

NEWINGTON PARKS AND RECREATION

"Creating Community through People, Parks & Programs"

Winter 2013



Free Family Sleigh Rides! See page 4.

Youth, Adult & Senior Programs * Swim Lessons * Special Events * Fitness Classes * Bus Trips



Bus Trips



Visits with Santa



Preschool



Adult Fitness Classes

RESIDENTS: Registration begins Friday, November 30th

NON-RESIDENTS: Registration begins Friday, December 14th



Newington Parks & Recreation Registration Form

131 Cedar St. Newington, CT 06111 Phone: 860-665-8666 Fax: 860-665-8739

www.NewingtonCT.gov

PRIMARY HOUSEHOLD CONTACT INFORMATION

First Name _____ Middle Initial ____ Last Name _____

Street Address _____ Apt./Box # ____ City _____ State ____ Zip _____

[] Check if new address Home Phone (_____) _____ Work Phone (_____) _____

Cell Phone (_____) _____ Email Address _____

Emergency Contact _____ Relationship _____ Phone (_____) _____

If there are any medical concerns, allergies or special needs that we should be aware of, please list here: _____

Supplemental medical forms are available online or in our office.

PROGRAM INFORMATION

One registration form can be used for more than one person in the same household.

First and Last Name	M/F	DOB	Program ID #	Program Name	Fee	Alternate ID#

PLEASE READ CAREFULLY AND SIGN BELOW

Assumption of Liability: Participation in the activity may involve risk or injury. As a parent, guardian, or participant, I am aware of these hazards and my ability to participate. I hereby agree to release, discharge and hold harmless the Town of Newington, its employees, contracted instructors, and volunteers from the liabilities which may occur while participating in the activity. I understand that participation in any recreational or sport activity involves risk. I further understand that the Town of Newington does not provide accident/medical insurance for the program participants. In addition, I give permission for the participant to be treated by qualified medical personnel in the event that the above named parent/guardian/emergency contact cannot be reached at the phone numbers provided. The Parks and Recreation Department reserves the right to photograph program participants for publicity purposes. Please be aware that these photos are for Parks and Recreation use only and may be used in future catalogs, website, brochures, pamphlets, and/or flyers.

ADULT SIGNATURE: _____ DATE: _____

Please note that there is a \$10 minimum for all credit card transactions.

TOTAL FEES: \$ _____

“ROUND UP” For Youth Recreation Rounding up your program fee helps provide financial assistance for those unable to afford the program fees for youth activities.



+ _____

Circle Method of Payment: Cash Check Credit Card

TOTAL AMOUNT: \$ _____

CREDIT CARD #: _____ Security Code _____ EXP. DATE ____ / ____

(Found on back of card)

Circle type of card: VISA MASTERCARD DISCOVER

Facility Reservations

Contents

Mortensen Community Center Gym Rentals



The Parks and Recreation Department offers rentals of the Mortensen Community Center Gymnasium throughout the fall, winter and spring seasons. Rental availability is limited due to programming demands. The fee is \$30 per hour.

If you are interested in renting the Mortensen Community Center Gymnasium, please contact the Newington Parks and Recreation Department at 860-665-8666.

Teen Center Facility Rentals *Ages 7 - 18*



Why not rent out the Teen Center for your next birthday or team party? The Teen Center facility can be rented out on Saturdays or Sundays from 11:00 a.m. until 8:00 p.m. from September through May. The Teen Center is located in the Mortensen Community Center and has a pool table, foosball table, ping pong table, and air hockey, with plenty of space for a piñata or refreshments. The fee is \$30 per hour. Limit: 30 guests.

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FREQUENTLY REQUESTED PHONE NUMBERS

Basketball - Travel & Youth	(860) 665-8666
Blackhawks Wrestling	(860) 666-9455
Board of Education	(860) 667-2000
Cheerleading - Youth	(860) 666-1776
Football - Youth	(860) 666-3367
Human Services Department	(860) 665-8590
Indian Hill Country Club	(860) 665-5447
Lacrosse - Youth	(860) 666-1025
Lucy Robbins Welles Library	(860) 665-8700
Newington Arena	(860) 665-7825
Newington High School	(860) 666-5611
Newington Historical Society	(860) 666-7118
Newington Little League	(860) 667-2647
Newington Swim Club	(860) 828-7424
Parks & Grounds Dept	(860) 667-5830
Parks & Recreation Dept	(860) 665-8666
Parks & Recreation Hotline	(860) 665-8686
Senior & Disabled Center	(860) 665-8778
Soccer Club of Newington	(860) 665-7203
Special Olympics Newington	(860) 665-8773

2012-2013 Youth Basketball T-Shirt Design Contest

Newington Youth: We need your help!



The Newington Parks & Recreation Youth Basketball Program is having our first ever T-Shirt Design Contest! We are all out of ideas and we want YOUR help designing this year's basketball t-shirts. Get your creative design caps on and submit your design to the Newington Parks and Recreation Office **by Monday, December 3rd**. The winner will receive free registration in our youth basketball program for the 2012-2013 season AND bragging rights that YOU designed our shirts! This contest is open to children who are Newington residents or attend Newington schools and are in Grades 1-8. One entry may be submitted per person. Digital or hard copies will be accepted, and all submissions become the property of the Newington Parks and Recreation Department. The registration form on page 2 must be submitted with each entry. Please note that T-shirt designs will be printed in one color. For more information, please call 860-665-8666.

Community Events ...



Visits with Santa (Free with a canned food item)

Friday, November 30th, 5:00 - 7:30 p.m. & Saturday, December 1st, 1:00 - 4:00 p.m.
Mortensen Community Center Romano Room

Santa is taking a break from the North Pole and dropping into Newington to hear your child's secret wishes and smile for your cameras. Get in the holiday spirit with your family and enjoy pictures with Santa! Don't forget to bring your cameras! This is a free community event; please bring a canned food item for the Town's food bank. For more information, please call 860-665-8666.



Family Sleigh Rides

Saturday, December 1st, 1:00 - 4:00 p.m.
Mill Pond Park

Take the family on a ride around Mill Pond Park on a horse-drawn sleigh/wagon. This is a free community event. For more information, please call 860-665-8666.



Newington's Night of Lights

Saturday, December 1st at 5:00 p.m. (Rain/Snow Date: Sunday, December 2nd)
Carol Sing & Tree Lighting at Town Center, Main Street

Come early! Join us for a Wreath Lighting at Mill Pond Waterfall at 4:30 p.m. followed by a walk and carol sing to the Town Center.

Newington Parks and Recreation Department and the Newington Chamber of Commerce present this annual event. This magical day begins with free sleigh rides at Mill Pond park from 1 - 4 p.m., a wreath lighting at the Mill Pond Waterfall at 4:30 p.m., and a Fire Truck parade, refreshments, entertainment, guest speakers, carol sing, tree lighting, and of course, the arrival of Santa all the way from the North Pole at 5:00 p.m.! This is a free community event. Please bring a canned food item to benefit the Town's food bank. In case of inclement weather, please call 860-665-8686.



Holiday Family Photos

Saturday, December 1st, 10 a.m. - 5 p.m. & Sunday, December 2nd, 10 a.m. - 5 p.m.
Mortensen Community Center Teen Center

Newington Parks and Recreation Department is pleased to offer this annual opportunity to have your family's portrait taken. Your professional photo session includes multiple poses, instant proofing and custom photo packages. You're sure to get the portraits you want and the photo packages that put a smile on your face. Of course, holiday cards and gifts will be available and delivered in plenty of time for the holidays! Individual photograph order prices may vary. A \$19 sitting fee is required to schedule your appointment, and 100% of that fee will go directly to Newington Parks and Recreation. To schedule your appointment, please call 860-665-8666.



Night at Mohegan Sun- Extravaganza Fundraiser Bus Trip

Saturday, February 23rd, 2013
Bus departs Newington at 5:00 p.m. and returns at midnight.

Join your friends, neighbors and family members on this Newington Parks and Recreation exclusive bus trip to Mohegan Sun Casino! All proceeds will support the fireworks display at our 32nd Annual Extravaganza on Saturday, July 20th, 2013. Pick-up and drop-off will be at the Newington Police Department parking lot off Garfield Street. Adults 21+ only. Upon arrival at Mohegan Sun Casino, each person receives incentive package of \$15 in food/retail credit and \$10 free bet. (Incentive package subject to change without notice). Spaces are limited - register early! Fee: \$40 per person. ID: 8766



Bus Trips...



New York City Food & Markets Tour *Saturday, March 9, 2013*

New York City is home to a smorgasbord of cultures and the incredible culinary traditions that have been tantalizing the palates of native New Yorkers and visitors for many, many years. During this popular trip, you will walk through the streets of New York and “nosh” (sample) along the way. Weave your way through a combination of Asian, Italian, Jewish, Middle Eastern, Eastern European and American bakeries, delicatessens, pizzerias, bagel, bialy and knish shops, gourmet donut shops, vintage candy shops, pasta makers, meat markets, street vendors and MORE! You will eat “on the go” in order to sample as many culinary delights as possible.

Fee: \$58 per person (food is not included)

ID: 8767

Bus trip includes:

- Round trip motorcoach transportation with a tour director
- Bus departs **at approximately 7:30 a.m.** (Specific location to be determined). Departs New York City at 6:00 p.m.



Bronx Zoo *Saturday, April 13, 2013*

The Bronx Zoo is the flagship of the largest network of metropolitan zoos in the country and the heart of the Wildlife Conservation Society. You will see award-winning, cutting-edge exhibits featuring over 4,000 exotic and amazing animals. There is no other zoo in the world that offers the diversity and superb viewing that you will find here.

Fee: \$76 for adults / \$72 for children ages 3-12

ID: 8768

Bus trip includes:

- Round trip motorcoach transportation with a tour director
- Admission to the Bronx Zoo including the “TEX” package (Congo Gorilla Forest, Butterfly Zone, Children’s Zoo, Bengali Express Monorail)
- Bus departs **at approximately 7:30 a.m.** (Specific location to be determined). Departs the Bronx Zoo at 5:00 p.m.



Boston Duck Tours & Historic Fenway Park *Saturday, May 18, 2013*

See Boston, one of the oldest cities in America, on board the famous Duck Boats - authentic renovated WWII amphibious landing vehicles. You will cruise along the Freedom Trail, then splash into the Charles River. Then, tour Fenway Park, the home of the Boston Red Sox which opened on April 20, 1912.

Fee: \$94 per person

ID: 8769

Bus trip includes:

- Round trip motorcoach transportation with a tour director
- Boston Duck Tour, leisure time at Prudential Center for lunch, Fenway Park Tour, and leisure time at Quincy market for dinner.
- Bus departs **at approximately 7:30 a.m. (Specific location to be determined).** Departs Boston at approximately 6:00 p.m.

BUS TRIP GUIDELINES

- An adult must accompany anyone under the age of 18.
- Rest stops to/from the destination are at the discretion of the Tour Director.
- We typically use a 50-passenger coach bus. All seats sold are on a first-come, first-served basis. There are no reserved seats. Those who travel alone must share the seat beside them. Some trips will be “shared” with other towns or businesses. Seats on these shared buses are limited, so register early!
- Detailed trip itineraries will be mailed to each registered participant a few days before the trip.
- We are not responsible for your return trip if you miss the bus!
- Bus departure location details will be stated in your trip itinerary. Please look over the trip itinerary carefully - occasionally the departure times may change slightly from what is listed in this Program Guide.
- Absolutely no refunds for trips will be given unless the registrant can find their own replacement, if we have a waiting list, or if the Parks and Recreation Department cancels the trip.

If you do not receive your trip itinerary at least three days before your trip, please call our office at 860-665-8666.

Recreational Swimming at Newington High School

The Newington High School Pool will open for indoor recreational swimming from October through May. Recreational swimming is supervised by certified Red Cross lifeguards. Newington residents may pay a daily admission fee at the pool, use a Summer 2012 pool pass for the 2012-2013 indoor season, or may purchase pool passes for the indoor season at the Parks and Recreation office. Proof of residency must be shown. The fee for a household pass is \$30 and includes up to six people who permanently reside in the same Newington household. For households with more than six people, the additional fee for each person is \$5. Passes for resident individuals are \$25. Daily admission rates are listed below. Newington's aquatic facilities are open to residents, and residents may bring non-residents as their guests. Non-residents may only participate in recreational swimming as the guest of a Newington resident, and must pay the daily rate, unless participating in the tri-town swimming program (see bottom right side of page). Children under 13 must be accompanied by an adult.

Time: 7:00 PM - 8:45 PM

Dates: Mondays, Wednesdays & Fridays, Oct. 1, 2012 - May 31, 2013. *The pool is unavailable on all holidays and dates that the high school is closed, when school is cancelled due to inclement weather, and occasionally due to NHS swim meets. Signs will be posted at the pool with as much advance notice as possible. Call 860-665-8666 for information regarding school vacation swim times.*

Fee: **Pool Pass:** Individual: \$25 / Household: \$30 (Pool passes may only be purchased at the Parks and Recreation office)
Daily Admission Rate: \$3.00 for adults, \$2.00 for children under 18, \$2.00 for seniors (62+)

Recreational Swim Schedule for December Vacation



The Newington High School Indoor Pool will be open for special Recreational Swim hours during the December break. Please see box above for information on fees/admission.

Wednesday, December 26: 12 - 2:30 p.m.

Thursday, December 27: 12 - 1:30 p.m.

Friday, December 28: 12 - 2:30 p.m.

Swim Lesson Level Descriptions

The Newington Parks and Recreation Department is proud to be an authorized provider of the American Red Cross Learn-To-Swim Program for Levels 1-6. Proper swim lesson level placement is critical for your child's success in swim lessons, as well as ensuring that the experience is enjoyable and safe. If your child has taken swim lessons with us before, please select the level recommended by their instructor. Please note that children must be at least 6 years of age to register for Levels 1 and up. Please review the swim lesson level descriptions below prior to registering your child. ***Note: These skills are the requirements to pass the level listed.** If your child can complete the skills listed, please register him/her for the next level.

Level 1 - (MUST BE AT LEAST 6 YEARS OLD) Enter and exit the water unassisted, open eyes underwater, bobbing, combined arm/leg action on front and back, front/back glides (two body lengths) and supported front/back float (3 seconds).

Level 2 - Jump from the deck into chest deep water, float without assistance, tread water (15 seconds), submerge completely and hold breath for 5 seconds, swim using leg and arm stroke (5 body lengths).

Level 3 - Jump into deep water, begin diving, tread water (30 seconds), front crawl (15 yards), elementary backstroke (15 yards), survival float (30 seconds) and learn rotary breathing.

Level 4 - Standing dives, swim underwater (3-5 body lengths), tread water (2 minutes), front crawl and elementary backstroke (25 yards each), breaststroke, butterfly, and back crawl (15 yards each).

Level 5 - Shallow water dives, tuck and pike surface dives, front flip turns, front crawl and elementary backstroke (50 yards each), breaststroke, butterfly, and back crawl (25 yards each).

Level 6 - Fitness Swimmer: front crawl and elementary backstroke (100 yards each), breaststroke, butterfly, and back crawl (50 yards each), competitive turns.

For a more detailed list of the level descriptions, please visit

www.newingtonct.gov/parksandrec

Tri-Town Swimming

The Newington, Rocky Hill, and Wethersfield Parks and Recreation Departments are offering a chance for residents of all three towns to utilize their indoor pools. If you purchase a season and/or yearly pool pass (household or individual) from one town, you can use it in all three towns. All you have to do is present your pass. Tri-town swimming is only available for season pass holders.

Newington High School Indoor Pool 605 Willard Avenue, Newington
Open Mon., Wed., and Fri.: 7:00 – 8:45 PM
Office Number – 860-665-8666 / Hotline – 860-665-8686

Rocky Hill High School Indoor Pool 50 Chaplin Avenue, Rocky Hill
Office – 860-258-7429 / Information Line – 860-258-2772

Wethersfield High School Indoor Pool 411 Wolcott Hill Rd, Wethersfield
Office/Information – 860-721-2890

For more information on pool hours in Rocky Hill and Wethersfield, please contact their Parks and Recreation offices directly.

Preschool & Parent

Ages 3-5 with parent

These lessons are the perfect opportunity for 3-5 year olds to get acquainted with being in the water. A parent is required to be in the water at all times with their child and should be comfortable in the water. There are no vouchers or refunds given for missed or cancelled swim lessons. We will attempt to schedule a make-up class when lessons are cancelled. Children must be three years old when the program begins. Swim lessons are available for Newington residents only.

Location: Newington High School Indoor Pool

Fee: \$30 (8 classes)

ID:	Time	Dates
8663	5:30 - 6:00 PM	Wednesdays, January 9 - February 27

Group Swim Lessons *Ages 6 - 17*

Our group swim lessons are taught by Red Cross certified lifeguards and are held at the Newington High School indoor pool. There are no vouchers or refunds given for missed/cancelled swim lessons. We will attempt to schedule a make-up class when lessons are cancelled. Please see level descriptions on page 6 as a guide to register your child. Swim lessons are available for Newington residents only.

Location: Newington High School Indoor Pool

Fee: \$30 (8 classes)

Wednesdays, Jan. 9 - Feb. 27
(8 classes)

	5:30 - 6:00 PM	6:00 - 6:30 PM
Level 1	(not offered)	ID: 8668
Level 2	ID: 8664	ID: 8669
Level 3	ID: 8665	ID: 8670
Level 4	ID: 8666	ID: 8671
Level 5/6	ID: 8667	ID: 8672

Semi-Private Swim Lessons *Ages 6 - 17*

Our semi-private swim lessons are a great opportunity to get individualized attention when learning how to swim. The limit is 2 participants per instructor. Please note that there are no refunds given for missed or cancelled lessons. If lessons are cancelled, we will attempt to schedule a make-up class. If a make-up class cannot be scheduled, we will issue vouchers. Please see level descriptions on page 6 as a guide to register your child. Swim lessons are available for Newington residents only.

Location: Newington High School Indoor Pool

Fee: \$65 (4 classes)

Session 1 - WEDNESDAYS Jan. 9 - 30

	6:30 - 7:00 PM
Level 1	ID: 8673
Level 2	ID: 8674
Level 3	ID: 8675
Level 4	ID: 8676
Level 5/6	ID: 8677

Session 2 - WEDNESDAYS Feb. 6 - 27

	6:30 - 7:00 PM
Level 1	ID: 8678
Level 2	ID: 8679
Level 3	ID: 8680
Level 4	ID: 8681
Level 5/6	ID: 8682

Please note: The NHS Pool is kept cooler for lap swimming and aquatic sports.



Program
Information &
Cancellation
Hotline:

860-665-8686

Adult Swim Lessons *Ages 18 and up*

Our adult swim lessons provide a wonderful opportunity for adults to learn how to swim in an age-appropriate and comfortable environment. Please note that there are no refunds given for missed or cancelled lessons. If lessons are cancelled, we will attempt to schedule a make-up class. If a make-up class cannot be scheduled, we will issue vouchers. Lessons are taught in groups of no more than 4 participants per instructor. Swim lessons are available for Newington residents only.

Location: Newington High School Indoor Pool

Fee: \$65 (4 classes)

ID:	Class	Time	Dates
8683	Beginners	7-7:30 p.m.	Wednesdays, January 9 - 30 (4 classes)
8684	Advanced Beginners	7-7:30 p.m.	Wednesdays, February 6 - 27 (4 classes)

Adult Swim Lesson Level Descriptions

Beginner: Designed for adults with minimal or no swimming experience, teaches water safety and confidence in the water by introducing floating (assisted and unassisted), submerging, breath-holding and independent movement in the water.

Advanced Beginner: Designed for adults who are already comfortable in the water but have minimal swimming experience. Students will begin with unassisted floating and move into basic stroke mechanics, utilizing the deeper water.

Creative Playtime Preschool Program...



Creative Playtime Preschool Program *located at 1075 Main Street, Lower Level*

Creative Playtime Preschool Program is open to children ages 3-5. Morning, Afternoon or Full-Day Programs are available. Our preschool program is fully licensed through the State of Connecticut.

IMPORTANT DATES

For current families and siblings, registration for the 2013-2014 School Year begins Tuesday, January 29 - Friday, February 8.

For new families, registration for the 2013-2014 School Year begins on **Tuesday, February 12** in the Parks and Recreation Office during normal office hours.

For non-residents, registration for the 2013-2014 School Year begins on **Thursday, February 28**.

PARENTS' OPEN HOUSE

Parents: Come to our open house! Meet the teachers and check out our classroom!

Wednesday, February 6, 2013 6:00 - 7:00 p.m. at the classroom located at 1075 Main Street, Lower Level.

PROGRAM INFORMATION

The Newington Parks & Recreation Department's Creative Playtime Preschool Program is a play-based, child-centered preschool designed to be a wonderful and enriching introduction to the classroom environment. Our goal is to create a safe environment in which children engage in activities that are hands-on, open-ended, multisensory and meaningful to them. Play is the key that opens the door to creative thinking and learning!

Daily activities include "hands on" play centers for fine and gross motor activities such as school skills, paper, crayon and pencil work and play dough play. Multi-sensory art and music experiences, coupled with imaginative dramatic play centers such as dolls, blocks, and puppets offer creative and imaginative outlets for your child. We provide opportunities for daily living and social skills such as snack time and self-help work that will empower your child to be independent in preparation for kindergarten. Daily outdoor play time combines fine and gross motor skills, healthy habits and basic introductions to nutrition and fitness. This program is licensed through the State of Connecticut, and our staff is fully certified and trained in CPR & First Aid. We have beautiful classroom facilities and fenced in outdoor space dedicated solely to the preschool program located at 1075 Main Street in the Lower Level.

Staff: Preschool Director/Head Teacher: Marilyn Janelle. Preschool Head Teacher: Lorilyn Callahan
Assistant Teachers: Kim Marchetti, Randi Thureson, Janet Arnold, Maggie Bazzano, and Elizabeth Quigley

REGISTRATION & PROGRAM INFORMATION

- A **non-refundable** deposit is required at the time of registration.
- Registration for non-residents will be taken beginning **Thursday, February 28th**.
- A payment plan will be available for the 2013-2014 school year.
- Open to children ages 3-5. All children must turn 3 years old by December 31, 2013.
- School Skills and Kindergarten readiness will be introduced in *ALL* classes.
- All children must be toilet trained by the start of the program, and may not be wearing diapers or pull-ups.
- The ratio is 10 children per teacher.



Additional registration information including fees for the 2013-2014 school year will be available after January 1st, 2013.

Registration information packets will be available at the Parks & Recreation office or online at www.newingtonct.gov/parksandrec

Spaces are STILL available for the 2012-2013 school year!
Call 860-665-8666 for more information!



Youth Programs...

Gymnastics *Ages 2 and up*

A wonderful opportunity to learn the art of gymnastics! Participants will learn gymnastic skills according to their ability level. Activities include warm-ups, floor exercises, and use of gymnastic equipment. Participants should wear leotards, warm-ups, or shorts and t-shirt. For Parent/Tot class, children must be 2 years old when class begins in order to participate.

Instructor: New England Gymnastics Express Staff
Location: New England Gymnastics Express—136 Day St, Newington
Fee: \$79 for residents / \$98 for non-residents



ID:	Time	Dates
Parent and Tot: Ages 2 - 3 1/2 with Parent		
8685	1:00 - 1:40 PM	Mondays, January 14 - March 11 (8 classes, no class 2/18)
8686	1:00 - 1:40 PM	Thursdays, January 17 - March 14 (8 classes, no class 2/21)
Preschool: 3 1/2—5 years old		
8687	1:50 - 2:30 PM	Mondays, January 14 - March 11 (8 classes, no class 2/18)
8688	1:45 - 2:25 PM	Thursdays, January 17 - March 14 (8 classes, no class 2/21)
Beginner: Kindergarten - 2nd Grade		
8689	6:00—6:45 PM	Tuesdays, January 15 - March 12 (8 classes, no class 2/19)
8690	6:00—6:45 PM	Thursdays, January 17 - March 14 (8 classes, no class 2/21)

Help Us Keep Our Programs Healthy

If your child is sick, please be courteous to other children in their program, as well as the program's instructor, by keeping your child home until he/she is feeling better.

For the safety of all of our program participants this season, our instructors will have the right to send any visibly ill children home from any program at their discretion.



Dance Classes *Ages 2—8*

Your child will love to participate in this wonderful dance experience! These classes are a great way to introduce your child to ballet, creative movement and hip hop. They will learn creative ways to express themselves through music, dance & movement in a fun and social environment. Please be aware that parents are asked to wait outside the classroom during dance classes. Please send your child with comfortable, lightweight clothing.

Instructor: Janet Arnold
Location: Mortensen Community Center Romano Room
Fee: \$48 for residents / \$60 for non-residents



ID:	Ages	Class	Time	Dates
8691	2 - 4	Ballet/Creative Movement	1:15 - 2:00 PM	Saturdays, Jan. 12 - March 2 (8 classes)
8692	4 - 6	Hip Hop	2:00 - 2:45 PM	
8693	2 - 4	Ballet/Creative Movement	2:45 - 3:30 PM	
8694	5 - 8	Ballet	3:30 - 4:15 PM	
8695	2 - 4	Ballet/Creative Movement	4:15 - 5:00 PM	

Jumpin' Gym Daze

Ages 12—36 Months with Parent

You and your toddler will enjoy this fun-filled program in the gym. The first half of each class will be an unstructured opportunity for free play, while the second half of the class will offer supervised and directed games and activities. This is a great class to give your child a chance to play and interact with children of the same age. It is also a chance for parents to socialize and interact with other parents. We'll roll out the balls, hoops, and tunnels, and you roll out the fun!

Instructor: Randi Thureson
Location: Mortensen Community Center Gymnasium
Fee: \$39 for residents / \$49 for non-residents

ID:	Time	Dates
8696	9:30 - 10:15 AM	Wednesdays, Jan. 9 - Feb. 27 (8 classes)
8697	10:30 - 11:15 AM	Wednesdays, Jan. 9 - Feb. 27 (8 classes)

Mornin' Munchkins

Ages 12—36 Months with Parent

This is a fun, social experience for both parent and toddler. Activities include music, movement, story time, special play balls, bubbles and arts & crafts, not to mention meeting lots of friends. This class offers parents and grandparents the opportunity to get creative, bond and interact with their youngster in a group environment. It's a great class for those looking to socialize with other parents.

Instructor: Loralyn Callahan
Location: Mortensen Community Center Romano Room
Fee: \$45 for residents / \$56 for non-residents

ID:	Time	Dates
8698	9:30 - 10:15 AM	Mondays, Jan. 7 - March 11 (8 classes) (no class 1/21, 2/18)
8699	10:30 - 11:15 AM	Mondays, Jan. 7 - March 11 (8 classes) (no class 1/21, 2/18)

Youth Programs...

Music Together *Ages newborn to 5 years*

Music Together® is an innovative, thoroughly researched approach to early childhood music education and is based on the premise that all children are inherently musical. Music Together is committed to helping families rediscover the pleasure and value of musical activity by providing children with new opportunities to experience and express themselves musically alongside their most important role models: their parents, caregivers and teachers. *Minimum of 8 / Maximum of 12*



Instructor: Jessica Nevins

Location: Mortensen Community Center Romano Room

Fee: \$165 includes CD and all materials. Fee remains the same for non-residents. Infants under 8 months are free with a registered sibling. \$75 for each additional sibling registered for same class.



ID:	Time	Dates
8700	9:30 - 10:15 AM	Wednesdays, Jan. 9 - March 13 (10 classes)
8701	10:30 - 11:15 AM	Wednesdays, Jan. 9 - March 13 (10 classes)
8702	9:30 - 10:15 AM	Saturdays, Jan. 12 - March 16 (10 classes)

Join us for a FREE demo class!
Pre-registration is required.

Saturday, December 8, 10:30 - 11:15 AM
Mortensen Community Center Romano Room
ID: 8703

Acting Classes with Performing Arts Programs, Inc.

Grades K - 6

Unleash your creativity! Performing Arts Programs, Inc. is New England's proven and premiere performing arts talent development & educational program for children of all skill levels offering a professional, progressive program. Acting group lessons will include specifically designed exercises such as theater games, concentration exercises, voice and speech work, structured improvisation to improve performance, subtext, monologue work, acting terminology, sense memory, stage skills and basic script work. These classes will also be challenging and offer new and exciting activities for the more experienced!

Location: Mortensen Community Center Teen Center

Fee: \$110 for residents / Fee remains the same for non-residents

ID:	Time	Dates
<u>K - 2nd grade</u>		
8704	5:00-5:45 PM	Tuesdays, Feb. 5 - March 26 (7 classes, no class 2/19)
<u>3rd - 6th grade</u>		
8705	6:00-6:55 PM	Tuesdays, Feb. 5 - March 26 (7 classes, no class 2/19)

Performing Arts PROGRAMS
NEW ENGLAND'S PROVEN & PREMIERE TALENT DEVELOPMENT & EDUCATIONAL PROGRAM FOR CHILDREN OF ALL SKILL LEVELS
www.performingartsprograms.biz
860.432.9890



Children's Cartooning

Grades 1 - 5

This is a wonderful course designed to teach participants new skills and techniques to create their own funny, crazy, heroic characters and magical beasts! Students will enjoy developing original, imaginative characters and comic strips. All supplies are provided.

Location: MCC Arts & Crafts Room

Instructor: Fran Judycki

Fee: \$28 for residents / \$35 for non-residents

ID:	Time	Dates
8706	5:30 - 6:30 PM	Tuesdays, Jan. 8 - 29 (4 classes)
8707	5:30 - 6:30 PM	Tuesdays, Feb. 26 - Mar. 26 (4 classes, no class 3/12)

Children's Drawing

Grades 1 - 5

This is a wonderful course designed to instruct the young artist while having fun! Basic drawing concepts of shape, form, value, texture and shadow will be applied while learning to draw animals, pirates, fairies, transformers, cities, sea life, cars and more! All supplies are provided.

Location: MCC Arts & Crafts Room

Instructor: Fran Judycki

Fee: \$28 for residents / \$35 for non-residents

ID:	Time	Dates
8708	5:30 - 6:30 PM	Mondays, Jan. 7 - Feb. 4 (4 classes, no class 1/21)
8709	5:30 - 6:30 PM	Mondays, Feb. 25 - Mar. 25 (4 classes, no class 3/11)



Children's Pencil Power Design

Grades 1 - 5

The visual language of design will come alive in this course! Learn how designs are created through overlapping, effective color, repetitive lines, shapes and forms. A truly creative and fun course for all! All supplies are provided.

Location: MCC Arts & Crafts Room

Instructor: Fran Judycki

Fee: \$28 for residents / \$35 for non-residents

ID:	Time	Dates
8710	6:45 - 7:45 PM	Tuesdays, Jan. 8 - 29 (4 classes)
8711	6:45 - 7:45 PM	Tuesdays, Feb. 26 - Mar. 26 (4 classes, no class 3/12)



Let's Gogh Art Creativity Workshops

Grades K - 5

Let's Gogh Art is passionate about inspiring children to reach beyond and create art that is uniquely their own. Let's Gogh Art programs will foster creativity, help children think outside the box and provides wicked cool and sometimes kooky art activities. Most importantly, Let's Gogh Art's unique and creative projects are FUN! All art materials are included in the class fee.

Location: MCC Arts & Crafts Room

Instructor: Let's Gogh Art staff

Fee per workshop: \$14 for residents / \$17 for non-residents



Fireworks T-Shirts with Let's Gogh Art

After warming up with a tie dying activity, participants will use some very unique and surprising materials to create an explosion of color on all-cotton t-shirts. This project has WOW power! T-shirts will be provided - please note shirt size on registration form. (Available sizes: Youth S, M, L; Adult S, M)

ID:	Time	Date
8714	4:30 - 5:30 PM	Wednesday Jan. 30

Edible Art Fun Shop with Let's Gogh Art

This class will provide yummy fun for starving artists! Participants will literally "make your masterpiece and eat it too!" Participants will decorate chef's hats, make edible color wheels and edible mosaics, while learning about primary and secondary colors. Come with an imagination and an empty stomach!

ID:	Time	Date
8715	4:30 - 5:30 PM	Wednesday Feb. 6

Mad About Mosaics with Let's Gogh Art

Mosaics are fun and easy but so creative. It's amazing what a beautiful piece can be made by simply painting the surface and gluing down colorful tiles. Participants will learn a little about the ancient art of mosaics and create a solid wooden mosaic picture frame using tiles and bits of gems.

ID:	Time	Date
8716	4:30 - 5:30 PM	Wednesday Feb. 13

One-Day Workshops

Grades 1 - 5

No need to commit to a whole session - these one day workshops are perfect for busy artists! All supplies are provided.

Location: MCC Arts & Crafts Room

Instructor: Fran Judycki

Gingerbread House Workshop

We've added an extra day of this annual favorite! Register today - no need to wait until registration start dates. Gingerbread house kits are included, and houses are preassembled and ready to be decorated!

Fee: \$20 for residents / \$25 for non-residents

ID:	Time	Date
8662	6:30 - 7:30 PM	Wednesday, Dec. 5

Painting Valentine's Art Workshop

Brighten the holidays with handmade painted posters, signs and valentines!

Fee: \$10 for residents / \$12 for non-residents

ID:	Time	Date
8712	6:00 - 7:00 PM	Tuesday, Feb. 12

Painting Animals Art Workshop

Great for kids who love animals! Participants will learn how to paint fur on animals in their habitat.

Fee: \$10 for residents / \$12 for non-residents

ID:	Time	Date
8713	6:00 - 7:00 PM	Thursday, March 7

Spaces are limited - register early!

Youth Sports & Fitness...

Zumba Kids Ages 3 1/2 - 9

Zumba is a dance-fitness class that combines Latin and International music with dance movements from Salsa, Merengue, Latin Hop, Cumbia, Flamenco and more to create a party-like atmosphere. Participants will have a blast while dancing and exercising to popular and fun music! Participants should bring water and wear sneakers and comfortable clothes suitable for exercise.

Instructor: Carrie Tartaglia

Location: Mortensen Community Center Romano Room

Fee: \$20 for residents / \$25 for non-residents



ID:	Ages	Time	Dates
8717	Ages 3 1/2 - 6	4:00 - 4:40 PM	Tuesdays, Jan. 8 - Feb. 5 (5 classes)
8718	Ages 6 - 9	4:50 - 5:30 PM	Tuesdays, Jan. 8 - Feb. 5 (5 classes)

Tennis Lessons Ages 7—17

The Parks & Recreation Department, in conjunction with the Newington Tennis Center, is offering tennis lessons for children of all ability levels. Children learn the basics while gaining cardiovascular fitness and coordination. Topics include forehand, backhand, volley, serve and overhead. Racquets will be provided. Just bring your enthusiasm and sneakers and get involved in the game of a lifetime.



Instructors: Newington Tennis Center Staff

Location: Newington Tennis Center, 60 Prospect Street

Fee: \$132 for residents / fee remains the same for non-residents

ID:	Time	Dates
8719	4:00 - 5:00 PM	Sundays, January 20 - March 10 (8 classes)
8720	4:00 - 5:00 PM	Sundays, March 17 - May 12 (8 classes, no class 3/31)



Program
Information &
Cancellation
Hotline:

860-665-8686

Skyhawks Sports!

Ages 3 1/2 - 7

Skyhawks Sports are introductory programs for young children to help them explore soccer and basketball. SkyHawks' popular and diverse programs provide opportunities for children to learn introductory sports skills through unique games and activities. No pressure, just lots of fun, while these young athletes participate in both sports through unique Skyhawks games. Staff is committed to helping children begin on the right foot as they take their first steps into athletics. Tiny Hawks is a parent and child program. Mini Hawks is a drop-off program; however, parents will be able to go into the gym the last 10 minutes of the program each day.



Instructor: Skyhawks Staff

Location: Ruth Chaffee Elementary School Gymnasium

Fee: \$65 for residents / fee remains the same for non-residents

ID:	Time	Dates
<u>Tiny Hawks (Ages 3 1/2—4 with parents)</u>		
8721	5:00 - 5:50 PM	Thursdays, Jan. 10 - Feb. 14 (6 classes)
<u>Mini Hawks (Ages 5-7)</u>		
8722	6:00 - 7:00 PM	Thursdays, Jan. 10 - Feb. 14 (6 classes)

Help Us Keep Our Programs Healthy

If your child is sick, please be courteous to other children in their program, as well as the program's instructor, by keeping your child home until he/she is feeling better.

For the safety of all of our program participants this season, our instructors will have the right to send any visibly ill children home from any program at their discretion.



Youth and Teen Programs...

Basketball Skills Academy

For boys in grades 5-8

Newington Parks and Recreation presents its 4th Basketball Skills Academy for boys in grades 5 - 8. The Skills Academy will provide players the opportunity to develop and apply valuable skills offensively and defensively. Key fundamental concepts will be taught in the areas of shooting, rebounding, dribbling and passing. Offensive and defensive applications will also be taught for player development. Team play and individual contests will be included as part of the program.



Registration Deadline: Wednesday, December 19th.

Staff: Marc Tancredi, Springfield Technical Community College Assistant Coach

Location: Mortensen Community Center Gymnasium

ID	Time	Dates	Fee
8723	9:00 AM - 12:00 PM	Wednesday - Friday, December 26 - 28	\$70 for residents \$75 for non-residents

Polar Splash Party *For Newington students in grades 4 - 6*

It may be cold outside but it sure is warm in here! Come join us for a fun afternoon of swimming and fun at the Newington High School Indoor Pool. Staff will organize fun pool games and activities. Light refreshments will be provided so grab your friends and join the party! Lifeguards will be on duty at all times; however, participants should be comfortable swimming in water that is at least 4 feet deep.

Registration Deadline: Wednesday, December 19th.

Staff: Teen Center & Aquatics staff

Location: Newington High School Indoor Pool



ID	Time	Dates	Fee
8724	1:30 PM - 3:00 PM	Thursday, December 27	\$8 (Newington students only)

Teen Center Facility Rentals *Ages 7 - 18*

Why not rent out the Teen Center for your next birthday or team party? The Teen Center facility can be rented out on Saturdays or Sundays from 11:00 a.m. until 8:00 p.m. from September through May. The Teen Center is located in the Mortensen Community Center and has a pool table, foosball table, ping pong table, and air hockey, with plenty of space for a piñata or refreshments. Facility rental fee is \$30 per hour.

Limit: 30 guests.



7th & 8th Grade Dances

Dances are open to Newington students only. Includes DJ, music, supervision and dancing. Students **must show their school ID at the door** or a parent/guardian must be present to sign the student in - **there are absolutely no exceptions**. No backpacks and no re-entry once admitted. Those dressed in offensive or provocative clothing will not be admitted. Tickets will be sold at the door. The fee is \$5.00 per student and a non-perishable food donation. Refreshments will be available for sale. Dances are held from 7:00 - 10:00 PM at the Mortensen Community Center Gymnasium.

SAVE THE DATES FOR THESE
UPCOMING DANCES:

Friday, January 11th, 2013

Friday, March 22nd, 2013



Teen Center *Grades 7 - 12*

Fridays, 7:00 - 10:00 PM

November 9th, 2012 - April 5th, 2013

The Newington Teen Center has been in operation since the early 1970's and provides a safe, drug and alcohol free environment where there is a multitude of recreational activities available. Our fully staffed activities help to facilitate positive social interaction and include basketball, pool tables, ping pong, Nintendo Wii, PS2, air hockey, foosball, and more. The Teen Center is open to Newington residents and those attending Newington schools. To become a member, teens must fill out a registration form available at the Teen Center. There is no membership fee! Teens will only pay the nightly fee of \$5.00. The Teen Center will be closed on 11/23/12, 12/21/12, 12/28/12, 2/22/13 and 3/29/13. On the nights of 7th & 8th grade dances (listed above) the Teen Center is only open to teens in 7th & 8th grades. Other closings may occur and signs will be posted. The Teen Center may close early on evenings when less than 10 teens attend - refunds will not be given if this occurs. Please contact Newington Parks & Recreation for details about any of our Teen Center programs at 860-665-8666.

Adult Programs...

Men's Freeplay Basketball *For Ages 18 & Up*

Here's your chance to get out and play some pick-up basketball games. This program is restricted to Newington residents only. Proof of residency is required at the time of registration.

Location: Mortensen Community Center Gymnasium
Fee: \$40 (residents only)

ID:	Time	Dates
8648	7:00 - 9:00 PM	Mondays, Nov. 12 - March 18 (no program 12/24, 12/31)

Line Dancing

Line dancing isn't just country/western anymore! It could be anything from a waltz to a cha-cha. You will learn some of the most popular dances. No partner is needed, it's fun, great exercise and just a few classes will free the dancer in you.



Instructor: Wendy Nielsen
Location: Senior & Disabled Center Ceramics Room
Fee: \$56 for residents / \$70 for non-residents

ID:	Time	Dates
8725	5:30 - 6:30 PM	Mondays, Jan. 7 - March 11 (8 classes, no class 1/21, 2/18)

One-Day Connecticut Safe Boating and Personal Watercraft Certification

This single session, 8-hour course instructed by Professional Marine Education, provides a certificate of completion as partial fulfillment of the requirements to obtain the Certification of Personal Watercraft Operation, which allows the operation of motorized recreational vessels up to 65' and sailboats 19 1/2' in length and longer. Upon successful completion of this course, the student can mail or deliver the diploma to any State DEP or DEEP office, and combined with an application for certificate (provided) and appropriate fee, qualifies the student to obtain the Certificate of Personal Watercraft Operation. The certificate is a one-time, lifetime certification. While there is no age minimum by any state regulation, we recommend that students are at least 12 years of age due to the length of the course and the amount of material covered. All students should bring a pen or pencil to class.

Instructor: Professional Marine Education staff
Location: Mortensen Community Center Romano Room
Fee: \$65 for residents / \$75 for non-residents

ID:	Time	Dates
8726	8:30 AM - 4:30 PM	Sunday, March 24 (one class)
8727	8:30 AM - 4:30 PM	Sunday, April 21 (one class)

Badminton *For Ages 18 & Up*

Enjoy the fun of the number two "participant sport" in the world, second only to soccer in popularity. Upgrade your level of play by joining the friendly competition of other enthusiastic men and women players. Increase aerobic fitness and stamina by participating in this weekly event. Faster than a game of tennis, players can burn 600-1000 calories an hour. Players with even a moderate amount of skill can jump right in and enjoy not only the social aspects of team play but also the fantastic health benefits of a great cardiovascular workout.

Supervisor: Bob Briggaman
Location: Mortensen Community Center Gymnasium
Fee: \$35 for residents / \$40 for non-residents

ID:	Time	Dates
8764	7:30 - 9:45 PM	Wednesdays, Feb. 13 - May 8 (12 weeks, no program 2/27)

Wedding Dances for Everyone

This class is perfect for anyone from the newly engaged to the couple celebrating their 50th wedding anniversary to anyone attending a wedding as a guest this year. You will learn the slow dancing basics, as well as some popular faster songs, and the 'trendiest' songs that are commonly played at weddings, such as 'Cupid Shuffle', and of course a few old-time classics like ever-popular 'Chicken Dance'. If you've ever stood awkwardly in the corner while your friends and family were out on the dance floor cutting a rug, this class is for you! Come with or without a partner!



Instructor: Wendy Nielsen
Location: Senior & Disabled Center Ceramics Room
Fee: \$56 for residents / \$70 for non-residents

ID:	Time	Dates
8728	6:30 - 7:30 PM	Mondays, Jan. 7 - March 11 (8 classes, no class 1/21, 2/18)

Adult Drawing and Design

Through direct observation and imagination, you will learn how a series of fundamental techniques can become amazing drawings and designs. By creating a range of different textures, patterns of light, contrasting lines and more, you will be hooked on drawing for design! An easy and fun course for everyone. Please call the Parks & Recreation Department at 860-665-8666 for a material list prior to the first class.

Instructor: Fran Judycki
Location: Senior & Disabled Center Game Room
Fee: \$45 for residents / \$56 for non-residents

ID:	Time	Dates
8729	6:30 - 8:00 PM	Wednesdays, Jan. 9 - Feb 13 (6 classes)

Please Note:

All of our classes are for registered participants only. Many classes (especially adult fitness classes) fill to capacity. Due to safety and room restrictions, we cannot permit extra participants (friends, family members, etc.) into a class.



Unfortunately, we do not have the ability to provide child care services during our programs. Because we want to be able to provide an enjoyable program for our adult participants, we appreciate your cooperation in making alternative arrangements for child care.

All participants in our adult programs must be at least 16 years of age or older, except where noted otherwise.

Zumba

Love music, love to dance? Need a workout that will keep you from getting bored and falling off the workout wagon? Then Zumba may be for you! Zumba is a Latin-inspired, dance fitness class that incorporates Latin and International music and dance movements. The class format combines fast and slow rhythms that tone and sculpt the body in the aerobic/fitness fashion. It's for all ages, and it's an easy and effective form of exercise. You'll enjoy this class with fun music, body firming routines, and then you'll see why Zumba has become a popular new way to exercise!



Location: All classes at Senior & Disabled Center Auditorium

Instructor: Mondays & Tuesdays: Lydia Borysiuk

Wednesdays: Nina Lawrence

Thursdays: Mary Woods

ID:	Dates	Time	Fee:
8730	Mondays, Jan. 14 - March 11 (7 classes) (no class 1/21, 2/18)	4:45 - 5:30 PM	\$26 for residents \$33 for non-residents
8731	Tuesdays, Jan. 8 - March 12 (10 classes)	5:15 - 6:15 PM	\$50 for residents \$62 for non-residents
8732	Wednesdays, Jan. 2 - March 13 (11 classes)	5:25 - 6:25 PM	\$55 for residents \$68 for non-residents
8733	Thursdays, Jan. 10 - March 14 (9 classes, no class 2/14)	5:30 - 6:30 PM	\$45 for residents \$56 for non-residents

The Art of T'ai Chi

T'ai chi is not only a form of exercise, but a cultural art that leads you on the path to mental, physical, and spiritual fitness. This art form is used to promote health and tranquility by releasing the natural energy of the body. T'ai Chi helps maintain good Chi energy with gentle, fluid movements.

Instructor: Ken Zaborowski

Location: Mortensen Community Center Romano Room

Fee: \$50 for residents / \$62 for non-residents

ID:	Class	Time	Dates
8734	Beginners	5:30 - 6:30 PM	Mondays, Jan. 7 - March 11 (8 classes, no class 1/21, 2/18)
8735	Intermediates	6:30 - 7:30 PM	Mondays, Jan. 7 - March 11 (8 classes, no class 1/21, 2/18)

Zumba Toning



Zumba Toning™ – The Latin inspired dance fitness party takes it up an extra notch. If you love Zumba, then you'll absolutely love Zumba Toning!

Body-sculpting techniques and specific Zumba moves are blended into one calorie-burning, strength-training class. Burn more calories than in a regular Zumba session! Participants should bring your own 1 pound weights or weighted, maraca-like Zumba Toning Sticks to enhance rhythm and build strength.

Location: Senior & Disabled Center Auditorium

Instructor: Lydia Borysiuk

ID:	Dates	Time	Fee
8736	Mondays, Jan. 14 - March 11 (7 classes) (no class 1/21, 2/18)	5:30 - 6:15 PM	\$26 for residents \$33 for non-residents



Adult Fitness...

Cardio Tennis for Beginners

Cardio Tennis is a new, fun group activity, featuring a circuit of drills to give players of all abilities (including beginners) the ultimate, high-energy workout! While you do hit balls during a Cardio Tennis workout, it does not matter whether you hit them in or out. Cardio Tennis will not only help you get in shape, but will help improve your tennis skills as well!

Instructors: *Newington Tennis Center Staff* Location: *Newington Tennis Center, 60 Prospect St.*
 Fee: \$80 for residents / fee remains the same for non-residents

ID:	Time	Dates
8737	4:00 - 5:00 PM	Sundays, Jan. 20 - March 10 (8 classes)
8738	4:00 - 5:00 PM	Sundays, March 17 - May 12 (8 classes, no class 3/31)



Power Cardio

Blast into shape with this 60-minute, high-energy Boot Camp style workout that interchanges short bursts of cardio with longer workout periods that combine kickboxing, sports drills and calorie-crunching calisthenics. Classes will go outdoors when the weather permits. Instructor will encourage you to give your 100% effort at all times. For all fitness levels.

Instructor: *Laura Campbell*
 Location: *Mortensen Community Center Gymnasium*
 Fee: Tuesdays: \$50 for residents / \$62 for non-residents
 Thursdays: \$55 for residents / \$68 for non-residents

ID:	Time	Dates
8739	5:45-6:45 PM	Tuesdays, Jan. 8 - March 12 (10 classes)
8740	5:45-6:45 PM	Thursdays, Jan. 3 - March 14 (11 classes)

Register for both classes and SAVE \$5!
Residents: \$100! Non-Residents: \$125!

Hi/Lo Aerobics

Get moving! This fun aerobics class includes kickboxing, funk and salsa moves that will leave you feeling more energetic and healthy. Challenge yourself while building strength and endurance. Bring a set of hand weights.

Instructor: *Laura Campbell*
 Location: *Senior & Disabled Center Auditorium*

ID:	Time	Dates	Fee
8741	6:30 - 7:30 PM	Mondays, Jan. 7 - March 11 (8 classes, no class 1/21, 2/18)	\$32 for residents \$40 for non-residents
8742	6:30 - 7:30 PM	Wednesdays, Jan. 2 - March 13 (11 classes)	\$44 for residents \$55 for non-residents

Register for both Hi/Lo classes and save \$5!
Residents: \$71 Non-Residents: \$100

Reasons to Register Early!

Many classes are very popular and people know that in order to get a spot, they need to register early.

But there are also reasons to register early for classes that don't usually fill up. All of our classes are intended to be self-supporting and we must reach minimum enrollment for a class to run. There is a point (usually about one week before a program starts) that a program must be cancelled if there aren't enough people registered. Very often, people register after a program has been cancelled and if they had registered earlier, the program would have run.

All of our programs require a high level of coordination, often including facility scheduling, staffing and purchasing of supplies.

So, if there's a program that you or your child are interested in...

Please Register Early!

Tone Aerobics

This low-impact aerobics class is a great way to start your morning. Emphasis is placed on strengthening and toning muscles while improving cardiovascular fitness. Participants should bring an exercise mat or towel and a set of hand weights.

Instructor: *Sandy Rovelli*
 Location: *Senior & Disabled Center Auditorium*
 Fee: Tuesdays: \$40 for residents / \$50 for non-residents
 Thursdays: \$44 for residents / \$54 for non-residents

ID:	Time	Dates
8743	9:15 - 10:15 AM	Tuesdays, Jan. 8 - March 12 (10 classes)
8744	9:15 - 10:15 AM	Thursdays, Jan. 3 - March 14 (11 classes)

Register for both classes and SAVE \$5!
Residents: \$79! Non-Residents: \$100!

Adult Yoga and Pilates Classes...

Mat Pilates

Pilates is an exercise option for everyone designed to develop a strong core while maintaining loose, limber limbs.

The exercises provide variations to meet the needs of different body types.

The exercises strengthen the body while keeping joints mobile and flexible. You'll feel your muscles working and probably break a sweat. Please bring a yoga mat and water to every class.



BEGINNERS: Focus on the basic principles of Pilates to start strengthening core muscles (stomach, back and glutes) and improve balance and coordination between the body's limbs.

INTERMEDIATE: Continues to strengthen the core muscles by using more challenging poses that work the core muscles in more challenging positions. This class moves through the exercises at a faster pace.

Instructor: Maggie Downie
Location: Senior & Disabled Center Rooms A & B
Fee: Residents: \$85 / Non-Residents: \$106

ID:	Class	Time	Dates
8745	Beginners	5:30-6:30 PM	Wednesdays, Jan. 9 - March 13
8746	Intermediate	6:30-7:30 PM	(10 classes)

Ball Pilates

This class offers a fun twist to typical Pilates exercises. Using a ball will still strengthen your core muscles (stomach, back and glutes) and it will also enable you to test your balance, increase your range of motion and improve flexibility. The ball can be used at any fitness level and can be incorporated into your daily routine to strengthen and lengthen your muscles even when you're not in class. While the ball is a challenge, exercising on the ball can also be playful, allowing you to feel like a kid again while getting a good workout. Wear comfortable clothes and bring a yoga mat, water and an exercise ball for your height to each class.

MIXED-LEVELS: Everyone is welcome at this class! Options for different ability levels will be provided.

Instructor: Maggie Downie
Location: Senior & Disabled Center Rooms A & B
Fee: Residents: \$68 / Non-Residents: \$85

ID:	Class	Time	Dates
8747	Mixed Levels	6:00 - 7:00 PM	Mondays, Jan. 7 - March 11 (8 classes, no class 1/21, 2/18)

Pilates Special: Register for any two Pilates classes and save \$10
 Residents: \$143 / Non-residents: \$181



Bar Physique

Bar Physique is a unique total body workout that focuses on small, controlled movements combined with gentle-on-the-joints but heart-pumping bursts of interval training to define and tone long, lean muscles. With a combination of muscle work and stretching, this program creates lean, flexible sculpted arms, flat abs, and a lifted seat! Using a chair (provided), you'll be targeting every muscle in the body. A challenging, safe and effective workout set to dynamic music using props such as balls, bands and light weights. Please bring a mat and water.

Instructor: Donna Valente
Location: Senior & Disabled Center Rooms A & B
Fee: \$50 for residents / \$62 for non-residents

ID:	Time	Dates
8748	5:15-6:00 PM	Mondays, Jan. 7 - March 11 (8 classes, no class 1/21, 2/18)

Yoga Classes

Discover the many benefits of yoga for yourself: decreased stress, greater flexibility, better concentration and more. Yoga is designed to draw us out of stress and anxiety and into our natural state. Find out what Yoga is all about! Sticky yoga mats are required, and yoga blankets are highly recommended.

BEGINNER YOGA This class is tailored to the needs of the beginning yoga student. A significant amount of time will be spent teaching various pranayama (breathing techniques) and asana (postures), building from the foundation up. Non-beginners who are comfortable with a slower pace are also welcome!

MIXED LEVELS This class is the right place for those wanting to explore the edges of their yoga practice a bit deeper. Though not suitable for absolute beginners, it might be the place for you if you have some familiarity with yoga postures and want to move up a level. Modifications will be shown for various levels of practitioners from advanced beginners through intermediate.

Location: Mortensen Community Center Romano Room
Fee: Tuesday class: \$60 for residents / \$75 for non-residents
 Thursday class: \$66 for residents / \$82 for non-residents

ID:	Class	Time	Dates
8749	Beginner Yoga with Cynthia Wolcott	6:00 - 7:15 PM	Tuesdays, Jan. 8 - March 12 (10 classes)
8750	Mixed Levels Yoga with Karen Sevenoff	5:30 - 6:45 PM	Thursdays, Jan. 3 - March 14 (11 classes)

Programs for Older Adults...

Indoor Walking at Mortensen Community Center

The Mortensen Community Center Gymnasium will be open for walkers on weekday mornings throughout the Fall, Winter and Spring. This is a great way to stay in shape and keep moving! 18 laps equal a mile! Pre-registration is required and all walkers should carry an ID with them at all times. You can register at the Parks & Recreation office any time Monday through Friday from 8:30 a.m. - 4:30 p.m. **ID: 5704**

Walking is a healthy way to exercise and may help you maintain a healthy weight and reduce your risk of some diseases. Bring a friend!

Monday through Friday 8:30 - 11:30 AM

FREE

There will be no indoor walking available when Town Hall is closed.

Walking may be cancelled due to special events, program changes, and/or reasons beyond the control of the Parks and Recreation Department. We will make every attempt possible to keep at least half the gym available for walkers; however, there may be times when the gym is not available.

We apologize in advance for any inconvenience this may cause.



Fun-n-Fitness

An invigorating class that gets you off to the right foot. Improve stamina, strength, muscle tone and cardiovascular fitness. Bring a set of hand weights.

Instructor: Sandy Rovelli

Location: Senior & Disabled Center Auditorium

Fee: Tuesdays: \$35 for residents
\$43 for non-residents

Thursdays: \$39 for residents
\$49 for non-residents

ID:	Time	Dates
8751	10:20 - 11:20 AM	Tuesdays, Jan. 8 - March 12 (10 classes)
8752	10:20 - 11:20 AM	Thursdays, Jan. 3 - March 14 (11 classes)

Register for both classes and SAVE \$5!
Residents: \$69! Non-Residents: \$87!

Attention Class Participants:

Please do not wear your exercise sneakers to class during the winter months. We are trying to cut down on the salt, sand, snow and other ice-melting chemicals that are tracked in on the floors. Besides being a cleanliness/maintenance issue, puddles or sandy spots make the floor very slippery for participants. Please wear an alternate pair of shoes or boots, then change into your exercise shoes before class.



Zumba for Older Adults

This is a fun Zumba class that will utilize choreography specifically created for the older adult population. The moves are less intense than in a traditional Zumba class, and are so easy to follow that participants of any age can do it. This program will give all participants a safe and effective total body workout. Just like the regular Zumba classes, this class will be very fun and easy-to-follow. Participants in this class enjoy rhythms such as: Merengue, Salsa, Cumbia, Belly Dance, Rumba, Tango, Cha Cha, along with other fun and exciting rhythms and dances. Participants should wear comfortable clothing, appropriate footwear for a dance/exercise class and bring water.

Instructor: Mary Woods

Location: Senior & Disabled Center Auditorium

Fee: \$40 for residents / \$50 for non-residents



ID:	Time	Dates
8753 18	10:00 -10:45 AM	Fridays, Jan. 4 - March 15 (10 classes, no class 2/15)

Fitness Clinics for Older Adults

Participants will learn how to utilize the fitness equipment and safety procedures in the Fitness Center located within the Senior & Disabled Center. This class is required in order to use the Fitness Center. Participants must submit a form completed by their physician when registering and be a Newington Senior & Disabled Center member with a Fitness-Plus Annual Membership. For information about becoming a Senior & Disabled Center member, please call 860-665-8778.

Instructor: Sandy Rovelli

Location: Senior & Disabled Center

Fee: \$15 for residents / \$18 for non-residents

ID:	Time	Dates
8638	11:30 - 1:30 PM	Tuesday, December 4
8754	11:30 - 1:30 PM	Tuesday, January 8
8755	11:30 - 1:30 PM	Tuesday, February 12
8756	11:30 - 1:30 PM	Tuesday, March 12



Fitness Center at the Senior & Disabled Center

Programs for Older Adults...

Reasons to Register Early!

Many classes are very popular and people know that in order to get a spot, they need to register early.

But there are also reasons to register early for classes that don't usually fill up. There is a point (usually about one week before a program starts) that a program must be cancelled if there aren't enough people registered. Very often, people register after a program has been cancelled and if they had registered earlier, the program would have run.

So, if there's a program that you are interested in...

Please Register Early!

Yoga for Older Adults

This is a gentle yoga class concentrating on the basics of awareness, alignment, breathing, balance, flexibility, strengthening and stretching. A few minutes at the beginning and end of each class will be devoted to meditation. Each participant should bring a sticky mat or towel to lie on and be aware that the postures are done barefooted. This is a great class for beginners through intermediates.

Instructor: Linda Leslie

Location: Senior & Disabled Center Rooms A & B

Fee: \$21 per session for residents
\$26 per session for non-residents

ID:	Time	Dates
8758	11:15 AM - 12:15 PM	Mondays, January 7 - February 4 (4 classes, no class 1/21)
8759	11:15 AM - 12:15 PM	Mondays, Feb. 25 - March 18 (4 classes)



Program Information
&
Cancellation Hotline:
860-665-8686

Oil Painting for Adults and Seniors

This course teaches the traditional, timeless concept of representational painting. New students will learn the fundamentals of composition, value, light, color and texture. Returning students will continue to improve upon these fundamental concepts and learn more advanced skills such as edges, creating mood and more. All subject matter will be considered. Please call the Parks & Recreation Department at 860-665-8666 for a supply list prior to the first class. Wearing a smock or old clothes is suggested. *Please note that all students are expected to adhere to the scheduled class time.*

Instructor: Fran Judycki

Location: Senior & Disabled Center Arts & Crafts Room

Fee: \$96 for residents / \$120 for non-residents

ID:	Time	Dates
8757	9:15 - 11:45 AM	Tuesdays, Jan. 8 - March 19 (11 classes)

T'ai Chi for Older Adults

T'ai Chi is one of the most effective exercise systems for mental and physical well-being. Emphasis is on breathing and the use of fluid, graceful and gentle movements. T'ai Chi releases tension, deepens relaxation, improves balance, increases bone density and develops muscle tone. It's gentleness is especially suitable for the elderly and people rehabilitating from illness or accident.

Instructor: Ken Zaborowski

Location: Senior & Disabled Center Auditorium

Fee: \$36 for residents / \$45 for non-residents

ID:	Time	Dates
Beginners		
8760	9:00 - 9:45 AM	Mondays, Jan. 7 - March 11 (8 classes, no class 1/21, 2/18)
Intermediates		
8761	10:00 - 10:45 AM	Mondays, Jan. 7 - March 11 (8 classes, no class 1/21, 2/18)

Line Dancing for Older Adults

Line dancing is a great way to stay active, healthy, and have fun! Come with or without a partner.

Instructor: Wendy Nielsen

Location: Senior & Disabled Center Ceramics Room

Fee: \$39 per session for residents
\$49 per session for non-residents



ID:	Time	Dates
8762	11:00 AM - 12:00 PM	Fridays, Jan. 4 - Feb. 1 (5 classes)
8763	11:00 AM - 12:00 PM	Fridays, Feb. 15 - March 15 (5 classes)

Parks & Recreation Registration Info

OUR POLICY IS: "No News is Good News."

When registering by mail or fax, you will **NOT** be contacted unless a class is filled or there is a change. Please include a daytime phone number.

Payment Methods: We accept payment by cash, check, debit, VISA, MasterCard or Discover credit cards. Program registrations will not be accepted without payment and a completed registration form.

Three Convenient Ways To Register...

Fax-in: Complete and sign the registration form. Include credit card information. If you choose to register via fax, PLEASE call to confirm that your fax came through. Fax to 860-665-8739.

Mail-in: Complete and sign the registration form. Include credit card information or make checks payable to "Newington Parks & Recreation." Mail to: Newington Parks & Recreation, 131 Cedar Street, Newington, CT 06111.

Walk-in: Register in our office, which is located in the Mortensen Community Center at Town Hall, 131 Cedar Street, Newington, CT 06111. Walk-in office hours are:

Monday – Friday, 8:30 AM – 4:30 PM.

*Drop slot may be available after hours.

IMPORTANT INFORMATION

- A minimum of \$10 is required for all credit card transactions.
- If you are registering a **child under the age of 6** and they have not participated in our programs in the past, please include a copy of the child's birth certificate with the registration form. This is a one-time request.
- If the participant has any **medical concerns (allergies, asthma, etc.)** that we should be aware of, please list it on the registration form.
- If the participant has any **special needs** that we should be aware of, please complete and submit a special needs form to our office.
- Programs may be cancelled due to inclement weather. If the weather is inclement, please call our **Program Hotline: 860-665-8686** (after 4:30 PM) for the latest information.

Reasons to Register Early

Many classes are very popular, and our participants know that in order to get a spot, they need to register early. But there are also reasons to register early for classes that don't usually fill up. There is a point (usually about one week before a program starts) that a program must be cancelled if there aren't enough people registered. So, if you know you want to take a program... PLEASE REGISTER EARLY!

POLICIES & PROCEDURES

Registration is taken on a **FIRST COME - FIRST SERVED** basis. Residents may register for programs beginning Friday, November 30, 2012. All registration forms received prior to the registration start date will be processed randomly at the end of the first day of registration. The Parks & Recreation Department will try to accommodate all registrants, but some programs fill to capacity. Please specify an alternate choice on your registration form should the original class you choose be filled. The Parks & Recreation Department reserves the right to **cancel programs because of insufficient registrations** or causes beyond its control.

Non-Residents

Non-residents are eligible to register for programs if there are openings beginning Friday, December 14, 2012. Non-residents pay an additional fee for most programs and should call for program availability prior to registering. Some programs (including swim lessons, pool passes, playgrounds/camps and others) are not available for non-residents.

Waiting List

If your desired class is filled, you will be notified and placed on a waiting list. We will make every effort to accommodate those on the waiting list by adding classes if possible.

Americans with Disabilities Act

The Newington Parks and Recreation Dept. does not discriminate on the basis of race, color, national origin, gender, religion, age, or disability in provision of programs and services. Individuals with disabilities are encouraged to register.

The Newington Parks and Recreation Dept. is complying with the Americans with Disabilities Act (ADA), Public Law 101336. The law addresses issues of accessibility of facilities & programs. Provisions of reasonable program modifications will be made on a case-by-case basis to allow people with disabilities to participate in and benefit from programs. Documentation of disability is required when requesting reasonable modifications.

Refunds

Newington Parks and Recreation does not issue refunds once you have registered for a program, unless there is an injury or illness which prohibits active participation in the program and is documented by a physician. No refunds will be issued without a completed Refund Request Form accompanied by a doctor's note. Contact our office for a Refund Request Form. If a refund is granted, the amount will be pro-rated to reflect the number of classes remaining from the date the refund request form was submitted. A \$5.00 processing fee will also be deducted from any refund issued. Please see www.newingtonct.gov for the refund request form and full refund policy.

Contact Us:

Phone:

Voice: 860-665-8666
Fax: 860-665-8739
Hotline: 860-665-8686

At the Office:

Monday - Friday
8:30 a.m. - 4:30 p.m.
131 Cedar Street
Newington Town Hall
Mortensen Community Center

On the Web:

www.NewingtonCT.gov

Inclement Weather Cancellation Policy

If there is inclement weather, participants should call our program hotline at 860-665-8686 for up-to-date information regarding program cancellations.

Unless otherwise stated in the program description, make-up classes will be offered when possible and will be scheduled according to facility and instructor availability. Pro-rated vouchers may be issued for certain programs when scheduling a make-up class is not possible.

