

NEWINGTON PARKS AND RECREATION

"Creating Community through People, Parks & Programs"



Summer Playgrounds

Summer 2015

Youth, Adult & Senior Programs * Summer Playgrounds * Special Events * Fitness Classes



Extravaganza



Summer Playgrounds



Aquatic Programs



Sports Camps

Registration Begins April 29th* for residents

**Register NOW for Summer Playgrounds - No need to wait!*

Registration Begins May 13th for non-residents



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

Reasons to Register Early!

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

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

All of our programs require a high level of organization, 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!

**Check out page 6
for our Summer
Concert Series!**



FREQUENTLY REQUESTED PHONE NUMBERS

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

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Discounted Tickets Available

You can purchase discounted tickets for Six Flags, Lake Compounce or the Connecticut Science Center at the Parks and Recreation office during our normal office hours (Monday - Friday, 8:30 a.m. - 4:30 p.m.) Tickets are available on a first-come, first-served basis until Friday, August 21st or until tickets run out. Tickets are limited - purchase early to avoid disappointment. Sorry, no refunds will be given for lost, stolen or unused tickets.



Tickets are \$38.00 each and are valid for any day of the 2015 operating season, during normal days and hours of operation.

However, to avoid disappointment due to weather or an unusual situation, we recommend that you call ahead to confirm days and hours for your visit. Children age 2 and under are free. Additional fees apply for parking. Please visit the Six Flags website for more information and park policies.



Tickets are \$28.00 each and are valid for any day of the 2015 operating season, during normal days and hours of operation (see below for specific dates the park is closed to the general public). However, to avoid disappointment due to weather or an unusual situation, we recommend that you call ahead to confirm days and hours for your visit. Children age 3 and under are free. Additional fees apply for parking. Please visit the Lake Compounce website for more information and park policies.

Park Closed to General Public:
May 18, 19, 20, 26, 27 June 1, 2, 8, 9
August 31 Sept. 1, 2, 3, 4



Tickets are \$14.00 each and are valid Tuesdays - Fridays from 9:00 a.m. to 5:00 p.m. Children age 2 and under are free. Additional fees apply for parking. Please visit the CT Science Center website for more information and policies.



Program
Information Hotline:
860-665-8686

Facility Rentals and Reservations...

Churchill Park Picnic Reservations

The Newington Parks & Recreation Department has reserved areas at Churchill Park available for rentals. Reservations for summer bookings are still available. Picnic reservations are limited to Newington residents, families, organizations and businesses on a first-come, first-served basis. Please note we are unable to provide refunds once an area is reserved.



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 with electricity, tables and a grill.



MIDDLE PAVILION...
\$90/day
Large covered shelter that can accommodate 150 people and includes electricity, tables and a grill.



Birthday Parties at Mill Pond Pool

Ages 6 months - 15 years (Newington residents only)

Reserve Mill Pond Pool for a birthday party that your child will never forget! Parties are available on Saturdays throughout the summer season. Availability is limited and all parties must be reserved at least two weeks in advance in person at the Parks and Recreation office.

For more information on our birthday party packages or for the reservation form, please contact the Parks and Recreation office at 860-665-8666 or visit our website at www.newingtonct.gov/parksandrec.

WANTED! OLD TROPHIES (RUNNING OR GENERIC)



FOR OUR FREE COMMUNITY FUN RUNS PROGRAM

TROPHY DONATIONS CAN BE BROUGHT TO THE
NEWINGTON PARKS AND RECREATION DEPT.

MONDAY - FRIDAY
8:30 AM - 4:30 PM

THANK YOU



*For your countless hours
and dedication to our
Youth Basketball Program
2014-2015 Season*



CONGRATULATIONS TO:

John May Award Recipients
Jen Kelly & James Lavery, III

T-Shirt Design Contest Winner
Keenan Hobart

A Week of Events to Celebrate the 34th Annual Extravaganza!!!



Family Pool Float Night

Monday, July 13th, 6:30 - 8:00 PM

Mill Pond Park Pool (Newington residents only)

Join us for a night at Mill Pond Park Pool for this free event. Bring your inner tubes and your pool noodles and join us for a fun evening at the pool. Water wings will not be allowed and all non-swimmers must be accompanied in the pool by an adult. Pool float use will be at the discretion of the lifeguards. For more information, please call 860-665-8666. Please call our program hotline at 860-665-8686, if the weather is inclement. This is a free event for all Newington residents!



Menchie's Frozen Yogurt & Family Tie-Dye Party

Wednesday, July 15th, 6:30 PM

Mill Pond Park

Join us for FREE Menchie's frozen yogurt while creating a beautiful tie dyed shirt!

This is a FREE event if you bring your own item to tie dye; or, a limited number of

'I ♥ Newington Extravaganza' t-shirts will be available for purchase for \$6.00 each.

Items you can bring to tie dye for free are: socks, pillowcases, t-shirts, or tank tops.

All items being tie dyed must be clean. This event will take place at the new pavilion

at Mill Pond Park. Please call our program hotline at 860-665-8686 if the weather is inclement.



Summer Carnival on Extravaganza weekend!

Thursday, July 16, 5 - 10 PM; Friday, July 17, 5 - 10 PM & Saturday, July 18, 10 AM - 9 PM

Mill Pond Park

Stay local this summer and let the carnival come to you! This annual event gets bigger and better every year, and best of all, it's right here in Newington! Mill Pond Park will be transformed with carnival games, exciting rides for the whole family, food and more! Individual ride tickets may be purchased, or purchase a ride wristband and enjoy unlimited rides that day! Ride on Thursday for \$15 with a ride wristband. Ride on Friday for \$20 or Saturday for \$25 with a ride wristband. Wristbands are only valid on the day they are purchased. You won't want to miss these three days of fun! Carnival rides will close promptly at times listed.



Local Craft Beer Tasting & Concert in the Park

Friday, July 17th, 6:30 - 8:30 PM

Mill Pond Park

Join us for a fun evening of tasting great local craft beer. We will be joined by some of

New England's favorite craft breweries, including Two Roads Brewery, Half Full Brew-

ery, Harpoon, and many more. Tickets can be purchased in advance at the Newington

Parks & Recreation Office for \$20 per person or at the door for \$25. All attendees at the tasting must

be 21 or older. The concert in the park is open to individuals of all ages and is free to the public. For

more information, please call 860-665-8666. Please call our program hotline at 860-665-8686 if the

weather is inclement.



34th Annual Extravaganza!

Saturday, July 18th, activities and events begin at 10:00 AM

Fireworks at 9:30 PM

Mill Pond Park

Join us at Mill Pond Park on Saturday, July 18th to celebrate Newington and all it has to

offer at the 34th Annual Extravaganza! Enjoy food, games, rides, arts & craft

exhibits and much more! Our Entertainment Stage will feature an exciting line-up of

performers. Admission and parking are free, so bring the whole family to this all-day event! The

event will conclude with a spectacular evening fireworks display over Mill Pond Park. See all your

neighbors and friends at the Extravaganza, an event you will surely enjoy!





National Trails Day Bird Walk at Cedar Mountain

Saturday, June 6th, 7 AM

Join bird enthusiasts Roy Zartarian and Anita Shaffer on this early morning bird walk through the old Cedar Mountain Trail. This moderate hike will be approximately two hours long. Parking will be permitted on Russell Road, and walkers should meet at the entrance to the old Cedar Mountain Trail on Russell Road. Hiking shoes, binoculars, a DEET-based tick repellent for skin and Permethrin for clothing are recommended. No children under 10, please. In case of inclement weather, please call our Program Hotline at 860-665-8686.



Touch-a-Truck

Saturday, June 13th, 10 AM -12 Noon

Library/Town Hall Parking Lots

Held in conjunction with the Lucy Robbins Welles Library Kickoff to Summer Reading, this is a free event for the whole family! This is a hands-on event where kids young and old can touch, honk horns and climb on the vehicles we will have on display. Vehicles on display may include a Back Hoe, Fire Truck, Pay Loader, Dump Truck, Deck Mower, Police Cruiser, Medical Ambulance, Dunkin Donuts truck and more! Bake Sale and raffle provided by the Greater Hartford Women's Club. No registration is required.



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

Thursdays, July 2, 9, 23 & 30, 6:00 - 8:00 PM

Friday, July 17, 6:30 - 8:30 PM

Newington Parks and Recreation Department presents the 2015 Summer Concert Series sponsored by Data-Mail, Inc. The concerts are held at the new Mill Pond Park Pavilion. Join us for the 23rd season and bring a picnic dinner, lawn chair or blanket and enjoy the music outdoors. There will also be a Friday night concert on the eve of Newington's Extravaganza! Please call our program hotline at 860-665-8686 if the weather is inclement.

2015 Concert Schedule

Thursday, July 2nd - Sounds of Frank
(Tribute to Frank Sinatra)

Thursday, July 9th - Wooden Horse
(Tribute to Crosby, Stills, Nash & Young)

Friday, July 17th - In Deep
(Classic Rock)

Thursday, July 23rd - Southern Voice
(Country)

Thursday, July 30th - The Daily Planet
(Hits from the 60's & 70's)



Fun Runs

Wednesdays, July 8, 15, 22, 29, August 5 and 12th, 6:30 PM

Cross Country Trails behind John Wallace Middle School

These runs are a great way for the whole family to keep in shape! We offer two course lengths: a traditional 5k (3.1 miles) and a shorter 3k (about 2 miles) for younger kids and beginners. Both races are free. Please email Race Coordinator Jay Krusell at jaykrusell@yahoo.com for more information. The races are in honor of Mr. Frank O'Rourke who was a longtime NHS Cross Country Coach. Participants under 18 must be accompanied by a parent or guardian to sign the program waiver.



Dog Days of Summer Swim

Monday, August 10th, 6:00 - 7:30 PM at Mill Pond Pool

All ages, breeds and sizes welcome! The humans get to swim all summer, so on this night, your furry friend will get his or her chance too! Dogs must be under their owner's control at all times and a responsible individual over age 16 must accompany each dog. Bring the whole family out to give Fido a refreshing treat—a dog-only splash party in the pool! Owners are not permitted to be in the water with the dogs. Please only bring your dog if he/she is comfortable around other dogs. Fee is \$5 per dog. Owners must provide proof of dog's rabies vaccination at the door and **dogs must be wearing a current dog license from their town of residency**. All owners must bring a plastic bag and pick up after their dogs! In case of inclement weather, please call 860-665-8686.

Music Together

Ages newborn to 5 years



Music Together® is an innovative, thoroughly researched approach to early childhood music education and is based on the premise that all children are inherently musical. Our goal is to nurture your child's natural enthusiasm for music and movement during the early childhood years when, as with language learning, musical aptitude is at the critical stage of most rapid growth. Music Together is committed to helping families rediscover the pleasure and value of musical activity by providing children with new opportunities to experience and express themselves musically alongside their most important role models: their parents, caregivers and teachers.

Location: Mortensen Community Center Romano Room

Fee: \$110 includes CD and all materials. (Fee remains the same for non-residents) Infants under 8 months free with a registered sibling. \$50 for each additional sibling registered for same class.

ID:	Time:	Dates:
10547	9:30 - 10:15 AM	Wednesdays,
10548	10:30 - 11:15 AM	July 8 - Aug. 12 (6 classes)

Creative Playtime Preschool Program

Register Now for the 2015-2016 School Year!

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.

Give your child a wonderful and enriching introduction to the classroom environment.

For more information about the Creative Playtime Preschool Program, please inquire at the Parks and Recreation office

or call **860-665-8666**

Grr, Buzz, Hiss, Roar... Art-ventures with Let's Gogh Art

Entering Grades K - 5

Animal lovers will take a walk on the wild side! Visit the jungle, go on safari and travel back in time to the dinosaurs. Discover how far your creativity can go while creating 2 and 3-dimensional animals, butterflies, birds, snakes, frogs and lizards, lions and yes, even dinosaurs! Participants use an amazing variety of art materials, textures and techniques while experimenting with clay and paints, ceramic and fabric art, wood, oil pastels, stenciling, collage, decoupage and more.



These cool, playful art-ventures include fun facts about the animals, storytelling and face painting or glitter tattoos! Children should bring an oversized t-shirt to wear as a smock, a nut-free snack and a drink each day.

NEW - Option to stay for an Extended Day! Children will enjoy games, stories and more art activities! Children who stay for the extended day should bring an insulated bag lunch, two nut-free snacks and two drinks each day, along with an oversized t-shirt to wear as a smock.

Instructor: Let's Gogh Art staff

Location: MCC Arts & Crafts Room

ID:	Time:	Dates:	Fee:
10355	9:00 AM - 12:00 PM	Monday - Friday, Aug. 17 - 21 (5 classes)	\$145 for residents \$170 for non-residents

Extended Day with Let's Gogh Art - Make it a full day of fun and art!

10356	12:00 PM - 4:00 PM	Monday - Friday, Aug. 17 - 21 (5 classes)	\$110 for residents \$135 for non-residents
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Art Explorers Entering Grades 1 - 5

Embark on a journey of creative exploration! Each week provides a different opportunity to EXPLORE ART with endless imagination and use a wide variety of materials. Create wild, amazing sea creatures, exotic peacocks and tropical parrots, rainbow fish, imaginative castles and more. Abundant materials include sea shells, sand, glitter, feathers, brightly colored paints, etc. Classes are designed to encourage creative thinking and utilize fine motor skills while having lots of fun. All supplies are provided. Children should wear a smock or old clothes.

Instructor: Fran Judycki

Location: MCC Arts & Crafts Room

Fee: \$49 for residents / \$60 for non-residents



ID:	Time:	Dates:
10549	6:00 - 7:45 p.m.	Tuesdays, June 30 - July 21 (4 classes)

Children's Sculpture Entering Grades 1 - 5

Come see why clay isn't the only material you can use to create sculpture! This class will focus on creating art as a three dimensional form. Children will learn the basics of sculpture and will create projects that include kinetic mobiles, low-relief sculpture and free standing sculpture. Some materials we will use include - wood, beads, yarn, felt, clay, cork, aluminum foil, paint, etc. Your imagination and experimentation will be needed while creating animals, boats, unusual living places and more. All supplies are provided. Children should wear a smock or old clothes.

Instructor: Fran Judycki

Location: MCC Arts & Crafts Room

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

ID:	Time:	Dates:
10550	6:00 - 7:45 p.m.	Tuesdays, July 28 - August 11 (3 classes)

Youth Programs and Summer Music...

Guitar Lessons *Ages 9 - 17*

Beginner Group Guitar Class (ages 9 - 15) Learn how to tune the guitar, play chords, songs, read music and play all together with drum rhythms. Practicing and playing along with other students makes it fun! Participants will learn to play actual songs by the end of sessions. Participants must bring their own guitars.

Intermediate Group Guitar Class (ages 12 - 17) This class covers more advanced chords (rock chords), reading guitar song charts, playing popular guitar riffs, learning rock guitar techniques, play with drum rhythms and of course playing songs! Participants must have played guitar for a year or more and must bring their own guitars.

Instructor: Peter Coccolla of Newton's Guitar Star Instruction

Location: John Wallace Middle School Rm. 108

Fee: \$60 (5 classes) residents/ fee remains the same for non-residents

ID:	Time:	Dates:
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Beginner Group Guitar Class (ages 9 - 15)

10568 11:15 AM - 12:10 PM Tuesdays, June 30 - July 28

Intermediate Group Guitar Class (ages 12 - 17)

10569 12:15 PM - 1:10 PM Tuesdays, June 30 - July 28

Play-Well TEKnologies Jedi Camps *Ages 5 - 10*

Have your child become a Play-Well engineer!

Jedi Engineering using LEGO (ages 5-7) Young Jedi will explore worlds far, far away and engineering principles, while using LEGO X-Wings, R2-units, and settlements to defeat the Empire. Imagination and engineering combine to create motorized and architectural projects such as energy catapults, shield generators and defense turrets.

Jedi Master Engineering using LEGO (ages 8-10) The Force is strong! Projects will include LEGO X-Wings, AT-AT walkers, Pod Racers, Star Destroyers, Cloud Cities, settlements and fortresses. Play-Well instructors reinforce engineering concepts such as gear trains, worm drives, pneumatics, eccentric motion and more!

Instructor: Play-Well TEKnologies staff

Location: MCC Romano Room

Fee: \$145 for residents / Fee remains the same for non-residents

ID:	Time:	Dates:
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Jedi Engineering using LEGO (ages 5 - 7)

10563 9:00 AM - 12:00 PM Monday - Friday, August 17 - 21

Jedi Master Engineering using LEGO (ages 8 - 10)

10564 1:00 PM - 4:00 PM Monday - Friday, August 17 - 21

Performing Arts Programs *Ages 6 -12*

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

Location: TBD

Staff: Performing Arts Programs staff

Summer Music



Entering Grades 4 and up

Start a brand new instrument, or if you play already, join the Band or Orchestra! This program is for beginners to intermediate to advanced musicians. This program is held at John Wallace Middle School. Please go to the Summer Music webpage for more details, schedules and other important information:

<http://patersonmusic.net/SummerMusic.html>

or contact Paul Kemp at John Paterson School:

pkemp@npsct.org.

Program Dates: Monday – Friday, June 29th - July 30th
(no program July 3rd)

Evening Concert: Wednesday, July 29th

Fun Day: Thursday, July 30th

Program Director: Paul Kemp

The following programs are available:

Summer Music – Beginners ID: 10340

This program is for beginners or students looking to learn a new instrument.

Time: 8:00-10:00 AM* (see schedule for specific lesson time)

Fee: \$90 for residents / \$110 for non-residents

Summer Music – Advanced ID: 10341

This program is for older students who already have experience playing an instrument and are ready to join the Band or Orchestra.

Time: 10:00 AM-12:00 PM* (see schedule for specific lesson time)

Fee: \$90 for residents / \$110 for non-residents

Summer Music – Advanced PLUS ID: 10342

This program is for older students who want to join the Band or Orchestra, but also wish to learn a new instrument. Students will participate in both sessions described above.

Time: 8:00-10:00 AM* (see schedule for specific lesson time)

Fee: \$135 for residents / \$155 for non-residents

***Please see the Summer Music Schedule for details about specific lesson times.**

NEW ENGLAND'S PROVEN & PREMIERE TALENT DEVELOPMENT & EDUCATIONAL PROGRAM FOR CHILDREN OF ALL SKILL LEVELS

www.performingartsprograms.biz

860.432.9890

ID:	Time:	Dates:	Fee:
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10311	9:00 AM - 2:30 PM	Mon. - Fri., July 6 - 10	\$225 for residents <i>(Fee remains the same for non-residents)</i>
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Phys. Ed Camp *Entering Grades 1 - 5*

This is a week-long camp filled with all of the favorite fitness games and activities from Physical Education class. Join us for our second year of super fun activities at P.E. Camp, including: scooters, parachute, water balloons, Capture the Flag, HotBall, basketball, and many more. Participants will help select some of their favorite games to play. Participants attending the morning or afternoon program should bring a snack. Participants attending the full day program should bring a snack and a lunch.



Location: Ruth L. Chaffee Elementary School Gymnasium
Staff: Mr. Percival and Mr. Liebler
Fee: Fees are listed below. Fees remain the same for non-residents.

ID:	Dates:	Session:	Time:	Fee:
Week 1 - Monday - Friday, July 13 - 17				
10333	Mon.- Fri., July 13 - 17	Morning	8:30 - 11:00 AM	\$125
10334	Mon.- Fri., July 13 - 17	Afternoon	11:30 AM - 2:00 PM	\$125
10335	Mon.- Fri., July 13 - 17	Full Day	8:30 AM- 2:00 PM	\$225
Week 2 - Monday - Friday, July 20 - 24				
10336	Mon.- Fri., July 20 - 24	Morning	8:30 - 11:00 AM	\$125
10337	Mon.- Fri., July 20 - 24	Afternoon	11:30 AM - 2:00 PM	\$125
10338	Mon.- Fri., July 20 - 24	Full Day	8:30 AM- 2:00 PM	\$225

Soccer Club of Newington Soccer Camp

Ages 7 and older

Training sessions are developed around the modern game as players raise their skill levels through technique, tactics and fun. Train with Division 1 coaches and players, grouped on ability and age, in skill sessions and competitive games for each age group. Players will develop individual soccer skills such as dribbling, passing, receiving, shooting, heading and goalkeeping. Players will engage in small sided 6 vs. 6 or 8 vs. 8 matches. Following the camp each night, there will be an informal question and answer session with the current college coaches and the participants. On the final night there will be an outdoor movie night for the kids. Each participant will receive a t-shirt and ball.



Location: TBD
Camp Facilitator: Christian Benjamin
Fee: \$125 for residents/ fee remains the same for non-residents.

ID:	Dates:	Time:
10339	Monday - Thursday, Aug. 3 - 6	6:00 - 9:00 PM

**Friday, August 7th is the make-up date/free play and outdoor movie at 8:30 p.m.*

3 on 3 Tennis Grand Prix *Ages 8 - 18*

This is an exciting and fun instructional team tennis program for beginners to intermediates sponsored by the USTA. Players will learn how to hit, serve and rally, and will be exposed to team competition. Participants will partake in tennis instruction and fun match play during practices, as well as three Saturday matches against other Parks & Recreation teams in a unique 1 singles, 1 doubles, 1 set format. Coaches will be actively involved in the matches, teaching and guiding players along the way. Participants will be separated into in three age divisions: 10&U, 14&U and 18&U. This fun and instructional season will conclude with a final tournament. All participants will receive a t-shirt.

Instructor: Miguel Garcia & Staff
Location: NHS Tennis Courts

ID:	Dates:	Time:	Fee:
10546	Practices: Wednesdays, July 1 - August 5 Matches: Saturdays, July 11, 25 and August 8	6:00 - 7:30 PM 9:00 AM - 12:30 PM	\$80 for residents / \$100 for non-residents

UK International Soccer Camp

Ages 3 - 14



UK International Soccer Camps are one of the largest providers of soccer instruction in the U.S. The program's goal is to provide "The Best Possible Soccer Experience" for all players. Camp programs use age appropriate curriculums for youths ages 3 to 14. Please bring shinguards, appropriate clothing, water and sunscreen. All players receive a free soccer ball, camp t-shirt and evaluation.

Ages 3-4 will focus on a fun introduction to the great sport of soccer.

Ages 5-6 will focus on fun, exciting games to build confidence and teach fundamentals. Within this curriculum, players will cover ball familiarization, small group dynamics, coordination skills and social interaction, all with maximum participation in a fun-oriented environment.

Ages 6-14 will focus on technical development & skills building in a stimulating environment. Players will be challenged to consider basic tactical components at an age appropriate level, including attacking and defending principles.

Location: Mill Pond Park Soccer Fields
Dates: Monday - Friday, July 13 - 17
Fee: Fees are listed below. Fees remain the same for non-residents.

ID:	Ages:	Time:	Fee:
10330	3-4	5:00 - 6:00 PM	\$70
10331	5-6	6:00 - 7:30 PM	\$85
10332	6-14	5:00 - 8:00 PM	\$115



Program Information & Cancellation Hotline:
860-665-8686



Skyhawks Basketball

Entering Grades K - 2

This fun, skill-intensive program is designed for beginning to intermediate players. An active week of passing, shooting, dribbling and rebounding makes this one of our most popular programs. Boys and girls will also learn vital life lessons such as respect, teamwork and responsibility. Participants should wear appropriate clothing, sneakers and bring a water bottle and snack. All participants receive a ball and t-shirt!

Location: Mortensen Community Center Gym

ID:	Time:	Dates:	Fee:
10227	10:00 AM - 12:00 PM	Mon - Fri, Aug. 17 - 21	\$89

Skyhawks Multi-Sport

Ages 7 - 12

In this multi-sport camp we combine three sports (Capture the Flag, Ultimate Frisbee and Kickball) into one fun-filled week. Boys and girls will learn the rules and essential skills of each sport along with vital life lessons such as respect and teamwork. Participants should wear appropriate clothing, sneakers and sunscreen and should bring a water bottle and two snacks. All participants receive a t-shirt!

Location: Mill Pond Park

ID:	Time:	Dates:	Fee:
10225	9:00 AM - 1:00 PM	Mon - Fri, Aug. 10 - 14	\$125

Skyhawks Lacrosse

Ages 7 - 12

Endorsed by Newington Youth Lacrosse!

Lacrosse combines the basic skills used in soccer, basketball, and hockey into one fast-paced, high-scoring game. Athletes will learn all the fundamentals of stick handling, cradling, passing, and shooting in a fun, non-checking environment. Our staff helps campers learn not only the sport of lacrosse, but also important life skills such as respect, teamwork, and discipline. Participants should wear appropriate clothing, sneakers and sunscreen, and should bring a mouthpiece, protective gloves, helmet with full mask (or goggles for girls), lacrosse stick and water bottle. All participants receive a t-shirt!

Location: Mill Pond Park

ID:	Time:	Dates:	Fee:
10222 10	6:00 - 8:00 PM	Mon - Thurs., July 27 - 30	\$85

Skyhawks Tiny-Hawk

Ages 3 - 4

The Tiny-Hawk program introduces participants to the essentials of soccer and basketball. Through games and activities, campers explore balance, hand/eye coordination and skill development. All participants must be toilet trained. Participants should wear appropriate clothing, sneakers and sunscreen and should bring a water bottle. All participants receive a t-shirt!

Location: Mill Pond Park

ID:	Time:	Dates:	Fee:
10219	5:00 - 6:00 PM	Mon - Thurs, July 6 - 9	\$59
10226	9:00 - 9:45 AM	Mon - Fri, Aug. 10 - 14	\$69



Program Information & Cancellation Hotline:
860-665-8686

Skyhawks Volleyball

Ages 10 - 14

The fundamental skills of volleyball are taught through game-speed drills and daily scrimmages that focus on passing, setting, hitting and serving. This co-ed program is designed for the beginning and intermediate player. Participants should wear appropriate clothing and sneakers and bring knee pads and water. All participants receive a ball and t-shirt!

Location: Mortensen Community Center Gym

ID:	Time:	Dates:	Fee:
10221	6:00 - 8:00 PM	Mon - Thurs., July 20 - 23	\$85

Skyhawks Flag Football

Ages 7 - 12

Boys and girls learn skills on both sides of the football including the core components of passing, catching and defense - all in a fun and positive environment! The week ends with the Skyhawks Sports Bowl! Participants should wear appropriate clothing, sneakers and sunscreen and bring water and two snacks. All participants receive a football and t-shirt!

Location: Mill Pond Park

ID:	Time:	Dates:	Fee:
10218	9:00 AM - 12:00 PM	Mon - Thurs., June 29 - July 2	\$99

Skyhawks Mini-Hawk

Ages 4 - 7

This baseball, basketball and soccer program gives young children a positive first step into athletics. Through games and activities, campers explore balance, hand/eye coordination and skill development at their own pace. Participants should wear appropriate clothing, sneakers and sunscreen and bring water and two snacks. All participants receive a ball and t-shirt!

Location: Mill Pond Park

ID:	Time:	Dates:	Fee:
10220	5:00 - 7:00 PM	Mon - Thurs, July 6 - 9	\$85
10224	10:00 AM - 1:00 PM	Mon - Fri, Aug. 10 - 14	\$119

Skyhawks Track & Field

Ages 7 - 12

This camp combines technical development, fundamental techniques and safety with a major focus on fun! Using special equipment, boys and girls learn the fundamentals of body positioning, stride, proper stretching and cool down techniques. Participants should wear appropriate clothing, sneakers and sunscreen and should bring a water bottle. All participants receive a t-shirt!

Location: Newington High School

ID:	Time:	Dates:	Fee:
10223	6:00 - 8:00 PM	Mon - Thurs., Aug. 3 - 6	\$85

Interested in one of our sports camps?

Please Register Early!

Our camps sometimes fill to capacity, but we also need to have a minimum number of participants in order for us to run them. If we don't reach that minimum, the camp has to be cancelled. Usually, we have to make that decision a few days before the program begins.

So, if there is a program or camp that your child is interested in...

please, **REGISTER EARLY!**

Non-residents pay the same rate as residents for all programs listed on this page!

Ben Alaimo Baseball Camp *Ages 8 - 14*

Join Newington High School Head Baseball Coach Ben Alaimo for two exciting camps geared toward Little Leaguers and Babe Ruth baseball players. Participants will learn high quality age-appropriate baseball skills. Instruction will focus on mechanics of throwing and catching, player specific hitting fundamentals, defensive skill development, fundamentals of base running, in game offensive and defensive situation instruction and more. In addition to outstanding instruction, this camp will offer fun skills contests and games! All participants will receive a t-shirt and pizza on the final day. Participants should bring a bat, hat, water bottle and glove.

*Location: Small Diamond: Volunteer Field
Big Diamond: Legends Field
(Both fields at Clem Lemire Complex)*

ID:	Time:	Dates :	Fee:
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Small Diamond Players - Ages 8 - 12

10326	9:00 AM - 12:00 PM	Mon - Thurs, June 22 - 25 (6/26 rain date)	\$115
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Big Diamond Players - Ages 12 - 14

10327	9:00 AM - 12:00 PM	Mon - Thurs, June 29 - July 2 (7/3 rain date)	\$115
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Girls' Fast Pitch Softball Camp *Entering Grades 5 - 9*

This program is designed for players interested in improving their softball skills. The philosophy of the program is to encourage and teach the campers a better understanding of game fundamentals and improve each participant's individual skill level. Participants will leave with improved skills and a greater love and understanding for the game of softball. Get ready to have fun and see yourself improve! All participants will receive a t-shirt at the end of the week. Participants should bring a glove and bat if they own one.



Location: Newington High School Softball Fields

ID:	Time:	Dates:	Fee:
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10346	9:00 AM - 12:00 PM	Mon - Thurs, June 22 - 25 (6/26 rain date)	\$115
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Girls' Field Hockey Skills Clinic *Entering Grades 6 - 9*

Newington High School coaches Veronica Underwood Grubin and Paul Macchi are offering a clinic to introduce players to the sport of field hockey. This clinic is designed for players who would like to learn individual and team skills through fundamentals and conditioning. Topics include basic body and stick positioning, ball control, dribbling, reverse stick handling, stopping, passing and shooting, as well as agility skills. Week 2 will feature more advanced individual and team skills, ideal for players who want to compete at the high school level or those wanting a little more of a challenge. Participants should wear appropriate clothing, sneakers, socks and bring a water bottle. All other equipment is optional and otherwise will be provided. If you would like to learn a new, unique sport in a fun, fitness-focused kind of way, then this clinic is for you!

Location: Fields behind tennis courts at NHS

ID:	Time:	Dates:	Fee:
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Week 1

10328	6 - 7:30 PM	Mon - Fri, Aug. 10 - 14	\$50
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Weeks 1 & 2

10329	6 - 7:30 PM	Mon - Fri, Aug. 10 - 14 & 17 - 21	\$75
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Program Information & Cancellation Hotline:
860-665-8686

Interested in one of our sports camps?

Please Register Early!

Our camps sometimes fill to capacity, but we also need to have a minimum number of participants in order for us to run them. If we don't reach that minimum, the camp has to be cancelled. Usually, we have to make that decision a few days before the program begins.

So, if there is a program or camp that your child is interested in...

please, **REGISTER EARLY!**

Non-residents pay the same rate as residents for all the programs listed on this page!

Boys' Basketball Camp *Entering Grades 3 - 8*

Scot Wenzel, Newington High School Boys Basketball Coach, presents this fundamental basketball camp. Includes instruction in skill building, shooting, passing, defense, situational application, skills contests, games and much more. Snacks will be provided and awards will be given for each contest. All participants will receive a t-shirt.

*Staff: Scott Wenzel & high school players
Location: NHS Gymnasium*

ID:	Time:	Dates:	Fee:
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Boys Entering Grades 3 - 5

10343	8:00 AM - 11:00 AM	Mon - Fri, July 6 - 10	\$100
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Boys Entering Grades 6 - 8

10344	11:30 AM - 2:30 PM	Mon - Fri, July 6 - 10	\$100
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Coach Bangs' Basketball Skills Academy



Girls Entering Grades 4 - 9

Newington High School Girls Basketball Coach Rick Bangs will be holding his first ever summer basketball skills academy. The week-long camp will focus on building skills in dribbling, shooting, passing and defense. Participants will receive skill-based instruction at the beginning of the day and will be playing games to end the day. All participants will get a t-shirt.

*Staff: Rick Bangs and staff
Location: Newington High School Gymnasium
Fee: \$120 per participant / \$90 for each additional registered sibling*

ID:	Time:	Dates:
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10345	8:30 AM - 12:00 NOON	Mon - Fri, July 13 - 17
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Aquatic Facility Information and Hours

Newington Parks and Recreation has two outdoor pools that operate during the summer season, located at Mill Pond Park and Churchill Park. We offer recreational swim times, group swim lessons, semi-private swim lessons, private lessons, water baby classes, pool parties, special needs swim lessons, special events and much more! Newington residents may purchase pool passes which permit entrance to both pools during recreational swim times. Summer pool passes may also be used at the Newington High School Pool for the 2015-2016 indoor season. Newington's aquatic facilities are only open to residents, but residents may bring non-residents as their guests during recreational swim times. Non-residents may only use the pools as a guest of a Newington resident and must pay the daily rate. The outdoor aquatic facilities will close in the case of thunder and/or lightning in the immediate area. Pools will re-open thirty minutes after the lightning and/or thunder ceases. There will be no make-up classes offered for missed and/or cancelled lessons or programs unless otherwise stated. In case of inclement weather, please call the Pool Activity Line at 860-665-8766.

Mill Pond Pool

Opens Monday, June 22nd
Closes Sunday, August 9th at 6:15 p.m.

Recreational Swim

Monday - Thursday

2 - 5:45 p.m.
6:30 - 8:15 p.m.

Friday

10 a.m. - 1 p.m.
2 - 8:15 p.m.

Saturday & Sunday

2 - 6:15 p.m.

Mill Pond Pool will be closed on
Saturday, July 18th for the Extravaganza.

Senior & Disabled Swim

at Mill Pond Pool

June 22nd - August 7th

Monday - Friday
1:00 - 2:00 p.m.

Churchill Pool

Opens Monday, June 22nd
Closes Sunday, August 16th at 6:00 p.m.

June 22nd - August 9th

Recreational Swim

Monday - Thursday

12 - 4:45 p.m.

Friday

10 a.m. - 7 p.m.

Saturday & Sunday

12 - 4:45 p.m.

August 10th - August 16th

Recreational Swim

10:00 a.m. - 6:00 p.m. Daily

**Look for our NEW
Aquatics Programs for
the 2015 Summer Season**

Pool Passes

Individual Pass

- Purchased on or before May 22nd: \$55
- Purchased after May 22nd: \$60

Household Pass*

- Purchased on or before May 22nd: \$75
- Purchased after May 22nd: \$85

*Please note that the household pass includes up to six people who permanently reside in the same household. Babysitters and visiting relatives are not eligible. For households with more than six people, the fee for each additional person is \$5. Household Maximum: 8 people

Daily Admission Rates

- Adults (18+): \$5
- Children (under 18): \$3
- Seniors (62+): \$3

* Children 12 years of age and younger must be accompanied by a responsible individual 15 years or older.

* Proof of residency is required.

Birthday Parties at Mill Pond Pool

Ages 6 months - 15 years
(Newington residents only)

Reserve Mill Pond Pool for a birthday party that your child will never forget! Parties are available on Saturdays throughout the summer season. Availability is limited and all parties must be reserved at least two weeks in advance in person at the Parks and Recreation office. For more information on our birthday party packages or for the reservation form, please contact the Parks and Recreation office at 860-665-8666 or visit our website at www.newingtonct.gov/parksandrec.

Little Swimmers *Ages 6 months - 5 yrs.*

A great program for your little swimmer! Join us at Mill Pond Wading Pool on Mondays, Tuesdays, Wednesdays and Thursdays for fun, friends, toys and splashing. Siblings ages 6 months - 5 years old that reside in the same household may attend for free, but must also be registered. Parents must accompany their child(ren) into the wading pool and stay with them during the entire program. Children who are not toilet trained must wear a swim diaper.

Location: Mill Pond Park Wading Pool

Times: Mill Pond Wading Pool: 10 AM - 12 PM

Fee: \$10 per week or \$55 for the whole summer for residents / not available for non-residents.

Session:	ID:	Dates:
Week 1	10367	Monday - Thursday, June 22 - June 25
Week 2	10368	Monday - Thursday, June 29 - July 2
Week 3	10369	Monday - Thursday, July 6 - July 9
Week 4	10370	Monday - Thursday, July 13 - July 16
Week 5	10371	Monday - Thursday, July 20 - July 23
Week 6	10372	Monday - Thursday, July 27 - July 30
Week 7	10373	Monday - Thursday, August 3 - August 6

Swim Lesson Registration Guidelines

- **RESIDENCY:** Swim lessons are for residents only.
- **CANCELLATIONS:** Swim lessons will be cancelled when there is lightning and/or thunder in the area. Please call the pool activity line at 860-665-8766 if the weather is inclement. There are no make-up classes, vouchers or refunds issued for missed or cancelled lessons unless otherwise stated.
- **LEVELS:** Please register your child for the appropriate level as listed below. If your child is registered for an inappropriate level, the child may be moved into a more suitable level (depending on availability) at our discretion, or removed from the program.
- **MINIMUM AGES:** While we understand that ages and abilities vary greatly, we must enforce the minimum age requirements for our programs. Please see level descriptions below for more information. Birth certificates are required for any participants under 5 years old.
- **DEADLINES:** Swim lesson registration must be received by the Parks and Recreation office no later than Fridays at 4:30 p.m. for sessions beginning the following Monday. Registrations received after Fridays at 4:30 p.m. will be considered late, and participants will not be permitted to attend lessons until the day AFTER registration is received.
- **REGISTERING FOR MULTIPLE SESSIONS:** If you want to register your child for more than one session, you must register that child for the same level until the child passes that level. For example, if your child is registered for Level 2, you may not sign up for a Level 3 class until your child is notified by the instructor that he/she has passed Level 2. Failure to abide by this policy will result in the cancellation of your child's enrollment.
- **CHANGING LEVELS:** If you register your child for multiple sessions of the same level and the child passes the level, you may move your child into an available class in the next level, stay in the same level, or receive a refund (please note that a \$5.00 processing fee is deducted from any refunds issued). This must be done in person at the Parks and Recreation office, and you must bring your child's certificate showing they have passed.

Swim Lesson Level Descriptions

Infant & Preschool Programs (Ages 6 months - 5 years old)

Waterbabies (Ages 6 months - 2 years with parent) Parent and child program that will allow your child to adjust to the water using games, songs, basic movements and fun! Parent will accompany the child into the water. Swim diapers are required for children who are not toilet trained.

Preschool A (Ages 3 - 4) Children participate independently in this program that includes water entry and adjustment, blowing bubbles, assisted floating, basic kicking with arm movements and of course, playing games! Children will learn safety skills in and around the water.

Preschool B (Ages 3 - 5) Children participate independently in this program that includes water entry, blowing bubbles, bobbing, floating, glides, kicking with arm movements and of course, playing games! Children will learn safety skills in and around the water. Participants must be comfortable in the water and/or successfully participated in Preschool A lessons.



Learn-To-Swim Program Levels 1 - 6 (Ages 5 -17)

The Newington Parks and Recreation Department is proud to be an authorized provider of the American Red Cross Learn-To-Swim Program Levels 1-6. This program focuses on improving the effectiveness of swim lessons, emphasizing water safety and drowning prevention and improving participant progress and skill acquisition. 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. Please review the swim lesson level descriptions below prior to registering your child. (Level Descriptions Revised September 2014)

***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 & hold breath (10 seconds), swim using leg & 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.

For a detailed list of swim lesson level descriptions, please visit us on the web at www.newingtonct.gov/parksandrec

Swim Lesson Options

Group Swim Lessons *Ages 6 months - 17 years / Newington Residents Only* Fee: Session 1, 2 or 3 - \$30 (8 Classes) / Session 4 - \$15 (4 classes)

We are 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 participants must be at least 5 years of age to register for Levels 1 and up. Sessions 1, 2 and 3 are two-week sessions. Session 4 is a one week session. If your child is new to our swim lesson program, please review the swim lesson level descriptions prior to registering your child. Group swim lessons are held at both Mill Pond and Churchill Pools!

Semi-Private Swim Lessons *Ages 5 - 17 / Newington Residents Only* Fee: \$65 (4 classes)

Semi-Private swim lessons (max 2 individuals) are great for more personalized attention from our lifeguard staff. Lessons are offered as one week sessions, Monday through Thursday and are 30 minutes in length. These lessons follow the American Red Cross Learn-to-Swim program, please see descriptions for Levels 1 - 4 above. Semi-private swim lessons are held at Churchill Pool.

Private Swim Lessons *Ages 5 & Up / Newington Residents Only* Fee: \$95 (4 classes)

Private lessons are limited to one participant per instructor. Participants receive one-on-one attention on a particular skill, or if you choose, several skills. Private Lessons offer a great opportunity for beginners to develop skills or for competitive swimmers to improve technique and endurance. These lessons do not follow the American Red Cross Learn-to-Swim program. Lessons are offered Monday through Thursday for one week. Participants may only sign up for three sessions at a time and may sign up for additional sessions if available after completion of first three. During the first class, participants should inform their instructor of what particular skill or skills they choose to focus on. Private lessons are held at Mill Pond and Churchill Pools.

Churchill Pool Group Lessons - Mornings & Evenings (Mondays - Thursday)

Fee: Session 1, 2 or 3 - \$30 (8 classes) / Session 4 - \$15 (4 classes)



Session 1: June 22 - July 2					
Mornings		Evenings			
	9:30 a.m. - 10:00 a.m.	10:00 a.m. - 10:30 a.m.	5:00 p.m. - 5:30 p.m.	5:30 p.m. - 6:00 p.m.	6:00 p.m. - 6:30 p.m.
Waterbabies			ID: 10491		
Preschool A	ID: 10414		ID: 10492	ID: 10496	
Preschool B		ID: 10418	ID: 10486		ID: 10497
Level 1	ID: 10415	ID: 10419	ID: 10487	ID: 10493	
Level 2	ID: 10416		ID: 10488		ID: 10498
Level 3		ID: 10420	ID: 10489	ID: 10494	
Level 4	ID: 10417			ID: 10495	ID: 10499
Level 5/6		ID: 10421	ID: 10490		ID: 10500

Session 2: July 6 - July 16					
Mornings		Evenings			
	9:30 a.m. - 10:00 a.m.	10:00 a.m. - 10:30 a.m.	5:00 p.m. - 5:30 p.m.	5:30 p.m. - 6:00 p.m.	6:00 p.m. - 6:30 p.m.
Waterbabies			ID: 10501		ID: 10511
Preschool A	ID: 10422		ID: 10502		ID: 10512
Preschool B		ID: 10426		ID: 10506	ID: 10513
Level 1	ID: 10423		ID: 10503	ID: 10507	
Level 2	ID: 10424	ID: 10427	ID: 10504	ID: 10508	
Level 3	ID: 10425			ID: 10509	ID: 10514
Level 4		ID: 10428	ID: 10505		
Level 5/6		ID: 10429		ID: 10510	ID: 10515

Session 3: July 20 - 30					
Mornings		Evenings			
	9:30 a.m. - 10:00 a.m.	10:00 a.m. - 10:30 a.m.	5:00 p.m. - 5:30 p.m.	5:30 p.m. - 6:00 p.m.	6:00 p.m. - 6:30 p.m.
Waterbabies			ID: 10516		
Preschool A	ID: 10430		ID: 10517	ID: 10521	
Preschool B		ID: 10434	ID: 10518		ID: 10526
Level 1	ID: 10431			ID: 10522	ID: 10527
Level 2	ID: 10432	ID: 10435	ID: 10519	ID: 10523	
Level 3		ID: 10436		ID: 10524	ID: 10528
Level 4	ID: 10433		ID: 10520		ID: 10529
Level 5/6		ID: 10437		ID: 10525	ID: 10530

Session 4: August 3 - 6					
Mornings		Evenings			
	9:30 a.m. - 10:00 a.m.	10:00 a.m. - 10:30 a.m.	5:00 p.m. - 5:30 p.m.	5:30 p.m. - 6:00 p.m.	6:00 p.m. - 6:30 p.m.
Waterbabies				ID: 10536	
Preschool A	ID: 10438			ID: 10537	ID: 10541
Preschool B	ID: 10439		ID: 10531	ID: 10538	
Level 1		ID: 10442	ID: 10532	ID: 10539	
Level 2		ID: 10443	ID: 10533		ID: 10542
Level 3	ID: 10440	ID: 10444	ID: 10534		ID: 10543
Level 4	ID: 10441		ID: 10535		ID: 10544
Level 5/6		ID: 10445		ID: 10540	ID: 10545

Mill Pond Pool Group Lessons - Mornings (Mon. - Thurs.)

Fee: Session 1, 2 or 3 - \$30 (8 classes) / Session 4 - \$15 (4 classes)



Session 1: June 22 - July 2		
	11:00 a.m. - 11:30 a.m.	11:30 a.m. - 12:00 p.m.
Water babies	ID: 10446	
Preschool A		ID: 10451
Preschool B	ID: 10447	
Level 1	ID: 10448	ID: 10452
Level 2	ID: 10449	ID: 10453
Level 3		ID: 10454
Level 4	ID: 10450	
Level 5/6		ID: 10455

Session 2: July 6 - July 16		
	11:00 a.m. - 11:30 a.m.	11:30 a.m. - 12:00 p.m.
Water babies		ID: 10461
Preschool A	ID: 10456	ID: 10462
Preschool B	ID: 10457	ID: 10463
Level 1	ID: 10458	
Level 2		ID: 10464
Level 3	ID: 10459	
Level 4		ID: 10465
Level 5/6	ID: 10460	

Session 3: July 20 - July 30		
	11:00 a.m. - 11:30 a.m.	11:30 a.m. - 12:00 p.m.
Water babies	ID: 10466	
Preschool A		ID: 10471
Preschool B	ID: 10467	
Level 1	ID: 10468	ID: 10472
Level 2	ID: 10469	ID: 10473
Level 3		ID: 10474
Level 4	ID: 10470	
Level 5/6		ID: 10475

Session 4: August 3 - 6		
	11:00 a.m. - 11:30 a.m.	11:30 a.m. - 12:00 p.m.
Water babies		ID: 10481
Preschool A	ID: 10476	ID: 10482
Preschool B	ID: 10477	ID: 10483
Level 1	ID: 10478	
Level 2		ID: 10484
Level 3	ID: 10479	
Level 4		ID: 10485
Level 5/6	ID: 10480	

Churchill Pool Semi-Private Lessons - Evenings (Mon. - Thurs.) Ages: 5-17 **Fee: \$65**

Session 1: Jun. 22 - 25	Session 2: Jun. 29 - Jul. 2	Session 3: July 6 - 9	Session 4: July 13 - 16	Session 5: July 20 - 23	Session 6: July 27 - 30	Session 7: Aug. 3 - 6
6:30 — 7:00 PM	6:30 — 7:00 PM	6:30 — 7:00 PM	6:30 — 7:00 PM	6:30 — 7:00 PM	6:30 — 7:00 PM	6:30 — 7:00 PM
Level 1 ID: 10374	Level 1 ID: 10377	Level 1 ID: 10380	Level 1 ID: 10383	Level 1 ID: 10386	Level 1 ID: 10389	Level 1 ID: 10392
Level 2 ID: 10375	Level 2 ID: 10378	Level 2 ID: 10381	Level 2 ID: 10384	Level 2 ID: 10387	Level 2 ID: 10390	Level 2 ID: 10393
Level 3/4 ID: 10376	Level 3/4 ID: 10379	Level 3/4 ID: 10382	Level 3/4 ID: 10385	Level 3/4 ID: 10388	Level 3/4 ID: 10391	Level 3/4 ID: 10394

Mill Pond & Churchill Private Lessons - Evenings (Mon. - Thurs.) Ages: 5 & Up **Fee: \$95**

Locations & Times: Mill Pond Pool - 6:00 - 6:30 PM & Churchill Pool - 6:30 - 7:00 PM

	Session 1: Jun 22 - 25	Session 2: Jun. 29 - Jul. 2	Session 3: July 6 - 9	Session 4: July 13 - 16	Session 5: July 20 - 23	Session 6: July 27 - 30	Session 7: Aug. 3 - 6
Mill Pond Pool	6:00 - 6:30 PM ID: 10395	6:00 - 6:30 PM ID: 10397	6:00 - 6:30 PM ID: 10399	6:00 - 6:30 PM ID: 10565	6:00 - 6:30 PM ID: 10402	6:00 - 6:30 PM ID: 10404	6:00 - 6:30 PM ID: 10406
Churchill Pool	6:30 - 7:00 PM ID: 10396	6:30 - 7:00 PM ID: 10398	6:30 - 7:00 PM ID: 10400	6:30 - 7:00 PM ID: 10401	6:30 - 7:00 PM ID: 10403	6:30 - 7:00 PM ID: 10405	6:30 - 7:00 PM ID: 10407

Mill Pond Special Needs Swim Lessons (Mon. - Thurs.) Ages 5 & Up **Fee: \$65 (4 classes)**

These swim lessons are offered for children or adults with physical or intellectual disabilities. Swim lessons are limited to one participant per instructor. Lessons are offered Monday through Thursday for one week. Participants may only sign up for three sessions at a time and may sign up for additional sessions if available after completion of first three. Lessons are held at Mill Pond Pool.

June 22 - 25	June 29 - July 2	July 6 - 9	July 13 - 16	July 20 - 23	July 27 - 30	August 3 - 6
6:00 - 6:30 PM						
ID: 10408	ID: 10409	ID: 10410	ID: 10566	ID: 10411	ID: 10412	ID: 10413

NEW **Swim Instructor Aide** *Ages 11 - 15*

This new program is a great training for those wishing to assist Swim Instructors in teaching swim lessons. The training will enable you to understand the role and responsibilities of a Swim Instructor Aide. This training is great for someone who may be interested in being a lifeguard or swim instructor in the future. Participants who complete this training will be allowed to volunteer with Parks & Recreation swim lessons. Anyone interested in helping with swim lessons must complete this course. Participants must swim at a Level 4 competency.

Location: Churchill Pool

Fee: \$35 (4 classes) for residents / not available for non-residents

ID:	Time:	Dates:
10366	5:00 - 5:45 PM	Monday - Thursday, June 22 - 25

NEW **Water Polo** *Ages 11 - 15*

This new program is an introduction to the exciting game of Water Polo! During this program participants will be introduced to the game of water polo, learn the fundamental skills of play and participate in instructional scrimmages. Participants must be comfortable in deep water and swim at a Level 4 competency.

Location: Churchill Pool

Fee: \$40 (6 classes) per session / not available for non-residents

ID:	Time:	Dates:
10364	6:00 - 7:00 PM	Tuesdays & Thursdays, June 30 - July 16
10365	6:00 - 7:00 PM	Tuesdays & Thursdays, July 21 - Aug. 6

Jr. Lifeguarding *Ages 11 - 14*



This fun and exciting American Red Cross program is designed to provide youth with a foundation of aquatic skills, leadership and knowledge for future successful completion of the American Red Cross Lifeguarding Program. Participants should bring a bathing suit and towel to each class. Jr. Lifeguarding is held Monday through Thursday for two weeks.

Location: Mill Pond Pool

Fee: \$65 (8 classes) for residents / not available for non-residents

ID:	Time:	Dates:
10362	6:00 - 6:30 PM	Monday - Thursdays, June 22 - July 2
10363	6:00 - 6:30 PM	Monday - Thursdays, July 20 - July 30

Adult Swim Lessons *Ages 18 & Up*

Our adult swim lessons provide the opportunity for adults to learn how to swim in an age-appropriate and comfortable environment. Lessons are held as one week sessions, Monday - Thursdays and are taught in groups of no more than 5 participants per instructor.

Location: Mill Pond Pool

Fee: \$65 (4 classes) for residents / not available for non-residents

ID:	Time:	Dates:
10360	6:00 - 6:30 PM	Monday - Thursday, July 6 - 9
10361	6:00 - 6:30 PM	Monday - Thursday, August 3 - 6



Summer Sunshine *Ages 3 & 4 (Open to residents and non-residents)*

Your child will have a blast this summer while socializing, playing games, listening to stories, creating crafts, swimming, enjoying music and movement and outdoor play! Children attend either two days per week (Monday & Wednesday OR Tuesday & Thursday) or four days per week (Monday - Thursday). Each week has a different theme with all sorts of related daily activities, including painting, drawing, beads and wearable projects. All participants must be toilet trained. Each child should bring a healthy, nut-free lunch with two juice boxes or water bottles and wear a bathing suit and bring a towel. Towels and backpacks should be labeled with your child's name. Parents must apply sunscreen before dropping off child each morning; children will attend supervised swim every day at the Mill Pond Pool wading pool. Children ride on a school bus with staff at 1:00 PM and head to Mill Pond Pool for swimming. Pick up will be at 2:00 PM at the wading pool.

Program Dates: June 22nd - July 30th
9:00 AM - 2:00 PM*

**Extended care hours available from 8:00 - 9:00 AM for an additional fee.*

The program is held at our preschool classroom located at 1075 Main Street in the lower level. It's a beautiful space dedicated solely to preschoolers and also includes a fenced in outdoor play space! *Staff: Loralyn Callahan and Staff*

Please note that we are a nut-free program and facility. Peanut butter and nuts of any kind are not permitted in the facility.

A **separate registration form** must be filled out for Summer Sunshine. Forms are available at the Parks and Recreation office or on our website at www.newingtonct.gov/parksandrec.

Program Fees:		
<p><u>Two Days per week</u> <i>Monday & Wednesday</i> OR <i>Tuesday & Thursday</i></p> <p>Fee per week Residents: \$60 Non-residents: \$75</p>	<p><u>Four Days per week</u> <i>Monday - Thursday</i></p> <p>Fee per week Residents: \$100 Non-residents: \$125</p>	<p><u>Four Days per week for all 6 weeks</u></p> <p>Residents: \$520* Non-residents: \$600*</p>
Extended Care Fees: (8:00 - 9:00 AM)		
<p><u>Two Days per week</u></p> <p>Fee per week Residents: \$12 Non-residents: \$15</p>	<p><u>Four Days per week</u></p> <p>Fee per week Residents: \$22 Non-residents: \$27</p>	<p><u>Four Days per week for all 6 weeks</u></p> <p>Residents: \$120* Non-residents: \$145*</p>
<p>* To be eligible for the discounted rates, you must register and pay for all 6 weeks at the same time. If weeks are not purchased at the same time, individual weekly rates apply.</p>		

Playground Pals

Open to children who reside in Newington and are registered for fall Kindergarten or completed Kindergarten this school year

Playground Pals is held in the Mortensen Community Center Gymnasium. Children should arrive to camp each day with a bagged lunch and snack with beverages. Children will participate in swim instruction and are asked to wear a bathing suit and bring a towel every day. Registration is limited and accepted on a first-come, first-served basis.

Program Dates: Monday - Friday, June 22nd - August 7th

(no program July 3rd)

8:00 AM - 2:00 PM*

**Extended care hours available from 2:00 - 4:30 PM for an additional weekly fee*

Program Fees:	<i>By</i>	<i>After</i>	
	<i>June 5</i>	<i>June 5</i>	
ALL 7 WEEKS*:	\$535	\$570	
ANY 4 WEEKS*:	\$340	\$365	
ANY 1 WEEK:	\$120	\$135	
WEEK 2:	\$100	\$115	
<i>(No Program July 3rd)</i>			

Register for Playground Pals weekly at the rates listed above.

**To be eligible for the discounted rate, you must register and pay for all 4 or 7 weeks at the same time. If weeks are not purchased at the same time, individual weekly rates apply. Total cost for 7 weeks purchased individually by June 5 is \$820. Total cost for 7 weeks purchased individually after June 5 is \$925.*

Extended Care Fees:

The Playground Pals Extended Care program will be staffed from 2:00 - 4:30 PM.

Weekly Rate: \$30
Week 2: \$24
All 7 Weeks: \$204
(No Program Friday, July 3rd)

A **separate registration form** must be filled out for Playground Pals. Forms are available at the Parks and Recreation office or on our website at www.newingtonct.gov/parksandrec.

Summer Playgrounds

Open to children who are Newington residents or attend Newington public schools and have completed grades 1 - 7. Students attending other (non-public) Newington schools and have completed grades 1 - 7 may enroll in this program for an additional \$20/week.

The Summer Playground Program is back for another wonderful summer of fun in the sun! Our staff is busy preparing many fun and exciting activities, games, special events and field trips, not to mention lots of swimming, sports, arts and crafts and much more!

Program Dates: Monday - Friday, June 22nd - August 7th
(no program July 3rd)
8:00 AM - 4:30 PM

Playground Sites:

Children having completed grades 1 & 2 in June 2015:
 All students attend the Mortensen Community Center site

Children having completed grades 3 & 4 in June 2015:
 Ruth Chaffee & John Paterson students attend the John Paterson site
 Anna Reynolds & Elizabeth Green students attend the Anna Reynolds' site

Children having completed grades 5, 6 & 7 in June 2015:
 John Wallace and Martin Kellogg students attend the Martin Kellogg site
 (There will be no John Wallace site this year)

Program Fees:

	<i>By June 5</i>	<i>After June 5</i>
ALL 7 WEEKS*:	\$600	\$635
ANY 4 WEEKS*:	\$465	\$490
ANY 1 WEEK:	\$145	\$160
WEEK 2:	\$115	\$130
<i>(No Program July 3rd)</i>		

Register for Summer Playgrounds at the rates listed above.

**To be eligible for the discounted rates for multiple weeks, you must register and pay for all 4 or 7 weeks at the same time. If weeks are not purchased at the same time, individual weekly rates apply. Total cost for 7 weeks purchased individually by June 5 is \$985. Total cost for 7 weeks purchased individually after June 5 is \$1,090.*

We are now accepting registration for Summer Playgrounds!

Register Today!!

A **separate registration form** must be filled out for Summer Playgrounds. Registration forms will be distributed through the schools and are available at the Parks and Recreation office or on our website at www.newingtonct.gov/parksandrec.

Summer Playgrounds Counselor In Training (CIT) *Ages 14 & 15*

The Summer Playgrounds Counselor In Training (CIT) Program provides instruction and skill development related to working with children in a summer playground setting. Interested participants must apply and be selected for this 3-week program. Applications will be reviewed, and qualified applicants will be interviewed. Selected participants will be notified of acceptance into the Summer Playgrounds CIT program by June 12th. Selected Summer Playgrounds CITs will be involved with the Summer Playgrounds Program for 3 weeks of the program. Selected participants will be expected to make a full commitment to the Summer Playgrounds CIT Program. Each participant will be placed at one of the playground sites based on the needs of the program.

To apply for the Summer Playgrounds Counselor In Training Program, participants must complete and submit the following to the Parks and Recreation office by Friday, May 29th:

- Town of Newington Employment Application
- Three (3) Summer Playgrounds CIT Recommendation Forms

The Employment Application and Summer Playgrounds CIT Recommendation Forms are available at the Parks and Recreation office or on our website at www.newingtonct.gov/parksandrec.

Summer Playgrounds CIT Program Information

ID: 10567
Time: 8:30 AM - 4:00 PM (Individual schedules may vary)
Fee: \$75 per participant (Newington residents only)
Program Dates: Monday - Friday, July 6 - 24 (Selected participants will also be required to attend a mandatory orientation session with a parent/guardian on Thursday, June 25th from 5:30-6:30 p.m.)

Youth and Adult Tennis Programs...

Open Tennis Courts

Richard Lienhard Tennis Courts
at Mill Pond Park

Open June 1 through September 7, 2015

Phone: 860-667-5820

Program Coordinators: Bob Dean, Sarah, Matt
& Ryan Dean

COURT FEES

NTA Members & Residents: \$12 per hour

Non-Residents: \$16 per hour

Juniors (18 & under): \$10 per hour

SEASON PLAY PASSES

\$130/player and \$190/family (NTA members only)

* Checks made payable to:

Newington Tennis Association

COURT HOURS

Monday through Friday

8:00 AM – 12:00 Noon

5:00 PM – 8:00 PM

Saturdays & Sundays

8:30 AM - 12:00 Noon

OPEN HOUSE

Saturday, June 6th

Juniors: Free tennis clinic 10:00 - 11:00 AM

Adults: Free tennis clinic and round robin
play from 11:00 AM - 12:30 PM

NTA PROGRAMS

Balls included for all programs. Fee: \$7.00 for all
programs except Men's Singles (Fee: \$9.00)

Program	Days	Time
Women's Doubles	Tuesdays	9:00 - 11:00 AM
	Wednesdays	5:30 - 8:00 PM
Men's Doubles	Wednesdays	5:30 - 8:00 PM
	Saturdays	9:00 - 11:00 AM
Senior Doubles	Mon, Wed, Fri	9:00 - 11:00 AM
Greater Hartford League		
Men:	Mondays	5:30 - 8:00 PM
Women:	Tuesdays	9:30 - 11:30 AM
Mixed Doubles	Fridays	5:30 - 7:30 PM
Men's Singles	Saturdays	9:00 - 11:00 AM
	Tuesdays	5:30 - 8:00 PM

Youth Tennis Program

All Star Junior Development Ages 4 & up

Location: Mill Pond Park Tennis Courts

Staff: P.T.R. Certified Instructors Bob & Matt Dean

Rain dates will be held indoors at the Tennis & Fitness Center of Rocky Hill for an extra fee. For questions about the program, please call Bob Dean after May 15th at 860-667-5820 or 860-667-4984 prior to May 15th.

SESSION SCHEDULE, Mondays - Thursdays

#1 June 8 - 11	#6 July 13 - 16
#2 June 15 - 18	#7 July 20 - 23
#3 June 22 - 25	#8 July 27 - 30
#4 June 29 - July 2	#9 Aug. 3 - 6
#5 July 6 - 9	#10 Aug. 10 - 13

MUNCHKIN TENNIS (Red Ball), Ages 4 - 7

Designed for the little players. Have fun and play games while learning the basic skills of tennis. Using a larger, low compression ball, on a lower net to develop tennis skills.

Level	Time	Fee
Beginner	9:00 - 10:00 AM	\$45 resident \$53 non-resident

RISING STARS (Orange Ball), Ages 7 - 10

Introduce & continue the development of basic skills. Emphasis on ground strokes, serves, volleys, rules of play and court etiquette. Using a lower compression ball.

Level	Time	Fee
Beginner -	10:00 - 11:00 AM	\$45 resident
Low Intermediate	11:00 AM - 12:00 noon	\$53 non-resident

ALL STARS (Green Ball), Ages 10 - 12

Designed for advanced beginners and low intermediate players working on more complete tennis skills, yet still using low compression green balls.

Level	Time	Fee
Adv. Beginner -	11:00 AM - 12:00 noon	\$45 resident
Low Intermediate	12:00 noon - 1:00 PM	\$53 non-resident

CHAMPIONSHIP TENNIS (Yellow Ball), Ages 12 - 15

Designed for low intermediate to intermediate players working on more complete tennis skills, specialty shots, and match play.

Level	Time	Fee
Intermediate	11:00 AM - 12:00 noon	\$45 resident \$53 non-resident

JUNIOR TENNIS TEAM

High level competition, match play (season includes 8 -10 matches) 1 practice per week (Mondays, 1:00-2:30 p.m.), 2 matches per week (Tuesdays and Thursdays, 1:00-3:00 p.m.) Fee includes end of the season tournament - date TBD.

Dates	Fee
June 22 - July 24	\$95 resident \$100 non-resident

Adult Tennis Program

Location: Mill Pond Park Tennis Courts

Staff: P.T.R. Certified Instructor Bob Dean

Questions about the program? Please call Bob Dean after May 15th at 860-667-5820.

LESSON RATES

Private:	1 hour: \$39
	1/2 hour: \$29
Semi Private:	\$26/hour per student (2 or more students)
Group Lesson:	\$13/hour per student

ADULT BEGINNER LESSONS

All the basics and more!

Tuesdays:	6:30 - 7:30 PM
Wednesdays:	6:30 - 7:30 PM
Fee:	4-week session: \$52

ADVANCED DRILLS

Sharpen your skills, tactical & technical tips

Tuesdays:	5:30 - 6:30 PM
Wednesdays:	5:30 - 6:30 PM
Fee:	4-week session: \$52

Adult Registration Form

Please use this form when registering for adult tennis lessons

Name: _____

Home Phone: _____

Work Phone: _____

Address: _____

City: _____ Zip: _____

Sessions are four weeks—you may enter at any time!

Enter date you wish to begin:

Circle Appropriate Session:

Monday: Beginner Advanced

Wednesday: Beginner Advanced

Youth Registration Form Please use this form when registering for youth tennis!

Class: _____ Session(s): _____

Student Name: _____ Age: _____

Address: _____ City: _____

Phone: _____ Emergency Contact: _____

Golf Programs at Indian Hill Country Club



Participants should bring their own clubs to each program, but clubs will be provided if necessary.

Golf Instructors:
Wayne Smyth - PGA Professional
Adam D'Amario - PGA Professional

111 Golf Street
 Newington, CT 06111
 Phone: 860-666-5447
 Fax: 860-666-2805
 E-Mail: golfshop@ihccgolf.com
 Website: www.ihccgolf.com

Indian Hill Adult Beginner Golf Clinic (Co-Ed)

Are you ready for some fun? Get Golf Ready is a fun and affordable golf instruction program for people with little or no golf experience. The Get Golf Ready program is a series of five introductory lessons conducted by PGA Professionals in a small-group environment. The featured lessons will provide basic skill instruction as well as information regarding the game's rules, etiquette and values. Significant on-course learning opportunities will also be a part of each lesson. Overall, participants will gain insight into techniques regarding chipping, putting, full swing and bunker play as well as the fundamental guidelines regarding the use and maintenance of golf equipment, keeping score and navigating the course, among others.

For more information about the program, please call 860-666-5447.

*Instructors: PGA Golf Professionals
 Wayne Smyth and Adam D'Amario*
Location: Indian Hill Country Club

ID:	Time:	Dates:	Fee:
10317	6:00 - 7:30 PM	Thursdays, June 25 - July 23 (5 classes)	\$99



Free Newington Junior Golf Clinics (Co-Ed)

Ages 8 - 14

Join us for a complimentary junior golf clinic at Indian Hill Country Club. This is a short session, for ages 8 to 14 years old, designed to introduce kids to the game of golf. The clinic will be conducted at the putting green and driving range. Equipment will be provided for use during the clinic. Sign up for one or all three! Clinics are available to Newington residents only.

Instructors: PGA Golf Professionals
Location: Indian Hill Country Club

ID:	Time:	Date:
10312	1 - 2:30 PM	Saturday, June 27
10313	1 - 2:30 PM	Saturday, July 25
10314	1 - 2:30 PM	Saturday, August 22

Pre-registration Required

Attention Newington Residents!

As residents of Newington, you will have expanded access in 2015 to one of the best courses in the state. Resident cards, which are required for play, are now available to Newington residents with reduced prices for 2015 - Senior Cards will be \$50 and Regular Cards will be \$25. Senior cards may be purchased in the Indian Hill Business Office Monday through Friday between 8:30am-4:30pm. Regular cards may be purchased at the time of play on your first visit.

In addition, if you have ever considered becoming a fulltime member of Indian Hill, this is the year to do it! Not only do residents of Newington receive 25% off their first year of membership, but the membership rates are lower than ever!

For more information, please visit the club website at www.ihccgolf.com or call Andrea Leary in the membership office at (860) 665-7817.

Non-residents pay the same rate as residents for all the programs listed on this page!*

**Free Junior Clinics are only available to residents.*

Indian Hill Junior Golf Camp (Co-Ed) Ages 8 - 14

A concentrated course designed to teach your child everything he/she will need to play golf in a fun and safe learning environment. The low student-to-instructor ratio allows for plenty of 1-1 time to learn all aspects of the game. Topics include: full swing, short game, on-course play, rules and etiquette. Clubs will be provided to any participants who do not have their own. Space is limited. For more information, please call 860-666-5447.

Instructors: PGA Golf Professionals
Location: Indian Hill Country Club

ID:	Time:	Dates:	Fee:
10315	9:00 - 11:00 AM	Tues - Fri July 14 - 17 (4 classes)	\$99
10316	9:00 - 11:00 AM	Tues - Fri Aug. 4 - 7 (4 classes)	\$99

The First Tee of Connecticut Instructional Golf Program Ages 7 - 12

This program introduces participants to The First Tee's Nine Core Values, Nine Healthy Habits and Code of Conduct and focuses on learning the game of golf and its rules and etiquette. Students will participate in on-course activities with four main focuses, PLAY, LEARN, APPRECIATE and YOUR GAME. Coaches will engage participants while introducing them to the game of golf, including etiquette, rules and The First Tee Code of Conduct. Participants immediately gravitate to the activities, and as a result, the rate at which they comprehend the material is exceptional. Clubs are available for use or participants may bring their own. Spaces are limited.



ID:	Time:	Dates:	Location:	Fee:
10318	5:30 - 6:50 PM	Thursdays, July 9 - Aug. 20 (7 classes)	TPC	\$49
10319	12:30 - 1:50 PM	Saturdays, July 11 - Aug. 22 (7 classes)	Goodwin Park	\$35

Instructors: The First Tee Instructors
Location: Learning Links at TPC River Highlands in Cromwell OR Goodwin Park, Hartford

For more information, please visit: www.thefirstteect.org

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. Class will go outdoors when the weather permits. Instructor will encourage you to give your 100% effort at all times. All fitness levels welcome!



Instructor: Laura Campbell

Location: Mortensen Community Center Gymnasium

ID:	Time	Dates	Fee:
10551	5:45 - 6:45 PM	Tuesdays, June 30 - Sept. 15 (12 classes)	\$60 for residents \$75 for non-residents

Please Note:

All participants in our adult programs must be at least 16 years of age or older, unless stated otherwise.

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: Lydia Borysiuk

Thursdays: Mary Woods

ID:	Dates	Time	Fee:
10552	Mondays, June 29 - Sept. 14 (11 classes, no class 9/7)	4:45 - 5:30 PM	\$42 for residents \$52 for non-residents
10553	Thursdays, July 9 - Sept. 17 (10 classes, no class 7/30)	5:30 - 6:30 PM	\$50 for residents \$62 for non-residents

Hi/Lo Aerobics

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

Instructor: Laura Campbell

Location: Senior & Disabled Center Auditorium

ID:	Time	Dates	Fee
10554	6:30 - 7:30 PM	Mondays, July 6 - Sept. 14 (10 classes, no class 9/7)	\$40 for residents \$50 for non-residents
10555	6:30 - 7:30 PM	Wednesdays, July 1 - Sept. 16 (12 classes)	\$48 for residents \$60 for non-residents

Register for both classes and save \$5!

Residents: \$83 / Non-Residents: \$105

Tone Aerobics

This low-impact aerobics class is a great way to start your morning with this low-impact aerobics class. 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

ID:	Time	Dates	Fee:
10556	9:15 - 10:15 AM	Tuesdays, June 30 - Sept. 15 (11 classes, no class 7/21)	\$44 for residents \$55 for non-residents
10557	9:15 - 10:15 AM	Thursdays, July 2 - Sept. 17 (11 classes, no class 7/23)	\$44 for residents \$55 for non-residents

Register for both classes and save \$5!

Residents: \$83 / Non-Residents: \$105

Zumba Toning

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

Location: Senior & Disabled Center Auditorium

Instructor: Lydia Borysiuk

ID:	Dates	Time	Fee
10558	Mondays, June 29 - Sept. 14 (11 classes, no class 9/7)	5:30 - 6:15 PM	\$42 for residents \$52 for non-residents

Adult Programs...

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. Come alone or with a partner to this fun class. It's also great exercise and just a few classes will free the dancer in you.



Instructor: Wendy Nielsen
Location: Senior & Disabled Center Ceramics Room

ID:	Time	Dates	Fee:
10559	5:30 - 6:30 PM	Mondays, July 6 - August 24 (8 classes)	\$56 for residents \$70 for non-residents

Free Demo Class - Come try it out!!! Pre-registration is required.

10560	5:30 - 6:30 PM	Monday, June 29 (one class)	FREE!
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Oil Painting: Florals and Seascapes

These are great subjects for the summer season to paint in the style of your choice - Impressionism, Realism or Modern. An excellent course designed for beginners through advanced. Learn brush and knife techniques, how to mix color and value, create mood, atmospheric perspective, texture and more. All skills will be explained and demonstrated. This course will be a fun opportunity to experience a new painting style! Please call the Parks & Recreation Department at 860-665-8666 for a supply list prior to the first class. Participants should wear a smock or old clothes.



Instructor: Fran Judycki
Location: Senior & Disabled Center Arts & Crafts Room
Fee: \$43 for residents / \$54 for non-residents

ID:	Time	Dates
10561	6:15 - 8:00 PM	Mondays, June 29 - July 27 (5 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 try to 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 organization, 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!

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 gently fluid movements.

Instructor: Ken Zaborowski
Location: Mortensen Community Center Romano Room
Fee: \$68 for residents / \$85 for non-residents

ID:	Class	Time	Dates
10562	Mixed Levels	5:30 - 6:30 PM	Mondays, June 29 - Sept. 14 (11 classes, no class 9/7)

Intro to Stand Up Paddleboard

Ages 13 - adult

Stand Up Paddleboard (SUP) is a new perspective on exploring our waterways. It's also a great way to get a full body workout. Our 1.5 hour basics session will take place on the Farmington River behind our shop. We'll cover all the basics; getting familiar with equipment, water entry and balance, proper stance and positioning on the board, efficient paddling technique, safety and etiquette. This is a sport that can be enjoyed in calm flat water as well as taken to the next level in the surf! Use of paddleboard, personal floatation device and paddles are included.

Location: Collinsville Canoe & Kayak- Collinsville, CT
Fee per session: \$39 for residents / fee remains the same for non-residents

ID:	Time	Date
10357	10:30 AM- 12:00 PM	Saturday, July 18 (one class)
10358	10:30 AM- 12:00 PM	Saturday, August 8 (one class)

Intro to Canoe *Ages 13 - adult*

Enjoy an exploration of the original North American public transportation! The course objective is to enable you to paddle with control on protected waters. You will learn about boat design, materials and equipment. Students will practice getting into the boat from shore and dock, paddling forward and backward, turning and sideways maneuvers and safety. Emphasis will be on students learning to steer and coordinate with a partner for a fun paddling experience! Use of canoe, personal floatation device and paddles are included.

Location: Collinsville Canoe & Kayak- Collinsville, CT
Fee: \$49 for residents/ fee remains the same for non-residents

ID:	Time	Date
10359	10:30 AM - 12:30 PM	Saturday, Sept. 5 (one class)

Adult Yoga and Pilates 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

ID:	Time:	Dates:	Fee:
10320	5:30-6:15 PM	Mondays, June 29 - Sept. 14 (11 classes, no class 9/7)	\$77 for residents \$96 for non-residents
10321	5:30-6:15 PM	Thursdays, July 9 - Sept. 17 (11 classes)	\$77 for residents \$96 for non-residents

Mat Pilates

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



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

Instructor: Maggie Downie

Location: Senior & Disabled Center Room A & B

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

ID:	Time:	Dates:
10325	6:00 - 7:00 PM	Wednesdays, July 1 - Sept. 16 (12 classes)



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

ID:	Time:	Dates:	Fee:
10322	6:30 - 7:15 PM	Mondays, June 29 - Sept. 14 (11 classes, no class 9/7)	\$77 for residents \$96 for non-residents

Yoga Classes

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

Location: Mortensen Community Center Romano Room

Instructors: Tuesdays: Karen Sevenoff

Thursdays: Cynthia Wolcott

ID:	Class:	Time:	Dates:	Fee:
10323	Mixed Levels Yoga with Karen Sevenoff	5:30 - 6:45 PM	Tuesdays, July 7 - Sept. 15 (11 classes)	\$66 for residents \$82 for non-residents
10324	Beginner Yoga with Cynthia Wolcott	5:45 - 7:00 PM	Thursdays, July 2 - Sept. 17 (12 classes)	\$72 for residents \$90 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 Yoga

Using a therapeutic approach to yoga postures, this class is gentle enough for all ages and levels of fitness. Linking breath and movement we create strength and stability, improved function and peace for the mind. Learning to use the tools of simple chanting and easy reflection we can begin to shift our concept of self and reduce harmful anxiety.

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

ID:	Time	Dates
10348	10:20 - 11:20 AM	Tuesdays, June 30 - Sept. 15 (11 classes, no class 7/21)
10349	10:20 - 11:20 AM	Thursdays, July 2 - Sept. 17 (11 classes, no class 7/23)

Register for both classes and save \$5!
Residents: \$73 / Non-residents: \$93

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. 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, June 9	11:30 - 1:30 PM
Tuesday, July 14	11:30 - 1:30 PM
Tuesday, August 11	11:30 - 1:30 PM
Tuesday, September 15	11:30 - 1:30 PM



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. 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: Session 1: \$52 for residents / \$65 for non-residents
Session 2: \$52 for residents / \$65 for non-residents

ID:	Session:	Time	Dates
10350	Session 1	9:15 - 11:45 AM	Tuesdays, June 30 - August 4 (6 classes)
10351	Session 2	9:15 - 11:45 AM	Tuesdays, August 18 - Sept. 22 (6 classes)

Register for both sessions and SAVE \$5!
Residents: \$99 / Non-Residents: \$125

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: Senior & Disabled Center Auditorium

ID:	Time	Dates	Fee
10352	10:00 - 10:45 AM	Fridays, July 10 - Sept. 18 (10 classes, no class 7/31)	\$40 for residents \$50 for non-residents

T'ai Chi for Older Adults

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

Instructor: Ken Zaborowski

Location: Senior & Disabled Center Auditorium

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

ID:	Class	Time	Dates
10353	Beginners	9:00 - 9:45 AM	Mondays, June 29 - Sept. 14
10354	Intermediates	10:00 - 10:45 AM	(11 classes, no class 9/7)

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

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

Convenient Ways To Register...

Fax-in: Complete and sign the registration form. Include VISA, MasterCard or Discover credit card information. If you choose to register via fax, PLEASE call to confirm that your fax came through.

Fax to (860) 665-8739.

Mail-in: Complete and sign the registration form. Include VISA, MasterCard or Discover credit card information or make checks payable to "Newington Parks & Recreation." **Mail to: Newington Parks & Recreation, 131 Cedar Street, Newington, CT 06111.**

Walk-in: Register in our office, which is located in the Mortensen Community Center at Town Hall, 131 Cedar Street, Newington, CT 06111.

Walk-in office hours are:

Monday – Friday, 8:30 AM – 4:30 PM.

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

IMPORTANT INFORMATION

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

Reasons to Register Early

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

So, if you know you want to take a program...

PLEASE REGISTER EARLY!

POLICIES & PROCEDURES

Registration is taken on a **FIRST COME - FIRST SERVED** basis.

Residents may register for programs beginning Wednesday, April 29, 2015. 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, May 13, 2015. 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. In order to request a refund, participants must submit a Refund Request Form, which is available in our office or online at www.newingtonct.gov/parksandrec under 'forms'. No refunds will be issued without a completed Refund Request Form accompanied by a doctor's note. If a refund is granted, the amount will be pro-rated to reflect the number of classes remaining from the date the refund request form was submitted. A \$5.00 processing fee will also be deducted from any refund issued.

Contact Us:

Phone:

Voice: 860-665-8666

Fax: 860-665-8739

Hotline: 860-665-8686

At the Office:

Monday - Friday

8:30 a.m. - 4:30 p.m.

131 Cedar Street

Newington Town Hall

Mortensen Community Center

On the Web:

www.NewingtonCT.gov/parksandrec

