

RecConnect

MARCH-AUGUST 2023

WAKE FOREST PARKS, RECREATION
& CULTURAL RESOURCES



SPRING & SUMMER

PROGRAM GUIDE



A Nationally Accredited Agency



WELCOME



Wake Forest Parks, Recreation & Cultural Resources Department
701 Harris Road, Wake Forest, NC 27587
919-435-9560
fax 919-435-9499
wakeforestnc.gov

Office Hours
Monday-Friday, 8 am-5 pm

Director
Ruben Wall
919-435-9561
rwall@wakeforestnc.gov

Athletics & Aquatics Superintendent
Edward Austin
919-435-9562
eaustin@wakeforestnc.gov

Athletics Specialist
KP Kilpatrick
919-435-9457
kkilpatrick@wakeforestnc.gov

Programs Superintendent
Monica Lileton
919-435-9563
mlileton@wakeforestnc.gov

Recreation Specialist - Specialized Programs
Kelly Schurtz
919-435-9559
kschurtz@wakeforestnc.gov

Recreation Specialist - Special Events
Suja Jacob
919-435-9558
sjacob@wakeforestnc.gov

Parks Maintenance Superintendent
Randy Hoyle
919-554-6184
rhoyle@wakeforestnc.gov

Customer Service Specialist
Rosemary Pimentel
919-435-9564
rpimentel@wakeforestnc.gov

Alston-Massenburg Center
416 N. Taylor St. | 919-554-6189
CENTER MANAGER James Triplette
jtriplette@wakeforestnc.gov | 919-554-6189

Flaherty Park Community Center
1226 N. White St. | 919-554-6726
CENTER MANAGER Grayson Pridgen
gpridgen@wakeforestnc.gov | 919-554-6726

Joyner Park Community Center
701 Harris Road | 919-435-9560
CENTER MANAGER Shawn Monday
smonday@wakeforestnc.gov | 919-435-9554
CENTER SPECIALIST Mikkel Patterson
mpatterson@wakeforestnc.gov | 919-435-9557

Wake Forest Renaissance Centre for the Arts
405 S. Brooks St. | 919-435-9458
CENTRE MANAGER Debbie Dunn
ddunn@wakeforestnc.gov | 919-435-9567
CENTRE SPECIALIST Debra Horton
dhorton@wakeforestnc.gov | 919-435-9566

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.



Meet our Staff

James Triplette currently holds the role of Recreation Center Supervisor at the Alston-Massenburg Center where he is responsible for general programming, staff supervision, and creating a safe and fun environment for everyone to enjoy while participating in recreational activities. He graduated from UNC-Greensboro in 2000 with a Bachelor of Science Degree in Exercise Sports Science and a minor in Sociology. Prior

to joining the Town of Wake Forest in August 2022, he worked with the City of Raleigh for 9.5 years full-time as an Assistant Director at two different community centers. When he is away from work, he enjoys spending time with his wife, Renae and their 2-year-old Dog, Sanza. He also enjoys grilling, putting meat on the smoker, and watching his niece play basketball and softball.

Program registration begins Feb 1

Register for programs at any staffed site or online at 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 8 am-8:30 pm, Sat 8 am-noon, Sun closed
- **Flaherty Park Community Center (FPCC)**, 1226 N. White St., Mon-Fri 8 am-8:30 pm, Sat 8 am-noon, Sun closed
payments by checks and credit/debit cards only
- **Alston-Massenburg Center**, 416 N. Taylor St., Mon-Fri 12-8 pm, Sat 8 am-noon, Sun closed
payments by checks and credit/debit cards only

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
2. Visit the JPCC, FPCC or the Alston-Massenburg Center 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.



EVENTS

AND COMMUNITY ACTIVITIES



Mother-Son Dance

Celebrate the special bond that mothers and sons share with an evening of fun at the Town of Wake Forest's Mother-Son Dance. Treat your son to a night of music, dancing and memories that he will have for a lifetime. This evening includes music, entertainment and refreshments.

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

Mother-Daughter Tea

Wear your tea dresses, your big floppy hats and your best gloves (not mandatory)! Enjoy tea cakes, little scones, bite sized cookies and of course tea! Bring your daughters and enjoy this fun time of tea and bonding.

WFCH	Sa	10:00-11:30 am	Mar 25	\$38/couple \$30/couple RD	ages 3+
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**Additional children are \$10 per child*



RD=Resident Discount

Easter Egg Hunt

Over 15,000 eggs will be hidden at this year's Easter Egg Hunt! The egg hunt will feature a pre-party with music, fun and games that will begin at 10:00 am. The egg hunts will begin a short time later with separate areas for varying age groups. The age groups will include the youngest participants (0-3 years) and end with ages 10-12. Bring your own basket and arrive early for good parking!

Joyner Park	Sa	10:00 am-12:00 pm	April 1	free	all ages
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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	Sa	12:15-12:45 pm	April 1	free	all ages
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Six Sundays in Spring Concert Series

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	Su	5:30-7:30 pm	Apr 30-Jun 4	free	all ages
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Movie Night in the Park

The Wake Forest Parks, Recreation and Cultural Resources Department presents Family Movie Nights at Joyner Park. 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.

Joyner Park	Sa	8:30 pm	May 27	free	all ages
Joyner Park	Sa	8:30 pm	Jun 17	free	all ages
Joyner Park	Sa	8:30 pm	Jul 22	free	all ages
Joyner Park	Sa	8:30 pm	Aug 5	free	all ages

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

Memorial Day - Remembrance Wall

It's time to remember and thank those who served our country. For the month of May, we will be recognizing those in all branches of the military service with their names and branches of service displayed on our Remembrance Wall of Honor 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 15, you will provide us the name(s) of the military members and their branch of service. FREE to sign up online. **FACILITATORS:** JPCC staff



JPCC	May 1-31	free	ages 18+
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Independence Day Celebration

The 2023 Independence Day Celebration is a two-day event which includes the Fireworks Spectacular at Heritage High School, 1150 Forestville Road, on Monday, July 3, followed by the Children's Parade and Art in the Park on Tuesday, July 4. All of the events are free and open to the public. Visitors are reminded that alcoholic beverages, smoking, and pets are prohibited. For more information, visit wakeforestnc.gov and search "Independence Day."



Heritage High	M	5:30-9:30 pm	Jul 3	free	all ages
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National Trails Day

The Town of Wake Forest will celebrate National Trails Day, Saturday, June 3, at E. Carroll Joyner Park, 701 Harris Road. The event will feature a family-friendly 5K walk/run from 8-9 a.m.



Joyner Park	Sa	8:00-11:00 am	Jun 3	free*	all ages
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**Attendance is free, 5k walk/run will require a registration fee*

Art in the Park

Outdoor art class for beginners to intermediate skill levels. Learn to paint for fun and improve your current skills.

Joyner Park	Sa	9:30 am	Aug 26	\$25	ages 6-11
Joyner Park	Sa	1:30 pm	Aug 26	\$25	ages 12+

Concert in the Park

Bring a lawn chair and enjoy live music at the park. 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	Su	5:30-7:30 pm	Sep 3	free	all ages
Joyner Park	Su	5:30-7:30 pm	Sep 10	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.
919-435-9560
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.*

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 PRCR/league 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 a large playground, basketball courts, picnic tables, the Wake Forest Community House and the new 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 PRCR/league schedules</i>

See page 8 for Wake Forest Community House rental information





PARKS		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
Ailey Young Park 800 Juniper Ave.	15		●	●						●			●	●	●			●				
DuBois Park 518 N. Franklin St.	0.4			●												●						
E. Carroll Joyner Park 701 Harris Rd.	117	●		●	●			●	●	●	●	●		●	●	●	●	●				
H.L. Miller Park 401 Elm Ave.	2									●					●							
Heritage High Park* 1140 Forestville Rd.	25		●	●					●									●	●			●
Holding Park 133 W. Owen Ave.	5		●	●	●						●	●			●	●					●	
J.B. Flaherty Park 1226 N. White St.	100		●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●				●
Kiwanis Park 400 E. Holding Ave.	1								●				●	●	●							
Plummer Park 965 Jones Wynd	0.5													●	●	●						
Smith Creek Soccer Center 690 Heritage Lake Rd.	17							●	●	●			●	●	●			●	●			
Taylor Street Park 416 N. Taylor St.	1.5				●			●		●			●	●	●			●		●		
Tyler Run Park 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 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
E. Carroll Joyner Park 701 Harris Rd.	P	●		3.0 mi.
Dunn Creek Greenway 690 Heritage Lake Rd.	P			1.3 mi.
H.L. Miller Park 401 Elm Ave.	P			0.4 mi.
J.B. Flaherty Park 1226 N. White St.	P	●		0.25 mi.
Kiwanis Greenway 706 S. Franklin St.	P			0.25 mi.
Richland Creek Olde Mill Stream Greenway 901 Barnford Mill Rd.	P			0.45 mi.
Sanford Creek Heritage South Greenway	P	●		3.93 mi.
Smith Creek Burlington Mills Greenway 2912 Burlington Mills Rd.	P			1.15 mi.
Smith Creek Soccer Center 690 Heritage Lake Rd.	P	●		2.42 mi.
Tyler Run Park 830 Pineview Dr.	P	●		0.12 mi.
Wake Forest Reservoir Traditions Grande Blvd.	S			1.6 mi.

Park & Trail Rules

- Parks and greenways are open daily dawn to dusk.
- Smoking is limited to parking areas only.
- 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: 919-435-9560

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 pm-8 pm; Sat 8 am-noon; Sun closed

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>	Sat & Sun only: 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/Shower	Meeting Room	Performance Stage	Pickleball Court	Swimming Pool
	COMMUNITY CENTERS & FACILITIES												
Alston-Massenburg Center 416 N. Taylor St.	●	●						●		●	●		
Flaherty Park Community Center 1226 N. White St.	●	●			●	●		●		●			
Holding Park Aquatic Center 133 W. Owen Ave.													●
Joyner Park Community Center 701 Harris Road	●	●	●	●		●	●	●	●	●		●	
Wake Forest Community House 133 W. Owen Ave.	●							●		●			
Wake Forest Renaissance Centre 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>	Fri, Sat & Sun 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 8 am–8:30 pm;
Sat 8 am–noon; Sun closed

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, 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–8:30 pm;
Sat 8 am–noon; Sun closed

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, 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 wakeforestrencen.org or call 919-435-9458.

PRESCHOOL

PROGRAMS & CLASSES



Art

Toddler Art

Parents and their children will enjoy exploring the world of art through many projects and storytelling adventures. Parent participation required. INSTRUCTOR: Maureen Seltzer

Flah Park	Th	10:00-10:45 am	Apr 6-27	\$75 \$60 RD	18 mos-3 yrs
Flah Park	Th	10:00-10:45 am	May 11-Jun 1	\$75 \$60 RD	18 mos-3 yrs

Preschool Art

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

Flah Park	Th	11:00 am-12:00 pm	Apr 6-27	\$84 \$67 RD	ages 3-5
Flah Park	Th	11:00 am-12:00 pm	May 11-Jun 1	\$84 \$67 RD	ages 3-5

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

**Please check our website or the facility for the most current open play calendar*



Meet our Staff



Jacob Armentrout joined the Town of Wake Forest as a Front Desk Supervisor at Joyner Park Community Center in the Spring of 2022. He is currently pursuing a degree in Sports Management with his goal of becoming a sports director and basketball coach. When Jacob is not working or in school, you will find him volunteering with as a basketball coach with the Town of Wake Forest. Fun fact, he began playing basketball with the town when he was 12 years old and then began coaching at the age of 18. Sports are his passion as he played football, basketball, and even baseball since he was a young child.



Athletics

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

Flah Park	Sa	9:00-9:45 am	Mar 4-25	\$100 \$80 RD	ages 3-5
Flah Park	Sa	9:00-9:45 am	Apr 15-May 6	\$100 \$80 RD	ages 3-5

Soccer Rockers

Let's kick it! Begin to develop your little kickers' skills in this fun and exciting soccer class. Participants will be taught the basics and FUNDamentals of soccer. Instructed and led by Cedric Thomas & Destinie Santamaria coaches of Newage Athletix focused on teaching young athletes the basic skills of the game while having loads of fun! Participants will make new friends while learning teamwork and sportsmanship. **INSTRUCTOR:** Hoopers Elite



Ailey Young	Sa	9:00-9:45 am	Mar 4-25	\$100 \$80 RD	ages 3-5
Ailey Young	Sa	10:00-10:45 am	Mar 4-25	\$100 \$80 RD	ages 3-5
Ailey Young	Sa	9:00-9:45 am	Apr 15-May 6	\$100 \$80 RD	ages 3-5
Ailey Young	Sa	10:00-10:45 am	Apr 15-May 6	\$100 \$80 RD	ages 3-5



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 was a white belt who never gave up." **INSTRUCTOR:** CORE Taekwondo Performance

JPCC	Th	A	5:30-6:00 pm	Mar 9-30	\$69 \$55 RD	ages 4-10
JPCC	Th	B	6:10-6:40 pm	Mar 9-30	\$69 \$55 RD	ages 4-10
JPCC	Th	A	5:30-6:00 pm	Apr 13-May 4	\$69 \$55 RD	ages 4-10
JPCC	Th	B	6:10-6:40 pm	Apr 13-May 4	\$69 \$55 RD	ages 4-10
JPCC	Th	A	5:30-6:00 pm	May 18-Jun 8	\$69 \$55 RD	ages 4-10
JPCC	Th	B	6:10-6:40 pm	May 18-Jun 8	\$69 \$55 RD	ages 4-10
JPCC	Th	A	5:30-6:00 pm	Jun 22-Jul 20	\$69 \$55 RD	ages 4-10
JPCC	Th	B	6:10-6:40 pm	Jun 22-Jul 20	\$69 \$55 RD	ages 4-10
JPCC	Th	A	5:30-6:00 pm	Aug 3-24	\$69 \$55 RD	ages 4-10
JPCC	Th	B	6:10-6:40 pm	Aug 3-24	\$69 \$55 RD	ages 4-10

*No class July 6

Family Fun

Family Fun Night <NEW!>

Join us on the second and fourth Friday night of each month as we pull out some favorite games for families to enjoy together or with other families.



AMC	F	6:00-7:30 pm	Mar 10 & 24	\$5/family	all ages
AMC	F	6:00-7:30 pm	Apr 14 & 28	\$5/family	all ages
AMC	F	6:00-7:30 pm	May 12 & 26	\$5/family	all ages

PRESCHOOL

Seuss's Birthday Celebration «NEW!»

Does your little one enjoy storytime and birthday celebrations? Come and join us for a very special author's birthday as we read one of his famous books, make a masterpiece to take home and celebrate his birthday.

AMC	Th	10:00–11:00 am	Mar 3	\$5	all ages
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**Pre-registration required*

Princess Party «NEW!»

Join a new and surprise fairytale friend each session where your little ones will enjoy story time, themed crafts, exciting games, live performances and so much more! **INSTRUCTOR:** Party Like a Princess



WFCH	Sa	10:00–11:00 am	Mar 11	\$44 \$35 RD	ages 3–9
WFCH	Sa	10:00–11:00 am	May 20	\$44 \$35 RD	ages 3–9
WFCH	Sa	10:00–11:00 am	Jul 22	\$44 \$35 RD	ages 3–9

Storytime

Puppets in the Woods

Puppets in the Woods features the adventures of Mollie, Mousy and their forest animal friends. Enjoy playful, imaginative stories that will educate and entertain children of all ages. **INSTRUCTOR:** Debra Lucas

WFCH	W	10:00–10:45 am	Mar 8	free	ages 3–6
WFCH	W	10:00–10:45 am	Apr 12	free	ages 3–6
WFCH	W	10:00–10:45 am	May 10	free	ages 3–6
WFCH	W	10:00–10:45 am	Jun 7	free	ages 3–6

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

JPCC	Th	10:15–11:00 am	Apr 6	\$7 \$5 RD	Easter Fun Theme	ages 3–6
JPCC	F	10:15–11:00 am	May 26	\$7 \$5 RD	Super Summer Theme	ages 3–6



Art

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

Flah Park	Th	4:30–6:00 pm	Apr 6–27	\$94 \$75 RD	ages 6–12
Flah Park	Th	4:30–6:00 pm	May 11–Jun 1	\$94 \$75 RD	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



Flah Park	Th	1:30–3:00 pm	Apr 6–27	\$94 \$75 RD	ages 6–12
Flah Park	Th	1:30–3:00 pm	May 11–Jun 1	\$94 \$75 RD	ages 6–12

Fitness

May Month of Fitness

The Wake Forest Parks, Recreation & Cultural Resources Department (PRCR) will offer a free outdoor fitness series each week in May. Free and open to area residents of all ages, each class will be offered on its respective night from 6:30–7:30 pm in the amphitheater at E. Carroll Joyner Park, 701 Harris Road.

Joyner Park	6:30–7:30 pm	Throughout May*	free	all ages
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**See website for weekly schedule*

YOUTH

PROGRAMS & CLASSES

50 Mile Walking Challenge

A little progress everyday will add up to a BIG result in the end. Let's start that progress by celebrating May Month of Fitness with our annual 50 Mile Walking Challenge! All registered participants will receive a water bottle (while supplies last) at registration. After completing 50 miles, with cards returned, you will be entered into a drawing for the May Month of Fitness grand prize. All tracking cards need to be turned in by 5:00 pm on June 2. The drawing will be held on June 5. Up for the challenge?



JPCC	May 1-31	free	ages 11+
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Strength Training for Children <<NEW!>>

This class is a full 45 minutes of cardio exercise (to warm up the muscles), resistance training, followed by cool down exercises. Strength training for children does not involve weights. In our class, we will focus on light resistance training and controlled movements for proper form with an emphasis on safety. This class is designed to teach children the fundamentals for maintaining good fitness, with a focus on helping to increase muscle strength and endurance; learning how to protect the muscles and joints from sports-related injuries, and thus resulting in improvement in any sport that the child participates. Participants should bring a towel and a bottle of water. **INSTRUCTOR:** Valerie Grasso

Flah Park	Sa	11:30-12:15 pm	Mar 4-Apr 8	\$98 \$78 RD	ages 7-11
Flah Park	M/W	4:00-4:45 pm	Mar 6-Apr 12	\$195 \$156 RD	ages 7-11
Flah Park	Sa	11:30-12:15 pm	May 6-Jun 10	\$98 \$78 RD	ages 7-11
Flah Park	M/W	4:00-4:45 pm	May 8-Jun 14	\$195 \$156 RD	ages 7-11
Flah Park	M/W	4:00-4:45 pm	Jun 19-Jul 26	\$195 \$156 RD	ages 7-11
Flah Park	Sa	11:30-12:15 pm	Jun 24-Jul 29	\$98 \$78 RD	ages 7-11

*No class May 29



RD=Resident Discount

Strength Training for Teens <<NEW!>>

This class is a full hour of cardio exercise (to warm up the muscles), strength training (also called resistance training) followed by cool down exercises. For teens, the focus is on multi-joint exercises that work more than one part of the body. Participants will use weights, resistance bands, and their own body weight to develop muscular balance, coordination, and agility. This workout will support participants in other athletic pursuits. Participants should bring a towel and a bottle of water. **INSTRUCTOR:** Valerie Grasso



Flah Park	Sa	10:00-11:00 am	Mar 4-Apr 8	\$113 \$90 RD	ages 12-17
Flah Park	M/W	5:00-6:00 pm	Mar 6-Apr 12	\$225 \$180 RD	ages 12-17
Flah Park	Sa	10:00-11:00 am	May 6-Jun 10	\$113 \$90 RD	ages 12-17
Flah Park	M/W	5:00-6:00 pm	May 8-Jun 14	\$225 \$180 RD	ages 12-17
Flah Park	M/W	5:00-6:00 pm	Jun 19-Jul 26	\$225 \$180 RD	ages 12-17
Flah Park	Sa	10:00-11:00 am	Jun 24-Jul 29	\$113 \$90 RD	ages 12-17

*No class May 29

Dance

Youth 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! At the end of each session dancers will have a mini performance to show to their families! **INSTRUCTOR:** Imani Bell

JPCC	Th	5:30-6:20 pm	Mar 9-30	\$63 \$50 RD	ages 10-14
JPCC	Th	5:30-6:20 pm	Apr 13-May 4	\$63 \$50 RD	ages 10-14
JPCC	Th	5:30-6:20 pm	May 18-Jun 8	\$63 \$50 RD	ages 10-14
JPCC	Th	5:30-6:20 pm	Jun 22-Jul 20*	\$63 \$50 RD	ages 10-14
JPCC	Th	5:30-6:20 pm	Aug 3-24	\$63 \$50 RD	ages 10-14

*No class Jul 6

YOUTH

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 was a white belt who never gave up." **INSTRUCTOR:** CORE Taekwondo Performance

JPCC	Th	A	5:30-6:00 pm	Mar 9-30	\$69 \$55 RD	ages 4-10
JPCC	Th	B	6:10-6:40 pm	Mar 9-30	\$69 \$55 RD	ages 4-10
JPCC	Th	A	5:30-6:00 pm	Apr 13-May 4	\$69 \$55 RD	ages 4-10
JPCC	Th	B	6:10-6:40 pm	Apr 13-May 4	\$69 \$55 RD	ages 4-10
JPCC	Th	A	5:30-6:00 pm	May 18-Jun 8	\$69 \$55 RD	ages 4-10
JPCC	Th	B	6:10-6:40 pm	May 18-Jun 8	\$69 \$55 RD	ages 4-10
JPCC	Th	A	5:30-6:00 pm	Jun 22-Jul 20*	\$69 \$55 RD	ages 4-10
JPCC	Th	B	6:10-6:40 pm	Jun 22-Jul 20*	\$69 \$55 RD	ages 4-10
JPCC	Th	A	5:30-6:00 pm	Aug 3-24	\$69 \$55 RD	ages 4-10
JPCC	Th	B	6:10-6:40 pm	Aug 3-24	\$69 \$55 RD	ages 4-10

*No class Jul 6

Martial Arts

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. **NATIONAL CERTIFIED INSTRUCTOR:** 8th Degree, Grand Master R. Berger



WFCH	T/Th*	7:00-8:00 pm	Mar 7-30	\$69 \$55 RD	ages 7+
WFCH	T/Th*	7:00-8:00 pm	Apr 4-27	\$69 \$55 RD	ages 7+
WFCH	T/Th*	7:00-8:00 pm	May 2-30	\$69 \$55 RD	ages 7+
WFCH	T/Th*	7:00-8:00 pm	June 6-29	\$69 \$55 RD	ages 7+
WFCH	T/Th*	7:00-8:00 pm	July 11-27	\$69 \$55 RD	ages 7+
WFCH	T/Th*	7:00-8:00 pm	Aug 8-31	\$69 \$55 RD	ages 7+

**No class on July 4

**No class the first Thursday of each month

Esports

Battle in the Forest Esports Tournaments

Enjoy video games and competing to be the best? If so, Battle in the Forest is the place for you! This Esports tournament will be an ongoing arena of different games throughout the year. The tournament will be played online and live streamed. An assortment of prizes will be given to the top players. The featured game for these tournaments will be determined at a later date. For more information, visit wakeforestnc.gov and search "Battle in the Forest".

Online	Sa	12:00-6:00 pm	May 13	free	ages 10+
Online	Sa	12:00-6:00 pm	Aug 26	free	ages 10+

Youth Fishing Tournament

The Town of Wake Forest Parks and Recreation will host a Youth Fishing Tournament (ages 12 and under) on May 15-28. This tournament is non-competitive and for all skill levels. During these two weeks, participants can go to any public Wake or Franklin County fishery to attempt to catch the biggest fish. Ages 12 and under will be allowed to catch any species of fish. Registration will also include an "Early Fisherman Goodie Bag".

Online	M-Su	8:00 am-8:00 pm	May 15-28	\$5	ages 12 and under
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Bass Fishing Tournament

The Town of Wake Forest Parks and Recreation will host a Bass Fishing Tournament for ages 13 and older on May 15-28. During these two weeks, participants can go to any public Wake or Franklin County fishery to attempt to catch the biggest Bass. You will be specified to catch Bass only to qualify for prizing. All participants will receive a fishing scale. These scales will be needed to use for the tournament to qualify for prizing as well.

Online	M-Su	8:00 am-8:00 pm	May 15-28	\$10	ages 13+
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Athletics

Skills, Drills, & Development Basketball Clinic

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

Flah Park	Sa	10:00-11:00 am	Mar 4-25	\$107 \$85 RD	ages 6-15
Flah Park	Sa	10:00-11:00 am	Apr 15-May 6	\$107 \$85 RD	ages 6-15

Individual Basketball Training

In this program, JJ Miller trains and develops all the basketball curriculum for our programs. We also have several Hooper's Elite certified trainers who are also USA Basketball licensed. Our individual training program concentrates on every aspect of the game and is specific to each individual player. These sessions are typically 1 player, however, they can be up to 3 if it's beneficial for each player. Sessions last 45-60 minutes depending on the key areas that we 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. This program is for intermediate to advanced level players.

INSTRUCTOR: JJ Miller, Hoopers Elite Basketball Services

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

Athletic Performance 101 «NEW!»

Develop your young player's athleticism with this dynamic clinic directed by J.J. Miller and instructed by Newage Athletix coaches Cedrick Thomas & Destinie Santamaria. Participants will enhance their speed, agility, balance, lateral movement, hand-eye coordination, and overall conditioning. **INSTRUCTOR:** Hoopers Elite

Ailey Young Park	Sa	12:00-1:00 pm	Mar 4-25	\$100 \$80 <i>RD</i>	ages 7+
Ailey Young Park	Sa	12:00-1:00 pm	Apr 15-May 6	\$100 \$80 <i>RD</i>	ages 7+

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.

JGCC/FPCC	ongoing*	\$5 Free <i>RD</i>	ages vary based on program
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**Please check our website or the facility for the most current open play calendar*

RD=Resident Discount



Family Activities

Seuss's Birthday Celebration «NEW!»

Does your little one enjoy storytime and birthday celebrations? Come and join us for a very special author's birthday as we read one of his famous books, make a masterpiece to take home and celebrate his birthday.

AMC	Th	10:00-11:00 am	Mar 3	\$5	ages 3-5
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**Pre-registration required*

Family Fun Night «NEW!»

Join us on the second and fourth Friday night of each month as we pull out some favorite games for families to enjoy together or with other families.



AMC	F	6:00-7:30 pm	Mar 10 & 24	\$5/family	all ages
AMC	F	6:00-7:30 pm	Apr 14 & 28	\$5/family	all ages
AMC	F	6:00-7:30 pm	May 12 & 26	\$5/family	all ages

Meet our Staff



Alyssa Henderson - Alyssa Henderson has lived in Wake Forest for most of her life. She is currently studying at Wake Tech, in hopes of transferring in the spring of 2023, majoring in Sociology. Outside of school and work, Alyssa is very interested in dance and the arts. Alyssa has been with the Town of Wake Forest at Joyner Park Community Center since January of 2022 and brings a smile to everyone's face when they enter the building.

YOUTH

S.T.E.M.

Engineering for Kids: Lego Robotics: Mission to Mars

This camp is all about the missions and mechanics of NASA's rovers. Learn how to safely land and conduct experiments on another world! **INSTRUCTOR:** Engineering for Kids

JGCC	M	4:30-6:00 pm	Feb 20-Mar 27	\$175 \$140 RD	ages 7-14
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Engineering for Kids: Software Engineering (Scratch)

Learn to code and the fundamentals of game design using the MIT developed, highly acclaimed Scratch platform! Kids will code their own games from the ground up. **INSTRUCTOR:** Engineering for Kids

JGCC	Tu	4:15-5:30 pm	Feb 21-Mar 28	\$175 \$140 RD	ages 7-14
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Education

Budding Digital Artist Club (Online) <<NEW!>>

Kids are born creators and artists. Art, in turn, is one of the best ways to express themselves as well. There are so many ways for kids to be creative with art these days: drawings, digital photography, stop motion video, digital art design, and more. In this series of classes, we teach a wide range of digital art topics and basic techniques so your child will get a chance to try many different things. Students will enjoy creating a fun art project every session and learn to appreciate great design in their daily lives, while exploring many different types of art mediums. **INSTRUCTOR:** Create & Learn

Online	W	5:30-6:25 pm	Mar 1-Apr 19	\$162 \$130 RD	ages 6-10
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**Technical Requirements: Students must have a laptop or desktop device with Zoom, a Chrome browser, and high internet connectivity.*

Canva For Kids: Design & Video Editing <<NEW!>>

This class will walk through the basics of the free digital design tool Canva. Your child will learn about how to upload or search pictures and elements in Canva, and explore a wide range of fonts, sizes, and effects, before learning how to drag and drop design elements and animate them. Then we will discuss what makes a great story by showcasing various types of graphic design and videos. Your child will use these intuitive design features in Canva to create their own flyers, cards, posters, and videos of the topics they are passionate about. By the end of the class, your child will have their own design portfolio in Canva that can be easily uploaded to social media or shared with friends! **INSTRUCTOR:** Create & Learn

Online	M-Th	3:00-3:55 pm	Jun 26-29	\$93 \$74 RD	ages 8-11
Online	M-Th	1:30-2:25 pm	Jul 17-20	\$93 \$74 RD	ages 8-11

**Device Required: Computer or Chromebook, Chrome browser, canva.com (self-register, free account)*



Fitness

Zumba

Pretty much the most awesome workout ever. 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

JGCC	M	6:30-7:30 pm	Feb 20-Mar 13	\$25 \$20 RD	ages 18+
JGCC	Sa	9:00-10:00 am	Mar 11-Apr 1	\$25 \$20 RD	ages 18+
JGCC	M	6:30-7:30 pm	Mar 27-Apr 17	\$25 \$20 RD	ages 18+
JGCC	Sa	9:00-10:00 am	Apr 15-May 6	\$25 \$20 RD	ages 18+
JGCC	M	6:30-7:30 pm	May 1-22	\$25 \$20 RD	ages 18+
JGCC	Sa	9:00-10:00 am	May 13-Jun 3	\$25 \$20 RD	ages 18+
JGCC	M	6:30-7:30 pm	Jun 5-26	\$25 \$20 RD	ages 18+
JGCC	Sa	9:00-10:00 am	Jun 10-Jul 8*	\$25 \$20 RD	ages 18+
JGCC	M	6:30-7:30 pm	Jul 10-31	\$25 \$20 RD	ages 18+
JGCC	Sa	9:00-10:00 am	Jul 15-Aug 5	\$25 \$20 RD	ages 18+
JGCC	M	6:30-7:30 pm	Aug 7-28	\$25 \$20 RD	ages 18+
JGCC	Sa	9:00-10:00 am	Aug 12-Sep 2	\$25 \$20 RD	ages 18+

**No class Jul 1*

Level 1 Pilates

This 6-week program of Pilates focuses on fundamental concepts and teaches beginner and intermediate exercises. You will enhance your breathing, activate your core, and create lumbopelvic stability. **INSTRUCTOR:** Martina Villinger

JGCC	W	12:00-12:45 pm	Mar 1-Apr 12	\$69 \$55 RD	ages 18+
JGCC	W	12:00-12:45 pm	May 3-Jun 7	\$69 \$55 RD	ages 18+
JGCC	W	12:00-12:45 pm	Jul 26-Aug 30	\$75 \$60 RD	ages 18+

**No class Apr 5*



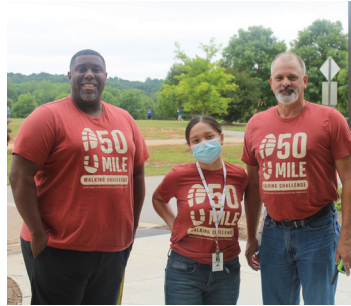
ADULT

PROGRAMS & CLASSES



50 Mile Walking Challenge

A little progress everyday will add up to a BIG result in the end. Let's start that progress by celebrating May Month of Fitness with our annual 50 Mile Walking Challenge! All registered participants will receive a water bottle (while supplies last) at registration. After completing 50 miles, with cards returned, you will be entered into a drawing for the May Month of Fitness grand prize.



All tracking cards need to be turned in by 5:00 pm on June 2. The drawing will be held on June 5. Up for the challenge?

JPCC	May 1-31	free	ages 11+
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Fitness Room & Cardio Education «NEW!»

Interested in working out at Joyner Park Community Center in the fitness room, but need help with the equipment. We can help! Sign up for free for this 30-45 minute in-person morning tutorial about the proper ways the use the fitness room equipment; this will include dumbbells, busa ball, bench, and cables (fitness room) & treadmill, bike, elliptical, and stair stepper (around the track). Start your fitness now.

INSTRUCTOR: JPCC Staff

JPCC	F	10:00-10:45 am	Mar 3	free	ages 18+
JPCC	F	2:00-2:45 pm	Mar 3	free	ages 18+
JPCC	F	10:00-10:45 am	Apr 14	free	ages 18+
JPCC	F	2:00-2:45 pm	Apr 14	free	ages 18+
JPCC	F	10:00-10:45 am	May 5	free	ages 18+
JPCC	F	2:00-2:45 pm	May 5	free	ages 18+
JPCC	F	10:00-10:45 am	Jun 2	free	ages 18+
JPCC	F	2:00-2:45 pm	Jun 2	free	ages 18+
JPCC	F	10:00-10:45 am	Jul 7	free	ages 18+
JPCC	F	2:00-2:45 pm	Jul 7	free	ages 18+
JPCC	F	10:00-10:45 am	Aug 4	free	ages 18+
JPCC	F	2:00-2:45 pm	Aug 4	free	ages 18+

From Head to Toe: Burn 2 Go «NEW!»

This is a one hour, high-intensity, full-body workout. The class will begin with a cardio warm-up exercise, followed by strength (muscular) training, and ending with a series of a cool-down exercises. Participants should bring a towel and plenty of water.

INSTRUCTOR: Valerie Grasso

Flah Park	Sa	8:30-9:30 am	Mar 4-Apr 8	\$113 \$90 RD	ages 18+
Flah Park	M/W	6:30-7:30 pm	Mar 6-Apr 12	\$225 \$180 RD	ages 18+
Flah Park	Sa	8:30-9:30 am	May 6-Jun 10	\$113 \$90 RD	ages 18+
Flah Park	M/W	6:30-7:30 pm	May 8-Jun 14	\$225 \$180 RD	ages 18+
Flah Park	Sa	8:30-9:30 am	Jun 24-Jul 29	\$113 \$90 RD	ages 18+
Flah Park	M/W	6:30-7:30 pm	Jun 19-Jul 26	\$225 \$180 RD	ages 18+

*No class May 29

Adult Fitness for Seniors «NEW!»

This class is for adult seniors who want a more personalized approach to fitness. This class will focus on developing strength, endurance, flexibility, and balance, as they become more important as one ages. This class will be unlike any other class you have attended. The focus is on you. The workouts are adjusted for modifications. The transitions between exercises are gradual. There are more explanations of the science behind the movements. Coach Val understands the physiology of aging and applies these principles to provide a safe environment for all participants. INSTRUCTOR: Valerie Grasso

Flah Park	Sa	7:15-8:15 am	Mar 4-Apr 8	\$113 \$90 RD	ages 50+
Flah Park	M/W	2:30-3:30 pm	Mar 6-Apr 12	\$225 \$180 RD	ages 50+
Flah Park	Sa	7:15-8:15 am	May 6-Jun 10	\$113 \$90 RD	ages 50+
Flah Park	M/W	2:30-3:30 pm	May 8-Jun 14	\$225 \$180 RD	ages 50+
Flah Park	M/W	2:30-3:30 pm	Jun 19-Jul 26	\$225 \$180 RD	ages 50+
Flah Park	Sa	7:15-8:15 am	Jun 24-Jul 29	\$113 \$90 RD	ages 50+

*No class May 29



ADULT

Adult Chair Yoga

Adult Chair Yoga will help create flexibility, stamina and strength with various stretches both sitting and standing. Yoga can help improve balance and offers techniques to create ease of breath. Wear comfortable clothing, and sneakers or let your feet free to stretch by wearing socks or slippers with grip bottoms. **INSTRUCTOR:** Virginia Nickich

JPCC	Tu	10:00-11:00 am	Mar 7-28	\$25 \$20 <i>RD</i>	ages 18+
JPCC	Tu	10:00-11:00 am	Apr 11-May 2	\$25 \$20 <i>RD</i>	ages 18+
JPCC	Tu	10:00-11:00 am	May 16-Jun 6	\$25 \$20 <i>RD</i>	ages 18+
JPCC	Tu	10:00-11:00 am	Jun 20-Jul 18*	\$25 \$20 <i>RD</i>	ages 18+
JPCC	Tu	10:00-11:00 am	Aug 8-22	\$25 \$20 <i>RD</i>	ages 18+

*No class Jul 4

Hatha Yoga

Hatha yoga is the basic yoga for breathing exercises, stretching and slow, gentle movements. Attention is given to each student and adjustments made for your personal development. First time attendees or those with knowledge of yoga will find enjoyment, freedom of movement, and relaxation in this class. **INSTRUCTOR:** Virginia Nickich

JPCC	Tu	6:00-7:00 pm	Mar 7-28	\$25 \$20 <i>RD</i>	ages 18+
JPCC	Tu	6:00-7:00 pm	Apr 11-May 2	\$25 \$20 <i>RD</i>	ages 18+
JPCC	Tu	6:00-7:00 pm	May 16-Jun 6	\$25 \$20 <i>RD</i>	ages 18+
JPCC	Tu	6:00-7:00 pm	Jun 20-Jul 18*	\$25 \$20 <i>RD</i>	ages 18+
JPCC	Tu	6:00-7:00 pm	Aug 8-22	\$25 \$20 <i>RD</i>	ages 18+

*No class Jul 4

Yoga for Beginners

This class is perfect anyone interested in starting a yoga practice or looking for a gentle practice to help improve flexibility, mobility, and strength. No experience needed. Participants need to bring a yoga mat. A blanket and towel are also recommended. **INSTRUCTOR:** Kim Setteducati-Mann, Piper Moon Yoga



Flah Park	M	11:00 am-12:00 pm	Mar 27-Apr 17	\$63 \$50 <i>RD</i>	ages 16+
Flah Park	M	11:00 am-12:00 pm	May 1-22	\$63 \$50 <i>RD</i>	ages 16+
Flah Park	M	11:00 am-12:00 pm	Aug 7-28	\$63 \$50 <i>RD</i>	ages 16+

Meet our Staff



Denise Christopoulos moved to Wake Forest 15 years ago with her husband Leon. Denise has given this community a bright and energetic glow at Joyner Park Community Center (JPCC) since March of 2022. She received a full volleyball scholarship to Pasco-Hernando State College in Florida and graduated from the University of South Florida with a bachelor's degree in Sociology. Denise truly enjoys motivating others to stay active and have fun. You can find Denise and her daughter Eva, playing volleyball at JPCC!

Intro to Qigong ◀ NEW! ▶

In this gentle movement practice, we'll open the channels of energy in the body while improving mobility, stability, strength, flexibility and balance. Participants should wear flat, comfortable shoes. No other equipment needed. **INSTRUCTOR:** Kim Setteducati-Mann, Piper Moon Yoga

Flah Park	Tu	10:00-11:00 am	Mar 28-Apr 18	\$63 \$50 <i>RD</i>	ages 16+
Flah Park	Tu	10:00-11:00 am	May 2-23	\$63 \$50 <i>RD</i>	ages 16+
Flah Park	Tu	10:00-11:00 am	Aug 8-29	\$63 \$50 <i>RD</i>	ages 16+

REFIT® Fitness ◀ NEW! ▶

REFIT® 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. **INSTRUCTOR:** Mallory Simpson

JPCC	Tu	5:30-6:20 pm	Mar 28-Apr 18	\$25 \$20 <i>RD</i>	ages 18+
JPCC	Tu	5:30-6:20 pm	Apr 25-May 23	\$25 \$20 <i>RD</i>	ages 18+

Dance

Intro to Chicago-Style Stepping ◀ NEW! ▶

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 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. **INSTRUCTOR:** Sharvin Whitted

JPCC	M	7:00-8:15 pm	Mar 3-Apr 10	\$75 \$60 <i>RD</i>	ages 18+
JPCC	M	7:00-8:15 pm	May 1-Jun 12	\$75 \$60 <i>RD</i>	ages 18+
JPCC	M	7:00-8:15 pm	Jul 10-Aug 14	\$75 \$60 <i>RD</i>	ages 18+

Improver Level Line Dancing <<NEW!>>

Do you already have some experience line dancing? Do you want to continue improving your dance skills, gain confidence in learning more challenging dances, improve your memory and physical fitness? This improver level, high energy class will take you to that next level of fun! You'll be dancing to great music including County, Pop, and current tunes. Line Dancing is a great way to de-stress, burn calories & get those daily steps all while smiling! **INSTRUCTOR:** Sue Jennings

JPCC	W	5:30-6:30 pm	Mar 1-22	\$50 \$40 RD	ages 18+
JPCC	W	5:30-6:30 pm	Apr 5-26*	\$38 \$30 RD	ages 18+
JPCC	W	5:30-6:30 pm	May 10-31	\$50 \$40 RD	ages 18+
JPCC	W	5:30-6:30 pm	Jun 7-28	\$50 \$40 RD	ages 18+
JPCC	W	5:30-6:30 pm	Jul 12-Aug 2	\$50 \$40 RD	ages 18+
JPCC	W	5:30-6:30 pm	Aug 16-30	\$38 \$30 RD	ages 18+

*No class Apr 19

Beginner Line Dancing

Have fun while learning Basic Line Dance Steps! Line Dance is a great way to reduce stress, strengthen your memory, and keep your body in motion. You'll learn fun and easy dances to all types of music. Come ready to meet new friends. No experience or partner is needed. We dance "Just Dance for Fun." **INSTRUCTOR:** Sue Jennings

JPCC	W	6:40-7:40 pm	Mar 1-22	\$50 \$40 RD	ages 18+
JPCC	W	6:40-7:40 pm	Apr 5-26*	\$38 \$30 RD	ages 18+
JPCC	W	6:40-7:40 pm	May 10-31	\$50 \$40 RD	ages 18+
JPCC	W	6:40-7:40 pm	Jun 7-28	\$50 \$40 RD	ages 18+
JPCC	W	6:40-7:40 pm	Jul 12-Aug 2	\$50 \$40 RD	ages 18+
JPCC	W	6:40-7:40 pm	Aug 16-30	\$38 \$30 RD	ages 18+

*No class Apr 19

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! At the end of each session dancers will have a mini performance to show to their families! **INSTRUCTOR:** Imani Bell

JPCC	Th	6:30-7:20 pm	Mar 9-30	\$63 \$50 RD	ages 18+
JPCC	Th	6:30-7:20 pm	Apr 13-May 4	\$63 \$50 RD	ages 18+
JPCC	Th	6:30-7:20 pm	May 18-Jun 8	\$63 \$50 RD	ages 18+
JPCC	Th	6:30-7:20 pm	Jun 22-Jul 20*	\$63 \$50 RD	ages 18+
JPCC	Th	6:30-7:20 pm	Aug 3-24	\$63 \$50 RD	ages 18+

*No class Jun 6

Ballroom Dancing

Feel comfortable on the dance floor while enjoying various types of music! You will learn popular basic ballroom dance steps like, Tango, Foxtrot, Waltz, Samba and Swing. No partner necessary! **INSTRUCTOR:** Chikako Massey

WFCH	M	7:00-8:00 pm	Mar 6-27	\$50 \$40 RD	ages 17-80
WFCH	M	7:00-8:00 pm	Apr 3-24	\$50 \$40 RD	ages 17-80
WFCH	M	7:00-8:00 pm	May 1-22	\$50 \$40 RD	ages 17-80

Ballroom Dancing: Wedding Edition <<NEW!>>

Make your special day memorable! Learn your wedding dance with you and your significant others choice of music. Choreography can be simple yet fancy! **INSTRUCTOR:** Chikako Massey

WFCH	M	6:00-7:00 pm	Apr 3	\$75 \$60 RD	ages 18+
WFCH	M	6:00-7:00 pm	Apr 17	\$75 \$60 RD	ages 18+

Culinary Arts

Charcuterie Board Workshop

Come learn how to build a beautiful and delicious charcuterie and cheese board. We will learn about pairings, ways to prepare ingredients, and how to artistically curate and create a delicious board. And the best part is... you get to take it home! **INSTRUCTOR:** Natasha Gentile

WFCH	W	6:00-7:30 pm	Mar 8	\$69 \$55 RD	ages 18+
WFCH	W	6:00-7:30 pm	Apr 19	\$69 \$55 RD	ages 18+
WFCH	W	6:00-7:30 pm	May 17	\$69 \$55 RD	ages 18+
WFCH	W	6:00-7:30 pm	June 7	\$69 \$55 RD	ages 18+

Esports

ESPN NCAA Men's Bracketology <<NEW!>>

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 16, with SELECTION SUNDAY on Sunday, March 12 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 (Sign up for a free account on www.espn.com) - emails will be sent out once you have registered. Will your pick be Final Four bound!?

Online Bracket	M-Su	Brackets completed by the start of the first game - Mar 16	free	ages 18+
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ADULT

ESPN NCAA Women's Bracketology <<NEW!>>

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 17, with SELECTION SUNDAY on March 12 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. (Sign up for a free account on www.espn.com.) Emails will be sent out once you have registered.

Online Bracket	M-Su	Brackets completed by the start of the first game - Mar 17	free	ages 18+
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ESPN Fantasy Baseball League | MLB <<NEW!>>

Sign up today and build your ultimate all-star MLB team online on ESPN. Sign up for a free account on www.espn.com and play in our citywide fantasy MLB league. League(s) will consist of 6-12 players (depending on signups), snake draft, with a randomized draft order. Season will last from end of May until the beginning of September. Ready...PLAY BALL! INSTRUCTOR: JPCC

Online Draft	Su	7:00-8:30 pm	Mar 19	free	ages 18+
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Battle in the Forest Esports Tournaments

Enjoy video games and competing to be the best? If so, Battle in the Forest is the place for you! This Esports tournament will be an ongoing arena of different games throughout the year. The tournament will be played online and live streamed. An assortment of prizes will be given to the top players. The featured game for these tournaments will be determined at a later date. For more information, visit wakeforestnc.gov and search "Battle in the Forest".

Online	Sa	12:00-6:00 pm	May 13	free	ages 10+
Online	Sa	12:00-6:00 pm	Aug 26	free	ages 10+

ESPN Fantasy Football League | NFL

Sign up today and build your ultimate NFL All-Star team, online. Sign up for a free account on www.espn.com and play in our citywide fantasy football league. League(s) will consist of 6-12 players (depending on signups), snake draft, with a randomized draft order. Game on! INSTRUCTOR: JPCC Staff

Online Draft	M	7:00-8:30 pm	Aug 28	free	ages 18+
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Bass Fishing Tournament

The Parks, Recreation & Cultural Resources Department will host a Bass Fishing Tournament May 15-28. During these two weeks, participants can go to any public Wake or Franklin County fishery to attempt to catch the biggest Bass. You will be specified to catch Bass only to qualify for prizing. All participants will receive a fishing scale. These scales will be needed to use for the tournament to qualify for prizing as well.

Online	M-Su	8:00 am-8:00 pm	May 15-28	\$10	ages 13+
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Comic Book

Comic Book Trade Group

Love comics? Interested in trading some books? Looking for some key issues? Come join us to discuss and trade comics! This group will be solely trading comics. No monetary transactions will be allowed. The group will be managed by Brandon Wright, of Play4Life Comics. Don't miss out on this opportunity to add some great comics to your collection! INSTRUCTOR: Brandon Wright, Play4Life Comics



Flah Park	Sa	11:00 am-1:00 pm	Mar 4	\$5	ages 18+
Flah Park	Sa	11:00 am-1:00 pm	May 13	\$5	ages 18+
Flah Park	Sa	11:00 am-1:00 pm	Jul 22	\$5	ages 18+

Family Fun

Family Fun Night <<NEW!>>

Join us on the second and fourth Friday night of each month as we pull out some favorite games for families to enjoy together or with other families.

AMC	F	6:00-7:30 pm	Mar 10 & 24	\$5/family	all ages
AMC	F	6:00-7:30 pm	Apr 14 & 28	\$5/family	all ages
AMC	F	6:00-7:30 pm	May 12 & 26	\$5/family	all ages

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

SPECIALIZED

& INCLUSION PROGRAMS



Enriching programs designed for individuals with special needs.



Specialized Programs

Abilities Choir

Want the opportunity to show off your talents? Come join our inclusive choir and learn about different choral techniques and types of music. This choir includes individuals of all ability levels and provides an outlet for creative expression. Practices will be held every other Tuesday. **DIRECTOR:** Kasie Brooks

AMC	T	6:30-7:30 pm	Jan 10-May 9	\$75*	ages 10+
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**Pre-registration required*

Club Connect

Join us once a month for socialization, activities, & fun! Participants will be provided with the opportunity to socialize with peers, play games, be creative, and plan activities based on input from the group. Participants must be able to perform self-care routines independently and can bring a buddy if necessary. Don't miss out on all the excitement!

JPCC	Th	5:30-7:00 pm	Mar 23	free	ages 15+
JPCC	Th	5:30-7:00 pm	Apr 27	free	ages 15+
JPCC	Th	5:30-7:00 pm	May 25	free	ages 15+
JPCC	Th	5:30-7:00 pm	Jun 22	free	ages 15+
JPCC	Th	5:30-7:00 pm	Jul 27	free	ages 15+
JPCC	Th	5:30-7:00 pm	Aug 24	free	ages 15+

**Pre-registration required*

Trailmates

Looking for a way to get active and socialize? Come join us the first Tuesday of the month for a walking group. Walking for fitness has a variety of health benefits, including maintaining a healthy weight, strong muscles and bones, improved balance and coordination, and overall enhanced mental wellbeing. We will meet at a central location to walk and talk together. Bring a friend or come make a new one!

JPCC	Tu	5:15-6:00 pm	Mar 7	free	ages 12+
JPCC	Tu	5:15-6:00 pm	Apr 4	free	ages 12+
JPCC	Tu	5:15-6:00 pm	May 2	free	ages 12+
JPCC	Tu	5:15-6:00 pm	Jun 6	free	ages 12+
JPCC	Tu	5:15-6:00 pm	Aug 1	free	ages 12+

**Pre-registration required. No meeting in July.*

Special Needs Cooking with Friends

Want to try your hand at recipes that will impress your family and friends? This class will focus on simple cooking and baking recipes that can be prepared as independently as possible by students with special needs. Students will concentrate on safety in the kitchen, basic cooking skills, follow recipe directions and communication. It's a fun time to socialize with new and old friends. Students will have the opportunity to taste and bring home leftovers to share with the family. **INSTRUCTOR:** Cathy Smith

JPCC	W	6:30-8:00 pm	Apr 5-Apr 26	\$60*	ages 14+
JPCC	W	6:30-8:00 pm	May 3-May 24	\$60*	ages 14+
JPCC	W	6:30-8:00 pm	Jun 7-Jun 28	\$60*	ages 14+
JPCC	W	6:30-8:00 pm	Jul 5-Jul 26	\$60*	ages 14+
JPCC	W	6:30-8:00 pm	Aug 2-Aug 23	\$60*	ages 14+

**Pre-registration required*



SPECIALIZED

Yes! You Can Dance!

This is the ultimate dance-fitness party where we rock it out with our friends! This program features music from mainstream to international music from yesterday and today. This class will get you burning calories while dancing with moves that get movin' to the beat! It's all about feeling fearless on the dance floor, reinforcing the idea that it's okay to just be yourself and dance like no one's watching! It is so much fun it doesn't even seem like a workout! Dance steps are easy to follow, and choreography will focus on various world rhythm style dance as well as popular hip-hop style dance. No prior dance or fitness experience is necessary. **INSTRUCTOR:** Hannah Bleyer

JGCC	M	5:45-6:45pm	Apr 12-May 22	\$30	ages 10+
JGCC	M	5:45-6:45pm	Jun 5-26**	\$20	ages 10+
JGCC	M	5:45-6:45pm	Jul 25-Aug 29	\$30	ages 10+

*Pre-registration required
**Only 4-week session

Start to Summer Dance

Join us for a night of fun complete with a DJ, refreshments, socializing and dancing! Come with friends or come make new ones! Chaperones will be available for supervision but participants can bring additional support if necessary.

WFCH	F	6:30-8:30 pm	Jun 23	\$15*	ages 10-30
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*Pre-registration required, late fee assessed after deadline

Music and Movement ◀NEW!▶

Discover your body in motion, invite the mind to music and memory, explore the imagination through sound, and exercise all parts of your body together or independently. This is a space curated with different styles of music and invites participants into a place of relaxation, comfort, joy, and motivation. All skill levels are invited to join! **INSTRUCTOR:** Brandi Hancock

JGCC	Tu	12:00-1:00 pm	Mar 7-Apr 11	\$50	ages 18+
JGCC	Tu	12:00-1:00 pm	Apr 25-May 30	\$50	ages 18+
JGCC	Tu	12:00-1:00 pm	Jun 13-Jul 25**	\$40	ages 18+
JGCC	Tu	12:00-1:00 pm	Aug 1-22***	\$30	ages 18+

*Pre-registration required
**No class July 4
***August session is only 4 weeks



Special Needs Relaxing Yoga & Dance ◀NEW!▶

Join us for a one of kind class for special needs participants and their family members. In this six week program, we will explore Yoga, Jazz, and Modern Dance. This class will be sensory friendly and modified so participants can learn at a slower pace. Siblings are not necessary for participation but encouraged. **INSTRUCTOR:** Samantha Schneider

JGCC	W	5:00-5:45 pm	Mar 1-Apr 12**	\$45	ages 8-14
JGCC	W	5:00-5:45 pm	May 10-Jun 14	\$45	ages 8-14
JGCC	W	5:00-5:45 pm	Jul 12-Aug 16	\$45	ages 8-14

*Pre-registration required
**No class Apr 5

MightyFit Adaptive Group Exercise ◀NEW!▶

Stay active while having fun with friends! This group fitness program is designed as "fun-play" to help increase strength, build muscle and confidence, boost cardiovascular endurance, and increase attention span, energy and vitality. Exercises include strength training, cardio, core, stretching and balance. Fun games are played while we workout! **INSTRUCTOR:** Hannah Bleyer

JGCC	Tu	6:00-6:45 pm	Apr 18-May 23	\$30	ages 12-30
JGCC	Tu	6:00-6:45 pm	Jun 6-27**	\$20	ages 12-30
JGCC	Tu	6:00-6:45 pm	Jul 25-Aug 29	\$30	ages 12-30

*Pre-registration required
**June session is only 4 weeks

Abilities Tennis Clinics

Abilities Tennis clinics provide specialized instruction and practice for athletes, ages 8 and up. Coaches and volunteers are trained to teach the fundamentals of tennis, practice drills and facilitate fun games geared towards improving tennis skills for those with ID. All levels are welcome to participate. Coaches are able to adapt tennis for each individual so that everyone can join in the fun and feel successful. **INSTRUCTOR:** Abilities Tennis Association of NC

Heritage High Park	Sa	4:00-5:00 pm	Mar 4-Apr 29	free*	ages 8+
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*Pre-registration required
*No clinic on Apr 16

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 Kelly Schurtz at kschurtz@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 Kelly Schurtz, kschurtz@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.....	919-814-400
North Carolina Orthotics & Prosthetics of Wake Forest.....	919-556-3402
North Carolina Special Olympics.....	919-719-7662
Special Olympics Wake County	919-996-2111
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

Dream League Baseball

Designed for school-age participants with special needs, league games are played on Saturdays from late April through early June. Registration will be held February 1-28. **STAFF CONTACT:** Kelly Schurtz, kschurtz@wakeforestnc.gov, 919-435-9559

Registration: Feb 1-28	Apr-Jun 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 three games per season. **STAFF CONTACT:** Kelly Schurtz, kschurtz@wakeforestnc.gov, 919-435-9559

Registration: Feb 1-28	Apr-Jun season	free	ages 10+
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**Pre-registration required*

Special Needs Basketball (formerly Spirit League)

Spirit 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. Spirit League will always celebrate diversity, sportsmanship and the opportunity to be a beacon of hope for all.

JGCC	F	5:30-7:00 pm	May 5-Jun 23	\$15	ages 12+
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**Pre-registration required*

Special Needs Swim Lessons

Swimming is an important life-saving skill with a variety of benefits. We now offer 1-on-1 swim lessons for individuals with disabilities of all swimming ability levels. Each package includes three, 30-minute sessions. Topics that will be covered include water safety and stability, back floating, belly floating, kicking and breath exercises. **INSTRUCTOR:** Nicole Russell

Holding Park Aquatic Center	M-F (Specific dates and times TBD)	6:00-8:00 pm	Jun-Aug	\$120	ages 4+
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**Pre-registration required*

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	11:15-11:45 am	Apr 1	free	all ages
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CAMPS

TRACK OUT & SUMMER ENRICHMENT PROGRAMS



Day Camp

Camp Nahele (pronounced nah-heh-le)

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 12 through August 11, at the Wake Forest Community House, 133 W. Owen Ave. 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, 2023.

WFCH	M-F	7:30 am-6:00 pm	Jun 12-Aug 11*	\$150/week \$125/week <i>RD</i>	ages 6-11
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*No camp held Jul 4

Athletics

Beginners Volleyball Camp (Co-ed)

Kidokinetics Volleyball Beginners Camp is for kids who are ready to learn the fundamentals of the game! Through an introduction to basic terminology, footwork and skills such as passing, setting, hitting and serving, kids will engage in interactive games and drills to build their volleyball skills. **INSTRUCTOR:** Kidokinetics

JPCC	M-F	9:00 am-12:00 pm	Jun 12-15	\$181 \$145 <i>RD</i>	ages 6-12
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JPCC	M-F	1:00-4:00 pm	Jul 24-28	\$181 \$145 <i>RD</i>	ages 6-12
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Hooper's Elite Camp «NEW!»

This camp is for High Level Middle and High School players that have aspirations of playing at the next level. JJ Miller will share a wealth of knowledge and experience to prepare these players for the next phase of their career. Players can expect intense on the court individual and competitive drills. Game situational scrimmages and play that encompasses both team offensive and defensive concepts. **INSTRUCTOR:** JJ Miller

JPCC	M-F	8:00 am-12:00 pm	Jul 31-Aug 4	\$156/week \$125/week <i>RD</i>	ages 12-17
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JJ 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:** JJ Miller, Hoopers Elite Basketball Services

Flah Park	M-F	8:00 am-12:00 pm	Jul 10-14	\$138 \$110 <i>RD</i>	ages 7-12
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Flah Park	M-F	8:00am-12:00 pm	Jul 17-21	\$138 \$110 <i>RD</i>	ages 13-17
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Kidokinetics Preschool Sportsalooza Camp

Our Preschool sports camp introduces preschoolers to a variety of sports, fun and games in an active non-competitive camp! An exciting addition to your summer schedule, our experienced coaches will ensure the kids are having fun while being active and learning new sports skills. Activities include baseball, basketball, hockey, soccer, parachute and much more! Children must be potty trained. **INSTRUCTOR:** Kidokinetics

JPCC	M-F	9:00 am-12:00 pm	Jun 5-9	\$181 \$145 <i>RD</i>	ages 3-6
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JPCC	M-F	9:00 am-12:00 pm	Jul 10-14	\$181 \$145 <i>RD</i>	ages 3-6
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JPCC	M-F	9:00 am-12:00 pm	Aug 7-11	\$181 \$145 <i>RD</i>	ages 3-6
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Kidokinetics Sportspalooza All Sports Camp

Our multi sports camp introduces kids to a variety of sports, games and activities that will get them moving! Soccer, baseball, hockey, basketball and lacrosse 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

JPCC	M-F	9:00 am-12:00 pm	Jun 19-23	\$181 \$145 <i>RD</i>	ages 6-10
JPCC	M-F	9:00 am-12:00 pm	Jul 24-28	\$181 \$145 <i>RD</i>	ages 6-10

Run Jump Throw! Track & Field Camp

Developed by USA Track and Field, the Run Jump Throw program is a hands-on learning program to get kids excited about physical activity by introducing them to the basics of the running, jumping, and throwing skills associated with track and field activities. Our program is non-competitive. **INSTRUCTOR:** Kidokinetics

JPCC	M-F	1:00-4:00 pm	Jun 19-23	\$181 \$145 <i>RD</i>	ages 7-12
JPCC	M-F	1:00-4:00 pm	Jul 31-Aug 4	\$181 \$145 <i>RD</i>	ages 7-12

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. **INSTRUCTOR:** Skyhawks Sports Academy

Flah Park	M-F	9:00 am-12:00 pm	Jun 19-23	\$169 \$135 <i>RD</i>	ages 8-11
Flah Park	M-F	9:00 am-12:00 pm	Jul 24-28	\$169 \$135 <i>RD</i>	ages 12-14

Art

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 according. Please bring a snack daily. **INSTRUCTOR:** Maureen Seltzer

Flah Park	M-F	9:00 am-12:00 pm	Jun 12-16	\$182 \$145 <i>RD</i>	ages 3-5
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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

Flah Park	M-F	9:00 am-12:00 pm	Jul 10-14	\$188 \$150 <i>RD</i>	ages 10-12
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Art Exploration

In this week long camp we will explore art elements like line, shape,value ,color. We will also use different art mediums such as charcoal, watercolor, and acrylic paint. This will be a messy camp so please dress accordingly. Please bring a snack daily. **INSTRUCTOR:** Maureen Seltzer

Flah Park	M-F	9:00 am-12:00 pm	Jul 17-21	\$188 \$150 <i>RD</i>	ages 13-16
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Ooey Goey Camp

Ooey goey 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



Flah Park	M-F	9:00 am-12:00 pm	Jun 26-30	\$188 \$150 <i>RD</i>	ages 3-5
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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. **INSTRUCTOR:** Maureen Seltzer

Flah Park	M-F	9:00 am-12:00 pm	Jul 24-28	\$188 \$150 <i>RD</i>	ages 6-9
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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

Flah Park	M-F	9:00 am-12:00 pm	Jul 31-Aug 4	\$182 \$145 <i>RD</i>	ages 3-5
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CAMPS

Pokémon™

Pokémon™ TCG Camp

«NEW!»

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



Flah Park	M-F	9:00 am-12:00 pm	Jun 12-16	\$150 \$120 RD	ages 8-12
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Education

Into the Woods Camp

Over the hills and into the woods, a hiking we will go! This camp will focus on all of the best parts of a camp out without having to sleep under the stars. Nature walks, campy crafts, and songs like Herman the Worm and Boom Chicka Boom. Plus no camp experience would be complete without making our own s'mores! Camp is a half day, please send a snack and water bottle daily from home. **INSTRUCTOR:** Shirley Coltrane



JGCC	M-F	9:00 am-12:00 pm	June 5-9	\$181 \$145 RD	ages 4-10
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Meet our Staff



Melanie Loera-Mendez moved to Wake Forest in 2014, speaking only a basic level of English. Melanie has been with the Town of Wake Forest, working a Joyner Park Community since the fall of 2021. She has now graduated with an associate degree in science from Wake Tech and plans to one day obtain a PhD in Industrial/Organizational Psychology. In her free time, she enjoys reading, watching movies and shows, as well as exercising and eating at new restaurants. Melanie loves watching her favorite soccer team – Las Chivas de Guadalajara - and boxing (her favorite boxer is Canelo Alvarez) and enjoys traveling and exploring new areas.

Superheroes Unite Camp

Do you have your own superhero in training at home? Here is their opportunity to band together with other justice warriors to protect our community and let their individual powers shine! During our camp week we will play SUPER games, do WONDER crafts, and participate in WEB tingling obstacle courses to test your little heroes agility, speed, and power. On Friday your child is welcome to come dressed as their favorite superhero! Camp is a half day, please send a snack and water bottle daily from home. **INSTRUCTOR:** Shirley Coltrane

JGCC	M-F	9:00 am-12:00 pm	Jul 10-14	\$181 \$145 RD	ages 4-10
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Summer Safari Camp

Grab your binoculars, little explorers and let's head out on a Safari! This week at camp we will explore the animals that live on the African savanna and in the jungle. We will make ROARINGly good crafts, MONKEY around with silly games, make yummy SAFARI snacks, and do some JUNGLE yoga. Camp is a half day, please send a snack and water bottle daily from home. **INSTRUCTOR:** Shirley Coltrane

JGCC	M-F	9:00 am-12:00 pm	July 24-28	\$181 \$145 RD	ages 4-10
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Out of this World Camp

Calling all space explorers! This week your little astro explorer will be launched into a galaxy of fun adventures! Our space crew will make STARRY snacks, do PLANETARY crafts that will eclipse anything you have seen before, and play games that will ROCK-ET fun to new levels! Camp is a half day, please send a snack and water bottle daily from home. **INSTRUCTOR:** Shirley Coltrane

JGCC	M-F	9:00 am-12:00 pm	Aug 7-11	\$181 \$145 RD	ages 4-10
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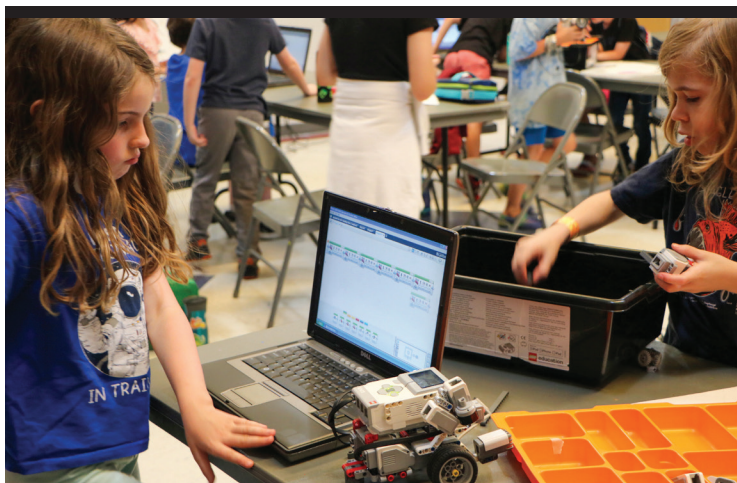
Engineering for Kids®

Engineering For Kids brings the fun of science, technology, engineering, and math education to kids through exciting camps, after-school activities, parties, classes, and more. Young engineers have the opportunity to design, build, test, and refine their own creations in a safe and fun environment.

Engineering for Kids: Electronic Game Design, Invader Defense (Spring Break)

Build, design, and play old school arcade hits! Kids will design and program all aspects of their games, including sprites and backgrounds, using the game building software Clickteam Fusion. **INSTRUCTOR:** Engineering for Kids

Flah Park	M-F	1:00-4:00 pm	Apr 3-7	\$175 \$140 RD	ages 7-14
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Engineering for Kids: Software Engineering (Scratch)

Learn to code and the fundamentals of game desing using the MIT developed, highly acclaimed Scratch platform! Kids will code their own games from the ground up.

INSTRUCTOR: Engineering for Kids

Flah Park	M-F	1:00-4:00 pm	Jun 19-23	\$175 \$140 RD	ages 7-12
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Engineering for Kids: Out of This World Engineering Week

Is mankind ready to inhabit the moon? With a little help from Engineering for Kids® students, humans will be prepared to take up residence by the end of the week! Students will collaborate with their Space State teams to create the safest and most effective community on the moon. Which team will earn enough Astro-Points to be declared the winner? **INSTRUCTOR:** Engineering for Kids

JPCC	M-F	9:00 am-12:00 pm	Jun 12-16	\$175 \$140 RD	ages 7-12
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Engineering for Kids: LEGO Robotics Mission to Mars

This LEGO® Robotics: Mission Mars curriculum is designed to introduce students to the world of not only building, but also programming basic robots. Throughout this course the students will explore different ways in which a robot could be utilized to explore a distant planet. **INSTRUCTOR:** Engineering for Kids

JPCC	M-F	1:00-4:00 pm	Jun 12-16	\$175 \$140 RD	ages 7-12
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Engineering for Kids: Aerospace Engineering Week

During the Aerospace Engineering classes, students use the Engineering Design Process to design, create, test, and refine a variety of flying machines. They construct a shock absorbing system designed to protect two marshmallow astronauts in a lunar vehicle, create their own air-powered rockets, and more! **INSTRUCTOR:** Engineering for Kids

Flah Park	M-F	9:00 am-12:00 pm	Jun 19-23	\$175 \$140 RD	ages 7-12
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Engineering for Kids: Electronic Game Design, Invader Defense

Build, design, and play old school arcade hits! Kids will design and program all aspects of their games, including sprites and backgrounds, using the game building software Clickteam Fusion. **INSTRUCTOR:** Engineering for Kids

Flah Park	M-F	1:00-4:00 pm	Jul 10-14	\$175 \$140 RD	ages 7-12
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Engineering for Kids: Space Exploration: Missions and Mechanics

This camp is all about the missions and mechanics of NASA's rovers. Learn about how to safely land and conduct experiments on another world! **INSTRUCTOR:** Engineering for Kids

JPCC	M-F	9:00 am-12:00 pm	Jun 19-23	\$175 \$140 RD	ages 7-12
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Engineering for Kids: Master Machines

Kids will learn about momentum, movement, and structural strength as they build their own ramps, race cars, and more! **INSTRUCTOR:** Engineering for Kids

JPCC	M-F	1:00-4:00 pm	Jun 19-23	\$175 \$140 RD	ages 7-12
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Engineering for Kids: It's Electric! Electrical Engineering Week

Power up with this course where kids will learn the basics of electrical engineering and design their own electrical circuits for a variety of purposes! **INSTRUCTOR:** Engineering for Kids

JPCC	M-F	9:00 am-12:00 pm	Jul 17-21	\$175 \$140 RD	ages 7-12
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JPCC	M-F	9:00 am-12:00 pm	Jul 31-Aug 4	\$175 \$140 RD	ages 7-12
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Engineering for Kids: Survivor Week

Welcome to Survivor: Engineer's Cove! Students in this five-day camp will find themselves stranded on an abandoned island filled with perilous obstacles - dark caves, wild animals, cold temperatures, little food, and separation from the comforts of home. They will work collaboratively with their tribe members to compete against other tribes in specific engineering-related projects aimed at trying to survive the harsh island conditions and escape to their freedom. The tribe with the most points at the end of the week will claim the honor of Survivor: Engineer's Cove winner. **INSTRUCTOR:** Engineering for Kids

Flah Park	M-F	9:00 am-12:00 pm	Aug 7-11	\$175 \$140 RD	ages 7-13
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AQUATICS

& WATER FUN

Holding Park Aquatic Center

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

OPEN: May 27 – Sep 4

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 27 (Memorial Day weekend) for the summer season. The center will remain open through Labor Day, Sep. 4.

Open Swim is offered daily. To see a current schedule of Open Swim times visit wakeforestnc.gov and search "Holding Park Aquatic Center."

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



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 22. 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 <i>RD</i>
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Taylor Street Sprayground

Located at Taylor Street Park, the sprayground will be open daily, April 15–October 1. 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

YOUTH BASEBALL, SOFTBALL & T-BALL

Spring Baseball, Softball, and T-Ball Leagues

League age is determined by participant's age on April 30, 2023. Registration will be held February 1-28. Team practices begin in late March/early April games are played through June.

Registration: Feb 1-28	Mar-Jun season	\$100 \$60 RD	ages 5-17 boys and girls
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Dream League Baseball

Designed for school-age participants with special needs, league games are played on Saturdays from late April through early June. Registration will be held February 1-28. STAFF CONTACT: Kelly Schurtz, kschurtz@wakeforestnc.gov, 919-435-9559

Registration: Feb 1-28	Apr-Jun 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: Kelly Schurtz, kschurtz@wakeforestnc.gov, 919-435-9559

Registration: Feb 1-28	Apr-Jun season	free	ages 10+
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**Pre-registration required*

Fall Baseball & Softball League

League age is determined by participant's age on April 30, 2023. Registration will be held June 1-30. Team practices begin in August games are played through mid-October.

Registration: Jun 1-30	Aug-Oct season	\$100 \$60 RD	ages 6-16 boys and girls
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YOUTH BASKETBALL

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.

Registration: Feb 1-28	Mar-May season	\$195 \$155 RD	ages 8-17 boys & girls
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Skills, Drills, & Development Basketball Clinic

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

Flah Park	Sa	10:00-11:00 am	Mar 4-25	\$107 \$85 RD	ages 6-15
Flah Park	Sa	10:00-11:00 am	Apr 15-May 6	\$107 \$85 RD	ages 6-15



ATHLETICS

Individual Basketball Training

In this program, JJ Miller trains and develops all the basketball curriculum for our programs. We also have several Hooper's Elite certified trainers who are also USA Basketball licensed. Our individual training program concentrates on every aspect of the game and is specific to each individual player. These sessions are typically 1 player, however, they can be up to 3 if it's beneficial for each player. Sessions last 45-60 minutes depending on the key areas that we 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. This program is for intermediate to advanced level players.

INSTRUCTOR: JJ Miller, Hoopers Elite Basketball Services

Flah Park	M-F	3:00-6:00 pm	Mar	\$500 \$400 RD	ages 7+
Flah Park	M-F	3:00-6:00 pm	Apr	\$500 \$400 RD	ages 7+
Flah Park	M-F	3:00-6:00 pm	May	\$500 \$400 RD	ages 7+
Flah Park	M-F	3:00-6:00 pm	Jun	\$500 \$400 RD	ages 7+
Flah Park	M-F	3:00-6:00 pm	Jul	\$500 \$400 RD	ages 7+
Flah Park	M-F	3:00-6:00 pm	Aug	\$500 \$400 RD	ages 7+

Athletic Performance 101 ◀NEW!▶

Develop your young player's athleticism with this dynamic clinic directed by J.J. Miller and instructed by Newage Athletix coaches Cedrick Thomas & Destinie Santamaria. Participants will enhance their speed, agility, balance, lateral movement, hand-eye coordination, and overall conditioning. **INSTRUCTOR:** Hoopers Elite

Ailey Young Park	Sa	12:00-1:00 pm	Mar 4-25	\$100 \$80 RD	ages 7+
Ailey Young Park	Sa	12:00-1:00 pm	Apr 15-May 6	\$100 \$80 RD	ages 7+



YOUTH VOLLEYBALL

Youth Volleyball League

League age is determined by participant's age on September 1, 2023. Registration will be held April 1-30. Team practices begin in May, games are played through early July.

Registration: Apr 1-30	May-Jul season	\$100 \$60 RD	ages 9-16, girls
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YOUTH / ADULT 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 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.



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 charged the resident (discounted) rate of \$60. Participants who live outside the town's limits are encouraged to participate in athletic programs but will be charged the \$100 (regular) participant fee.

SPRING 2023 Baseball, Softball & T-ball

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	5
2016	2016	2016	2016	2016	2016	2016	2016	2017	2017	2017	2017	6
2015	2015	2015	2015	2015	2015	2015	2015	2016	2016	2016	2016	7
2014	2014	2014	2014	2014	2014	2014	2014	2015	2015	2015	2015	8
2013	2013	2013	2013	2013	2013	2013	2013	2014	2014	2014	2014	9
2012	2012	2012	2012	2012	2012	2012	2012	2013	2013	2013	2013	10
2011	2011	2011	2011	2011	2011	2011	2011	2012	2012	2012	2012	11
2010	2010	2010	2010	2010	2010	2010	2010	2011	2011	2011	2011	12
2009	2009	2009	2009	2009	2009	2009	2009	2010	2010	2010	2010	13
2008	2008	2008	2008	2008	2008	2008	2008	2009	2009	2009	2009	14
2007	2007	2007	2007	2007	2007	2007	2007	2008	2008	2008	2008	15
2006	2006	2006	2006	2006	2006	2006	2006	2007	2007	2007	2007	16
2005	2005	2005	2005	2005	2005	2005	2005	2006	2006	2006	2006	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 2023 Baseball & Softball

League Age

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

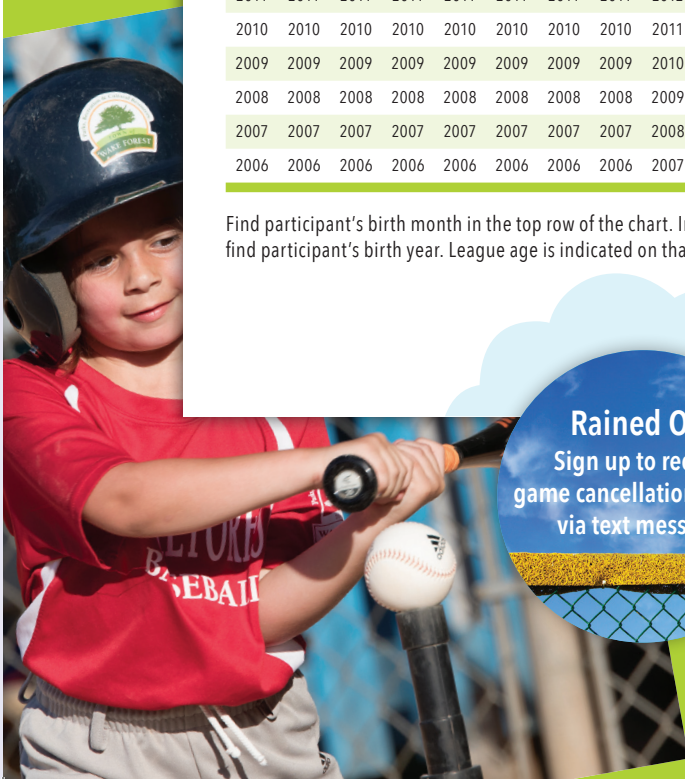
Find participant's birth month in the top row of the chart. In the birth month column, find participant's birth year. League age is indicated on that row at far right.

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 "Fields23". For the **Volleyball League**, send a text to 844-83 with the message "VB2023". For **Youth Basketball and Spirit League**, send a text to 844-83, with the message "BB2023".



ATHLETICS

Adult Athletics

ADULT SOFTBALL

Men's Spring Softball League

Games will be played on Monday, Wednesday, & Thursday beginning mid-March. STAFF CONTACT: KP Kilparick, kkilpatrick@wakeforestnc.gov, 919-435-9457

Registration: Feb 1-28	Mar-Apr season	\$550 per team	ages 18+
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Church Men's Spring Softball League

Games will be played on Monday, Tuesday, & Thursday beginning mid-April. STAFF CONTACT: KP Kilparick, kkilpatrick@wakeforestnc.gov, 919-435-9457

Registration: March 1-31	Apr-Jun season	\$550 per team	ages 18+
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Church Co-Rec Softball League

Games will be played on Monday, Tuesday, & Thursday beginning mid-June. STAFF CONTACT: KP Kilparick, kkilpatrick@wakeforestnc.gov, 919-435-9457

Registration: May 1-31		\$550 per team	ages 18+
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Men's Fall Softball League

Games will be played on Monday, Wednesday, & Thursday beginning mid-Aug. STAFF CONTACT: KP Kilparick, kkilpatrick@wakeforestnc.gov, 919-435-9457

Registration: July 1-31	Aug-Oct season	\$550 per team	ages 18+
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Co-Rec Fall Softball League

Games will be played on Monday, Tuesday, & Thursday beginning mid-Aug. STAFF CONTACT: KP Kilparick, kkilpatrick@wakeforestnc.gov, 919-435-9457

Registration: July 1-31	Aug-Oct season	\$550 per team	ages 18+
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ADULT KICKBALL

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: David Weeks, dweeks@wakeforestnc.gov, 919-435-9546

Registration: Feb 1-28	Mar-May season	\$225 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: David Weeks, dweeks@wakeforestnc.gov, 919-435-9546

Registration: Aug 1-31	Sep-Oct season	\$225 per team	ages 18+
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ADULT PICKLEBALL

Women's Spring Pickleball League

Pickleball Leagues are designed for seasoned players with a minimum skill level of 3.0 or more. This means you will be required to know the rules, court position and shot execution on a consistent basis. Skill level guidelines are posted on wakeforestpickleballclub.com website home page. The format will be individual ranking on a ladder league program.

INSTRUCTOR: Sandy Brasseale



Flah Park	M	6:30-8:30 pm	Mar 6-Apr 24	\$44 \$35 RD	ages 18+
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Men's Spring Pickleball League

Pickleball Leagues are designed for seasoned players with a minimum skill level of 3.0 or more. This means you will be required to know the rules, court position and shot execution on a consistent basis. Skill level guidelines are posted on wakeforestpickleballclub.com website home page. The format will be individual ranking on a ladder league program. INSTRUCTOR: Joe Vartanesian

Flah Park	Tu	6:30-8:30 pm	Mar 7-Apr 25	\$44 \$35 RD	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 (search "free agent").



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. **INSTRUCTOR:** USAPA Pickleball Ambassadors

Flah Park	Th	6:30–8:00 pm	Mar 2–23	\$63 \$50 RD	ages 18+
Flah Park	M	8:30–10:30 am	Mar 6–27	\$63 \$50 RD	ages 18+
Flah Park	M	8:30–10:30 am	Apr 3–24	\$63 \$50 RD	ages 18+
Flah Park	Th	6:30–8:00 pm	Apr 6–27	\$63 \$50 RD	ages 18+
Flah Park	M	8:30–10:00 am	May 1–22	\$63 \$50 RD	ages 18+
Flah Park	Th	6:30–8:00 pm	May 4–25	\$63 \$50 RD	ages 18+
Flah Park	Th	6:30–8:00 pm	Jun 1–22	\$63 \$50 RD	ages 18+
Flah Park	M	1:00–2:30 pm	Jun 5–26	\$63 \$50 RD	ages 18+
Flah Park	Th	6:30–8:00 pm	Jul 6–27	\$63 \$50 RD	ages 18+
Flah Park	M	1:00–2:30 pm	Jul 10–31	\$63 \$50 RD	ages 18+
Flah Park	M	8:30–10:00 am	Aug 7–28	\$63 \$50 RD	ages 18+
Flah Park	Th	6:30–8:00 pm	Aug 10–31	\$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	Apr 3 & 5	\$63 \$50 RD	ages 9+
JPCC	M/W	6:30–8:00 pm	May 1 & 3	\$63 \$50 RD	ages 9+
JPCC	M/W	6:30–8:00 pm	Jul 24 & 26	\$63 \$50 RD	ages 9+
JPCC	M/W	6:30–8:00 pm	Aug 28 & 30	\$63 \$50 RD	ages 9+

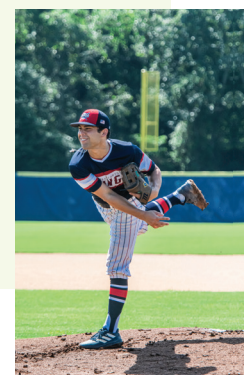
RD=Resident Discount

Wake Forest FUNGO

Home Game Schedule

Come out and cheer for our home team! Wake Forest FUNGO is a college summer baseball team featuring college players. **LOCATION:** All home games are played at Flaherty Park Field 2, 1226 N. White St., Wake Forest. **TICKETS:** \$7.

Th	June 1	6:30 pm	FUNGO vs South Wake Shakes
F	June 2	6:30 pm	FUNGO vs Catawba Valley Stars
Sa	June 3	3:00 pm	FUNGO vs Catawba Valley Stars
W	June 7	6:30 pm	FUNGO vs Clayton Clovers
Sa	June 10	3:00 pm	FUNGO vs Tarboro River Bandits
W	June 14	6:30 pm	FUNGO vs Clayton Clovers
Th	June 15	6:30 pm	FUNGO vs Carolina Disco Turkeys
W	June 21	6:30 pm	FUNGO vs Fuquay-Varina Twins
F	June 23	6:30 pm	FUNGO vs South Wake Shakes
Sa	June 24	3:00 pm	FUNGO vs Fuquay-Varina Twins
Su	June 25	1:00 pm	FUNGO vs High Point Locos
Sa	July 1	3:00 pm	FUNGO vs Fuquay-Varina Twins
W	July 5	6:30 pm	FUNGO vs Fuquay-Varina Twins
Th	July 6	6:30 pm	FUNGO vs Clayton Clovers
Sa	July 8	3:00 pm	FUNGO vs South Wake Shakes
W	July 12	6:30 pm	FUNGO vs High Point Locos
Th	July 13	6:30 pm	FUNGO vs Edenton Steamers
Tu	July 18	6:30 pm	FUNGO vs Tarboro River Bandits
W	July 19	6:30 pm	FUNGO vs Fuquay-Varina Twins
Sa	July 22	3:00 pm	FUNGO vs Edenton Steamers
W	July 26	6:30 pm	FUNGO vs Carolina Disco Turkeys



RENAISSANCE CENTRE

FOR THE ARTS



SHANA TUCKER - VALENTINE'S DAY BRUNCH
FEB 11

Performances

Rosa Parks & Friends

Presented by Bright Star Theatre, this production takes the audience on an amazing journey through time with Rosa Parks where some of the most remarkable figures in history come to life. This show gives a remarkable view of the challenges met by these amazing Black Americans.



Feb 4 11:00 am Free Admission

Location: Alston-Massenburg Center, 416 N. Taylor St.

Shana Tucker - Valentine's Day Brunch

What could be more romantic than treating your valentine to a Jazz brunch featuring Shana Tucker. Cellist and singer-songwriter, Tucker invites you in with her voice and captures your heart with her unique ChamberSoul style. She's opened for heavy-hitters like the Indigo Girls and Blind Boys of Alabama and played several years in Las Vegas with Cirque du Soleil. Brunch catered by Cannon Catering. Visit website for menu.

Feb 11 11:00 am **Tickets:** Reserved \$60

2023 Wake Forest 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. The two-day film showcase will engage audiences with films of all lengths and genres. Intended for both the general public and film professionals.

Mar 3-4 Visit wakeforestrencen.org to see full schedule **Tickets:** General Admission \$20 (all films for both days)

Living Rhythms African Drumming

Living Rhythms performances are an educational, transformative, and exciting exploration of the drumming and dance of West Africa. The show begins with an attention-grabbing surprise by the artists that will have you on the edge of your seat right from the beginning.



Mar 25 11:00 am Free Admission

Location: Alston-Massenburg Center, 416 N. Taylor St.

Croce Plays Croce (Sold Out)

A.J. Croce's career spans three decades touring with a wide range of musicians: B. B. King, Ray Charles, Willie Nelson and the Neville Brothers. Many of Croce's albums have appeared on Top 40, Americana, College, and Blues charts. His breakout CD *That's Me in the Bar* charted in two separate decades. While A. J. has always traveled on his own musical road, he will bring his unique concert that celebrates both his own music and the music of his father, Jim Croce. Don't miss this opportunity to see A. J. Croce play and sing the music of his father. He will transport you with "You Don't Mess Around With Jim," "Operator (That's Not the Way It Feels)," "Time in a Bottle" and "Bad, Bad Leroy Brown" and many more iconic hits.

Apr 22 7:30 pm **Tickets:** Sold Out

Happy Dan the Magic Man

Happy Dan is that slightly silly, can't wait to see him loving uncle that every child loves. The laughter never stops as he struggles with his misbehaving props and the children come to his rescue. Happy Dan has traveled the world entertaining families for more than 30 years.

May 5 6:30 pm Free Admission

Staying active
is good for you.

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.
wakeforestrecen.org
Go to the "education" tab
then select "classes".

PURCHASE TICKETS

Tickets for shows may be purchased
at wakeforestrecen.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 wakeforestrecen.org
and clicking on "Join our Mailing List."





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)

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 Kelly Schurtz, kschurtz@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 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. 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. 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.

