

# NEWINGTON PARKS AND RECREATION

*"Creating Community through People, Parks & Programs"*



Family Fishing Derby

# Spring 2011

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



13th Annual Golf Tournament



Zumba Classes



Touch-a-Truck



Preschool

**Registration Begins February 18th for residents & March 4th for non-residents.**

**Please see page 20 (back cover) for new registration information.**

**Register early! Many of our classes fill quickly!**



# Newington Parks & Recreation Registration Form

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

www.NewingtonCT.gov

## PRIMARY HOUSEHOLD CONTACT INFORMATION

First Name \_\_\_\_\_ Middle Initial \_\_\_\_ Last Name \_\_\_\_\_

Street Address \_\_\_\_\_ Apt./Box # \_\_\_\_ City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_

[ ] Check if new address Home Phone (\_\_\_\_) \_\_\_\_\_ Work Phone (\_\_\_\_) \_\_\_\_\_

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

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

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

Supplemental medical forms are available online or in our office.

## PROGRAM INFORMATION

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

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

## PLEASE READ CAREFULLY AND SIGN BELOW

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

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

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

TOTAL FEES: \$ \_\_\_\_\_

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



+ \_\_\_\_\_

Circle Method of Payment: Cash Check Credit Card

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

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

(Found on back of card)

Circle type of card: VISA MASTERCARD DISCOVER

# Facility Reservations

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

## Teen Center Facility Rentals Ages 7 - 18



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

## 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](http://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 \$20.00. Registration is held at the Parks & Recreation Office in Town Hall.

**Returning gardeners** may reserve their plot any time **before** Wednesday, March 30th, 2011. Registration for **new gardeners** begins Thursday, March 31st, 2011 (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 2nd, 2011** 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 and is available online at [www.newingtonct.gov/parksandrec](http://www.newingtonct.gov/parksandrec). Sports equipment will also be available for rental; please see the reservation form for details.



### UPPER SITE

\$35/day

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



### MIDDLE PAVILION

\$75/day

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



### LOWER PAVILION

\$50/day

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

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## Ice Skating At Mill Pond



Ice Skating will be available again this season at Mill Pond as weather and ice conditions permit.

There is no fee. Ice skates are not provided; skaters must bring their own skates. Signs are posted when the ice is determined to meet acceptable criteria for skating. However, please be aware that conditions may change. Here are some safety guidelines:

- Skate at your own risk and never skate alone. **Skating is unsupervised.**
- Ice thickness is not consistent. Thin ice may be present near inlets, outlets or bridges due to water currents underneath the ice.
- Beware of ice around partially submerged objects, such as trees, logs, brush, embankments or dam structures.
- Don't congregate in one area. Stay away from cracks, seams, pressure ridges, slushy areas & darker areas.
- **For current ice skating conditions, call the Parks & Recreation hotline at 860-665-8686.**

# Community Events

## Family Fishing Derby

**Saturday, April 30th, 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 and Trout Unlimited. 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. The rain date will be Sunday, May 1st. You must provide your own fishing equipment. This event is FREE!



## 13th Annual Golf Tournament

**Monday, May 9th, begins at 12:30 p.m. at Indian Hill Country Club**

Join the Newington Parks & Recreation Department's 13th Annual Golf Tournament at Indian Hill Country Club. The "Shotgun" format tournament is open to all ability levels. All proceeds support recreation programs in the Town of Newington. The registration fee is \$125 per person and includes the greens fees, cart, lunch, dinner and prizes! Please call the Parks and Recreation office at 860-665-8666 if you are interested in making a donation (cash or raffle prizes accepted), becoming a sponsor for a \$100 Tee Sign, or playing in the tournament.



## Touch-a-Truck

**Saturday, June 18th, 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!



## 30th Annual Extravaganza - Save the Date!

**Saturday, July 16th, Mill Pond Park**



## Save These Dates!

### Newington Parks & Recreation Department's Summer 2011 Sports Camps

- Eric Frank Mini League Baseball June 27 - 30
- Girls' Fast Pitch Softball June 27 - 30
- Skyhawks Tiny Hawks June 27- 30
- Basketball Camp (Boys) July 11 - 15
- Skyhawks Mini Hawks July 11 - 15
- Basketball Camp (Girls) July 18 - 22
- UK International Soccer July 18 - 22
- Chris Corkum Baseball July 18 - 21
- Skyhawks Flag Football July 25 - 28
- Eric Frank Big League Baseball August 1- 4
- Newington Soccer Club August 8 - 12
- Skyhawks Multi Sport August 15 - 19
- Skyhawks Tiny Hawks August 15 - 19
- Skyhawks Mini Hawks August 15 - 19
- NEW!!! - Field Hockey Camp TBD

*Details to follow in our Summer 2011 Program Guide!!!*

## Start Planning for the Summer!

**The Parks & Recreation Summer Playground/Playground Pals program will run from June 27th - August 12th, 2011.**

The **Playground Pals** program is open to children ages 5 & 6 who will be entering Kindergarten or 1st Grade in the Fall and reside in Newington or attend Newington schools.

The **Summer Playground** program is open to children who are Newington residents or attend Newington schools and are currently in grades 1-7.



**Summer Playground/Playground Pals program information will be distributed in all Newington schools in late April.**

*Experience the fun!*



# Bus Trips...



## Statue of Liberty & Ellis Island *Saturday, April 16th, 2011*

See Lady Liberty in the New York Harbor: located on 12-acre Liberty Island, the Statue of Liberty was a gift of international friendship from the people of France and is one of the most universal symbols of political freedom and democracy. Then, you'll visit Ellis Island Immigration Museum, which tells the moving tales of the 12 million immigrants who entered America through Ellis Island. Today, the descendants of those immigrants account for almost half of the American people. You will also enjoy leisure time at South Street Seaport, a place where innovation and history come together.

Fee: \$59 per person / \$49 per child 17 & under

ID: 7349

### Bus trip includes:

- Round trip motorcoach transportation with a tour director
- Round trip Circle Line Ferry to Statue of Liberty
- Ellis Island Museum
- Leisure time at South Street Seaport
- Bus departs from the Newington Police Station parking lot promptly at 7:30 a.m. and departs New York City at 5:00 p.m.



## Intrepid Sea, Air & Space Museum *Saturday, April 30th, 2011*

One of the most successful ships in U.S. history is now one of the most unique attractions in New York City. Building on the long and distinguished history of the aircraft carrier USS Intrepid, the Museum provides a glimpse back to a time when the future of the free world hinged on these great ships.

Fee: \$79 per person

ID: 7350

### Bus trip includes:

- Round trip motorcoach transportation with a tour director
- Admission to the Intrepid Sea, Air & Space Museum
- Light lunch on board the Intrepid (choice of turkey, ham, roast beef or chicken sandwich, chips, cookie and a drink)
- Lower Manhattan Walking Tour including: Battery Park, Wall Street, Trinity Church, World Trade Center Site & St. Paul's Church
- Leisure time for dinner at South Street Seaport
- Bus departs from the Newington Police Station parking lot at 7:30 a.m. and departs New York City at 5:00 p.m.



## Boston Red Sox vs. Kansas City Royals *Tuesday, July 26th, 2011*

Join the Parks & Recreation Department for this Tuesday night home game at Fenway Park. Maximum of 54 tickets are available - Register early!

Fee: \$90 per person

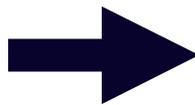
ID: 7351

### Bus trip includes:

- Round trip motorcoach transportation
- Ticket to 7:05 p.m. game vs. Kansas City Royals (seats located in Field Box 87)
- Bus departs from the Newington Police Station parking lot promptly at 4:00 p.m. and departs Boston 1/2 hour after game ends.

## Looking for More Trips?

See Our Winter 2011 Program Guide for information on these upcoming trips! Or, visit [www.newingtonct.gov/parksandrec](http://www.newingtonct.gov/parksandrec)



### NYC Food & Markets Tour

March 12th, 2011  
\$50 per person

### Boston Flower & Garden Show

March 19th, 2011  
\$64 per person

### Cherry Blossom Weekend

April 1-3, 2011 OR  
April 8-10, 2011  
\*call for pricing

## Bus Trip Guidelines

- All seats sold are on a first-come, first-served basis. There are no reserved seats. Those who travel alone must share the seat beside them.
- Absolutely no refunds for trips will be given unless the registrant can find their own replacement, if we have a waiting list, or if the Parks and Recreation Department cancels the trip.
- An adult must accompany anyone under the age of 18.
- Rest stops to/from the destination are at the discretion of the Tour Director.
- We are not responsible for your return trip if you miss the bus!
- We typically use a 50-passenger coach bus. Some trips will be "shared" with other towns or businesses. Seats on these shared buses are limited, so register early!
- Detailed trip itineraries will be mailed to each registered participant a few days before the trip.
- Bus departs from and returns to the Police Station Parking Lot located behind the Newington Town Hall on Garfield Street unless otherwise stated.

## Recreational Swimming at Newington High School

The Newington High School Pool is open for indoor recreational swim and is supervised by certified Red Cross lifeguards. Newington residents may use a Summer 2010 pool pass for the 2010-2011 indoor season, or may purchase pool passes for the indoor season. To purchase a pool pass for the indoor season, please pick up a pool pass form available 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. 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 box below). Children under 13 must be accompanied by an adult.

**Time:** 7:00 PM - 8:45 PM  
**Dates:** Mondays, Wednesdays & Fridays, Oct. 4, 2010 - June 3, 2011. *The pool is unavailable on all holidays and dates that the high school is closed, and is also closed when school is cancelled due to inclement weather. Call 860-665-8666 for information regarding school vacation swim times (2/21-2/25/11 and 4/18-4/22/11).*  
**Fee:** Free with a 2010/2011 pool pass or \$3.00 for adults, \$2.00 for children under 18, \$2.00 for senior citizens.



## Tri-Town Swimming

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

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

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

**Wethersfield High School Indoor Pool** 411 Wolcott Hill Road, 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 6 years of age to register for Levels 1 and up. Please review the swim lesson level descriptions below prior to registering your child. **\*Note: These skills are the requirements to pass the level listed.** If your child can complete the skills listed, please register him/her for the next level.

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

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

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

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

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

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

**For a more detailed list of the level descriptions, please visit our website at [www.newingtonct.gov/parksandrec](http://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. Lessons are taught in groups of no more than 4 participants per instructor. Swim lessons are available for Newington residents only.

**Location:** Newington High School Indoor Pool  
**Fee: \$65 (4 classes)**

ID:	Class	Time	Dates
7419	Beginners	7-7:30 p.m.	Wednesdays, March 23 - April 13
7420	Advanced Beginners	7-7:30 p.m.	Wednesdays, April 27 - May 18

## Adult Swim Lesson Level Descriptions

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

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

## Preschool & Parent

*Ages 3-5 with parent*

We are now offering Preschool & Parent classes at the Newington High School indoor pool. Your 3-5 year old can now participate in our swimming lesson program during the indoor season! A parent is required to be in the water at all times with their child and should be comfortable in the water.

Children must be three years old when the program begins. Swim lessons are available for Newington residents only.

*Location:* Newington High School Indoor Pool  
*Fee:* \$30 (8 classes)

ID:	Time	Dates
7421	5:30 - 6:00 PM	Mondays, March 21 - May 16 (no class 4/18)
7422	5:30 - 6:00 PM	Wednesdays, March 23 - May 18 (no class 4/20)

## Group Swim Lessons *Ages 6—17*

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

*Location:* Newington High School Indoor Pool

**Fee: \$30 (8 classes)**

Mondays, March 21 - May 16 (8 classes, no class 4/18)			Wednesdays, March 23 - May 18 (8 classes, no class 4/20)		
	5:30 - 6:00 PM	6:00 - 6:30 PM		5:30 - 6:00 PM	6:00 - 6:30 PM
Level 1	(not offered)	ID: 7427	Level 1	(not offered)	ID: 7436
Level 2	ID: 7423	ID: 7428	Level 2	ID: 7432	ID: 7437
Level 3	ID: 7424	ID: 7429	Level 3	ID: 7433	ID: 7438
Level 4	ID: 7425	ID: 7430	Level 4	ID: 7434	ID: 7439
Level 5/6	ID: 7426	ID: 7431	Level 5/6	ID: 7435	ID: 7440

## Semi-Private Swim Lessons *Ages 6—17*

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

*Location:* Newington High School Indoor Pool

**Fee: \$65 (4 classes)**

Session 1 - MONDAYS March 21 - April 11		Session 1 - WEDNESDAYS March 23 - April 13	
	6:30 - 7:00 PM		6:30 - 7:00 PM
Level 1	ID: 7441	Level 1	ID: 7446
Level 2	ID: 7442	Level 2	ID: 7447
Level 3	ID: 7443	Level 3	ID: 7448
Level 4	ID: 7444	Level 4	ID: 7449
Level 5/6	ID: 7445	Level 5/6	ID: 7450

Session 2 - MONDAYS April 25 - May 16		Session 2 - WEDNESDAYS April 27 - May 18	
	6:30 - 7:00 PM		6:30 - 7:00 PM
Level 1	ID: 7451	Level 1	ID: 7456
Level 2	ID: 7452	Level 2	ID: 7457
Level 3	ID: 7453	Level 3	ID: 7458
Level 4	ID: 7454	Level 4	ID: 7459
Level 5/6	ID: 7455	Level 5/6	ID: 7460



Program  
Information &  
Cancellation  
Hotline:

860-665-8686



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

# Toddler, Preschool & Youth...

## Gymnastics

*Ages 2 and up*

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

*Instructor: New England Gymnastics Express Staff*

*Location: New England Gymnastics Express—136 Day St, Newington*

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



## 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: Lorilyn Callahan*

*Location: Mortensen Community Center  
Romano Room*

*Fee: \$45 for residents / \$56 for non-residents*

ID:	Time	Dates
<b>Parent and Tot: Ages 2 - 3 1/2 with Parent</b>		
7378	1:00 - 1:40 PM	Mondays, March 28 - May 23 (no class 4/18, 8 classes)
<b>Preschool: 3 1/2—5 years old</b>		
7379	1:50 - 2:30 PM	Mondays, March 28 - May 23 (no class 4/18, 8 classes)
7380	1:45 - 2:25 PM	Thursdays, March 31 - May 26 (no class 4/21, 8 classes)
<b>Beginner: Kindergarten - 2nd Grade</b>		
7381	6:00 - 6:45 PM	Tuesdays, March 29 - May 24 (no class 4/19, 8 classes)
7382	6:00 - 6:45 PM	Thursdays, March 31 - May 26 (no class 4/21, 8 classes)

ID:	Time	Days
7388	9:30 - 10:15 AM	Mondays, March 28 - May 23 (no class 4/18, 8 classes)
7389	10:30 - 11:15 AM	Mondays, March 28 - May 23 (no class 4/18, 8 classes)

## Dance Classes

*Ages 2—8*

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

*Instructor: Janet Arnold*

*Location: Mortensen Community Center Romano Room*

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



## Jumpin' Gym Daze

*Ages 12—36 Months with Parent*

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

*Instructor: Randi Thureson*

*Location: Mortensen Community Center Gymnasium*

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



ID:	Ages	Class	Time
<b>Dates: Saturdays, March 26 - May 14 (8 classes)</b>			
7383	2 - 4	Ballet/Creative Movement	1:15 - 2:00 PM
7384	4 - 6	Hip Hop	2:00 - 2:45 PM
7385	2 - 4	Ballet/Creative Movement	2:45 - 3:30 PM
7386	5 - 8	Ballet	3:30 - 4:15 PM
7387	2 - 4	Ballet/Creative Movement	4:15 - 5:00 PM

ID:	Time	Days
7390	9:30 - 10:15 AM	Wednesdays, March 30 - May 25 (8 classes, no class 4/20)
7391	10:30 - 11:15 AM	Wednesdays, March 30 - May 25 (8 classes, no class 4/20)

### **Friendly Reminder:**

Unless otherwise specified, only children who are registered for a program may attend. Having siblings in a class can be distracting to the instructor and unfair to the other participants. Please make alternative arrangements for siblings who are not enrolled in a program.

# Youth Art and Music Programs...

## Children's Painting

Grades 1-5



A "fun with paint" course designed to promote confidence and success while improving fine motor skills. Artists will learn to paint Rhythm - Van Gogh style, animal fur with a fan brush, castles and dragons and more! All supplies are provided. Children should wear a smock or old clothes.

Location: MCC Arts & Crafts Room

Instructor: Fran Judycki

Fee: \$28 per session for residents  
\$35 per session for non-residents

ID:	Time	Dates
7392	6:45 - 7:45 PM	Tuesdays, April 5 - May 3 (No class 4/19) (4 classes)

## Children's Cartooning

Grades 1-5



Using pencil, colored pencil and marker, students will design funny faces and outrageous bodies for their very own cartoon characters, creatures, animals and magical beasts! These basic skills will be expanded into developing comic strips and story boards. All supplies are provided.

Location: MCC Arts & Crafts Room

Instructor: Fran Judycki

Fee: \$28 per session for residents  
\$35 per session for non-residents

ID:	Time	Dates
7393	5:30 - 6:30 PM	Wednesdays April 6 - May 4 (No class 4/20) (4 classes)

## 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. Our goal is to nurture your child's natural enthusiasm for music and movement during the early childhood years when, as with language learning, musical aptitude is at the critical stage of most rapid growth. 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: Jessica Nevins

Location: Mortensen Community Center Romano Room

Fee: \$165 includes CD and all materials. Fee remains the same for non-residents. Infants under 8 months are free with a registered sibling. \$75 for each additional sibling registered for same class. Minimum of 8 / Maximum of 12



ID:	Time	Dates
7396	9:30 - 10:15 AM	Wednesdays, April 6 - June 15 (No class 4/20, 10 classes)
7397	10:30 - 11:15 AM	Wednesdays, April 6 - June 15 (No class 4/20, 10 classes)



## Kids' Art Adventures

Ages 5 - 12



This is a great course to learn new skills while having fun! Projects are designed to encourage creativity while exploring a variety of art materials. Participants will create colorful monsters, bird houses, hand and finger puppets and paper mosaics. All supplies are provided and children should wear a smock or old clothes.



Location: MCC Arts & Crafts Room

Instructor: Fran Judycki

Fee: \$28 per session for residents  
\$35 per session for non-residents

ID:	Time	Date
<b>Ages 5 &amp; 6</b>		
7394	5:30 - 6:30 PM	Tuesdays, April 5 - May 3 (no class 4/19, 4 classes)

<b>Ages 7 - 12</b>		
7395	6:45 - 7:45 PM	Wednesdays, April 6 - May 4 (no class 4/20, 4 classes)

## Help Us Keep Our Programs Healthy

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

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



## Try Playing Hockey For FREE!

Participate in **Hockey Weekend Across America!**

Saturday, February 19th, 2011  
8:00 a.m. - 9:00 a.m.  
for youth ages 4-12

All equipment is provided, and no experience is necessary.

**Held at:** Newington Arena  
300 Alumni Road  
Newington, CT 06111

**Info:** (860) 665-7825  
**Register:** [www.newingtonarena.com](http://www.newingtonarena.com)



# Youth Sports & Fitness Programs...

## Zumba Kids Ages 4-11

Zumba is a dance-fitness class that combines Latin and International music with dance movements from Salsa, Merengue, Latin Hop, Cumbia, Flamenco and more to create a party-like atmosphere. Participants should bring water and wear comfortable clothes.

Instructor: Carrie Tartaglia

Location: Anna Reynolds Elementary School Gymnasium

Fee: \$20 per session for residents

\$25 per session for non-residents



ID:	Time	Dates
<b>Ages 4-7</b>		
7398	4:00 - 4:40 PM	Tuesdays, April 5 - May 10 (no class 4/19, 5 classes)
7399	4:00 - 4:40 PM	Tuesdays, May 17 - June 14 (5 classes)
<b>Ages 8-11</b>		
7400	4:50 - 5:30 PM	Tuesdays, April 5 - May 10 (no class 4/19, 5 classes)
7401	4:50 - 5:30 PM	Tuesdays, May 17 - June 14 (5 classes)

## Tennis Lessons Ages 7-17

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

Instructors: Newington Tennis Center Staff

Location: Newington Tennis Center, 60 Prospect St.

Fee: \$99 for residents

(Fee remains the same for non-residents)

ID:	Time	Dates
7285	4:00 - 5:00 PM	Sundays, March 6 - April 10 (6 classes)
7403	4:00 - 5:00 PM	Sundays, April 17 - June 5 (6 classes, no class 4/24, 5/29)

## Taiji for Youth Ages 7-12

While the popular image of Taiji (also spelled T'ai Chi) is of older adults moving gracefully and quietly in the early morning sessions, Taiji can be of great benefit to youths as well, for slightly different reasons. This course focuses on adapting the principles of Taiji to a younger mind and body and will give students tools for dealing with daily stress and teach them how to practice energy (Qi) circulation for health and martial application. The regular practice of Taiji will improve relaxation, better concentration, increase confidence and improve coordination, strength and flexibility.

Instructor: Ken Zaborowski

Location: Mortensen Community Center Romano Room

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

ID	Time	Dates
7402	4:45 PM - 5:30 PM	Mondays, April 4 - June 13 (no class 5/30, 10 classes)

## Learn to Skate Ages 3 - adult

This program is based upon the US Figure Skating skill progression and is fun, challenging and rewarding. This progressive 8-week program serves the needs of both the recreational and the competitive skater. The professional instructors will conduct class in a positive atmosphere making learning to skate a fun experience for recreational, hockey and figure skaters of all ages. Skate rentals are included in the fee for this program. Participants should bring their own helmets.

Instructor: Newington Arena staff

Location: Newington Arena, 300 Alumni Road, Newington

Fee: \$130 for residents (includes USFSA registration)

\$115 for residents (participants who already have USFSA number)

(Fees remain the same for non-residents)

ID	Time	Dates
7463	6:00 PM - 6:50 PM	Wednesdays, March 2 - April 20 (8 classes)
7464	9:00 AM - 9:50 AM	Saturdays, March 5 - April 23 (8 classes)
7465	4:30 PM - 5:20 PM	Sundays, March 6 - May 1 (8 classes, no class 4/24)



## Learn to Play Hockey Ages 4 - 14

Newington Arena & The Cutting Edge Hockey Training have partnered in this popular learn to play hockey program that is geared towards children who wish they could PLAY hockey, instead of watching. In this 8-week program, participants will be taught how to skate forward and backward, stick handle and shoot. Participants must provide their own equipment including helmet, stick and skates.

Instructor: Newington Arena staff

Location: Newington Arena, 300 Alumni Road, Newington

Fee: \$115 for residents

(Fees remain the same for non-residents)

ID	Time	Dates
7466	6:00 PM - 7:00 PM	Sundays, March 6 - May 1 (8 classes, no class 4/24)



# Teen Programs...

## 7th & 8th Grade Dance

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



SAVE THE DATE FOR THE LAST DANCE OF THE SCHOOL YEAR!

**Friday, April 8th, 2011**

## Teen Center



*Grades 7 - 12*

*Friday Evenings, 7:00 - 10:00 PM  
November 5th, 2010 - April 15, 2011*

The Newington Teen Center has been in operation since the early 1970's and provides a safe, drug and alcohol free environment where there is a multitude of recreational activities available. Our fully staffed activities help to facilitate positive social interaction and include basketball, pool tables, ping pong, Nintendo Wii, PS2, air hockey, foosball, and more. The Teen Center is open to Newington residents and those attending Newington schools. To become a member, teens must fill out a registration form available at the Teen Center. There is no membership fee! Teens will only pay the nightly fee of \$5.00. The Teen Center will be closed on 2/25/11 and 3/4/11. Other closings may occur and signs will be posted. Please contact Newington Parks & Recreation for details about any of our Teen Center programs at 860-665-8666.



## Basketball Super Hoop-La

**Friday, March 4th, 2011, 5:00—9:00 PM**  
**(Snow Date: Friday, March 11th, 2011)**

**Mortensen Community Center**

Presented by the Newington Youth Adult Council, this event for teams of students from Newington schools makes a fabulous evening for all. Join in the fun and show your support!

Tickets are \$4.00 for adults and \$2.00 for seniors and students, and there's a \$1.00 discount if you bring a non-perishable food item to donate.

Concessions are available beginning at 5:30 p.m. and will include pizza, hot dogs, candy, nachos and drinks. All proceeds go toward scholarships for graduating Newington High School Seniors. This fun event includes free face painting and awards! Come and show your support!

For more information, call Karen Futoma in Human Services at 860-665-8596.

In case of inclement weather, please call 860-665-8686.

**For students in  
4th - 8th grades**



## **HELP WANTED!**

Newington Parks and Recreation Department is now accepting applications for summer employment. Available positions include but are not limited to: Lifeguards, Water Safety Instructors and Summer Playground Counselors. Applications will be accepted until Thursday, March 31st for summer employment. All applicants must fill out a Town of Newington application, available on our website or at the Parks and Recreation office.



# Creative Playtime Preschool Program..... 2011-2012



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

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

### IMPORTANT DATES

**For current families and siblings**, registration begins Monday, January 31st - Friday, February 11th.

**For new families**, a special registration night will be held on **Tuesday, February 15th** from 6:00 p.m.—7:00 p.m. at the Park and Recreation Office in the Mortensen Community Center, 131 Cedar Street. Open registration begins on **Friday, February 18th** in the Parks and Recreation Office during normal office hours.

**For non-residents**, registration will begin on **Wednesday, March 2nd**.

### PARENTS' OPEN HOUSE

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

Tuesday, February 8th, 2011, from 6:00 - 7:00 p.m. at the classroom located at 1075 Main Street, Lower Level.

### PROGRAM INFORMATION

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

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

Staff: Preschool Director/Head Teacher: Marilyn Janelle. Preschool Head Teacher: Pat Jarvis  
Assistant Teachers: Loralyn Callahan, Kim Marchetti and Randi Thureson

### REGISTRATION INFORMATION

- A special registration night will be held on Tuesday, February 15th, 2011, from 6:00 - 7:00 p.m. at the Parks & Recreation office located in the Town Hall. Open registration in the Parks & Recreation office will begin February 18th, 2011 and continue until all classes have been filled. A parent or guardian of each child must be present at the time of registration. Registration is taken on a first come, first served basis.
- **A 25% non-refundable deposit is required at the time of registration.**
- Registration for non-residents will begin Wednesday, March 2nd, 2011.
- A discount is offered for children who attend multiple full days.
- A payment plan is available for the 2011-2012 school year at no extra charge.
- If you choose to pay in full, balance of payment is required in full on or before Tuesday, July 12, 2011. A late fee of \$25 will be assessed if the payment is received on or after Tuesday, July 19, 2011. If payment is not received in full by Tuesday, July 26, 2011, you will forfeit your child's space in the program, your deposit, and any other payments or fees paid towards the program.
- If you choose the payment plan option, the remaining balance will be due in three equal installments on July 12th, 2011, October 12th, 2011 and January 12th, 2012. A \$25 late fee will be assessed for each installment received more than one week past the due date. If at any time a payment is more than two weeks overdue, you will forfeit your child's space in the program, your deposit, and any other payments or fees paid towards the program. If choosing the payment plan option, please note that we do not send out bills before each payment is due.
- Open to children ages 3—5. All children must turn 3 years old by Dec. 31, 2011. The ratio is 10 children per teacher.
- School Skills and Kindergarten readiness will be introduced in *ALL* classes.
- All children must be toilet trained by the start of the program, and should not be wearing diapers or pull-ups.
- Additional registration information is available at the Parks and Recreation office along with a current listing of immunizations that are required for participation in this program.



# Creative Playtime Preschool Program . . . . . 2011-2012



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 Morning or Afternoon classes, or register for both and add Lunch Bunch for a full day of Preschool fun for your child.

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

**Mornings: 9:30 - 11:45 AM**

**Lunch Bunch: 11:45 - 12:15 PM** (Lunch Bunch is the perfect opportunity to have your child spend the whole day with us. Send your child with a healthy, nut-free and nut oil-free lunch and we will provide supervision until their afternoon class. Lunch Bunch only available when combined with the Morning and Afternoon classes as a Full Day Program.)

**Afternoons: 12:15 - 2:30 PM**

**Full Day Program: 9:30 AM - 2:30 PM** (Combines Morning, Lunch Bunch, and Afternoon classes)

## 2011-2012 PROGRAM DATES

- **Mondays: September 12th—June 4th** (no class 10/10, 12/26, 1/2, 1/16, 2/20, 4/16, 5/28)
- **Tuesdays: September 13th—June 5th** (no class 12/27, 2/21, 4/17)
- **Wednesdays: September 14th—June 6th** (no class 11/23, 12/28, 4/18)
- **Thursdays: September 8th—June 7th** (no class 9/29, 11/24, 12/29, 4/19)
- **Fridays: September 9th—June 8th** (no class 11/11, 11/25, 12/23, 12/30, 2/17, 4/6, 4/20, 5/25)



## 2011-2012 PROGRAM FEES

ID:	DAYS	FEES	25% Deposit Due at Time of Registration (Non-Refundable)
<u>7332</u>	Monday Mornings	\$468.00 (32 classes)	\$117.00
<u>7333</u>	Monday Lunch Bunch	\$104.00 (32 classes)	\$26.00
<u>7334</u>	Monday Afternoons	\$468.00 (32 classes)	\$117.00
<u>7335</u>	Tuesday Mornings	\$526.50 (36 classes)	\$131.63
<u>7336</u>	Tuesday Lunch Bunch	\$117.00 (36 classes)	\$29.25
<u>7337</u>	Tuesday Afternoons	\$526.50 (36 classes)	\$131.63
<u>7338</u>	Wednesday Mornings	\$526.50 (36 classes)	\$131.63
<u>7339</u>	Wednesday Lunch Bunch	\$117.00 (36 classes)	\$29.25
<u>7340</u>	Wednesday Afternoons	\$526.50 (36 classes)	\$131.63
<u>7341</u>	Thursday Mornings	\$526.50 (36 classes)	\$131.63
<u>7342</u>	Thursday Lunch Bunch	\$117.00 (36 classes)	\$29.25
<u>7343</u>	Thursday Afternoons	\$526.50 (36 classes)	\$131.63
<u>7344</u>	Friday Mornings	\$468.00 (32 classes)	\$117.00
<u>7345</u>	Friday Lunch Bunch	\$104.00 (32 classes)	\$26.00
<u>7346</u>	Friday Afternoon	\$468.00 (32 classes)	\$117.00



## Discounts for 2011-2012 School Year

Register your child for one full day and receive \$25 off your total tuition bill for each additional full day you register for!! (Full Day Program includes morning, lunch bunch, and afternoon.) So, register for:

- \*Two full days—receive \$25 off your total tuition bill
- \*Three full days—receive \$50 off your total tuition bill

- \*Four full days—receive \$75 off your total tuition bill
- \*Five full days—receive \$100 off your total tuition bill.

# Adult Fitness...

## Cardio Tennis for Beginners

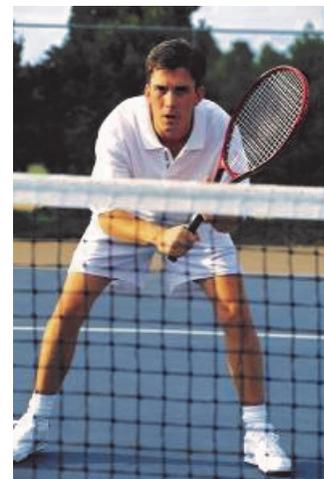
Cardio Tennis is a new, fun group activity, featuring a circuit of drills to give players of all abilities (including beginners) the ultimate, high-energy workout! While you do hit balls during a Cardio Tennis workout, it does not matter whether you hit them in or out. Cardio Tennis will not only help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

*Instructors:* Newington Tennis Center Staff

*Location:* Newington Tennis Center, 60 Prospect Street

*Fee:* \$66 for residents / fee remains the same for non-residents

ID:	Time	Dates
7290	4:00 - 5:00 PM	Sundays, March 6 - April 10 (6 classes)
7404	4:00 - 5:00 PM	Sundays, April 17 - June 5 (no class 4/24, 5/29, 6 classes)



## 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.

Not for the faint of heart. Participants should be in good physical condition.

*Instructor:* Laura Campbell

*Location:* Mortensen Community Center Gymnasium

*Fee:* Tuesday class: \$55 for residents / \$69 for non-residents

Thursday class: \$50 for residents / \$63 for non-residents



ID:	Dates	Time
7405	Tuesdays, April 5 - June 14 (11 classes)	6:00-7:00 PM
7406	Thursdays, April 14 - June 16 (10 classes)	6:00-7:00 PM

*Register for both classes and SAVE \$10!*  
*Residents: \$95! Non-Residents: \$122!*

## 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

ID:	Dates	Time
7407	Tuesdays, April 5 - June 21 (12 classes)	9:15 - 10:15 AM
7408	Thursdays, April 7 - June 23 (12 classes)	9:15 - 10:15 AM

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

## The Art of T'ai Chi

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

*Instructor:* Ken Zaborowski

*Location:* Mortensen Community Center Romano Room

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

ID:	Class	Time	Dates
7353	Beginners	5:30 - 6:30 PM	Mondays, April 4 - June 13 (no class 5/30, 10 classes)
7354	Intermediates	6:30 - 7:30 PM	Mondays, April 4 - June 13 (no class 5/30, 10 classes)

## Line Dancing



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

*Instructor:* Wendy Nielsen

*Location:* Senior & Disabled Center Ceramics Room

*Fee:* \$70 per session for residents

\$88 per session for non-residents

ID:	Time	Dates
7356	5:30 - 6:30 PM	Mondays, April 11 - June 20 (no class 5/30, 10 classes)

## Please Note:



All of our classes are for registered participants only. Many classes (especially adult fitness classes) fill to capacity.

Due to safety and room restrictions, we cannot permit extra participants (friends, family members, etc.) into a class.

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

**All participants in our adult programs must be at least 16 years of age or older.**

## Hi/Lo Aerobics

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

*Instructor: Laura Campbell*

*Location: Senior & Disabled Center Auditorium*

ID:	Time	Dates	Fee
7409	6:00 - 7:00 PM	<b>Mondays,</b>	\$44 for residents
7410	7:00 - 8:00 PM	April 4 - June 20 (11 classes, no class 5/30)	\$55 for non-residents
7411	6:00 - 7:00 PM	<b>Wednesdays,</b>	\$48 for residents
7412	7:00 - 8:00 PM	April 6 - June 22 (12 classes)	\$60 for non-residents

**Register for any 2 classes and SAVE \$5! Residents: \$87! Non-Residents: \$110!**

## Severe weather? Call first!

Program Information & Cancellation Hotline: 860-665-8686



## Zumba

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



*Location: Mondays & Wednesdays: Mortensen Community Center Gymnasium  
Tuesdays & Thursdays: Senior & Disabled Center Auditorium*

*Instructor: Mondays & Tuesdays: Lydia Borysiuk  
Wednesdays: Keiko Broyles  
Thursdays: Mary Woods*

**New Classes Added!**

ID:	Dates	Time	Fee:
7413	Mondays, April 4 - June 13 (10 classes, no class 5/30)	5:00 - 5:50 PM	\$48 for residents \$60 for non-residents
7414	Tuesdays, April 5 - June 21 (12 classes)	5:45 - 6:45 PM	\$60 for residents \$75 for non-residents
7415	Wednesdays, April 6 - June 22 (12 classes)	6:00 - 7:00 PM	\$60 for residents \$75 for non-residents
7416	Thursdays, April 7 - June 16 (8 classes, no class 4/21, 4/28, 5/12)	5:45 - 6:45 PM	\$40 for residents \$50 for non-residents

## Zumba Toning

Zumba Toning™ – Work hard. Play hard. Same time. The Latin inspired dance fitness party takes it up an extra notch. If you love Zumba, then you'll absolutely love Zumba Toning! Body-sculpting techniques and specific Zumba moves are blended into one calorie-burning, strength-training class. Burn more calories than in a regular Zumba session! Participants should bring your own 1 pound weights or weighted, maraca-like Zumba Toning Sticks to enhance rhythm and build strength. Shake It. Tone It. Rock It. Serious body sculpting for party animals.

*Location: Mortensen Community Center Gymnasium  
Instructor: Lydia Borysiuk  
Fee: \$50 for residents / \$63 for non-residents*

ID:	Dates	Time
7417	Mondays, April 4 - June 13 (10 classes, no class 5/30)	6:00 - 7:00 PM

# Adult Fitness & Programs...



## Calling All Softball Players!



### Men's Softball League

Interested in playing in an organized softball league? Parks & Recreation offers a Men's Softball League that runs from early May until late August (Monday through Friday). The League consists of 20 teams. Players must either live or work in Newington to be eligible to play. League fees are approximately \$850 per team. Teams that participated last season need to contact the Parks & Recreation office by March 4th if interested in returning. After March 4th, new teams meeting the eligibility requirements will be considered for participation in the league. If you are interested in getting a team in the league or playing on an existing team, please contact the Parks & Recreation office at [kgallicchio@newingtonct.gov](mailto:kgallicchio@newingtonct.gov).

### Women's Softball League

Interested in playing in an organized softball league? Parks & Recreation offers a Women's Softball League that runs from early May until mid-August (Monday through Friday). We are looking to expand our Women's League. Currently has teams from Newington and Wethersfield. League fees will be approximately \$650 per team. Teams that participated last season need to contact the Parks & Recreation office by March 4th if interested in returning. If you are interested in getting a new team in the league or playing on an existing team, please contact the Parks & Recreation office at [kgallicchio@newingtonct.gov](mailto:kgallicchio@newingtonct.gov).

### Co-Ed Volleyball

For Ages 18 & Up



Join us on Tuesday evenings to play recreational co-ed volleyball. This program is restricted to Newington residents only. Limit: 16 participants. Proof of residency is required at the time of registration.

Supervisor: MCC Staff

Location: Mortensen Community Center Gymnasium

ID:	Time	Days	Fee
7352	7:15 - 9:15 PM	Tuesdays, March 15 - May 3 (8 weeks)	\$30

### Painting the Still-Life in Oils



This is a class for the beginner or experienced painter designed to provide individual instruction while allowing participants to work at their own pace. Learn the principles of light and shade, composition, perspective, color mixing and more as applied to the still-life. Please call the Parks & Recreation Department at 860-665-8666 for a supply list prior to the first class. Participants should wear a smock or old clothes.

Instructor: Fran Judycki

Location: Senior & Disabled Center Arts & Crafts Room

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

ID:	Time	Dates
7355	6:30 - 8:30 PM	Mondays, April 4 - May 2 (5 classes)



### Introduction to Reiki

Have you ever wondered what Reiki is, why it has become so popular, or how it can add to your life? In this course, you will learn about the origination and history of Reiki. Together we will delve into the physical, emotional and spiritual benefits of Reiki, as well as share the potential opportunities the path of Reiki can provide for you. Start your journey today and sign up for this eye-opening informational session.

Instructor: Eric Urciuoli

Location: Mortensen Community Center Romano Room

ID:	Time	Dates	Fee:
7461	1:00 - 5:00 PM	Sunday, May 15 (1 class)	\$30 for residents \$38 for non-residents



Program Information  
&  
Cancellation Hotline:  
**860-665-8686**

# Adult Yoga and Pilates Classes...

## Mat Pilates

Pilates is an exercise option for everyone designed to develop a strong core while maintaining loose, limber limbs. The exercises provide variations to meet the needs of different body types. The exercises strengthen the body while keeping joints mobile and flexible. You'll feel your muscles working and probably break a sweat. Please bring a yoga mat and water to every class.

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

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

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

*Instructor:* Maggie Downie  
*Location:* Senior & Disabled Center Room A & B  
*Fee:* Residents: \$93 / Non-Residents: \$117

ID:	Class	Time	Dates
<b>Wednesdays - Beginners or Intermediates</b>			
7357	Beginners	5:30-6:30 PM	Wednesdays, April 6 - June 15
7358	Intermediate	6:30-7:30 PM	(11 classes)

## Ball Pilates

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

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

*Instructor:* Maggie Downie  
*Location:* Senior & Disabled Center Room A & B  
*Fee:* Residents: \$93 / Non-Residents: \$117

ID:	Class	Time	Dates
<b>Mondays - Mixed-Levels</b>			
7359	Mixed Levels	5:30 - 6:30 PM	Mondays, April 4 - June 20 (no class 5/30, 11 classes)

**Pilates Special:** Register for any two Pilates classes and save \$10  
 Residents: \$176! Non-residents: \$224

## Yoga Classes

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

*Location:* Mortensen Community Center Romano Room  
*Instructors:* Karen Sevenoff / Cynthia Wolcott  
*Fee:* Tuesday class: \$72 for residents / \$90 for non-residents  
 Thursday class: \$72 for residents / \$90 for non-residents

ID:	Class	Time	Dates
7360	Mixed Levels Yoga with Karen Sevenoff	5:30 - 6:45 PM	Tuesdays, April 5 - June 21 (12 classes)
7361	Beginner Yoga with Cynthia Wolcott	5:45 - 6:55 PM	Thursdays, April 7 - June 23 (12 classes)
7362	Mixed Levels Yoga with Cynthia Wolcott	7:05 - 8:20 PM	Thursdays, April 7 - June 23 (12 classes)

## Yoga Class Descriptions

### Beginner Yoga

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



### Mixed Levels Yoga

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

# Programs for Older Adults...

## Indoor Walking at Mortensen Community Center

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

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

**Monday through Friday 8:30 - 11:30 AM**

**\*FREE\***

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

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

*We apologize in advance for any inconvenience this may cause.*



## Fun-n-Fitness

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

Instructor: Sandy Rovelli

Location: Senior & Disabled Center Auditorium

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

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

ID:	Time	Days
7364	10:20 - 11:20 AM	Tuesdays, April 5 - June 21 (12 classes)
7365	10:20 - 11:20 AM	Thursdays, April 7 - June 23 (12 classes)

Register for both classes and SAVE \$5!

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

## T'ai Chi For Older Adults

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

Instructor: Ken Zaborowski

Location: Senior & Disabled Center Auditorium

Fee: \$45 for residents  
\$56 for non-residents

ID:	Time	Dates
<b>Beginners</b>		
7366	9:00 - 9:45 AM	Mondays, April 4 - June 13 No Class 5/30 (10 classes)
<b>Intermediates</b>		
7367	10:00 - 10:45 AM	Mondays, April 4 - June 13 No Class 5/30 (10 classes)

## Zumba Gold

This fun Zumba class is designed for the active adult population or the true (deconditioned) participant. Zumba Gold addresses the anatomical, physiological and psychological needs specific to these populations. Created to emphasize the basic steps of Zumba, this explosive program is so easy to follow that participants of any age can do it. This program will give all participants a safe and effective total body workout. Just like the regular Zumba classes, Zumba Gold creates a party-like atmosphere that is incredibly fun, different, easy to follow and effective.

Participants in this class enjoy rhythms such as: Merengue, Salsa, Cumbia, Belly Dance, Rumba, Tango, Cha Cha, along with other fun and exciting rhythms and dances. Participants should wear comfortable clothing and bring water.

Instructor: Jenn Trent

Location: Senior & Disabled Center Auditorium



ID:	Time	Days	Fee
7363	11:00 - 11:45 AM	Fridays, April 8 - June 10 (9 classes, no class 4/22)	\$36 for residents \$45 for non-residents



Program Information  
&  
Cancellation Hotline:  
**860-665-8686**

# Programs for Older Adults...

## Yoga for Older Adults

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

*Instructor:* Linda Leslie

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

*Fee:* \$21 per session for residents

\$26 per session for non-residents

ID:	Time	Dates
7368	11:15 AM - 12:15 PM	Mondays, April 4 - 25 (4 classes)
7369	11:15 AM - 12:15 PM	Mondays, May 9 - June 6 (no class 5/30, 4 classes)

## Fitness Clinics for Older Adults

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 Room. Must present a doctor's note when registering and be a Newington Senior & Disabled Center member.

*Instructor:* Sandy Rovelli

*Location:* Senior & Disabled Center

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

ID:	Time	Dates
7322	11:30 - 1:30 PM	Tuesday, March 8
7462	11:30 - 1:30 PM	Tuesday, April 12
7370	11:30 - 1:30 PM	Tuesday, May 10
7371	11:30 - 1:30 PM	Tuesday, June 14

## Oil Painting Mini Session

A shortened version of our regular oil painting course (at right), aimed at improving the returning student's skills and knowledge and introducing the new student to the basic ingredients of painting. Students are instructed individually. Traditional concepts of painting will be applied to still-life, floral, landscape, seascape and wildlife. 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

ID:	Time	Dates	Fee
7418	9:15 - 11:45 AM	Tuesdays, June 7 - 28 (4 classes)	\$35 for residents \$44 for non-residents

## Dance Classes for Older Adults

Dancing is a great way to stay active, healthy, and have fun. Ballroom dancing is a great class for those who are new to dancing or would like to improve existing dance skills. You will be exposed to the Foxtrot, Waltz, Rumba, Cha Cha and Swing. Have fun while benefiting from an excellent form of exercise! Or try our popular Line Dancing classes, another fun way to exercise! Come with or without a partner.

*Instructor:* Wendy Nielsen

*Location:* Senior & Disabled Center Ceramics Room

*Fee:* \$39 per session for residents

\$49 per session for non-residents

ID:	Time	Dates
<b>Session 1 (5 classes, no class 4/8, 4/22):</b>		
7372	BALLROOM 10:00 - 11:00 AM	Fridays, April 1 - May 13
7373	LINE DANCING 11:00 AM - 12:00 PM	Fridays, April 1 - May 13
<b>Session 2 (5 classes):</b>		
7374	BALLROOM 10:00 - 11:00 AM	Fridays, May 20 - June 17
7375	LINE DANCING 11:00 AM - 12:00 PM	Fridays, May 20 - June 17



Program  
Information &  
Cancellation  
Hotline:  
**860-665-  
8686**



## Oil Painting

An instructive course aimed at improving the returning student's skills and knowledge and introducing the new student to the basic ingredients of painting. Students are instructed individually. Traditional concepts of painting will be applied to still-life, floral, landscape, seascape and wildlife. Please call the Parks & Recreation Department at 860-665-8666 for a supply list prior to the first class. Wearing a smock or old clothes is suggested.



Please note that the Tuesday class is 2.5 hours in length while the Thursday class is 2 hours in length.

*Instructor:* Fran Judycki

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

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

Thursday class: \$70 for residents / \$88 for non-residents

ID:	Time	Dates
7376	9:15 - 11:45 AM	Tuesdays, March 22 - May 24 (10 classes)
7377	9:45 - 11:45 AM	Thursdays, March 24 - May 26 (10 classes)

# Parks & Recreation Registration Info...

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

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

### 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 06111. Walk-in office hours are:

**Monday – Friday, 8:30 AM – 4:30 PM.**

**\*Drop slot may be available after hours.**

## IMPORTANT INFORMATION

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

### Reasons to Register Early

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

## POLICIES & PROCEDURES

Registration is taken on a **FIRST COME - FIRST SERVED** basis. Residents may register for programs beginning Friday, February 18th, 2011. All registration forms received prior to the registration start date will be processed randomly at the end of the first day of registration. The Parks & Recreation Department will try to accommodate all registrants, but some programs fill to capacity. Please specify an alternate choice on your registration form should the original class you choose be filled. The Parks & Recreation Department reserves the right to **cancel programs because of insufficient registrations** or causes beyond its control.

### Non-Residents

Non-residents are eligible to register for programs if there are openings beginning Friday, March 4th, 2011. Non-residents pay an additional fee for most programs and should call for program availability prior to registering. Some programs (including swim lessons, pool passes, playgrounds/camps and others) are not available for non-residents.

### Waiting List

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

### Americans with Disabilities Act

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

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

### Refunds

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

## Contact Us:

### Phone:

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

### At the Office:

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

### On the Web:

[www.NewingtonCT.gov](http://www.NewingtonCT.gov)

## New Registration Information

The following changes to our registration policies are now in effect:

- Registration will be accepted by fax, mail or in-person only.  
**We will no longer accept phone registrations.**
- **Registration start dates have been implemented**, to give all participants an equal opportunity to get into our programs. See front cover for registration dates.

