

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



Art

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 not included. INSTRUCTOR: Mary Benejam

Flah Park	Tu	1:00 pm-3:00 pm	Apr 14-May 19	\$75	ages 16+
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Intermediate Oil & Acrylic Painting

Students will learn new techniques and choose their subject matter. Materials not included. Must have completed Beginners Oil & Acrylic Painting. INSTRUCTOR: Mary Benejam

Flah Park	W	10:00 am-12:30 pm	Apr 15-May 20	\$75	ages 16+
Flah Park	W	10:00 am-12:30 pm	Aug 5-Sep 2	\$63	ages 16+

Advanced Oil Painting

This course is designed for advanced oil painting students. We will work on specific techniques and styles. Student must have completed Beginners and Intermediate Painting. Let's paint a masterpiece! Materials not included. INSTRUCTOR: Mary Benejam

Flah Park	Tu	10:00 am-12:30 pm	Apr 14-May 19	\$75	ages 16+
Flah Park	Tu	10:00 am-12:30 pm	Aug 4-Sep 1	\$63	ages 16+

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	Apr 15-May 20	\$75	ages 16+
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Art Splash

We don't let the kids have all the fun! Come and explore your creativity in a fun, inspiring environment! We'll paint the night away! Using watercolor, tempera paints, oil pastels, creative tools and more, we will create masterpieces that are truly unique! INSTRUCTOR: Abrakadoodle

Ren Ctr	Th	7:00 pm-9:00 pm	Mar 26	\$30	ages 18+
Ren Ctr	Th	7:00 pm-9:00 pm	Apr 23	\$30	ages 18+
Ren Ctr	Th	7:00 pm-9:00 pm	May 28	\$30	ages 18+
Ren Ctr	Th	7:00 pm-9:00 pm	Jun 25	\$30	ages 18+
Ren Ctr	Th	7:00 pm-9:00 pm	Jul 23	\$30	ages 18+

Photography

Let's learn to get that camera off the automatic setting and take the photo you want (instead of what the camera thinks you want) with an emphasis on the outdoors. We will talk about the interactions of f-stop, shutter speed, ISO and the like as well as equipment, composition, varying light conditions and more. INSTRUCTOR: Sol Levine



Flah Park	Tu	6:30 pm-9:00 pm	Apr 14-Apr 28	\$60	ages 13-adult
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Glass Mosaic

In this workshop, students will learn how glass behaves when fired, how to cut, nip, grind and sand edges to prepare for firing. There will be a choice of two 5"x7" items to create, both will be glass mosaic sun catchers or wall art. The finished piece will be fired and available for pick up at the Renaissance Centre one week after the workshop. All materials are included. **INSTRUCTOR:** Linda Martin, Studio M Glass

Ren Ctr	Tu	6:00 pm-9:00 pm	Mar 24	\$75	ages 18+
Ren Ctr	Sa	10:00 am-1:00 pm	Mar 28	\$75	ages 18+



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 materials included. **INSTRUCTOR:** Cathy Dills

Ren Ctr	Sa	2:00 pm-4:00 pm	Mar 14	\$65	ages 12-adult
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Fun with Found Poetry

Ever wanted to write but couldn't find the words? Spark your creativity by playing with words and art as you create poetry using handpicked words from book pages and adding your own illustrations. **INSTRUCTOR:** Beth Martin

Ren Ctr	Tu	6:30 pm-8:00 pm	Mar 10	\$20	ages 18+
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Textile Arts

Beginning Knitting—Mother's Day Spa Set

Learn to knit by making a soap bag, face cloth and slippers just in time for Mother's Day! This class is appropriate for students ages 10-adult with little or no knitting experience. **INSTRUCTOR:** Amy Yinger

Ren Ctr	Tu	6:30 pm-8:00 pm	Mar 3-31	\$60	ages 10-adult
Ren Ctr	Tu	6:30 pm-8:00 pm	Apr 21-May 19	\$60	ages 10-adult



It's a Mystery...Quilt

This fun class is for quilters of all levels. Start out with a bunch of strips and squares and as each mystery step is revealed, a beautiful quilt top emerges! Pick your own colors and fabric and enjoy watching the mystery unfold. Supply list available upon registration. **INSTRUCTOR:** Nancy Solum

Ren Ctr	Tu	6:30 pm-9:30 pm	Mar 3-Mar 31	\$85	ages 18+
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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. Please call Cathy Gouge at 919-435-9567 to reserve a half-hour time slot before registering. Available time slots: 4:00-4:30 pm, 4:30-5:00 pm, 5:30-6:00 pm, 6:00-6:30 pm. **INSTRUCTOR:** Heather Dahlberg

Ren Ctr	M	4:00 pm-6:00 pm	Mar 9-Apr 27	\$250	ages 12-adult
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Beginning Keyboard

This eight (8) week class will cover the basics of the keyboard including general theory, scales, chords, ear training and hand dexterity in a fun relaxed environment. **INSTRUCTOR:** Progressive Music Center

Ren Ctr	Th	6:00 pm-7:00 pm	Mar 12-Apr 30	\$120	ages 13-adult
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Beginning Guitar

This eight (8) week class will cover the basics of the guitar including general theory, scales, chords, ear training, single string and hand dexterity in a fun relaxed environment. **INSTRUCTOR:** Progressive Music Center

Ren Ctr	Th	6:00 pm-7:00 pm	Mar 12-Apr 30	\$120	ages 13-adult
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Fitness

Fitness 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.

This class mixes up basic cardiovascular and strength building exercises (e.g. lunges, squats, jumping), hula hooping moves (e.g. waist hooping, arm hooping, chest hooping), and stretching. 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:** The Pickle Mamas

Flah Park	Th	7:00 pm-8:00 pm	Mar 5-Apr 2	\$55*	ages 16+
Flah Park	Th	7:00 pm-8:00 pm	Apr 16-May 14	\$55*	ages 16+

**Optional \$12 drop-in fee is accepted once minimum of 4 is met*

Create Your Own Hula-Hoop Workshop

Come craft and hula-hoop with the Pickle Mamas! Hula-hooping is fun for all ages and is an excellent way to burn calories, tone muscles, de-stress, and be playful! In this workshop, all materials and instruction will be provided for participants to make and decorate their own high-quality hoop using their favorite colors. We will create large hoops for adults and small hoops for children. We will practice hooping together with our new hoops. Participants will go home with new crafting and hooping skills, as well as a lovely new hoop, which can be used inside or outside for lots of fun and exercise (hula-hooping burns approximately 420 calories per hour). **INSTRUCTOR:** The Pickle Mamas



Flah Park	Tu	6:00 pm-7:30 pm	Mar 3	\$30	ages 16+
Flah Park	Tu	6:00 pm-7:30 pm	Apr 7	\$30	ages 16+
Flah Park	Tu	6:00 pm-7:30 pm	May 5	\$30	ages 16+
Flah Park	Tu	6:00 pm-7:30 pm	Jun 2	\$30	ages 16+
Flah Park	Tu	6:00 pm-7:30 pm	Jun 30	\$30	ages 16+
Flah Park	Tu	6:00 pm-7:30 pm	Aug 4	\$30	ages 16+

Gentle Yoga

This class will emphasize the healing benefit of yoga with slower movements and connection to breath. The practice will be especially beneficial for those who are recovering from injury or illness, or if you simply want a deep gentle yoga experience. All levels are welcome. Please bring a mat and wear comfortable clothing. **INSTRUCTOR:** Sunny Davis

WFCH	W	10:00 am-11:30 am	Feb 25-Apr 1	\$60*	ages 18+
WFCH	W	10:00 am-11:30 am	Apr 15-May 20	\$60*	ages 18+
Alst Mass	W	10:00 am-11:30 am	Jun 3-Jul 8	\$60*	ages 18+
Alst Mass	W	10:00 am-11:30 am	Jul 22-Aug 26	\$60*	ages 18+

**Optional \$12 drop-in fee is accepted once minimum of 6 is met*

Core Strengthening with Pilates

Pilates is a safe, gentle form of exercise which strengthens the body from the inside out. Having a strong core helps improve our backs plus our ability to perform everyday activities with ease and helps prevent injuries. All levels are welcome. Please bring a mat and wear comfortable clothing. **INSTRUCTOR:** Sunny Davis

Flah Park	M	10:00 am-11:15 am	Mar 2-Apr 6	\$60*	ages 18+
Flah Park	M	10:00 am-11:15 am	Apr 20-Jun 1*	\$60*	ages 18+
Alst Mass	M	10:00 am-11:15 am	Jun 15-Jul 20	\$60*	ages 18+
Alst Mass	M	10:00 am-11:15 am	Jul 27-Sep 14	\$60*	ages 18+

**No class May 25; optional \$12 drop-in fee is accepted once minimum of 6 is met*

Fitfluence Boot Camp

Get in tip-top shape for spring and summer! Fitfluence Boot Camp is a 4-week session designed to help build strength, endurance and promote weight loss through calorie torching, high intensity interval based workouts. Our class will create a motivating and encouraging atmosphere which will make working out FUN and make you look forward to each class. No two workouts will be the same. Bring yoga mat and water. **INSTRUCTOR:** Carole Langheim

WFCH	M/W/F	6:15 am-7:00 am	Mar 2-27	\$120*	ages 18+
WFCH	Tu/Th	10:00 am-10:45 am	Mar 3-26	\$80*	ages 18+
WFCH	M/W/F	6:15 am-7:00 am	Mar 30-Apr 24*	\$120*	ages 18+
WFCH	Tu/Th	10:00 am-10:45 am	Mar 31-Apr 23	\$80*	ages 18+
WFCH	M/W/F	6:15 am-7:00 am	May 18-Jun 12*	\$120*	ages 18+
WFCH	Tu/Th	10:00 am-10:45 am	May 19-Jun 11	\$80*	ages 18+

**Optional \$12 drop-in fee is accepted once minimum of 5 is met*

** No class Apr 3 and May 25*

Theater

Intro to Improv

Here's your opportunity to stick a toe into the inviting waters of improvisational theater. This three-hour workshop will cover the basics of agreement, cooperation and creativity through a variety of exercises and games—all in a loose and playful environment. It promises to be a fun, low stress afternoon so come join us and discover why improvisation is one of the best kept secrets in theater.

INSTRUCTOR: Dan Sipp, Forest Moon Theater

Ren Ctr	Sa	1:00 pm-4:00 pm	Apr 11	\$50	ages 18+
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Martial Arts

Beginner 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	6:15 pm-7:00 pm	ongoing	\$40 / mo.	ages 18+
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Advanced 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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Dog Tracking

Introduction to Tracking

This is a course designed for dogs that like to follow their nose. Tracking demonstrates the dogs ability to recognize and follow a scent, a skill useful in the service of mankind. This course will focus on an introduction to AKC Tracking. **REQUIREMENTS:** one dog, tracking harness, a 30-40 ft lead, dog treats, dog toys, 2 strat flags, 5 turn flags and markers. **PRE-REQUISITE:** Dog must have passed a Canine Good Citizen Test. Dogs must have rabies vaccinations, DHHP vaccinations or titers. **INSTRUCTOR:** Marlene and Tom Anton

Joyner Pk	Th	10:00 am-11:00 am	May 14-Jun 18	\$120	ages 18+
Joyner Pk	Sa	10:00 am-11:00 am	May 16-Jun 20	\$120	ages 18+
Joyner Pk	Th	10:00 am-11:00 am	Aug 13-Sep 17	\$120	ages 18+
Joyner Pk	Sa	10:00 am-11:00 am	Aug 15-Sep 19	\$120	ages 18+



Advanced Tracking

This is a course designed for dogs that like to follow their nose. Tracking demonstrates the dogs ability to recognize and follow a scent, a skill useful in the service of mankind. This course will focus on advanced tracking techniques. **REQUIREMENTS:** one dog, tracking harness, a 30-40 ft lead, dog treats, dog toys, 2 strat flags, 5 turn flags and markers. **PRE-REQUISITE:** Dog must have passed a Canine Good Citizen Test. Dogs must have rabies vaccinations, DHHP vaccinations or titers. **INSTRUCTOR:** Marlene and Tom Anton

Joyner Pk	Th	9:00 am-10:00 am	May 14-Jun 18	\$120	ages 18+
Joyner Pk	Sa	9:00 am-10:00 am	May 16-Jun 20	\$120	ages 18+
Joyner Pk	Th	9:00 am-10:00 am	Aug 13-Sep 17	\$120	ages 18+
Joyner Pk	Sa	9:00 am-10:00 am	Aug 15-Sep 19	\$120	ages 18+

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 who 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-1:00 pm	Mar 29	4 hrs of volunteer service	all ages
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