### Preschool Programs

**Ballet Basics I - Beginner**: (age 3) - Learning ballet is one of the most rewarding and enjoyable activities there is! Participants will explore the fundamentals of ballet, including body alignment, basic ballet terminology and principles of postures. Participants will learn to follow instructions while having fun. Prior experience is not necessary. Instructor: Tanisha Patrick, BA in dance and private studio teaching.

*Class Fee: $70.00*

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**Ballet Basics II - Intermediate**: (ages 4-6) - Young ballet dancers will work on each ballet movement in barre exercise and center exercise and gradually move into combining 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’re encouraged to develop their own creativity. Prior experience is not necessary. Instructor Tanisha Patrick has a BA in dance and private studio teaching.

*Class Fee: $70.00*

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**Soccer - Mini Kickers**: (ages 3-5) - This introduction in skills development teaches the basics of soccer, including drills in passing, dribbling & shooting. Class will help develop hand-eye coordination, listening skills, good sportsmanship & teamwork.

*Class Fee: $36.00*

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<td>#244846</td>
<td>Oct 7 - Oct 21</td>
<td>Mon</td>
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**Basketball - Little Shooters**: (ages 3-5) - This is a skills, drills & play basketball class. Players learn the basics, including dribbling, shooting, passing, one-on-one, offense-defense & team play fundamentals for a rewarding, noncompetitive sports experience.

*Class Fee: $36.00*

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<td>#244803</td>
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<td>#244804</td>
<td>Nov 5 - 26</td>
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**REC-Creations**: (ages 3-5) - Join your friends at Green Road Community Center on the 3rd Wednesday of each month for crafts, games and activities! A different theme will be celebrated each month. Be sure to wear shoes and clothes that you can get dirty.

*Class Fee: $10.00*

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<tr>
<td>#245845</td>
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<tr>
<td>#245846</td>
<td>Nov 20</td>
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<td>#245847</td>
<td>Dec 18</td>
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**All Sports - Little Starters**: (ages 3-5) - Want to try several sports: Little Starters introduces a different sport each week. Sports may include baseball, football, hockey, lacrosse and others. Get your game on!

*Class Fee: $36.00*

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<td>#244791</td>
<td>Oct 5 - 26</td>
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**Kids Night Out**: (ages 5-12) - Parents, enjoy this time to relax, relate, and release while the staff at Green Road and your child enjoy a night filled with pure fun and excitement. Each month we will offer a different theme. Preregistration is required. Please contact the facility for additional details.

*Class Fee: $10.00*

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<td>#245304</td>
<td>Dec 20</td>
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**Tot Time**: (6mo - 5yrs) - 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 (online or on-site) is required.

*Class Fee: Free*

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<tr>
<td>#244845</td>
<td>Sept 2 - Dec 31</td>
<td>M-F</td>
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Youth/Teen Programs

Ballet Basics III - Advanced: (ages 6-8) - Designed for youngsters with or without prior dance experience, this class emphasizes coordination of ballet movements properly & safely. They will discover the joy of combining movements into phrases, while also developing their own creativity & expression. Instructor Tanisha Patrick has a BA in dance and private studio teaching.
Class Fee: $70.00
#244800 Sep 7 - Oct 19 Sat 12:15—1 pm
#244801 Nov 2 - Dec 21 Sat 12:15—1 pm

Jazz/Hip Hop Dance: (ages 8-13) - Beginner level dance Jazz/Hip Hop Dance instruction in a fun and supportive environment. Come learn some cool moves! Instructor: Tanesha Patrick
Class Fee: $70.00
#244837 Sep 7 - Oct 19 Sat 1:15—2 pm
#244838 Nov 2 - Dec 21 Sat 1:15—2 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 & passing along with other drills for ball control will be taught. Be prepared to sweat, learn & have a good time!
Class Fee: $40.00
#244806 Sep 7 - 28 Sat 10—10:45am
#244807 Oct 5 - 26 Sat 10—10:45am

Basketball - Skill Development and Training Clinic: (ages 10-14) - This fun and instructional program is designed to focus on the player's individual skill development. Drills will put an emphasis on ball handling, shooting and finishing. Players will also get a chance to work on offensive/defensive spacing, passing and defensive footwork. Players will have the opportunity to work on these skills in game situation drills and small-sided scrimmages. Learn teamwork and cooperation, a skill that will last forever.
Class Fee: $45.00
#244882 Sep 7 - 28 Sat 12 pm—1:30 pm
#244883 Oct 5 - 26 Sat 12 pm—1:30 pm

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.
Class Fee: $5.00 per day
Sep 9 - Dec 30 Mon 7—8:30 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. Certified Zumba instructor: Maria Elena de Leon Angel Williams.
Class Fee: $5.00 per day or Class Pass: $25.00
Sep 2 - Dec 30 M, W, F 6—7 pm

Hair Workshop Series: (ages 13+) - Are you a newly transitioned natural or considering embarking upon this journey? If yes, then this series of workshops is for you. We will discuss tips on how to maintain growth, deep conditioning techniques, and styles that prevent hair breakage.
Class Fee: $5.00
#245938 Sep 9 - Taking on the Transition Mon 6:30—7:30 pm
#245939 Oct 14 - Protective Styling Mon 6:30—7:30 pm
#245940 Nov 18 - It's All About Conditioning Mon 6:30—7:30 pm
#245941 Dec 9 - DIY Hair Product Making Mon 6:30—7:30 pm

Green Road Community Center
Raleigh
4201 Green Road
919-996-4141
raleighnc.gov/parks
**CAPS:** (ages 5-12) The Community Afterschool Program is being offered at several local community centers for children K-6th grade following the Wake County traditional school calendar. This program is designed to offer recreation activities, homework assistance, and arts/crafts. For registration information, Green Road Community Center.

*Class Fee: Free*

#248312 Aug 26 - Jun 12  M-F  3—6 pm

**TOPs- Teen Outreach Program:** (ages 12-17) - The Teen Outreach Program (TOP) is a free, recreation-based, after-school program for teens ages 12-17 that operates at nine community centers across Raleigh. Activities include athletics, the arts, recreational games, field trips, adventure programs, skill building and more. The goal of the program is to provide a positive and engaging environment for teens in the hours after school. The program also provides mentoring relationships while addressing issues that affect teens, their community and their environment. The TOP program will not be open on teacher workdays or days when WCPSS is closed due to inclement weather. For more information about the program, please call 919-996-2139.

*Class Fee: Free*

#24587 Aug 26 - May 29  M-F  3—6 pm

**Y.E.S. Days- Youth Escape School:** (ages 5-12) - Need something for your child to do on school holidays and teacher workdays? Enroll in the Youth Escape School (YES) program. This wonderful recreational opportunity provides a safe alternative to children having to stay home while Mom and Dad work. Participants interact with their peers and counselors in fun-filled activities such as sports, arts & crafts, games, movies and a variety of other exciting events. Each participant must bring a lunch, drinks, and 2 snacks and should dress for play. If the minimum registration requirements are not met for a specific date at a location, parents/guardians will be notified at least five days in advance and given the option to change locations or receive a full refund for that date.

*Class Fee: $30.00*

#243295 Sep 30  M  7:30 am—6 pm
#243296 Oct 9  W  7:30 am—6 pm
#243297 Oct 21  M  7:30 am—6 pm
#243298 Oct 31  Th  7:30 am—6 pm
#243299 Nov 1  F  7:30 am—6 pm
#243300 Nov 27  W  7:30 am—6 pm
#243301 Dec 20  F  7:30 am—6 pm
#243302 Dec 23  M  7:30 am—6 pm
#243303 Dec 27  F  7:30 am—6 pm
#243304 Dec 30  M  7:30 am—6 pm
#243304 Dec 31  T  7:30 am—6 pm

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**Green Road Walking Club:** (ages 18+) - Meet new friends, improve your health, and stay active with this free course! Come out to Green Road Community Center during those cold winter months! Walk at your own pace!

*Class Fee: Free*

#244836 Sep 2 - Dec 31  M, W, F  10—11:30am

**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.

*Class Fee: $5.00 per day*

Sep 9 - Dec 30  Mon  7—8:30 pm

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*Class Fee: $5.00 per day or Class Pass: $25.00*

Sep 2 - Dec 1  M, W, F  6—7 pm

**Hair Workshop Series:** (ages 13+) - Are you a newly transitioned natural or considering embarking upon this journey? If yes, then this series of workshops is for you. We will discuss tips on how to maintain growth, deep conditioning techniques, and styles that prevent hair breakage.

*Class Fee: $5.00*

#245938 Sep 9 - Taking on the Transition  Mon  6:30—7:30 pm
#245939 Oct 14 - Protective Styling  Mon  6:30—7:30 pm
#245940 Nov 18 - It’s All About Conditioning  Mon  6:30—7:30 pm
#245941 Dec 9 - DIY Hair Product Making  Mon  6:30—7:30 pm
Green Road Community Center

Exercise - Weight Room/Fitness Room 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.

Sep 2 - Dec 31

Fee:
City Wide Membership - $20.00
Daily Fee - $2.00
Monthly Fee - $10.00
Monday - Friday 10 am—9 pm
Saturday 9 am—3 pm
Sunday 1 pm—6 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 niveles basicos. 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.

Class Fee: Free

#243141 Sep 7 - Oct 12 Sat 11:30 am—1 pm
#243142 Oct 26 - Dec 7 Sat 11:30 am—1 pm

Pickleball: (ages 18+) - Pickleball is a wonderful fitness and social activity that combines aspects of racquetball, tennis and table tennis. It is played on a smaller version of a tennis court. No experience is necessary, and all equipment is provided.

Class Fee: $2.00 per day

#244740 Sep 1 - Dec 31 Sun 1:30—5:30 pm

Green Road Open Gym: (ages 18+) - Green Road has open gym in Gymnasium #1 for ages 18 and up. 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.

Class Fee: Free

#244789 Sep 2 - Dec 31 M, W, F 12:15—2:30 pm

Bingo: (Age 18+) - Come & enjoy making friends & sharing lots of laughs while playing bingo! This is not your typical bingo. We play a variety of games from straight bingo to Four Corners, Postage Stamp & Clear All. Cost is 50 cents per card, or $1 for 3 cards.

#244811 Sep 3 - Dec 31 T 10:00—1:00 pm

Mahjong Madness: (ages 18+) Mahjong is a 2-4 player tile game that originated in China in the 1800's and grew popularity in the United States during the 1920's. Mahjong is an intellectual game involving both skill and luck, which encourages better brain function in individuals. Experienced players will be in attendance to work with beginner players who are interested. Game equipment is provided for up to 16 players. Come join the group and have some fun!

Class Fee: Free

#244839 Sep 4 - Dec 18 T 1:00—4:00 pm

Qigong: (ages 18+) Qigong (pronounced chee-gong) postures promote energetic and internal organ health. This class offers the opportunity to engage in numerous therapeutic postures that use gentle, safe movements. Posture modifications can be made for those with physical limitations. Time will be dedicated to qigong breathing instruction, meditation and body energy flow discussions. Join the class and enjoy the benefits of improved health.

Class Fee: $36.00

#245297 Sep 4 - 25 W 10:30—11:30am
#245298 Oct 2 - 23 W 10:30—11:30am
#245299 Nov 6 - 27 W 10:30—11:30am
#245300 Dec 4 - 18 W 10:30-11:30am

PARKS, RECREATION AND CULTURAL RESOURCES

Green Road Center
4201 Green Road
919-996-4141
raleighnc.gov/parks
Active Adult Programs

**Green Road Walking Club:** (ages 18+) - Meet new friends, improve your health, and stay active with this free course! Come out to Green Road Community Center during those cold winter months! Walk at your own pace!

*Class Fee: Free*

#244836 Sep 2 - Dec 31 M, W, F 10—11:30am

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*Class Fee: $5.00 per day*

Sep 9 - Dec 30 Mon 7—8:30 pm

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*Class Fee: $5.00 per day or Class Pass: $25.00*

Sep 2 - Dec 30 M, W, F 6—7 pm

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*Class Fee: $5.00*

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*Sep 2 - Dec 31*

*Fee:*

- City Wide Membership  $20.00
- Daily Fee - $2.00
- Monthly Fee - $10.00
  - Monday - Friday  10 am—9 pm
  - Saturday  9 am—3 pm
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*Class Fee: Free*

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**Bingo:** (Age 18+) - Come & enjoy making friends & sharing lots of laughs while playing bingo! This is not your typical bingo. We play a variety of games from straight bingo to Four Corners, Postage Stamp & Clear All. Cost is 50 cents per card, or $1 for 3 cards.

*Class Fee: $1 per card, or $3 for 3 cards*

#244811 Sep 3 - Dec 31 T 10 am—1 pm
**Green Road Community Center**

**Athletic Teams/Leagues**

**Boys Little League Basketball**: (ages 11-12) Youth Boys Little League Basketball registration is September 30-October 11. The Little League Basketball League is a way for youth to learn the fundamentals of basketball and to teach positive sportsmanship. This league does keep score and records wins and losses. Volunteer coaches are needed who enjoy basketball, want to teach youth and to help develop league participants' skills and knowledge of basketball. League Age is determined by participant's age on August 31st, of the current calendar year. The registration fee is $40 for Raleigh residents and $55 for non-residents. For more information please go to: www.raleighnc.gov.

Green Road Community Center  
#244974 Nov 5 - Mar 2
League Fee:  
$40 for Raleigh residents  
$55 for non-Raleigh residents

**Boys Senior League Basketball**: (ages 15-17) Youth Boys Super Senior League Basketball registration is September 30-October 11. The Senior League Basketball League is a way for youth to learn the fundamentals of basketball and to teach positive sportsmanship. This league does keep score and records wins and losses. Volunteer coaches are needed who enjoy basketball, want to teach youth and to help develop league participants' skills and knowledge of basketball. League Age is determined by participant's age on August 31st, of the current calendar year. The registration fee is $40 for Raleigh residents and $55 for non-residents. For more information please go to: www.raleighnc.gov.

Green Road Community Center  
#245007 Nov 5 - Mar 2
League Fee:  
$40 for Raleigh residents  
$55 for non-Raleigh residents

**Special Events**

**Halloween Spooktacular**: (10 & under) - This event offers Halloween fun for kids 10 and under. Join us for a variety of activities and games. Space is limited, and preregistration is recommended. All participants must be accompanied by an adult.

Class Fee: Free

#244952 Oct 28  M  6—8 pm

**Mahjong Madness**: (ages 18+) Mahjong is a 2-4 player tile game that originated in China in the 1800's and grew popularity in the United States during the 1920's. Mahjong is an intellectual game involving both skill and luck, which encourages better brain function in individuals. Experienced players will be in attendance to work with beginner players who are interested. Game equipment is provided for up to 16 players. Come join the group and have some fun!

Class Fee: Free

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**Qigong**: (ages 18+) Qigong (pronounced chee-gong) postures promote energetic and internal organ health. This class offers the opportunity to engage in numerous therapeutic postures that use gentle, safe movements. Posture modifications can be made for those with physical limitations. Time will be dedicated to qigong breathing instruction, meditation and body energy flow discussions. Join the class and enjoy the benefits of improved health.

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**Parks, Recreation and Cultural Resources**

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