



September – December 2015

Leisure Ledger

A guide to Raleigh Parks, Recreation and Cultural Resources
Department's programs, special events, and facilities



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

Registration begins **July 28, 2015**
919-996-6640 | parks.raleighnc.gov

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Together we connect and enrich our community through exceptional experiences.

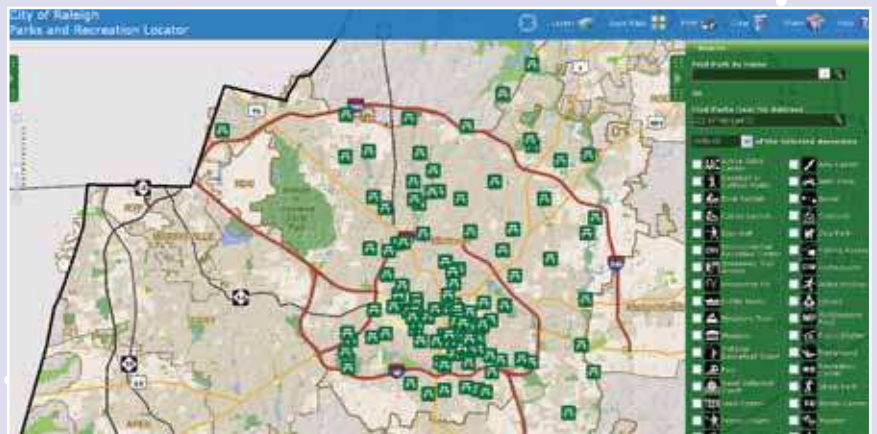
Raleigh Parks, Recreation and Cultural Resources

Department boasts over 200 parks including features like amusements, art centers, athletic facilities, community centers, lakes, nature preserves, off-leash dog parks, playgrounds, swimming pools, historic homes, and open spaces. With innovative programs offered throughout the year, there are endless opportunities to learn something new, refine skills, or meet new friends. Whether you play tennis on one of our 110 courts, dive into one of 9 pools, explore over 100 miles of paved greenway, or simply enjoy a picnic in the park, we hope you take time to discover YOUR Raleigh Parks, Recreation and Cultural Resources Department!

Explore Your Parks with Park Locator!

Park Locator is a mapping tool for Raleigh parks that allows you to find the closest park to your home, search for parks by amenity, get directions to a park, and explore program offerings at the parks.

Access Park Locator:
<http://maps.raleighnc.gov/parklocator/>
* You may also access Park Locator at
Parks.raleighnc.gov



discover your

Raleigh Parks, Recreation and Cultural Resources Department

3 Ways to Register

Registration Status: Check the status of your registration at any time by going to RecLink at **parks.raleighnc.gov**
Click on My Account and select View Full Purchase History.



Browse or Register online with RecLink

Visit parks.raleighnc.gov

RecLink allows you to search for classes, programs, and events by age, location, barcode, or keyword. With your Login ID and Family PIN you can then complete your registration and payment online.



mail-in

Send registration form and payment to:

**Raleigh Parks, Recreation and
Cultural Resources Department**
Attn: Recreation Business Office
Pullen Arts Center
105 Pullen Road
Raleigh, NC 27607



walk-in

Bring your completed registration form and payment to one of our staffed Recreation sites during regular business hours.

For more information about online registration, visit parks.raleighnc.gov or call 919-996-2153 (RecLink)

Be Social

Pinterest

pinterest.com/raleighparks



Instagram.com/raleighparks



YouTube.com/raleighparksandrec

twitter

[@raleighparks](https://twitter.com/raleighparks)



facebook.com/raleighparks

MyRaleighSubscriptions

sign up at www.raleighnc.gov to receive emails or text messages about a variety of City of Raleigh topics including Parks and Recreation.





Raleigh City Council*

Mayor: Nancy McFarlane
Mary-Ann Baldwin
Kay Crowder
Bonner Gaylord
Wayne Maiorano
John Odom
Russ Stephenson
Eugene Weeks

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Vice Chair: Mike Surasky
Richard Bostic
Patrick Buffkin
Jay Chaudhuri
Christopher Dillon
Dexter Hebert
Steve Hepler
Jennifer Hoverstad
Rodger Koopman
Clodagh Lyons-Bastian
Shane Mellin
David Millsaps
Thomas Moore
Amy Simes
Michael Surasky

*at time of printing

Parks, Recreation and Greenway
Advisory Board Meetings are
held on the 3rd Thursday at
5:30pm of each month. Please
check the City website for location.
The public is invited to attend.

Arts Commission Members

Joanne Casey
Joe Cebina
Jason Craighead
Linda Dallas
R. Gene Davis, Jr.
Laurent de Comarmond
Diane Kuehn
Clyde Lundy
Andy Martin
Nancy Novell
Sarah Powers
Stan Williams

Management Team

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Assistant Director:
Scott Payne

Building Maintenance Superintendent:
Billy Jackson

Business Superintendent:
Kim Kittner

Parks Superintendent:
Wayne Schindler

Recreation Superintendent:
Ken Hisler

**Strategic Planning and Development
Superintendent:**
Stephen Bentley

Historic Resources and Museum Program Advisory Board

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Dwight Coleman
Nick Fountain
Barbara Freedman
Melissa Hockaday
Treva Jones
Joe Mobley
Ed Morris
Greg Paul
Edna Rich-Ballentine
Cyrus Stacey
Tom Ward
John Odom
Amy Simes

City of Raleigh Historic Cemetery Advisory Board

Jimmy Thiem
Jenny Harper
Terry Harper
Jane Thurman
Jose Fraser
Danny Coleman
David Brown

Public Art and Design Board

Clymer Cease
Laurent de Comarmond, Chair
Linda Noble
Bob Rankin
Kathleen Rieder
Thomas Sayre
Brian Starkey

September

Community Art Day Festival Powell Drive Park

Age: All Ages. The 2nd Annual Community Art Day Festival at Powell Drive on Saturday, Sept. 26, will be a family event full of fun art activities. The event will include special performances by local dance groups, an art exhibition by community schools and the opportunity to purchase crafts from local art vendors. Kids can participate in a variety of free art activities, such as a painting station, sidewalk chalk decorating and dance jam session with the drum circle. Local art and food vendors will be on site with tasty treats. Come join us for this free, fun-filled day of art. Local artists are invited to display and sell their works. A booth space can be rented for \$30. Art vendor registrations must be taken at the Method Community Center. Please contact the center for additional details.

Powell Drive Park – \$0

#177986 Sep 26 Sa 10:00am-2:00pm

National Hunting and Fishing Day at Lake Wheeler Park

Age: 4-99 yrs. The N.C. Wildlife Resources Commission and Raleigh Parks, Recreation and Cultural Resources partner to bring you the 5th Annual National Hunting and Fishing Day from 10:00am-3:00pm Saturday, September 26, 2015, at Lake Wheeler Park. The event features fishing, archery, pellet range, outdoor cooking, birds of prey and many other fun outdoor activities. Mark your calendars now for this fun family event.

Lake Wheeler – \$0

#178455 Sep 26 Sa 10:00am-4:00pm

October

Pullen and Sertoma Arts Centers Fall Arts Fair

Age: All Ages. Join us for an insider's look at the Pullen and Sertoma Arts Centers! Enjoy demonstrations, try out class samplers, and take tours of our studios. This is an opportunity to meet teaching artists and learn about their creative processes, class offerings and various local projects with which they are involved. While enjoying the center, visit the gallery marketplace featuring original artwork from our instructors and other great local artists! We will have food vendors, arts

Special Events

activities, demonstrations, and original art for sale! This is a FREE event open to all! This event is indoors and outdoors.

Sertoma Arts Center – \$0

#179369 Oct 3 Sa 10:00am-5:00pm

Pullen Arts Center's Fall Open House and Salon Sale

Age: All Ages. Have you ever wondered what happens at Pullen Arts Center? Are you curious about pottery but afraid to commit to a seven-week class? Do you wonder what takes place in the jewelry studio? This is the event for you! Pullen Arts Center is pleased to open its studios for a day of interactive demonstrations and a showcase of artwork by our participants on sale in our gallery and pop-up shop.

Pullen Arts Center – \$0

#176520 Oct 17 Sa 10:00am-4:00pm

Haunted Mordecai Festival

Age: all ages. Enjoy an afternoon of Halloween themed fun including food, music, games, and crafts on the lawn at Mordecai Historic Park. There will be costume contests for kids up to 16 years old beginning at 1:00pm. Paranormal investigation group, NSPIR, will be on site to reveal their findings from the Mordecai House and answer your questions. This event is free and open to the public. No registration necessary. Call 919.996.4364 for more information.

Mordecai Historic Park – Course Fee: \$0

#179711 Oct 24 Sa 12:00-4:00pm

Haunted Mordecai Lantern Tour

Age: all ages. Some believe that the Mordecai House is the most haunted home in North Carolina. Do you? Join us for this nighttime tour of the Mordecai House and find out for sure! Spooky tours are only offered once a year, so don't miss this chance! Call 919-996-4364 for more information.

Mordecai Historic Park – Course Fee: \$5

#179712 Oct 24 Sa 5:00-5:30pm
#179713 Oct 24 Sa 5:15-5:45pm
#179714 Oct 24 Sa 5:30-6:00pm
#179715 Oct 24 Sa 5:45-6:15pm
#179716 Oct 24 Sa 6:00-6:30pm
#179717 Oct 24 Sa 6:30-7:00pm
#179718 Oct 24 Sa 6:45-7:15pm
#179719 Oct 24 Sa 7:00-7:30pm
#179720 Oct 24 Sa 7:15-7:45pm
#179721 Oct 24 Sa 7:30-8:00pm

#179722 Oct 24 Sa 8:00-8:30pm
#179723 Oct 24 Sa 8:15-8:45pm
#179724 Oct 24 Sa 8:30-9:00pm
#179725 Oct 24 Sa 9:00-9:30pm
#179726 Oct 24 Sa 9:15-9:45pm
#179727 Oct 24 Sa 9:30-10:00pm

Haunted Trolley

Age: all ages. Jump on board the Haunted Trolley, if you dare, for a special late night tour of downtown Raleigh's most haunted places. Jump aboard – you never know who you might meet along the way! The trolley departs from Mordecai Historic Park. Call 919-996-4364 for more information.

Mordecai Historic Park – Course Fee: \$10

#179728 Oct 23 F 6:45-7:30pm
#179729 Oct 23 F 7:45-8:30pm
#179730 Oct 23 F 8:45-9:30pm
#179731 Oct 24 Sa 6:45-7:30pm
#179732 Oct 24 Sa 7:45-8:30pm
#179733 Oct 24 Sa 8:45-9:30pm
#179734 Oct 30 F 6:45-7:30pm
#179735 Oct 30 F 7:45-8:30pm
#179736 Oct 30 F 8:45-9:30pm

Fall Festival

Method Community Center

Age: 6-11 yrs. The Method Community Center is hosting its annual Fall Festival. Activities will include carnival games, video gaming, healthy treat bags and a music DJ. Join us for a SPOOKtacular family event! The event is free to the public.

Method Road Community Center – \$0

#178744 Oct 30 F 5:00-7:00pm

Scarecrow Festival

Age: All Ages. Join us for our annual homage to the scarecrow! Come build a scarecrow and enjoy other fall activities. Stuffing materials and forms to support your scarecrow are provided. You come prepared with your scarecrow's wardrobe and your creativity! All scarecrows remain on display as long as weather permits, so please plan to leave your scarecrow with us. Bring a picnic lunch if you like. Other fun family activities are also planned. This event is rain or shine. The festival is free; however scarecrow space is limited, so register early by calling our front desk at 919-996-6126!

Pullen Arts Center – \$0

#176518 Oct 31 Sa 11:00am-2:00pm

December

Holiday Express

Age: 24mths and up. Join us as Pullen Park is transformed into a holiday wonderland.

Enjoy holiday lights and displays, a train ride, local entertainment, carousel ride, crafts and a visit with Santa. There are designated train boarding times. Please be prepared to select your time during registration.

Armbands and boarding passes are required for all guests 24 months and older. Children under 24 months without a paid admission must be held or sit in the lap of an accompanying adult during the duration of the train ride and may not occupy a seat. For more information call 919-996-6468.

Pullen Amusements – \$8

Thursday, December 3

#177051 Dec 3 Th 4:30-4:45pm
#177052 Dec 3 Th 4:45-5:00pm
#177053 Dec 3 Th 5:00-5:15pm
#177054 Dec 3 Th 5:15-5:30pm
#177055 Dec 3 Th 5:30-5:45pm
#177056 Dec 3 Th 5:45-6:00pm
#177057 Dec 3 Th 6:00-6:15pm
#177058 Dec 3 Th 6:15-6:30pm
#177059 Dec 3 Th 6:30-6:45pm
#177060 Dec 3 Th 6:45-7:00pm
#177061 Dec 3 Th 7:00-7:15pm
#177062 Dec 3 Th 7:15-7:30pm
#177063 Dec 3 Th 7:30-7:45pm
#177064 Dec 3 Th 7:45-8:00pm
#177065 Dec 3 Th 8:00-8:15pm
#177066 Dec 3 Th 8:15-8:30pm
#177067 Dec 3 Th 8:30-8:45pm
#177068 Dec 3 Th 8:45-9:00pm
#177069 Dec 3 Th 9:00-9:15pm

Friday, December 4

#176989 Dec 4 F 4:30-4:45pm
#176990 Dec 4 F 4:45-5:00pm
#176991 Dec 4 F 5:00-5:15pm
#176992 Dec 4 F 5:15-5:30pm
#176993 Dec 4 F 5:30-5:45pm
#176994 Dec 4 F 5:45-6:00pm
#176995 Dec 4 F 6:00-6:15pm
#176996 Dec 4 F 6:15-6:30pm
#176997 Dec 4 F 6:30-6:45pm
#176998 Dec 4 F 6:45-7:00pm
#176999 Dec 4 F 7:00-7:15pm
#177000 Dec 4 F 7:15-7:30pm
#177001 Dec 4 F 7:30-7:45pm
#177002 Dec 4 F 7:45-8:00pm
#177003 Dec 4 F 8:00-8:15pm
#177004 Dec 4 F 8:15-8:30pm
#177005 Dec 4 F 8:30-8:45pm
#177006 Dec 4 F 8:45-9:00pm
#177007 Dec 4 F 9:00-9:15pm

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Special Events

continued from page 5 —

Saturday, December 5

#177070	Dec 5	Sa	4:30-4:45pm
#177071	Dec 5	Sa	4:45-5:00pm
#177072	Dec 5	Sa	5:00-5:15pm
#177073	Dec 5	Sa	5:15-5:30pm
#177074	Dec 5	Sa	5:30-5:45pm
#177075	Dec 5	Sa	5:45-6:00pm
#177076	Dec 5	Sa	6:00-6:15pm
#177077	Dec 5	Sa	6:15-6:30pm
#177078	Dec 5	Sa	6:30-6:45pm
#177079	Dec 5	Sa	6:45-7:00pm
#177080	Dec 5	Sa	7:00-7:15pm
#177081	Dec 5	Sa	7:15-7:30pm
#177082	Dec 5	Sa	7:30-7:45pm
#177083	Dec 5	Sa	7:45-8:00pm
#177084	Dec 5	Sa	8:00-8:15pm
#177085	Dec 5	Sa	8:15-8:30pm
#177086	Dec 5	Sa	8:30-8:45pm
#177087	Dec 5	Sa	8:45-9:00pm
#177088	Dec 5	Sa	9:00-9:15pm

Sunday, December 6

#177089	Dec 6	Su	4:30-4:45pm
#177090	Dec 6	Su	4:45-5:00pm
#177091	Dec 6	Su	5:00-5:15pm
#177092	Dec 6	Su	5:15-5:30pm
#177093	Dec 6	Su	5:30-5:45pm
#177094	Dec 6	Su	5:45-6:00pm
#177095	Dec 6	Su	6:00-6:15pm
#177096	Dec 6	Su	6:15-6:30pm
#177097	Dec 6	Su	6:30-6:45pm
#177098	Dec 6	Su	6:45-7:00pm
#177099	Dec 6	Su	7:00-7:15pm
#177100	Dec 6	Su	7:15-7:30pm
#177101	Dec 6	Su	7:30-7:45pm
#177102	Dec 6	Su	7:45-8:00pm
#177103	Dec 6	Su	8:00-8:15pm
#177104	Dec 6	Su	8:15-8:30pm
#177105	Dec 6	Su	8:30-8:45pm
#177106	Dec 6	Su	8:45-9:00pm
#177107	Dec 6	Su	9:00-9:15pm

Thursday, December 10

#177108	Dec 10	Th	4:30-4:45pm
#177109	Dec 10	Th	4:45-5:00pm
#177110	Dec 10	Th	5:00-5:15pm
#177111	Dec 10	Th	5:15-5:30pm
#177112	Dec 10	Th	5:30-5:45pm
#177113	Dec 10	Th	5:45-6:00pm
#177114	Dec 10	Th	6:00-6:15pm
#177115	Dec 10	Th	6:15-6:30pm
#177116	Dec 10	Th	6:30-6:45pm
#177117	Dec 10	Th	6:45-7:00pm
#177118	Dec 10	Th	7:00-7:15pm
#177119	Dec 10	Th	7:15-7:30pm
#177120	Dec 10	Th	7:30-7:45pm
#177121	Dec 10	Th	7:45-8:00pm
#177122	Dec 10	Th	8:00-8:15pm
#177123	Dec 10	Th	8:15-8:30pm
#177124	Dec 10	Th	8:30-8:45pm
#177125	Dec 10	Th	8:45-9:00pm
#177126	Dec 10	Th	9:00-9:15pm

Friday, December 11

#177008	Dec 11	F	4:30-4:45pm
#177009	Dec 11	F	4:45-5:00pm
#177010	Dec 11	F	5:00-5:15pm
#177011	Dec 11	F	5:15-5:30pm
#177012	Dec 11	F	5:30-5:45pm
#177013	Dec 11	F	5:45-6:00pm
#177014	Dec 11	F	6:00-6:15pm
#177015	Dec 11	F	6:15-6:30pm
#177016	Dec 11	F	6:30-6:45pm
#177017	Dec 11	F	6:45-7:00pm
#177018	Dec 11	F	7:00-7:15pm
#177019	Dec 11	F	7:15-7:30pm
#177020	Dec 11	F	7:30-7:45pm
#177021	Dec 11	F	7:45-8:00pm
#177022	Dec 11	F	8:00-8:15pm
#177023	Dec 11	F	8:15-8:30pm
#177024	Dec 11	F	8:30-8:45pm
#177025	Dec 11	F	8:45-9:00pm
#177026	Dec 11	F	9:00-9:15pm

Saturday, December 12

#177027	Dec 12	Sa	4:30-4:45pm
#177028	Dec 12	Sa	4:45-5:00pm
#177029	Dec 12	Sa	5:00-5:15pm
#177030	Dec 12	Sa	5:15-5:30pm
#177031	Dec 12	Sa	5:30-5:45pm
#177032	Dec 12	Sa	5:45-6:00pm
#177033	Dec 12	Sa	6:00-6:15pm
#177034	Dec 12	Sa	6:15-6:30pm
#177035	Dec 12	Sa	6:30-6:45pm
#177036	Dec 12	Sa	6:45-7:00pm
#177037	Dec 12	Sa	7:00-7:15pm
#177038	Dec 12	Sa	7:15-7:30pm
#177039	Dec 12	Sa	7:30-7:45pm
#177040	Dec 12	Sa	7:45-8:00pm
#177041	Dec 12	Sa	8:00-8:15pm
#177042	Dec 12	Sa	8:15-8:30pm
#177043	Dec 12	Sa	8:30-8:45pm
#177044	Dec 12	Sa	8:45-9:00pm
#177045	Dec 12	Sa	9:00-9:15pm

Sunday, December 13

#177127	Dec 13	Su	4:30-4:45pm
#177128	Dec 13	Su	4:45-5:00pm
#177129	Dec 13	Su	5:00-5:15pm
#177130	Dec 13	Su	5:15-5:30pm
#177131	Dec 13	Su	5:30-5:45pm
#177132	Dec 13	Su	5:45-6:00pm
#177133	Dec 13	Su	6:00-6:15pm
#177134	Dec 13	Su	6:15-6:30pm
#177135	Dec 13	Su	6:30-6:45pm
#177136	Dec 13	Su	6:45-7:00pm
#177137	Dec 13	Su	7:00-7:15pm
#177138	Dec 13	Su	7:15-7:30pm
#177139	Dec 13	Su	7:30-7:45pm
#177140	Dec 13	Su	7:45-8:00pm
#177141	Dec 13	Su	8:00-8:15pm
#177142	Dec 13	Su	8:15-8:30pm
#177143	Dec 13	Su	8:30-8:45pm
#177144	Dec 13	Su	8:45-9:00pm
#177145	Dec 13	Su	9:00-9:15pm

Mordecai Holidays Open House

Age: all ages. Visit the Mordecai Holidays Open House and see how the home would have been decorated in years past. Rooms will be decorated to represent colonial days through the WWII era. You can tour the house at your leisure and volunteers will be on hand to answer questions. The open house is free and registration is not required. Call 919-996-4364 for more information.

Mordecai Historic Park – Course Fee: \$0

#179738	Dec 12	Sa	10:00am-4:00pm
#179739	Dec 12		1:00pm-4:00pm

Mordecai Holiday Tours

Age: all ages. Join us for our Holiday Lantern Tours and see how the holidays would have been celebrated in years past. These guided tours will take guests through the Mordecai House and grounds to watch vignettes of the Mordecai Family, the enslaved people who once lived here, and Civil War soldiers. Call 919-996-4364 for more information.

Mordecai Historic Park – Course Fee: \$5

#179740	Dec 12	Sa	5:00-6:00pm
#179741	Dec 12	Sa	5:15-6:15pm
#179742	Dec 12	Sa	5:30-6:30pm
#179743	Dec 12	Sa	5:45-6:45pm
#179744	Dec 12	Sa	6:00-7:00pm
#179745	Dec 12	Sa	6:30-7:30pm
#179746	Dec 12	Sa	6:45-7:45pm
#179747	Dec 12	Sa	7:00-8:00pm
#179748	Dec 12	Sa	7:15-8:15pm
#179749	Dec 12	Sa	7:30-8:30pm
#179750	Dec 12	Sa	8:00-9:00pm
#179751	Dec 12	Sa	8:15-9:15pm
#179752	Dec 12	Sa	8:30-9:30pm
#179753	Dec 12	Sa	8:45-9:45pm
#179754	Dec 12	Sa	9:00-10:00pm

Santa's Trolley

Age: all ages. Santa is lost in Raleigh and Holly the Elf needs your help to find him! Jump aboard the Raleigh Trolley and help Holly track Santa down in time for Christmas! Call 919-996-4364 for more information.

Mordecai Historic Park – Course Fee: \$10

#179755	Dec 18	F	5:00-5:45pm
#179756	Dec 18	F	6:00-6:45pm
#179757	Dec 18	F	7:00-7:45pm
#179758	Dec 19	Sa	5:00-5:45pm
#179759	Dec 19	Sa	6:00-6:45pm
#179760	Dec 19	Sa	7:00-7:45pm

Adventure

Outdoor Recreation Director: Seth Yearout

Providing the opportunity to get outdoors and be active is something Raleigh Parks, Recreation and Cultural Resources is really excited about! Let our well-qualified instructors show you how at our parks and facilities. The Outdoor Recreation program provides Raleigh and surrounding communities with instructional opportunities for beginners through experts. We create experiences that embrace experiential learning, provide group experiences that instill a sense of team, and lay instructional foundations in a range of activities. Come join us for an adventure this year! For more information call 919-996-6855.



Youth

Fishing at Lake Johnson

Age: 10-14yrs. Have you ever wondered what is under the scales of a fish? Have you been fishing but want to know more? Come and learn about the anatomy of fish. Find out about the local fish at Lake Johnson that are also common in North Carolina. Learn to tie a tight knot in the fishing line before going out to catch some fish in the lake. We will fish off the boardwalk at Lake Johnson. All bait and tackle

are provided, but feel free to bring your own fishing pole.

Lake Johnson

#178581	Sep 27	Su	1:00-3:00pm
#178589	Sep 30	W	4:00-6:00pm

Teen

Adventure Day – Canoe/Kayak

Age: 10-14yrs. Have your child spend this teacher workday with the Adventure Program. Adventure staff will take students out on a local lake developing canoeing and kayaking skills.

Preregistration is required.

Frank E Evans Administrative Bldg. – Course Fee: \$50
#177603 Sep 23 W 7:30am-6:00pm

Guide 'N' Ride – Teens

Age: 13-17yrs. Guide 'n' Ride is a new program that focuses on teaching teens the value of bike maintenance and safety while allowing them to explore the Capital Area Greenway System. We want you to try this out, explore and find a new place you love to ride. The greenway is a paved bike path that winds through the woods and along creeks and streams to connect parks throughout the city. Join our staff and learn how to get around town. We'll be teaching biking fundamentals, including rules of the road and unwritten rules for riding on the multiuse trails before taking a ride to explore the greenway. Preregistration is required.

St. Monica Teen Center – Course Fee: \$10
#177598 Oct 10 Sa 1:00-4:00pm

Zombie Survival Course

Age: 10-14yrs. Are you ready for Halloween? What about zombies? When the zombies come we want you to be ready. We'll teach you how to survive. We will teach you everything you need to know, such as zombie avoidance tactics, zombie defense tactics, finding and fortifying shelter, strength in numbers, caring for the wounded and much more. Join us in October on a teacher workday for a fun look at what it means to be prepared for the worst case scenario—zombies. This program is hands-on and will take place mostly outdoors. Please dress for the weather and wear comfortable walking shoes. Preregistration is required at least 48 hours in advance of the program. Call 919-996-6855 to register.

Lake Johnson – Course Fee: \$35
#177597 Oct 26 M 7:30am-6:00pm

Adult

Introduction to Rock Climbing

Age: 12yrs and up. Join the Adventure Program staff for a challenging program of indoor rock climbing at one of the Triangle's modern rock gyms. Our instructors will focus on teaching concepts associated with belaying and will provide adequate practice to develop it into an acquired skill. By the end of the class participants will be ready to take any climbing center belay test, a requirement to use indoor climbing facilities. Equipment, instruction, transportation and plenty of climbing opportunities will be provided. Contact the Adventure Program at 919-996-6855 for more information. Preregistration is required.

Non-City Owned Site – Course Fee: \$30
#177587 Nov 14 Sa 10:00am-1:00pm

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continued from page 7 —

Kayak Basics (Lake Johnson)

Age: 12yrs and up. This three-hour introductory course is for those wishing to learn more about the sport of kayaking. The course provides a comfortable and pleasant environment in which to learn the basics of paddling. Our calm, friendly instructors will help lay a strong foundation of skills so you will be ready for moving water instruction on local rivers. Kayak experience is not required, but participants should feel comfortable around the water. Equipment and instruction are provided. Preregistration is required. Please call Lake Johnson at 919-233-2121 for more information or to register.

Lake Johnson – Course Fee: \$40

#178721 Sep 26 Sa 10:00am-1:00pm

Kayak Basics (Lake Wheeler)

Age: 12yrs and up. This three-hour introductory course is for those wishing to learn more about the sport of kayaking. The course provides a comfortable and pleasant environment in which to learn the basics of paddling. Our calm, friendly instructors will help lay a strong foundation of skills. Kayak experience is not required, but participants should feel comfortable around the water. Equipment and instruction are provided. Preregistration is required. Please call Lake Wheeler at 919-662-5704 for more information or to register.

Lake Wheeler – Course Fee: \$40

#178520 Sep 19 Sa 9:00am-12:00pm

Kayak Basics (Optimist Pool)

Age: 12yrs and up. This introductory-level course is for those wishing to learn more about the sport of kayaking. This four-hour course provides a comfortable and pleasant environment in which to learn the basics of paddling. Our calm, friendly instructors will help lay a strong foundation of skills so you will be ready for touring or moving-water instruction on local rivers. Kayak experience is not required, but participants should have basic swimming ability and comfort in water. Equipment and instruction are provided. Preregistration is required. Please call the Adventure Program at 919-996-6855 for more information or to register.

Optimist Pool – Course Fee: \$55

#177595 Nov 7 Sa 1:00-5:00pm
#177596 Dec 12 Sa 1:00-5:00pm

Kayak Pool Sessions

Age: 12yrs and up. Pool sessions are open practice times for all levels of paddlers, whether you're working on playboating, perfecting your roll or just wanting to try out the sport. Formal instruction is not provided, but a brief, basic boat orientation is available for beginners. So take advantage of the warm water at the pool and practice your paddling! Pool sessions are for ages 12 and up. Cost is \$4 for residents and \$8 for nonresidents. There is no preregistration. Funds will be taken at the front desk on the day of each pool session.

Optimist Pool

Nov 6	F	5:00-8:00pm
Nov 13	F	5:00-8:00pm
Nov 20	F	5:00-8:00pm
Dec 4	F	5:00-8:00pm
Dec 11	F	5:00-8:00pm
Dec 18	F	5:00-8:00pm

Family

Family Canoe Trip

Age: 8yrs and up. Spend a day canoeing with your family. Adventure Program staff will guide you down the Neuse River. We will meet you at the take out and shuttle you up to the put in for our trip. Directions to take out will be provided upon registration. Preregistration is required. Call 919-996-6855 to register.

Non-City Owned Site

Adult (18+) \$18; Child (under 18) \$10
#177600 Sep 26 Sa 1:00-4:00pm

Aquatics

For information about dates of operations, hours of operation, and amenities please visit <http://www.raleighnc.gov/parks> and look under Recreation for Aquatics Programs.

Admission Fees

To ensure everyone's safety, all visitors passing the front desk must pay!
Children 12 years old or younger must be accompanied by paying adult.

All passes are not transferable and become property of the City of Raleigh upon expiration date. Replacement passes are available for \$10.

All Pools (with the exception of Buffalo Road Aquatic Center)

At The Door	Resident	Non-Res
1-12 years	\$2	\$3
13-54 years	\$4	\$7
55 and older	\$3	\$5

Buffalo Road Aquatic Center

At The Door	Resident	Non-Res
1-12 years	\$3	\$6
13-54 years	\$7	\$14
55 and older	\$5	\$10

All Pools

Photo I.D. Pass

may be purchased at all pools.

Punch Passes

Purchased at each pool for 15 swims.

	Resident	Non-Res
1-12 years	\$24	\$36
13-54 years	\$48	\$84
55 and older	\$36	\$60

Monthly Pass

	Resident	Non-Res
1-12 years	\$18	\$27
13-54 years	\$36	\$63
55 and older	\$27	\$45

Annual Pass

	Resident (valid one year-to-date)	Non-Res
1-12 years	\$120	\$180
13-54 years	\$240	\$420
55 and older	\$180	\$300



Adapted Aquatics

Adapted Aquatics swim lessons for individuals with disabilities are available following the inclusion model. Private lessons are also available for individuals wanting one-on-one instruction. For more information, please contact Pullen Aquatic Center at 919-996-6197.

Preschool

Parent and Child Aquatics Level 1

Age: 6mths-3yrs. This class introduces basic skills to parents and children. Parents are taught to safely and appropriately hold their children in the water while preparing and encouraging their children to participate fully and try the skills. These basic skills will lay the foundation to help children learn to swim in the future. The class also introduces water safety topics for parents.

Buffalo Road Aquatic Center

Course Fee: \$39

#176030	Sep 19-Oct 10	Sa	10:10-10:40am
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Course Fee: \$54

#176028	Sep 1-17	T,Th	10:50-11:20am
#176029	Sep 1-17	T,Th	4:30-5:00pm
#176031	Oct 6-22	T,Th	10:50-11:20am
#176032	Oct 6-22	T,Th	4:30-5:00pm
#176033	Dec 1-17	T,Th	10:50-11:20am
#176034	Dec 1-17	T,Th	4:30-5:00pm

Millbrook Pool

Course Fee: \$39

#176238	Oct 3-24	Sa	9:30-10:00am
#176240	Oct 31-Nov 21	Sa	9:30-10:00am

Course Fee: \$54

#176239	Oct 5-21	M,W	5:50-6:20pm
#176241	Nov 2-18	M,W	5:50-6:20pm
#176242	Nov 30-Dec 16	M,W	6:30-7:00pm

Optimist Pool

Course Fee: \$39

#176317	Nov 7-Dec 5	Sa	10:10-10:40am
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Course Fee: \$54

#176315	Sep 8-24	T,Th	4:30-5:00pm
#176316	Nov 3-19	T,Th	4:30-5:00pm
#176318	Dec 1-17	T,Th	4:30-5:00pm

Pullen Aquatic Center

Course Fee: \$39

#176368	Sep 12-Oct 3	Sa	10:10-10:40am
#176370	Oct 10-Nov 7	Sa	10:10-10:40am

#176372	Nov 10-19	T,Th	5:10-5:40pm
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Course Fee: \$70

#176369	Sep 15-Oct 8	T,Th	5:10-5:40pm
#176371	Oct 13-Nov 5	T,Th	5:10-5:40pm

Parent and Child Aquatics Level 2

Age: 6mths-3yrs. Participants improve on skills from Level 1 parent and child swim lessons and learn more advanced skills to prepare for Level 1 preschool swim lessons. Three-year-olds ready to learn without a parent or caregiver should enroll in Level 1 preschool swim lessons.

Buffalo Road Aquatic Center

Course Fee: \$39

#176039	Nov 28-Dec 19	Sa	10:10-10:40am
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Course Fee: \$54

#176035	Sep 1-17	T,Th	10:50-11:20am
#176036	Sep 1-17	T,Th	4:30-5:00pm
#176037	Oct 6-22	T,Th	10:50-11:20am
#176038	Oct 6-22	T,Th	4:30-5:00pm
#176040	Dec 1-17	T,Th	10:50-11:20am
#176041	Dec 1-17	T,Th	4:30-5:00pm

Millbrook Pool

Course Fee: \$39

#176243	Oct 3-24	Sa	10:10-10:40am
#176245	Oct 31-Nov 21	Sa	10:10-10:40am

Course Fee: \$54

#176244	Oct 5-21	M,W	5:50-6:20pm
#176246	Nov 2-18	M,W	5:50-6:20pm
#176247	Nov 30-Dec 16	M,W	6:30-7:00pm

Optimist Pool

Course Fee: \$39

#176321	Nov 7-Dec 5	Sa	10:50-11:20am
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Course Fee: \$54

#176319	Sep 8-24	T,Th	4:30-5:00pm
#176320	Nov 3-19	T,Th	4:30-5:00pm
#176322	Dec 1-17	T,Th	4:30-5:00pm

Pullen Aquatic Center

Course Fee: \$39

#176373	Sep 12-Oct 3	Sa	10:10-10:40am
#176374	Oct 10-Nov 7	Sa	10:10-10:40am

Preschool Aquatics Level 1

Age: 3-5yrs. Participants learn to enjoy and feel comfortable in the water. Participants gain elementary aquatic skills such as underwater exploration while opening eyes, blowing bubbles and floating with assistance. Participants start developing good attitudes and safe practices around the water. This course has no prerequisites.

Buffalo Road Aquatic Center

Course Fee: \$39

#176060	Sep 19-Oct 10	Sa	10:10-10:40am
#176062	Sep 19-Oct 10	Sa	10:50-11:20am

#176069	Nov 28-Dec 19	Sa	10:10-10:40am
#176070	Nov 28-Dec 19	Sa	10:50-11:20am

#176072	Nov 28-Dec 19	Sa	12:10-12:40pm
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Course Fee: \$54

#176055	Sep 1-17	T,Th	10:10-10:40am
#176057	Sep 1-17	T,Th	11:30am-12:00pm
#176058	Sep 1-17	T,Th	5:10-5:40pm

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#176064	Oct 6-22	T,Th	10:10-10:40am
#176065	Oct 6-22	T,Th	11:30am-12:00pm
#176066	Oct 6-22	T,Th	5:10-5:40pm
#176077	Dec 1-17	T,Th	10:10-10:40am
#176078	Dec 1-17	T,Th	11:30am-12:00pm
#176079	Dec 1-17	T,Th	5:10-5:40pm

Millbrook Pool

Course Fee: \$39

#176248	Oct 3-24	Sa	9:30-10:00am
#176249	Oct 3-24	Sa	10:10-10:40am
#176251	Oct 31-Nov 21	Sa	9:30-10:00am
#176252	Oct 31-Nov 21	Sa	10:10-10:40am

Course Fee: \$54

#176250	Oct 5-21	M,W	5:10-5:40pm
#176253	Nov 2-18	M,W	5:10-5:40pm
#176254	Nov 30-Dec 16	M,W	5:10-5:40pm

Optimist Pool

Course Fee: \$39

#176325	Nov 7-Dec 5	Sa	10:10-10:40am
#176327	Nov 7-Dec 5	Sa	11:30am-12:00pm

Course Fee: \$54

#176323	Sep 8-24	T,Th	5:10-5:40pm
#176324	Nov 3-19	T,Th	5:10-5:40pm
#176328	Dec 1-17	T,Th	5:10-5:40pm

Pullen Aquatic Center

Course Fee: \$39

#176375	Sep 12-Oct 3	Sa	10:10-10:40am
#176377	Oct 10-Nov 7	Sa	10:10-10:40am
#176379	Nov 10-19	T,Th	5:10-5:40pm

Course Fee: \$70

#176376	Sep 15-Oct 8	T,Th	5:10-5:40pm
#176378	Oct 13-Nov 5	T,Th	5:10-5:40pm

Preschool Aquatics Level 2

Age: 3-5yrs. Participants must be able to perform the exit skills for Level 1 preschool swim lessons. In Level 2, participants go completely under water while blowing bubbles from their mouths and noses. Participants learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotor skills while building on the skills learned in Level 1.

Buffaloe Road Aquatic Center

Course Fee: \$39

#176082	Sep 19-Oct 10	Sa	10:50-11:20am
#176083	Sep 19-Oct 10	Sa	12:10-12:40pm
#176092	Nov 28-Dec 19	Sa	10:50-11:20am
#176093	Nov 28-Dec 19	Sa	12:10-12:40pm

Course Fee: \$54

#176080	Sep 1-17	T,Th	10:10-10:40am
#176081	Sep 1-17	T,Th	5:10-5:40pm
#176090	Oct 6-22	T,Th	10:10-10:40am
#176091	Oct 6-22	T,Th	5:10-5:40pm
#176094	Dec 1-17	T,Th	10:10-10:40am
#176095	Dec 1-17	T,Th	5:10-5:40pm

Millbrook Pool

Course Fee: \$39

#176255	Oct 3-24	Sa	10:10-10:40am
#176257	Oct 31-Nov 21	Sa	10:10-10:40am

Course Fee: \$54

#176256	Oct 5-21	M,W	5:10-5:40pm
#176258	Nov 2-18	M,W	5:10-5:40pm
#176259	Nov 30-Dec 16	M,W	5:10-5:40pm

Optimist Pool

Course Fee: \$39

#176331	Nov 7-Dec 5	Sa	10:10-10:40am
#176332	Nov 7-Dec 5	Sa	11:30am-12:00pm

Course Fee: \$54

#176329	Sep 8-24	T,Th	5:10-5:40pm
#176330	Nov 3-19	T,Th	5:10-5:40pm
#176333	Dec 1-17	T,Th	5:10-5:40pm



Pullen Aquatic Center

Course Fee: \$39

#176380	Sep 12-Oct 3	Sa	10:50-11:20am
#176382	Oct 10-Nov 7	Sa	10:50-11:20am
#176384	Nov 10-19	T,Th	5:50-6:20pm

Course Fee: \$70

#176381	Sep 15-Oct 8	T,Th	5:50-6:20pm
#176383	Oct 13-Nov 5	T,Th	5:50-6:20pm

Preschool Aquatics Level 3

Age: 3-5yrs. Participants must have completed exit skills in Level 2 preschool swim lessons. While building on skills learned in Level 2, participants learn to coordinate simultaneous and alternating arm and leg actions. Level 3 lets participants master skills without assistance.

Buffaloe Road Aquatic Center

Course Fee: \$39

#176098	Sep 19-Oct 10	Sa	10:50-11:20am
#176101	Nov 28-Dec 19	Sa	10:50-11:20am

Course Fee: \$54

#176096	Sep 1-17	T,Th	11:30am-12:00pm
#176097	Sep 1-17	T,Th	5:10-5:40pm
#176099	Oct 6-22	T,Th	11:30am-12:00pm
#176100	Oct 6-22	T,Th	5:10-5:40pm
#176102	Dec 1-17	T,Th	11:30am-12:00pm
#176103	Dec 1-17	T,Th	5:10-5:40pm

Millbrook Pool

Course Fee: \$39

#176260	Oct 3-24	Sa	10:50-11:20am
#176262	Oct 31-Nov 21	Sa	10:50-11:20am

Course Fee: \$54

#176261	Oct 5-21	M,W	5:10-5:40pm
#176263	Nov 2-18	M,W	5:10-5:40pm
#176264	Nov 30-Dec 16	M,W	5:10-5:40pm

Optimist Pool

Course Fee: \$39

#176336	Nov 7-Dec 5	Sa	10:50-11:20am
#176337	Nov 7-Dec 5	Sa	11:30am-12:00pm

Course Fee: \$54

#176334	Sep 8-24	T,Th	5:50-6:20pm
#176335	Nov 3-19	T,Th	5:50-6:20pm
#176338	Dec 1-17	T,Th	5:50-6:20pm

Pullen Aquatic Center

Course Fee: \$39

#176385	Sep 12-Oct 3	Sa	10:50-11:20am
#176387	Oct 10-Nov 7	Sa	10:50-11:20am

#176389	Nov 10-19	T,Th	5:50-6:20pm
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Course Fee: \$70

#176386	Sep 15-Oct 8	T,Th	5:50-6:20pm
#176388	Oct 13-Nov 5	T,Th	5:50-6:20pm

Youth

Diving Level 1

Age: 8-18yrs. Diving experience is not required but students must be able to jump off the diving board and safely swim to the ladder. We will introduce and refine basic springboard diving skills, including front jump, front entry, forward approach, front dive, back jump, back entry and back dive.

Pullen Aquatic Center – Course Fee: \$45

#176441	Sep 12-Oct 3	Sa	11:45am-12:30pm
#176442	Oct 10-Nov 7	Sa	11:45am-12:30pm

Diving Level 2

Age: 8-18yrs. Students must be able to perform all Level 1 skills, including an unassisted back entry/dive. Students will continue to refine these skills and begin learning forward and back somersaults.

Pullen Aquatic Center – Course Fee: \$45

#176443	Sep 12-Oct 3	Sa	11:00-11:45am
#176444	Oct 10-Nov 7	Sa	11:00-11:45am

Diving Level 3

Age: 8-18yrs. Prerequisite requires students be able to perform Diving Level 1 and 2 skills. Students will continue to refine these skills and begin learning front 1 1/2 somersault and inward dives.

Pullen Aquatic Center – Course Fee: \$45

#176445	Sep 12-Oct 3	Sa	10:15-11:00am
#176446	Oct 10-Nov 7	Sa	10:15-11:00am

Swim Lesson – Level 1 Intro Water Skills

Age: 6-13yrs. School-age participants learn elementary aquatic skills. This class helps participants enjoy and feel comfortable in the water, learn underwater exploration while opening eyes, blow bubbles and float with

assistance. Participants start developing good attitudes and safe practices around the water.

Buffaloe Road Aquatic Center

Course Fee: \$39

#176105	Sep 19-Oct 10	Sa	11:30am-12:00pm
#176107	Nov 28-Dec 19	Sa	11:30am-12:00pm

Course Fee: \$54

#176104	Sep 1-17	T,Th	5:50-6:20pm
#176106	Oct 6-22	T,Th	5:50-6:20pm
#176108	Dec 1-17	T,Th	5:50-6:20pm

Millbrook Pool

Course Fee: \$39

#176265	Oct 3-24	Sa	9:30-10:00am
#176266	Oct 3-24	Sa	11:30am-12:00pm
#176268	Oct 31-Nov 21	Sa	9:30-10:00am
#176269	Oct 31-Nov 21	Sa	11:30am-12:00pm

Course Fee: \$54

#176267	Oct 5-21	M,W	6:30-7:00pm
#176270	Nov 2-18	M,W	6:30-7:00pm
#176271	Nov 30-Dec 16	M,W	5:50-6:20pm

Optimist Pool

Course Fee: \$39

#176341	Nov 7-Dec 5	Sa	10:10-10:40am
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Course Fee: \$54

#176339	Sep 8-24	T,Th	5:50-6:20pm
#176340	Nov 3-19	T,Th	5:50-6:20pm
#176342	Dec 1-17	T,Th	5:50-6:20pm

Pullen Aquatic Center

Course Fee: \$39

#176419	Sep 12-Oct 3	Sa	10:50-11:20am
#176421	Oct 10-Nov 7	Sa	10:50-11:20am
#176423	Nov 10-19	T,Th	6:30-7:00pm

Course Fee: \$70

#176420	Sep 15-Oct 8	T,Th	6:30-7:00pm
#176422	Oct 13-Nov 5	T,Th	6:30-7:00pm

Swim Lesson – Level 2 Fundamental Skills

Age: 6-13yrs. Participants must have completed exit skills in Level 1. In Level 2, participants go underwater completely while blowing bubbles out of their noses and mouths. Participants learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotor skills while building on the skills learned in Level 1.

Buffaloe Road Aquatic Center

Course Fee: \$39

#176110	Sep 19-Oct 10	Sa	11:30am-12:00pm
#176112	Nov 28-Dec 19	Sa	11:30am-12:00pm

Course Fee: \$54

#176109	Sep 1-17	T,Th	5:50-6:20pm
#176111	Oct 6-22	T,Th	5:50-6:20pm
#176113	Dec 1-17	T,Th	5:50-6:20pm

Millbrook Pool

Course Fee: \$39

#176272	Oct 3-24	Sa	11:30am-12:00pm
#176274	Oct 31-Nov 21	Sa	11:30am-12:00pm

Course Fee: \$54

#176273	Oct 5-21	M,W	6:30-7:00pm
#176275	Nov 2-18	M,W	6:30-7:00pm
#176276	Nov 30-Dec 16	M,W	5:50-6:20pm

Optimist Pool

Course Fee: \$39

#176345	Nov 7-Dec 5	Sa	10:50-11:20am
#176346	Nov 7-Dec 5	Sa	11:30am-12:00pm

Course Fee: \$54

#176343	Sep 8-24	T,Th	6:30-7:00pm
#176344	Nov 3-19	T,Th	6:30-7:00pm
#176347	Dec 1-17	T,Th	6:30-7:00pm

Pullen Aquatic Center

Course Fee: \$39

#176424	Sep 12-Oct 3	Sa	11:30am-12:00pm
#176426	Oct 10-Nov 7	Sa	11:30am-12:00pm
#176428	Nov 10-19	T,Th	6:30-7:00pm

Course Fee: \$70

#176425	Sep 15-Oct 8	T,Th	6:30-7:00pm
#176427	Oct 13-Nov 5	T,Th	6:30-7:00pm

Swim Lesson – Level 3 Stroke Development

Age: 6-13yrs. Participants must have completed exit skills in Level 2. While building on skills learned in Level 2, participants learn to coordinate alternating and simultaneous arm and leg actions.

Level 3 lets participants perform skills without assistance and learn survival float, elementary backstroke, dolphin and scissor kicks and coordination of the front crawl.

Buffaloe Road Aquatic Center

Course Fee: \$39

#176116	Sep 19-Oct 10	Sa	11:30am-12:00pm
#176118	Nov 28-Dec 19	Sa	11:30am-12:00pm

Course Fee: \$54

#176115	Sep 1-17	T,Th	5:50-6:20pm
#176117	Oct 6-22	T,Th	5:50-6:20pm
#176119	Dec 1-17	T,Th	5:50-6:20pm

Millbrook Pool

Course Fee: \$39

#176277	Oct 3-24	Sa	10:50-11:20am
#176279	Oct 31-Nov 21	Sa	10:50-11:20am

Course Fee: \$54

#176278	Oct 5-21	M,W	6:30-7:00pm
#176280	Nov 2-18	M,W	6:30-7:00pm
#176281	Nov 30-Dec 16	M,W	5:50-6:20pm

Optimist Pool

Course Fee: \$39

#176350	Nov 7-Dec 5	Sa	10:50-11:20am
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Course Fee: \$54

#176348	Sep 8-24	T,Th	6:30-7:00pm
#176349	Nov 3-19	T,Th	6:30-7:00pm
#176351	Dec 1-17	T,Th	6:30-7:00pm

Pullen Aquatic Center

Course Fee: \$39

#176429	Sep 12-Oct 3	Sa	11:30am-12:00pm
#176431	Oct 10-Nov 7	Sa	11:30am-12:00pm
#176433	Nov 10-19	T,Th	7:10-7:40pm

Course Fee: \$70

#176430	Sep 15-Oct 8	T,Th	7:10-7:40pm
#176432	Oct 13-Nov 5	T,Th	7:10-7:40pm

Swim Lesson – Level 4 Stroke Improvement

Age: 6-13yrs. Participants must have completed exit skills in Level 3. In Level 4 swim lessons, the back crawl and breaststroke are introduced. Endurance is also a key factor for this course. Participants continue to build upon the scissor kick and dolphin kick by adding the arms for sidestroke and butterfly.

Buffaloe Road Aquatic Center

Course Fee: \$54

#176120	Sep 1-17	T,Th	6:30-7:00pm
#176121	Oct 6-22	T,Th	6:30-7:00pm
#176122	Dec 1-17	T,Th	6:30-7:00pm

Millbrook Pool

Course Fee: \$39

#176282	Oct 3-24	Sa	10:50-11:20am
#176284	Oct 31-Nov 21	Sa	10:50-11:20am

Course Fee: \$54

#176283	Oct 5-21	M,W	5:50-6:20pm
#176285	Nov 2-18	M,W	5:50-6:20pm
#176286	Nov 30-Dec 16	M,W	6:30-7:00pm

Optimist Pool

Course Fee: \$39

#176354	Nov 7-Dec 5	Sa	9:30-10:00am
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Course Fee: \$54

#176352	Sep 8-24	T,Th	7:10-7:40pm
#176353	Nov 3-19	T,Th	7:10-7:40pm
#176355	Dec 1-17	T,Th	7:10-7:40pm

Pullen Aquatic Center

Course Fee: \$39

#176434	Sep 12-Oct 3	Sa	11:30am-12:00pm
#176435	Oct 10-Nov 7	Sa	11:30am-12:00pm

Swim Lesson – Level 5 Stroke Refinement

Age: 6-13yrs. Participants must have completed exit skills in Level 4 swim lessons. In Level 5 swim lessons, participants coordinate and refine all strokes. Flip turns on both front and back are introduced in this course. Endurance and distance are important in this course.

Millbrook Pool

Course Fee: \$39

#176287	Oct 3-24	Sa	11:30am-12:00pm
#176289	Oct 31-Nov 21	Sa	11:30am-12:00pm

Course Fee: \$54

#176288	Oct 5-21	M,W	5:50-6:20pm
#176290	Nov 2-18	M,W	5:50-6:20pm
#176291	Nov 30-Dec 16	M,W	6:30-7:00pm

Optimist Pool

Course Fee: \$39

#176358	Nov 7-Dec 5	Sa	9:30-10:00am
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Course Fee: \$54

#176356	Sep 8-24	T,Th	7:10-7:40pm
#176357	Nov 3-19	T,Th	7:10-7:40pm
#176359	Dec 1-17	T,Th	7:10-7:40pm

Swim Stroke Development Clinic

Age: All Ages. This clinic is designed to help swimmers become more efficient in their strokes and improve their knowledge of swimming. Participant prerequisite: Must be able to swim 25 yards without assistance.

Buffaloe Road Aquatic Center – Course Fee: \$26

Freestyle and Backstroke

#176131	Sep 22	T	5:00-5:45pm
#176132	Sep 24	Th	5:00-5:45pm
#176133	Sep 29	T	5:00-5:45pm
#176134	Oct 1	Th	5:00-5:45pm

Swim Team – Intra-City Swim Association

Age: 3-18yrs. Experience competitive swimming in a fun, enjoyable and relaxed environment. Prerequisite: Participants must be able to swim 25 yards unassisted.

Millbrook Marlins Swim Team – Course Fee: \$71

#176311	Oct 13-Dec 17	T,Th	6:00-6:45pm
#176312	Oct 13-Dec 17	T,Th	7:00-7:45pm

Optimist Pool Otters Swim Team

#176362	Oct 12-Dec 16	M,W	6:00-6:45pm
#176363	Oct 12-Dec 16	M,W	7:00-7:45pm

Pullen Pirates Swim Team – Course Fee: \$71

Ages 3-8yrs

#176450	Oct 12-Dec 16	M,W	5:45-6:30pm
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Ages 9-18yrs

#176451	Oct 12-Dec 16	M,W	6:45-7:30pm
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Adult

Adult Fitness Swimming Class

Age: 13yrs and up. This class is for adults who swim for fitness and want to refine their strokes. Some may want to use the benefits of the water to improve their fitness levels, while others may want to participate in a master swimming program or other competitive sports, such as triathlons or open water distance swimming.

Buffaloe Road Aquatic Center

Course Fee: \$45

#176130 Nov 28-Dec 19 Sa 12:10-12:50pm

Millbrook Pool

Course Fee: \$45

#176296 Oct 3-24 Sa 8:40-9:20am

#176298 Oct 31-Nov 21 Sa 8:40-9:20am

Course Fee: \$60

#176297 Oct 5-21 M,W 7:10-7:50pm

#176299 Nov 2-18 M,W 7:10-7:50pm

#176300 Nov 30-Dec 16 M,W 7:10-7:50pm

Adult Learning

The Basics Swim Class

Age: 13yrs and up. This class helps teens and adults overcome their fear of the water and learn the basic skills for a minimum level of water competency. Participants strive for skill and stroke performance to be able to jump into deep water from the side, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards.

Buffaloe Road Aquatic Center

Course Fee: \$45

#176124 Sep 19-Oct 10 Sa 12:10-12:50pm

Course Fee: \$60

#176123 Sep 1-17 T,Th 6:30-7:10pm

#176125 Oct 6-22 T,Th 6:30-7:10pm

#176126 Dec 1-17 T,Th 6:30-7:10pm

Millbrook Pool

Course Fee: \$45

#176301 Oct 3-24 Sa 8:40-9:20am

#176303 Oct 31-Nov 21 Sa 8:40-9:20am

Course Fee: \$60

#176302 Oct 5-21 M,W 7:10-7:50pm

#176304 Nov 2-18 M,W 7:10-7:50pm

#176305 Nov 30-Dec 16 M,W 7:10-7:50pm

Optimist Pool

Course Fee: \$45

#176360 Nov 7-Dec 5 Sa 9:20-10:00am

Pullen Aquatic Center

Course Fee: \$45

#176436 Sep 12-Oct 3 Sa 9:30-10:10am

#176438 Oct 10-Nov 7 Sa 9:30-10:10am

#176440 Nov 10-19 T,Th 7:10-7:50pm

Course Fee: \$76

#176437 Sep 15-Oct 8 T,Th 7:10-7:50pm

#176439 Oct 13-Nov 5 T,Th 7:10-7:50pm

Adult Refining Swim Strokes Class

Age: 13yrs and up. This class is for teens or adults who want to improve their foundational skills and swimming strokes to gain an overall level of comfort in the water.

Buffaloe Road Aquatic Center – Course Fee: \$60

#176127 Sep 1-17 T,Th 6:30-7:10pm

#176128 Oct 6-22 T,Th 6:30-7:10pm

#176129 Dec 1-17 T,Th 6:30-7:10pm

Millbrook Pool

Course Fee: \$45

#176306 Oct 3-24 Sa 8:40-9:20am

#176308 Oct 31-Nov 21 Sa 8:40-9:20am

Course Fee: \$60

#176307 Oct 5-21 M,W 7:10-7:50pm

#176309 Nov 2-18 M,W 7:10-7:50pm

#176310 Nov 30-Dec 16 M,W 7:10-7:50pm

Optimist Pool – Course Fee: \$45

#176361 Nov 7-Dec 5 Sa 9:20-10:00am

Lifeguarding – American Red Cross

Age: 15yrs and up. This American Red Cross course trains participants in the basic skills needed to lifeguard at traditional pools. This course includes first aid and CPR/AED for the professional rescuer.

Optimist Pool – Course Fee: \$200

#176364 Sep 8-17 T,Th 4:00-8:30pm

Pullen Aquatic Center – Course Fee: \$200

#176447 Oct 12-Nov 4 M,W 5:00-8:30pm

Lifeguarding Instructor

American Red Cross

Age: 17yrs. and up. This American Red Cross program will train future lifeguard instructors. This includes teaching techniques for the lifeguarding course plus information on automated external defibrillators, oxygen administration and preventing disease transmission. Participants must be at least 17 years old.

Pullen Aquatic Center – Course Fee: \$225

#176448 Nov 10-Dec 8 T,Th 5:00-9:00pm

Triathlon Swim Training

Age: 14yrs and up. This class is designed for all types of triathletes from beginners to advanced. It is designed to help build endurance, refine and improve freestyle and help participants feel prepared for a race.

Millbrook Pool – Course Fee: \$45

#176313 Oct 3-24 Sa 7:00-7:40am

#176314 Oct 31-Nov 21 Sa 7:00-7:40am

Water Safety Instructor – American Red Cross

Age: 16yrs and up. This American Red Cross course will certify candidates to teach water safety, including basic water rescue course, learn-to-swim program and parent-and-child classes. All course materials are included in price of the course.

Pullen Aquatic Center – Course Fee: \$225

#176449 Sep 15-Nov 3 T 5:00-9:00pm

Family

Water Exercise

Water exercise passes can be purchased at all aquatic facilities. No preregistration needed. Pass allows you to attend any 8 water exercise classes within one year.

Raleigh resident: adult \$40, senior \$32,

Non-Raleigh resident: adult \$52, senior \$44

Want to try just one class? Then check in at the front desk 15 minutes before the class start time and pay \$6.

Deep Water Exercise – Intervals – FlexReg

Intervals, Intensity Level 3, offers a combination of high and low intensity

exercises designed to keep you moving.

Buffaloe Road Aquatic Center

Sep 1-Dec 31 T,Th 6:00-7:00pm

Millbrook Pool

Sep 29-Dec 29 T 6:00-7:00pm

Optimist Pool

Sep 1-Jan 7 T,Th 8:00-9:00am

Deep Water Exercise – Power Hour

Power Hour, Intensity Level 4-5, teaches quick, continuous and powerful movements with no impact for the advanced exerciser.

Millbrook Pool

Oct 1-Dec 31 Th 6:00-7:00pm

Sep 26-Dec 26 Sa 8:00-9:00am

Deep Water Exercise – Running – FlexReg

Running, Intensity Level 3-4, takes you into the water for a no-impact running workout. The class is great for all ages and abilities and provides a challenging workout to complement your land-based training. Equipment will be used for added intensity.

Millbrook Pool

#176727 Sep 29-Dec 31 T,Th 10:00-11:00am

Shallow Water Exercise – Aqua Combo – FlexReg

Combo refers to water depth. This combo class allows you to place yourself in water up to your chest or neck, depending on personal preference. This class encourages you to work at your own comfort level and may challenge the beginner water exerciser.

Optimist Pool

Sep 2-Jan 11 M,W,F 9:00-10:00am

Sep 2-Jan 11 M,W,F 10:00-11:00am

Shallow Water Exercise – Current Channel Challenge – FlexReg

Current Channel Challenge, Intensity Level 2-4, offers combination use of current channel, water resistance, shallow water area and exercise equipment. It is modified into a family format for all ages as noted on the schedule. Sessions are offered only at Buffaloe Road Aquatic Center.

Buffaloe Road Aquatic Center

Aug 31-Dec 28 M 6:00-7:00pm

Sep 1-Dec 31 T,Th 10:30-11:30am

Shallow Water Exercise – Hydro-fusion – FlexReg

Hydro-fusion, Intensity Level 2-4, is designed for all fitness levels. This class offers a variety of continuous exercises to gain muscular strength, coordination and cardiovascular endurance.

Millbrook Pool

Sep 29-Dec 31 T,Th 9:00-10:00am

Sep 29-Dec 31 T,Th 7:00-8:00pm

Optimist Pool – Course Fee: \$6

Sep 3-Jan 12 T,Th 9:00-10:00am

Shallow Water Exercise – Water Walking – FlexReg

Water Walking, Intensity Level 1-2, is designed for all fitness levels. This class focuses on flexibility and cardiovascular endurance, allowing participants to improve range of motion using long movements.

Millbrook Pool

Sep 28-Jan 1 M,W,F 8:00-9:00am



Office of raleigh arts

*Raleigh Parks, Recreation
& Cultural Resources*

The **Office of Raleigh Arts** administers the programs of the Raleigh Arts Commission and the Public Art and Design Board and supports the Pullen and Sertoma Arts Centers. Raleigh Arts activities that foster and promote the arts include:

- Arts classes at Pullen and Sertoma Arts Centers;
- Awards: The **Medal of Arts** ceremony and the **Piedmont Laureate** writers' program honor special contributions to the community. **Gifts of Gold**, organized in conjunction with the Wake County Public School System, recognizes artistic talent in students;
- **Block Gallery art exhibitions** in the Raleigh Municipal Building;
- The **Arts Partners** program, providing grants to arts organizations that are essential to Raleigh's cultural vitality;
- The **Municipal Art Collection**, which holds more than 450 artworks throughout the City of Raleigh;
- **The Half Percent for Art** program, which allocates one half percent of capital construction projects for public art;
- Public Art Special Projects including **Art-On-The-Move** (with designs by local artists on CAT buses), **Art on City Plaza** and temporary public art events at festivals such as **SPARKcon**.
- Community outreach through workshops, publications and e-newsletters.

For more information, visit www.raleighnc.gov



The Block Gallery

The Block Art Gallery, located on the first and second floors of the Raleigh Municipal Building at 222 West Hargett Street, is open Monday-Friday, 8:30am-5:15pm. For more information, visit www.raleighnc.gov

Pullen Arts Center

105 Pullen Road Raleigh, NC 27607

Eliza Kiser (919)996-6126

Pullen Arts Center offers specialty studio programs in jewelry-making, printmaking, clay, bookmaking, and painting, in addition to classes in glass arts, fiber arts, and drawing.

Gallery Hours – Exhibits at Pullen Arts Center are on display in the lobby during normal operating hours.

M-Th	9am-10pm
F	9am-1pm
Sa	9am-5pm
Su	1-5pm

Pullen Arts Center's Gallery Exhibits

September 1-October 31

"Printmaking at Pullen", Student and instructor work curated by instructors Sue Soper, Keith Norval and Jaclyn Bowie.

Reception October 17, 2-4pm

"New Work by Ollie Wagner"

Reception October 17, 2-4

Salon Sale this one day "pop up" event includes work by participants, students, staff and instructors that work, teach and have studio memberships at the Pullen Art Center.

October 17

November 1-December 31

**Pullen Annual Staff,
Participant and Instructor Show**

Reception and Holiday Potluck
December 11, 12-2pm

Sertoma Arts Center

1400 W. Millbrook Road Raleigh, NC 27612

(919)996-2329

Director: Julia Meder

Sertoma offers classes in painting, drawing, fiber arts, kids' art classes and pottery. Programs in music, dance, and fitness allow participants to improve their health and vitality while engaged in the arts.

Gallery Hours – Exhibits are on display in the lobby during normal operating hours.

Display Case and Hall Gallery:

M-Th	9am-10pm
F	9am-1pm
Sa	10am-5pm
Su	12-5pm

Sertoma Arts Center's Gallery Exhibits

September-December

On Exhibit:

Sertoma Instructor's Show

November-December

On Exhibit:

Sertoma Annual Staff and Participant Show

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Preschool

Art – Krafty Kids

Age: 3-5yrs. Join us for a different and creative arts-and-craft project or edible creation. A new project is introduced with each theme class. Preregistration is required, and the fee is per class.

Optimist Community Center – Course Fee: \$6

Apple Daze

#177961	Sep 11	F	12:30-1:30pm
#177962	Sep 12	Sa	12:30-1:30pm

Pumpkin' Pals

#177963	Oct 9	F	12:30-1:30pm
#177964	Oct 10	Sa	12:30-1:30pm

Thankful Turkeys

#177965	Nov 13	F	12:30-1:30pm
#177966	Nov 14	Sa	12:30-1:30pm

Holly Holidays

#177967	Dec 11	F	12:30-1:30pm
#177968	Dec 12	Sa	12:30-1:30pm

Art – Storyland Adventures I with Mr. Moo Monet

Age: 18mths-3yrs. Come and join our adventure through Storyland with Mr. Moo Monet each month. We will start our adventure by waking Mr. Moo Monet up and sharing a story that goes with the theme for that day. Children will participate in story time and make arts and crafts project at each adventure. Parent participation is required.

Instructor: Maureen Seltzer.

Optimist Community Center – Course Fee: \$45

#179279	Sep 2-23	W	1:30-2:15pm
#179280	Sep 30-Oct 21	W	1:30-2:15pm
#179281	Oct 28-Nov 25	W	1:30-2:15pm

Arts and Crafts for Preschoolers

Age: 3-5yrs. It's time to have fun with all different kinds of art materials! Get ready to have a great time and maybe get a bit messy! Activities will vary and may include painting, coloring, cutting and much more!

Lake Lynn Community Center – Course Fee: \$32

#178425	Oct 6-27	T	10:00-10:45am
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Ballerina Buttercups

Age: 3-5yrs. This class will introduce participants to the basic techniques of ballet and tap. Dancers will get the chance to learn the beginning steps for both ballet and tap as well as interact with other children. This class encourages children's interest in dance by engaging, stimulating and focusing their natural energy and expressiveness! Ballet and tap shoes are not required.

Greystone Community Center

Course Fee: \$30

#178304	Nov 4-25	W	9:00-10:00am
#178305	Dec 2-16	W	9:00-10:00am

Course Fee: \$40

#178302	Sep 2-23	W	9:00-10:00am
#178303	Oct 7-28	W	9:00-10:00am

Dance – Ballerina Two-Tu

Age: 2yrs. Do you know ballerinas who love to spin and knights who can move to the music? We will learn the basic fundamentals of movements like leaps, jumps, plies and more. Don't worry—we will also teach

balance and coordination skills and use cool props like balloons, scarves and bubbles. This is a parent participation class and is offered throughout the year beginning in September! Class is taught by Mrs. Lala, owner of Right Moves Dance. She has a BA degree in dance performance and technique.

Marsh Creek Park

One Month: \$36

#177358	Sep 1-22	T	10:00-10:30am
#177359	Oct 6-27	T	10:00-10:30am
#177360	Nov 3-Dec 15	T	10:00-10:30am

Two Months: \$60

#177364	Sep 1-Oct 27	T	10:00-10:30am
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Ballet Basics – Preschool

Age: 3yrs. 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.

Green Road Community Center – Course Fee: \$70

#178117	Sep 12-Oct 24	Sa	10:00-10:45am
#178118	Oct 31-Dec 19	Sa	10:00-10:45am
#178119	Sep 12-Oct 24	Sa	11:00-11:45am
#178120	Oct 31-Dec 19	Sa	11:00-11:45am

Ballet Basics at Greystone

Age: 4-5yrs. Enroll your want-to-be ballerinas in ballet basics today! Steps, combinations and technical training will enhance your child's coordination, vocabulary and knowledge of music with weekly instruction. Dancers will have the chance to refine their technique in a more structured environment. Upon completion, dancers will have a clear understanding of the history of ballet and knowledge of the classic ballets and be able to perform many of the basic steps necessary for a solid dance foundation.

Greystone Community Center

Course Fee: \$30

#179178	Nov 5-19	Th	10:00-10:45am
#179179	Dec 3-17	Th	10:00-10:45am

Course Fee: \$40

#179176	Sep 3-24	Th	10:00-10:45am
#179177	Oct 1-22	Th	10:00-10:45am

Ballet for 2's and 3's

Age: 2-3yrs. Introduce your tiny ballerina to the world of dance through ballet. Children will explore simple fun elements such as positioning, levels, techniques, point and flex, spatial dynamics and graceful moves. The benefits may include balance, coordination and self-awareness. Instructor: Ms Khadija (Coach K).

Laurel Hills Community Center – Course Fee: \$27

#178904	Dec 5-19	Sa	12:00-12:30pm
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Dance – Ballet/Tap

Age: 3-5yrs. This class will introduce preschoolers to ballet and tap techniques, form positions, steps, patterns and other basic movements. Students will develop

their coordination, self-confidence and imagination. Ballet and tap shoes are preferred but not required.

Instructor: Judy Gardo

Optimist Community Center – Course Fee: \$36

#179248	Sep 14-Oct 5	M	10:30-11:15am
#179249	Oct 12-Nov 2	M	10:30-11:15am
#179250	Nov 9-30	M	10:30-11:15am
#179251	Dec 7-28	M	10:30-11:15am

Dance – Creative Movements and Sounds of Dance

Age: 5-8yrs. This is a special dance program for young children designed to give BOYS and GIRLS a chance to experience a variety of dance styles in a fun and loving atmosphere among their friends. The ballet class will work on balance, barre, cross floor and small routines to help their coordination and flexibility. The tap class will focus on toe tapping fundamentals that will bring out the rhythm in each child while using classic showtunes. Ballroom will teach how to dance respectfully in American Style ballroom dance. The dances will include Fox Trot, Waltz, East and West Coast Swing and the Cha-Cha. Instructor: Jessica Marshall

Optimist Community Center – Course Fee: \$60

Beginning Ballet: (ages 5-8)

#179271	Sep 3-Oct 8	Th	4:00-5:00pm
#179272	Oct 15-Nov 19	Th	4:00-5:00pm
#179273	Sep 3-Oct 8	Th	5:00-6:00pm
#179274	Oct 15-Nov 19	Th	5:00-6:00pm
#179275	Sep 3-Oct 8	Th	6:00-7:00pm
#179276	Oct 15-Nov 19	Th	6:00-7:00pm
#179277	Sep 3-Oct 8	Th	7:00-8:00pm
#179278	Oct 15-Nov 19	Th	7:00-8:00pm

Dance – Jazz – Z Creative Dance for 2's and 3's

Age: 2-3yrs. Come, little dancers, and do your thing! You know you like to pop and swing! Learn dances from around the world as you jazz it up, flip, heel-toe and rock 'n roll! Dancers will also perform top hat moves and use floating ribbon streamers, scarves and other memorable props to enhance their artistic dance experience. This is a fun, creative class, great for motor skills, fitness and social skills. Instructor: Ms. Khadija (Coach K).

Laurel Hills Community Center – Course Fee: \$36

#178954	Oct 31-Nov 21	Sa	12:00-12:30pm
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Dance – Little Fancy Feet

Age: 18-36mths (parent/child). Explore fun and exciting dance moves with your child. Coordination and large motor skills are developed through basic ballet, creative movement and gymnastics. Educational concepts are included, such as numbers, colors, letters and social manners.

Greystone Community Center

Course Fee: \$27

#179196	Nov 6-20	F	11:00-11:45am
#179197	Dec 4-18	F	11:00-11:45am
#179200	Nov 6-20	F	11:45am-12:30pm
#179201	Dec 4-18	F	11:45am-12:30pm

Course Fee: \$36

#179194	Sep 4-25	F	11:00-11:45am
#179195	Oct 2-23	F	11:00-11:45am
#179198	Sep 4-25	F	11:45am-12:30pm
#179199	Oct 2-23	F	11:45am-12:30pm



Dance – Preschool Tap, Step 'n Jazz

Age: 2-3yrs. Rhythmic dance fun! Enjoy learning the basics of tap and jazz through movement expression, heel-toe, shuffle, cross-steps and combination dance patterns with style and jazz. Easy to dance and fun to compose using exciting dance props and music. Instructed by Ms. Khadija (Coach K). **Laurel Hills Community Center** – Course Fee: \$36
#178903 Oct 3-24 Sa 12:00-12:30pm

Dance – Tick Tock Tap

Age: 2-3yrs. Older toddlers will learn listening skills and body coordination while boosting their self-esteem and confidence. It's the best way to help your child get a healthy dose of exercise. Tap dancing also develops a great sense of rhythm and timing. Tap dancing helps students focus on music awareness while incorporating tap steps and combinations. Tap builds strength in the legs and feet in addition to increasing flexibility in the hips, knees and ankles. Cognitive abilities are also enhanced, as tap dancers must develop both mental and muscle memory to become proficient at tapping.

Green Road Community Center – Course Fee: \$36
#178155 Sep 1-22 T 3:15-4:00pm
#178156 Oct 6-27 T 3:15-4:00pm
#178157 Nov 3-24 T 3:15-4:00pm
#178158 Dec 1-22 T 3:15-4:00pm
#178159 Sep 1-22 T 4:15-5:00pm
#178160 Oct 6-27 T 4:15-5:00pm
#178161 Nov 3-24 T 4:15-5:00pm
#178162 Dec 1-22 T 4:15-5:00pm

Dance – Twinkle and Pop

Age: 3-5yrs. Join us as we combine basic ballet moves with hip hop. Our little princesses will learn how to be graceful and tumble with the music all at the same time! This is a continuous program offered throughout the year beginning in September! We build upon our dance skills and end the year with an awesome recital in June. Class is taught by Mrs. Lala, owner of the

Right Moves Dance. She has a BA degree in dance performance and technique.

Marsh Creek Park

One Month: \$36
#177206 Sep 1-22 T 5:00-6:00pm
#177208 Oct 6-27 T 5:00-6:00pm
#177209 Nov 3-Dec 15 T 5:00-6:00pm
Two Months: \$60
#177211 Sep 1-Oct 27 T 5:00-6:00pm

Dance – Twinkle and Roll

Age: 3-5yrs. Join us as we combine basic ballet moves with hip hop. Our little princesses will learn how to be graceful and tumble with the music all at the same time! This program is offered throughout the year beginning in September! We build upon our dance skills and end the year with an awesome recital in June. Class is taught by Mrs. Lala, owner of the Right Moves Dance. She has a BA degree in dance performance and technique.

Marsh Creek Park

One Month – \$36
#177365 Sep 1-22 T 10:45-11:30am
#177366 Oct 6-27 T 10:45-11:30am
#177367 Nov 3-Dec 15 T 10:45-11:30am
Two Months – \$60
#177370 Sep 1-Oct 27 T 10:45-11:30am

Dance – Twinkle Toes I

Age: 2-3yrs. Students will love this wonderful introduction to the art of dance! Twirling ribbons, scarves, hoops and music will be used to promote creative movement. Children will enjoy simple steps and dances that introduce them to ballet and jazz. Students will improve confidence, coordination, self-esteem and body awareness. This class is designed to help children transition to dancing independently without parent. Instructor: Bethany Schlegel, BS in education and former USGA gymnast.

Brier Creek Community Center

Course Fee: \$30
#178407 Sep 14-28 M 10:30-11:15am
#178413 Dec 7-21 M 10:30-11:15am

Course Fee: \$40

#178409 Oct 5-26 M 10:30am-11:15pm
#178411 Nov 2-23 M 10:30-11:15am

Greystone Community Center

Course Fee: \$30
#178265 Dec 1-15 T 11:30am-12:15pm
Course Fee: \$40
#178262 Sep 1-22 T 11:30am-12:15pm
#178263 Oct 6-27 T 11:30am-12:15pm
#178264 Nov 3-24 T 11:30am-12:15pm

Dance – Twinkle Toes II

Age: 3-4yrs. This fun-filled dance class introduces students to beginning ballet and jazz steps, positions and techniques. Dancers will use twirling ribbons, scarves, hoops and fun music to encourage creative movement. This class is a great way to improve flexibility, coordination and self-esteem while learning the elements of dance. Students will also learn a short dance routine that will be built upon each week of class. Instructor: Bethany Schlegel, BS in education, former USGA gymnast.

Brier Creek Community Center

Course Fee: \$30
#178422 Sep 14-28 M 11:30am-12:15pm
#178429 Dec 7-Jan 4 M 11:30am-12:15pm
Course Fee: \$40
#178423 Oct 5-26 M 11:30am-12:15pm
#178424 Nov 2-30 M 11:30am-12:15pm

Dance – Twirling Ribbons – Preschool

Age: 2-3yrs. Kids love it! Colorful ribbon movements create hoops, loops, figures, floats, swirls and trains. Children learn fun dance steps that are short, easy to follow and beautiful to see! Instructor: Ms. Khadija (Coach K).

Laurel Hills Community Center – Course Fee: \$36
#178860 Sep 5-26 Sa 12:00-12:30pm

Dance – Beginning Ballet/Tap

Age: 3-5yrs. Your little dancer will have tons of fun learning the basics of ballet and tap. The class will help develop balance, coordination and self-confidence. Students will learn basic technique, body position and steps. Everything they learn will come together in an end-of-course performance for the parents to enjoy.

Hill Street Center – Course Fee: \$45

#177347 Sep 2-Oct 7 W 2:30-3:30pm
#177348 Oct 14-Dec 2 W 2:30-3:30pm

Dance – Hip Hop Hype for Preschoolers

Age: 3-5yrs. Get ready to have fun with the basics of modern day hip hop. Learn the latest dance moves while developing body strength, balance and confidence. You will learn different combinations that will be put together for an end-of-course routine.

Greystone Community Center

Course Fee: \$30
#178268 Nov 4-25 W 10:00-11:00am
#178269 Dec 2-16 W 10:00-11:00am
Course Fee: \$40
#178266 Sep 2-23 W 10:00-11:00am
#178267 Oct 7-28 W 10:00-11:00am

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Dance – Hippy N' Roll

Age: 2-5yrs. This class uniquely combines hip hop dance with tumbling in a fun and energetic atmosphere. This high-energy class encourages creative and rhythmic dance. This is continuous program offered throughout the year beginning in September. We build on our dance skills and end the year with an awesome recital in June. Class is taught by Mrs. Lala, owner of Right Moves Dance.

Sanderford Road Park

Course Fee: \$36

#178008	Sep 14-28	M	6:00-7:00pm
#178009	Oct 5-26	M	6:00-7:00pm
#178011	Nov 2-Dec 7	M	6:00-7:00pm
Course Fee: \$60			
#178010	Sep 14-Oct 26	M	6:00-7:00pm

Little Twinklers Violin

Age: 3-5yrs. Get ready to twinkle! This preschool music class will provide an introduction to Suzuki violin. We'll learn about rhythm, sing and dance, play music games, create our own box violins and start working on the basics of posture and how to hold the violin. Beginning students may play on the box violin, while continuing students may purchase or rent a violin and play on their own instruments. All students will play, have fun and learn! The Suzuki approach is a loving and nurturing program, where it is believed that every child has the ability to learn. While children can start at any age, students often start at a very young age, using the 'Mother Tongue' approach. The method fosters the potential and a love for beauty and peace in every child while teaching music, which boosts learning and development. Caregivers, please bring a notebook or journal to each class and be prepared to attend class along with the child. Instructor Dasa York has a BA in music performance and has completed Suzuki teacher training.

Laurel Hills Community Center

Course Fee: \$30

#177356	Nov 3-17	T	10:15-11:00am
#177357	Dec 1-15	T	10:15-11:00am
Course Fee: \$40			
#177354	Sep 8-29	T	10:15-11:00am
#177355	Oct 6-27	T	10:15-11:00am

Mom and Tots Art

Age: 3-4yrs. This creative art class brings parents and their budding little artists together for some fun! We will experiment with color and open up minds through painting, cutting and pasting. Children will create their very own frameworthy masterpieces for all to see! Supplies are provided.

Halifax Community Center – Course Fee: \$35

#178132	Sep 1-29	T	10:30-11:30am
#178133	Oct 6-27	T	10:30-11:30am
#178134	Nov 3-24	T	10:30-11:30am
#178135	Dec 1-29	T	10:30-11:30am

Pottery – Little Potters

Age: 4-5yrs. Bring your little potter for an hour of fun with you in the clay studio! We will guide you and your child in a clay project designed with young artists' skills, abilities and attention span in mind. Explore textures, form and function, and enjoy the creative process together. Pieces will be glazed and fired after the class for pickup at a later date. Please register child only; one caregiver must attend with each child. Instructor: Emily Malpass. (1 session)

Pullen Arts Center – Course Fee: \$15

#177146	Sep 12	Sa	9:30-10:30am
#177147	Oct 10	Sa	9:30-10:30am
#177148	Nov 14	Sa	9:30-10:30am
#177149	Nov 14	Sa	10:45-11:45am
#177150	Dec 5	Sa	9:30-10:30am

Preschool – Mini Monets

Age: 18mths-2yrs. This class introduces little ones to a variety of art materials through hands-on learning. Discovery and creative play encourage the development of motor skills and group social skills. A parent or caregiver attends with child; only child should be registered for class. Michelle Davis Petelinz instructs.

Sertoma Arts Center – Course Fee: \$45

#176745	Sep 17-Oct 22	Th	9:30-10:15am
#176746	Sep 18-Oct 23	F	9:30-10:15am
#176747	Nov 5-Dec 17	Th	9:30-10:15am
no class Nov 26			
#176748	Nov 6-Dec 18	F	9:30-10:15am
no class Nov 27			

Preschool – Petite Picassos

Age: 3-4yrs. Classes will encourage children to create unique works of art as we explore different painting and craft techniques. Each week, we'll read a new book that will inspire our projects. The classes provide preschool prep with a focus on student independence; no parent/guardian participation. Michelle Davis Petelinz instructs.

Sertoma Arts Center – Course Fee: \$60

#176750	Sep 14-Oct 19	M	9:30-10:30am
#176751	Sep 17-Oct 22	Th	10:45-11:45am
#176752	Nov 9-Dec 14	M	9:30-10:30am
#176753	Nov 5-Dec 17	Th	10:45-11:45am
no class Nov 26			

Preschool – Wild Animal Art

Age: 3-5yrs. We'll read about wild animals and create wild art projects! Projects include painted masks, clay sculptures, watercolor habitats, recycled object sculptures, salt painting and more. Michelle Davis Petelinz instructs.

Sertoma Arts Center – Course Fee: \$70

#176754	Sep 16-Oct 21	W	1:00-3:00pm
#176755	Nov 4-Dec 16	W	1:00-3:00pm
no class Nov 11			

Suzuki Music for Babies at Greystone

Age: Up to 36mths. In this interactive music class for parent and child (birth to age 3) parents enjoy watching their babies develop rhythm, melodic awareness, memory and movement. Through activities such as singing, dancing and story time, children learn self-control, sharing, independence

and listening skills. A home CD and booklet (one-time purchase from instructor) reinforce class songs and activities. For the most rewarding experience, start early (age 1 or younger) and repeat as often as you wish. Caregiver does not enroll.

Greystone Community Center – Course Fee: \$55

#178313	Sep 15-Oct 20	T	10:00-10:50am
#178314	Nov 3-Dec 15	T	10:00-10:50am

Turkey Tots

Age: 3-5yrs. Bring your little turkey out for a fun morning filled with fall-inspired crafts. All supplies are provided. Registration must be received by November 19.

Halifax Community Center – Course Fee: \$5

#178983	Nov 24	T	10:00-11:00am
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Twinkle and Create

Preschool Dance – Sanderford

Age: 2-5yrs. Are you looking for a class that provides structure and encourages creativity from your little dancer? This is the class for you! This class combines ballet, creative movement and dance theater all in one! This is a continuous program offered throughout the year beginning in September. We build upon our dance skills and end the year with an awesome recital in June. Class is taught by Mrs. Lala, owner of Right Moves Dance.

Sanderford Road Park

Course Fee: \$27

#178001	Sep 14-28	M	5:00-6:00pm
Course Fee: \$36			
#178002	Oct 5-26	M	5:00-6:00pm
#178004	Nov 2-Dec 7	M	5:00-6:00pm
Course Fee: \$60			
#178003	Sep 14-Oct 26	M	5:00-6:00pm

Youth

All American Girls Create and Play

Age: 5-11yrs. Bring your favorite doll and enjoy some special create-and-play time together! We may make crafts and accessories, read stories, play games, sing and dance and more for you and your doll to enjoy. Each session has a different theme. Cost is per session. Instructor: Jessica Marshall

Optimist Community Center – Course Fee: \$12

Going on a Picnic

#177955	Sep 12	Sa	10:00am-12:00pm
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Halloween Party

#177956	Oct 10	Sa	10:00am-12:00pm
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Thankful Thoughts

#177957	Nov 14	Sa	10:00am-12:00pm
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Holiday Fun!

#177958	Dec 12	Sa	10:00am-12:00pm
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Art – Art Around the World

Age: 7-10yrs. Come travel with us! Each week we'll learn about a different country and create projects inspired by its art. Destinations may include Australia, China, Egypt, Ghana, India, Mexico, Peru and more. No two sessions are ever alike, so sign up for them all! Michelle Davis Petelinz instructs.

Sertoma Arts Center – Course Fee: \$70

#176789	Sep 16-Oct 21	W	4:30-6:30pm
#176790	Nov 4-Dec 16	W	4:30-6:30pm
no class Nov 11			

Art – Art-Rageous Prints

Age: 7-10yrs. Each week, we'll explore a new way to make prints, sometimes using surprising tools. Projects include potato prints, monoprints, yarn printing, gelatin printing and puzzle prints. Michelle Davis Petelinz instructs.

Sertoma Arts Center – Course Fee: \$70

#176792 Sep 14-Oct 19 M 1:00-3:00pm
#176793 Nov 9-Dec 14 M 1:00-3:00pm

Art – Drawing for Youth and Teens

Age: 10-15yrs. Students will learn or improve drawing techniques according to their skill levels. Contour, shading, perspective and proportion will be explored. See how rewarding drawing can be. Anna Sanderson instructs.

Sertoma Arts Center – Course Fee: \$90

#177658 Sep 17-Nov 5 Th 4:00-6:00pm

Art – Fun with Drawing

Age: 7-9yrs. Students will receive training in pencil techniques and how to 'see' to draw. Drawing can bring a lifetime of enjoyment. Anna Sanderson instructs.

Sertoma Arts Center – Course Fee: \$90

#177268 Sep 15-Nov 3 T 4:00-6:00pm

Art – Game Creators

Age: 7-10yrs. If you've ever wanted to design your own game for which you make up the rules, the board and all the game pieces, here's your chance! Become a toy maker, and create an entire game, including the logo, box, board, playing pieces and book of rules. Then we'll play everyone's game on the last day of class. Michelle Davis Petelinz instructs.

Sertoma Arts Center – Course Fee: \$70

#176849 Sep 15-Oct 20 T 4:30-6:30pm
#176850 Nov 10-Dec 15 T 4:30-6:30pm

Art – Get smART

Age: 6-10yrs. Aspiring artists develop knowledge and techniques for drawing, painting and much more! No two sessions are ever the same! Michelle Davis Petelinz instructs.

Sertoma Arts Center – Course Fee: \$60

#176851 Sep 15-Oct 20 T 2:00-3:30pm
#176852 Nov 10-Dec 15 T 2:00-3:30pm

Art – Monday Masterpieces

Age: 7-11yrs. We'll paint like Picasso, find out why the Blue Dog is blue, paint landscapes with odd palettes, create stabiles, become abstract expressionists and more! After exploring the work of well-known artists we'll create our own masterpieces. Each session is different. Michelle Davis Petelinz instructs.

Sertoma Arts Center – Course Fee: \$70

#176743 Sep 14-Oct 19 M 4:30-6:30pm
#176744 Nov 9-Dec 14 M 4:30-6:30pm

Art – Storyland Adventures II with Mr. Moo Monet

Age: 3-5yrs. Come and join our adventure through Storyland with Mr. Moo Monet each month. Mr. Moo Monet and children will explore basic art techniques through many mediums. Children will participate in story time and make arts and crafts project at each adventure. Instructor: Maureen Seltzer

Optimist Community Center – Course Fee: \$45

#179282 Sep 2-23 W 2:15-3:45pm
#179283 Sep 30-Oct 21 W 2:15-3:45pm
#179284 Oct 28-Nov 25 W 2:15-3:45pm

Ballet – Beginning

Age: 4-7yrs. Bring your ballerina to participate in a fun-filled, dance-centered environment. Students will start with an introduction to basic principles and terminology of ballet. Students will learn to increase their awareness of posture and body alignment. So come join our dance program and see your child's body awareness, self-image, flexibility and coordination develop and grow. Instructor: Ms. Khadija (Coach K).

Laurel Hills Community Center – Course Fee: \$31.50

#178930 Dec 5-19 Sa 1:00-1:45pm

Ballet Basics

Age: 6-8yrs. 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.

Green Road Community Center – Course Fee: \$70

#178112 Sep 12-Oct 24 Sa 12:00-12:45pm
#178113 Oct 31-Dec 19 Sa 12:00-12:45pm

Ballet I

Age: 3-7yrs. This is a continual program to allow children to build their skills. New students are welcome each month. Students will be introduced to the structure of a ballet class, basic ballet vocabulary, alignment and posture and the five positions of ballet, stressing the importance of proper posture. Traditional barre work, center work and combinations are included in all classes. Throughout this series of classes, students focus on building balance, strength, coordination and poise. Instructor, Ms. E, is the owner of the Ethlyn Lassiter's Dance Ensemble.

Barwell Road Community Center – Course Fee: \$43

#177283 Sep 12-26 Sa 10:00-10:45am
#177284 Oct 3-31 Sa 10:00-10:45am
#177285 Nov 7-21 Sa 10:00-10:45am
#177286 Dec 5-19 Sa 10:00-10:45am

Cool Artsy Crafts

Age: 5-14yrs. 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!

Sanderford Road Park

#178015 Sep 24 Th 5:30-6:30pm
#178016 Oct 29 Th 5:30-6:30pm
#178017 Nov 19 Th 5:30-6:30pm
#178018 Dec 17 Th 5:30-6:30pm

Dance – Ballet and Tumbling

Age: 7-10yrs. Learn the fundamentals of being graceful while using your endurance to tumble across the floor. This unique combination class brings together the best of two worlds! You will want to spin and flip all over the place! This class is great for any level! This program is offered throughout the year beginning in September. We build upon our dance skills and end the year with an awesome recital in June. Class is taught by Mrs. Lala, owner of Right Moves Dance.

Sanderford Road Park

Course Fee: \$27

#177857 Sep 14-28 M 7:00-8:00pm

Course Fee: \$36

#177858 Oct 5-26 M 7:00-8:00pm

#177860 Nov 2-Dec 7 M 7:00-8:00pm

Course Fee: \$60

#177859 Sep 14-Oct 26 M 7:00-8:00pm

Dance –

Ballet, Hip Hop and Tumbling

Age: 5-6yrs. Twinkle meets Pop meets Powerhouse! Join us as we embark on a journey through ballet skills, hip hop moves and cartwheels. That's just a preview of what your dancer will learn! This program is offered throughout the year beginning in September. We build on our dance skills and end the year with an awesome recital in June. Class is taught by Mrs. Lala, owner of Right Moves Dance.

Sanderford Road Park

Course Fee: \$36

#177853 Sep 3-24 Th 5:30-6:30pm

#177854 Oct 1-29 Th 5:30-6:30pm

#177855 Nov 5-Dec 10 Th 5:30-6:30pm

Course Fee: \$60

#177856 Sep 3-Oct 29 Th 5:30-6:30pm

Dance – Bollywood Dance Kid's

Age: 4-8yrs. Learn a creative fusion of dance movements based on energetic Indian classical and folk dances fused with hip hop, jazz, Latin and contemporary. Instructor: Priya Chellani, Indigo Dance Evolution Academy.

Brier Creek Community Center – Course Fee: \$48

Dance Babes

#178306 Sep 12-Oct 17 Sa 11:00am-12:00pm

#178307 Oct 24-Dec 5 Sa 11:00am-12:00pm

#178309 Sep 12-Oct 17 Sa 12:00-1:00pm

#178310 Oct 24-Dec 5 Sa 12:00-1:00pm

Dance – Jazz

Age: 8-14yrs. This is a continual program to allow children to build their skills. New students are welcome each month. This class explodes with energy from music styles including hip hop, show tunes and jazz. The class will explore body isolations of the head, shoulders, rib cage, feet and

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arms. It will encourage individual expression and the development of personal style with an emphasis on basic jazz dance technique, terminology and movement. Instructor, Ms. E., is the owner of the Ethlyn Lassiter's Dance Ensemble.

Barwell Road Community Center – Course Fee: \$43
 #177289 Sep 12-26 Sa 11:00-11:45am
 #177290 Oct 3-31 Sa 11:00-11:45am
 #177291 Nov 7-21 Sa 11:00-11:45am
 #177292 Dec 5-19 Sa 11:00-11:45am

Dance – Jazz and Hip Hop Duo

Age: 6-8yrs. This beginning dance class offers a fun and supportive environment.

Instructor: Jamie London.

Brier Creek Community Center

Course Fee: \$30
 #178884 Nov 30-Dec 21 M 4:45-5:30pm
 Course Fee: \$40
 #178880 Sep 7-28 M 4:45-5:30pm
 #178881 Oct 5-26 M 4:45-5:30pm
 #178882 Nov 2-23 M 4:45-5:30pm

Dance – Jazz-z Creative Dance

Age: 4-7yrs. Come, little dancers, and do your thing! You know you like to pop and swing! Learn dances from around the world as you jazz it up, flip, heel-toe and rock 'n roll! Dance pirouette solo arabesque. Perform top hat moves, use floating ribbon streamers, scarves and other memorable props to enhance your artistic dance experience for life. Class improves motor skills, fitness and social skills, and the music is great. Instructor: Ms. Khadija (Coach K).

Laurel Hills Community Center – Course Fee: \$42
 #178963 Oct 31-Nov 21 Sa 1:00-1:45pm

Dance – Tap and Jazz

Age: 4-7yrs. This class will introduce your child to the basics of tap and jazz dance while enhancing coordination and self-esteem. Dancers will dance with props, hats, batons and flowing ribbons. Instructor: Ms. Khadija.

Laurel Hills Community Center – Course Fee: \$42
 #178888 Oct 3-24 Sa 1:00-1:45pm

Dance – Trio Time: Ballet, Jazz, Hip Hop

Age: 6-8yrs. This beginner dance class focuses on the foundations of ballet, jazz and hip hop in a fun and supportive environment. Instructor: Jamie London.

Brier Creek Community Center

Course Fee: \$30
 #178861 Nov 30-Dec 14 M 3:45-4:40pm
 Course Fee: \$40
 #178854 Sep 7-28 M 3:45-4:40pm
 #178858 Oct 5-26 M 3:45-4:40pm
 #178859 Nov 2-23 M 3:45-4:40pm

Dance – Trio Time: Ballet, Jazz, Hip Hop II

Age: 8-11yrs. Beginner dance in a fun and non-competitive environment. Instructor:

Jamie London

Brier Creek Community Center

Course Fee: \$30
 #178942 Nov 4-18 W 3:45-4:40pm
 #178944 Dec 2-16 W 3:45-4:40pm
 Course Fee: \$40
 #178932 Sep 9-30 W 3:45-4:40pm
 #178933 Oct 7-28 W 3:45-4:40pm

Dance – Triple Threat I and II

Age: 6-11yrs. Do you like more than one style of dance? Well, this class is for you! This is ballet, hip hop and jazz combination class. Your child will learn various movements for each style and expand upon these skills on a weekly basis. This is a continuous program offered throughout the year beginning in September. We build upon our dance skills and end the year with an awesome recital in June. Class is taught by Mrs. Lala, owner of the Right Moves Dance. She has a BA degree in dance performance and technique.

Marsh Creek Park

One Month: \$36
 #177371 Sep 1-22 T 6:00-7:00pm
 #177372 Oct 6-27 T 6:00-7:00pm
 #177373 Nov 3-Dec 15 T 6:00-7:00pm
 #177374 Sep 2-23 W 7:00-8:00pm
 #177375 Oct 7-28 W 7:00-8:00pm
 #177376 Nov 4-Dec 2 W 7:00-8:00pm
 Two Months: \$60
 #177380 Sep 1-Oct 27 T 6:00-7:00pm
 #177379 Sep 2-Oct 28 7:00-8:00pm

Dance – Triple Threat III

Age: 7-11yrs. This class is for experienced dancers. We will learn intermediate to advanced skills, concentrating on ballet, hip hop and jazz. This class will leave your child excited and fired all at the same time. This is a continuous program offered throughout the year beginning in September. We build upon our dance skills and end the year with an awesome recital in June. Class is taught by Mrs. Lala, owner of the Right Moves Dance.

Marsh Creek Park

One Month: \$36
 #178271 Sep 2-23 W 6:00-7:00pm
 #178272 Oct 7-28 W 6:00-7:00pm
 #178273 Nov 4-Dec 16 W 6:00-7:00pm
 Two Months: \$60
 #178274 Sep 23-Oct 28 W 6:00-7:00pm

Dance – Twinkle and Stomp

Age: 5-6yrs. Join us as we combine basic ballet moves with tap. Our little princesses will learn how to be graceful and stomp to the beat of their feet at the same time! This is a continuous program offered throughout the year beginning in September! We build upon our dance skills and end the year with an awesome recital in June. Class is taught by Mrs. Lala, owner of the Right Moves Dance. She has a BA degree in dance performance and technique.

Marsh Creek Park

One Month: \$36
 #177200 Sep 2-23 W 5:00-6:00pm
 #177201 Oct 7-28 W 5:00-6:00pm
 #177202 Nov 4-Dec 16 W 5:00-6:00pm
 Two Months: \$60
 #177205 Sep 2-Oct 28 W 5:00-6:00pm

Dance – Twirling Ribbons

Age: 4-7yrs. Kids love it! Colorful ribbon movements create hoops, loops, figures, floats, swirls and trains. Children learn fun dance steps that are short, easy to follow and beautiful to see! Instructor: Ms. Khadija (Coach K).

Laurel Hills Community Center – Course Fee: \$42
 #178869 Sep 5-26 Sa 1:00-1:45pm

Dance – Hip Hop Hype

Age: 6-8yrs. Get ready to have fun with the basics of modern day hip hop. Learn the latest dance moves while developing body strength, balance and confidence. Throughout the class you'll learn different combinations that will be put together for an end-of-course routine.

Hill Street Center – Course Fee: \$50

#177351 Sep 1-Oct 6 T 5:00-6:00pm
 #177352 Oct 13-Nov 17 T 5:00-6:00pm

Headbands and Scarves 101

Age: 10-14yrs. Join us and learn all the techniques for making your own headband or scarf. After just two hours you will leave with either a headband or scarf to take home. Please call ahead for a supply list. Preregistration is required.

Pullen Community Center – Course Fee: \$20
 #177851 Nov 7 Sa 10:00am-12:00pm

Music – Raleigh Children's Orchestra

Age: 6-13yrs. The Raleigh Children's Orchestra is a multilevel string orchestra for students in grades 1-7 who have played for six months or more. The orchestra provides a rare opportunity for young players to rehearse and perform in an ensemble setting. For those who are not yet proficient in reading music, parts are available with string names and finger numbers. More experienced players have more difficult parts and leadership opportunities. All will gain fluency in playing and ensemble skills. The semester ends with a free public concert. Students provide their own instruments, music stands and three-ring binders.

Director: Ilse Mann.

Sertoma Arts Center

Concert for Registered Students Only

#176739 Nov 19 Th 7:00-9:00pm
 Course Fee: \$150
 #176738 Sep 10-Nov 12 Th 6:15-7:30pm

New Art

Age: 5-7yrs. Delight your child's artistic side and help him or her become an artist. We will awaken your child's creativity with fun and exciting painting techniques. Each month we will develop a new technique and experiment with a different delivery of paint. Children will create their very own masterpieces.

Halifax Community Center – Course Fee: \$35

#178140 Sep 3-24 Th 4:00-5:00pm
 #178141 Oct 1-29 Th 4:00-5:00pm
 #178142 Nov 5-19 Th 4:00-5:00pm
 #178143 Dec 3-17 Th 4:00-5:00pm

Pottery – Fall Fancies: Decorating Seasonal Ornaments

Age: 5-10yrs. Leaf people, pumpkin pendants, artistic acorns! Children will take bisque decorations and beautify them with paint, markers, stencils and more! A parent or other adult must assist each child. Children will take their creations home the same day. Patty Merrell instructs.

Sertoma Arts Center – Course Fee: \$15
#178785 Sep 13 Su 2:00-3:30pm

Pottery – Handbuilding for Children

Age: 5-8yrs. Children work with real clay and learn various methods of constructing pottery, such as pinch, coil, and slab to form their own unique creations. Pieces will be glazed during the last class, so don't miss it! Students can pick up finished work after course is completed. Lynn Kurisko instructs.

Sertoma Arts Center – Course Fee: \$60
#178772 Sep 14-Oct 5 M 4:15-5:30pm
#178773 Sep 15-Oct 6 T 4:15-5:30pm

Pottery – Holiday Gifts by Young Potters

Age: 5-10yrs. Students will learn basic handbuilding techniques to create two unique holiday gifts: a funky plate or platter for goodies or snacks and an enclosed candle holder. Pieces will be decorated and glazed during the second class and left for firing. Finished pottery will be available for pickup the next week. No previous clay experience is necessary. Lynn Kurisko instructs.

Sertoma Arts Center – Course Fee: \$32
#178780 Nov 9-16 M 4:30-6:00pm
#178781 Nov 10-17 T 4:30-6:00pm
#178782 Nov 30-Dec 7 M 4:30-6:00pm
#178783 Dec 1-8 T 4:30-6:00pm

Pottery – Intergeneration Clay Workshop

Age: 6-11yrs. Share in the fun of handbuilding with your child! Come to the pottery studio at Pullen and support your child as you both make original ornamental and functional works in clay. Learn a little about clay while you learn a little about your child and the creative process! Projects will be glazed and fired after the class for pickup at a later date. Please register child only; one caregiver must attend with each child. Instructor: Emily Malpass. (2 sessions)

Pullen Arts Center – Course Fee: \$50
#177154 Oct 1-8 Th 6:00-8:00pm
#177155 Nov 5-12 Th 6:00-8:00pm

Pottery – Parent/Child Handbuilding

Age: 5-12yrs. This is a hands-on class where parents, grandparents or other caregivers assist their children in making clay projects including pinch pots, coil building and slab work. After all projects are made, they will be fired and glazed. Clay is an amazing and tactile substance the child uses to create his or her artwork. Come and enjoy spending time with your child creating. Parents will be able to pick up the finished

pieces a week after the class is over. Lynn Kurisko instructs.

Sertoma Arts Center – Course Fee: \$60
#178774 Sep 23-Oct 14 W 6:00-7:30pm

Pottery – Snowflake Plate and Decoration

Age: 5-10yrs. Snowflakes! Children will create snowflake-themed clay decorations including a small plate and ornament. They will decorate with stamps and underglaze. The items will be left at Sertoma for a bisque firing, a coat of clear glaze will be applied, and the pieces will be fired again. Items will be ready for pick-up two weeks later. Patty Merrell instructs.

Sertoma Arts Center – Course Fee: \$20
#178794 Nov 15 Su 2:00-3:30pm

Pottery – Workshop: Let's Decorate Clay Winter Ornaments

Age: 5-10yrs. Children will be able to take bisqued winter ornaments and decorate them with glitter, markers, paint and more! We will have snowmen, snowflakes and gingerbread men, as well as blank tiles for children to make their own designs. Because the clay has been fired, the children will be able to take their creations home with them the same day. Patty Merrell instructs.

Sertoma Arts Center – Course Fee: \$15
#178784 Dec 6 Su 1:45-3:15pm

Saturday Sewing Jr.

Age: 11-17yrs. Sewing lessons for young people (middle and high school age) who want to learn how to construct an item from a simple pattern that has been preselected. You will learn about patterns, needles, fabric and how to use a sewing machine. Class cost does not include material.

Biltmore Hills Community Center – Course Fee: \$30
Middle and High School
#178837 Oct 31-Nov 21 Sa 10:00-11:00am

SIY: Sew it Yourself, Ornament Making

Age: 10-14yrs. Join us on a wonderful Saturday in December to sew it yourself and make your own ornament. All supplies will be provided, and students will take home their own ornaments. Preregistration is required.

Pullen Community Center – Course Fee: \$20
#177915 Dec 5 Sa 10:00am-12:00pm

Teen

Apparel for Teens I

Age: 10-14yrs. This class is an introduction to the wonderful world of sewing. You will learn how to use a sewing machine, and each student will be working on a personalized project. This class will also teach you the skills you need to sew on your own. Beginner and intermediate levels are welcome. Please call the center for a supply list and a detailed class description.

Pullen Community Center – Course Fee: \$35
#176481 Nov 3-24 T 6:00-7:30pm

Dance Fusion

Age: 13-17yrs. Have you always wanted to take a dance class but didn't know what style to choose? Now you don't have to! Dance fusion is a high energy dance class that gives teens an introduction to tap, hip hop and the techniques of turns and leaps. The class is designed for beginners and those with up to three years of experience who are looking to let loose, be creative and bring out their inner dancer.

St. Monica Teen Center – Course Fee: \$20
#178766 Sep 8-29 T 5:00-6:00pm

Dance – Lyrical and Hip Hop

Age: 12-16yrs. So you think you can dance? Or at least are you eager to learn? This is the class for you, whether you are a beginner or advanced dancer. We will explore lyrical through contemporary music suiting ballet fundamentals, with a hint of jazz-modern fusion! We'll even add a little swag and turn the tables on the dynamics of break dance, pop 'n' lock and creativity in hip hop. This is a continuous program offered throughout the year beginning in September. We build upon our dance skills and end the year with an awesome recital in June. Class is taught by Mrs. Lala, owner of the Right Moves Dance.

Marsh Creek Park
One Month: \$36
#178228 Sep 1-22 T 7:00-8:00pm
#178229 Oct 6-27 T 7:00-8:00pm
#178230 Nov 3-Dec 15 T 7:00-8:00pm
Two Months: \$60
#178233 Sep 1-Oct 27 T 7:00-8:00pm

Painting – Beginning Acrylics for Teens

Age: 12-16yrs. Join working artist Karen Santrock as you begin your journey into the wonderful world of acrylic painting. Learn basic techniques of working with acrylics. We will also explore the art of color mixing, paint application and composition. Supply list is available on Sertoma's homepage.

Sertoma Arts Center – Course Fee: \$84
#177826 Sep 15-Oct 20 T 4:30-6:30pm

Painting – Continuing Acrylics for Teens

Age: 12-16yrs. Bring out the tools you learned to use in a beginning acrylic painting class and develop your own artistic voice. Become a master of your composition, be it landscape, portrait, still life, surrealism, impressionism or abstract. Individual feedback and class critique offered weekly. This class is for anyone who has taken an acrylic painting class. Must come with own supplies. Karen Santrock instructs.

Sertoma Arts Center – Course Fee: \$84
#177835 Nov 10-Dec 15 T 4:30-6:30pm

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Painting – Portraits for Teens

Age: 11-15yrs. This fun and exploratory class will focus on the human face in portraiture. We will cover in detail the proportions of the face and the placement of the eyes, nose, mouth, ears and hair. We will also discuss color choices and color mixing. Realism is an option, but not required! Many famous portraits throughout history have been painted expressions of people, so anything goes! Bring a photo or picture to work from. Supply fee of \$12 is due to instructor at the beginning of class. Instructor: Rebecca Rousseau. (1 session)
Pullen Arts Center – Course Fee: \$38
#176214 Oct 24 Sa 10:30am-2:30pm

Photography – Digital Photography 1 for Teens

Age: 13-18yrs. This six-week course will teach you how to better capture people, places, things, nature and events with your digital camera. We will learn how to combine the artistic elements of composition with the technical aspects of photography to take great pictures and how to finish the process in the digital dark room. Learn photo composition (how to design a picture with the end results in mind), camera functions (aperture, shutter speed, ISO, white balance, etc.), and digital dark room and workflow (finishing well, using Picasa). Supply list available on Sertoma's webpage. Denise Myers instructs.

Sertoma Arts Center – Course Fee: \$80
#177262 Sep 16-Oct 21 W 4:15-6:15pm

Photography – Digital Photography 2 for Teens

Age: 13-18yrs. This six-week course will continue where beginning digital photography left off. We dig deeper into the artistic elements of composition, technical aspects of photography and polishing the image in the digital dark room. Supply list available on Sertoma's webpage. Denise Myers instructs.

Sertoma Arts Center – Course Fee: \$80
#177263 Nov 4-Dec 23 W 4:15-6:15pm
no class Nov 11 and 25

Pottery – Teen Beginning and Intermediate Wheel

Age: 12-16yrs. Hey teens! If you're new to clay or if you have taken a wheel class before, this class is for you. Beginning students will learn the basics of wheel throwing, including wedging, centering, and making small pots! Intermediate students will learn how to pull clay taller, use larger amounts to make bigger objects and attach handles, knobs and feet. (This class does not qualify students for a studio card.) All supplies included. Instructor: Anne Terry. Four sessions.

Pullen Arts Center – Course Fee: \$75
#178815 Oct 26-29 M-Th 4:30-6:30pm



Pottery – Wheel Throwing for Teens

Age: 12-16yrs. Teens learn the basics of throwing pots on the potter's wheel. Class time includes throwing demonstrations followed by practice time on the wheel. Students work at their own level, so all teens are welcome! Class ends with glazing all pots for firing, which can be picked up by the students after class has ended. This class does not qualify participants for a studio card. Joan Walsh instructs. (6 sessions)

Sertoma Arts Center – Course Fee: \$80
#178779 Sep 23-Oct 28 W 4:15-6:15pm

Adult

Art – Mixed Media

Age: 18yrs and up. Students will use several art mediums and combine them to make new art or to breathe new life into abandoned paintings. We will work with watercolor, gouache or acrylic as a base and use pen and ink or colored pencil to enhance, detail or add texture. We will also look at working over old abandoned paintings to create something new. Supply list can be found on Sertoma's home page. Kate Lagaly instructs.

Sertoma Arts Center – Course Fee: \$84
#176863 Oct 21-Dec 9 W 10:00am-12:30pm
no class Nov 11 and 25

Art – Workshop: An Introduction to Creative Journaling

Age: 11yrs and up. The practice of journaling is a key component of many creative lives. Journaling is a way of communicating with your inner self, exploring your emotions, harnessing your creativity, keeping a record of your experiences and ideas and more. In this workshop, we'll explore what makes a creative journal different from a daily writing journal or sketchbook, why you benefit and how to start and maintain a commitment to journaling. Let's get your personal party started! Supply list available on Sertoma's homepage. Suzanne McDermott instructs.

Sertoma Arts Center – Course Fee: \$60
#176884 Oct 7 W 6:30-9:00pm

Art – Workshop: Create a Vision Board

Age: 16yrs and up. Making a vision board is one of the best (and most fun) ways to understand yourself better and to set an intention. In this workshop, we'll browse, cut and paste our way to more clarity about who we are and what we want. Come to the workshop with curiosity, an open mind and—if you have one—an intention. If you're not clear on an intention, you can let your intuition be your guide through our process in the workshop. Bring a piece of stiff cardboard about 11' x 14', a glue stick,

scissors, a few markers and a magazine or two. We'll have extra materials on hand to supplement what you bring. Suzanne McDermott instructs.

Sertoma Arts Center – Course Fee: \$60
#176906 Oct 14 W 6:30-8:30pm

Art – Workshop:

Creative Work with Essential Oils

Age: 16yrs and up. When we think of creativity, we usually think about practices involving the senses of sight, sound, touch and taste. But what about the sense of smell? After a brief introduction about how we interact with and are affected by aromas, we explore how using essential oils of the plant world can promote and enhance our individual creative processes. Prepare to be surprised and delighted! Come with questions and bring your nose, a notebook and pen. Handouts will be available. All materials included. Go home with your own blend! Suzanne McDermott instructs.

Sertoma Arts Center – Course Fee: \$60
#176874 Sep 30 W 6:30-8:30pm

Art – Criticism of Work in Progress

Age: 18yrs and up. Students bring one piece of work currently in progress, in any medium, for critique. Emphasis will be on paintings and drawings, but sculpture may be included. Ben Williams instructs.

Jaycee Community Center – Course Fee: \$75
#178892 Oct 5-Nov 23 M 1:00-3:30pm

Ballroom Dance

Age: 16yrs and up. Have fun at social events by learning five or more of these popular ballroom dances: swing, foxtrot, rumba, cha-cha, hustle, waltz and tango. This course introduces basic steps, timing and rules of the dance floor. The final week is a brief review, followed by a mini dance party where you can test your skills and get personal help.

Greystone Community Center – Course Fee: \$60
#178318 Sep 11-Oct 16 F 6:00-7:00pm
#178319 Nov 6-Dec 18 F 6:00-7:00pm

Bookmaking – Headbands for Books

Age: 16yrs and up. Hand-sewn headbands with cord and silk or waxed linen are a lovely way to add structure and ornament to handmade books. We'll bind three books using the French-link method and then explore a different hand-sewn headband for each one before covering them with a hardcover case. A supply fee of \$35 is payable to the instructor at the first class.

Instructor: Kathy Steinsberger. (6 sessions)
Pullen Arts Center – Course Fee: \$94
#177922 Sep 25-Oct 30 F 9:30am-12:30pm

Bookmaking – More Pop-ups!

Age: 16yrs and up. Pop-ups are a delightful way to extend imagery and the written word into dimensionality and movement. We'll explore design and content through hand-drawn sketches, collage and stamp printing paired with the geometry of four basic pop-

up structures: box pop-ups, triangle pop-ups, platforms and props. Then we'll make a series of cards that will be bound into a drum-leaf book with a hard cover. A supply fee of \$15 is payable to the instructor at the first class. Instructor: Kathy Steinsberger. (6 sessions)

Pullen Arts Center – Course Fee: \$94
#177917 Nov 3-Dec 15 T 6:00-9:00pm

Bookmaking – The Printed Book

Age: 16yrs and up. In this fun class we'll make a series of prints using polyester plate lithography, then create an edition of handmade books with content. Using line drawings, washes, sketches, photographs or copyright-free imagery, students will experiment with color and design while creating an edition of prints. Students will then form these prints into a handmade book using the drum-leaf binding, an accordion style or both. A supply fee of \$40 is payable to the instructor at the first class. Students should bring an apron, latex glove, and ideas for content for their books. Instructor: Kathy Steinsberger. (6 sessions)

Pullen Arts Center – Course Fee: \$94
#177809 Sep 16-Oct 21 W 6:00-9:00pm

Dance – Merry Mixers Square Dance

Age: 18yrs and up. The Merry Mixers of Raleigh is an Advanced Level (A1/A2) square dance club. We meet at the Brentwood Community Center every Wednesday from 7:30-10:00pm. We normally don't dance on the 5th Wednesday of a month.

**Brentwood Park
Merry Mixers**

#178561	Sep 2-30	W	7:00-10:00pm
#178562	Oct 7-28	W	7:00-10:00pm
#178563	Nov 4-18	W	7:00-10:00pm
#178564	Dec 2-30	W	7:00-10:00pm

Dance –

Raleigh International Folk Dancers

Age: 16yrs and up. Exercise, socialize and learn the joy of dancing with music from many world cultures. The Raleigh International Folk Dancers teach newcomers through a basic vocabulary workshop and dances. Previous cultural dance styles include Polish, Turkish, Israeli, Romanian and Bulgarian. Membership dues are \$1 per person per meeting. No registration is necessary. Classes are held at Glen Eden Pilot Park, 1500 Glen Eden Drive.

Glen Eden Park – Course Fee: \$1
#178959 Sep 4-25 F 6:00-10:30pm
#178960 Oct 2-30 F 6:00-10:30pm
#178961 Nov 6-27 F 6:00-10:30pm
#178962 Dec 4-18 F 6:00-10:30pm

Drawing –

Basic Drawing Techniques Part 1

Age: 16yrs and up. This class is for beginners and those who need a refresher. Explore contour, proportion, shape, form, value, space and perspective. A drawing course is recommended before any painting course. This will provide a great foundation. Supply lists are available on Sertoma's

webpage. Chelsea Brown instructs.

Sertoma Arts Center – Course Fee: \$84
#177264 Sep 18-Oct 23 F 9:30am-12:00pm

Drawing – Basic Drawing Techniques Part 2

Age: 16yrs and up. This class is for students who have taken a basic drawing class. Students will explore value, style, space, texture and portraiture. Supply lists are available on Sertoma's webpage. Chelsea Brown instructs.

Sertoma Arts Center – Course Fee: \$84
#177266 Nov 6-Dec 18 F 9:30am-12:00pm
no class Nov 27

Drawing – Beginning

Age: 16yrs and up. The definition of the word 'drawing' is 'the act of making marks on a picture plane.' So if you can write your name, you can draw. Students will learn drawing techniques, such as contour, positive/negative space and value and experiment with drawing materials, such as pencils, sharpies, charcoal, ink and conte. Students will draw natural and man-made objects and learn to break down complicated subjects into basic shapes. We will explore a variety of exercises and reference master drawings. This course provides a good foundation for all art classes. Supplies list provided upon registration. Instructor: Sue Soper. (6 sessions)

Pullen Arts Center – Course Fee: \$85
#176210 Sep 21-Oct 26 M 6:30-9:00pm

Drawing – Continuing Drawing

Age: 16yrs and up. This class will help bridge the gap between beginning drawing and painting. We will explore techniques that build on your drawing foundation. We will review drawing techniques in charcoal and graphite, focusing on composition and perspective. Shading and texture will be developed through a mixture of media. Exercises will include the addition of ink washes to drawings. A supply list will be provided upon registration. Instructor: Autumn Cobeland. (5 sessions)

Pullen Arts Center – Course Fee: \$75
#177167 Nov 9-Dec 14 M 7:00-9:30pm

Drawing – Draw The Human Form

Age: 16yrs and up. The human form is complex, but this course is designed to break it down into simpler planes, forms and masses. Students will learn proportion and structure while working from a live model. Many different exercises and various application techniques will be demonstrated using graphite, charcoal, and, yes, even the eraser. This class is very structured and will start in a timely manner each week to use the model's time most efficiently. Previous drawing experience is required, and students should bring their own supplies. Supply list is available on Sertoma's homepage. Leslie Pruneau instructs.

Sertoma Arts Center – Course Fee: \$84
#176956 Sep 17-Oct 22 Th 6:30-9:00pm

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Drawing – Drawing and Painting with Colored Pencil

Age: 16yrs and up. Take your drawings to a colorful new level by applying colored pencil. You will learn the basic techniques of layering colors to achieve varied effects in this introductory course. With colored pencil you can produce light tones or deep, richly detailed paintings. This medium allows for control, portability and variety. Students will be able to complete a small drawing/ painting during the six-week course. All skill levels are accepted. Supply list is available on Sertoma's homepage. Instructor is a member of the Colored Pencil Society of America. Dottie Miller instructs.

Sertoma Arts Center – Course Fee: \$84
#176951 Sep 15-Oct 20 T 10:00am-12:30pm

Drawing – Drawing with Expression

Age: 16yrs and up. The definition of the word 'gestural' is the act of making marks on a picture plane that capture the quick expressions of various subjects. Subjects will include still life to start, but we will mostly concentrate on expressive faces as well as break down faces to individual parts. Students will use various drawing materials to capture the overall movement of the subjects. Line quality will be explored as well as referencing the expressionists and master drawings. Supply list will be provided upon registration. Instructor: Sue Soper. (6 sessions)

Pullen Arts Center – Course Fee: \$85
#176195 Oct 30-Dec 4 F 10:00am-12:30pm

Drawing – Workshop: Basic Drawing

Age: 16yrs and up. Drawing is a wonderful way to explore the beauty of your everyday experience. Many people are afraid to draw, mostly because they think they will fail or are afraid of what others will think. There is no failure in trying. It's not about the drawing, it's about seeing what you are drawing. Whether you say that you can't draw a stick figure or want to brush up your rusty drawing skills, join this supportive, encouraging introductory class. You'll learn to see better and discover that, yes, you can draw! Supplies are included. Suzanne McDermott instructs.

Sertoma Arts Center – Course Fee: \$60
#176872 Sep 16 W 6:30-9:00pm

Drawing – Workshop: The Nature of Drawing

Age: 10-14yrs. This drawing workshop, designed for beginners, explores nature through art and storytelling with artist and naturalist Preston Montague. Students will learn the fundamentals of drawing while sharpening their observation skills, vocabulary and natural science literacy. The workshop will teach drawing techniques, explore creative writing and practice presentation skills focusing on plants, animals and landscapes of North Carolina.

The workshop is created for students with little or no drawing background, but students with more experience will certainly find it rewarding! Supplies included.

Sertoma Arts Center – Course Fee: \$80
#177251 Sep 26-Oct 10 Sa 1:00-5:00pm
no class Oct 3
#177252 Nov 7-14 Sa 1:00-5:00pm

Drawing – Zentangle for Beginners

Age: 10yrs and up. The Zentangle art method is an easy-to-learn, relaxing and fun way to create beautiful images by drawing structured patterns. Almost anyone can use it to create beautiful images. It increases focus and creativity and provides artistic satisfaction along with an increased sense of personal well-being. The Zentangle method is enjoyed all over the world across a wide range of skills, interests and ages. With the Zentangle method, anyone can create beautiful images from repetitive patterns. It is easy to learn and easy to do. Materials fee of \$20 is due at first class and includes all supplies needed. Cathy Dills instructs.

Sertoma Arts Center – Course Fee: \$84
#176953 Sep 19-Oct 31 Sa 10:00am-12:30pm
no class Oct 3

Education – The Artist's Way

Age: 22yrs and up. If you'd like to tap into your creative, intuitive side and explore what's next for you, the Artist's Way can show you a new way of thinking that can open up exciting new paths. Whether you are an aspiring artist or a working artist, have a specific goal in mind or would like to discover what's possible at this time in your life, you'll find this group of like-minded people to be supportive and the class transformational! The process is designed to expand your creative and personal interests, increase your confidence, overcome your blocks and transform your relationship with your inner critic. And it's fun! Class members also enjoy connecting and making new friends. Visit The Artist's Way Raleigh on Facebook. Class supply fee of \$7 is payable to the instructor at first class. Bring your copy of 'The Artist's Way' and a journal for daily entries. Marlene Pelligrino instructs.

Sertoma Arts Center – Course Fee: \$120
The Artist's Way Part I
#177249 Sep 22-Oct 27 T 1:00-3:00pm
#177250 Nov 3-Dec 8 T 1:00-3:00

Fibers – Batik on Silk

Age: 12yrs and up. It's time to create a handmade gift to give (or keep) for the holidays! In this series of classes, you'll get more comfortable with designing on silk using batik techniques. No batik experience is needed. You will learn the traditional tjanting tool as well as a variety of other improvised tools for applying wax. The instructor will prepare the primary colors of fiber-reactive dye for your use during class. Each student will initially create a test handkerchief size and then develop an 8' x 54' scarf. Wear clothing that you do not

mind getting stained. Material fee of \$15 is due at first class. Additional scarves will be available for purchase. Kim Kirchstein instructs.

Sertoma Arts Center – Course Fee: \$75
#178764 Nov 9-23 M 6:30-9:00pm

Fibers – Feathers, Fins, and Fur in Shibori

Age: 16yrs and up. Creating texture in drawing and painting is usually suggested through line or brushstroke. However, in Shibori, the effect is through cloth shape or form. Using a limited palette in indigo and white, students will create various textures on cloth to convey their imagery in an environment. Students will bring photos or images for reference. Students should bring small embroidery-type scissors, needles, aprons or appropriate studio dress and dishwashing-type gloves. Some cloth and tools will be provided. A \$30 supply fee will be paid to the instructor in the first class. Instructor: Susan O. Fennell. (4 sessions)

Pullen Arts Center – Course Fee: \$65
#177850 Oct 13-Nov 10 T 6:00-8:30pm

Fibers – Intro to Batik on Silk

Age: 12yrs and up. In this class, you'll learn the basics of batik on silk, using soy wax and fiber-reactive dyes. You will learn the traditional tjanting tool, as well as tools for applying wax. The instructor will prepare the primary colors of fiber-reactive dye for your use during class. Each student will create two or three silk handkerchiefs, as time allows. (Time constraints may require finishing/washing and may require the instructor to mail your final scarf to you within 72 hours after class.) Wear clothing that you do not mind getting stained. Kim Kirchstein instructs.

Sertoma Arts Center – Course Fee: \$40
#178763 Sep 15-22 T 6:30-9:00pm

Glass – Fusing and Slumping Open Studio

Age: 16yrs and up. Open studio time allows you to work on fused glass projects and collaborate with your fellow glass artists! Students must have at least a beginner's understanding of glass fusing prior to joining the this class. The instructor will be on site and available during open studio hours, but there will be no formal lessons during this class. All glass used in this class must be Bullseye brand fusible COE90 glass. Students will have access to some frit and molds, but all other supplies must be purchased by the student. Prerequisite: any fusing/slumping class at the Pullen Arts Center. Instructor: Melanie Stoer. (5 sessions)

Pullen Arts Center – Course Fee: \$98
#176186 Nov 10-Dec 8 T 6:30-9:00pm

Glass – Intro to Fused Glass

Age: 16yrs and up. This course will introduce you to the exciting art of warm glass fusing and slumping. Students will use Bullseye brand art glass, stringers, powders

and frit to create tiles and small dishes. Instruction will cover all the basics of warm glass, glass compatibility, annealing and slumping. After students' designs are fused in a kiln, they will learn to use molds for slumping, the controlled bending or sinking of glass to add shape and function. The results will be small plates, platters and bowls. Students will purchase glass for projects at class (starting at approximately \$30, depending on the size and number of projects). Students should also plan to bring or purchase a microfiber towel for the class. Instructor: Melanie Stoer. (5 sessions)
Pullen Arts Center – Course Fee: \$98
 #176187 Sep 29-Oct 27 T 6:30-9:00pm

Jewelry – Beading and Wire Wrapping for Beginners

Age: 16yrs and up. Learn how to string and crimp in the first class and how to crimp two different ways. In the second class, you will make single- and double-wrapped loops with wire and beads and learn how to attach them directly to the chain as well as how to attach them using jump rings. In the third class, you will make simple loops with wire and beads and learn how to attach them directly to each other. You will also learn how to attach them using jump rings. In the fourth class, you will make a bangle bracelet almost completely out of wire, learn how to make the core of a bracelet with wire, coil wire and make your own hook and S clasp. In the last two classes, you will learn how to make your own findings, including eye pins and earring wires, and incorporate beads to make a bracelet. You will leave each class with a finished project that you designed, except for those involving techniques that require more than one class. Jewelry kits are available upon request. (Notify Sertoma of request at least two weeks before the start date of course.) Kits vary in price and materials. Jewelry kit information and class supply list are available on Sertoma's home page. Elizabeth Strugatz instructs.
Sertoma Arts Center – Course Fee: \$96
 #178765 Sep 17-Oct 22 Th 6:30-8:30pm

Jewelry – Beginning Metal

Age: 16yrs and up. Design and construct earrings, pins, pendants, charms or other small objects and tokens in this basic metalworking class. Students will learn to saw, file, hammer and solder wire and sheet metals to create individual projects. Students purchase silver for projects. (Orders are taken at first class for approximately \$30.) Optional jewelry kits will be available for \$25. The kit will provide each student with solder, sawblades, drill bit, sandpaper and a small amount of copper to get started on projects. Instructor: Betty McKim, Sarah West, Amy Veatch, or Sayer Brosnahan. (6 sessions)

Pullen Arts Center – Course Fee: \$104
 #177157 Sep 21-Oct 26 M 7:00-9:30pm
 #177158 Sep 15-Oct 20 T 10:00am-12:30pm
 #177159 Oct 6-Nov 10 T 7:00-9:30pm

Jewelry – Chain-making and the Fabricated Clasp

Age: 16yrs and up. This class will begin to dissect the process of chain making and hand fabricated clasps. Students will begin work on a few simple clasps and chain samples as they develop and complete a personalized necklace with a handmade ball or tube clasp. Prerequisite: Beginning and Continuing Jewelry. Instructor: Sarah West. (6 sessions)

Pullen Arts Center – Course Fee: \$104
 #177170 Oct 28-Dec 16 W 7:00-9:30pm

Jewelry – Continuing Enameling

Age: 16yrs and up. This class continues where Beginning Experiments in Color leaves off. Working with more advanced enameling techniques, students will explore and develop their knowledge while working on individual projects. We will cover metal etching and how we can use it with enamels, alternative processes in enamels, settings for enamels and wet packing. Open studio hours will be available 5:00-9:00pm Thursdays following each class. Instructor: Sarah West. (6 sessions)

Pullen Arts Center – Course Fee: \$130
 #177163 Sep 16-Oct 22 W-Th 6:30-9:30pm

Jewelry – Enameling on Three Dimensional Forms

Age: 16yrs and up. Learn how to add color and dimension to your jewelry pieces. Students will create beads and other three-dimensional forms using techniques, including dapping, die forming, fold forming and shell forming. Use of eutectic solder will be demonstrated. We will explore enameling on three dimensional surfaces as well as metal texturing techniques. Learn how to create a rich color surface by layering transparent and opaque enamels and experimenting with firing techniques, including overfiring and sugarfiring enamels. Previous metalworking experience is helpful, but all levels are welcome. Instructor: Kathryn Osgood. (2 Sessions)
Pullen Arts Center – Course Fee: \$120
 #177582 Nov 14-15 Sa-Su 9:00am-4:00pm

Jewelry – Enameling Open Studio for Studio Card Holders

Age: 16yrs and up. This is an open studio for those who have a current studio card and have taken enameling classes at Pullen Arts Center. This class will provide kiln use and use of the essentials, such as klyr fire, grinders, base white, clear flux and a limited palette of colors. It is recommended that you bring your own lead-free enamels. During the open studio, you will have access to torch firing in the jewelry studio with one of the designated torches. This is a self-guided, noninstructional class. This is a great class to finish up projects you may have started in classes or workshops but didn't have time to complete. It also provides an excellent time to practice skills and techniques you have learned while creating a special enamel

piece of jewelry. (1 session)

Pullen Arts Center – Course Fee: \$15
 #177171 Sep 24 Th 1:00-4:00pm
 #177569 Oct 1 Th 1:00-4:00pm
 #177570 Oct 8 Th 1:00-4:00pm
 #177571 Oct 15 Th 1:00-4:00pm
 #177572 Oct 22 Th 1:00-4:00pm
 #177573 Oct 29 Th 1:00-4:00pm
 #177574 Nov 5 Th 1:00-4:00pm
 #177575 Nov 12 Th 1:00-4:00pm
 #177576 Nov 19 Th 1:00-4:00pm
 #177577 Dec 10 Th 1:00-4:00pm
 #177578 Dec 17 Th 1:00-4:00pm

Jewelry – Hydraulic Press Class

Age: 16yrs and up. Learn how to emboss, raise metal and make hollow forms while maintaining surface embellishment.

Prerequisite: Beginning Jewelry at Pullen Arts. Silver ordered at first class (approximately \$30). Instructor: Amy Veatch. (6 sessions)

Pullen Arts Center – Course Fee: \$104
 #177164 Oct 30-Dec 11 F 10:00am-12:30pm

Jewelry – Intermediate/Advanced Wire Wrapping

Age: 16yrs and up. In the first class, you will learn to cage beads with wire and make your own hook and clasp, leaving with a finished bracelet. In the second class, you will learn to wire and wrap individual and multiple beads to make a necklace or bracelet. In the third and fourth classes, you will learn to make core wire components, which serve as the core of a bracelet or necklace to which you can attach charms or bead dangles. You will also learn to make wire components and beads out of wire that you can attach to the core or incorporate into any piece of jewelry. You will leave the fourth class with a finished bracelet. In the last two classes, you will learn to make a continuous figure eight out of one piece of wire and to weave beads onto this base for a beautiful, finished look. You will learn to make your own hook, different from the first, and you will leave the last class with an infinite bracelet. Jewelry kits are available upon request. (Notify Sertoma of request at least two weeks before start date of course.) Kits vary in price and materials. Jewelry kit information and class supply list are available on Sertoma's home page. Elizabeth Strugatz instructs.

Sertoma Arts Center – Course Fee: \$96
 #178767 Nov 5-Dec 17 Th 6:30-8:30pm
 no class Nov 26

Jewelry – Link Bracelets and Settings

Age: 16yrs and up. In this continuing metals class we will create our own link bracelets with a few different setting techniques. We will explore different ways to embellish our links and then learn to solder them together into a finished bracelet or necklace. This class will cover some project planning, textures, soldering techniques and bezel and tube settings. Prerequisite for this class is

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a Beginning Metals Class. Instructor: Sayer Brosnahan. (6 sessions)

Pullen Arts Center – Course Fee: \$104
#177162 Oct 28-Dec 16 W 10:00am-12:30pm

Jewelry – Metal Continuing

Age: 16yrs and up. Continue to expand your skills working independently and on assigned projects to further your knowledge of jewelry techniques. Explore methods of stone-setting and hollow-form construction. Silver supplies are ordered at the first class for approximately \$30. Optional kits will be available for \$25. The kits will provide each student with solder, sawblades, drill bit, sandpaper and a small amount of copper to get started on projects. Prerequisite: Beginning Metal Jewelry at Pullen Arts. Instructors: Betty McKim, Amy Veatch, Lillian Jones or Sayer Brosnahan. (6 sessions)

Pullen Arts Center – Course Fee: \$104
#177160 Nov 2-Dec 7 M 7:00-9:30pm
#177161 Oct 27-Dec 1 T 10:00am-12:30pm

Jewelry – Open Studio Thursday

Age: 16yrs and up. This is a new class that will allow you to focus on designing and creating jewelry at your own pace. Based on the skills you have, you will receive instruction and guidance for use of tools and techniques that will help you create individual projects. Experimentation and exploration will be determined by the projects and ideas provided by the class. Basic jewelry making skill is required. Instructor: Betty McKim. (6 sessions)
Pullen Arts Center – Course Fee: \$90
#177579 Sep 24-Oct 29 Th 10:00am-12:30pm

Jewelry – Prongs and Tabs

Age: 16yrs and up. This workshop for participants of all levels will introduce techniques for incorporating stones, found objects and key elements into jewelry and metal objects using prong and bezel setting techniques and also trapping methods. Students will learn how to embellish a jewelry vocabulary and incorporate a diverse visual language within their work. Instructor: Laura Wood. (2 sessions)
Pullen Arts Center – Course Fee: \$150
#177165 Oct 24-25 Sa-Su 9:00am-4:00pm

Jewelry – Soldering Intensive

Age: 16yrs and up. Students will have the opportunity to concentrate on soldering. They will practice sweat soldering, soldering wire, butt-joint soldering and perpendicular solder joints and will make one project with several different solder joints in it. Instructor: Amy Veatch. (4 sessions)
Pullen Arts Center – Course Fee: \$70
#177166 Nov 17-Dec 8 T 7:00-9:30pm

Jewelry – Stone Setting Intensive

Age: 16yrs and up. This is a chance to dedicate a whole weekend to honing your stone-setting skills. The class will cover several types of stone setting, including tube setting, flush setting, prong setting and bezel

setting. You will be shown each technique and given the time to practice each one. We will also cover how to make a tool or two that will assist in the process. The instructor will assemble kits for the course, including stone-setting burs, bezel wire, tubing, practice stones and other materials needed. Kits are \$20. Instructor: Tim Lazure. (2 sessions)
Pullen Arts Center – Course Fee: \$120
#177580 Dec 12-13 Sa-Su 9:00am-4:00pm

Jewelry – Variations in Form

Age: 16yrs and up. This workshop will cover the ins and outs of successful matrix die practices. While creating only one or two dies, we will push the limits of each to see how many potential variations we can achieve. Plan to approach a single die from many angles. Embossing, simple fold-forming and texture techniques will be discussed. Instructor: Erica Stankwytch Bailey. (2 sessions)
Pullen Arts Center – Course Fee: \$120
#177581 Sep 19-20 Sa-Su 9:00am-4:00pm

Jewelry – Workshop: Crocheting with Wire and Beads

Age: 16yrs and up. Did you know that you can crochet with wire and beads? Once you learn this technique, you will be able to crochet beautiful necklaces, bracelets and earrings that you design! You will be limited only by your own imagination. You will leave this workshop with a beautiful wire crocheted bracelet that you designed. Jewelry kits are available upon request. (Notify Sertoma of request at least two weeks before start date of workshop.) Kits vary in price and materials. Jewelry kit information and class supply list are available on Sertoma's home page. Elizabeth Strugatz instructs.
Sertoma Arts Center – Course Fee: \$65
#178768 Oct 10-11 Sa-Su 12:30-4:30pm



Jewelry – Workshop: Doming, Stamping and Cold Connecting

Age: 16yrs and up. If you love to make jewelry with wire and beads, then learning how to make jewelry with sheet metal is a natural progression! Warning: Once you learn these techniques, you are likely to become addicted and the design possibilities are infinite! In this workshop, you will learn how to cut sheet metal with tin snips, file it, dome/dap it, stamp and texture it and connect charms to it without using heat. You will learn how to make your own hook and clasp, and you will leave this class with a finished bracelet that you designed! Jewelry kits are available upon request. (Notify Sertoma of request at least two weeks before start date of workshop.) Kits vary in price and materials. Jewelry kit information and class supply list are available on Sertoma's home page. Elizabeth Strugatz instructs.
Sertoma Arts Center – Course Fee: \$65
#178770 Dec 19-20 Sa-Su 12:30-4:30pm

Jewelry – Workshop: Wire Weaving Around a Cabochon

Age: 16yrs and up. If you love the way cabochons look when they are wrapped with wire and beads, then this workshop is for you! You will learn a nontraditional way to wire wrap a cabochon using a wire-weaving technique. You will also learn to weave additional wire and small beads into the wire for an intricate, delicate and beautiful finished look! You will leave this workshop with a finished wire-wrapped cabochon that you designed and can use as a pendant on a necklace of your design. Jewelry kits are available upon request (Notify Sertoma of request at least two weeks before the start date of workshop.) Kits vary in price and materials. Jewelry kit information and class supply list are available on Sertoma's home

page. Elizabeth Strugatz instructs.

Sertoma Arts Center – Course Fee: \$65

#178769 Nov 14-15 Sa-Su 12:30-4:30pm

Mat Cutting – Mat Cutting Basics

Age: 15yrs and up. Learn basic mat design and cutting and qualify to use our C&H professional mat cutter. Also learn how to wire a frame for hanging and shrink wrapping. You will design and cut a single mat and learn how to cut a double mat.

You must bring a photo or artwork (up to 11' x 14') to mat. A \$20 materials fee, payable to the instructor, includes all items you need to mat and mount one or two pieces. Leatha Koefler instructs.

Sertoma Arts Center – Course Fee: \$40

#177248 Nov 5 Th 6:30-9:30pm

Music – Beginning Guitar

Age: 8-80yrs. Students will learn proper tuning, playing position and musical symbols. The class will also cover notes in first position and various open chords. We will offer instruction in picking, strumming and rhythms through eighth notes. Students will apply these concepts to various songs presented in the book. Bring your guitar (acoustic or electric with amp) and the instructional book 'Hal Leonard Guitar Method Book 1' with CD. Billy Kaiser instructs.

Sertoma Arts Center – Course Fee: \$95

#177840 Sep 14-Oct 19 M 6:30-7:30pm

#177844 Nov 9-Dec 14 M 6:30-7:30pm

Music – Guitar: A Blues Workshop – Improve Your Improv

Age: 8-80yrs. This 90-minute improvisational workshop is designed for intermediate to advanced guitar students. It will cover pentatonic scale patterns used to solo over blues, rock and pop songs. Students will also learn the art of musical phrasing to help develop their creativity through improvisation. Come out and learn how to jam! Bring your guitar (preferably electric with amp) and the book 'Blues You Can Use' by John Ganapes. Billy Kaiser instructs.

Sertoma Arts Center – Course Fee: \$125

#177884 Oct 26 M 7:30-9:00pm

Music – String Orchestra Group Class for Teens and Adults

Age: 14yrs and up. This is a string orchestra for teens and adults who have been playing for at least one year. A concert will be planned for the end of the semester. The class will involve reading new music and learning to play in a group setting. We will also explore different genres of music. Bring your instrument, music stand, 3-ring binder and \$10 supply fee due to instructor at first class for sheet music or books. Gina Guidarelli instructs.

Sertoma Arts Center – Course Fee: \$165

#177916 Sep 16-Dec 9 W 6:30-7:45pm
no class Nov 11

Open Ballroom Dance

Age: 18yrs and up. Bring your partner or come solo and have fun dancing the night away. We play a variety of ballroom music, and you are welcome to bring your own. Feel free to call ahead with any questions about the music. Please make sure to read the scheduled dates below, because the dance does not meet every week.

Pullen Community Center – Course Fee: \$2

#176807	Sep 4	F	7:00-9:00pm
#176808	Sep 11	F	7:00-9:00pm
#176809	Sep 18	F	7:00-9:00pm
#176810	Oct 2	F	7:00-9:00pm
#176811	Oct 9	F	7:00-9:00pm
#176812	Oct 16	F	7:00-9:00pm
#176813	Oct 30	F	7:00-9:00pm
#176814	Nov 6	F	7:00-9:00pm
#176815	Nov 20	F	7:00-9:00pm
#176816	Dec 18	F	7:00-9:00pm

Ornaments and Stockings

Age: 18yrs and up. Come and get crafty with us! During these two sessions you will make an ornament and a stocking to take home.

This class is great for beginners. Please call ahead for a class supply list. Preregistration is required.

Pullen Community Center – Course Fee: \$25

#177919 Dec 1-8 T 6:00-8:00pm

Painting – Acrylic Abstract with Transparent Layers

Age: 16yrs and up. Increase the impact of your abstract paintings through greater contrast, harmony and depth. Learn how to make and use glazes to layer and change color and values. Prior experience with acrylic painting is helpful but not required. Bring a small flat brush if you have a favorite. The instructor will have some on hand. Supply fee of \$10 is due to the instructor at the start of class. Instructor: Marie Lawrence. (1 session)

Pullen Arts Center – Course Fee: \$30

#176215 Nov 15 Su 2:00-4:00pm

Painting – Acrylic Painting with Impressions

Age: 16yrs and up. We will create impressions using leaves, plastic wrap and wax paper on wet acrylic ink. See how acrylic paint and gesso can be used in selected areas on top to complete a beautiful painting! We will also learn to print images with rubber stamps and found objects, which can be used to make cards and to enhance paintings. A supply fee of \$10 will be due at the start of class. Instructor: Marie Lawrence (1 session)

Pullen Arts Center – Course Fee: \$30

#176217 Sep 13 Su 2:00-4:00pm

Painting – Acrylic Painting with Pours

Age: 16yrs and up. Pour on the paint and watch the colors mix and move. Blow the liquid with a straw or hairdryer, and see what happens as you navigate a craft stick through it. This stress-buster is for everyone, even if you have never painted before. Supply fee of \$10 is due to instructor

at beginning of class. Instructor: Marie Lawrence. (1 session)

Pullen Arts Center – Course Fee: \$30

#176216 Dec 6 Su 2:00-4:00pm

Painting – Advanced

Age: 16yrs and up. Have you been painting for a while and reached a plateau where you just do not know how to get to the next level? Or maybe you have had to take a break from painting due to other life priorities and need to brush up on your skills. This class is for painters who are familiar with their medium and are trying to clearly express themselves through the application of paint. Painters work independently, and class sessions provide individual and class critiques as well as lectures on other artists and painting concepts. Previous painting experience is required. Students furnish their own supplies. Class limit: 12 students. Instructor: Leslie Pruneau (Monday and Wednesday) or Brandon Cordrey (Thursday). (6 sessions)

Pullen Arts Center – Course Fee: \$90

#176196	Sep 14-Oct 19	M	1:00-4:00pm
#176197	Sep 16-Oct 21	W	9:30am-12:30pm
#176199	Nov 2-Dec 7	M	1:00-4:00pm
#176200	Oct 28-Dec 16	W	9:30am-12:30pm
#177168	Sep 17-Oct 22	Th	9:30am-12:30pm
#177169	Oct 29-Dec 10	Th	9:30am-12:30pm

Painting – Aqueous Acrylic and Gouache

Age: 16yrs and up. Students will explore gouache or acrylic (students' choice), both of which can be used as opaque or transparent mediums. Gouache and acrylic are exciting, beautiful and versatile mediums. They can be used similarly to watercolor as well as painting from dark to light and from background to subject matter. Students will be introduced to several techniques and will leave with a good understanding of gouache and acrylic and the many possibilities. Supply list is available on Sertoma's homepage. Kate Lagaly instructs.

Sertoma Arts Center – Course Fee: \$84

#176856 Sep 2-Oct 14 W 10:00am-12:30pm
no class Sep 16

Painting – Beginning Acrylics

Age: 16yrs and up. Students will learn basic techniques for working with acrylics while learning about applying good composition and color scheme and incorporating mixed media and thematic elements into your pieces. Supply list will be provided with receipt. Instructor: Joanna Moody. (6 sessions)

Pullen Arts Center – Course Fee: \$85

#176194 Sep 23-Oct 28 W 7:00-9:30pm

Painting – Beginning Landscapes

Age: 16yrs and up. Learn the basics of landscape painting in this exploratory and fun class. Using acrylic paints, we'll learn basic painting principles and techniques for a successful landscape painting. The class

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will include demos from the instructor and lots of one-on-one attention. Beginners and beginners-againers are welcome! Supply fee of \$12 is due to instructor at beginning of class. Instructor: Rebecca Rousseau. (1 session)

Pullen Arts Center – Course Fee: \$38
#176209 Nov 7 Sa 10:30am-2:30pm

Painting – Beginning Watercolor, Groundwork for Adventure

Age: 16yrs and up. Students will learn the basic skills of watercolor painting that create colorful and glowing effects. We will demonstrate the properties of paints, paper and brushes, wet and dry techniques, washes, glazes and traditional methods of developing a watercolor painting. Students will gain an understanding of how pigment and water work along with specific brush skills. Skills to be taught include: use of color wheel, how values work, the importance of leaving your whites and mixing bright colors, neutrals and darks. Students provide their own supplies. A supply list is included. Instructor: Rick Bennett. (6 sessions)

Pullen Arts Center – Course Fee: \$85
#176211 Sep 10-Oct 15 Th 7:00-9:30pm

Painting – Beginning Watercolors with Janie

Age: 16yrs and up. Learn the basic techniques of transparent watercolor. Find out about the best paper, paint and brushes to use. Do not purchase any supplies until after the first class. Students will create a landscape after learning how to do wet-on-wet washes, wet-on-dry washes, trees, water, rock, and skies. Students will learn how to achieve a beautiful glowing sky in watercolor. Janie Johnson instructs.

Sertoma Arts Center – Course Fee: \$95
#177770 Sep 14-Oct 19 M 9:30am-12:30pm
#177771 Nov 9-Dec 14 M 9:30am-12:30pm

Painting – Continuing Watercolor with Rick Bennett

Age: 16yrs and up. This class is for intermediate or advanced artists with some experience with the basics of watercolor who are looking to expand their skills. Emphasis is on individual painting with one-on-one assistance. Topics will include use of color, demonstration of brush work, how to develop a painting and composition. Students bring their own supplies. Instructor: Rick Bennett. (6 sessions)

Pullen Arts Center – Course Fee: \$85
#176213 Sep 8-Oct 13 T 7:00-9:30pm
#176212 Oct 27-Dec 8 T 7:00-9:30pm

Painting – Continuing Watercolors

Age: 18yrs and up. Students will continue reinforcing the basics of watercolor as additional watercolor techniques are learned and practiced. This class is for watercolorists who are ready to step beyond beginning watercolor as well as those who want



to strengthen and add to their painting skills. Supply list available on Sertoma's homepage. Kate Lagaly instructs.

Sertoma Arts Center – Course Fee: \$84
#176864 Sep 2-Oct 14 W 1:00-3:30pm
no class Sep 16
#176865 Oct 21-Dec 9 W 1:00-3:30pm
no class Nov 11 and 25

Painting – Continuing Watercolors with Janie

Age: 16yrs and up. Work at your individual level to create beautiful and bold watercolors. Explore different styles of watercolor with input from fellow students. Go beyond the basics and learn how to create interest in paintings using negative shapes, texture, and hard and soft edges. Emphasis will be on composition and value. Supply list is available on Sertoma's homepage. Janie Johnson instructs.

Sertoma Arts Center – Course Fee: \$95
#177776 Sep 14-Oct 19 M 1:00-4:00pm
#177777 Nov 9-Dec 14 M 1:00-4:00pm

Painting – Developing an Artistic Voice: Continuing Acrylics

Age: 16yrs and up. Bring out the tools you learned to use in a beginning acrylic painting class and develop your own artistic voice. Become a master of your composition, be it landscape, portrait, still life, surrealism, impressionism or abstract. Individual feedback and class critique will be offered regularly. This class is for anyone who has taken an acrylic painting class. Bring your own supplies. Karen Santrock instructs.

Sertoma Arts Center – Course Fee: \$84
#177833 Nov 4-Dec 9 W 7:00-9:00pm
no class Nov 11

Painting – Easy Abstract Paintings

Age: 16yrs and up. Jumpstart your abstract paintings or jump into abstract painting if you have never done it before. Create alluring effects with these fun techniques:

scribbling, scraping, stamping, overlapping stencils and spraying. We will also learn to apply paint with a brayer. Supply fee of \$10 will be due at the beginning of class. Instructor: Marie Lawrence. (1 session)

Pullen Arts Center – Course Fee: \$30
#176218 Oct 25 Su 2:00-4:00pm

Painting – Encaustic with Anna Podris

Age: 16yrs and up. Come paint with wax! Explore encaustic painting, an ancient medium, in this beginner level class. Learn to scrape, incise, stencil and paint to create imagery. Also, try out using wax as part of a mixed media piece. Some painting or drawing experience is necessary. A supply fee of \$40 will be due at the first class meeting. Instructor: Anna Podris. (6 sessions)

Pullen Arts Center – Course Fee: \$100
#179077 Sep 23-Oct 28 W 7:00-9:30pm

Painting – Exploring Abstract Painting

Age: 16yrs and up. Whirl, spin, throw, splatter, pop! How do all those paint strokes equal an abstract painting? We will explore these concepts in this fun abstract painting class. Learn what techniques used together create a dynamic abstract or dynamic background for a representational painting. We'll go over composition, values, hues, tones, shapes and color combinations. No prior experience required. You'll take home a finished abstract or two! Supply fee \$12. Instructor: Rebecca Rousseau. (1 session)

Pullen Arts Center – Course Fee: \$35
#176207 Dec 5 Sa 10:30am-2:30pm

Painting – Floral Workshop

Age: 16yrs and up. Learn basic painting techniques while painting beautiful florals. You will learn shading, composition, color placement and color mixing while capturing the character of flowers. Each student will take home a completed beautiful floral

painting. A supply fee of \$12 will be due at the start of class. Instructor: Rebecca Rousseau. (1 session)
Pullen Arts Center – Course Fee: \$38
 #176208 Oct 10 Sa 10:30am-2:30pm

Painting – Impressionistic Landscapes

Age: 16yrs and up. Students will learn and use the Impressionist's palette and soft application of paint to create colorful landscapes. Acrylic paint will be used to express your artistic vision and to represent your favorite landscape. You will learn color mixing, choosing colors that work well together, paint application methods, creating texture and other basic techniques that will aid in making fun and exciting paintings. By the end of this class you will have completed a one-of-a-kind work of art that will be ready to display. \$12 supply fee. Instructor: Rebecca Rousseau. (1 session).
Pullen Arts Center – Course Fee: \$38
 #176206 Sep 26 Sa 10:30am-2:30pm

Painting – Introduction to Acrylics

Age: 16yrs and up. Join working artist Karen Santrock as you begin your journey into the wonderful world of acrylic painting. Learn basic techniques of working with acrylics. We will also explore the art of color mixing, paint application and composition. Supply list is available on Sertoma's homepage. Karen Santrock instructs.
Sertoma Arts Center – Course Fee: \$84
 #177778 Sep 16-Oct 21 W 7:00-9:00pm

Painting – Introduction to Oils

Age: 16yrs and up. Join artist and instructor Leslie Pruneau for an informative and highly structured oil-painting class. This course is for beginners and those wanting to refresh themselves in this sumptuous medium. We will cover all the basics, including color mixing, color values, composition, glazing, brushwork and paint applications, textures and more. We will mostly work from life, which gives the student more visual information when learning to paint lights, shadows and color tones. Several approaches will be discussed through lecture and live demonstrations, as well as books and images of master works. Supply list is available upon registration and on Sertoma's homepage. Leslie Pruneau instructs.
Sertoma Arts Center – Course Fee: \$84
 #176954 Sep 17-Oct 22 Th 1:00-3:30pm

Painting – Larry Dean's Beginning Acrylics

Age: 16yrs and up. This true beginners class offers a gentle introduction to acrylic painting or a reintroduction to basic concepts with a focus on getting started. Students will work from their own photos from life, using simple still-life arrangements or their imagination. Students will learn about materials, color mixing, shape and perspective. Informal lessons and paint-along demonstrations will assist as you learn at your own pace. Instructor: Larry Dean. Supply lists are

available on Sertoma's home page.

Sertoma Arts Center – Course Fee: \$84
 #176866 Sep 14-Oct 19 M 6:30-9:00pm
 #176867 Nov 9-Dec 14 M 6:30-9:00pm

Painting – Larry Dean's Studio

Age: 16yrs and up. Students have usually taken a beginning class. Students will work on projects of their own choice. They may also bring works-in-progress. Instructions will include more about color mixing, shape and perspective. Informal advice will assist as you learn at your own pace. Subjects covered range from selecting a subject to varnishing the finished work. Instructor: Larry Dean. Supply lists are available on Sertoma's webpage.

Sertoma Arts Center – Course Fee: \$84
 #176868 Sep 15-Oct 20 T 1:00-3:30pm
 #176869 Nov 10-Dec 15 T 1:00-3:30pm
 #176870 Sep 15-Oct 20 T 6:30-9:00pm
 #176871 Nov 10-Dec 15 T 6:30-9:00pm

Painting – Oils: A Continuation

Age: 16yrs and up. This class is for students with experience working with oils and those who have completed a beginning oils painting class and want to further their techniques. By pushing your use of values, refining compositions and exploring structured color choices, you will take your paintings a step further. In search of the luminescent qualities of light, or a play with paint applications, the artist will often exaggerate colors and use them to engage viewers. Individual critiques, mini-challenges and painting demonstrations will be offered. Students bring their own supplies. Leslie Pruneau instructs.

Sertoma Arts Center – Course Fee: \$84
 #176955 Nov 5-Dec 17 Th 1:00-3:30pm
 no class Nov 26

Painting – Open Studio

Age: 16yrs and up. This is an uninstructed open studio environment where students work on their own projects. Students may paint in oils, acrylics or watercolors. Bring a subject to paint if you wish. Students provide their own materials. (4 sessions)

Pullen Arts Center – Course Fee: \$31
 #179127 Sep 14-Oct 5 M 9:30am-12:30pm
 #179129 Oct 12-Nov 2 M 9:30am-12:30pm
 #179131 Nov 9-Dec 7 M 9:30am-12:30pm
 #179133 Dec 14-Jan 11 M 9:30am-12:30pm

Painting – Workshop: All About Watercolor

Age: 16yrs and up. Watercolor is misunderstood! This portable medium is a beautiful way to learn about light, the relationships of color and the basic elements of painting. In this tried-and-true workshop, you'll work on a small scale, absorbing an amazing amount of information in a series of fun, progressive exercises. Instructor Suzanne McDermott's teaching method is engaging and encouraging. This workshop is designed for absolute beginners and for experienced artists who want to learn about watercolor in a refreshingly different

way. Expand your understanding and mark-making! Imperfection welcome. No experience necessary, but it is recommended that you take the Basic Drawing Workshop first. Supplies are included.

Sertoma Arts Center – Course Fee: \$60
 #176873 Sep 23 W 6:30-9:00pm

Painting – Workshop: Color Basics

Age: 18yrs and up. Tired of those color mixing troubles? Join this workshop to learn some basics about color and color mixing. Learn to understand color and its use in painting to express yourself, tell a story or express a mood or emotion. We will make a split primary color wheel, learn how to neutralize color and mix beautiful secondaries and grays. We will work on some projects to reinforce the concepts. Kate Galagy instructs.

Sertoma Arts Center – Course Fee: \$65
 #176853 Aug 26 W 10:00am-3:00pm

Paper – Creating Paper Forms

Age: 16yrs and up. This class covers a wide range of paper manipulation techniques, from handmade papermaking to paper mache forms. Students will blend and screen their own papers, create a handmade journal, construct paper mache form and assemble an origami mobile. All projects are easy and fun to do with practical applications outside the classroom. Supply list is available on Sertoma's webpage. Lori Buchanan instructs.

Sertoma Arts Center – Course Fee: \$80
 #177255 Sep 14-Oct 19 M 6:30-8:30pm

Photography – Beginning Photography: Outdoor and Nature

Age: 14yrs and up. Did you get a new camera this summer or are you looking to expand your skills with your digital or film camera? This class will help increase your comfort level with your equipment and learn to compose images in an outdoor setting. The class is geared toward beginners and intermediates from teens to seniors. Attendees have included hobbyists, birders, artists, carvers and people who just enjoy photography and are seeking to improve their abilities. At the end, you will be able to take your camera off automatic and capture the photograph you want instead of what your camera thinks you want. By doing things right, you'll need very little software manipulation! Sol Levine instructs.

Sertoma Arts Center – Course Fee: \$90
 #176940 Sep 29-Oct 13 T 6:30-9:00pm

Photography – Close Up and Macro Photography

Age: 15yrs and up. Getting closer images reveals your subject's detail, texture and personality. In this workshop, we learn how to get to that next level of better close-up and macro imagery. Whether you are selling products online or creating artwork

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to fill your home, this workshop navigates the equipment, techniques and creative perspective needed to get the best close-up and macro photography. Bring your digital camera equipment. Shaun King instructs.
Sertoma Arts Center – Course Fee: \$43
 #178761 Sep 17 Th 6:00-9:30pm

Photography – Creative Lighting for Photographers

Age: 15yrs and up. The quality of the light in a photograph helps tell the story and give meaning to a photograph. Whether the light is soft and wrapping or dynamic and directional, knowing how to see and use light is the key to telling your image's story. This workshop focuses on using available light, light-shaping devices and artificial light to get the best light in your photograph. Bring your digital equipment. Shaun King instructs.

Sertoma Arts Center – Course Fee: \$43
 #178760 Oct 29 Th 6:00-9:30pm

Photography – Digital Photography 1

Age: 16yrs and up. This six-week course will teach you how to better capture people, places, things, nature and events with your digital camera. We will learn how to combine the artistic elements of composition with the technical aspects of photography to take great pictures and how to finish the process in the digital dark room. Learn photo composition (how to design a picture with the end results in mind), camera functions (aperture, shutter speed, ISO, white balance, etc.), and digital dark room and workflow (finishing well, using Picasa). Supply list available on Sertoma's webpage. Denise Myers instructs.

Sertoma Arts Center – Course Fee: \$100
 #177259 Sep 15-Oct 20 T 9:30am-12:00pm

Photography – Digital Photography 2

Age: 16yrs and up. This six-week course will continue where beginning digital photography left off. We dig deeper into the artistic elements of composition, technical aspects of photography and polishing the image in the digital dark room. Supply list available on Sertoma's webpage. Denise Myers instructs.

Sertoma Arts Center – Course Fee: \$100
 #177260 Nov 3-Dec 15 T 9:30am-12:00pm
 no class Nov 24

Photography – Photo Group Discussion and Editing Guidance

Age: 15yrs and up. Becoming a better photographer means analyzing the photographs we capture. This class allows us to discuss the problems and solutions to getting the best images possible. We will bring our best images together to discuss what works, but we will also share photographs that are not successful with the goal of helping each other learn how to achieve our best possible image-making.

Bring your digital camera equipment and digital copies or print copies of your relevant images. Shaun King instructs.

Sertoma Arts Center – Course Fee: \$43
 #178762 Oct 15 Th 6:00-9:30pm

Photography – Top 20 Secrets of Professional Photographers

Age: 15yrs and up. Professional digital photographers know the techniques to get beautiful, timeless images for clients. Twenty important practices help professional photographers consistently get great images. You can shoot like a pro after this compact and organized discussion. Bring your digital camera equipment. Shaun King instructs.

Sertoma Arts Center – Course Fee: \$43
 #178757 Aug 6 Th 6:00-9:30pm
 #178758 Oct 1 Th 6:00-9:30pm

Pottery – Beginning and Continuing Wheel

Age: 16yrs and up. Beginning Wheel is one of our most popular classes! Demonstrations will focus on the fundamentals of basic wheel-thrown pottery. Projects will teach skills such as wedging, sticking and centering clay on the wheel, use of throwing tools and basic glazing techniques. Instructors offer individual attention as skill progression is unique to each person. Learn how to apply confidence and steadiness to your work with clay. Cylinders, bowls, small lidded pieces, small plates and handles will be covered. A supply fee of approximately \$20 for clay will be due at first class. Practice time outside of class time is strongly suggested to develop throwing skills. Instructors: Lauren Brockman, Sherry Nicholson, Doug DeBastiani, Anne Terry or Ryan Terry. (7 sessions)

Pullen Arts Center – Course Fee: \$94

Pottery – Beginning Wheel

#176983	Sep 16-Oct 28	W	7:00-9:30pm
#178806	Sep 17-Oct 29	Th	7:00-9:30pm
#176985	Oct 5-Nov 16	M	7:00-9:30pm
#176984	Oct 7-Dec 2	W	10:00am-12:30pm
#177583	Nov 2-Dec 14	M	4:00-6:30pm
#178812	Nov 12-Jan 14	Th	7:00-9:30pm

Pottery – Continuing Wheel

#176988	Nov 18-Jan 13	W	7:00-9:30pm
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Pottery – Cephalopod Ink Ceramics Image Transfer Workshop

Age: 16yrs and up. Join us for another exciting hands-on workshop as we learn the art of ceramic image transfer. Tanya Casteel, owner of Cephalopod Ink Ceramics, will teach us her image transfer technique and help us add our own images to our glazed pots. Tanya creates images that combine her own drawings and scientific drawings from the 1800s. She transforms these drawings into iron oxide decals and fires them onto glazed pots at cone 04, which permanently stains the glaze. Each piece is kiln-fired three times and is safe for food, microwave and dishwasher. Tanya was a Regional Emerging Artist in Residence in 2011 at Artspace, and she received a United Arts Council grant in 2013. (3 sessions)

Pullen Arts Center – Course Fee: \$100

#176023	Sep 19	Sa	1:00-3:00pm
	Oct 24	Sa	9:00am-1:00pm
	Oct 25	Su	3:00-5:00pm

Pottery – Combining Wheel and Handbuilding

Age: 16yrs and up. This class will expand your pottery repertoire by combining wheel thrown forms with slab and coil handbuilding techniques to create beautiful new forms. This class is for students who have had a beginning wheel class. Beginning handbuilding is also a plus but not required. Supply fee of \$20 for clay is due at the first class. Instructor: Lauren Brockman. (6 sessions)

Pullen Arts Center – Course Fee: \$84
 #178795 Sep 14-Oct 19 M 7:00-9:30pm

Pottery – Continuing Wheel: Bowls with Geoff Lloyd

Age: 16yrs and up. Students will learn to make a wide variety of bowl shapes, from big to small, short to tall, with particular attention to executing forms best suited for their intended use. We will consider all aspects of shape, height, depth, width of top and bottom, handles, spouts and more. Each class will begin with a demonstration, and students will have the remainder of class to practice what they have learned with the instructor's assistance. A supply fee of \$20 will be due at the first class. Prerequisite: Beginning Wheel at Pullen or Sertoma. Instructor: Geoff Lloyd. (7 sessions)

Pullen Arts Center – Course Fee: \$94
 #177156 Sep 15-Oct 27 T 7:00-9:30pm

Pottery – Handbuilding Open Studio

Age: 16yrs and up. Students will work on their own ideas and projects with the individual assistance of an experienced instructor on call. Whether you need help with engineering your new clay ideas or putting the finishing touches on your works in progress, class time will be spent on demonstrations by request. Supply fee of approximately \$20 for clay is payable at first class. Prerequisite: Beginning Handbuilding at Pullen or Sertoma or Clay Studio Orientation course at Pullen Arts. Instructor: Jennifer Stas. (6 weeks).

Pullen Arts Center – Course Fee: \$84
 #176191 Oct 28-Dec 16 W 7:00-9:30pm

Pottery – Handbuilding: Beginning

Age: 16yrs and up. This class explores techniques including pinching, coils and slabs and provides an overview of ceramic materials and glazing. Classes provide demonstrations and individual work time with instructor guidance. Students are encouraged to practice between class sessions and will have free access to Sertoma's well-equipped studio. New students may not miss more than two classes and must attend the first class and the glazing class (approximately 5th week) to qualify for a studio card. Students

will purchase materials at first class (approximately \$42). All skill levels are welcome!

Sertoma Arts Center – Course Fee: \$95

Instructor: Steve Karloski

#178788 Sep 21-Nov 2 M 7:00-9:15pm

Instructor: Tim Cherry

#178789 Sep 16-Oct 28 W 9:30-11:45am

Pottery – Handbuilt Boxes and Jars

Age: 16 yrs and up. With boxes and jars as a focus, we will practice techniques for constructing lidded vessels. Prerequisite: Beginning Handbuilding at Pullen or Sertoma. Supply fee of \$20 for clay will be due at the first class. Instructor: Tim Cherry (4 sessions)

Pullen Arts Center – Course Fee: \$56

#179792 Nov 16-20 M-W,F 10:00am-12:30pm

Pottery – Handbuilt Pottery

Age: 16yrs and up. Expand your possibilities with clay! If you can imagine it, you can build it with clay! In Intro to Handbuilding, we will cover the basics of hand building with clay. We will talk about the entire process of working with clay, from creating a piece to glazing and firing it. Course will include an introduction to the slab roller and other handbuilding tools. In Continuing Handbuilding, we will build upon the skills learned in the Intro class, exploring methods of stiff slab construction, assemblage of parts and using the extruder to explore the possibilities of form and function in handbuilding. Demonstrations will also include handbuilding components like handles, feet and spouts. We'll finish with tips and secrets for the embellishment and glazing of your pieces. A supply fee of \$20 for clay will be due at the first class meeting. Instructors: Tim Cherry or Lauren Brockman. (7 sessions)

Pullen Arts Center

Intro to Handbuilding – Course Fee: \$94

#177047 Sep 10-Oct 22 Th 10:00am-12:30pm

#177046 Nov 2-Dec 14 M 7:00-9:30pm

Continuing Handbuilding – Course Fee: \$74

#177048 Nov 5-Dec 10 Th 10:00am-12:30pm

Pottery – Handbuilt Teapots and Pitchers

Age: 16yrs and up. With teapots and pitchers as a focus, we will practice techniques combining multiple molds to build one large piece. Prerequisite: Beginning Handbuilding at Pullen or Sertoma. Supply fee of \$20 for clay will be due at the first class. Instructor: Tim Cherry. (4 sessions)

Pullen Arts Center – Course Fee: \$56

#179082 Dec 7-11 M-W,F 10:00am-12:30pm

Pottery – Lauren's Throwing Cheats and Fixes

Ages: 16yrs and up. This class is designed to help you overcome bumps in this road as you travel down your throwing journey. From centering, opening, pulling to finishing your pots, you will learn multiple strategies for fixing your throwing problems! Small class

size to insure any issues you are having are personally addressed! Intended for the continuing wheel student. Bring your own clay and tools! This is a one day 2 hour class. Prerequisite: qualified pottery studio user from Sertoma or Pullen Arts Center. This course does not qualify the participant for a studio card. 6 students max. Lauren Brockman instructs.

Sertoma Arts Center – Course Fee: \$15

#179823 Sep 9 W 6:30-8:30pm

#179824 Nov 19 Th 9:30-11:30am

Pottery – Majolica Holiday Ornament Workshop

Ages: 16yrs and up. Create beautiful and colorful holiday ornaments using the majolica pottery technique. Students select terracotta ornaments that are glazed and ready to decorate with majolica colors. An assortment of shapes and variety of decorating colors gives you unlimited possibilities. Ornaments are left for firing after the workshop and can be picked up the next week. Ornaments cost \$2 and include clay, glaze, decorating colors and ribbon. The number of pieces created is up to the individual. This workshop is easy and fun, even for those with no pottery experience! (Although open to new students this workshop does not qualify students for a studio card). Patty Merrell instructs.

Sertoma Arts Center – Course Fee: \$12

#178791 Nov 7 Sat 10:15am-2:15pm

Pottery – Making Teapots

Age: 16yrs and up. Enjoy a spot of tea now and again? Make a teapot to brew that tea. We will break down the teapot into parts, learn what works best, glaze and test these new teapots. A cup will be made to complete the teapot set. Prerequisite: Beginning Wheel at Pullen or Sertoma. Instructor: Sherry Nicholson. (4 sessions)

Pullen Arts Center – Course Fee: \$54

#177584 Nov 30-Dec 21 M 7:00-9:30pm

Pottery – Monoprinting on Clay

Age: 16yrs and up. Add another technique to your clay toolbox! Monoprinting is a form of printmaking with images or lines that can be made only once, unlike most printmaking. In this class, we will explore ways of using slips to transfer your designs onto slabs. Using mason stains, learn how to make your own colored slips and chalk pastels and work with them to create one-of-a-kind images. We will also make our own stencils to use over and over again in the process. We will then use these slabs to create unique hand-built pots. Bring your design ideas and explore these unique processes. A supply fee of \$20 for clay is due at first class meeting. Prerequisite: Beginning Handbuilding at Pullen or Sertoma. Instructor: Jennifer Stas. (7 sessions)

Pullen Arts Center – Course Fee: \$94

#176190 Sep 9-Oct 21 W 7:00-9:30pm

Pottery – Studio Orientation-Qualified Pullen Potters

Age: 16yrs and up. Sertoma Arts Center Pottery Studio Orientation is for qualified Pullen Art Center potters only who wish to use Sertoma's Clay Studio. Once you register, Sertoma Arts Center will confirm with Pullen Arts Center that you are a qualified pottery patron. If you are qualified and you need to renew your studio card, you may do so at Sertoma the day of orientation. We will offer these orientations each session. For further information, please call 919-996-2329.

Sertoma Arts Center – Course Fee: \$25

Sertoma Studio Orientation

#178792 Sep 9 W 6:00-7:00pm

#178793 Nov 4 W 6:00-7:00pm

Pottery – Throwing Cheats and Fixes

Age: 16yrs and up. We'll cover how to get past some typical bumps in the road when learning to throw. We'll present techniques for overcoming hurdles in centering, opening and pulling pots. Students must be currently enrolled in any pottery class at Pullen or Sertoma or have current studio card. This class does not qualify the participant for a studio card. Instructor: Lauren Brockman. (1 session)

Pullen Arts Center – Course Fee: \$15

#178796 Sep 26 Sa 9:30-11:30am

#178798 Oct 30 F 9:30-11:30am

#178800 Dec 10 Th 7:00-9:00pm

Pottery – Wheel Throwing: Beginner

Age: 16yrs and up. This course introduces students to the basics of throwing pottery and provides them with an understanding of ceramic terms, processes and knowledge needed to use the pottery studio safely and independently. Topics include centering clay, throwing basic forms, handles and glazing. Sessions include demonstrations and practice time under the guidance of the instructor. Students are encouraged to practice between class sessions and have free access to Sertoma's well-equipped studio. New students may miss no more than two classes and must attend the first class and the glazing class (approximately 6th week) to qualify for a studio card. Purchase materials at first class (approximately \$40). This is a seven-week class.

Sertoma Arts Center – Course Fee: \$95

Instructor: Joan Walsh

#178786 Sep 21-Nov 2 M 7:00-9:15pm

Instructor: Tina Granville

#178787 Sep 16-Oct 28 W 9:30-11:45am

Pottery – Filling in the Gaps: Making Pottery Start to Finish

Age: 18yrs and up. Trying to start your own home pottery studio? Not sure how to get started? This class will give you an introduction to the pottery-making process and what you need to consider in setting up your studio. We'll talk about topics like studio setup, equipment, cost, record-keeping, storage and safety and have

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continued from page 29 —

hands-on opportunities for studio tasks like kiln programming and loading, measuring and weighing materials and properly testing your glazes. Instructor: Lauren Brockman. (6 sessions)

Pullen Arts Center – Course Fee: \$84
#178826 Oct 27-Dec 8 T 7:00-9:30pm

Printmaking – Introduction to Japanese Block Printing

Age: 16yrs and up. Have you ever wondered how Hokusai created his iconic Great Wave? Celebrate the coming spring by immersing yourself in a carefully condensed process of creating this ancient art form in which nature is a collaborator. We will begin by transforming Thai bark fibers into beautifully translucent and strong papers perfect for the two-layer carved block printing process we will use to create our own images of the surrounding park. Become familiar with creating editions and artist proofs. Supplies will be provided by instructor. Supply fee of \$50 will be collected on the first day of class. Instructor: Jaclyn Bowie. (6 sessions)

Pullen Arts Center – Course Fee: \$85
#177933 Nov 2-Dec 7 M 7:00-9:30pm

Printmaking – Introduction to Printmaking

Age: 16yrs and up. Discover a variety of printmaking techniques such as relief, monoprint and stenciling while creating an example of each. View and discuss aspects of master prints while learning about the principles of design that make for successful compositions. Have fun using everyday objects to print with and become more aware of the impact printmaking has on our lives today. A supply fee of \$10 is due to instructor at first class. Lori Buchanan instructs.

Sertoma Arts Center – Course Fee: \$80
#177258 Sep 15-Oct 20 T 6:30-8:30pm

Printmaking – Nothing But Linocuts

Age: 16yrs and up. In this class we will focus on carving and printing un-mounted linoleum blocks using the Whelan X-Press press. We will study single block, multiple block and reduction block printmaking as well as inking, printing and registration techniques for linoleum. Bring linoleum, paper and tools to the first class and be prepared to dig in and carve. All skill levels welcome. Instructor: Keith Norval. (5 sessions)

Pullen Arts Center – Course Fee: \$75
#179067 Oct 1-29 Th 7:00-9:30pm

Printmaking – Polyester Plate

Age: 16yrs and up. Polyester plate printing or 'pronto' plate printing is a safe, simplified way to create original prints. This thin polyester plate technique closely resembles the traditional stone lithography process where images are drawn on limestone with grease-based materials and printed from a wet stone. Pronto plate Images will be

printed in black and white and multicolored. Registration, hand-and-press printing will be covered. We will work on various small projects, so bring your sketchbook or drawing ideas. Plate size will range from 4' x 6' to 8' x 10'. A \$25 supply fee will be due to instructor on the first day of class. Instructor: Sue Soper. (2 sessions)

Pullen Arts Center – Course Fee: \$120
#177585 Nov 14-15 Sa-Su 9:00am-5:00pm

Printmaking – Screen Print

Age: 16yrs and up. If you want to make your own T-shirts, this is the class for you. Get your screens, ink and squeegee ready. We will cover applying emulsion, exposing the screen and printing techniques. Supply list is provided. Instructor: Keith Norval. (6 sessions)

Pullen Arts Center – Course Fee: \$75
#179072 Nov 5-Dec 10 Th 7:00-9:30pm

Printmaking – Waterless Lithography

Age: 16yrs and up. Whether you love to paint or draw or are just getting into art, beginning waterless lithography is for you! Using this safe printmaking method, students will experiment with black and white as well as multicolors. You will learn how to create washes, transfers, sharpie and pencil work on aluminum plates to create your own original prints. Representational and nonrepresentational images will be accommodated. Finished prints can be incorporated in other mixed media work or can stand on their own. Supply fee of \$25 is due to instructor at first class meeting. Students should bring some supplies to first class. (A supply list will be included with receipt.) Students should bring ideas or drawings for a 5' x 7' plate to the first class. Instructor: Susan Soper. (Six sessions evening class; five sessions daytime class)

Pullen Arts Center – Course Fee: \$85
#176185 Sep 15-Oct 20 T 6:30-9:30pm
#177586 Nov 17-Dec 15 T 9:30am-1:00pm

Printmaking – Workshop: Intro to Printing

Age: 16yrs and up. This class introduces several printing techniques. You will experiment with monoprints and direct stamping. You will develop materials to use later for cards or collage. Supplies are included. Members of the Sertoma Park Artists Association will instruct.

Sertoma Arts Center – Course Fee: \$25
#178756 Oct 24 Sa 1:00-4:00pm

REC-Creations

Age: 18yrs and up. Are you someone who loves 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.

Green Road Community Center – Course Fee: \$40
#178808 Sep 1-22 T 6:15-7:15pm
#178809 Oct 6-27 T 6:15-7:15pm

SEW Easy

Age: 18yrs and up. In the class you will learn basic sewing machine skills and a simple technique for using patterns. This is a beginner course, and no experience is necessary. You will leave this course with a garment and an understanding of how to use a sewing machine. Please call Pullen Community Center at 919-831-6052 for a supply list and a detailed course description.

Pullen Community Center – Course Fee: \$50
#176479 Sep 1-22 T 6:00-8:00pm

Sewing: 101

Age: 18yrs and up. In this class you will complete an item of your choice. You will select a pattern, fabric and notions. Some knowledge of sewing is required. Class cost does not include materials.

Biltmore Hills Community Center – Course Fee: \$40
#178838 Dec 5-19 Sa 11:00am-1:30pm

Sewing: For Beginners

Age: 18yrs and up. These sewing lessons are for adults who want to learn to construct an item from a simple pattern that has been preselected. You will learn about patterns, needles, fabric and how to use a sewing machine. Class cost does not include material.

Biltmore Hills Community Center – Course Fee: \$30
#178839 Oct 31-Nov 21 Sa 11:00am-12:00pm

SIY: Sew it Yourself

Age: 18yrs and up. This class will equip you with the skills to do the following: save money by altering old clothes, repair holes or rips in clothing and do basic quilting. You will also learn DIY tips that you will not find on Pinterest. No previous sewing experience is needed to take this class. Please call Pullen Community Center at 919-831-6052 for a supply list and detailed class description.

Pullen Community Center – Course Fee: \$50
#176480 Oct 6-27 T 6:00-8:00pm

Senior

Ballroom Dance – Wednesday Club

Age: 50yrs and up. Calling all adults ages 50 and up. Do you need a date night? Want to get out of the house and connect with old friends and make new ones? You are invited to join the Pullen Park Wednesday Night Dance Club at Pullen Community Center. This club meets every Wednesday night to enjoy and dance to live ballroom music. Some of the popular dances are foxtrot, waltz, swing and Latin. Fee is \$8 per person per week.

Pullen Community Center
#176825 Sep 2-30 W 7:00-9:30pm
#176826 Oct 7-28 W 7:00-9:30pm
#176827 Nov 4-18 W 7:00-9:30pm
#176828 Dec 2-23 W 7:00-9:30pm

Ceramics Basics – Painting Greenware

Age: All Ages. This class introduces students to painting greenware to create beautiful

pieces. Students will be given a supply list to purchase necessary materials on their own. Instructor: Ann Long.

Five Points Center for Active Adults

#176959 Sep 2-Dec 30 W 9:30am-12:00pm

Express Yourself Art

Age: All Ages. Whether or not you are an artsy person, come and have fun expressing yourself to create a fabulous work of art! Bring projects you are working on and learn how to do a variety of different art projects from the other students.

Anne Gordon Center for Active Adults

#176563 Sep 14-Dec 28 M 9:30-11:30am

Greystone Blanketeers

Age: 16yrs and up. Knit, crochet, sew or quilt for charity. We meet the fourth Tuesday of the month from 1:00-4:00pm to make blankets, hats and afghans for various charitable organizations in the Raleigh area. Items are distributed to women's shelters, local hospitals and homeless groups. Come join us, meet new people, and help bring a little joy to those in need. We do not offer lessons, but all members gladly share their knowledge. For those who cannot attend but wish to make items at home, all are gladly accepted. For more information, contact Betty Boucher at 919-251-9120.

Greystone Community Center

#179209 Sep 22-Dec 22 T 1:00-4:00pm

Joyful Chorus

Age: 55yrs and up. Enjoy singing? Share your enthusiasm by joining the Joyfuls. Sing for various clubs, organizations, groups and events.

Five Points Center for Active Adults

Joyfuls Senior Chorus

#176960 Sep 14-Jan 4 M 12:00-1:00pm

Knitting and Crocheting

Age: All Ages. This class is for knitters and crocheters of all levels. Learn basic and new techniques and work on your projects as you socialize with others. Instructor: Judy Bregler.

Anne Gordon Center for Active Adults

Course Fee: \$10

#176576 Sep 8-Oct 27 T 2:00-4:00pm

#176577 Sep 10-Oct 29 Th 2:00-4:00pm

#176578 Nov 3-Dec 22 T 2:00-4:00pm

Course Fee: \$8

#176579 Nov 5-Dec 17 Th 2:00-4:00pm

Remembrance Craft – Necktie Angels

Age: All Ages. Do you have a necktie that belonged to someone special? Items of clothing can help us feel close to the person we have lost, and they are often kept as mementos. Now you can turn that special someone's necktie into a beautiful angel ornament to use at Christmas. There is no fee for this workshop, but registration is appreciated to assist us in planning. Participants must bring a necktie (not a bowtie). If you do not have the necktie of someone you lost, you can still participate by bringing one of your own. Sponsors: Heartland Hospice and Resources for

Seniors.

Anne Gordon Center for Active Adults

#177419 Dec 2 W 1:30-3:00pm

Remembrance Craft – T-Shirt Scarves

Age: All Ages. Items of clothing belonging to a deceased loved one can help us feel close to the person we have lost. Now there's a way to bring new life to a special T-shirt, so that you can wear it fashionably and remember your loved one at the same time. There is no fee for this workshop, but registration is appreciated to assist us in planning. Participants must bring at least one T-shirt with them. If you do not have a T-shirt of someone you lost, you may still participate by bringing one of your own. 100% cotton works best, but 50/50 will do also. Sponsors: Heartland Hospice and Resources for Seniors.

Five Points Center for Active Adults

#177420 Sep 15 T 10:00-11:15am

Family

Clogging

Age: 16yrs and up. Come on and give clogging a try! Bryan Craddock is an excellent instructor and director of the Hemlock Bluff Cloggers. Partners are not necessary for this class. Line dances as well as traditional figures and steps are taught. Classes are available for beginner and more advanced students.

Jaycee Community Center – Course Fee: \$35

Clogging – Beginner

#178946 Sep 3-Oct 29 Th 6:00-7:00pm

#178947 Nov 5-Dec 17 Th 6:00-7:00pm

Clogging – Hemlock Bluff Cloggers Club

Age: 16yrs and up. Are you an advanced clogger? Bryan Craddock is the director of the Hemlock Bluffs Cloggers. The club performs at area functions and events.

Jaycee Community Center

#178949 Sep 3-Oct 29 Th 8:00-9:00pm

#178950 Nov 5-Dec 17 Th 8:00-9:00pm

Clogging – Advanced

Age: 10yrs and up. Looking for a clogging challenge? Give our advanced class a try. Bryan Craddock is an excellent instructor and is the director of the Hemlock Bluffs Cloggers. Partners are not necessary for this class. Line dances as well as traditional figures and steps are taught.

Jaycee Community Center – Course Fee: \$35

#178952 Sep 3-Oct 29 Th 7:00-8:00pm

#178953 Nov 5-Dec 17 Th 7:00-8:00pm

Dance – Scottish

Age: 12yrs and up. Exercise, socialize and learn the fundamentals of Scottish country dancing through the Carolina Scottish Dance Society. While experienced dancers are welcomed, beginners are taught basic skills to become competent dancers quickly and easily. Memberships dues are \$1 per person per meeting. No registration is necessary. Classes are held on every Wednesday night at Glen

Eden Pilot Park, 1500 Glen Eden Drive.

Glen Eden Park – Course Fee: \$1

#178955 Sep 2-30 W 7:15-9:45pm

#178956 Oct 7-28 W 7:15-9:45pm

#178957 Nov 4-25 W 7:15-9:45pm

#178958 Dec 2-30 W 7:15-9:45pm

Holiday Tie-Dye

Age: 5yrs and up. Going to a holiday party? Have nothing to wear? Join us at Sanderford Road Center where you can make your own holiday statement using tie-dye. Your creation will truly be one of a kind! Decorative materials provided. Bring your own clothing to tie dye.

Sanderford Road Park – Course Fee: \$5

#178019 Dec 4 F 5:00-6:30pm

Juggling for Genius

Age: 10yrs and up. Join an activity that has been shown to increase brain mass. Juggling can trigger the nondominant side of the brain, which can make you smarter and able to focus more. This course is a great stress reliever and excellent for students during test taking time. This course is free.

Method Road Community Center

#178631 Sep 14-28 M 6:30-8:00pm

#178632 Oct 5-26 M 6:30-8:00pm

#178633 Nov 2-30 M 6:30-8:00pm

#178634 Dec 7-28 M 6:30-8:00pm

Music – Out Under The Sky

Age: 11yrs and up. Enjoy a bright and entertaining musical exploration of the Christmas carol. Hear about the origins of the Christmas carol and how it changed and moved through the centuries and expressed various legends of Christmas. Bring your singing voice to learn a few traditional carols that you may never have heard. No matter what faith you follow, this unique program is guaranteed to fascinate and fill you with true holiday spirit. \$10 supply fee due to instructor at class for CD and lyric sheet download to learn and practice through the holiday season and for years to come. Suzanne McDermott instructs.

Sertoma Arts Center – Course Fee: \$30

#176919 Nov 18 W 7:00-9:00pm

Photography – Fall Photo Walk

Age: 13yrs and up. This one-day workshop will begin with a short indoor introduction on how to capture the colors of fall, then head outside for an interactive photo walk and finish with show and tell. We will make preplanned stops along our hike and change our camera settings and perspective to capture fall's beauty in several different ways. Don't worry if you don't understand what camera settings to use—we have that one covered. You will need a digital SLR camera or a high-functioning point-and-shoot (must have A or Av, T or Tv modes) to get the most out of this class. Please bring your camera's manual if you are not familiar with changing these settings. Denise Myers instructs.

Sertoma Arts Center – Course Fee: \$50

#177261 Oct 18 Su 2:00-5:00pm

Athletics Teams/ Leagues

Athletic Program Managers:

Toni Moyer, Zach Cheek,
and Tory Miller

The Athletics Program is dedicated to providing quality athletic competition, instruction, and participation for youth and adults through camps, clinics, and leagues. The Youth Athletics Program cater to children ages 5-18 that offer numerous benefits from playing in organized sports. Youth sports, sponsored by the Raleigh Parks Recreation and Cultural Resources, provide the opportunity for boys and girls to learn good sportsmanship and progressively develop skills. The Adult Athletics Program make available a great opportunity to stay active, engage in social interaction and community involvement while providing a safe, fun, family atmosphere. The Raleigh Parks, Recreation and Cultural Resources Department continues to recruit people that are interested in officiating, scorekeeping and coaching for both youth and adult programs.



Athletic Teams/Leagues are not currently available for online registration.

Note that Athletic League registration does not follow the standard registration period. Please visit www.parks.raleighnc.gov for athletic league registration forms. Registration periods and locations are indicated in each program/league description. For additional information please call 919-996-6836

Youth

Autumn Hoops League

Age: 10-12yrs. This is a fun league for boys 10-12 years old. Participants will learn basketball skills, game strategies, teamwork and sportsmanship through competition. Players must not turn 13 prior to Nov.15, 2015. Call Roberts Park for additional information at 919-831-6830.

Roberts Park Community Center – Course Fee: \$40
#177849 Sep 5-Oct 24 Th,Sa 10:00am-1:00pm

Basketball – Capital City Classic Fall Tournament

Age: 12-13yrs. This Fall Round Robin tournament is for AAU competitive basketball teams. It is a great second season tournament to keep your teams active. Organizations with multiple teams will receive a discount. Awards

will be given to first- and second-place teams. All games are open to the public with no entry fee at the door.

Method Road Community Center – Course Fee: \$195
13U 7th Grade Carolina Pines
#179074 Nov 6-8 F-Su 8:00am-9:00pm
#179075 Nov 6-8 F-Su 8:00am-9:00pm

Co-ed Pee Wee (5-6) Basketball

Youth Co-Ed Pee Wee (ages 5-6) Basketball registration is September, 28-October 9, 2015. The Pee Wee Basketball League is a way for youth to learn the fundamentals of basketball and to teach positive sportsmanship. This league does not keep score or record 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 31, of the current calendar year. The registration

fee is \$40 for Raleigh Residents and \$55 for Non-Raleigh Residents. For more information please go to: www.raleighnc.gov.

178635 **District 1**
178636 **District 2**
178637 **District 3**
178638 **District 4**

Co-ed Mini Mite (7-8) Basketball

Youth Co-Ed Mini Mite (ages 7-8) Basketball registration is September 28-October 9, 2015. The Mini Mite Basketball League is a way for youth to learn the fundamentals of basketball and to teach positive sportsmanship. This league does not keep score or record 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 31, of the current calendar year. The registration fee is \$40 for Raleigh Residents and \$55 for Non-Raleigh Residents. For more information please go to: www.raleighnc.gov.

178616 **District 1**
178617 **District 2**
178618 **District 3**
178619 **District 4**

Boys Mitey Mite (9-10) Basketball

Youth Boys Mitey Mite (ages 9-10) Basketball registration is September 28-October 9, 2015. The Mitey Mite 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 31, of the current calendar year. The registration fee is \$40 for Raleigh Residents and \$55 for Non-Raleigh Residents. For more information please go to: www.raleighnc.gov.

178516 **District 1**
178517 **District 2**
178518 **District 3**
178519 **District 4**

Girls Mitey Mite (9-10) Basketball

Youth Girls Mitey Mite (ages 9-10) Basketball registration is September 28-October 9, 2015. The Mitey Mite 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 31, of the current calendar year. The registration fee is \$40 for Raleigh Residents and \$55 for Non-Raleigh Residents. For more information please go to: www.raleighnc.gov.

178606 **City-Wide Districts 1&3**
178607 **City-Wide Districts 2&4**

Boys Little League (11-12) Basketball

Youth Boys Little League (ages 11-12) Basketball registration is September 28-October 9, 2015. 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 31, of the current calendar year. The registration fee is \$40 for Raleigh Residents and \$55 for Non-Raleigh Residents. For more information please go to: www.raleighnc.gov.

178105 **District 1**
178106 **District 2**
178107 **District 3**
178108 **District 4**

Girls Little League (11-12) Basketball

Registration is September 28-October 9, 2015, for Youth Girls Little League (ages 11-12). The league is a way for youth to learn the fundamentals of basketball and to teach positive sportsmanship. This league keeps score and records wins and losses. Volunteer coaches are needed who enjoy basketball and want to teach youth and help develop league participants' skills and knowledge of basketball. Eligibility is determined by participant's age on August 31 of the current calendar year. The registration fee is \$40 for Raleigh residents and \$55 for nonresidents. For more information, please go to: www.raleighnc.gov.

178599 **City-Wide Districts 1&3**
178600 **City-Wide Districts 2&4**

Boys Junior League (13-14) Basketball

Youth Boys Junior League (ages 13-14) Basketball registration is September 28-October 9, 2015. The Junior 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 31, of the current calendar year. The registration fee is \$40 for Raleigh Residents and \$55 for Non-Raleigh Residents. For more information please go to: www.raleighnc.gov.

177343 **District 1**
177344 **District 2**
177345 **District 3**
177346 **District 4**

Girls Junior League (13-16) Basketball

Youth Girls Junior League (ages 13-16) Basketball registration is September 28-October 9, 2015. The Junior 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 31, of the current calendar year. The registration fee is \$40 for Raleigh Residents and \$55 for Non-Raleigh Residents. For more information please go to: www.raleighnc.gov.

178615 **City-Wide**

Boys Super Senior League (15-17) Basketball

Youth Boys Super Senior League (ages 15-17) Basketball registration is September 28-October 9, 2015. 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 31, of the current calendar year. The registration fee is \$40 for Raleigh Residents and \$55 for Non-Raleigh Residents. For more information please go to: www.raleighnc.gov.

178642 **City-Wide Districts 1&2**
178643 **City-Wide Districts 3&4**



Teen

Basketball – 13U/14U AAU Fall League

Age: 13-14yrs. Keep your players together with our 13U/14U AAU Fall Basketball League. Skill your players, then use our league to put those abilities to use in game situations. All teams are guaranteed 10 games. \$20 per player.

Method Road Community Center – Course Fee: \$20
#179114 Sep 7 M 6:00-9:00pm

Basketball – Biltmore Hills Holiday Teen Tournament

Age: 13-16yrs. This competitive tournament keeps your team in shape and basketball—ready over the holiday break. Games will take place all day between 10:00am and 9:00pm Registration is December 1-16.

Biltmore Hills Community Center – Course Fee: \$15
High School – Junior Varsity
#178847 Dec 30 W 11:00am-8:00pm
#178848 Jan 1-4 M,F 11:00am-8:00pm

Adult

Adult Basketball

The athletics division will be offering Adult Basketball. Registration will be held from October 12-16 for Open, Closed, Church and Women's. Games will start mid-November or early-December. The cost is \$400 per team and \$24 per participant for any non-city players. The season consists of 10 games.

178771 **City-Wide**

Educational



Preschool

Baby Sign Me

Age: 8-18mths. American Sign Language is the basis of this class, which is taught to the parent and infant to improve communication and help lessen frustration. Instructor: Bettie Ittenbach.

Laurel Hills Community Center – Course Fee: \$30
#179119 Oct 7-28 W 2:30-3:00pm

Bodacious Biology

Age: 4-6yrs. Learn, laugh and play as we discover the intriguing lives of plants and animals. Sessions are interdisciplinary with stories and crafts in addition to scientific discovery. When possible, a real live plant or animal will make an appearance! Sessions combine nicely with Tot Time. Parent or guardian must stay with child during program. Class meets at Powell Drive, 740 Powell Drive, 27606.

Powell Drive Park – Course Fee: \$39

Dinosaurs (ages 2-4 and 4-6)

#179223 Sep 8-29 T 10:00am-11:00am
#179224 Sep 8-29 T 12:00am-1:00pm

Pretty Plants (ages 2-4 and 4-6)

#179225 Oct 6-27 T 10:00am-11:00am
#179226 Oct 6-27 T 12:00am-1:00pm

Wildlife Winter Wonderland (ages 2-4 and 4-6)

#179227 Dec 1-22 T 10:00am-11:00am

Leap Into Learning

Age: 3-5yrs. This is a perfect stepping stone from being at home to going off to a full day of school. We will learn basic skills involving, numbers, letters, colors, shapes, music, art and other fundamentals necessary to succeed in kindergarten. Each class participant will enjoy circle time, center time, play time and snack time. We will also teach sharing, manners, hygiene and group participation. The best part is that this three-hour class will allow participants to engage in social activities and interactive play without realizing how much they are learning along the way! All children must be potty trained. All children will need to bring a snack and drink each day.

Greystone Community Center – Session: \$210

#178360 Sep 9-30 M,W,F 9:15am-12:15pm
#178361 Oct 2-30 M,W,F 9:15am-12:15pm
#178362 Nov 2-30 M,W,F 9:15am-12:15pm
#178363 Dec 2-21 M,W,F 9:15am-12:15pm

Science Sampler

Age: 3-5yrs. 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. Parent or guardian must stay with child during program.

Green Road Community Center – Course Fee: \$36

#178583 Sep 9-30 W 10:00-11:00am
#178584 Oct 7-28 W 10:00-11:00am

STEM – Little STEM Core

Age: 3-5yrs. This little STEM program strives to create innovative and supportive education activities that will encourage early learners to understand and use science and critical thinking in their everyday lives. Students will make TWO tangible products from various experiments to take home at the end of the session.

Optimist Community Center – Course Fee: \$60

#179106 Sep 4-25 F 10:30-11:30am
#179121 Oct 2-23 F 10:30-11:30am

STEM – Little STEM Lite

Age: 3-5yrs. This STEM program strives to create innovative and supportive education activities that will encourage early listeners to understand and use science and critical thinking in their everyday lives. Students will produce ONE tangible product from an experiment to take home with them at the end of the session.

Optimist Community Center – Course Fee: \$40

#179081 Sep 2-23 W 10:30-11:30am
#179087 Oct 7-28 W 10:30-11:30am

Thimble Thespians

Age: 2-6yrs. Act, sing, dance! Bring your favorite costume! Dress up as your favorite prince or princess! Act out your favorite fairytale character! We will practice real dance moves and put on real playlets. The class combines nicely with Bodacious Biology and Zany Zoology. Parent or guardian must stay with child during the program.

Green Road Community Center

Fairytale Gala – Course Fee: \$39

#178595 Sep 9-30 W 11:00am-12:00pm
#178596 Oct 7-28 W 11:00am-12:00pm

Powell Drive Park

Fairytale Gala – Course Fee: \$39

#179228 Sep 8-29 T 11:00am-12:00pm
#179229 Oct 6-27 T 11:00am-12:00pm
#179230 Dec 1-22 T 11:00am-12:00pm

Toddler and Parent Morning Time – Come Learn With Me

Age: 2-5yrs. This is a fun, high energy class that incorporates music, movement, games stories and crafts for a child and their care giver. We focus on a different topic each week from the alphabet, numbers, weather, different holidays, animals, games, cultures, colors, shapes, activities that will let their imagination run wild. Parent participation is required.

Instructor: Maureen Seltzer

Optimist Community Center – Course Fee: \$45

#179268 Sep 1-Oct 6 T 10:30-11:30am
#179269 Oct 13-Nov 17 T 10:30-11:30am
#179270 Nov 24-Dec 29 T 10:30-11:30am

Youth

Bricks 4 Kidz – Amusement Park Adventures Track Out Camp

Age: 5-11yrs. Get your ticket to ride at Bricks 4 Kidz very own amusement park! Campers will build a new ride each day, learning how to make things spin, roll, turn and rock! Then they will take what they have learned to design their own thrills and challenges. Motorized models maximize the action and

fun. Each camp day includes carnival-themed games, group challenges model-building and more. At the end of the week, parents will get to see the motorized LEGO® amusement park their children created. All campers take home a custom mini-figure at the end of the week. This program is not affiliated, sponsored, or endorsed by LEGO® Education or the LEGO® Group.

Pullen Community Center – Course Fee: \$170
#177976 Oct 12-16 M-F 1:00-4:00pm

Bricks 4 Kidz – Classic Arcade Adventures Track Out Camp

Age: 5-11yrs. Step back in time and bring the world of classic arcade and video games to life by building classic icons with LEGO® Bricks and Technic elements. Not only will you build awesome models and working contraptions depicting your favorite arcade and video game heroes, but you will also have the opportunity to play some of the original games on vintage consoles. This is a unique opportunity to experience classic arcade and video games through LEGO® Bricks and see first-hand how the current video game craze started decades ago! At the end of the week, you not only travel back to the future but get to bring back your own custom mini figure! This program is not affiliated, sponsored, or endorsed by LEGO® Education or the LEGO® Group.

Pullen Community Center – Course Fee: \$170
#177973 Sep 14-18 M-F 9:00am-12:00pm

Bricks 4 Kidz – Comic Book Creator Track Out Camp

Age: 7-11yrs. Campers will explore the artistic form of comic book design as they learn to create their own custom electronic comic book. Participants will create their own characters, develop story lines and incorporate pictures of actual sets, all designed with LEGO® Bricks and Technic elements! After creating various scenes, campers will snap pictures and upload them, using a software program to create their very own, one-of-a-kind comic book. At the end of the week, campers will receive a digital copy of the comic book they created. This program is not affiliated, sponsored, or endorsed by LEGO® Education or the LEGO® Group.

Pullen Community Center – Course Fee: \$170
#177996 Nov 2-6 M-F 9:00am-12:00pm

Bricks 4 Kidz – Engineering After School Program

Age: 5-11yrs. At Bricks 4 Kidz, we believe it's important to tap into a child's potential by encouraging curiosity and creativity while reinforcing STEM-based engineering principles. Students will build a variety of theme-based, fun-filled motorized models utilizing LEGO® Bricks and Technic elements with themes such as space exploration, cranium contraptions, amazing animals, interesting inventions, construction, transportation, energy is everywhere,

exploring the everglades, natural science and factory fun. All activities are designed to enhance a child's self-esteem and improve fine-motor skills while triggering imagination and building self-confidence. All students get to take home a custom mini figure at the end of the week! This program is not affiliated, sponsored, or endorsed by LEGO® Education or the LEGO® Group.

Pullen Community Center – Course Fee: \$105
#178000 Sep 15-Nov 3 T 4:00-5:00pm

Bricks 4 Kidz – Pocket Brick Monsters Track Out Camp

Age: 5-11yrs. Embark on a journey where you not only train Pokemon® but build wild creatures with LEGO® Bricks and Technic elements in your quest to become a Master! Divide into teams and build Dratini, Pikachu, Poke Balls and more as well as cool crafts where you can build creatures to take home! Creating, capturing and battling are the order of the day! At the end of each session, you can bring your own Pokemon® trading cards for play and trade. You will get to take home a custom mini figure at the end of the week! This program is not affiliated, sponsored, or endorsed by LEGO® Education or the LEGO® Group.

Pullen Community Center – Course Fee: \$170
#177998 Nov 2-6 M-F 1:00-4:00pm

Bricks 4 Kidz – Remote Control Mania Track Out Camp

Age: 5-11yrs. Imagination comes to life when you turn your creations into radio-controlled masterpieces. Making it move is the name of the game! You will get to engineer everything from machines to animals with LEGO® Bricks and Technic elements, then incorporate infrared sensors to convert your creation to remote control operation. In addition to learning the basic principles of the many ingenious devices that are part of our everyday lives, you will also learn how to magnify or diminish force to move objects at different speeds and in different directions. Set your remote to 'fun' and even build a custom mini-figure to take home. This program is not affiliated, sponsored, or endorsed by LEGO® Education or the LEGO® Group.

Pullen Community Center – Course Fee: \$170
#177974 Sep 14-18 M-F 1:00-4:00pm

Bricks 4 Kidz – Stop Action Animation Track Out Camp

Age: 7-11yrs. Be the director and producer of your own LEGO® movie adventure that you script, stage, produce and shoot using stop-action animation techniques and LEGO® Bricks. Working as a team, you will use LEGO® components to build the set and props, then shoot your movie using laptops and web cams as well as add special effects, titles, credits and more. Join us for a week of filmmaking adventure! A screening party will be held on the last day of camp

for your family and friends, and you will take home a DVD of all the movies created by the class as well as a custom mini figure. This program is not affiliated, sponsored, or endorsed by LEGO® Education or the LEGO® Group.

Pullen Community Center – Course Fee: \$170
#177975 Oct 12-16 M-F 9:00am-12:00pm
#177992 Nov 30-Dec 4 M-F 9:00am-12:00pm

Bricks 4 Kidz – Winter Fun Engineering Track Out Camp

Age: 5-11yrs. Don't get left out in the cold! Bring the winter fun indoors with interactive Bricks 4 Kidz models of popular winter activities, from the hair-raising thrill of the luge to more the relaxing pace of the horse and sleigh. We'll build the all-business snowplow as well as the all-fun snowmobile. And our winter theme wouldn't be complete without ice hockey and skiing. No snow? No problem! Our LEGO® bricks and your imagination are all you need to create these winter memories. All campers get to take home a custom mini figure at the end of the week. This program is not affiliated, sponsored, or endorsed by LEGO® Education or the LEGO® Group.

Pullen Community Center – Course Fee: \$170
#177985 Nov 30-Dec 4 M-F 1:00-4:00pm

Coin Collecting Workshop

Age: 8yrs and up. Learn how to collect, store, and value coins and paper money in this free, one-day workshop led by the Raleigh Coin Club. Learn how to determine the condition of a coin (grading) and how to maintain coins in the best condition. Bring coins to be evaluated. All attendees will have a chance to win a Ben Franklin half dollar! Preregistration is preferred.

Brier Creek Community Center
#178550 Oct 24 Sa 9:00am-12:00pm

Kids and Wealth

Age: 9-14yrs. This class teaches youth how to earn, save, budget and explore revenue-producing avenues. In addition, it teaches youth how to become entrepreneurs. Participants will learn that a business can be home-based, providing supplemental or residual income or enough income to support yourself.

Roberts Park Community Center – Course Fee: \$15
Young Bosses

#177837 Sep 12 Sa 10:30am-12:30pm
#177838 Nov 14-21 Sa 10:30am-12:30pm

Saturday Morning Sciences

Age: 9-14yrs. Saturday Mornings Sciences is a series of public lectures aimed at bringing the joy and variety of sciences to students and their families. City of Raleigh staff and speakers from elsewhere will talk about aspects of science and mathematics that they find fascinating or useful.

Sgt. Courtney T. Johnson Center
#179245 Sep 12 Sa 11:30am-12:30pm
#179246 Oct 10 Sa 11:30am-12:30pm
#179247 Dec 5 Sa 11:30am-12:30pm

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Science Fun Hour

Age: 5-12yrs. This program encourages youth to learn more about science through hands-on activities that are educational and fun! Classes will be held the 2nd and 4th Friday of each month. Instruction by Score One Up.

Sanderford Road Park

#178021 Oct 9 F 5:00-6:00pm

Sign Language Workshop for Kids

Age: 7-10yrs. Join instructor Bettie Ittenbach to celebrate Deaf Awareness Month at this sign language workshop developed just for kids. The workshop will incorporate games and activities to make sign language fun for everyone!

Laurel Hills Community Center – Course Fee: \$10

#179148 Sep 26 Sa 10:30am-12:00pm

Teen

Frogs and Toads

Age: 15yrs and up. Did you know that an American Bullfrog tadpole can take up to 3 years to fully develop? How about, can you tell the difference between an American Toad call and a cricket chirping? Or, do you know the differences between 'true' frogs and 'true' toads? If you answered 'no' to any of these then we have the class for you here at Lake Johnson. Come learn about North Carolina's native frogs and toads. You'll receive hands-on experience by using dipper and nets; fellow amphibian enthusiasts will learn basic biology, habitat requirements and human interactions with our herp friends. Be prepared to get wet! Bring your rain slickers or shoes that can get muddy!

Lake Johnson – Course Fee: \$3

#179293 Sep 29 T 6:00-7:00pm

Teambuilding For Teens

Age: 11-18yrs. Let the Teen Program custom design a teambuilding workshop to help meet your group's needs and challenges. Initiative activities are utilized to enhance problem-solving, teambuilding, conflict resolution and other life skills through experiential learning and will be tailored to your specific group. These programs are great for schools, church groups, student councils, drop-out prevention programs and many other established youth groups. Courses will be held at the site of your choosing and will be scheduled according to staff availability. Please contact the Teen Program at least one month in advance of desired program date. Cost: \$20 per staff hour of program with a minimum of two hours. We require a staff member to student ratio of 1:8. Contact the Teen Program at 919-996-2140 for more information.

Adult

Birds – Raleigh/Durham Caged Bird Society

Age: 18yrs and up. The Raleigh-Durham Caged Bird Society serves to educate the public on the care of caged birds, to address avicultural concerns and to encourage the conservation of avian species. The society meets the 3rd Sunday of each month at Glen Eden Pilot Park, 1500 Glen Eden Drive. Membership dues are \$1 per person per meeting. No registration necessary.

Glen Eden Park – Course Fee: \$1

#178893	Sep 20	Su	1:00-5:30pm
#178894	Oct 18	Su	1:00-5:30pm
#178895	Nov 15	Su	1:00-5:30pm
#178896	Dec 20	Su	1:00-5:30pm

Bridge for Beginners

Age: 18yrs and up. Have you ever wanted to join in a friendly, social game of bridge? This eight-week class is just the place for beginners and 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.

Millbrook Exchange Community Center

Course Fee: \$60

#176067 Sep 15-Nov 3 T 7:00-9:00pm

Coupon Swap!

Age: All Ages. This class is for people interested in saving money and passing along deals to help others. Please bring clipped, unexpired coupons to share and trade with the group. Please do not bring coupons printed from a computer. There will be no class in November.

Carolina Pines Community Center

#177710	Sep 9	W	1:00-3:00pm
#177711	Oct 14	W	1:00-3:00pm
#177712	Dec 9	W	1:00-3:00pm

Coupons 101

Age: All Ages. Where do you find coupons? How do you organize and use them effectively? What stores are coupon-friendly? To get answers to these questions and more, this is the class for you. Preregister two days prior to class date.

Carolina Pines Community Center

#177714	Sep 19	Sa	10:00-11:00am
#177715	Oct 13	T	6:30-7:30pm

Dog – Advanced Obedience

Age: 18yrs and up. This class is for dogs of any age that need to improve their sit, down, wait, come, stay and ability to walk on a loose leash without pulling. We will do more intense work to strengthen these skills, especially around other dogs. This class will improve your dog's impulse control while confirming your leadership. By adding distractions and practicing commands off leash, we'll help your dog improve self-control. If time allows, we will increase learning with fun games and Rally

obedience. The final night of the class will be the American Kennel Club Canine Good Citizen certification. This class is 6 weeks long.

Jaycee Community Center – Course Fee: \$125

#178986	Sep 22-Oct 27	T	8:00-9:00pm
#178987	Nov 3-Dec 8	T	8:00-9:00pm

Dog – Basic Manners for Your Dog

Age: 18yrs and up. This class will teach you the importance of your role as a leader and teach your dog the ability to have self-control. These two things together will allow your pup to learn to sit, down, wait, come, stay and walk on a loose leash without pulling. In addition, your dog will learn to wait at doorways, wait without lunging out of the car, sit for supper and leave it. Learning the proper body language and communicating clearly with your dog is also a focus. The result will be improved behavior in public as well as at home and a closer bond between you and your dog. Class is limited to six dogs so there is plenty of time for individual attention. This course is for dogs older than 3 months. This is a six-week course.

Jaycee Community Center – Course Fee: \$125

#178995	Sep 22-Oct 27	T	7:00-8:00pm
#178996	Nov 3-Dec 8	T	7:00-8:00pm

Dog Obedience

Age: 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. This test evaluates the ability of a dog to display good public manners. Dogs should be no younger than 6 months old.

Millbrook Exchange Community Center

Course Fee: \$40

#177999 Sep 9-Nov 11 W 7:30-8:30pm

Dog – Puppy Kindergarten

Age: 18yrs and up. This new class may be the most important step you can take to ensure a long happy relationship with your new puppy. Puppies need to be current on their shots for their age, and owners must bring their vet records to the first class to ensure no exposure to diseases feared by young puppy owners and vets! Owners will learn everything they need to know to establish a great relationship with their new family member based on mutual respect. Topics covered will include socialization, housetraining, crate training, puppy nipping, leash walking, praise and reinforcement, stopping undesired behavior, grooming, proper playtime, obedience basics, jumping up, exercise, barking and raising a confident pup. Other topics will be addressed based on the needs of the class. Puppy playtime will be the last 15 minutes of class each evening. The whole family is encouraged to attend the class, but the pup should

not come the first night. This is a six-week class.

Jaycee Community Center – Course Fee: \$125
 #179000 Sep 22-Oct 27 T 6:00-7:00pm
 #179001 Nov 3-Dec 8 T 6:00-7:00pm

English as a Second Language (ESL) – Clases de Ingles

Age: 18yrs and up. 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 básicos. Las clases están diseñadas para gente que no habla inglés como su primer idioma y que están interesadas en aprender términos básicos para poder comunicarse en el idioma inglés.

Barwell Road Community Center
 #176394 Sep 30-Nov 4 W 7:00-8:30pm

Brier Creek Community Center
 #176405 Sep 9-Oct 14 W 7:00-8:30pm
 #176393 Sep 12-Oct 17 Sa 11:30am-1:00pm

Carolina Pines Community Center
 #176398 Sep 1-Oct 6 T 6:30-8:00pm
 #176403 Oct 20-Nov 24 T 6:30-8:00pm

Chavis Community Center
 #176402 Sep 5-Oct 17 Sa 11:30am-1:00pm
 #176404 Nov 7-Dec 19 Sa 11:30am-1:00pm

Green Road Community Center
 #176408 Sep 2-Oct 7 W 6:30-8:00pm
 #176400 Sep 12-Oct 17 Sa 11:30am-1:00pm
 #176399 Oct 21-Dec 2 W 6:30-8:00pm
 #176390 Nov 7-Dec 19 Sa 11:30am-1:00pm

Hill Street Center
 #176397 Sep 1-Oct 6 T 6:30-8:00pm
 #176412 Oct 20-Dec 1 T 6:30-8:00pm

Marsh Creek Park
 #176391 Sep 9-Oct 14 W 6:30-8:00pm
 #176392 Oct 28-Dec 9 W 6:30-8:00pm

Method Road Community Center
 #176396 Sep 3-Oct 15 Th 6:30-8:00pm
 #176410 Oct 29-Dec 10 Th 6:30-8:00pm

Northeast Outreach Center
 #176413 Sep 8-Oct 13 T 10:00-11:30am

Peach Road
 #176407 Sep 8-Oct 13 T 6:30-8:00pm
 #176411 Sep 10-Oct 22 Th 6:30-8:00pm
 #176409 Oct 27-Dec 8 T 6:30-8:00pm
 #178743 Oct 29-Dec 10 Th 6:30-8:00pm

Ralph Campbell Community Center
 #177269 Sep 9-Oct 14 W 1:00-2:30pm
 #177270 Oct 28-Dec 9 W 1:00-2:30pm

Gardening Club

Age: 18-95yrs. Get the scoop on gardening. Learn the transitions of gardens from season to season, discuss gardening topics and share ideas and experiences.

Worthdale Community Center
 #178853 Sep 26 Sa 9:00-11:00am
 #178866 Oct 24 Sa 9:00-11:00am
 #178871 Nov 28 Sa 9:00-11:00am

Integrative Health Coaching at Eastgate

Age: 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.

Eastgate Park – Course Fee: \$75
 #177394 Sep 1-Oct 13 T 7:00-8:00pm
 #177395 Nov 3-Dec 15 T 7:00-8:00pm

Self-Defense 101 – Basic Self-Defense

Age: 15yrs and up. Learn verbal tactics to keep yourself safe in situations of imminent violence or boundary violations—whether with friends, acquaintances or family. Learn basic physical techniques to use if verbal tactics are not enough. Students have opportunities to practice use of physical and verbal skills in drills and simulated attack scenarios with an instructor in padded armor. The class is not a formal martial arts training program.

Green Road Community Center – Course Fee: \$45
 #179030 Sep 9-Oct 5 M,W 6:00-7:00pm

Sign Language ASL I

Age: 14yrs and up. Want or need to learn sign language? This is a good place to start. Get the basics and build your vocabulary in a fun and relaxed atmosphere. Beginning classes offer different emphasis geared toward the registrant's needs. It is best to take a few beginner classes before moving on to intermediate.

Laurel Hills Community Center – Course Fee: \$80
 #179122 Sep 9-Oct 28 W 6:00-7:15pm

Spanish – I/Español I

Age: 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. Este curso es una introducción a la conversación en español con énfasis en escuchar y hablar. Se cubrirán temas como el concepto del tiempo, días de la semana, meses y colores. También practicaremos diálogos simples y el tiempo presente de los verbos.

Jaycee Community Center
 Course Fee: \$50
 #176861 Sep 5-Oct 10 Sa 1:00-2:30pm
 #176862 Oct 24-Dec 5 Sa 1:00-2:30pm

Millbrook Exchange Community Center
 Course Fee: \$50
 #176859 Sep 1-Oct 6 T 6:30-8:00pm
 #176860 Oct 22-Dec 3 Th 6:30-8:00pm

Spanish for the Work Place

Age: 16yrs and up. This course teaches general customer service skills in Spanish to better communicate with Spanish workers and clients.

Peach Road – Course Fee: \$20
 #178753 Sep 9-Oct 7 W 6:30-7:30pm

Senior

Are You Feeling Blue?

Age: All Ages. Are you feeling blue and have less energy for the activities you used to enjoy? Come learn about the warning signs of depression, coping skills and available resources and support. Free depression consultations will be provided. Sponsors: Holly Hill and Resources for Seniors.

Anne Gordon Center for Active Adults
 #177431 Dec 4 F 1:00-2:00pm
Five Points Center for Active Adults
 #177432 Sep 18 F 11:00am-12:00pm

Basics of Estate Planning

Age: All Ages. Tom McCuiston from McCuiston Law Offices, PLLC addresses documents needed in estate planning such as powers of attorney, trusts, wills and living wills and certain consequences of having and not having these documents. Topics include: tax consequences of not having a will; property transfer consequences of not having a will; creating trusts and why they are helpful; responsibilities of a designated power of attorney; and living wills and the peace of mind they provide.

Five Points Center for Active Adults
 #177404 Sep 15 T 1:00-2:00pm

Beginning Computers and Email

Age: All Ages. This course is for beginners or new users who are just starting to get familiar with a computer, mouse and keyboard. Exercises are included to improve skills in these areas and to create and save short documents. Students will be introduced to the basics of Internet usage: creating an e-mail ID, sending and receiving messages and uploading and downloading attachments and photos. For more information, call Raleigh SeniorTechEd at 919-954-3688. Student level: New PC User. Applies to: Windows 7, Windows 8.

Anne Gordon Center for Active Adults
 Course Fee: \$30
 #179008 Oct 22-Nov 26 Th 9:30-11:30am
Five Points Center for Active Adults
 Course Fee: \$30
 #179009 Sep 22-Oct 27 T 2:00-4:30pm

Blood Pressure Screening

Age: All Ages. Take advantage of these free blood pressure screenings offered by Dr. Casey Baldwin with Resources for Seniors and Kindred Transitional Healthcare.

Five Points Center for Active Adults
 #177433 Sep 1-Dec 21 M,T 9:30-10:15am

Breathe Easy

Age: All Ages. October is Healthy Lung Month. Learn about the most common lung diseases such as asthma, chronic bronchitis and COPD. What environmental factors impact your breathing? The class will include information on what you can do to improve your breathing.

Five Points Center for Active Adults
 #177621 Oct 16 F 10:00-11:00am
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Conversation and Coffee

Age: All Ages. This monthly series of educational meetings is designed to inform, educate and answer questions related to healthy living and well-being. Join us for coffee and conversation. Sponsors: Sunrise Senior Living and Resources for Seniors.
Five Points Center for Active Adults
#177407 Sep 15-Dec 16 T-W,Su 10:15-11:15am

Conversational Spanish for Beginning Adults

Age: All Ages. Do you want to speak Spanish and be understood? Do you want to understand spoken Spanish? This course is designed to provide you with the basic conversational skills to speak Spanish and to understand spoken Spanish in a variety of social situations. Strong emphasis in vocabulary, pronunciation and listening.
Anne Gordon Center for Active Adults
Course Fee: \$45
#176559 Oct 28-Dec 2 W 1:00-2:30pm

Diabetes Education Empowerment Program (DEEP)

Age: All Ages. The DEEP workshop builds a foundation of diabetes management skills through a series of teaching modules that cover diabetes risk factors, complications of diabetes, diagnosis and self-monitoring, nutrition, exercise, medications, stress management and working with your diabetes care team. The workshop is offered as six weekly classes that use hands-on activities, discussions and goal-setting to help your members who have diabetes or are at risk for diabetes to improve their health.

Anne Gordon Center for Active Adults
#177435 Sep 28-Nov 2 M 2:00-4:00pm
Five Points Center for Active Adults
#177436 Sep 30-Nov 4 W 1:00-2:00pm

EnJOY the Holidays

Age: All Ages. The holiday season can be a time for sharing oneself through the gifts of time and events. Sharing your time with family and friends can reduce clutter and unsolicited items. Join Liz and Noa from Trending Transitions in sharing ways to reduce stress and keep joy in the holidays.
Anne Gordon Center for Active Adults
#177535 Nov 5 Th 1:00-2:30pm
Five Points Center for Active Adults
#177413 Nov 11 W 1:00-2:30pm

Everyday Artistry: Stories of NC Quilts and Their Makers

Age: All Ages. See examples and hear the stories behind some of the N.C. Museum of History's quilt collection. Made by North Carolinians, these works testify to the experiences of everyday people from 1850 to 1950. These quilts reflect broad themes in North Carolina's history and reveal how quilts are a valuable primary source for

learning about our shared past.

Anne Gordon Center for Active Adults
#177617 Oct 21 W 2:30-3:30pm
Five Points Center for Active Adults
#177618 Nov 6 F 10:00-11:00am

Excel – Introduction

Age: All Ages. If you would like to calculate a budget and track your utility bills, etc. but have been putting it off, then learning Excel is for you. This class starts at the very beginning of Excel with basic definitions, continues with calculation examples and discusses formatting and colors. For more information, please call Raleigh SeniorTechEd at 919-954-3688. Student level: Experienced PC user. The class applies to MS Office, Windows 7, Windows 8.

Anne Gordon Center for Active Adults
Beginning Excel – Course Fee: \$10
#179021 Nov 13 F 9:30-11:30am
Five Points Center for Active Adults
Beginning Excel – Course Fee: \$10
#179022 Oct 30 F 9:30-11:30am

Exploring the Internet

Age: All Ages. This course teaches proper and safe ways to use the Internet, including basic browsing, file downloading, bookmarking, favorites and security concepts. Email concepts include saving attachments, sending emails with attachments and filing emails in folders. This class is brought to you by Raleigh SeniorTechEd. For more information, please call 919-954-3688.

Anne Gordon Center for Active Adults
Course Fee: \$30
#179023 Nov 10-Dec 15 T 9:30-11:30am

Exploring Windows 8

Age: All Ages. In this class, you will learn how to use Windows 8 to perform computer activities, including how to set the environment up for individual preferences and how to maintain it for optimum performance. You will learn how to use the user interfaces start screen and desktop and how to intermix both environments for best production. Students must provide their own Windows 8 computer. Student level: Experienced PC user. For more information, please contact Raleigh SeniorTechEd at 919-954-3688.

Five Points Center for Active Adults – Course Fee: \$20
#178991 Sep 17-Oct 8 Th 1:30-3:30pm
#179003 Oct 22-Nov 12 Th 1:30-3:30pm

Falls Prevention and Hearing

Age: All Ages. This program will provide valuable information on the linkage between poor hearing and falls. We will talk about what to do to maintain your hearing and balance.

Anne Gordon Center for Active Adults
#177493 Dec 3 Th 1:30-2:30pm
Five Points Center for Active Adults
#177494 Dec 10 Th 1:00-2:00pm

Google Can Do That?

Age: All Ages. In this two-session workshop, you will learn about and use several free Google applications. This includes Google maps, Earth, drive, books, YouTube, calendar and others. This seminar is offered by Raleigh SeniorTechEd. For more information, please call 919-954-3688. Prerequisite: Intro to Computer Applications or basic computer skills.

Five Points Center for Active Adults – Course Fee: \$15
#179026 Nov 17-18 T-W 1:30-4:00pm

Google Chrome

Age: All Ages. This workshop is designed to help you install and learn to use the Internet access tool or browser from Google. Google's browser is called 'Google Chrome Browser' or 'Chrome' for short. Please bring your Windows 7 or Windows 8 laptop to the workshop both class days. If you have a desktop system at home, you will install Google Chrome on one of our SeniorTechEd laptops for hands-on experience in the workshop. Then you will have the skill to install Google Chrome on your home desktop. For more information, call Raleigh SeniorTechEd at 919-954-3688. Student level: Completed Beginning Computers II or equivalent. Applies to: Windows 7, Windows 8.

Five Points Center for Active Adults – Course Fee: \$15
#179018 Oct 6 T 9:30-11:30am
#179019 Dec 8 T 9:30-11:30am

Health Screening – Blood Oxygen Screening

Age: All Ages. A pulse oximeter is the most common device used to determine your blood oxygen level. A pulse oximeter uses light to measure the oxygen saturation level, the percentage of hemoglobin in your red blood cells carrying oxygen. This screening is provided free by a nurse from Raleigh Rehabilitation.

Five Points Center for Active Adults
#177620 Oct 16 F 11:00-11:30am

Health Talks with Dr. Baldwin

Age: All Ages. Dr. Casey Baldwin, RFS senior care pharmacist, will be on site each month to discuss an important health topic for older adults. Co-sponsor: Resources for Seniors.

Five Points Center for Active Adults
#177495 Sep 1-Dec 1 T 10:15-11:30am

Healthy Heart Beat

Age: All Ages. September is National Atrial Fibrillation Month. Learn about your heart, its related conditions and disease management. How does your blood pressure affect your heart? How is your pulse related to your heart? What do the systolic and diastolic numbers really represent? How do heart medications work? Free blood pressure screenings follow the class.

Five Points Center for Active Adults
#177622 Sep 22 T 10:00-11:00am



Hearing Matters

Age: All Ages. This program will provide valuable information on hearing your best your whole life long. We will talk about hearing losses linked to dementia, falls, depression and other health issues.

Anne Gordon Center for Active Adults

#177501 Oct 22 Th 1:30-2:30pm

Five Points Center for Active Adults

#177502 Oct 13 T 10:00-11:00am

iPad – Going Further With Your iPad

Age: All Ages. This course will show you how to sync with your Mac or PC, transfer contacts and create contact groups and calendars. You will also learn how to use Facetime, the App Store and eBook readers and how to borrow eBooks for free from Wake County libraries. Bring your iPad and your questions from the first course.

Anne Gordon Center for Active Adults

#176569 Nov 4 W 9:30-11:30am

Five Points Center for Active Adults

#176568 Sep 23 W 9:30-11:30am

iPad – Introduction

Age: All Ages. Are you thinking of getting an iPad or do you have one but are not sure how to use it? This course will teach you how to set up your iPad, provide a brief overview of the many available applications, or apps, and show you how to get the most out of the tablet. We have iPads for you to use, or you can bring your own.

Anne Gordon Center for Active Adults

#176571 Sep 16 W 9:30-11:30am

#176723 Oct 28 W 9:30-11:30am

Five Points Center for Active Adults

#176570 Dec 2 W 9:30-11:30am

iPad – Introduction to iCloud

Age: All Ages. The iCloud service allows users to securely store personal computer files on Apple's iCloud servers and access them from multiple devices. It also lets you sync multiple devices, including your iPad, iPhone, iPod and PCs running Mac OS or Windows. Consider it a highly capable personal Internet hard drive! This class will show you how to set up an account and make the best use of the service. Bring your own iPad, iPhone or iPad Touch.

Anne Gordon Center for Active Adults

#176573 Sep 30 W 9:30-11:30am

Five Points Center for Active Adults

#176572 Dec 9 W 9:30-11:30am

iPhone – Getting to Know Your iPhone

Age: All Ages. This course will teach you how to get the most out of your Apple iPhone, including basic set up and making phone calls. It also will cover advanced features, such as the 'do not disturb' and personal hotspot functions. Bring your iPhone and learn how to get the most out of your smartphone.

Anne Gordon Center for Active Adults

#176575 Nov 18 W 9:30-11:30am

Five Points Center for Active Adults

#176574 Oct 7 W 9:30-11:30am

Long Term Care – How It Works and Who Pays

Age: All Ages. You've worked hard all your life to save for a comfortable retirement so that you can live life to the fullest while maintaining your independence. But realizing your goals requires proper planning; including taking into account how the need for long-term care could impact your financial security and quality of life. Learn how at this seminar sponsored by Resources for Seniors and Edward Jones Financial.

Five Points Center for Active Adults

#177414 Sep 24 Th 10:30-11:30am

Lunch and Learn for Adults

Age: All Ages. This monthly series of educational meetings, with lunch provided, is designed to inform, educate and answer questions related to healthy living and well-being. Preregistration is required for lunch. Sponsors: Resources for Seniors and Sunrise Assisted Living.

Anne Gordon Center for Active Adults

#177536 Sep 16-Oct 7 W 1:30-2:30pm

Medicare 101

Age: All Ages. The Seniors' Health Insurance Information Program (SHIIP) is a division of the North Carolina Department of Insurance that offers free, objective information about Medicare, Medicare supplements, Medicare Advantage plans, Medicare prescription drug plans, Medicare fraud and abuse, and long-term care insurance. This seminar will provide a quick explanation of Medicare and a time for questions.

Five Points Center for Active Adults

#177416 Nov 3 T 10:00am-12:00pm

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Noggin Joggin'

Age: All Ages. People who regularly partake in stimulating activities show healthier densities of white matter, or the parts of the brain that transmit information, than those who do not. In other words, if you don't use it, you lose it. Brain fitness workouts may help your mind process information more quickly and efficiently and improve your ability to perform multiple tasks at the same time. Brain training that targets memory, attention and focus may lead to better recollection, faster reaction time and an overall sharper mind. Brain games may help stave off dementia, strengthen critical thinking skills and promote brain health.

Anne Gordon Center for Active Adults

#177503 Sep 21-Oct 12 M 1:30-2:30pm

Five Points Center for Active Adults

#177504 Sep 14-Dec 14 M 10:00-11:00am

Nutrition Supplements and You

Age: All Ages. The supplement industry is boomin'. Join us to learn more about supplements, including what to buy, what to avoid, a possible drug-nutrient interactions. Sponsored by NORC and Resources for Seniors.

Five Points Center for Active Adults

#177533 Oct 9 F 10:00-11:15am

Organization – When Collecting Becomes Clutter

Age: All Ages. Bring in an example of something you collect, and we will share our stories. We will look at what we collect and how collecting can lead to clutter or hoarding. Why do we acquire things in our lives? Is collecting a healthy practice? Learn about the advantages and disadvantages of collecting, clutter and hoarding. Presented by Resources for Seniors.

Anne Gordon Center for Active Adults

#177429 Oct 7 W 1:30-2:30pm

Five Points Center for Active Adults

#177430 Dec 1 T 2:00-3:00pm

Parkinson's Disease Dialogue

Age: All Ages. Are you living actively in the early stages of Parkinson's disease? Please join us for an inviting open discussion of Parkinson's disease and sharing of experiences in a patient-centered environment. The early goal is to equip us to be 'prosumers' of Parkinson's disease-related healthcare by exchanging information, choosing topics for discussion and sharing the collective wisdom.

Five Points Center for Active Adults

Parkinson's Disease Dialogue

#177534 Sep 25-Dec 18 F 1:00-2:30pm

Password Management

Age: All Ages. This seminar, presented by Raleigh SeniorTechEd, will help the student understand the importance of good password management and introduce an application to manage passwords in an secure manner. For questions, please call 919-954-3688. Student level: completion of Beginning Computers II or equivalent computer knowledge.

Anne Gordon Center for Active Adults

Course Fee: \$10

#178985 Sep 8 T 9:30-11:30am

Five Points Center for Active Adults

Course Fee: \$10

#178988 Nov 10 T 9:30am-12:00pm

Path to Peace

Age: All Ages. This small group setting consists of four 75-minute sessions over the course of a month. In addition to general support, this group covers topics such as understanding the grief process, making life adjustments and carrying on without your loved one. There is no fee, but registration is required in advance, and participants are asked to commit to the entire four-week class in order to foster trusting relationships within the group. Sponsors: Heartland Hospice and Resources for Seniors.

Five Points Center for Active Adults

#177418 Oct 1-22 Th 10:00-11:15am

Resources for Seniors – Who Are We and How Can We Help

Age: All Ages. Resources for Seniors will provide a detailed overview of their agency and the many resources that can be valuable to you or your loved ones.

Anne Gordon Center for Active Adults

#177421 Nov 12 Th 1:00-2:00pm

Five Points Center for Active Adults

#177422 Oct 29 Th 1:00-2:00pm

SHIIP Counseling Appointments

Age: All Ages. Did you know that there are 31 insurance companies licensed to sell supplemental and advantage plans to seniors in Wake County in addition to Medicare? These one-on-one appointments will help you to understand your options with the Seniors' Health Insurance Information Program (SHIIP). Our SHIIP expert will help you identify the top two or three plans that best meet your needs. You must preregister for an appointment. Please bring your Medicare card and a list of prescriptions you are currently taking.

Anne Gordon Center for Active Adults

#176651 Sep 14-Dec 28 M 12:00-3:00pm

Five Points Center for Active Adults

#176652 Sep 2-Dec 23 W-Th 1:00-4:00pm

Skype for Beginners

Age: All Ages. Learn the basics of how to use Skype to communicate with family and friends. This is a free program that allows you to communicate with voice and video with other users around the world. Anyone who has Internet access can create a Skype account and communicate with anyone else in the world who has a Skype account. For more information, call Raleigh SeniorTechEd at 919-954-3688. Student level: Completed Introduction to Computer Applications or equivalent. Applies to: Windows 7, Windows 8.

Anne Gordon Center for Active Adults

Course Fee: \$10

#178998 Sep 18 F 9:30am-12:00pm

Five Points Center for Active Adults

Course Fee: \$10

#178999 Nov 13 F 9:30-11:30am

Sugar Clues

Age: All Ages. November is American Diabetes Month. Learn about ways to eat healthy and reduce your blood glucose levels. There are hidden ingredients in prepackaged foods that raise your blood sugar level. Learn how to identify the hidden sugars and how to choose healthy alternatives.

Five Points Center for Active Adults

#177623 Nov 10 T 10:00-11:15am

Tablet Tips for Seniors

Age: 65-95yrs. Older adults, bring in your tablet and learn more about your device. Enjoy discussions on various topics and get all of your questions answered.

Worthdale Community Center

#179028 Oct 15 Th 10:00-11:00am

The Pros and Cons of New Technology

Age: All Ages. This workshop will cover some of the new or evolving technologies that are designed to enhance your life, including iPhones, iPads, Tablets, cellphone health monitors (Fitbits, Polar Loops), home health monitoring systems, medication reminders, security systems, mobile chairs/scooters, robotic vacuums, and other devices for security and safety. Sponsored by Resources for Seniors.

Five Points Center for Active Adults

#179442 Oct 2 F 10:00-11:00am

The Truth About Trusts

Age: All Ages. This presentation takes the mystery out of living trusts and explains when a trust is necessary and when it is not. Tom McCuiston will address trust questions including: When is a trust necessary? When is it not? What is a living trust? What is a testamentary trust? Do you need either? Does a trust help you avoid creditors? Presented by Resources for Seniors.

Five Points Center for Active Adults

#177426 Nov 10 T 1:00-2:00pm

Conversational Spanish

Age: All Ages. Do you know how to speak Spanish but want some practice or other to talk to in Spanish to help you improve? This is your class. This course will give an emphasis of conversational Spanish. You will apply and practice elements from a beginners and Intermediate level.

Anne Gordon Center for Active Adults

Course Fee: \$30

Conversational Spanish for Advanced Adults

#176558 Sep 16-Oct 21 W 1:00-2:30pm

Understanding Social Security Strategies for Retirement

Age: All Ages. This class will provide information on how Social Security fits into your retirement income plan, when benefits should be taken and how taxes are best handled. Presented by Resources for Seniors.

Five Points Center for Active Adults

#177428 Nov 12 Th 11:00am-12:00pm

Understanding Veterans' Aid and Assistance Benefits

Age: All Ages. A veterans benefit pays between \$1,000 and \$2,000 per month tax-free toward the cost of long-term care, including skilled nursing, assisted living and in-home professional care. War-time veterans should learn how to qualify and how to use the benefit.

Five Points Center for Active Adults

#177619 Oct 27 T 1:30-2:30pm

Where's My Stuff?

Age: All Ages. This course will offer ways to increase your ability to manage data storage and files on your personal computer. You will learn to create folders and organize your data so that it will be easy to retrieve. You will use Windows Explorer to create and manage your file structure. The course is taught by Raleigh SeniorTechEd. For questions about the course, call 919-954-3688. Student level: Completed Beginning Computer 1 or equivalent. This course applies to Windows 7 and Windows 8.

Five Points Center for Active Adults

Course Fee: \$25

#179020 Oct 21-Nov 18 W 1:30-3:30pm

Windows 8 Overview

Age: All Ages. This seminar will discuss the basics of the new Windows 8 Operating System and help you get started using this new software. This seminar is brought to you by Raleigh SeniorTechEd. Raleigh Senior TechEd . 919-954-3688 Platform: Windows 8

Anne Gordon Center for Active Adults

Course Fee: \$10

#179010 Sep 25 F 9:30am-12:00pm

#179012 Nov 20 F 9:30-11:30am

Five Points Center for Active Adults

Course Fee: \$10

#179013 Oct 16 F 1:30-3:30pm

Windows Back-Up

Age: All Ages. In this seminar, you will learn the importance of backing up your computer onto various storage devices. It is important to learn how and why you back up your data. You will learn how you can automate your regular computer backups to run at specified times. You will learn several ways to back up your data so you do not lose important documents. For more information, call Raleigh SeniorTechEd at 919-954-3688. Student level: Beginning Computers II or equivalent. Applies to: Windows 7, Windows 8.

Five Points Center for Active Adults

Course Fee: \$10

#179029 Dec 11 F 1:30-4:30pm

Windows Photo Gallery

Age: All Ages. This workshop will use the Windows Photo Gallery software, which is already installed on many Windows 7 computers. Photo Gallery can be used to organize, edit, create and share your photos. This workshop, provided by Raleigh SeniorTechEd, will cover transferring photos from your camera to your computer and some basic editing. For information, call 919-954-3688. Student level: Completed Beginning Computers and Email or equivalent. Applies to: Windows 7, Windows 8.

Anne Gordon Center for Active Adults

Course Fee: \$15

Windows Photo Gallery

#178989 Sep 17-24 Th 1:30-3:30pm

Five Points Center for Active Adults

Course Fee: \$15

#178990 Nov 12-19 Th 9:30-11:30am

Family**Coupon Clippers for Beginners**

Age: 16yrs and up. This class is for beginners ages 16 and up who want to learn the tricks of the trade. Saving cents just make sense. Come and learn the basics of couponing so you can begin saving money. Please bring unexpired coupons to share with the group. Each participant will receive a couponing start-up binder, and at the end of the session we will take a trip to a local store.

Chavis Community Center – Course Fee: \$20

#178588 Sep 14-Oct 20 M 11:00am-12:30pm

Sep 14-Oct 20 T 5:30-7:00pm

Dealing With Anger

Age: 10-16yrs. Everyone experiences anger from time to time. It's not necessarily a bad thing. It is a human emotion. But not dealing with anger can lead to arrest, probation and possible imprisonment. The younger you are when you learn to confront anger and deal with it appropriately, the better. Come to the class and learn how to deal with anger in a socially acceptable manner.

Roberts Park Community Center

#177830 Nov 7 Sa 1:30-2:30pm

Digital Photo

Age: 8yrs and up. Want to get off 'auto'? Learn to operate your digital camera and take your skills to the next level. Personal cameras are required.

Carolina Pines Community Center – Course Fee: \$35
Operating and Techniques

#177720 Sep 16 W 6:30-7:45pm

#177721 Sep 23 W 6:30-7:45pm

#177722 Oct 14 W 6:30-7:45pm

#177723 Oct 21 W 6:30-7:45pm

Freedom Shrine

Age: All Ages. Come visit the Freedom Shrine, a collection of original historic American documents photographically reproduced for display. The purpose of the shrine is to encourage citizens to gain a deeper understanding of the events that took place in the building of America.

Millbrook Exchange Community Center

#176063 Aug 1-Dec 31 Daily

Homeschool Explorers

Age: 1yrs and up. This cooperative homeschool support group provides social and educational activities for a minimum cost per family. For additional information, please visit the website at www.homeschoolexplorers.org or call the Method Community Center.

Method Road Community Center – Course Fee: \$1

#178101 Sep 1-29 T 11:30am-1:30pm

#178102 Oct 6-27 T 11:30am-1:30pm

#178103 Nov 3-17 T 11:30am-1:30pm

#178104 Dec 1-22 T 11:30am-1:30pm

Fitness



Preschool

Fitness – Super Hero Training

Age: 2-3yrs. Super heroes need to be in good shape! Training during this fun fitness class will include stretching, running and leaping. Super heroes will be able to better reach kittens in trees, race speeding trains and leap tall buildings. Parent participation is required for 2-year-olds.

Barwell Road Community Center – Course Fee: \$20
#177334 Oct 22-Nov 5 Th 10:00-10:45am

Gymnastics – Tumbling Tinies

Age: 9-24mths. Parent and child participate in a fun-filled class that enhances balance, fitness and social skills. Tots will enjoy music, silly dances, tunnels, slides, obstacle courses, parachute play and more! This class provides a time of fun and togetherness for you and your little one while building your child's motor skills. Instructor: Bethany Schlegel, BS in education and former USGA gymnast.

Brier Creek Community Center

Course Fee: \$30
#178432 Nov 5-19 Th 9:30-10:15am
#178433 Dec 3-17 Th 9:30-10:15am
Course Fee: \$40
#178430 Sep 3-24 Th 9:30-10:15am
#178431 Oct 8-29 Th 9:30-10:15am

Greystone Community Center

Course Fee: \$30
#178227 Dec 1-15 T 9:30-10:15am
Course Fee: \$40
#178224 Sep 1-22 T 9:30-10:15am
#178225 Oct 6-27 T 9:30-10:15am
#178226 Nov 3-24 T 9:30-10:15am

Gymnastics – Tumbling Tots

Age: 2-3yrs. Parent and child participate in a fun-filled class that enhances motor skills, strength, balance, fitness and social skills. Children enjoy beginning gymnastic skills, obstacle courses, music, silly dances, parachute play and more! Have fun bonding with your child while he or she releases energy in a fun and safe setting. Instructor: Bethany Schlegel, former USGA gymnast, BS in Elementary Education.

Brier Creek Community Center

Course Fee: \$30
#178436 Nov 5-19 Th 10:30-11:15am
#178446 Dec 3-17 Th 10:30-11:15am
Course Fee: \$40
#178434 Sep 3-24 Th 10:30-11:15am
#178435 Oct 8-29 Th 10:30-11:15am

Greystone Community Center

Course Fee: \$30
#178238 Dec 1-15 T 10:30-11:15am
Course Fee: \$40
#178235 Sep 1-22 T 10:30-11:15am
#178236 Oct 6-27 T 10:30-11:15am
#178237 Nov 3-24 T 10:30-11:15am

Gymnastics – Tumble Time

Age: 3-4yrs. Children are introduced to the basics of gymnastics in a fun and playful class. Your child will experience the fun of doing flexibility moves, stunts, beam, bars, obstacle courses, parachute play and more! Course is designed to help youth release energy while developing strength, flexibility, coordination and confidence. Instructor:

Bethany Schlegel, former USGA gymnast, BS in elementary education.

Brier Creek Community Center

Course Fee: \$30
#178449 Nov 5-19 Th 11:30am-12:15pm
#178450 Dec 3-17 Th 11:30am-12:15pm
Course Fee: \$40
#178447 Sep 3-24 Th 11:30am-12:15pm
#178448 Oct 8-29 Th 11:30am-12:15pm

Karate –

Traditional Japanese Style Tiny Tots

Age: 3-5yrs. Traditional Japanese karate promotes physical fitness, discipline, and self-defense. Little ones will learn proper striking with use of their hands, arms, legs and feet, as well as proper self-defense.

Ralph Campbell Community Center – Course Fee: \$25

#179241 Sep 5-26 Sa 12:00-1:00pm

Karate Introduction for Kids

Age: 4-7yrs. Kids love karate for the big movements, new skills and self-confidence. Parents love karate for exercise, increased focus and good manners. KIK helps boys and girls with no karate or classroom experience improve coordination and listening through Japanese karate. Instructor: Triangle's Best Karate.

Brier Creek Community Center

Course Fee: \$27
#178453 Nov 5-19 Th 5:30-6:00pm
#178454 Dec 3-17 Th 5:30-6:00pm
Course Fee: \$36
#178451 Sep 3-24 Th 5:30-6:00pm
#178452 Oct 8-29 Th 5:30-6:00pm

Kidokinetics Jr.

Age: 18mths-3yrs. Kidokinetics Jr. is a unique and dynamic all-around sports fitness program for toddlers and their grownups! Move, stretch and build confidence together while learning fitness and sports fundamentals. Our dynamic curriculum is designed to get toddlers engaged in active play in order to encourage a positive attitude toward sports and physical exercise in a fun, noncompetitive environment. Activities include soccer, parachute games, tennis, basketball, volleyball, obstacle courses, baseball, hula-hoops and lots more!

Laurel Hills Community Center

Course Fee: \$30
#177528 Dec 2-16 W 10:15-11:00am
Course Fee: \$40
#177525 Sep 2-23 W 10:15-11:00am
#177526 Sep 30-Oct 21 W 10:15-11:00am
#177527 Oct 28-Nov 25 W 10:15-11:00am

Kidokinetics 'Lil Tumblers

Age: 3-5yrs. Preschoolers get an introduction to the basics of tumbling in an energetic class setting! Through music, games, obstacle courses and dance, students will work on developing gross motor skills with movements designed to improve balance, agility and flexibility. Build coordination, concentration and confidence while having fun!

Laurel Hills Community Center

Course Fee: \$30

#178529 Nov 7-21 Sa 9:15-10:00am

Course Fee: \$40

#178527 Sep 12-Oct 3 Sa 9:15-10:00am

#178528 Oct 10-31 Sa 9:15-10:00am

Kidokinetics Preschool Sports

Age: 3-6yrs. Kidokinetics is a fun, noncompetitive, all-around sports fitness program designed to enhance kids' coordination and concentration and improve muscle tone and cardiovascular fitness. We introduce an age-appropriate sport or activity each week, focusing on basic gross motor skills and sport fundamentals while instilling the importance of physical activity and fitness. Activities include soccer, hockey, tennis, basketball, volleyball, golf, obstacle courses, baseball, hula hoops and lots more!

Laurel Hills Community Center

Course Fee: \$30

#177508 Dec 7-21 M 3:45-4:30pm

Course Fee: \$40

#177505 Sep 14-Oct 5 M 3:45-4:30pm

#177506 Oct 12-Nov 2 M 3:45-4:30pm

#177507 Nov 9-30 M 3:45-4:30pm

#178521 Sep 10-Oct 1 Th 1:30-2:15pm

#178522 Oct 8-29 Th 1:30-2:15pm

#178523 Nov 5-Dec 3 Th 1:30-2:15pm

Kinder Tae Kwon Do

Age: 4-6yrs. This martial arts class for youth provides introductory instruction in Tae Kwon Do. Parents are encouraged to sit in and observe.

Lions Park Community Center – Course Fee: \$25

#178031 Sep 3-24 Th 6:30-7:30pm

#178032 Oct 1-22 Th 6:30-7:30pm

#178033 Nov 5-26 Th 6:30-7:30pm

#178034 Dec 3-31 Th 6:30-7:30pm

Martial Arts for Toddlers

Age: 3-6yrs. This abbreviated martial arts program offers a new and fun activity for your energetic tot! The program is a form of discipline that provides students with valuable skills.

Biltmore Hills Community Center – Course Fee: \$50

#178928 Oct 7-28 W 11:00-11:30am

Mommy and Me Movement

Age: 5-30mths. This professionally run class is for parents and their children ages 5 months to 2.5 years. Through interactive games, lively music and simple combinations, babies and parents alike can experience the joy of rhythm and dance. Come join this amazing collaboration of play and movement, and burn a few calories

while you're at it! Caregiver does not enroll.

Greystone Community Center

Course Fee: \$30

#179190 Nov 5-19 Th 11:00-11:45am

#179191 Dec 3-17 Th 11:00-11:45am

Course Fee: \$40

#179188 Sep 3-24 Th 11:00-11:45am

#179189 Oct 1-22 Th 11:00-11:45am

Tennis – Mini Mite Indoors

Age: 4-5yrs. This is a great opportunity to introduce your child to tennis. Preschoolers will learn hand-eye coordination and balancing skills. Enjoy social time and meet new friends.

Worthdale Community Center

Course Fee: \$3

#178605 Dec 2-30 W 11:00am-12:00pm

Course Fee: \$5

#178602 Sep 2-30 W 11:00am-12:00pm

#178603 Oct 7-28 W 11:00am-12:00pm

#178604 Nov 4-18 W 11:00am-12:00pm

Youth

4 Kicks Martial Arts

Age: 5-12yrs. American karate is taught with an emphasis on conditioning and self-defense. The program is designed to provide training in the art of karate for exercise and sport, offering the discipline of karate as an extracurricular activity for your child, competitive training towards a black belt or participation in tournaments or simply incorporating karate as a lifestyle. One-time uniform fee of \$35 must be paid separately to instructor, or you may bring your own uniform.

Halifax Community Center – Course Fee: \$60

#177708 Sep 14-Nov 16 M 6:30-7:30pm

Fitness – Super Hero Training

Age: 5-8yrs. Super Heroes need to be in good shape! Training during this fun fitness class will include stretching, running and leaping. Super heroes will be able to better save kittens in tall trees, race speeding trains and leap tall buildings.

Barwell Road Community Center – Course Fee: \$20

#178582 Dec 1-15 T 6:00-6:45pm

Homeschool Open Gym – Millbrook

Age: 5-17yrs. Calling all homeschoolers in the Millbrook area. Join us for open gym each Tuesday. Staff will provide equipment, and you provide the fun. This is a great way to get some midday wiggles out before school starts back in the afternoon and to meet other homeschool students in your neighborhood.

Millbrook Exchange Community Center

#176071 Sep 1-Dec 29 T 10:30am-12:30pm

Karate – Junior Kicks

Age: 5-12yrs. The martial arts style we teach is called American karate. Junior classes reinforce academic excellence, self-esteem, confidence and respect. Additional life skills and self-defense topics are incorporated

within our curriculum. We also teach purposeful karate games to enhance mental focus, coordination, endurance and strength. We emphasize that karate techniques should be practiced only in our class and not in school or on a playground. A one-time uniform fee of \$35 must be paid separately to the instructor, or you may bring your own. See www.4kicksma.com for details or call 919-985-9757.

Hill Street Center – Course Fee: \$60

#177663 Sep 14-Nov 16 M 5:00-6:00pm

Karate Youth!

Age: 5-11yrs. Learn Japanese karate basics of punches, blocks, kicks and stances in a fun, structured and safe environment. Benefits include improved listening, coordination, manners and self-discipline. Instructors are experienced karate instructors from AAU, Triangle's Best Karate.

Brier Creek Community Center

Course Fee: \$27

#178456 Sep 14-28 M 5:30-6:00pm

#178459 Dec 7-21 M 5:30-6:00pm

Course Fee: \$36

#178457 Oct 5-26 M 5:30-6:00pm

#178458 Nov 2-30 M 5:30-6:00pm

Martial Arts –

American Kenpo Karate Youth

Age: 4-12yrs. Learn traditional American kenpo karate while improving personal skills like respect, discipline, confidence, pride, balance, coordination and self-defense. Students will enjoy the personal benefits of karate while challenging themselves both mentally and physically. This is a family class, and participants will have fun while learning together. Classes are taught by a certified organization. Testing and certification will require an additional \$20 fee paid to the instructor. Testing is not a requirement. Instructor: Jim LeClair.

Marsh Creek Park

Three Month – \$120

#178483 Sep 2-30 M,W 5:15-6:00pm

#178484 Oct 5-28 M,W 5:15-6:00pm

#178485 Nov 2-30 M,W 5:15-6:00pm

#178486 Dec 2-28 M,W 5:15-6:00pm

Monthly: \$50

#178483 Sep 2-30 M,W 5:15-6:00pm

#178484 Oct 5-28 M,W 5:15-6:00pm

#178485 Nov 2-30 M,W 5:15-6:00pm

#178486 Dec 2-28 M,W 5:15-6:00pm

Martial Arts –

Chinese Kenpo Karate – Youth

Age: 7-12yrs. Learning 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. Belt level testing fee payable to the instructor applies, but testing is not required. Uniform and patches are required after one calendar month or upon testing (whichever comes first) are available through instructor. The local school is affiliated with an

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international organization. Instructor: Bill Parsons of Triangle Kenpo Institute.

Millbrook Exchange Community Center

Course Fee: \$40

#176144	Nov 2-25	M,W	6:15-7:00pm
#176142	Sep 2-28	M,W	6:15-7:00pm
#176143	Oct 5-28	M,W	6:15-7:00pm
#176145	Dec 2-28	M,W	6:15-7:00pm

Martial Arts – Youth Shotokan

Age: 6-14yrs. Shotokan builds character through the training of martial arts. Participants will master the different components of Shotokan style karate. The class builds confidence, motor skills, discipline, self-defense, self-control and more. This class is taught in a group setting with some individual instruction. Instructor is Eric Blaize.

Barwell Road Community Center – Course Fee: \$15

#177303	Sep 2-30	M,W	6:00-7:00pm
#177304	Oct 5-28	M,W	6:00-7:00pm
#177305	Nov 2-30	M,W	6:00-7:00pm
#177306	Dec 2-30	M,W	6:00-7:00pm

Sportkinetics Sports and Fitness

Age: 6-10yrs. This fun, noncompetitive all-around sports fitness program is designed to enhance coordination and concentration and improve muscle tone and cardiovascular fitness. We introduce a different sport or activity each week, focusing on basic fine and gross motor skills and sport fundamentals while instilling the importance of physical activity and fitness. This is a great class for kids who don't necessarily love competitive sports or are on the off-season but love to be active. Activities include soccer, hockey, tennis, basketball, volleyball, golf, badminton, yoga, kickball and lots more.

Laurel Hills Community Center

Course Fee: \$30

#177532	Dec 7-21	M	4:45-5:30pm
Course Fee:	\$40		
#177529	Sep 14-Oct 5	M	4:45-5:30pm
#177530	Oct 12-Nov 2	M	4:45-5:30pm
#177531	Nov 9-30	M	4:45-5:30pm

Tae Kwon Do Youth

Age: 5-13yrs. Learn the art of self-defense and discipline. Students will continue to refine their skills, learn different techniques and develop physical fitness.

Worthdale Community Center – Course Fee: \$25

#177653	Sep 1-29	T,Th	6:30-7:30pm
#177654	Oct 1-Nov 3	T,Th	6:30-7:30pm
#177655	Nov 3-24	T,Th	6:30-7:30pm
#177656	Dec 1-29	T,Th	6:30-7:30pm

Traditional Japanese Karate – Youth

Age: 4-12yrs. In this class, participants will focus on conditioning, discipline and self-confidence. The class is instructed by Sensei Marvin Saint-Cyr and is for beginners as well as those with experience. Please note that this class meets Tuesdays and Thursdays.

Pullen Community Center – Course Fee: \$45

#176794	Sep 1-29	T,Th	6:00-7:00pm
#176795	Oct 1-29	T,Th	6:00-7:00pm
#176796	Nov 3-24	T,Th	6:00-7:00pm
#176797	Dec 1-29	T,Th	6:00-7:00pm

Adult

4 Kicks Martial Arts – Adult

Age: 13yrs and up. American karate is taught with an emphasis on conditioning and self-defense. The program is designed to provide training in the art of karate for exercise and sport, offering the discipline of karate as an extracurricular activity, competitive training towards a black belt or participation in tournaments or simply incorporating karate as a lifestyle. One-time uniform fee of \$35 must be paid separately to instructor, or you may bring your own uniform.

Halifax Community Center – Course Fee: \$60

#179761	Sep 14-Nov 16	M	7:30-8:30pm
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Belly Dance Beyond Beginning

Age: 18yrs and up. After taking Belly Dance for Beginners, this class will introduce you to more of the mysteries of belly dance. You will learn what to do with your hips, torso, arms and belly while moving to exotic Middle Eastern music. These movements take you from gentle stretching to aerobic shimmies and will have you burning calories while having fun. Learn moves that are sultry, flirty, and graceful. You will have a new appreciation for the beauty within you and the power of your body. Class is 55 minutes long.

Lake Lynn Community Center – Course Fee: \$88

#179233	Sep 8-Oct 27	T	7:00-7:55pm
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Belly Dance Workshops

Age: 18yrs and up. This series of workshops is designed to teach and improve your belly dance technique. Each workshop will focus on a different area and work towards aligning your physical and mental strengths. No previous experience needed, no memorization required! Workshops may be taken separately.

Lake Lynn Community Center – \$15/course

Practice Makes Perfect

#179337	Nov 3	T	7:00-8:30pm
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Fun with Finger Cymbals

#179338	Nov 17	T	7:00-8:30pm
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Combinations for All Occasions

#179339	Dec 1	T	7:00-8:30pm
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Brain Teasers

#179340	Dec 15	T	7:00-8:30pm
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Boot Camp at Honeycutt Park

Age: 16yrs and up. Get ready for the ultimate full body workout! This class will challenge every single muscle group in your body with a mixture of high-intensity cardio and strength training moves at a fast pace. All fitness levels are welcome and will be accommodated. Modifications for certain moves will be demonstrated. Class will be taught by health educator and health fitness specialist Valerie Salinas.

Honeycutt Park – Course Fee: \$50

#176151	Sep 1-22	T	5:45-6:30pm
#176152	Oct 6-27	T	5:45-6:30pm

Boxing Boot Camp – Adults

Age: 16yrs and up. Boxing boot camp classes benefit anyone craving a higher intensity, one-hour total body workout. The class will introduce you to the basic skills of glove boxing. Each class consists of a variation of cross-training boxing, 1-on-1 pad punching, an intense abs workout, calisthenics and more! Each session is different and designed to burn calories.

Method Road Community Center

Course Fee: \$35

#177977	Sep 1-29	T	7:30-8:30pm
#177978	Sep 3-24	Th	7:30-8:30pm
#177980	Oct 6-27	T	7:30-8:30pm
#179814	Oct 1-29	Th	7:30-8:30pm
#179816	Dec 1-29	T	7:30-8:30pm

Course Fee: \$27

#179817	Dec 3-17	Th	7:30-8:30pm
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Course Fee: \$50

#177979	Sep 1-29	T,Th	7:30-8:30pm
#179815	Oct 1-29	T,Th	7:30-8:30pm
#179818	Dec 1-29	T,Th	7:30-8:30pm

Capoeira

Age: 18yrs and up. Capoeira is a Brazilian martial art form that involves dance, music, gymnastics, self-defense and the Portuguese language. Participants appear to defy gravity as they jump, flip, spin and cartwheel through the air. Capoeira embodies a discipline, mind-set and rhythm that is clever and deceptive. Often appearing vulnerable, the good Capoeirista knows the right time to strike back with lethal power and grace. Musically, Capoeira is enchanting. Beautiful melodies, pulsating rhythms and the cries and shouts of the crowd blend into one intensely-charged atmosphere. This class takes place on Mondays and Wednesdays, and it is free to the public!

Marsh Creek Park

#178320	Sep 2-Dec 28	M,W	6:30-8:30pm
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Cardio Ballet

Age: 15yrs and up. Join friends for ballet-infused exercises set to fun, upbeat music. This class offers a chance for a full body workout in a structured, fun environment with ballet-based movements. Barre, floor and center work will be incorporated. Friends ages 15 to adult are welcome to join!

Greystone Community Center

Course Fee: \$30

#179184	Nov 5-19	Th	12:00-12:45am
#179185	Dec 3-17	Th	12:00-12:45pm

Course Fee: \$40

#179182	Sep 3-24	Th	12:00-12:45pm
#179183	Oct 1-22	Th	12:00-12:45pm

Cardio Dance Fusion – Marsh Creek

Age: 18yrs and up. Do you need to add more cardio and toning to your workout regimen? Come join us for a great workout with the hottest instructors! Cardio Dance Fusion will consist of Zumba®, kickboxing, cardio hip-hop/toning, and cardio line dancing.

Marsh Creek Park – Course Fee: \$5

#178491	Sep 3	Th	6:00-7:00pm
#178492	Sep 10	Th	6:00-7:00pm
#178493	Sep 17	Th	6:00-7:00pm

#178494	Sep 24	Th	6:00-7:00pm
#178495	Oct 1	Th	6:00-7:00pm
#178496	Oct 8	Th	6:00-7:00pm
#178497	Oct 15	Th	6:00-7:00pm
#178498	Oct 22	Th	6:00-7:00pm
#178499	Oct 29	Th	6:00-7:00pm
#178500	Nov 5	Th	6:00-7:00pm
#178501	Nov 12	Th	6:00-7:00pm
#178502	Dec 3	Th	6:00-7:00pm
#178503	Dec 10	Th	6:00-7:00pm
#178504	Dec 17	Th	6:00-7:00pm

Cardio Fitness Workout Class

Age: 18yrs and up. Tae Kwon Do develops strength, speed, balance, flexibility and stamina. Along with a cardio workout, this class will focus on physical fitness. By incorporating calisthenics, Tae Kwon Do basics and cardio/strength training, this program works on multiple body areas, including core, arms and legs. The design of the class is to increase physical fitness along with the benefits of a healthier body.

Lions Park Community Center

Course Fee: \$12

#178039	Sep 4-25	F	7:30-8:30pm
#178040	Oct 2-23	F	7:30-8:30pm
#178041	Nov 6-20	F	7:30-8:30pm
#178042	Dec 4-18	F	7:30-8:30pm
Course Fee: \$20			
#178039	Sep 4-25	F	7:30-8:30pm
#178040	Oct 2-23	F	7:30-8:30pm
#178041	Nov 6-20	F	7:30-8:30pm
#178042	Dec 4-18	F	7:30-8:30pm

Chair Yoga – Yoga for 50+

Age: 18yrs and up. The purpose of this class is to increase our ability to enjoy life. This class includes stretches to increase range of motion, balancing poses to strengthen muscles that support joints and breath awareness to promote a calm mind and body. Although this is a chair yoga class, we use the chair not to sit in but as a prop, and we use the wall to support every pose so it's safe and accessible. The dynamic format of the class will increase fitness and be challenging but at a level appropriate for folks ages 50+.

Lake Johnson – Course Fee: \$50

#177278	Sep 8-Oct 13	T	6:00-7:00pm
#177279	Oct 27-Dec 1	T	6:00-7:00pm

Dance – Beginner Line Dance at Creek

Age: 18yrs and up. This class is perfect for people wanting easy, short dances with easy steps. The emphasis is on having fun! The music is pop, country and oldies. The class meets every Tuesday. Instructors: Theresa Stockman and Mitzi Kelley. Drop-in fee: \$2. Membership fee: \$15 for residents and \$30 for nonresidents.

Brier Creek Community Center

Course Fee: \$15

#178300	Sep 2-Dec 23	W	6:30-8:30pm
Course Fee: \$2			
#178278	Sep 2	W	6:30-8:30pm

Dance – Intermediate Line Dance at Creek

Age: 18yrs and up. This class is perfect for those wanting longer dances with additional step patterns. The music is pop, country and oldies. Meet every Friday! Instructors: Theresa Stockman and Mitzi Kelley. Drop-in fee: \$2. Membership fee: \$15 for residents and \$30 for nonresidents.

Brier Creek Community Center

Course Fee: \$15

#178357	Sep 4-Jan 1	F	6:30-8:30pm
Course Fee: \$2			
#178339	Sep 4	F	6:30-8:30pm

Dance and Get Fit

Age: 16yrs and up. Come and join us and get the best of both worlds: dancing and exercising. Dance and Get Fit is a total body workout that uses soul dancing, cardio hip hop, reggaeton and more to get into shape. You will love the class, and the music is great. Our motto is move, sweat and have fun! Instructor: Jennifer Hampton

Optimist Community Center – Daily Fee: \$5

#178841	Sep 8-Dec 29	T	6:30-7:30pm
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Dance – Bollywood Dance Fitness

Age: 18yrs and up. Bollywood is a fusion of dance styles based on traditional Indian dances blended with world elements. Energetic routines are taught in this class to inculcate rhythm, fitness and a sense of achievement as you are guided in rhythmic cardio fitness under the personalized attention of tutor Priya Chellani. With more than 20 years of teaching and performing under her belt, she demonstrates her lifelong love of dance and brings out the best in you. Each participant discovers hidden strengths while working out to upbeat Bollywood music! Get the exercise needed to be healthily engaged throughout the year!

Brier Creek Community Center – Course Fee: \$36

#178403	Sep 9-Oct 14	W	7:45-8:45pm
#178404	Oct 21-Nov 25	W	7:45-8:45pm

Exercise – Fitness Centers

Age: 18yrs and up. Check out the fitness rooms around the city! Take advantage of a variety of cardiovascular and strength-training equipment and get into shape. Fitness rooms will be open during normal center operating hours. Participants must be 18 or older. Please see staff for additional information.

All Community Centers

City-Wide Membership – Class Fee: \$20

#178685	Sep 1-30	Daily	10:00am-9:00pm
#178686	Oct 1-31	Daily	10:00am-9:00pm
#178687	Nov 1-30	Daily	1:00-6:00pm
#178688	Dec 1-31	Daily	10:00am-9:00pm

Barwell Road Community Center

Class Fee: \$15

#178650	Sep 1-30	Daily	7:00am-9:00pm
#178651	Oct 1-31	Daily	7:00am-9:00pm
#178652	Nov 1-30	Daily	7:00am-9:00pm
#178653	Dec 1-31	Daily	7:00am-9:00pm
6-month membership – Class Fee: \$75			
#178654	Sep 1-Dec 31	Daily	7:00am-9:00pm

Biltmore Hills Community Center

Course Fee: \$10

#178655	Sep 1-30	Daily	10:00am-9:00pm
#178656	Oct 1-31	Daily	10:00am-9:00pm
#178657	Nov 1-30	Daily	1:00-6:00pm
#178658	Dec 1-31	Daily	10:00am-9:00pm

Brier Creek Community Center

Course Fee: \$15

#178659	Sep 1-30	Daily	7:00am-9:00pm
#178660	Oct 1-31	Daily	7:00am-10:00pm
#178661	Nov 1-30	Daily	1:00-6:00pm
#178662	Dec 1-31	Daily	7:00am-10:00pm
6-month membership – Class Fee: \$75			
#178663	Sep 1-Dec 31	Daily	7:00am-9:00pm

Carolina Pines Community Center

Course Fee: \$15

#178673	Sep 1-30	Daily	10:00am-9:00pm
#178674	Oct 1-31	Daily	10:00am-9:00pm
#178675	Nov 1-30	Daily	1:00-6:00pm
#178676	Dec 1-31	Daily	10:00am-9:00pm

Chavis Community Center

Class Fee: \$10

#178714	Sep 1-30	Daily	10:00am-9:00pm
#178715	Oct 1-31	Daily	10:00am-9:00pm
#178716	Nov 1-30	Daily	1:00-6:00pm
#178717	Dec 1-31	Daily	10:00am-9:00pm
#178714	Sep 1-30	Daily	10:00am-9:00pm
#178715	Oct 1-31	Daily	10:00am-9:00pm
#178716	Nov 1-30	Daily	1:00-6:00pm
#178717	Dec 1-31	Daily	10:00am-9:00pm

Green Road Community Center

Course Fee: \$10

#178183	Sep 1-30	Daily	10:00am-9:00pm
#178184	Oct 1-31	Daily	10:00am-9:00pm
#178185	Nov 1-30	Daily	10:00am-9:00pm
#178186	Dec 1-31	Daily	10:00am-9:00pm

Halifax Community Center

Course Fee: \$15

#178710	Sep 1-30	Daily	10:00am-9:00pm
#178711	Oct 1-31	Daily	10:00am-9:00pm
#178712	Nov 1-30	Daily	1:00-6:00pm
#178713	Dec 1-31	Daily	10:00am-9:00pm

Jaycee Community Center

Course Fee: \$15

#178677	Sep 1-30	Daily	10:00am-9:00pm
#178678	Oct 1-31	Daily	10:00am-9:00pm
#178679	Nov 1-30	Daily	1:00-6:00pm
#178680	Dec 1-31	Daily	10:00am-9:00pm

Lake Lynn Community Center

Weekdays 9:00am-9:00pm,
Saturdays 9:00am-3:00pm, Sundays: 1:00-6:00pm

#178669	Sep 1-30		
#178670	Oct 1-Nov 4		
#178671	Nov 1-30		
#178672	Dec 1-31		

Laurel Hills Community Center

Course Fee: \$15

#178664	Sep 1-30	Daily	10:00am-9:00pm
#178665	Oct 1-31	Daily	10:00am-9:00pm
#178666	Nov 1-30	Daily	10:00am-9:00pm
#178667	Dec 1-31	Daily	10:00am-9:00pm
Laurel Hills 6 month membership – Class Fee: \$75			
#178668	Sep 1-Dec 31	Daily	10:00am-9:00pm

Lions Park Community Center

Course Fee: \$12

#178689	Nov 1-30	Daily	1:00-6:00pm
#178690	Oct 1-31	Daily	10:00am-9:00pm
#178691	Nov 1-30	Daily	1:00-6:00pm
#178692	Dec 1-31	Daily	10:00am-9:00pm

Marsh Creek Community Center

Course Fee: \$10

#178702	Sep 1-30	Daily	
#178703	Oct 1-31	Daily	
#178704	Nov 1-30	Daily	
#178705	Dec 1-31	Daily	

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Method Road Community Center

Course Fee: \$12

#178697	Sep 1-30	Daily	10:00am-9:00pm
#178698	Oct 1-31	Daily	10:00am-9:00pm
#178699	Nov 1-30	Daily	10:00am-9:00pm
#178700	Dec 1-31	Daily	10:00am-9:00pm

Millbrook Exchange Community Center

Course Fee: \$15

#178399	Sep 1-30	Daily	10:00am-9:00pm
#178400	Oct 1-31	Daily	10:00am-9:00pm
#178401	Nov 1-30	Daily	1:00-6:00pm
#178402	Dec 1-31	Daily	10:00am-9:00pm

Pullen Community Center

Course Fee: \$10

#178646	Sep 1-30	M-Sa	10:00am-9:00pm
#178647	Oct 1-31	M-Sa	10:00am-9:00pm
#178648	Nov 2-30	M-Sa	10:00am-9:00pm
#178649	Dec 1-31	M-Sa	10:00am-9:00pm

Roberts Park Community Center

Course Fee: \$10

#178693	Sep 1-30	Daily	10:00am-9:00pm
#178694	Oct 1-31	Daily	10:00am-9:00pm
#178695	Nov 1-30	Daily	1:00-6:00pm
#178696	Dec 1-31	Daily	10:00am-9:00pm

Tarboro Road Community Center

Course Fee: \$10

#178681	Sep 1-30	Daily	10:00am-9:00pm
#178682	Oct 1-31	Daily	10:00am-9:00pm
#178683	Nov 1-30	Daily	1:00-6:00pm
#178684	Dec 1-31	Daily	10:00am-9:00pm

Worthdale Community Center

Class Fee: \$10

#178707	Oct 1-31	Daily	10:00am-9:00pm
#178708	Nov 1-30	Daily	1:00-6:00pm
#178709	Dec 1-31	Daily	10:00am-9:00pm

Worthdale Center

Course Fee: \$10

#178706	Sep 1-30	Daily	10:00am-9:00pm
#178707	Oct 1-31	Daily	10:00am-9:00pm
#178708	Nov 1-30	Daily	1:00-6:00pm
#178709	Dec 1-31	Daily	10:00am-9:00pm

Exercise – Kripalu Yoga Beginning

Age: 16yrs and up. Yoga is an ancient art that combines postures for the body, breathing for relaxation and meditation for the mind. Kripalu yoga is a gentle yoga that encourages students to discover their own degree of flexibility rather than push past their limits. Before undertaking any exercise program one should consult a physician. Bring a large towel or blanket and wear comfortable clothing. Susan Kilmon instructs.

Sertoma Arts Center – Course Fee: \$48

#177224	Nov 3-Dec 15	T	12:00-1:00pm no class Nov 24
#177225	Sep 15-Oct 20	T	12:00-1:00pm
#177226	Nov 2-Dec 14	M	7:30-8:30pm
#177227	Sep 14-Oct 19	M	7:30-8:30pm
#177228	Nov 2-Dec 14	M	6:15-7:15pm
#177229	Sep 14-Oct 19	M	6:15-7:15pm

Exercise – Kripalu Yoga Continuing

Age: 16yrs and up. This course is a continuation of Kripalu Yoga Beginning class. Students should have taken the beginning class or have yoga experience. Before undertaking any exercise program one should consult a physician. Bring a large towel or blanket and wear comfortable

clothing. Susan Kilmon instructs.

Sertoma Arts Center – Course Fee: \$48

#177235	Sep 16-Oct 21	W	7:30-8:30pm
#177236	Nov 4-Dec 23	W	7:30-8:30pm
#177237	Sep 17-Oct 22	Th	12:00-1:00pm
#177238	Nov 5-Dec 17	Th	12:00-1:00pm

Exercise – Kripalu Yoga Continuing with Meditation

Age: 16yrs and up. This course is a continuation of Kripalu Yoga Beginning class that includes a meditation component. Students should have taken the beginning class or have yoga experience. Before undertaking any exercise program one should consult a physician. Bring a large towel or blanket and wear comfortable clothing. Susan Kilmon instructs.

Sertoma Arts Center – Course Fee: \$48

#177233	Sep 16-Oct 21	W	6:15-7:15pm
#177234	Nov 4-Dec 23	W	6:15-7:15pm

Exercise – Nia

Age: 13yrs and up. Nia stresses fitness for the body, mind and spirit. The class integrates movements from dance, the martial arts and yoga to create a fitness experience that is high-energy, expressive and fun. This non-impact form is a safe, body-centered workout that is adaptable for all fitness levels. Laura Ghanous instructs.

Sertoma Arts Center – Course Fee: \$48

#176938	Sep 12-Oct 24	Sa	10:00-11:00am no class Oct 3
#176939	Oct 31-Dec 12	Sa	10:00-11:00am

Exercise – Zumba® at Sertoma Arts

Age: 16yrs and up. Zumba® is dance fitness using music and rhythms from around the world. No dance experience is necessary. Zumba® uses the basic steps of salsa, merengue, bachata, cha cha, reggaeton, quebradita, bhangra, African dance, East Coast swing and more. Treat yourself to one hour of fun and sweat. You'll leave feeling great! Instruction is given in English and Spanish. Come join the party! Bring a towel and water bottle. Diana Call instructs.

Sertoma Arts Center – Course Fee: \$48

#176932	Sep 15-Oct 20	T	6:00-7:00pm
#176934	Sep 17-Oct 22	Th	10:00-11:00am

Feet Meet Sneaks

Age: All Ages. This walking program is for persons 55 and older. Your feet will contribute to your improved health. This inexpensive exercise program provides both therapeutic and social benefits. One foot in front of the other and you are on your way to a healthier and happier life.

Roberts Park Community Center

#177831	Sep 3-24	Th	10:00-11:00am
#177832	Oct 1-29	Th	9:30-10:30am

Fit in 30

Age: 16yrs and up. You will love this high-intensity interval training workout. It has been highly successful based on the principles that help you burn calories well after you have completed your workout. Regular cardio workouts burn calories only

while you are exercising. What? You don't have time to exercise? This workout is only 30 minutes, and movements are modified to your ability when you walk in the door. Please come prepared in comfortable clothing. Instructor: Stephanie Whitten, certified personal trainer.

Laurel Hills Community Center – Course Fee: \$40

#177496	Sep 1-29	T,Th	7:30-8:00pm
#177497	Oct 1-29	T,Th	7:30-8:00pm
#177498	Nov 3-24	T,Th	7:30-8:00pm
#177499	Dec 1-29	T,Th	7:30-8:00pm

Fit24K Body Blast

Age: 18yrs and up. Fit24K Body Blast combines strength training, circuit, interval and resistance workouts to challenge your level of fitness and endurance while creating a new and exciting way to work out! All fitness levels are welcome.

Halifax Community Center – Course Fee: \$5

Sep-Dec	T	6:30-7:30pm
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Fitness – Pullen Personal Trainer

Age: 18yrs and up. Certified personal trainer, advanced personal trainer and senior fitness specialist Ervin Mitchell can help design a workout that is right for you. Focus on increasing your flexibility, body toning, strength training and cardiovascular fitness. One-hour sessions are available by appointment only. Please call 919-831-6052 with questions.

Pullen Community Center – Course Fee: \$30

#176829	Sep 1-Dec 31	M-Sa	10:00am-9:00pm
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Fitness – Zumba®

Age: 12yrs and up. Zumba® dance fitness combines rhythms of Latin and international music to make exercising fun! Learn basic steps to salsa, merengue, cumbia, samba and more! No dance experience necessary. Transform your body to a healthier you! Don't wait any longer! Come join the Zumba® party!

Greystone Community Center – Course Fee: \$5

#178329	Sep 3-Dec 26	Th, Sa	6:00-7:00pm
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Fitness Pass

Age: 18yrs and up. Interested in utilizing the fitness room but want to try it out first?

Register for a daily pass.

Green Road Community Center – Course Fee: \$2

#178198	Sep 1-30	Daily	10:00am-9:00pm
#178199	Oct 1-31	Daily	10:00am-9:00pm
#178200	Nov 1-30	Daily	10:00am-9:00pm
#178201	Dec 1-31	Daily	10:00am-9:00pm

Halifax Community Center – Course Fee: \$2

#178330	Sep 1-30	Daily	10:00am-9:00pm
#178331	Oct 1-31	Daily	10:00am-9:00pm
#178332	Nov 1-30	Daily	1:00-6:00pm
#178810	Dec 1-31	Daily	10:00am-9:00pm

Millbrook Exchange Community Center

Course Fee: \$2

#178415	Sep 1-30	Daily	10:00am-9:00pm
#178416	Oct 1-31	Daily	10:00am-9:00pm
#178417	Nov 1-30	Daily	10:00am-9:00pm
#178418	Dec 1-31	Daily	10:00am-9:00pm

Pullen Community Center

Course Fee: \$2

#176838	Nov 2-30	M-Sa	10:00am-9:00pm
#176839	Dec 1-31	M-Sa	10:00am-9:00pm
#176840	Sep 1-30	M-Sa	10:00am-9:00pm
#176841	Oct 1-31	M-Sa	10:00am-9:00pm

Latin Fit

Age: 14yrs and up. Join instructor Bettie Iftenbach to celebrate Deaf Awareness Month by participating in this Latin dance fitness class. Instruction is both verbal and signed so that people of all hearing abilities can participate together.

Laurel Hills Community Center – Course Fee: \$10
#179139 Sep 26 Sa 1:00-2:30pm

Line Dance N2 Shape

Age: 10-99yrs. Come and Line Dance N2 Shape with Tina B. for a full hour of nonstop moving and grooving! Instructions will be broken down for beginners, and experienced dancers will keep coming back for more. Learn the latest and most popular soul line dances! This class is for all ages and fitness levels.

Sanderford Road Park – Course Fee: \$7

#177865	Sep 2	W	6:00-7:00pm
#177866	Sep 9	W	6:00-7:00pm
#177867	Sep 16	W	6:00-7:00pm
#177868	Sep 23	W	6:00-7:00pm
#177869	Sep 30	W	6:00-7:00pm
#177870	Oct 7	W	6:00-7:00pm
#177871	Oct 14	W	6:00-7:00pm
#177872	Oct 21	W	6:00-7:00pm
#177873	Oct 28	W	6:00-7:00pm
#177874	Nov 4	W	6:00-7:00pm
#177875	Nov 11	W	6:00-7:00pm
#177880	Nov 18	W	6:00-7:00pm
#177881	Dec 2	W	6:00-7:00pm
#177882	Dec 9	W	6:00-7:00pm
#177883	Dec 16	W	6:00-7:00pm

Martial Arts – Adult Shotokan

Age: 15yrs and up. Learn a traditional martial art and enjoy a challenging workout! Shotokan stresses cardiovascular health, strength development, coordination and overall physical fitness. Some youth designated by instructor may participate in this class. Instructor is Eric Blaize.

Barwell Road Community Center – Course Fee: \$15

#177299	Sep 2-30	M,W	7:00-8:00pm
#177300	Oct 5-28	M,W	7:00-8:00pm
#177301	Nov 2-30	M,W	7:00-8:00pm
#177302	Dec 2-30	M,W	7:00-8:00pm

Martial Arts – American Kenpo Karate Adult and Teen

Age: 13yrs and up. Learn traditional American kenpo karate while improving personal skills like respect, discipline, confidence, pride, balance, coordination and self-defense. All students will enjoy the personal benefits of karate while challenging themselves both mentally and physically. This is a family class, and participants will have fun while learning together. Classes are taught by a certified organization. Testing and certification will require an additional \$20 fee paid to instructor. Testing is not a requirement. Instructor: Jim LeClair.

Marsh Creek Park

Three Months: \$120

#178479	Sep 2-30	M,W	6:00-7:00pm
#178480	Oct 5-28	M,W	6:00-7:00pm
#178481	Nov 2-30	M,W	6:00-7:00pm
#178482	Dec 2-28	M,W	6:00-7:00pm

Monthly: \$50

#178479	Sep 2-30	M,W	6:00-7:00pm
#178480	Oct 5-28	M,W	6:00-7:00pm
#178481	Nov 2-30	M,W	6:00-7:00pm
#178482	Dec 2-28	M,W	6:00-7:00pm

Martial Arts – Chinese Kenpo Karate – Teens and Adults

Age: 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 are required after one month or upon testing (whichever comes first) are available through instructor. The local school is affiliated with an international organization. Instructor: Bill Parsons of Triangle Kenpo Institute.

Millbrook Exchange Community Center

Course Fee: \$45

#176140	Nov 2-25	M,W	7:00-8:30pm
#176138	Sep 2-28	M,W	7:00-8:30pm
#176139	Oct 5-28	M,W	7:00-8:30pm
#176141	Dec 2-28	M,W	7:00-8:30pm

Movin' and Groovin'

Age: 18yrs and up. Join us on Thursday nights at Spring Forest Road Park for our Movin' and Groovin' program! The City of Raleigh Parks, Recreation and Cultural Department is once again partnering with Wake County Human Services' Health Promotion Chronic Disease Prevention and 4-H Youth Development Sections to venture into the fifth season of the 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 time the whole family.

Spring Forest Road Park

#178553	Sep 3-Oct 22	Th	6:00-7:00pm
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Pickleball Pass – Indoor Play

Age: 18yrs and up. What is pickleball? It's a combination of tennis, badminton and table tennis that is fast-paced, easy to learn, great exercise and great fun! Drop-in fee is \$2 daily, per site. A full session pass is available for just \$10. Session pass is valid for all indoor pickleball courts at Brier Creek, Lake Lynn, Method and Optimist Community Center. Please contact each site for court times and site specific information.

Brier Creek Community Center – Course Fee: \$10

Full Session Pass

#179192	Sep 7	M	6:45-8:45pm
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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.

Green Road Community Center – Course Fee: \$25

#178799	Sep 3-24	Th	10:00-11:00am
#178802	Oct 1-22	Th	10:00-11:00am
#178803	Nov 5-26	Th	10:00-11:00am
#178805	Dec 3-24	Th	10:00-11:00am

Pilates Mat

Age: 16yrs and up. Pilates workouts are designed to develop strength through the core of the body—the back, abdomen and hips—and to improve flexibility and coordination without the use of weights or other equipment. In this mat-based program, consisting of stretching and strength exercises, our instructor will lead you through a series of moves that target your postural and core muscles while utilizing the weight of your own body to create amazing toning, strengthening and shaping results.

Greystone Community Center

Course Fee: \$18.75

#178572	Nov 4-25	W	6:00-7:00pm
#178574	Sep 14-28	M	6:00-7:00pm
#178592	Nov 4-25	W	6:00-7:00pm

Course Fee: \$25

#178566	Sep 7-28	M	11:00am-12:00pm
#178567	Oct 5-26	M	11:00am-12:00pm
#178568	Nov 2-30	M	11:00am-12:00pm
#178569	Dec 7-28	M	11:00am-12:00pm
#178570	Sep 2-30	W	6:00-7:00pm
#178571	Oct 7-28	W	6:00-7:00pm
#178573	Dec 2-30	W	6:00-7:00pm
#178575	Oct 5-26	M	6:00-7:00pm
#178576	Nov 2-30	M	6:00-7:00pm
#178577	Dec 7-28	M	6:00-7:00pm
#178590	Sep 2-30	W	11:00am-12:00pm
#178591	Oct 7-28	W	11:00am-12:00pm
#178594	Dec 2-23	W	6:00-7:00pm

Optimist Community Center

Course Fee: \$19

#179207	Dec 3-17	Th	11:00am-12:00pm
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Course Fee: \$25

#179140	Sep 1-22	T	11:00am-12:00pm
#179146	Sep 3-24	Th	11:00am-12:00pm
#179159	Sep 29-Oct 20	T	11:00am-12:00pm
#179160	Oct 27-Nov 17	T	11:00am-12:00pm
#179161	Nov 24-Dec 15	T	11:00am-12:00pm
#179163	Oct 1-22	Th	11:00am-12:00pm
#179193	Oct 29-Nov 19	Th	11:00am-12:00pm

Soul Line Dance and Get Fit Class for Beginners – Marsh Creek

Age: 15yrs and up. This is a beginner/advanced beginner line dance class for individuals new to line dancing or those who want to learn new line dance basics. The class will be taught at a slow to moderate pace. Do not be fooled by the title—we will learn and practice some great cardio workouts and low/medium/high impact soul line dances. Come prepared to move, sweat and have fun!

Marsh Creek Park

One Time: \$5, Punch Pass: \$20

#178533	Sep 1	T	7:00-8:30pm
#178534	Sep 8	T	7:00-8:30pm

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#178535	Sep 15	T	7:00-8:30pm
#178536	Sep 22	T	7:00-8:30pm
#178537	Sep 29	T	7:00-8:30pm
#178538	Oct 6	T	7:00-8:30pm
#178539	Oct 13	T	7:00-8:30pm
#178540	Oct 20	T	7:00-8:30pm
#178541	Oct 27	T	7:00-8:30pm
#178542	Nov 3	T	7:00-8:30pm
#178543	Nov 10	T	7:00-8:30pm
#178544	Nov 17	T	7:00-8:30pm
#178545	Nov 24	T	7:00-8:30pm
#178546	Dec 1	T	7:00-8:30pm
#178547	Dec 8	T	7:00-8:30pm
#178548	Dec 15	T	7:00-8:30pm
#178549	Dec 22	T	7:00-8:30pm

Step It Up Line Dance Class

Age: 17yrs and up. Do you want to take your line dancing to the next level? In this progressive class, you will learn a variety of dances, from intermediate to advanced. Understanding line dance terminology is a plus but not required. This class is a great way to exercise and will keep your body and mind fit. So let's get together, make new friends and have fun while dancing to the latest and popular line dance songs!

Barwell Road Community Center – Course Fee: \$5
#177309 Sep 2-Dec 30 W 7:00-8:30pm

Tae Kwon Do Level 2

Age: 13-80yrs. Students will continue to learn the art of self-defense and discipline at an advanced level. Students will refine their skills, learn different techniques and develop physical fitness.

Worthdale Community Center – Course Fee: \$25
#177644 Sep 1-29 T,Th 7:30-8:30pm
#177645 Oct 1-29 T,Th 7:30-8:30pm
#177646 Nov 3-24 T,Th 7:30-8:30pm
#177647 Dec 1-29 T,Th 7:30-8:30pm

Traditional Japanese Karate – Adult

Age: 13yrs and up. In this class, participants will focus on conditioning, discipline and self-confidence. This class is instructed by Sensei Marvin Saint-Cyr and is for beginners as well as those with experience. Please note that this class meets Tuesdays and Thursdays.

Pullen Community Center – Course Fee: \$45
#176800 Sep 1-29 T,Th 7:00-8:00pm
#176801 Oct 1-29 T,Th 7:00-8:00pm
#176802 Nov 3-24 T,Th 7:00-8:00pm
#176803 Dec 1-29 T,Th 7:00-8:00pm

Line Dancing

Age: 16yrs and up. 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. Cost per class is \$5.

Green Road Community Center – Course Fee: \$5
#178239 Sep 4-28 M,F 7:00-8:30pm
#178240 Oct 2-30 M,F 7:00-8:30pm
#178241 Nov 2-30 M,F 7:00-8:30pm
#178242 Dec 4-28 M,F 7:00-8:30pm
#178243 Sep 19 Sa 1:00-2:30pm

#178244	Oct 17	Sa	1:00-2:30pm
#178245	Nov 14	Sa	1:00-2:30pm
#178246	Dec 19	Sa	1:00-2:30pm

Yoga – Gentle

Age: 18yrs and up. Treat your body to much needed stretches and release stress in a yoga class. Focus is on a gentler yoga, primarily on the floor, which may include meditations and stretches that help with flexibility, posture and stress relief.

Pullen Community Center – Course Fee: \$40
#176806 Oct 7-Dec 9 W 5:15-6:15pm

Yoga – Lotus Lunch Hour: Stretch and Refresh

Age: 16yrs and up. The 40-minute lunchtime open lotus yoga class is designed to give you stress relief and encourage beneficial movement, but it 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.

Millbrook Exchange Community Center
Course Fee: \$47
#176153 Sep 2-Oct 7 W 12:10-12:50pm
#176154 Oct 14-Nov 18 W 12:10-12:50pm

Yoga – Nice Yoga

Age: 16yrs and up. This class will offer core strengthening and stretching as well as movement into sun salutations, poses and reflective meditations. The pace of this yoga class will be free-flowing and fun, and intensity may vary based on the participants' abilities. Previous knowledge of yoga fitness is not required.

Lake Lynn Community Center – Course Fee: \$60
#179231 Sep 1-Dec 1 T 6:45-7:30pm

Yoga – Open Lotus at Millbrook

Age: 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 that help you feel great for the rest of your day. Students should bring a yoga mat and towel to class. Liz Holt instructs.

Millbrook Exchange Community Center
Course Fee: \$55
#176167 Sep 14-Oct 19 M 6:30-7:30pm
#176168 Oct 26-Nov 30 M 6:30-7:30pm

Yoga – Open Lotus Yoga at Optimist Community Center

Age: 18yrs and up. Experience the benefits of practicing yoga on balance, flexibility, strength, alignment, mood, memory and breath functioning, regardless of your age. Relieve stress, too! Get a taste of modern yoga philosophy, meditation tools and mindfulness skills. You will move, learn and develop a practice that will benefit you in body, mind and spirit! Instructor: Liz Holt
Optimist Community Center – Course Fee: \$10
#179015 Sep 2-Dec 30 W 7:00-8:00pm

Yoga – Power Yoga Fitness

Age: 18yrs and up. A strengthening treat without the weights! This class emphasizes alignment and provides an opportunity to challenge and deepen your practice. The pace may be faster or include longer holds of poses. Most definitely not appropriate for beginners.

Pullen Community Center – Course Fee: \$40
#176805 Sep 14-Nov 30 M 5:15-6:15pm

Yoga at Brier Creek

Age: 16yrs and up. Come and discover the benefits of yoga. It is very effective for stress reduction and relaxation. Stretch and find balance, greater strength and overall well-being. This class will focus on where you are in your body with gentle healing postures. Join us and learn ways to reap the benefits of yoga! Bring a yoga mat to class. Instructor: Nancy Williams. Multi-pass will be sold to fit your individual schedule.

Brier Creek Community Center
Trial Pass – Course Fee: \$10
#178524 Sep 7 M 6:15-7:15pm
Six Visits – Course Fee: \$50
#178525 Sep 7-Oct 12 M 6:15-7:15pm
#178530 Nov 23-Dec 28 M 6:15-7:15pm
Twelve Visits – Course Fee: \$75
#178526 Sep 7-Nov 23 M 6:15-7:15pm

Yoga Daily Pass

Age: 18yrs and up. The human body is a work of art, considering its layers of color, texture shape and definition. A framework of bones with muscles attached creates the outside covering of our being that moves us through the world. The core muscle group wraps like a girdle around the midsection of the body. These muscles join and support the upper and lower parts of our body while creating and supporting alignment of the spine. Breath, balance, flexibility and strength are all necessary components for the wellness of our mind and body. Yoga, when practiced routinely, offers opportunities to connect with ourselves more deeply and gain a better understanding of who we are. Stretch yoga pays specific attention to breath, balance and flexibility and offers movement for your body without strenuous activity. Students may pay per class or purchase an eight-class punch pass and attend Monday or Wednesday class.

Green Road Community Center – Daily Pass \$6/day
#178194 Sep 14-28 M 10:00-11:00am
#178195 Oct 5-26 M 10:00-11:00am
#178196 Nov 2-30 M 10:00-11:00am
#178197 Dec 7-28 M 10:00-11:00am

Yoga Evening Class

Age: 18-65yrs. Stressed out after a long day at the office, school or with the kids? Come enjoy a relaxing yoga session at beautiful Lake Johnson Park. These classes are geared towards those who already have some rudimentary experience with yoga and also to beginners just getting started. Our experienced instructor will have you ready to

tackle your world in no time!

Lake Johnson – Course Fee: \$50

#177280	Oct 1-29	Th	6:30-7:45pm
#177281	Nov 12-Dec 10	Th	6:30-7:45pm

Yoga Therapeutic Renewal

Age: 16yrs and up. TJ leads her yoga classes from a perspective of wellness and wholeness, seeking to nurture and integrate body, mind and spirit. Each class is a complete, well-rounded practice and will benefit anyone who wants a safe and gentle yoga class or is new to yoga. TJ is a registered yoga teacher, certified integrative yoga therapist, registered Thai therapist and Reiki master and has been a yoga teacher for the Pink Ribbon Yoga Retreats since 2005.

Lake Johnson

Course Fee: \$80

#177276	Sep 15-Nov 3	T	9:30-11:00am
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Course Fee: \$60

#177277	Nov 17-Dec 22	T	9:30-11:00am
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Zumba® at Barwell Road

Age: 13yrs and up. Zumba® is an aerobic fitness class using rhythms from salsa, merengue, samba, cha cha and other Latin music. This class combines body-sculpting movements with easy-to-follow dance steps! Chair Zumba® may be incorporated into some classes. You may bring small weights. Instructor is Portia Walton.

Barwell Road Community Center

Course fee: 17 and younger \$3; 18 and older \$5

#177325	Sep 14-Dec 28	M	6:00-7:00pm
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#177326	Sep 3-Dec 17	Th	6:30-7:30pm
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Zumba® and Zumba® Toning with Maria – Bundle Pass

Age: 12yrs and up. 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.

Green Road Community Center – Course Fee: \$25

#178437	Sep 1-14	M-Sa	7:15-8:15pm
#178438	Sep 15-28	M-Sa	7:15-8:15pm
#178439	Sep 29-Oct 12	M-Sa	7:15-8:15pm
#178440	Oct 13-26	M-Sa	7:15-8:15pm
#178441	Oct 27-Nov 9	M-Sa	7:15-8:15pm
#178442	Nov 10-23	M-Sa	7:15-8:15pm
#178443	Nov 24-Dec 7	M-Sa	7:15-8:15pm
#178444	Dec 8-21	M-Sa	7:15-8:15pm
#178445	Dec 22-30	M-Sa	7:15-8:15pm

Zumba® at Jaycee

Age: 13yrs and up. Come and dance yourself into shape! Zumba® combines dance, music, fitness, and fun through Latin-inspired, calorie-burning dance parties. It's an exciting dance atmosphere that allows participants to get into shape while having fun. No prior dance experience necessary.

Come and join the party on Tuesday and

Friday evenings. Instructor: Amanda Bush

Jaycee Community Center – Course Fee: \$5

#179031	Sep 14	M	6:30-7:30pm
#179032	Sep 4	F	6:00-7:00pm
#179033	Sep 11	F	6:30-7:30pm
#179036	Sep 18	F	6:30-7:30pm
#179037	Sep 21	M	6:30-7:30pm
#179038	Sep 25	F	6:30-7:30pm
#179039	Sep 28	M	6:30-7:30pm
#179040	Oct 2	F	6:30-7:30pm
#179041	Oct 5	M	6:30-7:30pm
#179042	Oct 9	F	6:30-7:30pm
#179043	Oct 12	M	6:30-7:30pm
#179044	Oct 16	F	6:30-7:30pm
#179045	Oct 19	M	6:30-7:30pm
#179046	Oct 23	F	6:30-7:30pm
#179047	Oct 26	M	6:30-7:30pm
#179048	Oct 30	F	6:30-7:30pm
#179050	Nov 6	F	6:00-7:00pm
#179051	Nov 9	M	6:00-7:00pm
#179052	Nov 13	F	6:00-7:00pm
#179053	Nov 16	M	6:00-7:00pm
#179054	Nov 20	F	6:00-7:00pm
#179055	Nov 23	M	6:00-7:00pm
#179056	Nov 30	M	6:00-7:00pm
#179057	Dec 4	F	6:00-7:00pm
#179058	Dec 7	M	6:00-7:00pm
#179059	Dec 11	F	6:00-7:00pm
#179060	Dec 14	M	6:00-7:00pm
#179061	Dec 18	F	6:00-7:00pm
#179062	Dec 21	M	6:00-7:00pm
#179063	Dec 28	M	6:00-7:00pm

Zumba® at Lions Park

Age: 18-99yrs. The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. This class is designed to help you shed those extra pounds or just give that fun exercise experience you have been looking for. Zumba® classes are held on Wednesdays and Saturdays.

Lions Park Community Center – Course Fee: \$5

#178058	Sep 5	Sa	9:00-10:00am
#178059	Sep 12	Sa	9:00-10:00am
#178060	Sep 19	Sa	9:00-10:00am
#178061	Sep 26	Sa	9:00-10:00am
#178062	Oct 3	Sa	9:00-10:00am
#178063	Oct 10	Sa	9:00-10:00am
#178064	Oct 17	Sa	9:00-10:00am
#178065	Oct 24	Sa	10:00-11:00am
#178066	Oct 31	Sa	10:00-11:00am
#178067	Nov 7	Sa	10:00-11:00am
#178068	Nov 14	Sa	10:00-11:00am
#178069	Nov 21	Sa	10:00-11:00am
#178070	Dec 5	Sa	10:00-11:00am
#178071	Dec 12	Sa	10:00-11:00am
#178072	Dec 19	Sa	10:00-11:00am

Zumba® at Sanderford Road Center

Age: 16yrs and up. Join us at Sanderford Road Center for a Latin inspired, easy to follow, calorie burning, dance fitness party. Feel the music and let loose. Join the party!

Sanderford Road Park – Course Fee: \$5

#177897	Sep 1	T	6:00-7:00pm
#177898	Sep 8	T	6:00-7:00pm
#177899	Sep 15	T	6:00-7:00pm
#177900	Sep 22	T	6:00-7:00pm
#177901	Sep 29	T	6:00-7:00pm
#177902	Oct 6	T	6:00-7:00pm
#177903	Oct 13	T	6:00-7:00pm
#177904	Oct 20	T	6:00-7:00pm
#177905	Oct 27	T	6:00-7:00pm

#177906	Nov 3	T	6:00-7:00pm
#177907	Nov 10	T	6:00-7:00pm
#177908	Nov 17	T	6:00-7:00pm
#177909	Nov 24	T	6:00-7:00pm
#177910	Dec 1	T	6:00-7:00pm
#177911	Dec 8	T	6:00-7:00pm
#177912	Dec 15	T	6:00-7:00pm

Zumba® at the Creek!

Age: 16yrs and up. International explosion of dance, fun, and fitness! Learn the basic Latin rhythms and moves of merengue, salsa, cumbia and more. No prior dance experience or background necessary. Come join the Zumba® party! Passes sold: \$5 (daily), \$24 (6 visits), \$42 (12 visits).

Brier Creek Community Center

Six Visits – Course Fee: \$24

#178531	Sep 7-10	M-Th	7:00-8:00pm
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Twelve Visits – Course Fee: \$42

#178532	Sep 7-10	M-Th	7:00-8:00pm
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Zumba® Fit

Age: 15yrs and up. Zumba® Fit is a feel-good workout based on a motivating fusion of Latin and international music with unique moves and dynamic combinations. A combination of fast and slow rhythms tone and sculpt the body, maximizing caloric output, fat burning and total body toning. No dance experience is required. Dance to great music with great people and burn a ton of calories without even realizing it! \$5 per class or \$40 for an eight-class punch pass.

Halifax Community Center – Course Fee: \$5

Sep-Dec	W,F	6:45-7:45pm
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Zumba® Gold

Age: 18yrs and up. This class is ideal for seniors. It includes basic warm-up for 6-8 minutes, followed by low-impact Latin moves and traditional fit moves for 40 minutes and a cool-down period of 8-10 minutes. This is a great combination of Latin music and moves with a fun attitude! You do not have to be a dancer to do this! This class is ideal for all adults just getting started in fitness. Instructor is AFAA group fitness and Zumba® certified. Instructor: Ms. Bettie.

Brier Creek Community Center – Course Fee: \$12

#178554	Sep 7-18	M,W,F	9:00-9:45am
#178555	Sep 21-Oct 2	M,W,F	9:00-9:45am
#178556	Sep 21-Oct 2	M,W,F	9:00-9:45am
#178557	Oct 5-16	M,W,F	9:00-9:45am
#178558	Oct 19-30	M,W,F	9:00-9:45am
#178559	Nov 2-13	M,W,F	9:00-9:45am
#178560	Dec 2-14	M,W,F	9:00-9:45am

Zumba® in the Park at Honeycutt Park

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. #176453 Sep 2-23 W 6:00-6:45pm #177652 Oct 7-28 W 6:00-6:45pm

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Zumba® Toning

Age: 13yrs and up. Zumba® is an aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music. Zumba® toning includes the challenge of adding resistance by using Zumba® toning sticks (or light weights) to help you focus on specific muscle groups, so you (and your muscles) stay engaged. This is the workout for you! Join the party at Sanderford Road Center!

Sanderford Road Park – Course Fee: \$5

#177920	Sep 1	T	7:00-8:00pm
#177921	Sep 8	T	7:00-8:00pm
#177923	Sep 15	T	7:00-8:00pm
#177924	Sep 22	T	7:00-8:00pm
#177925	Sep 29	T	7:00-8:00pm
#177926	Oct 6	T	7:00-8:00pm
#177927	Oct 13	T	7:00-8:00pm
#177929	Oct 20	T	7:00-8:00pm
#177930	Oct 27	T	7:00-8:00pm
#177931	Nov 3	T	7:00-8:00pm
#177932	Nov 10	T	7:00-8:00pm
#177934	Nov 17	T	7:00-8:00pm
#177935	Nov 24	T	7:00-8:00pm
#177936	Dec 1	T	7:00-8:00pm
#177937	Dec 8	T	7:00-8:00pm
#177938	Dec 15	T	7:00-8:00pm

Zumba® Toning/Sentao with Maria Daily Pass

Age: 12yrs and up. 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.

Green Road Community Center – Daily Pass: \$5/day

#178487	Sep 1-29	T,F	7:15-8:15pm
#178488	Oct 2-30	T,F	6:00-7:00pm
#178489	Nov 3-24	T,F	7:15-8:15pm
#178490	Dec 1-29	T,F	7:15-8:15pm

Zumba® with Maria Daily Pass

Age: 12yrs and up. 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.

Green Road Community Center – Daily Pass: \$5/day

#178512	Sep 2-30	M,W,Sa	6:00-7:00pm
#178513	Oct 3-31	M,W,Sa	1:00-2:00pm
#178514	Nov 2-Dec 5	M,W,Sa	6:00-7:00pm
#178515	Dec 2-Jan 4	M,W,Sa	6:00-7:00

Senior**60 Seconds to Good Health**

Age: All Ages. Eat lunch later—exercise now! This lunchtime class features interval training to improve muscle strength and take your fitness to a higher level. All it takes is 60 seconds! Instructor: Jane Stenhouse.

Five Points Center for Active Adults – Course Fee: \$8

#176007	Sep 14-28	M	11:45am-12:45pm
#176008	Oct 5-26	M	11:45am-12:45pm
#176009	Nov 2-30	M	11:45am-12:45pm
#176010	Dec 7-28	M	11:45am-12:45pm

Active Adult Line Dance

Age: 50yrs and up. This class provides exercise and a social outlet for active adults. Come learn the latest and all-time favorite line dances to the sounds of R&B, jazz, country, Latin, pop music and more.

Marsh Creek Park – Course Fee: \$5

#178376	Sep 7	M	2:00-3:00pm
#178377	Sep 14	M	2:00-3:00pm
#178378	Sep 21	M	2:00-3:00pm
#178379	Sep 28	M	2:00-3:00pm
#178380	Oct 5	M	2:00-3:00pm
#178381	Oct 12	M	2:00-3:00pm
#178382	Oct 19	M	2:00-3:00pm
#178383	Oct 26	M	2:00-3:00pm
#178384	Nov 2	M	2:00-3:00pm
#178385	Nov 9	M	2:00-3:00pm
#178386	Nov 16	M	2:00-3:00pm
#178387	Nov 23	M	2:00-3:00pm
#178388	Nov 30	M	2:00-3:00pm
#178389	Dec 7	M	2:00-3:00pm
#178390	Dec 14	M	2:00-3:00pm

Ageless Grace

Age: All Ages. Learn 21 simple tools for lifelong comfort and ease! Each of the 21 tools focuses on specific areas of the brain and body to improve balance, flexibility, cognitive function and more, all while you are sitting in a chair. It's fun, and best of all, it's easy! Visit www.agelessgrace.com for more information.

Anne Gordon Center for Active Adults

Course Fee: \$8

#176545	Sep 1-29	T	2:00-2:45pm
#176546	Oct 6-27	T	2:00-2:45pm
#176547	Nov 3-24	T	2:00-2:45pm
#176548	Dec 1-29	T	2:00-2:45pm

Five Points Center for Active Adults

Course Fee: \$8

#176549	Sep 2-30	W	2:00-2:45pm
#176550	Oct 7-28	W	2:00-2:45pm
#176551	Nov 4-25	W	2:00-2:45pm
#176552	Dec 2-30	W	2:00-2:45pm

Benefitness

Age: 50yrs and up. Strengthen your muscles and improve your range of motion, balance, flexibility and strength through low-impact aerobics, stretching and light weights. Come and enjoy the Benefitness of exercise!

Instructor: Bill Unger

Five Points Center for Active Adults

#176764	Sep 1-29	T,Th	9:30-10:15am
#176765	Oct 1-29	T,Th	9:30-10:15am
#176766	Nov 3-26	T,Th	9:30-10:15am
#176767	Dec 1-31	T,Th	9:30-10:15am

Bootcamp

Age: All Ages. Bootcamp classes are a great way to add variety, style and intensity to your workouts. Challenge yourself with 45 minutes of strength and endurance training. Be prepared to sweat in this class and bring a towel! This is an intermediate/advanced level class.

Five Points Center for Active Adults – Course Fee: \$8

#176768	Sep 2-30	W	4:30-5:30pm
#176769	Oct 7-28	W	5:00-5:45pm
#176770	Nov 4-25	W	5:00-5:45pm
#176771	Dec 2-30	W	5:00-5:45pm

Cardio Sculpt

Age: All Ages. Cardio Sculpt is a combination class that helps burn fat and build lean muscles. Half of the class is spent doing low-impact aerobic exercises; the other half is spent sculpting major muscle groups. Come get a healthy heart and sculpted muscles all in one class! All levels are welcome. Instructor: Jane Stenhouse

Five Points Center for Active Adults – Course Fee: \$8

#176772	Sep 14-28	M	10:15-11:15am
#176773	Oct 5-26	M	10:15-11:15am
#176774	Nov 2-30	M	10:15-11:15am
#176775	Dec 7-28	M	10:15-11:15am
#176776	Sep 1-29	T	10:15-11:15am
#176777	Oct 6-27	T	10:15-11:15am
#176778	Nov 3-24	T	10:15-11:15am
#176779	Dec 1-29	T	10:15-11:15am
#176780	Sep 2-30	W	10:15-11:15am
#176781	Oct 7-28	W	10:15-11:15am
#176782	Nov 4-25	W	10:15-11:15am
#176783	Dec 2-23	W	10:15-11:15am
#176784	Sep 3-24	Th	10:15-11:15am
#176785	Oct 1-29	Th	10:15-11:15am
#176786	Nov 5-19	Th	10:15-11:15am
#176787	Dec 3-31	Th	10:15-11:15am

Drumming Circle

Age: All Ages. Drumming is a healthy activity for all ages. It helps to reduce blood pressure, boost the immune system and release emotional stress, and it is all-around good for you. People with cancer, chronic pain, migraines and stroke practice drumming as therapy. During this session, a facilitator guides you through the basics and helps the group listen, play and experience the joy of getting in the groove! No experience is necessary! All instruments are provided. Instructor: Pat Vernon.

Anne Gordon Center for Active Adults

Course Fee: \$20

#176560	Sep 3-Oct 8	Th	1:00-2:00pm
#176561	Oct 15-Nov 19	Th	1:00-2:00pm

Exercise – Chair Yoga for Seniors

Age: 55yrs and up. This chair class is designed for seniors and others with varying degrees of mobility. Yoga can help relax tense muscles, loosen joints, strengthen muscles, improve digestion and circulation and reduce high blood pressure and anxiety. You will learn gentle stretching and breathing techniques. Before undertaking any exercise program one should consult a

physician. Bring a large towel or blanket and wear comfortable clothing. Susan Kilmon instructs.

Sertoma Arts Center – Course Fee: \$48

#177231 Sep 15-Oct 20 T 1:30-2:30pm
#177232 Nov 3-Dec 15 T 1:30-2:30pm

Fir24K Low Impact Fitness

Age: 55yrs and up. This class combines strength training, circuit, interval and resistance workouts to challenge your level of fitness and endurance while creating a new and exciting way to work out! Class is geared toward participants looking for a low-impact option.

Halifax Community Center – Course Fee: \$5
Sep-Dec W 11:00am-12:00pm

Five Points Fitness Room

Age: 50yrs and up. Take advantage of the variety of cardiovascular and strength-training equipment available at the Five Points Center for Active Adults and get into shape. The fitness room is open during normal operating hours but will be closed for Group Fitness Training classes 10:15-11:00am and 2:00-2:45pm on Monday, Wednesday and Friday. Participants must complete a fitness room orientation with one of the fitness instructors prior to use. Orientations may be scheduled in person or by calling 919-996-4730.

Five Points Center for Active Adults

#176798 Sep 1-Dec 31 M-F 9:00am-6:00pm

Five Points Fitness Room Orientation

Age: 50yrs and up. Meet with a fitness instructor who will show you the proper way to use the equipment in the fitness room, including body mechanics and machine usage.

Five Points Center for Active Adults

#176791 Sep 1-Dec 31 T-Th 9:00-9:30am

Group Fitness

Age: 18yrs and up. This course provides instruction on fitness equipment in the fitness room of the Five Points Center for Active Adults. Small class sizes allow for more one-on-one assistance from our group fitness instructors. All ability and experience levels are welcome.

Five Points Center for Active Adults – Course Fee: \$5

#176799 Sep 1-Dec 30 M-Th 10:30-11:15am

Healing Meditation

Age: All Ages. The Healing Meditation class is being offered to help begin, progress and advance healing. Based in Traditional Chinese Medicine and other ancient systems of healing, the program is designed to bring the entire body together to effect changes in energy flow to impact healing. Ultimately what drives Qi (Chee) or Life-Force Energy through the body begins with imagination and goes to intention. We will teach you what you must know about the body, teach you how to breathe, connect and then through the wonders of the meditations begin to enact healing and well-being. Instructor Michael Hronas

Anne Gordon Center for Active Adults

Course Fee: \$8

#176564 Sep 2-30 W 1:30-2:30pm
#176565 Oct 7-28 W 1:30-2:30pm
#176566 Nov 4-25 W 1:30-2:30pm
#176567 Dec 2-30 W 1:30-2:30pm

Line Dance – Beginner/Improver

Age: All Ages. This class is designed for those who have some line dance experience and are ready to learn additional dance steps. Instructor: Mitzi Kelley.

Five Points Center for Active Adults

#176588 Sep 2-30 M,W 1:00-2:00pm
#176589 Oct 5-28 M,W 1:00-2:00pm
#176590 Nov 2-30 M,W 1:00-2:00pm
#176591 Dec 2-30 M,W 1:00-2:00pm

Line Dance – Intermediate Level

Age: All Ages. This class is for the experienced dancer who would like the challenge of learning more difficult, advanced dances. Instructor: Mitzi Kelley.

Five Points Center for Active Adults

#176842 Sep 2-30 M,W 2:00-3:00pm
#176843 Oct 5-28 M,W 2:00-3:00pm
#176844 Nov 2-30 M,W 2:00-3:00pm
#176845 Dec 2-30 M,W 2:00-3:00pm

Line Dance Open Studio

Age: All Ages. Join us for this fun and informal line dance program. No previous line dancing experience is required. Enjoy dancing to some old favorites while making new friends!

Five Points Center for Active Adults

#176804 Sep 4-Dec 18 F 1:30-3:00pm

Personal Training Sessions

Age: All Ages. These sessions will provide one-on-one training with a certified instructor who will help you meet your personal fitness goals. These sessions are a great way to kick off your fitness routine, keep you motivated or help you identify your fitness needs. Sessions will be scheduled at a time that is mutually convenient for the patron and the instructor.

Five Points Center for Active Adults

Course Fee: \$12.50

#176875 Sep 1-Dec 31 M-F 9:30am-5:30pm

Pilates for Active Adults

Age: All Ages. Pilates takes a holistic approach to fitness and well-being. It stretches and strengthens the muscles while improving flexibility, core strength and balance. Modifications are shown for those with back, knee and neck issues. Participants must be able to get on a mat on the floor.

Five Points Center for Active Adults – Course Fee: \$8

#176876 Sep 14-28 M 9:15-10:00am
#176877 Oct 5-26 M 9:15-10:00am
#176878 Nov 2-30 M 9:15-10:00am
#176879 Dec 7-28 M 9:15-10:00am
#176880 Sep 3-24 Th 12:00-12:45pm
#176881 Oct 1-29 Th 12:00-12:45pm
#176882 Nov 5-19 Th 12:00-12:45pm
#176883 Dec 3-31 Th 12:00-12:45pm

Powerwalk

Age: All Ages. Are you ready to pick up the pace of your walks but not quite sure how to do it? Join this high energy group as we walk, trot and jog our way through the beautiful Five Points area. Warm-up and cool-down exercises included. This is an intermediate level class.

Five Points Center for Active Adults

#176886 Sep 14-28 M 1:00-2:00pm
#176887 Oct 5-26 M 1:00-2:00pm
#176888 Nov 2-30 M 1:00-2:00pm
#176889 Dec 7-28 M 1:00-2:00pm

Qi Gong: Therapeutic Qi Gong

Age: All Ages. Learn the 24 simple movements of qi gong (chee-gong) designed to promote energetic and visceral (internal organ) health. Practitioners think that the movements create good energy flow in the body and may thwart or reverse many diseases. This is a beginner level class. Instructor: Michael Hronas.

Five Points Center for Active Adults – Course Fee: \$8

#176606 Sep 4-25 F 9:15-10:00am
#176607 Oct 2-30 F 9:15-10:00am
#176608 Nov 6-20 F 9:15-10:00am
#176609 Dec 4-25 F 9:15-10:00am

Seniorcise

Age: All Ages. This class offers low-impact exercises for adults 50 and over. Strengthen muscles and improve your movement for a healthier lifestyle. The goal of this class is to improve balance, flexibility and strength through stretching, light weights and aerobic activity.

Anne Gordon Center for Active Adults

Course Fee: \$8

#176643 Sep 1-29 T 9:15-10:00am
#176644 Oct 6-27 T 9:15-10:00am
#176645 Nov 3-24 T 9:15-10:00am
#176646 Dec 1-29 T 9:15-10:00am
#176647 Sep 3-24 Th 9:15-10:00am
#176648 Oct 1-29 Th 9:15-10:00am
#176649 Nov 5-19 Th 9:15-10:00am
#176650 Dec 3-31 Th 9:15-10:00am

Five Points Center for Active Adults

Course Fee: \$8

#176639 Sep 14-28 M 1:30-2:15pm
#176640 Oct 5-26 M 1:30-2:15pm
#176641 Nov 2-30 M 1:30-2:15pm
#176642 Dec 7-28 M 1:30-2:15pm

Greystone Community Center

Course Fee: \$8

#176623 Sep 14-28 M 10:00-10:45am
#176624 Oct 5-26 M 10:00-10:45am
#176625 Nov 2-30 M 10:00-10:45am
#176626 Dec 7-28 M 10:00-10:45am
#176627 Sep 4-25 F 10:00-10:45am
#176628 Oct 2-30 F 10:00-10:45am
#176629 Nov 6-20 F 10:00-10:45am
#176630 Dec 4-18 F 10:00-10:45am

Lake Lynn Community Center

Course Fee: \$8

#176615 Sep 1-29 T 9:00-9:45am
#176616 Oct 6-27 T 9:00-9:45am
#176617 Nov 3-24 T 9:00-9:45am
#176618 Dec 1-29 T 9:00-9:45am
#176619 Sep 3-24 Th 9:00-9:45am
#176620 Oct 1-29 Th 9:00-9:45am
#176621 Nov 5-19 Th 9:00-9:45am
#176622 Dec 3-31 Th 9:00-9:45am

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Powell Drive Neighborhood Center

Course Fee: \$8

#176631	Sep 1-29	T	1:00-1:45pm
#176632	Oct 6-27	T	1:00-1:45pm
#176633	Nov 3-24	T	1:00-1:45pm
#176634	Dec 1-29	T	1:00-1:45pm
#176635	Sep 3-24	Th	1:00-1:45pm
#176636	Oct 1-29	Th	1:00-1:45pm
#176637	Nov 5-19	Th	1:00-1:45pm
#176638	Dec 3-31	Th	1:00-1:45pm

Silver Cardio

Age: All Ages. Classes start with basic warm-up moves, followed by 30 minutes of constant low-impact moves with a burst of fun moves, such as gentle boxing, floor exercises and balance elements. You'll break a sweat and have lots of fun! This is an intermediate level class. Instructor: Bettie Ittenbach.

Five Points Center for Active Adults – Course Fee: \$8

#176911	Sep 3-24	Th	1:00-2:00pm
#176912	Oct 1-29	Th	1:00-2:00pm
#176913	Nov 5-19	Th	1:00-2:00pm
#176914	Dec 3-31	Th	1:00-2:00pm

Strength and Conditioning

Age: All Ages. Are you trying to get in shape and stay in shape? These full-body workouts help you move better, get stronger and build lean muscle while boosting your metabolism. We will use plyometrics, medicine balls, speed ropes, agility balls, resistance bands, sandbags, ab rollers and, most important, your own body weight. If you want intensity, this is the class for you. This class is designed to increase physical strength through weight-bearing and resistance exercise. We will finish with core training and stretching for a complete workout. Not only will you improve your cardiovascular health, but you'll also burn tons of calories and have fun at the same time.

Anne Gordon Center for Active Adults

Course Fee: \$8

#176011	Sep 1-29	T	5:00-6:00pm
#176012	Oct 6-27	T	5:00-6:00pm
#176013	Nov 3-24	T	5:00-6:00pm
#176014	Dec 1-29	T	5:00-6:00pm

Five Points Center for Active Adults

Course Fee: \$8

#176015	Sep 1-29	T	3:30-4:30pm
#176016	Oct 6-27	T	3:30-4:30pm
#176017	Nov 3-24	T	3:30-4:30pm
#176018	Dec 1-29	T	3:30-4:30pm

Tai Chi Chih – Beginner Level

Age: All Ages. Tai chi chih consists of 19 flowing moves to balance and circulate energy (chi). Students of all levels experience benefits such as decreased stress and anxiety, improved balance and increased muscle flexibility. Instructor: Adrienne McKenzie.

Five Points Center for Active Adults – Course Fee: \$8

#176915	Sep 14-28	M	10:00-11:00am
#176916	Oct 5-26	M	10:00-11:00am
#176917	Nov 2-30	M	10:00-11:00am
#176918	Dec 7-28	M	10:00-11:00am

Tai Chi Chih – Intermediate Level

Age: All Ages. This class is for those who have taken the beginner level course and are familiar with the moves and poses of tai chi chih. Tai chi chih consists of 19 flowing moves to balance and circulate energy (chi). Students will experience benefits such as decreased stress and anxiety, improved balance and increased muscle flexibility.

Instructor: Adrienne McKenzie.

Five Points Center for Active Adults – Course Fee: \$8

#176920	Sep 14-28	M	11:00am-12:15pm
#176921	Oct 5-26	M	11:00am-12:15pm
#176922	Nov 2-30	M	11:00am-12:15pm
#176923	Dec 7-28	M	11:00am-12:15pm

T'ai Chi for Active Adults – Advanced Beginners

Age: All Ages. T'ai chi is a low/no-impact slow-motion exercise consisting of a series of motions that can be adapted for any fitness level. Focus is on breathing naturally and paying attention to your movements and your bodily sensations. Practitioners believe that it enhances the immune system, lowers blood pressure, reduces chronic pain and more! Instructor: Michael Hronas.

Anne Gordon Center for Active Adults

Course Fee: \$8

#176653	Sep 1-29	T	11:30am-12:15pm
#176654	Oct 6-27	T	11:30am-12:15pm
#176655	Nov 3-24	T	11:30am-12:15pm
#176656	Dec 1-29	T	11:30am-12:15pm

T'ai Chi for Active Adults – Beginner

Age: All Ages. T'ai chi is a low/no impact slow motion exercise consisting of a series of motions. This exercise can be adapted for all ability and fitness levels. Practitioners believe that it enhances the immune system, lowers blood pressure, reduces chronic pain and much more. Instructor: Michael Hronas.

Anne Gordon Center for Active Adults

Course Fee: \$8

#176657	Sep 14-28	M	1:00-1:45pm
#176658	Oct 5-26	M	1:00-1:45pm
#176659	Nov 2-30	M	1:00-1:45pm
#176660	Dec 7-28	M	1:00-1:45pm

Total Body Conditioning

Age: All Ages. This class will strengthen your mind and body! Improve your quality of life by building strength and balance, which are essential to maintaining physical independence. Instructor: Jane Stenhouse.

Five Points Center for Active Adults – Course Fee: \$8

#176924	Sep 1-29	T	1:00-2:00pm
#176925	Oct 6-27	T	1:00-2:00pm
#176926	Nov 3-24	T	1:00-2:00pm
#176927	Dec 1-29	T	1:00-2:00pm
#176928	Sep 3-24	Th	1:00-2:00pm
#176929	Oct 1-29	Th	1:00-2:00pm
#176930	Nov 5-19	Th	1:00-2:00pm
#176931	Dec 3-31	Th	1:00-2:00pm

Total Body Toning

Age: All Ages. Weight-bearing exercise is especially important as we age. This intermediate level class incorporates hand weights, resistance tubing and our own body weight to provide resistance, build strength and improve flexibility of the joints.

Instructor: Kathy Cassidy.

Five Points Center for Active Adults – Course Fee: \$8

#176941	Sep 2-30	W	11:30am-12:30pm
#176942	Oct 7-28	W	11:30am-12:30pm
#176943	Nov 4-25	W	11:30am-12:30pm
#176944	Dec 2-30	W	11:30am-12:30pm
#176945	Sep 4-25	F	11:30am-12:30pm
#176946	Oct 2-30	F	11:30am-12:30pm
#176947	Nov 6-20	F	11:30am-12:30pm
#176948	Dec 4-18	F	11:30am-12:30pm

Wednesday Walk and Wellness

Age: All Ages. Enjoy a walk in the Five Points area near the Active Adult Center. Social walkers and speed walkers are invited to join this fun group. Proper warm-up and cool-down techniques are included.

Instructor: Jane Stenhouse.

Five Points Center for Active Adults

#176949	Sep 2-Dec 30	W	1:00-2:00pm
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Yoga – Chair Yoga

Age: All Ages. This beginning class includes stretches to increase range of motion, simple balancing poses to strengthen muscles that support joints and breath awareness to calm and release tension. All standing poses may be done with the support of a chair.

Anne Gordon Center for Active Adults

Course Fee: \$8

#176686	Sep 3-24	Th	10:30-11:30am
#176687	Oct 1-29	Th	10:30-11:30am
#176688	Nov 5-19	Th	10:30-11:30am
#176689	Dec 3-31	Th	10:30-11:30am

Five Points Center for Active Adults

Course Fee: \$8

#176666	Sep 1-29	T	2:30-3:30pm
#176667	Oct 6-27	T	2:30-3:30pm
#176668	Nov 3-24	T	2:30-3:30pm
#176669	Dec 1-29	T	2:30-3:30pm
#176670	Sep 1-29	T	11:30am-12:45pm
#176671	Oct 6-27	T	11:30am-12:45pm
#176672	Nov 3-24	T	11:30am-12:45pm
#176673	Dec 1-29	T	11:30am-12:30pm
#176674	Sep 3-24	Th	3:00-4:00pm
#176675	Oct 1-29	Th	3:00-4:00pm
#176676	Nov 5-19	Th	3:00-4:00pm
#176677	Dec 3-31	Th	3:00-4:00pm
#176678	Sep 3-24	Th	11:30am-12:45pm
#176679	Oct 1-29	Th	11:30am-12:45pm
#176680	Nov 5-26	Th	11:30am-12:45pm
#176681	Dec 3-31	Th	11:30am-12:45pm

Laurel Hills Community Center

Course Fee: \$8

#176682	Sep 2-30	W	11:30am-12:15pm
#176683	Oct 7-28	W	11:30am-12:15pm
#176684	Nov 4-25	W	11:30am-12:15pm
#176685	Dec 2-30	W	11:30am-12:15pm

Yoga – Gentle Yoga for Beginners

Age: All Ages. This gentle approach to yoga is structured to accommodate students of all levels and physical abilities. The yoga poses and exercises will be done standing, sitting in a chair, leaning against the wall for support and using a floor mat. Each class also incorporates yoga breathing exercises to help improve lung capacity and focus and a period of deep relaxation or meditation. This is a beginner level class.

Anne Gordon Center for Active Adults

Course Fee: \$8

#176698	Sep 14-28	M	10:30-11:30am
#176699	Oct 5-26	M	10:30-11:30am

#176700	Nov 2-30	M	10:30-11:30am
#176701	Dec 7-28	M	10:30-11:30am
#176702	Sep 14-28	M	9:15-10:15am
#176703	Oct 5-26	M	9:15-10:15am
#176704	Nov 2-30	M	9:15-10:15am
#176705	Dec 7-28	M	9:15-10:15am

Five Points Center for Active Adults

Course Fee: \$8

#176690	Sep 14-28	M	3:15-4:15pm
#176691	Oct 5-26	M	3:15-4:15pm
#176692	Nov 9-30	M	3:15-4:15pm
#176693	Dec 7-28	M	3:15-4:15pm
#176694	Sep 2-30	W	3:15-4:15pm
#176695	Oct 7-28	W	3:15-4:15pm
#176696	Nov 4-25	W	3:15-4:15pm
#176697	Dec 2-30	W	3:15-4:15pm

Zumba® – Gold

Age: All Ages. Golden Zumba® is known for zesty Latin and international music, easy-to-follow moves and the invigorating party-like atmosphere of the class! This is a dance-fitness class that feels friendly and, most of all, fun! This is an intermediate level class.

Anne Gordon Center for Active Adults

Course Fee: \$8

#176714	Sep 1-29	T	9:15-10:00am
#176715	Oct 6-27	T	9:15-10:00am
#176716	Nov 3-24	T	9:15-10:00am
#176717	Dec 1-29	T	9:15-10:00am
#176718	Sep 3-24	Th	1:00-1:45pm
#176719	Oct 1-29	Th	1:00-1:45pm
#176720	Nov 5-26	Th	1:00-1:45pm
#176721	Dec 3-31	Th	1:00-1:45pm

Five Points Center for Active Adults

Course Fee: \$8

#176706	Sep 4-25	F	12:30-1:15pm
#176707	Oct 2-30	F	12:30-1:15pm
#176708	Nov 6-20	F	12:30-1:15pm
#176709	Dec 4-18	F	12:30-1:15pm
#176710	Sep 1-29	T	12:00-12:45pm
#176711	Oct 6-27	T	12:00-12:45pm
#176712	Nov 3-24	T	12:00-12:45pm
#176713	Dec 1-29	T	12:00-12:45pm

Family

Gentle Yoga at Carolina Pines

Age: 15yrs and up. Gentle yoga is appropriate for beginners and all levels. Class will focus on alignment principles and the connection of movement and breath. Each class ends with a period of relaxation. This class will increase your balance, help you become more flexible, relieve muscle tension and reduce stress.

Carolina Pines Community Center

Course Fee: \$10

#177753	Sep 9	W	7:00-8:15pm
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Course Fee: \$35

#177749	Sep 2-30	W	7:00-8:15pm
#177750	Oct 7-28	W	7:00-8:15pm
#177751	Nov 4-25	W	7:00-8:15pm
#177752	Dec 2-30	W	7:00-8:15pm

Karate – Traditional Japanese Karate Family

Age: 6yrs and up. Traditional Japanese karate promotes physical fitness, discipline and self-defense. Little ones will learn proper striking with use of their hands, arms, legs

and feet, as well as proper self-defense.

Ralph Campbell Community Center – Course Fee: \$45

#179237 Sep 12-Oct 5 M,Sa 1:00-2:00pm

Karate-Bo-Jiu-Jitsu

Age: 7yrs and up. Karate class for youth and adults, ages 7 and up, to learn the basics of bo-jiu-jitsu. Participants will learn self-defense, discipline, self-confidence, respect and self-control. The class will help you stay fit both mentally and physically. This class meets twice a week.

Chavis Community Center – Course Fee: \$45

#177492 Sep 4-Oct 24 F 7:00-8:00am
Sa 10:30-11:30am

Martial Arts – Tae Kwon Do

Age: 10yrs and up. Tae Kwon Do is a Korean martial art. It loosely translates to 'the way of the hand and foot.' As such, no weapons are used. It is a strong, fast and powerful martial art form. This class will keep you fit and give you great confidence, not just physically, but in all aspects of life. This class practices a safe, no-contact format.

Jaycee Community Center – Course Fee: \$40

#179004	Sep 1-29	T,Th	6:30-8:00pm
#179005	Oct 1-29	T,Th	6:30-8:00pm
#179006	Nov 3-24	T,Th	6:30-8:00pm
#179007	Dec 1-29	T,Th	6:30-8:00pm

Tae Kwon Do – Beginners

Age: 6yrs and up. The art of self-defense, confidence, self-esteem, discipline, respect and self-control are taught through practice drills, classroom instruction and tournaments. This is an ongoing class that promotes belt promotions. Wear comfortable clothes.

Biltmore Hills Community Center – Course Fee: \$40

#178938	Sep 2-30	M,W	6:30-7:30pm
#178939	Oct 5-28	M,W	6:30-7:30pm
#178940	Nov 4-30	M,W	6:30-7:30pm
#178941	Dec 2-30	M,W	6:30-7:30pm

Tae Kwon Do – Martial Art

Age: 7yrs and up. This martial arts class for youth and adults develops discipline in youth, fitness in adults and fine martial art skills in both youth and adults.

Lions Park Community Center – Course Fee: \$35

#178035	Sep 24-Oct 27	T,Th	6:30-8:00pm
#178036	Oct 1-29	T,Th	6:30-8:00pm
#178037	Nov 3-26	T,Th	6:30-8:00pm
#178038	Dec 1-24	T,Th	6:30-8:00pm

Wado-Ryu Karate – Martial Arts

Age: 8yrs and up. Wado-ryu is a traditional karate emphasizing evasive movement and balance, moving drills and practice in forms (kata) and sparring (kumite). Develop your physical skills as well as mental discipline. Students routinely gain confidence and better focus. The first hour of class is for kids 8-16 and their parents. The second hour is for ages 16 and up. Instructors are members of the U.S. Eastern Wado-Ryu Federation. There are yearly opportunities to learn from the highest ranks of the discipline. Uniforms are required after two months of practice. Membership to USEWF is available after the first belt test. Belt test fee is minimal, including the price of the belt and certificate.

Carolina Pines Community Center – Course Fee: \$40

#177785	Sep 1-29	T,Th	6:30-8:30pm
#177786	Oct 1-29	T,Th	6:30-8:30pm
#177787	Nov 3-26	T,Th	6:30-8:30pm
#177788	Dec 1-31	T,Th	6:30-8:30pm

Zumba® at Optimist Community Center

Age: 13yrs and up. Rhythms and easy-to-follow moves make this upbeat fitness class fun for all. You don't need to be a dancer or a seasoned fitness class junkie! Just be ready to have fun, sweat a little and groove for only \$5 a class. For more information about your options, please call the community center at 919-870-2880.

Instructor: Dana Kincaid

Optimist Community Center – Course Fee: \$5

#178948 Sep 14-Dec 28 M 6:30-7:30pm



City of Oaks Foundation urges children to get outside



CITY OF OAKS
foundation



Did you know that American children spend an average of 10 minutes each day in outdoor play? 10 minutes a day! As you might suspect, this is a fraction of the time that kids spent playing outdoors 20 years ago, and most of the time that was spent outside has been soaked up by screen time—children in front of phones, tablets, computers and televisions.

Playing outside in nature is vital to childhood development—not to mention physical health. Inventing games and establishing rules helps kids hone their social skills. Unstructured play with natural materials sparks a child's imagination and creativity. Accomplishments bolster self-confidence, and failings teach them how to handle adversity. Nature play is a time-tested way for children to find their own paths and learn how to get along with others.

If playing outside is so beneficial, then why are children doing so little of it? Richard Louv, author of *Last Child in the Woods*, believes there are 5 barriers to nature play.

First, America is growing more urbanized, and our cities' growth is without adequate natural areas and access to them. Second, many parents are afraid to let their children play in the woods and creeks. Third, technology dominates every aspect of our lives (children and adults alike). Fourth, we no longer consider nature play as an enriching activity. Fifth, nature often is seen as the problem (e.g. climate change, species extinction) and not the solution.

This is why the City of Oaks Foundation is busy conserving natural places around Raleigh and providing scholarships to help children participate in the City's incredible summer camps and nature programs.

Through our Raleigh, Naturally land conservation program, we work with landowners who want to leave a legacy by setting aside their forests, farms, gardens and streams as conservation land. Our Give Play initiative strives to remove cost as a barrier for children's participation in the nature play programs Raleigh offers.

Support the City of Oaks Foundation with your tax-deductible contribution and help reverse our nature deficit.

For more information:

visit www.cityofoaksfoundation.org call us at (919)996-4773, or send us mail to:

City of Oaks Foundation 222 W. Hargett Street, Suite 608 Raleigh, NC 27601

The City of Oaks Foundation, because a green Raleigh is a great Raleigh!

Nature Programs

Program Manager: Jenn Steele
E-mail: jenn.steele@raleighnc.gov

Nature Programs are held at various parks, greenways and community centers around the city. They are diverse in topic and are offered for all ages. Programs are offered for the general public as well as schools, scouts and other organized groups. Private Nature Programs for groups can be arranged with five weeks notice. For more information or to request a brochure, please call 919-996-6856.



Preschool

Miss Spider's Tea Party by David Kirk – Story and Craft

Age: 3-5yrs. This classic story about a spider and the guests she invites to her tea party will be our focus during this cute program for little ones, complete with a real tea party and lots of hands-on activities involving spiders. Children must be accompanied by an adult. Adults attend free.

Durant Nature Preserve – Course Fee: \$3
 #177928 Oct 28 W 10:00-11:00am

The Very Quiet Cricket – by Eric Carle – Story and Craft

Age: 3-5yrs. Eric Carle's classic book about a very quiet cricket and how he finds his voice will be our featured story in this fun program about crickets. After our story, we'll take a short walk in search of crickets and see if we can make some of our own nature noises. We'll finish our program by making a cute cricket craft to take home! Children must be accompanied by an adult. Adults attend free.

Durant Nature Preserve – Course Fee: \$3
 #177918 Sep 16 W 2:00-3:00pm

Beaver Pond

Age: 3-5yrs. Discover how beavers live, eat and play in their watery world. Weather permitting, we will search for beaver signs in and around the farm pond at the preserve. Story and craft are included. This program is designed for a parent or other adult to attend with their preschooler. No charge for adult.

Note: Some activities will take place on a trail that is not stroller accessible.

Annie Louise Wilkerson Nature Preserve

Course Fee: \$3
 #179202 Sep 25 F 12:45-2:15pm
 #179205 Sep 26 Sa 10:30am-12:00pm

Bird Buddies

Age: 3-5yrs. Meet some funny talking birds, including Dr. Hairy Woodpecker and Baldy the Turkey Vulture. Make paper-tube binoculars and take a walk to spy on our bird buddies in the forest and field. Wear closed-toe shoes. This program is designed for preschooler and parent or other adult to attend together. No charge for adult. Note: Part of this program is conducted on natural surface trails that are not designed for strollers.

Annie Louise Wilkerson Nature Preserve

Course Fee: \$3
 #179218 Nov 20 F 12:45-2:15pm
 #179219 Nov 21 Sa 10:30am-12:00pm

Calling For Owls

Age: 3-5yrs. Learn about the owls that live in and around the nature preserve. We'll hear a story about owls and go outside to call the owls. Will they answer us? Make an owl craft to take home. This program is designed for parent and preschooler to attend together. No charge for adult. Note: Part of this program is conducted on natural surface trails that are not designed for strollers.

Annie Louise Wilkerson Nature Preserve

Course Fee: \$3
 #179221 Dec 11 F 4:00-5:30pm
 #179222 Dec 12 Sa 4:00-5:30pm

Fall Harvest: Pumpkins

Age: 3-5yrs. We carve them and set them on our porch during the fall season, but have you ever wondered where pumpkins come from? We get them from a grocery store, but they are plants we can grow in our yards. We will learn about seeds, decorate a pot, plant a seed and take it home to watch it grow. Seeds will be provided, or you can bring your own if you prefer. Preregistration is required four days prior to program. For more information, contact Nature Programs at 919-831-6856.

Marsh Creek Park – Course Fee: \$5
 #177666 Oct 21 W 10:30-11:15am

Little Nature Hikers

Age: 3-5yrs. Join a nature instructor and other families for a guided walk around the park with your child. Meet other families in your community and learn about nature. We will see birds, insects, mammals and reptiles basking in the sunshine. Preregistration is required four days prior to program. Register online via ReLink or at any community center. For more information, call Nature Programs at 919-996-6856.

Lake Lynn Community Center – Course Fee: \$2
 #177659 Sep 28 M 11:00-11:45am
Laurel Hills Community Center – Course Fee: \$2
 #177657 Sep 16 W 11:00-11:45am

Native American Stories for Preschoolers

Age: 3-5yrs. Please join us for a special story-telling program led by a Native American of the Otomi Nation. Preschoolers and their families will enjoy Native American tales that express traditional beliefs of our natural world. Preregistration is required four days prior to program. For more information, please contact Nature Programs at 919-996-6856.

Marsh Creek Park – Course Fee: \$2
 #177668 Nov 10 T 11:00-11:45am

Preschool Swamp Romp

Age: 1-6yrs. Bring your budding naturalist to the Walnut Creek Wetland Center for an exciting learning experience. A craft, engaging activity and guided walk through the wetland will awaken your preschooler's sense of wonder. Each week will feature a different nature-inspired theme. Please register at least four days prior to the program.

Walnut Creek Wetland Center – Course Fee: \$3
 #177886 Sep 9 W 10:00-11:00am
 #177887 Sep 25 F 10:00-11:00am
 #177888 Oct 7 W 10:00-11:00am
 #177889 Oct 16 F 10:00-11:00am
 #177890 Nov 16 W 10:00-11:00am
 #177891 Nov 27 F 10:00-11:00am
 #177892 Dec 9 W 10:00-11:00am
 #177893 Dec 18 F 10:00-11:00am

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Terrific Turkeys

Age: 3-5yrs. This time of year, turkeys are on everyone's mind (and plate). North Carolina's wild turkeys are not only beautiful but really fun to learn about. Join us as we learn how to 'talk turkey', make turkey tracks and how to look for other signs that turkeys have been around. Just in time for Thanksgiving, we'll make a turkey craft sure to look terrific on the table! Children must be accompanied by an adult. Adults attend free.

Durant Nature Preserve – Course Fee: \$3
#178825 Nov 18 W 10:00-11:00am

Tree Houses for Animals

Age: 3-5yrs. Let's peek into some holes in trees and see who might be at home. We'll also look for nests and discover other ways animals use trees for shelter. Story, craft and hike! This program is designed for a parent or other adult to attend with their preschooler. No charge for adult. Note: Hike involves natural surface trails that are not designed for strollers.

Annie Louise Wilkerson Nature Preserve
Course Fee: \$3
#179212 Oct 23 F 12:45-2:15pm
#179213 Oct 24 Sa 10:30am-12:00pm

Wee Walkers

Age: All Ages. Would you and your toddler like some company for your walks? Join others on an easy-paced hike around the park. This is a great opportunity for adults and little ones to meet each other and explore what's happening in nature. Although registration is not necessary, it is helpful so that we can prepare for your visit.

Durant Nature Preserve
#177984 Sep 3 Th 10:00-11:00am
#179073 Sep 24 Th 10:00-11:00am
#177989 Oct 1 Th 10:00-11:00am
#177990 Nov 5 Th 10:00-11:00am
#177991 Dec 3 Th 10:00-11:00am

Welcoming Winter

Age: 3-5yrs. Celebrate the arrival of a new season at a Welcome Winter Party at Durant Nature Preserve! We'll enjoy a short walk to look for signs of winter and then play winter-related games. A story and craft will also be included! Children must be accompanied by an adult. Adults attend free.

Durant Nature Preserve – Course Fee: \$3
#178811 Dec 9 W 2:00-3:00pm

Youth

Amazing Animals

Age: 6-12yrs. Is it a bird? Is it a plane? No! It's a Flying Squirrel! Many incredible animals call Durant Nature Preserve home. Join a nature instructor to discover fun facts about animals with super strength, fantastic flight and cool camouflage!

Durant Nature Preserve – Course Fee: \$5
#178827 Sep 19 Sa 2:00-3:30pm

Animal Track Detectives

Age: 6-12yrs. Become an animal track detective at Durant Nature Preserve! Have you ever wondered what animal made those tracks on a muddy trail or at the edge of a creek? Join a nature instructor to find out and practice identifying different animal tracks. Each participant will make an animal print to take home.

Durant Nature Preserve – Course Fee: \$5
#178816 Oct 17 Sa 2:00-4:00pm

Deer Tracking

Age: 5-8yrs. It's the peak of the rutting season and the deer are very active in the woods. Let's see if we can track some deer and find their hiding places. Learn how to think like a whitetail. Dress for the weather and outdoor adventure.

Annie Louise Wilkerson Nature Preserve
Course Fee: \$3
#179214 Nov 7 Sa 2:00-4:00pm

Environmental Education at Lake Johnson

Age: 8-12yrs. Have you ever wondered whether squirrels build nests or what types of fish live in our lakes? How about ways we can protect the wildlife that live around us? Join our staff to discover common plants and animals that are found in the Piedmont. Learn about their importance in our ecosystem while exploring and investigating our natural environment. Please come dressed for the weather and be prepared to walking around outdoors.

Lake Johnson – Course Fee: \$5
#178724 Oct 24 Sa 10:00am-12:00pm
#178728 Dec 5 Sa 10:00am-12:00pm

Environmental Education at Lake Wheeler

Age: 8-12yrs. Have you ever wondered whether squirrels build nests or about the types of fish that live in our lakes? Do you want to know how we can protect the wildlife that live around us? Join our staff to discover common plants and animals that are found in the Piedmont. Learn about their importance in our ecosystem while exploring and investigating our natural environment.

Lake Wheeler – Course Fee: \$5
#178580 Oct 10 Sa 10:00am-12:00pm
#178593 Nov 14 Sa 10:00am-12:00pm

Explore a Rock Outcrop

Age: 5-8yrs. Learn all about rocks and take home a few for your collection! We'll also hike to a rock outcrop to explore how rocks are changed by rain, ice plants and people. Wear sturdy shoes and clothes you don't mind getting dirty.

Annie Louise Wilkerson Nature Preserve
Course Fee: \$5
#179220 Dec 5 Sa 2:00-4:00pm

Going Wild!

Age: 6-12yrs. Participants act like animals as they learn about creatures of the wild through games that focus on animal behavior and adaptations. We will meet some truly wild critters and learn what behaviors help them to adapt to their habitats. This program will be conducted outdoors, so please dress for the weather! Preregistration is required four days prior to program. For more information, please contact Nature Programs at 919-996-6856.

Lake Johnson – Course Fee: \$2
#177667 Oct 24 Sa 1:00-2:00pm

Kid's Nature Night at Walnut Creek

Age: 5-10yrs. Do you need a little time to yourself at the end of the week? Drop off your kids for a fun Friday night. We'll learn about nature, explore outside, play games and do a craft. The activities will be related to that night's featured animated movie. We will even have popcorn and a big movie screen! Registration is required four days in advance.

Walnut Creek Wetland Center – Course Fee: \$5
#177876 Sep 4 F 5:00-8:00pm
#177877 Oct 9 F 5:00-8:00pm
#177878 Nov 13 F 5:00-8:00pm
#177879 Dec 11 F 5:00-8:00pm

Mammal Study Merit Badge Program

Age: 10-17yrs. Deer, squirrels, foxes and coyotes are all mammals found in Wilkerson Nature Preserve. Come learn what makes a mammal a mammal, and how we can help wild mammals in our area. Participants will complete several requirements for Mammal Study Merit Badge during this program, but additional work may be needed to complete the badge. This program is for ages 10-17.

Annie Louise Wilkerson Nature Preserve
Course Fee: \$5
#179130 Sep 26 Sa 1:30-3:30pm

Microscope Monsters

Age: 8-13yrs. What monsters lurk in a drop of pond water? We will use optical and digital microscopes to get a closer look at the creatures around us, observing life smaller than the unaided eye can see. This program is for ages 9-12.

Annie Louise Wilkerson Nature Preserve
Course Fee: \$2
#179153 Oct 16 F 2:30-4:00pm

Talkin' Turkey

Age: 6-12yrs. This time of year, turkeys are on everyone's mind (and plate). North Carolina's wild turkeys are not only beautiful but fun to learn about. Join us as we learn how to 'talk turkey', make turkey tracks and look for other signs that turkeys have been around. Just in time for Thanksgiving, we'll make a turkey craft sure to look terrific on the table!

Durant Nature Preserve – Course Fee: \$5
#178807 Nov 14 Sa 2:00-4:00pm

Tracks and Skulls

Age: 5-8yrs. Learn to identify the tracks and skulls of common animals that live in or near the preserve. Make a plaster cast of a track to take home. Weather permitting, we will take a hike to look for tracks and animal bones!

Annie Louise Wilkerson Nature Preserve

Course Fee: \$5

#179208 Oct 3 Sa 2:00-4:00pm

Adult

Gardening with Native Plants

Age: 16yrs and up. Are you interested in attracting birds and other native wildlife to your yard? Learn how to create a bountiful habitat in your own yard by using native plants. We'll discuss different perennials and learn how to properly plant trees and shrubs. Each participant will receive a native plant seedling to take home.

Durant Nature Preserve – Course Fee: \$5

#178832 Sep 19 Sa 10:00am-12:00pm

Landscape History

Age: 12yrs and up. What did Wilkerson Nature Preserve look like 100 years ago? What about 500 years ago? How can we know? Some things we call 'natural' are really the result of the lives and actions of people in the past. We will see much evidence of this in an indoor presentation and on a short hike to some of Wilkerson's historic sites. The program is designed for adults.

Annie Louise Wilkerson Nature Preserve

Course Fee: \$2

#179158 Nov 21 Sa 2:30-4:00pm

Nature Journaling

Age: 16yrs and up. The serenity of Horseshoe Farm Nature Preserve provides an excellent opportunity to enjoy the peaceful activity of nature journaling. Learn how to capture the beauty of the season and the natural life that abounds, as park staff gets you started with this fun and rewarding activity. Learn why nature journaling is a great way to connect people to nature! We'll explore the basics of nature journaling plus ways to use journaling in the classroom or program setting. Much of the program will be devoted to practicing our newly-acquired skills. Watercolors and a journal will be provided, but feel free to bring any of your favorite supplies. This program counts toward Criteria II requirements of the N.C. Environmental Education Certification program.

Horseshoe Farm Nature Preserve – Course Fee: \$10

#178834 Oct 3 Sa 1:00-5:00pm

Family

Astronomy Nights

Age: 5yrs and up. What's up in space this fall? Find out the answer in our monthly astronomy program. Each program begins with an indoor presentation and (weather permitting) moves outside after sunset to view the moon, stars and more with the preserve's telescope. This program is for ages 5 and up; children must be accompanied by an adult.

Annie Louise Wilkerson Nature Preserve

Course Fee: \$2

#179116 Nov 13 F 5:30-7:30pm

#179117 Dec 12 Sa 5:30-7:30pm

Campfire, Story and Marshmallow Roast

Age: 6yrs and up. Gather 'round the campfire while we read a nature story perfect for just this occasion. Share some quality time with your family and the good company of others while roasting marshmallows. Preregistration is required at least four days in advance of program. Fee applies to all participants. Adults must register and accompany children.

Durant Nature Preserve – Course Fee: \$2

#178822 Oct 16 F 6:30-7:30pm

#178824 Nov 6 F 5:30-6:30pm

Everybody Eats!

Age: All Ages. Join a Native American from the Otomi Nation for a guided hike in the park. Enjoy Native American tales that focus on wildlife survival and discover how predator and prey relationships rule the natural world. Preregistration is required four days prior to the program. For more information, contact Nature Programs at 919-996-6856.

Lake Johnson – Course Fee: \$2

#177661 Sep 26 Sa 2:00-3:00pm

Fall Family Scavenger Hunt

Age: 4yrs and up. Fall has arrived! Go on a scavenger hunt to find tokens hidden at secret locations along park trails. We'll have a little friendly competition to see which families or teams can find the most examples of fall's arrival as you hike. Prizes will be awarded! Children must be accompanied by an adult. Fee applies to all participants, ages 4 through adult. Children under 3 are free of charge.

Annie Louise Wilkerson Nature Preserve

Course Fee: \$2

#179210 Oct 10 Sa 2:00-4:00pm

Fall Foliage Hike

Age: 5yrs and up. You don't have to travel far to appreciate the colors of fall. Come see Wilkerson in full fall bloom and join a naturalist guide for a hike focused on our beautiful deciduous trees. The program is designed for adults, but children ages 5 and up are welcome with accompanying adult.

Annie Louise Wilkerson Nature Preserve

Course Fee: \$2

#179147 Nov 21 Sa 2:30-4:00pm

Family Bird Hike

Age: All Ages. Enjoy a beautiful fall morning on this easy paced bird walk around Horseshoe Farm Nature Preserve. We'll likely see birds that frequent meadows and forests as we make our way around the unique habitats found at Horseshoe Farm. This hike is perfect for novice and experienced birders alike. Families are welcome.

Horseshoe Farm Nature Preserve

#178886 Oct 4 Su 8:00-10:00am

Family Scavenger Hunt

Age: All Ages. Explore Raleigh's newest park, Horseshoe Farm Nature Preserve! Gather the family and get to know the preserve while figuring out the clues and looking for the fun nature-themed items we've hidden. Make an outing of it and bring a picnic lunch to enjoy before or after the hunt!

Horseshoe Farm Nature Preserve

#178855 Sep 20 Su 1:00-2:00pm

Get Hooked!

Age: 5yrs and up. Join us for a lovely Fall day on our lakeshore. We'll provide the bait, fishing poles and instruction to get you and your family hooked on fishing! Fee applies to all participants. Parents must register and accompany child(ren). Pre-registration required at least four days in advance.

Durant Nature Preserve – Course Fee: \$1

#178819 Sep 13 Su 3:00-4:00pm

Holiday Gifts from Nature

Age: 6yrs and up. Celebrate the upcoming holidays by making creative gifts using items found in nature to give to your friends and family. We'll sip hot chocolate as we enjoy crafting in this casual and creative program designed to showcase the wonderful gifts we can make from nature's bounty. Registration four days in advance is required. Parent(s) must register and accompany child(ren).

Durant Nature Preserve – Course Fee: \$5

#178804 Dec 12 Sa 2:00-4:00pm

Holiday Wreath Making

Age: 5yrs and up. The holidays are upon us! What better time to get together to make holiday wreaths using materials from nature. After our wreath-making, we'll enjoy some hot chocolate! Parent(s) must register and accompany child(ren).

Durant Nature Preserve – Course Fee: \$5

#178797 Dec 5 Sa 2:00-3:00pm

Marvelous Mutations and Distinctive Characteristics

Age: 10yrs and up. Comic book and nature fanatics, unite! Did you know that the African dung beetle can lift 11 times its own weight? Come and compare mutations and distinctive characteristics while relating comic book heroes to their animal counterparts. Feel free to dress up! Please call Lake Johnson at 919-233-2121 for more information or to register.

Lake Johnson – Course Fee: \$2

#177662 Oct 29 Th 6:00-7:30pm

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Native American Stories

Age: All Ages. Please join us for a special story-telling program led by a Native American of the Ojibwa Nation. Participants will enjoy Native American tales that express traditional beliefs of our natural world.

Preregistration is required four days prior to program. For more information, contact Nature Programs at 919-996-6856.

Five Points Center for Active Adults – Course Fee: \$2
#177669 Nov 17 T 11:00am-12:00pm

Nature Play Days

Age: 1yrs and up. Join us anytime between 11:00am-3:00pm to enjoy our latest ideas for playing in nature. Children of all ages, as well as the young at heart, are welcome to join us for imaginative play in a natural setting. Dig for gemstones, make a fort out of natural materials, fly a kite, make mud pies and more. We'll provide the materials and guidance to get you started on a playful adventure—free of charge! Children must be accompanied by an adult. If you can't make this play day, you can check out Nature Play kits free of charge whenever the park office is open.

Annie Louise Wilkerson Nature Preserve
#179211 Oct 17 Sa 11:00am-3:00pm

Nature Scavenger Hunt

Age: 5yrs and up. Enjoy some quality time with your family by participating in our scavenger hunt that will get you out exploring the park together plus learning a thing or two about nature! Have fun seeing if you can uncover the nature-themed treasures we have hidden in the park for you to find. Make an evening of it and bring a picnic dinner to enjoy before or after the hunt! Fee applies to all participants. Adults must register and accompany children.

Durant Nature Preserve – Course Fee: \$1
#178829 Nov 7 Sa 1:00-2:30pm

Nature/Sensory Play

Age: All Ages. Come check out Durant's newest garden: the Sensory and Nature Play Garden! Park staff will have guided activities to delight the senses and encourage nature play. Preregistration is requested. Children must be accompanied by an adult.

Durant Nature Preserve
#177993 Sep 11 F 10:00am-12:00pm
#177994 Oct 9 F 10:00am-12:00pm

Take a Child Outside Week – Slithering Snakes

Age: All Ages. Come join us at Lake Johnson Park to learn about the variety of snakes here. Do you think that snakes eat slugs or bugs? What about eating catfish? Discover what native snakes eat, the patterns and colors they display as camouflage and where they live. You will even get to meet a real corn snake. Take part in a fun craft project and take home your very own slithering wooden snake.

Lake Johnson
#178601 Sep 26 Sa 1:00-3:00

Take a Child Outside Week – Durant Family Campout

Age: 6yrs and up. Families gather to form a group and enjoy an overnight experience, which includes a Dutch oven dinner, a naturalist-led night hike, s'mores, a light breakfast and time for fishing. Bring a tent if you have one or borrow one of ours. Your gear will be hauled by vehicle down to the primitive, lakeside campsite that we will call home for the night! Class fee is \$20 per adult and \$15 per youth.

Durant Nature Preserve –
Course Fee: Youth (ages 6-18) \$15,
Adults (18+) \$20
#177997 Sep 25-26 F-Sa 6:00pm-11:00am

Total Lunar Eclipse Star Gaze

Age: All Ages. People of all ages are invited to join us for one of nature's most amazing events: a total lunar eclipse! Join members of the Raleigh Astronomy Club and Wilkerson Nature Preserve for a special star gaze featuring the moon and much more. Club members will share their telescopes and knowledge of the night sky. Please park in the overflow parking lot and walk to the field near the park office. You may wish to bring a flashlight (with a red light if possible) to aid you in walking.

Annie Louise Wilkerson Nature Preserve
#179149 Sep 27 Su 7:30-10:30pm

Treemendous Trees!

Age: 3yrs and up. Come and discover why trees are so special! Learn what happens inside a tree's trunk and why many trees change as the seasons change. Participants will enjoy a treemendous craft! This is a perfect program for homeschool families as well as families with preschoolers. Preregistration is required four days prior to the program. For more information, please contact Nature Programs 919-996-6856.

Lake Johnson – Course Fee: \$4
#177665 Oct 14 W 11:00am-12:00pm

Twilight Walk

Age: 4yrs and up. Many animals are active around sunset or shortly after. Take a walk with a park naturalist to explore the woods and fields at this special time. Look for deer, coyotes and owls. The program is designed for families with young children. All ages are welcome. Children must be accompanied by an adult. Fee applies to all participants, ages 4 through adult. Children under 4 do not need to register.

Annie Louise Wilkerson Nature Preserve
Course Fee: \$2
#179180 Sep 19 Sa 6:30-8:30pm
#179217 Nov 14 Sa 4:00-6:00pm

Whoo's Awake?

Age: 6yrs and up. The owls are awake! In the fall, owls are actively calling to claim their territory. We'll set out at dusk to listen for these calls plus learn why these creatures of the night are so well adapted to living in darkness. After our hike, we'll enjoy s'mores around the campfire while practicing our owl calls! Parents or guardians must register and accompany children.

Durant Nature Preserve – Course Fee: \$3
#178759 Oct 23 F 6:30-8:00pm

Wildflower Hike

Age: 5yrs and up. Many wildflowers wait until fall. Come see Wilkerson in full fall bloom and join a naturalist guide for a hike focused on these late bloomers. The program is designed for adults, but children ages 5 and up are welcome with accompanying adult.

Annie Louise Wilkerson Nature Preserve
Course Fee: \$2
#179141 Oct 24 Sa 2:30-4:00pm



Take A Child Outside Week

September 24-30

Raleigh Parks, Recreation and Cultural Resources is participating in **Take A Child Outside (TACO) Week** by offering special programs in our nature preserves and lake facilities. TACO week is designed to help children across the country develop a better understanding and appreciation of the environment in which they live, and to promote exploration of the outdoors. **The following programs are being offered to encourage natural discovery:**



September 24

Wee Walkers

Ages 1 year and up. Would you and your Toddler like some company for your walks? Join others on an easy paced hike around the Preserve. This is a great opportunity for adults and little ones to meet each other and explore what's happening in nature!

Durant Nature Preserve – Course fee: FREE

#179073 Sep 24 Th 10:00-11:00am

September 25

Preschool Swamp Romp

Ages 1-6 years. Bring your budding naturalist to the Walnut Creek Wetland Center for an exciting learning experience. A craft, engaging activity, and guided walk through the wetland will awaken your preschooler's sense of wonder. Each week will feature a different nature-inspired theme. Please register at least four days prior to the program.

Walnut Creek Wetland Center – Course fee: \$3

#177887 Sep 25 F 10:00-11:00am

September 25 and September 26

Durant Family Campout

Ages 6 years and up. Families gather to form a group and experience an overnight experience which includes a dutch oven dinner, a naturalist led night hike, s'mores, a light breakfast, and time for fishing. Bring a tent if you have one or borrow one of ours. Your gear will be hauled by vehicle down to the primitive, lakeside campsite that we will call home for the night! Registration required four days in advance of program.

Durant Nature Preserve – Course Fee: \$15 for youth; \$20 for adults

#177997 Sep 25-26 F-Sa 6:00pm-11:00am

September 25 and September 26

Beaver Pond

Ages 3-5 years. Discover how beavers live, eat and play in their watery world. Weather permitting; we will search for beaver signs in and around the farm pond at the preserve. Story and craft included. This program is designed for a parent or other adult to attend with their preschooler. No charge for adult. Note: Some activities will take place on a trail that is not stroller accessible.

Annie Louise Wilkerson Nature Preserve – Course fee: \$3

#179202 Sep 25 F 12:45-2:15pm

#179205 Sep 26 Sa 10:30am-12:00pm

September 26

National Hunting and Fishing Day at Lake Wheeler Park

Age: 4yrs and up. The N.C. Wildlife Resources Commission and Raleigh Parks, Recreation and Cultural Resources partner to bring you the 5th Annual National Hunting and Fishing Day from 10:00am-3:00pm Saturday, September 26, 2015, at Lake Wheeler Park. The event features fishing, archery, pellet range, outdoor cooking, birds of prey and many other fun outdoor activities. Mark your calendars now for this fun family event.

Lake Wheeler – Course fee: FREE

#178455 Sep 26 Sa 10:00am-4:00pm



September 26

Slithering Snakes

All Ages. Come join us at Lake Johnson Park to learn about the variety of snakes we have here. Do you think that snakes eat slugs or bugs? What about eating catfish? Come and learn about what native snakes eat. We will talk about the different patterns and colors snakes display or use as camouflage. Come out to learn the different types of habitats our snakes live in. You will even get to meet a real corn snake before a fun craft project where you will take home your very own slithering wooden snake.

Lake Johnson Park – Course Fee: FREE

#178601 Sep 26 Sa 1:00-3:00pm

September 26

Family Canoe Trip

Ages 8 years and up. Spend a day canoeing with your family. Adventure Program staff will guide you down the Neuse River. We will meet you at the take out and shuttle you up to the put in for our trip. Directions to take out will be provided upon registration. Preregistration is required.

Course fees: Adult (18+) \$18, Child (under 18) \$10

#177600 Sep 26 Sa 1:00-4:00pm

September 26

Everybody Eats!

All Ages. Join a Native American from the Otomi Nation for a guided hike in the park. Enjoy Native American tales that focus on wildlife survival and discover how predator and prey relationships rule the natural world. Pre-registration is required four days prior to the program. For more information, contact Nature Programs at (919) 996-6856.

Lake Johnson Park – Course fee: \$2

#177661 Sep 26 Sa 2:00-3:00pm

September 27

Fishing at Lake Johnson

Ages 10-14 years. Have you ever wondered what is under the scales of a fish? Have you been fishing but, want to know more? Come and learn about the anatomy of fish. Find out the local fish we have here at Lake Johnson that are common in many places in North Carolina. Learn to tie a tight knot in the fishing line before going out to catch some in the lake.—We will be fishing off the boardwalk at Lake Johnson. All bait and tackle are provided but, feel free to bring your own fishing pole. Call Lake Johnson to register (919) 233-2121.

Lake Johnson Park – Course fee: FREE

#178581 Sep 27 Su 1:00-3:00pm

September 27

Total Lunar Eclipse Star Gaze

All Ages. Join us for one of nature's most amazing events—a Total Lunar Eclipse! Join members of the Raleigh Astronomy Club and Wilkerson Nature Preserve for a special star gaze featuring the Moon and much more. Club members will share their telescopes and knowledge of the night sky. Please park in Overflow Parking Lot and walk to the field near the Park Office. You may wish to bring a flashlight (with a red light if possible) to aid you in walking.

Annie Louise Wilkerson Nature Preserve – Course fee: FREE

#179149 Sep 27 Su 7:30-10:30pm

September 28

Little Nature Hikers

Ages 3-5 years. Join a nature instructor and other families for a guided walk around the park with your child. Meet other families in your community and learn about nature. We will see birds, insects, mammals and reptiles basking in the sunshine. Pre-registration is required four days prior to program. Register online via ReLink or at any Community Center. For more information, call Nature Programs at 919-996-6856.

Lake Lynn Community Center – Course Fee: \$2

#177659 Sep 28 M 11:00-11:45am

September 29

Campfire, Story and Marshmallow Roast

Ages 6 years and up. Gather 'round the campfire while we read a nature story perfect for just this occasion. Share some quality time with your family and the good company of others while roasting a marshmallow. Pre-registration is required at least four days in advance of program. Fee applies to all participants. Adults must register and accompany child(ren).

Durant Nature Preserve – Course fee: \$2

#179710 Sep 29 T 7:00-8:00pm

September 30

Fishing at Lake Johnson

Ages 6-9 years. Have you ever wondered what is under the scales of a fish? Have you been fishing but, want to know more? Come and learn about the anatomy of fish. Find out the local fish we have here at Lake Johnson that are common in many places in North Carolina. Learn to tie a tight knot in the fishing line before going out to catch some in the lake.—We will be fishing off the boardwalk at Lake Johnson. All bait and tackle are provided but, feel free to bring your own fishing pole. Call Lake Johnson to register (919) 233-2121.

Lake Johnson Park – Course fee: FREE

#178589 Sep 30 W 4:00-6:00pm

Social Programs



Preschool

Birthday Parties – Celebration Station

Age: 2-10yrs. Plan your child's next birthday party at Brier Creek Community Center! Party includes three-hour room rental and 45 minutes of organized activity with instructor. Choose from a variety of themes such as Gymnastic Gems, Cheerful Cheerers, Ballerina Beauties, Teddy Bear Tea Time, Bollywood Dance Party and Sports! Maximum: 12 kids. To reserve your party, just call Brier Creek at 919-420-2340.

Brier Creek Community Center – Course Fee: \$185
#178261 Sep 1 T 1:00-3:00am

OWLmazing Art

Age: 3-5yrs. During this hour, children will make crafts that are all about owls. They will also learn a little about owls and read a book or two. Preregistration is required.

Pullen Community Center – Course Fee: \$5
#176847 Oct 13 T 10:00-11:00am

Pirate Treasure Hunt at Millbrook Exchange Park

Age: 2-5yrs. Ahoy, matey! Little pirates will play themed games, create crafts and then

head out on an adventure to find the hidden treasure at Millbrook Exchange Park. Each participant will receive his or her own pirate treasure. Little ones are encouraged to dress up for this program, but clothes should be comfortable for walking around and exploring the park.

Millbrook Exchange Community Center

Course Fee: \$10
#176061 Oct 15 Th 10:00-11:00am

Playgroup Tot Time

Age: 1-5yrs. 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 is required to attend.

Barwell Road Community Center

#177307 Sep 2-Dec 30 W 10:00am-12:00pm

Biltmore Hills Community Center

#178879 Sep 2-Dec 2 W 11:00am-12:00pm

Green Road Community Center

#178166 Sep 1-Dec 29 T,Th 10:00am-12:00pm

Jaycee Community Center

#179025 Sep 1-Dec 30 M-W 1:00-3:30pm

Lake Lynn Community Center

#178173 Sep 2-Dec 30 W 9:00-11:00am

Laurel Hills Community Center

#177186 Sep 1-Dec 31 T,Th 10:00am-12:00pm

Millbrook Exchange Community Center

#178421 Sep 7-Dec 28 M 10:30am-12:00pm

Optimist Community Center

#179267 Sep 4-Dec 18 F 11:30am-2:30pm

Worthdale Community Center

#177642 Sep 14-Jan 4 M 10:00am-12:00pm

Preschool Morning Out

Age: 2-5yrs. Join us for our preschool mornings out when we offer a different theme depending on the month. In September our theme will be things that go and in December our theme will be snowmen and more. Please preregister your children so that we can plan accordingly.

Pullen Community Center – Course Fee: \$5

#177959 Sep 22 T 10:00-11:30am

#177969 Dec 15 T 10:00-11:30am

Preschool Open Gym

Age: 1-5yrs. 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 is required to attend.

Tarboro Road Community Center

#179151 Sep 2-30 W 11:00am-12:00pm

#179181 Oct 7-28 W 11:00am-12:00pm

#179186 Nov 4-25 W 11:00am-12:00pm

#179187 Dec 2-23 W 11:00am-12:00pm

Reindeer Games

at Millbrook Exchange Park

Age: 3-5yrs. Your little one will join preschool friends at Millbrook Exchange Park Community Center as we sing a song, read a story, play a game and make a craft...all about reindeers!

Millbrook Exchange Community Center

Course Fee: \$10

#176056 Dec 3 Th 10:00-10:45am

Super Sleuths

Age: 4-7yrs. Super Sleuth detectives will work together to solve a mystery at Anderson Point Park. Detectives will meet at the small shelter near the playground to hear a story, make a craft and follow the clues! Preregistration is required.

Anderson Point – Course Fee: \$4

#178578 Sep 15 T 5:00-5:45pm

Thanksgiving – Preschool Scrambler

Age: 2-5yrs. Preschoolers will enjoy a Thanksgiving party! Activities will include a story, craft and games for a morning of fun. Parents or guardians are required for 2-year-olds and are welcome for older participants.

Barwell Road Community Center – Course Fee: \$5

#177336 Nov 12 Th 10:00-11:00am

Thanksgiving Fun

Age: 3-6yrs. Gobble, gobble, gobble! Join us for a more morning of Thanksgiving and turkey fun. We will create a craft, play games, and read a story based on the holiday.

Lake Lynn Community Center – Course Fee: \$5

#179243 Nov 12 Th 10:00-11:00am

The Mystery of Tom the Turkey at Millbrook Exchange Park

Age: 2-5yrs. Your preschooler will join others to unravel the mystery of Tom the Turkey. Tom the Turkey lives at Millbrook Exchange Park, and every year around Thanksgiving he gets lost. We will play themed games, create crafts and hike around the park to find Tom. Participants should wear hiking shoes and dress for the weather.

Millbrook Exchange Community Center

Course Fee: \$10

#176059 Nov 5 Th 10:00-11:00am

Toddler and Baby Open Gym

Age: 6mths-4yrs. Do your children need to get some energy out? Bring them to open gym at Halifax Community Center!

Halifax Community Center

Sep-Dec W,F 10:30am-12:00pm
F 2:00-3:00pm

Tot Hour

Age: 2-4yrs. Bring your toddler to meet others in a fun and safe learning environment. Toys, books, sensory activities and much more will be set up for you and your toddler to enjoy. Please preregister your child so we can plan accordingly.

Pullen Community Center – Course Fee: \$2

#176974 Sep 10 Th 10:00-11:00am
#176975 Oct 8 Th 10:00-11:00am
#176976 Nov 12 Th 10:00-11:00am
#176977 Dec 10 Th 10:00-11:00am

Turkey Story Hour

Age: 3-5yrs. Join us for this story hour that is all about turkeys. We will read several children's books and make a fun turkey craft at the end. Preregistration requested for this program.

Pullen Community Center – Course Fee: \$5

#176846 Nov 17 T 10:00-11:00am

Youth

Best Costume Contest

Age: 3-12yrs. What will you dress up as? If you have a good and unique idea, enter the competition and let the judges decide whether your costume is the best. Trophy will be awarded to the costume winner.

Roberts Park Community Center – Course Fee: \$4

#177829 Oct 30 F 6:00-8:30pm

Birthday Parties at Pullen Community Center

Age: 3-12yrs. Pullen Community Center offers birthday parties for children 3-12 years old. We offer two packages of two hours each. The first package includes an hour at the center and an hour at Pullen Park. The second package includes an hour at the center and an hour making crafts. A birthday staff member stays with your group during the two hours. The room is decorated for you; all you have to do is bring the children and cake. Please call the center at 919-831-6052 for more information.

Pullen Community Center

15 or less participants – Course Fee: \$100

16-30 participants – Course Fee: \$120

Birthday Parties at Sanderford Road

Age: 1-12yrs. Join us at Sanderford Road Center to host your child's birthday party. We will provide decorations and a games kit for your party. Parties for ages 1-12 only. See you at Sanderford!

Sanderford Road Park – Course Fee: \$100

#177852 Sep 5 Sa 1:00-4:00pm

Bollywood Dance Birthday Party!

Age: 3-10yrs. Looking for a unique new idea to celebrate your child's birthday? Why not a taste of the mystical and musical Bollywood theme! Dress up in Bollywood dance accessories and ankle bells and play with veils, colorful dance sticks, tambourines and more! Girls and boys dance to infectious and energetic Bollywood music and play party games led by Princess Priya, birthday party hostess.

Brier Creek Community Center – Course Fee: \$185

#178270 Sep 7 M 7:00-8:00am

Cinema Night

Age: 5-11yrs. Drop off the children for a movie night to watch a G-rated movie. Children will also get a drink and a bag of popcorn. Please preregister your children.

Pullen Community Center – Course Fee: \$5

#177952 Oct 16 F 6:00-8:00pm

Coats Cause We Care

Age: 5yrs and up. Coats Cause We Care is a community service project that volunteers in public and private sector groups donate children's coats to community children.

Sgt. Courtney T. Johnson Center

#179244 Nov 14 Sa 11:00am-5:00pm

Fall Fun Festival

Age: 4-12yrs. Come out and enjoy a night of fun in a safe, relaxed environment. Participate in arts and crafts, basketball shootout, bingo, fun tattoos and other fun games. Refreshments and goody bags will be provided.

Lions Park Community Center

#178095 Oct 23 F 6:00-8:00pm

Frankenstein Friday

Age: 7-12yrs. Have a spook-tacular time creating your very own Frankenstein luminary out of mason jars. All supplies are provided. Registration must be received by October 26.

Halifax Community Center – Course Fee: \$5

#178831 Oct 30 F 6:30-8:00pm

Game Room

Age: 6-18yrs. Peach Road's game room will be open on designated weeknights from 6:30 to 8:00pm. Play Nintendo, Wii, billiards or table tennis. You must register to drop-in and be 12 or older to play billiards.

Peach Road

#178745 Sep 7-Jan 4 M, F-Sa 6:30-8:00pm

Halloween Spooktacular

Age: Up to 10yrs. 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.

Green Road Community Center

#178110 Oct 26 M 6:00-8:00pm

Happy Birthday!

Age: 8-12yrs. Carolina Pines birthday package is here to help you celebrate your child's next birthday party! Birthday package includes: party captain, three-hour room space, decorated room, one hour of structured activity, one-hour party time and access to game room center.

Carolina Pines Community Center

Course Fee: \$200

#178625 Sep 5-Jan 2 Sa 3:00-6:00pm

Holiday Cookies and Milk with Santa

Age: 2-8yrs. Enjoy an afternoon with Santa! We will have cookies and milk for the kids and a holiday craft. Afterward, everyone will get a visit with ol' St. Nick! Preregistration is required at least one week prior to the date of the event.

Anderson Point – Course Fee: \$8

#177298 Dec 12 Sa 10:00-11:00am

Lake Lynn Community Center – Course Fee: \$8

#178165 Dec 6 Su 1:30-2:30pm

Holiday Social at Sanderford Road Center

Age: 5yrs and up. Join us in celebrating the joy of the holiday season at Sanderford Road Center. Youth will participate in games, activities and crafts. The more the merrier! See you at Sanderford!

Sanderford Road Park

#177960 Dec 11 F 5:00-7:00pm

Home Schoolers Group Play

Age: 5-16yrs. Homeschoolers will enjoy group activities in the gymnasium and game room. This program provides opportunity for social time with peers.

Worthdale Community Center – Course Fee: \$1

#178621 Sep 1-29 T 10:00-11:00am

#178622 Oct 6-27 T 10:00-11:00am

#178623 Nov 3-24 T 10:00-11:00am

#178624 Dec 1-29 T 10:00-11:00am

Just Dance Battle

Age: 5-12yrs. You like to dance? We want to see your moves! Join us at Sanderford for a Just Dance Battle! Winners will take home a prize. This is the place to be!

Sanderford Road Park

#178020 Nov 6 F 5:00-7:00pm

Kids Night Out

Age: 5-11yrs. Parents! This is an opportunity for you to get away for a date night or just kick back and relax. Drop off the kids and we'll take care of the rest! Preregistration is required by the Wednesday before each event.

Tarboro Road Community Center

#179078 Sep 11 F 6:30-8:30pm

#179079 Oct 9 F 6:30-8:30pm

#179080 Nov 13 F 6:30-8:30pm

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Kidz Crafty Cooking

Age: 5-8yrs. Youth ages 5-8 will make edible treats to celebrate each month with a themed cooking project. Come enjoy and have some fun with a cooking experience for everyone.

Chavis Community Center – Course Fee: \$5

#177540	Oct 23	F	5:30-6:30pm
#177541	Nov 19	Th	5:30-6:30pm
#177542	Dec 22	T	5:30-6:30pm

Lights, Camera, Snacks

Age: 5-12yrs. Yes, you can. Parents, drop the kids off and have some free time. Your kids will enjoy a great movie, refreshments and peers. We provide supervision. Your kids will be in a safe, clean and fun environment. Parents take the night off.

Roberts Park Community Center

Course Fee: \$1			
#177842	Sep 25	F	6:00-8:30pm
Course Fee: \$3			
#177841	Nov 20	F	6:00-8:30pm
#177843	Oct 23	F	6:00-8:30pm

Open Activities

Age: 6-18yrs. Play games, create crafts and have fun. Call 919-807-8545 or come visit us to see what we have planned.

Peach Road

#178747 Sep 5-Dec 26 Sa 11:00am-5:00pm

Ornament Decorating

Age: 5-11yrs. This is a busy time of year for everyone. Parents, do you have a lot going on? Sign up your child to decorate ornaments with us while you get a break. Children will be making and decorating ornaments that they can take home. Preregistration is required.

Pullen Community Center – Course Fee: \$10

#176848 Dec 18 F 5:00-7:00pm

Sanderford or Treat

Age: 3-12yrs. Join us at Sanderford for an evening treat. Youth will participate in carnival games and arts activities. Prizes will be given to those with the coolest costumes! All kids will walk away with a goody bag from Sanderford Road Center. See you soon!

Sanderford Road Park

#177885 Oct 30 F 5:00-7:30pm

Sandy Snowmen

Age: 7-12yrs. Are you ready for warmer weather? Dress in your best luau gear, stretch out for a limbo competition and create crafts using sand! All supplies provided. Registration must be received by December 14.

Halifax Community Center – Course Fee: \$5

#178890 Dec 18 F 6:30-8:00pm

Santa's Elves Workshop

Age: Up to 12yrs. 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

Adult Program Trips

September – Raleigh, NC

Marvel at the James B. Hunt Jr. Library technology with its unusual seating and robotic book retrieval. Learn about NC Highway Patrolmen and how they are trained and live on site, see vehicles and equipment they use, and hear the stories of those who have lost their lives while serving.

October – Newton, NC

Step back in time at the Hart Square Festival. For more than 30 years Dr. Robert Hart has restored the 19th century NC lifestyle, recreating an entire village, Hart Square, which includes the largest collection of original historic log buildings.

November – Kinston, NC

Civil war enthusiasts will enjoy visiting several sites pertaining to the Battle of Kinston during the Civil War including a visit to a full size replica of a Confederate gunboat.

the North Pole! Please help us support the Youth Council's food drive by sending each child with two nonperishable food items. All contributions will be given to the Food Bank of NC. Children 12 and under are invited to join us and must be accompanied by a parent.

Laurel Hills Community Center

#177275 Dec 5 Sa 10:00am-12:00pm

Twick or Tweak

Age: Up to 10yrs. Put on your best costume and join us for a fun evening of spectacular surprises, music, dancing, games, contests and tweets! (No twicks!) Fun for the whole family! Participants must be accompanied by parents, please.

Laurel Hills Community Center

#177188 Oct 29 Th 6:00-7:30pm

Wii Game Night at Sanderford Road Center

Age: 5-14yrs. Join us at Sanderford Road Center the first Friday of each month for Wii Game Night! Bring yourself and bring a couple of friends. Put your game face on and have fun!

Sanderford Road Park

#177940	Sep 4	F	6:00-8:00pm
#177941	Oct 2	F	6:00-8:00pm
#177942	Nov 6	F	6:00-8:00pm
#177943	Dec 4	F	6:00-8:00pm

Weather Bound

Age: 5-11yrs. Need a structured place for your children to play when Wake County Schools are closed for the day due to inclement weather? Program hours are 8:00am to 5:00pm. Activities may include sports, crafts, games, computer games, movies and outdoor play. Children should bring a lunch, two snacks, drinks and a change of clothes. Space is limited.

Jaycee Community Center – Course Fee: \$25

Teen

Friday Night Hoops

Age: 13-17yrs. Friday Night Hoops is designed for teens ages 13 to 17 to enjoy basketball and learn social and life skills in a fun and safe environment. Great opportunity to meet new friends.

Worthdale Community Center – Course Fee: \$1

#178964	Sep 11	F	6:00-8:00pm
#178965	Sep 18	F	6:00-8:00pm
#178966	Sep 25	F	6:00-8:00pm
#178967	Oct 2	F	6:00-8:00pm
#178968	Oct 9	F	6:00-8:00pm
#178969	Oct 16	F	6:00-8:00pm

Raleigh Youth Council

Age: 14-18yrs. 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 in Raleigh and Wake County. The Raleigh Youth Council is sponsored by the Raleigh Parks, Recreation and Cultural Resources Department and is a charter member of the Youth Councils of North Carolina. If you are interested in participating, please contact the Teen Program at 919-996-2139.

Laurel Hills Community Center

#177634	Aug 24	M	7:00-8:00pm
#177635	Sep 14	M	7:00-8:00pm
#177636	Sep 28	M	7:00-8:00pm
#177637	Oct 12	M	7:00-8:00pm

Adult Overnight Trips

September – Outer Banks

Enjoy some relaxing time at the beach while exploring all that the area has to offer from Kitty Hawk, Jockey's Ridge, historical site, shopping and much more.

October – NC Mountains

See several areas of the North Carolina mountains from Blowing Rock to Asheville while traveling the Blue Ridge Parkway.

December – San Antonio, TX

What a way to enjoy the holiday season with warm weather and the beautiful Riverwalk decked out in lights! This trip will include the Alamo, historical sights, shopping and the story of Texas.

Please call the Anne Gordon Center for Active Adults at 919-996-4720 or the Five Points Center for Active Adults at 919-996-4730 to receive a brochure.

#177638	Oct 26	M	7:00-8:00pm
#177639	Nov 9	M	7:00-8:00pm
#177640	Nov 23	M	7:00-8:00pm
#177641	Dec 14	M	7:00-8:00pm

Saint Monica Shop Till You Drop

Age: 13-19yrs. Love shopping? Trying to find a birthday gift for someone, start early on your holiday lists or just want to find something for yourself? Join us as we take a trip to Carolina Premium Outlets in Smithfield for a day of fun and shopping! Manage your own money and find some great deals! Participation requires Saint Monica Teen Center membership packet on file.

St. Monica Teen Center – Course Fee: \$5

#179138	Sep 24	Th	9:00am-2:00pm
#179145	Dec 5	Sa	9:00am-2:00pm

Saint Monica Teen Center Holiday Hoopla

Age: 13-19yrs. Excited about the holidays? Ready for school to let out for break? What better way to celebrate than with a little Holiday Hoopla! The Saint Monica Teen Center will be hosting it's own Holiday Hoopla event that will consist of three activities: ornament decorating, race wrapping and cookie decorating. These mini competitions will all be for fun and provide a little extra excitement to get in the holiday spirit! Come spread a little holiday cheer and get a sweet treat as well!

St. Monica Teen Center

#179118	Dec 18	F	5:00-7:00pm
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Step Team of Worthdale

Age: 8-17yrs. Youth will explore stepping, break dancing and traditional native dance. Stepping is a form of complex rhythms and sounds through a mixture of footsteps and hand claps and promotes expressive dancing and dramatic acting. This program

meets the first and third Saturday of each month.

Worthdale Community Center – Course Fee: \$5

#177643	Sep 19-Dec 5	Sa	10:00am-12:00pm
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Teen Outreach Program

Age: 12-17yrs. 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. The program takes place from 3:00-6:00pm weekdays at Courtney T. Johnson, John Chavis, Green Road, Lions Park, Method Road, Millbrook Exchange, Peach Road, Tarboro Road and Worthdale community centers. Call 919-996-2139 or one of the community centers for more information.

Chavis Community Center

#177240	Aug 24-Dec 11	M-F	3:00-6:00pm
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Green Road Community Center

#177245	Aug 24-Dec 11	M-F	3:00-6:00pm
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Lions Park Community Center

#177241	Aug 24-Dec 11	M-F	3:00-6:00pm
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Method Road Community Center

#177242	Aug 24-Dec 11	M-F	3:00-6:00pm
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Millbrook Exchange Community Center

#177246	Aug 24-Dec 11	M-F	3:00-6:00pm
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Peach Road

#177244	Aug 24-Dec 11	M-F	3:00-6:00pm
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Sgt. Courtney T. Johnson Center

#177239	Aug 24-Dec 11	M-F	3:00-6:00pm
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Tarboro Road Community Center

#177243	Aug 24-Dec 11	M-F	3:00-6:00pm
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Worthdale Community Center

#177247	Aug 24-Dec 11	M-F	3:00-6:00pm
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Adult

Basic Self-Defense Training for Women

Age: 16yrs and up. Would you know what to do if you were attacked? Would you know how to identify your attacker? More important, do you know all the facts to keep from becoming a victim? This class will not only teach you how to defend yourself against a predator but how to arm yourself with knowledge on the measures of prevention. Most attackers use a person's weakness and vulnerability as a means of attacking. Don't let your inability or lack of knowledge allow you to be victimized. In addition, this is also a great means of exercise. A Raleigh police officer will teach this class.

Method Road Community Center

#178740	Oct 8	Th	6:30-7:30pm
#178741	Oct 22	Th	6:30-7:30pm

Between The Lines Book Club

Age: 18-65yrs. Come engage in good conversation about great books. During the meetings, we will vote on books to read, selecting a couple of books at a time. Books will include popular fiction and nonfiction with a few classics. Club will meet every second Saturday of the month at Worthdale Community Center.

Worthdale Community Center – Course Fee: \$3

#178611	Sep 12	Sa	10:00-11:00am
#178612	Oct 10	Sa	10:00-11:00am
#178613	Nov 14	Sa	10:00-11:00am
#178614	Dec 12	Sa	10:00-11:00am

Bridge – Capitol Bridge Club

Age: 18yrs and up. Come join the Capitol Bridge Club, which meets twice a week for competitive bridge in a social atmosphere. Experienced players are welcome to join the club. No bridge is played on City holidays. The club meets at Jaycee Center except during the summer months. During the summer, the club moves to Glen Eden. Membership dues \$1 per person per meeting.

Jaycee Community Center – Course Fee: \$1

#178934	Sep 1-29	T,F	9:00am-1:00pm
#178935	Oct 2-30	T,F	9:00am-1:00pm
#178936	Nov 3-27	T,F	9:00am-1:00pm
#178937	Dec 1-29	T,F	9:00am-1:00pm

Bridge 101

Age: 18yrs and up. If you are new to bridge or just want to brush up on the basics, then this class is for you. Topics include etiquette, rank of suits and counting points, opening bids and responding, raising your partner, preemptive bids, the overcall, scorekeeping, game points, double and the finesse. Conventions to be covered include the Better Minor, Short Club, Blackwood, Gerber and Stayman. Sessions are hands-on and accompanied by a syllabus. Please preregister for this class. Note that there is a class for beginners on Mondays and a class for intermediate players on Wednesdays.

Pullen Community Center – Course Fee: \$35

#177970	Oct 7-Nov 18	W	10:00am-12:00pm
#177971	Oct 5-Nov 2	M	1:00-4:00pm
#177972	Nov 16-Dec 14	M	1:00-4:00pm

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Bridge Club

Age: 18yrs and up. Join fellow bridge enthusiasts at this weekly afternoon club. Come and join a very competitive atmosphere for experienced players and have a lot of fun at the same time. Fees are \$1 per person per meeting.

Tarboro Road Community Center – Course Fee: \$1
 #179068 Sep 1-29 T 12:00-3:00pm
 #179069 Oct 6-27 T 12:00-3:00pm
 #179070 Nov 3-24 T 12:00-3:00pm
 #179071 Dec 1-29 T 12:00-3:00pm

Card Night for Adults

Age: 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 6:00pm.

Millbrook Exchange Community Center
 #176049 Sep 4-Dec 18 F 6:00-8:30pm

Dance – Oldies Line Dancing for Beginners

Age: 18yrs and up. Always dreamed of dancing? Alice Zawadzki has been teaching line dancing at Eastgate Park for 20 years for the City of Raleigh. Alice specializes in getting folks started so they can move on to more advanced venues if they wish. In your first class, you will learn 12 words to do most easy line dances. With 8 more words, you can do just about any dance. Alice is very sensitive to fragrances, so all dancers must be fragrance free. If you want to follow your dream of dancing, call Alice at 919-834-4172 to schedule your first lesson.

Eastgate Park
 #176054 Sep 7-Dec 28 M 12:00-3:00pm

German Shepherd Dog Club

Age: 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.

Millbrook Exchange Community Center
 #176178 Sep 2 W 7:00-9:00pm
 #176179 Oct 7 W 7:00-9:00pm
 #176180 Nov 4 W 7:00-9:00pm

Green Road Open Gym

Age: 18-54yrs. 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.

Green Road Community Center
 #178640 Sep 1-Dec 29 T,Th 12:15-2:00pm

Raleigh Hemerocallis Club

Age: 16yrs and up. This club focuses on daylilies: recognizing their different forms, hybridizing, growing and enjoying them. A flower show is held in June for those who want their flowers judged. The club's



fundraising allows it to have nationally known speakers at meetings and to award a scholarship to a deserving horticulture student. All ages are welcome to attend, and youth are encouraged to participate.

Powell Drive Park – Course Fee: \$1
 #178749 Sep 8 T 6:45-9:30pm
 #178750 Oct 13 T 6:45-9:30pm
 #178751 Nov 10 T 6:45-9:30pm
 #178752 Dec 8 T 6:45-9:30pm

Raleigh Zig Zaggers Square Dance Club

Age: 13yrs and up. The Zig-Zaggers are a challenge-level square dance group. The group is open to all dancers who have completed the A2 (advanced) level and want to take lessons for the C-1 level as listed by Callerlab definition. All members also belong to other square dance clubs in the area offering classes at the basic and advanced levels. If you are interested in becoming a square dancer, the Zig-Zaggers are happy to provide contact information to get you started. Visitors are always welcome, but please call ahead to make sure the class is not canceled as this is a small group and must have eight people to dance.

Powell Drive Park – Course Fee: \$1
 #178091 Sep 14-28 M 7:00-9:00pm
 #178092 Oct 5-26 M 7:00-9:00pm
 #178093 Nov 2-30 M 7:00-9:00pm
 #178094 Dec 7-28 M 7:00-9:00pm

Sister Share at CP

Age: 18yrs and up. This support group for ladies meets the 2nd and 4th Thursdays of each month.

Carolina Pines Community Center
 #177779 Sep 10 Th 6:30-8:00pm
 #177780 Sep 24 Th 6:30-8:00pm
 #177781 Oct 8 Th 6:30-8:00pm
 #177782 Oct 22 Th 6:30-8:00pm
 #177783 Nov 12 Th 6:30-8:00pm
 #177784 Dec 10 Th 6:30-8:00pm

Tarheel Triangle Cat Fanciers

Age: All Ages. This group meets to discuss issues related to the breeding of long-haired and short-haired cats. Members discuss

topics that enhance their knowledge of cats. See club leader for more information. The club meets the second Wednesday of the month.

Millbrook Exchange Community Center
 #176182 Sep 9 W 6:30-8:30pm
 #176183 Oct 14 W 6:30-8:30pm
 #176184 Nov 11 W 6:30-8:30pm

Senior

Bingo

Age: 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 3 cards or 50 cents per card.

Anne Gordon Center for Active Adults
 #176553 Sep 4-Jan 1 F 10:00am-12:00pm
Green Road Community Center
 #178153 Sep 1-Dec 29 T 10:00am-1:00pm
Greystone Community Center
 #179171 Sep 1-Dec 17 T,Th 2:00-3:30pm
Marsh Creek Park
 #178398 Sep 3-Dec 17 Th 10:00am-1:00pm

Bingo Bash for Seniors

Age: 55-95yrs. Come enjoy an exciting morning of Bingo. We play a variety of games during each session from straight bingo to four corners and many more. Cost is \$1 for 3 cards or 50¢ per card. Come play to Win!

Worthdale Community Center
 #178830 Sep 2-Dec 30 W 10:00am-12:00pm

Bingo Seniors

Age: 55yrs and up. You can get B-I-N-G-O horizontally, vertically, diagonally and other ways too! Win great prizes. Must be 55 or older to holler, 'Bingo!' Cost is \$1 for three cards. You can't win if you don't play. Refreshments provided.

Roberts Park Community Center – Course Fee: \$1
 #177772 Sep 22 T 12:00-1:30pm
 #177773 Oct 20 T 12:00-1:30pm
 #177774 Nov 17 T 12:00-1:30pm
 #177775 Dec 15 T 12:00-1:30pm

Bridge Club – Laurel Hills

Age: 55yrs and up. Join members of the Laurel Hills Bridge Club as they meet weekly to play bridge in a fun and relaxed atmosphere. New participants are welcome to join us anytime!

Laurel Hills Community Center

#177187 Sep 1-Dec 29 T 10:15am-1:00pm

Bridge for Active Adults – Open Play

Age: All Ages. Join other bridge players for this open play program. All experience levels are welcome.

Five Points Center for Active Adults

#176961 Sep 3-Dec 31 Th 10:00am-12:00pm

#176962 Sep 4-Dec 25 F 12:30-3:00pm

#176963 Sep 2-Dec 30 W 9:30am-12:30pm

Cards and Maj Jongg Open Play

Age: All Ages. Want to play bridge, canasta, poker, mah jongg or more with your friends? Have you not played in a while and want to freshen up your skills? This is an open play time for all. Bring your supplies or use ours.

Anne Gordon Center for Active Adults

#176556 Sep 4-Jan 1 F 1:00-4:00pm

#176557 Sep 1-Dec 29 T 1:00-3:00

Holiday Social for Seniors

Age: 55-95yrs. Older adults will enjoy making holiday cards, playing games and winning prizes. Refreshments will be served. Must register in advance.

Worthdale Community Center

#179083 Dec 3 Th 11:00am-1:00pm

Intermediate Bridge and Game Day

Age: All Ages. Join your fellow game players for intermediate bridge, canasta, dominoes and board games. Bring your own games to share with the group if you wish.

Five Points Center for Active Adults

#176964 Sep 14-Dec 28 M 1:00-4:00pm

Mah Jongg Beginners

Age: All Ages. Mah jongg is a tile game that can be traced back to the 1800s. A growing number of people are realizing the intellectual challenge mah jongg poses and the beauty and excitement of the game itself.

Five Points Center for Active Adults**Five Points Active Adult Center**

#176966 Sep 3-24 Th 2:00-4:00pm

Greystone Community Center

#176965 Sep 14-28 M 2:00-4:00pm

Mah Jongg Intermediate

Age: All Ages. These intermediate workshops are for those who have been through the mah jongg beginners workshop or have played the game in the past and need a refresher course.

Five Points Center for Active Adults

#176968 Sep 17-Oct 1 Th 2:00-4:00pm

Greystone Community Center

#176967 Sep 14-28 M 2:00-4:00pm

Mah Jongg Open Play

Age: 50yrs and up. This program is for those who know how to play and do not need instructions. Bring your game boards

and cards. Some supplies are available.

Marsh Creek Community Center

#178366 Sep 7-Dec 28 M 1:30-3:30pm

Movies in the Park

Age: All Ages. Are you in the mood for a good movie? Then come join us as we escape to the silver screen! We will view current films as well as the classics—check with each site for specific titles. Light refreshments will be served. Preregistration is required.

Green Road Community Center – Course Fee: \$2

#178182 Sep 2-Dec 2 W 10:00am-12:00pm

Senior Citizens Club

Age: 55yrs and up. At this social club for people 55 and older, activities include trips, educational and physical activities, banquets, movies, music, guest speakers, special events and more. This is an excellent way to make new friends and fulfill the need to belong.

Roberts Park Community Center

#177845 Sep 8-29 T 10:30am-12:30pm

#177846 Oct 6-27 T 10:30am-12:30pm

#177847 Nov 3-17 T 10:30am-12:30pm

#177848 Dec 1-15 T 10:30am-12:30pm

Senior Club – Carolina Pines

Age: 55yrs and up. Join this group of seniors who meet once per month for fun and fellowship. Individuals are invited to join us for trips, seminars, bingo, entertainment, home-cooked meals, restaurant visits tours and anything else we plan to do. Carolina Pines Senior Club will meet at Carolina Pines Community Center. Dues are \$10 per year. For schedule, call Carolina Pines at 919-831-6435.

Carolina Pines Community Center

#177743 Sep 9 W 10:30am-12:30pm

#177744 Oct 14 W 10:30am-12:30pm

#177745 Dec 9 W 10:30am-12:30pm

Senior Fridays

Age: 55yrs and up. Enjoy time playing cards and games while socializing with your friends. Feel free to bring cards and games with you!

Greystone Community Center

#179206 Sep 4-Dec 18 F 1:00-3:00pm

Senior Club – Worthdale Walkers

Age: 55yrs and up. Come out and enjoy walking, fellowship and health/life management sessions. Attend special events for older adults and take field trips throughout the year.

Worthdale Community Center

#177625 Sep 10-24 Th 11:00am-1:00pm

#177626 Oct 1-29 Th 11:00am-1:00pm

#177627 Nov 5-26 Th 11:00am-1:00pm

#177628 Dec 3-17 Th 11:00am-1:00pm

Family**Back to School Bingo
Beach Bum Night**

Age: 5yrs and up. School is back in session, and everyone already needs some down time and wishes they were at the beach.

Bring the entire family out to our bingo night. Make sure to wear your favorite beach apparel! Prizes will be awarded! It's only \$1 per family member. Please be sure to preregister.

Pullen Community Center – Course Fee: \$1

#178164 Sep 18 F 6:00-8:00pm

**Cookies and Cocoa
Holiday Recipe Swap**

Age: All Ages. Fill your recipe box with delicious cookie recipes. Registered participants will make cookies for tasting and bring recipes to swap. Bring a fiend and meet new ones. All cookies have to be homemade and labeled with a complete list of ingredients. Preregistration is required.

Powell Drive Park

#179065 Nov 5 Th 10:00-11:30am

#179066 Dec 5 Sa 10:00-11:30am

Fall Carnival

Age: 1-10yrs. Experience lots of scary fun with games, prizes and treats! Wear a costume, and be sure to bring an adult to share the fun. Admission is free.

Carolina Pines Community Center

#177724 Oct 26 M 6:30-8:00pm

Fall Festival

Age: All Ages. Celebrate the fall season! Join us for a fun-filled evening of games, activities, etc. Prizes, candy and light refreshments will be available. Admission is free.

Chavis Community Center

#177272 Oct 29 Th 6:00-8:30pm

Family Night at the Movies

Age: 5yrs and up. We've got the movie—you bring the kids, parents or friends! Join us the last Friday of each month at Sanderford Road Center. Preregistration is required.

Sanderford Road Park

#177953 Sep 25 F 6:00-8:00pm

#177954 Oct 23 F 6:00-8:00pm

Fashion Show

Age: 1yrs and up. Watch as we bring a full-scale fashion show extravaganza to the runway. This is a mesmerizing experience, full of fun fashion with hot designer looks, hairstyles and artist makeup. Enjoy a variety of models as they heat up the runway. Model spaces are limited, and ages range from 5-18. Call Lions Park at 919-831-6995 or Tarboro Road Community Center at 919-831-6505 for more information. The show is open to the public. Admission charged at the door.

Lions Park Community Center

Course Fee: \$10/Model participants

#178645 Dec 18 F 6:15-9:00pm

Film at the Fox

Age: All ages. Join us for a free film outside in the park! Bring your chairs, blankets and snacks as we watch a family friendly G or PG film. No alcohol or pets allowed! Please

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call the center for more information and to find out what movie will be playing. Film begins at dusk; no rain date scheduled.

Halifax Community Center

Sep 18 F 7:45-9:00pm

Fridays at the Creek

Age: 5-12yrs. Marsh Creek is proud to host a series of family fun nights this fall! Please join us for activities, games and more one Friday per month. **SEPTEMBER** (Fall Into Autumn): Join us for a fun fall festival! We will have carnival games, bingo, arts and crafts and apple decorating! **OCTOBER** (Fit to Fight): Join us for a night of fitness and information on the fight to cure breast cancer! Free child care is available. We will have fitness demos, and vendors will have goodies and information on breast cancer prevention and awareness. A portion of the proceeds will be donated to breast cancer research. Also, don't forget to wear your best Halloween costume! **NOVEMBER** (Scarecrow Bingo): Friday the 13th doesn't have to be scary; it can be fun and filled with prizes too! We will have crafts and snacks as well. **DECEMBER** (Santa's Night Out): All things Santa will be on our mind tonight. This is a program for the kids, but it will allow parents to send last-minute notes to Santa! We'll have Santa crafts, games, snacks and a movie.

Marsh Creek Park

Santa's Night Out – Course Fee: \$20

#178875 Dec 18 F 6:00-9:00pm

Fall Into Autumn – Course Fee: \$5

#178818 Sep 25 F 6:30-7:30pm

Fit to Fight

#178821 Oct 30 F 6:30-8:30pm

Scarecrow Bingo

#178874 Nov 13 F 6:30-8:30pm

Game It Up

Age: 4yrs and up. Socialize with friends while playing popular games like Uno, Connect Four, Sorry and Twister. Like a challenge? Try Pictionary, Taboo or Cranium for older gamers.

Sanderford Road Park

#177944 Sep 11 F 6:00-8:00pm

#177945 Oct 9 F 6:00-8:00pm

#177946 Nov 13 F 6:00-8:00pm

#177947 Dec 11 F 6:00-8:00pm

Games Galore at Sanderford

Age: 5-15yrs. See you at Sanderford for a night filled with fun, games and more games! There will be so much to do—boredom is not an option. Bring the family—the more the merrier!

Sanderford Road Park

#177948 Sep 18 F 6:00-8:00pm

#177949 Oct 16 F 6:00-8:00pm

#177950 Nov 20 F 6:00-8:00pm

#177951 Dec 18 F 6:00-8:00pm

Grandparents Appreciation Social

Age: 6-12yrs. Celebrate Grandparents Day! Kids ages 6-12, treat your grandparents to a night out, pamper them like they pamper you. Come enjoy some tasty treats, work on a craft project together and enjoy some entertainment. Fee is \$5 per person.

Method Road Community Center – Course Fee: \$5

#178738 Sep 11 F 7:00-8:30pm

Halloween Boo Bash

Age: Up to 10yrs. Get your costume ready and come be a part of District 1's 7th Annual Boo Bash! Visit one of our decorated vehicles for some trunk-or-treating, make a SPOOKtakular craft, try your hand at some FANGtastic games, and just fall into fun! Take a walk through our Spooky Bus. (Both scary and non-scary versions are available.) You can also visit our ghost story area. This event is sponsored by all of the District 1 Boo Crew Community Centers: Brier Creek, Greystone, Lake Lynn, Millbrook and Optimist. Don't miss out on this happy haunting event for the whole family!

Lake Lynn Community Center

#178163 Oct 30 F 6:30-8:00pm

Haunted Halloween

Age: All Ages. Witches and goblins, spooks and spiders, join us for the spookiest night of the year.

Peach Road

#178746 Oct 30 F 6:00-7:30pm

Movie Night at Powell Drive

Age: All ages. Come join the Powell Drive Community Family as we host Movie Night in the Park. We will be showing a G- or PG-rated movie. Popcorn and drinks will be provided. Please preregister.

Powell Drive Park

#178739 Oct 2 F 6:00-8:00pm

Movie Night with the Family

Age: 1-80yrs. Come enjoy a movie with the family. We'll provide the popcorn and drinks, while you enjoy the entertainment. Preregistration is required.

Hill Street Center – Course Fee: \$2

#177747 Sep 18 F 6:00-8:00pm

#177748 Oct 16 F 6:00-8:00pm

#177769 Nov 20 F 6:00-8:00pm

Ping Pong Players

Age: 18-95yrs. Ping Pong Players come enjoy an evening of fun with family and friends.

Worthdale Community Center

#178833 Sep 4-Dec 11 F 6:30-8:30pm

Pullen Park Flashlight Ghost Hunt

Age: 8yrs and up. Families will embark on a park-wide evening scavenger hunt to find hidden 'ghosts.' Wear comfortable tennis shoes and bring a flashlight. Please preregister. For more information, call 919-996-6468.

Pullen Amusements – Course Fee: \$3

#178823 Oct 24 Sa 7:00-9:00pm

Pumpkinfest

Age: 2-11yrs. Celebrate fall and pumpkins at our annual event. Pumpkins will come alive through your favorite carnival games, crafts, and more. Wear comfortable shoes and be ready for fun! Parents must stay to supervise children.

Barwell Road Community Center

#177308 Oct 16 F 6:30-8:30pm

Santa's Elves Ornament Social

Age: 6mths-6yrs. Help us celebrate the season with an ornament making social! Santa's elves will join us as we make handmade ornaments and enjoy cookies and milk. Please preregister for this activity.

Greystone Community Center – Course Fee: \$7

#179215 Dec 8 T 10:00-11:00am

Snacks with Santa

Age: 1-12yrs. Join us for fun activities and snacks with Santa Claus. We'll have holiday games, arts and craft activities and story time with Santa! Bring your camera to capture a photo with the man in red! Please bring two nonperishable food items for this event.

Chavis Community Center

#177491 Dec 19 Sa 10:30am-12:00pm

The Pumpkin Patch

Age: 6mths-5yrs. Join us for a Mom- or Dad-and-me pumpkin party! Please bring a small pumpkin to decorate, and enjoy donuts and cider as we enjoy the fall season. Please preregister for this program.

Greystone Recreation Center – Course Fee: \$5

#179216 Oct 20 T 10:00-11:00am

Hill Street Neighborhood Center – Course Fee: \$5

#177682 Oct 24 Sa 11:30am-12:30pm

Trunk or Treat at Powell Drive

Age: All ages. The West Citizens Advisory Council and Powell Drive Park staff invite you to Trunk or Treat. Participate in carnival games and receive healthy treats. Come meet your neighbors and discover what the West CAC has to offer.

Powell Drive Park

#179024 Oct 27 T 5:00-7:00pm

Worthdale Chess Club

Age: 12-80yrs. Open play is an opportunity to learn the game of chess or enhance your skills to participate in tournaments. Enjoy social time and make new friends.

Worthdale Community Center

#178627 Sep 14-Oct 14 M-Th 3:00-6:00pm

#178628 Oct 5-Nov 5 M-Th 3:00-6:00pm

#178629 Nov 2-Dec 1 M-Th 3:00-6:00pm

#178630 Dec 7-Jan 6 M-Th 3:00-6:00pm

The Golden Years Clubs

Clubs are for individuals aged 55 and better! Please contact the club leader for more information on a club's activities.

Asbury Joy Club

Asbury UMC
3rd Thursday, 11am
June (919)848-1392

Best Is Yet To Be

Powell Drive Community Center
1st/3rd Friday, 10am
Mary Lou (919)846-0492

Brier Creek Senior Club

Brier Creek Community Center
Tuesdays, 10am
Robert (919)420-2340

Caraleigh Club

Caraleigh Community Clubhouse
Tuesdays, 10am
Mary Lou (919)846-0492

Carolina Pines Club

St. Barnabus Church
2nd Wednesday, 10:30am
Tonya (919) 831-6435

Catholic Golden Age

Our Lady of Lourdes Catholic
1st Sunday, 1:30pm
Ed (919)217-9580

Fellowship Club

West Raleigh
Presbyterian Church
2nd/4th Tuesday, 10am
Laura (919)851-7042

Fifty-Five Plus Club

Anne Gordon Center
Wednesdays, 9:15am
Nancy (919)264-7818

First Cosmopolitan Club

First Cosmopolitan
Baptist Church
3rd Wednesday, 1pm
Gene (919)266-1222

Gems

Watts Chapel Baptist Church
1st/3rd Wednesdays, 10 am
Shirley (919)781-6532

Gardens at Wakefield

Gardens at Wakefield
1st Monday, 2pm
Patrick (919)554-2520

Go-Getters Club

Stonehenge Apartments
Clubhouse
2nd/4th Thursday, 10am
Betty (919)846-2632

Golden Circle Club

Lions Park Community Center
2nd Monday, 10am
Helen (919)250-0058

Golden Eagles Club

Top Greene Center
Wednesdays, 11am
Carletta (919)250-2730

Golden Jewels

St. Paul AME Church
Wednesdays, 10am
Valerie (919)789-2266

Grand Age Club

Hayes Barton United Methodist
Thursdays, 11:15am
Margie (919)467-0572

Heddingham Hi-Milers

Willow Oak Clubhouse
3rd Tuesday, 10:30am
Bob (919)649-4738

Keenagers Club

White Memorial
Presbyterian Church
Thursdays, 10:30am
Judy (919)834-3424

Lake Lynn Seniors

Lake Lynn Community Center
Tuesdays, 10am
Karen (919)841-0324

Lions Park Club

Lions Park Community Center
1st Wednesday, 10am
Jason (919)831-6995

OCBC Twilights

Oak City Baptist Church
1st/3rd Wednesday, 11:30am
James (919)477-6737

Parkview Manor

Parkview Manor Apartments
2nd Tuesday, 2:00pm
Juanita (919)821-7728

Platinum Plus

Sanderford Road Center
Wednesdays, 10:30am
Ricky (919)250-2757

Prime Timers Club

Hillyer Memorial Church
3rd Thursday, 10:30am
Dick (919)851-3046

Pullen Park Club

Pullen Park Community Center
Wednesdays, 10am
Abigail (919)831-6052

Quail Hollow Club

Eastgate Center
Wednesdays, 9:45am
Susan (919)870-0557

Roberts Park SR Club

Roberts Park Community Center
Tuesdays, 10:30am
Sherri (919)831-6830

Snappy Seniors

Marsh Creek Community Center
1st and 3rd Monday, 10am
Dorothy (919)231-0363

St. Francis Club

St. Francis of Assisi Parish
2nd Wed 11am, 4th Wed 12pm
Kathleen (919)848-1557

St. Joseph's Seniors

St. Joseph's Catholic Church
3rd Sunday 1pm
4th Thursday Dinner
Lorraine (919)266-3889

Smiling Age Club

Biltmore Hills Community Center
Tuesdays, 10am
Kenny (919)831-6895

Thirty-Niners Club

First Baptist Church
Thursdays, 10:30am
Mary Alice (919)832-4485

Touch of Love

St. Matthew Baptist Church
2nd/4th Wednesday, 10am
Dee (919)630-0320

The Trailblazers

Mt. Pleasant Baptist Church
10720 Falls of the Neuse Road
2nd Tuesday 10:30am
Lizzie (919)847-0831

Trinity JOY Club

Trinity UMC
3rd Tuesday, 11am
Mary (919)845-9626

Wakefield Villagers Club

Villages of Wakefield
2nd/4th Tuesday, 9am
Margaret (919)556-9541

Worthdale Walkers Club

Worthdale Community Center
Thursdays, 11am
Carletta (919)250-2730

Young at Heart Club

Five Points Adult Center
2nd/4th Wednesday, 10am
Brenda (919)834-8170



Specialized Recreation and Inclusion Services

Specialized Recreation and Inclusion Services
919.996.2147
SRIS@raleighnc.gov

Raleigh Program Director
Nikki Speer-Raleigh
nikki.speer@raleighnc.gov

Adapted Sports and Fitness Manager
Special Olympics Wake County Coordinator
Vacant

Adapted Sports and Fitness Specialist
Meghan Rodriguez
meghan.rodriguez@raleighnc.gov

Inclusion Services Specialist
Cassie Jemison
cassie.jemison@raleighnc.gov

Program Specialist
Sharon Hentz
sharon.hentz@raleighnc.gov

Program Specialist
Sheri Sampson
sheri.sampson@raleighnc.gov

Specialized Recreation and Inclusion Services offers a variety of programs for individuals who have developmental and/or physical disabilities, and provides inclusion support for individuals with disabilities who participate in typical programs. Each program is designed to meet the needs and interests of the participants. We offer a variety of programs, including specific programs in the areas of Adapted Aquatics, Social Clubs, Special Olympics sport opportunities, Wheelchair Sports, Track Out programs, programs for individuals with Visual Impairments, etc. Please review our program listings for more information. Some eligibility restrictions may apply. Please note that non-resident fees currently do not apply to our programs. For more information on how to receive program information, please contact us at SRIS@raleighnc.gov or 919.996.2147.

Return registrations to:

Raleigh Parks, Recreation and Cultural Resources Department
Specialized Recreation and Inclusion Services, 2401 Wade Ave, Raleigh, NC 27607

Adapted Aquatics

Adapted Aquatics swim lessons for individuals with disabilities are available following the inclusion model. Private lessons are also available for individuals wanting one-on-one instruction. For more information, please contact Pullen Aquatic Center at 919-996-6197.

Adapted Climbing

Age: 15yrs and up. This program is designed for people with mobility-related physical disabilities. Participants will work with certified climbing instructors and have a chance to utilize various adapted climbing equipment. No previous experience required. All ability levels welcome!

Triangle Rock Club – North Raleigh

Course Fee: \$15
#176936 Oct 4 Su 6:30-8:30pm
#176937 Dec 13 Su 6:30-8:30pm

Adapted Kayak Basics

Age: 15yrs and up. This program is designed for people with mobility-related physical disabilities. Participants will work with certified kayak instructors to learn the basics of kayaking in an indoor pool setting. Basic adapted equipment will be available to use during the program. No previous experience required. All ability levels welcome!

Optimist Pool – Course Fee: \$25
#176950 Nov 15 Su 2:00-5:00pm

Art Time

Age: 16yrs and up. This class is for ages 16 and up. Materials will be provided. Individuals attending with a personal assistant are welcome. For more information, please call 919-996-2147.

Pullen Community Center

Course Fee: \$10

Halloween Displays and Lanterns

#176854 Oct 20 T 6:30-8:00pm

Fall Wreath

#176855 Nov 3 T 6:30-8:00pm

Course Fee: \$15

Light-Up Gingerbread House

#176858 Dec 1-8 T 6:30-7:30pm

Cooking for Adults

Age: 21yrs and up. This program is designed to meet the needs of adults with developmental or physical disabilities. This program will teach participants the basics of menu planning, kitchen safety and personal hygiene, how to read a recipe and basic kitchen skills needed to prepare various dishes. This class is designed for individual participants, based on their knowledge and experience. Please notify us of any food allergy at the time of registration. Participants must be able to follow simple instructions and step-by-step directions. No one-on-one assistance is provided. Individuals requiring a higher level of assistance should attend with a personal assistant. For more information, call 919-996-2147.

Marsh Creek Park – Course Fee: \$44

Eating Well on a Budget

#177828 Sep 15-Oct 6 T 6:15-7:45pm

Flavors of North Carolina

#177836 Oct 27-Nov 17 T 6:15-7:45pm

Deaf and Hard of Hearing Meet Ups

Age: All Ages. The Deaf and Hard of Hearing Meet-Ups are the 3rd Friday of each month. All are welcome. This program is designed for the deaf and hard of hearing and family members and provides an opportunity for beginner and advanced signers to socialize in a fun and relaxed setting. Preregistration is not necessary, but we do ask that participants sign in upon arrival. Cost of food is on your own.

Cary Towne Center

#176502 Sep 18 F 5:30-8:30pm

#176503 Nov 20 F 5:30-8:30pm

Crabtree Valley Mall

#176504 Oct 16 F 5:30-8:30pm

#176505 Dec 18 F 5:30-8:30pm



Family Fit

Age: 5-9yrs. This program is designed for children with developmental and physical disabilities. Participants will be introduced to a variety of fun fitness activities that will promote improved physical functioning and enhance social skills. Each participant must bring an adult buddy who should be prepared to join in on the fun. For more information, please call 919-996-2147.

Biltmore Hills Community Center – Course Fee: \$20
#176824 Nov 7-Dec 5 Sa 9:30-10:15am

Fitness Fun

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 developmental or physical disabilities. Activities will be facilitated based on age appropriateness and participant interest. For more information, please call 919-996-2147.

Green Road Community Center – Course Fee: \$20
Ages 10-14yrs
#176741 Sep 10-Oct 1 Th 5:30-6:30pm
Ages 15+
#176742 Sep 10-Oct 1 Th 6:30-7:30pm

Friendly Y.E.S. Day Program

Y.E.S. Days are designed for participants with developmental disabilities who would enjoy active games, music, arts/crafts, and nature activities on teacher workdays. Each participant must bring lunch, 2 snacks, and drinks for the day. Some personal care assistance is provided for dressing, toileting, and hygiene. Students who require more assistance or supervision may attend with a Personal Assistant. Registration is recommended at least 2 weeks in advance to insure program availability. Please refer to the School-Based Programs brochure for more details and registration information. For more information please contact 919-996-2110.

Friendly Track Out

Friendly Track Out is designed to meet the needs of students with developmental disabilities who attend school on Track 4. Each week contains structured recreation,

leisure, and social activities designed specifically for these students. Participants must be able to work successfully on a 1 staff to 3 participant ratio. Some personal care assistance is provided for dressing, toileting, and hygiene. However, participants who require more assistance or supervision may attend with a Personal Assistant. Please refer to the School Based Programs brochure for more details and registration information. For more information, please contact us at 919-996-2147.

Next Step

Age: 17yrs and up. Graduation is over. For many, Social Security, Medicaid, guardianship and other services are in place for an adult child with disabilities. Now what? Moving away from home is often the next step! Join this group each month as guest speakers from the community help us: (1) examine various residential options in the Triangle area and (2) explore ways we can continue to be involved to enhance our adult child's life after the move into a new home. Meetings are every third Saturday of the month from 9:30-11:00am at Millbrook Exchange Community Center (1905 Spring Forest Road, Raleigh 27615). Meetings are free, and light refreshments will be available. No reservations are necessary. For more information, contact Dave Curro at Dave@IDNNextStep.org.

Millbrook Exchange Community Center

#177382	Sep 19	Sa	9:00-11:30am
#177383	Oct 17	Sa	9:00-11:30am
#177384	Nov 21	Sa	9:00-11:30am
#177385	Dec 19	Sa	9:00-11:30am

Open Mic Night

Age: 17yrs and up. Time to Shine is an open mic night for performers with developmental or physical disabilities. We offer an encouraging, family-friendly atmosphere for entertainers of all genres to shine. Preregistration is encouraged. For more information, call 919-996-2147.

Chavis Community Center

#176498	Sep 18	F	6:00-8:30pm
#176499	Oct 16	F	6:00-8:30pm
#176500	Nov 23	F	6:00-8:30pm
#176501	Dec 18	F	6:00-8:30pm

Raleigh Sidewinders Quad Rugby

The Raleigh Sidewinders is eastern North Carolina's wheelchair (i.e. Quad Rugby) team. The Raleigh Sidewinders are official members of the US Quad Rugby Association, (USQRA), www.quadrugby.com. The team is comprised of individuals with disabilities that preclude their play in competitive, able-bodied sports. Players must have mobility impairments in their arms and legs to be considered eligible for participation. Most of the players have sustained cervical spinal cord injuries and have some type of quadriplegia as a result. The players are active members in their community, striving for a level of skill and competition offered by quad rugby. The vision of the Raleigh Sidewinders is to provide team members with an opportunity for personal growth, physical outlet and competition with adequate equipment and resources. For more information, please visit www.ncscia.org/theraleighsidewinders.

Soccer Kicks

Age: 6-14yrs. Participants with developmental or physical disabilities will develop ball-handling, dribbling, passing and shooting skills. As athletes practice soccer skills, they will also apply skills to basic components of team play. Parents and caregivers are welcome to assist athletes. For more information, call 919-996-2147.
Laurel Hills Community Center – Course Fee: \$30
#176732 Sep 12-Oct 31 Sa 9:30-10:30am

Social Clubs

Specialized Recreation and Inclusion Services offers four (4) Social Clubs. The following clubs are for individuals with developmental and/or physical disabilities: the Adventure Club is for ages 15-24, the Wildcats Club is for ages 25-34 and the Dragons Club is for ages 35 and up. The Lords and Ladies club is for individuals with visual impairment, ages 50 and up. Most club activities are suggested by club members and range from local outings, to day and/or overnight trips. Some previous activities include local sporting events, trips to museums, winery tours, etc. To receive more information about any of these club activities, please contact us at 919.996.2147 or SRIS@raleighnc.gov.

Special Olympics Wake County

Special Olympics Wake County provides year-round sports training and athletic competition in different sports for individuals with intellectual disabilities. Special Olympics training and competition is provided at no charge to eligible athletes. Each sport practices on a weekly basis at various times and locations. Athletes may have an option to train independently. To receive more information on Special Olympics sport opportunities, please contact us at 919.996.2147 or SRIS@raleighnc.gov.

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Specialized Recreation Dances

Age: 14yrs and up. Come dance the night away! We'll provide a DJ, refreshments and lots of your friends. Participants who need one-to-one support are welcome to attend with a personal assistant. Parents, assistants and chaperones do not pay the entry fee. For more information, please call 919-996-2147. Cost is \$5 cash at the door.

Five Points Center for Active Adults

Fall Dance – Course Fee: \$5

#177387 Sep 25 F 7:00-9:30pm

Millbrook Exchange Community Center

Halloween Dance – Course Fee: \$5

#177386 Oct 24 Sa 7:00-9:30pm

SRS Bingo Night

Age: All Ages. What could be more exciting than a fun-filled night of bingo? There will be prizes and lots of time with friends. Individuals attending with a personal assistant are welcome. Preregistration is encouraged. For more information, call 919-996-2147.

Chavis Community Center – Course Fee: \$5

#176494 Sep 8 T 6:00-8:00pm

#176495 Oct 13 T 6:00-8:00pm

#176496 Nov 10 T 6:00-8:00pm

#176497 Dec 8 T 6:00-8:00pm

SRS Recreational Bowling

Age: 6yrs and up. This recreational program provides a fun and exciting place for individuals with developmental or physical disabilities to participate in bowling. This is not an instructional class. Ramps and bumpers will be available. Participants will be placed on lanes based on age, ability and style of bowling. Cost includes 20 games of bowling and shoe rental. Individuals attending with a personal assistant are welcome. For more

information, call 919-996-2147.

AMF Pleasant Valley – Course Fee: \$60

#176733 Sep 12-Nov 14 Sa 10:00am-12:00pm

AMF South Hills – Course Fee: \$60

#176734 Sep 12-Nov 14 Sa 10:00am-12:00pm

SRS Zumba®

Age: 10yrs and up. This program is designed for people with developmental or physical disabilities who want a fun, aerobic workout while learning basic Latin rhythms and dance moves. No prior experience necessary. No one-on-one assistance will be available for this program. Participants ages 10-14 must be accompanied by an adult. For more information, call 919-996-2147.

Five Points Center for Active Adults

Course Fee: \$20

#176788 Nov 5-Dec 3 Th 6:00-7:00pm

Triangle Taiko

Triangle Taiko provides free Taiko drumming classes for teens and adults with developmental and physical disabilities. Through this program, participants will increase their physical fitness level while learning the history and art of Taiko drumming. For more information, please call 919-787-6233 or e-mail yoko@iwashima@gmail.com.

Triangle Thunder Wheelchair Basketball

Triangle Thunder is a recreational and competitive adult wheelchair basketball team. They provide opportunities for men and women with a variety of disabilities to become involved in the sport of wheelchair basketball. The goal is to enhance each individual's social well-being by fostering their physical well-being through vigorous physical exercise, skill formation, and healthy fellowship with other persons with disabilities. Practices are open to new players and to the public. For more information, please contact 696-2811 or visit www.trianglethunder.org.

Visually Impaired Programs

Visually Impaired programs are not currently available for online registration. To receive our bi-monthly Newsletter, please contact us at 919-996-2147 or SRIS@raleighnc.gov.

Yoga for All

Feeling stressed? Need a way to relax? Join us for a yoga class designed just for you! This class is for people of all levels of experience. Yoga is an excellent way to increase muscular strength and endurance, flexibility, posture and balance. It is also effective for achieving mental balance and reducing stress. Individuals attending with a personal assistant are welcome. For more information, call 919-996-2147.

Lake Lynn Community Center – Course Fee: \$20

Ages 10-14yrs

#176735 Oct 8-29 Th 5:30-6:30pm

Ages 15yrs

#176736 Oct 8-29 Th 6:30-7:30pm

Youth Wheelchair Basketball

Age: 6-19yrs. If you're interested in sports but you can't participate in typical sports programs due to physical disability, please join us for some fun! We have extra wheelchairs if you do not have one. North Carolina Wheels of Steel is a group of physically-challenged athletes. Our team ranges in age from 6-19. We have three age divisions: elementary, middle school and high school. We participate in exhibition games and tournaments! This program is run in partnership with the Bridge 2 Sports organization (www.bridge2sports.org).

Laurel Hills Community Center



Sports



Preschool

All Sports – Little Starters

Age: 3-5yrs. Want to try several sports? Little Starters introduces you to a different sport each week. Sports may include baseball, soccer, basketball, football, hockey, lacrosse and others. Get your game on!

Barwell Road Community Center – Course Fee: \$36
#177327 Sep 20-Oct 11 Su 2:00-2:45pm

Lake Lynn Community Center

Course Fee: \$36

#178394 Sep 5-26 Sa 10:30-11:15am

#178396 Oct 3-24 Sa 9:30-10:15am

Course Fee: \$27

#179235 Nov 5-19 Th 10:00-10:45am

Optimist Community Center

– Course Fee: \$36

#178718 Sep 4-25 F 10:30-11:15am

#178719 Oct 2-23 F 10:30-11:15am

#178720 Oct 30-Nov 20 F 10:30-11:15am

Baseball – Little Sluggers

Age: 3-5yrs. This class, an introduction to skills development, teaches the basics of baseball, including fielding, hitting, throwing and catching. The class will help develop your child's hand-eye coordination, listening skills, good sportsmanship and teamwork! Let's play ball!

Lake Lynn Community Center – Course Fee: \$36

#178259 Sep 5-26 Sa 9:30-10:15am

Millbrook Exchange Community Center

Course Fee: \$36

#176172 Sep 3-24 Th 6:30-7:15pm

Optimist Community Center

– Course Fee: \$36

#178722 Sep 1-22 T 5:00-5:45pm

#178723 Oct 12-Nov 2 M 5:00-5:45pm

#178725 Oct 28-Nov 25 W 5:00-5:45pm

Basketball – Kinder Basketball

Age: 4-5yrs. Taught in a noncompetitive atmosphere, Kinder Basketball focuses on a variety of skills including dribbling, passing, shooting and defense.

Jaycee Community Center – Course Fee: \$32

#179091 Oct 5-26 M 5:00-5:45pm

Basketball – Little Shooters

Age: 3-5yrs. 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.

Barwell Road Community Center – Course Fee: \$36

#177332 Oct 18-Nov 8 Su 2:00-2:45pm

Green Road Community Center

Course Fee: \$36

#178124 Sep 8-29 T 5:00-5:45pm

#178125 Oct 6-27 T 5:00-5:45pm

Course Fee: \$27

#178126 Nov 3-24 T 5:00-5:45pm

Lake Lynn Community Center

Course Fee: \$36

#178315 Oct 1-22 Th 5:30-6:15pm

Laurel Hills Community Center

with Coach K – Course Fee: \$36

#178849 Sep 5-26 Sa 11:00-11:45am

Millbrook Exchange Community Center

Course Fee: \$36

#176174 Sep 14-Oct 5 M 6:30-7:15pm

Optimist Community Center

Course Fee: \$36

#178726 Sep 3-24 Th 5:00-5:45pm

#178727 Sep 30-Oct 21 W 5:00-5:45pm

#178729 Nov 9-30 M 5:00-5:45pm

Basketball – Two's Sport Zone

Age: 2yrs. 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! Instructor: Coach K.

Laurel Hills Community Center – Course Fee: \$36

#178843 Sep 5-26 Sa 10:15-10:45am

Football – Little Tacklers

Age: 3-5yrs. 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. Some parent participation included. Touchdown!

Laurel Hills Community Center – Course Fee: \$36

#178951 Oct 31-Nov 21 Sa 11:00-11:45am

Optimist Community Center

– Course Fee: \$36

#178862 Sep 14-Oct 5 M 5:00-5:45pm

#178863 Sep 29-Oct 27 T 5:00-5:45pm

#178864 Oct 29-Nov 19 Th 5:00-5:45pm

Football – Two's Sport Zone

Age: 2yrs. Parent and child come off the sidelines and get into the game as you learn about football skills by participating in mini drills and fun games. Punt, pass, kick and catch, basics and more! Benefits include hand-eye coordination, body awareness and socialization. Instructor: Coach K.

Laurel Hills Community Center – Course Fee: \$36

#178945 Oct 31-Nov 21 Sa 10:15-10:45am

Hockey – Kinder Indoor Hockey

Age: 4-5yrs. Give indoor hockey a try!

Bring your tennis shoes and be ready for some fun. We'll work on the fundamentals as we introduce you to this exciting, fast-paced game.

Jaycee Community Center – Course Fee: \$32

#179097 Oct 1-22 Th 5:00-5:45pm

Hockey – Little Goalies

Age: 3-5yrs. This class is an introduction in skills development that teaches the basics of hockey, including passing, shooting and defense. Class will help develop hand-eye coordination, listening skills, good sportsmanship and teamwork!

Lake Lynn Community Center – Course Fee: \$36

#178374 Oct 3-24 Sa 11:30am-12:15pm

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Kids All Sport and Recreation

Age: 3-5yrs. Teachers choose from our variety of recreation, physical education and sports packages. Let our staff educate, teach and entertain your class. We will provide the staff, space and equipment, you provide the kids. Teachers must stay on site and participate. \$5 per student.

Method Road Community Center – Course Fee: \$5
 #179203 Sep 3-24 Th 10:30-11:30am
 #179204 Oct 8-29 Th 10:30-11:30am

Little Lions Basketball Clinic

Age: 5-7yrs. Children will learn the fundamentals of basketball—dribbling, passing and shooting—as well as build social skills and have fun.

Lions Park Community Center – Course Fee: \$15
 #178096 Sep 5 Sa 10:15-11:15am
 #178097 Sep 12 Sa 10:15-11:15am
 #178098 Sep 19 Sa 10:15-11:15am
 #178099 Sep 26 Sa 10:15-11:15am
 #178100 Oct 3 Sa 10:15-11:15am
 #178476 Oct 10 Sa 10:15-11:15am
 #178477 Oct 17 Sa 10:15-11:15am
 #178478 Oct 24 Sa 10:15-11:15am

Soccer – Kinder Soccer

Age: 4-5yrs. Taught in a noncompetitive atmosphere, Kinder Soccer focuses on skills such as dribbling, passing, kicking and ball control.

Jaycee Community Center – Course Fee: \$32
 #179103 Oct 7-28 W 3:00-3:45pm

Soccer – Little Kickers

Age: 3-5yrs. 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!

Lake Lynn Community Center
 Course Fee: \$36
 #178334 Sep 3-24 Th 5:30-6:15pm
 #178333 Sep 5-26 Sa 11:30am-12:15pm
 Course Fee: \$27
 #179236 Dec 3-17 Th 10:00-10:45am
Laurel Hills Community Center (Coach K)
 Course Fee: \$27
 #178883 Dec 5-19 Sa 2:00-2:45pm
 Course Fee: \$36
 #178878 Oct 3-24 Sa 11:00-11:45am
Millbrook Exchange Community Center (Coach K)
 Course Fee: \$36
 #176177 Sep 1-22 T 6:30-7:15pm
Optimist Community Center
 Course Fee: \$36
 #178842 Sep 2-23 W 5:00-5:45pm
 #178846 Oct 1-22 Th 5:00-5:45pm
 #178852 Nov 10-Dec 1 T 5:00-5:45pm

Soccer – Mini Kickers

Age: 3-5yrs. 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.

Green Road Community Center – Course Fee: \$36
 #179014 Sep 14-28 M 5:00-5:45pm
 #179016 Oct 5-26 M 5:00-5:45pm
 #179017 Nov 2-23 M 5:00-5:45pm

Soccer – Two's Sport Zone

Age: 2yrs. 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. Instructor: Coach K.

Laurel Hills Community Center – Course Fee: \$36
 #178872 Oct 3-24 Sa 10:15-10:45am

Youth**ACS! Lions Park Youth Volleyball Clinic**

Age: 6-13yrs. This clinic will expose girls to the basics of volleyball while developing their character and empowering them to control their destiny. Clinic will be instructed by former NCAA Division I volleyball player Amanda Simmons.

Lions Park Community Center – Course Fee: \$10
 #178043 Sep 5 Sa 1:00-3:00pm
 #178509 Sep 12 Sa 1:00-3:00pm
 #178510 Sep 19 Sa 1:00-3:00pm
 #178511 Sep 26 Sa 1:00-3:00pm

Ballin' Basics 101

Age: 7-11yrs. This is an opportunity for beginners and those who may have just started to play basketball. Enjoy learning the fundamentals of basketball. Each session participant will learn basic skills, which involve dribbling, passing, defense and shooting.

Worthdale Community Center – Course Fee: \$5
 #178899 Sep 10 Th 6:00-7:30pm
 #178900 Oct 1 Th 6:00am-7:30pm
 #178901 Oct 8 Th 6:00-7:30pm
 #178902 Sep 17 Th 6:00-7:30pm

Baseball – Sluggers

Age: 6-9yrs. Crack! It's going, going... gone! This class helps develop the skills of baseball, including running, hitting, throwing, pitching and fielding. The class will help develop hand-eye coordination, listening skills, good sportsmanship and teamwork!

Millbrook Exchange Community Center (Coach K) Sluggers – Course Fee: \$40
 #176173 Sep 3-24 Th 7:30-8:15pm

Baseball Skills for Beginners

Age: 6-9yrs. Play ball! This class will continue to develop the basics of baseball, including fielding, hitting, throwing and catching. This class will help develop players for future league play, emphasizing good sportsmanship and teamwork as well as skills.

Jaycee Community Center – Course Fee: \$40
 #179084 Oct 6-27 T 5:00-5:45pm
Lake Lynn Community Center – Course Fee: \$40
 #178301 Sep 3-24 Th 6:30-7:15pm

Basketball – Shooters

Age: 6-9yrs. 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.

Laurel Hills Community Center

(Coach K) – Course Fee: \$40
 #178856 Sep 5-26 Sa 2:00-2:45pm
Millbrook Exchange Community Center Shooters (Coach K) – Course Fee: \$40
 #176175 Sep 14-Oct 5 M 7:30-8:15pm

Basketball – Skill Development and Training Clinic

Age: 9-12yrs. 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 be given 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.

Green Road Community Center – Course Fee: \$45
 #178885 Sep 5-26 Sa 11:00am-12:45pm

Basketball – Youth Athletic Conditioning and Skills

Age: 7-18yrs. This advanced training program will improve the skill set, fundamentals and game knowledge of each player. Players will participate in training drills plus competitive play. Classroom sessions will teach rules of the game, teamwork, game preparation and more. We will view film and work on conditioning and footwork. This is an advanced program designed for experienced, competitive players looking to improve their game. Instructor: Shawn Banks, trainer, certified official and licensed USA Youth Basketball coach.

Optimist Community Center – Course Fee: \$60
Elementary Grades 2nd – 5th
 #178994 Sep 14-24 M,Th 3:00-6:00pm
 #178997 Sep 28-Oct 8 M,Th 3:00-6:00pm
 #179252 Oct 12-22 M,Th 3:00-6:00pm
 #179253 Oct 26-Nov 5 M,Th 3:00-6:00pm
 #179254 Nov 2-12 M,Th 3:00-6:00pm

Middle School

#179255 Sep 1-11 T,F 3:00-6:00pm
 #179256 Sep 15-25 T,F 3:00-6:00pm
 #179257 Sep 29-Oct 9 T,F 3:00-6:00pm
 #179258 Oct 13-23 T,F 3:00-6:00pm
 #179259 Oct 27-Nov 6 T,F 3:00-6:00pm
 #179260 Nov 10-20 T,F 3:00-6:00pm

High School

#179261 Sep 2-11 W,F 3:00-6:00pm
 #179262 Sep 16-25 W,F 3:00-6:00pm
 #179263 Sep 30-Oct 9 W,F 3:00-6:00pm
 #179264 Oct 14-23 W,F 3:00-6:00pm
 #179265 Oct 28-Nov 6 W,F 3:00-6:00pm
 #179266 Dec 2-11 W,F 3:00-6:00pm

Basketball Skills

Age: 5-12yrs. This class will help participants improve their fundamental skills through practice drills. The instructor will help participants master dribbling, passing, shooting and defense. This program is great for the beginner just learning basketball and those who want to improve on their skills.

Barwell Road Community Center – Course Fee: \$36
 #177333 Oct 18-Nov 8 Su 3:00-3:45pm

Basketball Skills Clinics

Age: 9-10yrs. These clinics will focus on improving the skill level of each individual player. Players will be prepared for the upcoming winter season by participating in specific skill drills. Each class will focus on different skills to help all players develop no matter if they are beginner or advanced.

Lake Lynn Community Center – Course Fee: \$15

9-10 years old Defensive Skills

#179162	Oct 3	Sa	9:00-10:15am
#179165	Oct 17	Sa	9:00-10:15am

9-10 years old Offensive Skills

#179167	Oct 10	Sa	9:00-10:15am
#179169	Oct 24	Sa	9:00-10:15am

11-12 years old Defensive Skills

#179164	Oct 3	Sa	10:30-11:45am
#179166	Oct 17	Sa	10:30-11:45am

11-12 years old Offensive Skills

#179168	Oct 10	Sa	10:30-11:45am
#179170	Oct 24	Sa	10:30-11:45am

Basketball Skills for Beginners

Age: 6-9yrs. 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!

Green Road Community Center – Course Fee: \$40

#178136	Sep 12-Oct 3	Sa	10:15-11:00am
#178137	Oct 10-31	Sa	10:15-11:00am

Jaycee Community Center – Course Fee: \$40

#179088	Oct 5-26	M	6:00-6:45pm
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Lake Lynn Community Center – Course Fee: \$40

#178392	Sep 5-26	Sa	12:30-1:15pm
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Golf – Youth

Age: 6-9yrs. Let's build on the basics or be introduced for the first time. This class will further the skills used in golf, including putting and chipping. This class will help develop players, emphasizing good sportsmanship as well as skills.

Jaycee Community Center – Course Fee: \$40

#179094	Oct 1-22	Th	6:00-6:45pm
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Let's Get Active – Home School Sports/Games

Age: 5-13yrs. Get your homeschooler active in this unique program at Millbrook Exchange Community 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 entirety of the program.

Millbrook Exchange Community Center

Course Fee: \$17

#176073	Sep 1-22	T	1:30-2:30pm
#176074	Oct 6-27	T	1:30-2:30pm
#176075	Nov 3-24	T	1:30-2:30pm
#176076	Dec 1-22	T	1:30-2:30pm

NFL Punt, Pass and Kick

Age: 6-15yrs. The Parks, Recreation and Cultural Resources Department hosts an NFL Punt, Pass and Kick competition starting at 10:00am Saturday, September 12, at

Williams Park, 6601 Lead Mine Road, 27612. The competition allows youngsters to showcase their talents in punting, passing and kicking with scores based on distance and accuracy. The top finishers from each of 10 age groups at the local competition will advance to a sectional competition.

The competition is free and open to boys and girls ages 6-15 as of December 31 of the current year. (Birth certificate will be needed.) Entry forms are available online at NFLPPK.com or from your local community center. For more information, please call Chris Nadeau at 919-870-2911.

Williams Park

#178870	Sep 12	Sa	10:00am-12:00pm
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NFL Punt, Pass and Kick Clinic

Age: 6-15yrs. Join us to refine your skills before you compete in the NFL Punt, Pass and Kick competition. Coaches will run participants through kicking, punting and throwing drills to help maximize your scores. We will host the competition following the clinic.

Williams Park

#178943	Sep 12	Sa	9:00-10:00am
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Pee Wee Pass, Shoot, Dribbble Clinic

Age: 5-7yrs. This fun and instructional league is for boys and girls ages 5-6. It is an excellent opportunity to have fun, make friends, improve fitness, learn basketball skills and develop sportsmanship. Learn how to work as a team member. Teamwork is a skill that will last forever.

Roberts Park Community Center – Course Fee: \$10

#177808	Oct 3-24	Sa	10:00-11:30am
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Pickleball Youth Clinic

Age: 8-12yrs. Youth ages 8-12 are invited to learn the game of pickleball. Pickleball is a wonderful fitness and social activity that combines 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. Instruction takes place from 10:00-11:00am with free play until 11:30am. The clinic is free.

Method Road Community Center

#178734	Sep 5	Sa	10:00-11:30am
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Real Live Skill Basketball Program

Age: 5-12yrs. This basketball program is one of few in the area geared toward young female players. We will focus on real live game situations while also learning the fundamentals (shooting, defensive, footwork, ball handling, etc.). The program will be a highly intense combination of professional and college drills as well as team play. This will help young ladies gain greater confidence and basketball IQ. Coach Chan Ingram is a former collegiate and professional athlete.

Biltmore Hills Community Center – Course Fee: \$20

#178835	Sep 12	Sa	11:00am-1:00pm
#179107	Sep 19	Sa	11:00am-1:00pm
#179108	Sep 26	Sa	11:00am-1:00pm
#179109	Oct 3	Sa	11:00am-1:00pm
#179110	Oct 10	Sa	11:00am-1:00pm

#179111	Oct 17	Sa	11:00am-1:00pm
#179112	Oct 24	Sa	11:00am-1:00pm
#179113	Oct 31	Sa	11:00am-1:00pm
#179123	Nov 7	Sa	11:00am-1:00pm
#179124	Nov 21	Sa	11:00am-1:00pm
#179126	Nov 14	Sa	11:00am-1:00pm
#179134	Dec 5	Sa	1:00-3:00pm
#179136	Dec 12	Sa	1:00-3:00pm
#179137	Dec 19	Sa	1:00-3:00pm

Soccer – Kickers

Age: 6-9yrs. 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!

Jaycee Community Center

Course Fee: \$40

#179101	Oct 7-28	W	4:00-4:45pm
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Lake Lynn Community Center

Course Fee: \$40

#178359	Oct 1-22	Th	6:30-7:15pm
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Laurel Hills Community Center

Course Fee: \$40

#178887	Oct 3-24	Sa	2:00-2:45pm
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Millbrook Exchange Community Center

Course Fee: \$40

#176176	Sep 1-22	T	7:30-8:15pm
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Soccer Skills at Eastgate Park

Former soccer player and coach Ryan Fodell helps 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 is help players train and move to the next level in their soccer development. Class will meet in the multipurpose field at Eastgate Park. For more information, call Millbrook Exchange Community Center at 919-996-4156.

Eastgate Park – Course Fee: \$43

Age: 5-7yrs

#176087	Sep 5-26	Sa	11:00am-12:00pm
#176088	Oct 3-24	Sa	11:00am-12:00pm
#176089	Nov 7-28	Sa	11:00am-12:00pm

Age: 8-10yrs

#176084	Sep 5-26	Sa	12:00-1:00pm
#176085	Oct 3-24	Sa	12:00-1:00pm
#176086	Nov 7-28	Sa	12:00-1:00pm

Sports Skills for Beginners

Age: 6-9yrs. It's time to play! The session introduces sports such as baseball, basketball, soccer, lacrosse, hockey and more. Fundamentals of each sport will be taught at an age-appropriate level.

Lake Lynn Community Center – Course Fee: \$40

#178358	Oct 3-24	Sa	10:30-11:15am
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Tennis Jr Tournament Training with Kabiru

Age: 11-18yrs. Point play is the focus of this group for junior tennis players who have learned all shots and are working on improving their state or sectional ranking. Instruction is very limited. Players will be encouraged to attend tournaments. The three-week fee covers the month of classes. We assume that some classes will be

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continued from page 75 —

canceled due to the weather. Contact Kabiru Ibrahim for more information at 919-395-8051.

Green Road Community Center – Course Fee: \$120

Developmental Group

#178175 Sep 4-27 F-Su 4:30-6:30pm
#178177 Oct 2-31 F-Su 4:30-6:30pm
#178179 Nov 1-29 Su, F-Su 2:00-4:00pm
#178181 Dec 4-27 F-Su 4:30-6:30pm

Millbrook Tennis Center – Course Fee: \$120

Tournament Advanced

#178174 Sep 1-30 M-Th 4:30-6:30pm
#178176 Oct 1-29 Th, M-Th 4:30-6:30pm
#178178 Nov 2-30 M-Th 4:30-6:30pm
#178180 Dec 1-30 M-Th 4:30-6:30pm

Tennis Jr. Level 1

Age: 6-8yrs. No experience needed for this class. Participants will work on full swing forehand and backhand, volleys, overhead, serve, scorekeeping and the rules of tennis. To graduate to Level 2, players must be able to serve 6 out of 10 in from the baseline, keep score and play a full court set. Please bring light, loose-fitting clothes, nonmarking sneakers and a racquet. Racquets will be available to borrow if needed. Class length is seven weeks, including one bonus week. If there is more than one week of rainouts, classes can be made up during other class times.

Lake Lynn Community Center

Course Fee: \$120

#177462 Aug 24-Oct 7 M,W 4:30-5:30pm
#177464 Oct 12-Nov 25 M,W 4:30-5:30pm
#177489 Oct 13-Dec 1 T,Th 5:30-6:30pm
#177490 Aug 25-Oct 8 T,Th 5:30-6:30pm

Course Fee: \$60

#177463 Aug 29-Oct 10 Sa 10:00-11:00am
#177475 Aug 29-Oct 10 Sa 11:00am-12:00pm
#177486 Oct 17-Nov 28 Sa 11:00am-12:00pm
#177488 Oct 17-Nov 28 Sa 10:00-11:00am

Millbrook Tennis Center

Course Fee: \$120

#177451 Aug 24-Oct 7 M,W 5:00-6:00pm
#177452 Aug 24-Oct 7 M,W 6:00-7:00pm
#177453 Aug 25-Oct 8 T,Th 5:00-6:00pm
#177454 Aug 25-Oct 8 T,Th 6:00-7:00pm
#177458 Oct 12-Nov 25 M,W 5:00-6:00pm
#177459 Oct 12-Nov 25 M,W 6:00-7:00pm
#177460 Oct 13-Dec 1 T,Th 5:00-6:00pm
#177461 Oct 13-Dec 1 T,Th 6:00-7:00pm
#177465 Aug 24-Oct 7 M,W 5:00-6:00pm
#177466 Aug 24-Oct 7 M,W 6:00-7:00pm
#177467 Aug 25-Oct 8 T,Th 5:00-6:00pm
#177468 Aug 25-Oct 8 T,Th 6:00-7:00pm
#177471 Oct 12-Nov 25 M,W 5:00-6:00pm
#177472 Oct 12-Nov 25 M,W 6:00-7:00pm
#177473 Oct 13-Dec 1 T,Th 5:00-6:00pm
#177474 Oct 13-Dec 1 T,Th 6:00-7:00pm
#177476 Aug 24-Oct 7 M,W 4:00-5:00pm
#177477 Aug 25-Oct 8 T,Th 4:00-5:00pm
#177479 Oct 12-Nov 25 M,W 4:00-5:00pm
#177480 Oct 13-Dec 1 T,Th 4:00-5:00pm

Course Fee: \$60

#177455 Aug 29-Oct 10 Sa 9:00-10:00am
#177456 Aug 29-Oct 10 Sa 10:00-11:00am
#177457 Aug 29-Oct 10 Sa 11:00am-12:00pm
#177469 Aug 29-Oct 10 Sa 9:00-10:00am
#177470 Aug 29-Oct 10 Sa 11:00am-12:00pm
#177478 Aug 29-Oct 10 Sa 10:00-11:00am
#177481 Oct 17-Nov 28 Sa 9:00-10:00am

#177482 Oct 17-Nov 28 Sa 10:00-11:00am
#177483 Oct 17-Nov 28 Sa 11:00am-12:00pm
#177484 Oct 17-Nov 28 Sa 9:00-10:00am
#177485 Oct 17-Nov 28 Sa 11:00am-12:00pm
#177487 Oct 17-Nov 28 Sa 10:00-11:00am

Tennis Jr. Level 2

Age: 8-18yrs. Requirements: Must be able to serve 6 out of 10 in from the baseline, keep score and have played a full court set. This class works on using full-swing forehand, backhand, full-swing serve, overhead, and good volley techniques while playing points. To pass, players must successfully demonstrate these techniques while playing a match. Please bring light, loose-fitting clothes, nonmarking sneakers and a racquet. Racquets will be available to borrow if needed. Class length is seven weeks, including one bonus week. If there is more than one week of rainouts, classes can be made up during other class times.

Lake Lynn Community Center

(age 8-18) Course Fee: \$120

#177520 Aug 25-Oct 8 T,Th 4:00-5:00pm
#177521 Oct 13-Dec 1 T,Th 4:00-5:00pm

Millbrook Tennis Center

(age 8-10) Course Fee: \$120

#177509 Aug 24-Oct 7 M,W 5:00-6:00pm
#177510 Aug 25-Oct 8 T,Th 5:00-6:00pm
#177512 Oct 12-Nov 25 M,W 5:00-6:00pm
#177513 Oct 13-Dec 1 T,Th 5:00-6:00pm
#177514 Aug 24-Oct 7 M,W 4:00-5:00pm
#177515 Aug 25-Oct 8 T,Th 4:00-5:00pm
#177518 Oct 12-Nov 25 M,W 4:00-5:00pm
#177519 Oct 13-Dec 1 T,Th 4:00-5:00pm

(age 8-10) Course Fee: \$60

#177511 Aug 29-Oct 10 Sa 11:00am-12:00pm
#177516 Aug 29-Oct 10 Sa 9:00-10:00am
#177517 Aug 29-Oct 10 Sa 10:00-11:00am
#177522 Oct 17-Nov 28 Sa 11:00am-12:00pm
#177523 Oct 17-Nov 28 Sa 9:00-10:00am
#177524 Oct 17-Nov 28 Sa 10:00-11:00am

Tennis Jr. Level 3

Age: 8-10yrs. Requirements: Must use full swing on all strokes during match play to enter this class. This class focuses on topspin and underspin for all strokes and the slice on the serve. To advance to Level 4, players must be able to hit topspin and underspin on both groundstrokes, underspin on both volleys and slice on the serve. Class length is seven weeks, which includes one bonus week. If there is more than one week of rainouts, classes can be made up during other class times.

Millbrook Tennis Center

(age 8-10) Course Fee: \$120

#177544 Aug 24-Oct 7 M,W 5:00-6:00pm
#177545 Oct 12-Nov 25 M,W 5:00-6:00pm
#177546 Aug 25-Oct 8 T,Th 4:00-5:00pm
#177548 Oct 13-Dec 1 T,Th 4:00-5:00pm

(age 10-18) Course Fee: \$60

#177547 Aug 29-Oct 10 Sa 11:00am-12:00pm
#177549 Oct 17-Nov 28 Sa 11:00am-12:00pm

Tennis Jr. Tiny Tots

Age: 4-6yrs. Eye-hand coordination games and fine motor skills are the focus of this fun introduction class. Please bring light, loose-fitting clothing, nonmarking sneakers and a 19- or 21-inch junior racquet. Racquets will be available to borrow if needed. Class length is seven weeks, including one bonus week. If there is more than one week of rainouts, classes can be made up during other class times.

Lake Lynn Community Center

Course Fee: \$60

#177447 Aug 24-Oct 7 M,W 5:30-6:00pm
#177448 Aug 25-Oct 8 T,Th 5:00-5:30pm
#177449 Oct 12-Nov 25 M,W 5:30-6:00pm
#177450 Oct 13-Dec 1 T,Th 5:00-5:30pm

Millbrook Tennis Center

Course Fee: \$30

#177440 Aug 29-Oct 10 Sa 11:00-11:30am
#177441 Aug 29-Oct 10 Sa 11:30am-12:00pm
#177445 Oct 17-Nov 28 Sa 11:00-11:30am
#177446 Oct 17-Nov 28 Sa 11:30am-12:00pm

Course Fee: \$60

#177437 Aug 24-Oct 7 M,W 4:00-4:30pm
#177438 Aug 24-Oct 7 M,W 4:00-5:00pm
#177439 Aug 25-Oct 8 T,Th 4:00-5:00pm
#177442 Oct 12-Nov 25 M,W 4:00-4:30pm
#177443 Oct 12-Nov 25 M,W 4:00-5:00pm
#177444 Oct 13-Dec 1 T,Th 4:30-5:00pm

Tennis Jr. Tournament Training

Age: 8-18yrs. Designed for junior tennis players who have learned all shots, this group will work out and train for tournaments with the intention of establishing or improving their state ranking. Players will meet twice a week to hit a large quantity of balls and work on conditioning, balance, speed and agility. Players will be encouraged to do additional training on their own with other team members and to attend USTA/North Carolina tournaments. Scholarships are available through the Raleigh Tennis Association. Call for additional details.

Lake Lynn Community Center

JTT Prep at Lake Lynn – Course Fee: \$180

#177552 Aug 25-Oct 8 T,Th 7:30-9:00pm
#177556 Oct 13-Dec 1 T,Th 7:30-9:00pm

Tennis USTA Jr. Team Tennis

Age: 6-8yrs. Come to tryouts at Millbrook Exchange Tennis Center to be placed on a team. Year-round practices for 8U+10U are 5:00-6:30pm Fridays with matches 9:00-10:30am Saturdays. Fall and spring practices for 12U, 14U, 18U are once a week after school, and matches are on Saturday mornings. Summer practices for 12U, 14U, 18U are once a week on a weekday morning, and matches are on another weekday morning. An end-of-the-season tournament is held each season. Players must pay USTA annual membership (\$20) plus local league fee (\$16).

Millbrook Tennis Center

8U Beginner – Course Fee: \$90

#177558 Sep 18-Nov 14 F-Sa 5:00-6:30pm
#177559 Sep 18-Nov 14 F-Sa 5:00-6:30pm
#177560 Sep 18-Nov 14 F-Sa 5:00-6:30pm
#177561 Sep 18-Nov 14 F-Sa 5:00-6:30pm
#177562 Sep 18-Nov 14 F-Sa 5:00-6:30pm

Non-City Owned Site**12U Bronze** – Course Fee: \$90

#177563	Sep 19-Nov 14	Sa	10:30am-12:00pm
#177564	Sep 19-Nov 14	Sa	12:00-1:30pm
#177565	Sep 19-Nov 14	Sa	10:30am-12:00pm
#177566	Sep 19-Nov 14	Sa	12:00-1:30pm
#177567	Sep 19-Nov 14	Sa	12:00-1:30pm
#177568	Sep 19-Nov 14	Sa	1:30-3:00pm

Teen**Basketball – Advanced Skill Development and Training Clinic**

Age: 13-16yrs. This more advanced program is designed for the competitive level player's individual skill development. Drills will put an emphasis on ball-handling under pressure, game speed shooting, contested finishing, and 1-on-1 moves. Players will also get a chance to work on offensive and defensive spacing, passing and defensive footwork. Players will be given 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.

Green Road Community Center – Course Fee: \$45
#178931 Sep 5-26 Sa 1:00-2:45pm

Futsal Open Play – Teens

Age: 13-17yrs. Join us for futsal open play at Marsh Creek on Sunday! We offer gym space from 1:30-5:30pm along with goals, futsal balls and other equipment as needed. The number of players in the gym will be limited. This is a free program and new to the Marsh Creek area!

#179793 Sep 6-Dec 20 Su 1:30-5:30pm

Saint Monica Holiday Bowl Flag Football Game

Age: 13-19yrs. Ready to hit the gridiron? Are you the next star quarterback, wide receiver or running back? If you think you've got what it takes, showcase your skills at the Holiday Bowl Flag Football Game. No gear is required, but a football jersey or eye black for a little extra flare is always welcome. Enjoy pizza and drinks after the game! Participation requires Saint Monica Teen Center membership packet on file.

St. Monica Teen Center – Course Fee: \$5
#179128 Dec 19 Sa 10:00am-1:00pm

Adult**Adult Basketball Open Play**

Age: 18yrs and up. Adult basketball players can come out and participate in a few friendly pick up games of basketball with your peers. Photo ID is required.

Halifax Community Center
Sep-Dec Su 1:00-5:00pm

Adult Open Play at Method

Age: 18yrs and up. Open play basketball hours take place at Method Community Park. Open Play Hours: Tuesdays 10:30am-2:30pm and Sundays 1:00pm-3:45pm. Photo ID is required.

Method Road Community Center

#179172	Sep 1-29	T,Su
#179173	Oct 6-Nov 1	T,Su
#179174	Nov 3-29	T,Su
#179175	Dec 1-29	T,Su

Adult Volleyball Open Play

Age: 16yrs and up. If you enjoy playing volleyball with others in a competitive atmosphere, then this is for you!

Halifax Community Center

Sep-Dec F 6:00-8:30pm

Badminton Open Play

Age: All Ages. Come play and practice badminton. All ability levels are welcome. Equipment is provided.

Optimist Community Center

#178620 Sep 3-Dec 31 Th 10:30am-12:30pm

Basketball Open Gym – Tarboro Road

Age: 16yrs and up. This is community open gym time. Adults must have a photo ID to play. Youth must have a signed participation form on file to enter during specified times. Please call 919-831-6505 for the weekly schedule.

Tarboro Road Community Center

#178979	Sep 5-27	Sa-Su	12:00-2:30pm
#178980	Oct 3-31	Sa-Su	12:00-3:00pm
#178981	Nov 1-29	Su, Sa	1:00-6:00pm
#178982	Dec 5-27	Sa-Su	12:00-3:00pm

Futsal Open Play

Age: 18yrs and up. Join us for futsal open play at Marsh Creek on Mondays, Wednesdays and Fridays! We offer gym space from 6:30-8:30pm along with goals, futsal balls and other equipment as needed. The number of players in the gym will be limited. This is a free program and new to the Marsh Creek area!

Marsh Creek Park

#178406 Sep 4-Oct 30 M,W,F 6:30-8:30pm

Method Park Pickleball Tournament

Age: 21yrs and up. Pickleball Three-Day Tournament is \$5 per division and includes women's, men's and mixed doubles.

Method Road Community Center – Course Fee: \$5

#179135 Oct 16-18 F-Su 8:00am-7:00pm

Table Tennis – Open Play

Age: All Ages. Join us at Lake Lynn for a spirited game of table tennis. All abilities are welcome!

Lake Lynn Community Center

#178168	Sep 2-Dec 30	W	6:30-9:00pm
#178169	Sep 5-Dec 26	Sa	9:00-11:00am

Table Tennis Brier Creek

Age: 18yrs and up. Come and join Friday evenings of fun and competition playing

table tennis. All levels and ages are welcome and encouraged to play. USATT-affiliated tournaments are held throughout the year. Daily visit costs \$5. Multi-day passes are sold. Instructor: Jim McQueen.

Brier Creek Community Center – Course Fee: \$5
#178474 Sep 4-Jan 1 F 6:30-9:00pm

Tennis Adult Cardio – All Levels

Age: 18yrs and up. Cardio tennis is a fun group activity featuring drills to give players of all abilities an ultimate, high-energy workout. Taught by a teaching professional, cardio tennis includes a warm-up, cardio workout and cool-down phases. If you are looking for a great new way to get in shape and to burn calories, you must try cardio tennis. Class length is seven weeks, including one bonus week. If there is more than one week of rainouts, classes can be made up during other class times.

Millbrook Tennis Center – Course Fee: \$60

#178368	Aug 25-Oct 6	T	9:00-10:00am
#178369	Aug 27-Oct 8	Th	9:00-10:00am
#178370	Aug 28-Oct 9	F	9:00-10:00am
#178371	Oct 13-Nov 24	T	9:00-10:00am
#178372	Oct 15-Dec 3	Th	9:00-10:00am
#178373	Oct 16-Dec 4	F	9:00-10:00am

Tennis Adult Doubles Ladder

Age: 18yrs and up. In recreational doubles ladder play for all adult levels, participants play challenge matches for points. Players may join the ladder any time. Ladder rankings will be updated online each Monday. Players arrange their own match time and location. The ladder finishes with a season-ending tournament for the top eight players.

Millbrook Tennis Center**Women's 3.5 Doubles** – Course Fee: \$14

#177649	Nov 16-Feb 8	M	3:00-3:01am
#177650	Nov 16-Feb 8	M	4:00-4:01am
#177651	Nov 16-Feb 8	M	4:00-4:01am

Women's 3.5 Doubles – Course Fee: \$24

#177649	Nov 16-Feb 8	M	3:00-3:01am
#177650	Nov 16-Feb 8	M	4:00-4:01am
#177651	Nov 16-Feb 8	M	4:00-4:01am

Tennis Adult Level 1

Age: 18yrs and up. No experience is needed for this class. You will work on full swing forehand and backhand, volleys, overhead, serve, scorekeeping and the rules of tennis. To graduate to Level 2, players must be able to serve 6 out of 10 in from the baseline, keep score and play a full court set. Please bring light, loose-fitting clothes, nonmarking sneakers and your racquet. Racquets are available to borrow. Class length is seven weeks, including one bonus week. If there is more than one week of rainouts, classes can be made up during other class times.

Lake Lynn Community Center

Course Fee: \$120

#178214	Aug 24-Oct 7	M,W	6:00-7:00pm
#178216	Oct 12-Nov 25	M,W	6:00-7:00pm

Course Fee: \$60

#178215	Aug 29-Oct 10	Sa	9:00-10:00am
#178217	Oct 17-Dec 5	Sa	9:00-10:00am

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Millbrook Tennis Center

Course Fee: \$120

#178203	Aug 24-Oct 7	M,W	10:00-11:00am
#178204	Aug 24-Oct 7	M,W	6:00-7:00pm
#178205	Aug 24-Oct 7	M,W	7:00-8:00pm
#178206	Aug 25-Oct 8	T,Th	11:00am-12:00pm
#178207	Aug 25-Oct 8	T,Th	7:00-8:00pm
#178209	Oct 12-Nov 25	M,W	10:00-11:00am
#178210	Oct 12-Nov 25	M,W	7:00-8:00pm
#178211	Oct 13-Dec 1	T,Th	11:00am-12:00pm
#178212	Oct 13-Dec 1	T,Th	7:00-8:00pm
#178218	Oct 12-Nov 25	M,W	6:00-7:00pm
Course Fee: \$60			
#178208	Aug 29-Oct 10	Sa	9:00-10:00am
#178213	Oct 17-Nov 28	Sa	9:00-10:00am

Tennis Adult Level 2.0/2.5 Drills

Age: 18yrs and up. Players must be able to serve 6 out of 10 in from the baseline, keep score and have played a full court set. Must be NTRP 2.0 or 2.5 level. To pass, players must successfully demonstrate these techniques while playing a match. Class length is seven weeks, including one bonus week. If there is more than one week of rainouts, classes can be made up during other class times.

Lake Lynn Community Center

Course Fee: \$120

#178257	Oct 13-Dec 1	T,Th	6:30-7:30pm
#178258	Aug 25-Oct 8	T,Th	6:30-7:30pm

Millbrook Tennis Center

Course Fee: \$120

#178247	Aug 24-Oct 7	M,W	11:00am-12:00pm
#178248	Aug 24-Oct 7	M,W	6:00-7:00pm
#178249	Aug 25-Oct 8	T,Th	10:00-11:00am
#178250	Aug 25-Oct 8	T,Th	7:00-8:00pm
#178252	Oct 12-Nov 25	M,W	11:00am-12:00pm
#178253	Oct 12-Nov 25	M,W	6:00-7:00pm
#178254	Oct 13-Dec 1	T,Th	10:00-11:00am
#178255	Oct 13-Dec 1	T,Th	7:00-8:00pm
Course Fee: \$60			
#178251	Aug 29-Oct 10	Sa	10:00-11:00am
#178256	Oct 17-Nov 28	Sa	10:00-11:00am

Tennis Adult Level 3.0 Drills

Age: 18yrs and up. Must be at the NTRP 3.0 level or use full swing on all strokes during match play to enter this class. This is a drills class using all of your strokes. Topics may include topspin and underspin and slice on the serve. To advance to Level 4, players must be at the 3.5 level or be able to hit topspin and underspin on both groundstrokes, underspin on both volleys and slice on the serve. Class length is seven weeks, including one bonus week. If there is more than one week of rainouts, classes can be made up during other class times.

Lake Lynn Community Center

Course Fee: \$120

#178327	Aug 24-Oct 7	M,W	8:00-9:00pm
#178328	Oct 12-Nov 25	M,W	8:00-9:00pm

Millbrook Tennis Center

Course Fee: \$120

#178321	Aug 24-Oct 7	M,W	7:00-8:00pm
#178322	Aug 25-Oct 8	T,Th	6:00-7:00pm
#178324	Oct 12-Nov 25	M,W	7:00-8:00pm
#178325	Oct 13-Dec 1	T,Th	6:00-7:00pm
Course Fee: \$60			
#178323	Aug 29-Oct 10	Sa	11:00am-12:00pm
#178326	Oct 17-Nov 28	Sa	11:00am-12:00pm

Tennis Adult Level 3.5 Drills

Age: 18yrs and up. Requirements: Must be at the NTRP 3.5 level or be able to hit topspin and underspin on both groundstrokes, underspin volleys and slice serves. This is a drills class, which will work on all of your strokes. To graduate from this class, matches must be at the 4.0 level. Class length is seven weeks, including one bonus week. If there is more than one week of rainouts, classes can be made up during other class times.

Millbrook Tennis Center

Course Fee: \$120

#178335	Aug 25-Oct 8	T,Th	6:00-7:00pm
#178337	Oct 13-Dec 1	T,Th	6:00-7:00pm
Course Fee: \$60			
#178336	Aug 29-Oct 10	Sa	12:00-1:00pm
#178338	Oct 17-Nov 28	Sa	12:00-1:00pm

Tennis Adult Level 4.0/4.5 Drills

Age: 18yrs and up. Requirements: Must be at the NTRP 4.0 level or higher or able to hit topspin and underspin during matches. This is a drill class, which has less instruction and more drilling. We don't work on your technique; we drill you to get your legs and heart pumping. Bring your water bottle and get ready to run. Class length is seven weeks, including one bonus week. If there is more than one week of rainouts, classes can be made up during other class times.

Millbrook Tennis Center

Course Fee: \$120

#178364	Aug 24-Oct 7	M,W	7:00-8:00pm
#178365	Oct 12-Nov 25	M,W	7:00-8:00pm

Tennis Adult Singles Ladder

Age: 18yrs and up. In recreational singles ladder play for all levels, participants play challenge matches for points. Players may join the ladder any time. Ladder rankings will be updated online each Monday. Players arrange their own match time and location. The ladder finishes with a season-ending tournament.

Millbrook Tennis Center**Men's 3.0** – Course Fee: \$14

#177725	Nov 16-Feb 1	M	1:00-1:01am
#177726	Nov 16-Feb 1	M	1:00-1:01am
#177727	Nov 16-Feb 1	M	1:00-1:01am
#177728	Nov 16-Feb 1	M	1:00-1:01am
#177730	Nov 16-Feb 1	M	1:00-1:01am
#177731	Nov 16-Feb 1	M	1:00-1:01am
#177732	Nov 16-Feb 1	M	1:00-1:01am
#177733	Nov 16-Feb 1	M	1:00-1:01am

Men's 3.0 – Course Fee: \$24

#177725	Nov 16-Feb 1	M	1:00-1:01am
#177726	Nov 16-Feb 1	M	1:00-1:01am
#177727	Nov 16-Feb 1	M	1:00-1:01am
#177728	Nov 16-Feb 1	M	1:00-1:01am
#177730	Nov 16-Feb 1	M	1:00-1:01am
#177731	Nov 16-Feb 1	M	1:00-1:01am
#177732	Nov 16-Feb 1	M	1:00-1:01am
#177733	Nov 16-Feb 1	M	1:00-1:01am

Tennis Quadrants

Age: 18yrs and up. All matches are at Millbrook Exchange Tennis Center. Each week there will be courts of doubles matches. A player will play a total of 24 games in a round robin format—eight games with each of the three other players as a partner. The results will be used to adjust positions for the following week. The player with the most games won will move up, and the player with the fewest will move down a quad. All players are responsible for being present or having a substitute present. New balls will be provided each week.

Millbrook Tennis Center

Course Fee: \$40

#178419	Nov 11-Feb 24	W	10:00am-12:00pm
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Volleyball – Coed BB Fall League

Age: 18yrs and up. Tired of being a couch potato? It's time to do something about it. If you enjoy teamwork, setting, spiking and blocking, this may be the sport for you. It's time to volley.

Roberts Park Community Center

Course Fee: \$250

#177861	Sep 2-Nov 11	W	6:30-9:00pm
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#177863	Dec 2-Feb 17	W	6:30-9:00pm
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Senior**Basketball – Active Adults Open Play**

Age: 50yrs and up. Join other active adults in playing basketball, staying healthy and learning the Senior Games rules! Participants play competitive half-court pickup games, and all levels are welcome. The gym is air conditioned and has sportscore flooring. Bring your towel and be ready to sweat!

Barwell Road Community Center

#177287	Sep 3-Dec 31	M,Th	3:00-6:00pm
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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.

Green Road Community Center

#178152	Sep 7-Oct 19	M	7:00-9:00pm
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Pickleball

Age: All Ages. Pickleball is a wonderful fitness and social activity that combines 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.

Five Points Center for Active Adults

#176969 Sep 2-Dec 30 W 12:30-3:00pm

Table Tennis Free Play

Age: 50yrs and up. Learn to play table tennis. All ability levels are welcome.

Five Points Center for Active Adults

#176971 Sep 14-Dec 28 M 1:00-3:00pm

Tennis – Free Play For Seniors

Age: 55yrs and up. This drop-in mixer offers free organized play for senior tennis players at Millbrook Exchange Tennis Center. Held throughout the year, this program offers all levels of play. Simply show up and play.

Millbrook Tennis Center

#178420 Sep 3-Jan 4 M,Th 9:00am-12:00pm

Family

Badminton

Age: 12yrs and up. Join us for some badminton! All abilities are welcome. Sessions are Tuesdays and Friday evenings starting at 6:30pm and Sunday afternoons starting at 1:15pm! Cost is \$10.

Lake Lynn Community Center

Tuesday and Fridays 6:30-8:45pm

Sundays 1:15-5:45pm

#177716 Sep 1-Oct 23 T,F,Su 6:30-8:45pm

Additional Facility and Program Information

For a complete listing of Raleigh Parks and Playgrounds, visit parks.raleighnc.gov

Facilities

Amusements

Pullen Park Amusements

520 Ashe Avenue Raleigh, NC 27606

Phone: 919-996-6468

Park Manager: Marvin Howell

Email: Marvin.Howell@raleighnc.gov

Assistant Park Manager: Greg Thompson

Email: Greg.Thompson@raleighnc.gov

Assistant Park Manager: Jenna Beil

Email: Jenna.Beil@raleighnc.gov

Pullen Amusements offers popular amenities such as a recently renovated 1911 Gustave A. Dentzel menagerie carousel, updated C.P. Huntington Train ride, pedal boat rentals on Lake Howell, a kiddie boat ride, fresh and stimulating playground, picnic shelter rentals, and "Pullen Place" our park's café with seasonal menus as well as standard park fare menu.

Tickets are \$1 for all ages 13 months and older. Riders 12 months and younger are free with a paying adult. Riders must be at least 42 inches tall to ride unaccompanied on most rides.

Hours of Operation

September	10:00am-9:00pm
October-December	10:00am-6:00pm

John Chavis Memorial Park Carousel

505 Martin Luther King Jr. Boulevard Raleigh, NC 27601

Carousel Supervisor: Marvin Howell

Phone: (919) 996-6468

Email: Marvin.Howell@raleighnc.gov

Re-live the memories while riding the newly renovated Allan Herschell Carousel in its new location within the park.

Tickets are \$1 for all ages 13 months and older. Riders 12 months and younger are free with a paying adult. Riders must be at least 42 inches tall to ride unaccompanied on most rides.

Hours of Operation

September	M-F	10:00am-9:00pm
	Su	12:30-6:00pm
October-December		10:00am-6:00pm

Greenways

919-996-3285

The Capital Area Greenway is a linear system of open space located along rivers, creeks, and streams, which can include public recreation trails for activities such as walking, jogging, hiking, fishing, picnicking,

and outdoor fun. The trails connect many of Raleigh's parks and in many cases complement the recreational activities at the parks. The Neuse River, Walnut and Crabtree Creeks and their tributaries are the framework of the Capital Area Greenway System. Many of the city's major ecological features can be experienced in their natural state along these water courses. If you would like to request a hard copy of our greenway map, please call 996-3285. You can also view the map using a KML file and Google Earth—visit www.parks.raleighnc.gov To Apply for the Greenway Volunteer Program email rpvolunteer@raleighnc.gov

Historic Homes

Mordecai Historic Park

1 Mimosa Street, Raleigh NC, 27604

(919) 996-4364

www.raleighnc.gov/museums

Site Manager: Douglas Porter

Email: douglas.porter@raleighnc.gov

Assistant Site Manager: Brynn Hoffman

Email: brynn.hoffman@raleighnc.gov

The Mordecai House at Mordecai Historic Park is the oldest home in Raleigh on its original location and was once the seat of one of the largest plantations in Wake County encompassing more than 5,000 acres. The park also features historic structures moved to Mordecai for preservation, including the Birthplace of Andrew Johnson and St. Mark's Chapel. The Chapel and grounds are a popular spot for wedding rentals. Tours of the Mordecai Mansion and other historic buildings are offered Tuesday through Sunday—call or visit our website for times. The cost is \$5 for adults, \$3 for youth (7-17), \$3 for seniors (65+), and children 6 and under are free. In addition, Mordecai conducts family friendly events throughout the year.

The Tucker House

The Tucker House was built in 1914 for Garland S. Tucker, owner of G.S. Tucker Furniture Company. The home was donated to the City of Raleigh by the Tucker Family in 1975. At that time, the home was located one block west, at 420 N. Blount Street. It was moved to its present site by the City and renovated as a Community Meeting House. Many house furnishings have been donated by families of deceased members of the Oakwood Community. Today the downstairs portion of the Tucker House is available

for weddings, receptions, meetings, small conferences and other approved functions. For more information call 919-831-6009.

The Borden Building

The Borden Building is one of the two remaining buildings on the former campus of the Methodist Home for Children. Built in 1900, it was the home of the Superintendent of the Orphanage and later served as home to hundreds of children. Purchased by the City of Raleigh in 1982, the house and its companion, Fred Fletcher Park provides a wealth of history and tranquility in an urban setting. The Borden Building was extremely renovated in 1992 and is presently available for weddings, receptions, meetings, small conferences, and other approved functions. For more information call 919-996-4363 and leave a message for the caretaker.

Lakes

Lake Johnson Park and Nature Preserve

4601 Avent Ferry Road, Raleigh NC, 27606

(919) 233-2121

Park Manager: Mark Elmore

Email: Mark.Elmore@raleighnc.gov

Year-round (October-March closed Mondays)

Assistant Park Manager: vacant

Email: LakeJohnsonRentals@raleighnc.gov

Lake Wheeler Park

6404 Lake Wheeler Road, Raleigh NC, 27603

(919) 662-5704

Park Manager: Chris Murray

Email: Chris.Murray@raleighnc.gov

Assistant Park Manager: Ben Coats

Email: Ben.Coats@raleighnc.gov

Year-round (October-March closed Mondays)

Lake Facility Rentals

Both Lake Johnson and Lake Wheeler offer a beautiful setting to hold a variety of special events including: weddings/receptions, family reunions, company outings, business meetings, etc. For more information about available rentals contact the facility or visit www.parks.raleighnc.gov

Boat Rentals

Both Lake Johnson and Lake Wheeler have a variety of boats available for rental, some motorized and some nonmotorized (weather and temperature conditions permitting). Please contact each facility for additional information.

Private Boat Launchings

Lake Wheeler and Lake Johnson (non-motorized only) permit private boat launches with a fee. Contact each site for current fees, pass options, permitted types of boats, no-wake hours, and other guidelines.

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Account and Program Registration Form

Main Contact

Remember you can also register online with RecLink at parks.raleighnc.gov

☐ **Raleigh Resident** ☐ **Non-resident** Add \$15 to course. Non-resident fees do not apply to Specialized Recreation Programs or courses less than \$15.

Last Name _____ First Name _____ DOB ____ / ____ / ____ ☐ Male ☐ Female

Mailing Address _____ City _____ State _____ Zip _____

Home Phone _____ Work Phone _____ Cell Phone _____ *Email _____

Emergency Contact _____ Phone _____

Pictures or video may be taken of participant for use in program publicity. ☐ Please check, if you **do not** approve

Registration Receipt: (for mail-in) I would like my receipt (please check one) ☐ **emailed (valid email address required)** ☐ **printed/mailed**

* By providing my email address I agree to receive email communication from Raleigh Parks, Recreation and Cultural Resources .

The City of Raleigh Parks, Recreation and Cultural Resources Department welcomes the participation of all individuals, including those with disabilities or special needs. We are committed to compliance with the ADA and will provide reasonable accommodations to facilitate participation in our programs. **To ensure that reasonable accommodations are in place, program registration or accommodation request should be received at least two weeks prior to the start date of the program.** For more information please contact Inclusion Services 919.996.2147

Participant #1 Information

Participant #1 Name _____ DOB ____ / ____ / ____ ☐ Male ☐ Female

Parent/Guardian Last Name If participant is under 18 _____ Parent's First Name _____

We are fully committed to complying with the American's with Disabilities Act (ADA). See above paragraph.

Please list any disability or accommodation request: _____

<u>Course Barcode</u>	<u>Program Name</u>	<u>Location</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
_____	_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	_____	\$ _____

Participant #2 Information

Participant #2 Name _____ DOB ____ / ____ / ____ ☐ Male ☐ Female

Parent/Guardian Last Name If participant is under 18 _____ Parent's First Name _____

We are fully committed to complying with the American's with Disabilities Act (ADA). See above paragraph.

Please list any disability or accommodation request: _____

<u>Course Barcode</u>	<u>Program Name</u>	<u>Location</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
_____	_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	_____	\$ _____

Account Information

☐ **Create a New Account** ☐ **Update my Account** ☐ **Please send me My Family PIN and Client Barcode**

Registration Information

Payment is required at the time of registration. Please use this form for registration, and mail to the facility where the program is held.

Non-City of Raleigh Resident Fee (\$15/course) \$ _____

I would like to make a donation to support a child's participation in
Raleigh Parks, Recreation and Cultural Resources Programs (specify amount) \$ _____

I would like to make a donation to support tree planting in Raleigh through the Neighborwoods Program (specify amount) \$ _____

TOTAL AMOUNT DUE \$ _____



Account and Program Registration Form

Payment Information

☐ **Check #** _____ (checks payable to City of Raleigh) ☐ **Money Order**

☐ **Credit Card:** ☐ **Visa** ☐ **Mastercard** ☐ **American Express** Expiration Date _____ Amount \$ _____

Print name as it appears on card _____ Billing Address _____

Card # _____ Signature _____ Date _____

Refund Policy

- 100% refund/credit/transfer if the Department cancels the program or the facility rental.
- Refund requests received in writing at least 14 or more days in advance of the program/rental/team placement date are entitled to:
 - A. 100% credit or transfer of fees to another program at the time of the withdrawal;
 - B. 85% refund based on the total cost of the program or rental;
 - C. 85% credit/transfer/refund of eligible rental fees
- Refund/credit/transfer requests received less than 14 days in advance of the program/rental/team placement date will not be granted.
- Refunds for medical circumstances requested prior to the program/rental/team placement date will be granted at 100%, pending verification.
- Outdoor facility usage cancelled due to inclement weather may be rescheduled pending space availability.
- A transfer must be requested at the time of withdrawal.
- A credit may be used by any family member on the same registration account.
- Non-attendance/non-participation in a program does not entitle the patron to a refund.

Refund requests may be sent to: **Raleigh Parks, Recreation and Cultural Resources Department** Rbo.registration@raleighnc.gov

Non-Discrimination Policy

The policy of the City of Raleigh is, and shall be, to oppose any discrimination based on actual or perceived age, mental or physical disability, sex, religion, race, color, sexual orientation, gender identity or expression, familial or marital status, economic status, veteran status or national origin in any aspect of modern life. A participant alleging discrimination on the basis of any of the aforementioned areas may file a complaint with either the Director of Raleigh Parks, Recreation and Cultural Resources Department or the Office of Equal Opportunity, U.S. Department of the Interior, Washington, D.C. 20240.

City of Raleigh Release and Indemnity Agreement

I understand that participating in the recreational program selected involves risk of injury or illness. These risks include, but are not limited to, inclement weather, accidents while traveling, food related illness, equipment problems or failures, contact with and actions of other participants, spectators, and volunteers, slips/trips/falls, and musculoskeletal injuries, among others. I choose for myself or for my child to participate in the selected programs despite the risks.

By signing the Program Registration form, I acknowledge all risks of injury, illness, death, and property damage, and affirm that I have assumed all responsibility of injury, illness, or death in any way connected with participation in the program. I also agree for myself and for any child participant to follow all rules and procedures of the program and to follow the reasonable instructions of the teachers and supervisors of the program.

In return for the opportunity to participate in this program, I agree for myself and for my heirs, assigns, executors, and administrators to release, waive, and discharge any legal rights I may have to seek payment or relief of any kind from the City, its employees or its agents for injury, illness, or death resulting from this program. If I am registering a child for a program, I agree that I am a parent, legal guardian, or am otherwise responsible for the child whose application I am submitting and that I release, waive, and discharge any legal rights that I may assert on behalf of the child participation in the program. I also agree not to sue the City, its employees, or its agents and agree to indemnify the City for all claims, damages, losses, or expenses, including attorney's fees, if a suit is filed concerning an injury, illness, or death to me or to my child resulting from participation in the program.

Registration Date Mail-in, Walk-in, and RecLink Registration begins Tuesday, July 28, 2015

By signing below, I acknowledge that I have read, understand, and agree to the City of Raleigh policies listed on this form.

Signature is required to complete the registration process.

Participant Signature _____ **Date** _____

Signature of parent/legal guardian if child is under 18 _____ **Date** _____

Additional Facility and Program Information

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Fishing Opportunities

Bank fishing from the shores is restricted from the banks of Lake Wheeler and Lake Johnson. Fishing is permitted from Lake Johnson's Boardwalk and Shelley Lake's shorelines and docks. A fee is required for fishing at Lake Wheeler and is permitted from designated fishing piers and the banks of Simpkins Pond. Fishing from any boat is allowed. Please check each facility for additional regulations.

Off-Leash Dog Parks

Raleigh Parks, Recreation and Cultural Resources encourages you and your dog to come out and enjoy the park facilities located throughout Raleigh. Each park is managed by volunteers and depends on responsible dog ownership and etiquette. These dog parks are areas where you can take your dogs and let them off leash, while remaining in compliance with Raleigh city ordinances. They are located at Carolina Pines Park, Millbrook Exchange Park, and Oakwood Park.

Museums

COR Museum

Museum Director: Ernest Dollar

Email: ernest.dollar@raleighnc.gov

Assistant Museum Director: Kimberly Floyd

Email: kimberly.floyd@raleighnc.gov

220 Fayetteville St. Raleigh, NC 27601

Phone: 919-996-2220

COR Museum is located on Fayetteville Street, Raleigh's "Main Street" and the center of downtown. Originally established in 1993 as a non-profit entity, the City of Raleigh assumed operational control of the museum in 2012. Housed in a historic former hardware store, the museum is dedicated to preserving and interpreting the history of North Carolina's capital city while envisioning its future. The museum curates temporary and permanent exhibits about the city's people, places, and resources, maintains a collection of approximately 5,000 artifacts, and offers educational programming and tours. The COR Museum is open Tuesday-Saturday from 9:00am-4:00pm and Sundays from 1:00-4:00pm. Admission is free.

Pope House Museum

511 South Wilmington St. Raleigh, NC 27601

Phone: 919-996-2220

The Pope House Museum was originally built in 1901 as the home to Dr. Manassa Pope and his wife. Dr. Pope holds the distinction of being the first medically licensed African-American doctor in the state.

The structure has undergone a transition from private management to City of Raleigh Parks, Recreation and Cultural Resources Department management, and will be open for regular tours for the first time. The Pope House Museum's new hours will be Saturdays, 10:00am-3:00pm and by appointment during the week. Saturday tours start on the hour with the first at 10:00am and the last tour beginning at 2:00pm. A new program has been developed to inform the public about one of Raleigh's more interesting citizens. Exterior work is being performed on the structure to improve in its appearance and make the house more closely resemble its appearance from the 1930s.

Playgrounds

The City of Raleigh owns and operates many playgrounds throughout Raleigh. For a list of playgrounds including location, age recommendation, surfacing, and photos, please visit www.parks.raleighnc.gov

Saint Monica Teen Center

The Saint Monica Teen Center is the first teen center operated by Raleigh Parks, Recreation and Cultural Resources and provides a wide range of programs and opportunities for teenagers in Raleigh! The facility houses a state of the art technology room, teen lounge, fitness/dance room, multipurpose classroom, wall of history, and homework area. The Saint Monica Teen Center is open to ages 13-19 that are currently enrolled in a middle or high school. Membership is required to utilize the Saint Monica Teen Center. Please call 919-996-4770 for more information.

Tennis Center and Courts

The Raleigh Parks, Recreation and Cultural Resources Department offers 112 public tennis courts (108 are lighted) located at 25 sites throughout the city. No advanced sign up is necessary and it is free to play at any location each day until 10:00pm. Millbrook also has a drop in doubles challenge court, a ball machine court and three backboards. Racquets and balls are available to borrow and tennis accessories are available for purchase. Tennis program updates and forms can be downloaded from www.raleightennis.com. To talk to someone about tennis for you, call Millbrook Exchange Tennis Center, 872-4128.

Programs

English As a Second Language

Program Director: Monica Quechol-Bradley

The English as a Second Language Program (ESL) offers new and innovative recreation opportunities and experiences for residents of Wake County who speak English as a Second Language. Programs are geared towards youth and adults alike. Opportunities include Spanish classes, English as a Second Language classes, dance classes, and much more. Volunteers are always needed to assist with promoting our programs and teaching English and Spanish. For more information, please visit our website at www.parks.raleighnc.gov, keyword search "ESL." Or call the ESL Program Office at 919-996-6844.

Historic Resources and Museum Program

Program Director: Troy Burton

The HRM Program manages operations and programs at the Borden Building and Stone Circle at Fletcher Park, the City of Raleigh Museum, the Fred Fletcher Amphitheater at Fletcher Park, John Chavis Memorial Park Historic Attractions, the Latta House and University Site, Mordecai Historic Park, the Pope House Museum, Pullen Park Historic Attractions, and the Raleigh Trolleys. The Historic Resources and Museum Program manages an artifact collection consisting of more than 18,000 fine and decorative material culture objects. The program offers various programs throughout the year including guided tours and rentals at the facilities, school field trips, summer camps, and special events.

NeighborWoods

NeighborWoods is the City of Raleigh's street tree program. Our mission is to cooperate with local residents to replace trees that disappear from the urban landscape due to development and inclement weather. We help ensure that Raleigh lives up to its name, "The City of Oaks", while enhancing the sense of community amongst its citizens. NeighborWoods provides and prunes the trees, free of charge, and the homeowner must plant the tree on the city right of way, while pledging to water the tree for the first two years. Our goal is to plant at least 1500 trees every year. Together we have planted over 12,000 trees since 2004. NeighborWoods trees are purchased solely through donations and we rely on volunteers to help us plant trees for those who are disabled. If you would like to make a tax deductible contribution, please, enter the

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Additional Facility and Program Information

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donation amount in the designated box on the Raleigh Parks, Recreation and Cultural Resources Department – Account and Registration Form located in this brochure, or mail a check to:

Raleigh NeighborWoods

Attn: Recreation Business Office
Pullen Arts Center, PandR 6501
105 Pullen Road Raleigh, NC 27607

For other contribution options, to request a tree or volunteer please contact the Tree Planting Coordinator at 996-4115 or email trees@raleighnc.gov. For more information on NeighborWoods visit our website! From the City of Raleigh home page click the Environment tab and then click on the NeighborWoods tree planting link.

School Programs

Youth Programs: 919-996-6165

Program Director: Toni Webb

Email: toni.webb@raleighnc.gov

Program Managers: Beth Soles

Email: beth.soles@raleighnc.gov

Joseph Voska Email: joseph.voska@raleighnc.gov

Youth Programs offers School Based Programs (After School, Before School, and Track Out Programs) and Summer Camps throughout the city for elementary and rising middle school aged participants. To obtain specific program descriptions and to register for these programs, visit your local community center to obtain at School-Based Programs or Summer Camp Brochure. Also, you can visit www.raleighnc.gov and search for the specific program name for more information.

Adult Program

Recreation Program Director:

Todd Riddick 919-996-2151

Email: todd.riddick@raleighnc.gov

The Adult Program serves over 7,000 older adults throughout the Raleigh area. Activities are offered at two Active Adult Centers, as well as many city wide community centers and other locations within the City of Raleigh. These activities include sports leagues, exercise classes, bingo, cards, Outdoor Adventure Club, and much more; numerous one-day and overnight trips each year, including cruises and international travel; educational seminars and workshops on a wide range of topics; and a network of 48 senior adult clubs throughout the city. Further information can be found throughout this brochure under the Senior Sections, or by calling 919-996-4730 or 919-996-4720.

Teen Programs

Program Supervisors:

Kent Hunt and Chiffonda Holloway

The Teen Program of Raleigh Parks, Recreation and Cultural Resources provides recreation, education, career exploration, personal and social empowerment, and personal development for the purpose of serving teens ages 12-18 in the City of Raleigh and Wake County through various programs and events. The goal of the program is to provide an opportunity for youth to initiate, plan, and implement programs as well as to design and develop projects and special events that will be of benefit to their peers, the community, and to themselves as individuals. For information on Teen programs, call 919-996-2139.

Portable Challenge Course for Teens

Age: 11-18yrs. Let the Teen Program Staff custom design a team building workshop to help meet your group's needs and challenges. Initiative activities are utilized to enhance problem solving, team building, conflict resolution and other life skills through experiential learning and will be tailored to your specific group. These programs are great for schools, church groups, student councils, drop-out prevention programs, and many other established youth groups. Courses will be held at the site of the participants' choosing and will be scheduled according to availability. Please contact the Teen Program at least one month in advance of desired program date. Cost: \$20 per staff hour of program with a minimum of 2 hours; we require a 1 to 8 staff member to student ratio.

Raleigh Youth Council

Are you a high school student that is interested in initiating, organizing and executing programs and projects that benefit youth? The Raleigh Youth Council is for teens and is run by teens. They focus their involvement in leadership opportunities, community service, recreation, fundraisers, special events, and State Youth Council conferences. The Raleigh Youth Council creates a forum where teens can freely express their ideas and opinions and serve as advocates for teens in Wake County. The meetings take place on the second and fourth Mondays of each month during the traditional school year.

Cost: There is no membership fee but there may be additional fees for activities or conferences. Pre-registration is not required. Please contact the Teen Program at 919-996-2139 for more information.

Volunteer Opportunities with Raleigh Parks, Recreation and Cultural Resources

You are invited to make a difference in your community and volunteer with Raleigh Parks, Recreation and Cultural Resources. Individuals, families, students, businesses and organizations have an opportunity to contribute time, talents and resources to our City parks, programs and facilities.

Volunteer Opportunities in the Parks

Volunteers can enhance City Parks and facilities through the following projects:

- Gardening/Landscaping
- Tree plantings
- Mulching
- Litter and debris removal
- Painting projects
- Removal of invasives

The Raleigh Parks, Recreation and Cultural Resources Adopt-A-Park Program utilizes volunteers to enhance city parks, trails and facilities. Over 70 groups currently participate in the program and volunteer quarterly to improve a park or trail.

Volunteer Opportunities in Recreation Programs

Volunteers can assist with the following Recreation Programs:

- Sports and Tournaments** – Youth athletic coaches are needed for baseball, basketball, football, lacrosse, in-line hockey, softball, swimming and tennis
- Special Events** – Assist with registration, set-up, and activities at various citywide special events.
- Specialized Recreation Services** – Assist individuals with developmental and/or physical disabilities in diverse events and activities including Wake County Special Olympics.
- ESL (English as a Second Language) Program** Assist with teaching basic elements of English, Spanish, and other exciting recreational opportunities. Volunteer at various special events and with community outreach projects.
- Centers for Active Adults** – Assist with teaching classes, special events, greeters, receptionists, room hosts, tour guides and more
- Mordecai Historic Park** – Assist in the park as docents, gardeners, tour leaders and special events volunteers.

Volunteers can register now online at parks.raleighnc.gov

For more information contact

Cindy Trumbower at

cindy.trumbower@raleighnc.gov

or call (919)996-3292.

Directory

Explore Your Parks with Park Locator! Access Park Locator: <http://maps.raleighnc.gov/parklocator/> Find the closest park to your home, search for parks by amenity, get directions to a park, and explore program offerings at the parks!

Frequently Called Numbers

Adopt-A-Park	919-996-3292
City Cemeteries	919-996-6548
General Park Maintenance	919-996-4115
Facilities and Operations	
Facilities, Irrigation, Lighting	919-996-3420
General Recreation	919-996-6640
Greenways	919-996-4786
Greenway Map Request	919-996-3285
Reclink Support	919-996-2153
Recreation Business Office	919-996-4800

Division

Administration	919-996-3285
Design/Development	919-996-4824
Maintenance/Parks	919-996-4115
Marketing	919-996-3285
Raleigh Arts	919-996-3610
Recreation	919-996-6640
Urban Forestry	919-996-4115

Programs

Adult Program	
Anne Gordon Center for Active Adults	919-996-4720
Five Points Center for Active Adults	919-996-4730
Adventure Program	919-996-6855
Amusements	
520 Ashe Avenue	919-996-6468
Aquatics and Swimming Pools	
2401 Wade Avenue	919-996-6852
Arts Program	919-996-4683
Athletic Program	
2401 Wade Avenue	919-996-6836
Athletics Leisure Line Update	
2401 Wade Avenue	(24 hr. recording) 919-996-6575
Community Centers Program	
2401 Wade Avenue	919-831-6685 / 919-831-6677
English as a Second Language Program	
2401 Wade Avenue	919-996-6844
Nature Programs	
2401 Wade Avenue	919-996-6856
Specialized Recreation Services	
2401 Wade Avenue	919-996-6640
Adults	919-996-2149
Inclusion Services	919-996-2145 or 919-996-2146
Social Clubs	919-996-2148
Visually Impaired	919-996-2147
Youth	919-996-2110
Special Olympics Wake County	919-996-2111
Tennis Program – Millbrook Exchange Tennis Center	
1905B Spring Forest Road	919-872-4128
Teen Program	
2401 Wade Avenue	919-996-2139
Urban Forestry	919-996-4115 / 919-872-4137(fax)
Volunteer Programs	
222 W. Hargett Street	919-996-3292

Youth Programs

820 Clay Street,	27605	919-996-6165
After School Program		
Before School Program		
Summer Camps		
Track Out Program		

Facilities

All Children's Playground c/o Laurel Hills Park

— •BEG	
3808 Edwards Mill Road,	27612
919-420-2383	

Anderson Point Park c/o Barwell Road

— •EKMN	
20 Anderson Point Drive,	27610
919-996-5994	

Anne Gordon Center for Active Adults

— •L	
1901 Spring Forest Road,	27615
919-996-4720	

Annie Louise Wilkerson, MD Nature Preserve Park

— •K	
5229 Awns Haven Drive,	27614
919-996-6764	

Bailewick Road Park c/o Lake Lynn

— •BEM	
9501 Bailewick Road,	27615
919-870-2911	

Barwell Road Community Center

— •AWZ	
5857 Barwell Park Drive,	27610
919-996-5994	
Barwell's Open Play Line:	919-996-6736

Biltmore Hills Park and Community Center

— •ABCDEGMZ	
2615 Fitzgerald Drive,	27610
919-831-6895	

Biltmore Hills Swimming Pool

— •D	
701 Crown Crossing Lane,	27610
919-831-6736	

Borden Building at Fletcher Park

— GMV	
820 Clay Street,	27605
919-831-6430	

Brentwood Neighborhood Park and Center

c/o Green Road	
— •BCEGM	
3315 Vinson Court,	27604
919-872-4140	

Brier Creek Community Center

— •AEGMWZ	
10810 Globe Road,	27617
919-420-2340	

Brookhaven Nature Park

— •K	
5125 Berkeley Street,	27612
919-996-6856	

Buffaloe Road Aquatics Center

— D	
5908 Buffaloe Road,	27616
919-996-5600	

Buffaloe Road Athletic Park

— BEW	
5900 Buffaloe Road,	27616
919-996-6836	

Carolina Pines Park, Community Center, and Off-Leash Dog Park

— •ABCEUZ	
2305 Lake Wheeler Road,	27603
919-831-6435	

Cedar Hills Park c/o Optimist

— •BCEFGHM	
5600 Sweetbriar Drive,	27609
919-870-2880	

City of Raleigh Museum (COR)

220 Fayetteville Street,	27601
919-996-2220	

Durant Nature Preserve

— •EKMOQ	
8305 Camp Durant Road,	27614
919-870-2871	

Eastgate Neighborhood Park Center c/o Millbrook

— •CEJM	
4200 Quail Hollow Drive,	27609
919-996-4156	

Fallon Park c/o Optimist

2601 Oxford Road	27608
919-870-2880	

Five Points Center for Active Adults

— •LZ	
2000 Noble Road,	27608
919-996-4730	

Fred Fletcher Park c/o Jaycee

820 Clay Street,	27605
919-996-6833	

Garris Building c/o Jaycee

820 Clay Street,	27605
919-996-6833	

Glen Eden Pilot Neighborhood Center c/o Jaycee

— •CM	
1500 Glen Eden Drive,	27612
919-996-6833	

Green Road Park and Community Center

— •ABCEGMRZ	
4201 Green Road,	27604
919-872-4140	

Greystone Recreation Center

— •E	
7713-55 Lead Mine Road,	27615
919-996-4848	

Halifax Park and Community Center

— AEG	
1023 Halifax Street,	27604
919-996-6378	

Hill Street Park and Neighborhood Center

— •EM	
2307 Hill Street,	27604
919-996-5300	

Honeycutt Park c/o Millbrook Exchange

— BEGRMN	
1032 Clear Creek Farm Road,	27615
919-996-4156	

Isabella Cannon Park c/o Jaycee

2601 Kilgore Avenue,	27608
919-996-6833	

Jaycee Park and Community Center

— •ABCEJMRVZ	
2405 Wade Avenue,	27607
919-996-6833	

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Directory

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John Chavis Memorial Park and Community Center

— • **ABCDENMWZ**
505 MLK Jr. Boulevard, 27601
919-831-6989

John Chavis Memorial Park Swimming Pool

— • **D**
720 Chavis Way, 27601
919-831-6565

John P. "Top" Greene Center

— •
401 MLK Jr. Boulevard, 27601
919-831-6527

Kentwood Park

4531 Kaplan Drive, 27606
919-831-6435

Kingwood Forest c/o Biltmore

2610 Evers Drive, 27610
919-831-6895

Kiwanis Neighborhood Park and Center c/o Optimist

— • **BEGM**
2525 Noble Road, 27608
919-870-2880

Lake Lynn Park and Community Center

— • **ABCENoz**
7921 Ray Road, 27613
919-870-2911

Lake Johnson Park and Nature Preserve

— • **MNOPQ**
4601 Avent Ferry Road, 27606
919-233-2121

Lake Johnson Swimming Pool

— • **D**
5623 Jaguar Park Drive, 27606
919-233-2111

Lake Wheeler Park

— • **EJMOPQ**
6404 Lake Wheeler Road, 27603
919-662-5704

Laurel Hills Park and Community Center

— • **ABEGMZ**
3808 Edwards Mill Road, 27612
919-420-2383

Lions Park and Community Center

— • **ABCEGMZ**
516 Dennis Avenue, 27604
919-831-6995

Lions Park BMX Track

— **S**
516 Dennis Avenue, 27604
919-831-6995

Longview Swimming Pool

321 Bertie Drive, 27610
919-831-6343

Marsh Creek Park, Community Center, and Skate Park and Inline Hockey Rink

— • **ABEMTYZ**
3050 New Hope Road, 27604
919-996-4920

Method Road Park and Community Center

— • **AEgz**
514 Method Road, 27607
919-996-6066

Millbrook Exchange Community Center

— • **ABEGMUZ**
1905 Spring Forest Road, 27615
919-996-4156

Millbrook Exchange Swimming Pool

— • **D**
1905 Spring Forest Road, 27615
919-996-4130

Millbrook Exchange Tennis Center

— **C**
1905 B Spring Forest Road, 27615
919-872-4128

Mordecai Historic Park

— **V**
1 Mimosa Street, 27604
919-996-4364

North Hills Park c/o Optimist

— • **BCEMN**
100 Chowan Circle, 27609
919-870-2880

Oakwood Off-Leash Dog Park c/o Lions

— • **BMGU**
910 Brookside Drive, 27604
919-831-6995

Optimist Park and Community Center

— • **ABCDEN**
5900 Whittier Drive, 27609
919-870-2880

Optimist Swimming Pool

— • **D**
5902 Whittier Drive, 27609
919-870-2882

Peach Road Neighborhood Center

— • **EG**
911 Ileagnes Road, 27603
919-807-8545

Pope House Museum

511 South Wilmington Street, 27601
919-996-2220

Powell Drive Park c/o Method

— • **CEG**
740 Powell Drive, 27606
919-996-6066

Pullen Park Amusements

— • **CEMOPZ**
520 Ashe Avenue, 27606
919-996-6468

Pullen Aquatic Center

— • **D**
410 Ashe Avenue, 27606
919-996-6197

Pullen Arts Center

— • **L**
105 Pullen Road, 27607
919-996-6126

Pullen Community Center

— **Z**
408 Ashe Avenue, 27606
919-831-6052

Raleigh Little Theatre/Rose Garden

— • **V**
301 Pogue Street, 27607
919-821-4579

Ralph Campbell Community Center

— • **G**
756 Lunar Drive, 27610
919-250-2757

Ridge Road Swimming Pool

— • **D**
1709 Ridge Road, 27607
919-420-2322

Roberts Park and Community Center

— • **ABCEGLMZ**
1300 E. Martin Street, 27610
919-831-6830

Saint Monica Teen Center

15 North Tarboro Street, 27610
919-996-4770

Sanderford Road Park and Neighborhood Center

— • **BCEGM**
2623 Sanderford Road, 27610
919-831-1898

Sgt. Courtney T. Johnson Neighborhood Center

— • **EGM**
1801 Proctor Road, 27610
919-831-6719

Sertoma Arts Center

— • **L**
1400 W. Millbrook Road, 27612
919-996-2329

Spring Forest Road Park c/o Green Road

— • **BCEMN**
4203 Spring Forest Road 27616
919-872-4140

Tarboro Road Park and Community Center

— • **ACEMZ**
121 N. Tarboro Street, 27610
919-831-6505

Theatre in the Park

— •
107 Pullen Road, 27607
919-831-6936

Tucker House

— •
418 N. Person Street, 27601
919-831-6009

Walnut Creek Softball Complex

— • **B**
1201 Sunnysbrook Road, 27610
919-250-2725

Walnut Creek Wetland Center

— • **KN**
950 Peterson Street, 27610
919-996-2760

Williams Park c/o Sertoma Arts Center

— • **CEMR**
6601 Leadmine Road, 27612
919-420-2329

Worthdale Park and Community Center

— • **ACEFZ**
1001 Cooper Road, 27610
919-250-2730

* Inquiries and mail for unstaffed centers should be sent to c/o site.

Amenities Legend

A Gymnasiums	O Lake
B Lighted Ballfield(s)	P Boat Rental
C Tennis Courts	Q Fishing
D Pool	R Sand Volleyball
E Play Equipment	S BMX Track
F Mini Park	T Inline Skating
G Outdoor Basketball	U Dog Park
H Frisbee Golf	V Gardens
J Exercise Trail	W Walking Track
K Nature Study	Y Skate Park
L Arts	Z Weight Room
M Picnic Shelter	• Handicap Accessible
N Greenway Trail	



#RaleighParks





City of Raleigh Parks,
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