

Tarboro Road Center Programs

Fall 2015



Exercise - Fitness Centers

Age: 18yrs. & up. Check out the fitness rooms around the city! Take advantage of the variety of cardiovascular and strength training equipment available around the city and get into shape. The fitness rooms will be open during normal center operating hours. Participants must be 18 years of age or older. Please see staff for additional information. Course Fee: \$10

#161791 Sep 1-30 Daily 10:00 AM-9:00 PM #161792 Oct 1-31 Daily 10:00 AM-9:00 PM

#161793 Nov 1-30 Daily 9:00 AM-3:00 PM #161794 Dec 1-31 Daily 10:00 AM-9:00 PM

Kids Night Out

Age: 5-11 yrs. Parents! This is an opportunity for you to get away for a date night, or just kick back and relax. Drop off the kids and we'll take care of the rest! Activities include fun themes and creative crafts. Course Fee: Free!

Pre-registration is required by the Wednesday before each event.

#179078 Sept 11 F 6:30 PM-8:30 PM

#179079 October 09 F 6:30 PM-8:30 PM

#179080 Nov 13 F 6:30 PM-8:30 PM

Preschool Open Gym

Age: 1-5yrs. 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.

#179151 Sep 2-30 Wed. 11:00AM-12:00 PM

#179181 Oct 7-28 Wed. 11:00AM-12:00PM

#179186 Nov 4-25 Wed. 11:00AM-12:00PM

#179187 Dec 2-23 Wed. 11:00AM-12:00PM

Teen Outreach Program

Age: 13-17 yrs. Every teenager wants and deserves a safe place to visit where the door is always open to them. The Teen Outreach Program (TOP) of the Raleigh Parks, Recreation and Cultural Resources Department offers such a place for our teenagers. Our mission is to provide a consistent positive alternative by providing recreational opportunities for youth. The program will focus on arts, athletics, and achievement. Program locations will be: Courtney T. Johnson, John Chavis, Green Road, Lions Park, Method Road, Tarboro Road, and Worthdale Community Centers weekdays from 3-6pm.

Please call 919-996-2141 or one of the community centers for more information. Free!

#161251 Aug 25-Dec 12 M-F 3:00 PM-6:00 PM

Community After School Program

The Community Afterschool Program is being offered at several local Community Centers for children K-6th grade following the Wake County Traditional school calendar. This program is designed to offer recreation activities, homework assistance, and arts & crafts. For registration information contact your local community center. Free!

#164634 Aug 25-Jun 8 M-F 3:00 PM-6:00PM



RALEIGH Parks,
Recreation and
Cultural Resources
parks.raleighnc.gov

Tarboro Road Center

121 N Tarboro St

919.831.6505

Website: raleighnc.gov

Director: Chris Octetree chris.octetree@raleighnc.gov

Hours of Operation:

Monday to Friday 10am—9pm

Saturday 9am—3pm

Sunday 1pm—6pm



Tarboro Rd Center Fall Programs

Bridge Club

Age: 18yrs. and up. Join fellow Bridge enthusiasts at this weekly afternoon club. Come and join a very competitive atmosphere for experienced players and have a lot of fun at the same time. Fees are \$1 per person per meeting.

#179068 Sep 01-29 Tu 12:00 PM-3:00 PM #179069 Oct 06-27 Tu 12:00 PM-3:00 PM

#179070 Nov 03-24 Tu 12:00 PM-3:00 PM #161581 Dec 2-23 Tu 12:00 PM-3:00 PM

Basketball Open Gym - Tarboro Road

Age: 16yrs. and up. This is community open gym time. Adults must have a photo ID to play. Youth must have a signed participation form on file to enter during specified times. Please call (919) 831-6505 for the weekly schedule. Course fee: \$0

New Adult Programs

Seniorcise

This class offers low-impact exercises for adults 50 and over. Strengthen muscles and improve your movement for a healthier lifestyle. The goal of this class is to improve balance, flexibility and strength through stretching, light weights, and aerobic activity. Please call (919) 831-6505 for the weekly schedule. Course fee: \$0

Yoga-Gentle Yoga for Beginners

The yoga poses and exercise will be done standing, sitting in a chair, leaning against the wall for support and/or using a floor mat. Each class also incorporates yoga breathing to help improve lung capacity, focus and a period of deep relaxation and meditation. Course fee: \$0

Tarboro Rd Center Rental Information

Large Meeting Room

Rate: \$70/ hour (\$90/ hour after hours)

Maximum Capacity: 120

Measures: 37' x 54'

Small Meeting Room

Rate: \$35/ hour (\$55/ hour after hours)

Maximum Capacity: 39

Measures: 22' x 30"

Gymnasium

Rate: \$60/ hour (\$80/ hour after hours)

Maximum Capacity: 225

Picnic Shelter

Rate: \$9/hour

Capacity: 36—60

Grills: 1

No electricity

**All Facility Rentals require an additional \$100 refundable Damage Deposit

- All rentals require a 2 hour minimum
- Rentals must be paid in full, including damage deposit at time of reservation
- Damage deposit will be returned **4 to 6 weeks** after rental is completed with no issues
- It is the renters responsibility to set up & clean up—must be included in the rental time
 - Clean up includes putting away chairs & tables, sweeping & mopping (if needed)
 - Removal of any decorations, taking out of all trash
- Chairs & tables only are available for use
- Must provide the City of Raleigh with insurance coverage if you plan to open your event to the public
- Renters who wish to use inflatable rides must complete additional paperwork, please see staff for details
- The City of Raleigh provides no water, electricity, tables, or chairs for outdoor events
- Any money collected on site, renter is obligated to give the City of Raleigh 20% of
- No alcohol allowed on premises
- No smoking in the building
- All rental changes (i.e. add or remove hours) must be made before rental date

Please see staff for additional questions and/or more information or call 919.831.6505