

# RecConnect

MARCH-AUGUST 2019

WAKE FOREST PARKS, RECREATION  
& CULTURAL RESOURCES

Spring  
AND  
Summer

Camps,  
Programs  
& Athletics





# WELCOME



March-August 2019

**Wake Forest Parks, Recreation & Cultural Resources Department**  
301 S. Brooks St., Wake Forest, NC 27587  
919-435-9560  
fax 919-435-9499  
wakeforestnc.gov/parksrecreation.aspx

**Weather Line**  
919-435-9569

**Office Hours**  
Monday-Friday, 8 am-5 pm

**Director**  
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**Recreation Specialist - Special Events**  
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**Maintenance Superintendent**  
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**Wake Forest Renaissance Centre for the Arts**  
919-435-9458

**Centre Manager**  
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**Centre Specialist**  
Debra Horton  
919-435-9566  
dhorton@wakeforestnc.gov

**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 by promoting health and wellness through diverse, safe, accessible, and culturally enriching recreational opportunities.



## Meet the Town's Recreation Specialist for Special Events

**Suja Jacob** is responsible for coordinating and planning special events and activities to enhance the Town of Wake Forest community.

Suja grew up in New York and completed her undergrad studies at the State University of New York (College of Environmental Science and Forestry) and received her Master's in Environmental Science from Long Island University.

After working as an event planner for a private company for 14 years, Suja moved with her family to North Carolina and seized the opportunity to work in the public sector where she could use her event planning skills to make a difference in her community. She has been with the Town of Wake Forest since 2017 and enjoying every minute.

Don't be surprised if you bump into Suja at a Midday Concert, Movie Night or Mother-Son/Father-Daughter Dance. Her passion now is to make every event special and a memorable for the residents of Wake Forest. She likes to divide her spare time enjoying the mountains and the beaches of North Carolina with her husband and two boys.



## Program registration begins Feb. 1

Register for programs at any staffed site or online at **wakeforestnc.recdesk.com**. Online registration closes two business days before the start of a program.

### STAFFED REGISTRATION SITES:

- **Wake Forest Town Hall**, 301 S. Brooks St., Mon-Fri 8 am-5 pm
- **Flaherty Park Community Center**, 1226 N. White St., Mon-Fri 8 am-10 pm, Sat 8 am-4 pm, Sun 1 pm-5 pm  
*payments by checks and credit/debit cards only*
- **Alston-Massenburg Center**, 416 N. Taylor St., Mon-Fri 12 pm-8 pm, Sat 8 am-4 pm, Sun 1 pm-5 pm  
*payments by checks and credit/debit cards only*

## Wake Forest PCR has earned national accreditation

The Wake Forest Parks, Recreation & Cultural Resources (PCR) Department joined the ranks of elite parks and recreation agencies across the country by earning accreditation through the Commission for Accreditation of Parks and Recreation Agencies (CAPRA) and the National Recreation and Park Association (NRPA).

CAPRA accreditation is the only national accreditation for park and recreation agencies and is a measure of an agency's

overall quality of operation, management and service to the community. This mark of distinction indicates that an agency has met rigorous standards related to the management and administration of lands, facilities, resources, programs, safety and services.

Although there are approximately 12,000 parks and recreation departments throughout the United States, only 178 have attained CAPRA accreditation.





# EVENTS

## AND COMMUNITY ACTIVITIES

### Mother-Son Dance

Celebrate the special bond that mothers and sons share with an evening of fun at the Town of Wake Forest's Mother-Son dance. Treat your son to a night of music, dancing and memories that he will have for a lifetime. This evening includes music, entertainment and refreshments.

WFCH	Mar 15	F	6:30-8:30 pm	\$20/couple	ages 3+
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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. This event will begin at 10:00 am starting with the youngest participants (0-3 years) and will continue at 15-minute intervals for different age groups, ending with ages 10-12 at 10:45 am. Bring your own basket and arrive early for good parking!

Joyner Park	Apr 13	Sa	10:00 am-11:00 am	free	all ages
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### 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 Park*	Apr 13	Sa	11:30 am-12:00 pm	free	all ages
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\* Event will be held in pecan grove



EASTER EGG HUNT

### Six Sundays in Spring Concert Series

Bring a lawn chair and enjoy live music at the park! The Six Sundays in Spring concert series is co-sponsored by the Wake Forest Parks, Recreation and Cultural Resources Department and ARTS Wake Forest. Visitors to the park are reminded that alcoholic beverages, smoking and unleashed pets are prohibited.



Joyner Park	Apr 28-Jun 2	Su	5:00 pm-7:00 pm	free	all ages
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SIX SUNDAYS IN SPRING





INDEPENDENCE DAY CELEBRATION



## Midday Music at Centennial Plaza

Area residents are invited to enjoy local musical talent at Town Hall during the lunch time hour. Assorted dessert food truck vendors will be onsite during each concert. Bring a bag lunch or visit an area restaurant and enjoy the music.

WF Town Hall	May 9	Th	12:00-1:00 pm	free	all ages
WF Town Hall	May 16	Th	12:00-1:00 pm	free	all ages
WF Town Hall	May 23	Th	12:00-1:00 pm	free	all ages
WF Town Hall	May 30	Th	12:00-1:00 pm	free	all ages

## Movie Night in the Park

The Parks, Recreation & Cultural Resources Department presents Family Movie Nights at Joyner Park.

Assorted food vendors will be on site selling snacks and beverages. Area

residents planning to attend are encouraged to arrive early as viewing space may be limited. E. Carroll Joyner Park is located at 701 Harris Road. Visitors to the park are reminded that alcoholic beverages, smoking, and unleashed pets are prohibited.



Joyner Park	May 25	Sa	8:30 pm	free	all ages
Joyner Park	Jun 22	Sa	8:30 pm	free	all ages
Joyner Park	July 27	Sa	8:30 pm	free	all ages
Joyner Park	Aug 10	Sa	8:30 pm	free	all ages

*\*In case of inclement weather, the event will be relocated to the Flaherty Park Community Center, 1226 N. White St*

## Gladiator Games <NEW!>

Looking for a challenge? Time to unleash your inner gladiator as you compete in a series of unconventional games to test your skill. There will be noodle jousting, bubble sumo, nerf gun target shooting, an obstacle course and more! Competition will be friendly and fun is guaranteed!

Flah Park	Jun 9	Sun	2:00-4:00 pm	\$5*	ages 8+
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*\*Pre-registration is required*

## Independence Day Celebration

The 2019 Independence Day Celebration is a two-day event which includes the **Fireworks Spectacular** at Heritage High School, 1150 Forestville Road, on Wednesday, July 3, followed by the **Children's Parade and Art & Games in the Park** on Thursday, July 4. All of the events are free and open to the public. Alcoholic beverages, smoking and pets are prohibited at the Fireworks Spectacular. For complete details, visit [wakeforestnc.gov](http://wakeforestnc.gov) and search "Independence Day."



Heritage High	Jul 3	W	5:30 pm-9:30 pm	free	all ages
Holding Park*	Jul 4	Th	10:30 am-1:00 pm	free	all ages

*\*The Children's Parade begins at 10:30 am at the corner of N. Main Street & Juniper Avenue and proceeds to Holding Park, 133 W. Owen Ave. for Art & Games in the Park*

## Youth Leadership Workshop

Designed for youth ages 12-17, this free workshop will feature presenters discussing topics of importance to adolescents.

Alston-Mass	Aug 17	Sa	10:00 am-1:00 pm	free*	ages 12-17
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*\*Pre-registration is required*

## Concert in the Park

Bring a lawn chair and enjoy live music at the park. Concert in the Park is co-sponsored by the Wake Forest Parks, Recreation & Cultural Resources Department and Arts Wake Forest. Visitors to the park are reminded that alcoholic beverages, smoking and unleashed pets are prohibited.

Joyner Park	Sep 1	Su	5:00 pm-7:00 pm	free	all ages
Joyner Park	Sep 8	Su	5:00 pm-7:00 pm	free	all ages

# PARKS & GREENWAYS

PLACES TO PLAY

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. 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 in-line skating. Leashed dogs are also welcome to enjoy the trails.

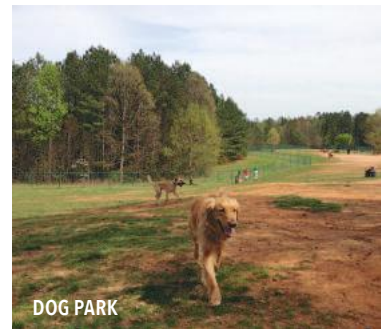
RENT THIS SITE	Deposit	Rates	Availability
Amphitheater	\$150 <i>individual</i> \$350 <i>business</i>	Rental rates range from \$150-\$1,200 <i>See website for details</i>	<i>Daily</i> 8:00 am-2:00 pm; 3:00 pm-dusk; dawn to dusk
Performance Garden	\$150 <i>individual</i> \$350 <i>business</i>	Rental rates range from \$75-\$800 <i>See website for details</i>	<i>Daily</i> 8:00 am-2:00 pm; 3:00 pm-dusk; dawn to dusk
Open Space, Picnic Shelters & Greenways	\$50 <i>individual</i> \$150 <i>business</i>	Rental rates range from \$15/hr-\$150/hr <i>2-hr min</i> <i>See website for details</i>	<i>Daily</i> dawn to dusk



## J. B. Flaherty Park

1226 N. White St.  
919-554-6726  
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, pickleball 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	\$50 <i>individual</i> \$150 <i>business</i>	Rental rates range from \$15/hr-\$150/hr <i>2-hr min</i> <i>See website for details</i>	<i>Daily</i> dawn to dusk
Athletic Field(s)	\$150	\$50/hr   \$30/hr <i>Resident Discount</i> Light Use Fee: \$25/hr	<i>Subject to</i> <i>WFPRCR/league</i> <i>schedules</i>

*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, the Wake Forest Community House and the new Holding Park Aquatic Center. The aquatic center includes a six-lane, 25-yard lap pool, two water slides with plunge pool and a children's pool with water play.



RENT THIS SITE	Deposit	Rate	Availability
Athletic Field	\$150	\$50/hr   \$30/hr <i>Resident Discount</i> Light Use Fee: \$25/hr	<i>Subject to</i> <i>WFPRCR/league</i> <i>schedules</i>

*See page 8 for Wake Forest Community House rental information*







PARKS															
	Acres	Amphitheater	Baseball/ Softball Field	Basketball Court	Community Center	Dog Park	Flower Garden	Greenway	Grill	Open Space	Picnic Shelter	Picnic Tables	Playground	Pond	Sprayground
<b>Ailey Young Park</b> 800 Juniper Ave.	15		●	●					●		●	●	●		
<b>DuBois Park</b> 518 N. Franklin St.	0.4			●									●		
<b>E. Carroll Joyner Park</b> 701 Harris Rd.	117	●					●	●	●	●	●	●		●	
<b>H.L. Miller Park</b> 401 Elm Ave.	2							●				●			
<b>Heritage High Park*</b> 1140 Forestville Rd.	25		●	●				●							
<b>Holding Park</b> 133 W. Owen Ave.	5		●	●	●				●	●		●	●		
<b>J.B. Flaherty Park</b> 1226 N. White St.	100		●	●	●	●		●	●	●	●	●	●	●	●
<b>Kiwanis Park</b> 400 E. Holding Ave.	1							●			●	●	●		
<b>Plummer Park</b> 965 Jones Wynd	0.5										●	●	●		
<b>Smith Creek Soccer Center</b> 690 Heritage Lake Rd.	17							●	●		●	●	●		
<b>Taylor Street Park</b> 416 N. Taylor St.	1.5				●		●		●		●	●	●		
<b>Tyler Run Park</b> 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](http://wakeforestnc.gov/adopt-a-trail.aspx).



## 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		
	Paved (P), Soft Trail (S)	Length in Miles
<b>E. Carroll Joyner Park</b> 701 Harris Rd.	P S	3.0 mi. 0.5 mi.
<b>Dunn Creek Greenway</b> 690 Heritage Lake Rd.	P	1.3 mi.
<b>H.L. Miller Park</b> 401 Elm Ave.	P	0.4 mi.
<b>Heritage High School</b> 1150 Forestville Rd.	S	0.8 mi.
<b>J.B. Flaherty Park</b> 1226 N. White St.	P	0.25 mi.
<b>Kiwanis Greenway</b> 706 S. Franklin St.	P	0.25 mi.
<b>Richland Creek Olde Mill Stream Greenway</b> 901 Barnford Mill Rd.	P	0.45 mi.
<b>Sanford Creek Heritage South Greenway</b> dead end of Marshall Farm St.	P	2.15 mi.
<b>Smith Creek Burlington Mills Greenway</b> 2912 Burlington Mills Rd.	P	1.15 mi.
<b>Smith Creek Soccer Center</b> 690 Heritage Lake Rd.	P	1.73 mi.
<b>Tyler Run Park</b> 830 Pineview Dr.	P	0.12 mi.
<b>Wake Forest Reservoir</b> Traditions Grande Blvd.	S	1.6 mi.

## 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.
- Please lock vehicle doors and windows, and do not leave valuables visible.

## 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	\$150	\$50/hr   \$30/hr <i>Resident Discount</i> Light Use Fee: \$25/hr	<i>Subject to PRCR/league schedules</i>



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 for

Alston-Massenburg Center

416 N. Taylor St.  
919-554-6189  
**HOURS:** Mon-Fri 12 pm-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, picnic shelter and sprayground.

RENT THIS SITE	Deposit	Rate	Availability	Furniture
Large Meeting Room	\$150 <i>individual</i> \$350 <i>business</i>	Rental rates range from \$150-\$1,200 <i>See website for details</i>	<i>Sat &amp; Sun only:</i> 8:00 am-3:00 pm; 5:00 pm-midnight; 8:00 am-midnight	24 tables 125 chairs available

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 Aquatic Center and playground. To rent the Community House, call 919-435-9560 or visit town hall.

RENT THIS SITE	Deposit	Rate	Availability	Furniture
Main Floor	\$150 <i>individual</i> \$350 <i>business</i>	Rental rates range from \$150-\$1,200 <i>See website for details</i>	<i>Fri, Sat &amp; Sun</i> 8:00 am-3:00 pm; 5:00 pm-midnight; 8:00 am-midnight	27 tables 170 chairs available



# CENTERS

## AND RENTAL FACILITIES



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 8 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](http://wakeforestnc.gov) – search “flaherty park.”



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

RENT THIS SITE	Deposit	Rate	Availability	Furniture
Gymnasium	\$150 <i>individual</i> \$350 <i>business</i>	Rates range from \$75/hr- \$300/hr <i>Two hour minimum. See website for details</i>	<i>Sat &amp; Sun only</i>	Fits 550 chairs or 330 chairs plus tables*
Meeting Room	\$150 <i>individual</i> \$350 <i>business</i>	Rates range from \$40/hr- \$160/hr <i>Two hour minimum. See website for details</i>	<i>Sat &amp; Sun only</i>	4 tables 20 chairs available
Open Space	\$50 <i>individual</i> \$150 <i>business</i>	Rates range from \$15/hr- \$150/hr <i>Two hour minimum. See website for details</i>	<i>Daily</i>	–

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

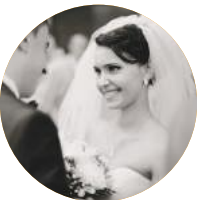
### Wake Forest Renaissance Centre for the Arts

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



The Wake Forest Renaissance Centre for the Arts 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 [wakeforestrencen.org](http://wakeforestrencen.org) or call 919-435-9458.



Getting married?  
Consider renting a town facility for your special day.

### Compare Amenities

	Classroom	Game Room	Gymnasium	Kitchen	Meeting Room	Performance Stage	Available for Rent
Alston-Massenburg Center	•			•	•	•	•
Flaherty Park Community Center	•	•	•	•	•		•
Wake Forest Community House				•	•		•
Wake Forest Renaissance Centre for the Arts	•				•	•	•

# PRESCHOOL

## PROGRAMS & CLASSES

Geared for our youngest residents, these classes help preschoolers learn about the world through exploration.



### Art

#### 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	Th	10:00-10:45 am	Feb 14-Mar 7	\$68   \$53 <b>RD</b>	18 mos-3 yrs
Flah Park	Th	10:00-10:45 am	Mar 28-Apr 18	\$68   \$53 <b>RD</b>	18 mos-3 yrs
Flah Park	Th	10:00-10:45 am	May 2-23	\$68   \$53 <b>RD</b>	18 mos-3 yrs

#### Preschool Art

Students will enjoy stories and art projects based around a theme. Students will explore basic art techniques through many different mediums. **INSTRUCTOR:** Maureen Seltzer

Flah Park	Th	11:00 am-12:30 pm	Feb 14-Mar 7	\$68   \$53 <b>RD</b>	ages 3-5
Flah Park	Th	11:00 am-12:30 pm	Mar 28-Apr 18	\$68   \$53 <b>RD</b>	ages 3-5
Flah Park	Th	11:00 am-12:30 pm	May 2-23	\$68   \$53 <b>RD</b>	ages 3-5

#### "I Am An Artist" - Toddler Art **<<NEW!>>**

Your youngest artist will enjoy exploring the world of art and imagination! Try out watercolors. Make flower prints. Explore new ways to paint without using paint brushes. This class will focus on experimenting with art materials, being creative and having fun. Parent participation required. **INSTRUCTOR:** Page Mathias

Flah Park	Sa	9:30-10:15 am	Apr 13-May 4	\$63   \$48 <b>RD</b>	18 mos-3 yrs
Flah Park	Sa	9:30-10:15 am	Jun 1-22	\$63   \$48 <b>RD</b>	18 mos-3 yrs

#### "Tell Me a Story" - Preschool Art **<<NEW!>>**

Preschool-aged children will enjoy combining stories and art in this class. Four specially chosen books will provide the spark for our art projects. Children will try different art mediums in a fun and creative class. **INSTRUCTOR:** Page Mathias

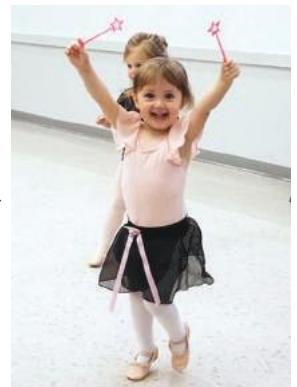
Flah Park	Sa	10:30 am-12:00 pm	Apr 13-May 4	\$63   \$48 <b>RD</b>	ages 3-5
Flah Park	Sa	10:30 am-12:00 pm	Jun 1-22	\$63   \$48 <b>RD</b>	ages 3-5

### Dance

#### Tutu Toddlers

Join us for a toddler introduction to the magic of ballet by exploring enchanted worlds of fairies, princesses, and sugar plums. Your little ballerina will learn ballet characters and their classical music through creative movement and exercising imagination. Toddlers will learn spatial awareness, musical rhythms, and following directions all while having fun! **REQUIREMENTS:** comfortable, easy to move in clothing and ballet shoes. Tutus recommended.

**INSTRUCTOR:** Caroline Steffen



Alst Mass	M	9:30-10:00 am	Feb 25-Mar 25*	\$55   \$40 <b>RD</b>	ages 2-3
Alst Mass	M	9:30-10:00 am	Apr 29-May 20	\$55   \$40 <b>RD</b>	ages 2-3
Alst Mass	M	9:30-10:00 am	Aug 5-Aug 26	\$55   \$40 <b>RD</b>	ages 2-3

\*No class Mar 11





## Magical Ballerinas

Join us in discovering the magic of ballet by exploring the enchanted worlds of new ballets enhanced by the music of the classical composers. Each week, your little ballerina will learn ballet characters and their classical music through creative movement and exercising imagination. Dancers will learn beginning ballet terminology and movements in addition to spatial awareness, musical rhythms, and following directions all while having fun! **REQUIREMENTS:** Girls: Black leotards, pink tights, leather or canvas ballet shoes. Boys: Flexible gym shorts, t shirt, and black jazz shoes. **INSTRUCTOR:** Caroline Steffen

Alst Mass	M	10:15-10:45 am	Feb 25-Mar 25*	\$55   \$40 RD	ages 3-5
Alst Mass	M	10:15-10:45 am	Apr 29-May 20	\$55   \$40 RD	ages 3-5
Alst Mass	M	10:15-10:45 am	Aug 5-Aug 26	\$55   \$40 RD	ages 3-5

\*No class Mar 11

## Mini Prima Ballerinas

Join us in discovering the magic of ballet by exploring the enchanted worlds of new ballets enhanced by the music of the classical composers. Each week, your ballerina will learn ballet characters and their classical music through creative movement and exercising imagination. Dancers will learn the ballet terminology and movements in addition to learning the structure of a ballet class. **REQUIREMENTS:** Girls: Black leotards, pink tights, leather or canvas ballet shoes. Boys: Flexible gym shorts, t shirt, and black jazz shoes. **INSTRUCTOR:** Caroline Steffen

Alst Mass	M	11:00-11:30 am	Feb 25-Mar 25*	\$55   \$40 RD	ages 4-6
Alst Mass	M	11:00-11:30 am	Apr 29-May 20	\$55   \$40 RD	ages 4-6
Alst Mass	M	11:00-11:30 am	Aug 5-Aug 26	\$55   \$40 RD	ages 4-6

\*No class Mar 11

## Dance 4 Tots

Participants will learn ballet, some tap, music and creative movement on a weekly basis. Participants will learn the difference from their left and right, how to balance, hop, skip, and jump. Students will also learn coordination skills through dances to music. **INSTRUCTOR:** Delicia Hare

Flah Park	W	5:30-6:00 pm	Mar 6-Apr 10	\$80   \$65 RD	ages 2-4
Flah Park	W	5:30-6:00 pm	Apr 24-May 29	\$80   \$65 RD	ages 2-4
Flah Park	W	5:30-6:00 pm	Jun 12-Jul 24*	\$80   \$65 RD	ages 2-4

\*No class Jul 3

## Hip Hop Explosion Tots

Students will have the wonderful experience of exploring the creative world of Hip Hop Dance. This explosive style of dance varies from pop and rhythmic movements to creative stylish moves done to the latest hip hop, pop, and radio music.

**INSTRUCTOR:** Delicia Hare

Flah Park	W	5:30-6:00 pm	Aug 7-28	\$65   \$50 RD	ages 4-6
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## Drama

### Story Drama Together: Let's Grow a Garden

Children and caregivers explore a story in this creative drama class they attend together that supports social and motor skills. Explore a new story each week of the month through drama, puppetry and art.

Ren Ctr	F	10:00-11:00 am	Mar 1-22	\$45	ages 2-4*
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\*Child must be accompanied by parent or caregiver

## Fitness

### Preschool Sensory Gym

Bring your little one for play time and have a chance to make new friends! We will provide a safe, accepting, and playful environment filled with fun educational and therapeutic toys to play with. No instruction or supervision will be provided. Parents/caregivers are required to stay with their child.

Flah Park	M	10:45-11:45 am	ongoing	free	18 mos-5 yrs
Flah Park	Th	11:00-12:00 pm	ongoing	free	18 mos-5 yrs

### 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	M	11:45 am-1:00 pm	ongoing	free	18 mos-5 yrs
Flah Park	Th	12:00-1:30 pm	ongoing	free	18 mos-5 yrs



Athletics

Preschool Hoops

SWISH! Begin to develop your little ballers’ skills in this fun and exciting basketball class. Participants will be taught the basics and FUNDamentals of basketball including dribbling, passing, shooting, and defense. Educated by former professional basketball player JJ Miller, this is an opportunity you can’t miss! **INSTRUCTOR:** JJ Miller, Hoopers Elite Basketball Services

Flah Park	Sa	8:00–9:00 am	Mar 2–Apr 23	\$75   \$60 RD	ages 3–6
Flah Park	Sa	8:00–9:00 am	Apr 13–May 4	\$75   \$60 RD	ages 3–6
Flah Park	Sa	8:00–9:00 am	May 25–Jun 15	\$75   \$60 RD	ages 3–6
Flah Park	Sa	8:00–9:00 am	Jul 13–Aug 3	\$75   \$60 RD	ages 3–6

Soccer Rockers **NEW!**

Let’s kick it! Begin to develop your little kickers’ skills in this fun and exciting soccer class. Participants will be taught the basics and FUNDamentals of soccer. Directed by Margot Provencher, former collegiate soccer player, participants will make new friends while learning teamwork and sportsmanship. **INSTRUCTOR:** Margot Provencher, Hoopers Elite

Joyner Park*	Sa	10:00–11:00 am	Mar 2–Apr 6	\$95   \$80 RD	ages 3–5
Joyner Park*	Sa	10:00–11:00 am	Mar 2–Apr 6	\$95   \$80 RD	ages 3–5

*\*Classes will be held in the meadows*



Art

Art for Teens & Youth

New students will start by drawing learning shape, value, and shading. Afterwards may paint or continue drawing. Returning students can choose their media: acrylics, watercolors, pencils, and ink. Will work with a variety of subject matters. Materials not included. **INSTRUCTOR:** Mary Benejam

Flah Park	Tu	3:30–4:30 pm	Feb 26–Apr 2	\$75   \$60 RD	ages 10–16
Flah Park	Tu	3:30–4:30 pm	Apr 16–May 14	\$75   \$60 RD	ages 10–16
Flah Park	Tu	3:30–4:30 pm	Aug 6–Sep 10	\$75   \$60 RD	ages 10–16

Elementary Art: Think Spring! **NEW!**

Young artists in this course will create their own masterpiece using various mediums such as watercolor, chalk pastel, tempera and oil pastel. Students will learn about Claude Monet, Georgia O’Keefe, Pablo Picasso and Frida Kahlo. Materials included. **INSTRUCTOR:** Emily Weisz

Flah Park	Sa	9:00–10:30 am	Mar 2–30	\$75   \$60 RD	ages 6–10
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Printmaking **NEW!**

Upper Elementary and Middle School artists will learn about various printmaking techniques using a variety of methods and techniques. Students will learn how to create an array of prints using their own creativity for their inspiration and will have the opportunity to print their own design on a t-shirt! White t-shirt to be provided by participant. **INSTRUCTOR:** Emily Weisz

Flah Park	Sa	11:00 am–12:30 pm	Mar 2–30	\$83   \$68 RD	ages 9–13
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Sulpture Class: Clay/Recycled Art **NEW!**

Young artists in this class will create their own 3-D art inspired by their imagination. Students will learn how to express themselves in an imaginary way using clay, while also learning basic handbuilding techniques. In this class, students will learn how to create repurposed art and will create their own rainstick. Materials included. **INSTRUCTOR:** Emily Weisz

Flah Park	Sa	9:00–10:30 am	Jul 13–Aug 17	\$83   \$68 RD	ages 6–10
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### Sculpture Class: Clay/Recycled Art <NEW!>

Upper Elementary/Middle School artists in this class will create their own 3-D works of art. Students will learn how to express themselves in a fun way using clay, while also learning basic handbuilding techniques. In this class, students will also learn how to create repurposed art and will create their own mask using recycled materials. Materials included. **INSTRUCTOR:** Emily Weisz

Flah Park	Sa	11:00 am-12:30 pm	Jul 13-Aug 17	\$93   \$78 RD	ages 9-13
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## Dance

### Krump I

Are you interested in learning more about this expressive and exciting form of dancing? Krumping is a street dance popularized in the United States that is characterized by free, expressive, exaggerated, and highly energetic movement involving the arms, head, legs, chest and feet. Join this course to understand the history and learn the movements to this art form. Cause you either "buck" or not. Learn the dance from beginning to present. **INSTRUCTOR:** Wise Lyan

Ren Ctr	Sa	9:00-11:00 am	Mar 2-30	\$30	ages 8-12
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### Krump Movement

This is a dance aerobics class. Students will get an energy-boosting workout and learn how the Krump dance style can tone the body. **INSTRUCTOR:** Wise Lyan

Ren Ctr	W	6:00-7:00 pm	Mar 6-30	\$20	ages 13+
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### Hip Hop Explosion Juniors

Students will explore the creative world of Hip Hop Dance Style. This explosive style of dance varies from pop and rhythmic movements to creative stylish moves done to the latest hip hop, pop, and radio music. **INSTRUCTOR:** Delicia Hare

Flah Park	W	7:00-7:30 pm	Mar 6-Apr 10	\$80   \$65 RD	ages 6-12
Flah Park	W	7:00-7:30 pm	Apr 24-May 29	\$80   \$65 RD	ages 6-12
Flah Park	W	7:00-7:30 pm	Jun 12-Jul 24*	\$80   \$65 RD	ages 6-12
Flah Park	W	6:00-6:30 pm	Aug 7-28	\$65   \$50 RD	ages 6-12

\*No class Jul 3-4

### Hip Hop Explosion Juniors II

Students will have the wonderful experience of exploring the creative world of Hip Hop Dance Style. This explosive style of dance varies from pop and rhythmic movements to creative stylish moves done to the latest hip hop, pop, and radio music.

**INSTRUCTOR:** Delicia Hare



Alst Mass	Th	6:30-7:00 pm	Mar 7-28	\$65 mo.   \$50 mo. RD	ages 6-8
Alst Mass	Th	7:00-7:30 pm	Mar 7-28	\$65 mo.   \$50 mo. RD	ages 9-12
Alst Mass	Th	6:30-7:00 pm	Apr 11-May 2	\$65 mo.   \$50 mo. RD	ages 6-8
Alst Mass	Th	7:00-7:30 pm	Apr 11-May 2	\$65 mo.   \$50 mo. RD	ages 9-12
Alst Mass	Th	6:30-7:00 pm	May 16-Jun 6	\$65 mo.   \$50 mo. RD	ages 6-8
Alst Mass	Th	7:00-7:30 pm	May 16-Jun 6	\$65 mo.   \$50 mo. RD	ages 9-12
Alst Mass	Th	6:30-7:00 pm	Jun 20-Jul 18*	\$65 mo.   \$50 mo. RD	ages 6-8
Alst Mass	Th	7:00-7:30 pm	Jun 20-Jul 18*	\$65 mo.   \$50 mo. RD	ages 9-12
Alst Mass	Th	6:30-7:00 pm	Aug 1-22	\$65 mo.   \$50 mo. RD	ages 6-8
Alst Mass	Th	7:00-7:30 pm	Aug 1-22	\$65 mo.   \$50 mo. RD	ages 9-12

\*No class Jul 3-4

### Creative Combo Dance

Students will learn ballet, jazz, hip hop, and some tap on a weekly basis. Participants will learn the basic foundational skills of dance in these four techniques. Participants will also learn coordination skills through dances to different music styles. **INSTRUCTOR:** Delicia Hare

Flah Park	W	6:15-6:45 pm	Mar 6-Apr 10	\$80   \$65 RD	ages 5-8
Flah Park	W	6:15-6:45 pm	Apr 24-May 29	\$80   \$65 RD	ages 5-8
Flah Park	W	6:15-6:45 pm	Jun 12-Jul 24*	\$80   \$65 RD	ages 5-8

\*No class Jul 3

Music

Beginner Acoustic Guitar

Participants will take part in an engaging and fun environment as they learn the basics of acoustic guitar including basic chords and strumming patterns. Pick and acoustic guitar required. **INSTRUCTOR:** Krista Pimentel

Flah Park	Th	7:00–8:00 pm	Apr 4–25	\$80 mo   \$65 mo <i>RD</i>	ages 6–8
Flah Park	Tu	7:00–8:00 pm	Jun 4–25	\$80 mo   \$65 mo <i>RD</i>	ages 6–8
Flah Park	Th	7:00–8:00 pm	Aug 1–22	\$80 mo   \$65 mo <i>RD</i>	ages 6–8

Piano Lessons

One-on-one instruction for beginning students. Learn to play the piano in a fun, relaxed class designed to engage and inspire growth. Participants will focus on technique and basic concepts to read music and learn skills like note names, rhythm and scales. All materials included. **INSTRUCTOR:** Celeste Bryant

RenCtr	M, Th	40 min lessons	Mar–May	\$145 mo	all ages
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Lego®

Spring Break Camp – Intro to STEM with LEGO®

Ratchet up your imagination with tens of thousands of LEGO® parts! Build engineer-designed projects such as: Fire Trucks, Space Stations, Tugboats, and the Eiffel Tower. Design and build as never before, and explore your craziest ideas in a supportive environment. There are no prerequisites for this course. **INSTRUCTOR:** Play-Well TEKnologies.

Flah Park	M–Th	9:00 am–12:00 pm	Apr 15–18	\$147   \$132 <i>RD</i>	ages 5–6
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Spring Break Camp – STEM Challenge with LEGO®

Power up your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO® parts! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as: Bulldozers, Hovercrafts, Hot Air Balloons, and the Great Wall of China. Explore your craziest ideas in a supportive environment. There are no prerequisites for this course. **INSTRUCTOR:** Play-Well TEKnologies.

Flah Park	M–Th	1:00–4:00 pm	Apr 15–18	\$147   \$132 <i>RD</i>	ages 7–12
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Martial Arts

Martial Arts

This class will teach coordination, focus, discipline, and self-confidence, all while having fun. Participants will learn the basics of Traditional Tae Kwon Do - breathing, blocking, punching, kicking, forms, and controlled sparring. All students learn in a

safe, supportive, and family-friendly environment. No class on the first Thursday of every month. **NATIONAL CERTIFIED INSTRUCTOR:** 8th Dan, Jr. Grand Master Randy Berger

WFCH	T/Th*	7:00–8:00 pm	Mar–Aug**	\$55 mo   \$40 mo <i>RD</i>	ages 7–17
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*\*No class held the first Thursday of every month, \*\*No class on Jan 1, Jul 4*

Teen

Yoga – Open Level **«NEW!»**

This open level yoga class is accessible to all. Expect breath-led movement, a moderate easy flow, and gentle stretches. **INSTRUCTOR:** Katie Breen, RYT

Flah Park	Tu	2:15–3:15 pm	Mar 5–26	\$70   \$55 <i>RD</i>	ages 15+
Flah Park	Tu	2:15–3:15 pm	Apr 9–30	\$70   \$55 <i>RD</i>	ages 15+
Flah Park	Tu	2:15–3:15 pm	May 14–Jun 4	\$70   \$55 <i>RD</i>	ages 15+

Teen Night **«NEW!»**

Come chill in a fun and safe environment while enjoying some music, snacks and games!

Alst Mass	F	6:00–9:00 pm	May 17	free*	ages 13–18
Alst Mass	F	6:00–9:00 pm	Jun 21	free*	ages 13–18
Alst Mass	F	6:00–9:00 pm	Jul 19	free*	ages 13–18
Alst Mass	F	6:00–9:00 pm	Aug 16	free*	ages 13–18

*\*Participants must be registered with the Alston–Massenburg Center. Age 18 must present current school ID.*

Night Flight **«NEW!»**

Have skills? Join our teen basketball league to compete in a safe and fun environment. Registration will take place Feb 1–28. **STAFF CONTACT:** Garrett Bryant, gbryant@wakeforestnc.gov, 919-554-6189

Flah Park	F	6:30–8:30 pm	Mar 22	free*	ages 13–18
Flah Park	F	6:30–8:30 pm	Apr 26	free*	ages 13–18
Flah Park	F	6:30–8:30 pm	May 24	free*	ages 13–18
Flah Park	F	6:30–8:30 pm	Jun 28	free*	ages 13–18
Flah Park	F	6:30–8:30 pm	Jul 26	free*	ages 13–18
Flah Park	F	6:30–8:30 pm	Aug 2–30	free*	ages 13–18

*\*Pre-registration and proof of age required*





### Art

#### Beginners Stained Glass

Students will learn to develop a pattern, select glass, cut and fit glass pieces, apply copper foil and solder a stained glass panel. A pattern of the Cape Hatteras Lighthouse and glass will be provided to produce the finished panel. Students will be responsible for bringing their own tools from the list of required materials.

**INSTRUCTOR:** Gary Steimle

Ren Ctr AA	M	10:00 am-12:00 pm	Mar 4-Apr 22*	\$135	ages 18+
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\*No class Mar 18 and Apr 15

#### 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	1:00-3:00 pm	Feb 26-Apr 2	\$95   \$80 RD	ages 17+
Flah Park	Tu	1:00-3:00 pm	Apr 16-May 14	\$82   \$67 RD	ages 17+
Flah Park	Tu	1:00-3:00 pm	Aug 6-Sep 10	\$95   \$80 RD	ages 17+

#### 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	Feb 27-Apr 3	\$95   \$80 RD	ages 17+
Flah Park	W	10:00 am-12:30 pm	Apr 17-May 15	\$82   \$67 RD	ages 17+
Flah Park	W	10:00 am-12:30 pm	Aug 7-Sep 11	\$95   \$80 RD	ages 17+

#### Advanced Oil Painting

This course is designed for advanced oil painting students. Will work on specific techniques and styles. All students must be approved by instructor. Let's paint a masterpiece! Materials not included. **INSTRUCTOR:** Mary Benejam

Flah Park	Tu	10:00 am-12:30 pm	Feb 26-Apr 2	\$95   \$80 RD	ages 17+
Flah Park	Tu	10:00 am-12:30 pm	Apr 16-May 14	\$82   \$67 RD	ages 17+
Flah Park	Tu	10:00 am-12:30 pm	Aug 6-Sep 10	\$95   \$80 RD	ages 17+

#### Watercolor, Painting & Drawing

Students will learn the use of washes, glazes, color, composition and values. Materials not included. **INSTRUCTOR:** Mary Benejam

Flah Park	W	1:00-3:00 pm	Feb 27-Apr 3	\$95   \$80 RD	ages 17+
Flah Park	W	1:00-3:00 pm	Apr 17-May 15	\$82   \$67 RD	ages 17+
Flah Park	W	1:00-3:00 pm	Aug 7-Sep 11	\$95   \$80 RD	ages 17+

### Operation A.R.T.

*Operation A.R.T. classes are for active duty military, veterans and their families. This program is a collaboration between The Joel Fund and the Wake Forest Renaissance Centre. The Joel Fund's mission is to improve the lives of veterans and their families by providing a connection to effective non-traditional services. For more information on classes and to register, visit [www.thejoelfund.org](http://www.thejoelfund.org). Supplies are provided for all classes.*

#### Photography 1

**OPERATION A.R.T.** Are you interested in having a basic understanding of a digital camera and basic shooting techniques? This class will help you answer those questions as well as help you to take photographs that are more meaningful. Students will work with their camera's manual to understand its capabilities. Composition skills will be developed while picture taking. Through this course, your photographs will progress from a snap shot to an image reflecting personal artistic decisions.

**INSTRUCTOR:** Flossie Hoy

Ren Ctr	W	3:00-5:00 pm	Aug 14-Oct 2	\$25	ages 18+
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Photography 2

**OPERATION A.R.T.** Are you interested in taking your photographic skills to another level? In this course, you will learn how to create images that can only be seen by your “mind’s eye” using the technical capabilities of your camera. You will also explore ways to manipulate your images to create meaning. This course will further your ability to express ideas and meaning reflecting a personal style. **PREREQUISITE:** Photography 1. **INSTRUCTOR:** Flossie Hoy



Ren Ctr	W	6:00–8:00 pm	Mar 13–May 8*	\$25	ages 18+
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\* No class Apr 17

Photography 3

**OPERATION A.R.T.** Are you interested in improving your photographs? This is an introductory course using computer software to edit your images (such as Adobe Photoshop and Lightroom). Learn how to open, save and resize an image. Understand how resolution affects your final print. Learn to adjust the tone and color of an image. Take your Digital Photography to the next level! **PREREQUISITE:** Photography 1 and 2 **INSTRUCTOR:** Flossie Hoy

Ren Ctr	W	6:00–8:00 pm	Aug 14–Oct 2	\$25	ages 18+
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Watercolor

**OPERATION A.R.T.** Have you ever had the desire to paint with watercolor but not sure how to start or what to do? This workshop will offer many possibilities for you to enjoy the art of watercolor. Students will learn to apply paint using wet and dry techniques. Students will experiment with adding pencil, pen and ink to their paintings to create a dramatic effect. Beginning and advanced students are welcome. No prior painting experience is required.

Ren Ctr	Th	6:00–8:00 pm	Mar 14–May 16*	\$25	ages 18+
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\*No class Mar 28 and Apr 18

Martial Arts

Martial Arts

This class will teach coordination, focus, discipline, and self-confidence, all while having fun. Participants will learn the basics of Traditional Tae Kwon Do - breathing, blocking, punching, kicking, forms, and controlled sparring. All students learn in a safe, supportive, and family-friendly environment. No class on the first Thursday of every month. **NATIONAL CERTIFIED INSTRUCTOR:** 8th Dan, Jr. Grand Master Randy Berger

WFCH	T/Th	7:00–8:00 pm	Mar–Aug*	\$55 mo   \$40 mo RD	ages 18+
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\* No class held the first Thursday of every month  
\*\*No class Jan 1, Jul 4

Understanding Dementia

Choose Your Attitude for the Dementia Journey

When someone you love gets a diagnosis of any kind of dementia, you have a choice. What kind of journey do you want your loved one and yourself to take? This talk is about how to make your experience of the disease better. **PRESENTER:** Pat Snyder

Ren Ctr	Th	5:30–7:00 pm	Mar 21	Free*	ages 18+
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\*Must be registered to attend

Know the 10 Signs

Memory loss that disrupts daily life may be a symptom of Alzheimer’s or other dementia. Dementia is a brain disease that causes a decline in memory, thinking and reasoning skills. There are 10 warning signs and symptoms. If you notice any of them, don’t ignore them. **PRESENTER:** The Alzheimer’s Association of Eastern NC Chapter.

Ren Ctr	Th	9:00–11:00 am	Apr 25	Free*	ages 18+
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\*Must be registered to attend

Identifying the Enemy

Caregivers can get so caught up in the details of caregiving that they lose sight of what is really dangerous to them—stress, guilt, and worry. This presentation looks at identifying these and responding appropriately to them. A healthier and gentler dementia journey for patient and caregiver will result. **PRESENTER:** Pat Snyder

Ren Ctr	Th	5:30–7:00 pm	May 23	Free*	ages 18+
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\*Must be registered to attend

Healthy Living for Body & Brain

It is often said that what is good for the heart is good for the brain. An ever-growing evidence base shows that adopting certain healthy behaviors can reduce the risk of cognitive decline, promote brain health and protect cognition. **PRESENTER:** Alzheimer’s Association of Eastern NC Chapter. This session will be extended to include information and demonstrations on wellness from several presenters.

Ren Ctr	Th	9:00 am–12:00 pm	Jun 27	Free*	ages 18+
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\*Must be registered to attend

Memory Café – A Healing Arts Performance

Special opportunities for persons diagnosed with early stage memory loss and their care partner(s)/family to engage with peers in a relaxed, unstructured environment. The café atmosphere promotes social engagement and support through interaction with others experiencing similar lifestyle changes.

Ren Ctr	Su	2:00–4:00 pm	Jul 28	Free*	all ages
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\*Limited seating is available for this performance.  
The performance is free, but preregistration is required



## Social

### Game Night

Experience a fun night of games in a great atmosphere (Spades, Bid Whist, Dominoes, etc.). Come out and play while meeting new friends!

Alst Mass	F	6:00-8:00 pm	Mar 1	free	ages 21+
Alst Mass	F	6:00-8:00 pm	Apr 5	free	ages 21+
Alst Mass	F	6:00-8:00 pm	May 3	free	ages 21+
Alst Mass	F	6:00-8:00 pm	Jun 7	free	ages 21+
Alst Mass	F	6:00-8:00 pm	Jul 5	free	ages 21+
Alst Mass	F	6:00-8:00 pm	Aug 2	free	ages 21+

## Fitness

### Yoga - Open Level «NEW!»

This open level yoga class is accessible to all. Expect breath-led movement, a moderate easy flow, and gentle stretches. **INSTRUCTOR:** Katie Breen, RYT



Flah Park	Tu	2:15-3:15 pm	Mar 5-26	\$70 mo   \$55 mo RD	ages 18+
Flah Park	Tu	2:15-3:15 pm	Apr 9-30	\$70 mo   \$55 mo RD	ages 18+
Flah Park	Tu	2:15-3:15 pm	May 14-Jun 4	\$70 mo   \$55 mo RD	ages 18+

### KRUMP Movement

This is a dance aerobics class. Students will get an energy-boosting workout and learn how the Krump dance style can tone the body. **INSTRUCTOR:** Wise Lycan

Ren Ctr	W	6:00-7:00 pm	Mar 6-30	\$25	ages 13+
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## Travel

The Wake Forest Parks, Recreation & Cultural Resources Department is pleased to announce incredible trip opportunities in 2019! Two informational meetings are scheduled to learn more about the trips. A Premier World Discovery representative will be on hand with a slide show and to answer questions. Both meetings will be held at Wake Forest Town Hall, 301 S. Brooks St, in the ground floor meeting room, most easily accessed by town hall's Taylor Street entrance.

### INFORMATIONAL MEETINGS ABOUT THE TRIPS

WF Town Hall	Th	6:00-7:00 pm	Feb 28
WF Town Hall	Th	6:00-7:00 pm	Mar 7

### Cape Cod & the Islands «NEW!»

Tour highlights include a Nantucket Island tour, a Boston City tour, Plymouth Plantation, Plymouth Rock, Martha's Vineyard Tour, Heritage Plantation, Sandwich and more! Tour includes roundtrip airfare from RDU, 6 night first class hotel accommodations, sightseeing and admissions per itinerary, nine meals, hotel transfers, professional tour direction, motor coach transportation and baggage handling.

Aug 4-10	Sunday-Saturday	\$2,499	ages 21+
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### San Antonio Holiday «NEW!»

Highlights from the 5 day San Antonio Holiday trip include a San Antonio City Tour, El Mercado Marketplace and the Alamo. Trip includes round-trip airfare from RDU, 4 nights first class hotel in San Antonio, professional tour director, baggage handling, lodging and 6 meals (4 breakfasts & 2 dinners).



Dec 5-9	Thursday-Monday	\$1,899	ages 21+
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# CAMPS

## SUMMER ENRICHMENT PROGRAMS

CAMP REGISTRATION BEGINS FEB 1



### 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 10 through August 9, 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, 2019.

WFCH	M-F	7:30 am-6:00 pm	Jun 10-Aug 9	\$115/week   \$100/week RD	ages 6-12
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### Art Camps

#### Preschool Art Camp: How Does Your Garden Grow? <NEW!>

Join Ms. Maureen as we explore the life of a garden from bugs to flowers through art projects and stories. Please bring a snack daily. **INSTRUCTOR:** Maureen Seltzer.

Flah Park	M-F	9:00 am-12:00 pm	Jun 24-28	\$115   \$100 RD	ages 3-5
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#### Youth Art Camp: Art Time Machine <NEW!>

Participants will travel from ancient Egypt times to modern day learning about masters of art. Students will complete at least 2 canvases and other fun art projects. Please bring a snack daily. **INSTRUCTOR:** Maureen Seltzer

Flah Park	M-F	9:00 am-12:00 pm	Jul 15-19	\$125   \$110 RD	ages 6-10
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#### Art 4 Fun Camp

Students will enjoy working with drawing pencils, watercolors, acrylics and more! Participants will complete an art project each day. Paint your masterpiece! Materials included. Please bring a snack daily. **INSTRUCTOR:** Mary Benejam

Flah Park	M-F	9:00 am-12:00 pm	Jun 10-14	\$125   \$110 RD	ages 9-12
Flah Park	M-F	9:00 am-12:00 pm	Jul 8-12	\$125   \$110 RD	ages 9-12

#### Art for Teens Camp

Students will enjoy working with: drawing pencils, ink, watercolors, acrylics and more. We will emphasize on values and shapes and complete an art project every day. Materials included. Please bring a snack daily. **INSTRUCTOR:** Mary Benejam

Flah Park	M-F	9:00 am-12:00 pm	Jun 17-21	\$125   \$110 RD	ages 13-16
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### Performing Arts Camps

#### Playtime: Commotion in the Ocean <NEW!>

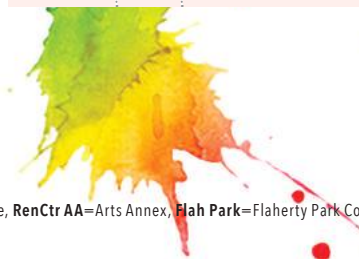
A half-day camp exploring ocean stories and characters through creative drama, art and movement. Through their drama exploration, students also practice listening skills, working together, story sequencing and build social skills. At the end of the camp, students share a favorite story from the week for family and friends. **INSTRUCTOR:** Raleigh Little Theatre

Ren Ctr	M-F	9:00 am-12:00 pm	Jul 8-12	\$175	ages 4-rising K
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#### Create-a-Play: Cloudy with a Chance of Meatballs <NEW!>

Using source material from books and their own imaginations, students create, explore and perform an original play or plays created collaboratively with fellow campers. Daily classes in movement, creative drama, and basic acting skills. Students also create art projects that relating to the week's theme to support their storytelling.

Ren Ctr	M-F	9:00 am-4:00 pm	Jul 8-12	\$285	rising 1st-3rd graders
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## Scriptworks: Charlie and the Chocolate Factory

Students develop essential acting skills including characterization, vocal projection, blocking, working collaboratively and memorizing lines while working on age-relevant scenes from published plays. On the last day of camp, students perform their scenes for family and friends. **INSTRUCTOR:** Raleigh Little Theatre

Ren Ctr	M-F	9:00 am-4:00 pm	Jun 17-21	\$285	grades 4-6
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## Musical Theatre Revue: Comedy Night!

A one-week, full-day musical theatre experience in which students develop musical theatre skills learning music, choreography and devising original scenes to tell a story with their songs. Camp culminates in a performance of their work for family and friends. **INSTRUCTOR:** Raleigh Little Theatre

Ren Ctr	M-F	9:00 am-4:00 pm	Jun 17-21	\$285	grades 7-9
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## Creative Adventures

The Creative Adventures camp experience invites students to take a journey through the arts. Participants will engage in creative activities focused on visual arts (painting, drawing and graphic design) and performing arts (creative writing, spoken word poetry, theater, and live performance). Students will be able to participate in a live arts show. This course is offered by Write Speak Inspire, LLC in partnership with IdeaShack, Inc. **INSTRUCTORS:** Sharlene Alice Provilus and Nathaniel Key.

Ren Ctr	M-F	9:00 am-1:00 pm	Jun 24-28	\$125	ages 12-18
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## Lion King Revue Summer Camp

In one week, we will act, sing and dance our way through the African savannah. Students will work together to perform scenes and songs from your favorite musical! This summer camp gives students the opportunity to experience costumes, lighting, staging, and great fun for your future star's debut. All materials included.

Ren Ctr	M-F	9:00 am-2:00 pm	Jul 23-26	\$150	ages 6-12
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## 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! This is a hands-on, brains on workshop suitable for LEGO® novices to building "maniacs."*

## Adventures in STEM with LEGO® «NEW!»

Let your imagination run wild with tens of thousands of LEGO® parts! Build engineer-designed projects such as: Trains, Helicopters, Treehouses, and Beam Bridges. Design and build as never before, and explore your craziest ideas in a supportive environment. There are no prerequisites for this course. **INSTRUCTOR:** Play-Well TEKologies

Flah Park	M-F	9:00 am-12:00 pm	Jun 24-28	\$180 mo   \$165 mo RD	ages 5-6
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## STEM Explorations with LEGO® «NEW!»

Level up your engineering skills with Play-Well TEKologies and tens of thousands of LEGO® parts! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as: Gear Cars, Gondolas, Merry-Go-Rounds, and Scissor Lifts. Design and build as never before, and explore your craziest ideas in a supportive environment. There are no prerequisites for this course. **INSTRUCTOR:** Play-Well TEKologies



Flah Park	M-F	1:00-4:00 pm	Jun 24-28	\$180 mo   \$165 mo RD	ages 7-12
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## STEM Challenge + Jedi with LEGO® «NEW!»

Gear up for a full-day LEGO® camp packed with hands-on and minds-on STEM fun! In this challenge based program, build projects inspired by cool machines close to home such as Belt-Drive Cars, Truss Bridges, Rail Racers, and Pneumatic Forklifts. Then build X-Wings, Pod Racers, and AT-AT Walkers from a galaxy far, far away! Learn about BOTH kinds of The Force in this new full-day advanced engineering camp for LEGO® fanatics! Please pack lunch daily. **INSTRUCTOR:** Play-Well TEKologies

Flah Park	M-F	9:00 am-3:00 pm	Jul 15-19	\$345 mo   \$330 mo RD	ages 7-12
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## Harry Potter Magical Engineering «NEW!»

Explore the magic of Harry Potter using LEGO®! Find Platform 9  $\frac{3}{4}$ , build Hogwarts Express Train, work cooperatively to construct the mysterious Hogwarts Castle, and soar on the wings of a Norwegian Ridgeback Dragon. Travel to a world of wizardry and hone your magical skills while learning about Muggle (STEM) concepts. **INSTRUCTOR:** Play-Well TEKologies

Ren Ctr	M-F	9:00 am-12:00 pm	Aug 5-9	\$180 mo   \$165 mo RD	ages 5-6
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Harry Potter Master Engineering <NEW!>

Master the magic of Harry Potter using LEGO®! Build Diagon Alley in preparation for your trip to Hogwarts School of Witchcraft and Wizardry. Hop on your Broomstick and play Quidditch, duel the evil Lord Voldemort, and hone your magical skills while learning about advanced Muggle (STEM) concepts. **INSTRUCTOR:** Play-Well TEKnologies

Ren Ctr	M-F	1:00-4:00 pm	Aug 5-9	\$180 mo   \$165 mo RD	ages 7-12
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Athletic Camps

Baseball & Softball Camps

Skills development camp for baseball players, age 7-14. Camp t-shirt included. **INSTRUCTORS:** North Carolina Amateur Baseball staff

Flah Park*	M-Th	9:00 am-12:00 pm	Jun 24-27	\$115   \$100 RD	ages 7-14
Flah Park*	M-Th	9:00 am-12:00 pm	Jul 15-18	\$115   \$100 RD	ages 7-14
Flah Park*	M-Th	9:00 am-12:00 pm	Aug 5-8	\$115   \$100 RD	ages 7-14

\*Camps will meet at Field 2 on the first day, then will be divided

Thori Bryan Soccer Academy Co-Ed Youth Soccer Camp

This week-long skills development camp will be led by former US Women's National, World Cup, and Professional soccer player Thori Bryan. Participants will work on developing fundamental soccer skills to improve their game. Please bring water daily. Camp t-shirt included. **INSTRUCTOR:** Thori Bryan



Smith Crk Soccer Ctr	M-F	9:00 am-12:00 pm	Jun 24-28	\$145   \$130 RD	ages 7-12
Smith Crk Soccer Ctr	M-F	9:00 am-12:00 pm	Jul 8-12	\$145   \$130 RD	ages 7-12

JJ Miller Basketball Camp

JJ Miller Basketball Camp helps youth learn the value of teamwork, discipline, strong work ethic, and moral values through the game of basketball. JJ Miller strives to help each camper develop the fundamentals of the game while having loads of fun! JJ and his staff provide a safe and fun environment for kids of all ages, gender, and skill level to learn and improve at the game of basketball. Please bring a snack daily. **INSTRUCTOR:** JJ Miller, Hooper's Elite Basketball Services

Flah Park	M-F	8:00 am-12:00 pm	Jul 8-12	\$115*   \$100* RD	ages 7-12
Flah Park	M-F	1:00-5:00 pm	Jul 8-12	\$115*   \$100* RD	ages 13-17

\*T-shirts are guaranteed for those who pre-register at least 10 business days prior to start of camp

Girls Volleyball Camp – Youth All-Skills & Play

This ½ day 'All Skills' camp covers all six major volleyball skills [serving, passing, attacking, setting, blocking, and defense] and provides participants with the opportunity to practice these skills in game-like settings. When necessary, participants are grouped according to ability. Camp t-shirt included. Please bring a snack daily. **INSTRUCTOR:** Triangle Volleyball Club

Flah Park	M-Th	9:00 am-12:00 pm	Jul 22-25	\$115*   \$100* RD	ages 9-14
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\*T-shirts are guaranteed for those who pre-register at least 10 business days prior to start of camp

Girls Volleyball Camp – Middle School / High School Skills & Play

Get your game ready for school play this fall! This camp will enhance your skills using high repetition training in the six major volleyball skills [serving, passing, attacking, setting, blocking, and defense]. These skills will be put into practice in game-like settings and in competitive play as the group allows. This camp is geared towards those who aim to play middle or high school volleyball. Camp t-shirt included. Please bring a snack daily. **INSTRUCTOR:** Triangle Volleyball Club



Flah Park	M-Th	1:00-4:00 pm	Jul 22-25	\$115*   \$100* RD	ages 12-16
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\*T-shirts are guaranteed for those who pre-register at least 10 business days prior to start of camp



# AQUATICS

## & WATER FUN

### Holding Park Aquatic Center

The new Holding Park Aquatic Center opens to the public for the 2019 season on Memorial Day weekend. Located at 133 W. Owen Ave, the aquatic center includes a six-lane, 25-yard lap pool; two water slides with plunge pool; and children's pool with playground.



### Open Swim

M-F	10:00 am-8:00 pm	May 25-Jun 14, Aug 26-30	see daily admission fees and seasonal pass prices
	12:00 pm-6:00 pm	Jun 17-Aug 23, Sep 2	
Sat	10:00 am-8:00 pm	May 25-Jun 15, Aug 31	
	12:00 pm-7:00 pm	Jun 17-Aug 23	
Sun	1:00 pm-7:00 pm	May 26-Sep 1	



#### Daily Admission Fee

age 2 and under	\$2   \$1 RD
age 3-13	\$6   \$4 RD
ages 13+	\$7   \$5 RD
ages 60+	\$6   \$4 RD

#### Seasonal Pass

Punch card good for 20 visits	\$100   \$60 RD
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### 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	10:45-11:45 am	May 25-Jun 14, Aug 26-30	\$80   \$40 RD
	12:00 pm-6:00 pm	Jun 17-Aug 23, Sep 2	
Sat	10:00 am-8:00 pm	May 25-Jun 15, Aug 31	
	12:00 pm-7:00 pm	Jun 17-Aug 23	
Sun	1:00 pm-7:00 pm	May 26-Sep 1	

### Swim Lessons

Swim class sessions (4 sessions, Monday-Thursday) will be offered in June, July and August. Specific dates and times will be available at Wake Forest Town Hall on May 24. Registration begins June 1. Maximum of 4 per class. All registration will be held online.

M-Th	June, July & August - Schedule available May 24	\$80   \$40 RD
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### Taylor Street Sprayground

The Wake Forest Parks, Recreation and Cultural Resources Department opened its first sprayground in August 2017 at Taylor Street Park, 416 N. Taylor St, adjacent to the Alston-Massenburg Center. The sprayground reopens in May.

HOURS: Mon-Sat 10:00 am-8:00 pm; Sun 1:00-8:00 pm



# SPECIALIZED

## & INCLUSION PROGRAMS

Enriching programs designed for individuals with special needs.

### Specialized Programs

#### Club Connect

Join us once a month for socialization, activities, & fun! Participants will be provided with the opportunity to socialize with peers, play games, be creative, and plan activities based on input from the group. Participants must be able to perform self-care routines independently and can bring a buddy if necessary. Don't miss out on all the excitement!

Alst Mass	Th	5:30-7:30 pm	Mar 28	free	ages 15+
Alst Mass	Th	5:30-7:30 pm	Apr 25	free	ages 15+
Alst Mass	Th	5:30-7:30 pm	May 23	free	ages 15+
Alst Mass	Th	5:30-7:30 pm	Jun 27	free	ages 15+
Alst Mass	Th	5:30-7:30 pm	July 25	free	ages 15+
Alst Mass	Th	5:30-7:30 pm	Aug 22	free	ages 15+

#### Abilities Choir

Want the opportunity to show off your talents? Come join our inclusive choir and learn about different choral techniques and types of music. This choir includes individuals of all ability levels and provides an outlet for creative expression. Practices will be held every other Thursday.

Ren Ctr	Th	6:00-7:00 pm	Jan 10-May 2	\$50	ages 10+
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*\*Pre-registration required*

#### Spirit League Basketball

Spirit League is a unifying, safe and inclusive place for special needs teens and young adults to play basketball, get physically active, and make new friends. Our program stands for acceptance, teamwork, skill development and fun. Spirit League will always celebrate diversity, sportsmanship and the opportunity to be a beacon of hope for all.

Flah Park	Th	5:30-7:00 pm	May 30-Jul 25	\$15	ages 12+
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*\*Pre-registration required*

#### Abilities Tennis Clinics

Abilities Tennis clinics provide specialized instruction and practice for athletes, ages 8 and up. Coaches and volunteers are trained to teach the fundamentals of tennis, practice drills and fun games geared toward improving tennis skills. Beginners to those with advanced skills are all welcome to join in. Coaches are able to adapt tennis for each individual so that all can join in the fun.

Heritage High Park	Sa	4:00-5:00 pm	Mar 2	free*	ages 8+
Heritage High Park	Sa	4:00-5:00 pm	Mar 9	free*	ages 8+
Heritage High Park	Sa	4:00-5:00 pm	Mar 16	free*	ages 8+
Heritage High Park	Sa	4:00-5:00 pm	Mar 23	free*	ages 8+
Heritage High Park	Sa	4:00-5:00 pm	Mar 30	free*	ages 8+
Heritage High Park	Sa	4:00-5:00 pm	Apr 6	free*	ages 8+

*\*Pre-registration required*







## Dream League Baseball

Designed for school-age participants with special needs, league games are played on Saturdays from late April through early June. Registration will be held February 1-28.  
STAFF CONTACT: Kelly Schurtz, [kschurtz@wakeforestnc.gov](mailto:kschurtz@wakeforestnc.gov), 919-556-7093

Registration: Feb 1-28	Apr-Jun season	\$15	ages 5-young adult
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## Dream League Baseball "BUDDY" Program

Dream League Buddies assist players during games. This may include, but is not limited to, help guide a batter around the bases, assist in retrieving the ball, and cheering players on! Buddies are required to attend at least 3 games per season.  
STAFF CONTACT: Kelly Schurtz, [kschurtz@wakeforestnc.gov](mailto:kschurtz@wakeforestnc.gov), 919-556-7093

Registration: Feb 1-28	Apr-June season	free	ages 10+
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## Preschool Sensory Gym

Bring your little one for play time and have a chance to make new friends! In partnership with Pediatric Therapy Associated, we will provide a safe, accepting, and playful environment filled with fun educational and therapeutic toys to play with. No instruction or supervision will be provided. Parents/caregivers are required to stay with their child.

Flah Park	M	10:45-11:45 am	ongoing	free	18 mos-5 yrs
Flah Park	Th	11:00 am-12:00 pm	ongoing	free	18 mos-5 yrs

## Special Needs Resource Fair

This free event will include several professional vendors that specialize in providing individuals with disabilities an array of services, including therapeutic, health and wellness, educational, recreational, music, financial, and legal. The fair is designed to offer families the opportunity to learn about programs, services, products, and resources—all in one location. CO-SPONSORED BY: Richland Creek Community Church

Richland Creek Comm Church	Sa	10:00 am-1:00 pm	Apr 6	free	all ages
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## Egg-ceptional Egg Hunt

This egg hunt caters 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 Park	Sa	11:15-11:45 am	Apr 13	free	all ages
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# SPECIALIZED SERVICES

For questions or program ideas, please contact Recreation Specialist Kelly Schurtz, [kschurtz@wakeforestnc.gov](mailto:kschurtz@wakeforestnc.gov), 919-556-7093.

## Inclusion Services

The Town of Wake Forest's Parks, Recreation, & Cultural Resources Department is committed to an inclusive approach to recreation and encourages individuals with and without disabilities to participate together. In order for individuals with special needs to participate as fully as possible, reasonable modifications will be provided in accordance with the Americans with Disabilities Act. If you or a family member requires a reasonable modification to participate in a program, please contact Kelly Schurtz at [kschurtz@wakeforestnc.gov](mailto:kschurtz@wakeforestnc.gov) or 919-556-7093.

## What is a reasonable modification?

Reasonable modifications are additional supports and resources used to help aid a person with a disability to participate in any program. These resources may include, but are not limited to, auxiliary aids or services, adaptive equipment, or additional support staff. The ADA does not require the Town of Wake Forest to take any action that would fundamentally alter the nature of its programs or services, compromise the safety of participants, or impose an undue financial or administrative burden.

## Community Resources for Specialized Services

Alliance Behavioral Healthcare (24-hr access)	800-510-9132
Alliance of Disability Advocates -	
Center for Independent Living	919-833-1117
The ARC of the Triangle	919-832-2660
A Small Miracle Inc.	919-900-4422
Autism Society of NC - Wake Co. Chapter	800-442-2762
Brain Balance Achievement Center of Wake Forest	919-554-4622
East Point Prosthetics & Orthotics	919-844-7897
GiGi's Playhouse	919-307-3952
North Carolina Special Olympics	919-719-7662
Special Olympics Wake County	919-996-2111
Triangle Behavioral & Educational Solutions	919-449-8345
Triangle Down Syndrome Network	919-803-0515
Wake County Human Services	919-212-7000
Wake Forest Dream League	919-556-7093
WCPSS - Family & Community Connections	919-431-7334



# ATHLETICS

## YOUTH AND ADULT



### Youth Athletics

#### BASEBALL / SOFTBALL

#### Spring Baseball, Softball and T-Ball Leagues

League age is determined by participant's age on April 30, 2019. Registration will be held February 1-28. Team practices begin in late March/early April. Games are played through June.

<b>Registration:</b> Feb 1-28	Mar-Jun season	\$100   \$60 RD	boys & girls, ages 5-17
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#### Dream League Baseball

Designed for school-age participants with special needs, league games are played on Saturdays from late April through early June. Registration will be held February 1-28. **STAFF CONTACT:** Kelly Schurtz, [kschurtz@wakeforestnc.gov](mailto:kschurtz@wakeforestnc.gov), 919-556-7093

<b>Registration:</b> Feb 1-28	Apr-Jun season	\$15	ages 5-young adult
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#### Dream League Baseball "BUDDY" Program

Dream League Buddies assist players during games. This may include, but is not limited to, help guide a batter around the bases, assist in retrieving the ball, and cheering players on! Buddies are required to attend at least 3 games per season. **STAFF CONTACT:** Kelly Schurtz, [kschurtz@wakeforestnc.gov](mailto:kschurtz@wakeforestnc.gov), 919-556-7093.

<b>Registration:</b> Feb 1-28	Apr-Jun season	free	ages 10+
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#### Fall Baseball & Softball League

League age is determined by participant's age on April 30, 2019. Registration will be held June 1-30. Team practices begin in August games are played through mid-October. **STAFF CONTACT:** Edward Austin, [eaustin@wakeforestnc.gov](mailto:eaustin@wakeforestnc.gov), 919-435-9562.

<b>Registration:</b> Jun 1-30	Aug-Oct season	\$100   \$60 RD	boys & girls, ages 6-16
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#### VOLLEYBALL

#### Youth Volleyball League

League age is determined by participant's age on September 1, 2019. Registration will be held April 1-30. Team practices begin in May, games are played through early July.

<b>Registration:</b> Apr 1-30	May-Jul season	\$100   \$60 RD	girls, ages 9-16
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#### BASKETBALL

#### Skills, Drills & Development Basketball Clinic **«NEW!»**

Improve on your baller's basic fundamentals and skills with this fun and challenging basketball clinic. This clinic is designed by JJ Miller to improve each player's game, build confidence, and help them have more fun with the game of basketball. **INSTRUCTOR:** JJ Miller, Hoopers Elite Basketball Services

Flah Park	Sa	9:00-10:00 am	Mar 2-23	\$75   \$60 RD	ages 7-12
Flah Park	Sa	9:00-10:00 am	Apr 13-May 4	\$75   \$60 RD	ages 7-12
Flah Park	Sa	9:00-10:00 am	May 25-Jun 15	\$75   \$60 RD	ages 7-12
Flah Park	Sa	9:00-10:00 am	Jul 13-Aug 3	\$75   \$60 RD	ages 7-12





## Night Flight <NEW!>

Night Flight is a recreational basketball league for boys and girls (teams are coed) ages 13-18. The Night Flight Basketball League offers a positive alternative for Friday night teen activities. Registration will take place Feb 1-28. **STAFF CONTACT:** Garrett Bryant, gbryant@wakeforestnc.gov, 919-554-6189

Flah Park	F	6:30-8:30 pm	Mar 22	free	ages 13-18
Flah Park	F	6:30-8:30 pm	Apr 26	free	ages 13-18
Flah Park	F	6:30-8:30 pm	May 24	free	ages 13-18
Flah Park	F	6:30-8:30 pm	Jun 28	free	ages 13-18
Flah Park	F	6:30-8:30 pm	Jul 26	free	ages 13-18
Flah Park	F	6:30-8:30 pm	Aug 2-30	free	ages 13-18

## TRACK & FIELD

### 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 1/1/2019). Participants will also have an opportunity to be exposed to the hurdles, long jump, and shot put. Participant fee includes a t-shirt. **COACHES:** Matt & LaTosca Goodwin, NC Speed Academy

WF Middle	M/W	6:00-7:00 pm	Apr 8-May 13	\$100   \$85 <b>RD</b>	ages 6-14
WF Middle	M/W	6:00-7:00 pm	Aug 12-Sep 16	\$100   \$85 <b>RD</b>	ages 6-14



## Athletic League Registration

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

**RESIDENT DISCOUNT (RD):** Youth athletic league participants will be charged \$100 at the time of registration. Residents who live within the town's limits are eligible for the discounted rate of \$60.

**ADULT REGISTRATION:** Register online at wakeforestnc.recdesk.com.

**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.



## CHEERLEADING

### Champions in Motion Cheerleading <NEW!>

Champions in Motion combines pom and cheerleading into one program. Students are taught cheerleading techniques such as cheers and chants with arm motions, jumps, kicks and stunting basics. Students are also taught dance routines and other dance techniques using poms to visually enhance the choreography. Champions in Motion gives students the skills to be able to successfully tryout for middle and high school teams in which otherwise they may not be able to afford at high cost cheer gyms. **INSTRUCTOR:** TBD

Alst Mass	Tu	6:00-6:45 pm	Feb 12-May 28	\$8 / week*	ages 4-6
Alst Mass	Tu	6:45-7:30 pm	Feb 12-May 28	\$8 / week*	ages 7-9
Alst Mass	Tu	7:30-8:15 pm	Feb 12-May 28	\$8 / week*	ages 10-18
Alst Mass	Tu	6:00-6:45 pm	Jun 4-Sep 3	\$8 / week*	ages 4-6
Alst Mass	Tu	6:45-7:30 pm	Jun 4-Sep 3	\$8 / week*	ages 7-9
Alst Mass	Tu	7:30-8:15 pm	Jun 4-Sep 3	\$8 / week*	ages 10-18

## TENNIS

### Youth Tennis

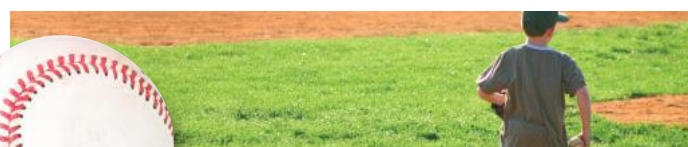
Tennis leagues, tennis lessons and tennis clinics are offered by the Wake Forest Area Tennis Association (WFATA) through a partnership agreement with the Wake Forest Parks, Recreation and Cultural Resources Department. WFATA provides fun, affordable, structured tennis programs for a diverse group of men, women and children representing many races, nationalities, cultures, and socio-economic backgrounds. To learn more, visit [www.wfata.usta.com](http://www.wfata.usta.com).

## SPRING 2019 Baseball, Softball & T-ball

### League Age

May	June	July	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	AGE
2013	2013	2013	2013	2013	2013	2013	2013	2014	2014	2014	2014	5
2012	2012	2012	2012	2012	2012	2012	2012	2013	2013	2013	2013	6
2011	2011	2011	2011	2011	2011	2011	2011	2012	2012	2012	2012	7
2010	2010	2010	2010	2010	2010	2010	2010	2011	2011	2011	2011	8
2009	2009	2009	2009	2009	2009	2009	2009	2010	2010	2010	2010	9
2008	2008	2008	2008	2008	2008	2008	2008	2009	2009	2009	2009	10
2007	2007	2007	2007	2007	2007	2007	2007	2008	2008	2008	2008	11
2006	2006	2006	2006	2006	2006	2006	2006	2007	2007	2007	2007	12
2005	2005	2005	2005	2005	2005	2005	2005	2006	2006	2006	2006	13
2004	2004	2004	2004	2004	2004	2004	2004	2005	2005	2005	2005	14
2003	2003	2003	2003	2003	2003	2003	2003	2004	2004	2004	2004	15
2002	2002	2002	2002	2002	2002	2002	2002	2003	2003	2003	2003	16
2001	2001	2001	2001	2001	2001	2001	2001	2002	2002	2002	2002	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
Rookie League (machine pitch)	7	Rookie League (machine pitch)
Rookie League (machine pitch)	8	Rookie League (machine pitch)
Minor League	9	Minor League
Minor League	10	Minor League
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 2019 Baseball & Softball

### League Age

May	June	July	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	AGE
2012	2012	2012	2012	2012	2012	2012	2012	2013	2013	2013	2013	6
2011	2011	2011	2011	2011	2011	2011	2011	2012	2012	2012	2012	7
2010	2010	2010	2010	2010	2010	2010	2010	2011	2011	2011	2011	8
2009	2009	2009	2009	2009	2009	2009	2009	2010	2010	2010	2010	9
2008	2008	2008	2008	2008	2008	2008	2008	2009	2009	2009	2009	10
2007	2007	2007	2007	2007	2007	2007	2007	2008	2008	2008	2008	11
2006	2006	2006	2006	2006	2006	2006	2006	2007	2007	2007	2007	12
2005	2005	2005	2005	2005	2005	2005	2005	2006	2006	2006	2006	13
2004	2004	2004	2004	2004	2004	2004	2004	2005	2005	2005	2005	14
2003	2003	2003	2003	2003	2003	2003	2003	2004	2004	2004	2004	15
2002	2002	2002	2002	2002	2002	2002	2002	2003	2003	2003	2003	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)
Rookie League (machine pitch)	6 coed	Rookie League (machine pitch)
Rookie League (machine pitch)	7 coed	Rookie League (machine pitch)
Minor League	8 coed*	Minor League
Minor League	9 coed*	Minor League
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 athletic 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.



## Adult Athletics

### KICKBALL

#### Spring Adult Co-Rec Kickball

League play is scheduled to begin mid-March. Games will be played on Sundays through late May. **STAFF CONTACT:** KP Kilpatrick, [kkilpatrick@wakeforestnc.gov](mailto:kkilpatrick@wakeforestnc.gov), 919-435-9457.

<b>Registration:</b> Feb 1-28	Mar-May season	\$225/team	ages 18+
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#### Summer Adult Co-Rec Kickball

League play is scheduled to begin mid-July. Games will be played on weeknights and Sundays through late August. **STAFF CONTACT:** KP Kilpatrick, [kkilpatrick@wakeforestnc.gov](mailto:kkilpatrick@wakeforestnc.gov), 919-435-9457.

<b>Registration:</b> Jun 1-30	Jul-Aug season	\$225/team	ages 18+
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#### Fall Adult Co-Rec Kickball

League play is scheduled to begin mid-September. Games will be played on weeknights and Sundays through late October. **STAFF CONTACT:** KP Kilpatrick, [kkilpatrick@wakeforestnc.gov](mailto:kkilpatrick@wakeforestnc.gov), 919-435-9457.

<b>Registration:</b> Aug 1-31	Sep-Oct season	\$225/team	ages 18+
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### SOFTBALL

#### Senior Men's Softball League <<NEW!>>

Individual registration only - teams will be formed following registration. Games played Tuesday/Sunday beginning in mid-March. **STAFF CONTACT:** KP Kilpatrick, [kkilpatrick@wakeforestnc.gov](mailto:kkilpatrick@wakeforestnc.gov), 919-435-9457.

<b>Registration:</b> Feb 1-28	Mar-Apr season	\$35   \$20 RD	ages 50+
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#### Men's Spring Recreational Softball League

Games played Monday, Wednesday & Thursday beginning in mid-March. **STAFF CONTACT:** KP Kilpatrick, [kkilpatrick@wakeforestnc.gov](mailto:kkilpatrick@wakeforestnc.gov), 919-435-9457.

<b>Registration:</b> Feb 1-28	Mar-Apr season	\$550/team	ages 18+
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#### Church Men's Softball League

Games will be played Monday, Tuesday, Thursday & Friday and Saturday beginning in late April. **STAFF CONTACT:** KP Kilpatrick, [kkilpatrick@wakeforestnc.gov](mailto:kkilpatrick@wakeforestnc.gov), 919-435-9457.

<b>Registration:</b> Mar 1-31	Apr-Jun season	\$550/team	ages 18+
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#### Church Co-Rec Softball League

Games will be played primarily Tuesday & Thursdays, beginning mid-June. **STAFF CONTACT:** KP Kilpatrick, [kkilpatrick@wakeforestnc.gov](mailto:kkilpatrick@wakeforestnc.gov), 919-435-9457.

<b>Registration:</b> May 1-31	Jun-Aug season	\$550/team	ages 18+
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#### Men's Fall Recreational League

Games will be played Monday, Wednesday, & Thursday beginning mid-August. **STAFF CONTACT:** KP Kilpatrick, [kkilpatrick@wakeforestnc.gov](mailto:kkilpatrick@wakeforestnc.gov), 919-435-9457.

<b>Registration:</b> Jul 1-31	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:** KP Kilpatrick, [kkilpatrick@wakeforestnc.gov](mailto:kkilpatrick@wakeforestnc.gov), 919-435-9457.

<b>Registration:</b> Jul 1-31	Aug-Oct season	\$550/team	ages 18+
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### TENNIS

#### Adult Tennis

Tennis leagues, tennis lessons and tennis clinics are offered by the Wake Forest Area Tennis Association (WFATA) through a partnership agreement with the Wake Forest Parks, Recreation and Cultural Resources Department. WFATA provides fun, affordable, structured tennis programs for a diverse group of men, women and children representing many races, nationalities, cultures, and socio-economic backgrounds. To learn more, visit [www.wfata.usta.com](http://www.wfata.usta.com).

**Join a league as a free agent!**

Adult men and women interested in playing softball, kickball and flag football – that do not have a team to play on – can sign up as a free agent. As a free agent, you'll be assigned to a team in need of players. To sign up as a free agent, fill out the form at [wakeforestnc.gov](http://wakeforestnc.gov) (search "free agent").

# RENAISSANCE CENTRE

FOR THE ARTS

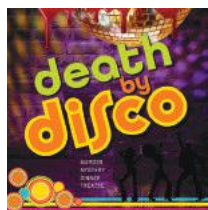
You'll discover enriching experiences at the centre that will leave you feeling inspired.



## Upcoming Events

### Murder Mystery Dinner Theatre: It's a Mystery presents **Death by Disco**

It's 1978, and it should be a night of disco, dancing and...possibly death!



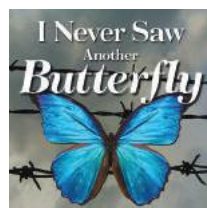
The highlight of the evening is the huge Disco Dance contest. The winning prize is a trip for two to New York City for the chance to dance on the Grammy Awards, and \$10,000 in prize money. This is an opportunity that could make someone a star; it could also be a motivation for murder! So, put on your platforms, unleash your leisure suit and hustle to the beat...we're going to have a party tonight!

**CATERED BY:** Cannon Catering. **MENU:** Strawberry Romaine Salad w/ Poppyseed dressing, Chicken Picatta, Sirloin Beef Tips w/ Red Wine Pan Gravy, Golden Mashed Potatoes, Sauteed Fresh Vegetables, Rolls & Butter, Chocolate Chess Pie or Apple Pie Cobbler. Please call the box office with any special dietary needs.

Feb 2	6:30 pm	Renaissance Centre	\$40 (includes 3-course dinner)
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### Forest Moon Theater presents **I Never Saw Another Butterfly**

By Celeste Raspanti. Produced by special arrangements with Dramatists Play



*Service, Inc.* At the height of Hitler's campaign to rid the world of Jews, children of the condemned arrive in Terezin, where they are assigned to a teacher, Raja, who watches over them until they are separated and sent to concentration camps. Raja survives to tell their story, a story that celebrates the human spirit and ability to uplift oneself, a story about children who bring light to the dark, hope to the abject, and love to a place surrounded by hate. *Appropriate for the entire family.*

Feb 8, 9	7:30 pm	Renaissance Centre	<b>Advance:</b> \$15 individual, \$13 student/senior
Feb 10	3:00 pm	Renaissance Centre	<b>Day Of:</b> \$18 individual, \$16 student/senior
Feb 15, 16	7:30 pm	Renaissance Centre	
Feb 17	3:00 pm	Renaissance Centre	

### Bright Star Theatre presents **The Struggle for Freedom: The Life of Dr. King**

The story of Dr. Martin Luther King, Jr. is one of both triumph and tragedy. In this dramatic show, the audience comes to see that the rights won by the American Civil Rights Movement came with a heavy price. **SPONSORED BY:** United Arts Council of Raleigh & Wake County



Feb 9	11:00 am & 6:30 pm	Alston-Massenburg Center*	Free
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\*416 N. Taylor St., Wake Forest

### 2019 State of the Town Address & Dinner

Area residents are invited to attend Wake Forest's annual State of the Town Address & Dinner. The occasion offers Wake Forest citizens the opportunity to reflect on the Town's list of accomplishments during the previous year and learn about its goals for the coming months. Anyone not interested in eating dinner is welcome to attend the State of the Town Address without purchasing a ticket. Non-ticket buyers should arrive between 6:30 and 6:45 pm at the conclusion of the dinner portion of the program. The mayor's address is expected to begin between 6:45 and 7 pm. **SPONSORED BY:** Wake Forest Rotary Club and the Town of Wake Forest

Feb 18	6:00 pm	Renaissance Centre	\$15
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## Happy Dan the Magic Man

Everyone laughs louder when Happy Dan is in the house! Children are quickly drawn into his tale of magical fantasy as they perform various feats of magic. The laughter never stops as Happy Dan struggles with his misbehaving props.

Feb 20	11:00 am	Renaissance Centre	\$5 plus tax
Mar 20	11:00 am	Renaissance Centre	\$5 plus tax
Apr 17	11:00 am	Renaissance Centre	\$5 plus tax
May 15	11:00 am	Renaissance Centre	\$5 plus tax
Jun 19	11:00 am	Renaissance Centre	\$5 plus tax

## Rockin' the Forest – Live Music Concert Series

Assembling some of the top musical acts in the area, the Rockin' the Forest music series features a variety of bands that play rock and roll covers from classic to modern rock, with a little funk and original music thrown in. The Renaissance Centre is the perfect place to enjoy a fun-filled night of great music and dancing. Bar will be open for wine, beer and other refreshment purchases.

Feb 22	7:30 pm	Big Love	Renaissance Centre	\$10
Mar 15	7:30 pm	The Catalinas	Renaissance Centre	\$10

## Raleigh Little Theatre's 'Players to Go Ensemble' presents Rapunzel

*Adapted by Karen Boettcher-Tate.* Did you ever wonder how Rapunzel ended up in a tower? Get ready to find out and have a lot of fun learning about the characters in this twisted tale of Rapunzel. Rene Schwartzbuckle, Rapunzel's mother, loves rampions and can't stop eating this turnip-like vegetable. She sends her husband, Walter, out to "borrow" some. Walter gets caught in the garden by Witch Izwitch stealing rampions. To avoid having a spell cast on him, he agrees to give the witch his first born daughter, Rapunzel. So on Rapunzel's 16th birthday, the witch and the Glumpwarts show up, as promised, and take Rapunzel away. This is a funny story with a strong message about the nature of beauty. RLT Players to Go is a performance class for students in grades 5-8. Students develop acting skills as they rehearse a show to perform for family audiences at local venues. *Appropriate for all ages. Run time: 45 minutes.*

Mar 16	2:00 pm	Renaissance Centre	Free
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## Celtic Angels Ireland

*Also featuring the Celtic Knight Dancers and the Trinity Band Ensemble of Dublin.* A joyous celebration of everything Irish will touch American soil this spring when the energetic, exciting young stars of Celtic Angels Ireland tour the U.S. Through their shared zeal and passion for Ireland's musical and dance traditions, this talented troupe enables their audiences to experience the Real Ireland for the price of a concert ticket. You'll be enthralled from the moment the lights dim as the sweet and stirring songs of Ireland, rigorously precise dances, and traditional musicianship carry you to Ireland on wings of music.

Mar 18	7:00 pm	Renaissance Centre	\$25
Mar 19	7:00 pm	Renaissance Centre	\$25

## Wake Forest Film Festival

Mark your calendars for a cinematic tour de force; the debut of the Wake Forest Film Festival! This inaugural event aims to spotlight passionate, creative and thought-provoking movies by some of today's most promising and accomplished local, national, and international filmmakers. The festival is a 3-day film showcase that will engage audiences with films of all lengths and genres that include short and feature, documentary, horror, animation, narrative and student. This festival is intended for both the general public and film professionals. Ticket sales, screening schedule and film ratings can be viewed at [wakeforestrecen.org](http://wakeforestrecen.org).

Mar 28-30	times vary*	Renaissance Centre	Film Fest passes range from \$6-40*
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\* See [wakeforestrecen.org](http://wakeforestrecen.org) for details.

## GRITS (Girls Raised in the South) the Musical – Dinner Theatre

Perfect for a girls night out, this lively musical is based on the book, *Friends are Forevah* by Deborah Ford. This show will have you laughing and crying and it will transport you back in time. It's four women, four generations and four different views. It's your mother, your sister, your Grandma, your best friend. It's sweet tea, collard greens, fresh tomatoes and banana pudding. It's country music, jazz tunes, old time blues and toe tappin rock. It's the old, the new and some things in between. It's about love and laughter, revelation and grace. It's GRITS the Musical! **CATERING BY:** The Forks Catering.

Apr 6	6:30 pm	Renaissance Centre	\$40 (a big ole Southern comfort foods dinner included)
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# RENAISSANCE CENTRE



## ArtsPower National Touring Theatre presents **Your Alien**

ArtsPower's newest musical touches down with a stranded alien who strikes up a fabulous friendship with a boy who finds him. They go to school and have loads of fun together. As evening approaches, the alien grows homesick. Will the boy be able to figure out how to help his new friend? This funny and uplifting new musical shows how the power of true friendship can last a lifetime. *Recommended for pre-school through elementary grades.*

Apr 26	11:00 am & 6:30 pm	Renaissance Centre	\$15
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## Abilities Choir Spring Concert

The Abilities Choir will present its spring concert on Thursday, May 2 .

May 2	6:30 pm	Renaissance Centre	free
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## Wake Forest Community Youth Choirs Spring Concert

The Wake Forest Community Youth Choirs will present an evening of music under the direction of choir director Kasie Brooks.

May 7	6:00 pm	Renaissance Centre	free
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## Rissi Palmer

Rissi Palmer, who describes her musical style as "Southern Soul," has received widespread media attention in national publications including Ebony, Parade, People, Newsweek, Huffington Post, Rolling Stone, The Wall Street Journal and more. She has performed on the CBS Early Show, CNN, The Tavis Smiley Show, Oprah & Friends, at the White House, Lincoln Center, and the Grand Ole Opry. Rissi has also shared the stage with such notable artists as Charley Crockett, Chris Young, Taylor Swift and The Eagles, to name a few. And, on top of all that, she made music history in 2007 with the release of her Top 40 debut single, "Country Girl," becoming the first African-American female to chart a country song since 1987.

May 11	7:30 pm	Renaissance Centre	\$15
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RISSI PALMER  
MAY 11



## Summer Beach Music Party featuring **The Band of Oz**

Say hello to summer with a beach music party featuring the live music of the dynamic eight-member group Band of Oz. Put your flip-flops on and head down to Renaissance Centre for the party of the summer! Bar will be open for wine, beer and other refreshment purchases.

Jun 1	7:30 pm	Renaissance Centre	\$15
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## Forest Moon Theater presents **Vanya, Sonia, Masha & Spike**

*By Christopher Durang.* After years of caring for their now deceased parents, Vanya and his sister Sonia live a despondent life in their Pennsylvania family home, supported by their celebrity sister, Masha. When Masha arrives unexpectedly with her boy toy named Spike and threatens to sell the home, emotions erupt. Hilarious events ensue, leading to a resolution that finds the three siblings more optimistic than they have been in a long time. **CONTENT ADVISORY:** Parental guidance recommended. Contains some adult language that might not be suitable for persons 12 and under.

Jun 14, 15	7:30 pm	Renaissance Centre	<b>Advance:</b> \$15 individual, \$13 student/senior <b>Day Of:</b> \$18 individual, \$16 student/senior
Jun 16	3:00 pm	Renaissance Centre	
Jun 21, 22	7:30 pm	Renaissance Centre	
Jun 23	3:00 pm	Renaissance Centre	

## Neck of the Woods presented by **ARTS Wake Forest**

A variety performance series. Come out and enjoy a unique and entertaining event and support your local artists!

Jul 19	7:00 pm	Renaissance Centre	\$5 plus tax
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## Malpass Brothers

The Malpass Brothers are as authentic as home-churned butter, stone-ground grits, country ham & red-eye gravy...and they're every bit as good. Their music is steeped in the legacy of the Louvin Brothers, Johnny Cash, Marty Robbins, Hank Williams Sr., and others. Count on country classic as well as new Malpass tunes. Count on old time traditional gospels. Count on big, high hair, and maybe even an Elvis twitch.



Jul 27	7:00 pm	Renaissance Centre	<b>Advance:</b> \$20 <b>Day Of:</b> \$23
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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.

**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.

#### Risk & Liability

By registering for classes/programs or athletic leagues, participants and/or their guardians understand that participating in the activities may include the risk of injury. These risks include slips/trips/falls, musculoskeletal injuries, physical contacts with/ actions of other participants, the inherent risks of inclement weather, accidents while traveling to and from events/activities, and equipment problems or failures, among others. By registering for classes/programs/athletics, the registrant/guardian is choosing for themselves and/or their child/children to participate in the selected programs despite the risks. Participant/guardian is aware of the Town of Wake Forest Release of Liability requirement for participation, and agrees to the terms set within (liability waiver is required prior to completion of registration).

#### 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.

#### OPEN PLAY

##### RecCard required

To participate in Open Play, you must obtain and show your RecCard. RecCards are required for any individual over the age of six participating in Open Play. Children five and under do not need a RecCard but they must be accompanied to Open Play by a parent or guardian. To get a RecCard, you must first create a new online registration account at [wakeforestnc.recdesk.com](http://wakeforestnc.recdesk.com). RecCards are free. If you lose your RecCard, the charge to get a new one is \$5.

#### AN INCLUSIVE APPROACH

The PRCR Department is committed to an inclusive approach to recreation and encourages individuals with and without disabilities to participate together. In order for individuals with disabilities to participate as fully as possible, reasonable modifications will be provided in accordance with the Americans with Disabilities Act. If you or a family member requires a reasonable modification to participate in a program, please contact Kelly Schurtz, [kschurtz@wakeforestnc.gov](mailto:kschurtz@wakeforestnc.gov).

#### 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. 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. Online registration is accepted at [wakeforestnc.recdesk.com](http://wakeforestnc.recdesk.com) or at any PRCR staffed facility. Online registration closes two business days prior to the start of a program.

##### Athletics

Athletic registration 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. Visit [wakeforestnc.recdesk.com](http://wakeforestnc.recdesk.com). 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.



## 2019 Wake Forest Home & Garden Show

Presented by Mitchell Heating & Cooling, this free, two-day home and garden event will showcase the latest in home improvement products, services, and features. Whether you are looking for a complete home remodel, a kitchen or bath makeover, a newly landscaped yard, or just want to shop at the vendor marketplace, you will find it all at the Wake Forest Home & Garden Show!

Aug 24	9:00 am-4:00 pm	Renaissance Centre	Free
Aug 25	12:00-4:00 pm	Renaissance Centre	Free

## Free Monthly Movie Showings

### First Friday Flix

Free movie showings on the **first Friday of each month at 7 pm**. Call the Event Hotline at 919-435-9428 to hear the title of upcoming films.

### fliX4kids

Free movie showings on the **second Monday of each month at 10:30 am**. Movies are geared for children ages 3-10. Call the Event Hotline at 919-435-9428 to hear the title of upcoming films.

### Free at 3

Free movie showings on the **second Monday of each month at 3 pm** with open captions on screen. Movies are geared for ages 50+. Call the Event Hotline at 919-435-9428 to hear the title of upcoming films.

## Renaissance Centre - Ticket Information

#### PURCHASE TICKETS

Tickets for shows may be purchased at [wakeforestnc.org](http://wakeforestnc.org) or at the Renaissance Centre box office at 405 S. Brooks St., open Mon-Fri 9 am-12 pm and 1 pm-5 pm. 919-435-9458. **Ticket prices do not include tax.**

#### STAY CONNECTED

Sign up to receive email updates about upcoming events at the Renaissance Centre by visiting [wakeforestRen.Ctr.org](http://wakeforestRen.Ctr.org) and clicking on "Join our Mailing List."







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

[wakeforestnc.gov/  
parksrecreation.aspx](http://wakeforestnc.gov/parksrecreation.aspx)

PRSRT STD  
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Wake Forest, NC  
Permit #118

**Look what's new for 2019!** See inside for more new programs and activities



**Holding Park Aquatic Center** Opens Memorial Day Weekend – page 21



**Travel to Cape Cod and San Antonio** Professionally guided trips – page 17



**Soccer Rockers** For ages 3-5 – page 12

**Night Flight** Teen Friday Night Basketball (free!) – page 14