

Green Road Community Center Winter 2016 Classes and Programs



Preschool Classes

Ballet Basics I: (age 3) - Young dancers will have fun working on each ballet movement in barre exercise and center exercise while learning to combine each move into phrases. They will also gain a sense of awareness, body coordination and body alignment. While dancers focus on a structured lesson plan, they are encouraged to develop their own creativity. Prior experience is not necessary. Instructor Hanna Chio has a BA in dance and a BA in private studio teaching.

#182200 Jan 9 - Feb 20 Sat 10:00-10:45 am
 #182201 Mar 5 - Apr 30 Sat 10:00-10:45 am
 Class Fee: \$70.00

Ballet Basics II: (ages 4-6) - Young dancers will have fun working on each ballet movement in barre exercise and center exercise while learning to combine each move into phrases. They will also gain a sense of awareness, body coordination and body alignment. While dancers focus on a structured lesson plan, they are encouraged to develop their own creativity. Prior experience is not necessary. Instructor Hanna Chio has a BA in dance and a BA in private studio teaching.

class Fee: \$70.00
 #182196 Jan 9 - Feb 20 Sat 11:00-11:45 am
 #182197 Mar 5 - Apr 30 Sat 11:00-11:45 am

Science Sampler (ages 3-5) - Learn, laugh and play as we discover a bit of meteorology, earth sciences, magical mathematics and spacious space. Sessions are interdisciplinary with stories and crafts in addition to scientific discovery. The class combines nicely with Tot time. Parent or guardian must stay with child during program.

Fee: \$36.00
 #182177 Jan 6- 27 Wed 10:00-11:00am
 #182178 Feb 3- 24 Wed 10:00-11:00am

Thimble Thespians (ages 2-6) - Act, sing, dance! Bring your favorite costume! Dress up as your favorite prince or princess! Act out your favorite fairy tale character! We will practice real dance moves and put on real playlets. Parent or guardian must stay with child during the program.

Class Fee: \$39.00
 #182184 Jan 8 - 29 Wed 11:00-12:00am
 #182185 Feb 3- 24 Wed 11:00-12:00am

Playgroup Tot Time: (ages 1-5) - The gym is your playground! Come meet other families in your community in a recreational setting. The gym will be open for parents and their young children. Sports and recreation equipment will be available for use. Registration is required to attend.

#182162 Jan 5-Apr 29 T,Th 10:00-12:00am

Basketball-Little Shooters: (ages 3-5) - This is a skills, drills, and play basketball class. Players learn the basics, including dribbling, shooting, passing, one-on-one, offense-defense and team play fundamentals for a rewarding noncompetitive sports experience. Class Fee: \$36.00

#182152 Jan 5 - 26 Tue 5:00-5:45 pm
 #182153 Feb 2- 23 Tue 5:00-5:45 pm
 #182154 Mar 8- 29 Tue 6:00-6:45 pm
 #182155 Apr 5 - 26 Tue 6:00-6:45 pm

Soccer-Mini Kickers: (ages 3-5) - This class is an introduction to skill development that teaches the basics of soccer, including drills like passing, dribbling and shooting. Class will help develop hand-eye coordination, listening skills, good sportsmanship and teamwork. Class Fee: \$36.00

#182181 Jan 4-18 Mon 5:00-5:45 pm
 #182182 Feb 1-22 Mon 5:00-5:45 pm
 #182183 Mar 7-28 Mon 5:00-5:45 pm



Youth Classes

Ballet Basics III: (ages 6-8) - Young dancers will have fun working on each ballet movement in barre exercise and center exercise and learning to combine each move into phrases. They will also gain a sense of awareness, body coordination and body alignment. While dancers focus on a structured lesson plan, they are encouraged to develop their own creativity. Prior experience is not necessary. Instructor Hanna Chio has a BA in dance and a BA in private studio teaching.

Course Fee: \$70

#182196 Jan 9 - Feb 20 Sat 12:00 - 12:45pm
 #182197 Mar 5 - Apr 30 Sat 12:00 - 12:45pm

Ballet Basics II: (ages 4-6) - Young dancers will have fun working on each ballet movement in barre exercise and center exercise while learning to combine each move into phrases. They will also gain a sense of awareness, body coordination and body alignment. While dancers focus on a structured lesson plan, they are encouraged to develop their own creativity. Prior experience is not necessary. Instructor Hanna Chio has a BA in dance and a BA in private studio teaching.

Class Fee: \$70.00

#182196 Jan 9 - Feb 20 Sat 1:00-1:45 pm
 #182197 Mar 5 - Apr 30 Sat 1:00-1:45 pm

Basketball Skills for Beginners: (ages 6-9) - Just can't get enough basketball? This class will stress the fundamentals of basketball with an emphasis on fun. Basic techniques of dribbling, shooting and passing along with other drills for ball control will be taught. Be prepared to sweat, learn and have a good time! Class Fee: \$40.00

#182160 Mar 5 - Apr 2 Sat 10:15 - 11:00am
 #182161 Apr 9 - 30 Sat 10:15 - 11:00am

Teen Classes

Teen Outreach Program: (ages 12-17)

Every teenager wants and deserves a safe place to play where the door is always open to them. The Teen Outreach Program (TOP) of the Raleigh Parks, Recreation and Cultural Resources Department offers such a place for our teenagers. Our mission is to provide a consistent positive alternative by providing recreational opportunities for youth. The program will focus on arts, athletics and achievement. Call 919-996-2139 for more information.

Jan 4 - May 27 Monday-Friday
 3:00-6:00 pm

Zumba at Green Road with Maria Williams:

(ages 12+) When participants see a Zumba class in action, they can't wait to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they are getting fit and their energy levels are soaring! There's no other fitness class like a Zumba fitness party. It's easy to do, effective and totally exhilarating, often building a deep-rooted sense of community among returning students. Saturday classes are held at 1:00pm. Certified Zumba instructor: Maria Elena de Leon Angel Williams.

January 2 - April 29

Mon, Wed 6:00-7:00 pm
 Saturdays 1:00-2:00 pm

Zumba Toning at Green Road with Maria: (ages

12+) If you wish to learn how to blend body-sculpting techniques and Zumba moves into one calorie-burning, strength-training class, this is your class! You'll learn how to use weighted, maraca-like Zumba toning sticks to enhance rhythm, build strength and tone all the target zones. Zumba Sentao combines strength and resistance exercises with dance moves on and around a chair. Zumba Sentao effectively works your core muscles: your abs and mid-section. Certified Zumba Instructor: Maria Elena de Leon Angel Williams.

January 5 - April 29

Tuesday/Thursdays 7:15-8:15 pm

Daily Fee: \$5.00 or 5-Class Pass: \$25.00

Fitness Fun: (ages 10-15) This program will demonstrate how much fun fitness can be. Participants will explore different types of exercise and equipment and how to use the indoor and outdoor environments around them. This program is designed to meet the needs of participants with development or physical disabilities. Activities will be facilitated based on age appropriateness and participant interest. For more information, please call 919-996-2147. Course Fee: \$20

Ages 10-14

#182529 Thursday 5:30-6:30 pm

Ages 15 +

#182530 Thursday 5:30-6:30 pm

Class Fee: \$10.00 (30 days)

Monday - Friday 10:00 am - 9:00pm
 Saturday 9:00 am - 3:00 pm
 Sunday 1:00 - 6:00 pm

Class Fee: FREE

Urban (Soul) Line Dancing: (ages 16+) -

You are invited to learn and follow the latest and all-time favorite line dances to urban contemporary, classic R&B/soul and country music. Lessons cover beginner through advanced line dances and improvisational dance techniques. Line dancing is a great form of exercise that is popular at social occasions.

Jan 4 - Apr 29 Monday, Friday
 7:00 - 8:30 pm

Class Fee: \$5.00 per day

Adult Classes

Zumba at Green Road with Maria Williams:

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 Saturdays 1:00-2:00 pm

Daily Fee: \$5.00 or 5-Class Pass: \$25.00

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12+) If you wish to learn how to blend body-sculpting techniques and Zumba moves into one calorie-burning, strength-training class, this is your class! You'll learn how to use weighted, maraca-like Zumba toning sticks to enhance rhythm, build strength and tone all the target zones. Zumba Sentao combines strength and resistance exercises with dance moves on and around a chair. Zumba Sentao effectively works your core muscles: your abs and mid-section. Certified Zumba Instructor: Maria Elena de Leon Angel Williams.

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Tuesday/Thursdays 7:15-8:15 pm

Daily Fee: \$5.00 or 5-Class Pass: \$25.00

Green Road Open Gym: Age 18yrs and up. Green

Road has open gym in Gymnasium #1. Players must present a valid photo ID to staff who will hold it while you play. We must have an Adult Open Play Registration Form on file, and you must also sign in daily with the front desk.

#182202 Jan 5- Apr 28 T, Th 12:15-2:00pm



Urban (Soul) Line Dancing: (ages 16+) -

You are invited to learn and follow the latest and all-time favorite line dances to urban contemporary, classic R&B/soul and country music. Lessons cover beginner through advanced line dances and improvisational dance techniques. Line dancing is a great form of exercise that is popular at social occasions.

Jan 4 - Apr 29 Monday, Friday
7:00 - 8:30 pm

Class Fee: \$5.00 per day

Exercise - Weight Room/Fitness Room Daily

Pass: (ages 18+) - Check out the fitness room at Green Road! Take advantage of the variety of cardiovascular and strength training equipment available at Green Road and get into shape. The fitness rooms will be open during normal center operating hours. Participants must be 18 years of age or older. Please see staff for additional information.

January 1 - April 30

City Wide Membership - Fee \$20

Daily Fee - \$2.00

Monthly Fee - \$10.00

Monday - Friday 10:00 am - 9:00pm
Saturday 9:00 am - 3:00 pm
Sunday 1:00 - 6:00 pm

English as Second Language (ESL): (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 nivel de principiantes. Las clases están diseñadas para gente que no habla inglés como su primer idioma y que están interesadas en aprender términos básicos para comunicarse en el idioma inglés.

#181479 Jan 6 - Feb 10 Wed 6:30-8:00 pm
#181480 Feb 24 - Apr 13 Wed 6:30-8:00 pm
#181477 Jan 9 - Feb 13 Sat 11:30-1:00pm
#181478 Mar 5 - Apr 9 Sat 11:30-1:00pm

Class Fee: FREE

Dance - Merry Mixers Square Dance : Age

18yrse and up. The Merry Mixers of Raleigh is an Advanced Level (A1/A2) square dance club. Classes are held at the Brentwood Community Center on Wednesdays. Classes may not be held on the 5th Wednesday of a month.

#182192 Jan 6 - Feb 3 Wed 7:30-10:00 pm
#182193 Feb 3- 24 Wed 7:30-10:00 pm
#182194 Mar 2- 23 Wed 7:30-10:00 pm
#182195 Apr 6 - May 4 Wed 7:30-10:00 pm

REC-Creations: Age 18yrs and up. Do you love DIY projects? This course is just what you have been looking for. Learn to assemble simple crafts that will complement your home, garden and even office. Some projects will require the purchase of additional materials. Please contact recreation center for supply list. Course Fee: \$40

#182175 Jan 5 - 26 Tues 6:15-7:15 pm
#182176 Feb 2 - 23 Tues 6:15-7:15 pm

Movin' and Groovin' :Age 18yrs and up. The Parks, Recreation and Cultural Resources Department is once again partnering with Wake County Human Services Health Promotion Chronic Disease Prevention and 4-H Youth Development Sections for the fifth season of Movin' and Groovin' walking series. This event encourages families to increase their physical activity in a free, fun and safe way. Mini physical activity sessions as well as organized walking will be facilitated weekly for adults, and children will be engaged in exercise activities and nutrition education. Join us to enjoy beautiful outdoor resources and fun for the whole family. (Spring Forest Road Park)

#182463 Apr 7- Jun 9 Thurs 6:00-7:00 pm

Pilates-Basic: Age 18yrs and up. Pilates focuses on improving flexibility, muscle control, concentration, coordination and strength without putting stress on joints and muscles. There is a strong emphasis on breathing and strengthening the core muscle groups. This form of exercise is challenging yet safe for beginners as well as more advanced students. Course Fee: \$25

#182171 Jan 7- 28 Thurs 10:00-11:00am
#182172 Feb 4- 25 Thurs 10:00-11:00am
#182194 Mar 3- 24 Thurs 10:00-11:00am
#182195 Apr 7 - 28 Thurs 10:00-11:00am

Senior Classes

Bingo: All ages. This is not your typical bingo. We play a variety of games each day, including straight bingo, 4 corners, postage stamp and clear all. Cost is \$1 for three cards or 50 cents per card.

#182148 Jan 5-Apr 26 Tues 10:00-11:00am

Basketball-Senior Women's Open Play: Age 50yrs and up. Did you play basketball in high school or college or on a church or community team? Do you want to play again? Please join other women on Monday evenings from 7:00-9:00pm at Green Road Community Center to enjoy new friends, fitness and fun and to play and compete under Senior Game rules. The game is played on one half of the basketball court with the three players from each team playing offense and defense.

#182142 Mar 14-Apr 25 Mon 7:00-9:00pm

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Mon, Wed 6:00-7:00 pm
Saturdays 1:00-2:00 pm

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January 1 - April 30

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Daily Fee - \$2.00

Monthly Fee - \$10.00

Monday - Friday 10:00 am - 9:00pm
Saturday 9:00 am - 3:00 pm
Sunday 1:00 - 6:00 pm



Green Road Community Center
4201 Green Road
Raleigh, NC 27604
919-872-4140





Green Road Rental Information

Room	Capacity	Cost
Room 2	30	\$35 Hourly
Room 5	25	\$35 Hourly
Room 4	49	\$35 Hourly
Gymnasium #1 (no a/c)	299	\$60 Hourly
Gymnasium #2 (a/c)	299	\$80 Hourly
Picnic Shelter	60	\$9 Hourly
Kitchen	n/a	\$20 Hourly

Additional Rental Fees

Supervisory Fee (After Hours)	\$20 Hourly
Damage Deposit (Refundable)	\$100
Application Fee	\$15

Community Center Contacts

Front Desk
Green.Road@raleighnc.gov

Assistant Director -
Kyle Swicegood
kyle.swicegood@raleighnc.gov

Brentwood & Spring Forest Rental Information

Room	Capacity	Cost
Brentwood Center	99	\$50 Hourly
Brentwood Shelter	100	\$9 Hourly
Spring Forest Shelter	100	\$9 Hourly
Spring Forest Open Space	n/a	\$30 Hourly

Rental Policies

- ◆ All rooms/spaces must be rented for a minimum of 2 hours (except for fields, open spaces and outdoor volleyball courts).
- ◆ There is a \$15 application fee for all rentals (except for picnic shelters). Completed rental contract and all rental fees must be submitted in order to reserve room/space.
- ◆ Please note that there is a \$100 refundable damage deposit for all room/space rentals (except for picnic shelters). This may be refunded if the renter adheres to the contract and stays within the rented time.
- ◆ For all indoor rentals (except for Brentwood Neighborhood Center), there is an additional fee of \$20 per hour for any room/space rentals that occur outside of operating hours.
- ◆ Reservations may be made no more than 4 months in advance or less than 14 days prior to the event.

Contact Information

Green Road Community Center
 4201 Green Road
 Raleigh, NC 27604

Phone (919) 872-4140
Fax (919) 713-4188

Website - parks.raleighnc.gov
Keyword Search- Green Road Park

Hours of Operation

Monday: 10:00 am - 9:00 pm
Tuesday: 10:00 am - 9:00 pm
Wednesday: 10:00 am - 9:00 pm
Thursday: 10:00 am - 9:00 pm
Friday: 10:00 am - 9:00 pm
Saturday: 9:00 am - 3:00 pm
Sunday: 1:00 pm - 6:00 pm

