

# Program Descriptions

## Adventure Program

**Program Manager** Seth Yearout

The Adventure Program provides Raleigh and surrounding communities with instructional opportunities in a diverse range of activities including kayaking, canoeing, climbing, mountain biking, whitewater rafting, and many other activities. Experienced staff members are dedicated to providing students with quality instruction while helping participants explore new worlds of potential, competency, and discovery. The Adventure Program provides enjoyable adventure experiences that embrace experiential learning, create an atmosphere where group experiences help to create a sense of team, provide instructional foundations in a range of adventure activities, and focus on safety issues and manage risks in the most proactive manner. Come join us for an adventure this year. For information on any adventure program, call 831-6855 or 807-5414.



## After School X-Press

The After School X-Press Program is being offered at all local Community Centers for children K-6th grade. The program strives to make available a high quality program at a low cost. Our goal is to include a variety of programs such as:

**Arts and Crafts** – Bring out the creativity that is in all children by introducing them to a variety of arts media and crafts projects.

**Computer Education** – Reinforce skills learned at schools through educational software.

**Sports and Fitness** – Introduce children to a variety of sports and recreational games.

**Homework Assistance** – Offered in the program on a limited basis depending on the needs of the child. Emphasis of after school program is on recreational activities.

**Nature** – Introduce children to the diversity of nature through hands-on recreational activities.

**Music** – Introduce children to a variety of musical components through games, art projects, and other organized activities.

**Cooking and Nutrition** – Introduce children to basic cooking skills and healthy eating habits. Please call 831-6165 for more information.

## Track Out X-Press

Raleigh Parks and Recreation is proud to present a new program, Track Out X-Press, for grades K-6. The program strives to make available high quality activities at a reasonable cost. This program provides a stimulating and exciting atmosphere through highly organized activities ranging from arts and crafts, sports/games, field trips, educational computer activities, nature programs and much more. The camp is staffed with caring and experienced counselors.

Additional specialty programs will be offered throughout the year such as swim lessons, sports clinics, special art classes, adventure programs, and much more. Please call 831-6165 for more information.

## Play Smart

Age: 3-5yrs. Children will rotate through different stations in small groups during this one-day, 1.5 hour program that is offered in the gym at several community centers on selected mornings in Feb-Apr. Physical fitness and safety activities involving City of Raleigh Firefighters and Police Officers are the primary focus. A kid-size city with pedal cars will be used to teach children about driver and pedestrian safety. Parents, guardians, or teachers are required to stay during the program. Contact: 831-6505 or your local community center for details. Class Fee: \$5

## Arts Program

**Recreation Program Director** – Thea Fotiu

Explore the Arts Program's two unique facilities: Pullen Arts Center and Sertoma Arts Center. The arts centers offer creative atmospheres for both the novice and the professional to enjoy and grow in. Friendly, nurturing, and professional arts instructors, specialized equipment, large studio

spaces and classrooms, a Gallery Program featuring changing exhibits of beautiful and unique works of art, and natural

park settings make the experience of participating at the arts centers inviting for all ages and abilities. Many participants also take advantage of our "Open Studio Time," offered in select studio areas, where qualified studio card holders can work on their art and use studio equipment and amenities in a non-instructional environment. While



each arts center has its' own specialized studio areas, both offer fundamental studio classes in painting, drawing, and pottery ranging from beginner to advanced levels, as well as specialty summer arts camps with visual arts and theatre arts emphasis for youth. If you love to be outdoors, you may want to enjoy live entertainment under setting suns and rising stars with the Arts Program's many outdoor concerts, festivals, and fairs. Some of the best local and regional talent is always on display, whether it's an award-winning blues band, a grand-scale illusion show, or the original artwork of well-known artisans. These events take place in Raleigh Parks and Recreation's arts centers, parks, and many unique community facilities throughout Raleigh. There are free events, ticketed events, events for children, for adults, and for the whole family to enjoy. You'll have opportunities to participate, observe, or relax and be entertained. We hope you will join us in one or more of these unique arts experiences throughout the year...and that you will be inspired to create! For information on the Arts program, call 831-6854.

## Aquatics Program

### 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.

At The Door	Resident	Non-Res
1-12 years	\$1	\$2
13-54 years	\$3	\$6
55 and older	\$2	\$4

### Punch Passes

Purchased at each pool for 15 swims.

	Resident	Non-Res
1-12 years	\$12	\$24
13-54 years	\$36	\$72
55 and older	\$24	\$48

### Photo I.D. Pass

purchased at:

**Raleigh Parks and Recreation Department**  
2401 Wade Avenue

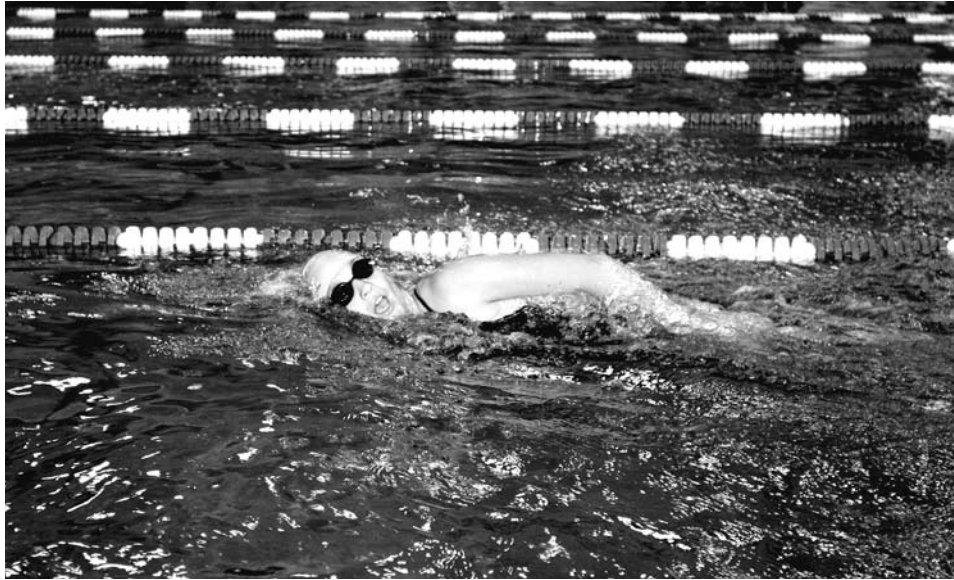
8:30am-5:15pm, Monday-Friday  
Payments by check or money order.  
Credit card purchases available at Wade Avenue.


Month Pass	Resident	Non-Res
1-12 years	\$10.50	\$21
13-54 years	\$31.50	\$63
55 and older	\$21	\$42

Annual Pass	Resident	Non-Res
(valid one year-to-date)		
1-12 years	\$60	\$120
13-54 years	\$180	\$360
55 and older	\$120	\$240

All passes are not transferable and become property of the City of Raleigh upon expiration date. Replacement passes are available for \$10.

# Program Descriptions



Dates of Operation	Hours of Operation	Dates Closed
<b>Millbrook Pool</b> 872-4130 1905 Spring Forest Road		
<b>September 28 – December 31</b>	<p><b>Public Open Swim</b>                      M-Th 12:30-5:30pm                      F 12:30-8:00pm                      Sa 12:30-5:30pm                      Su 1:00-5:30pm</p> <p><b>Adult Lap Swim</b>                      M-F 5:30am-8:00pm                      Sa 6:00am-5:30pm                      Su 7:30-9:30am and 1:00-5:30pm</p>	<b>Closed for annual maintenance</b> Sep 7-28, 2009
<b>Optimist Pool</b> 870-2882 5902 Whittier Drive		
<b>September 1 – December 31</b>	<p><b>Public Open Swim</b>                      M-F 9:00am-8:00pm                      Sa 12:30-5:30pm                      Su 1:00-5:30pm</p> <p><b>Adult Lap Swim</b>                      M-F 5:30am-8:00pm                      Sa 6:00am-5:30pm                      Su 1:00-5:30pm</p>	
<b>Pullen Aquatic Center</b> 831-6197 410 Ashe Avenue		
<b>September 7 – December 31</b>	<p><b>Public Open Swim</b>                      M-Th 9:00am-5:00pm                      F 9:00am-8:00pm                      Sa 12:30-5:30pm                      Su 1:00-5:30pm</p> <p><b>Adult Lap Swim</b>                      M-F 5:30am-8:00pm                      Sa 6:00am-5:30pm                      Su 1:00-5:30pm</p> <p><b>Diving Boards</b>                      Sa 12:30-5:30pm                      Su 1:00-5:30pm</p> <p><b>Teaching Pool</b>                      M-Th 12:00-5:30pm                      F 9:00am-8:00pm                      Sa 12:30-5:30pm                      Su 1:00-5:30pm</p>	<p><b>Closed for annual maintenance</b>                      Aug 10-Sep 6, 2009</p> <p><b>NC Senior Games Swim Meet</b>                      Sep 26, 2009</p> <p><b>Marlins of Raleigh Swim Meet</b>                      Oct 30-Nov 1, 2009</p> <p><b>Marlins of Raleigh Swim Meet</b>                      Nov 13-15, 2009</p> <p><b>YOTA Capital Classic Meet</b>                      Dec 4-6, 2009</p> <p><b>Holiday Express</b>                      Dec 10-13, 2009 (pool closed from 4-9pm)</p>

# Program Descriptions



## Athletics Program

### City Athletic Director

Jane Bailey

### Adult Athletic Program Supervisor

Jackie Twisdale

### Youth Athletic Program Supervisors

David Tugwell and Susan McFarland

### Walnut Creek Softball Complex Supervisor

Shadu Jackson

The Athletics Program is dedicated to providing quality athletic competition, instruction, and participation for youth and adults in Raleigh through camps, clinics, and leagues. Youth Athletics Programs cater to children ages 5-18 and provide numerous benefits from playing in organized youth sports. Youth sports sponsored by the City of Raleigh Parks and Recreation Department provide the opportunity for boys and girls to learn good sportsmanship and progressively develop skills. The Adult Athletics Program provides a great opportunity to stay active, encourage social interaction and community involvement while providing a safe, fun, family atmosphere. Officials, scorekeepers, and coaches are always needed for both youth and adult programs. For information on any athletic program, call 831-6836. Please see page 40 for specific program information. Athletic Teams/Leagues are not currently available for online registration. Please visit our web site ([parks.raleighnc.gov](http://parks.raleighnc.gov)) to print the forms needed to register for the leagues. Please do not use the class registration form in this publication. You can only sign up during the registration period.

## North Carolina High School Athletic Association State Championships

The Raleigh Parks and Recreation Department, North Carolina State University and the Greater Raleigh Convention and Visitors Bureau will be hosting Swimming and Diving, Basketball, Women's Soccer, Baseball and Softball state championships. For information call 831-6688.

**Swimming and Diving** Feb 7

**Basketball** Mar 14

**Women's Soccer** May 29-30

**Baseball** June 5-7

**Softball** June 5-7

## Community Centers

### Community Center Program Supervisor

Lynn Warren and Lynne Mullins

The community centers in the Raleigh Parks and Recreation Department offer diverse leisure and educational opportunities to serve the needs of citizens of all ages and abilities. In an effort to maximize participation, a full complement of leisure services are available with a goal of maximizing all available time and space. Program categories offered within each facility include arts, athletics, nature, educational, teens, adult and youth. Each site hosts community events and festivals and additionally, collaborates with other agencies to offer specialized programs. Facilities are also available for public rentals such as reunions, parties, retreats, meetings and picnics. For information on Community Centers, call 831-6685 or 831-6677.

## Corporate Leisure Services Program

### Program Supervisor: Allison Jones

The City of Raleigh Parks and Recreation Department, in an effort to further serve the community, has a unique program especially designed for the corporate sector. The Corporate Leisure Services (CLS) program is an integrated package of professional recreation services available to area businesses. CLS specializes in coordinating company picnics and family days, holiday parties, meeting management, as well as employee appreciation luncheons and other social occasions. Corporate Leisure Services also offers customized teambuilding workshops designed to address the specific goals of your group. CLS provides professional event planning services for a wide variety of corporate needs. Please visit CLS online at [parks.raleighnc.gov/CLS](http://parks.raleighnc.gov/CLS) for more information. Contact us today because it shouldn't be all work and no play! For more information on the CLS program, call 996-4818.

## Design Development

The Design Development Division of Parks and Recreation includes the Capital Improvement, Greenway, and Long Term Planning Sections. While Design Development does not offer specific programs for the public, staff is constantly engaging neighborhoods and communities through master plan meetings, greenway implementation, park renovations. Behind the scenes staff is using GIS technology to maintain a database of current park property and to locate search areas for new park property. If you are interested in reviewing our current projects please visit our website at [www.raleighnc.gov/parkplan](http://www.raleighnc.gov/parkplan) or call 807-5287.

## English as a Second Language Program

### Program Director – Monica Quechol-Bradley

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 various foreign language classes, summer camp experiences, English as a Second Language classes, computer classes and dance among many others. Volunteers are always needed to assist with promoting our programs and help teach English. Please refer to community center listings for language classes. For information on the ESL program call 831-6844.



## Greenways

996-4786

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

# Program Descriptions

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. A major goal of the Greenway Program is to establish a network of interconnected trails. If you would like us to mail you a copy of our greenway map, please call 996-3285. Or you can visit us online at [www.raleigh-nc.org/parks&rec/greenway\\_map.pdf](http://www.raleigh-nc.org/parks&rec/greenway_map.pdf) to view a copy of the greenway map.



## Nature Programs

**Program Director** – Tiffany Frost  
e-mail: [Tiffany.Frost@ci.raleigh.nc.us](mailto:Tiffany.Frost@ci.raleigh.nc.us)

Nature Programs are held at Durant Nature Park, Lake Johnson, Shelley Lake, and at various other parks, greenways and community centers around the city. They are diverse and may include nature topics such as reptiles, plants, night hikes and birding. For information on Nature Programs call 831-6856

Nature Programs for groups:

### Science Afield

Join a naturalist at one of City of Raleigh's beautiful parks for a hands-on science lesson on a variety of science and nature topics. For Grades K-5th. Class fee: for hour-long program, \$50 January-June; \$45 July-December. Maximum 30 students.

### Schoolyard Science

Experience our nature programs without leaving your facility. Students explore science on their school grounds. For grades K-5th. Class fee: \$50 for hour long program (plus additional cost for mileage), 30 students max.

### Preschool Program

Hands-on nature fun for preschoolers 4-5 years of age. Programs include a story and live animal visitors. Class fee: \$45 for 45 minute program (plus additional cost for mileage), 20 students maximum.

## Senior Trips

For Senior/Adult Trip information, call 831-6851 to get on the mailing list for the following itineraries. You can then receive detailed itineraries which will include prices, departure/return times and more trip details. All trips depart from Jaycee Park, 2401 Wade Avenue.

### September

#### Norfolk, Virginia

The amazing Nautilus Museum, Naval Shipyards and historic James River area will be featured.

Sep 17-19 Th-Sa

### October

#### North Carolina Seafood Festival

Fun and festive event in Morehead City!

Oct 3 Sa

#### National Parks of the West

Spectacular scenery of Utah and Arizona, including Canyonlands National Park and other Western sites.

Oct 9-15 F-F

#### West Jefferson/Shatley Springs

Fall foliage, the Churches of the Frescoes and lunch at Shatley Springs Inn make this one you don't want to miss!

Oct 21 W

### November

#### Mystery Trip

Any guesses on where we are going? Always lots of fun and adventure on this outing!

Nov 10 T

#### Tennessee/Dollywood

Enjoy holiday shows, shopping and the scenic Blue Ridge Mountains during this fall getaway.

Nov 18-20 W-F

#### Meadow

Dinner at the Meadow Village Restaurant and the community light decorations will get you in the holiday spirit!

Dec 4 F

## NeighborWoods

NeighborWoods is the City of Raleigh's street tree program. The program fosters a partnership between the city and its' citizens to help keep Raleigh's trees plentiful and healthy. NeighborWoods provides and prunes the trees, free of charge, and the homeowner must properly plant the tree, on the city right of way, while pledging to water the tree for the first two years. The goal is to plant at least 1500 trees every year, and together, we have planted over 10,500 trees since adopting the program in 2004. NeighborWoods relies upon donations and volunteers, if you would like to contribute, please, mail a check to "Raleigh NeighborWoods" at P.O. Box 590, Raleigh, NC 27602, or add a donation to your water bill via the form on our website. You can volunteer by contacting the Tree Planting Coordinator at 872-4115 or e-mail [sherry.graham@ci.raleigh.nc.us](mailto:sherry.graham@ci.raleigh.nc.us). Find more details by visiting our website! From the City of Raleigh home page click on the "Resident" link and then click on the "Trees" link.

## Senior Adult Program

### 831-6851

**Recreation Program Director** – Steve White  
831-6851 [Steve.white@ci.raleigh.nc.us](mailto:Steve.white@ci.raleigh.nc.us)  
**Recreation Program Manager** – Carmen Rayfield  
807-8525 [Carmen.rayfield@ci.raleigh.nc.us](mailto:Carmen.rayfield@ci.raleigh.nc.us)

Senior Adult Program serves over 7,000 seniors throughout the Raleigh area. Activities are offered in several city wide community centers and other off-sites within the City of Raleigh. These activities range from sports leagues such as: tennis, golf, bowling softball and 3-on-3 basketball, exercise classes, bingo, cards, Outdoor Adventure Club, and much more; over 20 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 different senior adult clubs throughout the city. Further information can be found throughout this brochure, on our website at [raleighnc.gov/seniors](http://raleighnc.gov/seniors) or call 831-6851.

### Golden Years Clubs

The Golden Years Clubs are composed of persons 55 years and better. Anyone meeting the age requirements may join any the clubs. Interested persons (Raleigh residents and non-residents) are invited to join any of the 48 clubs located throughout Raleigh. Clubs meet weekly or twice monthly. Activities vary from club to club and may include: day trips, cards and games, luncheons, speakers, special events and crafts. A complete list of clubs can be found in the Social Section on our website at [raleighnc.gov/seniors](http://raleighnc.gov/seniors) or call 831-6851.

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# Program Descriptions

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## Specialized Recreation Services

### Program Director

Chris Frelke 831-6835

### Special Olympics Wake County Coordinator

Brian Philpot 807-8378

### Adapted Aquatic Program Specialist

Stephanie Stancil 807-5400

### Youth and Adult Program Specialist

Meredith Jackson 807-5401

### Youth and Adult Program Specialist

Jennifer Tabery 807-5402

### Visually Impaired Program Specialist

Christine Cummings 807-5403

### Deaf and Hard of Hearing Program Specialist

Bettie Ittenbach 807-5404

Please be aware that non-resident fees do not apply to our programs at this time. Return registrations to:

**Raleigh Parks and Recreation Department  
Specialized Recreation Services  
2401 Wade Ave  
Raleigh, NC 27607**



Specialized Recreation Services offers a variety of exciting programs for patrons who are developmentally or physically challenged. Fitness, sports, swimming, horticulture, day and weekend trips, arts and crafts, and fun walks are some of the programs offered. Each program is designed to meet the needs and interests of the participants. Whether you prefer social outings, trips or learning a new skill we are sure to have a program that fits your lifestyle. Some eligibility restrictions may apply. For more information on how to increase the quality of your leisure hours and to get on our mailing list, please give us a call.

### Deaf and Hard of Hearing Program

The Deaf and Hard of Hearing Program offers social outings and day trips for those with hearing impairments, as well as sign language classes for the general public. To receive the "Handflight" newsletter please call 831-6835 or email [Chris.Frelke@ci.raleigh.nc.us](mailto:Chris.Frelke@ci.raleigh.nc.us) to be put on our mailing list.

### Visually Impaired Program

The Visually Impaired Program offers a variety of exciting monthly activities for area residents with a visual impairment. Athletic programs include beepball and bowling. We offer a wide variety of trips to sporting events, family outings, both local and statewide day trips. Classes are scheduled according to interest. Each activity is designed to offer instruction and meet the interests of all ages. Our senior citizens group, The Lords and Ladies, enjoy bi-weekly activities, along with trips with the Wake County Support Group. Our choir Seabreeze meets weekly for choir rehearsal and performs for the holidays and in the spring. To receive our bi-monthly newsletter (which is available in large print, braille, and audio) and increase the quality of your leisure time, please call 807-5403.

### Special Olympics Wake County

Raleigh Parks and Recreation Department is proud to sponsor Special Olympics Wake County. SOWC provides year-round sports training and athletic competition in 16 different sports for individuals with intellectual disabilities. If you are unsure of eligibility requirements please call. Special Olympics serves ages 8 and above and in addition offers the non-competitive "Play Activities" program for ages 5-7 through the Wake County School System. Special Olympics training and competition is provided at no charge to eligible athletes. Each sport practices on a weekly basis at different times and locations. Athletes may have the option to train on their own if they can't meet our schedule. Be sure to contact us so we can get you the specifics on each sport, as they are available. SOWC is always looking for new athletes, volunteers and coaches; please contact Brian Philpot at 807-8378 for additional information and to get on our mailing list.



## Teen Programs

### Program Supervisors

Dana Youst,

Kathleen Murphy and Daniel Price

The Teen Program at Raleigh Parks and Recreation provides recreation, education, career exploration, personal and social empowerment, and personal development for the purpose of serving teens ages 12 to 18 in the City of Raleigh and Wake County. The purpose 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. The Teen Program encourages youth to take an interest in their personal growth and development, and helps them realize their potential as responsible young adults and their leadership role as a voice for young adults. For information on Teen programs, call 831-6688.



### Custom Teen Programs

Do you have an idea for a great teen activity, but want someone else to help plan and organize it? Let the Teen Program at Raleigh Parks and Recreation plan your next teen event or outing. We have experience

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planning and providing activities for groups large and small. From an evening trip out to a local event, to a weeklong trip across the state, we can make it happen for your group. Cost for these programs will vary depending on the size of the group and the desired activity. Call us today to hear more about your options for a custom teen program!

## Portable Challenge Course for Teens

**Age:** 11-18yrs. 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: \$15 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, and fundraising as well as special events such as: Governor's Page Week, Youth Legislative Assembly, Student Government Month, State Youth Conferences, Domino Day, 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 Wake County. The Raleigh Youth Council is sponsored by the Raleigh Parks and Recreation Department and is a charter member of the Youth Councils of North Carolina. If you are interested in participating in different types of community service projects or need hours to fill a requirement for your school or organization, check out one of our meetings or call to find out about upcoming opportunities! The meetings take place on the second and fourth Mondays of each month during the regular 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 831-6688 for more information.



## Tennis Program

**Program Supervisor** – David Bell

The Raleigh Parks and Recreation Department offers 112 public tennis courts (108 are lighted) located at 25 sites throughout the city. No advanced sign up is necessary and it is free to play at any location each day until 10:30pm. Scheduled classes for juniors and adults, from level 1 (no experience necessary, learning the tools you need to play a match), level 2 (learning full swing strokes), level 3 (learning how to hit with spin), level 4 (hitting with spin during match play), level 5 (advanced drills) are currently offered at Millbrook. Level 1 and 2 are offered at Lake Lynn and Kentwood Park. Other tennis activities include adult and junior team tennis, USTA adult, combo, senior and super senior leagues, World Team Tennis leagues, drop in Senior Tennis, Women's Quads, tournaments, cardio tennis and private coaching. There is an active NTRP level ladder program for men and women for singles and doubles. Millbrook Exchange Tennis Center is the hub of activity with 23 lit courts and a front desk which is staffed 363 days a year. Millbrook also has a drop in doubles challenge court, a ball machine court and four backboards. A 24 hour stringing/regripping service is available as well as tennis accessories, entry level racquets and racquets to borrow. Tennis program updates and forms can be downloaded from [www.raleightennis.com](http://www.raleightennis.com). To talk to someone about tennis for you, call Millbrook Exchange Tennis Center, 872-4129.

## Volunteer Opportunities

You are invited to become a part of the Raleigh Parks and Recreation Department's Volunteer Program and make a difference in your community. You may volunteer as an individual or as part of a group on a one-time or ongoing basis. The department offers individuals, families, students, businesses and organizations the opportunity to contribute time, talents and resources to our community. Through the efforts of both City staff and volunteers, the Raleigh Parks and Recreation Department can continue its fine tradition of providing quality leisure services to citizens of all ages. For more information, please contact Cindy Trumbower, (919)890-3292 or [cindy.trumbower@ci.raleigh.nc.us](mailto:cindy.trumbower@ci.raleigh.nc.us)

