

Brier Creek Community Center

Newsletter Fall 2016 (Sept-Dec)

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.

#197045 Sept 12-26	\$30
#197042 Oct 3-31	\$40
#197043 Nov 7-28	\$40
#197052 Dec 5-19	\$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.

#197057 Sept 12-26	\$30
#197058 Oct 3-31	\$40
#197059 Nov 7-28	\$40
#197060 Dec 5-19	\$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.

#197073 Sept 1-29	\$40
#197074 Oct 6-27	\$30
#197075 Nov 3-24	\$30
#197076 Dec 1-15	\$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.

#197080 Sept 1-29	\$40
#197081 Oct 6-27	\$30
#197083 Nov 3-24	\$30
#197082 Dec 1-15	\$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.

#197066 Sept 1-29 5-26	\$40
#197067 Oct 6-27	\$30
#197068 Nov 3-24	\$30
#197069 Dec 1-15	\$30



RALEIGH Parks,
Recreation and
Cultural Resources
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.

#197158 Sept 8-29 \$36
#197159 Oct 6-27 \$36
#197160 Nov 3-24 \$27
#197161 Dec 1-15 \$27

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 Babes

4-7yrs Saturdays 11:00am-12:00 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.

#197292 Sept 10- Oct 15 \$60
#197293 Oct 22- Dec 3 \$60
#297294 Dec 10-17 \$20

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.

#197303 Sept 10- Oct 15 \$60
#197304 Oct 22- Dec 3 \$60
#297305 Dec 10-17 \$20

Karate Youth- Ages 5-11yrs.

Monday 5:30pm-6:00pm

Learn Japanese karate basics of punches, blocks, kicks and stances in a fun, structured and safe environment.

Benefits include improved listening, coordination, manners and discipline. Instructors are experienced karate instructors from AAU, Triangles best karate.

#197162 Sept 12-26 \$27
#197163 Oct 3-31 \$36
#197164 Nov 7-28 \$27
#197165 Dec 5-19 \$27



Adults

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 or \$15 pass Sept-Dec

Intermediate Line Dance

Ages 18+ Fridays 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. Theresa Stockman and Mitzi Kelley

\$2 Drop-in or \$15 pass Sept-Dec

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!

#197115 Sept 13- Oct 18 \$36
#197116 Oct 25- Nov 29 \$36
#197117 Dec 12- 19 \$18

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/30 Day Fit Pass \$15/\$75 6month membership**

Cardio and Sculpt Fifty Plus

Mon, Wed, and Fri 9:15am-10:00am

Ladies 50 plus are invited to a combo class that burns calories and sculpts lean muscle for a total body workout! Starts with 5 minute cardio warm up, followed by 45 minute calorie burning session, finishing with 5-10 min AB focus and cool down. Please bring water bottle.

Passes sold: **\$5 Drop In/30 Day Fit Pass \$15.**

Cardio and Sculpt at the Creek!

18+ Tues/Thurs 8:45am-9:45am Wed/Fri 10:05am-11:05am

All levels welcome, ladies combo class that burns calories and 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 and have fun! Instructor: Liz St. John, B.S. Health and Group Fitness Passes sold: **\$5 Drop In/30 Day Fit Pass \$15.**

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

#197153 Sept 6-29 \$24

#197154 Oct 4-27 \$24

#197155 Nov 1-22 \$24

#197156 Dec 1-29 \$24

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. Passes sold: **\$5 Drop In/30 Day Fit 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/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/30 Day Fit Pass \$15.**

POUND Fitness!

Ages 13+ Tuesdays and Thursdays 7:45pm-8:30pm

POUND is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometric and isometric poses into a 45 minute series. Burn between 400-900 calories per hour. Strengthen and sculpt infrequently used muscles and drum your way to a leaner, slimmer physique, all while rocking out to your favorite music!

Passes sold: **\$5 Drop In/30 Day Fit Pass \$15.**

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 or \$10 pass

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 Sept- Dec or \$5 Drop In

#189207

Open Play Adult Volleyball

Ages 16+

Bring your friends and come enjoy a night of fun, exercise and volleyball play. Thursday evenings September-October 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

#192293 Sept 14- Oct 19

Saturday 11:30am-1:00pm

#192294 Sept 10- Oct 15

#192282 Oct 22- Dec 3



Athletics

Boys and Girls Youth Basketball League

Ages 5-17

Registration Sept 26-Oct 7

The basketball league is a way for youth to learn the fundamentals of basketball and teach positive sportsmanship. Volunteer coaches are needed who enjoy basketball, want to teach youth, and help develop knowledge of basketball. League age is determined by participant's age on August 31st, of the current calendar year. For more information please go to www.raleighnc.gov

Adult Basketball

Ages 18+

The athletics division will be offering adult basketball. Registration will be held from October 10-14 for open, closed, church, and women's. Games start mid November or early December. The cost is \$400 per team and \$24 per participant. The season consists of 10 games. For more information call 919-996-6836



Specialty Programs

Back to School Bingo

Ages 4-10 \$10

School's back in, but The summer party does not have to stop. Kids in grades K-5 are invited for pizza, bingo, crafts and fun! Parents, let us kids entertain the kids while you have a Friday evening of relaxation. \$10

#197306 Fri Sept 30th 6pm-9pm

Kids Night Out

Ages 4-10 \$10

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.

Oct 21 Fri 6-9pm

Nov 4 Fri 6-9pm

Dec 2 Fri 6-9pm

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.

#19719

Boo Bash

Free Family Event! Ages 10 and under Fri Oct 28 6:30-8pm
Millbrook Park, 1905 Spring Forest Road

Games, crafts, spooky bus, truck or treat and more. No registration required.

Brier Creek Celebrating 10 years!

Free family event Fri Oct 7th time TBA

Brier Creek Community Center along with Brier Creek Elementary will celebrate 10year anniversary! Gladly serving the public since July 2016 when our doors first opened!

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.

