



# Barwell Road Community Center

## Winter/Spring Programs

### **Preschool Programs**

#### Playgroup Tot Time

Age: 1-5 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 (online or on-site) is required.

#198943     Jan 4-Apr 26 W     10:00 AM-12:00 PM

#### Ball Handling for Toddlers

Age: 2-3 yrs. Participants will work on ball handling in this fun class. We will be throwing, kicking, rolling and bouncing different balls. Parent participation may be required. Course Fee: \$5

#199388     Feb 21     Tu     10:00 AM-10:30 AM

#### Gymnastics- Preschool Tumbling

Age: 4-5 yrs. Participants will learn basic gymnastics skills, such as forward rolls, backward rolls, handstands, cartwheels and more. They will practice coordination, balance flexibility and strength exercises.

This class is tumbling fun! Course Fee: \$40

#203370     Jan 5-26     Th     4:00 PM-4:45 PM

#203371     Feb 2-23     Th     4:00 PM-4:45 PM

#203372     Mar 2-23     Th     4:00 PM-4:45 PM

#203373     Apr 6-27     Th     4:00 PM-4:45 PM

#### Little Ninja Obstacle Course—Anderson Point Park (20 Anderson Point Dr.)

Age: 2-5 yrs. Participants can practice their ninja skills on the obstacle course. There will be running, jumping, balancing and pulling. Participants should wear tennis shoes and bring a water bottle. Preregistration is required. Course Fee: \$5

#199398     Apr 26W     10:00 AM-10:30 AM

#### Geography- Map Fun

Age: 3-5 yrs. Participants will explore maps as we search for Treasure at Anderson Point Park. We will make a craft and go for a walk in the park. Preregistration is required. Course Fee: \$5

#199395     Mar 22     W     10:00 AM-10:45 AM

#### All Sports - Little Starters

Age: 3-5 yrs. Want to try several sports? Little Starters introduces a different sport each week. Sports may include baseball, football, hockey, lacrosse and others. Get your game on! Course Fee: \$36

#199445     Jan 8-29     Su     1:15 PM-2:00 PM

#199450     Apr 2-30     Su     1:15 PM-2:00 PM



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### 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, noncompetitive sports experience. Course Fee: \$36

#199458 Feb 5-26 Su 1:15 PM-2:00 PM

### 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!

Course Fee: \$36

#199444 Mar 5-26 Su 1:15 PM-2:00 PM

### African Dance for Youth

Ages 3-7 year olds . Participants will learn the fundamentals of African dance, starting with basic movements and progressing to choreographed dance steps. Emphasis is on technique, dance steps and understanding how dance and drum rhythms are closely intertwined. This is a high-spirited, high-powered rhythmic dance experience for anyone who loves to dance. Clothing should be loose. Course Fee: \$43

#199465 Jan 7-28 Sa 11:00 AM-11:45 AM

#199466 Feb 4-25 Sa 11:00 AM-11:45 AM

#199467 Mar 4-25 Sa 11:00 AM-11:45 AM

#199468 Apr 1-29 Sa 11:00 AM-11:45 AM

### Ballet I

Age: 3-7 yrs. This is a continual program to allow children to build their skills. New students are welcome each month. Students will be introduced to the structure of a ballet class, basic ballet vocabulary, alignment and posture and the five positions of ballet, stressing the importance of proper posture. Traditional barre work, center work and combinations are included in all classes. Students focus on building balance, strength, coordination and poise. Instructor Ms. E is the owner of EthylN Lassiter's Dance Ensemble.

Course Fee: \$43

#198934 Jan 7-28 Sa 10:00 AM-10:45 AM

#198935 Feb 4-25 Sa 10:00 AM-10:45 AM

#198936 Mar 4-25 Sa 10:00 AM-10:45 AM

#198937 Apr 1-29 Sa 10:00 AM-10:45 AM

## **Youth Programs**

### Southeast Raleigh Family Fitness Class

Age: 5yrs. and up. Come enjoy an hour of exercise with your kids in this fun family fitness class! Expect competitive games and aerobic exercises that will have the whole family laughing and moving for a healthier you. Program provided through partnership with Alexander Family YMCA.

#201735 Jan 7-Jun 10 Sa 9:30 AM-10:30 AM



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### Gymnastics- Youth Tumbling

Age: 6-11 yrs. Participants will learn basic gymnastic floor moves such as forward rolls, backward rolls, handstands, cartwheels and more. Participants will practice coordination, flexibility and strength exercises. This class is tumbling fun! Course Fee: \$40

#203376	Jan 5-26	Th	5:00 PM-5:45 PM
#203377	Feb 2-23	Th	5:00 PM-5:45 PM
#203378	Mar 2-23	Th	5:00 PM-5:45 PM
#203379	Apr 6-27	Th	5:00 PM-5:45 PM

### Martial Arts - Youth Shotokan

Age: 6-14 yrs. Shotokan builds character through training in martial arts. Participants will master the different components of Shotokan-style karate. The class builds confidence, motor skills, discipline, self-defense, self-control and more. This class is taught in a group setting with some individual instruction. Instructor: Eric Blaize. Course Fee: \$20

#### **Youth Beginner**

#199120	Jan 4-30	W, M	6:00 PM-7:00 PM
#199121	Feb 1-27	W, M	6:00 PM-7:00 PM
#199122	Mar 1-Apr 3	W, M	6:00 PM-7:00 PM
#199123	Apr 3-May 3	M, W	6:00 PM-7:00 PM

#### **Youth Intermediate/Family**

#199124	Jan 4-30	W, M	7:00 PM-8:00 PM
#199125	Feb 1-27	W, M	7:00 PM-8:00 PM
#199126	Mar 1-27	W, M	7:00 PM-8:00 PM
#199127	Apr 3-26	M, W	7:00 PM-8:00 PM

### All Sports - Youth

Age: 5-8 yrs. Interested in introducing your athlete to a variety of sports? Participants will be introduced to the fundamentals of a different sport each week, such as baseball, soccer, basketball, football, hockey, lacrosse and others. Participants will also practice balancing, catching, agility, aiming, motor skills and much more. Course Fee: \$36

#199451	Jan 8-29	Su	2:15 PM-3:00 PM
#199452	Mar 5-26	Su	2:15 PM-3:00 PM
#199453	Jan 8-29	Su	3:15 PM-4:15 PM
#199454	Mar 5-26	Su	3:15 PM-4:15 PM

### Basketball Skills

Age: 5-8 yrs. This class will help participants improve their fundamental skills through practice drills. The instructor will help participants master dribbling, passing, shooting and defense. This program is great for beginners just learning basketball and those who want to improve their skills. Course Fee: \$36

#199459	Feb 5-26	Su	2:15 PM-3:00 PM
#199460	Feb 5-26	Su	3:15 PM-4:00 PM
#199461	Apr 2-30	Su	2:15 PM-3:00 PM
#199462	Apr 2-30	Su	3:15 PM-4:00 PM

### African Dance for Youth

Ages 8-14 year olds. Participants will learn the fundamentals of African dance, starting with basic movements and progressing to choreographed dance steps. Emphasis is on technique, dance steps and understanding how dance and drum rhythms are closely intertwined. This is a high-spirited, high-powered rhythmic dance experience for anyone who loves to dance. Clothing should be loose. Course Fee: \$43

#199469	Jan 7-28	Sa	12:00 PM-12:45 PM
#199470	Feb 4-25	Sa	12:00 PM-12:45 PM
#199471	Mar 4-25	Sa	12:00 PM-12:45 PM
#199472	Apr 1-29	Sa	12:00 PM-12:45 PM

## **Teen and Adult Programs**

### Track and Field Training

Age: 9-16 yrs. Participants will learn basic strength and conditioning exercises through recreational activities in a fun and competitive manner. There will also be drills in different track and field events. The experience will allow participants to engage in track and field events with the knowledge and self-confidence to excel. Course Fee: \$40

#199463	Feb 5-26	Su	4:30 PM-5:30 PM
#199464	Apr 2-30	Su	4:30 PM-5:30 PM

### 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. Course Fee: \$2 for a day, \$15 for 30 days; or \$75 for 6 months.

### Fitness- Yoga

Age: 14yrs. and up. Yoga will help strengthen your muscles, increase flexibility and build balance, while helping the mind to focus. Yoga helps us focus and relieves us from our everyday stress. Prepare today for a stronger more relaxed you tomorrow! Participants may bring mats, yoga blocks or yoga straps. Instructor is Malikia Robertson. Course Fee: \$5 per day

#198931	Jan 8-Apr 30	Su	2:30 PM-3:45 PM
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### Martial Arts - Adult Shotokan

Age: 15yrs. and up. Learn a traditional martial art and enjoy a challenging workout! Shotokan stresses cardiovascular health, strength development, coordination and overall physical fitness. Some youth designated by instructor may participate in this class. Instructor: Eric Blaize. Course Fee: \$15

#199114	Jan 4-30	W, M	8:00 PM-9:00 PM
#199115	Feb 1-27	W, M	8:00 PM-9:00 PM
#199116	Mar 1-Apr 3	W, M	8:00 PM-9:00 PM
#199117	Apr 3-May 3	M, W	8:00 PM-9:00 PM

### Step It Up Line Dance Class

Age: 17yrs. and up. Do you want to take your line dancing to the next level? In this progressive class, you will learn a variety of dances, from intermediate to advanced. Understanding line dance terminology is a plus but not required. Let's get together, make new friends and have fun while dancing to the latest and popular line dance Course Fee: \$5 per night

Beginner	W	6:00 PM-7:00 PM
Intermediate	W	7:00 PM-8:30 PM



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## Spanish I/Español 1

Age: 18yrs. and up.

This course is an introduction to basic conversational Spanish with an emphasis on listening and speaking. Topics such as time, days, months, colors, simple dialogues and present tense of verbs are covered. Este curso es una introducción a la conversación en español con énfasis en escuchar y hablar. Se cubrirán temas como el concepto del tiempo, días de la semana, meses y colores. También practicaremos diálogos simples y el tiempo presente de los verbos. Course Fee: \$50

#199360 Feb 1-Mar 8 W 6:30 PM-8:00 PM

#199361 Mar 29-May 10 W 6:30 PM-8:00 PM

## Trail Mix

Age: 18yrs. and up. Walk and talk your way into a healthy lifestyle. Make new friends and enjoy social time and a half-mile walking trail. No fitness level and no gender requirements. Must have a willing heart and open mind to get into shape.

#199477 Apr 4-25 Tu 6:30 PM-7:30 PM

## Zumba® at Barwell Road

Age: 13yrs. and up. Zumba® is an aerobic fitness class using rhythms from salsa, merengue, samba, cha cha and other Latin music. This class combines body-sculpting movements with easy-to-follow dance steps. Chair Zumba may be incorporated into some classes. You may bring small weights. Instructor: Portia Walton. Course fee: \$3 per night for 17 and under, \$5 per night for 18 and older.

#198941 Jan 2-Apr 17 M 6:00 PM-7:00 PM

#198942 Jan 5-Apr 20 Th 6:30 PM-7:30 PM

## Exercise-Walking

Age: 18yrs. and up. Come out with family and friends to enjoy a walk inside Barwell's gym.

#199169 Jan 10-Feb 14 Tu 11:00 AM-1:00 PM

## Basketball - Active Adult 3-on-3 Tournament

Age: 50yrs. and up. This 3-on-3 basketball tournament for adults age 50 and over will follow the Senior Games rules. Teams will play a minimum number of games depending on how many teams register.

Teams must register by March 10. Registration fee is per team. Please call Barwell Road

Community Center at 919-996-5994 for more information. Team Fee: \$25

#199478 Mar 18 Sa 9:00 AM-3:00 PM

## Basketball - Active Adults Open Play

Age: 50yrs. and up. Join other active adults in playing basketball, staying healthy and learning the Senior Games rules! Participants play competitive half-court pickup games, and all levels are welcome. The gym is air conditioned and has sportscore flooring. Bring your towel and be ready to sweat!

#198938 Jan 5-May 4 Th, M 3:00 PM-6:00 PM

## **Open Play**

Barwell Road Community Center will have open play times for basketball and volleyball as the gyms are available. All participants 18 and older are required to have a valid, government issued photo ID and all participants 17 and younger must have a Youth Open Play form on file. To hear a list of weekly open play times, please call the Open Play line at 919-996-6736.



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