

NEWINGTON PARKS AND RECREATION
Building A Strong Community

Fall 2020



RESIDENTS: Registration Begins September 3rd
NON-RESIDENTS: Registration Begins September 10th



SAVINGS AROUND THE CORNER

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

GEICO
Local Office



Newington Parks and Recreation

Building a Strong Community

200 Garfield Street, 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
			[] Yes [] No			
			[] Yes [] No			
			[] Yes [] No			
			[] Yes [] 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.

Concussion Information: <http://www.cdc.gov/headsup/index.html>

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: _____

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: 200 Garfield Street, Newington, CT 06111
Office Hours: Monday - Friday, 8:30 AM - 4:30 PM
Phone: 860-665-8666
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
Joe Harvey, Recreation Supervisor
Lisa DeLude, Administrative Secretary
Kelly Dickinson, Administrative Secretary
Clay Pedigo, Supervisor of Parks, Grounds, and Cemeteries

Registration Information

When registering online, you will receive a confirmation email with your receipt attached. When registering by mail or fax, you will receive a confirmation email with your receipt attached once your form is processed.

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 do not delay in registering for a program you wish to take.

If the participant has any medical concerns (allergies, asthma, etc.) that we should be aware of, please list it on the registration form and complete and submit an Authorization for Administration of Medication Form (available on our website under 'Forms').

If the participant has any 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').

Sometimes we are forced to cancel programs before their start date 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

Online: In an effort to make the registration process more convenient and environmentally friendly, we have now made it possible to register for programs from your very own electronic device. Search the link below to get started,
<https://recreation.newingtonct.gov/wbws/webtrac.wsc/SPLASH.html>

Walk-in: Register in our office, which is located in the Mortensen Community Center at Town Hall, 200 Garfield Street, Newington, CT. Walk-in office hours are: Monday – Friday, 8:30 AM - 4:30 PM

Upcoming Program Guide

The Winter 2021 Program Guide will be distributed to Newington residents in November.

Concussion Information

The 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 Newington Parks and Recreation facilities and their locations and amenities can be found on our website.

Table of Contents

Registration Form.....	2
General Info.....	3
Special Events.....	4
Adult Cornhole.....	5
Creative Playtime Preschool.....	6
Youth Programs.....	7-8
Youth Sports.....	9
Youth Sports and Fitness.....	10
Adult Sports.....	11
Adult Programs.....	12
Adult Fitness and Wellness.....	13-14
Older Adult Programs.....	15

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 Department 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 Department 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

The Newington Parks and Recreation Department 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. 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 \$20 processing fee will be deducted from any refund issued.**

Inclement Weather / Program Cancellations

If a program is cancelled for any reason, we will send an email to all participants to inform them of this cancellation. Please be sure that your email in our system is up-to-date. You can ask anyone in the office to check your email at any time. If you wish to call, you can contact us Monday through Friday from 8:30 AM to 4:30 PM to confirm with a staff member if a program is canceled. If you call before or after our office hours, our voicemail will have an update on the most current program cancellation. 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.

Special Events



Scarecrow Contest

Code: 3120014-A1

Saturday, October 10th, 12:00 - 1:30 PM at Mill Pond Park

Our Scarecrow Contest is back, by popular demand! This contest is open to all ages, families, community & non-profit groups and businesses. Each person, family, or group may only enter one scarecrow. There are two categories: Family/Friends/Individual and Business/Non-Profit Groups. There is a \$5.00 donation entry fee which will go towards the 2021 Life. Be In It. Extravaganza Fireworks Show! Details for drop-off & set-up, construction, size, duration of the contest, judging, and awards will be given out upon registration. **MUST PRE-REGISTER BY FRIDAY, OCTOBER 4TH AT THE NEWINGTON PARKS AND RECREATION OFFICE!**



Annual Halloween Party

Code: 3120005-A1

Saturday, October 31st, 1:00 - 3:00 PM 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 Wednesday, October 28th.** Registration received after Wednesday, October 28th 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 4th, 5:00 - 7:00 PM & Saturday, December 5th, 1:00 - 3:30 PM
Mortensen Community Center Multipurpose 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 to benefit the Town's food bank. For more information, please call 860-665-8666.



Winter Wonderland

Saturday, December 5th, 1:00 - 3:30 PM 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 to benefit the Town's food bank. For more information, please call 860-665-8666.



Newington's Night of Lights

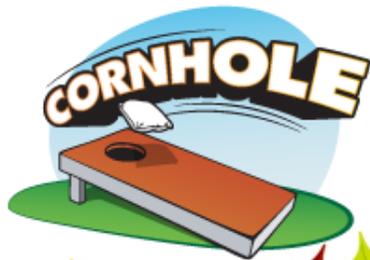
*Saturday, December 5th at 5:00 PM (Rain/Snow Date: Sunday, December 8th)
Carol Sing & Tree Lighting at Town Center, Main Street*

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 - 3:30 PM. The main event begins at 5:00 PM 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 860-665-8686.

Fall 2020 Adult Cornhole League

6pm at Mill Pond Park on Thursday Nights
Season Meets from 9/10/20-10/15/20
\$100 per Team (2-4 people per team)
Must be 21 or Older to Play in the League
End of Year Tournament with Prizes
30 Team Limit so Register Soon!

For more information regarding the fall cornhole league, please contact the Parks and Recreation office at 860-665-8666



Downtown Music Series Sponsors

Thank You!

CENTURY 21.
Stamm Realty

The Newington Masons

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, multi-sensory and meaningful to them. Play is the key that opens the door to creative thinking and learning!

Due to the COVID-19 pandemic, daily operations will look a little bit different than what we are used to. Please be assured that you and your family's safety and wellbeing is of our highest priority. We will be closely monitoring notifications and changes to COVID-19 regulations from the Office of Early Childhood, Central Connecticut Health District, State of Connecticut Governor's Office, Center for Disease Control, and the White House's COVID-19 Task Force. We see a value in ensuring that your child attend pre-school, as long as we are allowed to offer it. We will be following all protocol that is in place to ensure a safe environment where your child can still look forward to going to every day. We are confident that the passionate teachers at the preschool can still provide a fun and educational environment while ensuring your child's and family's safety at all time. We look forward to seeing you at school!

Staff: Diane Teevan, Director
Janet Arnold, Assistant Teacher
Anne Carella, Assistant Teacher
Jessica Fenlason, Assistant Teacher
Patricia McCarthy, Assistant Teacher

2020 - 2021 Registration & Program Information

- We are now accepting registration for the 2020-2021 school year.
- A **non-refundable** deposit is required at the time of registration.
- A payment plan is available for the 2020 - 2021 school year. If you choose the payment plan option, the remaining balance will be due in three equal installments. The first of the three payments will be due at the time of registration and the remaining two payments are due on October 15, 2020 and January 15, 2021.
- 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, 2020. Children who will not be 3 years old until after December 31, 2020 are welcome to register and begin attending our program after their 3rd birthday, if there are spaces available at time of registration.
- 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, at most, is 10 children per teacher, but is most often lower than this.
- Additional program and registration information is included in the registration packet.

Program Hours

Mornings: 9:30 - 11:45 AM
Afternoons: 12:15 - 2:30 PM
Full Day: 9:30 AM - 2:30 PM

Program Dates

September 2, 2020 - June 4, 2021*
**actual program dates depend on which days your child is registered for and may change with snow cancellation make-ups*

Spaces are still available for the 2020-2021 School Year!

Registration packets are available at the Newington 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!!



Youth Programs...

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

Preschoolers are invited to join us for these fun-filled evening programs! Your little one will have lots of fun with our Creative Playtime Preschool while YOU get a little time to yourself! 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
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	Fall Fun!	5:30 - 7:00 PM	Tuesday, October 13 (1 class)
3020414-B1	Harvest Time!	5:30 - 7:00 PM	Wednesday, November 4 (1 class)
3020414-C1	Holiday Spectacular!	5:30 - 7:00 PM	Thursday, December 3 (1 class)

Rhythm Kids Online & Outdoors

Ages 5 - 9

Rhythm Kids® 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 guides children toward developmentally appropriate music and movement activities, where they can begin to take charge, lead others, and be musically creative.

Instructor: Ms. Sue and Ms. Alicia
Location: Virtual & Outdoors (**More details to follow via email upon registration**)
Fee: \$190 for returning Rhythm Kids participant
 \$225 for new Rhythm Kids Participants (djembe drum included)
 \$35 for new, additional siblings (additional djembe drum included)
 (Returning sibling registration is FREE, no drum included, please register all participating siblings)

This fee gets your family access to both this Rhythm Kids Online class and the two Music Together Online classes shown below! Can't tune in at the scheduled "live" time? No problem! Go back and watch the videos when it is convenient for you and your family! Other live and prerecorded videos will be posted periodically!

Code:	Time:	Dates:
3030806-A1 (Returning)		
3030806-A2 (New participants)	4:30 PM start time	Tuesdays, Sept. 15 - Nov. 17 (10 classes)
3030806-A3 (New siblings)		

Music Together Online & Outdoors *Ages newborn to 5y*

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.

Instructors: Ms. Sue (Mondays) and Ms. Alicia (Wednesdays)
Location: Virtual & Outdoors (**More details to follow via email upon registration**)
Fee: \$190 (Sibling registration is FREE, but please register all participating siblings)

This fee gets your family access to both Music Together Online classes and the Rhythm Kids Online class shown above! Can't tune in at the scheduled "live" time? No problem! Go back and watch the videos when it is convenient for you and your family! Other live and prerecorded videos such as storybook sing-a-longs, sign language lessons, lullaby time, musical games, kids activities and crafts will be posted periodically throughout the week!

Code:	Time:	Dates:
3030801-A1	10:30 AM Start Time	Mondays, Sept. 14 - Nov. 16 (10 classes)
3030801-B1	10:30 AM Start Time	Wednesdays, Sept. 16 - Nov. 18 (10 classes)



Just for fun ART-ventures

Grades K - 5

Get ready to "create some fun"! Just for Fun Art-ventures lead children on an imaginary tour through the world's greatest art museums, inspiring creativity through exposure to the FUN-damentals of artist's tools, techniques and art forms, many inspired by the masters. But don't just admire these great works — decorate your home with masterpieces of your own! Draw Oil Pastel Flowers like O'Keefe, create colorful canvases in the style of Matisse, and design upside down and inside out Watercolor Dream Paintings inspired by Chagall. Sculpt Swirly Clay Pencil Holders, create Burlap Landscape Collages, and decorate Paper Mache Boxes. Craft wacky Cubist Costumes inspired by Picasso, draw very unique self-portraits, and design sparkling Fabric Wall Hangings. Creatively educational, whimsical and unconventional, these art-ventures welcome children into a world of artistic wonder. Children bring home beautiful masterpieces each week, sure to transform any home into a gallery.



*A scholarship may be available for a child whose parent is willing to assist during every class. If interested, email randi@artventuresforkids.com

Location: Mortensen Community Center Arts & Crafts Room
Instructor: ART-ventures for Kids staff
Fee : \$119 for residents / \$129 for non-residents

Code:	Time:	Dates:
3030709-A1	4:30 - 5:30 PM	Wed., Oct. 28 - Jan. 6 (8 classes, no class 11/11, 11/25, 12/30)



Youth Programs

American Sign Language for Kids

Ages 5 - 14



Students will learn the ASL alphabet and corresponding words. Basic words and phrases such as colors, numbers, family members, etc. Students will be able to sign familiar words and short phrases at the end of the course. Fun and educational!

Staff: *Connie Davids*

Location: *Virtual (email to follow upon registration)*

Fee: *\$60 for residents / \$66 for non-residents*

Age/ Code:	Time:	Dates:
<u>Beginner</u>		
3030907-A1	4:30 - 5:15 PM	Mondays, Oct. 19 - Nov. 23
<u>Intermediate</u>		(6 classes)
3030907-B1	5:30 - 6:15 PM	

Youth Dance Classes *Ages 18m - 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 Multipurpose Room*

Fee: *\$52 for residents / \$57 for non-residents*

Code:	Ages:	Class:	Time:	Dates:
3030601-A1	2 - 4	Creative Movement	1:15 - 2:00 PM	Saturdays,
3030603-A1	4 - 6	Hip Hop	2:10 - 2:55 PM	Sept. 26 -
3030602-A1	5 - 8	Ballet	3:05 - 3:50 PM	Nov. 14
3030601-A2	2 - 4	Creative Movement	4:00 - 4:45 PM	(8 classes)
3030604-A1	18m - 2.5y	Mommy & Me	4:55 - 5:40 PM	

COVID-19 UPDATE

We are proud to be able to bring you classes both in-person and virtually. However, due to the fluidity of the COVID-19 pandemic, we fully expect changes in the information printed here. If you are registered for a program and any change is made, an email will be sent to inform all participants of the changes. If you are not registered for a program yet, but wish to confirm no changes have been made before you register, please feel free to call our office Monday through Friday from 8:30am to 4:30pm at 860-665-8666. We thank you for your flexibility and understanding while we navigate the pandemic together.

Please Register Early!

Our programs sometimes fill to capacity, but we also need to have a minimum number of participants in order for us to run them. If we don't reach that minimum, the program has to be cancelled. Usually, we have to make that decision a few days before the program begins. Because of COVID-19, maximum numbers are also much lower than usual for in-person classes.

Don't miss out on your spot!

If there is a program or class that you or your child is interested in... please, REGISTER EARLY!

Boys' Travel Basketball League with Skill Development and Live Games



Grades 5 - 8

Eddie Quick, NHS Boys' Varsity Head Basketball Coach, introduces this program for any town travel team that wants to compete in a highly competitive league with skills development.

Staff: *Eddie Quick*

Location: *Kellogg Middle School Outdoor Courts*

Fee: *\$100 for residents / same for non-residents*

Code:	Time:	Dates:
<u>Grade 8 Boys</u>		
3030437-A4	8:00 - 9:30 AM	Sundays,
<u>Grade 7 Boys</u>		Oct. 4 - Nov. 15
3030437-A3	9:40 - 11:10 AM	(7 sessions)
<u>Grade 6 Boys</u>		
3030437-A2	11:20 AM - 12:50 PM	
<u>Grade 5 Boys</u>		
3030437-A1	12:50 - 2:20 PM	

Tennis Lessons *Ages 7 - 12*

The Newington 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: *\$120 per session / Fee remains the same for non-residents*

Code:	Time:	Dates:
3030301-A1	4:00 - 5:00 PM	Sundays, Sept. 13 - Oct. 18 (6 classes)
3030301-B1	4:00 - 5:00 PM	Sundays, Oct. 25 - Nov. 29 (6 classes)
3030301-C1	4:00 - 5:00 PM	Sundays, Dec. 6 - Jan. 17 (6 classes, no class 12/27)

Youth Sports

Girls' Travel Basketball League with Skill Development & Live Games

Grades 5 & 6

NHS Boys Basketball Coach, Ed Quick, & NHS Varsity Girls Basketball Coach, Marc Tancredi, will host a highly competitive league with skill development. The first half of the session will be dedicated to skill development and the second half will be dedicated to live 5 on 5 games.

Staff: Eddie Quick & Marc Tancredi

Location: Mortensen Community Center Gymnasium

Fee: \$100 for residents / same for non-residents



Code:	Time:	Dates:
3030439-A1	2:30 - 3:45 PM	Sundays, Oct. 4 - Nov. 15 (7 sessions)

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.

Boys' Basketball Skills Clinic

Grades 2 - 8

Eddie Quick, NHS Boys' Varsity Head Basketball Coach, presents this fundamental basketball clinic for boys entering grades 2-8 who want to compete at a fun and active skill level that emphasizes giving your best effort with a great attitude. Includes instruction in skill building, shooting, passing, defense, situational application, skills contests, games and much more.

Staff: Eddie Quick

Location: Kellogg Middle School Outdoor Courts

Fee: \$80 for residents / same for non-residents

Code:	Time:	Dates:
Boys Grades 2 - 4		
3030404-A1	4:45 - 5:45 PM	Tuesday, Sept. 8 Mondays, Sept. 14, 21, 28 (4 classes)
Boys Grades 5 - 8		
3030404-A2	6:00 - 7:00 PM	

High School Fall Basketball League

Grades 9-12

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



The Newington Parks and Recreation Department is excited to announce that we now offer a Boys High School Basketball League during the fall months. Playoffs are included in the price.

Location: Mortensen Community Center Gymnasium

Fee: \$600 per team

Code:	Time:	Dates:
3030438-A1	5:00 - 10:00 PM	Fridays, Oct. 2 - Nov. 13 (7 sessions)

High School Recreational Basketball

Grades 9-12

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

The Newington Parks and Recreation Department offers a Recreational Basketball League during the winter months.

Information will be available on our website www.newingtonct.gov/parksandrec in early October.

Girls' Basketball Skills Clinic

Grades K - 6

Newington High School Girls' Basketball Coach Marc Tancredi will run a youth basketball clinic for girls in Kindergarten through 3rd grade and 4th grade through 6th grade. The clinic focuses on skill development and game concepts. Participants will focus on skill instruction for 30 minutes. The final half hour will be used for participants to apply skills to either 2 vs 2 or 3 vs 3 game settings.

Staff: Marc Tancredi

Location: Mortensen Community Center Gymnasium

Fee: \$80 for residents / same for non-residents

Code:	Time:	Dates:
Girls Grades K - 3		
3030403-A1	4:00 - 5:00 PM	Sundays, Oct. 4 - Oct. 25 (4 classes)
Girls Grades 4 - 6		
3030403-A2	5:15 - 6:15 PM	

Girls' Developmental Basketball League - Live Games

Grades 7 & 8

NHS Varsity Girls Basketball Coach, Marc Tancredi, will offer a developmental pick-up basketball league for 7th and 8th grade girls. Participants will begin the session with a brief 20-minute skill & drill segment focusing on player development and game concepts. Participants will use the rest of the session competing in 5 on 5 games with time and score.

Staff: Marc Tancredi

Location: Mortensen Community Center Gymnasium

Fee: \$100 for residents / same for non-residents



Code:	Time:	Dates:
3030440-A1	6:30 - 7:45 PM	Sundays, Oct. 4 - Nov. 15 (7 sessions)

Youth Sports and Fitness

Gymnastics *Ages 18 months - 9 years*

Aerials Gymnastics is proud to provide children an opportunity to develop gymnastics skills this fall season. We have spent this past summer developing methods to maintain social distance throughout the gym and sanitize equipment as students rotate through circuits. Our schedule was carefully structured to create time between classes to clean all surfaces and ensure spacing of equipment is optimized for distancing. All adults and coaches in the gym are expected to wear masks at all times. Students wear masks for entry and exit to the gym, but not during class. Sign up today and see what Aerials Gymnastics is all about!

Instructor: Aerials Gymnastics Staff

*Location: Aerials Gymnastics
136 Day Street, Newington*

Code:	Time:	Dates:
-------	-------	--------

Parent and Child: Ages 18 months - 3 years with Parent **Fee: \$55 (4 classes)**

3031002-A1	9:00 AM - 9:40 AM	Saturdays, Sept. 12 - Oct. 3
3031002-B1	9:00 AM - 9:40 AM	Saturdays, Oct. 10 - Oct. 31
3031002-C1	9:00 AM - 9:40 AM	Saturdays, Nov. 7 - Nov. 28

Preschool: 3 years old class **Fee: \$60 (4 classes)**

3031003-A1	10:00 AM - 10:45 AM	Saturdays, Sept. 12 - Oct. 3
3031003-B1	10:00 AM - 10:45 AM	Saturdays, Oct. 10 - Oct. 31
3031003-C1	10:00 AM - 10:45 AM	Saturdays, Nov. 7 - Nov. 28

Preschool: 4 years old class **Fee: \$60 (4 classes)**

3031004-A1	11:00 AM - 11:45 AM	Saturdays, Sept. 12 - Oct. 3
3031004-B1	11:00 AM - 11:45 AM	Saturdays, Oct. 10 - Oct. 31
3031004-C1	11:00 AM - 11:45 AM	Saturdays, Nov. 7 - Nov. 28

Kindergarten to 2nd Grade Class **Fee: \$60 (4 classes)**

3031008-A1	12:00 PM - 12:45 PM	Saturdays, Sept. 12 - Oct. 3
3031008-B1	12:00 PM - 12:45 PM	Saturdays, Oct. 10 - Oct. 31
3031008-C1	12:00 PM - 12:45 PM	Saturdays, Nov. 7 - Nov. 28
3031008-A2	1:00 PM - 1:45 PM	Saturdays, Sept. 12 - Oct. 3
3031008-B2	1:00 PM - 1:45 PM	Saturdays, Oct. 10 - Oct. 31
3031008-C2	1:00 PM - 1:45 PM	Saturdays, Nov. 7 - Nov. 28

Intermediate Skills Class: Ages 6 and up **Fee: \$65 (4 classes)**

3031006-A1	2:00 PM - 3:00 PM	Saturdays, Sept. 12 - Oct. 3
3031006-B1	2:00 PM - 3:00 PM	Saturdays, Oct. 10 - Oct. 31
3031006-C1	2:00 PM - 3:00 PM	Saturdays, Nov. 7 - Nov. 28

Check out the description of each program on our online registration webpage by navigating to the link below and typing "Gymnastics" in the Keyword Search!

Start Smart - Soccer *Ages 3 - 5 with parent / guardian*

Start Smart Soccer teaches parents how to instruct their children to be able to perform the basic skills necessary to play organized soccer, while they work one-on-one and spend quality time with their parents. The program focuses on teaching children and their parents kicking, dribbling, trapping, and agility skills without the threat of competition or the fear of getting hurt. This program encourages and requires parental participation, in order to create a better experience for the child in strengthening athletic ability, as well as family bonds.

Instructor: To be determined

Location: Mill Pond Park

Code:	Time:	Dates:	Fee:
-------	-------	--------	------

3030425-A1	5:15 - 6:15 PM	Tuesdays, Sept. 8 - Oct. 13 (6 classes)	\$70 for residents \$70 for non-residents
------------	----------------	--	--

10

The NEW Mortensen Community Center!

We are so excited to be in the BRAND NEW Community Center and are elated that we can bring some programming back, even during these uncertain times. We hope you will help us keep the new Community Center clean and welcoming. When you come to classes at the Community Center, one of our friendly Supervisors will be there to greet you and help direct you to your program. Especially during the winter months, please arrive to class in a different pair of shoes than the ones you plan to use during class. You can change your shoes in the locker room or hallway before entering your program's room. This will help keep the new Community Center in tip top shape so we can continue to bring you quality, safe classes at an affordable price for years to come!

Thank you for your help in keeping Newington facilities clean and beautiful!

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: Mortensen Community Center Gymnasium A

Fee: \$72 for residents / \$79 for non-residents

Code:	Ages:	Time:	Dates:
-------	-------	-------	--------

3031005-A1	5 - 6	5:00 - 6:00 PM	Wed. Sept. 16 - Dec. 2 (11 classes, no class 11/25)
3031005-B1	7 - 12	6:00 - 7:00 PM	11/25)

SkyHawks

Mini-Hawks: Basketball & Baseball

Ages 5 - 7

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

Instructor(s): Skyhawks' Staff

Location: Mill Pond Park

Fee: \$85 for residents / same price for non-residents

Code:	Time:	Dates:
-------	-------	--------

3030402-A1	5:00 - 6:00 PM	Mondays Sept. 14 - Oct. 19 (5 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 Gym
 Fee: \$50 for residents
 \$60 for non-residents



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: \$55 for residents / \$65 for non-residents

Women's Volleyball League

For Ages 18 & Up

Join our recreational Women's Volleyball League! If you are interested in getting a team in the league or playing on an existing team, please contact the Newington Parks and Recreation office via email at kgallicchio@newingtonct.gov by September 11. Games are on Tuesday nights from October until February. League play starts on Tuesday, October 6.



Supervisor: Anna Dipierro
 Location: Mortensen Community Center Gym
 Fee: \$300 per team

Code:	Time:	Dates:
3040301-A1	7:30 - 9:45 PM	Wednesdays, Oct. 7 - Dec. 23 (12 weeks)

Code:	Time:	Dates:
3040402-A1	7:00 - 9:00 PM	Mon., Nov. 16 - March 15 (14 weeks, no program 12/28, 1/18, 2/15, 2/22)

Code:	Time:	Dates:
3040101-A1	6:45 - 9:00 PM	Tues., Oct. 6 - Feb. 9 (no program 11/3)

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 with Board officials? Newington Parks and Recreation offers a Men's Basketball league that runs from December through April (Thursday nights and Sundays). The league is made up of approximately 14 teams, and players must live in Newington to play. League fees are approximately \$1,300 per team. Teams that participated in the league last season need to contact the Parks and Recreation office by September 25 if interested in returning. After September 25, 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 Newington Parks and Recreation office via email at kgallicchio@newingtonct.gov. Games will be played in the new Town Hall Mortensen Community Center's air-conditioned gymnasiums.



Fall Cornhole League

The fun never stops! Register a team before Thursday, September 10 to compete in our fall Cornhole League. Your team registration includes 6 weeks of Cornhole games with an end of the year tournament, prizes for regular season and tournament champions. If you are interested in entering a team in the league, please contact the Newington Parks and Recreation office at 860-665-8666. **All proceeds will go towards the 2021 Life. Be in it. Extravaganza **

Location: Mill Pond Park
 Fee: \$100 per team (4 player team max)

Time:	Dates:
6:00 - 8:00 PM	Thurs, Sept. 10 - Oct. 15 (6 weeks)



Adult Programs

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: Mortensen Community Center Gymnasium A
Fee: \$67 for residents / \$74 for non-residents

Code:	Time:	Dates:
<u>Beginner:</u> 3040702-A1	6:30 - 7:30 PM	Mondays, Sept. 28 - Dec. 7 (9 classes, no class 10/12 or 11/2)
<u>Intermediate*:</u> 3040702-B1	7:30 - 8:30 PM	

*Intermediate Dancers must have had at least 2 years experience in dancing and are ready for more challenging routines.

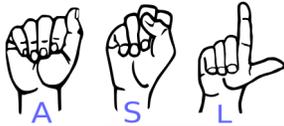
American Sign Language for Adults



Students will learn the ASL alphabet and corresponding words. Basic words and phrases such as colors, numbers, family members etc. Students will be able to sign familiar words and short phrases at the end of the course. This program is fun and educational!

Instructor: Connie Davids
Location: Virtual (email to follow upon registration)
Fee: \$60 for residents / \$66 for non-residents

Code:	Time:	Dates:
<u>Beginner:</u> 3041301-A1	6:30 - 7:15 PM	Mondays, Oct. 19 - Nov. 23 (6 classes)
<u>Intermediate:</u> 3041301-A2	7:30 - 8:15 PM	



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: Mortensen Community Center Gymnasium A

Code:	Time:	Dates:	Fee:
3040701-A1	5:30 - 6:30 PM	Mondays, Sept. 28 - Dec. 7 (9 classes, no 10/12 or 11/2)	\$67 for residents \$74 for non-residents

COVID-19 UPDATE

We are proud to be able to bring you classes both in-person and virtually. However, due to the fluidity of the COVID-19 pandemic, we fully expect changes in the information printed here. If you are registered for a program and any change is made, an email will be sent to inform all participants of the changes. If you are not registered for a program yet, but wish to confirm no changes have been made before you register, please feel free to call our office Monday through Friday from 8:30am to 4:30pm at 860-665-8666. We thank you for your flexibility and understanding while we

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 Multipurpose Room
Fee: \$59 for residents / \$65 for non-residents

Code:	Time:	Dates:
3041003-A1	5:30 - 6:30 PM	Mondays, Sept. 28 - Dec. 7 (9 classes, no class 10/12, 11/2)



Adult Fitness and Wellness

MDC



Help Wanted: Youth Basketball Referees

We are now accepting applications for Youth Basketball Referees for the upcoming youth basketball season. Applicants should have basketball knowledge and an ability to referee. Rate of pay starts at \$12.00 per hour. 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 Newington Parks and Recreation office until Friday, October 30, 2020.

Tone Aerobics

This virtual 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: Virtual

Fee: Tuesdays: \$40 for residents / \$44 for non-residents
Thursdays: \$36 for residents / \$40 for non-residents

Register for both classes and SAVE \$5!

Code:	Time:	Dates:
3041009-A1	9:15 - 10:15 AM	Tuesdays, Sept. 22 - Dec. 8 (12 classes)
3041009-B1	9:15 - 10:15 AM	Thursdays, Sept. 24 - Dec. 10 (11 classes, no class 11/26)

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: Mary Woods

Location: Mortensen Community Center Gymnasium B



Code:	Dates:	Time:	Fee:
3041007-B1	Thursdays, Sept. 17 - Dec. 3 (11 classes, no class 11/26)	5:30 - 6:30 PM	\$60 for residents \$66 for non-residents

Low Impact Zumba

This class is a low impact alternative to the traditional Zumba class. It offers fun and easy to follow dance movements that will burn calories, increase metabolism and relieve stress with NO jumping. The songs are somewhat slower and less intense than those in fully-loaded Zumba. You can count on 45 minutes of enjoyable and empowering fun and fitness!

Instructor: Mary Woods

Location: Mortensen Community Center Gymnasium B



Code:	Dates:	Time:	Fee:
3041007-C1	Wednesdays, Sept. 23 - Dec. 9 (12 classes)	5:30 - 6:15 PM	\$66 for residents \$73 for non-residents

Barre

Barre is a fusion of Pilates, dance, yoga, and functional training that will lift, tone, and sculpt as well as define and strengthen your core muscles. This full body sculpting class uses the ballet Barre (if not available, we'll use chairs) and small, isometric, concentrated movements to create lean muscles. Each class incorporates an upper body workout and a combination of high-intensity sequences of thigh, glute, and core exercises at the Barre. The fluid class is set to upbeat music at a vigorous pace to get your heart pumping! Classical Barre is a more traditional style of Barre. Be prepared with water, a mat, and 1-2 pound hand weights for this virtual class.

Instructor: Allison with Personal Euphoria

Location: Virtual

Fee: \$55 for residents / \$61 for non-residents

Code:	Time:	Dates:
3041006-A1	5:45 - 6:30 PM	Mondays, Sept. 14 - Dec. 7 (12 classes, no class 10/12)

Adult Fitness and Wellness

Tighten and Tone

Get the endorphins flowing in Tighten and Tone. A Pilates based class designed to strengthen your arms and back using 2 lb. weights, trim and slim your middle through a series of mat-based exercises, and lengthen and define the lower body through body weight resistance to improve balance and stamina. Top off a successful class with a rewarding full body stretch to seal all your hard work. A mat, blanket, and 2-3 lb. hand weights are good to use for this virtual class!

Instructor: Rebecca with Personal Euphoria
Location: Virtual
Fee: Residents: \$55 / Non-Residents: \$61

Code:	Time:	Dates:
3041002-A1	6:45 - 7:30 PM	Thursdays, Sept. 17 - Dec. 10 (12 classes, no class 11/26)

ATTENTION!

When registering for programs, please consider allocating a few extra dollars to our “Round Up” Donation fund for under-privileged youth scholarships. This fund helps provide financial assistance for Newington families in need and allows children to participate in the Summer Camp RECreate Program, the Youth Basketball Program, Group Swim Lessons, and any of our other 800+ programs. Your gift can make such a difference in our community and as they say, “do good, and good will come to you.”

Help us in our mission of “Building a Strong Community” by helping a neighboring family today!

Pilates

Exercises focus on the core muscles which include the abs, back, glutes and shoulders. We work to create balance and strength in your trunk and loose, limber limbs. Pilates strives to makes you strong and long while improving balance, coordination and posture. Every part of the body gets worked and you’ll discover muscles you never knew you had. Please bring a mat, a water, a green (or medium weight) flex band, and a 7.5-9 inch stability ball.

Instructor: Rob with Personal Euphoria
Location: Virtual
Fee: \$60 for residents / \$66 for non-residents

Code:	Time:	Dates:
3041015-A1	6:00 - 6:45 PM	Tuesdays, Sept. 15 - Dec. 8 (13 classes)

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: Jamie Wright
Location: Mortensen Community Center Multipurpose Room
Fee: \$65 for residents / \$72 for non-residents



Code:	Time:	Dates:
3041001-A1	5:30 - 6:45 PM	Wednesdays, Sept. 30 - Dec. 9 (10 classes, no class 11/25)

Cardio Strength

Interval training is a great way to increase your endurance and can increase aerobic capacity in just two days of training. This is a low intensity class. We’ll focus on endurance training, strength training and all-over body toning. You’ll be doing functional movements and core exercises while working large muscle groups to get your heart rate up. The class flies by and no muscle goes untouched. Be prepared with water, a mat, a towel, and 5-8 lb. hand weights.

Instructor: Allison with Personal Euphoria
Location: Virtual
Fee: \$60 for residents / \$66 for non-residents

Code:	Time:	Dates:
3041005-A1	5:45 - 6:30 PM	Tuesdays, Sept. 15 - Dec. 8 (13 classes)

The Newington Parks and Recreation Department would like to thank Happy Harry’s Wine and Liquor Warehouse for sponsoring the BYOC (Bring Your Own Cheese) Party held in conjunction with the Kindness Counts Program.

**THANK YOU
HAPPY HARRY’S!**

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. It is recommended you have water and a mat to use during this virtual class.

Instructor: Cynthia Wolcott
Location: Virtual
Fee: Tuesdays: \$55 for residents / \$61 for non-residents
 Thursdays: \$45 for residents / \$50 for non-residents

Code:	Time:	Dates:
3050404-A1	10:00 - 11:00 AM	Tuesdays, Sept. 29 - Dec. 8 (11 classes)
3050404-B1	10:00 - 11:00 AM	Thursdays, Oct. 8 - Dec. 10 (9 classes, no class 11/26)

Oil Painting - For Beginners

The basic ingredient for a successful painting will be taught. These will include color mixing, value, shape, composition and more. Learn how to interpret what you see through an artist's eyes. Lots of one-on-one guidance, demonstrations and informative handout sheets will be given. These weekly classes are specifically designed for the beginner painter with simplified instructions which will produce well-learned skills. Returning students may continue with their own guided original projects. If you did not receive a Supply List at registration or you register online, please call the Parks & Recreation office at 860-665-8666 for a Supply List prior to the first class. Wearing a smock is suggested.

Instructor: Fran Judycki
Location: Mortensen Community Center Arts & Crafts Room
Fee: \$90 for residents / \$99 for non-residents

Code:	Time:	Dates:
3050201-A1	9:15 - 11:45 AM	Tuesdays, Sept. 29 - Dec. 1 (10 classes)

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: Mortensen Community Center Multipurpose Room
Fee: \$55 for residents / \$61 for non-residents

Code:	Class:	Time:	Dates:
3050403-A1	Beginners	9:00 - 9:45 AM	Mondays, Sept. 28 - Dec. 7
3050403-A2	Intermediates	10:00 - 10:45 AM	(10 classes, no class 10/12)



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: Community Center Gymnasium B
Fee: **Wednesday:** \$60 for residents / \$66 for non-residents
Friday: \$55 for residents / \$61 for non-residents



Code:	Time:	Dates:
3050402-A1	10:00 - 10:45 AM	Wednesdays, Sept. 23 - Dec. 9 (12 classes)
3050402-B1	10:00 - 10:45 AM	Fridays, Sept. 25 - Dec. 11 (11 classes, no class 11/27)

ATTENTION!

Are you age 70 ½ or older, do you have a Required Minimum Distribution (RMD), and are you looking to save on your taxes today? If so, please consider donating to the Newington Parks and Recreation Department and save big on your taxes! Your donation will not only benefit our community, as well as yourself, but it will also help support underprivileged children to participate in one of our many exciting programs. Consult with your tax accountant and your financial advisor and then contact Bill DeMaio at 860-665-8669 for more details on how to save on your taxes today.



TotalVision

We Keep the Care in Eye Care

FULL SERVICE EYE CARE

Eye Exams

Contact Lens Fitting

Brand Name Frames

*Specializing in treatment
and diagnosis of
eye health conditions*



MOST INSURANCES ACCEPTED

485 Willard Avenue, Newington

860.666.7053

Uncasville • Mystic • Rocky Hill



www.EyeCareCT.com