

ADULT

PROGRAMS & CLASSES

It's never too late to get active and learn something new. Enhance your life by taking a class and developing your interests.



Art

Watercolor

Students will learn washes, glazes, color mixing and composition. Materials not included. **INSTRUCTOR:** Mary Benejam

Flah Park	W	1:00 pm-3:00 pm	Sep 23-Oct 28	\$80	ages 16+
Flah Park	W	1:00 pm-3:00 pm	Nov 11-Dec 16	\$80	ages 16+
Flah Park	W	1:00 pm-3:00 pm	Jan 6-Feb 10	\$80	ages 16+
Flah Park	W	1:00 pm-3:00 pm	Feb 24-Mar 30	\$80	ages 16+

Beginners Oil & Acrylic Painting

Students will start with the basics: color wheel, value, composition and design. First paintings are a learning exercise. Enter the painting world! Materials supplied by student. **INSTRUCTOR:** Mary Benejam

Flah Park	Tu	1:00 pm-3:00 pm	Sep 22-Oct 27	\$80	ages 16+
Flah Park	Tu	1:00 pm-3:00 pm	Nov 10-Dec 15	\$80	ages 16+
Flah Park	Tu	1:00 pm-3:00 pm	Jan 5-Feb 9	\$80	ages 16+
Flah Park	Tu	1:00 pm-3:00 pm	Feb 23-Mar 29	\$80	ages 16+

Intermediate Oil & Acrylic Painting

Students will learn new techniques and choose their subject matter. Materials supplied by student. Must have completed Beginners Oil & Acrylic Painting. **INSTRUCTOR:** Mary Benejam

Flah Park	W	10:00 am-12:30 pm	Sep 23-Oct 28	\$80	ages 16+
Flah Park	W	10:00 am-12:30 pm	Nov 11-Dec 16	\$80	ages 16+
Flah Park	W	10:00 am-12:30 pm	Jan 6-Feb 10	\$80	ages 16+
Flah Park	W	10:00 am-12:30 pm	Feb 24-Mar 30	\$80	ages 16+

Advanced Oil Painting

This course is designed for advanced oil painting students. Will work on specific techniques and styles. All students must be approved by instructor. Materials supplied by student. **INSTRUCTOR:** Mary Benejam



Flah Park	Tu	10:00 am-12:30 pm	Sep 22-Oct 27	\$80	ages 16+
Flah Park	Tu	10:00 am-12:30 pm	Nov 10-Dec 15	\$80	ages 16+
Flah Park	Tu	10:00 am-12:30 pm	Jan 5-Feb 9	\$80	ages 16+
Flah Park	Tu	10:00 am-12:30 pm	Feb 23-Mar 29	\$80	ages 16+

Drawing Classes

Students will learn value, shape, shading, composition, perspective and design. All elements are extremely useful for any art work. Materials supplied by student. **INSTRUCTOR:** Mary Benejam

Flah Park	W	1:00 pm-3:00 pm	Jan 6-Feb 10	\$80	ages 16+
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Beginning Photography

Let's learn to get that camera off "automatic" and take the photo you want instead of what the camera thinks you want. This class places emphasis on outdoor photography. We will discuss the interactions of f-stop, shutter speed, ISO. Participants will also learn about equipment, composition, varying light conditions and more. Participants must provide their own camera. **INSTRUCTOR:** Sol Levine



Flah Park	Tu	6:30 pm-9:00 pm	Sep 28-Oct 12	\$70	ages 16+
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Explore Zentangle

Come as a family or on your own to explore the new art of Zentangle! Participants will learn how to get started with Zentangle from dividing up your space to how to pick your tangles. This class includes the history and purpose of Zentangle. Participants will learn a total of eight tangles (patterns) and complete two tiles.

Pens and other supplied materials will be yours to keep! **INSTRUCTOR:** Cathy Dills-Boyots

Ren Ctr AA	Sa	2:00 pm-4:00 pm	Oct 17	\$65	ages 16-adult
Ren Ctr AA	Sa	2:00 pm-4:00 pm	Feb 6	\$65	ages 16-adult

Zentangle Holiday Greeting Card

Come join us for a special holiday Zentangle class! During this class, you will learn how to create some special tangles (patterns) to design your own special holiday greeting card. The possibilities are endless! No artistic ability needed.....seriously. Pens and other supplied materials will be yours to keep! **INSTRUCTOR:** Cathy Dills-Boyots

Ren Ctr AA	Sa	2:00 pm-4:00 pm	Dec 12	\$65	ages 16-adult
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Nativity Story Stones <<NEW!>>

Create a set of hand-painted stones that tell the Christmas story complete with a fun little pouch for storing them. Make this interactive nativity set as a memorable gift for someone special. **INSTRUCTOR:** Beth Martin

Ren Ctr AA	Sa	10:00 am-12:00 pm	Nov 21	\$20	ages 10-adult
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Scrap Happens & Open Craft Night <<NEW!>>

Gather with other crafters at the Arts Annex to work on your own creative projects. Feel free to bring in dinner! Table and chairs provided.

Ren Ctr AA	F	5:00 pm-11:00 pm	Sep 11, Oct 9, Nov 13, Dec 11, Jan 8, Feb 12	\$60	ages 16-adult
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Textile Arts

Crochet Amigurumi <<NEW!>>

Learn the basics of crochet and make your own unique stuffed animal. Amigurumi is from a Japanese word meaning knitted or crocheted stuffed doll. These charming toys are a great way to experiment and be creative. This class is appropriate for anyone, no previous crochet experience required. **INSTRUCTOR:** Amy Yinger

Ren Ctr AA	Tu	6:30 pm-8:00 pm	Sep 15-Oct 20	\$77	ages 16-adult
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Knitted Scarf & Wrist Warmers <<NEW!>>

Learn to knit cables, while making a beautiful scarf. They are not as tricky as they look. Also, learn to use double pointed needles while making matching wrist warmers. **INSTRUCTOR:** Amy Yinger

Ren Ctr AA	Tu	6:30 pm-8:00 pm	Nov 3-Dec 8	\$70	ages 16-adult
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**Supply list provided to students*





Crocheted Filled Bags <<NEW!>>

Learn the basics of crochet while making a pair of small totes. This class is suitable for those with little or no crochet experience. **INSTRUCTOR:** Amy Yinger

Ren Ctr AA	Tu	6:30 pm-8:00 pm	Jan 12-Feb 16	\$70	ages 16-adult
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**Supply list provided to students*

Knitted Cable Headband <<NEW!>>

Learn to knit cables while making a headband for winter. This class is suitable for those who already know the knit and purl stitches. **INSTRUCTOR:** Amy Yinger

Ren Ctr AA	Sa	9:00 am-12:00 pm	Oct 10	\$25	ages 16-adult
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**Supply list provided to students*

Crochet Snowflake <<NEW!>>

Learn to crochet a lace snowflake. Your snowflake can be simple or fancy, depending on your taste and experience level. **INSTRUCTOR:** Amy Yinger

Ren Ctr AA	Sa	9:00 am-12:00 pm	Nov 14	\$30	ages 16-adult
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Knitted Coffee Sweater <<NEW!>>

Learn to knit in the round on double pointed needles while making a "sweater" to keep your coffee warm (or a tea jumper, if you prefer). This class is suitable for those who already know the knit and purl stitches. **INSTRUCTOR:** Amy Yinger

Ren Ctr AA	Sa	9:00 am-12:00 pm	Jan 16	\$25	ages 16-adult
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**Supply list provided to students*

Crocheted Lace Edge Baby Blanket <<NEW!>>

Decorate a soft and cozy blanket with a lovely lace edge. This class is suitable for those with little or no crochet experience. **INSTRUCTOR:** Amy Yinger

Ren Ctr AA	Sa	9:00 am-12:00 pm	Feb 6	\$34	ages 16-adult
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Glass Fusion

Glass Fused and Functional <<NEW!>>

This class will provide students a chance to learn the basics of fusing glass while designing and construction an original 7" x 7" dish using various tools and techniques. Finished dish will be food safe. All supplies included. Completed piece will be fired and available for pick up one week from the date of the class. **INSTRUCTOR:** Linda Martin

Ren Ctr AA	Tu	5:30 pm-9:30 pm	Sep 22	\$90	ages 16-adult
Ren Ctr AA	Sa	10:00 am-2:00 pm	Sep 26	\$90	ages 16-adult

Glass Winter Wonderland <<NEW!>>

Join us to create a beautiful Winter Wonderland piece of glass art. Your original creation will make a wonderful holiday gift for yourself or someone special. You will learn basics of fusing glass and using glass tools while enjoying your artsy self. All supplies included. Completed piece will be fired and available for pick up one week from the date of the class. **INSTRUCTOR:** Linda Martin

Ren Ctr AA	Sa	10:00 am-2:00 pm	Oct 3	\$90	ages 16-adult
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Glass Holiday Ornaments <<NEW!>>

This workshop combines the joy of the holidays with the pride of making your own ornament. Construction using various glass tools and incorporating stringers, frit and dots lets you be as creative as you'd like. These unique ornaments (3) will be handed down for generations. All supplies included. Finished work will be fired and available for pick up one week from the date of the class. **INSTRUCTOR:** Linda Martin

Ren Ctr AA	Sa	10:00 am-1:00 pm	Nov 21	\$50	ages 16-adult
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Theater

Beginning Actors Studio <<NEW!>>

This class is designed to get the beginning actor started by learning basic acting skills and participating in confidence building improvisation. In a non-threatening and supportive environment, students will use group theatre exercises to explore the actor's tools: the body, the voice, concentration, imagination and observation. Students are asked to wear comfortable clothing allowing for freedom of movement and closed toe shoes. **INSTRUCTOR:** Raleigh Little Theatre

Ren Ctr AA	Tu	7:00 pm-9:00 pm	Sep 15-Oct 20	\$120	ages 18+
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Scene Study <NEW!>

This class is for both beginning and intermediate students who wish to learn and sharpen basic acting skills and explore character development and memo- rization techniques through scene study. **INSTRUCTOR:** Raleigh Little Theatre

Ren Ctr AA	Tu	7:00 pm-9:30 pm	Oct 27-Dec 8*	\$150	ages 18+
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**No class Nov 24*

Music

Private Voice Lessons

Private voice lessons are a great opportunity to gain foundational knowledge and skills in a pressure-free setting. Whether you are looking to improve your technique, prepare for an audition or learn a new hobby, private lessons will give you the individual attention you need to share your voice with confidence. **INSTRUCTOR:** Heather Dahlberg

Ren Ctr AA	M	4:00 pm-4:30 pm	Sep 14-Nov 2	\$250	ages 12-adult
Ren Ctr AA	M	4:30 pm-5:00 pm	Sep 14-Nov 2	\$250	ages 12-adult
Ren Ctr AA	M	5:30 pm-6:00 pm	Sep 14-Nov 2	\$250	ages 12-adult
Ren Ctr AA	M	6:00 pm-6:30 pm	Sep 14-Nov 2	\$250	ages 12-adult
Ren Ctr AA	M	4:00 pm-4:30 pm	Jan 11-Feb 29	\$250	ages 12-adult
Ren Ctr AA	M	4:30 pm-5:00 pm	Jan 11-Feb 29	\$250	ages 12-adult
Ren Ctr AA	M	5:30 pm-6:00 pm	Jan 11-Feb 29	\$250	ages 12-adult
Ren Ctr AA	M	6:00 pm-6:30 pm	Jan 11-Feb 29	\$250	ages 12-adult

Fitness

Gentle Yoga

This class will focus on the therapeutic benefits of yoga. It will be especially beneficial for those with limited mobility, injuries or those seeking a gentler practice. Come join us and see what yoga can do for you! **INSTRUCTOR:** Sunny Davis

Alst Mass	W	10:00 am-11:30 am	Sep 16-Oct 21	\$90*	ages 18+
Alst Mass	W	10:00 am-11:30 am	Nov 4-Dec 9	\$90*	ages 18+
Alst Mass	W	10:00 am-11:30 am	Jan 6-Feb 10	\$90*	ages 18+
Alst Mass	W	10:00 am-11:30 am	Feb 24-Mar 30	\$90*	ages 18+

**Optional \$18 drop-in fee is accepted once minimum of 6 is met*

Core Strengthening with Pilates

All movement originates from the core, so having a strong core helps us move more easily and efficiently. Pilates is now the most recommended form of exer- cise to help with lower back issues. By strengthening the core muscles you can help alleviate lower back and hip pain. **INSTRUCTOR:** Sunny Davis

Flah Park	M	10:00 am-11:00 am	Sep 14-Oct 19	\$72*	ages 18+
Flah Park	M	10:00 am-11:00 am	Nov 2-Dec 7	\$72*	ages 18+
Flah Park	M	10:00 am-11:00 am	Dec 21-Jan 25	\$72*	ages 18+
Flah Park	M	10:00 am-11:00 am	Feb 8-Mar 14	\$72*	ages 18+

**Optional \$14 drop-in fee is accepted once minimum of 6 is met*



Yoga for Every Body <NEW!>

Yoga is truly for every body. If you are curious about why yoga has received so much positive press about the potential benefits, please come give it a try. The class will be taught so that all levels from the beginner to the seasoned practitioner can participate. **INSTRUCTOR:** Sunny Davis

Alst Mass	Tu	5:30 pm-6:30 pm	Sep 15-Oct 20	\$72*	ages 18+
Alst Mass	Tu	5:30 pm-6:30 pm	Nov 3-Dec 8	\$72*	ages 18+
Alst Mass	Tu	5:30 pm-6:30 pm	Dec 22-Jan 26	\$72*	ages 18+
Alst Mass	Tu	5:30 pm-6:30 pm	Feb 9-Mar 15	\$72*	ages 18+

**Optional \$14 drop-in fee is accepted once minimum of 6 is met*

Camp Gladiator <NEW!>

Camp Gladiator is a four-week adult fitness boot camp that promises a motivating and challenging environment where men and women of all ages and fitness levels can push themselves. Campers should expect a total body workout. A typical session could include interval training, sprint and agility drills, stations, plyometrics, body weight strength drills, cardio mix, and much more. As a special bonus for Wake Forest residents who live in the 27587 zip code, PRCR and Camp Gladiator have designated week two of every four-week camp cycle as Town of Wake Forest and CG Fitness Week. During the second week of camp, all participants who reside in the 27587 zip code may take part in any Camp Gladiator at any Wake Forest location at no cost. To register for the four-week evening camp, contact Bethany Stillwaggon, ACSM Certified Personal Trainer at 724-301-3557 or bethanystillwaggon@campgladiator.com. Online registration is also available at campgladiator.com/ Raleigh. **INSTRUCTOR:** Bethany Stillwaggon, ACSM Certified Personal Trainer

Flah Park	Tu/Th	6:15 pm	Aug-Dec	ages 18+
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Fitness Hula-Hooping

Hula-hooping is no longer just for kids! Adults have realized the muscle firming and calorie burning benefits of this joy-inducing, stress-relieving exercise. In this class, students will learn hoop moves like waist hooping, arm hooping, chest hooping, and leg hooping. No prior hooping experience is necessary, and we will use large, adult-sized hoops to make moves easy to learn. 100% guaranteed hooping success! With regular attendance, students will improve their fitness level, hooping skills, and well-being. Fitness meets play!
INSTRUCTOR: Angela Moser / Pickle Mamas

Alst Mass	W	7:00 pm-8:00 pm	Sep 2-30	\$55*	ages 10+
Alst Mass	W	7:00 pm-8:00 pm	Oct 14-Nov 11	\$55*	ages 10+
Alst Mass	W	7:00 pm-8:00 pm	Nov 25-Dec 30*	\$55*	ages 10+
Alst Mass	W	7:00 pm-8:00 pm	Jan 27-Feb 24	\$55*	ages 10+

**No class Dec 23; optional \$13 drop-in fee is accepted*

Martial Arts

Taekwondo

Learn martial arts skills, develop self-esteem, confidence and respect for others. No class held the first Thursday of every month. Please register the first Tuesday of every month with the instructor. **INSTRUCTOR:** Kevin Ray

WFCH	Tu/Th	7:00 pm-8:00 pm	ongoing	\$40 / mo.	ages 18+
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Dance

Modern Western Square Dancing ◀ NEW! ▶

Modern Western Square Dancing is one of the best ways to get your body moving, challenge your mind, relieve stress and meet new and friendly people. Participants will learn to execute basic cooperative dance figures, or 'calls,' at the direction of the square dance caller to the beat of the music. After learning the basic skills, participants will be well on their way to enjoying a lifelong hobby to be enjoyed at clubs locally and across the country. Partners are not necessary. Smiles are guaranteed. **INSTRUCTOR:** Jimmy Roberson

WFCH*	M	7:00 pm-9:00 pm	ongoing	\$20 / mo	ages 19+
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**Due to renovations, classes will temporarily move to the Alston-Massenburg Center beginning Jan 4;*

**Class dress is casual but participants are encouraged to wear comfortable shoes*

Nature

Tree Stewards Workshop

The Town of Wake Forest is seeking volunteers with a passion for trees, a desire to learn, and an interest in becoming a Tree Steward in our community. Participants will receive free training on proper planting techniques, tree identification, pruning, fertilization and more. Volunteers that successfully complete the training will become Town of Wake Forest Tree Stewards. Tree Stewards must pledge to contribute at least four hours of service within one year of their training. Many opportunities for service will be offered including distributing information at community events, planting trees, and performing basic maintenance, such as mulching and watering. Participants under the age of 18 must have the permission of a parent or legal guardian to volunteer. **INSTRUCTOR:** Jennifer Rall, Urban Forestry Coordinator



WF Town Hall	Sa	9:00 am-12:30 pm	Oct 24	4 hrs of volunteer service	ages 13+
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Tree Care 101

A comprehensive introductory class on proper tree care practices for the homeowner. Topics will include tree selection, planting, pruning and mulching. **INSTRUCTOR:** Jennifer Rall, Urban Forestry Coordinator

WF Town Hall	Sa	9:00 am-12:30 pm	Feb 27	\$15	ages 18+
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