

First Friday Movie Night

Carolina Pines Community Center
 Age: 1yrs and up. Treat the whole family!
 First Fridays at Carolina Pines. Come out and enjoy a movie night with your family at Carolina Pines. Family registration required. No movie showing July 4. Class Fee: \$0

#87833	Sep 4	F	6:30-8:30pm
#87834	Oct 2	F	6:30-8:30pm
#87835	Nov 6	F	6:30-8:30pm
#87836	Dec 4	F	6:30-8:30pm

Game Room Open Play

Ralph Campbell Community Center
 Age: All Ages. Open for the community to come and enjoy various games and activities at no cost. Pool table, Air-Hockey, Table Tennis, Board games, and PS2 systems available. The only requirement is, you must have some form of IDENTIFICATION to enter. Elementary and middle school children can have an I.D. made at the center one time free of charge. Please note that Game Room times are subject to change without notice. \$0

#87718	Sep 1-30	M-Sa	2:00-9:00pm
#87719	Oct 1-31	M-Sa	2:00-9:00pm
#87720	Nov 2-30	M-Sa	2:00-9:00pm
#87721	Dec 1-31	M-Sa	2:00-9:00pm

Halloween Movie Night

Billmore Hills Community Center
 Age: 1-99yrs. Come on out for a Movie Party. Wear your costumes and be ready for candy, popcorn, a movie and FUN! Class Fee: \$0

#86524	Nov 6	F	6:00-8:30pm
--------	-------	---	-------------

Method Halloween Festival

Method Road Community Center
 Age: 6-11yrs. Play it safe this Halloween. Bring your child to Method's Halloween Festival and have fun winning prizes while playing structured well supervised games. Candy will be given to all participants. Class Fee: \$0

#87770	Oct 30	F	5:00-7:00pm
--------	--------	---	-------------

Oakwood Holiday Scavenger Hunt

Tucker House
 Age: 1 month and up. Join us for a day of fun as your family explores the historical highlights of the Oakwood neighborhood. Held in conjunction with the The Society for the Preservation of Historic Oakwood's 38th Annual Candlelight Tour this is sure to be a fun family event that you don't want to miss. Meet at the Tucker House for a clue sheet and return your clue sheet by 4:00pm for the chance to win some family appropriate prizes. \$0

#88217	Dec 12	Sa	1:00-4:00pm
--------	--------	----	-------------

Parlor Concert in the Park

Durant Nature Park
 Age: All Ages. Join a small group in the Training Lodge parlor for the fiddle tunes of Mara Shea and a guest. Tap your toes to traditional tunes from Old-Time and Irish and Scottish traditions. Register in advance or at the door. Free for children 10 and under. Class Fee: \$5

#84832	Dec 4	F	7:00-8:00pm
--------	-------	---	-------------

Pumpkinfest

Barwell Road Community Center
 Age: All Ages. Join us in a celebration of fall and pumpkins. The center will come alive with your favorite carnival games, relays and active games, crafts, and more. Wear comfortable shoes and be ready for fun! Class Fee: \$0

#85372	Oct 23	F	6:30-8:30pm
--------	--------	---	-------------

Skate Party

Carolina Pines Community Center
 Age: 5yrs and up. It's a family fun day for everyone. Skating, movie, cards and dominos. Everything will take place at Carolina Pines all at the same time, so you can pick and choose the activity that you enjoy the most. Class Fee: \$2

#87736	Oct 2	F	6:30-8:30pm
--------	-------	---	-------------

Snacks with Santa

Chavis Community Center
 Age: 1yrs and up. Join us for fun activities and snacks with Santa Claus. Have your picture made with him to take home as a keepsake! Class Fee: \$0

#86219	Dec 12	Sa	10:30am-12:00pm
--------	--------	----	-----------------

Snacks With Santa at Worthdale

Worthdale Community Center
 Age: 5-12yrs. Parents, are you tired of waiting in line at the mall to get your child's picture with Santa? Well, come on out to Worthdale and relax while your child has snacks and a picture with Santa. Class Fee: \$0

#87094	Dec 10	Th	5:00-7:00pm
--------	--------	----	-------------

Spooky Scavenger Hunt

Lions Park Community Center
 Age: All Ages. Bring your family out for a spooky scavenger hunt, games, candy and fun! Be sure to wear your costume. Pre-registration is required. Class Fee: \$0

#86551	Oct 23	F	6:30-8:00pm
--------	--------	---	-------------

Tarboro Road Halloween Carnival

Tarboro Road Community Center
 Age: 3-12yrs. We will be having a fun-filled good time. Lots of prizes and goodies. Come out and join the Tarboro Road Family—if you're not too scared! Class Fee: \$0

#86896	Oct 31	Sa	12:00-2:00pm
--------	--------	----	--------------

Tree Trimming

Peach Road
 Age: All Ages. Come to Peach Road's decorating extravaganza. 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. Class Fee: \$0

#85158	Dec 3	Th	6:30-8:00pm
--------	-------	----	-------------

Walnut Terrace Fall Carnival

Walnut Terrace Community Center
 Age: 3-99yrs. This is an opportunity for families to interact in a safe non-threatening environment. Games and Activities include: basketball shoot-out, candy walk, lollipop pull, etc. Admission free, tickets for playing games 25 cents each. Ticket requirements per game may vary depending on the activity. Event will be held at Washington Elementary School Gym – 1001 Fayetteville Street. Call center for more information. Class Fee: \$0

#85253	Nov 12	Th	6:30-8:00pm
--------	--------	----	-------------

Walnut Terrace Haunted House

Walnut Terrace Community Center
 Age: 6-99yrs. Not for the young and weak but for the strong who seek a chill. Fun-filled, safe adventure for the brave at heart. Children 8 years old and under must be accompanied by an adult 18yrs or older. Class Fee: \$1

#85252	Oct 29	Th	6:30-8:00pm
--------	--------	----	-------------

Specialized Recreation

Youth

Exploring the Arts

Jaycee Community Center
 Age: 4-12yrs. This art class will provide participants the opportunity to explore various mediums to create wonderful pieces of art. This class promises to stimulate the senses and challenge all participants on their own level. Siblings and friends are also encouraged to participate. The will be an art show at the end of the program showcasing the masterpieces created. For more information on this program, please contact Jennifer Tabery at 807-5402. Class Fee: \$35

#87914	Sep 12-Oct 3	Sa	12:30-2:00pm
#87915	Oct 10-31	Sa	12:30-2:00pm

Sibshops

Jaycee Community Center
 Age: 6-12yrs. This activity is for siblings of individuals with developmental disabilities. Sibshops acknowledge that being the brother or sister of a person with special needs is for some a good thing, others a not-so-good thing, and for many, somewhere in between. They reflect a belief that brothers and sisters have much to offer one another if they are given a chance. Sibshops are a spirited mix of new games (designed to be unique, off-beat, and appealing to a wide ability range), new friends, and discussion activities. For more information on this activity please contact Jennifer Tabery at 807-5402. Class Fee: \$15

#87909	Sep 11	F	6:00-9:15pm
#87910	Oct 9	F	6:00-9:15pm
#87911	Nov 13	F	6:00-9:15pm
#87912	Dec 18	F	6:00-9:15pm



Youth Recreational Bowling

Non-City Owned Site

Age: 6-12yrs. This bowling program is recreational in nature and provides a fun and exciting place for youth with developmental and/or physical disabilities to participate in a bowling league. Ramps and bumpers will be available. Participants will be placed on lanes based on age, ability, and style of bowling. Cost includes 8 games of bowling and shoe rental. Siblings are also allowed to join this program. For more information, contact Jennifer Tabery at 807-5402. Class Fee: \$20

AMF Capital

#84964 Sep 12-Oct 3 Sa 10:00am-12:00pm
 #84963 Oct 10-31 Sa 10:00am-12:00pm
 #84962 Nov 14-Dec 12 Sa 10:00am-12:00pm

AMF South Hills

#84965 Sep 12-Oct 3 Sa 10:00am-12:00pm
 #84966 Oct 10-31 Sa 10:00am-12:00pm
 #84967 Nov 14-Dec 12 Sa 10:00am-12:00pm

Teen

Creative Masterpieces

Frank E. Evans Administrative Bldg.

Age: 13-16yrs. This art class will provide participants the opportunity to explore various mediums to create wonderful pieces of art. This class promises to stimulate the senses and challenge all participants on their own level. Siblings and friends are also encouraged to participate. The will be an art show at the end of the program showcasing the masterpieces created. For more information on this program, please contact Jennifer Tabery at 807-5402. Class Fee: \$35

#87907 Sep 12-Oct 3 Sa 12:30-2:00pm
 #87908 Oct 10-31 Sa 12:30-2:00pm

Friendly Afterschool Program

Millbrook Exchange Community Center

Age: 12-21yrs. The Friendly Afterschool program is for youth with developmental and/or physical impairments. Participants must be able to display appropriate behavior and function independently on a 1:4 ratio. Program is held based on the Wake County Traditional Calendar. The program will not meet on teacher workdays, dismissal due to inclement weather, or holidays. No refunds will be granted for days missed or cancelled due to vacation, illness, suspension, or inclement weather. Transportation is not provided, but may be arranged through your child's IEP. Payment may be made in weekly or monthly installments. For additional information, please contact Jennifer Tabery at 807-5402. Class Fee: \$1200

#84975 Aug 25-Jan 4 M-F 3:00-6:00pm

Specialized Recreation Game Night

Jaycee Community Center

Age: 12-21yrs. Come and hang out with your friends! We will have board games, Karaoke, and video games. This is a great chance to meet new friends while having fun. Snacks and drinks will be provided, but please eat dinner before arriving. You must pre-register for this program so that we may plan for your attendance. For more information on this activity, please contact Jennifer Tabery at 807-5402. Class Fee: \$10

#87916 Sep 11 F 7:00-9:30pm
 #87917 Oct 9 F 7:00-9:30pm
 #87918 Nov 13 F 7:00-9:30pm
 #87919 Dec 18 F 7:00-9:30pm

Teen Recreational Bowling

Non-City Owned Site

Age: 13-16yrs. This bowling program is recreational in nature and provides a fun and exciting place for youth with developmental and/or physical disabilities to participate in a bowling league. Ramps and bumpers will be available. Participants will be placed on lanes based on age, ability, and style of bowling. Cost includes 8 games of bowling and shoe rental. Siblings are also allowed to join this program. For more information, contact Jennifer Tabery at 807-5402. Class Fee: \$20

AMF Capital

#84973 Sep 12-Oct 3 Sa 10:00am-12:00pm
 #84974 Oct 10-31 Sa 10:00am-12:00pm
 #84968 Nov 14-Dec 12 Sa 10:00am-12:00pm

AMF South Hills

#84970 Sep 12-Oct 3 Sa 10:00am-12:00pm
 #84971 Oct 10-31 Sa 10:00am-12:00pm
 #84972 Nov 14-Dec 12 Sa 10:00am-12:00pm

Specialized Recreation continued next page —

Specialized Recreation continued —

Adult

Aerobics – Move that Body

Green Road Community Center

Age: 17yrs and up. This program is designed for adults with developmental and/or physical disabilities or anyone needing low impact exercise. Come join your friends, get into shape or just stay in shape with aerobics. Go at your own pace, high, low or just go with the flow. There is no one-on-one assistance available for this program.

Family members, friends and even workers are welcome. For more information on this program, contact Meredith at 807-5401.

Class Fee: \$15
#85631 Nov 2-23 M 6:00-7:00pm

Art Adventure

Pullen Arts Center

Age: 17yrs and up. Come learn new ways to express yourself through art. This class is designed for individuals with developmental and/or physical disabilities. We will explore different mediums of expression to include painting and drawing. Materials will be provided. Class Fee: \$25

#86989 Sep 14-Oct 5 M 5:30-6:30pm

Basic Cooking

Eastgate Park

Age: 17yrs and up. This program is designed to meet the needs of teens and adults with developmental and/or physical disabilities. This program will teach you the basics on how to plan a menu, read a recipe, measure ingredients, and prepare a basic meal. This class is designed as a beginning cooking class for those who have never taken the class before or need more work on the basics. Participants will then enjoy a social time with their classmates while eating the meal they prepared.

Individuals with a one-on-one staff are welcome. For more information, contact Meredith Jackson at 807-5401. Class Fee: \$55

#85201 Sep 16-Oct 14 W 6:15-7:45pm

Intermediate/Advanced Cooking Class

Eastgate Park

Age: 17yrs and up. This program is designed to meet the needs of adults and older teens with developmental and/or physical disabilities. This class is designed for those who have taken a previous cooking class and understand the basic concepts. Participants will continue to work on reading a recipe, measuring ingredients and preparing a delicious meal. Participants will then enjoy a social time with their classmates while eating the meal they prepared. Individuals with a one-on-one staff are welcome. For more information, contact Meredith Jackson at 807-5401. Class Fee: \$55

#85200 Oct 28-Dec 9 W 6:15-7:45pm

Line Dance Your Way to Fitness

Laurel Hills Community Center

Age: 17yrs and up. This program is designed for adults with developmental and/or physical disabilities. Come learn some new dance moves while you get into shape. This line dancing class will include Country as well as Hip Hop. Family members,

friends and workers are welcome. Contact Meredith Jackson at 807-5401 for more information on this program. Class Fee: \$25

#85102 Sep 28-Oct 26 M 6:30-7:30pm

Pet Care Basics

Millbrook Exchange Community Center

Age: 17yrs and up. This four week session is designed for adults with developmental and/or physical disabilities. This course will provide basic pet care, grooming, and health care instruction. It can even help you choose the right pet. Participants will earn a certificate for successful completion of the class. You must register as this class is limited to 8 participants. Please contact Meredith Jackson at 807-5401 with any questions. Class Fee: \$0

#87308 Nov 24-Dec 15 T 6:15-7:15pm

Quad Basketball

Barwell Road Community Center

Age: All Ages. Quad Basketball, or Wheelchair Basketball as it is also called, is a great sport. Players may have various disabilities that preclude their play in able-bodied sport competition. Players must have a combination of upper and lower extremity impairment to be considered as eligible to participate. Most of the players have sustained cervical level spinal injuries and have some type of quadriplegia as a result. Players are given a classification number from one of seven classifications ranging from 0.5-3.5. The 0.5 player has the greatest impairment and is comparable to a C5 quadriplegic. Of those eligible to participate, the 3.5 player has the least impairment and is similar to a C7-8 incomplete quadriplegic. Both male and females are encouraged to play, and because of the classification process gender advantages don't exist. Class Fee: \$0

#84694 Sep 3-Dec 17 Th 7:00-9:00pm

Quad Rugby

Barwell Road Community Center

Age: 18yrs and up. Quad Rugby, or Wheelchair Rugby as it is also called, is a sport with roots going back to wheelchair basketball and ice hockey. Players may have various disabilities that preclude their play in able-bodied sport competition.

Players must have a combination of upper and lower extremity impairment to be considered as eligible to participate. Most of the players have sustained cervical level spinal injuries and have some type of quadriplegia as a result. Players are given a classification number from one of seven classifications ranging from 0.5-3.5. The 0.5 player has the greatest impairment and

is comparable to a C5 quadriplegic. Of those eligible to participate, the 3.5 player has the least impairment and is similar to a C7-8 incomplete quadriplegic. Both male and females are encouraged to play, and because of the classification process gender advantages don't exist. Class Fee: \$10

#84692 Sep 2-Dec 30 W 7:00-9:00pm

Scrapbooking for Adults

Jaycee Community Center

Age: 17yrs and up. This program is for beginners with developmental and/or physical disabilities needing techniques in scrapbooking or for those just looking for a place to work on their scrapbook. Learn to create a photo album with your pictures of family and friends, including organizing, designing and decorating the pages of your album. Photo album, pages, pens/markers and stickers are all acid free which will protect your photos from discoloring. Already know how to scrapbook? Come and join us and work on ongoing photo album projects.

For more information, contact Meredith Jackson at 807-5401. Class Fee: \$25

#86492 Sep 10-Oct 8 Th 6:30-7:30pm

SRS Bingo Night

Pullen Community Center

Age: 17yrs and up. What could be more exciting than a fun filled night of Bingo? There will be prizes and lots of time with friends. For more information contact Meredith Jackson at 807-5401. Class Fee: \$5

#85089 Sep 8 T 6:00-8:00pm
#85090 Oct 13 T 6:00-8:00pm
#85091 Nov 10 T 6:00-8:00pm
#85092 Dec 8 T 6:00-8:00pm

SRS Recreational Bowling

Non-City Owned Site

Age: 17yrs and up. This bowling program is recreational in nature and provides a fun and exciting place for adults with developmental and/or physical disabilities to participate in bowling. This is not an instructional but rather a recreational class. Ramps and bumpers will be available. Participants will be placed on lanes based on age, ability, and style of bowling. Cost includes 8 games of bowling and shoe rental. For more information, contact Meredith Jackson at 807-5401. Class Fee: \$20

AMF Capital

#85065 Sep 12-Oct 3 Sa 10:00am-12:00pm
#85067 Oct 10-31 Sa 10:00am-12:00pm
#85069 Nov 14-Dec 12 Sa 10:00am-12:00pm

AMF South Hills

#85066 Sep 12-Oct 3 Sa 10:00am-12:00pm
#85068 Oct 10-31 Sa 10:00am-12:00pm
#85070 Nov 14-Dec 5 Sa 10:00am-12:00pm

SRS Sign Language for Beginners

Pullen Community Center

Age: All Ages. This class is designed to meet the needs of individuals with developmental and /or physical disabilities. This will be a very basic class that will work on the alphabet, family, emergency and other signs

that participants might need for very basic communication. Please contact Meredith Jackson with any questions at 807-5401. Class Fee: \$25
#86815 Oct 29-Nov 19 Th 5:00-5:45pm

Family

Buddy Soccer

Laurel Hills Community Center
Age: 4yrs and up. Buddy Soccer is for individuals with developmental and/or physical disabilities. This program is an instructional soccer program to teach introductory soccer skills. Patron will develop ball handling, dribbling, passing, and shooting skills. Teams will be formed upon completion of registration. Each practice will start with individual skills and end with team play. Siblings are also allowed to join this program. Trophies are awarded at the end of the program. ALL PARTICIPANTS MUST HAVE A PARENT/GUARDIAN OR OTHER ADULT ATTEND WITH THEM. For more information, contact Jennifer Tabery at 807-5402. Class Fee: \$15
#84982 Sep 12-Oct 31 Sa 9:00-10:30am

Friendly Track Out Program

Millbrook Exchange Community Center
Age: 6-22yrs. Participants will enjoy activities such as arts and crafts, sports, games, field trips, and more. Please bring a lunch and 2 snacks each day. For more information, please contact Jennifer Tabery at 807-5402. Class Fee: \$125
#84976 Sep 28-Oct 2 M-F 8:00am-6:00pm
#84977 Oct 5-9 M-F 8:00am-6:00pm
#84978 Oct 13-16 T-F 8:00am-6:00pm

North Carolina Kids of Deaf Adults

Pullen Community Center
Age: All Ages. Our mission is to bring hearing children ages 18 and under of Deaf parents (KODA Kids of Deaf Adults) together and share their experiences from both the hearing and deaf worlds. Additionally, it is intended to support Deaf parents who would like to reflect on common issues among each other while raising their hearing children. This program will also serve to help the participants understand uniqueness of our community. Class Fee: \$0
#86507 Oct 18 Su 2:00-5:00pm
#86508 Dec 20 Su 2:00-5:00pm

Silent Supper

Non-City Owned Site
Age: All Ages. Silent Supper meets the 3rd Friday of each month. All are welcome. This program is designed for the Deaf and Hard of Hearing along with beginner and advanced signers to socialize in a fun and relaxed setting. Registration is not necessary. For more details please call Bettie Ittenbach at 807-5404. Class Fee: \$0

Cary Town Center Food Court

#86500 Sep 18 F 5:30-8:30pm
#86502 Nov 24 T 5:30-8:30pm

Crabtree Valley Mall Food Court

#86501 Oct 16 F 5:30-8:30pm

Specialized Recreation Dances

Age: 14yrs and up. Join us as we dance the night away! We will have a DJ, refreshments, and lots of fun! Participants who need a 1:1 are welcome to attend, but must provide their own assistant. Parents, workers, and chaperones do not have to pay the admission fee. There is no pre-registration for this event. All participants must pay at the door. For more information, please contact Specialized Recreation Services at 831-6640. Class Fee: \$5

Jaycee Community Center

#87920 Sep 18 F 7:00-9:30pm

Millbrook Community Center

#87921 Oct 24 Sa 7:00-9:30pm

Swim Lessons – Private

Age: 3yrs and up. These classes are for individuals with special needs that require individualized swim instruction and/or adaptive equipment in order to be successful. Skills are tailored and modified for each student, with the ultimate goal of progressing through American Red Cross Learn to Swim levels and smoothly transitioning into typical aquatic programming. Students will receive progress notes at the completion of each session, as well as, a recommendation regarding continued classes. When a student is demonstrating an appropriate acquisition of skills and the ability to learn in a group setting, we will recommend either a small group class or supported participation in a typical group lesson. This truly is a collaborative effort, for additional information or any questions concerning appropriate placements or adapted aquatics, please contact Stephanie Stancil at 807-5400. For all students new to this program, please enroll in private lessons for an initial assessment. Class Fee: \$80

Optimist Pool

#86091 Sep 1-24 T,Th 3:30-4:00pm

#86092 Sep 1-24 T,Th 4:15-4:45pm

#86093 Sep 1-24 T,Th 5:00-5:30pm

Pullen Aquatic Center

#86095 Sep 29-Oct 22 T,Th 3:30-4:00pm

#86089 Sep 29-Oct 22 T,Th 4:15-4:45pm

#86094 Sep 29-Oct 22 T,Th 5:00-5:30pm

#86099 Oct 27-Nov 19 T,Th 3:30-4:00pm

#86090 Oct 27-Nov 19 T,Th 4:15-4:45pm

#86097 Oct 27-Nov 19 T,Th 5:00-5:30pm

Swim Lessons –

Supported Group Adult Intermediate

Pullen Aquatic Center

Age: 14yrs and up. 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 VSI 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. Introduce and refine survival skills, freestyle, backstroke and breaststroke. Class Fee: \$50
#86803 Sep 29-Oct 22 T,Th 7:05-7:35pm
#86805 Oct 27-Nov 19 T,Th 7:05-7:35pm

Swim Lessons – Supported Group Level 1

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 Water Safety Instructor 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, contact Stephanie Stancil at 807-5400 with any questions. Level 1 participants learn to:

- Enter and exit water safely
- Submerge mouth, nose and eyes
- Explore floating and swimming with support

Class Fee: \$50

#86104 Sep 29-Oct 22 T,Th 5:45-6:15pm

#86747 Oct 27-Nov 19 T,Th 5:45-6:15pm

Swim Lessons – Supported Group Level 2

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 Water Safety Instructor 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. For additional information or any questions, please contact Stephanie

Swim Lessons Group Level 2 continued next page —

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

#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
--------	--------------	---	-------------