

Educational

Preschool

Arctic Animals

Green Road Community Center

Age: 3-5yrs. Join us on our exciting explorations of arctic animals. We will learn about polar bears, penguins and other animals of this very cold region as we play with them and do an art project for each animal. Class Fee: \$36
#86647 Sep 3-24 Th 2:00-2:45pm

Baby Signs

Laurel Hills Community Center

Age: 12-18 months. American sign language is the basis of this class which is taught to the parent and infant to improve communication and help lessen frustration. Class Fee: \$35
#86464 Oct 7-28 W 9:00-9:30am

Backyard Birds

Green Road Community Center

Age: 3-5yrs. What kind of birds live in your backyard? What do they eat? What should you feed them? We will learn something new each week about birds that live in this area. We will have age appropriate crafts and parent guided take home projects. Class Fee: \$36
#86603 Oct 29-Nov 19 Th 2:00-2:45pm

Cooking – Gourmet Crumbs

Jaycee Community Center

Age: 3-5yrs. Explore cooking through fun, new recipes. Mix, measure, make, and enjoy! Class Fee: \$36
#85767 Oct 5-26 M 1:30-3:00pm
#85768 Dec 3-17 Th 1:30-3:00pm

Cooking – Gifts from the Kids Kitchen

Green Road Community Center

Age: 3-5yrs. We will make delicious treats that your child can enjoy or give as gifts during this holiday season. A different recipe each week for this three week class. Class Fee: \$30
#86619 Dec 3-17 Th 3:00-4:00pm

Cooking – Santa's Chefs

Green Road Community Center

Age: 3-5yrs. We will prepare delicious treats for the holidays with your preschooler. A different recipe is provided each week so that you and your child can make more at home for family and friends. Class Fee: \$36
#86614 Nov 30-Dec 21 M 2:30-3:30pm

Fantastic Fables

Laurel Hills Community Center

Age: 3-5yrs. What's the real story behind Aesop's lesser known fables? We will read stories, recreate and do art projects as we learn a lesson from each fable. Instructor: Mrs. Alice. Class Fee: \$36
#86282 Nov 4-25 W 2:00-2:45pm

Kidstime Play School

Optimist Community Center

Age: 3-5yrs. Kidstime Play School is designed to help children prepare for school relationships, learning skills such as sharing, being polite, playing and learning in a group. We play, sing, read and learn numbers, letters, and sounds. Science and health are included, along with cooking and crafts. All children must be potty trained. This program will meet Monday-Thursday. Parents have the option of enrolling their child in either the 2 days a week program or the 4 days a week program. Total cost for program will be broken down into payments. 2 days a week program will be \$118.25 a month and the 4 days a week program will be \$236.25 a month. Payments will be due at the beginning of each month. Final payment will be due December 1. The class will follow the Wake County Schools traditional calendar and inclement weather policy. Please call 919-870-2880 for more information. Class Fee: \$473

2 Days a Week

#87852 Sep 2-Dec 21 M,W 9:15am-12:15pm

4 Days a Week

#87889 Sep 2-Dec 22 M-Th 9:15am-12:15pm

Oceans of Fun

Laurel Hills Community Center

Age: 4-5yrs. Think the ocean is just weird critters? Think again! Come learn about the ocean through stories, art, movement and science. We will explore marine life, the water cycle and how you can help care for the ocean. Class Fee: \$40
#87222 Sep 8-29 T 11:00am-12:00pm

Play and Learn

Barwell Road Community Center

Age: 3-5yrs. Participants will enjoy a variety activities such as crafts, games, stories and more as they learn and socialize. Each class has a different theme for the children to explore! Space is limited, so register early! Class Fee: \$25

Alpha Bugs

#87922 Sep 14-28 M 6:00-7:00pm

Number Crunchers

#87923 Oct 5-19 M 6:00-7:00pm

Fairy Tale Explorers

#87924 Nov 2-16 M 6:00-7:00pm

Sounds Good To Me

Method Road Community Center

Age: 4-5yrs. Participate in various activities while learning to recognize, read and write the alphabets and their sounds. Class Fee: \$7
#87745 Sep 8-29 T 10:00am-12:00pm

Ways 2 Go

Laurel Hills Community Center

Age: 3-5yrs. How many different ways of transportation can you go?...By train, boat, car, bus and many more that Mrs. Alice will teach you about in this class. We will also learn about safety and traffic signs. All students must be potty-trained. Class Fee: \$36
#86261 Oct 7-28 W 2:00-2:45pm

Youth

Community Afterschool Programs

Age: 5-12yrs. The Community Afterschool Program is being offered at several local Community Centers for children K-6th grade following the Wake County Traditional school calendar. This program is designed to offer recreation activities, homework assistance, and arts and crafts. For registration information contact your local community center. Class Fee: \$0

Biltmore

#87752 Aug 25-Dec 28 M-Th 3:00-6:00pm

Carolina Pines

#87754 Aug 25-Dec 28 M-Th 3:00-6:00pm

Halifax

#87756 Aug 25-Dec 28 M-Th 3:00-6:00pm

Lions Park

#86563 Aug 25-Dec 28 M-Th 3:00-6:00pm

Peach Road

#85021 Aug 25-Dec 28 M-Th 3:00-6:00pm

Sgt. Courtney Johnson

#86564 Aug 25-Dec 28 M-Th 3:00-6:00pm

Walnut Terrace

#85248 Aug 25-Dec 28 M-Th 3:00-6:00pm

Ralph Campbell

#87822 Aug 25-Dec 28 M-Th 3:00-6:00pm

Tarboro

#87824 Aug 25-Dec 28 M-Th 3:00-6:00pm

Worthdale

#87829 Aug 25-Dec 28 M-Th 3:00-6:00pm

Roberts Park

#87839 Aug 25-Dec 28 M-Th 3:00-6:00pm

Computer Ease One

Worthdale Community Center

Age: 8-14yrs. Do you want to learn how to use the computer but don't know how? Learn the skills you will need to know to operate the computer with proficiency. Computer Ease One is an introduction class for patrons without any knowledge about computers. Class Fee: \$2.50
#87793 Sep 7 M 5:00-6:00pm
#87800 Sep 14 M 5:00-6:00pm
#87806 Sep 21 M 5:00-6:00pm
#87819 Sep 28 M 5:00-6:00pm

Cooking – Chef Kids

Green Road Community Center

Age: 3-5yrs. Measuring, pouring, stirring—we are learning to cook! kid-friendly recipes that parents and kids can also use at home. We will also learn about the four different food groups. There will be a different recipe for each class! Class Fee: \$36
#86648 Sep 3-24 Th 3:00-4:00pm
#86649 Oct 1-22 Th 3:00-4:00pm
#86650 Oct 5-26 M 2:30-3:30pm
#86653 Oct 29-Nov 19 Th 3:00-4:00pm

Cooking – Rudolph's Holiday Recipes

Green Road Community Center

Age: 5-7yrs. What would Rudolph want you to serve Santa and your friends during the holiday season? We will prepare and enjoy holiday treats. The recipe is provided for you to take home and share with your family and friends and maybe even Santa! Each session is a different recipe. Class Fee: \$10
#86626 Dec 5 Sa 1:00-2:00pm
#86627 Dec 12 Sa 1:00-2:00pm
#86628 Dec 19 Sa 1:00-2:00pm

Cooking With Kids

Peach Road

Age: 6-12yrs. Measuring, pouring, stirring—we are learning to cook! kid-friendly recipes that parents and kids can also use at home. We will also learn about the four different food groups. There will be a different recipe for each class! Class Fee: \$1

#85035	Sep 11	F	5:00-6:00pm
#85036	Sep 25	F	5:00-6:00pm
#85037	Oct 9	F	5:00-6:00pm
#85038	Oct 23	F	5:00-6:00pm
#85039	Nov 6	F	5:00-6:00pm
#85040	Nov 20	F	5:00-6:00pm
#85041	Dec 11	F	5:00-6:00pm

Dance – Creative Movement

Age: 6-9yrs. Borrowing from ballet, modern and hip-hop, this class allows your child to experience an array of dance techniques to keep your child excited about dance. Your child will also learn discipline, and improve their social skills. This is an on-going class. \$7 per session. Instructor Ms. Veronica.

Class Fee: \$7

Method Road Community Center

#86373	Sep 11-Oct 2	F	6:00-7:15pm
	Oct 2-30	F	6:00-7:15pm
	Nov 6-20	F	6:00-7:15pm
	Dec 4-18	F	6:00-7:15pm
#86374	Sep 11-Oct 2	F	7:30-8:45pm
	Oct 2-30	F	7:30-8:45pm
	Nov 6-20	F	7:30-8:45pm
	Dec 4-18	F	7:30-8:45pm

Carolina Pines

#87900	Sep 1-22	T	6:00-7:15pm
#87901	Oct 6-27	T	6:00-7:15pm
#87902	Nov 3-24	T	6:00-7:15pm
#87903	Dec 1-22	T	6:00-7:15pm

Dog – Kids and K9's Classes

Jaycee Community Center

Age: 8-13yrs. Strengthen your child and dog's relationship with this wonderful class geared just for them! They will bond, learn to play properly, and learn training skills. This class is a prerequisite or great addition to the Basic Manners class. Parents must be in attendance during the entire class time. Sign up now and watch your child and dog enjoy each other for years to come! For questions, go to www.nck9solutions.com. Class Fee: \$105

#86451	Sep 12-Oct 10	Sa	9:15-10:00am
#86452	Nov 7-Dec 12	Sa	9:15-10:00am

Girls' Club

Peach Road

Age: 10-16yrs. Bored in the house? Come and hang out with us at Peach Rd. Do you want to learn about beauty, changing a tire, dance, cooking etc.? You tell us. Ideas and activities change weekly. You help us plan what you want to know about. Class Fee: \$0

#85013	Sep 3-24	Th	6:30-8:00pm
#85018	Oct 1-29	Th	6:30-8:00pm
#85019	Nov 5-19	Th	6:30-8:00pm
#85020	Dec 3-17	Th	6:30-8:00pm

Healthy Cooking 101

Sgt. Courtney T. Johnson Center

Age: 6-12yrs. This class will teach kids friendly recipes that parents and kids can also enjoy at home. Class Fee: \$1

#87313	Sep 8	T	4:00-6:00pm
#87314	Sep 22	T	4:00-6:00pm
#87315	Oct 13	T	4:00-6:00pm
#87316	Oct 27	T	4:00-6:00pm
#87322	Nov 10	T	4:00-6:00pm
#87323	Nov 24	T	4:00-6:00pm
#87324	Dec 8	T	4:00-6:00pm
#87325	Dec 22	T	4:00-6:00pm

Just Say No

Roberts Park Community Center

Age: 9yrs and up. Nancy Reagan made the phrase popular. She told you to say 'no' however, she neglected to give you the necessary skills to say no and mean it. This class teaches preteens and teens how to utilize various techniques to improve self esteem, develop self help skills, utilize refusal skills, handle peer pressure and confront daily challenges.

Class Fee: \$0

#86587	Sep 15-Oct 6	T	5:30-7:00pm
#87503	Nov 5-12	Th	5:30-6:30pm

Kids and Wealth

Roberts Park Community Center

Age: 9-13yrs. A class designed to help youngsters learn about money. Learn how to earn, save, budget and begin a business. Its never too soon to learn how to let your money work for you. You just may learn how to become wealthy at a young age.

Class Fee: \$5

#86604	Nov 7	Sa	1:30-2:30pm
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Lunch with a Cop / Almuerzo con un Policia

Frank E. Evans Administrative Bldg.

Age: 14-17yrs. This program gives an opportunity for children that are interested in learning from law enforcement officers on a one and one basis. The youth will have with lunch with a police officer and have the opportunity to ask questions and learn about how the police department interacts with their community. The goal of this program is to provide today's youth with good role models. This program is designed to give youth inside into the career of law enforcement. Este programa les dará la oportunidad a jóvenes que estén interesados en aprender directamente de oficiales que aplican la ley. Los jóvenes irán a comer con un oficial de policía y tendrán la oportunidad de hacer preguntas y también conocer como interactúa el Departamento de Policía con la comunidad. El objetivo de este programa es dar buenos modelos a imitar a los jóvenes de hoy en día, y también les dará conocimiento interno de una carrera en el ramo de Aplicación de la Ley. Class Fee: \$0

#85367	Oct 30	F	12:00-1:00pm
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Ocean Explorations

Laurel Hills Community Center

Age: 9-11yrs. Think the ocean has nothing to do with your everyday life? Think again! Come learn about the ocean through science, technology, art and literature. We will explore ways the ocean affects you and you affect the ocean. Along the way we will study marine animals, the water cycle and the ocean's effect on climate. Class Fee: \$40

#87195	Sep 10-Oct 1	Th	4:15-5:15pm
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Ocean and You

Age: 6-8yrs. Think the ocean is just a place you see on vacation? Well, it's a place full of mystery and beautiful creatures, come take a dive with us. Come learn about the ocean through stories, art, movement and science. We will explore ways the ocean affects you and you affect the ocean. Along the way we will study marine animals, the water cycle and the ocean's effect on climate.

#87196	Sep 8-29	T	4:15-5:15pm
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Parent/Toddler English as a Second Language

Anderson Point

Age: 5yrs and up. It is never too early for your toddler to learn a new language. English speaking skills are taught in the same way that a child learns his/her first language—by watching and listening to Mommy or Daddy and interacting with daily objects. This class will teach basic colors, counting and numbers, shapes, songs and greetings. Come prepared to participate (as Mommy or Daddy learn English also), and become part of your child's development into a second language. Nunca es tarde para que sus niños de edad pre-escolar aprendan un nuevo idioma. Los temas del idioma ingles se enseñarán de la misma manera que los niños aprenden su primer idioma, viendo y escuchando a mamá y papá interactuar con objetos cotidianos. Esta clase les enseñará los colores básicos, como contar, los números, formas, canciones y saludos. Vengan preparados para participar (¡madres y padres aprenderán ingles también!) y sea parte del desarrollo de sus niños en un segundo idioma. Class Fee: \$0

#85365	Sep 5-26	Sa	9:00-9:45am
#85366	Oct 3-24	Sa	9:00-9:45am

radKIDS Safety and Self-Defense

Lake Lynn Community Center

Age: 5-12yrs. Increase your child's safety and self-confidence! Through fun and exciting activities, we teach how to tell if a stranger is good or bad; how to use family passwords (and when knowing the password doesn't count); when it's okay to knock everything off the shelves in a store; and how to respond when someone offers your child 'candy.' We also teach real physical techniques that kids can use successfully against a predator, including

radKIDS Safety continued next page —

radKIDS Safety and Self-Defense continued —

strikes, kicks and blocks. Also covered: how to handle bullies, good touch vs. bad touch, Internet safety and more! Each child receives a radKIDS activity book and family safety manual. Class Fee: \$65

#84983 Sep 12-Oct 3 Sa 10:00-11:30am
#84984 Oct 10-31 Sa 10:00-11:30am

Science Fun

Laurel Hills Community Center

Age: 3-5yrs. Children who are exposed to the wonders of science in an enjoyable and caring way will begin to appreciate the beauty of the unique world in which we live. Join us as we discover the wonders of science as we conduct fun, age appropriate experiments. Experience the wonder of science with us. Class Fee: \$36
#86267 Sep 9-30 W 2:00-2:45pm

Spanish – Parent/Toddler

Pullen Community Center

Age: 5yrs and up. It is never too early for your toddler to learn a new language. Spanish speaking skills are taught in the same way that a child learns his/her first language by watching and listening to Mommy or Daddy and interacting with daily objects. This class will teach basic colors, counting and numbers, shapes, songs and greetings. Come prepared to participate (as Mommy or Daddy learn Spanish too), and become part of your child's development into a second language. Fee is per family. Class Fee: \$35

#86256 Sep 5-26 Sa 10:30-11:15am

Spanish for Kids

Age: 6-11yrs. This course will introduce children to the Spanish speaking world. Students will learn basic greetings, shapes, senses, calendar dates and more. Students will also enjoy a cultural component which includes singing Spanish songs and breaking open a piñata. Este curso introducirá a sus niños al mundo del idioma español. Los estudiantes aprenderán temas básicos como son: saludar, fechas del calendario, formas, y sentidos. Los estudiantes también disfrutarán de un componente cultural que incluye cantar canciones en español y romper una piñata. Class Fee: \$30

Brier Creek Community Center

#85361 Sep 2-23 W 6:00-7:00pm
#85358 Oct 7-28 W 6:00-7:00pm

Millbrook

#85362 Sep 5-26 Sa 10:30-11:30am
#85363 Oct 3-24 Sa 10:30-11:30am

Tarboro Road Indoor Soccer

Tarboro Road Community Center

Age: 10-13yrs. An Indoor Instructional Soccer League that will teach basic skills of dribbling, passing, etc. Weeks 1-4 instructional class and Weeks 5-8 will be league play. Birth certificate required. Class Fee: \$30
#86897 Sep 14-Nov 2 M 6:00-7:15pm

Tutoring Lab

Laurel Hills Community Center

Age: 10-11yrs. Fast paced classes sometimes leave children struggling or left behind their peers in the fundamental building blocks of education. This tutoring time is ongoing and provides grade appropriate help with reading skills, grammar, spelling, penmanship, organizational skills and basic math concepts. Please contact the center at 420-2383 to arrange an afternoon time during the week for you session. Class Fee: \$55

#87062 Sep 2-28
#87063 Sep 2-28
#87064 Oct 1-28
#87065 Oct 1-28
#87066 Nov 2-27
#87390 Nov 2-27
#87395 Dec 2-28
#87400 Dec 2-28

Teen

Boy's Club

Peach Road

Age: 10-16yrs. Come hang out with the guys. Competitions, music sports and more. Class Fee: \$0

#85007 Sep 3-24 Th 6:30-8:00pm
#85008 Oct 1-29 Th 6:30-8:00pm
#85010 Nov 5-19 Th 6:30-8:00pm
#85011 Dec 3-17 Th 6:30-8:00pm

Portable Challenge Course for Teens

Frank E. Evans Administrative Bldg.

Age: 10-55yrs. 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 staff 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. Contact the Teen Program at 831-6688 for more information. Class Fee: \$0
#87296 Sep 6-Dec 20 Su 9:00am-5:00pm

Teen Connect

Green Road Community Center

Age: 13-18yrs. Hey teens! Want to learn how to pay for college and not be broke when you graduate? How to become an actor or actress, How to start a business? Maybe you want to know how to impress a college sports recruiter. At the monthly Teen Connect speaker workshops we will tackle many of these questions. For more information contact Green Road at 872-4140. Class Fee: \$5

#87846 Sep 10 Th 6:30-8:30pm
#87848 Oct 8 Th 6:30-8:30pm
#87850 Nov 12 Th 6:30-8:30pm
#87851 Dec 10 Th 6:30-8:30pm

Adult

Basic Computer I in Spanish/ Computacion Basica Nivel I

Age: 18yrs and up. This course will introduce basic computer skills. Students will learn how to use the computer keyboard, type simple documents, navigate through internet and other topics. Este curso tiene como objetivo introducir conocimientos básicos de computación. Los estudiantes aprenderán como usar el teclado, escribir documentos simples, usar la Red (Internet) y otros temas. Class Fee: \$40

Peach Road

#86326 Sep 7-Oct 12 M 6:30-8:30pm
#86327 Oct 19-Nov 23 M 6:30-8:30pm

Pullen

#86328 Sep 1-Oct 6 T 6:30-8:30pm
#86329 Oct 13-Nov 17 T 6:30-8:30pm



Recreation offers the discovery of self expression and much needed family cohesion. Nancy M. Morrow

Basic Computer II in Spanish/ Computacion Basica Nivel II

Age: 18yrs and up. This course will be a continuation of Basic Computers I in Spanish with emphasis on learning how to manage files, word processor, spreadsheets software and other topics. Este curso es una continuación de la clase de Computación Básica Nivel I en Español con énfasis en el aprendizaje del manejo de documentos, procesador de palabras y hojas de cálculos además de otros temas. Class Fee: \$40

Peach Road

#86330 Sep 2-Oct 7 W 6:30-8:30pm
#86331 Oct 14-Nov 18 W 6:30-8:30pm

Pullen

#86335 Sep 3-Oct 8 Th 6:30-8:30pm

Laurel Hills

#86337 Oct 15-Nov 19 Th 6:30-8:30pm

Birds –

Raleigh-Durham Caged Bird Society

Glen Eden Park

Age: 18yrs and up. The Raleigh-Durham Caged Bird Society serves to educate the public on the care of caged birds, to address avicultural concerns, and to encourage the conservation of avian species. The society meets the 3rd Sunday of each month at Glen Eden Pilot Park – 1500 Glen Eden Drive. Membership dues are \$1/person/meeting.

No registration necessary. Class Fee: \$1

#85720 Sep 20 Su 1:00-5:00pm
#85721 Oct 18 Su 1:00-5:00pm
#85722 Nov 22 Su 1:00-5:00pm
#85723 Dec 20 Su 1:00-5:00pm

Bridge – Intermediate

Pullen Community Center

Age: 18yrs and up. Already know how to play bridge and want to improve your skills? Intermediate bridge is for participants who have already taken beginner bridge or are average bridge players. Edith Horne instructs. Class Fee: \$35

#85213 Sep 14-Oct 8 M,Th 10:30am-12:30pm

Bridge – Play of Hand

Pullen Community Center

Age: 18yrs and up. If you have already taken beginner and intermediate bridge or are a better than average bridge player, Play of Hand can help you improve your game. Cards are pre-dealt for each day's lesson. Edith Horne instructs. Class Fee: \$35

#84907 Sep 14-Oct 8 M,Th 1:00-3:00pm

Budgeting

Pullen Community Center

Age: 18yrs and up. The Foundation of Personal Financial Success Assess your financial situation and set goals for yourself. Create a spending plan that will be broken down into specific categories to include both monthly and periodic expenses.

Understand how to budget for 'irregular income' situations. Learn how to plan for the unexpected. Gain financial wisdom on how to save and reduce or eliminate debt.

Get tips on how to avoid identity theft. Class Fee: \$25

#84908 Sep 22 T 6:30-9:00pm
#84909 Oct 20 T 6:30-9:00pm
#84910 Nov 17 T 6:30-9:00pm

Chinese for Beginners/Chino para Principiantes

Pullen Community Center

Age: 18yrs and up. This course will introduce basic Chinese. Students will learn alphabet, basic greetings, numbers, calendar dates, weekdays, and much more. Students will also enjoy aspects of the Chinese culture. Esta clase le introducirá al idioma chino a nivel básico. Los estudiantes aprenderán el alfabeto, los saludos, números, fechas del calendario, los días, y mucho más. Los estudiantes también disfrutarán de los aspectos de la cultura china. Class Fee: \$50

#86264 Oct 3-Nov 7 Sa 10:00-11:30am

Computer Ease II

Worthdale Community Center

Age: 15-100yrs. Improve your computer skills learning to use Microft Word, Microsoft Excel, and Microsoft Power Point. This class is not for beginners. Class Fee: \$5

#87878 Sep 7 M 6:00-7:00pm
#87879 Sep 14 M 6:00-7:00pm
#87880 Sep 21 M 6:00-7:00pm
#87882 Sep 28 M 6:00-7:00pm

CP No Debt – Know Freedom

Carolina Pines Community Center

Age: 18yrs and up. This introductory class will instruct you on how to identify and stop money leaks, control your spending and create money without getting a part-time job. Class Fee: \$25

#87704 Sep 19 Sa 10:00am-12:00pm
#87706 Oct 17 Sa 10:00am-12:00pm
#87708 Nov 21 Sa 10:00am-12:00pm

Credit Management and Repair

Pullen Community Center

Age: 18yrs and up. Many businesses will check your credit record before they extend you credit, give you a loan or even consider you for employment. Learn how important it is to establish, build, and maintain great credit. You will learn how to get a copy of your credit report from the three major credit bureaus. Discover what type of information is contained in these reports and how to read them. Identify errors in your reports.

Understand the process and the tools needed to dispute them and gain knowledge of other credit repair techniques that you can use on

your own. Class Fee: \$25

#84913 Sep 29 T 6:30-9:00pm
#84914 Oct 27 T 6:30-9:00pm
#84915 Nov 24 T 6:30-9:00pm

Dog – Advanced Manners/AKC Canine Good Citizen

Jaycee Community Center

Age: 12yrs and up. Prerequisite: Basic Manners or equivalent. This class focuses on testing for the AKC Canine Good Citizen certification which states that you have a well-mannered dog at home and in public. Additionally, you can use the certification for higher level classes such as pet therapy and agility. Your dog's manners will improve as you work on stronger sits/downs around increasing distractions, and sitting politely during conversations or being petted, walking up to other dogs politely, etc. The last class will be the test. Don't lose momentum on your dog's wonderful start—sign up now for this rewarding class! Class Fee: \$127

#86442 Sep 9-Oct 14 W 11:15am-12:15pm
#86438 Sep 12-Oct 17 Sa 11:30am-12:30pm
#86439 Sep 21-Oct 26 M 8:00-9:00pm
#86443 Nov 4-Dec 16 W 11:15am-12:15pm
#86440 Nov 7-Dec 19 Sa 11:30am-12:30pm
#86441 Nov 16-Dec 21 M 8:00-9:00pm

Dog – Basic Manners for Your Dog

Jaycee Community Center

Age: 12yrs and up. Want to improve your dog's behavior at home and in public? Would you like to socialize your dog properly around people and other dogs, strengthen your bond, and build a sound relationship based on leadership that your dog understands? In Basic Manners, we give you the tools you need to do all this—and to have fun with your buddy! We'll show you how to teach your dog self-control—imagine, no more jumping on guests, lunging at the door, and barking excessively. You'll also learn how to give basic commands such as sit, down, come, walk without pulling, off, sit politely for guests and so on. We'll even show you how you can incorporate them into your busy daily lifestyle. Sign up now—and in only six weeks, you can enjoy a well-mannered, well-rounded member of the family! Class Fee: \$127

#86460 Sep 21-Oct 26 M 6:30-7:30pm
#86461 Nov 16-Dec 21 M 6:30-7:30pm
#86453 Sep 8-Oct 13 T 6:00-7:00pm
#86454 Sep 8-Oct 13 T 8:00-9:00pm
#86455 Oct 27-Dec 8 T 6:00-7:00pm
#86463 Oct 27-Dec 8 T 8:00-9:00pm
#86462 Sep 9-Oct 14 W 10:00-11:00am
#86456 Nov 4-Dec 16 W 10:00-11:00am
#86457 Sep 12-Oct 17 Sa 10:15-11:15am
#86458 Nov 7-Dec 19 Sa 10:15-11:15am

Adult Educational continued next page —

Adult Educational continued —

Dog Obedience

Millbrook Exchange Community Center
Age: 13yrs and up. Course of instruction in basic commands and controlling your dog. The Raleigh Kennel Club provides this class as a community service. An AKC Canine Good Citizen test will conclude the class with passing dogs earning their AKC CGC title. This test evaluates the ability of the dog to display good public manners. Class Fee: \$40
#85176 Sep 9-Nov 11 W 7:30-8:30pm

English as a Second Language (ESL) Clases de Ingles

Age: 18yrs and up. These classes are offered for beginner levels. Classes are designed for people that utilize a primary language other than English and are interested in learning important skills to communicate in English. Estas clases se ofrecen a nivel de principiantes. Las clases están diseñadas para gente que no habla inglés como su primer idioma y que están interesadas en aprender terminos basicos para comunicarse en el idioma inglés. Class Fee: \$0

Barwell Road Community Center

ESL - Workplace English/ESL Temas del Trabajo
#86898 Sep 2-Oct 7 W 6:30-8:00pm
ESL - Health/ESL Temas de la Salud
#86903 Oct 21-Nov 25 W 6:30-8:00pm

Green Road Community Center

ESL - Workplace English/ESL Temas del Trabajo
#86906 Sep 5-Oct 10 Sa 11:30am-1:00pm
ESL - Health/ESL Temas de la Salud
#86907 Oct 24-Dec 12 Sa 11:30am-1:00pm

Chavis Community Center

ESL - Workplace English/ESL Temas del Trabajo
#86899 Sep 12-Oct 17 Sa 11:30am-1:00pm
ESL - Health/ESL Temas de la Salud
#86900 Oct 31-Dec 5 Sa 11:30am-1:00pm

Method Road Community Center

ESL - Workplace English/ESL Temas del Trabajo
#86904 Sep 3-Oct 8 Th 6:30-8:00pm
ESL - Health/ESL Temas de la Salud
#86905 Oct 22-Dec 3 Th 6:30am-8:00pm

Peach Road Community Center

ESL - Workplace English/ESL Temas del Trabajo
#86901 Sep 1-Oct 6 T 6:30-8:00pm
ESL - Health/ESL Temas de la Salud
#86902 Oct 20-Nov 24 T 6:30-8:00pm

ESL Accent Reduction – Reduccion de Acento ESL

Jaycee Community Center
Age: 18yrs and up. The course is designed for advanced level non-native English speakers and seeks to help the students communicate more efficiently in English through reducing the influence of their native accent. The students can benefit greatly through this course by improving their self-confidence which will help them succeed at work and school. Esta clase ha sido diseñada para gente cuyo primer idioma no es el inglés y que tienen dificultad de ser entendidos por sus clientes, compañeros de trabajo, o supervisor y les gustaria reducir su acento. Esta clase les

dará a los estudiantes las herramientas necesarias para reducir el acento y mejorar la pronunciación del inglés, aumentando la confianza en si mismo y obteniendo éxito en el trabajo, escuela, y muchos otros lugares. Class Fee: \$130
#86258 Sep 12-Oct 17 Sa 10:00-11:30am

Freedom From Smoking Information Session

Method Road Community Center
Age: All Ages. Freedom From Smoking Program is an 8-week smoking cessation class for adults. This information session is designed to introduce you to the program which will be offered at the Pullen Community Center on Tuesdays, September 15 - November 3. The program is designed to offer strategies and support towards the goal towards helping you on the road to becoming smoke free. Debbie Orol of the American Lung Association will facilitate. Class Fee: \$0
#87600 Sep 9 W 1:00-2:00pm

Green Jobs 101

John P. Top Greene Center
Age: 18yrs and up. This course will assist you in developing the needed skills to be apart of the newest Green Job industry. This class will also teach you resume writing and interviewing skills which is necessary knowledge to be apart of this demanding job market. Class Fee: \$0

#87624	Sep 28	M	6:30-8:30pm
#87625	Oct 26	M	6:30-8:30pm
#87626	Nov 30	M	6:30-8:30pm

Growing a Fall and Winter Garden

Barwell Road Community Center
Age: 17yrs and up. Growing your own food can be enjoyable and rewarding. Learn how to grow hearty winter and fall veggies in an area that requires very little space and gets you great results. This class will explore getting your garden ready, planting your garden, taking care of your garden and harvesting your bounty. Participants will receive a package of winter seeds at the end of class. Class Fee: \$3
#87866 Sep 19 Sa 9:30-11:30am

Healthy Habits Healthy Life

John P Top Greene Center
Age: 18-99yrs. Come and be educated in what it takes to develop health habits and create a health lifestyle. Guest speaks will present information on a wide verity of topics. Class Fee: \$0
#87599 Sep 21 M 6:00-7:00pm
#87601 Oct 19 M 6:00-7:00pm
#87615 Nov 16 M 6:00-7:00pm
#87617 Dec 21 M 6:00-7:00pm

Holiday Centerpiece Decoration

Pullen Community Center
Age: 14yrs and up. Participants will create a floral centerpiece to take home. All supplies are provided. Tammy Reed instructs. Class Fee: \$35
#87840 Dec 5 Sa 1:00-3:00pm

Holiday Wreaths

Pullen Community Center
Age: 16yrs and up. Participants will create a festive wreath to take home. Great for your own house or to give as a gift. All supplies are provided. Tammy Reed instructs. Class Fee: \$50
#87826 Dec 5 Sa 10:00am-12:00pm

Living Wreaths

Marsh Creek Greenhouse
4225 Daly Road, 27604
Age: 14yrs and up. Participants will create a wreath using small living succulents. All supplies and plants are provided. Eileen Stoneman instructs. Class Fee: \$40
#87792 Sep 5 Sa 9:00am-12:00pm
#87795 Sep 19 Sa 9:00am-12:00pm

Ornamental Containers

Marsh Creek Greenhouse
4225 Daly Road, 27604
Age: 14yrs and up. Participants will create a seasonal containerized arrangement. All supplies are provided. Eileen Stoneman instructs. Class Fee: \$40
#87817 Oct 10 Sa 9:00-11:00am
#87818 Oct 24 Sa 9:00-11:00am

Raleigh Stamp Club

Jaycee Community Center
Age: 18yrs and up. Come learn about stamps! Let's talk about our collections. We meet the first Monday of each month except for holidays. Membership dues are \$1/person/meeting. Class Fee: \$1
#85778 Sep 14 M 7:30-9:00pm
#85775 Oct 5 M 7:30-9:00pm
#85776 Nov 2 M 7:30-9:00pm
#85777 Dec 7 M 7:30-9:00pm

Sailing on 23' Keelboat – Level 2

Lake Wheeler
Age: 12yrs and up. This 2-hour course is designed for beginner sailor who would like to advance his/her knowledge of sailing principles aboard small keelboats. If you would like to improve your boat handling skills, this class is for you. Emphasis will be placed on basic sailing elements, steering, setting sails, trimming, and other boat safety. American Sailing Association (ASA) sailing instructor will be conducting the course. Instruction will be conducted dockside or on the sail boat. Be prepared to have a fabulous educational experience. Class Fee: \$40
#87777 Sep 12 Sa 12:30-2:30pm
#87778 Oct 3 Sa 12:30-2:30pm
#87780 Nov 7 Sa 12:30-2:30pm

Sign Language Level I ASL Beginner

Pullen Community Center
Age: 12yrs and up. This class provides and introduction to American sign language. Students will learn numbers, letters and basic conversation. This is an ongoing class. Once student become proficient in the level one class they can move onto level two. For information call Bettie Iitenbach at 807-5404. Class Fee: \$40
#86510 Sep 10-Oct 1 Th 6:00-7:00pm
#86509 Oct 8-29 Th 6:00-7:00pm
#86511 Nov 5-Dec 4 Th-F 6:00-7:00pm

Smoking Cessation

Pullen Community Center
 Age: 18yrs and up. Freedom From Smoking® is an 8 week smoking cessation class for adults. Meetings are held for 8 consecutive weeks and offer a systematic approach geared towards helping participants quit smoking. This research based program offers structure and support in a small group setting to those individuals attain their goal off quitting smoking. Class Fee: \$15
 #85224 Sep 15-Nov 3 T 6:30-7:30pm

Spanish – I

Method Road Community Center
 Age: 18yrs and up. This course is an introduction to basic conversational Spanish with an emphasis on listening and speaking. Topics such as time, days, months, colors, simple dialogues, and present tense of verbs are covered. Este curso es una introducción a la conversación en español con énfasis en escuchar y hablar el idioma. Se cubrirán temas como el concepto del tiempo, días de la semana, meses, colores. Diálogos simples y el tiempo presente de los verbos. Class Fee: \$50
 #85354 Sep 3-Oct 8 Th 6:30-8:00pm
 #85355 Sep 3-Oct 8 Th 6:30-8:00pm

Spanish II

Method Road Community Center
 Age: 18yrs and up. This course is a continuation of Spanish I with continued emphasis on listening and speaking. Este curso es una continuación de la clase de español I con énfasis en escuchar y hablar el idioma. Class Fee: \$50
 #85356 Oct 20-Nov 24 T 6:30-8:00pm
 #85357 Oct 22-Dec 3 Th 6:30-8:00pm

Top Greene PC Lab

John P. Top Greene Center
 Age: 18yrs and up. Control, Alt, Delete, What? This is the course for you. Basic computer classes for adults that includes internet usage. Staffed by local University students. Lab also available for general computer use during class times. Class Fee: \$0
 #87635 Sep 1-Jan 4 M-Sa 2:30-8:30pm

Upholstery

Method Road Community Center
 Age: 18-99yrs. Are you interested in selecting fabric for furniture that will custom make your home? This is an opportunity to change your furniture to fit your taste for a new look. Learn upholstery from an experienced teacher from Wake Tech. Out of City Fee \$10. Registration deadline August 14. Course Fee \$85. Make checks payable to Wake Tech. Class Fee: \$0
 #87700 Aug 17-Sep 21 M-Th 9:00am-2:00pm
 #87701 Sep 28-Oct 29 M-Th 9:00am-2:00pm
 #87702 Nov 2-Dec 9 M-Th 9:00am-2:00pm

Voice Over

Pullen Community Center
 Age: 18yrs and up. Voice-overs are hot today! You don't have to be an actor to get voice-over work, but it certainly doesn't hurt! With such notable talent as James Earl Jones, Linda Hunt, and Donald Sutherland lending their voices to commercials, films, and videos, one would think that it would be next to impossible to break into this field. Not so! In this class you'll learn about an exciting new way to get around the competition and actually turn voice-overs into a thriving full or part-time business! Dan Levine, a well-known commercial producer and Tony Award-nominated Broadway composer will discuss voice-over technique in a recorded portion of the class. Heather Costa, successful voice-over artist (Playtex, Prentice Hall, ETS), will introduce students to the voice-over business as a whole. She will talk about the numerous opportunities, the income potential, and the all-important demo and how to have it produced. You'll step up to the microphone to do some practice recording, and hear the results. Class Fee: \$35
 #85225 Sep 22 T 7:15-9:15pm

Senior

Dance – Seasoned Citizens

Method Road Community Center
 Come and enjoy dancing with your peers. This class will help with circulation and weight loss as well as improve your energy level. Great Fun! Instructor Ms. Veronica. Class Fee: \$25
 #86375 Sep 9-30 W 11:00am-12:00pm

E-Mail 101

John P. Top Greene Center
 Age: 40yrs and up. Come and learn the basics of computers and emailing! Class Fee: \$0
 #87648 Sep 3-24 Th 6:00-7:00pm
 #87649 Oct 8-29 Th 2:00-4:00pm
 #87693 Nov 5-19 Th 6:00-7:00pm
 #87651 Dec 3-17 Th 6:00-7:00pm

Resources for Seniors

Method Road Community Center
 This class will give all seniors information about who to call and where to go for whatever the need may be during this important time of life. Tobin Bowen from Resources for Seniors will be here to answer all questions. Class Fee: \$0
 #87642 Oct 7 W 1:00-2:30pm

Family

Boat and Jet Ski Safety Class

Method Road Community Center
 Age: All Ages. This class is for boat riders, boat drivers, jet ski drivers and anyone interested in safety on the water. This class is a must for 14-16 year olds. Certification is necessary and vital for the jet ski drivers.

Officer Jonathan Morgan of the North Carolina Wild Life Commission will facilitate. Class Fee: \$0
 #87696 Sep 12 Sa 9:00am-3:00pm

Celebrate! Kwanzaa

Chavis Community Center
 Age: 1yrs and up. Join us for an evening of fun learning the principles of Kwanzaa through activities and presentations. Admission is free and light refreshments will be served. Class Fee: \$0
 #86348 Dec 22 T 6:30-8:30pm

Chess Club – Family

Pullen Community Center
 Age: 5-12yrs. The family chess club will provide your child with 15 minutes of chess lessons at the beginning of each meeting. After the lesson, they will be able to practice their skills with 45 minutes of chess play time. The club meets every two weeks. Parents or guardians are required to stay with their child during the program. Please call for schedule. Class Fee: \$0
 #84911 Sep 5-Dec 12 Sa 11:00am-12:30pm

Exercise – Become Stronger, Leaner and Flexible with Pilates

Pullen Community Center
 Age: 16yrs and up. Pilates is a form of exercise, which emphasizes the balanced development of the body through core strength, flexibility, and awareness in order to support efficient, graceful movement. Athletes and dancers love it, as do seniors, women rebounding from pregnancy, and people who at various stages of physical rehabilitation. People report that they become stronger, leaner, and more able to do anything with grace and ease. Pilates es una forma de ejercicio que enfatiza el desarrollo balanceado del cuerpo através del aumento de fuerza del centro del cuerpo, flexibilidad, y conciencia para apoyar movimientos eficientes y con gracia. Este ejercicio le encanta a atletas y bailarines, personas de la edad de oro, mujeres después del embarazo, y personas en diferentes estados de rehabilitación física. La gente comenta que se han puesto más fuertes, delgados, y en general más capaces de hacer cualquier cosa con facilidad y gracia. Class Fee: \$60
 #86970 Sep 3-Oct 8 Th 4:00-5:00pm
 #86971 Oct 15-Nov 19 Th 4:00-5:00pm

Freedom Shrine

Millbrook Exchange Community Center
 Age: All Ages. Come out and visit this monument. The Freedom Shrine is a collection of original historic American documents photographically reproduced for display. The purpose of the shrine is to encourage citizens of our nation to gain a deeper understanding of the events that took place in the building of America. Class Fee: \$0
 #85177 Sep 1-Dec 31 Daily 9:00am-10:00pm

Family Educational continued next page —

Family Educational continued —

French for Beginners

Jaycee Community Center

Age: 18yrs and up. This course is designed for those who are complete beginners and wish to study for a short period of time and learn enough practical language to be able to communicate in simple situations when going abroad. The students that complete this course will also be able to acquire basic concepts to communicate with French speakers. Estas clases están diseñadas para las personas que están a nivel de principiantes y quieren estudiar por un periodo corto y aprender suficiente lenguaje práctico para cuando vayan al extranjero y puedan comunicarse en situaciones sencillas. Los estudiantes que terminen este curso también adquirirán conceptos básicos para comunicarse con personas que hablan Frances. Class Fee: \$50
#86266 Oct 24-Nov 28 Sa 10:00-11:30am

Instructional Piano

Millbrook Exchange Community Center

Age: 8yrs and up. If you've ever wanted to learn to play the piano as an adult, or want your child to start taking lessons, here's your chance! Students will be taught the musical alphabet, how to read basic piano music, and to play simple pieces. One-on-one instruction in both technique and theory. Class will meet the 1st and 3rd Wednesday of each month. Returning students will have first priority and will register August 4-18, 2009. Applications for new students will be accepted at Millbrook Exchange beginning August 4, but will not be processed until August 19 if space is available. New applications will be processed in the order in which they were received. Registration is not guaranteed. Space is VERY limited! On-line registration is not available for this course. All students must register at Millbrook Exchange. Please contact Nikki Speer or Billy Aubut at 872-4156 with questions. Class Fee: \$20

#87532	Sep 9-23	W	5:30-6:00pm
#87567	Sep 9-23	W	6:00-6:30pm
#87568	Sep 9-23	W	6:30-7:00pm
#87570	Sep 9-23	W	7:00-7:30pm
#87580	Sep 9-23	W	7:30-8:00pm
#87581	Sep 9-23	W	8:00-8:30pm
#87582	Sep 9-23	W	8:30-9:00pm
#87583	Oct 7-21	W	5:30-6:00pm
#87589	Oct 7-21	W	6:00-6:30pm
#87591	Oct 7-21	W	6:30-7:00pm
#87595	Oct 7-21	W	7:00-7:30pm
#87598	Oct 7-21	W	7:30-8:00pm
#87602	Oct 7-21	W	8:00-8:30pm
#87603	Oct 7-21	W	8:30-9:00pm
#87608	Nov 4-18	W	5:30-6:00pm
#87609	Nov 4-18	W	6:00-6:30pm
#87610	Nov 4-18	W	6:30-7:00pm
#87612	Nov 4-18	W	7:00-7:30pm

#87613	Nov 4-18	W	7:30-8:00pm
#87614	Nov 4-18	W	8:00-8:30pm
#87618	Nov 4-18	W	8:30-9:00pm
#87619	Dec 2-16	W	5:30-6:00pm
#87620	Dec 2-16	W	6:00-6:30pm
#87621	Dec 2-16	W	6:30-7:00pm
#87622	Dec 2-16	W	7:00-7:30pm
#87623	Dec 2-16	W	7:30-8:00pm
#87627	Dec 2-16	W	8:00-8:30pm
#87630	Dec 2-16	W	8:30-9:00pm

Mother Daughter Self Defense

Laurel Hills Community Center

Age: 12yrs and up. Bring your daughter or your best friend, but it is GIRLS ONLY! This class focuses on personal safety. It covers the basic skills, boundaries, verbal techniques, kicking, striking, awareness and prevention you may need. No experience necessary. Wear comfortable clothes. Class Fee: \$20

#87045	Sep 5	Sa	9:00-10:45am
#87050	Sep 19	Sa	9:00-10:45am
#87051	Oct 3	Sa	9:00-10:45am
#87054	Oct 17	Sa	9:00-10:45am
#87055	Nov 7	Sa	9:00-10:45am
#87056	Nov 14	Sa	9:00-10:45am
#87057	Dec 5	Sa	9:00-10:45am
#87059	Dec 19	Sa	9:00-10:45am

Music – Basic Guitar

Lake Lynn Community Center

In a small group setting, students will learn the fundamentals of playing guitar including music theory, song structure, chord basics and how to read basic sheet music. Participants must provide their own instruments. Chris Heymer instructs. Class Fee: \$200

Ages 6-10			
#85982	Sep 19-Dec 12	Sa	10:15-11:15am
Ages 11-15			
#85983	Sep 19-Dec 12	Sa	9:15-10:15am
Ages 16 and up			
#85984	Sep 19-Dec 12	Sa	9:15-10:15am

Piano – Beginner

John P Top Greene Center

Age: 5-99yrs. Come learn how to play the piano! You will learn how to play the musical alphabet, how to read notes, and play songs! Sessions are in 30-minute increments starting at 5pm. Class Fee: \$40

Session A			
#87705	Sep 2-23	W	5:00-5:30pm
Session B			
#87709	Sep 2-23	W	5:30-6:00pm
Session C			
#87711	Sep 2-23	W	6:00-6:30pm
Session D			
#87707	Sep 2-23	W	6:30-7:00pm
Session A			
#87710	Oct 7-28	W	5:00-5:30pm
Session B			
#87712	Oct 7-28	W	6:00-6:30pm
Session A			
#87737	Nov 4-25	W	5:00-5:30pm
Session B			
#87738	Nov 4-25	W	5:30-6:00pm

Session C

#87739	Nov 11-Dec 2	W	6:00-6:30pm
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Session D

#87740	Nov 4-25	W	6:30-7:00pm
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Session A

#87741	Dec 9-30	W	5:00-6:00pm
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Session B

#87742	Dec 9-30	W	5:30-6:00pm
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Session C

#87764	Dec 9-30	W	6:00-6:30pm
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Session D

#87765	Dec 9-30	W	6:30-7:00pm
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Portuguese for Beginners

Pullen Community Center

Age: 18yrs and up. This course will introduce basic Portuguese. Students will learn alphabet, basic greetings, numbers, calendar dates, weekdays, and more. Students will also enjoy aspects of Brazilian culture. Esta clase le introducirá al portugués básico. Los estudiantes aprenderán el alfabeto, los saludos, números, fechas del calendario, los días, y más. También los estudiantes disfrutarán de los aspectos de la cultura brasileña. Class Fee: \$60
#86321 Nov 14-Dec 19 Sa 10:00am-12:00pm

**Robbery Prevention Workshop –
Platica de Prevencion de Robos**

Age: All Ages. Across North Carolina there has been an increased number of robberies. If you want to keep you and your loved ones safe and you want to learn about robbery prevention this class is for you. En Carolina del Norte los números de robos han aumentado. Si usted quiere mantenerse seguro y también a sus seres queridos y además desea aprender como prever robos, esta clase es para usted. Class Fee: \$0

Peach Road

#86934	Sep 15	T	8:00-9:00pm
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Barwell

#86935	Oct 7	W	8:00-9:00pm
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Sailing on a 23' Keelboat Level 1

Lake Wheeler

Age: 12yrs and up. This 2-hour course is designed for individuals with little to no sailing experience, but who desire to explore the exciting recreational opportunities provided by sailing aboard a larger sailboat. Students will experience sailing first hand, that will include boat safety, water safety, and some sailing operations. The class will be instructed on the water and at dockside. Come out and enjoy an educational experience that will leave wanting to spend more time on the water sailing. Class Fee: \$40

#87747	Sep 12	Sa	10:00am-12:00pm
#87750	Oct 3	Sa	10:00am-12:00pm
#87761	Nov 7	Sa	10:00am-12:00pm

Family Educational continued page 50 —

Wisdom is to the mind what health is to the body.

Francois De La Rochefoucauld

Register online with ReLink at parks.raleighnc.gov

**Sign Language Level II
ASL Intermediate**

Pullen Community Center

Age: 12yrs and up. This class is geared more for the intermediate student. New vocabulary will be introduced in the form of dialogues and will teach the grammar and structure of ASL. Topics covered will include fingerspelling and numbers. Upon completion of the class, the students will have expanded their vocabulary and be well prepared for the Advanced ASL class. This is an ongoing class. For more details call Bettie Iftenbach at 807-5404. Class Fee: \$40

#86513	Sep 10-Oct 1	Th	7:15-8:15pm
#86515	Oct 8-29	Th	7:15-8:15pm
#86516	Nov 5-Dec 4	Th-F	7:00-8:15pm

**Tarheel Triangle Cat Fanciers –
Parade of Breeds**

Millbrook Exchange Community Center

Age: 18yrs and up. Are you a cat lover and want to learn more about different breeds? Come out to the Parade of Breeds, hosted by the Tarheel Triangle Cat Fanciers group. There will be CFA judges on site to present and talk about each specific breed presented. Please do not bring your pet. Join us to learn more about our feline friends! Class Fee: \$0

#85178	Nov 11	W	6:30-8:30pm
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Vacations for All Incomes

Method Road Community Center

Age: All Ages. AAA will facilitate this class. You will learn about vacations and cruises that will be affordable for everyone. Just think about the stress you will leave behind as you sail or ride away. You will be refreshed for your return. Take a break from your lunch hour. You will be glad you did. Class Fee: \$0

#86861	Sep 16	W	12:00-1:00pm
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Fitness

Preschool

Creative Movement for Preschoolers

Barwell Road Community Center

Age: 3-5yrs. Through movement games, stories and songs children will learn about their bodies while exploring shapes, and improving their gross motor and fine motor skills. This is a great class for all budding ballerinas and for any preschooler who has lots of energy! Participants must be potty trained to participate in the class. Class Fee: \$20

#87837	Sep 3-24	Th	6:00-6:45pm
#87847	Oct 1-22	Th	6:00-6:45pm
#87849	Nov 5-19	Th	6:00-6:45pm

Dance – Jazz-Z Creative Dance

Laurel Hills Community Center

Age: 3-5yrs. Come little dancers and do your thing! You know you like to pop and swing! Learn dances from 'around the world' as you jazz it up, flip, heel-toe and rock 'n roll! Dance pirouette solo arabesque. Perform top hat moves, use floating ribbon streamer, scarves and other memorable props to enhance your artistic dance experience for life. Great for motor skills, fitness and social skills. Great music. Instructor: Ms. Khadija. Class Fee: \$18

#86761	Dec 12-19	Sa	11:45am-12:15pm
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Exercise – Move Your Body

Method Road Community Center

Age: 3-5yrs. Come join us in movements and dancing to a variety of children's song. They will have fun while exercising. Class Fee: \$7

#87779	Sep 10-Oct 1	Th	1:00-2:00pm
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Fitness and Movement – Bee Active

Pullen Community Center

Age: 3-5yrs. This program teaches preschoolers it is fun to be physically active. We focus on fundamental motor skills, movement concepts, balance, coordination, flexibility, and much more while being noncompetitive. Parents do NOT attend class with the child. Check out other activities such as Tai Chi Chih, Fitness Room or walk around Pullen Park while your child is in class. Class Fee: \$80

#85703	Sep 29-Nov 17	T	1:00-1:30pm
#85705	Sep 29-Nov 17	T	1:30-2:00pm

Gymnastics – Tumbling Tiniies

Brier Creek Community Center

Age: 9-24 months. Parent and child participate in a fun filled class that enhances balance, fitness and social skills. Tots will enjoy music, silly dances, tunnels, slides, obstacle courses, parachute play more! This class provides a time of fun and togetherness for you and your little one while building their motor skills. Instructor: Bethany Schlegel, BS in Education. Class Fee: \$40

#86662	Sep 4-25	F	9:30-10:15am
#86663	Oct 2-23	F	9:30-10:15am
#86664	Nov 6-20	F	9:30-10:15am
#86666	Dec 4-25	F	9:30-10:15am

Gymnastics – Tumbling Tots

Brier Creek Community Center

Age: 2-3 months. Parent and child participate in fun filled class that enhances motor skills, strength, balance, fitness and social skills. Children enjoy beginning gymnastic skills, obstacle courses, music, silly dances, parachute play and more! Have fun bonding with your child while they release energy in a fun and safe setting. Instructor: Bethany Schlegel, Former USGA Gymnast, BS in Elementary Education. Class Fee: \$40

#86667	Sep 4-25	F	10:30-11:15am
#86668	Oct 2-23	F	10:30-11:15am
#86669	Nov 6-20	F	10:30-11:15am
#86672	Dec 4-18	F	10:30-11:15am

Gymnastics – Tumble Time

Brier Creek Community Center

Age: 4-5yrs. Children are introduced to the basics of gymnastics in a fun and playful class. Your child will experience the fun of doing flexibility moves, stunts, beam, bars, obstacle courses, parachute play and more! Course designed to help youth release energy while developing strength, flexibility, coordination and confidence. Instructor:

Bethany Schlegel: Former USGA Gymnast, BS in Elementary Education. Class Fee: \$40

#86674	Sep 4-25	F	11:30am-12:15pm
#86675	Oct 2-23	F	11:30am-12:15pm
#86676	Nov 6-20	F	10:30-11:15am
#86677	Dec 4-18	F	10:30-11:15am

Gymnastics: Parent – Tot Tumblers

Age: 18-3 months. Fun and fitness with tumble games and creative stunts. Tunnels, loops, rolls and hoops this is a great class for developing motor skills, flexibility and coordination. Instructed by Coach 'K'. Class Fee: \$40

Green Road

#87310	Sep 11-Oct 2	F	4:00-4:45pm
#87311	Oct 9-30	F	4:00-4:45pm
#87312	Nov 6-Dec 4	F	4:00-4:45pm

Laurel Hills

#87906	Oct 31-Nov 21	Sa	11:45am-12:30pm
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Martial Arts – Karate Tikes

Laurel Hills Community Center

Age: 3-5yrs. Young children will direct their boundless energy to basic punches, kicks, blocks, and stances in this structured, yet playful, Karate class. Instruction will emphasize concepts of self confidence, concentration, respect for others, and physical fitness. You and your children can have fun learning and growing together, also. This is an ongoing class and belt promotions are held. This class is for children ages 3-5, and can be taken with a parent as a participant. Please see Parent/Me barcodes. Comfortable shirts and warmup pants are recommended. No additional equipment necessary. Instructor: Stephanie Whitten. Class Fee: \$36

Karate Tikes

#86954	Sep 1-22	T	5:15-5:45pm
#86955	Oct 6-27	T	5:15-5:45pm
#86956	Nov 3-24	T	5:15-5:45pm
#86957	Dec 1-22	T	5:15-5:45pm
#86958	Sep 3-24	Th	4:15-4:45pm
#86959	Oct 8-29	Th	4:15-4:45pm
#86960	Nov 5-19	Th	4:15-4:45pm
#86961	Dec 3-17	Th	4:15-4:45pm

Karate Tikes Parent/Me

#86963	Sep 1-22	T	5:15-5:45pm
#86964	Oct 6-27	T	5:15-5:45pm
#86965	Nov 3-24	T	5:15-5:45pm
#86966	Dec 1-22	T	5:15-5:45pm
#86967	Sep 3-24	Th	4:15-4:45pm
#86968	Oct 8-29	Th	4:15-4:45pm
#86969	Nov 5-19	Th	4:15-4:45pm
#86972	Dec 3-17	Th	4:15-4:45pm

Preschool Fitness

Roberts Park Community Center

Age: 3-4yrs. This program teaches preschoolers the importance of physical