

Adventure

Skill Level Key

This rating system is designed to inform you of the skill and fitness level which is required to enjoy and be safe while participating in Raleigh's Adventure Programs.

Level 1 – No prior knowledge or experience is necessary, with basic fitness level. A basic fitness level is half an hour of aerobic activity 3 times a week.

Level 2 – Some previous experience is recommended, with moderate fitness level. A moderate fitness level is an hour of aerobic activity 3 times a week.

Level 3 – Familiar with the activity, with moderate to good fitness level. A good fitness level is anything over an hour of aerobic activity 3 times a week.

Please Note: Programs listed with multiple skill levels have suitable terrain to challenge each level of participant.

Adult

Adventure – Climb Time

Brier Creek Community Center

Age: 14yrs and up. This program literally has something for every level of climber because we will customize our services to meet your climbing needs. While formal instruction is limited to proper equipment use, the Adventure staff is there to observe, coach and empower you to reach your climbing goals. The Adventure staff will be belaying, or working the ropes, which allows you to concentrate fully on climbing. This is your opportunity to push yourself physically, mentally or just enjoy the social scene around climbing. Experience the support of a group of climbers as you work to reach the tops of the climbs at one of the Triangle's best indoor climbing gyms. Equipment, transportation and belaying will be provided. Sign up now and take your climbing to the next level! \$15

#84653	Dec 11	F	6:00-9:30pm
#86187	Nov 13	F	6:00-9:30pm

Bike Maintenance

Frank E. Evans Administrative Bldg.

Age: 14yrs and up. Stop paying for costly bike repairs that can be done on your own! Learn how to wrench on your bike for less than the cost of having flats changed for you. Participants of this course will learn to change flat tires, adjust gears and brakes, and look after the well being of your beloved bicycle. Road bikes, mountain bikes, comforts and cruisers, it doesn't matter. We will have you back on your ride lickity split. Spend more time riding and less time waiting on repairs! Bring your bike and wear clothes that can get dirty. This course is adult oriented. Participants ages 14-15 must

be accompanied by an adult participating in the program. Contact the Adventure Program at 919-831-6855. Class Fee: \$15

Level 1

#84628	Sep 9	W	6:00-9:00pm
#84629	Oct 14	W	6:00-9:00pm

Coastal Carolina Kayaking

Frank E. Evans Administrative Bldg.

Age: 18yrs and up. You need a break. The best thing is to get out of town. How about a weekend excursion to Carolina Beach? Join the Adventure Program and experience beach camping at its finest, sea kayaking in inlets and around islands of the Cape Fear Coast, and a night out on the town. Sea kayaking fundamentals and excursions will be covered by professionally certified instructors, and hiking opportunities for the weekend include Carolina Beach State Park and Fort Fisher. Students must have basic swimming ability and comfort in water. There is a pre-trip meeting on Wednesday, September 30, please plan to attend. For more information, please call 831-6855. Class Fee: \$165

#84644	Oct 3-4	Sa-Su	8:00am-11:00pm
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Intermediate Rock Climbing

Frank E. Evans Administrative Bldg.

Age: 14yrs and up. Build off the basics and further your knowledge of climbing techniques, route finding, and various types of climbing. Just as there are several types of rock, there are several different types of climbs you may face. Find out what they are and how to handle each in our new intermediate class at Pilot Mountain. Pilot's name comes from Native Americans who used it as the 'Great Guide' or Pilot when traveling. In more recent times, Pilot has become one of the premier climbing areas in North Carolina due to its accessibility, variety of climbs and expansive views of

the surrounding area. Our experienced staff will set up climbs that are suited for a novice group of climbers, so be prepared for a full day of muscle burn and fun! Equipment, instruction, and transportation are provided. For more information, please call 919-831-6855. Class Fee: \$75

#84641	Sep 26	Sa	7:00am-6:00pm
#84642	Oct 24	Sa	7:00am-6:00pm

Introduction to Mountain Biking

Frank E. Evans Administrative Bldg.

Age: 14yrs and up. There is more to life than the Greenway—and it's called single track. Your bike has knobby tires, right? Put them where they belong and join us for a crash course, no pun intended, into the world of mountain biking. This one-day course focuses on building a solid base of skills needed to ride solo or with a group. Participants will learn bike fit adjustments, shifting, braking, falling strategies and how to overcome obstacles with ease. The highlight of the day will be a trail ride to put newly learned skills into practice. Come out and discover the thrill of ridin' dirty! Bikes are not provided, so bring a mountain bike and helmet. Don't have your own rig? No problem, we can point you towards rentals in the area. This course is adult oriented. Participants ages 14-15 must be accompanied by an adult participating in the program. Contact the Adventure Program at 919-831-6855. Class Fee: \$55

#84630	Sep 19	Sa	9:00am-5:00pm
#84631	Oct 10	Sa	9:00am-5:00pm

Introduction to Rock Climbing

Frank E. Evans Administrative Bldg.

Age: 14yrs and up. Designed for beginners, this class will provide a basic foundation for getting started in climbing. This course will introduce participants to the use and

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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