

# RecConnect

WAKE FOREST PARKS, RECREATION  
& CULTURAL RESOURCES

MAR-AUG 2024

## SPRING & SUMMER

EVENTS  
PROGRAMS  
ATHLETICS  
CAMPS



*A Nationally Accredited Agency*



FAMILY MOVIE NIGHTS  
AT JOYNER PARK  
see page 4



# WELCOME



## Meet our Staff

Meet **Jugnu Bhatt**, the passionate event coordinator with a heart for community and a knack for turning moments into memories. From planning and organizing special events to lending a helping hand at park and recreation activities, Jugnu's dedication shines through.

Armed with a master's degree in science and six years of experience as a high school Chemistry teacher, Jugnu's attention to detail

is unmatched. But it doesn't stop there!

For the past four years, Jugnu has selflessly volunteered at Raleigh and Durham parks, lending a helping hand to numerous community events. She also serves as a volunteer golf coach for First Tee Triangle.

Passionate about creating unforgettable experiences, Jugnu is always ready to turn any event into something truly extraordinary. She loves spending time with her family and dancing in her free time.

## Program registration begins Feb 1 for residents and Feb 8 for non-residents

Register for programs at any staffed site or online at [wakeforestnc.recdesk.com](http://wakeforestnc.recdesk.com). Online registration closes two business days before the start of a program.

### STAFFED REGISTRATION SITES:

- **Joyner Park Community Center (JPCC)**, 701 Harris Road, Mon-Fri 6 am-9 pm, Sat 8 am-4 pm, Sun 1-5 pm
- **Flaherty Park Community Center (FPCC)**, 1226 N. White St., Mon-Fri 8 am-9 pm, Sat 8 am-4 pm, Sun 1-5 pm  
*payments by checks and credit/debit cards only*
- **Alston-Massenburg Center (AMC)**, 416 N. Taylor St., Mon-Fri 12-8 pm, Sat 8 am-4 pm, Sun 1-5 pm

## Rec Card required to access amenities at PRCR facilities

Wake Forest residents and non-residents ages 11 and older must have a Recreation Card (Rec Card) to access amenities offered at all PRCR facilities including Joyner Park Community Center. Those without a Rec Card may visit PRCR facilities any time, but a Rec Card is required to access the amenities.

### Amenities that require a Rec Card:

Indoor walking track, cardio equipment, exercise room, open gym times for volleyball, basketball and pickleball

### Rec Card Fees:

**RESIDENTS:** Free. **NON-RESIDENTS:** \$25 (individual), \$50 (family). **DROP-IN FEE:** \$5. **REPLACEMENT FEE:** \$5 for lost or stolen cards.

### To Obtain a Rec Card:

1. Create a profile at [wakeforestnc.recdesk.com](http://wakeforestnc.recdesk.com)
2. Visit JPCC, FPCC or AMC to have your picture taken and present proof of residency.

**Expiration:** Rec Cards are valid for one year from date of purchase and must be renewed annually.



**Wake Forest Parks, Recreation & Cultural Resources Department**  
701 Harris Road, Wake Forest, NC 27587  
919-435-9560  
fax 919-435-9499  
[wakeforestnc.gov](http://wakeforestnc.gov)  
**Office Hours**  
Monday-Friday, 8 am-5 pm

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919-435-9561  
[rwall@wakeforestnc.gov](mailto:rwall@wakeforestnc.gov)

**Athletics & Aquatics Manager**  
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**Recreation Specialist - Special Events**  
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**Administrative Assistant**  
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919-435-9564  
[rpimentel@wakeforestnc.gov](mailto:rpimentel@wakeforestnc.gov)

**Alston-Massenburg Center**  
416 N. Taylor St. | 919-554-6189  
CENTER MANAGER James Triplette  
[jtriplette@wakeforestnc.gov](mailto:jtriplette@wakeforestnc.gov) | 919-554-6189

**Flaherty Park Community Center**  
1226 N. White St. | 919-554-6726  
CENTER MANAGER Grayson Pridgen  
[gpridgen@wakeforestnc.gov](mailto:gpridgen@wakeforestnc.gov) | 919-554-6726

**Joyner Park Community Center**  
701 Harris Road | 919-435-9560  
CENTER MANAGER Shawn Monday  
[smonday@wakeforestnc.gov](mailto:smonday@wakeforestnc.gov) | 919-435-9554

**Wake Forest Community House**  
133 W. Owen Ave. | 919-435-9553  
CENTER MANAGER Krista Muse  
[kmuse@wakeforestnc.gov](mailto:kmuse@wakeforestnc.gov) | 919-435-9553

**Wake Forest Renaissance Centre for the Arts**  
405 S. Brooks St. | 919-435-9458  
CENTER MANAGER Debbie Dunn  
[ddunn@wakeforestnc.gov](mailto:ddunn@wakeforestnc.gov) | 919-435-9567

The Wake Forest Parks, Recreation & Cultural Resources Department seeks to enhance the lives of the citizens by promoting health and wellness through diverse, safe, accessible, and culturally enriching recreational opportunities.



# EVENTS

## AND COMMUNITY ACTIVITIES

### Mother-Son Dance

You are warmly invited to join us for an evening of love, laughter, and memorable moments. Celebrate the special bond that mothers and sons share with an evening of fun at the Town of Wake Forest's Mother-Son Dance. Come ready to enjoy a night of music, dancing, refreshments and heartfelt conversations. Don't miss this opportunity to create cherished memories and share the dance floor with the person who holds a unique place in your heart.



WFCH	Mar 8	F	6:30-8:30 pm	\$38/couple	\$30/couple <i>RD</i>	ages 3+
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*\*Additional children are \$10 per child*

### Wake Forest Comic Book & Toy Expo **«NEW!»**

Comics, action figures and Pokémon cards, oh my! Come join us for a thrilling event that will present a chance to purchase vintage comics, rare action figures and popular Pokémon cards. This Expo will feature over 20 plus dedicated vendors of your favorite pop culture nostalgia. Whether you're a collector, an aficionado, or just out on a family stroll you will not want to miss this amazing show! **INSTRUCTOR:** Brandon Wright, Play4Life Comics



FPCC	Mar 16	Sa	10:00 am-4:00 pm	free	all ages
FPCC	Jun 15	Sa	10:00 am-4:00 pm	free	all ages
FPCC	Nov 9	Sa	10:00 am-4:00 pm	free	all ages

### Egg-ceptional Egg Hunt

This egg hunt is free and will cater to children with disabilities and their families. The purpose of our egg hunt is to provide a fun, safe, family-friendly environment that allows children who may have difficulty participating in a traditional egg hunt the opportunity to hunt for Easter eggs. Bring a buddy to help if needed.

Joyner Park	Mar 23	Sa	10:00-10:30 am	free	all ages
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**EASTER EGGSTRAVAGANZA**  
**MAR 23**

### Easter Eggstravaganza

Hop, search, and celebrate with us! Over 15,000 eggs will be given away at this year's Easter Eggstravaganza! The celebration will feature music, fun and a visit from the Easter Bunny. Bring your own basket and arrive early for good parking!



Joyner Park	Mar 23	Sa	11:30 am	free	all ages
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### Mother-Daughter Tea

Join us for a morning of elegance and connection. We would be honored to have you and your lovely daughter as our special guests for an enchanting morning filled with tea, treats, and treasured conversation. Wear your tea dresses, your big floppy hats and your best gloves (not mandatory)! It's a perfect occasion to relax, sip tea, and create beautiful memories with your beloved daughter.



WFCH	Apr 6	Sa	10:00-11:30 am	\$38/couple	\$30/couple <i>RD</i>	ages 3+
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*\*Additional children are \$10 per child*



## Six Sundays in Spring Concert Series

Dear music lovers, prepare to be moving to the beat as we bring you a collection of captivating performances by talented musicians. Bring a lawn chair and enjoy live music at the park! The Six Sundays in Spring concert series is co-sponsored by the Wake Forest Parks, Recreation & Cultural Resources Department and ARTS Wake Forest. **Visitors to the park are reminded that alcoholic beverages, smoking, and unleashed pets are prohibited.** Various food truck vendors will be onsite during each concert.

Joyner Park	Apr 28-June 2	Su	5:30-7:30 pm	free	all ages
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## Memorial Day Remembrance Wall Of Honor

It's time to remember and thank those who served our country. For the month of May, PRCR will be recognizing those in all branches of the military service with their names and branches of service displayed on Remembrance Walls of Honor. Walls will be located at three recreational facilities – Joyner Park, Flaherty, and Alston-Massenburg Community Centers. Military members that have passed away, giving the ultimate sacrifice, will be remembered in RED. Military members currently serving or have served will be represented in BLACK. Spaces are limited. Names will be accepted on a first come, first-serve basis. During signups, from Feb 1-Apr 14, provide the name(s) of the military members and their branch of service.

JPC, FPCC, and AMC	May 1-31
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## Family Movie Nights at Joyner Park

The Parks, Recreation & Cultural Resources Department is excited to invite you to our Family Movie Nights at Joyner Park where we'll transform the park into an open-air cinema for evenings of cinematic magic, community, and fun. Pack your blankets or lawn chairs and gather under the sky as we enjoy family friendly films together as a community. There will be assorted food vendors on site selling snacks and beverages. Area residents planning to attend are encouraged to arrive early as viewing space may be limited. E. Carroll Joyner Park is located at 701 Harris Road. Visitors to the park are reminded that alcoholic beverages, smoking, and unleashed pets are prohibited. Preshow activities for the children begin at 7:30 pm.



Joyner Park	May 25	Sa	8:30 pm	free	all ages
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*Continued in next column*

Joyner Park	Jun 15	Sa	8:30 pm	free	all ages
Joyner Park	Jul 20	Sa	8:30 pm	free	all ages
Joyner Park	Aug 3	Sa	8:30 pm	free	all ages

*\*In case of inclement weather, the event may be cancelled*

## National Trails Day

Lace up your running shoes and get ready to hit the trails because it's time for our annual National Trails Day 5K/3K Race! We invite you to celebrate the beauty of nature and the joy of running with us on this special day.



The Town of Wake Forest will celebrate National Trails Day, Saturday, June 1, at E. Carroll Joyner Park, 701 Harris Road with a family-friendly 5K/3K walk/run from 8-9 a.m. Challenge yourself and connect with fellow runners. Participation in this race is not just about the run; it's about supporting and preserving our beautiful trails and the environment. Proceeds from the event will go towards trail maintenance and conservation efforts.

Joyner Park	Jun 1	Sa	8:00-9:00 am	free*	all ages
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*\*Attendance is free, 5k walk/run will require a registration fee*

## Independence Day Celebration

The 2024 Independence Day Celebration is a two-day event which begins with the Fireworks Spectacular on Wednesday, July 3, at Heritage High School, 1150 Forestville Road. The celebration continues on Thursday, July 4, with the Children's Parade and Art & Games in the Park. All of the events are free and open to the public.



**Visitors are reminded that alcoholic beverages, smoking, and pets are prohibited at Heritage High School.** For complete details, visit [wakeforestnc.gov](http://wakeforestnc.gov) and search "Independence Day."

Heritage High	Jul 3	M	5:30-9:30 pm	free	all ages
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## Fall Concerts in the Park

Revel in the sounds of talented local artists and bands. Bring a lawn chair or blanket and enjoy live music at the park. Various food vendors will be on site. The performing bands will be announced at a later date. Concert in the Park is sponsored by the Wake Forest Parks, Recreation & Cultural Resources Department.

Joyner Park	Sep 1	Su	5:30-7:30 pm	free	all ages
Joyner Park	Sep 8	Su	5:30-7:30 pm	free	all ages

# PARKS & GREENWAYS

PLACES TO PLAY

From our flagship park to the smaller neighborhood parks, Wake Forest offers a wide range of places to explore and enjoy the great outdoors.

## E. Carroll Joyner Park

701 Harris Rd.  
919-435-9564  
HOURS: dawn to dusk



E. Carroll Joyner Park is one of the community's most treasured resources. With 117 acres of sweeping lawns, restored farm buildings and three miles of paved trails, the park is a beautiful setting for public and private events. A magnificent pecan grove offers shade underneath its canopy for picnics. The 1000-seat amphitheater provides the perfect setting for large performances including the "Six Sundays in Spring" concert series. A smaller performance garden offers an intimate venue for weddings, storytelling and music workshops. Leashed dogs are welcome to enjoy the trails. Amidst the beautiful scenery is the new Joyner Park Community Center and outdoor playground.

RENT THIS SITE	Deposit	Rates	Availability
Amphitheater	\$150 <i>individual</i> \$350 <i>business</i>	Rental rates range from \$150-\$1,200 <i>See website for details</i>	<i>Daily</i> 8:00 am-2:00 pm; 3:00 pm-dusk; dawn to dusk
Performance Garden	\$150 <i>individual</i> \$350 <i>business</i>	Rental rates range from \$75-\$800 <i>See website for details</i>	<i>Daily</i> 8:00 am-2:00 pm; 3:00 pm-dusk; dawn to dusk
Open Space, Picnic Shelters & Greenways	\$50 <i>individual</i> \$150 <i>business</i>	Rental rates range from \$15/hr-\$150/hr <i>2-hr min</i> <i>See website for details</i>	<i>Daily</i> dawn to dusk



## J. B. Flaherty Park

1226 N. White St.  
919-554-6726  
HOURS: dawn to dusk

Flaherty Park is a 100-acre facility that includes lighted ball fields, a playground, a dog park, tennis courts, pickleball courts and a community center. *See page 9 for center information.*



DOG PARK

**FLAHERTY DOG PARK** Flaherty Dog Park provides a place for dog owners to let their pets run free safely and legally without a leash. The park is approximately two acres in size and is located adjacent to the Flaherty Park baseball and softball fields. The fenced park is divided into two sections: one for small dogs, one for large dogs. Water stations, picnic tables and a pet waste clean-up station are available.

RENT THIS SITE	Deposit	Rate	Availability
Open Space	\$50 <i>individual</i> \$150 <i>business</i>	Rental rates range from \$15/hr-\$150/hr <i>2-hr min</i> <i>See website for details</i>	<i>Daily</i> dawn to dusk
Athletic Field(s)	\$150	\$50/hr   \$30/hr <i>Resident Discount</i> Light Use Fee: \$25/hr	<i>Subject to</i> <i>PRCR/league</i> <i>schedules</i>

*See page 9 for Flaherty Park Community Center rental information*

## Holding Park

133 W. Owen Ave.  
919-435-9560  
PARK HOURS: dawn to dusk

Holding Park is a five-acre site that features an inclusive playground, basketball courts, picnic tables, the Wake Forest Community House and the Holding Park Aquatic Center. The aquatic center includes a six-lane, 25-yard lap pool, two water slides with plunge pool and a children's pool with water play.



RENT THIS SITE	Deposit	Rate	Availability
Athletic Field	\$150	\$50/hr   \$30/hr <i>Resident Discount</i> Light Use Fee: \$25/hr	<i>Subject to</i> <i>PRCR/league</i> <i>schedules</i>

*See page 8 for Wake Forest Community House rental information*





Acres	Amphitheater	Baseball/ Softball Field	Basketball Court	Community Center	Dog Park	Fitness Equipment (outdoor)	Flower Garden	Greenway	Grill	Open Space	Pickleball Court	Picnic Shelter	Picnic Tables	Playground	Pond	Restrooms	Soccer Field	Sprayground	Swimming Pool	Tennis Court
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## PARKS

<b>Ailey Young Park</b> 800 Juniper Ave.	15	●	●						●		●	●	●			●					
<b>DuBois Park</b> 518 N. Franklin St.	0.4		●											●							
<b>E. Carroll Joyner Park</b> 701 Harris Rd.	117	●	●	●		●	●	●	●	●	●	●	●	●	●	●					
<b>H.L. Miller Park</b> 401 Elm Ave.	2						●					●									
<b>Heritage High Park*</b> 1140 Forestville Rd.	25	●	●				●									●	●				●
<b>Holding Park</b> 133 W. Owen Ave.	5	●	●	●					●	●		●	●				●				●
<b>J.B. Flaherty Park</b> 1226 N. White St.	100	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●				●
<b>Kiwanis Park</b> 400 E. Holding Ave.	1						●				●	●	●								
<b>Plummer Park</b> 965 Jones Wynd	0.5										●	●	●								
<b>Smith Creek Soccer Center</b> 690 Heritage Lake Rd.	17					●	●	●			●	●	●			●	●				
<b>Taylor Street Park</b> 416 N. Taylor St.	1.5			●			●		●		●	●	●			●					●
<b>Tyler Run Park</b> 830 Pineview Dr.	9	●	●			●	●					●	●								

\*Heritage High School park facilities are open to the public after 6 pm on weekdays and dawn to dusk on weekends.

## Adopt-a-Trail Program

Would you like to play a role in the betterment of your community? Volunteers are invited to help in the beautification of our greenway trails. The Adopt-a-Trail Program is designed to promote civic responsibility and community pride.

Community organizations, individuals, families, and business are encouraged to adopt a specific length or neighborhood of trails, keeping them clear of weeds and debris for one year. Volunteers are also invited to initiate and participate in a number of enhancement projects designed to improve the aesthetics or functionality of the Town's greenways.

For more information visit [wakeforestnc.gov](http://wakeforestnc.gov) and search "adopt a trail."



## Download the Town of Wake Forest app

Download the free Town of Wake Forest app to access maps to the parks directly from your smartphone. Receive time-sensitive news messages. Enjoy instant access to popular community events. Search for "Town of Wake Forest" on iTunes, in the iPhone app store or in Google Play.



## GREENWAYS

	Paved (P), Soft Trail (S)	Fitness Equipment	Length in Miles
<b>E. Carroll Joyner Park</b> 701 Harris Rd.	P	●	3.0 mi.
<b>Dunn Creek Greenway</b> 690 Heritage Lake Rd.	P		1.3 mi.
<b>H.L. Miller Park</b> 401 Elm Ave.	P		0.4 mi.
<b>J.B. Flaherty Park</b> 1226 N. White St.	P	●	0.25 mi.
<b>Kiwanis Greenway</b> 706 S. Franklin St.	P		0.25 mi.
<b>Richland Creek Olde Mill Stream Greenway</b> 901 Barnford Mill Rd.	P		0.45 mi.
<b>Sanford Creek Heritage South Greenway</b>	P	●	3.93 mi.
<b>Smith Creek Burlington Mills Greenway</b> 2912 Burlington Mills Rd.	P		1.15 mi.
<b>Smith Creek Soccer Center</b> 690 Heritage Lake Rd.	P	●	2.42 mi.
<b>Tyler Run Park</b> 830 Pineview Dr.	P	●	0.12 mi.
<b>Wake Forest Reservoir</b> Traditions Grande Blvd.	S		1.6 mi.

## Park & Trail Rules

- Parks and greenways are open daily dawn to dusk.
- Smoking is prohibited in the parks.
- Alcoholic beverages are prohibited.
- Use of personal grills (gas or charcoal) is prohibited.
- Motorized vehicles are not permitted.
- Please lock vehicle doors and windows, and do not leave valuables visible.

## Trail Safety Tips

- Remain on the right side of the trail except when passing.
- Bicyclists and skaters must always yield the right of way to pedestrians.
- Greenway patrons are encouraged to walk or jog with a friend.

## Athletic Fields

**Baseball/softball fields** are located at Ailey Young Park, J.B. Flaherty Park, R.H. Forrest Field, Heritage High School and Tyler Run Park.

**Soccer fields** are located at Heritage High School and Smith Creek Soccer Center. See pages 5-7 for park locations and list of amenities.

FIELD INFORMATION: 919-435-9562

RENT THIS SITE	Deposit	Rates	Availability
Athletic Field	\$150	\$50/hr   \$30/hr <i>Resident Discount</i> Light Use Fee: \$25/hr	<i>Subject to PRCR/league schedules</i>

## Wake Forest Reservoir

Located off of Traditions Grande Boulevard, the Wake Forest Reservoir is open for paddle and electric powered boats. A small concrete boat ramp is adjacent to the parking area. Hikers can explore the 1.6 mile trail which follows the west bank of the lake.



## Wake Forest's community centers are gathering spots for

### Alston-Massenburg Center

416 N. Taylor St. | 919-554-6189

HOURS: Mon-Fri 12-8 pm; Sat 8 am-4 pm;  
Sun 1-5 pm

AMENITIES: Large meeting room with a stage, theater curtains and kitchen. The center adjoins Taylor Street Park which has a playground, picnic shelter and sprayground.



RENT THIS SITE	Deposit	Rate	Availability	Furniture
Large Meeting Room	\$150 <i>individual</i> \$350 <i>business</i>	Rental rates range from \$150-\$1,200 <i>See website for details</i>	<i>Sat &amp; Sun only:</i> 8:00 am-3:00 pm; 5:00 pm-midnight; 8:00 am-midnight	24 tables 125 chairs available

## Compare Amenities

	Available for Rent	Class/Program Room	Dance Studio	Fitness Equipment	Game Room	Gymnasium	Indoor Walking Track	Kitchen	Locker Rooms/Showers	Meeting Room	Performance Stage	Pickleball Court	Swimming Pool
<b>Alston-Massenburg Center</b> 416 N. Taylor St.	●	●						●		●	●		
<b>Flaherty Park Community Center</b> 1226 N. White St.	●	●			●	●		●		●		●	
<b>Holding Park Aquatic Center</b> 133 W. Owen Ave.													●
<b>Joyner Park Community Center</b> 701 Harris Road	●	●	●	●		●	●	●	●	●		●	
<b>Wake Forest Community House</b> 133 W. Owen Ave.	●							●		●			
<b>Wake Forest Renaissance Centre</b> 405 S. Brooks St.	●	●								●	●		

### Wake Forest Community House

133 W. Owen Ave. | 919-435-9553

HOURS: Open for scheduled programs and private rentals

AMENITIES: The Wake Forest Community House was built in 1942 by the Works Progress Administration. It now serves as a charming site for reunions, receptions and park programs. The Community House includes a kitchen and adjoins the Holding Park Aquatic Center and playground. To rent the Community House, call 919-435-9553 or visit the PRCR office at Joyner Park Community Center.



RENT THIS SITE	Deposit	Rate	Availability	Furniture
Main Floor	\$150 <i>individual</i> \$350 <i>business</i>	Rental rates range from \$150-\$1,200 <i>See website for details</i>	<i>Fri, Sat &amp; Sun</i> 8:00 am-3:00 pm; 5:00 pm-midnight; 8:00 am-midnight	27 tables 170 chairs available



Getting married?  
Consider renting a town facility for your special day.



# COMMUNITY CENTERS

## AND RENTAL FACILITIES



fun and recreation – the perfect location for your next special event.

### Joyner Park Community Center

701 Harris Road | 919-435-9560

HOURS: Mon–Fri 6 am–9 pm;  
Sat 8 am–4 pm; Sun 1–5 pm

AMENITIES: Gymnasium, indoor walking track, cardio equipment, dance studio, meeting rooms, kitchen, locker rooms and showers

OPEN PLAY: Gymnasium available for open play basketball, volleyball and pickleball. Check the website for monthly open play schedules: [wakeforestnc.gov](http://wakeforestnc.gov), search "Joyner Park Community Center."



RENT THIS SITE	Deposit	Rate	Availability	Furniture
Gymnasium	\$150 individual \$350 business	Rates range from \$75/hr– \$300/hr Two hour minimum. See website for details	Sat & Sun only	Fits 522 chairs or 300 chairs plus tables*
Kitchen	–	Add-on fees range from \$35–\$150	Daily	–
Multipurpose Room (entire room)	\$150 individual \$350 business	Rates range from \$25/hr– \$100/hr Two hour minimum. See website for details	Mon–Fri	86 chairs, 16 tables available
Multipurpose Room (entire room)	\$150 individual \$350 business	Rates range from \$35/hr– \$160/hr Two hour minimum. See website for details	Sat & Sun	86 chairs, 16 tables available
Cleaning Fee	–	\$15/hr Mon–Fri 10 pm–midnight, Sat 4 pm–midnight, Sun 8 am–1 pm, 5 pm–midnight	Daily	–

\*Tables and chairs must be rented from an outside vendor and must have rubberized tips. Tables must be 6'.



### Flaherty Park Community Center

1226 N. White St. | 919-554-6726

HOURS: Mon–Fri 8 am–9 pm;  
Sat 8 am–4 pm; Sun 1–5 pm

AMENITIES: Gymnasium, arts & crafts room, game room, meeting room with adjoining kitchen

OPEN PLAY: Gymnasium available for open play basketball, volleyball and pickleball. Check the website for monthly open play schedules: [wakeforestnc.gov](http://wakeforestnc.gov), search "Flaherty Park."



RENT THIS SITE	Deposit	Rate	Availability	Furniture
Gymnasium	\$150 individual \$350 business	Rates range from \$75/hr– \$300/hr Two hour minimum. See website for details	Sat & Sun only	Fits 550 chairs or 330 chairs plus tables*
Open Space	\$50 individual \$150 business	Rates range from \$15/hr– \$150/hr Two hour minimum. See website for details	Daily	–

\*Tables and chairs must be rented from an outside vendor and must have rubberized tips. Tables must be 6'.

### Wake Forest Renaissance Centre for the Arts

405 S. Brooks St. | 919-435-9458 | Event Hotline: 919-435-9428

Arts Annex: 407 S. Brooks St.

The Wake Forest Renaissance Centre for the Arts is a multi-purpose facility providing visual and performing arts programming for people of all ages, while also serving as a popular venue for a variety of community events.



AMENITIES: Grand hall, performance stage, meeting rooms, food staging area, dressing room

RENTAL INFORMATION: The Renaissance Centre and Arts Annex are available for meetings, weddings, performances and other special events. For rental fees and further information, visit [wakeforestrenc.org](http://wakeforestrenc.org) or call 919-435-9458.

# PRESCHOOL

## PROGRAMS & CLASSES



### Art

#### Toddler Art

Welcome to our enchanting toddler art class, where creativity and storytelling come together in a magical blend! Storytelling is a powerful tool for sparking imagination, enhancing language development and fostering a love for art. Parent participation required. **INSTRUCTOR:** Maureen Seltzer



FPCC	Th	10:00-10:45 am	Mar 7-28	\$75	\$60 RD	ages 18 mos-3 yrs
FPCC	Th	10:00-10:45 am	Apr 11-May 2	\$75	\$60 RD	ages 18 mos-3 yrs

#### Preschool Art

Students will enjoy stories and art projects based around a theme. **INSTRUCTOR:** Maureen Seltzer

FPCC	Th	11:00 am-12:00 pm	Mar 7-28	\$84	\$67 RD	ages 3-5
FPCC	Th	11:00 am-12:00 pm	Apr 11-May 2	\$84	\$67 RD	ages 3-5

### Dance

#### Preschool Ballerinas ◀NEW!▶

Join us as we learn ballet through the use of movement and music. Our class will begin with stretches and a warm up followed by ballet technique and moving across the floor. We will also practice a short routine to be performed at the end of our last class.

**INSTRUCTOR:** Melissa Duggan



JPCC	Sa	9:00-9:45 am	Feb 17-Mar 16	\$75	\$60 RD	ages 3-4
JPCC	Sa	9:00-9:45 am	Apr 6-May 11*	\$75	\$60 RD	ages 3-4

\*No class Apr 27

#### Beginning Ballet ◀NEW!▶

Join us as we learn ballet through the use of movement and music. Our class will begin with stretches and a warm up followed by ballet technique and moving across the floor. We will also practice a short routine to be performed at the end of our last class.

**INSTRUCTOR:** Melissa Duggan



JPCC	Sa	10:00-10:45 am	Feb 17-Mar 16	\$75	\$60 RD	ages 5-7
JPCC	Sa	10:00-10:45 am	Apr 6-May 11*	\$75	\$60 RD	ages 5-7

\*No class Apr 27

### Open Play

#### Open Play Sports and Activities

Ready to be active and have fun at our facilities? The Town of Wake Forest offers Open Play opportunities for participants to play sports and to be hands on with activities within some of our facilities. Sports and activities may vary by location and could include youth and adult basketball, volleyball, pickleball, badminton, Preschool Time, Lego Club, and more. Participants may reach out to the individual centers and check online for the most update calendar of sports and activities.

JPCC/FPCC	*ongoing	\$5	free RD	ages vary based on program
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\*Please check our website or the facility for the most current open play calendar

## Martial Arts

### Little Lions Taekwondo

Martial arts allow you the opportunity to grow, learn discipline, and how to have respect for others. This exciting Little Lions Taekwondo class will help develop your child's focus, self-esteem & self-confidence, promote teamwork, improve memory through fun and motivational training, and have an overall sense of purpose. After months of training, they are also able to graduate to the next belt rank! "A black belt is a white belt who never gave up." **INSTRUCTOR:** CORE Taekwondo Performance

JPCC	Th	A	5:30-6:00 pm	Mar 7-28	\$69	\$55 <i>RD</i>	ages 4-10
JPCC	Th	B	6:10-6:40 pm	Mar 7-28	\$69	\$55 <i>RD</i>	ages 4-10
JPCC	Th	A	5:30-6:00 pm	Apr 11-May 2	\$69	\$55 <i>RD</i>	ages 4-10
JPCC	Th	B	6:10-6:40 pm	Apr 11- May 2	\$69	\$55 <i>RD</i>	ages 4-10
JPCC	Th	A	5:30-6:00 pm	May 16-Jun 6	\$69	\$55 <i>RD</i>	ages 4-10
JPCC	Th	B	6:10-6:40 pm	May 6-Jun 6	\$69	\$55 <i>RD</i>	ages 4-10
JPCC	Th	A	5:30-6:00 pm	Jun 20-Jul 18*	\$69	\$55 <i>RD</i>	ages 4-10
JPCC	Th	B	6:10-6:40 pm	Jun 20-Jul 18*	\$69	\$55 <i>RD</i>	ages 4-10
JPCC	Th	A	5:30-6:00 pm	Aug 1-22	\$69	\$55 <i>RD</i>	ages 4-10
JPCC	Th	B	6:10-6:40 pm	Aug 1-22	\$69	\$55 <i>RD</i>	ages 4-10

\*No class July 4



## Storytime

### Storytime & Crafts

Parents everywhere, bring your kids out for a good book and some arts and crafts at Joyner Park Community Center. Fun and creativity are the goals. Each session is a themed program, filled with a story, arts and crafts, and all-around fun! Sign your little one up today and don't miss out! **INSTRUCTOR:** JPCC Staff

JPCC	F	Elephant & Piggie	10:15-11:00 am	Mar 22	\$7	\$5 <i>RD</i>	ages 3-6
JPCC	F	April Showers	10:15-11:00 am	Apr 26	\$7	\$5 <i>RD</i>	ages 3-6
JPCC	F	Bring May Flowers	10:15-11:00 am	May 24	\$7	\$5 <i>RD</i>	ages 3-6



### Meet our Staff



**Jennifer Taylor** has worked at Flaherty Park Community Center since May 2022. She holds a degree in Communication Arts from The University of Cincinnati. Prior to joining the Town of Wake Forest, Jennifer worked with the YMCA of Gaston County and the YMCA of Greater Charlotte. She is passionate about serving the community and loves to assist our members in any way possible. When not working, Jennifer enjoys exercising, cooking, and cheering on her beloved Cincinnati Bengals and Bearcats, as well as the NC State Wolfpack. Go Pack!

### Become an Instructor!

If you have an interest in becoming an instructor and introducing a new program or class, please contact Community Center Supervisor Grayson Pridgen at [gpridgen@wakeforestnc.gov](mailto:gpridgen@wakeforestnc.gov).



# YOUTH

## PROGRAMS & CLASSES



### Photography

#### Green Screen Photography On A Budget <<NEW!>>

Unlock the secrets of this one-day crash course in the magical world of green screen photography! You will learn how to produce jaw-dropping photos all for less than \$10. This workshop is great for photography enthusiasts, content creators, or someone looking to have fun without breaking the bank. **INSTRUCTOR:** Angela R. Von Canon, Art & Soul Sisters Studio, LLC

FPCC	Sa	12:00-1:30 pm	Mar 2	\$44	\$35 <i>RD</i>	ages 16+
FPCC	Sa	12:00-1:30 pm	Mar 16	\$44	\$35 <i>RD</i>	ages 16+
FPCC	Sa	12:00-1:30 pm	May 18	\$44	\$35 <i>RD</i>	ages 16+

*\*Participants must provide their own camera for the workshop. All other materials are included.*

### Art

#### Mono Printing Fun With A Gel Press

This is a wildly creative and playful class. Each student will use an 8" x 10" gel press and a variety of tools and materials, including upcycling papers from books, maps, and music sheets to print onto. **INSTRUCTOR:** Maureen Seltzer



FPCC	Tu	4:30-6:00 pm	Mar 5-26	\$94	\$75 <i>RD</i>	ages 10-15
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#### Afterschool Art

Come join in on the fun in this 4 week class. We will explore the elements of art such as line, color, composition. We also will use many kinds of media such as watercolor, tempura, chalk, and acrylic paints. In each session the children will finish an 11 x 14 canvas. Each session has a different theme. This class can get messy so dress accordingly. **INSTRUCTOR:** Maureen Seltzer

FPCC	Th	4:30-6:00 pm	Mar 7-28	\$94	\$75 <i>RD</i>	ages 6-12
FPCC	Th	4:30-6:00 pm	Apr 11-May 2	\$94	\$75 <i>RD</i>	ages 6-12

### Homeschool Art

Come join in on the fun in this 4 week class. We will explore the elements of art such as line, color, composition. We also will use many kinds of media such as watercolor, tempura, chalk, and acrylic paints. In each session the children will finish an 11 x 14 canvas. Each session has a different theme. This class can get messy so dress accordingly. **INSTRUCTOR:** Maureen Seltzer

FPCC	Th	1:30-3:00 pm	Mar 7-28	\$94	\$75 <i>RD</i>	ages 6-12
FPCC	Th	1:30-3:00 pm	Apr 11-May 2	\$94	\$75 <i>RD</i>	ages 6-12

#### Awakening Creativity: Nurturing Mental Wellness Through Art <<NEW!>>

Embrace your inner creative journey with trusting your internal expression with abstract art. This class is thoughtfully designed for those who navigate the complexities of mental illness or neurodiversity. Our goal is to empower students to awaken and trust their innate, intuitive instincts, fostering a deeper connection with the beginner's mind. Whether you're a newcomer to art or seeking to rekindle the magic of a beginner's perspective, our class offers a safe, nurturing space for you. It's an avenue where you can work on vulnerability, cultivate confidence, and explore ways to support your mental health. **INSTRUCTOR:** Sydnee Yates

FPCC	M	6:30-7:30 pm	Apr 1-29	free*	ages 15+
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*\*Pre-registration required*

### Handcrafted

#### Fundamentals of Natural Soy Candles <<NEW!>>

Love candles? This is the perfect class to make beautifully scented and designed natural soy candles. Learn the fundamentals of how to use natural wax, essential oils, elements of nature to create beautiful handmade candles as gifts or to sell. **INSTRUCTOR:** Lea Alston, Scentsuosity

FPCC	Sa	10:00 am-12:00 pm	Mar 16	\$82	\$65 <i>RD</i>	ages 10+
FPCC	Sa	10:00 am-12:00 pm	Apr 20	\$82	\$65 <i>RD</i>	ages 10+
FPCC	Sa	10:00 am-12:00 pm	May 18	\$82	\$65 <i>RD</i>	ages 10+
FPCC	Sa	10:00 am-12:00 pm	Jun 29	\$82	\$65 <i>RD</i>	ages 10+
FPCC	Sa	10:00 am-12:00 pm	Jul 27	\$82	\$65 <i>RD</i>	ages 10+
FPCC	Sa	10:00 am-12:00 pm	Aug 24	\$82	\$65 <i>RD</i>	ages 10+



### Fundamentals of Handmade Soap <<NEW!>>

Discover the ancient art of handmade soap that dates back to 2800 BC. Learn the fundamentals of what goes into handmade soaps and how to create all natural artisan quality soap that you can give as gifts or start a soaping business. **INSTRUCTOR:** Lea Alston, Scentsuosity

FPCC	Sa	10:00 am-12:00 pm	Mar 9	\$82	\$65 RD	ages 10+
FPCC	Sa	10:00 am-12:00 pm	Apr 6	\$82	\$65 RD	ages 10+
FPCC	Sa	10:00 am-12:00 pm	May 4	\$82	\$65 RD	ages 10+
FPCC	Sa	10:00 am-12:00 pm	Jun 1	\$82	\$65 RD	ages 10+
FPCC	Sa	10:00 am-12:00 pm	Jul 13	\$82	\$65 RD	ages 10+
FPCC	Sa	10:00 am-12:00 pm	Aug 10	\$82	\$65 RD	ages 10+

## Culinary Arts

### Youth Whisk It Up <<NEW!>>

Join pastry chef and cottage bakery owner, Deanna Martinez-Bey as she teaches how to make delicious, seasonal treats! Classes are hands on, laid back and fun. And the best part? Everyone leaves with treats and recipes in hand. **INSTRUCTOR:** Deanna Martinez-Bey - The Fiery Whisk Bakery



JGCC	Tu	4:30-5:45 pm	Mar 5	\$31	\$25 RD	ages 9-16
JGCC	Tu	4:30-5:45 pm	Mar 19	\$31	\$25 RD	ages 9-16
JGCC	Tu	4:30-5:45 pm	Apr 9	\$31	\$25 RD	ages 9-16
JGCC	Tu	4:30-5:45 pm	Apr 23	\$31	\$25 RD	ages 9-16
JGCC	Tu	4:30-5:45 pm	May 7	\$31	\$25 RD	ages 9-16
JGCC	Tu	4:30-5:45 pm	May 21	\$31	\$25 RD	ages 9-16
JGCC	Tu	4:30-5:45 pm	Jun 11	\$31	\$25 RD	ages 9-16
JGCC	Tu	4:30-5:45 pm	Jun 25	\$31	\$25 RD	ages 9-16
JGCC	Tu	4:30-5:45 pm	Jul 9	\$31	\$25 RD	ages 9-16
JGCC	Tu	4:30-5:45 pm	Jul 23	\$31	\$25 RD	ages 9-16
JGCC	Tu	4:30-5:45 pm	Aug 6	\$31	\$25 RD	ages 9-16
JGCC	Tu	4:30-5:45 pm	Aug 20	\$31	\$25 RD	ages 9-16

### Parent & Me Baking Class <<NEW!>>

Calling all parents and children! It's the perfect opportunity for you to attend our kitchen classes together. Join Deanna Martinez-Bey as she imparts the art of crafting delightful, seasonal treats. These classes offer a hands-on, fun experience. The icing on the cake? Every participant leaves with scrumptious treats and the recipes to replicate them at home. Youth must be ages 5+ with a parent.



**INSTRUCTOR:** Deanna Martinez-Bey - The Fiery Whisk Bakery

JGCC	Tu	4:30-5:45 pm	Mar 26	\$31	\$25 RD	ages 5+
JGCC	Tu	4:30-5:45 pm	Jun 18	\$31	\$25 RD	ages 5+

## Dance

### Beginning Ballet <<NEW!>>

Join us as we learn ballet through the use of movement and music. Our class will begin with stretches and a warm up followed by ballet technique and moving across the floor. We will also practice a short routine to be performed at the end of our last class. **INSTRUCTOR:** Melissa Duggan

JGCC	Sa	10:00-10:45 am	Feb 17-Mar 16	\$75	\$60 RD	ages 5-7
JGCC	Sa	10:00-10:45 am	Apr 6-May 11*	\$75	\$60 RD	ages 5-7

\*No class Apr 27

## Education

### First Aid/CPR/AED Training Program <<NEW!>>

The First Aid/CPR/AED program is to help participants recognize and respond appropriately to cardiac, breathing and first aid emergencies in order to provide immediate care to a suddenly injured or ill person. The course will cover emergencies involving medical, trauma, environmental, poisoning, as well as CPR and AED. This is a certification course. **INSTRUCTOR:** Code Blue Resources



AMC	Sa	9:00 am - 3:00 pm	Mar 23	\$108	\$87 RD	ages 10+
AMC	Sa	9:00 am - 3:00 pm	May 18	\$108	\$87 RD	ages 10+
AMC	Sa	9:00 am - 3:00 pm	Aug 10	\$108	\$87 RD	ages 10+

## Juneteenth Writing Contest

Do you enjoy putting your thoughts in writing? Enter our writing contest at Alston-Massenburg Center. The theme is "Why Juneteenth is Important to Me." Essays should be one page in length. A winner will be chosen and receive special recognition on June 14 at Alston-Massenburg Center. All essays should be submitted to [jtriplette@wakeforestnc.gov](mailto:jtriplette@wakeforestnc.gov) starting May 6 and no later than May 26.



AMC	F	4:00-6:30 pm	May 6-26	free	ages 13+
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## Esports

### Battle in the Forest Esports Tournaments

Jump into the exciting world of gaming with Battle in the Forest Esports Tournaments! We are the ultimate destination for gamers that would like to have fun and showcase their skills in a friendly yet competitive arena. This series of tournaments is offered throughout the year and features some of the most popular games in the gaming industry. Tournaments take place online and are live-streamed to offer the best Esports experience. At the conclusion of each tournament, our top three participants are awarded with an array of prizes! The featured game for each tournament is unveiled at a later date. For more information please visit: [wakeforestnc.gov](http://wakeforestnc.gov) and search "Battle in the Forest".



Online	Sa	12:00-6:00 pm	May 18	free	ages 16+
Online	Sa	12:00-6:00 pm	Aug 24	free	ages 16+

### ESPN NCAA Men's Bracketology

Ready for March Madness? Highlight reel dunks and crossovers, with a few upsets are coming to the 2023 Men's NCAA Basketball Tournament! First game (not a first four in game) begins March 21, with SELECTION SUNDAY on Sunday, March 17 at 6:00 pm. Brackets will be released by 7 pm and once released, you can create your bracket for free on [www.espn.com](http://www.espn.com) (sign up for a free account on [www.espn.com](http://www.espn.com)). Emails will be sent out once you have registered. Will your pick be Final Four bound!?

Online Bracket	M-Th	free	ages 11+
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*\*Brackets completed by the start of the first game*



## Meet our Staff



**Kelly Nolan** has been a dedicated part-time Recreation Supervisor at Joyner Park Community Center since February 2023. Beyond her professional responsibilities, Kelly's interests extend to cherishing meaningful moments with her loved ones, nurturing her personal fitness journey, and relishing the beauty of the great outdoors.

### ESPN NCAA Women's Bracketology

Ready for March Madness? Time for upsets and buzzer beaters in the 2023 Women's NCAA Basketball Tournament! First game (not a first four in game) begins March 22, with SELECTION SUNDAY on Sunday, March 17, at 7:00 pm. Brackets will be released by 8 pm and once released, you can create your bracket for free on [www.espn.com](http://www.espn.com) (sign up for a free account on [www.espn.com](http://www.espn.com)). Emails will be sent out once you have registered. Will your pick advance or does you bracket bust!?

Online Bracket	M-F	free	ages 11+
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*\*Brackets completed by the start of the first game*

### Introduction to Fighting Video Games << NEW! >>

Learn the fundamentals of any fighting game through the critically acclaimed game Street Fighter 6! Choose a character, find your play style and learn the ins and outs of the game mechanics provided! **INSTRUCTOR:** Shaun Townsend

FPCC	Sa	1:00-2:00 pm	Mar 23-Apr 13	\$75	\$60 RD	ages 13+
FPCC	Sa	1:00-2:00 pm	Apr 27-May 18	\$75	\$60 RD	ages 13+
FPCC	Sa	1:00-2:00 pm	Jun 1-22	\$75	\$60 RD	ages 13+
FPCC	Sa	1:00-2:00 pm	Jul 6-27	\$75	\$60 RD	ages 13+

*\*Participants will need to bring their own controller*

### Friday Night Fighters << NEW! >>

Come and play Street Fighter 6 offline with others in a fun and safe environment, featuring top of the line gaming PCs to ensure a smooth experience. Any experience level is welcome! **INSTRUCTOR:** Shaun Townsend

FPCC	F	7:00-8:30 pm	Mar 22-Apr 26**	\$38	\$30 RD	ages 13+
FPCC	F	7:00-8:30 pm	May 3-24	\$38	\$30 RD	ages 13+
FPCC	F	7:00-8:30 pm	Jun 7-28	\$38	\$30 RD	ages 13+
FPCC	F	7:00-8:30 pm	Jul 12-Aug 2	\$38	\$30 RD	ages 13+

*\*Participants will need to bring their own controller  
\*\*No meetup Mar 29*

## Advanced Fighting Game Strategy ◀NEW!▶

This advanced class will be tailored to developing an advanced game-plan and strategy while getting coached by an experienced tournament player. Learn optimization with your main character and grind in a focused setting. **INSTRUCTOR:** Shaun Townsend

FPCC	Sa	2:10-3:30 pm	Mar 23-Apr 13	\$75	\$60 RD	ages 13+
FPCC	Sa	2:10-3:30 pm	Apr 27-May 18	\$75	\$60 RD	ages 13+
FPCC	Sa	2:10-3:30 pm	Jun 1-22	\$75	\$60 RD	ages 13+
FPCC	Sa	2:10-3:30 pm	Jul 6-27	\$75	\$60 RD	ages 13+

*\*Participants will need to bring their own controller*

## Outdoor Recreation

### Youth Fishing Tournament

Embark on a fishing adventure with your young angler by joining us for the annual Youth Fishing Tournament! This non-competitive event is tailored for youth ages 12 and under and will be held from June 3-16. During these two weeks participants can visit any public fishery in Wake or Franklin county in their pursuit to catch a big one! This tournament is unique as it is not species specific. Each participant will receive an "Early Angler Goodie Bag". These goodie bags are filled with artificial baits to use during the tournament. Don't miss out on creating lasting memories while potentially fostering a new hobby or just celebrating outdoor recreation!

Online	M-Su	8:00 am-8:00 pm	Jun 3-16	\$5	ages 12 and under
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## Digital Storytelling

### Content Creation 101 ◀NEW!▶

Always wanted to try your hand at creating content? Had an interest in streaming gaming, lifestyle, or vlogging content? This beginner class will introduce you to content creation! You will learn how to create a social media alias, start a channel, and begin building an audience across multiple platforms. **INSTRUCTOR:** Imani Bell

FPCC	M	5:30-6:15 pm	Mar 4-25	\$69	\$55 RD	ages 10-17
FPCC	M	5:30-6:15 pm	Apr 1-22	\$69	\$55 RD	ages 10-17
FPCC	M	5:30-6:15 pm	May 6-27	\$69	\$55 RD	ages 10-17
FPCC	M	5:30-6:15 pm	Jun 3-24	\$69	\$55 RD	ages 10-17
FPCC	M	5:30-6:15 pm	Jul 8-29	\$69	\$55 RD	ages 10-17
FPCC	M	5:30-6:15 pm	Aug 5-26	\$69	\$55 RD	ages 10-17

*\*Participants under the age of 13 must have a parent or legal guardian present during the entire class*

## Fitness

### Strength Training for Children

This 45-minute class provides an excellent introduction to group workouts for children between ages 7-11. The class starts with cardio to warm up the muscles, followed by resistance training, and ends with cool-down exercises. Strength training for children does NOT involve weights. Instead, children will be led in light resistance training that emphasizes controlled movements, proper form, and safety. This class is designed to teach children the fundamentals for maintaining good fitness and help them increase muscle strength and endurance. Children will learn to protect their muscles and joints from sports-related injuries, which will help improve their performance. This class involves games to learn cooperation and working as part of a team. The instructor believes that children need to play but can also develop positive and healthy habits that will follow them the rest of their lives. Participants should bring a towel, exercise mat and water. **INSTRUCTOR:** Valerie Grasso

FPCC	Sa	10:00-10:45 am	Mar 2-23	\$100	\$80 RD	ages 7-11
FPCC	Sa	10:00-10:45 am	Apr 6-27	\$100	\$80 RD	ages 7-11
FPCC	Sa	10:00-10:45 am	May 4-25	\$75	\$60 RD	ages 7-11
FPCC	Sa	10:00-10:45 am	Jun 1-29	\$125	\$100 RD	ages 7-11
FPCC	Sa	10:00-10:45 am	Jul 6-27*	\$75	\$60 RD	ages 7-11
FPCC	Sa	10:00-10:45 am	Aug 3-24	\$100	\$80 RD	ages 7-11

*\*No class Jul 13*

### Strength Training For Teens

Yes, teens can lift weights and gain lean muscle mass. This class begins with cardio exercises to warm up the muscles, followed by strength training (resistance training), and ends with a cool down. For teens, the focus is on multi-joint exercises that work more than one part of the body at a time.



Participants will use weights, resistance bands, and their own body weight to develop muscular balance, coordination, and agility. This workout is perfect for teens wanting to further improve their athletic abilities. Participants should bring a towel, exercise mat and water. **INSTRUCTOR:** Valerie Grasso

FPCC	Sa	8:30-9:30 am	Mar 2-23	\$125	\$100 RD	ages 12-17
FPCC	Sa	8:30-9:30 am	Apr 6-27	\$125	\$100 RD	ages 12-17
FPCC	Sa	8:30-9:30 am	May 4-25	\$94	\$75 RD	ages 12-17
FPCC	Sa	8:30-9:30 am	Jun 1-29	\$157	\$125 RD	ages 12-17
FPCC	Sa	8:30-9:30 am	Jul 6-27*	\$94	\$75 RD	ages 12-17
FPCC	Sa	8:30-9:30 am	Aug 3-24	\$125	\$100 RD	ages 12-17

*\*No class Jul 13*

## Martial Arts

### Little Lions Taekwondo

Martial arts allow you the opportunity to grow, learn discipline, and how to have respect for others. This exciting Little Lions Taekwondo class will help develop your child's focus, self-esteem and self-confidence, promote teamwork, improve memory through fun and motivational training, and have an overall sense of purpose. After months of training, they are also able to graduate to the next belt rank! "A black belt was a white belt who never gave up." **INSTRUCTOR:** CORE Taekwondo Performance - Shaun Townsend



JGCC	Th	A	5:30-6:00 pm	Mar 7-28	\$69	\$55 RD	ages 4-10
JGCC	Th	B	6:10-6:40 pm	Mar 7-28	\$69	\$55 RD	ages 4-10
JGCC	Th	A	5:30-6:00 pm	Apr 11-May 2	\$69	\$55 RD	ages 4-10
JGCC	Th	B	6:10-6:40 pm	Apr 11- May 2	\$69	\$55 RD	ages 4-10
JGCC	Th	A	5:30-6:00 pm	May 16-Jun 6	\$69	\$55 RD	ages 4-10
JGCC	Th	B	6:10-6:40 pm	May 6-Jun 6	\$69	\$55 RD	ages 4-10
JGCC	Th	A	5:30-6:00 pm	Jun 20-Jul 18*	\$69	\$55 RD	ages 4-10
JGCC	Th	B	6:10-6:40 pm	Jun 20-Jul 18*	\$69	\$55 RD	ages 4-10
JGCC	Th	A	5:30-6:00 pm	Aug 1-22	\$69	\$55 RD	ages 4-10
JGCC	Th	B	6:10-6:40 pm	Aug 1-22	\$69	\$55 RD	ages 4-10

\*No class July 4

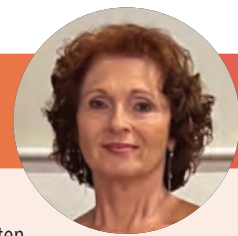
### Homeschool Martial Arts: Little Dragons

This program is designed for 4-6 year-olds. This program is high energy, fast paced course, geared to teach core life skills to young students and showing them how to have control over their bodies. All lessons are centered around building self-confidence and self-esteem through positive reinforcement and recognition. **INSTRUCTOR:** Sensei Brandon Noble (Noble's Martial Arts)

WFCH	M	11:00-11:30 am	Mar 4-25	\$57	\$45 RD	ages 4-6
WFCH	M	11:00-11:30 am	Apr 8-29	\$57	\$45 RD	ages 4-6
WFCH	M	11:00-11:30 am	May 6-24*	\$57	\$45 RD	ages 4-6
WFCH	M	11:00-11:30 am	Jun 3-24	\$57	\$45 RD	ages 4-6
WFCH	M	11:00-11:30 am	Jul 8-29	\$57	\$45 RD	ages 4-6
WFCH	M	11:00-11:30 am	Aug 5-26	\$57	\$45 RD	ages 4-6

\*Final class of the May session will be Friday, May 24

### Meet our Staff



**Teresa Panameno** has served as a part-time Recreation Supervisor with the Town for over ten years. Through the years, she has had the opportunity to work many different events and celebrations, as well as meet a lot of great people in the community. Most of her time is spent supervising events at the Wake Forest Community House. She takes much pride in caring for the facility and making sure all rentals go as smoothly as possible. She is a mother to four young men and has been blessed with three awesome grandchildren. Wake Forest, in her opinion, is by far the absolute best community to be a part of. She has enjoyed her years with the Town and looks forward to many more.

### Homeschool Martial Arts: Beginner Karate Kids

This program is designed for 7-12 year-olds. This program is taught with an emphasis on developing self-discipline and respect while fine tuning foundational motor skills that can be applied to many other activities such as sports, academics, art and more outside of the Karate school. We will focus on Five cores aspects for this age group: Goal setting, Bully prevention, Stranger awareness, Courtesy and Respect, and Leadership Development. **INSTRUCTOR:** Sensei Brandon Noble (Noble's Martial Arts)

WFCH	M	11:30 am- 12:15 pm	Mar 4-25	\$57	\$45 RD	ages 7-12
WFCH	M	11:30 am- 12:15 pm	Apr 8-29	\$57	\$45 RD	ages 7-12
WFCH	M	11:30 am- 12:15 pm	May 6-24	\$57	\$45 RD	ages 7-12
WFCH	M	11:30 am- 12:15 pm	Jun 3-24	\$57	\$45 RD	ages 7-12
WFCH	M	11:30 am- 12:15 pm	Jul 8-29	\$57	\$45 RD	ages 7-12
WFCH	M	11:30 am- 12:15 pm	Aug 5-26	\$57	\$45 RD	ages 7-12

\*Final class of the May session will be Friday, May 24

### Homeschool Martial Arts: Black Belt Club (Intermediate)

This class expands upon the basics learned in the 7-12 year-old beginner class. The intermediate class brings more advanced fight sets and katas, higher level self-defense techniques and Krav Maga. This class also introduces sparring and non-bladed weapons. **REQUIREMENTS:** Purple belt from Noble's Martial Arts HSMA Program is required to participate. **INSTRUCTOR:** Sensei Brandon Noble (Noble's Martial Arts)

WFCH	M	12:15-1:15 pm	Mar 4-25	\$57	\$45 RD	ages 6-15
WFCH	M	12:15-1:15 pm	Apr 8-29	\$57	\$45 RD	ages 6-15
WFCH	M	12:15-1:15 pm	May 6-24*	\$57	\$45 RD	ages 6-15
WFCH	M	12:15-1:15 pm	Jun 3-24	\$57	\$45 RD	ages 6-15

Continued in next column





WFCH	M	12:15-1:15 pm	Jul 8-29	\$57	\$45 RD	ages 6-15
WFCH	M	12:15-1:15 pm	Aug 5-26	\$57	\$45 RD	ages 6-15

*\*Final class of the May session will be Friday, May 24*

## Martial Arts – Traditional TaeKwonDo

This twice a week class will teach coordination, focus, discipline, and self-confidence, all while having fun! Participants will learn the techniques of Traditional Tae Kwon Do starting with the basics and progressing to the advanced including- breathing, blocking, punching, kicking, forms, and controlled sparring. All students learn in a safe, supportive, and family friendly environment. We offer promotional testing through the Traditional Tae Kwon Do Association. No class is held on the first Thursday of every month. **INSTRUCTOR:** National Certified 8th Degree, Grand Master R. Berger

WFCH	Tu/Th	7:00-8:00 pm	Mar 5-28	\$69	\$55 RD	ages 7+
WFCH	Tu/Th	7:00-8:00 pm	Apr 2-30	\$69	\$55 RD	ages 7+
WFCH	Tu/Th	7:00-8:00 pm	May 7-30	\$69	\$55 RD	ages 7+
WFCH	Tu/Th	7:00-8:00 pm	Jun 4-27	\$69	\$55 RD	ages 7+
WFCH	Tu/Th	7:00-8:00 pm	Jul 2-30*	\$69	\$55 RD	ages 7+
WFCH	Tu/Th	7:00-8:00 pm	Aug 6-29	\$69	\$55 RD	ages 7+

*\*No class Jul 4*

## Open Play

### Open Play Sports and Activities

Ready to be active and have fun at our facilities? The Town of Wake Forest offers Open Play opportunities for participants to play sports and to be hands on with activities within some of our facilities. Sports and activities may vary by location and could include youth and adult basketball, volleyball, pickleball, badminton, Preschool Time, Lego Club, and more. Participants may reach out to the individual centers and check online for the most update calendar of sports and activities.

JPCC/FPCC	*ongoing	\$5	free RD	ages vary based on program
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*\*Please check our website or the facility for the most current open play calendar*

## Storytime

### Storytime & Crafts

Parents everywhere, bring your kids out for a good book and some arts and crafts at Joyner Park Community Center. FUN and CREATIVITY are the goals. Each session is a themed program, filled with a story, arts and crafts, and all-around fun! Sign your little one up today and don't miss out! **INSTRUCTOR:** JPCC Staff

JPCC	F	Elephant & Piggie	10:15-11:00 am	Mar 22	\$7	\$5 RD	ages 3-6
JPCC	F	April Showers	10:15-11:00 am	Apr 26	\$7	\$5 RD	ages 3-6
JPCC	F	Bring May Flowers	10:15-11:00 am	May 24	\$7	\$5 RD	ages 3-6

## Special Events

### 50 Mile Walking Challenge

Achieving big results requires consistent effort every day. So, let's start making progress towards our fitness goals by participating in the May Month of Fitness annual 50 Mile Walking Challenge! Once you complete the 50 miles and return the cards, you will be eligible to receive a shirt as a reward for your hard work.



JPCC	May 1-31	free	ages 11+
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### BreezeKite Flyers «NEW!»

"BreezeKite Flyers" is a community-driven program that brings people of all ages together to enjoy the art of kite flying. Discover the joy of soaring high in the sky while building lasting connections with a vibrant community of kite lovers. Embrace the wind, connect with others, and create memorable moments with "BreezeKite Flyers."

JPCC	Tu	11:00-1:00 pm	Mar 19	free	ages 5+
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# ADULT

## PROGRAMS & CLASSES



### Photography

#### Green Screen Photography On A Budget «NEW!»

Unlock the secrets of this one-day crash course in the magical world of green screen photography! You will learn how to produce jaw-dropping photos all for less than \$10. This workshop is great for photography enthusiasts, content creators, or someone looking to have fun without breaking the bank. **INSTRUCTOR:** Angela R. Von Canon, Art & Soul Sisters Studio, LLC

FPCC	Sa	12:00-1:30 pm	Mar 2	\$44	\$35 <i>RD</i>	ages 16+
FPCC	Sa	12:00-1:30 pm	Mar 16	\$44	\$35 <i>RD</i>	ages 16+
FPCC	Sa	12:00-1:30 pm	May 18	\$44	\$35 <i>RD</i>	ages 16+

*\*Participants must provide their own camera for the workshop. All other materials are included.*

### Art

#### Mono Printing and Collage

In this class we will learn the fundamentals of mono printing on a gel press, where you will make a 11 x 14 cut garden collage on a canvas. All supplies will be provided including a pattern for the flowers. No experience required. **INSTRUCTOR:** Maureen Seltzer

FPCC	Tu	1:30-3:00 pm	Mar 5-26	\$107	\$85 <i>RD</i>	ages 18+
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#### Beginner Resin – Sea Turtles «NEW!»

Dive into the exciting world of resin art as you take a four-week journey into creating an amazing sea turtle out of resin! This class is designed for beginners to learn the best practices, proper safety and steps needed to build a successful piece. At the end of this fun class you will have a unique and vibrant sea turtle that you can add to your home, office or give away as an amazing gift! **INSTRUCTOR:** Angela R. Von Canon, Art & Soul Sisters Studio, LLC

FPCC	M	5:00-6:00 pm	Mar 4-25	\$200	\$160 <i>RD</i>	ages 18+
FPCC	W	6:00-7:00 pm	Apr 3-24	\$200	\$160 <i>RD</i>	ages 18+
FPCC	M	5:00-6:00 pm	May 6-27	\$200	\$160 <i>RD</i>	ages 18+
FPCC	W	6:00-7:00 pm	Jun 5-26	\$200	\$160 <i>RD</i>	ages 18+
FPCC	M	5:00-6:00 pm	Jul 8-29	\$200	\$160 <i>RD</i>	ages 18+
FPCC	W	6:00-7:00 pm	Aug 7-28	\$200	\$160 <i>RD</i>	ages 18+

*\*All supplies are included*

#### Acrylic Painting Social Night «NEW!»

Step into a world of vibrant colors as you paint Lisa Frank style artwork in a lively and social environment. Perfect for couples or groups of friends, this workshop promises to be an evening of fun, laughter, and eye-catching masterpieces. Gift bags will be included at the conclusion of the workshop. **INSTRUCTOR:** Angela R. Von Canon, Art & Soul Sisters Studio, LLC

FPCC	F	7:00-8:30 pm	Mar 8	\$63	\$50 <i>RD</i>	ages 18+
FPCC	F	7:00-8:30 pm	Mar 22	\$63	\$50 <i>RD</i>	ages 18+
FPCC	F	7:00-8:30 pm	May 10	\$63	\$50 <i>RD</i>	ages 18+
FPCC	F	7:00-8:30 pm	May 24	\$63	\$50 <i>RD</i>	ages 18+
FPCC	F	7:00-8:30 pm	Jul 12	\$63	\$50 <i>RD</i>	ages 18+
FPCC	F	7:00-8:30 pm	Jul 26	\$63	\$50 <i>RD</i>	ages 18+

*\*All materials are included*



## Awakening Creativity: Nurturing Mental Wellness Through Art «NEW!»

Embrace your inner creative journey with trusting your internal expression with abstract art. This class is thoughtfully designed for those who navigate the complexities of mental illness or neurodiversity. Our goal is to empower students to awaken and trust their innate, intuitive instincts, fostering a deeper connection with the beginner's mind. Whether you're a newcomer to art or seeking to rekindle the magic of a beginner's perspective, our class offers a safe, nurturing space for you. It's an avenue where you can work on vulnerability, cultivate confidence, and explore ways to support your mental health. **INSTRUCTOR:** Sydnee Yates

FPCC	M	6:30-7:30 pm	Apr 1-29	free*		ages 15+
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\*Pre-registration required

## Handcrafted

### Fundamentals of Handmade Soap «NEW!»

Discover the ancient art of handmade soap that dates back to 2800 BC. Learn the fundamentals of what goes into handmade soaps and how to create all natural artisan quality soap that you can give as gifts or start a soaping business.

**INSTRUCTOR:** Lea Alston, Scentsuosity



FPCC	Sa	10:00 am-12:00 pm	Mar 9	\$82	\$65 RD	ages 16+
FPCC	Sa	10:00 am-12:00 pm	Apr 6	\$82	\$65 RD	ages 16+
FPCC	Sa	10:00 am-12:00 pm	May 4	\$82	\$65 RD	ages 16+
FPCC	Sa	10:00 am-12:00 pm	Jun 1	\$82	\$65 RD	ages 16+
FPCC	Sa	10:00 am-12:00 pm	Jul 13	\$82	\$65 RD	ages 16+
FPCC	Sa	10:00 am-12:00 pm	Aug 10	\$82	\$65 RD	ages 16+

### Fundamentals of Natural Soy Candles «NEW!»

Love candles? This is the perfect class to make beautifully scented and designed natural soy candles. Learn the fundamentals of using natural wax, essential oils, and elements of nature to create beautiful handmade candles as gifts or to sell. **INSTRUCTOR:** Lea Alston, Scentsuosity

FPCC	Sa	10:00 am-12:00 pm	Mar 16	\$82	\$65 RD	ages 16+
FPCC	Sa	10:00 am-12:00 pm	Apr 20	\$82	\$65 RD	ages 16+
FPCC	Sa	10:00 am-12:00 pm	May 18	\$82	\$65 RD	ages 16+
FPCC	Sa	10:00 am-12:00 pm	Jun 29	\$82	\$65 RD	ages 16+
FPCC	Sa	10:00 am-12:00 pm	Jul 27	\$82	\$65 RD	ages 16+
FPCC	Sa	10:00 am-12:00 pm	Aug 24	\$82	\$65 RD	ages 16+

## Culinary Arts

### Adult Whisk It Up «NEW!»

Join pastry chef and cottage bakery owner, Deanna Martinez-Bey as she teaches how to make delicious, seasonal treats! Classes are hands on, laid back and fun. And the best part? Everyone leaves with treats and recipes in hand. **INSTRUCTOR:** Deanna Martinez-Bey - The Fiery Whisk Bakery



JPCC	Tu	6:30-8:00 pm	Mar 5	\$31	\$25 RD	ages 18+
JPCC	Tu	6:30-8:00 pm	Mar 19	\$31	\$25 RD	ages 18+
JPCC	Tu	6:30-8:00 pm	Apr 9	\$31	\$25 RD	ages 18+
JPCC	Tu	6:30-8:00 pm	Apr 23	\$31	\$25 RD	ages 18+
JPCC	Tu	6:30-8:00 pm	May 7	\$31	\$25 RD	ages 18+
JPCC	Tu	6:30-8:00 pm	May 21	\$31	\$25 RD	ages 18+
JPCC	Tu	6:30-8:00 pm	Jun 11	\$31	\$25 RD	ages 18+
JPCC	Tu	6:30-8:00 pm	Jun 25	\$31	\$25 RD	ages 18+
JPCC	Tu	6:30-8:00 pm	Jul 9	\$31	\$25 RD	ages 18+
JPCC	Tu	6:30-8:00 pm	Jul 23	\$31	\$25 RD	ages 18+
JPCC	Tu	6:30-8:00 pm	Aug 6	\$31	\$25 RD	ages 18+
JPCC	Tu	6:30-8:00 pm	Aug 20	\$31	\$25 RD	ages 18+

### Charcuterie & Cheese Board Workshop

Come join us and learn how to create a beautiful and delicious charcuterie and cheese board. You will learn styling techniques and pairings. How to prepare your ingredients and where to shop! This is an interactive class and you will get to take home the board you create! **INSTRUCTOR:** Femme Fromage & Co.



WFCH	W	6:00-7:30 pm	Mar 13	\$69	\$55 RD	ages 18+
WFCH	W	6:00-7:30 pm	Apr 10	\$69	\$55 RD	ages 18+
WFCH	W	6:00-7:30 pm	May 8	\$69	\$55 RD	ages 18+
WFCH	W	6:00-7:30 pm	Jun 5	\$69	\$55 RD	ages 18+
WFCH	F	6:00-7:30 pm	Aug 30	\$69	\$55 RD	ages 18+

## Parent & Me Baking Class <NEW!>

Calling all parents and children! It's the perfect opportunity for you to attend our kitchen classes together. Join Deanna Martinez-Bey as she imparts the art of crafting delightful, seasonal treats. These classes offer a hands-on, fun experience. The icing on the cake? Every participant leaves with scrumptious treats and the recipes to replicate them at home. Youth must be ages 5+ with a parent. **INSTRUCTOR:** Deanna Martinez-Bey - The Fiery Whisk Bakery



JPCC	Tu	4:30-5:45 pm	Mar 26	\$31	\$25 RD	ages 18+
JPCC	Tu	4:30-5:45 pm	Jun 18	\$31	\$25 RD	ages 18+

## Dance

### Chicago-Style Stepping

Chicago-Style Stepping is an urban partner dance that can be graceful, funky, intimate, contagious, soulful, competitive and smooth all at the same time. This class will introduce you to the fundamentals of this dance and beyond set to the classic sounds of R&B, soul and so much more. Come and try something new with Capital City Steppers. No experience or partner required. All levels welcomed. **INSTRUCTOR:** Marvin Whitted

WFCH	M	7:00-8:30 pm	Mar 4-Apr 8	\$82	\$65 RD	ages 18+
WFCH	M	7:00-8:30 pm	Apr 29-May 20	\$57	\$45 RD	ages 18+
WFCH	M	7:00-8:30 pm	Jun 10-Jul 15	\$82	\$65 RD	ages 18+

*\*Smooth bottom shoes and water bottles recommended. Sneakers should be avoided.*

### Adult Hip Hop with Imani

This class will be a fun, high energy, foundational class for those who love dance. Dancers will focus on rhythmic movement, choreography, and fun! All dancers will learn different elements of hip-hop all while building confidence! **INSTRUCTOR:** Imani Bell



JPCC	Th	6:30-7:20 pm	Mar 7-28	\$69	\$55 RD	ages 18+
JPCC	Th	6:30-7:20 pm	Apr 11-May 2	\$69	\$55 RD	ages 18+
JPCC	Th	6:30-7:20 pm	May 16-Jun 6	\$69	\$55 RD	ages 18+
JPCC	Th	6:30-7:20 pm	Jun 20-Jul 18*	\$69	\$55 RD	ages 18+
JPCC	Th	6:30-7:20 pm	Aug 1-22	\$69	\$55 RD	ages 18+

*\*No class July 4*

## Education

### First Aid/CPR/AED Training Program

The First Aid/CPR/AED program is to help participants recognize and respond appropriately to cardiac, breathing and first aid emergencies in order to provide immediate care to a suddenly injured or ill person. The course will cover emergencies involving medical, trauma, environmental, poisoning, as well as CPR and AED. This is a certification course. **INSTRUCTOR:** Code Blue Resources

AMC	Sa	9:00 am-3:00 pm	Mar 23	\$108	\$87 RD	ages 16+
AMC	Sa	9:00 am-3:00 pm	May 18	\$108	\$87 RD	ages 16+
AMC	Sa	9:00 am-3:00 pm	Aug 10	\$108	\$87 RD	ages 16+

## Esports

### Battle in the Forest Esports Tournaments



Jump into the exciting world of gaming with Battle in the Forest Esports Tournaments! We are the ultimate destination for gamers that would like to have fun and showcase their skills in a friendly yet competitive arena. This series of tournaments is offered throughout the year and features some of the most popular games in the gaming industry. Tournaments take place online and are live-streamed to offer the best Esports experience. At the conclusion of each tournament, our top three participants are awarded with an array of prizes! The featured game for each tournament is unveiled at a later date. For more information please visit: [wakeforestnc.gov](http://wakeforestnc.gov) and search "Battle in the Forest".

Online	Sa	12:00-6:00 pm	May 18	free	ages 13+
Online	Sa	12:00-6:00 pm	Aug 24	free	ages 13+

### ESPN NCAA Men's Bracketology

Ready for March Madness? Highlight reel dunks and crossovers, with a few upsets are coming to the 2023 Men's NCAA Basketball Tournament! First game (not a first four in game) begins March 21, with SELECTION SUNDAY on Sunday, March 17 at 6:00 pm. Brackets will be released by 7 pm and once released, you can create your bracket for free on [www.espn.com](http://www.espn.com) (sign up for a free account on [www.espn.com](http://www.espn.com)). Emails will be sent out once you have registered. Will your pick be Final Four bound!?

Online Bracket	M-Th		free	ages 16+
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*\*Brackets completed by the start of the first game*

### ESPN NCAA Women's Bracketology

Ready for March Madness? Time for upsets and buzzer beaters in the 2023 Women's NCAA Basketball Tournament! First game (not a first four in game) begins March 22,

with SELECTION SUNDAY on Sunday, March 17 at 7:00 pm. Brackets will be released by 8pm and once released, you can create your bracket for free on [www.espn.com](http://www.espn.com) (sign up for a free account on [www.espn.com](http://www.espn.com)). Emails will be sent out once you have registered. Will your pick advance or does you bracket bust!?

Online Bracket	M-F	free	ages 16+
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*\*Brackets completed by the start of the first game*

### Introduction to Fighting Video Games ◀NEW!▶

Learn the fundamentals of any fighting game through the critically acclaimed game Street Fighter 6! Choose a character, find your play style and learn the ins and outs of the game mechanics provided! **INSTRUCTOR:** Shaun Townsend

FPCC	Sa	1:00-2:00 pm	Mar 23-Apr 13	\$75	\$60 RD	ages 16+
FPCC	Sa	1:00-2:00 pm	Apr 27-May 18	\$75	\$60 RD	ages 16+
FPCC	Sa	1:00-2:00 pm	Jun 1-22	\$75	\$60 RD	ages 16+
FPCC	Sa	1:00-2:00 pm	Jul 6-27	\$75	\$60 RD	ages 16+

*\*Participants will need to bring their own controller.*

### Friday Night Fighters ◀NEW!▶

Come and play Street Fighter 6 offline with others in a fun and safe environment, featuring top of the line gaming PCs to ensure a smooth experience. Any experience level is welcome! **INSTRUCTOR:** Shaun Townsend

FPCC	F	7:00-8:30 pm	Mar 22-Apr 26**	\$38	\$30 RD	ages 16+
FPCC	F	7:00-8:30 pm	May 3-24	\$38	\$30 RD	ages 16+
FPCC	F	7:00-8:30 pm	Jun 7-28	\$38	\$30 RD	ages 16+
FPCC	F	7:00-8:30 pm	Jul 12-Aug 2	\$38	\$30 RD	ages 16+

*\*Participants will need to bring their own controller.  
\*\*No meetup Mar 29*

### Advanced Fighting Game Strategy ◀NEW!▶

This advanced class will be tailored to developing an advanced game plan and strategy while getting coached by an experienced tournament player. Learn optimization with your main character and grind in a focused setting. **INSTRUCTOR:** Shaun Townsend

FPCC	Sa	2:10-3:30 pm	Mar 23-Apr 13	\$75	\$60 RD	ages 16+
FPCC	Sa	2:10-3:30 pm	Apr 27-May 18	\$75	\$60 RD	ages 16+
FPCC	Sa	2:10-3:30 pm	Jun 1-22	\$75	\$60 RD	ages 16+
FPCC	Sa	2:10-3:30 pm	Jul 6-27	\$75	\$60 RD	ages 16+

*\*Participants will need to bring their own controller*

## Outdoor Recreation

### Bass Fishing Tournament

Do you have the skills to be the next Bass Fishing Champion? Come enjoy the thrills of fishing at the annual Bass Fishing Tournament hosted by the Wake Forest Parks, Recreation & Cultural Resources Department. Open to ages 13 and older, this spectacular event will unfold from June 3-16. During these two weeks, participants can explore any public fisheries in Wake or Franklin county to vie for the title of the largest Bass caught. Participants must only catch Bass to qualify for prizing. To ensure accuracy and fairness, each angler will receive a fishing scale that must be used during the tournament for verification purposes. Don't miss out on this amazing tournament!



Online	M-Su	8:00 am-8:00 pm	Jun 3-16	\$10	ages 13+
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## Fitness

### Adult Fitness: Focusing on Flexibility, Endurance, Strength and Balance

This class is for adults who want a more personalized approach to fitness. The first class will provide a personalized fitness evaluation for each participant to assess their core fitness in the areas of flexibility, strength, endurance, and balance.



In this class, each participant works at their own pace. It's all about progress, not perfection. The instructor understands the physiology of aging and applies these principles to provide a safe environment for all participants, while also educating participants about the benefits of strength training. Participants should bring a towel, exercise mat, and water. **INSTRUCTOR:** Valerie Grasso

FPCC	Sa	7:15-8:15 am	Mar 2-23	\$135	\$108 RD	ages 18+
FPCC	Sa	7:15-8:15 am	Apr 6-27	\$135	\$108 RD	ages 18+
FPCC	Sa	7:15-8:15 am	May 4-25	\$102	\$81 RD	ages 18+
FPCC	Sa	7:15-8:15 am	Jun 1-29	\$169	\$135 RD	ages 18+
FPCC	Sa	7:15-8:15 am	Jul 6-27*	\$102	\$81 RD	ages 18+
FPCC	Sa	7:15-8:15 am	Aug 3-24	\$135	\$108 RD	ages 18+

*\*No class July 13*

## Adult Chair Yoga

Experience enhanced flexibility, stamina, and strength through Adult Chair Yoga, featuring a blend of seated and standing stretches. This yoga practice not only cultivates balance but also imparts valuable breathing techniques for improved well-being. Dress in comfortable attire, opt for sneakers or keep your feet free to stretch in socks or grip-bottomed slippers. **INSTRUCTOR:** Virginia Nickich

JPCC	Tu	9:45-10:45 am	Mar 19-Apr 9	\$25	\$20 <i>RD</i>	ages 18+
JPCC	Tu	9:45-10:45 am	Apr 23-May 14	\$25	\$20 <i>RD</i>	ages 18+
JPCC	Tu	9:45-10:45 am	May 28-Jun 18	\$25	\$20 <i>RD</i>	ages 18+
JPCC	Tu	9:45-10:45 am	Jul 9-30	\$25	\$20 <i>RD</i>	ages 18+
JPCC	Tu	9:45-10:45 am	Aug 13-Sep 3	\$25	\$20 <i>RD</i>	ages 18+

## REFIT® Fitness

REFIT Fitness is a full body, exercise program that brings fun back into fitness. This one hour fitness class pairs movement with music and improves coordination, cardio, strength, stability, flexibility and gives you the opportunity to build community while reaching fitness goals in a positive environment. **INSTRUCTORS:** Mallory Simpson and Alaina Henderson



JPCC	Tu	5:30-6:20 pm	Feb 27-Mar 26	\$25	\$20 <i>RD</i>	age 18+
JPCC	Tu	5:30-6:20 pm	Apr 9-May 7	\$25	\$20 <i>RD</i>	age 18+

## Rebel Moves Pilates | Foundations

This foundational level Pilates class is designed to not only tone your body but also enhance strength, flexibility, posture, endurance, and mental well-being. You'll develop fundamental techniques including the Neutral Spine, effective core engagement, the C-Curve, stability of the shoulders and pelvis, spinal articulation, complete breathing, and the utilization of opposing forces. **INSTRUCTOR:** Martina Villinger

JPCC	M	3:00-3:45 pm	Mar 11-Apr 1	\$69	\$55 <i>RD</i>	ages 18+
JPCC	W	4:00-4:45 pm	Mar 13-Apr 3	\$69	\$55 <i>RD</i>	ages 18+
JPCC	M	3:00-3:45 pm	Apr 15-May 6	\$69	\$55 <i>RD</i>	ages 18+
JPCC	W	4:00-4:45 pm	Apr 17-May 8	\$69	\$55 <i>RD</i>	ages 18+
JPCC	M	3:00-3:45 pm	Jun 3-24	\$69	\$55 <i>RD</i>	ages 18+
JPCC	W	4:00-4:45 pm	Jun 5-26	\$69	\$55 <i>RD</i>	ages 18+
JPCC	M	3:00-3:45 pm	Aug 5-26	\$69	\$55 <i>RD</i>	ages 18+
JPCC	W	4:00-4:45 pm	Aug 7-28	\$69	\$55 <i>RD</i>	ages 18+



## Rebel Moves Pilates | Intermediate

Looking for easy movement and flexibility? Our Intermediate level Pilates class is a great opportunity to enhance your movement and flexibility, while deepening your knowledge of Pilates. Your focus is to challenge your core work, creating a faster pace, and add more flow in your weekly practice. **INSTRUCTOR:** Martina Villinger

JPCC	M	4:00-4:45 pm	Mar 11-Apr 1	\$69	\$55 <i>RD</i>	ages 18+
JPCC	W	3:00-3:45 pm	Mar 13-Apr 3	\$69	\$55 <i>RD</i>	ages 18+
JPCC	M	4:00-4:45 pm	Apr 15-May 6	\$69	\$55 <i>RD</i>	ages 18+
JPCC	W	3:00-3:45 pm	Apr 17-May 8	\$69	\$55 <i>RD</i>	ages 18+
JPCC	M	4:00-4:45 pm	Jun 3-24	\$69	\$55 <i>RD</i>	ages 18+
JPCC	W	3:00-3:45 pm	Jun 5-26	\$69	\$55 <i>RD</i>	ages 18+
JPCC	M	4:00-4:45 pm	Aug 5-26	\$69	\$55 <i>RD</i>	ages 18+
JPCC	W	3:00-3:45 pm	Aug 7-28	\$69	\$55 <i>RD</i>	ages 18+

## Zumba

Dance to great music, with great people, and burn a ton of calories without even realizing it. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. **INSTRUCTOR:** Neltonia Prince

JPCC	M	6:30-7:30 pm	Mar 11-Apr 1	\$25	\$20 <i>RD</i>	ages 18+
JPCC	Sa	9:00-10:00 am	Apr 6-May 4	\$25	\$20 <i>RD</i>	ages 18+
JPCC	M	6:30-7:30 pm	Apr 15-May 6	\$25	\$20 <i>RD</i>	ages 18+
JPCC	Sa	9:00-10:00 am	May 18-Jun 8	\$25	\$20 <i>RD</i>	ages 18+
JPCC	M	6:30-7:30 pm	May 20-Jun 17	\$25	\$20 <i>RD</i>	ages 18+
JPCC	Sa	9:00-10:00 am	Jun 22-Jul 20	\$25	\$20 <i>RD</i>	ages 18+
JPCC	M	6:30-7:30 pm	Jul 1-22	\$25	\$20 <i>RD</i>	ages 18+
JPCC	Sa	9:00-10:00 am	Aug 3-24	\$25	\$20 <i>RD</i>	ages 18+
JPCC	M	6:30-7:30 pm	Aug 5-26	\$25	\$20 <i>RD</i>	ages 18+

## Zumba Toning ◀ NEW! ▶

A Zumba dance party with emphasis on toning to define those muscles. Dance to great music using light weights to tone arms, core and lower body. **EQUIPMENT:** Students will bring 1-2 lb weights. (16.9 oz water bottles can be an acceptable substitution.) Class can also be done without weights. **INSTRUCTOR:** Neltonia Prince

JPCC	M	6:30-7:30 pm	Apr 8	\$8	\$5 RD	ages 18+
JPCC	M	6:30-7:30 pm	May 13	\$8	\$5 RD	ages 18+
JPCC	M	6:30-7:30 pm	Jun 24	\$8	\$5 RD	ages 18+
JPCC	M	6:30-7:30 pm	Jul 29	\$8	\$5 RD	ages 18+

## Martial Arts

### Martial Arts – Traditional TaeKwonDo

This twice a week class will teach coordination, focus, discipline, and self-confidence, all while having fun! Participants will learn the techniques of Traditional Tae Kwon Do starting with the basics and progressing to the advanced including- breathing, blocking, punching, kicking, forms, and controlled sparring. All students learn in a safe, supportive, and family friendly environment. We offer promotional testing through the Traditional Tae Kwon Do Association. No class is held on the first Thursday of every month. **INSTRUCTOR:** National Certified 8th Degree, Grand Master R. Berger

WFCH	T/Th	7:00-8:00 pm	Mar 5-28	\$69	\$55 RD	ages 16+
WFCH	T/Th	7:00-8:00 pm	Apr 2-30	\$69	\$55 RD	ages 16+
WFCH	T/Th	7:00-8:00 pm	May 7-30	\$69	\$55 RD	ages 16+
WFCH	T/Th	7:00-8:00 pm	Jun 4-27	\$69	\$55 RD	ages 16+
WFCH	T/Th	7:00-8:00 pm	Jul 2-30*	\$69	\$55 RD	ages 16+
WFCH	T/Th	7:00-8:00 pm	Aug 6-29	\$69	\$55 RD	ages 16+

\*No class Jul 4

## Open Play

### Adult Open Play Cards and Games

Do you and your friends have a favorite card or board game? Come and join us at Alston Massenburg for fun and fellowship while playing your favorite games. Feel free to bring your own favorite game or play one of ours. Games may include Bridge, Bingo, Yahtzee and more.



AMC	Tu	1:00-3:00 pm	Mar 5-May 28	free	ages 55+
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## Open Play Sports and Activities

Ready to be active and have fun at our facilities? The Town of Wake Forest offers Open Play opportunities for participants to play sports and to be hands on with activities within some of our facilities. Sports and activities may vary by location and could include youth and adult basketball, volleyball, pickleball, badminton, Preschool Time, Lego Club, and more. Participants may reach out to the individual centers and check online for the most update calendar of sports and activities.

JPCC/FPCC	*ongoing	\$5	free RD	ages vary based on program
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\*Please check our website or the facility for the most current open play calendar

## Digital Storytelling

### Content Creation 101 ◀ NEW! ▶

Always wanted to try your hand at creating content? Had an interest in streaming gaming, lifestyle, or vlogging content? This beginner class will introduce you to content creation! You will learn how to create a social media alias, start a channel, & begin building an audience across multiple platforms. **INSTRUCTOR:** Imani Bell

FPCC	M	6:20-7:05 pm	Mar 4-25	\$69	\$55 RD	ages 18+
FPCC	M	6:20-7:05 pm	Apr 1-22	\$69	\$55 RD	ages 18+
FPCC	M	6:20-7:05 pm	May 6-27	\$69	\$55 RD	ages 18+
FPCC	M	6:20-7:05 pm	Jun 3-24	\$69	\$55 RD	ages 18+
FPCC	M	6:20-7:05 pm	Jul 8-29	\$69	\$55 RD	ages 18+
FPCC	M	6:20-7:05 pm	Aug 5-26	\$69	\$55 RD	ages 18+

## Special Events

### BreezeKite Flyers ◀ NEW! ▶

"BreezeKite Flyers" is a community-driven program that brings people of all ages together to enjoy the art of kite flying. Discover the joy of soaring high in the sky while building lasting connections with a vibrant community of kite lovers. Embrace the wind, connect with others, and create memorable moments with "BreezeKite Flyers."

JPCC	Tu	11:00-1:00 pm	Mar 19	free	ages 16+
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### 50 Mile Walking Challenge

Achieving big results requires consistent effort every day. So, let's start making progress towards our fitness goals by participating in the May Month of Fitness annual 50 Mile Walking Challenge! Once you complete the 50 miles and return the cards, you will be eligible to receive a shirt as a reward for your hard work.

JPCC	May 1-31	free	ages 16+
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# SPECIALIZED

## & INCLUSION PROGRAMS

Enriching programs designed for individuals with disabilities.

### Athletics

#### Abilities Tennis Clinics

Abilities Tennis Clinics provide specialized instruction and practice for athletes with intellectual disabilities ages 8 and older. Coaches and volunteers are trained to teach the fundamentals of tennis, practice drills, and fun games geared toward improving tennis skills. All experience levels, beginner, intermediate, and advanced skills, are welcome. Coaches are able to adapt tennis for each individual so everyone can join in on the fun! **INSTRUCTOR:** Abilities Tennis NC



Heritage High Park	Sa	4:00-5:00 pm	Mar 2-Apr 27*	free	ages 8+
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\* No class Mar 30

#### Dream League

Dream League Baseball is an inclusive and adaptive baseball league dedicated to individuals with disabilities. Our league offers a welcoming and supportive environment where everyone can enjoy the excitement. Our league games take place on Saturday mornings throughout the months of April and May, at Heritage High Park. It's not just a baseball league; it's a place where dreams are nurtured and cherished. Dream League is passionate about making sure that each participant has an unforgettable and fulfilling experience on the field. **STAFF CONTACT:** Olivia Atkinson, oatkinson@wakeforestnc.gov

<b>Registration:</b> Feb 1-29	Apr-May season	\$15	ages 5+
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\*Pre-registration required, late fee assessed after deadline



#### Dream League Baseball "BUDDY" program

Dream League Buddies assist players during games. This may include, but is not limited to, help guide a batter around the bases, assist in retrieving the ball, and cheering players on! Buddies are required to attend at least 3 games per season. **STAFF CONTACT:** Olivia Atkinson, oatkinson@wakeforestnc.gov

<b>Registration:</b> Feb 1-29	Apr-Jun season	free	ages 10+
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\*Pre-registration required

#### Journey League Basketball

Journey League is a unifying, safe and inclusive place for Special Needs teens and young adults to play basketball, get physically active and make new friends. Our program stands for acceptance, teamwork, skill development and fun. Journey League will always celebrate diversity, sportsmanship and the opportunity to be a beacon of hope for all. **INSTRUCTOR:** Journey League



JPCC	F	6:30-8:00 pm	May 3-Jun 14	\$15	ages 12+
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\*Pre-registration required

#### Special Needs Swim Lessons

Dive into the world of swimming, an essential life-saving skill that brings a multitude of benefits. Our program offers personalized 1-on-1 swim lessons specifically designed for individuals with disabilities. Led by an experienced instructor, each lesson package comprises two immersive 30-minute sessions. Throughout these tailored lessons, participants will embark on a journey to develop a strong foundation in swimming.



Key topics covered include water safety and stability, back floating, belly floating, kicking, and breathing exercises. Join us whether you're a beginner or seeking to refine your swimming abilities. This program is tailored to your unique needs and abilities. **INSTRUCTOR:** Nicole Russell

Holding Park Aquatic Center	Tu-Th*	5:00-6:30 pm	Jun-Aug	\$80	ages 4+
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\*Specific dates and times TBD





## Culinary Arts

### Cooking with Friends – Wednesdays

Cooking with Friends is a specialized cooking program designed to empower individuals with disabilities in the culinary arts. Our classes focus on creating simple yet delicious cooking and baking recipes that can be prepared as independently as possible. Under the guidance of our dedicated instructor, students will not only explore the joys of cooking but also build essential life skills in the kitchen. Our program places a strong emphasis on kitchen safety, fundamental cooking techniques, following recipe directions, and enhancing communication skills. The goal is to equip students with the confidence and abilities to utilize their newfound cooking skills at home, impressing their families and friends with delightful homemade creations. Join us for a fun and enriching experience, where the joy of cooking and the pleasure of friendship come together. **INSTRUCTOR:** Cathy Smith

JPCC	W	6:30-8:00 pm	Mar 6-27	\$60	ages 15+
JPCC	W	6:30-8:00 pm	Apr 3-24	\$60	ages 15+
JPCC	W	6:30-8:00 pm	May 1-22	\$60	ages 15+
JPCC	W	6:30-8:00 pm	Jun 5-26	\$60	ages 15+
JPCC	W	6:30-8:00 pm	Jul 3-24	\$60	ages 15+
JPCC	W	6:30-8:00 pm	Aug 7-28	\$60	ages 15+

*\*Pre-registration required*

### Cooking with Friends – Thursdays

Cooking with Friends is a specialized cooking program designed to empower individuals with disabilities in the culinary arts. Our Thursday class offers the same guidance and instruction as the Wednesday class. See the complete description above.

**INSTRUCTOR:** Cathy Smith

JPCC	Th	6:30-8:00 pm	Mar 7-28	\$60	ages 15+
JPCC	Th	6:30-8:00 pm	April 4-25	\$60	ages 15+
JPCC	Th	6:30-8:00 pm	May 2-23	\$60	ages 15+
JPCC	Th	6:30-8:00 pm	June 6-27	\$60	ages 15+
JPCC	Th	6:30-8:00 pm	July 11-25	\$45	ages 15+
JPCC	Th	6:30-8:00 pm	Aug 8-29	\$60	ages 15+

*\*Pre-registration required*

### Aspire Respite Day Program - Cooking NEW!

Welcome to Aspire, our adult day program for individuals with disabilities in the Wake Forest community. This summer, Aspire is venturing into the kitchen, offering an exciting opportunity for participants to learn meal planning, food preparation, recipe following, cooking, socializing, and maintaining a clean workspace. Moreover, at Aspire, you will gain a sense of independence, enhance your decision-making skills, improve your attention span, and forge lasting friendships. We invite you to be a part of our community and embark on this enriching journey with us! **INSTRUCTOR:** Cathy Smith

JPCC	W	9:00 am-12:00 pm	Jun 3-Aug 28*	\$25	ages 22+
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*\*Registration is weekly  
\*\*No Aspire on July 3*

## Dance

### Miracles in Motion

Miracles in Motion was founded with the idea that dance should be accessible for everyone, regardless of ability level. This class is designed to support an inclusive blend of children, teens, and young adults with various levels of support needs. Class will consist of a warm up, stretching, ballet techniques, jazz techniques, choreography, improvisation, and dance games. Accommodations and modifications will be made as needed to ensure each dancer is comfortable and has the support they need to thrive and have FUN! Our awesome peer mentor volunteers will provide assistance and encouragement along the way, and we will have an optional performance opportunity in June. **INSTRUCTOR:** Katie Tompkins

JPCC	F	4:30-5:15 pm	Mar 1-Jun 7**	free*	ages 8-25
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*\*Pre-registration required  
\*\*No class Mar 22, Mar 29, May 24, May 31*



### Meet our Staff

**Adison Evans** is currently the part-time Specialized Programs and Inclusion Coordinator for the PRCR Department. She is a recent graduate of Western Carolina University, a Licensed Recreational Therapist and Certified Therapeutic Recreation Specialist. Adison has several years of experience working with individuals with disabilities, through day programs, One on One care and at a Therapeutic horse-riding center. When she is not here working you can find her hanging with her Labradoodle named Murphy and enjoying time outdoors!

# SPECIALIZED

## ConfIDANCE – Mondays

Welcome to the ultimate dance-fitness party, where we groove, sweat, and have a blast with our friends! Our program is a non-stop celebration of music, featuring everything from chart-topping hits to international tunes spanning across generations. As you join this class, you'll find yourself burning calories while dancing to beats that'll get your body in motion. Our philosophy is simple: be fearless, be yourself, and dance like nobody's watching! It's so much fun that you won't even realize you're working out. Our dance steps are designed to be easy to follow, and our choreography covers a range of world rhythm styles and popular hip-hop dance moves. No prior dance or fitness experience is necessary; this class is for everyone, let's dance our way to fitness, fun, and self-confidence! **INSTRUCTOR:** Hannah Bleyer

JPCC	M	5:45-6:45 pm	Mar 11-Apr 22	\$30	ages 10+
JPCC	M	5:45-6:45 pm	May 6-Jun 17	\$30	ages 10+
JPCC	M	5:45-6:45 pm	Jul 1-Aug 5	\$30	ages 10+

## ConfIDANCE – Tuesdays

Welcome to the ultimate dance-fitness party, where we groove, sweat, and have a blast with our friends! Our program is a non-stop celebration of music, featuring everything from chart-topping hits to international tunes spanning across generations. As you join this class, you'll find yourself burning calories while dancing to beats that'll get your body in motion. Our philosophy is simple: be fearless, be yourself, and dance like nobody's watching! It's so much fun that you won't even realize you're working out. Our dance steps are designed to be easy to follow, and our choreography covers a range of world rhythm styles and popular hip-hop dance moves. No prior dance or fitness experience is necessary; this class is for everyone, let's dance our way to fitness, fun, and self-confidence! **INSTRUCTOR:** Hannah Bleyer

JPCC	Tu	6:45-7:45 pm	Mar 12-Apr 23	\$30	ages 10+
JPCC	Tu	6:45-7:45 pm	May 7-Jun 18	\$30	ages 10+
JPCC	Tu	6:45-7:45 pm	Jul 2-Aug 6	\$30	ages 10+



## Movers and Shakers «NEW!»

Join us for an exhilarating and inclusive dance fitness adventure designed to be enjoyed by children with all-diverse abilities aged 4 to 9, alongside their supportive parent or guardian. Our adaptive dance fitness workout is all about introducing exercise in a fun, engaging, and upbeat way! Participants will build confidence, self-esteem, memory, and coordination while grooving to the beat. From easy-to-follow dances featuring mainstream music to captivating international rhythms from both the past and present, we've got the perfect playlist to keep those wiggles at bay. Space is limited, so don't miss your chance to join in on the fun! **INSTRUCTOR:** Hannah Bleyer



JPCC	M	4:30-5:30 pm	Mar 11-Apr 22*	\$20	ages 4-9
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*\*No class Apr 8*

## Decades Dance

Kick off summer with a Decades dance party! Join us for a night filled with a DJ, refreshments, dancing, and plenty of fun! You can come with friends or make new ones right here. Whether you want to dress up as your favorite decade or just show up as you are, you're welcome to enjoy the evening. We will have additional support available, and you can also bring your own if needed.



WFCH	F	6:30-8:30 pm	Jun 21	\$15	ages 10+
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*\*Pre-registration required, late fee assessed after deadline*

## Art

### Awakening Creativity: Nurturing Mental Wellness Through Art «NEW!»

Embrace your inner creative journey with trusting your internal expression with abstract art. This class is thoughtfully designed for those who navigate the complexities of mental illness or neurodiversity. Our goal is to empower students to awaken and trust their innate, intuitive instincts, fostering a deeper connection with the beginner's mind. Whether you're a newcomer to art or seeking to rekindle the magic of a beginner's perspective, our class offers a safe, nurturing space for you. It's an avenue where you can work on vulnerability, cultivate confidence, and explore ways to support your mental health. **INSTRUCTOR:** Sydnee Yates

FPCC	M	6:30-7:30 pm	Apr 1-29	free	ages 15+
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*\*Pre-registration required*



## Community Activities

## Social Programs

### Club Connect

Come join us once a month for a fantastic socialization experience filled with engaging activities and lots of fun! At our gatherings, participants will have the chance to connect with their peers, indulge in exciting games, explore their creativity, and even contribute to planning activities based on group input. We warmly welcome individuals who are capable of independently managing their self-care routines, and if needed, participants are encouraged to bring a buddy for additional support. Don't miss out on all the excitement and camaraderie we have in store!  
**STAFF CONTACT:** Olivia Atkinson, oatkinson@wakeforestnc.gov



JPCC	Th	5:30-7:00 pm	Mar 21	free*	ages 15+
JPCC	Th	5:30-7:00 pm	Apr 25	free*	ages 15+
JPCC	Th	5:30-7:00 pm	May 23	free*	ages 15+
JPCC	Th	5:30-7:00 pm	Jun 27	free*	ages 15+
JPCC	Th	5:30-7:00 pm	Jul 25	free*	ages 15+
JPCC	Th	5:30-7:00 pm	Aug 22	free*	ages 15+

\*Pre-registration required

### Aspire Respite Day Program ◀NEW!▶

Welcome to Aspire, our adult day program for individuals with disabilities in the Wake Forest community. At Aspire, we come together as a supportive and inclusive community to help each individual achieve their personal goals in life. Our program embraces a holistic approach, focusing on a wide range of objectives, whether they be recreational, communication, or essential life skills. Under the guidance of our instructors, participants will embark on a journey of self-discovery and personal growth. Throughout the program, they'll have the opportunity to explore new interests, try out exciting activities, and discover fresh passions that will bring them closer to their goals. Join us in this enriching experience, where we nurture dreams, build skills, and foster a sense of belonging.  
**INSTRUCTOR:** Cathy Smith

AMC	W	9:00 am-12:00 pm	Mar 6-May 22	\$25	ages 22+
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\*Registration is weekly

### Sensory Friendly Tot Time ◀NEW!▶

If you have a child under the age of 4 with a disability, and if your little one is eager to meet new friends and learn the joys of playing with others, this program is just for you. Join us once a month for an engaging and interactive experience where children can explore, socialize, and develop new ways to play with peers. At Sensory Friendly Tot Time, toddlers will have the opportunity to engage in a variety of exciting activities, make new friends, and embark on a delightful sensory journey. It's a unique and inclusive space where children can learn, grow, and have fun. **STAFF CONTACT:** Olivia Atkinson, oatkinson@wakeforestnc.gov

JPCC	Th	10:00-11:00 am	Mar 7, Apr 4, May 2	\$15	ages 0-4
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### Kindred Care Providers Network ◀NEW!▶

Kindred signifies the essence of connection, shared experiences, and the bonds that tie us all together. Are you a parent or caregiver for an individual with a disability? Do you long for an opportunity to connect with others, engage in enriching discussions about the challenges and triumphs you encounter daily while caring for your loved ones, and explore valuable resources? Kindred Care Providers Network is the place where we come together once a month to connect, share, and support one another. It's a space where we delve into important topics, gather resources, and connect with those who walk in similar shoes. Whether you consider yourself an expert or a newcomer in caregiving, we all share a common purpose - to learn from each other and grow as a community. **STAFF CONTACT:** Olivia Atkinson, oatkinson@wakeforestnc.gov

AMC	Th	6:00-7:00 pm	Mar 14, Apr 11, May 9	free	ages 18+
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### Egg-ceptional Egg Hunt

This egg hunt caters to children with disabilities and their families. The purpose of our egg hunt is to provide a fun, safe, family-friendly environment that allows children who may have difficulty participating in a traditional egg hunt the opportunity to hunt for Easter eggs. Bring a buddy to help if needed.

Joyner Park	Sa	10:00-10:30 am	Mar 23	free	all ages
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# SPECIALIZED SERVICES

## Inclusion Services

The Town of Wake Forest's Parks, Recreation, & Cultural Resources Department is committed to an inclusive approach to recreation and encourages individuals with and without disabilities to participate together. In order for individuals with special needs to participate as fully as possible, reasonable modifications will be provided in accordance with the Americans with Disabilities Act. If you or a family member requires a reasonable modification to participate in a program, please contact Olivia Atkinson at [atkinson@wakeforestnc.gov](mailto:atkinson@wakeforestnc.gov) or 919-435-9559.

### What is a reasonable modification?

Reasonable modifications are additional supports and resources used to help aid a person with a disability to participate in any program. These resources may include, but are not limited to, auxiliary aids or services, adaptive equipment, or additional support staff. The ADA does not require the Town of Wake Forest to take any action that would fundamentally alter the nature of its programs or services, compromise the safety of participants, or impose an undue financial or administrative burden.

For questions or program ideas, please contact Olivia Atkinson, [atkinson@wakeforestnc.gov](mailto:atkinson@wakeforestnc.gov), 919-435-9559.

## Community Resources for Specialized Services

Abilities Tennis of NC .....	919-606-4917
Alliance Behavioral Healthcare.....	800-510-9132
Alliance of Disability Advocates- Center for Independent Living .....	919-833-1117
The ARC of the Triangle .....	919-832-2660
A Small Miracle Inc. ....	919-900-4422
Autism Society of NC- Wake Co. Chapter.....	800-442-2762
Brain Balance Achievement Center of Wake Forest .....	919-554-4622
East Point Prosthetics & Orthotics.....	919-844-7897
GiGi's Playhouse .....	919-307-3952
NC ABLE.....	919-814-4000
North Carolina Orthotics & Prosthetics of Wake Forest .....	919-556-3402
North Carolina Special Olympics.....	919-719-7662
Special Olympics Wake County.....	919-719-7662
Triangle Behavioral & Educational Solutions .....	919-449-8345
Triangle Down Syndrome Network.....	919-803-0515
Wake County Human Services .....	919-212-7000
Wake Forest Dream League.....	919-556-7093
WCPSS- Family & Community Connections .....	919-431-7334



## Achieve a Better Life Experience with the NC ABLE Program ◀ NEW! ▶

Living with a disability can introduce unique challenges and hurdles in life, but saving and investing should not be among them. The NC ABLE (Achieving a Better Life Experience) Program, a game-changer for individuals who have experienced a disability prior to the age of 26. This program provides the invaluable opportunity to save and fund a wide range of qualified disability expenses (QDEs) while still maintaining essential public supports such as Medicaid, SSI, SSDI, and more. Discover how to determine your eligibility for an account, explore the diverse sources of contributions, and understand the withdrawal requirements. This presentation is your gateway to financial empowerment, ensuring that your financial future is not limited by the challenges you face. It's time to secure a better life experience and NC ABLE is here to help you achieve it. **INSTRUCTOR:** NC ABLE

JPCC	Date and time to be determined	free	ages 18+
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## Talk With Me Tuesdays

Talk with me Tuesdays is a dedicated space for disability advocates and community members. This unique opportunity is designed to help our Specialized Programs and Inclusion Specialist gain a deeper understanding of community needs, explore new programming possibilities, and strengthen the network for individuals with disabilities. If you're a caregiver, advocate, or someone passionate about creating a more inclusive community, we invite you to join Olivia for one-on-one discussions. You can delve into any topic related to disability and inclusion, whether it's seeking advice, sharing your experiences, or brainstorming ideas to make the Town of Wake Forest an even better place for individuals of all abilities. We are committed to creating a supportive and empowering space for open conversations. **STAFF CONTACT:** Olivia Atkinson, [atkinson@wakeforestnc.gov](mailto:atkinson@wakeforestnc.gov)

Tu	9:00-9:30 am	free	ages 18+
Tu	3:00-3:30 pm	free	ages 18+

# CAMPS

## TRACK OUT & SUMMER ENRICHMENT PROGRAMS



### Day Camp

#### Camp Nahele (pronounced nah-hē-lē)

Camp Nahele ("nahele" means "forest" in Hawaiian) is a full day recreational summer camp program designed to enhance your child's summer experiences through arts and crafts, education, nature, recreational and sporting activities. The camp will operate for a nine-week period from June 10 through Aug 9, at Joyner Park Community Center, 701 Harris Road. The camp is offered Monday through Friday, from 7:30 am-6:00 pm. Participants must be at least six years old on or before June 1, 2024.

JPC	M-F	7:30 am-6:00 pm	Jun 10-Aug 9*	\$150/wk	\$125/wk RD	ages 6-11
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\*No camp on Jul 4

### Art

#### Preschool Art Camp

Join Mr. Moo for a stroll in the garden. In this camp we will explore all the things that live in the garden through stories and art projects. Class is messy so dress accordingly. Please bring a snack daily. **INSTRUCTOR:** Maureen Seltzer

FPC	M-F	9:00 am-12:00 pm	Jun 10-14	\$182	\$145 RD	ages 3-5
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#### Preschool Art Camp

Jump aboard The S.S Creativity with Mr. Moo and a weeklong expedition of art and stories centered around the ocean. This class can get messy so dress accordingly. Please bring a snack daily. **INSTRUCTOR:** Maureen Seltzer

FPC	M-F	9:00 am-12:00 pm	Jul 15-19	\$182	\$145 RD	ages 3-5
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#### Ooey Gooley Camp

Ooey gooley is what you will be saying all week as we explore art of the messy kind. We will dive in to paper mâché and collage along with finding out how to recycle things and turn them into treasures. This class is very messy so dress accordingly. Make sure to bring a snack daily. **INSTRUCTOR:** Maureen Seltzer

FPC	M-F	9:00 am-12:00 pm	Jun 24-28	\$188	\$150 RD	ages 6-9
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#### Art Time Machine

Come enjoy learning about art history through hands-on projects. We will journey down a time machine from ancient Egypt to modern day art. We will explore different art mediums from watercolor, tempura, chalk, and acrylic on canvas. This class can get messy so dress accordingly. Please bring a snack daily **INSTRUCTOR:** Maureen Seltzer

FPC	M-F	9:00 am-12:00 pm	Jun 17-21	\$188	\$150 RD	ages 10-12
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#### Meet The Artist

Come along on a week long journey learning about some famous artist past and present. We will paint and draw in the style of some artist like Monet, Van Gogh and Georgie O'Keefe. In this class we will work in many kinds of media like watercolor chalk, and acrylic paint. So we will be messy please dress accordingly. Please bring a snack daily.

FPC	M-F	9:00 am-12:00 pm	Jul 8-12	\$188	\$150 RD	ages 6-9
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## Athletics

### Kidokinetics Sportspalooza Summer Camp (Preschool)

This summer camp introduces preschoolers to a variety of age-appropriate sports, activities and games in a fun and non-competitive way! Our experienced coaches will ensure the kids are engaged while learning sports fundamentals and play skills. Activities include baseball, basketball, hockey, soccer, parachute and much more! Children must be potty trained. **INSTRUCTOR:** Kidokinetics

FPC	M-F	9:00 am-12:00 pm	Jul 29- Aug 2	\$182	\$145 <i>RD</i>	ages 3-6
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### Kidokinetics Sportspalooza Summer Camp (Elementary)

Our multi sports camp introduces kids to a variety of sports, games and activities that will get them playing all week! Soccer, baseball, hockey, basketball and lacrosse (and more!) headline the expansive roster of sports. Campers will learn new skills, gain self-confidence and try sports they may not have had an opportunity to try before. If your kids love all things sports, this camp is for them! **INSTRUCTOR:** Kidokinetics



FPC	M-F	9:00 am-12:00 pm	Jun 17-21	\$182	\$145 <i>RD</i>	ages 6-10
FPC	M-F	9:00 am-12:00 pm	Aug 5-9	\$182	\$145 <i>RD</i>	ages 6-10

### Skyhawks Volleyball Camp

Skyhawks Volleyball takes the energy and excitement of this great team sport and puts it all together into one fun-filled program. All aspects of the game are taught through drills and exercises that focus on bumping, setting, spiking, hitting and serving. This program is designed for the beginning to intermediate player and includes a focus on critical life skills such as leadership and teamwork. **INSTRUCTOR:** Skyhawks Sports Academy

FPC	M-F	9:00 am-12:00 pm	Jun 24-28	\$175	\$140 <i>RD</i>	ages 7-11
FPC	M-F	9:00 am-12:00 pm	Jul 22-26	\$175	\$140 <i>RD</i>	ages 12-14

### J.J. Miller Basketball Camp

This week-long instructional camp will be led by Professional European basketball player J.J. Miller. Participants will work on the basic fundamentals of the game emphasizing dribbling, shooting, free throws and defensive skills. Participants will be divided by age groups for game play. Please bring a snack daily.

**INSTRUCTOR:** J.J. Miller



FPC	M-F	8:00 am-12:00 pm	Jul 8-12	\$138	\$110 <i>RD</i>	ages 7-12
FPC	M-F	8:00 am-12:00 pm	Jul 15-19	\$138	\$110 <i>RD</i>	ages 13-17

## Education

### Pirates Set Sail ◀ NEW! ▶

Ahoy Mates! Are you ready to set sail for adventure? X marks the spot for FUN! While at camp your little swashbucklers will create seaworthy crafts, have buccaneer story-time, play games like "Walk the Plank", and we may even hunt a little treasure. We need all hands on deck for a week full of high seas discoveries, COME JOIN US! Camp is a half day, please send a snack and water bottle daily from home. **INSTRUCTOR:** Shirley Coltrane

AMC	M-F	9:00 am-12:00 pm	Jun 17-21	\$187	\$150 <i>RD</i>	ages 4-10
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### Arctic Chillers ◀ NEW! ▶

Need a break from the summer heat? Come join us at Camp Arctic Chillers! We will be bundled up as we learn all about the polar animals that make the arctic their home, have snowy storytime, make frosty crafts, play games like musical icebergs, and we may even get to have a snowball fight. Sled on over to get out of the heat and check out our indoor igloo, COME JOIN US! Camp is a half day, please send a snack and water bottle daily from home. **INSTRUCTOR:** Shirley Coltrane

AMC	M-F	9:00 am - 12:00 pm	Jun 24-28	\$187	\$150 <i>RD</i>	ages 4-10
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### Mario Mania ◀ NEW! ▶

Calling all Super Mario Brothers Fans! Your little gamers will be transported to a lifesize version of the game where they will get to participate in obstacle courses to defeat Bowser, participate in Yoshi Yoga, craft with Princess Peach, and have storytime with Toad. Mario and his friends need you on this quest to defeat the King of the Koopa, COME JOIN US! Camp is a half day, please send a snack and water bottle daily from home. **INSTRUCTOR:** Shirley Coltrane

AMC	M-F	9:00 am - 12:00 pm	Jul 8-12	\$187	\$150 <i>RD</i>	ages 4-10
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## Oh the Places We Will Go ◀ NEW! ▶

Here we go go go on an ADVENTURE! This camp is full of silly games like Hop on Pop, whimsical Oobleck crafts, and sensational storytime with Cat in the Hat. The Lorax and Horton will lead our campers on seussical discoveries, so COME JOIN US! Camp is a half day, please send a snack and water bottle daily from home. **INSTRUCTOR:** Shirley Coltrane

AMC	M-F	9:00 am - 12:00 pm	Jul 29-Aug 2	\$187	\$150 <i>RD</i>	ages 4-10
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## Pokémon™

### Pokémon™ TCG Camp

GOTTA CATCH'EM ALL! Come take part in the Pokémon™ Trading Card Game (TCG) fun camp! Enjoy playing the game with friends while working on mental math, strategy skills, and reading. There will be time for everything from trading to playing - and even a tournament at the end of the week! **INSTRUCTOR:** Robert Stansberry



FPCC	M-F	1:00-4:00 pm	Jul 8-12	\$157	\$125 <i>RD</i>	ages 8-12
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## STEM

### Adventures in STEM using LEGO® Materials

Let your imagination run wild with tens of thousands of LEGO® parts! Build engineer-designed projects and use special pieces to create your own unique designs! Projects are rotated monthly to ensure that both new and returning students can explore the endless creative possibilities of the LEGO® building system. **INSTRUCTOR:** Playwell Teknologies

AMC	M-F	9:00 am-12:00 pm	Jun 10-15	\$237	\$190 <i>RD</i>	ages 5-7
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### STEM Explorations using LEGO® Materials

Master your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO® parts! Apply realworld concepts in physics, engineering, and architecture through engineer-designed projects. Projects are rotated monthly to ensure that even returning students get a new experience, so join us to design and build as never before and explore your craziest ideas. **INSTRUCTOR:** Playwell Teknologies

AMC	M-F	1:00-4:00 pm	Jun 10-14	\$237	\$190 <i>RD</i>	ages 7-12
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### Minecraft Engineering using LEGO® Materials

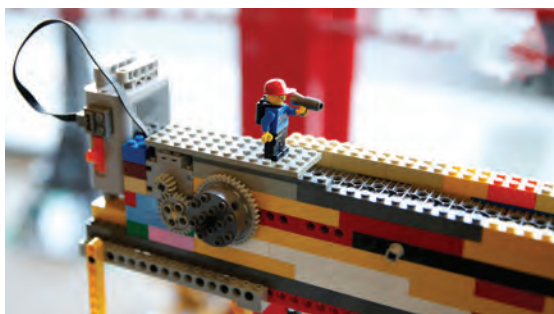
Venture into the world of Minecraft in our unique LEGO® experience. Get ready to build your base, craft your tools, use your Minecart to harvest raw resources, and battle to stop the Ender Dragon from ending the world. Come explore the endless possibilities of LEGO® with a trained Play-Well. **INSTRUCTOR:** Playwell Teknologies

AMC	M-F	9:00 am-12:00 pm	Jul 15-19	\$237	\$190 <i>RD</i>	ages 5-7
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### Minecraft Master Engineering using LEGO® Materials

Bring your favorite Minecraft adventures to life with our enthusiastic Play-Well instructors. In a Minecraft world powered by LEGO® resources, we will build shelters to keep out Creepers, craft mystical items that only true masters can wield, and perfect our crossbow skills to stop the Wither from taking over! If you can imagine it, we can build it. **INSTRUCTOR:** Playwell Teknologies

AMC	M-F	1:00-4:00 pm	Jul 15-19	\$237	\$190 <i>RD</i>	ages 7-12
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# AQUATICS

## & WATER FUN

### Holding Park Aquatic Center

133 W. Owen Ave. | 919-435-9560

OPEN: May 25 – Sep 2

AMENITIES: Six-lane, 25-yard lap pool; two water slides with plunge pool; and a children's pool with sprayground features



### Open Swim

The aquatic center will open on Saturday, May 25 (Memorial Day weekend) for the summer season. The center will remain open through Labor Day, Sep 2.

Open Swim is offered daily. To see a current schedule of Open Swim times visit [wakeforestnc.gov](http://wakeforestnc.gov) and search "Holding Park Aquatic Center."

Daily Admission Fee	
age 2 and under	\$2   \$1 RD
age 3-13	\$6   \$4 RD
ages 13-59	\$7   \$5 RD
ages 60+	\$6   \$4 RD



### Swim Lessons

Swim class sessions (4 sessions, Monday–Thursday) will be offered in June and July. Specific dates and times will be available at Joyner Park Community Center and online by May 23. Registration begins June 1. Maximum of 4 per class. All registration will be held online.



M–Th	June–July (schedule available May 23)	\$80   \$40 RD
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### Taylor Street Sprayground

Located at Taylor Street Park, the sprayground will be open daily, April 27–Sept 2.

Wake Forest's first sprayground is a dynamic, zero-depth aquatic play area that provides endless hours of fun for the entire family. The sprayground combines the sensations of different water movements—flowing, misting, and jetting—with diverse features for an unequaled aquatic play adventure.



#### HOURS:

Mon–Sat 10:00 am–8:00 pm;  
Sun 12:00–8:00 pm



# ATHLETICS

YOUTH AND ADULT



## Youth Athletics

### Spring Baseball, Softball, and T-Ball Leagues

League age is determined by participant's age on April 30, 2024. Registration will be held February 1-29. Team practices begin in late March/early April games are played through June. **STAFF CONTACT:** Mikkel Patterson, mpatterson@wakeforestnc.gov

<b>Registration:</b> Feb 1-29	Mar-Jun season	\$100	\$60 RD	ages 5-17 boys and girls
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### Fall Baseball & Softball League

League age is determined by participant's age on April 30, 2024. Registration will be held June 1-30. Team practices begin in August games are played through mid-October. **STAFF CONTACT:** Mikkel Patterson, mpatterson@wakeforestnc.gov

<b>Registration:</b> Jun 1-30	Aug-Oct season	\$100	\$60 RD	ages 6-16 boys and girls
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### Youth Volleyball League

League age is determined by participant's age on September 1, 2024. Registration will be held April 1-30. Team practices begin in May, games are played through early July. **STAFF CONTACT:** Mikkel Patterson, mpatterson@wakeforestnc.gov



<b>Registration:</b> Apr 1-30	May-Jul season	\$100	\$60 RD	ages 9-16 girls
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### Fall Flag Football <NEW!>

League age is determined by participant's age on August 31, 2024. Registration will be held June 1-30. Team practices begin early-August, games are played through mid-October. **STAFF CONTACT:** KP Kilparick, kkilpatrick@wakeforestnc.gov, 919-435-9457



<b>Registration:</b> Jun 1-30	Sep-Oct season	\$100	\$60 RD	ages 7-12 boys and girls
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### Inge Basketball 3v3

At the end of the winter ball season, join NC State's Kenny Inge in a fast-paced competition each week this spring. Coach Inge developed this COED 3v3 League for basketball players of all skill levels. You can bring your own team of 5 or we will place you on one. Eight game season, one game per week.



<b>Registration:</b> Feb 1-29	Mar-May season	\$195	\$155 RD	ages 8-17 boys and girls
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### Youth Athletic League Registration

**YOUTH REGISTRATION:** **New players** must submit a copy of the participant's birth certificate. **Returning players** are not required to submit a birth certificate. ALL registration for youth leagues will be held online during the specified registration periods. Computer access will be available at Joyner Park Community Center

should registrants need access. **RESIDENT/NON-RESIDENT RATES:** Participants that reside within the town's limits are eligible for the \$60 resident rate. Participants who live outside the town's limits are encouraged to participate in athletic programs but will be charged the \$100 non-resident fee.



## Hoopers Elite Skills Clinic ◀ NEW! ▶

This clinic is for intermediate to high level middle and high school players that have aspirations of playing at the next level. Players can expect intense on the court individual and competitive drills that will include both team offensive and defensive concepts.

**INSTRUCTOR:** J.J. Miller

FPCC	M	5:00-6:00 pm	Mar 5-Apr 1*	\$150	\$120 <i>RD</i>	ages 12+
FPCC	M	5:00-6:00 pm	Apr 15-May 13	\$150	\$120 <i>RD</i>	ages 12+

\*No class on Apr 1

## Individual Basketball Training

In this program, J.J. Miller and some of his Hooper's Elite certified trainers (who are also USA Basketball licensed) train and develop intermediate to advanced level players. Our individual training program concentrates on every aspect of the game and is specific to each individual player. These sessions are typically one player, however, they can be up to three if it's beneficial for each player. Sessions last 45 -60 minutes depending on the key areas that you are working on for the particular day. The first session will be an evaluation session in which we put our clients through some basic drills to assess their skill level and focus on areas of their game that should be strengthened. We also get the player's thoughts on the areas in which they would like to improve. With this information, we will put together a specific program to maximize improvement. **INSTRUCTOR:** J.J. Miller

FPCC	M-F	3:00-6:00 pm	Mar	\$500	\$400 <i>RD</i>	ages 7+
FPCC	M-F	3:00-6:00 pm	Apr	\$500	\$400 <i>RD</i>	ages 7+
FPCC	M-F	3:00-6:00 pm	May	\$500	\$400 <i>RD</i>	ages 7+
FPCC	M-F	3:00-6:00 pm	Jun	\$500	\$400 <i>RD</i>	ages 7+
FPCC	M-F	3:00-6:00 pm	Jul	\$500	\$400 <i>RD</i>	ages 7+
FPCC	M-F	3:00-6:00 pm	Aug	\$500	\$400 <i>RD</i>	ages 7+

\*Please contact JJ Miller at [info@hoopers-elite.com](mailto:info@hoopers-elite.com) to schedule training  
\*This 8-session program is for intermediate to advanced level players

## Preschool Hoops

SWISH! Begin to develop your little ballers' skills in this fun and exciting basketball class. Participants will be taught the basics and FUNdamentals of basketball including dribbling, passing, shooting, and defense. Educated by former professional basketball player JJ Miller, this is an opportunity you can't miss! **INSTRUCTOR:** JJ Miller, Hoopers Elite Basketball Services



FPCC	Sa	9:00-9:45 am	Apr 6 -27	\$100	\$80 <i>RD</i>	ages 3-5
FPCC	Sa	9:00-9:45 am	Aug 3-24	\$100	\$80 <i>RD</i>	ages 3-5

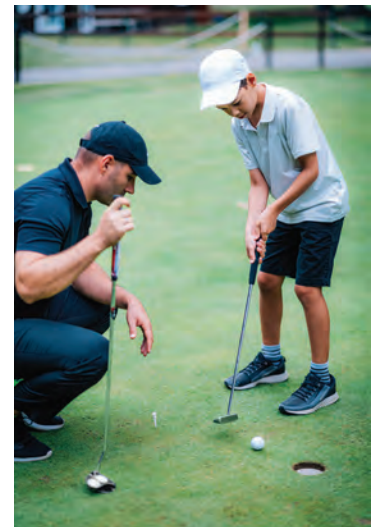
## Skills, Drills, & Developmental Basketball Clinic

Improve on your baller's basic fundamentals and skills with this fun and challenging basketball clinic. This clinic is designed by former professional basketball player J.J. Miller to improve each player's game, build confidence, and help them have more fun with the game of basketball. **INSTRUCTOR:** J.J. Miller

FPCC	Sa	10:00-11:00 am	Apr 6 -27	\$107	\$85 <i>RD</i>	ages 6-15
FPCC	Sa	10:00-11:00 am	Aug 3-24	\$107	\$85 <i>RD</i>	ages 6-15

## Skyhawks Beginning Golf

Skyhawks Beginning Golf is powered by Payne Stewart Golf Experiences, the recommended entry-level golf program for PGA Junior Golf Camps. The unique, games-based play program and modified learning equipment make it easier for kids to hit the ball and experience early success. Putting, chipping, pitching and full swing, are all taught through games, simple repetitive motions and learning rhymes that make it easy for young kids to remember and repeat. Specially designed, age appropriate golf equipment is provided. **INSTRUCTOR:** Skyhawks Sports Academy



Heritage High Park	Sa	9:00-10:00 am	Apr 13-May 4	\$125	\$100 <i>RD</i>	ages 5-9
Heritage High Park	Sa	9:00-10:00 am	May 18-Jun 8	\$125	\$100 <i>RD</i>	ages 5-9

## SPRING 2024 Baseball, Softball & T-ball

### League Age

May	June	July	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	AGE
2018	2018	2018	2018	2018	2018	2018	2018	2019	2019	2019	2019	5
2017	2017	2017	2017	2017	2017	2017	2017	2018	2018	2018	2018	6
2016	2016	2016	2016	2016	2016	2016	2016	2017	2017	2017	2017	7
2015	2015	2015	2015	2015	2015	2015	2015	2016	2016	2016	2016	8
2014	2014	2014	2014	2014	2014	2014	2014	2015	2015	2015	2015	9
2013	2013	2013	2013	2013	2013	2013	2013	2014	2014	2014	2014	10
2012	2012	2012	2012	2012	2012	2012	2012	2013	2013	2013	2013	11
2011	2011	2011	2011	2011	2011	2011	2011	2012	2012	2012	2012	12
2010	2010	2010	2010	2010	2010	2010	2010	2011	2011	2011	2011	13
2009	2009	2009	2009	2009	2009	2009	2009	2010	2010	2010	2010	14
2008	2008	2008	2008	2008	2008	2008	2008	2009	2009	2009	2009	15
2007	2007	2007	2007	2007	2007	2007	2007	2008	2008	2008	2008	16
2006	2006	2006	2006	2006	2006	2006	2006	2007	2007	2007	2007	17

Find participant's birth month in the top row of the chart. In the birth month column, find participant's birth year. League age is indicated on that row at far right.



### Age Bracket

Baseball (male)	AGE	Softball (female)
T-ball	5 coed	T-ball
T-ball	6 coed	T-ball
Rookie League (machine pitch)	7	Rookie League (machine pitch)
Rookie League (machine pitch)	8	Rookie League (machine pitch)
Minor League	9	Minor League
Minor League	10	Minor League
Little League (11-12)	11	Little League (11-12)
Little League (11-12)	12	Little League (11-12)
Junior League (13-14)	13	Junior League (13-14)
Junior League (13-14)	14	Junior League (13-14)
Senior League (15-17)	15	n/a
Senior League (15-17)	16	n/a
Senior League (15-17)	17	n/a



## FALL 2024 Baseball & Softball

### League Age

May	June	July	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	AGE
2017	2017	2017	2017	2017	2017	2017	2017	2018	2018	2018	2018	6
2016	2016	2016	2016	2016	2016	2016	2016	2017	2017	2017	2017	7
2015	2015	2015	2015	2015	2015	2015	2015	2016	2016	2016	2016	8
2014	2014	2014	2014	2014	2014	2014	2014	2015	2015	2015	2015	9
2013	2013	2013	2013	2013	2013	2013	2013	2014	2014	2014	2014	10
2012	2012	2012	2012	2012	2012	2012	2012	2013	2013	2013	2013	11
2011	2011	2011	2011	2011	2011	2011	2011	2012	2012	2012	2012	12
2010	2010	2010	2010	2010	2010	2010	2010	2011	2011	2011	2011	13
2009	2009	2009	2009	2009	2009	2009	2009	2010	2010	2010	2010	14
2008	2008	2008	2008	2008	2008	2008	2008	2009	2009	2009	2009	15
2007	2007	2007	2007	2007	2007	2007	2007	2008	2008	2008	2008	16

Find participant's birth month in the top row of the chart. In the birth month column, find participant's birth year. League age is indicated on that row at far right.

### Age Bracket

Baseball (male)	AGE	Softball (female)
Rookie League (machine pitch)	6 coed	Rookie League (machine pitch)
Rookie League (machine pitch)	7 coed	Rookie League (machine pitch)
Minor League	8 coed	Minor League
Minor League	9 coed	Minor League
Little League (10-11)	10	Little League (10-11)
Little League (10-11)	11	Little League (10-11)
Junior League (12-13)	12	Junior League (12-13)
Junior League (12-13)	13	Junior League (12-13)
Senior League (14-16)	14	Senior League (14-16)
Senior League (14-16)	15	Senior League (14-16)
Senior League (14-16)	16	Senior League (14-16)



**Rained Out**  
Sign up to receive  
game cancellation notices  
via text message.

RainedOut is a free notification program that allows you to receive a text message on your cellphone when games have been cancelled. To enroll for **Youth Baseball/Softball, Dream League** or **Adult Softball**, send a text to 844-83 with the message "Fields24". For the **Volleyball League**, send a text to 844-83 with the message "VB2024". For **Youth Basketball** and **Spirit League**, send a text to 844-83, with the message "BB2024".

# ATHLETICS

## Skyhawks Volleyball

Skyhawks Volleyball takes the energy and excitement of this great team sport and puts it all together into one fun-filled program. All aspects of the game are taught through drills and exercises that focus on bumping, setting, spiking, hitting and serving. This program is designed for the beginning to intermediate player and includes a focus on critical life skills such as leadership and teamwork. **INSTRUCTOR:** Skyhawks Sports Academy



FPCC	Sa	11:30 am-12:30 pm	Mar 9-Apr 6*	\$99	\$79 RD	ages 6-8
FPCC	Sa	12:45-1:45 pm	Mar 9-Apr 6*	\$99	\$79 RD	ages 9-12
FPCC	Sa	11:30 am-12:30 pm	Apr 13-May 4	\$99	\$79 RD	ages 6-8
FPCC	Sa	12:45-1:45 pm	Apr 13-May 4	\$99	\$79 RD	ages 9-12

\*No class Mar 16

## Skyhawks Soccer ◀NEW!

Your young athlete will gain the technical skills and sport knowledge required for their next step into soccer. Areas of focus are dribbling, passing, shooting and ball control. By the end of the program, your child will have learned new life skills such as teamwork and sportsmanship, made new friends and improved their soccer skills. **INSTRUCTOR:** Skyhawks Sports Academy



Heritage High Park	Sa	10:15-11:15 am	Apr 13-May 4	\$99	\$79 RD	ages 7-9
Heritage High Park	Sa	11:30 am-12:30 pm	Apr 13-May 4	\$99	\$79 RD	ages 10-12
Heritage High Park	Sa	10:15-11:15 am	May 18-Jun 8	\$99	\$79 RD	ages 7-9
Heritage High Park	Sa	11:30 am-12:30 pm	May 18-Jun 8	\$99	\$79 RD	ages 10-12

## Adult Athletics

### Spring Adult Co-Rec Kickball

League play is scheduled to begin mid-March. Games will be played on weeknights and Sundays through late May. **STAFF CONTACT:** Mikkel Patterson, mpatterson@wakeforestnc.gov

<b>Registration:</b> Feb 1-29	Mar-May season	\$325 per team	ages 18+
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### Fall Adult Co-Rec Kickball

League play is scheduled to begin mid-September. Games will be played on weeknights and Sundays through late October. **STAFF CONTACT:** Mikkel Patterson, mpatterson@wakeforestnc.gov

<b>Registration:</b> Aug 1-31	Sep-Oct season	\$325 per team	ages 18+
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### Men's Spring Softball League

League play is scheduled to begin mid-February. Games will be played on Monday, Wednesday, & Thursday beginning mid-March. **STAFF CONTACT:** KP Kilpatrick, kkilpatrick@wakeforestnc.gov, 919-435-9457

<b>Registration:</b> Feb 1-29	Mar-Apr season	\$550 per team	ages 18+
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### Church Men's Spring Softball League

League play is scheduled to begin mid-April. Games will be played on Monday, Tuesday, & Thursday beginning mid-April. **STAFF CONTACT:** KP Kilpatrick, kkilpatrick@wakeforestnc.gov, 919-435-9457

<b>Registration:</b> Mar 1-31	Apr-Jun season	\$550 per team	ages 18+
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**Join a league as a free agent!**

Adults (age 18+) that are interested in playing softball or kickball but are without a team may register as a "Free Agent." PRCR staff will provide Free Agent contact information to team managers that may be seeking additional players to complete their team roster. To register as a Free Agent, complete the form at [wakeforestnc.gov](http://wakeforestnc.gov) (search "free agent").



### Church Co-Rec Softball League

League play is scheduled to begin mid-June. Games will be played on Monday, Tuesday, & Thursday beginning mid-June. **STAFF CONTACT:** KP Kilpatrick, kkilpatrick@wakeforestnc.gov, 919-435-9457

<b>Registration:</b> May 1-31	Jun-Aug season	\$550 per team	ages 18+
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### Men's Fall Softball League

League play is scheduled to begin mid-August. Games will be played on Monday, Wednesday, & Thursday beginning mid-Aug. **STAFF CONTACT:** KP Kilpatrick, kkilpatrick@wakeforestnc.gov, 919-435-9457

<b>Registration:</b> Jul 1-31	Aug-Oct season	\$550 per team	ages 18+
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### Co-Rec Fall Softball League

League play is scheduled to begin mid-August. Games will be played on Monday, Tuesday, & Thursday beginning mid-Aug. **STAFF CONTACT:** KP Kilpatrick, kkilpatrick@wakeforestnc.gov, 919-435-9457

<b>Registration:</b> Jul 1-31	Aug-Oct season	\$550 per team	ages 18+
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### Tennis

Tennis leagues, tennis lessons and tennis clinics are offered by the Wake Forest Area Tennis Association (WFATA) through a partnership agreement with the Wake Forest Parks, Recreation and Cultural Resources Department. WFATA provides a fun, affordable, structured tennis programs for a diverse group of men, women, and children representing many races, nationalities, cultures, and socio-economic backgrounds. To learn more visit [www.wfata.usta.com](http://www.wfata.usta.com)

### Pickleball Clinic - Beginner

Pickleball is considered one of the fastest-growing sports in the United States. It is a paddle sport that combines elements of tennis, badminton, and ping-pong, using a Pickleball paddle and a whiffle-type ball. Pickleball allows you to work on your balance, reflexes, and hand-eye coordination without placing excessive strain on your body. This clinic will provide the basic skills for learning how to play the game. Participants will learn basic rules, court position, basic techniques, courtesy and safety on and off the courts. **INSTRUCTORS:** Sandy Brasseale, Joe Vartanesian, Tom Calcutt and Charles Lewis

FPCC	F	6:30-8:00 pm	Mar 1-22	\$63	\$50 RD	ages 18+
FPCC	M	8:30-10:00 am	Mar 4-25	\$63	\$50 RD	ages 18+
FPCC	Th	6:30-8:00 pm	Mar 7-28	\$63	\$50 RD	ages 18+
FPCC	M	8:30-10:00 am	Apr 1-22	\$63	\$50 RD	ages 18+

FPCC	Th	6:30-8:00 pm	Apr 4-25	\$63	\$50 RD	ages 18+
FPCC	F	6:30-8:00 pm	Apr 5-26	\$63	\$50 RD	ages 18+
FPCC	F	6:30-8:00 pm	May 3-24	\$63	\$50 RD	ages 18+
FPCC	Tu	8:30-10:00 am	May 7-28	\$63	\$50 RD	ages 18+
FPCC	Th	6:30-8:00 pm	May 9-30	\$63	\$50 RD	ages 18+
FPCC	M	1:00-2:30 pm	Jun 3-24	\$63	\$50 RD	ages 18+
FPCC	Th	6:30-8:00 pm	Jun 6-27	\$63	\$50 RD	ages 18+
FPCC	F	6:30-8:00 pm	Jun 7-28	\$63	\$50 RD	ages 18+
FPCC	F	6:30-8:00 pm	Jul 5-26	\$63	\$50 RD	ages 18+
FPCC	M	1:00-2:30 pm	Jul 8-29	\$63	\$50 RD	ages 18+
FPCC	F	6:30-8:00 pm	Aug 2-23	\$63	\$50 RD	ages 18+
FPCC	Th	6:30-8:00 pm	Aug 8-29	\$63	\$50 RD	ages 18+
FPCC	Tu	8:30-10:00 am	Aug 13-Sep 3	\$63	\$50 RD	ages 18+

### Pickleball Clinic - Intermediate

Ready to improve your pickleball technique even more? Players who are already experienced with serving and rallying consistently but are looking to take their game to the next level, are invited to join in! Participate in targeted drills designed to improve movement, shot selection, accuracy, consistency, and overall game strategy. **INSTRUCTOR:** Troy Miller

JPCC	M/W	6:30-8:00 pm	Mar 25 & 27	\$63	\$50 RD	ages 16+
JPCC	M/W	6:30-8:00 pm	Apr 8 & 10	\$63	\$50 RD	ages 16+
JPCC	M/W	6:30-8:00 pm	Apr 29 & May 1	\$63	\$50 RD	ages 16+
JPCC	M/W	6:30-8:00 pm	May 13 & 15	\$63	\$50 RD	ages 16+
JPCC	M/W	6:30-8:00 pm	Aug 5 & 7	\$63	\$50 RD	ages 16+
JPCC	M/W	6:30-8:00 pm	Aug 12 & 14	\$63	\$50 RD	ages 16+



# RENAISSANCE CENTRE

FOR THE ARTS

## Performances



### Jackie Robinson: A Game Apart

Jackie Robinson: A Game Apart provides a glimpse of Jackie Robinson's life during a bygone era of separate and unequal locker rooms, whites only hotels, and restaurants with only a back door for colored athletes to enter. Led by actor and playwright, Mike Wiley, A Game Apart is a powerful lesson of courage through dedication, perseverance, and leadership. Suitable for all ages.

Feb 24	11:00 am	Alston-Massenburg Center	Free Admission
Feb 24	7:00 pm	Renaissance Centre	Free Admission

### 2024 Film Festival

The Wake Forest Film Festival will spotlight passionate, creative, and thought-provoking movies by some of today's most promising and accomplished local, national, and international filmmakers. Intended for both the general public and film professionals, our two-day film showcase will engage audiences with films of all lengths and genres.

Mar 1-2	see website for times	<b>Tickets:</b> General Admission \$20
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### The Drifters <<SOLD OUT>>

"Up on the Roof," "Under the Boardwalk," "This Magic Moment," "There Goes My Baby," "Dance with Me," "Spanish Harlem," "Stand by Me." The list of hits goes on and on. There's no better way to celebrate the Renaissance Centre's 10th year anniversary than to conclude the 10-month-long celebration with the iconic Drifters!

Apr 13	3:00 pm & 7:30 pm	<b>Tickets:</b> Sold Out
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More art classes offered at the Renaissance Centre

- theater
- music
- pottery
- painting
- dance
- and more!

Visit the centre's website for a current list of offerings. [wakeforestrecn.org](http://wakeforestrecn.org)  
Go to the "education" tab then select "classes".

#### PURCHASE TICKETS

Tickets for shows may be purchased at [wakeforestrecn.org](http://wakeforestrecn.org) or at the Renaissance Centre box office at 405 S. Brooks St., open Mon-Fri 9 am-12 pm and 1 pm-5 pm. 919-435-9458. **Ticket prices do not include tax.**

#### STAY CONNECTED

Sign up to receive email updates about upcoming events at the Renaissance Centre by visiting [wakeforestrecn.org](http://wakeforestrecn.org) and clicking on "Join our Mailing List."



The Wake Forest Parks, Recreation & Cultural Resources Department (PRCR) reserves the right to alter schedules, fees, and instructors as necessary. Classes are subject to cancellation when minimum enrollment has not been reached. Classes are subject to instructor availability.

#### AN INCLUSIVE APPROACH

The PRCR Department is committed to an inclusive approach to recreation and encourages individuals with and without disabilities to participate together. In order for individuals with disabilities to participate as fully as possible, reasonable modifications will be provided in accordance with the Americans with Disabilities Act. If you or a family member requires a reasonable modification to participate in a program, please contact Olivia Atkinson, [oatkinson@wakeforestnc.gov](mailto:oatkinson@wakeforestnc.gov).

#### PARENT PARTICIPATION POLICY

The PRCR Department offers individualized skills programs for children. Parents are only permitted to attend sessions when the instructor requires parent participation. In preschool programs where parent participation is not required, children must be potty-trained in order to participate.

#### REGISTRATION

##### Programs

Preregistration is required for all programs. Full payment must be made at the time of registration. Class registrations will be accepted up to two business days before the program's start date as long as space is available and unless otherwise noted. Online registration is accepted at [wakeforestnc.recdesk.com](http://wakeforestnc.recdesk.com) or at any PRCR staffed facility. Online registration closes two business days prior to the start of a program.

##### Athletics

Athletic registration will only be accepted during the advertised registration period. Early registrations will not be accepted. Registration for youth athletics is available online only during specified registration dates. Visit [wakeforestnc.recdesk.com](http://wakeforestnc.recdesk.com). New youth participants will be prompted to submit a birth certificate.

##### Non-Resident Fees

Anyone residing outside the corporate limits of the Town of Wake Forest is encouraged to participate in programs but may be assessed an additional non-resident fee.

##### Program Refund Policy

Program fees are 100% refundable when the program is canceled by the PRCR Department. Anyone wishing to withdraw from a class that has not been canceled by the PRCR Department must request a refund, in writing, at least 10 business days before the start of the class. Refunds will not be given for withdrawals made less than the 10

business day period other than for verified medical/hardship cases.

##### Risk & Liability

By registering for classes/programs or athletic leagues, participants and/or their guardians understand that participating in the activities may include the risk of injury. These risks include slips/trips/falls, musculoskeletal injuries, physical contacts with/actions of other participants, the inherent risks of inclement weather, accidents while traveling to and from events/activities, and equipment problems or failures, among others. By registering for classes/programs/athletics, the registrant/guardian is choosing for themselves and/or their child/children to participate in the selected programs despite the risks. Participant/guardian is aware of the Town of Wake Forest Release of Liability requirement for participation, and agrees to the terms set within (liability waiver is required prior to completion of registration).

##### Athletic Refund Policy

Anyone withdrawing from an athletic program must request a refund, in writing, in order for a refund to be processed. Fees are 100% refundable if requested before participant's first assigned team practice.

#### OPEN PLAY

##### RecCard required

To participate in Open Play, you must obtain and show your RecCard. RecCards are required for any individual over the age of six participating in Open Play. Children five and under do not need a RecCard but they must be accompanied to Open Play by a parent or guardian. To get a RecCard, you must first create a new online registration account at [wakeforestnc.recdesk.com](http://wakeforestnc.recdesk.com). RecCards are free. If you lose your RecCard, the charge to get a new one is \$5.

#### COVID

Please note that PRCR-sponsored programs and events are subject to change with limited notice. Wake Forest officials will continue to closely monitor updates and follow guidelines from the Wake County Health Department, N.C. Department of Health and Human Services and the Centers for Disease Control. Guidelines have been implemented in protocols established by the Town to address potential exposure to the coronavirus and protect our community and staff.

Please be sure to check the Town's website or call the Parks, Recreation & Cultural Resources Department for an update on the status of programs and events.



## Staying active is good for you.





Town of Wake Forest  
Parks, Recreation & Cultural Resources Department  
301 S. Brooks Street  
Wake Forest, NC 27587

[wakeforestnc.gov/  
parks-recreation-cultural-resources](http://wakeforestnc.gov/parks-recreation-cultural-resources)

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US Postage  
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Permit No. 611  
Raleigh, NC

Wake Forest Parks, Recreation and Cultural Resources is now on social media. Follow us!  

## Check out our upcoming programs and events!

