

Class Listings ..register on page 35

Each year, the Greensboro Parks & Recreation Department offers hundreds of classes and special events for people of all ages, all abilities, and from all walks of life. It is important that our citizens understand the benefits of leisure activities, so they can make appropriate choices about their parks and recreation experiences and enjoy participating to the fullest extent. The following classes and programs are accurate at the time of publishing, but may change from time to time. To register for a class, or program, fill out the registration form found on page 35, and mail it with payment to Greensboro Parks & Recreation, 1001 Fourth Street, Greensboro, NC 27405.

CITY RECREATION CENTERS

Our ten city recreation centers are conveniently located within 3-5 miles of each citizen. Year-round programs offer leisure opportunities in sports, fitness, arts, skills development, quality child care and community group socialization. Rooms are also available on a rental basis for special events!

The ten recreation centers include:

Brown Center

302 E. Vandalia Rd., 274-3470

Craft Center

3911 Yanceyville St., 375-2233

Glenwood Center

2010 Coliseum Blvd., 373-2929

Leonard Center

6324 Ballinger Rd., 297-4889

Lewis Center

3110 Forest Lawn Dr., 373-3330

Lindley Center

2907 Springwood Dr., 373-2930

Peeler Center

1300 Sykes Ave., 373-5877

Trotter Center

3906 Betula St., 373-2927

Warnersville Center

601 Doak St., 373-5871

Windsor Center

1601 East Lee St., 373-5845

Afterschool Program (All Centers)

Ages: 5-12 years old

Fee: \$35, per child, per week

Dates: August – June

Times: 2-6 pm (weekdays)

Our Afterschool program is offered at all ten recreation centers and coincides with the Guilford County School schedule. Students have an opportunity to complete homework, play recreational games, and make new friends. To register, contact the center in your area, or call 373-3268.

Facility Room Rentals (All Centers)

Ages: Adults

Fee: \$35, per room, per hour

\$65, per hour (gymnasium)

\$400 for four hours, minimum (entire facility)

*Required staff fees apply

Dates: Rentals available year-round

Times: Vary

Contact: Call the recreation center in your area, or call 373-3268

Our ten recreation centers offer rental opportunities year-round for citizens to host meetings, dinners and reunions.

Athletics 501 Yanceyville St., 412-5799

Youth Football

League Registration

Ages: 7-12 years old

Fee: \$50, per player

Dates: Register now until full

Times: 9 am-4:30 pm

Contact: April Hawkins, 373-2174

Location: 501 Yanceyville St.

Players must register in the football district in which they reside. Eligibility based on player's age as of October 16, 2009. Pee Wees: Ages 7-9 and Mites: Ages 10-12. Practice begins in early August.

Adult Men's Basketball

Team Registration

Ages: 16 years & older

Fee: \$400, per team

Dates: September 8 – October 23

Times: 9 am-5 pm

Contact: Don Tilley, 373-2955

Location: 501 Yanceyville St.

Games played November through March. Open and church leagues available.

Flag Football

Ages: Adults, 18 years & over

Fee: \$400, per team

Dates: December 14 – January 15

Times: 8:30 am-4:30 pm

Contact: April Hawkins, 373-2174

Location: 501 Yanceyville St.

This non-traditional sport is offered at Hester Park on Sunday afternoons, beginning in late February. Teams participate in at least eight games. Limited to the first 12 teams to register.

Friday Night Softball

League Registration

Ages: 16 years & older

Fee: \$300, per team

Dates: January 4 – February 19

Times: 9 am-5 pm

Contact: Don Tilley, 373-2955

Location: 501 Yanceyville St.

Games are played on Friday nights, beginning in late March through June.

Men's Softball

Team Registration

Ages: 16 years & older

Fee: \$400, per team

Dates: January 4 – February 19

Times: 9 am-5 pm

Contact: Don Tilley, 373-2955

Location: 501 Yanceyville St.

Adult men's softball league is offered on Mondays and Wednesdays or Tuesdays and Thursdays.

Spring Co-Ed Kickball

League Registration

Ages: Adults, 18 years & older

Fee: \$250, per team

Dates: February 15 – March 19

Times: 8:30 am-4:30 pm

Contact: Paula Boykin, 373-2946

Location: 501 Yanceyville St.

Weeknight leagues are offered on local fields for adults, ages 18 years and older. The games are fun and exciting!

Women's Basketball

League Registration

Ages: Adults, 18 years & older

Fee: \$40, per player

Dates: November 3-26

Times: 8:30 am-4:30 pm

Contact: Paula Boykin, 373-2946

Location: 501 Yanceyville St.

The Athletics Section offers a competitive women's basketball league with games held on weeknights at our local recreation centers.

Women's Softball

League Registration

Ages: Adults, 18 years & older

Fee: \$400, per team

Dates: February 1 – March 10

Times: 8:30 am-4:30 pm

Contact: Paula Boykin, 373-2946

Location: 501 Yanceyville St.

The Athletics Section offers a women's slow pitch softball league with practices and games scheduled at area ballfields. The games are sanctioned by the National Softball Association.

Youth Baseball

League Registration

Ages: 7-14 years old

Dates: February 15 – March 19

Times: 8 am-5 pm

Contact: Don Tilley, 373-2955

Location: 501 Yanceyville St.

The Youth Baseball program is open to children, ages 7-14. Ages are determined by the player's age on April 30, 2010.

Youth Cheerleading

Ages: 7-12 year old

Fee: \$20, registration fee

Dates: April 5 – May 14

Times: 8:30 am-4:30 pm

Contact: Gregg Everett, 373-2794

Location: 501 Yanceyville St.

Youth Cheerleading coincides with the Youth Football program. Volunteer coaches from our local recreation centers teach the participants the latest cheerleading methods. A spirited Cheerleading Showcase is held in September.

Brown Center 302 E. Vandalia Rd., 274-3470

Afterschool Program

Ages: 5-12 years old

Fee: \$35, per child, per week

Dates: August – June

Times: 2-6 pm (weekdays)

Contact: 274-3470

Our program coincides with the Guilford County School schedule. Students have time for homework, recreation games and making new friends. To register, or for more information, call 274-3470.

AHOY (Add Years to Our Years)

Ages: Seniors, 55 years & better!

Fee: Free

Dates: Tuesdays & Thursdays

Times: 9-10 am

Instructor: Greensboro Seniors' Unit

Contact: 375-2237

Seniors stay fit with our group exercise class, coordinated by the Seniors' Unit.

Bethany Woods Community Assn.

Ages: Adults

Dates: 3rd Saturday of the month

Times: 10-11:45 am

Contact: 274-3470

This is a focus group, designed for the improvement of Bethany Woods and surrounding community.

C&C Round Dance Group

Ages: Adults

Fee: Free

Dates: Tuesdays

Times: 7-9:30 pm

Contact: 274-3470

Learn the basics and ethics of ballroom dancing. The group is open to adults, but geared towards senior citizens.

Corinth Village

Ages: Adults

Dates: 3rd Thursday of the month

Times: 7-8:30 pm

Contact: 274-3470

This focus group helps improve Corinth Village and the surrounding community.

Judah Dance Academy

Ages: 5 years & older

Fee: \$45

Dates: Monday, Wednesday & Saturday

Times: 6-8 pm (weekdays)

9-11:30 am (Saturdays)

Instructor: Rolinda Crump

Contact: 274-3470

This is a dance class for children, ages 5 years and over, that includes the techniques of step, mime and jazz.

(All programs are subject to change.)

Brown Center classes continued...

Karate
Ages: 5 years & older
Fee: \$50, per month
Dates: Tuesdays & Saturdays
Times: 7-9 pm (weekdays)
 10 am-noon (Saturdays)
Instructor: Bill Osterholt, 274-3470

Karate teaches discipline, self-esteem, and respect through a series of katas and promotes physical fitness and awareness. Instructor Bill Osterholt has over 30 years of experience in the Martial Arts field.

Open Gym
Ages: All ages
Fee: Free
Dates: Call for current schedule
Times: Vary, based on center schedule
Contact: 274-3470

Open gym play is available at various times throughout the year. Please call 274-3470 in advance for the current schedule. Players 16 years and over must present an ID before using the gym.

Craft Center
3911 Yanceyville St., 375-2233

Afterschool Program
Ages: 5-12 years old
Fee: \$35, per child, per week
Dates: August – June
Times: 2-6 pm (weekdays)
Contact: 375-2233

Our program coincides with the Guilford County School schedule. Students have time for homework, recreation games and making new friends. To register, or for more information, call 375-2233.

Carolina Wrestling Club
Ages: 7-17 years old
Fee: Free
Dates: September – April
Times: 6-8 pm (Tuesday-Thursday)
Instructor: Tony Cleveland, 375-2233

Our mission is to provide youth with a positive experience in amateur wrestling in a fun and competitive environment, and to help them become successful people, students and athletes.

ESOL and Citizenship Classes
Dates: September – May
Times: 9 am-noon (Tuesday-Friday)
Contact: 375-2233

Contact GTCC for information.

Ice Cream Social
Ages: 5-12 years
Fee: \$5, per child
Dates: Various Fridays, year-round
Times: 6-9 pm
Contact: 375-2233

Children create their ultimate ice cream sundae, enjoy a movie, and socialize with friends in a safe and fun environment.

Morning Walkers
Ages: All ages
Fee: Free
Dates: August – May
Times: 9-10 am (Tuesday-Friday)
Contact: 375-2233

Morning Walkers is an unsupervised walking program that provides a great workout in a safe, indoor environment with other fitness-minded individuals.

Open Gym
Ages: All ages
Fee: Free
Dates: April – November
Contact: 375-2233

Open Gym play is available at various times, April through November. Call in advance for the schedule. Players, ages 16 years and older, must present a photo ID before using the gym.

Parent's Night Out
Ages: 5-12 years old
Fee: \$10, per child
Dates: Various Fridays, year-round
Times: 6 pm-midnight
Contact: 375-2233

Parent's Night Out provides a safe and fun environment for boys and girls to socialize with other children as they enjoy recreational activities while giving parents an evening out to themselves.

Tutoring Assistance
Ages: 3-12 grades
Fee: Free
Dates: September – May
Times: 6:30-7:30 pm (Mondays)
Contact: 375-2233

This program offers tutoring assistance for children in grades 3-12, September through May.

Youth Basketball
Ages: 7-16 years old
Fee: \$50, per child
Dates: October – March
Contact: 375-2233

This program teaches boys and girls the fundamentals of basketball while participating in a fun atmosphere. Players learn the rules of the game, develop teamwork and sportsmanship.

Glenwood Center
2010 Coliseum Blvd., 373-2929

Afterschool Program
Ages: 5-12 years old
Fee: \$30, per child, per week
Dates: August – June
Times: 2-6 pm (weekdays)
Contact: 373-2929

Our program coincides with the Guilford County School schedule. Students have time for homework, recreation games and making new friends. To register, or for more information, call 373-2929.

Chinese Association
Ages: All ages
Fee: Membership fee
Dates: Friday evenings
Times: 6:30-9:45 pm
Contact: 373-2929

This group meets to provide the value of the traditional Chinese culture, and foster a close relationship among its members and local community through language, performing arts and socialization.

Delta H Fencers
Ages: 11 years & older
Fee: \$35, per month
Dates: Mondays & Fridays
Times: 6:30-10 pm
Instructor: Fulcher, 373-2929

Class promotes the sport of fencing and continues skill development of enhancing fencing techniques for tournament competition. New members are always welcome!

Filipino-American of the Triad
Ages: Adults
Fee: Free
Dates: Meets monthly
Times: 6-9 pm
Contact: 373-2929

This group promotes the welfare and spiritual values of their culture through social, civic, humanitarian and medical missions.

Gate Ridge Community Watch
Ages: Adults
Fee: Free
Dates: 1st Thursday of the month
Times: 7-8:30 pm
Contact: 373-2929

Citizens, living in Gate Ridge community, meet monthly to discuss various concerns in their area and develop ideas to continue an effective Community Watch program.

Glenwood Neighborhood Association
Ages: Adults
Fee: Free
Dates: 1st Thursday of every month
Times: 6-9 pm
Contact: 373-2929

This group of citizens meets to discuss various ideas to improve the quality of life in the Glenwood neighborhood and has a community watch program for residents to join.

Group Fencing
Ages: 11 years & older
Fee: Adults, \$30; Family Rate, \$40
Dates: Mondays & Fridays
Times: 6:30-8:30 pm (Monday)
 7-9:45 pm (Friday)
Instructor: Fulcher, 373-2929

Learn proper techniques of fencing for leisure or for tournament preparation. Tournament and seminars are held on Saturdays, October through February.

Youth Football
Ages: 7-12 years old
Fee: \$50
Dates: Register now until full
Times: 9 am-5 pm
Location: 501 Yanceyville St.
Contact: 373-2929

Tackle football program teaches the proper fundamentals and techniques for skill development. Players work on strength, conditioning and agility.

Youth Basketball
Ages: 5-16 years old
Fee: \$50
Dates: October – March
Times: 6-9 pm
Contact: 373-2929

This program teaches boys and girls the fundamentals of the game while they participate in a fun atmosphere. Players learn the rules of the game, develop teamwork skills and sportsmanship.

Piedmont Heights
Ages: Adults
Fee: Free
Dates: 2nd Tuesday of the month
Times: 6:30-8 pm
Contact: 373-2929

This group coincides with the Greater Glenwood Neighborhood Association, discussing various issues in their neighborhood and brainstorming on improvements that can be made.

Leonard Center
6324 Ballinger Rd., 297-4889

Afterschool Program
Ages: 5-12 years old
Fee: \$35, per child, per week
Dates: August – June
Times: 2-6 pm (weekdays)
Contact: 297-4889

Our afterschool program coincides with the Guilford County School schedule. Leonard Center is on the bus route for Jefferson and Guilford Elementary and Guilford Middle School. To register, or for more information, call 297-4889.

Adults Judo & JuJitsu
Ages: Adults
Fee: \$60, the first month (\$20 after)
Dates: Wednesdays & Fridays
Times: 6:30- 8:30 pm
Instructor: Greensboro Judo & JuJitsu Alliance, 294-0235 or 297-4889

Martial Arts instruction with an emphasis on Judo and JuJitsu techniques.

A.H.O.Y.
Ages: Seniors, 55 years & better!
Fee: Free
Dates: Monday, Wednesday, Friday
Times: 10:30-11:30 am
Instructor: Seniors' staff, 375-2237

Stay fit with our senior group exercise class, coordinated by the Seniors' Unit.

(All programs are subject to change.)

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Leonard Center classes continued...

Badminton

Ages: 7 years & older
Fee: Free
Dates: Fridays
Times: 6-10 pm
Instructor: Al Shiem, 883-6404
Contact: 297-4889

Courts are available for badminton play and drills.

Contract Bridge

Ages: Adults
Fee: Free
Dates: Tuesdays & Thursdays
Times: 12:30-5 pm
Instructor: Rosa Dearing, 292-2807

Leonard Center hosts contact bridge on Tuesday and Thursday afternoons. You do not need a partner to participate.

Karate

Ages: 7 years & older
Fee: \$50, per month
Dates: Monday-Wednesday
Times: 7-8 pm
Instructor: Bill Olsterholt, 297-4889

Karate teaches discipline, self-esteem, and respect through a series of katas. It also promotes physical fitness awareness.

La Leche League

Ages: Adults
Fee: Free
Dates: 1st Friday of the month
Times: 10 am-noon
Instructor: Wolf-Hedrick, 299-8351

La Leche League provides support and information to breast-feeding mothers, mothers-to-be and their families.

Mothers & More

Ages: Adults
Fee: \$45 (annual membership)
Dates: 2nd Monday of the month
Times: 7-9 pm
Instructor: Terry Cornelius, 644-8659

Group meets monthly to provide support and education for mothers as they sequence in and out of the workforce.

Nat Greene Fly Fishers

Ages: Adults
Fee: Free
Dates: 2nd Monday of the month
Times: 7-9 pm
Instructor: Jack Patterson, 297-4889

The focus is on the preservation of fishing habitat, conservation and education.

Piedmont Triad Woodturners Assn.

Ages: Adults
Fee: \$24 (annual membership)
Dates: 2nd Tuesday of each month
Times: 6:30-10 pm
Instructor: Bob Muir, 274-2610

Piedmont Triad Woodturners teach the principles and techniques of woodturning.

Pinochle

Ages: Adults
Fee: Free
Dates: Wednesdays
Times: 1:30-5 pm
Instructor: Hellen Roush, 285-8209

Participants gather to learn and play the card game while socializing.

Triad Outdoor Photographers

Ages: Adults
Fee: Free
Dates: 1st Thursday of the month
Times: 7-9 pm
Instructor: Debbie Calhoun, 605-0331

Triad Outdoor Photographers meet monthly to discuss photography methods.

Triad Yarn Guild

Ages: Adults
Fee: Free
Dates: 4th Thursday of the month
Times: 6:30-8 pm
Instructor: Nancy Johnson, 430-7818

Triad Yarn Guild meets to foster and teach knitting and crocheting methods.

Youth Basketball

Ages: 5-16
Fee: \$50
Dates: Register October – November
Times: 9 am
Instructor: Leonard staff, 297-4889

Boys and girls learn the fundamentals of basketball, during league play in a fun atmosphere. A copy of the player's birth certificate and P.A.Y.S. card is required.

Youth Judo & JuJitsu

Ages: 7-15 years old
Fee: \$60 per month (\$20 after)
Dates: Wednesdays & Fridays
Times: 6:30-7:30 pm
Instructor: Greensboro Judo & JuJitsu Alliance, 294-0235 or 297-4889

Martial Arts instruction with an emphasis on Judo and JuJitsu techniques.

Saturday Judo

Ages: 7 years & older
Fee: \$60, first month (\$20 after)
Dates: Saturdays
Times: 9-11 am
Instructor: Greensboro Judo & JuJitsu Alliance, 294-0235 or 297-4889

Martial Arts instruction with an emphasis on judo and JuJitsu techniques.

Lewis Center
3110 Forest Lawn Dr., 373-3330

AARP

Ages: Seniors
Fee: Free
Dates: 4th Wednesday of the month
Times: 9:30 am-noon
Contact: 373-3330

Our club invites guest speakers to discuss issues, concerning seniors citizens.

Afterschool Program

Ages: 5-12 years old
Fee: \$35, per child, per week
Dates: August – June
Times: 2-6 pm (weekdays)
Contact: 373-3330

Our program coincides with the Guilford County School schedule. Students have time for homework, recreation games and making new friends. To register, or for more information, call 373-3330.

AHOY

Ages: Seniors, 55 years & better!
Dates: Monday, Wednesday, Friday
Times: 9:15-10:15 am
Instructor: Seniors' staff, 375-2237
Seniors stay fit with the exercise program, coordinated through the Seniors' Unit.

Belly Dancing

Ages: 14 years & older
Fee: \$38
Dates: Mondays
Times: 7:30-9:30 pm
Instructor: Linda Bryan
Contact: 373-3330

Our Belly Dancing program features Middle Eastern dance. Participants learn basic skills and different ethnic styles. Students also learn cabaret, how to use props and performance techniques.

Carolina Dog Training Class

Ages: Puppy Class (2-4 months)
 Dog Training (4 months & over)
Dates: Tuesdays
Times: 7:30-9:30 pm
Instructor: Carolina Dog Training staff
Contact: 373-3330

The Carolina Dog Training Club offers classes in beginner obedience, advance obedience, open utility, and clicker training. Advance registration is required. Please call 273-8828, or visit online at: www.angelfire.com/nc2/dogtraining

Carolina Lady Bugs

Ages: 4-8 years old
Fee: \$25, per month
Dates: Fridays
Times: 4-8 pm
Instructor: Betty Johnson
Contact: 373-3330

The Carolina Lady Bugs receive training in baton, acrobatics and floor gymnastics. Students perform for parades, civic events, festivals and at nursing homes.

Duplicate Bridge

Ages: Adults
Fee: \$5
Dates: Tuesdays
Times: 10-2 pm
Instructor: Kathy Dwyer
Contact: 373-3330

Club meets on Tuesday from 10 am-2 pm. The game is sanction by the American Contract Bridge League. Players should have a partner.

Duplicate Bridge

Ages: Adults
Fee: \$5
Dates: Thursdays
Times: 1-4 pm
Instructor: Kathy Dwyer
Contact: 373-3330

The Club meets on Thursday from 1-4 pm. The game is sanction by the American Contract Bridge League. Players should have a partner.

Girl Scout Troop #608

Dates: 1st & 3rd Wednesday of month
Times: 6:30-9:30 pm
Contact: 373-3330

Girl Scout Troop #608 promotes outdoor activities, arts, crafts, and life skills. Girls have the opportunity to make new friends, learn leadership skills, and work within a team environment.

Greensboro Coin Club

Ages: Adults
Dates: 1st Tuesday of the month
Times: 7-9 pm
Contact: 373-3330

Participants view other member's coin collections, learn how to buy and sell coins and the value of collector coins.

Greensboro Duplicate Bridge Club

Ages: Adults
Fee: \$5
Dates: Mondays
Times: 6-10 pm
Instructor: Jennifer Ward
Contact: 373-3330

Club meets on Monday nights, 6-10 pm. The bridge game is sanction by the American Contract Bridge League. Players should have a partner.

Greensboro Radio Aeromodelers (G.R.A.M.S)

Ages: Adults
Dates: Wednesdays
Times: 10:30 am-1 pm
Instructor: Scott McKee
Contact: 373-3330

G.R.A.M.S members fly small electric powered radio controlled model helicopters and airplanes in the Lewis Center gym. Membership in the Academy of Model Aeronautics is required to join the club. The G.R.A.M.S. club also has a outdoor facility.

Hatha Yoga

Ages: 16 years & older
Fee: \$35
Dates: Monday & Wednesday
Times: 4:45-6 pm (Monday)
 6-7 pm (Wednesday)
Instructor: Joanna Walker
Contact: 373-3330

Yoga class teaches participants poses, breathing exercises, muscle stretching and meditation.

(All programs are subject to change.)

Lewis Center classes continued...

Learning Duplicate Bridge

Ages: Adults
Fee: \$6
Dates: Wednesdays
Times: 12:30-4 pm
Instructor: Kathy McCloud
Contact: 373-3330

Learn duplicate bridge by playing. Instructor teaches by giving mini-lessons while the game is being played.

Mah Jongg

Ages: Adults
Dates: Fridays
Times: 1-4 pm
Contact: 373-3330

Participants should have knowledge of how to play the game.

Model A Square Dancing

Ages: Adults
Dates: Fridays
Times: 7-9:30 pm
Contact: 373-3330

Learn the technique of square dancing while getting exercise and socializing.

Open Gym

Ages: 7 years & older
Fee: Free
Dates: Open year-round
Times: Vary
Contact: 373-3330

Open gym play is available at various times. Call in advance for the schedule. Players, ages 16 & older, must have a current photo Id before using the gym.

Party Bridge

Ages: Adults
Fee: 50¢
Dates: Mondays
Times: 1-4 pm
Contact: 373-3330

Enjoy Party Bridge on Mondays, 1-4 pm. You don't need a partner to participate.

Rose Society

Ages: Adults
Fee: \$10
Dates: 3rd Tuesday, October – May
Times: 7-9 pm
Contact: 373-3330

The Rose Society promotes the growth and cultivation of roses and gardening. The club does not meet June – September.

Town & Country Cloggers

Ages: 8 years & older
Fee: \$25
Dates: Thursdays
Times: 7-9:45 pm
Instructor: Kenny Austin, 373-3330

Learn the fundamentals of clogging. New classes start in January, May and September. Classes start at 7 pm and the club dances 8-9:45 pm on Thursdays.

Youth Basketball

Ages: 7-16 years old
Fee: \$50
Dates: October – March
Times: 6-9:30 pm
Contact: 373-3330

Players learn fundamentals of basketball while participating in a fun atmosphere. Learn the rules, develop teamwork, sportsmanship and make new friends.

Youth Football

Ages: 7-12 years old
Fee: \$50
Dates: August – November
Times: 5:30-8 pm
Contact: 373-3330

Learn the fundamentals of football while participating in a fun atmosphere. Learn the rules and framework of the game, develop teamwork and sportsmanship.

Zanshin Kai-Karate Do-GoJu

Ages: 11 years & older
Fee: \$25
Dates: Thursday & Saturday
Times: 7-9 pm (Thursday)
9-noon (Saturday)
Instructor: McSwain, 373-3330

This is a Japanese form of karate. Classes build confidence, stresses self-respect and respect for others and how to identify and avoid certain situations.

Lindley Center 2907 Springwood Dr., 373-2930

Afterschool Program

Ages: 5-12 years old
Fee: \$35, per week
Dates: August – June
Times: 2-6 pm
Contact: 373-2930

Our Afterschool program coincides with the Guilford County School calendar. Students have an opportunity to complete homework, play recreational games, and making new friends. To register, or for more information, call 373-2930.

Animal Rescue & Foster Care

Ages: All ages
Dates: 2nd Tuesday of the month
Times: 7 pm
Contact: 373-2930

Program helps abandoned puppies and kittens provide temporary foster homes and medical care for homeless puppies and places them in permanent adoptive homes. Volunteer to help today!

ARC of Greensboro Self-Advocacy

Ages: All ages
Dates: 3rd Monday of the month
Times: 7-9 pm
Contact: 373-2930

Group promotes, discusses and meets the needs of people with disabilities. The meetings are both fun and educational.

Carolina Kennel Club

Ages: All ages
Dates: Mondays
Times: 7:30-9:30 pm
Contact: 373-2930

Class teaches pet owners and their dogs how to prepare for AKC sponsored shows. Participants learn proper handling techniques and commands.

Karate

Ages: 5 years & older
Fee: \$50, per month
Dates: Tuesdays & Thursdays
Times: 3:30-4:30 pm
Instructor: Bill Osterholt, 373-2930

Karate teaches discipline, self-esteem, and respect through a series of katas.

Kung Fu

Ages: 16 years & older
Fee: \$30, per month
Dates: Mondays & Wednesdays
Times: 6-7 pm
Instructor: David Alcon, 373-2930

Kung Fu is a type of martial arts class that allows a steady progression for individuals at any level of fitness.

Kinder Dance

Ages: 2-8 years old
Fee: \$40, per month
Dates: Mondays
Times: 5:30-6:30 pm
Instructor: Martha Wrenn, 373-2930

This program integrates creative movement, ballet, tap, gymnastics, along with motor development skills while teaching children their numbers, colors, shapes and songs.

Lindley Knitting Club

Ages: All ages
Fee: Free
Dates: Tuesdays
Times: 9-11 am
Contact: 373-2930

Knitting enthusiasts come together to practice, continue projects and share patterns. Participants will increase their fine and gross motor skills.

Lindley Park Neighborhood Assn.

Ages: Adults
Fee: Free
Dates: last Tuesday of the month
Times: 7:30-9:30 pm
Contact: 373-2930

Residents discuss needs and ways to improve the neighborhood. General meetings are scheduled every quarter.

Swinging Stars Square Dance

Ages: All ages
Dates: Thursdays
Times: 7-9 pm
Instructor: Mike Summers, 373-2930

Learn techniques of square dancing while getting exercise and socializing.

Taking Off the Pounds Sensibly (TOPS)

Ages: 16 years & older
Dates: Tuesdays
Times: 6-8 pm
Contact: 373-2930

TOPS is a support group for people, who want to lose or maintain a healthy weight. Learn ways to eat healthier and follow a weekly progress chart.

Tiny Tots Basketball

Ages: 3-8 years old
Fee: \$50 (for 6 weeks)
Dates: Tuesdays, starting in October
Times: 6-7 pm
Contact: 373-2930

This 6-week skills program helps players develop the basic skills of basketball such as dribbling, shooting, passing, as well as interact with parents. A copy of birth certificate and PAYS card required.

Tiny Tots Flag Football

Ages: 3-8 years old
Fee: \$50 (for 6 weeks)
Dates: Tuesdays, starting in September
Times: 6-7 pm
Contact: 373-2930

This 6-week skills program teaches the basics of football: throwing, catching, passing and kicking while children interact with parents. A copy of birth certificate and PAYS card are required.

Triad Golden Retriever Rescue (TGRR)

Ages: All ages
Dates: 2nd Monday of the month
Times: 7-9 pm
Contact: 373-2930

TGRR is a nonprofit volunteer group, dedicated to the rescue, rehabilitation and humane treatment and placement of homeless Golden Retrievers.

Volleyball Clinic for Girls

Ages: 9-12 years old
Fee: \$75
Dates: Tuesdays, Sept. 15 – Oct. 20
Times: 5:45-7:15 pm
Instructor: C. Nazario
Contact: 373-2930

Fundamentals of volleyball: hitting, serving, passing and setting along with game play. This is a great way to learn game etiquette, sportsmanship, rules and how to be a team player.

Youth Basketball League

Ages: 5-16 years old
Fee: \$50
Dates: Register Oct. 15 – Dec. 4
Practices in December
Games in January – March
Times: Vary
Contact: 373-2930

Players learn fundamentals of basketball while participating in a fun atmosphere. Learn the rules of the game and develop teamwork and sportsmanship skills.

(All programs are subject to change.)

Class Listings ...register on page 35

Peeler Center 1300 Sykes Ave., 373-5877

Afterschool Program

Ages: 5-12 years old
Fee: \$35, per child, per week
Dates: August – June
Times: 2-6 pm (weekdays)
Contact: 373-5877

Our program coincides with the Guilford County School schedule. Students have time for homework, recreation games and making new friends. To register, or for more information, call 373-5877.

Youth Basketball

Ages: 5-16 years old
Fee: \$50
Dates: October – March
Times: Vary
Contact: 373-5877

Players learn fundamentals of basketball, play in an organize setting, meet new friends and build self-esteem.

Fitness Room

Ages: 14 years & older
Fee: \$30, per quarter, \$120, per year
Dates: Monday – Saturday
Times: varies
Contact: 373-5877

Participants develop muscular strength, cardiovascular endurance and stay in shape with high quality and modern equipment.

Youth Football

Ages: 7-12 years old
Fee: \$50
Dates: August – November
Times: 6-8 pm
Contact: 373-5877

Players, ages 7-12 years old, learn the fundamentals of football, competition and game experience. A copy of the player's birth certificate and P.A.Y.S. card is required at registration.

GPAL

Ages: Youth & Teens
Fee: Free
Dates: 4th Friday of the month
Times: 6-10 pm
Contact: 373-5877

GPAL provides youth a safe place to engage in positive activities.

Girls, Inc.

Ages: 6-14 years old
Fee: Free
Dates: Saturdays
Times: 9:30-11:30 am
Contact: 373-5877

The Girls, Inc. program provides a positive environment for young ladies to interact and learn ways to cope with issues, peer pressure and helps to build self-esteem. Group meets on Saturdays from 9:30-11:30 am.

Trotter Center 3906 Betula St., 373-2927

Afterschool Program

Ages: 5-12 years old
Fee: \$35, per child, per week
Dates: August – June
Times: 2-6 pm (weekdays)
Contact: 373-2927

Our program coincides with the Guilford County School schedule. Students have time for homework, recreation games and making new friends. To register, or for more information, call 373-2927.

Aerobics & Weight Training

Ages: 18 years & older
Fee: Free
Dates: Tuesday & Thursday
Times: 6-7:30 pm
Instructor: Diane Coad
Contact: 373-2927

Join our free supervised aerobics and weight training class.

AHOY

Ages: Seniors, 55 years & better!
Fee: Free
Dates: Tuesday & Thursday
Times: 10:30-11:30 am
Instructor: Seniors' staff, 373-2927

AHOY (Adding Health to Our Years) is a free aerobics class for senior citizens.

Kenpo Karate

Ages: 8 years & older
Fee: \$40
Dates: Wednesday & Friday
Times: 5-6:30 pm
Instructor: Master Reginald Hoover
Contact: 373-2927

Learn Dragon style and Poison Fan style Kenpo Karate with Master Reginald Hoover, who brings over 31 years of experience in Karate training.

Roadrunners Senior Citizens Group Fun Fridays

Ages: Seniors, 55 years & better!
Fee: Free
Dates: Fridays
Times: 9 am
Contact: 373-2927

Join the Road Runners for a morning of Arts and Crafts, card games, board games and fellowship. Group membership is not required. Open to all!

Road Runners Senior Citizens Group

Ages: Seniors, 55 years & better!
Fee: Free
Dates: Wednesdays
Times: 10:30 am
Contact: 373-2927

The Road Runners Senior Citizens meet weekly on Wednesdays at 10:30 am, to discuss business, group outings and organizational goals.

Warnersville Center 601 Doak St., 373-5871

Afterschool Program

Ages: 5-12 years old
Fee: \$35, per child, per week
Dates: August – June
Times: 2-6 pm (weekdays)
Contact: 373-5871

Our program coincides with the Guilford County School schedule. Students have time for homework, recreation games and making new friends. To register, or for more information, call 373-5871.

Adult Fitness

Ages: 17 years & older
Fee: \$30, per quarter, \$4 walk-in, or \$125, per year
Dates: Monday-Saturday
Times: 2-9 pm (Mondays), 8 am-noon and 2-9:30 pm (Tuesday-Friday)
Contact: 373-5871

Our year-round fitness program develops muscular strength and cardiorespiratory endurance. A personal trainer is available to assist with your workout.

Adults Open Gym

Ages: 16 years & older (DMV ID required)
Fee: Free
Contact: 373-5871 for schedule

Open gym play is available at various times, please call in advance.

Basketball Skills Clinic

Ages: 5-10 years old
Fee: \$10, per child
Dates: December 7-10
Times: 6-7 pm (Monday-Thursday)
Instructor: Mel Melton
Contact: 373-5871

Basketball Skills Clinic is open to boys and girls, ages 5-10. Participants learn the fundamentals of basketball such as passing, dribbling, defense and shooting.

Game Room

Ages: 7-15 years old
Fee: Free
Dates: Monday-Friday
Time: 2-6 pm
Contact: 373-5871

Our Game Room is designed for boys and girls, ages 7-15, to enjoy a variety of activities, including a pool table, foosball, board and computer games.

Girl Scouts

Ages: 7 years & older
Fee: Free
Dates: October – March
Times: 3:30 pm, every other Wednesday
Contact: 373-5871

Topics include growth development, nutrition, food, physical activities, and outdoor activities. Builds self-esteem in the girls through civic projects.

Warnersville Historical and Beautification Society

Ages: Adults
Fee: Free
Dates: 1st Tuesday of the month
Times: 6:30-8 pm
Contact: 373-5871

Society discusses ways to enhance the Warnersville community.

Warnersville Community Coalition

Ages: Adults
Fee: Free
Dates: Tuesdays and 3rd Monday
Times: 7-8:30 pm
Contact: 373-5871

The Coalition promotes unity within the community and assists with issues of the residents. Brings an awareness of the rich history of the Warnersville community.

Warnersville Center Advisory Council

Ages: Adults & Teens
Fee: Free
Dates: 1st Saturday of the month (meetings begin in October)
Times: 10-11 am
Contact: 373-5871

Council works to improve the growth of Warnersville Center by listening to concerned citizens in our community.

Youth Basketball

Ages: 5-16 years old
Fee: \$50
Dates: Register October 1 – March
Times: 5-9:30 pm
Contact: 373-5871

Program teaches discipline, basketball skills, rules, teamwork and sportsmanship in a fun atmosphere.

Youth Fitness

Ages: 14-16 years old
Fee: \$15 per quarter, \$4 walk-in, or \$125, per year
Dates: Monday-Friday
Times: 2-9 pm
Contact: 373-5871

Youth develop muscular strength and expand cardiorespiratory endurance.

Youth Football

Ages: 7-12 years old
Fee: \$50
Dates: June – November
Times: 6-8 pm
Instructor: Volunteer coaches, 373-5871

Learn the skills necessary to play tackle football. Participants must live in the Warnersville Center Football District.

Youth Open Gym

Ages: 7-10 & 11-15 years old
Fee: Free
Dates: Year-round
Contact: 373-5871 for schedule

Open gym play is available at various times, please call in advance.

(All programs are subject to change.)

Windsor Center 1601 E. Lee St., 373-5845

Afterschool Program

Ages: 5-12 years old
Fee: \$35, per child, per week
Dates: August – June
Times: 2-6 pm (weekdays)
Contact: 373-5845

Our program coincides with the Guilford County School schedule. Students have time for homework, recreation games and making new friends. To register, or for more information, call 373-5845.

Aerobics

Ages: 16 years & older
Fee: \$3
Dates: Mondays & Thursdays
Times: 6-7:15 pm
Instructor: Marcy Welch, 373-5845

This energetic aerobics class is especially designed to promote physical fitness while sweating off the pounds.

Youth Basketball

Ages: 5-16 years old
Fee: \$50
Dates: November – March
Times: Vary
Contact: 373-5845

Players learn fundamental techniques and sportsmanship of playing the game of basketball through practices and league games.

Caring & Sharing Card Club

Ages: Adults & Seniors
Fee: Free
Dates: Tuesdays
Times: 8:30 am-noon
Contact: 373-5845

The Caring & Sharing Card Club meets weekly on Tuesdays, 8:30 am-noon, to socialize while playing the games of Pinochle and Bid Whiz.

Community of the Arts/Drama Class

Ages: All ages
Fee: Free
Dates: Tuesday & Saturdays
Times: 7-9 pm (Tuesday)
11 am-1 pm (Saturday)
Instructor: Charlene Duncan
Contact: 373-5845

Students learn about the art of acting, rehearsals and the theatre.

Youth Football

Ages: 7-12 years old
Fee: \$50
Dates: September – November
(Monday – Thursday)
Times: 5:30-7 pm
Contact: 373-5845

Players, ages 7-12, learn fundamentals, techniques and sportsmanship of the game of football through practices and games.

Greensboro Business & Professional Women

Ages: Adults
Fee: Free
Dates: 2nd Saturday of the month
Times: 10 am-noon
Instructor: Brenda Knight
Contact: 373-5845
Location: Windsor Center
1601 E. Lee St.

Greensboro Business & Professional Women is a professional group of business women that meets each month to address community needs.

Taking Off Pounds Sensibly (TOPS)

Ages: 16 years & older
Fee: \$24 (national TOPS membership)
Dates: Mondays
Times: 5:30-7 pm
Contact: 373-5845
Location: Windsor Center
1601 E. Lee St.

Taking Off Pounds Sensibly (TOPS) is a support group for people, who want to lose and maintain a healthy weight, learn ways to eat healthier, follow a weekly progress chart and gain friends to help share in their success.

Windsor Center Community & Focus Group

Ages: Adults
Fee: Free
Dates: 3rd Saturdays of the month
Times: 10-11 am
Instructor: Delsene Hasuer
Contact: 373-5845
Location: Windsor Center
1601 E. Lee St.

Open to all Windsor Center community, residents and participants! This group enhances and improves the overall growth of Windsor Center by sharing concerns and community issues through education and socialization.

Windsor Center Gameroom

Ages: All ages
Fee: Free
Dates: Monday-Saturday
Times: Vary
Contact: 373-5845
Location: Windsor Center
1601 E. Lee St.

Males and females of all ages can enjoy various gameroom activities, including foosball, air hockey, board games, ping pong and billiards.

Windsor Center Open Gym

Ages: All ages
Fee: Free (photo ID required)
Dates: Monday, Thursday & Saturday
Times: varies per age group
Contact: 373-5845

Individuals can come in to Windsor Center and shoot basketball, during schedule times as posted. A photo ID is required for players, using the gym.

Simkins Indoor Sports Pavilion at Barber Park 1500 Dan's Rd. 373-4679

Adult Men's Basketball League

Ages: 18 years & older
Fee: To be announced
Dates: November – February
(Monday – Thursday)
Contact: 373-2955 (please contact the Athletics' office to register)
Location: Simkins Indoor Sports Pavilion
Barber Park, 1500 Dan's Rd.

League open to all City residents. Join as a team, or as an individual, and we will add you to a team, if space allows.

Adult Dodgeball League

Ages: 18 years & older
Fee: \$30, per person
Dates: February – March
Contact: 373-4679
Location: Simkins Indoor Sports Pavilion
Barber Park, 1500 Dan's Rd.

Join our Dodgeball League individually, or as a team, and compete against other young professionals in a fun league that takes us back to our youth!

Afterschool Open Play

Ages: 8-18 years old
Fee: Free
Dates: Year-round, 3:30-5:30 pm
Contact: 373-4679
Location: Simkins Indoor Sports Pavilion
Barber Park, 1500 Dan's Rd.

Hey, kids! Looking for something to do after school? Come out and shoot some basketball ball at the Simkins Indoor Sports Pavilion! Basketball courts are reserved for open play Monday-Thursday from 3:30-5:30 pm.

"Nothing But Basic Fundamentals" Basketball Clinics

Ages: 8-18 years old
Fee: TBD
Dates: Tuesday, Thursday & Sunday
Contact: Rodney Westmoreland, 558-3139
Location: Simkins Indoor Sports Pavilion
Barber Park, 1500 Dan's Rd.

Clinics are designed for youth, who want to improve their skills. Weekly clinics are available year-round.

Simkins Facility Room Rentals

Fee: \$35, per hour (regular)
\$52.50, per hour (after-hours)
Contact: 373-4679
Location: Simkins Indoor Sports Pavilion
Barber Park, 1500 Dan's Rd.

Looking for a place to host a graduation party, baby shower, birthday party, retirement celebration, anniversary party, or just want to get friends together? Call for reservations early as our meeting room fills up quickly!

Triad Tennis Management Spencer Love Tennis Center 3802 Jaycee Park Dr., 545-5320 www.greensborotennis.com

Junior Tennis Group Instruction

Ages: 5-7 years old
Fee: \$32, for 4 classes
Dates: Monday & Tuesday
Times: 3:45-4:30 pm
Contact: 545-5320
Locations: Spencer Love Tennis Center, Jaycee Park, 3802 Forest Lawn Dr. (fall); and Simkins Indoor Sports Pavilion, Barber Park, 1500 Dan's Rd. (winter)

Instruction is held at Spencer Love Tennis Center in the fall and Simkins Pavilion in the winter. Juniors are grouped by age and ability. Sessions run for four weeks.

Junior Tennis Group Instruction

Ages: 8-18 years old
Fee: \$58, for 4 classes
Dates: Monday-Thursday
Times: 4:30-6:00 pm
Contact: 545-5320
Locations: Spencer Love Tennis Center, Jaycee Park, 3802 Forest Lawn Dr. (fall); and Simkins Indoor Sports Pavilion, Barber Park, 1500 Dan's Rd. (winter)

Instruction is held at Spencer Love Tennis Center in the fall and at Simkins Pavilion in winter. Juniors are grouped by age and ability. Each session runs for four weeks.

Adult Tennis Group Instruction

Ages: 17 years & older
Fee: \$58, for 4 classes
Dates: Monday-Thursday
Times: 6-7:30 pm
Contact: 545-5320
Locations: Spencer Love Tennis Center, Jaycee Park, 3802 Forest Lawn Dr. (fall); and Simkins Indoor Sports Pavilion, Barber Park, 1500 Dan's Rd. (winter)

Instruction is held at Spencer Love Tennis Center in the fall and Simkins Pavilion in the winter. Adults are grouped by ability. Each session runs for four weeks.

Ladies Tennis League Play

Ages: 18 years & older
Fee: \$6-\$8, per play
Dates: Monday-Thursday
Times: 9-10:30 am; 10:30 am-noon
Contact: 545-5320

Leagues are offered year-round at Spencer Love Tennis Center and Simkins Pavilion. Players are grouped by ability.

Men's Tennis League Play

Ages: 18 years & older
Fee: \$6-\$8, per play
Dates: Monday & Wednesday
Times: 3-4:30 pm; 9-10:30 am; 7:30-9 pm
Contact: 545-5320

Leagues offered throughout the year at Spencer Love Tennis Center and Simkins Pavilion. Players are grouped by ability.

(All programs are subject to change.)