

Intro to Rock Climbing continued —

care of climbing equipment and how to tie climbing knots, as well as how to manage the most basic rope system known as belaying. Join the Adventure Staff for a challenging evening of indoor rock climbing at one of the Triangle's modern rock gyms, The Vertical Edge. Adventure staff will focus on teaching concepts associated with belaying and will provide adequate practice to hone it into an acquired skill. By the end of the class participants will be ready to take any climbing center belay test, which is a requirement to utilize indoor climbing facilities. Equipment, instruction, transportation, and plenty of climbing opportunities will be provided. Participants ages 14-15 must be accompanied by an adult. Class Fee: \$30

Level 1

#84634	Sep 16	W	6:00-10:00pm
#84635	Oct 21	W	6:00-10:00pm

Introduction to Whitewater Kayaking

Frank E. Evans Administrative Bldg.

Age: 14yrs and up. Welcome to the world of Whitewater; we've been expecting you! This is the first course in our series of instructional programs designed to get you out there paddling whitewater. Our course starts from the ground up and builds a foundation of skills you will take with you through the rest of your paddling career. Our instructors work with you one on one to develop your techniques in paddle strokes, boat control, reading water and assisted rescues. We do this by combining classroom and hands on instruction so that you not only understand but can apply the principles of quality paddling. This supportive environment and teaching progression begins with work on dry land then moves to flat-water, preparing students for paddling trips on local Class I-II whitewater. Equipment, transportation, and instruction are provided. There will also be a pre-trip meeting the Friday before the trip; please plan to attend. Students must have basic swimming ability and comfort under water. Class Fee: \$155

#84639	Sep 12-13	Sa-Su	9:00am-5:00pm
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Kayak Basics

Optimist Pool

Age: 12yrs and up. This course is offered for those wishing to learn more about the sport of kayaking before the warmer weather arrives. This 6-hour course provides a comfortable and pleasant pool environment in which to learn. The water is warm and the instructors are calm and friendly. This course will help lay a strong foundation of skills so you will be ready for moving water instruction on local rivers. Participants should have basic swimming ability and comfort under water, but kayak experience is not required. Equipment and instruction are provided. This program is adult oriented. Ages 12-15 must be accompanied by an adult. For more information, please call 831-6855. Class Fee: \$60

#84640	Dec 5-6	Sa-Su	2:00-5:00pm
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Kayak Pool Sessions

Optimist Pool

Age: 12yrs and up. Kayak pool sessions occur Friday nights at Optimist Pool from November through March. These sessions are for seasoned paddlers, those working on aspects of their roll, or people who would like to try out the sport. Roll instruction is not provided, but basic boat orientation for beginners is offered. Admission is \$5 for residents and \$6 for non-residents. There is a \$2 additional charge to rent a kayak. Pool sessions are adult oriented, although youth paddlers ages 12-15 years old are welcome when accompanied by adults. Minimum age is 12 years. Participants younger than 12 may attend with the appropriate equipment, parental supervision, and with pre-approval by the Adventure program managers. Due to holidays some sessions may be cancelled; call ahead to confirm. For more information, please call 831-6855. Class Fee: \$5

#84645	Nov 6	F	6:00-8:00pm
#84646	Nov 13	F	6:00-8:00pm
#84647	Nov 20	F	6:00-8:00pm
#84648	Dec 4	F	6:00-8:00pm
#84649	Dec 11	F	6:00-9:00pm
#84652	Dec 18	F	6:00-9:00pm

Orienteering**(Map and Compass Basics)**

Jaycee Community Center

Age: 8yrs and up. Before the days of GPS, navigators used the map and compass to find their way. Anyone that ventures into any wilderness area should know how to use both map and compass. This course will help you obtain a better understanding of these tools and how to use them through hands-on experience. Participants ages 14 years and under must be accompanied by an adult. For more information, please call 919-831-6855. Class Fee: \$10

#84643	Oct 17	Sa	10:30am-12:00pm
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Wilderness First Aid

Durant Nature Park

Age: 15yrs and up. You and a small group of friends are on a 3 mile hike to see a waterfall when John slips, falls, and twists his ankle. John can't stand on his own and has several cuts from his fall...now what? Find out what to do in our intensive backcountry medical training course. The 16-hour, hands-on Wilderness First Aid course will cover ways to deal with many medical emergencies when dialing 911 might not be an option. Not only is this course informative, but the scenarios enacted are exciting and fun too! Wilderness First Aid has become the minimum standard of care for people who are responsible for others in the outdoors. Join the Adventure Program and the American Red Cross for a course aimed at our fellow outdoor enthusiasts, adventurers, and trip leaders. No prerequisites. The minimum age for this course is 15. For more information, please call 831-6855. Class Fee: \$100

Wilderness First Aid (Level 1)

#84655	Sep 19-20	Sa-Su	8:00am-6:00pm
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Aquatics**Preschool****Parent and Child Aquatics Level 1**

Age: 6mths.-3yrs. Level 1 introduces basic skills to parents and children. Parents are taught to safely work with their child in the water, including how to appropriately support and hold their child and how to prepare and encourage their child to participate fully and try the skills. Water safety topics are also introduced and directed to parents. Children are introduced to basic skills that lay a foundation to help them learn to swim in the future. Class Fee: \$53

Millbrook Pool

#84562	Sep 28-Oct 21	M,W	5:30-6:00pm
#84563	Sep 29-Oct 22	T,Th	10:00-10:30am
#84564	Oct 3-24	Sa	9:00-9:30am
#84565	Oct 26-Nov 18	M,W	5:30-6:00pm
#84566	Oct 27-Nov 19	T,Th	10:00-10:30am
#84567	Oct 31-Nov 21	Sa	9:00-9:30am

Optimist Pool

#84708	Sep 28-Oct 21	M,W	10:50-11:20am
#84709	Oct 26-Nov 18	M,W	10:50-11:20am
#84710	Sep 29-Oct 22	T,Th	4:30-5:00pm
#84711	Oct 3-24	Sa	9:30-10:00am
#84712	Oct 27-Nov 19	T,Th	4:30-5:00pm

Pullen Aquatic Center

#84755	Sep 29-Oct 22	T,Th	5:45-6:15pm
#84756	Oct 3-24	Sa	8:30-9:15am
#84757	Oct 27-Nov 19	T,Th	5:45-6:15pm

Parent and Child Aquatics Level 2

Age: 6mths-3yrs. Participants improve on skills from Level 1 and learn more advanced skills to prepare them for Preschool Level 1 class. Three year olds ready to learn without a parent or caregiver should enroll in Preschool Level 1 class. Class Fee: \$53

Millbrook Pool

#84568	Sep 28-Oct 21	M,W	6:10-6:40pm
#84569	Oct 3-24	Sa	10:00-10:30am
#84570	Oct 26-Nov 18	M,W	6:10-6:40pm
#84571	Oct 31-Nov 21	Sa	10:00-10:30am

Optimist Pool

#84713	Sep 29-Oct 22	T,Th	5:10-5:40pm
#84714	Oct 3-24	Sa	10:10-10:40am
#84715	Oct 27-Nov 19	T,Th	5:10-5:40pm

Pullen Aquatic Center

#84758	Sep 29-Oct 22	T,Th	6:25-6:55pm
#84759	Oct 3-24	Sa	9:30-10:15am
#84760	Oct 27-Nov 19	T,Th	6:25-6:55pm

Preschool Aquatics Level 1

Age: 3-5yrs. Participants learn elementary aquatic skills. Helps participants feel comfortable in the water and to enjoy the water. Learn underwater exploration while opening eyes, blowing bubbles and floating with assistance. Participants start developing good attitudes and safe practices around the water. There are no prerequisites for this course. Class Fee: \$50

Millbrook Pool

#84572	Sep 28-Oct 21	M,W	4:50-5:20pm
#84573	Sep 28-Oct 21	M,W	5:30-6:00pm
#84574	Sep 29-Oct 22	T,Th	10:00-10:30am
#84575	Oct 3-24	Sa	9:00-9:30am

#84576	Oct 26-Nov 18	M,W	4:50-5:20pm
#84577	Oct 26-Nov 18	M,W	5:30-6:00pm
#84578	Sep 28-Oct 21	M,W	6:10-6:40pm
#84579	Oct 26-Nov 18	M,W	6:10-6:40pm
#84580	Oct 27-Nov 19	T,Th	10:00-10:30am
#84581	Oct 31-Nov 21	Sa	9:00-9:30am

Optimist Pool

#84716	Sep 29-Oct 22	T,Th	4:30-5:00pm
#84717	Oct 3-24	Sa	9:30-10:00am
#84718	Oct 27-Nov 19	T,Th	4:30-5:00pm

Pullen Aquatic Center

#84761	Sep 29-Oct 22	T,Th	5:45-6:15pm
#84762	Sep 29-Oct 22	T,Th	6:25-6:55pm
#84763	Oct 3-24	Sa	10:30-11:15am
#84764	Oct 27-Nov 19	T,Th	5:45-6:15pm
#84765	Oct 27-Nov 19	T,Th	6:25-6:55pm

Preschool Aquatics Level 2

Age: 3-5yrs. Must have completed exit skills in Level 1. At this level, participants are going under the water completely while blowing bubbles out of their nose and mouth. Participants learn to float without support and how to recover to a vertical position. This level marks the beginning of true locomotive skills while building on the skills learned in Level 1. Class Fee: \$50

Millbrook Pool

#84582	Sep 28-Oct 21	M,W	4:50-5:20pm
#84583	Sep 28-Oct 21	M,W	5:30-6:00pm
#84584	Sep 28-Oct 21	M,W	6:10-6:40pm
#84585	Sep 29-Oct 22	T,Th	10:40-11:10am
#84586	Oct 3-24	Sa	9:00-9:30am
#84587	Oct 26-Nov 18	M,W	4:50-5:20pm
#84588	Oct 26-Nov 18	M,W	5:30-6:00pm
#84589	Oct 26-Nov 18	M,W	6:10-6:40pm
#84590	Oct 27-Nov 19	T,Th	10:40-11:10am
#84591	Oct 31-Nov 21	Sa	9:00-9:30am

Optimist Pool

#84719	Sep 29-Oct 22	T,Th	5:10-5:40pm
#84720	Oct 3-24	Sa	9:30-10:00am
#84722	Oct 3-24	Sa	10:10-10:40am
#84723	Oct 27-Nov 19	T,Th	5:10-5:40pm

Pullen Aquatic Center

#84771	Sep 29-Oct 22	T,Th	5:45-6:15pm
#84772	Sep 29-Oct 22	T,Th	6:25-6:55pm
#84773	Oct 3-24	Sa	11:30am-12:15pm
#84774	Oct 27-Nov 19	T,Th	5:45-6:15pm
#84775	Oct 27-Nov 19	T,Th	6:25-6:55pm

Preschool Aquatics Level 3

Age: 3-5yrs. Must have completed exit skills in Level 2. While building on skills learned in Level 2, participants learn to effectively coordinate combined simultaneous and alternating arm and leg actions. This level lets participants master being able to perform skills without assistance. Class Fee: \$50

Millbrook Pool

#84592	Sep 28-Oct 21	M,W	5:30-6:00pm
#84593	Sep 29-Oct 22	T,Th	10:40-11:10am
#84594	Oct 3-24	Sa	10:00-10:30am
#84595	Oct 26-Nov 18	M,W	5:30-6:00pm
#84596	Oct 27-Nov 19	T,Th	10:40-11:10am
#84597	Oct 31-Nov 21	Sa	10:00-10:30am

Optimist Pool

#84724	Sep 29-Oct 22	T,Th	5:50-6:20pm
#84725	Oct 27-Nov 19	T,Th	5:50-6:20pm

Pullen Aquatic Center

#84776	Sep 29-Oct 22	T,Th	5:45-6:15pm
#84777	Oct 27-Nov 19	T,Th	5:45-6:15pm

Youth

Swim Lesson – Level 1 Intro Water Skills

Age: 6-13yrs. Participants learn elementary aquatic skills. Helps participants feel comfortable in the water and to enjoy the water. Learn underwater exploration while opening eyes, blowing bubbles and floating with assistance. Participants start developing good attitudes and safe practices around the

water. Class Fee: \$50

Millbrook Pool

#84598	Sep 28-Oct 21	M,W	6:10-6:40pm
#84599	Oct 3-24	Sa	10:00-10:30am
#84600	Oct 26-Nov 18	M,W	6:10-6:40pm
#84601	Oct 31-Nov 21	Sa	10:00-10:30am

Optimist Pool

#84726	Sep 29-Oct 22	T,Th	4:30-5:00pm
#84727	Oct 3-24	Sa	10:10-10:40am
#84728	Oct 27-Nov 19	T,Th	4:30-5:00pm

Pullen Aquatic Center

#84778	Sep 29-Oct 22	T,Th	5:45-6:15pm
#84779	Sep 29-Oct 22	T,Th	6:25-6:55pm
#84780	Oct 27-Nov 19	T,Th	5:45-6:15pm
#84781	Oct 27-Nov 19	T,Th	6:25-6:55pm

Swim Lesson – Level 2 Fundamental Skills

Age: 6-13yrs. Must have completed exit skills in Level 1. At this level, participants are going under the water completely while blowing bubbles out of their nose and mouth. Participants learn to float without support and how to recover to a vertical position. This level marks the beginning of true locomotive skills while building on the skills learned in Level 1. Class Fee: \$50

Millbrook Pool

#84602	Sep 28-Oct 21	M,W	6:50-7:20pm
#84603	Sep 28-Oct 21	M,W	7:30-8:00pm
#84604	Oct 3-24	Sa	11:00-11:30am
#84605	Oct 26-Nov 18	M,W	6:50-7:20pm
#84606	Oct 26-Nov 18	M,W	7:30-8:00pm
#84607	Oct 31-Nov 21	Sa	11:00-11:30am

Optimist Pool

#84729	Sep 29-Oct 22	T,Th	5:10-5:40pm
#84730	Oct 3-24	Sa	9:30-10:00am
#84731	Oct 27-Nov 19	T,Th	5:10-5:40pm

Pullen Aquatic Center

#84782	Sep 29-Oct 22	T,Th	5:45-6:15pm
#84783	Sep 29-Oct 22	T,Th	6:25-6:55pm
#84784	Sep 29-Oct 22	T,Th	7:05-7:35pm
#84785	Oct 27-Nov 19	T,Th	5:45-6:15pm
#84786	Oct 27-Nov 19	T,Th	6:25-6:55pm
#84787	Oct 27-Nov 19	T,Th	7:05-7:35pm

Swim Lesson – Level 3 Stroke Development

Age: 6-13yrs. Must have completed exit skills in Level 2. While building on skills learned in Level 2, participants learn to effectively coordinate combined simultaneous and alternating arm and leg actions. This level lets participants master being able to perform skills without assistance. Learn survival float, elementary backstroke and coordination of the front crawl. Learn also dolphin and scissor kicks. Class Fee: \$50

Millbrook Pool

#84608	Sep 28-Oct 21	M,W	6:50-7:20pm
#84609	Sep 28-Oct 21	M,W	7:30-8:00pm
#84610	Oct 3-24	Sa	11:00-11:30am
#84611	Oct 26-Nov 18	M,W	6:50-7:20pm
#84612	Oct 26-Nov 18	M,W	7:30-8:00pm
#84613	Oct 31-Nov 21	Sa	11:00-11:30am

Optimist Pool

#84732	Sep 29-Oct 22	T,Th	5:50-6:20pm
#84733	Oct 3-24	Sa	10:50-11:20am
#84734	Oct 27-Nov 19	T,Th	5:50-6:20pm

Pullen Aquatic Center

#84788	Sep 29-Oct 22	T,Th	6:25-6:55pm
#84789	Sep 29-Oct 22	T,Th	7:05-7:35pm
#84790	Oct 27-Nov 19	T,Th	6:25-6:55pm
#84791	Oct 27-Nov 19	T,Th	7:05-7:35pm

Youth Aquatics continued next page —



Youth Aquatics continued —

**Swim Lesson –
Level 4 Stroke Improvement**

Age: 6-13yrs. Must have completed exit skills in Level 3. Back crawl and breaststroke are introduced in this level. Endurance is also a key factor for this level. Participants continue to build upon the scissor kick and dolphin kick by adding the arms for sidestroke and butterfly. Class Fee: \$50

Millbrook Pool

#84614	Sep 28-Oct 21	M,W	6:50-7:20pm
#84615	Oct 3-24	Sa	11:00-11:30am
#84616	Oct 26-Nov 18	M,W	6:50-7:20pm
#84617	Oct 31-Nov 21	Sa	11:00-11:30am

Optimist Pool

#84735	Sep 29-Oct 22	T,Th	5:50-6:20pm
#84736	Oct 3-24	Sa	10:50-11:20am
#84737	Oct 27-Nov 19	T,Th	5:50-6:20pm

Pullen Aquatic Center

#84792	Sep 29-Oct 22	T,Th	7:05-7:35pm
#84793	Oct 27-Nov 19	T,Th	7:05-7:35pm

**Swim Lesson –
Level 5 Stroke Refinement**

Age: 6-13yrs. Must have completed exit skills in Level 4. In this level, participants coordinate and refine all strokes. Flip turns on both front and back are introduced at this level. Endurance and distance are important in this level. Class Fee: \$50

Millbrook Pool

#84618	Sep 28-Oct 21	M,W	6:50-7:20pm
#84619	Oct 26-Nov 18	M,W	6:50-7:20pm

Optimist Pool

#84738	Oct 3-24	Sa	10:50-11:20am
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Pullen Aquatic Center

#84794	Sep 29-Oct 22	T,Th	7:05-7:35pm
#84795	Oct 27-Nov 19	T,Th	7:05-7:35pm

**Swim Team –
Intra-City Swim Association**

Age: 3-10yrs. Program goal is to provide an opportunity to experience competitive swimming in a fun, enjoyable, and relaxed environment. Class Fee: \$55

Millbrook Pool

#84624	Oct 6-Dec 3	T,Th	6:00-6:45pm
#84625	Oct 6-Dec 3	T,Th	7:00-7:45pm

Optimist Pool

#84741	Oct 5-Dec 2	M,W	6:00-6:45pm
#84742	Oct 5-Dec 2	M,W	7:00-7:45pm

Pullen Aquatic Center

#84801	Oct 26-Dec 23	M,W	5:30-6:15pm
#84802	Oct 26-Dec 23	M,W	6:30-7:15pm

Adult

Adult Beginner Swim Class

Age: 14yrs and up. The class requires no previous water experience and is geared toward dealing with beginning development of strokes including self help and survival skills. Class Fee: \$53

Millbrook Pool

#84620	Sep 28-Oct 21	M,W	7:30-8:00pm
#84621	Oct 26-Nov 18	M,W	7:30-8:00pm

Optimist Pool

#84704	Sep 29-Oct 22	T,Th	6:30-7:00pm
#84705	Oct 27-Nov 19	T,Th	6:30-7:00pm

Pullen Aquatic Center

#84796	Sep 29-Oct 22	T,Th	7:05-7:35pm
#84797	Oct 27-Nov 19	T,Th	7:05-7:35pm

Adult Intermediate Swim Class

Age: 14yrs and up. This class requires that students know how to swim but are in need of improvement. We will introduce and refine survival skills, freestyle, backstroke and breaststroke. Class Fee: \$53

Millbrook Pool

#84622	Sep 28-Oct 21	M,W	7:30-8:00pm
#84623	Oct 26-Nov 18	M,W	7:30-8:00pm

Optimist Pool

#84706	Sep 29-Oct 22	T,Th	6:30-7:00pm
#84707	Oct 27-Nov 19	T,Th	6:30-7:00pm

Pullen Aquatic Center

#84798	Sep 29-Oct 22	T,Th	7:05-7:35pm
#84799	Oct 27-Nov 19	T,Th	7:05-7:35pm

Lifeguarding – American Red Cross

Age: 15yrs and up. This American Red Cross course trains participants in the basic skills needed to lifeguard at traditional pools. This course includes First Aid and CPR/AED for the Professional Rescuer. Class Fee: \$180

Optimist Pool

#84739	Oct 26-Nov 18	M,W	4:00-8:00pm
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Pullen Aquatic Center

#84800	Oct 28-Nov 23	M,W	5:00-9:00pm
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Arts

Preschool

Animals from Down Under

Age: 3-5yrs. We will take an imaginary journey to Australia, where we will encounter a different animal each week. Will we see kangaroos and koalas? What other mysterious animals will we encounter? Come with us to find out! Instructor: Mrs. Alice. Class Fee: \$36

Laurel Hills Community Center

#86246	Sep 9-30	W	10:00-10:34am
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Green Road Community Center

#86247	Nov 2-23	M	2:30-3:15pm
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Art – Fairy Tale Princess Ballet

Age: 3-5yrs. Dress up in your most beautiful princess costume and come over for a magical time featuring all things fairytale. Students will learn to dance along to all of their favorite princess songs. We will be sharing princess tales, making glittery princess crafts, hosting our own princess tea party and much, much more! So catch a ride in a magic pumpkin and we will see you there! Parent participation required. Additional \$45 supply fee due to instructor at the first class. Instructor: Rhonda Felton. Class Fee: \$45

Brier Creek Community Center

#86804	Sep 16-Oct 28	W	1:30-2:30pm
#86806	Sep 9-Oct 21	W	1:30-2:30pm

Laurel Hills Community Center

#87076	Sep 11-Oct 23	F	1:30-2:30pm
#87422	Oct 30-Dec 18	F	1:30-2:30pm

Art – Fall Colors

Laurel Hills Community Center
Age: 3-5yrs. Come celebrate the beauty of Fall! Kids will collect colorful objects from nature and use them to build a wonderful collage project. Learn about the fall season and find out what beautiful art nature can inspire. Class Fee: \$12

#86465	Sep 15	T	1:30-2:15pm
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**Art – Harvest Harmonies –
Art, Music and Movement**

Age: 18mths-3yrs. Come discover the beauty of Fall in this preschool class designed for little fingers. Your child will learn about pumpkins, fall leaves, apples, harvest time, and many other Fall concepts as we celebrate the season. Through song, art, educational games, and dramatic play for tiny toes we will explore the magic of Autumn, as well as begin to develop learning skills for preschool readiness. From creating a colorful fall leaf wreath to carving spooky pumpkins, your children will have so much fun they won't even notice all they have learned. Each child will receive a music bag which contains a CD of the music used in our class. Parent participation is required. Bring a \$45 supply fee payable to instructor for session's supplies. Instructor: Rhonda Felton, BS in Education. Class Fee: \$45

Lake Lynn Community Center

#85714	Sep 18-Oct 30	F	10:30am-12:00pm
#85716	Nov 6-Dec 18	F	10:30am-12:00pm
#86807	Sep 18-Oct 30	F	9:00-10:30am
#86812	Nov 6-Dec 18	F	9:00-10:30am

Brier Creek

#86704	Sep 16-Oct 28	W	9:00-10:30am
#86706	Sep 16-Oct 28	W	10:30am-12:00pm
#86707	Nov 4-Dec 16	W	9:00-10:30am
#86708	Nov 4-Dec 16	W	10:30am-12:00pm

Art – Holiday Cookies

Laurel Hills Community Center
Age: 3-5yrs. Come have fun with us as we make and decorate different kinds of cookies that you can take home with you and share with everyone! Class Fee: \$12

#86472	Dec 15	T	1:30-2:15pm
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Art – Krafty Kids

Optimist Community Center
Age: 3-5yrs. Join us for a different and creative arts and craft project or edible creation. A new project is introduced with each theme class. Fee is per class. Class Fee: \$8

Apple Daze

#86926	Sep 11	F	12:30-1:30pm
#86927	Sep 12	Sa	12:30-1:30pm

Pumpkin Pals

#86928	Oct 9	F	12:30-1:30pm
#86929	Oct 10	Sa	12:30-1:30pm

Thankful Turkeys

#86930	Nov 13	F	12:30-1:30pm
#86931	Nov 14	Sa	12:30-1:30pm

Holly Holidays

#86932	Dec 11	F	12:30-1:30pm
#86933	Dec 12	Sa	12:30-1:00pm