

Programs and Classes

January-April 2016

Laurel Hills Community Center

PRESCHOOL

Ballet for 2's and 3's

Age: 2-3 yrs. Introduce your tiny ballerina to the world of dance through ballet. Children will explore simple fun elements such as positioning, levels, techniques, point and flex, spatial dynamics and graceful moves. The benefits may include balance, coordination and self-awareness. Instructor: Ms. Khadija (Coach K). \$36

182204 Jan 9-30 Sa 11:00 AM-11:30 AM

Basketball - Little Shooters

Age: 3-5 yrs. This is a skills, drills, and play basketball class. Players learn the basics, including dribbling, shooting, passing, one-on-one, offense-defense and team play fundamentals for a rewarding non-competitive sports experience. Instructor: Ms. Khadija (Coach K). \$36

182205 Mar 5-26 Sa 11:45 AM-12:15 PM

182206 Mar 5-26 Sa 12:30 PM-1:00 PM

Basketball - Two's Sport Zone

Laurel Hills Community Center

Age: 2 yrs. This parent-tot class is a great way to play while learning about the basics of basketball on a toddler's level. Little shooters will enjoy the tiny hoop games, touch-n-go dribbling, catch, pass and more motor skill development fun. Wonderful for social skills and fitness! Instructor: Ms. Khadija (Coach K) \$36

182209 Mar 5-26 Sa 10:15 AM-10:45 AM

182210 Mar 5-26 Sa 11:00 AM-11:30 AM

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

Age: 2-3 yrs. Come, little dancers, and do your thing! You know you like to pop and swing! Learn dances from around the world as you jazz it up, flip, heel-toe and rock 'n' roll! Dancers will also perform top hat moves and use floating ribbon streamers, scarves and other memorable props to enhance their artistic dance experience. This is a fun, creative class, great for motor skills, fitness and social skills. Instructor: Ms. Khadija (Coach K). \$36

182213 Jan 9-30 Sa 10:15 AM-10:45 AM

Kidokinetics Jr.

Age: 18-3 mths. Kidokinetics Jr. is a unique and dynamic all-around sports fitness program for toddlers and their grownups! Move, stretch and build confidence together while learning fitness and sports fundamentals. Our dynamic curriculum is designed to get toddlers engaged in active play in order to encourage a positive attitude toward sports and physical exercise in a fun, noncompetitive environment. Activities include soccer, parachute games, tennis, basketball, volleyball, obstacle courses, baseball, hula-hoops and lots more! \$40

182221 Jan 6-27 W 10:15 AM-11:00 AM

182222 Feb 3-24 W 10:15 AM-11:00 AM

182223 Mar 2-23 W 10:15 AM-11:00 AM

182224 Apr 6-27 W 10:15 AM-11:00 AM

Kidokinetics Lil' Tumblers

Age: 3-5 yrs. Preschoolers get an introduction to the basics of tumbling in an energetic class setting! Through music, games, obstacle courses and dance, students will work on developing gross motor skills with movements designed to improve balance, agility and flexibility. Build coordination, concentration and confidence while having fun! \$40

182241 Jan 9-30 Sa 9:15 AM-10:00 AM

182242 Feb 6-27 Sa 9:15 AM-10:00 AM

182243 Mar 5-Apr 2 Sa 9:15 AM-10:00 AM

182283 Apr 9-23 Sa 9:15 AM-10:00 AM

Kidokinetics Preschool Sports

Age: 3-6 yrs. Kidokinetics is a fun, noncompetitive, all-around sports fitness program designed to enhance kids' coordination and concentration and improve muscle tone and cardiovascular fitness. We introduce an age-appropriate sport or activity each week, focusing on basic gross motor skills and sport fundamentals while instilling the importance of physical activity and fitness. Activities include soccer, hockey, tennis, basketball, volleyball, golf, obstacle courses, baseball, hula hoops and lots more! \$40

182226 Jan 4-Feb 1 M 3:45 PM-4:30 PM

182227 Feb 8-29 M 3:45 PM-4:30 PM

182228 Mar 7-28 M 3:45 PM-4:30 PM

182229 Apr 4-25 M 3:45 PM-4:30 PM

182372 Jan 6-27 W 11:15 AM-12:00 PM

182373 Feb 3-24 W 11:15 AM-12:00 PM

182374 Mar 2-23 W 11:15 AM-12:00 PM

182375 Apr 6-27 W 11:15 AM-12:00 PM



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PRESCHOOL CONT.

Dance - Twirling Ribbons—Preschool

Age: 2-3 yrs. Kids love it! Colorful ribbon movements create hoops, loops, figures, floats, swirls and trains. Children learn fun dance steps that are short, easy to follow and beautiful to see! Instructor: Ms. Khadija (Coach K). \$36
 182219 Jan 9-30 Sa 11:45 AM-12:15 PM

Little Twinklers Violin

Age: 3-5 yrs. Get ready to twinkle! This preschool music class will provide an introduction to Suzuki violin. We'll learn about rhythm, sing and dance, play music games, create our own box violins and start working on the basics of posture and how to hold the violin. Beginning students may play on the box violin, while continuing students may purchase or rent a violin and play on their own instruments. All students will play, have fun and learn! The Suzuki approach is a loving and nurturing program, where it is believed that every child has the ability to learn. While children can start at any age, students often start at a very young age, using the 'Mother Tongue' approach. The method fosters the potential and a love for beauty and peace in every child while teaching music, which boosts learning and development. Caregivers, please bring a notebook or journal to each class and be prepared to attend class along with the child. Instructor Dasa York has a BA in music performance and has completed Suzuki teacher training \$40

186429 Jan 5-26 Tu 10:15 AM-11:00 AM
 186430 Feb 2-23 Tu 10:15 AM-11:00 AM
 186431 Mar 1-22 Tu 10:15 AM-11:00 AM
 186432 Apr 5-26 Tu 10:15 AM-11:00 AM

Love Bugs

Age: 3-5 yrs. Children will enjoy games, stories and songs all featuring those six-legged creatures we call bugs! Children will see and touch live bugs and take part in a buggy valentine craft. Preregistration is required four days prior to program. Adult must accompany child. Adults attend free. For more information, call Nature Programs at (919)996-6856. \$4

181862 Feb 10 W 10:15 AM-11:00 AM

Playgroup Tot Time

Age: Up to 5 yrs. The gym is your playground! Come meet other families in your community in a recreational setting. The gym will be open for parents and their young children. Sports and recreation equipment will be available for use. Registration is required to attend. \$0

182230 Jan 5-Apr 28 Tu, Th 10:00 AM-12:00 PM

Where Are You Hiding?

Age: 3-5 yrs. Through stories, songs and games, preschoolers will learn how animals including insects, birds and mammals manage these cold winter days. Children will create a craft to take home. Adult must accompany child. Adults attend free. For more information, contact Nature Programs at (919)996-6856. \$4

181886 Jan 27 W 10:15 AM-11:00 AM

Soccer - Two's Sport Zone

Age: 2 yrs. Parent and child come off the sidelines and get into the game, learning soccer skills by participating in mini soccer drills and fun games. Play drop, dribble, kick, net goals and more. Benefits include hand-eye coordination, body awareness and socialization.

Instructor: Ms. Khadija (Coach K). \$36

182235 Apr 9-30 Sa 10:15 AM-10:45 AM
 182236 Apr 9-30 Sa 11:00 AM-11:30 AM

Soccer - Little Kickers

Age: 3-5 yrs. This introduction in skills development teaches the basics of soccer, including drills in passing, dribbling and shooting. Class will help develop hand-eye coordination, listening skills, good sportsmanship and teamwork! Instructor: Ms. Khadija (Coach K) \$36

182232 Apr 9-30 Sa 11:45 AM-5:30 PM
 182233 Apr 9-30 Sa 12:30 PM-1:00 PM
 182234 Apr 9-30 Sa 1:15 PM-1:45 PM

YOUTH

Basketball - Shooters

Age: 4-9 yrs. This skills development sports program teaches the basics of basketball, including passing, dribbling and shooting. The program helps develop good hand-eye coordination as well as listening skills and good sportsmanship. Instructor: Ms. Khadija (Coach K) \$40

(Ages 4-7)

182208 Mar 5-26 Sa 1:15 PM-1:45 PM

(Ages 6-9)

182207 Mar 5-26 Sa 2:00 PM-2:30 PM

Daddy Daughter Dance

Age: All Ages Hey, dads and daughters, get dressed up and celebrate Valentine's Day at Laurel Hills with a night of dancing, refreshments and great entertainment. The fee includes heavy hors d'oeuvres, a flower for each daughter and door prizes. Bring your camera to capture this fun evening! A photo area will be set up and staff will be available to assist with picture taking. (No photos will be printed on site). Register early, because space is limited! Cost is per person.

\$15

182212 Feb 12 F 6:30 PM-8:30 PM

Dance - Tap and Jazz

Age: 4-7 yrs. This class will introduce your child to the basics of tap and jazz dance while enhancing coordination and self-esteem. Dancers will dance with props, hats, batons and flowing ribbons. Instructor: Ms. Khadija. \$42

182214 Jan 9-30 Sa 12:30 PM-1:00 PM



YOUTH CONT.

Dance - Twirling Ribbons

Age: 7-11 yrs. Kids love it! Colorful ribbon movements create hoops, loops, figures, floats, swirls and trains. Children learn fun dance steps that are short, easy to follow and beautiful to see! Instructor: Ms. Khadija (Coach K). \$42

(Ages 7-11)			
182216	Jan 9-30	Sa	2:00 PM-2:30 PM
(Ages 4-7)			
182217	Jan 9-30	Sa	1:15 PM-1:45 PM

Kids Sign and Fun

Age: 8-13 yrs. Enjoy learning American Sign Language through games, songs and general play! Instructor Bettie Ittenbach will teach the basics in a fun and exciting environment. \$30

182379	Mar 9-30	W	4:30 PM-5:30 PM
182380	Apr 6-27	W	4:30 PM-5:30 PM

Soccer - Kickers

Age: 6-9 yrs. G-O-O-O-A-L! This class will help develop the fundamentals of soccer, including passing, dribbling, shooting and defense. Class will help develop hand-eye coordination, listening skills, good sportsmanship and teamwork! \$40

182231	Apr 9-30	Sa	2:00 PM-2:30 PM
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Sportkinetics Sports and Fitness

Age: 6-10 yrs. This fun, noncompetitive all-around sports fitness program is designed to enhance coordination and concentration and improve muscle tone and cardiovascular fitness. We introduce a different sport or activity each week, focusing on basic fine and gross motor skills and sport fundamentals while instilling the importance of physical activity and fitness. This is a great class for kids who don't necessarily love competitive sports or are on the off-season but love to be active. Activities include soccer, hockey, tennis, basketball, volleyball, golf, badminton, yoga, kickball and lots more. \$30

182237	Jan 4-Feb 1	M	4:45 PM-5:30 PM
182238	Feb 8-29	M	4:45 PM-5:30 PM
182239	Mar 7-28	M	4:45 PM-5:30 PM
182240	Apr 4-25	M	4:45 PM-5:30 PM

Breakfast with the Bunny

Age: Up to 10 yrs. Hop on over to Laurel Hills for the annual egg hunt, which will include crafts and other family entertainment. Enjoy light refreshments and meet the bunny! \$0

182211	Mar 19	Sa	10:00 AM-11:00 AM
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Egg Hunt

Age: Up to 10 yrs. Come join your local community center on Saturday, March 19th for a fun-filled morning! Check with the center closest to you to find out what exciting pre-hunt events are planned and for the inclement weather policy. Hunts start promptly at 11:00am. This is a free activity and pre-registration is not required. \$0

183385	Mar 19	Sa	11:00 AM-11:30 AM
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TEEN

Raleigh Youth Council

Age: 14-18 yrs. Are you a high school student interested in initiating, organizing and executing programs and projects that benefit teens? The Raleigh Youth Council is for teens and is run by teens. They focus on leadership opportunities, community service, recreation and fundraising as well as special events such as Youth Legislative Assembly, State Youth Council conferences and other events that develop leadership qualities and help members realize their full potential. The Raleigh Youth Council creates a forum where teens can freely express their ideas and opinions and serve as advocates for teens in Raleigh and Wake County. The Raleigh Youth Council is sponsored by the Parks, Recreation and Cultural Resources Department and is a charter member of the Youth Councils of North Carolina. If you are interested in participating, contact the Teen Program at \$0

183091	Jan 11	M	7:00 PM-8:00 PM
183084	Jan 25	M	7:00 PM-8:00 PM
183085	Feb 8	M	7:00 PM-8:00 PM
183086	Feb 22	M	7:00 PM-8:00 PM
183087	Mar 14	M	7:00 PM-8:00 PM
183088	Apr 11	M	7:00 PM-8:00 PM
183089	Apr 25	M	7:00 PM-8:00 PM
183090	May 9	M	7:00 PM-8:00 PM

FAMILY

Youth Wheelchair Basketball

Age: 6-19 yrs. If you're interested in sports but you can't participate in typical sports programs due to physical disability, please join us for some fun! We have extra wheelchairs if you do not have one. N.C. Wheels of Steel is a group of physically-challenged athletes.

Our team ranges in age from 6 to 19. We have three age divisions: elementary, middle school and high school. We participate in exhibition games and tournaments! This program is run in partnership with the Bridge 2 Sports organization (www.bridge2sports.org). \$10

182548	Jan 8-Apr 8	F	7:00 PM-9:00 PM
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Specialized Recreation Egg Hunt

Age: 1-16 yrs. In partnership with NCSU, join student volunteers in seasonal activities and an egg hunt designed for participants with developmental and/or physical disabilities, ages up to 16. Participants must be accompanied by an adult parent/guardian, who can complete registration and waiver information upon arrival. This is a free program, and family members are welcome. If you have questions, please contact 919-996-2110. \$0

182475	Mar 20	Su	2:00 PM-4:00 PM
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ADULT

Exercise - Fitness Centers

Age: 18yrs. and up. Check out the fitness rooms around the city! Take advantage of a variety of cardiovascular and strength-training equipment and get into shape. Fitness rooms will be open during normal center operating hours. Participants must be 18 or older. Please see staff for additional information. \$15

183318	Jan 1-31	Daily	Regular Center Hours
183319	Feb 1-29	Daily	Regular Center Hours
183320	Mar 1-31	Daily	Regular Center Hours
183321	Apr 1-30	Daily	Regular Center Hours
Laurel Hills 6 month membership - Class Fee: \$75			
183342	Jan 1-Apr 30	Daily	Regular Center Hours

Latin Fit

Age: 14yrs. and up. Join instructor Bettie Ittenbach to celebrate deaf awareness by participating in this Latin dance fitness class. Instruction is both verbal and signed so that people of all hearing abilities can participate together. \$10

182244	Jan 9	Sa	1:00 PM-3:00 PM
182376	Feb 13	Sa	1:00 PM-3:00 PM
182377	Mar 12	Sa	1:00 PM-3:00 PM
182378	Apr 9	Sa	1:00 PM-3:00 PM

Sign Language ASL I

Age: 14yrs. and up. Want or need to learn sign language? This is a good place to start. Get the basics and build your vocabulary in a fun and relaxed atmosphere. Beginning classes offer different emphasis geared toward the registrant's needs. It is best to take a few beginner classes before moving on to intermediate. \$80

182246	Mar 9-Apr 27	W	6:00 PM-7:30 PM
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Volleyball Open Play at Laurel Hills

Age: All Ages. Come join us at Laurel Hills for a friendly evening of volleyball! We will set up the nets and provide the balls! \$0

183031	Mar 2-Apr 8	W, F	6:15 PM-8:30 PM
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Wednesday Walk for Fun at Laurel Hills

Age: 18yrs. and up. Come join us at Laurel Hills for a fun walking experience. Let Bettie (personal trainer) lead you on a fun-filled walk. Begin with a warm-up stretch by the pond, then enjoy nearby trails and finish with a cool-down. This is a great way to meet new friends and have fun walking. Please make sure you wear appropriate shoes and bring a towel as well as water. \$0

182518	Mar 9-Apr 27	W	1:00 PM-2:00 PM
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SENIOR

Bridge Club - Laurel Hills

Age: 55yrs. and up. Join members of the Laurel Hills Bridge Club as they meet weekly to play bridge in a fun and relaxed atmosphere. New participants are welcome to join us anytime! \$0

182459	Jan 5-Apr 26	Tu	10:15 AM-1:00 PM
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Seniors In Motion

This class includes stretching and flexibility movements, as well as low-impact cardio exercise, strength training with light weights and other toning elements. \$8

180434	Jan 6-27	W	10:15 AM-11:15 AM
180437	Feb 3-17	W	10:15 AM-11:15 AM
180438	Mar 2-30	W	10:15 AM-11:15 AM
180439	Apr 6-27	W	10:15 AM-11:15 AM
180440	Jan 8-29	F	10:15 AM-11:15 AM
180435	Feb 5-26	F	10:15 AM-11:15 AM
180441	Mar 4-25	F	10:15 AM-11:15 AM
180436	Apr 8-29	F	10:15 AM-11:15 AM

Yoga - Chair Yoga

Age: All Ages This beginning class includes stretches to increase range of motion, simple balancing poses to strengthen muscles that support joints and breath awareness to calm and release tension. All standing poses may be done with the support of a chair. \$8

180517	Jan 6-27	W	11:30 AM-12:15 PM
180518	Feb 3-24	W	11:30 AM-12:15 PM
180519	Mar 2-30	W	11:30 AM-12:15 PM
180520	Apr 6-27	W	11:30 AM-12:15 PM