



## Events, Classes and More!

## It's all about YOU!

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**Photo Policy** – Cary Parks, Recreation & Cultural Resources Department reserves the right to photograph program participants for publicity purposes.

**Schedule Changes & Cancellation** – Cary Parks, Recreation & Cultural Resources reserves the right to alter schedules, fees and instructors as necessary. Classes are subject to cancellation when minimum enrollment has not been reached.

#### SPECIAL EVENTS Join us for a COLORFUL New Year!



#### Ski Sugar (age MS-HS)

Grab your coat and gloves and lets hit the slopes! Teen Scene invites you to come and experience skiing at Sugar Mountain! There's nothing like it! Tell your BFF and join us for a great day on the slopes! Trip includes transportation and lift ticket. Additional fees may apply. For more information call (919) 460-4965

Location:	Depa	rt from	Herk	bert	C. Young		
	Comr	nunity (	Cent	er	-		
Fees:	\$85(R	) \$	106 (	(N)			
	incluc	les tran	spor	tatio	on and lift ti	cket	
Additional	Fees:	Ski Rei	ntal 🕯	\$17;	Board Rent	al \$26:	;
		Lessor	ι – Bo	oard	d or Ski \$11		
57074	Mon	Feb	20		5 a.m9:30	) p.m.	

#### Building a Better YOU! Cary Teen Forum (age MS-HS)

Who defines a better you? You do!! Teens will "Build a Better You" at the 8th Annual Cary Teen Forum!! It's not up to your friends; it's not up to your family; building a better you is about you and up to you!! Triangle teens will learn how Yoga promotes strength, flexibility and body awareness. Teens will learn to set personal goals and individual efforts to enable them to take on everyday problems with confidence and calmness. Come participate in a fun service project all while having lunch, which is included. If you register by February 27, you will receive a forum t-shirt! For more information call (919) 460-4965.

Location: Herbert C. Young Community Center Fees:

	<b>.</b>							
	Pr	e-registe	red	\$10(R)	\$1	3(N)	(	1 class)
	Da	ay of eve	nt	\$15(R)	\$1 <sup>,</sup>	9(N)		
570	84	Sat		Mar 10	9	:30 a.	m.	-2 p.m.

#### Paintball Central (age ms-Hs)

Teens get ready to aim, fire and splat!!!! It's Paintball time! Spend a day out at Paintball Central Park in Greensboro with your friends, ducking, dodging and diving to avoid those zingers! Don't miss the fun! Sign up TODAY! For more call, (919) 460-4965.

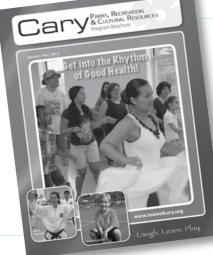
Location:	Depart from Herbert C. Young Community Center				
Fees:	\$50(R)	\$65(N)	(1 class)		
57091	Sat	Apr 21	10 a.m4 p.m.		

#### Jamfest (ms-Hs)

Come out and hear the best of the best compete for the Jamfest 2012 title! This mix of competition will be sure to get you on your feet! The Town of Cary values the importance and talent of teen musicians and we want you to support the efforts as well!!! So come on out for a great day of music and entertainment! For more information call (919) 460-4965. For info on competing, please look for an application in the back of the Winter Spring Teen Scene on page 26.

#### Location: Sertoma Amphitheater, Bond Park

Sat May 5 11 a.m.-4 p.m. (Awards to follow last performance)



on't forget to pick-up our complete guide r other Teen Jan-May 012 activities!

FRFF



The **Cary Teen Council** is a volunteer organization made up of fun and fascinating teens ranging from 6th-12th grades who come from a variety of schools in Cary and surrounding areas! The Teen Council has been in service for over 20 years! Teens participating in this organization have the opportunity to get involved in programs and events that focus on social/recreational, community awareness/service, educational, leadership/teamwork and fund raising/ recruitment. Many Cary Teen Council members receive a chance to serve in advisory capacities for various Town boards and commissions.

The group has been honored with a multitude of awards over the past few years. Most recently the group was recognized as the **2010 National Recreation and Park Association Voluntary Service Award** recipient, as well as the **Partner Organization of the Year for the Town of Cary**. Other awards include **Most Diverse Council** for the past 5 years through the NC State Youth Council, as well as 2009 **Most Outstanding Council**. Teens are also active in participating in state youth conferences throughout the year, as well as serving as officers. Two out of the five state officer positions are held by members of the Cary Teen Council. Members of the council are active throughout the year volunteering their time in many diverse opportunities recording over 10,000 hours this past year. Membership applications are accepted in June of each year. For more information call Cindi at (919) 460-4965 or visit **www.townofcary.org**.

## Executive Board Officers 2011-2012

#### **Co-Chairs:**

Micaela Percy Robert O'Connor

Assistant Chair: Michael Averell

Secretary: Kristen Chung Treasurer: Sanjana Prabhu

Program Director: Tiffany Tutwiler

Program Committee: Sonia Su Tomisin Ogundipe Sam Jasper Kyra Jasper – Middle School Rep



## TEENS IN SERVICE

For June registration, look for an application in the NEXT edition of the Teen Scene.

#### **Teens Serving on Town of Cary Boards and Committees:**

#### **Cultural Resources**

Atima Huria Anisah Nwokolo Priyanka Venkannagari

Koka Booth Amphitheatre

Aileen Lee

**Environmental Advisory** 

Rangoli Bhattacharjee

Athletics Justin Hoff

Friends of Page Walker Aaron Reeza

Public Art Lin Cao Katherine Harpham

#### Friends of Hemlock Bluffs

Amanda Reeza

Sister Cities Aribah Shah Sneha Bhalodia

#### Greenways

Sambit Panda Matthew Aupperle "The best way to find yourself is to lose yourself in the service of others." – Mahatma Gandi

**66** Teen council has become such a big part of my life over the years. Being part of the teen council has taught me to become a leader within my community and throughout life. **99** – Tiffany Tutwiler



**66** To me, the Teen Council is an opportunity to give back and serve my community.**?** 

– Robert O'Connor



#### Education

#### Financial Aid 101 (Parent and student age 11 & up)

FREE

What's the best way to pay for college? Student and parents will learn about financial aid basics, college costs, eligibility determination, and specific programs for NC families. You don't want to miss this informative seminar to get you started! Registration required.

Location: Herbert C. Young Community Center Instructor: Rhonda Manns, A2Z College Planning 56136

Sat Jan 21 10 a.m.-noon



#### Show Me the Money - Teen Finance **101** (age 11-17)

Learn the basics of money management: financial goal setting, credit card management, checkbook balancing, savings & investments, cash flow, and net worth. Valuable skills that you will use for the rest of your life. Taught jointly by a Harvard MBA and her 10th grader. Please bring a calculator.

Location:	Herbert C.	Young Community	/ Center
Instructor:	Lisa Duke		
<b>F</b>		¢ 20/NIN	(4   )

rees:	\$15(R)	\$20(IN)	(1 class)
56252	Sat	Apr 21	1-3 p.m.

#### FREE The College Quest Guide (Parent and student age 12 & up)

Parents and teens, get a head start on college prep! Learn the critical issues, interrelationships, deadlines and decisions required for you to successfully navigate the college search, selection and application process. Receive practical advice on such key topics as selecting your academic courses and extracurricular activities; determining best fit colleges; PSAT/SAT/ACT exams; application essays; recommendation letters; and financial aid. Get organized with a calendar of actions by grade. Registration required.

#### Instructor: Tom Wyrick, Whizard Academy

Location:	Middle	e Creek Com	munity Center
56138	Sat	Feb 4	10 a.mnoon
Location: 56141	Herbe Sat	0	Community Center 10 a.mnoon

#### Navigating College Admissions FREE Parent & Student

#### (Parent and student age 13 & up)

Are you a high school student or the parent of a high school student? The college admissions process can be very stressful and time consuming for the entire family. This workshop will cover topics related to college preparation, selection and application process. Tips and strategies will be provided on selecting courses, getting involved in outside activities, choosing appropriate standardized tests, college application essays, letters of recommendation and provide insight into how colleges read applications.

Location: Herbert C. Young Community Center Instructor: Rhonda Manns, A2Z College Planning

**56137** Sat Feb 25 10 a.m.-noon

#### How to Become the Student Colleges Want (age 14-17)

Calling all high schoolers!!! Learn how to plan your activities, classes and standardized testing with your eyes toward college! Don't miss out on the opportunity to learn strategic ways of becoming the student the colleges want!

Location:	Cary Senior Center			
Instructor:	Rhonda Manns, A2Z College Planning			
Fees:	\$22(R)	\$29(N)	(1 class)	
56135	Thu	Mar 8	6-7:15 p.m.	

#### 10 Steps to Successful College Selection (age 14-17)

Start doing your college research TODAY! Don't wait!!! From what majors colleges offer, to size and location, from being one of 200 students versus being one of 20 students in a class, you will learn the different criteria to consider when selecting a college.

Location:	Cary Senior Center			
Instructor:	Rhonda	Manns, A2Z	College Planning	
Fees:	\$22(R)	\$29(N)	(1 class)	
56139	Thu	Mar 29	6-7:15 p.m	



#### (age 15-17 high school juniors & seniors)

Want to get down to the nitty gritty of how to crack the SAT? We aren't covering just one section or two sections, but ALL THREE sections of the SAT will be covered, using sample test questions and writing exercises. You don't want to miss this in-depth and intense day of SAT training and even an inside scoop of what colleges are looking for!

Location:	Herbert C	. Young Community	y Center
Instructor:	Dori Staeh	le	
Fees:	\$88(R)	\$114(N)	(1 class)

rees.	\$00(IV)	$\mathcal{F}$	(T Class)
56262	Sat	Feb 18	12:30-5 p.m.
56271	Sat	Mar 24	12:30-5 p.m.

#### Get it Done! Preparing the College App (age 15-17)

It's time to apply -It sounds simple: fill in the application, paste in the essay and send! In reality, when you begin to complete the application there are often many questions, including: Which major should I select, which kinds of activities should I include, how do I quantify my time for extracurricular activities or community service and what are the hotspots on college application that admissions committee focus? Come prepared to review an actual college application.

Location:	Cary Senior Center			
Instructor:	Rhonda	i Manns, A2Z	College Planning	
Fees:	\$22(R)	\$29(N)	(1 class)	
56140	Thu	Apr 12	6-7:15 p.m.	

#### The College Essay (age 15-17)

Start preparing for the college essay. From brainstorming essay topics, learning the "do's" and "don'ts" of essays and evaluate real life essays of students admitted to top colleges, this class will provide guidance in completing the essay.

Location:	Cary Senior Center			
Instructor:	Rhonda	Manns, A2Z	College Planning	
Fees:	\$22(R)	\$29(N)	(1 class)	
56142	Thu	May 17	6-7:15 p.m.	



#### DON'T WAIT

Please register early. Early registration allows us time to plan appropriately. Often times we are able to accommodate those on waiting lists by adding additional spots in the class or adding additional classes. Classes that do not meet their minimum enrollment are generally cancelled, you could make the difference.

#### **Career Exploration**

#### Architectural Interior Design for Teens (age 12-17)

This class is designed to introduce teens to the world of interior and architectural design. Participants will learn basic architectural drawing skills, and create design portfolios containing scale drawings, floor plans, elevations, renderings, and presentation boards. These portfolios are very important for anyone considering design school. No experience necessary.

Location:	Page-Walker Arts & History Center				
Instructor:	Wendy Jabs				
Fees:	\$119(R)	\$149(N)	(6 classes)		
57665	Sat	Jan 7-Feb 11	9 a.mnoon		

#### Foreign Languages

#### French for Teens I (age 11-17)

Bonjour! Have you ever taken French or have been interested in the French language and culture? If you would like to learn some basic French phrases (like introductions, numbers, time, calendar, travel) and be able to use them with your friends, and learn more about French culture – in France, Québec and other places in the world – come to French For Teens I! We will have fun and learn a lot through books, video, conversation and games!

Locatio	n: Herbe	Herbert C. Young Community Center				
Instruc	Instructor: Laurel Nicolosi					
Fees:	\$88(R)	\$114(N)	(8 classes)			
	-	Jan 23-Feb 16 Apr 9-May 3	3:45-4:45 p.m. 3:45-4:45 p.m.			

#### French for Teens II (age 11-17)

Bienvenue! Prerequisite – French for Teens I or prior French knowledge. Now that we have learned the basics, we can use these phrases in conversation and enjoy speaking French! It is a beautiful language and fun to speak. We'll practice and present mini-skits, watch French videos and plays, and meet some French speakers as well!

		Herbert C. Young Community Center Laurel Nicolosi				
Fees:	\$88(R)	\$114(N)	(8 classes)			
57436	Mon,Thu	Feb 27-Mar 22	3:45-4:45 p.m.			
Fees:	\$77(R)	\$100(N)	(7 classes)			
57438	Mon,Thu	May 7-31 (no class May 2				

#### Spanish 4 Teens (age 11-17)

new

Location:	Herbert	C. Young Cor	mmunity Center
Instructor:	Wynton	Mann	
Fees:	\$28(R)	\$36(N)	(8 classes)

#### Back to the Basics

The purpose of this course is to further the students' conversational skills in Spanish. In addition to new vocabulary, the present tense and other useful grammatical points will be covered. There will be great emphasis on developing the students' speaking ability. The students will create their own dialogues on specified topics, and will be responsible for several readings. Focus is on the present tense.

57536	Mon,Wed	Jan 23-Feb 15	4-5:30 p.m.
57544	Mon,Wed	Mar 19-Apr 11	4-5:30 p.m.

#### Blast from the Past

This course furthers the knowledge of students' language skills through review of the fundamentals of Spanish structure, and by emphasizing oral reading comprehension and self-expression in speaking and writing. The course also expands students' understanding of the civilization, culture, and customs of Spanish-speaking people. Focus is on the past tense.

57545	Mon,Wed	Feb 20-Mar 14	4-5:30 p.m.
57546	Mon,Wed	Apr 16-May 9	4-5:30 p.m.

#### Etiquette

#### Pageant Girls....by C.B. (age 11-17)

Pageant Girls....by C.B. offers young ladies the ability to reach the best of their potential by building self-esteem, confidence in themselves, and public speaking through the art of pageantry. This class will be an excellent venue for young girls to perform, develop stage presence, and hone in on their public speaking skills. Former contestants will be visiting the classes to share their inspirational stories on how pageants have shaped their lives.

**Location:** Herbert C. Young Community Center **Instructor:** Chetoca Barfield, Current Mrs. Wake

Fees:	Cour \$132	2	\$162(N)	(6 classes)
56411 56412	Tue Tue		3-Feb 7 21-Mar 27	5:30-6:30 p.m. 5:30-6:30 p.m.
56413	Tue	Apr	10-May 15	5:30-6:30 p.m.

#### Ex<sup>p</sup>lore The great outDoors

#### Young Ecologists (age 10-13)

Participants will build self-esteem and make new friends while expanding their knowledge and appreciation of the environment. Each session is primarily a field excursion with a classroom session relevant to a specific nature topic. Equipment provided.

Fees:	\$12(R)	\$16(N)	(1 class)

#### Winter Wildlife Survey

Join us for our annual check of the nature preserve wildlife boxes! Songbirds, squirrels, owls, bats, tree frogs and more use these boxes.

56211	Sun	Jan 22	2-4 p.m.
J0211	Sun	Jan ZZ	z-4 p.m

#### Amphibian Search

We'll check throughout the wetland areas for salamanders and frogs. Some are already laying eggs! Equipment provided.

56212	Sun	Feb 5	3-5 p.m.
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#### Hemlock Nature Quest (age 13-18)

These workshops are designed to expand teens' knowledge of local nature through hands-on field explorations, with occasional classroom investigations. Participants will also gain experience with scientific study, methods and ethics.

Fees:	\$12(R)	\$16(N)	(1 class)	All nature
	<b>dventures</b> ing winter t	here are anima	ls that are ac-	educatio
tive. Disc <b>56215</b>	over where Sun	they live and h Jan 15	nide! 2-4 p.m.	programs
	der Alert		b	take plac
	ys at the na	m one of our w ture preserve.		at the
56216	Sat	Feb 18	2-4 p.m.	Stevens

# Find Your<br/>Inner Core!Core Yoga (age 11-17)This fun and fabulous workout will create a strong<br/>midsection and a toned body. A strong core provides<br/>mind and body enhancement. This class will follow<br/>the traditional fitness format of warm up, work out<br/>and cool down to great music. Each class will close<br/>with deep stretches and final relaxation.Location:Page-Walker Arts & History Center<br/>Instructor: Taralyn Farrel!<br/>Fees:Yest\$25(R)\$33(N)YestYest

instructor.	Taraiyn	lanen	
Fees:	\$25(R)	\$33(N)	(4 classes)
57415	Tue	Jan 17-Feb 7	5:30-6:15 p.m.
57687	Tue	Feb 21-Mar 13	5:30-6:15 p.m.
57688	Tue	Apr 10-May 1	5:30-6:15 p.m.
57689	Tue	May 8-29	5:30-6:15 p.m.





## find your creaTive Side



All art

courses

are held

at Cary

unless

noted.

**Arts Center** 

otherwise

#### General Teen Arts Weekend

#### Line up Drawing (age11-15)

Lines visually separate and/ or define the forms, shapes and patterns of components in a drawing. This workshop will increase your skills and knowledge of drawing.

Instructor	: Paulette	e Tune Jensen	
Fees:	\$16(R)	\$21(N)	(1 class)
56781	Sat	Jan 14	1-3 p.m.

#### Snowflake Sculpture (age 11-15)

Create a one-of-a-kind winter phenomenon in sculpture.

Instructor:	Kim Ma	rchesseault	
Fees:	\$16(R)	\$21(N)	(1 class)
56817	Sat	Jan 21	1-3 p.m.

#### Handmade Heirloom Valentine (age 11-15)

Create a Valentine to treasure forever! Learn simple sewing stitches and combine delicate fabrics and lace to make this heirloom heart.

Instructor:	Lisa Honeycutt			
Fees:	\$24(R)	\$31(N)	(1 class)	
56826	Sat	Jan 28	12:30- 3:30 p.m.	

#### Teen Manga Sketchbook (age 12-15)

Design and sketch character and creatures typical of Japanese comics using pen and ink, markers and colored pencils.

Instructor:	Alberto	Lung	
Fees:	\$16(R)	\$21(N)	(1 class)
57827	Sat	Jan 28	1-3 p.m.

#### Teen Cartooning (age 12-15)

If you have ever wanted to learn about cartooning, then this is the class for you. Not sure about cartooning? Take the simple cartoonist's quiz...do you like: a) Cartoons b) Drawing c) Having Fun d) Broccoli. If you answered a, b, or c, you are definitely in the right place. If you answered d, don't worry, you're still in luck: lots of cartoonist like broccoli.

Instructor:	Robert	Ostrom	
Fees:	\$16(R)	\$21(N)	(1 class)
56777	Sat	May 5	10 a.mnoon

#### Heart Relief Sculpture (age 11-15)

Experiment with shape, space, color, and lines while creating a beautiful abstract relief sculpture suitable for hanging.

Instructor:	Kim Ma	rchesseault	
Fees:	\$16(R)	\$21(N)	(1 class)
56819	Sat	Feb 4	1-3 p.m.

#### Teen Valentine Jewelry Workshop

#### (age 11-15)

Design an original pair of earrings for yourself or as a Valentine's gift using metals, wire, and beads.

(1 class)

Instructor: Linda Simpson Fees: \$16(R) \$21(N) 56864 Sat Feb 11 10 a.m.-noon

#### Let's Talk 3-D (age 11-15)

Using different styles and materials learn to draw in 3-D.

Instructor:	Paulette	e Tune Jensen	
Fees:	\$16(R)	\$21(N)	(1 class)
56783	Sat	Feb 18	10 a.mnoon

#### It's In the Bag! (age 11-15)

Turn an old shirt into a unique bag. Learn simple stitches and sew on buttons to make this one-of-akind accessory.

Instructor:	Lisa Honeycutt			
Fees:	\$24(R)	\$31(N)	(1 class)	
56827	Sat	Feb 18	12:30- 3:30 p.m.	

#### 3-D in Painting (age 11-15)

Learn techniques to transport your painting into the third dimension.

Instructor:	Paulette	e Tune Jensen	
Fees:	\$32(R)	\$42(N)	(2 classes)
56784	Sat	Feb 25-Mar 3	10 a.mnoon

#### Stamp Design and Prints (age 11-15)

Design and carve your own stamp, then learn to use simple printing techniques. Prints suitable for greeting cards, wall art and more.

Instructor:	Kim Marchesseault		
Fees:	\$16(R)	\$21(N)	(1 class)
56818	Sat	Feb 25	1-3 p.m.

#### Tulips and Irises Art Card (age 11-15) NEW

Create miniature spring blooms with silk ribbon and beads. You will learn basic stitches to make each flower. With a stencil and marker, create stepping stones to the garden. Prerequisite: Knowledge of threading a needle.

Fees:	\$32(R)	\$42(N)	(2 classes)
56840	Sat	Mar 10-17	1-3 p.m.



#### Woven Wall Hanging (age 11-15)

Learn how to make a simple loom to weave a colorful wall hanging.

Instructor:	Lisa Ho	neycutt	
Fees:	\$24(R)	\$31(N)	(1 class)
56839	Sat	Mar 17	12:30- 3:30 p.m.

#### Color Complements-Painting (age 11-15)

Select your palette using complementary colors and create an acrylic painting to enjoy for years to come.

Instructor:	Paulette	Tune Je	ensen	
Fees:	\$16(R)	\$21(1	N)	(1 class)
56780	Sat	Mar 31	10:30 a.m12	2:30 p.m.

#### Graffiti Art Tags (age 11-15)

The dog tag necklace is a popular type of art jewelry. Make an art tag necklace for yourself or a friend. Each student will permanently imprint his or her ideas into copper or brass metal using hammering and stamping techniques. Voilà! Original graffiti art tags.

Instructo	r: Linda S	impson		
Fees:	\$16(R)	\$21(N)	(1 class)	No.
56873	Sat	Mar 31	1-3 p.m.	N Z

Materials are not included unless specified. Supply lists are included with registration confirmations when registering at centers and on-line. Cary Arts Center does not offer makeup classes nor provide materials for missed classes.

#### Prints Charming-Printmaking (age 11-15)

Using the elements of design, value and texture, learn the skills of printmaking.

Instructor	: Paulett	e Tune Jensen	
Fees:	\$16(R)	\$21(N)	(1 class)
56782	Sat	Apr 14	1-3 p.m.

#### Silk Painting (age 11-15)

Create striking designs using brilliant colors on soft, flowing silk that can be worn as a scarf or displayed as a wall hanging. Silk painting will be permanent and washable.

Instructor:	Kim Marchesseault			
Fees:	\$36(R)	\$45(N)	(3 classes)	
56820	Sat	Apr 14-28	1-2:30 p.m.	

#### Felted Bowls (age 11-15)

Learn the ancient art of felting to make elegant bowls to hold your treasures.

Instructor:	Lisa Honeycutt			
Fees:	\$24(R)	\$31(N)	(1 class)	
56828	Sat	May 19	12:30-3:30 p.m.	

#### <mark>General Art</mark>

#### Paper Imagination (age 11-16) NEW

Explore the ways to create paper. From origami designs to sculpted creatures, from puppets to tissue collage, students will learn to use different media and their imaginations to complete a variety

Instructor:	Ginny C	D'Neal	
Fees:	\$64(R)	\$82(N)	(5 classes)
57378	Wed	Feb 8-Mar 7	5- 7 p.m.

NEW

#### Identity (age 11-16)

of paper projects.

Create a new identity when you design a wonderful piece of art with the visiting resident artist, Lily Karmatz. She will design a piece for the Cary Art Center to be displayed in the Cary Art Center Gallery. When you create your art piece, you will discover a whole new identity! Art work will be created from natural found objects.

## Instructor: Lily Karmatz Fees: \$16(R) \$21(N) (1 class) 57414 Thu Mar 29 6-8 p.m.

#### Calligraphy

#### Teen Calligraphy with Design in Mind (age 11-16)

Do you like to create scrapbooking projects? In this class you will learn new decorative lettering styles, from traditional to exotic, to design & embellish scrapbooking projects, monogrammed stationery and memory pages and mini-books.

Instructor:	Ginny (	D'Neal	
Fees:	\$52(R)	\$68(N)	(5 classes)
57389	Mon	Jan 30-Feb 27	5:30-7 p.m.

#### Calligraphy & Graffiti: Old and New Messages (age 10-15)

Texting as defined by Wikipedia refers to: "the exchange of brief written messages between fixedline phone or mobile phone and fixed or portable devices over a network." In this class students will text the written word in a different way using calligraphy and graffiti. Each student will create art projects expressing messages in ink, paint and pastels on a variety of surfaces.

Instructor:	nstructor: Linda Simpson & Ginny O'Neal			
Fees:	\$61(R)	\$79(N)	(6 classes)	
56333	Tue	Jan 31-Mar 6	5-6:30 p.m.	

#### Ceramic Arts

#### Colored Clay Bead Jewelry for Teens (age 12-16)

Explore techniques for creating eye-catching beads from colored porcelain clay including fabricating distinctive shapes, adding texture and creating embellished surface designs. Discover a variety of stringing ideas for your exciting creations when you learn simple beading techniques. Clay and stringing materials are included.

Instructor:	Linda S	impson	
Fees:	\$18(R)	\$23(N)	(2 classes)
57475	Sat	Apr 14-21	1-3 p.m.

#### Kids at the Wheel I (age 10-14)

Learn all aspects of wheel-thrown and handbuilt pottery from construction to decoration, working half the time on the wheel and half the time handbuilding and decorating thrown pieces. This class prepares you to use the ceramic studio during self-directed open studio time, available with parental approval. Tools kits are provided. Clay must be purchased from the center for \$0.60/lb plus tax.

Fees:	\$108(R)	\$138(N)	(6 classes)
with Joha <b>57347</b>	nna New Mon	Jan 23-Feb 27	4:15-6:45 p.m.
with Brend	_ `		
57472	Tue	Apr 3-May 8	4:30-7 p.m.

#### Pottery with a Purpose (age 10-15)

"Say it with Clay" classes refine handbuilding skills by utilizing pattern and texture combined with words, poetry, names, symbols, etc. which all play a part in creating artistic expression through clay.

Instructor:	Lynne F	ischer	(2 classes)
Fees:	\$24(R)	\$31(N)	
Personalize 57332	ed Mug Wed	Feb 8-15	4:30-6:30 p.m.
Bells & Car 57333		<b>ders</b> Mar 7-14	4:30-6:30 p.m.
Sculptured	<b>Wall Re</b>	<b>lief</b>	4:30-6:30 p.m.
57334	Wed	May 2- 9	

#### Teen Pottery Basics (age 12-17)

Experiment with handbuilt and thrown pottery forms created from the wheel, slab roller, and extruder (like a giant pasta machine!). Explore embellishment and glazing techniques to create fantastic pottery pieces. This class is open to all levels of experience. Materials: Materials are not included. Clay must be purchased from the center at \$0.60/lb.

Instructor:	Brenda	Taylor	
Fees:	\$97(R)	\$126(N)	(6 classes)
57352	Tue	Jan 24-Feb 28	4:15-6:45 p.m.

#### **Copper Enameling**

#### Copper Enameling for Teens (age 11-16)

Experience the qualities of copper enameling while designing small, unique copper pieces for jewelry and home accessories. Investigate the enameling process from preparing the copper through applying enamel colorants. Purchase copper pieces from center. Enamels, copper cleaner, sifters and firing tools are provided. (Instructor will kiln fire pieces.)

Instructor: Ginny O'Neal			
Fees:	\$61(R)	\$79(N)	(5 classes)
56787	Thu	Jan 19-Feb 16	5:30-7 p.m.

#### Drawing & Painting

#### Rock Painting for Beginners: Teen (age 11-15)

A rock painter for over 20 years, Lynne Fischer will guide each student through the process of turning a simple stone into a work of art. Each student will receive two stones to paint: one small warm-up stone and one larger palm-sized stone. Based on the stone's shapes and the students' own inspiration, the paintings will emerge by adding layer upon layer of colors and brushstrokes. A final acrylic coating to protect the painting is optional and will need to be applied at home if desired.

Instructor:	Lynn Fisher			
Fees:	\$16(R)	\$21(N)	(1 class)	
57400	Wed	Jan 18	4:30-6:30 p.m.	
57401	Wed	Feb 1	4:30-6:30 p.m.	
57404	Wed	Apr 4	4:30-6:30 p.m.	

#### Teen Watercolor, Beginning (age 11-17)

Learn to prepare materials, mix colors, apply washes, and create light and shadow. Create special effects for a variety of subjects: landscapes, seascapes, nature, architecture, still-lifes and people. Supply list provided on Receipt Confirmation.

Instructor:	Rocky (	Roxanna) Alexander	-
Fees:	\$54(R)	\$70(N)	(4 classes)
57140	Tue	Jan 24-Feb 14	4-6 p.m.

### Teen Abstract Painting Made Simple (age 11-15)

Have you ever looked at modern and contemporary art and wondered "How they do that?" This class will take the mystery out of abstract painting. Working in acrylics, we will use various techniques to create original abstract art. Splattering allowed!

Instructor: Anne Gregory				
Fees:	\$74(R)	\$94(N)	(6 classes)	
56893	Thu	Jan 26-Mar 1	6-8 p.m.	
56894	Thu	Mar 22-Apr 26	6-8 p.m.	

#### Pen, Conte, Brush and Pencil (age 11-16)

Explore drawing with different materials in the style of the masters (Leonardo da Vinci, Picasso, Matisse). Come have fun, learn a new drawing style and surprise yourself. Supply list provided on Receipt Confirmation.

Instructor:	Paulette	e Tune Jensen	
Fees:	\$64(R)	\$82(N)	(5 classes)
56790	Wed	Feb 8-Mar 7	6-8 p.m.

#### Don't know how to Register? It's EZ!





**EZ-REG Mail-in** – Send completed registration form and full payment to Cary Parks Recreation & Cultural Resources; PO Box 8005; Cary, NC 27512-8005.

**EZ-REG Walk-In** – Bring completed registration form and full payment to any Parks, Recreation & Cultural Resources staffed facility.

**EZ-REG Web** – Personal access codes and credit card required. Register online at www.classweb.townofcary.org.

**EZ-REG Phone** – Personal access codes and credit card required. Register by automated phone system at (919) 462-2017. Call (919) 469-4061 for more information.

#### Teen Water-Soluble Oils (age 11-17)

Now, paint with the freedom of oils without the hazards of solvents as you explore the traits of Water-Soluble Oils. Experiment with palette knives to create impressionistic paintings. Explore the qualities of oil paint that mixes with water but maintains oil's vibrancy with faster drying time and minimum odor. Supply List provided on Receipt Confirmation.

Instructor:	Rocky (	Roxanna) Alexandei	r
Fees:	\$54(R)	\$70(N)	(4 classes)
57141	Tue	Feb 28-Mar 20	4-6 p.m.

#### Teen Sketch Your Pet (age 12-17)

Learn the basic elements of drawing and how to apply your skills to capture the personality of your pet with black & white studies using a variety of drawing materials. Bring one or two "close-up" photocopies of your pet. Supply list provided on Receipt Confirmation.

Instructor	: Ginny (	D'Neal	
Fees:	\$42(R)	\$55(N)	(3 classes)
56882	Sat	Mar 17-31	1-3:30 p.m.

#### Learn to Look Right! Teen Drawing

#### (age 12-17)

Learn a new way of seeing with simple techniques to develop your drawing abilities. From warm-up exercises to completed drawings, this course will improve your skills, knowledge, and fundamentals of drawing as you concentrate on black-and-white studies using a variety of drawing materials. Supply list provided on Receipt Confirmation.

Instructor	Ginny G	D'Neal	
Fees:	\$59(R)	\$76(N)	(6 classes)
56892	Mon	Mar 5-Apr 9	5:15-6:45 p.m.

#### Teen Oil Pastels (age 11-16)

Investigate the flexibility of oil pastel as you experiment on different surfaces. Add colored pencil and push this vibrant medium to its fullest potential. Oil pastel keeps well, has no fumes and isn't messy. Clean-up is quick and changes can be made easily. Whether you're interested in realistic or abstract work, this is the medium for you. Supply list provided on Receipt Confirmation.

Instructor:	Paulette	e Tune Jensen	
Fees:	\$54(R)	\$70(N)	(4 classes)
56791	Wed	Mar 14-Apr 11 (no class Mar 2	5:30-7:30 p.m. ?8)

#### More Watercolor for Teens (age 11-16)

Now you can advance your watercolor skills in quick three-week courses that investigate specialized techniques used by the professionals. Each session, focuses on a different technique and/or subject, so try them all. Supply List provided on Receipt Confirmation.

Instructor: Fees:	Rocky (f \$44(R)	Roxanna) Alexander \$57(N)	(3 classes)
Painting Bi 57142		atercolor Apr 3-17	4-6 p.m.
•	•	<b>s in Watercolor</b> Apr 24-May 8	4-6 p.m.

#### Adventures in Foreshortening (age 10-14)

Students will learn the definition of foreshortening and be able to see foreshortening in their compositions of the human form. Varied media will be used.

Instructor:	Paulette	e Tune Jensen	
Fees:	\$16(R)	\$21(N)	(1 class)
56779	Sat	May 5	1-3 p.m.

#### Teen Color Mixing Workshop in Water-Soluble Oils (age 11-17)

Students who have become familiar with beginning painting in oils will be able to explore some color theory and ways to mix those colors you need, but don't have in your big bag of supplies! Create beautiful greens and purples, learn the colors of shadows and discover how to match the colors in your photographs! Supply List provided on Receipt Confirmation.

Instructor:	Roxanna) Alexander		
Fees:	\$44(R)	\$57(N)	(3 classes)
57144	Tue	May15-29	4-6 p.m.

#### Glass & Jewelry

#### Teen off the Cuff (age 11-15)

Learn beginning metal jewelry techniques and create a brass or copper cuff bracelet. Each student will learn stamping, hammering, and forming techniques to create an original work of wearable art.

Instructor:	nstructor: Linda Simpson		
Fees:	\$16(R)	\$21(N)	
56796	Fri	Jan 20	

(1 class) 7-9 p.m.

#### Teen Fused Glass Art (age 11-15)

Create glass jewelry and small works of art. Cut glass, lay out a design and assemble pieces that become permanently fused when fired. Due to kiln firing schedules, completed works are picked up at a later date. Materials, including 4 ounces of glass, are provided. Additional glass may be purchased for \$.75 per ounce.

Instructor	Paula MacLeod			
Fees:	\$54(R)	\$70(N)	(4 classes)	
56696	Mon	Jan 23-Feb 13	5-7 p.m.	

#### Teen Popcycle Art (age 11-16)

Have fun learning different ways to use recycled and repurposed materials to design and make unique earrings and necklaces full of color and pizzazz. Use your imagination to create new styles for your spring outfits. All materials and findings will be furnished.

Instructor	: Ginny (	Ginny O'Neal			
Fees:	\$44(R)	\$57(N)	(4 classes)		
57360	Wed	Mar 28-Apr 18	5-6:30 p.m.		

#### Just for Mom (age 11 & up)

Handcraft a pair of earrings for Mom or yourself. Learn the composition of basic ear decor. Practice wire wrap with bead assembly. Create a unique style using sparkling materials for a dazzling design. Basic metal components will be provided; sterling silver findings will be available for purchase.

Instructor:	Ginny C	D'Neal	
Fees:	\$12(R)	\$16(N)	(1 class)
57416	Fri	May 11	7-8:30 p.m.





#### CULINARY ARLS what's cookin'

#### Crepe Flipping 101

Using a simple crepe batter, you will learn the art of flipping crepes without landing them on the kitchen floor! As if that isn't enough fun we will then fill them with Nutella®, whipped topping and fresh seasonal fruits- YUM!

Location:	Herbert C. Young Community Center		
Instructor:	Susan C	Cardia Quint, P	ersonal Chef
Fees:	\$19(R)	\$25(N)	(1 class)
56428	Tue	Jan 10	4:30-6 p.m.

#### Pasta with a Punch

This class will focus on the basics of making perfect pasta! Teens will be exposed to a variety of noodles and learn the differences between them. Participants will make a traditional white sauce, red sauce from scratch, a fresh tomato sauce and more.

Location:	Herbert C. Young Community Center		
Instructor:	Chef Wynton Mann		
Fees:	\$22(R)	\$28(N)	(1 class)
56254	Thu	Jan 19	4:30-6:30 p.m.

#### All American!

Learn to make macaroni and cheese from scratch, English muffin pizzas, and a yummy milkshake for dessert!

Location:	Herbert C. Young Community Center		
Instructor:	Susan Cardia Quint, Personal Chef		
Fees:	\$19(R)	\$25(N)	(1 class)
56429	Tue	Jan 24	4:30-6 p.m.

#### Parent & Teen Day

Does your teen share your passion for cooking? Does he or she aspire to be a chef? Then you'll both enjoy Parent & Teen Day. Featuring hands-on cooking, chef demonstrations, and classic recipes, this class offers an unforgettable bonding experience for the two of you.

Location:	Herbert	C. Young Corr	nmunity Center
Instructor:	Chef Wy	nton Mann	
Fees:	\$49(R)	\$64(N)	(1 class)

#### Viva Latin America!

Join Chef Mann as we discover the flavors of Spain, Mexico, Argentina and Cuba.

56280 Sat Feb 4 10 a.m.-2 p.m.

#### A Tribute to Julia Childs

We offer the opportunity to walk in the shoes of the Master. Basics, important foundations and fabulous classics from Julia's Kitchen.

56281 Sat Mar 3 10 a.m.-2 p.m.

#### Mamma Mia!

We will make fresh homemade pasta, traditional sauces and a tiramisu to die for.

56282	Sat	May 12	10 a.m2 p.m.

#### Who's a Chocoholic?

Join Chef Chef Wynton and learn about the different types of chocolate, how they taste, look and are used. Each student will make a chocolate lava cake, be enchanted with a decadent chocolate mousse and much more.

Location: Herbert C. Young Community Center Instructor: Chef Wynton Mann

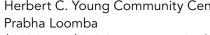
Fees:	\$22(R)	\$28(N)	(1 class)
56272	Thu	Feb 2	4:30-6:30 p.m.

#### A Taste of India

Learn how to make a multi-course traditional Indian meal, using different spices and spice mixtures to adapt different recipes. Enjoy a complete meal after the class, menu varies.

Location: Herbert C. Young Community Center Instructor: Prabha Loomba

Fees:	\$28(R)	\$36(N)	(1 class)
56714	Wed	Feb 8	5:30-7:30 p.m.



**All Culinary** 

Classes

age 11-17

Stuffing the Dough

Some call them calzone, some say stromboli, but no matter what you call them, simply stated, they are pizza dough stuffed with cheese, veggies and/ or meats- then dipped in tomato sauce as you eat this delicious treat!

Location:	Herbert C. Young Community Center			
Instructor:	Susan Cardia Quint, Personal Chef			
Fees:	\$19(R)	\$25(N)	(1 class)	
56703	Thu	Feb 16	4-6 p.m.	

#### Smoothies

Bananas, strawberries, pineapple, peanut butter and more! We will mix it up for some smooth and delicious frozen treats!

Location:	Herbert C. Young Community Center		
Instructor:	Susan Cardia Quint, Personal Chef		
Fees:	\$19(R)	\$25(N)	(1 class)
56704	Tue	Feb 28	4:30-5:45 p.m.

#### Much About Brunch

From smoothies to perfect pancakes, learn the basics of making brunch. We'll show you how to modify basic recipes to customize your brunch menu. And we'll show you how to make the perfect omelet, too!

Location:	Herbert C. Young Community Center		
Instructor:	Chef Wynton Mann		
Fees:	\$22(R)	\$28(N)	(1 class)
56256	Thu	Mar 15	4:30-6:30 p.m.

#### Homemade Manicotti and Sauce

We will use Susan's family recipe to make these<br/>pasta crepes that we will stuff with a traditional<br/>Italian cheese filling and then bake for a melt-in-<br/>your-mouth pasta dish! Italian sodas will be made<br/>as we wait for the manicotti to bake!Location:Herbert C. Young Community Center<br/>Instructor:Instructor:Susan Cardia Quint, Personal Chef<br/>\$19(R)Fees:\$19(R)\$25(N)(1 class)56705TueMar 274:30-6:15 p.m.

#### Spring Break Techniques Cooking Camp

Begin with basic knife skills and work your way through some of the time-tested techniques from France such as: sautéing, roasting, breading, blanching, parchment paper cookery and working with dough. This is a small, hands-on camp limited to 6 students.

Location:	Herbert C	Herbert C. Young Community Center		
Instructor	: Susan Car	dia Quint, Pe	ersonal Chef	
Fees:	\$84(R)	\$109(N)	(3 classes)	
56709	Mon-Wed	Apr 2-4	11 a.m1 p.m.	

#### Pizza with Pizzazz

Sign up to have some culinary fun and learn how to cook the perfect pizza. Participants will learn how to make a calzone, a dessert pizza, home-made pizza sauce and more.

Location:	Herbert C. Young Community Center		
Instructor:	Chef Wynton Mann		
Fees:	\$22(R)	\$28(N)	(1 class)
56261	Thu	Apr 19	4:30-6:30 p.m.

#### Jiggy for my Jelly Roll!

If you love a peanut butter and jelly sandwich, strawberry jelly sandwich, or any sandwich with jams, you will surely love Jelly Roll. Learn how to make your very own Jelly Roll (Swiss Roll). We'll top off the evening with a strawberry banana smoothie.

Location:	Herbert C. Young Community Center		
Instructor:	Chef Wynton Mann		
Fees:	\$22(R)	\$28(N)	(1 class)
56277	Thu	May 17	4:30-6:30 p.m.

#### Trip to the Asian Market and Dumplings

Head out on a field trip to the Asian market to learn about the different products available and while we are there we will shop for the ingredients to make (pork) dumplings when we return to the community center. We will also pick up some sweet treats from the Asian bakery to have for dessert!

Location:	Herbert C. Young Community Center		
Instructor:	Susan Cardia Quint, Personal Chef		
Fees:	\$28(R)	\$36(N)	(1 class)
56710	Sat	May 19	10 a.m1:30 p.m.

#### Mangia Italiana

Eggplant parmigiana is my signature dish, which we will make and bake along with a tomato sauce and Italian sodas while we wait!

Location:	Herbert C. Young Community Center		
Instructor:	Susan Cardia Quint, Personal Chef		
Fees:	\$19(R)	\$25(N)	(1 class)
56706	Tue	May 29	4:30-6 p.m.



#### move to the beat

#### Contemporary Dance (age 11-17) NEU This unique introductory class explores the new-

est styles of contemporary dance as seen on the latest television shows. Becoming more popular, contemporary dance creatively introduces basic dance techniques influenced by ballet and modern dance. This class is designed to explore connections with the mind and body using personal emotion and energy. Dancers will build technique, musicality and coordination. New choreography will be explored every week as well as partnering and group exercises.

**Location:** Bond Park Community Center **Instructor:** Michelle DiRuzza

	O D III COLLEG	
\$39(R)	\$51(N)	(4 classes)
Wed	Jan 25-Feb 22 (no class Feb 8	7:45-8:30 p.m. 3)
Wed	Mar 7-28	7:45-8:30 p.m.
Wed	Apr 11-May 9 (no class Apr 1	7:45-8:30 p.m. (8)
	Wed Wed	Wed Jan 25-Feb 22 ( <i>no class Feb 8</i> ) Wed Mar 7-28 Wed Apr 11-May 9

#### Beginning Ballet and Jazz (age 13-18)

Beginner programs are designed for dancers looking to expand skills in specific dance styles. Participants will learn proper body alignment, learn terminology, and gain strength and technique through a short warm-up, basic exercises and simple choreography.

#### **Beginning Ballet**

Location:	Cary A	rts Center	
Instructor:	Lori Christman-Bourtasenkov		
Fees:	\$36(R)	\$47(N)	(5 classes)
55960	Tue	Jan 31-Mar 6 (no class Feb 2	7:15-8:15 p.m. ?1)

#### **Beginning Jazz**

Location: Instructor:			
Fees:	\$36(R)	\$47(N)	(5 classes)
55962	Thu	Feb 2-Mar 1	7:15-8:15 p.m.

#### Intro to Ballroom and Social Dance (age 11-17)

Dancing is fun, great exercise and a great way to meet new people. This class will cover the basic elements of 6 different partnered/social dances... classics such as waltz, fox trot, tango and cha cha, as well as popular club dances like swing and salsa. No partner necessary to participate.

Location:	Herbert C. Young Community Center				
Instructor:	Kathy V	Kathy Wappel			
Fees:	\$88(R)	\$114(N)	(6 classes)		
57110	Thu	Jan 19-Mar 8 (no class Feb	6:30-7:30 p.m. 16, 23)		
57111	Thu	Apr 12-May 17	6:30-7:30 p.m.		

#### Teen Hip Hop (age 11-17)

This is a fun, upbeat introductory class that combines modern day hip-hop with contemporary and jazz funk. Exercises will focus on body isolations and pop and lock techniques. Dancers will build coordination and musicality through new, creative choreography every week!

Location:	Bond Park Community Center				
Instructor:	Michell	Michelle DiRuzza			
Fees:	\$39(R)	\$51(N)	(4 classes)		
57702	Wed	Jan 25-Feb 22	7-7:45 p.m.		
57703	Wed	(no class Feb 8) Mar 7-28	7-7:45 p.m.		
57704	Wed	Apr 11-May 9 (no class Apr 18)	7-7:45 p.m.		

## sk8-Cary

#### Robert V. Godbold Park

**Sk8-Cary** opened its doors in July 2002. Since then participants, have enjoyed the 12,000-square-foot street course design. Ramps are made of wood with Skatelite Pro as the skating surface. Amenities include a pro shop, concessions, restrooms, and covered viewing area.

2040 N.W. Maynard Road • Phone: (919) 380-2970

#### **Check out our Track-Out Camps!**

Does your 5-14 year old want to learn how to skateboard or BMX? Sign up for Track-Out camp at Sk8-Cary. Look for details online at www.townofcary.org.

#### Fees:

Annual Membership:	\$30(R)	\$60(N)
Entry/Session Fee:	<u>Members</u>	<u>Nonmember</u>
Skate	\$4	\$9
Bike	\$5	\$10

6 Month Passes (includes membership)

Pass Type	<u>Resident</u>	Nonresident
6 Month Pass	\$150	\$175

\$1 Session Entry fee begins Jan 1, 2011 for 6 Month Pass holders.

12 Month Passes (includes membership)

Pass Type	<u>Resident</u>	<u>Nonresident</u>
Annual Pass	\$300	\$325

#### **Multi-Session Passes**

These passes are available	for members only.
Skate 10-session Pass	\$30
Bike 10-session Pass	\$38
Skate 25-session Pass	\$70
Bike 25-session Pass	\$87

#### This is how we roll!

#### **Equipment required**

Skateboarders: In-line skaters: Bikers: Helmet, knee pads, elbow pads Helmet, knee pads, wrist guards Helmet, knee guards

Protective gear rental available

#### Advanced Skate and BMX (11 & up)

Advanced level skate and BMX courses are aimed at the athletes who have a solid foundation and are looking for the next challenge. Our experienced instructors create a mature atmosphere and focus on teaching participants extra hints and tricks to take their skating or riding to the next level. Please be aware this class takes place during an open session with other participants not in the class.

Fees:	\$40(R)	\$52(N)	(3 classes)
Advance	d Skatebo	arding	
57513	Tue	May 15-29	8-9 p.m.
Advance	d BMX		
57514	Wed	May 16-30	8-9 p.m.

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MON	TUE	WED	THU	FRI	SAT	SUN
				Sk8 12-2	Sk8 12-2	Sk8 12-2
Sk8 3-4***	BMX 3-4***	Sk8 3-4***	BMX 3-4***	Sk8 2-4	Sk8 2-4	Sk8 2-4
Sk8 4-6	BMX 4-6	Sk8 4-6	BMX 4-6	Sk8 4-6	BMX 4-6	Sk8 4-6
Sk8 6-8	Sk8 6-8	Sk8 6-8	Sk8 6-8	Sk8 6-8	Sk8 6-8	BMX 6-8
BMX 8-10	Sk8 8-10	BMX 8-10	Sk8 8-10	BMX 8-10	Sk8 8-10	BMX 8-10
	Sk8 = Sk	ateboards, In-line Sl	kates & Ouad Skates	••• FREE for Memb	oers Only	

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#### **Baseball Camps and Clinics**

#### Baseball Hitting Skills and Techniques (age 10-13)

This one and a half hour clinic is designed to teach players proper techniques of hitting. The session will focus on the fundamentals of hitting, including stance, hitting position, balance, bat path, bat speed, and follow through. The clinic will involve drills and batting cage practice.

Location:	USA Baseball National Training		
	Comple	ex	_
Instructor:	Town of	<sup>:</sup> Cary Baseb	all Instructors
Fees:	\$20(R)	\$26(N)	(1 class)
56040	Thu	Feb 23	6-7:30 p.m.
56041	Thu	Mar 8	6-7:30 p.m.

#### Keys to Baseball Hitting and Fielding (age 10-13)

In this two day 3 hour clinic participants will focus on the keys to hitting and fielding. During the keys to hitting players will learn about batting stance, hand positioning, and transition through the swing. In the keys to fielding players will learn the proper positioning for fielding ground balls, learn proper arm angles when throwing.

Location:	USA Bas Complex	eball National T «	raining
Instructor: Fees:	Town of \$45(R)	Cary Baseball In \$59(N)	structors (2 classes)
			. ,
56063	Thu,Fri	Mar 1-2	6:30-8 p.m.

#### Baseball Base Running and Bunting Clinic (age 11-14)

Base Running and Bunting are important to the game, however are not a large focus in many practices today, so come out to this clinic to learn these lost arts, and to perfect your 'Small Ball' game. Instruction will include, getting out of the box, proper turns, correct lead offs, when to and not to tag-up, proper form, stealing bases and more. Bunting instruction will include proper stance, how to grip the bat, bat angle, the sacrifice bunt, drag and push bunts and how to bunt for a base hit. Pre-registration is required.

Location:	USA Ba Comple	seball National T ex	raining
Instructor:	Town o	f Cary Baseball Ir	structors
Fees:	\$20(R)	\$26(N)	(1 class)
56029	Wed	Mar 14	7:30-9 p.m.

#### Town of Cary Preseason Baseball Skills Series (age 12-14)

This Series will include 9 hours of instruction over a series of 3 days, and will focus on the game's fundamental skill sets. The sessions will be pitching, hitting, defense and evaluation. Pre-Registration is required, as the class is limited to 40 participants. Registration ends Friday, February 17.

Location:	USA Baseball National Training Complex			
Instructor:	Town of	Cary Baseball I	nstructors	
Fees:	\$100(R)	\$130(N)	(3 classes)	
56022	Sat	Feb 18-Mar 3	1-4 p.m.	

## classes

#### Baseball Programs for the Advanced Player

#### Advanced Hitting Skills and Techniques (age 10-18)

This one and a half hour clinic is designed to teach experienced players. The session will focus on hitting position, hands, balance, bat path, bat speed, and follow through. Topics also included are opposite field hitting and hitting for power. The clinic will involve instructional drills and batting cage practice. Please note the clinic for high school aged players will be two hours.

Location:	USA Baseball National Training
	Complex

Instructor: Town of Cary Baseball Instructors

#### (age 10-13)

Fees:	\$20(R)	\$26(N)	(1 class)	
56056 56057	Thu Thu	Feb 23 Mar 8	7:45-9:15 p.m. 7:45-9:15 p.m.	
(age 14-18)				

#### (age 14-18)

Fees:	\$27(R)	\$35(N)	(1 class)
56043	Wed	Feb 15	6-8 p.m.

#### Spring Training Catchers Workouts (age 12-18)

When we hear about pitchers and catchers reporting to spring training camp in the big leagues, it means it's time for baseball. Catchers in Middle and High School should report to the National Training Complex to get geared up for your up coming season. Workouts will cover proper stances, receiving, blocking, foot work, throwing out runners, field bunts, catching pop-ups, calling pitches, and most important how to be a leader of the field.

Location:	USA Baseball National Training Complex				
Instructor: Fees:	Town of \$55(R)	Cary Baseball \$72(N)	Instructors (2 classes)		
(age 12-14) 56013	) Sat	Feb 4-11	8:30 a.mnoon		
(age 15-18) 56014	) Sat	Feb 4-11	8:30 a.mnoon		

#### Spring Training Pitchers Workouts (age 12-18)

When we hear about pitchers and catchers reporting to spring training camp in the big leagues, it means it's time for baseball. Pitchers in Middle and High School should report to the National Training Complex to get ready for your spring season. Pitchers focus will build and maintain arm strength, work on different grips and pitches, pickoffs, flat ground work, strength/conditioning, and bullpen work.

Location:	USA Baseball National Training Complex				
Instructor:	Town of	<sup>:</sup> Cary Baseball	Instructors		
Fees:	\$55(R)	\$72(N)	(2 classes)		
(age 12-14)					
56015	Sat	Feb 4-11	8:30 a.mnoon		
(age 15-18) 56016	) Sat	Feb 4-11	8:30 a.mnoon		

#### Softball Camps and Clinics

#### Softball Hitting Development Series (age 13-17)

This three week clinic is designed to develop proper technique for the offensive side of softball. Throughout these sessions, players will focus on the important aspects of hitting, bunting and slapping. Players will learn different drills and ways to continue to improve their skills at home. Players should bring bats and batting gloves if available.

Location:	Thomas Brooks Park			
Instructor:	Town of Cary Softball Instructors			
Fees:	\$60(R)	\$78(N)	(3 classes)	
56035	Sat	Feb 18-Mar 3	1-2:30 p.m.	

#### Softball Fast-Pitch Pitching Clinic

#### (age 13-17)

In this clinic, participants from the beginner to the more advanced pitcher will learn the proper techniques to effective fast pitch pitching. The basic steps of pitching, basic grip, windup and stance will be taught. Advanced pitchers will also learn different pitches such as the change-up, curve, rise and drop.

Location:	Mills Park			
Instructor:	Town o	f Cary Softball Ins <sup>.</sup>	tructors	
Fees:	\$20(R)	\$26(N)	(1 class)	
56492	Sun	Mar 4	3-4:30 p.m.	
56493	Sun	Mar 4	5-6:30 p.m.	



#### Fencing

## Eloy

Fencing

practice

uniforms are

mandatory

and may be

participants

may provide

their own.

Contact the

instructor

for more

information.

rented or

#### Beginning Fencing: Level I (age 10-18)

This class will introduce you to the Olympic sport of fencing. The focus will be on the fundamentals of fencing; learning basic footwork and blade skills with a foil. Basic attacks and parries will be introduced to prepare you for the bout. Students only need to take this course one time.

Location: Middle Creek Community Center Instructor: Apex Fencing Academy

Fees: 56497	\$90(R) Mon	\$117(N) Jan 9-Mar 5	(8 classes) 7-8 p.m.
56518	Mon	(no class Jan 16) Mar 12-May 7 (no class Apr 2)	7-8 p.m.
Fees: 56519	\$68(R) Mon	\$88(N) May 14-Jun 25 (no class May 28)	(6 classes) 7-8 p.m.

#### Beginning Fencing: Level II (age 10-18)

In Fencing II the students will progress to more advanced footwork and will learn more advanced attacks and a series of parries. New skills will be applied in drills and bouts with emphasis on using proper technique and distance. Prerequisite: Fencing I or instructor's permission.

Location: Middle Creek Community Center Instructor: Apex Fencing Academy

Fees:	\$110(R)	\$140(N)	(8 classes)
56498	Wed	Jan 11-Feb 29	7-8:30 p.m.
56520	Wed	Mar 14-May 9	7-8:30 p.m.
		(no class Apr 4)	
Fees: 56521	\$96(R) Wed	\$125(N) May 16-Jun 27	(7 classes) 7-8:30 p.m.

#### Intermediate Fencing (age 10-18)

Prerequisite: Instructor's permission. This class is for those who are interested in competitive fencing or just want to advance to a higher level of recreational fencing. Emphasis will be on developing complex footwork/attack/parries and combining it with speed and strategy.

**Location:** Middle Creek Community Center **Instructor:** Apex Fencing Academy

#### One Day Per Week

One Day P	er weer	•		
Fees:	\$110(R	)	\$140(N)	(8 classes)
56500	Fri	Jar	n 13-Mar 2	5:30-7 p.m.
56532	Fri	Ma	r 16-May 11	5:30-7 p.m.
		(no	class Apr 6)	
Fees:	\$83(R)	\$10	)8(N)	(6 classes)
56533	Fri	Ma	y 18-Jun 29	5:30-7 p.m.
		(no	class May 25)	
Two Days F	Per Wee	k		
Fees:	\$170(R	)	\$200(N)	(16 classes)
56499	Mon,W	'ed	Jan 9-Mar 5	5:30-7 p.m.
			(no class Jan 1	6)
56527	Mon,W	'ed	Mar 12-May 9	5:30-7 p.m.
			(no class Apr 2	2, 4)
Fees:	\$138(R	)	\$168(N)	(13 classes)
56528	Mon,W	'ed	May 14-Jun 27	5:30-7 p.m.

#### Three Days Per Week

Inree L	Jays Per Week		
Fees:	\$230(R)	\$260(N)	(24 classes)
56505	Mon,Wed,Fri	Jan 9-Mar 5	5:30-7 p.m.
		(no class Jan	16)
56530	Mon,Wed,Fri	Mar 12-May 11	l 5:30-7 p.m.
		(no class Apr .	2, 4, 6)
Fees:	\$182(R)	\$212(N)	(19 classes)
56531	Mon,Wed,Fri	May 14-Jun 29	9 5:30-7 p.m.
		(no class May	25, 28)

(no class May 28)

#### Volleyball

#### Teen Volleyball Skills Class (age 12-15)

This class is designed for participants interested in advancing their individual skills such as serving, passing, setting, hitting and transitioning into offense and defense, as well as learning the rotations, rules and offensive strategies of the game. Instruction will be modified for each participant's level of play. This class is excellent preparation for the Cary youth league played in June and July.

Location:	Bond Park Community Center		
Fees:	\$110(R)	\$140(N)	(8 classes)
56662		pr 24-May 17	5:30-7 p.m.
56663	Tue,Thu A	pr 24-May 17	7-8:30 p.m.

## classes

#### Tennis

#### Challenger (age 10-13)

Locatio	Cury r		
Fees:	\$72(R)	\$86(N)	(6 classes)
56998	Mon,Wed	Jan 4-23	5:30-6:30 p.m.
56999	Mon,Wed	Jan 30-Feb 15	5:30-6:30 p.m.
57279	Mon,Wed	Feb 20-Mar 7	5:30-6:30 p.m.
57280	Mon,Wed	Mar 12-28	5:30-6:30 p.m.
57281	Mon,Wed	Apr 9-25	5:30-6:30 p.m.
57282	Mon,Wed	Apr 30-May 16	5:30-6:30 p.m.
57283	Mon,Wed	May 21-Jun 11	5:30-6:30 p.m.
		(no class May 2	8)
Fees:	\$72(R)	\$86(N)	(6 classes)
57000	Tue,Thu	Jan 3-19	5:30-6:30 p.m.
57285	Tue,Thu	Jan 31-Feb 16	5:30-6:30 p.m.
57286	Tue,Thu	Feb 21-Mar 8	5:30-6:30 p.m.
57287	Tue,Thu	Mar 13-29	5:30-6:30 p.m.
57288	Tue,Thu	Apr 10-26	5:30-6:30 p.m.
57289	Tue,Thu	May 1-17	5:30-6:30 p.m.
57290	Tue,Thu	May 22-Jun 7	′ 5:30-6:30 p.m.
Fees:	\$36(R)	\$44(N)	(3 classes)
57011	Sat	Jan 7-21	10-11 a.m.
57008	Sat	Feb 4-18	10-11 a.m.
57009	Sat	Feb 25-Mar 10	10-11 a.m.
57010	Sat	Mar 17-31	10-11 a.m.
57291	Sat	Apr 14-28	10-11 a.m.
57292	Sat	May 5-19	10-11 a.m.
57293	Sat	Jun 2-16	10-11 a.m.

#### HS Prep (age 13-16)

Location: Cary Tennis Park

	2		
Fees:	\$72(R)	\$86(N)	(6 classes)
57026	Tue,Thu	Jan 3-19	6:30-7:30 p.m.
57027	Tue,Thu	Jan 31-Feb 16	6:30-7:30 p.m.
57028	Tue,Thu	Feb 21-Mar 8	6:30-7:30 p.m.
57029	Tue,Thu	Mar 13-29	6:30-7:30 p.m.
57030	Tue,Thu	Apr 10-26	6:30-7:30 p.m.
57294	Tue,Thu	May 1-17	6:30-7:30 p.m.
57295	Tue,Thu	May 22-Jun 7	6:30-7:30 p.m.
Fees:	\$36(R)	\$44(N)	(3 classes)
Fees: 57031	\$36(R) Sat	\$44(N) Jan 7-21	(3 classes) 11 a.mnoon
57031	Sat	Jan 7-21	11 a.mnoon
57031 57032	Sat Sat	Jan 7-21 Feb 4-18	11 a.mnoon 11 a.mnoon
57031 57032 57033	Sat Sat Sat	Jan 7-21 Feb 4-18 Feb 25-Mar 10	11 a.mnoon 11 a.mnoon 11 a.mnoon
57031 57032 57033 57034	Sat Sat Sat Sat	Jan 7-21 Feb 4-18 Feb 25-Mar 10 Mar 17-31	11 a.mnoon 11 a.mnoon 11 a.mnoon 11 a.mnoon
57031 57032 57033 57034 57296	Sat Sat Sat Sat Sat	Jan 7-21 Feb 4-18 Feb 25-Mar 10 Mar 17-31 Apr 14-28	11 a.mnoon 11 a.mnoon 11 a.mnoon 11 a.mnoon 11 a.mnoon



### CARY TENNIS ACADEMY

#### Looking for a more advanced tennis experience? Join the Cary Tennis Academy, at the Cary Tennis Park.

For more information on dates, times and fees call (919) 462-2061.

Registration for Academy programs is only available in person at the Tennis Park. The Tennis Park staff must approve all juniors placed in these programs.

Academy Select is designed for the established tournament junior who has aspirations of playing college tennis. Juniors must have a state and sectional ranking and be working toward a national ranking. Participants are expected to implement advanced strategies in a variety of live ball drills.

#### Junior Competition (age 11-18)

Junior Competition is structured for the present high school player or those aspiring to make the team. Drills will be structured around playing situations and point development. Stroke mechanics will be stressed along with the improvement of the serve.

#### High School Team (age 14-18)

High School Team is designed for the high school varsity player who wants to keep his game tuned-up for the upcoming season. Juniors are expected to be able to hit with spin and change direction of the ball. The player rarely double faults and is becoming an all-around player. Drills will be designed around execution, and the ability to close out points.

## **Performing Arts**

#### amera, Action!

#### Applause! Cary Youth Theatre

#### Triple Threat (age 8-18)

Pump up your performance with one class that broadens three skills! ACTING work will explore scene objectives, monologues, and how to put the 'action' into acting. Strengthen SINGING skills with vocal warm-ups and scales to song selections for auditions, and build DANCE technique with terminology and choreography.

Location:	Cary Arts Center				
Instructor:	Team Te	Team Teaching			
Fees:	\$82(R)	\$107(N)	(6 classes)		
(age 8-12)					
56115	Mon	Jan 30-Mar 12	6-8 p.m.		
		(no class 2/20)			
56116	Mon	Apr 16-May 21	6-8 p.m.		

#### Drama Workshop Series (age 13-18)

Show off your skills in these specialty drama workshops that combine technique with performance.

Location:	Cary Arts (	Center	
Instructor:	Julya Mirro	)	
Fees:	\$121(R)	\$151(N)	(4 classes)

#### Director's Cut

Build a play from the other side of the stage! Focus on blocking and creating depth and levels as you shape scenes for public performance on May 5.

**56128** Sat Apr 14-May 5 1-5 p.m.

#### Auditions and Design Team Interviews

No experience needed; auditions consist of script readings, group Improv and occasionally singing. Design Team Interview applicants will be asked to share ideas, drawings or other design concepts with our Technical Director. **Email rachel.green@townofcary.org to schedule an appointment; no walk-ins will be accepted.** Auditions and Design Team Interviews take place at Cary Arts Center. For more details, search "Applause" at **www.townofcary.org**.

ARGONUTS: Jason & the Quest for the Golden Fleece

A modern, hilarious version of the classic Greek myth! **Audition and Design Team Interview registration begins Jan 3.** Auditions (Open to age 13-18): Wed, Jan 18, 5-9 p.m. Design Team Interviews (Open to age 13-18)): Thu, Jan 19, 5-9 p.m. Performances are scheduled for Mar 2-4, 2012.

#### PERSEUS BAYOU

The story of Perseus' search for the Medusa – set in the Louisiana swamp!

Audition and Design Team Interview registration begins Mar 12. Auditions (Open to age 8-18): Mon-Tue, Mar 26-27, 5-9 p.m. Design Team Interviews (Open to age 10-18): Wed, Mar 28, 5-9 p.m. Performances are scheduled for May 18-20, 2012.

#### Curtain Call (age 8-18)

Learn how to prepare, what to expect and how to showcase your best self at any audition! Please note, participation in this workshop does not guarantee a role in any Applause! production.

Location:	Cary Arts Center			
Instructor:	Barbett	Barbette Hunter & Mary Floyd Page		
Fees:	\$27(R)	\$35(N)	(1 class)	
(age 13-18, 55963	) Sat	Jan 14	10 a.mnoon	
(age 8-18) 55964	Sat	Mar 24	10 a.mnoon	

## **Specialized Recreation**

The Town of Cary Parks Recreation and 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 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 check the appropriate box on the registration form.

#### Super Bowl....Super Foods! (age 11-17)

Start off the New Year right, with healthy snacks you can make yourself! Whether it's the afterschool munchies or Super Bowl party time, be prepared with healthy fare that's easy to do... and better for your waistline, too! Come into the kitchen with us and create some bright and scrumptious recipes with these foods that will have your taste buds saying 'yum' and your body saying 'thanks'!

Location:	Herbert C. Young Community Center		
Instructor:	Marianne Crafts-Brandner		
Fees:	\$23(R)	\$30(N)	(1 class)
57804	Fri	Jan 27	5:30-7 p.m.

#### Good Fat, Bad Fat (age 11-17)

In matters of the heart, (and for overall health, as well) it matters that you know by-heart which foods contain the heart-healthy fats. Have fun learning the 'fat' facts, while preparing a tasty, healthy meal.

Location:	Herbert C. Young Community Center		
Instructor:	Marianr	ne Crafts-Brandner	
Fees:	\$23(R)	\$30(N)	(1 class)
57805	Tue	Feb 14	5:30-7 p.m.

#### Think Green! (age 11-17)

It's time to think green! And not just for St. Paddy's Day. Think GREEN, as in plants, and greening up your diet! Eating a more plant-based diet is better for you and better for the planet, too! We'll be cooking up an easy and delicious vegetarian meal.

Location:	Herbert C. Young Community Center		
Instructor:	Marianr	ne Crafts-Brandner	
Fees:	\$23(R)	\$30(N)	(1 class)
57806	Wed	Mar 14	5:30-7 p.m.

#### All About Eggs! (age 11-17)

Eggs are one of nature's most perfect foods...and eggs-actly right for breakfast! Learn how to make three quick recipes using eggs.

Location:	Herbert C. Young Community Center		
Instructor:	Marian	ne Crafts-Brandı	her
Fees:	\$23(R)	\$30(N)	(1 class)
57807	Wed	Apr 25	5:30-7 p.m.

#### Spring Salads (age 11-17)

Just in time for Mother's Day! Learn how to make a beautiful salad, an edible work of art Mom will love!

Location:	Herbert C. Young Community Center		
Instructor:	Marianr	ne Crafts-Brandner	-
Fees:	\$23(R)	\$30(N)	(1 class)
57808	Mon	May 7	5:30-7 p.m.

#### **Wake County Resources**

Autism Society of NC (919) 743-0204
BridgellSports
Community Partnerships, Inc (919) 781-3616
Family Support Network(919) 662-4600
North Carolina Special Olympics (919) 807-8378
North Carolina Spinal Cord
Injury Association
Special Education PTA (919) 788-2500
Autism Society of NC(919) 743-0204
The ARC of Wake County(919) 832-2660
The Miracle League
of the Triangle, Inc (919) 238-0333
Triangle Down Syndrome Network (919) 788-3646
Triangle United Way(919) 460-8687
Wake County Human Services (919) 212-7301



#### Jamfest 2012 BAND APPLICATION

Saturday, May 5, 2012 Sertoma Amphitheatre at Bond Park 11a.m.-4:30p.m. (Awards at 4:30p.m.) Sponsored by the Town of Cary

PLEASE PRINT ALL INFORMATION:

Name of Band:			Da	te:		
Main Band Contact Name:	Phone:					
ADDRESSCity				ZIP		
E-Mail:		Type of Music:				
Band Members Names	Phone #	<u>Age</u>	School	<u>E-Mail</u>		

\*\*\*AT LEAST HALF OF THE BAND MEMBERS MUST ATTEND A CARY MIDDLE OR HIGH SCHOOL OR LIVE IN CARY

PLEASE NOTE THAT BAND APPLICATION MUST BE FILLED OUT COMPLETELY AND SENT ALONG WITH DEMO TAPE OR CD BY APRIL 2nd TO:

HERBERT C. YOUNG COMMUNITY CENTER ATTENTION: Cindi King 101 Wilkinson Ave • Cary, NC 27513 For more information please contact Cindi King at (919) 460-4965. Town of Cary Parks, Recreation and Cultural Resources Department Program Registration Form

Main Contact			(Informa	tion provided may be s	ubject to the	NC Public Records L	.aw.)
.ast Name			First Name				
🗅 Male 🛛 Female	🛛 Adult	DOB/	/	Are you a Cary R	esident?	🗆 Yes 🛛 🗅 No	
Mailing Address							
City		ST	Zip	Home Pho	ne		
Vork Phone		Mobile Phone		Email			
st Emergency Contact				Phone			
Ion Household Emerge	ency Contact			Phone			
Registration Receipt: I v	vould like my recei	pt (please check one)	emailed (valid en	nail address required	d) 🗖 prin	ted/mailed	
Participant #1 Infe	ormation						
Participant #1 Name						_ 🗆 Male 🗖 Fe	emale
DOB	_//	Rising Grade (Sun	nmer Camps)				
s this person allergic to	anything?	Currently ta	king any medications	? Ha	ve any spe	cial needs?	
f answered yes to any o	of these questions,	please explain in deta	ail:				
Programs are provided egistration at least two							
<u>Course Code</u>	<u>Program N</u>	lame	Location		<u>Date</u>	<u>Time</u>	<b>Fee</b> <sup>1</sup>
Participant #2 Inf	formation						
Participant #2 Name						🗆 Male 🗆	) Female
•		Rising Grade (Sun					
s this person allergic to		2	•		lave any sp	ecial needs?	
f answered yes to any o							
Programs are provided							
egistration at least tw			ram/class. Each requ	est will be assessed	d in compl	iance with ADA	A. 🖵 YES
<u>Course Code</u>	<u>Program N</u>	lame	<u>Location</u>	1	<u>Date</u>	<u>Time</u>	<b>Fee</b> <sup>1</sup>
<u></u>							
Payment Informa	ition						
MAKE CHECKS	<b>PAYABLE TO</b>	• "Town of Cal	15A MasterCard <sup>2</sup> Sc	holarship Dona	ation \$_		
<sup>1</sup> Nonresident, pay fee indicated		Convenient at information for		TAL AMOUNT			
- I would like to donate \$ I or m	ore to the scholarship funa.	See registration information for	more details.		+		
from the activities. I rel and hazards associated erage is provided by th that if a portion of the p credit on my account for	lease, absolve, and in I with the activities a <b>ne Town of Cary Park</b> program is unable to or the uncompleted	by assume all the risks a ndemnify the Town of C and in the event of injur <b>ss, Recreation and Cultu</b> be completed due to ir portion of the program. will be donated on my b	Cary, employees of the To y, do expressly waive al ural Resources Departm nclement weather or oth Further, I understand an	own, volunteers, cont Il claims against them nent. By registering fo her unforeseen circum nd agree that I have u	ractors and/ . <b>I understa</b> r this progra istances, I w	for sponsors from <b>nd that no insura</b> im, I understand a vill receive a prora	all risks <b>nce cov-</b> and agree ated
	, ,						
Signature:		,					

Cary Parks, Recreation & Cultural Resources P.O. Box 8005 Cary, NC 27512-8005

PRSRT STD US Postage PAID Cary, NC Permit No. 1

## **Special Events**

SKI SUGAR (MS-HS)

Depart from Herbert C. Young Community Center Mon, Feb 20, 5 a.m.-9:30 p.m.

#### BUILDING A BETTER YOU! CARY TEEN FORUM (MS-HS)

Herbert C. Young Community Center Sat, Mar 10, 9:30 a.m.-2 p.m.

Paintball Central (MS-HS)

Depart from Herbert C. Young Community Center Sat, Apr 21, 10 a.m.-4 p.m.

#### JAMFEST (MS-HS)

Sertoma Amphitheater, Bond Park Sat, May 5, 11 a.m.-4 p.m.



 $a \, Nationally \, Accredited \, Agency$ 

