

# July Activities



## @ Herbert C. Young Community Center

The Herbert C. Young Community Center is located at 101 Wilkinson Avenue in beautiful downtown Cary and features several areas for recreation programs and meeting rooms. The center contains a double gymnasium on the lower level for athletic programs, fitness and activity classes, which can also be converted into space for cultural performances and meetings. The upper level contains two meeting rooms with adjacent kitchen for catering and all spaces are available for reservation. Rental applications are accepted Monday through Friday from 9 a.m. to 6 p.m.

For more information, visit [Herbert C. Young Community Center online](#)

or call the Herbert C. Young Community Center at **(919) 460-4965.**

**EMAIL ME FOR MORE INFORMATION!** [sonya.snyder@townofcary.org](mailto:sonya.snyder@townofcary.org)

**Congratulations to the Cary Invasion on winning the Continental Basketball League Championship!  
The Invasion was 12-1 for the season  
and had an awesome first year! Way to go Invasion!!!**

## PRESCHOOL

Tippy Toes Ballet (age 18mo-2)

Date: Fri, Jul 8-29 from 9:30-10:15 a.m.

Introduce your pretty girl to the world of dance through ballet. They'll explore simple fun elements and the basics to fit their level. Positioning tiny toes, games and graceful flowing moves are incorporated in this class. Parents are welcome to dance with their little ballerinas as well!

Fees: \$33(R) \$43(N)

Fancy Ribbon Dance (age 2-5)

Date: Fri, Jul 8-29 from 10:30-11:15 a.m.

Tiny dancers will dance like stars in the sky while you watch the twinkle in their eyes! Dancers will learn ribbon twirls, spins and a variety of easy dance patterns. Fun, upbeat music accompanies this precious class for both boys and girls!

Fees: \$33(R) \$43(N)

Pee Wee Sports (age 3-5)

Date: Sat, Jul 9-30

Fees: \$33(R) \$43(N)

Introduce your child to the exciting worlds of soccer, basketball or t-ball during this fun and entertaining class. Children will learn the very basic fundamentals of these sports, and basic instruction and fun games will encourage socialization, team work, and gross motor skills. Wear appropriate gym shoes.

**Basketball (age 3-5) from 3:30-4:15p.m.**

Learn and play the very basics of basketball including passing, dribbling, shooting, drills and game play for fun and fitness!

**T-Ball (age 3-5) from 4:15-5 p.m.**

Learn and play the very basics of baseball including catching, throwing, ground balls, hitting off the tee and game play for fun and fitness!

**Soccer (age 3-5) from 5:15-6 p.m.**

Little kickers come out and play! Learn the basics of soccer as you dribble, kick and go for the goal. Develop fitness skills, hand-eye coordination and social skills during this very basic class!

### Dance Ballerinas (age 3-5)

Date: Mon, Jul 11-Aug 1 from 4-4:45 p.m.

Enjoy the beauty and grace of ballet. Perform dance movements such as leaps, jumps, slides, crossovers, lifts, passe, turns, spins, and more! Dress up in your beautiful dance wear for a beautiful time!

Fees: \$44(R) \$57(N)

### 2's Ballet Too! (age 2-2)

Date: Mon, Jul 11-Aug 1 from 4:45-5:30 p.m.

Introduce the art of dance to your child. The princess songs and classical music complement ballet moves and techniques. Ballerinas will dance, sway, swing, leap, pirouette and play! Parents are welcome at certain points in the class to dance with their child.

Fees: \$44(R) \$57(N)

### Jumpstart Toddler Montessori (age 18mo-4)

Date: Tue, Jul 12-Aug 30 from 9-10 a.m.

Come explore the wonderful world of learning as you guide your children through our classroom full of educational stations. From math and science centers featuring counting bears and enormous popping bubbles, to language arts centers featuring the works of Eric Carle and Dr. Seuss, your children will have so much fun, they won't even realize how much they are learning. Each week, students will be exposed to new educational concepts through a short musical Lap-Sit circle time and puppet show. Then, students will be able to get creative with WASHABLE art projects as well as exploring "social" stations full of building blocks, cooking centers, train sets, puppets, and even a toddler-size bounce house. So help your toddler get a jump start on preschool! Hope to see you there! Parent participation required. Each student will receive a CD of the music from our class. \$15 materials fee due to instructor at first class.

Fees: \$65(R) \$84(N)

### Sing a Song of Summer by Moving to the Music (age 18mo-4)

Date: Tue, Jul 12-Aug 30 from 10-11 a.m.

It's hot outside so try and stay cool in this lively class for our youngest music lovers. We will explore the magic of summer through song, dance, and dramatic play for tiny toes. Your child will learn about ocean animals, fireflies, summer showers, and many other summer concepts as we sing and dance our way through the season. Special events include musical crafts, parachute games, and puppet shows! Each student will receive a CD of the music from our class. Parent participation required. \$15 materials fee due to instructor at first class.

Fees: \$65(R) \$84(N)

### Sensational Summer by Toddler Time (age 2-4)

Date: Tue, Jul 12-Aug 30 from 11 a.m.-noon

Come beat the heat of summer in this art class designed for little fingers. From creating a colorful finger painted garden to designing their own seashell mosaic, your children will learn so much in this center based mini-preschool for our smallest students. Each week will feature a short musical Lap-Sit circle time and puppet show to introduce your little ones to the joys of learning. Then, students will have an opportunity to create many imaginative projects using WASHABLE materials and lots of hands-on fun! Also included are 'social stations' such as cooking centers, dress up, train sets and more. So come on down for a jump start on learning and more importantly, a great experience with your child. Parent participation required. Each student will receive a CD of the music from our class. \$15 materials fee due to instructor at the first class.

Fees: \$65(R) \$84(N)

### Fancy Ribbon Dance (age 2-5)

Date: Tue, Jul 12-Aug 2 from 5:30-6:15 p.m.

Tiny dancers will dance like stars in the sky while you watch the twinkle in their eyes! Dancers will learn ribbon twirls, spins and a variety of easy dance patterns. Fun, upbeat music accompanies this precious class for both boys and girls!

Fees: \$44(R) \$57(N)

## **YOUTH**

### Silly Sandwiches and Snacks (age 7-10)

Date: Mon, Jul 11 from 4:30-6:30 p.m.

Join us as we make dinner with personality! We'll decorate our sandwiches to look like a funny face and make a sandwich on a stick! We'll also make a delicious smoothie and give you something to make it extra fun to drink! Supply fee included in the class fee.

Fees: \$30(R) \$39(N)

Build A Bridge Yoga for Youth (age 6-12)

Date: Thu, Jul 14-Aug 18 from 4:30-5:30 p.m.

Christie welcomes children of all abilities to join in the fun and games of yoga. Children will increase their strength and flexibility, focus on relaxing, reducing anxiety/stress and increasing mental focus with balancing poses, all while having fun in this class! Class fee includes a take home yoga mat for at home practice.

Fees: \$84(R) \$109(N)

## TEENS

Core Yoga (age 11-18)

Date: Mon, Jul 11-Aug 1 from 5-5:45 p.m.

This fun and fabulous workout will create a strong midsection and a toned lower body. A strong core provides mind and body enhancement. This class will follow the traditional fitness format of warm up, work out and cool down to great music. Each class will close with deep stretches and final relaxation.

Fees: \$25(R) \$33(N)

Get Fit Boot Camp (age 11-18)

Date: Mon, Jul 11-Aug 15 from 5-6 p.m.

This class will be a fun group exercise program that combines aerobic activities with muscle conditioning and stretching exercises. Teens will gain the knowledge of how to become and stay physically fit while burning calories and building muscle at the same time. The group training environment of the class provides encouragement, support and motivation for teens of all fitness levels to strive for their best in the workout routines while having fun, making new friends and setting a foundation for a healthy and physically active future. Weather permitting, class will be held on the lawn of the Page Walker Arts and History Center, rain location is the Herb Young Community Center gym.

Fees: \$40(R) \$51(N)

Pasta with a Punch (age 11-18)

Date: Mon, Jul 18 from 4:30-6:30 p.m.

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. Supply fee included in the class fee.

Fees: \$22(R) \$29(N)

White Water Rafting Adventure (MS-HS) (age 11-17)

Date: Wed,Thu, Jul 20-Jul 21 from 8 a.m.-11:45 p.m.

Location: Herbert C. Young Community Center

Get your paddles ready and let's ride the rapids! The overnight trip includes a stay at a house in Bryson City North Carolina and then we'll hit the Nantahala River for a safe guided tour and a day of FUN! Don't miss out on this action packed trip of whitewater rafting, socialization and FUN with other Teens! Registration Deadline Wednesday, July 8.

Fees: \$112(R) \$145(N)

The College Essay (age 15-18)

Date: Thu, Jul 21 from 6- 7:15 p.m.

Start preparing for the college essay. From brainstorming essay topics, learning the do's and don'ts of essays and drafting an outline of your personal college essay, this class will provide guidance in completing the essay.

Fees: \$22(R) \$29(N)

Origami and Vietnamese Cooking (age 11-18)

Date: Sat, Jul 30 from 1-3:30 p.m.

So exactly how do origami and Vietnamese food relate to each other? Origami, from oru meaning 'folding', and gami meaning 'paper' is the traditional Japanese art of paper folding. However, in this class you will have fun learning 'wrapper' folding and creating delicious Vietnamese appetizers at the same time. So, don't come

alone, bring your friends to have some awesome and 'full-filling' Vietnamese cooking activities! Supply fee included in class fee.

Fees: \$27(R) \$35(N)

## **ADULT**

Girl's Night Out (age 16 & up)

Date: Wed, Jul 6 from 6:30-9:30 p.m.

Feast on a tasty menu as Chef Mann treats the ladies to a tropical celebration of the Caribbean. Menu: Enjoy a frozen orange heaven drink, oven-baked tortilla chips with pico de gallo and pineapple-habañero salsa, blackened fish tacos with lime sour cream, Asian cabbage-jicama slaw, plus chocolate-espresso cake with white chocolate crème anglaise. Supply fee included in the class fee.

Fees: \$38(R) \$49(N)

Aqua Fit (age 18 & up)

Date: Tue, Thu, Jul 7-Aug 2 from 8-9 a.m.

Location: Triangle Aquatic Center

A fun, social way to get moving and be easy on the joints. Participants will enhance resistance using equipment such as noodles, barbells and kickboards. Other equipment such as water shoes, gloves and personal barbells are optional and are available from Triangle Aquatic Center. Proudly offered in partnership with the Triangle Aquatic Center.

Fees: \$60(R) \$51(R)

Aqua Pilates (age 18 & up)

Date: Tue, Thu, Jul 7-Aug 2 from 7-8 p.m.

Location: Triangle Aquatic Center

Perfect for anyone! Aqua Pilates will be a fusion of pilates and yoga exercises with sets of cardio as well. A great workout to develop tone, cardio and flexibility. All exercises can be modified to your personal fitness and comfort level. Proudly offered in partnership with the Triangle Aquatic Center.

Fees: \$60(R) \$51(R)

Zumba (age 16 & up)

Date: Mon, Jul 11-Aug 1 from 9:30-10:30 a.m.

Zumba is a Latin-inspired, dance fitness class that incorporates Latin and International music and dance movements. The cardio-based dance movements are easy-to-follow steps that include body sculpting, which targets areas such as legs, arms, core abdominals and the most important muscle in the body-the heart! It's a blast! It's different! It's easy! It's effective!

Fees: \$26(R) \$34(N)

Mat Pilates Level 1 (age 16 & up)

Date: Tue, Jul 12-Aug 16 from 6:30-7:30 p.m.

A series of mat exercises providing a low stress method of physical and mental conditioning that utilizes the deepest muscles in the body to strengthen the back, chest, arms, abdominals, hips, and thighs (the body's core). This exercise technique creates a strong core and a more streamlined shape while uniting the body and mind, and providing the additional benefits of improved posture and greater balance and flexibility. Now, who doesn't need all that?!

Fees: \$49(R) \$64(N)

Ninjutsu Martial Training (age 11 & up)

Date: Tue, Thu, Jul 12-Aug 4 from 6:30-8 p.m.

-Not available for online registration.- Ninjutsu is the martial art practiced by the well known legendary warriors called Ninjas. This course offers training in a wide variety of unarmed techniques, oriental weapons and stealth. Black karate uniform and training weapons are required, not included in class fee. For more information visit: [www.ninpodo.com](http://www.ninpodo.com)

Fees: \$58(R) \$75(N) Family Rate: \$130(R) \$160(N)

Beginning Hoop Dance (age 14 & up)

Date: Tue, Jul 12-Aug 16 from 7:30-9 p.m.

Experience the magic and joy that is hoop dance! This is NOT that little hula hoop you spun when you were 5! With bigger, heavier and grippier hoops made for grown-ups, you'll learn not only to keep the hoop spinning,

but to move it up, down and twirl it around. With a focus on body awareness and pure fun, you will be laughing and loving getting your body moving. This class will show you how dance and movement can be exercise without being a chore. Hoops provided by instructor and for sale by custom order.

Fees: \$53(R) \$69(N)

Date Night for Couples (age 16 & up)

Date: Wed, Jul 13 from 6:30-9:30 p.m.

Fees: \$38(R) \$49(N)

Tuscany for Two

The romance of Tuscany is the inspiration for a perfect date night in this hands-on class for couples.

Menu: shrimp and scallop scampi, seared rib-eye steak with rosemary and roasted garlic, baked polenta with gorgonzola, mushrooms and spinach, roasted mixed vegetables, and Tiramisu. Supply fee included in the class fee.

Trigger Point Therapy: A Home Stress Reduction System (age 16 & up)

FREE

Date: Thu, Jul 14 from 7-8 p.m.

This presentation will show the audience an effective method for reducing physical stress by educating them about what Trigger Points are, how to locate them on a person, and how to relieve them easily and quickly.

The audience will learn the relationship between stress, trigger points and their effects on health.

Stretch Your Food Budget and Trim Your Waistline by Cooking Healthy Meals at Home (age 16 & up)

Date: Thu, Jul 14-28 from 7-9 p.m.

We'll use what's in season at the local Farmer's Market, along with what's on sale at the grocery store to prepare delicious and healthy meals that are quick to fix, will fit your budget, and will help keep your waistline trim, too. Be sure to bring in your favorite recipes for our recipe make-over session.

Fees: \$42(R) \$55(N)

**Week 1**--Learn which foods to choose that will free you from the vicious cycle of cravings for addictive snacks and sweets. We'll plan meals and snacks using the four basic building blocks of foods to prevent or manage type II diabetes. Then together we'll prepare a meal of breakfast/brunch foods and start planning for the recipe make-overs.

**Week 2**-- We'll share health tips and cost comparisons for cooking from scratch with whole foods versus processed foods and restaurant fare. Discover some delicious alternatives to foods that are problematic for many of us. There will be samples of dairy-free, sugar-free and gluten-free foods to try. Then together we'll prepare dinner featuring fresh produce from the Farmer's Market.

**Week 3**--We'll be in the kitchen preparing dinner using some of our make-over ideas. Together we'll solve that daily dilemma, "what's for dinner?"

Dinner and Dance: Hot Salsa!! Part 2 (age 16 & up)

Date: Wed, Jul 20 from 6:30- 9:30 p.m.

This course is a continuation from Dinner and Dance Part 1. The evening begins with a one-hour Latin salsa dance lesson that will spark your appetite for an incredible evening in the kitchen. Refresh your thirst with a selection of drinks from Latin America, as this hands-on class prepares: sweet-and-spicy pecans, salad of greens and pears with champagne vinaigrette and goat cheese tarts, individual lobster pot pies, broccoli rabe with garlic, plus fresh lemon mousse with almond cookies. Supply fee included in the class fee.

Fees: \$40(R) \$52(N)

## Family Fitness

Build a Bridge Yoga Family Fun! (All ages)

Date: Wed, Jul 13-Aug 17 from 6:30-8:30 p.m.

Location: Fred G. Bond Metro Park Beuhler Picnic Shelter

Join Christie and her family for sun salutations and a lite supper. This Yoga in the Park program is ideal for families who want to increase their strength and flexibility while having fun in this new class! Bring a yoga mat per person (or a beach-sized towel) and join the fun outside! Ms. Christie will provide veggie burgers or a non-meat entree and asks that the families provide their own eating utensils and beverages and a healthy side dish to share. Suggestions include chips and salsa, fresh fruit, veggies, hummus and pita, etc. Enjoy dinner with your classmates at the conclusion of each class! Sounds like fun!!!

Fees: \$120(R) \$150(N)

# SENIORS

Aqua Senior (age 55 & up)

Date: Tue, Thu, Jul 7-Aug 2 from 9:15-10 a.m.

Location: Triangle Aquatic Center

Similar to the original Aqua Fit, but incorporates more gentle exercise with emphasis on low-intensity options. Ideal for participants who have arthritis or easing back into an exercise routine. Proudly offered in partnership with the Triangle Aquatic Center.

Fees: \$51(R)

Gentle Yoga at Herb Young Community Center (age 55 & up)

Date: Tue, Jul 12-Aug 30 from 1-1:50 p.m.

Designed for those who want a thorough but gentle whole body stretch. This program will renew you from head to toes! Chairs and the wall will be used to modify poses. With practice, you will have healthier joints, more flexible muscles, better balance and a more relaxed, centered mind. All levels of experience are welcome.

Fees: \$38(R) \$49(N)



## GALLERY

**Diane Kraudelt: Today and Yesterday**

Medium: Oil                      Exhibition closes Aug 22

Artist Diane Kraudelt describes her work as “capturing scenes which are reminiscent, gay, thought provoking, and which tell a story. Painting provides a way of being part of the scene and each scene echoes something within me.”

## OPEN GYM

Visit [http://www.townofcary.org/\\_shared/assets/opengym17581.pdf](http://www.townofcary.org/_shared/assets/opengym17581.pdf) for the current month's Open Gym Schedule. The Community Center gym is open for a variety of activities year-round. Specific times are set aside for each age group. Adult open gym may be limited to Cary Residents only during periods of high participation. Passes can be purchased and used at any of the three Centers. A parent must sign the liability waiver for purchase of youth or teen passes.



<b>Youth</b>	<b>Resident</b>	<b>Nonresident</b>
One Visit	\$4	\$6
5 visit pass	\$10	\$20
15 visit pass	\$15	\$30

<b>Adult</b>	<b>Resident</b>	<b>Nonresident</b>
One Visit	\$4	\$6
5 visit pass	\$15	\$25
15 visit pass	\$20	\$40
25 visit pass	\$37.50	\$75

## Table Tennis: All Skill Levels Wednesdays from 5–9:45pm

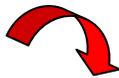


**Need a place for your next picnic, party, reunion, reception or corporate function?**

You can check availability online at [EZ Reg Web Facilities](#)

Click on facilities tab under EZ Reg and view facilities appropriate for your function, check for available dates and then **give us a call**, we can rent you a space over the phone, making planning EZ for you!!! (Some picnic shelters are available for on-line booking through EZ Reg).

**\$87.00 each**



## Rain Barrels

Save water and reduce your water bill by collecting and using rainwater for your landscape needs. Rain barrels are available for purchase at Bond Park Community Center, Middle Creek, and Herbert C. Young Community Centers during normal operating hours.

### Rain Barrels...

- conserve water
- are easy to set-up
- hold 65 gallons
- have a screen trap to keep out pests



For more  
information visit  
[www.townofcary.org](http://www.townofcary.org)  
or call  
(919) 469-4090

**ALL SALES ARE FINAL!**

### OPEN GYM for HOMESCHOOLERS!



Enjoy self-directed sports and games at the **Herbert C. Young Community Center** (919) 460-4965 gym every Tuesday and Wednesday from 2-3:30 p.m. On Wednesdays, play board games, foosball and table tennis at the **Middle Creek Community Center** (919) 771-1295 from 10 a.m. to noon then burn off some energy playing basketball, soccer and other active games from noon until 2 p.m.

All ages are welcome. No pre-registration is required, simply drop in with your children and enjoy this opportunity to recreate with other homeschool families.

**Fee:** \$4 per family per visit, \$6 per family for nonresidents, or save \$ by purchasing multi-visit passes!

- Times subject to change. Please call ahead to verify.

Parents must accompany their children.

**Also: For Sale *Build Your Own Rain Barrels:*  
\$15 for Barrel and \$16 for the hardware kit**