

NEWINGTON PARKS AND RECREATION

Building A Strong Community

Fall 2015



Our Annual Halloween Party will be held Saturday, October 31st!
See page 12 for details.



Adult Fitness



Visits with Santa



Preschool



Youth Programs

RESIDENTS: Registration Begins September 4th

NON-RESIDENTS: Registration Begins September 18th



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

Facility Reservations

Mortensen Community Center Gym Rentals



The Parks and Recreation Department offers rentals of the Mortensen Community Center gymnasium throughout the fall, winter and spring seasons. Rental availability is limited due to programming demands. The fee is \$30 per hour for residents and \$60 per hour for non-residents. Reservations must be made a minimum of one week in advance, but for best availability we recommend as much notice as possible. If you are interested in renting the Mortensen Community Center gymnasium, please contact the Newington Parks and Recreation Department at 860-665-8666.

Teen Center Facility Rentals *Ages 7 - 18*



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

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Frequently Requested Contact Information

Basketball - Travel	(860) 997-3391
Basketball - Youth (Parks & Rec)	(860) 665-8666
Blackhawks Wrestling	(860) 916-9004
Board of Education	(860) 667-2000
Cheerleading - Youth	(860) 987-8540
Football - Youth	(860) 841-9673
Human Services Department	(860) 665-8590
Indian Hill Country Club	(860) 666-5447
Lacrosse - Youth	(860) 930-1990
Lucy Robbins Welles Library	(860) 665-8700
Newington Arena	(860) 665-7825
Newington High School	(860) 666-5611
Newington Historical Society	(860) 666-7118
Newington Little League	www.NewingtonLL.com
Newington Swim Club	www.NewingtonSwimming.com
Parks & Grounds Dept	(860) 667-5830
Parks & Recreation Dept	(860) 665-8666
Parks & Recreation Hotline	(860) 665-8686
Senior & Disabled Center	(860) 665-8778
Soccer Club of Newington	(860) 462-8012
Special Olympics Newington	(860) 665-8773

2015 - 2016 Youth Basketball T-Shirt Design Contest

Newington Youth: We need your help!



The Newington Parks & Recreation Youth Basketball Program is having another T-Shirt Design Contest! We want YOUR help designing this year's basketball t-shirts. Get your creative design caps on and submit your design to the Newington Parks and Recreation Office by Monday, November 30th. The winner will receive free registration in our youth basketball program for the 2015-2016 season AND bragging rights that YOU designed our shirts! This contest is open to children who are Newington residents or attend Newington schools and are in Kindergarten through grade 8. One entry may be submitted per person. Digital or hard copies will be accepted, and all submissions become the property of the Newington Parks and Recreation Department. The registration form on page 2 must be submitted with each entry. Please note that T-shirt designs will be printed in one color. For more information, please call 860-665-8666.

Community Events ...



Annual Halloween Party

Saturday, October 31st, 1:00 - 3:00 p.m.
Mortensen Community Center

Pre-registration is REQUIRED for this event by Thursday, October 29th.

The Newington Parks and Recreation Department presents this annual party with many activities, games and crafts to keep your little ghosts and goblins busy. Of course, it wouldn't be a Halloween Party without candy, refreshments and music so we can dance the Monster Mash! This party is open to children in Preschool through Grade 4. Children should wear their costumes. Registration fee is \$5.00 per child for residents, \$8.00 per child for non-residents. **Pre-registration is required by Thursday, October 29th.** Registration received after Thursday, October 29th will incur a late fee of \$5.00 per participant. Any participants registered late will be unable to receive a Treat Bag. Due to facility capacity and preparation needs, there will be a maximum number of participants allowed to attend. To ensure your child's participation please register early. **ID: 10680**



Visits with Santa (Free with a canned food item)

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

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



Newington's Night of Lights

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

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

Youth Basketball Volunteer Coaches Needed!

Interested in coaching your son or daughter, or even your younger brother or sister? The coaching commitment during the Recreational Youth Basketball season is just a few hours per week, and we are always looking for volunteers to coach boys and girls in Kindergarten through Grade 8. More information will be provided in the Youth Basketball Registration flyer that will be distributed throughout the schools in October.



2014 - 2015 John May Award

Congratulations to volunteer coaches Jen Kelly and James Lavery, III, who were the recipients of the 2014 - 2015 John May Award. This award recognizes individuals who best exemplify outstanding dedication and sportsmanship to our youth basketball program and provide a positive and healthy basketball experience for the children.



Coach James Lavery, III, and his team, 'Ball of Fame'.



Coach Jen Kelly and her team, 'The Blue Devils'.

Aquatics...

Recreational Swimming at Newington High School

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

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

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



Swim Lesson Level Descriptions

The Newington Parks and Recreation Department is proud to be an authorized provider of the American Red Cross Learn-To-Swim Program for Levels 1-6. Proper swim lesson level placement is critical for your child's success in swim lessons, as well as ensuring that the experience is enjoyable and safe. If your child has taken swim lessons with us before, please select the level recommended by their instructor. Please note that children must be at least 5 years of age to register for Levels 1 and up. Please review the swim lesson level descriptions below prior to registering your child. ***Note: These skills are the requirements to pass the level listed.** If your child can complete the skills listed, please register him/her for the next level.

Level 1 - (MUST BE AT LEAST 5 YEARS OLD) Enter and exit the water unassisted, open eyes underwater, bobbing, combined arm/leg action on front and back, front/back glides (two body lengths) and unsupported front/back float (5 seconds).

Level 2 - Jump from the deck into shoulder deep water, front float (10 seconds), back float (15 seconds), tread water (15 seconds), submerge completely and hold breath for 10 seconds, swim using leg and arm strokes (5 body lengths).

Level 3 - Jump into deep water, begin diving, tread water (1 minute), front crawl (15 yards), elementary backstroke (15 yards), survival float (30 seconds) and rotary breathing (15 times).

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

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

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

For a more detailed list of the level descriptions, please visit

www.newingtonct.gov/parksandrec

Tri-Town Swimming

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

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

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

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

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

Preschool & Parent

Ages 3-5 with parent

These lessons are the perfect opportunity for 3-5 year olds to get acquainted with being in the water. A parent is required to be in the water at all times with their child and should be comfortable in the water.

There are no vouchers or refunds given for missed or cancelled swim lessons. We will attempt to schedule a make-up class when lessons are cancelled. Children must be three years old when the program begins. Swim lessons are available for Newington residents only.

Location: Newington High School Indoor Pool

Fee: \$15 (4 classes)

ID:	Time	Dates
10621	5:30 - 6:00 PM	Wednesdays, September 30 - October 21
10622	5:30 - 6:00 PM	Wednesdays, October 28 - December 2 (no class 11/11, 11/25)



Program
Information &
Cancellation
Hotline:

860-665-8686

Group Swim Lessons *Ages 5 - 17*

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

Location: Newington High School Indoor Pool

Fee: \$30 (8 classes)

Wednesdays, Sept. 30 - Dec. 2
(8 classes, no class 11/11, 11/25)

5:30 - 6:00 PM 6:00 - 6:30 PM

Level 1	(not offered)	ID: 10629
Level 2	ID: 10625	ID: 10630
Level 3	ID: 10626	ID: 10631
Level 4	ID: 10627	ID: 10632
Level 5/6	ID: 10628	ID: 10633

Semi-Private Swim Lessons *Ages 5 - 17*

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

Location: Newington High School Indoor Pool

Fee: \$65 (4 classes)

Session 1 - WEDNESDAYS
Sept. 30 - Oct. 21

6:30 - 7:00 PM

Level 1	ID: 10634
Level 2	ID: 10635
Level 3	ID: 10636
Level 4	ID: 10637
Level 5/6	ID: 10638

Session 2 - WEDNESDAYS
Oct. 28 - Dec. 2
(no class 11/11, 11/25)

6:30 - 7:00 PM

Level 1	ID: 10639
Level 2	ID: 10640
Level 3	ID: 10641
Level 4	ID: 10642
Level 5/6	ID: 10643

Adult Swim Lessons *Ages 15 and up*

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

Location: Newington High School Indoor Pool

Fee: \$65 (4 classes)

ID:	Class	Time	Dates
10623	Beginners	7-7:30 p.m.	Wednesdays, September 30 - October 21 (4 classes)
10624	Advanced Beginners	7-7:30 p.m.	Wednesdays, October 28 - December 2 (4 classes, no class 11/11 & 11/25)

Adult Swim Lesson Level Descriptions

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

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

Creative Playtime Preschool Program



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

Why Choose Creative Playtime Preschool Program?

- We are licensed by the State of Connecticut, meaning we follow the highest standards of education and safety.
- Our mature and professional staff complete annual Continuing Education Units or CEU's to ensure that we are knowledgeable about the latest trends and techniques in the preschool field.
- Hundreds of children have graduated from our program since we attained State licensure in 2007.
- Our flexible program allows you to choose a schedule that suits your needs - choose morning, afternoon or full day programs - for one day per week or all five!
- Our classroom is a beautiful, large space with multiple activity areas which will offer your child an engaging and inspiring place to learn and play.
- We offer Flex Days, to provide extra care for your child when you need it!

Information About Our Program

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

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

Staff: Marilyn Janelle, Preschool Director/Head Teacher
Loralyn Callahan, Preschool Assistant Director/Head Teacher
Diane Teevan, Head Teacher
Janet Arnold, Assistant Teacher
Maggie Bazzano, Assistant Teacher
Christine Gomes, Assistant Teacher

Program Hours

Mornings: 9:30 - 11:45 a.m.
Afternoons: 12:15 - 2:30 p.m.
Full Day: 9:30 a.m. - 2:30 p.m.

Program Dates

September 2, 2015 - June 3, 2016*
**actual program dates depend on which days your child is registered for.*

2015-2016 Registration & Program Information

- We are now accepting registration for the 2015-2016 school year.
- A **non-refundable deposit is required at the time of registration.**
- A payment plan is available for the 2015-2016 school year. If you choose the payment plan option, the remaining balance will be due in three equal installments on July 21, 2015, October 21, 2015 and January 21, 2016.
- If you choose to pay in full, balance of payment is required in full by July 21, 2015.
- Open to children ages 3-5. All children must turn 3 years old by December 31, 2015. Children who will not be 3 years old until after December 31, 2015 are welcome to register and begin attending our program after their 3rd birthday if there are spaces available.
- School skills and Kindergarten readiness will be introduced in ALL classes.
- All children must be toilet trained by the start of the program, and may not be wearing diapers or pull-ups.
- The ratio is 10 children per teacher.
- Additional program and registration information is included in the registration packet.



Registration packets are available at the Parks & Recreation office or online at www.newingtonct.gov/parksandrec
Please call 860-665-8666 for more information!
Ask about our Flex Day Program!!

Toddler & Youth Programs...

Music Together *Ages newborn to 5 years*

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

Instructor: Wednesdays: Jessica Nevins

Tuesdays & Saturdays: Sue Freese

Location: Mortensen Community Center Romano Room

*Fee: **Tuesday or Saturday class:** \$165 / \$75 for each additional sibling registered for same class*

***Wednesday class:** \$140 / \$65 for each additional sibling registered for same class
(Fees include CD and all materials. Fees remain the same for non-residents. Infants under 8 months are free with a registered sibling.)*



ID:	Time	Dates
10646	4:30 - 5:15 PM	Tuesdays, Sept. 29 - Dec. 1 (10 classes)
10647	9:30 - 10:15 AM	Wednesdays, Sept. 30 - Dec. 2 (8 classes, no class 11/11, 11/25)
10648	10:30 - 11:15 AM	Wednesdays, Sept. 30 - Dec. 2 (8 classes, no class 11/11, 11/25)
10649	8:30 - 9:15 AM	Saturdays, Oct. 3 - Dec. 5 (10 classes)
10650	9:30 - 10:15 AM	Saturdays, Oct. 3 - Dec. 5 (10 classes)



Join us for a FREE Music Together demo class!

Pre-registration is required.

- ID: 10651 Tuesday, September 22, 4:30 - 5:15 PM
 ID: 10652 Wednesday, September 23, 9:30 - 10:15 AM
 ID: 10653 Saturday, September 26, 9:30 - 10:15 AM

All classes held in Mortensen Community Center Romano Room

Dance Classes *Ages 2—8*

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

Instructor: Janet Arnold

Location: Mortensen Community Center Romano Room

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

ID:	Ages	Class	Time	Dates
10654	2 - 4	Ballet/Creative Movement	1:15 - 2:00 PM	Saturdays, Oct. 3 - Nov. 28
10655	4 - 6	Hip Hop	2:00 - 2:45 PM	(8 classes, no class 10/31)
10656	2 - 4	Ballet/Creative Movement	2:45 - 3:30 PM	
10657	5 - 8	Ballet	3:30 - 4:15 PM	
10658	2 - 4	Ballet/Creative Movement	4:15 - 5:00 PM	



Jumpin' Gym Daze

Ages 12—36 Months with Parent

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

Instructor: Christine Gomes

Location: Mortensen Community Center Gymnasium

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

ID:	Time	Dates
10659	9:30 - 10:15 AM	Wednesdays, Oct. 7 - Dec. 9 (8 classes) (no class 11/11, 11/25)
10660	10:30 - 11:15 AM	Wednesdays, Oct. 7 - Dec. 9 (8 classes) (no class 11/11, 11/25)

Mornin' Munchkins

Ages 12—36 Months with Parent

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

Instructor: Loralyn Callahan

Location: Mortensen Community Center Romano Room

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

ID:	Time	Dates
10661	9:30 - 10:15 AM	Mondays, Sept. 28 - Nov. 30 (9 classes, no class 10/12)
10662	10:30 - 11:15 AM	Mondays, Sept. 28 - Nov. 30 (9 classes, no class 10/12)

Youth Programs...

Children's Art Explorers

Grades K - 5

Each week provides a different opportunity to EXPLORE ART with endless imagination and use a wide variety of materials. Create weird pumpkin head creatures, a clothespin jungle, mini wigwams and more unusual creations. Materials will include feathers, straw, brightly colored fabric, paint and more. 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: \$28 for residents / \$35 for non-residents

ID:	Time	Dates
10663	6:30 - 7:30 PM	Tuesdays, Sept. 29 - Oct. 20 (4 classes)

Children's Sculpture

Grades K - 5

Wow - this course is jam-packed with fun! Create amazing free-standing sculpture, colorful kinetic mobiles that swing, sculpt with clay, unusual creatures from rolled paper and more! Create abstract and realistic sculptures by investigating form, observing size, texture and shape. Students will expand their creative imaginations and fine motor skills while having a blast! All supplies are provided. Children should wear a smock or old clothes.

Instructor: Fran Judycki

Location: MCC Arts & Crafts Room

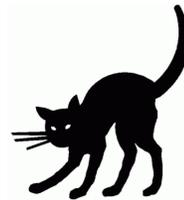
Fee: \$21 for residents / \$26 for non-residents

ID:	Time	Dates
10664	6:30 - 7:30 PM	Tuesdays, Nov. 10 - 24 (3 classes)

Halloween Art Workshop

Grades 1 - 5

Design and create spooky black cats with rhinestone collars, haunted houses, scary witches, beaded spiders that glow in the dark and more! Work with a variety of materials and Halloween colors. Bring your imagination and we'll supply the fun! Children should wear a smock or old clothes.



Location: MCC Arts & Crafts Room

Instructor: Fran Judycki

Fee: \$15 for residents / \$20 for non-residents

ID:	Time	Date
10665	10:00 AM - 12:00 PM	Saturday, October 17 (one class)

Help Us Keep Our Programs Healthy

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

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



Gymnastics

Ages 2 and up

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

Instructor: New England Gymnastics Express Staff

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

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

ID:	Time	Dates
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Parent and Tot: Ages 2 - 3 1/2 with Parent

10668 1:00 - 1:40 PM Mondays, September 28 - November 9 (7 classes)

Preschool: 3 1/2—5 years old

10669 1:45 - 2:25 PM Mondays, September 28 - November 9 (7 classes)

Beginner: Kindergarten - 2nd Grade

10670 6:00 - 6:45 PM Tuesdays, September 29 - November 10 (7 classes)

10671 6:00 - 6:45 PM Thursdays, October 1 - November 12 (7 classes)

Gingerbread House Workshop

Grades K - 5

Decorate your very own special holiday gingerbread house, without having to worry about the mess! Create a holiday memory that stands out with all the season's colors. Gingerbread house kits will be supplied, and houses are pre-assembled and ready to be decorated! Parents are welcome to stay and help! All materials and supplies, including the gingerbread house kits, are included in the fee for this class.



Location: MCC Arts & Crafts Room

Instructor: Fran Judycki

Fee: \$20 for residents / \$25 for non-residents

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

Youth Sports & Fitness...

Girls in Stride *For girls ages 6-14*

Imagine the thrill your daughter will feel as she crosses the finish line in her first race. This non-competitive training program is designed for all levels of runners. Help your daughter gain confidence, build self-esteem, and lead her to a path of health and fitness. Focus will be on using games and drills that make running fun, while also improving athletic performance for those who play other sports. As part of the program, the girls will be exposed to goal setting, journaling of training, nutrition and mental preparation. This dynamite training program will prepare your daughter for Jamie's Run in Old Wethersfield on Sunday, November 8th, 2015. **Registration fee includes a t-shirt and training journal.** Registration for Jamie's Run is **not** included in the registration fee. For more information, visit www.girlsinstride.com.



Location: Mill Pond Park (In case of inclement weather, program will be held indoors in Mortensen Community Center Gymnasium)
Instructor: Girls in Stride Instructors

ID:	Time	Dates	Fee
10672	4:30 - 5:30 PM	Thursdays, Sept. 17 - Nov. 5 (8 weeks)	\$79 for residents \$89 for non-residents

Tennis Lessons *Ages 7-12*

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

**Please note that participants must register by the Wednesday prior to the first day of the session.*

Instructors: Newington Tennis Center Staff
Location: Newington Tennis Center, 60 Prospect Street

ID:	Time	Dates	Fee
10673	4:00 - 5:00 PM	Sundays, Sept. 13 - Oct. 18 (6 classes)	\$99
10674	4:00 - 5:00 PM	Sundays, Oct. 25 - Nov. 29 (6 classes)	\$99
10675	4:00 - 5:00 PM	Sundays, Dec. 6 - Jan. 17 (6 classes, no class 12/27)	\$99

No need to wait - register today for the session beginning September 13th!

Youth Recreational Basketball *Grades K - 8*

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



The Parks and Recreation Department offers a Recreational Youth Basketball League during the winter months. Information will be distributed through the schools in early October.

High School Recreational Basketball *Grades 9-12*

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



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

Boys' Basketball Skills Clinic *Grades 3 - 8*

Jeff Hoyt, NHS Boys' JV Basketball Coach, is offering this basketball skills clinic which is designed for players who want to improve their individual and team skills while learning fundamentals, fitness and having fun! Topics include basic position, moving without the ball, shooting, ball handling, perimeter moves, post moves, defense, offense and rebounding, along with agility and conditioning drills.



Staff: Jeff Hoyt
Location: John Wallace Middle School
Fee: \$60 for residents / same for non-residents

ID	Time	Dates
Boys Grades 3 - 5		
10676	5:00 - 6:15 PM	Thursdays, Sept. 17 - Oct. 22 (6 classes)
Boys Grades 6 - 8		
10677	6:20 - 7:35 PM	Thursdays, Sept. 17 - Oct. 22 (6 classes)

Program Information &
 Cancellation Hotline:
860-665-8686

Girls' Basketball Skills Clinic *Grades 5 - 8*

Newington High School Girls' Varsity Basketball Coach Rick Bangs offers this basketball clinic designed for players who want to improve their individual and team skills while learning fundamentals, fitness and having fun. Topics include ball handling, shooting mechanics, defense and rebounding.



Staff: Rick Bangs
Location: John Wallace Middle School
Fee: \$75 for residents / same for non-residents

ID	Time	Dates
Girls Grades 5 & 6		
10678	5:30 - 6:30 PM	Wednesdays, Sept. 23 - Oct. 28 (6 classes)
Girls Grades 7 & 8		
10679	6:40 - 7:40 PM	Wednesdays, Sept. 23 - Oct. 28 (6 classes)

Youth & Teen Programs...

NEW NHS Field Hockey Big Sister / Little Sister Program *Grades 4 - 8*

Interested in the sport of field hockey? Want to learn more about the sport in a new, exciting way? This is a great opportunity to practice and learn alongside NHS field hockey coaches and players. Under the supervision of Coaches Veronica Underwood Grubin and Paul Macchi, participants will learn basic fundamentals, conditioning drills and game skills by watching and instruction during actual field hockey games and practices. Participants will also be paired with and mentored by a NHS field hockey team member as a big sister/little sister pairing to inspire teamwork, encouragement, and camaraderie. Required equipment: athletic clothes, sneakers, molded mouth guard, water bottle. Optional but encouraged equipment: field hockey stick, shin guards, cleats, face mask, field hockey ball.

Instructors: NHS Field Hockey Coaches and Players

Location: NHS Field Hockey fields (located behind the tennis courts)

Fee: \$25 for residents / fee remains the same for non-residents

ID:	Dates	Time
10716	Mondays, Tuesdays and Saturdays, September 8 - November 3*	Mondays & Tuesdays - 6:00 PM Saturdays - 7:00 AM

*Participants will also be invited to special events such as senior night and the Play for the Cure - dates and times TBA.

***No need to wait - register today!**

7th & 8th Grade Dances

Dances are open to Newington students only. Includes DJ, music, supervision and dancing. Newington residents who do not attend Martin Kellogg or John Wallace Middle Schools must be signed in by a parent or guardian with proof of Newington residency- there are absolutely no exceptions. **No backpacks and no re-entry once admitted.** Newington School dress code applies, those dressed in offensive or provocative clothing will not be admitted. Tickets will be sold at the door. The fee is \$5.00 per student and a non-perishable food donation. Refreshments will be available for sale. Dances are held from 7:00 - 10:00 PM at the Mortensen Community Center Gymnasium.

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

Friday, October 23, 2015

Friday, January 29, 2016

Friday, March 18, 2016

Teen Center Facility Rentals *Ages 7 - 18*

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



Middle School Teen Center *Grades 5 - 8*

Fridays, October 30, 2015 - April 8, 2016

6:00 - 8:00 PM

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

High School Open Gym *Grades 9 - 12*

Fridays, October 30, 2015 - April 8, 2016

8:00 - 10:00 PM

High School Open Gym is an opportunity for Newington Students in grades 9 - 12 to use the Mortensen Community Center Gymnasium to play basketball and other sports in a safe, drug and alcohol free environment. Open Gym is open to Newington residents and those attending Newington schools. To participate in the Open Gym program, a program registration form must be filled out and signed by a parent or guardian and participants are also required to bring their current school ID. All participants must also sign and agree to a Participant Code of Conduct Agreement. Once registered for the program, participants will only pay the nightly fee of \$5.00. Admittance will not be permitted without proper registration and identification. Open Gym will be closed 11/27/15, 12/25/15, 1/1/16, 1/29/16, 2/19/16 and 3/18/16. Other closings may occur and signs will be posted. Open Gym may close early on evenings when less than 10 participants attend - refunds will not be given if this occurs. **ID: 10644**

Adult Programs...

The Art of T'ai Chi

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

Instructor: Ken Zaborowski

Location: Mortensen Community Center Romano Room

Fee: \$68 for residents / \$85 for non-residents

ID:	Class	Time	Dates
10681	Mixed Levels	5:30 - 6:30 PM	Mondays, Sept. 28 - Dec. 14 (11 classes, no class 10/12)

One-Day Connecticut Safe Boating and Personal Watercraft Certification

Ages 12 - adult

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

Instructor: Professional Marine Education staff

Location: Mortensen Community Center Teen Center

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



ID:	Time	Dates
10682	8:30 AM - 4:30 PM	Saturday, October 24th (one class)

Line Dancing

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

Instructor: Wendy Nielsen

Location: Senior & Disabled Center Ceramics Room

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



ID:	Time	Dates
10683	5:30 - 6:30 PM	Mondays, Oct. 5 - Dec. 14 (10 classes, no class 10/12)

Reasons to Register Early!

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

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

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

Please Register Early!



Collage Creations

Collage can be as simple or as complicated as you like. The art of collage has infinite possibilities that anyone can create! By using new, found and recycled materials along with your own imagination, experimentation and personal expression you will soon be creating your own unique collage. Please call the Parks and Recreation Department at 860-665-8666 for a supply list prior to the first class.

Instructor: Fran Judycki

Location: Senior & Disabled Center Arts & Crafts Room

Fee: \$52 for residents / \$65 for non-residents

ID:	Time	Dates
10684	6:15 - 8:00 PM	Mondays, Sept. 28 - Nov. 9 (6 classes, no class 10/12)

Ballroom Dancing

Learn to dance for any occasion! Feel confident and have fun at parties, weddings and other events. This is a great way to have a 'date' with your partner or make new friends. Dancing will keep you energized and fit. In this session you will learn the Foxtrot, Swing, Salsa and slow dance from a professional dance teacher. No partner is required. Please wear comfortable shoes with a smooth sole.

Instructor: Wendy Nielsen

Location: Senior & Disabled Center Ceramics Room

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

ID:	Time	Dates
10685	6:30 - 7:30 PM	Mondays, Oct. 5 - Dec. 14 (10 classes, no class 10/12)

Adult Sports...

Badminton

For Ages 18 & Up

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

Location: Mortensen Community Center
Gymnasium

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

ID:	Time	Dates
10686	7:30 - 9:45 PM	Wednesdays, Oct. 7 - Jan. 20 (14 weeks, no program 11/18, 12/30)



Men's Freeplay Basketball

For Ages 18 & Up

Here's your chance to get out and play some pick-up basketball games. It's a great way to have fun and stay in shape. No referees.

Location: Mortensen Community Center
Gymnasium

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

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

Women's Volleyball

For Ages 18 & Up

Join our Women's Volleyball League! If you are interested in getting a team in the league or playing on an existing team, please contact the Parks and Recreation office by September 11th by email to kgallicchio@newingtonct.gov.

The season runs from October until mid-March. There will be open play on Tuesday, October 6th and league play starts on Tuesday, October 13th.



Supervisor: Anna Dipierro

Location: Martin Kellogg Middle School
Gymnasium

Fee: \$200 per team

Time	Dates
6:45 - 9:15 PM	Tuesdays, Oct. 6 - March 8 (no program 11/3, 12/29 or 2/16)

Men's Basketball League

For Ages 18 & Up

Interested in playing in an organized basketball league? Newington Parks and Recreation offers a Men's Basketball league that runs from late November through early April (Thursday nights and Sundays). The league consists of approximately 18 teams, and players must live in Newington to play. League fees are approximately \$1,000 per team. Teams that participated in the league last season need to contact the Parks and Recreation office by September 25th, 2015, if interested in returning. After that date, new (eligible) teams will be considered for participation in the league. If you are interested in getting a team in the league or playing on an existing team, please contact the Parks and Recreation office by email at kgallicchio@newingtonct.gov.



Mortensen Community Center Gym Rentals

The Parks and Recreation Department offers rentals of the Mortensen Community Center Gymnasium throughout the fall, winter and spring seasons. Rental availability is limited due to programming demands. The fee is \$30 per hour for residents and \$60 per hour for non-residents.

Reservations must be made a minimum of one week in advance, but for best availability we recommend as much notice as possible.

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



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

Power Cardio

Blast into shape with this 60-minute, high-energy Boot Camp style workout that interchanges short bursts of cardio with longer workout periods that combine kickboxing, sports drills and calorie-crunching calisthenics. Classes will go outdoors when the weather permits. Instructor will encourage you to give your 100% effort at all times. For all fitness levels.

Instructor: Laura Campbell

Location: Mortensen Community Center Gymnasium

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

ID:	Time	Dates
10688	5:45 - 6:45 PM	Tuesdays, Sept. 29 - Dec. 8 (10 classes, no class 11/3)



Reasons to Register Early!

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

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

Please Register Early!

Core Strength Training

This functionally fun class provides a complete workout that will help tone and reshape your body. You will use light weights, bands and your own body weight to improve strength, flexibility, balance and stamina to sculpt and tone. Participants should bring a yoga mat, water, and light weights.

Instructor: Mondays: Ashley Ganon, Personal Euphoria staff

Wednesdays: Barb Bellas, Personal Euphoria staff

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

Wednesdays: Senior & Disabled Center Auditorium

ID:	Time	Dates	Fee
10689	6:30 - 7:15 PM	Mondays, Sept. 28 - Dec. 14 (11 classes, no class 10/12)	\$77 for residents \$96 for non-residents
10690	6:30 - 7:15 PM	Wednesdays, Sept. 30 - Dec. 16 (10 classes, no class 11/11, 11/25)	\$70 for residents \$88 for non-residents

Program Information &
Cancellation Hotline:
860-665-8686

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: Ashley Ganon, Personal Euphoria staff

Location: Senior & Disabled Center Rooms A & B

Fee: Mondays: \$77 for residents / \$96 for non-residents

ID:	Time	Dates
10691	5:30 - 6:15 PM	Mondays, Sept. 28 - Dec. 14 (11 classes, no class 10/12)

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

Adult Fitness...

Tennis in No Time



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

Instructors: Newington Tennis Center Staff

Location: Newington Tennis Center, 60 Prospect St.

Fee: \$120 for residents / fee remains the same for non-residents

ID:	Time	Dates
10692	6:30 - 7:30 PM	Mondays, Sept. 14 - Oct. 19 (6 classes)
10693	6:30 - 7:30 PM	Mondays, Oct. 26 - Nov. 30 (6 classes)
10694	6:30 - 7:30 PM	Mondays, Dec. 7 - Jan. 18 (6 classes, no class 12/28)

No need to wait - Register today for the session beginning September 14th!

Program Information &
Cancellation Hotline:
860-665-8686

Tone Aerobics

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

Instructor: Sandy Rovelli

Location: Senior & Disabled Center Auditorium

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

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

ID:	Time	Dates
10695	9:15 - 10:15 AM	Tuesdays, Sept. 29 - Dec. 15 (12 classes)
10696	9:15 - 10:15 AM	Thursdays, Oct. 1 - Dec. 10 (10 classes, no class 11/26)

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

Zumba



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

Location: All classes at Senior & Disabled Center Auditorium, EXCEPT class on Thursday, 11/5 will be held in the Mortensen Community Center Gymnasium

Instructor: Mondays: Lydia Borysiuk

Wednesdays: Cristina Tsombanos

Thursdays: Mary Woods

ID:	Dates	Time	Fee:
10697	Mondays, Sept. 28 - Dec. 14 (10 classes, no class 10/12, 12/7)	4:45 - 5:30 PM	\$38 for residents \$48 for non-residents
10698	Wednesdays, Sept. 30 - Dec. 16 (10 classes, no class 11/11, 11/25)	5:15 - 6:15 PM	\$50 for residents \$62 for non-residents
10699	Thursdays, Oct. 8 - Dec. 10 (9 classes, no class 11/26)	5:30 - 6:30 PM	\$45 for residents \$56 for non-residents

Zumba Toning



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

Location: Senior & Disabled Center Auditorium

Instructor: Lydia Borysiuk

ID:	Dates	Time	Fee:
10700	Mondays, Sept. 28 - Dec. 14 (10 classes, no class 10/12, 12/7)	5:30 - 6:15 PM	\$38 for residents \$48 for non-residents

Attention Class Participants:

Please do not wear your exercise sneakers to class during the winter months. We are trying to cut down on the salt, sand, snow and other ice-melting chemicals that are tracked in on the floors. Besides being a cleanliness/maintenance issue, puddles or sandy spots make the floor very slippery for participants. Please wear an alternate pair of shoes or boots, then change into your exercise shoes before class.



Thank you for your cooperation!

Adult Yoga and Pilates Classes...

Yoga Classes

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

Location: Mortensen Community Center Romano Room
 Fee: listed below

ID:	Class	Time	Dates	Fee
10701	Mixed Levels Yoga with Karen Sevenoff	5:45 - 7:00 PM	Tuesdays, Sept. 29 - Dec. 15 (12 classes)	\$72 for residents \$90 for non-residents
10702	Beginner Yoga with Cynthia Wolcott	5:45 - 7:00 PM	Thursdays, Oct. 8 - Dec. 10 (9 classes, no class 11/26)	\$54 for residents \$68 for non-residents

Yoga Class Descriptions

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

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

Gentle Yoga

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

Instructor: Cynthia Wolcott
 Location: Mortensen Community Center Romano Room
 Fee: Tuesdays: \$58 for residents / \$72 for non-residents
 Thursdays: \$53 for residents / \$66 for non-residents

ID:	Time	Dates
10709	10:00 - 11:00 AM	Tuesdays, Sept. 29 - Dec. 8 (11 classes)
10710	10:00 - 11:00 AM	Thursdays, Oct. 1 - Dec. 10 (10 classes, no class 11/26)

Attention Class Participants:

Please do not wear your exercise sneakers to class during the winter months. We are trying to cut down on the salt, sand, snow and other ice-melting chemicals that are tracked in on the floors. Besides being a cleanliness/maintenance issue, puddles or sandy spots make the floor very slippery for participants. Please wear an alternate pair of shoes or boots, then change into your exercise shoes before class.

Mat Pilates

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

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

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

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

ID:	Class	Time	Dates
10703	Beginner	5:30-6:30 PM	Wednesdays, Sept. 30 - Dec. 16
10704	Intermediate	6:30-7:30 PM	(10 classes, no class 11/11, 11/25)

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

Programs for Older Adults...

Indoor Walking at Mortensen Community Center

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

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

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

FREE

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

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

We apologize in advance for any inconvenience this may cause.



Fun-n-Fitness

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

Instructor: Sandy Rovelli

Location: Senior & Disabled Center Auditorium

Fee: Tuesdays: \$42 for residents
\$52 for non-residents
Thursdays: \$35 for residents
\$43 for non-residents

ID:	Time	Dates
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10707	10:20 - 11:20 AM	Tuesdays, Sept. 29 - Dec. 15 (12 classes)
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10708	10:20 - 11:20 AM	Thursdays, Oct. 1 - Dec. 10 (10 classes, no class 11/26)
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Register for both classes and SAVE \$5!

Residents: \$72! Non-Residents: \$90!

Zumba for Older Adults

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



Instructor: Mary Woods

Location: **Monday class** held at Mortensen Community Center Gymnasium.
Friday class held at Senior & Disabled Center Auditorium EXCEPT class on 10/2, 10/30, 11/6 and 11/13 will be held in the Mortensen Community Center Gymnasium

Fee: Monday class: \$44 for residents / \$55 for non-residents
Friday class: \$36 for residents / \$45 for non-residents

ID:	Time	Dates
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10705	9:00 - 9:45 AM	Mondays, Sept. 28 - Dec. 14 (11 classes, no class 10/12)
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10706	10:00 - 10:45 AM	Fridays, Oct. 2 - Dec. 11 (9 classes, no class 11/27)
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Program Information &
Cancellation Hotline:
860-665-8686

Fitness Clinics for Older Adults

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

Instructor: Sandy Rovelli

Location: Senior & Disabled Center

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

Dates	Time
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Tuesday, September 15	11:30 - 1:30 PM
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Tuesday, October 13	11:30 - 1:30 PM
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Tuesday, November 10	11:30 - 1:30 PM
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Tuesday, December 8	11:30 - 1:30 PM
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Fitness Center at the Senior & Disabled Center

Programs for Older Adults...

Gentle Yoga

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

Instructor: Cynthia Wolcott

Location: Mortensen Community Center Romano Room

*Fee: Tuesdays: \$58 for residents / \$72 for non-residents
Thursdays: \$53 for residents / \$66 for non-residents*

ID:	Time	Dates
10709	10:00 - 11:00 AM	Tuesdays, Sept. 29 - Dec. 8 (11 classes)
10710	10:00 - 11:00 AM	Thursdays, Oct. 1 - Dec. 10 (10 classes, no class 11/26)

Reasons to Register Early!

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

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

Please Register Early!

Attention Class Participants:

Please do not wear your exercise sneakers to class during the winter months. We are trying to cut down on the salt, sand, snow and other ice-melting chemicals that are tracked in on the floors. Besides being a cleanliness/maintenance issue, puddles or sandy spots make the floor very slippery for participants. Please wear an alternate pair of shoes or boots, then change into your exercise shoes before class.

T'ai Chi for Older Adults

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

Instructor: Ken Zaborowski

Location: Senior & Disabled Center Rooms A & B

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



ID:	Class	Time	Dates
10711	Beginners	9:00 - 9:45 AM	Mondays, Sept. 28 - Dec. 14
10712	Intermediates	10:00 - 10:45 AM	(11 classes, no class 10/12)

Oil Painting for Beginners

Learn the basic ingredients for a successful painting. Important skills including value, color mixing, composition, brush strokes, texture and lots more will be explained and demonstrated. Become familiar with some different painting styles - impressionism, realism and modern. Returning students may continue with their own projects, but participation in some skill building exercises will be expected. Please call the Parks & Recreation Department at 860-665-8666 for a supply list prior to the first class. Wearing a smock or old clothes is suggested.

Instructor: Fran Judycki

Location: Senior & Disabled Center Arts & Crafts Room

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



ID:	Time	Dates
10713	9:15 - 11:45 AM	Tuesdays, October 6 - December 8 (10 classes)

Line Dancing for Older Adults

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

Instructor: Wendy Nielsen

Location: Senior & Disabled Center Ceramics Room

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

ID:	Time	Dates
10714	11:00 AM - 12:00 PM	Fridays, October 2 - 30 (5 classes)
10715	11:00 AM - 12:00 PM	Fridays, November 6 - December 11 (5 classes, no class 11/27)

Parks & Recreation Registration Info

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

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

Convenient Ways To Register...

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

Fax to (860) 665-8739.

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

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

Monday – Friday, 8:30 AM – 4:30 PM.

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

IMPORTANT INFORMATION

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

Reasons to Register Early

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

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

PLEASE REGISTER EARLY!

Contact Us:

Phone:

Voice: 860-665-8666

Fax: 860-665-8739

Hotline: 860-665-8686

At the Office:

Monday - Friday

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

131 Cedar Street

Newington Town Hall

Mortensen Community Center

On the Web: www.NewingtonCT.gov/parksandrec

POLICIES & PROCEDURES

Registration is taken on a **FIRST COME - FIRST SERVED** basis. Residents may register for programs beginning Friday, September 4, 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 Friday, September 18, 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.

Refunds

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

Local Businesses and Civic Groups:

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

If you are interested in partnering with Newington Parks and Recreation, please contact us!

