

NEWINGTON PARKS AND RECREATION

Building A Strong Community



Spring 2016

Music Together is a popular class for children ages newborn to 5 years. See page 10 for more information.

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



Fishing Derby



Touch a Truck



Toddler Programs



Swim Lessons

RESIDENTS: Registration Begins March 4th

NON-RESIDENTS: Registration Begins March 18th

 **TotalVision** 860.666.7053
www.EyeCareCT.com



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.

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
Facebook: 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
Michelle Ball, Program Coordinator / Aquatics Director
Donna Allen, Administrative Secretary
Linda Cruff, Administrative Secretary
Mike Hadvab, Parks and Grounds Supervisor

Somewhere in this program guide is an April Fools Program! The first resident to call the Parks and Recreation office and correctly identify the program will receive \$25 off any program fee!



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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 may be available after hours.

Upcoming Program Guide

The Summer 2016 Program Guide will be distributed to Newington residents in the May issue of the Newington Life.

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.

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, playgrounds, youth basketball 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 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 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.

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.

Special Thanks

Thank you to our event sponsors, business partners and advertisers who are helping us to Build a Strong Community. For the Spring 2016 season, that includes: TotalVision, Go Ape, Ruth's Chris Steak House, Callahan's Bowl-O-Rama, Wave Car Wash, LLC, Haymond Law, Geico Local Office Newington, Connecticut Cruise News, The MDC, Trout Unlimited, and HE-Energy Solutions, LLC. We thank you for your support!

Facility Rentals...



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.



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 those 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.

For more information, please call 860-665-8666.



Kellogg-Eddy House Rentals

The Kellogg-Eddy house is a historic home built in 1808, and is located at 679 Willard Ave. Available space for rentals includes the main meeting room which seats up to 50 people, a dining room which has a table with seating for up to 8 people, and a solarium which seats 6 - 12 people. For fees and other information, please call 860-665-8666.



Community Gardens

The Community Gardens are located next to the Young Farm property at 282 Church Street. Plot sizes are 20 x 20 feet, and will be roto-tilled and marked. Community Gardens are open to Newington residents only. Please visit our website at www.NewingtonCT.gov/parksandrec for rules and regulations governing the gardens. The date of planting will be dependent on soil and weather conditions, but is anticipated to be mid-spring. Water will be available; please bring your own containers. The fee for each garden plot is \$25.00. Registration is held at the Parks & Recreation Office in Town Hall.

Returning gardeners may reserve their plot any time on or before Thursday, March 31, 2016
Registration for new gardeners begins Friday, April 1, 2016 at 9:00 a.m. (upon availability).



Churchill Park Picnic Reservations

The Newington Parks & Recreation Department has reserved areas at Churchill Park available for rental. Reservations for summer bookings will begin **Wednesday, March 2, 2016 at 9:00 a.m.** at the Parks & Recreation office. Picnic reservations are limited to Newington residents, families, organizations and businesses on a first-come, first-served basis. Please note that we are unable to issue refunds once a picnic area is reserved. The reservation form to reserve picnic areas is available online at www.newingtonct.gov/parksandrec. Sports equipment will also be available to reserve; please see the reservation form for details.



UPPER SITE

\$35/day

Open space that can accommodate 40 people and includes tables and a grill.



LOWER PAVILION

\$60/day

Covered shelter that accommodates 60 people and includes electricity, tables and a grill.



MIDDLE PAVILION

\$90/day

Large covered shelter that can accommodate 150 people and includes electricity, tables and a grill.

Community Events...



Family Fishing Derby

Saturday, April 23, 9:00 a.m. - 12:00 noon at Mill Pond Park Pond

The Family Fishing Derby is open to boys and girls ages 3 through 15 years old. The event will be held from 9:00 a.m. - 12:00 noon and is sponsored by Newington Parks & Recreation, Trout Unlimited, and The MDC. Bring your whole family to participate in this wonderful springtime event. All children must be accompanied by a parent or guardian. In case of inclement weather, please call our program hotline at 860-665-8686. You must provide your own fishing equipment. This event is FREE!



Haymond Law

Motorcycle Madness

Thursday, May 19, 5:30 - 8:30 p.m. at Mill Pond Park

GEICO
Local Office
860-667-0877

Connecticut Cruise NEWS
The Northeast's Number One Car & Motorcycle Events Publication
www.ctcruisenews.com



All motorcycles are welcome - \$5 for general admission or \$10 for contest entry - all proceeds to support the Extravaganza fireworks! Spectators are free. This event will feature live music featuring 'In The Groove', food trucks, beer tent, contests and of course, checking out other bikes! Sponsored by Haymond Law, Geico and CT Cruise News. More information is available on our website www.newingtonct.gov/parksandrec.



Data-Mail, Inc. Summer Concert Series at Mill Pond Park

Newington Parks and Recreation Department presents the 2016 Summer Concert Series sponsored by Data-Mail, Inc. The concerts are held at the new Mill Pond Park Pavilion. Join us for the 24th season and bring a picnic dinner, lawn chair or blanket and enjoy the music outdoors. Concerts are held on Thursday nights, with the exception of a Friday night concert on the eve of Newington's Extravaganza! Please call our program hotline at 860-665-8686 if the weather is inclement.

2016 Concert Schedule

- | | |
|--|---|
| <ul style="list-style-type: none"> 🎵 May 19 - 'In the Groove' (Motorcycle Madness event) 🎵 June 2 - TBD 🎵 June 9 - TBD (Children's music) 🎵 June 16 - 'Jock-in-the-Box' (End of the School Year DJ Party) 🎵 June 23 - TBD 🎵 June 30 - 'Southern Voice' (Country night) | <ul style="list-style-type: none"> 🎵 July 7 - 'Simply Swing' (Big Band music) 🎵 July 15 - 'LaTanya Farrell & the Bookmen Styles Band' (Kickoff to the 35th Annual Extravaganza) 🎵 July 21 - 'The Daily Planet' (ADA Anniversary Celebration) 🎵 July 28 - 'The Wooden Horse' (Tribute to Crosby, Stills, Nash and Young) 🎵 August 4 and 11 - Rain Dates |
|--|---|



Touch-a-Truck

Saturday, June 18, 10:00 a.m. - 12:00 noon in Library/Town Hall Parking Lots

Held in conjunction with the Lucy Robbins Welles Library Kickoff to Summer Reading, this is an event for the whole family! This is a hands-on event where kids young and old can touch, honk horns and climb on the vehicles we will have on display. Vehicles on display may include a Back Hoe, Fire Truck, Pay Loader, Dump Truck, Deck Mower, Police Cruiser, Medical Ambulance and more! No registration is required. This event is FREE!



35th Annual Extravaganza

Saturday, July 16 at Mill Pond Park

Save the date for the 2016 Extravaganza, which may be the largest and most fun-filled Extravaganza in its history! Help us raise money for a louder, longer and larger fireworks show by scheduling a Home Energy Assessment with HE-Energy Solutions, LLC, who will donate \$50 to the fireworks on your behalf! For more information, please call the Parks and Recreation office at 860-665-8666 or visit us online at www.newingtonct.gov/parksandrec.



Promote YOUR Community Event on the Parks and Recreation Department's Sign Boards or Market Square Banner!

We are now accepting 2016 reservations for both community sign boards as well as the Market Square banner. The sign boards and banner are for use by Newington civic or non-profit organizations only; businesses are not eligible. Sign board reservations are available for a period of one week per event at either the Town Green or CVS location, and it is the organization's responsibility to install and remove the sign. Banner reservations are for a period of two consecutive weeks per event, and will be installed and removed by Parks and Grounds Department staff. There is no charge to make a reservation, but organizations must have their event approved, and must provide their own signs or banners. For more information or to make a reservation, please call 860-665-8666.

Aquatics...

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 2015 pool pass for the 2015-2016 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 below). Children under 13 must be accompanied by an adult.

Time: 7:00 PM - 8:45 PM
Dates: Mondays, Wednesdays & Fridays, Sept. 28, 2015 - June 3, 2016 *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+)

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.

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



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)**

| Code: | Class | Time | Dates |
|---|-------------------|-------------|--|
| 1060501-B4 | Beginner | 7-7:30 p.m. | Wednesdays, March 16 - April 6 (4 classes) |
| <i>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.</i> | | | |
| 1060501-D4 | Advanced Beginner | 7-7:30 p.m. | Wednesdays, April 20 - May 11 (4 classes) |
| <i>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.</i> | | | |

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 on July 20, 2016, October 20, 2016 and January 20, 2017.
- If you choose to pay in full, balance of payment is required in full by July 20, 2016.
- 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.

Join us at an Open House

Check out our classroom and meet our teachers!

Tuesday, March 1, 2016
6:00 - 7:00pm

Held at our classroom
Creative Playtime Preschool
1075 Main Street, Lower Level
Parking available in rear by OFI.

Use parking lot entrance off Garfield Street.



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

Please call 860-665-8666 for more information!

Ask about our Flex Day Program!!

Creative Playtime Preschool Program

Our convenient program schedule allows you to register only for the times and days that you choose. You can register for one day per week or all five! Choose the morning or afternoon program, or register your child for our full day program. We also offer a Flex Day program, which gives you the opportunity to sign your child up for an additional program when you need extra care.



Our affordable fees make our program a great value. Creative Playtime Preschool is an economical choice that provides an enriching, nurturing and stimulating environment for children to learn, socialize and play.

DAILY PROGRAM SCHEDULE

Morning Program 9:30 - 11:45 a.m.

9:30 - 10:30 a.m. Teacher-directed projects, snack time and free-play activities (dramatic play, puzzles, blocks, fine and gross motor activities).

10:30 - 11:00 a.m. Clean-up time, calendar, weather check, pledge to the flag, theme of the day and teacher-directed learning.

11:00 - 11:45 a.m. Story time and outdoor play.

Afternoon Program 12:15 - 2:30 p.m.

12:15 - 1:15 p.m. Teacher-directed projects, snack time and free-play activities (dramatic play, puzzles, blocks, fine and gross motor activities).

1:15 - 1:45 p.m. Clean-up time, calendar, weather check, pledge to the flag, theme of the day and teacher-directed learning.

1:45 - 2:30 p.m. Story time and outdoor play.

Full Day Program 9:30 a.m. - 2:30 p.m.

This option combines the morning and afternoon programs and includes our lunch bunch program, a supervised 30 minute lunch period.

Please send your child with a healthy, nut-free and nut oil-free lunch.

2016 - 2017 PROGRAM DATES

- **Mondays: September 12th - May 22nd** (no class 10/3, 10/10, 12/26, 1/2, 1/16, 2/20, 4/10)
- **Tuesdays: September 13th - May 30th** (no class 12/27, 2/21, 4/11)
- **Wednesdays: September 7th - May 31st** (no class 10/12, 11/23, 12/28, 4/12)
- **Thursdays: September 8th - June 1st** (no class 11/24, 12/29, 4/13)
- **Fridays: September 9th - June 2nd** (no class 11/11, 11/25, 12/23, 12/30, 2/17, 4/14)

2016 - 2017 PROGRAM FEES

| ID: | DAYS | FEES | 25% Deposit Due at Time of Registration (Non-Refundable) | |
|--------------|-----------------------|-----------------------|--|---|
| 10824 | Monday Mornings | \$438.75 (30 classes) | \$109.69 | Mondays Full Day \$975.00 Deposit: \$243.75 |
| 10825 | Monday Lunch Bunch | \$ 97.50 (30 classes) | \$ 24.38 | |
| 10826 | Monday Afternoons | \$438.75 (30 classes) | \$109.69 | |
| 10827 | Tuesday Mornings | \$511.89 (35 classes) | \$127.97 | Tuesdays Full Day \$1,137.50 Deposit: \$284.38 |
| 10828 | Tuesday Lunch Bunch | \$113.75 (35 classes) | \$ 28.44 | |
| 10829 | Tuesday Afternoons | \$511.89 (35 classes) | \$127.97 | |
| 10830 | Wednesday Mornings | \$511.89 (35 classes) | \$127.97 | Wednesdays Full Day \$1,137.50 Deposit: \$284.38 |
| 10831 | Wednesday Lunch Bunch | \$113.75 (35 classes) | \$ 28.44 | |
| 10832 | Wednesday Afternoons | \$511.89 (35 classes) | \$127.97 | |
| 10833 | Thursday Mornings | \$526.50 (36 classes) | \$131.63 | Thursdays Full Day \$1,170.00 Deposit: \$292.50 |
| 10834 | Thursday Lunch Bunch | \$117.00 (36 classes) | \$ 29.25 | |
| 10835 | Thursday Afternoons | \$526.50 (36 classes) | \$131.63 | |
| 10836 | Friday Mornings | \$482.63 (33 classes) | \$120.66 | Fridays Full Day \$1,072.51 Deposit: \$268.13 |
| 10837 | Friday Lunch Bunch | \$107.25 (33 classes) | \$ 26.81 | |
| 10838 | Friday Afternoon | \$482.63 (33 classes) | \$120.66 | |



Full Day Savings! Save up to \$400!!

Register your child for one full day and receive \$100 off your total tuition bill for each additional full day your child is registered for! Up to \$400 discount applied available per child. Child must be registered prior to the beginning of the school year. Register for:

- *Two full days—receive \$100 off your total tuition bill
- *Three full days—receive \$200 off your total tuition bill

- *Four full days—receive \$300 off your total tuition bill
- *Five full days—receive \$400 off your total tuition bill

Youth Programs...

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 - \$30 for residents / \$38 for non-residents

| Code: | Theme: | Time | Dates |
|------------|---------------|----------------|-------------------------------|
| 1020414-A1 | The Big Bunny | 5:30 - 7:00 PM | Thursday, April 7 (one class) |
| 1020414-B1 | Mother's Day | 5:30 - 7:00 PM | Tuesday, May 3 (one class) |
| 1020414-C1 | Father's Day | 5:30 - 7:00 PM | Monday, June 6 (one class) |

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 |
|------------|-------|--------------------------|----------------|--|
| 1030601-A1 | 2 - 4 | Ballet/Creative Movement | 1:15 - 2:00 PM | Saturdays, April 2 - May 28 (8 classes) (no class 5/21) |
| 1030603-A1 | 4 - 6 | Hip Hop | 2:00 - 2:45 PM | |
| 1030601-A2 | 2 - 4 | Ballet/Creative Movement | 2:45 - 3:30 PM | |
| 1030602-A1 | 5 - 8 | Ballet | 3:30 - 4:15 PM | |
| 1030601-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 |
|------------|------------------|---|
| 1030801-A1 | 4:30 - 5:15 PM | Tuesdays, March 29 - June 7 (10 classes, no class 4/12) |
| 1030801-B1 | 9:30 - 10:15 AM | Wednesdays, March 30 - June 8 (10 classes, no class 4/13) |
| 1030801-B2 | 10:30 - 11:15 AM | Wednesdays, March 30 - June 8 (10 classes, no class 4/13) |
| 1030801-C1 | 8:30 - 9:15 AM | Saturdays, April 2 - June 4 (10 classes) |
| 1030801-C2 | 9:30 - 10:15 AM | Saturdays, April 2 - June 4 (10 classes) |
| 1030801-C3 | 10:30 - 11:15 AM | Saturdays, April 2 - June 4 (10 classes) |

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 |
|------------|------------------|--|
| 1020311-A1 | 9:30 - 10:15 AM | Wednesdays, March 30 - May 25 (8 classes, no class 4/13) |
| 1020311-A2 | 10:30 - 11:15 AM | Wednesdays, March 30 - May 25 (8 classes, no class 4/13) |

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 |
|------------|------------------|---|
| 1020312-A1 | 9:30 - 10:15 AM | Mondays, March 28 - May 23 (8 classes, no class 4/11) |
| 1020312-A2 | 10:30 - 11:15 AM | Mondays, March 28 - May 23 (8 classes, no class 4/11) |

Youth Programs...

Children's Art Explorers

Grades K - 5



Each week provides a different opportunity to 'explore art' with endless imagination while using a wide variety of materials. Artists will create 3-D Spring swamp creatures, real or imaginary, that wiggle, creep or fly! Design hot air balloons and parachutes that will soar through the air, and paint colorful wizard masks, wands and more! Classes are designed to encourage creative thinking. 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 |
|------------|----------------|---|
| 1030707-A1 | 6:30 - 7:30 PM | Tuesdays, March 29 - April 26 (4 classes, no class 4/12) |

Children's Sculpture

Grades K - 5

Artists will create amazing realistic and abstract sculptures by investigating form, observing size, textures and shapes. Working with clay, yarn, wire, ribbon, sea shells, etc., to create fuzzy 3-D animals, color popping fish, abstract sea shell monsters and more. Students will expand their creative imaginations while having a blast! All supplies are provided. Children should wear a smock or old clothes.



Instructor: Fran Judycki

Location: MCC Arts & Crafts Room

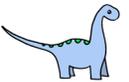
Fee: \$28 for residents / \$35 for non-residents

| Code: | Time | Dates |
|------------|----------------|--|
| 1030705-A1 | 6:30 - 7:30 PM | Thursdays, April 7 - May 5 (4 classes, no class 4/14) |

Children's Dinosaur Workshop

Grades K - 5

Wow! This workshop is jam-packed with fun! Participants will be working with unusual natural and man-made materials, some that shine and others that feel quite bumpy and different! Participants will create their very own landscape with dinosaurs roaming the earth, using their creative imagination to determine where on earth their dinosaur lives, the weather conditions and the season of the year. All supplies are provided. Children should wear a smock or old clothes.



Location: MCC Arts & Crafts Room

Instructor: Fran Judycki

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

| Code: | Time | Date |
|------------|----------------|--------------------------------|
| 1030706-A1 | 6:30 - 7:30 PM | Tuesday, May 10 (one class) |

APRIL VACATION PROGRAMS

Let's Gogh Art-Ventures

Grades K - 5

Let's Gogh Art is passionate about inspiring children to reach beyond and create art that is uniquely their own. Participants will learn about real artists, their vision of the world and the materials and techniques they use or used. Think about famous artists like Picasso, Matisse, van Gogh, Homer and more. During these art-packed mornings, participants will explore canvas art, painting, drawing, tie dying, decoupage, collage, stained glass, beading, sculpting, fabric art and more. Two or more treasured works of art are brought home each day.

Please send your child each day with a nut-free snack and a drink.

Instructor: Let's Gogh Art staff

Location: MCC Arts & Crafts Room

Fee per workshop: \$35 for residents / \$43 for non-residents



Magical Monsters & Colorful Skulls

Create your own silly or scary monster t-shirts. Design brightly colored ceramic skull banks inspired by Mexico's Dia De Los Muertos. Then draw fantastical landscapes featuring droopy buildings and floating staircases in the zany style of Dr. Seuss.

| Code: | Time | Date |
|------------|------------|------------------|
| 1030708-A1 | 9AM - 12PM | Monday, April 11 |

Spooky Kooky Creatures Fantasy Art

Design magical character hand puppets - like vampires, fairies, werewolves, or flying kittens - then create the scenery and perform a puppet show! Learn about mythological 'hybrid' creatures (like centaurs and mermaids) then mix and match to create your own hybrid creature. We'll also sculpt clay witches on real miniature broomsticks!

| Code: | Time | Date |
|------------|------------|-------------------|
| 1030708-B1 | 9AM - 12PM | Tuesday, April 12 |

Fire-Breathing Dragons & Shimmery Unicorns

Using a very magical technique, design enchanted (or haunted) castles on canvas. Paint ceramic dragon or unicorn banks and create fantastical drawings of a wizard's birthday party, where guests include mermaids, aliens, zombies, robots and more!

| Code: | Time | Date |
|------------|------------|---------------------|
| 1030708-C1 | 9AM - 12PM | Wednesday, April 13 |

Space Alien Art-vasion

Young Art-stronauts shoot for the stars in this outer space art-venture program! Sculpt wacky aliens with Model Magic clay, and build UFOs for them to fly around in. Learn about symmetry while creating alien drawings based on the letters of your name. Then get a little messy concocting glittery galaxy play dough!

| Code: | Time | Date |
|------------|------------|--------------------|
| 1030708-D1 | 9AM - 12PM | Thursday, April 14 |

Youth Programs...

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 |
|------------|----------------|---|
| 1030301-A1 | 4:00 - 5:00 PM | Sundays, March 6 - April 17 (6 classes, no class 3/27) |
| 1030301-B1 | 4:00 - 5:00 PM | Sundays, April 24 - June 12 (6 classes, no class 5/8, 5/29) |

No need to wait - register today for the session beginning March 6th!

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 dynamite training program will prepare your daughter for the Celebrate West Hartford 5K Road Race on Sunday, June 5, 2016. 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. **Program fee includes a t-shirt and training journal.** Race registration is **not** included in the program fee. For more information, visit 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 |
|------------|----------------|--|--|
| 1031001-A1 | 5:00 - 6:00 PM | Thursdays, April 21 - June 2 (7 weeks) | \$79 for residents \$89 for non-residents |



Family Fishing Class (ages 7 - adult)

Connecticut Department of Environmental Protection, Fisheries Division, is sponsoring this fishing class for the whole family! Families and individuals ages 7 and up are encouraged to attend this fun, **FREE** class, taught by a state-certified volunteer instructor through the Connecticut Aquatic Resources Education (C.A.R.E.) Program. Program includes one classroom session and a morning field trip to Mill Pond. All fishing equipment and course materials are provided. **Pre-registration is required.**

Instructor: *C.A.R.E. certified instructor*

Location: *Thursday class: Mortensen Community Center Teen Center / Saturday field trip: Mill Pond*

Dates: *Thursday, May 12th, 6:30 - 8:30 p.m. (classroom session)*

Saturday, May 14th, 8 am - 12 noon (field trip)

Fee: **FREE**

Code: **1030903-A1**

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 |
|-------|------|-------|
|-------|------|-------|

Parent and Tot: Ages 2 - 3 1/2 with Parent

1031002-A1 1:00 - 1:40 PM Mondays, March 28 - May 16 (7 classes, no class 4/11)

Preschool: 3 1/2 - 5 years old

1031003-A1 1:45 - 2:25 PM Mondays, March 28 - May 16 (7 classes, no class 4/11)

Beginner: Kindergarten - 2nd Grade

1031004-A1 6:00 - 6:45 PM Tuesdays, March 29 - May 17 (7 classes, no class 4/12)

1031004-B1 6:00 - 6:45 PM Thursdays, March 31 - May 19 (7 classes, no class 4/14)

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 shooting mechanics, ball handling, defense and rebounding. There is a maximum of 30 participants in each program.

Staff: *Rick Bangs*

Location: *John Wallace Middle School*

Fee: *\$50 for residents / Fee remains the same for non-residents*

| Code: | Time | Dates |
|-------|------|-------|
|-------|------|-------|

1030403-A1 5:30 - 6:30 PM Wednesdays, May 4 - 25 (4 classes)

April Vacation Open Gym *Monday - Friday, April 11-15, 2016*

Mortensen Community Center Gymnasium will be available for supervised open gym during the week of April vacation. A parent/guardian must sign participants in and out each day.

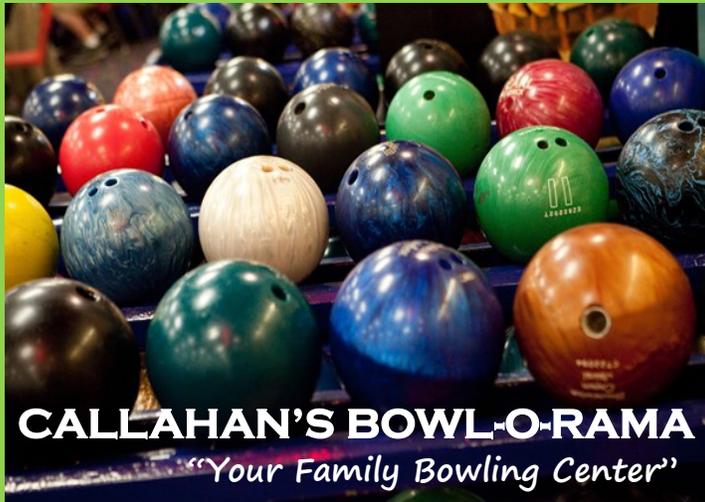
Grades 1 - 4: 9 AM - 12 PM

Grades 5 - 8: 12 - 2 PM

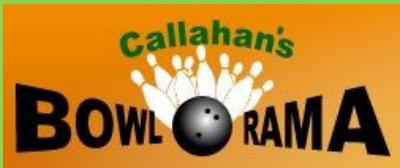
Grades 9 - 12: 2 - 4 PM

Daily fee: \$2.00

Youth and Teen Programs...



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www.bowloramact.com Email: bor59@sbcglobal.net

7th & 8th Grade Dance

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 will be available for sale. Dances are held from 7:00 - 10:00 PM at the Mortensen Community Center Gymnasium.

The last dance of the 2015-2016 School Year will be Friday, March 18, 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, October 30, 2015 - April 8, 2016

6:00 - 8:00 PM

The Newington Parks & Recreation Department has revamped its Teen Center program to provide 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 2/19/16 and 3/18/16. 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. 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, October 30, 2015 - April 8, 2016

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 Open Gym Registration/ Code of Conduct Form must be filled out and signed by a parent or guardian. Participants are also required to bring their current school ID. 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 on 3/18/16. 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. Open Gym Registration/ Code of Conduct Form can be found online at www.newingtonct.gov/parksandrec.

Adult Programs...



Florals - Sketch & Paint

For beginners to experienced artists. Choose the media you wish to use - colored pencil, pastel, watercolor or oils with brush/palette knife. Visual examples and clear instructions will be provided. You will learn how to mix values, apply color with different techniques, create harmonious backgrounds and more. Bring your own fresh or silk flowers. 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: \$45 for residents / \$56 for non-residents

| Code: | Time | Dates |
|------------|----------------|--|
| 1040803-A1 | 6:15 - 7:45 PM | Mondays, April 11 - May 16 (6 classes) |

One-Day Connecticut Safe Boating and Personal Watercraft Certification

Ages 12 - adult

A complete basic safe boating certification course taught in one (8 hour) day. Successful completion will allow the student to obtain a Connecticut Certificate of Personal Watercraft Operation, which enables them to operate recreational vessels up to 65 feet in length including Jet Skis. An easy to understand classroom format is designed for students age 12 and over. PRIOR TO TAKING THIS CLASS, each student should create an account online at ct.outdoorcentral.net, and click the START button. Create an account if you don't already have one, and then print the page that includes your Conservation ID number and bring it to class. Once we have entered your score in the DEEP system, you will use your account to purchase & print the certificate after the class. Students should bring a pen or pencil to class.

Instructor: Professional Marine Education staff

Location: Mortensen Community Center Teen Center

Fee: \$65 for residents / \$75 for non-residents



| Code: | Time | Dates |
|------------|-------------------|------------------------------|
| 1041104-A1 | 8:30 AM - 4:30 PM | Sunday, March 20 (one class) |

Intro to Kayak *Ages 13 - adult*

Enjoy nature up close in our beautiful waterways. This course is for those who want a more in-depth start, or a tune-up of basic skills. Topics covered will include boat design/materials, paddle/PFD and equipment selection. Covered basic strokes and maneuvers are: paddling forward, backward, turning, bracing to prevent capsizing and what to do in an emergency. Kayak, paddle and PFD provided.

Location: Collinsville Canoe & Kayak, 41 Bridge Street, Collinsville, CT 06022

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

| Code: | Time | Date |
|------------|----------------|------------------------------|
| 1041101-A1 | 2:00 - 5:00 PM | Saturday, June 4 (one class) |

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: |
|------------|----------------|---|--|
| 1040701-A1 | 5:30 - 6:30 PM | Mondays, March 28 - June 13 (11 classes, no class 5/30) | \$77 for residents \$96 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: |
|------------|----------------|---|--|
| 1040702-A1 | 6:30 - 7:30 PM | Mondays, March 28 - June 13 (11 classes, no class 5/30) | \$77 for residents \$96 for non-residents |

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Adult Sports & 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: \$60 for residents / \$75 for non-residents

| Code: | Time | Dates |
|------------|----------------|---|
| 1041004-A1 | 5:45 - 6:45 PM | Tuesdays, March 29 - June 14 (12 classes) |

Tennis in No Time

'Tennis In No Time' is a crash course in tennis for all beginners. You will be surprised at how quickly you can learn the game using innovative teaching techniques. **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 St.

Fee: \$120 for residents / fee remains the same for non-residents

| Code: | Time | Dates |
|------------|----------------|---|
| 1040502-A1 | 6:30 - 7:30 PM | Mondays, March 7 - April 11 (6 classes) |
| 1040502-B1 | 6:30 - 7:30 PM | Mondays, April 18 - May 23 (6 classes) |

No need to wait - Register today for the session beginning March 7th!



Women's Softball League (18+)

The Women's Softball League runs from early May until mid-August (Monday & Wednesday). We are looking to expand our Women's League that currently has teams from Newington, Wethersfield and Bristol. League fees will be approximately \$650 per team. Teams that participated last season need to contact the Parks & Recreation office by March 1st if interested in returning.



Men's Softball League (18+)

The Men's Softball League runs from early May until late August (Monday through Friday). The League consists of approximately 20 teams. Players must live in Newington to be eligible to play. League fees are approximately \$1000 per team. Teams that participated last season need to contact the Parks & Recreation office by March 1st if interested in returning. After March 1st, new teams meeting the eligibility requirements will be considered for participation in the league.

If you are interested in getting a team in either the Men's or Women's Softball League, or playing on an existing team, please contact the Parks & Recreation office at kgallicchio@newingtonct.gov



Indian Hill Country Club Resident Information

Newington residents are able to play golf at Indian Hill on specific days of the week by purchasing a resident membership card (see rates below). The Resident Card may be purchased from the Indian Hill office or Golf Shop, annually. Proof of age and residency is required. All fees may be paid by cash or check.

| | |
|--|------|
| Newington Regular Resident Cards: | \$25 |
| Newington Senior (62+) Resident Cards: | \$50 |
| USGA Handicap Service (optional): | \$25 |

Times for Resident Play

Saturdays: 1:30pm – Dusk

Sundays: 1:30pm – Dusk

Mondays*: 8:00am – Dusk

**Seniors pay no Greens Fees on Mondays*

Tuesdays: 7:30am – 10:00am & 5:30pm – Dusk

2016 Golf Rates

| Resident Greens Fee | Golf Cart Fees | Guest of a Resident |
|---------------------------|-----------------|-----------------------------|
| 9 Holes (walking) - \$20 | 9 Holes - \$10 | 9 Holes (walking) - \$22.50 |
| 18 Holes (walking) - \$37 | 18 Holes - \$20 | 18 Holes (walking) - \$45 |

Please call Indian Hill for more information:
(860) 666-5447 or (860) 665-7817

Beginner Ladies Golf Clinic

Are you ready for some fun? Get Golf Ready is a fun and affordable golf instruction program for people with little or no golf experience. The Get Golf Ready program is a series of five introductory lessons conducted by PGA Professionals in a small-group environment.



The five lessons featured in the Get Golf Ready program will provide basic skills instruction as well as information regarding the game's rules, etiquette and values. Significant on-course learning opportunities will also be a part of each lesson. Overall, participants will gain insight into techniques regarding chipping, putting, full swing and bunker play as well as the fundamental guidelines regarding the use and maintenance of golf equipment, keeping score and navigating the course, among others. For more information about the program, please call 860-666-5447.

Instructor: PGA Golf Professionals Wayne Smyth and Adam D'Amario

Location: Indian Hill Country Club, 111 Golf Street

Fee: \$99 for residents / fee remains the same for non-residents

| Code: | Time | Dates |
|------------|----------------|---|
| 1040601-A1 | 6:00 - 7:30 PM | Wednesdays, April 27 - May 25 (5 classes) |

Adult Fitness...

Jedi Fitness

Want to learn the ways of a Jedi? Well here is your chance to learn from a master. This class will teach you to find your inner Luke Skywalker and how to use the force through visualization techniques and rigorous lightsaber combat training. Participants should come with their own lightsaber. Results may vary for all participants.

Instructor: Jedi Master Yoda
Location: Planet Dagobah
Fee: \$10 for residents. Fee remains the same for non-residents

| Code: | Time | Date |
|--------|-----------------|-----------------------------|
| 040116 | 6:00 - 11:00 PM | Friday, April 1 (one class) |

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

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: \$68 for residents / \$85 for non-residents

| Code: | Time | Dates |
|------------|----------------|--|
| 1041003-A1 | 5:30 - 6:30 PM | Mondays, March 28 - June 13 (11 classes, no class 5/30) |

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

| Code: | Time | Dates |
|------------|-----------------|---|
| 1041009-A1 | 9:15 - 10:15 AM | Tuesdays, March 29 - June 14 (12 classes) |
| 1041009-B1 | 9:15 - 10:15 AM | Thursdays, March 31 - June 16 (12 classes) |

**Register for both classes and SAVE \$5!
 Residents: \$91! Non-Residents: \$115!**

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, April 28th will be held at Mortensen Community Center Gymnasium.



| Code: | Dates | Time | Fee: |
|------------|---|----------------|--|
| 1041007-A1 | Mondays, March 28 - June 13 (11 classes, no class 5/30) | 5:00 - 6:00 PM | \$55 for residents \$68 for non-residents |
| 1041007-B1 | Wednesdays, March 30 - June 15 (11 classes, no class 4/13) | 5:15 - 6:15 PM | \$55 for residents \$68 for non-residents |
| 1041007-C1 | Thursdays, March 31 - June 16 (11 classes, no class 4/14) | 5:30 - 6:30 PM | \$55 for residents \$68 for non-residents |

Hi/Lo Aerobics

Back by popular demand! 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

| Code: | Time | Dates | Fee |
|------------|----------------|--|--|
| 1041010-A1 | 6:30 - 7:30 PM | Wednesdays, March 30 - June 15 (12 classes) | \$48 for residents \$60 for non-residents |

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: Mortensen Community Center Gymnasium

| Code: | Time | Dates | Fee |
|------------|----------------|--|--|
| 1041101-A1 | 6:00 - 6:55 PM | Wednesdays, March 30 - June 15 (10 classes, no class 4/6, 5/11) | \$50 for residents \$62 for non-residents |



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 |
|------------|----------------|---|--|
| 1041001-C1 | 5:45 - 7:00 PM | Thursdays, March 31 - June 16 (12 classes) | \$72 for residents \$90 for non-residents |

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

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

| Code: | Time | Dates |
|------------|------------------|---|
| 1050404-A1 | 10:00 - 11:00 AM | Tuesdays, March 29 - May 31 (10 classes) |
| 1050404-B1 | 10:00 - 11:00 AM | Thursdays, March 31 - June 2 (10 classes) |

Register for both classes and SAVE \$5!
Residents: \$101! Non-Residents: \$127

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 and water and 1 to 3 lb handweights.

Instructor: Ashley Ganon, Personal Euphoria staff

Location: Senior & Disabled Center Rooms A & B

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

| Code: | Time | Dates |
|------------|----------------|---|
| 1041006-A1 | 5:45 - 6:30 PM | Mondays, March 28 - June 13 (10 classes, no class 5/2, 5/30) |

Mixed Levels Yoga

Did you want to take the next step to deepen your yoga practice or become familiar with a variety of postures and yogic practices? This might be the place for you if you have some familiarity with yoga postures and want to move up a level. For this class, modifications of postures are made to accommodate all, allowing all levels to feel supported. Sticky yoga mats are required and yoga blankets are highly recommended.

Instructor: Lisa Jones

Location: Mortensen Community Center Romano Room

| Code: | Time | Dates | Fee |
|------------|----------------|--|--|
| 1041001-A1 | 6:15 - 7:30 PM | Wednesdays, March 30 - June 15 (12 classes) | \$72 for residents \$90 for non-residents |

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.

BEGINNER: 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: \$102 / Non-Residents: \$127

| Code: | Class | Time | Dates |
|------------|--------------|--------------|--------------------------------|
| 1041002-A1 | Beginner | 5:30-6:30 PM | Wednesdays, March 30 - June 15 |
| 1041002-A2 | Intermediate | 6:30-7:30 PM | (12 classes) |

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 |
|------------|----------------|---|
| 1041005-A1 | 6:30 - 7:15 PM | Mondays, March 28 - June 13 (10 classes, no class 5/2, 5/30) |

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!

Tuesdays, Wednesdays, Thursdays, Fridays: 8:30 - 10:30 AM
(Not available on Monday mornings)

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 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: \$42 for residents
\$52 for non-residents

| Code: | Time | Dates |
|------------|------------------|---|
| 1050401-A1 | 10:20 - 11:20 AM | Tuesdays, March 29 - June 14 (12 classes) |
| 1050401-B1 | 10:20 - 11:20 AM | Thursdays, March 31 - June 16 (12 classes) |

Register for both classes and SAVE \$5!

Residents: \$79! Non-Residents: \$99!

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 at Senior & Disabled Center Auditorium, EXCEPT on Friday, 4/29 class will be held at Mortensen Community Center Gymnasium.

Fee: Monday class: \$24 for residents / \$30 for non-residents
Friday class: \$44 for residents / \$55 for non-residents

| Code: | Time | Dates |
|------------|------------------|---|
| 1050402-A1 | 9:00 - 9:45 AM | Mondays, March 28 - May 16 (6 classes, no class 4/4, 4/11) |
| 1050402-B1 | 10:00 - 10:45 AM | Fridays, April 1 - June 17 (11 classes, no class 4/15) |

Program Hotline:
860-665-8686

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, March 8 | 11:30 - 1:30 PM |
| Tuesday, April 12 | 11:30 - 1:30 PM |
| Tuesday, May 10 | 11:30 - 1:30 PM |
| Tuesday, June 21 | 11:30 - 1:30 PM |



Fitness Center at the Senior & Disabled Center

Programs for Older Adults...

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

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

| Code: | Time | Dates |
|------------|------------------|--|
| 1050404-A1 | 10:00 - 11:00 AM | Tuesdays, March 29 - May 31 (10 classes) |
| 1050404-B1 | 10:00 - 11:00 AM | Thursdays, March 31 - June 2 (10 classes) |

Register for both classes and SAVE \$5!

Residents: \$101! Non-Residents: \$127



Golfing at Indian Hill Country Club

Did you know that resident seniors can play for free on Monday at Indian Hill Country Club? For more information, please call Indian Hill directly at (860) 665-7817.

See page 15 for more information on resident card fees, play times for residents and Indian Hill's 2016 golf rates.

Savings at Stanley

Newington residents, tax payers, property owners, as well as those who work in Newington are now eligible for discounted greens fees at Stanley Golf Course in New Britain.

For more information and prices, please visit www.stanleygolf.com or call the Stanley golf shop at (860) 827-8570.

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 try to 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!

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 Rooms A & B

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



| Code: | Class | Time | Dates |
|------------|---------------|------------------|-----------------------------|
| 1050403-A1 | Beginners | 9:00 - 9:45 AM | Mondays, March 28 - June 13 |
| 1050403-A2 | Intermediates | 10:00 - 10:45 AM | (11 classes, no class 5/30) |

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. Wearing a smock or old clothes is suggested.

Instructor: Fran Judycki

Location: Senior & Disabled Center Arts & Crafts Room

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



| Code: | Time | Dates |
|------------|-----------------|--|
| 1050201-A1 | 9:15 - 11:45 AM | Tuesdays, March 29 - June 7 (11 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 |
|------------|---------------------|---------------------------------------|
| 1050101-A1 | 11:00 AM - 12:00 PM | Fridays, April 1 - 29 (5 classes) |
| 1050101-B1 | 11:00 AM - 12:00 PM | Fridays, May 13 - June 10 (5 classes) |



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