



Dix Park Spring 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!

Twice a Month

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, March 18

Saturday, April 15

Saturday, April 29 + ASL Interpreters

Saturday, May 13

Saturday, May 27

Once a Month

Bird Watching

8 - 10am | Flowers Cottage

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

Saturday, March 18

Saturday, April 22

Saturday, May 20

Once a Month

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.

Sunday, February 12

Sunday, March 5

Sunday, April 16

Sunday, May 7

Once a Month

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.

Dragons of the Pond | May 15

Once a Month

Arts on the Hill

5:30 - 8:30pm | The Chapel

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

Wednesday, March 29

All Programs + Classes
are Free!

Registration opens one week in
advance for select programs.

Details + Register:
dixpark.org/calendar

Select Tuesdays

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.

Ink'd String Drawings | March 8

Botanical Journals | March 22

Collograph Printmaking | April 5

Drawing Pet Portraits | April 26

Soft Sculptures | May 3

Space Paintings | May 17



Scan to learn more at
dixpark.org/calendar



Dix Park Spring Events

February 15

Project Summit

5 - 6:30pm | The Chapel

Come see what's happening at and around Dix Park! There are a number of projects and ongoing studies supporting the transformation of the park. Drop in to learn more about individual projects and chat with staff and consultants.

March 25

Recess: All Grown Up

12 - 5pm | Flowers Field

Join us for an adults only day of fun at Dix Park! Bring your friends to enjoy some local breweries, giant inflatables, axe throwing, food trucks, lawn games and more!

This event and activities are geared towards adults 21+.

April 15

Civil War History Hike

10 - 12pm | Meet at the Chapel

Learn about the Union troops who camped on the state hospital grounds, Raleigh's earthworks, and the impacts of the Civil War on the hospital and patients. Led by City of Raleigh Museum Director, Ernest Dollar. Registration is required.

April 21

Earth Day

5 - 8pm | Flowers Field

Join us for this community event to explore earth-conscious vendors and organizations while enjoying live music, games, and activities for all ages. We will be showing a family friendly movie to conclude the event. *Captions provided.*

5 pm | Activities + Food Trucks

6:30 pm | Environmental Awards

8:15 pm | Movie WALL-E

May 6

Movies on the Lawn

6 - 10pm | Flowers Field

Celebrate Mental Health Awareness Month with NAMI and Alliance Health. We will have wellness focused activities for kids and families! *Captions provided.*

6 pm | Activities + Food Trucks

8:30 pm | Movie Inside Out

May 20

Skywatching

9 - 11pm | Big Field

Look through telescopes with Morehead Planetarium and Raleigh Astronomy Club to view the night sky, including Venus and Mars. Triangle Sax Ensemble will be playing stargazing tunes!

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

Coming this Summer!

- Disc Golf
- Build Your Own Terrarium
- New Fitness Classes!
- Sunflowers
- Fireworks



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.

Dix Park

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