

ADULT FITNESS OPPORTUNITIES

AUGUST



SPORTS OPPORTUNITIES (919) 469-4062

Sports Spotlight @ www.townofcary.org
Keyword Search—"Sports Spotlight"

Adult Golf Clinics

Tue & Thu, Aug 2-11 | 6-7 p.m.

BOND PARK COMMUNITY CENTER (919) 462-3970

Pound-Rockout. Workout.

Wed, Aug 3-Sep 7 | 7:15- 8 p.m.

Shag Beginner

Mon, Aug 8-22 | 6:45-8:15 p.m.

Shag Beginner II

Mon, Aug 8-22 | 8:15-9:45 p.m.

Return 2 Recess

Sat, Aug 13 | 11 a.m.-noon

AQUATICS PROGRAMS (919) 460-4965

Residents outside of Cary should contact Triangle Aquatic Center at (919) 459-4045 for registration information. All classes will be held at the Triangle Aquatic Center.

Aqua Fit

Tue & Thu, Aug 2-25 | 8-9 a.m.

Aqua Senior (age 55 & up)

Tue & Thu, Aug 2-25 | 9-10 a.m.

The Fitness & Wellness passes allow you to choose classes to accommodate your lifestyle. For more information on the Fitness Pass or Wellness Pass, please call (919) 462-3970.



For more details on our classes and programs, call the facility number listed, or pick up the PRCR brochure at any Town facility.

CARY SENIOR CENTER (Ages 55+) (919) 469-4081

Tai Chi-Beginner Level

Tue & Thu, Aug 2-23 | 5:30-6:20 p.m.

Weight Training for Beginners

Mon & Wed, Aug 15-31 | 9-9:45 a.m.
Fri, Aug 19-26 | 12-12:45 p.m.

You Can Do It!

Mon, Aug 15-29 | 12-12:45 p.m.
Fri, Aug 19-26 | 11:05-11:50 a.m.

Yoga Stretch

Wed, Aug 17-31 | 10-10:45 a.m.

Zumba Gold! Tuesday

Tue, Aug 23-30 | 11-11:50 a.m.

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

Pilates & Yoga Combo

Mon, Aug 8-29 | 9:15-10:15 a.m.

Mat Pilates

Tue, Aug 16-Sep 13 | 6-7 p.m.

20/20/20: The Ultimate Workout

Tue & Thu, Aug 23-Sep 1 | 6-7 p.m.

CARY ARTS CENTER (919) 469-4069.

Continuing Watercolor

Tue, Aug 2-30 | 9:30 a.m.-noon

Beginning Acrylics

Tue & Thu, Aug 2-11 | 7-9:30 p.m.

Laminated Tote Bag

Fri, Aug 5-12 | 6:30-9 p.m.

Working with a Pattern

Sat, Aug 6 | 9 a.m.-noon

Reversible Apron

Wed, Aug 17-24 | 6:30-9 p.m.

Calligraphy: The Art of Lettering

Tue & Wed, Aug 23-24 | 6:30-8:30 p.m.

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

Basic Canoeing

Wed, Aug 10 | 9 a.m.-noon

Kayaking for Seniors (age 55 & up)

Thu, Aug 11 | 9 a.m.-noon

Beginning Kayaking

Sat, Aug 13 | 9 a.m.-noon

Intro to Archery

Sun, Aug 14 | 9:15 a.m.-12:15 p.m.

Sailing

Sat, Aug 27 | 9 a.m.-2 p.m.

Sun, Aug 28 | 1-6 p.m.

Sailing for Seniors (age 55 & up)

Mon, Aug 29 | 9 a.m.-2 p.m.

MIDDLE CREEK COMMUNITY CENTER (919) 771-1295

Meditation for Beginners

Tue, Aug 2-23 | 7:30-8:30 p.m.

TOWN of CARY

PARKS, RECREATION
& CULTURAL RESOURCES
www.townofcary.org

GET | BE | STAY

FIT CARY



AUGUST

Youth & Teen Fitness Calendar



MIDDLE CREEK COMMUNITY CENTER (919) 771-1295

Summer Fencing (age 8-18)
Mon & Wed, Aug 1-24 | 6-7:30 p.m.
Mon, Wed, Thu, Aug 1-25 | 6-7:30 p.m.
Wed, Aug 3-24 | 6-7:30 p.m.

BOND PARK COMMUNITY CENTER (919) 462-3970

Fun-n-Fit, Wobblers (age 10M-2)
Tue, Aug 9-23 | 10-10:35 a.m.
Fun-n-Fit, Ready, Set, Go! (age 18M-6)

CARY ARTS CENTER (919) 460-4963

Bubble Bonanza (age 2-6 w/caregiver)
Sat, Aug 13 | 11 a.m.-noon

Dino Days (age 3-5)
Sat, Aug 6 | 10:30 a.m.-noon

Pool Party! (age K5-8)
Sat, Aug 20 | 1-4 p.m.

Beaded Mosaics (age 6-10)
Sat, Aug 6 | 1-3 p.m.

Cute as a Button (age 8-11)
Wed, Aug 17-24 | 4:30-6 p.m.

Fabric Design and Sewing (age 8-12)
Thu, Aug 11-Sep 1 | 4:30-6 p.m.

Hogwarts School of Magical Drawing (age 11-16)
Fri, Aug 12-19 | 5-6:30 p.m.

The Art of Calligraphy (age 11-16)
Tue, Wed, Thu, Aug 23-25 | 4:30-6 p.m.



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

Food for Life: Kids Health (age 6-10)
Mon, Aug 8-29 | 1-4 p.m.

School's Out Fun Days (age 6-10)
Fri, Aug 12 | 9 a.m.-5 p.m.

Drills & Thrills Basketball Clinics (age 7-12)
Mon, Aug 22 | 9 a.m.-5 p.m.

Get Cooking with Laura: India (age 7-10)
Wed, Aug 24 | 4:30-6:30 p.m.

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

Kayaking for Teens (age 11-17)
Fri, Aug 12 | 9 a.m.-noon

Basic Canoeing (age 13 & up)
Wed, Aug 10 | 9 a.m.-noon

Beginning Kayaking (age 13 & up)
Sat, Aug 13 | 9 a.m.-noon

Intro to Archery (age 13 & up)
Sun, Aug 14 | 9:15 a.m.-12:15 p.m.

Sailing (age 13 & up)
Sat, Aug 27 | 9 a.m.-2 p.m.
Sun, Aug 28 | 1-6 p.m.



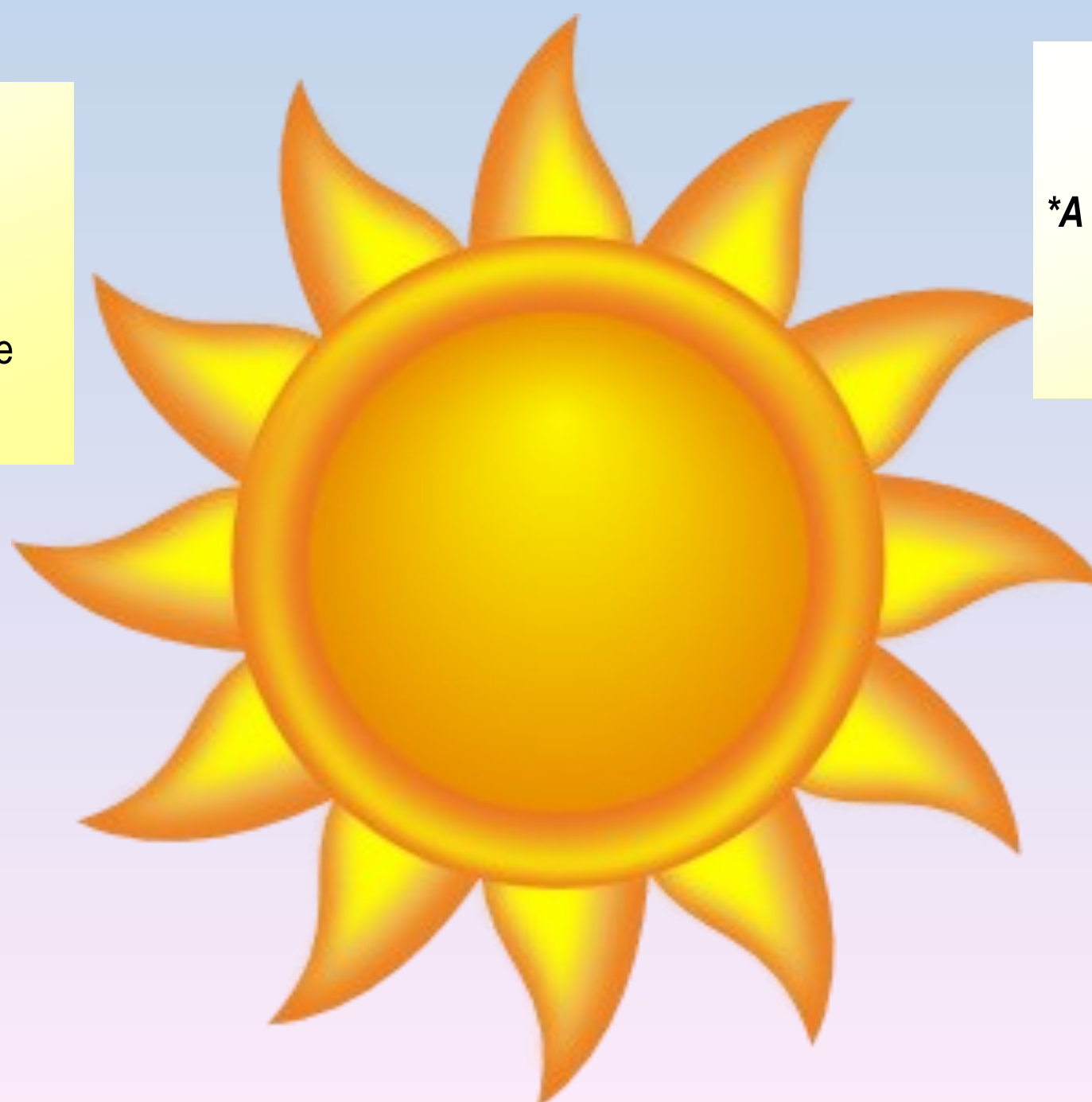
YOUTH SPORTS (919) 469-4062

Visit www.townofcary.org
Parks, Recreation and Cultural Resources Page
Select "Sports"



YOUTH OPEN GYM*

Available at all three community centers.
**A signed waiver is required for each participant.
Parent/Guardian must sign the waiver.
Please call ahead for schedule.*



For more details on our classes
and programs, call the facility
number listed, or pick up the pro-
gram brochure at any Town facility.

TOWN of CARY
PARKS, RECREATION
& CULTURAL RESOURCES
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