

January - May 2010

# RecConnect

WAKE FOREST PARKS & RECREATION PROGRAM BROCHURE

*Enhancing our community's quality of life - one resident at a time!*

## Registration Dates

Dec 7	Class Registration Begins
Feb 1	Baseball/Softball/T-Ball Registration Begins
Mar 20	Easter Egg Hunt

E. Carroll Joyner Park

[www.wakeforestnc.gov/parksrecreation.aspx](http://www.wakeforestnc.gov/parksrecreation.aspx)

# RecConnect

January - May 2010

*The Wake Forest Parks & Recreation Department seeks to enhance the lives of the citizens of Wake Forest by offering a comprehensive system of parks, greenways, facilities, and open spaces, coupled with cultural and athletic programs, that promote education, health, and wellness.*

Mailing Address ..... Town of Wake Forest  
Parks & Recreation Department  
401 Elm Ave.  
Wake Forest, NC 27587

Office Hours ..... Monday - Friday  
8 am - 5 pm

Web Address ..... [www.wakeforestnc.gov](http://www.wakeforestnc.gov)

Administration/Recreation Office ..... (919) 554-6180

Fax ..... (919) 556-2063

Recreation Line ..... (919) 554-6185

Facility Maintenance Division ..... (919) 554-6184

Parks & Recreation Director ..... Susan Simpson  
(919) 554-6182

Office Assistant ..... Rosemary Pimentel  
(919) 554-6180

Athletics Coordinator ..... Edward Austin  
(919) 554-6183

Programs Coordinator ..... Cindy Fergeson  
(919) 556-4818

Facility Maintenance Supervisor ..... Jimmy Thrift  
(919) 554-6184

Facility Maintenance Specialist ..... Ronald Allen  
Facility Maintenance Specialist ..... James Brantley  
Facility Maintenance Specialist ..... Randy Hoyle  
Facility Maintenance Specialist ..... Gary Kirkwood  
Facility Maintenance Specialist ..... Tim McKenzie  
Facility Maintenance Specialist ..... Terry Medlin  
Facility Maintenance Specialist ..... Mickey Rochelle  
Facility Maintenance Specialist ..... Robert Wiggins

Flaherty Park Community Center ..... (919) 554-6726

Facility Supervisor ..... Beth Jones  
Facility Supervisor ..... Charles Grant  
Facility Supervisor ..... Gloria Crudup  
Facility Supervisor ..... Stella Daniska

## Registration Process

Complete one registration form per participant.

1. Please print all information.
2. Non-residents pay additional fee for athletic programs and swim lessons.
3. Read and sign all appropriate forms.
4. Make full payment

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

## Class Registration

Registration begins **Dec. 7, 2009** for all classes. An individual must complete a class registration form to register for a class. Mail-in and walk-in registrations are accepted. Full payment must be made at the time of registration. Class registrations will be accepted up to two days before the program's start date.

## Class Refund Policy

Class fees are 100% refundable when the class is canceled by the Wake Forest Parks & Recreation Department. Anyone wishing to withdraw from a class that has not been cancelled by the Wake Forest Parks & Recreation Department must request a refund, in writing, at least seven days before the start of the class. Refunds will not be given for withdrawals made less than the seven day period other than for verified medical/hardship cases.

## Mail-In Registration - Athletics

Athletics registration forms will only be accepted during the advertised registration period. Early registrations will not be accepted. Athletic registration forms may be submitted by mail but must be post-marked no later than the last day of registration. Forms available during registration periods only. Birth certificates are required at the time of registration.

## Walk-In Registration - Athletics

Walk-in registration will occur during normal business hours (Monday - Friday, 8 am-5 pm) See registration dates for Athletic Programs.

## On-line Registration - ATHLETICS ONLY!

Online registration for youth athletics is available during specified registration dates, **for returning players only**. To use our online registration, follow the link from the Youth Athletics page on the Town's website at [www.wakeforestnc.gov](http://www.wakeforestnc.gov).

## Athletic Refund Policy

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

## Non-Resident Fees

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



# PARKS & FACILITIES

## J.B. Flaherty Park

Located at 1226 N. White St., this 100-acre park houses three lighted baseball and softball fields, a restroom/storage building, a playground, two-acre dog park, eight lighted tennis courts, two picnic shelters, two ponds, and a community center. The center features a regulation high school gymnasium, arts and crafts room, game room, and a meeting room with a small kitchen.

## Flaherty Dog Park

Located at 1226 N. White St. - adjacent to the Flaherty Park baseball and softball fields - Flaherty Dog Park is a two-acre, fenced-in area where dog owners can let their pets safely and legally run free without a leash. Featuring a paved entrance, double-gated entry with separately fenced areas for small dogs and larger dogs, picnic tables, and plenty of shade trees, our dog park is open free to the public each day from dawn until dusk.

## E. Carroll Joyner Park

Located at 701 Harris Road, this 117-acre facility is the newest in the Wake Forest parks system. The park includes a 1,000-lawn seat amphitheater, a performance area, the Walker garden, restored farm buildings and pecan grove, restrooms, pond, and approximately three miles of walking trails. Approximately 50% of the park is open meadows.

## Smith Creek Soccer Center

Smith Creek Soccer Center, 690 Heritage Lake Road, is a 17-acre facility located within the Heritage Subdivision. This facility houses three full-size soccer fields, a playground, and a picnic shelter.

## Ailey Young Park

Ailey Young Park is a 15-acre neighborhood park located at 800 Juniper Ave. The park houses one ball field, two basketball courts, a playground, and picnic shelter.

## H.L. Miller Park

Located behind Town Hall at 401 Elm Ave., this two-acre wooded park offers paved trails throughout the park and several picnic tables.

## Holding Park

Located at 133 W. Owen Ave., this five-acre facility is located in the middle of town - just off South Main Street. Holding Park features the **Wake Forest Community House** and the Town's 50-meter swimming pool. **Holding Park Pool** is open during the summer months and offers swimming to the general public, as well as water aerobics, swim lessons, lap swim times, and parent-child swim times. The park also includes a playground, featuring five slides and swings. Picnic tables are available, as well as a basketball court. Adjacent to this park is **Forrest Field**, which the Town leases from the Wake County School System for baseball and softball league use.

## Kiwanis Park

Located at 400 E. Holding Ave., this one-acre park features a playground, ADA compliant playground equipment (including a therapeutic sandbox and swings) picnic shelter, and a paved greenway trail adjacent to the park.

## Plummer Park

Located at 965 Jones Wynd, within the Crenshaw Manor subdivision, Plummer Park is a half-acre park offering a playground and a picnic shelter.

## Taylor Street Park

Located at 416 N. Taylor St., this one and one-half-acre park is home to the **Alston-Massenburg Center**. The newly-renovated park now offers swings, a slide, excavators, x-wave, picnic shelter, bench swing, seat wall, paved walking path, and garden areas.

## Tyler Run Park

Tyler Run Park is a nine-acre facility located at 830 Pineview Dr., within the Tyler Run/Holding Ridge subdivision. The park features a T-ball field, basketball court, picnic tables, greenway trail, and a playground specifically designed for children ages 2-5.

*All parks are open to the general public from dawn to dusk unless otherwise posted. Facilities are programmed and scheduled by the Wake Forest Parks & Recreation Department.*



# PARKS & FACILITY RENTALS

## E. Carroll Joyner Park Amphitheater

Located at 701 Harris Road, E. Carroll Joyner Park is a 117-acre facility that houses a 1,000-lawn seat amphitheatre. Available for half-day and full-day rentals, the amphitheater is a great location for family reunions, church programs, and other activities.

**Deposit:** \$100.00

**Rental Options:** **Half-Day Monday - Friday**  
8am-2pm or 3pm-Dusk  
\$250.00/half-day

**All Day Monday - Friday**  
8am-Dusk  
\$500.00/day

**Half-Day Saturday - Sunday & Holidays**  
8am-2pm or 3pm-Dusk  
\$400.00/half-day

**All Day Saturday - Sunday & Holidays**  
8am-Dusk  
\$800.00/day

*Note: Holidays include Memorial Day, Fourth of July and Labor Day. For more information, call (919) 554-6180.*

## Wake Forest Community House

Located at 133 W. Owen Ave., the Wake Forest Community House is available for rent for family reunions, weddings, receptions and other activities. Maximum capacity is 225 persons.

**Rental Hours:** Fri-Sun 8 am - midnight

**Daily Rental:** \$250

**Deposit:** \$100

## E. Carroll Joyner Park Performance Garden

Located at 701 Harris Road, the performance garden is available for rent for half-day and full-day rentals. It is a great location for small family gatherings, weddings, receptions, and other similar activities.

**Deposit:** \$50.00

**Rental Options:** **Half-Day Monday - Friday**  
8am-2pm or 3pm-Dusk  
\$75.00/half day

**All Day Monday - Friday**  
8am-Dusk  
\$150.00/day

**Half-Day Saturday - Sunday & Holidays**  
8am-2pm or 3pm-Dusk  
\$100.00/half day

**All Day Saturday - Sunday & Holidays**  
8am-Dusk  
\$200.00/day

*Note: Holidays include Memorial Day, Fourth of July and Labor Day. For more information, call (919) 554-6180.*

## Alston-Massenburg Center

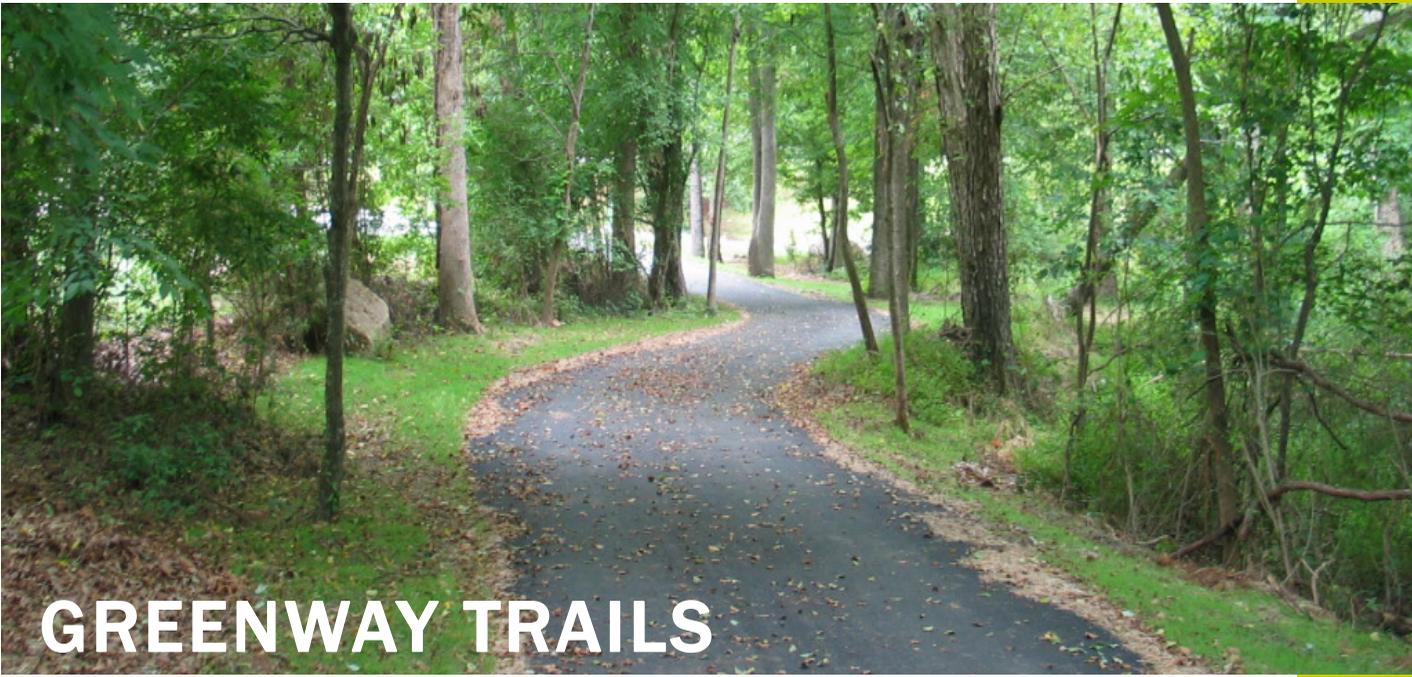
Located within the Taylor Street Park at 416 N. Taylor St., the Alston-Massenburg Center is available for rent for weddings, receptions, family reunions, and other activities. Maximum capacity is 54 persons.

**Rental Hours:** Fri-Sun 8 am-10 pm

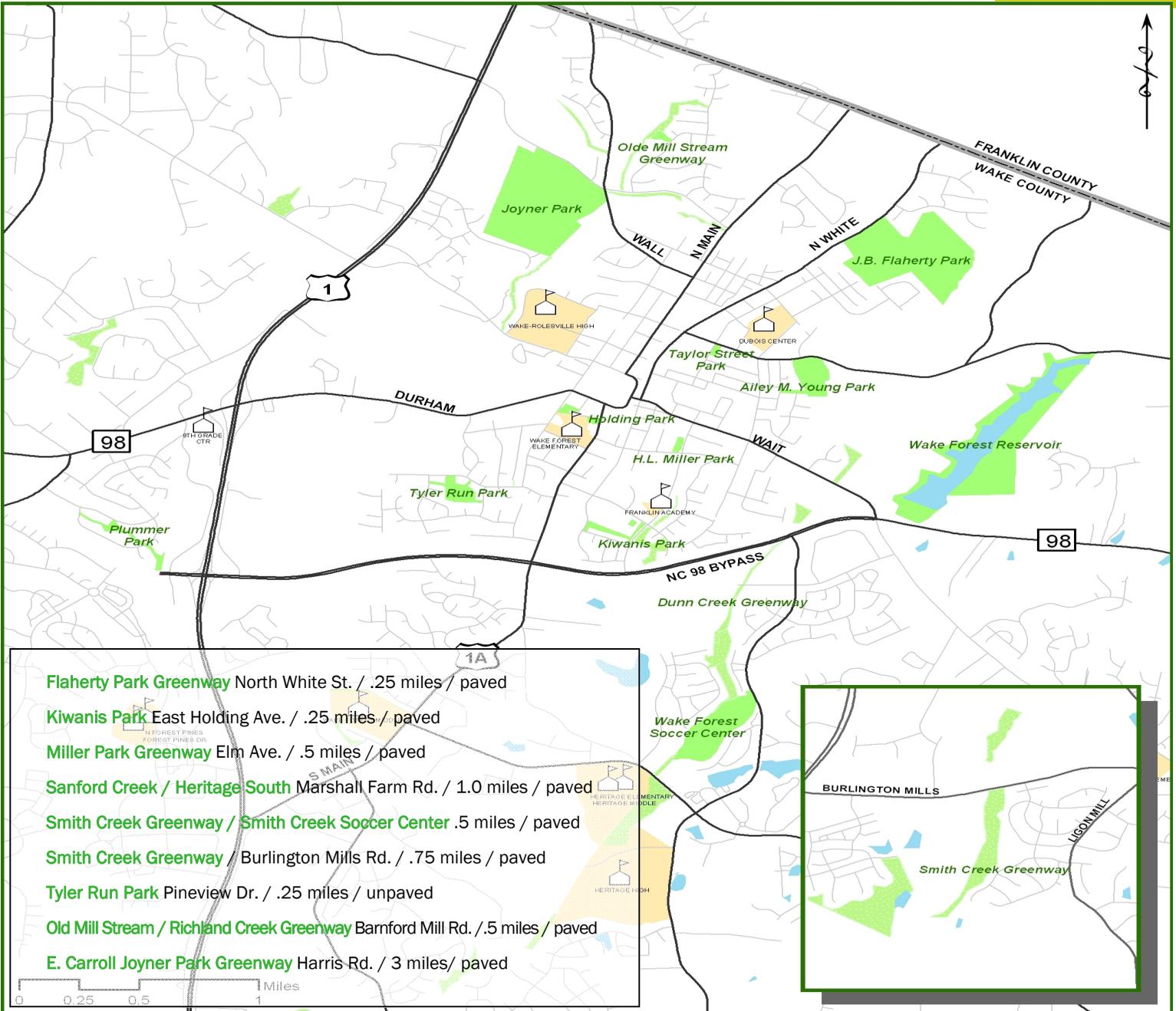
**Daily Rental:** \$60

**Deposit:** \$50

*For more information on facility rentals, please contact the Wake Forest Parks & Recreation Department at (919) 554-6180.*



# GREENWAY TRAILS





# PRE-SCHOOL PROGRAMS

### Jumpstart Toddler Montessori (ages 18 months-3)

Come explore the wonderful world of learning as you guide your child through our classroom full of educational stations. From math and science centers featuring counting bears and enormous popping bubbles to language arts centers. Each week students will be exposed to new educational concepts as well as exploring “social” stations full of building blocks, cooking centers, train sets, puppets, and even a toddler-size bounce house. Gourmet coffee will be served to parents. **Parent participation is required.**

**No class Apr 1.**

**Location:** Flaherty Park Community Center

**Instructor:** Rhonda Felton

**Fee:** \$48 per session

Jan 14-Feb 18	Thu	10:15-11am
Mar 4-Apr 15	Thu	10:15-11am
Apr 29-Jun 3	Thu	10:15-11am

### Winter Wiggles Moving to the Music (ages 18 months-3)

Students will explore the magic of Autumn through song, educational games, and dramatic play for tiny toes. Your child will learn about pumpkins, fall leaves, apples, harvest time, and many other Fall concepts as we sing our way through the season. Each child will receive a music bag which contains a CD of the music used in our class. **Parent participation is required. No class Apr 1.**

**Location:** Flaherty Park Community Center

**Instructor:** Rhonda Felton

**Fee:** \$48 per session

Jan 14-Feb 18	Thu	11:15-Noon
Mar 4-Apr 15	Thu	11:15-Noon
Apr 29-Jun 3	Thu	11:15-Noon

### Toddler Art (ages 18 months-3)

You and your child will enjoy exploring the world of art through many projects and story telling adventures.

**Parent participation is required. No class Jan 18.**

**Location:** Flaherty Park Community Center

**Instructor:** Maureen Seltzer

**Fee:** \$48 per session

Jan 11-Feb 8	Mon	10am-10:45am
Feb 22-Mar 15	Mon	10am-10:45am
Mar 29-Apr 19	Mon	10am-10:45am
May 3-24	Mon	10am-10:45am



### Creative Dance Movement (ages 2-3)

A class designed to teach your young “twinkle toes” basic dance skills while using nursery rhymes to teach musicality. Students will explore dancing by playing different characters and animals.

**Requirements:** Flexible clothing, pink ballet slippers for girls, and black Jazz shoes for boys.

**Location:** Flaherty Park Community Center

**Instructor:** Jessica Marshall

**Fees:** \$60 per session  
Jan 22-Mar 12 Fri 10-10:30am  
Apr 9-May 28 Fri 10-10:30am

### Dora & Diego Express (ages 3-6)

Each week we will develop our cognitive and school readiness skills as we help Dora and Diego through many journeys. We will create hands-on craft projects, and have puppet shows featuring many favorite tunes from Dora and Diego! **Parent participation is required.**

**No class Apr 1.**

**Location:** Flaherty Park Community Center

**Instructor:** Rhonda Felton

**Fee:** \$48 per session  
Jan 14-Feb 18 Thu 12:15-1pm  
Mar 4-Apr 15 Thu 12:15-1pm  
Apr 29-Jun 3 Thu 12:15-1pm

### Once Upon a Time - For Pint Size Princesses (ages 3-6)

Dress up in your most beautiful princess costume and come on over for a magical time featuring all things fairytale. We will be sharing princess tales, making glittery princess crafts, hosting our own princess tea party and much, much more! **Parent participation is required. No Class Apr 1.**

**Location:** Flaherty Park Community Center

**Instructor:** Rhonda Felton

**Fee:** \$48 per session  
Jan 14-Feb 18 Thu 1:15-2pm  
Mar 4-Apr 15 Thu 1:15-2pm  
Apr 29-Jun 3 Thu 1:15-2pm

### Preschool Art - Morning (ages 3-5)

Students will learn to enhance social interaction and develop vocabulary through art projects and story-telling activities. **No class Jan 18.**

**Location:** Flaherty Park Community Center

**Instructor:** Maureen Seltzer

**Fees:** \$48 per session  
Jan 11-Feb 8 Mon 11-12:30am  
Feb 22-Mar 15 Mon 11-12:30am  
Mar 29-Apr 19 Mon 11-12:30am  
May 3-24 Mon 11-12:30am



### Preschool Art - Afternoon (ages 3-5)

Students will learn to enhance social interaction and develop vocabulary through art projects and story-telling activities. **No class Jan 18.**

**Location:** Flaherty Park Community Center

**Instructor:** Maureen Seltzer

**Fees:** \$48 per session  
Jan 11-Feb 8 Mon 1:30-3pm  
Mar 29-Apr 19 Mon 1:30-3pm  
May 3-24 Mon 1:30-3pm

### Early Einsteins Science Lab (ages 3-6)

If your budding scientist is brimming with questions, we will open his/her eyes to many early science concepts such as weather patterns, the solar system, animal life cycles, and much more. We will explore the world around us through science experiments, craft projects, and puppet shows. **Parent participation is required. No Class Apr 1.**

**Location:** Flaherty Park Community Center

**Instructor:** Rhonda Felton

**Fee:** \$48 per session  
Jan 14-Feb 18 Thu 2:15-3pm  
Mar 4-Apr 15 Thu 2:15-3pm  
Apr 29-Jun 3 Thu 2:15-3pm





**Beginning Ballet (ages 6-10)**

This course is designed to teach the basic fundamentals to ballet in a fun yet challenging way to aid your child in developing their love for dancing. Students will learn balance, flexibility, patience, and dexterity.

**Requirements:** *Ballet shoes—must have an elastic strap that goes across the top of the foot.*

**Location:** Flaherty Park Community Center

**Instructor:** Jessica Marshall

**Fee:** \$60

Jan 26-Mar 16 Tue 4-4:45pm

**Beginning Ballet (ages 6-10)**

This course is designed to teach the basic fundamentals to ballet in a fun yet challenging way to aid your child in developing their love for dancing. Students will learn balance, flexibility, patience, and dexterity.

**Requirements:** *Ballet shoes—must have an elastic strap that goes across the top of the foot.*

**Location:** Wake Forest Community House

**Instructor:** Jessica Marshall

**Fee:** \$60

Apr 7-May 26 Wed 4-4:45pm

**Beginner Acoustic Guitar Camp (ages 9-12)**

Students will learn basic techniques, chords, and finger exercises. **Requirements:** *Students must bring an acoustic guitar and a pick.*

**Location:** Flaherty Park Community Center

**Instructor:** Krista Pimentel

**Fee:** \$45 per session

Jan 23-Feb 13 Sat 11:30am-12:30pm  
Feb 27-Mar 20 Sat 11:30am-12:30pm

**Intermediate Acoustic Guitar Camp (ages 9-12)**

Students will continue to build on technique, chords, and finger exercises. **Requirements:** *Students must bring an acoustic guitar and a pick.*

**Location:** Flaherty Park Community Center

**Instructor:** Krista Pimentel

**Fee:** \$45

Apr 10-May 1 Sat 11:30am-12:30pm



**Beginner Acoustic Guitar (ages 6-8)**

Students will learn basic techniques, chords, and finger exercises. **Requirements:** *Students must bring an acoustic guitar and a pick.*

**Location:** Flaherty Park Community Center

**Instructor:** Krista Pimentel

**Fee:** \$45 per session

Jan 23-Feb 13 Sat 10:30-11:30am

Feb 27-Mar 20 Sat 10:30-11:30am

**Intermediate Acoustic Guitar Camp (ages 6-8)**

Students will continue to build on technique, chords, and finger exercises. **Requirements:** *Students must bring an acoustic guitar and a pick.*

**Location:** Flaherty Park Community Center

**Instructor:** Krista Pimentel

**Fee:** \$45

Apr 10-May 1 Sat 10:30am-11:30am

**Combination Dance (ages 6-10)**

An introductory level class designed to teach boys and girls the basics of ballet, tap, and jazz. We will focus on flexibility, dexterity, and hand-eye coordination, and self confidence. **Requirements:** *Tap and Ballet shoes. No class May 31.*

**Location:** Wake Forest Community House

**Instructor:** Jessica Marshall

**Fee:** \$60 per session

Jan 25-Mar 15 Mon 4-4:45pm

Apr 12-Jun 7 Mon 4-4:45pm

**Cardio Kids (ages 6-10)**

A course designed to improve confidence, balance, fine and gross motor skills, flexibility, and coordination. We will learn stretching exercises, basic cardio fitness, and beginning level gymnastics. **Requirements:** *Tennis shoes. No class May 4.*

**Location:** Flaherty Park Community Center

**Instructor:** Jessica Marshall

**Fee:** \$60 per session

Jan 26-Mar 16 Tue 5-5:45pm

Apr 6-Jun 1 Tue 5-5:45pm

**Babysitting Boot Camp (ages 11 & older)**

Learn how to react in emergency situations. Learn CPR, basic first aid, choking management, business skills, and problem-solving. **No written exam will be taken for CPR certification.** Please bring a bag lunch.

**Location:** Flaherty Park Community Center

**Instructor:** Roxanne Knight

**Fees:** \$40 per session

Jan 30 Sat 10am-2pm

May 22 Sat 10am-2pm

*Youth Programs continued on page 10*

### Soap Carving Camp (ages 8 & older)

Join woodcarver Fred Zinn in the age old fun craft of soap carving. This class is a prelude to woodcarving. Students will carve various objects of their choice. Tools used for carving will be made out of wood and dull metal. **Requirements: Students should bring five bars of ivory soap.**

**Location:** Flaherty Park Community Center

**Instructor:** Fred Zinn

**Fee:** \$45 per session

Jan 15-Feb 19	Fri	6:30-8:30pm
Mar 5-Apr 9	Fri	6:30-8:30pm
Apr 23-May 28	Fri	6:30-8:30pm

### Kids Art (ages 5-8)

Dive into an ocean of art! Students will explore line, color, and composition through many different art mediums.

**Location:** Flaherty Park Community Center

**Instructor:** Maureen Seltzer

**Fees:** \$48 per session

Jan 11-Feb 8	Mon	4:30-6pm
Feb 22-Mar 15	Mon	4:30-6pm
Mar 29-Apr 19	Mon	4:30-6pm
May 3-24	Mon	4:30-6pm

### Young Thespians Acting Workshop (ages 8-13)

Students will explore their creativity through theater games and monologue work. From line memorization to costume making, they will see how to go from script to stage when we develop our own production. Family and friends will be invited to join us in our "Opening Night" performance and celebration! **No Class Feb 25.**

**Location:** Flaherty Park Community Center

**Instructor:** Rhonda Felton

**Fee:** \$90

Jan 14-Mar 25	Thu	4:30-6pm
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### Art of Woodcarving (ages 12-17)

Students will be given hands-on instruction on carving an animal in the round, using buckeye wood materials. An explanation of different types of woodcarvings and wood toxicity will be addressed. Demonstrations on tool safety, basic sharpening techniques, and stropping to maintain a sharp blade will be emphasized. Additional information will be provided on tool catalogues and wood carving magazines. All experience levels welcome.

**Location:** Flaherty Park Community Center

**Instructor:** Fred Zinn

**Fee:** \$45 per session

Jan 14-Feb 18	Thu	6:30-8:30pm
Mar 4-Apr 8	Thu	6:30-8:30pm
Apr 22-May 27	Thu	6:30-8:30pm

### Youth Drawing & Painting Open Studio (ages 9-12)

Students will work on drawing and/or painting in the subject matter of their choice. Students will learn color, value and composition. **No class May 4.**

**Location:** Flaherty Park Community Center

**Director:** Mary Benejam

**Fee:** \$55 per session (plus materials)

Mar 2-Apr 6	Tue	4:15-5:30pm
Apr 20-May 25	Tue	4:15-5:30pm

### Formal Frivolities (ages 13-19)

Parents are you worried about your teenager dancing at formal dances? Look no further, students will learn the time-honored traditions of ballroom dancing. We will use top 40's music to teach teens how to move in a way that is respectful to themselves as well as any partner of their choice. **No class Mar 3.**

**Location:** Wake Forest Community House

**Instructor:** Jessica Marshall

**Fees:** \$60 per session

Jan 20-Mar 17	Wed	5-6pm
Apr 7-May 26	Wed	5-6pm

### Outdoor Nature Photography (ages 14-17)

Looking to expand your capabilities and knowledge with your digital or film camera? Confused about f-stop, shutter speed, ISO and all the other terms you hear about? This class will help increase your comfort level with your equipment while learning more about composition, equipment and how to adjust for all those outdoor settings that fool an automatic light meter. This course is geared toward beginners and intermediates.

**Location:** Flaherty Park Community Center

**Instructor:** Sol Levine

**Fee:** \$55

Feb 16-Mar 9	Tue	6:30-8:30pm
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# ADULT PROGRAMS

## Beginner Tae Kwon Do (ages 7 & older)

Learn martial arts skills, develop self-esteem, confidence, and respect for others. **No class Jan 18 and May 31.**

**Location:** Wake Forest Community House

**Instructor:** Susan Ray

**Fees:** \$25 per month

Jan 4-27	Mon/Wed	1-2pm
Feb 1-24	Mon/Wed	1-2pm
Mar 1-31	Mon/Wed	1-2pm
Apr 5-28	Mon/Wed	1-2pm
May 3-26	Mon/Wed	1-2pm

## Beginner Tae Kwon Do (ages 7 & older)

Learn martial arts skills, develop self-esteem, confidence, and respect for others. Classes do not meet the first Thursday of every month. **No class May 4.**

**Location:** Wake Forest Community House

**Instructor:** Kevin Ray

**Fees:** \$25 per month

Weekly	Tue/Thu	6:30-7pm
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## Advanced Tae Kwon Do (ages 7 & older)

Learn martial arts skills, develop self-esteem, confidence, and respect for others. Classes do not meet the first Thursday of every month. **No class May 4.**

**Location:** Wake Forest Community House

**Instructor:** Kevin Ray

**Fees:** \$25 per month

Weekly	Tue/Thu	7-8pm
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## Adult Drawing (ages 18 & older)

Students will learn shape, shadow, perspective, proportion, value, and composition.

**Location:** Flaherty Park Community Center

**Instructor:** Mary Benejam

**Fees:** \$75 (plus materials)

Jan 13-Feb 17	Wed	1-3:30pm
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## Outdoor Nature Photography (ages 18 and above)

Looking to expand your capabilities and knowledge with your digital or film camera? Confused about f-stop, shutter speed, ISO and all the other terms you hear about? This class will help increase your comfort level with your equipment while learning more about composition, equipment and how to adjust for all those outdoor settings that fool an automatic light meter. This course is geared toward beginners and intermediates.

**Location:** Flaherty Park Community Center

**Instructor:** Sol Levine

**Fee:** \$55

Feb 16-Mar 9	Tue	6:30-8:30pm
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## JUST FOR FUN - Adult Line Dancing (ages 18 & older)

Come and learn line dancing to Country, Beach, and Rock 'n Roll music. Participants will learn basic dancing, advancing each week with new line dances. Line Dancing is great exercise for the body and mind. Most dances have a pattern of 32 counts. We will review each week. By the end of the eight week program students will have learned at least 10 dances. New and returning students are welcome. No partner or experience necessary.

**Location:** Flaherty Park Community Center

**Instructor:** Ronnie and Frank Pignataro

**Fees:** \$48 per session

Feb 3-Mar 24	Wed	7-8pm
Apr 7-May 26	Wed	7-8pm

## A Lotta` Latin (ages 16 & older)

A Latin oriented ballroom class designed to teach sensual movements that make Latin dancing beautiful. We will focus on cha-cha, rumba, samba, and mambo/salsa. No experience necessary! **No class May 4. Spaces are limited!**

**Location:** Flaherty Park Community Center

**Instructor:** Jessica Marshall

**Fee:** \$60

Apr 6-Jun 1	Tue	8-9pm
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**Girls Night Out Cardio Ballroom (ages 16 & older)**

A cardio dance class that combines ballroom, Latin, swing, and ballet styles of dance for a new type of workout. Bring your friends ladies and join us for a great way to help tone and get rid of those unwanted pounds. Ladies only. **No class**

**Mar 3.**

**Location:** Wake Forest Community House

**Instructor:** Jessica Marshall

**Fees:** \$60 per session

Jan 20-Mar 17	Wed	8:30-9:30pm
Apr 7-May 26	Wed	8:30-9:30pm

**CPR - Basic Life Support**

Learn CPR for all ages, choking management, warning signals for heart attack and stroke, and prevention of childhood accidents. Each participant receives a booklet and a course completion card. **Note: This course is not a certification**

**course for BLS Healthcare provider.**

**Location:** Flaherty Park Community Center

**Instructor:** Roxanne Knight

**Fees:** \$40 per session

Feb 15	Mon	6-9pm
Apr 12	Mon	6-9pm
May 10	Mon	6-9pm

**Beginner Hatha Yoga (ages 18 & older)**

An introductory class guiding students of all levels through standing postures, balances, core work, and breath work. Improve your stamina, flexibility, and strength while reconnecting your mind to your body.

*Jan 4 will be considered a free session. Requirements: Please bring a yoga mat and a strap to class. No class Jan 18 and May 31.*

**Location:** Wake Forest Community House

**Instructor:** Conni Sithes

**Fees:** \$45 per session; \$10 drop-in fee

Jan 4-Feb 22	Mon	9:45-11am
Jan 4-Feb 22	Mon	6-7:15 pm
Mar 1-Apr 5	Mon	9:45-11am
Mar 1-Apr 5	Mon	6-7:15 pm
Apr 19-May 24	Mon	9:45-11am
Apr 19-May 24	Mon	6-7:15 pm

**Prana Flow (ages 18 & older)**

This mixed level class is an energetic flowing series of postures synchronized with breathing. An introduction of Hatha yoga is recommended but not required. Students will utilize basics and add inversions, arm balances, and backbends. **Jan 4 and Jan 6 will be considered free sessions.**

**Requirements: Please bring a yoga mat and a strap to class. No class Jan 18 and May 31.**

**Location:** Wake Forest Community House

**Instructor:** Conni Sithes

**Fees:** \$70 per session; \$10 drop-in fee

Jan 4-Feb 24	Mon/Wed	9:45-11am
Jan 4-Feb 24	Mon/Wed	6-7:15 pm
Mar 1-Apr 5	Mon/Wed	9:45-11am
Mar 1-Apr 5	Mon/Wed	6-7:15 pm
Apr 19-May 26	Mon/Wed	9:45-11am
Apr 19-May 26	Mon/Wed	6-7:15 pm

**CPR - Basic Life Support**

Learn CPR for all ages, choking management, warning signals for heart attack and stroke, and prevention of childhood accidents. Each participant receives a booklet and a course completion card. **Note: This course is not a certification course for BLS Healthcare provider.**

**Location:** Flaherty Park Community Center

**Instructor:** Roxanne Knight

**Fees:** \$40 per session

Feb 15	Mon	6-9pm
Apr 12	Mon	6-9pm
May 10	Mon	6-9pm

**Adult Drawing (ages 18 & older)**

Students will learn shape, shadow, perspective, proportion, value, and composition.

**Location:** Flaherty Park Community Center

**Instructor:** Mary Benejam

**Fees:** \$75 (plus materials)

Jan 13-Feb 17	Wed	1-3:30pm
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**Advanced Choreography Routines I (ages 18 & older)**

Students will work with full choreography to selected musical pieces for performance focusing on Rumba and fox trot. Students must have completed Advanced ballroom level 1 or be pre-approved to participate. No partner necessary.

**Location:** Wake Forest Community House

**Instructor:** Jessica Marshall

**Fees:** \$60

Jan 25-Mar 15	Mon	7:30-8:30pm
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**Advanced Choreography Routines II (ages 18 & older)**

Students will work with full choreography to selected musical pieces for performance focusing on East Coast Swing and tango. Students must have completed Advanced ballroom level 1 or be pre-approved to participate. No partner necessary. **No class May 31.**

**Location:** Wake Forest Community House

**Instructor:** Jessica Marshall

**Fees:** \$60

Apr 12-Jun 7	Mon	7:30-8:30pm
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**Beginner Ballroom Dance (ages 18 & older)**

A fun introduction to the world of social ballroom dancing. Basic patterns and techniques will be taught that will get students moving comfortably on the dance floor. Students will learn the basics to Fox trot, waltz, tango, rumba, cha-cha, and east coast swing. No partner necessary. **No class May 31.**

**Location:** Wake Forest Community House

**Instructor:** Jessica Marshall

**Fees:** \$60

Apr 12-June 7	Mon	8:30-9:30pm
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**Intermediate Ballroom Dance (ages 18 & older)**

Students must have taken Beginner Ballroom Dance to participate. No partner necessary. **No class Mar 3.**

**Location:** Wake Forest Community House

**Instructor:** Jessica Marshall

**Fees:** \$60

Jan 20-Mar 17	Wed	7:30-8:30pm
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**Advanced Ballroom Dance (ages 18 & older)**

Students must have taken Beginner and Intermediate levels of Ballroom in order to participate. No partner necessary.

**Location:** Wake Forest Community House

**Instructor:** Jessica Marshall

**Fees:** \$60 per session  
 Jan 25-Mar 15 Mon 8:30-9:30pm  
 Apr 7-May 26 Wed 7:30-8:30pm

**Swing Time (ages 16 & older)**

A high-energy introduction to the 4 major swing dances, East Coast, West Coast, Lindy hop, and the hustle. Many turns and spins will be addressed, please come prepared to move and groove. **Spaces are limited!**

**Location:** Flaherty Park Community Center

**Instructor:** Jessica Marshall

**Fees:** \$60  
 Jan 26-Mar 16 Tue 8-9pm

**Art of Woodcarving (ages 18 & older)**

Students will be given hands-on instruction. Projects include whittling (whirligigs), carving in the round (animals and spoons), chip carving (picture pattern), and relief carving (picture). A special undisclosed project will also be completed. Classes will cover all aspects of carving, such as: safety, sharpening, and which woods are BEST for carving. All levels of experience and repeat students are welcome.

**Location:** Flaherty Park Community Center

**Instructor:** Fred Zinn

**Fee:** \$45 per session  
 Jan 14-Feb 18 Thu 6:30-8:30pm  
 Mar 4-Apr 8 Thu 6:30-8:30pm  
 Apr 22-May 27 Thu 6:30-8:30pm

**Golden Graces (ages 55 & older)**

This class is specifically geared to meet the needs of those individuals in their GOLDEN years. Students will learn fox trot, waltz, single time east coast swing, and rumba in first session. Students will learn fox trot, waltz, tango, and mambo in second session. No partner necessary. **Spaces are limited!**

**No class May 4.**

**Location:** Flaherty Park Community Center

**Instructor:** Jessica Marshall

**Fees:** \$60 per session  
 Jan 26-Mar 16 Tue 7-8pm  
 Apr 6-Jun 1 Tue 7-8pm

**Advanced Oil Painting (ages 18 & older)**

This course is designed for advanced Oil Painting students working on specific techniques and styles.

**No class May 4.**

**Location:** Flaherty Park Community Center

**Instructor:** Mary Benejam

**Fees:** \$75 per session (plus materials)  
 Jan 12-Feb 16 Tue 10am-12:30pm  
 Mar 2-Apr 6 Tue 10am-12:30pm  
 Apr 20-May 25 Tue 10am-12:30pm

**Painting with Oils & Acrylics (ages 18 & older)**

Students will work on their own level with direction under instructor guidance. All levels are welcome.

**Location:** Flaherty Park Community Center

**Instructor:** Mary Benejam

**Fees:** \$75 per session (plus materials)  
 Jan 13-Feb 17 Wed 10am-12:30pm  
 Mar 3-Apr 7 Wed 10am-12:30pm  
 Apr 21-May 26 Wed 10am-12:30pm

**Watercolor Painting (ages 18 & older)**

Students will learn the use of materials, washes, glazes, color mixing, composition, color, and texture.

**Location:** Flaherty Park Community Center

**Instructor:** Mary Benejam

**Fees:** \$75 per session (plus materials)  
 Mar 3-Apr 7 Wed 1-3:30pm  
 Apr 21-May 26 Wed 1-3:30pm

**Beginning Belly Dance (ages 16 & older)**

Learn the exotic art of Middle Eastern dance. Technique in the Egyptian style and applications for cabaret and folkloric dancing will be stressed along with costuming and the role of music and dance in Middle Eastern culture.

**Location:** Flaherty Park Community Center

**Instructor:** Agnes Wanman

**Fees:** \$60 per session  
 Jan 25-Mar 15 Mon 7:45-8:45pm  
 Mar 29-May 17 Mon 7:45-8:45pm

**Intermediate Belly Dance (ages 16 & older)**

For students with previous instruction in Middle Eastern belly dance. Participants will continue to work on basic movements and begin learning finger cymbals and veil movements.

**Location:** Flaherty Park Community Center

**Instructor:** Agnes Wanman

**Fees:** \$60 per session  
 Jan 25- Mar 15 Mon 6:30-7:30pm  
 Mar 29-May 17 Mon 6:30-7:30pm

**Creating Health in the Midst of Stress**

Students will learn ways to manage stress, how the body functions, maintain a more positive attitude, and learn how to begin a safe exercise program. Each person will develop an individual self care plan to integrate what they have learned into their daily lives. This course will be a combination of lecture, group discussion, and low intensity activities.

**Location:** Flaherty Park Community Center

**Instructor:** Heather Brewer, LCSW, ACSM  
 Certified Exercise Specialist

**Fee:** \$40 per session  
 Jan 13-Feb 3 Wed 7-8pm  
 Mar 3-24 Wed 7-8pm



# ONE-DAY WORKSHOPS

### Caring Hearts (ages 3-5)

Students will enjoy learning about Valentine's Day by making their own cards and gifts for their loved ones. Please bring a snack.

**Location:** Flaherty Park Community Center  
**Instructor:** Maureen Seltzer  
**Fee:** \$15  
 Feb 6 Sat 10am-Noon

### Eggadventure (ages 3-5)

Enjoy making crafts for the Easter Holiday, and exploring adventures through story telling. Please bring a snack.

**Location:** Flaherty Park Community Center  
**Instructor:** Maureen Seltzer  
**Fee:** \$15  
 Mar 13 Sat 10am-Noon

### Valentine Factory Workshop (ages 6-8)

Come and enjoy learning about printmaking as we make many homemade cards to give out for Valentine's Day. Please bring a snack.

**Location:** Flaherty Park community Center  
**Instructor:** Maureen Seltzer  
**Fee:** \$15  
 Feb 13 Sat 10am-Noon

### Folk Art Painting Workshop (ages 16 & older)

Folk Art is a traditional art form. Participants will complete a Folk Art painting through the course of one day. Students will pick a subject matter and enjoy the painting process in the Folk art style.

**Location:** Flaherty Park Community Center  
**Instructor:** Mary Benejam  
**Fees:** \$70 (includes all materials)  
 Mar 6 Sat 10am-4pm

### Jewelry Creations Workshop (ages 10-15)

Learn how to create many different accessories from clay beads, crystals, silk flowers and more. Take your treasures home in a special jewelry box of your own creation. The instructor's designs may be viewed at

**Location:** Flaherty Park Community Center  
**Instructor:** Rhonda Felton  
**Fee:** \$30 (includes all materials)  
 Apr 10 Sat 10am-Noon  
 May 8 Sat 10am-Noon

### Jewelry Creations Workshop (ages 16 & older)

Learn how to make basic jewelry components such as loops, jump rings, and connectors - then you're ready to create classy wired up earrings, bracelets, and much more. The instructors designs may be viewed at

**Location:** Flaherty Park Community Center  
**Instructor:** Rhonda Felton  
**Fee:** \$30 (includes all materials)  
 Apr 10 Sat 1pm-4pm  
 May 8 Sat 1pm-4pm

### Impressionist Painting Workshop (ages 16 & older)

Participants will complete an impressionist painting in one afternoon. Students will pick a painting or subject matter and enjoy the painting process that changed the world!

**Location:** Flaherty Park Community Center  
**Instructor:** Mary Benejam  
**Fees:** \$70 (includes all materials)  
 Jan 23 Sat 10am-4pm  
 May 8 Sat 10am-4pm



# SPECIAL EVENTS

## Flaherty Open House

Join us for a fun filled evening to see what the Wake Forest Parks & Recreation Department has to offer. This is an excellent opportunity to meet instructors, ask questions, and register for upcoming programs. Instructor demonstrations as well as group performances with current participants will take place.

**Location:** Flaherty Park Community Center  
 Jan 22 Fri 6:30-8:30pm

## Rumplestiltskin

Rags to Riches presents “Rumplestiltskin.” Join us for this adventure of hope and the ugly man who spins straw into gold for the king. Shows are co-sponsored by the Wake Forest Parks & Recreation Department and Untied Arts of Raleigh & Wake County.

**Location:** Wake Forest Community House  
**Fee:** Free  
 Mar 3 Wed 1:30 & 3:30pm

## Easter Egg Hunt (ages 12 & younger)

Over 3,000 eggs will be hidden, including several golden eggs, which will bring a special prize. This event is co-sponsored by the Wake Forest Parks & Recreation Department and the Wake Forest Athletic Association. In the event of rain, the Easter Egg Hunt will be held at the Flaherty Park Community Center.

**Location:** E. Carroll Joyner Park  
**Fee:** Free  
 Mar 20 Sat  
**Times:** Ages 9-12 1:30pm  
 Ages 5-8 2:15pm  
 Ages 4 & younger 3pm

## Pinocchio

Lee Bryan, “That Puppet Guy” presents “Pinocchio” to the students at Heritage elementary School. Shows are co-sponsored by the Wake Forest Parks & Recreation Department and Untied Arts of Raleigh & Wake County.

**Location:** Heritage Elementary School  
**Fee:** Free  
 Mar 26 Fri 8:30 & 9:30am

## Flow Circus

Paul Miller will perform at the Herb Festival. Come join us for a fun time of magic, illusion, and other tricks. The show is co-sponsored by the Wake Forest Parks & Recreation Department and United Arts of Raleigh & Wake County.

**Location:** Herb Festival, Downtown White Street  
**Fee:** Free  
 Apr 17 Sat 11am

## Concert in the Park

Join us for this popular event offered by PineCone. Bring a lawn chair or blanket and enjoy the two-hour concert. Co-sponsored by the Wake Forest Parks & Recreation Department and Untied Arts of Raleigh & Wake County.

**Location:** E. Carroll Joyner Park  
**Fee:** Free  
 Jun 6 Sun 3-5pm



# YOUTH & ADULT ATHLETIC PROGRAMS

## Athletic Online Registration

Returning participants may register online at [wakeforestnc.gov/residents/parksrecreation\\_youthathletics.aspx](http://wakeforestnc.gov/residents/parksrecreation_youthathletics.aspx).

## First Time Participants

A copy of the participant's birth certificate must be presented with the registration form at the time of registration. **Registrations will not be accepted without a copy of the participant's birth certificate.**

## Returning Participants

A copy of the participant's birth certificate must be filed with the Wake Forest Parks & Recreation Department along with the registration form.

## Youth Basketball

The 2010 youth basketball leagues begin play January 8, with games at J.B. Flaherty Park, Wake Forest-Rolesville Middle, Heritage Middle, and Wake Forest Elementary.

## Youth Baseball, Softball, T-Ball (boys 5-17, girls 5-15)

League age is determined by participant's age on April 30, 2010. League drafts/team placement will begin in April. Team practices will begin in May. Games will be played from May-July. Wake Forest residents must reside within the corporate town limits.

**Fees:** \$40 (Resident) \$80 (Non-Resident)

**Registration:** Feb 1-26

## Pepsi Pitch, Hit, & Run Competition

**Ages:** Boys and Girls, 7-14

**Location:** J.B. Flaherty Park

**Fee:** None

**Registration:** Mar 24

**Event Date:** Mar 28 Sun 3pm

## Dream League Baseball (special-needs children ages 5-18)

League plays on Saturday mornings from late April to early June.

**Fees:** \$40 (Resident) \$80 (Non-Resident)

**Note:** Residents must reside within the corporate town limits.

**Registration:** Feb. 1-26



## Men's Recreational Softball League

League play beginning March 8 on Mondays and Wednesdays. The league is limited to "E" and lower-classified teams.

**Fees:** \$550 per team

**Registration:** Feb 1-19

## Men's Church Softball League

League play will begin the week of April 5 on Tuesdays and Thursdays.

**Fees:** \$550 per team

**Registration:** Mar 1-19

## Co-Rec Church Softball League

League play will begin the week of June 7 on Tuesdays, Thursdays, and Saturdays.

**Fees:** \$550 per team

**Registration:** May 3-21

**LEAGUE AGE CHART (April 30, 2010)**

Match month (top line) with box (birth year). League age indicated at right.

MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	AGE
2004	2004	2004	2004	2004	2004	2004	2004	2005	2005	2005	2005	<b>5</b>
2003	2003	2003	2003	2003	2003	2003	2003	2004	2004	2004	2004	<b>6</b>
2002	2002	2002	2002	2002	2002	2002	2002	2003	2003	2003	2003	<b>7</b>
2001	2001	2001	2001	2001	2001	2001	2001	2002	2002	2002	2002	<b>8</b>
2000	2000	2000	2000	2000	2000	2000	2000	2001	2001	2001	2001	<b>9</b>
1999	1999	1999	1999	1999	1999	1999	1999	2000	2000	2000	2000	<b>10</b>
1998	1998	1998	1998	1998	1998	1998	1998	1999	1999	1999	1999	<b>11</b>
1997	1997	1997	1997	1997	1997	1997	1997	1998	1998	1998	1998	<b>12</b>
1996	1996	1996	1996	1996	1996	1996	1996	1997	1997	1997	1997	<b>13</b>
1995	1995	1995	1995	1995	1995	1995	1995	1996	1996	1996	1996	<b>14</b>
1994	1994	1994	1994	1994	1994	1994	1994	1995	1995	1995	1995	<b>15</b>
1993	1993	1993	1993	1993	1993	1993	1993	1994	1994	1994	1994	<b>16</b>
1992	1992	1992	1992	1992	1992	1992	1992	1993	1993	1993	1993	<b>17</b>

baseball (m)	AGE	softball (f)
<i>tball</i>	<b>5 coed</b>	<i>tball</i>
<i>tball</i>	<b>6 coed</b>	<i>tball</i>
<i>coach pitch</i>	<b>7 coed</b>	<i>coach pitch</i>
<i>coach pitch</i>	<b>8 coed</b>	<i>coach pitch</i>
<i>minor league (machine pitch)</i>	<b>9</b>	<i>minor league (machine pitch)</i>
<i>minor league (machine pitch)</i>	<b>10</b>	<i>minor league (machine pitch)</i>
<i>little league (11-12)</i>	<b>11</b>	<i>little league (11-12)</i>
<i>little league (11-12)</i>	<b>12</b>	<i>little league (11-12)</i>
<i>junior league (13-14)</i>	<b>13</b>	<i>junior league (13-14)</i>
<i>junior league (13-14)</i>	<b>14</b>	<i>junior league (13-14)</i>
<i>senior league (15-17)</i>	<b>15</b>	<i>senior league (15-17)</i>
<i>senior league (15-17)</i>	<b>16</b>	<i>senior league (15-17)</i>
<i>senior league (15-17)</i>	<b>17</b>	<i>senior league (15-17)</i>

# League Age Chart

# ADULT TEAM REGISTRATION FORM

## Adult Team Registration Form

**Team Name:** \_\_\_\_\_ **League:** \_\_\_\_\_ **Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**Player Affidavit:** Each player must read the following statement and sign below before they can participate. Incomplete team rosters (including those lacking signatures) will not be accepted. I understand by signing this roster I am under contract to play for the above named team. I certify the below information is correct, and I am aware that I cannot play on another team within the same league. I agree to abide by all rules and by-laws as set forth by the Wake Forest Parks & Recreation Department. Furthermore, I acknowledge that I have read and that I understand each of the provisions of the Waiver, Release of Liability and Indemnification Agreement stated on this form, and agree to abide by them.

1	Player's Name <i>Print or type neatly</i>	Address <i>Please include street, city &amp; zip</i>	Telephone Numbers		Player's Signature
			Home Phone	Work Phone	
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					

I certify that the information given above is correct to the best of my knowledge. In addition, I verify that I am aware that it is my responsibility to inform my players of all the rules and regulations of the Wake Forest Parks & Recreation Department Adult League.

Manager's Signature \_\_\_\_\_ Date: \_\_\_\_\_  
 Printed Name & Address: \_\_\_\_\_ Daytime Phone \_\_\_\_\_

**Waiver, Release of Liability and Indemnification Agreement:** By signing this document, I hereby absolve the Town of Wake Forest and any individuals officially connected in any manner with the above stated program of all liabilities concerning personal injury, property damage, equipment loss, or death. Such absolution is to be binding when the above individuals are acting within the scope of the activity. I hereby accept the supervision, facilities, and equipment as being satisfactory for the league named above. I understand that insurance coverage is my responsibility, and I've certified that I have read and agree to the terms stated above and that all information provided is correct to the best of my knowledge. I understand that my likeness may be captured by the Town of Wake Forest for use in promotional news or informational media and that my participation implies my consent.

# Registration Form ▶ Please complete one form per person. Make copies as necessary.

Are you a Wake Forest Resident? Yes / No      Gender    M    F      Date of Birth \_\_\_\_\_ Age \_\_\_\_\_

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Email Address (Optional) \_\_\_\_\_

I would like to receive occasional email communications about Town of Wake Forest programs, services, and special events. By agreeing to receive email communications about Town of Wake Forest programs, services, and special events, I understand my email address WILL NOT be disclosed to any other organization and I may unsubscribe to the service at any time.

**ATHLETIC LEAGUES ONLY:** School \_\_\_\_\_ Grade \_\_\_\_\_

Father's Name \_\_\_\_\_ Day Phone \_\_\_\_\_ Mother's Name \_\_\_\_\_ Day Phone \_\_\_\_\_

Jersey Size (circle):      Youth M      Youth L      Adult S      Adult M      Adult L      Adult XL

Pants Size (circle):      Youth M      Youth L      Adult S      Adult M      Adult L      Adult XL

COACHING VOLUNTEERS (head coach)      Dad      Mom      Both

Name(s) of sibling(s) in same age group/league, if any \_\_\_\_\_

Parent/Guardian Name(s) \_\_\_\_\_ (H) Phone \_\_\_\_\_ (W) Phone \_\_\_\_\_

Emergency Contact \_\_\_\_\_ (H) Phone \_\_\_\_\_ (W) Phone \_\_\_\_\_

**Special Needs:** The Wake Forest Parks & Recreation Department will attempt to provide accommodations for program participants when the need for accommodation is requested within two weeks. To insure a medically safe and appropriately planned program, please list any special need or precaution which may require program accommodations for participating (i.e., visual or hearing impairment, mental or physical disability, heart condition, history of seizures, asthma, ADD, etc)

Physician Name \_\_\_\_\_ Phone \_\_\_\_\_

Known Allergies \_\_\_\_\_

Current Medications \_\_\_\_\_

Program Title	Starting Date	Day	Time	Fee

**Parent/Guardian and Adult Participation Agreements:** I, \_\_\_\_\_ (parent/guardian), do hereby give my permission for \_\_\_\_\_ (participant) to participate in the program offered by the Wake Forest Parks and Recreation Department known as \_\_\_\_\_.

By signing this document, I hereby absolve the Town of Wake Forest and any individuals, groups, or organizations officially connected in any manner with the above stated program of all liabilities concerning personal injury, property damage, equipment loss, or death. I realize that transportation to and from the program is my responsibility, and that if anyone connected with the program transports my child on my behalf, I will hold the party/parties involved blameless of any accident or injury that may occur. Such absolution is to be binding when the above individuals are acting within the scope of the activity. I hereby accept the instructor, supervision, facilities, and equipment, as being satisfactory for the program activity named above. I understand that insurance coverage is my /our responsibility, and I/we certify that I/we have read and agree to the terms stated above and that all information provided is correct to the best of my/our knowledge.

**Photo Release:** Your likeness may be captured by the Town of Wake Forest for use in promotional, news, or informational media. Your participation in this activity implies your consent. If you do not wish for your photo to be used, please contact the Parks & Recreation Department at (919) 554-6180.

**Refund Policy:** Class fees and athletic fees are 100% refundable when the class or league is canceled by the Wake Forest Parks & Recreation Department. Anyone wishing to withdraw from a class that has not been cancelled by the Wake Forest Parks & Recreation Department must request a refund, in writing, at least seven business days in advance before the scheduled start of the class or first practice. Refunds will not be given for withdrawals made less than the seven working day period other than for verified medical/hardship cases.

**Non-Discrimination Policy:** The Wake Forest Parks & Recreation department does not discriminate on the basis of race, color, national, origin, sex, religion, age, sexual orientation or disability in employment opportunities or the provision of services, programs, or activities. A participant alleging discrimination on the basis of any of the aforementioned areas may file complaint with the Director of the Wake Forest Parks & Recreation Department or the Office of Equal Opportunity, US Department of the Interior, Washington, DC 20240.

**Registration Process:** Complete and sign registration form  
Return form and full payment by mail or in person.  
401 Elm Avenue, Wake Forest, NC 27587

**Total Enclosed: \$** \_\_\_\_\_  
**Make check or money order payable to:**  
**Town of Wake Forest**

Parent/Guardian/Adult Participant Signature \_\_\_\_\_ Date \_\_\_\_\_

**REGISTRATION FOR ATHLETIC PROGRAMS WILL BE ACCEPTED ONLY DURING ADVERTISED REGISTRATION PERIODS.  
NEW PARTICIPANTS MUST PRESENT A BIRTH CERTIFICATE ALONG WITH THE REGISTRATION FORM IN ORDER FOR THE REGISTRATION TO BE PROCESSED.**

### OFFICE USE ONLY

DATE RECEIVED \_\_\_\_\_ FEE PAID \_\_\_\_\_ RECEIVED BY \_\_\_\_\_

CASH \_\_\_\_\_ CHECK \_\_\_\_\_ BIRTH CERTIFICATE      Attached      On File

NEW PARTICIPANT      RETURNING PARTICIPANT

REGISTRATION FORM

Town of Wake Forest  
Parks & Recreation Department  
401 Elm Ave.  
Wake Forest, NC 27587

PRSR STD  
US Postage  
**PAID**  
Wake Forest, NC  
Permit No. 118

