

Carolina Pines Summer Programming

English as a Second Language (ESL) - Clases de Ingles

Age: 18yrs. and up. These classes are offered for beginner levels. Classes are designed for people that utilize a primary language other than English and are interested in learning important skills to communicate in English.

Estas clases se ofrecen a nivel de principiantes. Las clases están diseñadas para gente que no habla inglés como su primer idioma y que están interesadas en aprender términos básicos para comunicarse en el idioma inglés. Free!

May 6-Jun 10 Tu 6:30 PM-8:00 PM

Jul 1-Aug 5 Tu 6:30 PM-8:00 PM

Cake Decorating 101

Age: 12yrs. and up. Don't want to be a professional, just want to make cakes look better? This basic cake decorating class will help with that. Classes will cover baking, filling, colors, borders, flowers, decorating, designs and writing. Course Fee: \$30

Jun 28 Sa 11:00 AM-2:00 PM

Jul 26 Sa 11:00 AM-2:00 PM

Wado Ryu Karate

Age: 8-65 yrs. Learn the basics of Wado Ryu karate. This traditional open-hand Okinawan style karate emphasizes evasive movement and balance, blocks, punches and kicks. Have fun and learn while you improve your cardiovascular health. Course Fee: \$40

May 1-27 Tu, Th 6:30 PM-7:30 PM

Jun 3-26 Tu, Th 6:30 PM-7:30 PM

Jul 1-24 Tu, Th 6:30 PM-7:30 PM

Aug 5-28 Tu, Th 6:30 PM-7:30 PM

Fitness Center

Age: 18yrs. and 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: \$15

Gentle Yoga at Carolina Pines

Age: 15yrs. and up. Gentle yoga is appropriate for beginners and all levels. Class will focus on alignment principles and the connection of movement and breath. Each class ends with a period of relaxation. This class will increase your balance; you will become more flexible, relieve muscle tension and reduce stress. Course Fee: \$35

May 14-28 W 7:00 PM-8:15 PM Jun 2-23 M 7:00 PM-8:15 PM

Jul 7-Aug 4 M 7:00 PM-8:15 PM

Aug 4-25 M 7:00 PM-8:15 PM

Open Play

All Ages. Community center open time for gym use. Adults must have a photo ID to enter gym. Youth must have a signed participation form on file to enter during specified times. Call specific Community Center for days & times. Free!

May 1-Sep 3 Th-F, M-Th 6:30 PM-9:00 PM

Senior Club - Carolina Pines

Join this group of seniors as they meet once per month for fun and fellowship. Individuals are invited to join us for trips, seminars, bingo, entertainment, home cooked meals, restaurant visits, tours and anything else we plan to do. Carolina Pines Senior Club will meet at Carolina Pines Community Center. Dues \$10 per year. Call Carolina Pines for schedule 919-831-6435.

May 14 W 10:00 AM-12:00 PM

Jun 11 W 10:00 AM-12:00 PM

Jul 9 W 10:00 AM-12:00 PM

Aug 13 W 10:00 AM-12:00 PM

Boxing Fitness

On the ropes boxing will help shed those unwanted pounds, tone muscles, and improve cardio. Students will learn self-discipline, confidence, coordination and self-defense. Also learn a new skill for life.