

Outdoor Recreation

BOND LAKE ACTIVITIES

Fishing

Fishing opportunities are available year-round at Bond Lake. There is no charge to fish from shore. All NC fishing regulations apply! North Carolina requires anyone 16 or older to have a fishing license. For additional information concerning size and creel limits or to purchase a license visit the NC Wildlife Resources Commission website at www.ncwildlife.org.

Boat Rental Hours:

Boats may be rented from the Bond Park Boathouse. Children under the age of 16 must be accompanied on the boat by an adult and wear a personal flotation device (PFD). All participants renting sailboats, canoes or kayaks must wear a PFD at all times.

Apr, May, Sep, Oct

Saturdays, Holidays	8 a.m.-6 p.m.
Sundays	9 a.m.-6 p.m.

Jun – Aug*

Weekdays	10 a.m.-7 p.m.
Saturdays, Holidays	7 a.m.-7 p.m.
Sundays	9 a.m.-7 p.m.

Nov – Mar

Closed

* Closed weekdays with the start of Wake County traditional school year.

Boat Rental Fees:

Boat Type	Fee
Pedal boat (4 person)	\$7 per 1/2 hour
Rowboat	\$6 per hour
Electric motor for rowboat	\$9 per use
Canoe/Kayak	\$6 per hour
Sailboat	\$11 per hour

Private Boats

Private Boats may be used on Bond Lake during regular Boat Rental hours only. Boats over 16 feet or powered by gasoline motors are prohibited.

Daily Boat Launch Fee	\$4 per boat
Season Launch Pass	\$30 per boat



Sailing (age 13 & up)

Learn to sail in one day. You will learn how to rig the boat, launch and land, sail at all points to the wind and right the boat after capsize--everything you need to know to competently sail a Sunfish sailboat. Sailboat rental is included.


Location:	Fred G. Bond Metro Park, Boathouse		
Instructor:	Andy Lytle		
Fees:	\$46(R)	\$60(N)	(1 class)
60000	Sun	Jun 17	1-6 p.m.
60001	Sat	Jul 28	9 a.m.-3 p.m.
60002	Sun	Jul 29	1-6 p.m.
60003	Sat	Aug 11	9 a.m.-3 p.m.
60004	Sun	Aug 12	1-6 p.m.

Basic Canoeing (age 13 & up)

Learn basic paddling and safety skills for tandem (2 person) canoeing in a short, introductory course. Covers personal preparation, equipment choices, and strokes essential to efficient paddling in a Bond Lake type environment. Approximately 1/2 the time will be spent on the water. Canoe rental is included.

Location:	Fred G. Bond Metro Park, Boathouse		
Instructor:	Lynn Wright, ACA Certified		
Fees:	\$35(R)	\$46(N)	(1 class)
60019	Sun	Jun 10	1:30-5:30 p.m.
60020	Sat	Jul 14	9 a.m.-1 p.m.
60021	Sat	Aug 18	9 a.m.-1 p.m.

Parent Child Canoeing (age 10 & up)

 A rudimentary introduction of canoeing geared for parents and children ages 10 and up that exposes participants to basic paddle sport safety and canoeing skills. Approximately 1/2 the time will be spent on the water. Canoe rental is included.

Location:	Fred G. Bond Metro Park, Boathouse		
Instructor:	Lynn Wright, ACA Certified		
Fees:	\$21(R)	\$27(N)	(1 class)
60030	Sun	Jul 15	1:30-4:30 p.m.
60031	Sun	Aug 19	1:30-4:30 p.m.



Canoeing for Teens (age 11-18)



Learn basic paddling and safety skills for tandem canoeing in a short, introductory course. Covers personal preparation, equipment choices, and strokes essential to efficient paddling in a Bond Lake type environment.

Location:	Fred G. Bond Metro Park, Boathouse		
Instructor:	Lynn Wright, ACA Certified		
Fees:	\$17(R)	\$22(N)	(1 class)
60022	Thu	Jun 14	9 a.m.-1 p.m.
60023	Thu	Jul 19	9 a.m.-1 p.m.
60024	Wed	Aug 22	9 a.m.-1 p.m.

Canoeing for Seniors (age 55 & up)

Learn basic paddling and safety skills for tandem (2 person) canoeing in a short, introductory course. Covers personal preparation, equipment choices, and strokes essential to efficient paddling in a Bond Lake type environment. Approximately 1/2 the time will be spent on the water. Canoe rental is included.

Location:	Fred G. Bond Metro Park, Boathouse		
Instructor:	Lynn Wright, ACA Certified		
Fees:	\$17(R)	\$22(N)	(2 classes)
59286	Tue, Wed	Jun 12-13	9-11 a.m.
59287	Tue, Wed	Jul 17-18	9-11 a.m.
59288	Mon, Tue	Aug 20-21	9-11 a.m.

CANOEING CLASSES for groups of 3 to 6 people can be custom tailored to meet the needs of the group. Great for groups planning canoeing outings or scouts working toward canoeing merit badges. Three hours minimum. For more information or to schedule a class, call (919) 469-4100.



Registration Dates:

Apr 30	<i>Cary Resident – EZ Reg Web, EZ Reg Mail-In, EZ Reg Phone</i>
May 7	<i>Cary Resident – EZ Reg Walk-In</i>
May 14	<i>Nonresident – Any EZ Reg Method</i>

Beginning Kayaking (age 13 & up)

An introduction to kayaking, this 3 hour class covers the basics of the sport including safety, proper stroke technique, braces, wet exiting, and rescues. The class is taught by a certified British Canoe Union Instructor. Kayak rental is included.

Location:	Fred G. Bond Metro Park, Boathouse		
Instructor:	Wes Hall		
Fees:	\$32(R)	\$42(N)	(1 class)
59992	Sat	Jun 9	9 a.m.-noon
59993	Sun	Jul 22	1-4 p.m.
59994	Sat	Aug 25	9 a.m.-noon



Beginning Kayaking

Intermediate Kayaking (age 13 & up)

This course is designed for participants who have taken the beginner course or have had prior instruction. Participants will refine their low and high brace turns, sculling for support, and kayak control using your body core versus power stroking for control. Self rescue will also be taught, which includes wet re-entry and rolling a kayak. Kayaks & necessary gear is provided. Personal kayaks can be used upon approval of the instructor.

Location:	Fred G. Bond Metro Park, Boathouse		
Instructor:	Wes Hall		
Fees:	\$32(R)	\$42(N)	(1 class)
59996	Sat	Jun 9	2-4 p.m.
59997	Sat	Aug 25	2-4 p.m.

DON'T WAIT!

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

HEALTHY HIKERS

Healthy Hikers-Informational Lecture

Plants, Insects and Animals...Oh My! (age 55+)

We have always been told to be careful of snakes, ticks, poison ivy, etc. when going outside, but what does that really mean? Learn ways of being safe and precautions to take while enjoying Mother Nature. This program will be ideal for those who enjoy hiking, gardening or just being in outside. This program will take place inside followed by an optional brief walk on the Senior Center grounds.

Location: Cary Senior Center, Ballroom
Instructor: Mark Johns
Fees: \$8(R) \$10(N) (1 class)
59095 Tue Jun 5 10-11 a.m.

Healthy Hikers – Day Trips (ages 55+)

This is your chance to try hiking even if you have never done it before or if you have and would like to meet other hiking enthusiasts. These hikes will range from 2-5 miles and may increase depending on everyone's comfort level. Don't forget your hiking gear! Fees cover park entrance fee, transportation and guide. Meet at Cary Senior Center for Hike.

Instructor: Chris Hoina
Fees: \$21(R) \$27(N) (per hike)

Occoneechee Mountain State Natural Area

59092 Thu Jul 19 7 a.m.-noon

Falls Lake State Recreation Area

59093 Thu Aug 16 7:15 a.m.-noon

Camp Out Pre-Trip Meeting (age 55+)

FREE

This meeting is to discuss details of what to expect and what to bring on the Camp Out trip.

Location: Cary Senior Center, Classroom 302
59419 Thu Jun 7 5-6 p.m.

Camp Out at Jordan Lake (age 55+)

Join us for a fun filled overnight camping adventure. Meet at a local coffee shop before heading out to our camping spot. Enjoy an afternoon hike, informational lectures, and group building activities. Meals and snacks included, all you need is a tent, sleeping bag and basic hiking gear. More information will be given at the pre trip meeting on June 7.

Location: Cary Senior Center, Classroom 302
Fees: \$55(R) \$71(N)
59091 Sat & Sun Jun 16-17 9 a.m.- 11 a.m.



ORIENTEERING

Basic Orienteering (age 8 & up)

Learn to use a map to navigate. Each class begins with a 30 minute 'how to' session followed by a hike in search of control points. Adult guidance is recommended for those under 14. Fee includes map, punch card and compass usage. Group sessions are available, for more call (919) 469-4100.

Location: Fred G. Bond Metro Park, Boathouse
Fees: \$4(R) \$6(N) (1 class)

60211 Sat Jun 9 10 a.m.-noon
60212 Sat Jul 14 10 a.m.-noon
60213 Sat Aug 11 10 a.m.-noon

CHALLENGE ROPES COURSE

The Challenge "Ropes" Course is an outdoor learning facility designed to encourage individuals and groups to see their potential through a graduated progression of challenging activities that foster personal growth and improved teamwork. Groups are guided through the course by facilitators. Low program events are located on or near ground level; high program activities take place at heights of up to 35 ft. Anyone of average health and 10 years or older may participate. The experience can be tailored to those with special needs. A minimum group of 8 is required. Groups must register at least three weeks in advance. Call the park staff at (919) 469-4100 for fee information or to schedule a program for your group. Check out our page on the Town of Cary website – www.townofcary.org/depts/prdept/sports/challengecourse.htm.

Challenge Course Fees: (per person)*

half day low program	\$25(R)	\$33(N)
half day high program	\$42(R)	\$55(N)
half day low course & 1 high element	\$34(R)	\$44(N)
full day low and high program	\$58(R)	\$75(N)

*Advertised fees will be effective beginning September 1st, 2011.

Group Deposit: \$50

A group deposit is due at the time of reservation in order to hold the date. Remaining balance is due on the day of the program.

Corporate and Wake County Public School System rates are available, call Bond Park Boathouse at (919) 469-4100 for details.