

# RECREATE

INSPIRE • CREATE • PRESERVE

Fall 2019  
Registration Begins  
August 5, 2019

## New Art Classes

Painting in the Park

See page 18

## Adult Leagues

SOFTBALL, BASKETBALL, KICKBALL

See page 11

	1	2	3	4	5	6	7	8	9	TOTAL
HOME										
GUEST										

## Adopt a Park or Greenway

Recent Successes on Booker Creek Trail

See inside front cover

## OUTDOOR ADVENTURE

PADDLING TRIPS • HIGH ROPES COURSES

See page 13



PARKS AND RECREATION

[www.chapelhillparks.org](http://www.chapelhillparks.org)

 [chparksrecreation](https://www.facebook.com/chparksrecreation)

 [chparksrec](https://twitter.com/chparksrec)

# Adopt a Park or Greenway in the Community



"This was definitely one of my favorite services that I have done, and I will be sure to recommend this to my friends. Thank you, Ella"



"Thank you for the opportunity to help remove the invasive species and improve the park's health. Riley"

The Adopt A Park/Greenway program is a collaborative effort between the Chapel Hill Parks and Recreation Department and the Chapel Hill volunteer community geared towards enhancing the experiences of Town Parks and Greenways.

The Lower Booker Creek Trail was adopted by the Chapel Hill Parks, Greenways and Recreation Commission in 2019. One hundred and sixty six volunteers, put in over twelve hundred hours, over thirteen Saturday's this past spring to clear three acres of invasive vegetation.

Various native species were donated and planted that provide food for pollinators and birds, including several dozen elderberry, ninebark, and silky dogwoods. This helps increase biodiversity along the creek and make the watershed healthier.

A grant was also secured from the New Hope Audubon Society for educational signage and additional native plants. Parks and Recreation staff supported the effort with social media promotion, and supplying tools, gloves, and hauling away the piles of privet. The cleared rocks have become a destination for children and dog walkers.

Trails are the gateways to a healthier, more livable community and help facilitate unobstructed travel between residential neighborhoods and key recreational, employment, retail and commercial centers.

In addition to providing these alternative transit options, local businesses can benefit from the tourism they attract and the influx of visitors who use the trails. Trails can also make communities particularly attractive to corporations looking to expand or relocate to Chapel Hill because of the amenities they offer to residents.

For more info, see [www.chapelhillparks.org](http://www.chapelhillparks.org)

**Let us know what you think.  
Your feedback is  
vital to our success.**

**Give us a call**  
(919) 968-2784

 **Find us on  
the internet**

**Or stop by our office**  
200 Plant Road

[chapelhillparks.org](http://chapelhillparks.org)

 **Like us on  
Facebook**

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Cover photo: Donn Young

# Registration Information

Fall 2019

Registration begins August 5, 2019

**RESIDENTS** may register beginning 8:30 a.m. Monday, August 5. (within Chapel Hill town limits or Orange County)

**NON-RESIDENTS** may register beginning 8:30 a.m. August 12.

## Three Ways to Register



**1. Online Registration 24/7:** Those who have a WebTrac Account may register any time at [www.chapelhillparks.org](http://www.chapelhillparks.org). We accept Visa, MasterCard, or Amex (full payment is required for online registration).

To sign up for WebTrac, visit [www.chapelhillparks.org](http://www.chapelhillparks.org) and click "Register Online" then "Create an account". Complete the information and submit. We'll confirm your residency and reply, typically within a few hours (for after hour and weekend requests, we'll reply the next business day).



**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. Walk-in Registration:** Administrative Office (Mon.–Fri. 8:30 a.m.–5 p.m.), and 3 more locations: Chapel Hill Community Center, Hargraves Center and Homestead Aquatic Center during operating hours.

## Fees

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

## Cancellations and Refunds

Requests must be made in advance and in writing; email us in advance at [parksrec@townofchapelhill.org](mailto:parksrec@townofchapelhill.org). Not all programs are refundable. If eligible for a refund, a \$10 processing fee (per class or rental) will be charged. Some cancellations require 14 days advance notice. View our full cancellation and refund policy at [chapelhillparks.org](http://chapelhillparks.org) (click on "Register Online").

## 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](http://chapelhillparks.org) and click on Registration Information, or contact our Administrative Office at 919-968-2784 for details. Residents only.

## Americans with Disabilities Act (ADA)

The Town of Chapel Hill's Parks and Recreation Department is committed to providing equal access to programs and activities. Specialized activities (those exclusively for people who have special needs) are available as is a continuum of support and accommodations for inclusion in all appropriate programs. Request support or services by calling Marian Kaslovsky at (919) 968-2813 or emailing [mkaslovsky@townofchapelhill.org](mailto:mkaslovsky@townofchapelhill.org). Requests should be made at least two weeks in advance.

## Administration

**Chapel Hill Parks and Recreation**  
200 Plant Road, Chapel Hill, NC 27514

### Office Hours

8:30 a.m.–5 p.m.  
Monday through Friday  
Office closed on major holidays.

### Administrative Phone Numbers

Office ..... 919-968-2784  
Fax ..... 919-932-2923  
Weather Hot Line (Athletics) ..... 919-685-8277  
E-mail ..... [parksrec@townofchapelhill.org](mailto:parksrec@townofchapelhill.org)  
Facebook ..... [@chparksrecreation](https://www.facebook.com/chparksrecreation)  
Twitter ..... [@CHParksRec](https://twitter.com/CHParksRec)  
Web ..... [www.chapelhillparks.org](http://www.chapelhillparks.org)

### Recreation Facility Locations

Chapel Hill Community Center  
120 South Estes Drive ..... 919-968-2790  
  
Community Clay Studio  
200 Plant Road ..... 919-968-2793  
  
Hargraves Community Center  
216 North Roberson St.  
Northside Gym ..... 919-968-2794  
A.D. Clark Pool ..... 919-968-2816  
  
Homestead Aquatic Center  
300 Aquatic Drive ..... 919-968-2799  
  
Homestead Skate Park & Batting Cage  
100 Aquatic Drive (tokens at Aquatic Center) ..... 919-968-2799  
  
The Corner Teen Center  
179 East Franklin St. .... 919-968-2732

### Community Parks Locations

Cedar Falls Park  
501 Weaver Dairy Road  
  
Community Center Park  
120 S. Estes Drive  
  
Ephesus Park  
1501 Ephesus Church Road  
  
Hargraves Center Park  
216 N. Roberson St.  
  
Homestead Park  
100 Aquatic Drive  
  
Meadowmont Park  
621 Meadowmont Lane  
  
North Forest Hills Park  
121 Collums Road  
  
Oakwood Park  
20 Oakwood Drive  
  
Umstead Park  
399 Umstead Drive  
  
Southern Community Park  
100 Sumac Road

### Paved Greenways

Bolin Creek Trail  
Dry Creek Trail  
Fan Branch Trail  
Lower Booker Creek Trail  
Morgan Creek Trail  
Tanyard Branch Trail

### Natural Surface Trails

Battle Branch Trail  
Cedar Falls Park  
Meadowmont  
Pritchard Park  
Southern Community Park

# Recreation Events

## Campfire & Movie in the Park Chapel Hill Community Center

Bring your blankets and lawn chairs and settle in by the fire for a movie under the stars! We'll roast marshmallows and enjoy delicious s'mores as we watch an onscreen adventure, The Goonies. Parent or guardian must accompany children under 12 years old.

ALL AGES Free Drop In, No registration required  
Sept. 6 Fri 7–10 p.m. #110529-Z

## Magical Hill Chapel Hill Community Center

Calling all fairies, elves, and gnomes! Come out and see the Chapel Hill Community Center Park transform into an enchanted wonderland during this magical event for all ages. You can explore Fairy House Lane, hear fantastical stories and music, make your own crafts, and more! Remember to bring your own wings; costumes are encouraged but not required.

ALL AGES Free Drop In, No registration required  
Sept. 21 Sat 3–7 p.m. #110617-Z

## Hargraves Fall Carnival Hargraves Center

Enjoy an evening of fun, featuring entertainment and games at Hargraves Fall Carnival.

Ages 6–12 Free Drop In, No registration required  
Oct. 18 Fri 5–7 p.m. #120049-Z

## Haunted Hill Chapel Hill Community Center

If you've got it, haunt it! Grab a costume and join us for Trunk-or-Treat, some spooktacular games and activities, ghost stories, a haunted walk, and a movie in the park! Plus we'll have a Glow-in-the-Dark Climb for ages 6 and older from 6pm-8:30pm. Trunk-or-Treat begins at 5pm and will end at 6:30pm. The movie, Scooby Doo's Spookiest Tales, begins at 6:45pm.

ALL AGES Free Drop In, No registration required  
Oct. 19 Sat 5–8:30 p.m. #110618-Z

## Veterans ROCK! Chapel Hill Community Center

We welcome all Veterans and their families for military appreciation night. Join the adventure with climbing on our indoor rock wall and kayaking in the pool, or unwind and relax with crafts. Parental waivers required.

ALL AGES Free Drop In, No registration required  
Nov. 9 Sat 5–8 p.m. #110384-Z



## Climb with Santa Chapel Hill Community Center

Help Santa get ready to shimmy down some chimneys on this wintery climb! Come explore the rock wall alongside elves, reindeer and the whole North Pole crew. Parental waivers required. Staff and volunteers will assist participants with instruction for beginners.

Ages 4–12 \$5 R, \$6 NR  
Ages 4–5 Dec. 14 Sat 1–1:45 p.m. #110383-A  
1:45–2:30 p.m. #110383-B  
Ages 6–8 Dec. 14 Sat 2:30–3:15 p.m. #110383-C  
3:15–4 p.m. #110383-D  
Ages 9–12 Dec. 14 Sat 4–4:45 p.m. #110383-E  
4:45–5:30 p.m. #110383-F

## MARK YOUR CALENDAR

AUGUST 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Register for a host of recreation programs and cultural activities for all ages and social backgrounds.

## INSPIRE - CREATE - PRESERVE

**Aug 5** for Chapel Hill and Orange County

**Aug 12** for nonresidents. More info at

[www.chapelhillparks.org](http://www.chapelhillparks.org)

# Afterschool/Out of School

# Youth Programs



## Hargraves After School Program 2019–2020 Hargraves Center

Hargraves After School program is for children in grades K - 5 with a focus on recreational activities. There will be limited homework assistance. Snacks are provided. After School will not be held on Teacher Workdays. Every elementary school in the Chapel Hill-Carrboro School System drops off at Hargraves After School. Late fees assessed after 6 p.m.

Grades K–5	\$272 R, \$326 NR		
Aug. 27–Jan. 24	Mon–Fri	2:30–5:30 p.m.	#420015-A

## Adventure Teacher Workdays Chapel Hill Community Center

School's out! Come join us for a FUN day filled with climbing, hiking, scavenger hunts, swimming, and more! Participants need to bring a swim suit, towel, lunch and 2 snacks. Instructor: Keith Dodson

Ages 10–15	\$40 R, \$48 NR		
Oct. 9	Wed	9 a.m.–5 p.m.	#110405-A
Nov. 5	Tue	9 a.m.–5 p.m.	#110405-B
Nov. 27	Wed	9 a.m.–5 p.m.	#110405-C

## Teacher Workday: Mask Making Chapel Hill Community Center

Just in time for trick or treating, come and make your very own mask for your Halloween costumes. The only limit is imagination! We'll spend the morning making masks and additional recreation activities will round out the afternoon. Return on Oct. 16 from 3:30–5:30 p.m. to decorate your mask.

Ages 7–12	\$50 R, \$60 NR		
Oct. 9	Wed	9 a.m.–5:30 p.m.	#110406-A

## Teacher Workday Hargraves Center

Children will enjoy basketball, kick ball, hockey, wiffle ball, board games, movies, crafts, and more. No child allowed in the program without a lunch. Extra fees are required for field trips. Late fees assessed after 5:30 p.m.

Grades K–5	\$15 R, \$18 NR	No fee reduction.	
Oct. 9	Wed	7:30 a.m.–5:30 p.m.	#420017-A
Nov. 5	Tue	7:30 a.m.–5:30 p.m.	#420017-B
Nov. 27	Wed	7:30 a.m.–5:30 p.m.	#420017-C

\* See 2020 dates online

## Ebone Soul Strutters Hargraves Center

This program for boys and girls teaches body movement, rhythm, and the basics of modern and African dance. This class includes travel to performances.

Ages 7–18	\$10 R, \$12 NR		
Sept. 4–June 10	Wed	4:30–6 p.m.	#420010-A

## Ebone Soul Strutters Winter Recital Hargraves Center

The Ebone Soul Strutters are looking forward to entertaining you for the holidays with dance and music.

All Ages	Free, No registration required		
Dec. 20	Fri	7–9 p.m.	#120012-Z

## Drama Kids Hargraves Center

Drama Kids is a one-hour class that utilizes a proven developmental curriculum consisting of over 450 unique lesson plans. All of our lesson plans have been created to develop verbal/communication skills, self-confidence, and creative thinking skills in children and teens.

Grades K–5	\$90 R, \$108 NR. No fee reduction		
Oct. 8–Nov. 12	Tue	6:15–7:15 p.m.	#120022-A

## Kidokinetics Preschool Sports & Fitness Chapel Hill Community Center

Designed for kids who are ready to get moving on some sport FUNDamentals! Through the introduction of a variety of age appropriate sports, games, and activities, we focus on basic sports skills such as throwing, catching, hitting, kicking, jumping, and running. Classes enhance coordination, muscle tone, and cardio-vascular fitness while developing good play and social skills.

Ages 3–5	\$48 R, \$58 NR	No fee reduction.	
Sept. 20–Oct. 11	Fri	11–11:45 a.m.	#110241-A
Oct. 25–Nov. 15	Fri	11–11:45 a.m.	#110241-B

## Kidokinetics Jr. Sports & Fitness Chapel Hill Community Center

For toddlers and their grown-ups! Move, stretch, and build confidence together while working on fundamental gross motor skills. Classes are designed to get children engaged in active play in order to encourage a positive attitude towards sports, movement and physical activity. Benefits include increased social stimulation, improved balance, coordination, and muscle strength.

Ages 1.5–3	\$48 R, \$58 NR	No fee reduction.	
Sept. 20–Oct. 11	Fri	10–10:45 a.m.	#110242-A
Oct. 25–Nov. 15	Fri	10–10:45 a.m.	#110242-B



# Youth Programs

## Tots in the "WILD"

### Chapel Hill Community Center

Parents, enjoy the "WILD" with your tot by exploring all that nature has to offer at the Community Center Park and surrounding trails. Be prepared to get wet and dirty! Adults must accompany children. Instructor: Keith Dodson

Ages 2-5	\$5 R, \$6 NR		
Sept. 3	Tue	9:30-10:30 a.m.	#110525-A
Oct. 1	Tue	9:30-10:30 a.m.	#110525-B

## Kinder Climb

### Chapel Hill Community Center

Join us as we explore the indoor rock climbing wall at a low level. We will introduce participants to climbing on the bouldering wall, play games, and conquer obstacles! Adult must accompany children. Instructor: Keith Dodson

Ages 3-5	\$5 R, \$6 NR		
Nov. 12	Tue	9:30-10:30 a.m.	#110526-A
Dec. 10	Tue	9:30-10:30 a.m.	#110526-B

## Fire Safety for Preschoolers

### Hargraves Center

This program includes easy-to-use lessons, games, and activities to help reinforce important fire safety messages and show preschoolers what to do if there's a fire and ways to prevent fires from starting.

Ages 2-5	\$2 R, \$3 NR		
Oct. 23	Wed	9:30-10:30 a.m.	#120301-A

## Gobble Gobble

### Hargraves Center

Preschoolers will enjoy Thanksgiving-themed activities, which will include arts and crafts, make and take projects, songs, and role play.

Ages 2-5	\$2 R, \$3 NR		
Nov. 13	Wed	9:30-10:30 a.m.	#120302-A

## Cookies with Santa

### Hargraves Center

Come out and meet Santa and get your picture taken. There will be holiday crafts, cookies, and milk. This is a smaller event than most Santa events, allowing you and your children extended interaction with Santa and the chance for multiple pictures throughout the event!

Ages 1+	\$8 R, \$10 NR		
Dec. 11	Wed	5:30-7:30 p.m.	#120303-A

## Play Station for Tots

### Hargraves Center

Parents/Guardians are welcomed to play with their tot and other tots in the gym. Enjoy parachute, free play, jump rope, basketball, and a friendly game of tag. This program places emphasis on parent-child socialization and tot interaction. \*\*Session will not meet November 5.

Ages 2-5	\$1 R, \$2 NR		
Sept. 10-Dec. 10	Tue	10-11:30 a.m.	#120304-A

# Teens Programs

## Teen Art Takeover!

### Community Clay Studio

We are opening up the Community Clay Studio on Friday evenings for a fun, relaxed opportunity to work on their art, whether it's practicing throwing on the wheel, creating a special art project with our arts instructor, or having a chance to hone their drawing and painting skills. Instructor: Robin Pipkin

Ages 11-17	\$5 R, \$6 NR		
Sept. 27	Fri	6:30-9 p.m.	#130051-A
Oct. 25	Fri	6:30-9 p.m.	#130051-B
Nov. 22	Fri	6:30-9 p.m.	#130051-C
Dec. 6	Fri	6:30-9 p.m.	#130051-D
Jan. 24	Fri	6:30-9 p.m.	#130051-E

## Dungeons & Dragons

### Chapel Hill Community Center

Bring your imagination to the table for an action-packed high fantasy adventure! We'll sling spells, swing swords, and spin tales through a game of Dungeons & Dragons suitable for new players and veterans alike. Gather your party for an afternoon of storytelling fun! All materials will be provided, but you're welcome to bring your own lucky dice.

Ages 12+	Free, Registration required		
Sept. 22	Sun	12:30-3:30 p.m.	#110604-A
Sept. 29	Sun	12:30-3:30 p.m.	#110604-B
Oct. 6	Sun	12:30-3:30 p.m.	#110604-C

## Movies and Cornbread

### The Corner Teen Center

Enjoy movies that represent a variety of social conditions. At the conclusion of the movie, we'll have a brief community conversation centered on the social impact of the movie. Come and enjoy this experience at "The Corner".

Ages 13-18	Free, No registration required		
Sept. 27-Dec. 20	Fri	6-8:45 p.m.	#130739-Z

## Open Mic

### The Corner Teen Center

This FREE event is open to teen performers and spectators. Instrumentalists, singers, dancers, storytellers, poets, jugglers, magicians, and others are all welcome. Audience seating is on a first-come-first-served basis. If you would like your teen band to be featured as the "house band" contact Nikiya Cherry at 919-968-2967 for more information.

Ages 14-18	Free, No registration required		
Sept. 15-Dec. 15	Sat	7-10 p.m.	#130742-Z



# Teen Programs

## The Corner Teen Center

### The Corner Teen Center

The Corner is a teen-driven programming collective that amplifies and affirms youth experiences through opportunities for creative expression, peer-to-peer connection, and community engagement. For the most up-to-date information, check out our online calendar at [townofchapelhill.org/teens](http://townofchapelhill.org/teens) and follow us on Instagram @teensofchapelhill.

Ages 13–18 Free, No registration required  
 Sept 3–June 10 Mon–Sat 3:30–8 p.m. #430711-Z

## The Haunted Corner

### The Corner Teen Center

Enjoy Halloween-themed activities in a safe but creepy environment. You'll have a hauntingly good time at The Haunted Corner. Activities will include apple bobbing, mask decorating, costumes, coloring contest, and much more.

Ages 13–18 \$8 R, \$9 NR  
 Oct. 31 Thu 7–9 p.m. #130743-Z

## Turkey Jam

### The Corner Teen Center

Can you cook? Bring your favorite dish and enough to share as we jam to the latest songs while socializing with the Chapel Hill Youth Council and teens in the area. A prize will be given to the teen with the best dish.

Ages 13–18 Free, No registration required  
 Nov. 26 Tue 6–8 p.m. #130744-Z

## SNAP! (Photography 101)

### The Corner Teen Center

Teens will learn basic camera handling skills and the aesthetics of photography. Emphasis is placed on how to use cameras, lenses, exposure meters, flash, enlargers, related equipment, and composition skills to create original images. Participant must bring their own camera and lenses.

Ages 13–18 \$25 R, \$30 NR  
 Sept. 23–Dec.9 Mon 7–8 p.m. #130746-A

## Hargraves Center Teen Open Rec

### Hargraves Center

Teens are welcome to drop in and play board games, cards, watch movies, etc. Making new friends is always a plus!

Ages 13–18 Free, No registration required  
 July 6–June 27 Sat 5–8 p.m. #423011-Z2

## EMBODI

### Hargraves Center

Empowering Males to Build Opportunities for Developing Independence (EMBODI) was created as the signature program of Delta Sigma Theta Sorority, Inc. EMBODI seeks to expand the horizons of young African American males and provides a continuum of services that address the specific needs of African-American males.

Ages 13–17 Free, No registration required  
 Sept. 14–May 9 Second Sat/Month 10 a.m.-12 noon #123026-Z



## Join the Youth Council

Shape the future of our town by amplifying the views and opinions of youth!

## Youth Council 2019–20

### The Corner Teen Center

The Chapel Hill Youth Council's mission is to shape the future of our town by amplifying the views and opinions of youth, influencing local decision-making, and developing community-oriented service projects and social activities.

CHYC is a chartered member of the State Youth Council, which provides an opportunity for teens to serve as leaders (President, Secretary, etc.) on state boards (State Youth Council, Youth Legislative Assembly, Youth Advocacy Board). Participation is open to all high school aged students, including those who are homeschooled. For more information and to complete an application visit [townofchapelhill.org/teens](http://townofchapelhill.org/teens).

Ages 14–18 Free, Registration required  
 Sept. 9–June 1 Mon 6–7 p.m. #430707-A



# INDOOR & OUTDOOR ADVENTURE



Rock Climbing - Kayaking  
 Hiking - Paddling

Learn more about our programs  
[www.chapelhillparks.org](http://www.chapelhillparks.org)

# Athletics

## Youth Flag Football

### Cedar Falls Park

Snaps, passes, and touchdowns without the helmets, pads, and tackles. Boys and girls learn the value of teamwork, honesty, and hard work. We'll work on skills development and play in a league of teams from other local Parks and Recreation Departments. Practices begins in August on weekday evenings; Home and Away games are played Sept thru Nov on Saturday mornings. Flags, jerseys, etc. provided. Volunteer coaches contact Mike Troutman at (919) 968-2736 or mtroutman@townofchapelhill.org.

Ages determined as of Aug. 1, 2019.

Ages 5–6 \$50 R, \$60 NR

Aug. 1–Nov. 23 Days TBA 5–7 p.m. #300131-A

## Youth Tackle Football

### Cedar Falls Park

Football is a game about fun, friendship, and team spirit. Learn the fundamentals of the sport with experienced coaches. Learn about leadership, discipline, perseverance, achieving successes, and learning from failures.

The maximum weight allowed for Ages 7–8 is 110 lbs., for Ages 9–10 is 130 lbs., and for Ages 11–12 is 170 lbs. (161-170 lbs. in Ages 11–12 are only allowed to play the offensive line). There is no minimum weight limit. Practices begin in August on weekday evenings; Home and Away games are played Sept thru Nov on Saturday mornings. Pads, helmets, and uniforms provided. Volunteer coaches contact Mike Troutman at (919) 968-2736 or mtroutman@townofchapelhill.org. Ages determined as of Aug. 1, 2019.

Ages 7–12 \$65 R, \$78 NR

Ages 7–8 Aug. 1–Nov. 23 5–8 p.m. #300132-A

Ages 9–10 Aug. 1–Nov. 23 5–8 p.m. #300132-B

Ages 11–12 Aug. 1–Nov. 23 5–8 p.m. #300132-C



## Girls Youth Softball

### Cedar Falls Park & Hargraves Park

A "player pitch" league. We strive to teach the game in a fun, competitive, and instructional atmosphere. We are focused on improving the ability of every player while enhancing the experience for every family. Our efforts create a passion for the game that will last a lifetime. In addition to on-field fundamentals and providing a competitive environment, softball uses the sport to strengthen participants' self-esteem and confidence. Games will be played against teams from Carrboro, Hillsborough, Durham, and other surrounding areas. Ages determined as of Dec. 31, 2018.

Ages 9–12 \$60 R, \$72 NR

Ages 9–10 Sept. 2–Oct. 31 Mon–Sun 9 a.m.–8 p.m. #100135-C

Ages 11–12 Sept. 2–Oct. 31 Mon–Sun 9 a.m.–8 p.m. #100135-D

## Youth Soccer Training - All Levels Coed

### Homestead Park

EMPACT Soccer provides a great foundation for kids to learn the game of soccer. Training will include learning skills like footwork, dribbling, passing, shooting, and basic offensive and defensive strategy. Our professional coaching staff keeps players engaged while learning the basics of the game, but also emphasizes sportsmanship and respect for self and others. Kick your soccer game up to the Next Level with EMPACT Soccer!

Bring your own water bottle. Limited Fee Reduction for Orange County Residents that qualify, contact Robb English renglish@townofchapelhill.org or (919) 968-2734.

Ages 8–12 \$55 R, \$65 NR

Sept. 8–Oct. 6 Sun 2–3 p.m. #100267-A

Oct. 20–Nov. 10 Sun 2–3 p.m. #100267-B

Sept. 13–Oct. 11 Fri 4–5 p.m. #100267-C

Oct. 25–Nov. 22 Fri 4–5 p.m. #100267-D

## Fundamentals of Skateboarding

### Homestead Park

Learn the fundamentals of skateboarding safely at your own pace. Improve balance, coordination, flexibility, endurance, and confidence while learning skateboard tricks and how to properly fall. Ages 5-50, beginner or intermediate levels. Helmet, wrist guards and skateboards required. Limited Fee Reduction for Orange County Residents that qualify, contact Robb English renglish@townofchapelhill.org or (919) 968-2734.

Ages 5–50 \$120 R, \$144 NR

Sept. 7–28 Sat 9–10 a.m. #100185-A

Oct. 19–Nov. 9 Sat 9–10 a.m. #100185-B

Sept. 8–29 Sun 9–10 a.m. #100185-C

Oct. 20–Nov. 10 Sun 9–10 a.m. #100185-D

# Athletics

## Pee Wee Basketball Chapel Hill Community Center

Pee Wee basketball leagues are a great way for your kids to learn new skills, practice good sportsmanship, and have fun. Kids in our youth sports leagues learn about dribbling, shooting, and guarding. This program for girls and boys will include four weeks of instruction followed by four weeks of simulated games. Kids will learn basketball fundamentals. Instruction and games will be held Saturdays. Simulated games will be played on Saturday mornings at either 10:15 or 11:30 a.m. \*\*NO CLASS ON SATURDAY, FEB. 16, 2019

Ages 5-6		\$50 R, \$60 NR	
Jan. 11-March 7	Sat	10:15-11:15 a.m.	#100232-A
Jan. 11-March 7	Sat	11:30 a.m.-12:30 p.m.	#100232-B

## Youth Basketball All Facilities

Teams will be formed for each league by height, age, and skill level. All new and returning players must attend the skills evaluation to be eligible for team placement. Date and time of skill evaluation listed on your receipt. Players must be registered with the Department prior to attending the skill evaluation. Students listed on any school team roster are not eligible.

Coaches may or may not coach the same team, or coach within the same league as the previous year.

There will be 2 practices per week until games begin; then there will be 1 practice and 2 games per week. Ages determined as of August 31, 2019.

Ages 7-15		\$60 R, \$72 NR	
Nov. 18-Feb. 28	Weekdays	Mon-Fri 6-9 p.m.	
	Weekends	Sat 9 a.m.-5 p.m. Sun 1-6 p.m.	
Coed 7-8		#100115-A	
Boys 9-10		#100115-B	
Boys 11-12		#100115-C	
Boys 13-15		#100115-D	
Girls 9-12		#100115-E	

## 16-18 Basketball League All Facilities

Meet other teens who love basketball as much as you do! To be eligible you must be a high school student and not currently listed on the roster of a high school team. Each team must have a designated coach 21 years of age or older. A mandatory coaches' meeting will be scheduled before the first day of practice. Players cannot be 19 before August 31, 2019.

Download Team Registration Forms by visiting chapelhillparks.org and clicking on League Central. (No online registration available.)

All players will be required to show a picture ID before all games.

Registration is by team only and requires a team roster and full payment at the time of registration. Payments should be made by writing one check, payable to Town of Chapel Hill. Teams will practice twice a week until games begin. Coaches will contact players with the dates, times, and locations of practices.

Ages 16-18		\$530 R, \$530 NR	
Nov. 11-Feb. 28	Mon-Fri	6-10 p.m.	#100118-A



## EMPACT Sports Programs Rashkis Elementary

Bring your own water bottle. Registration deadline is one week prior to beginning of class. Limited Fee Reduction for Orange County Residents that qualify; please contact Robb English at [renglish@townofchapelhill.org](mailto:renglish@townofchapelhill.org) or (919) 968-2734.

## NEW EMPACT Basketball Skills Academy and Mini Camps

Join us for EMPACT basketball academy featuring professional coaches Brian Waters and James Zimmerman for a 3 hour skill and game IQ building session. Campers will play 1 on 1, 3 on 3, have 3 point shootout competitions, free throw and layup challenges, as well as learn how to move both with and without the ball, and ways to become a multi-position player. Participants will be split up by age groups and skill level.

Ages 8-17		\$60 R, \$72 NR	
Sept. 28-29	Sat, Sun	11 a.m.-2 p.m.	#100260-A
Oct. 12-13	Sat, Sun	11 a.m.-2 p.m.	#100260-B
Nov. 2-3	Sat, Sun	11 a.m.-2 p.m.	#100260-C

## EMPACT Youth High Performance Basketball

EMPACT Basketball provides a great foundation for kids to learn the game of basketball. Training will include learning skills like footwork, passing, shooting, dribbling, rebounding, and basic offensive and defensive strategy. Our professional coaching staff keeps players engaged while learning the basics of the game but also emphasizes sportsmanship and respect for self and others. Shoot for the stars with EMPACT Basketball!

Ages 8-12		\$55 R, \$65 NR	
Sept. 8-Oct. 6	Sun	10-11 a.m.	#100265-A
Oct. 13-Nov. 10	Sun	10-11 a.m.	#100265-B
Nov. 17-Dec. 15	Sun	10-11 a.m.	#100265-C
Sept. 13-Oct. 11	Fri	6-7 p.m.	#100265-D
Oct. 18-Nov. 15	Fri	6-7 p.m.	#100265-E
Oct. 18-Nov. 15	Fri	6-7 p.m.	#100265-F

## EMPACT Youth High Performance Basketball

Professional Basketball Trainer Coach Brian Waters will lead the group with an emphasis on fundamentals. Take your basketball game to the next level with these High Performance skill training sessions. Best for self-motivated co-ed youth basketball players who are preparing for competition, camps, or team tryouts. Players will learn defensive skills, effective passing, shooting techniques, and ball handling, in-game concepts, moving without the ball, proper box out positioning, and how to become efficient on the court.

Ages 10-16		\$125 R, \$135 NR	
Sept. 8-Oct. 6	Sun	5-6:30 p.m.	#100266-A
Oct. 13-Nov. 10	Sun	5-6:30 p.m.	#100266-B
Nov. 17-Dec. 15	Sun	5-6:30 p.m.	#100266-C

# Athletics

## NC Wildcats Basketball Skills Development Clinic Hargraves Center

Classes will consist of learning fundamental basketball skills including ball handling, shooting, and rebounding that will introduce youth to the game of basketball and prepare youth for competitive basketball. Classes will be led by basketball coaches who have played and coached competitive basketball. Classes will also take a holistic approach to developing a complete athlete, which will include conditioning, nutrition, and discipline.

Pre-Registration Fee \$15. Fee per session is \$10 R, \$12 NR.

Participants must pre-register prior to enrolling in weekly sessions.

Sept. 9–Dec. 16 Mondays

Ages	Time	Pre-Registration	Weekly Sessions
6–9	6:15–7 p.m.	120080-A	#120083 A-O
10–13	7–7:45 p.m.	120080-B	#120084 A-O
14–up	7:45–8:30 p.m.	120080-C	#120085 A-O

## Open Gym - Basketball

### Hargraves Center

It's not necessary to be on a team to play basketball. Just show up and play pick-up basketball. See [www.chapelhillparks.org](http://www.chapelhillparks.org) for gym schedules

Gym Pass	Youth (18 and under)	Adult (Ages 19 and older)
Daily Visit	\$1 R, \$2 NR	\$2 R, \$3 NR
20 Visit Pass	N/A	\$30 R, \$48 NR
Annual Pass	\$5 R, \$20 NR	\$60 R, \$96 NR

## Get Assistance with Fees Orange County Adult Soccer League Foundation (OCASL)

The OCASL Foundation works directly with you as an individual, or as a parent/guardian, helping to make it possible for you or a child to play organized sports.

A local nonprofit whose mission is to improve the lives of children and adults in Orange County and increase participation in sports and recreation.

<http://ocaslfoundation.org>

# Adult Athletics

## Adult Basketball 35+ League Rashkis and Community Center Gyms

Chapel Hill has a rich basketball heritage; this is why it is a consistent favorite among league players. Basketball helps build physical fitness, promoting agility, endurance, and cardiovascular health. A league player makes life-long friends with their team and among others in the league.

Team registration: 12 team, 35+ league. \$500 per team; \$200 deposit required at registration, additional \$5 fee for all non-resident players.

Ages 35+ \$500 R, \$500 NR

Oct. 2–Dec. 18	Wed	6:30–10 p.m.	#100009-A
	Sun	1–4 p.m.	

## Co-Ed Adult Kickball League Homestead Park

Get in the game and relive your playground glory! Kickball is widely referred to as “The People’s Sport” because absolutely anyone can play. Adult amateur sports allow friends to meet up with others who enjoy the same sports and activities, make new friends, and grow their professional network. Kickball is one of the best ways to get your daily exercise in!

6 team rec league. Team registration. Maximum of 14 players per team. Minimum of 10 players required. Additional \$5 fee for all non-resident players.

Ages 18+ \$300 R, \$300 NR

Oct. 8–Dec. 19	Tue, Thu	6:30–9:30 p.m.	#100021-A
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## Adult Softball League Homestead Park

It's more than a game. Join in on the fun, team competition, and camaraderie of our softball league. Connect with other players or teams to form a full roster. Dust off your cleats and play your favorite pastime at Homestead Park elite ball fields on Monday and Wednesday evenings. Are you looking for a team to play on? Email [renglish@townofchapehill.org](mailto:renglish@townofchapehill.org) or call (919) 968-2734 and we can place you on a pick-up player list. Be sure to include which sport and your contact info.

Registration is by Team: Up to 12 teams, Class C recreational level of play. Registration deadline is March 15 or until filled. Pay a minimum \$200 deposit due with registration here, remaining balance due Sept. 1. Additional \$5 non-resident fee for each player who does not reside in Orange County.

Ages 18 & older \$500 R, \$500 NR

Sept. 2–Nov. 13	Mon, Wed	6:45–10:30 p.m.	#300041-A
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## Adult Tennis Skills, Drills, and Match Play Strategy Hargraves Center

Join us for a fun night of tennis for adults, best for players rated 3.0 level or lower. This night is too fun to ignore with conversation, fun music, and a rotating format of skills and drills practice as well as match play with instruction from a tennis pro. Great for beginners to intermediate players! Stay in shape, hone in your skills, and gain confidence on the court with EMPACT Tennis.

Ages 18+ \$75 R, \$85 NR

Sept. 5–Oct. 3	Thu	7–8:15 p.m.	#100225-A
Oct. 17–Nov. 14	Thu	7–8:15 p.m.	#100225-B

# Tennis

EMPACT Tennis Programs offer limited fee reductions for Orange County Residents that qualify; contact Robb English at (919) 968-2734 or [renglish@townofchapelhill.org](mailto:renglish@townofchapelhill.org) for additional information. Bring your own tennis racket and water bottle. Registration deadline is one week prior to beginning of program.

## EMPACT Friday Fun for Tennis Tots - All Levels Oakwood Park

Join us for a fun, interactive way for youth to get involved with tennis at an early age. Our experienced coaches will work on developing hand-eye coordination which is a building block for learning tennis. EMPACT uses age appropriate equipment. A 21-inch or 23-inch racket is recommended for this age group and can be provided if you don't have one.

Ages 4-7	\$55 R, \$65 NR		
Sept. 6-Oct. 4	Fri	4-4:45 p.m.	#100210-A
Oct. 11-Nov. 8	Fri	4-4:45 p.m.	#100210-B

## EMPACT Youth Ages Tennis Clinic - All Levels Hargraves Center

Provides a great foundation for kids to learn the game of tennis! In these age appropriate programs, kids play with equipment sized right for age and skill level. This allows for maximum success and fun! 3 week sessions include kid friendly music, entertaining drills, and skills to keep kids engaged and smiling.

\$60 R, \$72 NR	Ages 5-7	Ages 8-10	Ages 11-17
Mon, Wed	5-5:45 p.m.	5:45-6:30 p.m.	6:30-7:15 p.m.
Sept. 9-25	#100214-A	#100216-A	#100218-A
Oct. 7-23	#100214-B	#100216-B	#100218-B
Nov. 4-20	#100214-C	#100216-C	#100218-C

## Youth Tennis Clinics Intermediate Hargraves Center

EMPACT Tennis provides a great foundation for kids to learn the game of tennis! In this program kids play with age appropriate equipment sized right for age and skill level. This allows for maximum success and fun! And fun is a key component! EMPACT lessons include kid friendly music, incorporate entertaining drills and skills, and turn everything into a game to keep kids engaged and smiling. During these sessions participants will be split up into groups based on age and skill levels.

Ages 8-14	\$60 R, \$72 NR		
Sept. 10-26	Tue, Thu	6-6:45 p.m.	#100220-A
Oct. 8-24	Tue, Thu	6-6:45 p.m.	#100220-B
Nov. 5-21	Tue, Thu	5:30-6:15 p.m.	#100220-C
Dec. 3-19	Tue, Thu	5:30-6:15 p.m.	#100220-D

## Youth High Performance Tennis Hargraves Center

High level skill and tactical development with a focus on high intensity drills and match play scenarios to push the player to compete at peak performance. 5 week program with like-skilled players to progress your game to the next level. This program will focus on game and match play scenarios, match strategy and tactics, consistency, accuracy, court positioning, and playing to your strengths and your opponent's weaknesses.

Ages 10-17	\$125 R, \$135 NR		
Sept. 8-Oct. 6	Sun	3-4:30 p.m.	#100222-A
Oct. 20-Nov. 10	Sun	3-4:30 p.m.	#100222-B



# Fitness

## The Glow Series Hargraves Center

What is done in the light will GLOW in the dark. Why not get fit and have fun doing it? Register now for Glow Volleyball, Glow Wiffle Ball, Glow Dodgeball, and Glow Basketball!

Ages 11+	\$5 R, \$6 NR		
Volleyball	Ages 13+	Nov. 13	Wed 6:30-8:30 p.m. #120068-A
Wiffle Ball	Ages 11+	Nov. 22	Fri 6:30-8:30 p.m. #120068-B
Dodgeball	Ages 17+	Dec. 6	Fri 6:30-8:30 p.m. #120068-C
Basketball	Ages 16+	Dec. 13	Fri 6:30-8:30 p.m. #120068-D

## West African Dance Hargraves Center

West African Dance will offer an exciting workout with adapted dance movements from various regions of West Africa. The moves can be modified for all fitness levels! By the end of class, participants will be familiar with a specific rhythm and choreographed moves. Come feel the rhythm!

Ages 21+	\$50 R, \$60 NR	No fee reduction.	
Sept. 12-Oct. 3	Thu	6:15-7:15 p.m.	#124010-A
Oct. 17-Nov. 7	Thu	6:15-7:15 p.m.	#124010-B



**PARKS AND RECREATION**  
[www.chapelhillparks.org](http://www.chapelhillparks.org)

INSPIRE CREATE PRESERVE

# Fitness

## Stroller Strides for Mom Chapel Hill Community Center

Stroller Strides® is a functional, total-body conditioning workout designed for moms with kids in tow. Each 60-minute workout is comprised of strength training, cardio, and core restoration, all while entertaining the little ones with songs, activities, and fun!

Each Stroller Strides instructor is skilled to meet you where you are mentally and physically. You'll leave class feeling connected, successful, & energized. No more mama guilt! This class is all about self-care in a supportive and encouraging environment. Your first day is free.

Register at chapelhillfitformom.com

Ages 18+ \$65/month or \$18 a class  
Year round Tue 9:30–10:30 a.m. #400502-A

## Shotokan Karate KIDS Chapel Hill Community Center

Learn traditional Japanese Karate for health, fitness, and self-defense. Participants practice basic techniques (kimon), forms (kata), and sparring (kumite). Emphasis is placed on building character, self-esteem, and learning skills through the five precepts: to seek perfection of character, be faithful, endeavor, respect others, and refrain from violent behavior.

No previous experience required. Belt testing is optional, additional fees apply. No fee reduction. Wed and Fri class meets 5:45–6:30 p.m. and Sun class meets 10–10:45 a.m. NO CLASS 10/5, 11/2. Instructor: Doug Lee

Ages 7–12 \$100 R, \$120 NR  
Ages 7–9 Sept. 18–Nov. 24 Wed 5:45–6:30 p.m. #110249-A  
Sun 10–10:45 a.m.  
Ages 10–12 Sept. 18–Nov. 24 Wed 5:45–6:30 p.m. #110249-B  
Sun 11–11:45 a.m.

## Zumba with the Zeiglers Chapel Hill Community Center

Are you ready for a fitness party? Zumba features exotic rhythms set to high-energy Latin and International beats. It's an exhilarating, effective, easy-to-follow, calorie-burning dance fitness party! No fee reduction. Instructor: Eric Zeigler

Ages 13+ \$8 (Drop In); \$30 (5 classes); \$50 (10 classes); \$70 (15 classes)  
Sat Zumba Toning 8-9 a.m. Zumba 9–10 a.m.



# Adventure

## "SKYWILD" & Greensboro Science Center Day Trip Chapel Hill Community Center

Start Winter Break with some Adventure! We'll spend the day exploring the SKYWILD high ropes course and the Greensboro Science Center. Parental waivers required, and an additional \$40 ticket fee for the Greensboro Science Center/SKYWILD. Participants are required to bring a water bottle, lunch, and snack. Instructor: Keith Dodson

Ages 11–17 \$22 R, \$26 NR  
Dec. 21 Sat 8:30 a.m.–5:30 p.m. #110407-A

## Kayak Roll Sessions Chapel Hill Community Center

Keep your roll and rescue skills fresh through the winter months with our indoor pool sessions. Bring your own boat and gear or let us provide boat and gear for you. If you don't know how to roll or want to have rescue instruction, please sign up for a capsized and recovery clinic or a roll clinic.

Registration and payment completed online at www.froghollowoutdoors.com

ALL AGES \$6 No fee reduction available  
Nov. 9 Sat 4:30–6 p.m.  
Nov. 23 Sat 4:30–6 p.m.  
Dec. 7 Sat 4:30–6 p.m.

## Adventure Paddling Trips

Participants will meet at the Community Center and will be transported by van to the Neuse River. Participants are required to bring lunch, snacks, and a water bottle/hydration pack. Life jackets (PFD) required and provided. Parent or guardian must enroll and accompany children under 12 years old. Instructor: Keith Dodson, ACA Certified Instructor

## Senior Paddle the Eno River Chapel Hill Community Center



Explore the river bank as we paddle flat water down the Eno River. Learn the fundamentals of kayaking and canoeing including safety, equipment, paddling technique, and trip planning. Register at the Seymour Center, (919) 968-2070.

Ages 50+ \$65 R, \$78 NR  
Oct. 16 Wed 9 a.m.–3 p.m.

## Sunset Paddle Around Jordan Lake Chapel Hill Community Center



Learn about the fundamentals of kayaking and canoeing including safety, equipment, and paddling technique. We'll end the evening enjoying a campfire and s'mores.

Ages 8+ \$65 R, \$78 NR  
Oct. 5 Sat 4:30–9:30 p.m. #110515-A

## Paddle the Neuse River Chapel Hill Community Center



Paddle down the Neuse River through Class I & II rapids. Learn the fundamentals of kayaking and canoeing including safety, equipment, paddling technique, and trip planning.

Ages 10+ \$65 R, \$78 NR  
Sept. 8 Sun 9 a.m.–5 p.m. #110516-A



# Adult Programs

## Senior Paddle the Eno River Chapel Hill Community Center

Explore the river bank as we paddle flat water down the Eno River. Learn the fundamentals of kayaking and canoeing including safety, equipment, paddling technique, and trip planning. Participants are required to bring lunch, snacks, and a water bottle/hydration pack. Participants will meet at the Community Center and will be transported by van to the Eno River. Register at the Seymour Center, (919) 968-2070.

Ages 50+                \$65 R, \$78 NR  
Oct. 16                Wed                9 a.m.–3 p.m.

## Bocce Ball League Chapel Hill Community Center

Focused on fun, good sportsmanship, and friendship. Each team will play double header matches (2 matches, 4 games) per week. Teams must have a minimum of 2 players and a maximum of 6 players. Additional \$5 fee per non-resident on the roster. Mandatory team representative meeting: Thursday, September 5 at 4:30 p.m. at the Chapel Hill Community Center.

NO PROGRAM ON THURSDAY, OCTOBER 31.

Ages 16+                \$15 R, \$15 NR  
Sept. 12–Nov. 21      Thu                4:30–8:30 p.m.      #110281-A

## Adult Game Night Hargraves Center

Meet new people and enjoy a little friendly competition. Beginners are encouraged to come and learn to play. Typical games are billiards, table tennis, bid whist, and pinochle. Does not meet on Town holidays.

Ages 21+                Free  
July 2–June 30        Tue                6–9 p.m.                #420092-Z

## Line Dancing Hargraves Center

Line dance refers to a range of choreographed routines danced in a group without partners. It's a great workout for the body and mind; participants will learn a limited number of basic level dances. No prior experience is required.

Free                      Drop-in, No registration required  
Ages 21+                \$3 R, \$5 NR  
Sept. 9–Dec. 9        Mon                7:15–8:15 p.m.      #120052-A



## Enrich ELL English Tutoring Hargraves Center

A UNC student-run English tutoring program for non-native adults in the Chapel Hill/Carrboro community. We bring UNC students and English learners together through one-on-one pairings that allow for personalized learning experiences in addition to English tutoring. Free childcare services are available during class.

Ages 18+                Free Drop In, No registration required  
Sept. 4–Dec. 2        Mon, Wed                6–9 p.m.                #120061-Z

## Cooking with the Arc Hargraves Center

The Arc advocates and supports persons with I/DD (intellectual and developmental disabilities) and their families so that they may lead purposeful lives in the community. Led by an Arc volunteer, where adults use hands-on experience to further their knowledge of nutrition as well as their skills in the kitchen. At the end of the class, the cooks get to enjoy the fruits of their labor. For more information please contact Michelle Foy at (919) 942-5119 ext. 134. Register with the Arc of the Triangle at [www.arctriangle.org](http://www.arctriangle.org).

Ages 18+                Free Drop In, Registration required  
Sept. 3–Dec. 17        Tue                11 a.m.–2 p.m.                #120066-Z

## Senior Citizen Winter Holiday Luncheon Hargraves Center

Come and listen to good music and enjoy a delicious meal as we celebrate the holidays. Co-sponsored by the Alston-Boldin Friends and Family Club, Chapel Hill Parks and Recreation and Orange County Department on Aging.

Call the Seymour Center to register, (919) 968-2070. Registration limited.

Ages 55+                Free, Registration required  
Dec. 6                Fri                11 a.m.–1 p.m.                #122020-Z



## Friends of Chapel Hill Parks and Recreation

Become a member or donate TODAY!

[www.friendschparksrec.org](http://www.friendschparksrec.org)

# Aquatics

## Passes and Admission Fees

Passes can be utilized at both the Homestead Aquatic Center and Chapel Hill Community Center Pool. Children 5 and under must have an adult (16 years or older) in the water with them at all times. For pool schedules, rules, and supervision guidelines, visit [www.townofchapelhill.org/aquatics](http://www.townofchapelhill.org/aquatics).

	Child (8 & Under)	Youth (9-18)	Adult (19 & older)	Family*
Single Admission	\$2 R, \$3 NR	\$3 R, \$5 NR	\$5 R, \$9 NR	
20 Visit Pass**	\$24 R, \$30 NR	\$36 R, \$60 NR	\$60 R, \$108 NR	
6 Month Pass	\$52 R, \$78 NR	\$78 R, \$130 NR	\$130 R, \$234 NR	\$273 R, \$468 NR
Annual Pass	\$93 R, \$140 NR	\$140 R, \$234 NR	\$234 R, \$421 NR	\$491 R, \$842 NR
Aqua Fitness Single Visit			\$8 R, \$13 NR	
Aqua Fitness (10 Visit)**			\$60 R, \$97 NR	
Aqua Fitness (20 Visit)**			\$104 R, \$169 NR	

\* Family and Additional Family Members are defined in our User Fee Schedule.

\*\* 20 Visit and Aqua Fitness Passes expire 1 year from date of purchase.

## Water Exercise

Ongoing. See the Pool Schedules at [www.chapelhillparks.org](http://www.chapelhillparks.org) for class days and times. These are Drop-In programs; registration is not required. Refer to the chart above for pricing.

## Independent Water Exercise (IWE)\*

### Chapel Hill Community Center Mon/Wed/Fri

Enjoy a chance to be social and work out with friends in this informal group-led meet-up. Pool space is provided and exercise equipment available for use. No Instructor, pass fee only.

## Independent Deep Water Exercise (IDWE)\*

### Chapel Hill Community Center Mon/Wed/Fri

Enjoy a chance to be social and work out with friends in this informal group-led meet-up. Flotation equipment is provided and swimming skills are not necessary, but you should be comfortable in deep water. No Instructor, pass fee only.

## Aqua Aerobics

### Homestead Aquatic Center Mon/Wed

Instructor-led course to increase endurance, muscle strength, and flexibility in this fun class. Aqua Fitness pass.

## Aqua Arthritis

### Homestead Aquatic Center Mon/Wed

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

## Deep Water Aerobics

### Homestead Aquatic Center Fri

An advanced heart-rate based class which focuses on cardiopulmonary fitness while increasing muscular strength and endurance. You should be comfortable in deep water. Aqua fitness pass.

## Water Exercise

### Homestead Aquatic Center Fri

Water Exercise Class – type to be determined. Check pool schedule or call Homestead Aquatic Center at (919) 968-2799 for more information.



Chapel Hill Community Center Pool, 120 South Estes Drive



Homestead Aquatics Center, 300 Aquatic Drive

## Adult Beginner Swim Lessons Homestead Aquatic Center

Adult Beginner lessons will focus on floating, kicking, basic arm movement for freestyle/front crawl, breathing, treading water, and gaining confidence in the water. No fee reductions allowed. (\*Denotes 5 class session)

Ages 13 and older	\$77 R, \$92 NR (6 classes)		
	*\$64R, \$77NR (5 classes)		
Sept. 8–Oct. 13	Sun	5:35–6:10 p.m.	#150330-A
Sept. 8–Oct. 13	Sun	6:10–6:45 p.m.	#150330-B
Oct. 27–Nov. 24*	Sun	5:35–6:10 p.m.	#150330-C
Oct. 27–Nov. 24*	Sun	6:10–6:45 p.m.	#150330-D

## Adult Intermediate Swim Lessons Homestead Aquatic Center

Adult Intermediate lessons will focus on refining technique, learning additional strokes, diving, flip turns, and increasing endurance. No fee reductions allowed.

Ages 13 and older	\$98 R, \$112 NR (6 classes)		
	*\$82R, \$93NR (5 classes)		
Sept. 8–Oct. 13	Sun	6:45–7:30 p.m.	#150332-A
Oct. 27–Nov. 24*	Sun	6:45–7:30 p.m.	#150332-B

# Aquatics

## Group Swim Lessons

### Swim Skill Prerequisites

#### Parent Child: Ages 6 months–3 years

Parents will learn proper supports and holds with their child. Instructors will guide the class through queuing and introductory water skills by song and play.

#### Preschool Swim 1: Ages 3–5 years

For children who have little or no previous water experience and can separate from their parents without crying. Focus is placed on developing comfort in the water and introducing basic water skills.

#### Preschool Swim 2: Ages 3–5 years

To enroll, participants must be able to fully submerge their head and blow bubbles from their mouth and nose. Participants will build on the skills learned in Preschool 1 and begin developing independent aquatic locomotion skills.

#### Preschool Swim 3: Ages 3–5 years

To enroll, participants must be confident in the water, able to submerge and blow bubbles, retrieve objects from bottom, glide and float without assistance, and swim 3 body lengths on their own.

#### Preschool Swim 4: Ages 3–5 years

To enroll, participants must be able fully submerge and blow bubbles, glide and float without assistance, and swim 5 body lengths freestyle and backstroke on their own.

#### Youth Swim 1: Ages 6–12

For children who have little or no previous water experience and can separate from their parents without crying. Focus is placed on developing comfort in the water and introducing basic water skills: submerging faces, blowing bubbles, and floating with assistance.

#### Youth Swim 2: Ages 6–12

To enroll, participants must be able to submerge completely, retrieve objects from the bottom, and float without assistance.

#### Youth Swim 3: Ages 6–12

To enroll, participants must be able to float independently, fully submerge and blow bubbles from mouth and nose, and swim 3 body lengths independently.

#### Youth Swim 4: Ages 6–12

To enroll, participants must be able to tread water for 1 minute, do a kneeling dive, and swim 15 yards freestyle (with rotary breathing) and backstroke.

#### Youth Swim 5: Ages 6–12

To enroll, participants must be able to swim 50 yards of the pool freestyle and backstroke, swim 15 yards breaststroke and butterfly, and do a standing dive.

- **Please do not register a child for more than one course or skill level per session or in sessions with overlapping dates.**
- **A swimmer placed in the incorrect level will be moved to the proper level if space is available. If no space is available, a credit minus the class taken will be applied to the account.**

<b>Swim Lesson Schedule</b> <b>Location: Homestead Aquatic Center</b>				Register: August 5 Resident August 12 Non-Resident			Register: Oct. 7 Res Oct. 14 NR	
Level	Day	Time	Act#	9/7–10/12	9/10–9/26	10/8–10/24	10/26–11/23*	11/5–11/21
Parent Child	T/Th	9:00–9:30am	150100		1A	1B		1C
	Sat	9:10–9:40am	150105	1S			2S	
Preschool 1	T/Th	5:00–5:30pm	150111		1A	1B		1C
	Sat	9:10–9:40am	150115	1S			2S	
Preschool 2	T/Th	5:00–5:30pm	150121		1A	1B		1C
	Sat	9:45–10:15am	150125	1S			2S	
Preschool 3	T/Th	5:35–6:05pm	150131		1A	1B		1C
	Sat	9:45–10:15am	150135	1S			2S	
Preschool 4	T/Th	5:35–6:05pm	150137		1A	1B		1C
	Sat	10:20–10:50am	150139	1S			2S	
Youth 1	T/Th	6:10–6:40pm	150141		1A	1B		1C
	Sat	10:20–10:50am	150145	1S			2S	
Youth 2	T/Th	6:10–6:40pm	150151		1A	1B		1C
	Sat	10:55–11:25am	150155	1S			2S	
Youth 3	T/Th	6:45–7:15pm	150161		1A	1B		1C
	Sat	10:55–11:25am	150165	1S			2S	
Youth 4	T/Th	7:20–8:00pm	150171		1A	1B		1C
	Sat	11:30–12:10pm	150175	1S			2S	
Youth 5	T/Th	7:20–8:00pm	150181		1A	1B		1C
	Sat	11:30–12:10pm	150185	1S			2S	

# Aquatics

## Youth Swim Team Homestead Aquatic Center

If you have at least Level 4 swim skills, join us for a fun-filled youth swim team season! No previous swim team experience is required. The team is a great way to meet other youth in the area while exercising. Swimmers 9 and under will attend the 6–7 p.m. practice time and swimmers 10 and over will attend the 7–8 p.m. practice time. No swim meets during fall and spring sessions.

Ages 5–18      \$160 R, \$192 NR  
Sept. 9–Oct. 23      Mon, Wed      6–8 p.m.      #150215-A

## American Red Cross Lifeguard Instructor

The purpose of the course is to train instructor candidates to teach the American Red Cross Lifeguarding, Lifeguarding Blended Learning, Shallow Water Lifeguarding, Water Park Skills, CPR/AED for the Professional Rescuers and Health Care Providers, Administering Emergency Oxygen, and Bloodborne Pathogens Training courses and/or modules.



If interested in taking an American Red Cross Lifeguard Instructor (LGI) course please contact Julia Herman (jherman@townofchapelhill.org).



# Art Classes

## Jewelry 101: The Basics Chapel Hill Community Center

Come learn the basics of how to make your own jewelry! Together we'll craft necklaces, earrings, and bracelets you can wear yourself or give as gifts for the upcoming holiday season. Instructor: Robin Pipkin

Ages 13+      \$25 R, \$30 NR  
Nov. 16      Sat      1:30–4:30 p.m.      #110127-A

## Jewelry 101: Beads, Beads, Beads! Chapel Hill Community Center

Let your creative side take over for an afternoon! We'll teach you how to make your own beads for crafts and jewelry. This is a companion workshop for Jewelry 101: The Basics, but it is not necessary to take both workshops. Instructor: Robin Pipkin

Ages 13+      \$25 R, \$30 NR  
Dec. 7      Sat      1:30–4:30 p.m.      #110128-A

# Art Classes

## Comic Books! Chapel Hill Community Center

Are superheroes and comic books your jam? Ever thought about creating your own characters and storylines? Just in time for ComicCon Durham, we've got the class for you! You'll create your very own comic series with a superhero, villain, and storyline to share with your friends. Special guests will join us to talk about what it takes to create a successful comic/manga series. Instructor: Robin Pipkin

Ages 7–12      \$35 R, \$42 NR  
Oct. 30–Nov. 20      Wed      3:30–4:45 p.m.      #110112-A

## Do it on the Cheap: Screen Printing Chapel Hill Community Center

You don't need expensive equipment to do screen printing! In this class you'll learn how easy it is to screen print on the cheap. You'll create a design and ink it onto a t-shirt or canvas bag. Instructor: Robin Pipkin

Ages 12+      \$25 R, \$30 NR  
Oct. 13      Sun      1:30–4:30 p.m.      #110121-A

## Painting in the Park Chapel Hill Community Center

Ever wanted to try your hand at watercolor painting but didn't know where to start? Participants of all skill levels are welcome to join us in the park for a fun and relaxing afternoon of watercolor painting with instructor's guidance. Bring a friend or two and spend an afternoon making art surrounded by nature! All materials and light refreshments provided. Instructor: Robin Pipkin

Ages 14+      \$25 R, \$30 NR  
Oct. 5      Sat      3–6 p.m.      #110181-A

## Fairy Houses Community Clay Studio

There's magic in our parks and we need your help to make homes for the fairies and gnomes before the fall arrives! We'll create fairy homes for your garden out of found and natural materials. Every fairy home made will be eligible to be entered into our Magical Gardens Festival on September 21. Parent or guardian must accompany children 8 and under. Instructor: Robin Pipkin

Ages 4–13      \$22 R, \$26 NR  
Ages 4–8      Sept. 7      Sat      3:30–5:30 p.m.      #110170-A  
Ages 9–13      Sept. 14      Sat      3:30–5:30 p.m.      #110170-B

## Teen Art Takeover! Community Clay Studio

We are opening up the Community Clay Studio on Friday evenings for a fun, relaxed opportunity to work on their art, whether it's practicing throwing on the wheel, creating a special art project with our arts instructor, or having a chance to hone their drawing and painting skills. Instructor: Robin Pipkin

Ages 11–17      \$5 R, \$6 NR  
Sept. 27      Fri      6:30–9 p.m.      #130051 A  
Oct. 25      Fri      6:30–9 p.m.      #130051-B  
Nov. 22      Fri      6:30–9 p.m.      #130051-C  
Dec. 6      Fri      6:30–9 p.m.      #130051-D  
Jan. 24      Fri      6:30–9 p.m.      #130051-E

# Ceramics

## Clay for Kids Preschool and Kindergarten Community Clay Studio

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. Instructor: James Ward (Mon) & Carmen Elliott (Thurs)

Ages 4-5	\$121 R, \$145 NR \$107 R, \$128 NR (SESSIONS B ONLY)		
Sept. 5–Oct. 24	Thu	3–4 p.m.	#130001-A
Oct. 31–Dec. 19	Thu	3–4 p.m.	#130001-B
Jan. 9–Feb. 27	Thu	3–4 p.m.	#130001-C
Sept. 9–Oct. 28	Mon	3–4 p.m.	#130004-A
Nov. 4–Dec. 16	Mon	3–4 p.m.	#130004-B
Jan. 6–March 2	Mon	3–4 p.m.	#130004-C

## Clay for Kids Community Clay Studio

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. Instructor: Carmen Elliott

Ages 6-9	\$121 R, \$145 NR \$107 R, \$128 NR (SESSION 130017-B ONLY)		
Sept. 3–Oct. 22	Tue	3:30–5 p.m.	#130015-A
Oct. 29–Dec. 17	Tue	3:30–5 p.m.	#130015-B
Jan. 7–Feb. 25	Tue	3:30–5 p.m.	#130015-C
Sept. 4–Oct. 23	Wed	3:30–5 p.m.	#130016-A
Oct. 30–Dec. 18	Wed	3:30–5 p.m.	#130016-B
Jan. 8–Feb. 26	Wed	3:30–5 p.m.	#130016-C
Sept. 6–Oct. 25	Fri	3:30–5 p.m.	#130017-A
Nov. 1–Dec. 20	Fri	3:30–5 p.m.	#130017-B
Jan. 10–Feb. 28	Fri	3:30–5 p.m.	#130017-C

## Try It Friday! Community Clay Studio

Ever wanted to try playing with clay but weren't sure you wanted to take a class? As part of the 2nd Friday Art Walk, you can bring a friend or a date to get your hands in some clay! You'll get to see the wheel at work before making a project to take home. Instructor: James Ward

Ages 18+	\$25 R, \$30 NR		
Sept. 13	Fri	6:30-9 p.m.	#130049-A
Oct. 11	Fri	6:30-9 p.m.	#130049-B
Nov. 8	Fri	6:30-9 p.m.	#130049-C
Dec. 13	Fri	6:30-9 p.m.	#130049-D
Jan. 10	Fri	6:30-9 p.m.	#130049-E



## Garden Arts for the Birds & Beasts Community Clay Studio

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. Instructor: Carmen Elliott

Ages 14+	\$164 R, \$197 NR		
Oct. 29–Dec. 17	Tue	10:30 a.m.–1 p.m.	#130028-B

## Garden Arts “Making a Personal Totem” Community Clay Studio

Using Terracotta Clay, we will build a stacked sculpture of images that have heartfelt meaning for each student. Please bring pictures or examples of your favorite plants, animals, people, or “guardians” of your health. This class will emphasize playfulness and experimentation. Instructor: Carmen Elliott

Ages 14+	\$164 R, \$197 NR		
Jan. 8–Feb. 26	Wed	10:30 a.m.–1 p.m.	#130028-C

## The Human Face in Clay Community Clay Studio

We will look at some dynamic sculptural heads from art history for our inspirations and build imaginary busts, guardians of the garden, face plates and bowls, wall masks, and self-portrait reliefs. We will complete our work with colored slips, sgraffito, stains, and glaze sponging and printing. Let's create some wonderful and wild faces! Instructor: Carmen Elliott

Ages 14+	\$164 R, \$197 NR		
Oct. 30–Dec. 18	Wed	10:30 a.m.–1 p.m.	#130035-B

## Holy Smoke! Handbuilding, Raku Community Clay Studio

This class will focus on hand building techniques to create ceremonial bowls and lidded jars, small animals and figures, masks and imaginative guardians for hearth and home. Our pieces will be decorated with seaweed, steel wool, earth colorants, salt, tape resist, and copper wire and fired in a sawdust pit. This ancient methods of firing is unpredictable with lots of possibilities for happy accidents. Come and be amazed! Instructor: Carmen Elliott

Ages 14+	\$164 R, \$197 NR		
Sept. 3–Oct. 22	Tue	10:30 a.m.–1 p.m.	#130040-A

# Ceramics

## Creating Vessels - Handbuilding & Wheelthrowing Community Clay Studio

Explore a variety of techniques for shaping and creating containers (vases, sculpted forms, trays, and bowls) using hand-building (coils, slabs, pinch pots) and wheel-throwing. Intermediate wheel students may focus solely on wheelthrowing. Learn about different decorative techniques such as carving, wax resist, slips, and glazes. The class includes group instruction and one-on-one instruction. All skill levels welcome. Instructor: Sonya Ishii

Ages 14+	\$164 R, \$185 NR		
	\$145 R, \$174 NR (SESSION B ONLY)		
Sept. 6–Oct. 25	Fri	9:30 a.m.–12 noon	#130046-A
Nov. 1–Dec. 20	Fri	9:30 a.m.–12 noon	#130046-B
Jan. 10–Feb. 28	Fri	9:30 a.m.–12 noon	#130046-C

## Fun, Funky, & Fantastical Ceramic Sculpture Community Clay Studio

Be ready to play! Focus on handbuilding techniques, modeling, and carving to create animal and human figures, and imaginary portraits and heads. Explore various decorating methods - slip, trailing, sgraffito, sponging, wax resist, and oxides and stains to finish our work. Instructor: Carmen Elliott

Ages 14+	\$164 R, \$197 NR		
Sept. 4–Oct. 23	Wed	10:30 a.m.–1 p.m.	#130047-A

## Animals Extraordinaire Community Clay Studio

Animal busts, masks, platters, plates, cups, tiles, and wall reliefs! With animals as our theme, we will use coiling, pinching, slabs, and modeling to create unique images of our favorite animals. Explore drawing and painting with slips, as well as sgraffito, texturing, and finishing our work with glazes and oxides. Bring pictures of animals you love! Instructor: Carmen Elliott

Ages 14+	\$164 R, \$197 NR		
Jan. 7–Feb. 25	Tue	10:30 a.m.–1 p.m.	#130048-C

## Preteen Pottery Community Clay Studio

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. Instructor: Carmen Elliott

Ages 9-15	\$121 R, \$145 NR		
	\$107 R, \$128 NR (SESSION B ONLY)		
Sept. 5–Oct. 24	Thu	4:15–5:45 p.m.	#130020-A
Oct. 31–Dec. 19	Thu	4:15–5:45 p.m.	#130020-B
Jan. 9–Feb. 27	Thu	4:15–5:45 p.m.	#130020-C



## Wheel Throwing for Youth Community Clay Studio

Students will learn and practice the basic steps involved in making wheel-thrown vessels. Develop the ability to make basic cylinders and extend this knowledge to other wheel-thrown forms. We will attach handles and learn some basic decorating and glazing techniques. Instructor: James Ward (Mon.) & Instructor TBD (Sat.)

Ages 9–15	\$121 R, \$145 NR		
	\$107 R, \$128 NR (SESSIONS B ONLY)		
Sept. 9–Oct. 28	Mon	4–5:30 p.m.	#130021-A
Nov. 4–Dec. 16	Mon	4–5:30 p.m.	#130021-B
Jan. 7–March 4	Mon	4–5:30 p.m.	#130021-C
Sept. 7–Oct. 26	Sat	12:30–2 p.m.	#130022-A
Nov. 2–Dec. 21	Sat	12:30–2 p.m.	#130022-B
Jan. 11–March 7	Sat	12:30–2 p.m.	#130022-C

## Wheel Throwing Community Clay Studio

Students of all skills levels are welcome; those who are just beginning and those who are looking to improve their technique and mastery. Our instructors will be glad to work with you on the basics of wheel-throwing and on the finer points of skilled wheel work. Throw functional pots, plates, bowls, cups, and pull handles, and form lids for jars. Apply glazes and colorful slips, learn other decorative techniques to finish our creations. Instructors: Karen Fisher (Mon AM); James Ward (Mon PM, Wed, & Thurs); Sonya Ishii (Tues); TBD (Sat)

Ages 14+	\$164 R, \$185 NR		
	\$145 R, \$174 NR (*SESSIONS B ONLY)		
Sept. 9–Oct. 28	Mon	9:30 a.m.–12 noon	#130024-A
Nov. 4–Dec. 16	Mon	9:30 a.m.–12 noon	#130024-B*
Jan. 6–March 2	Mon	9:30 a.m.–12 noon	#130024-C
Sept. 9–Oct. 28	Mon	6:30–9 p.m.	#130025-A
Nov. 4–Dec. 16	Mon	6:30–9 p.m.	#130025-B*
Jan. 6–March 2	Mon	6:30–9 p.m.	#130025-C
Sept. 3–Oct. 22	Tue	6:30–9 p.m.	#130037-A
Oct. 29–Dec. 17	Tue	6:30–9 p.m.	#130037-B
Jan. 7–Feb. 25	Tue	6:30–9 p.m.	#130037-C
Sept. 4–Oct. 23	Wed	6:30–9 p.m.	#130026-A
Oct. 30–Dec. 18	Wed	6:30–9 p.m.	#130026-B
Jan. 8–Feb. 26	Wed	6:30–9 p.m.	#130026-C
Sept. 5–Oct. 24	Thu	10:30 a.m.–1 p.m.	#130027-A
Oct. 31–Dec. 19	Thu	10:30 a.m.–1 p.m.	#130027-B*
Jan. 9–Feb. 27	Thu	10:30 a.m.–1 p.m.	#130027-C
Sept. 7–Oct. 26	Sat	9:30 a.m.–12 noon	#130036-A
Nov. 2–Dec. 21	Sat	9:30 a.m.–12 noon	#130036-B*
Jan. 11–March 7	Sat	9:30 a.m.–12 noon	#130036-C

# Specialized Recreation

## Friday Fun Night Chapel Hill Community Center

Play board games, make crafts, shoot baskets in the gym, climb the climbing wall, swim awhile, and join us for a snack. Holiday or seasonal theme each month. 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. Those who are incontinent must wear swim diapers in the pool. For more information, contact Therapeutic Recreation Specialist Marian Kaslovsky at (919) 968-2813.

Ages 2+ Free, No registration required  
Sept. 6–Jan. 3 1st Fridays 6:30–8:30 p.m. #130690-Z

## Saturday Social Group The Corner Teen Center

Formerly called the "AsperTeens" group, this group is for students who can function independently in a ratio of 1 staff to 8 participants. The group has been requested by parents of very verbal teens, who are self-aware of their differences from "typical developing" peers and who may be described as having a communications disorder, or has difficulty with social interaction.

We'll play games and have activities based on the groups' interests, while joined by Recreation staff. Possible extra fee if the group decides on an activity with an admission fee.

Grades 9th–12th \$11 R, \$13 NR  
Sept. 4–Jan. 11 Saturdays 4–6 p.m. #130609 A-E

## Fit Together! Hargraves Center

Let's get fit together. We'll try different types of fitness routines with lots of music to keep us going. Together, we'll figure out adaptations for those whose knees hurt or backs ache. It doesn't mean you skip an exercise--you'll just do a gentler version. Wear comfortable clothes and bring a water bottle. Those requiring 1:1 assistance should bring a family member or staff.

Ages 11+ \$36 R, \$48 NR  
Sept. 19–Oct. 24 Thu 11:30 a.m.–12:30 p.m. #130613-A  
Nov. 7–Dec. 19 Thu 11:30 a.m.–12:30 p.m. #130613-B  
Jan. 9–Feb. 13 Thu 11:30 a.m.–12:30 p.m. #130613-C

## Adapted Aquatics Homestead Aquatic Center

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.

Please note: Swimmers who are incontinent must wear swim diapers. Parent, guardian, or staff should remain on the pool deck during class. We cannot guarantee one volunteer for each student. If you are willing to swim with your child, please let us know when you register.

Ages 5–25 \$22 R, \$30 NR A & B  
\$25 R, \$33 NR C & D  
Sept. 9–Oct. 7 Mon 6:30–7:15 p.m. #130604-A  
7:30–8:15 p.m. #130604-B  
Oct. 21–Nov. 11 Mon 6:30–7:15 p.m. #130604-C  
7:30–8:15 p.m. #130604-D

## NEW! Drawing for Comics and Graphic Novels The Corner Teen Center

For artists with special needs/disabilities, and their siblings and friends, who are comfortable with new ideas for improving their drawing. If you are interested in learning more about ways to make your drawings look more realistic, Instructor Elizabeth Byars, who is an artist and also a TEACCH autism specialist, offers step-by-step visual guides and one-on-one demonstrations of artists' chosen subjects.

Includes a sharing time for students to see what everyone is doing and to offer compliments. Generally, these art students are comfortable with their parents leaving during class time. Children should be able to sit for 30 minutes at a time and should bring a favorite object to draw to each class.

Ages 8–14 \$46 R, \$55 NR  
Sept. 7–Nov. 9 Sat 9:30–10:45 a.m. #130631-A

## Social Skills for the Real World Chapel Hill Public Library

Get to know each other while having fun, practicing ways to bring everyone into a conversation and keeping the interaction going. A highly structured interactive minicamp by Rhonda Maiani, a Licensed Speech Pathologist for nearly 30 years. Teens will tell funny, simple jokes, play a variety of interactive board games and role play simple real-life scenes. Practice social communications and engage others in conversation, learning about other's interests. Games, music, crafts, and videos will round out our experiences.

Ages 16–26 \$97 R, \$117 NR  
Sept. 9–Nov. 4 Mon 5–6:30 p.m. #130632-A

## Bridge2Sports Bocchia Chapel Hill Community Center

Bocchia ball is usually an outdoor game, but this group is adapted for indoor play. This is a great game for people with traumatic brain injury, cerebral palsy, stroke, visual impairment, low vision, or for a wheelchair user. Everyone can come and play Bocchia! For more info about this organization and information on registering, see the website below. NO CLASS 11/5.

Register online or find out more about Bridges2Sports at [www.bridge2sport.org](http://www.bridge2sport.org) or call (866) 880-2742.

Ages 5+ Free, Advanced registration required  
Sept. 17–Nov. 19 Tue 4:30–5:30 p.m.



### DON'T WAIT, Register Early

Early Registration helps us plan appropriately. Often we are able to accommodate those on waiting lists by adding additional spots in the class or adding additional classes. Classes that do not meet their minimum enrollment are generally cancelled. You can make a difference!

Registration opens Aug. 5 for residents, and Aug. 12 for non-residents.

[www.chapelhillparks.org](http://www.chapelhillparks.org)

# Specialized Recreation

## Sensory Playtime at Kidzu University Place

Special playtime, open to children with any kind of disability/special need and their siblings. Designed so families can enjoy the hands-on exhibit spaces without the extra stimulation of the museum's busy open hours! Siblings are welcome too but must be registered. Hurry and register; this activity will fill up!

Offered in partnership with Kidzu Children's Museum.

Ages 6 months–13 yr Free, Registration required

Sept. 19–Dec. 19 3rd Thursday 5:30–7 p.m. #130630 A-D

## SibShop: New Participants Hargraves Center

Sibshops give brothers and sisters of children with special needs an opportunity to meet other siblings in a relaxed, recreational setting. It gives siblings the chance to explore their feelings in creative, light, and fun ways. We'll play lots of group games, do some crafts, have a snack and get to know each other. Registration deadline: Two days before at noon.

Typically on the third Saturday of the month.

Ages 8–13 Free, Registration required

Sept. 21–Dec. 21 3rd Saturday 3–5:30 p.m. #130641 A-D

## SibShop: Returning Participants Hargraves Center

This class number is for RETURNING CHAPEL HILL SIBSHOP MEMBERS. If your child will be new to our group, please see Sibshop #130641 above.

Sibshops give brothers and sisters of children with special needs an opportunity to meet other siblings in a relaxed, recreational setting. It gives siblings the chance to explore their feelings in creative, light, and fun ways. We'll play lots of group games, do some crafts, have a snack and get to know each other. Registration deadline: Day before at noon.

Ages 8–13 Free, Registration required

Sept. 21–Dec. 21 3rd Saturday 3–5:30 p.m. #130642 A-D

## Games Night Hargraves Center

Teens and young adults with mild to moderate disability can enjoy an evening of games and socializing. During this casual early evening program, we will play games like Connect Four, Quirkle, and a variety of other board games. Bring games from home that you'd like to play.

Together, we will order pizza for those who want to chip in (pay with \$1's and \$5's only please). Bring your own dinner if you prefer. Participants must be self-sufficient with personal care and may bring a caretaker if needed. Registration Deadline: Prior Friday by Noon

Ages 11–29 \$8 R, \$10 NR

Sept. 21–Dec. 21 3rd Saturday 6:30–8:30 p.m. #130667 A-D

## Let's Do Lunch Chapel Hill Public Library

Learn some food prep skills while making lunch. Play games and have fun and engaging conversation while we eat together! Menus will be salads, soups, sandwiches, and some simple, quick desserts. Tailored to your food requirements (i.e. gluten free, non-dairy, or vegetarian). Rhonda Maiani is a Licensed/Certified Speech/Language Pathologist for nearly 30 years. Pay additional fee of \$20 on the first morning of class for 6 weeks of food (prefer check made out to Friends of Chapel Hill Parks Recreation or exact fee in cash).

Ages 11–17 \$132 R, \$159 NR

Jan. 18–Feb. 22 Sat 10 a.m.–12 noon #130602-A

## Push Play Sing Chapel Hill Community Center



**PUSH PLAY SING**

Music is truly a universal language! Musicians Max Puhala and Berk Ozturk provide hands-on musical enrichment, engagement, and expression in participatory music workshops for people with developmental disabilities. Music is the canvas for some beautiful interaction between musicians, old and young. Learn more about Push Play Sing! at <http://www.pushplaysing.org>.

A parent or staff should accompany participants who need individual attention. Children should be able to be on task at least 40 minutes. NO CLASS 11/5.

Ages 6+ Free, Registration required

Oct. 8–Jan. 28 Tue 6–7 p.m. #130618-A

## Specialized Winter Dance Hargraves Center

Dance to the beats! We'll do line dances, couples dances, and old standards like the Funky Chicken and Electric Slide. Have some refreshments, play some board games and do some arts and crafts. You can dress for the occasion or wear whatever you're comfortable in!

Go to <https://goo.gl/forms/f5Cxiklk1QLtbQVD2> to register and pass on your music suggestions, then pay at the door (cash only, small bills appreciated!): Sliding Scale of \$3 - \$5. Those who need close supervision should bring an adult family member or staff. Please register all students, siblings, and parents who will be staying. Sliding Scale Admission to benefit an Inclusive Playground at Cedar Falls Park and the Autism Society of NC: Orange/Chatham chapter.

Ages 11–22 Sliding Scale Admission Fee

Jan. 12 Sun 2:30–4:30 p.m. #130635-A



### AN INCLUSIVE APPROACH

We are committed to an inclusive approach to recreation and encourage individuals with & without special needs to participate together. In order for individuals with disabilities to participate as fully as possible, reasonable modifications are provided in accordance with the Americans Disabilities Act. Please see the specialized recreation section on page 22 for more details.

[www.chapelhillparks.org](http://www.chapelhillparks.org)

# Special Olympics Orange County Special Interests

## Soccer

### Southern Community Park

Introductory to advanced skills building.

Ages 5+

Aug. 27–Oct. 27 Sunday 4:30–5:30 p.m., 5–6:30 p.m.

## Golf

### Occoneche Golf Course

Introductory to advanced skills building. Bring golf clubs.

Ages 8+

Aug. 28–Oct. 28 Wednesday 5:45–7 p.m.

## Bocce Ball

### Chapel Hill Community Center

Introductory to advanced skills building.

Ages 16+

Aug. 27–Oct. 29 Tuesday 5:30–6:30 p.m.

## Tennis

### Chapel Hill Tennis Club

Introductory to advanced skills building. Must provide own racket.

Ages 8+

Aug. 24–Oct. 26 Saturday 4–5:30 p.m.

## Cycling

### The Exchange at Meadowmont

Introductory to advanced skills building. Must provide own bike.

Ages 8+

Aug. 25–Oct. 27 Sunday 10–11:30 a.m.

## UNC Unified Flag Football

### UNC Hooker Fields

Introductory to advanced skills building. Partnership with UNC Intramural Department.

Ages 18+

Sep. 12–Oct. 10 Thursday 6:15–7:15 p.m.

## CHCCS School Swimming

### Homestead Aquatic Center

Introductory to advanced skills building. Partnership with CHCCS Adapted Physical Education.

Ages 5–21

Sep. 10–Dec. 4 Mon/Wed 10:15–11:30 a.m.  
Thursday 10:15–10:55 a.m.

## New Hope Narcotics Anonymous Hargraves Center

A global, community-based organization, we make no distinction between drugs, including alcohol. We offer recovery from the effects of addiction through a twelve-step program and group meetings. Provides help from peers and a support network for addicts who pursue and maintain a drug-free lifestyle.

Ages 18+ Free, Drop In, No registration required

July 7, 2019–June 28, 2020 Sun 6–8 p.m. #420044-Z

## First Aid

### South Orange Rescue

This class is for non-medical personnel. We will discuss basic first aid and responses to injury, medical, and environmental emergencies. Upon successful completion you will receive certification from the American Heart Association. Parent or guardian must accompany children under 14 years old.

Classes will be held at South Orange Rescue Squad Building, 202 Roberson Street, Carrboro, NC.

Ages 12+ Free, Pre-registration required

Sept. 14 Sat 9 a.m.–1 p.m. #110750-A

## Family & Friends CPR

### South Orange Rescue

Ideal for community groups, new parents, grandparents, babysitters, and others interested in learning how to save a life. Learn how to perform CPR, use an AED, and help in a choking emergency. For those who want to learn CPR but do not need AHA CPR course completion card for job requirement. Parent or guardian must accompany children under 14 years old.

Ages 8+ Free, Registration required

Oct. 15 Tue 9 a.m.–12 noon #110755-A

## Heartsaver CPR & AED

### South Orange Rescue

Get certified in CPR and AED. Learn to perform CPR on people of all ages, how to use a defibrillator, how to help someone who is choking. Receive certification from the American Heart Association. Parent or guardian must accompany children under 14 years old.

Ages 12+ Free, Registration required

Sept. 17 Tue 9 a.m.–1 p.m. #110756-A

Oct. 12 Sat 9 a.m.–1 p.m. #110756-B

Nov. 19 Tue 9 a.m.–1 p.m. #110756-C

## Healthcare Provider CPR

### South Orange Rescue

For professionals who work in a health care setting and need to maintain their CPR certification. Learn the latest recommendations for performing CPR on people of all ages, how to use a defibrillator (AED), and how to help in a choking emergency. Upon successful completion of the skills test and written test you will receive certification from the American Heart Association. Valid email address required to receive certification.

Ages 16+ Free, Registration required

Nov. 16 Sat 9 a.m.–2 p.m. #110757-A

# Parks and Recreation Destinations

## **Tanyard Branch Downtown Chapel Hill Caldwell Street**

Although only .4 mile in length, the trail corridor required creative solutions to address steep slopes, proximity to the existing Tanyard Branch, and the need to avoid as many large trees as possible.

We opened the newly expanded Tanyard Branch Trail in Umstead Park, in June 2018. An art railing was installed on a pedestrian bridge. Like the bridge, the art connects the park, trail, and the community. The silhouettes are derived from photographs taken by the artist of people walking the trail and enjoying the park.

This newly expanded and improved trail will allow pedestrians and bicyclists to travel from the Northside neighborhood downtown to Umstead Park and the Bolin Creek Trail, which spans beneath MLK Jr Blvd all the way to the Chapel Hill Community Center. It will promote alternative transportation through a large portion of central Chapel Hill and the downtown area.



## **Strowd Rose Garden Chapel Hill Community Center Park 120 South Estes Drive**

The Gene Strowd Rose Garden is located at the Chapel Hill Community Center Park and contains over 350 rose bushes of 130 different varieties. The many roses in this garden represent several specific types of the flowers including hybrid teas, miniatures, and climbing bushes. Each of the roses is labeled. It is truly an olfactory experience you will not want to miss.

A copper water foundation is the centerpiece of the garden surrounded by brick walkway aisles and houses a gazebo area. The garden has been the focal point of small weddings, field trips, and club meetings.

The Gene Strowd Community Rose Garden is maintained with the help of Witherspoon Rose Culture. Funding for the garden is provided by Strowd Roses, Inc. For more information please visit [www.strowdroses.org](http://www.strowdroses.org) for history, rental information, and pictures.



## **Chapel Hill Skate Park Homestead Park 100 Aquatics Drive**

The Chapel Hill Skate Park is 10,000 square feet of excitement! Operated by the Parks and Recreation Department as an unsupervised facility, admission is free to all participants. The Skate Park's concrete slab is covered with a tremendous assortment of ramps suitable for everyone. Even if you don't skate, you should stop and watch as in-line skaters and skateboarders work the ramps. It's worth a visit.



## **Exofit Trail Fitness Course Southern Community Park 100 Sumac Road**

The Bolin Creek Trail project is complete except for one 500 linear feet section east of Martin Luther King Jr. Blvd. Work on the trail resumed in January 2019, expected to be finished by early summer. The Tanyard Branch Trail Phase 3 construction from Umstead Park to the existing trail is 99% complete with only a few punch list items remaining.

The new turf fields use a special 100 percent natural product, Purefill Artificial Turf Infill, made of organic cork granules and sand. This product is completely recyclable and sustainable, and provides significant heat reduction.

This community park also hosts aquatics programs at our indoor aquatic center, an outdoor skate park, natural surface baseball fields, batting cages, a dog park, basketball court, picnic shelters, and playground equipment.

## **Plaza at 140 West Franklin Street 140 West Franklin Street**

The Plaza @ 140 West Franklin Street is a Place for Everyone! A visit to Chapel Hill means world-class performances, indie music, and top-notch opportunities to stimulate your senses with visual and performing arts.

140 West Franklin is an urban community designed to be Chapel Hill's ultimate gathering place. With over 26,000 sq. ft. of retail space, as well as two levels of covered parking,

Nationally regarded as one of America's finest towns for quality of life, our vision is to enhance this pedestrian-friendly complex—the only one of its kind in Chapel Hill—creating an interactive experience where residents and visitors alike may relax and enjoy the natural charm and blend of culture unique to Downtown Chapel Hill.

## **Outdoor Volleyball Courts Umstead Park 399 Umstead Drive**

Get out of the gym and into the sand! Our newly installed outdoor sand volleyball courts offer challenges and techniques that are different than indoor volleyball. Umstead Park has six outdoor sand volleyball courts that are open and accessible to residents and visitors all year round, weather permitting.