

NEWINGTON PARKS AND RECREATION

"Creating Community through People, Parks & Programs"



Check out our Creative Playtime Preschool Program - pages 8-9

Youth, Adult & Senior Programs * Swim Lessons * Special Events * Fitness Classes * Bus Trips



Music Together



Golf Tournament



Touch A Truck



Creative Art Classes

RESIDENTS: Registration begins Friday, March 1st

NON-RESIDENTS: Registration begins Friday, March 15th



Newington Parks & Recreation Registration Form

131 Cedar St. Newington, CT 06111 Phone: 860-665-8666 Fax: 860-665-8739

www.NewingtonCT.gov

PRIMARY HOUSEHOLD CONTACT INFORMATION

First Name _____ Middle Initial _____ Last Name _____

Street Address _____ Apt./Box # _____ City _____ State _____ Zip _____

[] Check if new address Home Phone (_____) _____ Work Phone (_____) _____

Cell Phone (_____) _____ Email Address _____

Emergency Contact _____ Relationship _____ Phone (_____) _____

If there are any medical concerns, allergies or special needs that we should be aware of, please list here: _____

_____ Supplemental medical forms are available online or in our office.

PROGRAM INFORMATION

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

First and Last Name	M/F	DOB	Program ID #	Program Name	Fee	Alternate ID#

PLEASE READ CAREFULLY AND SIGN BELOW

Assumption of Liability: Participation in the activity may involve risk or injury. As a parent, guardian, or participant, I am aware of these hazards and my ability to participate. I hereby agree to release, discharge and hold harmless the Town of Newington, its employees, contracted instructors, and volunteers from the liabilities which may occur while participating in the activity. I understand that participation in any recreational or sport activity involves risk. I further understand that the Town of Newington does not provide accident/medical insurance for the program participants. In addition, I give permission for the participant to be treated by qualified medical personnel in the event that the above named parent/guardian/emergency contact cannot be reached at the phone numbers provided. The Parks and Recreation Department reserves the right to photograph program participants for publicity purposes. Please be aware that these photos are for Parks and Recreation use only and may be used in future catalogs, website, brochures, pamphlets, and/or flyers.

ADULT SIGNATURE: _____ DATE: _____

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

TOTAL FEES: \$ _____

“ROUND UP” For Youth Recreation *Rounding up your program fee helps provide financial assistance for those unable to afford the program fees for youth activities.*



+ _____

Circle Method of Payment: Cash Check Credit Card

TOTAL AMOUNT: \$ _____

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

(Found on back of card)

Circle type of card: VISA MASTERCARD DISCOVER

Facility Reservations

Mortensen Community Center Gym Rentals



The Parks and Recreation Department offers rentals of the Mortensen Community Center Gymnasium throughout the fall, winter and spring seasons. Rental availability is limited due to programming demands. The fee is \$30 per hour for residents and \$40 per hour for non-residents. If you are interested in renting the Mortensen Community Center Gymnasium, please contact the Newington Parks and Recreation Department at 860-665-8666.

Teen Center Facility Rentals *Ages 7 - 18*



Why not rent out the Teen Center for your next birthday or team party? The Teen Center facility can be rented out on Saturdays or Sundays from 11:00 a.m. until 8:00 p.m. from September through May. The Teen Center is located in the Mortensen Community Center and has a pool table, foosball table, ping pong table, and air hockey, with plenty of space for a piñata or refreshments. The fee is \$30 per hour for residents and \$40 per hour for non-residents. An additional \$25 security deposit is required at the time your reservation is made. Limit: 30 guests.

Community Gardens



The Community Gardens are located next to the Young Farm property at 282 Church Street. Plot sizes are 20 x 20 feet, and will be roto-tilled and marked. Community Gardens are open to Newington residents only. Please visit our website at www.NewingtonCT.gov/parksandrec for rules and regulations governing the gardens. The date of planting will be dependent on soil and weather conditions, but is anticipated to be mid-spring. Water will be available; please bring your own containers. The fee for each garden plot is \$20.00. Registration is held at the Parks & Recreation Office in Town Hall.

Returning gardeners may reserve their plot any time on or before Monday, March 25th, 2013. Registration for new gardeners begins Wednesday, March 27th, 2013 (upon availability).

Churchill Park Picnic Reservations

The Newington Parks & Recreation Department has reserved areas at Churchill Park available for rental. Reservations for summer bookings will begin **Wednesday, March 6th, 2013** at the Parks & Recreation office. Picnic reservations are limited to Newington residents, families, organizations and businesses on a first come, first served basis. Please note that we are unable to issue refunds once a picnic area is reserved. The reservation form to reserve picnic areas and is available online at www.newingtonct.gov/parksandrec. Sports equipment will also be available for rental; please see the reservation form for details.



UPPER SITE \$35/day
Open space that can accommodate 40 people and includes tables and a grill.



MIDDLE PAVILION \$75/day
Large covered shelter that can accommodate 150 people and includes electricity, tables and a grill.



LOWER PAVILION \$50/day
Covered shelter that accommodates 60 people and includes electricity, tables and a grill.

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FREQUENTLY REQUESTED PHONE NUMBERS

Basketball - Travel & Youth	(860) 665-8666
Blackhawks Wrestling	(860) 666-9455
Board of Education	(860) 667-2000
Cheerleading - Youth	(860) 666-1776
Football - Youth	(860) 666-3367
Human Services Department	(860) 665-8590
Indian Hill Country Club	(860) 665-5447
Lacrosse - Youth	(860) 666-1025
Lucy Robbins Welles Library	(860) 665-8700
Newington Arena (Skating)	(860) 665-7825
Newington High School	(860) 666-5611
Newington Historical Society	(860) 666-7118
Newington Little League	(860) 667-2647
Newington Swim Club	(860) 828-7424
Parks & Grounds Dept	(860) 667-5830
Parks & Recreation Dept	(860) 665-8666
Parks & Recreation Hotline	(860) 665-8686
Senior & Disabled Center	(860) 665-8778
Soccer Club of Newington	(860) 665-7203
Special Olympics Newington	(860) 665-8773 3

Community Events...



Family Fishing Derby

Saturday, April 27th, 9:00 a.m.—12:00 noon at Mill Pond Park Pond

The Family Fishing Derby is open to boys and girls ages 3 through 15 years old. The event will be held from 9:00 a.m. - 12:00 noon and is sponsored by Newington Parks & Recreation and Trout Unlimited. Bring your whole family to participate in this wonderful springtime event. All children must be accompanied by a parent or guardian. In case of inclement weather, please call our program hotline at 860-665-8686. Rain Date: Sunday, April 28th. You must provide your own fishing equipment. This event is FREE!



15th Annual Golf Tournament

Monday, May 13th, begins at 12:30 p.m. at Indian Hill Country Club (Rain Date: Monday, May 20th)

Join the Newington Parks & Recreation Department's 15th Annual Golf Tournament at Indian Hill Country Club. The "Shotgun" format tournament is open to all ability levels. All proceeds support recreation programs in the Town of Newington. The registration fee is \$125 per person and includes the greens fees, cart, lunch, dinner and prizes! Please call the Parks and Recreation office at 860-665-8666 if you are interested in making a donation (cash or raffle prizes accepted), becoming a sponsor for a \$100 Tee Sign, or playing in the tournament.



National Trails Day Celebration - Save the Date!

Saturday, June 1st, 10:00 a.m. - 12:00 noon at Mill Pond Park (Rain Date: Sunday, June 2nd)

This family-friendly event will be fun for everyone! More information will be available soon!



Touch-a-Truck

Saturday, June 15th, 10:00 a.m. -12:00 noon in Library/Town Hall Parking Lots

Held in conjunction with the Lucy Robbins Welles Library Kickoff to Summer Reading, this is an event for the whole family! This is a hands-on event where kids young and old can touch, honk horns and climb on the vehicles we will have on display. Vehicles on display may include a Back Hoe, Fire Truck, Pay Loader, Dump Truck, Deck Mower, Police Cruiser, Medical Ambulance and more! No registration is required. This event is FREE!



32nd Annual Extravaganza - Save the Date!

Saturday, July 20th, Mill Pond Park

Save These Dates!

Newington Parks & Recreation Department's Summer 2013 Sports Camps

- | | |
|------------------------------------|----------------|
| • Skyhawks Tiny-Hawk | June 24 - 27 |
| • Skyhawks Basketball (grades K-2) | June 24 - 27 |
| • Skyhawks Mini-Hawk | July 8 - 11 |
| • Skyhawks Flag Football | July 22 - 26 |
| • Skyhawks Volleyball | July 22 - 25 |
| • Skyhawks Multi Sport | August 12 - 16 |
| • Skyhawks Tiny-Hawk | August 12 - 16 |
| • Skyhawks Mini-Hawk | August 12 - 16 |

*More camps are being finalized soon...
details to follow in our Summer 2013
Program Guide!!!*

Start Planning for the Summer!

The Parks & Recreation Summer Playground & Playground Pals scheduled program dates are June 24th - August 9th, 2013.*

**Dates may change depending on school schedule.*

The **Playground Pals** program is open to children ages 5 & 6 who will be entering Kindergarten or 1st Grade in the Fall and reside in Newington or attend Newington schools.

The **Summer Playground** program is open to children who are Newington residents or attend Newington schools and are currently in grades 1-7.



Summer Playground/Playground Pals program information will be distributed in all Newington schools in late April.

Experience the fun!



Bus Trips...



Bronx Zoo *Saturday, April 13, 2013*

The Bronx Zoo is the flagship of the largest network of metropolitan zoos in the country and the heart of the Wildlife Conservation Society. You will see award-winning, cutting-edge exhibits featuring over 4,000 exotic and amazing animals. There is no other zoo in the world that offers the diversity and superb viewing that you will find here.

Fee: \$76 for adults / \$72 for children ages 3-12

ID: 8768

Bus trip includes:

- Round trip motorcoach transportation with a tour director
- Admission to the Bronx Zoo including the "TEX" package (Congo Gorilla Forest, Butterfly Zone, Children's Zoo, Bengali Express Monorail)
- Bus departs **at approximately 7:30 a.m. (Specific location to be determined)**. Departs the Bronx Zoo at 5:00 p.m.



Boston Duck Tours & Historic Fenway Park *Saturday, May 18, 2013*

See Boston, one of the oldest cities in America, on board the famous Duck Boats - authentic renovated WWII amphibious landing vehicles. You will cruise along the Freedom Trail, then splash into the Charles River. Then, tour Fenway Park, the home of the Boston Red Sox which opened on April 20, 1912.

Fee: \$94 per person

ID: 8769

Bus trip includes:

- Round trip motorcoach transportation with a tour director
- Boston Duck Tour, leisure time at Prudential Center for lunch, Fenway Park Tour, and leisure time at Quincy market for dinner.
- Bus departs **at approximately 7:30 a.m. (Specific location to be determined)**. Departs Boston at approximately 6:00 p.m.

BUS TRIP GUIDELINES

- An adult must accompany anyone under the age of 18.
- Rest stops to/from the destination are at the discretion of the Tour Director.
- We typically use a 50-passenger coach bus. All seats sold are on a first-come, first-served basis. There are no reserved seats. Those who travel alone must share the seat beside them. Some trips will be "shared" with other towns or businesses. Seats on these shared buses are limited, so register early!
- Detailed trip itineraries will be mailed to each registered participant a few days before the trip.
- We are not responsible for your return trip if you miss the bus!
- Bus departure location details will be stated in your trip itinerary. Please look over the trip itinerary carefully - occasionally the departure times may change slightly from what is listed in this Program Guide.
- Absolutely no refunds for trips will be given unless the registrant can find their own replacement, if we have a waiting list, or if the Parks and Recreation Department cancels the trip.

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

**Somewhere in this Program Guide is an
April Fools Program.**

The first resident to call the Parks and Recreation Department office to identify the correct program will receive a discount of \$25 off the program fee of your choice!



Recreational Swimming at Newington High School

The Newington High School Pool will open for indoor recreational swimming from October through May. Recreational swimming is supervised by certified Red Cross lifeguards. Newington residents may pay a daily admission fee at the pool, use a Summer 2012 pool pass for the 2012-2013 indoor season, or may purchase pool passes for the indoor season at the Parks and Recreation office. Proof of residency must be shown. The fee for a household pass is \$30 and includes up to six people who permanently reside in the same Newington household. For households with more than six people, the additional fee for each person is \$5. Passes for resident individuals are \$25. Daily admission rates are listed below. Newington's aquatic facilities are open to residents, and residents may bring non-residents as their guests. Non-residents may only participate in recreational swimming as the guest of a Newington resident, and must pay the daily rate, unless participating in the tri-town swimming program (see bottom right side of page). Children under 13 must be accompanied by an adult.

Time: 7:00 PM - 8:45 PM
Dates: Mondays, Wednesdays & Fridays, Oct. 1, 2012 - May 31, 2013. *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+)

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 Ave, Newington
 Open Mon., Wed., and Fri.: 7:00 - 8:45 PM
 Office Number - 860-665-8666 / Hotline - 860-665-8686

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

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

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

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 6 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 6 YEARS OLD) Enter and exit the water unassisted, open eyes underwater, bobbing, combined arm/leg action on front and back, front/back glides (two body lengths) and supported front/back float (3 seconds).

Level 2 - Jump from the deck into chest deep water, float without assistance, tread water (15 seconds), submerge completely and hold breath for 5 seconds, swim using leg and arm stroke (5 body lengths).

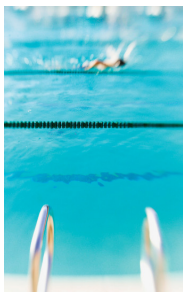
Level 3 - Jump into deep water, begin diving, tread water (30 seconds), front crawl (15 yards), elementary backstroke (15 yards), survival float (30 seconds) and learn rotary breathing.

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

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

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

For a more detailed list of the level descriptions, please visit www.newingtonct.gov/parksandrec



Adult Swim Lessons Ages 18 and up

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

Location: Newington High School Indoor Pool **Fee: \$65 (4 classes)**

ID:	Class	Time	Dates
8834	Beginners	7-7:30 p.m.	Wednesdays, March 20 - April 10 (4 classes)
8835	Advanced Beginners	7-7:30 p.m.	Wednesdays, April 24 - May 15 (4 classes)

Adult Swim Lesson Level Descriptions

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

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

Preschool & Parent

Ages 3-5 with parent

These lessons are the perfect opportunity for 3-5 year olds to get acquainted with being in the water. A parent is required to be in the water at all times with their child and should be comfortable in the water. There are no vouchers or refunds given for missed or cancelled swim lessons. We will attempt to schedule a make-up class when lessons are cancelled. Children must be three years old when the program begins. Swim lessons are available for Newington residents only.

Location: Newington High School Indoor Pool

Fee: \$30 (8 classes)

ID:	Time	Dates
8794	5:30 - 6:00 PM	Mondays, March 18 - May 13 (no class 4/15)
8804	5:30 - 6:00 PM	Wednesdays, March 20 - May 15 (no class 4/17)

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

American Red Cross Lifeguarding



We may be offering the new American Red Cross Lifeguarding Course this Spring or early Summer. Students will learn safety and rescue techniques designed to prevent and respond to a variety of aquatic emergencies. Participants must be 15 years of age by the completion of the course. Course dates are still being determined. If you would like to be contacted about upcoming courses, please call our office at 860-665-8666.



Group Swim Lessons *Ages 6 - 17*

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

Location: Newington High School Indoor Pool

Fee: \$30 (8 classes)

Mondays, March 18 - May 13 (8 classes, no class 4/15)			Wednesdays, March 20 - May 15 (8 classes, no class 4/17)		
5:30 - 6:00 PM		6:00 - 6:30 PM	5:30 - 6:00 PM		6:00 - 6:30 PM
Level 1	(not offered)	ID: 8799	Level 1	(not offered)	ID: 8809
Level 2	ID: 8795	ID: 8800	Level 2	ID: 8805	ID: 8810
Level 3	ID: 8796	ID: 8801	Level 3	ID: 8806	ID: 8811
Level 4	ID: 8797	ID: 8802	Level 4	ID: 8807	ID: 8812
Level 5/6	ID: 8798	ID: 8803	Level 5/6	ID: 8808	ID: 8813

Semi-Private Swim Lessons *Ages 6 - 17*

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

Location: Newington High School Indoor Pool

Fee: \$65 (4 classes)

Session 1 - MONDAYS March 18 - April 8		Session 2 - WEDNESDAYS March 20 - April 10	
6:30 - 7:00 PM		6:30 - 7:00 PM	
Level 1	ID: 8814	Level 1	ID: 8824
Level 2	ID: 8815	Level 2	ID: 8825
Level 3	ID: 8816	Level 3	ID: 8826
Level 4	ID: 8817	Level 4	ID: 8827
Level 5/6	ID: 8818	Level 5/6	ID: 8828

Session 2 - MONDAYS April 22 - May 13		Session 2 - WEDNESDAYS April 24 - May 15	
6:30 - 7:00 PM		6:30 - 7:00 PM	
Level 1	ID: 8819	Level 1	ID: 8829
Level 2	ID: 8820	Level 2	ID: 8830
Level 3	ID: 8821	Level 3	ID: 8831
Level 4	ID: 8822	Level 4	ID: 8832
Level 5/6	ID: 8823	Level 5/6	ID: 8833

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.

IMPORTANT DATES

For residents, we are **now accepting** registration for the 2013-2014 School Year.

For non-residents, registration for the 2013-2014 School Year begins on **Thursday, February 28.**

Registration is accepted in the Parks and Recreation office during normal office hours.

PROGRAM INFORMATION

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

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

Staff: Preschool Director/Head Teacher: Marilyn Janelle. Preschool Asst. Director/Head Teacher: Loralyn Callahan
Assistant Teachers: Kim Marchetti, Randi Thureson, Janet Arnold and Maggie Bazzano

REGISTRATION INFORMATION

- Registration for residents is now being accepted in the Parks & Recreation office and will continue until all classes have been filled. A parent or guardian of each child must be present at the time of registration. Registration is taken on a first come, first served basis.
- A 25% **non-refundable** deposit is required at the time of registration.
- Registration for non-residents will be taken beginning Thursday, February 28, 2013.
- A discount is offered for children who attend multiple full days.
- A payment plan is available for the 2013-2014 school year at no extra charge.
- If you choose to pay in full, balance of payment is required in full on or before Tuesday, July 16, 2013. A late fee of \$25 will be assessed if the payment is received on or after Tuesday, July 23, 2013. If payment is not received in full by Tuesday, July 30, 2013, you will forfeit your child's space in the program, your deposit, and any other payments or fees paid towards the program.
- If you choose the payment plan option, the remaining balance will be due in three equal installments on July 16th, 2013, October 16th, 2013 and January 16th, 2014. A \$25 late fee will be assessed for each installment received more than one week past the due date. If at any time a payment is more than two weeks overdue, you will forfeit your child's space in the program, your deposit, and any other payments or fees paid towards the program. If choosing the payment plan option, please note that we do not send out bills before each payment is due.
- Open to children ages 3—5. All children must turn 3 years old by Dec. 31, 2013. The ratio is 10 children per teacher.
- 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.
- Additional registration information is available at the Parks and Recreation office along with a current listing of immunizations that are required for participation in this program.



Registration Packets are available at the Parks and Recreation office or online at www.newingtonct.gov/parksandrec

Creative Playtime Preschool Program...

Our convenient program schedule allows you to register only for the times and days that you choose. You can register for one day per week or all five! Choose Morning or Afternoon classes, or register for both and add Lunch Bunch for a full day of Preschool fun for your child.

Our affordable fees make our program a great value. Creative Playtime Preschool is an economical choice that provides an enriching, nurturing and stimulating environment for children to learn, socialize and play.



DAILY PROGRAM SCHEDULE

Mornings: 9:30 - 11:45 AM

Lunch Bunch: 11:45 - 12:15 PM (Lunch Bunch is the perfect opportunity to have your child spend the whole day with us. Send your child with a healthy, nut-free and nut oil-free lunch and we will provide supervision until their afternoon class. Lunch Bunch only available when combined with the Morning and Afternoon classes as a Full Day Program.)

Afternoons: 12:15 - 2:30 PM

Full Day Program: 9:30 AM - 2:30 PM (Combines Morning, Lunch Bunch, and Afternoon classes)

2013-2014 PROGRAM DATES

- **Mondays: September 9th—June 2nd** (no class 10/14, 11/11, 12/23, 12/30, 1/20, 2/17, 4/14, 5/26)
- **Tuesdays: September 3rd—June 3rd** (no class 12/24, 12/31, 2/18, 4/15)
- **Wednesdays: September 4th—June 4th** (no class 11/27, 12/25, 1/1, 4/16)
- **Thursdays: September 5th—June 5th** (no class 11/28, 12/26, 4/17)
- **Fridays: September 6th—June 6th** (no class 11/29, 12/27, 2/14, 4/18)

2013-2014 PROGRAM FEES

ID:	DAYS	FEES	25% Deposit Due at Time of Registration (Non-Refundable)	
<u>8771</u>	Monday Mornings	\$453.38 (31 classes)	\$113.35	<u>Mondays Full Day</u>
<u>8772</u>	Monday Lunch Bunch	\$100.75 (31 classes)	\$ 25.19	\$1,007.51
<u>8773</u>	Monday Afternoons	\$453.38 (31 classes)	\$113.35	Deposit: \$251.88
<u>8774</u>	Tuesday Mornings	\$526.50 (36 classes)	\$131.63	<u>Tuesdays Full Day</u>
<u>8775</u>	Tuesday Lunch Bunch	\$117.00 (36 classes)	\$ 29.25	\$1,170.00
<u>8776</u>	Tuesday Afternoons	\$526.50 (36 classes)	\$131.63	Deposit: \$292.50
<u>8777</u>	Wednesday Mornings	\$526.50 (36 classes)	\$131.63	<u>Wednesdays Full Day</u>
<u>8778</u>	Wednesday Lunch Bunch	\$117.00 (36 classes)	\$ 29.25	\$1,170.00
<u>8779</u>	Wednesday Afternoons	\$526.50 (36 classes)	\$131.63	Deposit: \$292.50
<u>8780</u>	Thursday Mornings	\$541.13 (37 classes)	\$135.28	<u>Thursdays Full Day</u>
<u>8781</u>	Thursday Lunch Bunch	\$120.25 (37 classes)	\$ 30.06	\$1,202.51
<u>8782</u>	Thursday Afternoons	\$541.13 (37 classes)	\$135.28	Deposit: \$300.62
<u>8783</u>	Friday Mornings	\$526.50 (36 classes)	\$131.63	<u>Fridays Full Day</u>
<u>8784</u>	Friday Lunch Bunch	\$117.00 (36 classes)	\$ 29.25	\$1,170.00
<u>8785</u>	Friday Afternoon	\$526.50 (36 classes)	\$131.63	Deposit: \$292.50



Discounts for 2013-2014 School Year

Register your child for one full day and receive \$50 off your total tuition bill for each additional full day you register for!! (Full Day Program includes morning, lunch bunch, and afternoon. Discount applied for children registered prior to the beginning of the school year.) So, register for:

*Two full days—receive \$50 off your total tuition bill

*Three full days—receive \$100 off your total tuition bill

*Four full days—receive \$150 off your total tuition bill

*Five full days—receive \$200 off your total tuition bill.

Youth Programs...

Music Together *Ages newborn to 5 years*

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

Instructor: Jessica Nevins

Location: Mortensen Community Center Romano Room

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

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



ID:	Time	Dates
8836	9:30 - 10:15 AM	Wednesdays, April 3 - June 12 (10 classes, no class 4/17)
8837	10:30 - 11:15 AM	Wednesdays, April 3 - June 12 (10 classes, no class 4/17)
8838	9:30 - 10:15 AM	Saturdays, April 6 - June 1 (8 classes, no class 5/25)

Help Us Keep Our Programs Healthy

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

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



Dance Classes *Ages 2—8*

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

Instructor: Janet Arnold

Location: Mortensen Community Center Romano Room

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



ID:	Ages	Class	Time	Dates
8839	2 - 4	Ballet/Creative Movement	1:15 - 2:00 PM	Saturdays, April 6 - June 8
8840	4 - 6	Hip Hop	2:00 - 2:45 PM	(8 classes)
8841	2 - 4	Ballet/Creative Movement	2:45 - 3:30 PM	(no class 5/18, 5/25)
8842	5 - 8	Ballet	3:30 - 4:15 PM	
8843	2 - 4	Ballet/Creative Movement	4:15 - 5:00 PM	

Jumpin' Gym Daze

Ages 12—36 Months with Parent

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

Instructor: Randi Thureson

Location: Mortensen Community Center Gymnasium

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

ID:	Time	Dates
8844	9:30 - 10:15 AM	Wednesdays, March 27 - May 22 (8 classes) (no class 4/17)
8845	10:30 - 11:15 AM	Wednesdays, March 27 - May 22 (8 classes) (no class 4/17)

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

ID:	Time	Dates
8846	9:30 - 10:15 AM	Mondays, April 1 - June 3 (8 classes) (no class 4/15, 5/27)
8847	10:30 - 11:15 AM	Mondays, April 1 - June 3 (8 classes) (no class 4/15, 5/27)

Children's Cartooning

Grades 1 - 5

Pencils will fly across the paper creating imaginative characters like unicycling cats, exploding wizards, singing banana men, marshmallow aliens and more! Your characters will be developed into comic strips that convey mood, action and movement. All supplies are provided.

Instructor: Fran Judycki

Location: MCC Arts & Crafts Room

Fee: \$28 for residents / \$35 for non-residents

ID:	Time	Dates
8848	6:30 - 7:30 PM	Mondays, April 1 - 29 (4 classes, no class 4/15)
8849	6:30 - 7:30 PM	Mondays, May 6 - June 3 (4 classes, no class 5/27)

Mini Art Explorers One-Day Programs

Ages 5 & 6

No need to commit to a whole session - these one day programs are perfect for busy artists! Each week offers a different opportunity to EXPLORE art with endless imagination, fun and a wide variety of materials. All supplies are provided.

Instructor: Fran Judycki

Location: MCC Arts & Crafts Room

Time: 5:00 - 6:00 p.m.

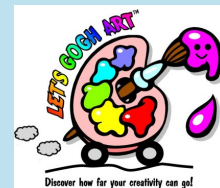
*Fee per session: \$12 for residents
\$14 for non-residents*

ID:	Date
ID: 8850	Monday, April 1
Winged Wonders & Mini Bird House- Make colorful birds of nature and paint/decorate mini wooden bird houses.	
ID: 8851	Monday, April 8
3-D Rockin' Robots & Spaceships - Design using foam shapes, cardboard, plastic disks, neon colors, etc.	
ID: 8852	Monday, April 22
Colorful Button Tree & Clay Creatures - Create using wooden buttons, clay, macaroni and paint!	
ID: 8853	Monday, April 29
Bumble Bees & Bugs - Bright paint, fun foam shapes, wild colors that buzz and hum.	



Art-ventures in the Rainforest with Let's Gogh Art

Grades K - 5



Adventurers explore the fascinating endangered rainforest and learn about the wondrous and rare creatures that live in it. Species of parrots, jungle cats, snakes, red-eyed tree frogs and more are discovered as children experiment with whimsical and original art forms and techniques. Explorers play with clay and tie-dye t-shirts. They learn printing techniques on fabric, experience metal art, stained glass, painting, collage and journaling. The ecological importance of saving the rainforest is discussed while surprises and laughter round out this fun-filled program. Awesome works of art are brought home each week!

Instructor: Let's Gogh Art staff

Location: MCC Arts & Crafts Room

Fee: \$110 for residents / \$125* for non-residents*

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

ID:	Time	Dates
8854	5:15 - 6:15 PM	Wednesdays, April 3 - May 29 (8 classes, no class 4/17)

Spaces are limited - register early!

Let's Gogh Art...

- Helps children think outside the box about art as it relates to the amazing world around us!
- Fosters creativity through broad-based exposure to artists' tools, techniques and materials
- Inspires children to create art that is uniquely their own
- Encourages children's creative spirit and imagination and promotes the value of art
- Provides art activities that kids love to do!

Art Explorers One-Day Programs

Grades 1 - 5

No need to commit to a whole session - these one day programs are perfect for busy artists! Each week provides a different opportunity to EXPLORE art with endless imagination and a wide variety of materials. All supplies are provided.

Instructor: Fran Judycki

Location: MCC Arts & Crafts Room

Time: 6:00 - 7:00 p.m.

Fee per session: \$12 for residents / \$14 for non-residents

ID:	Date
ID: 8855	Tuesday, April 2
Clay Critters - Create critters and their habitats with soft air-dry clay.	
ID: 8856	Tuesday, April 9
Winged Wonders - Make birds of nature and paint/decorate mini wooden bird houses.	
ID: 8857	Tuesday, April 23
Dream Cars - From shiny race cars to frilly buggies and rusty jalopies - create your dream!	
ID: 8858	Tuesday, April 30
Flower Fairies or Power Transformers - Design a wild-haired fairy or a powerful transformer.	

ID:	Date
ID: 8859	Tuesday, May 14
Enchanted Fairy Cottage or Fort Hideouts - Build with twigs, sticks, pebbles, acorns, straw, etc.	
ID: 8860	Tuesday, May 21
3-D Rockin' Robots - Design with neon colors, foam eggs & squares, shiny buttons, etc.	
ID: 8861	Tuesday, May 28
Paint Spring - with acrylic paint in Van Gogh style!	

Youth Sports & Fitness...

Gymnastics *Ages 2 and up*

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

Instructor: New England Gymnastics Express Staff

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

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

ID:	Time	Dates
Parent and Tot: Ages 2 - 3 1/2 with Parent		
8862	1:00 - 1:40 PM	Mondays, March 25 - May 20 (8 classes, no class 4/15)
8863	1:00 - 1:40 PM	Thursdays, March 28 - May 23 (8 classes, no class 4/18)
Preschool: 3 1/2—5 years old		
8864	1:50 - 2:30 PM	Mondays, March 25 - May 20 (8 classes, no class 4/15)
8865	1:45 - 2:25 PM	Thursdays, March 28 - May 23 (8 classes, no class 4/18)
Beginner: Kindergarten - 2nd Grade		
8866	6:00—6:45 PM	Tuesdays, March 26 - May 21 (8 classes, no class 4/16)
8867	6:00—6:45 PM	Thursdays, March 28 - May 23 (8 classes, no class 4/18)

Tennis Lessons *Ages 7—17*

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

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

Instructors: Newington Tennis Center Staff

Location: Newington Tennis Center, 60 Prospect Street

Fee: Fees are listed below. Fees remain the same for non-residents

ID:	Time	Dates	Fee
8720	4:00 - 5:00 PM	Sundays, March 17 - May 12 (8 classes, no class 3/31)	\$132
8868	4:00 - 5:00 PM	Sundays, May 19 - June 16 (4 classes, no class 5/26)	\$66

FREE Family Fishing Course *Ages 7— Adult*

The Department of Energy & Environmental Protection offers this FREE Family Fishing Course through its Connecticut Aquatic Resources Education (CARE) program. Expert volunteer instructors will share information and expertise on where to fish, what bait to use and safety around the water. Includes one classroom session and one field trip to Mill Pond. All equipment is provided. Spaces are limited; register early.

Instructors: DEEP C.A.R.E. instructor

Location: Mortensen Community Center Arts & Crafts room / Mill Pond

ID:	Dates	Time	Location	Fee
8869	Thursday, May 2nd Saturday, May 4th	6:30 - 8:30 p.m. 8 a.m. - noon	MCC Arts & Crafts room Mill Pond	FREE!

The First Tee of CT PLAYer Instructional Golf Program *Ages 7—12*



The Parks & Recreation Department, in conjunction with The First Tee of Connecticut, is offering golf instruction for children of all ability levels.

The PLAYer Program

The PLAYer Level introduces participants to The First Tee's Nine Core Values, Nine Healthy Habits and Code of Conduct and focuses on learning the game of golf and its rules and etiquette. Students will participate in on-course activities with four main focuses, PLAY, LEARN, APPRECIATE and YOUR GAME. The PLAYer Program provides an avenue for coaches to engage participants in a seamless introduction to The First Tee Code of Conduct, etiquette and the Rules of Golf while playing a game - the game of golf. Participants immediately gravitate to the activities, and as a result, the rate at which they comprehend the material is exceptional. All participants new to The First Tee must enter through the Player Level. Clubs are available for use or participants may bring their own. For more information, please visit www.thefirstteect.org. Spaces are limited.

Instructors: The First Tee Instructors

*Location: Saturday & Tuesday Programs held at TPC River Highlands in Cromwell
Thursday Program held at Goodwin Park in Hartford*

Fee: Fees are listed below. Fees remain the same for non-residents.

ID:	Time	Dates	Fee
TPC River Highlands			
8870	12:30 - 1:50 PM	Saturdays, April 13 - June 1 (7 classes, no class 5/25)	\$45
TPC River Highlands			
8871	5:30 - 6:50 PM	Tuesdays, April 16 - May 28 (7 classes)	\$45
Goodwin Park			
8872	5:30 - 6:50 PM	Thursdays, April 18 - May 30 (7 classes)	\$33

Teen Programs...

Teen Center *Grades 7 - 12* *Fridays, 7:00 - 10:00 PM* *November 9th, 2012 - April 5th, 2013*

The Newington Teen Center has been in operation since the early 1970's and provides a safe, drug and alcohol free environment where there is a multitude of recreational activities available. Our fully staffed activities help to facilitate positive social interaction and include basketball, pool tables, ping pong, Nintendo Wii, PS2, air hockey, foosball, and more. The Teen Center is open to Newington residents and those attending Newington schools. To become a member, teens must fill out a registration form available at the Teen Center. There is no membership fee! Teens will only pay the nightly fee of \$5.00. The Teen Center will be closed on 2/22/13 and 3/29/13. Other closings may occur and signs will be posted. The Teen Center may close early on evenings when less than 10 teens attend - refunds will not be given if this occurs. Please contact Newington Parks & Recreation for details about any of our Teen Center programs at 860-665-8666.

Teen Center Facility Rentals *Ages 7 - 18*

Why not rent out the Teen Center for your next birthday or team party? The Teen Center facility can be rented out on Saturdays or Sundays from 11:00 a.m. until 8:00 p.m. from September through May. The Teen Center is located in the Mortensen Community Center and has a pool table, foosball table, ping pong table, and air hockey, with plenty of space for a piñata or refreshments. Facility rental fee is \$30 per hour for residents and \$40 per hour for non-residents. An additional \$25 security deposit is required at the time your reservation is made. Limit: 30 guests.



7th & 8th Grade Dances

Dances are open to Newington students only. Includes DJ, music, supervision and dancing. Students **must show their school ID at the door** or a parent/guardian must be present to sign the student in - **there are absolutely no exceptions**. No backpacks and no re-entry once admitted. Those dressed in offensive or provocative clothing will not be admitted. The fee is \$5.00 per student and a non-perishable food donation. Refreshments will be available for sale. Dances are held from 7:00 - 10:00 PM at the Mortensen Community Center Gymnasium.

SAVE THE DATE FOR THE LAST
DANCE OF THE SCHOOL YEAR:

Friday, March 22nd, 2013



Adult Sports...



Calling All Softball Players!

Men's Softball League (18+)

Newington Parks & Recreation offers a Men's Softball League that runs from early May until late August (Monday through Friday). The League consists of 20 teams. Players must live in Newington to be eligible to play. League fees are approximately \$875 per team. Teams that participated last season need to contact the Parks & Recreation office by March 22nd if interested in returning. After March 22nd, new teams meeting the eligibility requirements 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 & Recreation office at kgallicchio@newingtonct.gov.

Women's Softball League (18+)

Newington Parks & Recreation offers a Women's Softball League that runs from early May until mid-August (Monday & Wednesday). We are looking to expand our Women's League that currently has teams from Newington and Wethersfield. League fees will be approximately \$650 per team. Teams that participated last season need to contact the Parks & Recreation office by March 22nd if interested in returning. If you are interested in getting a new team in the league or playing on an existing team, please contact the Parks & Recreation office at kgallicchio@newingtonct.gov.



PLAY KICKBALL!

Newington Parks & Recreation would like to announce our third season of adult co-ed kickball! The league will run mid-May until late August. League fees are approximately \$450.

If you are interested in getting a team in the league or playing on an existing team, please contact the Parks & Recreation office at kgallicchio@newingtonct.gov.

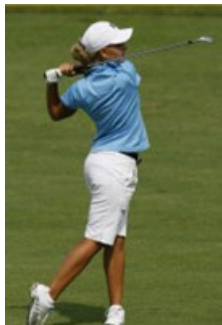
Adult Programs...



Beginner Ladies Golf Clinic

Are you ready for some fun? Get Golf Ready is a fun and affordable golf instruction program for people with little or no golf experience. The Get Golf Ready program is a series of five introductory lessons conducted by PGA Professionals in a small-group environment.

The five lessons featured in the Get Golf Ready program will provide basic skills instruction as well as information regarding the game's rules, etiquette and values. Significant on-course learning opportunities will also be a part of each lesson. Overall, participants will gain insight into techniques regarding chipping, putting, full swing and bunker play as well as the fundamental guidelines regarding the use and maintenance of golf equipment, keeping score and navigating the course, among others.



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

Instructor: Michelle Winkler, Golf Professional

Location: Indian Hill Country Club, 111 Golf Street

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

ID:	Time	Dates
8873	6:00 - 7:30 PM	Wednesdays, May 1 - 29 (5 classes)

One-Day Connecticut Safe Boating and Personal Watercraft Certification

Ages 12 - adult

This single session, 8-hour course instructed by Professional Marine Education, provides a certificate of completion as partial fulfillment of the requirements to obtain the Certification of Personal Watercraft Operation, which allows the operation of motorized recreational vessels up to 65' and sailboats 19 1/2' in length and longer. Upon successful completion of this course, the student can mail or deliver the diploma to any State DEP or DEEP office, and combined with an application for certificate (provided) and appropriate fee, qualifies the student to obtain the Certificate of Personal Watercraft Operation. The certificate is a one-time, lifetime certification. While there is no age minimum by any state regulation, we recommend that students are least 12 years of age due to the length of the course and the amount of material covered. All students should bring a pen or pencil to class.

Instructor: Professional Marine Education staff

Location: Mortensen Community Center Romano Room

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



ID:	Time	Dates
8726	8:30 AM - 4:30 PM	Sunday, March 24 (one class)
8727	8:30 AM - 4:30 PM	Sunday, April 21 (one class)

Adult Drawing and Composition

This is a fun course for beginners or experienced artists who want to strengthen their drawing and composition skills. Topics will include value, contour line, texture and perspective. Composition will be emphasized since it is the core of any successful piece of art. Come and explore the theories and techniques of observational and imaginative drawing! The best way to improve your painting skills is to improve your drawing and observation skills. Please call the Parks & Recreation Department at 860-665-8666 for a materials list prior to the first class.

Instructor: Fran Judycki

Location: Senior & Disabled Center Game Room

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

ID:	Time	Dates
8874	6:30 - 8:00 PM	Wednesdays, April 3 - May 8 (6 classes)

Kayak Lessons *Ages 13 - adult*

This course provides the student with basic information about kayaks, paddling strokes and maneuvers. At the completion of the lesson, students will be able to select a kayak to suit their needs and adjust the boat to fit their body size. Students will also learn water skills such as forward and reverse paddle strokes, turning, bracing and controlling the kayak. Use of kayaks, personal floatation device and paddles are included. Taught on flatwater in Collinsville, CT.

Location: Collinsville Canoe & Kayak - Collinsville, CT

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

ID:	Time	Date
8875	10:00 AM- 1:00 PM	Saturday, June 8th (one class)



Intro to Stand Up Paddle Boarding *Ages 13 - adult*

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



Location: Collinsville Canoe & Kayak - Collinsville, CT

Fee: \$45 for residents / fee remains the same for non-residents

ID:	Time	Date
8876	11:00 AM- 12:30 PM	Saturday, May 25th (one class)

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



Beach Bod!

Tired of pushing that bikini to the back of your drawer, promising yourself that next year you'll be able to slip that baby on? Sick of sucking in that gut just to tie on your swim trunks? Here's the solution! Beach Bod is an intensive workout that will guarantee you 6 pack abs in just two short years. Each class will begin with a brisk 16 mile run followed by 3 hours of wheezing and complaining. All levels welcome. Sweat suits, 50 lb. dumbbells and protein shakes are required.

Instructors: Hanz & Franz

Location: Mortensen Community Center gymnasium

Fee: Priceless

ID:	Time	Dates
4113	3:00 AM- 6:00 AM	Mondays, April 1, 2013 - April 1 - 2015 (104 classes)

Zumba

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

Location: All classes at Senior & Disabled Center Auditorium*

Instructor: Mondays: Lydia Borysiuk

Wednesdays: Nina Lawrence

Thursdays: Mary Woods

ID:	Dates	Time	Fee:
8877	Mondays, April 1 - June 17 (11 classes, no class 5/27)	4:45 - 5:30 PM	\$42 for residents \$52 for non-residents
8878	Wednesdays, April 3 - June 19 (11 classes, no class 5/8)	5:25 - 6:25 PM	\$55 for residents \$68 for non-residents
8879	Thursdays, April 4 - June 20 (11 classes, no class 4/18)	5:30 - 6:30 PM	\$55 for residents \$68 for non-residents

*Class on Thursday, April 25th will be held in the Mortensen Community Center Gymnasium.



Line Dancing

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

Instructor: Wendy Nielsen

Location: Senior & Disabled Center Ceramics Room

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



ID:	Time	Dates
8880	5:30 - 6:30 PM	Mondays, April 1 - June 17 (11 classes, no class 5/27)

The Art of T'ai Chi

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

Instructor: Ken Zaborowski

Location: Mortensen Community Center Romano Room

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

ID:	Class	Time	Dates
8881	Beginners	5:30 - 6:30 PM	Mondays, April 1 - June 17 (11 classes, no class 5/27)
8882	Intermediates	6:30 - 7:30 PM	Mondays, April 1 - June 17 (11 classes, no class 5/27)

Zumba Toning

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

Location: Senior & Disabled Center Auditorium

Instructor: Lydia Borysiuk



ID:	Dates	Time	Fee
8883	Mondays, April 1 - June 17 (11 classes, no class 5/27)	5:30 - 6:15 PM	\$42 for residents \$52 for non-residents

Adult Fitness...

Cardio Tennis for Beginners

Cardio Tennis is a new, fun group activity, featuring a circuit of drills to give players of all abilities (including beginners) the ultimate, high-energy workout! While you do hit balls during a Cardio Tennis workout, it does not matter whether you hit them in or out. Cardio Tennis will not only help you get in shape, but will help improve your tennis skills as well!

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

Instructors: Newington Tennis Center Staff

Location: Newington Tennis Center, 60 Prospect St.

Fee: Fees are listed below. Fees remain the same for non-residents.

ID:	Time	Dates	Fee
8738	4:00 - 5:00 PM	Sundays, March 17 - May 12 (8 classes, no class 3/31)	\$80
8884	4:00 - 5:00 PM	Sundays, May 19 - June 16 (4 classes, no class 5/26)	\$40



Power Cardio

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

Instructor: Laura Campbell

Location: Mortensen Community Center Gymnasium

Fee: Tuesdays: \$60 for residents / \$75 for non-residents

ID:	Time	Dates
8885	5:45-6:45 PM	Tuesdays, April 2 - June 18 (12 classes)

Reasons to Register Early!

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

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

All of our programs require a high level of coordination, often including facility scheduling, staffing and purchasing of supplies.

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

Please Register Early!

Hi/Lo Aerobics

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

Instructor: Laura Campbell

Location: Senior & Disabled Center Auditorium

ID:	Time	Dates	Fee
8886	6:30 - 7:30 PM	Mondays, April 1 - June 17 (11 classes, no class 5/27)	\$44 for residents \$55 for non-residents
8887	6:30 - 7:30 PM	Wednesdays, April 3 - June 19 (12 classes)	\$48 for residents \$60 for non-residents

Register for both Hi/Lo classes and save \$5!

Residents: \$87! Non-Residents: \$110!

Tone Aerobics

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

Instructor: Sandy Rovelli

Location: Senior & Disabled Center Auditorium

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

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

ID:	Time	Dates
8888	9:15 - 10:15 AM	Tuesdays, April 2 - June 18 (12 classes)
8889	9:15 - 10:15 AM	Thursdays, April 4 - June 20 (12 classes)

Register for both classes and SAVE \$5!

Residents: \$91! Non-Residents: \$115!

Adult Yoga and Pilates Classes...

Mat Pilates

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



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

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

Instructor: Maggie Downie
Location: Senior & Disabled Center Rooms A & B
Fee: Residents: \$93 / Non-Residents: \$117

ID:	Class	Time	Dates
8890	Beginners	5:30-6:30 PM	Wednesdays, April 3 - June 19
8891	Intermediate	6:30-7:30 PM	(11 classes, no class 5/15)

Ball Pilates

This class offers a fun twist to typical Pilates exercises. Using a ball will still strengthen your core muscles (stomach, back and glutes) and it will also enable you to test your balance, increase your range of motion and improve flexibility. The ball can be used at any fitness level and can be incorporated into your daily routine to strengthen and lengthen your muscles even when you're not in class. While the ball is a challenge, exercising on the ball can also be playful, allowing you to feel like a kid again while getting a good workout. Wear comfortable clothes and bring a yoga mat, water and an exercise ball for your height to each class.

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

Instructor: Maggie Downie
Location: Senior & Disabled Center Rooms A & B
Fee: Residents: \$85 / Non-Residents: \$106

ID:	Class	Time	Dates
8893	Mixed Levels	6:05 - 7:05 PM	Mondays, April 1 - June 17 (10 classes, no class 5/13, 5/27)

Pilates Special: Register for any two Pilates classes and save \$10
 Residents: \$168 / Non-residents: \$213

Bar Physique

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

Instructor: Donna Valente
Location: Senior & Disabled Center Rooms A & B
Fee: \$68 for residents / \$85 for non-residents

ID:	Time	Dates
8892	5:15-6:00 PM	Mondays, April 1 - June 17 (10 classes, no class 5/13, 5/27)

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

Yoga Classes

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

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

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

Location: Mortensen Community Center Romano Room
Fee: Tuesday class: \$72 for residents / \$90 for non-residents
 Thursday class: \$60 for residents / \$75 for non-residents

ID:	Class	Time	Dates
8894	Beginner Yoga with Cynthia Wolcott	6:00 - 7:15 PM	Tuesdays, April 2 - June 18 (12 classes)
8895	Mixed Levels Yoga with Karen Sevenoff	5:30 - 6:45 PM	Thursdays, April 4 - June 20 (10 classes, no class 5/23, 5/30)

Programs for Older Adults...

Indoor Walking at Mortensen Community Center

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

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



Monday through Friday 8:30 - 11:30 AM

FREE

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

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

We apologize in advance for any inconvenience this may cause.

Fun-n-Fitness

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

Instructor: Sandy Rovelli

Location: Senior & Disabled Center Auditorium

Fee: Tuesdays: \$42 for residents
\$52 for non-residents

Thursdays: \$42 for residents
\$52 for non-residents

ID:	Time	Dates
8896	10:20 - 11:20 AM	Tuesdays, April 2 - June 18 (12 classes)
8897	10:20 - 11:20 AM	Thursdays, April 4 - June 20 (12 classes)

Register for both classes and SAVE \$5!

Residents: \$79! Non-Residents: \$99!

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.

Zumba for Older Adults

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



Instructor: Mary Woods

Location: Senior & Disabled Center Auditorium, EXCEPT class on 4/26, 5/3 and 5/31 will be held in the Mortensen Community Center Gymnasium.

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

ID:	Time	Dates
8898	10:00 -10:45 AM	Fridays, April 5 - June 14 (10 classes, no class 4/19)
18		

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 submit a form completed by their physician when registering and be a Newington Senior & Disabled Center member with a Fitness-Plus Annual Membership. For information about becoming a Senior & Disabled Center member, please call 860-665-8778.

Instructor: Sandy Rovelli

Location: Senior & Disabled Center

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

ID:	Time	Dates
8756	11:30 - 1:30 PM	Tuesday, March 12
8899	11:30 - 1:30 PM	Tuesday, April 9
8900	11:30 - 1:30 PM	Tuesday, May 14
8901	11:30 - 1:30 PM	Tuesday, June 11



Fitness Center at the Senior & Disabled Center

Programs for Older Adults...

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. There is a point (usually about one week before a program starts) that a program must be cancelled if there aren't enough people registered. Very often, people register after a program has been cancelled and if they had registered earlier, the program would have run.

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

Please Register Early!

Yoga for Older Adults

This is a gentle yoga class concentrating on the basics of awareness, alignment, breathing, balance, flexibility, strengthening and stretching. A few minutes at the beginning and end of each class will be devoted to meditation. Each participant should bring a sticky mat or towel to lie on and be aware that the postures are done barefooted. This is a great class for beginners through intermediates.

Instructor: Linda Leslie

Location: Senior & Disabled Center Rooms A & B

Fee: \$26 per session for residents
\$32 per session for non-residents

ID:	Time	Dates
8902	11:15 AM - 12:15 PM	Mondays, April 1 - April 29 (5 classes)
8903	11:15 AM - 12:15 PM	Mondays, May 13 - June 17 (5 classes, no class 5/27)

Spaces are limited! Register Early!

Program Information
&
Cancellation Hotline:
860-665-8686

Oil Painting for Everyone

This course teaches the traditional, timeless concept of representational painting. New students will learn the fundamentals of composition, value, light, color and texture. Returning students will continue to improve upon these fundamental concepts and learn more advanced skills such as edges, creating mood and more. All subject matter will be considered. Please call the Parks & Recreation Department at 860-665-8666 for a materials list prior to the first class. Wearing a smock or old clothes is suggested.

Instructor: Fran Judycki

Location: Senior & Disabled Center Arts & Crafts Room

Fee: \$105 for residents / \$131 for non-residents

ID:	Time	Dates
8904	9:15 - 11:45 AM	Tuesdays, April 2 - June 18 (12 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. It's gentleness is especially suitable for the elderly and people rehabilitating from illness or accident.

Instructor: Ken Zaborowski

Location: Senior & Disabled Center Auditorium

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

ID:	Time	Dates
<u>Beginners</u>		
8905	9:00 - 9:45 AM	Mondays, April 1 - June 17 (11 classes, no class 5/27)
<u>Intermediates</u>		
8906	10:00 - 10:45 AM	Mondays, April 1 - June 17 (11 classes, no class 5/27)

Line Dancing for Older Adults

Line dancing is a great way to stay active, healthy, and have fun! Come with or without a partner.

Instructor: Wendy Nielsen

Location: Senior & Disabled Center Ceramics Room

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



ID:	Time	Dates
8907	11:00 AM - 12:00 PM	Fridays, April 5 - May 3 (5 classes)
8908	11:00 AM - 12:00 PM	Fridays, May 17 - June 14 (5 classes)

Parks & Recreation Registration Info

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

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

Payment Methods: We accept payment by cash, check, debit, VISA, MasterCard or Discover credit cards. Program registrations will not be accepted without payment and a completed registration form.

Three Convenient Ways To Register...

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

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

Monday – Friday, 8:30 AM – 4:30 PM.

*Drop slot may be available after hours.

IMPORTANT INFORMATION

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

Reasons to Register Early

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

Contact Us:

Phone:

Voice: 860-665-8666
Fax: 860-665-8739
Hotline: 860-665-8686

At the Office:

Monday - Friday
8:30 a.m. - 4:30 p.m.
131 Cedar Street
Newington Town Hall
Mortensen Community Center

On the Web:

www.NewingtonCT.gov

POLICIES & PROCEDURES

Registration is taken on a **FIRST COME - FIRST SERVED** basis. Residents may register for programs beginning Friday, March 1, 2013. All registration forms received prior to the registration start date will be processed randomly at the end of the first day of registration. The Parks & Recreation Department will try to accommodate all registrants, but some programs fill to capacity. Please specify an alternate choice on your registration form should the original class you choose be filled. The Parks & Recreation Department reserves the right to **cancel programs because of insufficient registrations** or causes beyond its control.

Non-Residents

Non-residents are eligible to register for programs if there are openings beginning Friday, March 15, 2013. Non-residents pay an additional fee for most programs and should call for program availability prior to registering. Some programs (including swim lessons, pool passes, playgrounds/camps and others) are not available for non-residents.

Waiting List

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

Americans with Disabilities Act

The Newington Parks and Recreation Dept. does not discriminate on the basis of race, color, national origin, gender, religion, age, or disability in provision of programs and services. Individuals with disabilities are encouraged to register.

The Newington Parks and Recreation Dept. is complying with the Americans with Disabilities Act (ADA), Public Law 101336. The law addresses issues of accessibility of facilities & programs. Provisions of reasonable program modifications will be made on a case-by-case basis to allow people with disabilities to participate in and benefit from programs. Documentation of disability is required when requesting reasonable modifications.

Refunds

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

Help Wanted! The Newington Parks and Recreation Department is now accepting applications for Summer employment.. Available positions include but are not limited to: Lifeguards, Water Safety Instructors, Summer Playground Counselors and Parks and Grounds Maintainers. Applications for Summer positions will be accepted until Friday, March 22nd. All applicants must fill out a Town of Newington application, available on our website or at the Parks and Recreation office.

