



# Dix Park

## Summer Programs + Classes

Every Monday

### 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 Sundays

### Sunday Indoor Yoga

3:30 - 4:30pm | The Chapel

Join Sunday Yoga, a practice that uses movement, breath, and stillness to re-center and replenish ourselves, and to remember that we are better together. Registration is required.

June 4  
August 13

Select Saturdays

### 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.

June 24  
July 8  
August 12  
August 19

Extra Guided Tour - Trolley Edition!  
Saturday, July 29

August 23

### Hip Hop Cardio

7 - 8pm | The Chapel

Join TrapFit Raleigh for their uniquely popular 45-minute aerobics class. This class mixes strength training and cardio while listening to popular hip hop tunes. Registration is required.

Select Saturdays

### Bird Watching

8 - 10am | Flowers Cottage

Learn about the resident and migrant birds of Dix Park and sharpen your bird identification skills. Registration is required.

June 24  
August 19

Select Wednesdays

### Plant Pals: Gardening Workshops

6 - 7:30pm | The Chapel

Join Urban Pothos for informative and interactive garden workshops. Plants and materials included! Registration is required.

Terrariums | June 7  
Houseplants 101 | July 19  
Propagation 101 | August 30

Select Wednesdays

### Connect + Create: All Ages Art Classes

6 - 7:30 pm | The 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.

Creature Kites | June 21  
Stained Glass Art | July 12  
Cyanotype Prints | August 16

Select Wednesdays

### Arts on the Hill

5:30 - 9pm | The Chapel

Raleigh Film and Art Festival series spotlighting gifted filmmakers and spoken word poets with North Carolina roots. Registration is required.

July 26  
August 9

All Programs + Classes  
are Free!

Registration opens two weeks  
in advance for select programs.

Details + Register:  
[dixpark.org/calendar](http://dixpark.org/calendar)

Select Wednesdays

### Little Explorers: Preschool Nature Program

11 - 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.

Feathered Friends | June 21  
Water Wonders | July 19  
Woodland Creatures Big + Small | August 23

Select Wednesdays

### Playdates at Dix Park

10 - 12pm | The Chapel

Join Marbles at Dix Park for play-based programming that sparks curiosity, creativity, and connection. Drop-in and let your child take the lead as they explore and create. Each session features different ways to play. Ages 2-8, registration is required.

Science Solvers | June 21, July 19, Aug 9  
Makeshop | June 28, July 26, Aug 16  
Artrageous | July 12, July 29, Aug 23

Extra Playdate!  
Artrageous | Saturday, July 29 at 12pm

# Dix Park

## Summer Events



June 3

### Flight Day

11 - 3pm | Big Field

Bring your kites or other homemade flying machines and rockets and take to the skies with our partners, the YMCA Y Guides! There will be food trucks and a kite vendor.



June 17

### Capital City Juneteenth Celebration

12 - 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 to enjoy an afternoon of music, entertainment, kids activities, vendors and food.

Visit [dixpark.org](http://dixpark.org) for full schedule, activities and vendors.

June 21

### Summer Solstice Sunrise Yoga

6 - 7am | Flowers Field

Watch the sun rise over downtown Raleigh on the first day of summer as Carrington Jackson Yoga leads us through an early morning yoga session in Flowers Field. All fitness levels welcome!

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.

July 28 + August 11

### Foodie Fridays

5 - 8pm | Flowers Field

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](http://dixpark.org) for the lineup.

August 5

### Movies on the Lawn

7 - 10pm | Flowers Field

Join us in Raleigh's own Enchanted Forest for Dreamworks' Shrek! Come dressed as your favorite character or maybe just bring some gumdrop buttons.

7 pm | Activities + Food Trucks  
8:30 pm | Movie Shrek

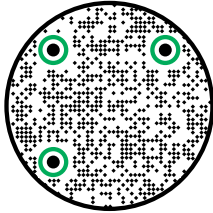
August 12

### Treasure Hunt

Various Times | Magnolia Room

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

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



Scan to learn more and register at [dixpark.org/calendar](http://dixpark.org/calendar)

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

August 26

### Inter-Tribal Pow Wow

11am - 6:30pm | The Big Field

Experience a day of competition dancing, music, makers and vendors showcasing the incredible legacy and culture of Indigenous communities living in North Carolina today.

