

APEX PARKS, RECREATION AND CULTURAL RESOURCES

# Program Guide

January - April 2012



The Program Guide is available online at [www.apexnc.org](http://www.apexnc.org) and for pick up at the following locations: Apex Community Center, Halle Cultural Arts Center, Eva Perry Regional Library, and Apex Chamber of Commerce.

### **HOW TO REGISTER FOR PROGRAMS:**

Pre-registration is required for most programs offered by Apex Parks, Recreation and Cultural Resources. The first two weeks of each registration period is limited to Apex residents only. A resident is defined as an individual that resides within the established corporate limits of the Town as defined by the Apex Planning & Community Development Department. Waiting lists are available for most programs, with Apex residents receiving priority. Spring 2012 Community Center & Halle Cultural Arts Center program registration begins on November 21, 2011, for Apex Residents and December 5, 2011, for Non-Residents. You may register online, in person or by mail. For Athletic Program registration dates see individual program descriptions. To avoid long lines and discourage overnight assembly, first day of registration for both residents and non-residents will be administered by a lottery system promptly at 8:45am at the Community Center. Those in line will be given the opportunity to randomly draw a number and line up according to their number. Anyone arriving after 8:45am will go to the back of the line. Registration will begin promptly at 9am based on this system. This is for instructional programs, camps and individual youth athletic registration only and does not apply to adult team registration deadlines. One person may register only one family at a time.

### **REFUND POLICY:**

A full refund of registration and participation fees and charges will be made for all programs, camps, activities, and events cancelled or adjusted by the Apex Parks, Recreation, and Cultural Resources Department (APRCR). For all other situations where refunds may be requested, the following guidelines shall apply. The Director of Parks, Recreation and Cultural Resources shall have the authority to make decisions on all requests not specifically covered herein. No refunds will be made for any activity that costs less than \$6.

#### **Athletic, Instructional Programs, and Camps:**

1. If a participant requests a refund, in writing, 10 calendar days or more in advance of the first day of athletic league tryouts or 10 calendar days or more in advance of the first meeting of an instructional program or camp, a full refund, minus a \$5 processing fee will be issued.
2. If a participant requests a refund, in writing, less than 10 calendar days prior to tryouts for an athletic league, or less than 10 calendar days prior to the first meeting of an instructional program or camp, a 75% refund will be issued if the participant can be replaced from the waiting list.
3. For athletic programs, no refunds will be issued on or after the first regular season game of the affected league. For instructional programs and camps, no refund will be issued the day of or after the first program meeting.
4. A participant wishing to transfer from one session to another, within the same program and registration period, must do so in writing at least 10 calendar days or more in advance of the first meeting of a class, instructional program or camp.
5. Refunds for adult athletic programs requiring "team" registration will be issued based on policies and procedures covering that particular program and are not subject to #s 1, 2, and 3 above.

#### **Exceptions:**

For Youth Athletics and Instructional Programs, a full refund of all fees paid, less a \$5 processing fee, will be made if:

- 1) Prior to season tryouts or first class meeting, a written excuse, from a licensed medical doctor, is provided indicating that the participant should not participate due to medical concerns or physical limitations.
- 2) Prior to season tryouts or first class meeting, a written verification is provided that the participant has been included in either a Middle School, High School, or College program that prohibits participation in recreational programs.

#### **Senior Trips:**

1. Full refund for trips cancelled or adjusted by Apex Parks, Recreation, and Cultural Resources Department. 2. If a refund is requested, in writing, prior to the registration deadline, a full refund minus a \$5 processing fee will be made. 3. If a refund is requested, in writing, after the registration deadline, and 48 hours prior to trip departure, a 75% refund will be issued if the participant can be replaced from the waiting list. 4. If 48 hours prior to the trip departure, a written excuse from a licensed medical doctor is provided, indicating that the participant should not participate due to medical concerns or physical limitations, a partial refund will be issued after deducting expenses incurred by the Town of Apex / Apex Parks, Recreation, and Cultural Resources Department such as prepaid admission fees, tickets, deposits, and a \$5 processing fee. 5. For situations where non-refundable deposits and admission fees must be paid in advance by the Town, no refunds will be given to participants who cancel. The participant who cancels may however designate someone to take their place if they would like.

## **APEX PARKS, RECREATION AND CULTURAL RESOURCES DEPARTMENT**

### **Park Maintenance**

2306 Laura Duncan Rd.  
Phone: 363-6469 Fax: 363-6875

### **Community Center**

53 Hunter St., P.O. Box 250, Apex, NC 27502  
Phone: 249-3402 Fax: 249-3368  
Hours: Mon-Fri 8am-9pm, Sat 9am-6pm,  
Sun (Sep-May: 1pm-6pm), (June-Aug: Closed)  
Administrative Office Hours: Mon-Fri 8am-5pm  
Open Gym Hotline: 249-3408  
Athletic Hotline: 249-3348

### **Halle Cultural Arts Center**

237 N. Salem St.  
Phone: 249-1120 Fax: 362-8655  
Hours: Mon-Fri 9am-6pm, Sat 9am-1pm  
Closed Sundays

[www.apexnc.org](http://www.apexnc.org)

# ATHLETICS

REGISTRATION DATES FOR ATHLETIC PROGRAMS VARY. FOR LOTTERY AND REGISTRATION INFO, PLEASE READ P. 2 "How to Register for Programs" AND ALSO READ EACH DESCRIPTION FOR DATE INFORMATION.

## Youth Athletic Programs Eligibility Cut-off Dates

The following cut-off dates are used to determine a participant's playing age for Youth Soccer, Baseball, Softball, Basketball, Girl's Volleyball. Placement is made based on the participant's age on these dates:

**FALL** Soccer, Baseball, Softball: **Oct 31** **SPRING** Soccer, Baseball, Softball, Youth Girl's Volleyball: **Jun 30** **WINTER** Youth Basketball: **Mar 31**

### YOUTH SPRING SOCCER

Registration begins Saturday, January 21, 2012 for Apex residents and Saturday, February 4, 2012 for non-residents. Registration will be held at the Apex Community Center.

All leagues are coed and are for ages 5-14. Practices are held on weeknights with games played on Saturdays and/or Sundays.

Fees: \$31(R) \$46(NR)

League age is based on a player's age on June 30, 2012. Each team will be made up with boys and girls in the following divisions:

Course #	Age	League
7786	5-6	Mite
7787	7-8	Midget
7788	9-10	Major
7789	11-12	Junior
7790	13-14	Senior

For more information contact Brandon Free at 249-3402.

### YOUTH BASEBALL AND SOFTBALL

Registration begins Saturday, January 21, 2012 for Apex residents and Saturday, February 4, 2012 for non-residents.

SEE REGISTRATION NOTE ABOVE.

League age is based on a player's age on June 30, 2012.

Course #	Age	Baseball League
7795	9-10	Farm
7796	11-12	Major
7797	13-14	Junior

Baseball Fees: \$48(R) \$63(NR)

Course #	Age	Softball League
7791	7-8	Instructional Coach Pitch
7792	9-10	Farm Modified Pitch
7793	11-12	Major Fast Pitch
7794	13-15	Junior Fast Pitch

Softball Fees: \$33(R) \$48(NR)

For more information contact Brandon Free at 249-3402.

### ATHLETIC HOTLINE:

**919-249-3348**

The Athletic Hotline is updated regularly,  
Mon-Fri at 4pm, Sat at 8am & Sun at 1pm

### YOUTH GIRLS VOLLEYBALL

Registration begins Saturday, January 21, 2012 for Apex residents and Saturday, February 4, 2012 for non-residents.

Fees: \$18(R) \$33(NR)

League age is based on a player's age on June 30, 2012. All leagues are girls only and are for ages 10-15. Practices and games will be held on weeknights and Saturdays at the Apex Community Center.

Each team will be made up with girls in the following divisions:

Course #	Age	League
7798	10-12	Major
7799	13-15	Junior

For more information contact Brandon Free at 249-3402.

### COED ADULT SOCCER

Course # 7776 This is a competitive adult soccer program for ages 25 and up. For the first time, teams will have the choice of two divisions. They may register for the Open League or Recreational League. Each league will take a maximum of 6 teams. Games will be played on Tuesday / Thursday nights and Sunday afternoons with the possibility of some Saturday afternoons as well. League play will start late March and will end mid June. This is an 11 on 11 league, you must have at least 3 women on the field at all times and your roster cannot exceed 25 players.

Registration will be by teams only. (Sorry, no single player looking for a team to play with will be taken.) Registration starts Feb 1, 2012 with a deadline of March 1, 2012 to enter your team. This is not a first come first serve sign-up. If there are more than six teams in a league after the deadline, a point system will be used with Apex residents given priority.

The fee is \$31 for each resident and \$56 for each non-resident player.

For more information contact Karl Lyon at 249-3402.

### TENNIS LADDER

Course # 7767 Competitive ladder play for men and women. There will be two playing levels: 3.0-4.0, 4.5 and up. There will be singles ladders for men and women. Spring ladder begins in late March and will last nine weeks (depending on participation). Players may join the ladder during the first six weeks of the season. Flexible scheduling allows players to arrange their own match times and locations.

Cost is \$5 for Apex residents, \$30 for non-residents. Registration starts February 1, 2012 and ends March 5, 2012. Individuals must be 17 years old by March 4, 2011.

For more information contact Karl Lyon at 249-3402.

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## TENNIS LESSONS ~ Spring Session 1

All lessons will be held at Kelly Road Park or Apex Community Park. Dan Swan and Steve Walker will lead all levels of tennis lessons. Registration begins Monday, January 30, 2012 for Apex residents and Monday, February 13, 2012 for non-residents. Registration will be held at the Apex Community Center.

Youth Classes are limited to 18 participants per level.

Adult Classes are limited to 12 participants per level.

Level 1: Ages 5-9 Course # 7757

Times: Tuesday and Thursday Kelly Road Park  
5-5:45pm Mar 13-29

Cost \$41 for Apex residents, \$56 for non-residents

Level 1: Ages 5-9 Course # 7758

Times: Tuesday and Thursday Kelly Road Park  
5:45-6:30pm Mar 13-29

Cost \$41 for Apex residents, \$56 for non-residents

Level 2: Ages 8-12 Course # 7759

Times: Tuesday and Thursday Kelly Road Park  
6:30-7:30pm Mar 13-29

Cost \$41 for Apex residents, \$56 for non-residents

Youth Level: Ages 12-16 Course # 7760

Times: Monday and Wednesday Community Park  
6-7pm Mar 12-28

Cost \$41 for Apex residents, \$56 for non-residents

Adult Level: Ages 17-up Course # 7761

Times: Monday and Wednesday Community Park  
7-8pm Mar 12-28

Cost \$41 for Apex residents, \$56 for non-residents

For more information contact Karl Lyon at 249-3402.

## ADULT SOFTBALL

APR&CR is offering Spring Softball in Men's B, C, D, Church (American, Nat'l, and Int'l) Divisions. Leagues are limited to 6 teams. Registration starts 9am, Monday, January 9, 2012 with a deadline of 4pm, Thursday, February 9, 2012.

**(Lottery System does not apply to this registration.)**

### Men's Leagues

7779 B League

7780 C American League

7781 C National League

7782 D League

Men's League Fees: \$500 per team.

Non-residents pay an additional \$25 per person.

### Church Leagues

7783 American League

7784 National League

7785 International League

Church League Fees: \$475 per team

Non-residents pay an additional \$25 per person.

For more info contact Karl Lyon at 249-3402.

## TENNIS LESSONS ~ Spring Session 2

### Spring Session 2 –

Registration begins Monday, March 26, 2012 for Apex residents and Monday, April 9, 2012 for non-residents. Registration will be held at Kelly Road Park or Apex Community Center.

Level 1: Ages 5-9 Course # 7762

Times: Tuesday and Thursday Kelly Road Park  
5-5:45pm April 17-May 3

Cost \$41 for Apex residents, \$56 for non-residents

Level 1: Ages 5-9 Course # 7763

Times: Tuesday and Thursday Kelly Road Park  
5:45-6:30pm April 17-May 3

Cost \$41 for Apex residents, \$56 for non-residents

Level 2: Ages 8-12 Course # 7764

Times: Tuesday and Thursday Kelly Road Park  
6:30-7:30pm April 17-May 3

Cost \$41 for Apex residents, \$56 for non-residents

Youth Level: Ages 10-16 Course # 7765

Times: Monday and Wednesday Community Park  
6-7pm April 16-May 2

Cost \$41 for Apex residents, \$56 for non-residents

Adult Level: Ages 17-up Course # 7766

Times: Monday & Wednesday Community Park  
7-8pm April 16-May 2

Cost \$41 for Apex residents, \$56 for non-residents

For more information contact Karl Lyon at 249-3402.

## ADULT BASKETBALL

Teams must register for either the A or B Divisions. A minimum of 4 teams is required to create a Division. There is a 6 team maximum in each Division. APR&CR reserves the right to place teams in either division once a determination has been made concerning the strength of the submitted roster. The A Division is for more skilled teams.

Divisions will not be combined due to insufficient team registration in either Division. The registration deadline is final for all required documentation and materials. No exceptions! Registration starts 9am, Monday, January 30, 2012 with a deadline of 4pm, Thursday, March 1, 2012.

**(Lottery System does not apply to this registration.)**

### Men's Leagues

7777 A Division

7778 B Division

Mens League Fees: \$475 per team.

Each non-resident pays an additional \$25.

For more info contact Karl Lyon at 249-3402.

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## USTA MEN'S AND WOMEN'S LEAGUES

This is a competitive adult league for levels, 3.0, 3.5 and 4.0. Home matches will be played at Apex Community Park starting in early March. Registration will be by teams only. (Sorry, no single player looking for a team to play with will be taken.) Registration starts January 3 with a deadline of January 17 to enter your team. Two men's teams and two women's teams per level will be taken. This is not a first come first serve sign-up. If there are more than two teams in any one level after the deadline, a point system will be used with Apex residents given priority.

A \$25 fee for all non-residents is paid at the time of registration. Each player must be a current USTA member and be 19 years old by December 31, 2012. Each player must pay a USTA fee online of \$21.

Course #:

Men 3.0	7768
Men 3.5	7769
Men 4.0	7770
Women 3.0	7771
Women 3.5	7772
Women 4.0	7773



For more information about the USTA League program please visit the Western Wake Tennis Association website at [www.westernwaketennis.com](http://www.westernwaketennis.com) and click on: USTA League Tennis.

For more information on registering a team Karl Lyon at 249-3402.

## COMMUNITY CENTER - PRESCHOOL

REGISTRATION DATES FOR THESE PROGRAMS start:  
November 21 for Apex Residents & December 5 for Non-Apex Residents.

### COMMUNITY CENTER PROGRAM NOTES

- See [How to Register for Programs](#), p. 2. Programs are held at Community Center unless otherwise noted.
- Registration is required at least 3 days before the first date of program unless otherwise noted. Please review refund policy carefully prior to registration.
- Classes will be cancelled if class minimums are not met.
- Please mark your calendars. You will be notified by phone only if a class is cancelled.
- Participant must be the age indicated before the first day of class, no exceptions.
- Parent/guardian/unregistered siblings are not permitted to remain in class unless otherwise noted.
- No food allowed during class unless otherwise noted.
- In the event of inclement weather you may call 249-3402 for information regarding class cancellations. If the Community Center is closed due to inclement weather you may call 249-3408 for a recorded message. APRCR will reschedule cancelled classes as quickly as possible.

Tracked Out? Check Out . . .



## BOOGIE BABIES

Ages 10-36 mos. Parent/child participation. Shake, dance and sing in a fun class for your little one. You'll make new friends (and play dates) while you're grooving to the music! Boogie Babies instructs. Limited to 10 participants.

Fees: \$32(R) \$47(NR) (4 classes)

Ages 10-20 mos:

7906	Jan 5-26	Th	10-10:35am
7907	Feb 9-Mar 1	Th	10-10:35am
7908	Mar 15-Apr 5	Th	10-10:35am

Ages 18-36 mos:

7910	Jan 5-26	Th	10:45-11:20am
7911	Feb 9-Mar 1	Th	10:45-11:20am
7912	Mar 15-Apr 5	Th	10:45-11:20am

# COMMUNITY CENTER - PRESCHOOL

REGISTRATION DATES FOR PROGRAMS ON THIS PAGE start:  
November 21 for Apex Residents & December 5 for Non-Apex Residents.

## WEE-TALES

Ages 18-36 mos. A parent/child experience based on tales read by the instructor. Each class will feature a story related craft using age appropriate materials. Bring your imagination! \*\$3 supply fee due to instructor at the first class. Wee-Create instructs. Limited to 12 participants.

Fees: \$24*(R)	\$39*(NR)	(3 classes)
7882 Jan 13-27	F	10-11am
7883 Feb 10-24	F	10-11am
7884 Mar 9-23	F	10-11am
7885 Apr 13-27	F	10-11am

## WEE-TOTS & TODDLERS

Ages 10-36 mos. Parent/child participation. Join us in this fun, active class for puppets, parachutes, music and more to enhance your little one's developmental and social skills. Wee-Create instructs. Limited to 19 participants.

Fees: \$24(R)	\$39(NR)	(3 classes)
7874 Jan 11-25	W	10-10:45am
7875 Feb 8-22	W	10-10:45am
7876 Mar 7-21	W	10-10:45am
7877 Apr 11-25	W	10-10:45am

## KINDERTOTS

Age 2. Designed to develop gross motor skills, movement creativity, physical development and body awareness while learning numbers, colors, shapes and songs. Ballet and tap shoes recommended. Parents may remain in class. A recital will be held in the Spring on April 17th at the Community Center. Kinderdance International instructs. Limited to 10 participants.

Fees: \$30(R)	\$45(NR)	(4 classes)
7821 Jan 10-31	T	10:45-11:15am
7822 Feb 14-Mar 13	T	10:45-11:15am
(No class Feb 21)		
7823 Mar 20-Apr 17	T	10:45-11:15am
(No class Apr 3, recital Apr 17)		

## WEE-PAINTERS

Ages 2-4. Parent and child create fun paint projects with sponges, brushes, fingers and more! As much paint and paper as you want will be provided. Dress appropriately for splatters. \*\$3 supply fee due to instructor at the first class. Wee-Create instructs. Limited to 12 participants.

Fees: \$24*(R)	\$39*(NR)	(3 classes)
7870 Jan 10-24	T	10-10:35am
7871 Feb 7-21	T	10-10:35am
7872 Mar 6-20	T	10-10:35am
7873 Apr 10-24	T	10-10:35am

## WEE-CRITTERS

Ages 3-5. Your child will enjoy nature-themed games, crafts and activities to learn about the animals that share our planet. Please drop child off for this class. \*\$3 supply fee due to instructor at the first class. Wee-Create instructs. Limited to 12 participants.

Fees: \$24*(R)	\$39*(NR)	(3 classes)
7878 Jan 12-26	Th	9:30-10:30am
7879 Feb 9-23	Th	9:30-10:30am
7880 Mar 8-22	Th	9:30-10:30am
7881 Apr 12-26	Th	9:30-10:30am

## JUMPBUNCH ~ PRESCHOOLERS

Ages 3-5. Drop-off program. A hands-on, age-appropriate introduction to sports in a fun, safe, non-competitive environment. Builds hand-eye coordination, self-esteem and instills healthy habits early. JumpBunch instructs. Limited to 14 participants.

Fees: \$30(R) \$45(NR) (4 classes)

<b>Basketball:</b>			
7851 Jan 10-31	T		10-11am
<b>Hockey:</b>			
7852 Feb 7-28	T		10-11am
<b>Soccer:</b>			
7853 Mar 6-27	T		10-11am
<b>T-Ball:</b>			
7854 Apr 3-24	T		10-11am

## KID YOGA

Ages 3-5. Parent/child participation. Practice yoga postures ranging from animal to warrior poses. Enjoy roaring like a lion and soaring like an eagle! Yoga enhances your child's body, mind and spirit through stretching and strengthening their muscles while improving balance and coordination. Registration fee applies only to child. Gym mats provided. Please note: Do not eat a big meal at least 2 hours prior to class time, a light snack is fine. Elaine Tye instructs. Limited to 15 participants.

Fees: \$36(R)	\$51(NR)	(4 classes)
7894 Jan 3-24	T	4:30-5:30pm
7895 Feb 7-28	T	4:30-5:30pm
7896 Mar 13-Apr 3	T	4:30-5:30pm
7897 Apr 17-May 8	T	4:30-5:30pm

## PRINCESS POWER

Ages 3-5. Visit our enchanted kingdom and help our princess find her way back to the castle! She will need the help of all the forest animals to find clues along the path. Math, science and thinking skills are the focus. Computer Explorers instructs. Limited to 10 participants.

Fees: \$45(R)	\$60(NR)	(3 classes)
7962 Jan 6-20	F	11:15am-12:15pm

## KINDERDANCE

Ages 3-5. A developmental dance, movement and fitness program taught on three levels: teaching the basics of ballet, tap, acrobatics and creative movement, while blending educational concepts. Ballet and tap shoes recommended. Parents may remain in class. A recital will be



held in the Spring on April 17 at the Community Center. Kinderdance International instructs. Limited to 12 participants.

Fees: \$32(R)	\$47(NR)	(4 classes)
7824 Jan 10-31	T	11:30am-12:15pm
7825 Feb 14-Mar 13	T	11:30am-12:15pm
7826 Mar 20-Apr 17	T	11:30am-12:15pm
7827 Jan 10-31	T	1-1:45pm
7828 Feb 14-Mar 13	T	1-1:45pm
7829 Mar 20-Apr 17	T	1-1:45pm
7830 Jan 10-31	T	4-4:45pm
7831 Feb 14-Mar 13	T	4-4:45pm
7832 Mar 20-Apr 17	T	4-4:45pm

(Please Note: There will be no Kinderdance classes held on Feb 21 or Apr 3).

## IT'S A SMALL WORLD

Ages 3-5. Guess what we discover under the microscope? Together we will explore a whole new world of learning and excitement. Using a child-friendly digital microscope, students will explore the concepts of magnification, science, nature study, and digital editing. Computer Explorers instructs. Limited to 10 participants.

Fees: \$45(R)	\$60(NR)	(3 classes)
7963 Feb 3-17	F	11:15am-12:15pm

## ADVENTURES WITH BEEBOT

Ages 3-5. Students will learn how to give BeeBot commands to program his movements. With hands-on fun and minds-on creativity, BeeBot will spark young imaginations. Computer Explorers instructs. Limited to 10 participants.

Fees: \$45(R)	\$60(NR)	(3 classes)
7964 Mar 2-16	F	11:15am-12:15pm

## BUGS GALORE AND MORE

Ages 3-5. Participants will have fun exploring the world of bugs! This class combines science and art activities for a fun and creative hands-on learning experience. Computer Explorers instructs. Limited to 10 participants.

Fees: \$45(R)	\$60(NR)	(3 classes)
7965 Apr 13-27	F	11:15am-12:15pm

# COMMUNITY CENTER - PRESCHOOL

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November 21 for Apex Residents & December 5 for Non-Apex Residents.

## HAPPY HOPPERS ~ ALPHABET ADVENTURES

Ages 3-5. Have fun learning with letter play! Classes will feature one letter of the alphabet each class. We'll enjoy exploring the featured letter through crafts, games, songs, storytime and hands on activities. Exposing children to letters of the alphabet, as well as each letter's phonetic sound(s), develops the foundation for future learning. \*\$8 supply fee due to instructor at the first class. Carol Goslen instructs. Limited to 12 participants.



Fees: \$70\*(R) \$85\*(NR) (10 classes)  
 7952 Jan 9-Feb 13 M/ W 9-10am  
 (No class Jan 16)  
 7953 Feb 20-Mar 21 M/W 9-10am  
 7954 Apr 9-May 9 M/W 9-10am

## KINDERGYM

Ages 3-5. Preschool developmental floor gymnastics with emphasis on social and gross motor development and physical fitness while learning numbers, colors, shapes and words. Kinderdance International instructs. Limited to 10 participants.

Fees: \$30(R) \$45(NR) (4 classes)  
 7833 Jan 12-Feb 2 Th 3:30-4pm  
 7834 Feb 16-Mar 8 Th 3:30-4pm  
 7835 Mar 22-Apr 19 Th 3:30-4pm  
 (No class Apr 5)

## TRIANGLE AQUATIC SWIMMING I ~ Beginner

Ages 3-5. Designed to help students feel comfortable in the water and be introduced to elementary aquatic skills. Learn how to enter and exit the water safely, place face into water, and more. Recommended for students who have little or no previous water experience. Classes are held at the Triangle Aquatic Center, 275 Convention Dr., Cary 27511. Triangle Aquatics instructs. Limited to 5 participants.

Fees: \$88(R) \$103(NR) (8 classes)  
 7966 Jan 2-25 M/W 10-10:30am  
 7967 Jan 30-Feb 22 M/W 10-10:30am  
 7968 Feb 27-Mar 21 M/W 10-10:30am  
 7969 Mar 26-Apr 25 M/W 10-10:30am  
 (No class Apr 2 or Apr 4)  
 7970 Jan 3-26 T/Th 10-10:30am  
 7971 Jan 31-Feb 23 T/Th 10-10:30am  
 7972 Feb 28-Mar 22 T/Th 10-10:30am  
 7973 Mar 27-Apr 26 T/Th 10-10:30am  
 (No class Apr 3 or Apr 5)

## TRIANGLE AQUATIC SWIMMING II ~ Intermediate

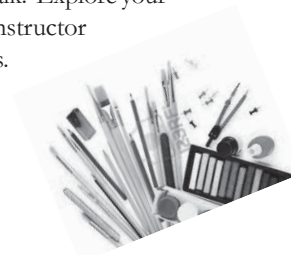
Ages 3-5. For children who feel comfortable in the water and have knowledge of basic swimming skills. Learn the basics of correct kicking, blowing bubbles while submerged, floating, and how to combine arm and leg motions. Classes are held at the Triangle Aquatic Center, 275 Convention Dr., Cary 27511. Triangle Aquatics instructs. Limited to 5 participants..

Fees: \$88(R) \$103(NR) (8 classes)  
 7974 Jan 2-25 M/W 10:30-11am  
 7975 Jan 30-Feb 22 M/W 10:30-11am  
 7976 Feb 27-Mar 21 M/W 10:30-11am  
 7977 Mar 26-Apr 25 M/W 10:30-11am  
 (No class Apr 2 or Apr 4)  
 7978 Jan 3-26 T/Th 10:30-11am  
 7979 Jan 31-Feb 23 T/Th 10:30-11am  
 7980 Feb 28-Mar 22 T/Th 10:30-11am  
 7981 Mar 27-Apr 26 T/Th 10:30-11am  
 (No class Apr 3 or Apr 5)

## ART WITH MISS LINDA

Ages 4-6. Learn basic drawing and coloring skills. Turn lines and shapes into animals, flowers, trees and other fun stuff using crayons, markers, watercolors and chalk. Explore your own creativity! Improves fine motor skills. \*\$10 supply fee due to instructor at the first class. Linda Stables instructs. Limited to 10 participants.

Fees: \$30\*(R) \$45\*(NR) (4 classes)  
 7862 Jan 4-25 W 4:15-5pm  
 7863 Feb 8-29 W 4:15-5pm  
 7864 Mar 7-28 W 4:15-5pm  
 7865 Apr 11-May 2 W 4:15-5pm



# COMMUNITY CENTER - YOUTH

## UNDER THE MICROSCOPE

Ages 6-8. Explore a whole new world of learning and excitement. Using a child-friendly digital microscope students will explore the concepts of magnification, science, nature study and digital editing. Computer Explorers instructs. Limited to 16 participants.

Fees: \$49(R) \$64(NR) (3 classes)  
 7956 Jan 13-27 F 4-5pm

## FUN WITH ROAMER ROBOT

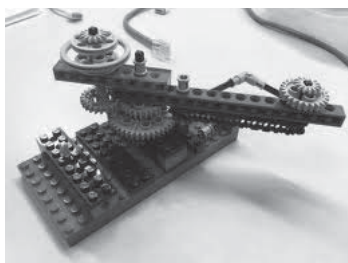
Ages 6-8. Meet Roamer, a child-friendly robot just waiting to follow your child's commands! Program Roamer to dance, help tell stories and play music as they are introduced to robotics and programming in an entertaining way. Computer Explorers instructs. Limited to 16 students.

Fees: \$49(R) \$64(NR) (3 classes)  
 7955 Feb 10-24 F 4-5pm

## JUNIOR ENGINEERING

Ages 6-8. Join us as we explore and solve problems while learning about the building blocks of engineering simple machines. Students enjoy hands-on activities with levers, gears, wheels, axles, and pulleys that incorporate math, science and creativity. Computer Explorers instructs. Limited to 12 participants.

Fees: \$99(R) \$114(NR) (6 classes)  
 7961 Mar 9-Apr 20 F 4-5pm  
 (No class Apr 6)



## ALTERNATIVE ENERGY FOR BEGINNERS

Ages 6-8. Discover how to use wind, solar, water and hand-cranked electricity to power vehicles. Since the beginning of civilization humans have looked for sources of energy. Now it's your turn to engineer alternative energy machines and explore renewable energy sources. Whether it's a car, helicopter or bulldozer, alternative energy will power it! Computer Explorers instructs. Limited to 16 participants.

Fees: \$119(R) \$134(NR) (4 classes)  
 7957 Jan 6-27 F 5:15-7:15pm

# COMMUNITY CENTER - YOUTH

REGISTRATION DATES FOR PROGRAMS ON THIS PAGE start:  
November 21 for Apex Residents & December 5 for Non-Apex Residents.

## FUN DAYS TRACK OUT CAMP

Ages 6-11. Kids tracked out of school with nothing to do? Join us at the Apex Community Park Camp Building for games, arts & crafts, movies and lots of fun!



Outdoor activities such as fishing, bike safety and sports will be held if weather permits. Bring lunch, snack and drink. Wear sneakers. Staff instructs. Limited to 25 participants.

Fees: \$55(R) \$70(NR) (5 classes)

7915	Jan 9-13	M-F	9am-2pm	(track 4)
7916	Jan 23-27	M-F	9am-2pm	(track 3)
7917	Jan 30-Feb 3	M-F	9am-2pm	(track 3)
7918	Feb 13-17	M-F	9am-2pm	(track 2)
7919	Feb 20-24	M-F	9am-2pm	(track 2)
7920	Mar 5-9	M-F	9am-2pm	(track 1)
7921	Mar 12-16	M-F	9am-2pm	(track 1)
7922	Mar 26-30	M-F	9am-2pm	(track 4)
7923	Apr 9-13	M-F	9am-2pm	(track 4)
7924	Apr 23-27	M-F	9am-2pm	(track 3)
7925	Apr 30-May 4	M-F	9am-2pm	(track 3)



## YOUTH YOGA

Ages 6-16. Come discover and perform a series of yoga poses that mimic animals and nature in this fun fitness class. Kids can increase muscular strength, boost body confidence and self-esteem by practicing yoga. We will perform individual, partner and group work as well as using yoga balls. Mats will be provided or you may bring your own. Elaine Tyte instructs. Limited to 20 participants. Fees: \$36(R) \$51(NR) (4 classes)

### Ages 6-9:

7886	Jan 9-Feb 6	M	4:30-5:30pm
(No class Jan 16)			
7887	Feb 20-Mar 12	M	4:30-5:30pm
7888	Mar 26-Apr 16	M	4:30-5:30pm
7889	Apr 30-May 21	M	4:30-5:30pm

### Ages 10-16:

7890	Jan 9-Feb 6	M	3:30-4:30pm
(No class Jan 16)			
7891	Feb 20-Mar 12	M	3:30-4:30pm
7892	Mar 26-Apr 16	M	3:30-4:30pm
7893	Apr 30-May 21	M	3:30-4:30pm

## HOMESCHOOL PHYSICAL EDUCATION AND FITNESS

Ages 6+. Perfect for Homeschoolers! A parent/child fitness program designed to integrate physical fitness into your curriculum. Realize the benefits of strength, agility, balance and coordination for an organized mind and body. This series is composed of physical activity that is fun, will encourage children to live active lifestyles and help build healthy habits that will carry into adulthood. Parent and child(ren) must register individually and attend together. Stephanie O'Rourke instructs. Limited to 20 participants.

Fees: \$27(R) \$42(NR) (4 classes)

7948	Jan 4-25	W	1:15-2:15pm
7949	Feb 8-29	W	1:15-2:15pm
7950	Mar 14-Apr 4	W	1:15-2:15pm
7951	Apr 18-May 9	W	1:15-2:15pm

## BOLLYWOOD BHANGRA DANCE

Ages 6+. Parent/child participation - perfect for Homeschoolers! Bhangra dance originated in India and is a popular, vibrant, traditional folk dance combining every known emotion from joy to the warlike. No other folk dance in the world has the range of Bhangra! Learn a variety of dance moves for physical fitness and fun. Parent and child(ren) must register individually and attend together. Surteg Sandhu instructs. Limited to 25 participants.

Fees: \$76(R) \$91(NR) (4 classes)

7936	Jan 11-Feb 1	W	4-5pm
7937	Feb 8-29	W	4-5pm
7938	Mar 7-28	W	4-5pm

## ART ~ 4U2

Ages 7-11. Discover new ways to look at things around you to create depth and perspective in a drawing. Learn the importance of form and placement of objects. Use line, texture and shading to give a two or three dimensional effect. Some color theory. Mediums include markers, chalk and watercolor pencils. \*\$20 supply fee due to instructor at the first class. Linda Stables instructs. Limited to 12 participants.

Fees: \$36\*(R) \$51\*(NR) (4 classes)

7866	Jan 4-25	W	5:30-6:30pm
7867	Feb 8-29	W	5:30-6:30pm
7868	Mar 7-28	W	5:30-6:30pm
7869	Apr 11-May 2	W	5:30-6:30pm

## HAPKIDO ~ YOUTH BEGINNER

Ages 8-12. For beginners, white and advanced yellow belts. Learn the basic philosophy of a traditional self-defense martial art including respect for others, self-discipline, stretching, kicking, punching, rolling, break-falling techniques, and basic grappling. Heavy emphasis on importance of technique, appropriateness and safety. Minimum of 2 sessions of Beginner Hapkido required before entering intermediate class. Optional purchase of uniform and safety equipment available. Parents may remain in class. Richard Lemaster instructs. Limited to 12 participants.

Fees: \$46(R) \$61(NR) (10 classes)

7844	Jan 14-Mar 17	Sat	9:05-10:35am
(Awards/Potluck Dinner Mar 20, 6:30pm)			
7845	Mar 31-Jun 2	Sat	9:05-10:35am
(Awards/Potluck Dinner Jun 12, 6:30pm)			

## HAPKIDO ~ YOUTH INTERMEDIATE

Ages 8-12. For students with a green belt or higher only. Must have taken Beginner Hapkido at Apex Community Center (minimum of 2 sessions Beginner Hapkido required). Optional purchase of uniform and safety equipment available. Parents may remain in class. Richard Lemaster instructs. Limited to 30 participants.

Fees: \$52(R) \$67(NR) (20 classes)

7840	Jan 10-Mar 16	T/F	6-6:55pm
(Awards/Potluck Dinner Mar 20, 6:30pm)			
7841	Mar 27-Jun 5	T/F	6-6:55pm
(No class Apr 6, Awards/Potluck Dinner Jun 12, 6:30pm)			

## VIDEO GAME ROBOTICS

Ages 9-11. Move over Hermione and Harry! Build a magic wand that makes amazing things happen on the computer: one shake of the wand and the computer does your bidding! Build a robot puppet that makes an animal dance on the screen. This special course uses the most innovative tools available to build robots with sensors that communicate and control the computers. Dazzle your friends with what you create and what you learn! Computer Explorers instructs. Limited to 12 participants.

Fees: \$119(R) \$134(NR) (4 classes)

7959	Mar 9-30	F	5:15-7:15pm
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# COMMUNITY CENTER - YOUTH

REGISTRATION DATES FOR PROGRAMS ON THIS PAGE start:  
November 21 for Apex Residents & December 5 for Non-Apex Residents.

## SKETCHUP 3D DESIGN

Ages 9-11. Let your imagination run wild; learn how to build amazing 3D models of anything you want! Students will build parks, buildings and more. During this program students will learn to draw 3D shapes, develop them into models and import ready-made components to enhance their projects. Computer Explorers instructs. Limited to 12 participants.

Fees: \$99(R) \$114(NR) (3 classes)  
 7960 Apr 13-27 F 5:15-7:15pm



## DROID APP CAMP

Ages 9-13. Learn how to make your Android phone come alive with your own apps! Write your own math practicing apps, voice recognition, remote controller, compass, altimeter, and much more. Bring your Android phone and prepare for major fun! Computer Explorers instructs. Limited to 16 participants.

Fees: \$99(R) \$114(NR) (3 classes)  
 7958 Feb 10-24 F 5:15-7:15pm

## AMERICAN RED CROSS ~ Babysitter's Training

Ages 11-15. Provides youth with the skills necessary to safely and responsibly care for children and infants. Develop leadership skills, help children behave and learn basic child care and basic first aid. Learn to identify and apply the Emergency Action Steps. Bring lunch and drink. Please register in advance. American Red Cross instructs. Limited to 15 participants.

Fees: \$90(R) \$105(NR) (1 class)  
 7836 Jan 21 Sat 10am-4pm  
 7837 Feb 18 Sat 10am-4pm  
 7838 Mar 17 Sat 10am-4pm  
 7839 Apr 21 Sat 10am-4pm

## INTRODUCTION TO COMPETITIVE ROBOTICS

Ages 11-14. Work with a team to explore a variety of competitions including, but not limited to, FIRST LEGO League (FLL), RoboCup Junior, and LEGO Sumo. Learn to program the LEGO MINDSTORM NXT to perform tasks such as: synchronized movement, line following and obstacle avoidance. Prepare to participate on a team in any of these competitions, many of which are held locally. Tom Settle instructs. Limited to 16 participants.

Fees: \$175(R) \$190(NR) (10 classes)  
 7850 Jan 23-Mar 26 M 7-8:30pm

## PAGEANT GIRLS

Ages 12-16. Reach the best of your potential by building self-esteem, confidence and public speaking skills through the art of pageantry. Topics include: Introduction to Pageantry, Building Self-Esteem and Confidence, Becoming Photogenic, How to Interview, Public Speaking, Presentation Skills, Clothing, Make-up, Community Service and Pageant Tips. Each participant will take home an arts & crafts project and goodie bag.

Chetoca Barfield instructs. Limited to 15 participants.  
 Fees: \$120(R) \$135(NR) (6 classes)  
 7933 Jan 9-Feb 20 M 5-6pm  
 (No class Jan 16)  
 7934 Mar 5-Apr 9 M 5-6pm

## APEX YOUTH COUNCIL

The AYC is run by local middle and high school youth to enhance our community through leadership and service, as well as the enjoyment of planning and participating in social and community events. We are funded through member application fees. Meetings are held the first Wednesday of each month at the Apex Community Center, 7-8pm. See [www.apexnc.org](http://www.apexnc.org) for further details.

If you would like us to volunteer to help with your local Apex event, please contact: [apexyouthcouncil@gmail.com](mailto:apexyouthcouncil@gmail.com).

# COMMUNITY CENTER - TEEN & ADULT

## HAPKIDO ~ TEEN & ADULT BEGINNER

Ages 13+. For beginners, white and advanced yellow belts. Learn basic philosophy of a traditional self-defense martial art including respect for others, self-discipline, stretching, kicking, punching, rolling, break-falling techniques, and basic grappling. Heavy emphasis is placed on importance of technique, appropriateness and safety. Minimum of 3 sessions of Beginner Hapkido is required before entering intermediate class. Optional purchase of uniform and safety equipment available. Richard Lemaster instructs. Limited to 12 participants.

Fees: \$46(R) \$61(NR) (10 classes)  
 7846 Jan 14-Mar 17 Sat 9:05-10:35am  
 (Awards/Potluck Dinner Mar 20, 6:30pm)  
 7847 Mar 31-Jun 2 Sat 9:05-10:35am  
 (Awards/Potluck Dinner Jun 12, 6:30pm)

## HAPKIDO ~ TEEN & ADULT INTERMEDIATE

Ages 13+. For returning students with a green belt or higher only. Must have taken Beginner Hapkido at Apex Community Center (minimum of 3 sessions required). Continued Hapkido skills. Optional purchase of uniform and safety equipment available. Parents may remain in class. Richard Lemaster instructs. Limited to 45 participants.

Fees: \$62(R) \$77(NR) (20 classes)  
 7842 Jan 10-Mar 16 T/F 7-8:30pm  
 (Awards/Potluck Dinner Mar 20, 6:30pm)  
 7843 Mar 27-Jun 5 T/F 7-8:30pm  
 (No class Apr 6, Awards/Potluck Dinner Jun 12, 6:30pm)

## HAPKIDO ~ ADVANCED

Ages 13+. Class for teen and adult intermediate students, who have had at least 3 semesters of Hapkido, for work on advanced techniques with a smaller student/teacher ratio. Richard Lemaster instructs. Limited to 15 participants.

Fees: \$44(R) \$59(NR) (10 classes)  
 7848 Jan 14-Mar 17 Sat 10:35am-12:35pm  
 (Awards/Potluck Dinner Mar 20, 6:30pm)  
 7849 Mar 31-Jun 2 Sat 10:35am-12:35pm  
 (Awards/Potluck Dinner Jun 12, 6:30pm)

# COMMUNITY CENTER - TEEN & ADULT

REGISTRATION DATES FOR PROGRAMS ON THIS PAGE start:  
November 21 for Apex Residents & December 5 for Non-Apex Residents.

## DANCE FITNESS FOR WOMEN

Ages 16+ (ages 13-15 may enroll if accompanied by parent). A dance-based fitness program that strengthens and tones while increasing energy and flexibility. This is a building program allowing participants to grasp 14-15 choreographed routines one at a time, quickly and effectively, while keeping fun and fitness as the priority! Kathy Taylor instructs. Limited to 20 participants.

Fees: \$117(R) \$132(NR) (26 classes)  
7857 Jan 9-Apr 16 M/Th 7:30-8:30pm  
(No class Feb 21, Mar 5, Mar 8)  
7858 Jan 10-Apr 17 T/Th 9:15-10:15am  
(No class Feb 21, Mar 6, Mar 8)

## PILATES

Ages 16+. (ages 13-15 may enroll if accompanied by parent). An excellent non-aerobic form of body conditioning and training that anyone can do regardless of age or ability. Pilates is a series of exercises performed on a mat based on the work of Joseph Pilates. Movements are specifically designed to strengthen and lengthen the muscles with special focus on the core. Mats provided, or you can bring your own.

Elaine Tyte instructs. Limited to 20 participants.

Fees: \$36(R) \$51(NR) (4 classes)  
7898 Jan 3-24 T 6:15-7:15pm  
7899 Feb 7-28 T 6:15-7:15pm  
7900 Mar 13-Apr 3 T 6:15-7:15pm  
7901 Apr 17-May 8 T 6:15-7:15pm

## BASIC YOGA

Ages 16+. This is a beginner to intermediate level class. Reap the benefits of yoga, including better posture, more overall comfort in the body, more flexibility, more strength, better breathing, better concentration, and an improved sense of peacefulness. No previous yoga experience necessary. Different levels of poses will be demonstrated. Students must be able to get up from and get down to the floor easily. Bring your own yoga mat. Mila Holy instructs. Limited to 30 participants.

Fees: \$49(R) \$64(NR) (7 classes)  
7855 Jan 23-Mar 5 M 6-7pm  
7856 Mar 19-Apr 30 M 6-7pm

## THE NIA TECHNIQUE ~ AWARENESS BASED FITNESS

Ages 16+. (ages 13-15 may enroll if accompanied by a parent). Nia is a body-mind-spirit fitness and lifestyle practice. Through expressive movement achieve physical, mental and emotional well-being. Combines elements from dance, martial arts and healing arts into a high energy workout to strengthen your body and feed your spirit. Adaptable to all fitness levels. Julie Ihrig instructs. Limited to 20 participants.

Fees: \$49(R) \$64(NR) (7 classes)  
7926 Jan 11-Feb 22 W 9-10am  
7927 Feb 29-Apr 11 W 9-10am

## BUTTS & GUTS

Ages 16+. (ages 13-15 may enroll if accompanied by parent). Let's get ready to kick some butt and gut. This unique fitness class is designed to increase your overall muscle tone and assist in burning more calories throughout your day, with the primary focus on the abs, glutes and lower body. The workout will consist of floor work on mats, exercise balls, stretch bands, and partner work. Suitable for all fitness levels. Elaine Tyte instructs. Limited to 20 participants.

Fees: \$36(R) \$51(NR) (4 classes)  
7902 Jan 4-25 W 6:15-7:15pm  
7903 Feb 8-29 W 6:15-7:15pm  
7904 Mar 14-Apr 4 W 6:15-7:15pm  
7905 Apr 18-May 9 W 6:15-7:15pm

## BALLROOM DANCE

Ages 16+. Students will be introduced to at least 4 of the following dances during the session: Foxtrot, Swing, Waltz, ChaCha, Rumba, Tango and Hustle. Instruction in each dance includes the basics, techniques and styling for both beginning and some advanced patterns. Supervised freestyle dancing 7:15-7:30pm, prior to hour of instruction. Registration by couple only. Fee is per person. Liz Sorrell and Mike Metcalf instruct. Limited to 40 participants (20 couples).

Fees: \$80(R) \$95(NR) (10 classes)  
7928 Jan 25-Mar 28 W 7:15-8:30pm

## DOG OBEDIENCE 101

Ages 16+. In this class you will learn the importance of your role as leader and teach your dog the ability to have self-control. These two things together will allow your pup to learn to sit, down, wait, come, stay and to walk on a loose leash without pulling. Learning the proper body language and communicating clearly with your dog is also a focus. The result will be improved behavior in public as well as at home and a closer bond between you and your dog. This course is for dogs older than 3 1/2 months. Class is held outdoors at Salem Pond Park, 6112 Old Jenks Rd. (turn in at Salem Elementary School entrance). Proof of shots required. Register one human handler per dog, but feel free to bring the whole family! Dream Dogs Behavior Solutions instructs. For more info visit [www.dreamdogsn.com](http://www.dreamdogsn.com). Limited to 6 participants.

Fees: \$125(R) \$140(NR) (6 classes)  
7929 Jan 7-Feb 11 Sat 10-11am  
7930 Mar 3-Apr 7 Sat 10-11am

## ADVANCED DOG OBEDIENCE

Ages 16+. For dogs of any age that know (but may not always comply) sit, down, wait, come, stay and walk on a loose leash without pulling but needs these skills strengthened. This class will improve your dog's impulse control while confirming your leadership. By adding distractions and practicing commands off leash, your dog will improve self control. If time allows we will increase learning with fun games and Rally obedience. The final class will be the American Kennel Club Canine Good Citizen (CGC) certification. Class is held outdoors at Salem Pond Park, 6112 Old Jenks Rd. (turn in at Salem Elementary School entrance). Proof of shots required. Register one human handler per dog, but feel free to bring the whole family! Dream Dogs Behavior Solutions instructs. For more info visit [www.dreamdogsn.com](http://www.dreamdogsn.com). Limited to 6 participants.

Fees: \$125(R) \$140(NR) (6 classes)  
7931 Jan 7-Feb 11 Sat 11:15am-12:15pm  
7932 Mar 3-Apr 7 Sat 11:15am-12:15pm

# COMMUNITY CENTER - TEEN & ADULT

REGISTRATION DATES FOR PROGRAMS ON THIS PAGE start:  
November 21 for Apex Residents & December 5 for Non-Apex Residents.

## POSTURE, PAIN & PERFORMANCE

Age 17+. Increase your understanding of the human body and its relationship to correct posture. Learn an overview of posture alignment exercises and how to implement for the elimination of pain and discomfort. The goal is to improve core strength and posture for the alleviation of chronic pain, to enhance circulation, increase physical performance, and restore overall health and well being. General exercise menus are used. After attending this workshop you will have an understanding of the movements and be able to use on your own. Surteg Sandhu instructs. Limited to 25 participants.

Fees: \$49(R)	\$64(NR)	(1 class)
7940 Jan 28	Sat	10am-1pm
7941 Feb 25	Sat	10am-1pm

## FUNCTION FITNESS TO IMPROVE CORE STRENGTH

Ages 17+. Increase your understanding of the core concept and its relationship to overall correct posture. Learn advanced level core posture alignment exercises and how to implement them to improve appearance, increase circulation and core strength. Standing and mat stretches will be learned for the alleviation of stress and discomfort, and the improvement of physical health and well being. General exercise menus are used. Surteg Sandhu instructs. Limited to 25 participants.

Fees: \$49(R)	\$64(NR)	(1 class)
7942 Mar 24	Sat	10am-1pm
7943 Apr 7	Sat	10am-1pm

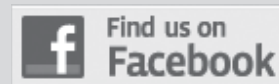
## DE-CLUTTER & ORGANIZE YOUR HOME

Age 18+. (ages 13-17 may enroll with parent) Are you feeling overwhelmed by your things? Do you feel your stuff is managing you rather than you managing your stuff? Or would you just like your home to feel more peaceful and relaxing? Simplify your life and get motivated to let go of the things you don't use or need and live a less stressful life. Learn how to increase time and energy using the skills of organization, de-cluttering, maintaining and other ways to streamline your life. Be able to find anything in your home in less than a minute! Marcia Dibens instructs. Limited to 20 participants.

Fees: \$25(R)	\$40(NR)	(4 classes)
7944 Jan 4-25	W	7-8:30pm
7945 Feb 1-22	W	7-8:30pm
7946 Mar 7-28	W	7-8:30pm
7947 Apr 4-25	W	7-8:30pm

# HALLE CULTURAL ARTS CENTER

- See [How to Register for Programs](#), p. 2. Registration is held at the Community Center or at the Halle Cultural Arts Center.
- Programs are held at the Halle Cultural Arts Center of Apex, 237 N. Salem St. in Historic Downtown Apex.
- Registration is required at least 3 days before the first date of program unless otherwise noted.
- Classes will be cancelled if class minimums are not met.
- Please mark your calendars. You will be notified by phone only if a class is cancelled.
- Participant must be the age indicated before the first day of class, no exceptions.
- Parent/guardian/unregistered siblings are not permitted to remain in class unless otherwise noted.
- No food allowed during class unless otherwise noted.
- In the event of inclement weather you may call 249-1120 for information regarding class cancellations. APRCR will reschedule cancelled classes as quickly as possible.
- For additional Halle Cultural Arts Center program information visit [www.apexnc.org/halle](http://www.apexnc.org/halle) or call 249-1120.



## HALLE CULTURAL ARTS CENTER Available for Rent

Have your next meeting, seminar, reception, fundraiser, wedding ceremony, dance, reunion, or other celebration at the elegant Halle Cultural Arts Center. Rental agreements, facility brochure and floor plans are available at [www.apexnc.org](http://www.apexnc.org). To tour the center or discuss available dates and rental fees, please visit [apexnc.org/halle](http://apexnc.org/halle) or call 249-1120.

## TICKETS



All events are General Admission seating. Tickets generally go on sale one month prior to the event. You may purchase tickets, in person only, at the Halle Cultural Arts Center Box Office, Mon-Fri, 9am-6pm, and Sat, 9am-1pm. We do not offer will call or phone sales at this time. The Box Office accepts Visa, Master Card, checks or cash for payment. For your added convenience, tickets may be purchased through Etix. Please remember that online ticket sales are suspended 30 minutes prior to show time and will then only be available at the Box Office. In the rare event of a performance cancellation, all refunds will be issued through the Halle Cultural Arts Center Box Office. Tickets may not be exchanged for alternate engagements. Please note: The Halle Cultural Arts Center utilizes Etix, a third-party service provider. This service is offered strictly for the convenience of the ticket purchaser. Those choosing to use Etix will be charged a per ticket convenience fee. The amount is calculated from the value of the ticket with a minimum charge of \$1. This convenience fee goes directly to Etix and has no relationship to The Halle Cultural Arts Center.

# HALLE CULTURAL ARTS CENTER

REGISTRATION DATES FOR PROGRAMS ON THIS PAGE start:  
November 21 for Apex Residents & December 5 for Non-Apex Residents.

## VISUAL ARTS EXHIBITS

Curtis Krueger

*Mrs. Davis' Chair Across America*

Jan 5-Feb 10

Opening Reception-Jan 6, 6:30-8pm

Pre-opening Artist Talk, 6pm

Youth Expo

*Spotlight Gallery: Reflections*

Feb 17-Mar 23

Opening Reception-Feb 17, 6-8pm

Kathy Ammon & Egg in Nest Studio's

*Finding the Right Word*

Mar 30-May 5

Opening Reception-March 30, 6-8pm

## PIZZA AND A SHOW

### Family Movie Night at the Halle

All Ages. Spend a fun-filled evening viewing a film in our cozy theatre. We set up tables and ONLY 80 chairs for this special event. Enjoy a slice or two of pizza while watching the movie. Additionally, bottled water and dessert is included while you sit back and enjoy the show. Please call 249-1120 one week prior to event for movie title or visit [www.apexnc.org](http://www.apexnc.org). Children under 12 must be accompanied by an adult. Tickets are \$5 and we throw in the movie for free!

(Doors open at 5:30 pm).

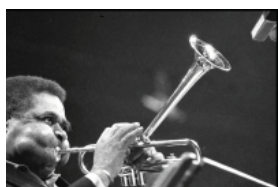
Thurs, 6-8pm

Jan 19

Feb 16

Mar 15

Apr 19



### "GREAT BIG BANDS OF JAZZ LED BY FAMOUS BLACK AMERICANS:

**BENNY CARTER,  
DIZZY GILLESPIE,  
JIMMY LUNCEFORD,  
DUKE ELLINGTON**

**AND COUNT BASIE" with Special Guest Pam Saulsby**

~ Directed by Gregg Gelb

Tickets: \$10 adult/\$5 students 16 and under

Sat, Jan 7, 7 pm

## MOSCOW NIGHTS/GOLDEN GATES

From the far reaches of St. Petersburg, *Golden Gates and Moscow Nights* tour America performing masterpieces of Russian folklore, song and dance. Contrasting elaborate lyrical suites against pulsating dances, the Russian culture comes to life in a whirlwind of colorful costumes and exotic sounds. *Golden Gate's* lively program presents an authentic picture of Russian folk traditions. The dancers thrill audiences with their syncopated choreography, gymnastic leaping and explosive foot stomping. The singing includes well-known tunes such as *Kalinka* as well as Cossack war dances and Siberian love chants. Touring with the troupe is *Moscow Nights*, an exciting acoustic trio of ethnic percussion, bayan, zhaleika and balalaikas.

Tickets: \$12 adult/\$7 Students 16 and under

Fri, Jan 13, 7pm

"In a word - fantastic!" *Cleveland Plain Dealer*

"... excellent ambassadors from a culture about which we in the United States know very little. They have a firm grasp of tradition which gives the program a significance beyond their purely musical value."

*University of Colorado - College of Music*

## JAZZLIVE CONCERT SERIES

featuring **LENORE RAPHAEL**

with **SPECIAL GUEST**

**Dr. David Champouillon, trumpet**

Joining internationally renowned Jazz pianist Lenore Raphael, Dr. David Champouillon will grace the Halle stage on trumpet. A graduate of the famed jazz programs at both, the University of Miami and the University of Northern Colorado, Champouillon is an Artist/Clinician for Bach Trumpets and Professor of Trumpet and Jazz Studies at East Tennessee State University. Also joining in are Peter Ingram on drums and Rick Eckberg on bass.

Tickets: \$12 adults/\$10 students 16 and under  
Sat, Feb 11, 7 pm

## APEX HIGH SCHOOL ORCHESTRA SPRING PROGRAM

FREE (Limited Seating)

Tues, Mar 20, 7 pm

## "PEGGY NOODLE, HULA HOOP

**QUEEN" Hoopla Book Launch Party**

Meet Apex author Dolly Dozier and illustrator Monica Wyrick as they introduce Ms. Dozier's new children's book, "Peggy Noodle, Hula Hoop Queen" and join in on the "Hoopla!" This party promises lots of fun" hula hooping," including a contest, refreshments (lemonade and cupcakes), prizes and books! No experience necessary and hula hoops will be available!

FREE

Sat, Feb 11, 2 pm

## RALEIGH LITTLE THEATRE presents "THE ADVENTURES OF NATE THE

**GREAT" by Pamela Sterling from the books by Marjorie Weinman Sharmat**

Nate the Great is the sharpest kid detective ever. Getting all the facts, asking the right questions, narrowing down the suspects, Nate solves important cases in his neighborhood-always remembering to leave a note for his mother and to wear his galoshes!

Tickets: \$7 adult/\$5 children 12 and under

Sat, Mar 31, 2pm

## BLURRING THE LINE- Poetry & Art celebrating National Poetry Month

Young artists from Egg in Nest Art Studio will present their original poems and original art in a special celebration for National Poetry Month. Special guests to be announced.

FREE

Sun, Apr 15, 2-5 pm

Presentation and Performance: 2-4 pm

Reception and Gallery Opening: 4-5 pm

## RALEIGH SYMPHONY ORCHESTRA'S

**FREE SPIRIT ENSEMBLE presents  
"Twos, Threes and Fours"**

An afternoon of duos, trios and quartet chamber works. Selections to include: a world premiere of Lanette Lind's newest work for violin, cello, percussion and piano and Schoenfield's Café Music for violin, cello and piano.

Tickets: \$12 adult, \$10 seniors/students,  
FREE children 12 and under

Sun, Apr 22, 3 pm

# HALLE CULTURAL ARTS CENTER

REGISTRATION DATES FOR PROGRAMS ON THIS PAGE start:  
November 21 for Apex Residents & December 5 for Non-Apex Residents.

## THE JOY OF COLORED PENCILS

Ages 55+. Colored pencils have come into their own as a bona fide art medium! Learn basic theory of color mixing to create rich, deep tones, learn how to apply pressure to burnish colors to a rich sheen, how to cross-hatch, emboss and apply scraffito.

Includes the use of mineral spirits to create a more painterly look, use of water soluble color pencil, combination of color pencil and graphite and more. Color pencil is relatively inexpensive, very quick and easy, and properly applied and sealed, will hold up like any work of art for many years. Drawing expertise is not required. Jillian Goldberg instructs. Students who have taken this class before should alert Ms. Goldberg and she will provide a varied curriculum. \*Email her at [jillian@goldbergnc.com](mailto:jillian@goldbergnc.com) for required materials. Limited to 12 participants.

Fees: \$19\* (R) \$29\* (NR) (5 classes)  
 7820 Feb 1-29 W 10:30am-12:30pm

## GROUP VOICE LESSONS

Ages 8-11. Designed for the beginner, this class will introduce your child to all aspects of singing, including warm ups, breathing exercises, beginning music theory, and song study. All students will have the opportunity to perform their pieces at a recital on the last day of class. \*\$20 materials fee due to instructor at first class. Annette Stowe instructs. Limited to 8 participants.

Fees: \$75\*(R) \$90\*(NR) (7 classes)  
 7800 Jan 9-Feb 27 M 4:30-5:30pm  
 (No class Jan 16)  
 7801 Mar 5-Apr 23 M 4:30-5:30pm  
 (No class Mar 26)

## CREATIVE DRAMA

Ages 6-7. Students will develop their creativity through movement, sound, improvisation and pantomime. They will learn to focus their energy as they explore skills needed to bring a story to life such as concentration, voice, dialogue, and characterization. There will be a "Sharing" for family and friends on the last day of class. No experience necessary. Raleigh Little Theatre instructs. Limited to 12 participants.

Fees: \$75\*(R) \$90\*(NR) (7 classes)

### I Wish I Were a Butterfly!

7802 Jan 10-Feb 21 T 4:30-5:30pm

### Ants, Grasshoppers, Lions and Mice!

7803 Mar 6-Apr 24 T 4:30-5:30pm  
 (No class Apr 3)

## PLAY ON

Ages 8-10. Free your imagination and discover yourself on stage! Through scripted scenes, students will explore character development, memorization skills, character relationships and teamwork. Each session ends with a "Sharing" for parents and friends. No experience necessary.

Raleigh Little Theatre instructs. Limited to 14 participants.

Fees: \$85(R) \$100(NR)

### The Big Orange Splot!

7804 Jan 9-Feb 27 M 4:30-6pm  
 (No class Jan 16)

### Make a Scene!

7805 Mar 12-Apr 30 M 4:30-6pm  
 (No class Apr 2)

## RLT HILARIOUS HOMESCHOOLERS

Ages 8-13. Students will explore story dramatization with emphasis on group work and improvisation. There will be a "Sharing" for family and friends on the last day of class. No experience necessary. Raleigh Little Theatre instructs. Limited to 12 participants.

Fees: \$40\*(R) \$55\*(NR) (4 classes)

### Fractured Fairytales

7808 Feb 2-23 Th 2-3pm

### Prop Bag Theatre

7809 Apr 12-May 3 Th 2-3pm

## APEX PLAYERS

Ages 10-13. This performance class is for the serious actor who is willing to work on character creation, relationships on stage and memorization. Actors will learn bold choice-making and teamwork, all while exploring scripted material. The session will end with a bare-bones production of *Twice Upon a Time* by Colleen Neuman. When three incompetent witches lose their book of spells, princesses begin to appear out of thin air! No experience necessary. Raleigh Little Theatre instructs. Limited to 10 participants.

Performance will be held at the final class.

Fees: \$163\*(R) \$178\*(NR) (14 classes)

7806 Jan 11-Apr 18 W 4:30-6pm  
 (No class Apr 4)

## ACTING FOR THE NON-ACTOR

Ages 55+. This class is designed for those who usually sit in the audience, but would like to give the stage a try! Through scripted and improvised material, students will study acting skills including pantomime, voice and imagination. No experience necessary.

Raleigh Little Theatre instructs. Limited to 12 participants.

Fees: \$12(R) \$22(NR) (4 classes)

7810 Jan 10-31 T 9:30-10:30am

7811 Apr 10-May 1 T 7-8pm



## BEGINNING PHOTOGRAPHY

Ages 16+. Did you receive a new camera for the holidays? Come find out what you can *really* do with it! This class is for beginners who want to know what all those menus mean on their cameras and to learn the basic principles of photography. Students will learn how to hold the camera, work with exposure and composition, how to handle different lighting situations, post processing of digital files and work flow etc. Students are encouraged to have a knowledge of how and where to find items on their camera. They do not need to know what it all means! (That's the instructor's job to explain!) Ron Sowers instructs. Limited to 15 participants.

Fees: \$75(R) \$90(NR) (4 classes)

7861 Jan 10-31 T 4-6pm

# HALLE CULTURAL ARTS CENTER

REGISTRATION DATES FOR PROGRAMS ON THIS PAGE start:  
November 21 for Apex Residents & December 5 for Non-Apex Residents.

## CONCERT SERIES

**FREE ~ Outdoor Concerts at the Historic Train Depot in Apex and the NEW Concerts on the Campus between Town Hall and the Community Center**

Performances include brass, country, big band, rock and roll, beach, bluegrass, reggae and jazz.

Bring your chair and blanket for an evening of outside entertainment for the whole family! No alcohol and no pets allowed. Visit [www.apexnc.org/halle](http://www.apexnc.org/halle) for concert schedule.

## CONCERTS ON THE CAMPUS kicks off with THE FOLSOM PRISON GANG

The Folsom Prison Gang is a five piece Johnny Cash tribute band out of Western North Carolina. A love of Johnny Cash music, along with the desire to do something totally different, led to the formation of The Folsom Prison Gang in early 2007. Since then, the band has been performing at festivals, theaters and events, bringing that famous boom-chucka-boom sound to audiences from South Carolina to Maryland. Selecting from a catalog that exceeds 1,400 songs (yes...Johnny Cash recorded that many songs during his 50+ years writing and recording) and numerous chart topping hits; The Folsom Prison Gang performs song after song of recognizable favorites and crowd pleasers.

FREE Sat Apr 21 7-9pm

## COMMUNITY CENTER - SENIORS

**NOTE: The Town of Apex considers Seniors to be ages 55 years and up. Participants in the following programs must meet this age requirement. Registration is required 3 days prior to start date, unless otherwise stated.**

### SOCIAL PROGRAMS

#### DROP-IN ACTIVITIES

Ages 55+.

**Book Exchange:** Are you an avid book reader? If so, then come see our new book exchange! Located in the Mail Room, the book exchange is open to anyone free of charge. Get rid of old books by sharing them with fellow readers. Please only bring slightly used books that are in good condition.

**Bocce Ball:** Bocce ball is an ancient game whose modern adaption most closely resembles bowling, strategy and just a little luck. Court is open year round. Ball set is available at the Front Desk.

#### BRIDGE

Ages 55+. Join others for bridge in a social, pleasant environment. Must be familiar with the game. Free.

7982 Every Tues 10:30am-1:30pm  
(No class Feb 21)

#### CARDS & GAMES

Ages 55+. Join friends for an afternoon of socializing while playing Mahjong, Canasta, Spades or other fun games! Open for all levels and players. Free.

7983 Every Mon 1-4pm  
(No class Jan 2, Jan 16)

#### PINOCHLE

Ages 55+. Join us for a fun game of Pinochle in a social atmosphere. Some instruction provided. Free.

7984 Every Fri 1-4pm  
(No class Apr 6)

#### BINGO

Ages 55+. Bingo with a maximum cash prize of \$10 will be offered every first and third Wednesday of the month. Please bring \$1 per card. Coffee and water provided. Pre-registration required for each day bingo meets.

7985 1st & 3rd Wed 1:30-3pm

#### STITCH & HOOK CLUB

Ages 55+. Come socialize while crocheting, knitting or sewing. Great time to catch up with other seniors and learn new techniques. Bring your lunch or favorite snack. Free.

7986 Every Thur 11am-1pm

#### THE PEAK CITY SINGERS

Ages 55+. Find yourself singing in the shower or humming in the kitchen? Then have tons of fun and enjoy good harmony as we travel down memory lane via song. Occasionally take the show on the road for performances. Directed by Jill Smith. Fees cover January-April.

Fees: \$8(R) \$18(NR)  
7991 Every Mon 11am-12:30pm  
(No class Jan 2, Jan 16)

#### WII BOWLING

Ages 55+. Enjoy playing the popular video game by Nintendo called the Wii. It is a game that uses a remote control to simulate you swinging your arms for different activities. Great exercise and fun all in one! We will play the bowling game every second and fourth Wednesday of the month. Open to those experienced and new to the game. Instruction provided. Free.

7987 2nd & 4th Wed 9:30-11am



# COMMUNITY CENTER - SENIORS

REGISTRATION DATES FOR PROGRAMS ON THIS PAGE start:  
November 21 for Apex Residents & December 5 for Non-Apex Residents.

## SOCIAL PROGRAMS

### WHITE ELEPHANT GIFT RECYCLERY LUNCHEON

Ages 55+. Think you're the only one who gets holiday presents that have no place on your shelf? Join our White Elephant Gift Luncheon and pass on a gift you know you won't miss. Bring 1 wrapped gift of \$10 or less in value. Bring a covered dish to share. Free.

8026 Jan 5 Th 11:30am-1pm

### CHANGE OF HEART LUNCHEON

Ages 55+. February is American Heart Month. Heart Disease is the leading cause of death in the United States. Using the Go Red For Women © and the Power to End Stroke campaigns through the American Heart Association, a panel of healthcare professionals will join us to teach new tools and different recipes to get in shape and stay healthy. Bring a healthy dish to share. Free.

8027 Feb 24 F 11:30am-1:30pm

### CELEBRATING 80'S LUNCHEON

Ages 55+. If you are age 80 years or better you can be honored at our March potluck luncheon. If you would like to be recognized, please call 249-3402 or come by Apex Community Center by Fri, Mar 22. Bring a dish to share. Free.

8028 Mar 22 Th 11:30am-1pm

### ON THE DEFENSE LUNCHEON

Ages 55+. Can you ever be too safe? Never! Join us for our monthly potluck luncheon where we will learn about self-defense techniques and tips that can keep you safe. Steps to keep your home safe included as well! Bring a covered dish to share. Free.

8029 Apr 19 Th 11:30am-1pm

### FOCUS GROUP

Ages 55+. We need your help! Are there new programs that you want to see us creating? Do you have any new ideas? Come share them with the Senior Recreation Specialist while enjoying provided snacks and coffee. We will be planning our Fall 2012 and 2013 programs. Free.

7989 Jan 18 W 10-11:30am

7990 Jan 19 Th 6-7pm

### CREATIVE FLORAL DESIGNS

Ages 55+. Learn how to arrange beautiful fresh flowers in an array of different designs. The best part is that you get to take your creations home. A new design each class. All flowers and materials provided. Abloom'n Garden Florist instructs. Limited to 12 participants.

Fees: \$12(R) \$22(NR) (1 class)

7992 Jan 25 W 1-3pm

7993 Feb 29 W 1-3pm

7994 Apr 25 W 1-3pm

### ARCHITECTURE OF APEX

Ages 55+. Town Planner Lauren Simmons gives a brief architectural history of the Town of Apex, starting from the first settlers in the mid 1800's to modern day. Review of several successful historic preservation projects the Town has been involved with and show pictures of the different architectural styles that can be found around town. Learn about different architectural styles found in Apex, as well as the stories behind some of Apex's most noted buildings. Limited to 40 participants. Free.

8031 Mar 7 W 11:30am-12:30pm

### ARCHITECTURE OF APEX ~ WALKING TOUR

Ages 55+. Planner Lauren Simmons will lead an educational walking tour of Apex's architectural heritage. Participants can expect about a mile or less of walking. We will meet at the Halle Cultural Arts Center and walk in and around downtown Apex. Wear comfortable shoes, sun protection and bring water. Limited to 20 participants. Free.

8032 Apr 24 T 3-5pm

### APEX POLICE ~ REFRESHER DRIVING COURSE

Ages 55+. Join Master Officer Charles Jones of the Apex Police Department to discuss current rules of the road, defensive driving tactics and operating a vehicle more safely in today's technology driven environment. Learn to recognize warning signs to age-related changes in vision, hearing and reaction time. Limited to 40 participants. Free.

8033 Feb 28 T 1:30-2:30pm

### THE ART OF COLLAGE

Ages 55+. Ever wanted to make art out of junk mail? This class will cover the history and basics of collage. Participants will make collages out of everyday materials! Bring in magazines, old bills, newspapers or old photos. Yonsenia White instructs. Limited to 15 participants.

Fees: \$9(R) \$19(NR) (1 class)

8034 Mar 24 Sat 12-3pm



### Please Note ~

More senior citizen art classes are held at the Halle Cultural Arts Center, see pages 11-13.

### INTUITIVE PAINTING

Ages 55+. Want to express yourself freely and color outside of the lines? Listen to your "inner artist" and explore the creative process without fear! You'll make a group painting with acrylic paints and other painting tools. Yonsenia White instructs. Limited to 15 participants.

Fees: \$15(R) \$25(NR) (1 class)

8035 Feb 18 Sat 12-3pm

### RALEIGH-WAKE SENIOR GAMES

Ages 55+. The Raleigh-Wake Senior Games is an athletic and artistic competition for older adults age 55 and better to keep the body, mind and spirit fit while enjoying the company of friends, family, spectators and volunteers. There are over 30 sports, both individual and team events, to participate in: tennis, golf, bowling, track and field, bocce and much more. The competitions also include Visual, Literary, Craft and Performing Arts. A complete list of competition events can be located at [www.rwseniorgames.org](http://www.rwseniorgames.org). Events are held throughout Wake County. Please see registration form available mid-February for dates, deadlines and fees.

**Basketball Tournament:** Come see Seniors battle it out for the gold in basketball. Held at Apex Community Center.

Apr 13 F 5-7pm

# COMMUNITY CENTER - SENIORS

REGISTRATION DATES FOR PROGRAMS ON THIS PAGE start:  
November 21 for Apex Residents & December 5 for Non-Apex Residents.

## SOCIAL PROGRAMS

### CARING BY SHARING ~ VOLUNTEER OPPORTUNITIES

Ages 55+. Are you looking for a way to give back or have extra free time? Then come and volunteer with the Senior Adult Program! Attend the one-time orientation to learn more and sign up for a wide variety of available opportunities.

7988 Apr 12 Th 1-3pm

### DAY TRIPS

Ages 55+. Join us on a luxury motor coach or van as we explore some exciting sites across North Carolina. Registration is required. Please pick up the Senior Adult Day Trip Brochure at Apex Community Center for dates and deadlines. Cost and times vary depending on the trip.



## FITNESS PROGRAMS

### EXERCISE

Ages 55+. An exercise program designed to enable Seniors to have fun while retaining flexibility and mobility through a series of motivating and enjoyable exercises. Instructor Lisa Wilder-Cappoli leads on Mondays. Instructor Bettie Ittenbach leads Tuesdays and Thursdays. Bean bag weights and stretch bands provided. Bring own weights for added resistance. Free.

8015 Every Mon/Tue/Thur 10-11am  
 (No class Jan 2 or Jan 16)

### T'AI CHI CHIH

Ages 55+. Come enjoy the unique experience of T'ai Chi Chih, known to improve balance and reduce tension while promoting overall health and well-being. Carolyn Perry instructs. Limited to 17 participants.

Fees: \$10(R) \$20(NR) (7 classes)  
 8017 Jan 17-Feb 28 T 3-4:15pm  
 8018 Mar 13-Apr 24 T 3-4:15pm



### PILATES

Ages 55+. Designed to fit the needs of seniors! An excellent non-aerobic form of body conditioning and training that anyone can do regardless of age or ability. Pilates is a series of exercises performed on a mat based on the work of Joseph Pilates. Movements are specifically designed to strengthen and lengthen the muscles with special focus on the core. Mats provided, or you can bring your own. Elaine Tyte instructs. Limited to 20 participants.

Fees: \$9(R) \$19(NR) (4 classes)  
 8007 Jan 4-25 W 3-4pm  
 8008 Feb 8-29 W 3-4pm  
 8021 Mar 14-Apr 4 W 3-4pm

### AGELESS GRACE

Ages 55+. Ageless Grace is an easy-to-learn seated fitness and wellness program that is designed to create lifelong comfort and ease by promoting the "Three Rs" of lifelong comfort: ability to respond, react and recover efficiently and safely. Using natural and organic movements that focus on healthy longevity of body and mind, Ageless Grace helps to promote optimal function of joints, spinal flexibility, cognitive and motor function, balance and more. Julie Ihrig instructs. Limited to 15 participants.

Fees: \$12(R) \$22(NR) (7 classes)  
 8019 Jan 12-Feb 23 Th 1:30-2:30pm  
 8020 Mar 8-Apr 19 Th 1:30-2:30pm

### YOGA

Ages 55+. Simple yogic stretches, postures, breathing and relaxation techniques. Props such as chairs, blankets, blocks and straps may be used for modifications. Refrain from eating 1 hour before class.

**Beginner:** If you have little or no yoga experience and /or simply need a gentle practice. The first half of this class is a seated chair yoga. Susan Fenimore instructs. Limited to 30 participants.

Fees: \$21(R) \$31(NR) (7 classes)  
 7995 Jan 9-Feb 27 M 11am-12pm  
 (No class Jan 16)  
 7996 Mar 12-Apr 23 M 11am-12pm

**Intermediate:** 6 months of yoga experience required unless approved by instructor. Students must be able to get up and down off of floor easily, perform poses on their knees. Mila Holy instructs. Limited to 30 participants.

Fees: \$21(R) \$31(NR) (7 classes)  
 7997 Jan 18-Feb 29 W 10:30-11:30am  
 7998 Mar 21-May 2 W 10:30-11:30am

**Advanced:** 1 year of experience required unless approved by instructor. Students must be able to get up and down off of the floor easily, perform poses on knees and not have contraindications to performing inverted poses. Poses will be modified when needed with the use of props, which the student is expected to bring to class. Advanced yogic breathing and meditation techniques will be taught. Susan Fenimore instructs. Limited to 30 participants.

Fees: \$21(R) \$31(NR) (7 classes)  
 7999 Jan 9-Feb 27 M 9:45-10:45am  
 (No class Jan 16)  
 8000 Mar 12-Apr 23 M 9:45-10:45am

# COMMUNITY CENTER - SENIORS

REGISTRATION DATES FOR PROGRAMS ON THIS PAGE start:  
November 21 for Apex Residents & December 5 for Non-Apex Residents.

## FITNESS PROGRAMS

### LINE DANCING

Ages 55+. Learn traditional and new lines dances in a relaxed atmosphere while getting great exercise! No partner needed.

Teresa VonCannon instructs. Limited to 20 participants.

**Ultra Beginner:** This class is designed for those students who have no prior experience with and are brand new to line dancing. Covered in this class will be the terminology of basic steps. Learning only 1-wall dances.

Fees: \$10(R) \$20(NR) (6 classes)

8001 Jan 13-Feb 17 F 9-10am

8002 Mar 9-Apr 20 F 9-10am

(No class Apr 6)

**Beginner 1:** A class for those who have some line dance experience. Participants should know basic line dance steps and terminology.

Fees: \$10(R) \$20(NR) (6 classes)

8003 Jan 13-Feb 17 F 10:15-11:15am

8004 Mar 9-Apr 20 F 10:15-11:15am

(No class Apr 6)

**Beginner 2:** This class is designed for the dancer who is confident in their line dance ability. Must know line dance terminology and patterns.

Fees: \$10(R) \$20(NR) (6 classes)

8005 Jan 13-Feb 17 F 11:30am-12:30pm

8006 Mar 9-Apr 20 F 11:30am-12:30pm

(No class Apr 6)

### WALK & STRETCH

Ages 55+. Enjoy a fun way to get back into shape! Learn and practice yoga warm-up and cool down stretches to get you ready to walk 2 miles at a brisk pace. Centering and deep breathing exercises will leave you feeling refreshed and energized for your day. Receive tips on walking with proper posture, injury prevention, and nutrition. Held at Apex Community Park. Susan Fenimore instructs. Limited to 15 participants.

Fees: \$10(R) \$20(NR) (7 classes)

8030 Mar 16-May 4 F 9:30-10:30am

(No class Apr 6)



### ZUMBA GOLD

Ages 55+. Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. This class features calorie burning, body energizing movements with interval training sessions of fast and slow rhythms designed to tone and sculpt your entire body. Add some Latin flavor and international zest into the mix and you've got Zumba®! Bettie Ittenbach instructs. Limited to 20 participants.

Fees: \$10(R) \$20(NR) (7 classes)

8009 Jan 10-Feb 21 T 9-9:45am

8010 Mar 6-Apr 17 T 9-9:45am

### STEEL STRONG

Ages 55+. Non-aerobic strengthening class using your personal hand-weights. Learn the proper techniques of weight training using the upper/lower body and abdominal. Weight training has been proven to help strengthen bones. Must provide your own hand weights and small exercise ball. Bettie Ittenbach instructs. Limited to 20 participants.

Fees: \$16(R) \$26(NR) (14 classes)

8013 Jan 10-Feb 23 T/Th 11-11:45am

8014 Mar 6-Apr 19 T/Th 11-11:45am

### WALKING

Ages 55+. Walk for fitness to improve cardiovascular endurance and more zest and energy. 4 laps around the gym = ¼ mile, 8 laps = ½ mile, 16 laps = 1 mile. Dates & times are subject to change. Please see monthly calendar in the Senior Newsletter for updated dates & times. Free.

8016 Mon-Fri 9-10am & 1-2pm

Sat 9-10am

(No walking Jan 2, Jan 16, Apr 6, Apr 28)

(No Saturdays Jan 7-Mar 17)

### SILVER CARDIO

Ages 55+. Fitness class specifically made for the Senior who wants to step it up a notch. This is a Level II cardio class consisting of cardio kicks and boxing, plus abdominal work. Bettie Ittenbach instructs. Limited to 20 participants.

Fees: \$10(R) \$20(NR) (7 classes)

8011 Jan 12-Feb 23 Th 9-9:45am

8012 Mar 8-Apr 19 Th 9-9:45am

## HEALTH & WELLNESS PROGRAMS

### ADVANCE DIRECTIVES

Ages 55+. An overview of the primary types of advance directives (aka living wills), the pros and cons of using advance directives as well as guidance regarding how to engage/involve family and other decision makers in supporting your choices. Hospice of Wake County instructs. Limited to 15 participants. Free.

8036 Mar 2 F 2-3pm

### BLOOD PRESSURE SCREENINGS

Ages 55+. Come have your blood pressure taken for free! This screening may help save your life. Held the second Tuesday of each month. Limited to 25 participants. Free.

8022 2nd Tues 9-10am



## SPECIAL EVENTS

### PEAK FEST

May 5, 9am - 5pm

Join the Apex Festival Commission for a Peak of Good Living Celebration in Downtown Apex. There will be 5 blocks of arts, crafts, food, music, entertainment, kids rides and much more! If you are interested in being a vendor, or for an application, visit our website at [www.apexpeakfest.com](http://www.apexpeakfest.com).



### SUMMER CAMP REGISTRATION

Apex resident registration will begin March 26, 2011.

Non-resident registration will begin April 9, 2011.

For more information, please call 249-3402.

### OPEN GYM

The basketball courts at the Apex Community Center are available for use and membership cards are available for purchase by **Apex residents only; residing within the corporate town limits.**

Membership charges for 10 visits are:

Child (0-7): No Charge

Youth/Teens (8-17): \$5

Adults (18-54): \$10

Seniors (55+): No Charge

Resident parent/guardian must complete and sign the open gym registration form for children through age 17 to obtain open gym passes and participate.

**Non-Apex residents:** One-day guest passes can be purchased with an Apex Resident for \$5. Please pick up monthly calendars at Apex Community Center, or online at [www.apexnc.org](http://www.apexnc.org). For daily schedule updates, please call the hotline at 249-3408. Open Gym times are subject to change. Please bring your card for Open Gym sign-in.



## APEX COMMUNITY CENTER REGISTRATION FORM

- Please check registration dates for each Community Center Registration period and your residency.
- Registration will be held at 9am at Apex Community Center. You must arrive by 8:45am to participate in the lottery on the scheduled dates.
- Pre-registration is required at least 3 days prior to the first date of program, unless otherwise stated.
- Classes will be canceled if class minimums are not met at least 3 days before first date of program.
- You will be notified by phone only if a class is canceled.
- We accept cash, MasterCard, Visa or make checks payable to "Town of Apex," unless otherwise stated.
- **Mailing Address: Apex Community Center ~ PO Box 250 ~ Apex, NC 27502**

<b>Staff:</b> _____
------------------------

Home Phone \_\_\_\_\_ First Name \_\_\_\_\_ Last Name \_\_\_\_\_  
 Cell # \_\_\_\_\_ E-Mail \_\_\_\_\_  
 Mother's Name (If participant under 18) \_\_\_\_\_ Work # \_\_\_\_\_  
 Father's Name \_\_\_\_\_ Work # \_\_\_\_\_ Cell # \_\_\_\_\_  
 Mailing Address (no PO Box) \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Authorized Pick-Up Information: Name \_\_\_\_\_ Relation \_\_\_\_\_ Phone # \_\_\_\_\_  
 Any Special Concerns (Medical, Etc.) \_\_\_\_\_

Participant(s)	DOB	M/F	Code	Program Title	Start Date	Time	Fee
<b>Total</b>							
<b>Receipt #</b>							

**Please Read the Following Policies Prior to Signing the Registration Form**

**Refund Policy:** A full refund of registration and participation fees and charges will be made for all programs, activities, and events cancelled or adjusted by APRCR. For all other situations where refunds may be requested, the following guidelines shall apply. The Director of APRCR shall have the authority to make decisions on all requests not specifically covered herein. Community Center Instructional Classes / Camps /Athletic Programs: 1. If a participant requests a refund, in writing, 10 calendar days or more in advance of the first meeting of a class, camp or athletic program tryouts, a full refund, minus a \$5 processing fee will be issued. 2. If a participant requests a refund, in writing, less than 10 calendar days prior to the first meeting of a class, camp or athletic program tryouts, a 75% refund will be issued if the participant can be replaced from the waiting list. 3. A student wishing to transfer from one session to another, within the same registration period, must do so in writing at least 10 calendar days or more in advance of the first meeting of a class, camp or athletic program. 4. For Community Center classes, camps or athletic programs, no refund will be issued on the day of or after the first program meeting. 5. No refunds will be given for a class that costs \$6 or less.

**Senior Trips:** 1. Full refund for trips cancelled or adjusted by Apex Parks, Recreation, and Cultural Resources Department. 2. If a refund is requested, in writing, prior to the registration deadline, a full refund minus a \$5 processing fee will be made. 3. If a refund is requested, in writing, after the registration deadline, and 48 hours prior to trip departure, a 75% refund will be issued if the participant can be replaced from the waiting list. 4. If 48 hours prior to the trip departure, a written excuse from a licensed medical doctor is provided, indicating that the participant should not participate due to medical concerns or physical limitations, a partial refund will be issued after deducting expenses incurred by the Town of Apex / Apex Parks, Recreation, and Cultural Resources Department such as prepaid admission fees, tickets, deposits, and a \$5 processing fee. 5. For situations where non-refundable deposits and admission fees must be paid in advance by the Town, no refunds will be given to participants who cancel. The participant who cancels may however designate someone to take their place if they would like.

**Exceptions:** For Community Center classes, camps and Athletic Programs, a full refund of all fees paid, less a \$5 processing fee, will be made if: 1. Prior to the program meeting, a written excuse, from a licensed medical doctor, is provided indicating that the participant should not participate due to medical concerns or physical limitations. 2. Prior to the first Athletic program tryouts, a written verification is provided that the participant has been included in either a Middle School, High School, or College program that prohibits participation in recreational programs.

**Waiting List Policy:** Waiting lists are typically created after all participants/coaches are verified and programs deemed full. Apex residents have priority over non-residents on the Waiting List. In the event no Apex residents are on the waiting list at the time a spot is available, it will be filled from non-residents, based on the order they were received. Participants will not be added from the waiting lists as follows: 1. On or after the first meeting day of an instructional class or camp. 2. Once regular season athletic programs have begun, unless it will result in a forfeit situation.

**Statement of Waiver:** I, for myself or as a parent or guardian, hereby assume all the risks and hazards incidental to the conduct of the activities. I release, absolve, and indemnify the Town of Apex, employees of the Town, volunteers, contractors and/or sponsors from all risk and hazards associated with the activities and in the event of injury, do expressly waive all claims against them. I understand that no insurance coverage is provided by the Town of Apex Parks, Recreation and Cultural Resources Department. I further give permission for proper emergency care to be rendered to myself or child should I not be available or able to give such permission. As part of this approval, I acknowledge I may have the opportunity to review the premises, equipment and personnel qualifications to be used in conducting the activity. I also have the opportunity to discuss with program organizers potential hazards and risks that may be associated with the activities and take responsibility for doing so. Failure to exercise this option indicates my approval and acceptance. I understand the Town of Apex does not provide transportation to or from activities scheduled by the APRCR. **Photo Policy:** I hereby grant my permission to allow my and/or my child's photo, as part of a group photo and without individual identifying information, to be used by the APRCR for promoting programs operated or sponsored by the department.

**SIGNATURE** (Parent's signature if under 18) \_\_\_\_\_ **Date** \_\_\_\_\_

ALL FORMS MUST BE SIGNED



# CHECK IT OUT!

## SEAGROVES FARM PARK CONSTRUCTION WELL UNDERWAY

Construction on Phase 1 of the Seagrove's Farm Park, located within the Seagrove's Farm Neighborhood on Hwy 1010/Center Street is well underway. The initial phase includes infrastructure, walking trail, and pond overlook. Current plans have the initial phase being completed late November 2011. Phase 2 of the project includes a playground and shelter/restroom facility.



## PARTNERSHIPS ENABLE NEW PLAYGROUND AT JAYCEE PARK

Partnering with The Motiva Corporation and Sam's Club of Morrisville, the Town held a ribbon cutting on August 26, 2011, officially opening a new playground for ages 2-5 at Apex Jaycee Park. Donations totaling over \$21,000, made to Citizens for Apex Parks (CAPS), enabled the project to become a reality. In addition to the playground structure, the project included a covered picnic area, landscaping and amenities. Installation was done entirely by Parks Maintenance staff.



## I-540 CLOSES PORTION OF BEAVER CREEK GREENWAY

A small segment of the Beaver Creek Greenway, from Kelly Road Park to Ashley Downs, will be closed until January 2012 due to clearing and construction of the I-540 Corridor. Information on the I-540 project can be obtained by contacting:

Justin Montgomery  
Project Engineer  
Raleigh and Durham Road Builders  
1071 Classic Road  
Apex, NC 27502  
jmontgomery@walshgroup.com

## TOWN RECEIVES \$10,000 USTA GRANT FOR COURT RENOVATION AT KELLY ROAD PARK

The Town of Apex was recently selected by the Southern Region of the United States Tennis Association to receive a \$10,000 grant to resurface the tennis courts at Kelly Road Park and convert a portion of the facility to accommodate USTA's 10 and Under Tennis Initiative. Along with



resurfacing, one existing court will be converted to four (4) smaller courts to accommodate ages 8 and under and additional lines will be added to the other court to accommodate ages 8-10. A special ceremony and official opening of the courts took place October 19, 2011.

## HUNTER STREET PARK TAKING SHAPE

Apex residents will soon have a new park, centrally located, with lighted athletic fields. Construction on Phase 1 of the Hunter Street Park is continuing at a rapid pace with plans to open the park for official use in 2012. Located across from Town Hall, Phase 1 includes infrastructure and lighted athletic fields for baseball and soccer. Phase 2 will complete the park by adding a shelter / restroom facility, playground, and small dog park.



## PARK HOURS OF OPERATION

### FALL/SPRING/SUMMER

### WINTER

Apex Community Park: 6:30am-10pm/Shelter Rentals: 8:30am-9:30pm  
Jaycee Park: 8am-10pm/Shelter Rentals: 8:30am-9:30pm  
Kelly Road Park: 8am-10pm/Shelter Rentals: 8:30am-9:30pm  
All other Town Parks: 8am-9pm/Shelter Rentals: 8:30am-9:30pm

6:30am-7pm/Shelter Rentals: 10am-6pm  
8am-7pm/Shelter Rentals: 10am-6pm  
8am-8pm/Shelter Rentals: 10am-6pm  
8am-6pm/Shelter Rentals: 10am-6pm

All closing times are effective except for programs scheduled by the Town of Apex. Tennis court lights are normally adjusted with Daylight Savings Time.

Shelter rental hours vary depending on time of year. Please call the Apex Community Center (919-249-3402) for more information.