

# Winter/Spring 2017 Program Guide

## Abbotts Creek Community Center

### Preschool & Youth Programs

#### Abbotts Creek Tots on the Move (3-5yrs)

Time for your tot to get those wiggles out before heading home for lunch and nap time! This class will keep your preschooler entertained with 45 minutes of games and activities led by instructor Paula Grabill. Each class will include a warm-up, a brief health discussion, fitness development activities (games, challenges, dancing) and a cool-down. Tots on the Move will help to set a foundation for a lifetime of movement!

#201619	Jan 9-30	M	10:00-10:45am
#201620	Feb 6-27	M	10:00-10:45am
#201621	Mar 6-27	M	10:00-10:45am
#201622	Apr 3-24	M	10:00-10:45am

**Course Fee: \$30/4 classes**

#### Arts, Crafts & Activities (2-5yrs)

Join your friends at Abbotts Creek Community Center for crafts, games, and activities to celebrate a different theme each month! Be sure to wear shoes and clothes that are appropriate for an outdoor adventure (if weather is appropriate) and active games!

##### *My Funny Valentine*

#197966	Feb 1	W	10:00-10:45am
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##### *Chase the Pot of Gold*

#197967	Mar 1	W	10:00-10:45am
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##### *Pirate Treasure Hunt*

#197968	Apr 5	W	10:00-10:45am
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**Course Fee: \$10/class**

#### Friday Night Fun (6-11 yrs)

If your child LOVES pizza, movies, games, or arts and crafts and if you would LOVE some time with your friends or significant other, keep reading! We will entertain your child with themed games, food and/or crafts based on the night's movie. Registration at least three days prior to the program date is required.

#197287	Jan 6	F	6:30-8:30pm
#197288	Feb 3	F	6:30-8:30pm
#197289	Mar 3	F	6:30-8:30pm
#197290	Apr 7	F	6:30-8:30pm

**Course Fee: \$20/class**

#### Little Kickers (3-5yrs)

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, J Miller, has years of coaching and Physical Education teaching experience in youth sports and is just the coach to provide a fun and nurturing environment to help your child fall in love with the sport!

#197941	Jan 3-24	T	4:45-5:30pm
#197942	Feb 7-28	T	4:45-5:30pm
#197943	Mar 7-28	T	4:45-5:30pm
#197944	Apr 4-25	T	4:45-5:30pm

**Course Fee: \$40/4 classes**

#### Not Just Coloring (5-10yrs)

Looking for an art class that's about more than just coloring? Sign up for this 4-week session led by the very crafty instructor, Linda Martin! Linda will lead you and your child through a different activity each week that will inspire imaginations and encourage creativity. Be sure to wear clothes that you don't mind getting dirty!

#197391	Jan 3-24	Tu	4:00-5:30pm
#197392	Feb 7-28	Tu	4:00-5:30pm
#197393	Mar 7-28	Tu	4:00-5:30pm
#197394	Apr 4-25	Tu	4:00-5:30pm

**Course Fee: \$40/4 classes**

#### Tech-Reation (5-11yrs)

Combine your child's passion for technology with the developmental benefits of recreation in this unique and exciting class! Participants will take part in digital treasure hunts and obstacle courses enhanced by gadgets - all while encouraging the important place that technology and recreation play in our day-to-day lives!

#197955	Jan 2-30	M	6:00-7:00pm
#197956	Feb 6-27	M	6:00-7:00pm
#197957	Mar 6-27	M	6:00-7:00pm
#197958	Apr 3-24	M	6:00-7:00pm

**Course Fee: \$40/4 classes**

### Adult Fitness Programs

#### Boot Camp at Abbotts Creek (18yrs and up)

Join Val, an ACE Certified Group Fitness Instructor, in this calorie and fat burning class. Experience sprints, bodyweight exercises, interval training, and isometric exercises that will keep your body challenged and moving in a safe, supportive, and motivational environment for her students. All fitness levels are welcome and will be accommodated for.

#197379	Jan 4-25	W	6:15-7:00pm
#197380	Feb 1-22	W	6:15-7:00pm
#197381	Mar 1-15	W	6:15-7:00pm
#197382	Apr 5-26	W	6:15-7:00pm

**Course Fee: \$40/4 classes**

#### Cardio Jump Rope (16yrs and up)

ACE-certified instructor Val Salinas will get your heart pumping in this upbeat cardio jump rope class. This class can be as challenging or light as you make it, and Val will be there to encourage you all the way. Jump roping for 10 minutes can burn as many calories as jogging at an eight-minute-per-mile pace. By adding body weight exercises such as burpees, squats, push-ups and lunges, you will improve strength and coordination and increase fat loss for a complete and total body workout.

#197383	Jan 3-24	Tu	6:15-7:00pm
#197384	Feb 7-28	Tu	6:15-7:00pm
#197385	Mar 7-28	Tu	6:15-7:00pm
#197386	Apr 4-25	Tu	6:15-7:00pm

**Course Fee: \$20/4 classes**



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**Abbotts Creek Community Center**  
9950 Durant Rd.  
Raleigh, NC 27614  
(919) 996-2770



## Adult Fitness Programs Continued

### Functional Fitness for Everyday Living (18yrs and up)

This class will offer a variety of functional free-weight and body weighted exercises that will help strengthen your upper body, lower body and core. This is full-body workout that will focus of muscle endurance and total body stability. In this class you will be encouraged to move at a slower pace to ensure that proper form is followed and that you 'feel' your workout.

#### Wednesday morning

#201768 Jan 4-25 W 9:30-10:15am  
 #201769 Feb 1-22 W 9:30-10:15am  
 #201770 Mar 1-29 W 9:30-10:15am  
 #201771 Apr 5-26 W 9:30-10:15am

#### Friday morning

#201772 Jan 6-27 F 9:30-10:15am  
 #201773 Feb 3-24 F 9:30-10:15am  
 #201774 Mar 3-31 F 9:30-10:15am  
 #201775 Apr 7-28 F 9:30-10:15am

**Course Fee: \$8/4-5 classes**

### Nia (13yrs and up)

Nia is a form of fusion fitness for the body, mind, emotions and spirit. The technique integrates movements from dance, the martial arts and healing arts to create an experience that is high-energy, expressive, fun and restorative. This non-impact form is a safe, body-centered workout that is adaptable for all fitness levels. Instructor: Laura Ghantous.

#197545 Jan 14-Feb 25 Sa 10:00-11:00am  
 #197546 Mar 11-Apr 15 Sa 10:00-11:00am

**Course Fee: \$48/6 classes**

### Prenatal Yoga (16yrs and up)

Prenatal Yoga employs posture, breathing and meditation to help ease pregnancy, delivery and the after-effects of birth. This class creates strength, focus, flexibility and awareness through a gentle practice designed especially for pregnant women. Classes provide a safe, peaceful, and supportive environment for expectant mothers and are a wonderful way to connect with other mothers-to-be. Yoga helps to alleviate many of the discomforts of pregnancy, such as heartburn, nausea, constipation, varicose veins, swelling, back pain and sciatica. The classes are appropriate for both new and experienced students. Instructor: Sierra Luz.

#201422 Jan 5-26 Th 7:15-8:00pm  
 #201423 Feb 2-16 Th 7:15-8:00pm  
 #201424 Mar 2-23 Th 7:15-8:00pm  
 #201424 Apr 6-27 Th 7:15-8:00pm

**Course Fee: \$40/4 classes**

### Slow Flow Yoga (16yrs and up)

This slow-flow and restorative yoga class is suitable for beginners and intermediate participants alike. Explore the synthesis of movement, breath and energy. We begin with a gentle warm-up before transitioning into more challenging poses designed to build strength, balance, flexibility, stress relief and composed calm. You will learn to honor and work with your individuality, experiencing for yourself the yogic wisdom of 'unity through diversity.' Students should bring a yoga mat and towel to class. Not sure if Slow Flow Yoga for you? Give the class a 'go' one time with the 'Try it Class'.

#197316 Jan 5-26 Th 6:15-7:00pm  
 #197317 Feb 2-16 Th 6:15-7:00pm  
 #197318 Mar 2-23 Th 6:15-7:00pm  
 #197319 Apr 6-27 Th 6:15-7:00pm

**Course Fee: \$40/4 classes**

## Drop in Fitness Opportunities

### Soul Line Dance & Get Fit (18yrs and up)

This is a beginner/advanced beginner line dance class for individuals new to line dancing or those who want to learn new line dance basics. The class will be taught at a slow-to-moderate pace. We will learn and practice some great cardio workouts and low, medium and high-impact soul line dances. Come prepared to move, sweat and have fun! Class meets every Sunday.

Sunday's: 2:00-3:30pm

**Course Fee: \$5/class**

### PiYo Live (18yrs and up)

PiYo LIVE combines the muscle-sculpting and core-firming benefits of Pilates with the strength and flexibility of yoga movements. You'll use your body weight to perform a series of continuous, targeted movements to define every single muscle, big or small, and get a great cardio, low impact workout.

Monday's and Wednesday's: 6:15-7:15pm

**Course Fee: \$5/class**

### Zumba® (12yrs and up)

Zumba® dance fitness combines rhythms of Latin and international music to make exercising fun! Learn basic steps to salsa, merengue, cumbia, samba, and more! No dance experience necessary. Transform your body to a healthier you! Don't wait any longer - join the Zumba® fun!

Wednesday's: 7:00-8:00pm

**Course Fee: \$5/class**



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To view a complete list of programs pick up a Leisure Ledger or visit [parks.raleighnc.gov](http://parks.raleighnc.gov) and search keywords "Parks Publications".



## Adult Educational Classes

### Digital Photography 1 (16yrs and up)

This six-week course will teach you how to better capture people, places, things, nature and events with your digital camera. You'll learn to combine the artistic elements of composition with the technical aspects of photography to take great pictures and learn to finish in a digital dark room. Learn photo composition, camera functions, and digital dark room and workflow. Students should bring a digital camera, batteries, and memory cards to class. Denise Myers instructs.

#198486 Jan 10-Feb 14 Tu 9:30-12:00pm

**Course Fee: \$100/6 classes**

### Digital Photography 2 (16yrs and up)

This six-week course will continue where beginning digital photography left off. We dig deeper into the artistic elements of composition, technical aspects of photography and polishing the image in the digital dark room. Students should bring a digital camera, batteries, and memory cards to class. Denise Myers instructs.

#198488 Mar 7-Apr 18 Tu 9:30-12:00pm

**Course Fee: \$100/6 classes**

### Parent/Youth Spanish Class (6yrs and up)

It's never too late for your child to learn a new language. Spanish speaking skills are taught in the same way that a child learns a first language: by watching and listening to Mom or Dad and interacting with daily objects. Come prepared to participate and become part of your child's development into a second language in this introductory family class.

#199343 Feb 4-25 Sa 10:00-11:00am

#199344 Apr 1-22 Sa 10:00-11:00am

**Course Fee: \$40**

### Photography Skills "Lunch and Learn" (16yrs and up)

Bring a bag lunch and your passion for photography to Abbotts Creek Community Center for a 'lunch and learn' on a different topic each month! Instructor Denise Myers has been teaching the art of photography since 2008 and has the ability to develop the most advanced photographers and beginners alike. Join us for this exciting look at photography during your lunch!

#### Portraiture

#197528 Jan 11 W 12:00-1:00pm

#### Scrapbooking

#197529 Feb 15 W 12:00-1:00pm

#### Macro Photography

#197530 Mar 15 W 12:00-1:00pm

#### Nature Photography

#197531 Apr 12 W 12:00-1:00pm

**Course Fee: \$10/class**

### Creating Health (16yrs and up)

Explore what health means to you, define your optimal health vision and goals, assess your current health, and design a plan to achieve your desired state of wellness in this interactive group coaching program led by certified integrative health coach Marilee Johnson.

#197952 Feb 7 Tu 6:30-7:30pm

#197953 Mar 7 Tu 6:30-7:30pm

#197954 Apr 4 Tu 6:30-7:30pm

**Course Fee: \$5/class**

## Fitness Center

### Abbotts Creek Fitness Center (18yrs and up)

Check out the fitness room at Abbotts Creek! Take advantage of the variety of state of the art cardiovascular and strength training equipment available and get into shape. The fitness room is during normal center operating hours (Mon-Fri 7:00am-9:00pm, Sat 9:00am-3:00pm, and Sun 1:00pm-6:00pm). See staff for additional information.

**Monthly Pass: \$15; Daily Pass: \$2**

## Free Open Play/Gym Opportunities

### Abbotts Creek Walking Club (any)

Meet new friends and improve your health! Come out to Abbotts Creek Community Center that is weather proof! Don't forget to check out a pedometer at the welcome desk!

Monday, Wednesday, Friday 10:00-11:00am

### Game Time for Active Adults (18yrs and up)

Looking for a place to play a hand of cards, exercise your skills at mahjong, or hit a hole in one with digital golf on a Wii? Join your friends at Abbotts Creek Community Center for games and socializing each Tuesday and Wednesday afternoon from 1pm to 3pm.

Tuesday, Wednesday 1:00-3:00pm

### Tot Time (5yrs and under)

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 (online or on site) is required to attend.

Mon/Wed/Fri 7:00-12:00pm

Tues/Thurs 1:00-3:00pm

## Free Events

### Abbotts Creek Open House (All ages)

Come out to Abbotts Creek Community Center for this fun family event! Learn about our programs, enjoy a snow cone and participate in an arts and crafts activity at this free event for the whole family!

#200877 Feb 4 Sa 9:30-12:30pm

### Movie in the Park (All ages)

Looking for a unique and family friendly thing to do on Friday night? Come out to Abbotts Creek Community Center for a movie in the park! Bring a towel or blanket and a snack. We will supply a family-friendly movie! Looks like rain? Don't worry. We have a backup plan! Preregistration is requested but not required.

#201149 Apr 28 F 7:00-9:00pm

### Egg Hunt (up to 10yrs)

Join Abbotts Creek Community Center on Saturday, April 8th for a fun-filled morning! Check with the center 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.



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Classes are being added frequently — be sure to keep an eye on the Abbotts Creek website for updated class offerings!

Go to [RaleighNC.gov](http://RaleighNC.gov) and search for Abbotts Creek Community Center.



# Abbotts Creek Community Center Rental Information

Don't forget Abbotts Creek for your next rental! We would love the opportunity to provide you with space for your next birthday party, wedding, business meeting, family reunion, or any other event you can imagine! Rental information is available on the Abbotts Creek webpage. Go to [RaleighNC.gov](http://RaleighNC.gov) and search for Abbotts Creek Community Center! Be sure to call with questions: 919-996-2770.

## Multipurpose Room

**Rental Rate:** \$70 per hour (2 hour minimum)

**Maximum capacity:** 136

**Square Footage:** 56' x 23'

**Attributes:** Sink, counters, TV, projector/screen



## Classroom

**Rental Rate:** \$60 per hour (2 hour minimum)

**Maximum capacity:** 42

**Square Footage:** 26' x 35'

**Attributes:** Dry erase board, TV, sink



## Fitness Studio

**Rental Rate:** \$60 per hour (2 hour minimum)

**Maximum capacity:** 44

**Square Footage:** 26 x 29

**Attributes:** Upstairs, mirrors, TV



## Gymnasium

**Rental Rate:** \$80 per hour (2 hour minimum)

**Maximum capacity:** 325

**Square Footage:** 82' x 102'

**Attributes:** Air conditioning, wood floor, 6 basketball goals, volleyball nets available



## Warming Kitchen

**Rental Rate:** \$20 per hour (2 hour minimum)

**Attributes:** Microwave, refrigerator, stove, oven, stand alone ice maker, connects to Multipurpose Room with serving counter.



## General rental fees

**Non-refundable Application Fee:** \$15

**Security/Damage Deposit:** \$100

**Supervisory Fee:** \$20/hour (before/after center operating hours)

**Start application process:** 919-996-2770 or [Abbotts.Creek@raleighnc.gov](mailto:Abbotts.Creek@raleighnc.gov)

