

RecConnect

WAKE FOREST PARKS, RECREATION & CULTURAL RESOURCES

MARCH-AUGUST 2018

Spring & Summer Program Guide

INCLUDING
SUMMER CAMPS & ATHLETICS



WELCOME



Meet the Town's Urban Forestry Specialist

Julie Canavin serves in the Parks, Recreation & Cultural Resources Department as an Urban Forestry Specialist. Urban Forestry focuses on the care of the Town's street trees along the right of way. Julie has served the Town of Wake Forest since 2015.

In pursuing her passion for the environment, Julie earned a Master's degree in Natural Resources from North Carolina State University. Her enthusiasm for trees led her to earn her title as a Certified Arborist and she is a member of the International Society of Arborists as well as the North Carolina Urban Forest Council.

Julie enjoys spending time with her husband and two teenage daughters in Garner.



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

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March-August 2018

Wake Forest Parks, Recreation & Cultural Resources Department
301 S. Brooks St., Wake Forest, NC 27587
919-435-9560
fax 919-435-9499
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Flaherty Park Community Center
1226 N. White St.
919-554-6726

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

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

EVENTS

AND COMMUNITY ACTIVITIES



EASTER EGG HUNT

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	F	6:30 pm-8:30 pm	Mar 16	\$20/couple*	ages 3+
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**Additional children are \$5/child*

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: ages 4-6 at 10:15 am, ages 7-9 at 10:30 am and ages 10-12 at 10:45 am. Bring your own basket and arrive early for good parking!

Joyner Park	Sa	10:00 am-11:00 am	Mar 24	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*	Sa	11:30 am-12:00 pm	Mar 24	free	all ages
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**Event will be held in Pecan Grove*

Arbor Day Celebration

Celebrate Arbor Day, the Tree Planters Holiday! The Town of Wake Forest and the Wake Forest Urban Forestry Advisory Board will be hosting the annual Arbor Day Expo at E. Carroll Joyner Park on April 21. The Arbor Day Expo will feature various exhibit booths and vendors, tree photo booth, face painting and activities for the kids. At noon, Mayor Vivian Jones will accept the Town's 39th Tree City USA Award and Wake Forest Power will accept their 4th Tree Line USA Award. Come join the fun as we celebrate trees! **PRESENTED BY:** Wake Forest Urban Forestry Advisory Board



Joyner Park	Sa	11:00 am-3:00 pm	Apr 21	free	all ages
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**In case of inclement weather, the Expo will be moved to the Flaherty Park Community Center, 1226 N. White St. Any change in location will be announced by 3 pm on Friday, April 20. For updated information, call the Weather Line at 919-435-9569.*

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 & Cultural Resources Department, Wake Forest ARTS and United Arts of Raleigh & Wake County. The June 3rd show is presented by PineCone: The Piedmont Council of Traditional Music.



Joyner Park	Su	5:00 pm-7:00 pm	Apr 29-Jun 3	free	all ages
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Barn Dance <<NEW!>>

Come join us for a good old fashioned barn dance! No prior dance experience is needed. If you can walk, you can dance. The caller will teach all the moves you need to know before each dance. Please dress in comfortable clothing and shoes. Traditional square dancing attire is welcome. Light refreshments will be served. **INSTRUCTOR:** Bo Bierley

WFCH	F	7:30 pm-9:30 pm	May 4	\$5*	all ages
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* Pre-registration is encouraged; fee of \$6 at the door

Midday Music at Centennial Plaza

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

WF Town Hall	Th	12:00 pm-1:00 pm	May 10	free	all ages
WF Town Hall	Th	12:00 pm-1:00 pm	May 17	free	all ages
WF Town Hall	Th	12:00 pm-1:00 pm	May 24	free	all ages
WF Town Hall	Th	12:00 pm-1:00 pm	May 31	free	all ages

Independence Day Celebration

Presented by PowerSecure, the 2018 Independence Day Celebration is a two-day event that will include the Fireworks Spectacular at Heritage High School, 1150 Forestville Road, on Tuesday, July 3, followed by the Children's Parade and Art & Games in the Park on Wednesday, July 4. All of the events are free and open to the public. For more information, visit wakeforestnc.gov and search "Independence Day."

Fireworks Spectacular: Heritage High	Tu	5:30 pm-9:30 pm	Jul 3	free	all ages
Children's Parade: North Main Street	W	10:30 am	Jul 4	free	all ages
Art & Games in the Park: Holding Park	W	11:00 am	Jul 4	free	all ages

INDEPENDENCE DAY CELEBRATION



Concerts in the Park

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

Joyner Park	Su	5:00 pm-7:00 pm	Aug 5	free	all ages
Joyner Park	Su	5:00 pm-7:00 pm	Sep 2	free	all ages

Movie Nights at Joyner Park

The Wake Forest Parks, Recreation & Cultural Resources Department presents 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. Visitors to the park are reminded that alcoholic beverages, smoking and unleashed pets are prohibited.

Joyner Park	Sa	8:30 pm	May 26	free	all ages
Joyner Park	Sa	8:30 pm	Jun 30	free	all ages
Joyner Park	Sa	8:30 pm	Jul 28	free	all ages
Joyner Park	Sa	8:30 pm	Aug 11	free	all ages

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

R.I.S.E. - Young Women's Empowerment Workshop

Designed for young ladies ages 12-17, Project R.I.S.E. (Rise, Inspire, Succeed Empower) is a free workshop that will feature presenters discussing topics of importance to young women. A continental breakfast will be provided.

Alst Mass	Sa	10:00 am-1:00 pm	May 19	free*	ages 12-17
Alst Mass	Sa	10:00 am-1:00 pm	Aug 18	free*	ages 12-17

*Pre-registration is required

D.R.I.V.E. - Young Men's Success Workshop

Designed for young men ages 12-17, D.R.I.V.E. (Dedication, Reach, Innovative, Vision, Endurance) is a free workshop that will focus on a variety of topics of importance to young men. A continental breakfast will be provided.

Alst Mass	Sa	10:00 am-1:00 pm	May 12	free*	ages 12-17
Alst Mass	Sa	10:00 am-1:00 pm	Aug 18	free*	ages 12-17

*Pre-registration is required

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	\$100	\$150 Half Day, Mon-Fri \$200 Half Day, Sat-Sun/holiday	<i>Daily</i> 8:00 am-2:00 pm; 3:00 pm-dusk
		\$250 Full Day, Mon-Fri \$400 Full Day, Sat-Sun/holiday	dawn to dusk
Performance Garden	\$100	\$75 Half Day, Mon-Fri \$100 Half Day, Sat-Sun/holiday	<i>Daily</i> 8:00 am-2:00 pm; 3:00 pm-dusk
		\$150 Full Day, Mon-Fri \$200 Full Day, Sat-Sun/holiday	dawn to dusk
Open Space (3 sites under pecan grove)	\$100	\$15/hr 2-hr min	<i>Daily</i> dawn to dusk



J. B. Flaherty Park

1226 N. White St.
919-554-6726
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	\$100	\$15/hr 2-hr min	<i>Daily</i> dawn to dusk
Athletic Field	\$100	\$25/hr (no lights) + \$30 field prep fee Lights: \$15/hr additional	<i>Subject to</i> WFPRCR/league schedules

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, a swimming pool and the Wake Forest Community House.



HOLDING PARK POOL is undergoing major renovations and is scheduled to reopen to the public in 2018.

RENT THIS SITE	Deposit	Rate	Availability
Athletic Field	\$100	\$25/hr (no lights) + \$30 field prep fee Lights: \$15/hr additional	<i>Subject to</i> WFPRCR/league schedules

See page 8 for Wake Forest Community House rental information





Acres	Amphitheater	Baseball/ Softball Field	Basketball Court	Community Center	Dog Park	Flower Garden	Greenway	Grill	Open Space	Picnic Shelter	Picnic Tables	Playground	Pond	Sprayground	Swimming Pool	Restrooms	Soccer Field	Tennis Court
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PARKS

Ailey Young Park 800 Juniper Ave.	15	●	●					●		●	●	●					●	
DuBois Park 518 N. Franklin St.	0.4		●									●						
E. Carroll Joyner Park 701 Harris Rd.	117	●				●	●	●	●	●	●		●				●	
H.L. Miller Park 401 Elm Ave.	2						●				●							
Heritage High Park* 1140 Forestville Rd.	25	●	●				●										●	●
Holding Park 133 W. Owen Ave.	5	●	●	●				●	●		●	●			●		●	
J.B. Flaherty Park 1226 N. White St.	100	●	●	●	●	●	●	●	●	●	●	●	●				●	●
Kiwanis Park 400 E. Holding Ave.	1					●				●	●	●						
Plummer Park 965 Jones Wynd	0.5									●	●	●						
Smith Creek Soccer Center 690 Heritage Lake Rd.	17						●	●		●	●	●					●	●
Taylor Street Park 416 N. Taylor St.	1.5			●		●		●		●	●	●		●			●	
Tyler Run Park 830 Pineview Dr.	9	●	●			●				●	●							

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

Adopt-a-Trail Program

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

Community organizations, individuals, families, and business are encouraged to adopt a specific length or neighborhood of trails, keeping them clear of weeds and debris for one year. Volunteers are also invited to initiate and participate in a number of enhancement projects designed to improve the aesthetics or functionality of the town's greenways.

For more information visit wakeforestnc.gov/adopt-a-trail.aspx.



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.



Paved (P), Soft Trail (S)	Length in Miles
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GREENWAYS

E. Carroll Joyner Park 701 Harris Rd.	P	3.0 mi.
	S	0.5 mi.
Dunn Creek Greenway 690 Heritage Lake Rd.	P	1.3 mi.
H.L. Miller Park 401 Elm Ave.	P	0.4 mi.
Heritage High School 1150 Forestville Rd.	S	0.8 mi.
J.B. Flaherty Park 1226 N. White St.	P	0.25 mi.
Kiwanis Greenway 706 S. Franklin St.	P	0.25 mi.
Richland Creek Olde Mill Stream Greenway 901 Barnford Mill Rd.	P	0.45 mi.
Sanford Creek Heritage South Greenway dead end of Marshall Farm St.	P	2.15 mi.
Smith Creek Burlington Mills Greenway 2912 Burlington Mills Rd.	P	1.15 mi.
Smith Creek Soccer Center 690 Heritage Lake Rd.	P	1.73 mi.
Tyler Run Park 830 Pineview Dr.	P	0.12 mi.
Wake Forest Reservoir 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	\$100	\$25/hr (no lights) + \$30 field prep fee Lights: \$15/hr additional	<i>Subject to WFPRCR/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	\$100	\$200 Half Day	<i>Sat & Sun only</i> 8:00 am-3:00 pm; 5:00 pm-midnight	24 tables 125 chairs available
		\$400 Full Day	8:00 am-midnight	

Wake Forest Community House

133 W. Owen Ave.
919-435-9560

HOURS: Open for scheduled programs and private rentals



The Wake Forest Community House was built in 1942 by the Works Progress Administration. It now serves as a charming site for reunions, receptions and park programs.

The Community House adjoins the Holding Park Pool and playground. To rent the Community House, call 919-435-9560 or visit town hall.

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

CENTERS

AND RENTAL FACILITIES



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 – search “flaherty park.”



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

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

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



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

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 or call 919-435-9458.



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. Young children are introduced to using paintbrushes and their hands as tools to create art. Little ones squish, squash, and splat their way to creating their very own masterpieces! Parent participation required. **INSTRUCTOR:** Maureen Seltzer

Flah Park	Th	10:00 am-10:45 am	Mar 2-23	\$53	18 mos-3 yrs
Flah Park	Th	10:00 am-10:45 am	Apr 6-May 27	\$53	18 mos-3 yrs

Preschool Art

We don't worry about coloring within the lines in this art class! These classes offer a fun environment for kids to get their hands dirty while making new friends and wild creations. Come meet Moo Monet and hear a story that goes along with our art project of the day. We will explore basic art techniques through many different mediums. **INSTRUCTOR:** Maureen Seltzer

Flah Park	Th	11:00 am-12:30 pm	Mar 2-23	\$53	ages 3-5
Flah Park	Th	11:00 am-12:30 pm	Apr 6-May 27	\$53	ages 3-5

Dance

Tutu Toddlers ◀NEW!▶

Join us in introducing the magic of ballet by exploring enchanted worlds of Swans, Sugar Plums, and Princesses enhanced by the music of the great composers. Every week, dancers will explore a new classical ballet story through creative movement and exercising imagination! We will learn pre-ballet concepts, spacial awareness, and musical rhythms. **REQUIREMENTS:** Comfortable, easy to move in clothing (tutus welcome) **INSTRUCTOR:** Caroline Steffen

Alst Mass	M	9:15 am-9:45 am	Feb 26-Mar 26	\$40	ages 2-3
Alst Mass	M	9:15 am-9:45 am	Apr 9-May 7	\$40	ages 2-3
Alst Mass	M	9:15 am-9:45 am	May 14-Jun 18*	\$40	ages 2-3
Alst Mass	M	9:15 am-9:45 am	Jul 23-Aug 20	\$40	ages 2-3

*No class May 28

Magical Ballerinas

Join us in introducing the magic of ballet by exploring pre-ballet concepts, musical rhythms, and spacial awareness. Every week, dancers will explore a new classical ballet story through creative movement and exercising imagination! **REQUIREMENTS:** Girls: Black leotards, pink tights, leather or canvas ballet shoes. Boys: flexible gym shorts or pants, t-shirt, and black jazz shoes. **INSTRUCTOR:** Caroline Steffen

Alst Mass	M	10:00 am-10:30 am	Feb 26-Mar 26	\$40	ages 3-5
Alst Mass	M	10:00 am-10:30 am	Apr 9-May 7	\$40	ages 3-5
Alst Mass	M	10:00 am-10:30 am	May 14-Jun 18*	\$40	ages 3-5
Alst Mass	M	10:00 am-10:30 am	Jul 23-Aug 20	\$40	ages 3-5

*No class May 28





Mini Prima Ballerinas

Dancers will explore creative movements of pre-ballet through the stories and music of the great classical ballets. Each week, a new ballet will be introduced as well as the music and movements that pertain to that ballet. **REQUIREMENTS:** Girls: Black leotards, pink tights, leather or canvas ballet shoes. Boys: flexible gym shorts or pants, t-shirt, and black jazz shoes. **INSTRUCTOR:** Caroline Steffen

Alst Mass	M	10:45 am-11:15 am	Feb 26-Mar 26	\$40	ages 4-6
Alst Mass	M	10:45 am-11:15 am	Apr 9-May 7	\$40	ages 4-6
Alst Mass	M	10:45 am-11:15 am	May 14-Jun 18*	\$40	ages 4-6
Alst Mass	M	10:45 am-11:15 am	Jul 23-Aug 20	\$40	ages 4-6

*No class May 28

Fitness

Preschool Open Gym

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

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

YogaHappy - Preschool

Songs, games, crafts, stories, imaginative play, and creative movement...this isn't your typical yoga class. YogaHappy uses these familiar activities to teach yoga in a fun and interactive way. In addition to being fun, yoga promotes confidence, healthy living, and a peaceful mind, all of which contribute to a happier you! Parent participation required. **INSTRUCTOR:** Alison Draper

Alst Mass	Th	10:00 am-10:45 am	Apr 12-May 17	\$60	ages 2-5
WFCH	M	10:00 am-10:45 am	Apr 16-May 21	\$60	ages 2-5
Alst Mass	Th	10:00 am-10:45 am	Jul 12-Aug 16	\$60	ages 2-5

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 Service

Flah Park	Th	10:00 am-10:45 am	Mar 15-Apr 12*	\$60	ages 3-5
Flah Park	Th	10:00 am-10:45 am	Apr 26-May 17	\$60	ages 3-5
Flah Park	Th	10:00 am-10:45 am	May 31-Jun 21	\$60	ages 3-5
Flah Park	Th	10:00 am-10:45 am	Jul 26-Aug 16	\$60	ages 3-5
Flah Park	Th	10:00 am-10:45 am	Aug 30-Sep 20	\$60	ages 3-5

*No class Apr 5

Signing Time

Baby's First Signs

This class is perfect for our littlest signers! The parent/child class will use stories, songs, finger plays and sensory activities to begin introducing baby to sign language. All curriculum uses the award-winning Signing Time program. All babies sign naturally! Waving bye-bye or blowing kisses show you that your baby has something to say. Babies will naturally use their hands until they are ready for words. Teaching your infant a few simple ASL signs will give her far more words to say than just "bye-bye." This class provides an inclusive environment that is perfect for both typically developing children as well as children with special needs. Each month offers a different curriculum. Parents will be given the opportunity to purchase Signing Time DVDs and CDs at a discounted rate. **INSTRUCTOR:** Jessica Hoke, Sign Language Instructor

Ren Ctr AA	M	9:00 am-9:30 am	Mar 5-26	\$35	0-12 mos
Ren Ctr AA	M	9:00 am-9:30 am	Apr 2-23	\$35	0-12 mos
Ren Ctr AA	M	9:00 am-9:30 am	Apr 30-May 21	\$35	0-12 mos
Ren Ctr AA	M	9:00 am-9:30 am	Jun 4-25	\$35	0-12 mos
Ren Ctr AA	M	9:00 am-9:30 am	Jul 9-30	\$35	0-12 mos



Sign, Sing, Play - Children's Sign Language

These parent/child classes follow the award-winning Signing Time Sign and Play curriculum. Each class introduces sign language through engaging songs, stories, sensory learning, and fine and gross motor activities all in a language-rich educational environment. Parents are taught how to incorporate sign language in to their child's daily routines and how to use sign language to reduce frustration and provide connection. This class provides an inclusive environment that is perfect for both typically developing children as well as children with special needs. Each month will offer different sections of curriculum. Parents will be given the opportunity to purchase Signing Time DVDs and CDs at a discounted rate. **INSTRUCTOR:** Jessica Hoke, Sign Language Instructor

Ren Ctr AA	M	9:30 am-10:30 am	Mar 5-26	\$60	12-24 mos
Ren Ctr AA	M	9:30 am-10:30 am	Apr 2-23	\$60	12-24 mos
Ren Ctr AA	M	9:30 am-10:30 am	Apr 30-May 21	\$60	12-24 mos
Ren Ctr AA	M	9:30 am-10:30 am	Jun 4-25	\$60	12-24 mos
Ren Ctr AA	M	9:30 am-10:30 am	July 9-30	\$60	12-24 mos

Preschool Sign & Grow

These parent/child classes follow the award-winning Signing Time Preschool curriculum. Each class introduces ASL sign language through engaging songs, stories, sensory learning, and fine and gross motor activities in a language-rich educational environment. Parents are taught how to incorporate sign language in to their child's daily routines. Studies have shown that children who sign have an increased interest in reading and language development. The wonderful thing about sign language is it reaches all types of learners: auditory, visual, and tactile! This class provides an inclusive environment that is perfect for both typically developing children as well as children with special needs. Each month will offer different sections of curriculum. **INSTRUCTOR:** Jessica Hoke, Sign Language Instructor

Ren Ctr AA	M	10:30 am-11:30 am	Mar 5-26	\$60	2-4 yrs
Ren Ctr AA	M	10:30 am-11:30 am	Apr 2-23	\$60	2-4 yrs
Ren Ctr AA	M	10:30 am-11:30 am	Apr 30-May 21	\$60	2-4 yrs
Ren Ctr AA	M	10:30 am-11:30 am	Jun 4-25	\$60	2-4 yrs
Ren Ctr AA	M	10:30 am-11:30 am	July 9-30	\$60	2-4 yrs

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

Art

After School With Picasso

This after school art class is to continue the exploration into visual art. No prior experience is necessary! Beginners and advanced students are welcome. Students will explore a variety of medium including acrylic, watercolor, charcoal, graphite and pastel. **INSTRUCTOR:** Inger R. Jarmon

Ren Ctr AA	Tu, W, Th	3:00 pm-6:00 pm	Apr 3-5	\$135*	ages 7-13
Ren Ctr AA	Tu, W, Th	3:00 pm-6:00 pm	Apr 10-12	\$135*	ages 7-13
Ren Ctr AA	Tu, W, Th	3:00 pm-6:00 pm	Apr 17-19	\$135*	ages 7-13

**Includes materials*

Art for Homeschoolers

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

Flah Park	W	1:00 pm-2:30 pm	Feb 28-Apr 4	\$90	ages 9-15
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Abstract Painting With Storytelling

The class is designed for students to create a visual work of art from the reading of a short story using forms, colors, shapes and textures. **INSTRUCTOR:** Inger R. Jarmon

Ren Ctr AA	W	9:30 am-11:30 am	June 27	\$90	ages 7-13
Ren Ctr AA	W	12:00 pm-2:00 pm	June 27	\$90	ages 7-13
Ren Ctr AA	W	9:30 am-11:30 am	July 18	\$90	ages 7-13
Ren Ctr AA	W	12:00 pm-2:00 pm	July 18	\$90	ages 7-13

Still Life Painting

The students will be introduced to still life painting in acrylic. Students will use multi-color palettes, and learn the importance of value. Students will be able to depict subject matters by using everyday objects or natural objects to create a still life painting composition. **INSTRUCTOR:** Inger R. Jarmon

Ren Ctr AA	Th	9:30 am-11:30 am	June 28	\$90	ages 7-13
Ren Ctr AA	Th	12:00 pm-2:00 pm	June 28	\$90	ages 7-13
Ren Ctr AA	Th	9:30 am-11:30 am	July 19	\$90	ages 7-13
Ren Ctr AA	Th	12:00 pm-2:00 pm	July 19	\$90	ages 7-13

Beginner's Photography (Outdoor Emphasis)

Did you get a new camera or planning to purchase one? This course will enable you to take your camera off automatic and get the photo you would like to take instead of what the camera thinks you want. We will talk about f-stops, shutter speed and light conditions with some emphasis on motion and changing light conditions outdoors (for nature and other subjects). **INSTRUCTOR:** Sol Levin

Flah Park	Sa	9:00 am-3:00 pm	Jun 2	\$90	ages 13+
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Music

Beginner Acoustic Guitar Lessons

Participants will take part in an upbeat and engaging learning experience. Participants will learn the basics of acoustic guitar including basic chords and strumming patterns. Pick and acoustic guitar required. **INSTRUCTOR:** Krista Pimentel

Flah Park	Tu	7:00 pm-8:00 pm	Mar 6-27	\$65	ages 6-8
Flah Park	Tu	7:00 pm-8:00 pm	Apr 3-24	\$65	ages 9-12
Flah Park	Tu	7:00 pm-8:00 pm	Jun 5-26	\$65	ages 6-8
Flah Park	Th	7:00 pm-8:00 pm	Jun 7-28	\$65	ages 9-12
Flah Park	Tu	7:00 pm-8:00 pm	Sep 4-25	\$65	ages 6-8



Private Voice and/or Piano Lessons

One-on-one instruction for all levels of experience. Learn music theory, elevate your performance skills, and grow as a musician. Explore all genres and styles of music while focusing on what you love. Progress takes time! Monthly lessons ensure the continuity of growth in a student's learning process and allows Ms. Jasmyn the opportunity to give you an amazing musical experience! All materials provided. Studio recital will be held for friends and family. **INSTRUCTOR:** Jasmyn M. Cooper, B.A

Ren Ctr AA	M, Tu	time slots available from 3:00 pm-4:40 pm	Mar 5-26	\$110* or \$195**	all ages
Ren Ctr AA	M, Tu	time slots available from 3:00 pm-4:40 pm	Apr 2-23	\$110* or \$195**	all ages

*Four 30-minute lessons, **Four 1-hour lessons

Disney Sing-a-Long!

Everyone loves a good Disney song! Come have fun through singing and dancing along to all your favorite Disney music. You can be a part of the crowd or even step out and perform on your own! Class will end with a recital for friends, family and community. **INSTRUCTOR:** Jasmyn M. Cooper, B.A

Ren Ctr AA	Sa	10:00 am-12:00 pm	Mar 17-Apr 28*	\$120	ages 6-12
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*No class Mar 31

Performing Arts

Audition 101

Do you have an acting or singing audition coming up soon? A speech? Maybe a college or scholarship interview? Ms. Jasmyn is here to help! This class will explore the do's and don'ts of auditions and public performance; everything from interaction, presentation, anxiety, attire, music or monologue selection, and of course performance. Class will end with an open mock audition and recital. **INSTRUCTOR:** Jasmyn M. Cooper, B.A



Ren Ctr AA	Sa	1:00 pm-3:00 pm	Mar 17-Apr 28*	\$200	ages 14-18
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*No class Mar 31

Acting Out

Let's get your star on stage! Ms. Jasmyn will use exciting games and theater technique to prepare you for the stage. Let's have fun through acting and movement with other creative kids. Explore and learn solo monologues and work through group scenes to develop an entertaining final show for friends and family. **INSTRUCTOR:** Jasmyn M. Cooper, B.A

Ren Ctr AA	Sa	3:30 pm-5:30 pm	Mar 17-Apr 28*	\$150	ages 11-14
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**No class Mar 31*

Beginner Spoken Word Poetry

Spoken Word Poetry is a performance art that empowers you to paint pictures with words. This form of artistic expression can be used to communicate messages that help to shape our world. This course will be a fun and interactive experience. Participants will learn the essential elements of poetry writing, develop their public speaking skills and enhance their stage performance. **INSTRUCTOR:** Write Speak Inspire, LLC

Ren Ctr AA	M	7:00 pm-8:30 pm	Apr 2-23	\$45	ages 12-18
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Ren Ctr AA	M	7:00 pm-8:30 pm	May 14-Jun 4	\$45	ages 12-18
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Public Speaking

Communicating in public effectively is important. However, some people are more comfortable than others. In this class, participants will explore the techniques used by some of the most successful public speakers in history. This course will be a fun and interactive experience designed to provide practical tools and a supportive environment for new and emerging public speakers. **INSTRUCTOR:** Write Speak Inspire, LLC

Ren Ctr AA	M	7:00 pm-8:30 pm	Mar 12	\$35	ages 12-18
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Ren Ctr AA	Tu	7:00 pm-8:30 pm	Apr 17	\$35	ages 12-18
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Ren Ctr AA	M	7:00 pm-8:30 pm	May 7	\$35	ages 12-18
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Creative Writing

Creative Writing

Creative writing is a tool that can be used to share our personal experiences and the experiences of others. Our goal is to equip participants with the tools to write with clarity, creativity and confidence. Prepare for an engaging experience that will be fun and interactive. We will examine different styles of writing, learn to develop authentic story content and stretch our imagination as creative writers. **INSTRUCTOR:** Write Speak Inspire, LLC

Ren Ctr AA	Th	7:00 pm-8:30 pm	Mar 1-8	\$35	ages 12-18
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Ren Ctr AA	Th	7:00 pm-8:30 pm	Mar 15-22	\$35	ages 12-18
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Dance

Modern Western Square Dancing

Modern Western Square Dancing is one of the best ways to get your body moving, challenge your mind, relieve stress and meet new and friendly people. Participants learn to execute basic square dance choreography, or 'calls' taught by the square dance caller. Various figures are made to the beat of the music. After learning the basic skills, participants will be well on their way to enjoying a lifelong hobby. Partners are recommended, but not necessary. Smiles are guaranteed. Youth under the age of 15 must be accompanied by an adult. **INSTRUCTOR:** Bo Bierley

WFCH	M	7:00 pm-9:00 pm	Feb-Aug*	\$10 / mo	ages 12-18
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**No class May 28*

**Class dress is casual but participants are encouraged to wear comfortable shoes*

Shag Dance Lessons for Beginners

Break those winter doldrums and get prepared for the warm days and shagging at the beach (and remember Spring Dances and Prom Nights are coming!) Learn the "basics" of the shag as well as multiple turns. Partners are not necessary, but slick or smooth soled shoes are...no sneakers! Limited enrollment for more individualized learning. **INSTRUCTOR:** Tom Shipman, Beach Shaggers National Hall of Fame

WFCH	W	5:30 pm-6:30 pm	Mar-Aug*	\$40 / mo	ages 13-17
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** No class May 30 or July through Aug 1*

Krump Dancing 1

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 Tha Lyan

Ren Ctr AA	Sa	9:00 am-10:30 am	Mar 10-Apr 7*	\$30	ages 8-12
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Ren Ctr AA	Sa	11:00 am-12:30 pm	Mar 10-Apr 7*	\$40	ages 13+
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**No class Mar 31*

Krump Dancing 2

This class is about fusing all you have learned in Krump Dancing 1. You will know, feel and be able to comprise your own krump. **INSTRUCTOR:** Wise Tha Lyan

Ren Ctr AA	Th	6:30 pm-8:00 pm	Apr 19-May 10	\$50	ages 8+
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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 Tae kwon do – breathing, blocking, punching, kicking, target drill and combination of techniques. Class is taught in a relaxed and fun environment.

Concentration and attention span will be developed in this program. No class held the first Thursday of every month. Please register online at least two business days prior to the start of each session.

INSTRUCTOR: Sr. Master Randy Berger



WFCH	T/Th	7:00 pm-8:00 pm	Mar-Aug	\$40 / mo	ages 7-17
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Fitness

Zumba

Ditch the workout and join the party! Come out and join us for a workout like none other! We will teach you steps to popular dances like Salsa, merengue, cumbia, reggaeton, hip-hop, belly dancing and more. This will be a high cardio workout where you will see results take place. **INSTRUCTOR:** Neltonia Atkinson

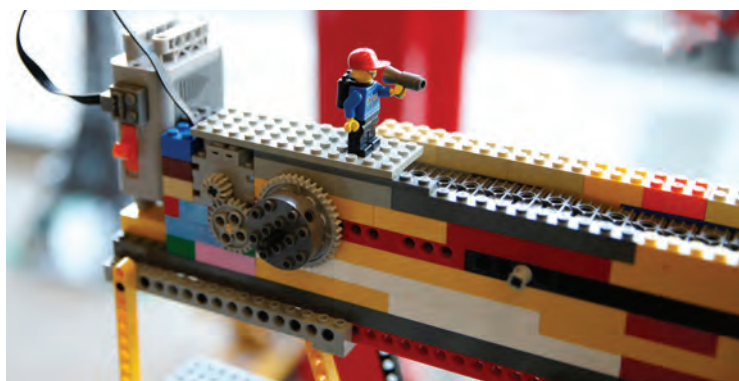
Alst Mass	F	6:30 pm-7:30 pm	Mar-Aug	\$20 / mo*	ages 12+
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*\$5 drop-in fee

YogaHappy - Kids

Songs, games, crafts, stories, imaginative play and creative movement...this isn't your typical yoga class. YogaHappy uses these familiar activities to teach yoga in a fun and interactive way. In addition to being fun, yoga promotes confidence, healthy living, and a peaceful mind, all of which contribute to a happier you! **INSTRUCTOR:** Alison Draper

WFCH	M	4:30-5:25 pm	Apr 9-May 14	\$75	ages 5-12
WFCH	Th	4:30-5:25 pm	Apr 26-May 31	\$75	ages 5-12
WFCH	M	4:30-5:25 pm	Jul 9-Aug 13	\$75	ages 5-12



Lego®

Spring Break Camp – Intro to STEM with LEGO® **«NEW!»**

Tap into your imagination with tens of thousands of LEGO® parts! Build engineer-designed projects such as boats, snowmobiles, catapults and merry-go-rounds. 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	Apr 2-6	\$165	ages 5-6
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Spring Break Camp – STEM Challenge with LEGO® **«NEW!»**

Master 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 catapults, pneumatic cranes, arch bridges and battletracks! 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 pm-4:00 pm	Apr 2-6	\$165	ages 7-12
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Essential Oils

Essential oil classes are offered for ages 13-adult. See the complete listings for the following classes in the Adult section on pages 18-19.

Essential Oils 101

Ever wonder where essential oils come from, if they work, or how to begin using them? If so, then this is the class for you! Essential Oils 101 will answer each of these questions and more! There are a million uses for essential oils and each one of them will benefit you and your family, but understanding is the first step.

Essential Oils & Skincare **«NEW!»**

As more people are looking for natural alternatives in skin, hair and body care, there is an increasing interest in the role essential oils can play. Participants will get to try essential oil infused skin care products and will be leaving with skin care samples.

Using Essential Oils in the Kitchen

Essential oils help make cooking easier and more flavorful. Participants will get to sample some tasty dishes that have made using essential oils as well as leave with practical tips to begin using essential oils in their kitchen.

Survive Back to School with Essential Oils

Learn about essential oil options that are designed to put any student—or parent—in the right state of mind and help support wellness once school is back in session.

ADULT

PROGRAMS & CLASSES

It's the perfect time to get active and learn something new. Enhance your life by taking a class and developing your interests.



Art

Beginners Oil & Acrylic Painting

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

Flah Park	Tu	1:00 pm-3:00 pm	Feb 27-Apr 3	\$80	ages 17+
Flah Park	Tu	1:00 pm-3:00 pm	Apr 17-May 15	\$67	ages 17+
Flah Park	Tu	1:00 pm-3:00 pm	Aug 7-Sep 11	\$80	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 28-Apr 4	\$80	ages 17+
Flah Park	W	10:00 am-12:30 pm	Apr 18-May 16	\$67	ages 17+
Flah Park	W	10:00 am-12:30 pm	Aug 8-Sep 12	\$80	ages 17+

Advanced Oil Painting

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

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

Watercolor, Drawing & Pastels

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

Flah Park	W	1:00 pm-3:00 pm	Apr 18-May 16	\$80	ages 17+
Flah Park	W	1:00 pm-3:00 pm	Aug 8-Sep 12	\$80	ages 17+

Beginner's Photography (Outdoor Emphasis)

Did you get a new camera or planning to purchase one? This course will enable you to take your camera off automatic and get the photo you would like to take instead of what the camera thinks you want. We will talk about f-stops, shutter speed and light conditions with some emphasis on motion and changing light conditions outdoors (for nature and other subjects). **INSTRUCTOR:** Sol Levine

Flah Park	Sa	9:00 am-3:00 pm*	Jun 2	\$90	ages 13+
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*Participants are asked to pack a lunch

Making Creative Ideas Happen ◀ NEW! ▶

If you are a professional artist or someone who just loves creative projects but can't seem to launch or complete your ideas, this class is for you. This multi-part course will focus on helping creative people bring their ideas to life. We will focus on project management, leadership developments and developing a community based on accountability and feedback. Gather up all your unfinished creative projects and join us for a highly interactive experience. Each class will be a progressive experience that builds on the material presented the week prior. This course includes curriculum resources. **INSTRUCTOR:** Redeemed Art Collective

Ren Ctr AA	Sa	10:00 am-12:00 pm	May 12-26	\$65*	ages 18+
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*Includes class material

Operation A.R.T.

Operation A.R.T. classes are geared for active military, veterans and their families. The program is designed to improve the lives of veterans by providing connections to non-traditional services and alternative therapies. Scholarships are available through The Joel Fund at www.thejoelfund.org.

Photography I

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. Through this course, your photographs will progress from snapshots to images reflecting personal artistic decisions. Please bring a camera.

Ren Ctr AA	W	6:00 pm-7:30 pm	Feb 7-28	\$25	ages 18+
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Photography II

Are you interested in taking your photographic skills to another level? In this course you will learn how to edit your photographic images. 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. Photography I is a prerequisite for this course. Please bring a camera.

Ren Ctr AA	W	3:00 pm-4:30 pm	Mar 7-28	\$25	ages 18+
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Introduction to Drawing

Would you like to be able to express your ideas through drawing? This course is designed to help students express their ideas while they develop skills in drawing. Students will explore drawing through pen & ink and colored pencils. This is an introductory class and no prior experience is required. Materials are provided.

Ren Ctr AA	Th	6:00 pm-7:30 pm	Mar 1-22	\$25	ages 18+
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Creative Writing

Creative Writing

Creative writing is a tool that can be used to share our personal experiences and the experiences of others. Our goal is to equip participants with the tools to write with clarity, creativity and confidence. Prepare for an engaging experience that will be fun and interactive. We will examine different styles of writing, learn to develop authentic story content and stretch our imagination as creative writers. **INSTRUCTOR:** Write Speak Inspire, LLC

Ren Ctr AA	Th	7:00 pm-8:30 pm	Mar 29-Apr 5	\$35	ages 19+
Ren Ctr AA	Th	7:00 pm-8:30 pm	May 24-31	\$35	ages 19+

Performing Arts

Beginner Spoken Word Poetry

Spoken Word Poetry is a performance art that empowers you to paint pictures with words. This form of artistic expression can be used to communicate messages that help to shape our world. This course will be a fun and interactive experience. Participants will learn the essential elements of poetry writing, develop their public speaking skills and enhance their stage performance. **INSTRUCTOR:** Write Speak Inspire, LLC

Ren Ctr AA	Th	7:00 pm-8:30 pm	Apr 12-May 3	\$50	ages 19+
Ren Ctr AA	Th	7:00 pm-8:30 pm	Jun 7-28	\$50	ages 19+

Public Speaking

Communicating in public effectively is important. However, some people are more comfortable than others. In this class, participants will explore the techniques used by some of the most successful public speakers in history. This course will be a fun and interactive experience designed to provide practical tools and a supportive environment for new and emerging public speakers. **INSTRUCTOR:** Write Speak Inspire, LLC

Ren Ctr AA	M	6:30 pm-8:30 pm	Apr 30	\$35	ages 19+
Ren Ctr AA	Th	6:30 pm-8:30 pm	May 17	\$35	ages 19+

Dance

Modern Western Square Dancing

Modern Western Square Dancing is one of the best ways to get your body moving, challenge your mind, relieve stress and meet new people. Participants learn to execute basic square dance choreography, or 'calls' taught by the square dance caller. Various figures are made to the beat of the music. After learning the basic skills, participants will be well on their way to enjoying a lifelong hobby. Partners are recommended, but not necessary. Smiles are guaranteed. **INSTRUCTOR:** Bo Bierley

WFCH	M	7:00 pm-9:00 pm	Feb-Aug*	\$20 / mo.	ages 19+
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*No class May 28

*Class dress is casual but participants are encouraged to wear comfortable shoes

Shag Dance Lessons for Beginners

Break those winter doldrums and get prepared for the warm days and shagging at the beach. Learn the "basics" of the shag as well as multiple turns. Partners are not necessary, but slick or smooth soled shoes are...no sneakers! Limited enrollment for more individualized learning. **INSTRUCTOR:** Tom Shipman, Beach Shaggers National Hall of Fame



WFCH	W	7:00 pm-8:00 pm	Mar-Aug*	\$40 / mo	ages 18+
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* No class May 30 or July through Aug 1

Zumba

Zumba

Ditch the workout and join the party! Come out and join us for a workout like none other! We will teach you steps to popular dances like Salsa, merengue, cumbia, reggaeton, hip-hop belly dancing and more. This will be a high cardio workout where you will see results take place. **INSTRUCTOR:** Neltonia Atkinson

Alst Mass	F	6:30 pm-7:30 pm	Mar-Aug	\$20 / mo*	ages 18+
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*\$5 drop-in fee

Martial Arts

Martial Arts

This class is for adults at all levels of ability. Coordination, confidence, weight loss, and toning will be developed. Self-defense, confidence, and positive attitude will be further developed. This class is designed to grow with the student's abilities. No class held the first Thursday of every month. Please register online at least two business days prior to the start of each session. **INSTRUCTOR:** Sr. Master Randy Berger

WFCH	T/Th	7:00 pm-8:00 pm	Mar-Aug	\$40 / mo	ages 18+
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Essential Oils

Essential Oils 101

Curious about essential oils? Ever wonder where essential oils come from, if they work, or how to begin using them? If so, then this is the class for you! Essential Oils 101 will answer each of these questions and more! There are a million uses for essential oils and each one of them will benefit you and your family, but understanding is the first step. **INSTRUCTORS:** Emily and Melissa Todd

Flah Park	M	6:30 pm-8:00 pm	Mar 19	\$10	ages 13+
Flah Park	W	10:00 am-11:30 am	Apr 4	\$10	ages 13+
Flah Park	M	6:30 pm-8:00 pm	May 14	\$10	ages 13+
Flah Park	W	10:00 am-11:30 am	Jun 6	\$10	ages 13+
Flah Park	Tu	6:30 pm-8:00 pm	Jul 24	\$10	ages 13+
Flah Park	W	10:00 am-11:30 am	Aug 1	\$10	ages 13+

Balancing Emotions with Essential Oils ◀NEW!▶

In this class you will gain an understanding of what true emotional and mental health is and how it is connected to all aspects of your best self. We will look at the top emotion related issues and how to use essential oils for managing or possibly even reversing those issues. Participants will leave with essential oil samples as well as a printed handbook to take home. **INSTRUCTORS:** Melissa & Emily Todd

Flah Park	Tu	6:30 pm-8:00 pm	Mar 6	\$15	ages 16+
Flah Park	Th	10:30 am-12:00 pm	Mar 8	\$15	ages 16+

How To Use Essential Oils To Clean Your Home

Essentials oils can be used to safely and effectively replace all of your store-bought cleaners. Join us at this class to learn how switching to essential oils for cleaning can be beneficial for you and your family. Class participants will get a head start on ditching their cleaners by making a foaming hand soap, dusting spray, laundry detergent, and an all purpose cleaner. **INSTRUCTORS:** Melissa & Emily Todd

Flah Park	Tu	10:30 am-12:00 pm	Apr 17	\$15	ages 16+
Flah Park	Th	6:30 pm-8:00 pm	Apr 19	\$15	ages 16+

SPECIALIZED SERVICES

Essential Oils & Skincare <<NEW!>>

As more people are looking for natural alternatives in skin, hair and body care, there is an increasing interest in the role essential oils can play. Participants will get to try essential oil infused skin care products and will be leaving with skin care samples. These little natural powerhouses have a lot to offer when it comes to skin care. Some of the best essential oils for skin can help with repair, while others are fantastic for nourishing and maintaining a healthy appearance. **INSTRUCTORS:** Melissa & Emily Todd

Flah Park	Tu	10:30 am-12:00 pm	May 8	\$15	ages 13+
Flah Park	W	6:30 pm-8:00 pm	May 23	\$15	ages 13+

Essentials Oils for Men <<NEW!>>

The U.S. Centers for Disease Control estimates that men are 33 percent less likely to go to the doctor than women. This class is for all the men who would like to find strategies that will promote good health and help them stay out of the doctors office. Essential oils can be a huge help for men and the unique issues their bodies face. Class participants will leave with printed class material and essential oil samples. **INSTRUCTORS:** Melissa & Emily Todd

Flah Park	M	6:30 pm-8:00 pm	Jun 4	\$15	ages 16+
Flah Park	M	6:30 pm-8:00 pm	Jun 18	\$15	ages 16+

Using Essential Oils in the Kitchen <<NEW!>>

Essential oils help make cooking easier and more flavorful. There's always a place for sharp herbs and fragrant spices in our recipes. Our bodies also need the variety of nutrients they offer! But sometimes, it's just easier to add a drop or two in our dishes instead of spending time chopping and slicing. Participants will get to sample some tasty dishes that have made using essential oils as well as leave with practical tips to begin using essential oils in their kitchen. **INSTRUCTORS:** Melissa & Emily Todd

Flah Park	M	12:00 pm-1:30 pm	Jul 9	\$10	ages 13+
Flah Park	W	6:00 pm-7:30 pm	Jul 11	\$10	ages 13+

Survive Back to School with Essential Oils <<NEW!>>

It is that time of year again. The kids will be heading back to school and will be bringing home all kinds of new germs and challenges. With so much going on, it's easy to let wellness take a backseat. In this class we will learn about some great essential oil options that are designed to put any student – or parent – in the right state of mind and help support wellness now that school is back in session! **INSTRUCTORS:** Melissa & Emily Todd

Flah Park	M	10:30 am-12:00 pm	Aug 6	\$10	ages 13+
Flah Park	Th	6:30 pm-8:00 pm	Aug 16	\$10	ages 13+

Inclusion Services

The Wake Forest 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 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.

For questions or program ideas, please contact Recreation Specialist Kelly Schurtz, kschurtz@wakeforestnc.gov, 919-556-7093.

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 Orthotics & Prosthetics, Inc.	919-556-3402
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



SPECIALIZED PROGRAMS

Enriching programs designed for individuals with special needs.

Specialized Programs

Club Connect <<NEW!>>

Join us once a month for socialization, activities and 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 the fun!

Alst Mass	Th	5:30 pm-7:30 pm	Mar 22	free	ages 15+
Alst Mass	Th	5:30 pm-7:30 pm	Apr 26	free	ages 15+
Alst Mass	Th	5:30 pm-7:30 pm	May 24	free	ages 15+
Alst Mass	Th	5:30 pm-7:30 pm	Jun 28	free	ages 15+
Alst Mass	Th	5:30 pm-7:30 pm	Jul 26	free	ages 15+
Alst Mass	Th	5:30 pm-7:30 pm	Aug 23	free	ages 15+

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 am-11:45 am	Mar 24	free	all ages
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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 dozens of programs, services, products and resources – all in one location. **CO-SPONSORED BY:** Richland Creek Community Church



Richland Creek Community Church	Sa	10:00 am-1:00 pm	Apr 7	free	all ages
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Family Fun Night <<NEW!>>

Join us for a night of family fun filled with games, crafts and ice cream sundaes! The whole family is invited! A parent or guardian must attend.

Flah Park	Sa	5:30 pm-7:30 pm	Apr 14	free*	all ages
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*Pre-registration required

Movie Night for those with Special Needs

This movie night allows children with special needs to enjoy a movie in a safe and accepting environment. The environment will include additional lighting and the movie volume will be lowered so everyone can enjoy it! Audience members are invited to get up and dance, walk, sing and shout! The rule of the day: FUN without repercussions!

Ren Ctr	F	6:30 pm	Jun 22	free	all ages
Ren Ctr	F	6:30 pm	Aug 17	free	all ages

Dream League Baseball

An adaptive baseball league for school-aged children with special needs. League games are played on Saturday mornings from late April through early June at Heritage High Park. Registration is held online only throughout the month of February. **STAFF CONTACT:** Kelly Schurtz, kschurtz@wakeforestnc.gov, 919-556-7093

Registration: Feb 1-28	Apr-May season	\$40 resident, \$80 non-resident	ages 5-young adult
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Fill your summer break with fun, enriching experiences – right here in Wake Forest!



Day Camp

Camp Nahele (pronounced nah-heh-le)

Camp Nahele ("nahele" means "forest" in Hawaiian) is a full day recreational summer camp program designed to enhance your child's summer experiences through arts and crafts, education, nature, recreational and sporting activities. The camp will operate for a nine-week period from June 11 through August 10, 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, 2018.



WFCH M-F 7:30 am-6:00 pm Jun 11-Aug 10 \$100/wk ages 6-12

Art

Preschool Art Camp: Under the Sea ◀NEW!▶

Join Mr. Moo and Maureen Seltzer on a weeklong cruise aboard the S.S. Creative! We will learn all about the things that live in the sea and we may even run into some pirates on this week-long adventure through art and stories. Please bring a snack daily. INSTRUCTOR: Maureen Seltzer

Flah Park M-F 9:00 am-12:00 pm Jun 25-29 \$100 ages 3-5

Ooey Goey Recycled Art

If you like to get messy, this camp is for you! Come along as we learn to take what some people call trash and turn it into treasure. Printmaking and paper-maché are just a couple of the art projects planned. Please bring a snack daily. INSTRUCTOR: Maureen Seltzer



Flah Park M-F 9:00 am-12:00 pm Aug 6-10 \$100 ages 5-8

Art 4 Fun Camp

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

Flah Park M-F 9:00 am-12:00 pm Jun 11-15 \$110 ages 9-12

Flah Park M-F 9:00 am-12:00 pm Jul 9-13 \$110 ages 9-12

Art for Teens Camp

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

Flah Park M-F 9:00 am-12:00 pm Jun 18-22 \$110 ages 13-16

Performing Arts

The Lion King ◀NEW!▶

A week of singing, dancing, and acting to prepare for an amazing show! Students will work together to perform various scenes and songs from your favorite musical. Costumes, lighting, staging and great fun for your future star's big debut! INSTRUCTOR: Jasmyn M. Cooper, B.A.

Ren Ctr AA M-F 9:00 am-2:00 pm Jun 11-15 \$135 ages 6-12

CAMPS

Love & Roses Girls Camp <<NEW!>>

A week dedicated to talented ladies. Join Ms. Jasmyn as she puts on a showcase of today's most popular pop and r&b music through singing and dancing. Contribute your personal skill while learning to collaborate with others to put on an amazing performance that highlights versatility and creativity. **INSTRUCTOR:** Jasmyn M. Cooper, B.A.

Ren Ctr AA	M-F	3:00 pm-6:00 pm	Jul 9-13	\$125	ages 13-16
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Making the Band <<NEW!>>

Calling all male singers, instrumentalist, and dancers! Let's make some music. Spend a week collaborating with others to perform today's most popular pop and r&b music. This is a great opportunity for young men to showcase their talent and put together a great show. **INSTRUCTOR:** Jasmyn M. Cooper, B.A.

Ren Ctr AA	M-F	3:00 pm-6:00 pm	Jul 23-27	\$125	ages 13-16
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Fairytales with a Twist!

Using source material from books and their own imaginations, students create, explore and perform an original play or plays created collaboratively with fellow campers. The week will include daily movement classes, creative drama, basic acting skill classes and art projects all relating to the week's theme to support the students' play-building. **INSTRUCTOR:** Raleigh Little Theatre

Ren Ctr AA	M-F	9:00 am-4:00 pm	Jun 18-22	\$285	rising 1st-3rd graders
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Scriptworks

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 AA	M-F	9:00 am-4:00 pm	Jun 18-22	\$285	rising 4th-6th graders
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Ren Ctr AA	M-F	9:00 am-4:00 pm	Jul 30-Aug 3	\$285	rising 4th-6th graders
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Original Scriptworks

Students will develop skills in performance, storytelling, improvisation and character development as they collaborate to create and perform original short plays. **INSTRUCTOR:** Raleigh Little Theatre

Ren Ctr AA	M-F	9:00 am-4:00 pm	Jul 30-Aug 3	\$285	rising 7th-9th graders
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Krump Dance Camp

<<NEW!>>

Krump Camp is a great way to move in the summertime. Refresh on the basics, get some personal training and learn some advanced techniques. This camp will get you ready for advanced krump classes. **INSTRUCTOR:** Wise Tha Lycan

Ren Ctr AA	M-W	9:00 am-12:00 pm	Jun 25-27	\$75	ages 13-18
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LEGO®

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."

Intro to STEM with LEGO® <<NEW!>>

Give your imagination a boost with tens of thousands of LEGO® parts! Build engineer-designed projects such as: cities, garbage trucks, catamarans, and dinosaurs. 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-F	9:00 am-12:00 pm	Jun 25-29	\$165	ages 5-6
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STEM Challenge with LEGO® <<NEW!>>

Gear 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 forklifts, houseboats, mini golf courses, and the London Tower Bridge. 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-F	1:00 pm-4:00 pm	Jun 25-29	\$165	ages 7-12
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Minecraft Engineering with LEGO®

Bring Minecraft to life using tens of thousands of LEGO® parts! Build engineer-designed projects such as a motorized Creeper, a portal to the Nether, and a moving Minecart! Create your favorite Minecraft objects with the guidance of an experienced Play-Well instructor. Whether you are new to Minecraft and LEGO® materials or a seasoned veteran, you'll be hooked on the endless creative possibilities. **INSTRUCTOR:** Play-Well TEKnologies

Flah Park	M-F	9:00 am-12:00 pm	Jul 16-20	\$165	ages 5-6
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Minecraft Master Engineering with LEGO®

Bring Minecraft to life using LEGO® parts! Build a motorized walking Creeper, a terrifying ghost, and a motorized Minecart! This project-based camp, designed by Play-Well instructors, combines the basic format of our core engineering-themed programs based on the world of Minecraft. Students will explore real-world concepts in physics, engineering, and architecture while building their favorite Minecraft objects. Students will have a blast, even without any prior experience with Minecraft or LEGO® materials. **INSTRUCTOR:** Play-Well TEKologies

Flah Park	M-F	1:00 pm-4:00 pm	Jul 16-20	\$165	ages 7-12
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Ninjaneering with LEGO® ◀ NEW! ▶

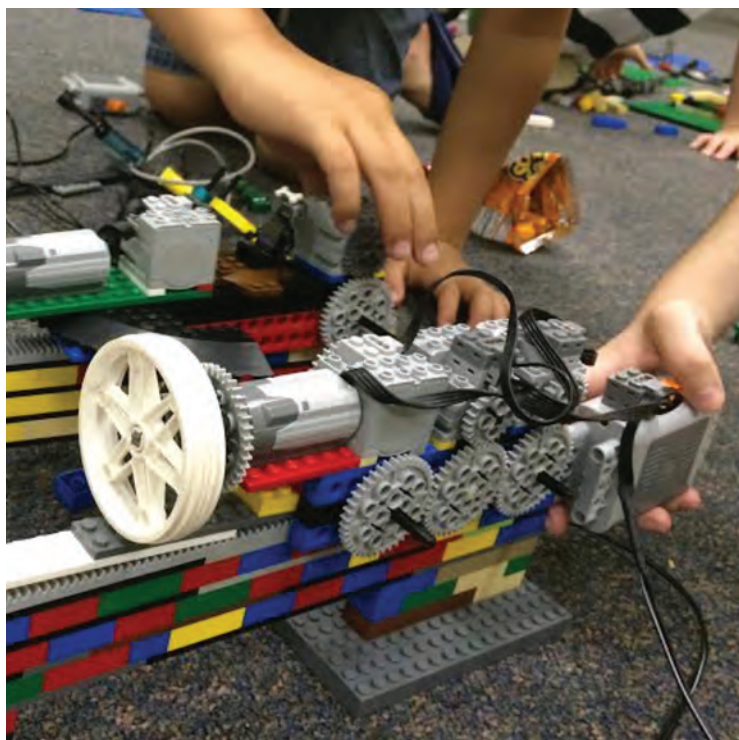
Enter the world of Ninjago and become an apprentice Ninjaneer! Learn the way of Spinjitzu, build the Fire Temple, race Skull Trucks, and encounter the mighty Dragon! Imagine and build unique and fun LEGO® projects with the guidance of an experienced Play-Well instructor while exploring the fantasy world of Ninjago. This is an ideal way to prepare young Ninjaneers for the challenge of Ninjaneering Masters with LEGO® camp. **INSTRUCTOR:** Play-Well TEKologies

Ren Ctr AA	M-F	9:00 am-12:00 pm	Aug 6-10	\$165	ages 5-6
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Ninjaneering Masters with LEGO® ◀ NEW! ▶

Master the world of Ninjago by becoming a Ninjaneer! Tame the Ice Dragon, motorize your Blade Cycle, design the Dark Fortress, and hone your Spinjitzu battle skills! In this advanced LEGO® camp, Ninjaneering masters will learn real world concepts in physics, engineering, and architecture while exploring the fantasy world of Ninjago. **INSTRUCTOR:** Play-Well TEKologies

Ren Ctr AA	M-F	1:00 pm-4:00 pm	Aug 6-10	\$165	ages 7-12
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Athletics

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 Creek Soccer Ctr	M-F	9:00 am-12:00 pm	Jun 25-29	\$130	ages 6-12
Smith Creek Soccer Ctr	M-F	9:00 am-12:00 pm	Jul 9-13	\$130	ages 6-12

Girls Volleyball Camp - Youth All-Skills & Play

This half-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 23-26	\$100*	ages 9-14
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**Camp t-shirts are guaranteed for those who pre-register by Jul 9*

Girls Volleyball Camp - MS/HS 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 pm-4:00 pm	Jul 23-26	\$100*	ages 12-16
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**Camp t-shirts are guaranteed for those who pre-register by Jul 9*

Introduction to Lacrosse ◀ NEW! ▶

The Carolina Youth Lacrosse Club will provide a one-day introduction to the game of lacrosse for beginners. Recommended equipment: lacrosse stick. **INSTRUCTORS:** Carolina Youth Lacrosse League staff. Contact Becky Gilmour (info.carolinaylc@gmail.com) for details.

Smith Creek Soccer Ctr	Sa	9:00 am-12:00 pm	Jun 23	free	grades K-4
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CAMPS

Lacrosse Clinic ◀NEW!▶

Join the Carolina Youth Lacrosse Club for a four-session introduction to the game of lacrosse for beginners. Recommended equipment: lacrosse stick. Contact Becky Gilmour (info.carolinaylc@gmail.com) for details.

Smith Creek Soccer Ctr	Tu-Th	6:30 pm-7:15 pm	Jul 10-19	\$40	grades K-4
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Youth Golf Camp

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

Paschal Golf Club	M-F	9:00 am-11:30 am	Jun 18-22	\$100	ages 5-11
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Girls Basketball Camp

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

Flah Park	M-F	8:00 am-12:00 pm	Jul 16-20	\$90*	ages 7-12
Flah Park	M-F	1:00 pm-5:00 pm	Jul 16-20	\$90*	ages 13-17

*Camp t-shirts are guaranteed for those who pre-register by Jul 1

Boys Basketball Camp

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

Flah Park	M-F	8:00 am-12:00 pm	Mar 5-9	\$90*	ages 7-12
Flah Park	M-F	1:00 pm-5:00 pm	Mar 5-9	\$90*	ages 13-17
Flah Park	M-F	8:00 am-12:00 pm	Apr 2-6	\$90*	ages 7-12
Flah Park	M-F	1:00 pm-5:00 pm	Apr 2-6	\$90*	ages 13-17
Flah Park	M-F	8:00 am-12:00 pm	Jul 9-13	\$90*	ages 7-12
Flah Park	M-F	1:00 pm-5:00 pm	Jul 9-13	\$90*	ages 13-17

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



Youth Athletics

BASEBALL/SOFTBALL

Spring Baseball, Softball and T-Ball Leagues

League age is determined by participant's age on April 30, 2018. Team practices begin in late March/early April. Games are played through June. **STAFF CONTACT:** Edward Austin, eaustin@wakeforestnc.gov, 919-435-9562

Registration: Feb 1-28	Mar-Jun season	\$40 resident \$80 non-resident	boys: ages 5-17 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. **STAFF CONTACT:** Kelly Schurtz, kschurtz@wakeforestnc.gov, 919-556-7093

Registration: Feb 1-28	Apr-May season	\$40 resident \$80 non-resident	ages 5-young adult
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Dream League Baseball "BUDDY" Program

"Buddies" assist Dream League players during games, which are played on Saturdays from late April through early June. **STAFF CONTACT:** Kelly Schurtz, kschurtz@wakeforestnc.gov, 919-556-7093

Registration: Feb 1-28	Apr-May season	no fee, but registration is required	ages 13+
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Fall Baseball & Softball League

League age is determined by participant's age on April 30, 2018. Team practices begin in August. Games are played through mid-October. **STAFF CONTACT:** Edward Austin, eaustin@wakeforestnc.gov, 919-435-9562

Registration: Jun 1-30	Aug-Oct season	\$40 resident \$80 non-resident	boys: ages 6-16 girls: ages 6-16
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ATHLETICS

YOUTH AND ADULT

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 1/1/2018). 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 **STAFF CONTACT:** Edward Austin, eaustin@wakeforestnc.gov, 919-435-9562

WF Middle	M/W	6:00 pm-7:00 pm	Apr 9-May 16	\$80	ages 6-14
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Track & Field – Cross Country / Distance

In this introduction to track and field (cross country/distance running), participants will learn proper running technique and gain experience in distance running. In the first half of the six-week program, the focus will be on athletes gaining mileage, and the second half will focus on working to increase race speed. Participants will be encouraged to register for at least one 5K during the session. **PRE-REQUISITE:** Athletes should be able to run at least one mile. Participant fee includes t-shirt. **COACHES:** Matt & LaTosca Goodwin, NC Speed Academy. **STAFF CONTACT:** Edward Austin, eaustin@wakeforestnc.gov, 919-435-9562

Heritage High Park	M/Sa	M: 4:20 pm-5:30 pm, Sa: 11:20 am-12:30 pm	Sep 12-Oct 20	\$80	5th-10th graders
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VOLLEYBALL

Youth Volleyball League

League age is determined by participant's age on September 1, 2018. Age divisions include: 9-10, 11-12 and 13-16*. Team placement, skills training and practices begin in May. Matches start in June and continue through mid/late July. **STAFF CONTACT:** Meghan Hawkins, mhawkins@wakeforestnc.gov, 919-435-9457

Registration: Apr 1-30	May-Jul season	\$40 resident \$80 non-resident	girls: ages 9-16
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**Should interest allow, this age division could be split 13-14 and 15-16*

BASKETBALL

Hoopers Elite Basketball Clinics

This is an intermediate/advanced level clinic for boys and girls to improve their skills, build their basketball knowledge, and further develop their game through skill-specific drills and competitive game play against players of similar level. The objective of this clinic is to help players get ready for their next level of basketball, whether it be AAU, middle, high school or recreational teams. **INSTRUCTOR:** JJ Miller, Hoopers Elite Basketball Services



Flah Park	Tu	4:30 pm-5:45 pm	Mar 13-Apr 10*	\$80	ages 9-12
Flah Park	Th	4:30 pm-5:45 pm	Mar 15-Apr 12*	\$80	ages 13-17
Flah Park	Tu	4:30 pm-5:45 pm	Apr 24-May 15	\$80	ages 9-12
Flah Park	Th	4:30 pm-5:45 pm	Apr 26-May 17	\$80	ages 13-17
Flah Park	Tu	4:30 pm-5:45 pm	May 29-Jun 19	\$80	ages 9-12
Flah Park	Th	4:30 pm-5:45 pm	May 31-Jun 21	\$80	ages 13-17
Flah Park	Tu	4:30 pm-5:45 pm	Jul 24-Aug 14	\$80	ages 9-12
Flah Park	Th	4:30 pm-5:45 pm	Jul 26-Aug 16	\$80	ages 13-17

**No class Apr 3, Apr 5*

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.

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 at wakeforestnc.recdesk.com during the specified registration periods. Computer access will be available at Wake Forest Town Hall should registrants need access.

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

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

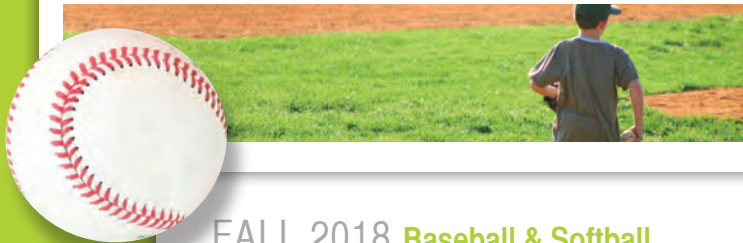
REFUNDS: Athletic fees are 100% refundable if requested, in writing, before the participant's first assigned team practice. After the first practice, refunds will not be granted. Anyone withdrawing from an athletic program must request a refund in writing in order for a refund to be processed. Note that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

SPRING 2018 Baseball, Softball & T-ball

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	5
2011	2011	2011	2011	2011	2011	2011	2011	2012	2012	2012	2012	6
2010	2010	2010	2010	2010	2010	2010	2010	2011	2011	2011	2011	7
2009	2009	2009	2009	2009	2009	2009	2009	2010	2010	2010	2010	8
2008	2008	2008	2008	2008	2008	2008	2008	2009	2009	2009	2009	9
2007	2007	2007	2007	2007	2007	2007	2007	2008	2008	2008	2008	10
2006	2006	2006	2006	2006	2006	2006	2006	2007	2007	2007	2007	11
2005	2005	2005	2005	2005	2005	2005	2005	2006	2006	2006	2006	12
2004	2004	2004	2004	2004	2004	2004	2004	2005	2005	2005	2005	13
2003	2003	2003	2003	2003	2003	2003	2003	2004	2004	2004	2004	14
2002	2002	2002	2002	2002	2002	2002	2002	2003	2003	2003	2003	15
2001	2001	2001	2001	2001	2001	2001	2001	2002	2002	2002	2002	16
2000	2000	2000	2000	2000	2000	2000	2000	2001	2001	2001	2001	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 2018 Baseball & Softball

League Age

May	June	July	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	AGE
2011	2011	2011	2011	2011	2011	2011	2011	2012	2012	2012	2012	6
2010	2010	2010	2010	2010	2010	2010	2010	2011	2011	2011	2011	7
2009	2009	2009	2009	2009	2009	2009	2009	2010	2010	2010	2010	8
2008	2008	2008	2008	2008	2008	2008	2008	2009	2009	2009	2009	9
2007	2007	2007	2007	2007	2007	2007	2007	2008	2008	2008	2008	10
2006	2006	2006	2006	2006	2006	2006	2006	2007	2007	2007	2007	11
2005	2005	2005	2005	2005	2005	2005	2005	2006	2006	2006	2006	12
2004	2004	2004	2004	2004	2004	2004	2004	2005	2005	2005	2005	13
2003	2003	2003	2003	2003	2003	2003	2003	2004	2004	2004	2004	14
2002	2002	2002	2002	2002	2002	2002	2002	2003	2003	2003	2003	15
2001	2001	2001	2001	2001	2001	2001	2001	2002	2002	2002	2002	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

SOFTBALL

Men's Spring Recreational Softball League

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

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

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

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

Games will be played primarily Tuesday & Thursdays, beginning in mid-June. **STAFF CONTACT:** Meghan Hawkins, mhawkins@wakeforestnc.gov, 919-435-9457

Registration: May 1-31	Jun-Aug season	\$550/team	ages 18+
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Men's Fall Softball League

Games will be played Monday, Wednesday, & Thursday beginning mid-August. **STAFF CONTACT:** Meghan Hawkins, mhawkins@wakeforestnc.gov, 919-435-9457

Registration: 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:** Meghan Hawkins, mhawkins@wakeforestnc.gov, 919-435-9457

Registration: Jul 1-31	Aug-Oct season	\$550/team	ages 18+
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KICKBALL

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:** Meghan Hawkins, mhawkins@wakeforestnc.gov, 919-435-9457

Registration: 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:** Meghan Hawkins, mhawkins@wakeforestnc.gov, 919-435-9457

Registration: Aug 1-31	Sep-Oct season	\$225/team	ages 18+
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FLAG FOOTBALL

Adult Flag Football

League games are played on Sunday afternoons from mid-September through early November. **STAFF CONTACT:** Meghan Hawkins, mhawkins@wakeforestnc.gov, 919-435-9457

Registration: Aug 1-31	Sep-Nov season	\$225/team	ages 18+
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PICKLEBALL

Adult Pickleball League

League will be offered on Thursdays beginning in February at the Southeastern Baptist Theological Seminary Ledford Center. **STAFF CONTACT:** Meghan Hawkins, mhawkins@wakeforestnc.gov, 919-435-9457



Registration: Aug 1-31	Sep-Nov season	\$35	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.

RENAISSANCE CENTRE

FOR THE ARTS

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

The Renaissance Centre Grand Hall will be closed for renovations through April 2018. Classes, workshops and smaller events will continue in the Arts Annex. Please check wakeforestrecen.org for a schedule of classes and events.



WAKE FOREST CHILDREN'S CHOIR

Upcoming Events

Bright Star Theater presents

Black History Heroes, Soldiers & Spies

ARTS FOR ALL SERIES. The Renaissance Centre holds annual events to recognize the contributions of accomplished and notable black Americans and to give thanks for so many ways they have added to our history. This year Bright Star Theater will present Black History Heroes, Soldiers & Spies. In this production, audiences will have an opportunity to learn about the work of the Buffalo Soldiers, the Tuskegee Airmen and spies like Mary Elizabeth Browser in the Civil

War. This theater performance will be held at the Alston-Massenburg Center, 416 N. Taylor St. **SPONSORED BY:** United Arts Council of Raleigh & Wake County



Feb 17	11:00 am	Alston-Massenburg Center	free
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Wake Forest Children's Choir - Spring Concert

The Wake Forest Children's Choir will present an evening of music under the direction of Choir Director, Kasie Brooks. Due to the renovations at the Renaissance Centre, please check wakeforestrecen.org for updates on the location of the concert.

May 8	6:00 pm	Location to be determined*	free
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* Check wakeforestrecen.org for updates on the location of the concert

Grey Seal Puppets presents Tangle of Tales

PUPPETS IN THE PLAZA. The Renaissance Centre's Arts for All program will host a family performance of Tangle of Tales by Grey Seal Puppets in Centennial Plaza at Wake



Forest Town Hall. Three favorite folk tales from around the world come to life: *The Frog Prince* from Germany, *The Three Billy Goats Gruff* from Scandinavia and *The Three Little Pigs* from England. Each story is told in a different style using a variety of puppets including hand and rod control. Tangle of Tales is fun for everyone!

May 11	5 pm (before Friday Night on White)	Centennial Plaza at Wake Forest Town Hall	free
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◀ GRAND RE-OPENING ▶

Hobey Ford's Golden Rod Puppets presents Animalia

Animalia is the quintessential favorite! Geared for pre-K through 6th graders and their families, Hobey Ford's show explores the magical world of animals.



This performance features Hobey's original "Foamies" puppets carved from large blocks of foam with intricate mechanical design that gives each puppet realistic movements. Hobey breaks out of the traditional puppet theater booth turning the whole theater into his performance stage. *Animalia* introduces the

audience to the metamorphosis of a butterfly and a tadpole, various ecological systems and endangered animals.

June 1	6:30 pm	Renaissance Centre	\$10 plus tax
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Renaissance Centre - Ticket Information

PURCHASE TICKETS

Tickets for shows may be purchased at wakeforestrecen.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 wakeforestrecen.org and clicking on "Join our Mailing List."

« GRAND RE-OPENING »

Scrap Exchange - Build It!

Transforming playtime with unusual materials. Playtime helps kids build friendships, develop skills, and engage their imaginations. The Scrap Exchange's Build It! program fosters inventive free-play with a collection of "loose parts" that transforms any area - a classroom, field, or even a parking lot - into a fantastical world of play.

June 2	10:00 am-12:00 pm	Renaissance Centre Arts Annex	free
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« GRAND RE-OPENING »

Beach Music & BBQ with the Band of Oz

Enjoy live music with the dynamic eight-member group Band of Oz. Ticket price includes a BBQ platter by Papa Jack's Catering - pulled pork sandwich, potatoes, green beans, mac and cheese, rolls and sweet and unsweetened tea.

June 2	7:30 pm-10:00 pm	Renaissance Centre	\$25 plus tax
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Happy Dan the Magic Man

Everyone laughs louder when Happy Dan the Magic Man is in the house! Happy Dan has entertained families for more than 30 years. Children are quickly drawn into his tale of magical fantasy as they perform various feats of magic and more. The laughter never stops as Happy Dan struggles with his misbehaving props and the children fly to his rescue.

June 20	11:00 am	Renaissance Centre	\$5 plus tax
July 18	11:00 am	Renaissance Centre	\$5 plus tax
Aug 15	11:00 am	Renaissance Centre	\$5 plus tax



Neck of the Woods presented by Wake Forest ARTS

Neck of the Woods is a variety performance series that features emerging local artists.



An evening may consist of several performance arts acts. Each show is different and may include actors, dancers, musicians, comedians, writers and spoken word artists. Come out and enjoy a truly unique and entertaining event and support your local artists! Bar will be open for wine, beer and other refreshment purchases. PRESENTED AND SPONSORED BY: Wake Forest ARTS

July 20	7:00 pm	Renaissance Centre	\$5 plus tax
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Malpass Brothers Concert

Steeped in traditional country music, the Malpass Brothers feature a smooth vocal blend and skillful musicianship, while performing in the styles of Johnny Cash, Marty Robbins and Hank Williams Sr. The duo promotes the work and music of classic country artists they treasure, while creating new music and making their own mark in the lineage of a rich American cultural heritage.

July 21	7:00 pm	Renaissance Centre	advance: \$20 plus tax day of: \$23 plus tax
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Wake Forest Home & Garden Show



A variety of exhibits and workshops will be offered both inside and outside the Renaissance Centre featuring the latest in home improvement products and services. Talk with home design and products experts. Learn from local landscapers. Explore the newest ideas in interior design. Enjoy how-to clinics.

Aug 11-12	Sat: 9:00 am-4:00 pm Sun: 12:00 pm-4:00 pm	Renaissance Centre	free
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RENAISSANCE CENTRE

Monthly Movie Showings

First Friday Flix

First Friday of each month beginning in July. Call the Event Hotline at 919-435-9428 to hear the title of upcoming films. **SPONSORED BY:** Traditions at Wake Forest

July 6	7:00 pm	Renaissance Centre	free
Aug 3	7:00 pm	Renaissance Centre	free

fliX4kids

Second Monday of each month beginning in June. Movies are geared for children ages 3-10. Call the Event Hotline at 919-435-9428 to hear the title of upcoming films.

June 11	10:30 am	Renaissance Centre	free
July 9	10:30 am	Renaissance Centre	free
Aug 13	10:30 am	Renaissance Centre	free

Free at 3

Second Monday of each month beginning in June. Movies are geared for ages 50+. Call the Event Hotline at 919-435-9428 to hear the title of upcoming films. **SPONSORED BY:** Carillon Assisted Living

June 11	3:00 pm	Renaissance Centre	free
July 9	3:00 pm	Renaissance Centre	free
Aug 13	3:00 pm	Renaissance Centre	free

Understanding Dementia

Memory Café

Join us for an afternoon of live music designed for those diagnosed with Alzheimer's and Other Dementia Related Diseases, their caregivers, and families. We provide a safe and comfortable space where caregivers and their loved ones can socialize, as well as listen and dance to favorite musical hits of the past. **STAFF CONTACT:** Debra Horton, 919-435-9566

July 15	2:00 pm-3:30 pm	Renaissance Centre	free*
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**Registration required*

The following education series invites the community to learn from the experts in the field of dementia research and care. For more information on these sessions and to register visit wakeforestnc.gov/dementia-awareness-education-series.aspx.



Living with Alzheimer's - Younger Onset

When someone under 65 is diagnosed with younger-onset Alzheimer's, the first reaction is often shock or denial. Join us for a workshop that will help to provide answers to the questions that arise for people concerned about younger-onset Alzheimer's. Hear from those directly affected and learn what you need to know, how to plan and what you can do to ease the impact throughout the course of the disease. **STAFF CONTACT:** Debra Horton, 919-435-9566

April 26	9:30 am-11:30 am	Renaissance Centre Arts Annex	free*
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**Small seating capacity for this session. You must be registered to attend.*

Know the 10 Signs - Early Detection Matters

The warning signs of Alzheimer's disease are often dismissed as normal aging. If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Hear from people who have the disease and learn how to recognize the 10 warning signs of Alzheimer's in yourself and others. **STAFF CONTACT:** Debra Horton, 919-435-9566

July 26	9:30 am-11:30 am	Renaissance Centre	free*
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**Must be registered to attend*

Healthy Living for Your Body & Brain

We have always known that the health of the brain and the body are connected. Now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement and how to incorporate these into a plan for healthy aging. **STAFF CONTACT:** Debra Horton, 919-435-9566

Aug 23	9:30 am-11:30 am	Renaissance Centre	free*
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**Must be registered to attend*

Dementia Conversations

Learn information and tips on how to have honest and caring conversations with family members about deciding when to stop driving, going to the doctor and making legal and financial plans. **STAFF CONTACT:** Debra Horton, 919-435-9566

Sept 27	9:30 am-11:30 am	Renaissance Centre	free*
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**Must be registered to attend*



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.

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.

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 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. New youth participants will be prompted to submit a birth certificate.

Non-Resident Fees

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

Program Refund Policy

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

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.





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)

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CONCEPTUAL DRAWING

Taylor Street Sprayground

The Wake Forest Parks, Recreation and Cultural Resources Department opened its first sprayground in August 2017. The sprayground is located at Taylor Street Park, 416 N. Taylor St., adjacent to the Alston-Massenburg Center and will be open during the summer months.

Taylor Street Sprayground is a dynamic, zero-depth aquatic play area that provides endless fun for people of all ages. The sprayground is designed to combine the sensations of different water movements—flowing, misting and jetting.

Sprayground benefits include:

- **SUSTAINABLE & ECO-FRIENDLY**
Innovative recirculation and capture & repurpose water management systems reduce water consumption.
- **DESIGNED FOR SAFE PLAY** Zero-depth spaces eliminate risk and staffing needs.
- **DESIGNED FOR INCLUSIVE PLAY**
Encourages physical and social development in children of all abilities.

Pool scheduled to open this summer

Holding Park Pool

Wake Forest's new Holding Park Pool is scheduled to open to the public in May 2018. Located at 133 W. Owen Ave., the pool is open during the summer and offers swimming to the general public, as well as swim lessons and dedicated parent/toddler swim times.

The new-style pool will be comprised of three bodies of water, including a six-lane, 25-yard lap pool, two water slides with plunge pool and a children's pool with water play. For information regarding user fees, swim lessons, and open swim times, visit wakeforestnc.gov and search "Holding Park Pool."



More facility improvements underway

Joyner Park Community Center. Offering an abundance of gorgeous scenery, E. Carroll Joyner Park includes picturesque rolling hills, a majestic pecan grove and a 2,000-linear-foot stone ribbon wall. The park consists of 117 acres – 84 of which are currently being used.

Plans are underway for a new community center to be constructed on a portion of the park's 33 remaining acres. Town officials insist the facility will be constructed in a manner consistent with the park's natural beauty and rustic feel.

Following public meetings to solicit input from residents, the design of the new community center is expected to be finalized by early 2018. Construction is expected to begin in May 2018.



Northern Wake Senior Center Expansion. The Northern Wake Senior Center, 235 E. Holding Ave., offers adults age 55 and older a full schedule of recreational activities. To meet growing needs, the center will be expanded to include a new multi-purpose room and exercise room. The roof will be replaced and a new HVAC system installed. Design is nearing completion and construction is expected to begin in 2018 with completion in 2019.