

Tai Chi Chih – Beginner

Pullen Community Center
 Age: 10yrs and up. Tai Chi Chih: A wonderful moving meditation – sometimes called ‘Joy through movement’. It is designed to balance and circulate your energy (chi). When your energy is balanced and flowing freely, you experience better health, allowing harmony to take place within. Tai Chi Chih consists of 19 soft, flowing moves and one meditative pose. It is simple to learn and a joy to experience. Anyone can do it. The benefits of Tai chi chih are: It relieves stress and anxiety allowing inner calm to take place and promotes balance and flexibility. When Tai Chi Chih is done together at the same pace, it causes a surge of energy and a rhythm begins to move us. Tai Chi translated from Chinese means knowledge of reality. Chih means the way. Class Fee: \$80
 #84959 Sep 29-Nov 17 T 1:00-2:00pm

Wellness Week

Barwell Road Community Center
 Age: All Ages. Join us for a week of activities to help you improve your overall health. Activities will include fitness program demonstrations, healthy living lectures, family fitness night and more! Activity times will vary through out the week. Call Barwell Road Community Center at 329-5994 for more information. Class Fee: \$0
 #85650 Sep 28-Oct 2

Nature

Preschool

Birding for Preschoolers

Optimist Community Center
 Age: 3-5yrs. Preschoolers can learn to identify birds too! Basic backyard birds will be our focus as we talk about their different colors and songs. We will explore the outdoors in search of these feathered friends. Pre-registration is required four days prior to program. For more information, contact Nature programs at 919-831-6640. Class Fee: \$3
 #85529 Oct 8 Th 10:30-11:15am

Leaping Lizards

Laurel Hills Community Center
 Age: 3-5yrs. Lizards, snakes, turtles and other reptiles...We will learn all about them...where they live, what they look like, what they eat, and much, much more. All students must be potty-trained. Instructor: Mrs. Alice. Class Fee: \$36
 #86253 Nov 4-25 W 10:00-10:45am

Nature – Animals in Action

Age: 3-5yrs. Have you ever wondered what it would be like to slither up the street, crawl down the hall, or fly in the sky? We'll

investigate how and why animals move the way they do and try moving like them too. Pre-registration is required four days prior to the program. For more information, contact Nature programs at 919-831-6640. Class Fee: \$3

Millbrook Exchange Community Center

#85550 Oct 10 Sa 10:00-10:45am

Brier Creek Community Center

#85551 Nov 14 Sa 1:00-1:45pm

Green Road Community Center

#85552 Dec 12 Sa 10:45-11:30am

Nature – Fall Harvest: Apples

Method Road Community Center
 Age: 3-5yrs. Have you ever wondered where apples really come from? We usually buy them from a store, but they are plants that we can grow in our own back yard! We'll learn about seeds, decorate a pot, and plant the seed to watch it grow. Seeds will be provided or you can bring your own (save those seeds from your apple cores). Pre-registration is required four days prior to program. For more information, contact Nature programs at 919-831-6640. Class Fee: \$5
 #85543 Sep 18 F 10:00-10:45am

Nature – Fall Harvest: Pumpkins

Age: 3-5yrs. Have you ever wondered where pumpkins really come from? We usually buy them from a store, but they are plants that we can grow in our own back yard! We'll learn about seeds, decorate a pot, and plant the seed to watch it grow. Seeds will be provided or you can bring your own (save those seeds from your jack-o-lantern). Pre-registration is required four days prior to program. For more information, contact Nature programs at 919-831-6640. Class

Fee: \$5

Brier Creek Community Center

#85546 Oct 31 Sa 10:30-11:15am

Barwell Road Community Center

#85547 Oct 31 Sa 1:00-1:45pm

Nature – Little Nature Hikers

Age: 1-6yrs. Join a nature instructor and other families for a guided walk around the park with your child. Meet other families in your community and learn about nature. We'll see birds, insects, and maybe even a few mammals and reptiles basking near the lakes and pond. Strollers are welcome. Fee applies to each participant; all children must be accompanied by an adult. Pre-registration is required four days prior to program. For more information, contact Nature programs at 919-831-6640. Class Fee: \$1

Anderson Point

#85533 Sep 2 W 10:30-11:15am

Sertoma Arts Center

#85537 Oct 7 W 10:30-11:15am

Lake Wheeler

#85538 Nov 4 W 10:30-11:15am

Lake Johnson

#85540 Dec 2 W 10:30-11:15am

Nature – Tales and Scales

Age: 3-5yrs. This story time focuses on Reptiles and is followed by a visit from a few live snakes and lizards to see and touch. Pre-registration is required four days prior to program. For more information, contact Nature programs at 919-831-6640. Class Fee: \$3

Lions Park Community Center

#85525 Oct 13 T 9:45-10:30am

Green Road Community Center

#85527 Nov 10 T 9:45-10:30am

Laurel Hills Community Center

#85528 Dec 8 T 1:00-1:45pm

Preschool Nature continued next page —



Preschool Nature continued —

Nature Uncovered

Chavis Community Center

Age: 3-5yrs. Learn about some smaller critters often found in your own backyard! We'll look under logs, dig in the dirt, roll over rocks and search among the shrubs for these interesting creatures. Some finds could include earthworms, beetles, slugs, ants, and other small specimens. Pre-registration is required four days prior to program. For more information, contact Nature programs at 919-831-6640. Class Fee: \$3
#86213 Oct 6 T 10:15-11:00am

Tiny Tadpoles

Laurel Hills Community Center

Age: 3-5yrs. Come explore the world of a tadpole and learn how they grow up into frogs! We'll take a short walk down to the pond, catch tadpoles, and see some other pond creatures while we are there. Child must be accompanied by an adult (they will need your help with the nets). Pre-registration is required four days prior to the program. For more information, contact Nature programs at 919-831-6640. Class Fee: \$3
#85531 Sep 10 Th 10:30-11:15am

Wee Walkers

Durant Nature Park

Age: 1yrs and up. Would you and your toddler like some company for your walks? Join others on an easy paced hike around the park. This is a great opportunity for adults and little ones to meet each other and explore nature. Class Fee: \$0
#84879 Sep 3 Th 10:00-11:00am
#84880 Sep 10 Th 10:00-11:00am
#84881 Sep 17 Th 10:00-11:00am
#84882 Oct 1 Th 10:00-11:00am
#84883 Oct 8 Th 10:00-11:00am
#84884 Oct 15 Th 10:00-11:00am
#84885 Oct 22 Th 10:00-11:00am
#84886 Oct 29 Th 10:00-11:00am
#84887 Nov 5 Th 10:00-11:00am
#84888 Nov 12 Th 10:00-11:00am
#84889 Nov 19 Th 10:00-11:00am
#84890 Dec 3 Th 10:00-11:00am
#84891 Dec 10 Th 10:00-11:00am
#84892 Dec 17 Th 10:00-11:00am
#84893 Dec 31 Th 10:00-11:00am

What's Wild in Our Woods?

Durant Nature Park

Age: 3-5yrs. Durant Nature Park is home for a wide range of birds, mammals, reptiles, and amphibians. During this hour we will discover some of the fascinating things

our wildlife do, and explore the park to see who we can find. Craft included. Please pre-register. Parent must accompany child. Class Fee: \$5
#86159 Nov 21 Sa 1:00-2:00pm

Youth

Behind the Super Hero

Age: 5-11yrs. What do Spiderman, Batman, Mighty Mouse, and Teenage Mutant Ninja Turtles all have in common? They are all based on wildlife! Join a nature instructor and learn about the creatures behind these popular heroes and find out how SUPER they really are! Pre-registration is required four days prior to the program. For more information, contact Nature programs at 919-831-6640. Class Fee: \$3
Millbrook Exchange Community Center
#85561 Nov 19 Th 5:30-6:30pm
Billmore Hills Community Center
#85562 Dec 15 T 5:00-6:00pm

Follow Those Tracks

Age: 8-12yrs. Discover how scientists follow animals to their homes. Learn to identify common animal signs. Enjoy games, nature walks, and get a tracks book to take home. Pre-registration is required four days prior to program. For more information, contact Nature programs at 919-831-6640. Class Fee: \$3
Lake Lynn Community Center
#85553 Oct 10 Sa 1:00-2:00pm
Jaycee Community Center
#86215 Nov 14 Sa 10:30-11:30am
Lake Johnson
#85555 Dec 12 Sa 1:00-2:00pm

Frog and Toad

Powell Drive Park

Age: 5-10yrs. This is the season these hopping amphibians become active. Explore the park as we discover which of these are swimming in the lake, hopping on land or climbing in the trees. Pre-registration is required four days prior to program. For more information, contact Nature programs at 919-831-6640. Class Fee: \$3
#85556 Sep 10 Th 4:00-5:00pm

Holiday Wreath Making

Durant Nature Park

Age: 5yrs and up. The holidays are upon us! What better time to get together to make holiday wreaths using materials from nature. After our wreath making, we'll enjoy some hot chocolate! Class Fee: \$5
#84874 Dec 12 Sa 4:00-5:00pm

Lightning Bugs

Jaycee Community Center

Age: 6-12yrs. Let's go see the lights of summer in action. A hike, game, and craft will be included in this fun, educational program. Pre-registration is required four days prior to program. For more information, contact Nature programs at 919-831-6640. Class Fee: \$5
#86214 Sep 8 T 6:30-7:30pm

Nature – Animal Show and Tell

Age: 6-12yrs. Meet some animals up close. Possible visitors include: snakes, lizards, and insects. Learn about these animals and the ones living in this park. Pre-registration is required four days prior to program. For more information, contact Nature programs at 919-831-6640. Class Fee: \$2
Pullen Community Center
#85557 Nov 12 Th 4:30-5:30pm
Peach Road Community Center
#85558 Dec 3 Th 5:00-6:00pm

Nature – Crafty Critters

Age: 6-12yrs. Learn how critters make their own crafts in nature. We'll talk about birds, insects, and mammals that use sticks, leaves, mud, silk and more and make a craft to take home! Pre-registration is required four days prior to program. For more information, contact Nature Programs at 919-831-6640. Class Fee: \$5
Brier Creek Community Center
#85559 Sep 17 Th 6:00-7:00pm
Optimist Community Center
#85560 Nov 17 T 9:45-10:45am

Noises in Nature

Age: 5-12yrs. Come enjoy the many sounds of nature. We'll focus on the sounds in our surroundings and learn to identify some animal, water, and wind noises and build natural instruments to make some noises of our own! Pre-registration is required four days prior to the program. For more information, contact Nature programs at 919-831-6640. Class Fee: \$5
Anderson Point Park
#85564 Sep 15 T 6:00-7:00pm
Sertoma Arts Center
#85565 Oct 12 M 4:30-5:30pm

Preparing for Winter

Age: 6-12yrs. How do animals get ready for winter's cold days? Join a nature instructor to discover the habits of mammals and reptiles as they prepare for the long winter months ahead. Pre-registration is required four days prior to the program. For more

Leisure recreation is a state of mind. It is an inner place of peace and a bridge which connects to others in a meaningful way. from the poem of Kathy O. Keffee

information, contact Nature programs at 919-831-6640. Class Fee: \$3

Jaycee Community Center

#86216 Oct 13 T 5:00-6:00pm

Carolina Pines Community Center

#85566 Nov 5 Th 5:00-6:00pm

Wildlife Wednesdays

Chavis Community Center

Age: 6-12yrs. Spend your Wednesday evenings discovering wildlife. This program is great for kids who like living creatures, catching insects, arts and crafts, and games. Fee is \$1 per week. Pre-registration is required four days prior to program. For more information, contact Nature programs at 919-831-6640.

#86550 Sep 2-23 W 5:00-6:00pm

#86552 Oct 7-14 W 5:00-6:00pm

#86557 Nov 4 W 5:00-6:00pm

#86558 Dec 2-16 W 5:00-6:00pm

Adult

Birding 'n Coffee

Durant Nature Park

Age: 16yrs and up. Enjoy a leisurely walk around the park with park staff and a hot cup of shade grown coffee! Learn why shade grown is the best for birds as we wander the trails in search of bird activity. Please wear comfortable walking shoes. Class Fee: \$5

#84873 Dec 5 Sa 8:30-10:00am

Natural Art

Anderson Point

Age: 16yrs and up. Join an instructor to explore the artistic side of nature. Each art session has its own theme including photography (bring your own camera), mosaics using natural materials, festive corn husk dolls and holiday wreaths made from wisteria. Pre-registration is required four days prior to the program. For more information, contact Nature programs at 919-831-6640. Class Fee: \$10

Nature's Snapshots

#85645 Sep 9 W 7:00-8:00pm

Natural Mosaics

#85646 Oct 14 W 7:00-8:00pm

Corn Husk Dolls

#85647 Nov 18 W 7:00-8:00pm

Wisteria Wreaths

#85648 Dec 9 W 7:00-8:00pm

Family

Big Sweep!

Durant Nature Park

Age: 6yrs and up. Help keep Durant Nature Park clean by coming out to the annual Big Sweep! Trash bags, gloves and water will be provided. This is a great opportunity for organizations looking for a service project. Pre-registration is required. Class Fee: \$0

#85335 Oct 17 Sa 9:00am-12:00pm

Birds in Winter

Anderson Point

Age: 6yrs and up. How do birds survive the cold winter? What can we do to help? Join us on a fun bird walk where we will discuss survival strategies and learn how to help the birds through the cold winter days by putting out feeders and providing shelter. Sponsored by Wake Audubon Society. For more information, contact Nature programs at 919-831-6640. Class Fee: \$0

#85641 Nov 7 Sa 9:00-11:00am

Calling All Owls

Durant Nature Park

Age: 5yrs and up. Whoooo goes there? In the fall, owls are calling to claim their territories. We'll set out at dusk to listen for their calls and learn why these creatures of the night are so well adapted to living in darkness. After our owl prowl, we'll enjoy s'mores and hot chocolate around the campfire while practicing our newly learned owl calls! Parent must accompany child. Class Fee: \$5

#84875 Nov 7 Sa 5:00-6:30pm

Campfire, Story and Marshmallow Roast

Durant Nature Park

Age: 1-10yrs. Gather 'round the camp fire while we read a nature story perfect for just this occasion. Share some quality time with your little one and the good company of others while roasting a marshmallow or making a s'more. Register in advance and meet at the Durant Nature Park Office Campfire Circle! Parents must accompany participants. Class Fee: \$5

#84825 Oct 9 F 6:00-7:00pm

Christmas Bird Count

Anderson Point

Age: 6yrs and up. Join us for the 110th Annual Christmas Bird Count. Participants will hike around the park and identify as many species of bird as possible. 'Each of the citizen scientists who annually brave snow, wind, or rain, to take part in the Christmas Bird Count makes an enormous contribution to conservation. Audubon and other organizations use data collected in this longest-running wildlife census to assess the health of bird populations—and to help guide conservation action.' Beginners are welcome and will be paired with a more experienced birder. Binoculars are essential. Pre-registration is required. Sponsored by Wake Audubon Society. For more information, contact Nature programs at 919-831-6640. Class Fee: \$0

#85642 Dec 19 Sa 7:00am-12:00pm

Conserve and Compost

Anderson Point

Age: All Ages. Join a nature instructor to learn about recycling, composting, and conservation. We'll make crafts from recycled items and learn how to create a compost pile! Children under 10 must

be accompanied by an adult. Fee applies to each participant, including guardian of children under 10. Pre-registration is required four days prior to the program. For more information, contact Nature programs at 919-831-6640. Class Fee: \$1

#85600 Sep 3 Th 6:30-7:30pm

Durant Family Camp Out

Durant Nature Park

Age: All Ages. Families gather to form a group and experience an overnight complete with a naturalist led night hike, s'mores for the kids, breakfast prepared for you, and time in the canoes. Bring a tent or borrow a cot and sleep in an adirondack shelter. Your gear will be hauled by vehicle down to the primitive, lakeside campsite that we will call home for the night! Class Fee: Adults \$15 each, Youth \$10. Class Fee: \$15

#84821 Sep 11-12 F-Sa 6:00-11:59pm

Loggerhead Shrikes – The Butcher Bird

Anderson Point

Age: 6yrs and up. Learn about this amazing bird and why it has such a bold reputation (Lizards and grasshoppers beware!). We will look for shrikes and take a hike around the park to view other species of birds as well as non-avian wildlife. Binoculars are recommended. Sponsored by Wake Audubon Society. For more information, contact Nature programs at 919-831-6640. Class Fee: \$0

#85638 Sep 19 Sa 9:00-11:00am

Migrating Warblers

Anderson Point

Age: 6yrs and up. Everybody is heading south! Come out to the park to get a look at some migrating fall warblers as well as other migratory species and our year-round residents. Bring your binoculars! (Binoculars will also be provided to participants, if needed). Sponsored by Wake Audubon Society. For more information, contact Nature programs at 919-831-6640. Class Fee: \$0

#85639 Oct 3 Sa 9:00-11:00am

Take a Child Outside Week – Kick-off Hike

Age: All Ages. Come join us at either Durant Nature Park or Anderson Point Park to kick off Take a Child Outside Week with an afternoon hike! Bring the whole family to explore the park and stretch your legs after a long day at work (and school). We'll walk around the park and maybe even catch a glimpse of a beaver or deer! Fee applies to each participant. Pre-registration is required four days prior to the event. For more information, contact Nature programs at 919-831-6640. Class Fee: \$1

Anderson Point Park

#85661 Sep 24 Th 6:00-7:00pm

Durant Nature Park

#85665 Sep 24 Th 6:00-7:00pm

Family Nature continued next page —

Family Nature continued —

Take a Child Outside Week – Family Fishing

Age: All Ages. Bring the whole family for a relaxing morning or afternoon of fishing! The best time to catch the biggest fish on the lake is during the early morning or late afternoon hours when the fish are hungry for breakfast and dinner! Fishing poles will be provided if needed; all anglers must abide by catch and release methods. Fee applies to each participant. Pre-registration is required four days prior to the event. For more information, contact Nature programs at 919-831-6640. Class Fee: \$5

Lake Wheeler			
#85670	Sep 26	Sa	9:00am-12:00pm
Lake Johnson			
#85671	Sep 26	Sa	4:00-7:00pm

Take a Child Outside Week – Eco-Challenge: Family Trailblazers

Age: All Ages. Your family will tackle this challenge together! All teams must have at least one adult and each member should register and pay the fee. Learn how to find your way with maps, compasses and trailblazing signs in order to find the hidden coins that we have placed. Come ready to hike and explore. Pre-registration is required four days prior to the event. For more information, contact Nature programs at 919-831-6640. Class Fee: \$4

Anderson Point Park			
#85672	Sep 27	Su	2:00-3:30pm
Sertoma Arts Center			
#85675	Sep 30	W	6:00-7:30pm

Take a Child Outside Week – Lake Wheeler Family Campout

Lake Wheeler
Age: All Ages. Families gather to form a group and experience an overnight complete with a naturalist led night hike, cook-out deserts, and a light breakfast. We will be done by 9am on Saturday. Bring a tent, sleeping bags, and pillow for a night under the stars. Program fee applies to each person. Pre-registration is required four days prior to the event. For more information, contact Nature programs at 919-831-6640. Class Fee: \$12

#85652	Sep 25-26	F-Sa	6:00-11:59pm
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Take a Child Outside Week – Monarch Madness

Durant Nature Park
Age: 4yrs and up. Learn about the life cycle of the Monarch butterfly and where they all go in the fall. Look for caterpillars and butterflies in the butterfly garden and make a fun butterfly craft to take home! Pre-registration is required for days prior to the event. Class Fee: \$0

#84877	Sep 29	T	10:00-11:00am
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Take a Child Outside Week – Pond Exploration

Laurel Hills Community Center
Age: All Ages. A morning of aquatic fun is waiting for your whole family. Help us explore the pond in search of all the amazing critters that live in it. We will use nets and fishing poles to catch insects, amphibians, and fish for a closer look before returning them to their home in the water. Program fee applies to each person. Pre-registration is required four days prior to the event. For more information, contact Nature programs at 919-831-6640. Class Fee: \$3

#85677	Sep 28	M	10:00-11:00am
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Take a Child Outside Week – Sample Durant

Durant Nature Park
Age: All Ages. Catch it all in one day: paddle a canoe on the lake, bird watching, crafts, dipnetting and meet some animals! Start your adventure at the big yellow gate at the Durant Nature Park North entrance. Class Fee: \$0

#84822	Sep 26	Sa	9:00am-12:00pm
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Take a Child Outside Week – Wee Walkers

Durant Nature Park
Age: 1yrs and up. Bring your toddler to the park for an easy paced walk where we'll have fun exploring nature and making new friends! Class Fee: \$0

#84878	Sep 24	Th	10:00-11:00am
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Twilight Trek

Anderson Point
Age: All Ages. As the sun sets, the woods come alive. Adults and children will enjoy this hike in search of nocturnal animals such as frogs, owls, bats, moths, and beavers. Learn all about the adaptations that help these animals survive at night. Fee applies to each participant; children under 10 should be accompanied by adult. Pre-registration is required four days prior to program. For more information, contact Nature programs at 919-831-6640. Class Fee: \$3

#85567	Oct 6	T	6:45-7:45pm
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School Programs

Youth

Weather Bound

Age: 5-11yrs. Need a structured place for your children to play when Wake County Schools are closed for the day due to inclement weather? Program hours are 8:00am-5:00pm. Activities may include

sports, crafts, games, computer games, movies and outdoor play. Children should bring a lunch, two snacks, drinks and a change of clothes. Pre-registration is recommended. Space is limited. Class Fee: \$20

Jaycee Community Center			
#87514	Sep 7	M	8:00am-5:00pm
Chavis Community Center			
#87512	Sep 7	M	8:00am-5:00pm
Green Road Community Center			
#87513	Sep 7	M	8:00am-5:00pm

Year-Round YES Days

Need something for your child to do on school holidays? This wonderful recreational opportunity provides a safe alternative to young children needing a place to stay while parents work. Each participant must bring lunch, two snacks, and drinks (no soda please). Participants interact with their peers and counselors in fun filled activities such as sports, arts and crafts, games, movies and a variety of other exciting events. Registration for this program began on March 1, 2009. Class fee: \$25.

Barwell Road

#84402	Jul 6	M	7:00am-6:30pm
#84403	Nov 11	W	7:00am-6:30pm
#84404	Dec 21	M	7:00am-6:30pm
#84405	Dec 22	T	7:00am-6:30pm
#84406	Dec 23	W	7:00am-6:30pm
#84407	Dec 28	M	7:00am-6:30pm
#84408	Dec 29	T	7:00am-6:30pm
#84409	Dec 30	W	7:00am-6:30pm

Brier Creek

#84411	Jul 6	M	7:00am-6:30pm
#84412	Nov 11	W	7:00am-6:30pm
#84413	Dec 21	M	7:00am-6:30pm
#84414	Dec 22	T	7:00am-6:30pm
#84415	Dec 23	W	7:00am-6:30pm
#84416	Dec 28	M	7:00am-6:30pm
#84417	Dec 29	T	7:00am-6:30pm
#84418	Dec 30	W	7:00am-6:30pm

YES Days

Need a safe place for your child to go for teacher workdays and school holidays? Enroll in the Youth Escape School (YES) program. This wonderful recreational opportunity provides a safe alternative to children having to stay home while Mom and Dad work. Participants interact with their peers and counselors in fun-filled activities such as sports, arts and crafts, games, movies and a variety of other exciting events. Field trips, if offered, may require additional fees. Each participant must bring lunch and 2 snacks. Registration for this program began on March 1, 2009. Class fee: \$20

Carolina Pines

#87753	Sep 28	M	7:30am-6:00pm
#87755	Oct 30	F	7:30am-6:00pm
#87757	Nov 11	W	7:30am-6:00pm
#87758	Nov 25	W	7:30am-6:00pm
#87759	Dec 21	M	7:30am-6:00pm
#87760	Dec 22	T	7:30am-6:00pm
#87762	Dec 23	W	7:30am-6:00pm

The first wealth is health. Emerson

Register online with Reclink at parks.raleighnc.gov