

PROGRAMS

JOYNER PARK COMMUNITY CENTER

Oct 2019–Feb 2020

REGISTER AT
wakeforestnc.recdesk.com

Culinary

Cupcake Fun!

Your little one(s) will have a great time in this fun filled class! They will learn to creatively decorate their very own cupcakes. But the real fun is when they get to take home their creations on a pretty silver platter to show their friends and family! Adult supervision required. **INSTRUCTOR:** Amy Chabot

JPCC	W	11:00 am–12:00 pm	Nov 13	Rosettes & Hydrangeas	\$40 \$25 RD	ages 3–5
JPCC	Th	11:00 am–12:00 pm	Dec 12	Poinsettias	\$40 \$25 RD	ages 3–5
JPCC	Tu	11:00 am–12:00 pm	Jan 14	Sunflowers & Roses	\$40 \$25 RD	ages 3–5
JPCC	W	10:00 am–11:00 am	Jan 22	Rosettes & Hydrangeas	\$40 \$25 RD	ages 3–5
JPCC	Tu	11:00 am–12:00 pm	Feb 4	Valentine Creations	\$40 \$25 RD	ages 3–5
JPCC	Tu	11:00 am–12:00 pm	Feb 18	Tie Dye Swirls	\$40 \$25 RD	ages 3–5

Cupcake Princess Party

Celebrate your favorite princess with cupcake color and piping! Cupcakes will be taken home on a pretty silver platter. Dress as your favorite princess to celebrate the party! Parents may want to bring the child a large T-shirt or apron to go over it while piping. Adult supervision required. **INSTRUCTOR:** Amy Chabot

JPCC	W	11:00 am–12:00 pm	Nov 20		\$40 \$25 RD	ages 3–5
JPCC	Sa	11:00 am–12:00 pm	Feb 22		\$40 \$25 RD	ages 3–6

Just for Kids Cupcakes

Do you need time to wind down after the holidays? Do your kids need a little break too? Kids will have a blast creating swirl multicolor cupcakes into Rosettes or a swirl tower! They will have fun putting the finishing touches on with sugar crystals! YUM! All materials supplied and includes 12 cupcakes. **INSTRUCTOR:** Amy Chabot

JPCC	M	10:00–11:30 am	Dec 30		\$45 30 RD	ages 6–11
------	---	----------------	--------	--	--------------	-----------

Cupcake Decorating 101

Learn tips and tricks on how to make amazing buttercream frosting and then use it to pipe beautiful decorations on cupcakes! Everyone will go home with their very own creation box, as well as a tasty buttercream frosting recipe! **INSTRUCTOR:** Amy Chabot

JPCC	Tu	6:30–8:00 pm	Nov 26	Rosettes & Hydrangeas	\$45 \$30 RD	ages 16+
JPCC	Sa	10:00–11:30 am	Dec 14	Poinsettias	\$45 \$30 RD	ages 16+
JPCC	Sa	10:00–11:30 am	Dec 21	Poinsettias	\$45 \$30 RD	ages 16+
JPCC	Sa	10:00–11:30 am	Jan 25	Sunflowers & Roses	\$45 \$30 RD	ages 16+
JPCC	Th	6:30–8:00 pm	Feb 27	Rosettes & Hydrangeas	\$45 \$30 RD	ages 16+

Dance

Mini Tutu Toddlers

Join us in introducing the magic of ballet by exploring enchanted worlds of fairies, princesses, and sugar plums. Your little ballerina will learn ballet characters and their classical music through creative movement and exercising imagination. Toddlers will learn spatial awareness, musical rhythms and following directions all while having fun! **REQUIREMENTS:** Comfortable, easy to move in clothing and ballet shoes. Tutus welcome! **INSTRUCTOR:** Caroline Steffen

JPCC	Sa	9:30–10:00 am	Nov 2–23		\$55 \$40 RD	ages 2–3
JPCC	Sa	9:30–10:00 am	Jan 4–Feb 1*		\$55 \$40 RD	ages 2–3
JPCC	M	9:30–10:00 am	Jan 6–Feb 10*		\$55 \$40 RD	ages 2–3

*No class Jan 18 and Jan 20

Magical Ballerinas

Join us in discovering the magic of ballet by exploring the enchanted worlds of new ballets enhanced by the music of the classical composers. Each week, your little ballerina will learn ballet characters and their classical music through creative movement and exercising imagination. Dancers will learn beginning ballet terminology and movements all while having fun! **REQUIREMENTS:** Comfortable, easy to move in clothing and ballet shoes. Black leotards, pink tights, and tutus recommended. **INSTRUCTOR:** Caroline Steffen

Magical Ballerinas (continued)

JPCC	Sa	10:15-10:45 am	Nov 2-23	\$55 \$40 RD	ages 3-5
JPCC	Sa	10:15-10:45 am	Jan 4-Feb 1	\$55 \$40 RD	ages 3-5
JPCC	M	10:15-10:45 am	Jan 6-Feb 3*	\$55 \$40 RD	ages 3-5

*No class Jan 20

Mini Prima Ballerinas

Each week, your ballerina will learn ballet characters and their classical music through creative movement and exercising imagination. Dancers will learn the ballet terminology and movements in addition to learning the structure of a ballet class. **REQUIREMENTS:** Comfortable, easy to move in clothing and ballet shoes. Black leotards, pink tights and tutu or ballet skirt recommended. **INSTRUCTOR:** Caroline Steffen

JPCC	M	11:00-11:30 am	Jan 6-Feb 3*	\$55 \$40 RD	ages 4-7
------	---	----------------	--------------	----------------	----------

*No class Jan 20

Beginning Ballet Barre

Beginning barre class will focus on the fundamentals of ballet technique that will get your ballerina ready for a more disciplined art! This class will create a balance between structure and creativity. Students must be able to follow direction as they will be introduced to the ballet barre. **INSTRUCTOR:** Caroline Steffen

JPCC	Sa	11:00-11:30 am	Nov 2-23	\$55 \$40 RD	ages 5-8
JPCC	Sa	11:00-11:30 am	Jan 4-Feb 1*	\$55 \$40 RD	ages 5-8

*No class Jan 18

Dance 4 TOTS

Led by a dedicated instructor, this class will have your little one on their tiny feet in no time! They will explore movements that teach them the difference from their left and right, how to balance, hop, skip, and jump. **REQUIREMENTS:** Girls: leotard, tights, tutu or skirt, tap shoes and pink ballet shoes, hair pulled up and out of face. Boys: White tee-shirt, black dance pants, compression pants, sweat pants, tap shoes and black ballet shoes. **INSTRUCTOR:** Monet Performing Arts Studio

JPCC	W	5:30-6:00 pm	Oct 23-Nov 27	\$65 \$50 RD	ages 2-4
JPCC	W	5:30-6:00 pm	Jan 15-Feb 19	\$65 \$50 RD	ages 2-4
JPCC	Th	6:00-6:30 pm	Jan 16-Feb 20	\$65 \$50 RD	ages 2-4

Hip Hop Explosion Tots

Is your little one always dancing when the radio comes on? Do they enjoy high energy movement? If so, this is a great beginner class for your young hip hop creative mover. Our amazing teacher will teach your young students hip hop dance choreography that is fun, creative, and energizing. **INSTRUCTOR:** Monet Performing Arts Studio

JPCC	W	5:00-5:30 pm	Oct 23-Nov 27	\$65 \$50 RD	ages 4-6
JPCC	W	5:00-5:30 pm	Jan 15-Feb 19	\$65 \$50 RD	ages 4-6

Hip Hop Explosion Juniors

Our amazing teacher will teach students hip hop dance choreography that is fun, creative, and challenging. Students will enjoy performing these movements while creating dances that will exhibit today's latest dance moves and music styles.

REQUIREMENTS: Sneakers or dance shoes. **INSTRUCTOR:** Monet Performing Arts Studio

JPCC	W	7:00-7:30 pm	Oct 23-Nov 27	\$65 \$50 RD	ages 7-13
JPCC	W	7:00-7:30 pm	Jan 15-Feb 19	\$65 \$50 RD	ages 7-13
JPCC	Th	7:30-8:00 pm	Jan 16-Feb 20	\$65 \$50 RD	ages 7-13

"Bring It" Majorette/Dance I

Join our professional Master Choreographers as they instruct your student in this high-energy, synchronized, rhythmic dance. The moves and technique draw from ballet, jazz, Modern dance, hip hop, and gymnastics. **REQUIREMENTS:** Comfortable athletic or dance clothes, sneakers or dance shoes. **INSTRUCTOR:** Monet Performing Arts Studio

JPCC	Th	6:30-7:00 pm	Oct 24-Nov 14	\$50 \$35 RD	ages 6-9
JPCC	Th	6:30-7:00 pm	Jan 16-Feb 6	\$50 \$35 RD	ages 6-9

"Bring It" Majorette/Dance II

Join our professional Master Choreographers as they instruct your student in this high-energy, synchronized, rhythmic dance. The moves and technique draw from ballet, jazz, Modern dance, hip hop, and gymnastics. **REQUIREMENTS:** Comfortable athletic or dance clothes, sneakers or dance shoes. **INSTRUCTOR:** Monet Performing Arts Studio

JPCC	Th	6:30-7:00 pm	Oct 24-Nov 14	\$50 \$35 RD	ages 10-15
JPCC	Th	6:30-7:00 pm	Jan 16-Feb 6	\$50 \$35 RD	ages 10-15

Creative Combo Dance

Students will get a creative mix of ballet, jazz, hip hop, and tap as they learn the basic foundational skills of dance in these four techniques. **REQUIREMENTS:** Girls: leotard, tights, tutu or skirt, tap shoes and pink ballet shoes, hair pulled up and out of face. Boys: White tee-shirt, black dance pants, compression pants, sweat pants, tap shoes and black ballet shoes. **INSTRUCTOR:** Monet Performing Arts Studio

JPCC	W	6:15-6:45 pm	Oct 23-Nov 27	\$65 \$50 RD	ages 5-9
JPCC	W	6:15-6:45 pm	Jan 15-Feb 19	\$65 \$50 RD	ages 5-9

No Ordinary Nutcracker Dance Adventure

Enjoy this holiday season with dance, music, and story all themed from our favorite Christmas story "The Nutcracker." Your children will enjoy the story and listen to Nutcracker music all while dancing in their favorite Christmas-themed pajamas. Dress **REQUIREMENTS:** Christmas theme pajamas, ballet shoes or barefoot. **INSTRUCTORS:** Ms. Dee and Ms. Genet

JPCC	Sa	2:00-3:00 pm	Dec 14	\$30 \$15 RD	ages 4-10
------	----	--------------	--------	----------------	-----------

Sibling Pom Pom Dance

Are your sibling children bored of watching on the sidelines? Well not anymore, come join our energetic dance class filled with cheer dance for your children on the side line. Bring your own pompoms for fun but not necessary to have a great time. **DRESS REQUIREMENTS:** Comfortable and movable clothes, sneakers. **INSTRUCTOR:** Ms. Genet

JPCC	M	6:00-7:00 pm	Jan 13	\$30 \$15 <i>RD</i>	ages 4-10
JPCC	M	6:00-7:00 pm	Jan 27	\$30 \$15 <i>RD</i>	ages 4-10

Twinsy Valentine Dance

Need a night out or just an hour? Why not on Valentine's day with your sweetie. Dress your little darlings up in their prettiest outfit and make it a double date with a twist! Best friends dressed in their prettiest outfits like twins enjoying an hour of valentine music, learning the latest dances, sharing, and exchanging valentines. This class pairs great with our couples cooking class. **DRESS REQUIREMENTS:** Dress to Impress, ballet shoes, barefoot, comfortable shoes. **INSTRUCTORS:** Ms. Dee and Ms. Genet

JPCC	F	6:00-7:00 pm	Feb 14	\$30 \$15 <i>RD</i>	ages 4-10
------	---	--------------	--------	-----------------------	-----------

Line Dancing

Do you love to dance & meet new friends? Then Line Dancing is for you. No experience needed. We will be dancing to all types of music while learning basic beginner dance steps. Line Dancing is great for your mind, body and soul. Come join the fun. **INSTRUCTOR:** Sue Jennings

JPCC	W	6:00-7:00 pm	Oct 30-Nov 20		
JPCC	W	6:00-7:00 pm	Dec 4-18		
JPCC	W	6:00-7:00 pm	Jan 8-29		
JPCC	W	6:00-7:00 pm	Feb 5-26		

Fitness

Preschool Kogi Yogi

Kogi Yogi is stress management for kids! The class will implement the amazing Kogi Yogi system that incorporates cardiovascular conditioning, fun and original music, plus all the traditional benefits of Yoga - meditation, breathing techniques, peace, and relaxation. Yoga mat provided. **INSTRUCTOR:** Ashley Johnson.

JPCC	W	10:00-10:30 am	Oct 23-Nov 13	\$55 \$40 <i>RD</i>	ages 3-5
JPCC	W	10:00-10:30 am	Jan 8-29	\$55 \$40 <i>RD</i>	ages 3-5
JPCC	W	10:00-10:30 am	Feb 5-26	\$55 \$40 <i>RD</i>	ages 3-5

Kogi Yogi for Kids

Kogi Yogi is stress management for kids! The class will implement the amazing Kogi Yogi system that incorporates cardiovascular conditioning, fun and original music, plus all the traditional benefits of Yoga - meditation, breathing techniques, peace, and relaxation. **INSTRUCTOR:** Ashley Johnson

JPCC	Tu	6:00-6:45 pm	Oct 22-Nov 12	\$55 \$40 <i>RD</i>	ages 6-10
JPCC	Tu	6:00-6:45 pm	Jan 7-28	\$55 \$40 <i>RD</i>	ages 6-10
JPCC	Tu	6:00-6:45 pm	Feb 4-25	\$55 \$40 <i>RD</i>	ages 6-10

FunDay Sundays Yoga

Yoga fun is heading your way on these themed Sundays! Dress or bring items according to theme to add to the fun! Kids will leave feeling stress free! Yoga mat provided. **INSTRUCTOR:** Ashley Johnson

JPCC	Su	1:30-2:00 pm	Oct 27	Halloween Yoga Flow	\$25 \$10 <i>RD</i>	ages 3-5
JPCC	Su	1:30-2:00 pm	Nov 24	Turkey Time Yoga	\$25 \$10 <i>RD</i>	ages 3-5
JPCC	Su	1:30-2:00 pm	Dec 8	Yoga Ho Ho Ho	\$25 \$10 <i>RD</i>	ages 3-5
JPCC	Su	1:30-2:00 pm	Jan 19	Winter Wonderland Yoga	\$25 \$10 <i>RD</i>	ages 3-5
JPCC	Su	1:30-2:00 pm	Feb 9	Will You Be My Valentine	\$25 \$10 <i>RD</i>	ages 3-5

Kidokinetics Jr. Sports & Fitness

Move, stretch and build confidence together while learning fundamental gross motor and sports skills. Engaging children in active play encourages a positive attitude towards active play and physical activity. Benefits include increased social stimulation, improved muscle strength and coordination and dedicated play time with your child! Activities include a variety of age appropriate sports, games and activities. **INSTRUCTOR:** Kidokinetics

JPCC	Tu	10:00-10:45 am	Oct 29-Nov 19	\$55 \$40 <i>RD</i>	ages 2-5*
JPCC	Tu	10:00-10:45 am	Jan 14-Feb 4	\$55 \$40 <i>RD</i>	ages 2-5*

**with caregiver*

Zumba

Ditch the workout and join the party! We will teach you steps to popular dances like salsa, merengue, cumbia, reggaeton, hip-hop, belly dancing and more. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Moves are catered to all experience levels. **INSTRUCTOR:** Neltonia Prince

Zumba (continued)

JPCC	M	6:30-7:30 pm	Oct 28-Nov 18*	\$30 \$15 RD	ages 16+
JPCC	Sa	9:00-10:00 am	Oct 26-Dec 14*	\$50 \$35 RD	ages 16+
JPCC	Th	9:30-10:30 am	Nov 7-Dec 12*	\$40 \$25 RD	ages 16+
JPCC	M	6:30-7:30 pm	Dec 2-16	\$30 \$15 RD	ages 16+
JPCC	Sa	9:00-10:00 am	Jan 4-25	\$35 \$20 RD	ages 16+
JPCC	M	6:30-7:30 pm	Jan 6-27	\$35 \$20 RD	ages 16+
JPCC	Th	9:30-10:30 am	Jan 9-30	\$35 \$20 RD	ages 16+
JPCC	Sa	6:30-7:30 pm	Feb 1-29	\$40 \$25 RD	ages 16+
JPCC	M	6:30-7:30 pm	Feb 3-24	\$35 \$20 RD	ages 16+
JPCC	Th	9:30-10:30 am	Feb 6-27	\$35 \$20 RD	ages 16+

*No class Nov 11, 28, 30

Pilates for Wellness

Need to work on strengthening your CORE muscles while improving your flexibility and joint mobility? Look no further! You will gain ease of movement with functional stability while enjoying a total body conditioning. Class is safe for osteoporosis and challenging for everyone. You will leave class feeling refreshed and energized. INSTRUCTOR: Emily Horvath

JPCC	Tu	9:30-10:30 am	Oct 22-Nov 26	\$87 \$72 RD	ages 16+
------	----	---------------	---------------	----------------	----------

Education

A Touch of Kindergarten

Looking to introduce your child to the exciting world of kindergarten? Children will be given the opportunity to enjoy "Morning Meeting," be introduced to Letterland, work with manipulatives, practice writing their names and create a craft that goes along with that day's lesson. INSTRUCTOR: Jennifer Rose

JPCC	Tu	10:00-10:45 am	Oct 29-Nov 26	\$55 \$40 RD	ages 4-5
JPCC	Tu	10:00-10:45 am	Jan 7-Feb 25	\$55 \$40 RD	ages 4-5

*No class Feb 19

Just for Juniors College Prep

Designed for high school juniors and their parents who are embarking on a critical year in the college admissions process. Gain knowledge about the current college admissions climate, key areas to focus on for college admissions preparation, identifying the right colleges, preparing for college visits and conducting college research. INSTRUCTOR: Rhonda Manns | A2Z College Planning

JPCC	Sa	11:00-12:30 am	Feb 22	\$25 \$10 RD	HS juniors & parent
------	----	----------------	--------	----------------	---------------------

Floral Arranging 101

Create a beautiful seasonal centerpiece to complete your holiday table or any entertaining area! INSTRUCTOR: Kim Speight

JPCC	Tu	6:15-8:15 pm	Oct 29	Fall Fun	\$65 \$50 RD	ages 16+
JPCC	Tu	4:00-5:30 pm	Oct 29	Succulents	\$40 \$25 RD	ages 16+
JPCC	Tu	10:00 am-12:00 pm	Nov 5	Seasonal Arrangement	\$65 \$50 RD	ages 16+
JPCC	Tu	6:15-8:15 pm	Nov 26	Thanksgiving	\$70 \$55 RD	ages 16+
JPCC	W	6:15-8:30 pm	Dec 3	Magnolia Wreathmaking	\$70 \$55 RD	ages 16+

Floral Arranging – Girls' Night Out

Grab your girlfriends and join us for a night of fun! You and your friends will make a beautiful eucalyptus wreath that will be sure to relieve the daily stresses! And oh what fun you will have! INSTRUCTOR: Kim Speight

JPCC	F	6:30-8:30 pm	Jan 24		\$70 \$55 RD	ages 16+
------	---	--------------	--------	--	----------------	----------

Happiness Workshop Series

Grab your girlfriends and join us for a night of fun! You and your friends will make a beautiful eucalyptus wreath that will be sure to relieve the daily stresses! And oh what fun you will have! INSTRUCTOR: Kim Speight

JPCC	M	9:30 am-12:00 pm	Oct 28-Dec 2		\$255 \$240 RD	ages 16+
JPCC	W	6:15-8:45 pm	Jan 8-Feb 12		\$255 \$240 RD	ages 16+

Basic Photography

Ever want to get a great camera shot and just unsure how? Learn the basic photography skills such as camera operation and photographic compositions. As most photographs are now taken with digital cameras, basic editing and photo organization are also covered. Digital SLR cameras with detachable lenses are recommended, though mobile phone cameras with advanced control apps are sufficient. INSTRUCTOR: Henry Nguyen

JPCC	Th	7:00-8:00 pm	Nov 7-Dec 12		\$65 \$50 RD	ages 16+
JPCC	Th	7:00-8:00 pm	Jan 16-Feb 20		\$75 \$60 RD	ages 16+