Chapel Hill Parks and Recreation Department

2013 Winter/Spring Programs

Dixie Rock Climbing Competition

Teen Programs

Camp Registration begins Feb. 4

Residents of Chapel Hill and Orange County may register beginning **8:30 a.m. Jan. 7.**
Non-residents may register beginning **8:30 a.m. Jan. 21.**
Summer Camp registration begins **8:30 a.m. Feb. 4.**
Summer program registration begins **May 13.**

To register online, visit www.townofchapelhill.org/register.

See back cover for registration details.

Camp Registration

Chapel Hill residents may register beginning 8:30 a.m. Feb. 4. Orange County residents may register beginning Feb. 11. Non-residents may register beginning Feb. 18. Mail-in registration may be postmarked no earlier than the first day of registration.

Payment is due at the time of registration. Full day camps require a minimum payment of $5 per child, per session to hold a spot. All other camps require a minimum deposit of $40 per child, per session. Please note, online registration requires full payment when you register.

Some inclusion support is available for campers with disabilities with at least two weeks notice. For more information, call Marian Kaslovsky at 919-968-2813.

Community Center Camp and Hargraves Center Camp

Rising 1st–5th graders.
$168 R, $202 NR, per session for Session A, C and D
$153 R, $184 NR, for Session B. No camp on July 4.

Our camps begin with optional early drop-off at 7:30 a.m. for supervised open play, with organized activities beginning at 9 a.m. Activities include: outside hikes, arts & crafts, competitions, board games, swimming, special guests, field trips, and community projects. Structured activities end at 4 p.m. Children leave by 6 p.m. Late fees apply after 6 p.m. Staff to camper ratio is approximately 1 counselor to 10 campers. Receive your Parent Packet at registration or print from our website; complete packets due May 24.

Entire camp fee for sessions 1 and 2 must be paid by May 24th; entire camp fees for sessions 3 and 4 are due by June 28.

All Sessions: Monday–Friday, 7:30 a.m.–6 p.m. No camp July 4

		Community Center	Hargraves Center
Session A:	June 17–28	#210400A	#220100A
Session B:	July 1–12	#210400B	#220100B
Session C:	July 15–26	#210400C	#220100C
Session D:	July 29–Aug. 9	#210400D	#220100D

Middle School Summer Camp

Rising 6th–9th graders
$70 R, $84 NR, per session for Sessions A, B, D, E, F, G, & H
$56 R, $70 NR, for Session C. No Camp July 4th

Our structured recreational curriculum includes arts and crafts, swimming, movies, field trips, games, character education, book club, cooking, sewing, dancing, lots of outdoor activities when weather permits and much more. Academic support provided for those attending summer school. Appropriate behavior is expected of all participants (staff and campers just want to have fun). Campers must bring lunch; snacks provided.

Street Scene Teen Center, 179 East Franklin Street (basement of Post office/Court House)

Entire camp fee for sessions A–D must be paid by May 24; entire camp fees for sessions E–H are due by June 28th. If payments are not received by the due dates your child will be dropped from the roster. Receive your Parent Packet at registration or print from our website; complete packets due May 24.

Monday–Friday 7:30 a.m. - 5:30 p.m.

Session A	June 17–21	230720 A	Session B	June 24–28	230720 B
Session C	July 1–5	230720 C	Session D	July 8–12	230720 D
Session E	July 15–19	230720 E	Session F	July 22–26	230720 F
Session G	July 29–Aug. 2	230720 G	Session H	Aug. 5–9	230720 H

Play-Well TEKnologies Summer Camps

Ages 5–12. $146 R, $175 NR (per session)

Play-Well TEKnologies offers campers the opportunity to explore mechanisms and structural design through the use of LEGO®. We have been offering summer camps around the nation for over 10 years and continue to look for new opportunities to bring our unique and successful brand of LEGO® fun to excited and curious campers. Campers build motorized machines, catapults, pyramids, demolition derby cars, truss and suspension bridges, buildings, and much more. This class is not affiliated with the LEGO Group. For more information about our organization, please visit our website, www.play-well.org or contact Alex Pearce (apearce@play-well.org or 919.518.7474). Please bring a snack. Chapel Hill Community Center Meeting Room Pre-registration required! Pay instructor entire fee at the first class. No fee reduction. Make check payable to instructor.

R=Resident **NR**=Non-Resident

Play-Well TEKnologies: Pre-Engineering

Ages 5–7.

Create, play and learn. Design a town, city or star base with houses, buildings, pyramids, bridges, tunnels, towers and more. Every day, campers will learn from instructors from Play-Well TEKnologies who will teach campers how to build cars, trains, buses and trucks. Race them, crash them and repair them. Explore the many possibilities of LEGO® building systems while learning valuable construction techniques.

Aug. 12–16 Monday–Friday 9 a.m.–12 noon #210426A

Play-Well TEKnologies: Engineering FUNdamentals

Ages 8–12.

Have your child become a Play-Well engineer this summer! With over 100,000 pieces of LEGO®, take on real-life engineering challenges that explore concepts in physics, mechanical/structural engineering, and architecture. From motorized machines to castles & catapults, this is a hands-on and minds-on class suitable for LEGO® building system novices to "maniacs." Designed by engineers, the curriculum challenges both new and returning students to reach the next level of engineering comprehension all while having fun. Your child will have the chance to build what they have only dreamed of with the support of an experienced Play-Well engineering instructor to guide them.

Aug. 12–16 Monday–Friday 1–4 p.m. #210427A

Play-Well TEKnologies: JEDI Engineering

Ages 5–7.

Young Jedi will explore worlds far, far away and engineering principles right in front of them. Defeat the Empire by designing and refining X-Wings, R2-units, and settlements on far-flung edges of the galaxy. Imagination and engineering combine to create motorized and architectural projects such as energy catapults, shield generators, and defense turrets. A new offering of original designs for young Jedi from Play-Well TEKnologies.

Aug. 19–23 Monday–Friday 9 a.m.–noon #210428A

Play-Well TEKnologies: JEDI Master Engineering

Ages 8–12.

The Force is strong in this class. Build complex machines and structures based on the best designs from a galaxy far, far away. Projects include X-Wings, AT-AT walkers, Pod racers, Star Destroyers, Cloud Cities, settlements, and fortresses. Play-Well's Jedi instructors reinforce key engineering concepts such as gear trains, worm drives, pneumatics, eccentric motion and much more as students tap into the powerful forces of imagination and engineering.

Aug. 19–23 Monday–Friday 1–4 p.m. #210429A

Community Clay Studio Arts Camp

Ages 6–13. $180 R, $216 NR

This unique half-day camp offers a fun and immersive experience with clay, from hand-building to glazing (the 9–13 year old age group will also use the potter's wheel), led by our studio instructors. Art projects in other media will be offered while the clay is firing. A snack and drink will be provided daily.

Days: Monday–Friday for a two week session

Ages 6–9	Session 1:	June 10–21	9 a.m.–12 noon	#230510A
	Session 2:	July 8–19	9 a.m.–12 noon	#230510B
	Session 3:	July 22–Aug. 2	9 a.m.–12 noon	#230510C
	Session 4:	Aug. 5–16	9 a.m.–12 noon	#230510D
Ages 9–13	Session 1:	June 10–21	1 p.m.–4 p.m.	#230511A
	Session 2:	July 8–19	1 p.m.–4 p.m.	#230511B
	Session 3:	July 22–Aug. 2	1 p.m.–4 p.m.	#230511C
	Session 4:	Aug. 5–16	1 p.m.–4 p.m.	#230511D

ActUp! Theater Camp

NEW

Ages 5-12. $150 R, $180 NR

Special registration: register with P&R and mail check by June 7 to ActUp! Camps, 13300 W. Circle Dr., Ste 207, Chicago, IL 60445. No fee reduction. Campers will develop a short Fairy Tale play, audition for parts, rehearse, and then perform for family and friends (Friday 5 p.m.); all in 5 days with no acting experience required. For more information visit www.actupcamps.com. Phillips Middle School

June 17–21 Mon-Thurs 8:30 a.m.-4:30 p.m. and Fri 8:30 a.m.-5:30 p.m. #230550A

Youth Basketball Clinic
Ages 7–12. Fee per session: $75 R, $90 NR (Sessions 1–3); $60 R, $72 NR (Session 4)
Ages are determined as of August 1, 2013.
A week-long camp designed to teach the fundamentals of basketball. Experienced basketball instructors will be on hand to teach the basics of shooting, dribbling, passing, defense and all other skills associated with basketball.
Participants should bring a bag lunch. Registration deadline is June 8 or until full.
Rashkis Elementary School
Monday–Friday; 9 a.m.–3 p.m. **NO CLASS JULY 4**

Ages 7–9	Session 1	June 10–14	#200302A
	Session 2	June 17–21	#200302B
Ages 10-12	Session 1	June 24–28	#200302C
	Session 2	July 1–5	#200302D

Youth Flag Football Clinic
Ages 7–12. $50 R, $60 NR
Ages are determined as of August 1, 2013
A week-long half-day camp designed to teach the fundamentals of flag football. Experienced instructors will be on hand to teach the basics of offense, defense and all other skills associated with flag football.
Participants should bring a healthy snack. Registration deadline: June 22 or until full.
Cedar Falls Park
July 8–12 Monday–Friday 8 a.m.–12 noon #200304A

Youth Volleyball Clinic
Ages 10–12. $60 R, $72 NR
Ages are determined as of August 1, 2013
A week-long full-day clinic designed to teach the fundamentals of volleyball. Experienced volleyball instructors will be on hand to teach the basics of the game.
Participants should bring a bag lunch. Registration deadline: June 29 or until full.
Rashkis Elementary School

Session 1:	July 15–19	9 a.m.–3 p.m.	#200301A
Session 2:	July 22–26	9 a.m.–3 p.m.	#200301B

Ultimate Frisbee Clinic
Ages 10–13. $50 R, $60 NR
Ages are determined as of August 1, 2013
This half-day clinic is designed to introduce boys and girls (ages 10–13) to the basics of Ultimate Frisbee, a growing sport across the country. Ultimate incorporates many skills from several sports and is grounded on spirited and intense play. Ultimate is great for coed play as it utilizes strength, speed and grace. Kids will learn the various throws, how to move on offense, how to move on defense and how to play as a team. Each day will have three phases: individual skills, partnered skills and team skills.
Participants should bring a healthy snack. Registration deadline: June 8 or until full.
Cedar Falls Park
June 10–14 Monday–Friday 8–11 a.m. #200308A

Jump Start Sport Camps
Grades 1–6
Special Registration: Register online at www.JumpStartSports.com.

Fees:	Full Day Rate	Half Day, 9 a.m.–12 p.m.
Any 1 week	$120 R $144 NR	$80 R $96 NR per week
Any 3 or more weeks	$110 R $132 NR	$75 R $90 NR per week
All 5 weeks	$100 R $120 NR	$70 R $84 NR per week

Extended Care: Parents requiring before 8 a.m. and after 6 p.m. camp care can register on the Monday of the week extended care is required at a cost of $30 per week. No fee reductions. For more information visit JumpStartSports.com or call 336-794-6764.
All Jump Start Sport Camps are held at Southern Community Park.

Jump Start Sports: Chapel Hill Olympics Camp
Olympics Camp by Jump Start Sports is a combination of sports, culture and crafts. Campers learn the fundamentals of different sports and participate in a fun mock "Olympics." The emphasis of the competition is on participation and achieving personal goals.
June 10–14 9–3 p.m.

Jump Start Sports: Chapel Hill World Cup Soccer Camp
Campers get their kicks at the World Cup Soccer Camp! Players learn foot skills, passing, shooting, goal keeping, team concepts, and game play. At the end of the week campers will participate in a fun "World Cup" competition.
June 17–21 9–3 p.m.

Jump Start Sports: Chapel Hill Lacrosse Camp
Campers are introduced to the nation's fastest growing sport. Instruction will focus on cradling and stick work, passing and catching, fielding ground balls, spacing and positioning, and defense. Program will include fun scrimmage games every day, using rules designed to teach beginners. All equipment provided.
June 24–28 9–3 p.m.

Jump Start Sports: Chapel Hill All Star Baseball and Softball Camp
Campers learn and improve upon the basics of batting, fielding, pitching, catching, base running and game play. Other fun games and contests will include a "Home Run Derby", "Pitch, Hit, and Run" contest, and a "World Series" on the last day of camp.
July 8–12 9–3 p.m.

Jump Start Sports: Cheerleading Camp
Campers will learn cheers, jumps, kicks, movements, and a dance. We'll also play fun cheerleading games and make pom poms to use during the exhibition the last day of camp. Cheerleading camp provides children a highly active endeavor in a non-competitive environment that fosters fun and the development of friendships.
July 15–19 9–3 p.m.

Ceramics Classes

Youth Ceramics Classes

Clay For Kids (Preschool & Kindergarten)
Ages 4–5. $111 R, $133 NR
Finger puppets, cereal bowls, lounging lizards! Students will learn how to build various animals, household items, gifts, and objects of pure fantasy: a creative and fun introduction to clay and pottery.
Community Clay Studio. Instructor: Carmen Elliott

Thursday	Session 1: Feb. 7–March 28	3–4 p.m.	#230001A
	Session 2: April 11–May 30	3–4 p.m.	#230001B

Clay For Kids
Ages 6–9. $111 R, $133 NR (Friday Session 1 is $97 R, $116 NR)
Gargoyles, face plates, leaping frogs! Students will learn how to build various creatures, household items, gifts, and objects of pure fantasy: a creative and fun introduction to clay and pottery.
Community Clay Studio. Instructor: Carmen Elliott

Tuesday	Session 1: Feb. 5–March 26	3:30–5 p.m.	#230015A
	Session 2: Apr 9–May 28	3:30–5 p.m.	#230015B
Wednesday	Session 1: Feb. 6–March 27	3:30–5 p.m.	#230016A
	Session 2: April 10–May 29	3:30–5 p.m.	#230016B
Friday	Session 1: Feb. 8–March 22	3:30–5 p.m.	#230017A
	Session 2: April 12–May 31	3:30–5 p.m.	#230017B

Pre-teen Pottery
Ages 9–15. $111 R, $133 NR
Wind bells, bird houses, fish platters! Students will learn how to build various creatures, household items, gifts, and objects of pure fantasy: a creative and fun introduction to clay and pottery.
Community Clay Studio. Instructor: Carmen Elliott

Thursday	Session 1: Feb. 7–March 28	4:15–5:45 p.m.	#230020A
	Session 2: April 11–May 30	4:15–5:45 p.m.	#230020B

Wheel Throwing for Youth
Ages 9–15. $111 R, $133 NR
Students will learn and practice the basic steps involved in making wheel-thrown vessels. We will develop the ability to make basic cylinders and extend this knowledge to making other wheel-thrown forms. We will attach handles and learn some basic decorating and glazing techniques. **NO CLASS MAY 27.** Community Clay Studio. Instructor: James Ward

Monday	Session 1: Feb. 4–March 25	4–5:30 p.m.	#230021A
	Session 2: April 8–June 3	4–5:30 p.m.	#230021B

Adult and Teen Ceramics Classes

Garden Arts for the Birds and Beasts
Ages 14 and older. $154 R, $185 NR
We will work with the pinch, coil and slab methods of handbuilding to create art for the garden–bird and butterfly baths, toad and lizard houses, birdfeeders, and one-of-a-kind planters and pots for herbs and flowers. We will finish our pieces with colored slips, oxides, stains and glazes. For beginning and intermediate students.
Community Clay Studio. Instructor: Carmen Elliott

Tuesday	Session 1: Feb. 5–March 26	10:30 a.m.–1 p.m.	#230028A
	Session 2: April 9–May 28	10:30 a.m.–1 p.m.	#230028B

Ceramic Sculpture
Ages 14 and older. $154 R, $185 NR
This class will focus on handbuilding techniques, clay modeling and carving to create such pieces as vessels, boxes, grotto figures, reliefs, portrait heads and tiles. We will explore various decorating methods–slip trailing, sgraffito, sponging, wax resist and glazing for finished work. Beginning and intermediate students are welcome.
Community Clay Studio. Instructor: Carmen Elliott
Wednesday Feb. 6–March 27 10:30 a.m.–1 p.m. #230035A

Holy Smoke! Handbuilding, Raku and Pit Firing
Ages 14 and older. $154 R, $185 NR
This class will focus on handbuilding techniques to create ceremonial bowls and lidded vessels, small animals and figures, masks and imaginative "guardians" for hearth and home. We will fire some of our pieces in a sawdust-filled pit and some in a gas-fired Raku kiln. These ancient methods of firing are unpredictable with lots of possibilities for "happy accidents." Come and be amazed!
Community Clay Studio. Instructor: Carmen Elliott
Wednesday April 10–May 29 10:30 a.m.–1 p.m.; Saturday, April 27, 10 a.m.–5 p.m. #230040B

Wheel Throwing
Ages 14 and older. $154 R, $185 NR
Throw pots, plates, bowls, and cups on the wheel. Pull handles and form lids for jars, then apply colorful slips and glazes to finish our creations. Beginners and more advanced participants welcome.
Community Clay Studio. Instructor: James Ward
NO CLASS MAY 27

Monday	Session 1:	Feb. 4–March 25	6:30 - 9 p.m.	#230025A
	Session 2:	April 8–June 3	6:30–9 p.m.	#230025B
Thursday	Session 1:	Feb. 7–March 28	6:30 - 9 p.m.	#230027A
	Session 2:	April 11–May 30	6:30–9 p.m.	#230027B
Saturday	Session 1:	Feb. 9–March 30	9:30 a.m.–12 noon	#230036A
	Session 2:	April 13–June 1	9:30 a.m.–12 noon	#230036B

Afterschool/Academic Assistance

Hargraves After School Program
FULL
Grades K-5. $272 R, $326 NR Fee per session
Limited homework assistance. Snacks provided. Does not meet on teacher workdays. Every elementary school in the Chapel Hill-Carrboro Public School System drops off at Hargraves After School Program.
Hargraves Community Center
Session 2: Jan. 22–June 7, 2013 Monday–Friday 2:30–5:30 p.m. #320025B

Teacher Workday
Grades K-5. $15 R, $18 NR, Plus $8 cash only to be paid at drop off
In addition to indoor and outdoor activities and games, participants will take a field trip to the movies to see a family-appropriate rated movie. All participants must participate in the field trip; no exceptions. Bring a lunch and snacks.
Hargraves Community Center
No fee reductions allowed for this program.
Jan. 22 Tuesday 7:30 a.m.–5:30 p.m. #320017D

R=Resident **NR**=Non-Resident

Middle School Afterschool
6th thru 8th Grade. Free. Registration required if transportation needed
Transportation from school will be provided for those that register!
We provide a snack, homework support from UNC students and a safe haven for meeting and greeting friends. We will offer free music and voice lessons taught by UNC students, dance, cooking and sewing and other enrichment opportunities. Open Teacher Workdays and early release due to weather! On teacher workdays participants must bring their lunch.
Street Scene Teen Center, 179 E. Franklin Street
Jan. 2–June 7 Monday-Friday 3–7 p.m. #330712B
(closed on Town holidays)
Teacher Workdays 10 a.m.–7 p.m.

Free Tutorial for High School Students
Grades 6–12. Free, Drop-in
Tutors provided by UNC students in all subjects! Why would you pay when we offer a free service to you? No strings attached. Please call Street Scene Teen Center at 919-929-9675 or contact Liz Carter at 919-968-2841 for more information.
Street Scene Teen Center, 179 E. Franklin Street
Monday–Friday (closed on Town holidays)
3–7 p.m.; Open at noon on Teacher Workdays!

Hargraves Study Hall
Grades 6 to 12. Free, Drop-in
Gain new study skills to help you in any class. Get help with your homework from tutors, prepare for tests and improve your writing skills in small groups. Study with your peers and find a supportive community of students and tutors. Snack provided. Co-sponsored by Hargraves Recreation Center and Blue Ribbon Mentor-Advocate Program. For more information contact Anna McCreight at 919-918-2170 ext. 6. Hargraves Community Center
Jan. 29–May 30 Tuesday & Thursday 6–8 p.m.

Youth and Teen Programs

Chapel Hill Youth Council

Be a part of change for youth!
The Chapel Hill Youth Council works to:
- Serve, listen and represent the youth of Chapel Hill
- Carry out projects that benefit youth as well as the community
- Provide an opportunity for young people to participate in local government and learn skills of leadership and responsibility

The Youth Council provides an opportunity for youth to practice democracy to better prepare themselves for future responsibilities as citizens and serves as a line of communication between youth and adults of the community. Teens that attend Chapel Hill or Carrboro high schools or are home-schooled are eligible. For more information, contact Liz Carter at 919-968-2841 or visit chapelhillparks.org.

Delta Academy (Chapel Hill-Carrboro Alumnae Chapter of Delta Sigma Theta Sorority)
Grades 6 to 8. Free
This educational and cultural program for African-American middle school girls identifies young women who are enthusiastic, focused, and determined to grow into community leaders. Hargraves Community Center
Jan. 12–May 11 2nd Saturday of each month 9 a.m.–1:30 p.m.

S.A.I.L.S (Chapel Hill-Carrboro Area Alumnae Chapter of Alpha Kappa Alpha Sorority)
Grades 1 to 5. Free
S.A.I.L.S. (Students Achieving Individual Leadership & Success) is an educational and cultural program for African American elementary girls. S.A.I.L.S. empowers young girls to become well-rounded individuals by providing educational enhancement activities and improving and enriching their social, cultural and economic knowledge. Hargraves Community Center.
Jan. 19–May 18 3rd Saturday of each month 10 a.m.–1 p.m.

Eboné Soul Strutters
Ages 7 to 18. Free
This program for boys and girls teaches body movement, rhythm and the basics of modern and African dance. This class includes travel to performances. Hargraves Community Center
Jan. 30–May 29 Wednesday 4:30–6 p.m. #220010A

Kid's Night
Ages 6 to 12. Free
Join us for movies, crafts, games, basketball and more.
Northside Gym Meeting Room
Feb. 22, March 22, April 26, May 24 Friday 6-8 p.m.

Hargraves Center Teen Night
Ages 13 to 18. Free
Meet friends and participate in recreational and educational activities including dances, basketball, movies, field trips, video games and computer lab. Hargraves Center
Jan. 30–May 29 Wednesday 7–9 p.m.

Hargraves Spring Break Tournament
Ages 10 to 16. Free
The basketball tournament will be held on Monday and Tuesday, and table and board games tournaments will be held on Wednesday. Call 919-969-2057 to register. Individual registration only (no teams). Northside Gym at Hargraves Center
April 1–3 Monday, Tuesday, Wednesday 2 p.m.

Babysitting Training Class
Ages 11–14. $36 R, $43 NR (per session)
This course is taught by an American Heart Association Certified Instructor. It offers infant and child CPR with emphasis on choking prevention and rescue, first aid and building an emergency first aid kit, appropriate developmental play including developing a "bag of tricks" and Personal Safety and Marketing Techniques. Snacks will be provided. Handouts will be given and certificates are awarded upon successful demonstration of the newly acquired skills. Wear long comfortable pants. Chapel Hill Community Center Meeting Room.
Pre-registration is required! Pay instructor entire fee at the first class. No fee reduction.
Session 1: Feb. 7 & 8 Thursday, Friday 4–7 p.m. #210609A
Session 2: April 25 & April 26 Thursday, Friday 4–7 p.m. #210609B

Music & Imagination
NEW
Ages 6–17. $20 R, $24 NR
Through music journeying, improvisation and drawing, students will nurture their natural creative and intuitive energies, identifying spiritual and creative sources of support that they can turn to when faced with challenges. No musical or artistic experience is required for this 90-minute workshop led by Dr. Sangeeta Swamy from Duke University. For more information contact soundmindwellnesscenter@gmail.com or visit www.soundmindwellnesscenter.com.Chapel Hill Community Center Meeting Room
Pre-registration is required! Pay instructor entire fee at the first class. No fee reduction.
March 16 Saturday 2:30–4 p.m. #210161A

Across the Ocean: Building Cross-Cultural Intelligence in Global Youth
NEW
Ages 6–17. $90 R, $108 NR
This six-week class builds cross-cultural intelligence in the global student through stories, drawing, visualizing, and music activities from around the world. Students will focus on developing empathy for the "other", building their own positive ethnic and cultural identity, and adjusting to cultures different from their own. Led by Dr. Sangeeta Swamy from Duke University. For more information contact soundmindwellnesscenter@gmail.com or visit www.soundmindwellnesscenter.com. Chapel Hill Community Center Meeting Room
Pre-registration is required! Pay instructor entire fee at the first class. No fee reduction.
Jan. 29–March 5 Tuesday 5–6 p.m. #210162A

Succeed! Building Confidence Through Music
NEW
Ages 6–17. $90 R, $108 NR (Plus $10 material fee)
This six-week class focuses on cultivating self-confidence and positive self-esteem. Students will learn how to overcome obstacles to success through music imagery and cognitive behavioral techniques, including simple song and chant writing. Students will leave with a CD of chants recorded in the class. No musical or artistic experience is required. Led by Dr. Sangeeta Swamy from Duke University. For more information contact soundmindwellnesscenter@gmail.com or visit www.soundmindwellnesscenter.com.
Chapel Hill Community Center Meeting Room
Pre-registration is required! Pay instructor entire fee at the first class. No fee reduction.
April 9–May 14 Tuesday 5–6 p.m. #210163A

Play-Well TEKnologies Spring Break Camps
Ages 5–7 & 8–12. $146 R, $175 NR
Play-Well TEKnologies offers campers the opportunity to explore mechanisms and structural design through the use of LEGO®. Offering summer camps nationally for over 10 years we continue to look for new opportunities to bring our unique and successful brand of LEGO® fun to excited and curious campers. Campers build motorized machines, catapults, pyramids, demolition derby cars, truss and suspension bridges, buildings, and much more. This class is not affiliated with the LEGO Group. For more information about our organization, please visit our website, www.play-well.org or contact Alex (apearce@play-well.org or 919.518.7474). Chapel Hill Community Center Meeting Room
Pre-registration required! Pay instructor entire fee at the first class. No fee reduction. Make check payable to instructor.

Play-Well Spring Break Camp: Pre-Engineering
Ages 5–7
Create, play and learn. Design a town, city or star base with houses, buildings, pyramids, bridges, tunnels, towers and more. Every day, campers will learn from instructors from Play-Well TEKnologies who will teach campers how to build cars, trains, buses and trucks. Race them, crash them and repair them. Explore the many possibilities of LEGO® building systems while learning valuable construction techniques.
April 1–5 Monday–Friday 9 a.m.–12 noon #210430A

Play-Well Spring Break Camp: Engineering Fundamentals
Ages 8–12
Have your child become a Play-Well engineer this spring! With over 100,000 pieces of LEGO®, take on real-life engineering challenges that explore concepts in physics, mechanical/structural engineering, and architecture. From motorized machines to castles & catapults, this is a hands-on and brains-on class suitable for LEGO® building system novices to "maniacs." Designed by engineers, the curriculum challenges both new and returning students to reach the next level of engineering comprehension all while having fun. Your child will have the chance to build what they have only dreamed of with the support of an experienced Play-Well engineering instructor to guide them.
April 1–5 Monday–Friday 1–4 p.m. #210431A

Parent-Tot Morning Extravaganza
Preschoolers. FREE for R, $3 NR (Parents); $2 NR (Children); Pay fees at the front desk.
Yucky weather outside? Nothing to do with the little kids and can't be on the playground? Come inside and play with our toys; socialize with others. Our meeting room is available for your snacking convenience while you play. Wi-Fi and Cable TV available.
Chapel Hill Community Center Meeting Room
NO CLASS APRIL 2
Jan. 29–May 28 Tuesday 9–11 a.m.

General Workshops and Classes

Stewards of Children Training
Parents and other adults. FREE!
Special Registration: to register contact Prevention Specialist Tricia Smar at tsmar@chcymca.org. Statistics show that 1 in 4 girls and 1 in 6 boys will be sexually abused before their 18th birthday. The Stewards of Children training teaches adults how to prevent, recognize, and react responsibly to child sexual abuse. This 3 hour evidence-based training is meant to empower adults to better protect the children that they interact with in their daily lives through video and facilitator-led discussion around preventative behaviors and policies, conversations to have with children, and awareness about the adult role in protection. For additional information, visit www.chcymca.org/d2l. Chapel Hill Community Center Meeting Room.
Pre-registration is required!
Session 1: Feb. 9 Saturday 2–5 p.m. #210627A
Session 2: March 23 Saturday 2–5 p.m. #210627B
Session 3: April 13 Saturday 2–5 p.m. #210627C
Session 4: May 18 Saturday 2–5 p.m. #210627D

Composting Demonstration
All Ages
Do you want to be more environmentally friendly and reduce your waste at the same time? Anyone can compost, anywhere. Honest! Join us for a compost demonstration where you'll learn how to compost indoors and in tight spaces using worms, or outdoors using a variety of containers types and recipes. Contact Muriel Williman at 919-968-2788 or email Muriel at: mwilliman@co.orange.nc.us for more program details. No advance registration required.
Chapel Hill Community Center Compost Site behind the Gene Strowd Community Rose Garden
April 6 Saturday 10–11:30 a.m.

Beginner Guitar Lessons
Ages 12 and older. $200 R, $240 NR

Bring your own guitar, acoustic or electric.
In this 8-week class students will be taught a variety of technical methods and fundamental music concepts. This class is designed so that upon completion, the students will have the tools to be independent learners. The instructor possesses a Music Education degree from Berklee College of Music, a State Educator's License (MA), and 20 years of teaching experience. Chapel Hill Community Center Meeting Room
Pre-registration is required! Pay instructor entire fee at the first class. No fee reduction.
NO CLASS MARCH 1, MARCH 29, APRIL 5, APRIL 26, MAY 3

Feb. 15–May 10	Friday	6:30–7:30 p.m.	#210134A

A Pain-Free Life in Just 3 Minutes A Day
Ages 18 and older. Fee per session: $8 R, $10 NR

The goal of this class is to help one realize the importance of taking your major muscles and joints through a full range of motion daily. Our society has become a very sedentary population with a significant rise in knee and hip replacement surgeries and chronic back pain. Arthritis and chronic pain do not have to be part of the aging process, and pain relief does not have to come in a pill. This hour class offers the chance to change your outcome. What is included:

- Six therapeutic movements that will aid your body in pain-free living
- How to do the six movements
- How the program works
- Why it is important to do them daily

Register with Parks and Recreation and pay instructor fee at class. No fee reduction.
3 minutes a day – 6 movements – 30 seconds for each one.
The only way this program won't work; is if you don't do them.
Chapel Hill Community Center

Session 1: Feb. 5	Tuesday	11 a.m.–12 noon	#210612A
Session 2: March 5	Tuesday	11 a.m.–12 noon	#210612B
Session 3: March 21	Thursday	6-7 p.m.	#210612C
Session 4: April 18	Thursday	6-7 p.m.	#210612D

CPR and First Aid Classes
FREE

Come and join these partnership classes with Chapel Hill Parks and Recreation and South Orange Rescue Squad. South Orange Rescue Squad Building, 202 Roberson Street, Carrboro. Pre-Registration required! Follow Parks and Recreation registration procedure to register.

Healthcare Provider CPR
Ages 16 and older

This class is for professionals who work in a health care setting and need to maintain their CPR certification. You will learn the latest recommendations for how to perform CPR on people of all ages, how to use a defibrillator (AED), and how to help in a choking emergency. Upon completion of the skills test and written test you will receive a Healthcare Provider card from the American Heart Association that is good for 2 years.

Feb. 9	Saturday	9 a.m.–1 p.m.	#210757A

Family and Friends CPR
Ages 8 and older

This class is open to people who would like to learn how to help someone in the event of a cardiac arrest or choking, but do not need an official certification. You will learn how to perform CPR on people of all ages, how to use a defibrillator (AED), and how to help someone who is choking. Parent or guardian must accompany children under 12.

March 9	Saturday	9–11 a.m.	#210755A

Heartsaver CPR and AED
Ages 12 and older

This class is for people who need to be certified in CPR and AED use for a volunteer or paid job. You will learn how to perform CPR on people of all ages, how to use a defibrillator, and how to help someone who is choking. Upon completion you will receive a Heartsaver card from the American Heart Association that is good for 2 years.

April 13	Saturday	9 a.m.–12 noon	#210756A

R=Resident **NR**=Non-Resident

First Aid
Ages 12 and older

This class is for non-medical personnel who need a certification in First Aid for work or volunteer jobs. The 2 year certification card is issued by the American Heart Association. We will discuss basic first aid and responses to injury, medical, and environmental emergencies.

May 18	Saturday	9 a.m.–12 noon	#210750A

La Leche League of Chapel Hill
Ages: Mothers with infants & toddlers

Free Drop-in program, no pre-registration required
Knowing other women who have breastfed their babies and toddlers can be helpful and reassuring. Having accurate and up-to-date information is also important. Please join us! Chapel Hill Community Center

Jan. 18–May 17	3rd Friday of each month	10:30–11:30 a.m.

Household Finance 101
18 and older. $10 R, $12 NR fee per session

HR Consulting will teach practical financial skills including record keeping, budgeting, money management and will coach participants for financial success.
Hargraves Community Center
Pre-registration is requred. Pay instructor entire fee at first class. No fee reduction.

Session 1: Feb. 14 & 21	Thursday	10 a.m.–12 p.m.	#220087A
Session 2: March 14 & 21	Thursday	10 a.m.–12 p.m.	#220087B
Session 3: April 11 & 18	Thursday	10 a.m.–12 p.m.	#220087C
Session 4: May 9 & 16	Thursday	10 a.m.–12 p.m.	#220087D

Fitness

Kidokinetics–A Fun Way to Fitness!
Ages 3–5. $75 R, $90 NR

Kidokinetics is a unique and dynamic all-around sports fitness program for boys and girls. Designed to enhance coordination and concentration and improve muscle tone and cardio-vascular fitness, our trained coaches conduct high energy classes that are fun-filled and non-competitive. We introduce an age appropriate sport or activity each week, focusing on basic gross motor/sports skills while instilling the importance of physical activity and fitness. Activities include baseball, soccer, hockey, bowling, tennis, basketball, volleyball, golf, obstacle courses, kickball, hula-hoops and many more!
Chapel Hill Community Center Gym
Pre-registration is required! Pay instructor entire fee at the first class. No fee reduction.

Session 1: Jan. 29–March 5	Tuesday	10–10:45 a.m.	#210241A
Session 2: March 12–April 16	Tuesday	10–10:45 a.m.	#210241B
Session 3: April 23–May 21	Tuesday	10–10:45 a.m.	#210241C

Tae Kwon Do
Ages 4 and older. $168 R, $202 NR (plus $45 uniform fee for beginners)

Students receive instruction in principles such as: Respect, Humility, Perseverance, Self-Control and Honesty. Earn your belt rank! Instructor will assign your class time at the first class. Class dates/days could change for Graduation Ceremony preparation and Graduation Day. Please check with instructor to make a note of those changes.
Chapel Hill Community Center Meeting Room
Pre-registration is required. Pay instructor entire fee at the first class. If you have any questions about class times, uniform fees, or additional fees, please speak to instructor at the first class. No fee reduction.
NO CLASS MARCH 30

Feb. 2–May 4	Saturday	10:15 a.m.–12:30 p.m.	#210246A

ZumbAtomic® Classes (Zumba® for kids)/ Clases de ZumbAtomic® (Zumba® para niños)
Ages 4–7 (Lil' Starz); 8–12 (Big Starz). $65 R, $78 NR, $45 siblings in the same class

Designed exclusively for kids (ages 4–12), ZumbAtomic® classes are rockin', high-energy fitness-parties packed with specially choreographed, kid-friendly routines and all the music kids love, like hip hop, reggaeton, cumbia and more. Parents love ZumbAtomic® because of the effects it has on kids, increasing their focus and self-confidence, boosting metabolism and enhancing coordination. For more information, contact licensed instructor Susana Ramsey, fun@zumbaforeverybody.com or visit: susanaramsey.zumba.com

Diseñado exclusivamente para niños (4-12 años), las clases de ZumbAtomic® son de gran energía física, llenas de coreografía, diversión y música como el hip-hop, reggaetón, cumbia aptas para niños. ZumbAtomic® ayuda en aumentar la concentración, la confianza en sí mismo, el metabolismo y mejorar la coordinación. Para más información, comuníquese con Susana Ramsey, instructora licenciada, fun@zumbaforeverybody.com o visite: susanaramsey.zumba.com.
Chapel Hill Community Center Meeting Room
Pre-registration is required! Pay instructor entire fee at the first class. No fee reduction.
NO CLASS MARCH 31

Lil' Starz:	Session 1: Feb. 3–March 10	Sunday	4–4:45 p.m.	#210270A
	Session 2: March 17–April 28	Sunday	4–4:45 p.m.	#210270B
Big Starz:	Session 1: Feb. 3–March 10	Sunday	5–5:45 p.m.	#210271A
	Session 2: March 17–April 28	Sunday	5–5:45 p.m.	#210271B

Tuesday Night Zumba Toning

NEW

Ages 13 and older. $30R, $36 NR (Session 1); $24 R, $29 NR (Session 2); $8 Drop-in fee

When it comes to body sculpting, Zumba Toning raises the bar (or rather, the toning stick). It combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party. Students learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all their target zones, including arms, abs, glutes and thighs. Zumba Toning is the perfect way for enthusiasts to sculpt their bodies naturally while having a total blast. Suitable for ages 13 and up, regardless of gender, fitness level or dance ability. If you are moving and having FUN, you are doing it right! Chapel Hill Community Center Meeting Room
Pre-registration is required! Pay instructor entire fee at the first class. No fee reduction.

Session 1: Jan. 29–March 19	Tuesday	7–8 p.m.	#210264A
Session 2: April 9–May 28	Tuesday	7–8 p.m.	#210264B

Shotokan Karate

Ages 14 and older. $110 R, $132 NR (plus $50 uniform fee for beginners)

Join this twice a week class! Learn traditional Japanese Karate for health, fitness, and self-defense. Students practice basic techniques (kihon), forms (kata) and sparring (kumite). In addition, we emphasize character building and etiquette embodied by the five precepts of Shotokan: seek perfection of character, be faithful, endeavor, respect others, and refrain from violent behavior. Belt testing is optional and available through the South Atlantic Karate Association (SAKA), which is a branch of the Japan Karate Association (JKA) (additional fees apply). No previous experience required. Chapel Hill Community Center Meeting Room
Pre-registration is required. Pay instructor entire fee at the first class. No fee reduction.
NO CLASS MAY 27

Jan. 28–May 29	Monday, Wednesday	6:30–8:30 p.m.	#210248A

Thursday Night Belly Dance Basics: Level I

Ages 15 and older. $65 R, $78 NR (per session)

Got hips? Then belly dance! Raqs sharqi, danse oriental, belly dance: they all refer to the family of dance styles that developed in the cradle of civilization and have since spread around the world. This class will introduce students to the posture and movement repertoire for Middle Eastern Dance -- participants will improve strength, balance, and flexibility, and have fun "raq"-ing out! This is a supportive environment: all shapes, sizes, and ages are encouraged, and no previous dance experience is necessary.
Chapel Hill Community Center Meeting Room
Pre-registration is required! Pay instructor entire fee at the first class. No fee reduction.
NO CLASS FEB. 7, APRIL 25

Session 1: Jan. 31–March 14	Thursday	7–8:30 p.m.	#210217A
Session 2: March 28–May 9	Thursday	7–8:30 p.m.	#210217B

Open Table Tennis Sessions

All ages

Take time to be active and improve hand-eye coordination with our table tennis. You don't have to be an expert to play and you may pick up some new strategies from the more seasoned players. One table available. Twenty minute play limit when others are waiting. Paddles and balls available for check out from the front desk with valid ID.
Chapel Hill Community Center Meeting Room

Year-Round	Saturday	5:30–7:30 p.m.
Year-Round	Sunday	12 noon–2 p.m.

Young Champions Self Defense Class

Ages 4 to 18. Registration fee $8; fee per class: $7 R, $9 NR.

Special Registration will be held on Friday, Feb. 1, 6 p.m. at Hargraves Community Center. Learn self-defense skills, gain self-confidence and increase concentration. Testing on May 17. Hargraves Center
Please pay instructor at first class; no fee reductions.
NO CLASS MARCH 29.

New students	Session 1: Feb. 8–May 17	Friday	6:15–7 p.m.	#220057A
Returning students	Session 2: Feb. 8–May 17	Friday	7–7:45 p.m.	#220057B
Advanced students	Session 3: Feb. 8–May 17	Friday	7:45-8:30 p.m.	#220057C

Fencing - Youth to Adults

Ages 12 and older. $96 R, $116 NR per session.

On Guard! Fencing class is designed to be fun while developing a basic understanding of competitive Olympic fencing. Course is designed to enhance coordination and general physical ability through fencing and fencing related games. Safety is always emphasized and equipment is included. Classes are provided by Mid-South Fencers Club. For more information on the organization see www.midsouthfencersclub.org. Hargraves Center
Please pay instructor at first class. No fee reductions.

Session 1: Jan. 30–March 6	Wednesday	12:30–1:30 p.m.	#220079A
Session 2: April 10–May 15	Wednesday	12:30–1:30 p.m.	#220079B

Youth and Teen Athletic Programs

Pee Wee Baseball Program

Ages 5–6. $50 R, $60 NR

Can't be 7 years old before April 30, 2013
This program for girls and boys will include four weeks of instruction followed by 4 weeks of games. Registration deadline: until filled or March 29. Limit 36/session. Cedar Falls Park.

Saturday	April 13–June 8	Games will be played at 9, 10, and 11 a.m.
Session 1	9–10:15 a.m.	#200234A
Session 2	10:30–11:45 a.m.	#200234B

Little League Baseball/Fast Pitch Softball

Ages 7-12. $60 R, $72 NR

Ages as of April 30, 2013 for baseball, as of December 31, 2012 for softball
Chapel Hill Parks and Recreation Youth Baseball and Softball teams are affiliated with Little League Baseball. Youth may sign up to play in either the Coed (7-8), Boys baseball league, or Girls fast pitch softball league, according to their age. Teams will have two practices a week (1 weekday, 1 weekend) before games begin. Once games begin, teams will have one practice and two games per week. Practices and games will be held weekdays between 5 and 8 p.m. and weekends between 9 a.m. and 7 p.m. All new and returning players must attend the skill evaluation–see below. After the skill evaluation your coach will call you with practice days and times.
Registration Deadline: Feb. 22 or until filled
Games will be played at Cedar Falls Park, Ephesus Park or Hargraves Park
Mid–March - early June

Coed 7–8	#200134A	Boys 9–10	#200135A
Boys 11–12	#200135B	Girls 9–10	#200135C
Girls 11–12	#200135D		

Little League Baseball/Softball Skill Evaluations

All new and returning players must attend the skill evaluation. Evaluations will be held between March 1 and March 8. Your child will be contacted with their evaluation date and time after registration. All skill evaluations will be held at the Cedar Falls Park. Each child MUST be registered and evaluated, even if she or he played in a league last year. Coaches: fees for up to 2 coaches' children will be waived; however, they MUST be registered and evaluated. NO CARPOOL, TEAM OR NIGHTS OF PLAY REQUESTS WILL BE ACCEPTED. After the skill evaluation your coach will call you with practice days and times.

Ultimate Frisbee League

Ages 9–12. $50 R, $60 NR

Ages are determined as of Aug. 31, 2012

Spring league for Elementary School age players. League will run for 8 weeks with one practice and one game per week.

Games and practices at Cedar Falls Park

March–April Tuesday and Thursday 5–7 p.m. #200160A

Hargraves YIA Spring/Summer Basketball League

Ages 10 to 18. Free

Have fun, make friends and build confidence. Games will be played outside on Fridays during the summer months.

Northside Gym at Hargraves Center

April 22–Aug. 2 Monday & Friday 6:30–8 p.m. #220040A
Beginning June 14 Friday (games) 7–11 p.m.

Adult Athletic Programs

Adult Basketball League

Ages 18 and older. $550 per team; $200 deposit required at registration, $5 NR fee for all players that are not Orange County residents

Team registration: 12 team Recreational and 6 team Competitive Leagues offered. Teams are required to have jerseys numbered front and back. Registration deadline until filled or January 30. Rashkis and Community Center Gyms. Players that have played college/professional or professional basketball are not eligible to play in the Recreation League unless they have been off the rosters for at least 5 years. Otherwise they must play in the Competitive League.

February–April Wednesday 6:45–9:45 p.m. Sunday 1–4 p.m.
Recreation League Deposit: #200010A Balance: 200011A
Competitive League Deposit: #200012A Balance: 200013A

Adult Softball

18 and older. $600 per team; $200 deposit required at registration; $5 NR fee for all players that are not Orange County residents

Recreational league (C level of play). This league is competitive however, not as competitive as an A or B division. The league is limited to 12 teams. Teams will be required to keep official score during games. . Deadline: March 4 or until filled

April–June Monday & Wednesday 6:45–10:30 p.m.
Rec League (C level) Deposit: #200084 Balance: #200085

Tennis

Adult Tennis Lessons

Ages 18 and older. $50 R, $60 NR

Group lessons for beginner to intermediate level players. Players supply their own racket and one can of ball for group use. Registration deadline one week prior to beginning of class.

Session 1 March 11–April 4

Level	Days	Time	Location	Activity #
Beginner	M,W	7–8 p.m.	Cedar Falls	200201A1
Beginner	T,Th	7–8 p.m.	Cedar Falls	200201A2
Beg/Adv. Beg	M,W	9:30–10:30 a.m.	Cedar Falls	200202A
Adv. Beg	M,W	8–9 p.m.	Cedar Falls	200203A
Intermed	T,Th	8–9 p.m.	Cedar Falls	200204A
Interm/Adv	M,W	10:30–11:30 a.m.	Cedar Falls	200205A

Session 2 April 15–May 9

Level	Days	Time	Location	Activity #
Beginner	M,W	7–8 p.m.	Cedar Falls	200201B
Beg/Adv. Beg	M,W	9:30–10:30 a.m.	Cedar Falls	200202B
Adv. Beg.	T,Th	7–8 p.m.	Cedar Falls	200203B1
Adv. Beg	M,W	8–9 p.m.	Cedar Falls	200203B2
Intermed	T,Th	8–9 p.m.	Cedar Falls	100204B
Interm/Adv	M,W	10:30–11:30 a.m.	Cedar Falls	100205B

Youth Tennis Lessons

Ages 12 - 17. $45 R, $54 NR

Group lessons for beginner to intermediate level players. Players supply their own racket and one can of ball for group use. Registration deadline one week prior to beginning of class.

Session 1 March 11–April 4

Level	Age	Days	Time	Location	Activity #
Beginner	11–17	T,Th	6–7 p.m.	Cedar Falls	200207A1
Beginner	11–17	M,W	6–7 p.m.	Hargraves	200207A2
Adv. Beginner	11–17	M,W	7–8 p.m.	Hargraves	200208A
Intermed	11–17	T,Th	7–8 p.m.	Cedar Falls	200209A

Session 2 April 15–May 9

Level	Age	Days	Time	Location	Activity #
Beginner	11–17	M,W	6–7 p.m.	Hargraves	200207B
Intermed	11–17	M,W	7–8 p.m.	Hargraves	200207B1
Intermed	11–17	T,Th	7–8 p.m.	Cedar Falls	200208B2
Adv. Beg.	11–17	T,Th	6–7 p.m.	Cedar Falls	200209B

USTA Jr. Team Tennis QuickStart

Ages 6–8, 9–10. $26 R/NR

Special Registration: Online registration only–begins Feb. 8 at www.docta.org.

A tennis league using courts and equipment scaled to size, suited for kids ages 6–10 (equipment available). Team play and fun is stressed. Co-sponsored by Durham Orange Community Tennis Association and Chapel Hill Parks and Recreation. League play begins April 6 and runs through mid-May. For more information contact Ingrid Jones at 919-544-4587.

Senior Tennis

Ages 55 and older. Free

Two courts are reserved in the mornings for drop-in play.

Ephesus Tennis Courts 1 & 2

Year-round Monday through Thursday 9–11 a.m.

Climbing Wall

Dixie Rock Climbing Competition

Ages 5–adult. $35 R, $42 NR

Dixie Rock is the oldest indoor climbing competition in the US. Dixie Rock is a fun climbing event for all ages. There are 3 climbing divisions: recreation, intermediate and open. Preliminary climbs held Friday night and Saturday morning.

Chapel Hill Community Center

April 19 & 20 Friday 6:30–10:30 p.m. Saturday 10 a.m.–8 p.m. #210350A

Introduction to Climbing Class

Ages 6 and older. $38 R, $46 NR

This class is good for families who want to learn climbing together! This introductory class will teach safe and basic climbing techniques, including harness wear and proper rope tying. We also give you a peek at some of the resources available for learning about this world-wide sport. Harnesses and helmets provided; wear tennis shoes and comfortable clothes. Parental waivers required for anyone under 18 years before the class begins.

Chapel Hill Community Center Gym

March 2 Saturday 6–7:30 p.m. #210310A

Introduction to Climbing/Belaying Class — Adults
Ages 18 and older. $38 R, $46 NR
Rock climbing is one of the nation's fastest growing adventure sports. This class is faster paced to provide you with safe, basic climbing techniques, and the information you'll need to pass our "belay test" for top-rope climbing. Harnesses and helmets provided; wear tennis shoes and comfortable clothes. Waivers required before the class begins.
Chapel Hill Community Center Gym
Feb. 9 Saturday 6–7:30 p.m. #210320A

Sweetheart Climb
Ages 6 and older. $4 R, $6 NR, $3 Specialized climbing shoes rental. Pay fees at the front desk.
Bring your cupid to a fun evening of climbing and relaxation. What better way to beat the budget and still have change for a snack afterwards. You may even indulge in some goodies available on this special night. Chapel Hill Community Center Gym
Feb. 14 Thursday 6:30–9:30 p.m.

St. Patty's Day Climb
Ages 6 and older. $4 R, $6 NR, $3 Specialized climbing shoes rental. Pay fees at the front desk.
The leprechauns are leaping this night to give out any number of prizes for catching shamrocks on the climbing wall. Wear your green and see what our leprechauns have for you. Chapel Hill Community Center Gym
March 16 Saturday 6–7:50 p.m.

Open Climbing Sessions
Ages 6 and older. $4 R, $6 NR; $3 Specialized Climbing shoes rental; Pay fees at the front desk.
Practice your climbing skills on our indoor bouldering wall. Choose from any number of our 30-40 different routes ranging from beginner to expert. A climbing wall attendant is present to supervise climbers and assist with safety checks. A limited number of harnesses are available at no-charge. Waivers required before climbing. Chapel Hill Community Center Gym. Year-round except on class nights.

Year-round	Tuesday and Thursday	6:30–9:30 p.m.
	Saturday	6–7:50 p.m.
	Sunday	9:30 a.m.–12 noon

Belay Testing for Certification
Ages 13 and older. $10 R, $16 NR; Pay fees at the front desk.
For safety reasons, belayers must annually pass a certification test to demonstrate the safe and proper use of the climbing equipment, including the Gri-gri belay device. Certification is good 1 year from purchase. No instruction given during belay tests and no refunds if you do not pass the test. Tests not given on class nights. Contact lbaaske@townofchapelhill.org or call 968-2791 for details. Parental waivers required for anyone under 18 years. Chapel Hill Community Center Gym. No fee reduction.
Year–round Tuesdays and Thursdays (during open climbing session).
By appointment only for Saturday and Sunday (during open climbing sessions)

Belay Workshops
Ages 13 and older. $20 R, $24 NR
These workshops are designed for persons with existing climbing wall knowledge/experience. Learn general rope securing techniques and our specialized Gri-gri safety device. Each workshop prepares you to pass our "belay test" for top-rope climbing. No drop-ins. Chapel Hill Community Center Gym. No fee reduction.

Session 1: Feb. 23	Saturday	6:30–7:15 p.m.	#210327A
Session 2: March 23	Saturday	6:30–7:15 p.m.	#210327B
Session 3: April 13	Saturday	6:30–7:15 p.m.	#210327C
Session 4: May 18	Saturday	6:30–7:15 p.m.	#210327D

Special Olympics

Special Olympics Chapel Hill/Orange County provides year-round athletic training and competition to persons of all ages and abilities with intellectual disabilities. Athletes are placed on teams with persons of similar ages and skill levels. No prior sports knowledge is necessary. There are no fees (donations are welcome) and some transportation assistance is available. To register, contact Colleen Lanigan at 919-968-2810 or clanigan@townofchapelhill.org. Information: www.sooc.org.

Volunteer coaches are needed. No prior coaching or sport-specific experience is needed.

Basketball
Ages 8–seniors. FREE
Basketball training and competition for persons of all skill abilities
Northside Gym, Lincoln Center, Chapel Hill Community Center
Dec. 1–March 10
Saturday 10–11:30 a.m. Sunday 3–4 p.m., 4–5 p.m., 5–6:30 p.m.

Alpine Skiing
Ages 8–seniors. FREE
Ski training and competition Appalachian Mountain in Boone. 1 day training in Dec
Competition in Jan and Feb

Softball
Ages 8–seniors. Free
Softball training and competition for persons of all skill abilities
Cedar Falls Park
March 24–May 19 Sunday 4:30–5:30 p.m., 4:30–6 p.m.

Track and Field
Ages 8–seniors. FREE
Athletics training and competition for persons with independent skills
UNC Belk Track/Fetzer
March 26–May 28 Tuesday and Thursday 7–8 p.m.

Competitive Swimming
Ages 8–seniors. FREE
Aquatics training specifically focused for competition
Chapel Hill Community Center

Jan. 17–May 26	Thursday	7:30–8:30 p.m.
	Sunday	6–7:30 p.m.

CHCCS/OC School Bowling
Ages 5–21. FREE
Bowling training in partnership with local school systems
Mardis Gras Bowling Lanes

Feb. 4–May 9	Monday and Wednesday	10–11 a.m., 11 a.m.–12 p.m.
	Tuesday and Thursday	10–11 a.m., 1–2 p.m.

Adapted Recreation and Inclusion

If you have questions about classes offered through Adapted Recreation or want to discuss inclusion in any Parks & Recreation program, please contact Marian Kaslovsky, Therapeutic Recreation Specialist at 919-968-2813 or mkaslovsky@townofchapelhill.org.

Strengthening Your Child's Social Smarts: Strategies to Help Children with Social Cognitive Deficits
Parents/caregivers of children grades K–8. $180 R, $200 NR
This class will empower you to help your son or daughter learn to navigate the social world by working on and understanding the thinking behind social skills at home, at school and in the community. Based on Michelle Garcia Winner's Social Thinking® framework, you will be given tools to assist your child in understanding unwritten social rules, taking the perspective of others and becoming more flexible in social situations. Winner's approach teaches kids the social cause and effect of "expected and unexpected" thinking and behavior (Winner, 2000) and how to use their social smarts when dealing with life situations. Learn Social Thinking concepts, vocabulary and strategies such as how to be a Social Detective, and the Superflex® curriculum (Madrigal & Winner, 2008), which helps children discover their own Superflexible social thinking superhero who helps them defeat a motley crew of "Unthinkables" (social challenges represented in character form). For more information on the Social Thinking framework, see www.socialthinking.com. (min. 4, max. 8)
"Disclaimer: while this program incorporates the Social Thinking concepts and strategies originally created by Michelle Garcia Winner, it is not affiliated with, endorsed or approved by her or Think Social Publishing, Inc."
Seymour Senior Center
No fee reduction allowed for this program; pre-registration required. Pay instructor the full fee at the first class (cash or check).
Feb. 20–March 27 Wednesday 6:30–8 p.m. # 230671
Parents of children with developmental disabilities may receive funding for this class. Apply at least 30 days in advance: www.nc-ddc.org/services/rossi_fund.html

ArtStream Inclusive Theater

NEW

Ages 13 and older. $104 R, $125 NR

Develop character, voice and movement through lessons in basic acting and improvisation. This 8-week class will culminate in an informal sharing for family and friends. ArtStream's inclusive theatre classes are designed for individuals with intellectual disabilities. We welcome students of all experience levels and abilities. More info on ArtStream at www.art-stream.org/nc.

No fee reduction allowed for this program; pay instructor the full fee at the first class.

Seymour Senior Center

NO CLASS APRIL 4

March 5–May 7 Tuesday 7–8 p.m. #230623A

Sensory Sundays

NEW

Ages 3–10 plus an adult. $5 R, $7 NR

Both sensory seekers and sensory avoiders will enjoy this casual afternoon of fun! Children with sensory processing disorder benefit from activities that organize and satisfy their sensory needs. Learn what you can do at home while your child plays. Activities based on The Out of Sync Child books by Carol Stock Kranowitz. You and your child can play in an active room with balls, parachute games and an obstacle course and in a calmer room where a variety of sensory-based manipulatives will keep them occupied. Siblings may join in but must be registered. A parent or caretaker must accompany your child.

REGISTRATION DEADLINE: PRIOR FRIDAY AT NOON. 4 Min. 8 Max.

Hargraves Community Center

Session 1:	Feb. 24	Sunday	2–4 p.m.	#230693A
Session 2:	March 24	Sunday	2–4 p.m.	#230693B
Session 3:	April 28	Sunday	2–4 p.m.	#230693C
Session 4:	May 26	Sunday	2–4 p.m.	#230693D

Youth Social Group

Grades 6–12. Free but advance registration required.

For youth with disabilities who are in middle school or high school and their friends. Come join us for this social afternoon where you'll meet youth around your age while having fun and learning about disability culture. You'll gain self-advocacy skills while finding out how you can help change attitudes in your community. This is your group and together we'll plan a variety of activities, movies to see and always come and enjoy the free food we provide. We'll talk about disability culture, healthy relationships, maybe plan some community outings and work on leadership development in our group. Run by staff from the Alliance of Disability Advocates. Learn more about them at www.alliancecil.org.

Youth must be able to function in a group setting. Please be self-sufficient with personal care needs. If accommodations are needed, call Sierra Royster at 919-833-1171.

Chapel Hill Community Center Meeting Room

Feb. 14–May 9 Second Thursday of each month 4:30–6 p.m. #430676A

Sibshop

Ages 8-13. Free - ongoing registration throughout the year

SPECIAL REGISTRATION: Contact Beth Hutson at 919-560-3000 for more information and to register.

Sibshops give brothers and sisters of children with special needs an opportunity to meet other siblings in a relaxed recreational setting, allowing them the chance to explore their feelings in creative, light and fun ways. Co-sponsored with the Family Support Network of North Central Carolina. Hargraves Community Center.

Feb. 9–May 11 Second Saturday of each month 3–6 p.m.

Adaptive Aquatics

Ages 5 -22. $49 R, $57 NR

Should be 5 by Feb. 6

For children and teens with disabilities who are beginner or advanced-beginner swimmers. Emphasis will be individualized: developing confidence and independence in the water, stroke development, water safety, etc. Volunteers will assist participants in practicing what the instructor teaches. Swimmers who are incontinent must wear swim diapers. Advanced swimmers are encouraged to sign up for the later class. A parent or adult caretaker must remain on the pool deck. Min. 4, Max. 8

NO CLASS MARCH 15 OR APRIL 3.

Homestead Aquatic Center

Feb. 6–April 17

Wednesday 6:30–7:15 p.m. #230604A Wednesday 7:30–8:15 p.m. #230604B

BikeAbility

Ages 2 and older. Free

For children and adults with disabilities, their families, friends and care providers. Bring your bike or try one of ours (mostly adapted bikes). Volunteers will be on hand to help participants learn how to ride a bike safely. You'll run through a safety course and enjoy some games and entertainment. Vendors will show you the latest in adaptive bikes and the Recyclery will assist with a safety check and repair of your bike. Sorry, no rain date for this event.

Chapel Hill Public Works Parking Lot, 6850 Millhouse Rd.

Saturday April 13 9 a.m.–12 noon # 230666

Egg-ceptional Egg Hunt

Ages 2–12. $3 R, $4 NR

Hunt for eggs in the Learning Garden at Chapel Hill Community Center, where raised beds in an enclosed area will keep this a small, safe, enjoyable event. Siblings and friends are welcome to register as well for one of three, 45 minute time slots. Bring your own basket to collect your eggs. Sorry, no rain date. Please arrive on time-there'll be activities while you wait.

This program is for children with disabilities and their siblings. Parents/caretakers are expected to remain with the children during this event.

5 min., 10 max. per time slot.

The Learning Garden, Chapel Hill Community Center Park

March 30 Saturday

10–10:45 a.m.	#230655A
11–11:45 a.m.	#230655B
12 noon–12:45 p.m.	#230655C

Friday Fun Night

Ages 2 and older. Free drop-in program

Come out to play and enjoy your local community center. Play board games, make crafts, shoot baskets in the gym, climb the climbing wall, swim awhile and join us for a snack. Non-disabled siblings and friends of all ages are always welcome. Minors and others who might need focused supervision should bring an adult family member or staff person.

Chapel Hill Community Center

Feb. 1–May 3 First Friday of each month 6:30–8:30 p.m.

Specialized Games Night

Ages 13–25. $5 R, $6 NR

Teens and young adults with mild to moderate disability can enjoy an evening of games and socializing. During this casual early evening program, we'll play games like Scrabble, Checkers, Uno and some newer board games like TV Guide Trivia, 20 Questions, Don't Quote Me and Reverse Charades. Bring other games that you'd like to play. Together, we'll order pizza for those who want to chip in. Bring your own dinner if you prefer.

This event is for teens with disabilities and their friends. Participants must function on a 1:4 level and be self-sufficient with personal needs.

REGISTRATION DEADLINE: PRIOR FRIDAY AT NOON. 4 Min. Max.10

Hargraves Community Center

Session 1:	Feb. 24	Sunday	5–7 p.m.	#230667A
Session 2:	Mar. 24	Sunday	5–7 p.m.	#230667B
Session 3:	Apr. 28	Sunday	5–7 p.m.	#230667C
Session 4:	May 26	Sunday	5–7 p.m.	#230667D

Additional opportunities may be added during the season! To receive announcements of additional activities: mkaslovsky@townofchapelhill.org. Please let me know the age of your child with disability so I can send you the appropriate announcements.

Senior and Adult Programs

Adult Game Night
Ages 21 and older. Free
Come to Hargraves Community Center and enjoy billiards, table tennis, bid whist, pinochle, and meet new people. Hargraves Community Center.
Jan. 28–May 20 Monday 6–9 p.m.

Open Gym
Ages 55 and older. Free
Come and practice your basketball and shuffleboard skills. Get ready for Orange County Senior Games in the spring!
Northside Gym at Hargraves Center.

Basketball	Jan. 28–May 13	Monday	10 a.m.–12 p.m.
Shuffleboard	Jan. 30–May 29	Wednesday	10 a.m.–12 p.m.

Domino Tournament
Ages 55 and older. Free
Put your domino skills to the test at this year's domino tournament. Trophies will be awarded for first, second, and third place. Registration is required; space is limited. Call the Seymour Senior Center at 919-968-2070 to register.
Seymour Senior Center.
Feb. 8 Friday 10:30 a.m.–12 p.m.

Black History Breakfast
Ages 55 and older. Free
Hargraves Center will host a special program and breakfast for senior citizens. Registration is required; space is limited. Call the Seymour Senior Center at 919-968-2070 to register. Hargraves Community Center.
Feb. 15 Friday 10:30 a.m.–1 p.m.

May Day Program
Ages 55 and older. Free
Come out and celebrate the Spring season with us as we wrap the May Pole. Registration is required; space is limited. Call the Seymour Senior Center at 919-968-2070 to register.
Northside Gym at Hargraves Community Center.
May 3 Friday 10 a.m.–1 p.m.

Sunday 30+ Basketball
Ages 30 and older. $2 R, $3 NR; Pay fees at the front desk
Bring a buddy and play a leisurely game of basketball; rules posted on Gym door. Bring clean gym shoes and picture ID for age verification and fee determination. Balls available with valid ID. Chapel Hill Community Center Gym.
Year-round Sunday 7:45–9:45 p.m.

50+ Basketball
Ages 50 and older. FREE, Drop in
Come practice your basketball skills and prepare to win the gold at Senior Games!
Jan. 31–May 30 Thursday 9–11 a.m.

Aquatics

Parent Tot–Infant
Ages 6 months–3 years. $36 R, $43 NR
Instructor facilitates water adjustment activities with parent and child. Parents will be taught holding positions while familiarizing the child to body positions in the water. For children who have little or no previous water experience.
Homestead Aquatic Center

Saturday	9:10–9:40 a.m.	Session 1: March 2–April 13	#250105A	**(NO CLASS 3/30)**
		Session 2: April 20–June 1	#250105B	**(NO CLASS 5/25)**
	9:50–10:20 a.m.	Session 3: March 2–April 13	#250105C	**(NO CLASS 3/30)**
		Session 4: April 20–June 1	#250105D	**(NO CLASS 5/25)**
Tuesday, Thursday	9–9:30 a.m.	Session 1: March 5 - 21	#250100A	
		Session 2: April 9–25	#250100B	
		Session 3: May 7–23	#250100C	

Preschool 1
Ages 3-5. $36 R, $43 NR
Participants will learn elementary aquatic skills. They will start developing good attitudes and safe practices around the water.
Homestead Aquatic Center

Saturday	9:10–9:40 a.m.	Session 1: March 2–April 13	#250115A	**(NO CLASS 3/30)**
		Session 2: April 20–June 1	#250115B	**(NO CLASS 5/25)**
	11:10–11:40 a.m.	Session 3: April 20–June 1	#250115C	**(NO CLASS 5/25)**
Tuesday, Thursday	9–9:30 a.m.	Session 1: March 5–21	#250110A	
		Session 2: April 9–25	#250110B	
		Session 3: May 7–23	#250110C	
Tuesday, Thursday	5:10–5:40 p.m.	Session 1: March 5–21	#250111A	
		Session 2: April 9–25	#250111B	
		Session 3: May 7–23	#250111C	

Preschool 2
Ages 3–5. $36 R, $43 NR
Must have completed exit skills in Preschool 1. Participants are able to fully submerge head and blow bubbles from their mouth and nose. Participants will build on the skills learned in Preschool 1 and begin independent aquatic locomotion skills with assistance from instructor.
Homestead Aquatic Center

Saturday	9:50–10:20 a.m.	Session 1: March 2–April 13	#250125A	**(NO CLASS 3/30)**
		Session 2: April 20–June 1	#250125B	**(NO CLASS 5/25)**
	11:10–11:40 a.m.	Session 3: April 20–June 1	#250125C	**(NO CLASS 5/25)**
Tuesday, Thursday	9:40–10:10 a.m.	Session 1: March 5–21	#250120A	
		Session 2: April 9–25	#250120B	
		Session 3: May 7–23	#250120C	
Tuesday, Thursday	5:10–5:40 p.m.	Session 1: March 5–21	#250121A	
		Session 2: April 9–25	#250121B	
		Session 3: May 7–23	#250121C	

Preschool 3
Ages 3-5
Preschool 3 is for children who are already very confident in the water. They should be able to submerge completely, float unassisted and swim 10 feet on their own.

Homestead Aquatic Center. $36 R, $43 NR

Saturday	10:30–11 a.m.	Session 1: March 2–April 13	#250135A	**(NO CLASS 3/30)**
		Session 2: April 20–June 1	#250135B	**(NO CLASS 5/25)**

Homestead Aquatic Center. $48 R, $58 NR

Tuesday, Thursday	5:45–6:15 p.m.	Session 1: March 5–28	#250131A
		Session 2: April 9–May 2	#250131B
		Session 3: May 7–30	#250131C

Learn to Swim: Level 1
Ages 6–13

No prerequisites for this class.

Homestead Aquatic Center. $36 R, $43 NR

Saturday 10:30–11 a.m. Session 1: March 2–April 13 #250145A **(NO CLASS 3/30)**
Session 2: April 20–June 1 #250145B **(NO CLASS 5/25)**

Homestead Aquatic Center. $48 R, $58NR

Tuesday, Thursday 5:45–6:15 p.m. Session 1: March 5–28 #250141A
Session 2: April 9–May 2 #250141B
Session 3: May 7–30 #250141C

Learn to Swim: Level 2
Ages 6–13

This class is for children with some previous water experience. They should be able to submerge completely and float on, both, front and back unassisted.

Homestead Aquatic Center. $48 R, $58 NR

Tuesday, Thursday 6:20–6:50 p.m. Session 1: March 5–28 #250151A
Session 2: April 9–May 2 #250151B
Session 3: May 7–30 #250151C

Chapel Hill Community Center. $36 R, $43 NR

Saturday 9–9:30 a.m. Session 1: March 2–April 13 #250155A **(NO CLASS 3/30)**
Session 2: April 20–June 1 #250155B **(NO CLASS 5/25)**

Learn to Swim: Level 3
Ages 6-13.

Children entering Level 3 should be able to swim 15 feet on the front and 15 feet on the back using a combination of arm and leg actions.

Homestead Aquatic Center. $56 R, $67 NR

Tuesday, Thursday 6:55–7:40 p.m. Session 1: March 5–28 #250161A
Session 2: April 9–May 2 #250161B
Session 3: May 7–30 #250161C

Chapel Hill Community Center. $42 R, $50 NR

Saturday 9:45–10:30 a.m. Session 1: March 2–April 13 #250165A **(NO CLASS 3/30)**
Session 2: April 20–June 1 #250165B **(NO CLASS 5/25)**

Learn to Swim: Level 4
Ages 6-13

Before enrolling in this class, children should be able to swim the entire length of the pool. They should be able to swim front crawl at least 15 yards with face in the water and rhythmic breathing. Also, they should be able to swim back crawl 15 yards and feel at ease in deep water.

Homestead Aquatic Center. $56 R, $67 NR

Tuesday, Thursday 7:45–8:30 p.m. Session 1: March 5–28 #250171A
Session 2: April 9–May 2 #250171B
Session 3: May 7–30 #250171C

Chapel Hill Community Center. $42 R, $50 NR

Saturday 10:45–11:30 a.m. Session 1: March 2–April 13 #250175A **(NO CLASS 3/30)**
Session 2: April 20–June 1 #250175B **(NO CLASS 5/25)**

Learn to Swim: Level 5
Ages 6–13

Level 5 is for children who can tread water for 1 minute and can comfortably swim 25 yards (1 pool length) front crawl, backstroke and breaststroke.

Chapel Hill Community Center. $42 R, $50 NR

Saturday 11:45 a.m.–12:30 p.m. Session 1: March 2–April 13 #350185A **(NO CLASS 3/30)**
Session 2: April 20–June 1 #350185B **(NO CLASS 5/25)**

Learn to Swim–Adults Beginner and Intermediate
Ages 14 and older. $48 R, 58 NR

Beginners: focus on floating, basic strokes, treading water and rhythmic breathing.

Homestead Aquatic Center

Sunday 6–6:45 p.m. Session 1: March 3–April 14 #250330A **(NO CLASS 3/31**
Session 2: April 21–June 2 #250330B **(NO CLASS 5/26)**

Intermediate: focus on refining strokes, diving and swimming for fitness.

Homestead Aquatic Center

Sunday 6:45–7:30 p.m. Session 1: March 3–April 14 #250332A **(NO CLASS 3/31)**
Session 2: April 21–June 2 #250332B **(NO CLASS 5/26)**

Youth Swim Team
Ages 5-18; $96 R, $116 NR

Level 4 swimming skills required or the coach's approval. On the first night, a stroke evaluation will determine your practice time. Practice times are based on age and skill level.

Homestead Aquatic Center

Monday, Wednesday, Friday 6:30–7:30 p.m., 7:30–8:30 p.m.

Session 1: March 1–27 #250215A

Session 2: April 8–May 3 #250215B

American Red Cross Lifeguarding Training Class
Ages 15 and older. $145 R; $174 NR *(Additional certification fee of $35 due at the first class, check only made out to the American Red Cross. In addition, participants are required to purchase their Lifeguard Manual (2012 edition) from www.shopstaywell.com or download the manual from the American Red Cross. Manuals will be available for students to review on site, but not to take home).*

The American Red Cross Lifeguard Training class will teach participants the knowledge and skills needed to prevent and respond to aquatic emergencies. Upon successful completion, participants will be certified in American Red Cross Lifeguarding and First Aid and American Red Cross CPR/AED for Lifeguards.

Pre-requisites assessment at first class: Participants must be 15 years old on or before the last day of the course, swim 300 yards continuously using front crawl and breaststroke, tread water for 2 minutes using only the legs and swim 20 yards, retrieve a 10 pound object from between 7-10 feet deep and swim 20 yards back to the starting point with the object and exit the water within 1 minute, 40 seconds.

Homestead Aquatic Center

Sessions 1–3 will be a blended online learning course. Participants will be required to complete approximately 7 hours of online course work and provide printed progress reports to instructors on assigned dates.

Session 1: March 6–24 Mon/Wed: 5:30–8:30 p.m.; Sun: 9 a.m.–5 p.m. #250452A
(NO CLASS 3/10)

Session 2: April 2–5* Tuesday–Friday 9:30 a.m.–5:30 p.m. #250452B

**The pre-requisite assessment will be held on Tuesday, March 26, from 6:30–8:30 p.m.*

Session 3: April 11–28 Tues/Thurs 5–8 p.m. ; Sat: 9 a.m.–5 p.m. #250452C
(NO CLASS 4/13)

Session 4 is a traditional classroom course. No online course work is required.

Session 4: May 13–24 Mon/Wed/Fri 5–8 p.m.; Sat/Sun: 9 a.m.–3:30 p.m. #250452D

American Red Cross Lifeguarding Review Course
Ages 15 and older. $65 R. $78 NR *(Additional material fee of $35 due at the first class, check only made out to the American Red Cross).*

Homestead Aquatic Center

This course recertifies individuals in American Red Cross Lifeguarding and First Aid and CPR/AED for Lifeguards. Pre-requisites: Participants must have a current Lifeguarding/First Aid/CPR/AED certification.

Session 1: May 21–23 Tues/Wed/Thurs 5 p.m.–9 p.m. #250455A
Session 2: May 28–30 Tues/Wed/Thurs 5 p.m.–9 p.m. #250455B
Session 3: June 1–2 Sat/Sun 10 a.m.–4 p.m. #250455C

American Red Cross Junior Lifeguarding

Ages 11-14, $87 R, $105 NR *(Additional material fee of $35 due at the first class, check only made out to the American Red Cross).*

This program focuses on building a foundation of aquatic and leadership knowledge, attitudes and skills for future successful completion of the American Red Cross Lifeguarding courses. Pre-requisites: Participants must be able to swim 25 yards continuously and tread water for 1 minute, and submerge and swim a distance of 10 feet under water. Upon successful completion of the course participants will receive certification in Adult and Pediatric CPR/AED and First Aid.

Homestead Aquatic Center

April 2–5 Tuesday–Friday 9 a.m.–5 p.m. #250454A

American Red Cross Water Safety Instructor

Ages 16 and older. $160 R, $192 NR *(Additional certification fee of $35 due at the first class, check only made out to the American Red Cross. In addition, participants are required to purchase their Water Safety Instructors Candidate Kit Rev. 2/09 from www.shopstaywell.com).*

This course certifies participants to teach American Red Cross Learn to Swim classes. The course will also include Fundamentals of Instructor Training. Pre-requisites: Participants must be able to swim 25 yards front crawl, 25 yards back crawl, 25 yards breaststroke, 25 yards elementary backstroke, 25 yards sidestroke, 15 yards butterfly, back float for one minute, and tread water for one minute.

Homestead Aquatic Center

March 4–23

Mon/Thurs, 5–9 p.m.; Sat 1–6 p.m.

#250470A

Lifeguard Training Instructor

Ages 16 and older. $160 R, $192NR

(Additional certification fee of $35 to be paid with the completion of an online portion of the course). In addition, participants are required to purchase their Lifeguard Instructors Manual Rev 1/12 from www.shopstaywell.com. Participants must also have a copy of the Lifeguard Manual (2012 edition) and CPR pocket masks).

This course certifies participants to teach the American Red Cross Lifeguarding Training Course. Participants must pass a pre-course which includes knowledge of Lifeguarding, First Aid and CPR/AED.

Homestead Aquatic Center

Session 1: May 13–24 Mon/Wed/Fri 5–9 p.m.; Sat/Sun 9 a.m.–3:30 p.m. #250451A

Gentle Water Aerobics

Ages 18 and older. Drop in $7 R, $11 NR; 10-punch pass $60 R, $96 NR

Low-to-no impact aquatic exercises increase range of motion and flexibility while reducing stress. Optional exercises in the deep end.

Chapel Hill Community Center

Monday, Wednesday, Friday 8:30–9:25 a.m.

Deep Water Aerobics

Ages 18 and older. Drop in $7 R, $11 NR; 10-punch pass $60 R, $96 NR

Improve muscle tone, strength, and flexibility as well as cardiovascular fitness. An all-over-body non-impact workout that is great for burning calories. Flotation equipment is provided and swimming skills are not necessary, but you should be comfortable in deep water.

Chapel Hill Community Center

Monday–Thursday 9:30–10:25 a.m.

Aqua Split

Ages 18 and older. Drop in $7 R, $11 NR; 10-punch pass $60 R, $96 NR

This aqua fitness class combines the benefits of aerobic, strength, resistance training, cardio, endurance, stamina, flexibility and mental focus. You'll work various muscle groups while completing easy to follow patterns in both the shallow and deep water.

Chapel Hill Community Center

Tuesday, 6–6:55 p.m.

Wednesday 5:30–6:25 p.m.

Aqua Aerobics

Ages 18 and older. Drop in $7 R, $11 NR; 10-punch pass $60 R, $96 NR

Increase endurance, muscle strength and flexibility in this fun class.

Homestead Aquatic Center

Monday, Wednesday, Friday 8–8:55 a.m.

Advanced Aqua Aerobics

Ages 18 and older. Drop in $7 R, $11 NR; 10-punch pass $60 R, $96 NR

An advanced heart rate based class which focuses on cardiopulmonary fitness while increasing muscular strength and endurance.

Homestead Aquatic Center

Monday, Wednesday, Friday 9 - 9:55 a.m.

Aqua Arthritis

Ages 18 and older. Drop in $7 R, $11 NR; 10-punch pass $60 R, $96 NR

A certified aqua-arthritis instructor guides participants through a range of motion and strengthening exercises.

Homestead Aquatic Center

Monday, Wednesday 10–11 a.m.

American Red Cross Adult and Pediatric CPR/AED

Ages 14 and older. $25 R, $30 NR *(Additional certification fee of $19 due at class, check only made out to the American Red Cross).*

This course certifies participants in American Red Cross Adult and Pediatric CPR/AED. After successful completion of the course participants will be able to recognize and respond appropriately to cardiac and breathing emergencies and provide immediate care to a suddenly injured or ill person until more advanced medical personnel arrive and take over. Certification will be valid for 2 years from the date of course completion. No Fee Reduction.

Homestead Aquatics Center

Session 1: March 2	Saturday	9 a.m.–1 p.m.	#250410A
Session 2: April 1	Monday	1–5 p.m.	#250410B
Session 3: April 30	Tuesday	5–9 p.m.	#250410C

American Red Cross First Aid

Ages 14 and older. $18 R, $22NR *(Additional certification fee of $19 due at class, check only made out to the American Red Cross).*

This course certifies participants in American Red Cross First Aid. After successful completion of the course participants will be able to recognize and respond appropriately to first aid emergencies and provide immediate care to a suddenly injured or ill person until more advanced medical personnel arrive and take over. Certification will be valid for 2 years from the date of course completion. No Fee Reduction.

Homestead Aquatics Center

Session 1: March 2	Saturday	2–5 p.m.	#250415A
Session 2: April 1	Monday	6–9 p. m.	#250415B
Session 3: May 2	Thursday	6–9 p.m.	#250415C

Festivals and Events

www.townofchapelhill.org/communityevents

Annual Children's Egg Hunt Celebration

March 23 • 9:30 a.m.–12 p.m.
Hank Anderson Community Park

A spring celebration for ages 2–10, featuring an Egg Hunt, entertainment and prizes.

Health on the Block

April 6 • 10 a.m.–2 p.m.• Hargraves Community Center

Free health screenings including blood pressure, breast cancer, and dental. Plus games, food and prizes!

Lifestyle 5K & Fun Run

April 13 • 10 a.m.–2 p.m. • Southern Community Park

To benefit the East Chapel Hill Rotary Club Teachers Supply Store

NC Science Festival Expo

April 13 •11 a.m.–2 p.m. • UNC-CH Campus

Sustainability Center presented by the Town of Chapel Hill. Enjoy an afternoon of science, sustainability and exploration.

Locally Grown Rooftop Music and Movie Series

Thursday evenings June–August
Wallace Plaza • 150 East Rosemary Street

Downtown Chapel Hill's Premier Summer Entertainment Series

July 4th Celebration

7–10 p.m. • Kenan Stadium

Celebrate Independence Day with family entertainment, contests, and a fireworks extravaganza

Festifall Arts Festival

October 6 • 12–6 p.m. • West Franklin Street

Celebrate our booming local art scene and support the artists that make our communities and local economy vibrant. Artists and community organizations, apply online starting January 7, 2013

Registration

When to Register

RESIDENTS (persons living in or owning property in Orange County or Chapel Hill town limits) may register beginning 8:30 a.m. Jan. 7; mail-in registration may be postmarked no earlier than Jan. 7.
NON-RESIDENTS may register beginning 8:30 a.m. Jan. 21.
SUMMER PROGRAM REGISTRATION begins May 13.

Three Ways to Register

1. **Online Registration:** Register any time with WebTrac at www.townofchapelhill.org/register. Have a Visa or MasterCard ready (full payment is required for online registration).
   - Those who have a WebTrac User Name and password may register any time of day.
   - To sign up for WebTrac, visit WebTrac and click the 'Need an account' link. Complete the information and submit. We'll email your user name and password usually within 24 hours.
2. **Mail-in Registration:** Complete a registration form (pick one up at any of our facilities or print one from our website) and mail it with payment to Chapel Hill Parks and Recreation, 200 Plant Road, Chapel Hill, NC 27514. Make checks payable to Town of Chapel Hill.
3. **New Walk-in Registration Options!** Register at the Administrative Office (200 Plant Rd. Mon.–Fri. 8:30 a.m.–5 p.m.), and at 3 more locations: Chapel Hill Community Center, Hargraves Center and Homestead Aquatic Center, Mon.–Fri. 8:30 a.m.–7 p.m.

Fees: Payment is due at the time of registration. We accept cash, checks, MasterCard and Visa.

Cancellations and Refunds: Refund requests must be made in writing (email parksrec@townofchapelhill.org) and a $10 processing fee (per class, pass or rental) will be charged. Some cancellations require 7 days advance notice. View our full cancellation and refund policy at chapelhillparks.org (click on "Fees").

Fee Reduction Policy

If you have extraordinary circumstances that affect your ability to pay our program fees, please review our Fee Reduction information online at chapelhillparks.org and click on Fees, or contact our Administrative Office at 919-968-2784 for details.

Americans with Disabilities Act (ADA)

The Town of Chapel Hill Parks and Recreation Department is committed to provide equal access to programs and activities. Specialized activities (those exclusively for people who have disabilities) are available as is a continuum of support and accommodations for inclusion in all appropriate programs. Request support or services by calling Marian Kaslovsky, Therapeutic Recreation Specialist, at 919-968-2813 or TYY at 919-968-2784. Requests should be made at least two weeks in advance.

Facilities

The Parks and Recreation Office and Chapel Hill Community Center are closed on Town holidays. Call for schedules at other facilities.

- Parks and Recreation Administrative Office, 200 Plant Road 968-2784
- Chapel Hill Community Center, 120 South Estes Drive 968-2790
- Community Clay Studio, 200 Plant Road 968-2793
- Hargraves Community Center, Northside Gym and A.D. Clark Pool, 216 North Roberson St. 968-2794
- Homestead Aquatic Center, 300 Northern Park Drive 968-2799
- Homestead Skate Park and Batting Cage, 100 Northern Park Drive 932-7399
- Street Scene Teen Center, 179 East Franklin St. (Old Post Office) 929-9675

Parks

- Cedar Falls Park, 501 Weaver Dairy Road
- Ephesus Park, 1501 Ephesus Church Road
- Homestead Park, 100 Northern Park Drive
- Meadowmont Park, 621 Meadowmont Lane
- North Forest Hills Park, 121 Collums Road
- Southern Community Park, 1300 Hwy 15/501 South
- Umstead Park, 399 Umstead Drive

Chapel Hill Community Center • 120 S. Estes Drive. • 919-968-2790
Hargraves Community Center • 216 N. Roberson St. • 919-968-2794
Homestead Aquatic Center • 300 Northern Park Drive • 919-968-2799
Community Clay Studio • 200 Plant Road • 919-968-2793
Street Scene Teen Center • 179 E. Franklin St. • 919-929-9675