

Swim Lessons Group Level 2 continued —

Stancil at 807-5400.

Level 2 participants learn to:

- Float, glide and swim on front and back
- Open eyes underwater

Class Fee: \$50

| | | | |
|--------|---------------|------|-------------|
| #86738 | Sep 29-Oct 22 | T,Th | 5:45-6:15pm |
| #86739 | Sep 29-Oct 22 | T,Th | 6:25-6:55pm |
| #86740 | Oct 27-Nov 19 | T,Th | 5:45-6:15pm |
| #86741 | Oct 27-Nov 19 | T,Th | 6:25-6:55pm |

Swim Lessons – Supported Group Level 3

Pullen Aquatic Center

Age: 6-15yrs. These classes are designed to be the inclusive answer for swimmers with disabilities who need a little additional support. These are typical group lessons, taught by a certified WSI and aided by a trained Specialized Recreation swim instructor. This is a great way to benefit from group lessons and still get some extra support. This is the final step before transitioning to typical group aquatic programming. Benefits of participating in group lessons include: opportunity to socialize with peers and an increased opportunity to learn turn taking and cooperative learning skills. This group setting will provide a fun environment in which to learn new skills and help transition swimmers towards typical aquatic programming. Please sign up for the appropriate skill level. For additional information or any questions, please contact Stephanie Stancil at 807-5400.

Level 3 participants learn to:

- Perform front and back crawl
- Dive from kneeling and standing

Class Fee: \$50

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|--------|---------------|------|-------------|
| #86748 | Sep 29-Oct 22 | T,Th | 6:25-6:55pm |
| #86755 | Sep 29-Oct 22 | T,Th | 7:05-7:35pm |
| #86757 | Oct 27-Nov 19 | T,Th | 6:25-6:55pm |
| #86758 | Oct 27-Nov 19 | T,Th | 7:05-7:35pm |

Teens to Adulthood

Millbrook Exchange Community Center

Age: All Ages. As your child with disabilities becomes a teenager and then a young adult, a new set of issues begins to emerge in every area of development and lifestyle, including social, emotional, safety issues, recreational, financial, housing, vocational and advocacy concerns. Are you ready to take the 'Next Step' with your child? Join other parents/caregivers every second Saturday of the month for morning conversations with public and private sector disability professionals and, more importantly, other people like yourself. We'll have focused conversations on topics related to transition into adulthood as, together, we take the 'Next Step' in our children's lives as they become adults with disabilities. For more info, please contact The Arc of Wake County at 832-2660 or visit the website at www.arcwake.org/teentoadult. Class Fee: \$30

| | | | |
|--------|--------|----|--------------|
| #85188 | Sep 12 | Sa | 9:00-10:30am |
| #85189 | Oct 10 | Sa | 9:00-10:30am |
| #85190 | Nov 14 | Sa | 9:00-10:30am |
| #85191 | Dec 12 | Sa | 9:00-10:30am |

Sports

Preschool

All Sports – Little Starters

Age: 3-5yrs. Want to try several sports? Little Starters introduces you to a different sport each week. Sports could include baseball, soccer, basketball, football, hockey, lacrosse and maybe others. Get your game on! Class Fee: \$36

Green Road

#87377 Nov 19-Dec 17 Th 6:00-6:45pm

Optimist

#87516 Sep 4-25 F 10:30-11:15am

#87531 Oct 2-23 F 1:30-2:15pm

#87536 Oct 30-Nov 20 F 10:30-11:15am

Lake Lynn

#87647 Sep 10-Oct 1 Th 5:45-6:30pm

#87656 Oct 6-27 T 6:45-7:30pm

#87657 Sep 9-30 W 2:15-3:00pm

#87658 Oct 7-28 W 6:00-6:45pm

#87659 Sep 10-Oct 1 Th 9:30-10:15am

#87660 Nov 12-Dec 10 Th 10:30-11:15am

Baseball – Kinder T-Ball

Jaycee Community Center

Age: 4-6yrs. Diamond tough. Let's play ball! Come learn about batting, fielding, and base running in a non-competitive setting. Class Fee: \$30

#86434 Sep 9-30 W 4:00-4:45pm

#86435 Oct 7-28 W 4:00-4:45pm

Baseball – Little Sluggers

Age: 3-5yrs. This class is an introduction in skills development that teaches the basics of baseball including fielding, hitting, throwing, and catching. Class will help develop your child's hand/eye coordination, listening skills, good sportsmanship and teamwork! Let's play ball! Class Fee: \$36

Lake Lynn

#86829 Sep 8-29 T 5:45-6:30pm

#86830 Oct 8-29 Th 6:45-7:30pm

#87083 Sep 10-Oct 1 Th 10:30-11:15am

#87084 Sep 9-30 W 1:15-2:00pm

Optimist

#86909 Oct 6-27 T 5:00-5:45pm

#87594 Oct 30-Nov 20 F 1:30-2:15pm

Laurel Hills w/ Coach K (Khadija)

#87905 Oct 6-27 T 5:00-5:45pm

Millbrook Exchange w/ Coach K (Khadija)

#87221 Sep 14-Oct 5 M 7:30-8:15pm

Basketball – Kinder Basketball

Jaycee Community Center

Age: 4-6yrs. Taught in a noncompetitive atmosphere, Kinder basketball focuses on a variety of skills including dribbling, passing, shooting, and defense. Class Fee: \$30

#86436 Oct 6-27 T 11:00-11:45am

#86437 Oct 29-Nov 19 Th 4:00-4:45pm

Basketball – Little Shooters

Age: 3-5yrs. This class is an introduction in skills development that teaches the basics of basketball including passing, dribbling, and shooting. Class will help develop hand/eye coordination, listening skills, good

sportsmanship and teamwork! Let's shoot

some hoops! Class Fee: \$36

Laurel Hills w/ Coach K (Khadija)

#86309 Sep 8-29 T 4:15-5:00pm

#86314 Oct 6-27 T 4:15-5:00pm

#86315 Nov 3-24 T 4:15-5:00pm

#86316 Dec 1-22 T 4:15-5:00pm

Lake Lynn

#86825 Oct 8-29 Th 5:45-6:30pm

#86910 Oct 29-Nov 19 Th 5:00-5:45pm

#87086 Oct 7-28 W 1:15-2:00pm

#87087 Nov 11-Dec 9 W 2:15-3:00pm

#87088 Nov 12-Dec 10 Th 9:30-10:15am

Millbrook w/ Coach K (Khadija)

#87197 Sep 14-Oct 5 M 6:30-7:15pm

Green Road

#87347 Sep 10-Oct 1 Th 6:00-6:45pm

Optimist

#87586 Oct 2-23 F 10:30-11:15am

Basketball – Two's Sport Zone

Laurel Hills Community Center

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. Class Fee: \$36

#86685 Sep 5-26 Sa 9:00-9:30am

#86686 Oct 3-24 Sa 9:00-9:30am

#86687 Dec 2-23 W 5:00-5:30pm

Basketball – Lil' Dribblers

Carolina Pines Community Center

Age: 4-5yrs. In this beginners class students will learn the fundamental basketball skills such as dribbling, passing and shooting. This class helps build a solid foundation for those interested in signing up for the coming basketball seasons. Class Fee: \$28

#87802 Sep 14-Oct 5 M 6:00-6:45pm

Daddy and Me Sports Zone

Laurel Hills Community Center

Age: 3-5yrs. Dads, it's your morning to shine! You and your little one will grow closer as you both make new friends, have fun, and play group games that will improve hand-eye coordination, muscular skills and balance. Instructor: Coach K. Class Fee: \$36

#86808 Oct 3-24 Sa 9:30-10:15am

#86809 Oct 31-Nov 21 Sa 9:30-10:15am

#86811 Dec 12-19 Sa 9:30-10:15am

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, punting, catching and running. Class will help develop hand/eye coordination, listening skills, good sportsmanship and teamwork! Touchdown! Class Fee: \$36

Laurel Hills with Coach K

#86802 Sep 5-26 Sa 9:30-10:15am

Optimist

#86911 Sep 3-24 Th 5:00-5:45pm

#86915 Nov 3-24 T 5:00-5:45pm

Millbrook Exchange w/ Coach K (Khadija)

#87300 Sep 11-Oct 2 F 6:30-7:15pm

Golf – Kinder Golf I

Jaycee Community Center

Age: 4-6yrs. Kinder Golf I is an introduction to golf. The basics of swing, putting, and grip will be discussed and tried in a hands on format. Class Fee: \$30

Kinder Golf I

#87117 Sep 8-29 T 10:00-10:45am

Golf – Little Putters

Optimist Community Center

Age: 3-5yrs. A sports program to teach the basic fundamentals of golf for your preschooler. Terms, sportsmanship and fun are emphasized! Class Fee: \$36

#87781 Oct 1-22 Th 5:00-5:45pm

Hockey – Kinder Indoor Hockey

Jaycee Community Center

Age: 4-6yrs. 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. Class Fee: \$30

#87145 Oct 28-Nov 18 W 11:00-11:45am

#87144 Dec 7-28 M 4:00-4:45pm

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! Class Fee: \$36

Lake Lynn

#86856 Sep 10-Oct 1 Th 6:45-7:30pm

#87089 Oct 8-29 Th 10:30-11:15am

#87090 Nov 11-Dec 9 W 1:15-2:00pm

Optimist

#86912 Dec 1-22 T 5:00-5:45pm

#87569 Sep 4-25 F 1:30-2:15pm

Kinder Sport

Jaycee Community Center

Age: 4-6yrs. Release some energy.

Designed to develop skills, fundamentals and confidence, Kinder Sport is taught in a non-competitive atmosphere. A variety of sports are taught depending on the weather and class skill level including kickball, t-ball, football, basketball, soccer, or hockey. Class Fee: \$30

#87150 Oct 1-22 Th 10:00-10:45am

#87151 Nov 3-24 T 4:00-4:45pm

#87152 Dec 7-28 M 3:00-3:45pm

Lacrosse – Tiny Stix

Optimist Community Center

Age: 3-5yrs. An introductory sports class that focuses on the fundamental skills of lacrosse. Participants will be introduced to lacrosse skills such as catching, feeding, passing, scooping, and shooting in a safe, non-competitive environment. Class Fee: \$27

#87796 Dec 3-17 Th 5:00-5:45pm

Little Lions Basketball

Lions Park Community Center

Age: 3-4yrs. Children will learn the basic fundamentals of basketball; dribbling, passing, shooting as well as build social skills and have fun. Class will be taught by certified coach. Class Fee: \$35

#86525 Sep 1-22 T 10:30-11:15am

#86527 Oct 6-20 T 10:30-11:15am

#86526 Sep 5-26 Sa 10:30-11:15am

#86529 Nov 3-17 T 10:30-11:15am

#86530 Dec 1-15 T 10:30-11:15am

Little Lions Soccer

Lions Park Community Center

Age: 3-5yrs. GOAL! Children will learn the basic fundamentals of soccer, build social skills and have fun. Class Fee: \$15

#86589 Sep 9-23 W 6:30-7:15pm

Soccer – Kinder Soccer

Jaycee Community Center

Age: 4-6yrs. Taught in a noncompetitive atmosphere, Kinder Soccer focuses on skills such as dribbling, passing, kicking, and ball control. Class Fee: \$30

#87173 Oct 2-23 F 4:00-4:45pm

#87174 Oct 29-Nov 12 Th 10:00-10:45am

Soccer – Little Kickers

Age: 3-5yrs. This class is an introduction in

skills development that teaches the basics of soccer including drills such as passing, dribbling, and shooting. Class will help develop hand/eye coordination, listening skills, good sportsmanship and teamwork!

GOAL! Class Fee: \$36

Laurel Hills w/ Coach K (Khadija)

#86340 Sep 5-26 Sa 12:45-1:30pm

#86341 Oct 3-24 Sa 12:45-1:30pm

#86342 Oct 31-Nov 21 Sa 12:45-1:30pm

#86343 Dec 5-19 Sa 12:45-1:30pm

#86344 Sep 9-30 W 4:15-5:00pm

#86345 Oct 7-28 W 4:15-5:00pm

#86346 Nov 4-25 W 4:15-5:00pm

#86347 Dec 2-23 W 4:15-5:00pm

Lake Lynn

#86828 Oct 6-27 T 5:45-6:30pm

#87093 Sep 9-30 W 6:00-6:45pm

#87099 Oct 7-28 W 2:15-3:00pm

#87100 Oct 8-29 Th 9:30-10:15am

Optimist

#86914 Sep 8-29 T 5:00-5:45pm

Millbrook Exchange w/ Coach K (Khadija)

#87283 Sep 8-29 T 6:30-7:15pm

Green Road

#87373 Oct 15-Nov 5 Th 6:00-6:45pm

Soccer – Two's Sport Zone

Laurel Hills Community Center

Age: 2yrs. Parent and child come off the sidelines and get into the game as you learn about 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. Class Fee: \$36

#86715 Oct 31-Nov 21 Sa 9:00-9:30am

Sport Tots

Chavis Community Center

Age: 3-5yrs. Looking to train the next great tot? Does your child have untapped skills? if so, join us for sport tots on Saturday mornings. We will rotate sports each month. Class Fee: \$15

Tennis Tots

#86349 Sep 5-26 Sa 10:30-11:30am

Golf

#86350 Oct 3-24 Sa 10:30-11:30am

Basketball

#86351 Nov 7-28 Sa 10:30-11:30am

Soccer Tots

#86352 Dec 26-Jan 16 Sa 10:30-11:30am

Sports – Krafty Sports

Optimist Community Center

Age: 3-5yrs. Come and join the 'Fandimonium' as we create handy sports themed crafts before we learn to play.

Participants will spend half of the class time doing a craft project before finishing the class learning all components of the chosen sport. So join up for the full game experience. Class Fee: \$40

Basketball

#87933 Sep 12-26 Sa 10:00-11:00am

Soccer

#87934 Oct 10-24 Sa 10:00-11:00am

Football

#87935 Nov 7-21 Sa 10:00-11:00am

Sporty Sprouts

Tarboro Road Community Center

Age: 4-5yrs. Learn the basic skills of soccer, basketball, hockey and whiffle ball. This is a class that builds sportsmanship and leadership at an early age. Class Fee: \$15

Soccer

#86700 Sep 9-30 W 10:30-11:15am

Basketball

#86699 Oct 7-28 W 10:30-11:15am

Hockey

#86701 Nov 4-25 W 10:30-11:15am

Whiffle ball

#86702 Dec 2-23 W 10:30-11:15am

T-Ball – Two's Sport Zone

Laurel Hills Community Center

Age: 2yrs. This parent-tot class is a great way to play while learning about the basics of baseball on a toddler's level. Little all-stars will enjoy the tiny t-ball games, hitting, catching, throwing, and more motor skill development fun. Wonderful for social skills and fitness! Instructor: Coach K. Class Fee: \$36

#86709 Nov 4-25 W 5:00-5:30pm

#86710 Dec 12-19 Sa 9:00-9:30am

Terrific Threes

Jaycee Community Center

Age: Up to 3yrs. Terrific Threes is a special class strictly for three year olds. The class is designed to enhance hand-eye coordination and confidence through sports such as soccer, basketball, t-ball, and other activities. This class is taught in a noncompetitive format. Class Fee: \$30

#87264 Oct 5-26 M 11:00-11:30am

#87265 Nov 3-24 T 1:00-1:30pm

#87266 Nov 30-Dec 14 M 11:00-11:30am

Preschool Sports continued next page —

Two's Sports Zone

Laurel Hills Community Center
 Age: 2yrs. Children will enhance their skills of various sports activities such as basketball, soccer, t-ball, and much more in a fun, non-competitive environment. Class Fee: \$36
 #86940 Sep 9-30 W 5:00-5:30pm
 #86941 Oct 7-28 W 5:00-5:30pm

Wee Sports

Barwell Road Community Center
 Age: 3-5yrs. This non-competitive, group class will allow your child to enjoy a variety of sport activities in a fun environment. Participants will learn the fundamentals to a different sport each session. Participants will also develop motor and social skills. Instructor is Calvin Mitchell. Class Fee: \$20

Basketball

#86332 Sep 10-24 Th 6:00-6:45pm

Baseball

#86334 Oct 8-22 Th 6:00-6:45pm

Youth

After School Soccer Program

Brier Creek Community Center
 Age: 5-12yrs. Basic soccer skills emphasized while incorporating fun and fitness through drills, games and activities. Instructor: Alan Cohan. Class Fee: \$120

Track I

#87926 Sep 29-Oct 22 T,Th 4:00-5:30pm

Ballin Basics 101

Worthdale Community Center
 Age: 6-16yrs. Come out Saturday mornings and learn the fundamentals of the game of basketball. Each Saturday we will learn basic skills which involve dribbling, passing, defense and shooting. Even if you've played ball before you can still learn some new skills to get better. Class Fee: \$5

#86887 Oct 3-24 Sa 10:00-11:30am
 #86888 Oct 10-31 Sa 10:00-11:30am
 #86889 Oct 17-Nov 7 Sa 10:00-11:30am
 #86890 Oct 24-Nov 14 Sa 10:00-11:30am
 #86893 Oct 31-Nov 21 Sa 10:00-11:30am
 #86891 Nov 7-28 Sa 10:00-11:30am
 #86892 Nov 14-Dec 5 Sa 10:00-11:30am
 #86894 Nov 21-Dec 12 Sa 10:00-11:30am
 #86895 Dec 5-26 Sa 10:00-11:30am
 #86882 Dec 12-Jan 2 Sa 10:00-11:30am

Baseball – Sluggers

Millbrook Exchange Community Center
 Age: 6-9yrs. Crack! It's going, going... gone! This class helps develop the skills of baseball including running, hitting, throwing, pitching and fielding. Class will help develop hand/eye coordination, listening skills, good sportsmanship and teamwork! Class Fee: \$40

Millbrook Exchange w/ Coach K (Khadija)

#87299 Sep 10-Oct 1 Th 7:45-8:30pm

Baseball Skills for Beginners

Lake Lynn Community Center
 Age: 5-7yrs. Play ball! This class will continue to develop the basics of baseball, including fielding, hitting, throwing, and catching. This class will help develop players for future league play, emphasizing good sportsmanship and teamwork as well as skills. Taught by Coach Ryan. Class Fee: \$36
 #87116 Sep 9-30 W 7:00-7:45pm

Basketball – Hoops Hopefuls

Laurel Hills Community Center
 Age: 10-12yrs. A skills development sports program that teaches the basics of basketball including passing, dribbling, and shooting. Helps develop good hand/eye coordination as well as listening skills and good sportsmanship. Instructor: Coach K. Class Fee: \$40
 #86917 Sep 9-30 W 7:15-8:00pm

Basketball – Shooters

Laurel Hills Community Center
 Age: 6-9yrs. A skills development sports program that teaches the basics of basketball including passing, dribbling, and shooting. Helps develop good hand/eye coordination as well as listening skills and good sportsmanship. Class Fee: \$40

Laurel Hills with Coach K

#86723 Sep 9-30 W 6:30-7:15pm

Lake Lynn (Ages 6-8)

#86857 Sep 8-29 T 6:45-7:30pm

Lake Lynn (Ages 9-12)

#86858 Oct 6-27 T 7:45-8:30pm

Millbrook Exchange (Ages 6-9) Coach Khadija

#87298 Sep 16-Oct 7 W 6:45-7:30pm

Millbrook Exchange (Ages 10-12) Coach Khadija

#87301 Sep 11-Oct 2 F 7:30-8:15pm

Basketball –

Rising Starz Sports Skills Clinic

Green Road Community Center
 Age: 11-17yrs. The Rising Starz Sports Skills Clinic is a monthly clinic that focuses the fundamental skills a player needs to go to the next level. The clinics will focus on the fundamentals such as dribbling, shooting, passing, defense and more. Class Fee: \$30

Dribbling Clinic

#87401 Sep 12 Sa 9:00am-12:00pm

Shooting Clinic

#87404 Oct 10 Sa 9:00am-12:00pm

Defense Clinic

#87406 Nov 14 Sa 9:00am-12:00pm

Offense and Defense Awareness Clinic

#87409 Dec 12 Sa 9:00am-12:00pm

Biltmore Hills

Pre-Season Basketball Clinic

Biltmore Hills Community Center
 Age: 5-16yrs. In preparation for the upcoming basketball season we are offering this clinic to players to review the fundamentals of basketball. Class Fee: \$10
 #86491 Oct 6-15 T,Th 6:30-8:00pm

Cheerleading – CheerAmerica

Millbrook Exchange Community Center
 Age: 4-6yrs. Young Champions of America offers this fun and exciting cheerleading

program for beginners, intermediate and advanced level students. Along with providing lots of fun, this program promotes coordination, confidence, poise, physical fitness, artistic expression, teamwork and competitive spirit. Our students learn fundamentals of dance and cheer, dance routines, parade routines, cheers, chants, jumps, and how to perform in front of an audience. Uniforms and pompons may be purchased separately. They will be required for any parades, performances or competitions.

Barwell Road – Students work to develop skills and will have the opportunity to participate in competitions, parades and other performances. While this is not mandatory, it is an instrumental tool in creating self-confidence and high self-esteem.

Millbrook Exchange – ALL classes are competition teams. Students will participate in parades, performances and competitions. Class Fee: \$112

Millbrook Exchange (ages 4-6)

#85192 Sep 15-Dec 22 T 6:15-7:00pm

Millbrook Exchange (ages 7-15)

#85193 Sep 8-Dec 29 T 7:00-7:45pm

Millbrook Exchange (ages 7-15)

#85194 Sep 8-Dec 29 T 7:45-8:30pm

Barwell Road (ages 4-6)

#85340 Aug 27-Dec 10 Th 6:00-6:45pm

Barwell Road (ages 7-15)

#85342 Aug 27-Dec 10 Th 6:45-7:30pm

Dist D Cheer

Age: 5-12yrs. Come show off your new skills! A cheerleading class that will help develop stronger self esteem, coordination and flexibility. Then show off your skills every Saturday morning during basketball season. Class Fee: \$27

Carolina Pines

#87577 Sep 28-Jan 11 M 6:30-8:00pm

Biltmore Hills

#87611 Sep 28-Jan 11 M 6:30-8:00pm

Tarboro Road

#87616 Sep 28-Jan 11 M 6:30-8:00pm

Girl Sports

Biltmore Hills Community Center
 Age: 8-13yrs. This class introduces young girls to sports! Helps them get familiar with a sport they may want to pursue. Each week there will be a different focus: Week 1: Volleyball Week 2: Basketball Week 3: Soccer Week 4: Tennis Only \$10 per session or \$30 for all four sessions! Class Fee: \$30

All Sessions

#86592 Oct 17-Nov 7 Sa 11:00am-1:00pm

Volleyball

#86591 Oct 17 Sa 11:00am-1:00pm

Basketball

#86593 Oct 24 Sa 11:00am-1:00pm

Soccer

#86594 Oct 31 Sa 11:00am-1:00pm

Tennis

#86595 Nov 7 Sa 11:00am-1:00pm

Mini-Mite Basketball Clinic

Roberts Park Community Center

Age: 7-9yrs. A clinic to help young ballers improve skills. The clinic focuses on passing, dribbling, shooting, free throws, defense, physical conditioning and team work. An inexpensive way to get prepared for league play. Class Fee: \$5
#87596 Oct 3-24 Sa 1:00-2:30pm

Pink Powderpuff Girlz Sports

Laurel Hills Community Center

Age: 4-7yrs. Pink it up! Calling all girls for drills, skills and around of game plays. This class includes Basketball, Soccer, T-Ball and Hockey. So, come on and shoot, hit, dribble, run and go for the goal! Wear pink, great for fun fitness and building social skills. Instructor: Coach K. Class Fee: \$40
#87904 Sep 8-29 T 5:00-5:45pm

Real Wrestlers Level 2

Ralph Campbell Community Center

Age: 7-9yrs. Your Child will learn the importance of hard work and discipline while having fun and striving to be winners in every aspects of their life. Teaching youth to wrestle through instruction, repetition and competition in order to develop core techniques that will enhance hand and eye coordination, develop balance and footwork and improve over all athletic ability. \$45
#87867 Sep 2-Dec 30 W 6:30-7:45pm

Rising Starz Sports Weekly Workout Clinic

Green Road Community Center

Age: 11-17yrs. The Rising Starz Sports Weekly Workout Clinic is a twice a week clinic that focus on making fundamental skills second nature and developing a player physically with a series of workouts designed to improve a player's strength, speed, quickness and agility. This is an intense series of workouts and drills selected to develop the physical presence and skills a player needs to go to the next level. Class Fee: \$40

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|--------|-----------|-----|-------------|
| #87428 | Sep 14-16 | M,W | 6:00-8:00pm |
| #87430 | Sep 21-23 | M,W | 6:00-8:00pm |
| #87431 | Sep 28-30 | M,W | 6:00-8:00pm |
| #87432 | Oct 5-7 | M,W | 6:00-8:00pm |
| #87434 | Oct 12-14 | M,W | 6:00-8:00pm |
| #87441 | Oct 19 | M | 6:00-8:00pm |

Soccer – Kickers

Age: 6-9yrs. G-O-O-O-A-L! This class will help develop the basic fundamentals of soccer including passing, dribbling, shooting, and defense. Class will help develop hand/eye coordination, listening skills, good sportsmanship and teamwork! Instructed by Coach 'K' (Khadija). Class Fee: \$40

Laurel Hills

#86572 Sep 9-30 W 5:45-6:30pm

Millbrook Exchange

#87288 Sep 8-29 T 7:30-8:15pm

Soccer Skills for Beginners

Lake Lynn Community Center

Age: 5-7yrs. Goal! This class will continue to develop the basics of soccer, including dribbling, passing and shooting. This class will help develop players for future team play, emphasizing good sportsmanship and teamwork as well as skills. Taught by Coach Ryan. Class Fee: \$36
#87138 Oct 7-28 W 7:00-7:45pm

Tennis Jr Level 1

Age: 6-18yrs. No experience needed for this class. They 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. Class Fee: \$88

Millbrook Exchange Tennis Center

| | | | |
|--------|--------------|------|-----------------|
| #86052 | Aug 31-Oct 7 | M,W | 4:00-5:00pm |
| #86053 | Aug 31-Oct 7 | M,W | 5:00-6:00pm |
| #86054 | Aug 31-Oct 7 | M,W | 6:00-7:00pm |
| #86055 | Sep 1-Oct 8 | T,Th | 4:00-5:00pm |
| #86056 | Sep 1-Oct 8 | T,Th | 5:00-6:00pm |
| #86057 | Sep 1-Oct 8 | T,Th | 6:00-7:00pm |
| #86058 | Sep 5-Oct 10 | Sa | 9:00-10:00am |
| #86059 | Sep 5-Oct 10 | Sa | 10:00-11:00am |
| #86060 | Sep 5-Oct 10 | Sa | 11:00-12:00pm |
| #86061 | Oct 26-Dec 2 | M,W | 4:00-5:00pm |
| #86062 | Oct 26-Dec 2 | M,W | 5:00-6:00pm |
| #86063 | Oct 26-Dec 2 | M,W | 6:00-7:00pm |
| #86064 | Oct 27-Dec 3 | T,Th | 4:00-5:00pm |
| #86065 | Oct 27-Dec 3 | T,Th | 5:00-6:00pm |
| #86066 | Oct 27-Dec 3 | T,Th | 6:00-7:00pm |
| #86067 | Oct 31-Dec 5 | Sa | 9:00-10:00am |
| #86068 | Oct 31-Dec 5 | Sa | 10:00-11:00am |
| #86069 | Oct 31-Dec 5 | Sa | 11:00am-12:00pm |

Lake Lynn Community Center

| | | | |
|--------|--------------|------|---------------|
| #86070 | Aug 31-Oct 7 | M,W | 4:30-5:30pm |
| #86071 | Sep 1-Oct 8 | T,Th | 5:00-6:00pm |
| #86072 | Sep 5-Oct 10 | Sa | 10:00-11:00am |
| #86073 | Oct 26-Dec 2 | M,W | 4:30-5:30pm |
| #86074 | Oct 27-Dec 3 | T,Th | 5:00-6:00pm |
| #86075 | Oct 31-Dec 5 | Sa | 10:00-11:00am |

Kentwood Park

| | | | |
|--------|--------------|-----|--------------|
| #86076 | Aug 31-Oct 7 | M,W | 5:00-6:00pm |
| #86077 | Sep 5-Oct 10 | Sa | 9:00-10:00am |
| #86078 | Oct 26-Dec 2 | M,W | 5:00-6:00pm |
| #86079 | Oct 31-Dec 5 | Sa | 9:00-10:00am |

Lions Park

| | | | |
|--------|--------------|------|--------------|
| #86080 | Sep 1-Oct 8 | T,Th | 5:00-6:00pm |
| #86081 | Sep 5-Oct 10 | Sa | 9:00-10:00am |
| #86082 | Oct 27-Dec 3 | T,Th | 5:00-6:00pm |
| #86083 | Oct 31-Dec 5 | Sa | 9:00-10:00am |

Biltmore Hills Community Center

| | | | |
|--------|--------------|------|-------------|
| #86084 | Sep 1-Oct 8 | T,Th | 4:30-5:30pm |
| #86085 | Oct 27-Dec 3 | T,Th | 4:30-5:30pm |

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. Class Fee: \$88

Millbrook Tennis Center

| | | | |
|--------|--------------|------|-------------|
| #86111 | Aug 31-Oct 7 | M,W | 4:00-5:00pm |
| #86112 | Aug 31-Oct 7 | M,W | 5:00-6:00pm |
| #86113 | Sep 1-Oct 8 | T,Th | 4:00-5:00pm |

| | | | |
|--------|--------------|------|---------------|
| #86114 | Sep 1-Oct 8 | T,Th | 5:00-6:00pm |
| #86115 | Sep 5-Oct 10 | Sa | 9:00-10:00am |
| #86116 | Sep 5-Oct 10 | Sa | 10:00-11:00am |
| #86117 | Oct 26-Dec 2 | M,W | 4:00-5:00pm |
| #86118 | Oct 26-Dec 2 | M,W | 5:00-6:00pm |
| #86119 | Oct 27-Dec 3 | T,Th | 4:00-5:00pm |
| #86120 | Oct 27-Dec 3 | T,Th | 5:00-6:00pm |
| #86123 | Oct 31-Dec 5 | Sa | 9:00-10:00am |
| #86124 | Oct 31-Dec 5 | Sa | 10:00-11:00am |

Lake Lynn Community Center

| | | | |
|--------|--------------|------|-------------|
| #86121 | Sep 1-Oct 8 | T,Th | 4:00-5:00pm |
| #86122 | Oct 27-Dec 3 | T,Th | 4:00-5:00pm |

Tennis Jr Level 3

Millbrook Tennis Center

Age: 10-18yrs. 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 Fee: \$88

| | | | |
|--------|--------------|------|-----------------|
| #86125 | Aug 31-Oct 7 | M,W | 5:00-6:00pm |
| #86126 | Sep 1-Oct 8 | T,Th | 4:00-5:00pm |
| #86127 | Sep 5-Oct 10 | Sa | 11:00am-12:00pm |
| #86128 | Oct 26-Dec 2 | M,W | 5:00-6:00pm |
| #86129 | Oct 27-Dec 3 | T,Th | 4:00-5:00pm |
| #86130 | Oct 31-Dec 5 | Sa | 11:00am-12:00pm |

Tennis Jr Level 4

Millbrook Tennis Center

Age: 12-18yrs. Requirements: Must be able to hit topspin and underspin on both groundstrokes, underspin volleys and slice serves. This class will work on hitting all the above mentioned spins during match play. To graduate from this class, matches must be played using these shots. Class Fee: \$88
#86131 Sep 1-Oct 8 T,Th 5:00-6:00pm
#86133 Sep 5-Oct 10 Sa 12:00-1:00pm
#86132 Oct 27-Dec 3 T,Th 5:00-6:00pm
#86134 Oct 31-Dec 5 Sa 12:00-1:00pm

Tennis Jr Match Play

Millbrook Tennis Center

Age: 8-18yrs. This is match play. Players will be grouped for singles and/or doubles play during this 2 hour session. Must be able to play full court tennis to sign up for this class. Instruction will be minimal. Matches will be monitored by an on court coach. Class Fee: \$40

| | | | |
|--------|--------------|---|-------------|
| #86025 | Sep 4-Oct 9 | F | 4:00-6:00pm |
| #86026 | Oct 30-Dec 4 | F | 4:00-6:00pm |

Tennis Jr Singles Ladder

Millbrook Tennis Center

Age: 8-18yrs. Competitive singles ladder play for boys and girls at the Bronze and Silver levels. There is a list of the other participants and the ladder rules online. Then, you can start arranging matches with the other players where you will accumulate points for playing matches. Players may join the ladder anytime. Ladder update every Monday.

Men's 3.0

| | | | |
|--------|--------------|---|-------------|
| #86317 | Aug 24-Nov 2 | M | 1:00-1:01am |
| #86318 | Aug 24-Nov 2 | M | 1:00-1:01am |
| #86319 | Nov 30-Feb 8 | M | 1:00-1:01am |
| #86320 | Nov 30-Feb 8 | M | 1:00-1:01am |

Youth Sports continued next page —

Youth Sports continued —

Tennis Jr Tiny Tots

Millbrook Tennis Center

Age: 4-6yrs. Eye-hand coordination games and fine motor skills are the focus of this fun introduction class. Class Fee: \$44

| | | | |
|--------|--------------|------|-----------------|
| #86033 | Aug 31-Oct 7 | M,W | 4:30-5:00pm |
| #86034 | Sep 1-Oct 8 | T,Th | 5:00-5:30pm |
| #86035 | Sep 5-Oct 10 | Sa | 11:00-11:30am |
| #86036 | Sep 5-Oct 10 | Sa | 11:30am-12:00pm |
| #86037 | Oct 26-Dec 2 | M,W | 4:30-5:00pm |
| #86038 | Oct 27-Dec 3 | T,Th | 5:00-5:30pm |
| #86039 | Oct 31-Dec 5 | Sa | 11:00-11:30am |
| #86040 | Oct 31-Dec 5 | Sa | 11:30am-12:00pm |
| #86041 | Aug 31-Oct 7 | M,W | 5:30-6:00pm |
| #86042 | Sep 1-Oct 8 | T,Th | 4:30-5:00pm |
| #86043 | Oct 26-Dec 2 | M,W | 5:30-6:00pm |
| #86044 | Oct 27-Dec 3 | T,Th | 4:30-5:00pm |

Tennis Jr Tournament Team

Millbrook Tennis Center

Age: 8-18yrs. Point play is the focus of this group designed for junior tennis players who have learned all shots and are working on improving their state or sectional ranking. There is very limited instruction. Players will be encouraged to attend tournaments.

Contact Kabiru Ibrahim for more information 395-8051. Class Fee: \$288

| | | | |
|--------|---------------|---------|-------------|
| #86138 | Aug 31-Oct 23 | M,W,F | 4:00-6:00pm |
| #86139 | Sep 1-Oct 24 | T,Th,Sa | 4:00-6:00pm |
| #86137 | Oct 26-Dec 18 | M,W,F | 4:00-6:00pm |
| #86140 | Oct 27-Dec 19 | T,Th,Sa | 4:00-6:00pm |

Tennis USTA Junior Team Tennis (JTT)

Non-City Owned Site

Age: 6-8yrs. USTA membership and a local league fee are required to participate. For QuickStart 8 or 10 and under, come to orientation day Saturday August 29, 9am at Sanderson High School tennis courts (Optimist Park) if you need a team to join. For 14 or 18 and under, come to try outs Tuesday or Wednesday August 25 or 26 at 4:30pm to find a team. Class Fee: \$0

USTA QuickStart 8 and under

#85992 Aug 31-Oct 12 M 1:00-1:01am

USTA QuickStart 10 and under

#86020 Aug 31-Oct 12 M 2:00-2:01am

USTA JTT 14 and under beginner

#86021 Aug 31-Nov 9 M 1:00-1:01am

#86022 Aug 31-Nov 9 M 1:00-1:01am

#86023 Aug 31-Nov 9 M 1:00-1:01am

#86024 Aug 31-Nov 9 M 1:00-1:01am

Volleyball for Youth

Laurel Hills Community Center

Age: 11-15yrs. A four week program for boys and girls to introduce the basic skills of volleyball. The first part of each session will be instruction and drills for practice, followed by game play. Class Fee: \$40

#86494 Sep 3-24 Th 6:30-8:00pm

#86495 Oct 1-22 Th 6:30-8:00pm

Adult**Basketball – Adult Open-Play**

Halifax Community Center

Age: All Ages. Adult basketball players can come out and participate in a few friendly pick-up games of basketball. Class Fee: \$0
#87068 Aug 12-Nov 1 W,Sa-Su 7:00-9:00pm

Basketball – Four Play Four

Roberts Park Community Center

Age: 18-35yrs. It's not traditional but it as much fun. Still have your game but not the stamina. Played the same as traditional basketball. The court is smaller. The game is the same. Games are played full court and officiated by two officials. Teams may have no less than 7 players and no more than 10. Only 6 teams accepted. Class Fee: \$350

#87571 Sep 14-Oct 19 M,Th 7:00-10:00pm

Lake Wheeler Fall Sailing Race Series

Lake Wheeler

Age: 12yrs and up. Sail Boat Racing at Lake Wheeler Park. Come out and compete in your own boat against other local racers. Our series will be spread out over three weekends in Oct 24, November 21, and December 19. The series is designed to invite the sailor who knows the basics of sailing and would like to advance knowledge of sailboat racing. Provisions will be made in order to support the entry-level racers. This event will follow US Sailings 'Rules of Racing 2009-2012'. Class Fee: \$25

#87825 Oct 24 Sa 11:00am-4:00pm

Table Tennis Brier Creek

Brier Creek Community Center

Age: 18yrs and up. Come and join Friday evenings of fun and competition playing table tennis. All levels and ages welcome and encouraged to play. USATT affiliated tournaments held through out the year. Daily visit cost \$4. Multi-day passes sold. Instructor: Jim McQueen. Class Fee: \$4

Tennis – Free play for Adults

Biltmore Hills Community Center

Age: 18yrs and up. Free play for adults are held at Biltmore Hills Tennis Courts on Tuesday and Thursday evenings throughout the year at 6:30pm. This is a drop-in program which is organized by the Ebony Racquet Club, for all levels of play, simply show up and play. Class Fee: \$0

Biltmore Hills Tennis Courts

#87393 Sep 1-Dec 31 T,Th 6:30-9:00pm

Tennis Adult Cardio – All Levels

Millbrook Tennis Center

Age: 18yrs and up. Cardio Tennis is a new, 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 Fee: \$48

| | | | |
|--------|--------------|----|--------------|
| #87435 | Sep 1-Oct 6 | T | 9:30-10:30am |
| #87436 | Sep 3-Oct 8 | Th | 9:30-10:30am |
| #87437 | Sep 4-Oct 9 | F | 9:30-10:30am |
| #87438 | Oct 27-Dec 1 | T | 9:30-10:30am |
| #87439 | Oct 29-Dec 3 | Th | 9:30-10:30am |
| #87440 | Oct 30-Dec 4 | F | 9:30-10:30am |

Tennis Adult Doubles Ladder

Millbrook Tennis Center

Age: 18-99yrs. Recreational Doubles ladder play for all adult levels. Participants play challenge matches for points. Players may join the ladder anytime. 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 16 players. Class Fee: UseArray

Women's 3.5 Doubles

#86269 Nov 23-Feb 1 M 3:00-3:01am

#86270 Nov 23-Feb 1 M 3:00-3:01am

Men's 4.0 Doubles

#86271 Nov 23-Feb 1 M 6:00-6:01am

Tennis Adult Level 1

Age: 18yrs and up. No experience needed for this class. You will work on full swing forehand and backhand groundstrokes, 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. Class Fee: \$88

Millbrook Exchange Tennis Center

#87466 Aug 31-Oct 7 M,W 10:00-11:00am

#87467 Aug 31-Oct 7 M,W 6:00-7:00pm

#87450 Sep 1-Oct 8 T,Th 11:00am-12:00pm

#87468 Sep 1-Oct 8 T,Th 7:00-8:00pm

#87469 Sep 5-Oct 10 Sa 9:00-10:00am

#87451 Oct 26-Dec 2 M,W 10:00-11:00am

#87452 Oct 26-Dec 2 M,W 6:00-7:00pm

#87453 Oct 27-Dec 3 T,Th 11:00am-12:00pm

#87454 Oct 27-Dec 3 T,Th 7:00-8:00pm

#87455 Oct 31-Dec 5 Sa 9:00am-10:00am

Lake Lynn Community Center

#87470 Aug 31-Oct 7 M,W 6:00-7:00pm

#87471 Sep 5-Oct 10 Sa 9:00-10:00am

#87456 Oct 26-Dec 2 M,W 6:00-7:00pm

#87457 Oct 31-Dec 5 Sa 9:00-10:00am

Kentwood Park

#87472 Aug 31-Oct 7 M,W 6:00-7:00pm

#87473 Sep 5-Oct 10 Sa 10:00-11:00am

#87458 Oct 26-Dec 2 M,W 6:00-7:00pm

#87465 Oct 31-Dec 5 Sa 10:00-11:00am

Lions Park

#87459 Sep 1-Oct 8 T,Th 6:00-7:00pm

#87460 Sep 5-Oct 10 Sa 10:00-11:00am

#87461 Oct 27-Dec 3 T,Th 6:00-7:00pm

#87462 Oct 31-Dec 5 Sa 10:00-11:00am

Biltmore Hills Community Center

#87463 Sep 1-Oct 8 T,Th 5:30-6:30pm

#87464 Oct 27-Dec 3 T,Th 5:30-6:30pm

Tennis Adult Level 2.0/2.5 Drills

Age: 18yrs and up. 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

Fee: \$88

Millbrook Exchange Tennis Center

| | | | |
|--------|--------------|------|-----------------|
| #87487 | Aug 31-Oct 7 | M,W | 11:00am-12:00pm |
| #87495 | Aug 31-Oct 7 | M,W | 6:00-7:00pm |
| #87496 | Sep 1-Oct 8 | T,Th | 10:00-11:00am |
| #87497 | Sep 1-Oct 8 | T,Th | 7:00-8:00pm |
| #87498 | Sep 5-Oct 10 | Sa | 10:00-11:00am |
| #87488 | Oct 26-Dec 2 | M,W | 11:00am-12:00pm |
| #87489 | Oct 26-Dec 2 | M,W | 6:00-7:00pm |
| #87490 | Oct 27-Dec 3 | T,Th | 10:00-11:00am |
| #87491 | Oct 27-Dec 3 | T,Th | 7:00-8:00pm |
| #87492 | Oct 31-Dec 5 | Sa | 10:00-11:00am |

Lake Lynn Community Center

| | | | |
|--------|--------------|------|-------------|
| #87493 | Sep 1-Oct 8 | T,Th | 6:00-7:00pm |
| #87494 | Oct 27-Dec 3 | T,Th | 6:00-7:00pm |

Tennis Adult Level 3.0 Drills

Millbrook Tennis Center

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 Fee: \$88

| | | | |
|--------|--------------|------|-----------------|
| #87576 | Aug 31-Oct 7 | M,W | 7:00-8:00pm |
| #87578 | Sep 1-Oct 8 | T,Th | 6:00-7:00pm |
| #87579 | Sep 5-Oct 10 | Sa | 11:00am-12:00pm |
| #87573 | Oct 26-Dec 2 | M,W | 7:00-8:00pm |
| #87574 | Oct 27-Dec 3 | T,Th | 6:00-7:00pm |
| #87575 | Oct 31-Dec 5 | Sa | 11:00am-12:00pm |

Tennis Adult Level 3.5 Drills

Millbrook Tennis Center

Age: 18yrs and up. Requirements: Must

be at the NTRP 3.5 level or be able to hit topspin and underspin on both groundstrokes, underspin volleys and slice serves. This is a drills class which will work on all of your strokes. To graduate from this class, matches must be at the 4.0 level.

Class Fee: \$88

| | | | |
|--------|--------------|------|--------------|
| #87588 | Sep 1-Oct 8 | T,Th | 6:00-7:00pm |
| #87584 | Sep 5-Oct 10 | Sa | 12:00-1:00pm |
| #87585 | Oct 27-Dec 3 | T,Th | 6:00-7:00pm |
| #87587 | Oct 31-Dec 5 | Sa | 12:00-1:00pm |

Tennis Adult Level 4.0/4.5 Drills

Millbrook Tennis Center

Age: 18yrs and up. 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 Fee: \$88

| | | | |
|--------|--------------|-----|-------------|
| #87593 | Aug 31-Oct 7 | M,W | 7:00-8:00pm |
| #87592 | Oct 26-Dec 2 | M,W | 7:00-8:00pm |

Tennis Adult Singles Ladder

Millbrook Tennis Center

Age: 18yrs and up. Recreational singles

ladder play for all levels. Participants play challenge matches for points. Players may join the ladder anytime. Ladder rankings will be updated online each Monday. Players arrange their own match time and location. The ladder finishes with a season ending

tournament. Class Fee: 0

Men's 3.0

| | | | |
|--------|--------------|---|-------------|
| #86293 | Aug 24-Nov 2 | M | 1:00-1:01am |
| #86297 | Nov 30-Feb 8 | M | 1:00-1:01am |

Men's 3.5

| | | | |
|--------|--------------|---|-------------|
| #86283 | Aug 24-Nov 2 | M | 1:00-1:01am |
| #86299 | Nov 30-Feb 8 | M | 1:00-1:01am |

Men's 4.0

| | | | |
|--------|--------------|---|-------------|
| #86284 | Aug 24-Nov 2 | M | 1:00-1:01am |
| #86300 | Nov 30-Feb 8 | M | 1:00-1:01am |

Men's 4.5

| | | | |
|--------|--------------|---|-------------|
| #86285 | Aug 24-Nov 2 | M | 1:00-1:01am |
| #86301 | Nov 30-Feb 8 | M | 1:00-1:01am |

Coed Open

| | | | |
|--------|---------------|---|-------------|
| #86286 | Aug 24-Oct 26 | M | 1:00-1:01am |
| #86295 | Nov 30-Feb 15 | M | 1:00-1:01am |

Women's 2.5

| | | | |
|--------|--------------|---|-------------|
| #86287 | Aug 24-Nov 2 | M | 1:00-1:01am |
| #86302 | Nov 30-Feb 8 | M | 1:00-1:01am |

Women's 3.0

| | | | |
|--------|--------------|---|-------------|
| #86288 | Aug 24-Nov 2 | M | 1:00-1:01am |
| #86303 | Nov 30-Feb 8 | M | 1:00-1:01am |

Women's 3.5

| | | | |
|--------|--------------|---|-------------|
| #86289 | Aug 24-Nov 2 | M | 1:00-1:01am |
| #86304 | Nov 30-Feb 8 | M | 1:00-1:01am |

Women's 4.0

| | | | |
|--------|--------------|---|-------------|
| #86290 | Aug 24-Nov 2 | M | 1:00-1:01am |
| #86305 | Nov 30-Feb 8 | M | 1:00-1:01am |

Women's 4.5

| | | | |
|--------|--------------|---|-------------|
| #86291 | Aug 24-Nov 2 | M | 1:00-1:01am |
| #86306 | Nov 30-Feb 8 | M | 1:00-1:01am |

Tennis

RATL Fall Mixed Doubles League

Millbrook Tennis Center

Age: 18yrs and up. This is an NTRP level league for mixed doubles teams weekday evenings at 6:45pm. Team matches consist of 3 mixed doubles matches. Park, club and subdivision teams play one match a week on the same day each week. Matches begin the week of March 20. Teams must sign up in person or by mail. Class Fee: \$15

City Team Player

| | | | |
|--------|--------------|---|-------------|
| #87327 | Aug 31-Nov 2 | M | 1:00-1:01am |
|--------|--------------|---|-------------|

Club or Subdivision Team

| | | | |
|--------|--------------|---|-------------|
| #87326 | Aug 31-Nov 2 | M | 2:00-2:01am |
| #87330 | Aug 31-Nov 2 | M | 2:00-2:01am |

Tennis Women's Morning Quadrants

Millbrook Tennis Center

Age: 18yrs and up. All matches are at Millbrook Exchange Tennis Center. Each week there will be eight courts of doubles matches. A player will play a total of 24 games in a round robin format—8 games with each of the 3 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 to have a substitute present. New balls will be provided each week. Class Fee: \$35

| | | | |
|--------|--------------|---|-----------------|
| #87335 | Sep 2-Nov 11 | W | 9:30-11:30am |
| #87334 | Dec 2-Feb 24 | W | 10:00am-12:00pm |

Volleyball – Coed BB

Roberts Park Community Center

Age: 18-55yrs. A Fall Coed 'BB' Volleyball

League. A high level of competition. If you enjoy team work, passing, spiking and blocking this league may be for you.

An excellent sport to play. Only 7 teams

accepted. Class Fee: \$250

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|--------|--------------|---|--------------|
| #87474 | Sep 8-Nov 10 | T | 7:00-10:00pm |
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|--------|--------------|---|--------------|
| #87475 | Nov 30-Mar 1 | M | 7:00-10:00pm |
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| | | | |
|--------|-------------|---|--------------|
| #87481 | Dec 1-Mar 2 | T | 7:00-10:00pm |
|--------|-------------|---|--------------|

Volleyball Open-Play

Halifax Community Center

Age: 17yrs and up. Enjoy playing volleyball with others in a competitive atmosphere?

Then this is for you. Class Fee: \$0

| | | | |
|--------|--------------|---|-------------|
| #87085 | Aug 7-Oct 23 | F | 7:00-9:45pm |
|--------|--------------|---|-------------|

Senior

Badminton and Table Tennis Free Play

Optimist Community Center

Age: 16yrs and up. Learn to play and practice table tennis and Badminton.

All ability levels welcome. Equipment is provided. Class Fee: \$0

Table Tennis

| | | | |
|--------|--------------|-------|-------------|
| #87820 | Sep 5-Dec 27 | Sa-Su | 1:45-3:00pm |
|--------|--------------|-------|-------------|

Badminton

| | | | |
|--------|--------------|----|-----------------|
| #87821 | Sep 3-Dec 24 | Th | 10:30am-12:30pm |
|--------|--------------|----|-----------------|

Basketball – Senior Adult

Age: 50yrs and up. Join other seniors in playing competitive basketball. Participant play 1/2 court pick-up games. Bring your towel and be ready to sweat! The program is for senior adults. Class Fee: \$0

Barwell Road Community Center

| | | | |
|--------|---------------|---|-------------|
| #85338 | Sep 14-Dec 28 | M | 3:00-6:00pm |
|--------|---------------|---|-------------|

Method Road Community Center

| | | | |
|--------|--------------|----|-------------|
| #87590 | Sep 3-Dec 31 | Th | 3:00-6:00pm |
|--------|--------------|----|-------------|

Tennis – Free Play For Seniors

Millbrook Tennis Center

Age: 55yrs and up. Free organized play for senior tennis players at Millbrook Exchange Tennis Center. Held throughout the year, this is a drop-in mixer with all levels of play.

Simply show up and play. Class Fee: \$0

| | | | |
|--------|--------------|------|----------------|
| #87369 | Sep 3-Dec 31 | M,Th | 9:00am-12:00pm |
|--------|--------------|------|----------------|

Family

Billiards

Pullen Community Center

Age: All Ages. Come play pool in a quiet, family environment. A \$5 deposit and ID are required. Participants under the age of 16 must be accompanied by an adult.

Kickety – Kickball

Sgt. Courtney T. Johnson Center

Age: 5-99yrs. Roll! Kick! Run! Bring the entire family out to enjoy America's new pastime! This is a coed event for all ages.

Class Fee: \$0

| | | | |
|--------|--------|----|-------------|
| #87482 | Sep 27 | Su | 2:00-3:30pm |
|--------|--------|----|-------------|