

# YOUTH & Teen

## FITNESS

# January



### CARY ARTS CENTER (919) 469-4069

**Penguins on Parade (age 2-6 w/caregiver)**  
Sat, Jan 20 | 11 a.m.-noon

**My Jolly Snowman (age 3-5)**  
Sat, Jan 13 | 10:30 a.m.-noon

**Snowflake Plates (age K5-10)**  
Fri, Jan 26-Feb 2 | 5-7 p.m.

**Drawing Cats and Dogs (age K5-10)**  
Sat, Jan 27 | 9:30 a.m.-noon

**Silly Sandwiches (age 6-10)**  
Sat, Jan 27 | 9 a.m.-12:30 p.m.

**Colorful Jester Hat (age 8-12)**  
Wed, Jan 24-31 | 4-6 p.m.

**Spectacular Spell Books (age 9-12)**  
Tue, Jan 9-23 | 4:30-6 p.m.

**Kids at the Wheel I (age 10-14)**  
Mon, Jan 22-Feb 26 | 4:15-6:45 p.m.

**Beginning Drawing (age 11-15)**  
Tue, Jan 16-30 | 5:30-7 p.m.

**Metal Mania (age 12-16)**  
Tue, Jan 9-23 | 5:30-7:30 p.m.

### BOND PARK COMMUNITY CENTER (919) 462-3970

#### Fun-n-Fit

*Wobblers (age 12M-2)*  
Tue, Jan 9-23 | 10-10:35 a.m.

*Ready, Set, Go! (age 18M-4)*  
Mon, Jan 8-29 | 10-10:45 a.m.  
Tue, Jan 9-23 | 11-11:45 a.m.

*Sports Gym Time (age 3-5)*  
Mon, Jan 8-29 | 11-11:45 a.m.

**Lil Budding Ballerinas (age 2)**  
Tue, Jan 9-30 | 10:25-11 a.m.

**Baby Bear Ballet (age 2-3)**  
Sat, Jan 13-Feb 3 | 10-10:30 a.m.

**Tippy Toe Tappers (age 2-4)**  
Tue, Jan 9-30 | noon-12:30 p.m.

**Lil Bunny Ballet (age 3-4)**  
Tue, Jan 9-30 | 11:15-11:50 a.m.

**Clap and Tap (age 3-5)**  
Wed, Jan 10-31 | 5:45-6:15 p.m.

**Cheer Fun (age 3-5)**  
Sat, Jan 13-Feb 3 | 12:25-1 p.m.

**Pre-Ballet (age 3.5-5)**  
Wed, Jan 10-31 | 6:25-7 p.m.

**Butterfly Ballet (age 4-6)**  
Sat, Jan 13-Feb 3 | 10:35-11:15 a.m.

**Zumba Kids Jr. (age 4-6)**  
Sat, Jan 13-Feb 17 | 9:30-10:15 a.m.

**Gym & Fitness Fun (age 5-9)**  
Tue, Jan 23-Feb 27 | 4:45-5:30 p.m.

**Cheer Tumble (age 6-10)**  
Sat, Jan 13-Feb 3 | 1:10-1:50 p.m.

**Zumba Kids (age 7-11)**  
Mon, Jan 8-Feb 19 | 6-7 p.m.

**Funky Hip Hop**  
*Age 5-8*  
Mon, Jan 22-Feb 5 | 6:30-7:15 p.m.

*Age 5-10*  
Sat, Jan 13-Feb 3 | 2-2:40 p.m.

**Ballet I (age 5-7)**  
Wed, Jan 10-Feb 7 | 7-7:45 p.m.

**Ballet/Tap Combo (age 6-10)**  
Sat, Jan 13-Feb 3 | 11:20 a.m.-noon

**Tap Dance (age 6-10)**  
Wed, Jan 10-31 | 7:45-8:30 p.m.

**Zumba for Teens (age 12-15)**  
Tue, Jan 9-Feb 13 | 6-7 p.m.

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

**Kidokinetics Jr. Sports & Fitness (age 2-5 w/parent)**  
Fri, Jan 5-26 | 10:15-11 a.m.  
Sat, Jan 13-Feb 3 | 9:30-10:15 a.m.

**Bounce, Spring and Boing (age 2-4)**  
Thu, Jan 11-25 | 11:15-11:50 a.m.

**Kidokinetics Prechool Sports and Fitness (age 3-5)**  
Fri, Jan 5-26 | 11:15 a.m.-noon

**Little Tyke Sports (age 3-5)**  
*Shooters-Basketball*  
Tue, Jan 9-30 | 9:30-10:15 a.m.

**Just Being Silly (age 3-5)**  
Thu, Jan 11-Feb 1 | 9:30-10:15 a.m.

**Sportkinetics Afterschool Sports & Fitness (age 5-10)**  
Thu, Jan 4-Feb 8 | 4:45-5:30 p.m.

**Nike Marathon Kids Run Club (age 6-10)**  
Mon, Jan 22-Feb 26 | 4:45-5:45 p.m.

### MIDDLE CREEK COMMUNITY CENTER (919) 771-1295

**Preschool Dance (age 3-5)**  
Tue, Jan 23-Feb 13 | 3:45-4:15 p.m.

**Pregymnastics (age 3-5)**  
Thu, Jan 25-Mar 29 | 4:15-5 p.m.

**Dance Combo (age K5-10)**  
Tue, Jan 23-Feb 13 | 4:15-5 p.m.

**Empower Yoga for Kids (age K5-10)**  
Tue, Jan 23-Mar 27 | 5-5:45 p.m.

**Tumbling Fun (age K5-10)**  
Thu, Jan 25-Mar 29 | 5-5:45 p.m.

**Indoor Archery Club (age 9-17)**  
Sun, Jan 14-Mar 4 | 2-4 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.**