

WAKE FOREST PARKS, RECREATION & CULTURAL RESOURCES

SEP 2022-FEB 2023



WELCOME

Meet our Staff

Shannon Dry has worked at Joyner Park Community Center since August 2021. She moved to Wake Forest with her husband Tim and son Justin, two years ago from northern Nevada to be closer to her daughter Katie and son in law Chris. When not working, Shannon enjoys walking, hiking, doing puzzles and spending time with her family. She loves meeting new people and helping them enjoy their time at the community center.





Program registration begins Aug 1

Register for programs at any staffed site or online at **wakeforestnc.recdesk.com.** Online registration closes two business days before the start of a program.

STAFFED REGISTRATION SITES:

- Joyner Park Community Center (JPCC), 701 Harris Road, Mon-Fri 8 am-8:30 pm, Sat 8 am-noon, Sun closed
- Flaherty Park Community Center (FPCC), 1226 N. White St., Mon-Fri 8 am-8:30 pm, Sat 8 am-noon, Sun closed payments by checks and credit/debit cards only
- Alston-Massenburg Center, 416 N. Taylor St., Mon-Fri 12-8 pm, Sat 8 am-noon, Sun closed payments by checks and credit/debit cards only

Rec Card required to access amenities at PRCR facilities

Wake Forest residents and non-residents ages 11 and older must have a Recreation Card (Rec Card) to access amenities offered at all PRCR facilities including Joyner Park Community Center. Those without a Rec Card may visit PRCR facilities any time, but a Rec Card is required to access the amenities.

Amenities that require a Rec Card:

Indoor walking track, cardio equipment, exercise room, open gym times for volleyball, basketball and pickleball

Rec Card Fees:

RESIDENTS: Free. NON-RESIDENTS: \$25 (individual), \$50 (family). DROP-IN FEE: \$5. REPLACEMENT FEE: \$5 for lost or stolen cards.

To Obtain a Rec Card:

- Create a profile at wakeforestnc.recdesk.
 com
- 2. Visit the JPCC, FPCC or the Alston–Massenburg Center to have your picture taken and present proof of residency.

Expiration: Rec Cards are valid for one year from date of purchase and must be renewed annually.



Wake Forest Parks, Recreation & Cultural Resources Department

701 Harris Road, Wake Forest, NC 27587 919-435-9560 fax 919-435-9499 wakeforestnc.gov

Office Hours

Monday-Friday, 8 am-5 pm

Director

Ruben Wall 919-435-9561 rwall@wakeforestnc.gov

Athletics & Aquatics Superintendent

Edward Austin 919-435-9562 eaustin@wakeforestnc.gov

Athletics Specialist

KP Kilpatrick 919-435-9457 kkilpatrick@wakeforestnc.gov

Programs Superintendent

Monica Lileton 919-435-9563 mlileton@wakeforestnc.gov

Recreation Specialist - Specialized Programs

Kelly Schurtz 919–435–9559 kschurtz@wakeforestnc.gov

Recreation Specialist - Special Events

Suja Jacob 919-435-9558 sjacob@wakeforestnc.gov

Parks Maintenance Superintendent

Randy Hoyle 919-554-6184 rhoyle@wakeforestnc.gov

Office Assistant

Rosemary Pimentel 919-435-9564 rpimentel@wakeforestnc.gov

Alston-Massenburg Center 416 N. Taylor St. | 919-554-6189

Flaherty Park Community Center

1226 N. White St. | 919-554-6726 CENTER MANAGER Grayson Pridgen gpridgen@wakeforestnc.gov | 919-554-6726

Joyner Park Community Center

701 Harris Road | 919-435-9560 center manager Shawn Monday smonday@wakeforestnc.gov | 919-435-9554 center specialist Mikkel Patterson mpatterson@wakeforestnc.gov | 919-435-9557

Wake Forest Renaissance Centre for the Arts

405 S. Brooks St. | 919-435-9458 CENTRE MANAGER Debbie Dunn ddunn@wakeforestnc.gov | 919-435-9567 CENTRE SPECIALIST Debra Horton dhorton@wakeforestnc.gov | 919-435-9566

The Wake Forest Parks, Recreation & Cultural Resources Department seeks to enhance the lives of the citizens by promoting health and wellness through diverse, safe, accessible, and culturally enriching recreational opportunities.









Concerts in the Park

Bring a lawn chair and enjoy live music at the park! Concerts are sponsored by the Wake Forest Parks, Recreation and Cultural Resources Department. The Nigel Experience Band is an exciting party band that specialize in the soulful sounds of Motown, Classic Party, Funk and Beach music to



today's latest hits. Heads Up Penny is a five-piece band currently based out of Raleigh with influences rooted in blues, rock, country, funk, Americana and soul. Visitors to the park are reminded that alcoholic beverages, smoking and unleashed pets are prohibited.

Joyner Park	Su	5:30-7:30 pm	Sep 4	free	all ages
Joyner Park	Su	5:30-7:30 pm	Sep 11	free	all ages

Wake Forest Unplugged

Disconnect from your electronic devices and join other Wake Foresters for an afternoon of free games and activities. Make it a day and stay for Concert in the Park beginning at 5:30 pm. Wake Forest Unplugged is sponsored and coordinated by the Wake Forest Recreation Advisory Board.

Joyner Park Su	4:30-6:30 pm	Sep 11	free	all ages

Father-Daughter Dance

Celebrate the special bond that fathers and daughters share with an evening of fun at the Town of Wake Forest's Father-Daughter Dance. Treat your daughter to a night of music, dancing and memories that she will have for a lifetime. This year will be a, Walk the Red Carpet theme, including music, entertainment, and heavy refreshments.



WFCH	F	6:30-8:30 pm	Sep 16	\$38/couple* \$30/couple* <i>RD</i>	ages 3+
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*Additional children are \$10 per child



Halloween Boo Bash

Join us for a wickedly fun celebration! Get your fill of Halloween sweets and trinkets as you gather up goodies from booth to booth. This year's festivities will include balloon animals, a haunted obstacle course and cupcake walk, along with a variety of other ghostly games and activities, and free pumpkin giveaways – while supplies last. Costumes are optional, but best costumes will be featured on the Town's website.



Joyner Park F 4:30-8:30 pm	Oct 18 free	all ages
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Zombie Survival

Can you survive a zombie attack? Find out if your team has what it takes to survive the zombie apocalypse and which ones are zombie bait! Teams have 30 minutes to retreive items needed to survive a night in an containment zone and race back. Zombie's will attempt to steal your "Life flags". If you make it back to base camp with all your supplies and with at least one "life flag", your team will be named a Zombie Survivors and have a chance to win a prize! If you lose all of your flags, the Zombies will have won! The race will begin promptly at 6 pm.

*Teams of 2 people - all participants will receive a token for participating.

Meet our Staff

Alex Case is a North Carolina native who has been working for the Town of Wake Forest for over a year (currently at Joyner Park Community Center). She graduated from the University at Albany in 2018 with a bachelor's degree in psychology and in 2019 with a master's degree in criminal justice. Following graduation, she met the love of her life, a miniature dachshund by the name of Jedi. The two of them spend their free time hidden amongst the trees and running around the house to get their steps in.



Gobblequest

Bundle up and bring your family out to Joyner Park to participate in Family Gobblequest! Turkey cutouts will be hidden throughout the park's various trails and greenway. Each turkey "caught" can be redeemed for a special award (limit one award per family). The morning will include hunting for turkeys, crafts and light refreshments. Activities are most suitable for children under twelve.

Joyner Park	Sa	10:00 am	Nov 12	\$5/child	ages 12 and
					under

Calls From Santa

Children can receive a personal phone call from Santa this Christmas! Registration forms will be available on the Town's website beginning November 23. All forms must be returned no later than 5 pm on November 30.

Th 6:00-8:00 pm Dec 1 free ages 3-9	
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Brunch with Santa

Santa Claus is coming to town, and he's making a pit stop in Wake Forest. Enjoy a delicious brunch, visit and take pictures with the Big Guy. There will also be story time. Wear your favorite holiday attire.

WFCH	Su	10:30 am-12:00 pm		\$38/couple* \$30/couple* <i>RD</i>	all ages
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*Additional family members are \$10 each

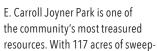


PARKS & GREENWAYS

From our flagship park to the smaller neighborhood parks, Wake Forest offers a wide range of places to explore and enjoy the great outdoors.

E. Carroll Joyner Park

701 Harris Rd. 919-435-9560 **HOURS**: dawn to dusk





ing lawns, restored farm buildings and three miles of paved trails, the park is a beautiful setting for public and private events. A magnificent pecan grove offers shade underneath its canopy for picnics. The 1000-seat amphitheater provides the perfect setting for large performances including the "Six Sundays in Spring" concert series. A smaller performance garden offers an intimate venue for weddings, storytelling and music workshops. Leashed dogs are welcome to enjoy the trails. Amidst the beautiful scenery is the new Joyner Park Community Center and outdoor playground.

RENT THIS SITE	Deposit	Rates	Availability
Amphitheater	\$150 individual \$350 business	Rental rates range from \$150–\$1,200 See website for details	Daily 8:00 am-2:00 pm; 3:00 pm-dusk; dawn to dusk
Performance Garden	\$150 individual \$350 business	Rental rates range from \$75–\$800 See website for details	Daily 8:00 am-2:00 pm; 3:00 pm-dusk; dawn to dusk
Open Space, Picnic Shelters & Greenways	\$50 individual \$150 business	Rental rates range from \$15/hr-\$150/hr 2-hr min See website for details	<i>Daily</i> dawn to dusk



J. B. Flaherty Park

1226 N. White St. 919-554-6726 **HOURS**: dawn to dusk

Flaherty Park is a 100-acre facility that includes lighted ball fields, a playground, a dog park, tennis courts, pickleball courts and a communi-

ty center. See page 9 for center information.

FLAHERTY DOG PARK Flaherty Dog Park



provides a place for dog owners to let their pets run free safely and legally without a leash. The park is approximately two acres in size and is located adjacent to the Flaherty Park baseball and softball fields. The fenced park is divided into two sections: one for small dogs, one for large dogs. Water stations, picnic tables and a pet waste clean-up station are available.

RENT THIS SITE	Deposit	Rate	Availability
Open Space	\$50 individual \$150 business	Rental rates range from \$15/hr-\$150/hr 2-hr min See website for details	<i>Daily</i> dawn to dusk
Athletic Field(s)	\$150	\$50/hr \$30/hr <i>Resident Discount</i> Light Use Fee: \$25/hr	Subject to PRCR/league schedules

See page 9 for Flaherty Park Community Center rental information

Holding Park

133 W. Owen Ave. 919-435-9560

PARK HOURS: dawn to dusk

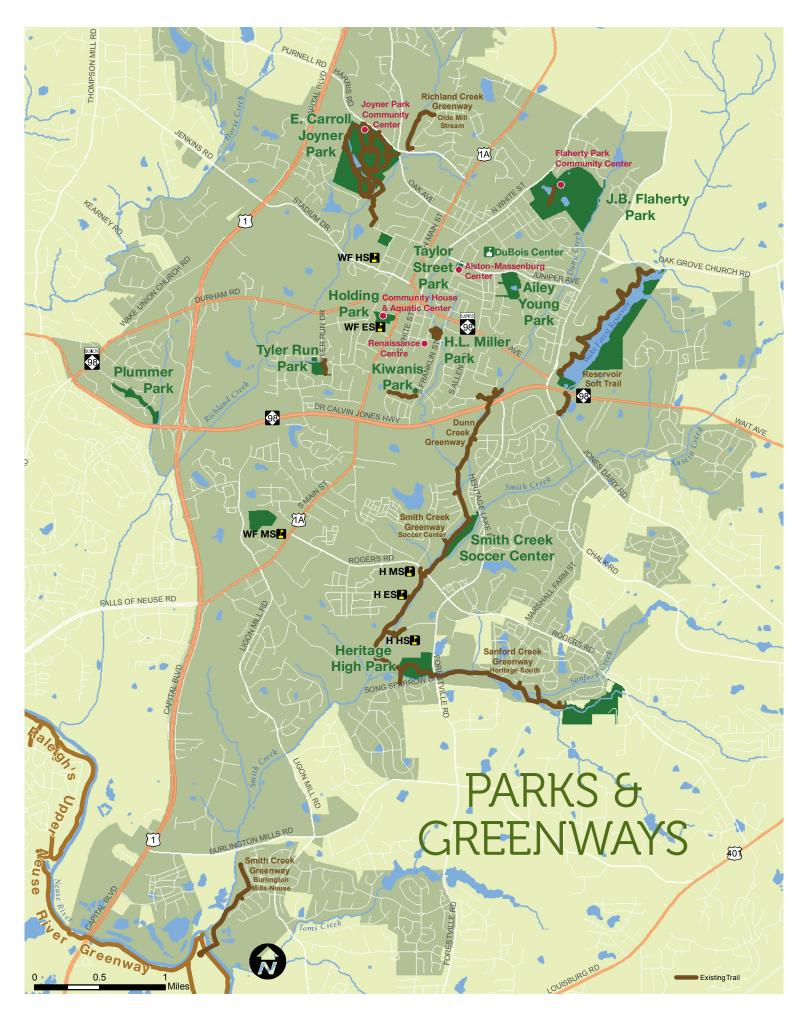
Holding Park is a five-acre site that features a large playground, basketball courts, picnic tables, the Wake Forest Community House and the new Holding Park Aquatic Center. The

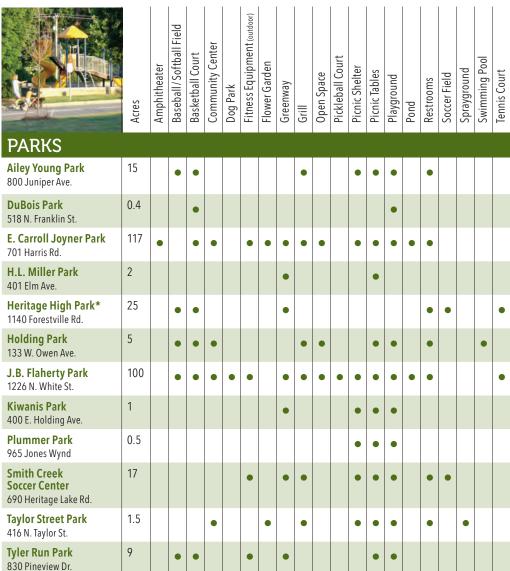


aguatic center includes a six-lane, 25-yard lap pool, two water slides with plunge pool and a children's pool with water play.

RENT THIS SITE	Deposit	Rate	Availability
Athletic Field		\$50/hr \$30/hr <i>Resident Discount</i> Light Use Fee: \$25/hr	Subject to PRCR/league schedules

See page 8 for Wake Forest Community House rental information





^{*}Heritage High School park facilities are open to the public after 6 pm on weekdays and dawn to dusk on weekends.

Adopt-a-Trail Program

Would you like to play a role in the betterment of your community? Volunteers are invited to help in the beautification of our greenway trails. The Adopt-a-Trail Program is designed to promote civic responsibility and community pride.

Community organizations, individuals, families, and business are encouraged to adopt a specific length or neighborhood of trails, keeping them clear of weeds and debris for one year. Volunteers are also invited to initiate and participate in a number of enhancement projects designed to improve the aesthetics or functionality of the Town's greenways.

For more information visit wakeforestnc.gov and search "adopt a trail."



Download the Town of Wake Forest app

Download the free Town of Wake Forest app to access maps to the parks directly from your smartphone. Receive time-sensitive news messages. Enjoy instant access to popular community events. Search for "Town of Wake Forest" on iTunes, in the iPhone app store or in Google Play.



Town of Wake Forest

	Paved (P), Soft Trail (S)	Fitness Equipment	Length in Miles
GREENWAYS			
E. Carroll Joyner Park 701 Harris Rd.	Р	•	3.0 mi.
Dunn Creek Greenway 690 Heritage Lake Rd.	Р		1.3 mi.
H.L. Miller Park 401 Elm Ave.	Р		0.4 mi.
J.B. Flaherty Park 1226 N. White St.	Р	•	0.25 mi.
Kiwanis Greenway 706 S. Franklin St.	Р		0.25 mi.
Richland Creek Olde Mill Stream Greenway 901 Barnford Mill Rd.	Р		0.45 mi.
Sanford Creek Heritage South Greenway	Р	•	3.93 mi.

Р

P

Р

S

1.15 mi.

2.42 mi.

0.12 mi.

1.6 mi.

Park & Trail Rules

Wake Forest Reservoir

Traditions Grande Blvd.

Smith Creek Burlington

2912 Burlington Mills Rd.

690 Heritage Lake Rd.

Tyler Run Park

830 Pineview Dr.

Smith Creek Soccer Center

Mills Greenway

- Parks and greenways are open daily dawn to dusk.
- Smoking is limited to parking areas only.
- Alcoholic beverages are prohibited.
- Use of personal grills (gas or charcoal) is prohibited.
- Motorized vehicles are not permitted.
- Please lock vehicle doors and windows, and do not leave valuables visible.

Trail Safety Tips

- Remain on the right side of the trail except when passing.
- Bicyclists and skaters must always yield the right of way to pedestrians.
- Greenway patrons are encouraged to walk or jog with a friend.

Athletic Fields

Baseball/softball fields are located at Ailey Young Park, J.B. Flaherty Park, R.H. Forrest Field, Heritage High School and Tyler Run Park. **Soccer fields** are located at Heritage High School and Smith Creek Soccer Center. See pages 5–7 for park locations and list of amenities. **FIELD INFORMATION:** 919–435–9560

RENT THIS SITE	Deposit	Rates	Availability
Athletic Field	\$150		Subject to PRCR/league schedules

Wake Forest Reservoir

Located off of Traditions Grande Boulevard, the Wake Forest Reservoir is open for paddle and electric powered boats. A small concrete boat ramp is adjacent to the parking area. Hikers can explore the 1.6 mile trail which follows the west bank of the lake.



Alston-Massenburg Center

416 N. Taylor St. | 919–554–6189 HOURS: Mon-Fri 12 pm–8 pm; Sat 8 amnoon; Sun closed

AMENITIES: Large meeting room with a stage, theater curtains and kitchen. The center adjoins Taylor Street Park which has a playground, picnic shelter and sprayground.



RENT THIS SITE	Deposit	Rate Availability		Furniture
Large Meeting Room	\$150 individual \$350 business	Rental rates range from \$150-\$1,200 See website for details	Sat & Sun only: 8:00 am-3:00 pm; 5:00 pm-midnight; 8:00 am-midnight	24 tables 125 chairs available

Wake Forest's community centers are gathering spots for

Locker Rooms/Showers Compare Class/Program Room Indoor Walking Track Performance Stage Fitness Equipment **Amenities** Available for Rent Pickleball Court Swimming Pool Meeting Room Dance Studio Game Room Gymnasium COMMUNITY Alston-Massenburg Center 416 N. Taylor St. **Flaherty Park Community Center** 1226 N. White St. **Holding Park Aquatic Center** 133 W. Owen Ave. **Joyner Park Community Center** 701 Harris Road **Wake Forest Community House** 133 W. Owen Ave. **Wake Forest Renaissance Centre** 405 S. Brooks St.

Wake Forest Community House

133 W. Owen Ave. | 919-435-9560

HOURS: Open for scheduled programs and private rentals

AMENITIES: The Wake Forest Community
House was built in 1942 by the Works
Progress Administration. It now serves as
a charming site for reunions, receptions
and park programs. The Community House
includes a kitchen and adjoins the Holding
Park Aquatic Center and playground. To rent
the Community House, call 919–435–9560
or visit the PRCR office at Joyner Park
Community Center.



RENT THIS SITE	Deposit	Rate	Availability	Furniture
Main Floor	\$150 individual \$350 business	Rental rates range from \$150-\$1,200 See website for details	Fri, Sat & Sun 8:00 am-3:00 pm; 5:00 pm-midnight; 8:00 am-midnight	27 tables 170 chairs available



Getting married? Consider renting a town facility for your special day.

COMMUNITY CENTERS

AND RENTAL FACILITIES

fun and recreation – the perfect location for your next special event.

Joyner Park Community Center

701 Harris Road | 919-435-9560 HOURS: Mon-Fri 8 am-8:30 pm; Sat 8 am-noon; Sun closed AMENITIES: Gymnasium, indoor walking track, cardio equipment, dance studio, meeting rooms, kitchen, locker rooms and showers



OPEN PLAY: Gymnasium available for open play basketball, volleyball and pickleball. Check the website for monthly open play schedules: wakeforestnc.gov, search "Joyner Park Community Center."

RENT THIS SITE	Deposit	Rate	Availability	Furniture
Gymnasium	\$150 individual \$350 business	Rates range from \$75/hr-\$300/hr Two hour minimum. See website for details	Sat & Sun only	Fits 522 chairs or 300 chairs plus tables*
Kitchen	-	Add-on fees range from \$35-\$150	Daily	-
Multipurpose Room (entire room)	\$150 individual \$350 business	Rates range from \$25/hr- \$100/hr Two hour minimum. See website for details	Mon-Fri	86 chairs, 16 tables available
Multipurpose Room (entire room)			Sat & Sun	86 chairs, 16 tables available
Cleaning Fee	-	\$15/hr Mon-Fri 10 pm-midnight, Sat 4 pm-midnight, Sun 8 am-1 pm, 5 pm- midnight	Daily	-

*Tables and chairs must be rented from an outside vendor and must have rubberized tips. Tables must be 6'.

Flaherty Park Community Center

1226 N. White St. | 919-554-6726 HOURS: Mon-Fri 8 am-8:30 pm; Sat 8 am-noon; Sun closed

AMENITIES: Gymnasium, arts & crafts room,

business

individual

\$150

\$50

game room, meeting room with adjoining kitchen

OPEN PLAY: Gymnasium available for open play basketball, volleyball and pickleball. Check the website for monthly open play schedules: wakeforestnc.gov, search "Flaherty Park."



See website for details

Rates range from

\$15/hr-\$150/hr

Two hour minimum. See

business website for details *Tables and chairs must be rented from an outside vendor and must have rubberized tips. Tables must be 6'.

Daily

Wake Forest Renaissance Centre for the Arts

405 S. Brooks St. | 919-435-9458 | Event Hotline: 919-435-9428

Arts Annex: 407 S. Brooks St.

Open Space

The Wake Forest Renaissance Centre for the Arts is a multi-purpose facility providing visual and performing arts programming for people of all ages, while also serving as a popular venue for a variety of community events.

AMENITIES: Grand hall, performance

stage, meeting rooms, food staging area, dressing room

RENTAL INFORMATION: The Renaissance Centre and Arts Annex are available for meetings, weddings, performances and other special events. For rental fees and further information, visit wakeforestrencen.org or call 919-435-9458.

PRESCHOOL PROGRAMS & CLASSES





Art

Toddler Art

Parents and their children will enjoy exploring the world of art through many projects and storytelling adventures. Parent participation required. INSTRUCTOR: Maureen Seltzer

Flah Park	Th	10:00-10:45 am	Sep 1-22	\$75 \$60 <i>rd</i>	ages 18 mos-3yrs
Flah Park	Th	10:00-10:45 am	Oct 6-Nov 3	\$75 \$60 rd	ages 18 mos–3yrs
Flah Park	Th	10:00-10:45 am	Nov 17-Dec 15	\$75 \$60 rd	ages 18 mos–3yrs
Flah Park	Th	10:00–10:45 am	Jan 5-26	\$75 \$60 rd	ages 18 mos–3yrs

*No class Oct 20, Nov 24, Dec 22

Preschool Art

Participants will explore different themes through hands-on arts and craft projects and a story time with Mr. Moo Monet. INSTRUCTOR: Maureen Seltzer

Flah Park	Th	11:00 am-12:30 pm	Sep 1-22	\$84 \$67 rd	ages 3-5
Flah Park	Th	11:00 am-12:30 pm	Oct 6-Nov 3	\$84 \$67 rd	ages 3-5
Flah Park	Th	11:00 am-12:30 pm	Nov 17-Dec 15	\$84 \$67 rd	ages 3-5
Flah Park	Th	11:00 am-12:30 pm	Jan 5-26	\$84 \$67 <i>rd</i>	ages 3-5

Dance

Ballet I

Join us for a toddler introduction to the magic of ballet by exploring enchanted worlds of the classic ballets! Your little one will learn ballet characters and classic music through creative movement and exercising imagination! Toddlers will learn spatial awareness, musical rhythms, and following directions while having fun! REQUIREMENTS: comfortable, easy to move in clothing and ballet shoes. Tutus welcome! INSTRUCTOR: Caroline Steffen

WFCH	М	10:00-10:30 am	Oct 10-31	\$63 \$50 rd	ages 2-3
WFCH	М	10:00-10:30 am	Nov 5-Dec 5	\$63 \$50 rd	ages 2-3
WFCH	М	10:00-10:30 am	Jan 9-30	\$38 \$30 rd	ages 2-3
WFCH	М	10:00-10:30 am	Feb 6-27	\$63 \$50 <i>rd</i>	ages 2-3

*No class Nov 21, Jan 16

Ballet II

Join us for a little ballerina introduction to enchanted worlds of the classic ballets! Your dancer will learn ballet characters, ballet terms, and creative movements. your young dancers will learn spatial awareness, musical rhythms, and following directions while having fun! REQUIREMENTS: comfortable, easy to move in clothing and ballet shoes. Tutus welcome! INSTRUCTOR: Caroline Steffen

WFCH	М	10:45-11:15 am	Oct 10-31	\$63 \$50 rd	ages 3-6
WFCH	М	10:45-11:15 am	Nov 5-Dec 5	\$63 \$50 rd	ages 3-6
WFCH	М	10:45-11:15 am	Jan 9-30	\$38 \$30 rd	ages 3-6
WFCH	М	10:45-11:15 am	Feb 6-27	\$63 \$50 rd	ages 3-6

*No class Nov 21, Jan 16

Open Play

Preschool Sensory Gym

Bring your little one for play time and have a chance to make new friends! We will provide a safe, accepting, and playful environment filled with fun educational and therapeutic toys to play with. No instruction or supervision will be provided. Parents/caregivers are required to stay with their child.

Flah Park M 11:00 am-12:00 pm ongoing* ages 18 mos-5yrs free

*please check website for most current open play calendar

Preschool Open Gym

Watching a rambunctious little rascal can really tire a parent out. Why not let your energetic tyke play with others while you both make some new friends? We will provide plenty of things to play with and climb in, around and over. No instruction or supervision will be provided and parents/caregivers are required to stay with their child.



Flah Park			ongoing*	\$5 free <i>RD</i>	ages 0-5
Flah Park			ongoing*	\$5 free <i>RD</i>	ages 0-5
JPCC	Th	9:00-11:45 am	ongoing*	\$5 free <i>RD</i>	ages 0-5

*Please check website for most current open play calendar

Athletics

Soccer Rockers

Let's kick it! Begin to develop your little kickers' skills in this fun and exciting soccer class. Participants will be taught the basics and FUNdamentals of soccer. Instructed and led by Bryson Seymour, a former standout high school soccer player with years of experience coaching youth players. Participants will make new friends while



learning teamwork and sportsmanship. INSTRUCTOR: Bryson Seymour

Ailey Young Park	Sa	9:00-9:45 am	Sep 17-Oct 8	\$94 \$75 rd	ages 3-5
Ailey Young Park	Young Sa 10:00–10:45 am		Sep 17-Oct 8	\$94 \$75 rd	ages 3-5
Ailey Young Park	,		Oct 29-Nov 19	\$94 \$75 rd	ages 3-5
Ailey Young Park	Sa	10:00-10:45 am	Oct 29-Nov 19	\$94 \$75 rd	ages 3-5

Preschool Hoops

SWISH! Begin to develop your little ballers' skills in this fun and exciting basketball class. Participants will be taught the basics and FUNdamentals of basketball including dribbling, passing, shooting, and defense. Educated by former professional basketball player JJ Miller, this is an opportunity you can't miss! INSTRUCTOR: JJ Miller, Hoopers Elite Basketball Services

Flah Park Sa	9:00-9:45 am	Sep 17-Oct 8	\$94 \$75 rd	ages 3-5
Flah Park Sa	9:00-9:45 am	Oct 29-Nov 19	\$94 \$75 <i>RD</i>	ages 3-5
Flah Park Sa	9:00-9:45 am	Jan 7-28	\$94 \$75 <i>rd</i>	ages 3-5

Martial Arts

Little Lions Taekwondo

Martial arts allow you the opportunity to grow, learn discipline, and how to have respect for others. This exciting Little Lions Taekwondo class will help develop your child's focus, self-esteem & self-confidence, promote teamwork, improve memory through fun and motivational training, and have an overall sense of purpose. After months of training, they are also able to graduate to the next belt rank! "A black belt was a white belt who never gave up." INSTRUCTOR: CORE Taekwondo Performance

JPCC	Th	5:30-6:00 pm	Α	Sep 8-29	\$69 \$55 <i>RD</i>	ages 3-10
JPCC	Th	6:10-6:40 pm	В	Sep 8-29	\$69 \$55 rd	ages 3-10
JPCC	Th	5:30-6:00 pm	Α	Oct 13-Nov 3	\$69 \$55 rd	ages 3-10
JPCC	Th	6:10-6:40 pm	В	Oct 13-Nov 3	\$69 \$55 rd	ages 3-10
JPCC	Th	5:30-6:00 pm	Α	Nov 17-Dec 15*	\$69 \$55 rd	ages 3-10
JPCC	Th	6:10-6:40 pm	В	Nov 17-Dec 15*	\$69 \$55 rd	ages 3-10
JPCC	Th	5:30-6:00 pm	Α	Jan 5-26	\$69 \$55 rd	ages 3-10
JPCC	Th	6:10-6:40 pm	В	Jan 5-26	\$69 \$55 rd	ages 3-10
JPCC	Th	5:30-6:00 pm	Α	Feb 9-Mar 2	\$69 \$55 rd	ages 3-10
JPCC	Th	6:10-6:40 pm	В	Feb 9-Mar 2	\$69 \$55 rd	ages 3-10

*No class Nov 24

Sign Language

Sign Language for Budding Babies **(NEWI)**

In a playful, language-rich, educational environment, parents, caregivers and children (6 months-18 months) will build their America Sign Language (ASL) vocabulary through interactive games, songs and instruction. Parents will learn tips and techniques to help them



incorporate ASL in their daily lives to facilitate communication. Topics include getting started, mealtime, bath time, getting dressed, diapers and bedtime, along with other fun day to day and playtime signs. INSTRUCTOR: Jessica Kelly, Signs of Learning

Flah Park	Tu	10:00-11:00 am	Oct 11-Nov 15		ages 6-18 mos
Flah Park	Tu	10:00-11:00 am	Jan 10-Feb 14	\$119 \$95 rd	ages 6-18 mos

Storytime

Puppets in the Woods **(NEW!)**

Parents and their kids are invited to join us for a magical interactive puppet show. Puppets in the woods features the adventures of Molly and her Forest Animal Friends. Puppets are used to create playful, and imaginative stories geared towards educating as well as entertaining children of all ages. INSTRUCTOR: Debra Lucas

JPCC	Th	10:00-10:45 am	Sep 8	\$13 \$10 <i>rd</i>	ages 1-4
WFCH	W	10:00-10:45 am	Sep 14	free	ages 3-5
JPCC	Th	10:00-10:45 am	Oct 6	\$13 \$10 <i>rd</i>	ages 1-4
WFCH	W	10:00-10:45 am	Oct 12	free	ages 3-5
JPCC	Th	10:00-10:45 am	Nov 3	\$13 \$10 <i>rd</i>	ages 1-4
JPCC	Th	10:00-10:45 am	Dec 8	\$13 \$10 <i>rd</i>	ages 1-4
JPCC	Th	10:00-10:45 am	Jan 12	\$13 \$10 <i>rd</i>	ages 1-4
WFCH	W	10:00-10:45 am	Jan 18	free	ages 3-5
JPCC	Th	10:00-10:45 am	Feb 9	\$13 \$10 rd	ages 1-4

Puppets in the Woods: Make a Puppet Friend (NEWI)

In this program, parents and their kids are invited to join us for a magical, interactive puppet show and at the conclusion, will get to create their own puppet friend! Puppets in the Woods, features the adventures of Molly and her Forest Animal Friends as they address Social, Emotional and Environmental topics. Puppets are used to create playful, and imaginative stories geared towards educating, as well as entertaining, children of all ages. INSTRUCTOR: Debra Lucas

WFCH	W	10:00-11:00 am	Nov 9	\$5 \$4 <i>rd</i>	ages 3-5
WFCH	W	10:00-11:00 am	Dec 7	\$5 \$4 <i>RD</i>	ages 3-5
WFCH	W	10:00-11:00 am	Feb 8	\$5 \$4 r D	ages 3-5

*Parent/guardian required to stay with child

Story Time with Nana **NEW!**

Bring your little one for a themed, interactive story time for three and four year olds with songs, fingerplays, and classic books. INSTRUCTOR: Lynne Liptak

WFCH	Th	10:00-10:45 am	Sep 8	free	ages 3-4
WFCH	Th	10:00-10:45 am	Oct 13	free	ages 3-4
WFCH	Th	10:00-10:45 am	Nov 10	free	ages 3-4
WFCH	Th	10:00-10:45 am	Dec 8	free	ages 3-4

*Parents required to stay with child

Storytime & Crafts

Parents everywhere, bring your kids out for a good book and some arts and crafts at Joyner Park Community Center. Fun and creativity are the goals. Each session is a themed program, filled with a story, arts and crafts, and all–around fun! Sign your little one up today and don't miss out! INSTRUCTOR: JPCC Staff

JPCC	F	10:15–11:00 am	Oct 28	\$7 \$5 rd	Halloween	ages 3-6
JPCC	F	10:15–11:00 am	Nov 18	\$7 \$5 rd	Fall/Thanksgiving	ages 3-6
JPCC	F	10:15-11:00 am	Dec 16	\$7 \$5 <i>RD</i>	Winter Holiday	ages 3-6









Art

Homeschool Art

Come join in on the fun in this 4-week class. We will explore the elements of art such as line, color, composition. We also will use many kinds of media such as watercolor, tempura, chalk, and acrylic paints. In each session the children will finish an 11 x 14 canvas. Each session has a different theme. This class can get messy so dress accordingly. INSTRUCTOR: Maureen Seltzer

Flah Park	Th	1:30-3:00 pm	Sep 1-22	\$94 \$75 rd	ages 6-12
Flah Park	Th	1:30-3:00 pm	Oct 6-Nov 3	\$94 \$75 rd	ages 6-12
Flah Park	Th	1:30-3:00 pm	Nov 17-Dec 15	\$94 \$75 rd	ages 6-12
Flah Park	Th	1:30-3:00 pm	Jan 5-26	\$94 \$75 rd	ages 6-12

*No class Oct 20, Nov 24, Dec 22

Afterschool Art

Come join in on the fun in this 4-week class. We will explore the elements of art such as line, color, composition. We also will use many kinds of media such as watercolor, tempura, chalk, and acrylic paints. In each session the children will finish an 11 x 14 canvas. Each session has a different theme. This class can get messy so dress accordingly. INSTRUCTOR: Maureen Seltzer

Flah Park	Th	4:30-6:00 pm	Sep 1-22	\$94 \$75 rd	ages 6-12
Flah Park	Th	4:30-6:00 pm	Oct 6-Nov 3	\$94 \$75 <i>rd</i>	ages 6-12
Flah Park	Th	4:30-6:00 pm	Nov 17-Dec 15	\$94 \$75 <i>rd</i>	ages 6-12
Flah Park	Th	4:30-6:00 pm	Jan 5-26	\$94 \$75 rd	ages 6-12

*No class Oct 20, Nov 24, Dec 22

Fundamentals of Anime Drawing

In this six week class students will learn about the history of anime as well as designing and painting their own anime character. INSTRUCTOR: Maureen Seltzer



Flah Park Tu	4:30-6:00 pm	Sep 6-Oct 11	\$125 \$100 <i>rd</i>	ages 10-15
Flah Park Tu	4:30-6:00 pm	Dec 13-Jan 24	\$125 \$100 <i>rd</i>	ages 10-15

*No class Dec 20

Mono Printing Fun With A Gel Press (NEWI)

This is a wildly creative and playful class. Each student will use an 8" x 10" gel press and a variety of tools and materials, including upcycling papers from books, maps, and music sheets to print onto. INSTRUCTOR: Maureen Seltzer

Flah Park Tu	4:30-6:00 pm	Oct 25-Nov 15	\$94 \$75 <i>rd</i>	ages 10-15
Flah Park Tu	4:30-6:00 pm	Feb 6-27	\$94 \$75 <i>rd</i>	ages 10-15

Beginning Watercolor (NEW!)

Learn the basic techniques of transparent watercolor. Find out about the best paper, paint and brushes to use. Students will create multiple paintings of after learning how to do wet-on-wet washes, wet-on-dry washes, and building layers of colors with a variety of subject matter including: landscapes, cityscapes, and still-life. Students can copy the instructor's paintings or work on their own subjects. INSTRUCTOR: Ryan Fox

Flah Park	W	1:00-4:00 pm	Aug 31-Sep 28	\$132 \$105 <i>rd</i>	ages 15+	
Flah Park	W	1:00-4:00 pm	Jan 4-Feb 1	\$132 \$105 <i>rd</i>	ages 15+	



Advanced Watercolor (NEW!)

This class will explore various watercolor techniques and styles ranging from unique color combinations, alternate surfaces, extreme monochromatic granulation and more. Different subjects and techniques will be demonstrated in each class session. INSTRUCTOR: Ryan Fox

Flah Park W	1:00-4:00 pm	Oct 19-Nov 16	\$132 \$105 <i>rd</i>	ages 15+
Flah Park W	1:00-4:00 pm	Feb 15-Mar 15	\$132 \$105 <i>RD</i>	ages 15+

Culinary

Flour Power Cookie Decorating

All junior chefs, come join us as we learn to decorate cookies like the professionals. You will learn how to flood and pipe your cookies using royal icing, and embellish your cookies with sprinkles, icing, glitter, and royal icing transfers as well as learning

easy decorating techniques. INSTRUCTOR: Cathy Quinn

JPCC	Sa	10:00 am-1:00 pm	Sep 24	\$56 \$45 rd	ages 8-17
JPCC	Sa	10:00 am-1:00 pm	Oct 22	\$56 \$45 rd	ages 8-17
JPCC	Sa	10:00 am-1:00 pm	Nov 19	\$56 \$45 rd	ages 8-17
JPCC	Sa	10:00 am-1:00 pm	Dec 17	\$56 \$45 rd	ages 8-17
JPCC	Sa	10:00 am-1:00 pm	Jan 21	\$56 \$45 rd	ages 8-17
JPCC	Sa	10:00 am-1:00 pm	Feb 11	\$56 \$45 rd	ages 8-17

Introduction to DJing

Introduction to DJing (NEW!)

Learn the fundamentals of DJing and how to run a successful DJ business. INSTRUCTOR: Anthony Garnes



AMC	Th	7:00-8:00 pm	Sep 8-29	\$188 \$150 <i>rd</i>	ages 12+
AMC	Th	7:00-8:00 pm	Oct 6-27	\$188 \$150 <i>rd</i>	ages 12+
AMC	Th	7:00-8:00 pm	Nov 3- Dec 1	\$188 \$150 rd	ages 12+

* No class Nov 24

Dance

Hip Hop with Imani (NEW!)

This class will be a fun, high energy, foundational class for those who love dance. Dancers will focus on rhythmic movement, choreography, and fun! All dancers will learn different elements of hip-hop all while building confidence! At the end of each session dancers will have a mini performance to show to their families! INSTRUCTOR: Imani Bell

JPCC	Th	6:30-7:20 pm	Sep 15-Oct 6	\$63 \$50 rd	ages 13-17
JPCC	Th	6:30-7:20 pm	Oct 27-Nov 17	\$63 \$50 rd	ages 13-17
JPCC	Th	6:30-7:20 pm	Jan 5-Jan 26	\$63 \$50 rd	ages 13-17
JPCC	Th	6:30-7:20 pm	Feb 9-Mar 2	\$63 \$50 rd	ages 13-17

Martial Arts

Little Lions Taekwondo

Martial arts allow you the opportunity to grow, learn discipline, and how to have respect for others. This exciting Little Lions Taekwondo class will help develop your child's focus, self-esteem & self-confidence, promote teamwork, improve memory through fun and motivational training, and have an overall sense of purpose. After months of training, they are also able to graduate to the next belt rank! "A black belt was a white belt who never gave up." INSTRUCTOR: CORE Taekwondo Performance

JPCC	Th	Α	5:30-6:00 pm	Sep 8-29	\$69 \$55 rd	ages 3-10
JPCC	Th	В	6:10-6:40 pm	Sep 8-29	\$69 \$55 rd	ages 3-10
JPCC	Th	Α	5:30-6:00 pm	Oct 13-Nov 3	\$69 \$55 rd	ages 3-10
JPCC	Th	В	6:10-6:40 pm	Oct 13-Nov 3	\$69 \$55 rd	ages 3-10
JPCC	Th	Α	5:30-6:00 pm	Nov 17-Dec 15*	\$69 \$55 rd	ages 3-10
JPCC	Th	В	6:10-6:40 pm	Nov 17-Dec 15*	\$69 \$55 rd	ages 3-10
JPCC	Th	Α	5:30-6:00 pm	Jan 5-26	\$69 \$55 rd	ages 3-10
JPCC	Th	В	6:10-6:40 pm	Jan 5-26	\$69 \$55 rd	ages 3-10
JPCC	Th	Α	5:30-6:00 pm	Feb 9-Mar 2	\$69 \$55 rd	ages 3-10
JPCC	Th	В	6:10-6:40 pm	Feb 9-Mar 2	\$69 \$55 rd	ages 3-10

*No class Nov 24

Martial Arts/Taekwondo

This twice a week class will teach coordination, focus, discipline, and self-confidence, all while having fun! Participants will learn the techniques of Traditional Tae Kwon Do starting with the basics and progressing to the advanced including – breathing, blocking, punching, kicking, forms, and controlled sparring. All students learn in

a safe, supportive, and family friendly environment. We offer promotional testing through the Traditional Tae Kwon Do Association. No class is held on the first Thursday of every month. NATIONAL CERTIFIED INSTRUCTOR: 8th Degree, Grand Master R. Berger



WFCH	Tu/Th	7:00-8:00 pm	Sep 6-29	\$69 \$55 rd	ages 7+
WFCH	Tu/Th	7:00-8:00 pm	Oct 4-27	\$69 \$55 rd	ages 7+
WFCH	Tu/Th	7:00-8:00 pm	Nov 1-29	\$69 \$55 rd	ages 7+
WFCH	Tu/Th	7:00-8:00 pm	Dec 6-22	\$69 \$55 rd	ages 7+
WFCH	Tu/Th	7:00-8:00 pm	Jan 3-31	\$69 \$55 rd	ages 7+
WFCH	Tu/Th	7:00-8:00 pm	Feb 7-28	\$69 \$55 rd	ages 7+

*No class held the first Thursday of every month **No classes on Nov 8, 24, Dec 22, 27–29

Esports

Competitive gaming, or Esports, is one of the fastest growing entities in the youth sports world! Esports takes the games your children know and love and puts them in a competitive environment where they can grow their skills both as a gamer and as an athlete.

Battle in the Forest Esports Tournament

Enjoy video games and competing to be the best? If so, Battle in the Forest is the place for you! This Esports tournament will be an ongoing arena of different games throughout the year. The tournament will be played online and live streamed. An assortment of prizes will be given to the top teams. The featured game will be determined at a later date. For more information, visit wakeforestnc.gov and search "Esports."



Online	Sa	1:00-6:00 pm	Oct 22	free	ages 10+
Online	Sa	1:00-6:00 pm	Feb 25	free	ages 10+

* Pre-registration required



Virtual Fishing Tournaments

Virtual Bass Fishing Tournament

The Town of Wake Forest Parks and Recreation will host a Virtual Bass Fishing Tournament for ages 13 and older Nov 21– Dec 4. During these two weeks, participants can go to any public Wake or Franklin County fishery to attempt to catch the biggest Bass. You will be specified to catch Bass only to qualify for prizing. All participants will receive a fishing scale. These scales will be needed to use for the tournament to qualify for prizing as well.

Wake/Franklin	M-Su	8:00 am-8:00 pm	Nov 21- Dec 4	\$10	ages 13+
Counties					

Virtual Youth Fishing Tournament

The Town of Wake Forest Parks and Recreation will host a Virtual Youth Fishing Tournament (ages 12 and under) Nov 21–Dec 4. This tournament is non-competitive and for all skill levels. During these two weeks, participants can go to any public Wake or Franklin County fishery to attempt to catch the biggest fish. Ages 12 and under will be allowed to catch any species of fish. Registration will also include an "Early Fisherman Goodie Bag".

Wake/Franklin	M-Su	8:00 am-8:00 pm	Nov 21- Dec 4	\$5	ages 12 &
Counties					under

Meet our Staff

Will Neal is 19 years old and has worked for the Town of Wake Forest at Joyner Park Community Center for about a year now. He was born in Wake Forest and has lived here his entire life. Will currently attends Wake Tech Community College and will be transferring to UNC Charlotte next year to major in Finance. He enjoys watching football and his favorite team is the reigning Super Bowl champions, the Los Angeles Rams.

Engineering for Kids

Engineering for Kids: It's Electric! Electrical Engineering (NEWID)

Power up with this course where kids will learn the basics of electrical engineering and design their own electrical circuits for a variety of purposes! INSTRUCTOR: Engineering for Kids



Flah Park Tu	4:30-6:00 pm	Sep 6-Oct 11	\$150 \$120 rd	ages 7–14

Engineering for Kids: Electronic Game Design, Invader Defense (NEWI)

Build, design, and play old school arcade hits! Kids will design and program all aspects of their games, including sprites and backgrounds, using the game building software Clickteam Fusion. INSTRUCTOR: Engineering for Kids

Flah Park Tu	4:30-6:00 pm	Oct 18-Nov 22	\$150 \$120 <i>rd</i>	ages 7-14

S.T.E.M.

Minecraft Modding Quest

Does your child enjoy playing Minecraft? Minecraft: Education Edition is built on top of the regular Minecraft game and includes additional features to teach kids coding and other STEM skills. It promotes creativity, collaboration, and problem–solving in an immersive environment, where the only limit is imagination. In these carefully designed classes, we cover a broad set of coding concepts. We start by introducing kids to the very basic concepts of stacking commands together to make computers accomplish tasks – the fundamentals of coding. Kids will control agents to solve puzzles while interacting with different in–game characters. We will then move on to learn core coding concepts such as loops, operations, conditional, events, functions, variables, and more. As students get more comfortable with these coding skills, they will also start building more complex structures as well as mini–games through coding. With our inquiry–based approach, your kids will have plenty of opportunities to not only learn but also create! INSTRUCTOR: Create and Learn

Online	F	4:00 pm-4:55 pm	Sep 2-Oct 21	\$164 \$131 RD	ages 8-11
Online	Th	4:00 pm-4:55 pm	Oct 13-Dec 8	\$164 \$131 <i>rd</i>	ages 8-11
Online	W	4:00 pm-4:55 pm	Jan 4-Feb 22	\$164 \$131 <i>rd</i>	ages 8-11

*Devices Required: MAC or Windows Computer (Chromebook is not supported) with Zoom and high internet connectivity



Accelerated Scratch

This class is geared for students grades 5–9. This class uses Scratch, a coding platform developed by MIT, as a tool to teach core computer science and coding concepts such as loops, conditional, motion, and sensing. Students will also work on a project in each session ranging from animation, games, to graphic design and storytelling, etc. The class employs a variety of interesting topics to teach logical thinking and inspire creativity, so your kids are not only learning but also creating starting from day one. Kids will be challenged to be creative and solve tough problems while learning the deeper computer science concepts. INSTRUCTOR: Create and Learn

Online	W	4:00 pm-4:55 pm	Sep 21-Nov 9	\$164 \$131 <i>rd</i>	ages 10-15
Online	Tu	4:00 pm-4:55 pm	Nov 1-Dec 20	\$164 \$131 <i>rd</i>	ages 10-15
Online	F	4:00 pm-4:55 pm	Jan 13-Mar 3	\$164 \$131 <i>rd</i>	ages 10-15

^{*} Devices Required: A computer with Zoom and high internet connectivity

Scratch Ninja

This class is geared towards students grades 2–5. This class uses Scratch, a coding platform developed by MIT, as a tool to teach core computer science and coding concepts such as loops, conditional, motion, and sensing. Students will also work on a project in each session ranging from animation, games, to graphic design and story-telling, etc. The class employs a variety of interesting topics to teach logical thinking and inspire creativity, so your kids are not only learning but also creating starting from day one. Kids will be challenged to be creative and solve tough problems while learning the deeper computer science concepts. INSTRUCTOR: Create and Learn

Online	W	4:00 pm-4:55 pm	Sep 7-Oct 26	\$164 \$131 <i>rd</i>	ages 7-11
Online	Tu	4:00 pm-4:55 pm	Oct 4-Nov 22	\$164 \$131 <i>rd</i>	ages 7-11
Online	Tu	4:00 pm-4:55 pm	Jan 10-Feb 28	\$164 \$131 rd	ages 7-11

^{*}Devices Required: A computer with Zoom and high internet connectivity

Education

The Journey to College Athletics (NEWI)

What do student athletes and families need to know about preparing for college athletics and college admissions? This workshop will focus on optimizing high school academics and athletics. INSTRUCTOR: Rhonda McRae – A2Z College Planning

	JPCC	Th	6:30-7:30 pm	Oct 6	\$13 \$10 <i>rd</i>	ages 14-17
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Beginning Watercolor

Learn the basic techniques of transparent watercolor. Find out about the best paper, paint and brushes to use. Students will create multiple paintings of after learning how to do wet-on-wet washes, wet-on-dry washes, and building layers of colors with a variety of subject matter including: landscapes, cityscapes, and still-life. Students can copy the instructor's paintings or work on their own subjects. INSTRUCTOR: Ryan Fox

Flah Park W	1:00-4:00 pm	Aug 31-Sep 28	\$132 \$105 <i>rd</i>	ages 16+
Flah Park W	1:00-4:00 pm	Jan 4-Feb 1	\$132 \$105 <i>rd</i>	ages 16+

Advanced Watercolor

This class will explore various watercolor techniques and styles ranging from unique color combinations, alternate surfaces, extreme monochromatic granulation and more. Different subjects and techniques will be demonstrated in each class session. **INSTRUCTOR:** Ryan Fox



Flah Park	W	1:00-4:00 pm	Oct 19-Nov 16	\$132 \$105 <i>rd</i>	ages 16+
Flah Park	W	1:00-4:00 pm	Feb 15-Mar 15	\$132 \$105 <i>rd</i>	ages 16+

Martial Arts

Martial Arts/Taekwondo

This twice a week class will teach coordination, focus, discipline, and self-confidence, all while having fun! Participants will learn the techniques of Traditional Tae Kwon Do starting with the basics and progressing to the advanced including- breathing, blocking, punching, kicking, forms, and controlled sparring. All students learn in a safe, supportive, and family friendly environment. We offer promotional testing through the Traditional Tae Kwon Do Association. No class is held on the first Thursday of every month. NATIONAL CERTIFIED INSTRUCTOR: 8th Degree, Grand Master R. Berger

WFCH	T/Th	7:00-8:00 pm	Sep 6-29	\$69 \$55 rd	ages 16+
WFCH	T/Th	7:00-8:00 pm	Oct 4-27	\$69 \$55 rd	ages 16+
WFCH	T/Th	7:00-8:00 pm	Nov 1-29	\$69 \$55 rd	ages 16+
WFCH	T/Th	7:00-8:00 pm	Dec 6-22	\$69 \$55 rd	ages 16+
WFCH	T/Th	7:00-8:00 pm	Jan 3-31	\$69 \$55 rd	ages 16+
WFCH	T/Th	7:00-8:00 pm	Feb 7-28	\$69 \$55 rd	ages 16+

*No class held the first Thursday of every month **No classes on Nov 8, 24, Dec 22, 27–29

Esports

Competitive gaming, or Esports, is one of the fastest growing entities in the sports world! Esports takes the games you know and love and puts them in a competitive environment where you can grow your skills both as a gamer and as an athlete.

Battle in the Forest Esports Tournament

Enjoy video games and competing to be the best? If so, Battle in the Forest is the place for you! This Esports tournament will be an ongoing arena of different games throughout the year. The tournament will be played online and live streamed. An assortment of prizes will be given to the top



teams. The featured game will be determined at a later date. For more information, visit wakeforestnc.gov and search "Esports."

Online	Sa	1:00-6:00pm	Oct 22	free	ages 16+
Online	Sa	1:00-6:00pm	Feb 25	free	ages 16+

* Pre-registration required

ESPN Fantasy Football League (NEWI)

Sign up today and build your ultimate NFL All–Star team, online. Sign up for a free account on www.espn.com and play in our citywide fantasy football league. League(s) will consist of 6–12 players (depending on signups), snake draft, with a randomized draft order. Draft is set for Saturday, September 3, at 7:00 pm, with the regular season beginning September 8...Game on! INSTRUCTOR: JPCC Staff

Fitness



Yoga for Beginners **(NEW!)**

This program is perfect anyone interested in starting a yoga practice or looking for a gentle practice to help improve flexibility, mobility, and strength. No experience needed. Participants need to bring a yoga mat. INSTRUCTOR: Kim Setteducati-Mann, Piper Moon Yoga

Flah Park	М	11:00 am-12:00 pm	Sep 12-Oct 3	\$63 \$50 <i>rd</i>	ages 16+
Flah Park	М	11:00 am-12:00 pm	Oct 17-Nov 7	\$63 \$50 <i>RD</i>	ages 16+
Flah Park	М	11:00 am-12:00 pm	Nov 21-Dec 12	\$63 \$50 <i>RD</i>	ages 16+
Flah Park	М	11:00 am-12:00 pm	Jan 9-Feb 6	\$63 \$50 rd	ages 16+
Flah Park	М	11:00 am-12:00 pm	Feb 20-Mar 13	\$63 \$50 rd	ages 16+

Adult Chair Yoga

Adult Chair Yoga will focus on parts of the body starting with the head/eyes until we reach the feet, while gently stretching muscles, flexing joints, and learning good breathing techniques. For those who can, we will stand for about 10 minutes and use the chair to improve balance and back stretches. Don't worry if you can't stand, since all exercises can be done in seated position. Wear comfortable clothing, and sneakers or let your feet free to stretch by



wearing socks or slippers with grip bottoms. INSTRUCTOR: Virginia Nickich

JPCC	Tu	10:00–11:00 am	Sep 6-27	\$25 \$20 <i>rd</i>	ages 18+
JPCC	Tu	10:00-11:00 am	Oct 11-Nov 1	\$25 \$20 <i>rd</i>	ages 18+
JPCC	Tu	10:00-11:00 am	Nov 15-Dec 13*	\$25 \$20 <i>rd</i>	ages 18+
JPCC	Tu	10:00-11:00 am	Jan 10-31	\$25 \$20 <i>rd</i>	ages 18+
JPCC	Tu	10:00-11:00 am	Feb 7-28	\$25 \$20 <i>rd</i>	ages 18+

*No class Nov 22

Hatha Yoga (NEWID)

Hatha yoga is the basic yoga for breathing exercises, stretching and slow, gentle movements. Attention is given to each student and adjustments made for your personal development. First time attendees or those with knowledge of yoga will find enjoyment, freedom of movement, and relaxation in this class. INSTRUCTOR: Virginia Nickich

JPCC	Tu	6:00-7:00 pm	Sep 6-27	\$25 \$20 <i>RD</i>	ages 18+
JPCC	Tu	6:00-7:00 pm	Oct 11-Nov 1	\$25 \$20 <i>RD</i>	ages 18+
JPCC	Tu	6:00-7:00 pm	Nov 15-Dec 13*	\$25 \$20 <i>RD</i>	ages 18+
JPCC	Tu	6:00-7:00 pm	Jan 10-31	\$25 \$20 <i>RD</i>	ages 18+
JPCC	Tu	6:00-7:00 pm	Feb 7-28	\$25 \$20 rd	ages 18+

*No class Nov 22

Pilates - Foundations

Do you struggle to tie your shoes or move in the mornings? Pilates – Foundations is for you! This 6-week program is a great opportunity for those who are new to Pilates or ready to start again. You will follow a deliberate pace to cover the foundational principles of breath, neutral



spine, and alignment. You will work towards a better posture, balance, and add more strength and endurance. INSTRUCTOR: Martina Villinger

JPCC	W	12:00-12:45 pm	Sep 21-Oct 26	\$69 \$55 rd	ages 18+
JPCC	W	12:00-12:45 pm	Nov 9-Dec 14*	\$58 \$46 rd	ages 18+
JPCC	W	12:00-12:45 pm	Jan 11-Feb 15	\$69 \$55 rd	ages 18+

*No class Nov 23

Pilates - Intermediate

Looking for easy movement and flexibility? Pilates – Intermediate is a great 6-week program that will enhance your movement and flexibility, while deepening your knowledge of Pilates. Your focus is to challenge your core work, creating a faster pace, and add more flow in your weekly practice. These exercises will also integrate breathing techniques and alignment to enhance your strength and endurance. INSTRUCTOR: Martina Villinger

JPCC	Th	11:00-11:45 am	Sep 22-Oct 27	\$69 \$55 rd	ages 18+
JPCC	Th	11:00-11:45 am	Nov 10- Dec 15*	\$58 \$46 <i>rd</i>	ages 18+
JPCC	Th	11:00-11:45 am	Jan 12-Feb 16	\$69 \$55 <i>rd</i>	ages 18+

*No class Nov 24



Strength & Strollers

Moms of babies and toddlers (and pregnant mamas, too), join us for some light exercise and socialization! This class is a fun fitness opportunity and a way to meet other local moms while getting some fresh air and sunshine. Each 45minute class will include a mix of cardio, body weight strengthening, and yoga/stretching. All you need to bring is a yoga mat, resistance band, stroller and/or baby carrier, and a positive attitude! INSTRUCTOR: Natalie Harvey



JPCC	F	10:00-11:00 am	Oct 7-Nov 4	\$25 \$20 <i>rd</i>	ages 18+
JPCC	F	10:00-11:00 am	Jan 13-Feb 10	\$25 \$20 <i>rd</i>	ages 18+

Zumba

Pretty much the most awesome workout ever. Dance to great music, with great people, and burn a ton of calories without even realizing it. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. INSTRUCTOR: Neltonia Prince

JPCC	Sa	9:00-10:00 am	Sep 3-24	\$25 \$20 <i>RD</i>	ages 18+
JPCC	М	6:30-7:30 pm	Sep 12-Oct 10*	\$25 \$20 <i>RD</i>	ages 18+
JPCC	Sa	9:00-10:00 am	Oct 8-29	\$25 \$20 <i>RD</i>	ages 18+
JPCC	М	6:30-7:30 pm	Oct 17-Nov 14*	\$25 \$20 <i>RD</i>	ages 18+
JPCC	Sa	9:00-10:00 am	Nov 12-Dec 10	\$25 \$20 <i>RD</i>	ages 18+
JPCC	М	6:30-7:30 pm	Nov 28-Dec 19	\$25 \$20 <i>RD</i>	ages 18+
JPCC	М	6:30-7:30 pm	Jan 9-Feb 6*	\$25 \$20 <i>RD</i>	ages 18+
JPCC	Sa	9:00-10:00 am	Jan 14-Feb 4	\$25 \$20 <i>RD</i>	ages 18+
JPCC	Sa	9:00-10:00 am	Feb 11-Mar 4	\$25 \$20 <i>rd</i>	ages 18+

Fitness Room & Cardio Education (NEWI)

Interested in working out at Joyner Park Community Center in the fitness room, but need help with the equipment? We can help! Sign up for this FREE 45 minute in-person morning tutorial about the proper ways/techniques to use the fitness room equipment; this will include dumbbells, busa ball, bench, and cables (fitness room) & treadmill, bike, elliptical, and stair stepper (around the track). Start your fitness now at JPCC. INSTRUCTOR: JPCC Staff

JPCC	F	10:00-10:45 am	Sep 2	free	ages 18+
JPCC	F	10:00-10:45 am	Oct 7	free	ages 18+
JPCC	F	10:00-10:45 am	Nov 4	free	ages 18+
JPCC	F	10:00-10:45 am	Dec 2	free	ages 18+
JPCC	F	10:00-10:45 am	Jan 13	free	ages 18+
JPCC	F	10:00-10:45 am	Feb 3	free	ages 18+

Dance

Ballroom Dancing

Feel comfortable on the dance floor while enjoying various types of music! You will learn popular basic ballroom dance steps like Tango, Foxtrot, Waltz, Rumba, ChaCha, and Swing! No partner necessary. INSTRUCTOR: Chikako Massey

WFCH	М	7:00-8:00 pm	Oct 3-24	\$75 \$60 <i>rd</i>	age 18+
WFCH	М	7:00-8:00 pm	Nov 7-28	\$75 \$60 rd	age 18+
WFCH	М	7:00-8:00 pm	Dec 5-19	\$56 \$45 <i>RD</i>	age 18+
WFCH	М	7:00-8:00 pm	Jan 9-30*	\$56 \$45 <i>RD</i>	age 18+
WFCH	М	7:00-8:00 pm	Feb 6-27	\$75 \$60 <i>rd</i>	age 18+

*No class Jan 16

Beginner Line Dance

Have fun while learning basic line dance steps! Line Dance is a great way to reduce stress, strengthen your memory, and keep your body in motion. You'll learn fun and easy dances to all types of music. Come ready to meet new friends. No experience or partner required. We dance "Just Dance For Fun." INSTRUCTOR: Sue Jennings

JPCC	W	6:00-7:30 pm	Sep 7-21	\$38 \$30 <i>rd</i>	ages 18-65
JPCC	W	6:00-7:30 pm	Oct 5-19	\$38 \$30 <i>rd</i>	ages 18-65
JPCC	W	6:00-7:30 pm	Nov 2-16	\$38 \$30 <i>rd</i>	ages 18-65
JPCC	W	6:00-7:30 pm	Jan 4-18	\$38 \$30 rd	ages 18-65
JPCC	W	6:00-7:30 pm	Feb 1-15	\$38 \$30 <i>rd</i>	ages 18-65



Adult Hip Hop with Imani (NEWI)

This class will be a fun, high energy, foundational class for those who love dance. Dancers will focus on rhythmic movement, choreography, and fun! All dancers will learn different elements of hip-hop all while building confidence! At the end of each session dancers will have a mini performance to show to their families! INSTRUCTOR: Imani Bell

JPCC	Th	6:30-7:20 pm	Sep 15-Oct 6	\$63 \$50 rd	ages 18+
JPCC	Th	6:30-7:20 pm	Oct 27-Nov 17	\$63 \$50 <i>RD</i>	ages 18+
JPCC	Th	6:30-7:20 pm	Jan 5-Jan 26	\$63 \$50 <i>RD</i>	ages 18+
JPCC	Th	6:30-7:20 pm	Feb 9-Mar 2	\$63 \$50 rd	ages 18+

Culinary

Cookie Decorating 101

Learn how to decorate cookies like the professionals. We will be exploring how to use royal icing and explaining icing consistencies, as well as learning how to flood, pipe, and embellish your cookies. In addition, I will be sharing where you can get supplies and information you will need to continue building your cookie decorating skills. You will be taking home 4–6 beautifully decorated cookies and recipes for icing and cookies. All skill levels are welcome. INSTRUCTOR: Cathy Quinn

JPCC	Sa	10:00 am-1:00 pm	Sep 10	\$56 \$45 rd	ages 18+
JPCC	Sa	10:00 am-1:00 pm	Oct 8	\$56 \$45 <i>rd</i>	ages 18+
JPCC	Sa	10:00 am-1:00 pm	Nov 5	\$56 \$45 <i>RD</i>	ages 18+
JPCC	Sa	10:00 am-1:00 pm	Dec 3	\$56 \$45 <i>RD</i>	ages 18+
JPCC	Sa	10:00 am-1:00 pm	Jan 7	\$56 \$45 <i>RD</i>	ages 18+
JPCC	Sa	10:00 am-1:00 pm	Feb 4	\$56 \$45 <i>RD</i>	ages 18+



Charcuterie & Cheese Workshop

Come learn how to build a beautiful and delicious charcuterie and cheese board! We will learn about pairings, ways to prepare ingredients, and how to artistically curate and create a delicious board. INSTRUCTOR: Natasha Gentile

WFCH	W	6:00-7:30 pm	Sep 14	\$69 \$55 rd	ages 18+
WFCH	W	6:00-7:30 pm	Oct 5	\$69 \$55 rd	ages 18+
WFCH	W	6:00-7:30 pm	Nov 9	\$69 \$55 rd	ages 18+
WFCH	W	6:00-7:30 pm	Dec 7	\$69 \$55 rd	ages 18+
WFCH	W	6:00-7:30 pm	Jan 11	\$69 \$55 rd	ages 18+
WFCH	W	6:00-7:30 pm	Feb 8	\$69 \$55 rd	ages 18+

Comic Book

Comic Book Trade Group

Love comics? Interested in trading some books? Looking for some key issues? Come join us to discuss and trade comics! This group will be solely trading comics. No monetary



transactions will be allowed. The group will be managed by Brandon Wright, of Play4Life Comics. Don't miss out on this opportunity to add some great comics to your collection! INSTRUCTOR: Brandon Wright, Play4Life Comics

Flah Park	Sa	11:00 am-1:00 pm	Oct 22	\$5	ages 18+
Flah Park	Sa	11:00 am-1:00 pm	Dec 10	\$5	ages 18+
Flah Park	Sa	11:00 am-1:00 pm	Feb 25	\$5	ages 18+

Education

Beginning Online Security (NEWI)

Come learn how to stay more safe in a digital economy that is full of fraud, malware, ransomware, and technical complexity. We'll discuss browser safety, passwords, mobile device security, and a number of other topics to help you avoid some of the most common online pitfalls. Feel free to bring laptops or tablets to test some of the concepts, but no device is required to participate. INSTRUCTOR: Tim Dry

JPCC	F	6:00-7:30 pm	Sep 30	\$13 \$10 <i>rd</i>	ages 18+
JPCC	F	6:00-7:30 pm	Nov 18	\$13 \$10 <i>rd</i>	ages 18+
JPCC	F	6:00-7:30 pm	Jan 27	\$13 \$10 <i>rd</i>	ages 18+
JPCC	F	6:00-7:30 pm	Feb 24	\$13 \$10 <i>rd</i>	ages 18+

Specialized Programs

Preschool Sensory Gym

Bring your little one for play time and have a chance to make new friends! In partnership with Pediatric Therapy Associated, we will provide a safe, accepting, and playful environment filled with fun educational and therapeutic toys to play with. No instruction or supervision will be provided. Parents/caregivers are required to stay with their child.

*Please check website for most current open play calendar

Club Connect

Join us once a month for socialization, activities, & fun! Participants will be provided with the opportunity to socialize with peers, play games, be creative, and plan activities based on input from the group. Participants must be able to perform self-care routines independently and can bring a buddy if necessary. Don't miss out on all the excitement!

JPCC	Th	5:30-7:30 pm	Sep 22	free	ages 15+
JPCC	Th	5:30-7:30 pm	Oct 27	free	ages 15+
JPCC	Th	5:30-7:30 pm	Nov 17	free	ages 15+
JPCC	Th	5:30-7:30 pm	Dec 22	free	ages 15+
JPCC	Th	5:30-7:30 pm	Jan 26	free	ages 15+
JPCC	Th	5:30-7:30 pm	Feb 23	free	ages 15+

*Pre-registration required



Trailmates

Looking for a way to get active and socialize? Come join us the first Tuesday of the month for a walking group. Walking for fitness has a variety of health benefits, including maintaining a healthy weight, strong muscles and bones, improved balance and coordination, and overall enhanced mental wellbeing. We will meet at a central location to walk and talk together. Bring a friend or come make a new one!

JPCC	Tu	5:15-6:00 pm	Sep 6	free	ages 12+
JPCC	Tu	5:15-6:00 pm	Oct 4	free	ages 12+
JPCC	Tu	5:15-6:00 pm	Nov 1	free	ages 12+
JPCC	Tu	5:15-6:00 pm	Dec 6	free	ages 12+
JPCC	Tu	5:15-6:00 pm	Jan 3	free	ages 12+
JPCC	Tu	5:15-6:00 pm	Feb 7	free	ages 12+

*Pre-registration required

We Cook Wednesdays Cooking Class

Experience the fun of cooking! Participants will learn key food preparation techniques and work together to prepare a different dish every week. During each class we will discuss kitchen and food safety, nutrition, and planning. This is a hands-on participatory class. Come prepared to cook and taste! INSTRUCTOR: Cathy Smith

JPCC	W	6:00-8:00 pm	Aug 24-Sept 21	\$60*	ages 15+
JPCC	W	6:00-8:00 pm	Jan 11-Feb 8	\$60*	ages 15+

*Pre-registration required

Whisk It Up Baking Class

Experience the fun of baking! Participants will learn basic baking skills and work together to create cookies, chocolates, sweetbreads, and much more! During each class we will be discussing flavors, ingredients, and kitchen safety. This is a hands-on participatory class. INSTRUCTOR: Cathy Smith

JPCC	W	6:00-8:00 pm	Jul 13-Aug 10	\$60*	ages 12+
JPCC	W	6:00-8:00 pm	Oct 5-Nov 2	\$60*	ages 12+
JPCC	W	6:00-8:00 pm	Feb 22-Mar 22	\$60*	ages 12+

*Pre-registration required

SPECIALIZED

Abilities Choir

Want the opportunity to show off your talents? Come join our inclusive choir and learn about different choral techniques and types of music. This choir includes individuals of all ability levels and provides an outlet for creative expression. Practices will be held every other Tuesday. DIRECTOR: Kasie Brooks

AMC	T	6:30-7:30 pm	Sep 6-Dec 13	\$75*	ages 10+
AMC	T	6:30-7:30 pm	Jan 10-May 9	\$75*	ages 10+

*Pre-registration required, late fee assessed after deadline

Abilities Tennis Clinics

Abilities Tennis clinics provide specialized instruction and practice for athletes, ages 8 and up. Coaches and volunteers are trained to teach the fundamentals of tennis, practice drills and games geared toward improving tennis skills. All experience levels, beginners, intermediate, and advanced, are welcome. Coaches are able to adapt tennis for each individual so that all can join in the fun. INSTRUCTOR: Abilities Tennis NC

5	Sa	4:00-5:00 pm	Sep 10-Oct 29	free*	ages 8+
High Park					

*Pre-registration required

Special Needs Basketball (formerly Spirit League)

This league is a unifying, safe and inclusive place for special needs teens and young adults to play basketball, get physically active, and make new friends. Our program stands for acceptance, teamwork, skill development and fun. In this league, we will always celebrate diversity, sportsmanship and the opportunity to be a beacon of hope for all.

JPCC	F	5:30-7:00 pm	Sep 9-Oct 14	\$15	ages 12+
JPCC	F	5:30-7:00 pm	Jan 13-Feb 24	\$15	ages 12+

*Pre-registration required, late fee assessed after deadline

Dream League Baseball

Designed for school-age participants with special needs, league games are played on Saturdays from late April through early June. Registration will be held February 1–28. STAFF CONTACT: Kelly Schurtz, kschurtz@wakeforestnc.gov, 919–435–9559

Registration: Feb 1-28	Apr-Jun season	\$15	ages 5+
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*Pre-registration required, late fee assessed after deadline



Dream League Baseball "BUDDY" program

Dream League Buddies assist players during games. This may include, but is not limited to, help guide a batter around the bases, assist in retrieving the ball, and cheering players on! Buddies are required to attend at least three games per season. STAFF CONTACT: Kelly Schurtz, kschurtz@wakeforestnc.gov, 919-435-9559

Registration: Feb 1–28	Apr-Jun season	free	ages 10+
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*Pre-registration required

Snowball Dance

Join us for a night in Winter Wonderland complete with a DJ, refreshments, dancing, and fun! Come with friends or come make new ones! Chaperones will be available for supervision but participants can bring additional support if necessary.

WFCH	F	6:30-8:30 pm	Dec 16	\$15*	ages 10-30

*Pre-registration required, late fee assessed after deadline



Yes! You Can Dance! «NEW!»

This is the ultimate dance-fitness party where we rock it out with our friends! This program features music from mainstream to international music from yesterday and today. This class will get you burning calories while dancing with moves that get movin' to the beat! It's all about feeling fearless on the dance floor, reinforcing the idea that it's okay to just be yourself and dance like no one's watching! It is so much fun it doesn't even seem like a workout! Dance steps are easy to follow, and choreography will focus on various world rhythm style dance as well as popular hip-hop style dance. No prior dance or fitness experience is necessary. INSTRUCTOR: Hannah Bleyer

JPCC	М	5:30-6:30pm	Oct 3-Nov 14	\$30	ages 10+
JPCC	М	5:30-6:30pm	Jan 23-Feb 27	\$30	ages 10+

*Pre-registration required **No class Oct 31

SPECIALIZED SERVICES

Inclusion Services

The Town of Wake Forest's Parks, Recreation, & Cultural Resources Department is committed to an inclusive approach to recreation and encourages individuals with and without disabilities to participate together. In order for individuals with special needs to participate as fully as possible, reasonable modifications will be provided in accordance with the Americans with Disabilities Act. If you or a family member requires a reasonable modification to participate in a program, please contact Kelly Schurtz at kschurtz@wakeforestnc.gov or 919-435-9559.

What is a reasonable modification?

Reasonable modifications are additional supports and resources used to help aid a person with a disability to participate in any program. These resources may include, but are not limited to, auxiliary aids or services, adaptive equipment, or additional support staff. The ADA does not require the Town of Wake Forest to take any action that would fundamentally alter the nature of its programs or services, compromise the safety of participants, or impose an undue financial or administrative burden.

For questions or program ideas, please contact Recreation Specialist Kelly Schurtz, kschurtz@wakeforestnc.gov, 919-435-9559.

Community Resources for Specialized Services

Abilities Tennis of NC	919-606-4917
Alliance Behavioral Healthcare	800-510-9132
Alliance of Disability Advocates -	
Center for Independent Living	919-833-1117
The ARC of the Triangle	919-832-2660
A Small Miracle Inc.	919-900-4422
Autism Society of NC - Wake Co. Chapter	800-442-2762
Brain Balance Achievement Center of Wake Forest	919-554-4622
East Point Prosthetics & Orthotics	919-844-7897
GiGi's Playhouse	919-307-3952
NC ABLE	919-814-4000
North Carolina Special Olympics	919-719-7662
Special Olympics Wake County	919-996-2111
Triangle Behavioral & Educational Solutions	919-449-8345
Triangle Down Syndrome Network	
Wake County Human Services	919-212-7000
Wake Forest Dream League	919-556-7093
WCPSS - Family & Community Connections	919-431-7334









ATHLETICS YOUTH AND ADULT



Youth Athletics

YOUTH BASKETBALL

Youth Basketball Leagues

Team practices begin in late October–November. Games are played December–February. League age is determined by participant's age on Dec. 31, 2021. STAFF CONTACT: KP Kilpatrick, kkilpatrick@wakeforestnc.gov, 919–435–9457

Registration:	Oct-Feb	\$100 \$60 <i>RD</i>	boys, ages
Sep 1–7: Residents Only	season		5-17
Sep 8-21: Residents & Non-Residents			girls, ages
Sep 22–30: Late Registration (all)			5-15

Skills, Drills & Development Basketball Clinic

Improve on your baller's basic fundamentals and skills with this fun and challenging basketball clinic. This clinic is designed by JJ Miller to improve each player's game, build confidence, and help them have more fun with the game of basketball. INSTRUCTOR: JJ Miller, Hoopers Elite Basketball Services

Flah Park	Sa	10:00-11:00am	Sep 17-Oct 8	\$100 \$80 <i>rd</i>	ages 6-14
Flah Park	Sa	10:00-11:00am	Oct 29-Nov 19	\$100 \$80 <i>rd</i>	ages 6-14
Flah Park	Sa	10:00-11:00am	Jan 7-28	\$100 \$80 rd	ages 6-14



Individual Basketball Training

In this program, J.J. Miller trains and develops all the basketball curriculum for our programs. We also have several Hooper's Elite certified trainers who are also USA Basketball licensed. Our individual training program concentrates on every aspect of the game and is specific to each individual player. These sessions are typically one player, however, they can be up to three if it's beneficial for each player. Sessions last 45 – 60 minutes depending on the key areas that we are working on for the particular day. The first session will be an evaluation session in which we put our clients through some basic drills to assess their skill level and focus on areas of their game that should be strengthened. We also get the player's thoughts on the areas in which they would like to improve. With this information, we will put together a specific program to maximize improvement.

The individual training programs include but are not limited to the following:

- Fundamentals (Ball Handling/Dribbling, Shooting, Passing, Defense, Rebounding, Footwork/agility, etc.)
- Drills (that can be translated to live play in games)
- Conditioning
- Mental aspects of the game
- Hidden gems (tips and pointers that I share only with my players on how to have an
 advantage in different areas during the game that I have learned through my own
 experiences of playing at the highest levels of each stage of my career.)

INSTRUCTOR: JJ Miller, Hoopers Elite Basketball Services

Flah Park	M-F	3:00-6:00pm	Sep	\$400 \$320 rd	ages 7-18
Flah Park	M-F	3:00-6:00pm	Oct	\$400 \$320 <i>RD</i>	ages 7-18
Flah Park	M-F	3:00-6:00pm	Nov	\$400 \$320 <i>RD</i>	ages 7-18
Flah Park	M-F	3:00-6:00pm	Dec	\$400 \$320 <i>RD</i>	ages 7-18
Flah Park	M-F	3:00-6:00pm	Jan	\$400 \$320 <i>RD</i>	ages 7-18
Flah Park	M-F	3:00-6:00pm	Feb	\$400 \$320 <i>RD</i>	ages 7-18

*Please contact JJ Miller at info@hoopers-elite.com to schedule training. This program is for intermediate to advanced level players. This is an 8-week-per-session program.



Networks Ball Handling Team

Calling all boys and girls grades 1–6! Want to learn to handle a basketball like a member of the Harlem Globetrotters? Unlike other programs, this character development program is wrapped in a basketball uniform! Participants will receive a ball handling notebook which includes drills and charting sheets to keep track of progress. This ball-handling experience creates an environment that challenges teammates to work hard, to work smart and to have fun. You will be showing off your ball-handling skills in no time! Performances will be in the Wake Forest area. Additional \$22 fee for uniform at first class. INSTRUCTOR: Networks Basketball

JPCC	Su	1:15-2:45 pm	Oct 4-Dec 20*	\$190 \$175 <i>RD</i>	ages 6-12
JPCC	Su	1:15-2:45 pm	Jan 10-Feb 28	\$165 \$150 <i>RD</i>	ages 6-12

*No class Nov 29

YOUTH BASEBALL, SOFTBALL & T-BALL

Winter O.D.P. (Off-Season Development Program)

Baseball AND Softball Off Season Development Program. Athletes will participate in professionally instructed workouts designed to develop necessary skill sets, improve established athleticism, and cultivate off season care to balance in season work INSTRUCTOR: FUNGO Staff Instructors

Heritage High Park	6:00-7:30 pm	Dec 6-Feb 9	\$375 \$300 rd	ages 8-11
Heritage High Park	7:30-9:00 pm	Dec 6-Feb 9	\$375 \$300 rd	ages 12-15

Youth Baseball, Softball & T-Ball Leagues

League drafts/team placement will begin in March. Practices begin within one week of league drafts. Games are played primarily on weeknights from April through late June. League age is determined by participants age on April 30, 2022. STAFF CONTACT: Edward Austin, eaustin@wakeforestnc.gov, 919–435–9562

Registration: Feb 1-7: Residents Only Feb 8-21: Residents & Non-Residents Feb 22-28: Late Registration (all)	\$100 \$60 RD boys, ages 5-17 girls, ages 5-15
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Dream League Baseball

An adaptive baseball league for school-aged children with special needs. League games are played on Saturday mornings from late April through early June at Heritage High Park. Registration is held online only throughout the month of February. STAFF CONTACT: Kelly Schurtz, kschurtz@wakeforestnc.gov, 919-556-7093

Registration: Apr-Jun season Feb 1-28	15*	ages 5+	
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*\$10 late registration fee

Dream League Baseball BUDDY Program

Dream League Buddies assist players during games. This may include, but is not limited to, help guide a batter around the bases, assist in retrieving the ball, and cheering players on! Buddies are required to attend at least 3 games per season.

Registration: Feb 1–28	Apr-Jun season	free	ages 10+

Tennis Program

Tennis leagues, tennis lessons and tennis clinics are offered by the Wake Forest Area Tennis Association (WFATA) through a partnership agreement with the Wake Forest Parks, Recreation and Cultural Resources Department. WAFATA provides fun, affordable, structured tennis programs for a diverse group of men,



women and children representing many races, nationalities, cultures, and socio-economic backgrounds. To learn more, visit www.wfata.usta.com.

Pickleball - Intermediate

Ready to improve your pickleball technique even more? Players who are already experienced with serving and rallying consistently but are looking to take their game to the next level, are invited to join in! Participate in targeted drills designed to improve movement, shot selection, accuracy, consistency, and overall game strategy. INSTRUCTOR: Troy Miller

JPCC	M/W	6:30-8:00 pm	Sep 12 & 14	\$63 \$50 <i>rd</i>	ages 9+
JPCC	M/W	6:30-8:00 pm	Sep 19 & 21	\$63 \$50 rd	ages 9+

Athletic League Registration

YOUTH REGISTRATION: New players must submit a copy of the participant's birth certificate. Returning players are not required to submit a birth certificate. ALL registration for youth leagues will be held online during the specified registration periods. Computer access will be available at Joyner Park Community Center should registrants need access.

ADULT REGISTRATION: Register online at wakeforestnc. recdesk.com.

MAXIMUM CAPACITIES: Due to space limitations, maximum capacities will be determined by PRCR staff for all age groups/leagues. Once all available spaces have been filled, registration will convert immediately to establishing wait lists for age groups/leagues.

RESIDENT/NON-RESIDENT RATES: Residents who live within the town's limits are eligible for the resident rate (RD). Residents who live outside the town's limits are encouraged to participate in athletic programs but will be charged the non-resident rate.

SPRING 2023 Baseball, Softball & T-ball

League Age

-		_										
May											Apr	AGE
2017	2017	2017	2017	2017	2017	2017	2017	2018	2018	2018	2018	5
2016	2016	2016	2016	2016	2016	2016	2016	2017	2017	2017	2017	6
2015	2015	2015	2015	2015	2015	2015	2015	2016	2016	2016	2016	7
2014	2014	2014	2014	2014	2014	2014	2014	2015	2015	2015	2015	8
2013	2013	2013	2013	2013	2013	2013	2013	2014	2014	2014	2014	9
2012	2012	2012	2012	2012	2012	2012	2012	2013	2013	2013	2013	10
2011	2011	2011	2011	2011	2011	2011	2011	2012	2012	2012	2012	11
2010	2010	2010	2010	2010	2010	2010	2010	2011	2011	2011	2011	12
2009	2009	2009	2009	2009	2009	2009	2009	2010	2010	2010	2010	13
2008	2008	2008	2008	2008	2008	2008	2008	2009	2009	2009	2009	14
2007	2007	2007	2007	2007	2007	2007	2007	2008	2008	2008	2008	15
2006	2006	2006	2006	2006	2006	2006	2006	2007	2007	2007	2007	16
2005	2005	2005	2005	2005	2005	2005	2005	2006	2006	2006	2006	17

Find participant's birth month in the top row of the chart. In the birth month column, find participant's birth year. League age is indicated on that row at far right.



Age Bracket

Baseball (male)	AGE	Softball (female)
T-ball	5 coed	T-ball
T-ball	6 coed	T-ball
Rookie League (machine pitch)	7	Rookie League (machine pitch)
Rookie League (machine pitch)	8	Rookie League (machine pitch)
Minor League	9	Minor League
Minor League	10	Minor League
Little League (11-12)	11	Little League (11-12)
Little League (11-12)	12	Little League (11-12)
Junior League (13–14)	13	Junior League (13-14)
Junior League (13–14)	14	Junior League (13-14)
Senior League (15–17)	15	n/a
Senior League (15–17)	16	n/a
Senior League (15–17)	17	n/a

WINTER 2022–23 Youth Basketball

League Age

Jan	Feb	Mar	Apr	May	Jun	July	Aug	Sep	Oct	Nov	Dec	AGE
2017	2017	2017	2017	2017	2017	2017	2017	2017	2017	2017	2017	5
2016	2016	2016	2016	2016	2016	2016	2016	2016	2016	2016	2016	6
2015	2015	2015	2015	2015	2015	2015	2015	2015	2015	2015	2015	7
2014	2014	2014	2014	2014	2014	2014	2014	2014	2014	2014	2014	8
2013	2013	2013	2013	2013	2013	2013	2013	2013	2013	2013	2013	9
2012	2012	2012	2012	2012	2012	2012	2012	2012	2012	2012	2012	10
2011	2011	2011	2011	2011	2011	2011	2011	2011	2011	2011	2011	11
2010	2010	2010	2010	2010	2010	2010	2010	2010	2010	2010	2010	12
2009	2009	2009	2009	2009	2009	2009	2009	2009	2009	2009	2009	13
2008	2008	2008	2008	2008	2008	2008	2008	2008	2008	2008	2008	14
2007	2007	2007	2007	2007	2007	2007	2007	2007	2007	2007	2007	15
2006	2006	2006	2006	2006	2006	2006	2006	2006	2006	2006	2006	16
2005	2005	2005	2005	2005	2005	2005	2005	2005	2005	2005	2005	17

Find participant's birth month in the top row of the chart. In the birth month column, find participant's birth year. League age is indicated on that row at far right.

Volunteer Coaching

Volunteer coaches are valuable assets to Wake Forest athletic programs. These individuals demonstrate a selfless concern for the community as evidenced by their willingness to give of their time to help area children.

Opportunities are available to coach the following sports:

- basketball (November–February)
- volleyball (mid-May to late July)
- spring baseball, softball and t-ball (mid-March to late June)
- fall baseball/softball (mid-August through mid-October)

We strive to provide a safe environment for Wake Forest youth. Therefore, before a coach is permitted to participate in any of our youth leagues, he/she is required to annually complete and submit a background check consent form.

To inquire about coaching opportunities, contact Athletics & Aquatics Superintendent Edward Austin at 919–435–9562, eaustin@wakeforestnc.gov or Athletic Programs Specialist KP Kilpatrick kkilpatrick@wakeforestnc.gov.

Rained Out
Sign up to receive
game cancellation notices
via text message.

RainedOut is a free notification program that allows you to receive a text message on your cellphone when games have been cancelled. To enroll for **Youth Baseball/Softball, Dream League** or **Adult Softball,** send a text to 844–83 with the message "Fields22". For the **Volleyball League**, send a text to 844–83 with the message "VB2022". For **Youth Basketball** and **Spirit League**, send a text to 844–83, with the message "BB2022".

Adult Athletics

KICKBALL

Adult Co-Rec Kickball League

League play is scheduled to begin in mid-September, and games will be played on weeknights and/or Sundays throughout late October. STAFF CONTACT: KP Kilpatrick, kkilpatrick@wakeforestnc.gov, 919-435-9457

Registration:	Sep-Oct season	\$225/team	ages 18+
Aug 1-31			

SOFTBALL

Men's Spring Competitive & Recreational Softball Leagues

Games played Monday, Wednesday, Thursday beginning in mid-March. STAFF CON-TACT: KP Kilpatrick, kkilpatrick@wakeforestnc.gov, 919-435-9457

Registration: Feb 1-28	Mar-Apr Season	\$550/team	ages 18+
100 1 20			

Church Men's Softball League

Games will be played Tuesday and Thursday beginning in late April. STAFF CONTACT: KP Kilpatrick, kkilpatrick@wakeforestnc.gov, 919-435-9457

Registration:	Apr-Jun Season	\$550/team	ages 18+
Mar 1-31			

TENNIS

Tennis Program

Tennis leagues, tennis lessons and tennis clinics are offered by the Wake Forest Area Tennis Association (WFATA) through a partnership agreement with the Wake Forest Parks, Recreation and Cultural Resources Department. WAFATA provides fun, affordable, structured tennis programs for a diverse group of men, women and children representing many races, nationalities, cultures, and socio-economic backgrounds. To learn more, visit www.wfata.usta.com.

PICKLEBALL

Pickleball Clinic - Beginner

Pickleball is considered one of the fastest-growing sports in the United States. It is a paddle sport that combines elements of tennis, badminton, and ping-pong, using a Pickleball paddle and a whiffle-type ball. Pickleball allows you to work on your balance, reflexes, and hand-eye coordination without placing excessive strain on your body. This clinic will provide the basic skills for learning how to play the game. Participants will learn basic rules, court position, basic techniques, courtesy and safety on and off the courts. INSTRUCTOR: USAPA Pickleball Ambassadors

Flah Park	М	8:30 am-10:30 am	Sep 12-19	\$32 \$25 rd	ages 18+
Flah Park	М	8:30 am-10:30 am	Oct 3-10	\$32 \$25 rd	ages 18+
Flah Park	Th	6:30 pm-8:30 pm	Nov 7-14	\$32 \$25 rd	ages 18+
Flah Park	М	8:30 am-10:30 am	Dec 5-12	\$32 \$25 rd	ages 18+
Flah Park	М	8:30 am-10:30 am	Jan 9-23	\$32 \$25 rd	ages 18+
Flah Park	М	8:30 am-10:30 am	Feb 6-13	\$32 \$25 rd	ages 18+
Flah Park	Th	6:30 pm-8:30 pm	Feb 4-11	\$32 \$25 rd	ages 18+



Join a league as a free agent!

Adults (age 18+) that are interested in playing softball or kickball but are without a team may register as a "Free Agent." PRCR staff will provide Free Agent contact information to team managers that may be seeking additional players to complete their team roster.

To register as a Free Agent, complete the form at wakeforestnc.gov (search "free agent").

ATHLETICS

Pickleball - Intermediate

Ready to improve your pickleball technique even more? Players who are already experienced with serving and rallying consistently but are looking to take their game to the next level, are invited to join in! Participate in targeted drills designed to improve movement, shot selection, accuracy, consistency, and overall game strategy. INSTRUCTOR: Troy Miller

JPCC	M/W	6:30-8:00 pm	Sep 12 & 14	\$63 \$50 rd	ages 18+
JPCC	M/W	6:30-8:00 pm	Sep 19 & 21	\$63 \$50 rd	ages 18+

Women's Fall Pickleball League

Pickleball leagues are designed for seasoned players with a minimum skill level of 3.0 or more. This means you will be required to know the rules, court position and shot execution on a consistent basis. Skill level guidelines are posted on wakeforestpickleballclub.comwebsite home page. The format will be individual ranking on a ladder league program. Please email wakeforestpickleballclub@gmail.com with questions regarding your skill rating or the program. INSTRUCTOR: Sandy Brasseale

Flah Park	М	6:30-8:30 pm	Aug 8-Sep 26	\$44 \$35 rd	ages 18+
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Men's Fall Pickleball League

Pickleball leagues are designed for seasoned players with a minimum skill level of 3.0 or more. This means you will be required to know the rules, court position and shot execution on a consistent basis. Skill level guidelines are posted on wakeforestpickleballclub.comwebsite home page. The format will be individual ranking on a ladder league program. Please email wakeforestpickleballclub@gmail.com with questions regarding your skill rating or the program. INSTRUCTOR: Joe Vartanesian

Flah Park	Tu	6:30-8:30 pm	Aug 9-Sep 27	\$44 \$35 RD	ages 18+
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RENAISSANCE CENTRE

FOR THE ARTS

TICKETS GO ON SALE AUG 3



Performances

Malpass Brothers

It wouldn't be summer at the Renaissance Centre without a visit from everyone's favorite brothers. The Malpass Brothers are coming into their own as international touring artists. Tickets go on sale June 8 at 10:00 am.

July 23	7:30 pm	Tickets: Reserved \$20 - \$30

You're a Good Man Charlie Brown (revised)

Explore life through the eyes of Charlie Brown and his friends in the Peanuts gang. This North Wake Theatre Production is guaranteed to please audiences of all ages.

Sep 17	:	Tickets: General Admission
Sep 18	3:00 pm	\$20, Ages 12 and under \$10

A Fall Evening Motown Cabaret

Pure Life Theatre Company will present A Fall Evening Motown Cabaret performed by their house band and sensational vocalists. The evening will feature the music of The Temptations, The Four Tops, The Supremes and Gladys Knight and the Pips and will have you on your feet dancing in the aisles.

Sep 23	7:30 pm	Tickets: Reserved \$20 - \$30



Donna Washington - Storyteller

Donna Washington is an internationally known, multiple award-winning storyteller, spoken word recording artist, and author. A highly animated performer, she has been entertaining, educating, and inspiring audiences for over thirty years.

Oct 21	6:30 pm	Free Admission
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Location: Alston-Massenburg Center, 416 N. Taylor St.

Party to a Murder - Mystery Dinner Theater

Produced by It's A Mystery. Parties are usually such happy occasions, but sometimes there are things that can put a damper on the festivities...like when unexpected guests show up...like when deep, dark secrets are revealed... like when someone is murdered! It will be up to you and your table of fellow sleuths to discover who the perpetrator...or perpetrators might be. Dinner will be catered by Cannon Catering. Visit the website for full menu.

Oct 22	6:30 pm	Tickets: Reserved \$50 (includes
		3-course dinner)

Chairmen of the Board

Meet your friends at the Renaissance Centre for some summertime fun...in the fall. The Chairmen of the Board has pleased music lovers for over 30 years and is one of Soul Music's all–time greats! Noted for hits like "Give Me Just A Little More Time" and "(You've Got Me) Dangling on a String." Bring your dancing shoes!

Nov 18	7:30 pm	Tickets: VIP \$40, Reserved \$25,
		General Admission \$20



Plaid Tidings - A Holiday Edition of Forever Plaid

A perfect harmony Christmas version of *Forever Plaid*. Bring the family, this North Wake Theatre production is suitable for ages 6 and up.

Dec 10	3:00 pm & 7:00 pm	<i>Tickets:</i> Reserved \$25
Dec 11	3:00 pm	

One Christmas Night in Memphis

This show will transport you to Sun Records on December 4, 1956, when Carl Perkins, Jerry Lee Lewis, Elvis Presley, and Johnny Cash met for an impromptu jam session. The group was nicknamed the "Million Dollar Quartet" in the media and rock 'n' roll history was made.

Dec 16	7:30 pm	<i>Tickets</i> : Reserved \$20 – \$35
Dec 17	3:00 pm & 7:30 pm	



Comedian Jen Kober

Jen Kober will bring her original blend of stand-up comedy, storytelling, and improvised rock-n-roll comedy to the Renaissance Centre stage. She has appeared in several TV productions: 2019 Netflix: RuPaul and The Queen, and Dead To Me, 2019 Disney's Diary of a Female President and 2017 and 2018 NPR Snap Judgement winner. This performance contains adult language and content. Please call the box office for more information.



Jan 27	7:30 pm	<i>Tickets:</i> General Admission \$20 Adults
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Rosa Parks & Friends

Presented by Bright Star Theatre, this production takes the audience on an amazing journey through time with Rosa Parks where some of the most remarkable figures in history come to life. This show gives a remarkable view of the challenges met by these amazing Black Americans.

Feb 4	11:00 am	Free Admission
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Location: Alston-Massenburg Center, 416 N. Taylor St.

Shana Tucker - Valentine's Day Brunch

What could be more romantic than treating your valentine to a Jazz brunch featuring Shana Tucker. Cellist and singer-songwriter, Tucker invites you in with her voice and captures your heart with her unique ChamberSoul style. She's opened for heavy-hitters like the Indigo Girls and Blind Boys of Alabama and played several years in Las Vegas with Cirque du Soleil. Brunch catered by Cannon Catering. Visit website for menu.

Feb 11	11:00 am	Tickets: Reserved \$60

2023 Wake Forest Film Festival

The Wake Forest Film Festival will spotlight passionate, creative and thought-provoking movies by some of today's most promising and accomplished local, national and international filmmakers. The two-day film showcase will engage audiences with films of all lengths and genres. Intended for both the general public and film professionals.

Mar 3-4	Times TBA	Tickets: General Admission \$20
		(all films for both days)
		(all lillis for both days)

Living Rhythms African Drumming

Living Rhythms performances are an educational, transformative, and exciting exploration of the drumming and dance of West Africa. The show begins with an attention–grabbing surprise by the artists that will have you on the edge of your seat right from the beginning.



Mar 25 11:00 am Free Admission	
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Location: Alston-Massenburg Center, 416 N. Taylor St.

RENAISSANCE CENTRE



Happy Dan the Magic Man

Happy Dan is that slightly silly, can't wait to see him loving uncle that every child loves. The laughter never stops as he struggles with his misbehaving props and the children come to his rescue. Happy Dan has traveled the world entertaining families for more than 30 years.



May 5 6:30 pm Free Admission

0.50 pm

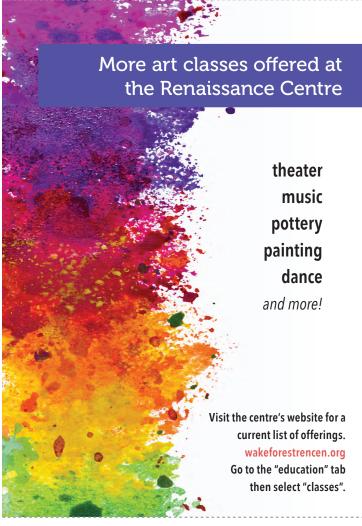
Croce Plays Croce

A.J.Croce's career spans three decades touring with a wide range of musicians: B. B. King, Ray Charles, Willie Nelson and the Neville Brothers. Many of Croce's albums have appeared on Top 40, Americana, College, and Blues charts. His breakout CD *That's Me in the Bar* charted in two separate decades. While A. J. has always traveled on his own musical road, he will bring his unique concert that celebrates both his own music and the music of his father, Jim Croce. Don't miss this opportunity to see A. J. Croce play and sing the music of his father. He will transport you with "You Don't Mess Around With Jim," "Operator (That's Not the Way It Feels),"



"Time in a Bottle" and "Bad, Bad Leroy Brown" and many more iconic hits.

Apr 22	7:30 nm	
		Tickets: Reserved \$20 - \$35

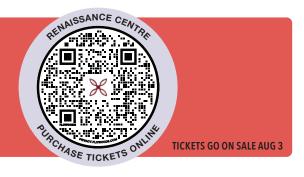


PURCHASE TICKETS

Tickets for shows may be purchased at **wakeforestrencen.org** or at the Renaissance Centre box office at 405 S. Brooks St., open Mon-Fri 9 am-12 pm and 1 pm-5 pm. 919-435-9458. **Ticket prices do not include tax.**

STAY CONNECTED

Sign up to receive email updates about upcoming events at the Renaissance Centre by visiting **wakeforestrencen.org** and clicking on "Join our Mailing List."





Town of Wake Forest Parks, Recreation & Cultural Resources Department 301 S. Brooks Street Wake Forest, NC 27587

wakeforestnc.gov/ parks-recreation-cultural-resources

The Wake Forest Parks, Recreation & Cultural Resources Department (PRCR) 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.

AN INCLUSIVE APPROACH

The PRCR Department is committed to an inclusive approach to recreation and encourages individuals with and without disabilities to participate together. In order for individuals with disabilities to participate as fully as possible, reasonable modifications will be provided in accordance with the Americans with Disabilities Act. If you or a family member requires a reasonable modification to participate in a program, please contact Kelly Schurtz, kschurtz@wakeforestnc.gov.

PARENT PARTICIPATION POLICY

The PRCR Department offers individualized skills programs for children. Parents are only permitted to attend sessions when the instructor requires parent participation. In preschool programs where parent participation is not required, children must be potty-trained in order to participate.

REGISTRATION

Programs

Preregistration is required for all programs. Full payment must be made at the time of registration. Class registrations will be accepted up to two business days before the program's start date as long as space is available and unless otherwise noted. Online registration is accepted at wakeforestnc.recdesk.com or at any PRCR staffed facility. Online registration closes two business days prior to the start of a program.

Athletics

Athletic registration will only be accepted during the advertised registration period. Early registrations will not be accepted. Registration for youth athletics is available online only during specified registration dates. Visit wakeforestnc.recdesk.com. New youth participants will be prompted to submit a birth certificate.

Non-Resident Fees

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

Program Refund Policy

Program fees are 100% refundable when the program is canceled by the PRCR Department. Anyone wishing to withdraw from a class that has not been canceled by the PRCR Department must request a refund, in writing, at least 10 business days before the start of the class. Refunds will not be given for withdrawals made less than the 10 business day period other than for verified medical/hardship cases.

Risk & Liability

By registering for classes/programs or athletic leagues, participants and/or their guardians understand that participating in the activities may include the risk of injury. These risks include slips/trips/falls, musculoskeletal injuries, physical contacts with/actions of other participants, the inherent risks of inclement weather, accidents while traveling to and from events/activities, and equipment problems or failures, among others. By registering for classes/programs/athletics, the registrant/guardian is choosing for themselves and/or their child/children to participate in the selected programs despite the risks. Participant/guardian is aware of the Town of Wake Forest Release of Liability requirement for participation, and agrees to the terms set within (liability waiver is required prior to completion of registration).

Athletic Refund Policy

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

OPEN PLAY

RecCard required

To participate in Open Play, you must obtain and show your RecCard. RecCards are required for any individual over the age of six participating in Open Play. Children five and under do not need a RecCard but they must be accompanied to Open Play by a parent or guardian. To get a RecCard, you must first create a new online registration account at **wakeforestnc.recdesk.com**. RecCards are free. If you lose your RecCard, the charge to get a new one is \$5.

COVID

Please note that PRCR-sponsored programs and events are subject to change with limited notice. Wake Forest officials will continue to closely monitor updates and follow guidelines from the Wake County Health Department, N.C. Department of Health and Human Services and the Centers for Disease Control. Guidelines have been implemented in protocols established by the Town to address potential exposure to the coronavirus and protect our community and staff.

Please be sure to check the Town's website or call the Parks, Recreation & Cultural Resources Department for an update on the status of programs and events.

