

YOUTH & Teen

FITNESS

January



CARY ARTS CENTER (919) 469-4069

Chinese New Year Dragons (age 2-6 w/caregiver)

Sat, Jan 21 | 11 a.m.-noon

Snowy, Snowy Night (age 3-5)

Fri, Jan 6 | 1-2:30 p.m.

Penguin Party (age K5-10)

Wed, Jan 11-25 | 4:30-6 p.m.

Poppin' Pop Art (age K5-10)

Sat, Jan 21 | 9 a.m.-noon

Art from the Heart: Youth (age K5-10)

Thu, Jan 26-Feb 9 | 4:30-6 p.m.

Fabulous Fleece (age 8-12)

Mon, Jan 23 | 5-7 p.m.

Fabric Design & Sewing (age 8-12)

Tue, Jan 3-24 | 4:30-6 p.m.

Painting on Silk (age 11-16)

Mon, Jan 9-30 | 4:30-6:30 p.m.

Metal Mania (age 11-16)

Tue, Jan 10-24 | 5:30-7:30 p.m.

TOWN of CARY

PARKS, RECREATION
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GET | BE | STAY

FIT CARY

BOND PARK COMMUNITY CENTER (919) 462-3970

Fun-n-Fit

Wobblers (age 12M-2)

Tue, Jan 10-24 | 10-10:35 a.m.

Ready, Set, Go! (age 18M-4)

Mon, Jan 9-30 | 10-10:45 a.m.

Tue, Jan 10-24 | 11-11:45 a.m.

Preschool Sports Adventure (age 3.5-5)

Mon, Jan 9-30 | 11-11:45 a.m.

Lil Budding Ballerinas (age 2)

Tue, Jan 10-31 | 10:25-11 a.m.

Baby Bear Ballet (age 2-3)

Sat, Jan 21-Feb 11 | 10-10:30 a.m.

Lil Bunny Ballet (age 3-4)

Tue, Jan 10-31 | 11:15-11:50 a.m.

Butterfly Ballet (age 3-5)

Sat, Jan 21-Feb 11 | 10:35-11:15 a.m.

Pre-Ballet (age 3.5-5)

Wed, Jan 11-Feb 1 | 6-6:30 p.m.

Zumba Kids Jr. (age 4-6)

Fri, Jan 20-Feb 24 | 10-10:45 a.m.

Yoga for Youth (age 5-8)

Sat, Jan 14-Feb 4 | 10-10:45 a.m.

Cheer Tumble (age 6-10)

Wed, Jan 21-Feb 11 | 12:45-1:15 p.m.

Zumba Kids (age 7-11)

Mon, Jan 23-Feb 27 | 6-7 p.m.

Jazz/Acro Dance (age 5-7)

Wed, Jan 11-Feb 1 | 5:30-6:15 p.m.

Funky Hip Hop (age 5-7)

Sat, Jan 21-Feb 11 | 11:30 a.m.-12:15 p.m.

Ballet I (age K5-7)

Wed, Jan 11-Mar 8 | 6:30-7:30 p.m.

Sports of All Kinds (age 5-8)

Tue, Jan 17-Feb 21 | 5-5:45 p.m.

Beautiful Ballerinas (age 5-10)

Age 5-8

Tue, Jan 10-31 | 1:15-2 p.m.

Age 8-10

Sat, Jan 11-Feb 1 | 6:15-7 p.m.

Serve N Play Youth Badminton Training (age 7-15)

Beginner/Intermediate

Sat, Jan 14-Mar 18 | 6:15-7:15 p.m.

Intermediate/Advanced

Sat, Jan 14-Mar 18 | 7:15-8:15 p.m.

Jazz Technique/Lyrical Skills (age 11-17)

Wed, Jan 11-Feb 1 | 7:15-8 p.m.

HERBERT C. YOUNG COMMUNITY CENTER (919) 460-4965

Kidokinetics Jr. & Preschool Sports & Fitness (age 18M-5 w/caregiver)

Fri, Jan 13-Feb 3 | 10:15-11 a.m.

Bounce, Spring and Boing (age 18mo-5 w/caregiver)

Thu, Jan 12-26 | 11:15 a.m.-noon

Kidokinetics Afterschool Sports and Fitness (age 4-6)

Mon, Jan 9-Feb 6 | 4:15-5 p.m.

Kidokinetics Winter/Spring Sports Clinics (age 5-7)

Thu, Jan 12-Feb 2 | 4:15-5 p.m.

Little Tyke Sports (age 3-5)

Shooters-Basketball

Tue, Jan 10-24 | 9:30-10:15 a.m.

MIDDLE CREEK COMMUNITY CENTER (919) 771-1295

Pre-Gymnastics (age 3-5)

Tue, Jan 10-Feb 14 | 9:30-10:15 a.m.

Preschool Dance (age 3-5)

Tue, Jan 10-Feb 14 | 3:45-5:15 p.m.

Ballet I (age K5-7)

Tue, Jan 10-Mar 14 | 4:15-5 p.m.

Jazz I (age 8-13)

Tue, Jan 10-Mar 14 | 5-5:45 p.m.

Archery (age 8 & up)

Wed, Jan 11-Feb 15 | 5:30-6:30 p.m.

Beginning Fencing Level I (age 11-17)

Thu, Jan 5-Feb 23 | 7:15-8:15 p.m.

FRED G. BOND METRO PARK (919) 469-4100

Knot Tying (age 10 & up)

Tue, Jan 24-31 | 7-8 p.m.

YOUTH OPEN GYM BASKETBALL**

Bond Park Community Center | (919) 462-3970

Herbert C. Young Community Center | (919) 460-4965

Middle Creek Community Center | (919) 771-1295

**Passes are required for each participant.

Parent/Guardian must sign the waiver.

Please call ahead for schedule.