

# Think CLAYTON. Think Recreation.

October 2020



## CLAYTON PARKS AND RECREATION FACILITIES AND PROGRAMS

All park facilities are open: greenways, trails, athletic fields, shelters, playgrounds and restrooms.

For our safety and yours, we've modified our programming to offer outdoor, socially-distanced classes with a limited number of participants.

Staff are routinely cleaning restrooms and playgrounds per CDC and DHHS guidance

Participants must bring a mask for when social distancing is not possible.

Temperatures and a health screening will be required prior to each class.

The Clayton Community Center, including the indoor walking track, remain closed. Outdoor walking is now available under fans at the Clayton Community Center.

## OUTDOOR GROUP FITNESS

### TOTAL BODY WORKOUT

Ages 18 & up. Join us for an interval training class that mixes calisthenics and body weight exercises with cardio and strength training. With a new workout every week, these classes are designed to push you harder than you would push yourself! No equipment will be provided. If you would like to add resistance to your workout please bring your own hand weights. Instructor: Terri Needham.

Tue 8:30 - 9:00 a.m. 10/6 - 10/27

Resident: \$10, Non-Resident: \$15

### DANCE MOVERS

Ages 16 & up. Join Shauna for a fun hybrid of two of her most popular classes: DanceOFF and Mature Movers. All ages will enjoy this aerobic cardio class packed with dancing, strength and stability exercises. No equipment will be provided. If you would like to add resistance to your workout we recommend bringing your own 3lb or less hand weights. Instructor: Shauna Ingram.

Tue 9:30 - 10:30 a.m. 10/6 - 10/27

Residents: \$15, Non-Residents: \$22.50

### ZUMBA®

Ages 16 & up. Zumba Fitness combines popular music and traditional rhythms from around the world with easy to follow moves for a one-of-a-kind dance fitness class! Get a taste of Reggaeton, Salsa, Soca, Dancehall, Merengue, Afrobeats, Cumbia, Samba, Bachata, Zouk, Bhangra, Tahitian, and African Dance all in one hour. Instructor: Gretchen Warren.

Tue 6:30 - 7:30 p.m. 10/6 - 10/27

Residents: \$15, Non-Residents: \$22.50

### TAI CHI CH'UAN

Ages 18 & up. 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. Instructor: Michael Liaudatis.

Thu 9:30 - 10:30 a.m. 10/1 - 10/29

Residents: \$15, Non-Residents: \$22.50

### BEGINNER LINE DANCING

Ages 16 & up. Learn to line dance in a fun and relaxed atmosphere. This class is designed for those new to line dancing. We will cover the terminology of basic steps. Sessions will begin with 1-wall (no turning) dances and slowly progress to simple 4-wall dances. This form of dance requires no partner and is a great way to exercise your mind and body. Tennis shoes are recommended. Instructor Teresa VonCannon.

Thu 11:00 a.m. - 12:00 p.m. 10/1 - 10/29

Residents: \$15, Non-Residents: \$22.50



### SLOW FLOW YOGA

Ages 16 & up. This slow-paced yoga class connects breath and movement for a mindful and gentle practice that focuses on stretching and relaxation. Participants must bring their own mat; a blanket is recommended. Instructor: Ariella Anderson

Thu 6:30 - 7:30 p.m. 10/1 - 10/29

Residents: \$15, Non-Residents: \$22.50

## OUTDOOR ADULT AND FAMILY PROGRAMS

### OUTDOOR WALKING

Walking is back at the Clayton Community Center! We have moved our track outdoors, under the front porch with our brand new fans to keep you cool! Center staff has measured a walking track that is the same size as the indoor track (1/16 mile).

See monthly walking track calendar for availability at ClaytonParks.org/Guide

### BAG CHAIR BINGO

Ages 55 & better. Are you ready to yell BINGO again? Look no further Bag Chair Bingo is here! 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 while being socially distant. Please bring your own lawn chair and highlighter or bingo dauber. Advance registration is required. Limited to the first 30 people.

Fri 1:00 - 2:30 p.m. 10/23

FREE

### BONEYARD BINGO - FAMILY BINGO

Celebrate this spooky season with a fun night of bingo! Several rounds of bingo will be played. Bingo winners will get to pick a candy bar out of the pot, but don't worry, everyone will leave with a sweet treat! Dress in costume to add to the fun and show your Halloween spirit for your chance to win the costume contest. Please bring your own highlighter or bingo daubers. Feel free to bring any snacks and refreshments for your family! Advance registration is required. Limited to the first 30 people.

Fri 6:00 - 8:00 p.m. 10/23

FREE

### PINCH POTS TO PUMPKINS

Ages 16 & up. Using the simple technique of creating pinch pots, Julie will show you how easy it is to create a pumpkin. You can then turn them into a lidded pumpkin jar, a decorative jack o'lantern or a jack o'lantern votive holder. You can glaze it bright shiny orange or give it a more rustic unglazed look. Make two pumpkins, one to keep and one to give! Basic supplies are included. Projects will be ready within one week after the last class. Three-week session, the first week is 2 hours and the last two weeks are 1 hour each. Instructor: Julie Rowe. Min. 4, Max. 8

Wed 1:00 - 3:00 p.m. 10/14

Wed 1:00 - 2:00 p.m. 10/21, 10/28

Residents: \$30, Non-Residents: \$45

### CLAYTON COMMUNITY GARDEN

#### FALL WORKSHOP AND TOUR

Come ready to get all your gardening questions answered by Johnston County Master Gardeners in this three hour Gardening 101 workshop. Take a casual stroll around the Community Garden with them while discussing topics like: best practices for growing and harvesting fall produce, how to maintain a vegetable garden plot, when and how to plant specific crops, how to test soil, and more. Children ages 4-12 will receive special instruction and demonstrations providing for a unique hands-on learning experience. Rain Date is 10/10.

Sat 9:30 a.m. - 12:30 p.m. 10/3

Residents: \$4, Non-Residents: \$6

### What are we doing to keep you safe?

- All classes will take place outside, under a covered awning.
- Advanced registration is required, no drop-ins will be accepted.
- For fitness classes equipment will not be provided, however you are welcome to bring your own.
- Materials will be provided for all other classes.
- Drop-In childcare is not provided at this time.
- There will be access to the bathrooms.
- Water fountains are not available.
- Please bring a mask for when social distancing is not possible.
- Temperatures and a health screening will be taken prior to each class.



## OUTDOOR YOUTH PROGRAMS

### NINJA WARRIORS

Ages 5-12. Sensei Wu needs you! Design a new dojo for Snapology made from LEGO® bricks and train your men to battle with the best. Go through ninja training and earn your black belt, Snapology-style. Get ready to have fun and become a Master Ninja. Instructor: Snapology of Wendell. Min. 8, Max. 14

Mondays 4:00 - 5:15 p.m. 10/5 - 10/12

Residents: \$30, Non-Residents: \$45

### ESCAPE SNAPOLOGY

Ages 7-12. Hurry, your team has 60 minutes to discover clues, solve puzzles, answer riddles, and manipulate contraptions in order to complete an assigned task to ultimately unlock the door to escape Snapology! The team that escapes the fastest is given ultimate bragging rights...until their record is beaten by a new team! In Escape Snapology, students will play various escape games using their budding S.T.E.A.M. skills; in our longer programs, students will actually have the chance to design and implement their own escape games! Instructor: Snapology of Wendell. Min. 8, Max. 14

Fri 4:30 - 7:30 p.m. 10/9

Residents: \$30, Non-Residents: \$45

### STEAM FANTASY WORKSHOP

Ages 4-6. In Snapology's Junior STEAM Fantasy Workshop, students will be guided, inspired, and challenged to create fairytales of their very own! They will make unique mythical creatures, compete in a magical Wizard Tower Challenge, and even use technology to program their own robotics magic wand in order to help them cast their own spells! Students will utilize traditional fantasy themes and elements of storytelling to guide their play and creation in this magical workshop! Instructor: Snapology of Wendell. Min. 4, Max. 8

Fri 10:00 - 11:30 a.m. 10/9

Residents: \$15, Non-Residents: \$22.50

### POKE HEROES

Ages 5-10. Come join Snapology for Poke-Heroes. Students will build and explore the world of Pokemon as they create their own gyms, battles, and even their very own generation of Pokemon. Children will also learn about real world science as they learn about the habitats of the Pokemon. Your child will have a blast becoming the best Pokemon trainer ever. Instructor: Snapology of Wendell. Min. 8, Max. 14

Mon 4:30 - 7:30 p.m. 10/26

Residents: \$30, Non-Residents: \$45



**TURTLE TRASH COLLECTORS - Virtual Program**  
Clayton Parks and Recreation has teamed up with UNC Wilmington's MarineQuest program to bring your young nature lover or scientist a fun virtual program. In this one hour Zoom meet-up, your child will:

- Virtually participate in a simulated sea turtle necropsy (animal dissection)
- Learn how trash can get to the ocean
- See how trash in the ocean can impact sea turtles
- AND learn how we can all help stop marine debris.

All ages are welcome, it is designed for Elementary age. Younger audiences should attend with an adult.

Visit the Clayton Parks and Recreation Facebook page to get more information and register for the event.

Sat 11:00 a.m. - 12:00 p.m. 10/3

FREE

### FAMILY CLAY

Ages 5 & up. Share some creative quality time while collaborating on functional and decorative pieces from clay. Please allow at least two weeks for finished artwork to be ready for pickup. A parent or caregiver attends with child; both participants will need to register for class. Class fee provides each student with clay, glazes and related firings. Two-week session. Instructor: Lisa Astudillo. Min. 4, Max. 8

#### Fall Fun & Games

Wed 6:00 - 7:30 p.m. 10/14 - 10/21

#### Autumn Luminaries

Sat 10:00 - 11:30 a.m. 10/3 - 10/10

Residents: \$12, Non-Residents: \$18

### TWEEN FALL FUN WORKSHOP

Ages 9-12. In this outdoor two session class, students will learn foundational hand building skills to make two unique projects! Techniques covered will include, coil building, pinch pots, and sculpting. Come have a blast in the fresh air and make something special. Class fee provides each student with clay, glazes and related firings. Two-week session Instructor: Joy Lester. Min. 4, Max. 8

Wed 4:00 - 5:15 p.m. 10/7 - 10/14

Residents: \$20, Non-Residents: \$30

### USTA UNDER 10 TENNIS

Start your child on the pathway to develop an active lifestyle through the sport of tennis. These lessons will teach children the necessary skills of hand-eye coordination, technical footwork, fundamental strokes, and racket control. Four-week sessions. Instructor: Foster Evans and Olivia Schmincke.

#### Level I Ages 5 - 7

Tue 6:00 - 6:45 p.m. 10/20 - 11/10

Tue 7:00 - 7:45 p.m. 10/20 - 11/10

#### Level I Ages 8 - 10

Tue 6:00 - 6:45 p.m. 10/20 - 11/10

Tue 7:00 - 7:45 p.m. 10/20 - 11/10

Residents: \$30, Non-Residents: \$45

## OUTDOOR YOUTH & TEEN PROGRAMS

### SAFE SITTER ESSENTIALS WITH CPR

Ages 11-14. Do you feel ready to stay home alone, watch your brothers and sisters while your parents are gone, or babysit for younger children? Then maybe it's time for Safe Sitter®. Safe Sitter® prepares students to be safe when they're home alone, watching younger siblings or babysitting. Students learn life-saving skills, such as how to rescue someone who's choking, and helpful information, like what to do if there's severe weather. Lessons are filled with fun activities and role-playing exercises. A student handbook and completion card will go home with each participant. Bring the following items: Notebook/Pencil and lunch. Instructor: Joni Hubble-Zeneberg. Min. 4, Max. 8

Sat 9:00 a.m. - 3:30 p.m. 10/24

Residents: \$50, Non-Residents: \$75

### CLAYTON YOUTH COUNCIL

The Clayton Youth Council (CYC) is a volunteer organization made up of 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. If you are a teenager looking for an opportunity to develop your leadership skills, meet new friends, gain volunteer hours or just want to make a valuable difference in your community then join the Clayton Youth Council.

Meetings take place on the first Monday of every month during the school year (September - May). All meetings take place at 7:00 p.m. and will be virtual until further notice. Members are welcome to join at any time by registering online.

Mon 7:00 - 8:00 p.m. 10/5, 11/2, 12/7,  
1/4, 2/1, 3/1, 4/5, 5/3

Membership: \$15

### What are we doing to keep you safe?

- All classes will take place outside, under a covered awning.
- Class, material will be provided for each participant and will not be shared.
- There will be access to the bathrooms.
- Water fountains are not available.
- Please bring a mask for when social distancing is not possible.

## YOUTH & ADULT ATHLETIC PROGRAMS

### BEGINNER TENNIS

Beginner Tennis introduces teens and adults to the lifeline sport of tennis. Four-week sessions. Instructor: David Chiu.

#### Level I

Learn hand-eye coordination, technical footwork, fundamental strokes, and racket control.

#### Ages 11 – 15

Tue 6:00 – 7:00 p.m. 10/20 - 11/10

Tue 7:00 - 8:00 p.m. 10/20 - 11/10

#### Ages 16 & up

Wed 6:00 – 7:00 p.m. 10/14 - 11/4

Residents: \$30, Non-Residents: \$45

### DROP-IN BOCCE & CORNHOLE

Take an afternoon break to learn a new sport, we will provide all the equipment and a quick tutorial on how to play, if needed. All ages are welcome for this free event. Pre-registration is not required.

#### Bocce - Clayton Community Park Bocce Courts

Tue 1:00 p.m. 10/6 - 10/27

#### Cornhole - Clayton Community Center

Thu 1:00 p.m. 10/8 - 10/28

### SOCCER SKILLS CHALLENGE

Ages 7 - 14. Co-ed. Come out and show off your skills in this soccer themed competition. Participants will compete in scoring, running and accuracy skills contest against other kids their age. There is no charge to compete but you must pre-register.

#### East Clayton Community Park- 1774 Glen Laurel Road

Sat 9:00 a.m. 10/17

### FALL TENNIS LADDER

Ages 18 & up. Recreational ladder play for men and women. There will be two levels of play: 2.5-3.0 and 3.5 and up. To self-determine your USTA rating, please visit USTA.com.

#### 2.5-3.0 Leisure Ladder

Meet and compete against opponents of similar introductory skill level. Create your matches from a list of participants, submit your results to the Recreation Program Coordinator, and see the weekly rankings in your division. Flexible scheduling allows players to arrange their own match times and locations. The 7 week season finishes with a "Top 8" playoff Tournament.

#### 3.5 and up Challengers Ladder

The Challengers Ladder was created to meet the needs of higher level men and women who are looking for singles play. Create your matches from a list of participants, submit your results to the Recreation Program Coordinator, and see the weekly rankings in your division. Flexible scheduling allows players to arrange their own match times and locations. The 7 week season finishes with a "Top 8" playoff Tournament who have played in at least 5 matches during the ladder season.

Play Begins: 10/5

Resident: \$8, Non-Residents: \$12

### FAMILY KICKBALL

Ages 8 & up. Register the whole family for a night of kickball! Families will pair up and play against other families in a friendly free competition at Clayton Community Park.

Mon 6:00 p.m. 10/12 - 11/9

## ADULT TEAM SPORTS ARE BACK!

### ADULT SOCCER

Ages 18+, co-ed. Bring your team for fun and competitive 10 game season of adult soccer. Games will be played on Mondays and Wednesdays, at East Clayton Community Park. Limited to first six teams.

\$400 per team, plus \$25 per Non-Resident.

### ADULT SOFTBALL

Ages 18+, open. Bring your team for fun yet competitive 10 game season of adult softball Games will be played on Mondays and Wednesdays, at Clayton Community Park. Limited to first six teams.

\$450 per team, plus \$25 per Non-Resident.