the community as Digital Connectors alumni. Graduates of the program receive \$500, a laptop computer, and other incentives for participating.





Account and Program Registration Form

Main Contact Remember you can also register online with RecLink at parks.raleighnc.gov

Raleigh Resident **Non-resident** Add \$15 to course. Non-resident fees do not apply to Specialized Recreation Programs or courses less than \$15.

Last Name _____ First Name _____ DOB ____ / ____ / ____ Male Female

Mailing Address _____ City _____ State _____ Zip _____

Home Phone _____ Work Phone _____ Cell Phone _____ *Email _____

Emergency Contact _____ Phone _____

Pictures or video may be taken of participant for use in program publicity. Please check, if you **do not** approve

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 #1 Information

Participant #1 Name _____ DOB ____ / ____ / ____ Male Female

Parent/Guardian Last Name If participant is under 18 _____ Parent's First Name _____

I want Parks, Recreation and Cultural Resources to know about these medical conditions for the participant: _____

I want Parks, Recreation and Cultural Resources to know about these disabilities for the participant: _____

I request ADA accommodation for the disability/medical condition listed. Yes No

<u>Course Barcode</u>	<u>Program Name</u>	<u>Location</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
_____	_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	_____	\$ _____

Participant #2 Information

Participant #2 Name _____ DOB ____ / ____ / ____ Male Female

Parent/Guardian Last Name If participant is under 18 _____ Parent's First Name _____

I want Parks, Recreation and Cultural Resources to know about these medical conditions for the participant: _____

I want Parks, Recreation and Cultural Resources to know about these disabilities for the participant: _____

I request ADA accommodation for the disability/medical condition listed. Yes No

<u>Course Barcode</u>	<u>Program Name</u>	<u>Location</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
_____	_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	_____	\$ _____

Account Information

Create a New Account **Update my Account** **Please send me My Family PIN and Client Barcode**

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) \$ _____

I would like to make a donation to support a child's participation in Raleigh Parks, Recreation and Cultural Resources Programs (specify amount) \$ _____

I would like to make a donation to support tree planting in Raleigh through the Neighborhoods Program (specify amount) \$ _____

TOTAL AMOUNT DUE \$ _____



Account and Program Registration Form

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 **ReLink**. Visit parks.raleighnc.gov and select "Register on ReLink". 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.

Refund Policy

- 100% refund/credit/transfer if the Department cancels the program or the facility rental.
- Refund requests received in writing at least 14 or more days in advance of the program/rental/team placement date are entitled to:
 - A. 100% credit or transfer of fees to another program at the time of the withdrawal;
 - B. 85% refund based on the total cost of the program or rental;
 - C. 85% credit/transfer/refund of eligible rental fees
- Refund/credit/transfer requests received less than 14 days in advance of the program/rental/team placement date will not be granted.
- Refunds for medical circumstances requested prior to the program/rental/team placement date will be granted at 100%, pending verification.
- Outdoor facility usage cancelled due to inclement weather may be rescheduled pending space availability.
- A transfer must be requested at the time of withdrawal.
- A credit may be used by any family member on the same registration account.
- Non-attendance/non-participation in a program does not entitle the patron to a refund.

Refund requests may be sent to: **Raleigh Parks, Recreation and Cultural Resources Department** Rbo.registration@raleighnc.gov

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.

Release, Indemnity, and Agreement Not To Sue

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, and musculoskeletal injuries, among others. I choose for myself or for my child to participate in the selected programs despite the risks.

By signing the Program Registration form, 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 teachers and supervisors of the program.

In return for the opportunity to participate in this program, I agree for myself and for my heirs, assigns, executors, and administrators to release, waive, and discharge any legal rights I may have to seek payment or relief of any kind from the City, its employees or its agents for injury, illness, or death resulting from this program. If I am registering a child for a program, I agree that I am a parent, legal guardian, or am otherwise responsible for the child whose application I am submitting and that I release, waive, and discharge any legal rights that I may assert on behalf of the child participation in the program. I also agree not to sue the City, its employees, or its agents and agree to indemnify the City for all claims, damages, losses, or expenses, including attorney's fees, if a suit is filed concerning an injury, illness, or death to me or to my child resulting from participation in the program.

Registration Date Mail-in, Walk-in, and ReLink Registration begins Wednesday, **November 30, 2016**

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
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
English as a Second Language Program	
2401 Wade Avenue	919-996-6844
Nature Programs	
2401 Wade Avenue	919-996-6856
Specialized Recreation Services	
2401 Wade Avenue	919-996-6640
Adults	919-996-2149
Inclusion Services	919-996-2145
	or 919-996-2146
Social Clubs	919-996-2148
Visually Impaired	919-996-2147
Youth	919-996-2110
Special Olympics Wake County	919-996-2111
Tennis Program – Millbrook Exchange Tennis Center	
1905B Spring Forest Road	919-872-4128
Teen Program	
2401 Wade Avenue	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	

Facilities

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	
919-420-2383	
Anderson Point Park c/o Barwell Road	
— •EKMN	
20 Anderson Point Drive, 27610	
919-996-5994	
Anne Gordon Center for Active Adults	
— •L	
1901 Spring Forest Road, 27615	
919-996-4720	
Annie Louise Wilkerson, MD Nature Preserve Park	
— •K	
5229 Awls Haven Drive, 27614	
919-996-6764	
Bailewick Road Park c/o Lake Lynn	
— •BEM	
9501 Bailewick Road, 27615	
919-870-2911	
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	
919-831-6895	
Biltmore Hills Swimming Pool	
— •D	
701 Crown Crossing Lane, 27610	
919-831-6736	
Borden Building at Fletcher Park	
— •GMV	
820 Clay Street, 27605	
919-831-6430	
Brentwood Neighborhood Park and Center c/o Green Road	
— •BCEGM	
3315 Vinson Court, 27604	
919-996-4141	
Brier Creek Community Center	
— •AEGMWZ	
10810 Globe Road, 27617	
919-420-2340	
Brookhaven Nature Park	
— •K	
5125 Berkeley Street, 27612	
919-996-6856	
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	
919-870-2880	
City of Raleigh Museum (COR)	
220 Fayetteville Street, 27601	
919-996-2220	
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 Optimist	
2601 Oxford Road 27608	
919-870-2880	
Five Points Center for Active Adults	
— •LZ	
2000 Noble Road, 27608	
919-996-4730	
Fred Fletcher Park c/o Jaycee	
820 Clay Street, 27605	
919-996-6833	
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	
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	
John Chavis Memorial Park Swimming Pool	
— •D	
720 Chavis Way, 27601	
919-831-6565	

Directory

John P. "Top" Greene Center

— •
401 MLK Jr. Boulevard, 27601
919-831-6527

Kentwood Park c/o Carolina Pines

4531 Kaplan Drive, 27606
919-831-6435

Kingwood Forest c/o Biltmore

2610 Evers Drive, 27610
919-831-6895

Kiwanis Neighborhood Park and Center c/o Optimist

— •BEGM
2525 Noble Road, 27608
919-870-2880

Lake Lynn Park and Community Center

— •ABCENoz
7921 Ray Road, 27613
919-870-2911

Lake Johnson Park and Nature Preserve

— •MNOPQ
4601 Avent Ferry Road, 27606
919-233-2121

Lake Johnson Swimming Pool

— •D
5623 Jaguar Park Drive, 27606
919-233-2111

Lake Johnson Thomas G. Crowder Woodland Center

— •KN
5611 Jaguar Drive, 27606
919-996-3141

Lake Wheeler Park

— •EJMOPQ
6404 Lake Wheeler Road, 27603
919-662-5704

Laurel Hills Park and Community Center

— •ABEGMZ
3808 Edwards Mill Road, 27612
919-420-2383

Lions Park and Community Center

— •ABCEGMZ
516 Dennis Avenue, 27604
919-831-6995

Lions Park BMX Track

— S
516 Dennis Avenue, 27604
919-831-6995

Longview Swimming Pool

321 Bertie Drive, 27610
919-831-6343

Marsh Creek Park, Community Center, Skate Park and Inline Hockey Rink

— •ABEMTYZ
3050 N. New Hope Road, 27604
919-996-4920

Method Road Park and Community Center

— •AEGZ
514 Method Road, 27607
919-996-6066

Millbrook Exchange Community Center

— •ABEGMUZ
1905 Spring Forest Road, 27615
919-996-4156

Millbrook Exchange Swimming Pool

— •D
1905 Spring Forest Road, 27615
919-996-4130

Millbrook Exchange Tennis Center

— C
1905 B Spring Forest Road, 27615
919-872-4128

Mordecai Historic Park

— V
1 Mimosa Street, 27604
919-996-4364

North Hills Park c/o Optimist

— •BCEMN
100 Chowan Circle, 27609
919-870-2880

Oakwood Off-Leash Dog Park c/o Lions

— •BMGU
910 Brookside Drive, 27604
919-831-6995

Optimist Park and Community Center

— •ABCDEFN
5900 Whittier Drive, 27609
919-870-2880

Optimist Swimming Pool

— •D
5902 Whittier Drive, 27609
919-870-2882

Peach Road Neighborhood Center

— •EG
911 Ileagnes Road, 27603
919-807-8545

Pope House Museum

511 South Wilmington Street, 27601
919-996-2220

Powell Drive Park c/o Method

— •CEG
740 Powell Drive, 27606
919-996-6066

Pullen Park Amusements

— •CEMOPZ
520 Ashe Avenue, 27606
919-996-6468

Pullen Aquatic Center

— •D
410 Ashe Avenue, 27606
919-996-6197

Pullen Arts Center

— •L
105 Pullen Road, 27607
919-996-6126

Pullen Community Center

— Z
408 Ashe Avenue, 27606
919-831-6052

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

Tarboro Road Park and Community Center

— •ACEMZ
121 N. Tarboro Street, 27610
919-831-6505

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
919-831-6009

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 Neighborhood Center

— •
1256 McCauley Street, Ste. 126, 27601
919-996-6160

Williams Park c/o Sertoma Arts Center

— •CEMR
6601 Leadmine Road, 27612
919-420-2329

Worthdale Park and Community Center

— •ACEFZ
1001 Cooper Road, 27610
919-996-2730

* Inquiries and mail for unstaffed centers should be sent to c/o site.

Amenities Legend

A Gymnasiums	O Lake
B Lighted Ballfield(s)	P Boat Rental
C Tennis Courts	Q Fishing
D Pool	R Sand Volleyball
E Play Equipment	S BMX Track
F Mini Park	T Inline Skating
G Outdoor Basketball	U Dog Park
H Frisbee Golf	V Gardens
J Exercise Trail	W Walking Track
K Nature Study	Y Skate Park
L Arts	Z Weight Room
M Picnic Shelter	• Handicap Accessible
N Greenway Trail	



#RaleighParks





City of Raleigh Parks,
Recreation and Cultural Resources
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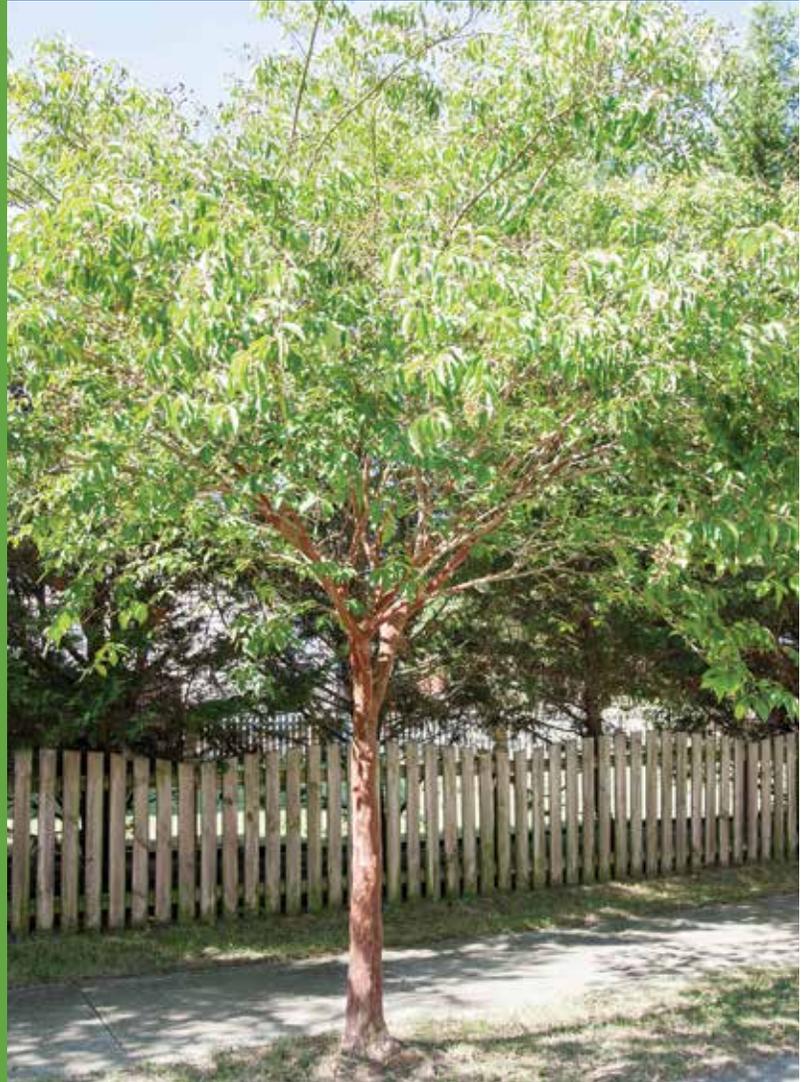
NeighborWoods

NeighborWoods is a program that offers free trees to City of Raleigh residents. Our mission is to replace trees that disappear from the urban landscape due to development, declining health, and inclement weather. We help ensure that Raleigh lives up to its name, "The City of Oaks", while enhancing the sense of community amongst its citizens.

NeighborWoods operates by partnering with residents. NeighborWoods staff chooses the planting location, size of tree, offers a choice of suitable species, purchases the tree, delivers the tree, and prunes the trees. The homeowner agrees to plant the tree on the city right of way, at the appropriately marked location, while pledging to water the tree for the first two years. NeighborWoods trees are purchased solely through donations and volunteers help plant trees for those who are unable.

To request a tree, make a donation, or volunteer, please contact the Tree Planting Coordinator at 996-4115 or email trees@raleighnc.gov. For more information, visit www.raleighnc.gov keyword: NeighborWoods.

free trees →



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