

Brier Creek Community Center

Newsletter Fall 2019



Youth Programs

Basketball-Drills & Skills Clinic **NEW*

This fun and instructional clinic is designed to focus on a player's (boys & girls) individual skill development. Drills will put an emphasis on ball handling, shooting and finishing. Players will get a chance to work on offensive/defensive spacing, passing and defensive footwork. Instructor: Daron Gibson, former college basketball player.

Ages 8-15	Thursday	6:30-7:30pm
#248341	Aug 8-29	\$40
#248342	Sept 5-26	\$40
#248343	Oct 3-24	\$40

Fitness - Soccer

G-O-O-OA-L! This class will help develop the fundamentals of soccer, including passing, dribbling, shooting and defense. Class will help develop hand-eye coordination, listening skills, good sportsmanship and teamwork!

Instructor: Ross Osborn, BS Elementary Education.

Ages 3-5	Thursdays	4:45pm-5:30pm
#245382	Sept 5-29	\$40
#245381	Oct 3-24	\$40
Ages 6-9	Thursdays	5:30pm-6:15pm
#245378	Sept 5-29	\$40
#245379	Oct 3-24	\$40

**Class located at multi-purpose field #1*

Dance- Bollywood Kids

Learn a creative fusion of dance movements based on energetic Indian classical and folk dances fused with Hip Hop, Jazz, Latin and contemporary styles. Instructor: Priya Chellani, Indigo Dance Evolution Academy.

Class meets 6 weeks.

Ages 4-7	Saturdays	10:30am-11:15am
#246026	Sept 7-Oct 12	\$60
#246027	Oct 19-Nov 23	\$60
Ages 8-11	Saturdays	11:15am-12:00pm
#246028	Sept 7-Oct 12	\$60
#246029	Oct 19-Nov 23	\$60

Introduction to Guitar **NEW**

Have you ever wanted to play guitar? Now is the time! In this class you will learn the parts of a guitar, basic chords, notes and fundamental skills such as tuning and restringing a guitar. Please bring your own guitar or can rent one from instructor for \$40 for all four classes.

Instructor: Ross Osburn, BS Elementary Education

Ages 9-13	Monday	5:30-6pm
#248534	Sept 9-30	\$80
#248535	Oct 7-28	\$80
#248537	Dec 2-16	\$60



Fitness - All Stars, All Sports

Fun active classes introducing your young athlete to the fundamentals of a different sports each week.

Instructor: Ross Osborn, BS Elementary Education.

Ages 5-8	Tuesdays	4:45pm-5:30pm
#245287	Sept 3-24	\$40
#245288	Oct 1-22	\$40
Ages 9-12	Tuesdays	5:45pm-6:15pm
#245289	Sept 3-24	\$40
#245290	Oct 1-22	\$40

**Class located at multi-purpose field #1*

PARKS, RECREATION
AND CULTURAL
RESOURCES

Brier Creek Community Center
10810 Globe Road
Raleigh, NC 27617
919-420-2340
brier.creek@raleighnc.gov

Youth (continued)

The Teen Entrepreneur ****NEW****

Teens explore creating a business plan and how to put it into action in a encouraging environment. We will talk through the basics of how to bring a viable business idea to fruition in a fun, collaborative and supportive setting. Handouts will be provided.

Instructor: Victoria Haffer, M.S.

Ages 12-17 Thursdays 5-6pm
 #248442 Oct 10-Nov 14 \$120

Dog Training For Teens ****NEW****

Learn the basics on how to train your dog. Focus on safety and building a trusting relationship between your teen and their dog. Topics discussed: dog communication and body language, basic needs of your dog, the gold

standard for dog training as well as proper leash handling and basic commands. Equipment needed: 6ft leash with

collar, no retractables or harnesses, treat pouch for waist, high value meat treats, broken into small pieces (beef, chicken, bacon, etc.) Instructor: Victoria Haffer.

Ages 12-17 Mondays 5-6pm
 #248443 Sept 9-Oct 14 \$115

**Class located at multi-purpose field #1*



Adults

English as a Second Language (ESL) Clases de Ingles

Ages 18+

These beginner-level classes are designed for people who use a primary language other than English and are interested in learning important skills to communicate in English. Estas clases se ofrecen a niveles en aprender terminus basicos para poder comunicarse en el idioma ingles

Wednesdays 7:00pm-8:30pm Free!
 #243137 Sept 4-Oct 9



Yoga at Brier Creek ****NEW****

Ages 18+ Tuesday 6:45-7:45pm

Come and discover the benefits of Yoga. It is very effective for stress reduction and relaxation. Stretch and find

balance greater strength and overall well-being. This class will focus on where you are with your body with gentle healing positions. Bring a yoga mat to class.

Instructor: Louisa Kemmer

6 week session:	Sept 3-Oct 8	\$40	#248332
	Oct 15-Nov 19	\$40	#248333
	Dec 3-17	\$20	#248431
	Drop-In	\$10	#247663

Adults (continued)

Exercise Fitness Center

Ages 18+

Check out fitness rooms around the city! Take advantage of a variety of cardiovascular and strength-training equipment and get into shape. Fitness rooms will be open during normal center operating hours. Participants must be 18 years or older. Please see staff for additional information.

Fit Pass: 30 Day Fit Pass \$15
\$5 Drop-In #246286

#246178 September
 #246179 October *City-wide memberships available
 #246181 November
 #246183 December
 #246184 Six-Month Membership \$75



Dance Xross Fitness at the Creek

Ages 18+ Wednesday/Friday Sept 4-Dec 27

This is an intermediate to advanced level fitness class for the active adult. This fun, high-energy class is geared

toward active older adults and combines dance fitness, kickboxing moves, strength training and soul line dancing.

Instructor: Linda Thomas

Pass sold: **\$5 Drop-In # 246287 / 30 Day Fitness Pass \$15**

Wednesday 9:30am-10:30am / Friday 11:30am-12:30pm

Total Body Circuit **NEW**

Ages 18+ Thursday 7:30-8:15pm

This class will deliver a comprehensive total-body workout combining exercises that promote muscular strength and endurance, power and aerobic endurance, through a well-balance routine of 15 stations (1 min. each).

Instructor: Hayley Tate, ACE Group Fitness certified

\$40/4 classes #249155 Sept 5-26
 #249156 Oct 3-24 #249157 Oct 31-Nov 21
 #249158 Dec 5-Dec 19 (\$30)
 #249425 \$10 Drop-In



Cardio Kickboxing **NEW**

Ages 18+ Monday 6:30-7:15pm

A high energy class which combines muscle conditioning with kickboxing combination of punches and kicks in a variety of drills and exercises. Workouts strengthen the entire body and it is a great way for any fitness level to kick stress out of their life! Optional equipment: boxing gloves and punching mitts.

Instructor: Hayley Tate, ACE Group Fitness certified

#249117 Sept 3-24
 #249118 Oct 1-22
 #249119 Oct 29-Nov 19
 #249120 Nov 26-Dec 17
 #249396 \$10 Drop-In

Adults (continued)

MixedFit at the Creek

Ages 18+ Monday/Wednesday Sep 4-Dec 20

High energy, fun, fitness class! MixedFit is a people inspired fitness program that incorporates explosive movements and boot camp toning!

Instructor: Tierra Smith (Mon.) / Shaunta Clowney (Wed.) **6:30-7:30pm \$5 Drop-In #246290 or 30 Day Fitness Pass \$15**



Pickleball

Ages 18+

Sept 1-Dec 23

It's a combination of tennis, badminton and table tennis that is fast-paced, easy to learn, great exercise and great fun! Session pass is valid for all indoor Pickleball courts. Brier Creek Court Time:

Monday 6:30-8:45pm

Sundays 3-5:45pm

#246301 \$2 Drop-In per site

#244740 \$10 pass

Bollywood Dance Fitness

Ages 13+ Tuesday 7:45-8:30pm

Bollywood is a fusion of dance styles based on traditional Indian dances blended with world elements. Energetic routines are taught in this class to inculcate rhythm, fitness and a sense of achievement as you are guided in rhythmic cardio fitness under the personal attention of Priya Chellani. Each participant discovers hidden strengths while working out to upbeat Bollywood music! Get the exercise you need to be healthily engaged throughout the year.....6 Classes.

#246258 Sept 3-Oct 8 \$30

#246259 Oct 15-Nov 19 \$30

Contemporary Beginning Line Dance

Ages 18+ Wednesday 6-8pm

Come and join this beginner line dance class and learn fun dances to all kinds of music; pop, western and oldies. Line dancing is a great way to keep active and have fun!

6-6:30pm Beginner class-great way to start

6:30-7:30pm Beginners class-build on your knowledge

7:30-8pm Beginner plus class-work on more challenging dances at an advanced level. Experience is necessary.

Instructor: Jackie Wheeler

Sept 5-Dec 18

\$2 Drop-in #246295 or \$10 pass #246294



Crochet for Beginners

Ages 6+ Monday 11am-12pm

Learn the basics of crocheting while meeting a new circle of friends. Use your new found crocheting skills to make gifts for friends and family. Supplies needed: Susan Bates 8 or H-Hook, yarn and scissors. Pre-registration required. Instructor: Kim Roberto

#246286 \$5 Drop-In

#248323 Sept 9-30 \$20

#248324 Oct 7-28 \$20

#248325 Nov 4-25 \$20

#248326 Dec 2-30 \$20 (no class Dec 23)

Adults (continued)



YogaCore Teen & Mom **NEW**** Ages 12+**
 Class includes stretching, strengthening and breathing exercises that will leave you refreshed, relaxed and peaceful. Bond with your teen while doing something fun and healthy for both of you. All levels welcome. No experience necessary. Please bring yoga mat and 4 inch yoga block. Instructor: Victoria Haffer, M.S.
4 week session Thursdays 6:30-7:30pm
 #248438 Sept 12-Oct 10 (no class 9/19) \$99
 #248441 Oct 17-Nov 7 \$99

Table Tennis
Ages 8+ Fridays 5:45pm-8:30pm
 Come join Friday evenings of fun and competition playing table tennis. All levels and ages are welcome and encouraged to play.
\$15 membership #246085 Sept 6-Dec 27
\$5 Drop-In #246084



Karate & Kobudo **Ages 6+**

Thursdays
 Traditional Okinawan Karate, focused on self-defense and quick movements to avoid violence. Suitable for all ages and abilities. Great for fitness, fun and building self-confidence. Kobudo is the traditional weapons like Bo, Sai, Tonfa and is taught separately. *Students will be required to purchase a gradebook (\$20), patch (\$10) and uniform (\$50) if they wish to grade. Grading starts at \$25 and additional fees paid to instructor.
 Instructor Sensei Ben Martin

6-6:45pm	Beginners	Ages 6+
#245096	Sept 5-26	\$40
#245097	Oct 3-24	\$40
#245098	Nov 7-21	\$30
#245099	Dec 5-19	\$30
7-7:45pm	Intermediate	Ages 12+
#246641	Sept 5-26	\$40
#246642	Oct 3-24	\$40
#246643	Nov 7-21	\$30
#246644	Dec 5-19	\$30
8-8:45pm	Kobudo	Ages 12+
#246645	Sept 5-26	\$40
#246646	Oct 3-24	\$40
#246647	Nov 7-21	\$30
#246648	Dec 5-19	\$30

Athletics Registration Dates

Youth:

Sept 30-Oct 11 Youth Basketball Registration

**Online registration offered.*

Adult:

July 29-August 1

Adult Baseball

August 19-22

Fall Kickball

October 7-10

Adult Basketball

919.996.6836, athletics@raleighnc.gov
 401 Wade Avenue, Raleigh, NC 27607

Seniors (55+)

Cutting the Cord

Ages 55+

Monday

Sept 9 & 16

'Cutting the Cord' is a phrase that you hear a lot. Often it is associated with steps to lower your television or cable bill. But what does it actually mean and how would you even begin? In this class we will look at how television entertainment is evolving onto different types of platforms: cable, satellite, antenna, and online. Learn the steps some people are taking to 'cutting the cord'. But at the end of the day are you really cutting the cord or simply paying for television on a different platform?

3-4:30pm

#246397

Fee: \$12

Amazon Alexa Basics 1

Ages 55+

Monday

November 4

Alexa is a virtual assistant developed by Amazon. You interact with Alexa using its smart speaker called Echo. The Echo speaker can be placed anywhere in your home. Just ask Alexa to check your calendar, weather, traffic, and sports scores, manage to-do and shopping lists, control your compatible smart lights, thermostats, garage doors, sprinklers, and more by saying commands. In this class you will learn the basic setup and what it takes to use Amazon's Alexa.

3:00-4:30pm

#246398

Fee: \$6

Gimp Photo Editing Basics 1

October 7 & 14

Prerequisite: 'Computer Basics 1' or equivalent computer knowledge. GIMP is a free and open-source raster graphics editor used for image retouching and editing, free-form drawing, converting between different image formats, and more specialized tasks. Learn to use GIMP, a photo editing program that has some similar features that the professional photo editing.

3-4:30pm

#246106

Fee: \$12



App Based Taxi & Food/Grocery Delivery Services

ike UBER

Ages 55+

November 18

Learn how to get car rides on demand with budget friendly options using apps on your smart phone! It is an easy way to get around at your convenience - go anywhere you want to go - when you want to do it! Plus learn how to get food delivered from your favorite restaurants and grocery stores to your home. All through the convenience of your phone! If you can't go out or don't feel like driving no problem, have it delivered or get a car ride! We will show you how. Some of the apps we will cover are UBER, LYFT, Grubhub, UberEATS, Doordash, Postmates, Instacart, and Shipt! Prerequisite: You must have working knowledge of your phone and your phone's App Store. Plus you must know your ID and Password for your particular phone's App Store. This class will give you an overview of these various applications of what they do. However, if you want to use these applications on your own device you must already understand how to download and install these applications yourself.

3:00-4:00pm

#246399

Fee: \$6

Google Photos Intro

Monday

3:00-

4:30pm

Prerequisite: 'Computer Basics 1' or equivalent. Class will learn basic photo editing and photo sharing using the Google Photos app. This app can be used on most devices. Class will be using computers that have the Windows 10 operating system. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

December 2 & 9

#246401

Fee: \$12

Brier Creek Senior Club

Age 55+

Tuesdays

Sept 10-Dec

17 10:15am-12:15pm

Join us at Brier Creek for a morning of fun.

Adults 55 and older can come together for socializing and game options like bingo, bridge, chess and more!

#245095 \$15 pass / \$2 Drop-In #246295

Rental Information



Outdoor Shelter

Rental Rate: \$20 per hour (2 hour minimum)

Capacity: 80

Attributes: 8 tables, charcoal grill

**Add multi-purpose field at \$35 per hour*

**Inflatables prohibited without approval*

**Alcohol is prohibited*



Art Room (large room)

Rental Rate: \$65 per hour (2 hour minimum)

Capacity: 49

Square Feet: 950

Attributes: mirror, chairs, tables, dry erase board w/pull down screen



A/B (extra large room)

Rental Rate: \$75 (2 hour minimum)

Capacity: 99

Square Ft: 1988

Attributes: mirror, chairs, tables, dry erase board w/pull down screen



Gymnasium

Rental Rate: \$85 per hour (2 hour minimum)

Maximum Capacity: 768

Attributes: Air conditioning, rubber flooring, basketball goals, bleachers



Warming Kitchen

Rental Rate: \$25 per hour (2 hour minimum)

Attributes: microwave, refrigerator, stove, oven, connects to A/B room with serving counter.

General rental fees

Non-refundable application fee: \$15

Security/Damage Deposit: \$100

Supervisory Fee: \$20/hour (before/after center operation hours)

**Patrons may reserve four (4) months in advance.*

To start application process: call 919-420-2340 or email brier.creek@raleighnc.gov