

Family

Courtney T. Johnson Day

Location: Sgt. Courtney T. Johnson Center
Age: 1-95yrs. A fun filled day of entertainment, displays, vendors and food for the entire family. Come out and meet your community. Class Fee: \$0
#95109 Jun 19 Sa 10:00am-2:00pm

Dogs – Stepping Stones

Location: Oakwood Park
Age: All Ages. Would you like to create something to remember your pet forever? If so, then this is the program for you. We will design a stepping stone from your pet's paw that will live with your family forever. Class Fee: \$25
#96501 Jun 12 Sa 10:15-11:15am
#96502 Aug 7 Sa 10:15-11:15am

Drum Circle

Location: Lake Johnson
Age: 6yrs and up. Drum circles are a growing phenomenon across the U.S. and have been likened to 'rhythm parties' at which no musical expertise is necessary to join in the fun. No experience is necessary. Loaner drums are usually available—feel free to drop by and sit in. Everyone has something to offer the circle and all are welcome. Drum circles meet every 3rd Monday of the month. Class Fee: \$3
#96069 May 17 M 7:00-9:00pm
#96070 Jun 21 M 7:00-9:00pm
#96071 Jul 19 M 7:00-9:00pm
#96072 Aug 16 M 7:00-9:00pm

Family Movie Nights

Location: Sgt. Courtney T. Johnson Center
Age: 1-99yrs. Treat the entire family to a movie for FREE! We can pop your popcorn for you. Family pre-registration is required. Class Fee: \$0

Sgt. Courtney T. Johnson Center

#93246 May 7 F 6:00-8:00pm
#93247 Jun 18 F 6:00-8:00pm
#93248 Aug 6 F 6:00-8:00pm

Tarboro Road Community Center

#93254 May 14 F 6:00-8:00pm
#93255 Jun 11 F 6:00-8:00pm
#93256 Jul 9 F 6:00-8:00pm
#93257 Aug 13 F 6:00-8:00pm

First Friday Movie Night

Location: Carolina Pines Community Center
Age: 10yrs and up. Treat the whole family! First Fridays at Carolina Pines. Come out and enjoy a movie night with your family at Carolina Pines. Family registration required. No movie showing July 4. Class Fee: \$0
#93399 May 7 F 6:45-8:45pm
#93400 Jun 4 F 6:45-8:45pm
#93401 Jul 2 F 6:45-8:45pm

Game It Up

Location: Sanderford Road Park
Age: 5yrs and up. 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
#94961 May 28-Aug 27 F 6:00-8:00pm



Monday Movie Matinee

Location: Sanderford Road Park
Age: 5yrs and up. Join us every second and fourth Monday afternoon during summer break for a movie. Bring yourself, bring a friend. Kick back, relax, and have fun! Pre-registration is required. Class Fee: \$0
#94943 Jun 14-Aug 9 M 2:00-4:00pm

Specialized Recreation

Adult

Aerobics – Move that Body

Location: 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
#95840 Jun 1-29 T 6:00-7:00pm

Basic Cooking

Location: 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
#95986 Jul 12-Aug 9 M 6:15-7:45pm

Dragon Club Meeting

Location: Millbrook Exchange Community Ctr
Age: 28yrs and up. This club is for adults with developmental and/or physical disabilities who can function independently on a 1:4 ratio or for individuals that have one-on-one assistance. The club meets at least one time a month for a variety of recreation, leisure, community and social activities that are suggested and decided on by the club members. Members will determine the activities, schedule, etc., ranging from dinner and movies to an overnight trip. The focus of the club is to provide community awareness, increase social activities and interests along with developing and enhancing friendships and a sense of belonging. Fee for this meeting is established to cover the cost of dinner and activities provided at the meeting, it is not a membership fee. If you are already a member you must register to attend the meeting. For more information, contact Meredith Jackson at 807-5401. Class Fee: \$7
#95933 Jun 24 Th 6:30-8:00pm

If bread is the necessity of life, recreation is a close second.

Edward Bellamy

For Our Feathered Friends

Location: Jaycee Community Center
Age: 17yrs and up. In this two part class we will build and decorate a small bird house for our feathered friends. Materials will be provided. Please call Meredith Jackson at 807-5401 with any questions. Class Fee: \$15
#96263 May 10-17 M 6:30-7:30pm

Leisure Adventure Day Trips

Location: Non-City Owned Site
Age: 17yrs and up. This program is geared towards individuals with developmental and/or physical impairments. We will spend the week traveling to leisure destinations throughout North Carolina. For safety and due to the wide variety of possible activities, participants must be able to function easily on a one staff to four participant ratio and swim independently without assistance. Please call 807-5400 or 807-5401 if you have any questions. Cost will include lunch, transportation and entrance fees. Class Fee: \$20

NC Zoo

#95719 May 26 W 8:00am-5:00pm

Line Dance Your Way to Fitness

Location: 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
#96048 Jun 7-Jul 12 M 6:30-7:30pm

Martial Arts – Adults

Location: Green Road Community Center
Age: 17yrs and up. Fun and physical fitness make up this structured yet playful class. Basic punches, kicks, blocks, and stances are introduced in this structured yet playful class. For more information on this activity, please contact Meredith Jackson at 807-5401. Class Fee: \$25
#95847 Jun 2-23 W 5:00-6:00pm

Pet Care Basics

Location: Pullen Community Center
Age: 17yrs and up. This four week session is designed for adults with developmental and/or physical disabilities. This course will provide basic pet care, grooming, and health care instruction. It can even help you choose the right pet. Participants will earn a certificate for successful completion of the class. Please contact Meredith Jackson at 807-5401 with any questions. Class Fee: \$0
#95729 Jul 21-Aug 11 W 6:30-7:30pm

Scrapbooking for Adults

Location: Jaycee Community Center
Age: 17yrs and up. This 5 week 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
#96252 Jul 15-Aug 19 Th 6:30-7:30pm

SRS Bingo Night

Location: 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
#95716 May 11 T 6:00-8:00pm
#95715 Jun 8 T 6:00-8:00pm
#95717 Jul 13 T 6:00-8:00pm
#95718 Aug 10 T 6:00-8:00pm

SRS Recreational Bowling

Location: 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

#96050 May 8-29 Sa 10:00am-12:00pm
#96051 Jun 12-Jul 3 Sa 10:00am-12:00pm
#96052 Jul 10-31 Sa 10:00am-12:00pm

AMF South Hills

#96053 May 8-29 Sa 10:00am-12:00pm
#96054 Jun 12-Jul 3 Sa 10:00am-12:00pm
#96055 Jul 10-31 Sa 10:00am-12:00pm

Step Right Up

Location: Jaycee Community Center
Age: 17yrs and up. Design and decorate a personalized stepping stone to adorn your garden or walkway. We will be working with cement and various baubles. Please feel free to bring along any items you would like placed in your stone. This one part class

will leave you walking pretty. Materials will be provided. Please call Meredith Jackson at 807-5401 with any questions. Class Fee: \$15
#96262 Jul 16 F 6:00-8:00pm

Family

Swim Lessons – Private

Location: Lake Johnson Pool
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: \$40

Lake Johnson Pool

#95412	Jul 12-15	M-Th	8:00-8:30am
#95443	Jul 12-15	M-Th	8:45-9:15am
#95444	Jul 12-15	M-Th	9:30-10:00am
#95445	Jul 19-22	M-Th	8:00-8:30am
#95446	Jul 19-22	M-Th	8:45-9:15am
#95447	Jul 19-22	M-Th	9:30-10:00am
#95448	Jul 26-29	M-Th	8:00-8:30am
#95449	Jul 26-29	M-Th	8:45-9:15am
#95450	Jul 26-29	M-Th	9:30-10:00am
#95451	Aug 2-5	M-Th	8:00-8:30am
#95452	Aug 2-5	M-Th	8:45-9:15am
#95453	Aug 2-5	M-Th	9:30-10:00am
#95454	Aug 9-12	M-Th	8:00-8:30am
#95455	Aug 9-12	M-Th	8:45-9:15am
#95456	Aug 9-12	M-Th	9:30-10:00am

Millbrook Pool

#96211	May 4-27	T,Th	4:30-5:00pm
#96212	May 4-27	T,Th	5:15-5:45pm
#96213	May 4-27	T,Th	6:00-6:30pm
#96214	Jun 7-10	M-Th	4:30-5:00pm
#96215	Jun 7-10	M-Th	5:15-5:45pm
#96216	Jun 7-10	M-Th	6:00-6:30pm
#96217	Jun 14-17	M-Th	4:30-5:00pm
#96218	Jun 14-17	M-Th	5:15-5:45pm
#96219	Jun 14-17	M-Th	6:00-6:30pm

Private Swim Lessons continued next page —

Private Swim Lessons continued —

#96220	Jun 21-24	M-Th	4:30-5:00pm
#96221	Jun 21-24	M-Th	5:15-5:45pm
#96222	Jun 21-24	M-Th	6:00-6:30pm
#96223	Jun 28-Jul 1	M-Th	4:30-5:00pm
#96224	Jun 28-Jul 1	M-Th	5:15-5:45pm
#96225	Jun 28-Jul 1	M-Th	6:00-6:30pm
#96226	Jul 12-15	M-Th	4:30-5:00pm
#96227	Jul 12-15	M-Th	5:15-5:45pm
#96228	Jul 12-15	M-Th	6:00-6:30pm
#96229	Jul 19-22	M-Th	4:30-5:00pm
#96230	Jul 19-22	M-Th	5:15-5:45pm
#96231	Jul 19-22	M-Th	6:00-6:30pm
#96232	Jul 26-29	M-Th	4:30-5:00pm
#96233	Jul 26-29	M-Th	5:15-5:45pm
#96234	Jul 26-29	M-Th	6:00-6:30pm
#96235	Aug 2-5	M-Th	4:30-5:00pm
#96236	Aug 2-5	M-Th	5:15-5:45pm
#96237	Aug 2-5	M-Th	6:00-6:30pm
#96238	Aug 9-12	M-Th	4:30-5:00pm
#96239	Aug 9-12	M-Th	5:15-5:45pm
#96240	Aug 9-12	M-Th	6:00-6:30pm
#96241	Aug 16-19	M-Th	4:30-5:00pm
#96242	Aug 16-19	M-Th	5:15-5:45pm
#96243	Aug 16-19	M-Th	6:00-6:30pm



Teens to Adulthood

Location: Millbrook Exchange Community Ctr
 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
 #94788 May 8 Sa 9:00-10:30am

Sports

Preschool

All Sports – Little Starters

Location: Lake Lynn Community Center
 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
 #94767 Jul 13-Aug 3 T 5:45-6:30pm

Baseball – Kinder T-Ball

Location: 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

#94093 May 5-26 W 4:00-4:45pm

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

Laurel Hills with Coach K
 #94049 May 5-26 W 5:00-5:45pm
 #94050 Jun 2-23 W 5:00-5:45pm
 #94051 Jun 30-Jul 21 W 5:00-5:45pm
 #94052 Jul 28-Aug 18 W 5:00-5:45pm

Millbrook Exchange with Coach K
 #96458 May 4-25 T 6:30-7:15pm

Lake Lynn Community Center
 #94797 May 4-25 T 9:30-10:15am
 #94763 Jun 15-Jul 6 T 5:45-6:30pm

Optimist Community Center
 #95059 May 1-22 Sa 9:30-10:15am
 #95064 Jun 3-24 Th 5:15-6:00pm
 #95079 Jul 12-Aug 2 M 5:15-6:00pm
 #95080 Aug 4-25 W 5:15-6:00pm

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

Green Road Community Center
 #93488 May 6-27 Th 6:00-6:45pm

Laurel Hills with Coach K
 #94045 May 4-25 T 4:00-4:45pm
 #94046 Jun 1-22 T 4:00-4:45pm
 #94047 Jun 29-Jul 20 T 4:00-4:45pm
 #94048 Jul 27-Aug 17 T 4:00-4:45pm

Millbrook Exchange with Coach K
 #96452 May 3-24 M 6:30-7:15pm

Lake Lynn Community Center
 #94800 May 6-27 Th 9:30-10:15am

Optimist Community Center
 #95039 May 3-24 M 5:15-6:00pm
 #95041 Jun 2-23 W 5:15-6:00pm
 #95042 Jul 10-31 Sa 9:30-10:15am
 #95043 Aug 5-26 Th 5:15-6:00pm

Basketball – Two's Sport Zone

Location: 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

#93928 May 8-29 Sa 9:00-9:30am
 #93929 Jun 5-Jul 10 Sa 9:00-9:30am
 #93930 Jul 17-Aug 7 Sa 9:00-9:30am
 #93932 Aug 21-28 Sa 9:00-9:30am

Football – Little Tacklers

Location: Millbrook Exchange Community Ctr
 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 with Coach K
 #96462 May 14-Jun 4 F 6:00-6:45pm

Football – Tiny Tacklers

Location: Optimist Community Center
 Age: 3-5yrs. Children will learn basic football skills in a non contact, non competitive environment. Child self esteem will increase while athletic skills are developed. Skills to be worked on include passing, kicking, punting, catching, and running. Class Fee: \$36

#95121 May 1-22 Sa 10:30-11:15am
 #95122 Jun 7-28 M 5:15-6:00pm
 #95131 Jul 8-29 Th 5:15-6:00pm
 #95136 Aug 10-31 T 5:15-6:00pm

Golf – Kinder Golf I

Location: 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

#94186 May 6-27 Th 4:30-5:15pm

Golf – Little Putters

Location: Optimist Community Center
 Age: 4-5yrs. A sports program to teach the basic fundamentals of golf for your preschooler. Terms, sportsmanship and fun are emphasized! Class Fee: \$36

#95137 May 6-27 Th 5:15-6:00pm
 #95138 Jun 5-26 Sa 9:30-10:15am
 #95143 Jul 13-Aug 3 T 5:15-6:00pm
 #95144 Aug 7-28 Sa 11:30am-12:15pm

Hockey – Little Goalies

Location: Lake Lynn Community Center
 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 sportsmanship and teamwork! Class Fee: \$36

#94806 May 6-27 Th 10:30-11:15am