

block and spike, you can play. Come have a volleying good time. Only 7 teams accepted. Class Fee: \$250
#89606 Apr 6-Jun 1 T 6:30-9:00pm

Sand Volleyball – Spring League

Jaycee Community Center
Age: 18yrs and up. Catch Spring Volleyball Fever. Get a jump start on the summer season with a mini Spring sand season. Registration dates: February 19-March 1, 2009 (or until filled). Leagues: Beginner, Intermediate, Advanced. Team Registration Only 6-person, 4-person, and Doubles. League will play late March-May at Jaycee Park. See manager's sheet for details.

**PLAY DAYS have been determined as outlined below. Dates may change due to weather or scheduling conflicts. Space is limited by day/league. Class Fee: \$40

Doubles – Men's Intermediate

#91585 Mar 24-May 12 W 6:30-10:00pm
#91591 Mar 24-May 12 W 6:30-10:00pm
#91588 Mar 24-May 12 W 6:30-10:00pm

Doubles – Men's Advanced

#91594 Mar 22-May 10 M 6:30-10:00pm
#91590 Mar 22-May 10 M 6:30-10:00pm

Doubles – Coed Advanced

#91589 Mar 23-May 11 T 6:30-10:00pm

Coed 6-Person – Beginner

#91593 Mar 23-May 11 T 6:30-10:00pm

Coed 4-Person – Beginner

#91586 Mar 22-May 10 M 6:30-10:00pm

Doubles – Coed Intermediate

#91587 Mar 25-May 13 Th 6:30-10:00pm

Coed 4-Person – Intermediate

#91592 Mar 25-May 13 Th 6:30-10:00pm

Educational

Preschool

Alphabet Explorers

Millbrook Exchange Community Center
Age: 3-5yrs. Alphabet Explorers is a fun interactive literacy experience! This literacy class uses a multi-sensory approach to introduce letter recognition, letter-sound association, and rhyming activities! This class follows a sequential pattern which will help your child develop and expand their literacy skills through our 6-week program. Each week your child will gain new skills through hands on activities and additional practice exercises will be sent home after each class to help carryover the newly learned literacy skills. If you want to help foster a love of reading and help your child acquire and build upon their literacy skills, check out Alphabet Explorers' Literacy experience! Class Fee: \$120
#90811 Mar 17-Apr 21 W 6:15-7:15pm

Arctic Animals

Laurel Hills 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
#89328 Feb 3-24 W 2:00-2:45pm

Backyard Birds

Laurel Hills 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
#89326 Feb 3-24 W 10:15-11:00am

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
#91350 Jan 7-28 Th 3:00-4:00pm
#91351 Mar 4-25 Th 3:00-4:00pm

Cooking – Monday Chefs

Green Road Community Center
Age: 3-5yrs. Start your week cooking with Ms. Alice. We will mix and measure and enjoy what we cook. You are given a different recipe for each class for you to take home and help fix for your family. Class Fee: \$36
#91354 Feb 1-22 M 2:30-3:30pm
#91355 Apr 5-26 M 2:30-3:30pm

Down on the Farm

Laurel Hills Community Center
Age: 3-5yrs. We will learn some amazing facts about the animals that live on the farm. How many stomachs does a cow really have? You will find the answer if you take this class. We learn about a different animal each week as we learn about the farmer and his animals. Class Fee: \$36
#89327 Feb 3-24 W 11:15am-12:00pm

Education –

Early Einsteins Science Lab

Lake Lynn Community Center
Age: 3-6yrs. Why, why, why? It's a child's favorite question as curiosity takes hold and he starts to take a good look at the world around him. Why does rain fall from the sky? Why does the moon go from round to curved? If your budding scientist is brimming with questions, we will open his or her eyes to many early science concepts such as weather patterns, the solar system, animal life cycles, and much more! Each week will feature a different science concept to be explored through award-winning children's literature, hands-on science experiments, unique crafts, and puppet shows. Grab your thinking cap and come on down to explore the fascinating world around you! Parent participation required. A \$50 supply fee, payable to instructor at first class, will cover

all supplies, materials and learning tools needed for this eight-week class. Rhonda Felton instructs. Class Fee: \$50

Lake Lynn

#89549 Jan 8-Feb 26 F 2:00-3:00pm
#89550 Mar 5-Apr 30 F 2:00-3:00pm

Brier Creek

#90695 Jan 6-Feb 24 W 2:00-3:00pm
#90696 Mar 3-Apr 28 W 2:00-3:00pm

Fairytale Land

Greystone Community Center
Age: 3-5yrs. Get ready to jump into Fairytale Land for 60 minutes of adventure. Participants will create a craft project and/or food project that reflect the moral in the story. This will be a high energy program and participants will only be sitting still long enough to create their project. Class Fee: \$40
#89856 Jan 4-25 M 2:00-3:00pm
#89857 Feb 1-22 M 2:00-3:00pm
#89858 Mar 1-22 M 2:00-3:00pm
#89862 Apr 5-26 M 2:00-3:00pm

Fantastic Fables

Green Road 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
#91358 Feb 4-25 Th 3:00-4:00pm

Forest Creatures

Green Road Community Center
Age: 3-5yrs. Who is the masked bandit of the forest? Who likes being upside down? We will learn about these animals and others that call the forest their home. Your child will also do an age appropriate art project each week. Class Fee: \$36
#91396 Mar 1-22 M 2:30-3:15pm

Jungle Animals

Green Road Community Center
Age: 3-5yrs. Who is the slowest animal in the jungle. Not all jungles are in Central and South America. How do these animals protect themselves? We will do an art project with each animal that is age appropriate. Instructor: Mrs. Alice. Class Fee: \$36
#91397 Apr 8-29 Th 3:00-3:45pm

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 two days a week program or the four days a week program. Total cost for program will be broken down into payments. Two days a week program will be

Kidstime Play School continued next page —

Kidstime Play School continued —

\$118.25/month and the four days a week program will be \$236.25/month. Payments will be due at the beginning of each month. Final payment will be due April 1. The class will follow the Wake County Schools traditional calendar and inclement weather policy. Please call 919-870-2880 for more information.

2 Days a Week

#91097 Jan 4-Apr 29 M-Th 9:15am-12:15pm

4 Days a Week

#91098 Jan 4-Apr 29 M-Th 9:15am-12:15pm

Leap Into Learning

Greystone Community Center

Age: 3-5yrs. This is a perfect stepping stone from being at home to going off to a full day of school. We will learn basic skills including, numbers, letters, colors, shapes, music, art and other fundamentals necessary to succeed in Kindergarten. Each class participants will enjoy circle time, center time, play time and snack. We will also teach children skills such as sharing, manners, hygiene and group participation. The best part is that this three-hour class will allow participants to engage in social activities and interactive play without realizing how much they are learning along the way. All children must be potty trained. All children will need to bring a snack and drink each day. Class Fee: \$210

Monday/Wednesday/Friday Session \$210

#89783 Jan 4-29 M,W,F 9:15am-12:15pm
 #89804 Feb 1-26 M,W,F 9:15am-12:15pm
 #89816 Mar 1-26 M,W,F 9:15am-12:15pm
 #89823 Apr 5-30 M,W,F 9:15am-12:15pm

continued next column —

Tuesday/Thursday Session \$140

#89788 Jan 5-28 T,Th 9:15am-12:15pm
 #89807 Feb 2-25 T,Th 9:15am-12:15pm
 #89817 Mar 2-25 T,Th 9:15am-12:15pm
 #89827 Apr 6-29 T,Th 9:15am-12:15pm

Learn Spanish with Dora

Greystone Community Center

Age: 3-5yrs. This program is designed to introduce basic Spanish and/or basic English to participants. Our highly trained staff will use every child's favorite Spanish speaking friends—Dora and Diego—to expand their vocabulary in both English and Spanish. Participants will do new and exciting things each week including, craft projects, adventures, songs, food projects, manners, hygiene and much more while learning a new language and culture. Sign up today this class will fill quickly! Class Fee: \$40

#91087 Jan 6-27 W 2:00-3:00pm
 #91088 Feb 3-24 W 2:00-3:00pm
 #91089 Mar 3-24 W 2:00-3:00pm
 #91090 Apr 7-28 W 2:00-3:00pm

Math Madness

Greystone Community Center

Age: 3-5yrs. Use your imagination and creativity while learning all about numbers, shapes, colors, matching, counting and so much more! Kids will love this quick paced play program and will learn so much as they go! Class Fee: \$40

#89885 Jan 7-28 Th 2:00-3:00pm
 #89886 Feb 4-25 Th 2:00-3:00pm
 #89887 Mar 4-25 Th 2:00-3:00pm
 #89888 Apr 8-29 Th 2:00-3:00pm

Music – Let's get Loud!

Greystone Community Center

Age: 3-5yrs. Does your child love making music at home with the pots and pans, instruments or is always dancing around the house? Then this is the perfect class for you! we will learn the names and proper way to use most instruments. We will play games, sing songs, march in parades, dress up, dance and make a new instrument each week. This will be a high energy class with non stop movement! Class Fee: \$40

#90271 Jan 8-29 F 2:00-3:00pm
 #90272 Feb 5-26 F 2:00-3:00pm
 #90274 Mar 5-26 F 2:00-3:00pm
 #90275 Apr 9-30 F 2:00-3:00pm

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

Nersery Rhyme Math

#88486 Jan 4-18 M 6:30-7:15pm

Black History

#88487 Feb 8-22 M 6:30-7:15pm

Fairy Tale Explorers

#88488 Apr 13-27 T 6:30-7:15pm

Rocketship Explorers

Laurel Hills Community Center

Age: 3-5yrs. Explore the stars, planets and what is out there in outer space. Each week we work toward becoming astronauts. The last week we will eat space food and get our space suits. Come fly with us to outer space in our rocketship. Class Fee: \$36

#89325 Jan 6-27 W 2:00-2:45pm

Science Exploration

Greystone Community Center

Age: 3-5yrs. We will explore the wonder full world of science by learning about the topic being studied that session and do a project or experiment to reflect the topic of the class. Each session a new theme is discussed. Be sure to check our schedule below for the different themes being offered. This class will be high energy with a lot of motion and movement. Class Fee: \$40

The Body

#89878 Jan 5-26 T 2:00-3:00pm

Dinosaurs

#89879 Feb 2-23 T 2:00-3:00pm

The Earth

#89881 Mar 2-23 T 2:00-3:00pm

The Weather

#89882 Apr 6-27 T 2:00-3:00pm

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

#89324 Jan 6-27 W 11:15am-12:00pm



Educational Programs continued page 50 —

Youth

Celebrate the Earth!

Sanderford Road Park

Age: 5-12yrs. Help Sanderford Road Center celebrate Earth Day with earth friendly crafts and art lessons that promote reducing, reusing, and recycling. Kids will learn how things grow and how we together can take care of the Earth. Let's celebrate together! \$0
#91930 Apr 22 Th 6:00-7:00pm

Community Afterschool Programs

Biltmore Hills Community Center

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

#90558	Jan 4-Apr 30	M-F	3:00-6:00pm
#90559	Jan 4-Apr 30	M-F	3:00-6:00pm
#90560	Jan 4-Apr 30	M-F	3:00-6:00pm
#90561	Jan 4-Apr 30	M-F	3:00-6:00pm
#90562	Jan 4-Apr 30	M-F	4:00-7:00pm
#90563	Jan 4-Apr 30	M-F	3:00-6:00pm
#85249	Jan 4-Jun 3	M-Th	3:00-6:00pm
#90572	Jan 4-Apr 30	M-F	3:00-6:00pm
#90573	Jan 4-Apr 30	M-F	3:00-6:00pm
#90574	Jan 4-Apr 30	M-F	3:00-6:00pm
#90575	Jan 4-Apr 30	M-F	3:00-6:00pm
#90576	Jan 4-Apr 30	M-F	3:00-6:00pm

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

#89748	Jan 8	F	5:00-6:00pm
#89749	Jan 22	F	5:00-6:00pm
#89750	Feb 12	F	5:00-6:00pm
#89751	Feb 26	F	5:00-6:00pm
#89752	Mar 12	F	5:00-6:00pm
#89753	Mar 26	F	5:00-6:00pm
#89746	Apr 9	F	5:00-6:00pm
#89747	Apr 23	F	5:00-6:00pm

Cooking – Kidz Healthy Zone

Carolina Pines Community Center

Age: 9-12yrs. Let's learn how to cook small nutritional meals together. Participants will focus on being and staying healthy through group discussions, physical activities and preparing healthy individual meals. Apron included. Class Fee: \$35

#91896	Jan 4-25	M	6:30-7:30pm
#91902	Feb 1-22	M	6:30-7:30pm
#91903	Mar 8-29	M	6:30-7:30pm
#91904	Apr 5-26	M	6:30-7:30pm

Dance – Creative Movement

Method Road Community Center

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: \$28

#91293	Jan 5-26	T	5:00-6:00pm
#91294	Jan 5-26	T	6:00-7:00pm

Healthy Treats 101

Sanderford Road Park

Age: 5-12yrs. Enjoy an array of healthy snack options for healthy and active living. Kids will learn how to make their own healthy snacks at home. At last, eating healthy food will be fun! Delicious treats guaranteed! \$0

#91933	Feb 22	M	6:00-7:00pm
--------	--------	---	-------------

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

#89483	Mar 27	Sa	10:30am-12:00pm
#89484	Apr 24	Sa	10:30am-12:00pm

Kids and Wealth

Roberts Park Community Center

Age: 9-14yrs. 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

#89485	Mar 27	Sa	1:30-2:30pm
#89486	Apr 24	Sa	1:30-2:30pm

Little Truckers

Jaycee Community Center

Age: Up to 10yrs. Give your child the opportunity to touch and climb into each truck we have on site. Our fleet will include: fire, rescue, tractors, and more. First ten youth to register will receive a small toy truck. Pre-registration is required by April 17.

Class Fee: \$5

#91552	Apr 24	Sa	11:00am-1:00pm
--------	--------	----	----------------

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 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 policia y tendrán la oportunidad de hacer preguntas y también conocer como interactúa el Departamento de Policia 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. Indicate if you have any food allergies by calling (Indique si tiene alguna alergia de comida) 919-831-6844. Class Fee: \$0
#90766 Feb 15 M 12:00-1:00pm

Musical Arts and Crafts and Musical Games

Method Road Community Center

Age: All Ages. While learning about music, children of all ages are having lots of fun playing games. This is a great time to meet new friends. Make your own musical instruments and musical crafts to take home. This will help build your motor skills (Grades K-5). Class Fee: \$28

#91292	Jan 7-28	Th	7:00-8:00pm
#91830	Jan 4-28	M	11:00am-12:00pm

Parent/Toddler English as a Second Language

Anderson Point

Age: 5yrs. 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

#89694	Feb 6-27	Sa	9:00-9:45am
#89693	Mar 6-27	Sa	9:00-9:45am
#89697	Apr 3-24	Sa	9:00-9:45am

radKIDS Safety and Self-Defense

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 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. Pam Adamchik instructs. Class Fee: \$65

Lake Lynn Community Center
 #89340 Mar 6-27 Sa 10:30am-12:00pm
 #89341 Apr 10-May 1 Sa 10:30am-12:00pm
Brier Creek Community Center
 #90390 Jan 9-30 Sa 10:00-11:30am
 #90391 Feb 6-27 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
 #89331 Mar 3-24 W 2:00-2:45pm
 #91336 Jan 4-25 M 2:30-3:15pm

Spanish – Parent/Toddler

Pullen Community Center
 Age: 5yrs. 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
 #89698 Jan 9-30 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 disfrutaran de un componente cultural que incluye cantar canciones en español y romper una piñata. Class Fee: \$30

Brier Creek Community Center
 #91715 Feb 3-24 W 6:00-7:00pm
 #91712 Mar 3-24 W 6:00-7:00pm
Millbrook Community Center
 #91713 Feb 6-27 Sa 10:30-11:30am
 #91714 Mar 6-27 Sa 10:30-11:30am

Spring Debut

Method Road Community Center
 Age: 8yrs and up. Spring is in the air. Girls become young ladies. Boys become young men. As the flower blossoms and the cocoon develops, the 'process' is the most important part. Get your child involved in this process that will give you a 100% success rating. You will recommend this process to your friends and relatives as they notice the improvement in the confidence and character of your child. You will prepare them for successful careers as well as build good family, work and community relationships. March 5 is the date of the New Inter-Community Spring Youth Art and Music Festival. Hurry and get your child ready to participate in this event. Class Fee: \$25
 #91299 Jan 9-30 Sa 9:00-10:30am

Teen

All About You!

Sgt. Courtney T. Johnson Center
 Age: 12-19yrs. All about you is a teen group for young men and women that will discuss social topics, preform community services, and get an opportunity to meet community leaders. Class Fee: \$0
 #91649 Jan 12-Feb 2 T 4:00-6:00pm

American Red Cross Babysitter's Training

Age: 11-15yrs. Participants will gain knowledge, skills, and confidence to care for infants through school aged children. Safety issues, injury and illness prevention, basic child care, first aid, decision making skills, and age appropriate behavior and play are discussed. Instruction by American Red

Cross. Class Fee: \$50
Laurel Hills Community Center
 #89902 Feb 20 Sa 9:00am-3:00pm
 #89903 Apr 17 Sa 9:00am-3:00pm
Lake Lynn Community Center
 #89908 Mar 13 Sa 9:00am-3:00pm
Greystone Community Center
 #91738 Feb 15 M 10:30am-4:30pm

Dress for Success!

Roberts Park Community Center
 Age: 11-15yrs. Nutritionists say we are what we eat. Did you know that people form opinions about you according to the way you dress? Dress for success teaches appropriate attire and the psychological effects of clothing choices. Wear your potential.....dress for success! Class Fee: \$0
 #89641 Mar 25 Th 6:00-7:15pm

Financial Lowdown for Teens

Barwell Road Community Center
 Age: 13-18yrs. It's never too early to learn how to manage your money. Learn about savings accounts, credit cards, checking accounts, the stock market and more in this introduction to financial literacy. Fun hands on projects will allow teens the opportunity to experience real life situations in a creative setting. Class Fee: \$10
 #89182 Apr 12-May 3 M 7:00-8:00pm

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

Portable Challenge Course continued page 54 —



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 two 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
#91710 Jan 10-Apr 25 Su 9:00am-5:00pm

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

Sanderford Road Park

#90110	Jan 20-Feb 17	W	6:00-8:00pm
#90117	Mar 10-Apr 7	W	6:00-8:00pm
Pullen			
#90108	Jan 26-Mar 2	T	6:30-8:30pm
#90109	Mar 16-Apr 20	T	6:30-8:30pm

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

Sanderford Road Park

#90128	Jan 21-Feb 25	Th	6:00-8:00pm
#90129	Mar 11-Apr 15	Th	6:00-8:00pm
Pullen			
#90127	Jan 27-Mar 3	W	6:30-8:30pm
#90126	Mar 17-Apr 21	W	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
#91549 Jan 17 Su 1:00-5:00pm
#91548 Feb 21 Su 1:00-5:00pm
#91550 Mar 21 Su 1:00-5:00pm
#91551 Apr 18 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
#88577 Jan 25-Feb 18 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
#88578 Jan 25-Feb 18 M,Th 1:00-3:00pm

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
#91729 Feb 6-Mar 13 Sa 10:00-11:30am

Citizen Advisory Council – Falls of the Neuse

Eastgate Park
Age: 18yrs and up. Be an active member of your community. Come to find out the latest news concerning city-wide and neighborhood issues, rezoning, development reviews and discussions. Meetings held on the second Thursday of the month, beginning at 7:00pm. Please visit www.raleighnc.gov/communityservices for up to date information.

#89203	Jan 14	Th	7:00-9:00pm
#89204	Feb 11	Th	7:00-9:00pm
#89205	Mar 11	Th	7:00-9:00pm
#89206	Apr 8	Th	7:00-9:00pm

Citizen Advisory Council – North Raleigh

Millbrook Exchange Community Center
Age: 18yrs and up. Be an active member of your community. Come to find out the latest news concerning city-wide and neighborhood issues, rezoning, and development reviews and discussions. Meetings are the first Thursday of every month, beginning at 7:00pm.
#88323 Jan 7 Th 7:00-9:00pm
#88322 Feb 4 Th 7:00-9:00pm
#88324 Mar 4 Th 7:00-9:00pm
#88325 Apr 1 Th 7:00-9:00pm

Citizen Advisory Council – Northeast Raleigh

Millbrook Exchange Community Center
Age: 18yrs and up. Come find out the latest neighborhood happenings and issues. Have a voice in what's going on in your community. Meetings are held at Millbrook Exchange Community Center (1905 Spring Forest Road, 872-4156) the second Thursday of every month.
#88326 Jan 14 Th 7:00-9:00pm
#88327 Feb 11 Th 7:00-9:00pm
#88328 Mar 11 Th 7:00-9:00pm
#88329 Apr 8 Th 7:00-9:00pm

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
#90655 Jan 16 Sa 10:00am-12:00pm
#90656 Feb 20 Sa 10:00am-12:00pm
#90657 Mar 21 Sa 10:00am-12:00pm
#90658 Apr 17 Sa 10:00am-12:00pm

CP No Worries

Carolina Pines Community Center
Age: 18yrs and up. "No Debt – Know Freedom" Part II – Financial Freedom can be realized in this hands on class. Students will develop an actual personal iSpending Plan[®] to control spending and identify money leaks. The class will also cover the dynamics and benefits of a "Savings Plan" including an Emergency Fund. Suggested pre-request Part I. Class Fee: \$25
#90651 Jan 16 Sa 12:30-2:30pm
#90652 Feb 20 Sa 12:30-2:30pm
#90653 Mar 20 Sa 12:30-2:30pm
#90654 Apr 17 Sa 12:30-2:30pm

Creative Writing Session

Greystone Community Center
Age: 18yrs and up. Join us for a 5 week creative writing session focusing on bringing our inner voice and awareness to words. Using journaling, writing from prompts, and using copies of paintings by world renowned artists we will write about what

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

Francois De La Rochefoucauld

Register online with Reclink at parks.raleighnc.gov

brings meaning to our lives. Each week, we will use a different technique to facilitate our writing. This session is taught by Lois Cavanagh-Daley, an English teacher, trainer, writer, advocate and activist. Class Fee: \$55
 #90716 Feb 15-Mar 15 M 9:30-10:30am
 #90718 Feb 20-Mar 20 Sa 9:00-10:00am

Dog – Basic Manners for Your Dog

Jaycee Community Center
 Age: 18yrs 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

#91640 Jan 26-Mar 2 T 7:00-8:00pm
 #91636 Mar 23-Apr 27 T 7:00-8:00pm

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

#88330 Mar 24-May 26 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

#89894 Jan 27-Mar 3 W 6:30-8:00pm
 #89889 Mar 17-Apr 21 W 6:30-8:00pm

Brier Creek

#90092 Feb 6-Mar 13 Sa 11:30am-1:00pm
 #90094 Mar 27-May 1 Sa 11:30am-1:00pm

Green Road

#89896 Jan 23-Feb 27 Sa 11:30am-1:00pm
 #89897 Mar 13-May 1 Sa 11:30am-1:00pm

Chavis

#89890 Jan 23-Feb 27 Sa 11:30am-1:00pm
 #89891 Mar 13-Apr 17 Sa 11:30am-1:00pm

Method Road

#89898 Jan 28-Mar 4 Th 6:30-8:00pm
 #89895 Mar 18-Apr 29 Th 6:30-8:00pm

Peach Road

#89892 Jan 26-Mar 2 T 6:30-8:00pm
 #89893 Mar 16-Apr 20 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

#90100 Jan 30-Mar 6 Sa 10:00-11:30am

Fruit Orchard Workshop

Mordecai Historic Park
 Age: All Ages. Come to a workshop with experts Morris Dunn and Carl Matyak to learn how to prune and maintain old varieties of fruit trees. We will conduct hands-on workshop pruning in the Mordecai Orchard as well as discuss how these varieties changed over time and some simple techniques for caring for fruit trees.

\$0
 #90723 Feb 20 Sa 10:00am-12:00pm

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

#91130 Jan 18 M 6:00-7:00pm
 #91129 Mar 22 M 6:00-7:00pm
 #91131 Apr 19 M 6:00-7:00pm
 #91132 Feb 22 M 6:00-7:00pm

Japanese for Beginners/ Japonés para Principiantes

Lake Lynn Community Center
 Age: 18yrs and up. This course will introduce basic Japanese. Students will learn alphabet, basic greetings, numbers, calendar dates, weekdays, and much more. Students will also enjoy aspects of the Japanese culture. Esta clase le introducirá al idioma japonés 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 japonesa. Class Fee: \$50
 #90790 Feb 15-Mar 22 M 6:30-8:00pm

Korean for Beginners/ Coreano para Principiantes

Greystone Community Center
 Age: 18yrs and up. This course will introduce basic Korean. Students will learn alphabet, basic greetings, numbers, calendar dates, weekdays, and much more. Students will also enjoy aspects of the Korean culture. Esta clase le introducirá al idioma coreano 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 coreana. Class Fee: \$50
 #90858 Jan 9-Feb 13 Sa 10:30am-12:00pm
 #90860 Feb 20-Mar 27 Sa 10:30am-12:00pm
 #90861 Apr 3-May 8 Sa 10:30am-12:00pm

Living with Stress?

Roberts Park Community Center
 Age: 18-80yrs. Living with stress? Who isn't? Family. Work. The economy. Here are some quick and easy techniques that are sure to help you in the battle against daily stress! Learn about Progressive Relaxation, Mental Visualization, Positive Self Talk and others. You'll leave this class armed with the tools you need to win your battles with stress! Class Fee: \$10
 #91511 Feb 2-23 T 7:00-8:00pm

Preparing for Herbs Installing and Care

Method Road Community Center
 Age: All Ages. This class will focus on where to buy herbs for gardening. You will learn what to use and how to get started using herbs for many purposes. Bring your questions for an interesting discussion. Class Fee: \$0
 #91245 Feb 23 T 6:30-8:00pm

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
 #91553 Jan 4 M 7:30-9:00pm
 #91554 Feb 1 M 7:30-9:00pm
 #91555 Mar 1 M 7:30-9:00pm
 #91556 Apr 5 M 7:30-9:00pm

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 eight 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

Smoking Cessation continued page —

Smoking Cessation continued —

individuals to attain their goal of quitting smoking. Class Fee: \$15
 #91831 Jan 12-Mar 2 T 6:30-7:30pm

Spanish – I

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: \$0

Method
 #90839 Jan 28-Mar 4 Th 6:30-8:00pm
Millbrook
 #90840 Jan 28-Mar 4 Th 6:30-8:00pm

Spanish for the Work Place

Peach Road
 Age: 16yrs and up. Spanish for the Work Place will focus on basic Spanish in the work place. This course teaches general customer service skills in Spanish to better communicate with Spanish workers and clients. Class Fee: \$25
 #89744 Jan 13-Feb 17 W 6:30-8:00pm
 #89745 Mar 3-Apr 7 W 6:30-8:00pm

Spanish II

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
Method
 #90842 Mar 18-Apr 22 Th 6:30-8:00pm
Millbrook
 #90843 Mar 18-Apr 29 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
 #91252 Jan 6-May 11 M-Sa 3:00-5:30pm

Upholstery for Beginners and Others

Method Road Community Center
 Age: All Ages. Re-do your old worn down furniture and spruce it up for a new look the inexpensive way. Do it yourself and save lots of money. You may locate a talent that will give you hundreds of dollars in your pocket. You will need to bring your own supplies and equipment. Sewing machine will be needed. No storage is available. It will be lots of fun. Class Fee: \$85
 #91246 Jan 4-28 M,W,Th 9:00am-12:00pm
 #91247 Feb 1-25 M,W,Th 9:00am-12:00pm
 #91248 Mar 1-25 M,W,Th 9:00am-12:00pm
 #91249 Apr 5-29 M,W,Th 9:00am-12:00pm

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. We will introduce students to the voice-over business as a whole. 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
 #91692 Mar 23 T 7:00-9:00pm

Women's Self Esteem

Greystone Community Center
 Age: 18yrs and up. As women, we all face ups and downs in our self-esteem due to life's challenges and joys. Self-esteem is organic; it does not stay stagnant. Come to this fun, interactive, and hands-on 5 week workshop to learn about what bolsters your self-esteem and what can decrease it. We will journal, collage, make bookmarks, write goals, and develop action plans. The Many Of Paths of Self-Esteem was co-authored by Lois Cavanagh-Daley, and she has facilitated self-esteem workshops for women throughout the Triangle. Lois is a teacher, trainer, advocate, artist, and activist. Class Fee: \$55
 #90708 Jan 4-Feb 1 M 9:30-10:30am
 #90714 Jan 9-Feb 6 Sa 9:00-10:00am

Senior

Dance – Seasoned Citizens

Method Road Community Center
 Age: All Ages. 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: \$28
 #91295 Jan 6-27 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
 #90791 Jan 6 W 6:00-7:00pm
 #90792 Jan 6-27 W 2:00-3:00pm
 #90793 Jan 13-27 W 6:00-7:00pm
 #90794 Jan 20-Feb 3 W 2:00-3:00pm
 #91120 Jan 27-Feb 17 W 6:00-7:00pm
 #91121 Feb 3-24 W 2:00-3:00pm

#91122 Feb 10-24 W 6:00-7:00pm
 #91123 Feb 17-Mar 3 W 6:00-7:00pm
 #91124 Mar 3-24 W 2:00-3:00pm
 #91125 Mar 10-24 W 6:00-7:00pm
 #91126 Mar 17-31 W 6:00-7:00pm
 #91127 Apr 7 W 6:00-7:00pm

Family

About Boating Safely Courses

Lake Wheeler
 Age: 12yrs and up. Covers basic boating skills, needed safety equipment, and boat-handling procedures—along with Federal and State boating regulations. This course is designed for both boat and personal water craft users. Newly established NC State boating regulations concerning personal watercraft operators between the ages of 12-16 require the successful completion of this type of course. Completed course will qualify students for Boaters Insurance Discount Programs through various insurance agencies. Class Fee: \$35
Lake Wheeler
 #90775 Mar 20 Sa 8:00am-4:00pm
 #91734 Apr 20-22 T,Th 6:00-9:00pm
Lake Johnson
 #91735 Feb 20 Sa 8:00am-4:00pm

African American Cultural Celebration

Chavis Community Center
 Age: 1-99yrs. Come and help celebrate the historic and cultural significance of the Chavis community. The celebration will consist of a banquet highlighting citizens that have made significant contributions. Class Fee: \$5
 #90802 Feb 18 Th 6:30-8:30pm

Ask an Attorney Seris

John P. Top Greene Center
 Age: 18-99yrs. Top Greene Community Center will host a free educational series to discuss issues that people face related to employment, health insurance, and dealing with creditors. Class Fee: \$0
 #91631 Mar 9 T 7:00-8:00pm

Bomba Folk Dance / Baile Folklorico Bomba

Peach Road
 Age: 16yrs and up. Bomba is one of Puerto Rico's most famous musical styles. In this class, you will learn a typical folk dance that is still thriving in Puerto Rico. Dancers will move their bodies to every beat of the drum (pre-recorded music). Come get fit as you learn this wild and exciting dance! La Bomba es uno de los más populares estilos de bailes puertorriqueños. En esta clase, usted aprenderá este baile de folklor típico que todavía florece en Puerto Rico. Los participantes moverán sus cuerpos al ritmo del tambor (musica pre-grabada.) ¡ven y aprende este baile tan excitante y al mismo tiempo ponte en forma! Class Fee: \$20
 #91751 Jan 29-Mar 5 F 6:30-7:30pm
 #91754 Mar 19-Apr 23 F 6:30-7:30pm

The true object of all human life is to play.

G.K. Chesterton

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
#88582 Jan 9-Apr 17 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: \$20
#91732 Jan 28-Mar 4 Th 4:00-5:00pm
#91733 Mar 18-Apr 22 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.
#88331 Jan 2-Apr 30 M-F 10:00am-9:00pm
Sa 9:00am-3:00pm
Su 1:00-6:00pm

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
#90101 Mar 20-Apr 24 Sa 10:00-11:30am

Genealogy Basics

John P. Top Greene Center
Age: 12yrs and up. It is a Family Affair: Genealogy Basics – Trying to trace your family heritage? Join other interesting people who are on the same quest. Learn the basics of tracing your family roots. Pre-registration is required at least one day in advance of each class. Class Fee: \$0
#91545 Jan 18 M 6:30-7:30pm
#91546 Feb 15 M 6:30-7:30pm
#91547 Mar 15 M 6:30-7:30pm

Mother Daughter Self Defense

Laurel Hills Community Center
Age: 12yrs and up. Bring your daughter or your best friend, but it is GIRLS ONLY! Price is per participant. 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
#89437 Jan 9 Sa 9:00-10:45am
#89438 Jan 23 Sa 9:00-10:45am
#89439 Feb 6 Sa 9:00-10:45am
#89440 Feb 20 Sa 9:00-10:45am
#89441 Mar 27 Sa 9:00-10:45am
#89442 Apr 10 Sa 9:00-10:45am
#89443 Apr 17 Sa 9:00-10:45am

MLK Day Project

Sanderford Road Park
Age: 5yrs and up. Participants will discuss the significance of Dr. Martin Luther King. Jr. and explore what they can do to make this world a better place. Youth will celebrate MLK's birthday with arts, crafts, and decorations. Join us in this celebration!
\$0
#91936 Jan 18 M 3:00-6:00pm

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

#89462 Jan 16-Apr 10 Sa 9:15-10:15am

Ages 11-15

#89463 Jan 16-Apr 10 Sa 10:15-11:15am

Ages 16 and up

#89464 Jan 16-Apr 10 Sa 11:15am-12:15pm

Music – Group Voice Lessons

Method Road Community Center
Age: 8yrs and up. These lessons are geared towards beginners who need more confidence. Each student will learn song studies, warm up exercises, music theory, breathing exercises, tone production, range extension exercises and performance techniques. Material cost: \$25. This class is taught by Annette Stowe, a performing artist who has performed in various operas including the University of Hawaii's opera, the Portland and Eugene Operas. She is a member of the National Association of Teacher os Singing and Professional Women Singers Association. This class will make a difference in your singing career. Class Fee: \$55
#91463 Jan 6-Feb 10 W 7:30-8:30pm

Music – Private Voice Lessons

Method Road Community Center
Age: 8yrs and up. Along with song studies, students will learn warm up exercises, music theory, breathing mechanics, enhanced tone production, range extension exercises and performance techniques. Students will be invited to perform at the end of term recital. Materials Fee \$25 Please call the office to schedule your 30 minute session. This class is taught by Annette Stowe, an experienced operatic singer who has performed in the Hawaii Opera Theater chorus, the Portland and Eugene Operas as well as other performances. She is a performing member of the Professional Women Singers Association and National Association of Teachers of Singing. You will be happy you had the opportunity to learn from this experienced artist. Class Fee: \$185
#91434 Jan 8-Feb 12 F 4:00-9:00pm

New Inter-Community Spring Youth Art and Music Festival

Method Road Community Center
Age: All Ages. This festival will be held at the Method Community Center Friday, March 5 at 7:00pm. The children's talent will be show cased for all to see. Modeling classes, Dance classes, Couples Stepping Classes, Art classes, Music Classes and

New Inter-Community continued next page —

Educational Programs

New Inter-Community continued —

Voice Classes will be held beginning the first week in January. Hurry and get your youth prepared. Prizes will be given to dance groups, instrumentalist, musical crafts and the most debonair young man and the most graceful young lady. Art work will be displayed. This will be an opportunity to invite relatives and friends to see your child perform and get involved with activities that will give structure to their free time. Class Fee: \$0
#91243 Mar 5 F 7:00-9:00pm

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

#91145	Jan 7-28	Th	5:00-5:30pm
#91148	Jan 14-Feb 4	Th	5:30-6:00pm
#91150	Jan 14-Feb 4	Th	6:30-7:00pm

Session B

#91146	Jan 7-28	Th	5:30-6:00pm
#91151	Jan 14-Feb 4	Th	7:00-7:30pm

Session C

#91147	Jan 7-28	Th	6:00-6:30pm
#91149	Jan 7-28	Th	6:00-6:30pm
#91152	Jan 28-Feb 18	Th	6:30-7:00pm

Session D

#91158	Jan 7-28	Th	6:30-7:00pm
--------	----------	----	-------------

Portuguese for Beginners

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: \$50

Pullen

#90833	Mar 20-Apr 24	Sa	10:00-11:30am
--------	---------------	----	---------------

Jaycee

#90838	Feb 6-Mar 13	Sa	10:00-11:30am
--------	--------------	----	---------------

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

Roberts Park

#90750	Feb 2	T	7:00-8:00pm
--------	-------	---	-------------

Barwell Road

#90749	Mar 3	W	8:00-9:00pm
--------	-------	---	-------------



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

#90796	Mar 6	Sa	10:00am-12:00pm
#90797	Mar 6	Sa	12:30-2:30pm
#90804	Apr 3	Sa	10:00am-12:00pm
#90806	Apr 3	Sa	12:30-2:30pm

Fitness

Preschool

Dance – Jazz – Z Creative Dance

Laurel Hills Community Center
Age: 2-4yrs. 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: \$36
#90633 Mar 6-27 Sa 12:00-12:30pm

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

#88590	Jan 5-Feb 23	T	1:00-1:30pm
#88591	Jan 5-Feb 23	T	1:30-2:00pm
#89169	Mar 9-Apr 27	T	1:00-1:30pm
#89170	Mar 9-Apr 27	T	1:30-2:00pm

Gymnastics – Parent and Tot Tumblers

Green Road Community Center
Age: 15mths-2yrs. Fun and exciting learning including stunts, tumbling, rolls, climbs, jumps and flips. Motor skill development and spatial expression area play are emphasized. This is a parent-tot participation class. At least one parent must attend. Instructed by Coach 'K', NCAE Certified. Class Fee: \$40

#91313	Jan 8-29	F	10:45-11:30am
#91314	Feb 5-26	F	10:45-11:30am
#91315	Mar 5-26	F	10:45-11:30am
#91316	Apr 9-30	F	10:45-11:30am

Gymnastics – Preschool Tumblers

Age: 3-5yrs. Join us as we explore creative skill techniques utilizing apparatus and movement combinations. Balance, flexibility, stamina, form, style and creative patterns are learned. Little or no experience needed. Instructed by Coach 'K', NCAE Certified.