

Fall Programs

Laurel Hills Community Center

Sept - Dec



Social and Special Events

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 (online or on-site) is required.

Course Fee: Free

#245238 Sept 3 - Dec 31 T,Th 10:00AM-12:00PM

Twick or Tweak (Ages 12 and under)

Put on your best costume and join us for a fun evening of spectacular music, fun, games, and tweets! (No twicks!) Fun for the whole family! Participants must be accompanied by parents, please.

Course Fee: Free

#245249 Oct 24 Thu 6:00PM - 7:30PM

Santa's Elves Workshop (Ages 12 and under)

The holiday season is here, and the Raleigh Youth Council has planned a festive morning for children. This drop-in program features make it/take it craft projects, refreshments and entertainment. We are expecting a special visitor from the North Pole! Please help us support the Youth Council's toy drive by sending each child with a small new toy. All contributions will be given out the following weekend at another Community Center. Children under 12 are invited to join us and must be accompanied by a parent.

Course Fee: Free

#245252 Dec 7 Sat 10:00AM - 12:00PM

Preschool Programs

Soccer - Two Sports Zone (Age 2 Yrs)

Parent and child come off the sidelines and get into the game, learning soccer skills by participating in mini soccer drills and fun games. Play drop, dribble, kick, net goals and more. Benefits include hand-eye coordination, body awareness and socialization.

Course Fee: \$36 Residents & \$51 Non Residents

#245305 Oct 5 - Oct 26 Sat 10:00AM - 10:30AM

#245697 Nov 2 - Nov 23 Sat 10:45AM - 11:15AM

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!

Course Fee: \$36 Residents & \$51 Non Residents

#246076 Sept 9 - Sept 30 Mon 11:00AM - 11:45AM

#246077 Nov 4 - Nov 25 Mon 11:00AM - 11:45AM

Basketball - Twos Sport Zone (Age 2 Yrs)

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!

Course Fee: \$36 Residents & \$51 Non Residents

#245312 Sept 7 - Sept 28 Sat 10:00AM - 10:30AM

#245683 Nov 2 - Nov 23 Sat 10:00AM - 10:30AM

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Preschool Programs

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.

Course Fee: \$36 Residents & \$51 Non Residents

#245353 Sept 7 - Sept 28 Sat 10:45AM - 11:30AM

#245601 Oct 2 - Oct 23 Wed 5:00PM - 5:45PM

Football - Little Tacklers (Ages 3 - 5)

Hut one, hut two ... hike! This class is an introduction in skills development that teaches the basics of football, including passing, kicking, catching and running. The class will help develop hand-eye coordination, listening skills, good sportsmanship and teamwork! Emphasis will be on safe play. Touchdown!

Course Fee: \$36 Residents & \$51 Non Residents

#245724 Nov 2 - Nov 23 Sat 11:30AM - 12:15PM

Soccer - Little Kickers (Ages 3-5)

This introduction in skills development teaches the basics of soccer, including drills in passing, dribbling and shooting. Class will help develop hand-eye coordination, listening skills, good sportsmanship and teamwork!

Course Fee: \$36 Resident & \$51 Non Residents

#245310 Oct 5 - Oct 26 Sat 10:45AM - 11:30AM

Youth Programs

Basketball - Shooters (Ages 6 - 9)

This skills development sports program teaches the basics of basketball, including passing, dribbling and shooting. The program helps develop good hand-eye coordination as well as listening skills and good sportsmanship.

Course Fee: \$36 Residents & \$51 Non Residents

#245609 Oct 2 - Oct 23 Wed 5:45PM - 6:30PM

Soccer - Kickers (Ages 6 - 9)

G-O-O-O-A-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!

Course Fee: \$36 Residents & \$51 Non Residents

#245311 Oct 5 - Oct 26 Sat 11:45AM - 12:30PM



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Youth Programs

All Sports - Youth (Ages 6 - 9)

Interested in introducing your athlete to a variety of sports? Participants will be introduced to the fundamentals of a different sport each week, such as baseball, soccer, basketball, football, hockey, lacrosse, volleyball and others. Participants will also practice balancing, catching, agility, aiming, motor skills and much more.

Course Fee: \$36 Residents & \$51 Non Residents

#245270 Oct 7 - Oct 28 Mon 6:00PM - 6:45PM

All Girls - All Stars (Ages 6 - 9)

This all girl atmosphere will allow your athlete to be introduced to a variety of sports! Participants will be introduced to the fundamentals of a different sport each week, such as baseball, soccer, basketball, football, hockey, lacrosse and others. Participants will also practice balancing, catching, agility, aiming, motor skills and much more. Give your girl the confidence and leadership she needs to Play Like a Girl!

Course Fee: \$36 Residents & \$51 Non Residents

#245267 Oct 7 - Oct 28 Mon 5:00PM - 5:45PM

T-Ball Takeover (Ages 4 - 7)

Crack! It's going, going ... gone! This T-Ball class helps develop the skills of baseball, including running, hitting, throwing, pitching and fielding. The class also will help develop hand-eye coordination, listening skills, good sportsmanship and teamwork!

Course Fee: \$36 Residents & \$51 Non Residents

#246054 Sept 5 - Sept 6 Thu 5:00PM - 5:45PM

#246059 Oct 3 - Oct 24 Thu 5:00PM - 5:45PM

Art Programs

Art Adventures (Ages 2 - 5)

Preschoolers and Families, come join us for Art Adventures as we explore the world. Little minds will wander, soar, and develop as they create projects to take home and put on the shelf! (Adult participation required)

Course Fee: \$36 Resident & \$51 Non-Resident

#245258 Oct 5 - Oct 26 Sat 10:00AM - 11:00AM

Art Adventures For Kids (Ages 6 - 11)

Your artist will explore the world of art and create masterpieces each week. Watch as imaginations soar and we get dirty in the process!

Course Fee: \$36 Resident & \$51 Non-Resident

#245255 Sept 7 - Sept 28 Sat 11:15AM - 12:15PM

#245256 Oct 5 - Oct 26 Sat 11:15AM - 12:15PM



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Youth Programs

Youth Wah Lum Kung Fu (Ages 6-13)

Traditional Chinese Kung Fu class, taught by Sifu Matthew Martin, a certified Wah Lum instructor with 20 years of experience. Wah Lum Kung Fu is an internationally renowned style of martial arts brought to the U.S. by Grandmaster Chan Pui. Wah Lum Kung Fu will develop your child's flexibility, coordination, concentration, confidence, and discipline. The classes are exciting, educational, and fun, and children will increase their speed, stamina, strength, and overall health. Children will benefit from the strengthening of both body and mind that result from training in Wah Lum Kung Fu. A uniform fee of \$85 will be due before the second month of classes.

Course Fee: \$60 Residents & \$75 Non-Residents

#245638 Sept 3 - Sept 26 T,Th 5:15PM - 6:00

#245639 Oct 1 - Oct 31 T,Th 5:15PM - 6:00

#245640 Nov 5 - Nov 26 T,Th 5:15PM - 6:00

#245641 Dec 3 - Dec 19 T,Th 5:15PM - 6:00

Course Fee: \$225 Residents & \$240 Non-Residents

#245642 Sep 3 - Dec 19 T,Th 5:15Pm - 6:00

Teens & Adult Programs

Tai Chi - Lake Lynn/Laurel Hills (18 & Up)

Tai Chi is a system of rounded, flowing, balanced movements designed to increase physical health, peace of mind and overall wellness. Often described as meditation in motion, Tai Chi promotes serenity, stamina and strength through gentle, fluid movements. The slow, soft, graceful movements help people of all ages to alleviate tension and stress, tone the body, develop endurance, increase longevity and improve general health and well-being. Students will learn basic Tai Chi stances, hand movements and breathing techniques called chi gung. Instructor: Sifu Matthew Martin.

Course Fee: \$55 Residents & \$70 Non-Residents

#245591 Sept 3 - Sept 26 T,Th 4:00PM - 5:00PM

#245592 Oct 1 - Oct 31 T,Th 4:00PM - 5:00PM

#245593 Nov 5 - Nov 26 T,Th 4:00PM - 5:00PM

#245594 Dec 3 - Dec 19 T,Th 4:00PM - 5:00PM

Course Fee: \$200 Residents & \$215 Non-Residents

#245595 Sept 3 - Dec 19 T,Th 4:00PM - 5:00PM

Raleigh Youth Council (Ages 14 - 18)

Are you a high school student interested in initiating, organizing and executing programs and projects that benefit teens? The Raleigh Youth Council is for teens and is run by teens. They focus on leadership opportunities, community service, recreation and fundraising as well as special events such as Youth Legislative Assembly, State Youth Council conferences and other events that develop leadership qualities and help members realize their full potential. The Raleigh Youth Council creates a forum where teens can freely express their ideas and opinions and serve as advocates for teens. If you are interested in participating, call the Teen Program at 919-996-2139.



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Dance Programs

Beginner Hip-Hop (Ages 6 - 8)

Do you think you can dance? Then this is the class for you. Come learn basic hip-hop moves and today's street dances. This class will focus on developing balance, strength, and confidence while having fun. Each week will focus on different styles, and your dancer will be ready to show off their moves at the end of each class.

Course Fee: \$40 Resident & \$55 Non-Resident

#245263 Oct 2 - Oct 23 Wed 5:00PM - 6:00PM

#245264 Nov 6 - Dec 4 Wed 5:00PM - 6:00PM

Hip - Hop Fever (Ages 9 - 12)

This high-energy class infuses old and new street styles of dance. Dancers will step outside the box and bring their own individual style to the dance floor. Whether you have been dancing for years or this is your first time on the floor, you will leave with the ability and confidence to step up and own the floor.

Course Fee: \$40 Residents & \$55 Non-Residents

#245260 Oct 2 - Oct 23 Wed 6:00PM - 7:00PM

#245261 Nov 6 - Dec 4 Wed 6:00PM - 7:00PM



Nature Programs

Dinosaurs Rock! (Ages 2 - 6)

Little learners are invited to share in 'ROCKtober' fun with this engaging preschool program. Junior paleontologists will learn all about fossils and discover how they tell the story of creatures that roamed the Earth long ago! Preschoolers will even use special tools to break open 'dinosaur rocks' and delight in prehistoric treasures found within. Preregistration is required. Children must be accompanied by adults. Adults attend free.

Course Fee: \$3 for all participants

#243486 Oct 22 Tue 12:30 PM - 1:30PM

Way up High in an Apple Tree! (Ages 2 - 6)

With this engaging program, little ones will delight in the wonders of apple trees as they grow from tiny seeds to tall, fruit-filled trees! Budding botanists will enjoy songs, hands-on activities and great fun. Preregistration is required. Children must be accompanied by adults. This program is offered at no charge in celebration of Take a Child Outside Week.

Course Fee: Free!

#243482 Sept 24 Tue 12:30PM - 1:30PM

Who Cooks For You? (Ages 2 - 6)

Preschoolers will love this program featuring OWLS, including the Barred Owl with its signature call: 'Who cooks for you?' Songs, games and dissecting owl pellets will surely engage even our youngest naturalists! Preregistration is required. Children must be accompanied by adults. Adults attend free.

Course Fee: \$3 for all participants

#243490 Nov 19 Tue 12:30PM - 1:30PM

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Exercise

Laurel Hills Gentle Yoga (All Ages)

Gentle yoga begins with centering and a warm up followed by poses and movements with breath awareness and finally a relaxation. The practice intends to develop full body awareness, flexibility, strength, and balance and builds mindfulness. Open to all levels. Students should bring a mat or blanket.

Course Fee: \$32 Residents & \$47 Non Residents

#245271	Sept 9 - Sept 30	Mon. 10:15AM - 11:30AM
#248848	Sept 4 - Sept 25	Wed. 5:30PM - 6:45PM
#245272	Sept 5 - Sept 26	Thu. 10:15AM - 11:30AM
#248846	Oct. 7 - Oct. 28	Mon. 10:15AM-11:30AM
#248849	Oct. 2 - Oct. 23	Wed. 5:30PM-6:45PM
#248847	Oct. 3 - Oct. 24	Thu. 10:15AM-11:30AM

Course Fee: \$24 Residents & 39 Non-Residents

#249627	Nov 6 - Nov 20	Wed. 5:30PM-6:45PM
#249630	Nov 7 - Nov 21	Thu. 10:15AM-11:30AM

***Drop in classes will be available Monday 11/4 and 11/18**

# 249629	Dec. 2 - Dec.16	Mon. 10:15AM-11:30PM
# 249628	Dec. 4 - Dec.18	Wed. 5:30PM-6:45PM
# 249631	Dec.5 - Dec. 19	Thu. 10:15AM-11:30AM

Drop In Course Fee: \$10 per Class

#249509 Sept. 5 - Dec 19 Mon, Wed, & Th

Exercise

Kung Fu (14 and up)

This traditional Chinese Kung Fu class is taught by Sifu Matthew Martin, a certified Wah Lum instructor with 20 years of experience. Wah Lum Kung Fu is a style of martial arts that is practiced internationally. Students will learn basic exercises to improve their overall physical condition, with a focus on health, fitness, strength, flexibility, coordination and self-control. Students will learn empty hand forms, self-defense, weapons forms and free sparring. Students will benefit from the strengthening of body and mind that result. **A uniform fee of \$85 will be due before the second month of classes.**

Course Fee: \$80 Resident & \$95 Non-Resident

T, TH 6:30-7:30pm

W 7:00-8:00p,

#245861	Sept 3 - Sept 26
#245862	Oct 1 - Oct 31
#245863	Nov 5 - Nov 27
#245864	Dec 3 - Dec 19

Course Fee: \$300 Resident & \$315 Non-Resident

#245865 Sept 3 - Dec 19

Zumba at Laurel Hills (14 and Up)

International explosion of dance, fun, and fitness! Learn basic Latin rhythms and move with no prior dance experience required. Come join our Zumba Party!

Pass Fees: T, W 7:30-8:30pm

\$5	Daily
\$24	6 Visit
\$42	12 Visit

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