

NEWINGTON PARKS AND RECREATION

Building A Strong Community

Fall 2017



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



Preschool Programs



Fitness Classes



Special Events



Swim Lessons

RESIDENTS: Registration Begins September 7th

NON-RESIDENTS: Registration Begins September 21th



SAVINGS AROUND THE CORNER

David Johnson | 860-667-0877 | 2315 Berlin Turnpike | Newington, CT

GEICO
Local Office

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



Newington Parks and Recreation

Building a Strong Community

131 Cedar St. Newington, CT 06111

Phone: 860-665-8666

Fax: 860-665-8739

www.NewingtonCT.gov

Activity Registration Form

PRIMARY HOUSEHOLD CONTACT INFORMATION - PLEASE FILL OUT COMPLETELY

First Name _____ Middle Initial ____ Last Name _____ Gender ____ DOB ____/____/____

Street Address _____ City _____ State ____ Zip _____

Home Phone (____) _____ Work Phone (____) _____ Extension _____

Cell Phone (____) _____ Email Address _____

Emergency Contact #1 _____ Relationship _____ Phone (____) _____

Emergency Contact #2 _____ Relationship _____ Phone (____) _____

ACTIVITY INFORMATION

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

Participant's First and Last Name	M/F	DOB	Special Medical Concerns?	Activity Code #	Program Name	Fee
			<input type="checkbox"/> Yes <input type="checkbox"/> No			
			<input type="checkbox"/> Yes <input type="checkbox"/> No			
			<input type="checkbox"/> Yes <input type="checkbox"/> No			
			<input type="checkbox"/> Yes <input type="checkbox"/> No			

*If any participant above has special medical concerns, allergies or special needs that we should be aware of, please describe: _____

Supplemental registration forms are available in our office or on our website: www.newingtonct.gov/parksandrec.

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. No refunds will be given after a participant has registered and paid for a program, except for medical reasons (illness or injury) which prohibit active participation in the program. Refund Requests must be accompanied by a note from the participant's physician. The amount refunded will be pro-rated to reflect the number of classes remaining at time of request.

ADULT SIGNATURE: _____

DATE: _____

PAYMENT INFORMATION

Payment Type: ☐ Cash ☐ Check ☐ Credit Card ☐ Debit

Credit Card Type: ☐ Visa ☐ Mastercard ☐ Discover

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

Activity Fee Subtotal: \$ _____

"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.

+ \$ _____

TOTAL AMOUNT: \$ _____

Signature for Credit Card Use: _____

Date: _____

CREDIT CARD #: _____

EXP. DATE ____ / ____

Security Code: _____

General Information

Parks and Recreation Office Information

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

Parks and Recreation Department Staff:

Bill DeMaio, Superintendent of Parks and Recreation
Karen Gallicchio, Recreation Supervisor
Nick Pizzoferrato Recreation Supervisor
Linda Cruff, Administrative Secretary
Lisa DeLude, Administrative Secretary
Mike Hadvab, Parks and Grounds Supervisor



Registration Information

- Our policy is "no news is good news". When registering by mail or fax, you will NOT be contacted unless a class is filled or there is a change. We do not send program confirmations. You will only be notified if the program you try to register for is not available.
- Registration is taken on a first-come, first-served basis. Residents may register for programs in this program guide beginning on the registration date listed on the front cover. Any registration forms received prior to the registration start date will be processed randomly at the end of the first day of registration.
- We try to accommodate all registrants, but some programs fill to capacity. Please register early if you are interested in a program.
- Some programs have a registration deadline, and we are not able to accept day of or late registrations. If accepted, day of or late registration fees are not pro-rated.
- If the participant has any medical concerns (allergies, asthma, etc.) and/or special needs that we should be aware of, please list it on the registration form and complete and submit a Supplemental Registration Form (available on our website under 'Forms').
- If a minor participant has a medical condition which requires emergency medication during a program or class, please complete the appropriate form for self-medication or medication administration authorization (inquire for details).
- Sometimes we are forced to cancel programs because of insufficient registrations or causes beyond our control. If a program is cancelled, any registered participants will be contacted and refunded.
- A minimum of \$10 is required for all credit card transactions.

Convenient Ways To Register

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

Upcoming Program Guide

The Winter 2018 Program Guide will be distributed to Newington residents in the September issue of the Newington Life.

Concussion Information

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

Facilities

A full list of Parks and Recreation facilities and their locations and amenities can be found on our website. Please see page 4 for information regarding facility rentals.

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Non-Residents

Non-residents are eligible to register for programs beginning on the date listed on the front cover, which is generally two weeks after the date when resident registration begins.

Waiting List

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

Inclusive Statement

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

Refunds

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

Inclement Weather / Program Cancellations

Program information and cancellations due to inclement weather are available on our program hotline number (860-665-8686) which is updated when cancellations occur. When there are program cancellations due to inclement weather during the week, the hotline is generally updated by 9 a.m. for morning programs, 12 p.m. for afternoon programs and 4:30 p.m. for evening programs. Weekend update times during inclement weather may vary due to program schedules. During the summer, aquatic program cancellations will be posted on the Pool Activity Line at 860-665-8766.

Facility Rentals...



Field Rentals

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

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



Mortensen Community Center Gym & Lounge Rentals

The Parks and Recreation Department offers rentals of the Mortensen Community Center gymnasium and/or the Lounge 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 for either the gymnasium or the Lounge. Reservations must be made a minimum of TWO weeks in advance, but for best availability we recommend as much notice as possible. If you are interested in renting the Mortensen Community Center gymnasium or Lounge, please contact the Newington Parks and Recreation Department at 860-665-8666.



Special Events...



Annual Halloween Party

Saturday, October 28th, 1:00 - 3:00 p.m. at Mortensen Community Center Gymnasium

The Newington Parks and Recreation Department presents this annual party with many activities, games and crafts to give your little ghosts and goblins a spooky and fun time. It wouldn't be a Halloween Party without music, refreshments, games and activities, and, of course, candy! This party is open to children in Preschool through Grade 4. Children are encouraged to wear their scariest and favorite costumes! Registration fee is \$5.00 per child for residents, \$8.00 per child for non-residents. **Pre-registration is required by Thursday, October 26th.** Registration received after Thursday, October 26th 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.



Visits with Santa

Friday, December 1st, 5:00 - 7:00 p.m. & Saturday, December 2nd, 1:00 - 4:00 p.m.

Mortensen Community Center Romano Room

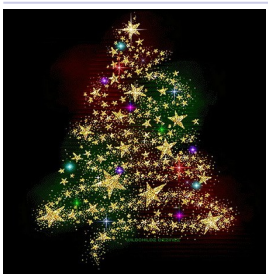
Santa has agreed to take a break from the North Pole and swing into Newington to hear your child's biggest wishes for Christmas gifts this year! Get in the holiday spirit with your family and enjoy pictures with Santa! This is a perfect photo opportunity, so don't forget your cameras! This is a free community event; please bring a canned food item for the Town's food bank. For more information, please call 860-665-8666.



Winter Wonderland

Saturday, December 2nd, 1:00 - 4:00 p.m. at Mortensen Community Center Gymnasium

Join us for an afternoon of free family fun. Children will have an opportunity to take a ride on awesome animatronic animals! There will also be fun, games, a clown and even a juggler on stilts! 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 2nd at 5:00 p.m. (Rain/Snow Date: Sunday, December 3rd)

Carol Sing & Tree Lighting at Town Center, Main Street

The Newington Parks and Recreation Department and the Newington Chamber of Commerce present this annual holiday festivity! This magical day begins with visits with Santa at the Mortensen Community Center from 1:00 - 4:00 p.m. The main event begins at 5:00 p.m. at the Town Center. This will include the Fire Truck parade, refreshments, entertainment, guest speakers, a carol sing, tree lighting, and of course, the arrival of Santa all the way from the North Pole! 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 860-665-8666.

36th Annual Life. Be in it. Extravaganza

Thank You Sponsors & Supporters!

Save the Date for the
2018 Life. Be in it. Extravaganza!

Saturday, July 21st, 2018

We're looking to partner with local businesses and organizations to help us fundraise throughout the year. Contact our office today at 860-665-8666 to join our team!

Show Your Support Year Round!

A limited quantity of commemorative 'Life. Be in it. Extravaganza' shirts and stadium cups, as well as 'I ♥ Newington Extravaganza' shirts are available in the Parks and Recreation office during regular office hours. T-shirts are available in youth and adult sizes. Prices for each item are listed below.



\$10.00



\$8.00



\$2.00

Platinum Sponsors



Gold Sponsors



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Silver Sponsors



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CHIPOTLE



Bronze Sponsors

- HE-Energy Solutions
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- Kiwanis Club of Newington
- Kiwanis Club of Newington
- Dick's Sporting Goods
- Stonehedge Landscaping & Garden Center

Fireworks Bucket Donors

- 7-Eleven (357 Richard St.)
- Advance Auto Parts
- Allstate Insurance
- American Eagle Credit Union
- Angry Chair
- Best Pizza
- Karma's Closet
- LA Nails II
- TJ's on Cedar
- Newington Veterinary Clinic
- Green-O Screen Printing
- Bowl-o-Rama
- Chef's Dog House
- Elm Hill Pizza
- Gabriella's Hair Studio
- Hair on the Square
- Jump on In
- Just Guitars
- Kakery, LLC.
- Premier Urgent Care
- Newington Senior Center
- Stonehedge Landscaping Co,

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 2017 pool pass for the 2017-2018 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, up to a maximum of 8 people per household. 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. 25, 2017 - May 25, 2018 *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 PM – 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 to 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 credits 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.

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

Code:	Time	Dates
3060110-A1	5:30 - 6:00 PM	Wednesdays, Sept. 27 - Oct. 18
3060110-B1	5:30 - 6:00 PM	Wednesdays, Oct. 25 - Nov. 15

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 credits 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.

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

Wednesdays, Sept. 27 - Nov. 15
(8 classes)

	5:30 - 6:00 PM	6:00 - 6:30 PM
Level 1	Code: 3060101-A1	Code: 3060101-A2
Level 2	Code: 3060102-A1	Code: 3060102-A2
Level 3	Code: 3060103-A1	Code: 3060103-A2
Level 4	Code: 3060104-A1	Code: 3060104-A2
Level 5/6	(Not Offered)	Code: 3060108-A2

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 credits. 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. 27 - Oct. 18** *(4 classes)*

6:30 - 7:00 PM

Level 1	Code: 3060201-A1
Level 2	Code: 3060202-A1
Level 3	Code: 3060203-A1
Level 4	Code: 3060204-A1
Level 5/6	Code: 3060208-A1

Session 2 - WEDNESDAYS **Oct. 25 - Nov. 15** *(4 classes)*

6:30 - 7:00 PM

Level 1	Code: 3060201-B1
Level 2	Code: 3060202-B1
Level 3	Code: 3060203-B1
Level 4	Code: 3060204-B1
Level 5/6	Code: 3060208-B1

Adult Swim Lessons *Ages 18 and up*

Our adult swim lessons provide a wonderful opportunity for adults to learn how to swim in an age-appropriate and comfortable environment. Please note that there are no refunds given for missed or cancelled lessons. If lessons are cancelled, we will attempt to schedule a make-up class. If a make-up class cannot be scheduled, we will issue credits. 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)**

Code:	Class	Time	Dates
3060501-A1	Beginner	7-7:30 p.m.	Wednesdays, Sept. 27 - Oct. 18 (4 classes)
3060501-B1	Advanced Beginner	7-7:30 p.m.	Wednesdays, Oct. 25 - Nov. 15 (4 classes)

Adult Swim Lessons Level Descriptions

Beginner

The Beginner class is 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

The Advanced Beginner class is 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 (CEU's) to ensure that we are knowledgeable about the latest trends and techniques in the pre-school 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 daycare designed to be a wonderful and enriching introduction to the classroom environment. Our goal is to create a safe environment in which preschool aged 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 this 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



2017 - 2018 Registration & Program Information

- We are now accepting registration for the 2017-2018 school year.
- A **non-refundable deposit is required at the time of registration.**
- A payment plan is available for the 2017-2018 school year. If you choose the payment plan option, the remaining balance will be due in two equal installments. The first of the two payments will be due at the time of registration and the remaining two payments due on October 19, 2017 and January 19, 2018.
- If you choose to pay in full, balance of payment required at the time of registration.
- Open to children ages 3 - 5. All children must turn 3 years old by December 31, 2017. Children who will not be 3 years old until after December 31, 2017 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.



Spaces are still available for the 2017-2018 School Year!

Registration packets are available at the Parks and Recreation office or online at

www.newingtonct.gov/parksandrec

Please call 860-665-8666 for more information!

Ask about our Flex Day Program!!

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 6, 2017 - June 1, 2018*

**actual program dates depend on which days your child is registered for.*



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

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

Instructor: Creative Playtime Preschool Staff

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

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

Register for ALL 3 nights and save \$5! - \$31 for residents / \$40 for non-residents

Code:	Theme:	Time	Dates
3020414-A1	Halloween	5:30 - 7:00 PM	Tuesday, October 17 (one class)
3020414-B1	Thanksgiving	5:30 - 7:00 PM	Wednesday, November 8 (one class)
3020414-C1	Christmas	5:30 - 7:00 PM	Thursday, December 7 (one class)

Rhythm Kids - Level 1

Ages 4 - 6

Rhythm Kids® Level 1 is the next musical step for your preschool/ kindergarten child with a parent or caregiver. Each week we drum, sing, dance, play rhythm instruments, and begin to play music-based games. Rhythm Kids Level 1 guides children toward developmentally appropriate music and movement activities, where they can begin to take charge, lead others, and be musically creative. Tuition includes an Animal Collection Songbook, 2 CD's, and great on-line content. Please note that there is an optional \$40 fee, payable to the instructor on day one for your very own djembe to use in class and at home.

Instructor: Sue Freese

Location: Mortensen Community Center Romano Room

Fee per night: \$165 (\$75 for each additional sibling registered for same class. Fees include CD and all materials. Fees remain the same for non-residents.)

Code:	Time	Dates
3030806-A1	6:30 - 7:15 PM	Tuesdays, Sept. 26 - Nov. 28 (10 classes)

Music Together *Ages newborn to 5 years*

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

Instructor: Sue Freese

Location: Mortensen Community Center Romano Room

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



Code:	Time	Dates
3030801-A1	4:30 - 5:15 PM	Tuesdays, Sept. 26 - Nov. 28 (10 classes)
3030801-A2	5:30 - 6:15 PM	Tuesdays, Sept. 26 - Nov. 28 (10 classes)
3030801-B1	9:30 - 10:15 AM	Wednesdays, Sept. 27 - Nov. 29 (10 classes)
3030801-B2	10:30 - 11:15 AM	Wednesdays, Sept. 27 - Nov. 29 (10 classes)
3030801-C1	8:30 - 9:15 AM	Saturdays, Sept. 30 - Dec. 9 (10 classes, no class 11/25)
3030801-C2	9:30 - 10:15 AM	Saturdays, Sept. 30 - Dec. 9 (10 classes, no class 11/25)
3030801-C3	10:30 - 11:15 AM	Saturdays, Sept. 30 - Dec. 9 (10 classes, no class 11/25)

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

Code:	Time	Dates
3020311-A1	9:30 - 10:15 AM	Wednesdays, Oct. 4 - Nov. 29 (8 classes, no class 11/22)
3020311-A2	10:30 - 11:15 AM	Wednesdays, Oct. 4 - Nov. 29 (8 classes, no class 11/22)

Mornin' Munchkins

Ages 12 - 36 Months with Parent

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

Instructor: Loralyn Callahan

Location: Mortensen Community Center Romano Room

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

Code:	Time	Dates
3020312-A1	9:00 - 9:45 AM	Mondays, Sept. 25 - Nov. 20 (8 classes, no class 10/9)
3020312-A2	10:00 - 10:45 AM	Mondays, Sept. 25 - Nov. 20 (8 classes, no class 10/9)

Youth Programs...

Draw, Paint, & Sculpt

Grades K - 5

Embark on a journey of creative exploration each week. Bring your imagination to paint, sculpt, draw and more. Create unique animals never seen before the human eye, wooly creatures that roam the forest getting ready for Winter, paint a star filled sky that illuminates the ground below and more. These projects are 2-D and 3-D that will promote an awareness of shape, color, space and design. Children should bring a smock or old T-shirt.

Instructor: Fran Judycki

Location: MCC Arts & Crafts Room

Fee: \$28 for residents / \$34 for non-residents

Code:	Time	Dates
3030707-A1	6:00 - 7:00 PM	Tuesdays, Nov. 7 - Nov. 21 (3 classes)

Children's Sculpture

Grades K - 5

Artists will create realistic and abstract sculptures by investigating form, observing size, texture and shapes. Work with pine cones, felt, foam, clay, feathers and more to create some truly unique projects. Artists will design spooky colorful owls, cats, weird clay creatures and more! The use of unusual materials will encourage creative thinking and one of a kind projects. Children should bring a smock or old T-shirt.

Instructor: Fran Judycki

Location: MCC Arts & Crafts Room

Fee: \$32 for residents / \$38 for non-residents

Code:	Time	Dates
3030705-A1	6:00 - 7:00 PM	Tuesdays, Sept. 26 - Oct. 17 (4 classes)

Halloween Art Workshop

Grades 1 - 5

Have a spook-tacular time creating with special Halloween materials and colors with pizzazz! Create your own spooky black cat with fancy collars and shinning eyes, fuzzy spider armbands, skulls that glow in the dark, colorful witches and a flying ghost! Bring your imagination and we'll supply the fun! Children should bring a smock or old T-shirt.

Location: MCC Arts & Crafts Room

Instructor: Fran Judycki

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



Code:	Time	Date
3030703-A1	6:00 - 7:15 PM	Tuesday, Oct. 24 (1 class)

Magical Art Mystery Tour Art-Ventures with Let's Gogh Art

Grades K - 5

Abracadabra, Hocus Pocus, its magic and mystery with art as the focus! Magical Art Mystery Tour draws children into a world of wonder, revealing unbelievable art tricks and inspiring out-of-the-box creativity. Experiment with new and mysterious mediums and discover surprising techniques to transform familiar materials into magical masterpieces. Sculpt clay lizards and build lizard playgrounds out of sticky magic "nuudles". Create colorful ceramic piggy banks, whimsical Model Magic owls and Scratch Art Designs inspired by the artist Miro. Wave wands over T-shirts to form magical designs using fabric printing inks and stir a few unexpected items into a "fluffy goop" potion. Discover the secret ingredient that turns pencils into paints, black lines into circus elephants, and torn paper into painted landscapes. And so much more! The results are total "WOW." And...voila...young art magicians bring home masterpieces each week.



Location: MCC Arts & Crafts Room

Instructor: Let's Gogh Art staff

Fee: \$109 for residents / \$129 for non-residents

Code:	Time	Dates
3030709-A1	4:30 - 5:30 PM	Wednesdays, Nov. 1 - Dec. 20 (8 classes)

Gingerbread House Workshop

Grades K - 6

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 with provided assorted candies, crackers, and cereal. 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

Code:	Time	Dates
3030704-A1	6:00 - 7:00	Tuesday, December 5 (1 class)
3030704-A2	6:00 - 7:00	Thursday, December 7 (1 class)



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. Parents are asked to wait outside the classroom during dance classes. Children should wear comfortable, lightweight clothing.

Instructor: Janet Arnold

Location: Mortensen Community Center Romano Room / Arts and Crafts Room)

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

Code:	Ages	Class	Time	Dates
3030601-A1	2 - 4	Ballet/Creative Movement	1:15 - 2:00 PM	Saturdays, Oct. 7 - Dec. 9 (8 classes, no class 11/11, 11/25)
3030603-A1	4 - 6	Hip Hop	2:10 - 2:55 PM	
3030604-A1	5 - 8	Beginner Tap**	3:05 - 3:50 PM	
		**Tap shoes required; Ties or buckles		
3030602-A1	5 - 8	Ballet	4:00 - 4:45 PM	
3030601-A2	2 - 4	Ballet/Creative Movement	4:55 - 5:40 PM	

Tennis Lessons *Ages 7-12*

The Parks & Recreation Department, in conjunction with the Newington Tennis Center, is offering tennis lessons for children of all ability levels. Children learn the basics while gaining cardiovascular fitness and coordination. Topics include forehand, backhand, volley, serve and overhead. Racquets will be provided. Just bring your enthusiasm and sneakers and get involved in the game of a lifetime. **Please note that participants must register by the Wednesday prior to the first day of the session.*

Instructors: Newington Tennis Center Staff

Location: Newington Tennis Center, 60 Prospect Street

Fee: \$99 per session / Fee remains the same for non-residents

Code:	Time	Dates
3030301-A1	4:00 - 5:00 PM	Sundays, Sept. 10 - Oct. 15 (6 classes)
3030301-B1	4:00 - 5:00 PM	Sundays, Oct. 22 - Nov. 26 (6 classes)
3030301-C1	4:00 - 5:00 PM	Sundays, Dec. 3 - Jan. 21 (6 classes, no class 12/24, 12/31)

No need to wait - register today for the session beginning September 10!

Girls in Stride Running *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 5, 2017. The program fee includes a t-shirt and training journal. In case of inclement weather, the program will be held inside at the Mortensen Community Center Gymnasium. Race registration is not included in the program fee. For more information, please visit the Girls in Stride website: www.girlsinstride.com.

Instructor: Girls in Stride Instructors

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

Code:	Time	Date	Fee
3031001-A1	5:00 - 6:00 PM	Thursdays, Sept. 14 - Nov. 2 (8 weeks)	\$90 for residents \$101 for non-residents

Skyhawks Tiny-Hawk

Ages 3 - 4

The essentials of soccer and basketball are introduced in a fun and safe environment with lots of encouragement. Children will learn balance, body movement, and hand/eye coordination, and skill development through a series of sport-specific games tailored to their attention spans. Our staff are trained to handle the specific needs of these young athletes. ****Parents must stay on site****

Location: John Paterson Elementary School Gymnasium

Code:	Time:	Dates:	Fee:
3030401-A1	5:00 - 5:45 PM	Wednesdays, Sept. 20 - Oct. 18 (5 classes)	\$85

Gymnastics *Ages 2 and up*

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

Instructor: New England Gymnastics Express Staff

Location: New England Gymnastics Express

136 Day Street, Newington

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

Code:	Time	Dates
Parent and Tot: Ages 2 - 3 1/2 with Parent		
3031002-A1	1:00 - 1:40 PM	Mondays, Sept. 25 - Nov. 6 (7 classes)

Preschool: Ages 3 1/2 - 5

3031003-A1	1:45 - 2:25 PM	Mondays, Sept. 25 - Nov. 6 (7 classes)
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Beginner: Kindergarten - 2nd Grade

3031004-A1	6:00 - 6:45 PM	Tuesdays, Sept. 26 - Nov. 7 (7 classes)
3031004-B1	6:00 - 6:45 PM	Thursdays, Sept. 28 - Nov. 9 (7 classes)

Karate *Ages 5 - 12*

Come and learn the traditional art of Okinawan Shorin-Ryu Karate, taught by Master Peter Pekrul, a 10th degree black belt with over 30 years of teaching experience. You will learn the basics of Karate – blocking and striking – as it is still taught in Okinawa today. Students will also learn discipline, self-confidence, and how to defend themselves.

Instructor: Peter Pekrul

Location: Anna Reynolds Elementary School Gymnasium

Fee: \$55 for residents / \$66 for non-residents

Code:	Ages	Time	Dates
3031005-A1	5 - 6	5:00 - 6:00 PM	Wednesdays Sept. 27 - Dec. 6
3031005-B1	7-12	6:00 - 7:00 PM	(10 classes, no class 11/22)

Skyhawks Mini-Hawk

Ages 4 - 7

This multi sport program was developed to give children a positive first step into athletics. The essentials of basketball and soccer are taught in a safe, structured environment with lots of encouragement and big focus on fun. Our Mini-Hawk games and activities were designed to allow campers to explore balance, movement, hand/eye coordination, and skill development at their own pace. Skyhawks staff are trained to handle specific needs of young athletes

Location: John Paterson Elementary School Gymnasium

Code:	Time:	Dates:	Fee:
3030402-A1	5:55 - 6:55 PM	Wednesdays Sept. 20 - Oct. 18 (5 classes)	\$85

Youth Basketball Programs...

Youth Recreational Basketball

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 and on our website in early October.

Volunteer coaches needed! We are always looking for volunteers to coach boys and girls in Kindergarten through Grade 8.

See the box at right for our t-shirt design contest details!



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.

2018 Youth Basketball T-Shirt Design Contest



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 6th. The winner will receive free registration in our youth basketball program for the 2018 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

Boys' Basketball Skills Clinic Grades 3 - 8

James Simmons, NHS Boys' Varsity Assistant 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: James Simmons

Location: Mortensen Community Center Gymnasium

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

Code:	Time	Dates
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Boys Grades 3 - 5

3030404-A1	5:45 - 7:00 PM	Mondays, Sept. 18 - Oct. 23 (4 classes, no class 9/25, 10/9)
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Boys Grades 6 - 8

3030404-A2	7:05 - 8:20 PM	
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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: \$60 for residents / same for non-residents

Code:	Time	Dates
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3030403-A1	5:30 - 6:30 PM	Wednesdays, Oct. 4 - Oct. 25 (4 classes)
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Exercise the Right Choice - After School Program

Grades K- 4

E.R.C is an afterschool program offered during the 2017-2018 school year on Tuesdays during the teachers' Professional Learning day. E.R.C will be held at each of Newington's Elementary Schools. This afterschool program will feature exciting entertainers, special guests and tons of fun throughout the year! Parents, you won't want your child to miss this awesome opportunity! Giving your child a place to learn, laugh, and grow is another way Newington Parks and Recreation is 'Building a Strong Community'. Hurry! Because space is limited to the FIRST 50 students in each school who register. A separate registration form is required, which can be found at www.newingtonct.gov/parksandrec. For more information please call the Parks and Recreation office at 860-665-8666.

Staff: E.R.C Staff

Location: Newington Elementary Schools



Code:	Time	Dates	School
3031201-A1	1:45 - 5:00 PM	Tuesdays, Sept. 12 - May 29 (15 PL days)	Anna Reynolds
3031202-A1	1:45 - 5:00 PM	Tuesdays, Sept. 12 - May 29 (15 PL days)	Ruth Chaffee
3031203-A1	1:45 - 5:00 PM	Tuesdays, Sept. 12 - May 29 (15 PL days)	Elizabeth Green
3031204-A1	1:45 - 5:00 PM	Tuesdays, Sept. 12 - May 29 (15 PL days)	John Paterson

Middle School 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 and snacks will be available for sale, so it is recommended students bring a few extra dollars. Dances are held at the Mortensen Community Center Gymnasium.

SAVE THE DATES FOR THE 2017-2018 SCHOOL DANCES:

5th & 6th Grade

6:00 - 9:00 PM

Friday, December 8, 2017

Friday, March 2, 2018

7th & 8th Grade:

7:00 - 10:00 PM

Friday, October 20, 2017

Friday, January 26, 2018

Friday, March 16, 2018



Help Wanted: Youth Basketball Referees

We are now accepting applications for Youth Basketball Referees for the upcoming basketball season. Applicants should have basketball knowledge and an ability to referee. Rate of pay starts at \$10.10 per hour and is dependent on experience. Referees will be expected to work on Saturdays from mid-December through mid-March. Candidates wishing to be considered for this position must complete and submit a Town of Newington application, available on the Town of Newington website (www.newingtonct.gov) or in the Parks and Recreation office. Apply today! Applications will be accepted in the Parks and Recreation office until Wednesday, November 1, 2017.



Frequently Requested Contact Information

Basketball - Travel	(860) 436-8208
Basketball - Youth (Parks & Rec)	(860) 665-8666
Blackhawks Wrestling	(860) 916-9004
Board of Education	(860) 667-2000
Cheerleading - Youth	(860) 801-1738
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

Adult Sports and Fitness...

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 Gym
Fee: \$50 for residents
 \$60 for non-residents

Code:	Time	Dates
3040301-A1	7:30 - 9:45 PM	Wednesdays, Oct. 4 - Jan. 17 (14 weeks, no program 11/15, 12/27)



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 Gym
Fee: \$50 for residents / \$60 for non-residents

Code:	Time	Dates
3040402-A1	7:00 - 9:00 PM	Mondays, Nov. 13 - March 12 (14 weeks, no program 12/25, 1/1, 2/19, 2/26)

Women's Volleyball League

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 3rd and league play starts on Tuesday, October 10th.

Supervisor: Anna Dipierro
Location: Martin Kellogg Middle School Gym
Fee: \$225 per team



Time	Dates
6:45 - 9:00 PM	Tuesdays, Oct. 3 - March 6 (no program 11/7, 12/26 or 2/20)

Fall Cornhole Double-Elimination Tournament

Register a team of 2 before Thursday, September 21 to compete in our fall cornhole tournament. Your team registration includes double elimination style tournament, 2 free drink tickets at the beer and wine garden, free concert featuring 'Texas Flood' and prizes.

****All proceeds will go towards 2018 Life. Be in it. Extravaganza ****

Location: Mill Pond Park
Fee: \$50 per team (2 player team max)

Code:	Time	Dates
3041202-A1	6:00 - 10:00 PM	Saturday, Sept. 23



Fall Cornhole League

The fun never stops! Register a team before Thursday, September 28 to compete in our New! fall cornhole League. Your team registration includes 5 weeks of cornhole games with an end of the year tournament, cash prizes for regular season and tournament champions.

****All proceeds will go towards 2018 Life. Be in it. Extravaganza ****

Location: Mill Pond Park
Fee: \$75 per team (4 player team max)



Code:	Time	Dates
3041201-A1	6:00 - 8:00 PM	Thursdays, Oct. 5 - Nov. 2 (5 weeks)

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, and will also be available on our website: www.newingtonct.gov/parksandrec.



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 mid-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 \$1,200 per team. Teams that participated in the league last season need to contact the Parks and Recreation office by September 22nd, 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.



Drawing Nature for Beginners

Drawing starts with learning how to interpret what you see through an artist's eyes. Discover that basic shapes, combined with a range of values and textures, turns into a spectacular drawing! The fundamental skill of drawing with graphite, charcoal and colored pencil will be taught using subjects from nature. Lots of demonstrations, handouts and one on one guidance. This course is a fun opportunity to learn and enhance your drawing skills while completing your own original work. Wearing a smock or old clothes is suggested. Please call the Parks and Recreation Department at 860-665-8666 for a supply list prior to the first class.

Instructor: Fran Judycki

Location: Senior & Disabled Center Arts & Crafts Room

Fee: \$38 for residents / \$46 for non-residents

Code:	Time	Dates
3040803-A1	6:00 - 7:30 PM	Mondays, Sept. 25 - Oct. 30 (5 classes, no class 10/9)

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

The Art of T'ai Chi

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

Instructor: Ken Zaborowski

Location: Mortensen Community Center Romano Room

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

Code:	Time	Dates
3041003-A1	5:30 - 6:30 PM	Mondays, Sept. 25 - Dec. 11 (11 classes, no class 10/9)

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

Code:	Time	Dates	Fee:
3040701-A1	5:30 - 6:30 PM	Mondays, Sept. 25 - Dec. 4 (10 classes, no 10/9)	\$70 for residents \$88 for non-residents

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

Code:	Time	Dates	Fee:
3040702-A1	6:30 - 7:30 PM	Mondays, Sept. 25 - Dec. 4 (10 classes, no class 10/9)	\$70 for residents \$88 for non-residents

Reasons to Register Early!

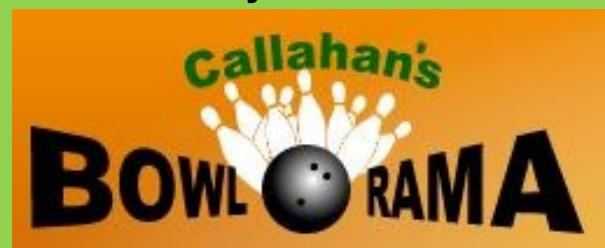
Many classes are very popular and people know that in order to get a spot, they need to register early.

But there are also reasons to register early for classes that don't usually fill up. All of our classes are intended to be self-supporting and we must reach minimum enrollment for a class to run. There is a point (usually about one week before a program starts) that a program must be cancelled if there aren't enough people registered. Very often, people register after a program has been cancelled and if they had registered earlier, the program would have run. All of our programs require a high level of coordination, often including facility scheduling, staffing and purchasing of supplies. So, if there's a program that you or your child are interested in...

Please Register Early!



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Adult Fitness...

NEW! Intro to Zumba

Zumba...It's been the dance/workout craze for over 10 years! Why do participants keep coming back? Because it's FUN & HEALTHY, and we want YOU to get in on it. So, we are offering Zumba Basics for beginners. The movements and rhythms will be broken down for you and gradually expanded upon so that you will become familiar with the steps. You will learn salsa, merengue, cumbia, cha-cha and more. Now is your chance to try something that can change your lifestyle for the better!

Instructor: Mary Woods

Location: Senior & Disabled Center Auditorium

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

Code:	Time	Dates
3041007-D1	5:30 - 6:15 PM	Wednesdays, Oct. 4 - Dec. 13 (9 classes, no class 11/8, 11/22)

Power Cardio

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

Instructor: Laura Campbell

Location: Mortensen Community Center Gymnasium

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

Code:	Time	Dates
3041004-A1	5:45 - 6:45 PM	Tuesdays, Oct. 3 - Dec. 12 (10 classes, no class 11/7)

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 EXCEPT class on 11/9 at Mortensen Community Center Gymnasium.

*Fee: Tuesdays: \$48 for residents / \$60 for non-residents
Thursdays: \$44 for residents / \$55 for non-residents*

Register for both classes and SAVE \$5!

Code:	Time	Dates
3041009-A1	9:15 - 10:15 AM	Tuesdays, Sept. 26 - Dec. 12 (12 classes)
3041009-B1	9:15 - 10:15 AM	Thursdays, Sept. 28 - Dec. 14 (11 classes, no class 11/23)

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!

Instructor: Mondays - Cristina Tsombanos

Thursdays - Mary Woods

Location: All classes held at Senior & Disabled Center Auditorium, except class on Thursday, 11/2 will be held at Mortensen Community Center Gymnasium



Code:	Dates	Time	Fee:
3041007-A1	Mondays, Sept. 25 - Dec. 11 (11 classes, no class 10/9)	5:00 - 6:00 PM	\$55 for residents \$68 for non-residents
3041007-C1	Thursdays, Sept. 28 - Dec. 14 (10 classes, no class 11/9, 11/23)	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. Participants should bring a set of hand weights.

Instructor: Laura Campbell

Location: Senior & Disabled Center Auditorium

Code:	Time	Dates	Fee
3041010-A1	6:30 - 7:30 PM	Wednesdays, Oct. 4 - Dec. 13 (10 classes, no class 11/22)	\$40 for residents \$50 for non-residents

Stop by for good food and drinks!

Dinner specials served daily!



245 Hartford Road - New Britain, CT 06053

Adult Yoga and Pilates Classes...

Beginner Yoga

If you've been wondering how yoga might support you in your life, this is the class for you! We'll start at the very beginning, giving detailed descriptions of poses and breathing techniques, so that you can experience the many benefits of yoga for yourself. Among these are: reduced stress, greater flexibility, improved balance, increased concentration and a greater sense of overall well-being. Non-beginners who are comfortable with a slower pace are welcome also! Sticky yoga mats are required and yoga blankets are highly recommended.

Instructor: Cynthia Wolcott

Location: Mortensen Community Center Romano Room

Code:	Time	Dates	Fee
3041001-B1	5:45 - 7:00 PM	Thursdays, Sept. 28 - Dec. 7 (10 classes, no class 11/23)	\$60 for residents \$75 for non-residents

Total Barre

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

Instructor: Monday class: Ashley Ganon, Personal Euphoria staff

Wednesday class: Jess Tucker, Personal Euphoria staff

Location: Senior & Disabled Center Rooms A & B

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

Wednesdays: \$77 for residents / \$96 for non-residents

Code:	Time	Dates
3041006-A1	5:45 - 6:30 PM	Mondays, Sept. 25 - Dec. 11 (11 classes, no class 10/9)
3041006-B1	6:30 - 7:15 PM	Wednesdays, Sept. 27 - Dec. 13 (11 classes, no class 11/22)

Mixed Levels 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.

Instructor: Jess Tucker, Personal Euphoria staff

Location: Senior & Disabled Center Rooms A & B

Fee: Residents: \$77 / Non-Residents: \$96

Code:	Time	Dates
3041002-A1	5:45 - 6:30 PM	Wednesdays, Sept. 27 - Dec. 13 (11 classes, no class 11/22)

Yoga for Well Being

This class is appropriate for all ages and levels of fitness. It is an easeful practice consisting of highly effective gentle movement and breath to strengthen both awareness and physical function, a relaxing and rejuvenating gift for ourselves that erases the daily effects of stress and grounds us in our divine presence. Please bring a yoga mat.

Instructor: Karen Sevenoff

Location: Mortensen Community Center Romano Room

Fee: \$66 for residents / \$82 for non-residents



Code:	Time	Dates
3041001-A1	5:30 - 6:45 PM	Wednesdays, Sept. 27 - Dec. 13 (11 classes, no class 11/22)

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

Code:	Time	Dates
3050404-A1	10:00 - 11:00 AM	Tuesdays, Sept. 26 - Dec. 5 (11 classes)
3050404-B1	10:00 - 11:00 AM	Thursdays, Sept. 28 - Dec. 7 (10 classes, no class 11/23)

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: Ashley Ganon, Personal Euphoria staff

Location: Senior & Disabled Center Rooms A & B

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

Code:	Time	Dates
3041005-A1	6:30 - 7:15 PM	Mondays, Sept. 25 - Dec. 11 (11 classes, no class 10/9)

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

Code:	Time	Dates
3050404-A1	10:00 - 11:00 AM	Tuesdays, Sept. 26 - Dec. 5 (11 classes)
3050404-B1	10:00 - 11:00 AM	Thursdays, Sept. 28 - Dec. 7 (10 classes, no class 11/23)

Oil Painting - For Beginners

Have you always wanted to try your hand at painting but didn't know where to start? This is the class for you! All new students will follow step by step demonstrations that teach the fundamental skills need for painting. These week to week classes are specifically designed for the beginning painter with simplified and basic instructions which will produce beautiful paintings. Returning students may continue with their own guided projects. Please call the Parks & Recreation Department at 860-665-8666 for a supply list prior to the first class of the session. Wearing a smock or old clothes is suggested.



Instructor: Fran Judycki

Location: Senior & Disabled Center Arts & Crafts Room

Fee: \$90 for residents / \$111 for non-residents

Code:	Time	Dates
3050201-A1	9:15 - 11:45 AM	Tuesdays, Sept. 26 - Nov. 28 (10 classes)

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!

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

Code:	Class	Time	Dates
3050403-A1	Beginners	9:00 - 9:45 AM	Mondays, Sept. 25 - Dec. 11
3050403-A2	Intermediates	10:00 - 10:45 AM	(11 classes, no class 10/9)

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 *EXCEPT* class on 11/9 will be held at Mortensen Community Center Gymnasium.

Fee: Tuesdays: \$42 for residents / \$52 for non-residents
Thursdays: \$39 for residents / \$49 for non-residents

Register for both classes and SAVE \$5!

Code:	Time	Dates
3050401-A1	10:20 - 11:20 AM	Tuesdays, Sept. 26 - Dec. 12 (12 classes)
3050401-B1	10:20 - 11:20 AM	Thursdays, Sept. 28 - Dec. 14 (11 classes, no class 11/23)

Eclectic Naturopathic Medical Center, LLC

Kathleen Riley, ND

At the Eclectic Naturopathic Medical Center, we specialize in providing gentle, effective treatments for acute and chronic illnesses for infants to geriatrics. If you are looking for a way to learn how to be as healthy as possible, call or check out our website for more information.



48 Christian Lane
Susan Yarett, ND
Newington, CT 06111

860-665-1254

www.kathleenrileynd.com



Programs for Older Adults...

Indoor Walking

at Mortensen Community Center

Tuesdays, Wednesdays, Thursdays and Fridays*

8:30 - 10:30 AM

(Not available on Monday mornings)

FREE

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

The Mortensen Community Center Gymnasium will be open for walkers on weekday mornings throughout the Fall, Winter and Spring. All walkers must pre-register for this program. Registration is accepted at the Parks & Recreation office during our normal business hours, Monday through Friday from 8:30 a.m. - 4:30 p.m. Walkers should carry an ID with them at all times. To help us keep the gym floor clean and safe for everyone during the winter months, we ask that walkers wear an alternate pair of shoes or boots outside, and carry walking sneakers in. This will help cut down on the amount of salt, sand and snow tracked indoors.

Walking is a healthy way to exercise and may help you maintain a healthy weight and reduce your risk of some diseases. Just 18 laps around the full gymnasium equals a mile! Bring a friend!



**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.*

Zumba Gold

A perfect class for active older adults - or anyone who is looking for a modified class that recreates the original Zumba moves at a lower intensity. The class introduces easy-to-follow choreography that focuses on balance, motion, and coordination. It will also burn calories, increase metabolism, relieve stress, and probably be the most fun 45 minutes of your day! You and your new Zumba friends will enjoy rhythms such as Salsa, Merengue, Cha-Cha, Swing, and more! Participants should wear comfortable clothing and appropriate footwear for a dance/exercise class and bring water. Come ready to sweat and expect to leave empowered and strong!



Instructor: Mary Woods

Location: Monday class held at Mortensen Community Center Gymnasium

Friday class held Senior & Disabled Center Auditorium EXCEPT class on 10/27 & 11/3 at Mortensen Community Center Gymnasium.

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

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

Code:	Time	Dates
3050402-A1	9:00 - 9:45 AM	Mondays, Sept. 25 - Dec. 11 (9 classes, no class 10/9, 11/6, 11/13)
3050402-B1	10:00 - 10:45 AM	Fridays, Sept. 29 - Dec. 15 (10 classes, no class 11/10, 11/24)

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



Dates	Time
Tuesday, September 12	11:30 - 1:30 PM
Tuesday, October 10	11:30 - 1:30 PM
Tuesday, November 7	11:30 - 1:30 PM
Tuesday, December 5	11:30 - 1:30 PM



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For more information, please call 860-665-8666 or visit www.newingtonct.gov/parksandrec and click on

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For more information, please call 860-665-8666 or visit www.newingtonct.gov/parksandrec and click on 'Seasonal Program Guides'.