

Winter/Spring 2016 Program Guide

Millbrook Exchange Community Center

Honeycutt Park | Eastgate Park

Preschool & Youth Programs

Baseball - Little Sluggers (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! Instructor: Coach K

#182022 Apr 7-28 Th 6:30-7:15pm

Course Fee: \$36

Baseball - Sluggers (6-9yrs)

Crack! It's going, going.....gone! This class helps develop the skills of baseball including running, hitting, throwing, pitching and fielding. Class will help develop hand/eye coordination, listening skills, good sportsmanship and teamwork! Instructor: Coach K

#182023 Apr 7-28 Th 7:30-8:15pm

Course Fee: \$40

Basketball - Little Shooters (3-5yrs)

A skills, drills, and play shooters class. Players learn the basics including dribbling, shooting, passing, one-on-one, and offense-defense. Instructor: Coach K

#182024 Apr 4-25 M 6:30-7:15pm

Course Fee: \$36

Basketball - Shooters (6-9yrs)

A skills development sports program that teaches the basics of basketball including passing, dribbling, and shooting. Helps develop good hand/eye coordination and good sportsmanship. Instructor: Coach K

#182025 Apr 4-25 M 7:30-8:15pm

Course Fee: \$40

Soccer - Little Kickers (3-5yrs)

This class is an introduction in skills development that teaches the basics of soccer including drills such as passing, dribbling, and shooting. Class will help develop hand/eye coordination, listening skills, good sportsmanship and teamwork! Instructor: Coach K

#182026 Apr 5-26 Tu 6:30-7:15pm

Course Fee: \$36

Soccer - Kickers (6-9yrs)

G-O-A-A-A-L! This class will help develop the basic fundamentals of soccer including passing, dribbling, shooting, and defense. Class will help develop hand/eye coordination, listening skills, good sportsmanship and teamwork! Instructor: Coach K

#182027 Apr 5-26 Tu 7:30-8:15pm

Course Fee: \$40

Preschool & Youth Programs continued

The Great Carrot Caper (2-5yrs)

Franklin, the resident bunny at Millbrook Exchange Park, has lost his carrots. We need your help to solve this mystery. Join other preschool friends at the Community Center as we help Franklin find her carrots and get her back on the bunny trail. We will play bunny-themed games and create some art to take home. Come dressed for the outdoors!

#181346 Mar 24 Th 11:00-12:00pm

Course Fee: \$10

Valentines Day Celebration (2-5yrs)

Children and their parents will enjoy some Valentine's Day themed games, crafts, and snacks. Be sure to dress for activity and be prepared to go outside if the weather allows. Class meets at Millbrook Exchange Community Center. Come dressed for the outdoors!

#181347 Feb 11 Th 11:00-12:00pm

Course Fee: \$10

Music and Movement (3-5yrs)

Come out to Millbrook Exchange Community Center for this unique preschool class taught by dance instructor Debbie Watkins! This class will develop music skills, nurture creativity, promote self-expression, and build confidence while also supporting social, emotional, cognitive, and physical development. Parents can watch from the side or join in on this fun class!

#183539 Jan 7-28 Th 10:15-11:00am

#183542 Feb 4-25 Th 10:15-11:00am

#183543 Mar 3-24 Th 10:15-11:00am

#183548 Apr 7-28 Th 10:15-11:00am

Course Fee: \$20

Martial Arts - Kenpo Karate (7-12yrs)

Learning effective self-defense through Kenpo promotes self-confidence, concentration, goal-setting, assertiveness (not aggressiveness) and self-discipline. There are no "bench-warmers" in Kenpo; everybody participates and everybody benefits. Children in Kenpo are often leaders in their peer group. Belt level testing fee payable to the instructor applies, but testing is not required. Uniform and patches required after one calendar month or upon testing, available through instructor Bill Parsons, Triangle Kenpo Institute.

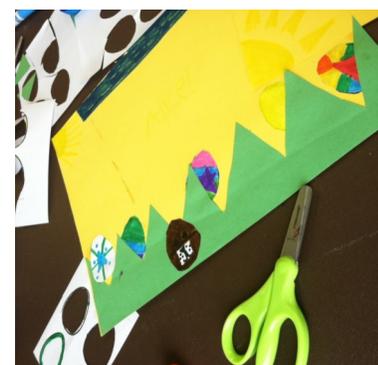
#181320 Jan 4-27 M/W 6:15-7:00pm

#181321 Feb 1-24 M/W 6:15-7:00pm

#181322 Mar 2-28 M/W 6:15-7:00pm

#181323 Apr 4-27 M/W 6:15-7:00pm

Course Fee: \$40



RALEIGH

Parks,
Recreation and
Cultural Resources
parks.raleighnc.gov

Millbrook Exchange Community Center

1905 Spring Forest Rd

Raleigh, NC 27609

(919) 996-4156



Preschool & Youth Programs continued

Homeschool: Let's Get Active (5-13yrs)

Get your homeschooler active in this unique program at Millbrook Exchange Center. Our instructor will guide your homeschooler through a variety of sports and games that will keep your child moving and having fun. Each week is different and exciting. Class meets each Tuesday. Parents must stay for the entire program.

#181341	Jan 5-26	Tu	1:30-2:30pm
#181342	Feb 2-23	Tu	1:30-2:30pm
#181343	Mar 1-22	Tu	1:30-2:30pm
#181344	Apr 5-26	Tu	1:30-2:30pm

Course Fee: \$20

Soccer Skills at Eastgate Park

Our instructor will help your child explore the FUNdamentals of soccer in this exciting class. This class will foster skill progression in your child through skill development, applied learning opportunities and small sided games. The goal of this class is to help players train and move to the next level of play in their soccer development. Class meets on the multipurpose field at Eastgate Park

5-7yrs

#182033	Mar 5-Apr 2	Sa	11:00-12:00pm
#182034	Apr 9-30	Sa	11:00-12:00pm

8-10yrs

#182030	Mar 5-Apr 2	Sa	12:00-1:00pm
#182031	Apr 9-30	Sa	12:00-1:00pm

Course Fee: \$43

Youth Open Play Opportunities

Tot Time (5yrs and under)

The gym is your playground! Come meet other families in your community in a recreation setting. The gym will be reserved for parents and their young children.

Sports and recreation equipment will be available for use. This program is free and registration is required to attend.

#181331	Jan 4-Apr 25	M	10:30am-12:00pm
---------	--------------	---	-----------------

Course Fee: Free

Homeschool Open Gym (5-17yrs)

Calling all homeschoolers in the Millbrook area. Join us for open gym each Tuesday. Staff will provide equipment, you provide the fun. Great way to get some mid-day wiggles out before school starts back again in the afternoon and the opportunity to meet other homeschool students in your area.

#181293	Jan 5-Apr 26	Tu	10:30-12:30pm
---------	--------------	----	---------------

Course Fee: Free

Homeschool Game Time (5-13yrs)

Looking for a place to meet other homeschoolers in the area to play and socialize? Come to Millbrook Exchange Community Center each Wednesday morning for game time. We'll provide the games, you supply the fun.

#181340	Jan 6-Apr 27	W	10:30-12:00pm
---------	--------------	---	---------------

Course Fee: Free

Adult Programs

Dog Obedience (13yrs and up)

This course offers instruction in basic commands and controlling your dog. The Raleigh kennel Club provides this class as a community service. An AKC Canine Good Citizen test will conclude the class, with passing dogs earning their AKC CGC title. Dogs should be no younger than 6 months old.

#181379	Mar 23-May 25	W	7:30-8:30pm
---------	---------------	---	-------------

Course Fee: \$40

Lunchtime Yoga: Stretch & Refresh (16yrs and up)

The 40-minute lunchtime Open Lotus Yoga class is designed to give you stress relief and encourage beneficial movement in the middle of the day, but is gentle enough to allow you to go right back to work or errands without a shower. Students should bring a yoga mat and towel to class. Liz Holt instructs.

#181354	Jan 6-Feb 10	W	12:10-12:50pm
---------	--------------	---	---------------

#181355	Mar 2-Apr 6	W	12:10-12:50pm
---------	-------------	---	---------------

Course Fee: \$47

Yoga - Open Lotus Evening Class (16yrs and up)

Open Lotus yoga is gentle and suitable for all ages and fitness levels. The focus is on balance, flexibility, strength and stress relief. One hour classes take you through a gentle warm-up, transition into more challenging poses designed to lengthen the spine, and move the large and small muscle groups through their full range of motion; and then cool you down with relaxation poses leaving you ready to reawaken into the rest of your day feeling great. Students should bring a yoga mat and towel to class. Don't want to sign up for six weeks? Drop in for a single session! Liz Holt instructs.

#181356	Jan 4-Feb 15	M	6:30-7:30pm
---------	--------------	---	-------------

#181358	Mar 7-Apr 11	M	6:30-7:30pm
---------	--------------	---	-------------

Course Fee: \$55

Chinese Kenpo Karate - Teens & Adults (13yrs and up)

Increase your physical and mental abilities while developing effective self-defense skills through Kenpo. Expand your self-awareness, sharpen your focus, promote your critical-thinking skills, and improve your problem-solving talents. Belt level testing fee payable to the instructor applies, but testing is not required. Uniform and patches required after four calendar months or upon testing, available through instructor Bill Parsons, Triangle Kenpo Institute.

#181308	Jan 4-27	M/W	7:00-8:30pm
---------	----------	-----	-------------

#181309	Feb 1-24	M/W	7:00-8:30pm
---------	----------	-----	-------------

#181310	Mar 2-28	M/W	7:00-8:30pm
---------	----------	-----	-------------

#181311	Apr 4-27	M/W	7:00-8:30pm
---------	----------	-----	-------------

Course Fee: \$45



RALEIGH Parks,
Recreation and
Cultural Resources
parks.raleighnc.gov

To view a complete list of programs pick up a Leisure Ledger or visit parks.raleighnc.gov and search keywords "Parks Publications".



Adult Programs continued

Card Night for Adults (18yrs and up)

Want a place to play cards? Come out to Millbrook Exchange Community Center to play a hand of cards and socialize with friends. Play begins at 6 p.m.

#181292 Jan 8-Apr 29 F 6:00-8:30pm

Course Fee: Free

Integrative Health Coaching (16yrs and up)

Explore all aspects of your health and well-being during this unique group coaching program. Group coaching offers the benefits of a supportive community of people who will advocate and encourage you as you take action steps toward your health goals. Certified health coach, Marilee Johnson, will facilitate the group in a nonjudgmental and nurturing environment to explore your optimal health vision and values, assess your current health and desired goals and develop your own personalized health plan. Explore what health means to you, learn simple mindfulness techniques and design a plan to achieve your desired state of wellness. This class takes place at Eastgate Neighborhood Center.

#181376 Jan 5-Feb 16 Tu 6:00-7:00pm

#181377 Mar 1-Apr 12 Tu 6:00-7:00pm

Course Fee: \$75

Health Coaching: Change for Good (16yrs and up)

Health coaching is a relatively new intervention that improves an individual's ability to prevent and manage chronic illness and optimize well-being. If you are having trouble implementing lifestyle changes, this is a great opportunity for you. Certified health coach Marilee Johnson works one-on-one with individuals and in small group settings to empower people to make lasting lifestyle changes. Coaching provides a framework and step-wise process for attaining your goal. This 2.5-hour workshop will give you a sense of what it's like to be in a supportive community during your personal health journey.

#183239 Jan 9 Sa 10:00am-12:30pm

Course Fee: \$7

Health Coaching: Turn Your Workout into "Play" (16yrs and up)

When did exercise become a "workout" rather than play? Do your children ask to go "workout" in the backyard or do they ask if they can play with their friends or go to the playground? This introduction to health coaching is designed to help you develop your own personal plan. If you have started an exercise routine or diet more than once, this workshop is for you. When your schedule is self-directed you choose activities you enjoy. Give yourself the gift of self-care and success by attending this interactive and supportive workshop. Learn how you can create your own "play book" towards a healthier you! This 2.5 hour workshop will be led by certified integrative health coach Marilee Johnson

#183234 Feb 6 Sa 10:00am-12:30pm

Course Fee: \$7

Adult Programs continued

Health Coaching: Stress Management for the Stressed Out (16yrs and up)

Stress is part of our everyday life. One way to counteract stress is by using mindfulness techniques. Understanding the connection between your body and mind will help you make positive changes in your life. Integrative health coaching incorporates techniques to increase your self-awareness. This workshop will introduce you to meditation and mind-body exercises that can lead to a reduced perception of stress. Participants will learn in a supportive environment facilitated by certified integrative health coach Marilee Johnson.

#183240 Mar 5 Sa 10:00am-12:30pm

Course Fee: \$7

Bridge for Beginners (18yrs and up)

Have you ever wanted to be able to join in a friendly, social game of bridge? This eight week class is just the place for beginners, and for those who have not played the game in many years. It includes instruction on bidding, strategy, and play of the hand. Learn the game and build your confidence with others who are just learning, too! Instructor: John Floreth.

#181329 Jan 19-Mar 8 Tu 7:00-9:00pm

Course Fee: \$60

Zumba in the Park at Honeycutt Park (15yrs and up)

Zumba is an aerobic fitness class using rhythms from salsa, merengue, samba, cha cha, and other Latin music. Enjoy this energizing class in the beauty of the outdoors at Honeycutt Park. This class is fun and beneficial for all ages. Youth under the age of 15 must be accompanied by an enrolled adult. Be sure to pre-register for this class - no registrations will be done on site. Instructor is Debbie Watkins.

#181302 Mar 2-23 W 6:00-6:45pm

#181303 Apr 6-27 W 6:00-6:45pm

Course Fee: \$20

Weight Room/Fitness Center (18yrs and up)

Check out the fitness room at Millbrook! Take advantage of the variety of cardiovascular and strength training equipment available and get into shape. The fitness room is during normal center operating hours. Participants must be 18 years of age or older. See staff for additional information.

Monthly Pass: \$15; Daily Pass: \$2

Spanish 1 (18yrs and up)

This course is an introduction to basic conversational Spanish with an emphasis on listening and speaking. Topics such as time, days, months, colors, simple dialogues and present tense of verbs are covered.

#181224 Feb 5-Mar 11 F 6:30-8:00pm

#181225 Apr 8-May 13 F 6:30-8:00pm

Course Fee: \$50



RALEIGH Parks,
Recreation and
Cultural Resources
parks.raleighnc.gov

To view a complete list of programs pick up a Leisure Ledger or visit parks.raleighnc.gov and search keywords "Parks Publications".



Clubs & Groups

German Shepherd Dog Club (18yrs and up)

The purpose of the German Shepherd Dog Club is to improve the breed through education of club members and the public at Large. The club meets the first Wednesday of each month and offers lectures and demonstrations throughout the year. See club president for information on meeting topics and club dues.

#181294	Jan 6	W	7:00-9:00pm
#181295	Feb 3	W	7:00-9:00pm
#181296	Mar 2	W	7:00-9:00pm
#181297	Apr 6	W	7:00-9:00pm

Tarheel Triangle Cat Fanciers (all ages)

This group meets to discuss issues related to the breeding of long-haired and short-haired cats. Members discuss topics that enhance the knowledge of cats. See club leader for more information. The club meets the second Wednesday of the month.

#181298	Jan 13	W	6:30-8:30pm
#181299	Feb 10	W	6:30-8:30pm
#181300	Mar 9	W	6:30-8:30pm
#181301	Apr 13	W	6:30-8:30pm

Special Events

Egg Hunt (up to 10yrs)

Come Millbrook Exchange Community Center on Saturday, March 19th for a fun-filled morning! Festivities begin at 10:30am. Check with us for more information!

#183384 Mar 19 Sa 10:30-11:30am

Course fee: Free

Spring Baseball

Baseball registration is February 8-19. These leagues are a way for youth to learn the fundamentals of baseball and to teach positive sportsmanship.

T-Ball (5-6) - Brier Creek

Pinto (7-8) - Millbrook Exchange

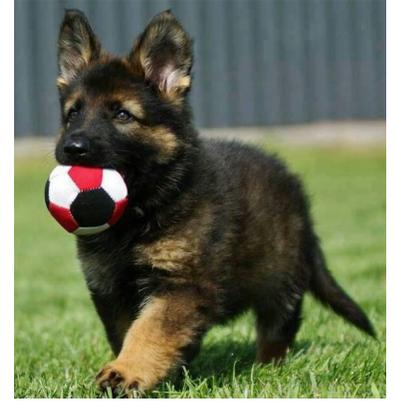
Mustang (9-10) - Optimist

Bronco (11-12) - Lake Lynn

Pony (13-14) - Citywide

Colt (15-18) - Citywide

League Fee: \$40



RALEIGH Parks,
Recreation and
Cultural Resources
parks.raleighnc.gov

To view a complete list of programs pick up a Leisure Ledger or visit parks.raleighnc.gov and search keywords "Parks Publications".

