

NEWINGTON PARKS AND RECREATION

Building A Strong Community



Photo credit: Jim Bazzano

Winter 2016

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



Adult Fitness



Visits with Santa



Preschool



Youth Basketball

RESIDENTS: Registration Begins December 4th

NON-RESIDENTS: Registration Begins December 18th



Total Vision

860.666.7053

www.EyeCareCT.com



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, social media, 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 Debit TOTAL AMOUNT: \$ _____

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

(Found on back of card)

Circle type of card: VISA MASTERCARD DISCOVER

General Information

Parks and Recreation Office Information

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



Parks and Recreation Department Staff:

Bill DeMaio, Superintendent of Parks and Recreation
Karen Gallicchio, Recreation Supervisor
Sharon O'Neil, Recreation Supervisor
Michelle Ball, Program Coordinator / Aquatics Director
Donna Allen, Administrative Secretary
Linda Cruff, Administrative Secretary
Mike Hadvab, Parks and Grounds Supervisor

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. Please specify an alternate choice on your registration form should the original class you chose is filled.
- Some programs have a registration deadline, and we are not able to accept day of or late registrations. If accepted, day of or late registration fees are not pro-rated.
- If the participant has any medical concerns (allergies, asthma, etc.) and/or special needs that we should be aware of, please list it on the registration form and complete and submit a Supplemental Registration Form (available on our website under 'Forms').
- If a minor participant has a medical condition which requires emergency medication during a program or class, please complete the appropriate form for self-medication or medication administration authorization (inquire for details).
- Sometimes we are forced to cancel programs because of insufficient registrations or causes beyond our control. If a program is cancelled, any registered participants will be contacted and refunded.
- A minimum of \$10 is required for all credit card transactions.

Convenient Ways To Register

- **Fax-in:** Complete and sign the registration form. Include VISA, MasterCard or Discover credit card information. If you choose to register via fax, PLEASE call to confirm that your fax came through. Fax to 860-665-8739.
- **Mail-in:** Complete and sign the registration form. Include VISA, MasterCard or Discover credit card information or make checks payable to "Newington Parks & Recreation." Mail to: Newington Parks & Recreation, 131 Cedar Street, Newington, CT 06111.
- **Walk-in:** Register in our office, which is located in the Mortensen Community Center at Town Hall, 131 Cedar Street, Newington, CT. Walk-in office hours are: Monday - Friday, 8:30 a.m. - 4:30 p.m. *Drop slot may be available after hours.

Upcoming Program Guide

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

Concussion Information

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

Table of Contents

Registration Form.....	2
General Info.....	3
Facility Rentals.....	4
Community Events.....	5
Aquatics.....	6-7
Preschool.....	8
Youth Programs.....	9-13
Teen Programs.....	13
Adult Programs.....	14
Adult Sports and Fitness.....	15
Adult Fitness.....	15-16
Adult Yoga/Pilates.....	17
Older Adult Programs.....	18-19
Frequently Requested #'s.....	20

Non-Residents

Non-residents are eligible to register for programs beginning on the date listed on the front cover, which is generally two weeks after the date when resident registration begins. A separate fee for non-residents is listed next to eligible programs. Some programs (including swim lessons, pool passes, playgrounds, youth basketball and others) are not available for non-residents.

Waiting List

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

Inclusive Statement

The Newington Parks and Recreation Dept. does not discriminate on the basis of race, color, national origin, gender, religion, age, or disability in provision of programs and services. Individuals with disabilities are encouraged to register. The Newington Parks and Recreation Dept. is complying with the Americans with Disabilities Act (ADA), Public Law 101336. The law addresses issues of accessibility of facilities & programs. Provisions of reasonable program modifications will be made on a case-by-case basis to allow people with disabilities to participate in and benefit from programs. Please contact us for more information.

Refunds

Newington Parks and Recreation does not issue refunds once you have registered for a program, unless there is an injury or illness which prohibits active participation in the program and is documented by a physician. No refunds will be issued without a completed Refund Request Form accompanied by a doctor's note. The Refund Request Form is available on our website at www.newingtonct.gov/parksandrec under 'Forms'. If a refund is granted, the amount will be pro-rated to reflect the number of classes remaining from the date the refund request form was submitted. Refund requests are not accepted after a program has ended. A \$5.00 processing fee will also be deducted from any refund issued.

Inclement Weather

Program information and cancellations due to inclement weather are available on our program hotline number (860-665-8666) which is updated when cancellations occur. When there are program cancellations due to inclement weather, 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.

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.

Facility Rentals...



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.



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 tables, ping pong table, and air hockey, with plenty of space for a piñata or refreshments. The fee is \$30 per hour for residents and \$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.



Field Rentals

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

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

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



Kellogg-Eddy House Rentals

The Kellogg-Eddy house is a historic home built in 1808, and is located at 679 Willard Ave. Rentals will be available beginning January 1, 2016. Available space for rentals includes the main meeting room which seats up to 50 people, a dining room which has a table with seating for up to 8 people, and a solarium which seats 6 - 12 people.

For fees and other information, please call 860-665-8666.



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



UPPER SITE

\$35/day

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



LOWER PAVILION

\$60/day

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



MIDDLE PAVILION

\$90/day

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

Community Events...



Visits with Santa (Free with a non-perishable food item)

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

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



Winter Wonderland

Saturday, December 5th, 1:00 - 4:00 p.m.
Mortensen Community Center Gymnasium



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



Newington's Night of Lights

Saturday, December 5th at 5:00 p.m. (Rain/Snow Date: Sunday, December 6th)
Carol Sing & Tree Lighting at Town Center, Main Street

Newington Parks and Recreation Department and the Newington Chamber of Commerce present this annual event. This magical day begins with visits with Santa and Winter Wonderland at Mortensen Community Center from 1 - 4 p.m. The Fire Truck parade, refreshments, entertainment, guest speakers, carol sing, tree lighting, and of course, the arrival of Santa all the way from the North Pole will take place at 5:00 p.m. at the Town Center! This is a free community even, but please bring a non-perishable food item for the Town's food bank. In case of inclement weather, please call 860-665-8686.



Motorcycle Madness

Thursday, May 19th, 2016 5:30 - 8:30 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!



35th Annual Extravaganza

Saturday, July 16th, 2016
Mill Pond Park



Save the date for the 2016 Extravaganza, which may be the largest and most fun-filled Extravaganza in its history! You won't want to miss it!



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

We are now accepting 2016 reservations for both community signboards as well as the Market Square banner. The signboards and banner are for use by Newington civic or non-profit organizations only - businesses are not eligible for use. Signboard 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 details and information on reserving a signboard, please call 860-665-8666.

Aquatics...

Recreational Swimming at Newington High School

The Newington High School Pool will open for indoor recreational swimming from late September through early June. Recreational swimming is supervised by certified Red Cross lifeguards. Newington residents may pay a daily admission fee at the pool, use a Summer 2015 pool pass for the 2015-2016 indoor season, or may purchase pool passes for the indoor season at the Parks and Recreation office. Proof of residency must be shown. The fee for a household pass is \$30 and includes up to six people who permanently reside in the same Newington household. For households with more than six people, the additional fee for each person is \$5. Passes for resident individuals are \$25. Daily admission rates are listed below. Newington's aquatic facilities are open to residents, and residents may bring non-residents as their guests. Non-residents may only participate in recreational swimming as the guest of a Newington resident, and must pay the daily rate, unless participating in the tri-town swimming program (see below). Children under 13 must be accompanied by an adult.

Time: 7:00 PM - 8:45 PM
Dates: Mondays, Wednesdays & Fridays, Sept. 28, 2015 - June 3, 2016 *The pool is unavailable on all holidays and dates that the high school is closed, when school is cancelled due to inclement weather, and occasionally due to NHS swim meets. Signs will be posted at the pool with as much advance notice as possible. Call 860-665-8666 for information regarding school vacation swim times.*
Fee: **Pool Pass:** Individual: \$25 / Household: \$30 (Pool passes may only be purchased at the Parks and Recreation office)
Daily Admission Rate: \$3.00 for adults, \$2.00 for children under 18, \$2.00 for seniors (62+)

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

**December Vacation
Recreational Swim Times**
at NHS

**Monday-Thursday,
December 28-31, 2015
12-3 p.m.**

Swim Lesson Level Descriptions

The Newington Parks and Recreation Department is proud to be an authorized provider of the American Red Cross Learn-To-Swim Program for Levels 1-6. Proper swim lesson level placement is critical for your child's success in swim lessons, as well as ensuring that the experience is enjoyable and safe. If your child has taken swim lessons with us before, please select the level recommended by their instructor. Please note that children must be at least 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. All you have to do is present your pass. Tri-town swimming is only available for season pass holders.

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

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

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

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

Preschool & Parent

Ages 3-5 with parent

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

Location: Newington High School Indoor Pool
Fee: \$15 (4 classes)

ID:	Time	Dates
10731	5:30 - 6:00 PM	Wednesdays, January 6 - January 27
10732	5:30 - 6:00 PM	Wednesdays, February 3 - February 24



Program
 Information &
 Cancellation
 Hotline:
860-665-8686

Group Swim Lessons *Ages 5 - 17*

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

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

Wednesdays, Jan. 6 - Feb. 3

	5:30 - 6:00 PM	6:00 - 6:30 PM
Level 1	(not offered)	ID: 10739
Level 2	ID: 10735	ID: 10740
Level 3	ID: 10736	ID: 10741
Level 4	ID: 10737	ID: 10742
Level 5/6	ID: 10738	ID: 10743

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 vouchers. Please see level descriptions on page 6 as a guide to register your child. Swim lessons are available for Newington residents only.

Location: Newington High School Indoor Pool

Fee: \$65 (4 classes)

Session 1 - WEDNESDAYS January 6 - January 27

	6:30 - 7:00 PM
Level 1	ID: 10744
Level 2	ID: 10745
Level 3	ID: 10746
Level 4	ID: 10747
Level 5/6	ID: 10748

Session 2 - WEDNESDAYS February 3 - February 24

	6:30 - 7:00 PM
Level 1	ID: 10749
Level 2	ID: 10750
Level 3	ID: 10751
Level 4	ID: 10752
Level 5/6	ID: 10753

Adult Swim Lessons *Ages 15 and up*

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

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

ID:	Class	Time	Dates
10733	Beginners	7-7:30 p.m.	Wednesdays, January 6 - January 27 (4 classes)
10734	Advanced Beginners	7-7:30 p.m.	Wednesdays, February 3 - February 24 (4 classes)

Adult Swim Lesson Level Descriptions

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

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

Creative Playtime Preschool Program



Creative Playtime Preschool Program located at 1075 Main Street, Lower Level
Creative Playtime Preschool Program is open to children ages 3-5. Morning, Afternoon or Full-Day Programs are available. Our preschool program is fully licensed through the State of Connecticut.

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 or 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

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.

2016-2017 Registration & Program Information

- For **current families and siblings**, registration begins Tuesday, January 26th.
- For **new families**, registration begins Tuesday, February 9th.
- For **non-residents**, registration begins Tuesday, February 23rd
- A **non-refundable** deposit is required at the time of registration.
- A payment plan will be available for the 2016-2017 school year.
- Open to children ages 3-5. All children must turn 3 years old by December 31, 2016. Children who will not be 3 years old until after December 31, 2016 are welcome to register and begin attending our program after their 3rd birthday if there are spaces available.
- School skills and Kindergarten readiness will be introduced in *ALL* classes.
- All children must be toilet trained by the start of the program, and may not be wearing diapers or pull-ups.
- The ratio is 10 children per teacher.
- Additional program and registration information will be included in the registration packet.



Join us for an Open House!

Meet our staff and tour the classroom!

Thursday, January 14th, 3:30 - 4:30 p.m.*

**children and siblings welcome!*

Wednesday, February 3rd, 6:00 - 7:00 p.m.

Tuesday, March 1st, 6:00 - 7:00 p.m.

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



Registration information for the 2016-2017 School Year will be available after January 1st, 2016. 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!!

Youth Programs...

Music Together *Ages newborn to 5 years*

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



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.)*



ID:	Time	Dates
10754	4:30 - 5:15 PM	Tuesdays, Jan. 5 - March 8 (10 classes)
10755	9:30 - 10:15 AM	Wednesdays, Jan. 6 - March 9 (10 classes)
10756	10:30 - 11:15 AM	Wednesdays, Jan. 6 - March 9 (10 classes)
10757	8:30 - 9:15 AM	Saturdays, Jan. 9 - March 12 (10 classes)
10758	9:30 - 10:15 AM	Saturdays, Jan. 9 - March 12 (10 classes)

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!

Dance Classes *Ages 2 - 8*

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

Instructor: Janet Arnold

Location: Mortensen Community Center Romano Room

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



ID:	Ages	Class	Time	Dates
10759	2 - 4	Ballet/Creative Movement	1:15 - 2:00 PM	Saturdays, Jan. 9 - February 27 (8 classes)
10760	4 - 6	Hip Hop	2:00 - 2:45 PM	
10761	2 - 4	Ballet/Creative Movement	2:45 - 3:30 PM	
10762	5 - 8	Ballet	3:30 - 4:15 PM	
10763	2 - 4	Ballet/Creative Movement	4:15 - 5:00 PM	

Jumpin' Gym Daze

Ages 12—36 Months with Parent

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

Instructor: Christine Gomes

*Location: Mortensen Community Center
Gymnasium*

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

ID:	Time	Dates
10764	9:30 - 10:15 AM	Wednesdays, Jan. 6 - Feb. 24 (8 classes)
10765	10:30 - 11:15 AM	Wednesdays, Jan. 6 - Feb. 24 (8 classes)

Mornin' Munchkins

Ages 12—36 Months with Parent

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

Instructor: Loralyn Callahan

*Location: Mortensen Community Center
Romano Room*

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

ID:	Time	Dates
10766	9:30 - 10:15 AM	Mondays, Jan. 4 - March 7 (8 classes) (no class 1/18, 2/15)
10767	10:30 - 11:15 AM	Mondays, Jan. 4 - March 7 (8 classes) (no class 1/18, 2/15)

Youth Programs...



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

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



Instructor: Creative Playtime Preschool Staff

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

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

Register for ALL 3 nights - \$30 for residents / \$38 for non-residents

ID:	Theme:	Time	Dates
10804	Silly Snowmen	5:30 - 7:00 PM	Monday, January 11 (one class)
10805	My Valentine	5:30 - 7:00 PM	Tuesday, February 9 (one class)
10806	Farm Fun	5:30 - 7:00 PM	Monday, March 14 (one class)



Little Artists *Ages 3 - 5 with Parent*

Children ages 3 - 5 and their caregivers are welcome to join us for this fun art class! Your "little artist" will learn that art can be made in many ways... not just with crayons, markers and paintbrushes! Children will explore a variety of art techniques and create their own projects based on the week's theme. Individuality and creativity will be promoted with each art project that is made. All materials provided.

Children should bring a smock or large t-shirt from home to wear over their clothes during the class.

Instructor: Melissa Miller

Location: Mortensen Community Center Arts & Crafts Room

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



ID:	Time	Dates
10807	1:00 - 1:45 PM	Thursdays, January 7 - Feb. 25 (8 classes)



Program
Information &
Cancellation
Hotline:
860-665-8686

Acting Classes with Performing Arts Programs, Inc. *Grades K - 6*

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

Instructor: Performing Arts Programs staff

Location: Mortensen Community Center Teen Center

Fee: \$115 for residents / Fee remains the same for non-residents

ID:	Time	Dates
K - 2nd grade		
10808	5:00-5:45 PM	Thursdays, Feb. 4 - March 17 (7 classes)
3rd - 6th grade		
10809	6:00-6:55 PM	Thursdays, Feb. 4 - March 17 (7 classes)

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!

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 magical snow monsters and their secret hiding places, design colorful woven shapes, paint wild animals in shimmering tints and shades and more! These activities will require thinking outside the box, which is so important for children to develop and grow, while having 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

ID:	Time	Dates
10768	6:30 - 7:30 PM	Tuesdays, Jan. 12 - Feb. 2 (4 classes)

Children's Sculpture Grades K - 5

Wow! Sculpt colorful wild animals, build sparkling igloos, make imaginative 3-D paper characters and more! Create these amazing sculptures while exploring with clay, recycled and unusual materials and neon paint. Students will expand their creative imaginations and fine motor skills while having a blast! All supplies are provided. Children should wear a smock or old clothes.

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

ID:	Time	Dates
10769	6:30 - 7:30 PM	Tuesdays, Feb. 23 - March 8 (3 classes)

Children's Painting Workshop Grades K - 5

Paint your own amazing winter forest with colorful birds and wild animals. We will use some unusual materials in addition to the brush. Then paint a gorgeous, brightly colored Valentine poster for your whole family to enjoy! Your imagination and experimentation will be used. This is a great class to practice fine motor skills. All supplies are provided. Children should wear a smock or old clothes.

Location: MCC Arts & Crafts Room
Instructor: Fran Judycki
Fee: \$10 for residents / \$12 for non-residents

ID:	Time	Date
10770	6:30 - 7:30 PM	Thursday, February 4 (one class)

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.



Let's Gogh Art - Lions and Tigers and Pigs, Oh My! Grades K - 5

On a wild journey through the animal kingdom, art adventurers discover a multitude of kooky critters--as well as their own creativity--while exploring various techniques, tools, and materials. Stained glass giraffes, fabric dogs, ceramic pigs, wooden snakes, glow-in-the-dark dinos, and clay lions with fluffy fiber manes. These are just a few of the animals created during our awesome art excursions. Fun facts about each creature are included and masterpieces go home each week. A ROARING good time!

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

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

ID:	Time	Dates
10771	4:30 - 5:30 PM	Wednesdays, January 13 - March 2 (8 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! 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

ID:	Time	Date
10666	6:30 - 7:30 PM	Wednesday, Dec. 2 (one class)
10667	6:30 - 7:30 PM	Tuesday, Dec. 8 (one class)

Youth Programs...

Skyhawks Sports! *Ages 3 1/2 - 7*

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

Instructor: Skyhawks Staff

Location: Ruth Chaffee Elementary School Gymnasium

Fee: \$75 for residents / Fee remains the same for non-residents.

ID:	Time	Dates
-----	------	-------

Tiny Hawks (Ages 3 1/2 - 4 with parents)

10796 4:30 - 5:20 PM Thursdays, Jan. 7 - Feb. 11 (6 classes)

Mini Hawks (Ages 5 - 7)

10797 5:30 - 6:30 PM Thursdays, Jan. 7 - Feb. 11 (6 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

ID:	Time	Dates	Fee
-----	------	-------	-----

10675 4:00 - 5:00 PM Sundays, Dec. 6 - Jan. 17 (6 classes, no class 12/27) \$99

10798 4:00 - 5:00 PM Sundays, Jan. 24 - Feb. 28 (6 classes) \$99

10799 4:00 - 5:00 PM Sundays, March 6 - April 17 (6 classes, no class 3/27) \$99

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

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

ID:	Time	Dates
-----	------	-------

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

10800 1:00 - 1:40 PM Mondays, Jan. 11 - Feb. 22 (7 classes)

Preschool: 3 1/2 - 5 years old

10801 1:45 - 2:25 PM Mondays, Jan. 11 - Feb. 22 (7 classes)

Beginner: Kindergarten - 2nd Grade

10802 6:00 - 6:45 PM Tuesdays, Jan. 12 - Feb. 23 (7 classes)

10803 6:00 - 6:45 PM Thursdays, Jan. 14 - Feb. 25 (7 classes)



Program Information & Cancellation Hotline:
860-665-8686



Design our Youth Basketball t-shirts!

See page 13 for more information!



Youth Recreational Basketball *Grades K - 8*

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

The Parks and Recreation Department offers a Recreational Youth Basketball League during the winter months. Registration forms and information are available on our website: www.newingtonct.gov/parksandrec

Registration Deadline: Tuesday, November 24, 2015.



High School Recreational Basketball *Grades 9-12*

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

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

Youth and Teen Programs...

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 are all out of ideas and we want YOUR help designing this year's basketball t-shirts. Get your creative design caps on and submit your design to the Newington Parks and Recreation Office by Monday, November 30. The winner will receive free registration in our youth basketball program for the 2015-2016 season, four t-shirts with your design 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.

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

SAVE THE DATES FOR THESE
2015-2016 SCHOOL YEAR DANCES:

Friday, January 29, 2016

Friday, March 18, 2016

Middle School Teen Center *Grades 5 - 8*

Fridays, October 30, 2015 - April 8, 2016

6:00 - 8:00 PM

The Newington Parks & Recreation Department has revamped its Teen Center program to provide a safe and fun environment to Newington students in grades 5 - 8. Our fully staffed activities help to facilitate positive social interaction and include basketball, pool tables, ping pong, Nintendo Wii, PS2, air hockey, foosball, and more. The Teen Center is open to Newington residents and those attending Newington schools. To participate in the Teen Center Program, a Teen Center Registration Form must be filled out and signed by a parent or guardian. Participants will only pay the nightly fee of \$5.00. The Teen Center will be closed on 11/27/15, 12/25/15, 1/1/16, 1/29/16, 2/19/16 and 3/18/16. Other closings may occur and signs will be posted. The Teen Center may close early on evenings when less than 10 participants attend - refunds will not be given if this occurs. Teen Center Registration Forms can be found online at www.newingtonct.gov/parksandrec. Please contact Newington Parks & Recreation for details about any of our Teen Center programs at 860-665-8666.

Teen Center Facility Rentals

Ages 7 - 18

Why not rent out the Teen Center for your next birthday or team party? The Teen Center facility can be rented out on Saturdays or Sundays from 11:00 a.m. until 8:00 p.m. from September through May. The Teen Center is located in the Mortensen Community Center and has a pool table, foosball table, ping pong table, and air hockey, with plenty of space for a piñata or refreshments. Facility rental fee is \$30 per hour for residents / \$60 per hour for non-residents. An additional \$25 security deposit is required at the time your reservation is made. Reservations must be made a minimum of one week in advance, but for best availability we recommend as much notice as possible.

High School Open Gym *Grades 9 - 12*

Fridays, October 30, 2015 - April 8, 2016

8:00 - 10:00 PM

High School Open Gym is an opportunity for Newington Students in grades 9-12 to use the Mortensen Community Center Gymnasium to play basketball and other sports in a safe, drug and alcohol free environment. Open Gym is open to Newington Residents and those attending Newington schools. To participate in the Open Gym program, an Open Gym Registration/ Code of Conduct Form must be filled out and signed by a parent or guardian and participants are also required to bring their current school ID. Once registered for the program, participants will only pay the nightly fee of \$5.00. Admittance will not be permitted without proper registration and identification. Open Gym will be closed 11/27/15, 12/25/15, 1/1/16, 1/29/16, 3/18/16. Other closings may occur and signs will be posted. Open Gym may close early on evenings when less than 10 participants attend- refunds will not be given of this occurs. Open Gym Registration/ Code of Conduct Form can be found online at www.newingtonct.gov/parksandrec.



Adult Programs...

The Art of T'ai Chi

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

Instructor: Ken Zaborowski

Location: Mortensen Community Center Romano Room

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

ID:	Class	Time	Dates
10783	Mixed Levels	5:30 - 6:30 PM	Mondays, Jan. 4 - March 7 (8 classes, no class 1/18, 2/15)

One-Day Connecticut Safe Boating and Personal Watercraft Certification

Ages 12 - adult

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

Instructor: Professional Marine Education staff

Location: Mortensen Community Center Teen Center

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



ID:	Time	Dates
10784	8:30 AM - 4:30 PM	Sunday, March 20th (one class)

Line Dancing

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

Instructor: Wendy Nielsen

Location: Senior & Disabled Center Ceramics Room

Fee: \$56 for residents / \$70 for non-residents



ID:	Time	Dates
10785	5:30 - 6:30 PM	Mondays, Jan. 4 - March 7 (8 classes, no class 1/18, 2/15)

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!

Drawing for Everyone

This is a course for beginners or experienced artists who want to strengthen their drawing skills. Learn the basic ingredients for a successful drawing. Fundamental skills of shape, line, value, texture, composition and perspective will be explained and demonstrated. This is a fun course that many people also find to be very relaxing! Please call the Parks and Recreation Department at 860-665-8666 for a supply list prior to the first class.

Instructor: Fran Judycki

Location: Senior & Disabled Center Arts & Crafts Room

Fee: \$38 for residents / \$48 for non-residents

ID:	Time	Dates
10786	6:30 - 8:00 PM	Mondays, January 4 - February 8 (5 classes, no class 1/18)

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

Fee: \$56 for residents / \$70 for non-residents

ID:	Time	Dates
10787	6:30 - 7:30 PM	Mondays, Jan. 4 - March 7 (8 classes, no class 1/18, 2/15)

Adult Sports & Fitness...

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

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

ID:	Time	Dates
10788	5:45 - 6:45 PM	Tuesdays, Jan. 5 - March 8 (10 classes)

Badminton *Ages 18 & Up*

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

Location: Mortensen Community Center Gymnasium
Fee: \$40 for residents / \$50 for non-residents

ID:	Time	Dates
10730	7:30 - 9:45 PM	Wednesdays, Feb 10 - May 11 (14 weeks)

Men's Freeplay Basketball *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: \$40 for residents / \$50 for non-residents

ID:	Time	Dates
10687	7:15 - 9:15 PM	Mondays, Nov. 9 - March 7 (15 weeks, no program 12/21, 12/28, 2/22)

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: Mondays: Ashley Ganon, Personal Euphoria staff
Location: Senior & Disabled Center Rooms A & B
Fee: \$56 for residents / \$70 for non-residents

ID:	Time	Dates
10789	6:30 - 7:15 PM	Mondays, Jan. 4 - March 7 (8 classes, no class 1/18, 2/15)



Program Information & Cancellation Hotline:
860-665-8686

Tennis in No Time



‘Tennis In No Time’ is a crash course in tennis for all beginners. You will be surprised at how quickly you can learn the game using innovative teaching techniques. **Please note that participants must register by the Wednesday prior to the first day of the session.*

Instructors: Newington Tennis Center Staff
Location: Newington Tennis Center, 60 Prospect St.
Fee: \$120 for residents / fee remains the same for non-residents

ID:	Time	Dates
10694	6:30 - 7:30 PM	Mondays, Dec. 7 - Jan. 18* (6 classes, no class 12/28)
10810	6:30 - 7:30 PM	Mondays, Jan. 25 - February 29 (6 classes)
10811	6:30 - 7:30 PM	Mondays, March 7 - April 11 (6 classes)

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

Looking for another way to exercise?
 Check out our adult swim lessons and recreational swim hours on pages 6 - 7.

Adult Fitness...

Total Barre

Total Barre is a unique total body workout that focuses on small, controlled movements combined with low-impact but heart-pumping bursts of leg work to define and tone long, lean muscles. With a combination of muscle work and stretching, this program creates lean, flexible sculpted arms, flat abs, and a lifted seat! You'll be targeting every muscle in the body. A challenging, safe and effective workout set to dynamic music using props such as balls and bands. Please bring a mat and water and 1 to 3 lb handweights.

Instructor: Ashley Ganon, Personal Euphoria staff

Location: Senior & Disabled Center Rooms A & B

Fee: \$56 for residents / \$70 for non-residents

ID:	Time	Dates
10790	5:45 - 6:30 PM	Mondays, Sept. Jan. 4 - March 7 (8 classes, no class 1/18, 2/15)

Program Information &
Cancellation Hotline:
860-665-8686

Tone Aerobics

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

Instructor: Sandy Rovelli

Location: Senior & Disabled Center Auditorium

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

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

ID:	Time	Dates
10812	9:15 - 10:15 AM	Tuesdays, Jan. 5 - March 8 (10 classes)
10813	9:15 - 10:15 AM	Thursdays, Jan. 7 - March 10 (10 classes)

Register for both classes and SAVE \$5!
Residents: \$75! Non-Residents: \$95!

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!

Location: Senior & Disabled Center Auditorium

Instructor: Mary Woods



ID:	Dates	Time	Fee:
10816	Wednesdays, Jan. 6 - March 11 (10 classes)	5:15 - 6:15 PM	\$50 for residents \$62 for non-residents
10814	Thursdays, Jan. 7 - March 10 (10 classes)	5:30 - 6:30 PM	\$50 for residents \$62 for non-residents

Hi/Lo Aerobics

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

Instructor: Laura Campbell

Location: Senior & Disabled Center Auditorium



ID:	Time	Dates	Fee
10815	6:30 - 7:30 PM	Wednesdays, Jan. 13 - March 9 (9 classes)	\$36 for residents \$45 for non-residents

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!

Adult Yoga and Pilates Classes...

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
 Fee: listed below

ID:	Class	Time	Dates	Fee
10791	Mixed Levels Yoga with Karen Sevenoff	5:45 - 7:00 PM	Tuesdays, Jan. 5 - March 8 (10 classes)	\$60 for residents \$75 for non-residents
10792	Mixed Levels Yoga with Lisa Jones	6:15 - 7:30 PM	Wednesdays, Jan. 6 - March 9 (10 classes)	\$60 for residents \$75 for non-residents
10793	Beginner Yoga with Cynthia Wolcott	5:45 - 7:00 PM	Thursdays, Jan. 7 - March 10 (10 classes)	\$60 for residents \$75 for non-residents

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 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.

Gentle Yoga

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

Instructor: Cynthia Wolcott
 Location: Mortensen Community Center Romano Room
 Fee: Tuesdays: \$53 for residents / \$66 for non-residents
 Thursdays: \$53 for residents / \$66 for non-residents

ID:	Time	Dates
10776	10:00 - 11:00 AM	Tuesdays, Jan. 5 - March 8 (10 classes)
10777	10:00 - 11:00 AM	Thursdays, Jan. 7 - March 10 (10 classes)

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

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.

Mat Pilates

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

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

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

Instructor: Maggie Downie
 Location: Senior & Disabled Center Rooms A & B
 Fee: Residents: \$90 / Non-Residents: \$112

ID:	Class	Time	Dates
10794	Beginner	5:30-6:30 PM	Wednesdays, January 6 - March 9
10795	Intermediate	6:30-7:30 PM	(10 classes)

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

Programs for Older Adults...

Indoor Walking at Mortensen Community Center

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

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

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

FREE

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

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

We apologize in advance for any inconvenience this may cause.



Fun-n-Fitness

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

Instructor: Sandy Rovelli

Location: Senior & Disabled Center Auditorium

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

Thursdays: \$35 for residents
\$43 for non-residents

ID:	Time	Dates
10774	10:20 - 11:20 AM	Tuesdays, Jan. 5 - March 8 (10 classes)
10775	10:20 - 11:20 AM	Thursdays, Jan. 7 - March 10 (10 classes)

Register for both classes and SAVE \$5!

Residents: \$70! Non-Residents: \$86!

Zumba for Older Adults

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



Instructor: Mary Woods

Location: **Monday class** held at Mortensen Community Center Gymnasium.

Friday class held at Senior & Disabled Center Auditorium

Fee: Monday class: \$32 for residents / \$40 for non-residents

Friday class: \$40 for residents / \$52 for non-residents

ID:	Time	Dates
10772	9:00 - 9:45 AM	Mondays, Jan. 4 - March 7 (8 classes, no class 1/18, 2/15)
10773	10:00 - 10:45 AM	Fridays, Jan. 8 - March 11 (10 classes)



Program Information &
Cancellation Hotline:
860-665-8686

Fitness Clinics for Older Adults

Participants will learn how to utilize the fitness equipment and safety procedures in the Fitness Center located within the Senior & Disabled Center. This class is required in order to use the Fitness Center. **Participants must register at the Senior & Disabled Center main office.** Registration is no longer accepted by the Parks and Recreation Department. *For information about becoming a Senior & Disabled Center member, please call 860-665-8778.*

Instructor: Sandy Rovelli

Location: Senior & Disabled Center

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

Dates	Time
Tuesday, December 8	11:30 - 1:30 PM
Tuesday, January 12	11:30 - 1:30 PM
Tuesday, February 9	11:30 - 1:30 PM
Tuesday, March 8	11:30 - 1:30 PM



Fitness Center at the Senior & Disabled Center

Programs for Older Adults...

Gentle Yoga

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

Instructor: Cynthia Wolcott

Location: Mortensen Community Center Romano Room

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

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

ID:	Time	Dates
10776	10:00 - 11:00 AM	Tuesdays, Jan. 5 - March 8 (10 classes)
10777	10:00 - 11:00 AM	Thursdays, Jan. 7 - March 10 (10 classes)

Register for both classes and SAVE \$5!

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

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.

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

Please Register Early!

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.

T'ai Chi for Older Adults

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

Instructor: Ken Zaborowski

Location: Senior & Disabled Center Rooms A & B

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



ID:	Class	Time	Dates
10778	Beginners	9:00 - 9:45 AM	Mondays, January 4 - March 7
10779	Intermediates	10:00 - 10:45 AM	(8 classes, no class 1/18, 2/15)

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 participation in some skill-building exercises will be expected. Please call the Parks & Recreation Department at 860-665-8666 for a supply list prior to the first class. Wearing a smock or old clothes is suggested.

Instructor: Fran Judycki

Location: Senior & Disabled Center Arts & Crafts Room

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



ID:	Time	Dates
10780	9:15 - 11:45 AM	Tuesdays, January 5 - March 8 (10 classes)

Line Dancing for Older Adults

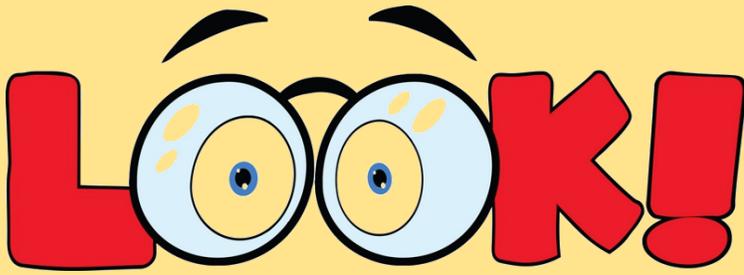
Learn line dancing from a professional dance teacher. If you have trouble 'picking up' line dances in a dance hall or group, then this class will help you sort through the steps and learn the latest and most popular line dances quickly and easily. The dances are explained and we make sure no one is left behind! Line dancing is a great way to stay active, healthy and have fun! Come with or without a partner.

Instructor: Wendy Nielsen

Location: Senior & Disabled Center Ceramics Room

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

ID:	Time	Dates
10781	11:00 AM - 12:00 PM	Fridays, January 8 - February 5 (5 classes)
10782	11:00 AM - 12:00 PM	Fridays, February 12 - March 11 (5 classes)



Local Businesses and Civic Groups:

We want to partner with you! We are looking to develop partnerships with local businesses and civic groups that are interested in co-sponsoring some of our programs and special events. There are opportunities available at every level, and any amount of support is appreciated. We will work with you to accomplish your business marketing and advertising plans.

If you are interested in partnering with Newington Parks and Recreation, please contact us at 860-665-8666!



HELP WANTED!

The Newington Parks and Recreation Department is now accepting applications for Summer employment.

Available positions include but are not limited to: Lifeguards, Water Safety Instructors, Summer Playground Counselors and Parks and Grounds Maintainers.

Applications for Summer positions will be accepted until Thursday, March 31st. All applicants must fill out a Town of Newington employment application, available on our website or at the Parks and Recreation office.

Advertise Here!

Advertisers wanted!

We are now offering a new and exciting way to market and advertise your local business - right here on our quarterly program guides! Advertising here is an economical way to get the name of your business in front of all Newington households.

For more information, please call **860-665-8666** or visit our website at www.newingtonct.gov/parksandrec

Frequently Requested Contact Information

Basketball - Travel	(860) 997-3391
Basketball - Youth (Parks & Rec)	(860) 665-8666
Blackhawks Wrestling	(860) 916-9004
Board of Education	(860) 667-2000
Cheerleading - Youth	(860) 987-8540
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

