

NEWINGTON PARKS AND RECREATION

"Creating Community through People, Parks & Programs"

WINTER 2015



Jumpin' Gym Daze is just one of our popular programs for children ages 12-36 months - see page 8 for more information.

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



Visits with Santa



Music Together



Churchill Park Picnic Reservations



Preschool

RESIDENTS: Registration Begins December 3rd*

**Register Now for Bus Trips - No need to wait!*

NON-RESIDENTS: Registration Begins December 17th

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



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 Debit **TOTAL AMOUNT: \$** _____

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

(Found on back of card)

Circle type of card: VISA MASTERCARD DISCOVER

Facility Reservations

Contents

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 \$40 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 table, ping pong table, and air hockey, with plenty of space for a piñata or refreshments. The fee is \$30 per hour for residents and \$40 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.

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FREQUENTLY REQUESTED CONTACT INFORMATION

Basketball - Travel	(860) 997-3391
Basketball - Youth (Parks & Rec)	(860) 665-8666
Blackhawks Wrestling	(860) 666-9455
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	(860) 667-2647
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) 665-7203
Special Olympics Newington	(860) 665-8773

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 4th, 2015** 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 canned food item)

Friday, December 5th, 5:00 - 7:30 p.m. & Saturday, December 6th, 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 canned food item for the Town's food bank. For more information, please call 860-665-8666.



Family Sleigh Rides

Saturday, December 6th, 1:00 - 4:00 p.m.
Mill Pond Park

Take the family on a ride around Mill Pond Park on a horse-drawn sleigh/wagon. This is a free community event. For more information, please call 860-665-8666.



Newington's Night of Lights

Saturday, December 6th at 5:00 p.m. (Rain/Snow Date: Sunday, December 7th)
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 free sleigh rides at Mill Pond Park 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 event. To make the night more special, please bring a canned food item to benefit the Town's food bank. In case of inclement weather, please call 860-665-8686.

Save the Dates

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Monday, May 11th, 2015
17th Annual
Golf Tournament



Saturday, July 18th, 2015
34th Annual
Extravaganza

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, December 1st. The winner will receive free registration in our youth basketball program for the 2014-2015 season, 4 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.





Bus Trips...



Chocolate Buffet *Saturday, February 14, 2015*



Celebrate Valentine's Day at a magnificent 'Chocolate Bar' at the Langham Hotel's Café Fleuri in Boston, Massachusetts. This tradition started as a 72" round table of sweet goodies and has evolved into a chocolate wonderland. This all-you-can-eat buffet features an array of scrumptious chocolate desserts including the legendary Langham Chocolate Croissant Bread Pudding, truffles, cotton candy, whoopie pies and much, much more! You'll also have leisure time to visit Quincy Market, where there is so much to do and see while enjoying the experience of being in one of the oldest and most historic parts of the city.

Fee: \$114 per person

ID: 10149

Bus trip includes:

- Round trip motorcoach transportation.
- Admission to the Chocolate Buffet at the Café Fleuri in Boston's elegant Langham Hotel.
- Leisure time to visit Quincy Market.
- Bus departs at **approximately 9:00 a.m. (Specific location to be determined)**. Departs Boston at approximately 6:00 p.m.



Statue of Liberty and Ellis Island *Saturday, April 4, 2015*



"The Statue of Liberty Enlightening the World" was a gift of friendship from the people of France to the United States and is recognized as a universal symbol of freedom and democracy. The Ellis Island Immigration Museum is one of the country's most popular historic sites, telling the moving tales of 12 million immigrants who entered America through the golden door of Ellis Island. You'll also enjoy leisure time at Times Square, known as "The Crossroads of the World".

Fee: \$82 per person for adults / \$74 per person for children 17 & under

ID: 10150

Bus trip includes:

- Round trip motorcoach transportation.
- Round trip Statue Cruises and audio tours for both Liberty Island and Ellis Island.
- Leisure time at Times Square.
- Bus departs at **approximately 8:30 a.m. (Specific location to be determined)**. Departs New York City at approximately 6:00 p.m.



Opening Day at Fenway *Monday, April 13, 2015*



Celebrate Opening Day as the Boston Red Sox take on the Washington Nationals at historic Fenway Park, known as "America's Most Beloved Ballpark". You won't have to worry about traffic or parking - just sit back and enjoy the ride into and out of Boston.

Fee: \$174 per person

ID: 10151

Bus trip includes:

- Round trip motorcoach transportation. (Please note alcohol is not permitted on the bus at any time)
- Game ticket - grandstand seating. Game starts at 3:05 p.m. Tickets will be distributed on game day.
- Bus departs at **approximately 10:30 a.m. (Specific location to be determined)**. Departs Boston 30 minutes after game ends.

BUS TRIP GUIDELINES

- 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 typically use a 50-passenger coach bus. 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. 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.
- We are not responsible for your return trip if you miss the bus!
- Bus departure location details will be stated in your trip itinerary - most trips will depart from the New Britain Commuter Lot. Please look over the trip itinerary carefully - occasionally the departure times may change slightly from what is listed in this Program Guide.
- 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.

If you do not receive your trip itinerary at least three days before your trip, please call our office at 860-665-8666.

Recreational Swimming at Newington High School

The Newington High School Pool will open for indoor recreational swimming from late September through May. Recreational swimming is supervised by certified Red Cross lifeguards. Newington residents may pay a daily admission fee at the pool, use a Summer 2014 pool pass for the 2014-2015 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. 29, 2014 - May 29, 2015 *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

During December vacation (Dec. 26 - Jan. 2) we'll have recreational swim hours during the day. Check our website after December 1st for the schedule:

www.newingtonct.gov/parksandrec



Swim Lesson Level Descriptions (revised Sept. 2014)

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. ***Note: The skills below are required 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 unsupported 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 stroke (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
10113	5:30 - 6:00 PM	Wednesdays, January 7 - 28
10114	5:30 - 6:00 PM	Wednesdays, February 4 - 25



Program
Information &
Cancellation
Hotline:

860-665-8686

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)

Wednesdays, Jan. 7 - Feb. 25
(8 classes)

	5:30 - 6:00 PM	6:00 - 6:30 PM
Level 1	<i>(not offered)</i>	ID: 10119
Level 2	ID: 10115	ID: 10120
Level 3	ID: 10116	ID: 10121
Level 4	ID: 10117	ID: 10122
Level 5/6	ID: 10118	ID: 10123

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 - WEDNESDAYS
Jan. 7 - 28

	6:30 - 7:00 PM
Level 1	ID: 10124
Level 2	ID: 10125
Level 3	ID: 10126
Level 4	ID: 10127
Level 5/6	ID: 10128

Session 2 - WEDNESDAYS
Feb. 4 - 25

	6:30 - 7:00 PM
Level 1	ID: 10129
Level 2	ID: 10130
Level 3	ID: 10131
Level 4	ID: 10132
Level 5/6	ID: 10133

Adult Swim Lessons *Ages 18 and up*

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

Location: Newington High School Indoor Pool

Fee: \$65 (4 classes)

ID:	Class	Time	Dates
10111	Beginners	7-7:30 p.m.	Wednesdays, January 7 - 28 (4 classes)
10112	Advanced Beginners	7-7:30 p.m.	Wednesdays, February 4 - 25 (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.

Toddler, Preschool and Youth...

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: Wednesdays: Jessica Nevins

Tuesdays & Saturdays: Sue Freese

Location: Mortensen Community Center Romano Room

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



ID:	Time	Dates
10135	4:30 - 5:15 PM	Tuesdays, January 6 - March 10 (10 classes)
10136	9:30 - 10:15 AM	Wednesdays, January 7 - March 11 (10 classes)
10137	10:30 - 11:15 AM	Wednesdays, January 7 - March 11 (10 classes)
10138	8:30 - 9:15 AM	Saturdays, January 10 - March 14 (10 classes)
10139	9:30 - 10:15 AM	Saturdays, January 10 - March 14 (10 classes)
10140	10:30 - 11:15 AM	Saturdays, January 10 - March 14 (10 classes)



Join us for a FREE Music Together demo class!
Pre-registration is required.

Saturday, December 13th, 10:00 - 10:45 AM
Mortensen Community Center Romano Room

ID: 10141



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
10100	9:30 - 10:15 AM	Wednesdays, Jan. 7 - Feb. 25 (8 classes)
10101	10:30 - 11:15 AM	Wednesdays, Jan. 7 - Feb. 25 (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: Lorilyn Callahan

*Location: Mortensen Community Center
Romano Room*

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

ID:	Time	Dates
10102	9:30 - 10:15 AM	Mondays, Jan. 5 - March 9 (8 classes) (no class 1/19, 2/16)
10103	10:30 - 11:15 AM	Mondays, Jan. 5 - March 9 (8 classes) (no class 1/19, 2/16)

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
10095	2 - 4	Ballet/Creative Movement	1:15 - 2:00 PM	Saturdays, Jan. 10 - Feb. 28
10096	4 - 6	Hip Hop	2:00 - 2:45 PM	(8 classes)
10097	2 - 4	Ballet/Creative Movement	2:45 - 3:30 PM	
10098	5 - 8	Ballet	3:30 - 4:15 PM	
10099	2 - 4	Ballet/Creative Movement	4:15 - 5:00 PM	



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.



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

2015-2016 Registration & Program Information

- For current families and siblings, registration begins Tuesday, January 27th.
- For new families, registration begins Tuesday, February 10th.
- For non-residents, registration begins Tuesday, February 24th.
- A **non-refundable** deposit is required at the time of registration, along with a portion of the registration fees.
- A payment plan will be available for the 2015-2016 school year.
- Open to children ages 3—5. All children must turn 3 years old by December 31, 2015. Children who will not be 3 years old until after December 31, 2015 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.

Join us for an Open House!

Meet our staff and tour the classroom facilities.

Thursday, January 15, 2015 - 3:30-4:30 p.m.*
*children and siblings welcome!

Wednesday, February 4, 2015, 6:00-7:00 p.m.

Tuesday, March 3, 2015, 6:00 - 7:00 p.m.

We still have a limited number of openings for the 2014-2015 school year.

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

Please call 860-665-8666 for more information!



Youth Programs...

Children's Art Explorers Grades K - 5

Each week provides a different opportunity to EXPLORE ART with endless imagination and use a wide variety of materials. Artists will sculpt with clay, paint, draw and design while creating clothespin animals, geometric designs, Picasso guitars and more. Classes are designed to encourage creative thinking skills and utilize fine motor skills while having lots of fun. All supplies are provided. Children should wear a smock or old clothes.

Location: MCC Arts & Crafts Room
Instructor: Fran Judycki
Fee: \$28 for residents / \$35 for non-residents

ID:	Time	Dates
10060	6:15-7:15 PM	Tuesdays, Feb. 24 - March 17 (4 classes)



Children's Sculpture Workshop Grades K - 5

Wow!! Jungle creatures, dinosaurs and abstract shapes! Create amazing sculptures while exploring with clay, recycled materials and neon paint. Children will have loads of fun! All supplies are provided. Children should wear a smock or old clothes.

Location: MCC Arts & Crafts Room
Instructor: Fran Judycki
Fee: \$15 for residents / \$18 for non-residents

ID:	Time	Date
10061	6:30 - 7:30 PM	Thursday, Feb 5 (1 class)

Children's Painting Grades K - 5

Using some unusual materials in addition to the brush, create penguins wearing clothes, luscious layered landscapes, hip-hop animals, your favorite movie characters and more! Learn how to mix different values and explore how different colors appear next to each other. Your imagination and experimentation will be needed! 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: \$35 for residents / \$43 for non-residents

ID:	Time	Dates
10062	6:15 - 7:15 PM	Tuesdays, Jan. 6 - Feb. 3 (5 classes)

Let's Gogh Art Creativity Workshops Grades K - 5

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 per workshop: \$15 for residents / \$18 for non-residents



Wear Your Art on Your Heart T-Shirts with Let's Gogh Art

Create your own colorful masterpiece using some totally cool and surprising materials, then magically transfer your work of art onto your very own T-shirts. (T-shirts supplied by us) You'll be wearing your art on your heart! Creativity at its best.



ID:	Time	Date
10063 10	4:30 - 5:30 PM	Wednesday Jan. 28

Magic Loony Lizard Art-Ventures with Let's Gogh Art

Experience color mixing and marbling while creating loony lizards with the ever-popular Model Magic. Then learn some surprising and fun facts about lizards while building playgrounds for them using wicked cool Magic Nuudles. Magical and imaginative!



ID:	Time	Date
10064	4:30 - 5:30 PM	Wednesday Feb. 11

Whimsical Rainforest Snakes with Let's Gogh Art

Create colorful and amazing rainforest snakes inspired by the ancient art of Repousse, a metalworking technique. Soft metal is shaped by hammering from the reverse side then decorated with bright permanent inks. These beautiful pieces are awesome to hang on your walls.



ID:	Time	Date
10065	4:30 - 5:30 PM	Wednesday Feb. 25

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.



Youth Sports & Fitness...

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. For Parent/Tot class, children must be 2 years old 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

ID:	Time	Dates
Parent and Tot: Ages 2 - 3 1/2 with Parent		
10066	1:00 - 1:40 PM	Mondays, Jan. 12 - Feb. 23 (7 classes)
Preschool: 3 1/2—5 years old		
10067	1:45 - 2:25 PM	Mondays, Jan. 12 - Feb. 23 (7 classes)
Beginner: Kindergarten - 2nd Grade		
10068	6:00 - 6:45 PM	Tuesdays, Jan. 13 - Feb. 24 (7 classes)
10069	6:00 - 6:45 PM	Thursdays, Jan. 15 - Feb. 26 (7 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.

**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
9994	4:00 - 5:00 PM	Sundays, Dec. 7 - Jan. 18 (6 classes, no class 12/28)	\$99
10070	4:00 - 5:00 PM	Sundays, Jan. 25 - March 1 (6 classes)	\$99
10071	4:00 - 5:00 PM	Sundays, March 8 - April 19 1 (6 classes, no class 4/5)	\$99



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

ID:	Time	Dates
Tiny Hawks (Ages 3 1/2 - 4 with parents)		
10072	4:30 - 5:20 PM	Thursdays, Jan. 8 - Feb. 12 (6 classes)
Mini Hawks (Ages 5 - 7)		
10073	5:30 - 6:30 PM	Thursdays, Jan. 8 - Feb. 12 (6 classes)



Program Information & Cancellation Hotline:
860-665-8686



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 25, 2014.



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...

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!

Location: Mortensen Community Center Teen Center
Fee: \$115 for residents / Fee remains the same for non-residents

ID:	Time	Dates
K - 2nd grade 10143	5:00-5:45 PM	Tuesdays, Feb. 3 - March 24 (7 classes, no class 2/17)
3rd - 6th grade 10144	6:00-6:55 PM	Tuesdays, Feb. 3 - March 24 (7 classes, no class 2/17)

NEW The Wizard's School of Magic Grades 1 - 4

Students will learn four magic tricks from Tom O'Brien, a full-time professional magician, whose credits include appearances on the Fox 61 Morning Show and WFSB's Better Connecticut. Tom O'Brien is a master at his craft and is a wonderful and entertaining teacher as well. All students will receive their own magic kits containing the props necessary to perform them at home, and a magic wand! Please register soon before the spaces - *alakazaam* - disappear!

Location: MCC Teen Center
Instructor: Tom O'Brien
Fee per workshop: \$20 for residents / \$25 for non-residents



ID:	Workshop	Time	Dates
10145	Presto Magic	4:30-5:30 PM	Thursday, January 15 (one class)
10146	Abracadabra Magic	10:00-11:00 AM	Tuesday, February 17 (one class)

NEW Winter Break Fun! Grades 1 - 2

Looking for a fun activity for your children during their winter break? Look no further! We will be hosting two full-day programs for children in grades 1 & 2. Each day will have an assigned theme (listed below). Children will read a story, participate in activities and games, as well as complete crafts to go with the theme of the day! Children will also have supervised playtime in the Mortensen Community Center Gymnasium. All children should come with a nut-free lunch and snack.

Location: MCC Teen Center
Staff: Carly Cruff and Sara Mazur
Fee per day: \$30 for residents / \$35 for non-residents

ID:	Theme	Time	Dates
10053	Disney's Frozen	9:00 AM - 4:00 PM	Monday, December 29th (one class)
10054	Day at the Circus	9:00 AM - 4:00 PM	Tuesday, December 30th (one class)

Register for both days and save \$10!
Residents: \$50! Non-Residents: \$60!



Program
Information &
Cancellation
Hotline:
860-665-8686

Teen Center Facility Rentals

Did you know that you can rent out our Teen Center for birthday parties, team get-togethers and other events for children ages 7 - 18? Check out page 3 for more information! Also, check out page 13 for information on our Teen Center program on Friday nights for students in grades 7 - 12 and our dances for students in 7th and 8th grades!

NEW Youth Employment Education Ages 14 - 16

This program is designed for young adults, ages 14 to 16, who may be interested in working for Newington Parks & Recreation or anywhere else in the future! This program will teach young adults how to correctly fill out applications, how to appropriately communicate with potential employers, as well as teach them the best techniques for interviewing as a young adult! During these three evenings, participants will take part in group activities, mock interviews, and learn tips from current Parks & Recreation employers about standing out as a great potential employee. Non-residents may register for this program on December 3rd.

Please Note: Participation in this program does not guarantee future employment with Newington Parks & Recreation or any other position.

Location: MCC Teen Center
Staff: Michelle Lach, Program Coordinator / Aquatics Director and Cristina Turner, Playgrounds Co-Coordinator
Fee: \$30 for residents / \$35 for non-residents

ID:	Time	Dates
10055	7 - 8:30 PM	Monday, December 15 Wednesday, Dec. 17 Thursday, Dec. 18 (3 classes)

Teen Programs & Adult Sports...

7th & 8th Grade Dances

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 backpacks 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 DATES FOR THESE
2014-2015 SCHOOL YEAR DANCES:

Friday, January 16, 2015
Friday, March 27, 2015

Teen Center *Grades 7 - 12*

Fridays, 7:00 - 10:00 PM

November 14, 2014 - March 20, 2015

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 11/28/14, 12/26/14, 1/2/15 and 2/20/15. On the nights of 7th & 8th grade dances (listed at left) the Teen Center is only open to teens in 7th & 8th grades. Other closings may occur and signs will be posted. The Teen Center may close early on evenings when less than 10 teens attend - refunds will not be given if this occurs. Please contact Newington Parks & Recreation for details about any of our Teen Center programs at 860-665-8666.

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 \$40 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.

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: \$35 for residents / \$40 for non-residents

ID:	Time	Dates
10147	7:30 - 9:45 PM	Wednesdays, Feb. 11 - May 13 (14 weeks)

Men's Freeplay

Basketball *Ages 18 & Up*

Here's your chance to get out and play some pick-up basketball games.

This program is now open to non-residents who wish to register.



Location: Mortensen Community Center Gymnasium

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

ID:	Time	Dates
10020	7:00 - 9:00 PM	Mondays, Nov. 10 - March 9 (15 weeks, no program 12/22, 12/29, 2/16)

Adult Programs...

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 Friday prior to the first day of the session.*

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
9997	6:00 - 7:00 PM	Tuesdays, Dec. 9 - Jan. 20 (6 classes) (no class 12/23)
10074	6:00 - 7:00 PM	Tuesdays, Jan. 27 - March 3 (6 classes)
10075	6:00 - 7:00 PM	Tuesdays, March 10 - April 14 (6 classes)



Program Information
&
Cancellation Hotline:
860-665-8686

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
10134	8:30 AM - 4:30 PM	Sunday, March 22 (one class)

New Programs Wanted!

Do you have a special skill, talent or hobby that you feel might be interesting to others? Are you a natural teacher with a knack for showing others how to learn something new?

We're always interested in ideas for new programs that might be of interest to those in our community. Program proposals should include as much information as possible - a description of the program, amount of time needed, supplies, instructor availability, costs, etc. You can submit this information to our office by mail to:

Newington Parks and Recreation
 131 Cedar Street
 Newington, CT 06111

or by email to: soneil@newingtonct.gov

We look forward to hearing from you!

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 fundamental skills of brush and knife techniques, mixing colors, value, composition, and creating mood and texture. All skills will be explained and demonstrated. This course will be a fun opportunity to try a new painting style! Please call the Parks and 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: \$43 for residents / \$54 for non-residents

ID:	Time	Dates
10076	6:15 - 8:00 PM	Mondays, Jan. 26 - March 2 (5 classes, no class 2/16)

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
10077	5:30 - 6:30 PM	Mondays, Jan. 5 - March 9 (8 classes, no class 1/19, 2/16)

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

The Art of T'ai Chi

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

Instructor: Ken Zaborowski

Location: Mortensen Community Center Romano Room

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

ID:	Class	Time	Dates
10094	Mixed Levels	5:30 - 6:30 PM	Mondays, Jan. 5 - March 9 (8 classes, no class 1/19, 2/16)

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: All classes at Senior & Disabled Center Auditorium

Instructor: Mondays & Tuesdays: Lydia Borysiuk

Thursdays: Mary Woods

ID:	Dates	Time	Fee:
10090	Mondays, Jan. 12 - March 9 (7 classes) (no class 1/19, 2/16)	4:45 - 5:30 PM	\$26 for residents \$32 for non-residents
10091	Tuesdays, Jan. 13 - March 10 (9 classes)	5:15 - 6:15 PM	\$45 for residents \$56 for non-residents
10092	Thursdays, Jan. 8 - March 12 (10 classes)	5:30 - 6:30 PM	\$50 for residents \$62 for non-residents

Reasons to Register Early!

Many classes are very popular and people know that in order to get a spot, they need to register early.

But there are also reasons to register early for classes that don't usually fill up. All of our classes are intended to be self-supporting and we must reach minimum enrollment for a class to run. There is a point (usually about one week before a program starts) that a program must be cancelled if there aren't enough people registered. Very often, people register after a program has been cancelled and if they had registered earlier, the program would have run.

All of our programs require a high level of coordination, often including facility scheduling, staffing and purchasing of supplies. So, if there's a program that you or your child are interested in...

Please Register Early!

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!

Zumba Toning

This 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.



Location: Senior & Disabled Center Auditorium

Instructor: Lydia Borysiuk

ID:	Dates	Time	Fee
10093	Mondays, Jan. 12 - March 9 (7 classes) (no class 1/19, 2/16)	5:30 - 6:15 PM	\$26 for residents \$32 for non-residents

Adult Fitness...

Core Balance

This functionally fun class will promote core awareness by strengthening the core muscles. You will work on balancing while using a flexband and your own body weight. This class will help improve your range of motion, posture and balance, while increasing flexibility. Please bring a mat and water to class.

Instructor: Personal Euphoria staff

Location: Senior & Disabled Center Rooms A & B

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

ID:	Time	Dates
10078	6:30-7:15 PM	Mondays, Jan. 5 - March 9 (8 classes, no class 1/19, 2/16)



Program
Information &
Cancellation
Hotline:

860-665-8686



Note: 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. For all fitness levels.

Instructor: Laura Campbell

Location: Mortensen Community Center Gymnasium

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

ID:	Time	Dates
10081	5:45-6:45 PM	Tuesdays, Jan. 6 - March 10 (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!

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
10079	6:30 - 7:30 PM	Mondays, Jan. 5 - March 9 (7 classes, no class 1/12, 1/19, 2/16)	\$28 for residents \$35 for non-residents
10080	6:30 - 7:30 PM	Wednesdays, Jan. 7 - March 11 (10 classes)	\$40 for residents \$50 for non-residents

**Register for both Hi/Lo classes and save \$5!
Residents: \$63! Non-Residents: \$80!**

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
10082	9:15 - 10:15 AM	Tuesdays, Jan. 6 - March 10 (10 classes)
10083	9:15 - 10:15 AM	Thursdays, Jan. 8 - March 12 (10 classes)

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

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.

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: \$85 / Non-Residents: \$106

ID:	Class	Time	Dates
10104	Beginner	5:30-6:30 PM	Wednesdays, Jan. 7 - March 11
10105	Intermediate	6:30-7:30 PM	(10 classes)

Bar Physique

Bar Physique 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: Donna Valente
Location: Senior & Disabled Center Rooms A & B
Fee: Mondays: \$56 for residents / \$70 for non-residents
 Thursdays: \$70 for residents / \$87 for non-residents

ID:	Time	Dates
10109	5:30-6:15 PM	Mondays, Jan. 5 - March 9 (8 classes, no class 1/19, 2/16)
10110	5:30-6:15 PM	Thursdays, Jan. 8 - March 12 (10 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
10106	Mixed Levels Yoga with Karen Sevenoff	6:00 - 7:15 PM	Tuesdays, Jan. 6 - March 10 (10 classes)	\$60 for residents \$75 for non-residents
10107	Mixed Levels Yoga with Lisa Jones	6:00 - 7:15 PM	Wednesdays, Jan. 7 - March 11 (10 classes)	\$60 for residents \$75 for non-residents
10108	Beginner Yoga with Cynthia Wolcott	5:45 - 7:00 PM	Thursdays, Jan. 8 - March 12 (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.



Program Information &
 Cancellation Hotline:
 860-665-8686



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!

Mondays, Tuesdays, Thursdays, Fridays: 8:30 - 10:30 AM
(Not available on Wednesday 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
10086	10:20 - 11:20 AM	Tuesdays, Jan. 6 - March 10 (10 classes)
10087	10:20 - 11:20 AM	Thursdays, Jan. 8 - March 12 (10 classes)

Register for both classes and SAVE \$5!

Residents: \$65! Non-Residents: \$81!

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: **Wednesday class** held at Mortensen Community Center Gymnasium.

Friday class held at Senior & Disabled Center Auditorium

Fee: Wednesday class: \$40 for residents / \$50 for non-residents

Friday class: \$40 for residents / \$50 for non-residents

ID:	Time	Dates
10084	9:00 - 9:45 AM	Wednesdays, Jan. 7 - March 11 (10 classes)
10085	10:00 - 10:45 AM	Fridays, Jan. 9 - March 13 (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 9	11:30 - 1:30 PM
Tuesday, January 13	11:30 - 1:30 PM
Tuesday, February 10	11:30 - 1:30 PM
Tuesday, March 10	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: \$26 per session for residents
\$32 per session for non-residents

ID:	Time	Dates
10088	10:00 - 11:00 AM	Tuesdays, Jan. 13 - Feb. 3 (4 classes)
10089	10:00 - 11:00 AM	Tuesdays, Feb. 17 - March 10 (4 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.

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
10056	Beginners	9:00 - 9:45 AM	Mondays, Jan. 5 - March 9
10057	Intermediates	10:00 - 10:45 AM	(8 classes, no class 1/19, 2/16)

Line Dancing for Older Adults

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
10058	11:00 AM - 12:00 PM	Fridays, Jan. 9 - Feb. 6 (5 classes)
10059	11:00 AM - 12:00 PM	Fridays, Feb. 20 - March 20 (5 classes)

Oil Painting - Impressionism - Realism - Modern

This course is designed for beginners through advanced. Choose the painting style that excites you—Impressionism, Realism or Modern. Learn the fundamental skills of brush and knife techniques, mixing colors, value, composition and creating mood and texture. All skills will be explained and demonstrated. This course will be a fun opportunity to try a new painting style.

All returning students may continue in their own field of painting. 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
10060	9:15 - 11:45 AM	Tuesdays, Jan. 6 - March 10 (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!

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/parksandrec

POLICIES & PROCEDURES

Registration is taken on a **FIRST COME - FIRST SERVED** basis. Residents may register for programs beginning Wednesday, Dec. 3, 2014. 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 Wednesday, Dec. 17, 2014. 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.

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 Tuesday, March 31st. All applicants must fill out a Town of Newington application, available on our website or at the Parks and Recreation office.

