Newington Parks and Recreation

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

Preschool Programs

Swimming Lessons

Visits with Santa

Youth Basketball

RESIDENTS: Registration Begins November 30th

NON-RESIDENTS: Registration Begins December 14th

SAVINGS AROUND THE CORNER

David Johnson | 860-667-0877 | 2315 Berlin Turnpike | Newington, CT

GEICO Local Office

Newington Parks and Recreation * 131 Cedar Street * Phone (860)665-8666 * Fax (860)665-8739 * www.NewingtonCT.gov

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** ___ / ____

r. 1/16

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

Like us on Facebook

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 Spring 2017 Program Guide will be distributed to Newington residents in the March 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.

Table of Contents

Registration Form……..…….....2
General Info…….…….....3
Facility Rentals……..……....…4
Community Events…….....5
Extravaganza……..…...5
Aquatics...……..…..…….…..6-7
Creative Playtime Preschool……....8
Youth Programs……...9
Youth Art Programs……..……10
Youth Sports and Fitness..……..…11
Youth Basketball Programs……..12
Frequently Requested Numbers…..12
Teen Programs..……..……..13
Adult Sports and Fitness...……14
Adult Programs……..……15
Adult Fitness…...……....…….....16
Adult Yoga/Pilates…….…….....17
Older Adult Programs……...18-19

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 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.

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

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.

The Lounge (Formerly The Teen Center)

Why not rent out The Lounge for your next birthday or team party? The Lounge facility can be rented out on Saturdays or Sundays from 11:00 a.m. until 8:00 p.m. from September through May. The Lounge 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.

Community Gardens

The Community Gardens are located next to the Deming-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*** *Friday, March 31, 2017*
Registration for ***new gardeners*** *begins Wednesday, April 5, 2017 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 1, 2017 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.

Winter Wonderland

Saturday, December 3rd, 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, and even a juggler on stilts! This is a free community event; please bring a non-perishable food item for the Town's food bank. For more information, please call 860-665-8666.

Visits with Santa

Friday, December 2nd, 5:00 - 7:30 p.m. & Saturday, December 3rd, 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 non-perishable food item for the Town's food bank. For more information, please call 860-665-8666.

Newington's Night of Lights

Saturday, December 3rd at 5:00 p.m. (Rain/Snow Date: Sunday, December 4th)
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 non-perishable food item to benefit the Town's food bank. In case of inclement weather, please call 860-665-8686.

Motorcycle Madness

Thursday, May 18th, 2017 5:30 - 9:00 p.m.
Mill Pond Park

Save the date for this awesome event! All motorcycles are welcome. Spend the evening in Mill Pond Park enjoying live music, food trucks and of course, checking out other bikes!

36th Annual Extravaganza

Saturday, July 15th, 2017
Mill Pond Park

Mark your calendars! The 2017 Life. Be In It. Extravaganza date has been set for Saturday, July 15, 2017. Enjoy a week of fun, games, and activities leading up to a full day of arts and crafts vendors, food trucks, entertainment, fireworks and more!

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

We are now accepting 2017 reservations for both community sign boards and 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.

Recreational Swimming at Newington High School

The Newington High School Pool is open for indoor recreational swimming from late September through late May. 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

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 during the fall, winter and spring. 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:	Class	Time	Dates
4060110-A1		5:30 - 6:00 PM	Wednesdays, Jan. 4 - Jan. 25
4060110-B1		5:30 - 6:00 PM	Wednesdays, Feb. 1 - Feb. 22

Program Information & Cancellation Hotline:
860-665-8686

Like us on Facebook

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, Jan. 4 - Feb. 22
(8 classes)

	5:30 - 6:00 PM	6:00 - 6:30 PM
Level 1	*(not offered)*	Code: 4060101-A2
Level 2	Code: 4060102-A1	Code: 4060102-A2
Level 3	Code: 4060103-A1	Code: 4060103-A2
Level 4	Code: 4060104-A1	Code: 4060104-A2
Level 5/6	Code: 4060108-A1	Code: 4060108-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
Jan. 4 - 25
(4 classes)

	6:30 - 7:00 PM
Level 1	Code: 4060201-A1
Level 2	Code: 4060202-A1
Level 3	Code: 4060203-A1
Level 4	Code: 4060204-A1
Level 5/6	Code: 4060208-A1

Session 2 - Wednesdays
Feb. 1 - 22
(4 classes)

	6:30 - 7:00 PM
Level 1	Code: 4060201-B1
Level 2	Code: 4060202-B1
Level 3	Code: 4060203-B1
Level 4	Code: 4060204-B1
Level 5/6	Code: 4060208-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
4060501-A1	Beginner	7-7:30 p.m.	Wednesdays, Jan 4 - 25
4060501-B1	Advanced Beginner	7-7:30 p.m.	Wednesdays, Feb 1 - 22

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
Melissa Miller, Assistant Teacher

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.

2017 - 2018 Registration & Program Information

- For **current families and siblings**, registration begins Tuesday, February 7th.
- For **new families**, registration begins Tuesday, February 14th.
- For **non-residents**, registration begins Tuesday, February 28th.
- A non-refundable deposit is required at the time of registration.
- A payment plan will be available for the 2017-2018 school year.
- Open to children ages 3—5. All children must turn 3 years old by December 31, 2017. Children who will not be 3 years old until after December 31, 2017 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 will be included in the registration packet.

Join us for an Open House!

Meet our staff and tour the classroom!

Tuesday, January 10th, 3:30 - 4:30 p.m.*
children and siblings welcome!

Monday, February 6th, 6:00 - 7:00 p.m.

Wednesday, March 15th, 6:00 - 7:00 p.m.

Open Houses are held in our classroom at 1075 Main Street, Lower Level

Registration information for the 2017-2018 School Year will be available after February 1st, 2017. Registration packets will be 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!!****

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 playtime in our beautiful classroom facilities. Children should wear play clothes. A snack of crackers and juice will be provided. Participants do not have to be registered students at Creative Playtime Preschool to attend. All children must be toilet trained.

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
4020414-A1	Silly Snowmen	5:30 - 7:00 PM	Monday, January 9 (one class)
4020414-B1	My Valentine	5:30 - 7:00 PM	Tuesday, February 7 *(one class)*
4020414-C1	St. Patrick's Day	5:30 - 7:00 PM	Wednesday, March 8 *(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, tap 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
4030601-A1	2 - 4	Ballet/Creative Movement	1:15 - 2:00 PM	**Saturdays, Jan. 7 - Feb. 25** *(8 classes)*
4030603-A1	4 - 6	Hip Hop	2:00 - 2:45 PM	
4030601-A2	5 - 8	Beginner Tap **Tap shoes required; Ties or buckles	2:45 - 3:30 PM	
4030602-A1	5 - 8	Ballet	3:30 - 4:15 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
4030801-A1	4:30 - 5:15 PM	Tuesdays, January 3 - March 7 (10 classes)
4030801-A2	5:30 - 6:15 PM	Tuesdays, January 3 - March 7 (10 classes)
4030801-B1	9:30 -10:15 AM	Wednesdays, January 4 - March 8 (10 classes)
4030801-B2	10:30 -11:15 AM	Wednesdays, January 4 - March 8 (10 classes)
4030801-C1	8:30 - 9:15 AM	Saturdays, January 7 - March 11 (10 classes)
4030801-C2	9:30 -10:15 AM	Saturdays, January 7 - March 11 (10 classes)
4030801-C3	10:30 -11:15 AM	Saturdays, January 7 - March 11 (10 classes)

Jumpin' Gym Daze *Ages: 1-3*

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: MCC Gym A (P&R Side)
Fee: $39 for residents / $49 for non-residents

Code:	Time	Dates
4020311-A1	9:30 -10:15 AM	Wednesdays, Jan 4 - Feb 22 (8 classes)
4020311-A2	10:30 -11:15 AM	Wednesdays, Jan 4 - Feb 22 (8 classes)

Mornin' Munchkins
Ages 12 - 36 Months with Parent

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

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

Code:	Time	Dates
4020312-A1	9:30 -10:15 AM	Mondays, January 9 - March 13 (8 classes, no classes 1/16, 2/20)
4020312-A2	10:30 -11:15 AM	Mondays, January 9 - March 13 (8 classes, no classes 1/16, 2/20)

Youth Programs...

Children's Art Explorers
Grades K - 5

Art Explorers will find themselves exploring art with endless imagination while using a wide variety of materials. Artists will create robot shoes that can explore the earth, sculpt clay bears, colorful paper birds, shimmering mosaic weights and more! These projects, combined with unusual materials, are sure to be 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:
4030707-A1	6:30 - 7:30 PM	Thursdays, Feb. 2 - Mar. 2 (4 classes, no class 2/16)

Children's Painting
Grades K - 5

Wow, artists will be creating and designing many new projects, some two dimensional and some 3-D! These will include nightglow cityscapes, glistening metallic rockets, bendable Ninjas, colorful abstract sculpture and more! These projects will promote an awareness of the elements of design: shape, space, and color. Imaginations combined with many different materials are sure to be fun! All supplies are provided. Children should wear a smock or old clothes

Instructor: Fran Judycki
Location: MCC Arts and Crafts Room
Fee: $21 for residents / $26 for non-residents

Code:	Time:	Dates:
4030710-A1	6:30 - 7:30 PM	Tuesdays, Jan. 3 - 24 (4 classes)

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)*

Performing Arts Programs *Ages 6 -12*

This experience is offered for young drama and dance enthusiasts! Some of the topics and activities include exciting Musical Theater dance routines, theater games, acting terminology, concentration and improvisational exercises, voice and speech, sense memory, subtext, stage stills and script work. The program concludes with a performance for family and friends on the last day.

Instructor: Performing Arts Programs staff
Location: MCC Teen Center
Fee: $115 for residents / Fee remains the same for non-residence

Code:	Time:	Dates:
4030902-A1	5:15 - 6:00 PM	Tuesdays, February 7 - March 28 (7 classes, no class 2/21)
4030902-A2	6:05 - 7:00 PM	Tuesdays, February 7 - March 28 (7 classes, no class 2/21)

Art-Ventures in the Rainforest with Let's Gogh Art *Grades K - 4*

Head off on a jungle art safari! Art explorers trek through the rainforest, discovering the wondrous and rare creatures that call it home. Journey into the world of parrots, jungle cats, snakes, red-eyed tree frogs, butterflies and more. Experiment with whimsical and original art forms and techniques. Build rockin' rain sticks, design metal art reptiles, and create colorful backpacks. Throughout the voyage, art adventurers learn about the importance of saving the rainforest, and pick up super artist survival skills like sculpting with clay, printmaking, painting, collage, and journaling. They even make their own t-shirts using a unique and unusual heat-sealed fabric pastel technique. Surprises and laughter round out this fun-filled art safari.

Location: MCC Arts & Crafts Room
Instructor: Let's Gogh Art staff
Fee : $109 for residents / $129 for non-residents

Code:	Time	Dates
4030709-A1	4:30 - 5:30 PM	Wednesdays, January 18 - March 8 (8 classes)

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-C1	4:00 - 5:00 PM	Sundays, Dec. 4 - Jan. 22 *(6 classes, no class 12/25, 1/1)*
4030301-A1	4:00 - 5:00 PM	Sundays, Jan. 29 - March 5 (6 classes)
4030301-B1	4:00 - 5:00 PM	Sundays, March 12 - April 23 (6 classes, no class 4/16)

NEW

Karate *Ages 6 to 11*

Come and learn the traditional art of Okinawan Shorin-Ryu Karate, taught by Master Peter Pekrul, a 10th degree black belt with over 30 years of teaching experience. Your child will learn the basics of Karate – blocking and striking – as it is still taught in Okinawa today. Students will also learn discipline, self-confidence, and how to defend themselves.

Instructor: Peter Pekrul
Location: Ruth Chaffee Gymnasium
Fee: $50 for residents / $60 for non-residents

Code:	Time	Dates
4031005-A1	5:00 - 6:00 PM	Wednesdays, Jan. 4 - March 8 (10 classes)

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		
4031002-A1	1:00 - 1:40 PM	Mondays, Jan. 9 - Feb. 20 *(7 classes)*
Parent and Tot: Ages 3 1/2 - 5 with Parent		
4031003-A1	1:45- 2:25 PM	Mondays, Jan. 9 - Feb. 20 (7 Classes)
Beginner: Kindergarten - 2nd Grade		
4031004-A1	6:00 - 6:45 PM	Tuesdays, Jan. 10 - Feb. 21 *(7 classes)*
4031004-B1	6:00 - 6:45 PM	Thursdays, Jan. 12 - Feb. 23 *(7 classes)*

Program Information & Cancellation Hotline:
860-665-8686

Youth Sports and Fitness...

Youth Basketball T-Shirt Design Contest
Newington Youth: We need your help!

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 28th. 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.

High School Recreational Basketball
Grades 9-12
(Open to Newington residents or students that attend Newington High School)

The High School Recreational Basketball League is open to Newington residents or students that attend Newington High School. The league runs from mid-December through mid-March. Register as a team with a minimum of 8 players and a maximum of 10 players or register individually and you will be placed on a team. Games are played on Saturday mornings in the Mortensen Community Center gymnasium. Registration fee is $80 per player.

Registration deadline is Wednesday, December 14

For more information and registration forms, visit our website www.newingtonct.gov/parksandrec. Registration forms will also be available in the Parks & Recreation office.

Frequently Requested Contact Information

Basketball - Travel	(860) 436-8208
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	www.NewingtonLL.com
Newington Swim Club	www.NewingtonSwimming.com
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

Like us on Facebook

Offering exciting and economical birthday party packages…
Contact us today for more information!

Callahan's BOWLORAMA

2143 Berlin Turnpike
Newington, CT 06111
www.bowloramact.com

Phone: 860-666-5411
Fax: 860-666-1437
Email: bor59@sbcglobal.net

7th & 8th 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 in the Mortensen Community Center Gymnasium.

SAVE THE DATES:

Friday, January 27, 2017

Friday, March 17, 2017

NEW 9th - 12th Grade Sadie Hawkins Dance

Ladies, it is your turn to ask your favorite person to the dance! Come dressed to impressed, semi-formal attired is encouraged. Dances are open to Newington students only. Includes DJ, music, supervision and dancing. Newington residents who do not attend Newington High School must show proof of Newington residency- there are absolutely no exceptions. **No backpacks and no re-entry once admitted**. Those dressed in offensive or provocative clothing will not be admitted. The fee is $20 per person if registered by Jan. 25th and $25 per person if registered after Jan. 25th. Tickets **will not** be sold at the door for this event. All tickets must be purchased in advance. Refreshments and snacks will be available for sale. The dance will be from 7:00 - 10:00 PM at the Mortensen Community Center Gymnasium.

SAVE THE DATE:

Friday, February 10, 2017

NEW 5th & 6th 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 6:00 - 9:00 PM in the Mortensen Community Center Gymnasium.

SAVE THE DATES:

Snowflake Dance - Friday, December 9, 2016

Spring Fling Dance - Friday, March 3, 2017

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 program.

Location: Mortensen Community Center Gymnasium
Fee: $50 for residents
$60 for non-residents

Code:	Time	Dates
4040301-A1	7:30 - 9:45 PM	Wednesdays, Feb. 8 - May. 10 *(14 weeks)*

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 *(15 weeks, no program 12/26, 1/16, 2/27)*

Help Us Keep Our Programs Healthy

If you or your child are sick, please be courteous to other participants in the program, as well as the program's instructor, by keeping you or your child home until you are feeling better.

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

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!

Eclectic Naturopathic Medical Center, LLC

Kathleen Riley, ND
Susan Yarett, ND

At the Eclectic Naturopathic Medical Center, we specialize in providing gentle, effective treatments for acute and chronic illnesses for infants to geriatrics. If you are looking for a way to learn how to be as healthy as possible, call or check out our website for more information.

Connecticut Naturopathic Physicians Association CNPA Vis Medicatrix Naturae

48 Christian Lane
Newington, CT 06111
860-665-1254
www.kathleenrileynd.com

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

Sketch & Paint - Your Pet

Learn to create a lasting memory of your beloved pet - canine, feline, bird, etc. with fun and simple steps. You will need to bring several clear, close up photos of your pet. Choose the media you wish to work with - graphite, pastel, and watercolor with color pencil or oil paints. Learn how to achieve the fundamental skills of composition, value, color, and texture. All skills will be explained and demonstrated, especially how to create lifelike fur or feathers and eyes. Wearing a smock or old clothes is suggested. Please call the Parks & Recreation Department at 860-665-8666 for a description on photographing your pet and 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
4040803-A1	6:00 - 7:30 PM	Mondays, Jan. 9 - Feb. 6 *(4 classes, no class 1/16)*

The Art of T'ai Chi

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

Instructor: Ken Zaborowski
Location: Mortensen Community Center Romano Room
Fee: $50 for residents / $62 for non-residents

Code:	Time	Dates
4041003-A1	5:30 - 6:30 PM	Mondays, Jan. 9 - Mar. 13 *(8 classes, no class 1/16, 2/20)*

NEW

Karate *12 and up*

Come and learn the traditional art of Okinawan Shorin-Ryu Karate, taught by Master Peter Pekrul, a 10th degree black belt with over 30 years of teaching experience. You will learn the basics of Karate – blocking and striking – as it is still taught in Okinawa today. Students will also learn discipline, self-confidence, and how to defend themselves.

Instructor: Peter Pekrul
Location: Ruth Chaffee Gymnasium
Fee: $50 for residents / $60 for non-residents

Code:	Time	Dates
4031005-A1	6:00 - 7:00 PM	Wednesdays, Jan. 4 - March 8

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:
4040701-A1	5:30 - 6:30 PM	Mondays, Jan. 9 - Mar. 13 *(8 classes, no 1/16, 2/20)*	$56 for residents $70 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:
4040702-A1	6:30 - 7:30 PM	Mondays, Jan. 9 - Mar. 13 *(8 classes, no class 1/16, 2/20)*	$56 for residents $70 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
4041004-A1	5:45 - 6:45 PM	Tuesdays, Jan. 3 - Mar. 7 (10 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: $49 for residents / $61 for non-residents

Code:	Time	Dates
4041005-A1	6:30 - 7:15 PM	Mondays, Jan. 9 - Mar. 6 *(7 classes, no class 1/16, 2/20)*

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: $44 for residents / $55 for non-residents

Register for both classes and SAVE $5!
Residents: $83 / Non-Residents: $105

Code:	Time	Dates
4041009-A1	9:15 - 10:15 AM	Tuesdays, Jan. 3 - Mar. 14 *(11 classes)*
4041009-B1	9:15 - 10:15 AM	Thursdays, Jan. 5 - Mar. 16 *(11 classes)*

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: Senior & Disabled Center Auditorium

Code:	Dates	Time	Fee
4041007-A1	Mondays, Jan. 9 - Mar. 13 *(8 classes, no class 1/16, 2/20)*	5:00 - 6:00 PM	$32 for residents $40 for non-residents
4041007-B1	Wednesdays, Jan. 4 - Mar. 15 *(10 classes, no class 1/25)*	5:15 - 6:15 PM	$50 for residents $60 for non-residents
4041007-C1	Thursdays, Jan. 5 - Mar. 16 *(10 classes, no class 1/26)*	5:30 - 6:30 PM	$50 for residents $60 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
4041010-A1	6:30 - 7:30 PM	Wednesdays, Jan. 4 - Mar. 8 *(10 classes)*	$40 for residents $50 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: Senior & Disabled Center Auditorium
Fee: $40 for residents / $50 for non-residents

Code:	Time	Dates
4041011-A1	6:15 - 7:10 PM	Mondays, January 9 - March 13 *(8 classes, no class 1/16, 2/20)*

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
4041001-A1	6:45 - 8:00 PM	Thursdays, Jan. 5 - Mar. 9 *(10 classes)*	$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: $49 for residents / $61 for non-residents
Wednesdays: $63 for residents / $78 for non-residents

Code:	Time	Dates
4041006-A1	5:45 - 6:30 PM	Mondays, Jan. 9 - Mar. 6 *(7 classes, no class 1/16, 2/20)*
4041006-B1	6:30 - 7:15 PM	Wednesdays, Jan. 11 - Mar. 8 *(9 classes)*

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: $63 / Non-Residents: $78

Code:	Time	Dates
4041002-A1	5:45 - 6:30 PM	Wednesdays, Jan. 11 - Mar. 8 *(9 classes)*

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: $60 for residents / $75 for non-residents

Code:	Time	Dates
4041001-C1	5:30 - 6:45 PM	Wednesdays, Jan. 4 - Mar. 8 *(10 classes)*

Mixed Levels Yoga

Do you want to take the next step to deepen your yoga practice or become familiar with a variety of postures and breathing practices? This might be the class for you if you have some familiarity with yoga postures and want to further explore the practice of yoga. 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. A limited number of blocks and straps are available.

Instructor: Ellen Brown
Location: Mortensen Community Center Romano Room
Fee: $48 for residents / $60 for non-residents

Code:	Time	Dates
4041001-A1	6:45 - 8:00 PM	Mondays, Jan. 9 - Mar. 13 *(8 classes, no classes 1/16, 2/20)*

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

Code:	Time	Dates
4050404-A1	10:00 - 11:00 AM	Tuesdays, Jan. 3 - Mar. 7 *(10 classes)*
4050404-B1	10:00 - 11:00 AM	Thursdays, Jan. 5 - Mar. 9 *(10 classes)*

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

Code:	Time	Dates
4050404-A1	10:00 - 11:00 AM	Tuesdays, Jan. 3 - Mar. 7 *(10 classes)*
4050404-B1	10:00 - 11:00 AM	Thursdays, Jan. 5 - Mar. 9 *(10 classes)*

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!

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
4050403-A1	Beginners	9:00 - 9:45 AM	Mondays, Jan. 9 - Mar. 13
4050403-A2	Intermediates	10:00 - 10:45 AM	*(8 classes, no class 1/16, 2/20)*

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
4050201-A1	9:15 - 11:45 AM	Tuesdays, January 3 - March 7 *(10 classes)*

See this box?
So will your customers.

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 and click on 'Seasonal Program Guides'.

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

Register for both classes and SAVE $5!
Residents: $73 / Non-Residents: $93

Code:	Time	Dates
4050401-A1	10:20 - 11:20 AM	Tuesdays, Jan. 3 - Mar. 14 *(11 classes)*
4050401-B1	10:20 - 11:20 AM	Thursdays, Jan. 5 - Mar. 16 *(11 classes)*

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
Fee: Monday class: $28 for residents / $35 for non-residents
Friday class: $36 for residents / $40 for non-residents

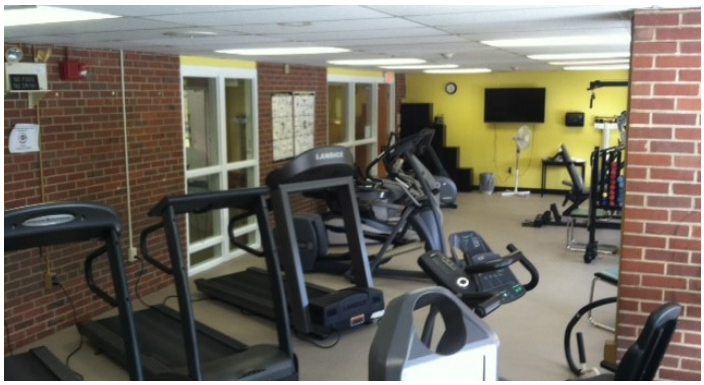
Code:	Time	Dates
4050402-A1	9:00 - 9:45 AM	Mondays, Jan. 9 - Mar. 13 *(7 classes, no class 1/16, 1/23, 2/20)*
4050402-B1	10:00 - 10:45 AM	Fridays, Jan. 6 - Mar. 17 *(9 classes, no class 1/20, 1/27)*

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, December 6	11:30 AM - 1:30 PM
Tuesday, January 10	11:30 AM - 1:30 PM
Tuesday, February 14	11:30 AM - 1:30 PM
Tuesday, March 14	11:30 AM - 1:30 PM



Fitness Center at the Senior & Disabled Center

Newington Parks and Recreation

Building A Strong Community

announces...

Club TotalRec

Want to win a limo ride for you and 5 friends?!

Come to all of the activities for your age group and be entered into a raffle to win!

Pre-Registration Fee: $5.00 per person -- At the Door Fee: $7.00 per person

Events for Grades 5-6

Friday, December 9, 2016	6-9 pm	Snowflake Dance - Dress to impress!
Friday, January 13, 2017	6-9 pm	Ninja Sports Challenge
Friday, March 3, 2017	6-9 pm	Spring Fling Dance - Dress to impress!

Events for Grades 7-8

Friday, November 4, 2016	7-10 pm	Co-ed Dodgeball Tournament
Friday, January 20, 2017	7-10 pm	3 on 3 Basketball Tournament
Friday, January 27, 2017	7-10 pm	7th and 8th Grade Dance
Friday, February 3, 2017	7-10 pm	Cornhole Tournament
Friday, March 17, 2017	7-10 pm	7th and 8th Grade Dance
Friday, March 24, 2017	7-10 pm	6 on 6 Co-ed Wiffle Ball Tournament

Events for Grades 9-12

Friday, November 18, 2016	7-10 pm	Co-ed Dodgeball Tournament
Friday, December 16, 2016	7-10 pm	3 on 3 Basketball Tournament
Friday, January 6, 2017	7-10 pm	Cornhole Tournament
Friday, February 10, 2017*	7-10 pm	Sadie Hawkins Semi-Formal Dance (Girls ask your date)
Friday, March 10, 2017	7-10 pm	6 on 6 Co-ed Wiffle Ball Tournament

* $20 per person if registered by Jan. 25th. $25 per person if registered after Jan. 25th. Tickets will not be sold at the door for this event. All tickets must be purchased in advance.

All activities will be held at Mortensen Community Center

Register at the Parks and Recreation Office