



## Discover your Raleigh Parks and Recreation Department

### Adventure - Project Wild

*Location:* Greystone Community Center

*Age:* 8 to 10yrs.

*Level:* 1

Join the Adventure Program staff on a journey to explore wild animals, their natural environment and how we as humans interact with them. This program is full of hands-on activities to bolster your child's imagination and understanding of all things wild! Find answers to questions like 'How many bears live in the woods?' Drop your child off and let them... go wild!

**Cost: \$8 for residents; \$18 for non-residents**

#91646

Feb 11

Thu

5:30 pm - 7:00 pm

### Climb Time

*Location:* Brier Creek Community Center

*Age:* 14yrs and up

*Level:* 1-3

This program literally has something for every level of climber because we will customize our services to meet your climbing needs. While formal instruction is limited to proper equipment use, the Adventure staff is there to observe, coach and empower you to reach your climbing goals. The Adventure staff will be belaying, or working the ropes, which allows you to concentrate fully on climbing. This is your opportunity to push yourself physically, mentally or just enjoy the social scene around climbing. Experience the support of a group of climbers as you work to reach the tops of the climbs at one of the Triangle's best indoor climbing gyms. Equipment, transportation and belaying will be provided. Sign up now and take your climbing to the next level!

**Cost: \$15 for residents; \$25 for non-residents.**

#88706

Jan 5

Tue

6:00 pm - 9:30 pm

#88707

Jan 7

Thu

6:00 pm - 9:30 pm

#88708

Feb 26

Fri

6:00 pm - 9:30 pm

### Introduction to Rock Climbing

*Location:* Frank E. Evans Building

*Age:* 14yrs and up

*Level:* 1

Designed for beginners, this class will provide a basic foundation for getting started in climbing. This course will introduce participants to the use and care of climbing equipment and how to tie climbing knots, as well as how to manage the most basic rope system known as belaying. Join the Adventure Staff for a challenging evening of indoor rock climbing at one of the Triangle's modern rock gyms, The Vertical Edge. Adventure staff will focus on teaching concepts associated with belaying and will provide adequate practice to hone it into an acquired skill. By the end of the class participants will be ready to take any climbing center belay test, which is a requirement to utilize indoor climbing facilities. Equipment, instruction, transportation, and plenty of climbing opportunities will be provided. Participants ages 14-15 must be accompanied by an adult.

**Cost: \$30 for residents; \$40 for non-residents.**

#88693

Jan 6

Wed

6:00 pm -10:00 pm

#88500

Feb 10

Wed

6:00 pm -10:00 pm



**RALEIGH PARKS AND RECREATION**

Adventure Program | 2401 Wade Ave. | Raleigh, NC 27607 | (919) 831-6855

Program Manager: Seth Yearout [Seth.Yearout@ci.raleigh.nc.us](mailto:Seth.Yearout@ci.raleigh.nc.us)

[www.parks.raleighnc.gov/adventure](http://www.parks.raleighnc.gov/adventure)



## Discover your Raleigh Parks and Recreation Department

### Bouldering Clinic

*Location:* Greystone Community Center

*Age:* 8 to 12yrs.

*Level:* 1

Looking for something for the kids to do after school or on an early release day? Try Bouldering. Bouldering is a form of rock climbing that takes place only a few feet off the ground and does not require ropes, harnesses or other climbing equipment. In this beginner class we will teach both climbing and spotting techniques. This course focuses on fun and we will spend plenty of time bouldering, exploring the climbing space and playing climbing games. Come join us.

**Cost: \$8 for residents; \$18 for non-residents**

#91668

Feb 24

Wed

5:30 pm - 7:00 pm

### Bouldering Clinic (2 Hour Course - Early Release)

*Location:* Greystone Community Center

*Age:* 8 to 12yrs.

*Level:* 1

Looking for something for the kids to do after school or on an early release day? Try Bouldering. Bouldering is a form of rock climbing that takes place only a few feet off the ground and does not require ropes, harnesses or other climbing equipment. In this beginner class we will teach both climbing and spotting techniques. This course focuses on fun and we will spend plenty of time bouldering, exploring the climbing space and playing climbing games. Come join us.

**Cost: \$10 for residents; \$20 for non-residents**

#91617

Feb 3

Wed

3:00 pm - 5:00 pm

### Kayak Basics

*Location:* Optimist Pool

*Age:* 12yrs and up

*Level:* 1-2

This course is offered for those wishing to learn more about the sport of kayaking now that the cooler weather has arrived. This 6 hour course provides a comfortable and pleasant pool environment in which to learn. The water is warm and the instructors are calm and friendly. This course will help lay a strong foundation of skills so you will be ready for moving water instruction on local rivers. Participants should have basic swimming ability and comfort under water, but kayak experience is not required. Equipment and instruction are provided. This program is adult oriented. Ages 12-15 must be accompanied by an adult. **Pre-registration is required.** For more information, please call 831-6855.

**Cost: \$60 for residents; \$70 for non-residents**

#88499

Jan 9-10

Sa-Su

2:00 pm - 5:00 pm

#88695

Feb 6-7

Sa-Su

2:00 pm - 5:00 pm

#88696

Feb 20-21

Sa-Su

2:00 pm - 5:00 pm



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## Discover your Raleigh Parks and Recreation Department

### Kayak Pool Sessions

*Location:* Optimist Pool

*Age:* 12yrs and up

*Level:* 1-3

Kayak pool sessions occur Friday nights at Optimist Pool from November through March. These sessions are for seasoned paddlers, those working on aspects of their roll, or people who would like to try out the sport. Roll instruction is not provided, but basic boat orientation for beginners is offered. Admission is \$5.00 for residents and \$6.00 for non-residents. There is a \$4.00 additional charge to rent a kayak. Pool sessions are adult oriented, although youth paddlers ages 12-15 years old are welcome when accompanied by adults. Minimum age is 12 years. Participants younger than 12 may attend with the appropriate equipment, parental supervision, and with pre-approval by the Adventure program managers. Due to holidays some sessions may be cancelled; call ahead to confirm. For more information, please call 831-6855.

**Cost: \$5 for residents; \$6 for non-residents**

#88493	Jan 8	Fri	5:00 pm - 8:00 pm
#88494	Jan 15	Fri	5:00 pm - 8:00 pm
#88495	Jan 29	Fri	5:00 pm - 8:00 pm
#88496	Feb 5	Fri	5:00 pm - 8:00 pm
#88497	Feb 12	Fri	5:00 pm - 8:00 pm
#88498	Feb 19	Fri	5:00 pm - 8:00 pm
#88699	Feb 26	Fri	5:00 pm - 8:00 pm

### Playboating

*Location:* Optimist Pool

*Age:* 14yrs and Up

*Level:* 2-3

If you are ready to take your kayak and get vertical, do your self a favor and take a lesson. Play boating takes all the aspects of boat control (balance, edging, and paddle strokes) then combines them in a way that isn't intuitive and may be hard to learn on your own. Save yourself the frustration and work with us on a step by step process to master the fundamentals of play boating. Our staff will work with you and give you feed back to help you improve. **Pre-registration is required.** Sign up today to start performing squirts, stalls and trading ends more often and with greater ease. See you at the pool!

**Cost: \$15 for residents; \$25 for non-residents**

#88492	Jan 8	Fri	5:30 pm - 8:00 pm
#88704	Feb 19	Fri	5:30 pm - 8:00 pm



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## Discover your Raleigh Parks and Recreation Department

### Kayak Roll Instruction

*Location:* Optimist Pool

*Age:* 12yrs and up      *Level:* 2-3

Roll or Swim. If you are tired of option 2 try out Roll Instruction. For the boater wanting to take that next step in the kayaking progression we are proud to offer personalized roll instruction. Call to set up a time to work with professionally certified instructors on roll development. While everyone becomes proficient with these skills at different times, on average, it takes about four separate, hour-long, lessons to develop a fledgling pool roll. Roll instruction is designed to provide one step in the learning process. Students must have basic swimming ability and comfort under water. Participants ages 12-15 must be accompanied by an adult. One-hour personalized roll instruction is scheduled during our regular roll sessions on Friday night. **Pre-registration is required.** For more information, please call 831-6855.

**Cost: \$40 for residents; \$50 for non-residents**

#92012	Jan 8	Fri	6:00 pm OR 7:00 pm
#92047	Jan 15	Fri	6:00 pm OR 7:00 pm
#92048	Jan 29	Fri	6:00 pm OR 7:00 pm
#92049	Feb 5	Fri	6:00 pm OR 7:00 pm
#92050	Feb 12	Fri	6:00 pm OR 7:00 pm
#92052	Feb 19	Fri	6:00 pm OR 7:00 pm
#92053	Feb 26	Fri	6:00 pm OR 7:00 pm

### Skill Level Key:

This rating system is designed to inform you of the skill and fitness level, which is required to enjoy and be safe while participating in Raleigh's Adventure Programs.

**Level 1** – No prior knowledge or experience is necessary, with basic fitness level. A basic fitness level is half an hour of aerobic activity 3 times a week.

**Level 2** – Some previous experience is recommended, with moderate fitness level. A moderate fitness level is an hour of aerobic activity 3 times a week.

**Level 3** – Familiar with the activity, with moderate to good fitness level. A good fitness level is anything over an hour of aerobic activity 3 times a week.

