

# INDOOR WINTER FUN: GRAB SOCKS & GO

By Teri Boggess

When those cold, rainy stretches of winter have the children bouncing off the walls at home, indoor outings to bounce houses, swimming pools, bowling lanes, skating rinks, skateboard parks and climbing walls are a great way to keep them active.

## SWIMMING

**Triangle Aquatic Center, Cary**  
**Morrisville Aquatics & Fitness Center**  
**Pullen Aquatic Center, Raleigh**  
**Optimist Pool, Raleigh**  
**Millbrook Exchange Pool, Raleigh**

Splash time: Grab a towel and enjoy a bit of summer fun all winter at indoor pools. "You can just drop in for the day," says **Triangle Aquatic Center** manager Carol Davis. "It's a good activity for parents and their children to do together, and it's a great play-date!" Don't forget socks for after the swim, and swim diapers are necessary for the little ones.



## BOUNCE HOUSES AND PLAY GYMS

Bouncing bits: Kids can expend energy during an open-play session at a bounce house or play gym, bouncing, sliding and jumping on a variety of themed inflatable play centers or wooden play sets or interactive electronic games. Don't forget socks!

**BounceU, Apex**  
**bigEbounce, Cary**  
**Jump Zone, Cary**  
**Monkey Joe's, Cary**  
**PlayNation, Morrisville**  
**Go Bananaz, Raleigh**  
**Monkey Joe's, Raleigh**  
**Pump It Up, Raleigh**  
**Rainbow Party Room, Raleigh**  
**Jumpin' Beans, Wake Forest**

## SKATEBOARDING

**The Factory Skateboard Park, Wake Forest**  
**Project 58 Skatepark, Raleigh**

Wheeled wisdom: If your kids are new to skateboarding, ask about quieter times or special beginner-focused sessions that help introduce a sport at a slower pace. Manager Sean Burke of **The Factory Skateboard Park** advises parents of would-be skaters to consider a Sunday outing. "Sunday, we have one big session that's normally the best time for beginners," he said. Some parks have separate areas for beginners and advanced skaters. Dedicated skaters have their own fashion genre, including socks.

## BOWLING

Fun on the lanes: Bowling can be a lifelong sport, and it's a great family activity. Frankie McDaniel, general manager of **Buffalo Lanes North** in Raleigh says that kids who don't excel in other sports sometimes find their niche in bowling and become stars on the lanes. Bowling centers offer family specials to keep play affordable. And watch for events such as charity fun tournaments open to anyone. (Always take socks, and if you bowl often, consider buying your own shoes.)

**Buffalo Lanes Cary**  
**AMF South Hills Lanes, Cary**  
**The Alley, Raleigh**  
**Buffaloe Lanes South, Raleigh**  
**Buffalo Lanes North, Raleigh**  
**Sparians, Raleigh**  
**AMF Pleasant Valley Lanes, Raleigh**



## ROLLER SKATING

**Jellybeans Superskate Center of Cary**  
**Jellybeans Superskate Center of North Raleigh**  
**Skate Ranch of Raleigh**

Everybody's doing the limbo! That flexibility-testing roller-skating contest is still around, and kids can join in at area rinks. Traditional quad skates and in-line skates are available for rental. (You'll need to take along those socks!)

## CLIMBING WALLS

**Triangle Rock Club, Morrisville**  
**Vertical Edge, Durham**

Height happenings: When the kids are climbing the walls at home, take them to the climbing walls. "Climbing is one of the activities that kids naturally love to do," says Andrew Kratz, owner of the 9,000-square-foot **Triangle Rock Club**. Kids nights offer climbing and games. Or drop in anytime. Classes and teams are available, too. As for socks, well, climbers who have their own shoes often don't wear socks.

## ICE SKATING

**Polar Ice House of Cary**  
**Polar Ice House of Garner**  
**Raleigh Center Ice**  
**Raleigh IcePlex**  
**Polar Ice House at The Factory**

Romp at a rink: Find out what it's like to glide across the ice. "Come to public skate sessions and just give it a try, or we offer skate school classes and track-out camps year-round," says Marilyn Nolte of the **Polar Ice House** of Garner. Kids surprise their parents all the time with how easily they take to skating, Nolte said. For new skaters, a bike helmet is recommended equipment, and don't forget those warm socks.