

## GYC programs continue....

### GYC Full Council Meeting

**Ages:** High school students only  
**Fee:** Free  
**Dates:** Meets every other Thursday, call for the schedule  
**Times:** 6:30-7:45 pm  
**Contact:** 373-2738  
**Location:** GYC Office, 501 Yanceyville St.

*Meetings highlight the community service projects that are held throughout the year.*

### GYC Leadership Training: Jail Tour

**Ages:** High school students only  
**Fee:** Free  
**Dates:** November 11 and January 25  
**Times:** Call for times  
**Contact:** 373-2734  
**Location:** Guilford County Jail

*Students can receive certifications in Leadership Training by attending classes such as Public Speaking, Sign Language and Banking, Kids Voting and a Jail Tour.*

### GYC Leadership Training: Cooking

**Ages:** High school students only  
**Fee:** Free  
**Dates:** February 18  
**Instructor:** Jasia Stevenson and Teania Jackson, 373-2734

*Students can receive certifications in Leadership Training by attending specialized classes.*

### GYC Leadership Training: Healthy Living

**Ages:** High school students only  
**Fee:** Free  
**Dates:** September 22  
**Times:** 4-6 pm  
**Instructor:** Jasia Stevenson, 373-2734

*Healthy Living focuses on healthy lifestyles and exercise for teens.*

### GYC Leadership Training: Public Speaking

**Ages:** High school students only  
**Fee:** Free  
**Dates:** October 13  
**Times:** 6:30-8 pm  
**Instructor:** Jasia Stevenson, 373-2734

*Students can receive certifications from GYC in Leadership Training by attending classes such as Public Speaking, Sign Language and Banking, Kids Voting and a Jail Tour. Learn the techniques of successful public speaking.*

### GYC Leadership Training: Sign Language

**Ages:** High school students only  
**Fee:** Free  
**Dates:** February 23  
**Times:** 6:30-8 pm  
**Instructor:** Jasia Stevenson, 373-2734

*Students can receive certifications from GYC in Leadership Training by attending specialized classes.*

### GYC New Member Orientation

**Ages:** High school students only  
**Fee:** \$10 (membership fee)  
**Dates:** Sept. 3 & 17, Oct. 1 & 8, Nov. 5, Dec. 3, Jan. 14 and Feb. 11  
**Times:** 6-6:30 pm  
**Contact:** 373-2734  
**Location:** GYC Office, 501 Yanceyville St.

*Orientation is the first step in becoming a member of GYC. The council teaches leadership skills, responsibility, and is a great way to make friends from all Guilford County high schools.*

### Sexual Attitudes

**Ages:** High school students only  
**Fee:** Free  
**Dates:** November 21 and February 13  
**Times:** 10 am-noon  
**Instructor:** Ben Brandon, 373-2740  
**Location:** GYC Office, 501 Yanceyville St.

*Topics include risky and non-risky behaviors, contraceptive methods and sexually-transmitted infections. There will be a question and answer session at the end. A permission slip signed by a parent or guardian is required.*

### Youth Citizen's Fire Academy (YCFA)

**Ages:** 10th-12th graders only  
**Fee:** \$35  
**Dates:** February 3-May 12, meets every other Wednesday  
**Times:** 6-8 pm  
**Instructor:** Jenny Caviness, 373-2733  
**Location:** Public Safety Training Center 1510 N. Church St.

*YCFA gives youth insight into challenges, facing firefighters. Learn about ladders, knot and rope training, repelling, simulated live burns, search and rescue techniques. All applications due by January 22, 2010.*

### Youth Leadership Greensboro Applications Due!

**Ages:** 10th-12 grades only  
**Fee:** \$75  
**Dates:** September 25  
**Times:** 5 pm (application deadline)  
**Instructor:** Jenny Caviness, 373-2733  
**Location:** GYC Office, 501 Yanceyville St.

*YLG is a program of GYC and Leadership Greensboro Alumni Association of the Chamber of Commerce that provides students the opportunity to improve their leadership skills by taking an in-depth look at community issues and concerns.*

### Santa's Workshop Toy Cleaning

**Ages:** All ages  
**Fee:** Free  
**Dates:** December 5, 9, 10, 11  
**Times:** Call for schedule  
**Instructor:** Jenny Caviness, 373-2733  
**Location:** Windsor Center, 1601 E Lee St.

*GYC partners with local agencies to collect new and gently-used toys for families in need in Guilford County, during the holidays.*

## "Growing, the Green Way" Environmental Education Series

### Lawn Care, the Easy Way!

**Ages:** Adults  
**Fee:** \$5  
**Instructor:** Karen Neill, 375-5876  
**Dates:** September 3  
**Times:** Noon-1 pm  
**Location:** Arboretum Education Building, 401 Ashland Dr.

**Dates:** September 8  
**Times:** 6:30-7:30 pm  
**Location:** NC Cooperative Extension 3309 Burlington Rd.

**Dates:** September 10  
**Times:** 6:30-7:30 pm  
**Location:** Wildlife Education Center 5834 Bur-Mil Club Rd.

*Lawns can be the most expensive and time-consuming part of gardening. Here is economical and safe recommendations for a beautiful lawn, including tips, backed by university research.*

### Butterfly Gardening

**Ages:** 14 years & older  
**Fee:** \$5  
**Instructor:** Karen Neill, 375-5876  
**Dates:** September 17  
**Times:** 6:30-7:30 pm  
**Instructor:** Karen Neill, 375-5876  
**Location:** Wildlife Education Center 5834 Bur-Mil Club Rd.

**Dates:** September 20  
**Times:** 4-5 pm  
**Location:** Arboretum Education Building, 401 Ashland Dr.

**Dates:** September 22  
**Times:** 6:30-7:30 pm  
**Location:** NC Cooperative Extension 3309 Burlington Rd.

*Planting a garden to attract butterflies is a great way to interest kids in gardening, nature and science. Butterfly gardening is exciting, simple and rewarding and can be done with drought-tolerant plants!*

### Spring Bulb Planting Now

**Ages:** 14 years & older  
**Fee:** \$15  
**Instructor:** Brooks Mullane, 375-5876  
**Dates:** October 6  
**Times:** 6:30-7:30 pm  
**Location:** NC Cooperative Extension 3309 Burlington Rd.

**Dates:** October 8  
**Times:** Noon- 1 pm  
**Location:** Arboretum Education Building, 401 Ashland Dr.  
**Times:** 6:30-7:30 pm  
**Location:** Wildlife Education Center 5834 Bur-Mil Club Rd.

*Bring your own container and we will bring the bulbs! Learn how to plant now for that beautiful early spring color to help dash those winter doldrums away.*

### Aesthetically-Pleasing Rain Gardens

**Ages:** Adults  
**Fee:** \$5  
**Instructor:** Karen Neill, 375-5876  
**Dates:** October 18  
**Times:** 4-5 pm  
**Location:** Arboretum Education Building, 401 Ashland Dr.

**Dates:** October 20  
**Times:** 6:30-7:30 pm  
**Location:** NC Cooperative Extension 3309 Burlington Rd.

**Dates:** October 22  
**Times:** 6:30-7:30 pm  
**Location:** Wildlife Education Center 5834 Bur-Mil Club Rd.

*While rain gardens effectively help manage water (wet spots in your yard) in the landscape, they are not always aesthetically-pleasing. This lecture will show you how to construct a rain garden and how beautiful they can be.*

### "Good Tree, Bad Tree"

**What is Best for the Triad**  
**Ages:** 14 years & older  
**Fee:** \$5  
**Instructor:** Karen Neill, 375-5876  
**Dates:** November 17  
**Times:** 6:30-7:30 pm  
**Location:** NC Cooperative Extension 3309 Burlington Rd.

**Dates:** November 19  
**Times:** 6:30-7:30 pm  
**Location:** Wildlife Education Center 5834 Bur-Mil Club Rd.

**Dates:** November 22  
**Times:** 4-5 pm  
**Location:** Arboretum Education Building, 401 Ashland Dr.

*Making the right choice for trees in our tough urban landscapes can be quite confusing. Join us to learn plant selection, quality, sources, planting methods and maintenance to protect your investment.*

### Christmas Centerpieces

**Ages:** Adults  
**Fee:** \$15, per container  
**Instructor:** Karen Neill, 375-5876  
**Dates:** December 1  
**Times:** 6:30-7:30 pm  
**Location:** NC Cooperative Extension, 3309 Burlington Rd.

**Dates:** December 2  
**Times:** Noon-1 pm  
**Location:** Arboretum Education Building, 401 Ashland Dr.

**Dates:** December 3  
**Times:** 6:30-7:30 pm  
**Location:** Wildlife Education Center 5834 Bur-Mil Club Rd.

*Learn new tricks to create a sensational centerpiece combining fruit, flowers and seasonal materials that mix "traditional" with "trendy" to compliment your festive holiday table. Bring your favorite bowl or small container.*

(All programs are subject to change.)

## "Living, the Wild Life" Environmental Education Series

### The Beauty of Bugs

**Ages:** All ages  
**Fee:** Free  
**Dates:** September 4  
**Times:** 10-11 am  
**Instructor:** Park staff, 373-3802  
**Location:** Arboretum Education Building, 401 Ashland Dr.

**Dates:** September 7  
**Times:** 6:30-7:30 pm  
**Location:** NC Cooperative Extension 3309 Burlington Rd.

**Dates:** September 11  
**Times:** 8:30-9:30 pm  
**Location:** Wildlife Education Center 5834 Bur-Mil Club Rd.

*Is there such a thing as a good bug, or are they simply creepy crawly things that are only a nuisance to humans? Join us for an evening of bug-filled fun, where we can hopefully change your mind about our smallest forms of wildlife.*

### Creatures of the Night

**Ages:** All ages  
**Fee:** Free  
**Dates:** October 2  
**Times:** 6:30-8 pm  
**Instructor:** Park staff, 373-3802  
**Location:** Lake Higgins Watershed Park 4235 Hamburg Mill Rd.

**Dates:** October 4  
**Times:** 7:30-9 pm  
**Location:** Wildlife Education Center 5834 Bur-Mil Club Rd.

**Dates:** October 17  
**Times:** 7:30-9 pm  
**Instructor:** Park Staff, 373-3802  
**Location:** Hagan-Stone Park 5920 Hagan-Stone Park Rd.

*Join us for a class on the wildlife that is active after most of us are asleep. This class is appropriate for ages 7 and older. Bring a small flashlight for each student.*

### Snakes Are Beautiful

**Ages:** All ages  
**Fee:** Free  
**Instructor:** Park staff, 373-3802  
**Dates:** November 6  
**Times:** 6:30-7:30 pm  
**Location:** Wildlife Education Center 5834 Bur-Mil Club Rd.

**Dates:** November 10  
**Times:** 10-11 am  
**Location:** Lake Higgins Watershed Park 4235 Hamburg Mill Rd.

**Dates:** November 21  
**Times:** 10-11 am  
**Location:** Hagan-Stone Park 5920 Hagan-Stone Park Rd.

*Class is "hands-on" and will reveal the true nature of snakes.*

### "Poisonous or Not?"

**Snake & Spider Myths**  
**Ages:** All ages  
**Fee:** Free  
**Instructor:** Park staff, 373-3802  
**Dates:** February 10  
**Times:** 6:30-7:30 pm  
**Location:** Arboretum Education Building, 401 Ashland Dr.

**Dates:** February 12  
**Times:** 6:30-7:30 pm  
**Location:** NC Cooperative Extension 3309 Burlington Rd.

**Dates:** February 15  
**Times:** 10-11 am  
**Location:** Wildlife Education Center 5834 Bur-Mil Club Rd.

*Have you ever been gardening and touched a large hairy spider in a wood shed or brush pile? Were you raised to kill a snake on sight just to be safe, in case it is poisonous? Learn the truth about the snakes and spiders of our state.*

## Bur-Mil Park Wildlife Education Center 5834 Bur-Mil Club Rd. 373-3802 • [www.burmilpark.org](http://www.burmilpark.org)

**Beginning Fly Tying**  
**Ages:** 10 years & older  
**Fee:** \$45  
**Dates:** November 12  
**Times:** 6:30-9:30 pm  
**Instructor:** Jeff Wilkins, 373-3802

*This is a class that covers the basics of fly tying, starting with the tools and materials needed and how they are used.*

**Bug Collection for Beginners**  
**Ages:** 10 years & older  
**Fee:** \$2  
**Dates:** February 20  
**Times:** 6-8 pm  
**Instructor:** Nicholson, 373-3802

*Join us for a class on the methods for drying, mounting, and preserving insect specimens for future display. All insects used will have died from natural causes.*

**Fall Foliage**  
**Ages:** All ages  
**Fee:** \$2  
**Dates:** November 14  
**Times:** 6-7:30 pm  
**Instructor:** Park staff, 373-3802

*Join us for a class to observe Fall's splendor by viewing some of the spectacular old-growth hardwoods in the park as they reach full color. Learn why the trees change and the best conditions for viewing the transition.*

**Feeding Winter Wildlife**  
**Ages:** All ages  
**Fee:** \$2  
**Dates:** December 13

**Times:** 6-7:30 pm  
**Instructor:** Park staff, 373-3802

*Just as we long for fresh summer vegetables in the dead of winter, imagine how hard it is for wildlife to come by food during our coldest months. From bird feeders to berry bushes, learn ways to create feeding zones around your home.*

**Flies of the Southern Appalachians**  
**Ages:** 10 years & older  
**Fee:** \$85  
**Dates:** December 12  
**Times:** 8:30 am-2:30 pm  
**Instructor:** Jeff Wilkins, 373-3802

*A class that covers several unique patterns both wet and dry that are effective in the southern Appalachian region and beyond.*

**Household Wildlife**  
**Ages:** All ages  
**Fee:** \$2  
**Dates:** November 27  
**Times:** 6-7:30 pm  
**Instructor:** Park staff, 373-3802

*Even in the dead of winter as winter grips the outside world, an abundance of wildlife is all around us. From cockroaches to ladybugs, we'll cover all your creepy crawly roommates and ways to control them or appreciate them, depending on your perspective.*

**Knot Tying and Rigging Techniques for Fly Fishing**  
**Ages:** 10 years & older  
**Fee:** \$40  
**Dates:** December 1  
**Times:** 6:30-9:30 pm  
**Instructor:** Jeff Wilkins, 373-3802

*Join us for an evening of tying fly fishing knots and learning how they relate to the leader and system as a whole.*

**Natural Christmas Crafts**  
**Ages:** All ages  
**Fee:** \$5  
**Dates:** December 5  
**Times:** 6-8 pm  
**Instructor:** Park staff, 373-3802

*Join us for a class where you will learn to make meaningful and interesting crafts for Christmas using Nature's bounty. Bring the kids for child-friendly activities that go beyond simple ornaments and greeting cards.*

**Nature Crafts for Children**  
**Ages:** All ages  
**Fee:** \$5  
**Dates:** October 7  
**Times:** 6-7:30 pm  
**Instructor:** Park staff, 373-3802

*Discover fun and easy ways to bring the natural world into your home with useful and beautiful crafts. These nature crafts are easy enough and appropriate for all ages, so bring the whole family out!*

**Nature Photography**  
**Ages:** 10 years & older  
**Fee:** \$2  
**Instructor:** Park staff, 373-3802  
**Dates:** October 27  
**Times:** 6-7:30 pm

**Dates:** January 10  
**Times:** 10 am-noon

*Wildlife photography is much more than shutter speeds and exposure times. This class covers techniques for "observing while unobserved," the best times of day and year for taking pictures, and the basic equipment you need.*

**Recycling in Greensboro**  
**Ages:** 6 years & older  
**Fee:** Free  
**Instructor:** Park staff, 373-3802  
**Dates:** Sept. 26, Nov. 14, Jan. 16  
**Times:** 10-11 am

**Dates:** Oct. 13, Dec. 8, Feb. 9  
**Times:** 6:30-7:30 pm

*Class covers the importance of recycling, what happens to the recyclable materials when items leave the recycling center, and what Greensboro's recycling program looks like. This free workshop has no prerequisites.*

**Rocks & Minerals**  
**Ages:** All ages  
**Fee:** \$3  
**Dates:** November 1  
**Times:** 6-7:30 pm  
**Instructor:** Park staff, 373-3802

*"Piedmont" means "foot of the mountain," and our city is indeed the gateway to the Appalachians. Learn the differences between rocks and minerals and have a chance to do a little gem mining.*

**The Nature of Trees**  
**Ages:** 6 years & older  
**Fee:** \$2  
**Dates:** September 27  
**Times:** 6-7:30 pm  
**Instructor:** Park staff, 373-3802

*Topics include everything about trees from acorn to ashes. Learn basic tree identification, the role of trees in the environment and the many uses of wood from toothpaste to camera film.*

**Volunteer Program**  
**Ages:** 12 years & older  
**Fee:** Free  
**Dates/Times:** Various  
**Contact:** 373-3802  
**Location:** Wildlife Education Center 5834 Bur-Mil Club Rd.

*The Bur-Mil Park Wildlife Education Center has many volunteer opportunities available. A typical volunteer would enjoy working with the public, teaching about wildlife and nature, working with live animals, assisting with classes and programs and much more.*

(All programs are subject to change.)

*Bur-Mil Park classes continued...*

**Wetlands Study**  
Ages: 10 years & older  
Fee: \$2

Dates: September 12  
Times: 6-7:30 pm  
Instructor: Park staff, 373-3802

*From salt marshes to vernal pools, class covers macro and micro invertebrates, the water cycle, amphibians and more.*

**Wilderness Survival Skills 1  
Emergency Preparation**

Ages: 10 years & older  
Fee: \$2

Dates: September 5  
Times: 10 am-noon  
Instructor: Park staff, 373-3802

*Join us for the first in a series of classes, designed to teach you the basics of surviving in the wilderness.*

**Wilderness Survival Skills 2  
Outdoor Equipment**

Ages: 10 years & older  
Fee: \$2

Dates: September 19  
Times: 10 am-noon  
Instructor: Park Staff, 373-3802

*This second class in a series of four covers the types of equipment any good outdoor enthusiast should always have on hand and in good working order. All supplies will be provided.*

**Wilderness Survival Skills 3  
Shelter**

Ages: 10 years & older  
Fee: \$2

Dates: October 3  
Times: 10 am-noon  
Instructor: Park staff, 373-3802

*The third class in our survival series will cover the techniques, materials and tools needed to build a shelter that protects you from the elements, wildlife and your own bad luck. All materials will be provided.*

**Wilderness Survival Skills 4  
Food & Fire**

Ages: 10 years & older  
Fee: \$2

Dates: October 17  
Times: 10 am-noon  
Instructor: Park staff, 373-3802

*This final class will cover the methods of fire-making from past to present and basic techniques for catching, collecting and cooking food in the wild.*

**Wildlife Jeopardy**

Ages: All ages  
Fee: \$2

Dates: January 29  
Times: 6-8 pm  
Instructor: Park staff, 373-3802

*Families can test their wildlife knowledge against each other and neighbors and win fabulous prizes!*

## Mainstream Resources (Therapeutic Recreation) 501 Yanceyville St. 373-2735, 373-2954, 373-2626 (TDD)

**Arts for All**

Ages: All ages & ability levels  
Fee: Free

Dates: September 21, November 30,  
February 1 and April 19

Times: 7:30-8:30 pm  
Instructor: MainStream Resources staff,  
373-2735, 373-2954, 373-2626  
Location: Hillcrest House  
1505 West Friendly Ave.

*This inclusive program offers adaptive artistic and expressive leisure opportunities and social interaction with peers and family members. Participants of all ages and abilities welcome. Does not meet on the third Monday of each month.*

**Chair Exercise**

Ages: 15 years & older  
Fee: Free

Dates: September 25, December 4,  
February 5 and April 23

Times: 10-11 am  
Instructor: MainStream Resources staff,  
373-2735, 373-2954, 373-2626  
Location: Smith Senior Center  
2401 Fairview St.

*This program offers individuals with physical disabilities an adaptive and accessible exercise opportunity and social interaction with peers and family.*

**GTCC After School**

Ages: 18 years & older  
Fee: Free, participants may need money  
for some events

Dates: September 22, December 1,  
February 2 and April 20

Times: 2-4:30 pm  
Instructor: MainStream Resources staff,  
373-2735, 373-2954, 373-2626  
Location: Smith Senior Center  
2401 Fairview St.

*This program offers leisure experiences in the community and leisure education for adults with developmental disabilities through the Adults Basic Ed program and social interaction with peers. Participants must be enrolled in ABE at GTCC.*

**Gym Walkers**

Ages: All ages & ability levels  
Fee: Free

Dates: Ongoing  
Times: 5:30-6:30 pm  
Instructor: MainStream Resources staff,  
373-2735, 373-2954, 373-2626  
Location: Smith Senior Center  
2401 Fairview St.

*This self-directed program offers all ages and abilities an adaptive and accessible controlled walking program and social interaction with peers and family.*

**Rail Bowling**

Ages: 15 years & older  
Fee: \$3, per week

Dates: September 22, December 1,  
February 2 and April 20

Times: 10-11:30 am  
Instructor: MainStream Resources staff,  
373-2735, 373-2954, 373-2626  
Location: Gate City Lanes  
5502 Hornaday Dr.

*This program offers individuals with visual impairments an adaptive and accessible recreational bowling opportunity and offers social interaction with peers and family.*

**Ramp Bowling**

Ages: 15 years & older  
Fee: \$3, per week

Dates: September 24, December 3,  
February 4 and April 22

Times: 10-11:30 am  
Instructor: MainStream Resources staff,  
373-2735, 373-2954, 373-2626  
Location: Gate City Lanes  
5502 Hornaday Dr.

*This program offers individuals with physical disabilities an adaptive and accessible recreational bowling opportunity and offers social interaction with peers and family.*

**Saturday Bowling I**

Ages: 12 years & older  
Fee: \$35

Dates: September – December,  
February – April (10 sessions)

Times: 9-10:15 am  
Instructor: MainStream Resources staff,  
373-2735, 373-2954, 373-2626  
Location: Gate City Lanes  
5502 Hornaday Dr.

*This program offers individuals with developmental disabilities an adaptive and accessible recreational bowling opportunity and offers social interaction with peers and family.*

**Saturday Bowling I**

Ages: 12 years & older  
Fee: \$35

Times: 10:30 am-noon  
Instructor: MainStream Resources staff,  
373-2735, 373-2954, 373-2626  
Location: Gate City Lanes  
5502 Hornaday Dr.

*This program offers individuals with developmental disabilities an adaptive and accessible recreational bowling opportunity and offers social interaction with peers and family.*

**Social Hour**

Ages: All ages & ability levels  
Fee: Free

Dates: September 21 – November 30,  
February 1 – April 19

Times: 10-11 am  
Instructor: MainStream Resources staff,  
373-2735, 373-2954, 373-2626

**Location:** Lindley Recreation Center  
2907 Springwood Dr.

*This program offers individuals with visual impairments an adaptive and accessible opportunity to enjoy table games, a controlled walking program and social interaction with peers and family.*

**Special Events**

Ages: Various ages & abilities  
Fees/Dates/Times/Locations: Vary  
Instructor: MainStream Resources staff,  
373-2735, 373-2954, 373-2626

*MainStream Resources offers social outings and events to encourage peer and family interaction and independence while participating in a leisure activity. Call for current special events!*

**Water Exercise**

Ages: 18 years & older  
Fee: Free

Dates: September 24 – December 3,  
February 4 – April 22

Times: 3-4 pm  
Instructor: MainStream Resources staff,  
373-2735, 373-2954, 373-2626  
Location: Gateway Education Center  
3205 East Wendover Ave.

*This program offers adaptive and accessible recreational water exercise and therapy for individuals with physical and visual impairments and social interaction with peers and family.*

**City Arts  
Greensboro Cultural Center  
200 N. Davie St., 373-2026  
[www.city-arts.org](http://www.city-arts.org)**

**NC Dance Project at City Arts**

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

*The Dance Project at City Arts provides comprehensive training for students of all ages and skill levels in a non-competitive, nurturing atmosphere that fosters growth, a healthy lifestyle, self-esteem and artistry. We believe in taking the time to warm up carefully to avoid injury. Students learn an awareness of how the body works, how movement can be used expressively, and the skills needed for a successful learning experience. Classes are held at the Greensboro Cultural Center.*

**African Dance & Drumming**

Ages: 7-15 years  
Fee: \$120

Dates: September 8 – December 14  
Contact: 373-2727

Location: Greensboro Cultural Center  
200 N. Davie St.

*West African drumming and dancing is designed to share an understanding of West African Culture. Both drumming and dancing are taught in class. Learn the value of respect and a good attitude while having fun, preserving African traditions.*

(All programs are subject to change.)