



September-December 2016

Leisure Ledger

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



RALEIGH Parks,
Recreation and
Cultural Resources
parks.raleighnc.gov

Registration begins **July 26, 2016**

919-996-6640 | parks.raleighnc.gov

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Together we connect and enrich our community through exceptional experiences.

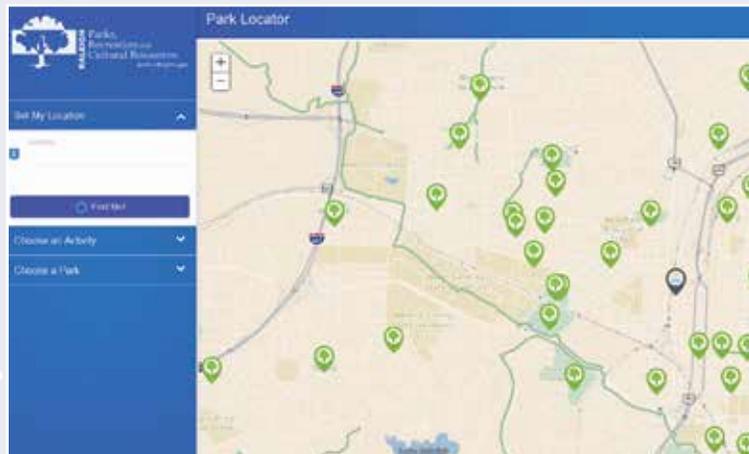
Raleigh Parks, Recreation and Cultural Resources Department boasts over 200 parks including features like amusements, art centers, athletic facilities, community centers, lakes, nature preserves, off-leash dog parks, playgrounds, swimming pools, historic homes, and open spaces. With innovative programs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

Joanne Casey
Joe Cebina
Jason Craighead
Linda Dallas
R. Gene Davis, Jr.
Laurent de Comarmond
Diane Kuehn
Clyde Lundy
Andy Martin
Nancy Novell
Sarah Powers
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**

Al Brothers
Dwight Coleman
Nick Fountain
Barbara Freedman
Melissa Hockaday
Treva Jones
Joe Mobley
Ed Morris
Greg Paul
Edna Rich-Ballentine
Cyrus Stacey
Tom Ward
John Odom
Amy Simes

**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

Clymer Cease
Laurent de Comarmond, Chair
Linda Noble
Bob Rankin
Kathleen Rieder
Thomas Sayre
Brian Starkey

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, N.C. 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

September

Sports Fest

Age: All Ages. Spike it, hit it, dunk it and serve it! The 1st Annual Sports Fest at the Jaycee Community Center will be held Saturday, September 24, from 10am to 2pm. Meet the community center staff while you explore the park and all its amenities. At this family fun-filled event, sample all Jaycee has to offer by participating in sports demonstrations and competitions, including sand volleyball, tennis, baseball and basketball. There will also be live music, art activities and food. Come join us for this FREE event. \$0

Jaycee Community Center

#191136 Sep 24 Sa 10:00am-2:00pm

Escape to Freedom

Age: All Ages. In celebration of the 151st anniversary of emancipation, and in partnership with MOJOAA Performing Arts Company, Mordecai Historic Park presents a theatrical experience: Escape to Freedom. This one hour guided tour and performance will lead guests through Mordecai Historic Park to experience plantation life through the eyes of an enslaved person. What decisions would you make if you were in their place? The tour will end with a question and answer session with Mordecai Historic Park Staff and MOJOAA Performing Arts Company members. Participants should be comfortable walking and standing for up to an hour. \$15

Mordecai Historic Park

#194855	Sep 23	F	6:00-7:15pm
#194856	Sep 23	F	7:30-8:45pm
#194857	Sep 23	F	9:00-10:15pm
#194858	Sep 24	Sa	6:00-7:15pm
#194951	Sep 24	Sa	7:30-8:45pm
#194952	Sep 24	Sa	9:00-10:15pm

Paws in the Park

Age: All Ages. Come out and join us and Wake County Animal Shelter at the 'Friend's Property' at Lake Johnson Park to meet and greet, stay and play with some of Wake County Animal Shelter's fluffy foster friends that need a forever home. To come by and say hi is free and no registration is needed! All ages are welcome! \$0

Lake Johnson

Sep 24 Sa 2:00-5:00pm

October

Dinner and a Movie at Pullen Park

Age: All Ages. Join us every Saturday in October at Pullen Park for a great family dinner and a movie. Pullen Place Café will offer a delicious dinner menu and freshly popped popcorn for purchase prior to the feature presentation! Movies start at dusk. Lawn chairs or blankets are recommended. All movies will have a rating of G or PG. This is a free event, open to all ages, and no registration is required. Clues to which movie is showing are listed below. Follow @RaleighParks on Twitter or Raleigh Parks, Recreation and Cultural Resources on Facebook for more information! \$0.

Pullen Park Amusements

I've Got A Golden Ticket!

#194117 Oct 1 Sa 6:00pm

Some Pig

#194212 Oct 8 Sa 6:00pm

Truffle Shuffle And One-Eyed Willy

#194213 Oct 15 Sa 6:00pm

Screams vs. Laughter Which Is Better?

#195174 Oct 22 Sa 6:00pm

Who You Gonna Call?

#194214 Oct 29 Sa 6:00pm

Pullen Park Pumpkin Patch Bash

Age: All Ages. Pick the perfect pumpkin at the Pullen Park Pumpkin Patch Bash! Join us for a fun family fall festival with a pumpkin patch, carnival games, crafts, a movie and more! End the evening with a family friendly movie (part of the Dinner and a Movie series) at 7:30pm. Pullen Place Café will offer delicious food options for purchase during the event. Pumpkins will be available for purchase while supplies last. This is a free event and registration is not required.

Pullen Park Amusements

#194290 Oct 8 3:00pm-8:00pm

Pullen and Sertoma Arts Centers Fall Arts Fair

Age: All Ages. Do you love supporting local Raleigh artists? Get an early start on your holiday shopping and buy gifts for yourself and others from wonderful local artists at the Fall Arts Fair. The Fall Arts Fair showcases the work of jewelers, potters, painters,

printmakers, bookmakers, glass artists and fiber artists who participate in Pullen and Sertoma Arts Centers' programs. A fun outing for the whole family, visitors can enjoy participating in a variety of hands on art activities and watching demonstrations by Pullen Arts Center's instructors. While you're in the area, check out the other events that are taking place as part of Art It Up Hillsborough Street. All are invited to join us for this free outdoor event. \$0

Pullen Arts Center

#191010 Oct 15 Sa 10:00am-5:00pm

Haunted Trolley

Mordecai Historic Park

Age: All Ages. Jump on board the Haunted Trolley, if you dare, for a special late night tour of downtown Raleigh's most haunted places. Jump aboard—you never know who you might meet along the way!

The trolley departs from Mordecai Historic Park. Advanced registration is recommended. Tickets are non-refundable. Call 919-996-4364 for tickets and information. \$10

#194974	Oct 21	F	6:45-7:30pm
#194975	Oct 21	F	7:45-8:30pm
#194976	Oct 21	F	8:45-9:30pm
#194977	Oct 28	F	6:45-7:30pm
#194978	Oct 28	F	7:45-8:30pm
#194979	Oct 28	F	8:45-9:30pm
#194980	Oct 29	Sa	6:45-7:30pm
#194981	Oct 29	Sa	7:45-8:30pm
#194982	Oct 29	Sa	8:45-9:30pm

Haunted Mordecai Festival

Age: All Ages. Enjoy an afternoon of Halloween-themed fun including food, music, game, and crafts on the lawn at Mordecai Historic Park. There will be costume contests for kids up to 16 years old beginning at 1pm. Paranormal investigation group NSPIR will be on site to reveal their findings from the Mordecai House and answer your questions. This event is free and open to the public. No registration is necessary. Call 919-996-4364 for information. \$0

Mordecai Historic Park

#194953 Oct 29 Sa 12:00-4:00pm

Haunted Mordecai Lantern Tour

Age: All Ages. Some believe that the Mordecai House is the most haunted home in North Carolina. Do you? Join us for this nighttime tour of the Mordecai House and find out for sure! Spooky tours are offered only once a year, so don't miss this chance! Advanced registration is recommended. Tickets are nonrefundable. Participants should be comfortable walking and standing for up to 30 minutes. Call 919-996-4364 for more information. \$5

Mordecai Historic Park

#194954	Oct 29	Sa	5:00-5:30pm
#194955	Oct 29	Sa	5:15-5:45pm
#194956	Oct 29	Sa	5:30-6:00pm
#194957	Oct 29	Sa	5:45-6:15pm
#194958	Oct 29	Sa	6:00-6:30pm
#194959	Oct 29	Sa	6:30-7:00pm
#194960	Oct 29	Sa	6:45-7:15pm
#194961	Oct 29	Sa	7:00-7:30pm
#194962	Oct 29	Sa	7:15-7:45pm
#194963	Oct 29	Sa	7:30-8:00pm
#194964	Oct 29	Sa	8:00-8:30pm
#194965	Oct 29	Sa	8:15-8:45pm
#194966	Oct 29	Sa	8:30-8:45pm
#194967	Oct 29	Sa	9:00-9:30pm
#194968	Oct 29	Sa	9:15-9:45pm
#194969	Oct 29	Sa	9:30-10:00pm

**Fall Festival
Method Community Center**

Age: 6-11yrs. The Method Community Center is hosting its annual Fall Festival. Activities will include carnival games, video gaming, healthy treat bags and a music DJ. Join us for a SPOOKtacular family event! The event is free to the public. \$0

Method Road Community Center

#194539	Oct 28	F	5:00-7:00pm
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Scarecrow Festival

Age: All Ages. Join us for our annual homage to the scarecrow! Come build a scarecrow and enjoy other fall activities. Stuffing materials and forms to support your scarecrow are provided. You come prepared with your scarecrow's wardrobe and your creativity! All scarecrows remain on display as long as weather permits, so please plan to leave your scarecrow with us. Bring a picnic lunch if you like. Other fun family activities are also planned. The festival is

free; however, scarecrow spaces are limited and are given out on a first-come, first-served basis. \$0

Pullen Arts Center

#191011	Oct 29	Sa	11:00am-2:00pm
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December

Holiday Express

Age: All Ages. A Raleigh holiday tradition! Join us as Pullen Park is transformed into a holiday wonderland. Enjoy holiday lights and displays, a train ride, local entertainment, carousel rides, crafts and a visit with Santa. Holiday Express runs Thursday-Sunday December 1-4, and Thursday-Sunday December 8-11 from 4:00-9:00pm. Tickets are sold based on a designated train time. Ticketed guests are welcome to enter the event anytime after 4:00pm. Tickets are required for all guests 24 months and older. This is a very popular event and tickets may sell out quickly. For more information call 919-996-6468. \$10

Pullen Amusements

Thursday, December 1

#193580	Dec 1	Th	4:30-4:45pm
#193581	Dec 1	Th	4:45-5:00pm
#193582	Dec 1	Th	5:00-5:15pm
#193583	Dec 1	Th	5:15-5:30pm
#193584	Dec 1	Th	5:30-5:45pm
#193585	Dec 1	Th	5:45-6:00pm
#193586	Dec 1	Th	6:00-6:15pm
#193587	Dec 1	Th	6:15-6:30pm
#193588	Dec 1	Th	6:30-6:45pm
#193589	Dec 1	Th	6:45-7:00pm
#193590	Dec 1	Th	7:00-7:15pm
#193591	Dec 1	Th	7:15-7:30pm
#193592	Dec 1	Th	7:30-7:45pm
#193593	Dec 1	Th	7:45-8:00pm
#193594	Dec 1	Th	8:00-8:15pm
#193595	Dec 1	Th	8:15-8:30pm
#193596	Dec 1	Th	8:30-8:45pm
#193597	Dec 1	Th	8:45-9:00pm
#193598	Dec 1	Th	9:00-9:15pm

Friday, December 2

#193599	Dec 2	F	4:30-4:45pm
#193600	Dec 2	F	4:45-5:00pm
#193601	Dec 2	F	5:00-5:15pm
#193602	Dec 2	F	5:15-5:30pm
#193603	Dec 2	F	5:30-5:45pm
#193604	Dec 2	F	5:45-6:00pm
#193605	Dec 2	F	6:00-6:15pm
#193606	Dec 2	F	6:15-6:30pm
#193607	Dec 2	F	6:30-6:45pm
#193608	Dec 2	F	6:45-7:00pm

#193609	Dec 2	F	7:00-7:15pm
#193610	Dec 2	F	7:15-7:30pm
#193611	Dec 2	F	7:30-7:45pm
#193612	Dec 2	F	7:45-8:00pm
#193613	Dec 2	F	8:00-8:15pm
#193614	Dec 2	F	8:15-8:30pm
#193615	Dec 2	F	8:30-8:45pm
#193616	Dec 2	F	8:45-9:00pm
#193617	Dec 2	F	9:00-9:15pm

Saturday, December 3

#193618	Dec 3	Sa	4:30-4:45pm
#193619	Dec 3	Sa	4:45-5:00pm
#193620	Dec 3	Sa	5:00-5:15pm
#193621	Dec 3	Sa	5:15-5:30pm
#193622	Dec 3	Sa	5:30-5:45pm
#193623	Dec 3	Sa	5:45-6:00pm
#193624	Dec 3	Sa	6:00-6:15pm
#193625	Dec 3	Sa	6:15-6:30pm
#193626	Dec 3	Sa	6:30-6:45pm
#193627	Dec 3	Sa	6:45-7:00pm
#193628	Dec 3	Sa	7:00-7:15pm
#193629	Dec 3	Sa	7:15-7:30pm
#193630	Dec 3	Sa	7:30-7:45pm
#193631	Dec 3	Sa	7:45-8:00pm
#193632	Dec 3	Sa	8:00-8:15pm
#193633	Dec 3	Sa	8:15-8:30pm
#193634	Dec 3	Sa	8:30-8:45pm
#193635	Dec 3	Sa	8:45-9:00pm
#193636	Dec 3	Sa	9:00-9:15pm

Sunday, December 4

#193637	Dec 4	Su	4:30-4:45pm
#193638	Dec 4	Su	4:45-5:00pm
#193639	Dec 4	Su	5:00-5:15pm
#193640	Dec 4	Su	5:15-5:30pm
#193641	Dec 4	Su	5:30-5:45pm
#193642	Dec 4	Su	5:45-6:00pm
#193643	Dec 4	Su	6:00-6:15pm
#193644	Dec 4	Su	6:15-6:30pm
#193645	Dec 4	Su	6:30-6:45pm
#193646	Dec 4	Su	6:45-7:00pm
#193647	Dec 4	Su	7:00-7:15pm
#193648	Dec 4	Su	7:15-7:30pm
#193649	Dec 4	Su	7:30-7:45pm
#193650	Dec 4	Su	7:45-8:00pm
#193651	Dec 4	Su	8:00-8:15pm
#193652	Dec 4	Su	8:15-8:30pm
#193653	Dec 4	Su	8:30-8:45pm
#193654	Dec 4	Su	8:45-9:00pm
#193655	Dec 4	Su	9:00-9:15pm

Thursday, December 8

#193656	Dec 8	Th	4:30-4:45pm
#193657	Dec 8	Th	4:45-5:00pm
#193658	Dec 8	Th	5:00-5:15pm
#193659	Dec 8	Th	5:15-5:30pm
#193660	Dec 8	Th	5:30-5:45pm
#193661	Dec 8	Th	5:45-6:00pm
#193662	Dec 8	Th	6:00-6:15pm

Special Events continued

#193663	Dec 8	Th	6:15-6:30pm
#193664	Dec 8	Th	6:30-6:45pm
#193665	Dec 8	Th	6:45-7:00pm
#193666	Dec 8	Th	7:00-7:15pm
#193667	Dec 8	Th	7:15-7:30pm
#193668	Dec 8	Th	7:30-7:45pm
#193669	Dec 8	Th	7:45-8:00pm
#193670	Dec 8	Th	8:00-8:15pm
#193671	Dec 8	Th	8:15-8:30pm
#193672	Dec 8	Th	8:30-8:45pm
#193673	Dec 8	Th	8:45-9:00pm
#193674	Dec 8	Th	9:00-9:15pm

Friday, December 9

#193675	Dec 9	F	4:30-4:45pm
#193676	Dec 9	F	4:45-5:00pm
#193677	Dec 9	F	5:00-5:15pm
#193678	Dec 9	F	5:15-5:30pm
#193679	Dec 9	F	5:30-5:45pm
#193680	Dec 9	F	5:45-6:00pm
#193681	Dec 9	F	6:00-6:15pm
#193682	Dec 9	F	6:15-6:30pm
#193683	Dec 9	F	6:30-6:45pm
#193684	Dec 9	F	6:45-7:00pm
#193685	Dec 9	F	7:00-7:15pm
#193686	Dec 9	F	7:15-7:30pm
#193687	Dec 9	F	7:30-7:45pm
#193688	Dec 9	F	7:45-8:00pm
#193689	Dec 9	F	8:00-8:15pm
#193690	Dec 9	F	8:15-8:30pm
#193691	Dec 9	F	8:30-8:45pm
#193692	Dec 9	F	8:45-9:00pm
#193693	Dec 9	F	9:00-9:15pm

Saturday, December 10

#193694	Dec 10	Sa	4:30-4:45pm
#193695	Dec 10	Sa	4:45-5:00pm
#193696	Dec 10	Sa	5:00-5:15pm
#193697	Dec 10	Sa	5:15-5:30pm
#193698	Dec 10	Sa	5:30-5:45pm
#193699	Dec 10	Sa	5:45-6:00pm
#193700	Dec 10	Sa	6:00-6:15pm
#193701	Dec 10	Sa	6:15-6:30pm
#193702	Dec 10	Sa	6:30-6:45pm
#193703	Dec 10	Sa	6:45-7:00pm
#193704	Dec 10	Sa	7:00-7:15pm
#193705	Dec 10	Sa	7:15-7:30pm
#193706	Dec 10	Sa	7:30-7:45pm
#193707	Dec 10	Sa	7:45-8:00pm
#193708	Dec 10	Sa	8:00-8:15pm
#193709	Dec 10	Sa	8:15-8:30pm
#193710	Dec 10	Sa	8:30-8:45pm
#193711	Dec 10	Sa	8:45-9:00pm
#193712	Dec 10	Sa	9:00-9:15pm

Sunday, December 11

#193713	Dec 11	Su	4:30-4:45pm
#193714	Dec 11	Su	4:45-5:00pm
#193715	Dec 11	Su	5:00-5:15pm
#193716	Dec 11	Su	5:15-5:30pm
#193717	Dec 11	Su	5:30-5:45pm
#193718	Dec 11	Su	5:45-6:00pm
#193719	Dec 11	Su	6:00-6:15pm
#193720	Dec 11	Su	6:15-6:30pm
#193721	Dec 11	Su	6:30-6:45pm
#193722	Dec 11	Su	6:45-7:00pm
#193723	Dec 11	Su	7:00-7:15pm
#193724	Dec 11	Su	7:15-7:30pm
#193725	Dec 11	Su	7:30-7:45pm
#193726	Dec 11	Su	7:45-8:00pm
#193727	Dec 11	Su	8:00-8:15pm
#193728	Dec 11	Su	8:15-8:30pm
#193729	Dec 11	Su	8:30-8:45pm
#193730	Dec 11	Su	8:45-9:00pm
#193731	Dec 11	Su	9:00-9:15pm

Mordecai Holiday Tours

Age: All Ages. Join us for our Holiday Lantern Tours and see how the holidays would have been celebrated in years past. These guided tours will take guests through the Mordecai House and grounds to watch vignettes of the Mordecai family, the enslaved people who once lived here and Civil War soldiers. Advance registration is recommended. Tours will take place rain or shine. Tickets are nonrefundable. For more information, please call 919-996-4364. \$5

Mordecai Historic Park

#194987	Dec 10	Sa	5:00-6:00pm
#194988	Dec 10	Sa	5:15-6:15pm
#194989	Dec 10	Sa	5:30-6:30pm
#194990	Dec 10	Sa	5:45-6:45pm
#194991	Dec 10	Sa	6:00-7:00pm
#194992	Dec 10	Sa	6:30-7:30pm
#194993	Dec 10	Sa	6:45-7:45pm
#194994	Dec 10	Sa	7:00-8:00pm
#194995	Dec 10	Sa	7:15-8:15pm
#194996	Dec 10	Sa	7:30-8:30pm
#194997	Dec 10	Sa	8:00-9:00pm
#194998	Dec 11	Sa	8:15-9:15pm
#194999	Dec 10	Sa	8:30-9:30pm
#195000	Dec 10	Sa	8:45-9:45pm
#195001	Dec 10	Sa	9:00-10:00pm

Mordecai Holidays Open House

Age: All Ages. Visit the Mordecai Holidays Open House and see how the home would have been decorated for the holidays in years past. Rooms will be decorated to represent colonial days through the WWII era. You can tour the house at your leisure, and volunteers will be on hand to answer questions. The open house is free, and there is no need to register. Call 919-996-4364 for information. \$0

Mordecai Historic Park

#195031	Dec 10	Sa	10:00am-4:00pm
#195032	Dec 11	Su	1:00-4:00pm

Santa's Trolley

Age: 1yr and up. Santa is lost in Raleigh and Holly the Elf needs your help to find him in time for Christmas! Have you seen him lately? Do you know where he might be? Jump aboard the Raleigh Trolley and help Holly track down Santa in time for Christmas! Advance registration is recommended. Tickets are nonrefundable. Call 919-996-4364 for tickets and information. \$10

Mordecai Historic Park

#195033	Dec 16	F	5:00-5:45pm
#195034	Dec 16	F	6:00-6:45pm
#195035	Dec 16	F	7:00-7:45pm
#195036	Dec 17	Sa	5:00-5:45pm
#195037	Dec 17	Sa	6:00-6:45pm
#195038	Dec 17	Sa	7:00-8:00pm
#195039	Dec 18	Su	5:00-5:45pm
#195040	Dec 18	Su	6:00-6:45pm
#195041	Dec 18	Su	7:00-7:45pm

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. Course Fee: \$25

Joycee Community Center
Green Road Community Center



Adventure

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 Avenet 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

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

Youth

Kids Canoeing: Wondrous Water

Age: 12-18yrs. This program is as much about science as it is paddling. As a group we will explore what makes water able to sustain life and paddle to the headwaters to get a hands-on look at life in the lake. No experience needed. Age 12 and up.

Lake Johnson – Course Fee: \$15
#191916 Sep 29 Th 4:30-6:30pm

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.

Non-City Owned Site – Course Fee: \$90
#192568 Aug 31-Oct 5 W 5:30-7:30pm

Raleigh Junior Disc Club

Age: 8-12yrs. Join the club this fall as we take on this fun and exciting outdoor sport. Learn the rules of the game, the gear you need, and have lots of fun! Pre-registration is required.

Contact the Adventure Program Office for more details (919) 996-6855

Cedar Hills Park – Course Fee \$45
#196344 Sep 15-Oct 6 Th 6:00-7:30pm

Stranded Santa: Winter Survival

Age: All Ages. Santa has crashed landed in this fun winter survival program! Together we will learn and practice outdoor winter survival techniques to make sure Santa and his gifts stay warm and dry until his elves arrive!

Lake Johnson – Course Fee: \$15
#193026 Dec 3 Sa 10:00am-1:00pm

Teen

Stars and Stripes – Military Adventure Day

Age: 10-15yrs. Spend Veteran's Day this year learning what it takes to be a true American hero. Spend teacher workday with the Adventure Program staff learning some of the skills our men and women in uniform use to survive, work together, and keep others safe. Call the Adventure Program at 919-996-6855 for more information. Preregistration is required.

Durant Nature Preserve – Course Fee: \$50
#194035 Nov 11 F 8:00am-5:30pm

Zombie Survival Course

Age: 10-15yrs. Are you ready for Halloween? What about zombies? When the zombies come we want you to be ready. We'll teach you how to survive. We will teach you everything you need to know, such as zombie avoidance tactics, zombie defense tactics, finding and fortifying shelter, strength in numbers, caring for the wounded and much more. Join us in October on a teacher workday for a fun look at what it means to be prepared for the worst case scenario—zombies. This program is hands-on and will take place mostly outdoors. Please dress for the weather and wear comfortable walking shoes. Preregistration is required at least 48 hours in advance of the program.

Durant Nature Preserve – Course Fee: \$50
#194034 Oct 31 M 8:00am-5:30pm

Adult

ADV Pool Sessions

Age: 12yrs 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
#192688 Nov 4 F 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

#192564	Nov 12	Sa	1:00-5:00pm
#192567	Dec 10	Sa	1:00-5:00pm

Stand-Up Paddleboarding: What's SUP?

Age: 12yrs and up. Experience the lake from a whole new perspective. This course is for anyone who has wanted to try stand-up paddleboarding. This 1-hour course will

teach the basics of balancing, stance and paddling as well as safety.

Lake Johnson – Course Fee: \$25

Learn to Stand-Up Paddleboard

#193571	Sep 16	F	8:00-9:00am
#193572	Sep 17	Sa	8:00-9:00am
#193573	Sep 17	Sa	9:15-10:15am

SUP Paddle Fitness Classes at Lake Johnson

Age: 16yrs and up. Our certified instructor will assist you in training to be at your best when you paddle board around beautiful Lake Johnson. Our paddle fitness classes incorporate yoga, Pilates and paddle skills to increase your strength, endurance and flexibility.

Lake Johnson – Course Fee: \$25

#193546	Sep 16	F	6:30-8:00am
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Neuse River Canoe Trip

Age: 10yrs and up. Spend a day canoeing the Neuse River with guidance from the Adventure Program staff. We will meet you at the take-out point and shuttle you to the put-in for our trip. Directions to the take-out will be provided upon registration. Preregistration is required. Participants under 18 are welcome when registered with an adult.

Non-City Owned Site – Course Fee: \$30

Family Canoe Trip

#192560	Sep 3	Sa	1:00-5:00pm
#192561	Oct 1	Sa	1:00-5:00pm

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.

Anderson Point – Course Fee: \$15

#192556	Sep 17	Sa	9:00am-12:00pm
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Method Road Community Center – Course Fee: \$15

#192557	Oct 15	Sa	9:00am-12:00pm
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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

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			
#192229	Oct 1-22	Sa	10:10-10:40am
Course Fee: \$54			
#192232	Oct 4-20	T,Th	5:10-5:40pm
#192234	Dec 6-22	T,Th	5:10-5:40pm

Millbrook Pool

Course Fee: \$39			
#192317	Sep 10-Oct 1	Sa	10:10-10:40am
#192319	Oct 8-29	Sa	10:10-10:40am
#192320	Nov 12-Dec 10	Sa	10:10-10:40am
Course Fee: \$54			
#192318	Oct 3-19	M,W	5:50-6:20pm

Optimist Pool

Course Fee: \$37			
#192452	Sep 10-24	Sa	10:50-11:20am
#192453	Oct 29-Nov 12	Sa	10:50-11:20am
Course Fee: \$54			
#192451	Sep 6-22	T,Th	4:30-5:00pm
#192454	Nov 1-17	T,Th	4:30-5:00pm
#192455	Nov 29-Dec 15	T,Th	4:30-5:00pm

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			
#192235	Oct 1-22	Sa	10:50-11:20am
Course Fee: \$54			
#192233	Sep 6-22	T,Th	4:30-5:00pm
#192238	Oct 4-20	T,Th	4:30-5:00pm
#192239	Dec 6-22	T,Th	4:30-5:00pm

Millbrook Pool

Course Fee: \$39			
#192321	Sep 10-Oct 1	Sa	9:30-10:00am
#192322	Sep 10-Oct 1	Sa	10:10-10:40am
#192327	Oct 8-29	Sa	9:30-10:00am
#192328	Oct 8-29	Sa	10:10-10:40am
#192330	Nov 12-Dec 10	Sa	9:30-10:00am
#192331	Nov 12-Dec 10	Sa	10:10-10:40am

Course Fee: \$54

#192323	Sep 12-28	M,W	10:10-10:40am
#192324	Sep 12-28	M,W	5:10-5:40pm
#192325	Oct 3-19	M,W	10:50-11:20am
#192326	Oct 3-19	M,W	5:10-5:40pm
#192329	Oct 31-Nov 16	M,W	5:10-5:40pm
#192332	Nov 28-Dec 14	M,W	5:10-5:40pm

Optimist Pool

Course Fee: \$54			
#192456	Sep 6-22	T,Th	5:10-5:40pm
#192461	Nov 1-17	T,Th	5:10-5:40pm
#192462	Nov 29-Dec 15	T,Th	5:10-5:40pm

Pullen Aquatic Center

Course Fee: \$70			
#193033	Sep 20-Oct 13	T,Th	5:10-5:40pm
#193034	Oct 25-Nov 17	T,Th	5:10-5:40pm

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			
#192228	Oct 1-22	Sa	10:10-10:40am
Course Fee: \$54			
#192227	Sep 6-22	T,Th	5:10-5:40pm

Millbrook Pool

Course Fee: \$39			
#192311	Sep 10-Oct 1	Sa	9:30-10:00am
#192314	Oct 8-29	Sa	9:30-10:00am
#192315	Nov 12-Dec 10	Sa	9:30-10:00am
Course Fee: \$54			
#192312	Sep 12-28	M,W	5:50-6:20pm
#192313	Oct 3-19	M,W	10:10-10:40am
#192316	Nov 28-Dec 14	M,W	5:50-6:20pm

Optimist Pool

Course Fee: \$37			
#192447	Sep 10-24	Sa	10:10-10:40am
#192448	Oct 29-Nov 12	Sa	10:10-10:40am
Course Fee: \$54			
#192446	Sep 6-22	T,Th	4:30-5:00pm
#192449	Nov 1-17	T,Th	4:30-5:00pm
#192450	Nov 29-Dec 15	T,Th	4:30-5:00pm

Pullen Aquatic Center

Course Fee: \$70			
#193046	Oct 25-Nov 17	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			
#192242	Oct 1-22	Sa	10:50-11:20am
Course Fee: \$54			
#192240	Sep 6-22	T,Th	4:30-5:00pm
#192243	Oct 4-20	T,Th	4:30-5:00pm
#192244	Dec 6-22	T,Th	4:30-5:00pm

Millbrook Pool

Course Fee: \$39			
#192335	Sep 10-Oct 1	Sa	10:10-10:40am
#192342	Oct 8-29	Sa	10:10-10:40am
#192344	Nov 12-Dec 10	Sa	10:10-10:40am
Course Fee: \$54			
#192336	Sep 12-28	M,W	10:50-11:20am
#192337	Sep 12-28	M,W	5:10-5:40pm
#192338	Oct 3-19	M,W	11:30am-12:00pm
#192341	Oct 3-19	M,W	5:10-5:40pm
#192343	Oct 31-Nov 16	M,W	5:10-5:40pm
#192345	Nov 28-Dec 14	M,W	5:10-5:40pm

Optimist Pool

Course Fee: \$37			
#192464	Sep 10-24	Sa	10:10-10:40am
#192465	Sep 10-24	Sa	11:30am-12:00pm
#192466	Oct 29-Nov 12	Sa	10:10-10:40am
#192467	Oct 29-Nov 12	Sa	11:30am-12:00pm
Course Fee: \$54			
#192463	Sep 6-22	T,Th	5:10-5:40pm
#192468	Nov 1-17	T,Th	5:10-5:40pm
#192469	Nov 29-Dec 15	T,Th	5:10-5:40pm

Pullen Aquatic Center

Course Fee: \$70			
#193035	Sep 20-Oct 13	T,Th	5:10-5:40pm
#193036	Oct 25-Nov 17	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			
#192246	Oct 1-22	Sa	10:50-11:20am
Course Fee: \$54			
#192245	Sep 6-22	T,Th	4:30-5:00pm
#192247	Oct 4-20	T,Th	4:30-5:00pm
#192248	Dec 6-22	T,Th	4:30-5:00pm

Millbrook Pool

Course Fee: \$39			
#192346	Sep 10-Oct 1	Sa	10:50-11:20am
#192350	Oct 8-29	Sa	10:50-11:20am
#192352	Nov 12-Dec 10	Sa	10:50-11:20am
Course Fee: \$54			
#192347	Sep 12-28	M,W	11:30am-12:00pm
#192348	Sep 12-28	M,W	5:10-5:40pm
#192349	Oct 3-19	M,W	5:10-5:40pm
#192351	Oct 31-Nov 16	M,W	5:50-6:20pm
#192353	Nov 28-Dec 14	M,W	5:50-6:20pm



Optimist Pool

Course Fee: \$37			
#192471	Sep 10-24	Sa	10:50-11:20am
#192472	Sep 10-24	Sa	11:30am-12:00pm
#192473	Oct 29-Nov 12	Sa	10:50-11:20am
#192474	Oct 29-Nov 12	Sa	11:30am-12:00pm
Course Fee: \$54			
#192470	Sep 6-22	T,Th	5:50-6:20pm
#192475	Nov 1-17	T,Th	5:50-6:20pm
#192476	Nov 29-Dec 15	T,Th	5:50-6:20pm

Pullen Aquatic Center

Course Fee: \$70			
#193037	Sep 20-Oct 13	T,Th	5:50-6:20pm
#193038	Oct 25-Nov 17	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.

Buffalo Road Aquatic Center

Course Fee: \$39			
#192250	Oct 1-22	Sa	11:30am-12:00pm
Course Fee: \$54			
#192249	Sep 6-22	T,Th	5:10-5:40pm
#192251	Oct 4-20	T,Th	5:10-5:40pm
#192252	Dec 6-22	T,Th	5:10-5:40pm

Millbrook Pool

Course Fee: \$39			
#192354	Sep 10-Oct 1	Sa	9:30-10:00am
#192355	Sep 10-Oct 1	Sa	11:30am-12:00pm
#192358	Oct 8-29	Sa	9:30-10:00am
#192359	Oct 8-29	Sa	11:30am-12:00pm
#192361	Nov 12-Dec 10	Sa	9:30-10:00am
#192362	Nov 12-Dec 10	Sa	11:30am-12:00pm
Course Fee: \$54			
#192356	Sep 12-28	M,W	5:50-6:20pm
#192357	Oct 3-19	M,W	5:50-6:20pm
#192360	Oct 31-Nov 16	M,W	5:50-6:20pm
#192363	Nov 28-Dec 14	M,W	6:30-7:00pm

Optimist Pool

Course Fee: \$37			
#192478	Sep 10-24	Sa	10:10-10:40am
#192479	Oct 29-Nov 12	Sa	10:10-10:40am
Course Fee: \$54			
#192477	Sep 6-22	T,Th	5:50-6:20pm
#192480	Nov 1-17	T,Th	5:50-6:20pm
#192481	Nov 29-Dec 15	T,Th	5:50-6:20pm

Pullen Aquatic Center

Course Fee: \$70			
#193039	Sep 20-Oct 13	T,Th	5:50-6:20pm
#193040	Oct 25-Nov 17	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.

Buffalo Road Aquatic Center

Course Fee: \$39			
#192254	Oct 1-22	Sa	11:30am-12:00pm
Course Fee: \$54			
#192253	Sep 6-22	T,Th	5:10-5:40pm
#192255	Oct 4-20	T,Th	5:10-5:40pm
#192256	Dec 6-22	T,Th	5:10-5:40pm

Millbrook Pool

Course Fee: \$39			
#192364	Sep 10-Oct 1	Sa	11:30am-12:00pm
#192367	Oct 8-29	Sa	11:30am-12:00pm
#192369	Nov 12-Dec 10	Sa	11:30am-12:00pm
Course Fee: \$54			
#192365	Sep 12-28	M,W	5:50-6:20pm
#192366	Oct 3-19	M,W	5:50-6:20pm
#192368	Oct 31-Nov 16	M,W	6:30-7:00pm
#192370	Nov 28-Dec 14	M,W	6:30-7:00pm

Optimist Pool

Course Fee: \$37			
#192483	Sep 10-24	Sa	10:50-11:20am
#192484	Sep 10-24	Sa	11:30am-12:00pm
#192485	Oct 29-Nov 12	Sa	10:50-11:20am
#192486	Oct 29-Nov 12	Sa	11:30am-12:00pm

continued on page 14 —

Swim Lesson Optimist Pool continued from page 13 —

Course Fee: \$54

#192482	Sep 6-22	T,Th	6:30-7:00pm
#192487	Nov 1-17	T,Th	6:30-7:00pm
#192488	Nov 29-Dec 15	T,Th	6:30-7:00pm

Pullen Aquatic Center
Course Fee: \$70

#193041	Sep 20-Oct 13	T,Th	6:30-7:00pm
#193042	Oct 25-Nov 17	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

#192258	Oct 1-22	Sa	11:30am-12:00pm
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Course Fee: \$54

#192257	Sep 6-22	T,Th	5:50-6:20pm
#192259	Oct 4-20	T,Th	5:50-6:20pm
#192260	Dec 6-22	T,Th	5:50-6:20pm

Millbrook Pool

Course Fee: \$39

#192371	Sep 10-Oct 1	Sa	10:50-11:20am
#192374	Oct 8-29	Sa	10:50-11:20am
#192376	Nov 12-Dec 10	Sa	10:50-11:20am

Course Fee: \$54

#192372	Sep 12-28	M,W	6:30-7:00pm
#192373	Oct 3-19	M,W	6:30-7:00pm
#192375	Oct 31-Nov 16	M,W	6:30-7:00pm
#192377	Nov 28-Dec 14	M,W	7:10-7:40pm

Optimist Pool

Course Fee: \$37

#192490	Sep 10-24	Sa	10:50-11:20am
#192491	Oct 29-Nov 12	Sa	10:50-11:20am

Course Fee: \$54

#192489	Sep 6-22	T,Th	6:30-7:00pm
#192492	Nov 1-17	T,Th	6:30-7:00pm
#192493	Nov 29-Dec 15	T,Th	6:30-7:00pm

Pullen Aquatic Center

Course Fee: \$70

#193043	Sep 20-Oct 13	T,Th	6:30-7:00pm
#193044	Oct 25-Nov 17	T,Th	7:10-7:40pm

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.

Buffaloe Road Aquatic Center

Course Fee: \$39

#192262	Oct 1-22	Sa	12:10-12:40pm
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Course Fee: \$54

#192261	Sep 6-22	T,Th	5:50-6:20pm
#192263	Oct 4-20	T,Th	5:50-6:20pm
#192264	Dec 6-22	T,Th	5:50-6:20pm

Millbrook Pool

Course Fee: \$39

#192379	Sep 10-Oct 1	Sa	10:50-11:20am
#192382	Oct 8-29	Sa	10:50-11:20am
#192384	Nov 12-Dec 10	Sa	10:50-11:20am

Course Fee: \$54

#192380	Sep 12-28	M,W	6:30-7:00pm
#192381	Oct 3-19	M,W	6:30-7:00pm
#192383	Oct 31-Nov 16	M,W	7:10-7:40pm

Optimist Pool

Course Fee: \$37

#192495	Sep 10-24	Sa	9:30-10:00am
#192496	Oct 29-Nov 12	Sa	9:30-10:00am

Course Fee: \$54

#192494	Sep 6-22	T,Th	7:10-7:40pm
#192497	Nov 1-17	T,Th	7:10-7:40pm
#192498	Nov 29-Dec 15	T,Th	7:10-7:40pm

Pullen Aquatic Center

Course Fee: \$70

#193045	Oct 25-Nov 17	T,Th	7:10-7:40pm
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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.

Buffaloe Road Aquatic Center

Course Fee: \$39

#192267	Oct 1-22	Sa	12:10-12:40pm
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Course Fee: \$54

#192266	Sep 6-22	T,Th	5:50-6:20pm
#192268	Oct 4-20	T,Th	5:50-6:20pm
#192269	Dec 6-22	T,Th	5:50-6:20pm

Millbrook Pool

Course Fee: \$39

#192385	Sep 10-Oct 1	Sa	11:30am-12:00pm
#192388	Oct 8-29	Sa	11:30am-12:00pm
#192389	Nov 12-Dec 10	Sa	11:30am-12:00pm

Course Fee: \$54

#192386	Sep 12-28	M,W	6:30-7:00pm
#192387	Oct 3-19	M,W	6:30-7:00pm

Optimist Pool

Course Fee: \$37

#192500	Sep 10-24	Sa	9:30-10:00am
#192502	Oct 29-Nov 12	Sa	9:30-10:00am

Course Fee: \$54

#192499	Sep 6-22	T,Th	7:10-7:40pm
#192503	Nov 1-17	T,Th	7:10-7:40pm
#192504	Nov 29-Dec 15	T,Th	7:10-7:40pm

Swim Team – Intra-City Swim Association

Age: 3-18yrs. Experience competitive swimming in a fun, enjoyable and relaxed environment. Prerequisite: Participants must be able to swim 25 yards unassisted.

Millbrook Pool – Course Fee: \$71

Ages 3-10

#192411	Oct 25-Dec 15	T,Th	6:00-6:45pm
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Ages 11-18

#192412	Oct 25-Dec 15	T,Th	7:00-7:45pm
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Optimist Pool – Course Fee: \$71

Ages 3-10

#192509	Oct 24-Dec 14	M,W	6:00-6:45pm
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Ages 11-18

#192510	Oct 24-Dec 14	M,W	7:00-7:45pm
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Pullen Aquatic Center – Course Fee: \$71

Ages 3-8

#193053	Oct 24-Dec 14	M,W	5:45-6:30pm
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Ages 9-18

#193054	Oct 24-Dec 14	M,W	6:45-7:30pm
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Adult

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.

Buffaloe Road Aquatic Center

Course Fee: \$45

#192271	Oct 1-22	Sa	12:10-12:50pm
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Course Fee: \$60

#192270	Sep 6-22	T,Th	6:30-7:10pm
#192272	Oct 4-20	T,Th	6:30-7:10pm

Millbrook Pool

Course Fee: \$45

#192390	Sep 10-Oct 1	Sa	8:50-9:30am
#192393	Oct 8-29	Sa	8:50-9:30am
#192394	Nov 12-Dec 10	Sa	8:50-9:30am

Course Fee: \$60

#192391	Sep 12-28	M,W	7:10-7:50pm
#192392	Oct 3-19	M,W	7:10-7:50pm
#192395	Nov 28-Dec 14	M,W	7:10-7:50pm

Optimist Pool

Course Fee: \$43

#192505	Sep 10-24	Sa	9:20-10:00am
#192506	Oct 29-Nov 12	Sa	9:20-10:00am

Pullen Aquatic Center

Course Fee: \$76

#193051	Oct 24-Nov 16	M,W	5:45-6:25pm
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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.

Buffaloe Road Aquatic Center

Course Fee: \$60

#192273	Sep 6-22	T,Th	6:30-7:10pm
#192274	Oct 4-20	T,Th	6:30-7:10pm
#192275	Dec 6-22	T,Th	6:30-7:10pm

Millbrook Pool

Course Fee: \$45

#192396	Sep 10-Oct 1	Sa	8:50-9:30am
#192398	Oct 8-29	Sa	8:50-9:30am
#192400	Nov 12-Dec 10	Sa	8:50-9:30am

Course Fee: \$60

#192397	Sep 12-28	M,W	7:10-7:50pm
#192399	Oct 31-Nov 16	M,W	7:10-7:50pm

Optimist Pool

Course Fee: \$43

#192507	Sep 10-24	Sa	9:20-10:00am
#192508	Oct 29-Nov 12	Sa	9:20-10:00am

Pullen Aquatic Center

Course Fee: \$76

#193052	Oct 24-Nov 16	M,W	6:45-7:25pm
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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.

Buffaloe Road Aquatic Center

Course Fee: \$60
#192276 Dec 6-22 T,Th 6:30-7:10pm

Millbrook Pool

Course Fee: \$45
#192401 Sep 10-Oct 1 Sa 8:50-9:30am
#192405 Oct 8-29 Sa 8:50-9:30am
#192406 Nov 12-Dec 10 Sa 8:50-9:30am
Course Fee: \$60
#192402 Sep 12-28 M,W 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

#192511 Aug 8-31 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

#193261 Oct 25-Nov 17 T,Th 5:00-8:30pm

Triathlon Swim Training

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: \$60

#195123 Sep 13-29 T,Th 6:20-7:00pm
#195124 Oct 3-19 M,W 7:10-7:50pm

Water Safety Instructor – American Red Cross

Age: 16yrs and up. 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.

Optimist Pool – Course Fee: \$225

#192783 Sep 7-23 M,W,F 5:00-9:00pm

Family

Deep Water Exercise – Intervals

Age: 13yrs and up. Intervals, Intensity Level 3, offers a combination of high- and low-intensity exercises designed to keep you moving.

Millbrook Pool

Sep 8-Dec 29 Th 6:00-7:00pm
Aug 15-Dec 26 M 6:00-7:00pm

Pullen Aquatic Center

Sep 12-Dec 30 M,W,F 8:30-9:30am
Sep 12-Dec 30 M,W,F 11:00am-12:00pm
Sep 14-Dec 28 W 6:00-7:00pm

Deep Water Exercise – Power Hour

Age: 13yrs and up. Power Hour, Intensity Level 4-5, teaches quick, continuous and powerful movements with no impact for the advanced exerciser.

Millbrook Pool

Sep 6-Dec 27 T 6:00-7:00pm
Sep 10-Dec 31 Sa 8:00-9:00am

Shallow Water Exercise – Aqua Combo

Age: 13yrs and up. Combo refers to water depth. This combo class allows you to place yourself in water up to your chest or neck, depending on personal preference. This class encourages you to work at your

own comfort level and may challenge the beginner water exerciser.

Optimist Pool

Sep 5-Dec 30 M,W,F 9:00-10:00am
Sep 5-Dec 30 M,W,F 10:00-11:00am

Shallow Water Exercise – Arthritis

Age: 13yrs and up. Arthritis Class, Intensity Level 1-2, is designed for people with arthritis, fibromyalgia or other conditions who would benefit from a range-of-motion exercise.

Pullen Aquatic Center

Sep 12-Dec 30 M,W,F 9:45-10:45am

Shallow Water Exercise – Current Channel Challenge – FlexReg

Age: 6yrs and up. Current Channel Challenge, Intensity Level 2-4, offers combination use of current channel, water resistance, shallow water area and exercise equipment. It is modified into a family format for all ages as noted on the schedule.

Buffaloe Road Aquatic Center

Sep 6-Dec 29 T,Th 10:30-11:30am

Shallow Water Exercise – Hydro-fusion

Age: 13yrs and up. Hydro-fusion, Intensity Level 2-4, is designed for all fitness levels. This class offers a variety of continuous exercises to gain muscular strength, coordination and cardiovascular endurance.

Millbrook Pool

Sep 5-Dec 30 M,W,F 10:00-11:00am

Optimist Pool

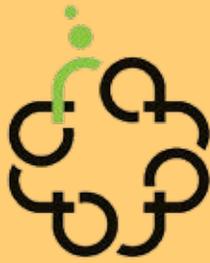
Sep 6-Dec 29 T,Th 9:00-10:00am

Shallow Water Exercise – Water Walking – FlexReg

Age: 13yrs and up. Water Walking, Intensity Level 1-2, is designed for all fitness levels. This class focuses on flexibility and cardiovascular endurance, allowing participants to improve range of motion using long movements.

Millbrook Pool

Sep 5-Dec 30 M,W,F 9:00-10:00am



Office of raleigh arts

Raleigh Parks, Recreation
& Cultural Resources

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 Half Percent for Art** program, which allocates one half 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

August and September 2016

Pottery by **Charlie Tefft**
Artist Talk and Opening Reception
Thursday, September 9 at 7pm

October 2016

Jewelry by Students of **The College of the Albemarle**, Professional Arts, Metals Program
Paintings by **Peter Marin**

November and December 2016

Annual Participants' Show
Reception in conjunction with our annual holiday potluck
Friday, December 9 from 12:00pm-2:00pm

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

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

Sertoma Arts Center's Gallery Exhibits

September-October

On Exhibit:
Raleigh Room: **Susie Huser + Anne Harmon**; mixed media
Hall Gallery: **Lauri Arsen**; paintings
On Display: **Ann Lawtey**; prints + Raleigh Miniatures Guild

November-December

On Exhibit:
Annual Student/Instructor/Patron Show



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

Going on a Safari Hunt

#195262 Sep 9 F 12:30-1:30pm
#195263 Sep 10 Sa 12:30-1:30pm

Whooh's There?

#195264 Oct 7 F 12:30-1:30pm
#195265 Oct 8 Sa 12:30-1:30pm

Thankful Turkeys

#195266 Nov 4 F 12:30-1:30pm
#195267 Nov 5 Sa 12:30-1:30pm

Holly Holidays

#195268 Dec 2 F 12:30-1:30pm
#195269 Dec 3 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.

Instructor: Maureen Seltzer.

Optimist Community Center – Course Fee: \$45

#194147 Sep 7-Oct 5 W 10:30-11:15am
#194148 Oct 12-Nov 9 W 10:30-11:15am
#194149 Nov 16-Dec 21 W 10:30-11:15am

Ballerina Buttercups

Age: 3-5yrs. Do you have a future ballerina that 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 step 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

#193771 Sep 14-28 W 4:15-5:00pm
#193774 Dec 7-21 W 4:15-5:00pm

Course Fee: \$40

#193767 Sep 7-28 W 10:00-10:45am
#193768 Oct 5-26 W 10:00-10:45am
#193769 Nov 2-23 W 10:00-10:45am
#193770 Nov 30-Dec 21 W 10:00-10:45am
#193772 Oct 5-26 W 4:15-5:00pm
#193773 Nov 9-30 W 4:15-5:00pm

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

Raleigh Little Theatre

Website: <http://raleighlittletheatre.org/>

Email: info@raleighlittletheatre.org

Box Office: 919-821-3111

Since 1936, Raleigh Little Theatre has been 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

August 19-September 4

Memphis (Musical)

September 23-October 9

Mothers and Sons (Contemporary Drama)

October 28-November 13

A Charlie Brown Christmas/Jingle Bell Jukebox (Holiday Musical)

December 2-18

Cinderella (Holiday Musical)

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

Theatre In The Park

Website: www.theatreinthepark.com

Email: info@theatreinthepark.com

Box Office 919-831-6058

Business Office: 919-831-6936

Theatre In The Park, located in the northern end of Raleigh's 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

September 8-11

True West by Sam Shepard

September 15-18

Almost Maine by John Cariani

September 22-25

Southern Baptist Sissies by Del Shores

December 9-11, 16-18

The Santaland Diaries

December 7-11

A Christmas Carol

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

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: \$27

#194526 Sep 12-26 M 5:00-6:00pm

Course Fee: \$36

#194527 Oct 3-31 M 5:00-6:00pm

#194528 Nov 7-Dec 12 M 5:00-6:00pm

Course Fee: \$60

#195060 Sep 12-Oct 24 M 5:00-6:00pm

Ballet Basics – Preschool

Age: 3yrs. Young dancers will have fun working on each ballet movement in barre exercise and center exercise and learning to combine 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 are encouraged to develop their own creativity. Prior experience is not necessary. Instructor Hanna Chio has a BA in dance and a BA in private studio teaching.

Green Road Community Center – Course Fee: \$70

#194012 Sep 10-Oct 22 Sa 10:00-10:45am

#194013 Oct 29-Dec 17 Sa 10:00-10:45am

Ballet Basics I

Age: 4-6yrs. Young dancers will have fun working on each ballet movement in barre exercise and center exercise and learning to combine 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 are encouraged to develop their own creativity. Prior experience is not necessary. Instructor Hanna Chio has a BA in dance and a BA in private studio teaching.

Green Road Community Center – Course Fee: \$70

#194014 Sept 10-Oct 22 Sa 11:00-11:45am

#194015 Oct 29-Dec 17 Sa 11:00-11:45am

Ballet Basics at Greystone

Age: 3-5yrs. 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

#193783 Sep 8-29 Th 10:00-10:45am

#193784 Oct 6-27 Th 10:00-10:45am

#193786 Dec 1-22 Th 10:00-10:45am

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: \$27

#194711 Dec 3-17 Sa 12:00-12:30pm

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

#194845 Sep 10-Oct 1 Sa 10:15-11:15am

#194846 Oct 8-29 Sa 10:15-11:15am

#194847 Nov 12-Dec 10 Sa 10:15-11:15am

continued on page 18 —

continued from page 17 —

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
#194841 Sep 10-Oct 1 Sa 9:15-10:15am
#194842 Oct 8-29 Sa 9:15-10:15am
#194843 Nov 12-Dec 10 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
Level 1
#195282 Sep 12-Oct 10 M 10:30-11:15am
#195283 Oct 17-Nov 14 M 10:30-11:15am
#195284 Nov 21-Dec 19 M 10:30-11:15am

Level 2
#195285 Sep 12-Oct 10 M 11:30am-12:15pm
#195290 Oct 17-Nov 14 M 11:30am-12:15pm
#195291 Nov 21-Dec 19 M 11:30am-12:15pm

Dance – Hippy '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: \$27
#194522 Sep 12-26 M 6:00-7:00pm
Course Fee: \$36
#194523 Oct 3-24 M 6:00-7:00pm
#194524 Nov 7-Dec 12 M 6:00-7:00pm
Course Fee: \$60
#195048 Sep 12-Oct 24 M 6:00-7:00pm

Dance – Little Fancy Feet

Age: 18-36mths. Share the joy of dancing together with your child. Dancers will choose their 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
#193755 Sep 9-30 F 11:00-11:45am
#193756 Oct 7-28 F 11:00-11:45am
#193758 Dec 2-23 F 11:00-11:45am
#193759 Sep 9-30 F 11:45am-12:30pm
#193760 Oct 7-28 F 11:45am-12:30pm
#193762 Dec 2-23 F 11:45am-12:30pm

Dance – Preschool Tap, Step 'n Jazz

Age: 2-3yrs. Rhythmic dance fun! Enjoy learning the basics of tap and jazz through movement expression, heel-toe, shuffle, cross-steps and combination dance patterns with style and jazz. It's easy to dance and fun

to compose using exciting dance props and music. Instructor: Ms. Khadija (Coach K).
Laurel Hills Community Center – Course Fee: \$36
#194730 Oct 1-22 Sa 12:00-12:30pm

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
#192784 Sep 8-Oct 13 Th 4:00-5:00pm
#192785 Oct 27-Dec 8 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
#193834 Sep 6-27 T 5:00-6:00pm
#193835 Oct 4-25 T 5:00-6:00pm
#193836 Nov 1-Dec 13 T 5:00-6:00pm

Dance – Twinkle and Roll

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
#193838 Sep 6-27 T 10:45-11:30am
#193839 Oct 4-25 T 10:45-11:30am
#193840 Nov 1-Dec 13 T 10:45-11:30am

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.

Greystone Community Center
Course Fee: \$30
#193089 Dec 6-20 T 11:30am-12:15pm
Course Fee: \$40
#193086 Sep 6-27 T 11:30am-12:15pm
#193087 Oct 4-25 T 11:30am-12:15pm
#193088 Nov 1-22 T 11:30am-12:15pm

Fun Fall Frenzy

Age: 3-6yrs. Join us to celebrate all things fall! We will make fun fall crafts, play fun fall games and enjoy a fall story. What a fun, colorful class this will be.

Greystone Community Center – Course Fee: \$8
#193796 Oct 13 Th 10:00-11:30am

Handprint Art

Age: 2-5yrs. What better way to capture precious childhood memories than through a handprint? You'll be surprised by what little fingers can create! Each participant will receive a keepsake handprint art project to take home.

Greystone Community Center – Course Fee: \$10
#193795 Oct 8 Sa 10:00-11:30am

Little Crafters

Age: 2-5yrs. Children will explore each theme through crafts and activities. The class will meet at the small shelter near the playground. Parent participation is required for children ages 2-3 and encouraged for children ages 4-5. Preregistration is required.

Anderson Point – Course Fee: \$4
#194678 Sep 15 Th 10:00-10:45am
#194679 Oct 6 Th 10:00-10:45am

Mommy and Me Movement

Age: 18-36mths. Through interactive games, lively music and simple combinations, babies and parents will experience the joy of rhythm and dance with Ms. Judy. This amazing collaboration of play and movement is a great way to burn a few calories while having fun!

Greystone Community Center
Course Fee: \$30
#193765 Nov 3-17 Th 11:00-11:45am
Course Fee: \$40
#193763 Sep 8-29 Th 11:00-11:45am
#193764 Oct 6-27 Th 11:00-11:45am
#193766 Dec 1-22 Th 11:00-11:45am

Movin' & Groovin' Mommy and Me

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, guardians and nannies-and-me pairs are welcome, too!

Greystone Community Center – Course Fee: \$40
#194101 Oct 6-27 Th 9:15-9:45am

Paper Bag Puppets

Age: 3-5yrs. Join us as we transform plain brown paper bags into creative and decorative puppets. Participants will create puppets of their choice. All supplies are provided. Parent participation is required. Light refreshments will be served.

Greystone Community Center – Course Fee: \$8
#193818 Nov 10 Th 10:30-11:30am

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

#193294	Sep 10	Sa	9:30-10:30am
#193295	Oct 8	Sa	9:30-10:30am
#193296	Oct 29	Sa	9:30-10:30am
#193297	Nov 12	Sa	9:30-10:30am
#193298	Dec 17	Sa	9:30-10:30am

Preschool – Adventures in Creative Drama

Age: 4-5yrs. Come explore the world of drama! We will be using our bodies, voices and creativity on our imagination journeys. Each week we will ‘travel’ to various places such as an alien planet, a pirate ship on the high seas and the wonderful world of Candy Land. Classes will take inspiration from books, music and artwork! In addition to fostering creativity, focus will be on building stronger voices and increasing body awareness. Jen MacPherson instructs.

Sertoma Arts Center – Course Fee: \$60

#193376	Sep 12-Oct 17	M	11:00am-12:00pm
#193377	Nov 7-Dec 12	M	11:00am-12:00pm

Preschool – Imagination Movement and Craft

Age: 2-3yrs. In this energizing drama class, children and their caretakers will play creative movement and drama games to exercise bodies, voices, and imaginations. Books, art work, and music will inspire weekly themes.

Each session will wind down with an age-appropriate craft pertaining to the theme. Jen MacPherson instructs.

Sertoma Arts Center – Course Fee: \$60

#193374	Sep 12-Oct 17	M	9:45-10:45am
#193375	Nov 7-Dec 12	M	9:45-10:45am

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.

Sertoma Arts Center – Course Fee: \$45

#192586	Sep 8-Oct 13	Th	9:30-10:15am
#192587	Sep 9-Oct 14	F	9:30-10:15am
#192588	Nov 3-Dec 15	Th	9:30-10:15am
			no class Nov 24
#192589	Oct 28-Dec 16	F	9:30-10:15am
			no class Nov 11 and 25

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.

Sertoma Arts Center – Course Fee: \$60

#192590	Sep 12-Oct 17	M	9:30-10:30am
#192591	Sep 8-Oct 13	Th	10:45-11:45am
#192592	Nov 7-Dec 12	M	9:30-10:30am
#192593	Oct 27-Dec 8	Th	10:45-11:45am
			no class Nov 24

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.

Sertoma Arts Center – Course Fee: \$60

#192594	Sep 14-Oct 19	W	1:00-2:00pm
#192595	Nov 2-Dec 14	W	1:00-2:00pm
			no class Nov 23

Preschool Music and Movement

Age: 2-5yrs. This parent and toddler music and movement class is a great way to start your week. Each session will involve music, movements, stories, crafts and more! Parent participation is required. Please dress to get messy for this class as our arts and crafts may involve paint and glue. Instructor: Jessica Marshall.

Optimist Community Center – Course Fee: \$45

#195022	Sep 13-Oct 25	T	10:15-11:15am
#195023	Nov 1-Dec 13	T	10:15-11:15am

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

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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
 #193047 Sep 13-Oct 18 T 10:00-10:50am
 #193048 Sep 14-Oct 19 W 10:00-10:50am
 #193049 Nov 1-Dec 6 T 10:00-10:50am
 #193050 Nov 2-Dec 7 W 10:00-10:50am

Teddy Bear Day Celebration

Age: 3-5yrs. Join us as we celebrate National Teddy Bear Day. Participants should bring their favorite teddy bears as we have fun spending time with our fuzzy friends. Listen to fascinating stories about special teddy bears, make bear crafts and play games with our special friends. Bear treats will be provided.

Greystone Community Center – Course Fee: \$8
 #193787 Sep 9 F 3:00-4:30pm

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: \$70
 #193091 Oct 6-Nov 10 Th 10:00-11:00am

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
 #194613 Sep 3-24 Sa 11:00-11:45am
 #194618 Oct 1-22 Sa 11:00-11:45am
 #194620 Oct 29-Nov 19 Sa 11:00-11:45am
 #194621 Dec 3-17 Sa 11:00-11:45am
 #194622 Sep 3-24 Sa 12:00-12:45pm
 #194628 Oct 1-22 Sa 12:00-12:45pm
 #194629 Oct 29-Nov 19 Sa 12:00-12:45pm
 #194630 Dec 3-17 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. Instructor: Maureen Seltzer.
Optimist Community Center – Course Fee: \$45
 #194467 Sep 7-Oct 5 W 4:30-6:00pm
 #194468 Oct 12-Nov 9 W 4:30-6:00pm
 #194469 Nov 16-Dec 14 W 4:30-6:00pm

All American Girls Create and Play

Age: 5-11yrs. 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: \$12
Going on a Picnic
 #195244 Sep 10 Sa 10:00am-12:00pm
Halloween Party
 #195247 Oct 8 Sa 10:00am-12:00pm
Thankful Thoughts
 #195248 Nov 5 Sa 10:00am-12:00pm
Holiday Fun!
 #195249 Dec 3 Sa 10:00am-12:00pm

Art – Art Around the World

Age: 7-10yrs. Come travel with us! Each week we'll learn about a different country and create projects inspired by its art. Destinations may include Australia, China, Egypt, Ghana, India, Mexico, Peru and more. No two sessions are ever alike, so sign up for them all! Instructor: Michelle Davis Petelinz.

Sertoma Arts Center – Course Fee: \$70
 #192596 Sep 14-Oct 19 W 4:30-6:30pm
 #192597 Nov 2-Dec 14 W 4:30-6:30pm
 no class Nov 23

Art – Art-Rageous Prints

Age: 7-10yrs. Each week, we'll explore a new way to make prints, sometimes using surprising tools. Projects include potato prints, monoprints, yarn printing, gelatin

printing and puzzle prints. Instructor: Michelle Davis Petelinz.

Sertoma Arts Center – Course Fee: \$70
 #192598 Sep 12-Oct 17 M 1:00-3:00pm
 #192599 Nov 7-Dec 12 M 1:00-3:00pm

Art – Game Creators

Age: 7-10yrs. If you've ever wanted to design your own game for which you make up the rules, the board and all the game pieces, here's your chance! Become a toy maker, and create an entire game, including the logo, box, board, playing pieces and book of rules. Then we'll play everyone's game on the last day of class. Michelle Davis Petelinz instructs.

Sertoma Arts Center – Course Fee: \$70
 #192600 Sep 13-Oct 18 T 4:30-6:30pm
 #192601 Nov 8-Dec 13 T 4:30-6:30pm

Art – Let's Paint!

Age: 7-11yrs. If you love to paint, this is the class for you! We'll learn about color mixing, brushes, different types of paint and how each works on paper and canvas, then we'll create a different painted art project each week. Instructor: Michelle Davis Petelinz.

Sertoma Arts Center – Course Fee: \$70
 #192602 Sep 13-Oct 18 T 2:00-4:00pm
 #192603 Nov 8-Dec 13 T 2:00-4:00pm

Art – Monday Masterpieces

Age: 7-11yrs. We'll paint like Picasso, find out why the Blue Dog is blue, paint landscapes with odd palettes, create stabiles, become abstract expressionists and more! After exploring the work of well-known artists, we'll create our own masterpieces. Each session is different. Instructor: Michelle Davis Petelinz.

Sertoma Arts Center – Course Fee: \$70
 #192604 Sep 12-Oct 17 M 4:30-6:30pm
 #192605 Nov 7-Dec 12 M 4:30-6:30pm

Art4Fun – Birdhouses

Age: 8-11yrs. 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
#194496 Oct 20-Nov 3 Th 4:00-6:00pm

Art4Fun – Making Masks

Age: 8-11yrs. 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
#194493 Sep 15-Oct 6 Th 4:00-6:00pm

Ballet – Beginning

Age: 4-7yrs. Bring your ballerina to participate in a fun-filled, dance-centered environment. Students will start with an introduction to basic principles and terminology of ballet. Students will learn to increase their awareness of posture and body alignment. So come join our dance program and see your child's body awareness, self-image, flexibility and coordination develop and grow. Instructor: Ms. Khadija (Coach K).

Laurel Hills Community Center
Course Fee: \$31.50
#194610 Dec 3-17 Sa 1:00-1:45pm

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. Instructor: Jessica Marshall.

Optimist Community Center – Course Fee: \$45
#195185 Sep 15-Oct 27 Th 4:30-5:30pm
#195186 Nov 3-Dec 22 Th 4:00-5:00pm

Ballet Basics II

Age: 6-8yrs. Young dancers will have fun working on each ballet movement in barre exercise and center exercise and learning to combine 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 are encouraged to develop their own creativity. Prior experience is not necessary. Instructor Hanna Chio has a BA in dance and a BA in private studio teaching.

Green Road Community Center – Course Fee: \$70
#194010 Sep 10-Oct 22 Sa 12:00-12:45pm
#194011 Oct 29-Dec 17 Sa 12:00-12:45pm

Ballet Basics III

Age: 8-13yrs. Young dancers will gain a sense of awareness of bodily coordination and body 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
#194016 Sep 10-Oct 22 Sa 1:00-1:45pm
#194017 Oct 29-Dec 17 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
#194631 Sep 3-24 Sa 10:00-10:45am
#194632 Oct 1-22 Sa 10:00-10:45am
#194633 Oct 29-Nov 19 Sa 10:00-10:45am
#194634 Dec 3-17 Sa 10:00-10:45am

Ballet/Lyrical/Tap for Shooting Stars

Age: 6-13yrs. The first half of this class for ages 6-13 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
#194848 Sep 10-Oct 1 Sa 11:15am-12:15pm
#194849 Oct 8-29 Sa 11:15am-12:15pm
#194850 Nov 12-Dec 10 Sa 11:15am-12:15pm

Ballroom Dance for Ladies and Gents

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 show the basics of swing, salsa, waltz, fox-trot, rumba and more 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: \$70
#193093 Oct 6-Nov 10 Th 3:00-3:45pm

Boo'tiful Krafty Kid

Age: 3-8yrs. Celebrate Halloween with fun and easy crafts. To get into the spirit of Halloween join us for a great time creating spooky monsters and spiders! You'll find the activities to be a treat to add to your Halloween celebrations. Anyone can find a

way to partake in the Halloween spirit.

Greystone Community Center – Course Fee: \$8
#194032 Oct 24 M 3:30-5:00pm

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. Come join the Chosen Kids Dance Crew!

Ralph Campbell Community Center
Course Fee: \$10
#195756 Sep 1-27 T,Th 6:30-7:30pm

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
#195014 Sep 23 F 6:00-7:00pm

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
#194505 Sep 8-29 Th 5:30-6:30pm
#194506 Oct 6-27 Th 5:30-6:30pm
#194507 Nov 3-Dec 8 Th 5:30-6:30pm
Course Fee: \$60
#195065 Sep 8-Oct 27 Th 5:30-6:30pm

Dance – Ballet, Tap & Contemporary Combo

Age: 6-12yrs. This is a special dance program designed to give boys and girls a chance to experience a variety of dance styles in a fun and loving atmosphere among their friends. Ballet, tap and contemporary will be taught at a fast pace to get a sample of multiple styles of dance in one class. Tap and ballet shoes required. Instructor: Jessica Marshall.

Optimist Community Center – Course Fee: \$45
#195132 Sep 13-Oct 25 T 4:15-5:15pm
#195133 Nov 1-Dec 13 T 4:15-5:15pm

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 end-of-course routine.

Hill Street Center – Course Fee: \$50
#192813 Sep 13-Oct 18 T 6:00-7:00pm
#192814 Oct 25-Nov 29 T 6:00-7:00pm

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Dance – Jazz-z Creative Dance

Age: 4-7yrs. Come, little dancers, and do your thing! You know you like to pop and swing! Learn dances from around the world as you jazz it up, flip, heel-toe and rock 'n roll! Dance pirouette solo arabesque. Perform top hat moves, use floating ribbon streamers, scarves and other memorable props to enhance your artistic dance experience for life. Class improves motor skills, fitness and social skills, and the music is great. Instructor: Ms. Khadija (Coach K).

Laurel Hills Community Center – Course Fee: \$42
#194717 Oct 29-Nov 19 Sa 1:00-1:45pm

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
#193822 Sep 6-27 T 6:00-7:00pm
#193823 Oct 4-25 T 6:00-7:00pm
#193824 Nov 1-Dec 13 T 6:00-7:00pm
#193825 Sep 7-28 W 7:00-8:00pm
#193826 Oct 5-26 W 7:00-8:00pm
#193827 Nov 2-Dec 14 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
#193830 Sep 7-28 W 6:00-7:00pm
#193831 Oct 5-26 W 6:00-7:00pm
#193832 Nov 2-Dec 14 W 6:00-7:00pm

DIY – Hats

Age: 3-5yrs. Calling all potential fashion designers! Celebrate Make a Hat Day with your friends by designing your very own hat. Here's your chance to show off your designer skills. All supplies provided.

Greystone Community Center – Course Fee: \$10
#193790 Sep 15 Th 10:00-11:30am
#193791 Sep 15 Th 4:30-5:30pm

Don't Worry, Be Thankful

Age: 3-8yrs. Thanksgiving is a time to be thankful for what we have. It is also a time

to enjoy fall colors, turkeys and family fun. Children will enjoy activities that encourage spending time with people who are close to them and the important moments in life. With festive crafts, children will be reminded to give thanks for the good things they have encountered.

Greystone Community Center – Course Fee: \$8
#194033 Nov 22 T 4:00-5:30pm

Grand Craft

Age: 3-5yrs. Do something grand for your grandparents on this Grandparent's Day. Help make their day memorable by making a special gift just for them. Participants will design a gift to capture precious memories. All supplies are included.

Greystone Community Center – Course Fee: \$10
#193788 Sep 10 Sa 10:00-11:00am
#193789 Sep 10 Sa 11:30am-12:30pm

Dance – Hip Hop

Age: 5-8yrs. This fun high-energy class uses the latest pop music to teach students hip hop dance moves. Emphasis will be placed on coordination, rhythm, timing, and confidence. Class will include time to freestyle which develops their own sense of style and promotes artistic expression, movement, and teamwork in a fun, musical environment. Hip Hop is always age appropriate and always a blast for both boys and girls! Dance to today's hottest music!

Greystone Community Center
Course Fee: \$30
#193775 Sep 12-26 M 5:00-6:00pm
#193778 Dec 5-19 M 5:00-6:00pm
Course Fee: \$40
#193776 Oct 3-24 M 5:00-6:00pm
#193777 Nov 7-28 M 5:00-6:00pm

Holiday Craft Fun

Age: 3-5yrs. Make a special one-of-a-kind holiday ornament and craft keepsake. Instructor: Maureen Seltzer.

Optimist Community Center – Course Fee: \$15
#195367 Dec 17 Sa 10:30am-12:30pm
#195368 Dec 17 Sa 1:00-3:00pm

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. Instructor: Maureen Seltzer.

Optimist Community Center – Course Fee: \$45
#194379 Sep 7-Oct 5 W 1:30-3:00pm
#194380 Oct 12-Nov 9 W 1:30-3:00pm
#194381 Nov 16-Dec 21 W 1:30-3:00pm

Modern Dance 101

Age: 8-14yrs. This is a Horton-based modern technique class for youth ages 8-14. Students will learn the fundamentals of the Horton technique instructed by Jamie Shakur. This class is engaging yet challenging and will enhance strength,

flexibility and form. No prior experience is necessary.

Abbotts Creek Community Center – Course Fee: \$60
#193131 Sep 7-28 W 4:30-5:30pm
#193133 Oct 5-26 W 4:30-5:30pm
#193135 Nov 2-30 W 4:30-5:30pm
#193138 Dec 7-28 W 4:30-5:30pm

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.
Sertoma Arts Center – Course Fee: \$150
#193434 Sep 8-Nov 17 Th 6:15-7:30pm

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
#194156 Sep 1-22 Th 4:00-5:00pm
#194157 Oct 6-27 Th 4:00-5:00pm
#194158 Nov 3-17 Th 4:00-5:00pm
#194159 Dec 1-22 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 4-week session led by the very crafty instructor, Linda Martin! Linda will lead you and your child through a different activity each week that will inspire imaginations and encourage creativity. Be sure to wear clothes that you don't mind getting dirty!

Abbotts Creek Community Center – Course Fee: \$40
#192915 Sep 6-27 T 4:00-5:30pm
#192927 Oct 4-25 T 4:00-5:30pm
#192928 Nov 1-22 T 4:00-5:30pm
#192929 Dec 6-27 T 4:00-5:30pm

Note Worthy

Age: 6-12yrs. This course promises to offer an exciting hands on learning experience into the world of Classical music. Note Worthy offers small group instruction and training on classical musical instruments and teaches music theory and performance preparation.

Brentwood Park – Course Fee: \$45
#195154 Sep 12-Oct 10 M 5:00-6:00pm
#195155 Nov 7-Dec 5 M 5:00-6:00pm

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Ooey-Goey Fun

Age: 5-9yrs. Do you enjoy playing with slime, putty or clay? Come show off your creativity skills. Join us as we make a concoction from scratch. All participants will also receive a takeaway. Let's have fun as we roll, squeeze, stretch and design various creations.

Greystone Community Center – Course Fee: \$8
#194036 Sep 16 F 4:30-6:00pm

Performing Arts – Storybook Drama: Create and Collaborate

Age: 5-8yrs. Stories, both classic and recent, are the source of inspiration for this creative drama class! Children will play drama games, learn basic theater skills, and improvise scenes from stories while developing their voices, bodies, and imaginations. Focus will be on both individual and ensemble exercises. Jen MacPherson instructs.

Sertoma Arts Center – Course Fee: \$60
#193378 Sep 10-Oct 15 Sa 10:00-11:00am
#193379 Nov 5-Dec 17 Sa 10:00-11:00am
no class Nov 26

Performing Arts – Think on Your Feet Improv

Age: 9-11yrs. In this high energy class children will play improvisation games and create skits while learning basic acting skills. Improvisation teaches students to use their creative voices and listen to each other in order to work as a team. Focus will be on developing public speaking skills and stage presence. Jen MacPherson instructs.

Sertoma Arts Center – Course Fee: \$65
#193380 Sep 10-Oct 15 Sa 11:15am-12:45pm
#193381 Nov 5-Dec 17 Sa 11:15am-12:45pm
no class Nov 26

Pottery – Handbuilding for Children

Age: 5-8yrs. Children work with clay and learn various methods of constructing pottery, such as pinch, coil and slab, to form their own unique creations. Pieces will be glazed during the last class, so don't miss it! Students can pick up finished work after course is completed. Instructor: Lynn Kurisko.

Sertoma Arts Center – Course Fee: \$60
#193897 Sep 12-Oct 3 M 4:15-5:30pm
#193898 Sep 13-Oct 4 T 4:15-5:30pm

Pottery – Holiday Gifts by Young Potters

Age: 5-10yrs. Students will learn basic handbuilding techniques to create two unique holiday gifts: a funky plate or platter for goodies or snacks and an enclosed candle holder. Pieces will be decorated and glazed during the second class and left for firing. Finished pottery will be available for pickup the next week. No previous clay experience is necessary. Lynn Kurisko instructs.

Sertoma Arts Center – Course Fee: \$32
#193901 Nov 7-14 M 4:30-6:00pm
#193902 Nov 8-15 T 4:30-6:00pm

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
#193290 Sep 8-15 Th 6:00-8:00pm
#193291 Oct 6-13 Th 6:00-8:00pm
#193292 Nov 10-17 Th 6:00-8:00pm
#193293 Dec 8-15 Th 6:00-8:00pm

Pottery – Let's Make a Picture Frame and a Coaster

Age: 6-10yrs. Children will create funky picture frames and coasters. During the first class children will shape the clay and decorate with textures. In the second class the pieces will be decorated with various colored glazes and left for firing. Finished pieces can be picked up one week after the final class. Instructor: Patty Merrell.

Sertoma Arts Center – Course Fee: \$48
#193910 Sep 18-25 Su 1:45-3:15pm

Pottery – Parent/Child Handbuilding

Age: 5-12yrs. This is a hands-on class in which a parent (or grandparent or caregiver) assists children in making clay projects, including pinch pots, coil building and slab work. After all projects are made, they will be fired and glazed. Clay is an amazing and tactile substance the child uses to create artwork. Come and enjoy spending time creating with your child. Parents will be able to pick up the finished pieces a week after the class is over. Instructor: Lynn Kurisko.

Sertoma Arts Center – Course Fee: \$60
#193899 Sep 21-Oct 12 W 6:00-7:30pm

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
#194488 Sep 24 Sa 9:30-10:30am
#194489 Nov 5 Sa 9:30-10:30am
#194490 Nov 19 Sa 9:30-10:30am

Saturday Sewing Jr.

Age: 11-17yrs. 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
#195104 Oct 29-Nov 19 Sa 10:00-11:00am

Thimble Thespians II: Children at Play!

Age: 6-10yrs. 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: \$69
#193094 Oct 6-Nov 10 Th 5:00-6:00pm

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

Course Fee: \$27
#194668 Sep 12-26 M 7:00-8:00pm
Course Fee: \$36
#194669 Oct 3-24 M 7:00-8:00pm
Course Fee: \$60
#195062 Sep 12-Oct 24 M 7:00-8:00pm
#195064 Nov 7-Dec 12 M 7:00-8:00pm

Turning Over A New Leaf

Age: 3-8yrs. Enjoy the fall weather with these cool fall crafts. There is so much beauty in the autumn months, capturing the season's colors can be magnificent. Children have the opportunity to create memorable activities that incorporate leaves changing colors and fruits such as apples being harvested. To make your fall festive your children will learn through lessons using themes of nature.

Greystone Community Center – Course Fee: \$8
#194031 Sep 30 F 3:00-4:30pm

Teen

Art4Fun II – Sculpture

Age: 12-16yrs. Students will make sculptures out of several different materials, including clay and found objects. Sculpture is a fun way to explore how material, objects and 3D shapes relate to each other to compose compelling art. All materials provided. Instructor: Amy Veatch. (3 sessions)

Pullen Arts Center – Course Fee: \$55
#194503 Nov 30-Dec 14 W 4:00-6:30pm

Art4Fun II – Sewing

Age: 12-16yrs. We will use hand and machine sewing to make an infinity scarf and a tote bag from fun fabric, buttons, ribbon and other notions. This is a class for beginner or intermediate sewing skills. If there is time, we will make an extra project, too! All materials provided. Instructor: Amy Veatch. (2 sessions)

Pullen Arts Center – Course Fee: \$45
#194498 Oct 22-29 Sa 10:00am-1:00pm

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
#193842 Sep 6-27 T 7:00-8:00pm
#193843 Oct 4-25 T 7:00-8:00pm
#193844 Nov 1-Dec 13 T 7:00-8:00pm

Funky Soul Hip Hop

Age: 13-18yrs. Learning more advanced routines and tricks from the younger ages in this funky class! Showing techniques of isolating body parts and being able to slide like MJ.

Lake Lynn Community Center – Course Fee: \$45
#194881 Sep 8-29 Th 7:30-8:30pm
#194882 Oct 6-27 Th 7:30-8:30pm
#194883 Nov 3-Dec 1 Th 7:30-8:30pm

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. Instructor: Amy Veatch. (4 sessions)

Pullen Arts Center – Course Fee: \$68
#195070 Oct 19-Nov 9 W 4:00-6:00pm

Moonlight Ballet/Lyrical

Age: 13-18yrs. This class 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
#194860 Sep 8-29 Th 6:30-7:30pm
#194861 Oct 6-27 Th 6:30-7:30pm
#194879 Nov 3-Dec 1 Th 6:30-7:30pm

Painting – Abstracts for Teens

Age: 11-15yrs. 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 which 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 is \$12. Instructor: Rebecca Rousseau. (1 session)

Pullen Arts Center – Course Fee: \$38
#192886 Sep 24 Sa 10:30am-2:30pm

Painting – Acrylics Painting for Teens

Age: 11-16yrs. Beginners get a good introduction to elements of design and principles of art and color mixing that they will carry forward into their paintings. We'll also be working on technique and composition. Painters with previous experience will continue working on technique, further enhancing skill and voice. Instructor: Karen Santrock.

Sertoma Arts Center – Course Fee: \$75
#193895 Nov 2-Dec 14 W 4:30-6:30pm
no class Nov 23

Performing Arts – Act Fast! Improv

Age: 13-17yrs. Knowing how to play, be spontaneous and trust one's instincts are invaluable skills every acting student must develop. Learning to think fast is also a great life skill. In this class, students will participate in improvisation games and exercises designed to promote group problem-solving, build self-confidence and encourage spontaneity. It's also a lot of fun! Instructor from Raleigh Little Theatre.

Sertoma Arts Center – Course Fee: \$125
#192727 Sep 12-Oct 17 M 4:00-6:00pm

Performing Arts – Actor's Workout

Age: 13-17yrs. Get ready for the stage through developing the three primary tools of the actor—the brain, body, and voice! Through a wide range of exciting theatre exercises, students will practice improvisation, physical characterization, and effective vocal techniques all in the effort to get ready for the spotlight! Raleigh Little Theatre instructs.

Sertoma Arts Center – Course Fee: \$125
#192728 Nov 7-Dec 12 M 4:00-6:00pm

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
#192913 Oct 24-27 M-Th 4:00-6:30pm

Pottery – Wheel Throwing for Teens

Age: 12-16yrs. Teens learn the basics of throwing pots on the potter's wheel. Class time includes throwing demonstrations followed by practice time on the wheel. Students work at their own level, so all teens

are welcome! Class ends with glazing all pots for firing, which can be picked up by the students after class has ended. This class does not qualify participants for a studio card. Instructor: Joan Walsh. (6 sessions)
Sertoma Arts Center – Course Fee: \$80
#193900 Sep 26-Oct 31 M 4:00-6:00pm

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: \$27
#195398 Sep 15-Oct 6 Th 6:30-7:30pm
Course Fee: \$36
#195399 Oct 6-27 Th 6:30-7:30pm
#195476 Nov 3-Dec 15 Th 6:30-7:30pm
Course Fee: \$60
#195414 Sep 15-Oct 27 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
#195180 Sep 3-24 Sa 1:00-2:00pm
#195189 Oct 1-22 Sa 1:00-2:00pm
#195190 Oct 29-Nov 19 Sa 1:00-2:00pm
#195192 Dec 3-24 Sa 1:00-2:00pm

Art – Color Theory

Age: 16yrs and up. Students will explore the aspects of color, how we perceive color and how to use color in a pleasing composition. This fun, no-pressure class will help artists improve their work in all color media. Supply list on Sertoma's webpage. Instructor: Chelsea Brown.

Sertoma Arts Center – Course Fee: \$50
#192576 Sep 7-Oct 12 W 9:30-11:00am

Art – Sculpting Fun Forms

Age: 15yrs and up. Learn how to create 3D art objects using simple paper manipulation techniques! Learn techniques for paper mache-made forms, bend/fold/cut sculptures, folded origami animal mobiles and a variety of other simple art making methods. Small class size ensures more individual attention. All materials provided. Instructor: Lori Buchanan.

Sertoma Arts Center – Course Fee: \$40
#194023 Sep 15-Oct 6 Th 5:30-7:30pm

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Ballroom Dance

Age: 16yrs and up. Have fun at social events by learning five or more of these popular ballroom dances: swing, foxtrot, rumba, cha-cha, hustle, waltz and tango. This course introduces basic steps, timing and rules of the dance floor. The final week is a brief review, followed by a mini dance party where you can test your skills and get personal help.
Greystone Community Center
Course Fee: \$55
#193068 Sep 9-Oct 14 F 6:00-7:00pm

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.
Pullen Community Center
#194268 Sep 7-28 W 7:00-9:30pm
#194269 Oct 5-26 W 7:00-9:30pm
#194270 Nov 2-30 W 7:00-9:30pm
#194271 Dec 7-28 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 Class
#195202 Sep 15-Oct 27 Th 5:30-6:30pm
#195203 Nov 3-Dec 22 Th 5:30-6:30pm
Intermediate Class
#195204 Sep 15-Oct 27 Th 6:30-7:30pm
#195205 Nov 3-Dec 22 Th 6:30-7:30pm

Bookmaking – A Carnival of Books

Age: 16yrs and up. Make four books that are informed by a love of the circus, fairs and carnivals. We'll make a longstitch book from a box of Animal Crackers, a swinging panel book that looks like a house of mirrors, a flexagon book that transforms like a bizarre creature inside the freak show tent, and a carousel book. Additional supply fee of \$50 to instructor includes all materials to make these fun books with content and charm. Instructor: Kathy Steinsberger. (6 sessions)
Pullen Arts Center – Course Fee: \$92
#193941 Sep 20-Oct 25 T 9:30am-12:30pm

Bookmaking – In Love With Longstitch!

Age: 16yrs and up. This class for all levels explores longstitch bindings by making four longstitch books, each with a different colorful exposed longstitch binding on the spine that corresponds to a unique cover

material and closure option. A supply fee of \$45 is payable to the instructor at the first class. Instructor: Kathy Steinsberger. (6 sessions)
Pullen Arts Center – Course Fee: \$92
#193942 Nov 8-Dec 13 T 6:00-9:00pm

Bookmaking – Magic Box and 3 Books

Age: 16yrs and up. This class will explore the magic box, a variation of the Jacob's ladder toy, by crafting a box with three compartments. Then we will make three different petite books to live inside the magic box. Supply fee of \$50 is payable to the instructor at the first class. Instructor: Kathy Steinsberger. (6 sessions)
Pullen Arts Center – Course Fee: \$92
#193938 Oct 5-Nov 9 W 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
#193952 Sep 7-28 W 7:30-10:00pm
#193953 Oct 5-26 W 7:30-10:00pm
#193954 Nov 2-23 W 7:30-10:00pm
#193955 Dec 7-28 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
#194362 Sep 2-30 F 6:00-10:30pm
#194363 Oct 7-28 F 6:00-10:30pm
#194364 Nov 4-25 F 6:00-10:30pm
#194365 Dec 2-30 F 6:00-10:30pm

Dance Like the Stars Ballroom Sampler

Age: 16yrs and up. Dancing is one of 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 so that you can be the Belle of the Ball or the Dapper Dancing Dude. Learn salsa, swing, waltz, fox-trot, slow dance and more, depending on the group's preference. Each class includes practice time to seal in those newly acquired steps. No experience or partner necessary—just a desire for fun. Stick with it and you, too, can dance like a star! Slick or suede-bottomed shoes are recommended.
Greystone Community Center – Course Fee: \$79
#193096 Oct 6-Nov 10 Th 12:00-12:45pm

Drawing – Advanced Drawing

Age: 16yrs and up. Developing a frame of reference, critical thinking and strategies for drawing, this course is for students who wish to continue their practice of drawing and those thinking about developing a body of work either for exhibition or as a personal goal. Advanced drawing offers a space to incubate ideas into a body of work through one-on-one mentoring, critical thinking and personal narrative. Supply list provided. Instructor: Peter Marin. (6 sessions)
Pullen Arts Center – Course Fee: \$90
#193925 Oct 25-Dec 6 T 9:30am-12:30pm

Drawing – Basic Drawing Techniques Part 1

Age: 16yrs and up. This class is for beginners and those who need a refresher. Explore contour, proportion, shape, form, value, space and perspective. A drawing course is recommended before any painting course. This will provide a great foundation. Supply lists are available on Sertoma's webpage. Instructor: Chelsea Brown.
Sertoma Arts Center – Course Fee: \$84
#192569 Sep 9-Oct 14 F 9:30am-12:00pm

Drawing – Basic Drawing Techniques Part 2

Age: 16yrs and up. This class is for students who have taken a basic drawing class. Students will explore value, style, space, texture and portraiture. Supply lists are available on Sertoma's webpage. Instructor: Chelsea Brown.
Sertoma Arts Center – Course Fee: \$84
#192570 Oct 28-Dec 16 F 9:30am-12:00pm
no class Nov 11 and 25

Drawing – Beginning

Age: 16yrs and up. The definition of the word 'drawing' is '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. Instructor: Sue Soper or Peter Marin. (6 sessions)
Pullen Arts Center – Course Fee: \$85
#193351 Sep 12-Oct 17 M 6:30-9:00pm
#193920 Nov 7-Dec 12 M 6:30-9:00pm

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. Supply list

available upon registration. Instructor:
Sue Soper (6 sessions)
Pullen Arts Center – Course Fee: \$85
#193348 Oct 27-Dec 8 Th 4:00-6:30pm

Drawing – Drawing and Painting with Colored Pencil

Age: 16yrs and up. Take your drawings to a colorful new level by applying colored pencil. You will learn the basic techniques of layering colors to achieve varied effects in this introductory course. With colored pencil you can produce light tones or deep, richly detailed paintings. This medium allows for control, portability and variety. Students will be able to complete a small drawing/painting during the six-week course. All skill levels are accepted. Supply list is available on Sertoma’s homepage. Instructor is a member of the Colored Pencil Society of America. Dottie Miller instructs.
Sertoma Arts Center – Course Fee: \$84
#193314 Sep 13-Oct 18 T 10:00am-12:30pm

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. (5 sessions)
Pullen Arts Center – Course Fee: \$90
#193345 Nov 4-Dec 16 F 10:00am-12:30pm

Drawing – Pastels

Age: 16yrs and up. Enjoy pastel as a medium on its own or use it as a stepping stone from drawing to painting. Students will explore both oil and chalk pastels as they draw a new subject each week. Completion of a beginning drawing class is recommended before this class. Supply list available on Sertoma’s website. Instructor: Chelsea Brown.
Sertoma Arts Center – Course Fee: \$84
#192577 Oct 26-Nov 30 W 9:30am-12:00pm

Drawing – Workshop: Drawing for Fun

Age: 16yrs and up. Make your mark. Lose your creative inhibitions. Learn the basics of drawing. No muss, no fuss. No stress, no tests. Just bring yourself—we’ll have paper and pencils galore. Spend one morning playing through exercises to explore the world of drawing. All materials supplied. Instructor: Suzanne McDermott.
Sertoma Arts Center – Course Fee: \$60
#193346 Sep 24 Sa 10:00am-1:00pm

Drawing – Workshop: The ABCs of Hand Lettering

Age: 16yrs and up. Learn the basics of hand lettering! Bring a few favorite quotes and create a page or two of hand lettered beauty. This workshop will focus on ways to use lettering for the holidays! All materials supplied. Instructor: Suzanne McDermott.
Sertoma Arts Center – Course Fee: \$60
#193371 Nov 19 Sa 10:00am-1:00pm

Drawing – Workshop: Zentangle for Beginners

Age: 16yrs and up. The Zentangle art method is an easy-to-learn, relaxing and fun way to create beautiful images by drawing structured patterns. It increases focus and creativity and provides artistic satisfaction along with an increased sense of personal well-being. The Zentangle method is enjoyed all over the world by people of all ages, skills and interests. It is easy to learn and easy to do. Materials fee of \$12 is due to instructor at start of workshop and includes all supplies needed. Instructor: Cathy Boytos.
Sertoma Arts Center – Course Fee: \$25
#192735 Sep 7 W 6:30-9:00pm
#192736 Oct 26 W 6:30-9:00pm

Drawing – Zentangle for Beginners

Age: 16yrs and up. The Zentangle art method is an easy-to-learn, relaxing and fun way to create beautiful images by drawing structured patterns. Almost anyone can use it to create beautiful images. It increases focus and creativity and provides artistic satisfaction along with an increased sense of personal well-being. The Zentangle method is enjoyed all over the world across a wide range of skills, interests and ages. With the Zentangle method, anyone can create beautiful images from repetitive patterns. It is easy to learn and easy to do. Materials fee of \$20 is due at first class and includes all supplies needed. Instructor: Cathy Boytos.
Sertoma Arts Center – Course Fee: \$84
#192733 Sep 10-Oct 15 Sa 10:00am-12:30pm
#192734 Oct 29-Dec 10 Sa 10:00am-12:30pm
no class Nov 26

Education – The Artist’s Way

Age: 22yrs and up. If you’d like to tap into your creative, intuitive side and explore what’s next for you, The Artist’s Way can show you a way of thinking that can open up exciting new paths. Whether you are an aspiring or working artist, have a specific goal in mind or would like to discover what’s possible, you’ll find this group of like-minded people to be supportive and the class transformational! The process is designed to expand your creative and personal interests, increase your confidence, overcome your blocks and transform your relationship with your inner critic. And it’s fun! Class members enjoy connecting and making new friends. Visit The Artist’s Way—Raleigh on Facebook. Class supply fee of \$7 is payable to the instructor at first class. Bring your copy of ‘The Artist’s Way’ and a

journal for daily entries. This is not an art class. Instructor: Marlene Pelligrino.
Sertoma Arts Center – Course Fee: \$155
The Artist’s Way Part I
#192225 Sep 20-Oct 18 T 1:00-3:30pm
The Artist’s Way Part II
#192226 Oct 25-Nov 29 T 1:00-3:30pm
no class Nov 22

Fibers – Shibori from Scratch

Age: 16yrs and up. This is an introductory or refresher course for learning the basics of shibori. Techniques will cover aspects of stitch (nui shibori), clamped resist (itajime), pole wrapping (arashi) and other cloth manipulations. We will also consider approaches to a few classic patterns and motifs. Cloth pieces will be dyed in indigo for the traditional blue and white patterning. A \$15 supply fee will cover expendable tools and dye material used in class, including needles and thread. Participants will bring their own cloth (cotton, linen, rayon or silk), dish washing type gloves, small embroidery type scissors and appropriate protective clothing for the dye studio. Instructor: Susan Fennell. (2 sessions)
Pullen Arts Center – Course Fee: \$90
#194018 Sep 24-25 Sa-Su 10:00am-4:00pm

Fibers – Traditional Japanese Embroidery

Age: 18yrs and up. The technique of Japanese embroidery goes back more than 1,600 years. We use silk and metallic fibers on silk fabrics to produce traditional and modern designs for framing. Instruction follows an orderly progression of steps with a new design at each level. This workshop is open to beginners as well as current students at all levels. Current students should bring projects they are working on. New students are required to purchase the full kit of tools and supplies from the instructor. Supply list with costs is available on Sertoma’s homepage. Instructor needs one-month’s notice to order supplies for new students. New students are highly encouraged to contact the instructor for more information before enrolling. Additional supplies will be available for purchase from instructor in class. Instructor: Pam Reading.
Sertoma Arts Center – Course Fee: \$75
#193432 Nov 5-6 Sa-Su 9:30am-4:30pm

Fibers – Waldorf Style Dolls

Age: 16yrs and up. You’ll learn how to construct one of these adorable dolls made of wool and cotton, using techniques drawn from traditional European dollmaking. The doll’s appearance is intentionally simple to allow the child playing with it to grow imagination and creativity. Supply fee of \$40 will be due to the instructor. Students should bring their own fabric scissors and two fat quarters. Pullen Arts Center has a limited number of sewing machines available; if you have a sewing machine, we encourage you to bring it. Instructor: Pam Currie. (2 sessions)
Pullen Arts Center – Course Fee: \$98
#194019 Nov 5-6 Sa-Su 9:00am-4:00pm
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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 Rhodes. (2 sessions)

Pullen Arts Center – Course Fee: \$50
#192980 Sep 10-11 Sa-Su 1:00-3:30pm
#193974 Oct 26-27 W-Th 6:00-8:30pm
#192982 Nov 26-27 Sa-Su 1:00-3:30pm
#192983 Dec 3-4 Sa-Su 1:00-3:30pm

Glass – Fused Glass Ornaments

Age: 16yrs and up. Curious about fused glass? In this one-day class, you will get an introduction to the fundamentals of preparing glass for fusing while creating your own set of fused glass ornaments. No previous experience with glass is necessary. All tools will be provided. Supplies for up to six small ornaments will be provided. Ornaments will be available for pick up two weeks after the course. Instructor: Linda Martin. (1 session)

Pullen Arts Center – Course Fee: \$32
#193962 Nov 12 Sa 9:30am-12:00pm
#193964 Nov 16 W 6:00-8:30pm

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 square inches) 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. (5 sessions)

Pullen Arts Center – Course Fee: \$104
#193972 Nov 22-Dec 20 T 6:00-8:30pm

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. 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 Rhodes. (5 sessions)

Pullen Arts Center – Course Fee: \$104
#193959 Sep 8-Oct 6 Th 6:00-8:30pm

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 \$30, 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 (September) or Melanie Stoer (October).

Pullen Arts Center – Course Fee: \$104
#193440 Sep 26-29 M-Th 9:30am-12:30pm
#193958 Oct 3-31 M 6:30-9:00pm

Glass – Non-guided Open Studio

Age: 16yrs and up. This is an opportunity for experienced glass students to have access to Pullen Arts' molds and kiln to further develop skills learned in prior Glass Fusing and Slumping classes. No instruction will be provided in this class, so students must have completed at least two glass fusing classes at Pullen Arts prior to joining the Non-guided Open Studio class. A studio

monitor will be on site to ensure safe studio practices are used and to load/unload the kiln, but there will be no formal lessons during this class. All glass used in this class must be Bullseye brand fusible COE90 glass. Students will have access to molds, glastac, glass cleaner, grinder and safety glasses, but all other supplies (including frit, cutter, running pliers, and grozier pliers) must be purchased by the student. Only works created during class time that are 12 x 12 or smaller will be fired. Prerequisite: At least two prior fusing and slumping classes at Pullen Arts. Studio monitor: Linda Martin. (1 session)

Pullen Arts Center – Course Fee: \$30
#193439 Dec 10 Sa 9:30am-12:30pm

Jewelry – Beading and Wire Wrapping for Beginners

Age: 16yrs and up. Learn to string and crimp in the first class and how to crimp two different ways. In the second class, you will make single- and double-wrapped loops with wire and beads and learn to attach them directly to the chain as well as to attach them using jump rings. In the third class, you will make simple loops with wire and beads and learn to attach them directly to each other. You will also learn to attach them using jump rings. In the fourth class, you will make a bangle bracelet mostly from wire, learn how to make the core of a bracelet with wire, coil wire and make your own hook and S clasp. In the last two classes, you will learn how to make your own findings, including eye pins and earring wires and incorporate beads to make a bracelet. You will leave each class with a finished project that you designed, except when techniques require more than one class. Jewelry kits are available upon request. (Notify Sertoma of request at least two weeks before the start date of course.) Kits vary in price and materials. Jewelry kit information and class supply list are available on Sertoma's website. Instructor: Elizabeth Strugat.

Sertoma Arts Center – Course Fee: \$96
#195798 Sep 8-Oct 13 Th 6:30-8:30pm

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
#193265 Sep 13-Oct 18 T 10:00am-12:30pm
#193267 Sep 20-Oct 25 T 7:00-9:30pm

Jewelry – Boxes

Age: 16yrs and up. Dive into the basics of boxes! In this class, students will learn to make a basic hinged box to hold business cards. We will focus on perfecting construction, soldering and hinge building techniques. Prerequisite: Beginning and Continuing Metal at Pullen Arts Center. Instructor Sarah West (6 sessions)
Pullen Arts Center – Course Fee: \$104
 #193404 Sep 26-Oct 31 M 7:00-9:30pm

Jewelry – Embellishment Weekend Workshop

Age: 16yrs and up. Surface Embellishment and Die Forming for Metal. Create a pendant or earrings using surface embellishment techniques and die forming. In this workshop, we will use a simple and safe etching process that will result in the creation of etched brass plates that can be used for roll printing silver. We will use die forming and the hydraulic press to add dimension to our work. Kum-boo (a Korean gold foil overlay technique) will be used as a final embellishment. Instructor: Kathryn Osgood (2 sessions).
Pullen Arts Center – Course Fee: \$120
 #193403 Sep 17-18 Sa-Su 9:00am-4:00pm

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. During the open studio, you will have access to torch firing in the jewelry studio with one of the designated torches. This is a self-guided, noninstructional class. This is a great class to finish up projects you may have started in 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
 #193883 Sep 15 Th 1:00-4:00pm
 #193884 Sep 22 Th 1:00-4:00pm
 #193885 Sep 29 Th 1:00-4:00pm
 #193886 Oct 6 Th 1:00-4:00pm
 #193887 Oct 20 Th 1:00-4:00pm
 #193888 Oct 27 Th 1:00-4:00pm
 #193889 Nov 3 Th 1:00-4:00pm
 #193890 Nov 10 Th 1:00-4:00pm
 #193891 Nov 17 Th 1:00-4:00pm
 #193892 Dec 1 Th 1:00-4:00pm

Jewelry – Fluid Form and Creative Color

Age: 16yrs and up. This workshop will allow students to quickly and easily translate floral shapes into three dimensional forms in light gauge copper suitable for enameling and coloring processes. Students will utilize basic forming techniques using delrin

mallets, carved wooden stakes, pliers and their hands. The overall goal is to give students confidence in forming allowing them to create while fully embracing the third dimension. Students will create a finished brooch, pendant or earrings. In addition to enamels, fun whimsical and immediate coloring techniques will be introduced with a variety of acrylic paints, Prismacolor pencils, nail enamel and rub-n- buff metallic pigments. Students will be able to color their pieces through a single technique or a combination of techniques with their own unique aesthetic sensibility and color palette. Annealing, soldering, sawing and filing skills are recommended but not required. A variety of skill levels are welcome. Instructor: Allison Pack (2 session)

Pullen Arts Center – Course Fee: \$140
 #193311 Nov 5-6 Sa-Su 9:00am-4:00pm

Jewelry – Hydraulic Press Class

Age: 16yrs and up. Learn how to emboss, raise metal, and make hollow forms while maintaining surface embellishment. Prerequisite: Beginning Jewelry at Pullen Arts. Silver ordered first class (approx. \$30). Instructor: Amy Veatch (6 sessions).

Pullen Arts Center – Course Fee: \$104
 #193307 Nov 8-Dec 13 T 7:00-9:30pm

Jewelry – Intermediate/Advanced Wire Wrapping

Age: 16yrs and up. In the first class, you will learn to cage beads with wire and make your own hook and clasp, leaving with a finished bracelet. In the second class, you will learn to wire and wrap individual and multiple beads to make a necklace or bracelet. In the third and fourth classes, you will learn to make core wire components, which serve as the core of a bracelet or necklace to which you can attach charms or bead dangles. You will also learn to make wire components and beads out of wire that you can attach to the core or incorporate into any piece of jewelry. You will leave the fourth class with a finished bracelet. In the last two classes, you will learn to make a continuous figure eight out of one piece of wire and to weave beads onto this base for a beautiful, finished look. You will learn to make your own hook, different from the first, and you will leave the last class with an infinity bracelet. Jewelry kits are available upon request. (Notify Sertoma of request at least two weeks before start date of course.) Kits vary in price and materials. Jewelry kit information and class supply list are available on Sertoma's home page. Instructor: Elizabeth Strugat.

Sertoma Arts Center – Course Fee: \$96
 #195810 Nov 3-Dec 8 Th 6:30-8:30pm
 no class Nov 24

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
 #193269 Sep 7-Oct 19 W 7:00-9:30pm
 #193268 Nov 1-Dec 6 T 10:00am-12:30pm

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. (6 sessions)

Pullen Arts Center – Course Fee: \$90
 #193302 Sep 15-Oct 6 Th 10:00am-2:00pm
 #193305 Oct 20-Nov 10 Th 10:00am-2:00pm
 #193306 Dec 1-22 Th 10:00am-2:00pm

Jewelry – Rings and Stone Settings

Age: 16yrs and up. This class will explore jewelry design, fabrication, stone setting and assembling techniques that are related to the ring concept. Aesthetic value of jewelry comes from the artist's imagination and execution rather than the size of the stone or value of the metal. We will fashion rings of personal importance, expression and adornment. This class will center around lecture and demonstration with plenty of time for individual attention. We will attempt to create jewelry that is unpredictable, honest, visually complex, bold, confident, simple and beautiful. Basic metalworking skills required. Instructor: Tim Lazure. (2 sessions)

Pullen Arts Center – Course Fee: \$135
 #193309 Dec 10-11 Sa-Su 9:00am-4:00pm

Jewelry – Texture, Texture, Texture

Age: 16yrs and up. Do you love texture? Explore hammering, stamping, etching, roll printing, hydraulic press, and fold form textures in this class. Using 18, 20, 22, and 24 gauge copper sheet metal, students will use these techniques alone and in combination to add layers of texture to their jewelry. Beginning metals skills needed. Supply List: 6'x 6' piece of each 18, 20, 22, and 24 gauge copper. Instructor: Amy Veatch (6 sessions)

Pullen Arts Center – Course Fee: \$104
 #193405 Nov 2-Dec 14 W 10:00am-12:30pm

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Jewelry – Workshop: Crocheting with Wire and Beads

Age: 16yrs and up. Did you know that you can crochet with wire and beads? Once you learn this technique, you will be able to crochet beautiful necklaces, bracelets and earrings! You will be limited only by your own imagination. You will leave this workshop with a beautiful wire crocheted bracelet that you designed. Jewelry kits are available upon request. (Notify Sertoma of request at least two weeks before start date of workshop.) Kits vary in price and materials. Jewelry kit information and class supply list are available on Sertoma's website. Instructor: Elizabeth Strugatz.

Sertoma Arts Center – Course Fee: \$65
#195811 Sep 17-18 Sa-Su 12:30-4:30pm

Jewelry – Workshop: Doming, Stamping and Cold Connecting

Age: 16yrs and up. If you love to make jewelry with wire and beads, then learning how to make jewelry with sheet metal is a natural progression. Warning: Once you learn these techniques, you are likely to become addicted, and the design possibilities are infinite! In this workshop, you will learn how to cut sheet metal with tin snips, file it, dome/dap it, stamp and texture it and connect charms to it without using heat. You will learn how to make your own hook and clasp, and you will leave this class with a finished bracelet that you designed! Jewelry kits are available upon request. (Notify Sertoma of request at least two weeks before start date of workshop.) Kits vary in price and materials. Jewelry kit information and class supply list are available on Sertoma's website. Instructor: Elizabeth Strugatz.

Sertoma Arts Center – Course Fee: \$65
#195813 Nov 12-13 Sa-Su 12:30-4:30pm

Jewelry – Workshop: Wire Weaving Around a Cabochon

Age: 16yrs and up. If you love the way cabochons look when they are wrapped with wire and beads, then this workshop is for you! You will learn a nontraditional way to wire wrap a cabochon using a wire-weaving technique. You will also learn to weave additional wire and small beads into the wire for an intricate, delicate and beautiful finished look! You will leave this workshop with a finished wire-wrapped cabochon that you designed and can use as a pendant on a necklace of your design. Jewelry kits are available upon request (Notify Sertoma of request at least two weeks before the start date of workshop.) Kits vary in price and materials. Jewelry kit information and class supply list are available on Sertoma's website. Instructor: Elizabeth Strugatz.

Sertoma Arts Center – Course Fee: \$65
#195812 Oct 8-9 Sa-Su 12:30-4:30pm

Jewelry/Bookmaking – Tiny Handmade Books with Metal Covers

Age: 16yrs and up. Learn the art of bookmaking and metalsmithing in one class! In this weekend workshop Jenny Mahaffey and Sarah West will teach traditional book binding methods and basic metalsmithing techniques. Jenny will guide you through the design and construction process of the books and Sarah will show you how to create beautiful covers by stamping, drilling, riveting and enameling on copper. Participants will leave this class with two small books measuring 3x3 inches. Bring any small found objects or mementos you may want to incorporate. Supply fee \$35 will include all you need to complete your books. (2 sessions)

Pullen Arts Center – Course Fee: \$120
#193310 Oct 1-2 Sa-Su 9:00am-4:00pm

Mat Cutting – Mat Cutting Basics

Age: 15yrs and up. Learn basic mat design and cutting and qualify to use our C&H professional mat cutter. Also learn how to wire a frame for hanging and shrink wrapping. You will design and cut a single mat and learn how to cut a double mat. You must bring a photo or artwork (up to 11 x 14 inches) to mat. A \$20 materials fee, payable to the instructor, includes all items you need to mat and mount one or two pieces. Instructor: Leatha Koefler.

Sertoma Arts Center – Course Fee: \$40
#193431 Oct 13 Th 6:30-9:30pm

Music – Beginning Guitar

Age: 8yrs and up. Students will learn proper tuning, playing position and musical symbols. The class will also cover notes in first position and various open chords. We will offer instruction in picking, strumming and rhythms through eighth notes. Students will apply these concepts to various songs presented in the book. Bring your guitar (acoustic or electric with amp) and the instructional book 'Hal Leonard Guitar Method Book 1' with CD. Instructor: Billy Kaiser.

Sertoma Arts Center – Course Fee: \$95
#193315 Sep 12-Oct 17 M 6:30-7:30pm
#193316 Nov 7-Dec 12 M 6:30-7:30pm

Painting – Abstract Landscapes

Age: 16yrs and up. In this fun and exploratory class we will go over the basics of color theory and the principles of how to create a landscape. We will paint a landscape using palette knives and abstract techniques. Beginners are welcome. Everyone will take home a completed landscape painting. Supply fee of \$14 is due at the beginning of class. Instructor: Rebecca Rousseau. (2 sessions)

Pullen Arts Center – Course Fee: \$38
#192885 Sep 10 Sa 10:30am-2:30pm

Painting – Acrylic Abstracts: Starts and Finishes

Age: 16yrs and up. Learn ways to start and develop an abstract painting and how to create interest with mark-making and texture. Apply paint with brayers, foam stamps, scraping tools, sponges, and plastic wrap. Color and composition tips will be given. Supply fee \$10. Please bring exact change. Instructor: Marie Lawrence (1 session)

Pullen Arts Center – Course Fee: \$30
#193349 Nov 13 Su 2:00-4:00pm

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 Lorrie Jones (Thursday mornings). (6 sessions)

Pullen Arts Center – Course Fee: \$90
#192871 Sep 12-Oct 17 M 1:00-4:00pm
#192872 Sep 14-Oct 19 W 9:30am-12:30pm
#192873 Sep 15-Oct 20 Th 9:30am-12:30pm
#192874 Oct 31-Dec 5 M 1:00-4:00pm
#192875 Nov 2-Dec 14 W 9:30am-12:30pm
#192876 Nov 3-Dec 15 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. Supply list will be provided with receipt. Instructor: Joanna Moody. (6 sessions)

Pullen Arts Center – Course Fee: \$85
#192877 Sep 14-Oct 19 W 7:00-9:30pm

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: \$48
#192879 Nov 19 Sa 10:30am-3:30pm

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
#192901 Sep 8-Oct 13 Th 7:00-9:30pm

Painting – Beginning Watercolors with Janie

Age: 16yrs and up. Learn the basic techniques of transparent watercolor. Find out about the best paper, paint and brushes to use. Do not purchase any supplies until after the first class. Students will create a landscape after learning how to do wet-on-wet washes, wet-on-dry washes, trees, water, rock and skies. Students will learn how to achieve a beautiful glowing sky in watercolor. Instructor: Janie Johnson.

Sertoma Arts Center – Course Fee: \$95
#194024 Sep 12-Oct 17 M 9:30am-12:30pm
#194025 Nov 7-Dec 12 M 9:30am-12:30pm

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. Instructor: Joanna Moody. (6 sessions)

Pullen Arts Center – Course Fee: \$85
#192878 Nov 2-Dec 14 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. (4 sessions)

Pullen Arts Center – Course Fee: \$70
#192902 Oct 4-25 T 7:00-9:30pm

Painting – Continuing Watercolors

Age: 18yrs and up. Students will continue reinforcing the basics of watercolor while learning and practicing additional watercolor techniques. This class is for watercolorists who are ready to step beyond beginning watercolor as well as those who want to strengthen and add to their painting skills. Beginning watercolorists are always

welcome. Supply list available on Sertoma's homepage. Instructor: Kate Lagaly.

Sertoma Arts Center – Course Fee: \$84
#192174 Aug 31-Oct 5 W 1:00-3:30pm
#192175 Oct 12-Nov 16 W 1:00-3:30pm

Painting – Continuing Watercolors with Janie

Age: 16yrs and up. Work at your individual level to create beautiful and bold watercolors. Explore different styles of watercolor with input from fellow students. Go beyond the basics and learn how to create interest in paintings using negative shapes, texture and hard and soft edges. Emphasis will be on composition and value. Supply list is available on Sertoma's homepage. Instructor: Janie Johnson.

Sertoma Arts Center – Course Fee: \$95
#194026 Sep 12-Oct 17 M 1:00-4:00pm
#194027 Nov 7-Dec 12 M 1:00-4:00pm

Painting – Encaustics and the Drawn Image

Age: 16yrs and up. This is a class for the drawing/sketching/doodling enthusiast. We will study artists who have successfully incorporated drawings into encaustic painting through transfer, inlay and collage. We will cover several techniques to incorporate drawings into wax paintings. A supply fee of \$40 will be due at the first class meeting. Instructor: Anna Podris. (6 sessions)

Pullen Arts Center – Course Fee: \$105
#192870 Nov 2-Dec 14 W 7:00-9:30pm

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: \$48
#192880 Oct 22 Sa 10:30am-3:30pm

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
#192887 Oct 8 Sa 10:30am-2:30pm

Painting – Intro to Mixed Media: Collage

Age: 16yrs and up. Mixed media is the perfect platform for introducing the

fundamentals that every artist should know. The medium of collage incorporates composition, perspective, value, color and lighting, drawing, painting, cut paper, digital printing and three-dimensional aspects of image making. We will demonstrate use of materials, image placement, basic design and how to avoid visual overload. This truly fun class encourages freedom, play and exploration. Instructor: David Wilson. (6 sessions).

Pullen Arts Center – Course Fee: \$85
#192910 Sep 29-Nov 3 Th 7:00-9:30pm

Painting – Introduction to Oils

Age: 16yrs and up. Join artist and instructor Leslie Pruneau for an informative and highly structured oil-painting class. This course is for beginners and those wanting to refresh themselves in this sumptuous medium. We will cover all the basics, including color mixing, color values, composition, glazing, brushwork and paint applications, textures and more. We will mostly work from life, which gives the student more visual information when learning to paint lights, shadows and color tones. Several approaches will be discussed through lecture and live demonstrations as well as books and images of master works. Supply list is available upon registration and on Sertoma's website. Instructor: Leslie Pruneau.

Sertoma Arts Center – Course Fee: \$95
#193436 Sep 15-Oct 20 Th 1:00-4:00pm

Painting – Larry Dean's Beginning Acrylics

Age: 16yrs and up. This true beginners class offers a gentle introduction to acrylic painting or a reintroduction to basic concepts with a focus on getting started. Students will work from their own photos, simple still-life arrangements or their imagination. Students will learn about materials, color mixing, shape and perspective. Informal lessons and paint-along demonstrations will assist as you learn at your own pace. Supply lists are available on Sertoma's website. Instructor: Larry Dean.

Sertoma Arts Center – Course Fee: \$84
#192719 Sep 12-Oct 17 M 6:30-9:00pm
#192720 Nov 7-Dec 12 M 6:30-9:00pm

Painting – Larry Dean's Studio

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

Sertoma Arts Center – Course Fee: \$84
#192721 Sep 13-Oct 18 T 1:00-3:30pm
#192722 Nov 8-Dec 13 T 1:00-3:30pm
#192723 Sep 13-Oct 18 T 6:30-9:00pm
#192724 Nov 8-Dec 13 T 6:30-9:00pm

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Painting – Mixed Media + Alternative Materials

Age: 16yrs and up. This course will focus on creating interesting surfaces that can be the base for painting, drawing, printmaking, etc. We will collage with secondhand materials, use an array of tools to dig into or sand the surface to reveal the layers underneath and create interesting textures. Then we will experiment with different acrylic mediums to tint, stain or seal the surface to prepare it to be painted on, drawn on, run through a printing press, etc. Students will experiment with new processes and attain new skills to incorporate into their studio practices.

Instructor: Brandon Cordrey. (6 sessions)

Pullen Arts Center – Course Fee: \$85
#192911 Nov 1-Dec 13 T 7:00-9:30pm

Painting – Oils: A Continuation

Age: 16yrs and up. This class is for students with experience working with oils and those who have completed a beginning oils painting class and want to further their techniques. By pushing your use of values, refining compositions and exploring structured color choices, you will take your paintings a step further. In search of the luminescent qualities of light, or the opportunity to play with paint applications, the artist will often exaggerate colors and use them to engage viewers. Individual critiques, mini-challenges and painting demonstrations will be offered. Students bring their own supplies. Instructor: Leslie Pruneau.

Sertoma Arts Center – Course Fee: \$95
#193438 Nov 3-Dec 15 Th 1:00-4:00pm
no class Nov 24

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
#193271 Sep 26-Oct 17 M 9:30am-12:30pm
#193272 Oct 24-Nov 14 M 9:30am-12:30pm
#193273 Nov 21-Dec 12 M 9:30am-12:30pm
#193274 Dec 19-Jan 23 M 9:30am-12:30pm

Painting – Painted Paper Collage: Landscapes

Age: 16yrs and up. Create painted deli papers and onion skin papers using three techniques and learn how to adhere pieces to form an intriguing landscape. Find out about glazes and how the addition of more paint can create depth and harmony. Adhering paint peelings will also be covered. \$10 supply fee. Please bring exact change. Instructor: Marie Lawrence (1 session)

Pullen Arts Center – Course Fee: \$30
#193350 Dec 11 Su 2:00-4:00pm

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
#192888 Nov 5 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



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.

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
 #192894 Dec 10 Sa 10:30am-2:30pm

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
 #192912 Oct 27-Dec 8 Th 7:00-9:30pm

Painting – Workshop: Watercolor for Fun

Age: 16yrs and up. Learn the basics of watercolor—about how color and the wonderful medium of watercolor work. Spend one morning exploring how you can play together with pigment, water, and paper to make some lovely images. All materials supplied. Instructor: Suzanne McDermott.
Sertoma Arts Center – Course Fee: \$60
 #193370 Oct 22 Sa 10:00am-1:00pm

Performing Arts – Beginning Actor's Studio

Age: 18yrs and up. This class is designed for adults who want to give acting a try, or who would like to revisit the basics in order to improve their technique! Students will participate in lively theatre games and exercises designed to free up the voice and body, stimulate creativity, promote self-confidence, and teach the building blocks of acting. Raleigh Little Theatre instructs.
Sertoma Arts Center – Course Fee: \$125
 #192729 Sep 13-Oct 18 T 6:00-8:00pm

Performing Arts – The Art of the Audition

Age: 18yrs and up. This class will help you build confidence in auditioning. With a focus on cold reading techniques and how to deliver a memorable monologue, participants will walk away with a better understanding of what directors and casting directors look for in performers and the confidence to know they can give their best audition every time. Raleigh Little Theatre instructs.
Sertoma Arts Center – Course Fee: \$125
 #192730 Nov 15-Dec 20 T 6:00-8:00pm

Photography – Beginner's Outdoor Photography

Age: 13yrs and up. Get a new camera for graduation, mother's day, father's day or a birthday? Confused about some of those buttons, f-stops, apertures, ISO and the like. Having problems with variable light conditions? Then this class for beginners will delve into how all these things interact to allow you to take the photograph you want instead of what the camera thinks you want. And we will go into composition and many other items related to photography in general with an emphasis on nature and outdoor photography. Bring your camera and a lunch. Instructor: Sol Levine.

Sertoma Arts Center – Course Fee: \$50
 #193442 Oct 8 Sa 10:30am-5:00pm

Photography – Digital Photography 1

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). Supply list available on Sertoma's webpage. Denise Myers instructs.

Sertoma Arts Center – Course Fee: \$100
 #193325 Sep 13-Oct 18 T 9:30am-12:00pm

Photography – 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. Supply list available on Sertoma's webpage. Denise Myers instructs.

Sertoma Arts Center – Course Fee: \$100
 #193326 Nov 8-Dec 13 T 9:30am-12:00pm

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
Color Photography
 #192779 Sep 14 W 12:00-1:00pm
 #192780 Oct 19 W 12:00-1:00pm
 #192781 Nov 9 W 12:00-1:00pm
 #192782 Dec 14 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: Gaines Bailey, Ryan Terry, Sherry Nicholson, Doug DeBastiani or Anne Terry. (7 sessions)

Pullen Arts Center – Course Fee: \$94
 #192917 Sep 8-Oct 20 Th 4:00-6:30pm
 #193279 Sep 15-Oct 27 Th 7:00-9:30pm
 #192916 Sep 21-Nov 2 W 7:00-9:30pm
 #193280 Oct 3-Nov 14 M 7:00-9:30pm
 #193287 Nov 1-Dec 13 T 10:00am-12:30pm
 #193277 Nov 1-Dec 13 T 4:00-6:30pm

Pottery – Continuing Handbuilding

Age: 16yrs and up. Continue with your handbuilding calling! During this class, we will build upon the techniques you learned in your beginning class. We will learn methods of stiff slab construction, assemblage of parts and use of the extruder to explore the possibilities of form and function in handbuilding. Demonstrations will also include handbuilding components like handles, feet and spouts. We'll finish with tips and secrets regarding the embellishment and glazing of your pieces. Bring all of your questions and ideas! Supply fee of approximately \$20 (for clay) is payable at first class. Prerequisite: Beginning Handbuilding Techniques at Pullen Arts Center or Sertoma Arts Center or Clay Studio Orientation course at Pullen Arts. Instructor: Lauren Brockman. (7 sessions)

Pullen Arts Center – Course Fee: \$84
 Instructor: Lauren Brockman
 #193288 Nov 10-Dec 29 Th 10:00am-12:30pm

Pottery – Continuing Wheel

Age: 16yrs and up. Learn how to apply confidence and steadiness to your work with clay. Cylinders, bowls, small lidded pieces, small plates and handles will be covered. Supply fee of approximately \$20 (for clay) payable at first class. Prerequisite: Beginning Wheel at Pullen or Sertoma or Clay Studio Orientation course at Pullen Arts. Practice time outside of class time is strongly suggested to develop throwing skills. Instructor: Doug DeBastiani. (7 sessions)

Pullen Arts Center – Course Fee: \$94
 #192930 Nov 16-Jan 4 W 7:00-9:30pm

Pottery – Creatures of Habitat

Age: 16yrs and up. Bring all your basic handbuilding skills together to create fun and unique animals for the garden, porch or patio. This four-week course will focus on smaller wildlife forms, including frogs, fish, birds, lizards, turtles and a few insects.

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Explore the components that bring your favorite creatures to life. Students should bring a notebook to help with the thought and planning process. Prerequisite: Beginner Handbuilding at Sertoma or Pullen Arts Center. This course does not qualify for a studio card. Instructor: Steve Karloski.

Sertoma Arts Center – Course Fee: \$55
#193929 Sep 6-27 T 7:00-9:15pm

Pottery – Electric Kilns: Setup and Maintenance

Age: 16yrs and up. This workshop is designed for potters who are considering buying an electric kiln and for those who own one and want to learn how to get the most use out of it. Types of electric kilns, features, site selection, firing cycles and safety are covered. (This class does not qualify for studio card purchase.) Instructor: Randy Hinson.

Sertoma Arts Center – Course Fee: \$40
#193996 Sep 10 Sa 10:30am-1:00pm

Pottery – Fine Tuning Your Throwing Skills

Age: 16yrs and up. In this workshop we will work on improving your throwing and finishing skills. We will work on shaping taller cylinders and making better bowls, lids, handles and pitchers. Prerequisite: Completion of Beginner Wheel at Sertoma or Pullen Arts Center. This course does not qualify for studio card. Instructor: Joan Walsh.

Sertoma Arts Center – Course Fee: \$55
#193908 Sep 21-Oct 12 W 7:00-9:15pm

Pottery – First Fridays – I didn't know you could do that!

Age: 16yrs and up. Join us on the first Friday morning of the month to learn about a fun but not widely known pottery fact or technique from one of Pullen's own instructors. Meet and socialize with your fellow pottery enthusiasts. Bring your own Pullen clay and be prepared to learn something new!

Pullen Arts Center – Course Fee: \$15
#195307 Sep 2 F 10:00am-12:00pm
#195309 Oct 7 F 10:00am-12:00pm
#195313 Nov 4 F 10:00am-12:00pm
#195314 Dec 2 F 10:00am-12:00pm

Pottery – Glaze Palette Intro

Age: 16yrs and up. This class offers a more in-depth look at glazes, slips and their applications. Prerequisite: Current Pullen Arts Studio cardholder or currently enrolled in any wheel or handbuilding class at Pullen Arts Center. Instructors: Trish Pattishall and Jennifer Stas (1 session).

Pullen Arts Center – Course Fee: \$25
#192931 Sep 19 M 7:00-9:30pm

Pottery – Handbuilding Open Studio

Age: 16yrs and up. Students will work on their own ideas and projects with the individual assistance of an experienced instructor on call. Whether you need help

with engineering your new clay ideas or putting the finishing touches on your works in progress, class time will be spent on demonstrations by request. Supply fee of approximately \$20 for clay is payable at first class. Prerequisite: Beginning Handbuilding at Pullen or Sertoma or Clay Studio Orientation course at Pullen Arts. Instructor: Jennifer Stas. (6 weeks).

Pullen Arts Center – Course Fee: \$84
#193313 Oct 26-Dec 7 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. Instructors: Gretchen Quinn or Ryan Terry. (7 sessions)

Pullen Arts Center – Course Fee: \$94
#193283 Sep 15-Oct 27 Th 10:00am-12:30pm
#193282 Nov 7-Dec 19 M 7:00-9:30pm

Pottery – Handbuilt Containers with Lids

Age: 16yrs and up. Join Tim Cherry in this intermediate level workshop focusing on lidded containers such as boxes and storage jars. Prerequisite: Beginner Handbuilding at Sertoma or Pullen Arts Center. This course does not qualify for a studio card.

Sertoma Arts Center – Course Fee: \$55
#193924 Sep 14-Oct 5 W 9:30-11:45am

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 payable at first class. Prerequisite: Beginning Handbuilding at Pullen or Sertoma. Instructor: Gaines Bailey (6 sessions)

Pullen Arts Center – Course Fee: \$84
#193383 Nov 1-Dec 6 T 7:00-9:30pm

Pottery – Lamps

Age: 16yrs and up. Learn how to make a lamp! In this class, we will learn how to make ceramic lamp bases and finish them with harps and wiring! Supply fee of approximately \$20 (for clay) \$15 (for the hardware kit) payable at first class. Open to wheel/handbuilding students. Prerequisite: Beginning wheel/handbuilding. Instructor: Lauren Brockman (5 sessions)

Pullen Arts Center – Course Fee: \$78
#193392 Sep 26-Oct 24 M 7:00-9:00pm

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 due at first class. Instructor: Jennifer Stas. (6 sessions)

Pullen Arts Center – Course Fee: \$84
#193312 Sep 7-Oct 12 W 7:00-9:30pm

Pottery – More Creatures!

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

Sertoma Arts Center – Course Fee: \$55
#193994 Oct 11-Nov 8 T 7:00-9:15pm
no class Oct 25

Pottery – Narrow Necks

Age: 16yrs and up. We will focus on throwing narrow necks on bottles, round vases, and closed forms without collapsing them. The course will also address how to trim and finish these elegant but tricky shapes. Supply fee of \$20 payable at first class. Prerequisite: Beginning Wheel at Pullen or Sertoma. Instructor: Gaines Bailey (6 sessions)

Pullen Arts Center – Course Fee: \$84
#193382 Sep 13-Oct 18 T 7:00-9:30pm

Pottery – Nesting Bowls and Lidded Pots

Age: 16yrs and up. We will get out the calipers and try the awesome possibilities of nesting pots and how to achieve really well-fitting, functional lids. Supply fee of \$20 is due at first class. Prerequisite: Beginning Wheel at Pullen or Sertoma. Instructor: Gaines Bailey. (6 sessions)

Pullen Arts Center – Course Fee: \$84
#193373 Nov 10-Dec 29 Th 7:00-9:30pm

Pottery – Pots From Pieces

Age: 16yrs and up. In this short workshop format we will focus on how to accomplish three items made in sections: an oval baking dish, a large jar, and a teapot or ewer of your own design. These items will be produced from sections of clay thrown separately and assembled once they have set up. Each piece will present a different challenge to broaden your technique and encourage you to stretch your creative



abilities. We will also emphasize the small details that make the process of assembly come together smoothly, as well as the finishing details that make each piece unique. Prerequisite: Completion of Beginner Wheel at Sertoma or Pullen Arts Center. This course does not qualify for a studio card. Instructor: Geoff Lloyd.

Sertoma Arts Center – Course Fee: \$55
#193918 Sep 22-Oct 13 Th 9:30-11:45am

**Pottery – ‘Pour it on!’
Handbuilt Vessels**

Age: 16yrs and up. Join Tim Cherry in this intermediate level workshop focusing on constructing pouring vessels such as pitchers and teapots. Several molds and forms will be used in combination to create a larger piece. Prerequisite: Beginner handbuilding at Sertoma or Pullen Arts Center. This course does not qualify for a studio card. Instructor: Tim Cherry.

Sertoma Arts Center – Course Fee: \$55
#193928 Oct 19-Nov 9 W 9:30-11:45am

Pottery – Project Class: Wheel

Age: 16yrs and up. This class is for individuals who have a project in mind but are unsure of how to get to the end result. The class provides one-on-one help with step-by-step instructions on achieving those goals. No prerequisites are required though students should have a specific project

to work toward. Students should have beginning or advanced pottery experience with consistency in making a 5-inch cylinder. Instructor: Sherry Nicholson. (4 sessions)

Pullen Arts Center – Course Fee: \$70
#193395 Nov 28-Dec 19 M 7:00-9:30pm

Pottery – Seagrove Pottery Day Trip

Age: 16yrs and up. Join us for a day of pottery inspiration and shopping! We will be traveling together to Seagrove to attend the Celebration of Seagrove Potters at the Historic Luck’s Cannery. All of the famous names will be there: Ben Owen, Bulldog Pottery, Crystal King Pottery, David Stuempple Pottery, Dean & Martin Pottery and many more! After lunch, we will attend the N.C. Museum of Traditional Pottery tent show for your chance to shop from potters from all over North Carolina and beyond.

Pullen Arts Center – Course Fee: \$36
#193400 Nov 19 Sa 8:00am-6:00pm

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. Each month, 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

#195207	Sep 8	Th	7:00-9:00pm
#195215	Oct 13	Th	7:00-9:00pm
#195218	Nov 10	Th	7:00-9:00pm
#195219	Dec 8	Th	7:00-9:00pm

Pottery – Throwing Bigger and Smarter...Not Harder

Age: 16yrs and up. This workshop will focus on techniques and tricks that will allow all potters to throw larger cylinders and bowls while still working with smaller amounts of clay. Centering multiple balls of clay, coil and doughnut throwing and inverted throwing will be covered. Students should expect to double the size of the largest piece they have made by the end of this course.

Prerequisite: Completion of Beginner Wheel at Sertoma or Pullen Arts Center. This course does not qualify for a studio card. Instructor: Andy McKenzie.

Sertoma Arts Center

#193919 Sep 27-Oct 18 T 7:00-9:15pm

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
#193384 Oct 1 Sa 9:30-11:30am
#193385 Oct 21 F 9:30-11:30am

**Pottery –
Thrown, Altered and Adorned**

Age: 16yrs and up. Join us for a two day workshop with Charlie Tefft. Charlie is an award winning potter and Ceramics Instructor at Guilford College. In this workshop Charlie will show how he throws, cuts, hand-builds, paddles and paints his way to the finished pots. This will be an in-depth look at his process for producing pots adorned with painted animals and patterns. We will focus on how to produce work that preforms its particular task with skill and joy. Charlie’s techniques include hand painting and spraying glaze on his pots. He fires cone 10 reduction but the techniques are applicable to all firing ranges! It is an honor to have Charlie with us.

Charlie will hold a Gallery Opening and Slide Show on Thursday, September 8 at 7:00pm which will be free and open to the public. (2 sessions)

Pullen Arts Center – Course Fee: \$140
#193402 Sep 17-18 Sa-Su 9:00am-4:00pm

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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 on 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 or Ryan Terry. (1 session)
Pullen Arts Center – Course Fee: \$15
#195292 Oct 28 F 10:00am-12:00pm
#195293 Nov 18 F 10:00am-12:00pm
#195296 Dec 13 T 7:00-9:00pm

Pottery – Workshop: Brush Making

Age: 16yrs and up. Learn to make beautiful and functional natural brushes out of bamboo and hair from deer, moose or elk. Each brush will be original and make its own unique line character. Various methods of using these brushes and basic brushwork exercises will be discussed. This workshop is open to all potters; however, it does not qualify potters who are new to Sertoma for a studio card. Bring \$6 to class to cover brush-making materials. Instructor: Randy Hinson.

Sertoma Arts Center – Course Fee: \$30
#193997 Sep 25 Su 1:00-4:30pm

Pottery – Workshop: Glazing Clinic

Age: 16yrs and up. Glazing is often one of the most confusing and frustrating aspects of learning how to create pottery. In this demonstration workshop we will cover the basics of proper glazing and move into more challenging techniques such as glazing large pieces or closed forms. Demos will also include slips, underglazes and multiple glaze layering. Students should bring a notebook and be prepared to improve and expand their glazing knowledge. Prerequisite: Beginner Wheel/ Handbuilding at Sertoma or Pullen Arts Center. Instructor: Randy Hinson.

Sertoma Arts Center – Course Fee: \$25
#193995 Sep 16 F 9:30am-12:00pm

Pottery – Workshop: Majolica Holiday Ornaments

Age: 16yrs and up. Create beautiful and colorful holiday ornaments using the majolica pottery technique. Students select terracotta ornaments that are glazed and ready to decorate with majolica colors. An assortment of shapes and variety of decorating colors gives you unlimited possibilities. Ornaments are left for firing after the workshop and can be picked up the next week. Ornaments cost \$2 and include clay, glaze, decorating colors and ribbon. The number of pieces created is up to the

individual. This workshop is easy and fun, even for those with no pottery experience! (Although open to new students, this workshop does not qualify students for a studio card.) Patty Merrell instructs.

Sertoma Arts Center – Course Fee: \$12
#193909 Oct 23 Su 1:30-3:30pm

Printmaking – Introduction to Japanese Block Printing

Age: 16yrs and up. Have you ever wondered how Hokusai created his iconic "Great Wave"? In this class students will learn to carve surface designs into blocks of wood and apply ink using an ancient and painterly process called moku-hanga. In an experimental approach, we will layer our printed images to create new textures, colors and compositions. In addition to using fine Japanese papers, we will create our own paper to print on. Supplies will be provided by instructor. Supply fee of \$50 will be collected on the first day of class. Instructor: Jaclyn Bowie. (6 sessions)
Pullen Arts Center – Course Fee: \$85
#193427 Sep 12-Oct 17 M 7:00-9:30pm
#193428 Nov 7-Dec 12 M 7:00-9:30pm

Printmaking – Linoleum Block Intro

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 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 included in receipt. Instructor: Keith Norval. (6 sessions)

Pullen Arts Center – Course Fee: \$85
#193437 Sep 15-Oct 20 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
#193406 Nov 3-Dec 15 Th 7:00-9:30pm

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
#193407 Sep 20-Oct 25 T 6:30-9:30pm
#193408 Nov 15-Dec 13 T 9:30am-1:00pm

Printmaking – Workshop: Intro to Printing

Age: 16yrs and up. Come discover monoprinting with all its joys and surprises. We will be experimenting with different approaches to monoprint working on a plate without a press. Workshop presented by the Sertoma Park Artists. Supplies are included.
Sertoma Arts Center – Course Fee: \$25
#194029 Oct 15-22 Sa 1:00-4:00pm

Pottery – Workshop: Mini Throwing Clinic with Gaines Bailey

Age: 16yrs and up. This hands on workshop is for potters who have completed a beginner or continuing wheel class and need additional coaching on perfecting the basic rudiments of throwing on the wheel. We will start with demos of proper throwing techniques, with an emphasis on control and getting rid of bad throwing habits. The balance of the class time will be devoted to students throwing with guidance from the instructor. The primary goal of this workshop is to give confidence in throwing and prepare students for more advanced classes and workshops. Prerequisite: Beginner or continuing wheel at Pullen or Sertoma. This class does not qualify for a studio card. Students should bring their own tools and clay. Gaines Bailey instructs.

Sertoma Arts Center
#196088 Oct 26 W 7:00-9:30pm
#196089 Oct 27 Th 9:30am-12:00pm

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
#193985 Nov 1-29 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
#195125 Nov 26-Dec 17 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
#195110 Oct 29-Nov 19 Sa 11:00am-12:00pm

Shag Dance Lessons

Age: 16yrs and up. Learn the Carolina shag and dance the night away to beach music. This workshop will teach you the fundamentals of the shag step while you relax and connect with other dancers. If you want to learn to shag or polish up your style, we can help you reach your goal! We will make sure you get the shag fever! Partners are not required for this class. Instructor: Jordan Jewell. No class held on Monday, July 4.

Jaycee Community Center – Course Fee: \$60

Beginner

#195142 Sep 12-Oct 17 M 7:00-8:00pm
#195143 Nov 7-Dec 12 M 7:00-8:00pm

Senior

Acrylic Painting

Age: 50yrs and up. 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: \$45

Acrylic Painting for Beginners

#191792 Sep 7-Dec 28 W 12:30-3:00pm
#191793 Sep 12-Dec 26 M 10:30am-1:30pm

Basic Drawing

Age: All Ages. Learn the basic principles of drawing in this supportive, encouraging class. There will be an orientation during the first 30 minutes of each class for absolute beginners and those who missed a good foundation. All materials are supplied.

Anne Gordon Center for Active Adults
Course Fee: \$25

#194021 Sep 6-Oct 11 T 9:15am-12:15pm
Five Points Center for Active Adults

Course Fee: \$25
#194022 Sep 6-Oct 11 T 2:00-5:00pm

**Ceramics Basics –
Painting Greenware**

Age: All Ages. This class introduces students to painting greenware to create beautiful pieces. Students will be given a supply list to purchase necessary materials on their own. Instructor: Ann Long.

Five Points Center for Active Adults

#191955 Sep 7-Dec 28 W 9:30am-12:00pm

Craft Group

Age: All Ages. 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

#192029 Sep 1-Dec 29 M-Th 10:00-11:30am

Express Yourself Art

Age: All Ages. Whether or not you are an artsy person, come and have fun expressing yourself to create a fabulous work of art! Bring projects you are working on and learn how to do a variety of different art projects from the other students.

Walnut Terrace Neighborhood Center

#193412 Sep 7-Dec 21 W 2:00-4:00pm

Greystone Blanketeers

Age: 16yrs and up. Knit, crochet, sew or quilt for charity. We meet the fourth Tuesday of the month from 1 p.m. to 4 p.m. to make blankets, hats and afghans for various charitable organizations in the Raleigh area. Items are distributed to women’s shelters, local hospitals and homeless groups. Come join us, meet new people, and help bring a little joy to those in need. We do not offer lessons, but all members gladly share their knowledge. For those who cannot attend but wish to make items at home, all are gladly accepted. For more information, contact Betty Boucher at 919-251-9120.

Greystone Community Center

#195369 Sep 27-Dec 27 T 1:00-4:00pm

Joyful Chorus

Age: 55yrs and up. Enjoy singing? Share your enthusiasm by joining the Joyfuls. Sing for clubs, organizations, groups and events. Five Points Center for Active Adults

Joyfuls Senior Chorus

#192058 Sep 12-Jan 2 M 12:00-1:00pm

Knitting and Crocheting

Age: 18yrs and up. 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

#192741 Sep 6-Oct 25 T 2:00-4:00pm
#192742 Nov 1-Dec 20 T 2:00-4:00pm
#192743 Sep 8-Oct 27 Th 2:00-4:00pm
#192744 Nov 3-Dec 22 Th 2:00-4:00pm

Remembrance Craft: Star Ornament

Age: All Ages. Holidays are a time to remember and celebrate the people in our lives, both past and present. This workshop will teach participants to make a simple memorial ornament—a star made from a special piece of cloth that you bring with you. The cloth could be a piece cut from a loved one’s clothing, or it might simply be a piece of cloth that reminds you of him/her. This craft is a simple sewing activity, so

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bring cloth and your eye glasses! All other materials, including a snack lunch, will be provided. Presented by Heartland Hospice.
Anne Gordon Center for Active Adults
 #195819 Dec 8 Th 11:00am-1:00pm

Watercolor: All About Water Color

Age: All Ages. This portable medium is a beautiful way to learn about light, color relationships and basic elements of painting. In this tried and true, step-by-step class, you'll work on a small scale, absorbing an amazing amount of information in a series of fun, progressive exercises. Suzanne's teaching method is engaging and encouraging. This class is designed for absolute beginners and for experienced artists who want to learn about watercolor in a refreshingly different way. Instructor: Suzanne McDermott.

Anne Gordon Center for Active Adults

Course Fee: \$25
 #194008 Oct 18-Nov 22 T 9:15am-12:15pm

Five Points Center for Active Adults

Course Fee: \$25
 #194009 Oct 18-Nov 22 T 2:00-5:00pm

Watercolor: Fundamental Techniques

Age: All Ages. This class covers the fundamental techniques of watercolors for beginners and offers an opportunity for intermediate/advanced students to grow their skills. Instructor: Don Edwards.

Five Points Center for Active Adults

Course Fee: \$20
 #192608 Oct 6-27 Th 9:15am-12:15pm

Family

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. Classes are available for beginner and more advanced students.

Jaycee Community Center – Course Fee: \$35

#194129 Sep 1-Oct 27 Th 6:00-7:00pm
 #194130 Nov 3-Dec 29 Th 6:00-7:00pm

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.

Jaycee Community Center – Course Fee: \$35

#194357 Sep 1-Oct 27 Th 7:00-8:00pm
 #194358 Nov 3-Dec 29 Th 7:00-8:00pm

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.

Jaycee Community Center

#194360 Sep 1-Oct 27 Th 8:00-9:00pm
 #194361 Nov 3-Dec 29 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

#194367 Sep 7-28 W 7:15-9:45pm
 #194368 Oct 5-26 W 7:15-9:45pm
 #194369 Nov 2-30 W 7:15-9:45pm
 #194370 Dec 7-28 W 7:15-9:45pm

Holiday Tie-Dye

Age: 5yrs and up. Going to a holiday party? Have nothing to wear? Join us at Sanderford Road Center where you can make your own holiday statement using tie-dye. Your creation will truly be one of a kind!

Decorative materials provided. Bring your own clothing to tie dye.

Sanderford Road Park – Course Fee: \$5

#195007 Dec 9 F 5:00-6:30pm

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

#194586 Oct 3-24 M 6:30-8:00pm
 #194587 Nov 7-28 M 6:30-8:00pm
 #194588 Dec 5-26 M 6:30-8:00pm

Storytelling – Fairy Tales: A Fresh Look at Loved Stories

Age: 8yrs and up. Most of us grew up hearing fairy tales—Red Riding Hood, Three Little Pigs, The Little Mermaid. But these stories were not just fanciful tales, they taught us lessons and shaped cultures of beloved Fairy Tales. After a break we will ask two questions—what happened to our fairy tales and is there a fairy tale in your back yard? As a group we will take a beloved old fairy tale and bring it up to date, telling the story of OUR lives.

Sertoma Arts Center

#192732 Oct 22 Sa 10:00am-1:00pm



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

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Athletic Program Managers:

Ryan Ryba

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Recreation Facility and Program Supervisor II:

Raven Johnson

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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

Basketball – Capital City Classic Fall Tournament

Age: 12-13yrs. This Fall Round Robin tournament is for AAU competitive basketball teams. It is a great second season tournament to keep your teams active. Organizations with multiple teams will receive a discount. Awards will be given to first—and second-place teams. All games are open to the public with no entry fee at the door.

Carolina Pines Community Center – Course Fee: \$195

13U 7th Grade

#194520 Nov 4-6 F-Su 8:00am-9:00pm

Method Road Community Center – Course Fee: \$195

14U 8th Grade

#194521 Nov 4-6 F-Su 8:00am-9:00pm

Co-ed Pee Wee (5-6) Basketball

Age: 5-6yrs. Youth Co-Ed Pee Wee (ages 5-6) Basketball registration is September, 26-October 7, 2016. The Pee Wee Basketball League is a way for youth to learn the fundamentals of basketball and to teach positive sportsmanship. This league does not keep score or record wins and losses. Volunteer coaches are needed who enjoy basketball, want to teach youth, and to help develop league participants' skills and knowledge of basketball. League Age is determined by participant's age on August 31, of the current calendar year. The registration fee is \$40 for Raleigh residents and \$55 for non-residents. For more information please go to: www.raleighnc.gov.

#193911 **District 1**

#193912 **District 2**

#193913 **District 3**

#193914 **District 4**

Co-ed Mini Mite (7-8) Basketball

Age: 7-8yrs. Youth Co-Ed Mini Mite (ages 7-8) Basketball registration is September 26-October 7, 2016. The Mini Mite Basketball League is a way for youth to learn the fundamentals of basketball and to teach positive sportsmanship. This league does not keep score or record wins and losses. Volunteer coaches are needed who enjoy basketball, want to teach youth, and to help develop league participants' skills and knowledge of basketball. League Age is determined by participant's age on August 31, of the current calendar year. The registration fee is \$40 for Raleigh residents and \$55 for non-residents. For more information please go to:

www.raleighnc.gov.

#193966 **District 1**

#193967 **District 2**

#193968 **District 3**

#193969 **District 4**

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Boys Mitey Mite (9-10) Basketball

Age: 9-10yrs. Youth Boys Mitey Mite (ages 9-10) Basketball registration is September 26-October 7, 2016. The Mitey Mite Basketball League is a way for youth to learn the fundamentals of basketball and to teach positive sportsmanship. This league does keep score and records wins and losses. Volunteer coaches are needed who enjoy basketball, want to teach youth and to help develop league participants' skills and knowledge of basketball. League Age is determined by participant's age on August 31, of the current calendar year. The registration fee is \$40 for Raleigh residents and \$55 for non-residents. For more information please go to: www.raleighnc.gov .

- #193981 **District 1**
- #193982 **District 2**
- #193983 **District 3**
- #193984 **District 4**

Girls Mitey Mite (9-10) Basketball

Age: 9-10yrs. Youth Girls Mitey Mite (ages 9-10) Basketball registration is September 26-October 7, 2016. The Mitey Mite Basketball League is a way for youth to learn the fundamentals of basketball and to teach positive sportsmanship. This league does keep score and records wins and losses. Volunteer coaches are needed who enjoy basketball, want to teach youth and to help develop league participants' skills and knowledge of basketball. League Age is determined by participant's age on August 31, of the current calendar year. The registration fee is \$40 for Raleigh residents and \$55 for non-residents. For more information please go to: www.raleighnc.gov .

- #193970 **City Wide League**

Boys Little League (11-12) Basketball

Age: 11-12yrs. Youth Boys Little League (ages 11-12) Basketball registration is September 26-October 7, 2016. The Little League Basketball League is a way for youth to learn the fundamentals of basketball and to teach positive sportsmanship. This league does keep score and records wins and losses. Volunteer coaches are needed who enjoy basketball, want to teach youth and to help develop league participants' skills and knowledge of basketball. League Age is determined by participant's age on August 31, of the current calendar year. The registration fee is \$40 for Raleigh residents and \$55 for non-residents. For more information please go to: www.raleighnc.gov .

- #194706 **District 1**
- #194707 **District 2**
- #194708 **District 3**
- #194709 **District 4**

Girls Little League (11-12) Basketball

Age: 11-12yrs. Registration is September 26-October 7, 2016, for Youth Girls Little League (ages 11-12). The league is a way for youth to learn the fundamentals of basketball and to teach positive sportsmanship. This league keeps score and records wins and losses. Volunteer coaches are needed who enjoy basketball and want to teach youth and help develop league participants' skills and knowledge of basketball. Eligibility is determined by participant's age on August 31 of the current calendar year. The registration fee is \$40 for Raleigh residents and \$55 for non-residents. For more information, please go to: www.raleighnc.gov .

- #193975 **City Wide League**

Boys Junior League (13-14) Basketball

Age: 13-14yrs. Youth Boys Junior League (ages 13-14) Basketball registration is September 26-October 7, 2016. The Junior League Basketball League is a way for youth to learn the fundamentals of basketball and to teach positive sportsmanship. This league does keep score and records wins and losses. Volunteer coaches are needed who enjoy basketball, want to teach youth and to help develop league participants' skills and knowledge of basketball. League Age is determined by participant's age on August 31, of the current calendar year. The registration fee is \$40 for Raleigh residents and \$55 for non-residents. For more information please go to: www.raleighnc.gov .

- #194713 **District 1**
- #194714 **District 2**
- #194715 **District 3**
- #194716 **District 4**

Girls Junior League (13-16) Basketball

Age: 13-16yrs. Youth Girls Junior League (ages 13-16) Basketball registration is September 26-October 7, 2016. The Junior League Basketball League is a way for youth to learn the fundamentals of basketball and to teach positive sportsmanship. This league does keep score and records wins and losses. Volunteer coaches are needed who enjoy basketball, want to teach youth and to help develop league participants' skills and knowledge of basketball. League Age is determined by participant's age on August 31, of the current calendar year. The registration fee is \$40 for Raleigh residents and \$55 for non-residents. For more information please go to: www.raleighnc.gov .

- #194740 **City Wide League**

Boys Super Senior League (15-17) Basketball

Age: 15-16 yrs. Youth Boys Super Senior League (ages 15-17) Basketball registration is September 26-October 7, 2016. The Senior League Basketball League is a way for youth to learn the fundamentals of basketball and to teach positive sportsmanship. This league does keep score and records wins and losses. Volunteer coaches are needed who enjoy basketball, want to teach youth and to help develop league participants' skills and knowledge of basketball. League Age is determined by participant's age on August 31, of the current calendar year. The registration fee is \$40 for Raleigh residents and \$55 for non-residents. For more information please go to: www.raleighnc.gov .

- #194750 **District 1 and 2**
- #194751 **District 3 and 4**

Adult

Adult Basketball

The athletics division will be offering Adult Basketball. Registration will be held from October 10-14 for Open, Closed, Church and Women's. Games will start mid-November or early-December. The cost is \$400 per team and \$24 per participant for any non-city players. The season consists of 10 games.

League Divisions:

- #194511 **Men's Open B**
- #194512 **Men's Open C**
- #194513 **Men's Open D**
- #194514 **Men's Open E**
- #194515 **Men's Open F**
- #194516 **Men's Open G**
- #194517 **Men's Open H**
- #194518 **Women's Open**
- #194519 **Closed and Church**

Basketball – Adult Fall Basketball League at Method

Age: 21yrs and up. Registration for this fall league is July 25-August 5, 2016. Play will begin the week of August 15 on Monday and Wednesday nights only. There will be one league only for the first six teams to register. League is open to average and below average teams.

Method Road Community Center – Course Fee: \$385
#195415 Aug 15-Oct 3 M 7:00-9:00pm

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
#195363 Oct 8 Sa 9:00am-7:00pm



Educational



Preschool

Animal Adventures

Age: 2-5yrs. Participate in this hands-on workshop as we go on an animal adventure. Explorers will discover various animals, colors, shapes, homes and diets through animal songs, stories, crafts and games.

Greystone Community Center – Course Fee: \$8
#193815 Nov 5 Sa 10:00-11:30am

Baby Sign Me

Age: 6-18mths. American Sign Language is the basis of this class. Work with your little one to communicate through basic sign language. Introducing a whole new world of communication between adult and child. Instructor: Bettie Iitenbach.

Laurel Hills Community Center – \$30
#196350 Sept 7-Sept 28 W 2:30-3:00pm
#196351 Oct 5-Oct 26 W 2:30-3:00pm

Bodacious Biology: Backyard Boogie

Age: 4-6yrs. Learn, laugh and play as we discover the interesting ways of animal locomotion. What animals fly? What animals slither? What animals walk? What runs, jumps

or swims? What animals can do them all? Let's find out! Sessions are interdisciplinary, with stories, games, songs, movement and crafts in addition to scientific discovery. When possible, a real, live moving animal will make an appearance.

Greystone Community Center – Course Fee: \$69
#193139 Oct 6-Nov 10 Th 4:00-4:45pm

Extra! Extra! Read All About It!

Age: 3-5yrs. Sit back and relax as we explore popular stories, explore crafts, meet new friends and enjoy other fun and exciting activities. Light refreshments are included.

Greystone Community Center – Course Fee: \$8
#194037 Dec 6 T 4:30-6:00pm

Little Learners' Open House

Age: 3-5yrs. Do you have a little learner between the ages of 3 and 5? Are you interested in a preschool program that offers an interactive and developmentally appropriate curriculum? We have redesigned our preschool program and invite you to the Little Learners' Open House. Come meet the teacher, see the facility and have all of your questions answered. Students are welcome as well.

Greystone Community Center
#193973 Aug 26 F 10:00-11:00am

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 to 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 as of August 31, 2016

Greystone Community Center

Course Fee: \$162
#192698 Dec 2-21 M,W,F 9:15am-12:15pm
Course Fee: \$198
#192695 Sep 7-30 M,W,F 9:15am-12:15pm
#192697 Nov 2-30 M,W,F 9:15am-12:15pm
Course Fee: \$234
#192696 Oct 3-31 M,W,F 9:15am-12:15pm

Preschool – Reading, Writing and More

Age: 3-5yrs. Look at me and what I know, I am ready for school, let's go! Starting with prewriting and reading skills, children will learn the basics in a classroom environment to get ready to start school. We will use music, stories and crafts to help us learn together. Instructor: Jessica Marshall.

Optimist Community Center – Course Fee: \$45
#195156 Sep 15-Oct 27 Th 10:15-11:00am
#195157 Nov 3-Dec 22 Th 10:15-11:00am

Youth

Bicycle Safety Workshop

Age: 7yrs and up. The Raleigh Police Department teaches four courses of maneuvering skills and how to safely ride a bicycle. Participants must be able to ride.

Method Road Community Center
#195370 Oct 19 W 6:30-8:00pm
Powell Drive Park
#195371 Oct 12 W 6:30-8:00pm

Holidays Around the World

Age: 6-9yrs. Get your passports ready! We will be traveling to Italy, Norway, Russia, and Mexico for a little holiday fun! Learn how other countries celebrate this special holiday season through crafts, videos, and stories. By the end of your journey you will have a passport filled with fun facts about these countries.

Hill Street Center – Course Fee: \$20
#195315 Dec 12-16 M-F 5:00-6:00pm

Homeschool – Group Activities

Age: 6-13yrs. Join us as we explore a different theme focus with a group activity each week. Topics may range from art to history, fitness and beyond! These hands-on active classes are both educational and fun! Instructor: Jessica Marshall.

Optimist Community Center – Course Fee: \$45
#195161 Sep 15-Oct 20 Th 11:15am-12:15pm
#195162 Nov 3-Dec 22 Th 11:15am-12:15pm

How to Recognize Bullying

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.

Roberts Park Community Center
#195073 Nov 5 Sa 12:30-1:30pm

Kids Sign and Fun

Age: 7-11. Enjoy learning American Sign Language through games, songs and general play! Instructor Bettie Iitenbach will teach the basics in a fun and exciting environment.

Laurel Hills Community Center – \$30
#196345 Sep 7-28 W 4:30pm-5:30pm

Kids and Wealth

Age: 9-14yrs. 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: \$20
Young Bosses

#195026 Sep 17 Sa 10:00-11:30am
#195027 Nov 12 Sa 10:30am-12:30pm

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: \$12
#193750 Oct 22 Sa 10:00-11:00am

Little Medical School: Is there a Surgeon in the House?

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

feel like real surgeons as they learn to suture and tie knots.

Greystone Community Center – Course Fee: \$16
#193753 Sep 24 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, exciting and fun 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
#193751 Sep 12-Oct 3 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, exciting and fun 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
#193752 Nov 7-28 M 5:00-6:00pm

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! This program is designed by former educators who know the relationship between active bodies and improved academic performance.

Abbotts Creek Community Center – Course Fee: \$40
#191408 Sep 6-29 T,Th 8:30-9:15am
#191409 Oct 4-27 T,Th 8:30-9:15am
#191410 Nov 1-29 T,Th 8:30-9:15am
#191411 Dec 1-27 T,Th 8:30-9:15am

Neighborhood Ecology Corp

Age: 12-14yrs. Students will learn about nature, ecology, STEM and environmental stewardship. This will be a one year continuous program at Sanderford Road Center.

Sanderford Road Park
#195698 Sep 6-Jun 6 T 4:00-6:00pm

Read and Feed

Age: 6-12yrs. Through the Read the Feed program, professional volunteers will bring food and books and encourage parents and children to read together. Because of this, Read and Feed is able to motivate elementary children, to become confident in their academic skills so that they have every opportunity to succeed in adult life!

Peach Road
#195808 Sep 7-Nov 23 W 5:00-6:15pm

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
#195477 Aug 6 Sa 11:30am-12:30pm
#195478 Sep 3 Sa 11:30am-12:30pm
#195479 Oct 1 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
#195012 Nov 18 F 5:00-6:00pm

Super Saturday II: Nature, Nature, and more Nature

Age: 9-12yrs. Join in the fun with our first ever Super Saturday Program. Youth will participate in a three hour program set around Nature. Youth will participate in activities, games, arts & crafts, and take a field trip to the Walnut Creek Wetland Center. Don't miss out on the fun!!

Chavis Community Center – Course Fee: \$35
#195163 Oct 15 Sa 10:00am-1:00pm

Super Saturday: Carousel Day

Age: 6-8yrs. Join in the fun with our first ever Super Saturday Program. Youth will participate in a three-hour program set around the Historic Allan Herschell Carousel. Participants will enjoy activities, games, arts and crafts, carousel rides and a field trip. Don't miss out on the fun!!

Chavis Community Center – Course Fee: \$35
#194491 Sep 17 Sa 10:00am-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, 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 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
#193749 Nov 12 Sa 10:00am-12:00pm

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Young Archeologist

Age: 7-10yrs. Let your little scientist discover the world of archeology. Kids will learn about the study of ancient zoology including dinosaurs and other primitive animals. Participants will dig for ancient artifacts using a brush and sieve and will be able to take home whatever they find.

Powell Drive Park – Course Fee: \$10
#195316 Sep 17 Sa 10:00-11:30am

Teen

Campus Crossing

Age: 14-17yrs. Looking to get a head start on furthering your education after high school? Campus Crossing provides an excellent opportunity for just that during WCPSS early release days! Teens will participate in interactive walking tours of local colleges and universities to get a feel for campus life, admissions, academics, athletic programs, and more! In addition to campus tours, participants will learn about different strategies that will help them plan, prepare and apply to college.

St. Monica Teen Center – Course Fee: \$5
#194778 Sep 9 F 1:30-5:00pm
#194779 Sep 30 F 1:30-5:00pm
#194780 Oct 21 F 1:30-5:00pm
#194781 Dec 2 F 1:30-5:00pm

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
#195272 Oct 8 Sa 9:00am-12:00pm
#195274 Nov 16 W 5:00-8:00pm

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 twelve session course, students will become certified in Ever-Fi financial literacy. Please note the program will not meet on Monday, October 31.

St. Monica Teen Center – Course Fee: \$60
#195261 Oct 3-Nov 14 M,W 6:00-8:00pm

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 specific 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. Contact the Teen Program at 919-996-2140 for more information.

Adult

Audible Evolution

Age: 18yrs and up. When was the last time you had your hearing checked? Most adults don't recognize some loss of hearing. Dr. Saranne Lentz-Barker, Au.D. of Evolution Hearing will discuss the symptoms of hearing loss and prevention of further damage. September is Take Your Loved One to The Doctor month. Bring a family member or someone you love, get educated on one of the senses we take for granted and participate in a free hearing test.

Method Road Community Center
#195359 Sep 16 F 6:30-8:00pm

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
#194113 Sep 18 Su 1:00-5:30pm
#194114 Oct 16 Su 1:00-5:30pm
#194115 Nov 20 Su 1:00-5:30pm
#194116 Dec 18 Su 1:00-5:30pm

Bridge for Beginners

Age: 18yrs and up. Have you ever wanted to join in a friendly, social game of bridge? This eight-week class is just the place for beginners and those who have not played the game in many years. It includes instruction on bidding, strategy and play of the hand. Learn the game and build your confidence with others who are just learning, too! Instructor: John Floreth.

Millbrook Exchange Community Center
Course Fee: \$60
#190885 Sep 6-Oct 25 T 7:00-9:00pm

Dog – Advanced Obedience

Age: 18yrs and up. This class is for dogs of any age that need to improve their sit, down, wait, come and stay and their ability to walk on a loose leash without pulling. We will do more intense work to strengthen these skills, especially around other dogs.

This class will improve your dog's impulse control while confirming your leadership. By adding distractions and practicing commands off leash, we'll help your dog improve self-control. If time allows, we will increase learning with fun games and rally obedience. The final night of the class will be the American Kennel Club Canine Good Citizen Certification. This is a six-week class.

Jaycee Community Center – Course Fee: \$125
#194006 Oct 11-Nov 15 T 8:00-9:00pm

Dog – Basic Dog Obedience 101

Age: 18yrs and up. This class will teach you the importance of your role as a leader and teach your dog the ability to have self-control. These two things together will allow your pup to learn to sit, down, wait, come, stay and walk on a loose leash without pulling. In addition, your dog will learn to wait at doorways, wait without lunging out of the car, sit for supper and leave it. Learning the proper body language and communicating clearly with your dog is also a focus. The result will be improved behavior in public as well as at home and a closer bond between you and your dog. Class is limited to six dogs so there is plenty of time for individual attention. This course is for dogs older than 3 months. This is a six-week course. No class on July 5.

Jaycee Community Center – Course Fee: \$125
#194375 Oct 11-Nov 15 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
#190886 Sep 7-Nov 9 W 7:30-8:30pm

Emergency Sign Language Communication

Ages: Adults. This course offers beginner level instruction in American Sign Language. Join Ms. Bettie Iitenback while she teaches you important phrases that can assist you in any kind of emergency.

Laurel Hills Community Center – \$40
#196348 Sep 7-28 W 6:15-7:30pm

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

#192299 Sep 12-Oct 17 M 7:00-8:30pm
 #192300 Nov 7-Dec 12 M 7:00-8:30pm

Brier Creek Community Center

#192294 Sep 10-Oct 15 Sa 11:30am-1:00pm
 #192293 Sep 14-Oct 19 W 7:00-8:30pm
 #192282 Oct 22-Dec 3 Sa 11:30am-1:00pm

Carolina Pines Community Center

#192286 Sep 6-Oct 11 T 6:30-8:00pm
 #192287 Nov 1-Dec 6 T 6:30-8:00pm

Chavis Community Center

#192279 Sep 10-Oct 15 Sa 11:30am-1:00pm
 #192280 Nov 5-Dec 10 Sa 11:30am-1:00pm

Green Road Community Center

#192290 Sep 7-Oct 12 W 6:30-8:00pm
 #192298 Sep 10-Oct 15 Sa 11:30am-1:00pm
 #192292 Nov 2-Dec 14 W 6:30-8:00pm
 #192291 Nov 5-Dec 17 Sa 11:30am-1:00pm

Marsh Creek Community Center

#192277 Sep 14-Oct 19 W 6:30-8:00pm
 #192278 Nov 2-Dec 7 W 6:30-8:00pm

Method Road Community Center

#192296 Sep 1-Oct 6 Th 6:30-8:00pm
 #192297 Oct 27-Dec 1 Th 6:30-8:00pm

Peach Road

#192283 Sep 13-Oct 25 T 6:30-8:00pm
 #192284 Sep 15-Oct 20 Th 6:30-8:00pm
 #192285 Nov 3-Dec 15 Th 6:30-8:00pm
 #192295 Nov 8-Dec 13 T 6:30-8:00pm

Ralph Campbell

#192288 Sep 7-Oct 12 W 1:00-2:30pm
 #192289 Oct 26-Nov 30 W 1:00-2:30pm

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

#195681 Sep 6-27 T 6:30-8:00pm
 #195682 Oct 4-25 T 6:30-8:00pm

Free Will Clinic

Age: 18yrs and up. Volunteer lawyers will prepare health care power of attorney, financial power of attorney and living wills by appointment or walk-in. Please note: Registration is required for preparation of wills. You will need to bring the following: Name and address of each beneficiary or power of attorney and driver's license or photo ID.

John P. 'Top' Greene Center

#195072 Oct 15-15 Sa 8:30am-12:00pm

Going Green and Growing Gardens: Composting

Age: All Ages. Composting is easier than you think! Join us for a presentation from world-renowned composting and vermicomposting expert Rhonda Sherman from N.C. State. Learn how to help your garden and the environment by recycling food scraps and yard waste. No registration needed!

Lake Johnson

#192027 Sep 22 Th 6:30-8:30pm

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: \$25

#195582 Sep 1-29 Th 4:00-5:30pm

Spanish I / Español 1

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

#194822 Sep 7-Oct 12 W 6:30-8:00pm
 #194844 Oct 26-Dec 7 W 6:30-8:00pm

Jaycee Community Center

Course Fee: \$50

#194820 Sep 10-Oct 15 Sa 1:00-2:30pm
 #194821 Oct 29-Dec 10 Sa 1:00-2:30pm

Millbrook Exchange Community Center

Course Fee: \$50

#194818 Sep 9-Oct 14 F 6:30-8:00pm
 #194819 Oct 28-Dec 16 F 6:30-8:00pm

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Senior

Computer and Email Basics for Beginners

Age: All Ages. 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. Applies to: Windows 10. For more information, call Raleigh SeniorTechEd at 919-954-3688.

Anne Gordon Center for Active Adults

Course Fee: \$30

#194105 Sep 14-Oct 19 W 9:30-11:30am

Five Points Center for Active Adults

Course Fee: \$30

#194106 Sep 27-Nov 1 T 2:00-4:30pm

Computer Fundamentals – Beyond the Basics

Age: 18yrs and up. Prerequisite: 'Computer and Email Basics for Beginners' or equivalent computer knowledge. This course teaches proper and safe ways to browse the Internet using the Windows 10 browser, Microsoft Edge. Basic browsing, file downloading, browser customization, saving favorites and security concepts will also be covered. Applies to: Windows 10. For more course information, contact Raleigh SeniorTechEd at 919-954-3688.

Five Points Center for Active Adults

Course Fee: \$20

#194107 Sep 12-Oct 3 M 1:30-3:30pm

#194108 Oct 10-31 M 1:30-3:30pm

#194109 Nov 7-Dec 5 M 1:30-3:30pm

Edge-ing the Internet

Age: All Ages. 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.

Five Points Center for Active Adults

Course Fee: \$20

#194112 Nov 11-Dec 2 F 9:30-11:30am

Excel: Level 1

Age: All Ages. 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

#194117 Oct 7 F 9:30-11:30am

Five Points Center for Active Adults

Course Fee: \$10

#194118 Sep 23 F 9:30-11:30am

Excel: Level II

Age: All Ages. 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.

Five Points Center for Active Adults

Course Fee: \$10

#194124 Dec 16 F 9:30-11:30am

Fall Immunization Clinic

Age: All Ages. Protect yourself for 2017. Walgreens pharmacists will provide high-dose flu shots. Preregistration two weeks in advance is requested. Bring your health insurance card and photo ID. Shingles and pneumonia shots are also available with at least three weeks' advance notice and registration at the center. Sponsored by Resources for Seniors.

Five Points Center for Active Adults

#194530 Oct 10 M 9:30-11:30am

#194531 Oct 24 M 9:30-11:30am

Finance: Estate Planning

Age: All Ages. 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

#193255 Nov 29 T 1:00-2:00pm

Finance: Medicare 101

Age: All Ages. The Seniors' Health Insurance Information Program (SHIP) 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

#193256 Sep 22 Th 1:00-3:00pm

Five Points Center for Active Adults

#193257 Dec 13 T 10:00am-12:00pm

Finance: Outlook and Opportunity

Age: All Ages. Wondering about investing in today's financial market? Come and learn about the economy and our outlook; inflation and interest rates; the opportunities and risk of international investing and the pros and cons of investing in today's domestic

stock market. Presented by Edward Jones Financial Group.

Five Points Center for Active Adults

#193259 Sep 26 M 2:00-3:00pm

Finance: Powerful Strategies for Strong Women

Age: 18yrs and up. Nearly 45% of women ages 65-74 are single due to divorce, widowhood or never marrying. At age 75, that figure climbs to 75%! Regardless of your current situation and age, you need strategies. You will learn how to gain control of your financial situation, protect the people and things you love the most and make informed financial decisions. Presented by Jessica Lee of Ameriprise Financial Group.

Anne Gordon Center for Active Adults

#193360 Nov 3 Th 11:00am-12:00pm

Five Points Center for Active Adults

#193361 Sep 13 T 1:00-2:00pm

Finance: Social Security Strategies for Retirement

Age: 18yrs and up. 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

#193367 Oct 27 Th 11:00am-12:00pm

Five Points Center for Active Adults

#193368 Sep 22 Th 11:00am-12:00pm

Finance: The Truth About Trusts

Age: All Ages. Have you gotten a postcard recently from an attorney saying that you need to set up a trust so you will not be a 'burden' to your children? Are you afraid of the 'hassle and delay' of probate? 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 questions including: What is a living trust? What is a testamentary trust? Do you need either? Does a trust help you avoid creditors?

Five Points Center for Active Adults

#193362 Oct 11 T 1:00-2:00pm

Finance: Women and Investing

Age: All Ages. Women today face unique financial pressures, whether they are raising a family, caring for parents or saving toward their own long-term goals. In this seminar, we will review these challenges and offer tips specifically geared toward women to help them plan accordingly.

Five Points Center for Active Adults

#193369 Nov 8 T 11:00am-12:00pm

Genealogy Fun Using Ancestry.com

Age: All Ages. 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.

Anne Gordon Center for Active Adults

Course Fee: \$20
#194128 Nov 4-Dec 8 Th,F, 9:30-11:30am

Google Can Do That?

Age: All Ages. 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
#194131 Nov 15-24 T,Th 2:00-4:30pm

Google Chrome

Age: All Ages. 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
#194132 Sep 27-28 T-W 9:30-11:30am
#195931 Sep 29-30 Th-F 9:30-11:30am

Google Photos

Age: All Ages. 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: \$20
#194155 Oct 6-13 Th 9:30-11:30am

Health Topic: Blood Pressure Screening

Age: All Ages. 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

#193387 Sep 6-Dec 19 M,T 9:30-10:15am

Health Topic: Healthy and Delicious Smoothies

Age: 18yrs and up. Learn how to make delicious smoothies and their many benefits. Smoothies are made from fruits, leafy green vegetables and dairy or nondairy products. Smoothies provide: Protein, vitamins, minerals and fiber; and they are easy to make and portable too! Come get inspired

with Abbotswood at Stonehenge Wellness Staff and establish healthy eating habits today!

Anne Gordon Center for Active Adults

#193394 Oct 13 Th 2:00-3:00pm

Five Points Center for Active Adults

#193396 Oct 6 Th 2:30-3:30pm

Health Topic: Hearing Screening

Age: 18yrs and up. Has it become more difficult to hear in a crowded setting? Are you noticing you are missing parts of people's sentences? Does your favorite television show need to be louder? Come for a free 10-minute hearing screening with Kim Banks, licensed hearing instrument specialist with Hearing Lab Technologies.

Anne Gordon Center for Active Adults

#193393 Oct 27 Th 1:00-2:00pm

Health Topic: Hearing the Whole Conversation

Age: 18yrs and up. 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

#193388 Sep 29 Th 11:00am-12:00pm

Five Points Center for Active Adults

#193389 Sep 27 T 2:00-3:00pm

Health Topic: Noggin Joggin'

Age: All Ages. 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

#193397 Sep 19-Dec 19 M 1:30-2:30pm

Five Points Center for Active Adults

#193398 Sep 12-Dec 12 M 10:00-11:00am

Walnut Terrace Neighborhood Center

#193410 Sep 6-Dec 6 T 1:00-2:00pm

Health Topic: Parkinson's Disease Dialogue

Age: All Ages. 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

#193399 Sep 30-Dec 16 F 1:00-2:30pm

Health Topics:

Health Talks with Dr. Baldwin

Age: All Ages. 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

#193390 Sep 6-Dec 6 T 10:15-11:15am

Health Topic: Reflexology

Age: All Ages. Reflexology is a method for activating the healing powers of the body to reduce stress, improve circulation and revitalize energy. Join us for an introduction to reflexology that will surely lighten your steps. Please bring a towel to class. Presented by Mary Ann Flournoy, licensed massage therapist and instructor.

Anne Gordon Center for Active Adults

#193391 Oct 17-Nov 7 M 11:45am-12:45pm

Legal: Preparing Your Estate

Age: All Ages. Explore the benefits of estate planning including: What you should consider when creating your will; how you can reduce taxes on your estate and how insurance can protect your family? The program will include Raleigh attorney, Leslee Sharp.

Anne Gordon Center for Active Adults

#193260 Oct 10 M 1:30-2:30pm

Legal: Protect Yourself From Identity Theft

Age: All Ages. In North Carolina, it's estimated that about 400,000 people are victimized annually. Raleigh ranks in the top 150 metropolitan areas for ID theft complaints in 2015. Learn about ways to protect yourself including: Protecting your Social Security number, passwords, finances, mail, and online information; safely disposing of documents and old electronics; and how to get a free security freeze. Presented by the NC Department of Insurance.

Anne Gordon Center for Active Adults

#193262 Sep 29 Th 1:00-2:00pm

Five Points Center for Active Adults

#193263 Sep 20 T 10:00-11:00am

Legal: Understanding Beneficiary Designations

Age: All Ages. 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

#193363 Oct 6 Th 1:00-2:00pm

Five Points Center for Active Adults

#193364 Oct 4 T 1:00-2:00pm

Legal: Understanding Veterans' Aid and Assistance Benefits

Age: All Ages. 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

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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

#193365 Nov 10 Th 10:00-11:00am

Five Points Center for Active Adults

#193366 Nov 15 T 1:00-2:00pm

Microsoft Word: Introduction

Age: All Ages. 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, using built-in styles and adding a table of contents. Applies to: Windows 7, 8 and 10. For more information, call Raleigh SeniorTechEd at 919-954-3688.

Five Points Center for Active Adults

Course Fee: \$10

#194216 Dec 9 F 9:30-11:30am

Password Management

Age: All Ages. 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

#194217 Oct 4 T 9:30-11:30am

#195932 Oct 5 W 9:30-11:30am

PC Workshop

Age: All Ages. 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

#194104 Sep 12-Dec 26 M 9:30-11:30am

PowerPoint: Introduction

Age: All Ages. 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.

Five Points Center for Active Adults

#194221 Sep 9 F 9:30-11:30am

Questions Across the Spectrum Discussion Group

Age: All Ages. 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

#192176 Sep 19-Dec 9 M, F 3:30-5:00pm

Resources for Seniors: Who Are We and How Can We Help

Age: All Ages. 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

#193337 Dec 1 Th 11:00am-12:00pm

Five Points Center for Active Adults

#193338 Dec 1 Th 2:00-3:00pm

Restorative Writing

Age: All Ages. Restorative writing is a unique tool that has the potential for powerful and dramatic outcomes, even for those who do not normally consider themselves 'writers.' This program was developed with the help of local author Carol Henderson. Join us for an opportunity to explore our deepest feelings in a safe environment. Through writing, we will gently probe, reflect, remember, and reconsider. We will honor our loved ones, reimagine our lives now, and discover inner resources we had no idea were within us. Lunch will be provided. Pre-registration is required. Presented by Heartland Hospice and Resources for Seniors.

Five Points Center for Active Adults

An Attitude of Gratitude

#193339 Nov 11 F 9:30-11:00am

#193340 Dec 2 F 9:30-11:00am

Senior Scams and Fraud

Age: 18yrs and up. The BBB Senior Scams program is an interactive presentation with up-to-date information on the latest scams targeting the senior population. With information on what these scams are, where they originate and how to protect yourself, seniors will be able to walk out of the presentation with confidence that they will not be taken advantage of. At the end of the presentation, seniors can expect a goodie bag of information on scams and some fun items as well!

Anne Gordon Center for Active Adults

#193486 Oct 24 M 1:00-2:00pm

Five Points Center for Active Adults

#193487 Oct 25 T 10:00-11:00am

SHIIP Counseling Appointments

Age: All Ages. 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

#193343 Sep 12-Dec 19 M 9:30am-12:30pm

Five Points Center for Active Adults

#193344 Sep 7-Dec 29 W-Th 1:00-4:00pm

Skype: An Introduction

Age: All Ages. 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. Student level: completion of Introduction to Computer Applications or equivalent. Applies to: Windows 7, 8 and 10. For more information, call Raleigh SeniorTechEd at 919-954-3688.

Five Points Center for Active Adults

Course Fee: \$10

Skype for Beginners

#194223 Oct 7 F 9:30am-12:00pm

Where's My Stuff?

Age: All Ages. 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

#194291 Oct 5-26 W 1:30-3:30pm

Windows 10 Overview

Age: All Ages. 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.

Five Points Center for Active Adults

Course Fee: \$10

#194294 Sep 16 F 9:30-11:30am

#194295 Oct 21 F 9:30-11:30am

#194296 Dec 2 F 9:30-11:30am

Windows 10: What's New?

Age: All Ages. 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

#194284 Nov 2-30 W 1:30-3:30pm

Five Points Center for Active Adults

Course Fee: \$20

#194287 Oct 18-27 T,Th 9:30-11:30am

#194289 Dec 6-15 T,Th 1:30-3:30pm

Windows Backup

Age: All Ages. In this seminar, you will learn the importance of backing up your computer onto various storage devices. It is important to learn how and why you back up your data. You will learn how you can automate your regular computer backups to run at specified times. You will learn several ways to back up your data so you do not lose important documents. 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.

Five Points Center for Active Adults

Course Fee: \$10

#194297 Oct 14 F 9:30-11:30am

Windows Photo Gallery

Age: All Ages. This workshop uses the Windows Photo Gallery software, which is already installed on many computers. 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, call 919-954-3688.

Anne Gordon Center for Active Adults

Course Fee: \$15

#194300 Oct 12-19 W 1:30-3:30pm

Five Points Center for Active Adults

Course Fee: \$15

#194304 Sep 13-22 T,Th 9:30-11:30am



Family

Freedom Shrine

Age: All Ages. Come visit the Freedom Shrine, a collection of original 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

#190891 Sep 1-Dec 31 Daily 10:00am-9:00pm

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

#195075 Sep 14 W 6:30-7:30pm

#195076 Oct 12 W 6:30-7:30pm

#195077 Nov 16 W 6:30-7:30pm

#195078 Dec 14 W 6:30-7:30pm

Homeschool Explorers

Age: 1yrs and up. 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

#194614 Sep 13-27 T 11:30am-1:30pm

#194615 Oct 4-25 T 11:30am-1:30pm

#194616 Nov 1-29 T 11:30am-1:30pm

#194617 Dec 6-20 T 11:30am-1:30pm

Introduction To Sewing

Age: 13yrs and up. Bring your sewing machine, an easy or beginner level pattern of your choice with the correct notions and material needed for your project. In six weeks we will guide you through your project and help you complete it.

Optimist Community Center – Course Fee: \$45

#195364 Sep 9-Oct 14 F 5:30-7:30pm

#195804 Oct 21-Dec 9 F 5:30-7:30pm

Lake Wheeler Family Fishing Class

Age: 6yrs and up. Bring the family out to experience and learn the art of fishing. We will cover the fundamentals of fishing, including fish habitat, equipment and techniques. We will provide equipment if you do not have your own. You and your family will learn how to catch fish and have fun. Limited spots are available, so register today. If you have any questions, please contact Lake Wheeler Park, 919-662-5704.

Lake Wheeler – Course Fee: \$5

#193987 Sep 10 Sa 10:00am-12:00pm

Mexican Folkloric Dances/Danzas Folclóricas de México

Age: 5yrs and up. 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

#195139 Sep 9-Dec 30 F 6:00-8:45pm

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 (as Mom or Dad learn Spanish also) and become part of your child's development into a second language. 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

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

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

Top Greene PC Lab

Age: 15yrs and up. This Internet-enabled computer lab is available for public use. Registration and photo ID are required for participation.

John P. 'Top' Greene Center

#195107 Aug 1-Nov 26 M-Sa 2:00-6:00pm

Fitness



Preschool

Fitness – Superhero Training

Age: 2-5yrs. Superheroes need to be in good shape! Training during this fun fitness class will include stretching, running and leaping. Superheroes will be able to better reach kittens in trees, race speeding trains and leap tall buildings. Parent participation is required for 2-year-olds.

Barwell Road Community Center – Course Fee: \$5
#195714 Nov 4 F 10:00-10:45am

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.

Greystone Community Center

Course Fee: \$30
#193073 Dec 6-20 T 9:30-10:15am
Course Fee: \$40
#193070 Sep 6-27 T 9:30-10:15am
#193071 Oct 4-25 T 9:30-10:15am
#193072 Nov 1-22 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.

Greystone Community Center

Course Fee: \$30
#193085 Dec 6-20 T 10:30-11:15am
Course Fee: \$40
#193082 Sep 6-27 T 10:30-11:15am
#193083 Oct 4-25 T 10:30-11:15am
#193084 Nov 1-22 T 10:30-11:15am

Kidokinetics Jr. Mommy 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: \$30
#193744 Dec 5-26 M 11:00-11:45am
#193748 Dec 6-20 T 3:00-3:45pm
Course Fee: \$40
#193741 Sep 12-Oct 3 M 11:00-11:45am
#193742 Oct 10-31 M 11:00-11:45am
#193743 Nov 7-28 M 11:00-11:45am
#193745 Sep 13-Oct 4 T 3:00-3:45pm
#193746 Oct 11-Nov 1 T 3:00-3:45pm
#193747 Nov 8-29 T 3:00-3:45pm

Laurel Hills Community Center

Course Fee: \$30
#194817 Nov 30-Dec 14 W 10:15-11:00am
Course Fee: \$40
#194814 Sep 7-28 W 10:15-11:00am
#194815 Oct 5-26 W 10:15-11:00am
#194816 Nov 2-23 W 10:15-11:00am

Kidokinetics Li'l 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
#194829 Nov 5-19 Sa 9:15-10:00am
Course Fee: \$40
#194827 Sep 10-Oct 1 Sa 9:15-10:00am
#194828 Oct 8-29 Sa 9:15-10:00am

Kidokinetics Preschool Sports

Age: 3-5yrs. 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: \$30
#195709 Dec 5-19 M 4:15-5:00pm
#195713 Nov 30-Dec 14 W 11:15am-12:00pm
Course Fee: \$40
#195706 Sep 12-Oct 3 M 4:15-5:00pm
#195707 Oct 10-31 M 4:15-5:00pm
#195708 Nov 7-28 M 4:15-5:00pm
#195710 Sep 7-28 W 11:15am-12:00pm
#195711 Oct 5-26 W 11:15am-12:00pm
#195712 Nov 2-23 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: \$23

#194766	Dec 2-16	F	11:00-11:45am
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Course Fee: \$30

#194066	Oct 4-25	T	12:30-1:15pm
#194067	Nov 1-22	T	12:30-1:15pm
#194068	Nov 29-Dec 20	T	12:30-1:15pm
#194763	Sep 6-27	T	12:30-1:15pm
#194764	Sep 9-30	F	11:00-11:45am
#194765	Oct 7-28	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

#193055	Sep 1-29	Th	6:30-7:30pm
#193056	Oct 6-27	Th	6:30-7:30pm
#193057	Nov 3-24	Th	6:30-7:30pm
#193058	Dec 1-29	Th	6:30-7:30pm

Mommy and Baby Fitness

Age: 1mths-1yrs. For new mothers and their little 1yr old and under. Getting the ok from their doctor first you both can enjoy this class with Yoga, Strengthening and dance while creating a wonderful bond and getting back in shape. This class also helps reduce stress from motherhood and increases confidence as you look at their smiles. Please wear comfortable attire.

Lake Lynn Community Center – Course Fee: \$40

#194807	Sep 6-27	T	10:15-11:00am
#194808	Oct 4-25	T	10:15-11:00am
#194809	Nov 1-29	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

#194069	Sep 6-27	T	10:00-11:00am
#194070	Oct 4-25	T	10:00-11:00am
#194071	Nov 1-22	T	10:00-11:00am
#194072	Nov 29-Dec 20	T	10:00-11:00am

Hill Street Center

Course Fee: \$40

#192826	Sep 7-28	W	3:00-4:00pm
#192827	Oct 5-26	W	3:00-4:00pm
#192828	Nov 2-30	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! Please wear comfortable attire.

Lake Lynn Community Center – Course Fee: \$40

#194811	Sep 6-27	T	11:00-11:45am
#194812	Oct 4-25	T	11:00-11:45am
#194813	Nov 1-29	T	11:00-11:45am

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

#194762	Dec 2-16	F	12:00-12:45pm
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Course Fee: \$40

#194061	Sep 6-27	T	11:00-11:45am
#194062	Oct 4-25	T	11:00-11:45am
#194063	Nov 1-22	T	11:00-11:45am
#194064	Nov 29-Dec 20	T	11:00-11:45am
#194760	Sep 9-30	F	12:00-12:45pm
#194761	Oct 7-28	F	12:00-12:45pm

Youth

4 Kicks Martial Arts

Age: 5-12yrs. 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: \$60

#194292	Sep 12-Nov 14	M	6:30-7:30pm
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Cheer-Hop Punk Fusion

Age: 6-13yrs. This fun, high energy class offers a mixture of cheerleading and hip hop. Learn to dance like a pop star by learning isolations, popping to leaps and jumps while incorporating cheerleading techniques! So get those Poms Poms ready!

Lake Lynn Community Center – Course Fee: \$40

#194852	Sep 10-Oct 1	Sa	12:15-1:15pm
#194853	Oct 8-29	Sa	12:15-1:15pm
#194854	Nov 12-Dec 10	Sa	12:15-1:15pm

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

#190882	Sep 6-Dec 27	T	10:30am-12:30pm
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Karate – Junior Kicks

Age: 5-12yrs. These classes in American karate will emphasize self-esteem, confidence and respect. Additional life skills and self-defense topics are incorporated within the curriculum. We also teach karate games to enhance mental focus, coordination, endurance and strength. We emphasize that karate techniques should be practiced only in class and not in school or on a playground. A one-time uniform fee of \$35 may be paid separately to the instructor, or you may bring your own. See www.4kicksma.com for details or call 919-985-9757.

Hill Street Center – Course Fee: \$60

#192806	Sep 12-Nov 14	M	5:00-6:00pm
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Kids In Motion

Age: 6-11yrs. In this fun, creative, and constantly changing class, participants will get a high-energy workout that will keep them coming back for more! Kids will discover the many benefits of exercise, including increased energy, endurance and improvement in muscle tone, strength and flexibility.

Green Road Community Center – Course Fee: \$36

#195158	Sep 10-Oct 8	Sa	10:00-11:00am
#195160	Oct 15-Nov 5	Sa	10:00-11:00am

Kinder Indoor Basketball

Age: 4-5yrs. This class will teach youth the very basics of the game. How to handle the ball, how to shoot the ball, dribbling and passing. Instructional information will provide the youth with the minimum techniques.

Lions Park Community Center – Course Fee: \$30

#195773	Sep 8-29	Th	10:45-11:30am
#195775	Oct 6-27	Th	10:45-11:30am

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

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requirement. Instructor: Jim LeClair.

Marsh Creek Park

Course Fee: \$40

#193859	Sep 7-28	M,W	5:15-6:00pm
#193860	Oct 3-31	M,W	5:15-6:00pm
#193861	Nov 2-30	M,W	5:15-6:00pm
#193862	Dec 5-28	M,W	5:15-6:00pm

Course Fee: \$50

#193859	Sep 7-28	M,W	5:15-6:00pm
#193860	Oct 3-31	M,W	5:15-6:00pm
#193861	Nov 2-30	M,W	5:15-6:00pm
#193862	Dec 5-28	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: \$35

#190951	Sep 7-28	M,W	6:15-7:00pm
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Course Fee: \$40

#190952	Oct 3-26	M,W	6:15-7:00pm
#190953	Nov 2-30	M,W	6:15-7:00pm
#190954	Dec 5-28	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: \$20

Youth Beginner

#194306	Sep 7-28	M,W	6:00-7:00pm
#194307	Oct 3-31	M,W	6:00-7:00pm
#194308	Nov 2-30	M,W	6:00-7:00pm
#194309	Dec 5-28	M,W	6:00-7:00pm
#194310	Sep 7-28	M,W	7:00-8:00pm
#194311	Oct 3-31	M,W	7:00-8:00pm
#194312	Nov 2-30	M,W	7:00-8:00pm
#194313	Dec 5-28	M,W	7:00-8:00pm

Sportkinetics Sports and Fitness

Age: 6-9yrs. This fun, noncompetitive all-around sports fitness program is designed to enhance coordination and concentration and improve muscle tone and cardiovascular fitness. We introduce a different sport or activity each week, focusing on basic fine and gross motor skills and sport fundamentals while instilling the importance of physical activity and fitness. This is a great class for kids who don't necessarily love competitive sports or are on the off-

season but love to be active. Activities include soccer, hockey, tennis, basketball, volleyball, golf, badminton, yoga, kickball and lots more.

Laurel Hills Community Center

Course Fee: \$30

#194833	Dec 5-19	M	4:45-5:30pm
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Course Fee: \$40

#194830	Sep 12-Oct 3	M	5:00-5:45pm
#194831	Oct 10-31	M	5:00-5:45pm
#194832	Nov 7-28	M	5:00-5:45pm

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

#194983	Sep 1-29	T,Th	6:30-7:30pm
#194984	Oct 4-27	T,Th	6:30-7:30pm
#194985	Nov 1-29	T,Th	6:30-7:30pm
#194986	Dec 1-29	T,Th	6:30-7:30pm

The Rhythm of Pom Poms

Age: 5-8yrs. This class provides the essential skills and techniques for a successful cheer tryout or cheer season. If you would like to prepare for the next level this class is for you. Cheer for a school, recreational team, etc.

Roberts Park Community Center – Course Fee: \$25

#195780	Sep 6-27	T	6:00-7:00pm
#195781	Sep 6-27	T	7:00-8:00pm
#195782	Nov 1-22	T	6:00-7:00pm

ZumbAtomic

Ages: 7-11yrs. Get ready to move, in this high energy dance based class packed with kid friendly moves and routines. We will focus on zumba and other cardiovascular exercises to keep your kids moving.

Laurel Hills Community Center – \$30

#196353	Oct 5-Oct 26	W	4:30-5:30pm
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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

#195177	Sep 7-28	W	6:30-7:30pm
#195188	Oct 5-26	W	6:30-7:30pm
#195191	Nov 2-30	W	6:30-7:30pm
#195199	Dec 7-28	W	6:30-7:30pm

Adult

4 Kicks Martial Arts – Adult

Age: 13yrs 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: \$60

#194335	Sep 12-Nov 14	M	7:30-8:30pm
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Abbotts Creek Walking Club

Age: 18yrs and up. Meet new friends and improve your health! Stop by the Abbotts Creek welcome desk to fill out a walking log and pick up a map for the designated path of day. Interested in counting the number of steps it takes to walk the path of the day? Check out a pedometer at the welcome desk.

Abbotts Creek Community Center

#192547	Sep 2-Dec 30	M,W,F	10:00-11:00am
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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.

Abbotts Creek Community Center

Course Fee: \$56

#192532	Nov 3-17	Th	6:30-7:50pm
#192530	Sep 1-22	Th	6:30-7:50pm
#192531	Oct 6-27	Th	6:30-7:50pm
#192533	Dec 1-22	Th	6:30-7:50pm

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

#192699	Sep 12-Dec 12	M	6:00-7:00pm
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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

#192798	Oct 11-Nov 29	T	7:30-8:30pm
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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

#192518 Nov 5-19 Sa 10:00-11:00am

Course Fee: \$40

#192516 Sep 3-24 Sa 10:00-11:00am

#192517 Oct 1-22 Sa 10:00-11:00am

#192519 Dec 3-24 Sa 10:00-11:00am

Bundle of Joy Prenatal Fitness

Age: 18yrs and up. This class is for expectant mothers with, of course, the ok from their doctor to do proper exercises while carrying. A blend of Yoga, Pilates, Strengthening and a touch of dance with no worries of harming the baby with the 'able to talk during workout' method. With this class you'll be increasing you and your baby's health and create a chance of easier labor. Please wear comfortable attire.

Lake Lynn Community Center – Course Fee: \$40

#194803 Sep 7-28 10:00-10:45am

#194804 Oct 5-26 10:00-10:45am

#194805 Nov 2-30 10:00-10:45am

Cabaret Adult Hip Hop/Jazz

Age: 18yrs and up. 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 like in the Broadway Chicago, strut like a Pussycat Doll and by working on flexibility and step by step 8 counts. Please wear comfortable attire.

Lake Lynn Community Center – Course Fee: \$45

#194834 Sep 12-Oct 3 M 8:00-8:50pm

#194835 Oct 10-31 M 8:00-8:50pm

#194836 Nov 7-28 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

#193821 Sep 7-Dec 28 M,W 6:30-8:30pm

Cardio Ballet

Age: 15yrs and up. Join Ms. Judy for ballet-infused exercises set to fun, upbeat music. This class offers a chance for a full body workout in a structured, fun environment with ballet-based movements. Barre, floor and center work will be incorporated.

Greystone Community Center

Course Fee: \$30

#193781 Nov 3-17 Th 12:00-12:45pm

Course Fee: \$40

#193779 Sep 8-29 Th 12:00-12:45pm

#193780 Oct 6-27 Th 12:00-12:45pm

#193782 Dec 1-22 Th 12:00-12:45pm

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)

#193064 Sep 2-30 F 7:30-8:30pm

#193065 Oct 7-28 F 7:30-8:30pm

#193066 Nov 4-25 F 7:30-8:30pm

#193067 Dec 2-30 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 light as you make it, and Val will be there to encourage you all the way. Use a rope or go without one. Jump roping for 10 minutes can burn as many calories as jogging at an eight-minute-per-mile pace. By adding body weight exercises such as burpees, squats, push-ups and lunges, you will improve strength and coordination and increase fat loss. Now that is a complete and total body workout.

Abbotts Creek Community Center – Course Fee: \$20

#192538 Sep 6-27 T 7:15-8:00pm

#192539 Oct 4-25 T 7:15-8:00pm

Cardio Kick Boxing

Age: 16yrs and up. This class is for beginner to intermediate participants. Bring a friend, meet new friends and enjoy this head-to-toe high impact class while losing inches and toning those trouble areas. This is a noncontact class.

Method Road Community Center

Course Fee: \$30

#195346 Nov 1-17 T,Th 6:30-7:30pm

Course Fee: \$35

#195347 Dec 1-20 T,Th 6:30-7:30pm

Course Fee: \$40

#195325 Sep 6-29 T,Th 6:30-7:30pm

#195338 Oct 4-27 T,Th 6:30-7:30pm

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.

Abbotts Creek Community Center – Course Fee: \$40

#191412 Sep 1-22 Th 6:45-7:30pm

#191413 Oct 6-27 Th 6:45-7:30pm

#191414 Nov 3-17 Th 6:45-7:30pm

#191415 Dec 1-22 Th 6:45-7:30pm

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

#195144 Sep 6-Dec 27 T 6:30-7:30pm

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

#195574 Sep 1-30 Daily

#195575 Oct 1-31 Daily

#195576 Nov 1-30 Daily

#195577 Dec 1-31 Daily

Abbotts Creek Community Center

Course Fee: \$15

#195570 Sep 1-30 Daily

#195571 Oct 1-31 Daily

#195572 Nov 1-30 Daily

#195573 Dec 1-31 Daily

Barwell Road Community Center

Course Fee: \$15

#195509 Sep 1-30 Daily

#195510 Oct 1-31 Daily

#195511 Nov 1-30 Daily

#195568 Dec 1-31 Daily

6-month membership

Class Fee: \$75

#195569 Sep 1-Dec 30 Daily

Biltmore Hills Community Center

Course Fee: \$10

#195512 Sep 1-30 Daily

#195513 Oct 1-31 Daily

#195514 Nov 1-30 Daily

#195515 Dec 1-31 Daily

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Brier Creek Community Center

Course Fee: \$15
 #195517 Sep 1-30 Daily
 #195518 Oct 1-31 Daily
 #195519 Nov 1-30 Daily
 #195520 Dec 1-31 Daily

6-month membership

Class Fee: \$75
 #195543 Sep 1-Dec 30 Daily

Carolina Pines Community Center

Course Fee: \$15
 #195491 Sep 1-30 Daily
 #195492 Oct 1-31 Daily
 #195493 Nov 1-30 Daily
 #195494 Dec 1-31 Daily

Chavis Community Center

Course Fee: \$10
 #193111 Sep 1-30 Daily
 #193112 Oct 1-31 Daily
 #193113 Nov 1-30 Daily
 #193114 Dec 1-31 Daily

Green Road Community Center

Course Fee: \$10
 #195079 Sep 1-30 Daily
 #195080 Oct 1-31 Daily
 #195081 Nov 1-30 Daily
 #195082 Dec 1-31 Daily

Halifax Community Center

Course Fee: \$15
 #195548 Sep 1-30 Daily
 #195549 Oct 1-31 Daily
 #195550 Nov 1-30 Daily
 #195551 Dec 1-31 Daily

Jaycee Community Center

Course Fee: \$15
 #194384 Sep 1-30 Daily
 #194385 Oct 1-31 Daily
 #194386 Nov 1-30 Daily
 #194387 Dec 1-31 Daily

Lake Lynn Community Center

Course Fee: \$15
 #195525 Sep 1-30 Daily
 #195526 Oct 1-31 Daily
 #195527 Nov 1-30 Daily
 #195528 Dec 1-31 Daily

Laurel Hills Community Center

Course Fee: \$15
 #195521 Sep 1-30 Daily
 #195522 Oct 1-31 Daily
 #195523 Nov 1-30 Daily
 #195524 Dec 1-31 Daily

Course Fee: \$75

6-month membership

Class Fee: \$75
 #195541 Sep 1-Dec 30 Daily

Lions Park Community Center

Course Fee: \$12
 #195537 Sep 1-30 Daily
 #195538 Oct 1-31 Daily
 #195539 Nov 1-30 Daily
 #195540 Dec 1-31 Daily

Marsh Creek Park

Course Fee: \$10
 #193846 Sep 1-30 Daily
 #193847 Oct 1-31 Daily
 #193848 Nov 1-30 Daily
 #193849 Dec 1-31 Daily

Method Road Community Center

Course Fee: \$12
 #195544 Sep 1-30 Daily
 #195545 Oct 1-31 Daily
 #195546 Nov 1-30 Daily
 #195547 Dec 1-31 Daily

Millbrook Exchange Community Center

Course Fee: \$15
 #190900 Sep 1-30 Daily
 #190901 Oct 1-31 Daily
 #190902 Nov 1-30 Daily
 #190903 Dec 1-31 Daily

Pullen Community Center

Course Fee: \$10
 #195505 Sep 1-30 M-Sa
 #195506 Oct 1-31 M-Sa
 #195507 Nov 1-30 M-Sa
 #195508 Dec 1-31 M-Sa

Roberts Park Community Center

Course Fee: \$10
 #195556 Sep 1-30 Daily
 #195557 Oct 1-31 Daily
 #195558 Nov 1-30 Daily
 #195559 Dec 1-31 Daily

Tarboro Road Community Center

Course Fee: \$10
 #195552 Sep 1-30 Daily
 #195553 Oct 1-31 Daily
 #195554 Nov 1-Dec 1 Daily
 #195555 Dec 1-31 Daily

Worthdale Community Center

Course Fee: \$10
 #195564 Sep 1-30 Daily
 #195565 Oct 1-31 Daily
 #195566 Nov 1-30 Daily
 #195567 Dec 1-31 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 Ghanous.

Sertoma Arts Center – Course Fee: \$48

#192725 Sep 10-Oct 15 Sa 10:00-11:00am
 #192726 Oct 22-Dec 10 Sa 10:00-11:00am
 no class Nov 22 and 26

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.

Sertoma Arts Center – Course Fee: \$48

#192170 Sep 13-Oct 18 T 1:30-2:30pm
 #192171 Nov 1-Dec 20 T 1:30-2:30pm
 no class Nov 8 and 22

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.

Sertoma Arts Center – Course Fee: \$48

#192172 Sep 15-Oct 20 Th 1:30-2:30pm
 #192173 Nov 3-Dec 15 Th 1:30-2:30pm
 no class Nov 24

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.

Sertoma Arts Center – Course Fee: \$48

#192158 Sep 12-Oct 17 M 6:15-7:15pm
 #192159 Oct 31-Dec 12 M 6:15-7:15pm
 no class Nov 21
 #192160 Sep 12-Oct 17 M 7:30-8:30pm
 #192161 Oct 31-Dec 12 M 7:30-8:30pm
 no class Nov 21
 #192162 Sep 13-Oct 18 T 12:00-1:00pm
 #192163 Nov 1-Dec 20 T 12:00-1:00pm
 no class Nov 8 and 22

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.

Sertoma Arts Center – Course Fee: \$48

#192164 Sep 14-Oct 19 W 7:30-8:30pm
 #192165 Nov 2-Dec 14 W 7:30-8:30pm
 no class Nov 23
 #192166 Sep 15-Oct 20 Th 12:00-1:00pm
 #192167 Nov 3-Dec 15 Th 12:00-1:00pm
 no class Nov 24

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.

Sertoma Arts Center – Course Fee: \$48

#192168 Sep 14-Oct 19 W 6:15-7:15pm
 #192169 Nov 2-Dec 14 W 6:15-7:15pm
 no class Nov 23

Exercise – Zumba® at Sertoma Arts

Age: 16yrs and up. Zumba® fitness is fun! You'll feel great dancing to music from around the globe and learning basic steps of salsa, merengue, bachata, Bollywood and much more. And you'll make new friends

foo. It's a Zumba® family party atmosphere! We look forward to seeing you soon. Bring a towel and water bottle. Instructor: Diana Call.
Sertoma Arts Center – Course Fee: \$48
 #193317 Sep 10-Oct 15 Sa 11:15am-12:15pm
 #193318 Nov 5-Dec 17 Sa 11:15am-12:15pm
 no class Nov 26

Feet Meet Sneaks

Age: All Ages. 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

#195028 Sep 8-29 Th 10:00-11:00am
 #195029 Oct 6-27 Th 10:00-11:00am

Fitness – Introduction to Free Weights for Women

Age: 16yrs and up. Women will learn the basics of working out with free weights with emphasis on safety, targeted muscle groups, form and fun. Any questions, concerns or myths about using free weights will be addressed.

Method Road Community Center

Course Fee: \$15
 #195619 Oct 19-31 M,W 6:00-7:00pm
 #195620 Oct 10-19 M,W 6:00-7:00pm
 #195649 Nov 7-16 M,W 6:00-7:00pm
 #195650 Dec 5-14 M,W 6:00-7:00pm

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

#194288 Sep 1-Dec 31 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.

Abbotts Creek Community Center – Course Fee: \$5

#192523 Sep 1-Dec 29 W,Th 7:00-8:00pm

Greystone Community Center – Course Fee: \$5

#193090 Sep 3-Dec 21 Sa 10:00-11:00am
 #194220 Sep 1-Dec 22 Th 6:00-7:00pm

Fitness Boot Camp at Worthdale

Age: 18yrs and up. Enjoy a series of classes that include great music and high energy fitness. This indoor/outdoor coed program provides a mild cardio workout combined with a variety of creative strength training to challenge you physically as you push yourself to reach new goals.

Worthdale Community Center

Course Fee: \$25
 #194936 Oct 4-27 T,Th 6:30-7:30pm
 #194937 Nov 1-29 T,Th 6:30-7:30pm
 Course Fee: \$40
 #194936 Oct 4-27 T,Th 6:30-7:30pm
 #194937 Nov 1-29 T,Th 6:30-7:30pm

Fitness Pass

Age: 18yrs and up. Interested in utilizing the fitness room but want to try it out first?

Register for a daily pass.

Green Road Community Center

Course Fee: \$2
 #195085 Sep 1-30 Daily 10:00am-9:00pm
 #195086 Oct 1-31 Daily 9:00am-3:00pm
 #195087 Nov 1-30 Daily 10:00am-9:00pm
 #195088 Dec 1-31 Daily 10:00am-9:00pm

Millbrook Exchange Community Center

Course Fee: \$2
 #190919 Sep 1-30 Daily 10:00am-9:00pm
 #190920 Oct 1-31 Daily 9:00am-3:00pm
 #190921 Nov 1-30 Daily 10:00am-9:00pm
 #190922 Dec 1-31 Daily 10:00am-9:00pm

Pullen Community Center

Course Fee: \$2
 #194298 Sep 1-30 M-Sa 10:00am-9:00pm
 #194299 Oct 1-31 M-Sa 9:00am-3:00pm
 #194301 Nov 1-30 M-Sa 10:00am-9:00pm
 #194302 Dec 1-31 M-Sa 10:00am-9:00pm

Hot Legs Ballet

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: \$65

#193097 Oct 6-Nov 10 Th 1:00-1:45pm

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: \$65

#193095 Oct 6-Nov 10 Th 2:00-2:45pm

Lunar Adult Ballet/Lyrical

Age: 18yrs and up. It's never too late to be a ballerina! Or even if you use to dance and want to get back! Start back with the basic dance technique, barre exercises that corrects posture and balance while gaining flexibility. Then continue to develop different techniques of Ballet and other dance styles. White/pink tights. Black/pink leotard. Ballet skirt optional.

Lake Lynn Community Center – Course Fee: \$45

#194823 Sep 12-Oct 3 M 7:00-7:50pm
 #194824 Oct 10-31 M 7:00-7:50pm
 #194826 Nov 7-28 M 7:00-7:50pm

Lunch Hour Slow Flow Yoga

This lunch hour version of slow-flow yoga, instructed by Sierra Luz, is suitable for beginners and intermediate participants alike who need a class gentle enough that you can go right back to work or errands without a shower. Not available for the full hour? Don't worry—this class is set up to allow you to jump in or leave early if needed. Explore the synthesis of movement, breath, and energy while developing your '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.

Abbotts Creek Community Center

Course Fee: \$40
 #196185 Sep 7-28 W 12:00-1:00pm
 #196186 Oct 5-26 W 12:00-1:00pm
 #196187 Nov 2-23 W 12:00-1:00pm
 #196188 Dec 7-28 W 12:00-1:00pm

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: \$20

#194337 Sep 7-28 M,W 8:00-9:00pm
 #194338 Oct 3-31 M,W 8:00-9:00pm
 #194339 Nov 2-30 M,W 8:00-9:00pm
 #194340 Dec 5-28 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

Course Fee: \$40
 #193855 Sep 7-28 M,W 6:00-7:00pm
 #193856 Oct 3-31 M,W 6:00-7:00pm
 #193857 Nov 2-30 M,W 6:00-7:00pm
 #193858 Dec 5-28 M,W 6:00-7:00pm
 Course Fee: \$50
 #193855 Sep 7-28 M,W 6:00-7:00pm
 #193856 Oct 3-31 M,W 6:00-7:00pm
 #193857 Nov 2-30 M,W 6:00-7:00pm
 #193858 Dec 5-28 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

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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: \$40
#190955 Sep 7-28 M,W 7:00-8:30pm
Course Fee: \$45
#190956 Oct 3-26 M,W 7:00-8:30pm
#190957 Nov 2-30 M,W 7:00-8:30pm
#190958 Dec 5-28 M,W 7:00-8:30pm

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
#194532 Sep 7-Oct 12 W 10:00-11:15am
#194533 Oct 19-Nov 23 W 10:00-11:15am

Movin' and Groovin'

Age: 18yrs and up. The Parks, Recreation and Cultural Department is once again partnering with the 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
#194451 Aug 18-Oct 6 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
#195716 Sep 5 M 6:00-7:00pm
#195717 Sep 7 W 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 and Optimist Community Center. Please contact each site for court times and site-specific information.

Full Session Pickleball Pass – Course Fee: \$10
#192808

Pilates Mat Daily Pass

Age: 16yrs and up. Pilates workouts are designed to develop strength through the core of the body—back, abdomen and hips—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
#194585 Sep 7-Dec 28 M 12:15pm-1:15pm
#194585 Sep 7-Dec 28 W 11:00am-12:00pm
#194585 Sep 7-Dec 28 M,W 6:00pm-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

#194431 Sep 6-27 T 6:00-7:00pm
#194432 Oct 4-25 T 6:00-7:00pm
#194433 Nov 1-29 T 6:00-7:00pm
#194434 Dec 6-27 T 6:00-7:00pm

Sanderford Fitness – Fast Circuit

Age: 10yrs and up. Come join us at Sanderford for segments of cardio and toning exercises that change every two minutes. Various intensities and exercises will be fused with the goal of getting super fit. See you soon!

Sanderford Road Park – Course Fee: \$5

#195683 Dec 3 Sa 12:00-1:00pm
#195684 Dec 10 Sa 12:00-1:00pm
#195685 Sep 17 Sa 12:00-1:00pm
#195686 Sep 24 Sa 12:00-1:00pm
#195687 Oct 1 Sa 12:00-1:00pm
#195688 Oct 8 Sa 12:00-1:00pm
#195689 Oct 15 Sa 12:00-1:00pm
#195690 Oct 22 Sa 12:00-1:00pm
#195691 Oct 29 Sa 12:00-1:00pm
#195692 Nov 5 Sa 12:00-1:00pm
#195693 Nov 12 Sa 12:00-1:00pm
#195694 Nov 19 Sa 12:00-1:00pm
#195695 Dec 3 Sa 12:00-1:00pm
#195696 Dec 10 Sa 12:00-1:00pm
#195697 Dec 17 Sa 12:00-1:00pm

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.

Abbots Creek Community Center

Course Fee: \$30
#191406 Nov 3-17 Th 5:45-6:30pm
Course Fee: \$40
#191404 Sep 1-22 Th 5:45-6:30pm
#191405 Oct 6-27 Th 5:45-6:30pm
#191407 Dec 1-22 Th 5:45-6:30pm

Soul Line Dance and Get Fit – Abbots 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 other Sunday. Beginners class: 2:00-3:30pm. Advanced class: 3:30-5:30pm. Call 919-996-2770 for schedule. Class fee: \$5 per class

Abbots Creek Community Center – Course Fee: \$5
#192334 Sep 11-Dec 18 Su 2:00-5:30pm

Soul Line Dance and Get Fit Class for Beginners – Marsh Creek

Age: 15yrs 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/high impact soul line dances. Come prepared to move, sweat and have fun!

Marsh Creek Park – Course Fee: \$20

#193863 Sep 6 T 7:00-8:30pm
#193864 Sep 13 T 7:00-8:30pm
#193865 Sep 27 T 7:00-8:30pm
#193866 Oct 4 T 7:00-8:30pm
#193867 Oct 11 T 7:00-8:30pm
#193868 Oct 18 T 7:00-8:30pm
#193869 Oct 25 T 7:00-8:30pm
#193870 Nov 1 T 7:00-8:30pm
#193871 Nov 29 T 7:00-8:30pm
#193872 Dec 6 T 7:00-8:30pm
#193873 Dec 13 T 7:00-8:30pm
#193874 Dec 27 T 7:00-8:30pm
#193875 Sep 20 T 7:00-8:30pm
#193876 Nov 8 T 7:00-8:30pm
#193877 Nov 15 T 7:00-8:30pm
#193878 Nov 22 T 7:00-8:30pm
#193879 Dec 20 T 6:30-8:30pm

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

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friends and have fun while dancing to the latest and popular line dance songs!

Barwell Road Community Center – Course Fee: \$5
Advanced Line Dance
#194351 Sep 7-Dec 28 W 7:00-8:30pm
#194352 Sep 7-Dec 28 W 6:00-7:00pm

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
#195008 Sep 1-29 T,Th 7:30-8:30pm
#195009 Oct 4-27 T,Th 7:30-8:30pm
#195010 Nov 1-29 T,Th 7:30-8:30pm
#195011 Dec 1-29 T,Th 7:30-8:30pm

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
#193998 Sep 12-26 M 7:00-8:30pm
#193999 Oct 3-31 M 7:00-8:30pm
#194000 Nov 7-28 M 7:00-8:30pm
#194001 Dec 5-19 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
#193488 Sep 1 Th 6:45-7:45pm
#193489 Sep 8 Th 6:45-7:45pm
#193490 Sep 15 Th 6:45-7:45pm
#193491 Sep 22 Th 6:45-7:45pm
#193492 Sep 29 Th 6:45-7:45pm
#193493 Oct 6 Th 6:45-7:45pm
#193494 Oct 13 Th 6:45-7:45pm
#193495 Oct 20 Th 6:45-7:45pm
#193496 Oct 27 Th 6:45-7:45pm
#193497 Nov 3 Th 6:45-7:45pm
#193498 Nov 10 Th 6:45-7:45pm
#193499 Nov 17 Th 6:45-7:45pm
#193500 Dec 1 Th 6:45-7:45pm
#193501 Dec 8 Th 6:45-7:45pm
#193502 Dec 15 Th 6:45-7:45pm
#193503 Dec 29 Th 6:45-7:45pm

Walking for A Good Reason

Age: 18yrs and up. A program setup to promote a healthier lifestyle for the community with a consistent walking program. Come in and shed those extra pounds on the inside during the winter months.

Lions Park Community Center
#195789 Sep 21-Dec 9 W,F 10:30am-12:00pm

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
#195128 Sep 12-Dec 19 M 10:00am-12:30pm

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
#194344 Sep 14-Nov 23 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
#192802 Sep 6-Dec 27 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
#194350 Sep 12-Nov 21 M 5:15-6:15pm

Yoga – Yoga at Optimist Community Center

Age: 16yrs and up. Experience the benefits of practicing yoga on balance, flexibility, strength, alignment, mood, memory and breath functioning, regardless of your age. Relieve stress, too! Get a taste of modern yoga philosophy, meditation tools and mindfulness skills. You will move, learn and develop a practice that will benefit you in body, mind and spirit! Instructor: Gustavo Ruiz.

Optimist Community Center – Course Fee: \$5
#194584 Sep 7-Dec 28 W 7:00-8:00pm

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+.

Lake Johnson – Course Fee: \$50
#193012 Sep 6-Oct 11 T 6:00-7:00pm
#193013 Oct 25-Nov 29 T 6:00-7:00pm

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.

Lake Johnson – Course Fee: \$70
#193018 Sep 13-Oct 25 T 9:30-11:00am
#193019 Nov 8-Dec 20 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. No class on Nov. 24. Certified yoga instructor: Jenny Turnage.

Lake Johnson – Course Fee: \$55
#193528 Sep 15-Oct 20 Th 6:30-7:30pm
#193529 Nov 3-Dec 15 Th 6:30-7:30pm

Yoga – Lunch Hour

Age: All Ages. The 40-minute lunchtime gentle yoga class is designed to give you stress relief and encourage beneficial movement, but it is gentle enough to allow you to go right back to work or errands without a shower.

Walnut Terrace Neighborhood Center
#193100 Sep 2-30 W,F 12:30-1:10pm
#193101 Oct 5-28 W,F 12:30-1:10pm
#193102 Nov 2-30 W,F 12:30-1:10pm
#193103 Dec 2-30 W,F 12:30-1:10pm

Yoga – Slow Flow at Millbrook

Open lotus yoga is gentle and suitable for all ages and fitness levels. The focus is on balance, flexibility, strength and stress relief. One-hour classes take you through a gentle warm-up, transition into more challenging poses designed to lengthen the spine and move the large and small muscle groups through their full range of motion, and cool you down with relaxation poses that help you feel great for the rest of your day. Students should bring a yoga mat and towel

to class.

Millbrook Exchange Community Center

Course Fee: \$30

#190896	Sep 12-26	M	6:30-7:30pm
Course Fee: \$40			
#190897	Oct 3-24	M	6:30-7:30pm
#190898	Nov 7-28	M	6:30-7:30pm
#190899	Dec 5-26	M	6:30-7:30pm

Zumba® 8-Class Punch Pass

Age: All Ages. Zumba® Fit 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 – Course Fee: \$40

#194160	Sep 2-30	W,F-Sa	6:45-7:45pm
#194161	Oct 1-29	W,F-Sa	10:00-11:00am
#194162	Nov 2-30	W,F-Sa	6:45-7:45pm
#194178	Dec 2-31	W,F-Sa	6:45-7:45pm

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

#194355	Sep 12-Dec 26	M	6:00-7:00pm
#194356	Sep 1-Dec 29	Th	6:30-7:30pm
Course Fee: \$5			
#194355	Sep 12-Dec 26	M	6:00-7:00pm
#194356	Sep 1-Dec 29	Th	6:30-7:30pm

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.

Green Road Community Center – Course Fee: \$25

#194452	Sep 2-14	M-W,F	6:00-7:00pm
#194453	Sep 16-28	M-W,F	6:00-7:00pm
#194454	Sep 30-Oct 12	M-W,F	6:00-7:00pm
#194455	Oct 14-26	M-W,F	6:00-7:00pm
#194456	Oct 28-Nov 9	M-W,F	6:00-7:00pm
#194457	Nov 14-25	M-W,F	6:00-7:00pm
#194458	Nov 28-Dec 9	M-W,F	6:00-7:00pm
#194459	Dec 12-23	M-W,F	6:00-7:00pm

Zumba® at Jaycee

Age: 16yrs and up. Come and dance yourself into shape! Zumba® combines dance, music, fitness, and fun through Latin-inspired, calorie-burning dance parties. It's an exciting dance atmosphere that allows participants to get into shape while having fun. No prior dance experience necessary. Come and join the party Sunday afternoons with Jeffrey Florence.

Jaycee Community Center – Course Fee: \$5

#194871	Sep 11	Su	4:00-5:00pm
#194872	Sep 18	Su	4:00-5:00pm
#194873	Sep 25	Su	4:00-5:00pm
#194874	Oct 2	Su	4:00-5:00pm
#194875	Oct 9	Su	4:00-5:00pm
#194876	Oct 16	Su	4:00-5:00pm
#194877	Oct 23	Su	4:00-5:00pm
#194878	Oct 30	Su	4:00-5:00pm
#195147	Nov 6	Su	4:00-5:00pm
#195148	Nov 13	Su	4:00-5:00pm
#195149	Nov 20	Su	4:00-5:00pm
#195150	Nov 27	Su	4:00-5:00pm
#195151	Dec 4	Su	4:00-5:00pm
#195152	Dec 11	Su	4:00-5:00pm
#195153	Dec 18	Su	4:00-5:00pm

Zumba® Fit

Age: 16 yrs and up. Zumba® Fit is a feel good workout that combines motivating Latin and international music with unique moves. No dance experience required. Dance to great music, with great people and burn a lot of calories without even realizing it!

Halifax Community Center – Course Fee: \$5

	W,F	6:45-7:45pm
	Sa	10-11am

Zumba® at Sanderford Road Center

Age: 16yrs and up. Join us at Sanderford Road Center for a Latin-inspired, easy to follow, calorie burning, dance fitness party. Feel the music and let loose. Join the party!

Sanderford Road Park – Course Fee: \$5

#195600	Sep 6	T	6:00-7:00pm
#195601	Sep 13	T	6:00-7:00pm
#195602	Sep 20	T	6:00-7:00pm
#195603	Sep 27	T	6:00-7:00pm
#195604	Oct 4	T	6:00-7:00pm
#195605	Oct 11	T	6:00-7:00pm
#195606	Oct 18	T	6:00-7:00pm
#195607	Oct 25	T	6:00-7:00pm
#195608	Nov 1	T	6:00-7:00pm
#195609	Nov 8	T	6:00-7:00pm
#195610	Nov 15	T	6:00-7:00pm
#195611	Nov 22	T	6:00-7:00pm
#195612	Nov 29	T	6:00-7:00pm
#195613	Dec 6	T	6:00-7:00pm
#195614	Dec 13	T	6:00-7:00pm

Zumba® at Worthdale Center

Age: 14yrs and up. This Zumba® program fuses Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will enhance and motivate you to be more active and fit.

Worthdale Community Center – Course Fee: \$5

#195049	Sep 7-28	W	6:30-7:30pm
#195050	Oct 5-26	W	6:30-7:30pm
#195051	Nov 2-30	W	6:30-7:30pm
#195052	Dec 7-28	W	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

#195621	Sep 6	T	7:00-8:00pm
#195622	Sep 13	T	7:00-8:00pm
#195623	Sep 20	T	7:00-8:00pm
#195624	Sep 27	T	7:00-8:00pm
#195625	Oct 4	T	7:00-8:00pm
#195626	Oct 11	T	7:00-8:00pm
#195627	Oct 18	T	7:00-8:00pm
#195628	Oct 25	T	7:00-8:00pm
#195629	Nov 1	T	7:00-8:00pm
#195630	Nov 9	W	7:00-8:00pm
#195631	Nov 15	T	7:00-8:00pm
#195632	Nov 22	T	7:00-8:00pm
#195633	Nov 29	T	7:00-8:00pm
#195634	Dec 6	T	7:00-8:00pm
#195635	Dec 13	T	7:00-8:00pm
#195652	Sep 7	W	7:00-8:00pm
#195653	Sep 20	T	7:00-8:00pm
#195654	Sep 21	W	7:00-8:00pm
#195655	Sep 28	W	7:00-8:00pm
#195656	Oct 5	W	7:00-8:00pm
#195657	Oct 12	W	7:00-8:00pm
#195658	Oct 19	W	7:00-8:00pm
#195659	Oct 26	W	7:00-8:00pm
#195660	Nov 2	W	7:00-8:00pm
#195661	Nov 9	W	7:00-8:00pm
#195662	Nov 16	W	7:00-8:00pm
#195663	Nov 30	W	7:00-8:00pm
#195664	Dec 7	W	7:00-8:00pm
#195665	Dec 20	T	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.

Green Road Community Center – Course Fee: \$5

#195113	Sep 6-Oct 7	T,F	7:15-8:15pm
#195114	Oct 4-28	T,F	7:15-8:15pm
#195115	Nov 1-29	T,F	7:15-8:15pm
#195116	Dec 2-30	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

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it, you're getting fit and your energy levels are soaring! There's no other fitness class like a Zumba® fitness party. It's easy to do, effective and totally exhilarating, often building a deep-rooted sense of community among returning students. Certified Zumba® instructor: Maria Elena de Leon Angel Williams.

Green Road Community Center – Course Fee: \$5
#195118 Sep 5-28 M,W 6:00-7:00pm
#195119 Oct 3-31 M,W 6:00-7:00pm
#195120 Nov 2-30 M,W 6:00-7:00pm
#195121 Dec 5-Jan 2 M,W 6:00-7:00pm

Senior

60 Seconds to Good Health

Age: All Ages. 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
#191788 Sep 12-26 M 11:45am-12:45pm
#191789 Oct 10-31 M 11:45am-12:45pm
#191790 Nov 7-28 M 11:45am-12:45pm
#191791 Dec 5-26 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
#193799 Sep 3 Sa 9:00-10:00am
#193800 Sep 10 Sa 9:00-10:00am
#193801 Sep 17 Sa 9:00-10:00am
#193802 Sep 24 Sa 9:00-10:00am
#193803 Oct 1 Sa 9:00-10:00am
#193804 Oct 8 Sa 9:00-10:00am
#193805 Oct 15 Sa 9:00-10:00am
#193806 Oct 22 Sa 9:00-10:00am
#193807 Oct 29 Sa 9:00-10:00am
#193808 Nov 5 Sa 9:00-10:00am
#193809 Nov 12 Sa 9:00-10:00am
#193810 Nov 19 Sa 9:00-10:00am
#193811 Nov 26 Sa 9:00-10:00am
#193812 Dec 3 Sa 9:00-10:00am
#193813 Dec 10 Sa 9:00-10:00am
#193816 Dec 17 Sa 9:00-10:00am
#193817 Dec 31 Sa 9:00-10:00am

Aerobic Fit

Age: 18yrs and up.

Anne Gordon Center for Active Adults
Course Fee: \$8
#192745 Sep 6-27 T 10:15-11:00am
#192746 Oct 4-25 T 10:15-11:00am
#192747 Nov 1-29 T 10:15-11:00am
#192748 Dec 6-27 T 10:15-11:00am
#192749 Sep 1-29 Th 10:15-11:00am
#192750 Oct 6-27 Th 10:15-11:00am
#192751 Nov 3-17 Th 10:15-11:00am
#192752 Dec 1-29 Th 10:15-11:00am

Ageless Grace

Age: All Ages. 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
#191794 Sep 6-27 T 2:00-2:45pm
#191795 Nov 1-29 T 2:00-2:45pm
#191796 Oct 4-25 T 2:00-2:45pm
#191797 Dec 6-27 T 2:00-2:45pm

Five Points Center for Active Adults
Course Fee: \$8
#191798 Sep 7-28 W 2:00-2:45pm
#191799 Oct 5-26 W 2:00-2:45pm
#191800 Nov 2-30 W 2:00-2:45pm
#191801 Dec 7-28 W 2:00-2:45pm

Walnut Terrace Neighborhood Center
#193327 Sep 6-27 T 12:00-12:45pm
#193328 Oct 4-25 T 12:00-12:45pm
#193329 Nov 1-29 T 12:00-12:45pm
#193330 Dec 6-27 T 12:00-12:45pm

Balance and Strength Foundations

Age: All Ages. 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
#191802 Sep 1-29 Th 11:15am-12:00pm
#191803 Oct 6-27 Th 11:15am-12:00pm
#191804 Nov 3-29 T,Th 11:15am-12:00pm
#191805 Dec 1-29 Th 11:15am-12:00pm
#195824 Sep 6-27 T 10:30-11:15am
#195825 Oct 4-25 T 10:30-11:15am
#195826 Nov 1-29 T 10:30-11:15am
#195827 Dec 6-27 T 10:30-11:15am

Balance Strengthening

Age: 18yrs and up. This class is designed to strengthen your over-all balance! Good balance decreases our risk of falls, and helps us 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 every day 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 no previous fitness experience is required. Instructor: Dana Kincaid

Anne Gordon Center for Active Adults
Course Fee: \$8
#192753 Sep 6-27 T 11:15am-12:00pm
#192754 Oct 4-25 T 11:15am-12:00pm
#192755 Nov 1-29 T 11:15am-12:00pm
#192756 Dec 6-27 T 11:15am-12:00pm

BeneFitness

Age: 50yrs and up. Strengthen your muscles and improve your range of motion, balance, flexibility and strength through low-impact aerobics, stretching and light weights. Come

and enjoy the BeneFitness of exercise!

Instructor: Bill Unger.

Five Points Center for Active Adults
#191806 Sep 1-29 T,Th 9:30-10:00am
#191807 Oct 4-27 T,Th 9:30-10:15am
#191808 Nov 1-29 T,Th 9:30-10:15am
#191809 Dec 1-Jan 3 T,Th 9:30-10:15am

Bootcamp

Age: All Ages. 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
#191810 Sep 12-26 M 4:30-5:30pm
#191811 Oct 3-31 M 4:30-5:30pm
#191812 Nov 7-28 M 4:30-5:30pm
#191813 Dec 5-26 M 4:30-5:30pm
#191814 Sep 7-28 W 4:30-5:30pm
#191815 Oct 5-26 W 4:30-5:30pm
#191816 Nov 2-30 W 4:30-5:30pm
#191817 Dec 7-28 W 4:30-5:30pm

Cardio Sculpt

Age: All Ages. 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
#191935 Sep 12-26 M 10:15-11:00am
#191936 Oct 3-31 M 10:15-11:00am
#191937 Nov 7-21 M 10:15-11:00am
#191938 Dec 5-26 M 10:15-11:00am
#191939 Sep 6-27 T 10:15-11:00am
#191940 Oct 4-25 T 10:15-11:00am
#191941 Nov 1-29 T 10:15-11:00am
#191942 Dec 6-27 T 10:15-11:00am
#191943 Sep 7-28 W 10:15-11:00am
#191944 Oct 5-26 W 10:15-11:00am
#191945 Nov 2-30 W 10:15-11:00am
#191946 Dec 7-28 W 10:15-11:00am
#191947 Sep 1-29 Th 10:15-11:00am
#191948 Oct 6-27 Th 10:15-11:00am
#191949 Nov 3-24 Th 10:15-11:00am
#191950 Dec 1-29 Th 10:15-11:00am

Core, Balance, and Stretch

Age: All Ages. 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
#191956 Sep 1-29 Th 9:15-10:00am
#191957 Oct 6-27 Th 9:15-10:00am
#191958 Nov 3-17 Th 9:15-10:00am
#191959 Dec 1-29 Th 9:15-10:00am

Five Points Fitness Room

Age: 50yrs and up. 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 10:15-11:00am and 2:00-2:45pm on Monday, Wednesday and Friday.

Five Points Center for Active Adults

#192030 Sep 1-Dec 30 M-F 9:00am-6:00pm

Five Points Fitness Room Orientation

Age: 50yrs and up. 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

#192031 Sep 1-Dec 27 T,Th 9:00-9:30am

Group Fitness Room Training

Age: All Ages. 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

#192045	Sep 7-28	W	2:15-3:00pm
#192046	Oct 5-26	W	2:15-3:00pm
#192047	Nov 2-30	W	2:15-3:00pm
#192048	Dec 7-28	W	2:15-3:00pm
#192053	Sep 1-29	Th	2:15-3:00pm
#192054	Oct 6-Nov 3	Th	2:15-3:00pm
#192055	Nov 3-Dec 1	Th	2:15-3:00pm
#192056	Dec 1-29	Th	2:15-3:00pm

Line Dance for Active Adults

Age: All Ages. 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

#192059	Sep 2-30	F	2:15-3:15pm
#192060	Oct 7-28	F	2:15-3:15pm
#192061	Nov 4-18	F	2:15-3:15pm
#192062	Dec 2-30	F	2:15-3:15pm
#192063	Sep 2-30	F	1:00-2:00pm
#192064	Oct 7-28	F	1:00-2:00pm
#192065	Nov 4-18	F	1:00-2:00pm
#192066	Dec 2-30	F	1:00-2:00pm

Five Points Center for Active Adults

Beginner/Improver

#192067	Sep 7-28	M,W	1:00-2:00pm
#192068	Oct 3-31	M,W	1:00-2:00pm
#192069	Nov 2-30	M,W	1:00-2:00pm
#192070	Dec 5-28	M,W	1:00-2:00pm
#192071	Sep 7-28	M,W	2:00-3:00pm
#192072	Oct 3-31	M,W	2:00-3:00pm
#192073	Nov 2-30	M,W	2:00-3:00pm
#192074	Dec 5-28	M,W	2:00-3:00pm

Line Dance Open Studio

Age: All Ages. 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

#192075 Sep 2-Dec 30 F 1:30-3:00pm

Pilates for Active Adults

Age: All Ages. 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

#192083	Sep 12-26	M	9:15-10:00am
#192084	Oct 3-31	M	9:15-10:00am
#192085	Nov 7-28	M	9:15-10:00am
#192086	Dec 5-26	M	9:15-10:00am
#192087	Sep 6-27	T	1:00-1:45pm
#192088	Oct 4-25	T	1:00-1:45pm
#192089	Nov 1-29	T	1:00-1:45pm
#192090	Dec 6-27	T	1:00-1:45pm
#192091	Sep 1-29	Th	12:00-12:45pm
#192092	Oct 6-27	Th	12:00-12:45pm
#192093	Nov 3-17	Th	12:00-12:45pm
#192094	Dec 1-29	Th	12:00-12:45pm

Qi Gong

Age: All Ages. Learn the 24 simple movements of qi gong (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. Instructor: Kathy Bundy.

Anne Gordon Center for Active Adults

Course Fee: \$8

#192095	Sep 6-27	T	10:30-11:15am
#192096	Oct 4-25	T	10:30-11:15am
#192097	Nov 1-29	T	10:30-11:15am
#192098	Dec 6-27	T	10:30-11:15am
#192099	Sep 2-30	F	10:30-11:15am
#192100	Oct 7-28	F	10:30-11:15am
#192101	Nov 4-18	F	10:30-11:15am
#192102	Dec 2-30	F	10:30-11:15am
#192103	Sep 2-30	F	11:30am-12:15pm
#192104	Oct 7-28	F	11:30am-12:15pm
#192105	Nov 4-18	F	11:30am-12:15pm
#192106	Dec 2-30	F	11:30am-12:15pm

Five Points Center for Active Adults

Course Fee: \$8

#192107	Sep 2-30	F	9:15-10:00am
#192108	Oct 7-28	F	9:15-10:00am
#192109	Nov 4-18	F	9:15-10:00am
#192110	Dec 2-30	F	9:15-10:00am

Qi Gong: Qi Gong for Arthritis

Age: All Ages. This class will use the art of Qi Gong (chi gong) to help treat joints affected by arthritis and keep them moving and pain-free. Instructor: Angela Mitchell, certified instructor.

Biltmore Hills Community Center

#195195	Sep 6-28	T-W	12:00-2:00pm
#195196	Oct 4-25	T	12:00-2:00pm
#195197	Nov 1-29	T	12:00-2:00pm
#195198	Dec 6-27	T	12:00-2:00pm

Senior Fitness – Line Dancing

Age: 50yrs and up. Come exercise your body and mind. We will learn the common line dances enjoyed at weddings and social functions as well as several more challenging line dances. The class will be tailored to the students, so let us know your favorite song and we will teach you the dance to go with it. Tennis shoes strongly

recommended. Instructor: Jessica Marshall.

Optimist Community Center

Course Fee: \$30

#195105	Sep 13-Oct 25	T	2:00-3:00pm
#195109	Nov 1-Dec 13	T	2:00-3:00pm

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

#192177	Sep 6-27	T	9:15-10:00am
#192178	Oct 4-25	T	9:15-10:00am
#192179	Nov 1-29	T	9:15-10:00am
#192180	Dec 6-27	T	9:15-10:00am
#192181	Sep 1-29	Th	9:15-10:00am
#192182	Oct 6-27	Th	9:15-10:00am
#192183	Nov 3-17	Th	9:15-10:00am
#192184	Dec 1-29	Th	9:15-10:00am

Five Points Center for Active Adults

Course Fee: \$8

#192185	Sep 12-26	M	1:30-2:15pm
#192186	Oct 3-31	M	1:30-2:15pm
#192187	Nov 7-28	M	1:30-2:15pm
#192188	Dec 5-26	M	1:30-2:15pm
#192189	Sep 6-27	T	10:15-11:00am
#192190	Oct 4-25	T	10:15-11:00am
#192191	Nov 1-29	T	10:15-11:00am
#192192	Dec 6-27	T	10:15-11:00am
#192193	Sep 1-29	Th	10:15-11:00am
#192194	Oct 6-27	Th	10:15-11:00am
#192195	Nov 3-17	Th	10:15-11:00am
#192196	Dec 1-29	Th	10:15-11:00am

Greystone Community Center

Course Fee: \$8

#192197	Sep 12-26	M	10:00-10:45am
#192198	Oct 3-31	M	10:00-10:45am
#192199	Nov 7-28	M	10:00-10:45am
#192200	Dec 5-26	M	10:00-10:45am
#192201	Sep 2-30	F	10:00-10:45am
#192202	Oct 7-28	F	10:00-10:45am
#192203	Nov 4-18	F	10:00-10:45am
#192204	Dec 2-30	F	10:00-10:45am

Lake Lynn Community Center

Course Fee: \$8

#192205	Sep 6-27	T	9:00-9:45am
#192206	Oct 4-25	T	9:00-9:45am
#192207	Nov 1-29	T	9:00-9:45am
#192208	Dec 6-27	T	9:00-9:45am
#192209	Sep 1-29	Th	9:00-9:45am
#192210	Oct 6-27	Th	9:00-9:45am
#192211	Nov 3-17	Th	9:00-9:45am
#192212	Dec 1-29	Th	9:00-9:45am

Powell Drive Park

Course Fee: \$8

#192213	Sep 6-27	T	1:00-1:45pm
#192214	Oct 4-25	T	1:00-1:45pm
#192215	Nov 1-29	T	1:00-1:45pm
#192216	Dec 6-27	T	1:00-1:45pm
#192217	Sep 1-29	Th	1:00-1:45pm
#192218	Oct 6-27	Th	1:00-1:45pm
#192219	Nov 3-17	Th	1:00-1:45pm
#192220	Dec 1-29	Th	1:00-1:45pm

Tarboro Road Community Center

#192221	Sep 5-28	M,W	10:00-10:45am
#192222	Oct 5-31	M,W	10:00-10:45am
#192223	Nov 2-30	M,W	10:00-10:45am
#192224	Dec 5-28	M,W	10:00-10:45am

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Seniors In Motion

Age: All Ages. 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

#194884	Sep 7-28	W	10:15-11:15am
#194885	Sep 9-30	F	10:15-11:15am
#194886	Nov 2-30	W	10:15-11:15am
#194887	Nov 4-25	F	10:15-11:15am
#194890	Oct 7-28	F	10:15-11:15am
#194891	Oct 5-26	W	10:15-11:15am

Silver Cardio

Age: All Ages. 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 Ittenbach.

Five Points Center for Active Adults – Course Fee: \$8

#192609	Sep 1-29	Th	1:00-2:00pm
#192610	Oct 6-27	Th	1:00-2:00pm
#192611	Nov 3-17	Th	1:00-2:00pm
#192612	Dec 1-29	Th	1:00-2:00pm

Tai Chi Chih

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

Five Points Center for Active Adults – Course Fee: \$8

#192614	Sep 12-26	M	10:00-11:00am
#192615	Oct 3-31	M	10:00-11:00am
#192616	Nov 7-28	M	10:00-11:00am
#192617	Dec 5-26	M	10:00-11:00am
#192618	Sep 12-26	M	11:00am-12:00pm
#192619	Oct 3-31	M	11:00am-12:00pm
#192620	Nov 7-28	M	11:00am-12:00pm
#192621	Dec 5-26	M	11:00am-12:00pm
#195864	Sep 1-29	Th	2:00-3:00pm
#195865	Oct 6-27	Th	2:00-3:00pm
#195866	Nov 3-17	Th	2:00-3:00pm
#195867	Dec 1-29	Th	2:00-3:00pm

T'ai Chi for Active Adults

Age: All Ages. T'ai chi is a low impact slow-motion exercise consisting of a series of motions that can be adapted for any fitness level. Tai Chi is an ancient form of movement that promotes health, improves coordination, balance and mental focus. This evidence-based form of gentle exercise is proven to reduce the risk of falls, focusing on body alignment and slow, smooth movements. The 21 forms Sun Style includes powerful Qigong and easy to learn movements that can help reduce effects of many chronic conditions including arthritis, pain, low bone density, sleep disorders and stress and anxiety. Instructor: Rita Shaloiko

Anne Gordon Center for Active Adults
Course Fee: \$8

#192757	Sep 1-29	Th	1:30-2:15pm
#192758	Oct 6-27	Th	1:30-2:15pm

#192759	Nov 3-17	Th	1:30-2:15pm
#192760	Dec 1-29	Th	1:30-2:15pm
#192761	Sep 12-26	M	1:00-1:45pm
#192762	Oct 3-31	M	1:00-1:45pm
#192763	Nov 7-28	M	1:00-1:45pm
#192764	Dec 5-19	M	1:00-1:45pm
#192765	Sep 12-26	M	3:00-3:45pm
#192766	Oct 3-31	M	3:00-3:45pm
#192767	Nov 7-28	M	3:00-3:45pm
#192768	Dec 5-Jan 2	M	3:00-3:45pm
#192769	Sep 1-29	Th	2:30-3:15pm
#192770	Oct 6-27	Th	2:30-3:15pm
#192771	Nov 3-17	Th	2:30-3:15pm
#192772	Dec 1-29	Th	2:30-3:15pm
#192773	Sep 12-26	M	2:00-2:45pm
#192774	Oct 3-31	M	2:00-2:45pm
#192775	Nov 7-28	M	2:00-2:45pm
#192776	Dec 5-19	M	2:00-2:45pm

Total Body Conditioning

Age: All Ages. 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

#192622	Sep 6-27	T	1:00-2:00pm
#192623	Oct 4-25	T	1:00-2:00pm
#192624	Nov 1-29	T	1:00-2:00pm
#192625	Dec 6-27	T	1:00-2:00pm
#192626	Sep 1-29	Th	1:00-2:00pm
#192627	Oct 6-27	Th	1:00-2:00pm
#192628	Nov 3-17	Th	1:00-2:00pm
#192629	Dec 1-29	Th	1:00-2:00pm

Total Body Toning

Age: All Ages. 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

#192630	Sep 7-28	W	11:30am-12:30pm
#192631	Oct 5-26	W	11:30am-12:30pm
#192632	Nov 2-30	W	11:30am-12:30pm
#192633	Dec 7-28	W	11:30am-12:30pm
#192634	Sep 2-30	F	11:30am-12:30pm
#192635	Oct 7-28	F	11:30am-12:30pm
#192636	Nov 4-25	F	11:30am-12:30pm
#192637	Dec 2-30	F	11:30am-12:30pm

Yoga – Chair Yoga

Age: All Ages. 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.

Anne Gordon Center for Active Adults
Course Fee: \$8

#192650	Sep 1-29	Th	10:30-11:30am
#192651	Oct 6-27	Th	10:30-11:30am
#192652	Nov 3-17	Th	10:30-11:30am
#192653	Dec 1-29	Th	10:30-11:30am
#192654	Sep 12-26	M	9:15-10:15am
#192655	Oct 3-24	M	9:15-10:15am
#192656	Nov 7-28	M	9:15-10:15am
#192657	Dec 5-19	M	9:15-10:15am
#192658	Sep 1-29	Th	11:30am-12:30pm
#192659	Oct 6-27	Th	11:30am-12:30pm

#192660	Nov 3-17	Th	11:30am-12:30pm
#192661	Dec 1-29	Th	11:30am-12:30pm

Five Points Center for Active Adults
Course Fee: \$8

#192638	Sep 6-27	T	11:30am-12:45pm
#192639	Oct 4-25	T	11:30am-12:45pm
#192640	Nov 1-29	T	11:30am-12:45pm
#192641	Dec 6-27	T	11:30am-12:30pm
#192646	Sep 1-29	Th	11:30am-12:45pm
#192647	Oct 6-27	Th	11:30am-12:45pm
#192648	Nov 3-17	Th	11:30am-12:45pm
#192649	Dec 1-29	Th	11:30am-12:45pm

Walnut Terrace Neighborhood Center

#192662	Sep 7-28	W	9:00-9:45am
#192663	Oct 5-26	W	9:00-9:45am
#192664	Nov 2-30	W	9:00-9:45am
#192665	Dec 7-28	W	9:00-9:45am

Yoga: Vinyasa Yoga Flow

Age: All Ages. 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. Instructor: Elka Harabin.

Five Points Center for Active Adults
Course Fee: \$8

#192667	Sep 6-27	T	3:00-4:00pm
#192668	Oct 4-25	T	3:00-4:00pm
#192669	Nov 8-29	T	3:00-4:00pm
#192670	Dec 6-27	T	3:00-4:00pm

Yoga – Gentle Yoga for Beginners

Age: All Ages. 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

#191468	Sep 12-26	M	10:30-11:30am
#191469	Oct 3-31	M	10:30-11:30am
#191470	Nov 7-28	M	10:30-11:30am
#191471	Dec 5-19	M	10:30-11:30am
#191472	Sep 7-28	W	3:30-4:30pm
#191473	Dec 7-28	W	3:30-4:30pm
#191474	Sep 1-29	Th	9:15-10:15am
#191475	Oct 6-27	Th	9:15-10:15am
#191476	Nov 3-17	Th	9:15-10:15am
#191485	Oct 5-26	W	3:30-4:30pm
#191486	Nov 2-30	W	3:30-4:30pm
#191487	Dec 1-29	Th	9:15-10:15am

Five Points Center for Active Adults
Course Fee: \$8

#191477	Sep 12-26	M	3:15-4:15pm
#191478	Oct 3-31	M	3:15-4:15pm
#191479	Nov 7-28	M	3:15-4:15pm
#191480	Dec 5-26	M	3:15-4:15pm
#191481	Sep 7-28	W	3:15-4:15pm
#191482	Oct 5-26	W	3:15-4:15pm
#191483	Nov 2-30	W	3:15-4:15pm
#191484	Dec 7-28	W	3:15-4:15pm

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Gentle Yoga for Beginners continued from page 62 —

Tarboro Road Community Center

#191488 Sep 2-30 W,F 11:00-11:45am
 #191489 Oct 5-28 W,F 11:00-11:45am
 #191490 Nov 2-30 W,F 11:00-11:45am
 #191491 Dec 2-28 W,F 11:00-11:45am

Zumba® – Gold

Age: All Ages. 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
 #192680 Sep 6-27 T 9:15-10:00am
 #192681 Oct 4-25 T 9:15-10:00am
 #192682 Nov 1-29 T 9:15-10:00am
 #192683 Dec 6-27 T 9:15-10:00am
 #192684 Sep 1-29 Th 1:00-1:45pm
 #192685 Oct 6-27 Th 1:00-1:45pm
 #192686 Nov 3-17 Th 1:00-1:45pm
 #192687 Dec 1-29 Th 1:00-1:45pm

Five Points Center for Active Adults

Course Fee: \$8
 #192672 Sep 2-30 F 12:30-1:15pm
 #192673 Oct 7-28 F 12:30-1:15pm
 #192674 Nov 4-25 F 12:30-1:15pm
 #192675 Dec 2-30 F 12:30-1:15pm
 #192676 Sep 6-27 T 12:00-12:45pm
 #192677 Oct 4-25 T 12:00-12:45pm
 #192678 Nov 1-29 T 12:00-12:45pm
 #192679 Dec 6-27 T 12:00-12:45pm

Family

Bo-Jiu-Jitsu-Karate

Age: 13yrs and up. This class teaches the basics of bo-jiu-jitsu. Participants will learn self-defense, discipline, self-confidence, respect and self-control. The class will help you stay fit both mentally and physically.
Chavis Community Center – Course Fee: \$45
 #195117 Sep 3-Oct 8 Sa 11:15am-12:15pm
 #195122 Oct 15-Nov 19 Sa 11:15am-12:15pm

Family Yoga

Age: 6yrs and up. Stretch and strengthen together as a family in Family Yoga class. This class is modified for all levels of ability. Each class will include physical postures, breathing exercises, deep relaxation and meditation in a family-friendly environment. Come prepared to find a balance between ease and effort. Be sure to bring a yoga mat and wear clothes you can stretch in.

Greystone Community Center

Course Fee: \$18.75
 #193945 Dec 3-17 Sa 9:00-10:00am
 Course Fee: \$25
 #193754 Sep 3-24 Sa 9:00-10:00am
 #193943 Oct 1-22 Sa 9:00-10:00am
 #193944 Oct 29-Nov 19 Sa 9:00-10:00am

Fitness – Jump For Fitness

Age: 7yrs and up. This course allows children, teens and adults alike to learn and remember the fun of jump rope. From a double bounce to double Dutch, we will work on endurance and the many tricks that can be done with a rope. Tennis shoes are required. Instructor: Jessica Marshall.

Optimist Community Center – Course Fee: \$45

#195137 Sep 13-Oct 25 T 5:30-6:30pm
 #195138 Nov 1-Dec 13 T 5:30-6:30pm

Fitness By Crystal

Age: 11yrs and up. We are putting a twist on working out! Enjoy a fun-filled atmosphere that features dance, music, fitness and calorie-burning!

Sgt. Courtney T. Johnson Center

#195397 Aug 4-Nov 24 Th 6:30-7:30pm

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 – Course Fee: \$35

#192847 Oct 5-26 W 7:00-8:15pm
 #192848 Dec 7-Jan 4 W 7:00-8:15pm
 #192849 Sep 7-28 W 7:00-8:15pm
 #192850 Nov 2-30 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

#194441 Sep 1-29 T,Th 6:30-8:00pm
 #194442 Oct 4-27 T,Th 6:30-8:00pm
 #194443 Nov 1-29 T,Th 6:30-8:00pm
 #194444 Dec 1-29 T,Th 6:30-8:00pm

REACH Fitness

Age: 13yrs and up. The Raleigh Parks, Recreation and Cultural Resource Department in partnership with the Alexander Family YMCA are excited to bring to you REACH Fitness! Join us on Saturday mornings at Sgt. Courtney T. Johnson Center for an hour of group fitness fun. Classes, including Zumba and hip hop dance, are taught by certified YMCA instructors. Program is open to ages 13 and up.

Sgt. Courtney T. Johnson Center – Course Fee: \$10
5-Class Pass

#195430 Sep 10 Sa 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

#193060 Sep 1-27 T,Th 6:30-8:00pm
 #193061 Nov 1-29 T,Th 6:30-8:00pm
 #193062 Oct 4-27 T,Th 6:30-8:00pm
 #193063 Dec 1-29 T,Th 6:30-8:00pm

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.

Blitmore Hills Community Center – Course Fee: \$40

#195066 Sep 7-28 M,W 6:30-7:30pm
 #195067 Oct 3-31 M,W 6:30-7:30pm
 #195068 Nov 2-30 M,W 6:30-7:30pm
 #195069 Dec 5-28 M,W 6:30-7:30pm

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

#192881 Sep 1-29 T,Th 6:30-8:30pm
 #192882 Oct 4-27 T,Th 6:30-8:30pm
 #192883 Nov 1-29 T,Th 6:30-8:30pm
 #192884 Dec 1-29 T,Th 6:30-8:30pm

Youth Karate – Bo-Jiu-Jitsu

Age: 7-12yrs. This class for ages 7-12 years old and teaches the basics of bo-jiu-jitsu. Participants will learn self-defense, discipline, self-confidence, respect and self-control. The class will help you stay fit both mentally and physically.

Chavis Community Center – Course Fee: \$45

#193145 Sep 3-Oct 8 Sa 10:00-11:00am
 #195111 Oct 15-Nov 19 Sa 10:00-11:00am

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

Nature Programs are held at various parks, preserves, and community centers around the City. They are diverse in topic and are offered for a variety of age groups. 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

Leaf Man by Lois Ehlert – Story and Craft

Age: 3-5yrs. Delight in the adventures of the leaf man as we read this story by Lois Ehlert. We'll follow the leaf man's fall journey and investigate the different things he meets along the way. Afterwards, we'll make a leaf craft inspired by the illustrations in the book. Preregistration required. Children must be accompanied by an adult. Adults attend free.
Durant Nature Preserve – Course Fee: \$3
 #194792 Nov 8 T 10:00-11:00am

Miss Spider's Tea Party by David Kirk – Story and Craft

Age: 3-5yrs. This classic story about a spider and the guests she invites to her tea party will be our focus during this cute program for little ones, complete with a real tea party and lots of hands-on activities involving spiders. Preregistration required. Children must be accompanied by an adult. Adults attend free.
Durant Nature Preserve – Course Fee: \$3
 #194791 Oct 18 T 10:00-11:00am

The Leaf Man – by Lois Ehlert

Age: 3-5yrs. Preschoolers will learn all about trees, including how they grow and why they are important. We will enjoy Lois Ehlert's book 'Leaf Man' and create our own leaf creatures to take home. Preregistration is required four days prior to the program. Children must be accompanied by an adult. For more information, contact Nature Programs at 919-996-6856.
Sertoma Arts Center – Course Fee: \$4
 #192581 Oct 13 Th 10:15-11:00am

The Very Clumsy Click Beetle – by Eric Carle

Age: 3-5yrs. The clumsy little click beetle has fallen on its back, how will it get up? Eric Carle's book about not giving up will be our featured story in this fun program about beetles. We'll finish our program by making a themed craft to take home. Preregistration required. Children must be accompanied by an adult. Adults attend free.
Durant Nature Preserve – Course Fee: \$3
 #194851 Sep 13 T 10:00-11:00am



Beaver Pond

Age: 3-5yrs. Discover how beavers live, eat and play in their watery world. Weather permitting, we will search for beaver signs in and around the farm pond at the preserve. Story and craft are included. This program is designed for a parent or other adult to attend with their preschooler. No charge for adult.
 Note: Some activities will take place on a trail that is not stroller accessible.
Annie Louise Wilkerson Nature Preserve
 Course Fee: \$3
 #194689 Sep 23 F 12:45-2:15pm
 #194690 Sep 24 Sa 10:30am-12:00pm

Bird Buddies

Age: 3-5yrs. Meet some funny talking birds, including Dr. Hairy Woodpecker and Baldy the Turkey Vulture. Make paper-tube binoculars and take a walk to spy on our bird buddies in the forest and field. Wear closed-toe shoes. This program is designed for preschooler and parent or other adult to attend together. 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
 #194696 Nov 18 F 12:45-2:15pm
 #194697 Nov 19 Sa 10:30am-12:00pm

Calling For Owls

Age: 3-5yrs. Learn about the owls that live in and around the nature preserve. We'll hear a story about owls and go outside to call the owls. Will they answer us? Make an owl craft to take home. This program is designed for parent and preschooler to attend together. 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
 #194698 Dec 3 Sa 4:30-6:00pm
 #194699 Dec 9 F 4:30-6:00pm

Decorating for Animals

Age: 3-5yrs. Help us decorate our bird and butterfly gardens for the holidays! We'll make several bird friendly ornaments and read a story. Afterwards we'll head outside to decorate the gardens with our newly made ornaments! Participants will get to take home an ornament for their yard. Children must be accompanied by an adult. Adults attend free.

Durant Nature Preserve – Course Fee: \$3
#194837 Dec 13 T 10:00-11:00am

Nature – Curious Explorers

Age: 3-5yrs. We'll explore, ask, discover, experiment and more! Each week a different lesson will incorporate critters, maybe live animals, plants, natural objects, crafts, stories, songs and nature walks. Please make sure your child has on bug spray. Instructor: Jessica Marshall.

Optimist Community Center – Course Fee: \$45
#195083 Sep 13-Oct 25 T 11:30am-12:15pm
#195084 Nov 1-Dec 13 T 11:30am-12:15pm

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 week will feature a different nature-inspired theme. Please register at least four days prior to the program.

Walnut Creek Wetland Center – Course Fee: \$3
#192829 Sep 15 Th 10:30-11:30am
#192830 Sep 28 W 10:30-11:30am
#192831 Oct 13 Th 10:30-11:30am
#192832 Oct 19 W 10:30-11:30am
#192833 Nov 16 W 10:30-11:30am
#192834 Dec 15 Th 10:00-11:00am

Tree Houses for Animals

Age: 3-5yrs. Let's peek into some holes in trees and see who might be at home. We'll also look for nests and discover other ways animals use trees for shelter. Story, craft and hike! This program is designed for a parent or other adult to attend with their preschooler. No charge for adult. Note: Hike involves natural surface trails that are not designed for strollers.

Annie Louise Wilkerson Nature Preserve
Course Fee: \$3
#194692 Oct 14 F 12:45-2:15pm
#194693 Oct 15 Sa 10:30am-12:00pm

Wee Walkers

Age: All Ages. 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 registration is not necessary, it is helpful so that we can prepare for your visit.

Durant Nature Preserve
#194768 Sep 1 Th 10:00-11:00am
#194742 Sep 29 Th 10:00-11:00am
#194769 Oct 6 Th 10:00-11:00am
#194770 Nov 3 Th 10:00-11:00am
#194771 Dec 1 Th 10:00-11:00am

Wildside Walk

Age: 2-6 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 wildside! Pre-registration is required four days prior to the program. Children must be accompanied by an adult. For more information, contact Nature Programs at 919-996-6856.

Anderson Point Park – Course fee: \$2
#196281 Sep 22 Th 10:15-11:00am
#196282 Oct 13 Th 10:15-11:00am
#196284 Oct 27 Th 10:15-11:00am

Youth

Deer Tracking

Age: 6-8yrs. It's the peak of the rutting season and the deer are very active in the woods. Let's see if we can track some deer and find their hiding places. Learn how to think like a whitetail. Dress for the weather and outdoor adventure.

Annie Louise Wilkerson Nature Preserve
Course Fee: \$3
#194695 Nov 5 Sa 3:00-5:00pm
#195271 Nov 12 Sa 3:00-5:00pm

Explore a Rock Outcrop

Age: 6-8yrs. Learn all about rocks and take home a few for your collection! We'll also hike to a rock outcrop to explore how rocks are changed by rain, ice plants and people. Wear sturdy shoes and clothes you don't mind getting dirty.

Annie Louise Wilkerson Nature Preserve
Course Fee: \$5
#195281 Dec 3 Sa 2:00-4:00pm

Jr. Kid's 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: \$2
#191970 Sep 27 T 4:30-5:30pm

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: \$2
#191960 Sep 26 M 4:30-6:00pm

Kids Nature Night: Getting Ready for Winter

Age: 5-10yrs. Does Santa need some time to shop? Drop your kids off at the Wetland Center and we'll make sure they have a fun AND educational experience. We'll take a hike in the wetland, learning how animals get ready for winter, make a natural ornament to take home, and finish with a movie, popcorn and hot chocolate. Dress to get dirty!

Walnut Creek Wetland Center – Course Fee: \$5
#193208 Dec 16 F 5:00-8:00pm

Leaf Creatures

Age: 6-12yrs. Join us for a walk in our fall forest as we look for colorful leaves with which to make our very own leaf creatures. Everyone will get a leaf guide coloring book to take home! Preregistration is required. Children must be accompanied by an adult. Adults attend free.

Durant Nature Preserve – Course Fee: \$5
#194793 Nov 12 Sa 2:00-3:30am

Microscope Monsters

Age: 9-13yrs. What monsters lurk in a drop of pond water? We will use optical and digital microscopes to get a closer look at the creatures around us, observing life smaller than the unaided eye can see. This program is for ages 9-13.

Annie Louise Wilkerson Nature Preserve
Course Fee: \$5
#195112 Sep 16 F 2:30-4:00pm

Oh Deer!

Age: 6-12yrs. Fall is the perfect time for observing deer in the Durant woods. Join a nature instructor as we look for signs of deer rubbings, deer tracks and deer scat! We'll decorate deer tracks to take home and play fun games that will help us learn more about these magnificent mammals. Preregistration required. Children must be accompanied by an adult. Adults attend free.

Durant Nature Preserve – Course Fee: \$5
#194788 Oct 1 Sa 2:00-4:00pm

Swamp Things

Age: 6-9yrs. Explore a muddy swamp, visit the critters that live there and answer 'what is mud? what lives in mud? and why is a swamp muddy?' Please bring your own rain boots or borrow a pair of ours and expect to get muddy!

Walnut Creek Wetland Center – Course Fee: \$3
#192841 Oct 23 Su 2:00-3:30pm

Tracks and Skulls

Age: 6-8yrs. Learn to identify the tracks and skulls of common animals that live in or near the preserve. Make a plaster cast of a track to take home. Weather permitting, we will take a hike to look for tracks and animal bones!

Annie Louise Wilkerson Nature Preserve
Course Fee: \$5
#194691 Oct 8 Sa 2:00-4:00pm

Urban Adverntures

Age: 8-12yrs. What is a wetland? We will discover just what it is through hands-on exploration. We'll have fun in the woods and the creek and maybe meet some interesting critters! Bring your own rain boots or borrow a pair of ours, and expect to get dirty—it will be worth it!

Walnut Creek Wetland Center – Course Fee: \$4
#193203 Sep 25 Su 2:00-4:00pm

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Take A Child Outside Week

September 24-30

Raleigh Parks, Recreation and Cultural Resources is participating in **Take A Child Outside (TACO) Week** by offering special programs in our nature preserves and lake facilities. TACO week is designed to help children across the country develop a better understanding and appreciation of the environment in which they live, and to promote exploration of the outdoors. **The following programs are being offered to encourage natural discovery:**



Saturday, September 24

Beaver Pond

Ages 3-5yrs. Discover how beavers live, eat and play in their watery world. Weather permitting, we will search for beaver signs in and around the farm pond at the preserve. Story and craft are included. This program is designed for a parent or other adult to attend with their preschooler. No charge for adult. Note: Some activities will take place on a trail that is not stroller accessible.

Annie Louise Wilkerson Nature Preserve – Course Fee: \$3
#194690 Sep 24 Sa 10:30am-12:00pm

Sunday, September 25

Campfire Story and Marshmallow Roast

Ages 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. Preregistration is required at least four days in advance of program. Fee applies to all participants. Adults must register and accompany children.

Durant Nature Preserve – Course Fee: \$2
#194776 Sep 25 Su 6:15-7:15pm

Monday, September 26

Kids Fishing

Ages 7-12ys. 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: \$2
#191960 Sep 26 M 4:30-6:00pm

Tuesday, September 27

Jr. Kid's Fishing

Ages 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: \$2
#191970 Sep 27 T 4:30-5:30pm

Wednesday, September 28

Preschool Swamp Romp

Ages 2-6ys. 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 week will feature a different nature-inspired theme. Please register at least four days prior to the program.

Walnut Creek Wetland Center – Course Fee: \$3
#192830 Sep 28 W 10:30-11:30am

Thursday, September 29

Wee Walkers

All Ages. Would you and your Toddler like some company for your walks? Join others on an easy paced hike around the Preserve. This is a great opportunity for adults and little ones to meet each other and explore what's happening in nature!

Durant Nature Preserve – Course fee: FREE
#194772 Sep 29 Th 10:00-11:00am



Friday, September 30

Family Nature Night: The Invaders

Ages 4yrs and up. THEY'RE TAKING OVER! Invasive plants are prolific in the wetlands of Walnut Creek, as well as most areas not tended by humans. This threatens to biodiversity of natural areas. We'll learn about these plants and then spend some time outside identifying them and doing some removal. Dress for getting dirty! Fee applies to children only, but parents are expected to participate with their children.

Walnut Creek Wetland Center – Course Fee: \$3
 #193205 Sep 30 F 6:00-8:00pm

Friday, September 30

Twilight Walk

Ages 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
 #195221 Sep 30 F 6:30-8:00pm

Thursday, September 29

Kids Canoeing: Wondrous Water

Ages 12-18yrs. This program is as much about science as it is paddling. As a group we will explore what makes water able to sustain life and paddle to the headwaters to get a hands-on look at life in the lake. No experience needed. Age 12 and up.

Lake Johnson – Course fee: \$15
 #191916 Sep 29 Th 4:30-6:30pm

Friday, September 30

Teen Trackers

Ages 10-15yrs. Who has been here? We'll learn which animals call the wetland home and spend some time looking for evidence, and create our own track molds to take home. Come dressed to explore. A great way to spend an early release afternoon!

Walnut Creek Wetland Center – Course fee: \$3
 #193204 Sep 30 F 1:00-3:00pm

Friday, September 30

Kritter Kids

Ages 7-10yrs. Hop, skip and slither your way to Lake Johnson for this program designed for parents and their children. Together, we will learn about the wondrous wildlife that we find right here in the greater Raleigh area. We will play hands-on games, complete a take-home craft and perhaps even see one of our wild friends close up! With a different theme each week, there's something here for everyone.

Lake Johnson – Course Fee: \$5
 #191919 Sep 30 F 4:30-5:30pm



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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.

Lake Johnson – Course Fee: \$15

#191971	Sep 9	F	5:30-8:30pm
#191972	Oct 7	F	5:30-8:30pm
#191977	Nov 4	F	5:30-8:30pm
#191981	Dec 9	F	5:30-8:30pm

Teen

Teen Trackers

Age: 10-15yrs. Who has been here? We'll learn which animals call the wetland home and spend some time looking for evidence, and create our own track molds to take home. Come dressed to explore. A great way to spend an early release afternoon!

Walnut Creek Wetland Center – Course Fee: \$3

#193204	Sep 30	F	1:00-3:00pm
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Adult

2016 Christmas Bird Count

Age: 12yrs and up. Join members of Wake County Audobon Society as we stroll along the greenway looking and listening for birds. 2015's Christmas Bird Count netted 47 different species. Please bring your own binoculars, or you can borrow a pair of ours. This event involves walking up to two miles, at a very slow pace. There is no charge for participating, but registration is required.

Walnut Creek Wetland Center

#193209	Dec 17	Sa	7:00am-12:00pm
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Advanced Wild: Bats

Age: 17yrs and up. Join the N.C. Wildlife Resources Commission in a learning adventure about bats, one our most misunderstood animals. We'll learn about the biology and habits of these amazing mammals and learn ways to communicate this information to students. This workshop qualifies for Criteria III credit towards N.C. Environmental Educator Certification.

Walnut Creek Wetland Center

#193881	Oct 5	W	9:00am-1:00pm
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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 4 EE credits.

Lake Johnson

#193732	Oct 8	Sa	10:00am-2:00pm
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Advanced WILD: Waterfowl

Age: 18yrs and up. This course is designed for both nonformal and formal educators.

We will work on waterfowl identification and conservation. Please dress for the weather and bring a bagged lunch as this class will be held mostly outdoors. 4 EE credit hours are available for this class.

Lake Johnson

#195818	Nov 5	Sa	9:00am-1:00pm
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Aquatic Wild at Walnut Creek Wetland Center

Age: 17yrs and up. Aquatic Wild is a K-12 aquatic wildlife-based education program that fosters responsible actions toward wildlife and other natural resources. The new field investigation component allows students to take a leading role investigating aquatic habitats and resources. It is open to all interested educators, including schoolteachers, park, nature center and camp personnel, and scout leaders. Participants will receive the Aquatic Wild Activity Guide and qualify for CEU and Environmental Educator credits. Please dress for the weather. Part of this workshop will take place outside.

Walnut Creek Wetland Center

Project WET

#193880	Nov 9	W	9:00am-5:00pm
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Birding – Early Bird Birding Walk

Age: 14yrs and up. This one is for beginning birders and well-practiced watchers alike. Join us as we take a morning trek around the lake to find our avian friends. We'll focus on both songbirds and waterfowl. Bring your own binoculars if possible as supplies are limited. Please bring water and wear comfortable footwear.

Lake Johnson – Course Fee: \$5

#191902	Sep 11	Su	8:00-10:00am
#191903	Oct 9	Su	8:00-10:00am
#191904	Nov 13	Su	8:00-10:00am

Growing Up Wild at Walnut Creek Wetland Center

Age: 17yrs and up. This workshop is geared toward educators working with children ages 3-7. It is correlated to the National Association for the Education of Young People Standards and the Head Start Domains. Participants are eligible for CEU credits and Criteria I credit toward Environmental Educator Certification.

Walnut Creek Wetland Center

#194102	Dec 14	W	9:00am-4:00pm
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Mushroom Hike

Age: 16yrs and up. October 15 is National Mushroom Day! Join a naturalist for a walk in the woods to look for mushrooms and other fungus growing here in the preserve. Basic mushroom ID skills will be covered.

Durant Nature Preserve

#194859	Oct 15	Sa	1:00-3:00pm
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Family

Astronomy Nights

Age: 5yrs and up. 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

#195287	Nov 18	F	5:00-7:00pm
#195288	Dec 10	Sa	5:00-7:00pm

Big Sweep!

Age: 8yrs and up. Help keep Durant Nature Park clean by coming out to our Big Sweep! Trash bags, gloves and water will be provided. This is a great opportunity for organizations looking for a service project or individuals and families looking to help out their local park! Preregistration is required. Adults must register and accompany children.

Durant Nature Preserve

#194806	Oct 8	Sa	9:00am-12:00pm
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Big Sweep!

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 the biannual cleanup of the wetland. Please bring your own water bottle, and fill it with ice water here. Coffee and hot chocolate will greet you when you arrive, and snacks will be available to refresh you when you are done! Registration is not required but appreciated for planning for supplies.

Walnut Creek Wetland Center

#193201	Sep 10	Sa	9:00am-12:00pm
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Bilingual Storytime

Age: 2yrs and up. Join us as we explore stories of nature in both Spanish and English. We will also explore the wetland and discover the plants and animals that call this urban wetland home. No registration necessary.

Walnut Creek Wetland Center

#192837	Oct 22	Sa	10:30-11:30am
#192838	Nov 23	W	10:30-11:30am

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. Preregistration is required at least four days in advance of program. Fee applies to all participants. Adults must register and accompany children.

Durant Nature Preserve – Course Fee: \$2

#194776	Sep 25	Su	6:15-7:15am
#194777	Nov 4	F	6:30-7:30pm



Cardboard Critters

Age: 3yrs and up. What will you be for Halloween? Come create a unique costume using cardboard and recycled materials. Will you be a giraffe, a turtle, a spaceship or even something that hasn't even been invented or discovered yet? Wear clothes that can get messy! Fee applies to children under the age of 16. Parents are welcome to accompany and be their children's assistants.

Walnut Creek Wetland Center – Course Fee: \$3
#193206 Oct 29 Sa 10:30am-1:00pm

Chimney Swifts

Age: All Ages. Join us as we celebrate the migratory chimney swifts and learn why their future is threatened. After a short education session, we'll walk across the street to watch them as they come together in a magical aeronautical show before roosting for the night in the chimney at Carnage Magnet Middle School. Times are approximate and may be adjusted as the date approaches. There is no rain date for this event.

Walnut Creek Wetland Center
#193202 Sep 15 Th 6:00-8:00pm

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. Preregistration is required at least four days prior to the program.

Durant Nature Preserve
Course Fee: Adults \$20, Youth \$15
#194775 Sep 16-17 F-Sa 6:00pm-11:00am

Durant Family Paddle

Age: 6yrs and up. You are invited to get on the water on Durant's lower lake! We'll take you on a floating tour of the lower lake to learn about the animals that call the lake

home. Preregistration required at least 4 days in advance. Adults must register and accompany children.

Durant Nature Preserve – Course Fee: \$5
#194928 Sep 10 Sa 2:00-4:00pm

Fall Foliage Hike

Age: 5yrs and up. You don't have to travel far to appreciate the colors of fall. Come see Wilkerson in full fall bloom and join a naturalist guide for a hike focused on our beautiful deciduous trees. The program is designed for adults, but children ages 5 and up are welcome with accompanying adult.

Annie Louise Wilkerson Nature Preserve
Course Fee: \$2
#195275 Oct 22 Sa 2:30-4:00pm

Family Bird Hike

Age: All Ages. Enjoy a beautiful fall morning on this easy paced bird walk at Horseshoe Farm Nature Preserve. We'll likely see birds that frequent meadows and forests as we make our way around the unique habitats found at Horseshoe Farm. Adults must register and accompany children.

Horseshoe Farm Nature Preserve
#194825 Sep 18 Su 8:00-10:00am

Family Nature Night – For Goodness Snakes!

Ages: 3 years and up. Join us every first Thursday of the month for Family Nature Night at Laurel Hills Park. Come discover the truth about these often misunderstood animals. Learn where snakes live, what they eat and what to do if you see one in the wild. You will even get a chance to see and touch some captive snakes. Pre-registration is required four days prior to the program. Children must be accompanied by a registered adult. For more information, please contact the Nature Program at 919-996-6856.

Laurel Hills Community Center – Course Fee: \$2
#196252 Sep 1 Th 7:00-8:00pm

Family Nature Night – Native American Stories

Age: 3yrs and up. Join us every first Thursday of the month for Family Nature Night. The evening will include a special storytelling program led by a Native American of the Otomi Nation. Families will enjoy Native American tales that express traditional beliefs about our natural world. Children must be accompanied by an adult. Preregistration is required four days prior to the program, and all participants must register. For more information, contact Nature Programs at 919-996-6856.

Laurel Hills Community Center – Course Fee: \$2
#192583 Nov 3 Th 7:00-8:00pm
Sertoma Arts Center – Course Fee: \$2
#192585 Nov 17 Th 7:00-8:00pm

Family Nature Night – Pumpkins

Age: 3yrs and up. Join us every third Thursday of the month for Family Nature Night at Sertoma. Are pumpkins fruits or vegetables? Learn the answer as we enjoy activities that teach us all about these colorful squash. Children will decorate a pot and plant a pumpkin seed to take home and watch grow. Children must be accompanied by an adult. Preregistration is required four days prior to the program, and all participants must register. For more information, contact Nature Programs at 919-996-6856.

Sertoma Arts Center
Adult course fee: \$2
#192582 Oct 20 Th 7:00-8:00pm
Youth course fee: \$4
#192582 Oct 20 Th 7:00-8:00pm

Family Nature Night – Scales, Feathers or Fur!

Ages: 3yrs and up. Join us every first Thursday of the month at Laurel Hills Park. Have fun as we play games and enjoy activities that will teach us about reptiles, birds and mammals. See and touch live animals! Pre-registration is required four days prior to the program. Children must be accompanied by a registered adult. For more information, contact the Nature Program at 919-996-6856.

Laurel Hills Community Center – Course fee: \$2
#196291 Oct 6 Th 7:00-8:00pm

Family Nature Night – Terrific Turtles

Ages: 3yrs and up. Join us every third Thursday of the month for Family Nature Night at Sertoma. This evening, we will learn about native North Carolina turtle species. See and touch live turtles. Children will enjoy a craft. We will conclude with an evening story featuring these amazing shelled reptiles. Pre-registration is required four days prior to the program. Children must be accompanied by a registered adult. For more information, contact the Nature Program at 919-996-6856.

Sertoma Arts Center
Course Fee: Adults \$2, Youth \$4
#196280 Sep 15 Th 7:00-8:00pm

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Family Nature Night: The Invaders

Age: 4yrs and up. THEY'RE TAKING OVER! Invasive plants are prolific in the wetlands of Walnut Creek, as well as most areas not tended by humans. This threatens the biodiversity of natural areas. We'll learn about these plants and then spend some time outside identifying them and doing some removal. Dress for getting dirty! Fee applies to children only, but parents are expected to participate with their children.
Walnut Creek Wetland Center – Course Fee: \$3
#193205 Sep 30 F 6:00-8:00pm

Family Nature Night: Creatures of the Night

Age: 4yrs and up. When the sun goes down, many animals turn in for the night, just as humans do. But for many animals, night is when they are just getting started. Why do some animals spend most of their active time at night? We'll explore the who and the why and go for a walk after dark. What might we see and hear? Bring a flashlight if you have one or borrow one of ours. For most of our walk, we will rely on our own night vision! Registration fee applies only to children under the age of 16, but parents are expected to accompany their children.
Walnut Creek Wetland Center – Course Fee: \$3
#193207 Oct 30 Su 6:00-8:00pm

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 fall 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. Adults must register and accompany children. Preregistration is required at least four days in advance.
Durant Nature Preserve – Course Fee: \$1
#194790 Oct 2 Su 3:00-4:30pm

Holiday Gifts from Nature

Age: 6-12yrs. Celebrate the upcoming holidays by making creative gifts using items found in nature to give to your friends and family. We'll sip hot chocolate as we enjoy crafting in this casual and creative program designed to showcase the wonderful gifts we can make from nature's bounty. Preregistration is required. Adults must register and accompany children.
Durant Nature Preserve – Course Fee: \$5
#194798 Dec 10 Sa 2:00-4:00pm

Holiday Wreath Making

Age: 5yrs and up. The holidays are upon us! What better time to get together to make holiday wreaths using materials from nature? After our wreath-making, we'll enjoy some hot chocolate! Preregistration is required. Adults must register and accompany children.
Durant Nature Preserve – Course Fee: \$5
#194797 Dec 3 Sa 2:00-3:00am

Kritter Kids

Age: 7-10yrs. Hop, skip and slither your way to Lake Johnson for this program designed for parents and their children. Together, we will learn about the wondrous wildlife that we find right here in the greater Raleigh area. We will play hands-on games, complete a take-home craft and perhaps even see one of our wild friends close up! With a different theme each week, there's something here for everyone.
Lake Johnson – Course Fee: \$5
#191918 Sep 16 F 4:30-5:30pm
#191919 Sep 30 F 4:30-5:30pm
#191920 Oct 14 F 4:30-5:30pm
#191921 Oct 28 F 4:30-5:30pm
#191922 Nov 18 F 4:30-5:30pm
#191923 Dec 2 F 4:30-5:30pm
#191924 Dec 16 F 4:30-5:30pm

Native American Stories

Age: 16yrs and up. Please join us for a special storytelling program led by a Native American of the Otomi Nation. Participants will enjoy Native American tales that express traditional beliefs of our natural world. Preregistration is required four days prior to program. For more information, contact Nature Programs at 919-996-6856.
Five Points Center for Active Adults
Course Fee: \$2
#192584 Nov 9 W 11:00am-12:00pm

Nature and Sensory Play Day

Age: All Ages. Come check out Durant's newest garden: the Sensory and Nature Play Garden! Park staff will have guided activities to delight the senses and encourage nature play. Preregistration is requested. Children must be accompanied by an adult.
Durant Nature Preserve
#194773 Sep 9 F 10:00am-12:00pm
#194774 Oct 14 F 10:00am-12:00pm

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
#194694 Oct 21 F 11:00am-3:00pm

Nature Scavenger Hunt

Age: 5yrs and up. Enjoy some quality time with your family by participating in our scavenger hunt. This activity will get you out exploring the park together plus learning a thing or two about nature! Have fun seeing if you can uncover the nature-themed treasures we have hidden in the park for you to find. Make an afternoon of it and bring a picnic lunch to enjoy before or after the hunt! Fee applies to all participants. Adults must register and accompany children.
Durant Nature Preserve – Course Fee: \$1
#194810 Oct 9 Su 1:00-2:30pm

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.
Lake Johnson – Course Fee: \$5
#191898 Sep 17 Sa 7:30-9:00pm
#191899 Oct 15 Sa 7:00-8:30pm

Terrific Turkey Scavenger Hunt

Age: All Ages. This time of year, turkeys are on everyone's mind. Search the preserve for our hidden holiday-themed clues and learn about our native wild turkeys along the way. At the end of the hunt, make a terrific turkey decoration, perfect for Thanksgiving! Preregistration is required. Adults must register and accompany children.
Horseshoe Farm Nature Preserve
#194906 Nov 5 Sa 1:00-2:30pm

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
#195220 Sep 10 Sa 6:30-8:00pm
#195221 Sep 30 F 6:30-8:00pm
#195245 Oct 15 Sa 6:00-7:30pm

Who's Awake?

Age: 6yrs and up. The owls are awake! In the fall, owls are actively calling to claim their territory. We'll set out at dusk to listen for these calls plus learn why these creatures of the night are so well adapted to living in darkness. After our hike, we'll enjoy s'mores around the campfire while practicing our owl calls! Adults must register and accompany children.
Durant Nature Preserve – Course Fee: \$3
#194800 Oct 28 F 6:30-8:00pm

Social Programs



Preschool

A Princess and Pirate Party

Age: 3-6yrs. Calling all pirates and princesses for a magical event! Arrgh, matey. Activities include storytelling, themed crafts and fun games and end with a princess tea party and pirate snack.

Greystone Community Center – Course Fee: \$8
#193814 Oct 22 Sa 10:00-11:30am

Arts and Crafts at Abbotts Creek!

Age: 3-5yrs. Join your friends at Abbotts Creek Community Center for crafts, games and a book 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! Check with center for theme of the month!

Abbotts Creek Community Center – Course Fee: \$10
#192552 Sep 7 W 10:00-10:45am
#192553 Oct 5 W 10:00-10:45am
#192554 Nov 2 W 10:00-10:45am
#192555 Dec 7 W 10:00-10:45am

Block Party

Age: 2-5yrs. Who doesn't like blocks? This hands-on free play will allow your child to count, stack, match and build. The possibilities are endless! Most important, kids will get to socialize and have fun. We supply the blocks and you bring your imagination. Preregistration and adult participation are required.

Greystone Community Center – Course Fee: \$0
#193793 Oct 6 Th 10:00am-12:00pm
#193820 Nov 17 Th 10:00am-12:00pm

Holiday Hoopla

Age: 3-6yrs. Do you like to play reindeer games? We do! Come play, craft and listen to Santa stories as well as write a letter to the big guy himself. An elf told us that Santa will write a reply!

Greystone Community Center – Course Fee: \$8
#194047 Dec 14 W 3:30-5:30pm

Howling Halloween

Age: 2-5yrs. Your kids will go BATTY over these fun Halloween craft. Join us for a fun afternoon of crafts, food experiences, and games to celebrate the spirit of Halloween.

Hill Street Center – Course Fee: \$8
#193523 Oct 28 F 3:30-4:30pm

It's Turkey Time

Age: 2-5yrs. Why did the Turkey cross the road? To get to Hill Street for fun crafts and story time. We will be reading stories and creating crafts related to Thanksgiving. Come join the fun!

Hill Street Center – Course Fee: \$5
#193524 Nov 18 F 3:30-4:30pm

Music and Movement

Age: 3-5yrs. Come out to Millbrook Exchange Community Center for this unique preschool class taught by dance instructor Debbie Watkins! 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
#190926 Nov 3-24 Th 10:30-11:15am
Course Fee: \$20
#190924 Sep 1-22 Th 10:30-11:15am
#190925 Oct 6-27 Th 10:30-11:15am
#190927 Dec 1-22 Th 10:30-11:15am

Pirate Treasure Hunt at Millbrook Exchange Park

Age: 2-5yrs. Ahoy, matey! Little pirates will play themed games, create crafts and then head out on an adventure to find the hidden treasure at Millbrook Exchange Park. Each participant will receive his or her own pirate treasure. Little ones are encouraged to dress up for this program, but clothes should be comfortable for walking around and exploring the park.

Millbrook Exchange Community Center
Course Fee: \$10
#190875 Oct 13 Th 11:00am-12:00pm

Playdates @ Pullen

Age: 3-5yrs. Activities are geared toward 3- to 5-year-olds and their parents at this fun and interactive family-friendly gathering. Each week activities will be based around a different theme. Registration is required by the Friday prior to the playdate. Free for participants.

Pullen Amusements

Fall Playdate
#193353 Sep 12 M 10:00-11:00am
#193354 Sep 22 Th 10:00-11:00am

Pumpkin Playdate
#193355 Oct 10 M 10:00-11:00am
#193356 Oct 20 Th 10:00-11:00am

Winter Playdate
#193357 Nov 14 M 10:00-11:00am
#193358 Nov 17 Th 10:00-11:00am

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

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

- Abbotts Creek Community Center**
#192607 Sep 2-Dec 30 M,W,F 7:00-11:00am
- Barwell Road Community Center**
#194359 Sep 7-Dec 28 W 10:00am-12:00pm
- Billmore Hills Community Center**
#194933 Sep 14-Dec 14 W 11:00am-12:00pm
- Green Road Community Center**
#193933 Sep 6-Dec 15 T,Th 10:00am-12:00pm
- Hill Street Center**
#193027 Sep 6-Dec 20 T 3:30-4:30pm
- Jaycee Community Center**
#194447 Sep 2-Dec 28 W,F 10:00am-12:00pm
- Lake Lynn Community Center**
#192800 Sep 7-Dec 28 W 8:30-11:00am
- Laurel Hills Community Center**
#194747 Sep 1-Dec 27 T,Th 10:00am-12:00pm
- Lions Park Community Center**
#195779 Sep 12-Dec 26 M 10:30am-12:00pm
- Millbrook Exchange Community Center**
#190883 Sep 5-Dec 26 M 10:30am-12:00pm

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! There are different themes depending on the month. The theme is listed as the course title. Please preregister your children so that we can plan accordingly.

- Pullen Community Center** – Course Fee: \$5
- #194388 Sep 13 T 10:00-11:00am
- #194389 Dec 13 T 10:00-11:00am
- #194406 Sep 27 T 10:00-11:00am
- #194415 Oct 11 T 10:00-11:00am
- #194427 Nov 29 T 10:00-11:00am
- #194435 Oct 25 T 10:00-11:00am
- #194439 Nov 15 T 10:00-11:00am

Preschool Open Gym

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 is required to attend.

- Tarboro Road Community Center**
- #194638 Sep 7 W 11:00am-12:00pm
- #194639 Sep 14 W 11:00am-12:00pm
- #194640 Sep 21 W 11:00am-12:00pm
- #194641 Sep 28 W 11:00am-12:00pm
- #195297 Oct 5 W 11:00am-12:00pm
- #195299 Oct 12 W 11:00am-12:00pm
- #195300 Oct 19 W 11:00am-12:00pm
- #195301 Oct 26 W 11:00am-12:00pm
- #195302 Nov 2 W 11:00am-12:00pm
- #195303 Nov 9 W 11:00am-12:00pm
- #195304 Nov 16 W 11:00am-12:00pm
- #195305 Nov 23 W 11:00am-12:00pm
- #195306 Nov 30 W 11:00am-12:00pm
- #195308 Dec 7 W 11:00am-12:00pm
- #195310 Dec 14 W 11:00am-12:00pm
- #195311 Dec 21 W 11:00am-12:00pm
- #195312 Dec 28 W 11:00am-12:00pm

Reindeer Games at Millbrook Exchange Park

Age: 2-5yrs. Your little one will join preschool friends at Millbrook Exchange Park Community Center as we sing a song, read a story, play a game and make a craft ... all about reindeers!
Millbrook Exchange Community Center
Course Fee: \$10
#190876 Dec 8 Th 11:00am-12:00pm

Santa's Little Helpers

Age: 2-5yrs. Santa's little helpers will get into the holiday spirit with fun crafts, stories, and games. Enjoy creating one of a kind ornaments to hang from the tree and enjoy making holiday memories.
Hill Street Center – Course Fee: \$8
#193526 Dec 19 M 3:30-4:30pm

Tea with Teddy

Age: 3-5yrs. Bring your favorite teddy bear or stuffed animal for a fabulous holiday tea party! Enjoy finger food and tea/juice. We will also make a craft to take home! Registration must be received by December 9.
Halifax Community Center – Course Fee: \$8
#194408 Dec 15 Th 10:30am-12:00pm

Teddy Bear Party

Age: 3-5yrs. Bring your teddy bear to this exclusive party just for teddy bears. This party will include singing and movement activities, story and project time and group games. We will end the party with a teddy bear snack.
Greystone Community Center – Course Fee: \$8
#193819 Dec 1 Th 10:00-11:30am

Thanksgiving – Preschool Scrambler

Age: 2-5yrs. Preschoolers will enjoy a Thanksgiving party! Activities will include a story, craft and games for a morning of fun. Parents or guardians are required for 2-year-olds and are welcome for older participants.
Barwell Road Community Center – Course Fee: \$5
#194650 Nov 17 Th 10:00-11:00am

The Mystery of Tom the Turkey at Millbrook Exchange Park

Age: 2-5yrs. Your schooler will join others to unravel the mystery of Tom the Turkey. Tom the Turkey lives at Millbrook Exchange Park, and every year around Thanksgiving he gets lost. We will play themed games, create crafts and hike around the park to find Tom. Participants should wear hiking shoes and dress for the weather.
Millbrook Exchange Community Center
Course Fee: \$10
#190877 Nov 10 Th 10:00-11:00am

Toddler and Baby Open Gym

Age: 6 mths-4yrs. Do your children need to get some energy out? Bring them to open gym at Halifax Community Center!
Halifax Community Center
M,W 10:00-11:30am

Youth

Afternoon Activities

Age: All Ages. Saturday Afternoon Activities include group games like kickball, dodgeball, capture the flag and more. Get the out and get active. Call us at 919-807-8545 for each week's schedule.
Peach Road
#195579 Sep 3-Dec 24 Sa 11:00am-3:00pm

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: 2-10yrs. Plan your child's next birthday party at your local community center! Party includes one-hour room rental and one hour of organized activity with instructor. Please contact your local community center to see if it offers this fun birthday experience, obtain a list of themes offered and book your birthday party.
Optimist Community Center – Course Fee: \$185

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

Coats 'Cause We Care

Age: 5yrs and up. Coats' Cause We Care is a community service project through which volunteers in the public and private sectors donate coats to community children.
Sgt. Courtney T. Johnson Center
#195372 Nov 19 Sa 11:00am-5:00pm

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

Columbus Day			
#193028	Oct 10	M	5:00-6:00pm
Halloween			
#193029	Oct 28	F	5:00-6:00pm
Veterans Day			
#193030	Nov 10	Th	5:00-6:00pm
Thanksgiving			
#193031	Nov 16	W	5:00-6:00pm
Christmas			
#193032	Dec 20	T	5:00-6:00pm

Day of Fun

Age: 5-11yrs. Come and enjoy an afternoon of relays, arts and crafts, throwing events and much more.

Carolina Pines Community Center

Course Fee: \$5			
#192993	Sep 30	F	3:00-8:00pm

District 4 Kids Nite Out

Age: All Ages. The schools are releasing the youngsters early, and we want to give them a night of fun to remember. Parents, sign your child up and go have a little fun of your own. Your child will enjoy games, movies, activities and food.

Carolina Pines Community Center – Course Fee: \$5

#192984	Oct 21	F	2:00-8:00pm
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Don't Leave Me Home Alone

Age: 5-12yrs. Need something for your child to do during the school holiday break. This wonderful recreational activity provides a safe alternative for youth from the ages of 5 to 12. Participants interact with counselors and peers in sports, arts-n-crafts, games, movies and other exciting activities. Participants must bring lunch, 2 snacks and drink.

Roberts Park Community Center

Course Fee: \$40			
#195786	Dec 21-23	W-F	7:30am-6:00pm
Course Fee: \$50			
#195787	Dec 27-30	T-F	7:30am-6:00pm

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

#193264	Sep 2-Dec 2	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 from 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

#195481	Sep 2-Jan 2	M,W,F-Sa	6:30-8:00pm
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Holiday Cookies and Milk with Santa

Age: 2-8yrs. Enjoy some time with Santa! We will have cookies and milk for the kids and a holiday craft. Afterward, everyone will get a visit with ol' St. Nick! Preregistration is required at least one week prior to the date of the event.

Anderson Point Park – Course Fee: \$8

#194497	Dec 10	Sa	10:00-11:00am
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Lake Lynn Community Center – Course Fee: \$8

#194799	Dec 11	Su	3:00-4:30pm
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Holiday Social at Sanderford Road Center

Age: 5yrs and up. Join us in celebrating the joy of the holiday season at Sanderford Road Center. Youth will participate in games, activities and crafts. The more the merrier!

See you at Sanderford!

Sanderford Road Park

#194560	Dec 16	F	5:00-7:00pm
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Holiday Workshop

Age: 3-12yrs. Santa's Elves workshop where you can create your own holiday treats, decorate an ornament and holiday stocking. Enjoy some delicious snacks and holiday music from the North Pole.

Lions Park Community Center – Course Fee: \$5

#195783	Dec 10	Sa	10:30am-12:00pm
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Home Schoolers Group Play

Age: 5-16yrs. Homeschoolers will enjoy group activities in the gymnasium and game room. This program provides opportunity for social time with peers.

Worhdale Community Center – Course Fee: \$1

#194947	Sep 6-27	T	10:00-11:00am
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#194948	Oct 4-25	T	10:00-11:00am
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#194949	Nov 1-29	T	10:00-11:00am
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#194950	Dec 6-27	T	10:00-11:00am
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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

#190884	Sep 7-Dec 28	W	10:30am-12:00pm
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Jammie Jam

Age: 7-12yrs. Grab a blanket and your favorite pjs for our movie night. Popcorn and drinks will be served. Registration must be received by October 17.

Halifax Community Center – Course Fee: \$5

#194366	Oct 21	F	6:00-8:30pm
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Just Dance Battle

Age: 5-12yrs. You like to dance? We want to see your moves! Join us at Sanderford for a Just Dance Battle! Winners will take home a prize. This is the place to be!

Sanderford Road Park

#195013	Sep 16	F	5:00-7:00pm
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Kickball at Peach Road

Age: All Ages. Come and join us for a neighborhood game of kickball at Peach Rd.

Peach Road

#195793	Sep 21	W	6:00-7:30pm
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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

#195175	Sep 16	F	5:30-8:30pm
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#195176	Oct 21	F	5:30-8:30pm
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#195178	Nov 18	F	5:30-8:30pm
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#195179	Dec 16	F	5:30-8:30pm
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Kidz Crafty Cooking

Age: 5-10yrs. Youth ages 5-10 will make edible treats to celebrate each month with a themed cooking project. Come enjoy and have some fun with a cooking experience for everyone.

Chavis Community Center – Course Fee: \$5

#195182	Nov 11	F	6:00-7:00pm
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#195183	Dec 9	F	6:00-7:00pm
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Lights, Camera, Popcorn

Age: 5-12yrs. 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, 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: \$3

#195018	Sep 23	F	6:00-8:30pm
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#195019	Oct 21	F	6:00-8:30pm
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#195020	Nov 18	F	6:00-8:30pm
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#195021	Dec 16	F	6:00-8:30pm
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Piece It Together

Age: 8-12yrs. Do you love puzzles? Join us for an evening full of puzzle themed crafts, activities and a scavenger hunt! Registration must be received by September 23.

Halifax Community Center – Course Fee: \$5

#194383	Sep 30	F	6:00-8:30pm
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Sanderford or Treat

Age: 3-12yrs. Join us at Sanderford for an evening treat. Youth will participate in carnival games and arts activities. Prizes will be given to those with the coolest costumes! All kids will walk away with a goody bag from Sanderford Road Center. See you soon!

Sanderford Road Park

#194538	Oct 28	F	5:00-7:30pm
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Santa's Elves Workshop

Age: Up to 12yrs. The holiday season is here, and the Raleigh Youth Council has planned a festive morning for children. This drop-in program features make it/ take it craft projects, refreshments and entertainment. We are expecting a special visitor from the North Pole! Please help us support the Youth Council's food drive by sending each child with two nonperishable food items. All contributions will be given to the Food Bank of NC. Children 12 and under are invited to join us and must be accompanied by a parent.

Laurel Hills Community Center
#194748 Dec 3 Sa 10:00am-12:00pm

Twick or Tweak

Age: Up to 10yrs. Put on your best costume and join us for a fun evening of spectacular surprises, music, dancing, games, contests and tweaks! (No twicks!) Fun for the whole family! Participants must be accompanied by parents, please.

Laurel Hills Community Center
#194749 Oct 27 Th 6:00-7:30pm

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
#194534 Sep 2 F 6:00-8:00pm
#194535 Oct 7 F 6:00-8:00pm
#194536 Nov 4 F 6:00-8:00pm
#194537 Dec 2 F 6:00-8:00pm

Winter Break Camp

Age: 6-11yrs. Come join us for a week of traditional camp fun and excitement. Participants will take part in camp activities such as arts and crafts, games, sports activities and other exciting events. Structured activities for the camp will be during the hours of 9:00am-4:00pm. Campers should bring lunch and two snacks daily. Early arrival at 7:30am, latest pickup at 6:00pm.

Lions Park Community Center – Course Fee: \$55
#195788 Dec 23-30 T-F 7:30am-6:00pm

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
#195213 Sep 16 F 6:00-7:30pm
#195214 Oct 21 F 6:00-7:30pm
#195216 Nov 18 F 6:00-7:30pm
#195217 Dec 16 F 6:00-7:30pm

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! Zumba®. 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
#193196 Sep 12-26 M 10:00-11:00am
Course Fee: \$30
#193197 Oct 3-24 M 10:00-11:00am
#193198 Nov 7-28 M 10:00-11:00am
#193199 Dec 5-26 M 10:00-11:00am

Teen

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
#195168 Sep 19 M 6:30-7:30pm
#195170 Oct 17 M 6:30-7:30pm
#195171 Nov 21 M 6:30-7:30pm
#195173 Dec 19 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.

Laurel Hills Community Center
#194892 Aug 22 M 7:00-8:00pm
#194893 Sep 12 M 7:00-8:00pm
#194894 Sep 26 M 7:00-8:00pm
#194895 Oct 10 M 7:00-8:00pm
#194896 Oct 24 M 7:00-8:00pm
#194897 Nov 14 M 7:00-8:00pm
#194898 Nov 28 M 7:00-8:00pm
#194899 Dec 12 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? Come 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
#195256 Sep 1-30 Th-F 6:00-8:00pm
#195257 Oct 6-28 Th-F 6:00-8:00pm
#195258 Nov 3-18 Th-F 6:00-8:00pm
#195273 Dec 1-30 Th-F 6:00-8:00pm

Shop 'Til You Drop

Age: 12-18yrs. Love shopping? Trying to find a birthday gift for someone, start early on your holiday lists or just want to find something for yourself? Join us as we take a trip to Carolina Premium Outlets in Smithfield for a day of fun and shopping! Manage your own money and find some great deals!

St. Monica Teen Center – Course Fee: \$5
#195380 Oct 29 Sa 9:00am-3:00pm
#195387 Dec 3 Sa 9:00am-3:00pm

Teen Center Open House

Age: 12-19yrs. Saint Monica Teen Center. Have you heard about us? If you've never been to the teen center now is the perfect chance to visit and check out the array of programs we have to offer. Stop by to learn more about who we are and what we do!

St. Monica Teen Center
#195578 Sep 24 Sa 11:00am-2:00pm

Teen Corps Outdoor Service Day

Age: 13-17yrs. Attention Teens! Need to fill some community service requirements for school? Teen Corps Outdoor Service Days will provide an opportunity to serve the community while having fun, developing as a leader, and connecting to the outdoors. This program will feature a combination of fun and challenging service opportunities and a variety of outdoor recreation activities. Each session will begin with teambuilding exercises to develop communication and leadership skills. Teens will then travel to a local nature preserve to complete their service project and have fun in the outdoors.

St. Monica Teen Center – Course Fee: \$10
#194794 Sep 10 Sa 3:00-7:00pm
#194795 Oct 8 Sa 3:00-7:00pm
#194796 Nov 12 Sa 3:00-7:00pm

Teen Game Show Showdown

Age: 12-16yrs. Join your friends for an awesome evening of exciting Game Shows at the Teen Game Show Showdown! Teams will compete for eternal glory and some awesome prizes! Registration is required by September 9th. Call 919-996-6468 for more information.

Pullen Amusements

#193401 Sep 16 F 6:00-8:00pm

Teen Outreach Program

Age: 12-17yrs. The Teen Outreach Program (TOP) is a free, recreation-based, after-school program for teens ages 12-17 that operates at 9 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.

Carolina Pines Community Center

#194283 Aug 29-Dec 21 M-F 3:00-6:00pm

Chavis Community Center

#194273 Aug 29-Dec 21 M-F 3:00-6:00pm

Green Road Community Center

#194278 Aug 29-Dec 21 M-F 3:00-6:00pm

Lions Park Community Center

#194274 Aug 29-Dec 21 M-F 3:00-6:00pm

Method Road Community Center

#194275 Aug 29-Dec 21 M-F 3:00-6:00pm

Millbrook Exchange Community Center

#194279 Aug 29-Dec 21 M-F 3:00-6:00pm

Peach Road

#194277 Aug 29-Dec 21 M-F 3:00-6:00pm

St. Monica Teen Center

#194276 Aug 29-Dec 21 M-F 3:00-6:00pm

Worthdale Community Center

#194280 Aug 29-Dec 21 M-F 3:00-6:00pm

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

#195580 Sep 2 F 6:30-7:30pm

Teen Scene

Age: 12-17yrs. This club is for teens ages 12-17. Activities include but are not limited to field trips, team-building, life skills, leadership skills etc. The club does not meet on holidays. Call for more information.

Peach Road

#195809 Sep 7-Dec 28 W 6:30-8:00pm

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 your game up! All entries will receive snack and the winner will receive a prize! Participation requires a valid Saint Monica Teen Center Membership.

St. Monica Teen Center – Course Fee: \$5

#195353 Sep 23 F 6:00-8:00pm
#195354 Nov 19 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 and spring break. 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.

Joycee Community Center – Course Fee: \$35

#194917 Oct 31 M 7:30am-6:00pm
#194918 Nov 23 W 7:30am-6:00pm

Adult

Basic Self-Defense Training for Women

Age: 16yrs and up. Would you know what to do if you were attacked? Would you know how to identify your attacker? More important, do you know all the facts to keep from becoming a victim? This class will not only teach you how to defend yourself against a predator but how to arm yourself with knowledge on the measures of prevention. Most attackers use a person's weakness and vulnerability as a means of attacking. Don't let your inability or lack of knowledge allow you to be victimized. In addition, this is also a great means of exercise. A Raleigh police officer will teach this class.

Method Road Community Center – Course Fee: \$5

#194509 Oct 6 Th 6:30-8:00pm
#194510 Oct 20 Th 6:30-7:30pm

Bid Whist and Pinochle Play

Age: 30yrs and up. 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

#195384 Sep 7-28 W 11:00am-3:00pm
#195386 Oct 5-26 W 11:00am-3:00pm
#195390 Nov 2-23 W 11:00am-3:00pm
#195392 Dec 7-28 W 11:00am-3:00pm

BINGO at Method Park

Age: 30yrs and up. Be the one with the lucky card and win prizes! This is a chance to meet new friends and enjoy a fun day.

Method Road Community Center – Course Fee: \$2

BINGO 'For Adults ONLY'

#195373 Oct 13 Th 11:00am-1:00pm
#195374 Nov 10 Th 11:00am-1:00pm

Board Games and Buddies

Age: All Ages. Bring your buddies and come on by to enjoy a morning full of games. We will have a variety of different board games or you can bring your favorite!

Walnut Terrace Neighborhood Center

#193335 Sep 2-Dec 16 F 10:00am-12:00pm

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.

Jaycee Community Center

#194120 Sep 2-30 T,F 9:00am-2:00pm
#194125 Oct 4-28 T,F 9:00am-2:00pm
#194126 Nov 1-29 T,F 9:00am-2:00pm
#194127 Dec 2-30 T,F 9:00am-2:00pm

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

#194281 Sep 14-Oct 19 W 10:00am-12:00pm
#194282 Sep 12-Oct 10 M 2:00-4:00pm
#194285 Oct 24-Nov 21 M 2:00-4:00pm
#194286 Nov 2-Dec 7 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

#194624 Sep 6-27 T 12:00-3:00pm
#194625 Oct 4-25 T 12:00-3:00pm
#194626 Nov 1-29 T 12:00-3:00pm
#194627 Dec 6-27 T 12:00-3:00pm

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

#190887 Sep 2-Dec 30 F 6:00-8:30pm

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

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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

#190934	Sep 7	W	7:00-9:00pm
#190935	Oct 5	W	7:00-9:00pm
#190936	Nov 2	W	7:00-9:00pm

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

#194672	Sep 6	T	6:30-7:30pm
#194673	Sep 20	T	6:30-7:30pm
#194674	Oct 4	T	6:30-7:30pm
#194675	Oct 18	T	6:30-7:30pm
#194676	Nov 1	T	6:30-7:30pm
#194677	Nov 15	T	6:30-7:30pm
#195294	Dec 6	T	6:30-7:30pm
#195295	Dec 20	T	6:30-7:30pm

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

#194316	Sep 2	F	7:00-9:00pm
#194317	Sep 9	F	7:00-9:00pm
#194318	Sep 16	F	7:00-9:00pm
#194319	Oct 14	F	7:00-9:00pm
#194320	Oct 28	F	7:00-9:00pm
#194321	Nov 4	F	7:00-9:00pm
#194322	Nov 18	F	7:00-9:00pm
#194323	Dec 16	F	7:00-9:00pm
#194324	Dec 30	F	7:00-9:00pm

Raleigh Hemerocallis Club

Age: 16yrs 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

#194642	Sep 13	T	6:45-9:30pm
#194643	Oct 11	T	6:45-9:30pm

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

Adult Overnight Trips

October – Wilson/Rocky Mount

Discover how the late Vollis Simpson transformed amazing pieces of art known as Whirligigs. Followed by Stonewall Manor tour and lunch.

October – Holland and Rhine River Cruise

A unique way to travel as you soak up the scenery of the country side visiting Zurich, Strasbourg Amsterdam's and much more.

December – Myrtle Beach, SC

Warm up with a winter holiday at the beach, enjoy fabulous shows great shopping and wonderful meals with friends.

Please call the Anne Gordon Center for Active Adults at 919-996-4720 or the Five Points Center for Active Adults at 919-996-4730 to receive a brochure.

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

#194646	Sep 12-26	M	7:00-9:00pm
#194647	Oct 3-24	M	7:00-9:00pm
#194648	Nov 7-Dec 5	M	7:00-9:00pm
#194649	Dec 5-26	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.

Sertoma Arts Center

#196336	Sep 7-Dec 28	W	12:30-2:00pm
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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.

Sertoma Arts Center

#196334	Sep 6-Dec 27	T	9:00am-12:00pm
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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.

Sertoma Arts Center

#196337	Sep 1-Dec 15	Th	1:00-3:00pm
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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.

Sertoma Arts Center

#196335	Sep 1-Dec 29	Th	9:00am-12:00pm
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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

#192889	Sep 8	Th	6:30-8:00pm
#192890	Sep 22	Th	6:30-8:00pm
#192891	Oct 13	Th	6:30-8:00pm
#192892	Oct 27	Th	6:30-8:00pm
#192893	Nov 10	Th	6:30-8:00pm
#192895	Dec 8	Th	6:30-8:00pm
#192896	Dec 22	Th	6:30-8:00pm

Senior

Adult Trip – Oregon/Washington

Age: 18yrs and up. Join us on this seven-day adventure trip to Oregon's scenic wonders. Highlights: Seattle, Portland, International Rose Test Garden, Columbia River Gorge, Mount Hood, Bonneville Dam, Multnomah Falls, Timberline Lodge, Crater Lake, Gold Beach, Rogue River cruise, Coos Bay, House of Myrtlewood, Oregon Dunes National Recreation Area and Sea

Adult Program Trips

September – Raleigh, NC

Marvel at the James B. Hunt Jr. Library technology with its unusual seating and robotic book retrieval. Learn about NC Highway Patrolmen and how they are trained and live on site, see vehicles and equipment they use, and hear the stories of those who have lost their lives while serving.

October – Newton, NC

Step back in time at the Hart Square Festival. For more than 30 years Dr. Robert Hart has restored the 19th century NC lifestyle, recreating an entire village, Hart Square, which includes the largest collection of original historic log buildings.

November – Kinston, NC

Civil war enthusiasts will enjoy visiting several sites pertaining to the Battle of Kinston during the Civil War including a visit to a full size replica of a Confederate gunboat.

Lion Caves. Trip includes round-trip airfare from RDU, tour director, 11 meals (five breakfasts, one lunch and five dinners), motorcoach transportation, admissions, sightseeing, hotel transfers and baggage handling. For a flier or more information, please contact the Adult Program at 919-996-4730.

Anne Gordon Center for Active Adults

#191388 Jul 7-13 Daily 8:00am-9:00pm

Bingo

Age: All Ages. 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 for Active Adults

#193931 Sep 2-Dec 30 F 9:30am-12:00pm

Green Road Community Center

#194020 Sep 6-Dec 27 T 10:00am-1:00pm

Greystone Community Center

#192905 Sep 6-Dec 29 T,Th 2:00-4:00pm

Marsh Creek Park

#192906 Aug 25-Dec 15 Th 10:00am-1:00pm

Walnut Terrace Neighborhood Center

#192907 Sep 12-Dec 19 M 10:00am-12:00pm

Bingo Bash for Seniors

Age: 55yrs and up. Come enjoy an exciting morning of bingo. We play a variety of games during each session from straight bingo to four corners and many more. Cost is \$1 for 3 cards or 50 cents per card. Come play to win!

Worthdale Community Center

#194930 Sep 7-Dec 21 W 10:30am-12:30pm

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

#195002 Sep 20 T 12:00-1:30pm

#195003 Oct 18 T 12:00-1:30pm

#195004 Nov 15 T 12:00-1:30pm

#195005 Dec 6 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

#194739 Sep 6-Dec 27 T 10:15am-1:00pm

Bridge for Active Adults – Open Play

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

Five Points Center for Active Adults

#191818 Sep 1-Dec 22 Th 10:00am-12:00pm

#191819 Sep 2-Dec 30 F 12:30-3:00pm

#191820 Sep 7-Jan 4 W 9:30am-12:30pm

Greystone Community Center

#195211 Sep 12-Jan 9 M 10:00am-12:00pm

Cards and Mah Jongg Open Play

Age: All Ages. 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

#191952 Sep 2-Dec 30 F 12:30-4:00pm

#191953 Sep 6-Dec 27 T 12:30-4:00pm

#191954 Sep 7-Dec 28 W 1:00-3:00pm

Walnut Terrace Neighborhood Center

#193336 Sep 1-Dec 26 M,Th 1:00-3:00pm

Intermediate Bridge and Game Day

Age: All Ages. 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

Five Points Center Game Day

#195829 Sep 12-Dec 26 M 1:00-4:00pm

Mah Jongg

Age: All Ages. 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

#192076 Sep 1-29 Th 2:00-4:00pm

#192078 Oct 6-Nov 3 Th 2:00-4:00pm

#192080 Sep 1-Dec 29 Th 2:00-4:00pm

Greystone Community Center

#192077 Sep 12-26 M 2:00-4:00pm

#192079 Oct 10-31 M 2:00-4:00pm

#192081 Sep 5-Dec 26 M 2:00-4:00pm

Mah Jongg Open Play

Age: 50yrs and up. 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

#193854 Sep 12-Dec 26 M 1:30-3:30pm

Men's Monday Mornings

Age: 50yrs and up. 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

#192909 Sep 12-Dec 19 M 9:00am-12:00pm

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

#195134 Sep 2-Dec 23 F 1:00-3:00pm

Family

80's Flashback Night

Age: 12yrs and up. Have you ever wanted to be a kid again for a day? Come to the Top Greene center for an evening of '80s board games, trivia, music, fun and more. Be sure to rock your old school gear and get ready to reminisce on the 'fresh' old days!

John P. 'Top' Greene Center

#195071 Nov 1 T 6:30-8:00pm

Fall Carnival

Age: 1-10yrs. Experience lots of scary fun with games, prizes and treats! Wear a costume, and be sure to bring an adult to share the fun. Admission is free.

Carolina Pines Community Center

#192845 Oct 24 M 6:30-8:00pm

Fall Festival

Age: All Ages. Celebrate the fall season! Join us for a fun-filled evening of games, activities, etc. Prizes, candy and light refreshments will be available. Admission is free.

Chavis Community Center

#193115 Oct 27 Th 6:00-8:30pm

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Family Bingo Night

Age: All Ages. Bring your family for a family friendly night of bingo. All ages are welcome and parent participation is required. You bring your family and friends, and we supply all of your bingo needs, including prizes. Preregistration is required to participate in this event. Admission is free.

Greystone Community Center

#193792 Sep 30 F 5:00-7:00pm

Family Game Night: So You Think You Can Dance Wii Edition

Age: 5yrs and up. Bring the family and have some fun as you compete in the Wii Dance Dance Revolution game and much more. Competition will be fierce but much fun for everyone in the family!

Chavis Community Center

#195237 Sep 23 F 6:30-8:30pm

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

#194611 Sep 30 F 6:00-8:00pm
#194612 Nov 25 F 6:00-8:00pm
#194619 Dec 23 F 6:00-8:00pm

FANG-tastic Halloween Drop in at Powell Drive Park

Age: 2-11yrs. Bring your little pumpkins and young ghouls to our Halloween drop-in and get caught up in our web of take-home arts and crafts activities, music, candy corn bingo, prizes and goodie bags of healthy treats. So come as you aren't, hang around for a spell, vamp it up with activities and make no bones about it. You are sure to have a booo-tiful Halloween.

Powell Drive Park

#195298 Oct 31 M 5:30-7:00pm

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

#194561 Sep 9 F 6:00-8:00pm
#194562 Oct 14 F 6:00-8:00pm
#194563 Nov 11 F 6:00-8:00pm
#194564 Dec 9 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

#194579 Sep 16 F 6:00-8:00pm
#194580 Oct 21 F 6:00-8:00pm
#194581 Oct 21 F 6:00-8:00pm
#194582 Dec 16 F 6:00-8:00pm



Grandparents Appreciation Social

Age: 6-12yrs. Celebrate Grandparents Day! Kids ages 6-12, treat your grandparents to a night out, pamper them like they pamper you. Come enjoy some tasty treats, work on a craft project together and enjoy some entertainment. Fee is \$5 per person.

Powell Drive Park – Course Fee: \$5

#194565 Sep 11 Su 3:00-5:00pm

Halloween Boo Bash

Age: Up to 10yrs. Get your costume ready and come be a part of District 1's Annual Boo Bash! Visit one of our decorated vehicles for some trunk-or-treating, make a SPOOKtacular craft, try your hand at some FANGtastic games, and just fall into fun! Take a walk through our Spooky Bus. (Both scary and non-scary versions are available.) You can also visit our ghost story area. This event is sponsored by all of the District 1 Boo Crew Community Centers: Abbots Creek, Brier Creek, Greystone, Lake Lynn, Millbrook and Optimist. Don't miss out on this happy haunting event for the whole family!

Abbots Creek Community Center

#194623 Oct 28 F 6:30-8:00pm

Halloween Spooktacular

Age: Up to 10yrs. This event offers Halloween fun for kids 10 and under. Join us for a variety of activities and games. Space is limited, and preregistration is recommended. All participants must be accompanied by an adult.

Green Road Community Center

#193957 Oct 24 M 6:00-8:00pm

Haunted Halloween

Age: All Ages. Witches and goblins, spooks and spiders, join us for the spookiest night of the year.

Peach Road

#195796 Oct 28 F 6:30-8:00pm

Holiday Drop and Shop at Jaycee

Age: 5-11yrs. Need time for holiday shopping? Here is your chance to go alone. Drop off your children for a fun-filled time of games and activities as you check off your shopping list. Kids ages 5-11 are welcome to attend. Registration deadline is Wednesday, December 7.

Jaycee Community Center – Course Fee: \$10

#195259 Dec 10 Sa 9:30am-1:30pm

Holiday Pajama Party

Age: All Ages. Bring the entire family dressed in your pajamas for a holiday movie. We will enjoy cocoa and cookies. Preregistration required. Participation is free.

Greystone Community Center

#193850 Dec 16 F 5:00-7:00pm

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

#192816 Sep 16 F 6:00-8:00pm
#192817 Oct 14 F 6:00-8:00pm
#192818 Nov 18 F 6:00-8:00pm
#192819 Dec 16 F 6:00-8:00pm

Movie Thursday at Top Greene

Age: 15yrs and up. Do you enjoy movies—classics, Westerns, romance, suspense or box office hits? Come enjoy popcorn while you watch a movie with your friends.

John P. 'Top' Greene Center

#195090 Aug 25 Th 6:30-8:00pm
#195091 Sep 22 Th 6:30-8:00pm
#195092 Oct 20 Th 6:30-8:00pm
#195093 Nov 17 Th 6:30-8:00pm

Movies at Method

Age: 1yrs and up. 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

#195365 Sep 23 F 7:00-9:00pm
#195366 Oct 14 F 7:00-9:00pm

Pumpkinfest

Age: 2-11yrs. Celebrate fall and pumpkins at our annual event. Pumpkins will come alive through your favorite carnival games, crafts, and more. Wear comfortable shoes and be ready for fun! Parents must stay to supervise children.

Barwell Road Community Center

#194445 Oct 21 F 6:30-8:30pm

Santa's Elves Ornament Social

Age: 3-6yrs. Help us celebrate the season with an ornament-making social! Santa's elves will join us as we make ornaments and enjoy cookies and milk. Please preregister for this activity.

Greystone Community Center – Course Fee: \$8

#193798 Dec 20 T 10:00-11:00am

Snacks with Santa

Age: 1-12yrs. Join us for fun activities and snacks with Santa Claus. We'll have holiday games, arts and craft activities and story time with Santa! Bring your camera to capture a photo with the man in red! Please bring two nonperishable food items for this event.

Chavis Community Center

#193130 Dec 17 Sa 10:00am-12:00pm

The Pumpkin Patch

Age: 3-5yrs. Join us for a Mom- or Dad-and-me pumpkin party! Please bring a small pumpkin to decorate, and enjoy donuts and cider as we enjoy the fall season. Please preregister for this program.

Greystone Community Center – Course Fee: \$5

#193025 Oct 27 Th 10:00-11:00am

Hill Street Center – Course Fee: \$5

#193024 Oct 22 Sa 11:30am-12:30pm

Tie Dye Family Night Out

Age: All Ages. Tie-dyeing is so much fun, especially when the entire family gets involved. Tie-dye matching shirts for the entire family. Get ready for an exciting night of family fun! All participants must preregister and bring a white T-shirt. Free admission.

Greystone Community Center

#193797 Oct 21 F 5:30-7:00pm

Toys for Tots

Age: Up to 15yrs. Toys for Tots Registration Day. Register children, newborns to 12 years old to receive a toy for Christmas. Registration is one day only. Space is limited. You must register in person.

Peach Road

#195806 Nov 16 W 6:00-7:30pm

Tree Trimming

Age: All Ages. Help us deck our halls for the holidays. Create ornaments to help us trim our tree or make your own ornaments to take home. Cookies and hot chocolate will be served.

Peach Road

#195680 Dec 1 Th 6:00-7:30pm

The Golden Years Clubs

Clubs are for individuals age 55 and better. Activities vary between clubs and may include socials, trips, cards, games, and luncheons.

Contact the club leader for more information.

Asbury Joy Club

Asbury UMC
3rd Thursday, 11am
Velma (919)847-0775

Brier Creek Senior Club

Brier Creek
Community Center
Tuesdays, 10am
Laura (919)420-2338

Caraleigh Club

Caraleigh Community
Clubhouse
Tuesdays, 10am
Mary Lou (919)846-0492

Carolina Pines Club

Carolina Pines
Community Center
2nd Wednesday, 10:30am
Tonya (919) 831-6435

Circle of Friends

John Chavis
Community Center
4th Wednesday, 11:00am
Densie (919) 831-6989

Fellowship Club

West Raleigh
Presbyterian Church
2nd/4th Tuesday, 10am
Laura (919)851-7042

Fifty-Five Plus Club

Anne Gordon Center
Wednesdays, 10:00am
Jane (919)872-3006

First Cosmopolitan Club

First Cosmopolitan
Baptist Church
3rd Wednesday, 1pm
Gene (919)266-1222

G.E.M.S.

Watts Chapel
Wednesday, after 1st/3rd
Sunday, 10:30am
Gaynelle (919)851-0869

Go-Getters Club

Stonehenge Apartments
Clubhouse
2nd/4th Thursday, 10am
Lauren (919)612-5164

Golden Eagles Club

Top Greene Center
2nd Wednesday, 11am
Carletta (919)996-2730

Golden Jewels

St. Paul AME Church
Wednesdays, 10am
Vallarie (919)789-3366

Grand Age Club

Hayes Barton
United Methodist
Thursdays, 11:15am
Margie (919)467-0572

Hedingham Hi-Milers

Willow Oak Clubhouse
2nd Tuesday, 10:00am
Lianne (919)212-9191

Keenagers Club

White Memorial
Presbyterian Church
Thursdays, 10:30am
Judy (919)834-3424

Lake Lynn Seniors

Lake Lynn
Community Center
Tuesdays, 10am
Ellie (919)365-5447

Lions Park Club

Lions Park
Community Center
1st Wednesday, 10am
Jason (919)831-6995

NRUMC – Joy Club

North Raleigh UMC
1st, 2nd, 3rd, 5th
Wednesday, 11:00am
Cletha (919)847-5988

Parkview Manor

Parkview Manor
Apartments
2nd Tuesday, 2:00pm
Juanita (919)821-7728

Platinum Plus

Ralph Campbell Center
Wednesdays, 10:30am
Ricky (919)250-2757

Pullen Park Club

Pullen Park
Community Center
Wednesdays, 10am
Jane (919)785-1245

Quail Hollow Club

Eastgate Center
Wednesdays, 9:45am
Susan (919)870-0557

Roberts Park SR Club

Roberts Park
Community Center
Tuesdays, 11:00am
Sherri (919)831-6830

Snappy Seniors

Marsh Creek
Community Center
1st and 3rd Monday,
10am
Dorothy (704)928-6613

St. Francis of Assisi 55+ Club

St. Francis
of Assisi Parish
2nd and 4th Wednesday,
12 noon
Kathy (919)848-1557

St. Joseph's Seniors

St. Joseph's
Catholic Church
1st Tuesday 12pm
4th Thursday Dinner
Liz (919)872-2917

Smiling Age Club

Biltmore Hills
Community Center
Tuesdays, 10am
Kenny (919)831-6895

The Trailblazers

Mt. Pleasant
Baptist Church
10720 Falls of
the Neuse Road
2nd Tuesday 10:30am
Lizzie (919)847-0831

Thirty-Niners Club

First Baptist Church
Thursdays, 10:30am
Mary Alice (919)832-4485

Touch of Love

St. Matthew Baptist Church
Wednesday after
2nd/4th Sunday
10:30am
Dee (919)630-0320

Trinity JOY Club

Trinity UMC
3rd Tuesday, 11am
Mary (919)845-9626

Wakefield Villagers Club

Villages of Wakefield
2nd/4th Tuesday, 9am
Margaret (919)556-9541

Worthdale Walkers Club

Worthdale
Community Center
Thursdays, 11am
Carletta (919)996-2730

Young at Heart Club

Five Points Adult Center
2nd/4th Wednesday,
10am
Brenda (919)834-8170

Specialized Recreation and Inclusion Services

Specialized Recreation and Inclusion Services

919.996.2147

SRIS@raleighnc.gov

Program Director

Nikki Speer-Raleigh

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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

Abilities Tennis

Ages 8yrs and up. Abilities Tennis of North Carolina is a local non-profit organization offering free tennis lessons and competitive opportunities for people with disabilities. Experienced volunteers will lead the lessons. Equipment is provided and all levels of experience welcome.

Millbrook Exchange Tennis Center

#194088 Aug 20-Oct 29 Sa 3:30-5:00pm

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 2nd 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: \$15

#194099	Sep 12	M	6:30-8:00pm
#194100	Oct 10	M	6:30-8:00pm
#195831	Nov 14	M	6:30-8:00pm
#195832	Dec 12	M	6:30-8:00pm

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 at the time of registration. Participants must be able to follow simple instructions and step-by-step directions. No one-on-one assistance is provided. Individuals requiring a higher level of assistance should attend with a personal assistant. For more information, call 919-996-2147.

Marsh Creek Park – Course Fee: \$48

Soups and Stews

#194097 Sep 20-Oct 11 T 6:00-8:00pm

Recipes with Soup Bases

#194098 Oct 18-Nov 8 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 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
#194074 Sep 1-22 Th 6:00-7:00pm

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 YES Days

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: October 31 and November 23, 2016; 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 each month 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 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@IDDNextStep.org.

Millbrook Exchange Community Center

#193946	Sep 17	Sa	9:30-11:00am
#193947	Oct 22	Sa	9:30-11:00am
#193948	Nov 19	Sa	9:30-11:00am
#193949	Dec 17	Sa	9:30-11:00am

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. One instructor will be available to facilitate and assist participants. Participants requiring a higher level of support may attend with a personal assistant. Preregistration is encouraged. For more information, call 919-996-2147.

Chavis Community Center

#194078	Sep 16	F	6:00-8:30pm
#194079	Oct 21	F	6:00-8:30pm
#194080	Nov 18	F	6:00-8:30pm
#194081	Dec 16	F	6:00-8:30pm

Quest Adult Day Program

This program is open to adults ages 22 or older 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 group setting, manage personal care with minimal assistance and follow basic rules of safety and interaction. Individuals who require more support may bring a personal assistant to the program. Personal assistants must complete additional paperwork and a background check before attending. Registration and information forms are requested at least two weeks before the program start date. Please contact 919-996-2147 for more information.

Five Points Center

Course Fee: \$100			
#194043	Sep 6-27	T	9:15am-2:15pm
#194044	Oct 4-25	T	9:15am-2:15pm
#194045	Nov 1-15,29	T	9:15am-2:15pm
Course Fee: \$50			
#194046	Dec 6-13	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.

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. Pre-registration is not necessary, but we do ask that participants sign in upon arrival. Cost of food is on your own.

Crabtree Valley Mall

#194090	Oct 21	F	5:30-8:30pm
#194092	Dec 16	F	5:30-8:30pm

Cary Towne Center

#194089	Sep 16	F	5:30-8:30pm
#194091	Nov 18	F	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. Parents, assistants and chaperones do not pay the entry fee. For more information, call 919-996-2147. Cost is \$5 cash at the door.

Five Points Center for Active Adults

Fall Dance – Course Fee: \$5			
#193951	Sep 23	F	7:00-9:30pm

Millbrook Exchange Community Center

Halloween Dance – Course Fee: \$5			
#193950	Oct 22	Sa	7:00-9:30pm

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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.

Laurel Hills Community Center – Course Fee: \$6

Soccer

#194705 Sep 17 Sa 1:00-2:30pm

Lake Lynn Community Center – Course Fee: \$6

Bocce

#194593 Oct 15 Sa 1:00-2:30pm

Method Road Community Center – Course Fee: \$6

Tennis

#194710 Nov 19 Sa 1:00-2:30pm

Green Road Community Center – Course Fee: \$6

Basketball

#194712 Dec 17 Sa 1:00-2:30pm

SRS Bingo Night

Age: 18yrs and up. What could be more exciting than a fun-filled night of bingo!? There will be prizes and lots of time with friends. An instructor will be available to facilitate and assist participants at a ratio of 1:20. Individuals requiring a higher level of support may attend with a personal assistant. Pre-registration is required.

For more information, please contact 919-996-2147 or SRIS@raleighnc.gov.

Chavis Community Center – Course Fee: \$8

#194093 Sep 13 T 6:00-8:00pm

#194094 Oct 11 T 6:00-8:00pm

#194095 Nov 8 T 6:00-8:00pm

#194096 Dec 13 T 6:00-8:00pm

SRS Recreational Bowling

Age: 6yrs and up. This recreational program provides a fun and exciting place for individuals with developmental or physical disabilities to participate in bowling. This is not an instructional 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

#194075 Sep 10-Nov 12 Sa 10:00am-12:00pm

AMF South Hills – Course Fee: \$60

#194076 Sep 10-Nov 12 Sa 10:00am-12:00pm

SRS Zumba®

Age: 10yrs and up. This program is designed for people with developmental or physical disabilities who want a fun, aerobic workout while learning basic Latin rhythms and dance moves. No prior experience is

necessary. No one-on-one assistance will be available for this program. Participants ages 10-14 must be accompanied by an adult. For more information, call 919-996-2147.

Jaycee Community Center – Course Fee: \$20
#194077 Nov 10-Dec 8 Th 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 yokoiwashima@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.

Millbrook Exchange Community Center

Course Fee: \$20
#194083 Oct 6-27 Th 6:00-7:00pm

Youth Wheelchair Basketball

Age: 6-19yrs. If you're interested in sports but you 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 6-19. 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).

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. Come enjoy a competitive evening playing darts. This program is designed for individuals with visual impairments. This program is held on Tuesday evenings from 7:00-8:45pm at Jaycee Community Center. For more information or to register for the program contact 919-996-2147.

Jaycee Community Center – Course Fee: \$10

#192923 Oct 3-31 M 7:00-8:45pm

Course Fee: \$12

#192922 Sep 12-26 M 7:00-8:45pm

#192925 Dec 5-19 M 7:00-8:45pm

Course Fee: \$16

#192924 Nov 7-28 M 7:00-8:45pm

Course Fee: \$20

#192923 Oct 3-31 M 7:00-8:45pm

Course Fee: \$6

#192922 Sep 12-26 M 7:00-8:45pm

#192925 Dec 5-19 M 7:00-8:45pm

Course Fee: \$8

#192924 Nov 7-28 M 7:00-8:45pm

VIP Fitness

Age: 14yrs and up. Various fitness programs, designed for participants with visual impairments, are offered throughout each month. Please call 919-996-2147 to register or for more information. Course Fee: \$2

VIP Fun Bowl

Age: 18yrs and up. This program is designed for participants with visual impairments. Come out and bowl on Wednesdays from 12:30-2:30pm at Buffalo Lanes North. 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, or to register, please call 919-996-2147.

Sports



Preschool

Abbotts Creek Toddler Sports

Age: 3-5yrs. Toddler sports focuses on basic movement skills, intro to soccer footwork and mini games, throwing and catching with hands and t-ball striking, basketball handling and dribbling. Each class will also incorporate an age appropriate movement activity so your children LOVE this class. J Miller has years of coaching and Physical Education teaching experience in youth sports. His classes focus on developing each child's skill level to increase their confidence and enjoyment of sports.

Abbotts Creek Community Center – Course Fee: \$40
 #192548 Sep 8-29 Th 4:45-5:30pm
 #192795 Oct 6-27 Th 4:45-5:30pm

All Sport – Preschool

Age: 3-4yrs. Interested in introducing your athlete to a variety of sports? Each week, participants will learn the fundamentals of a different sport, 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
 #194784 Sep 11-Oct 2 Su 1:15-2:00pm
 #194789 Nov 13-Dec 11 Su 1:15-2:00pm

All Sports – Little Starters

Age: 3-5yrs. Want to try several sports? Little Starters introduces you to a different sport each week. Sports may include baseball, football, hockey, lacrosse and others. Get your game on!

Green Road Community Center
 Course Fee: \$36
 #194266 Sep 7-28 W 5:00-5:45pm
 #194267 Oct 5-26 W 5:00-5:45pm

Lake Lynn Community Center
 Course Fee: \$36
 #194907 Sep 10-Oct 1 Sa 9:30-10:15am
 #194912 Oct 8-29 Sa 10:30-11:15am
 #194913 Sep 10-Oct 1 Sa 5:30-6:15pm
 #194914 Nov 1-29 T 9:30-10:15am

Optimist Community Center
 Course Fee: \$36
 #195317 Sep 9-Oct 7 F 10:30-11:15am
 #195351 Oct 14-Nov 4 F 10:30-11:15am
 #195357 Nov 18-Dec 16 F 10:30-11:15am

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
 #194929 Oct 4-25 T 10:30-11:15am

Millbrook Exchange Community Center

Course Fee: \$36
 #190945 Sep 1-22 Th 6:30-7:15pm

Optimist Community Center

Course Fee: \$36
 #195323 Sep 12-Oct 3 M 5:00am-5:45pm
 #195361 Oct 12-Nov 2 W 5:00am-5:45pm

Basketball – Kinder Basketball

Age: 4-5yrs. Taught in a noncompetitive atmosphere, Kinder Basketball focuses on a variety of skills, including dribbling, passing, shooting and defense.

Jaycee Community Center – Course Fee: \$36
 #194110 Oct 3-24 M 5:00-5:45pm

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
 #195209 Oct 9-30 Su 1:15-2:00pm

Green Road Community Center
 Course Fee: \$36
 #193915 Sep 6-27 T 5:00-5:45pm
 #193916 Oct 4-25 T 5:00-5:45pm
 #193917 Nov 1-29 T 5:00-5:45pm

Lake Lynn Community Center
 Course Fee: \$36
 #194931 Oct 4-25 T 9:30-10:15am
 #194932 Oct 6-27 Th 5:30-6:15pm
 #194934 Sep 10-Oct 1 Sa 10:30-11:15am

Laurel Hills Community Center
 Course Fee: \$36
 #194752 Sep 3-24 Sa 11:00-11:45am

Millbrook Exchange Community Center
 Course Fee: \$36
 #190947 Sep 12-Oct 3 M 6:30-7:15pm

Optimist Community Center
 Course Fee: \$36
 #195355 Sep 6-27 T 5:00-5:45pm
 #195356 Nov 21-Dec 12 M 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
 #194753 Sep 3-24 Sa 10:15-10:45am

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 sportsmanship and teamwork! Emphasis will be on safe play. Some parent participation included. Touchdown!

Lake Lynn Community Center – Course Fee: \$36
 #194940 Sep 6-27 T 10:30-11:15am
 #194941 Oct 8-29 Sa 11:30am-12:15pm
Laurel Hills Community Center – Course Fee: \$36
 #194754 Oct 29-Nov 19 Sa 11:00-11:45am

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Football – Twos Sport Zone

Age: 2yrs. Parent and child come off the sidelines and get into the game as you learn about football skills by participating in mini drills and fun games. Punt, pass, kick and catch, basics and more! Benefits include hand-eye coordination, body awareness and socialization. Instructor: Coach K.

Laurel Hills Community Center – Course Fee: \$36
#194755 Oct 29-Nov 19 Sa 10:15-10:45am

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
#194448 Oct 6-27 Th 5:00-5:45pm

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
#194942 Sep 6-27 T 9:30-10:15am
Optimist Community Center – Course Fee: \$36
#195362 Sep 8-29 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: \$30
#194055 Dec 5-19 M 12:00-12:45pm
#194059 Dec 6-20 T 4:00-4:45pm
Course Fee: \$40
#194052 Sep 12-Oct 3 M 12:00-12:45pm
#194053 Oct 10-31 M 12:00-12:45pm
#194054 Nov 7-28 M 12:00-12:45pm
#194056 Sep 13-Oct 4 T 4:00-4:45pm
#194057 Oct 11-Nov 1 T 4:00-4:45pm
#194058 Nov 8-29 T 4:00-4:45pm
#194060 Sep 10-Oct 1 Sa 11:15am-12:00pm
#194566 Oct 8-29 Sa 11:15am-12:00pm
#194567 Nov 5-26 Sa 11:15am-12:00pm

Mini Camp Workouts: Basketball

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.

Roberts Park Community Center – Course Fee: \$25
#195784 Sep 6-27 T 6:00-6:45pm

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
#192791 Oct 4-25 T 4:45-5:30pm
#192792 Sep 6-27 T 4:45-5:30pm

Lake Lynn Community Center
Course Fee: \$36
#194943 Nov 1-29 T 10:30-11:15am
#194944 Oct 8-29 Sa 9:30-10:15am
#194945 Sep 10-Oct 1 Sa 11:30am-12:15pm

Laurel Hills Community Center
Course Fee: \$27
#194758 Dec 3-17 Sa 2:00-2:45pm
Course Fee: \$36
#194757 Oct 1-22 Sa 11:00-11:45am

Millbrook Exchange Community Center
Course Fee: \$36
#190949 Sep 6-27 T 6:30-7:15pm

Optimist Community Center
Course Fee: \$36
#195349 Sep 7-28 W 5:00-5:45pm
#195350 Oct 17-Nov 7 M 5:00-5:45pm
#195352 Nov 10-Dec 8 Th 5:00-5:45pm

Soccer – Mini Kickers

Age: 3-5yrs. This class is an introduction to skill development that teaches the basics of soccer, including drills like passing, dribbling and shooting. Class will help develop hand-eye coordination, listening skills, good sportsmanship and teamwork.

Green Road Community Center – Course Fee: \$36
#193921 Oct 3-31 M 5:00-5:45pm
#193922 Nov 7-28 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
#194759 Oct 1-22 Sa 10:15-10:45am

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
#194782 Sep 11-Oct 2 Su 2:15-3:00pm
#194783 Sep 11-Oct 2 Su 3:15-4:15pm
#195194 Nov 13-Dec 11 Su 2:15-3:00pm
#195200 Nov 13-Dec 11 Su 3:15-4:15pm

Ballin' Basics Level 1

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, which involve dribbling, passing, defense and shooting.

Worthdale Community Center
Ages 9-12 Course Fee: \$25
#194902 Sep 7-28 M,W 7:15-8:15pm
#194904 Oct 3-26 M,W 6:00-7:00pm
#194905 Sep 7-26 M,W 6:00-7:00pm
#195043 Oct 3-26 M,W 7:15-8:15pm
Ages 5-8 Course Fee: \$40
#194905 Sep 7-26 M,W 6:00-7:00pm

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!

Millbrook Exchange Community Center w/ Coach K
Course Fee: \$40
#190946 Sep 1-22 Th 7:30-8:15pm

Baseball – Chavis Batter-Up Baseball League

Age: 5-7yrs. Take me out to the ball game! Participants will be placed on teams for scrimmaged style games that will develop fundamental baseball skills, including hitting, catching and throwing. This league is designed to help your child become familiar with the game of baseball as well as develop good listening skills and learn the value of good sportsmanship. All games will be played at Chavis Center.

Chavis Community Center – Course Fee: \$35
#193098 Sep 10-Oct 29 Sa 9:30am-12:30pm

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.

Millbrook Exchange Community Center w/ Coach K
Course Fee: \$40
#190948 Sep 12-Oct 3 M 7:30-8:15pm

Basketball – Skill Development and Training Clinic

Age: 9-12yrs. This fun and instructional program is designed to focus on the player's individual skill development. Drills will put an emphasis on ball-handling, shooting, and finishing. Players will also get a chance to work on offensive/defensive spacing, passing and defensive footwork. Players will be given the opportunity to work on these skills in game situation drills and small-sided scrimmages. Learn teamwork and cooperation, a skill that will last forever.

Green Road Community Center – Course Fee: \$45
#193939 Sep 10-Oct 1 Sa 11:00am-12:45pm
#193940 Oct 8-29 Sa 11:00am-12:45pm

Basketball – Youth Fall Workouts

Age: 8-11yrs. Basketball workouts including individual skill development and team play.
Method Road Community Center – Course Fee: \$5
 #195480 Sep 6-Oct 13 T,Th 6:00-7:30pm

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
 #195232 Oct 9-30 Su 2:15-3:00pm
 #195239 Oct 9-30 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. Basic techniques of dribbling, shooting and passing along with other drills for ball control will be taught. Be prepared to sweat, learn and have a good time!

Green Road Community Center

Course Fee: \$40
 #193934 Sep 10-Oct 1 Sa 10:15-11:00am
 #193935 Oct 8-29 Sa 10:15-11:00am

Jaycee Community Center

Course Fee: \$40
 #194111 Oct 3-24 M 6:00-6:45pm

Lake Lynn Community Center

Course Fee: \$40
 #194935 Sep 8-29 Th 6:30-7:15pm
 #194938 Oct 6-27 Th 6:30-7:15pm
 #194939 Oct 8-29 Sa 12:30-1:15pm

Cheer Technique

Age: 6-13 yrs. 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

#194372 Sep 17 Sa 11:00am-1:00pm
 #194373 Oct 15 Sa 11:00am-1:00pm
 #194374 Nov 19 Sa 11:00am-1:00pm

Dribble, Pass, Shoot Skills Improvement Clinic

Age: 5-7yrs. This fun and instructional league is for boys and girls 7-11 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: \$15

#195042 Oct 1-29 Sa 10:00-11:30am

First Tee of the Triangle – Girls Golf at Method

Age: 7-12yrs. Join the First Tee of the Triangle as they introduce young women to the game of golf and the core values that are associated with the game. Participants

will learn life skills, how to hold and swing a golf club and basic golf etiquette. Golf activities will be centered around putting, chipping, pitching and full swing. This is a great opportunity for young women who have never played golf before and those who have played before to have fun with other girls and explore what golf is really like.

**Method Road Community Center
First Tee of the Triangle for Girls at Method**

#194559 Sep 6-Oct 18 T 4:15-5:15pm

Golf – Youth

Age: 6-9yrs. Let's build on the basics or be introduced for the first time. This class will further the skills used in golf, including putting and chipping. This class will help develop players, emphasizing good sportsmanship as well as skills.

Jaycee Community Center – Course Fee: \$40

#195159 Oct 5-26 W 5:00-5:45pm

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: \$17

#190878 Sep 6-27 T 1:30-2:30pm
 #190879 Oct 4-25 T 1:30-2:30pm
 #190880 Nov 1-22 T 1:30-2:30pm
 #190881 Dec 6-27 T 1:30-2:30pm

Lions Future Legends Basketball Clinic

Age: 5-7yrs. 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: \$15

#195761 Sep 10 Sa 10:15-11:15am
 #195762 Sep 17 Sa 10:15-11:15am
 #195763 Sep 24 Sa 10:15-11:15am
 #195764 Oct 1 Sa 10:15-11:15am
 #195765 Oct 8 Sa 10:15-11:15am
 #195766 Oct 15 Sa 10:15-11:15am
 #195767 Oct 22 Sa 10:15-11:15am
 #195768 Oct 29 Sa 10:15-11:15am

Lions Park Volleyball Clinic

Age: 6-13yrs. This clinic will expose girls to the basics of volleyball while developing their character teaching teambuilding skills and drills.

Lions Park Community Center – Course Fee: \$10

#195769 Sep 10 Sa 1:00-3:00pm
 #195770 Sep 17 Sa 1:00-3:00pm
 #195771 Sep 24 Sa 1:00-3:00pm
 #195772 Oct 1 Sa 1:00-3:00pm

NFL Punt, Pass and Kick

Age: 6-15yrs. The Parks, Recreation and Cultural Resources Department hosts an NFL Punt, Pass and Kick competition starting at 10:00am on Saturday, September 17, at Optimist Park, Field #2. The competition allows youngsters to showcase their talents in punting, passing and kicking with scores based on distance and accuracy. The top finishers from each of 10 age groups at the local competition will advance to a sectional competition. The competition is free and open to boys and girls ages 6-15 as of December 31 of the current year. (Birth certificate will be needed.) Entry forms are available online at NFLPPK.com or from your local community center. For more information, please call Chris Nadeau at 919-870-2911.

Optimist Community Center

#194495 Sep 17 Sa 9:30am-12:00pm

NFL Punt, Pass and Kick Clinic

Age: 6-15yrs. Join us to refine your skills before you compete in the NFL Punt, Pass and Kick competition. Coaches will run participants through kicking, punting and throwing drills to help maximize your scores. We will host the competition following the clinic.

Optimist Community Center

#194494 Sep 17 Sa 9:00-9:30am

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!

Jaycee Community Center

Course Fee: \$40
 #194450 Oct 1-22 Sa 9:30am-10:15pm

Lake Lynn Community Center

Course Fee: \$40
 #194946 Sep 10-Oct 1 Sa 12:30-1:15pm

Laurel Hills Community Center

Course Fee: \$40
 #194756 Oct 1-22 Sa 1:00-1:45pm

Millbrook Exchange Community Center

Course Fee: \$40
 #190950 Sep 6-27 T 7:30-8:15pm

Soccer Skills at Eastgate Park

Age: 8-10yrs. Our instructor will help your child explore the FUNDamentals of soccer in this exciting class. This class will foster skill progression in your child through skill development, applied learning opportunities and small sided games. The goal is help players train and move to the next level in their soccer development. Class will meet in the multipurpose field at Eastgate Park. For more information, call Millbrook Exchange Community Center at 919-996-4156.

Eastgate Park – Course Fee: \$43

#190928 Sep 3-24 Sa 12:00-1:00pm
 #190929 Oct 1-22 Sa 12:00-1:00pm
 #190930 Nov 5-26 Sa 12:00-1:00pm
 #190931 Sep 3-24 Sa 11:00am-12:00pm
 #190932 Oct 1-22 Sa 11:00am-12:00pm
 #190933 Nov 5-26 Sa 11:00am-12:00pm

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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
 #194050 Sep 8-29 Th 4:45-5:30pm
 #194051 Oct 6-27 Th 4:45-5:30pm
 #194700 Nov 3-24 Th 4:45-5:30pm

Tennis Jr. Level 1

Age: 6-8yrs. 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: \$180
 #194232 Sep 12-Nov 16 M,W 4:30-5:30pm
 #194256 Sep 13-Nov 17 T,Th 5:30-6:30pm
 Course Fee: \$90
 #194233 Sep 17-Nov 19 Sa 10:00-11:00am

Ages 8-18
 #194255 Sep 17-Nov 19 Sa 11:00am-12:00pm

Millbrook Tennis Center
 Course Fee: \$180
Ages 6-8
 #194225 Sep 12-Nov 16 M,W 5:00-6:00pm
 #194226 Sep 12-Nov 16 M,W 6:00-7:00pm
 #194227 Sep 13-Nov 17 T,Th 5:00-6:00pm
 #194228 Sep 13-Nov 17 T,Th 6:00-7:00pm

Ages 8-10
 #194243 Sep 12-Nov 16 M,W 5:00-6:00pm
 #194244 Sep 12-Nov 16 M,W 6:00-7:00pm
 #194245 Sep 13-Nov 17 T,Th 5:00-6:00pm
 #194246 Sep 13-Nov 17 T,Th 6:00-7:00pm

Ages 10-18
 #194259 Sep 12-Nov 16 M,W 4:00-5:00pm
 #194260 Sep 13-Nov 17 T,Th 4:00-5:00pm
 Course Fee: \$90

Ages 6-8
 #194229 Sep 17-Nov 19 Sa 9:00-10:00am
 #194230 Sep 17-Nov 19 Sa 10:00-11:00am
 #194231 Sep 17-Nov 19 Sa 11:00am-12:00pm

Ages 8-10
 #194247 Sep 17-Nov 19 Sa 9:00-10:00am
 #194248 Sep 17-Nov 19 Sa 11:00am-12:00pm

Ages 10-18
 #194261 Sep 17-Nov 19 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
Age 8-18
 Course Fee: \$180
 #194397 Sep 13-Nov 17 T,Th 4:00-5:00pm

Millbrook Tennis Center
Age 8-10
 Course Fee: \$180
 #194390 Sep 12-Nov 16 M,W 5:00-6:00pm
 #194391 Sep 13-Nov 17 T,Th 5:00-6:00pm

Age 10-18
 #194393 Sep 12-Nov 16 M,W 4:00-5:00pm
 #194394 Sep 13-Nov 17 T,Th 4:00-5:00pm

Ages 8-10
 Course Fee: \$90
 #194392 Sep 17-Nov 19 Sa 11:00am-12:00pm
 #195278 Sep 16-Nov 18 F 4:00-5:00pm

Ages 10-18
 #194395 Sep 17-Nov 19 Sa 9:00-10:00am
 #194396 Sep 17-Nov 19 Sa 10:00-11:00am

Tennis Jr. Level 3

Age: 8-10yrs. 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: \$180
Ages 8-10
 #194407 Sep 12-Nov 16 M,W 5:00-6:00pm

Ages 10-18
 #194409 Sep 13-Nov 17 T,Th 4:00-5:00pm
 Course Fee: \$90

Ages 10-18
 #194410 Sep 17-Nov 19 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
Tennis Jr Tiny Tots – Course Fee: \$90
 #194173 Sep 12-Nov 16 M,W 5:30-6:00pm
 #194174 Sep 13-Nov 17 T,Th 5:00-5:30pm

Millbrook Tennis Center
Tennis Jr Tiny Tots – Course Fee: \$45
 #194166 Sep 17-Nov 19 Sa 11:00-11:30am
 #194167 Sep 17-Nov 19 Sa 11:30am-12:00pm

Tennis Jr Tiny Tots – Course Fee: \$90
 #194163 Sep 12-Nov 16 M,W 4:00-4:30pm
 #194164 Sep 12-Nov 16 M,W 4:30-5:00pm
 #194165 Sep 13-Nov 17 T,Th 4:30-5:00pm

Tennis USTA Jr. Team Tennis

Age: 6-8yrs. 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 9:00-10:30am. Saturdays. Fall and 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
 #194416 Sep 16-Nov 12 F-Sa 5:00-6:30pm

8U Intermediate
 #194417 Sep 16-Nov 12 F-Sa 5:00-6:30pm

10U Beginner
 #194418 Sep 16-Nov 12 F-Sa 5:00-6:30pm

10U Intermediate
 #194419 Sep 16-Nov 12 F-Sa 5:00-6:30pm

10U Advanced
 #194420 Sep 16-Nov 12 F-Sa 5:00-6:30pm

12U Bronze
 #194421 Sep 17-Nov 12 Sa 10:30am-12:00pm

12U Silver
 #194422 Sep 17-Nov 12 Sa 12:00-1:30pm

14U Bronze
 #194423 Sep 17-Nov 12 Sa 10:30am-12:00pm

14U Silver
 #194424 Sep 17-Nov 12 Sa 12:00-1:30pm

18U Silver
 #194425 Sep 17-Nov 12 Sa 12:00-1:30pm

18U Gold
 #194426 Sep 17-Nov 12 Sa 1:30-3:00pm

Wrestling – Real Wrestlers

Age: 5-11yrs. Your child will learn the importance of hard work and discipline while having fun and striving to be a winner in every aspect of life. Learning to wrestle through instruction, repetition and competition to develop core techniques will enhance hand and eye coordination, develop balance and footwork and improve overall athletic ability.

Ralph Campbell Community Center
 Course Fee: \$30
 #195760 Sep 5-27 M-T 6:30-7:30pm



Teen

All Sports – Basketball – Teen Fall Workouts

Age: 12-17yrs. Get ready for the upcoming season with high intensity basketball workouts, including individual skill development and team play!

Method Road Community Center – Course Fee: \$5
#195482 Sep 6-Oct 13 T,Th 7:30-9:00pm

Dan Dunn Basketball Skills Challenge

Age: 12-17yrs. We have the gym, the basketballs, the time, and the place. The only thing missing is YOUR GAME! Bring your game and compete head to head against the best in The Dan Dunn Basketball Skill Challenge.

Carolina Pines Community Center – Course Fee: \$5
#192908 Dec 2 F 1:00-6:00pm

Green Road All-Star Basketball Day

Age: 13-19yrs. Are you and your friends looking for a little fun and competition? Teens, bring your A game to Green Road's All-Star Basketball Day. We'll have a 3-on-3 tournament, skills competition and 3-point contest. Games will be played inside, and trophies will go to the winners of each event. Come compete and kick off the fall here at Green Road!

Green Road Community Center – Course Fee: \$5
#195206 Aug 27 Sa 9:00am-3:00pm

Junior 3-on-3 Basketball

Age: 12-13yrs. Games are played half court in this nontraditional basketball league for ages 12-13. Teams may have four players.

Roberts Park Community Center – Course Fee: \$15
#195201 Sep 3-Oct 8 Sa 10:00am-1:00pm

Mini Dan Dunn Tournament

Age: 12-16yrs. The Mini Dan Dunn Basketball Tournament will get the season of giving started. Six teams will participate in a one-night nitro round-robin tournament for the Dan Dunn Scholarship Fund.

Carolina Pines Community Center – Course Fee: \$5
#192985 Sep 9-9 F 3:00-10:00pm
#192986 Sep 9-9 F 3:00-10:00pm
#192987 Sep 9-9 F 3:00-10:00pm
#192988 Sep 9-9 F 3:00-10:00pm
#192989 Sep 9-9 F 3:00-10:00pm
#192990 Sep 9-9 F 3:00-10:00pm

Strength and Conditioning

Age: 13-16yrs. 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
#194785 Sep 11-Oct 2 Su 4:30-5:30pm
#194786 Oct 9-30 Su 4:30-5:30pm
#194787 Nov 13-Dec 11 Su 4:30-5:30pm

Adult

Adult 4-on-4 Basketball

Age: 21-40yrs. In this adult men's basketball league, games are played full court minus one and officiated with two officials. It's the fun of 5-on-5 but not as crowded.

Roberts Park Community Center – Course Fee: \$350
#195289 Sep 13-Nov 15 T 6:30am-8:30pm

Adult Baseball Skills Challenge

Age: 13yrs and up. Enjoy baseball? Enjoy trying to hit that home run? Throw a runner out at the plate? Score from second? If you answered yes, then we have the event for you. Our skills challenge will test your hitting, pitching, running and throwing abilities. Compete against others in Raleigh to see who has the top baseball skills. Groups will be broken down by ages and we will award the winners of each age group. Cost is \$10.

Optimist Community Center – Course Fee: \$10
#194504 Nov 5 Sa 10:00am-12:00pm

Adult Basketball Open Play

Age: 18yrs and up. Adult basketball players can come out and participate in a few friendly pick up games of basketball with your peers.

Halifax Community Center
#194135 Sep 11-25 Su 1:00-5:00pm
#194136 Oct 2-Nov 6 Su 1:00-5:00pm
#194137 Nov 6-20 Su 1:00-5:00pm
#194138 Dec 4-18 Su 1:00-5:00pm

Adult Volleyball Open Play

Age: 16yrs and up. If you enjoy playing volleyball with others in a competitive atmosphere, then this is for you!

Halifax Community Center
#194143 Sep 6-27 T 6:30-8:30pm
#194144 Oct 4-25 T 6:30-8:30pm
#194145 Nov 1-22 T 6:30-8:30pm

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continued from page 89 —

Basketball Open Gym – Tarboro Road

Age: 12-17yrs. 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

#194572	Sep 2-28	W,F	6:30-8:30pm
#194573	Sep 1-29	M,Th	6:30-8:30pm
#194574	Oct 5-28	W,F	6:30-8:30pm
#194575	Nov 2-30	W,F	6:30-8:30pm
#194576	Dec 2-30	W,F	6:30-8:30pm
#194577	Oct 3-31	M,Th	6:30-8:30pm
#194578	Nov 3-28	M,Th	6:30-8:30pm
#195270	Dec 1-29	M,Th	6:30-8:30pm
#195276	Sep 4-27	T,Su	2:00-5:00pm
#195277	Oct 2-30	T,Su	2:00-5:00pm
#195279	Nov 1-29	T,Su	6:30-8:30pm
#195280	Dec 4-27	T,Su	2:00-5:00pm

Futsal Open Play

Age: 18yrs and up. Join us for Adult Futsal Open Play at Marsh Creek on Mondays, Wednesdays and Fridays! We offer gym space from 6:30-8:30pm along with goals, futsal balls and other equipment. The number of players in the gym will be limited. This is a free program and new to the Marsh Creek area!

Marsh Creek Park

#193851	Sep 2-Oct 30	F,Su	6:30-8:30pm
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Green Road Open Gym

Age: 18-54yrs. 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

#193926	Sep 6-Dec 22	T,Th	12:15-2:30pm
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Hooping It Up Adult Style

Age: 21-40yrs. Tired of waiting in long lines or showing up three hours early for little hoop time at the gym? Wait no more! Advanced players, bring your A game. This is an excellent way to exercise with a sport loved by many people.

Roberts Park Community Center

Course Fee: \$80

#195208	Sep 12	M	6:00-8:30pm
#195212	Sep 19-Oct 17	M	6:00-8:30pm
#195222	Sep 26	M	6:00-8:30pm
#195223	Oct 3	M	6:00-8:30pm
#195234	Oct 10	M	6:00-8:30pm
#195236	Oct 17	M	6:00-8:30pm
#195238	Oct 24	M	6:00-8:30pm
#195243	Nov 7	M	6:00-8:30pm
#195260	Nov 14	M	6:00-8:30pm

Table Tennis – Open Play

Age: All Ages. Join us at Lake Lynn for a spirited game of table tennis. All abilities are welcome! Contact center for hours.

Lake Lynn Community Center

#192804	Sep 1-Dec 28	M,W,Th,Sa	
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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: \$90

#195250	Sep 13-Nov 15	T	9:00-10:00am
#195251	Sep 15-Nov 17	Th	9:00-10:00am
#195252	Sep 16-Nov 18	F	9:00-10:00am

Tennis Adult Doubles Ladder

Age: 18yrs and up. In recreational doubles ladder play for all adult 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 for the top eight players.

Millbrook Tennis Center

Women's 3.5 Doubles – Course Fee: \$14

#194590	Nov 21-Feb 13	M	3:00-3:01am
#194591	Nov 21-Feb 13	M	4:00-4:01am
#194592	Nov 21-Feb 13	M	4:00-4:01am

Women's 3.5 Doubles – Course Fee: \$24

#194590	Nov 21-Feb 13	M	3:00-3:01am
#194591	Nov 21-Feb 13	M	4:00-4:01am
#194592	Nov 21-Feb 13	M	4:00-4:01am

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: \$180

#194599	Sep 12-Nov 16	M,W	6:00-7:00pm
Course Fee: \$90			
#194600	Sep 17-Nov 19	Sa	9:00-10:00am

Millbrook Tennis Center

Course Fee: \$180

#194594	Sep 12-Nov 16	M,W	10:00-11:00am
#194595	Sep 12-Nov 16	M,W	6:00-7:00pm
#194596	Sep 12-Nov 16	M,W	7:00-8:00pm
#194597	Sep 13-Nov 17	T,Th	7:00-8:00pm
#194605	Sep 13-Nov 17	T,Th	11:00am-12:00pm
Course Fee: \$90			
#194598	Sep 17-Nov 19	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: \$180

#194728 Sep 13-Nov 17 T,Th 6:30-7:30pm

Millbrook Tennis Center

Course Fee: \$180

#194718 Sep 12-Nov 16 M,W 11:00am-12:00pm

#194719 Sep 12-Nov 16 M,W 6:00-7:00pm

#194720 Sep 13-Nov 17 T,Th 10:00-11:00am

#194721 Sep 13-Nov 17 T,Th 7:00-8:00pm

Course Fee: \$90

#194722 Sep 17-Nov 19 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

more than one week of rainouts, classes can

be made up during other class times.

Lake Lynn Community Center

Course Fee: \$180

#194737 Sep 12-Nov 16 M,W 8:00-9:00pm

Millbrook Tennis Center

Course Fee: \$180

#194731 Sep 12-Nov 16 M,W 7:00-8:00pm

#194732 Sep 13-Nov 17 T,Th 6:00-7:00pm

Course Fee: \$90

#194733 Sep 17-Nov 19 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

serve. 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: \$180

#194741 Sep 13-Nov 17 T,Th 6:00-7:00pm

Course Fee: \$90

#194742 Sep 17-Nov 19 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: \$180

#194745 Sep 12-Nov 16 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

Men's 3.0 – Course Fee: \$14

#194550 Nov 21-Feb 6 M 1:00-1:01am

#194551 Nov 21-Feb 6 M 1:00-1:01am

#194552 Nov 21-Feb 6 M 1:00-1:01am

#194553 Nov 21-Feb 6 M 1:00-1:01am

#194554 Nov 21-Feb 13 M 1:00-1:01am

#194555 Nov 21-Feb 6 M 1:00-1:01am

#194556 Nov 21-Feb 6 M 1:00-1:01am

#194557 Nov 21-Feb 6 M 1:00-1:01am

#194558 Nov 21-Feb 6 M 1:00-1:01am

Men's 3.0 – Course Fee: \$24

#194550 Nov 21-Feb 6 M 1:00-1:01am

#194551 Nov 21-Feb 6 M 1:00-1:01am

#194552 Nov 21-Feb 6 M 1:00-1:01am

#194553 Nov 21-Feb 6 M 1:00-1:01am

#194554 Nov 21-Feb 13 M 1:00-1:01am

#194555 Nov 21-Feb 6 M 1:00-1:01am

#194556 Nov 21-Feb 6 M 1:00-1:01am

#194557 Nov 21-Feb 6 M 1:00-1:01am

#194558 Nov 21-Feb 6 M 1:00-1:01am

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—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

#194838 Sep 7-Nov 16 W 9:30-11:30am

#194840 Aug 29-Nov 14 M 7:00-9:00pm

Tennis RATL Fall

Mixed Doubles League

Age: 18yrs and up. This is an NTRP level

league for mixed doubles teams at 6:45pm

weekdays. Team matches consist of three

mixed doubles matches. Park, club and

subdivision teams play one match a week

on the same day each week. Teams must

sign up in person or by mail.

Millbrook Tennis Center

Course Fee: \$150

#195241 Sep 6-Oct 25 T 12:30-12:31am

#195242 Sep 6-Oct 25 T 12:30-12:31am

Course Fee: \$75

#195241 Sep 6-Oct 25 T 12:30-12:31am

#195242 Sep 6-Oct 25 T 12:30-12:31am

Senior

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

#194371 Sep 8-Jan 5 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 7:00-9:00pm 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

#195210 Sep 12-Oct 17 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

#192082 Sep 2-Dec 30 W,F 2:00-5:30pm

Table Tennis Free Play

Age: 50yrs and up. Learn to play table

tennis. All ability levels are welcome.

Five Points Center for Active Adults

#192613 Sep 12-Dec 26 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

#195233 Sep 1-Dec 29 M,Th 9:00am-12:00pm

Family

Badminton

Age: 12yrs and up. Join us for badminton!

All abilities are welcome. Sessions start

at 6:30pm Tuesdays and Fridays and at

1:15pm Sundays. Cost is \$10.

Lake Lynn Community Center – Course Fee: \$5

#191463 Sep 2-Oct 11

Volleyball Open Gym

Age: 12yrs and up. Interested in volleyball?

Visit Abbotts Creek Community Center on

Friday nights for volleyball open gym meet

up. Call to confirm availability.

Abbotts Creek Community Center

#192542 Sep 2-Dec 30 F 4:00-8:00pm

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

Operations Manager: Greg Thompson

Email: Greg.Thompson@raleighnc.gov

Program Manager: Jenna Kostka

Email: Jenna.Kostka@raleighnc.gov

Pullen Amusements offers popular amenities

such as a recently renovated 1911 Gustave A. Denzler 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 Mimosa Street, Raleigh NC, 27604

(919) 996-4364

www.raleighnc.gov/museums

Site Manager: Douglas Porter

Email: douglas.porter@raleighnc.gov

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 Avert 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 permitting). Please contact each facility for additional information.

Private Boat Launchings

Lake Wheeler and Lake Johnson (non-motorized only) permit private boat launches with a fee. Contact each site for current fees, pass options, permitted types of boats, no-wake hours, and other guidelines.

Fishing Opportunities

Bank fishing from the shores is restricted from the banks of Lake Wheeler and Lake Johnson. Fishing is permitted from Lake Johnson's Boardwalk and Shelley Lake's shorelines and docks. A fee is required for fishing at Lake Wheeler and is permitted from designated fishing piers and the banks of Simpkins Pond. Fishing from any boat is allowed. Please check each facility for additional regulations.

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.

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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 Tuesday, July 26, 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** _____

Additional Facility and Program Information

continued from page 92 —

Museums

COR Museum

Museum Director: Ernest Dollar

Email: ernest.dollar@raleighnc.gov

Assistant Museum Director: Kimberly Floyd

Email: kimberly.floyd@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

English as a Second Language

Program Director: Monica Quechol-Bradley

Program Specialist: Lisa-Ann Utsumi

The English as a Second Language Program (ESL) offers new and innovative recreation opportunities and experiences for residents of Wake County who speak English as a Second Language. Programs are geared towards youth and adults alike. Opportunities include Spanish classes, English as a Second Language classes, dance classes, and much more. Volunteers are always needed to assist with promoting our programs and teaching English and Spanish. For more information, please visit our website at www.parks.raleighnc.gov, keyword search "ESL." Contact the ESL Program by phone at 919-996-6844 or by email at eslstaff@raleighnc.gov

Historic Resources and Museum Program

Program Director: Troy Burton

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 at School-Based Programs or Summer Camp Brochure. Also, you can visit www.raleighnc.gov and search for the specific program name for more information.

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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
ReLink 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	
— •ABCEGMZR	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

Directory

John Chavis Memorial Park Swimming Pool

— **•D**
720 Chavis Way, 27601
919-831-6565

John P. "Top" Greene Center

— **•**
401 MLK Jr. Boulevard, 27601
919-831-6527

Kentwood Park c/o Carolina Pines

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 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

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
919-996-6161

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	

Additional Facility and Program Information

continued from page 95 —

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.

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.
- **ESL (English as a Second Language) Program** – Assist with teaching basic elements of English, Spanish, and other exciting recreational opportunities. Volunteer at various special events and with community outreach projects.
- **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.





#RaleighParks





City of Raleigh Parks,
Recreation and Cultural Resources
P.O. Box 590 Raleigh, NC 27602
PRCR 6501

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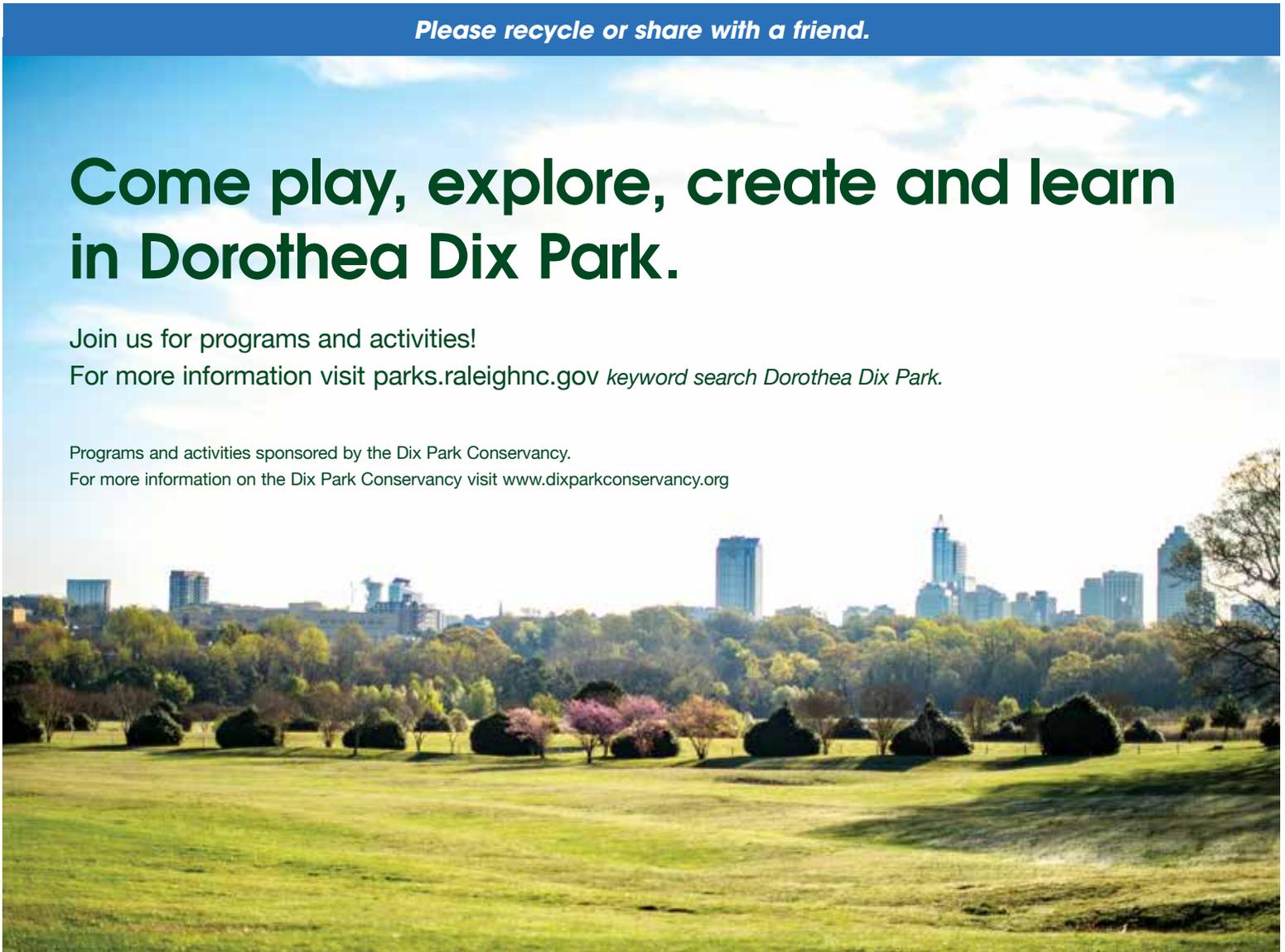
Come play, explore, create and learn in Dorothea Dix Park.

Join us for programs and activities!

For more information visit parks.raleighnc.gov *keyword search Dorothea Dix Park.*

Programs and activities sponsored by the Dix Park Conservancy.

For more information on the Dix Park Conservancy visit www.dixparkconservancy.org



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