

# Brier Creek Community Center

## Newsletter Winter/Spring 2017

### Preschool

#### Dance -Twinkle Toes I

**Ages 2-3 Mondays 10:30am-11:15am**

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

#199799 Jan 9-30 \$40  
#199803 Feb 6-27 \$40  
#199804 Mar 6-27 \$40  
#199798 Apr3-24(3classes)\$30

#### Dance - Twinkle Toes II

**Ages 3-4 Mondays 11:30-12:15pm**

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

#199809 Jan 9-30 \$30  
#199810 Feb 6-27 \$40  
#199811 Mar 6-27 \$40  
#199812 Apr3-24(3classes)\$30

#### Gymnastics—Tumble Tinies

**Ages 9-24 months Thurs 9:30am-10:15am**

Parent and child participate in a fun-filled class that enhances balance, fitness and social skills. Tots will enjoy music, silly dances, tunnels, slides, obstacle courses, parachute play and more! This class provides a time for fun and togetherness for you and your little one while building your child's motor skills. Instructor : Bethany Schlegel, BS in Education and former USGA Gymnast.

#199819 Jan 5-26 \$40  
#199820 Feb 2-23 \$40  
#199821 Mar 2-23 \$40  
#199822 Apr6-27(3classes) \$30

#### Gymnastics—Tumble Tots

**Ages 2-3 Thurs 10:30-11:15am**

Parent and child in a fun-filled class that enhances motor skills, strength, balance, fitness and social skills. Children enjoy beginning gymnastic skills, obstacle courses, music, sill dances, parachute play and more! Have fun bonding with your child while he or she releases energy in a fun and safe setting. Instructor: Bethany Schlegel, BS in Education and former USGA Gymnast.

#199823 Jan 5-26 \$40  
#199824 Feb 2-23 \$40  
#199825 Mar 2-23 \$40  
#199826 Apr6-27(3classes) \$30

#### Gymnastics—Tumble Time

**Ages 3-4yrs. Thurs 11:30am-12:15pm**

Children are introduced to the basics of gymnastics in a fun and playful class. Your child will experience the fun of doing flexibility moves, stunts, beams, bars, obstacle courses, parachute play and more! Course is designed to help youth release energy while developing strength, flexibility, coordination, and confidence. Instructor: Bethany Schlegel, BS in Education and former Gymnast.

#199813 Jan 5-26 \$40  
#199814 Feb 2-23 \$40  
#199815 Mar 2-23 \$40  
#199816 Apr6-27(3classes) \$30



**Parks,  
Recreation and  
Cultural Resources**  
[parks.raleighnc.gov](http://parks.raleighnc.gov)

**Brier Creek Community Center  
10810 Globe Road  
Raleigh, NC 27617  
919-420-2340**



### **Karate Introduction for Kids**

**Ages 4-5yrs. Thursdays 5:30pm-6:00pm**

Kids love karate for big movements, new skills and self-confidence. Parents love karate for exercises, increased focus and good manners. KIK helps boys and girls with no karate or classroom experience improve coordination and listening through Japanese karate.

#207711 Jan 12-Feb 2 \$36

#207712 Feb 9- Mar 9 \$36

#207713 Mar 9-30 \$36

### **Tumble Time**

**Ages 3-4yrs. Thurs 11:30am-12:15pm**

Children are introduced to the basics of gymnastics in a fun and playful class. Your child will experience the fun of doing flexibility moves, stunts, beams, bars, obstacle courses, parachute play and more! Course is designed to help youth release energy while developing strength, flexibility, coordination, and confidence. Instructor: Bethany Schlegel, BS in Education and former Gymnast.

#184435 Jan 7-28 \$40

#184436 Feb 4-25 \$40

#184437 Mar 3-24 \$40

## **Youth**

### **Dance- Bollywood Kids**

**4-7yrs Saturdays 12:00pm-1:00 pm**

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

#207505 Jan 14-18 \$60

#207506 Feb 25-Apr 1 \$60

### **Dance- Bollywood Tweens**

**8-12yrs Saturdays 12:00pm-1:00 pm**

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

#207505 Jan 14-18 \$60

#207506 Feb 25-Apr 1 \$60



## **Adults**

### **Exercise Fitness Center**

**Ages 18+**

Check out fitness rooms around the city! Take advantage of a variety of cardiovascular and strength-training equipment and get into shape. Fitness rooms will be open during normal center operating hours. Participants must be 18 years or older. Please see staff for additional information.

Passes sold: **\$5 Drop In #206957**

**30 Day Fit Pass \$15**

#200538 Jan

#200539 Feb

#200540 Mar

#200541 Apr

**\$75 6month membership #200565**

### **Cardio and Sculpt at the Creek!**

**Ages 18+ T/Th 8:45am-9:45am M/W/F 9am-10pm**

All levels welcome, ladies combo class that burns calories & sculpts lean muscle for a total body workout! Starts with 5-10 minute cardio warm up followed by 40 minute circuit class, finishing with 15 minutes AB focus and cool down. Please bring water bottle & have fun! Instr.: Liz St. John, B.S. Health & Group Fitness

Passes sold: **\$5 Drop In #199829/30 Day Fitness Pass \$15**

### **Yoga at Brier Creek**

**Ages 16+ Mondays 6:15-7:15**

Come and discover the benefits of Yoga. It is very effective for stress reduction and relaxation. Stretch and find balance greater strength and overall well-being. This class will focus on where you are with your body with gentle healing positions. Bring a yoga mat to class. Instructor: Nancy Williams Pass sold: **\$5 Drop In #206934/30 Day Fitness Pass \$15.**

### **Zumba-Toning Ages**

**18+ Tuesdays and Thursdays 6:30pm-7:30**

International explosion of dance, fun and toning. This specialty class is designed for students who want to blend body sculpting techniques and specific Zumba moves into one calorie burning, strength training experience. You'll learn to use weighted, maraca-like Zumba Toning Sticks to enhance rhythm, build strength and tone all the right target zones. No prior dance experience required. Instructor: Shawnette Gross, certified Zumba Instructor. Passes sold:

**\$5 Drop In #206957/30 Day Fit Pass \$15.**

### **Zumba at the Creek!**

**Ages 16+ Monday and Wednesday 7:00pm-8:00pm**

International explosion of dance, fun and fitness! Learn the basic Latin rhythms and moves of merengue, salsa, cumbia and more. No prior dance experience or background necessary. Come join the Zumba party! Passes sold:

**\$5 Drop In #206994 /30 Day Fit Pass \$15.**

### **Boxing Blast at the Creek NEW!**

**Ages 18+ Thurs 6:30-7:30pm**

Seasoned kickboxing instructor will work up your fitness energy level, and calorie blasting potential with boxing's jabs, hooks, slips, bob and weave. We will use easy choreography, pumped up music, and work up to a 3 minute boxing round. Bring water bottle & towel/Optional boxing gloves. Instructor: Cyndy Wu Robinson.

#207710 Jan 12-26 \$12

#207831 Feb 2-23 \$16

#207832 Mar 2-23 \$16

#207833 Apr 6-27 \$16

### **Power Hour Boot Camp**

**Ages 18+ Tuesdays and Thursdays 6:30-7:30 p.m.**

Sixty minutes of high-intensity circuit training and interval training that incorporates building muscles, core strength and endurance. This class is for participants looking to trim down and tone up. If you are looking to break a sweat, this class is for you! Newcomers and advanced participants are both welcome! Bring a water bottle and towel. Instructor: Liz St. John, B.S., Health and Group Fitness

#207826 Jan 5-26 \$20

#207827 Feb 7- Mar 2 \$24

#207828 Mar 7-30 \$24

#207829 Apr 4-30 \$24

### **Bollywood Dance Fitness**

**Ages 18+ Tues 8:00pm-8:45pm \$36**

Bollywood is a fusion of dance styles based on traditional Indian dances blended with world elements. Energetic routines are taught in this class to inculcate rhythm, fitness and a sense of achievement as you are guided in rhythmic cardio fitness under the personal attention of Priya Chellani. Each participant discovers hidden strengths while working out to upbeat Bollywood music! Get the exercise you need to be healthily engaged throughout the year!

#207516 Jan 10- Feb 14 \$36

#207517 Feb 21- Mar 28 \$36

#207518 Apr 4-May 9 \$36

### **Beginning Line Dance**

**Ages 18+ Wednesday 6:30pm-8:30pm**

This class is perfect for people wanting easy, short dances with easy steps. The emphasis is on having fun! The music is pop, country and oldies. Instructors: Theresa Stockman and Mitzi Kelley

**\$2 Drop-in #206887 or \$10 pass 206887 Jan-Apr**

### **Open Play Adult Volleyball**

**Ages 16+**

Bring your friends and come enjoy a night of fun, exercise and volleyball play. Thursday evenings Mar-Apr 6:30-8:30pm

### **English as a Second Language (ESL) Clases de Ingles**

**Ages 18+ \$0**

These beginner-level classes are designed for people who use a primary language other than English and are interested in learning important skills to communicate in English. Estas clases se ofrecen a niveles en aprender terminus basicos para poder comunicarse en el idioma ingles

**Wednesdays 7:00pm-8:30pm**

#201747 Jan 11- Feb 15

#201748 Mar 1- Apr 5

**Saturday 11:30am-1:00pm**

#197582 Feb 4- Mar 11

#197600 Apr 1 - May 13

### **Pickleball**

**Ages 18+**

What is Pickleball? It's a combination of tennis, badminton and table tennis that is fast-paced, easy to learn, great exercise and great fun! Session pass is valid for all indoor Pickleball courts at Brier Creek, Lake Lynn, Method and Optimist community centers. Contact each site for court times and site-specific information.

**\$2 drop-in per site #200603 or \$10 pass #200607 Jan-Apr**

### **Table Tennis**

**Ages 18+ Fridays 5:45pm-8:30pm**

Come join Friday evenings of fun and competition playing table tennis. All levels and ages are welcome and encouraged to play. USATT affiliated tournaments are held throughout the year. Instructor: Jim McQueen

**\$15 membership #207011 Jan-Apr or \$5 Drop In #207012**

### **Brier Creek Seniors Club**

**Age 55 yrs and up**

Welcome! Are you 55 plus and new to the area or have lived in Raleigh for many years? Come join our "Kick Off Celebration" for a fun and exciting activities here at Brier Creek! For more information regarding trips and activities planned throughout the year come and join our Club which meets every Tues 10-11:30am.



# Athletics

## Boys and Girls Youth Lacrosse

Grades 2nd-6th

Registration Jan 9 - Feb 3

Practices and games held at Kiwanis and Buffalo Road Athletic Park. 2nd-4th #200623 5th-6th #200624

## Boys and Girls Spring Baseball / Softball

Ages 5-18 (based on age as of Aug 31, 2017)

Registration Feb 6 - Feb 17

Please check with local community center for game location and practices.

## RPD Basketball Teens

Ages 13-14 & Ages 15-16 (based on age as of Aug 31, 2017)

Registration March 27-April 7

Method Community Center & the Raleigh Police Department in coordination with community centers throughout Raleigh.

All games will be played at Method Community Center and practices will be at your local community center.

## Raleigh Rockets Track Club Boys and Girls

Ages 7-14 (based on age as of Dec 21, 2017)

Registration Jan 1-March 15 or open until filled

Interested in track and field? Join your local community center to participate in the newest track and field team! Practices will be held T/TH from 5:30 p.m. to 7 p.m. All participants will have the opportunity to compete in track and field meets held at Buffalo Athletic Complex. Brier Creek #200631

## Adult Spring Softball League

Ages 18+

Registration February 20-23

Contact Athletic office for more information 996-6836

## Adult Kickball League

Ages 18+

Registration March 13-16

Contact Athletic office for more information 996-6836



## Valentine's From The Heart! Kids Night Out

Ages 4-10 \$8

Kids, grab your friends and come on over for a night filled with fun just for you! We'll have pizza for dinner, make crafts and watch a movie. Registration is open 3 days prior to the program date required.

Feb 10 Fri 6-9pm #207838

## Great Egg Scramble

Ages 10 & under

Free family fun for the everyone! Hop over to the Brier Creek Community Center and enjoy a delicious light breakfast, visit bunny and make crafts. Breakfast starts at 10am with egg hunts following at 11am sharp. No pre-registration required!

April 8th Sat 10am

## Birthday Parties

Ages 2-10yrs \$185

Plan your child's birthday party at the Brier Creek Community Center. Party includes a three hour room rental, and 45 minutes of organized activity with an instructor. Choose from a variety of themes such as Gymnastic Gems, Cheerful Cheerers, Ballerina Beauties, Teddy Bear Tea Time or Hip Hop Fun! Maximum 12 kids.

#207839

## Summer Camps at Brier Creek

Registration Begins Feb 6th until filled

Bridge for Youth	Ages 10-17	Jun 12-16	\$50	# 202782
Basketball Networks	Ages 9-14	Jun 20-22	\$60	#202846
Basketball Networks	Ages 9-14	Aug 1-3	\$60	#202846
Jedi Engineering	Ages 8-12	Jul 10-14	\$190	#202778
Jedi Engineering	Ages 8-12	Jul 10-14	\$190	#202779
Jedi Engineering	Ages 5-7	Jul 10-14	\$190	#202780
Jedi Engineering	Ages 5-7	Aug 7-11	\$190	#202781
All Sports	Ages 6-15	Jul 17-21	\$80	#202490
Flag Football	Ages 6-15	Jun 12-16	\$80	#202476

