

Downtown Recreation Opportunities

Pullen Park Amusements

Pullen Park Amusements will be closed for the 2010 Season for renovations. We appreciate your patience while work is being done and look forward to seeing you for a Grand Re-Opening in Spring 2011. For project details, visit parks.raleighnc.gov and click "Park and Greenway Planning."

Chavis Park Carousel

2010 Hours of Operation

Mar 12-May 2	M-Sa	10:00am-5:30pm
	Su	1:00-5:30pm

Hours are subject to change based upon upcoming Chavis Park renovations.

Tours

Historic Narrated Trolley Tours on the Raleigh Trolley

Location: Mordecai Historic Park
Mordecai Historic Park's Trolley Tour is an educational and fun ride through downtown Raleigh with stops at Pullen Park, City Market, and the State Capitol that give plenty of time for tours and shopping. Tours run every Saturday, March-December leaving from Mordecai at 11:00am, 12:15pm, 1:30pm, and 2:45pm. Contact: Mordecai Historic Park for more information 857-4364. Charge: Adults \$8, Youth 7-17 \$4, Children 6 and under free. www.raleighnc.gov/mordecai

For additional downtown recreation opportunities, please refer to the following locations:

Chavis Community Center

505 MLK Jr. Boulevard (919) 831-6989

Fletcher Park

820 Clay Street (919) 831-6430

Pullen Arts Center

105 Pullen Road (919) 831-6126

Pullen Amusements

520 Ashe Avenue (919) 831-6468

Pullen Community Center

408 Ashe Avenue (919) 831-6052

Roberts Park

1300 E. Martin Street (919) 831-6830

Pullen Aquatics Center

410 Ashe Ave (919) 831-6197

Mordecai Historic Park

1 Mimosa Street (919) 857-4364

Raleigh Little Theater

301 Pogue Street (919) 821-4579

Theatre in the Park

105 Pullen Road (919) 831-6936

Tucker House

418 N. Person Street (919) 831-6009

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.

Youth

Adventure – Project Wild

Greystone Community Center

Age: 8-10yrs. Join the Adventure Program staff on a journey to explore wild animals, their natural environment and how we as humans interact with them. This program is full of hands-on activities to bolster your child's imagination and understanding of all things wild! Find answers to questions like 'How many bears live in the woods?' Drop your child off and let them...go wild! Class Fee: \$8

#91646	Feb 11	Th	5:30-7:00pm
#91647	Mar 15	M	5:30-7:00pm
#91648	Apr 15	Th	5:30-7:00pm

Bouldering Clinic

Greystone Community Center

Age: 8-12yrs. Looking for something for the kids to do after school or on an early release day? Try Bouldering. Bouldering is a form of rock climbing that takes place only a few feet off the ground and does not require ropes, harnesses or other climbing equipment. In this beginner class we will teach both climbing and spotting techniques. This course focuses on fun and we will spend plenty of time bouldering, exploring the climbing space and playing climbing games. Come join us. Class Fee: \$8

#91668	Feb 24	W	5:30-7:00pm
#91669	Mar 17	W	5:30-7:00pm
#91670	Apr 7	W	5:30-7:00pm

Bouldering Clinic (2 Hour Course – Early Release)

Greystone Community Center

Age: 8-12yrs. Looking for something for the kids to do after school or on an early release day? Try Bouldering. Bouldering is

a form of rock climbing that takes place only a few feet off the ground and does not require ropes, harnesses or other climbing equipment. In this beginner class we will teach both climbing and spotting techniques. This course focuses on fun and we will spend plenty of time bouldering, exploring the climbing space and playing climbing games. Come join us. Class Fee: \$10

#91617	Feb 3	W	3:00-5:00pm
#91623	Mar 10	W	3:00-5:00pm
#91629	Apr 21	W	3:00-5:00pm

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! Class Fee: \$15

#88706	Jan 5	T	6:00-9:30pm
#88707	Jan 7	Th	6:00-9:30pm
#88708	Feb 26	F	6:00-9:30pm
#88709	Mar 19	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

#88503	Mar 24	W	6:00-9:00pm
#88502	Apr 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 Friday April 9, please plan to attend. For more information, please call 831-6855. Class Fee: \$165
 #88718 Apr 17-18 Sa-Su 8:00am-11:00pm

Guide 'N' Ride – Umstead

Non-City Owned Site
 Age: 14yrs and up. You don't have to be an aggressive or 'extreme' twenty-something to enjoy mountain biking. In fact, in between riding the Greenway and riding single track, there are wide open multi-use trails at Umstead State Park to meet your outdoor needs. Join us on a half day program that introduces you to biking fundamentals, multi-use trail ethics, and navigating your way around the park. Our instructors will make sure that you are forming good riding habits, pacing yourself enough to enjoy the ride and learning the park layout. Sign up today and find out why Umstead is a more reliable location to ride during the spring and the fall than its neighbor Crabtree County Park. As always bike shorts, 'extreme' energy drinks and bikes worth more than \$1,000 are optional. Class Fee: \$15
 #91693 Apr 10 Sa 10:00am-12:30pm

Intermediate Rock Climbing

Frank E. Evans Administrative Bldg.
 Age: All Ages. 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 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 it's 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

#88506	Apr 24	Sa	7:00am-6:00pm
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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 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

#88693	Jan 6	W	6:00-10:00pm
#88500	Feb 10	W	6:00-10:00pm
#88501	Mar 10	W	6:00-10:00pm
#88692	Apr 7	W	6:00-10:00pm

Introduction to Whitewater Kayaking

Frank E. Evans Administrative Bldg.
 Age: All Ages. 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
 #88504 Apr 24-25 Sa-Su 9:00am-5:00pm

Kayak Basics

Optimist Pool
 Age: 12yrs and up. This course is offered for those wishing to learn more about the sport of kayaking now that the cooler weather has arrived. 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

Kayak Basics continued next page —



Kayak Basics continued —

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

#88499	Jan 9-10	Sa-Su	2:00-5:00pm
#88695	Feb 6-7	Sa-Su	2:00-5:00pm
#88696	Feb 20-21	Sa-Su	2:00-5:00pm
#88697	Mar 6-7	Sa-Su	2:00-5:00pm
#88698	Mar 20-21	Sa-Su	2:00-5:00pm

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 \$4 additional charge to rent a kayak. Roll 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

#88493	Jan 8	F	5:00-8:00pm
#88494	Jan 15	F	5:00-8:00pm
#88495	Jan 29	F	5:00-8:00pm
#88496	Feb 5	F	5:00-8:00pm
#88497	Feb 12	F	5:00-8:00pm
#88498	Feb 19	F	5:00-8:00pm
#88699	Feb 26	F	5:00-8:00pm
#88700	Mar 5	F	5:00-8:00pm
#88701	Mar 12	F	5:00-8:00pm
#88702	Mar 19	F	5:00-8:00pm
#88703	Mar 26	F	5:00-8:00pm

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

#88716	Apr 10	Sa	10:30am-12:00pm
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Playboating

Optimist Pool

Age: 14-99yrs. If you are ready to take your kayak and get vertical, do your self a favor and take a lesson. Play boating takes all the aspects of boat control (balance, edging, and paddle strokes) then combines them in a way that isn't intuitive and may be hard to learn on your own. Save yourself the frustration and work with us on a step by step process to master the fundamentals of play boating. Our staff will work with you and give you feed back to help you improve. Sign up today to start performing squirts, stalls and trading ends more often and with greater ease. See you at the pool! Class Fee: \$15

#88492	Jan 8	F	5:30-8:00pm
#88704	Feb 19	F	5:30-8:00pm
#88705	Mar 12	F	5:30-8:00pm

Wilderness First Aid

Magnolia Cottage, Lake Johnson

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

Level 1

#88717	May 15-16	Sa-Su	8:00am-6:00pm
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Aquatic

Preschool

Parent and Child Aquatics Level 1

Age: 6-3mths. 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. \$53

Millbrook Pool

#89764	Jan 5-28	T,Th	10:10-10:40am
#89765	Jan 5-28	T,Th	5:10-5:40pm
#89766	Jan 9-30	Sa	9:30-10:00am
#89767	Feb 2-25	T,Th	10:10-10:40am
#89768	Feb 2-25	T,Th	5:10-5:40pm
#89769	Mar 2-25	T,Th	10:10-10:40am

