WAKE FOREST PARKS, RECREATION & CULTURAL RESOURCES

MAR-AUG 2015

Spring & Summer Summer Summer Camps

INCLUDING SUMMER CAMPS



WELCOME

Meet the town's Recreation Programs Superintendent



Monica Lileton, Recreation Programs Superintendent, started with the Wake Forest Parks, Recreation & Cultural Resources (PRCR) Department in May 2014. As the Recreation Programs Superintendent, Lileton is responsible for managing the PRCR Department's Recreation Programs Division which oversees a variety of recreational programs and special events, as well as the community's cultural enrichment. Prior to coming to Wake Forest, Monica worked for the Town of Garner,

where she managed youth programs as the town's Recreation Programs Specialist. Prior to that, she worked in private, state-funded and non-profit programs and is a former YMCA Program Director. Monica holds a bachelors degree in sports management from Gardner-Webb University.

Since starting with the Town of Wake Forest, Monica has implemented an on-line registration process for programs and increased enrollment in the Summer Camp Program. She also planned and managed the Spooktacular and Calls from Santa events.

Great things are happening in the Programs Division and we're looking forward to new and exciting programs and activities.



Program registration begins Feb. 1

The Wake Forest Parks, Recreation & Cultural Resources Department is pleased to present an expanded selection of programs for spring and summer. Register for programs at any staffed site or online at wakeforestnc.recdesk.com.

STAFFED REGISTRATION SITES: Wake Forest Town Hall, Flaherty Park Community Center, Alston-Massenburg Center

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Office Hours Monday-Friday, 8 am-5 pm

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Flaherty Park Community Center 1226 N. White St. 919-554-6726

Alston-Massenburg Center 416 N. Taylor St. 919-554-6189

The Wake Forest Parks, Recreation & Cultural Resources Department seeks to enhance the lives of the citizens of Wake Forest by offering a comprehensive system of parks, greenways, facilities, and open spaces, coupled with cultural and athletic programs, that promote education, health, and wellness.



March-August 2015

NEWS PARKS AND RECREATION UPDATES



Play It Forward Wake Forest

The Wake Forest Parks, Recreation & Cultural Resources (PRCR) Department is in the midst of a long-range planning effort. "Play It Forward Wake Forest," is the name given to the town's approach to developing a new comprehensive Master Plan. Coordinated by the PRCR, the Recreation Advisory Board, and GreenPlay, the master plan consultant, the initiative is designed to offer residents a variety of innovative ways to get involved and offer their input.

The purpose of the Master Plan is to look at where we are now, what the anticipated needs are for the future and how we can improve and upgrade our existing facilities and programs to effectively serve residents and visitors in years to come. Upon completion, the plan will establish a 10-year vision for future parks, greenways, programs and facilities.

Community input is the cornerstone of "Play It Forward Wake Forest." Over the past several months the town has offered several opportunities for area residents to share their thoughts and opinions.



One of the ways area residents can provide feedback is through "Engage Wake Forest" —a comprehensive community engagement website that encourages public interaction and solicits feedback. Developed by Mind-

Mixer and located at **engage.wakeforestnc.gov**, the new site invites area residents to share their ideas on a variety of topics related to the Master Plan project.

For complete information, visit **wakeforestnc.gov/play-it-forwardwake-forest.aspx** or contact PRCR Director Ruben Wall at 919-435-9561 or rwall@wakeforestnc.gov.

Attention seniors! Check out the Northern Wake Senior Center

The Northern Wake Senior Center, 235 E. Holding Ave., offers adults age 55 and older a full schedule of recreational activities, including aerobics, line dancing, ballroom dancing, wood carving, painting, and craft making.

Open Monday-Friday, from 8 a.m. to 5 p.m., the center also provides several social events each month, as well as educational classes on subjects including computers and ceramics and clay.

Programming at the Northern Wake Senior Center is provided by Resources for Seniors, Inc. The organization serves senior and disabled adults in Wake County by providing home- and community-based services and information, thereby allowing them to maximize their choices for independence, comfort, safety, security and well-being.

To learn more, visit **wakeforestnc.gov/northern-wake-senior**center.aspx or call 919-554-4111.

Follow the Wake Forest Renaissance Centre on Facebook and Twitter

Did you know the Wake Forest Renaissance Centre utilizes Facebook and Twitter to inform area residents about its cultural arts programming, including classes and special events?

Anyone interested in receiving regular updates about events and activities taking place at the Renaissance Centre is encouraged to "Like" the facility on Facebook and "Follow" it on Twitter. The Renaissance Centre's Facebook page is located at **facebook.com**/ **WFRenaissanceCentre**, while its Twitter name is @WFRenCen.

Pickleball courts available at Flaherty Park

In 2014 the Parks, Recreation & Cultural Resources (PRCR) Department added eight pickleball courts on two of the tennis courts at

Flaherty Park, 1226 N. White St.

What is pickleball? It's a relatively new phenomenon played on a badminton-sized court with a plastic ball and paddle. Easy to learn the game can be played indoors or outdoors and as singles or doubles.

To learn more, contact Joe Vartanesian at retired17@ gmail.com.





There's always something to do in Wake Forest. Save the dates for these fun community events at E. Carroll Joyner Park.



Arbor Day Celebration and Tree Seedling Giveaway

The Town of Wake Forest will hold its annual Arbor Day Celebration and give away 1,600 tree seedlings, including blackgum, waxmyrtle, yellow poplar and mockernut hickory. The Urban Forestry Board will announce the winners of the Green Medal Awards of Excellence. Please visit the Town of Wake Forest's website or app for more information about this free event.

		Joyner Pk	Sa	10:00 am-2:00 pm	Mar 21	free	all ages
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Easter Egg Hunt

Over 10,000 eggs will be hidden at this year's Easter Egg Hunt! The egg hunt will feature multiple hunt areas, each for a different age group. Bring your own basket and arrive early for good parking!

	,	Joyner Pk	Sa	10:00 am-12:00 pm	Mar 28	free	all ages
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Egg-ceptional Egg Hunt

This year, the Town of Wake Forest will be hosting our first ever Egg-ceptional Egg Hunt! This egg hunt is free and will cater to children with disabilities and their families. The purpose of our egg hunt is to provide a fun, safe, family-friendly environment that allows children who may have difficulty participating in a traditional egg hunt the opportunity to hunt for Easter eggs. Bring a buddy to help if needed.

Joyner Pk*	Sa	11:30 am-12:00 pm	Mar 28	free	all ages
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*Event will be held in the pecan grove



Six Sundays in Spring: Music in the Park

Bring a lawn chair and settle in for some foot-tapping, finger-snapping music in the park. The Six Sundays in Spring concert series is co-sponsored by Wake Forest ARTS; Wake Forest Parks, Recreation & Cultural Resources Department; and United Arts of Raleigh and Wake County. The sixth show on May 31 is presented by PineCone: The Piedmont Council of Traditional Music.

Joyner Pk*	Su	5:00 pm-7:00 pm	Apr 26-May 31	free	all ages
*In case	of ind	clement weather the c	oncert may be move	nd to the	Renaissance

Centre, 405 S. Brooks St. Any change in location will be announced by 3 pm on concert day. For updated information, call the Weather Line at 919-435-9569.

Concert in the Park

Bring a lawn chair and enjoy live music at the park. Concert in the Park is presented by PineCone: The Piedmont Council of Traditional Music. The show is co-sponsored by the Wake Forest Parks, Recreation and Cultural Resources Department, Wake Forest ARTS and United Arts Raleigh and Wake County.

Joyner PkSu5:00 pm-7:00 pmAug 2freeall ages	
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PARKS & GREENWAYS

From the flagship park to the smaller neighborhood parks, Wake Forest offers a wide range of places to explore and enjoy the great outdoors.

E. Carroll Joyner Park

701 Harris Rd. 919-435-9560 HOURS: dawn to dusk

E. Carroll Joyner Park is one of the community's most treasured resources. With 117 acres of sweeping lawns and restored farm buildings, the park is a beautiful setting for public and private events. A magnificent pecan grove offers shade underneath its canopy for picnics and relaxation. The 1000-seat amphitheater provides the perfect setting for large performances including the "Six Sundays in Spring" concert series. A smaller performance garden offers an intimate venue for weddings, storytelling and music workshops. Amidst the beautiful scenery loop three miles of paved trails for walking bicycling and inline skating. Leashed dogs are also welcome to enjoy the trails.

RENT THIS SITE	Deposit	Rates	Availability
Amphitheater	\$100	\$150 Half Day, Mon-Fri \$200 Half Day, Sat-Sun/holiday \$250 Full Day, Mon-Fri \$400 Full Day, Sat-Sun/holiday	<i>Daily</i> 8:00 am-2:00 pm; 3:00 pm-dusk dawn to dusk
Performance Garden	······································		<i>Daily</i> 8:00 am-2:00 pm; 3:00 pm-dusk dawn to dusk
Open Space (3 sites under pecan grove)	\$100	\$15/hr 2-hr min	<i>Daily</i> dawn to dusk



J. B. Flaherty Park

1226 N. White St. 919-435-9560 HOURS: dawn to dusk

Flaherty Park is a 100-acre facility that includes lighted ball fields, a playground, two stocked ponds, a dog park, tennis



courts and a community center (see page 9 for center information).

FLAHERTY DOG PARK Flaherty Dog Park provides a place for dog owners to let their pets run free safely and legally without a leash. The park is approximately two acres in size and is located adjacent to the Flaherty Park baseball and softball fields. The fenced park is divided into two sections: one for small dogs, one for large dogs. Water stations, picnic tables and a pet waste clean-up station are available.

RENT THIS SITE	Deposit	Rate	Availability
Open Space	\$100	\$15/hr 2-hr min	<i>Daily</i> dawn to dusk
Athletic Field	\$100	\$25/hr (no lights) + \$30 field prep fee Lights: \$15/hr additional	Daily

See page 9 for Flaherty Park Community Center rental information

Holding Park

133 W. Owen Ave. 919-435-9560 PARK HOURS: dawn to dusk

Holding Park is a five-acre site that features a large playground, basketball courts, picnic tables, 50-meter pool and the Wake Forest Community House.



HOLDING PARK POOL The 50-meter public pool is open from Memorial Day weekend through August. See page 25 for more information about the pool.

RENT THIS SITE	Deposit	Rate	Availability
Open Space	\$100	\$15/hr 2-hr min	<i>Daily</i> dawn to dusk
Athletic Field	\$100	\$25/hr (no lights) + \$30 field prep fee Lights: \$15/hr additional	Daily

See page 8 for Wake Forest Community House rental information



PARKS	Acres	Amphitheatre	Baseball/Softball Field	Basketball Court	Community Center	Dog Park	Flower Garden	Greenway	Grill	Open Space	Picnic Shelter	Picnic Tables	Playground (ADA 36)	Pond	Swimming Pool	Restrooms	Soccer Field	Tennis Court
Ailey Young Park 800 Juniper Ave.	15		•	•					•		•	•	•			•		
DuBois Park 518 N. Franklin St.	0.4			•									•					
E. Carroll Joyner Park 701 Harris Rd.	117	•					•	•	•	•	•	•		•		•		
H.L. Miller Park 401 Elm Ave.	2							•				•						
Heritage High Park* 1140 Forestville Rd.	25		•	•				•								•	•	•
Holding Park 133 W. Owen Ave.	5		•	•	•				•	•		•	•		•	•		
J.B. Flaherty Park 1226 N. White St.	100		•	•	•	•		•		•	•	•	•	•		•		•
Kiwanis Park 400 E. Holding Ave.	1							•			•	•	• #					
Plummer Park 965 Jones Wynd	0.5										•	•	•					
Smith Creek Soccer Center 690 Heritage Lake Rd.	17							•	•		•	•	•			•	•	
Taylor Street Park 416 N. Taylor St.	1.5				•		•				•	•	•			•		
Tyler Run Park 830 Pineview Dr.	9		•	•				•				•	•					

*Heritage High Park is open to the public after 6 pm on weekdays and dawn to dusk on weekends.

Adopt-a-Trail Program

Would you like to play a role in the betterment of your community? Volunteers are invited to help in the beautification of our greenway trails. The Adopt-a-Trail Program is designed to promote civic responsibility and community pride.



Community organizations, individuals, families, and business are encouraged to adopt a specific length or neighborhood of trails, keeping them clear of weeds and debris for one year. Volunteers are also invited to initiate and participate

in a number of enhancement projects designed to improve the aesthetics or functionality of the town's greenways.

For more information visit **wakeforestnc.gov/adopt-a-trail.aspx** or contact Senior Planner Candace Davis at cdavis@wakeforesnc.gov or 919-435-9513.



Download the Town of Wake Forest app

Download the free Town of Wake Forest app to access maps to the parks directly from your smartphone. Receive time-sensitive news messages, including notices about game cancellations. Enjoy instant access to popular community events. Search for "Town of Wake Forest" on iTunes, in the iPhone app store or in Google Play.



GREENWAYS		
E. Carroll Joyner Park 701 Harris Rd.	P S	3.0 mi. 0.5 mi.
Dunn Creek Greenway 690 Heritage Lake Rd.	Ρ	1.0 mi. 0.3 mi*
H.L. Miller Park 401 Elm Ave.	Ρ	0.4 mi.
Heritage High School 1150 Forestville Rd.	S	0.8 mi.
J.B. Flaherty Park 1226 N. White St.	Ρ	0.25 mi.
Kiwanis Greenway 706 S. Franklin St.	Ρ	0.25 mi.
Richland Creek Olde Mill Stream Greenway 901 Barnford Mill Rd.	Ρ	0.45 mi.
Sanford Creek Heritage South Greenway dead end of Marshall Farm St.	Ρ	0.85 mi. 1.3 mi. **
Smith Creek Burlington Mills Greenway 2912 Burlington Mills Rd.	Ρ	1.15 mi.
Smith Creek Soccer Center 690 Heritage Lake Rd.	Ρ	0.63 mi. 1.1 mi.**
Tyler Run Park 830 Pineview Dr.	Ρ	0.12 mi.
Wake Forest Reservoir Traditions Grande Blvd.	S	1.6 mi.

*Downtown Connector section (.3 mi.) to be completed 2015. **Smith/Sanford Creek Greenway (2.4 mi.) to be completed 2015.

Park & Trail Rules

- Parks and greenways are open daily dawn to dusk.
- Smoking is limited to parking areas only.
- Alcoholic beverages are prohibited.
- Use of personal grills (gas or charcoal) is prohibited.
- Motorized vehicles are not permitted.

Trail Safety Tips

- Remain on the right side of the trail except when passing.
- Bicyclists and skaters must always yield the right of way to pedestrians.
- Greenway patrons are encouraged to walk or jog with a friend.

Athletic Fields

Baseball/softball fields are located at Ailey Young Park, J.B. Flaherty Park, R.H. Forrest Field, Heritage High School, Tyler Run Park and Wake Forest Middle School.

Soccer fields are located at Heritage High School, Smith Creek Soccer Center and Wake Forest Middle School

See pages 5-7 for park locations and list of amenities. FIELD INFORMATION: 919-435-9560

RENT THIS SITE	Deposit	Rates	Availability
Athletic Field		\$25/hr (no lights) + \$30 field prep fee Lights: \$15/hr additional	Daily



Wake Forest Reservoir

The Wake Forest Reservoir was created as a drinking water source for the town in the early 1960s. Shortly after the City of Raleigh utility merger, the water plant was taken off line, but limited operations are still in place at the reservoir. You can still see some of the water plant structures on site.



Today, the lake is open for paddle and electric powered boats. Hikers can explore the 1.6 mile trail which follows the west bank of the reservoir.

The driveway to the lake is located off of Traditions Grande Boulevard near Wait Avenue. There is a small concrete boat ramp adjacent to the parking area.

Wake Forest's community centers are gathering spots

Alston-Massenburg Center

416 N. Taylor St. 919-554-6189 HOURS: Mon-Fri 2-8 pm; Sat 8 am-4 pm; Sun 1-5 pm



The fully renovated Alston-Massenburg Center features a large meeting room,

with a stage, theater curtains and kitchen. The center adjoins Taylor Street Park which has a playground and a picnic shelter.

RENT THIS SITE	Deposit	Rate	Availability	Furniture
Large Meeting Room	\$100	\$200 Half Day	<i>Sat & Sun only</i> 8:00 am-3:00 pm; 5:00 pm-midnight	24 tables 125 chairs available
		\$400 Full Day	8:00 am-midnight	

Wake Forest Community House

133 W. Owen Ave. 919-435-9560 HOURS: Open for scheduled programs and private rentals



The Wake Forest Community House was

built in 1942 by the Works Progress Administration. It now serves as a charming site for reunions, receptions and park programs. The Community House adjoins the Holding Park Pool and playground. To rent the Community House, call 919-435-9560 or visit town hall.

RENT THIS SITE	Deposit	Rate	Availability	Furniture
Main Floor	\$100	\$200 Half Day	<i>Fri, Sat & Sun</i> 8:00 am-3:00 pm; 5:00 pm-midnight	27 tables 170 chairs available
		\$400 Full Day	8:00 am-midnight	

CENTERS AND RENTAL FACILITIES

for fun and recreation-the perfect location for your next special event.

Flaherty Park Community Center

1226 N. White St. 919-554-6726 HOURS: Mon-Fri 10 am-10 pm; Sat 8 am-4 pm; Sun 1-5 pm OPEN PLAY: The gymnasium is available for open play basketball, volleyball and



pickleball. Check the website for monthly open play schedules: wakeforestnc.gov/flaherty-park-community-center.aspx.

Flaherty Park Community Center is a recreational facility primarily used for Parks, Recreation & Cultural Resources programs. The center features a regulation high school gymasium, an arts & crafts room, a game room and a meeting room with an adjoining kitchen.

RENT THIS SITE	Deposit	Rate	Availability	Furniture
Gymnasium	\$100	\$80/hr 2-hr min Additional \$15/hr supervisory fee for after hours (5 pm-midnight)	Sat & Sun only	Fits 550 chairs or 330 chairs plus tables*
Meeting Room	\$100	\$40/hr 2-hr min	Sat & Sun only	4 tables 20 chairs available
Open Space	\$100	\$15/hr 2-hr min	Daily	—

*Tables and chairs must be rented from an outside vendor and must have rubberized tips. Tables must be 6'.

Cottage at Olde Mill Stream

901 Barnford Mill Rd. 919-435-9560 HOURS: Open for scheduled programs The Cottage at Olde Mill Stream is a one-room building used for Parks, Recreation & Cultural Resources programs.



Getting married? The Renaissance Centre offers an elegant setting for your special day.

Wake Forest Renaissance Centre

405 S. Brooks St. Arts Annex: 407 S. Brooks St. 919-435-9458 Event Hotline: 919-435-9428



The Wake Forest Renaissance Centre is a multi-purpose facility providing visual and performing arts programming for people of all ages, while also serving as a popular venue for a variety of community events. Located in the heart of Wake Forest's Renaissance District, the Renaissance Centre strives to connect and engage our community through inspiring arts experiences, and contribute to the economic growth and quality of life in our region.

RENTAL INFORMATION: The Renaissance Centre and Arts Annex are available for meetings, weddings, performances and other special events. For rental fees and further information, visit **wakeforestnc.gov/renaissance-centre.aspx** or contact the Renaissance Centre Manager at 919-435-9566.



Compare Amenities	Classroom	Game Room	Gymnasium	Kitchen	Meeting Room	Performance Stage	Available for Rent
Alston-Massenburg Center	•			•	•	•	•
Cottage at Olde Mill Stream	•						
Flaherty Park Community Center	•	•	•	•	•		•
Wake Forest Community House	•			•			•
Wake Forest Renaissance Centre	•				٠	•	•

PRESCHOOL PROGRAMS & CLASSES

Geared for our youngest residents, these kid-friendly classes are geared for learning about the world through exploration.



Art

Twoosy Doodlers

Our young artists get the chance to explore paints, modeling compounds, oil pastels, watercolors and other wonderful art materials. They roll, scribble, shake and pound as they learn about color, shape and form while building the hand-eye coordination and fine motor skills that they'll need later in school to write and draw. They will build confidence while exploring creative and innovative materials. Your budding artist will shine! INSTRUCTOR: Abrakadoodle

Ren Ctr AA	Tu	2:00 pm-2:45 pm	Mar 3-24	\$60	ages 2-4
Ren Ctr AA	Tu	2:00 pm-2:45 pm	Apr 7-28	\$60	ages 2-4
Ren Ctr AA	Tu	2:00 pm-2:45 pm	May 12-Jun 2	\$60	ages 2-4
Ren Ctr AA	Tu	2:00 pm-2:45 pm	Jun 16-Jul 7	^{\$} 60	ages 2-4
Ren Ctr AA	Tu	2:00 pm-2:45 pm	Jul 21-Aug 11	\$60	ages 2-4
Ren Ctr AA	Tu	2:00 pm-2:45 pm	Aug 25-Sep 15	\$60	ages 2-4

Mini-Doodlers

Preschoolers will be engaged by colors, shapes and the excitement of creating with painting, gluing, sticking and printing to develop fine motor, language and self-help skills. This is an "I can do it" class that's fun and creative. Each session has new activities and Moms and helpers get to play, too. INSTRUCTOR: Abrakadoodle

Ren Ctr AA	Tu	3:00 pm-3:45 pm	Mar 3-24	\$60	ages 3-5
Ren Ctr AA	Tu	3:00 pm-3:45 pm	Apr 7-28	\$60	ages 3-5
Ren Ctr AA	Tu	3:00 pm-3:45 pm	May 12-Jun 2	\$60	ages 3-5
Ren Ctr AA	Tu	3:00 pm-3:45 pm	Jun 16-Jul 7	\$60	ages 3-5
Ren Ctr AA	Tu	3:00 pm-3:45 pm	Jul 21-Aug 11	\$60	ages 3-5
Ren Ctr AA	Tu	3:00 pm-3:45 pm	Aug 25-Sep 15	\$60	ages 3-5

Toddler Art

Parents and their children will enjoy exploring the world of art through many projects and storytelling adventures. Parent participation required. INSTRUCTOR: Maureen Seltzer

Flah Park	М	10:00 am-10:45 am	Mar 30-Apr 20	\$48	18 mos-3 yrs
Flah Park	Th	10:00 am-10:45 am	Mar 19-Apr 9	\$48	18 mos-3 yrs
Flah Park	М	10:00 am-10:45 am	May 4-Jun 1*	\$48	18 mos-3 yrs
Flah Park	Th	10:00 am-10:45 am	Apr 23-May 14	\$48	18 mos-3 yrs

*No class May 25

Preschool Art

Come meet Moo Monet and hear a story that goes along with our art project of the day. We will explore basic art techniques through many different mediums. INSTRUCTOR: Maureen Seltzer

Flah Park	М	11:00 am-12:30 pm	Mar 30-Apr 20	\$48	ages 3-5
Flah Park	Th	11:00 am-12:30 pm	Mar 19-Apr 9	\$48	ages 3-5
Flah Park	М	11:00 am-12:30 pm	May 4-Jun 1*	\$48	ages 3-5
Flah Park	Th	11:00 am-12:30 pm	Apr 23-May 14	\$48	ages 3-5

*No class May 25

Dance

Creative Movement

This class will guide your child in the discovery of pre-ballet, tap and jazz through exercises that build coordination, gross motor skills and bonding relationships. Students will perform a routine using the skills they have learned at the end of the session. Parents may participate if your dancer needs you to. **REQUIREMENTS**: *Girls:* leotard, tights, hair up and pink leather or canvas ballet shoes. *Boys:* flexible gym shorts or pants, t-shirt and black jazz shoes. **INSTRUCTOR**: Rachel Macholl

WFCH	М	9:00 am-9:30 am	Mar 23-Apr 20*	\$38	ages 2-3
WFCH	М	9:00 am-9:30 am	Apr 27-Jun 1	\$38	ages 2-3
WFCH	М	9:00 am-9:30 am	Jun 8-Jul 6	\$38	ages 2-3

*No class May 25

Tiny Ballerinas

Dancers will gain ballet technique through age-appropriate exercises at the barre, in the center of the room, and traveling across the room. They will apply these skills in a new routine that they will perform for friends and family at the end of each session. **REQUIREMENTS**: *Girls:* leotards, tights, hair up, pink leather or canvas ballet shoes. *Boys:* flexible gym shorts or pants, t-shirt and black jazz shoes. **INSTRUCTOR**: Rachel Macholl

WFCH	М	9:30 am-10:00 am	Mar 23-Apr 20	\$38	ages 3-5
WFCH	М	9:30 am-10:00 am	Apr 27-Jun 1*	\$38	ages 3-5
WFCH	М	9:30 am-10:00 am	Jun 8-Jul 6	\$38	ages 3-5

*No class May 25

Ballet/Tap/Jazz Combination

Dancers will gain ballet, tap and jazz technique through age-appropriate exercises at the barre, in the center of the room, and traveling across the floor. They will apply these skills in three new routines that they will perform for friends and family at the end of each session. Students will spend 20 minutes dancing each of the three dance styles. **REQUIREMENTS**: *Girls:* leotards, tights, hair up, pink leather or canvas ballet shoes, and black or tan tap shoes. *Boys:* flexible gym shorts or pants, t-shirt, black tap shoes and black jazz shoes. **INSTRUCTOR**: Rachel Macholl

WFCH	М	10:00 am-11:00 am	Mar 23-Apr 20	\$38	ages 3-5
WFCH	М	10:00 am-11:00 am	Apr 27-Jun 1*	\$38	ages 3-5
WFCH	М	10:00 am-11:00 am	Jun 8-Jul 6	\$38	ages 3-5

*No class May 25

Carolina Puppet Theatre

at the Wake Forest Renaissance Centre NEW SHOW EACH MONTH! Full of mayhem, these fast-paced, interactive shows are a delightful experience for young children. Geared for ages 3-7. **Tickets**: \$5. (see page 30 for ticket and show information)



Fitness

Preschool Open Gym

Watching a rambunctious little rascal can really tire a parent out. Why not let your energetic tyke play with others while you both make some new friends? We will provide plenty of things to play with and climb in, around and over. No instruction or supervision will be provided and parents/caregivers are required to stay with their child.

Flah Park	Th	10:00 am-12:00 pm	ongoing	free	18 mos-5 yrs	
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Special Events

Springtime Celebration with Belle and Rapunzel

Belle and Rapunzel celebrate spring with an enchanted day of stories and crafts. Belle just loves to read and will begin the day by sharing her favorite story followed by a special craft led by each princess. Belle demonstrates to the girls how to create their own story with a journal they can decorate including a rose bookmark. Because of Rapunzel's love of all things spring, she will lead the girls in creating a headpiece filled with ribbons and flowers to match her



style. Each girl will be treated to a special princess-themed face painting ready to pose for photos with their favorite springtime princess. **INSTRUCTOR**: Curtsies and Crowns

WFCH	Sa	10:00 am-11:30 am	Mar 14	\$35*	ages 3-7
WFCH	Sa	1:00 pm-2:30 pm	Mar 14	\$35*	ages 3-7

*Parents admitted free

Under the Sea Adventure with Mommie and Me

Tiny princesses and their mommies enjoy fun-filled morning with Ariel as she shares stories and adventures from under the sea. Enjoy a tropical craft designed specifically for tiny hands. Special interactive storytime transforms tiny princesses into the cutest little fish in the sea. **INSTRUCTOR**: Curtises and Crowns

WFCH	Sa	10:00 am-11:30 am	Apr 25	\$25*	ages 2-5
WFCH	Sa	1:00 pm-2:30 pm	Apr 25	\$25*	ages 2-5

*Parents admitted free



Do you dream of being an artist? Or starring on Broadway? Start your journey here with an inspiring class.



Art

Youth Drawing & Open Studio

Students will learn and enjoy working with different media: pencil, watercolor, and acrylic. Will work on a variety of subject matters or the student's favorite. Materials not included. INSTRUCTOR: Mary Benejam

	Flah Park Tu	4:30 pm-5:30 pm	Apr 14-May 19	\$60	ages 9-12
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Youth Drawing & Open Studio for Homeschoolers

Students will learn and enjoy working with different media: pencil, watercolor, and acrylic. Will work on a variety on subject matters of the student's favorite. Materials not included. INSTRUCTOR: Mary Benejam

Flah Park W 3:30 pm-4:30 pm Apr 15-May 20 \$60 ages 9-12	
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Impressionist Painting Workshop

Everyone will complete an Impressionist painting. Participants will choose the subject matter. Enjoy the painting process that changed the world! All materials included. INSTRUCTOR: Mary Benejam

Flah Park Sa 10):00 am-3:30 pm	Apr 25	\$70	ages 9-12

Art for Teens

Students will experience working with different mediums: pencil, watercolor, acrylic, pen & ink, and charcoal. Will work on a variety of subject matters or their favorite. Join us for this fun class! Materials not included. INSTRUCTOR: Mary Benejam

Flah Park	Tu	3:30 pm-4:30 pm	Apr 14-May 19	\$60	ages 13-15

Youth Art

Students will explore basic elements of art including line, color, and composition. Different art mediums will be emphasized. Class sessions are based on the Wake County Public School System's year-round calendar. Track-out and homeschoolers are welcome! **INSTRUCTOR**: Maureen Seltzer

Flah Park	М	1:30 pm-3:00 pm	Mar 30-Apr 13	\$38	ages 5-8
Flah Park	М	4:30 pm-6:00 pm	Mar 30-Apr 13	\$38	ages 5-8
Flah Park	М	1:30 pm-3:00 pm	Apr 27-May 11	\$38	ages 5-8
Flah Park	М	4:30 pm-6:00 pm	Apr 27-May 11	\$38	ages 5-8

Explore Zentangle

Come as a family or on your own to explore the new art of Zentangle! Participants will learn how to get started with Zentangle from dividing up your space to how to pick your tangles. This class includes the history and purpose of Zentangle. Participants will learn a total of eight tangles (patterns) and complete two tiles. Pens and other materials included. INSTRUCTOR: Cathy Dills

Doodlers

Draw on your imagination! Children develop their creativity through carefully designed lessons that ignite the imagination and develop skills. Using real artists' materials including watercolor, tempera paints, oil pastels, creative tools and more, children create masterpieces that are truly unique and an expression of themselves! INSTRUCTOR: Abrakadoodle

Flah Park	Th	5:15 pm-6:15 pm	Mar 3-24	\$60	ages 6-12
Flah Park	Th	5:15 pm-6:15 pm	Apr 7-28	\$60	ages 6-12
Flah Park	Th	5:15 pm-6:15 pm	May 12-Jun 2	\$60	ages 6-12
Flah Park	Th	5:15 pm-6:15 pm	Jun 16-Jul 7	^{\$} 60	ages 6-12
Flah Park	Th	5:15 pm-6:15 pm	Jul 21-Aug 11	\$60	ages 6-12
Flah Park	Th	5:15 pm-6:15 pm	Aug 25-Sep 15	^{\$} 60	ages 6-12

Doodlers +

Why wait to create? If you want to explore your creative side with no pressure and have fun while doing it, this is the class for you. Work on specific art principles and develop your art skills or take them to the next level. **INSTRUCTOR**: Abrakadoodle

	Ren C	tr	М	6:30 pm-7:30 pm	Apr 6-Apr 27	\$75	ages 11-15
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Paper Bag Art Journals

Using a combination of recycled materials and fun art supplies, young artists will discover their own unique style when they create a personalized art journal—complete with handles for the artist-on-the-go! INSTRUCTOR: Beth Martin

	Ren Ctr	Sa	1:00 pm-2:30 pm	Mar 14	\$15	ages 8-12
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Mixed Media Monograms

Discover the excitement of mixed media with this fun-filled class. Using a variety of color, texture and art supplies, kids will create an alphabet masterpiece that celebrates who they are. (Must register by deadline to reserve your alphabet letter choice for class.) INSTRUCTOR: Beth Martin



Ren Ctr Sa 1:00 pm-2:30 pm Apr 11 \$20 ages 4-7

Fun with Found Poetry

Ever wanted to write but couldn't find the words? Spark your creativity by playing with words and art as you create poetry using handpicked words from book pages and adding your own illustrations. **INSTRUCTOR**: Beth Martin

Ren Ctr	Sa	10:00 am-11:30 am	Mar 21	\$20	ages 13-17

Glass Mosaic

In this workshop, students will learn about glass grafts and will create an 8"x6" glass mosaic fish that can hang in a window or on a wall. All pieces will be pre-fired so there will be no sharp pieces. The finished piece will be fired and available for pick up at the Renaissance Centre one week after the workshop. All materials are included. INSTRUCTOR: Linda Martin, Studio M Glass

Ren Ctr	Tu	4:00 pm-6:00 pm	Mar 17	\$75	ages 9-12
Ren Ctr	Sa	10:00 am-12:00 pm	Mar 21	\$75	ages 9-12
Ren Ctr	Sa	1:00 pm-3:00 pm	Mar 21	\$75	ages 13-17

Photography

Let's learn to get that camera off the automatic setting and take the photo you want (instead of what the camera thinks you want) with an emphasis on the outdoors. We will talk about the interactions of f-stop, shutter speed, ISO and the like as well as equipment, composition, varying light conditions and more. **INSTRUCTOR**: Sol Levine



Flah Park	Tu	6:30 pm-9:00 pm	Apr 14-Apr 28	\$60	ages 13+

Textile Arts

Beginning Knitting-Mother's Day Spa Set

Learn to knit by making a soap bag, face cloth and slippers just in time for Mother's Day! This class is appropriate for students ages10-adult with little or no knitting experience. INSTRUCTOR: Amy Yinger

Ren Ctr	Tu 6:30	pm-8:00 pm	Mar 3-31	\$60	ages 10-adult
Ren Ctr	Tu 6:30	pm-8:00 pm	Apr 21-May 19	\$60	ages 10-adult

Music

WF Community Youth Orchestra—Beginner

This course introduces students to the fun and rewarding world of orchestra! Students will be introduced to the violin, viola, cello and bass. Emphasis will be placed on correct posture, technique and musicianship. INSTRUCTOR: LaSaundra Booth

Flah Park	Th	6:00 pm-6:45 pm	Apr 2-May 16	\$85*	ages 7-10	
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*Financial aid available. Please contact LaSaundra Booth at lbooth@wfcyo.org

WF Community Youth Orchestra—Intermediate

This course will emphasize the expressive qualities of music such as playing with vibrato and using dynamics. Students must have at least one year of orchestral experience in order to take this course. A mixture of classical, contemporary and



popular pieces will be learned. INSTRUCTOR: LaSaundra Booth

Flah Park	Tu	6:00 pm-7:00 pm	Mar 31-May 16	\$85*	ages 11-17	
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*Financial aid available. Please contact LaSaundra Booth at lbooth@wfcyo.org



Beginning Keyboard

This eight (8) week class will cover the basics of the keyboard including general theory, scales, chords, ear training and hand dexterity in a fun relaxed environment. INSTRUCTOR: Progressive Music Center

Ren Ctr	Th	4:30 pm-5:30 pm	Mar 12-Apr 30	\$120	ages 8-12
Ren Ctr	Th	6:00 pm-7:00 pm	Mar 12-Apr 30	^{\$} 120	ages 13-adult

Found Sounds Percussion

Everybody needs more cowbells, but how about more 5-gallon buckets? Students will have fun playing everyday items like 5-gallon buckets, tin cans, plastic water bottles and other "found" items. They will help build new percussion instruments and learn how they work together in an ensemble. Students will also learn the basics of percussive rhythms, general notation and put together solos and work as a team culminating in an epic drum battle! This program builds self esteem, cognitive flexibility, fine motor skills, listening skills and pattern recognition while having lots of fun in a group. INSTRUCTOR: Progressive Music Center

Ren Ctr	М	5:00 pm-6:00 pm	Mar 9-Apr 27	^{\$} 120	ages 12-17

Beginner Guitar Lessons

Students will experience the joy of learning basic techniques, chords, and finger exercise. Please bring an acoustic guitar and a pick. **INSTRUCTOR**: Krista Pimentel

Flah Park	Sa	10:30 am-11:30 am	Apr 4-25	\$50	ages 6-8
Alst Mass	Tu	7:00 pm-8:00 pm	May 5-26	\$50	ages 9-12
Flah Park	Sa	10:30 am-11:30 am	Jun 6-27	\$50	ages 6-8
Flah Park	Sa	11:30 am-12:30 pm	Jun 6-27	\$50	ages 9-12

Intermediate Guitar Lessons

This intermediate guitar class is perfect for the child who has already taken beginner lessons. Students must have an understanding of chords and notes. **INSTRUCTOR**: Krista Pimentel

Flah Park	Sa	11:30 am-12:30 pm	Apr 4-25	\$50	ages 9-12

Beginning Guitar

This eight (8) week class will cover the basics of the guitar including general theory, scales, chords, ear training, single string and hand dexterity in a fun relaxed environment. INSTRUCTOR: Progressive Music Center

Ren Ctr	Th	4:30 pm-5:30 pm	Mar 12-Apr 30	\$120	ages 8-12
Ren Ctr	Th	6:00 pm-7:00 pm	Mar 12-Apr 30	\$120	ages 13-adult

Private Voice Lessons

Private voice lessons are a great opportunity to gain foundational knowledge and skills in a pressure-free setting. Whether you are looking to improve your technique, prepare for an audition or learn a new hobby, private lessons will give you the individual attention you need to share your voice with confidence. Please call Cathy Gouge at 919-435-9567 to reserve a half-hour time slot before registering. Available time slots: 4:00-4:30 pm, 4:30-5:00 pm, 5:30-6:00 pm, 6:00-6:30 pm. INSTRUCTOR: Heather Dahlberg

R	en Ctr	М	4:00 pm-6:00 pm	Mar 9-Apr 27	\$250	ages 12-adult

Voice Ensemble

Do you sing in the shower or belt it out with your favorite tunes on the radio? Then join others that want to sing too for this awesome 8-week vocal class with a performance on the last week of class. The class will have a surprise theme for the week and students will work as a group to design a performance around that theme while having fun working on



proper breathing and posture, harmonizing, finding your natural pitch, falsettos and more! Stop hiding your voice and come join the vocal fun! INSTRUCTOR: Samantha Williams, Progressive Music Center

Ren Ctr M 5:00 pm-6:00 pm Mar 9-Apr 27 \$120 ages 12-7	17
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Dance

Wake Forestettes Baton Corps

Wake Forest's first Twirling and Baton Corps. Students will learn how to twirl the baton and will perform at various community events as a unit. No experience necessary. INSTRUCTOR: Bonnie Mallory

WFCH	M/W	4:30 pm-5:30 pm	Mar 2-Jun 10*	\$50/mo.*	ages 10-14
WFCH	M/W	5:30 pm-6:15 pm	Mar 2-Jun 10*	\$50/mo.*	ages 4-6
WFCH	M/W	6:15 pm-7:15 pm	Mar 2-Jun 10*	\$50/mo.*	ages 7-9

*No class Apr 6 and May 25

*Students must purchase baton and basic performance uniform

Fitness

PE for Homeschoolers

Students will participate in a wide variety of sports and activities which will assist them in maintaining physical fitness and expose them to the joy of developing an active lifestyle. INSTRUCTOR: Bonnie Mallory

Flah Park	M/Th	11:30 am-12:30 pm	Apr 13-May 21	\$65	grades K-2
Flah Park	M/Th	12:30 pm-1:30 pm	Apr 13-May 21	\$65	grades 3-5
Flah Park	M/Th	1:30 pm-2:30 pm	Apr 13-May 21	\$65	grades 6-8

Create Your Own Hula-Hoop Workshop

Come craft and hula-hoop with the Pickle Mamas! Hula-hooping is fun for all ages and is an excellent way to burn calories, tone muscles, de-stress, and be playful! All materials and instruction will be provided for participants to make and decorate their own high-quality hoop using their favorite colors. We will create large hoops for adults and small hoops for children. We will practice hooping together with our new hoops. Participants will go home with new crafting and hooping skills, as well as a lovely new hoop, which can be used inside or outside for lots of fun and exercise (hula-hooping burns approximately 420 calories per hour). INSTRUCTOR: The Pickle Mamas

Flah Park	Tu	6:00 pm-7:30 pm	Mar 3	\$30	ages 7+
Flah Park	Tu	6:00 pm-7:30 pm	Apr 7	\$30	ages 7+
Flah Park	Tu	6:00 pm-7:30 pm	May 5	\$30	ages 7+
Flah Park	Tu	6:00 pm-7:30 pm	Jun 2	\$30	ages 7+
Flah Park	Tu	6:00 pm-7:30 pm	Jun 30	\$30	ages 7+
Flah Park	Tu	6:00 pm-7:30 pm	Aug 4	\$30	ages 7+

Forest Moon Theater

Miserella Finds Her Manners Saturday, Feb 7 and Saturday, Mar 14 11 am at the Renaissance Centre

An original and interactive children's play geared for ages 3-7. **Tickets**: \$5 plus tax. *(see page 30 for ticket information)*





Theatre

Fractured Fairy Tales Theater Workshop

What if Cinderella's shoes pinched her feet and the prince was a lousy dancer? Or the three bears were actually a famous rock band and Goldilocks was a crazy fan? Kids will enjoy giving a new twist to familiar stories as they explore their dramatic side through the use of theater games, improvisation and play-acting. A great workshop for kids who love the theater and those who want to try it out for the first time. **INSTRUCTOR**: Beth Martin, Forest Moon Theater

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Ren Ctr	Sa	9:00 am-12:00 pm	May 9	\$40	ages 8-12

Lego®

Spring Break Workshop: Battle Tracks Galore

Compete for the title of Battle Track Champion! Build a motorized train that will take on other competitors on our monorail tracks. Students can let their imagination run wild with designing, building and testing different mechanisms until the right parts are combined into the ultimate battle track machine. INSTRUCTOR: Play-Well TEKnologies

Spring Break Workshop: Bots and Walkers

Bring your engineering and creative thinking skills as we create some crazy motorized creatures! Students will be introduced to a variety of methods of movements through a series of intriguing projects. Taking inspiration from the movement of insects, sea creatures, and even our own bodies, we will have fun creating some life-like crawlers, wobblers and walkers! INSTRUCTOR: Play-Well TEKnologies

Ren Ctr AA	W	9:00 am-12:00 pm	Mar 25	\$35	ages 7-12



Martial Arts

Beginner Taekwondo

Learn martial arts skills, develop self-esteem, confidence and respect for others. No class held the first Thursday of every month. Please register the first Tuesday of every month with the instructor. **INSTRUCTOR**: Kevin Ray

WFCH T/Th 6:15 pm-7:00 pm ongoing \$40 / mo. a	ages 7-17
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Advanced Tae Kwon Do

Learn martial arts skills, develop self-esteem, confidence and respect for others. No class held the first Thursday of every month. Please register the first Tuesday of every month with the instructor. INSTRUCTOR: Kevin Ray

WFCH T/Th 7:00 pm-8:00 pm ongoing	s \$40 /mo. ages 7-17
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Afterschool

AMC Afterschool

This FREE afterschool program is open to all youth actively attending a Wake County school. The Alston-Massenburg Center (AMC) offers students a safe, supervised environment each afternoon. AMC gives children the opportunity to play or hang out with friends. A parent/guardian must register their child in person at the Alston-Massenburg Center.

Alst Mass	M-F	2:00 pm-6:00 pm	ongoing	1	free	ages 5-17
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Special Events

Springtime Celebration with Belle and Rapunzel

Belle and Rapunzel celebrate spring with an enchanted day of stories and crafts. Belle just loves to read and will begin the day by sharing her favorite story followed by a special craft led by each princess. Belle demonstrates to the girls how to create their own story with a journal they can decorate including a rose bookmark. Because of Rapunzel's love of all things spring, she will lead the girls in creating a headpiece filled with ribbons and flowers to match her style. Each girl will be treated to a special princess-themed face painting ready to pose for photos with their favorite springtime princess. INSTRUCTOR: Curtsies and Crowns

WFCH	Sa	10:00 am-11:30 am	Mar 14	\$35*	ages 3-7
WFCH	Sa	1:00 pm-2:30 pm	Mar 14	\$35*	ages 3-7

*Parents admitted free



It's never too late to get active and learn something new. Enhance your life by taking a class and developing your interests.



Art

Beginners Oil & Acrylic Painting

Students will start with the basics: color wheel, value, composition and design. First paintings are a learning exercise. Enter the painting world! Materials not included. INSTRUCTOR: Mary Benejam

Flah Park	Tu	1:00 pm-3:00 pm	Apr 14-May 19	\$75	ages 16+
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Intermediate Oil & Acrylic Painting

Students will learn new techniques and choose their subject matter. Materials not included. Must have completed Beginners Oil & Acrylic Painting. INSTRUCTOR: Mary Benejam

Flah Park	W	10:00 am-12:30 pm	Apr 15-May 20	\$75	ages 16+
Flah Park	W	10:00 am-12:30 pm	Aug 5-Sep 2	\$63	ages 16+

Advanced Oil Painting

This course is designed for advanced oil painting students. We will work on specific techniques and styles. Student must have completed Beginners and Intermediate Painting. Let's paint a masterpiece! Materials not included. INSTRUCTOR: Mary Benejam

Flah Park	Tu	10:00 am-12:30 pm	Apr 14-May 19	\$75	ages 16+
Flah Park	Tu	10:00 am-12:30 pm	Aug 4-Sep 1	\$63	ages 16+

Watercolor

Students will learn washes, glazes, color mixing and composition. Materials not included. INSTRUCTOR: Mary Benejam

Flah Park	W	1:00 pm-3:00 pm	Apr 15-May 20	\$75	ages 16+

Art Splash

We don't let the kids have all the fun! Come and explore your creativity in a fun, inspiring environment! We'll paint the night away! Using watercolor, tempera paints, oil pastels, creative tools and more, we will create masterpieces that are truly unique! INSTRUCTOR: Abrakadoodle

Ren Ctr	Th	7:00 pm-9:00 pm	Mar 26	\$30	ages 18+
Ren Ctr	Th	7:00 pm-9:00 pm	Apr 23	\$30	ages 18+
Ren Ctr	Th	7:00 pm-9:00 pm	May 28	\$30	ages 18+
Ren Ctr	Th	7:00 pm-9:00 pm	Jun 25	\$30	ages 18+
Ren Ctr	Th	7:00 pm-9:00 pm	Jul 23	\$30	ages 18+

Photography



Let's learn to get that camera off the automatic setting and take the photo you want (instead of what the camera thinks you want) with an emphasis on the outdoors. We will talk about the

interactions of f-stop, shutter speed, ISO and the like as well as equipment, composition, varying light conditions and more. INSTRUCTOR: Sol Levine

Flah Park	Tu	6:30 pm-9:00 pm	Apr 14-Apr 28	\$60	ages 13-adult
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Glass Mosaic

In this workshop, students will learn how glass behaves when fired, how to cut, nip, grind and sand edges to prepare for firing. There will be a choice of two 5"x7" items to create, both will be glass mosaic sun catchers or wall art. The finished piece will be fired and available for pick up at the Renaissance Centre one week after the workshop. All materials are included. INSTRUCTOR: Linda Martin, Studio M Glass

Ren Ctr	Tu	6:00 pm-9:00 pm	Mar 24	\$75	ages 18+
Ren Ctr	Sa	10:00 am-1:00 pm	Mar 28	\$75	ages 18+



Explore Zentangle

Come as a family or on your own to explore the new art of Zentangle! Participants will learn how to get started with Zentangle from dividing up your space to how to pick your tangles. This class includes the history and purpose of Zentangle. Participants will learn a total of eight tangles (patterns) and complete two tiles. Pens and other materials included. INSTRUCTOR: Cathy Dills

	Ren Ctr	Sa	2:00 pm-4:00 pm	Mar 14	^{\$} 65	ages 12-adult
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Fun with Found Poetry

Ever wanted to write but couldn't find the words? Spark your creativity by playing with words and art as you create poetry using handpicked words from book pages and adding your own illustrations. INSTRUCTOR: Beth Martin

Ren Ctr	Tu	6:30 pm-8:00 pm	Mar 10	\$20	ages 18+

Textile Arts

Beginning Knitting-Mother's Day Spa Set

Learn to knit by making a soap bag, face cloth and slippers just in time for Mother's Day! This class is appropriate for students ages10-adult with little or no knitting experience. INSTRUCTOR: Amy Yinger

Ren Ctr	Tu	6:30 pm-8:00 pm	Mar 3-31	\$60	ages 10-adult
Ren Ctr	Tu	6:30 pm-8:00 pm	Apr 21-May 19	^{\$} 60	ages 10-adult



It's a Mystery...Quilt

This fun class is for quilters of all levels. Start out with a bunch of strips and squares and as each mystery step is revealed, a beautiful quilt top emerges! Pick your own colors and fabric and enjoy watching the mystery unfold. Supply list available upon registration. **INSTRUCTOR:** Nancy Solum

Ren Ctr	Tu	6:30 pm-9:30 pm	Mar 3-Mar 31	\$85	ages 18+
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Music

Private Voice Lessons

Private voice lessons are a great opportunity to gain foundational knowledge and skills in a pressure-free setting. Whether you are looking to improve your technique, prepare for an audition or learn a new hobby, private lessons will give you the individual attention you need to share your voice with confidence. Please call Cathy Gouge at 919-435-9567 to reserve a half-hour time slot before registering. Available time slots: 4:00-4:30 pm, 4:30-5:00 pm, 5:30-6:00 pm, 6:00-6:30 pm. INSTRUCTOR: Heather Dahlberg

Ren Ctr M 4:00 pm-6:00 pm Mar 9-Apr 27 \$250 ages 12-adult	
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Beginning Keyboard

This eight (8) week class will cover the basics of the keyboard including general theory, scales, chords, ear training and hand dexterity in a fun relaxed environment. INSTRUCTOR: Progressive Music Center

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Ren Ctr	Th	6:00 pm-7:00 pm	Mar 12-Apr 30		ages 13-adult

Beginning Guitar

This eight (8) week class will cover the basics of the guitar including general theory, scales, chords, ear training, single string and hand dexterity in a fun relaxed environment. INSTRUCTOR: Progressive Music Center

Ren Ctr	Th	6:00 pm-7:00 pm	Mar 12-Apr 30	 ages 13-adult

Fitness

Fitness Hooping

Hula-hooping is no longer just for kids! Adults have realized the muscle firming and calorie burning benefits of this joy-inducing, stress-relieving exercise. This class mixes up basic cardiovascular and strength building exercises (e.g. lunges, squats, jumping), hula hooping moves (e.g. waist hooping, arm hooping, chest hooping), and stretching. No prior hooping experience is necessary, and we will use large, adult-sized hoops to make moves easy to learn. 100% guaranteed hooping success! With regular attendance, students will improve their fitness level, hooping skills, and well-being. Fitness meets play! INSTRUC-TOR: The Pickle Mamas

Flah Park	Th	7:00 pm-8:00 pm	Mar 5-Apr 2	\$55*	ages 16+
Flah Park	Th	7:00 pm-8:00 pm	Apr 16-May 14	\$55*	ages 16+

*Optional \$12 drop-in fee is accepted once minimum of 4 is met

Create Your Own Hula-Hoop Workshop

Come craft and hula-hoop with the Pickle Mamas! Hula-hooping is fun for all ages and is an excellent way to burn calories, tone muscles, de-stress, and be playful! In this workshop, all materials and instruction will be provided for participants to make and decorate their own high-quality hoop using their favorite colors. We will create large hoops for adults and small hoops for children. We will practice hooping together with our new hoops. Participants will go home with new



crafting and hooping skills, as well as a lovely new hoop, which can be used inside or outside for lots of fun and exercise (hula-hooping burns approximately 420 calories per hour). **INSTRUCTOR**: The Pickle Mamas

Flah Park	Tu	6:00 pm-7:30 pm	Mar 3	\$30	ages 16+
Flah Park	Tu	6:00 pm-7:30 pm	Apr 7	\$30	ages 16+
Flah Park	Tu	6:00 pm-7:30 pm	May 5	\$30	ages 16+
Flah Park	Tu	6:00 pm-7:30 pm	Jun 2	\$30	ages 16+
Flah Park	Tu	6:00 pm-7:30 pm	Jun 30	\$30	ages 16+
Flah Park	Tu	6:00 pm-7:30 pm	Aug 4	\$30	ages 16+

Gentle Yoga

This class will emphasize the healing benefit of yoga with slower movements and connection to breath. The practice will be especially beneficial for those who are recovering from injury or illness, or if you simply want a deep gentle yoga experience. All levels are welcome. Please bring a mat and wear comfortable clothing. INSTRUCTOR: Sunny Davis

WFCH	W	10:00 am-11:30 am	Feb 25-Apr 1	\$60*	ages 18+
WFCH	W	10:00 am-11:30 am	Apr 15-May 20	\$60*	ages 18+
Alst Mass	W	10:00 am-11:30 am	Jun 3-Jul 8	\$60*	ages 18+
Alst Mass	W	10:00 am-11:30 am	Jul 22-Aug 26	\$60*	ages 18+

*Optional \$12 drop-in fee is accepted once minimum of 6 is met

Core Strengthening with Pilates

Pilates is a safe, gentle form of exercise which strengthens the body from the inside out. Having a strong core helps improve our backs plus our ability to perform everyday activities with ease and helps prevent injuries. All levels are welcome. Please bring a mat and wear comfortable clothing. INSTRUCTOR: Sunny Davis

Flah Park	М	10:00 am-11:15 am	Mar 2-Apr 6	\$60*	ages 18+
Flah Park	М	10:00 am-11:15 am	Apr 20-Jun 1*	\$60*	ages 18+
Alst Mass	М	10:00 am-11:15 am	Jun 15-Jul 20	\$60*	ages 18+
Alst Mass	М	10:00 am-11:15 am	Jul 27-Sep 14	\$60*	ages 18+

*No class May 25; optional \$12 drop-in fee is accepted once minimum of 6 is met

Fitfluence Boot Camp

Get in tip-top shape for spring and summer! Fitfluence Boot Camp is a 4-week session designed to help build strength, endurance and promote weight loss through calorie torching, high intensity interval based workouts. Our class will create a motivating and encouraging atmosphere which will make working out FUN and make you look forward to each class. No two workouts will be the same. Bring yoga mat and water. INSTRUCTOR: Carole Langheim

WFCH	M/W/F	6:15 am-7:00 am	Mar 2-27	\$120*	ages 18+
WFCH	Tu/Th	10:00 am-10:45 am	Mar 3-26	\$80*	ages 18+
WFCH	M/W/F	6:15 am-7:00 am	Mar 30-Apr 24*	\$120*	ages 18+
WFCH	Tu/Th	10:00 am-10:45 am	Mar 31-Apr 23	\$80*	ages 18+
WFCH	M/W/F	6:15 am-7:00 am	May 18-Jun 12*	\$120*	ages 18+
WFCH	Tu/Th	10:00 am-10:45 am	May 19-Jun 11	\$80*	ages 18+

*Optional \$12 drop-in fee is accepted once minimum of 5 is met * No class Apr 3 and May 25

Theater

Intro to Improv

Here's your opportunity to stick a toe into the inviting waters of improvisational theater. This three-hour workshop will cover the basics of agreement, cooperation and creativity through a variety of exercises and games—all in a loose and playful environment. It promises to be a fun, low stress afternoon so come join us and discover why improvisation is one of the best kept secrets in theater. **INSTRUCTOR:** Dan Sipp, Forest Moon Theater

Ren Ctr	Sa	1:00 pm-4:00 pm	Apr 11	\$50	ages 18+
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Martial Arts

Beginner Taekwondo

Learn martial arts skills, develop self-esteem, confidence and respect for others. No class held the first Thursday of every month. Please register the first Tuesday of every month with the instructor. INSTRUCTOR: Kevin Ray

WFCH	Tu/Th	6:15 pm-7:00 pm	ongoing	\$40 / mo.	ages 18+

Advanced Taekwondo

Learn martial arts skills, develop self-esteem, confidence and respect for others. No class held the first Thursday of every month. Please register the first Tuesday of every month with the instructor. **INSTRUCTOR**: Kevin Ray

WFCH	Tu/Th	7:00 pm-8:00 pm	ongoing	\$40 /mo.	ages 18+

Dog Tracking

Introduction to Tracking

This is a course designed for dogs that like to follow their nose. Tracking demonstrates the dogs ability to recognize and follow a scent, a skill useful in the service of mankind. This course will focus on an introduction to AKC Tracking. **REQUIREMENTS:** one dog, tracking harness, a 30-40 ft lead, dog treats, dog toys, 2 strat flags, 5 turn flags and markers. **PRE-REQUISITE:** Dog must have passed a Canine Good Citizen Test. Dogs must have rabies vaccinations, DHHP vaccinations or titers. **INSTRUCTOR:** Marlene and Tom Anton

Joyner Pk	Th	10:00 am-11:00 am	May 14-Jun 18	^{\$} 120	ages 18+
Joyner Pk	Sa	10:00 am-11:00 am	May 16-Jun 20	\$120	ages 18+
Joyner Pk	Th	10:00 am-11:00 am	Aug 13-Sep 17	^{\$} 120	ages 18+
Joyner Pk	Sa	10:00 am-11:00 am	Aug 15-Sep 19	\$120	ages 18+



Advanced Tracking

This is a course designed for dogs that like to follow their nose. Tracking demonstrates the dogs ability to recognize and follow a scent, a skill useful in the service of mankind. This course will focus on advanced tracking techniques. **REQUIREMENTS**: one dog, tracking harness, a 30-40 ft lead, dog treats, dog toys, 2 strat flags, 5 turn flags and markers. **PRE-REQUISITE**: Dog must have passed a Canine Good Citizen Test. Dogs must have rabies vaccinations, DHHP vaccinations or titers. **INSTRUCTOR**: Marlene and Tom Anton

Joyner Pk	Th	9:00 am-10:00 am	May 14-Jun 18	^{\$} 120	ages 18+
Joyner Pk	Sa	9:00 am-10:00 am	May 16-Jun 20	\$120	ages 18+
Joyner Pk	Th	9:00 am-10:00 am	Aug 13-Sep 17	^{\$} 120	ages 18+
Joyner Pk	Sa	9:00 am-10:00 am	Aug 15-Sep 19	\$120	ages 18+

Nature

Tree Stewards Workshop

The Town of Wake Forest is seeking volunteers with a passion for trees, a desire to learn and an interest in becoming a Tree Steward in our community. Participants will receive free training on proper planting techniques, tree identification, pruning, fertilization and more. Volunteers who successfully complete the training will become Town of Wake Forest Tree



Stewards. Tree Stewards must pledge to contribute at least four hours of service within one year of their training. Many opportunities for service will be offered including distributing information at community events, planting trees, and performing basic maintenance, such as mulching and watering. Participants under the age of 18 must have the permission of a parent or legal guardian to volunteer. INSTRUCTOR: Jennifer Rall, Urban Forestry Coordinator

WF Town Hall	Sa	9:00 am-1:00 pm	Mar 29	4 hrs of volunteer service	all ages
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SPECIALIZED RECREATION

Enriching programs tailored for children with special needs.

Recreation

Sensory Fun Days

Need some time to spend with your exceptional child in a fun unstructured environment? This unique open play time is held in our indoor gym facility. It is designated for children with special needs and their families. A parent or caretaker must accompany each child.

Flah Park	Su	3:00 pm-5:00 pm	ongoing	 18 mos- 13 yrs.

Special Needs Bowling Night

Bowling is a pastime that everyone can enjoy regardless of ability. Come "strike" up new friendships at Wake Forest's Brooks Street Bowl! Participants will enjoy a game of bowling in this fun and safe environment. Registration is open to all bowlers with special needs. Siblings are also welcome to participate.

Brooks St. Bowl	F	6:00 pm-8:00 pm	Apr 20	\$12	ages 5+
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Special Events

Special Needs Movie Night

This movie night allows children with special needs to enjoy a film in a safe and accepting environment. The event area will have added lighting, and the movie's volume will be lower. Audience members are invited to get up and dance, walk, shout or sing! The rule of the day: FUN without repercussions.

Ren Ctr	F	6:30 pm	Jul 31	free	all ages
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Egg-ceptional Egg Hunt

This year, the Town of Wake Forest will be hosting our first- ever Egg-ceptional Egg Hunt! This egg hunt is free and will cater to children with disabilities and their families. The purpose of our egg hunt is to provide a fun, safe, family-friendly environment that allows children who may have difficulty participating in a traditional egg hunt the opportunity to hunt for Easter eggs. Bring a buddy to help if needed.

	Joyner Pk*	Sa	11:30 am-12:00 pm	Mar 28	free	all ages
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*Event will be held in the pecan grove



TGIF Dance Party!

Mar 27, Apr 24, Jun 26, Jul 24, Aug 28

7:30-9:00 pm—Family Dance Make it a monthly family date night! Boogie down and learn basic steps to new dances. Each month will be a different theme so don't be afraid to dress the part. All ages welcome and no experience required. Professional DJ and dance instruction provided by Rachel Macholl's Academy of Dance.

9:00-11:00 pm—Adult Dance After a long week, let loose at the TGIF Dance Party by grooving through the decades to popular music. Professional DJ will keep the party going. Ages 21+, cash bar available for beer and wine.

TICKETS: \$5 plus tax Renaissance Centre, 405 S. Brooks St.

CAMPS SUMMER ENRICHMENT PROGRAMS

Fill your summer break with fun, enriching experiences— right here in Wake Forest.



Day Camp

Camp Nahele (pronounced nah-heh-le)

Camp Nahele ("nahele" means "forest" in Hawaiian) is a full day recreational summer camp program designed to enhance your child's summer experiences through arts and crafts, education, nature, recreational and sporting activities. The camp will operate for a nine-week period from June 15 through Aug. 14, at the Wake Forest Community House, 133 W. Owen Ave. The camp is offered Monday through Friday, from 9 a.m. to 5 p.m. Early drop-off is 7:30 a.m. and late pick up is 6 p.m. Participants must be at least six years old on or before June 1, 2015, and a birth certificate is required for all participants.

WFCH M-F 7:30 at	n-6:00 pm Jun 15- Aug 14	\$100/wk	ages 6-12
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Art Camps

Enchanted Garden

There are more than flowers that live in the garden! Come and enjoy learning about all the things that make a garden home through many stories and hands-on arts and projects in this week long camp. Please bring a snack daily. **INSTRUCTOR:** Maureen Seltzer

Flah Park M-F 9:00 am-12:00 pm	Jul 20-24	\$100	ages 3-5
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Fairy Tales

Calling all princes and princesses! Come join the fun with stories like, *The Princess and the Pea* or *Jack and the Bean Stalk*! We will create many wonderful hands-on arts and craft projects with a fairytale theme. Please bring a snack daily. **INSTRUCTOR**: Maureen Seltzer

Flah Park	M-F	9:00 am-12:00 pm	Jul 27-31	^{\$} 100	ages 3-5
	:	:	:	:	

Old MacDonald Had a Farm

Old MacDonald had a farm—Ei-Ei-O. Come along with us as we follow Old MacDonald around the farm. We'll learn all about the things that live on the farm through many fun arts and crafts projects and stories. Please bring a snack daily. INSTRUCTOR: Maureen Seltzer

Flah Park	M-F	9:00 am-12:00 pm	Aug 10-14	\$100	ages 3-5

Pirate Camp

Ahoy Mateys! Climb aboard the U.S.S. Creativity and sail the seven seas with us! We will explore life on and below the sea though stories and hands-on arts and crafts projects for this camp. Please bring a snack daily. INSTRUCTOR: Maureen Seltzer

Flah Park M-F	9:00 am-12:00 pm	Jul 6-10	^{\$} 100	ages 3-5
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Week at the Art Museum

Come along with us as we explore the art and lives of famous artists such as Claude Monet, Vincent Van Gogh and Henri Matisse. At the end of the week we will set up our little art museum for family and friends. Please bring a snack daily. **INSTRUCTOR:** Maureen Seltzer



Flah Park	M-F	1:00 pm-4:00 pm	Jul 6-10	\$100	ages 5-8	

Ooey Gooey Recycled Art Camp 2

If you like to get messy then this is the camp for you. All new projects! Come and learn about the art of print making using Jell-O. How about sculpture with our paper maché project? We'll be turning some trash into a treasure. Please bring a snack daily. INSTRUCTOR: Maureen Seltzer



Abrakadoodle Art Camp—Cartoon Creations

Come along with us to the world of cartooning! Meet the cheerful characters of Sandra Boynton, dance with Keith Haring and make the animals talk! And that's just to start with! We'll explore your creativity with fun and flair! INSTRUCTOR: Abrakadoodle

Ren Ctr M-F 9:00 am-12:00 pm Aug 3-7 \$175	ages 6-12
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Art 4 Fun Camp

Students will enjoy working with pencils, watercolors, acrylics and soft pastels and will complete an art project every day. Returning students are welcome as we will complete new art projects this year! Materials included. INSTRUCTOR: Mary Benejam

Flah Park	M-F	9:00 am-12:00 pm	Jun 15-19	\$100	ages 9-12
Flah Park	M-F	9:00 am-12:00 pm	Jul 13-17	\$100	ages 9-12

Amigurimi Crochet Camp

Learn the basics of crochet by making your own unique stuffed animal. All crochet materials provided. INSTRUCTOR: Amy Yinger

Ren Ctr M-Th 10:00 am-2:00 pm* Jul 13-16 \$90	ages 10-15
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*Bring a bag lunch to camp each day

Abrakadoodle Art Camp—American Artists

Create artworks inspired by famous artists who explore color, celebrate uniqueness, innovate with paint, depict familiar scenes, and highlight different cultures. Learn about Thiebaud's enticing goodies, Grandma Moses' charming landscapes, Steinberg's fascinating figures and more. Have fun with these amazing American artists and create your own amazing art! INSTRUCTOR: Abrakadoodle

Ren Ctr	M-F	9:00 am-12:00 pm	Jul 13-17	1	ages 11-15



"Oceans of Fun" Art and Music Camp

Do you love creating new and exciting art projects, singing inspirational music, making your own musical instruments, and playing fun games/movement activities with other really cool kids? Are you interested in learning more about sea life in our world's oceans? Come explore with us in this entertaining and educational arts camp! Summer is the perfect time to "dive in" to our 5th annual Art and Music enrichment camp! All materials included. INSTRUCTOR: Terri Smith and Eliza Hearn

Ren Ctr	M-F	9:00 am-2:00 pm	Jul 6-10	\$185	ages 5-11
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Art for Teens Camp

Students will enjoy working with pencils, ink, watercolors, acrylics and soft pastels. We will emphasize values, shapes and complete an art project every day. Returning students are welcome as we will complete new art projects this year! Materials included. INSTRUCTOR: Mary Benejam

Flah Park	M-F	9:00 am-12:00 pm	Jun 22-26	^{\$} 100	ages 13-16
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Theater Camps

Get into the Act! Drama Camp

Dive into the wonderful world of theater! A lively introduction to drama through theater games, dramatic movement and characterization. Your budding young actor will "get into the act" and have a blast at this fun-filled camp. INSTRUCTOR: Beth Martin, Forest Moon Theater

Ren Ctr	M-F	9:00 am-12:00 pm	Jun 15-19	\$150	ages 5-8

Taking the Stage Drama Camp

Engage your imagination and experience the thrill of creating live theater. Campers will learn the basics of character, movement, and improvisation, plus gain an understanding of comedic timing while putting together their own variety show to be performed the last day of camp. **INSTRUCTOR**: Beth Martin, Forest Moon Theater

Ren Ctr M-F 9:00 am-12:00 pm Jul 13-17 \$150 ages 9	-13	
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Music Camps

WF Community Youth Orchestra Camp—Beginner

Students will be introduced to playing string instruments, reading notation and playing with the bow. INSTRUCTOR: LaSaundra Booth and Tonya Suggs

Flah Park	M-Th	1:00 pm-3:00 pm	Jun 15-18	\$75	ages 5-10
Flah Park	M-Th	1:00 pm-3:00 pm	Jun 22-25	\$75	ages 5-10
Flah Park	M-Th	9:00 am-12:00 pm	Jul 6-9	\$75	ages 5-10

Acoustic Guitar Summer Camp

Students will take part in a week long group class learning the ins and outs of Beginner Acoustic Guitar! In addition to learning basic chords and finger exercises, students will participate in educational games to motivate them to learn and retain all that is taught. An acoustic guitar and pick is required. INSTRUCTOR: Krista Pimentel

Olde Mill	M-F	10:00 am-12:30 pm	Jul 6-10	\$80	ages 8-12

WF Community Youth Orchestra Camp— Intermediate/Advanced

Students will explore improvisation, composition and chamber music. Emphasis will be placed on playing with a refined tone and developing vibrato. INSTRUCTOR: LaSaundra Booth and Tonya Suggs

Flah Park	M-Th	9:00 am-12:00 pm	Jun 15-18	\$75	ages 11-17
Flah Park	M-Th	9:00 am-12:00 pm	Jun 22-25	\$75	ages 11-17
Flah Park	M-Th	1:00 pm-3:00 pm	Jul 6-9	\$75	ages 11-17

Specialty Camps

"Princess and Me" Mini Camp

Enjoy three days of magic filled activities with your favorite princesses: Cinderella, Belle and Rapunzel! Join a different princess each day as she shares her story and fairytale themed crafts, games and activities as well as a new princess lesson each day. Get ready for a royal ball with Cinderella, go on a storybook adventure with Belle and discover your creativity with Rapunzel. Each day of camp will be a unique adventure. **INSTRUCTOR**: Curtsies and Crowns

Ren Ctr M-W	9:00 am-12:00 pm	Jun 23-25	\$135	ages 4-7	
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"Frozen" Mini Camp

Cool down the summer heat with a fun two day *Frozen* camp. Join your favorite sisters—Elsa and Anna—for fun crafts and activities. Camp includes *Frozen* themed craft projects, games and activities led by each sister. Anna will



lead the girls in a special princess lesson each day and the camp will conclude with a coronation ceremony in which each girl is crowned by Queen Elsa. INSTRUCTOR: Curtsies and Crowns

Ren Ctr	M-Tu	9:00 am-12:00 pm	Jul 21-22	\$110	ages 4-7



Engineering with Lego[®] Camps

Become a Play-Well Engineer this summer! With over 100,000 pieces of LEGO[®], take on real-life engineering challenges that explore concepts in physics, engineering and architecture! These are hands-on, brains on camps suitable for LEGO[®] novices to building "maniacs."

Pre-Engineering using LEGO® Camp

Create, play and learn. Design a town, city or star base with houses, buildings, pyramids, bridges, tunnels, towers and more. Every day campers will learn from instructors from Play-Well TEKnologies, who will teach campers how to build cars, trains, buses and trucks. Race them, crash them and repair them. Explore the many possibilities of LEGO® building systems while learning valuable construction techniques. INSTRUCTOR: Play-Well TEKnologies

Ren Ctr M-F 9:00 am-12:00 pm Jun 15-19 \$155 ages 5-7 AA	
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Engineering FUNdamentals using LEGO® Camp

Power up your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO®! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as arch bridges, skyscrapers, motorized cars and the Battletrack! Design and build as never before, and explore your craziest ideas in a supportive environment. An experienced instructor will challenge new and returning students to engineer at the next level. INSTRUCTOR: Play-Well TEKnologies

Ren Ctr AA	M-F	1:00 pm-4:00 pm	Jun 15-19	\$155	ages 8-12

JEDI Engineering using LEGO®

Young Jedi will explore worlds far, far away and engineering principles right in front of them. Defeat the Empire by designing and refining X-Wings, R2-units, and settlements on far-flung edges of the galaxy. Imagination and engineering combine to create motorized and architectural projects such as energy catapults, shield generators and defense turrets. A new offering of original designs for young Jedi! INSTRUCTOR: Play-Well TEKnologies

	M-F	9:00 am-12:00 pm	Jul 20-24	\$155	ages 5-7
AA					

JEDI Master Engineering using LEGO®

The Force is strong in this class. Build complex machines and structures based on the best designs from a galaxy far, far away. Projects include X-Wings, AT-AT walkers, Pod racers, Star Destroyers, Cloud Cities, settlements, and fortresses. Play-Well's Jedi instructors reinforce key engineering concepts such as gear trains, worm drives, pneumatics, eccentric motion and much more as students tap into the powerful forces of imagination and engineering. INSTRUCTOR: Play-Well TEKnologies

Ren Ctr	M-F	1:00 pm-4:00 pm	Jul 20-24	\$155	ages 8-12
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Mine, Craft, Build Adventure Game using LEGO®

Bring Minecraft to life using LEGO[®]! Resourcefulness, creativity, and cooperation come together in this unique building adventure game. Roll the dice to mine for resources, and use these resources to build special items to help in our adventures! Build a zoo, create a medieval castle, and design a tree house village! This LEGO[®] experience is an original game designed by Play-Well instructors inspired by the popular game, Minecraft. Students will have a blast, even without any prior experience with Minecraft or LEGO[®]. INSTRUCTOR: Play-Well TEKnologies

Flah Park M-F	9:00 am-12:00 pm	Aug 3-7	\$155	ages 5-7
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Mine, Craft, Build Survival Game using LEGO®

Bring Minecraft to life using LEGO[®]! Resourcefulness, creativity, and cooperation come together in this unique building adventure game. Roll the dice to mine for resources, craft tools, and watch out for Creepers! This ultimate LEGO[®] Minecraft experience is an original game designed by Play-Well instructors, using gameplay elements and characters inspired by the popular Minecraft video game. Students will have a blast, even without any prior experience with Minecraft or LEGO[®]. INSTRUCTOR: Play-Well TEKnologies

Flah Park M-F	1:00 pm-4:00 pm	Aug 3-7	\$155	ages 8-12	
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HOLDING PARK

The Wake Forest Parks, Recreation and Cultural

Resources Department will open Holding Park Pool for the 2015 season on Memorial Day weekend. The 50-meter pool, located at 133 W. Owen Ave., is one of the area's largest outdoor public swimming pools.

Pool Opens Saturday, May 23

Open Swim

The pool is open to the general public during the dates and times listed below.

Sa-Su	1:00 pm-7:00 pm	May 23-25 May 30-31 Jun 6-7 Jun 13-Aug 23	\$1 ages 2 & younger \$3 ages 3-12 \$4 ages 13+
M-F	1:00 pm-6:00 pm	Jun 14-Aug 21	

Seasonal Swim Passes

Seasonal swim passes go on sale May 1 and can be purchased at town hall. \$40 for residents, \$65 for non-residents (passes are individual passes). Punch card passes are also available, good for 20 visits (\$50).

Parent-Toddler Swim Time

Reserved pool time for parents and toddlers (ages 4 and younger). Pass is required and may be purchased at town hall. Pass is valid for one parent and up to two preschool children.

M-Sa	12:00 pm-1:00 pm	Jun 13-Aug 22	\$30

Swim Lessons

Swim class sessions (four sessions, Monday-Thursday) will be offered in June, July and August. Specific dates and times will be available at town hall beginning May 26. Registration begins June 1. Maximum of four students per class. ALL registration will be held online.





Athletic Camps

Baseball Camp

Skills development camp for baseball players, rising 3rd grade through rising 9th grade. Camp t-shirt included. INSTRUCTOR: Tony Piercy, Heritage High School Baseball Coach

Heritage High Sch*	M-Th	9:00 am-12:00 pm	Jun 22-25	\$75	grades 3-9
Heritage High Sch*	M-Th	9:00 am-12:00 pm	Jul 13-16	\$75	grades 3-9

*Camp will be held on the baseball field

Softball Camp

Skills development camp for softball players, rising 3rd grade through rising 9th grade. Camp t-shirt included. INSTRUCTOR: Mark Downing, Heritage High School Softball Coach

Heritage High Sch*	M-Th	9:00 am-12:00 pm	Jun 22-25	\$75	grades 3-5
Heritage High Sch*	M-Th	9:00 am-12:00 pm	Jul 13-16	\$75	grades 6-9

*Camp will be held on the softball field

Thori Bryan Soccer Academy Co-Ed Youth Soccer Camp

Skills development camp for soccer players, ages 7-12. Camp t-shirt included. INSTRUCTOR: Thori Bryan

Smith Crk Soccer Ctr	M-F	9:00 am-12:00 pm	Jun 22-26	\$125	ages 7-12
Smith Crk Soccer Ctr	M-F	5:00 pm-8:00 pm	Jul 13-17	\$125	ages 7-12

Youth Golf Camp

Participants will receive instruction in the game of golf. Learn golf rules as well as the basic fundamental for putting and driving. Please bring a snack daily. INSTRUCTOR: Tim Gupton

	Flah Park	M-F	9:00 am-11:30 am	Jul 13-17	\$100	ages 5-11	
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Girls Volleyball Skills Camp

Develop game skills and learn rules through drills and game play. Camp t-shirt included. Please bring a snack daily. INSTRUCTOR: Katie Quigley, Triangle Volleyball

Flah Park	M-W	9:00 am-12:00 pm	Aug 3-5	\$75	ages 8-14	
*Camp t-shirts are guaranteed for those who pre-register by Jul 24						

Boys Basketball Camp

This week-long instructional camp will be led by Professional European basketball player J.J. Miller. Participants will work on the basic fundamentals of the game emphasizing dribbling, shooting, free throws and defensive skills. Participants will be divided by age groups for game play. Please bring a snack daily. INSTRUCTOR: J.J Miller

Flah Park	M-F	8:00 am-12:00 pm	Jul 6-10	\$75	ages 7-12
Flah Park	M-F	1:00 pm-5:00 pm	Jul 6-10	\$75	ages 13-17

*Camp t-shirts are guaranteed for those who pre-register by Jun 30

Girls Basketball Camp

The week-long instructional camp will be led by Professional European basketball player J.J. Miller. Participants will work on the basic fundamentals of the game emphasizing dribbling, shooting, free throws and defensive skills. Participants will be divided by age groups for game play. Please bring a snack daily. INSTRUCTOR: J.J. Miller

Flah Park	M-F	8:00 am-12:00 pm	Jul 20-24	\$75	ages 7-12
Flah Park	M-F	1:00 pm-5:00 pm	Jul 20-24	\$75	ages 13-17

*Camp t-shirts are guaranteed for those who pre-register by Jul 10



ATHLETICS YOUTH AND ADULT

Join a team sport and reach for the top of your game!



YOUTH REGISTRATION: ALL registration for youth leagues will be held **online only** during the specified registration periods. Computer access will be available at town hall should registrants need access. New players must submit a copy of the participant's birth certificate. Returning players are not required to submit a birth certificate.

ADULT REGISTRATION: Register at Wake Forest Town Hall, 301 S. Brooks St. or online at **wakeforestnc.recdesk.com**.

RESIDENT/NON-RESIDENT RATES: Residents who live within the town's limits are eligible for the \$40 resident rate. Residents who live outside the town's limits are encouraged to participate in athletic programs but will be charged the \$80 non-resident rate.

REFUNDS: Athletic fees are 100% refundable if requested, in writing, before the participant's first assigned team practice. After the first practice, refunds will not be granted. Anyone withdrawing from an athletic program must request a refund in writing in order for a refund to be processed. Note that late registration fees, if paid, are non-refundable.

Youth Athletics

Youth Volleyball League

League age is determined by participant's age on Jan. 1, 2015. Team practices begin in May, games are played through early July. **Online registration only**. **STAFF CONTACT**: Edward Austin, eaustin@wakeforestnc.gov, 919-435-9562.

Apr 1-30 \$80 non-resident girls		May-Jul season	\$40 resident \$80 non-resident	ages 9-16 girls
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Basketball Skills Training

Players will improve their all around game by participating in shooting, defensive, ball handling, and individual move drills plus one-on-one and team competition. Join basketball trainer and referee Shawn Banks in this one-of-a-kind basketball training. Program is designed for players with two or more years of league play experience. **Online registration only. INSTRUCTOR:** Shawn Banks Skills Academy

Flah Park	М	6:30 pm-7:30 pm	Mar 9-30	\$40	ages 7-9
Flah Park	М	7:30 pm-8:30 pm	Mar 9-30	\$40	ages 10-12
Flah Park	М	6:30 pm-7:30 pm	Apr 6-27	\$48	ages 13-17
Flah Park	М	6:30 pm-7:30 pm	Aug 3-24	\$48	ages 13-17

Spring Baseball, Softball & T-Ball League

League drafts/team placement will begin in March. Practices begin within one week of league drafts. Games are played primarily on weeknights from April through late June. League age is determined by participant's age on April 30, 2015. **Online registration only. STAFF CONTACT**: Edward Austin, eaustin@ wakeforestnc.gov, 919-435-9562.

Registration:	:	\$40 resident	boys, ages 5-17
Feb 1-28		\$80 non-resident	girls, ages 5-15

Fall Baseball & Softball League

League age is determined by participant's age on April 30, 2015 (see chart on page 29). Team practices begin in August. Games are played through mid-October. **Online registration only. STAFF CONTACT**: Edward Austin, eaustin@ wakeforestnc.gov, 919-435-9562.





Track & Field

In this introduction to track and field, participants will learn proper running technique and gain experience in their choice of the following Olympic running events: 100, 200, 400, 800, 1500, 3000. Open to runners age 6-14 (age determined by age on Jan. 1, 2015). Participants will also have an opportunity to be exposed to the hurdles, long jump, and shot put. Participant fee includes a t-shirt. **Online registration only.** COACHES: Matt & LaTosca Goodwin, NC Speed Academy. STAFF CONTACT: Edward Austin, eaustin@wakeforestnc.gov, 919-435-9562.

WF Middle	M/W	5:30 pm-6:30 pm	Apr 13-May 20	\$80	ages 6-14
WF Middle	T/Th	5:30 pm-6:30 pm	Apr 14-May 21	\$80	ages 6-14

Adult Athletics

Men's Spring Recreational Softball League

Games played Monday, Wednesday and Thursday beginning in mid-March. **STAFF CONTACT:** Meghan Hawkins, mhawkins@wakeforestnc.gov, 919-435-9457.

Registration: Feb 1-28	Mar-Apr season	\$550/team	ages 18+

Church Men's Softball League

Games will be played Monday, Tuesday, Thursday, Friday and Saturday beginning in late April. **STAFF CONTACT**: Meghan Hawkins, mhawkins@wakeforestnc. gov, 919-435-9457.

Registration: Mar 1-31	Apr-Jun season	\$550/team	ages 18+	



Church Co-Rec Softball League

Games will be played primarily Tuesday and Thursday. STAFF CONTACT: Meghan Hawkins, mhawkins@wakeforestnc.gov, 919-435-9457.

Registration: Jul-Sep season \$550/team ages 18+ May 1-30	
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Men's Fall Recreational Softball League

Games played Monday, Wednesday and Thursday beginning in mid-August. STAFF CONTACT: Meghan Hawkins, mhawkins@wakeforestnc.gov, 919-435-9457.

Jun 1-30		Aug-Oct season	\$550/team	ages 18+	
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Open Co-Rec Softball League

Games are played primarily on Tuesday and Friday, beginning in mid-August. STAFF CONTACT: Meghan Hawkins, mhawkins@wakeforestnc.gov, 919-435-9457.

Registration: Jun 1-30	Aug-Oct season	\$550/team	ages 18+
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Adult Flag Football

Each year from September through November, the Wake Forest Parks, Recreation & Cultural Resources Department partners with CenterPoint Sports to offer an adult flag football league. League games are played on Sunday afternoons from mid-September through early November. **STAFF CONTACT**: Meghan Hawkins, mhawkins@wakeforestnc.gov, 919-435-9457.

Registration: Aug 1-31	Sep-Nov season	\$150/team	ages 18+
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Adult Co-Rec Kickball

League play is scheduled to begin in mid-September, and games will be played on weeknights and Sundays throughout late October. **STAFF CONTACT**: Meghan Hawkins, mhawkins@wakeforestnc.gov, 919-435-9457.

Registration: Aug 1-31	Sep-Oct season	\$150/team	ages 18+

SPRING 2015 Baseball, Softball & T-ball

League Age

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May	June	July	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	AGE
2009	2009	2009	2009	2009	2009	2009	2009	2010	2010	2010	2010	5
2008	2008	2008	2008	2008	2008	2008	2008	2009	2009	2009	2009	6
2007	2007	2007	2007	2007	2007	2007	2007	2008	2008	2008	2008	7
2006	2006	2006	2006	2006	2006	2006	2006	2007	2007	2007	2007	8
2005	2005	2005	2005	2005	2005	2005	2005	2006	2006	2006	2006	9
2004	2004	2004	2004	2004	2004	2004	2004	2005	2005	2005	2005	10
2003	2003	2003	2003	2003	2003	2003	2003	2004	2004	2004	2004	11
2002	2002	2002	2002	2002	2002	2002	2002	2003	2003	2003	2003	12
2001	2001	2001	2001	2001	2001	2001	2001	2002	2002	2002	2002	13
2000	2000	2000	2000	2000	2000	2000	2000	2001	2001	2001	2001	14
1999	1999	1999	1999	1999	1999	1999	1999	2000	2000	2000	2000	15
1998	1998	1998	1998	1998	1998	1998	1998	1999	1999	1999	1999	16
1997	1997	1997	1997	1997	1997	1997	1997	1998	1998	1998	1998	17

Find participant's birth month in the top row of the chart. In the birth month column, find participant's birth year. League age is indicated on that row at far right.

Age Bracket

Baseball (male)	AGE	Softball (female)
T-ball	5 coed	T-ball
T-ball	6 coed	T-ball
Coach Pitch	7 coed	Coach Pitch
Coach Pitch	8 coed	Coach Pitch
Minor League (machine pitch)	9	Minor League (machine pitch)
Minor League (machine pitch)	10	Minor League (machine pitch)
Little League (11-12)	11	Little League (11-12)
Little League (11-12)	12	Little League (11-12)
Junior League (13-14)	13	Junior League (13-14)
Junior League (13-14)	14	Junior League (13-14)
Senior League (15-17)	15	Senior League (15-17)
Senior League (15-17)	16	Senior League (15-17)
Senior League (15-17)	17	Senior League (15-17)

FALL 2015 Baseball & Softball

League Age

May	June	July	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	AGE
2008	2008	2008	2008	2008	2008	2008	2008	2009	2009	2009	2009	6
2007	2007	2007	2007	2007	2007	2007	2007	2008	2008	2008	2008	7
2006	2006	2006	2006	2006	2006	2006	2006	2007	2007	2007	2007	8
2005	2005	2005	2005	2005	2005	2005	2005	2006	2006	2006	2006	9
2004	2004	2004	2004	2004	2004	2004	2004	2005	2005	2005	2005	10
2003	2003	2003	2003	2003	2003	2003	2003	2004	2004	2004	2004	11
2002	2002	2002	2002	2002	2002	2002	2002	2003	2003	2003	2003	12
2001	2001	2001	2001	2001	2001	2001	2001	2002	2002	2002	2002	13
2000	2000	2000	2000	2000	2000	2000	2000	2001	2001	2001	2001	14
1999	1999	1999	1999	1999	1999	1999	1999	2000	2000	2000	2000	15
1998	1998	1998	1998	1998	1998	1998	1998	1999	1999	1999	1999	16

Find participant's birth month in the top row of the chart. In the birth month column, find participant's birth year. League age is indicated on that row at far right.

* If more than 36 females register, machine pitch softball league will be offered.

Age Bracket

Baseball (male)	AGE	Softball (female)
Coach Pitch	6 coed	Coach Pitch
Coach Pitch	7 coed	Coach Pitch
Minor League (machine pitch)	8 coed*	Minor League (machine pitch baseball)
Minor League (machine pitch)	9 coed*	Minor League (machine pitch baseball)
Little League (10-11)	10	Little League (10-11)
Little League (10-11)	11	Little League (10-11)
Junior League (12-13)	12	Junior League (12-13)
Junior League (12-13)	13	Junior League (12-13)
Senior League (14-16)	14	Senior League (14-16)
Senior League (14-16)	15	Senior League (14-16)
Senior League (14-16)	16	Senior League (14-16)

Inclement Weather Line: 919-435-9569

In case of inclement weather, Wake Forest residents should call the WEATHER LINE at 919-435-9569 for information concerning changes to the town's regular schedule. The Weather Line will provide updates concerning all town-sponsored programs and activities, including atheletic games and practices, as well as concerts, festivals, and other events.

Smartphone users who have downloaded the Town of Wake Forest app will receive a push notification message informing them of any schedule changes.

Weather-related announcements may also appear on the homepage of the town's website, on our Facebook page and on Wake Forest TV 10.

EXPERIENCE THE

RENAISSANCE

ONGOING EVENTS



- First Friday Flix. First Friday of each month, 7 pm. Monthly movie showings feature a variety of film favorites. Call 919-435-9428 to hear the name of the movie. Free and open to the public. Concessions for sale.
- flix4kidz. Second Monday of each month, 10:30 am. Movie showings geared for ages 3-10. All shows are rated G or PG. Call 919-435-9428 to hear the name of the movie. Free and open to the public. Concessions for sale.
- Free at Three. Second Monday of each month, 3 pm. Monthly movie showings geared for the over fifty crowd. Call 919-435-9428 to hear the name of the movie. Free.
- Carolina Puppet Theater. Jan 21; Feb. 4 & 18; Mar 3 & 18; Apr 9 & 22; May 6 & 20; Jun 3 & 17; July-Aug TBD; 11 am. Storytelling, music and puppetry geared for ages 3-7. New shows each month. \$5 plus tax. Children under 2 admitted free.
- Scrap Happens & Open Craft Night. Mar 13, Apr 10, May 8, Jun 12, Jul 10, Aug 14; 5-11 pm. Gather with other crafters at the Arts Annex to work on your projects or participate in the 'make and take' project of the evening. \$10.

Forest Moon Theater. Feb 7 and Mar 14, 11 am: *Miserella Finds Her Manners*. Apr 11 and May 2: show name to be announced on the event hotline. Jun-Aug: TBD. Original and interactive children's plays geared for ages 3-7. \$5 plus tax.

Cinema at the Centre. Mar 12, Apr 9, May 28, Jun 11; 7 pm. An evening of film and facilitated discussion. Call 919-435-9428 to hear the name of the movie. Free and open to the public. Concessions for sale. Writer's Night in the Forest. Feb 26, Mar

19, Apr 16, May 21, Jun 18, July 16. Guest authors will discuss their books with the audience. **Feb. 26**: Special presentation: Exploring the History of Wake Forest. This presentation will feature a panel of local experts who will share interesting stories about Wake Forest. Check the website to see the monthly list of upcoming authors and books. Free.

TGIF Dance Party. Mar 27, Apr 24, Jun 26, Jul 24, Aug 28; 7:30-9 pm—Family Dance, all ages welcome. Dance instruction provided. 9-11 pm—Adult Dance, ages 21+, cash bar available for beer and wine. A different dance theme every month. Professional DJ. \$5 plus tax.

RENAISSANCE

CENTRE

405 S. Brooks St. Arts Annex: 407 S. Brooks St. Event Hotline: 919-435-9428 Box Office: 919-435-9458 Box Office Hours: Mon-Fri 9 am-noon, 1-5 pm

wakeforestnc.gov/renaissance-centre.aspx

Purchase tickets online or at the box office. Convenience fees and taxes may apply.

Sign up to receive email updates about upcoming programs and events at the Renaissance Centre. Visit the website and click on "Join our Mailing List."



The Wake Forest Parks, Recreation & Cultural Resources Department (PRCR) reserves the right to alter schedules, fees, and instructors as necessary. Classes are subject to cancellation when minimum enrollment has not been reached. Classes are subject to instructor availability.

PARENT PARTICIPATION POLICY

The PRCR Department offers individualized skills programs for children. Parents are only permitted to attend sessions when the instructor requires parent participation. In preschool programs where parent participation is not required, children must be potty-trained in order to participate.

REGISTRATION Programs

Preregistration is required for all programs. To register for a class, an individual must complete a registration form. Full payment must be made at the time of registration. Class registrations will be accepted up to two business days before the program's start date as long as space is available and unless otherwise noted in this brochure.

Athletics

Athletic registration forms will only be accepted during the advertised registration period. Early registrations will not be accepted. Registration for youth athletics is available online only during specified registration dates. To use our online registration, follow the link from the Youth Athletics page on the town's website at wakeforestnc.gov/parksrecreation.aspx. New youth participants will be prompted to submit a birth certificate.

Non-Resident Fees

Anyone residing outside the corporate limits of the Town of Wake Forest is encouraged to participate in programs but may be assessed an additional non-resident fee.

Program Refund Policy

Program fees are 100% refundable when the program is canceled by the PRCR Department. Anyone wishing to withdraw from a class that has not been canceled by the PRCR Department must request a refund, in writing, at least 10 business days before the start of the class. Refunds will not be given for withdrawals made less than the 10 business day period other than for verified medical/hardship cases.

Athletic Refund Policy

Anyone withdrawing from an athletic program must request a refund, in writing, in order for a refund to be processed. Fees are 100% refundable if requested before participant's first assigned team practice.

Registration Form

__ (parent/guardian), do

(participant) to participate in the program known as

offered by the Parks, Recreation & Cultural Resources Department.

Participant Informatio	n	Please write legibly. Complete one form per person. Make copies as necessary.				
Are you a Wake Forest resident?	LAST NAME:		FIRST NAME:			
🗆 Yes 🗆 No	ADDRESS:		8			
GENDER:						
□ Male □ Female	CITY:		STATE:	ZIP:		
AGE:						
DATE OF BIRTH:	HOME PHONE:	CELL PHONE:	EMAIL ADDRESS (optional):			
I would like to receive occasional email con NOTE: The Town of Wake Forest now has t are open to public inspection for those who	he authority to deny requests for copies	of subscriber email lists. Passed by the Nort	h Carolina General Assembly in Ju	uly 2010, House Bill 1921 states that email address lis		
Youth Athletic	PROGRAM TITLE / SPORT:					
Leagues Only:	STARTING DATE:	DAY OF WEEK:	TIME:	FEE:		

Health & Emergency Information

Parent/Guardian Name(s):	(H) Phone:	(W) Phone:
Emergency Contact:	(H) Phone:	(W) Phone:

Special Needs: The Parks, Recreation & Cultural Resources Department will attempt to provide accommodations for program participants when the need for accommodation is requested within two weeks. To insure a medically safe and appropriately planned program, please list any special need or precaution which may require accommodations for participating (i.e., visual or hearing impairment, mental or physical disability, heart condition, history of seizures, asthma, ADD, etc.)

_	Physician Name:	Phone:
_	Known Allergies:	
-	Current Medications:	

Parent/Guardian & Adult Participation Agreements: I, ___

	hereby	give	my	permission	for
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By signing this document, I hereby absolve the Town of Wake Forest and any individuals, groups, or organizations officially connected in any manner with the above stated program of all liabilities concerning personal injury, property damage, equipment loss, or death. I realize that transportation to and from the program is my responsibility, and that if anyone connected with the program transports my child on my behalf, I will hold the party/parties involved blameless of any accident or injury that may occur. Such absolution is to be binding when the above individuals are acting within the scope of the activity. I hereby accept the instructor, supervision, facilities, and equipment, as being satisfactory for the program activity named above. I understand that insurance coverage is my/our responsibility, and I/we certify the I/we have read and agree to the terms stated above and that all information provided is correct to the best of my/our knowledge.

Photo Release: Your likeness may be captured by the Town of Wake Forest for use in promotional, news, or informational media. Your participation in this activity implies your consent. If you do not wish for your photo to be used, please contact the Parks, Recreation & Cultural Resources Department at 919-435-9560.

Refund Policy: Class fees and athletic fees are 100% refundable when the class or league is canceled by the Parks, Recreation & Cultural Resources Department. Anyone wishing to withdraw from a class that has not been cancelled by the Parks, Recreation & Cultural Resources Department must request a refund, in writing, at least 10 business days in advance before the scheduled start of the class or first practice. Refunds will not be given for withdrawals made less than the 10 working day period other than for verified medical/hardship cases.

Non-Discrimination Policy: The Parks, Recreation & Cultural Resources Department does not discriminate on the basis of race, color, national origin, sex, religion, age, sexual orientation or disability in employment opportunities or the provision of services, programs, or activities. A participant alleging discrimination on the basis of the aforementioned areas may file a complaint with the Director of the Parks, Recreation & Cultural Resources Department or the Office of Equal Opportunity, U.S. Department of the Interior, Washington, DC 20240.

Disclaimer: Town of Wake Forest fees and charges are subject to change without notice. Please call 919-435-9560 to confirm rates.

n file. ide your		complete and sign registration leturn with full payment by ma		Parent/Guardian Adult Participant Signature Date Total Enclosed: \$ Make check payable to: Town of Wake Forest				
your	P	own of Wake Forest arks, Recreation & Cultural Resourc 01 S. Brooks Street, Wake Forest, N						
	0	or of brooks offeel, wake rolest, r	10 21 301	 I would like to receive an email confirmation of my payment. I have provided my email address above. 				
letic d only	ſ	OFFICE USE ONLY						
ition		 New Returning BC attached BC on file 	Date Rcvd Rcvd By	_ Fee Paid _ □ Cash □ Check # □	Credit Card			

Are you a new participant?

Name(s) of sibling(s) in same

age group/league, if any:

GRADE:

PHONE:

PHONE:

JERSEY SIZE:

 \Box Youth S

□ Youth M

□ Youth L

(HEAD COACH) Dad

SIBLINGS:

COACHING VOLUNTEERS:

□ Adult S

□ Adult M

□ Adult L

Adult XL

□ Mom □ Both

FATHER'S NAME:

MOTHER'S NAME:

□ **Yes.** You must present a birth certificate in order for the registration to be processed.

□ No. We will confirm that we have your birth certificate on If we do not, you must provid one before we can process ye registration.

Note: Registration for athle programs will be accepted during advertised registrat periods.



Town of Wake Forest Parks, Recreation & Cultural Resources Department 301 S. Brooks Street Wake Forest, NC 27587

wakeforestnc.gov/ parksrecreation.aspx PRSRT STD US Postage **PAID** Wake Forest, NC Permit #118

