

Class Fee: \$0

Sgt. Courtney T Johnson Center

#91254	Apr 16	F	6:00-8:00pm
#91255	Apr 30	F	6:00-8:00pm
#91256	May 7	F	6:00-8:00pm
#91257	May 21	F	6:00-8:00pm

Tarboro Road Community Center

#90240	Jan 8	F	6:00-8:00pm
#90241	Feb 12	F	6:00-8:00pm
#90242	Mar 12	F	6:00-8:00pm
#90243	Apr 9	F	6:00-8:00pm

Family Night at the Movies

Sanderford Road Park

Age: 3-99yrs. We've got the movie—you bring the kids, parents, or friends! Join us the third Friday of each month at Sanderford Road Center. Pre-registration is required. \$0
 #92076 Jan 15-Apr 16 F 6:00-8:00pm

Fashion Show

Lions Park Community Center

Age: All Ages. Watch as we bring a full scale fashion show extravaganza to the RUNWAY. This is a mesmerizing experience full of fun, fashion with hot designer looks, hair styles and artist make up. Enjoy all size and shape models as they heat up the runway with their own catwalk. Model spaces are limited, ages are 14-19. Call Lions Park at 831-6995 or Halifax Community Center for more information. Show open to the Public. Time and date TBA. Class Fee: \$3
 #91908 Feb 18 F 7:00-10:00pm

Game It Up

Sanderford Road Park

Age: 4-99yrs. Socialize with friends while playing popular games like Uno, Connect Four, Sorry, Twister. Like a challenge? Try Pictionary, Taboo, or Cranium for the older gamers. Class Fee: \$0
 #91139 Jan 29 F 6:00-8:00pm
 #91143 Feb 26 F 6:00-8:00pm
 #91144 Mar 26 F 6:00-8:00pm
 #91159 Apr 30 F 6:00-8:00pm

Game Room Open Play

Ralph Campbell Community Center

Age: All Ages. Open for the community to come and enjoy various games and activities at no cost. Pool table, Air-Hockey, Table Tennis, Board games, and PS2 systems available. The only requirement is, you must have some form of IDENTIFICATION to enter. Elementary and middle school children can have an I.D. made at the center one time free of charge. Please note that Game Room times are subject to change without notice. Class Fee: \$0
 #90176 Jan 4-30 M-Sa 2:00-9:00pm
 #90177 Feb 1-27 M-Sa 2:00-9:00pm
 #90178 Mar 1-31 M-Sa 2:00-9:00pm
 #90179 Apr 1-30 M-Sa 2:00-9:00pm

Great Egg Scramble

Brier Creek Community Center

Age: Up to 10yrs. Free family fun for the everyone! Hop over to the Brier Creek Community Center and enjoy a delicious

light breakfast, visit bunny and make crafts.

Breakfast starts at 10am with egg hunts following at 11am sharp. Class Fee: \$0
 #90504 Mar 27 Sa 10:00am-12:00pm

Lake Wheeler Geocaching Boogie

Lake Wheeler

Age: All Ages. Join us for another installment of the Geocaching Boogie! The 4th Annual Geocaching Boogie will be held at Lake Wheeler Park and promises to be the best yet! With scenic Lake Wheeler as a backdrop join other geocachers and new comers alike as they work to figure out the puzzle! Geocaching is a giant outdoor treasure hunt that uses handheld G.P.S. units to find hidden items. In conjunction with the North Carolina Geocachers Organization this event promises to be a real treat with fun for all ages! Those without G.P.S. units are welcome and will be paired up with an experienced geocacher. Call Barwell Road Community Center at 329-5994 for more information. Class Fee: \$0
 #88470 Feb 13 Sa 9:00am-2:00pm

Parlor Concert in the Park

Durant Nature Park

Age: All Ages. Join a small group in the Training Lodge parlor for the fiddle tunes of Mara Shea and a guest. Tap your toes to traditional tunes from Old-Time and Irish and Scottish traditions. Register in advance or at the door. Free for children 10 and under. Class Fee: \$5
 #88934 Feb 26 F 7:00-8:00pm

Remote Control Open Drive

Barwell Road Community Center

Age: 4yrs and up. Bring your new or old remote control car to Barwell Road Community Center for some good, warm fun! One gym will be transformed into Obstacle Courses, Sprint Courses, Stunt Ramps, and an open driving area for the ultimate remote control car experience. Only non-flying vehicles with rubber wheels will be admitted. Class Fee: \$0
 #90422 Jan 9 Sa 10:00am-2:00pm

Seussville Games and Activities

Barwell Road Community Center

Age: 2-5yrs. All-est the littlest are invited to the day of the best day of the best. Barwell Road will be transformed to Seussville to celebrate Dr. Seuss's birthday. Join the Sneetches in playing games like Horton Obsical Course and Ring the Gack. There will also be crafts and story times. Class Fee: \$0
 #91853 Mar 5 F 6:30-8:00pm

Skate Park Patrons

Marsh Creek Park

Age: 1-100yrs. To keep records of patrons that have completed and filled out the Raleigh Parks and Recreation Skate Waiver and have initialed the rules and regulations of the skate park. Class Fee: \$0
 #84746 Apr 13-Apr 5 M 8:00am-6:00pm

The Bunny Hop Dance

Laurel Hills Community Center

Age: All Ages. Here comes Bunny Cottontail, hopping down the bunny trail. Hoppity, hoppity and hopping to the dance. Bunnies will do little foot thumping moves, hopping, be bops, pops and locomotive steps. With musical games and the Bunny Hop being danced with various formations for play. So, wear your 'big ears', fluffy tails and colorful costumes. Parents are invited to take the class too! All participant must register. Conducted by Coach K, NCAE. Class Fee: \$5
 #91573 Mar 27 Sa 9:45-10:15am

Specialized Recreation

Youth

Buddy Basketball

Method Road Community Center

Age: 4-16yrs. Buddy Basketball is for youth with developmental and/or physical disabilities. This program is an instructional basketball program directed by parents to teach introductory basketball skills. Patron will develop dribbling, passing, shooting skills and be introduced to beginner team play. Teams will be formed upon completion of registration. Siblings are also allowed to join this program. Trophies are awarded at the end of the program. For more information, contact Jennifer Tabery 807-5402. Class Fee: \$15
 #89357 Jan 9-Feb 27 Sa 9:00-10:30am

Buddy Softball

Pullen Arts Center

Age: 4-16yrs. Buddy Softball is for youth with developmental and/or physical disabilities. This program is an instructional softball program directed by parents to teach introductory softball skills. Patron will develop catching, throwing, batting skills and be introduced to beginner team play. Teams will be formed upon completion of registration. Siblings are also allowed to join this program. Trophies are awarded at the end of the program. For more information, contact Specialized Recreation at 831-6640. Class Fee: \$15
 #89358 Apr 3-May 22 Sa 9:00-10:30am

Camp Friendly Open House

Durant Nature Park

Age: 18yrs and up. Have you ever wanted to send your child to Camp Friendly, but were unsure of how it works? Do you have questions about the registration process for Camp Friendly? Would you like to see

Camp Friendly Open House continued next page —

Camp Friendly Open House continued —

the facility and meet the directors before registering your child? We will answer ALL of these questions (and more!) Class Fee: \$0
#90522 Mar 13 Sa 12:00-3:00pm

Exploring the Arts

Jaycee Community Center
Age: 4-12yrs. This art class will provide participants the opportunity to explore various mediums to create wonderful pieces of art. This class promises to stimulate the senses and challenge all participants on their own level. Siblings and friends are also encouraged to participate. The will be an art show at the end of the program showcasing the masterpieces created. For more information on this program, please contact Jennifer Tabery at 807-5402. Class Fee: \$35
#90677 Mar 6-27 Sa 12:30-2:00pm

Sibshops

Jaycee Community Center
Age: 6-12yrs. This activity is for siblings of individuals with developmental disabilities. Sibshops acknowledge that being the brother or sister of a person with special needs is for some a good thing, others a not-so-good thing, and for many, somewhere in between. They reflect a belief that brothers and sisters have much to offer one another if they are given a chance. Sibshops are a spirited mix of new games (designed to be unique, off-beat, and appealing to a wide ability range), new friends, and discussion activities. For more information on this activity please contact Jennifer Tabery at 807-5402. Class Fee: \$15
#90679 Jan 8 F 6:00-9:15pm
#90680 Feb 12 F 6:00-9:15pm
#90681 Mar 12 F 6:00-9:15pm
#90682 Apr 9 F 6:00-9:15pm

Youth Recreational Bowling

Non-City Owned Site
Age: 6-12yrs. This bowling program is recreational in nature and provides a fun and exciting place for youth with developmental and/or physical disabilities to participate in a bowling league. Ramps and bumpers will be available. Participants will be placed on lanes based on age, ability, and style of bowling. Cost includes 8 games of bowling and shoe rental. Siblings are also allowed to join this program. For more information, contact Jennifer Tabery at 807-5402. Class Fee: \$20
AMF Capital

#89374	Jan 16-Feb 6	Sa	10:00am-12:00pm
#89375	Feb 20-Mar 13	Sa	10:00am-12:00pm
#89376	Mar 20-Apr 10	Sa	10:00am-12:00pm
#89378	Jan 16-Feb 6	Sa	10:00am-12:00pm
#89379	Feb 20-Mar 13	Sa	10:00am-12:00pm
#89380	Mar 20-Apr 10	Sa	10:00am-12:00pm

Teen

Chefs in Training Cooking Class

Jaycee Community Center
Age: 12-22yrs. Are you hungry to learn how to cook? The Chefs in Training Cooking Class will allow participants with developmental and/or physical disabilities to cook and eat a variety of foods while developing life skills and social skills. Kitchen safety, hygiene, food groups, healthful meal planning, basic table manners, as well as food preparation will be covered. Participants will showcase their new cooking skills during the final class, when they will prepare a meal for the parents! Class Fee: \$40
#90670 Feb 17-Mar 10 W 6:00-8:00pm

Creative Masterpieces

Frank E. Evans Administrative Bldg.
Age: 13-16yrs. This art class will provide participants the opportunity to explore various mediums to create wonderful pieces of art. This class promises to stimulate the senses and challenge all participants on their own level. Siblings and friends are also encouraged to participate. The will be an art show at the end of the program showcasing the masterpieces created. For more information on this program, please contact Jennifer Tabery at 807-5402. Class Fee: \$35
#90676 Mar 6-27 Sa 12:30-2:00pm

Friendly Afterschool Program

Millbrook Exchange Community Center
Age: 12-21yrs. The Friendly Afterschool program is for youth with developmental and/or physical impairments. Participants must be able to display appropriate behavior and function independently on a 1:4 ratio. Program is held based on the Wake County Traditional Calendar. The program will not meet on teacher workdays, dismissal due to inclement weather, or holidays. No refunds will be granted for days missed or cancelled due to vacation, illness, suspension, or inclement weather. Transportation is not provided, but may be arranged through your child's IEP. Payment may be made in weekly or monthly installments. For additional information, please contact Jennifer Tabery at 807-5402. Class Fee: \$1200
#89359 Jan 4-Jun 4 M-F 2:30-6:00pm

Super Readers' Book Club

Jaycee Community Center
Age: 12-22yrs. Love to read? Looking to find other friends who love books too? Come join us at The Super Readers' Book Club! We will follow the adventures of Junie B. Jones in the series by Barbara Park. This class will provide participants with developmental and/or physical disabilities time to discuss their favorite adventures and scenes from the book. They will create a book-themed craft and enjoy a snack. Participants will be expected to have read and/or listened

to the book prior to the Book Club Meeting and should be an independent reader on a 1st to 3rd grad reading level. Participants should also be able to work on a 1 staff to 4 participant ratio. Class Fee: \$15
#90671 Feb 10 W 6:00-8:00pm
#90673 Mar 17 W 6:00-8:00pm

Teen Recreational Bowling

Non-City Owned Site
Age: 13-16yrs. This bowling program is recreational in nature and provides a fun and exciting place for youth with developmental and/or physical disabilities to participate in a bowling league. Ramps and bumpers will be available. Participants will be placed on lanes based on age, ability, and style of bowling. Cost includes 8 games of bowling and shoe rental. Siblings are also allowed to join this program. For more information, contact Jennifer Tabery at 807-5402. Class Fee: \$20

AMF Capital

#89366	Jan 16-Feb 6	Sa	10:00am-12:00pm
#89367	Feb 20-Mar 13	Sa	10:00am-12:00pm
#89368	Mar 20-Apr 10	Sa	10:00am-12:00pm
#89369	Jan 16-Feb 6	Sa	10:00am-12:00pm
#89370	Feb 20-Mar 13	Sa	10:00am-12:00pm
#89373	Mar 20-Apr 10	Sa	10:00am-12:00pm

Adult

Aerobics – Move that Body

Green Road Community Center
Age: 17yrs and up. This program is designed for adults with developmental and/or physical disabilities or anyone needing low impact exercise. Come join your friends, get into shape or just stay in shape with aerobics. Go at your own pace, high, low or just go with the flow. There is no one-on-one assistance available for this program. Family members, friends and even workers are welcome. For more information on this program, contact Meredith at 807-5401. Class Fee: \$15
#90423 Feb 1-22 M 6:00-7:00pm

All Tied Up

Jaycee Community Center
Age: 17yrs and up. Come join your friends for a fun evening creating your own tie dye t-shirt. This program is designed to meet the needs of individuals with developmental and/or physical disabilities. We will supply the shirts and dyes and you supply the creativity. Contact Meredith Jackson at 807-5401 with questions. Class Fee: \$10
#90564 Apr 23 F 6:00-7:30pm

Basic Cooking

Eastgate Park
Age: 17yrs and up. This program is designed to meet the needs of teens and adults with developmental and/or physical disabilities. This program will teach you the basics on how to plan a menu, read a recipe, measure ingredients, and prepare a basic meal. This class is designed as a beginning cooking class for those who have never taken the class before or need more work on the

basics. Participants will then enjoy a social time with their classmates while eating the meal they prepared. Individuals with a one-on-one staff are welcome. For more information, contact Meredith Jackson at 807-5401. Class Fee: \$55
#89277 Jan 13-Feb 10 W 6:15-7:45pm

Fishing Program

Pullen Amusements
Age: 17yrs and up. This program is for individuals with developmental and/or physical disabilities who can function independently on a 4:1 ratio or for individuals that have one-on-one assistance. This class is for those who know how to fish or would like to learn. This program provides specialty gear/equipment for individuals with physical disabilities. Participants will receive instruction in water safety and fishing safety, introduction to fishing techniques as well as the experience of fishing for numerous species of fish. For more information, contact Meredith Jackson at 807-5401. Class Fee: \$20
#90439 Apr 12-May 3 M 6:00-7:00pm

Getting Crafty

Pullen Community Center
Age: 17yrs and up. This six week course is designed to meet the needs of individuals with developmental and/or physical disabilities. Participants will make wonderful crafts that they will be proud to display. Come gather with friends and express yourself! Please contact Meredith Jackson at 807-5401 with questions. Class Fee: \$30
#90701 Mar 4-Apr 8 Th 6:00-7:00pm

Intermediate/ Advanced Cooking Class

Eastgate Park
Age: 17yrs and up. This program is designed to meet the needs of adults and older teens with developmental and/or physical disabilities. This class is designed for those who have taken a previous cooking class and understand the basic concepts. Participants will continue to work on reading a recipe, measuring ingredients and preparing a delicious meal. Participants will then enjoy a social time with their classmates while eating the meal they prepared. Individuals with a one-on-one staff are welcome. For more information, contact Meredith Jackson at 807-5401. Class Fee: \$55
#89278 Mar 3-31 W 6:15-7:45pm

Line Dance Your Way to Fitness

Laurel Hills Community Center
Age: 17yrs and up. This program is designed for adults with developmental and/or physical disabilities. Come learn some new dance moves while you get into shape. This line dancing class will include Country as well as Hip Hop. Family members, friends and workers are welcome. Contact Meredith Jackson at 807-5401 for more information on this program. Class Fee: \$25
#90694 Mar 1-29 M 6:30-7:30pm

No Sew Snuggly

Jaycee Community Center
Age: 17yrs and up. This course is designed to meet the needs of individuals with developmental and/or physical disabilities. Come gather with your friends for a night of blanket making. We will supply the felt and teach you how to create masterpieces. Class Fee: \$15
#90521 Jan 22 F 6:00-8:00pm

Quad Basketball

Barwell Road Community Center
Age: All Ages. Quad Basketball, or Wheelchair Basketball as it is also called, is a great sport. Players may have various disabilities that preclude their play in able-bodied sport competition. Players must have a combination of upper and lower extremity impairment to be considered as eligible to participate. Most of the players have sustained cervical level spinal injuries and have some type of quadriplegia as a result. Players are given a classification number from one of seven classifications ranging from 0.5-3.5. The 0.5 player has the greatest impairment and is comparable to a C5 quadriplegic. Of those eligible to participate, the 3.5 player has the least impairment and is similar to a C7-8 incomplete quadriplegic. Both male and females are encouraged to play, and because of the classification process gender advantages don't exist. Class Fee: \$0
#84695 Jan 14-Mar 25 Th 7:00-9:00pm

Quad Rugby

Barwell Road Community Center
Age: 18yrs and up. Quad Rugby, or Wheelchair Rugby as it is also called, is a sport with roots going back to wheelchair basketball and ice hockey. Players may have various disabilities that preclude their play in able-bodied sport competition. Players must have a combination of upper and lower extremity impairment to be considered as eligible to participate. Most of the players have sustained cervical level

spinal injuries and have some type of quadriplegia as a result. Players are given a classification number from one of seven classifications ranging from 0.5-3.5. The 0.5 player has the greatest impairment and is comparable to a C5 quadriplegic. Of those eligible to participate, the 3.5 player has the least impairment and is similar to a C7-8 incomplete quadriplegic. Both male and females are encouraged to play, and because of the classification process gender advantages don't exist. Class Fee: \$10
#84693 Jan 13-Apr 28 W 7:00-9:00pm

Scrapbooking for Adults

Jaycee Community Center
Age: 17yrs and up. This program is for beginners with developmental and/or physical disabilities needing techniques in scrapbooking or for those just looking for a place to work on their scrapbook. Learn to create a photo album with your pictures of family and friends, including organizing, designing and decorating the pages of your album. Photo album, pages, pens/markers and stickers are all acid free which will protect your photos from discoloring. Already know how to scrapbook? Come and join us and work on ongoing photo album projects. For more information, contact Meredith Jackson at 807-5401. Class Fee: \$25
#90523 Jan 21-Feb 18 Th 6:30-7:30pm

Share the Love

Laurel Hills Community Center
Age: 17yrs and up. This program is designed to meet the needs of individuals with developmental and/or physical disabilities. Class participants will come together to make cards for their loved ones. Special techniques and materials will be used. Materials provided. Contact Meredith Jackson at 807-5401 with questions. Class Fee: \$5
#90506 Feb 5 F 6:00-7:30pm

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Adult Specialized Recreation continued —

SRS Bingo Night

Pullen Community Center

Age: 17yrs and up. What could be more exciting than a fun filled night of Bingo?

There will be prizes and lots of time with friends. For more information contact Meredith Jackson at 807-5401. Class Fee: \$5

#90424	Jan 12	T	6:00-8:00pm
#90425	Feb 9	T	6:00-8:00pm
#90426	Mar 9	T	6:00-8:00pm
#90427	Apr 13	T	6:00-8:00pm

SRS Recreational Bowling

Non-City Owned Site

Age: 17yrs and up. This bowling program is recreational in nature and provides a fun and exciting place for adults with developmental and/or physical disabilities to participate in bowling. This is not an instructional but rather a recreational class. Ramps and bumpers will be available. Participants will be placed on lanes based on age, ability, and style of bowling. Cost includes 8 games of bowling and shoe rental. For more information, contact Meredith Jackson at 807-5401. Class Fee: \$20

AMF Capital

#90431	Jan 16-Feb 6	Sa	10:00am-12:00pm
#90432	Feb 20-Mar 13	Sa	10:00am-12:00pm
#90433	Mar 20-Apr 17	Sa	10:00am-12:00pm

AMF South Hills

#90428	Jan 16-Feb 6	Sa	10:00am-12:00pm
#90429	Feb 20-Mar 13	Sa	10:00am-12:00pm
#90430	Mar 20-Apr 17	Sa	10:00am-12:00pm

Family

Friendly Track Out Program

Millbrook Exchange Community Center

Age: 6-22yrs. Participants will enjoy activities such as arts and crafts, sports, games, field trips, and more. Please bring a lunch and two snacks each day. You must register two weeks in advance. For more information, please contact Jennifer Tabery at 807-5402. Class Fee: \$125

#89360	Jan 4-8	M-F	8:00am-6:00pm
#89361	Jan 11-15	M-F	8:00am-6:00pm
#89362	Jan 19-22	T-F	8:00am-6:00pm
#89363	Mar 29-Apr 2	M-F	8:00am-6:00pm
#89364	Apr 5-8	M-Th	8:00am-6:00pm
#89365	Apr 12-16	M-F	8:00am-6:00pm
#89498	Apr 19-23	M-F	8:00am-6:00pm

Specialized Recreation Dances

Age: 14yrs and up. Join us as we dance the night away! We will have a DJ, refreshments, and lots of fun! Participants who need a 1:1 are welcome to attend, but must provide their own assistant. Parents, workers, and chaperones do not have to pay the admission fee. There is no pre-registration for this event. All participants must pay at the door. For more information, please contact Specialized Recreation Services at 831-6640. Class Fee: \$5

Snowflake Ball – Cary Academy

#90507	Jan 15	F	7:00-9:30pm
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Valentine's Day Dance – Millbrook

#90508	Feb 6	Sa	7:00-9:30pm
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Spring Dance – Jaycee

#90510	Mar 26	F	7:00-9:30pm
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Spring Fling – Jaycee

#90511	Apr 16	F	7:00-9:30pm
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Spring Break Extravaganza

Millbrook Exchange Community Center

Age: 6-22yrs. Class Fee: \$125

#89499	Mar 29-Apr 2	M-F	8:00am-6:00pm
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Swim Lessons – Private

Pullen Aquatic Center

Age: 3yrs and up. These classes are for individuals with special needs that require individualized swim instruction and/or adaptive equipment in order to be successful. Skills are tailored and modified for each student, with the ultimate goal of progressing through American Red Cross Learn to Swim levels and smoothly transitioning into typical aquatic programming. Students will receive progress notes at the completion of each session, as well as, a recommendation regarding continued classes. When a student is demonstrating an appropriate acquisition of skills and the ability to learn in a group setting, we will recommend either a small group class or supported participation in a typical group lesson. This truly is a collaborative effort, for additional information or any questions concerning appropriate placements or adapted aquatics, please contact Stephanie Stancil at 807-5400.

For all students new to this program, please enroll in private lessons for an initial assessment. Class Fee: \$80

Pullen Aquatic Center

#90764	Jan 5-28	T,Th	3:30-4:00pm
#90757	Jan 5-28	T,Th	4:15-4:45pm
#90758	Jan 5-28	T,Th	5:00-5:30pm
#90765	Mar 2-25	T,Th	3:30-4:00pm
#90759	Mar 2-25	T,Th	4:15-4:45pm
#90760	Mar 2-25	T,Th	5:00-5:30pm
#90767	Apr 6-29	T,Th	3:30-4:00pm
#90769	Apr 6-29	T,Th	4:15-4:45pm
#90770	Apr 6-29	T,Th	5:00-5:30pm

Millbrook Pool

#90772	Feb 2-25	T,Th	3:30-4:00pm
#90773	Feb 2-25	T,Th	4:15-4:45pm
#90774	Feb 2-25	T,Th	5:00-5:30pm

Swim Lessons – Supported Group Adult Beginner

Pullen Aquatic Center

Age: 14yrs and up. These classes are designed to be the inclusive answer for swimmers with disabilities who need a little additional support. These are typical group lessons, taught by a certified WSI and aided by a trained Specialized Recreation swim instructor. This is a great way to benefit from group lessons and still get some extra support. This is the final step before transitioning to typical group aquatic programming. Benefits of participating in group lessons include: opportunity to socialize with peers and an increased opportunity to learn turn taking

and cooperative learning skills. This group setting will provide a fun environment in which to learn new skills and help transition swimmers towards typical aquatic programming. Please sign up for the appropriate skill level. For additional information or any questions please contact Stephanie Stancil at 807-5400. Adult Beginner participants will learn survival skills and water safety. Class Fee: \$50

#90990	Jan 5-28	T,Th	7:10-7:40pm
#90991	Mar 2-25	T,Th	6:30-7:00pm
#90992	Apr 6-29	T,Th	6:30-7:00pm

Swim Lessons – Supported Group Adult Intermediate

Pullen Aquatic Center

Age: 14yrs and up. These classes are designed to be the inclusive answer for swimmers with disabilities who need a little additional support. These are typical group lessons, taught by a certified WSI and aided by a trained Specialized Rec. swim instructor. This is a great way to benefit from group lessons and still get some extra support. This is the final step before transitioning to typical group aquatic programming. Benefits of participating in group lessons include: opportunity to socialize with peers and an increased opportunity to learn turn taking and cooperative learning skills. This group setting will provide a fun environment in which to learn new skills and help transition swimmers towards typical aquatic programming. Please sign up for the appropriate skill level. For additional information or any questions, please contact Stephanie Stancil at 807-5400.

Introduce and refine survival skills, freestyle, backstroke and breaststroke. Class Fee: \$50

#90983	Jan 5-28	T,Th	6:30-7:00pm
#90984	Mar 2-25	T,Th	7:10-7:40pm
#90985	Apr 6-29	T,Th	7:10-7:40pm

Swim Lessons – Supported Group Level 1

Pullen Aquatic Center

Age: 6-15yrs. These classes are designed to be the inclusive answer for swimmers with disabilities who need a little additional support. These are typical group lessons, taught by a certified Water Safety Instructor and aided by a trained Specialized Recreation swim instructor. This is a great way to benefit from group lessons and still get some extra support. This is the final step before transitioning to typical group aquatic programming. Benefits of participating in group lessons include: opportunity to socialize with peers and an increased opportunity to learn turn taking and cooperative learning skills. This group setting will provide a fun environment in which to learn new skills and help transition swimmers towards typical aquatic programming. Please sign up for the appropriate skill level, contact Stephanie Stancil at 807-5400 with any questions.

Level 1 participants learn to:

- Enter and exit water safely
- Submerge mouth, nose and eyes
- Explore floating and swimming with support.

Class Fee: \$50

#90779	Jan 5-28	T,Th	5:10-5:40pm
#90780	Mar 2-25	T,Th	5:10-5:40pm
#90785	Mar 2-25	T,Th	5:50-6:20pm
#90787	Apr 6-29	T,Th	5:50-6:20pm
#90788	Apr 6-29	T,Th	5:10-5:40pm

Swim Lessons – Supported Group Level 2

Pullen Aquatic Center

Age: 6-15yrs. These classes are designed to be the inclusive answer for swimmers with disabilities who need a little additional support. These are typical group lessons, taught by a certified Water Safety Instructor and aided by a trained Specialized Recreation swim instructor. This is a great way to benefit from group lessons and still get some extra support. This is the final step before transitioning to typical group aquatic programming. Benefits of participating in group lessons include: opportunity to socialize with peers and an increased opportunity to learn turn taking and cooperative learning skills. This group setting will provide a fun environment in which to learn new skills and help transition swimmers towards typical aquatic programming. For additional information or any questions, please contact Stephanie Stancil at 807-5400.

Level 2 participants learn to:

- Float, glide and swim on front and back
- Open eyes underwater

Class Fee: \$50

#90979	Mar 2-25	T,Th	7:10-7:40pm
#90980	Apr 6-29	T,Th	7:10-7:40pm

Swim Lessons – Supported Group Level 3

Pullen Aquatic Center

Age: 6-15yrs. These classes are designed to be the inclusive answer for swimmers with disabilities who need a little additional support. These are typical group lessons, taught by a certified WSI and aided by a trained Specialized Recreation swim instructor. This is a great way to benefit from group lessons and still get some extra support. This is the final step before transitioning to typical group aquatic programming. Benefits of participating in group lessons include: opportunity to socialize with peers and an increased opportunity to learn turn taking and cooperative learning skills. This group setting will provide a fun environment in which to learn new skills and help transition swimmers towards typical aquatic programming. Please sign up for the appropriate skill level. For additional information or any questions, please contact Stephanie Stancil at 807-5400.

Level 3 participants learn to:

- Perform front and back crawl
- Dive from kneeling and standing

Class Fee: \$50

#90986	Jan 5-28	T,Th	6:30-7:00pm
#90987	Mar 2-25	T,Th	6:30-7:00pm
#90988	Apr 6-29	T,Th	6:30-7:00pm

Swim Lessons – Supported Group Level 4

Pullen Aquatic Center

Age: 6-15yrs. These classes are designed to be the inclusive answer for swimmers with disabilities who need a little additional support. These are typical group lessons, taught by a certified WSI and aided by a trained Specialized Recreation swim instructor. This is a great way to benefit from group lessons and still get some extra support. This is the final step before transitioning to typical group aquatic programming. Benefits of participating in group lessons include: opportunity to socialize with peers and an increased opportunity to learn turn taking and cooperative learning skills. This group setting will provide a fun environment in which to learn new skills and help transition swimmers towards typical aquatic programming. Please sign up for the appropriate skill level. For additional information or any questions please contact Stephanie Stancil at 807-5400.

Level 4 participants learn to:

- Perform a dive, Front and Back crawl
- Breaststroke, Butterfly, Elementary Backstroke

Class Fee: \$50

#90993	Jan 5-28	T,Th	7:10-7:40pm
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Swim Lessons – Supported Group Preschool Level 1

Pullen Aquatic Center

Age: 3-6yrs. These classes are designed to be the inclusive answer for swimmers with disabilities who need a little additional support. These are typical group lessons, taught by a certified Water Safety Instructor and aided by a trained Specialized Recreation swim instructor. This is a great way to benefit from group lessons and still get some extra support. This is the final step before transitioning to typical group aquatic programming. Benefits of participating in group lessons include: opportunity to socialize with peers and an increased opportunity to learn turn taking and cooperative learning skills. This group setting will provide a fun environment in which to learn new skills and help transition swimmers towards typical aquatic programming. Please sign up for the appropriate skill level, contact Stephanie Stancil at 807-5400 with any questions.

Pre-school Level 1 students will learn to:

- open eyes underwater, blow bubbles and float with assistance.

Class Fee: \$50

#90999	Jan 5-28	T,Th	5:10-5:40pm
#91000	Mar 2-25	T,Th	5:10-5:40pm
#91001	Apr 6-29	T,Th	5:10-5:40pm

Swim Lessons – Supported Group Preschool Level 2

Pullen Aquatic Center

Age: 3-6yrs. These classes are designed to be the inclusive answer for swimmers with disabilities who need a little additional support. These are typical group lessons, taught by a certified Water Safety Instructor and aided by a trained Specialized Recreation swim instructor. This is a great way to benefit from group lessons and still get some extra support. This is the final step before transitioning to typical group aquatic programming. Benefits of participating in group lessons include: opportunity to socialize with peers and an increased opportunity to learn turn taking and cooperative learning skills. This group setting will provide a fun environment in which to learn new skills and help transition swimmers towards typical aquatic programming. Please sign up for the appropriate skill level, contact Stephanie Stancil at 807-5400 with any questions. Pre-school Level 2 students will learn to:

- swim on front, back and side using combined arm and leg action.

Class Fee: \$50

#90996	Jan 5-28	T,Th	5:50-6:20pm
#90997	Mar 2-25	T,Th	5:50-6:20pm
#90998	Apr 6-29	T,Th	5:50-6:20pm

Swim Lessons – Supported Group Pre-School Level 3

Pullen Aquatic Center

Age: 3-6yrs. These classes are designed to be the inclusive answer for swimmers with disabilities who need a little additional support. These are typical group lessons, taught by a certified Water Safety Instructor and aided by a trained Specialized Recreation swim instructor. This is a great way to benefit from group lessons and still get some extra support. This is the final step before transitioning to typical group aquatic programming. Benefits of participating in group lessons include: opportunity to socialize with peers and an increased opportunity to learn turn taking and cooperative learning skills. This group setting will provide a fun environment in which to learn new skills and help transition swimmers towards typical aquatic programming. Please sign up for the appropriate skill level, contact Stephanie Stancil at 807-5400 with any questions. Pre-school Level 3 students will learn to:

- combine arm and leg actions
- perform skills without assistance

Class Fee: \$50

#91002	Jan 5-28	T,Th	5:50-6:20pm
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Family Specialized Recreation continued next page —

Family Specialized Recreation continued —

Teens to Adulthood

Millbrook Exchange Community Center
 Age: All Ages. As your child with disabilities becomes a teenager and then a young adult, a new set of issues begins to emerge in every area of development and lifestyle, including social, emotional, safety issues, recreational, financial, housing, vocational and advocacy concerns. Are you ready to take the 'Next Step' with your child? Join other parents/caregivers every second Saturday of the month for morning conversations with public and private sector disability professionals and, more importantly, other people like yourself. We'll have focused conversations on topics related to transition into adulthood as, together, we take the 'Next Step' in our children's lives as they become adults with disabilities. For more info, please contact The Arc of Wake County at 832-2660 or visit the website at www.arcwake.org/teentoadult. Class Fee: \$0

#89197	Jan 9	Sa	9:30-11:30am
#89198	Feb 13	Sa	9:30-11:30am
#89199	Mar 13	Sa	9:30-11:30am
#89200	Apr 10	Sa	9:30-11:30am

Sports

Preschool

All Sports – Little Starters

Age: 3-5yrs. Want to try several sports? Little Starters introduces you to a different sport each week. Sports could include baseball, soccer, basketball, football, hockey, lacrosse and maybe others. Get your game on! Class Fee: \$36

Lake Lynn

#90848	Jan 12-Feb 2	T	9:30-10:15am
#90849	Feb 16-Mar 9	T	10:30-11:15am
#90850	Jan 14-Feb 4	Th	10:30-11:15am
#90851	Feb 18-Mar 11	Th	9:30-10:15am

Optimist

#91176	Mar 5-26	F	5:00-5:45pm
#91178	Apr 9-30	F	5:00-5:45pm

Green Road

#91507	Mar 25-Apr 15	Th	6:00-6:45pm
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Baseball – Kinder T-Ball

Jaycee Community Center
 Age: 4-6yrs. Diamond tough. Let's play ball! Come learn about batting, fielding, and base running in a non-competitive setting. Class Fee: \$30

#91651	Mar 4-25	Th	4:00-4:45pm
#91650	Apr 7-28	W	4:00-4:45pm
#91652	Apr 7-28	W	1:30-2:15pm

Baseball – Little Sluggers

Age: 3-5yrs. This class is an introduction in skills development that teaches the basics of baseball including fielding, hitting, throwing, and catching. Class will help develop your child's hand/eye coordination, listening skills, good sportsmanship and teamwork! Let's play ball! Class Fee: \$36

Brier Creek Community Center

#90486	Mar 3-24	W	4:15-5:00pm
#90490	Mar 3-24	W	5:15-6:00pm
#90491	Apr 7-28	W	4:15-5:00pm
#90492	Apr 7-28	W	5:15-6:00pm

Millbrook Exchange with Coach K

#90662	Mar 29-Apr 26	M	7:30-8:15pm
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Optimist Community Center

#90753	Feb 2-23	T	5:00-5:45pm
#90754	Apr 8-29	Th	5:00-5:45pm

Lake Lynn Community Center

#90845	Mar 23-Apr 20	T	9:30-10:15am
#90847	Mar 25-Apr 22	Th	10:30-11:15am
#91764	Mar 4-25	Th	6:00-6:45pm

Laurel Hills with Coach K

#91688	Mar 1-22	M	6:45-7:30pm
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Basketball – Kinder Basketball

Jaycee Community Center
 Age: 4-6yrs. Taught in a noncompetitive atmosphere, Kinder basketball focuses on a variety of skills including dribbling, passing, shooting, and defense. Class Fee: \$30

#91673	Feb 1-22	M	4:00-4:45pm
#91737	Feb 1-22	M	11:00-11:45am

Basketball – Little Shooters

Age: 3-5yrs. This class is an introduction in skills development that teaches the basics of basketball including passing, dribbling, and shooting. Class will help develop hand/eye coordination, listening skills, good sportsmanship and teamwork! Let's shoot some hoops! Class Fee: \$36

Laurel Hills with Coach K

#89382	Jan 5-26	T	4:15-5:00pm
#90477	Jan 6-27	W	4:15-5:00pm
#89383	Feb 2-23	T	4:15-5:00pm
#90478	Feb 3-24	W	4:15-5:00pm
#89384	Mar 2-23	T	4:15-5:00pm
#89385	Mar 30-Apr 20	T	4:15-5:00pm

Optimist

#89387	Jan 7-28	Th	5:00-5:45pm
#89393	Apr 7-28	W	10:30-11:15am

Lake Lynn

#89388	Jan 12-Feb 2	T	10:30-11:15am
#89389	Feb 18-Mar 11	Th	10:30-11:15am

Millbrook w/ Coach K

#89391	Mar 29-Apr 26	M	6:30-7:15pm
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Green Road

#89392	Jan 14-Feb 4	Th	6:00-6:45pm
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Brier Creek with Coach Jay

#90479	Jan 6-27	W	5:15-6:00pm
#90480	Feb 3-24	W	5:15-6:00pm

Basketball – Two's Sport Zone

Laurel Hills Community Center
 Age: 2yrs. This parent-tot class is a great way to play while learning about the basics of basketball on a toddler's level. Little shooters will enjoy the tiny hoop games, touch-n-go dribbling, catch, pass, and more motor skill development fun. Wonderful for

social skills and fitness! Instructor: Coach K. Class Fee: \$36

#89613	Jan 5-26	T	5:15-5:45pm
#89413	Jan 6-27	W	5:15-5:45pm
#89414	Jan 9-30	Sa	9:00-9:30am
#89622	Jan 4-25	M	10:15-10:45am
#89415	Feb 6-27	Sa	9:00-9:30am
#89416	Mar 6-27	Sa	9:00-9:30am

Cheerleading – Little Pom Poms

Optimist Community Center
 Age: 3-5yrs. A sports program to introduce the basic fundamentals of cheerleading for your preschooler. Terms, routines and fun are emphasized! Class Fee: \$36

#91862	Jan 8-29	F	6:15-7:00pm
#91863	Feb 5-26	F	6:15-7:00pm
#91864	Mar 5-26	F	6:15-7:00pm
#91865	Apr 9-30	F	6:15-7:00pm

Daddy and Me Sports Zone

Laurel Hills Community Center
 Age: 3-5yrs. Dads, it's your morning to shine! You and your little one will grow closer as you both make new friends, have fun, and play group games that will improve hand-eye coordination, muscular skills and balance. Instructor: Coach K. Class Fee: \$40

#91662	Apr 10-May 1	Sa	11:15am-12:00pm
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Football – Little Tacklers

Age: 3-5yrs. Hut one, hut two.....hike! This class is an introduction in skills development that teaches the basics of football including passing, kicking, punting, catching and running. Class will help develop hand/eye coordination, listening skills, good sportsmanship and teamwork! Touchdown! Class Fee: \$36

Millbrook Exchange w/ Coach K (Khadija)

#90666	Apr 9-May 7	F	6:30-7:15pm
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Optimist Community Center

#91136	Jan 5-26	T	5:00-5:45pm
#91160	Mar 3-24	W	5:00-5:45pm

Golf – Kinder Golf I

Jaycee Community Center
 Age: 4-6yrs. Kinder Golf I is an introduction to golf. The basics of swing, putting, and grip will be discussed and tried in a hands on format. Class Fee: \$30

#91653	Mar 4-25	Th	5:00-5:45pm
#91654	Apr 1-22	Th	5:00-5:45pm

Hockey – Kinder Indoor Hockey

Jaycee Community Center
 Age: 4-6yrs. Give indoor hockey a try! Bring your tennis shoes and be ready for some fun. We'll work on the fundamentals as we introduce you to this exciting, fast paced game. Class Fee: \$30

#91655	Jan 5-26	T	4:00-4:45pm
#91659	Feb 3-24	W	10:00-10:45am

Hockey – Little Goalies

Age: 3-5yrs. This class is an introduction in skills development that teaches the basics of hockey including passing, shooting, and defense. Class will help develop hand/eye coordination, listening skills, good