

# NEWINGTON PARKS AND RECREATION

*Building A Strong Community*

## Fall 2016



Youth Recreational Basketball information will be distributed through the schools by mid-October.

**Youth, Adult & Senior Programs \* Preschool \* Special Events \* Fitness Classes \* Aquatics**



Preschool Programs



Fitness Classes



Special Events



Swim Lessons

**RESIDENTS: Registration Begins September 6<sup>th</sup>**

**NON-RESIDENTS: Registration Begins September 20<sup>th</sup>**



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# Newington Parks and Recreation

Building a Strong Community

131 Cedar St. Newington, CT 06111

Phone: 860-665-8666

Fax: 860-665-8739

www.NewingtonCT.gov

## Activity Registration Form

### PRIMARY HOUSEHOLD CONTACT INFORMATION - PLEASE FILL OUT COMPLETELY

First Name \_\_\_\_\_ Middle Initial \_\_\_\_ Last Name \_\_\_\_\_ Gender \_\_\_ DOB \_\_\_/\_\_\_/\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_

Home Phone (\_\_\_\_) \_\_\_\_\_ Work Phone (\_\_\_\_) \_\_\_\_\_ Extension \_\_\_\_\_

Cell Phone (\_\_\_\_) \_\_\_\_\_ Email Address \_\_\_\_\_

Emergency Contact #1 \_\_\_\_\_ Relationship \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Emergency Contact #2 \_\_\_\_\_ Relationship \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

### ACTIVITY INFORMATION

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

Participant's First and Last Name	M/F	DOB	Special Medical Concerns?	Activity Code #	Program Name	Fee
			[ ] Yes [ ] No			
			[ ] Yes [ ] No			
			[ ] Yes [ ] No			
			[ ] Yes [ ] No			

\*If any participant above has special medical concerns, allergies or special needs that we should be aware of, please describe: \_\_\_\_\_

*Supplemental registration forms are available in our office or on our website: [www.newingtonct.gov/parksandrec](http://www.newingtonct.gov/parksandrec).*

### 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, social media, brochures, pamphlets, and/or flyers.

ADULT SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_

### PAYMENT INFORMATION

Payment Type: [ ] Cash [ ] Check [ ] Credit Card [ ] Debit

Credit Card Type: [ ] Visa [ ] Mastercard [ ] Discover

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

Activity Fee Subtotal: \$ \_\_\_\_\_

**"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.*

TOTAL AMOUNT: \$ \_\_\_\_\_

CREDIT CARD #: \_\_\_\_\_ EXP. DATE \_\_\_ / \_\_\_

# General Information

## Parks and Recreation Office Information

**Location:** 131 Cedar Street, Newington, CT 06111  
**Office Hours:** Monday - Friday, 8:30 a.m. - 4:30 p.m.  
**Phone:** 860-665-8666 **Program Hotline:** 860-665-8686  
**Fax:** 860-665-8739  
**Website:** [www.newingtonct.gov/parksandrec](http://www.newingtonct.gov/parksandrec)  
**Facebook:** [www.facebook.com/newingtonparksandrecreation](http://www.facebook.com/newingtonparksandrecreation)



## Parks and Recreation Department Staff:

Bill DeMaio, Superintendent of Parks and Recreation  
Karen Gallicchio, Recreation Supervisor  
Sharon O'Neil, Recreation Supervisor  
Linda Cruff, Administrative Secretary  
Lisa DeLude, Administrative Secretary  
Mike Hadvab, Parks and Grounds Supervisor

## Registration Information

- 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. We do not send program confirmations. You will only be notified if the program you try to register for is not available.
- Registration is taken on a first-come, first-served basis. Residents may register for programs in this program guide beginning on the registration date listed on the front cover. Any registration forms received prior to the registration start date will be processed randomly at the end of the first day of registration.
- We try to accommodate all registrants, but some programs fill to capacity. Please register early if you are interested in a program.
- Some programs have a registration deadline, and we are not able to accept day of or late registrations. If accepted, day of or late registration fees are not pro-rated.
- If the participant has any medical concerns (allergies, asthma, etc.) and/or special needs that we should be aware of, please list it on the registration form and complete and submit a Supplemental Registration Form (available on our website under 'Forms').
- If a minor participant has a medical condition which requires emergency medication during a program or class, please complete the appropriate form for self-medication or medication administration authorization (inquire for details).
- Sometimes we are forced to cancel programs because of insufficient registrations or causes beyond our control. If a program is cancelled, any registered participants will be contacted and refunded.
- A minimum of \$10 is required for all credit card transactions.

## Convenient Ways To Register

- **Fax-in:** Complete and sign the registration form. Include VISA, MasterCard or Discover 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 VISA, MasterCard or Discover 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. Walk-in office hours are: Monday - Friday, 8:30 a.m. - 4:30 p.m. \*Drop slot is available when building is open after normal office hours.

## Upcoming Program Guide

The Winter 2017 Program Guide will be distributed to Newington residents in the December issue of the Newington Life.

## Facilities

A full list of Parks and Recreation facilities and their locations and amenities can be found on our website. Please see page 4 for information regarding facility rentals.

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## Non-Residents

Non-residents are eligible to register for programs beginning on the date listed on the front cover, which is generally two weeks after the date when resident registration begins. A separate fee for non-residents is listed next to eligible programs. Some programs (including swim lessons, pool passes, 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 make every effort to accommodate those on waiting lists by adding classes when possible.

## Inclusive Statement

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. Please contact us for more information.

## 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. The Refund Request Form is available on our website at [www.newingtonct.gov/parksandrec](http://www.newingtonct.gov/parksandrec) under 'Forms'. 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. Refund requests are not accepted after a program has ended. A \$5.00 processing fee will also be deducted from any refund issued.

## Inclement Weather / Program Cancellations

Program information and cancellations due to inclement weather are available on our program hotline number (860-665-8686) which is updated when cancellations occur. When there are program cancellations due to inclement weather during the week, the hotline is generally updated by 9 a.m. for morning programs, 12 p.m. for afternoon programs and 4:30 p.m. for evening programs. Weekend update times during inclement weather may vary due to program schedules. During the summer, aquatic program cancellations will be posted on the Pool Activity Line at 860-665-8766.

## Concussion Information

Newington Parks and Recreation Department is dedicated to creating a safe environment for all participants in our programs. A fact sheet for parents containing information regarding concussions is available on our website at [www.newingtonct.gov/parksandrec](http://www.newingtonct.gov/parksandrec).

## Facility Rentals...



### Field Rentals

Newington ballfields are available to rent in blocks of three hours.

- \$75 fee for a three hour rental per ballfield (with the exception of any synthetic turf field) in the Town of Newington for adult teams with at least 90% Newington residents.
- \$150 fee for a three hour rental per ballfield (with the exception of any synthetic turf field) in the Town of Newington for adult or youth teams/organizations with less than 90% Newington residents.



### Mortensen Community Center Gym & Teen Center Rentals

The Parks and Recreation Department offers rentals of the Mortensen Community Center gymnasium and/or teen center throughout the fall, winter and spring seasons. Rental availability is limited due to programming demands. The fee is \$30 per hour for residents and \$60 per hour for non-residents for either the gymnasium or the teen center. Reservations must be made a minimum of one week in advance, but for best availability we recommend as much notice as possible. If you are interested in renting the Mortensen Community Center gymnasium or teen center, please contact the Newington Parks and Recreation Department at 860-665-8666. For more information about our teen center, please see page 13.



## Special Events...



### Annual Halloween Party

*Saturday, October 29<sup>th</sup>, 1:00 - 3:00 p.m. at Mortensen Community Center Gymnasium*

The Newington Parks and Recreation Department presents this annual party with many activities, games and crafts to give your little ghosts and goblins a spooky and fun time. It wouldn't be a Halloween Party without music, refreshments, games and activities, and, of course, candy! This party is open to children in Preschool through Grade 4. Children are encouraged to wear their scariest and favorite costumes! Registration fee is \$5.00 per child for residents, \$8.00 per child for non-residents. **Pre-registration is required by Thursday, October 27<sup>th</sup>.** Registration received after Thursday, October 29<sup>th</sup> will incur a late fee of \$5.00 per participant. Any participants registered late will be unable to receive a Treat Bag. Due to facility capacity and preparation needs, there will be a maximum number of participants allowed to attend. To ensure your child's participation please register early.



### Visits with Santa

*Friday, December 2<sup>nd</sup>, 5:00 - 7:30 p.m. & Saturday, December 3<sup>rd</sup>, 1:00 - 4:00 p.m.  
Mortensen Community Center Romano Room*

Santa has agreed to take a break from the North Pole and swing into Newington to hear your child's biggest wishes for Christmas gifts this year! Get in the holiday spirit with your family and enjoy pictures with Santa! This is a perfect photo opportunity, so don't forget 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.



### Winter Wonderland

*Saturday, December 3<sup>rd</sup>, 1:00 - 4:00 p.m. at Mortensen Community Center Gymnasium*

Join us for an afternoon of free family fun. Children will have an opportunity to take a ride on awesome animatronic winter animals, like Rudolph the Red Nose Reindeer! There will also be fun, games, a clown and even a juggler on stilts! 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.



### Newington's Night of Lights

*Saturday, December 3<sup>rd</sup> at 5:00 p.m. (Rain/Snow Date: Sunday, December 4<sup>th</sup>)  
Carol Sing & Tree Lighting at Town Center, Main Street*

The Newington Parks and Recreation Department and the Newington Chamber of Commerce present this annual holiday festivity! This magical day begins with visits with Santa at the Mortensen Community Center from 1:00 - 4:00 p.m. The main event begins at 5:00 p.m. at the Town Center. This will include the Fire Truck parade, refreshments, entertainment, guest speakers, a carol sing, tree lighting, and of course, the arrival of Santa all the way from the North Pole! This is a free community event. To make the night more special, please bring a canned food item to benefit the Town's food bank. In case of inclement weather, please call 860-665-8686.

35<sup>th</sup> Annual  
Life. Be in it.  
Extravaganza

Thank You  
Sponsors &  
Supporters!

Save the Date for the  
2017 Life. Be in it. Extravaganza!

Saturday, July 15<sup>th</sup>, 2017

We're looking to partner with local businesses and organizations to help us fundraise throughout the year. Contact our office today at 860-665-8666 to join our team!

Show Your Support Year Round!

A limited quantity of commemorative 'Life. Be in it. Extravaganza' shirts and stadium cups, as well as 'I ♥ Newington Extravaganza' shirts are available in the Parks and Recreation office during regular office hours. T-shirts are available in youth and adult sizes. Prices for each item are listed below.



\$10.00



\$8.00



\$2.00

Platinum Sponsors



MDC



Gold Sponsors



STAMM EDDY

Silver Sponsors



Bronze Sponsors

- Bongiovanni Group, Inc.
- Sam's Club
- AASR Valley of Hartford
- Newington Memorial
- Stonehedge Landscaping and Garden Center
- Turnpike Motors, Inc.
- J. H. Scelza Builders
- Tom Donagher & Sons Landscaping LLC
- Healthy Body Massage Therapy

Other Donors

- The Szczerkowski Family
- The Stolarczyk Family
- The Brecher Family
- The Bradley Family
- The Therriault Family
- Stew Leonard's
- Kiwanis Club of Newington
- Newington Internal Medicine
- Planet Self Storage
- Sphinx Shriners
- Newington Masons
- Carvel Ice Cream

## Recreational Swimming at Newington High School

The Newington High School Pool will open for indoor recreational swimming from late September through early June. Recreational swimming is supervised by certified Red Cross lifeguards. Newington residents may pay a daily admission fee at the pool, use a Summer 2016 pool pass for the 2016-2017 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, up to a maximum of 8 people per household. 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 below). Children under 13 must be accompanied by an adult.

Time: 7:00 PM - 8:45 PM  
Dates: Mondays, Wednesdays & Fridays, Sept. 26, 2016 - May 26, 2017 *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+)

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



## 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 5 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 5 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 unsupported front/back float (5 seconds).

**Level 2** - Jump from the deck into shoulder deep water, front float (10 seconds), back float (15 seconds), tread water (15 seconds), submerge completely and hold breath for 10 seconds, swim using leg and arm strokes (5 body lengths).

**Level 3** - Jump into deep water, begin diving, tread water (1 minute), front crawl (15 yards), elementary backstroke (15 yards), survival float (30 seconds) and rotary breathing (15 times).

**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, surface dives, object retrieval.

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

**[www.newingtonct.gov/parksandrec](http://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 PM – 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 to 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 credits 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: \$15 (4 classes)**

Code:	Time	Dates
3060110-A1	5:30 - 6:00 PM	Wednesdays, Sept. 28 - Oct. 26 <i>(no class 10/12)</i>
3060110-B1	5:30 - 6:00 PM	Wednesdays, Nov. 2 - 30 <i>(no class 11/23)</i>

Program Information & Cancellation  
 Hotline:

**860-665-8686**



## Group Swim Lessons *Ages 5 - 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 credits 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, Sept. 28 - Nov. 30**  
*(8 classes, no class 10/12, 11/23)*

	5:30 - 6:00 PM	6:00 - 6:30 PM
Level 1	<i>(not offered)</i>	Code: 3060101-A1
Level 2	Code: 3060102-A1	Code: 3060102-A2
Level 3	Code: 3060103-A1	Code: 3060103-A2
Level 4	Code: 3060104-A1	Code: 3060104-A2
Level 5/6	Code: 3060108-A1	Code: 3060108-A2

## Semi-Private Swim Lessons *Ages 5 - 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 credits. 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**  
**Sept. 28 - Oct. 26**  
*(4 classes, no class 10/12)*

**6:30 - 7:00 PM**

Level 1	Code: 3060201-A1
Level 2	Code: 3060202-A1
Level 3	Code: 3060203-A1
Level 4	Code: 3060204-A1
Level 5/6	Code: 3060208-A1

**Session 2 - WEDNESDAYS**  
**Nov. 2 - 30**  
*(4 classes, no class 11/23)*

**6:30 - 7:00 PM**

Level 1	Code: 3060201-B1
Level 2	Code: 3060202-B1
Level 3	Code: 3060203-B1
Level 4	Code: 3060204-B1
Level 5/6	Code: 3060208-B1

## 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 credits. 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)**

Code:	Class	Time	Dates
3060501-A1	Beginner	7-7:30 p.m.	Wednesdays, Sept. 28 - Oct. 26 <i>(4 classes, no class 10/12)</i>
3060501-B1	Advanced Beginner	7-7:30 p.m.	Wednesdays, Nov. 2 - 30 <i>(4 classes, no class 11/23)</i>

## Adult Swim Lessons Level Descriptions

### Beginner

The Beginner class is 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

The Advanced Beginner class is 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.

### Why Choose Creative Playtime Preschool Program?

- We are licensed by the State of Connecticut, meaning we follow the highest standards of education and safety.
- Our mature and professional staff complete annual Continuing Education Units (CEU's) to ensure that we are knowledgeable about the latest trends and techniques in the preschool field.
- Hundreds of children have graduated from our program since we attained State licensure in 2007.
- Our flexible program allows you to choose a schedule that suits your needs - choose morning, afternoon or full day programs - for one day per week or all five!
- Our classroom is a beautiful, large space with multiple activity areas which will offer your child an engaging and inspiring place to learn and play.
- We offer Flex Days, to provide extra care for your child when you need it!

### Information About Our Program

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 a fenced-in outdoor space dedicated solely to the preschool program located at 1075 Main Street in the Lower Level.

Staff: Marilyn Janelle, Preschool Director/Head Teacher  
Loralyn Callahan, Preschool Assistant Director/Head Teacher  
Diane Teevan, Head Teacher  
Janet Arnold, Assistant Teacher  
Maggie Bazzano, Assistant Teacher  
Christine Gomes, Assistant Teacher



### 2016 - 2017 Registration & Program Information

- We are now accepting registration for the 2016-2017 school year.
- A **non-refundable deposit is required at the time of registration.**
- A payment plan is available for the 2016-2017 school year. If you choose the payment plan option, the remaining balance will be due in three equal installments. The first of the three payments will be due at the time of registration and the remaining two payments due on July 20, 2016, October 20, 2016 and January 20, 2017.
- If you choose to pay in full, balance of payment required at the time of registration.
- Open to children ages 3 - 5. All children must turn 3 years old by December 31, 2016. Children who will not be 3 years old until after December 31, 2016 are welcome to register and begin attending our program after their 3rd birthday if there are spaces available.
- 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 program and registration information is included in the registration packet.



Spaces are still available for the 2016-2017 School Year!

Registration packets are available at the Parks and Recreation office or online at

**[www.newingtonct.gov/parksandrec](http://www.newingtonct.gov/parksandrec)**

**Please call 860-665-8666 for more information!**

**\*Ask about our Flex Day Program!!\***

### Program Hours

Mornings: 9:30 - 11:45 a.m.  
Afternoons: 12:15 - 2:30 p.m.  
Full Day: 9:30 a.m. - 2:30 p.m.

### Program Dates

September 7, 2016 - June 2, 2017\*

*\*actual program dates depend on which days your child is registered for.*



## Preschool Play Nights *Ages 2 1/2 - 5*

Preschoolers are invited to join us for these NEW fun-filled evening programs! Your little one will have lots of fun with our Creative Playtime Preschool staff while YOU get a little time to yourself! Each night will offer a themed craft, story time, and play-time in our beautiful classroom facilities. A snack of crackers and juice will be provided. Participants do not have to be registered students at Creative Playtime Preschool to attend. Children must be toilet trained and wear play clothes.

*Instructor: Creative Playtime Preschool Staff*

*Location: Creative Playtime Preschool classroom, 1075 Main Street, Lower Level, Newington (Parking available off Garfield Street in the OFI/Farmington Bank parking lots)*

*Fee per night: \$12 for residents / \$15 for non-residents*

*Register for ALL 3 nights and save \$5! - \$31 for residents / \$40 for non-residents*

Code:	Theme:	Time	Dates
3020414-A1	Halloween	5:30 - 7:00 PM	Tuesday, October 4 ( <i>one class</i> )
3020414-B1	Thanksgiving	5:30 - 7:00 PM	Monday, November 7 ( <i>one class</i> )
3020414-C1	Christmas	5:30 - 7:00 PM	Wednesday, December 7 ( <i>one class</i> )

## 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. Parents are asked to wait outside the classroom during dance classes. Children should wear comfortable, lightweight clothing.

*Instructor: Janet Arnold*

*Location: Mortensen Community Center Romano Room*

*Fee: \$48 for residents / \$60 for non-residents*

Code:	Ages	Class	Time	Dates
3030601-A1	2 - 4	Ballet/Creative Movement	1:15 - 2:00 PM	<b>Saturdays, Oct. 1 - Dec. 10</b> (8 classes) (no class 10/29, 11/26, 12/3)
3030603-A1	4 - 6	Hip Hop	2:00 - 2:45 PM	
3030601-A2	2 - 4	Ballet/Creative Movement	2:45 - 3:30 PM	
3030602-A1	5 - 8	Ballet	3:30 - 4:15 PM	
3030601-A3	2 - 4	Ballet/Creative Movement	4:15 - 5:00 PM	

## 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.



*Instructor: Sue Freese*

*Location: Mortensen Community Center Romano Room*

*Fee: \$165 (\$75 for each additional sibling registered for same class. Fees include CD and all materials. Fees remain the same for non-residents. Infants under 8 months are free with a registered sibling.)*

Code:	Time	Dates
3030801-A1	4:30 - 5:15 PM	Tuesdays, Sept. 27 - Nov. 29 ( <i>10 classes</i> )
3030801-A2	5:30 - 6:15 PM	Tuesdays, Sept. 27 - Nov. 29 ( <i>10 classes</i> )
3030801-B1	9:30 - 10:15 AM	Wednesdays, Sept. 28 - Dec. 7 ( <i>10 classes, no class 10/12</i> )
3030801-B2	10:30 - 11:15 AM	Wednesdays, Sept. 28 - Dec. 7 ( <i>10 classes, no class 10/12</i> )
3030801-C1	8:30 - 9:15 AM	Saturdays, Oct. 1 - Dec. 10 ( <i>10 classes, no class 11/26</i> )
3030801-C2	9:30 - 10:15 AM	Saturdays, Oct. 1 - Dec. 10 ( <i>10 classes, no class 11/26</i> )
3030801-C3	10:30 - 11:15 AM	Saturdays, Oct. 1 - Dec. 10 ( <i>10 classes, no class 11/26</i> )

## 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: Christine Gomes*

*Location: Mortensen Community Center Gymnasium*

*Fee: \$39 for residents / \$49 for non-residents*

Code:	Time	Dates
3020311-A1	9:30 - 10:15 AM	Wednesdays, Oct. 5 - Dec. 7 (8 classes, no class 10/12, 11/23)
3020311-A2	10:30 - 11:15 AM	Wednesdays, Oct. 5 - Dec. 7 (8 classes, no class 10/12, 11/23)

## 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*

Code:	Time	Dates
3020312-A1	9:30 - 10:15 AM	Mondays, Oct. 17 - Dec. 5 (8 classes)
3020312-A2	10:30 - 11:15 AM	Mondays, Oct. 17 - Dec. 5 (8 classes)

# Youth Programs...

## Children's Art Explorers

Grades K - 5

Art Explorers will find themselves exploring with a wide variety of materials. Imaginations run wild creating castles and towers with turrets, weird robots from another world, painting colorful, flying creatures with sponges, sculpting with clay and more! Classes are designed to encourage creative thinking having lots of fun. All supplies are provided. Children should wear a smock or old clothes.

Instructor: Fran Judycki

Location: MCC Arts & Crafts Room

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

Code:	Time	Dates
3030707-A1	6:30 - 7:30 PM	Tuesdays, Sept. 27 - Oct. 18 (4 classes)

## Children's Sculpture

Grades K - 5

Wow - this course is jam-packed with fun! Create an amazing kinetic mobile, sculpt wee puppets with clay, unusual acorn critters, a unique 3-D sculpture from things that you eat and live in the sea using glitter, seeds, spices, foam and more! Participating artists will be using unusual materials that automatically encourage creative thinking and one-of-a-kind projects. All supplies are provided. Children should wear a smock or old clothes.

Instructor: Fran Judycki

Location: MCC Arts & Crafts Room

Fee: \$21 for residents / \$26 for non-residents

Code:	Time	Dates
3030705-A1	6:30 - 7:30 PM	Tuesdays, Nov. 1 - 22 (3 classes, no class 11/8)

## Halloween Art Workshop

Grades K - 5

Have a spook-tacular time exploring with a wide variety of materials and Halloween colors! Create your own fuzzy monster armband or bracelet, spooky black cat with fancy collars and rhinestone eyes, skulls that glow in the dark, colorful witches, Frankenstein and more! Bring your imagination and we'll supply the fun! Children should wear a smock or old clothes.



Location: MCC Arts & Crafts Room

Instructor: Fran Judycki

Fee: \$18 for residents / \$22 for non-residents

Code:	Time	Date
3030703-A1	6:00 - 7:15 PM	Thursday, Oct. 20 (1 class)

Program Information &  
Cancellation Hotline:  
860-665-8686



## Penguins and Polar Bears Art-Ventures with Let's Gogh Art

Grades K - 5

Embark upon a journey through the Arctic and Antarctic regions to learn about the captivating lives of penguins, polar bears, and other cold weather creatures. Participants will sculpt clay polar bears and penguin reliefs, build sand castle lighthouses, paint a shark or fish on stretched canvas, design hats as colorful as the Northern Lights and transform plan t-shirts into oceans teeming with creatures. We will explore the art of decoupage, collage, stained glass and so much more while learning fun facts about endangered species and the importance of being kind to our earth and species.

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 provide 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: \$109 for residents / \$129 for non-residents



Code:	Time	Dates
3030709-A1	4:30 - 5:30 PM	Wednesdays, October 5 - December 7 (8 classes, no class 10/12, 11/23)

## Gingerbread House Workshop

Grades K - 5

Decorate your very own special holiday gingerbread house, without having to worry about the mess! Create a holiday memory that stands out with all the season's colors. Gingerbread house kits will be supplied, and houses are pre-assembled and ready to be decorated with provided assorted candies, crackers, and cereal. Parents are welcome to stay and help! All materials and supplies, including the gingerbread house kits, are included in the fee for this class.

Location: MCC Arts & Crafts Room

Instructor: Fran Judycki

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

Code:	Time	Dates
3030704-A1	6:30 - 7:30 PM	Tuesday, December 6 (1 class)
3030704-A2	6:30 - 7:30 PM	Thursday, December 8 (1 class)



## Tennis Lessons *Ages 7-12*

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. *\*Please note that participants must register by the Wednesday prior to the first day of the session.*

*Instructors: Newington Tennis Center Staff*

*Location: Newington Tennis Center, 60 Prospect Street*

*Fee: \$99 per session / Fee remains the same for non-residents*

Code:	Time	Dates
3030301-A1	4:00 - 5:00 PM	Sundays, Sept. 11 - Oct. 16 (6 classes)
3030301-B1	4:00 - 5:00 PM	Sundays, Oct. 23 - Nov. 27 (6 classes)
3030301-C1	4:00 - 5:00 PM	Sundays, Dec. 4 - Jan. 22 (6 classes, no class 12/25, 1/1)

**\*No need to wait - register today for the session beginning September 11!\***

## Girls in Stride Running *For girls ages 6-14*

Imagine the thrill your daughter will feel as she crosses the finish line in her first race! This non-competitive training program is designed for all levels of runners. Help your daughter gain confidence, build self-esteem, and lead her to a path of health and fitness. Focus will be on using games and drills that make running fun, while also improving athletic performance for those who play other sports. As part of the program, the girls will be exposed to goal setting, journaling of training, nutrition, and mental preparation. This dynamite training program will prepare your daughter for Jamie's Run in Old Wethersfield on Sunday, October 30, 2016. The program fee includes a t-shirt and training journal. In case of inclement weather, the program will be held inside at the Mortensen Community Center Gymnasium. Race registration is not included in the program fee. For more information, please visit the Girls in Stride website: [www.girlsinstride.com](http://www.girlsinstride.com).

*Instructor: Girls in Stride Instructors*

*Location: Mill Pond Park (In case of inclement weather, program will be held indoors in Mortensen Community Center Gymnasium)*

Code:	Time	Date	Fee
3031001-A1	4:45 - 5:45 PM	Thursdays, Sept. 15 - Oct. 27 (7 weeks)	\$79 for residents \$89 for non-residents

## 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 a t-shirt. For the Parent and Tot class, children must be 2 years old when class begins to participate.

*Instructor: New England Gymnastics Express Staff*

*Location: New England Gymnastics Express  
136 Day Street, Newington*

*Fee: \$79 for residents / \$98 for non-residents*

Code:	Time	Dates
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### Parent and Tot: Ages 2 - 3 1/2 with Parent

3031002-A1	1:00 - 1:40 PM	Mondays, Sept. 26 - Nov. 7 (7 classes)
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### Beginner: Kindergarten - 2nd Grade

3031004-A1	6:00 - 6:45 PM	Tuesdays, Sept. 27 - Nov. 8 (7 classes)
3031004-B1	6:00 - 6:45 PM	Thursdays, Sept. 29 - Nov. 10 (7 classes)

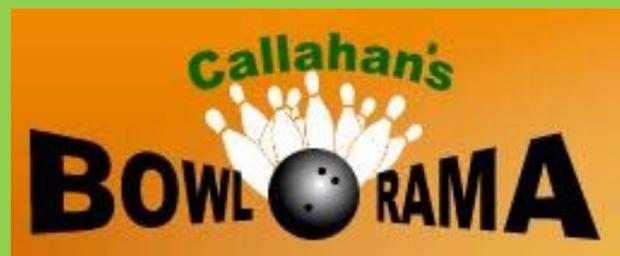
## Help Us Keep Our Programs Healthy

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.



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Fax: 860-666-1437  
Email: [bor59@sbcglobal.net](mailto:bor59@sbcglobal.net)

# Youth Basketball Programs...

## Youth Recreational Basketball

Grades K - 8

(Open to children who are Newington residents or attend Newington schools and are in Grades K-8)



The Parks and Recreation Department offers a Recreational Youth Basketball League during the winter months. Information will be distributed through the schools in early October.

**Volunteer coaches needed!** We are always looking for volunteers to coach boys and girls in Kindergarten through Grade 8.

See the box at right for our t-shirt design contest details!



## High School Recreational Basketball

Grades 9-12

(Open to Newington residents or students that attend Newington High School)



The Parks and Recreation Department offers a Recreational Basketball Program during the winter months. More information will be available on our website [www.newingtonct.gov/parksandrec](http://www.newingtonct.gov/parksandrec) in mid-November.

## 2016 - 2017 Youth Basketball T-Shirt Design Contest



The Newington Parks & Recreation Youth Basketball Program is having another T-Shirt Design Contest! 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, November 28<sup>th</sup>. The winner will receive free registration in our youth basketball program for the 2016-2017 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 Kindergarten through grade 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.

## Boys' Basketball Skills Clinic *Grades 3 - 8*

James Simmons, NHS Boys' Varsity Assistant Basketball Coach, is offering this basketball skills clinic which is designed for players who want to improve their individual and team skills while learning fundamentals, fitness and having fun! Topics include basic position, moving without the ball, shooting, ball handling, perimeter moves, post moves, defense, offense and rebounding, along with agility and conditioning drills.

Staff: James Simmons

Location: John Wallace Middle School

Fee: \$60 for residents / same for non-residents

Code:	Time	Dates
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### Boys Grades 3 - 5

3030404-A1 5:00 - 6:15 PM Thursdays, Sept. 15 - Oct. 20 (6 classes)

### Boys Grades 6 - 8

3030404-A2 6:20 - 7:35 PM Thursdays, Sept. 15 - Oct. 20 (6 classes)

## Girls' Basketball Skills Clinic *Grades 5 - 8*

Newington High School Girls' Varsity Basketball Coach Rick Bangs offers this basketball clinic designed for players who want to improve their individual and team skills while learning fundamentals, fitness and having fun. Topics include ball handling, shooting mechanics, defense and rebounding.

Staff: Rick Bangs

Location: John Wallace Middle School

Fee: \$60 for residents / same for non-residents

Code:	Time	Dates
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3030403-A1 5:30 - 6:30 PM Wednesdays, September 28 - October 26  
(4 classes, no program 10/12)

## Frequently Requested Contact Information

Basketball - Travel	(860) 997-3391
Basketball - Youth (Parks & Rec)	(860) 665-8666
Blackhawks Wrestling	(860) 916-9004
Board of Education	(860) 667-2000
Cheerleading - Youth	(860) 801-1738
Football - Youth	(860) 841-9673
Human Services Department	(860) 665-8590
Indian Hill Country Club	(860) 666-5447
Lacrosse - Youth	(860) 930-1990
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	<a href="http://www.NewingtonLL.com">www.NewingtonLL.com</a>
Newington Swim Club	<a href="http://www.NewingtonSwimming.com">www.NewingtonSwimming.com</a>
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) 462-8012
Special Olympics Newington	(860) 665-8773

## 7<sup>th</sup> & 8<sup>th</sup> Grade Dances

Dances are open to Newington students only. Includes DJ, music, supervision and dancing. Newington residents who do not attend Martin Kellogg or John Wallace Middle Schools must be signed in by a parent or guardian with proof of Newington residency- there are absolutely no exceptions. **No backpacks and no re-entry once admitted.** Newington School dress code applies, 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 and snacks will be available for sale, so it is recommended students bring a few extra dollars. Dances are held from 7:00 - 10:00 PM at the Mortensen Community Center Gymnasium.

## SAVE THE DATES FOR THESE 2016-2017 SCHOOL YEAR DANCES:

**Friday, October 21, 2016**  
**Friday, January 27, 2017**  
**Friday, March 17, 2017**



## Help Wanted: Youth Basketball Referees

We are now accepting applications for Youth Basketball Referees for the upcoming basketball season. Applicants should have basketball knowledge and an ability to referee. Rate of pay starts at \$10.10 per hour and is dependent on experience. Referees will be expected to work on Saturdays from mid-December through mid-March. Candidates wishing to be considered for this position must complete and submit a Town of Newington application, available on the Town of Newington website ([www.newingtonct.gov](http://www.newingtonct.gov)) or in the Parks and Recreation office. Apply today! Applications will be accepted in the Parks and Recreation office until Friday, November 4, 2016.

## 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 for residents / \$60 per hour for non-residents. An additional \$25 security deposit is required at the time your reservation is made. Reservations must be made a minimum of one week in advance, but for best availability we recommend as much notice as possible.  
Limit: 30 guests.



## Middle School Teen Center *Grades 5 - 8*

*Fridays, November 4<sup>th</sup>, 2016 - April 7<sup>th</sup>, 2017*  
6:00 - 8:00 PM

Our Teen Center program provides a safe and fun environment to Newington students in grades 5 - 8. 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 participate in the Teen Center Program, a Teen Center Registration Form must be filled out and signed by a parent or guardian. Participants will only pay the nightly fee of \$5.00. The Teen Center will be closed on 11/11/16, 11/25/16, 12/23/16, 1/27/17, 2/24/17 and 3/17/17. Other closings may occur and signs will be posted. The Teen Center may close early on evenings when less than 10 participants attend - refunds will not be given if this occurs. Teen Center Registration Forms can be found online at [www.newingtonct.gov/parksandrec](http://www.newingtonct.gov/parksandrec). Please contact Newington Parks & Recreation for details about any of our Teen Center programs at 860-665-8666.

## High School Open Gym *Grades 9 - 12*

*Fridays, November 4<sup>th</sup>, 2016 - April 7<sup>th</sup>, 2017*  
8:00 - 10:00 PM

High School Open Gym is an opportunity for Newington Students in grades 9 - 12 to use the Mortensen Community Center Gymnasium to play basketball and other sports in a safe, drug and alcohol free environment. Open Gym is open to Newington residents and those attending Newington schools. To participate in the Open Gym program, an activity registration form must be filled out and signed by a parent or guardian and participants are also required to bring their current school ID. All participants must also sign and agree to a Participant Code of Conduct Agreement. Once registered for the program, participants will only pay the nightly fee of \$5.00. Admittance will not be permitted without proper registration and identification. Open Gym will be closed 11/11/16, 11/25/16, 12/23/16, 1/27/17, 2/24/17 and 3/17/17. Other closings may occur and signs will be posted. Open Gym may close early on evenings when less than 10 participants attend - refunds will not be given if this occurs.

# Adult Sports and Fitness...

## 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. This is an unsupervised free-play program.

*Location: Mortensen Community Center  
Gymnasium*

*Fee: \$50 for residents  
\$60 for non-residents*

Code:	Time	Dates
3040301-A1	7:30 - 9:45 PM	Wednesdays, Oct. 5 - Jan. 18 <i>(14 weeks, no program 11/16, 12/28)</i>



## Men's Freeplay Basketball

*For Ages 18 & Up*

Here's your chance to get out and play some pick-up basketball games. It's a great way to have fun and stay in shape. No referees.

*Location: Mortensen Community Center  
Gymnasium*

*Fee: \$50 for residents / \$60 for non-residents*

Code:	Time	Dates
3040402-A1	7:00 - 9:00 PM	Mondays, Nov. 14 - March 13 <i>(15 weeks, no program 12/26, 1/16, 2/27)</i>

## Women's Volleyball League

*For Ages 18 & Up*

Join our Women's Volleyball League! If you are interested in getting a team in the league or playing on an existing team, please contact the Parks and Recreation office by September 11th by email to [kgallicchio@newingtonct.gov](mailto:kgallicchio@newingtonct.gov).

The season runs from October until mid-March. There will be open play on Tuesday, October 4<sup>th</sup> and league play starts on Tuesday, October 11<sup>th</sup>.



*Supervisor: Anna Dipierro*

*Location: Martin Kellogg Middle School  
Gymnasium*

*Fee: \$200 per team*

Time	Dates
6:45 - 9:00 PM	Tuesdays, Oct. 4 - March 7 <i>(no program 11/8, 12/27 or 2/21)</i>

## Men's Basketball League

*For Ages 18 & Up*

Interested in playing in an organized basketball league? Newington Parks and Recreation offers a Men's Basketball league that runs from mid-November through early April (Thursday nights and Sundays). The league consists of approximately 18 teams, and players must live in Newington to play. League fees are approximately \$1,000 per team. Teams that participated in the league last season need to contact the Parks and Recreation office by September 23<sup>rd</sup>, if interested in returning. After that date, new (eligible) teams will be considered for participation in the league. If you are interested in getting a team in the league or playing on an existing team, please contact the Parks and Recreation office by email at [kgallicchio@newingtonct.gov](mailto:kgallicchio@newingtonct.gov).



## Youth Basketball Volunteer Coaches Needed!

Interested in coaching your son or daughter, or even your younger brother or sister? The coaching commitment during the Recreational Youth Basketball season is just a few hours per week, and we are always looking for volunteers to coach boys and girls in Kindergarten through Grade 8. More information will be provided in the Youth Basketball Registration flyer that will be distributed throughout the schools in October, and will also be available on our website:

[www.newingtonct.gov/parksandrec](http://www.newingtonct.gov/parksandrec).



## Insanity® Live!

You may have seen commercials for the Insanity® program on TV... this is your chance to try it LIVE with a certified instructor! Insanity® LIVE is challenging, group-focused athletic training, cardio conditioning, and total-body strength drills, designed for people of all levels. The moves are easy to follow and can be modified so each person can work up to their own best level. Participants should bring water, a towel, and an exercise mat as there are moves that are done on the floor.

*Instructor: Karolyn Maloney*

*Location: Senior & Disabled Center Auditorium*

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



Code:	Time	Dates
3041011-A1	6:15 - 7:10 PM	Mondays, September 26 - Dec. 12 <i>(10 classes, no class 10/10, 11/14)</i>

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

## Sketch & Paint - The Still Life

An excellent course for beginners and experienced artists. We will work from real-life objects set up under the proper lighting situation. Choose the media you wish to work with - graphite, colored pencil, pastel, watercolor or oil. Learn how to achieve the fundamental skills of composition, value, color and texture. All skills will be explained and demonstrated. This course is a fun opportunity to learn and enhance your skills while completing your own original still-life sketch or painting. Wearing a smock or old clothes is suggested. Please call the Parks and Recreation Department at 860-665-8666 for a supply list prior to the first class.

*Instructor: Fran Judycki*

*Location: Senior & Disabled Center Arts & Crafts Room*

*Fee: \$30 for residents / \$37 for non-residents*

Code:	Time	Dates
3040803-A1	6:00 - 7:30 PM	Mondays, Sept. 26 - Oct. 24 (4 classes, no class 10/10)

## 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: \$62 for residents / \$78 for non-residents*

Code:	Time	Dates
3041003-A1	5:30 - 6:30 PM	Mondays, Sept. 26 - Dec. 12 (11 classes, no class 10/10)

## 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!**

## 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*

Code:	Time	Dates	Fee:
3040701-A1	5:30 - 6:30 PM	Mondays, Sept. 26 - Dec. 5 (10 classes, no 10/10)	\$70 for residents \$88 for non-residents

## Ballroom Dancing

Learn to dance for any occasion! Feel confident and have fun at parties, weddings and other events. This is a great way to have a 'date' with your partner or make new friends. Dancing will keep you energized and fit. In this session you will learn the Foxtrot, Swing, Salsa and slow dance from a professional dance teacher. No partner is required. Please wear comfortable shoes with a smooth sole.

*Instructor: Wendy Nielsen*

*Location: Senior & Disabled Center Ceramics Room*

Code:	Time	Dates	Fee:
3040702-A1	6:30 - 7:30 PM	Mondays, Sept. 26 - Dec. 5 (10 classes, no class 10/10)	\$70 for residents \$88 for non-residents

## 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 for residents and \$60 per hour for non-residents.

Reservations must be made a minimum of one week in advance, but for best availability we recommend as much notice as possible.

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



# Adult Fitness...

## 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. This class will give you an intense workout, but is open to all fitness levels.

*Instructor: Laura Campbell*

*Location: Mortensen Community Center Gymnasium*

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

Code:	Time	Dates
3041004-A1	5:45 - 6:45 PM	Tuesdays, Oct. 4 - Dec. 13 (10 classes, no class 11/8)

### 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.

Thank you for your cooperation!

## 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: \$48 for residents / \$60 for non-residents*

*Thursdays: \$44 for residents / \$55 for non-residents*

**Register for both classes and SAVE \$5!**

**Residents: \$87 / Non-Residents: \$110**

Code:	Time	Dates
3041009-A1	9:15 - 10:15 AM	Tuesdays, Sept. 27 - Dec. 13 (12 classes)
3041009-B1	9:15 - 10:15 AM	Thursdays, Sept. 29 - Dec. 15 (11 classes, no class 11/24)

## 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 is a popular way to exercise!



*Instructor: Mondays - Cristina Tsombanos*

*Wednesdays & Thursdays - Mary Woods*

*Location: All classes held at Senior & Disabled Center Auditorium, except class on Thursday, 11/17 will be held at Mortensen Community Center Gymnasium*

Code:	Dates	Time	Fee:
3041007-A1	Mondays, Sept. 26 - Dec. 12 (11 classes, no class 10/10)	5:00 - 6:00 PM	\$55 for residents \$68 for non-residents
3041007-B1	Wednesdays, Oct. 5 - Dec. 14 (9 classes, no class 10/26, 11/23)	5:15 - 6:15 PM	\$45 for residents \$56 for non-residents
3041007-C1	Thursdays, Sept. 29 - Dec. 15 (11 classes, no class 11/24)	5:30 - 6:30 PM	\$55 for residents \$68 for non-residents

## 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. Participants should bring a set of hand weights.

*Instructor: Laura Campbell*

*Location: Senior & Disabled Center Auditorium*

Code:	Time	Dates	Fee
3041010-A1	6:30 - 7:30 PM	Wednesdays, Oct. 5 - Dec. 14 (10 classes, no class 11/23)	\$40 for residents \$50 for non-residents

### 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!**

# Adult Yoga and Pilates Classes...

## Beginner Yoga

If you've been wondering how yoga might support you in your life, this is the class for you! We'll start at the very beginning, giving detailed descriptions of poses and breathing techniques, so that you can experience the many benefits of yoga for yourself. Among these are: reduced stress, greater flexibility, improved balance, increased concentration and a greater sense of overall well-being. Non-beginners who are comfortable with a slower pace are welcome also! Sticky yoga mats are required and yoga blankets are highly recommended.

*Instructor: Cynthia Wolcott*

*Location: Mortensen Community Center Romano Room*

Code:	Time	Dates	Fee
3041001-B1	5:45 - 7:00 PM	Thursdays, Sept. 29 - Dec. 8 (10 classes, no class 11/24)	\$60 for residents \$75 for non-residents

## Total Barre

Total Barre is a unique total body workout that focuses on small, controlled movements combined with low-impact but heart-pumping bursts of leg work 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! You'll be targeting every muscle in the body. A challenging, safe and effective workout set to dynamic music using props such as balls and bands. Please bring a mat, water and 1 to 3 lb handweights.

*Instructor: Monday class: Ashley Ganon, Personal Euphoria staff*

*Wednesday class: Jess Tucker, Personal Euphoria staff*

*Location: Senior & Disabled Center Rooms A & B*

*Fee: Mondays: \$70 for residents / \$87 for non-residents*

*Wednesdays: \$77 for residents / \$96 for non-residents*

Code:	Time	Dates
3041006-A1	5:45 - 6:30 PM	Mondays, Sept. 26 - Dec. 12 (10 classes, no class 10/10, 10/31)
3041006-B1	6:30 - 7:15 PM	Wednesdays, Sept. 28 - Dec. 14 (11 classes, no class 11/23)

## Mixed Levels 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.

*Instructor: Jess Tucker, Personal Euphoria staff*

*Location: Senior & Disabled Center Rooms A & B*

*Fee: Residents: \$77 / Non-Residents: \$96*

Code:	Time	Dates
3041002-A1	5:45 - 6:30 PM	Wednesdays, Sept. 28 - Dec. 14 (11 classes, no class 11/23)

## Yoga for Well Being

This class is appropriate for all ages and levels of fitness. It is an easeful practice consisting of highly effective gentle movement and breath to strengthen both awareness and physical function, a relaxing and rejuvenating gift for ourselves that erases the daily effects of stress and grounds us in our divine presence. Please bring a yoga mat.

*Instructor: Karen Sevenoff*

*Location: Mortensen Community Center Romano Room*

*Fee: \$66 for residents / \$82 for non-residents*

Code:	Time	Dates
3041001-A1	5:30 - 6:45 PM	Wednesdays, Sept. 28 - Dec. 14 (11 classes, no class 11/23)

## Gentle Yoga

This is a very gentle yoga class with a focus on awareness, alignment and breathing as well as stretching and strengthening - suitable for anyone who wants to practice very gently: seniors, people recovering from illness, or others who want an easeful practice. Great for reducing stress and increasing awareness. Each class will begin and end with a brief meditation. Please bring a sticky mat to each class.

*Instructor: Cynthia Wolcott*

*Location: Mortensen Community Center Romano Room*

*Fee: Tuesdays: \$58 for residents / \$72 for non-residents*

*Thursdays: \$53 for residents / \$66 for non-residents*

Code:	Time	Dates
3050404-A1	10:00 - 11:00 AM	Tuesdays, Sept. 27 - Dec. 6 (11 classes)
3050404-B1	10:00 - 11:00 AM	Thursdays, Sept. 29 - Dec. 8 (10 classes, no class 11/24)

## Core Strength Training

This functionally fun class provides a complete workout that will help tone and reshape your body. You will use light weights, bands and your own body weight to improve strength, flexibility, balance and stamina to sculpt and tone. Participants should bring a yoga mat, water, and light weights.

*Instructor: Ashley Ganon, Personal Euphoria staff*

*Location: Senior & Disabled Center Rooms A & B*

*Fee: \$70 for residents / \$87 for non-residents*

Code:	Time	Dates
3041005-A1	6:30 - 7:15 PM	Mondays, Sept. 26 - Dec. 12 (10 classes, no class 10/10, 10/31)

## Gentle Yoga

This is a very gentle yoga class with a focus on awareness, alignment and breathing as well as stretching and strengthening - suitable for anyone who wants to practice very gently: seniors, people recovering from illness, or others who want an easeful practice. Great for reducing stress and increasing awareness. Each class will begin and end with a brief meditation. Please bring a sticky mat to each class.

*Instructor: Cynthia Wolcott*

*Location: Mortensen Community Center Romano Room*

*Fee: Tuesdays: \$58 for residents / \$72 for non-residents  
Thursdays: \$53 for residents / \$66 for non-residents*

Code:	Time	Dates
3050404-A1	10:00 - 11:00 AM	Tuesdays, Sept. 27 - Dec. 6 (11 classes)
3050404-B1	10:00 - 11:00 AM	Thursdays, Sept. 29 - Dec. 8 (10 classes, no class 11/24)

### Attention Class Participants:

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Thank you for your cooperation!

### Reasons to Register Early!

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

**Please Register Early!**

## 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. Its gentleness is especially suitable for the elderly and people rehabilitating from illness or accident.

*Instructor: Ken Zaborowski*

*Location: Senior & Disabled Center Auditorium*

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

Code:	Class	Time	Dates
3050403-A1	Beginners	9:00 - 9:45 AM	Mondays, Sept. 26 - Dec. 12
3050403-A2	Intermediates	10:00 - 10:45 AM	(11 classes, no class 10/10)

## Oil Painting - Impressionism, Realism, Modern

This course is designed for beginners through advanced. Choose from the painting style that excites you - Impressionism, Realism or Modern. Learn the basic ingredients for a successful painting including value, color mixing, composition, brush strokes, texture, and much more. All will be explained and demonstrated. Returning students may continue with their own projects, but will also participate in short class exercises. Please call the Parks & Recreation Department at 860-665-8666 for a supply list prior to the first class of the session. Wearing a smock or old clothes is suggested.



*Instructor: Fran Judycki*

*Location: Senior & Disabled Center Arts & Crafts Room*

*Fee: \$88 for residents / \$110 for non-residents*

Code:	Time	Dates
3050201-A1	9:15 - 11:45 AM	Tuesdays, October 4 - December 6 (10 classes)

## Line Dancing for Older Adults

Learn line dancing from a professional dance teacher. If you have trouble 'picking up' line dances in a dance hall or group, then this class will help you sort through the steps and learn the latest and most popular line dances quickly and easily. The dances are explained and we make sure no one is left behind! 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*

Code:	Time	Dates
3050101-A1	10:00 AM - 11:00 AM	Fridays, Sept. 30 - Oct. 28 (5 classes)
3050101-B1	10:00 AM - 11:00 AM	Fridays, Nov. 4 - Dec. 16 (5 classes, no class 11/11, 11/25)

# Programs for Older Adults...

## Fun-n-Fitness

An invigorating class that gets you off on 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: \$42 for residents / \$52 for non-residents

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

*Register for both classes and SAVE \$5!  
Residents: \$76 / Non-Residents: \$96*

Code:	Time	Dates
3050401-A1	10:20 - 11:20 AM	Tuesdays, Sept. 27 - Dec. 13 (12 classes)
3050401-B1	10:20 - 11:20 AM	Thursdays, Sept. 29 - Dec. 15 (11 classes, no class 11/24)

## Indoor Walking

at Mortensen Community Center

**Tuesdays, Wednesdays, Thursdays and Fridays\***  
**8:30 - 10:30 AM**

(Not available on Monday mornings)

**FREE**

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

The Mortensen Community Center Gymnasium will be open for walkers on weekday mornings throughout the Fall, Winter and Spring. All walkers must pre-register for this program. Registration is accepted at the Parks & Recreation office during our normal business hours, Monday through Friday from 8:30 a.m. - 4:30 p.m. Walkers should carry an ID with them at all times. To help us keep the gym floor clean and safe for everyone during the winter months, we ask that walkers wear an alternate pair of shoes or boots outside, and carry walking sneakers in. This will help cut down on the amount of salt, sand and snow tracked indoors.

Walking is a healthy way to exercise and may help you maintain a healthy weight and reduce your risk of some diseases. Just 18 laps around the full gymnasium equals a mile! Bring a friend!



*\*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.*

## Zumba Gold

A perfect class for active older adults - or anyone who is looking for a modified class that recreates the original Zumba moves at a lower intensity. The class introduces easy-to-follow choreography that focuses on balance, motion, and coordination. It will also burn calories, increase metabolism, relieve stress, and probably be the most fun 45 minutes of your day! You and your new Zumba friends will enjoy rhythms such as Salsa, Merengue, Cha-Cha, Swing, and more! Participants should wear comfortable clothing and appropriate footwear for a dance/exercise class and bring water. Come ready to sweat and expect to leave empowered and strong!



Instructor: Mary Woods

Location: Monday class held at Mortensen Community Center Gymnasium

Friday class held Senior & Disabled Center Auditorium EXCEPT classes on 10/28 and 11/18 at Mortensen Community Center Gymnasium.

Fee: Monday class: \$44 for residents / \$50 for non-residents

Friday class: \$36 for residents / \$45 for non-residents

Code:	Time	Dates
3050402-A1	9:00 - 9:45 AM	Mondays, Sept. 26 - Dec. 12 (11 classes, no class 10/10)
3050402-B1	10:00 - 10:45 AM	Fridays, Sept. 30 - Dec. 9 (9 classes, no class 11/11, 11/25)

## 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 register at the Senior & Disabled Center main office.** Registration is no longer accepted by the Parks and Recreation Department. *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

Dates	Time
Tuesday, September 13	11:30 - 1:30 PM
Tuesday, October 11	11:30 - 1:30 PM
Tuesday, November 8	11:30 - 1:30 PM
Tuesday, December 6	11:30 - 1:30 PM



Fitness Center at the Senior & Disabled Center

35<sup>th</sup> Annual Life. Be in it.  
**Extravaganza**

**Platinum Sponsor**



35<sup>th</sup> Annual Life. Be in it.  
**Extravaganza**

**Platinum Sponsor**

**MDC**



35<sup>th</sup> Annual Life. Be in it.  
**Extravaganza**

**Gold Sponsor**

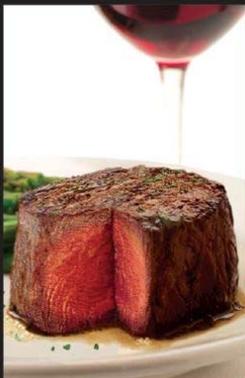


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Contact us today to get your company's name in front of all Newington residents, while supporting the Parks and Recreation Department.

For more information, please call 860-665-8666 or visit [www.newingtonct.gov/parksandrec](http://www.newingtonct.gov/parksandrec) and click on 'Seasonal Program Guides'.



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**SERVED**  
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