Parks & Recreation

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• 2018 Spring Stingers
  April Vacation Camp
  Ages 6-11

The Official Publication of the
Wallingford Parks & Recreation Department

6 Fairfield Blvd | Wallingford, CT 06492 (203) 294-2120 | parksrec@wallingfordct.gov
COME TRAVEL WITH US THIS SPRING!

SUMMER SIZZLERS 2018

REGISTRATION
Monday March 19th 9:00am

Don't Miss Out On The Fun!!!
Dear Friends,

As of this writing we are awaiting a major nor’easter…… By the time you receive this I am hoping that the worst of winter will be behind us as we gear up for the Spring! I am wishing everyone a Happy New Year filled with great experiences and memories. 2017 was a busy one with the Engineering and Public Works Department’s working together as they completed some big projects and continue to work on others. Below is a list of highlights of some of the completed projects.

The Moran Middle School Baseball Field reconstruction was completed this past fall. The field project provides a boost for the town’s inventory of big diamond fields. The improvements included re-grading the entire infield and a portion of the outfield. New turf sod was installed as well as a new 40’ high backstop with wings and perimeter fencing to both first and third bases. Also, fenced in bullpens were added adjacent to both dugouts.

The Kendrick Park Basketball Court was installed this past fall to complete a park amenity improvement that has been going on for the last three years. New playground equipment for ages 2-5 and 6-12 were installed along with picnic tables, pergola and walkway as part of a neighborhood and town partnership.

Pat Wall Baseball Field parking lot improvements were completed with the paving and striping of both the north and south lots providing parking for 83 vehicles. In addition 6 park benches were installed as well as some landscaping for the Pat Wall Memorial stone.

The New Pragemann Park Multi use Field Project has begun with hopes that work will continue and be complete in 2018. Work has begun to bring power to the southern end of the park in preparation for athletic field lighting. Site work, irrigation work and field sod should begin this spring. The new parking lot was installed to add roughly 40 parking spots as well as reconfiguring the existing most southern lot for better flow of traffic. The field will serve as a tremendous asset in our field inventory providing a needed field for lacrosse, football and soccer.

Recreation Commission will be starting to conduct Community Pool Committee meetings beginning in January to provide suggestions to the administration for the under used and aging Community Pool. The pool as of this memo is slated to be open this summer.

The Recreation Department has purchased new flooring for multi-use fitness room 16 at the Recreation Department and hopes to have it installed by the summer.

The Recreation Department is in the final stages to secure the use of a third party firm that also may lead to the ability for patrons to select and purchase programs and services on line utilizing the Recreation Departments Registration Management Software Program.

The Parks and Recreation Commission is planning Phase II of shoreline clearing at Community Park to provide vistas for trailer users as well as those using the Pavilion. Phase I was completed last January and has been well received by park users. The Commission will be going to IWWC in February to receive approval.

As always we appreciate your support throughout the year and hope that your visits to the Recreation Department are pleasurable!

John Gawlak CPRP
Director Parks & Recreation

Welcome to your
SPRING 2018
Guide to Recreation & Fun!

DAVID J. DOHERTY RECREATION CENTER

Business hours: Monday - Friday
9:00am to 5:00pm
Facility hours: Monday - Friday
8:30am to 10:00pm

CLOSED:
February 12th Lincoln’s Birthday
(Open at 5pm)
February 19th President’s Day
(Open at 5pm)
March 30th Good Friday
May 28th Memorial Day

Address: 6 Fairfield Blvd.
Wallingford, CT 06492

Phone: 203-294-2120
FAX: 203-294-2127
Email: parksrec@wallingfordct.gov
Website: www.town.wallingford.ct.us

Members of:
• Chamber of Commerce
• Connecticut Recreation & Parks Association
• National Recreation & Parks Association
• Learning Resource Network
• National Youth Sports Coaches Association

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Design and Layout: Kenny Michaels and Graphic Image

THE GUIDE TO RECREATION AND LEISURE FUN IS PUBLISHED JANUARY, MAY AND AUGUST.
KEEP IN MIND…

OOPS! The Parks & Recreation Staff has made every effort to prepare this brochure as accurately as possible. However due to PUBLICATION DEADLINES program listings/information may require that adjustments be made to programs, fees, schedules, etc. We apologize in advance should you find an error or for any inconvenience these errors or adjustments may cause.

REGISTER EARLY! Nothing cancels a good class quicker than everyone waiting until the last minute to register. If there are not enough registrations by a certain date, the course may be cancelled. Coming in on the day the course begins won’t resurrect it, so please register early.

- **REGISTRANTS ARE NOTIFIED** when a course is filled or cancelled. If a desired class is full you will be put on a waiting list. Additional classes may be opened if facility and instructor are available.

- **PROPER ATHLETIC SHOES (NO BLACK SOLES)** must be worn in gym and aerobics room.

- **CHILDREN UNDER 12** are not to be left unattended in the Doherty Rec Center Building.

- **REFUND POLICY**: The Rec Dept. reserves the right to cancel, postpone or combine classes or change instructors. If insufficient enrollment causes a class to be cancelled, full tuition is refunded or a credit is given for future use. We made our best effort to provide the class and instructor advertised in the brochure. In the event an instructor can no longer teach a class we will provide another instructor, if one is available, to finish the session. A credit may be issued for the amount of remaining classes. Materials and supplies purchased by you are excluded from refunds and credits.

- **ADDITIONAL MATERIALS AND OR EQUIPMENT** may be required in some programs. Please check the program’s descriptions for information on material or other needs. If questions still exist please call the office so we may help you.

- **CHILD CARE**: Moms, Dads and guardians, you deserve a break today! The Rec. Dept. will provide childcare free of charge for programs from 9:00am - 12:00pm Monday - Friday. Childcare is only for those who are registered in Parks and Recreation Classes and must remain in the building for the class.

- **REGISTRATION EXCEPTIONS?** Children must be the proper age before the program begins. We try our best to accommodate everyone. Programs are designed according to an age level that will best benefit the student and to have an appropriate instructor/student ratio.

- **FEE PAYMENT**: Instructors will not accept registration at the class site. FEES must be paid at the office prior to participation with EXACT CASH OR CHECK (no large bills please!)

- **PHONE REGISTRATIONS**: Sorry, phone registrations are not accepted.

- **CLASS CANCELLATIONS**: When schools have delayed opening in the A.M. classes till noon are cancelled. When the schools are closed, Rec Dept. classes will not meet for the school day from 8a.m. to 4p.m. Evening programs are still on unless otherwise indicated. Evening class cancellations will be made at 4p.m. Cancellations are announced on WTNH CH 8, WFSB CH 3, WNBC CH 30 and Govt. Access CH. 20.

- **A.D.A. STATEMENT / INCLUSION POLICY**: The Recreation Dept. intends to comply with the A.D.A. regulations. It is the policy that recreation be “FUN FOR ALL”. Participation in many of our non-adaptive programs is possible for those with special needs. We are limited in our ability to provide additional staff, specialized equipment and medical services. To discuss how we can support your abilities, interest and desire to participate please contact our office at (203) 294-2120. Together we can make recreation FUN FOR ALL.

- **SPECTATORS: CHILD PROGRAMS**: One of the fundamental instructional program goals is to provide your child with a fun and positive learning opportunity with their peers while developing separation skills. Parents are encouraged to abide by the observation schedule determined by the program instructor in order to provide the best instructional atmosphere. Please feel free to discuss your child’s progress with the instructor either before or after class.

- **NEW TO THE AREA?** The Wallingford Parks & Recreation Department invites you to come in and find out what we have to offer. We have programs, classes and facilities for all ages. Want to learn more? Give us a call at 203-294-2120. We will be happy to make an appointment at your convenience to show you around and explain any program that is of interest to you. We want to meet you and talk with you and your family.

- **PHOTOGRAPHS**: Participants may be photographed for the purpose of promotion or advertising in future brochures, in newspapers or in other Wallingford Park and Recreation Department media.
HIP HOUSE DANCE SERIES 2017-2018
Once again the Hip House Dance Series is back for another year of fun and excitement. The Parks and Recreation Department would like to welcome back all of the returning 7th and 8th graders while also welcoming the new 6th graders. To ensure that you are able to attend all of the dances, you must purchase a photo ID pass. **ALL PARTICIPANTS WHO HAVE A PASS FROM THE 2016-17 SEASON CAN HOLD ONTO THEIR PASSES. UPON REGISTERING FOR THIS COMING YEAR A STICKER WILL BE PLACED ON THE BACK OF THE EXISTING CARD. NO MORE PICTURES, NO MORE FILLING OUT AN ID CARD AGAIN.**
The dance pass allows you entry to 7 dances. **No passes will be sold on the day of the dance. All dance passes will be $40. STUDENTS WILL NOT BE ALLOWED TO ENTER THE DANCE WITHOUT A 2017 – 2018 HIP HOUSE DANCE PASS.**
**Remaining 2017 - 2018 Hip House Dance Schedule**
March Madness - March 23rd
Spring Fest – April 27th
Last Blast – May 18th

0041.200 SPRING STINGERS AGES 6-11
Come join your friends in this very popular program over April break. We will be hopping on the bus this spring and we will be going on various trips each day. This will be a fun filled week for all participants ages 6-11. Fee covers admission and transportation to daily trips. Lunch needs to be provided. Additional spending money is at the discretion of parent or guardian. Trip schedule is not available at time of print. Potential trips, Bowling, Launch Trampoline Park, Laser Tag, Museums. **Participants must be 6 at the start of the program.**
Program Date: April 16th – 20th from 8:30am to 4:30pm
Fee: $190 per child

0043.200 FIT BY NATURE GRADES 3-5
Playing outdoors increases competence in fitness due to better kinesthetic, proprioceptive and vestibular awareness...these are skills that bridge the physical and the mental realms of the body therefore allowing the whole body to function more confidently and efficiently in its environment...less injuries, broader array of experiences, better athletes, thinkers and problem solvers. Our kids are tethered to technology with red eyes looking downward. One of my goals through the Fit By Nature program is to lift these chins of bowed heads and open wide the blood shot eyes of today’s youth! I’m willing to jump in the ring with the smartphones, log the kids out and instead JUMP over the logs! Our bodies are created to move and all of nature provides for us the means of living a healthy life!
Unplugged and active because we ARE ...Fit by Nature!
**When:** Wednesdays April 4th 4:30pm – 5:30pm for 6 weeks
**Location:** Marcus Cooke Park
**Instructor:** Mary Cole
**Fee:** $40

1020.300 SUMMER SIZZLERS 2018 AGES 12-15
Are you looking for an exciting way to spend you summer vacation? The always popular Summer Sizzlers Registration will begin on **Monday March 19, 2018.** This very popular program is a hit every year for all participants ages 12 – 15 yrs! **DUE TO THE OVERWHELMING POPULARITY OF THIS PROGRAM, PARTICIPANTS ARE TO BE THE APPROPRIATE AGE BY THE START OF THE PROGRAM.**
**PROGRAM IS MAXED AT 150 PARTICIPANTS.** Participants will go on daily trips Monday – Thursday. We strongly recommend you register early! You must come with a copy of your child’s birth certificate unless you have previously been registered for this program. Consideration will be given to non-residents beginning June 1st (Space Permitting). Fee covers transportation and admission to all locations. Potential trips: Mets Game, Farmington Tubing, Boston Harbor Cruises, Six Flags, Empower Leadership, White Water Rafting and MORE!
TRAVELING F.Y.I.’s
This year we hope you will find many new opportunities to travel this spring. We are proud to announce a continued working agreement with Friendship Tours. The staff at Friendship Tours and the Parks and Recreation Department has lined up some new trips for the 2018 trip year. Reminder, trip itineraries are subject to change and the Parks and Recreation Department will do its best to notify travelers ahead of time. We look to continue the trend this year. We hope you find this line up enjoyable and we look forward to seeing you board the bus! All trips are subject to change in price and itinerary. Day tour cancellation policy applies to all Wallingford Park & Recreation day tours operated by Friendship Tours Inc. Any passenger that cancels a reservation 7 days or less prior to departure will not be eligible for a refund. We will examine cancellations on a case by case basis to determine any exceptions to this rule. Please note the Recreation Dept. will make every effort to send a representative from the office to see off the trip to and from our destination and to hear any complaints, concerns and or recommendations. It should be understood that this person is not a tour guide. Many trips involve walking tours; either with a tour guide or on your own. Children must be accompanied by an adult only if you wish since the gratuity is included in the trip fees. Trips are rain or shine, unless the tour company cancels. Please retain the same seats throughout the trip. A tip for the coach driver is included in the trip fee. Please contribute to hear any complaints, concerns and or recommendations. It should be understood that this person is not a tour guide. Tours Inc. Any passenger that cancels a reservation 7 days or less prior to departure will not be eligible for a refund. We will examine cancellations on a case by case basis to determine any exceptions to this rule. Please note the Recreation Dept. will make every effort to send a representative from the office to see off the trip to and from our destination and to hear any complaints, concerns and or recommendations. It should be understood that this person is not a tour guide.

FENWAY PARK TOUR & LUNCH AT CHEERS
Saturday April 21, 2018
Bus Departs Rec. Dept.: 7:30am
Returns: ETA 6:00pm
Fee: $120
“Visit America’s Most Beloved Ballpark!” Uniquely nestled in the city of Boston, Fenway Park opened its gates on April 20, 1912. Fenway Park is a place where dreams are made, traditions are celebrated and baseball is forever. See the home of Red Sox Legends, Williams, Yaz, Fisk and Rice. Visit Pesky’s Pole and sit atop the world famous Green Monster which stands 37 feet 2 inches overlooking leftfield. You will enjoy a thrilling, one-hour guided walking tour of Fenway Park. *All stops on the tour are subject to change at the Red Sox’s discretion. Lunch will be at “America’s Favorite TV Bar” - Cheers Beacon Hill. Sit down meal with your choice of Fish & Chips, a Cheeseburger, Chicken Sandwich, or Veggie Pasta, a drink, and ice cream (Choose Entrée That Day). Where everyone knows your name! (Choose Entrée That Day) Time to stroll Boston Common and the surrounding area.

FEATURED - OVERNIGHT TRIP
ATLANTIC CITY – RESORTS CASINO & HOTEL
March 12th – 14th Monday - Wednesday
Bus Departs Rec. Dept.: 8:00am
Returns: ETA 6:00pm
Fee: $234pp double/triple $304pp single
Have fun at Resorts Casino Hotel, a 1920’s empire on the Boardwalk. Enjoy Resorts brand new addition, Jimmy Buffet’s Margaritaville. This tropical themed casino section now offers a 5 O’Clock Somewhere Bar, LandShark Bar & Grill and Coffee Shop. FABULOUS CASINO BONUS: $30 Slot, $10 Food Credit, Show, 2 - $20 meal credits. * The $20 credits are worth $30 if you eat at Breadsticks, Capriccio’s and East Wind. At all other restaurants the meal credits will be worth $20.*

GLOUCESTER, MA
Sunday June 10, 2018
Bus Departs Rec. Dept.: 8:00am
Returns: ETA 7:30pm
Fee: $102
Step aboard the Beauport Princess and settle back for a cruise from one of New England’s most photogenic harbors, Gloucester, MA. Sights include: Ten Pound Island Lighthouse, Fisherman’s Statue, Hammond Castle, and more. Enjoy a buffet lunch while cruising in Gloucester Harbor. Sample Buffet Menu: Spring Salad, Rolls, North Atlantic Haddock, Chicken Piccata, Penne Pasta, Vegetable, Potatoes, Dessert. DJ Music and light narration as well! Great way to spend an afternoon! After the cruise we will visit Rockport, MA on of the oldest artisan colonies, for fun shopping in the many art galleries or to enjoy the views of the harbor.

BRIGHTON BEACH “LITTLE RUSSIA” CONEY ISLAND BOARDWALK
Saturday May 12, 2018
Bus Departs Rec. Dept.: 8:00am
Returns: ETA 7:00pm
Fee: $102
Your escort will take you on a guided tour of Brighton Beach in Brooklyn, NY. The tour highlights this Russian neighborhood nicknamed “Little Russia” because it is home to many Russian immigrants. Shopping on Brighton Beach Ave with its colorful handcrafts, jewelry, bakeries, international food emporiums and more! Russian Style Lunch at Tatiana’s Restaurant served family style. Menu: 3 salads, borscht mushroom soup, Chicken Shish Kebab with Russian Coleslaw, Fish filet with pasta, Apple Strudel with ice cream. After lunch we will visit Coney Island boardwalk and Nathan’s Famous Hot Dogs, with time to stroll the boardwalk. This trip requires a moderate amount of walking.

BEAUFORT PRINCESS
GLOUCESTER, MA
Sunday June 10, 2018
Bus Departs Rec. Dept.: 8:00am
Returns: ETA 7:30pm
Fee: $102
Step aboard the Beauport Princess and settle back for a cruise from one of New England’s most photogenic harbors, Gloucester, MA. Sights include: Ten Pound Island Lighthouse, Fisherman’s Statue, Hammond Castle, and more. Enjoy a buffet lunch while cruising in Gloucester Harbor. Sample Buffet Menu: Spring Salad, Rolls, North Atlantic Haddock, Chicken Piccata, Penne Pasta, Vegetable, Potatoes, Dessert. DJ Music and light narration as well! Great way to spend an afternoon! After the cruise we will visit Rockport, MA on of the oldest artisan colonies, for fun shopping in the many art galleries or to enjoy the views of the harbor.

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LIL REC’ERS IS LICENSED BY THE CT DEPT. OF PUBLIC HEALTH (LICENSE #16428). WE OFFER A HALF DAY PROGRAM FOR 3-5 YEAR OLD CHILDREN - M,W,F / T, TH. AND OR MON-FRI. OUR HOURS OF OPERATION ARE FROM 8:45 - 11:30AM. WE ALSO OFFER EXTENDED DAY OPTIONS. SESSION 3 BEGINS MONDAY JANUARY 22nd.

Sessions

Session 3: January 22nd – March 16th (No Class Feb. 12th & 19th)
Session 4: March 26th – May 25th (No Class Mar. 30th, Apr. 16th – 20th)

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Fees for Lil Rec’ers 2017-2018
MONDAY – FRIDAY AM (5 DAY) - $440
MONDAY, WEDNESDAY, FRIDAY AM - $255
TUESDAY / THURSDAY AM - $205

Fees for Extended Day
MONDAY, WEDNESDAY, FRIDAY WITH LUNCH $255 / $205 WITHOUT LUNCH
(WITHOUT LUNCH BEGINS AT 12:15PM)
SPRING ADVENTURES IN THE WOODS
FOR PRE SCHOOL • AGES 3-5
This program is designed for children in Pre-School. We will meet five times to look for spring surprises in woods, fields, and streams... early wildflowers, buds on trees, returning birds. We will have the chance to play in Mother Nature’s playground. Adult participation is strongly encouraged!

Maximum: 8 Participants per session
3320.200 Tuesdays April 3rd 9:30am – 10:30am for 5 weeks 
(No Class April Vacation)
3320.201 Tuesdays April 3rd 1:30pm – 2:30pm for 5 weeks 
(No Class April Vacation)
Fee: $35
Location: Kohler Environmental Center (Choate), 211 East Main St.
Instructor: Helen Stowe, retired Kindergarten Teacher

TERRIFIC TWOSIES WITH PARENT
The final step before reaching Lil Rec’ers. Experience lifelong friendships for parents and children. This program will model our pre-school programs weekly themes, BUT every activity will be based on age appropriate songs, stories, crafts, play kits, gym activities and more! The materials and supplies will be specific for the two year old and it will be a class filled with fun for all!

Session 3: Feb.13th
3000.200 9:00am – 10:00am for 10 weeks
3000.201 10:30am – 11:30am for 10 weeks
Fee: $100
Instructor: Miss Tammy

3320.203 OUTDOOR ADVENTURES FOR KINDERGARTEN AND GRADE 1
This program is designed to help young children develop an appreciation for the natural world. We will meet five times to plant, to explore woods, fields, and streams, and finally to harvest what we planted. Adult participation is encouraged but not required. Please make arrangements for younger siblings.

Maximum: 10 Participants
When: Tuesdays April 3rd 4:00pm – 5:00pm for 5 weeks 
(No Class April Vacation)
Fee: $35
Location: Kohler Environmental Center (Choate), 211 East Main St.
Instructor: Helen Stowe, retired Kindergarten Teacher

3320.204 OUTDOOR DISCOVERIES FOR 1ST & 2ND GRADERS
This program is designed for children in 1st and 2nd grade. We will plant seeds for a children’s butterfly garden, find common wildflowers as they appear in the spring, go on a camouflage adventure, and use our senses to discover many wonders of nature. Adult participation is not required.

When: Wednesdays April 4th 4:00pm - 5:00pm for 5 weeks 
(No Class April Vacation)
Fee: $35
Location: Kohler Environmental Center (Choate), 211 East Main St.
Instructor: Helen Stowe, retired Kindergarten Teacher

**IF YOU HAVE ENJOYED OUTDOOR EXPLORATIONS WITH HELEN STOWE AND ARE NOW IN 3RD – 5TH GRADE, CHECK OUT OUR NEW OUTDOOR PROGRAMS ON PAGE 3 WITH MARY DYBAS-COLE**

2010.400 PUPPY KINDERGARTEN
For pups under 5 months old. Puppy Kindergarten class teaches handlers training theory and basic obedience using positive motivation and reinforcement methods, as well as an introduction to clicker training. This class includes: puppy socialization, off leash play sessions, puppy problem solving (nipping/biting, jumping, housebreaking, barking, etc.) RABIES CERTIFICATE is NOT required for this class. Attendance at first class is mandatory. Do NOT bring puppies to the first class. Limit of 10 students
When: Mondays March 26th 6:30pm - 7:15pm for 6 weeks
Location: Gym 2
Fee: $60
Instructors: Joan Hamel and Marie DelGreco

CANINE COMMUNICATION, DOG OBEDIENCE FOR BEGINNERS
For dogs over 5 months old. This class is for beginner handlers to help them understand how to improve their communication with their dogs. Training theory and basic obedience using positive motivation and reinforcement methods, including basic clicker training, will be taught. Learn to teach your dog to walk on a loose leash; sit, down and stand; stays; come when called and more. Also includes problem solving (barking, jumping, pulling, stealing, etc.). Copy of dog’s Rabies Certificate is required before dog can participate. Attendance at first class is mandatory. Do NOT bring dogs to first class. Limit 15 students
2015.401 Mondays March 26th 7:30pm - 8:15pm for 6 weeks
2015.402 Mondays March 26th 8:30pm - 9:15pm for 6 weeks
Location: Gym 2
Fee: $60
Instructors: Joan Hamel and Marie DelGreco
2022.200 HOOK A FAMILY ON FISHING
Learn to Fish from State of Connecticut CARE (Connecticut Aquatic Resources Education) fishing instructors in this free class. Class curriculum is designed for adults, families, and kids approximately age 9 and up. You will learn about fishing tackle, how to cast, best baits, knot tying, safety, regulations and how to identify your catch. Instruction and materials are offered FREE OF CHARGE. You can even use our fishing gear during the field experience! For those with some angling experience, get some tips on how to increase your catches. Meet at 9:00am at the Park and Rec for classroom orientation and then after about an hour, head out to North Farms Reservoir for fishing during the field experience (Parents are responsible for child’s transportation). Parents should plan to stay and take the course with their children under 16. All equipment for the kids will be provided by Connecticut State DEEP.

When: Saturday May 19th 9:00am – 1:00pm One Day
Location: Room 3 (After 1 hr of class instruction, class will go to North Farms Reservoir)
Fee: It’s FREE
Instructor: John Kadow and CT State DEEP Staff

2009.202 KRAV MAGA
Co-Ed Self Defense Seminar Ages 13 & Older
Krav Maga is the official hand to hand combat system of the Israeli Defense Forces. Its quick counter-attacks and brutal offensive techniques make it the ideal fighting style for dangerous and unexpected situations. It’s also the preferred system for U.S. military and law enforcement personnel. Krav Maga is not a traditional martial art, but a revolutionary self-defense program. No katas. No rituals. Based on simple principles and instinctive movements, this reality based system is designed to teach extremely effective self-defense in the shortest possible time. Learn to defend against common chokes, grabs, and strikes, as well as more serious threats involving guns, sticks and edged weapons.

When: Thursdays April 26th 5:30pm – 6:30pm for 10 weeks
Location: Room 14  Fee: $100
Instructor: Britt Soden, APEX Krav Maga

2009.200 KRAV MAGA – ONE DAY SEMINAR SELF DEFENSE FOR WOMEN • AGES 13 & UP
Krav Maga is all about promoting awareness, strength and self-defense skill for the women in our community. That’s why we offer powerful and relevant self-defense classes for women. Our classes for women focus on rape prevention techniques and tactics, to build both inner and outer strength. Learn to spot danger signs, but also learn how to defend yourself when no danger signs are given. We prepare our students to readily face danger in all sorts of unexpected scenarios. We also teach our students how to defend themselves against common chokes, grabs, bearhugs, and other attacks including fighting on the ground and when confronted by a weapon. In order to prepare our students to the fullest extent, we emphasize realistic training scenarios and realistic defenses. This allows women to leave class feeling safe, strong and empowered.

When: Saturday April 21st 12:00pm – 2:00pm
One Day
Location: Room 14  Fee: $25
Instructor: Britt Soden, APEX Krav Maga

2040.200 HOMEBUYER SEMINAR
Join us for this great opportunity to learn about the process of buying a home from local professionals. Participants will learn the ins and outs of home buying, while taking away new and valuable tips for your new home purchase.

When: Thursdays April 12th 6:00pm – 7:30pm
Location: Room 3  Fee: Free!!!

Finance

MEDICARE…..ARE YOU READY?
Come to one of the best seminars you will ever attend that describes what Medicare does and does not cover, when you are eligible, options you will have to add to Medicare (i.e., Medicare Advantage, Supplement/Gap and Drug plans) and ways to save money. Your hostess and Wallingford resident, Tiff Bush, has 12+ years of educating people about Medicare. This seminar is FREE so feel free to bring a friend or two. All attendees will be entered into a free raffle. This is an educational seminar only. No plan or carrier specifics will be discussed. Do you have a question that can’t wait for our next session? Visit www.FreeMedicareCoach.com to get help now. Medicare…. Don’t Go Through It Alone!

2050.200 Thurs. March 22nd 10:00am
2050.201 Wed. Apr. 11th 10:00am
2050.202 Tues. May 15th 10:00am
2050.203 Tues. June 12th 10:00am

Location: Room 3
Instructor: Tiff Bush
Fee: FREE
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Program Name</th>
<th>Description</th>
<th>Duration</th>
<th>Cost</th>
<th>Schedule</th>
<th>Ages</th>
<th>Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>2005.200</td>
<td>STEM for Grade 2 Students</td>
<td>Calling all engineers- Put your creativity and building skills to the test in this fun, competition based program. Students will participate in daily engineering challenges that explores designing, testing, evaluating, teamwork, leadership, and much more!</td>
<td>4 weeks</td>
<td>$35</td>
<td>Tuesday Evenings, 3/20, 3/27, 4/3, 4/10 6:00 - 7:30 p.m.</td>
<td>9 - 12</td>
<td>4 - 15</td>
</tr>
<tr>
<td>2005.201</td>
<td>Makey Makey Inventions</td>
<td>Do you like to explore science, solve problems and use technology? If you do, then STEM Academy is the perfect place for you! Join us for engaging session of exploring Makey Makey. Makey Makey is an invention kit for the 21st century. Turn everyday objects into touchpads and combine them with the internet. It's a simple invention kit for Beginners and Experts doing art, engineering, and everything in between. Participants will create inventions and explore personal interests.</td>
<td>5 weeks</td>
<td>$35</td>
<td>Tuesday Evenings, 4/24, 5/1, 5/8, 5/15, 5/22 6:00 - 7:30 p.m.</td>
<td>9 - 12</td>
<td>4 - 15</td>
</tr>
<tr>
<td>2005.202</td>
<td>Little Bits Inventions</td>
<td>Are you interested in preparing your kids for the future? If so, then you’ll want to sign up for our Little Bits program! Throughout this 4 week course, we will spark your child’s creativity by providing them with a platform of electronic building blocks used to create inventions of all sizes and empower their inner engineer.</td>
<td>4 weeks</td>
<td>$35</td>
<td>Thursday Evenings, 3/22, 3/29, 4/5, 4/12 6:00 - 7:15 p.m.</td>
<td>9 - 12</td>
<td>4 - 15</td>
</tr>
</tbody>
</table>
CT STEM ACADEMY
SPRING 2018 PROGRAMS

All meetings at the Spanish Community of Wallingford, 284 Washington Street

2005.203 Rocketry 101
Get ready to blast off with this exciting program! Students will have the opportunity to build small rockets from household materials that they can launch at home, eventually building up to a well-designed rocket that will be launched from our own high pressure air compressor. Students with a knack for engineering and design should consider this course in basic rocketry.
5 weeks at $35
Thursday Evenings, 4/26, 5/3, 5/10, 5/17, 5/24
6:00 p.m. - 7:30 p.m.
Ages 9 - 12
Minimum: 4 participants Maximum: 15 participants

2005.204 Exciting Science: Chemistry
Explore a different side of STEM with this new program. Participants who join will have the chance to see how the properties of substances can make for exciting projects; some projects might include slime, foam dough, and lava lamps.
4 weeks at $35
Saturday Mornings, 3/24, 3/31, 4/7, 4/14
9:30 a.m. - 11:00 a.m.
Ages 9 - 12
Minimum: 4 participants Maximum: 15 participants

2005.205 Exciting Science: Nature
As the weather grows warmer, STEM gets even better! In this program, participants will learn to identify trees and plants, as well as learn valuable outdoors skills that they can use all summer long. Please note that this program will meet at the Spanish Community of Wallingford and Bertini Park. Advance notice of locations will be provided.
4 weeks at $35
Saturday Mornings, 4/28, 5/5, 5/12, 5/19
9:30 a.m. - 11:00 a.m.
Ages 9 - 12
Minimum: 4 participants Maximum: 15 participants

Don’t miss our Summer 2018 Camps
Visit our Facebook Page @ ctstem or our website, www.ctstemacademy.org
ADAPTIVE RECREATION SPECIAL NEEDS PROGRAM

The following programs have been designed to help participants with special needs get the most out of their leisure experience. These programs have been modified to provide a safe and supportive environment to learn and practice both program skill and personal skills. Peer mentors attend most programs provide visual and social cues and to keep things fun. These and other supportive services are also available to anyone who wishes to attend any of our other programs. For further information on supportive services, please call the office (203)-294-2120 to speak with our Assistant Program Specialist, Carolyn Lavelle.

0110.201 DANCE POWER I • AGES 7-12
This dance program will make you want to stomp your feet and clap your hands to the latest Hip Hop music and get your rhythm on to Latin beats. The class instruction includes the latest dance moves that are out there! You’ll be sure to get your energy up and feel good after class!
When: Mondays March 19th 5:30 – 6:15pm for 8 weeks
Instructors: Kayla Gonzalez and Reese Weborg
Location: Room 14  Fee $65

0110.202 DANCE POWER II • AGES 13-19 YRS
Join the fun in this dance infused fitness class designed specifically for individuals with special needs. Music anywhere from the latest Latin to Hip Hop music while getting exercise! This uniquely designed class will incorporate fun dance move and movement that will allow you to get your heart going at just the right pace.
When: Mondays March 19th for 8 weeks
Time: 6:15-7:00pm
Instructors: Kayla Gonzalez and Reese Weborg
Location: Room 14  Fee $65

0109.200 MINI MUSCLES • AGES 3-5
0109.201 FUNNY MUSCLES • AGES 6-10
0109.202 AND MEGA MUSCLES AGES 11-16
This Adaptive Gymnastics class will have participants using gymnastic equipment, obstacle courses, parachute and hoppity hop games that keep this class engaging and energetic! Kids will have fun while

TRANQUIL WAY YOGA • ALL AGES
A fun combination of adaptive yoga poses and breathing exercises to improve posture, strength, flexibility, and self-awareness. Participants will be guided through each pose/exercise, using visual and auditory cues that tap into each participant’s unique way of experiencing yoga. This program runs in partnership with the Occupational Therapy Department at Sacred Heart University; student volunteers will be assisting with this program.
Saturdays March 3rd, 24th, April 7th, 14th, 21st, 28th for 6 weeks (no class on March 3rd, 10th, and 31st)
0118.200 Session I (Blue: Independent class) 10:00–10:45am
0118.201 Session II (Green: 1-1 mentor support provided) 11:00–11:45am
Instructor: Zorayda Cocchi, OTR/L, RYT 200, Certified Yogakids Teacher
Location: Room 14  Fee $55

PRE-SCHOOL/KINDERGARTEN DANCE POWER
This beginner dance program is specifically designed with the little ones in mind! This class has plenty of favorite children’s sing-a-long and dance music that is engaging and easy to follow.
Steps include: hopping, skipping, jumping, marching, clapping and circle games! The class is supplemented with plenty of mentors and volunteers to help give your child special attention and guidance throughout the 8 week session!
When: Mondays March 19th 5:00–5:30pm for 8 weeks
Instructors: Kayla Gonzalez and Reese Weborg
Location: Room 14  Fee $50

0109.200 ADAPTIVE CARDIO CLASS
A cardio circuit format, this class is meant to get you sweating and your blood pumping. We combine resistance and endurance training, as well as introduce new exercises and body movements. It is also an introduction to whole body awareness, also integrating hand eye coordination and core strength. The format of this class is broken down into a warm up, dynamic and static stretch, cardio circuit section and a cool down. This class is designed to enhance students overall fitness as well as to incite into novel fitness movements and activities.
When: Tuesday March 20th 5:15–6:00pm for 8 weeks
Instructor: Carolyn Lavelle and Elizabeth Larrea
Location: Gym  Fee: $65

ADAPTIVE BOTH INCLUSIVE AND TRADITIONAL CAMP OPTIONS
Both members of our Wallingford community and non-residents are welcome in our many spring programs for those individuals with Special Needs. If your child is interested in participating in any of our spring programs and has special needs, please call our Park and Rec Department and also indicate supportive services are needed while filling out the registration form. All of our programs and classes is staffed with trained employees as well as mentors and volunteers. These staff members possess the skills and knowledge for working specifically with individuals with special needs or for those that might be in need of a little extra assistance throughout their day. We also welcome these individuals to participate in any of our Traditional spring Programming. We will do our best to make reasonable modifications to ensure your child’s success and assign your child with a personal Mentor/volunteer to assist them throughout the program or class if needed. Please register early so that our Therapeutic Program Specialist can ensure supportive services are in place at the start of the season. To discuss how we can best support your child during our spring programs or classes for additional information, please call Carolyn Lavelle at the Wallingford Parks and Recreation Department at 203-294-2120.
working and on muscles motor planning, balance, self-esteem and social skills.

**When:** Tuesdays March 20th for 8 weeks
5:00-5:45pm (Mini Muscles)
6:00-7:00pm (Funny Muscles)
7:00-8:00pm (Mega Muscles)

**Instructor:** Julianna D’urso and Alex Kolakowski

**Location:** Gymnastics Room

**Fee:** $60 for Mini and $70 for Funny and Mega

0113.200 REC CLUB BOWLING • AGES 16 AND OVER

Come join in on the fun! Bowling in a non-competitive setting, mixed with a positive social environment! We bowl one game and then move to the next plaza over to Paradise Pizza to enjoy food and drink together!

**When:** Ongoing every 3rd and 4th Friday of the month (subject to change)

**Time:** 4:00-6:00pm

**Location:** Brunswick Colony Lanes
600 South Colony Road, Wallingford

**Instructors:** Cyndi and Gary Lynch

**Fee:** $5.00 for bowling (includes shoe rental)
$6.00 for pizza, wings and soda. Salads, soda by the can or 20oz bottle and other items may be purchased separately. (Going to Paradise Pizza is optional).

Contact number, Gary Lynch: 203-265-3264 for additional information or to be added to our notification list in case of changes in the schedule.

0113.201 ADAPTIVE GAMES CLASS AGES 6-16

The same popular Adaptive Summer Games camp that took place this past August is now going to be offered in a class format this fall! This class has been created for both younger children and teens on the Autism Spectrum as well as other emotional, physical and cognitive needs to both resident and non-resident participants. Both instructors and mentors will lead your child through various activities while in a safe, supportive and fun environment! This class will include anything from non-competitive games such as four square, name games, basketball, soccer to fitness and dance activities. Participants will be grouped by ages. So come on in, make new friends, and start your fall season for this fun filled program!

Participants should wear comfortable clothing, sneakers and bring a water bottle. All equipment will be provided.

**When:** Thursday March 22nd
5:30-6:15pm for 8 weeks

**Location:** Room 7 & Gym

**Instructor:** Carolyn Lavelle

**Fee:** $50

**ADAPTIVE MUSIC PROGRAM**

This engaging Music Therapy class incorporates rhythm instruments, such as drums, bells etc., sensory exploration, playing with touch and sound, use of puppets for Drama play, along with Music & Movement. Instructor Mary Ellen Eckles brings over 40 years of Adaptive Music Therapy experience to make this class a great success! Parents will learn how to take home some useful methods that can improve language development, social skills and over all enhanced communication with your little one!

**When:** Saturday March 31st for 6 weeks
0121.200: 10:30-11:15am Age 3 & 4
0121.201: 11:30-12:15am Age 5 & 6

**Location:** Room 13

**Instructor:** Mary Ellen Eckels

**Fee:** $50

**TINY T.O.P.S. SOCCER (1) • AGES 4-6**

The same great T.O.P.S. Soccer program now for children 4 to 6 years old. This indoor/outdoor class will introduce children to adaptive games and activities with soccer ball to develop social interaction, coordination, and following directions, social interaction, coordination, development, and game play. Sessions are approximately 75 minutes in length, comprised of several mini activities using mentors in a flexible, adaptive environment. Participants are challenged to their level of ability in a non-competitive atmosphere. There is an open ended enrollment and participation schedules can be tailored to the individual, through the www.WYSL.net website. Questions-call Coach Bill Fallon 203-415-8812

**ATTENTION MENTORS AND VOLUNTEERS**

We are currently looking for peer mentors and college student volunteers to assist in many of our adaptive recreation programs. Peer mentors and volunteers, ages 6-19 who participate on our adaptive recreation programs as role models for individuals with special needs. Mentors participate in our programs as any child their age would, often playing alongside a participant who finds it helpful to follow a friend. Mentors participate in all adaptive recreation program FREE of charge and hours can be applied towards the volunteered hours required by schools and church groups. Mentors are required to commit to a 6 week session 1 hour a week. Please contact Carolyn Lavelle, Assistant Program Specialist at 203-294-2120 if you or someone you know may be interested in mentoring.
AQUATICS – SWIM LESSONS

IN COLLABORATION WITH THE CHILDREN OF THE SOUND SWIM & PLAY

We are excited to continue this collaboration between the Wallingford Parks & Recreation Dept. and Children of the Sound Swim & Play. This fall, we will continue to provide dynamic swim & adaptive swim lessons for children ages 3 and older. **Must register through the Parks & Recreation Department.** Please see the listing below for the winter programs:

**Beginners Clinic** - basic water safety and survival skills through hands on instructions and focused play. Swimmers do not have to be fully independent to enter the class. (Not for those with extreme fear)

**Juniors Clinic** - this class improves upon the comfort gained in the beginner clinic by working on confidence in the water. Swimmers will be introduced to new strokes and continue to improve on basic crawl strokes while building strength and endurance. (Newly independent. Must be able to submerge face in water and tread to side of pool if they were to jump in)

**Advanced Clinic** - in a moderate competitive setting the children will improve endurance and stamina and stroke techniques while participating in a series of drills and swim sets. (Swimmers must be able to swim the length of the pool without assistance)

**Toddler & Parent Swim**  Ages 8mo. – 35 Months  Max 8
- **4066.200** Thursdays March 29th  4:00pm – 4:30pm for 6 weeks  Fee: $90
- **4066.201** Thursdays May 10th  4:00pm – 4:30pm for 6 weeks  Fee: $90
- **4066.202** Thursdays March 29th  5:00pm – 5:30pm for 6 weeks  Fee: $90
- **4066.203** Thursdays May 10th  5:00pm – 5:30pm for 6 weeks  Fee: $90
- **4066.204** Sundays April 8th  10:00am – 10:30am for 5 weeks  Fee: $80
- **4066.205** Sundays May 13th  10:00am – 10:30am for 6 weeks  Fee: $90

**Junior Swim Ages 4+  Max 5 (Child must be able to swim width of the pool)**
- **4066.208** Thursdays March 29th  5:00pm – 5:30pm for 6 weeks  Fee: $90
- **4066.209** Thursdays May 10th  5:00pm – 5:30pm for 6 weeks  Fee: $90

**ADAPTIVE SWIM LESSONS**

These swim lessons are for youth participants with Special Needs. For further questions for these programs please contact Assistant Recreation Program Specialist, Carolyn Lavelle (203) 294-2120.

**4066.210 Beginner Swim**  Max 4  Ages 3+
- **4066.210** Thursdays March 29th  5:30pm – 6:00pm for 6 weeks  Fee: $90
- **4066.211** Thursdays May 10th  5:30pm – 6:00pm for 6 weeks  Fee: $90
- **4066.212** Sundays April 8th  5:30pm – 6:00pm for 5 weeks  Fee: $80
- **4066.213** Sundays May 13th  5:30pm – 6:00pm for 6 weeks  Fee: $90
4000.200 USAG Co-Ed Recreational Gymnastics • For 1 – 8 yrs
Come join in the fun of recreational gymnastics under the direction of Miss Brenda, Miss Morgan, Miss Caliegh, Miss Tanisha and newly added Miss Jen. These classes will provide a fun and exciting experience for participants. All programs start with the basics and move along the skill path at their own pace. All participants will receive a ribbon upon completion of a class session. Any child who participates in all 3 sessions (Fall, Winter & Spring) will receive a medal at the end of the year recital.

We are proud to announce our instructors have renewed their USAG memberships and the Parks and Recreation Department is a USAG recreational facility! These memberships and certifications will bring your child’s recreational experience to the next level! Classes begin the week of March 12th for 10 weeks. Class Instructors: Miss Brenda, Miss Tanisha, Miss Caliegh, Miss Morgan, Miss Jen.

Tiny Tumblers: 12 months - 2 years
Parents share in the experience with their young child. We create an atmosphere geared for physical and social activity for the participants. This open play will give your child an opportunity to play on the mats, while building skills through play to get them to the next level.

-201 Mondays March 12th 9:30am - 10:15am
-202 Mondays March 12th 5:00pm - 5:45pm
-203 Tuesdays March 13th 9:30am - 10:15am
-204 Wednesdays March 14th 9:30am - 10:15am
-205 Thursdays March 15th 9:30am - 10:15am
-206 Fridays March 16th 9:30am - 10:15am
-207 Saturdays March 17th 9:00am - 9:45am
-208 Saturdays March 17th 9:50am - 10:35am
-209 Fridays March 16th 10:20am - 11:05am (just 2yrs only)

Fee: $70 Location: Gymnastics Room

Pre-School Gymnastics Classes:
3 - 4 years old without parent
This class takes a gentle approach to the introduction of gymnastics. Participants will be introduced to gymnastics equipment, as well as learning the basics of tumbling in a fun and easy going environment.

-211 Mondays March 12th 10:20am - 11:05am
-212 Mondays March 12th 5:50pm - 6:35pm
-213 Tuesdays March 13th 10:20am - 11:05am
-214 Wednesdays March 14th 10:20am - 11:05am
-215 Thursdays March 14th 5:00pm - 5:45pm
-216 Thursdays March 15th 10:20am - 11:05am
-218 Saturdays March 17th 10:40am - 11:25am

Fee: $70 Location: Gymnastics Room

Beginner Gymnastics Class: 5 - 8 years old
In this class we will introduce your child to the skills on all of the gymnastics equipment. Your child will develop skills on the beam and bars. A small floor routine will be introduced and performed at the spring recital.

-219 Ages 5-6 Mondays March 12th 6:40pm - 7:25pm
-220 Ages 5-6 Thu. March 15th 5:50pm - 6:35pm
-221 Ages 5-6 Sat. March 17th 11:30am - 12:15pm
-222 Ages 7-8 Thu. March 15th 6:40pm - 7:25pm
-223 Ages 7-8 Sat. March 17th 12:20pm - 1:05pm

Fee: $70 Location: Gymnastics Room

TINYTYKES SOCCER AGES 2-5YRS
TinyTykes is an EXCITING PROGRAM from Challenger Soccer, focusing on the development of children aged 2 – 5 years old. Our soccer experts and child development professionals have designed an innovative curriculum that introduces your young soccer stars to the basic skills needed in soccer as well as developing their motor, social, and psychological skills. Our British coaches are experts at working with young children and will combine soccer with fun games; stories and music that keeps your children entertained and enthused to return next week. Come join our CUBS AND LIONS PROGRAM and join LENNY THE LION as you learn our TinyTykes theme song!

Player package that includes: Full custom designed TinyTykes Uniform (Shirt and Shorts)
Graduation certificate after level completion
Class begins Saturday April 28th.

4030.200 Ages 2-3 Saturdays 9:00am – 9:45am
4030.201 Ages 2-3 Saturdays 10:00am – 10:45am
4030.202 Ages 4-5 Saturdays 10:15am – 11:05am

Fee: $85 (includes the uniform) Location: Gym 1 & 2  Instructors: Tiny Tykes Staff
**HOOP HOUSE BASKETBALL ACADEMY FOR BOYS AND GIRLS 5-9 YEARS**

Great tune up for the coming basketball league play! Wallingford Parks & Rec in conjunction with Central Connecticut Hoop Stars offers a premiere youth basketball program which includes instruction by top coaches, game play, basketball contest and the Hoop House “lessons of life” program. Each participant will receive a Hoop House T-Shirt.

- **4020.201** 5-6yrs Wednesdays March 28th 5:45 - 6:45pm for 6 weeks
- **4020.202** 7-9yrs Wednesdays March 28th 6:45 - 7:45pm for 6 weeks

**Fee: $65**

**Location:** Gym 1

**Instructor:** Greg Morrone and Hoop House Staff

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**4029.200 JR. SLUGGERS • 7-9 YEARS**

Clinic for baseball players ages 7-9. Baseball fundamentals for both the beginner and intermediate player. Fielding and batting strategies, techniques and mechanics will be worked on in this program.

- **When:** Tuesdays March 27th 5:35pm - 6:20pm for 6 weeks

**Fee:** $60

**Location:** Gym 1

**Instructor:** Diamond Kings Baseball Academy, Bristol, CT

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**4028.200 LITTLE SLUGGERS • 4-6 YEARS**

Tee ball clinic for ages 4-6 to help children learn basic fundamentals of baseball. A gentle approach by instructors will make learning America’s Pastime an enjoyable experience.

- **When:** Tuesdays March 27th 4:45pm - 5:30pm for 6 weeks

**Fee:** $60

**Location:** Gym 1

**Instructor:** Diamond Kings Baseball Academy, Bristol, CT

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**CO-ED DEVELOPMENTAL YOUTH TENNIS • AGES 10-15**

Focusing on the recreational side of tennis and growing players into High School and pre-tournament level players. Learn stroke development and building a transition game, as well as teamwork and sportsmanship. Join us for six weeks this summer and take part in clinics, practices, point play and round robins.

- **4091.201** Ages 10-12 Saturdays June 9th 9:00am - 10:30am for 6 weeks
- **4091.202** Ages 13-15 Saturdays June 9th 10:30am - 12:00pm for 6 weeks

**Fee:** $75

**Location:** TBD

**Instructor:** Doug Sime, PTR Certified Instructor, Sheehan High Tennis Coach

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**LITTLE NINJAS • AGES 3-4**

Karate techniques incorporated with essential motor skills for 3-4 year olds. The curriculum includes balance, memory, team work, coordination, focus, and other age specific skills training. Often young children want to do what the big kids do but don’t have the essential motor skills. This class teaches those while building self-esteem and respect for self and others.

- **4051.201** Fridays March 9th 5:30 – 6:00pm for 12 weeks
- **4051.202** Saturdays March 10th 9:00 – 9:30am for 12 weeks

**Fee:** $70

**Location:** Room 14

**Instructor:** The Institute of Martial Arts Staff

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**4023.200 CROSSFIT TRITON - CROSSFIT KIDS & TEENS AGES 8-16**

Crossfit Kids is a strength and conditioning program that is specifically designed for kids and teenagers, helping them develop a lifelong love of fitness. In a group setting based by age, children and teens participate in fun and engaging workouts that will deliver measurable results, along with preparing them to be well rounded athletes. Participants will learn nutritional information and how the program can improve all participants. We encourage all participants, athletes and non-athletes to participate in this program.

- **When:** Mondays March 26th 5:00pm - 5:45pm for 5 weeks

**Fee:** $65

**Location:** Gym 1

**Instructor:** Skyhawks Staff (Skyhawks is a nationally recognized sports program provider)

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**KICKIN’ KIDS • AGES 5-6**

Dynamic karate techniques taught with an emphasis on kicks, punches, blocks, coordination, bullying prevention, and beginning

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**TENNIS CLINIC FOR YOUTH AND ADULT**

Basic fundamentals of tennis will be the focus; proper grip, stroke preparation and follow through, court positioning, scoring and match play. Clinics held at Harrison park tennis courts. Participants must bring your own racquet.

- **Beginning Saturdays March 31st for 4 weeks**  
  **4090.203** 1:00pm - 2:30pm

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**NEW!**

**4090.201** Ages 10-12 Saturdays June 9th 9:00am - 10:30am for 6 weeks

**4090.202** Ages 13-15 Saturdays June 9th 10:30am - 12:00pm for 6 weeks

**Fee:** $40

**Location:** Harrison Park

**Staff:** Mat Donarumo
karate weapons training. Situational self-defense will be taught so our youngest can avoid conflict. Class is designed to have a student develop into the more structured karate program that starts at 7 years old. Emphasis on technique and coordination without the traditional forms patterns of movement. **4052.201** Fridays March 9th 6:00 – 6:45pm for 12 weeks **4052.202** Saturdays March 10th 9:30 – 10:15am for 12 weeks Fee: $85 Location: Room 14 Fridays/Room 15 Saturdays Instructor: The Institute of Martial Arts Staff

**4053.200** KARATE FOR BEGINNERS AGES 7 & UP
A traditional karate program for ages 7 and up, the style of Karate we study is Tang Soo Do, a Korean based martial art. In addition to learning techniques, board breaking, forms and exercise patterns, the class focuses on self-esteem, character building, respect for self and others, proper approaches to competition and general life skills for today’s child. **When:** Saturdays March 10th 9:00 – 9:45am for 12 weeks Fee: $85 Location: Room 14 Instructor: The Institute of Martial Arts Staff

**KARATE TANG SOO DO • AGES 7-ADULT**
A chance for 7 – Adults to develop martial arts skills, build strength and confidence, build self-discipline. Parents are encouraged to begin training at the same time as their children’s class regardless of rank. Great fun and family activity! **4050.201** Wednesdays March 7th 7:00pm – 8:00pm for 10 weeks **4050.202** Saturdays March 10th 10:15-11:30am for 12 weeks Fee: $60 Location: Room 16 Instructor: The Institute of Martial Arts Staff

**FENCING • AGES 12 – ADULTS**
**NEW! 4061.220 MINI HAWK SPORTS & GYM GAMES**
Skyhawks provides a wide variety of fun, safe and positive programs that emphasize critical lessons in sports and life, such as teamwork, respect and sportsmanship. Our programs are designed to give each child a positive introduction into sports while fostering a lifelong love for an active, healthy lifestyle. For this camp, our patient and knowledgeable staff use a variety of skill-building games and activities to give each athlete a complete understanding and overview of many different popular sports and games. Sports and games include capture the flag, soccer, ultimate frisbee, basketball, kickball, baseball, 4 square, flag football, team handball and many more. Kids will play 2-4 different games/sports each week. **When:** Mondays March 26th 5:50pm – 6:50pm for 5 weeks Fee: $65 Location: Room 15

**4150.201 BEGINNER CLASSICAL FENCING • AGES 12 - ADULTS**
Want to learn how to survive a duel with swords? Classical Fencing strives to teach the martial art that fencing had been for thousands of years, before it became, as swords went out of use as weapons of war or civilian sidearms, a sport; as seen in school fencing teams and the Olympics. Looking the same to the casual eye, and using similar weapons and protective equipment, in our training, we seek to answer the question: “What would I do if these were sharp, and could hurt me?” Because the stakes are higher in such a case, the paradigm, and the training and techniques of Classical Fencing are different from those of the sport. In this class, you will be taught the use of arms the same way Ladies and Gentlemen were taught in the 19th Century, when they might be called upon to defend themselves in a duel. Nine hours of training culminates, in the tenth and last class session, with fencing bouts for all, in which you can test your new skills prior to continuing your fencing education in the Intermediate Class! **When:** Tuesdays April 3rd 7:00pm – 8:00pm for 10 weeks Fee: $60 Location: Room 16 Instructor: Andy Baiman

**4150.202 INTERMEDIATE CLASSICAL FENCING • AGES 12 - ADULTS**
Open to those fencers who have completed the Beginner Fencing Class, and with the approval of the instructor, this class focuses on specific attack and defense strategy, building upon and refining the fundamental skills of blade handling and footwork learned in the previous class, as well as introducing the three common elements of all fighting: Distance, Timing, and Proportion. Fencers will have the opportunity to practice their skills in supervised bouts. **When:** Thursdays April 5th 7:00pm – 8:00pm for 10 weeks Fee: $60 Location: Room 16 Instructor: Andy Baiman

**4150.203 ADVANCED CLASSICAL FENCING • AGES 12 - ADULT**
Open to those fencers who have completed the Beginner and Intermediate Classes, and with the approval of the instructor, this twice-weekly 1 3/4 hour class provides the opportunity to refine technique already learned, to study new advanced technique, and allows adequate time to practice those techniques in both formal and informal bouts. **When:** Tuesdays & Thursdays April 5th 8:00pm – 9:45pm for 10 weeks Fee: $100 Location: Room 16 Instructor: Andy Baiman
LEAGUES

ADULT SLOW PITCH SOFTBALL
CALENDAR OF IMPORTANT DATES
2018 SEASON
Softball leagues are offered for men’s, women’s and co-ed recreational teams. USA Softball (Formerly ASA) rules with modifications and Wallingford Parks & Recreation Department rules apply. The Dept. reserves the right to place teams in divisions to maintain the quality of competition. Teams must be prepared to play on these days of the week Mon-Fri and Sundays for scheduled or rescheduled games.

Division Schedules Is As Follows:
Monday: Make Ups (Sundays may be used if needed)
Tuesday: D Division/E Division
Wednesday: A Division/Women’s Division
Thursday: B Division/C Division
Friday: F Division/G Division

Feb. 22nd until 4:30pm Old team registration
Feb. 23rd beginning at 9:30am New team registration

Fee: $725

4185.200 THE JACK DOYLE ADULT MEN’S 60YRS & OVER 2018 SLOW PITCH SOFTBALL LEAGUE
Practice and games tentatively scheduled for Monday and Wednesday mornings from 9:00am – 11:00am. Letters for registration were mailed out in the month of January to the players from the previous year. Registration forms must be completely filled out and returned in person with payment and a copy of a CT Drivers License to the Parks and Recreation Department. Harry Fazio is the league commissioner. For more information contact the Rec. Department at 294-2120.

Registration begins February 1st Tentative Start Date is Monday in Mid April
Fee: $25 Residents/$30 Non-Residents
*New players are always welcome and can register after February 1st $25 Residents/$30 non-residents

Health & Fitness

Yoga, Pilates, Tai Chi, Seniors, & Specialty Fitness

PLEASE NOTE: the following health and fitness classes are for participants 13 years and older.

5026.200 MOM AND ME YOGA
Class is for children between the ages of 3 to 10 years old explore the enchanting world of yoga with Mom (or Dad!) by your side! This playful class will include an introduction to yoga poses to develop strong and healthy bodies, as well as relaxation techniques where the kids learn to center and calm themselves. You will share lots of giggles and hugs with partner exercises designed to build confidence in a non-competitive environment.

Equipment Needed: Your own yoga mat
Instructor: Rebecca Santillo certified yoga instructor
Class Time: Saturdays 12:00-1:15 PM
Date: 5/12-6/23, no class 5/26
Location: Room 16
Fee: $35

5026.201 A GIRL’S GUIDE TO THE UNIVERSE
This program will weave together heart-centered arts and crafts activities, yoga, writing exercises, and mindfulness to help girls navigate school and home life. These fun-filled classes will explore multiple ways girls can build positive self-esteem and feel more empowered. Girls will also learn ways to help them deal with bullies as well as stress and anxiety management so that they can move through the universe healthy, happy and strong! This program is designed for girls 8-12 years old. Participants should come to each class with their own yoga mat.
Instructor: Rebecca Santillo certified yoga instructor
Class Time: Saturdays 12:00-1:15 PM
Date: 5/12-6/23, no class 5/26
Fee: $35

NEW!

CO-ED OPEN GYM VOLLEYBALL
Thursday nights come join the crew for some co-ed recreational volleyball. Gym time will be from 7:30 – 9:45pm (sharp...). Please see the message board in the front door foyer for time changes. Open gym volleyball is open for Wallingford residents only. Also if at any time numbers of participants are low the Rec Dept reserves the right to accommodate other groups or activities on an as need basis on one side or both sides of the gym.
5001.200 PREGNATAL YOGA
A gentle practice designed to help women prepare both physically and emotionally for childbirth. Asana are specifically designed to build both strength and stamina. Relaxation techniques are used to help you bond with your baby and enjoy this special time of your life. Experience the fellowship and support of other pregnant women while nourishing yourself and unborn child. Bring a mat, blanket, pillow, and water bottle. Class fee can be adjusted for those who will be delivering their babies before the end of the session.

**Equipment Needed:** Your own yoga mat.

**Instructor:** Rebecca Santillo certified yoga instructor.

**Date:** 3/24-6/16 for 11 weeks

**no class 3/31, 5/26**

**Class Time:** Saturdays 9:00-10:15 AM

**Location:** Room 16

**Fee:** $78 (class can be pro-rated depending on due date)

5020.201 EARLY MORNING YOGA
Challenge your body with a different yoga practice each day. Using a variety of equipment to shake up your yoga routine. Workout early and get it done. The rest of the day is yours to enjoy! All levels welcome!

**Equipment Needed:** Your own yoga mat.

**Instructor:** Sue Schade, certified yoga instructor.

**Class Time:** Tuesdays 5:30-6:45 AM

**Location:** Room 15

**Fee:** $66

NEW!!! 5003.201 Thursdays 5:15-6:30 PM

**Equipment Needed:** Your own yoga mat.

**Instructor:** Joycelyn Burke certified yoga instructor.

**Date:** 3/23-6/15 for 11 weeks

**no class 3/30, 5/25**

**Class Time:** Fridays 5:15-6:30 PM

**Location:** Room 15

**Fee:** $66

5003.200 SATURDAYS 9:00-10:15 AM

**Equipment Needed:** Your own yoga mat.

**Instructor:** Joycelyn Burke certified yoga instructor.

**Date:** 3/24-6/16 for 11 weeks

**no class 3/31, 5/26**

**Class Time:** Saturdays 10:30-11:45 AM

**Location:** Room 16

**Fee:** $72

GENTLE YOGA & MEDITATION
A nurturing, healing yoga experience for the beginner student or those needing some relaxation and ease in their lives. Basic yoga postures and breathing are taught in a gentle way to help students release deep tension and stress from their bodies and minds.

**Equipment Needed:** Your own yoga mat.

5005.202 Mondays 11:00-12:15 PM

**Instructor:** Christina Casavina certified yoga instructor.

**Date:** 3/19-6/11 for 12 weeks

**no class 5/28**

**Location:** Room 15

**Fee:** $72

5006.200 YOGA BASICS WITH REBECCA
*Class is for Beginners*

An all-levels yoga class that includes classical poses and basic breathing techniques. Learn more about foundations of the postures, healthy alignment and relaxation. Something for everyone! Students are encouraged to work at their own pace.

**Equipment Needed:** Your own yoga mat.

**Instructor:** Rebecca Santillo certified yoga instructor.

**Date:** 3/23-6/15 for 12 weeks

**no class 3/30**

**Class Time:** Fridays 9:30-10:45 AM

**Location:** Room 14

**Fee:** $72

NEW!

VINYASA FLOW YOGA

W/ JOYCelyn

A slow-paced vinyasa flow yoga class moving intentionally from posture to posture and incorporating a focus on breathing. The practice includes Sun Salutations, balances, standing, core, and arm-supported poses, back bending, forward folds and hip openers, twists, inversions, relaxation, and meditation. Modifications and alternatives are offered to accommodate all levels of experience and abilities. The use of props is encouraged.

**Instructor:** Sue Schade certified yoga instructor.

**Date:** 3/21-6/13 for 13 weeks

**no class 3/30, 5/28**

**Class Time:** Mondays 11:00-12:15 PM

**Location:** Room 15

**Fee:** $200 (class can be prorated depending on due date)

5023.200 SLOW FLOW YOGA

**Instructor:** Kellie Codianna E-RYT yoga instructor.

**Dates:** 3/21-6/13 for 13 weeks

**Class Time:** Wednesdays 7:00-8:00 PM

**Location:** Room 6

**Fee:** $78

5023.201 SLOW FLOW YOGA FOR BACKCARE

This is a slow-paced style yoga where the poses are held for longer periods of time (about 5 mins per pose). Holding a pose for this length of time is believed to put stress on the connective tissue, enhancing circulation and increased flexibility. Props will be used.

**Equipment Needed:** Your own yoga mat.

**Instructor:** Sue Schade certified yoga instructor.

**Date:** 3/23-6/15 for 11 weeks

**no class 3/30, 5/25**

**Class Time:** Fridays 5:15-6:30 PM

**Location:** Room 15

**Fee:** $66

5030.200 YOGA FOR MENTAL HEALTH

With intentional, slow, movement, allowing your breath to be your guide. Align your body with a balance of strength and flexibility. Your mind will become STILL and you will feel a sense of peacefulness and clarity. Kellie’s classes are centered around balancing strength with flexibility, moving slowly with intention, modifying poses for knee, back and shoulder pain. Becoming aware and connected to the body balancing effort and ease. The breath being the magic ingredient to release tension throughout the practice.

**Instructor:** Kellie Codianna E-RYT yoga instructor.

**Dates:** 3/23-6/15 for 13 weeks

**Class Time:** Wednesdays 7:00-8:00 PM

**Location:** Room 6

**Fee:** $78
5004.200 SOUL POWER YOGA
Revitalize your body’s vital energy while cleansing stress and fatigue. Awaken a clear mind and enjoy engaging practical strengths. Class is a moderate yoga session (with a bit of edge) encouraging students to focus and move at their own pace. Attention to breath and meditative pauses helps to steep the student in the inner experience, while moving through an intelligent sequence to limber the body and mind.

**Equipment Needed:** Your own yoga mat
**Instructor:** Sally Noel has been a student of yoga since 1992 and teacher since ’99. She continues to study and evolve her teaching and understanding predominately with the Kripalu, Pranakriya and Kundalini styles of yoga.
**Date:** 3/23-6/15 for 12 weeks
(no class 3/30)
**Class Time:** Fridays 11:00-12:00 PM
**Location:** Room 14
**Fee:** $72

5006.201 BASIC YOGA WITH ZORAYDA
Come and enjoy the benefits of breathing awareness, yoga poses, and guided relaxation. Learn to listen to your own body as it guides you to develop the yoga practice that is right for you. Emphasis will be on feeling the poses, connecting to your breath and your body, and letting go off an ‘ideal’ of how each pose is supposed to look like.

**Equipment Needed:** Your own yoga mat
**Instructor:** Zorayda Cocchi OTR/L, RYT 500, CYKT certified yoga instructor
**Date:** 3/19-6/11 for 12 weeks
(no class 5/28)
**Class Time:** Mondays 9:30-10:45 AM
**Location:** Room 15
**Fee:** $72

5007.200 SELF-AWAKENING YOGA
Awaken your body’s inner intelligence. Discover what works for you through the experience of developmental movement, alignment, breath, stillness, gravity, body scanning, differentiation, and non-judgmental self-awareness. Learn to listen to your body. Open mind set required. Body flexibility optional.

**Equipment Needed:** Your own yoga mat. Bring a blanket and/or pillow (optional).
**Instructor:** Zorayda Cocchi OTR/L, RYT 500, CYKT certified yoga instructor
**Date:** 3/21-6/13 for 13 weeks
**Class Time:** Wednesdays 5:00-6:15 PM
**Location:** Room 15
**Fee:** $78

5009.200 POWER YOGA
Energetic, vigorous practice that blends sweat and flexibility in a class that thoroughly tones the body and disciplines the mind.

*This is an advanced class

**Equipment Needed:** Your own yoga mat
**Instructor:** Sue Schade, yoga certified instructor
**Date:** 3/19-6/11 for 12 weeks
(no class 5/28)
**Class Time:** Mondays 5:15-6:30 PM
**Location:** Room 15
**Fee:** $72

5013.200 MIXED LEVEL YOGA WITH CHRISTINA
A hatha yoga class designed for all levels. This practice is focused on expressing the asana (postures from the inside out. Breath work and meditation will be included. Based on the principles of iyengar yoga, this therapeutic yoga will open your heart and align your body to its greatest potential.

**Instructor:** Christina Casavina, certified yoga instructor
**Date:** 3/21-6/13 for 13 weeks
**Class Time:** Wednesdays 9:30-10:45 AM
**Location:** Room 15
**Fee:** $78
5018.200 CHAIR YOGA
This gentle yoga class will ease you into the world of yoga, whatever your age and ability. CHAIR YOGA is designed for seniors and persons with physical limitations. Students will have the opportunity to come out of the chair onto a yoga mat if they choose, but this will not be mandatory. Every class will include with deep breathing exercises and final relaxation. Come see what yoga can do for you!
**Equipment Needed:** Your own yoga mat (only needed if you can get up and down from the floor otherwise you can use the chair for the whole class)
**Instructor:** Lauren Henrici, RYT, Yoga-Fit certified instructor
**Date:** 3/20-6/14
**Class Time:** Tuesdays & Thursdays 1:00-1:45 PM
**Location:** Room 15
**Fee:** $50

5030.201 POWER PILATES
Experience the grace and power of Pilates. Get strong and balanced, long and lean. Fresh and exciting. Different props will be used each week to challenge the whole body while we build the core.
**Equipment Needed:** Your own yoga mat
**Instructor:** Beth Ferraris IM=X pilates and Barre certified instructor
**Tuesdays:** 5:15-6:00 PM
**Date:** 3/19-6/11 for 13 weeks
**Location:** Room 15
**Fee:** $78

5012.200 PILATES YOGA FUSION
Combine the muscle sculpting, core firming benefits of Pilates with the strength and flexibility advantages of yoga. A quick paced total body workout.
**Equipment Needed:** Please bring your own mat.
**Instructor:** Linda Roy, STOTT pilates certified instructor
**Class Time:** Wednesdays 5:10-5:55 PM
**Date:** 3/21-6/13 for 13 weeks
**Location:** Room 16
**Fee:** $78

5100.200 TAI CHI CH’UAN
"Relaxed physical movement with a peaceful but focused mind" D.C.R. Tai Chi is an excellent internal exercise combined with external movement for men and women of all ages and physical abilities. The early effect of Tai Chi is lowering of blood pressure and stress reduction due to the relaxed, gentle movements of the Tai Chi form.
**Instructor:** Central CT Tai Chi Ch’uan
**Date:** 3/20-5/22 for 10 weeks
**Class Time:** Tuesday 7:30-8:30 PM
**Location:** Room 15
**Fee:** $65

**STRENGTH TRAINING AT CHOATE ROSEMARY HALL’S FITNESS CENTER**
Get a personalized strength training program. Sue will design a program based on your goals and will supervise and guide you through your workout. You can’t beat what you get out of this program: a personalized workout plan, Sue’s expertise and guidance, and use of Choate’s state-of-the art fitness center for a great price!!! You will make use of free weights, nautilus, and cardio equipment (treadmills, bicycles, ellipticals, stairclimbers, etc.)
**Instructor:** Sue Schade
**5101.201 Session**
**Tuesdays & Thursdays 8:00-9:30 AM**
**Date:** 3/20-6/14 for 13 weeks
**Location:** Choate Rosemary Hall’s Fitness Center
**Fee:** $105

**5101.202 Session**
**Tuesdays & Thursdays 9:30-11:00 AM**
**Date:** 3/20-6/14 for 13 weeks
**Location:** Choate Rosemary Hall’s Fitness Center
**Fee:** $105

5102.200 EARLY MORNING STRIDERS
Spring into action with a vigorous walk before your day begins! A great way to exercise while walking throughout Wallingford! Please leave your pets home.
**Instructor:** Mary Nieves
**Date:** 3/21-6/13
**Class Time:** Mon., Wed., and Fri. 6:00-7:00 AM
**Location:** Walk starts at Simpson Court at the Wishing Well (Corner of North Main St. and Center St.)
**Parking available.**
**Fee:** $10

5103.200 ARTHRITIS FOUNDATION EXERCISE PROGRAM
This class is a program of special- ized exercises promoting range of motion, flexibility and relaxation enhancing the quality of life.
**Instructor:** Elaine Doherty, Arthritis Foundation Certified
**Date:** 3/12-6/20 for 15 weeks
**Class Time:** Monday and Wednesdays and 12:30-1:30 PM
**Location:** Wallingford Sr. Citizen Center
**Fee:** $30

**NEW! 5011.200 FIT FOR LIFE**
As we get older it’s crucial to maintain and even gain strength and mobility so one can continue to live an active and exciting life. Your instructor Mary Dybas believes that your lives shouldn’t be inhibited due to poor health and fitness levels or age! She will energetically encourage and carefully lead a diverse workout that’ll keep you interested and enable you to gain and maintain strength, mobility and balance. Be prepared to move with swing, big band and 50’s music and have a great time!
**Instructor:** Mary Dybas
**Date:** 3/20-6/14
**Class Time:** Tues. & Thurs. 9:15-10:00 AM
**Location:** Room 16
**Fee:** $20

5105.200 SWING SHIFT
This class is designed for the active senior. Move and step to your favorite music as you improve your cardiovascular health. Strength and balance exercises also included for complete fitness. This class will keep you moving and keep you doing the activities you love to do! Class is for 50+ Adult
**Instructor:** Lauren Henrici or Gwen Silloway Mondays, Gwen Silloway Wednesdays and Fridays, AFAA

Continued on next page
and ACE certified instructors
Date: 3/19-6/15 no class 3/30, 5/28
Class Time: Mon., Wed., & Fri.
10:20-11:05 AM
Location: Room 16
Fee: $25

5106.200 BABY BOOMER BOOGIE
Move over Zumba Gold...Baby Boomer Boogie is a fun cardio
dance fitness class that incorporates
the best of todays and yesterday’s
favorite music hits.  Get your heart
pumping and spirits soaring with
easy to follow dance movements.
Top it off with some strength work
and balance challenges and you
have a TOTAL body workout!
Instructor: Lauren Henrici AFAA
certified instructor
Date: 3/20-6/14
Class Time: Tues. & Thurs.
12:00 - 12:45 PM
Location: Room 16
Fee: $20

**Fitness Classes**
Our fitness classes are great for the
beginner and experienced
exerciser!
Fitness Class Fees apply only to
classes listed in the shaded “Fitness
section” on the “Fitness Schedule”
The more classes you sign up for the
more you SAVE!!!
1st Fitness class that you register is
full Fee. 2nd class and each
following class take $5 off each
class.

5500.200 P90X LIVE MONDAYS AND
FRIDAY FUN
Mondays will feature P90X Live and
Fridays will be a surprise class! Both
days will focus on total-body
strength and cardio to help you
bust through personal plateaus to
help you get in the best shape of
your life!
Instructor: Jess Holloway AFAA
certified instructor
Date: 3/19-6/15 for 12 weeks
no class 3/30, 5/28
Class Time: Mon. & Fri. 5:45-6:30 AM
Location: Room 16
Fee: $72

5528.200 EARLY MORNING PUMP
If you are looking to get lean,
toned and fit fast-early morning pump is the class for you! We will
use light to moderate weights and
lots repetition to get a total body
workout.
Instructor: Jess Holloway AFAA
certified instructor
Date: 3/20-6/12 for 13 weeks
Class Time: Tues. & Thurs.
5:45-6:30 AM
Location: Room 16
Fee: $78

5501.200 MORNING MOTIVATORS
Morning Motivators offers a variety
of fitness classes over 3 days of the
week. Each day will have a general
area of focus with plenty of variety
and challenge to keep it fun,
motivating and getting you fit.
Mondays will incorporate using the
Step with Lauren or Gwen,
Wednesdays is core, balance, and
strength, Fridays is circuits, strength,
and cardio with Gwen.  All fitness
levels welcome!
Instructor: Sue Moreschi ACE
certified instructor
Date: 3/19-6/11 for 12 weeks
no class 5/28
Class Time: Mon., Wed., & Fri.
9:30-10:15 AM
Location: Room 16
Fee: $39

5507.201 WORK IT CIRCUITS
During this high energy class, we will
execute short intervals of various
fitness exercises.  A variety of
cardio, core, and strength training
equipment will be utilized weekly.
All fitness levels welcome!
Instructor: Sue Moreschi ACE
certified instructor
Date: 3/20-6/12 for 13 weeks
Class Time: Tuesdays 6:05-6:50 PM
Location: Room 16
Fee: $42

5529.200 BOOTCAMP
INTERVAL
Challenge yourself with intervals of
cardio and weights...it’s like a
rollercoaster ride for your heart.
Every week is something new!!
Instructor: Kristie Miller, AFAA
Certified Instructor
Date: 3/21-6/13 for 13 weeks
Class Time: Wednesdays
6:00pm – 6:45pm
Location: Room 16
Fee: $42
NEW! 5522.201 MELT DOWN/ WARM UP
Spring forward, jump back shuffle side to side in an interval style format class. We will transition from cardio movements to core and strength movements that will keep your body and mind active. All levels welcome.
Instructor: Sue Moreschi ACE certified instructor
Date: 3/22-6/14 for 13 weeks
Class Time: Thursdays 6:05-6:50 PM
Location: Room 16
Fee: $42

NEW! 5519.202 POWER PUMP
This is a full body weight training class which challenges all major muscle groups fusing powerful strength training techniques. Increase core strength, stability and burn calories...A great way to start a weekend!
Instructor: Sue Moreschi ACE certified instructor
Date: 3/24-6/16 for 11 weeks
no class 3/31, 5/26
Class Time: Saturday’s 8:00-8:45 AM
Location: Room 16
Fee: $36

NEW! 5525.201 CORE AND STRENGTH FIRE UP
Learn to fire up your core without the strain on the neck combined with full body muscle exercises in multiple sets.
Instructor: Vicky Hamelin AFAA certified instructor
Date: 3/23-6/15 for 11 weeks
no class 3/30, 5/25
Class Time: Fridays 5:15-6:15 PM
Location: Room 16
Fee: $36

5510 ZUMBA!® AT THE WALLINGFORD PARK & REC
The Zumba® program fuses hypnotic Latin & International rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you’ve got a Zumba® class.

200 Zumba Mondays 7:10-7:55 PM
Instructor: Cheryl Myers Zumba and NETA certified instructor
Dates: 3/19-6/11 for 12 weeks
no class 5/28
Location: Room 16
Fee: $39

201 ZUMBA REMIXED MONDAYS 8:00-8:45 PM
The party continues with this innovative cardio class! Various Zumba specialties are featured in this session including Zumba Toning (fusing cardio with light weight resistance), Zumba Step (utilizing the toning and strengthening power of step aerobics to sculpt your core and lower body) and Zumba Sentao (strength & resistance training using a chair as your dance partner)! Join the fun and experience a brand new approach to blending Zumba’s high energy cardio with resistance equipment!
Instructor: Cheryl Myers Zumba and NETA certified instructor
Dates: 3/20-6/12 for 13 weeks
Location: Room 15
Fee: $42

203 Zumba Wednesdays 7:30-8:30 PM
Instructor: Fee Adams, AFAA and Zumba certified instructor
Dates: 3/21-6/13 for 13 weeks
Location: Room 16
Fee: $42

.208 ZUMBA TONING TUESDAYS 6:40-7:25 PM
The party continues with this innovative cardio class! ZUMBA Toning takes the original ZUMBA dance fitness class to the next level by infusing cardio with light weight resistance using specialized toning sticks or weights. This class format combines Latin/International rhythms with dynamic resistive exercises to further improve overall muscle tone and performance. Join the fun and experience a brand new approach to weighted activity!
Instructor: Penny Gagne Delahanty Certified Zumba instructor certified instructor
Dates: 3/20-6/12 for 13 weeks
Location: Room 15
Fee: $42

.206 Zumba Thursdays 6:35-7:20 PM
Instructor: Lisa Wasylean certified Zumba instructor
Dates: 3/22-6/14 for 13 weeks
Location: Room 15
Fee: $42
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<td>8:00-9:30 AM Sue S Strength Training A</td>
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<td><strong>9:30-10:15 AM</strong> Laureen Morning Motivator-Step</td>
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<td><strong>9:30-10:15 AM</strong> Gwen Morning Motivators-strength/core/balance</td>
<td><strong>9:30-11:00 AM</strong> Sue S Strength Training B</td>
<td><strong>9:30-10:15 AM</strong> Gwen Morning Motivators-cardio &amp; strength</td>
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<td><strong>11:00-12:15 PM</strong> Christina Gentle Yoga</td>
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<td><strong>12:30-1:30 PM</strong> Elaine Arthritis</td>
<td><strong>1:00-1:45 PM</strong> Lauren Chair Yoga</td>
<td><strong>12:30-1:30 PM</strong> Elaine Arthritis</td>
<td><strong>1:00-1:45 PM</strong> Lauren Chair Yoga</td>
<td><strong>12:30-1:30 PM</strong> Elaine Arthritis</td>
<td><strong>12:30-1:30 PM</strong> Elaine Arthritis</td>
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<td><strong>5:30-6:15 PM</strong> Sue M S'MORE</td>
<td><strong>5:15-6:00 PM</strong> Beth Power Pilates</td>
<td><strong>5:00-6:15 PM</strong> Sue S Yoga Surprise</td>
<td><strong>5:15-6:30 PM</strong> Vicky Core and Strength Fire Up</td>
<td><strong>5:15-6:30 PM</strong> Vicky Core and Strength Fire Up</td>
<td><strong>5:15-6:30 PM</strong> Vicky Core and Strength Fire Up</td>
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<td><strong>5:15-6:30 PM</strong> Sue S Power Yoga</td>
<td><strong>5:20-6:35 PM</strong> Zorayda Mindful Yoga</td>
<td><strong>5:10-5:55 PM</strong> Linda Pilates Yoga Fusion</td>
<td><strong>5:15-6:00 PM</strong> Sue M S'MORE</td>
<td><strong>5:15-6:00 PM</strong> Sue M S'MORE</td>
<td><strong>5:15-6:00 PM</strong> Sue M S'MORE</td>
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<td><strong>6:20-7:05 PM</strong> Sue M HIIT/Crosstraining</td>
<td><strong>6:05-6:50 PM</strong> Gwen Work it Circuits</td>
<td><strong>6:00-6:45 PM</strong> Kristie Bootcamp Interval</td>
<td><strong>6:05-6:50 PM</strong> Sue M Melt Down/Warm Up!</td>
<td><strong>6:05-6:50 PM</strong> Sue M Melt Down/Warm Up!</td>
<td><strong>6:05-6:50 PM</strong> Sue M Melt Down/Warm Up!</td>
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<td><strong>7:10-7:55 PM</strong> Cheryl ZUMBA</td>
<td><strong>6:40-7:25 PM</strong> Penny ZUMBA Toning</td>
<td><strong>7:00-8:00 PM</strong> Kellie Slow Flow Yoga</td>
<td><strong>7:00-8:15 PM</strong> Zorayda Therapeutic Yoga</td>
<td><strong>7:00-8:15 PM</strong> Zorayda Therapeutic Yoga</td>
<td><strong>7:00-8:15 PM</strong> Zorayda Therapeutic Yoga</td>
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<td><strong>8:00-8:45 PM</strong> Cheryl ZUMBA Remixed</td>
<td><strong>7:30-8:30PM</strong> Central CT Tai Chi Tai Chi</td>
<td><strong>7:00-8:15 PM</strong> Zorayda Therapeutic Yoga</td>
<td><strong>6:35-7:20 PM</strong> Lisa ZUMBA</td>
<td><strong>6:35-7:20 PM</strong> Lisa ZUMBA</td>
<td><strong>6:35-7:20 PM</strong> Lisa ZUMBA</td>
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<td><strong>7:00-8:15 PM</strong> Zorayda Therapeutic Yoga</td>
<td><strong>7:35-8:35 PM</strong> Fee ZUMBA</td>
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Kids Dance

DIAPER DARLING DANCE CLASS
AGES 18MO. – 3 YRS
Diaper Darlings is an introductory dance class for your young toddler. The children will begin to explore movement, balance and begin to develop listening skills with instructional music and songs. This class is a great way to introduce your child to the love of dance! Parent participation is required.
*When signing up please only register for one of the following options
6000.201 Mondays March 19th 9:45-10:15am
6000.202 Tuesdays March 20th 4:00-4:30pm for 8 weeks
Instructor: Amy Malone
Location: Room 14 Fee: $60

Ballet & Tap Combination Dance Classes • Ages 3-4
This class is an introduction to both Ballet and Tap dance. Children will begin to learn the fundamentals of both subjects, in a structured setting, such as marching in line, making circles and listening to specific instruction. Several fun activities including creative movement will be explored, while also having the opportunity to interact with their classmates!
6000.205 Mondays March 19th 10:15-11:15am for 8 weeks
6000.206 Tuesdays March 20th 4:30-5:30pm for 8 weeks
Instructor: Amy Malone
Location: Room 14 Fee: $60

Adults & Seniors

6001.200 Swing Dance Beginner to Intermediate
Learn popular dances of the 50’s, 60’s and 70’s! Swing, Stroll, Hustle, and more as class progresses. Everyone get up and dance! Partners Required.
When: Fridays March 23rd for 10 weeks, 7:30 -8:30pm
Instructor: Al Lewis
Location: Room 15
Fee: $75 per couple

6001.210 Adult Hip Hop Fusion 18 & Over
Come and learn some dance moves and have a blast doing it! This class is a mix of both Hip Hop and Jazz steps that will surely make it irresistible not to move to the beat! The latest dance moves will be incorporated with some of the older steps as well to make for one fun class! By the end of the 8 weeks you will learn an exciting and invigorating dance routine! Participants can show off their moves and get a good work out at the same time!
When: Thursdays March 22nd 6:35-7:20 pm for 8 weeks
Instructor: Carolyn Lavelle
Location: Room 14
Fee: $50

6000.207 Jazz • Ages 5-7
This half hour Jazz class is designed to continue introducing the different types of dance to 3, 4 & 5 year olds. During this class the students will learn the basic fundamentals of jazz dancing. The music used during the class will be sure to get your child moving and grooving to the beat!
When: Tuesdays March 20th 6:30-7:00pm for 8 weeks
Instructor: Amy Malone
Location: Room 14 Fee: $45

6001.200 Ballroom & Latin Dancing for Adults
Beginner and intermediate ballroom dance skills including instruction in Fox Trot, Waltz, Rumba, Cha Cha, Samba and Salsa if time permits. Partners Required.
When: Fridays March 23rd for 10 weeks 6:30 -7:30pm
Instructor: Al Lewis
Location: Room 15
Fee: $75 per couple

6013.200 Salsa and Merengue Basics for Adults
Born in Columbia, South America, Zorayda Cocchi has been in love with dancing to Latin Music from an early age. In this informal class, she will share the basic steps of Merengue and Salsa to get you moving to the Latin rhythms. No partners necessary, this is a solo dance class! So come and meet new friends who share the same interest in dancing and have fun in an informal, non-judgmental environment!
When: Thursdays March 20th 7:25-8:10pm for 8 weeks
Instructor: Zorayda Cocchi
Location: Room 15
Fee: $50

6000.206 Ballet & Tap Combination Classes • Ages 5-6
In this class the children will expand their education through an age appropriate curriculum. Participants will begin to learn the proper vocabulary and definitions of both ballet and tap steps, as well as be introduced to music interpretation.
*When signing up please only register for one of the following options
When: Mondays March 19th 11:15am -12:15pm for 8 weeks
Tuesdays March 20th 5:30-6:30pm for 8 weeks
Instructor: Amy Malone
Location: Room 14 Fee: $60

HIP HOP • AGES: 6-12
Come learn some fun, urban dance moves in this funky Hip Hop class! Using today’s popular dance music, we’ll warm up first, then learn some steps center floor and also traveling across the dance floor. Then we will put those learned steps together to music to make an awesome Hip Hop routine! We will add on weekly to make one cool Hip Hop routine that you can show off to your friends and family! Wear clean sneakers and exercise clothes and bring water.
6000.208 Ages 6-7 Tuesdays March 20th 7:00-7:30pm for 8 weeks
6000.209 Ages 8-12 Tuesdays March 20th 7:30-8:15pm for 8 weeks
Instructor: Amy Malone
Location: Room 14 Fee: $45

6000.207 Jazz • Ages 5-7
This half hour Jazz class is designed to continue introducing the different types of dance to 3, 4 & 5 year olds. During this class the students will learn the basic fundamentals of jazz dancing. The music used during the class will be sure to get your child moving and grooving to the beat!
When: Tuesdays March 20th 6:30-7:00pm for 8 weeks
Instructor: Amy Malone
Location: Room 14 Fee: $45

Later in the series, we will share the basic steps of Merengue and Salsa to get you moving to the Latin rhythms. No partners necessary, this is a solo dance class! So come and meet new friends who share the same interest in dancing and have fun in an informal, non-judgmental environment!
When: Thursdays March 20th 7:25-8:10pm for 8 weeks
Instructor: Zorayda Cocchi
Location: Room 15
Fee: $50

6001.210 Adult Hip Hop Fusion 18 & Over
Come and learn some dance moves and have a blast doing it! This class is a mix of both Hip Hop and Jazz steps that will surely make it irresistible not to move to the beat! The latest dance moves will be incorporated with some of the older steps as well to make for one fun class! By the end of the 8 weeks you will learn an exciting and invigorating dance routine! Participants can show off their moves and get a good work out at the same time!
When: Thursdays March 22nd 6:35-7:20 pm for 8 weeks
Instructor: Carolyn Lavelle
Location: Room 14
Fee: $50
Fine Arts

Wallingford Arts and Recreation - Come & Create

7001.200 VIBRANT PASTELS FOR ADULTS
Pastels layer and mix with ease creating complete work in a short time. Subject matter can be chosen according to the student’s interest. New students order pastels as a group in the first class. Others bring a 96 pc set of NU PASTELS, Canson paper (Steele Gray or Felt Gray) backing board and clips.
Enrollment Limits: 12 max
When: Mondays March 19th 12:30 – 3:30pm for 8 weeks
Fee: $60 Location: Room 7 Instructor: Ellie Bender

7010.202 COME PAINT, COME DRAW!
Bring your supplies and a desire to create. All levels of drawing and painting instruction available, so beginners are very welcome. Individualized instruction will be given in a workshop setting. Bring a magazine quality photo as a reference to work from or your favorite masterpiece learn basic techniques from drawing thoughtfully selected objects by instructor. Some materials available for use during the first lesson.
When: Mondays March 19th 6:30pm– 8:30pm for 8 weeks
Fee: $80 Location: Room 7
Instructor: Rashmi Talpade (Fine Arts Supervisor)

7050.200 ZENTANGLE WITH ME
The Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. Come and relax while creating beautiful designs to use on notecards or small art pieces. You can begin with fine sharpie markers and advance to micron pens and watercolors. So much fun!
When: Wednesdays March 21st 9:45am – 11:45am for 8 weeks
Fee: $60 Location: Room 7 Instructor: Sue Murphy

7050.201 PAINT NIGHT EXTREME
Attn. Paint Night lovers. Want to take those paint night paintings to the next level? Is something bothering you on a painting you did on a night out? This is the class for you. I can critique your work and help you to create it as the way you intended. We will also do a common painting together complete from start to finish using your own colors imagination and techniques.
When: Wednesdays March 21st 12:30pm – 2:30pm for 8 weeks
Fee: $60 (8 Supply fee payable to the instructor)
Location: Room 7 Instructor: Sue Murphy

7050.202 WONDERS OF WATERCOLOR
Feel and create the softness that watercolors reveal. Explore different techniques for the use of watercolor using the use of the color wheel as well. Supply list will be given at first class.
When: Fridays March 23rd 12:30pm – 2:30pm for 8 weeks
Fee: $60 Location: Room 7 Instructor: Sue Murphy

AFTER SCHOOL ARTS PROGRAM (ASAP):
The Fine Arts and Craft After School Enrichment Program, has completed its ninth successful year. Classes are held in each school so that parents may pick up their children an hour later.

FACTS:
Classes run for 6 weeks. Holidays and cancelled classes will be made up at the end of the session. The cost is $50 per class, all materials included. The program is available to the specific students in the schools where the classes are offered. Minimum 5, maximum 10 students per class. Registration forms and class details will be sent by email via the Board of Education in Feb. 2018. Please look out in your inbox for this email. Some printed flyers will be available at the recreation center as well.
Visual Arts

**NEW! 8037.200 CARD & PAPER CRAFTING**
Come join the fun no experience necessary! Tap into your crafting diva and learn the art of paper crafting. You will learn stamping, paper weaving, multiple types of embossing and other crafting techniques. We will also learn to stamp on candles which makes a beautiful gift. No tools needed except your desire to learn.
*When*: Tuesdays April 10th, 6:30-8:00pm for 5 weeks
*Fee*: $37
*Location*: Room 7
*Instructor*: Donna Shaw

**8039.200 TIGERS EYE/ROSE QUARTZ TRIPLE WRAP BRACELET AND EARRING SET**
Come create either a natural stone Rose Quartz or Tigers Eye triple wrap memory bracelet with matching earrings. No experience necessary, all tools provided. Our design will include natural stone, glass and metal bead mix. Tigers Eye is golden yellow with brown highlights, is said to enhance will-power, confidence, and good fortune. Rose Quartz is soft pink, is the stone of love, commitment and is considered a heart stone. Whatever stone you choose, the finished set will be beautiful addition to your life. (*project photo in Park/Rec. lobby)*
*When*: Tuesday March 6th
*Time*: 6:45pm – 9:00pm
*Fee*: $25 (A $9 supply fee will be made payable to instructor night of program)
*Location*: Room 7
*Instructor*: Kim Larkin

**8038.200 IT’S ALL ABOUT OUR PETS! STANDING DOG/CAT CRAFT AND PERSONALIZED PET FOOD DISH**
**Parent/Child Paint Night**
Each team member will create/paint their favorite dog or cat from a 14” wooden standing cutout! We will create collars, cork bones, and more to make them come to life. Then the team will paint/decorate a pet food dish to complete the set. Dog bone cookies and beverages for all crafters!
*Come join the fun.*
*When*: Friday March 23rd
*Time*: 6:45pm – 8:45pm
*Fee*: $25 (A $14 supply fee will be made payable to instructor night of program)
*Location*: Room 7
*Instructor*: Kim Larkin

**8038.201 PARENT-CHILD CANVAS PAINT NIGHT**
Come have fun painting your own canvas, side by side. Step by step easy guided instruction with the opportunity for self-expression at the end to make it your own! Southwestern Cactus Sunset. Fun for all children and adults, cookies and beverages for all Picasso painters. See our canvas project on display in the Park/Rec. lobby. Team is 1 Adult and 1 child. Each additional child is $6.
*When*: Friday April 27th
*Time*: 6:30pm – 8:30pm
*Fee*: $25 (A $10 team supply fee will be made payable to instructor night of program)
*Location*: Room 7
*Instructor*: Kim Larkin

**8039.201 MIXED RIBBON LOOP WREATH**
A vibrant, easy project that is created using small lengths of grosgrain and satin vibrant ribbon loops to create a full mixed patterned wreath. A vast selection of cool patterns and colors to choose from. Easily assembled with glue gun, onto a 10” wreath form. No exp. necessary. Can be personalized for holidays, everyday, birthdays and more! (*project photo in Park/Rec. Lobby)*
*When*: Tuesday March 6th
*Time*: 6:45pm – 9:00pm
*Fee*: $25 (A $9 supply fee will be made payable to instructor night of program)
*Location*: Room 7
*Instructor*: Kim Larkin
8038.202 PARENT-CHILD MOTHERS DAY CRAFT NIGHT
Aromatherapy Essentials: Each team member will be creating a natural sugar scrub using essential oils and natural botanicals, in a pretty glass jar, a soap recipe and a relaxing herbal pillow. A greeting card station with paper punches, stamps and scrapbooking embellishments for one of a kind card creations will complete our fun evening. Cookies and beverages for all our crafters! Team is 1 Adult and 2 children. Each additional child is $6.

**When:** Tuesday May 1st
6:30pm – 9:00pm

**Fee:** $25 (A $15 team supply fee will be made payable to instructor night of program)

**Location:** Room 7

**Instructor:** Kim Larkin

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### Art Birthday Parties

Taking our Birthday Parties to the next level! Art Parties are the newest birthday party offering at the Parks & Rec. Wallingford Parks and Recreation Crafts Supervisor Kim Larkin will be your party host leading the party child and their guests through creative Arts & Crafts projects! The following items are included in your party package: 2 hour time block for party (except Tiny Tots Party), hostess/party facilitator, paper goods for children only, craft/art supplies, games, and goody bags. Check out the options below and get ready to customize your own party!

**Participants Can Choose 1 of the following THEMES to be facilitated at your Art Party:**

<table>
<thead>
<tr>
<th>Boys Birthday Bash</th>
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<tbody>
<tr>
<td>Ages 7-12 $230</td>
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<tr>
<td>Themes Birthday Craft (i.e. Superhero, Pirates, Sports, Ninja Turtle Craft)</td>
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<tr>
<td>Age Appropriate Games</td>
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<td>Ice Cream Buffet</td>
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<table>
<thead>
<tr>
<th>Girls Birthday Bash</th>
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<tr>
<td>Ages 7-12 $230</td>
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<tr>
<td>Themed Birthday Craft (i.e. Mermaid, Princess, Sport)</td>
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<tr>
<td>Age Appropriate Games</td>
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<td>Ice Cream Buffet</td>
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<tr>
<th>Girls Jewelry Jamboree</th>
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<tr>
<td>Party Ages 7-12 $235</td>
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<tr>
<td>Memory Wired Beaded Bracelets</td>
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<tr>
<td>Age Appropriate Games</td>
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<td>Ice Cream Buffet</td>
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<tr>
<th>Painted Canvas Party</th>
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<tbody>
<tr>
<td>Ages 7-12 $235</td>
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<tr>
<td>Max 10 Children</td>
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<tr>
<td>Take Home Canvas</td>
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<td>Ice Cream Buffet</td>
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<tr>
<th>Tiny Tots Party (1.5 hours)</th>
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<tr>
<td>Ages 2 ½-4yrs $200</td>
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<tr>
<td>Music, Movement, Songs Fun Craft</td>
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<td>Ice Cream Buffet</td>
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*For additional information on time blocks, booking information and package fees, please contact the Wallingford Parks and Recreation Department at (203) 294-2120.*
WINTER WARMING CONCERTS
Under the direction of Patricia Lignelli, we have music to warm your spirits with the “R” Band. The concerts are performed at the Wallingford Senior Center. Concerts are free however seats are limited. No tickets, seats are on a first come basis. Thank you to the Wallingford Senior Center staff for all their support in making the concert series a huge success.

Concert 1 - Saturday February 24th
2018 1:00- 2:30pm (earlier start)
Snowdate - Sunday February 25th
2018 1:00-2:30pm (earlier start)

GLOW IN THE DARK EGG HUNT
The event will be held at Doolittle Park Playscape.
The event will be divided into two age groups children 3-5 and children 6-11. 1000 glow in the dark eggs along with 1000 candy filled eggs and various candy will be scattered around.
Participants are asked to bring an Easter basket and a flashlight.
Younger children hunt will begin at 7:15pm
Older children hunt will begin at 7:30pm
Thursday March 15, 2018 with a rain date Friday March 16, 2018.

SUMMER FAVORITES AND REGISTRATION INFORMATION

TINY BUBBLES, POP SHOTS
Registration will begin on Monday March 5, 2018 at 9:00a.m. for both these programs. This summer we will be running both Tiny Bubbles and Pop Shots from 9:00am - 1:00pm we will increase our programming ideas with new and exciting activities such as music time, yoga, gym activities, outdoor play and special entertainment on Friday’s at the Wallingford Public library.
Tiny Bubbles is for children ages 3-4. Pop Shots is for children ages 5-6. Registration is open to all Wallingford residents. You must come with a copy of your child’s birth certificate unless they have previously been registered for these programs.

ROCK AND ROLL RELAY & KIDS FUN RUN
Sponsored by Wallingford Board of Education, Wallingford Parks and Recreation and Stop and Shop.
The relay is open to Wallingford student’s grades 3-5 and 6-8 consisting of 4 person relays. Also a preschool fun run for children grades K-2. Both events will be held on Saturday April 28, 2018. Both events are free. For more information contact your physical education teacher at your school.

SUMMER PLAYGROUND PROGRAM FOR CHILDREN AGES 6-11
This program is held at various elementary schools from 8:30am-3:00pm Monday through Friday rain or shine. Campers participate in playground activities, movies, ice skating, entertaining shows etc. Please note facility permits were submitted to all schools in January – at this time no permits have been approved for school sites. Please call 294-2120 for more information. Registration date to be sometime in April. Camp traditionally runs from July 2nd - mid August. Open to Wallingford residents. Non-residents considered closer to start of the program.

2018 COMMUNITY POOL REGISTRATION
Be on the lookout for pool tag sales after April 16, 2018.
PARK INFORMATION

TYLER MILL PRESERVE:
Tyler Mill Preserve has approximately 11 miles of well blazed trails through fields, wetlands, woodlands and along streams and the Muddy River. Many of the trails are loop trails that will bring you back to where you began. There is also an interpretive nature trail in the preserve with 25 numbered stops of interest. NO MOTORIZED VEHICLES are allowed on these trails! Trail maps are available at the Parks and Recreation Department, the Wallingford Public Library and the Environmental Planning Office in Town Hall. PLEASE NOTE SAFETY NOTICE: small game hunting is allowed in the preserve; Mondays, Wednesdays, Saturdays and Thanksgiving Day, October - February. Do not use the preserve on these days for safety reasons.

USE OF DAVID DOHERTY FACILITY:
Permits are required for use of any rooms or gymnasiums. Permits are given out on a first come first serve basis to residents, businesses and non-profit organizations of Wallingford. Reservations will not be received over the phone. Persons must fill out the facility request form which is available at the Front office of the Rec Dept. Fee schedule for room rental is available upon request. Room rental is subject to availability. Requested use must not conflict with any Recreation Department activity.

USE OF PARK PAVILIONS:
Permits are required for use of pavilions and fields. Permits are given out on a first come first serve basis to residents, businesses and non-profit organizations of Wallingford. Reservations will not be received over the phone. Persons must fill out the facility request form which is available at the Front office of the Rec Dept. RECYCLING must be done by each person using any Town of Wallingford Recreational Facility. The items you must recycle are newspapers, corrugated cardboard, office paper, glass bottles, and plastic containers #1 or #2 and scrap metals. Town containers are for rubbish, not recycling. With your help recycling works!

WALLINGFORD LAND TRUST

Are you looking For Some Hikes that Give Secluded, ”Deep Woods” Experience? The Wallingford Land Trust invites you to two of our trail systems. Check For information online at www.WallingfordLandTrust.org. The Land Trust’s newest trail located on Three Meadows Property: A Short, flat nature hike on Bridle Lane, off Woodhouse Ave. This trail is meant for those looking for a brief, less arduous nature experience and is especially rewarding for the bird enthusiast. The parcel backs up to quiet neighbors and contains several varied habitats; meadows, wetlands with a stream running through the central corridor, a cedar stand, some scrub growth and early successional forest, all of which provide cover, shelter and food to a wide range of amphibians, mammals, butterflies and birds. A large sugar maple provides a shady picnic area, complete with two benches for those who want to sit and enjoy this serene area. Orchard Glenn/Spruce Glen: This hike starts with a short descent to a picturesque stream crossing. Use Route 68 and turn north on to Barnes Park Road North to get to the trailhead. At the end, park at the Large "Wallingford Land Trust” sign. Please pack out what you bring in. No motorized vehicles are allowed. Go to www.wallingfordlandtrust.org for a trail map and be sure to look at the map in the kiosk at the beginning of the trail.

JOB OPPORTUNITIES – WALLINGFORD PARKS AND RECREATION WILL START ACCEPTING APPLICATIONS FOR THE FOLLOWING POSITIONS AFTER JANUARY 1, 2018. SUMMER CAMP COUNSELORS AND CERTIFIED LIFEGUARD POSITIONS. ALL APPLICANTS CAN OBTAIN AN APPLICATION BY PICKING ONE UP AT THE REC. DEPT. OR EMAILING US AT PARKSREC@WALLINGFORDCT.GOV AND ONE WILL BE SENT TO YOU. A COVER LETTER STATING YOUR PRESENT POSITION AND WHY YOU ARE APPLYING SHOULD BE INCLUDED WITH YOUR APPLICATION.
1 – PIRE PARK - Located on Northfield Road. This park includes a hardball field, basketball court and playground equipment. 3.5 acres

2 – BERTINI PARK - Located on West Dayton Hill Road. Includes a low ropes course and a nature trail for hiking. 76.5 acres

3 – CARINI FIELD - Located on Woodhouse Avenue. This field includes a large soccer field with two smaller fields crossing them.

4 – COMMUNITY LAKE PARK - Located on the West Shore of Community Lake off Hall Avenue. The park offers a pavilion for picnics with restrooms, electricity, two tennis courts with lights, one sand volleyball court, a baseball field and basketball court playground equipment. 9.3 acres

5 – COOK HILL SCHOOL - Located on School House Road, which includes a hardball field.

6 – COYLE FIELD - Located on Woodhouse Avenue, includes a large soccer field with two smaller fields crossing them.

7 – DAG HAMMERSKJOLD MIDDLE SCHOOL - Located on Pond Hill Road, includes a hardball field and a softball field. 30.7 acres

8 – DOOLITTLE PARK - Located on South Elm Street, includes ball fields, 4-lighted tennis courts and two basketball courts. This park is also known for its wonderful playscape. 15.4 acres

9 – DUTTON PARK - This park is located at the end of North Main Street, is the home to a Civil War Monument and the Vietnam Veterans Memorial. .2 acres

10 – HARRIET WALLACE PARK - This park is located on North Elm Street and is a passive park with benches. 6 acres

11 – HARRISON PARK - This park is located on Cedar Lane and includes youth girls softball field and three tennis courts. 15.4 acres

12 – HIGHLAND SCHOOL - Located on Highland Avenue, and includes a softball field. 21.0 acres

13 – JOHANNA MANFREDA FISHBEIN PARK - This park is located on North Colony Road, includes a Gazebo and is permitted out for special events at discretion of Director. Electricity is available upon request. .7 acres

14 – KENDRICK PARK - This park is located at the end of Grandview Avenue. This park includes a half court basketball court, playground equipment. 9.2 acres

15 – LYMAN HALL H.S. - Located on Pond Hill Road, and includes two softball fields, soccer field, football field, and a practice football field. 51.6 acres

16 – LUFBERY PARK - Going west on Cheshire Road, it is located at the first bend of the road and has a pavilion, ball field and nature trail. Park is also home to the Flying Ace 18 hole Disk Golf Course. Electrical outlets are available. 45.1 acres

17 – MARCUS COOKE PARK - This park is located on Old Rock Hill Road and has a pavilion and a ball field. 34.6 acres

18 – MORAN MIDDLE SCHOOL - Located on Hope Hill Road, includes a hardball field. 40.3 acres

19 – MOSES Y. BEACH SCHOOL - Located on North Main Street, includes two youth girls softball fields, and one youth rookie field. 6.0 acres

20 – PARKER FARMS SCHOOL - Located on Parker Farms Road, includes a hardball field. 20.3 acres

21 – PAT WALL FIELD - Located on South Elm Street and includes a High School baseball field. 8.4 acres

22 – PRAGEMANN PARK - This park is located on Oak Street, Yalesville. It includes an adult softball field with lights. High School baseball field (doubles as adult softball field) with lights. Large soccer field with two small fields crossing large field, pavilion, picnic tables and barbecue grills adjacent to pavilion, and field house with restrooms. 26.2 acres

23 – QUINNIPIAC RIVER LINEAR TRAIL - A handicap accessible paved trail extending 1.1 miles from Hall Ave. north along the west side of the river, through a tunnel underneath Rt. 15 and ending next to the river. When complete the Wallingford trail will cover 6.7 miles across the town of Wallingford.

24 – RICHARD SHEAHAN PARK - Located on Algonquin rive, includes youth girls softball field, basketball court, and playground equipment. .8 acres

25 – SHEEHAN HIGH SCHOOL - Located on Hope Hill Road, includes a hardball and softball field. 44.5 acres

26 – STEVENS SCHOOL - Located on Kondracki Lane, includes a softball field, basketball court, and playground equipment.

27 – VIETNAM VETERANS MEMORIAL FIELD - Located on East enter Street, includes two Little League baseball fields, five large soccer fields, two small soccer fields crossing one of the larger fields, pavilion, and community gardens.

28 – WALLACE PARK - Located on Quinipiack Street, includes playground equipment. 20.7 acres

29 – DARLENE FALCONERI WESTSIDE FIELD - Located on East and South Streets. This park includes adult softball field with lights, field house with restrooms, Babe Ruth League, High School baseball field, roller/street hockey court, football field, and playground equipment. 5.95 acres

30 – STANLEY BUDLESKI - Located on Main St. Rt.150 Yalesville “The Yalesville Green”

31 – GRAND ST. PARK - Located on Grand St. and Washington St. The new home of Wallingsfords’ monument park, includes a basketball court, swings and a slide. .64 acres.
ACTIVITY REGISTRATION FORM
Wallingford Parks and Recreation • 6 Fairfield Boulevard • Wallingford, CT 06492

All forms must be accompanied by full payment. Mail In or Drop Off at the above address. Please print clearly.

Household Account Last Name: _________________________________________________________
Participant First Name: ____________________________ Last Name: __________________________
Male / Female: _________ Date of Birth: (mm / dd / yyyy) _________________
Address: _______________ _____________________________________________________________
No. & Street Town Zip
Phone: _____________________________ Email: _________________________________________
Special Considerations: ________________________________________________________________

☐ Please check box to request the services of our Therapeutic Recreation Specialist

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<th>Course #</th>
<th>Course / Program Title</th>
<th>Day &amp; Time</th>
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Fees:
Credit:
Non-Resident Fee:
$10.00 per person per registration form

TOTAL AMOUNT:

PAYMENT METHOD: CHECK OR CASH ONLY
Please have EXACT AMOUNT if paying in cash
Make checks payable to “Treasurer Town of Wallingford”

REGISTER ONE OF THESE WAYS:

BY MAIL: Upon receipt of this brochure you may mail in your registration at once. Mail-in registrations will be processed as they are received. Please include a completed registration form and a check made payable to: Treasurer, Town of Wallingford. Please enclose a SELF-ADDRESSED STAMPED ENVELOPE for a printed receipt.

DROP-OFF IN PERSON: Come to the Recreation Department office and drop your registration form and payment at the window. Drop-off registrations will be processed as they are received.

DROP-OFF AFTER BUSINESS HOURS: A registration lockbox is conveniently located around the right side of the reception window for you to drop off registrations when the office is closed. Registrations will be received the next business day and processed accordingly pending previous days registrations. Checks only, please.

NON-RESIDENT: Non-residents registrations will be processed following a one week holding period to allow for Wallingford residents to register for programs. Please note that there is an additional $10.00 non-resident fee per person per registration form.
Do You Have Children Birth – 5yrs?

Are you interested in participating in a free playgroup?

We CARE’s Playful Cruisers offers playgroups where your children will play and socialize in a safe environment. Parents and caregivers will have the opportunity to meet other Wallingford families with young children. Both Spanish and English playgroups are available.

REGISTRATION FORM FOR PLAYGROUPS

Please – Check One: Playful Cruisers / or Bebes Activos /_

In person registration will be held for Playful Cruisers **THURSDAY MARCH 15th (Snow date March 22nd)** 4:00pm – 5:00pm at the Family Resource Center in the Youth and Social Services Dept. 6 Fairfield Blvd. Playful Cruisers are offered Monday thru Friday mornings 9:30-11:00 am in the Family Resource Center. Playful Cruisers will begin **Monday March 26th** choose one (1) day per family. Bebes Activos begins its Winter/Spring sessions on Thursdays Early January 2018 in the Family Resource Center. Time for Bebes Activos is 12:30 to 2:00pm. The program is also held at the Ulbrich Boys and Girls Club and Spanish Community Center. See calendar for all Thursday dates.

Parent Name _____________________________________________________________

Address_________________________________________Town____________________Zip___________

Phone___________________________Email________________________________________

Emergency contact: please call other than parent listed above:

Child’s Name ____________________________________________________________Child’s Age________

Preferred Day/Location____________________________________________________
A COMMUNITY OF DRAMATIC PLAY
Date: March 6th
Presenter: Veronica Casey
Location: Wallingford Public Library; 200 No. Main St; Community Room
Time: Program begins at 6 pm preceded by a light meal at 5:30 pm for those who register. Please use Registration form through Park and Recreation Dept. Certificates of attendance will be provided for those requiring them.
Toddlers and preschoolers will love dramatic play and teachers will enjoy the twist of learning that’s involved. Learn strategies for how to include reading and writing in dramatic play.

INTEGRITY: A CRITICAL CHALLENGE FOR PRESCHOOLS
Date: March 21st
Presenter: Robin Min
Location: Wallingford Public Library; 200 No. Main St.; Community Room
Time: Program begins at 6pm preceded by a light meal at 5:30 pm for those who register. Please use Registration form through Park and Recreation Dept. Certificates of attendance will be provided for those requiring them.
Integrity is defined as the quality of being honest and having strong moral principles, or the state of being whole and undivided. In this workshop we will explore ways to create a culture of integrity in your programs. What do you do in your program when no one is watching?

EARLY CHILD DEVELOPMENT
Date: April 5th
Presenter: Julie Weir, OTR/L & Heather DeNegriss, MS, CCC/SLP
Location: Wallingford Public Library; 200 No. Main St; Community Room
Time: Program begins at 6pm preceded by a light meal at 5:30 pm for those who register in advance. Please use Registration form through Park and Recreation Dept. Certificates of attendance will be provided for those requiring them. Julie and Heather will discuss major developmental milestones and dealing with problem behaviors from a Birth to Three perspective.

COOKING AND BAKING WITHOUT AN OVEN
Date: April 23rd
Presenter: Teresa O’Hala
Location: Wallingford Public Library; 200 No. Main St; Community Room
Time: Program begins at 6pm preceded by a light meal at 5:30 pm for those who register in advance. Please use Registration form through Park and Recreation Dept. Certificates of attendance will be provided for those requiring them. Learn and experience cooking and baking ideas to use with your preschoolers that don’t involve using a stove top or oven. Encourage the little ones to get involved in creating and helping in the kitchen at home. Pass on your lessons to the parents of your students so they can continue cooking and baking as a family.
**Dates to Remember**

**FEBRUARY**
- February 15th – Adult Softball Returning Team Registration Deadline
- February 16th – Adult Softball New Team Registration

**SPRING 2018**

**MARCH**
- March 5th – Tiny Bubbles / Pop Shots Registration
- March 12th – A.S.A.P Summer Registration
- March 14th – Adult Softball Managers Meeting
- March 19th – Summer Sizzlers Registration
- March 22nd – Glow in The Dark Easter Egg Hunt (March 23rd Rain Make Up)
- March 26th – Summer Playground Registration

**APRIL**
- April 16th – Adult Softball Season Begins
- April 21st – Bus Trip Fenway Park Tour & Cheers
- April 28th – Kids Rock n Roll Relay

**MAY**
- May 12th – Brighton Beach Bus Trip
The Wallingford Parks & Recreation Department is an essential quality of life service.

**Our Mission:** Our vision is to be the eminent community park and recreation department in Connecticut, to accomplish this, we will develop our programs, services and facilities to meet the diverse and dynamic needs of the community; to promote inclusion, encourage health and wellness, foster human development and enrich the lives of community members through recreation and leisure experiences.”

**Town Officials**
Mayor William Dickinson, Jr.

**Town Council Members:**
Vincent Cervoni
John LeTourneau
Christopher Shortell
Craig Fishbein
Vincent Testa
Thomas Laffin
Joseph Marrone
Gina Morgenstein
Jason Zandri

**Parks & Recreation Commission:**
Dave Gelo, Chairman
Michael Savenelli, Sr., Vice Chair
Phylis Murray
Jason Michael
Donald Crouch

**Department Staff:**
**Director:**
John Gawlak, CPRP

**Supt. of Recreation:**
Michelle Bjorkman, MS

**Recreation Programs Spec.:**
Kenny Michaels, MS
Jennifer Griswold
Shirley Barillaro
Bill Celata Jr.
Andy Abbagnaro

**Executive Secretary:**

**Senior Clerk:**

**Recreation Facilities Maintainers:**

**Front Office Staff:**
**Daytime:**
Laura Allen
Paula Knecht
Melaine Pfister
Jackie Taglianetti

**Nights/Weekends:**
Roberta Hansen
Sam Humphrey
Grace Kopakow
Lauren Montano
Dominick Riveccio
Beverly Somers
Doug Sime

**Asst Recreation Prog Spec:**
Carolyn Lavelle
Kelli Montgomery
Debbie Tansino
Nancy Cook
Josh LaMay
Kim Larkin
Rashmi Talpade

**Health Fitness:**
Kelli Montgomery
Debbie Tansino
Nancy Cook
Josh LaMay
Kim Larkin
Rashmi Talpade

**Childcare:**
Debbie Tansino
Nancy Cook
Josh LaMay
Kim Larkin
Rashmi Talpade

**Aquatics:**
Josh LaMay
Kim Larkin
Rashmi Talpade

**Crafts:**
Kim Larkin
Rashmi Talpade

**Fine Arts:**
Kim Larkin
Rashmi Talpade

The Commission is a five member advisory board responsible for overseeing the operation of the Parks & Recreation Dept. The Commission meets at the Recreation Department the first Wednesday of every month at 8am.