

Dorothea Dix Park Summer Programs + Classes

Every Monday + Wednesday

Yoga in the Park

6 - 7pm | Flowers Field

Enjoy the nature and tranquility of Dix Park as certified yoga instructors lead you through poses to increase strength and flexibility. All fitness levels welcome!

Select Tuesdays

Connect + Create: All Ages Art Classes

6 - 7:30pm | Chapel

In partnership with Artspace, we invite you to join us in the Chapel for a series of art classes for all ages! Materials are included. Registration is required.

Batik Summer Flags | June 7
Botanical Postcards | July 12
Sunflower Paintings | August 2
Acrylic Pouring | August 23

Twice A Month

Explore Dix Park: Guided Walking Tours

12 - 2pm | Meet at the Chapel

On this 3.5-mile walking tour you will encounter the beauty and uniqueness of our 308-acre site while learning about the past, present and future of Dix Park. Registration is required.

Saturday, June 11
Saturday, July 2
Saturday, July 16
Saturday, August 6
Saturday, August 20

Every Thursday

Tai Chi in the Park

6 - 7pm | Flowers Field

Tai Chi is a series of slow, continual movements that helps you find inner calm and balance. All fitness levels welcome!

Once A Month

Little Explorers: Preschool Nature Program

11am - 12pm | Oak Lawn

Preschoolers will have fun learning about animals and nature at the park. Stories, games, songs, and live creatures bring this program to life for little learners! Registration is required.

Habitat Hunt | Monday, June 27
Small Wonders | Monday, July 25
Hiding in Plain Sight | Monday, August 15

June 11

Dix Park Treasure Hunt

Various Times | Meet at the Chapel

Explore Dix Park during this fun free treasure hunt through a partnership with Triangle Treasure Hunt! The puzzles/clues are geared towards ages 13+ and groups of 2-4 are recommended. Registration is required.

Beginning at 2pm, 2:30pm, 3pm, 3:30pm

All Programs +
Classes are Free!

Registration opens one week in
advance for select programs.

Details + Register:
dixpark.org/calendar



Dorothea Dix Park Summer Events

June 4

Flight Day

1 - 4pm | Big Field

Bring your kites, other homemade flying machines or rockets and spend time flying with your friends, family, and YMCA of the Triangle Y Guides! There will be food trucks and kite vendors too.

June 16

Legacy Series: Treasured Keepsakes

7 - 8:30pm | The Chapel

Presented by the Dix Park Conservancy Legacy Committee, the first in a series of programs featuring the power of stories and storytelling. This event is part book club, part storytelling workshop. Registration is required.

June 21

Summer Solstice Sunrise Yoga

6 - 7am | Flowers Field

Celebrate the longest day of the year with an early morning yoga session in the park. Watch the sun rise over downtown Raleigh on the first day of summer as you breathe, stretch, and enjoy the peacefulness of nature. Yoga instructors with CorePower Yoga will lead this practice. All fitness levels welcome.

June 11

Teddy Bear Picnic

10:30 - 11:30am | Magnolia Room

Our friends from KinderVillage Music School invite families - and stuffed animal friends - to enjoy singing, dancing, playing instruments and more! (Ages 2-8 yrs) Registration is required.

June 18

Capital City Juneteenth Celebration

1 - 6pm | Harvey Hill + The Chapel

Juneteenth is the oldest nationally celebrated commemoration of the abolition of slavery in the United States. Bring your lawn chairs and blankets for an afternoon of entertainment, food, and family fun at Dix Park.

Visit dixpark.org for full schedule, activities and vendors.

July 16

Movies on the Lawn

7 - 10pm | Flowers Field

The Raleigh skyline creates the perfect backdrop for enjoying a movie night. Come dressed as your favorite superhero or princess, you could even win a prize for best costume! Bring a blanket or chairs to sit on. Food trucks will be on-site, but you are welcome to bring your own food and beverages.

Moana | July 16

Free programs and events are made possible thanks to Dix Park Conservancy donors.



Fridays in June

Foodie Fridays

5 - 7pm | Magnolia Room

Foodie Friday is a great opportunity to meet with family & friends or wind down with work colleagues. Sample Raleigh's street food and enjoy local musicians!

Visit dixpark.org for full list of vendors and performers.

Dorothea Dix Park continues to strive to be accessible and welcoming for visitors, including those with disabilities. Currently, outdoor areas, including some park spaces where programs and events occur, have uneven surfaces and are not fully accessible. Accessibility is a primary focus for all future planning and development. Interested in attending a program or event? Raleigh Parks Inclusion Services works with community members to support participation. Contact us for more information.