Youth Basketball
Youth Mixed Martial Arts
Senior BINGO
Member Exclusive Programs
"The Triangle's Premier Community for Active Families"

CONTACT INFORMATION
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P.O. Box 879, Clayton, NC 27528
Parks and Recreation Offices:
715 Amelia Church Rd. Clayton, NC 27520

Front Desk: 919-553-1550
Fax: 919-553-1521
ClaytonParks.org

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FOLLOW US ON SOCIAL MEDIA
@CLAYTONNCPARKS
Visit the Clayton Community Center. Memberships are FREE for Town of Clayton residents. Non-residents can purchase memberships as an individual or as a family.

**Individual Membership - $50/year**

**Family Membership - $100/year**

Annual Memberships run Jan. 1 to Dec. 31

**WHAT DOES A MEMBERSHIP INCLUDE?**
Access to our elevated indoor track, (1/16 Mile), ellipticals, stationary bikes, total body cable resistance machines, rowers, step mill, and more!

**MEMBERSHIP POLICIES**
- A resident is defined as anyone living within the Town limits of Clayton. Individuals seeking a membership must bring an updated driver license or bill to prove residency.
- Anyone under 18 must have a parent or guardian come to the Clayton Community Center to register him or her. Any child under age 11 must be accompanied by an adult at all times.
- For membership purposes, a person’s age will be the age at the time of registration.
- Programs, classes, and facility rentals are an additional cost.

**MEMBERSHIP TERMS**
Individual: Anyone 18+ years of age is eligible for a membership.
Family: Consists of all individuals living in the same house. Cards are issued for anyone 11+ years of age.

Lost cards: $5 per person (resident & non-resident)

**AGE RESTRICTED PROGRAMS**
Unless otherwise noted, participants must meet program age requirements at the start of program.

**PAYMENT POLICIES**
Payment types accepted:
- Cash, Check, Visa, and MasterCard
- Convenience fee of 3.6% charged for credit and debit transactions.

Returned Check Policy:
- There is a service charge of $25 for each returned check for insufficient funds or closed account.
- Payment for returned checks will be accepted by cash only.
- Patrons with outstanding balances will be prohibited from renting facilities, registering or participating in programs until balance is paid in full.

**REFUND POLICY**
- Full refunds/credits will be issued if Clayton Parks and Recreation cancels a program. Refunds will be issued back in the original form of payment and credits will be issued to household accounts to be used for future programming. Cash and check payments will be mailed to your account address. Please allow 7-10 days to process all refunds/credits. For check reimbursements, allow 14 business days.
- Programs- Refund/transfer/credit requests must be received in writing at least 7 days prior to the start date of a program. Cancellation requests made less than 7 days prior to the start date will not be refunded or credited.
- Athletics- Refund/transfer/credit requests must be received in writing prior to the advertised closing date of registration. Refunds or credits will not be issued after the registration closing date.
- Shelters- Refund/transfer/credit requests must be received in writing at least 14 days prior to the shelter rental. Cancellation requests made less than 14 days prior to the start date will not be refunded or credited but may be transferrable.
- Memberships are non-refundable and must be renewed on an annual basis to remain active.

**COMMUNITY CENTER HOURS**
- **Monday - Friday**
  - 7:00 a.m. - 9:00 p.m.
- **Saturday**
  - 8:00 a.m. - 4:00 p.m.
- **Sunday**
  - 1:00 p.m. - 6:00 p.m.
Donald "Clyde" Sinclair Park
400 Front Street
- Playground
- Basketball court
- Shelter with restroom
- Charcoal Grill

Municipal Park
325 McCullers Drive
- Splash Pad - 9:00 a.m. - 8:00 p.m. (Seasonally)
- Basketball court
- Multi-sport court
- Shelters
- Walking loop
- Playground
- CATERPILLAR Stage
- Greenway access

Clayton Community Park
1075 Amelia Church Road
- 1/2 mile paved trail
- Unpaved wetlands trail
- Three ball fields
- Six tennis courts with shelter
- Two sand volleyball courts
- Two playground areas
- Picnic shelter with two grills
- Eight bocce courts with shelter
- Outdoor classroom

East Clayton Community Park
1774 Glen Laurel Road
- Shelter areas
- Harmony Playground
- Soccer & multi-purpose play fields
- Artificial turf soccer fields
- Baseball field
- 1 mile trail
- Disc golf course
- Batting cage

East Clayton Dog Park
2027 Glen Laurel Road
- Three acres of leash-free play area - Two enclosed areas; one for small dogs and one for large dogs.

Clayton Riverwalk on the Neuse
2686 Covered Bridge Road
The Mountains-to-Sea Trail is a 1,000 mile planned trail that will eventually stretch across North Carolina from Clingman's Dome in the Great Smoky Mountains to Jockey's Ridge on the Outer Banks. Our section of the MST is a four mile, 10-foot wide paved trail that follows the Neuse River corridor through Clayton. A unique feature on the Clayton River Walk is a 190 foot pedestrian bridge spanning the Neuse River near Covered Bridge Road. The Riverwalk connects to the Raleigh Greenway system, a 30 mile paved trail that runs all the way to Falls Lake Dam. For more information visit NCMST.org/the-trail.

Sam's Branch Greenway
1358 N. O'Neil Street
- 1.25 mile, 10-foot wide paved trail to the Neuse River that connects to the Clayton River Walk on the Neuse.
PICNIC SHELTER RATES

<table>
<thead>
<tr>
<th>Park</th>
<th>Resident</th>
<th>Non-Resident</th>
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</thead>
<tbody>
<tr>
<td>Donald &quot;Clyde&quot; Sinclair Park</td>
<td>$32</td>
<td>$64</td>
</tr>
<tr>
<td>Clayton Community Park</td>
<td>$40</td>
<td>$80</td>
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<tr>
<td>East Clayton Community Park - Oak Shelter</td>
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<td>$80</td>
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<tr>
<td>East Clayton Community Park - Pine Shelter</td>
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<tr>
<td>Municipal Park Maple Shelter</td>
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<tr>
<td>Municipal Park Birch Shelter</td>
<td>$40</td>
<td>$80</td>
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</tbody>
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Prices listed above are per 4 hour block.

March 1 - October 31
9:00 a.m. - 1:00 p.m. or 3:00 p.m. - 7:00 p.m.

November 1 - February 29
10:00 a.m. - 2:00 p.m.

Shelters can be rented online at ClaytonParks.org or by visiting the front desk at the community center.

If you are interested in renting out the CATERPILLAR Stage at Municipal Park - please email Lauren Lambert at llambert@townofclaytonnc.org

COMMUNITY CENTER RATES

<table>
<thead>
<tr>
<th>Activity</th>
<th>Resident</th>
<th>Non-Resident</th>
</tr>
</thead>
<tbody>
<tr>
<td>Front Porch</td>
<td>$50/hr</td>
<td>$100/hr</td>
</tr>
<tr>
<td>Activity Room #111</td>
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<tr>
<td>Game Room #112</td>
<td>$50/hr</td>
<td>$100/hr</td>
</tr>
<tr>
<td>Activity Room #207</td>
<td>$40/hr</td>
<td>$80/hr</td>
</tr>
</tbody>
</table>

*Game Room #112 rental includes activity room #111

Gym Rental -
Full Court                  | $60/hr   | $120/hr      |
Half Court                   | $35/hr   | $70/hr       |

All facility rentals require a 2 hour minimum and security deposit of $200. Contact Joni Hubble-Zeneberg at jzeneberg@townofclaytonnc.org

UPCOMING COMMUNITY CENTER CLOSURES

August 21 - 25 (Maintenance Closure)
September 2 - 4 (Labor Day)
November 10 (Veteran’s Day), 23 - 26 (Thanksgiving)
December 23 - 27 (Christmas)
December 31 - January 1 (New Year’s Day)

Modified Hours -
November 22 (closing at 5:00 p.m.)
December 18 (closing at 5:00 p.m.)
December 22, 28, 29 (closing at 5:00 p.m.)

Athletic fields are available for rent by calling 919-553-1550 or emailing Trey Meek at tmeek@townofclaytonnc.org
Wiggle and Jiggle
Ages 2-4. Toddlers have so much energy and learn through active movement. Come join us to get those tots moving and grooving with a little learning and fun along the way. Colors, numbers, and other basic concepts will all be a part of the fun. Parents must be in attendance for class. Please register just the child.

Monday, 9:30 a.m. - 10:15 a.m.
9/11-10/2, 10/9-10/30, 11/6-11/27

Wednesday, 9:30 a.m. - 10:15 a.m.
9/13-10/4, 10/11-11/1, 11/8-11/29

Residents: $20, Non-Residents: $30

Mighty Kickers
Ages 3-5. GOAL! Using age-appropriate curriculum, children are introduced to basic soccer skills including dribbling, passing, and shooting while experiencing an entertaining and friendly atmosphere! No cleats, please. Children are dropped off for this program. Participants must be potty trained.

Saturday, 9:30 a.m. - 3-5 year-olds
Saturday, 10:45 a.m. - 3-5 year-olds
11/4 - 11/18

Residents: $30, Non-Residents: $45
East Clayton Community Park baseball field

Park Hopper
Ages 2-4. Nature is our classroom and Clayton has tons of it! Come explore a different Park each week of class where toddlers will participate in different developmentally appropriate activities all surrounding nature. Parents must be in attendance for class. Please register just the child. Park locations will be announced prior to class.

Friday, 9:30 a.m. - 10:15 a.m.
9/15-10/6, 10/13-11/3

Residents: $20, Non-Residents: $30

Lil Tacklers
Ages 3-4. Hut one, hut two ... hike! Using age-appropriate curriculum, children are introduced to the basics of football including passing, kicking, catching and running. This class will help develop hand-eye coordination, listening skills, good sportsmanship and teamwork! Emphasis will be on safe play. No cleats, please. Children are dropped off for this program. Participants must be potty trained.

Saturday, 9:30 a.m. - 3-4 year-olds
Saturday, 10:45 a.m. - 3-4 year-olds
9/9 - 9/30

Residents: $30, Non-Residents: $45
East Clayton Community Park

Bouncing Books
Ages 3-4. Is your child into story time but still needs to get the wiggles out? If so, Bouncing Books is perfect for your tot! Each class will be themed around a different book where your child learns, moves, sings and dances to the story. Parents must be in attendance for class. Please register just the child.

Monday, 10:30 a.m. - 11:15 a.m.
9/11-10/2, 10/9-10/30, 11/6-11/27

Wednesday, 10:30 a.m. - 11:15 a.m.
9/13-10/4, 10/11-11/1, 11/8-11/29

Residents: $20, Non-Residents: $30

Mini Hoopsters
Ages 3-4. Dribble, Pass, Shoot! Using age-appropriate curriculum, children are introduced to basketball including dribbling, passing and shooting in a friendly atmosphere! Children are dropped off for this program. Participants must be potty trained.

Saturday, 9:30 a.m. - 3-4 year-olds
Saturday, 10:45 a.m. - 3-4 year-olds
10/7 - 10/28

Residents: $30, Non-Residents: $45
Clayton Community Center
Private Party Room with tables & chairs  
Up to 30 guests  
Full Use of the Game Room  
Billiards  
Foosball  
Air Hockey  
Giant Connect Four  
Board Games  
Private Restroom  
Sink and Fridge  

Rental Includes:  
- Private Party Room with tables & chairs  
- Up to 30 guests  
- Full Use of the Game Room  
- Billiards  
- Foosball  
- Air Hockey  
- Giant Connect Four  
- Board Games  
- Private Restroom  
- Sink and Fridge  

*Decorations, food, and supplies are not provided.

Celebrate at The Clayton Community Center

If you’re looking for an amazing space to have a birthday bash, then come celebrate with us!

Preschool Playtime  
5 & under. Join us for playtime and socialization! This is an opportunity for your child to interact with other children while you socialize with other parents. We will provide the toys for preschoolers to run and exercise. Caregiver must accompany children at all times. Schedule subject to change.

Tuesdays and Thursdays 9:00 a.m. – 11:30 a.m.  
*Check gym calendar for schedule

Annual Members – Free  
Daily Drop In’s - $3 per child

Making Movies on Mobile  
Ages 10-17. Do you love movies, music videos or media? Have you ever wanted to make your own film? Join us for this program and in 8 weeks, you will know how to do just that! This crash course for media production using minimal equipment will teach your tween or teen how to plan, shoot, edit and publish films all on a mobile device. Throughout this class, your child will learn the fundamental skills of what it takes to become a future filmmaker!

Wednesday, 6:30 p.m. - 7:30 p.m.  
9/13 - 11/1

Residents: $40, Non-Residents: $60

Intro to Mixed Martial Arts - YOUTH  
Ages 7-12. This program will provide your child with a foundation of martial skills, fitness development, and socialization through play. It will focus on personal development, team building, and goal-oriented learning. This hybrid program will provide a complete routine to turn kids and preteens into well-rounded martial artists.

Tuesday, 5:00 p.m. - 5:45 p.m.  
8/29 - 10/3, 10/10-11/14

Residents: $24, Non-Residents: $36

Intro to Mixed Martial Arts - TEENS  
Ages 13-17. Does your teen want to be stronger physically and mentally? This program will provide your teen with a foundation of martial skills from ground fighting to stand up striking, while incorporating fitness development and mental strength. This hybrid program will focus on team building and goal-oriented learning to turn your teens into well-rounded martial artists.

Tuesday, 7:00 p.m. - 7:45 p.m.  
9/12 - 10/17, 10/24 - 11/28

Residents: $24, Non-Residents: $36

Availability -  
Saturdays, 12:30 p.m. - 3:30 p.m.  
(This time includes set up, party time, and clean up.)

Reservations accepted a minimum of 14 days in advance. Completed rental request form, deposit, and payment are due in full to confirm reservation.

Rates -  
Residents: $150.00  
Non-Residents: $300.00  
Refundable Deposit: $200.00
Young Olympians - Field Games and Fitness
Ages 7-12. Join us on Saturday mornings for Youth Field Games and Fitness. This program is a spinoff of our Youth Mixed Martial Arts program but is not a prerequisite to attend. This class is all about getting stronger, playing games and making friends through play. Each participant will join a team where they compete in games focused on strength, agility and intelligence. The goal of this program is to get your child moving outside while growing their mind and body! This program takes place on soccer field 1 at East Clayton Community Park.

Saturday, 10:00 a.m. - 11:00 a.m.
8/12-9/23 * No class 9/2, 9/30-11/4
Residents: $30, Non-Residents: $45

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Saturday, 10:00 a.m. - 11:00 a.m.
8/12-9/23 * No class 9/2, 9/30-11/4
Residents: $30, Non-Residents: $45

AmazinGlaze
Ages 3-5. Join us for a hands-on glazing class where participants will first choose from an assortment of pre-made, bisque-fired pottery. Then, using various color options and techniques, kids will glaze the piece and make it their own. Clay can get messy so please dress accordingly. Please register just the participant. Parents/caregivers must be in attendance for the class.

Saturday, 12:30 p.m. - 1:30 p.m.
9/9, 10/14, 11/18, 12/9
Residents: $12, Non-Residents: $18

Hand Building for Tweens
Ages 9 - 12. Get ready to play with mud! Using hand building techniques, every month you will create NEW and unique projects! The last day is for glazing. Clay can get messy so please dress accordingly. We will provide clay, glazes and firings.

Tuesday, 5:00 p.m. - 6:30 p.m.
9/5-9/26, 10/10-10/31, 11/14-12/5
Residents: $60, Non-Residents: $90

Hand Building for Teens
Ages 13 - 17. Learn how to sculpt and build functional and non-functional pieces using a variety of techniques including coils, pinch and slabs! Every month will be NEW and unique projects! Last day is for glazing. Clay can get messy so please dress accordingly. We will provide clay, glazes and firings.

Wednesday, 5:30 p.m. - 7:00 p.m.
9/6-9/27, 10/11-11/1, 11/15-12/13 * No class 11/22
Residents: $60, Non-Residents: $90

Ballet
Ages 3-6. This is an introductory class that allows dancers to explore beginning ballet. Dancers will learn the discipline of ballet through technique and creative movement. Dancers should wear either ballet shoes- preferably with straps as opposed to short shoelaces - or non-slip socks. Children are dropped off for this program. Participants must be potty trained.

Thursday, 5:00 p.m. - 5:45 p.m.
Thursday, 6:00 p.m. - 6:45 p.m.
9/7-9/28, 10/5-10/26, 11/2-11/30 * No class 11/23
Residents: $24, Non-Residents: $36

Lyrical Jazz
Ages 7-10. This is an introductory dance class that combines the structural grace of traditional classical ballet with the musicality and elements of jazz found in contemporary lyrical dance. Dancers will be introduced to classical ballet and learn traditional technique, position, and execution as the foundation of lyrical dance. They will also learn simple lyrical/jazz dance choreography using their ballet skills while also connecting with music, using their bodies to convey emotion. Dancers should wear either ballet shoes, jazz shoes, foot undies, or non-slip socks.

Tuesday, 7:00 p.m. - 7:45 p.m.
9/7-9/28, 10/5-10/26, 11/2-11/30 * No class 11/23
Residents: $24, Non-Residents: $36
Kids Art - Tuesday
Ages 5-7. Explore and combine a wide variety of art mediums and techniques to create beautiful works of art! Mediums include various drawing materials, painting materials, collaging, printmaking, paper crafting, sculpting, and much more! Basic supplies are included.

Tuesday, 5:00 p.m. - 6:30 p.m.
9/5-9/26, 10/3-10/24, 11/7-11/28

Residents: $50, Non-Residents: $75

Learn to Draw Teens
Ages 13-17. Young artists are welcome to join us in a stress-free and growth enriching environment. We will explore the fundamentals, techniques, and tips of drawing. We will use various drawing media, exercises, tools, and creativity to accomplish individualized goals. Artists are encouraged to bring their own 14 x 17 drawing pad.

Wednesday, 4:00 p.m. - 5:30 p.m.
9/6-9/27, 10/4-10/25, 11/1-11/29 *No class on 11/22

Residents: $50, Non-Residents: $75

Kids Art - Thursday
Ages 8-10. Explore and combine a wide variety of art mediums and techniques to create beautiful works of art! Mediums include various drawing materials, painting materials, collaging, printmaking, paper crafting, sculpting, and much more! Basic supplies are included.

Thursday, 5:00 p.m. - 6:30 p.m.
9/7-9/28, 10/5-10/26, 11/2-11/30 *No class 11/23

Residents: $50, Non-Residents: $75

Kids Art - Saturday
Ages 5-7. Explore and combine a wide variety of art mediums and techniques to create beautiful works of art! Mediums include various drawing materials, various painting materials, collaging, printmaking, paper crafting, sculpting, and much more! Basic supplies are included.

Saturday, 1:00 p.m. - 2:30 p.m.
9/9-9/30, 10/7-10/28, 11/4-12/2 *No class 11/25

Residents: $50, Non-Residents: $75

Family Clay Time
Ages 5+. Let’s create beautiful memories! One child and one adult will collaborate on a project and learn about pottery! Every month we will have new projects for you to try! The last day is for glazing. We will provide clay, glazes and firings. Clay can be messy so please dress accordingly. Please register just the child.

Saturday, 10:00 a.m. - 11:30 a.m.
9/16-9/23, 10/7-10/14, 10/21-10/28, 11/11-11/18, 12/2-12/9

Residents: $60, Non-Residents: $90
Intermediate/Advanced Hand Building
Ages 18+. Come and create your own projects! Increase your knowledge on hand building as you explore your creativity. The instructor will provide guidance to help you achieve your goals. Hand building experience is required. The last day is for glazing. We will provide 12 pounds of clay, glazes and firings. Clay can get messy so please dress accordingly.

Monday, 10:00 a.m. - 12:00 p.m.
9/11-10/2, 11/20-12/11

Monday, 6:30 p.m. - 8:30 p.m.
10/16 - 11/6

Residents: $80, Non-Residents: $120

Underglaze Workshop
Ages 18+. Join us for this hands-on workshop where you will learn about the use of underglazes in various techniques, such as painting, Mishima and Sgraffito. You will even learn how to make your own underglaze transfers. The last class will be for glazing.

Friday, 6:30 p.m. - 8:30 p.m.
9/8-9/29

Residents: $80, Non-Residents: $120

Beginners Hand Building
Ages 18+. Welcome to the world of clay! Come learn how to create functional and nonfunctional pieces using hand building techniques! Every month will be NEW and unique projects! Some of these techniques will include pinch, coils, slabs and a combination of all! Clay can get messy so please dress accordingly. We will provide clay, glazes and firings.

Monday, 6:30 p.m. - 8:30 p.m.
9/11-10/2, 11/20-12/11

Monday, 10:00 a.m. - 12:00 p.m.
10/16-11/6

Residents: $80, Non-Residents: $120

Intro to Painting Loosely in Oil
Ages 18+. Whether you are a beginning painter or an intermediate painter needing to loosen up, all painters are welcome to join us in a stress-free, growth enriching environment. We will explore fundamentals and techniques while providing tips on painting loosely in oil. We will use various exercises, tools, and creativity to accomplish individualized goals.

Friday, 6:00 p.m. - 8:00 p.m.
9/8-9/29, 10/6-10/27, 11/3-12/1 *No class 11/24

Residents: $60, Non-Residents: $90

Learn to Draw Again
Ages 18+. Whether you are a beginning artist wanting to learn to draw or an intermediate artist needing to draw better, all artists are welcome to join us in a stress-free, growth enriching environment. We will explore fundamentals and techniques while providing tips to enhance your drawing. We will use various drawing media and varying exercises, tools, and creativity to accomplish individualized goals. Artists are encouraged to bring their own 14 x 17 drawing pad.

Wednesday, 6:00 p.m. - 7:30 p.m.
9/6-9/27, 10/4-10/25, 11/1-11/29 *No class 11/22

Residents: $50, Non-Residents: $75
BINGO
Ages 50+. Experience the thrill of winning at monthly Bingo with Clayton Parks & Recreation. See if you can be the first one to fill the board, make a diagonal, or complete whichever shape is the goal for each round. Come ready to play and win prizes. Advanced registration is required.

Friday, 9:30 a.m. - 10:30 a.m.
9/29, 10/27, 11/17, 12/15

FREE

Fitness Equipment 101
Ages 50+. Wondering how to use the fitness equipment around the track? Join us for this monthly class where you learn all the in's and out's of the fitness equipment we have available!

Wednesday, 10:00 a.m. - 11:00 a.m.
9/13, 10/18, 11/15

Residents: $2, Non-Residents: $3

Golden Age Warriors-Senior Self Defense
Ages 50+. Do you have the confidence and ability to protect yourself or your loved ones in a moment of crisis? Would you like to feel safer as you navigate the world around you and maintain your independence? Join us for a class especially designed for our 50+ participants and learn valuable fundamentals in fitness and skills for survival when faced with real-world challenges. Build confidence, awareness, and unique abilities that you can harness to stay strong and safe.

Wednesday, 5:00 p.m. - 5:45 p.m.
8/30- 9/20, 9/27-10/18, 10/25-11/15

Residents: $20, Non-Residents: $30

Senior Strength, Balance and Flexibility
Ages 50+. This senior class utilizes small balls, tubing and dumbbells for toning and strength, as well as standing and light movements to promote better balance. Participants will sit and stretch in chairs to enhance their flexibility, no floor work!

Tuesday, 9:15 a.m. - 10:00 a.m.
9/5-10/10, 10/17-11/21

Residents: $24, Non-Residents: $36

Senior Dance Aerobics
Ages 50+. This class combines easy dance moves with basic aerobic moves for a low impact cardio class. Enjoy music from yesteryear, the 60's, 70's, and 80's that will get you movin' and smilin' for a fun workout! Please wear supportive athletic shoes.

Tuesday, 10:15 a.m. - 11:00 a.m.
9/5-10/10, 10/17-11/21

Residents: $24, Non-Residents: $36
**Slow Flow Yoga**  
Ages 16+. Slow Flow offers slow, gentle movement and stretching paired with relaxed breathing. The class will end with a long quiet stillness. Great for beginners!  
Mondays, 9:30 a.m. - 10:30 a.m.  
10/2 - 11/6  
Residents: $24, Non-Residents: $36

**Intro to Mixed Martial Arts**  
Ages 18+. Join us once a week as you are trained to become a trained Mixed Martial Artist! Adults will learn the fundamentals of combat through ground fighting to stand-up striking alongside their peers. Participants will develop their fitness, learn new skills and achieve their personal, mental and physical goals.  
Mondays, 5:00 p.m. - 5:45 p.m.  
9/11 - 10/16, 10/23 - 11/27  
Residents: $24, Non-Residents: $36

**Yoga Basics**  
Ages 16+. Yoga Basics moves through common postures slowly with a central focus each week. This class is geared toward people who are new to yoga or want to hone their existing practice.  
Fridays, 9:30 a.m. - 10:30 a.m.  
9/1 - 10/6, 10/13 - 12/1 *No class 11/10  
Residents: $28, Non-Residents: $42

**Fit Flow Yoga**  
Ages 16+. This yoga class focuses on building strength, stamina and flexibility in the physical body. It is appropriate for those new to yoga as well as those with experience. Each class starts with a flowing series to warm-up the body followed by held postures for strength and stamina and ending with stretches to improve flexibility. A non-slip mat is recommended.  
Wednesdays, 7:00 p.m. - 7:45 p.m.  
9/6 - 10/11, 10/18 - 11/29 *No class 11/22  
Residents: $24, Non-Residents: $36

**Yoga Flow**  
Ages 16+. Join us in Yoga Flow where breath and movement come together. This creative style of Yoga strengthens muscles and increases flexibility while focusing on a different posture each week. This hour-long vinyasa yoga class is best suited for participants who have some familiarity with Yoga.  
Thursdays, 9:30 a.m. - 10:30 a.m.  
10/19 - 11/30 *No class 11/23  
Residents: $28, Non-Residents: $42

**Line Dancing**  
Ages 18+. Want to increase your brain memory and heart health at the same time? Join us for an introductory class in line dancing that also improves coordination and balance. This class is designed to teach beginner level skills! Tennis shoes are required.  
Mondays, 6:00 p.m. - 6:45 p.m.  
10/2 - 11/6  
Thursdays, 11:00 a.m. - 11:45 a.m.  
9/28 - 11/2  
Residents: $24, Non-Residents: $36

**Tai Chi**  
Ages 16+. Try the unique experience of Tai Chi, the practice of posture, breath, and movement to affect your chi or the intrinsic energy in each of us. The low impact nature of this practice makes it an ideal class for seniors. Tennis shoes are recommended.  
Fridays, 6:00 p.m. - 7:00 p.m.  
10/20 - 12/8 *No class 11/10 & 11/24  
Residents $28, Non-Residents $42
**Tone and Strength**
Ages 16+. Tone and strength is all about using dumbbells, bands, stability balls and body bars while working all the major muscle groups of the body to tone and sculpt muscle. Equipment will be provided but you are encouraged to bring your own.

Wednesdays, 6:00 p.m. - 6:45 p.m.
10/18 - 11/29  *No class 11/22*

Residents: $24, Non-Residents: $36

**Workit Circuit**
This course is designed for all age groups 18+ and all skill levels of experience. This class is an introduction to circuit training and seeks to increase your fitness level. Participants will complete circuits that incorporate both resistance, body weight, and cardiovascular exercises using weight and the various equipment available in the track area.

Tuesdays, 7:00 p.m. - 7:45 p.m.
8/29 - 10/3, 10/10 - 11/14

Residents: $24, Non-Residents: $36

**Total Body Burn Monday**
Ages 18+. Try this 30-minute HIIT class to level up your lunch hour! These classes use your own body weight as resistance to sculpt and tone muscle groups. New workouts each week, so you will never get bored!

Mondays, 11:30 a.m. - 12:00 p.m.
10/9 - 11/13

Residents: $24, Non-Residents: $36

**Yin Yoga**
Ages 16+. Are you looking for space to consider what you actually want from your day, your week, your life? This class provides that space! Yin Yoga stretches help you slow down and all poses are sitting down or lying on a mat. Each pose is held for a few minutes creating a quiet, accepting environment.

Mondays, 6:00 p.m. - 6:45 p.m.
9/11 - 10/16, 10/23 - 11/27

Residents: $24, Non-Residents: $36

**Zumba with Shannon**
Ages 18+. Zumba is an energizing interval-style dance fitness class that combines low-intensity moves to a fusion of Latin and international style. It’s a dance party with exercise in disguise. You do not need any special dance skill and the choreography is designed to be repetitive with steps that you can learn on-the-go. This class will have limited space so don’t miss out and register now!

Drop ins are welcome if space allows, however, to save money register for the entire 6 week session!

Tuesdays, 6:00 p.m. - 6:45 p.m.
9/12 - 10/17, 10/24 - 11/28

Residents: $24, Non-Residents: $36

**Strong Nation Fitness**
Ages 18+. Are you looking for a HITT style workout that combines body weight, muscle conditioning, cardio and plyometric moves that are synced to customized music? Then Strong Nation Fitness class is for you! Participants will be driven by the music that matches every beat to every rep, pushing you to reach your fitness goals! All fitness levels are welcome.

Mondays, 7:00 p.m. - 7:45 p.m.
9/11 - 10/16, 10/23 - 11/27

Fridays, 7:15 p.m. - 8:00 p.m.
9/15 - 10/20

Residents: $24, Non-Residents: $36
YOUTH BASKETBALL

7-8 Coed, 9-10 Girls, 9-10 Boys, 11-12 Girls, 11-12 Boys, 13-15 Girls, 13-14 Boys, 15-17 Boys
*Age as of 9/4/23

Through this program the fundamentals of basketball, value of team sports and development of healthy habits are cultivated.

Practice/Games on 1 weeknight and on Saturdays

Residents: $50, Non-Residents: $75

Resident registration opens - September 5
Non-Resident registration opens - September 18

USTA Tennis introduces children of all ages and abilities to the lifelong sport of tennis. These lessons will teach children the necessary skills of hand-eye coordination, technical footwork, fundamental strokes, and racket control.

7U Beginner Tennis

Thursday, 6:00 p.m. - 6:45 p.m.
9/14 - 10/5, 10/12 - 11/2

Residents: $30, Non-Residents: $45

7U Intermediate Tennis

Thursday, 7:00 p.m. - 7:45 p.m.
9/14 - 10/5, 10/12 - 11/2

Residents: $30, Non-Residents: $45

10U Beginner Tennis

Monday, 6:00 p.m. - 6:45 p.m.
9/11 - 10/2, 10/9 - 10/30

Residents: $30, Non-Residents: $45

10U Intermediate Tennis

Monday, 7:00 p.m. - 7:45 p.m.
9/11 - 10/2, 10/9 - 10/30

Residents: $30, Non-Residents: $45

15U Beginner Tennis

Tuesday, 6:00 p.m. - 6:45 p.m.
9/12 - 10/3, 10/10 - 10/31

Residents: $30, Non-Residents: $45

15U Intermediate Tennis

Tuesday, 7:00 p.m. - 7:45 p.m.
9/12 - 10/3, 10/10 - 10/31

Residents: $30, Non-Residents: $45
Clayton Parks and Recreation welcomes the participation of all individuals, including those with disabilities or special needs into all of our programs. This inclusive approach means that individuals with and without disabilities can participate together. In compliance with the Americans with Disabilities Act (ADA), we provide reasonable modifications to facilitate involvement in our programs. In addition to inclusive programs, we offer Adaptive and Inclusive Recreation (AIR) programs which are designed to meet the recreational needs of individuals with developmental and/or physical disabilities of all ages.

**Inclusive Social Hour**

Ages 8 and up. Join your friends for an awesome social night! You could be participating in anything from games and snacks to watching a movie or crafts! No matter what you do, you are guaranteed to have fun! This program is specifically designed for individuals with developmental and/or physical disabilities. Support staff are welcome. Pre-registration is required.

Friday, 6:30 p.m. - 8:00 p.m.
9/8, 9/29, 10/13, 10/27, 11/3, 11/17

Residents: $2, Non-Residents: $3

**Boo Bash**

All ages. Ghouls and goblins join us for a FREE event at the Clayton Community Center. It's scary how much fun you will have dancing, avoiding tricks and eating treats! Guests are encouraged to dress in their favorite Halloween costume. This program is specifically designed for individuals with developmental and/or physical disabilities. Support staff are welcome. Registration is highly suggested but not required.

Friday, 6:00 p.m. - 8:00 p.m.
10/27

FREE
Puzzle Palooza
Ages 7+. Puzzlers, come help us celebrate National Puzzle Month! Gather your team of 2-4 people to show off your skills at the Puzzle Palooza jigsaw puzzle challenge. Teams will race against each other to complete a 500 piece jigsaw puzzle in the shortest amount of time. Puzzle is provided and yours to keep. Prizes will be awarded to the first and second place finishers. There is a maximum of 8 teams, so register early! Registration deadline is 1/12 or when full.

*Only the Account Holder needs to register the family. The price is based on a maximum of 4 family members.

Saturday, 1/27
9:00 a.m. - 12:00 p.m.

Annual members only: Free
THE CLAYTON YOUTH COUNCIL IS A VOLUNTEER ORGANIZATION MADE UP OF FUN AND FASCINATING TEENS FROM A VARIETY OF HIGH SCHOOLS IN JOHNSTON COUNTY. THE COUNCIL SERVES AS AN OPPORTUNITY FOR TEENAGERS TO SHARE IN CIVIC ENGAGEMENTS, LEADERSHIP OPPORTUNITIES, COMMUNITY SERVICE, RECREATIONAL OUTINGS, FUNDRAISING EVENTS AND PARTICIPATE IN SPECIAL EVENTS SUCH AS STATE YOUTH COUNCIL CONFERENCES.

MEETINGS TAKE PLACE ON THE FIRST MONDAY OF EVERY MONTH DURING THE SCHOOL YEAR (AUGUST – MAY) UNLESS OTHERWISE LISTED. MEMBERS ARE WELCOME TO JOIN BY REGISTERING ONLINE.

MEMBERSHIP: $25/includes T-Shirt ClaytonParks.org/register

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MULTI-AWARD-WINNING COUNTRY BAND

**LONESTAR**

THURSDAY, OCTOBER 19, 2023

8:00 PM | RESERVED $60

Award-winning country band, Lonestar, performs its biggest hits - What About Now, Mr. Mom, Amazed, I'm Already There - and more.

**ADDITIONAL UPCOMING SHOWS**

**The Second City: What The Elf?**
SATURDAY, DECEMBER 2

**Animaniacs In Concert**
FRIDAY, FEBRUARY 9

**The Drifters**
SUNDAY, APRIL 14
TICKETS $32 | 4:00 PM

111 E SECOND ST | DOWNTOWN CLAYTON