



Sanderford Road Center Programs

January-April 2014

SOCIAL

Wii Game Night

Age: 5-16. Come join us the 1st Friday of each month for Wii Game Night! Bring yourself and bring a couple of friends. Put your game face on and have fun! Class Fee: \$0

January 10	Friday	6:00-8:00pm
February 7	Friday	6:00-8:00pm
March 7	Friday	6:00-8:00pm
April 4	Friday	6:00-8:00pm

Game It Up

Age: All ages. Socialize with friends while playing popular games like Uno, Connect Four, Sorry, Twister. Like a challenge? Try Pictionary, Taboo, or Cranium for the older gamers. Class Fee: \$0

January 17	Friday	6:00-8:00pm
February 14	Friday	6:00-8:00pm
March 14	Friday	6:00-8:00pm
April 11	Friday	6:00-8:00pm

Cool Artsy Crafts

Age: 5-14. Are you creative? Do you enjoy making one of a kind creations? Channel that ability into this cool arts and crafts experience. A different activity is introduced in each class. See you at Sanderford! Class Fee: \$0

January 24	Friday	6:00-8:00pm
February 21	Friday	6:00-8:00pm
March 21	Friday	6:00-8:00pm
April 18	Friday	6:00-8:00pm

Family Night at the Movies

Age: All ages. Join us at Sanderford Road Center for a family movie! Pre-registration is required. Class Fee: \$0

January 31	Friday	6:00-8:00pm
February 28	Friday	6:00-8:00pm
March 28	Friday	6:00-8:00pm
April 25	Friday	6:00-8:00pm

Teen Time

Age: All ages. Teens, it's that time at Sanderford Road! This program encourages teen socialization and fun. It's your time.

Class Fee: \$0

April 18	Friday	6:00-8:00pm
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ATHLETIC YOUTH PROGRAMS

Raleigh Rockets Track Club

Age: 7-14. Raleigh Rockets Track and Field Program was developed to introduce young athletes to this sport rich in tradition and history. This program combines technical development and fundamental techniques with safety and a major focus on fun! We want to inspire athletes to have a love for running and being active. Participants will put it all together for a fun filled track meets and competitions with other track clubs. Class Fee: \$15

Sanderford Road Center Club-Team begins practice March 4, 2013. Call 919-831-1898 for more information.

Youth Baseball and Softball

Age: 5-18. The Youth Athletics Program provides youth ages 5-18 the opportunity to participate in quality organized athletics through leagues, special events, camps, and clinics. We strive to teach fundamental skills and rules, teamwork and sportsmanship in a fun atmosphere with the leadership of well-trained volunteers and staff. Registration Dates: February 10-21. League Fee: \$36, Non-Resident \$48

Baseball, Ages 5-17; Softball, Slow Pitch Ages 10-12; Softball, Fast Pitch Ages 13-17

FITNESS

Zumba Fitness

Age: 16 and up. Latin inspired, easy to follow, calorie burning, dance fitness-party. Feel the music and let loose! Classes taught by Licensed Zumba Instructor, Sarita Smith. Join the party at Sanderford Road Center!

Class Fee: \$5 per class

January-April

Tuesday

6:30-7:30pm

YOUTH PROGRAMS

Community Afterschool Program

Age: 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. Cost: \$0

January-April

Monday-Friday

3:30-6:30pm

Girl Connection

Age: 9-15. Join us the 1st Wednesday of each month for Girls Connection! This program encourages girls to come together with their peers to enhance and encourage positive values, socialization, and community. Girls, this is your time to CONNECT! Class Fee: \$0

January 8

Wednesday

6:00-8:00pm

February 5

Wednesday

6:00-8:00pm

March 5

Wednesday

6:00-8:00pm

April 2

Wednesday

6:00-8:00pm





Science Fun Hour

Age: 5-12. Youth will participate in a program which will encourage them to learn more about science through hands on activities that are educational and fun! Instruction by Score One Up. Every 2nd and 4th Friday of the month.

Pre-Registration Required. Class Fee: \$0

January 10 & 24	Friday	4:30-5:30pm
February 14 & 28	Friday	4:30-5:30pm
March 14 & 28	Friday	4:30-5:30pm
April 11 & 25	Friday	4:30-5:30pm

Tuskegee Airmen Aviation Academy Phase II

Ages: 8-12. Aviation is an explosive industry with tremendous growth projected over the next several decades. Participation in this program will make youth aware of the many careers and life experiences that are available in aviation. Participants can expect the following: Discuss History of Tuskegee Airman; complete a community service project; build model planes; apply math to aviation problems; fly flight simulators; visit aviation museums and airports.

Registration closed. Class Fee: \$0

January-June	1st Saturday of month	11:00am-1:00pm
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PRECHOOL

Ballet & Creative Dance

Age: 2-5. Come explore the wonderful world of ballet and creative dance! This class combines ballet and creative dance to give preschoolers an introduction to a variety of genres of dance. Basic techniques and combinations will be taught. Expect a time for self-expression and fun! Classes taught by Mrs. Lala with a B.A. degree in Dance from UNC-Greensboro. Preschooler must be at least 2 1/2 years old to participate. Class Fee: \$32 Resident, \$44 Non-Resident

January 6-February 3	Monday	5:00-6:00pm
February 10-March 3	Monday	5:00-6:00pm
March 10-31	Monday	5:00-6:00pm
April 7-28	Monday	5:00-6:00pm

Hippity N' Roll

Age: 2.5-5. This class uniquely combines hip hop dance with tumbling in a fun and energetic atmosphere. This high-energy class encourages creative and rhythmic dance. Are you ready yet? See you at Sanderford! Classes taught by Mrs. Lala with a B. A. degree in Dance from UNC-Greensboro. Class Fee: \$32 Resident, \$44 Non-Resident, and December Class Fee: Resident \$24, Non-Resident \$36

January 6-February 3	Monday	5:00-6:00pm
February 10-March 3	Monday	5:00-6:00pm
March 10-31	Monday	5:00-6:00pm
April 7-28	Monday	5:00-6:00pm





Only Princesses Allowed

Age: 3-5. This is a party for princesses only. Your little princess can expect a royal experience suitable only for future queens. Majestic arts, classy crafts, and grandiose fun! See you at Sanderford! Cost: \$5 Resident,

February 12

Wednesday

5:30-6:30pm

ART & SPECIAL PROGRAMS

Back to School Crafts

Age: 5 and up. Want to stand out amongst your peers? Tired of that school supply décor from last year? Join us at Sanderford Road Center where you can personalize your backpack and lunch bag, or even a pencil box and folder. . .Whatever your heart desires! Basic decorative materials and school supplies will be provided. Bring your own backpack or lunch bag. Class Fee: \$0

January 16

Thursday

5:00-6:00pm

MLK Day Project

Age: 5 and up. Participants will discuss the significance of Dr. Martin Luther King, Jr. and explore what they can do to make this world a better place. Youth will celebrate MLK's birthday with arts, crafts, and decorations. Join us in this celebration! Class Fee: \$0

January 17

Friday

5:00-6:00pm

Mosaic Heart Art

Age: 5 and up. Join us at Sanderford for Valentine's Day inspired crafts, games, and treats! Class Fee: \$0

February 14

Friday

5:00-6:00pm

Spring Egg Decorating

Age: 5 and up. Youth will make colorful decorative eggs. Come one come all!

Class Fee: \$3 Resident, Non-Resident \$15

April 18

Friday

5:00-6:00pm

Celebrate Earth

Age: 5 and up. Youth will participate in earth friendly crafts and art lessons that promote reducing, reusing, and recycling. Age: 5-12. Class Fee: \$0

April 22

Tuesday

5:00-6:00pm





Cowboy Rodeo

Age: 5 and up. Join us at Sanderford for a western themed experience! Wear your cowboy threads and saddle up for lots of fun! Participants can expect arts and crafts, games, and more! Age: 5-12. Class Fee: \$0

Class Fee: \$0

March 21

Friday

5:00-6:00pm

SENIOR PROGRAMS

Open Computer Lab for Seniors

Age: 55 and better. Join us every Wednesday for an open computer lab at Sanderford Road Center. Need help getting on the internet or setting up a new email address? Our staff can assist you with any questions you have.

Class Fee: \$0

January-April

Wednesday

2:00-3:00pm

