

# WETHERSFIELD PARKS & RECREATION



## Winter & Spring 2017

## PROGRAMS & REGISTRATION

REGISTRATION FOR BOTH WINTER & SPRING  
BEGINS JANUARY 4 FOR RESIDENTS &  
JANUARY 5 FOR NON RESIDENTS

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### ADVISORY BOARD

Thomas Ragonese, *Chair*  
Michael Bisi      William Derech, Jr.  
Jordan Dikegoros      Richard Lepore  
Stathis Manousos      Thomas Mull  
Dan Silbo  
Michael Hurley, *Council Liaison*

### STAFF

Kathleen Bagley, *Director*  
Salvatore Cucia, *Assistant Director*  
Kathy Griswold, *Technical Assistant*  
Rachael Mattioli, *Recreation  
Supervisor*  
Natalie Morrison, *Therapeutic  
Recreation Supervisor*  
Patrick Telman, *Nature Center Dir.*  
Mary Thibeault, *Recreation  
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Joselyn Valente, *Technical Assistant*  
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### CONTACT

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rec.activities@wethersfieldct.gov

William J. Pitkin Community Center  
30 Greenfield Street  
860-721-2950  
community.center@wethersfieldct.gov

Eleanor Buck Wolf Nature Center  
156 Prospect Street  
860-721-2980  
nature.center@wethersfieldct.gov

### WEBSITE

wethersfieldct.gov/recreation

# Facilities

## WILLIAM J. PITKIN COMMUNITY CENTER

30 Greenfield Street. Houses the Senior Center, Wethersfield Community Television, 9/11 Memorial Sports Center, The Learning Circle Preschool, and other programs. Rooms may be rented for wedding receptions, anniversaries, birthdays, meetings, etc. The facility is a designated shelter during town-wide emergencies.

## 9/11 MEMORIAL SPORTS CENTER

30 Greenfield Street. Gym, fitness room, and meeting room with wireless internet access located in the Pitkin Community Center. Gym and meeting room may be rented. Developed in partnership with the Keane Foundation, this area also displays steel recovered from the ruins of the World Trade Center.

## TOWN EMERGENCY SHELTER

Located in the Pitkin Community Center at 30 Greenfield Street. During town-wide emergencies an announcement will be made if open. Shelter can be reached at 860-721-2950.

## BACKMAN POOL

### AT WETHERSFIELD HIGH SCHOOL

411 Wolcott Hill Road. For hours of operation and admission, please see Aquatics on page 18.

## ELEANOR BUCK WOLF NATURE CENTER

156 Prospect Street. Environmental education center in Mill Woods Park operated with member support. Exhibits, live animals, educational programs, field trips, parties, room rentals, scout programs and volunteer opportunities. For visiting hours see Eleanor Buck Wolf Nature Center, page 4.

## SOLOMON WELLES HOUSE

220 Hartford Avenue. A historic house built in 1774 overlooking the Wethersfield Cove. Residents and local businesses may rent this facility for meetings and small parties up to 52 people.

## MILL WOODS PARK

Prospect Street at Wolcott Hill Road. Features Loretta's Dream - a new picnic pavilion, skatepark, bocce courts, lighted tennis & basketball courts, sports fields, picnic area, walking paths, playgrounds and a dog park.

## STANDISH PARK

Garden Street & Hartford Avenue. Features Mikey's Place (two universally accessible playscapes for toddlers & school children), basketball court, baseball field, and tennis courts.

## WINTERGREEN WOODS

Folly Brook Boulevard & Eagle Drive. Features walking trails through 110 acres of forest and wetlands. The Heritage Way Bikeway/Pedestrian Path connects to other parks.

## HERITAGE WAY BIKEWAY/PEDESTRIAN PATH

10 mile trail on existing streets and off-road paths connects many parks, schools and open spaces. Map is available at Parks & Recreation and online.

## GARDEN PLOTS

Wethersfield Fire Department Station #1: 20' x 30' plots available to residents ages 18+. Individuals who purchased a plot in 2016 will be given the opportunity to purchase the same plot for 2017. Registration forms will be mailed to those households in January, 2017. Fee per plot: \$30.00.

One plot per family, with additional plot assignments made after all interested residents have been satisfied. **Register in person at Parks & Recreation beginning Wednesday, 3/1.**

## WETHERSFIELD COVE BOATING

Main Street. Park includes docks and a boat launch with access to the CT River. Tender cleats and mooring rentals are available Memorial Day through Columbus Day, weather permitting. Register in person. Copy of valid boat registration & proof of insurance required. Contact Parks & Recreation for fees and registration information.

# Special Events

## EGG HUNT

Ages 0-8. Saturday, 3/9 at Cove Park. Activities will begin at 2:00 pm. If weather or field conditions are poor, the event will be held indoors. Call Parks & Recreation for location.

## FRIENDS OF THE EBW NATURE CENTER ANNUAL SPRING DANCE

Friday, 4/28, 7:00-11:00P, Pitkin Community Center. Proceeds benefit the Friends of the Eleanor Buck Wolf Nature Center programs and scholarships. Tickets are \$25. Contact the Nature Center for tickets.

## ELEANOR BUCK WOLF DAY

The Friends of the Eleanor Buck Wolf Nature Center are sponsoring "Eleanor Buck Wolf Day 2017" a free day of family fun and education honoring the legacy of Eleanor Buck Wolf. There will be activities and crafts for kids of all ages, including the popular "Build-A-Bird-House" where participants get to assemble and take home a real bird house. There will also be a special presentation with live animals (to be announced). All activities will be held Saturday, June 10 from 11:00 a.m. to 3:00 p.m. at the Nature Center, 156 Prospect St., Wethersfield.

## GOOD 'OLE FISHING DERBY

**Saturday, 4/29, 8:00A-12:00P**, Spring Street Pond. FREE. Sponsored by Parks & Recreation, MDC, UNICO, Wethersfield Fish & Game Club. Pre-registration required with Parks & Recreation. No "reel" experience necessary. Bring your fishing pole. 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place prizes for length, smallest and most unusual. Tagged fish awards too. Families may begin fishing after 12:00P.



**Rain date: 4/30. If weather conditions are poor, call Parks & Recreation to confirm event changes.**

Date	Day	Time	Fee	Code
Grades 5-6	Sa	8:00-9:00A	Free	529004-01
Grades 2-4	Sa	9:15A-10:15P	Free	529004-02
Grades K-1	Sa	10:30-11:30A	Free	529004-03



## CCHD ALL DISTRICT WALKING COMPETITION

Calling All Wethersfield Walkers: The Central Connecticut Health District invites you to join in the 2<sup>nd</sup> Annual All District Walking Competition. This year's four-town competition will take place April 30 – June 10, 2017. Look for registration information in April 2017.

## Arts Programs

### Wethersfield Teen Theater Company

Open to anyone 11-22 years old. This program provides an opportunity to learn about theater by taking responsibility for the business and creative aspects of running the theater company and producing a summer musical.

**Bye Bye Birdie** is the upcoming show for production in July 2017. Auditions for this show will be held in the spring. Contact Parks & Recreation for more information at 860-721-2890.



**BYE BYE BIRDIE**  
Show dates: **Thursday, July 20**  
**Friday, July 21**  
**Saturday, July 22**

### Red Onion Repertory

Wethersfield Parks and Recreation is happy to announce the establishment of the Red Onion Repertory (Rep), a new community theater organization. The mission of the Red Onion Rep is to engage and enrich the Wethersfield community through production, participation and appreciation of high-quality amateur theater. Adults interested in becoming involved, or learning more, about the Red Onion Rep should contact Wethersfield Parks and Recreation at 860-721-2890.

## Early Childhood

### TLC - PLAYGROUP

Ages 1½ - 3½ . Sharon Spellman, Director. With parent or caregiver. Provides children an opportunity to play with their peers. This is a child's first introduction to organized preschool activities while still in the company of a parent or caregiver. Circle time, exercise activities, songs, show-n-tell, free play, arts & crafts, field trips and more. Min/Max: 10/25. Pitkin Community Center. No class 2/17, 2/20, 4/10, 4/12, 4/14.

Date	Day	Time	Res/NonRes	Code
2/6-5/22	M	9:00-11:00A	\$100/\$120	410080-01
2/8-5/17	W	9:00-11:00A	\$100/\$120	410080-02
2/10-5/26	F	9:00-11:00A	\$100/\$120	410080-03

### THE LEARNING CIRCLE PRESCHOOL: THRILLING THREES & FEARLESS FOURS

Ages 3-5. Sandra Davis, Director. Space is still available in this state-licensed preschool for three and four year olds at a pro-rated fee for the current session. This program is designed to foster individual growth in all areas of development with emphasis on social, emotional, physical and cognitive abilities. Promotes school readiness skills in a creative and resourceful atmosphere. Includes learning centers, table time, science and nature activities, arts and crafts, circle time, gym time, outdoor fun and more.

Three Year Olds: Tu/Th 9:00 - 11:30A  
Four Year Olds: M thru Th 12:00 – 2:30P

Call 860-721-2950 for information and fees for the rest of the school year.

Registration for the 2017-2018 school year will begin in March. Call the Pitkin Community Center for details.

### ACTIVE START FOR TODDLERS

Ages 2-3. Parent/caregiver and child participate in activities to build positive attitudes and behaviors for developing a healthy lifestyle. Class is structured in three parts: warm-up, the main event and cool-down. Main event activities include a game, skill activity, dance or an exercise routine to music. This class provides an early start in developmentally appropriate activities for a healthy lifestyle and to gain necessary motor skills as the building blocks for more advanced activities later in life. Min/Max: 8/15. Pitkin Community Center. No class 2/21.

Date	Day	Time	Res/NonRes	Code
1/31-3/28	Tu	9:30-10:15A	\$50/\$55	410156-01

### NATURE SCHOOL – TADPOLES, FROGLETS AND FROGS.

Ages 2-5. See Nature Center on page 5.



# Eleanor Buck Wolf Nature Center

## VISITING INFORMATION

Open Tuesday – Saturday 10:00A-5:00P. Features hands-on exhibits, live animals, library, picnic areas and walking trails in Mill Woods Park. Suggested donation \$3. Free for Friends members.

Rentals, parties, volunteer opportunities, lectures, field trips and outreach programs also available. Stay in touch at [www.ebwnaturecenter.org](http://www.ebwnaturecenter.org) or like Eleanor Buck Wolf Nature Center on Facebook.



## FRIENDS OF THE ELEANOR BUCK WOLF NATURE CENTER

An independent, member-supported, non-profit promoting ecology education through programs, events and scholarships with the Nature Center. Meets the third Tuesday of each month 7:00-9:00P. Members visit free, receive program discounts, register early, etc. For more information visit [www.friendsofebwnaturecenter.org](http://www.friendsofebwnaturecenter.org). **To join or renew when registering for programs, use the Friends of the Eleanor Buck Wolf Supplemental Form on inside back cover.**

## HOST YOUR NEXT BIRTHDAY PARTY AT THE NATURE CENTER

A birthday party at the Eleanor Buck Wolf Nature Center is unique, encouraging interest in nature while enjoying the conveniences of a party outside your home. Staff will assist with set-up and clean-up, greet guests and lead hands-on activities with the animals. Parties are 2 hours and flexible scheduling is offered. Fee is \$150 for Friends of the Nature Center and \$175 for non-members. For more information contact the Nature Center.



## OUTREACH PROGRAMS

If you cannot come to the Nature Center, let the Nature Center come to you.

Program gives students or adults the opportunity to visit the animals that live at the Nature Center as well as experience nature through activities provided by our staff. A variety of programs (including live animals) can be customized based upon your needs.



## BOOK YOUR SCOUT GROUP

Boy Scout and Girl Scout troops may schedule programs after school or on weekends that are seasonally and age appropriate (insects, flowers, forestry, etc). Programs run 1-1.5 hours in length and are subject to availability. For more information contact the Nature Center.

## SCHOOL FIELD TRIPS

Consider the Nature Center for your next field trip. Staff design programs that align with the current state science standards. From living vs non-living to adaptations and plants students are provided with hands-on learning experiences.



## Volunteering

Volunteers are an essential part of the Nature Center's daily operations. Summer camps, special event programs and daily animal care would not be possible without the dedication and commitment of volunteers. If interested in becoming a volunteer, be sure to register for a volunteer orientation training. If unable to attend one of the orientation dates, please stop by the Nature Center to pick-up a volunteer handbook.



## NC VOLUNTEER ORIENTATION

Ages 13+. Seniors, adults, interns and students may volunteer as greeter, gardener, animal caretaker, educator, special events assistant, etc. Orientation introduces seasonal programs and events, on-going and short-term volunteer opportunities and provides basic safety training. Min/Max: 1/15. Nature Center.

Date	Day	Time	Friends/Others	Code
2/16	Th	5:30-6:30P	Free	406140-02

## FREE Programs

### WINTER WALKS

All ages. Join the Great Meadows Conservation Trust for their 2017 Brisk Winter Walks. Co-sponsored with the CT Audubon Society Center at Glastonbury and the Eleanor Buck Wolf Nature Center. Locations vary. Contact the Nature Center for details.

Date	Day	Time	Location	Code
1/7	Sat	10:00A-12:30P	GMCT Wood Parcel	NA
1/15	Sun	1:00P-3:00P	Wolcott & Crilly Parcel	NA
1/22	Sun	1:00P-3:00P	Wolf Parcel	NA
1/28	Sat	10:00A-12:00P	Rocky Hill Meadows	NA
2/5	Sun	1:00P-3:00P	Crow Point	NA
2/12	Sun	1:00P-3:00P	Hockanun Meadows	NA
2/18	Sat	10:00A-12:00P	Point Meadows	NA

# Adult and Children's Programs

## WILDERNESS FIRST AID BY SOLO

Ages 16+. Basic training for outdoor enthusiasts and group leaders. Instruction and hands-on practice in patient assessment, cold-and heat-related injuries, fractures, environmental emergencies (e.g. lightning), etc. Meets ACA staff guidelines. Recertifies SOLO WFR. Includes 2-year certification, lunch, snacks and text. After 2/17, \$115 becomes non-refundable. Min/Max: 12/24. Nature Center.

Date	Day	Time	Friends/Others	Code
<i>Wilderness First Aid</i>				
3/11-3/12	Sa, Su	9:00A-5:00P	\$180/\$195	406180-01

## METEOR SHOWER PARTIES

Ages 10+. Watch the night sky become illuminated by meteors or "shooting stars." The meteor showers are: Lyrid in April and Eta Aquarid in May. Binoculars and warm clothing recommended. Viewing tips and materials provided. Walk-ins welcome, but registration is appreciated. In case of rain the event will be postponed to the following evening. Meet at Nature Center.



Date	Day	Time	Friends/Others	Code
4/21	F	7:00-8:30P	\$3/\$5	506211-01
5/5	F	7:00-8:30P	\$3/\$5	506211-02

## BIRDS AND BUNNIES: ANIMALS IN THE SPRINGTIME

Ages 2-5 with parent or caregiver. As the days are getting longer and warmer, we start to see more animal activity outside in spring. Meet some Nature Center friends and learn about springtime animal habits through song, stories, crafts and games. Bring a small snack and dress appropriately for outdoor exploration. Min/Max 4/10. Nature Center.

Date	Day	Time	Friends/Others	Code
4/6	Th	10:00-11:30A	\$3/\$5	506223-01



# Early Childhood Nature Programs

## NATURE SCHOOL - TADPOLES

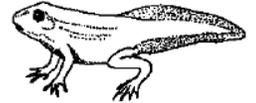
Age 2. Parent/caregiver and child participate in educational and hands-on activities utilizing curriculum focused on the animals that reside at the EBW Nature Center. Using their five senses, children will compare and contrast their anatomy, habitat and diet to the reptiles, mammals, birds, fish and amphibians at the Nature Center. Activities include literacy, music and art connections as well as outdoor exploration. Circle time and games will help develop social skills and engage curiosity about the natural world. Financial assistance available. Winter and spring sessions cover different animals. Min/Max: 4/10. Nature Center. No Class on 2/21.



Date	Day	Time	Friends/Others	Code
2/14-4/4	Tu	10:00-11:30A	\$55/\$65	406081-01
4/18-5/30	Tu	10:00-11:30A	\$55/\$65	506081-01

## NATURE SCHOOL - FROGLET

Age 3. Parent/caregiver and child participate in hands-on activities using nationally recognized curriculum *Growing Up Wild*. Activities connect young children to nature and expose them to new math and literacy vocabulary. Through music, movement and art, spark creativity and build on a child's natural affinity towards nature. Each activity will have a take home connection which will enable the participant to continue exploring at home. Financial assistance available. Winter and spring sessions use different activities. Min/Max: 4/10. Nature Center.



Date	Day	Time	Friends/Others	Code
2/15-3/29	W	10:00-11:30A	\$55/\$65	406082-01
4/19-5/31	W	10:00-11:30A	\$55/\$65	506082-01

## NATURE SCHOOL - FROGS

Ages 4-5. Parent/caregiver and child participate in hands-on activities designed to encourage interest and inquiry into the natural world, as well as foster social, physical and academic skills. Investigate the habitats of Mill Woods Park to learn about the plants and animals that call it home. Visit and learn about the animals at the Nature Center. Circle time, games, music and movement as well as scientific observations and discoveries. Financial assistance available. Winter and spring sessions are not the same due to the seasons. Min/Max: 4/10. Nature Center. No class 2/17.



Date	Day	Time	Friends/Other	Code
2/10-3/31	F	10:00-11:30A	\$55/\$65	406084-01
4/21-6/2	F	10:00-11:30A	\$55/\$65	506084-01

## VACATION ADVENTURES AT EBWNC

Grades K-6. Hands-on ecology lessons, art and literacy connections, animal visits and outdoor explorations in Mill Woods Park combine fun and educational experiences during school vacation. Adult educators with assistants. Early sign in and late sign out options provide extra time for animal visits, crafts, reading, games, etc. Min/Max: 8/18. Nature Center.

### ADVENTURES IN WINTER

#### 1/16 POLAR EXPEDITION

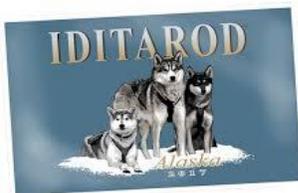
Embark on an exciting adventure to the North Pole. Learn about the earliest explorers of the North and the people who call the frozen north home. Everything from the Aurora Borealis to the Yukon Territory will be covered. Min/Max: 8/18. Nature Center.

Date	Day	Time	Friends/Others	Code
<b>Grades K-2</b>				
1/16	M	8:00A-4:30P	\$35/\$40	406019-02
<b>Grades 3-6</b>				
1/16	M	8:00A-4:30P	\$35/\$40	406019-03
<b>Extended Hours</b>				
1/16	M	7:30-8:00A	\$5/\$5	406019-01
1/16	M	4:30-5:30P	\$5/\$5	406019-04

#### 2/17 & 2/20-2/21 THE IDITAROD

Explore Alaska through this amazing dogsled race. Friday discover Alaska. Monday experience life on the trail through the eyes of the mushers and their dogs. Tuesday examine the weather and how it affects the racers. Maybe we will have a special guest or two. Min/Max: 8/18. Nature Center.

Date	Day	Time	Friends/Others	Code
<b>Grades K-2</b>				
2/17	F	8:00A-4:30P	\$35/\$40	406020-02
2/20	M	8:00A-4:30P	\$35/\$40	406021-02
2/21	Tu	8:00A-4:30P	\$35/\$40	406022-02
<b>Grades 3-6</b>				
2/17	F	8:00A-4:30P	\$35/\$40	406020-03
2/20	M	8:00A-4:30P	\$35/\$40	406021-03
2/21	Tu	8:00A-4:30P	\$35/\$40	406022-03
<b>Extended Hours</b>				
2/17	F	7:30-8:00A	\$5/\$5	406020-01
2/17	F	4:30-5:30P	\$5/\$5	406020-04
2/20	M	7:30-8:00A	\$5/\$5	406021-01
2/20	M	4:30-5:30P	\$5/\$5	406021-04
2/21	Tu	7:30-8:00A	\$5/\$5	406022-01
2/21	Tu	4:30-5:30P	\$5/\$5	406022-04



## VACATION DAY COUNSELOR IN TRAINING

Ages 13-15. Spend time developing leadership skills and gaining experience by helping students during lessons. Lead by example in recreation activities and serve as a role model. Requires permission of the director. Must have attended a Volunteer Orientation (see page 4 for date). Min/Max: 1/5. Nature Center.

Date	Day	Time	Friends/Others	Code
<b>Martin Luther King Day</b>				
1/16	M	8:00A-4:30P	\$5/\$10	406213-01
<b>Winter</b>				
2/17-2/21	F,M,Tu	8:00A-4:30P	\$20/\$25	406214-01
<b>Spring</b>				
4/10-4/14	M-F	8:00A-4:30P	\$25/\$35	506215-01

### ADVENTURES IN SPRING

#### 4/10-4/14 A WALK IN THE WOODS.

Make your next hike more than just a walk in the woods. Monday get lost and found with a map and compass. Tuesday rock and roll studying rocks and minerals. Wednesday study a fallen tree in the forest. Thursday make tracks literally and figuratively. Friday learn some "wild" skills. Min/Max: 8/18. Nature Center.

Date	Day	Time	Friends/Others	Code
<b>Grades K-2</b>				
4/10	M	8:00A-4:30P	\$35/\$40	506040-02
4/11	Tu	8:00A-4:30P	\$35/\$40	506041-02
4/12	W	8:00A-4:30P	\$35/\$40	506042-02
4/13	Th	8:00A-4:30P	\$35/\$40	506043-02
4/14	F	8:00A-4:30P	\$35/\$40	506044-02
<b>Grades 3-6</b>				
4/10	M	8:00A-4:30P	\$35/\$40	506040-03
4/11	Tu	8:00A-4:30P	\$35/\$40	506041-03
4/12	W	8:00A-4:30P	\$35/\$40	506042-03
4/13	Th	8:00A-4:30P	\$35/\$40	506043-03
4/14	F	8:00A-4:30P	\$35/\$40	506044-03
<b>Extended Hours</b>				
4/10	M	7:30-8:00A	\$5/\$5	506040-01
4/10	M	4:30-5:30P	\$5/\$5	506040-04
4/11	T	7:30-8:00A	\$5/\$5	506041-01
4/11	T	4:30-5:30P	\$5/\$5	506041-04
4/12	W	7:30-8:00A	\$5/\$5	506042-01
4/12	W	4:30-5:30P	\$5/\$5	506042-04
4/13	Th	7:30-8:00A	\$5/\$5	506043-01
4/13	Th	4:30-5:30P	\$5/\$5	506043-04
4/14	F	7:30-8:00A	\$5/\$5	506044-01
4/14	F	4:30-5:30P	\$5/\$5	506044-04



## SKILLS OF THE ANCIENT WORLD AT THE ELEANOR BUCK WOLF NATURE CENTER

Ages 8-15. Discover how ancient people managed to find food and make tools, shelter and clothing before metalworking technology was invented. In this exciting new hands-on series of after-school classes at the Nature Center, step back in time and learn some of these ancient skills and produce artifacts of your own.

### Soapstone Carving

Soapstone has unusual properties for stone, such as excellent heat and cold retention and it is easily carved and polished. This mineral has been used by people worldwide to produce many items from cookware to works of art. Learn about its geological formation and the striking versatility of this mineral and see examples of soapstone implements and art objects. Use traditional tools to make a pendant carving of your own design to take home. Min/Max: 4 /12. Nature Center.

Date	Day	Time	Friends/Others	Code
1/11	W	3:30-4:30P	\$20/\$25	406216-01

### Traditional Tools of Food Preparation

Some of our everyday kitchen tools have been in use since prehistory. Explore the creation and use of some of these traditional tools associated with food preparation including mortar and pestles, graters, ground stone knives and other items traditionally involved in food processing. Use reproduction tools to prepare foods, and even make your own "kitchen" tool to take home. Min/Max: 4 /12. Nature Center.

Date	Day	Time	Friends/Others	Code
1/18	W	3:30-4:30	\$20/\$25	406217-01

### "Cordless" Stone Drills

Long before Black and Decker, people were using the original cordless drills powered by hand. In ancient times, stone and wooden drills were used for wood working and stone working, as well as for fire-starting. Drill your own stone pendant to take home and learn to make a fire without matches, using replicas of prehistoric drills. Min/Max: 4 /12. Nature Center.

Date	Day	Time	Friends/Others	Code
1/25	W	3:30-4:30	\$20/\$25	406218-01

### Cordage and Finger Weaving

One of the very first tools invented by humans was very likely cordage or rope for bundling things together to make them easy to carry. These days, we go to the hardware store to buy cordage, but did you know you can make some of your own from plant fibers. Look at lots of surprising sources for cordage. Make some cordage of your own, and do some finger weaving. Min/Max: 4 /12. Nature Center.

Date	Day	Time	Friends/Others	Code
2/1	W	3:30-4:30	\$20/\$25	406219-01

### Bone Work

Bone is strong, more durable than wood, and easier to modify than stone. Ancient people worldwide used this readily available resource resulting from food processing to produce many items, from arrow points to fish hooks, needles and jewelry. Discuss this ancient skill, and, using pieces of bone left over from meat processing, learn how to create your own tool to take home. Min/Max: 4 /12. Nature Center.

Date	Day	Time	Friends/Others	Code
2/8	W	3:30-4:30	\$20/\$25	406220-01

### Quilling on Birch Bark

People throughout the northern hemisphere have used birch bark to produce many useful items from storage baskets to works of art. The Native American art of "embroidering" birch bark boxes and other ornaments with porcupine quills is a beautiful traditional craft. The work of skilled quillwork artists is highly prized by collectors and can be seen in museums. Learn about the natural history of both birch trees and porcupines, and see slides of amazing and beautiful quilled birch bark containers. Learn this art form by using quills and birch bark to create a bark pendant or pin to take home. Min/Max: 4 /12. Nature Center.

Date	Day	Time	Friends/Others	Code
2/15	W	3:30-4:30	\$20/\$25	406221-01

### Hide Work

Ancient peoples throughout the world used animal hides for clothing, tools, and accessories. In this class, learn how hides were prepared and used to make clothing and other useful items. Make a decorated leather pouch of your own design to take home. Min/Max: 4 /12. Nature Center.

Date	Day	Time	Friends/Others	Code
2/22	W	3:30-4:30	\$20/\$25	406222-01



# Therapeutic Recreation

When registering for a Therapeutic Recreation program, please include the supplemental form inside back cover.

## YOUTH/YOUNG ADULTS PROGRAM

Ages 9-21. Wednesday's participants will be actively involved in golf instruction, cooking, fitness, sports, arts and crafts, hip hop classes and track and field training. Thursday's participants will be involved in ceramics, sports, yoga and track and field training. Min/Max: 4/20.

Pitkin Community Center. No class 12/28, 12/29, 4/12, 4/13.

Special Olympics Regional Games- May 7.

Special Olympics State Summer Games: 6/9-6/11.

Date	Day	Time	Res/NonRes	Code
9/16-6/7	W	2:15-5:15P	\$75/\$94	209280-01
9/17-6/1	Th	2:15-5:15P	\$75/\$94	209280-02

## ADULT SOCIAL CLUB

Ages 21+. Adults have an ongoing schedule of recreational activities. Meet to plan trips, socials and events such as museums, eating out, shopping, cultural and sporting events. Annual Thanksgiving dinner, holiday party and summer picnic. A schedule will be mailed out to all registered members. For additional information, contact Natalie Morrison, Therapeutic Recreation Supervisor, at 860-721-2952.

Date	Day	Time	Res/NonRes	Code
7/1-6/30	M-F	8:00A-11:00P	\$20/\$20	209126-01

## SPECIAL OLYMPICS TOTAL ATHLETE

Ages 16+. Become a member of the Unified Fitness Club. Young adults will train their bodies, prepare their minds and get their spirits soaring. Program includes cardio workouts, fitness room use as well as stretching, yoga and "bootcamp" fun. Bring a water bottle. Min/Max: 4/10. Pitkin Community Center. No class 3/23 & 4/13.



Date	Day	Time	Res/NonRes	Code
2/2-3/30	Th	5:30-6:45P	\$45/\$56	409150-01
4/6 - 6/1	Th	5:30-6:45P	\$45/\$56	509150-01

## SPECIAL OLYMPICS SNOWSHOE

Ages 8+. Open to participants with special needs. Unified Partners will be accepted on a need be basis. Program will meet for skill development, training and games. Min/Max: 4/10. Pitkin Community Center. No class 12/28. Special Olympics Winter Games at the Eversource Center in Windsor 3/4-3/5. (Must meet Special Olympics requirements in order to compete.)

Date	Day	Time	Res/NonRes	Code
12/7-3/1	W	5:15-6:15P	\$30/\$30	309160-01

## SPECIAL OLYMPICS FLOOR HOCKEY

Call 860-721-2952 for more info. Min/Max: 4/10. Pitkin Community Center. No class 12/26, 1/2, 1/16, 2/20.

Date	Day	Time	Res/NonRes	Code
12/12-2/27	M	6:00-7:30P	\$30/\$30	409153-01

## SPECIAL OLYMPICS



**Athlete** – an individual with an intellectual disability that trains and competes in sports.

**Unified Partner** – an individual without an intellectual disability that trains and competes alongside their peers with intellectual disability.

## SPECIAL OLYMPICS TENNIS

Ages 8-21. Participants with intellectual disabilities and their peers. Participants will have beginner small group instruction and tennis play. Come in appropriate dress, with a racquet and water bottle. There are some racquets available on a first come basis. Call 860-721-2952 if one is needed. Special Olympics forms should be submitted prior to the beginning of class. Min/Max: 4/10.

Special Olympics State Summer Games – 6/9-6/11

See below for location. No class 2/19, 4/16, 5/14, 5/28.

Date	Day	Time	Res/NonRes	Code
<b>Held at Rocky Hill Tennis and Fitness Center</b>				
1/22-3/19	Su	4:00-5:00P	\$30/\$30	409170-01
<b>Held at Pine Acres Swim and Tennis Club</b>				
3/26 - 6/4	Su	4:00-5:00P	\$30/\$30	509170-01

\*Spring Session dates are subject to change.

## SPECIAL OLYMPICS SOCCER SKILLS

Ages 8+. Open to participants with special needs. Improve soccer skills as you play. Appropriate dress and sneakers required. Montanaro Field, Mill Woods Park. Rain site: Pitkin Community Center. Min/Max: 4/10. No class 4/10 & 5/29.

Special Olympics: State Summer Games 6/9-11.

Special Olympics release and medical form must be submitted prior to the beginning of class. Unified Partners must complete and submit a Class A Volunteer form and Unified Partner form.

Date	Day	Time	Res/NonRes	Code
3/20-6/5	M	5:30-6:30P	\$30/\$30	509180-01

## SPECIAL OLYMPICS TRACK & FIELD

Ages 8+. Open to participants with special needs. Athletes may train in walking or running events, running or standing long jump, softball throw, shot put or turbo jav. Wethersfield High School track.

Rain site: Pitkin Community Center. Min/Max: 4/20.

No class 4/12 & 4/13.

Special Olympics release and medical form must be submitted prior to the beginning of class.

Special Olympics: Northern Spring Trials – 5/7

State Summer Games – 6/9-6/11.

Date	Day	Time	Res/NonRes	Code
<b>Agers 21+</b>				
3/22-6/7	W	5:30-6:30P	\$30/\$30	509220-01
<b>Agers 8-21</b>				
3/8-6/7	W	4:15-5:15P	\$30/\$30	509220-02
<b>Agers 8-21</b>				
3/9-6/1	Th	4:15-5:15P	\$30/\$30	509220-03

# Wethersfield Senior Center

The Wethersfield Senior Center operates within the Pitkin Community Center serving seniors 55+. The Center offers social, educational, entertainment, health and wellness programs. Annual memberships are \$5 for Wethersfield residents and \$7 for non-residents. Program information can be found in the monthly newsletter, on-line at [wethersfieldct.gov/social](http://wethersfieldct.gov/social) and in the Rare Reminder on the last Thursday of each month. For more information contact Senior Center Coordinator, Lisa Galipo at 860-721-2979. For weather cancellations, watch WFSB, Channel 3.

## AARP SMART DRIVING COURSE

Refresh your driving skills and qualify for at least a 5% reduction in car insurance premiums. Registration is required by contacting Lisa.

Date	Day	Time	AARP mem/Non AARP
3/13, 6/26	M	9:00A-1:00P	\$15 or \$20

## AARP FOUNDATION TAX-AIDE

Free tax preparation assistance available to low and middle-income taxpayers of all ages, with special attention to those 60 and over. Call 860-721-2977 for an appointment and information about documents required.

Date	Day	Time	Fee
2/1-4/12	W	By appointment	Free

## CHORAL GROUP

Sing with other seniors in the choral group, the Rhythmairs. The group practices and performs for many community groups upon request. Drop-ins welcome.



Date	Day	Time	Fee
1/12-6/22	2 <sup>nd</sup> & 4 <sup>th</sup> Th/M	1:30-2:30P	Free

## ENTERTAINMENT EVENTS

Musical entertainment showcasing local talent. Coffee and snacks served. Admission-\$2 for SC members; \$4 non-members. No pre-registration required.

Date	Day	Time	Performer
2/6	M	1:00P	Soloist Walter Martin Returns
3/6	M	1:00P	Shelley Taylor-Boyd, Broadway vet
4/3	M	1:00P	Soloist/guitarist Kat Kennedy
5/1	M	1:00P	James Michael, Broadway baritone
6/5	M	1:00P	Joe Cadena, Rat Pack Standards

## INFORMAL CARD & BOARD GAME GROUP

Join this group that plays informal setback or bring your friends and start your own game. Drop-ins welcome.

Date	Time	Fee
Every Tue beginning 1/3	1:15P	Free

## MAH JONGG

Enjoy this fascinating ancient rummy-like game. Looking for new players. Instruction available for beginners.

Date	Day	Time	Fee
1/3-6/29	Tu/Th	10:00A-1:00P	Free

## MINI MANICURES

Sit back and relax while a volunteer files, buffs and polishes your nails (no cutting). Ladies only. Manicure is free. Registration is required by contacting Lisa.

Date	Day	Time
1/18, 3/15, 4/19, 5/17, 6/21	Wed	10:00A-12:00P

## WEEKLY MOVIES

Watch blockbusters and vintage classics. Movie titles announced monthly in the newsletter and the Rare Reminder.

**Date:** Every Monday, except the 1<sup>st</sup> Monday of each month, beginning Mon., 1/9 **Time-** 1:00P **Fee-**Free

## RED ONION SENIOR QUILTERS

Share your love of quilting and sharpen your skills. All skill levels welcome. The group shares quilting techniques, works on a 'block of the month' and quilts for sick children. Drop-ins welcome.

Date	Day	Time	Fee
1/23, 2/27, 3/20, 4/17, 5/15, 6/19	M	10-11:30A	Free

## WII BOWLING

Join the champion Wii bowlers in league and practice play. The team competes against rival senior center teams. Drop-ins welcome.

Date	Day	Time	Fee
1/3-6/29	Tu/Th	1:00-3:00P	Free

## BINGO

Weekly bingo held in the banquet room. Arrive early for snacks. Fee includes admission, snack and one bingo card. Extra cards are 25 cents.

Day	Time	Fee
W	12:30P	\$1.50

## GOLF LEAGUE

Join the golf league which plays summer and fall at Goodwin Park. For more information contact Jim McNamara at 860-563-4586.

## HAIRCUTS

Students from the International Institute of Cosmetology come to the Senior Center every six weeks to offer haircuts at a dramatically discounted rate. Registration required. Call Lisa for an appointment.

Day	Time	Fee
1/27, 3/10, 4/21, 6/2	10:00A or 11:15A	\$3

## NEEDLEWORK CRAFTS

Create knitted items and needlework crafts to be sold during the annual fundraiser for the bingo group. For more information contact Pam Silva at 860-721-6267.

Day	Time	Fee
M	9:30-11:30A	Free

## SETBACK

Join a friendly setback group. Everyone is welcome including singles and partners, beginners and experienced players. Arrive early at 11:30A for free coffee, tea and pastry. For more information contact Joe or Claire at 860-258-0662.

Day	Time	Fee
F	12:15P	\$1 SC member/\$2 non-mem

**WORKSHOPS**

**ANGELS, SYMBOLS & INTUITION**

Did you know that angels are all around us? Explore the language of angels and symbols. Embark on a quest for greater self-knowledge using intuitive tools. Deirdre will be our guide as we learn to recognize angelic messages, learn about hand analysis and card reading. Registration required. Call Lisa at 860-721-2979.

Date	Day	Time	Fee
5/18-6/8	Th	1:00-2:00P	\$10

**HAND PAINTED GLASS CRAFT**

This two-session workshop is for beginners as well as experienced painters. Learn a unique folk art painting technique that highlights and shades all in one brush stroke. Create a beautiful hand painted glass project. Call Lisa at 860-721-2979 to register.

Date	Day	Time	Fee
6/6 & 6/13	Tu	10:00A-12:30P	\$20

**FRIDAY FEATURE**

**CELEBRATE CHINESE NEW YEAR**

Enjoy a performance by a lovely professional from Dream Performing Arts who will amaze with authentic Chinese dances including ribbon and fan dances. She will be accompanied by a Grammy award nominee and Trinity College music professor who sings opera and Broadway songs in Chinese and English. Snacks will be served. Registration required. Call Lisa at 860-721-2979.

Date	Day	Time	Fee
1/27	F	10:00A	Free

**LUNCH & LEARNS**

**TRAVELOGUE: VISITING EGYPT**

In 2011 unrest in Egypt led to the ousting of President Hosni Mubarak who had ruled for 30 years. Unfortunately, violence also led to the destruction of many historic sites. Meet Wethersfield resident Donna Brown and hear about her trip to Egypt prior to the Arab Spring. A light lunch will be served. Registration required. Call Lisa at 860-721-2979.

Date	Day	Time	Fee
2/21	Tu	12:00P	Free

**ESTATE, ASSET & LEGACY PLANNING**

No matter how large or modest, you will need to provide instructions stating whom will receive your possessions. Learn how to make this happen with the least amount paid in taxes, legal fees and court costs. A light lunch will be served. Registration required. Call Lisa at 860-721-2979.

Date	Day	Time	Fee
4/25	Tu	12:00P	Free

**BUS TRIPS**

The following trips are planned through Friendship Tours. Call Lisa at 860-721-2979 for information and registration. Additional trips are pending. Watch your monthly newsletter for details.



**TRIP & FEE**

**Mon., 5/15—Glen Miller Orchestra.** Swing into spring with the world famous Glen Miller Orchestra, the most popular and sought after swing band in the world. Listen, dance and swing to “String of Pearls”, Moonlight Serenade”, “Tuxedo Junction” and more. Enjoy a delicious lunch at the Aqua Turf. Cost \$92/pp for meal & show.

**Fri., 6/23—Newport Flower Show.** Newport is always charming but never more so than in June when the delightful Flower Show covers the spacious grounds of magnificent Rosecliff Mansion. Tour the mansion’s first floor filled with floral arrangements and continue onto the spacious lawn and Shopper’s Marketplace. Cost \$64/pp.

**Thur., 8/17—The Songs of Frankie Valli.** This show consists of four young, hot Broadway veterans re-creating the music and stories of Frankie Valli and the Four Seasons. Enjoy the choreography, staging and melodious harmony of these four guys from Jersey and enjoy an elegant Aqua Turf lunch. Cost \$91/pp.

**HEALTH SCREENINGS**

**Blood Pressure Screenings** – 2<sup>nd</sup> Wednesday of each month, 10:30-11:30A sponsored by Ellis Manor, the 4<sup>th</sup> Thursday of each month, 12:30-1:30P sponsored by Cedar Mountain Commons. Walk-ins welcome.

**Blood Sugar Screenings** – Fri., 1/13, 2/10, 3/10, 5/12 from 11:00A-12:00P sponsored by Apple Rehab.

**Foot Care** –1/6, 1/24, 2/3, 2/27, 3/3, 3/28, 4/7, 4/25, 5/5, 5/23, 6/2, 6/27. Includes cleaning, filing, trimming, reducing corns and calluses by an RN. Seniors only. No diabetics. Fee: \$29. Registration is required by calling Lisa.

**Hearing Screenings** – Mon., 4/17 provided by the Hearing Wellness Center. Registration is required by contacting Lisa.

## Senior Center Classes

### ART & MINDFULNESS

Enjoy emotional and spiritual growth by experientially exploring all facets of mindfulness. Foster artistic growth while having fun learning art basics. Participants will be encouraged to "break all the rules" as their creativity and unique artistic expression soars. Art basics include drawing techniques using wet and dry drawing mediums, design element and principles, and various subject matters such as portraits. All levels of ability welcome.

Date	Day	Time	Fee	Code
1/26-5/11	Th	9:30-10:45A	\$32	436003-01

### THE ARTIST'S JOURNEY

Explore your interests and abilities by making a series of art pieces using different media including drawing, painting and sculpture. Explore what makes each artist's work unique. Utilize different media in 2-3 week segments. Participants will have the option to continue in the media of their choice. All levels of ability welcome.

Date	Day	Time	Fee	Code
1/25-5/10	W	10:00-11:30A	\$32	436005-01

### BELLY DANCING

Learn this artful and graceful dance native to the Middle East. This low impact, weight bearing exercise is fun and helps firm and tone muscles. The music is entrancing and will spark your creativity.

Date	Day	Time	Fee	Code
4/6-5/25	Th	12:45-1:45P	\$16	536095-01

### CHAIR YOGA

Learn yoga basics using a program that adapts easily to any fitness level. All movements are done seated and will work your core and extremities. Benefits include increased flexibility, strength and relaxation. No class 2/20.

Date	Day	Time	Fee	Code
1/23-5/8	M	11:30A-12:30P	\$30	436235-01
1/26-5/11	Th	2:00-3:00P	\$32	436235-02

*Register for Monday and Thursday for only \$60*

### NEW--DANCE AROUND THE WORLD

Class consists of simple dance moves to popular tunes from around the globe including home-grown favorites like Rock'n Roll, Pop and Country Western. The dances are loosely choreographed and spontaneous and can be followed without memorizing steps. Each class will be similar, yet different, moderately paced and a work out.

Date	Day	Time	Fee	Code
1/24-3/7	Tu	1:30-2:30P	\$14	436102-01
4/4-5/30	Tu	1:30-2:30P	\$18	536102-01

### GOOD LIFE FUNCTIONAL FITNESS

This structured exercise group is run by a professional exercise physiologist from the Hartford Healthcare System. Two 45-minute sessions weekly will help maintain functional mobility and strength through a series of progressive exercise routines that focus on improving posture, balance, agility and strength.

Date	Day	Time	Fee	Code
3/6-5/24	M,W	1:30-2:15P	\$35	436240-01

### PAINTING

Artist Faye Ahlberg provides individual instruction and guidance for your burgeoning self-expression. Beginners and experienced painters welcome. Students are free to use multiple mediums.

Date	Day	Time	Fee	Code
1/24-5/9	Tu	10:00-11:30A	\$32	436020-01

### T'AI CHI QIGONG

Class includes movements from T'ai Chi Chuan along with an ancient healing system. Research indicates that T'ai Chi eases pain, improves balance and reduces blood pressure and cholesterol. A study by the American Geriatric Society showed that after taking T'ai Chi class for one month, seniors were 50% less likely to fall. Mindfulness, meditation and acupressure are all incorporated.

Date	Day	Time	Fee	Code
1/26-5/11	Th	11:00A-12:00P	\$32	436250-01

### THE MANY WAYS TO MINDFULNESS

In the fast pace of life these days, learn to relax, center ourselves and become mindful. One size doesn't fit all. There are many techniques we can practice that lead to mindfulness including meditation. This 4-session workshop will explore the different meanings and uses of mindfulness and practice various ways to attain it.

Date	Day	Time	Fee	Code
3/8-3/29	W	1:30-2:30P	\$10	436441-01

## Computer Learning Center

The Computer Learning Center is here to empower you for the computer age. Classes are small so each student can work on a computer and practice skills. Manuals and computer lab time for practice is available. Volunteer staff also provides one-to-one assistance with hardware and software on request. Registration required for all programs. For information call Lisa at 860-721-2979 or go to [wethersfieldclc.org](http://wethersfieldclc.org).

### IPAD BEGINNERS

This four-session course will help you start using your iPad with iOS10. Topics to be covered include basic iPad operations, email and surfing the web. Instruction manual included.

Dates	Time	Fee	Code
2/13, 2/15, 2/17 & 2/22	12:30-2:30P	\$40	437205-01

**FACEBOOK**

See what your family and friends are up to on Facebook. Bring your cell phone, tablet or laptop with the Facebook App and learn about Facebook. Set up an account and join the fun.

Date	Day	Time	Fee	Code
2/28	Tu	12:30-2:30P	\$10	437115-01

**IPAD: NOTES, PAGES & WORD APPS**

Want to get more out of your iPad? Learn about the built-in Notes App. Create folders for organization, convenience and fun. We will also demonstrate the Pages and Word Apps (paid Apps) and how to create and edit documents.

Date	Day	Time	Fee	Code
3/1	W	12:30-2:30P	\$10	437215-01

**KINDLE APP WORKSHOP**

The Kindle App is available for free for most major smartphones, tablets and computers. Buy or borrow a book and read it on any device with the Kindle App installed. Learn how to download and read a book and how to use the controls.

Date	Day	Time	Fee	Code
3/9	Th	12:30-2:30P	\$10	437106-01

**IPAD INTERMEDIATE**

This four-session class, for people who already know the basic iPad operations, will cover organization of your desktop, texting, photos, video, eBooks and working with a variety of pre-installed and purchased Apps. Fee includes text. \$5 discount for iPad Beginner class graduates.

Date	Day	Time	Fee	Code
3/27-4/5	M,W	12:30-2:30P	\$40	437207-01

**WELCOME TO WINDOWS 10**

In this four-session class, learn to work with the Windows 10 desktop, open and close Apps, use the calculator, help and support, weather, news, solitaire and the WordPad App. Use File Explorer and learn to save and find documents. Text included.

Date	Day	Time	Fee	Code
4/11-4/20	Tu,Th	12:30-2:30P	\$40	537860-01

**WINDOWS 10 INTERMEDIATE**

In this four-session class students will explore the internet, search, create favorites, print web pages and discuss privacy and security. Open, view, edit, print and save photos using the Windows 10 photo app, become acquainted with the Movies and TV App and listen to music with Windows Media Player. Learn how to customize your computer by changing background photos, font size and volume. Text included. \$5 discount for Welcome to Windows 10 class graduates.

Date	Day	Time	Fee	Code
5/2-5/11	Tu,Th	12:30-2:30P	\$40	537710-01

**YOUTUBE WORKSHOP**

YouTube is one of the most popular sites on the web. In this demonstration learn how to search for topics of interest to you, view videos and share with others.

Date	Day	Time	Fee	Code
5/17	W	12:30-2:30P	\$10	537900-01

**IPHONE FOR NEW USERS I**

Smartphones are powerful and useful. Apple's iPhone is one of the easiest to learn and use. The workshop is for the new user of an iPhone 4, 5 or 6. Learn about the home screen, how to make and receive calls, review settings, customize phones and connect to WiFi. Bring your charged iPhone.

Date	Day	Time	Fee	Code
6/19	M	12:30-2:30P	\$10	537235-01

**IPHONE FOR NEW USERS II**

This workshop is a continuation of iPhone for New Users I and gets into more detail on texting, taking and sharing photos, creating and using contact lists, and getting emails on your phone. Bring your fully charged iPhone.

Date	Day	Time	Fee	Code
6/20	Tu	12:30-2:30P	\$10	537236-01

**IPHONE INTERMEDIATE**

Have you been using your iPhone for a while to make calls, text and take photos, but want to know what else your phone can do? Learn to use the calendar for scheduling events, and there's an introduction to the world of Apps, including how to search and download Apps. Bring your fully charged iPhone.

Date	Day	Time	Fee	Code
6/21	W	12:30-2:30P	\$10	537240-01

**KEEPING IN TOUCH WITH EMAIL**

Email is a great way to stay in touch with friends and family. Participants will use their own email accounts during this 2-session class that starts off with the basics including creating, sending, and receiving emails and learning how to manage junk messages in your mailbox. The second session will concentrate on sending files and photos and creating an address book and lists. Participants must bring their log-on and password information to be able to access their email accounts on the computer lab's laptops or they may bring their own laptop.

Date	Day	Time	Fee	Code
6/26-6/28	M,W	12:30-2:30P	\$20	537100-01

**SENIOR CAFÉ / CRT LUNCH PROGRAM**

Monday through Friday at the Pitkin Community Center. Suggested donation: \$2.50 for ages 60+. Fee: \$5.00 for under age 60. To make a reservation, call 860-721-2955 one day ahead, between 10:00A-12:00P. Contact Social & Youth Services at 860-721-2977 with any questions.

# After School ACHIEVEMENT Program (a.s.A.p)

After School Achievement Programs (a.s.A.p.), sponsored by The Town of Wethersfield Social and Youth Services Department, in collaboration with Silas Deane Middle School, Wethersfield Parks and Recreation Department, the Keane Foundation and the Capital Area Substance Abuse Council, is designed to offer after-school enrichment activities to all interested 7th and 8th grade students at Silas Deane Middle School. The goal of a.s.A.p. is to provide after school leisure time activity exploration and development within the framework of a primary prevention model. a.s.A.p. is a great place to spend time with other students that share your child's interests, make new friends and learn something new.

A variety of activities will be available Monday - Thursday during the winter and spring sessions. There will be no after-school activity program on half days, snow days or holidays unless otherwise specified.

If registration places a financial burden on your family, please contact the Department of Social and Youth Services or a SDMS administrator or guidance counselor. Students will not be turned away for lack of program fees.

If you have any questions, please contact Patrick Telman at 860 721-2981.

## ROBOTICS

Grades 7-8. Participate in the energy and excitement of competition robotics. Work as a team to design, build and program a Vex IQ robot. In addition, engineer a robot to compete in the Vex IQ Challenge "Bank Shot" and CTEEA Vex IQ Robotics Competition.



Min/Max: 10/12. Silas Deane Middle School.

Date	Day	Time	Fee	Code
1/25-3/8	W	2:30-4:30P	\$35	434197-01

## BASIC BAKING

Grades 7-8. Learn the basics of baking. Have fun while selecting recipes, preparing baked goods, tasting finished products and competing against each other in baking competitions. Make cupcakes, iced sugar cookies, muffins, cinnamon rolls and more. Min/Max: 10/12.



Silas Deane Middle School. No class 4/12.

Date	Day	Time	Fee	Code
1/25-3/8	W	2:30-4:30P	\$45	434020-01
4/5-5/24	W	2:30-4:30P	\$45	534020-01

## MINECRAFT MONDAYS

Grades 7-8. This is an educational version of Minecraft called MinecraftEDU. Play on a private, contained game world in the media center. MinecraftEDU allows teachers to push out challenges and "assignments" in the game world for students to collaborate on together. Min/Max: 6/13. Silas Deane Middle School Media Center. No class 2/20 & 4/10.



Date	Day	Time	Fee	Code
1/23-3/13	M	2:30-3:30P	\$30	434150-01
4/3-5/22	M	2:30-3:30P	\$30	534150-01

## LIGHTS/CAMERA/ACTION

Grades 7-8. **Sponsored in part by the Keane Foundation.** Participate in all the action of a television production as you learn to be a reporter, camera person and a director in seven weeks. Learn how to conduct a television interview, cover stories and produce your own videos. Operate a digital camcorder, shoot footage and edit using iMovie software. No class 4/12. Min/Max: 6/14. Silas Deane Middle School.



Date	Day	Time	Fee	Code
4/5-5/24	W	2:30-4:30P	\$35	534140-01

## AFTER SCHOOL MEDIA CENTER

Grades 7-8. Do you need help with a project, need to use a computer or looking for a quiet place to do your homework? Ms. Poulos will be in the Media Center after school for assistance. **This service can be used 2:30-3:20P Monday through Thursday on a drop-in basis.** Closed during school vacations, half days and snow days.

Silas Deane Middle School Media Center.

**\*Program does not follow a.s.A.p. schedule\***

Date	Day	Time	Fee
1/23-5/25	M - Th	2:30-3:20P	FREE

## AFTER SCHOOL TUTORING

Grades 7-8. **This service can be used 3:30-4:20P.** Closed during school vacations, half days and snow days.

Silas Deane Middle School Media Center.

**\*Program does not follow a.s.A.p. schedule\***

Date	Day	Time	Fee
1/23-5/26	M - Th	3:30-4:20P	FREE

(a.s.A.p continued)

### SDMS INTRAMURALS

Grades 7-8. Sponsored by the Keane Foundation. Looking for something fun and free to do after school? Play basketball, dodgeball, soccer and Frisbee with your friends. Activities run Monday – Thursday from 2:30P – 3:20P (students will be able to take late bus home). Min/Max: 10/40. Silas Deane Middle School.

Winter Sessions - No class 2/20, 2/21

Date	Day	Time	Fee	Code
1/23-3/27	M	2:30-3:20P	Free	434460-01
1/24-3/28	Tu	2:30-3:20P	Free	434460-02
1/25-3/29	W	2:30-3:20P	Free	434460-03
1/26-3/30	Th	2:30-3:20P	Free	434460-04

Spring - No class 4/10, 4/11, 4/12, 4/13

Date	Day	Time	Fee	Code
4/3-5/22	M	2:30-3:20P	Free	534460-01
4/4-5/30	Tu	2:30-3:20P	Free	534460-02
4/5-5/31	W	2:30-3:20P	Free	534460-03
4/6-6/1	Th	2:30-3:20P	Free	534460-04

## Youth Services Programs

### AMERICAN RED CROSS BABYSITTER TRAINING

Ages 11-14. The American Red Cross is the nation's leader in babysitting classes and child care training. This course will prepare you to be the best sitter in your neighborhood. In fact, 8 in 10 surveyed parents said they would pay more for a trained babysitter who holds Red Cross babysitter certifications. Start your babysitting business on the right foot and learn how to be a safe, professional and reliable sitter. Course will be held at Wethersfield Police Department Community Room.

Date	Day	Time	Res/NonRes	Code
2/20	M	9:00A-4:00P	\$85/\$105	434305-01

### FRIDAY NIGHT HANGOUT

Separate nights for Grade 6 and Grades 7 and 8. A great opportunity for 6<sup>th</sup> – 8<sup>th</sup> graders to hang out with friends and meet new ones. Play basketball, dodgeball, kickball, board games and more on Friday nights twice per month. Min/Max: 10/60. 9/11 Memorial Sports Center Gym.

6<sup>th</sup> Grade Winter Program meets: 1/27, 2/10, 2/24, 3/10

Dates	Day	Time	Fee	Code
(See above)	F	7:00-9:00P	\$12	434505-01

6<sup>th</sup> Grade Spring Program meets: 3/31, 4/21, 5/5, 5/19

Dates	Day	Time	Fee	Code
(See above)	F	7:00-9:00P	\$12	534505-01

7<sup>th</sup> & 8<sup>th</sup> Grade Winter Program meets: 2/3, 2/17, 3/3, 3/17

Dates	Day	Time	Fee	Code
(See above)	F	7:00-9:00P	\$12	434505-02

7<sup>th</sup> & 8<sup>th</sup> Grade Spring Program meets: 4/7, 4/28, 5/12, 5/26

Dates	Day	Time	Fee	Code
(See above)	F	7:00-9:00P	\$12	534505-02

## Social and Youth Services Programs

### WEEKEND YOUTH MEAL PROGRAM

If you have children in your home and are experiencing financial hardship, contact Social & Youth Services about the Weekend Youth Meal Program. A caregiver would be responsible for picking up a bag of food every Thursday or Friday. These bags are filled with breakfast, lunch, dinner and snacks for the kids to eat on the weekends.

### ENERGY ASSISTANCE PROGRAM

The Wethersfield Department of Social & Youth Services will begin accepting applications for the Community Renewal Team (CRT) Energy Assistance Program in late October. This program provides financial assistance for heating expenses during the 2016/2017 heating season.

### RENTER'S REBATE PROGRAM

The Renter's Rebate Program will commence on April 1<sup>st</sup> and end September 30<sup>th</sup>. State law provides a reimbursement program for Connecticut renters who are elderly or totally disabled, and whose incomes do not exceed certain limits. Persons renting an apartment or room, or living in cooperative housing or a mobile home, may be eligible for this program

Contact Social and Youth Services for more information at 860 721-2977.



## Sports for Youth

### YOUTH TENNIS LESSONS

Ages 7-15. The program will be run by the Newington Tennis Center's certified tennis professional and is designed for both the beginner and intermediate player. It will emphasize tennis fundamentals and proper technique. Min/Max: 8/10. Newington Tennis Center. No class 4/16 & 5/14.

Date	Day	Time	Res/NonRes	Code
1/29-3/5	Su	4:00-5:00P	\$99/\$125	408340-01
3/12-4/23	Su	4:00-5:00P	\$99/\$125	408340-02
4/30-6/11	Su	4:00-5:00P	\$99/\$125	508340-01

## GYMNASTICS PARENT & CHILD

Ages 2-4. Child accompanied by a guardian. Creative movement. Min/Max: 10/20. SDMS. No class 2/25.

Date	Day	Time	Res/NonRes	Code
1/21-3/18	Sa	9:00-9:45A	\$80/\$95	408220-01
4/1-5/20	Sa	9:00-9:45A	\$80/\$95	508220-01

## GYMNASTICS 3 & 4 YEARS OLD

Ages 3-4. For children who can interact with instructors without parent intervention. Movement exploration and basic gymnastic skills. Min/Max: 12/24. SDMS. No class 2/25.

Date	Day	Time	Res/NonRes	Code
1/21-3/18	Sa	9:50-10:35A	\$80/\$95	408221-01
4/1-5/20	Sa	9:50-10:35A	\$80/\$95	508221-01

## GYMNASTICS 4-5 YEARS OLD

Ages 4-5. For children who can interact with instructors without parent intervention. Movement exploration and basic gymnastic skills. Min/Max: 12/24. SDMS. No class 2/25.

Date	Day	Time	Res/NonRes	Code
1/21-3/18	Sa	10:40-11:25A	\$80/\$95	408222-01
4/1-5/20	Sa	10:40-11:25A	\$80/\$95	508222-01

## GYMNASTICS GRADES K-2

Grades K-2. Includes beginner level skills on all apparatus. Gymnasts grouped according to ability. Min/Max: 15/24. SDMS. No class 2/25.

Date	Day	Time	Res/NonRes	Code
1/21-3/18	Sa	11:30A-12:15P	\$80/\$95	408223-01
1/21-3/18	Sa	1:00P-1:45P	\$80/\$95	408223-02
4/1-5/20	Sa	11:30A-12:15P	\$80/\$95	508223-01
4/1-5/20	Sa	1:00P-1:45P	\$80/\$95	508223-02

## GYMNASTICS GRADES 3-6

Grades 3-6. For beginners to master basic skills on all apparatus. Gymnasts will be grouped according to ability. Min/Max: 5/10. SDMS. No class 2/25.

Date	Day	Time	Res/NonRes	Code
1/21-3/18	Sa	1:50-2:45P	\$90/\$110	408224-01
4/1-5/20	Sa	1:50-2:45P	\$90/\$110	508224-01

## GYMNASTICS INTERMEDIATE

Only by permission of the instructor. For those who have an understanding of the basic skills, can perform a back walkover and who require a longer, more intense practice. Limited space. Min/Max: 5/10. SDMS. No class 2/25.

Date	Day	Time	Res/NonRes	Code
1/21-3/18	Sa	1:50-3:20P	\$99/\$120	408225-01
4/1-5/20	Sa	1:50-3:20P	\$99/\$120	508225-01

## VARSITY GYMNASTICS

Only by permission of the instructor. Advanced gymnasts in preparation for high school varsity level competition. Min/Max: 5/10. SDMS. No class 2/25.

Date	Day	Time	Res/NonRes	Code
1/21-3/18	Sa	2:50-4:50P	\$125/\$145	408227-01
4/1-5/20	Sa	2:50-4:50P	\$125/\$145	508227-01

## KARATE

Ages 7-16. This "Progressive" program advances from white to black belt. The style is traditional Okinawan Shoring-Ryu, instructed by Sensei Jaye Veley. Learn Kata (a series of techniques in sequence), Kumite (one step sparring), self-defense, control, confidence and respect. Protective head gear and optional uniform not included. Min/Max: 10/20. Silas Deane Middle School. No class 2/13, 4/10, 4/12 & 5/29.



Date	Day	Time	Res/NonRes	Code
1/23-3/29	M,W	6:00-7:00P	\$80/\$100	408240-01
1/23-3/29	M,W	7:00-8:00P	\$80/\$100	408240-02
4/3-6/7	M,W	6:00-7:00P	\$80/\$100	508240-01
4/3-6/7	M,W	7:00-8:00P	\$80/\$100	508240-02

## OPEN YOUTH BASKETBALL GYM

Ages 12-18. The gym is open for Wethersfield youths to drop in and practice their basketball skills. Wethersfield High School.

Date	Day	Time	Res/NonRes
1/22-3/27	Su	9:00A-12:00P	\$2/\$5

# Youth Sports Clubs and Leagues

**WETHERSFIELD GDR SOCCER CLUB** (Independent)  
Year round soccer for ages 6-18 (K-12). Register for Spring 2017 1/1 – 1/31 at [www.wethersfieldsoccer.com](http://www.wethersfieldsoccer.com)

**WETHERSFIELD LITTLE LEAGUE** (Independent)  
Baseball and softball for ages 6 to 15. Register for Spring 2017 12/6/16-2/5/17 at: [www.wethersfieldlittleleague.org](http://www.wethersfieldlittleleague.org)

**EAGLES FOOTBALL & CHEERLEADING**  
(Parks & Recreation) Flag FB ages 6-12. Tackle FB & cheerleading ages 7-14. Register Spring 2017 for Fall 2017 at [www.wethersfieldyouthfootball.org](http://www.wethersfieldyouthfootball.org)

**WETHERSFIELD BASKETBALL ASSOCIATION**  
(Independent) Recreational basketball for grades 3-12. Travel teams for Grades 5-8. Register Fall 2017 for Winter 2018.

**CENTRAL CT YOUTH HOCKEY ASSOCIATION**  
(Independent) Learn to skate & play hockey for ages 3 & up. For more information visit [www.centralcthockey.org](http://www.centralcthockey.org)

**WETHERSFIELD SKI/SNOWBOARD CLUB**  
Residents: Grades 7-12. Club offers Saturday trips to various ski areas in Vermont (Mt. Snow, Bromley, Okemo and Killington). Fees include lift ticket, bus transportation and supervision. Contact Parks & Recreation for more information.

# Fitness for Adults

## FITNESS 101

Ages 12+. Instruction on use of fitness room machines is by appointment only. Call 860-721-2950 to schedule. Pitkin Community Center.

Date	Day	Time	Res/NonRes	Code
1/17-3/24	M-F	8:00A-9:00P	\$6/\$10	405031-01
3/27-6/2	M-F	8:00A-9:00P	\$6/\$10	505031-01

## FITNESS ROOM PASS

Ages 12+. Open Monday-Friday: 8:00am-2:00pm, and Monday through Thursday: 5:00-9:00P. Fitness equipment includes treadmills, stationary bikes, ellipticals, dumbbells, medicine balls and floor mats. Min/Max: 1/200. Pitkin Community Center. Closed 2/20, 4/14 & 5/29.

Date	Day	Time	Res/NonRes	Code
1/17-3/24	M-F	8:00A-9:00P	\$20/\$25	405030-01
3/27-6/2	M-F	8:00A-9:00P	\$20/\$25	505030-01

## INTERVAL TRAINING

Ages 16+. High Intensity! Focus on endurance training, strength training and all-over body toning. Modifications will be made to different fitness levels. Min/Max: 12/26. Pitkin Community Center.

Date	Day	Time	Res/NonRes	Code
1/24-3/16	Tu,Th	5:00-5:45A	\$50/\$60	405045-01
1/24-3/16	Tu,Th	6:00-6:45A	\$50/\$60	405045-02
3/28-6/1	Tu,Th	5:00-5:45A	\$60/\$70	505045-01
3/28-6/1	Tu,Th	6:00-6:45A	\$60/\$70	505045-02

## MUSCLE CHALLENGE

Ages 16+. 45 minutes of strengthening and toning all major muscle groups using various equipment in an interval style workout. Equipment provided. Min/Max: 14/40. Pitkin Community Center. No class 2/20, 4/12, 5/29.

Date	Day	Time	Res/NonRes	Code
1/23-3/15	M,W	9:00-9:45A	\$45/\$55	405048-01
3/27-5/31	M,W	9:00-9:45A	\$57/\$67	505048-01

## SENIOR MUSCLE CHALLENGE

Ages 50+. 45 minutes of specially designed strengthening and toning exercises for seniors. Tone all major muscle groups using various equipment. Min/Max: 14/30. Pitkin Community Center. No class 2/20, 4/12, 5/29.

Date	Day	Time	Res/NonRes	Code
1/23-3/15	M,W	10:00-10:45A	\$45/\$55	405049-01
3/27-5/31	M,W	10:00-10:45A	\$57/\$67	505049-01

## MUSCLE TONE WITH SUE

Ages 16+. 45 minutes of strengthening and toning all your major muscle groups using weights and resistance bands. Equipment provided. Min/Max: 12/35. Community Center.

Date	Day	Time	Res/NonRes	Code
1/24-3/14	Tu	6:00-6:45P	\$30/\$35	405051-01
3/28-5/30	Tu	6:00-6:45P	\$36/\$42	505051-01

## TOTAL BODY WITH JO

Ages 16+. Strength training targeting major muscle groups using various equipment and body weight. Total Body incorporates bursts of cardio movements intended to help you tone your entire body. Min/Max: 14/30. Pitkin Community Center. No class 2/20, 5/24 & 5/29.



Date	Day	Time	Res/NonRes	Code
1/23-3/15	M,W	5:30-6:15P	\$38/\$48	405053-01
3/27-5/31	M,W	5:30-6:15P	\$48/\$58	505053-01

## ZUMBA GOLD® WITH SHERYL

Ages 45+. An innovative, fun and exciting program designed for the active older adult, the true beginner, or people who are not used to exercising, or who may be limited physically. The main difference between Zumba Gold and Zumba Basic is Zumba Gold is done at a lower intensity. The same great Latin and international styles of music and dance are used. Min/Max: 12/35. Pitkin Community Center. No class 3/31.

Date	Day	Time	Res/NonRes	Code
1/24-3/16	Tu,Th	8:30-9:20A	\$40/\$50	405007-01
1/24-3/16	Tu,Th	5:00-5:50P	\$40/\$50	405007-02
3/28-6/1	Tu,Th	8:30-9:20A	\$50/\$60	505007-01
3/28-6/1	Tu,Th	5:00-5:50P	\$50/\$60	505007-02

## ZUMBA® WITH NANCY

Ages 16+. Aerobic workout with a Latin-dance twist. Zumba fuses hypnotic Latin and international rhythms and easy to follow moves to create a dynamic fitness program. Min/Max: 14/35. Pitkin Community Center. No class 2/20, 5/24 & 5/29.

Date	Day	Time	Res/NonRes	Code
1/24-3/16	Tu,Th	9:30-10:25A	\$40/\$50	405006-01
1/23-3/15	M,W	6:30-7:30P	\$38/\$48	405006-02
3/28-6/1	Tu,Th	9:30-10:25A	\$50/\$60	505006-01
3/27-5/31	M,W	6:30-7:30P	\$48/\$58	505006-02

## ZT30 WITH MICHELLE

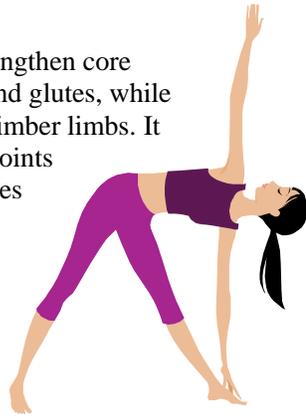
Ages 16+. ZT30 is half Zumba and half Zumba Toning, alternated throughout the one hour class. Zumba fuses hypnotic Latin and international rhythms and easy to follow moves to create a dynamic fitness program. Min/Max: 12/35. Pitkin Community Center.

Date	Day	Time	Res/NonRes	Code
1/26-3/16	Th	6:00-7:00P	\$30/\$35	405009-01
3/30-6/1	Th	6:00-7:00P	\$40/\$45	505009-01



## POWER-UP PILATES

Ages 16+. Pilates is designed to strengthen core muscles, including the abdominals and glutes, while lengthening and maintaining loose, limber limbs. It strengthens the body while keeping joints mobile and flexible. Feel your muscles working and probably break a sweat. The exercises provide variations to meet different body types making it an exercise option for everyone. Bring a mat, towel and water bottle to class. Instructor from Personal Euphoria Pilates. Min/Max: 10/17. Pitkin Community Center.



Date	Day	Time	Res/NonRes	Code
1/24-3/14	Tu	6:45-7:30P	\$55/\$60	405050-01
1/24-3/14	Tu	9:00-9:45A	\$55/\$60	405050-02
1/26-3/16	Th	9:00-9:45A	\$55/\$60	405050-03
3/28-5/30	Tu	6:45-7:30P	\$55/\$60	505050-01
3/28-5/30	Tu	9:00-9:45A	\$70/\$75	505050-02
3/30-6/1	Th	9:00-9:45A	\$70/\$75	505050-03

## BARRE PHYSIQUE

Ages 16+. Unique total body workout focusing on small, controlled movements combined with bursts of interval training to define and tone long lean muscles. Combines muscle work and stretching to create lean, flexible sculpted arms, flat abs and a lifted seat. Using a chair provided you will target every muscle in the body. Challenging, safe and effective workout set to dynamic music using balls, bands and light weights. Please bring light weights (2-3 lbs.) and water. Min/Max: 10/16. Pitkin Community Center.

Date	Day	Time	Res/NonRes	Code
1/24-3/14	Tu	6:00-6:45P	\$55/\$60	405058-01
3/28-5/30	Tu	6:00-6:45P	\$70/\$75	505058-01

## TIPS - Tactical Information for Practical Self-Defense

Ages: 13+ "TIPS" will provide potentially lifesaving techniques from the most common assaults or threats. Numerous other "TIPS" will also be shared. Sensei Jaye Veley, of the Karate program, has assembled and simplified the most effective techniques to protect you from unwelcome aggressions. Short, intense, interactive sessions will give you knowledge and confidence without long term commitments. Min/Max: 5/12. Silas Deane Middle School.

Date	Day	Time	Res/NonRes	Code
1/24-2/2	Tu & Th	7:00-8:30P	\$65/\$80	408252-01
2/7-2/16	Tu & Th	7:00-8:30P	\$65/\$80	408252-02
3/21-3/30	Tu & Th	7:00-8:30P	\$65/\$80	408252-03
4/18-4/27	Tu & Th	7:00-8:30P	\$65/\$80	508252-01
5/9-5/18	Tu & Th	7:00-8:30P	\$65/\$80	508252-02
5/30-6/8	Tu & Th	7:00-8:30P	\$65/\$80	508252-03

## YOGA WITH LISA

Ages 16+. Learn the basics, increase strength, vitality and flexibility. Reduce stress and relax while toning your body and mind. Yoga breathing exercises, called Pranayama, benefits the entire body. Physical activity is good for relieving stress, and this is particularly true of yoga. Min/Max: 8/16. Pitkin Community Center. No class 2/20.

Date	Day	Time	Res/NonRes	Code
<b>Basic</b>				
1/26-3/16	Th	5:45-7:00P	\$53/\$58	405091-01
3/30-6/1	Th	5:45-7:00P	\$65/\$72	505091-02
<b>Intermediate</b>				
1/23-3/13	M	6:00-7:15P	\$45/\$50	405092-01
3/27-5/22	M	6:00-7:15P	\$58/\$63	505092-01

## RIVER ROCK YOGA WITH SANDY BYRNE

Ages 16+. Bring a yoga mat and comfortable clothes. Min/Max: 1/6. River Rock Yoga Studio, 274 Silas Deane Highway, Wethersfield.

**Yoga Basics:** Perfect for those who are stressed, inflexible or have never done yoga before. Learn basic postures, breathing and meditation for stress relief. This is a great introduction to yoga. No class 5/29.

Date	Day	Time	Res/NonRes	Code
1/21-2/25	Sa	10:30-11:45A	\$50/\$60	405081-02
1/23-2/27	M	6:00-7:15P	\$50/\$60	405081-01
3/6-4/10	M	6:00-7:15P	\$50/\$60	405081-03
5/1-6/12	M	6:00-7:15P	\$50/\$60	505081-01

**All Levels Hatha Yoga:** This class combines postures and breathing to encourage awareness, strength, flexibility and relaxation. Modifications are given so you attain a stronger or gentler practice, whatever your body needs. Whether yoga is new to you or something you do daily, find respite from daily stress while feeling better in your body.

Date	Day	Time	Res/NonRes	Code
1/26-3/2	Th	4:00-5:15P	\$50/\$60	405083-03
3/7-4/11	Tu	9:15-10:30A	\$50/\$60	405083-04

# Sports for Adults

## MEN'S PICK-UP BASKETBALL

Ages 16+. Drop-in style program. Daily admission is \$5 per person. Wethersfield High School.

Date	Day	Time	Res/NonRes
1/22-3/27	Su	1:00-4:00P	\$5/\$8

## ADULT CO-ED VOLLEYBALL

Ages 16+. Drop-in style program. Daily admission is \$5 per person. Wethersfield High School.

Date	Day	Time	Res/NonRes
1/22-3/27	Su	4:00-7:00P	\$5/\$8

# Aquatics

## BACKMAN POOL AT WETHERSFIELD HIGH SCHOOL

411 Wolcott Hill Road. Open 1/3-6/3. Proof of age and residency (e.g. driver's license) required for admission. Non-residents and guests must be accompanied by a resident adult. Groups of 6+ must notify Parks & Recreation prior to their event.

**Daily Admission:** Adult \$3, Child (under 18) \$1, or Season Pass (see below).

<i>Adult Swim:</i>	<i>Recreational Swim:</i>
Tuesday 6:30-7:15A	Tuesday 7:30-8:30P
Tuesday 8:30-9:30P	Thursday 7:30-8:30P
Thursday 6:30-7:15A	Friday 7:30-9:30P
Thursday 8:30-9:30P	Saturday 1:00-3:30P

Adult swimmers must be age 18+. Recreational swimmers age 11 or less must be accompanied by a swimmer age 18+.

**Season Pass:** Provides residents unlimited admission and may be used in Newington and Rocky Hill. Purchase online, by mail-in registration or at Parks & Recreation. Passes will not be sold at the pool. Daily admission cannot be credited toward purchase of a pass. A pass is required for swim lessons.

**Family \$45:** Available to 2 adults and any children living in the same household. Additional adult(s) living in the household must purchase an individual or family pool pass. Please remember to list all family members.

**Individual \$30:** Available to resident adult or child.

## Swim Lessons

### SPECIAL INSTRUCTIONS FOR SWIM LESSONS

**Registration deadline for winter is Friday, 1/20 at 12:00P online, and 4:30P in the Parks & Recreation Office. Class will not be held on 2/18.**

**Registration deadline for spring is Friday, 3/31 at 12:00P online, and 4:30P in the Parks & Recreation Office.**

**Classes will not be held on 4/8 & 4/15.** Swim lessons are available to residents only. All classes use the American Red Cross program. Classes are held at the Backman Pool at Wethersfield High School. **Instructors may re-assign level placement based on skills and availability.**

Season pool pass is required (see above). For online registration, register for an individual or family season pool pass first and then register for the swim lesson.



## SWIM LESSONS PARENT/CHILD

Ages 18 months-3 years. For children not yet ready to be in swim lessons without a parent. The program is designed to familiarize young children to the water and prepare them to learn to swim. Min/Max: 5/20. Wethersfield High School. Some skills include: Exit and enter the water in a safe manner. Feel comfortable in the water. Explore submerging to the mouth, nose and eyes. Explore buoyancy on the front and back position. Explore submerging in a rhythmic pattern. Glide on front and back with assistance. Combine stroke on front and back with assistance.

Date	Day	Time	Residents Only	Code
1/21-3/18	Sa	9:00-9:40A	\$20	401020-01
4/1-6/3	Sa	9:00-9:40A	\$20	501020-01

## SWIM LESSONS PRE-SCHOOL

Prerequisite: Ages 4-5 or age 3 and completed Parent/Child Aquatics. This class is designed to orient preschool-age children to the aquatic environment and to help them acquire rudimentary levels of basic aquatic skills. Min/Max: 4/6. Wethersfield High School.

Skills: Enter and exit the water with ladder, steps or side with assistance. Fully submerge head 3 times. Travel in the water at least 5 yards with assistance. Open eyes under water. Front and back floats for 5 seconds assisted. Front and back glides for 2 body lengths assisted. Explore treading water in chest deep water. Combined arm and leg action on front and back for 3 body lengths with assistance. Enter the water by jumping.

Date	Day	Time	Residents Only	Code
1/21-3/18	Sa	10:30-11:10A	\$20	401021-01
1/21-3/18	Sa	12:00-12:40P	\$20	401021-02
4/1-6/3	Sa	10:30-11:10A	\$20	501021-01
4/1-6/3	Sa	12:00-12:40P	\$20	501021-02

## SWIM LESSONS LEVEL 1

Ages 5-13. Prerequisite: Ages 5+ or age 4 with Pre-School. Designed to begin developing positive attitudes, good swimming habits and safe practices in and around the water. Min/Max: 5/8. Wethersfield High School.

Skills: Enter and exit water independently. Blows bubbles through mouth and nose. Bobbing. Opens eyes under water to pick up object. Floats on front and back with minimal support. Front and back glides 2 body lengths with minimal support. Recover to vertical position front floating position. Rolls from front to back and back to front. Treads water in chest deep water. Alternating and simultaneous arm and leg action on the front and back. Combined arm and leg actions on front and back.

Date	Day	Time	Residents Only	Code
1/21-3/18	Sa	9:45-10:25A	\$20	401022-01
1/21-3/18	Sa	10:30-11:10A	\$20	401022-02
1/21-3/18	Sa	12:00-12:40P	\$20	401022-03
4/1-6/3	Sa	9:45-10:25A	\$20	501022-01
4/1-6/3	Sa	10:30-11:10A	\$20	501022-02
4/1-6/3	Sa	12:00-12:40P	\$20	501022-03

## SWIM LESSONS LEVEL 2

Ages 5-13. Prerequisite: Successful completion of level 1. This class is designed to give participants success with fundamental skills, including learning how to float without support and to recover to a vertical position. Jumps into chest deep water independently. Min/Max: 5/10. Wethersfield High School.

Skills: Fully submerges head for 5 seconds. Bobbing. Opens eyes to pick up submerged objects. Front, jellyfish and tuck floats. Recovers to vertical position. Front and back glides unsupported. Rolls from front to back and back to front while swimming. Combine arm and leg actions on front and back independently for 5 body lengths. Treads water using arm and leg actions. Jumps into chest deep water independently.

Date	Day	Time	Residents Only	Code
1/21-3/18	Sa	9:45-10:25A	\$20	401023-01
1/21-3/18	Sa	11:15-11:55A	\$20	401023-02
4/1-6/3	Sa	9:45-10:25A	\$20	501023-01
4/1-6/3	Sa	11:15-11:55A	\$20	501023-02

## SWIM LESSONS LEVEL 3

Ages 5-13. Prerequisite: Successful completion of level 2. This class is designed to build on skills by providing additional guided practice in deeper water. Min/Max: 5/10. Wethersfield High School.

Skills: Jumps into deep water independently. Head first entry from the side (sitting or kneeling). Bobbing while moving to safety. Uses rotary breathing in horizontal position. Back float for 30 seconds. Change from vertical to horizontal position on front and back. Tread water for 30 seconds. Flutter kicks and dolphin kicks on front in streamline position (3-5 body lengths). Scissor kick on side. Breaststroke kick on front. Front crawl for 15 yards. Elementary backstroke for 15 yards.

Date	Day	Time	Residents Only	Code
1/21-3/18	Sa	11:15-11:55A	\$20	401024-01
1/21-3/18	Sa	12:00-12:40P	\$20	401024-02
4/1-6/3	Sa	11:15-11:55A	\$20	501024-01
4/1-6/3	Sa	12:00-12:40P	\$20	501024-02

## SWIM LESSONS LEVEL 4

Ages 6-13. Prerequisite: Successful completion of level 3. This class is designed to develop confidence in the strokes and improve other aquatic skills. Min/Max: 5/10. Wethersfield High School.

Skills: Head first entry front the side in a compact or stride position. Swim under water 3-5 body lengths. Survival swimming. Open turns on front and back. Treads water using 2 different kicks. Front crawl and elementary backstroke 25 yards. Back crawl, breaststroke, sidestroke and butterfly for 15 yards. Flutter and dolphin kicks on back in streamline position for 3-5 body lengths.

Date	Day	Time	Residents Only	Code
1/21-3/18	Sa	9:45-10:25A	\$20	401025-01
4/1-6/3	Sa	9:45-10:25A	\$20	501025-01

## SWIM LESSONS LEVEL 5

Ages 6-13. Prerequisite: Successful completion of level 4. This class is designed to further learn how to coordinate and refine strokes. Min/Max: 5/10. Wethersfield High School. Skills: Shallow angle dive with glide to begin strokes. Tuck and pike surface dives. Front and back flip turns. Front crawl and elementary backstroke 50 yards. Back crawl, breaststroke, sidestroke and butterfly for 25 yards. Sculling.

Date	Day	Time	Residents Only	Code
1/21-3/18	Sa	11:15-11:55A	\$20	401026-01
4/1-6/3	Sa	11:15-11:55A	\$20	501026-01

## SWIM LESSONS LEVEL 6

Ages 6-13. Prerequisite: Successful completion of level 5. These classes are designed with "menu" options that focus on stroke refinement and additional aquatic skills: Fundamentals of Diving (FD), Fitness Swimmer (FS), and Personal Water Safety (WS). All levels include a 500 swim using any 3 strokes of their choice (at least 50 yards of each stroke) and each one will present additional course specific skills. Classes can be taken in any order. Min/Max: 5/8. Wethersfield High School.

Date	Day	Time	Residents Only	Code
<b>Fundamentals of Diving</b>				
1/21-3/18	Sa	9:00-9:40A	\$20	401029-01
<b>Fitness Swimmer</b>				
4/1-6/3	Sa	9:00-9:40A	\$20	501027-01

## Barracudas Swim Team

### BARRACUDA SWIM STROKE CLINIC

Swim stroke and competitive technique refinement. Prerequisite: able to swim 2 laps without stopping and completion of Swim Lesson Level 3. Min/Max: 18/24. Wethersfield High School.

Date	Day	Time	Res/NonRes	Code
<b>Ages 5-10</b>				
3/6-3/31	M-F	5:30-6:30P	\$95/\$125	401003-01
4/17-5/12	M-F	5:30-6:30P	\$95/\$125	501003-01
<b>Ages 11-18</b>				
3/6-3/31	M-F	6:30-7:30P	\$95/\$125	401004-01
4/17-5/12	M-F	6:30-7:30P	\$95/\$125	501004-01

## Lifeguarding Opportunities

### LIFEGUARD TRAINING

Ages 15+. American Red Cross certification program held over the course of two weekends. Pre-requisites: Swim 500 yards with a combination of crawl and breast strokes, surface dive 10 feet to retrieve a 10 pound brick. Min/Max: 5/10. Wethersfield High School.

Date	Day	Time	Res/NonRes	Code
3/24-4/3	F	7:00P-9:00P	\$300/\$375	401052-01
	Sa-Su	9:00A-5:00P		
	M	6:00P-9:00P		

## ADVANCED AQUATIC TRAINING

Contact the American Red Cross at [www.redcross.org](http://www.redcross.org) for more information and registration.

Water Safety Instructor (WSI). Pre-requisites: FIT certification (a FIT course will be incorporated into this course), at least age 16, and a pre-course skills test.

Lifeguard Training (LGT). Pre-requisites: Age 15, swim 500 yards with a combination of crawl and breast strokes, and surface dive 7-10 feet to retrieve a 10 lb. brick.

Lifeguard Instructor (LGI). Pre-requisites: FIT certification (a FIT course will be incorporated into this course), age 17+, and a pre-course skills test.

## Lifeguard and WSI Positions Available for Summer 2017

The Wethersfield Parks and Recreation Department is currently accepting applications for lifeguarding and WSI positions at Mill Woods Pond and Willard Pool. Applicants must be 15 years old and possess current lifeguarding certification.



Applications are available online at [wethersfieldct.gov/recreation](http://wethersfieldct.gov/recreation). Completed seasonal/part time employment applications should be submitted to Wethersfield Parks and Recreation, 505 Silas Deane Highway, Wethersfield, CT 06109. For more information please contact Wethersfield Parks and Recreation at (860)721-2890.

## 9/11 Memorial Sports Center



Located in the Pitkin Community Center at 30 Greenfield Street. Includes gym, fitness room and meeting room with wireless internet access. Developed in partnership with the Keane Foundation, this area also displays steel recovered from the World Trade Center. The Keane Foundation and Parks & Recreation offer many programs in this facility. Meeting room and gym may be rented. Adults can use the gym for walking at no cost on Mon. Wed. Fri. 8:00-9:00A.

### ABOUT THE KEANE FOUNDATION

Friends and family of Dick Keane established The Richard M. Keane Foundation to honor his memory and to perpetuate his commitment to enriching the lives of the youth in Wethersfield. The Foundation's purpose is to provide a safe and fun environment in which the community of Wethersfield can come together to participate in athletic, academic and social programs with the support and guidance of caring adults. Find out more at [www.keanefoundation.org](http://www.keanefoundation.org).

## 9/11 CENTER SATURDAY OPEN GYM

Grades K-8. Supervised open gym time for pick-up basketball and other activities. Schedule: Grades K-3 meet 10:30A -12:00P – (parents welcome); Grades 4-6 meet 12:30P -2:00P; Grades 7-8 meet 2:00P - 3:30P. Registration is preferred but not required. Min/Max: 4/50. Pitkin Community Center. Closed: 12/24 & 12/31.

Date	Day	Time	Fee	Code
12/3-3/25	Sa	10:30A-3:30P	Free	305140-01

## VACATION GYM DAY WEDNESDAY APRIL 12

2-12 years old. Fun filled day of games, sports and activities at the 9/11 Memorial Sports Center. Donation: \$1.00 at the door. Schedule:

9:00 -10:00 A	2 to 4 year olds with parent
10:30A -12:00 P	5 to 7 year olds
1:00 – 3:00 P	8 to 12 year olds.

*Call the Community Center office at 860-721-2950 in April to reserve your spot.*

## Keane on Kids After School Enrichment Programs

Keane on Kids After School Enrichment Program launched in the fall with huge success and continues with a full array of winter and spring offerings. Keane on Kids After School Enrichment Program's vision is to consistently provide a variety of After School Enrichment programs at all Wethersfield Elementary Schools in a safe and fun environment in which all children can participate in athletic, academic and social programs with the support and guidance of caring adults.

Registration is through the Wethersfield Parks and Recreation Department. **Online registration for all programs is available at [wethersfieldct.gov/recreation](http://wethersfieldct.gov/recreation).** Children may sign up for one day or multiple days for programs offered at their school. Resident and non-resident students can all register on the first day of registration.

The Keane on Kids After School Enrichment Director, Caroline Fazzina, has designed programs with suggestions from parents and school administration in mind, while also providing a wide variety of programs for students with different interests. Programs will vary seasonally at each school. There is also a site coordinator at each school who will greet the children at the end of the school day, ensure that the after school program runs smoothly, and monitor safe dismissal at the end of the program. The following pages list the offerings at each school for the winter and spring.





# Charles Wright Keane on Kids After School Program



Sponsored by the R.M. Keane Foundation

These programs are open only to students at Charles Wright School.

## ART ADVENTURES

Grades 1-3. Students will create four different works of art, working with all types of mediums and be encouraged to be creative and have fun. Min/Max: 8/12. No class 3/21.

Date	Day	Time	Fee	Code
3/7-4/4	Tu	3:00-4:00P	\$25	411005-01

## ART EXPLORERS

Grades 4-6. Create two detailed works of art exploring use of several different mediums. No talent required, only eagerness to learn and express yourself creatively. Min/Max: 8/20.

Date	Day	Time	Fee	Code
1/24-2/14	Tu	3:00-4:00P	\$25	411009-01

## CHESS CLUB

Grades K-6. Learn new strategies and ways to win as well as other chess "secrets". Beginners welcome. Learn all the basic moves of the chess pieces, their values, piece interaction and how to win (checkmate). Min/Max: 10/15. No class 2/21.

Date	Day	Time	Fee	Code
1/24-3/7	Tu	3:00-4:00P	\$72	411035-01

## LEGO

Grades 1-3. Using your imagination or using Lego software and activity packs, build Lego models featuring working motors and sensors. Connect to a computer and use a simple programming tool to control their behavior. All LEGO supplies and materials are provided. Min/Max: 5/16. No class 3/23.

Date	Day	Time	Fee	Code
Grades 1-3				
1/26-2/16	Th	3:00-4:00P	\$10	411535-01
Grades 4-6				
3/9-4/6	Th	3:00-4:00P	\$10	411536-01

## YOGA

Grades 4-6. Encourage play and self-expression while building strength, focus and coordination. Explore yoga postures, breathing and relaxation techniques. Min/Max: 5/10. No class 2/22.

Date	Day	Time	Fee	Code
1/25-3/8	W	3:00-4:00P	\$40	411203-01

## COOKING

Demonstrations, nutrition education and hands on classes in the preparation of healthy food and snacks. Instruction in how to prepare various products as well as the importance of measuring and food safety. Hosted by Wethersfield Dining Services chefs and dieticians. Min/Max: 5/15. No class 4/12.

Date	Day	Time	Fee	Code
Grades 1-3				
5/2-5/16	Tu	3:00-4:00P	\$35	511065-01
Grades 4-6				
3/29-4/19	W	3:00-4:00P	\$35	411066-01

## DRAMA COMEDY IMPROV

Grades 4-6. Play improvisational theater games while learning the tools to think on your feet. Explore spontaneity, character development and ensemble building skills in this fast paced and exciting class. Taught by Hartford Stage teaching artists. Min/Max: 15/20.

Date	Day	Time	Fee	Code
4/18-6/6	Tu	3:00-4:00P	\$60	511155-01

## GARDENING

Grades K-6. Learn about an abundance of gardening topics such as planting, germination, transplanting, care and harvesting as well as topics such as pollinators and good and bad bugs. Activities will be done through hands on learning. Children will partner up, giving older students an opportunity to mentor younger kids while they garden together and share in the harvest. Taught by the Seed and Garden Manager from Heirloom Market. Min/Max: 10/20. No class 2/23, 3/23, 4/13, 5/11.

Date	Day	Time	Fee	Code
2/9-5/25	Th	3:00-4:00P	\$50	411207-01

## RUNNING CLUB

Grades 3-6. Develop and encourage children of all running abilities to progress from their current level to completing a 5K (3.1 miles). Set goals and build up endurance and self-esteem while preparing to participate (run, jog or walk) in a 5K. Min/Max: 5/50.

Date	Day	Time	Fee	Code
4/26-5/31	W	3:00-4:00P	\$10	533040-01





# Emerson Williams



## Keane on Kids After School Program

Sponsored by the R.M. Keane Foundation

These Programs are open only to students at Emerson Williams School.



### MAD SCIENCE CRAZY CHEMWORKS

Grades K-5. Explore chemistry and how it affects the world around us using exciting hands-on activities, spectacular demonstrations. Learn about the tools scientists use in laboratories, atoms, molecules, and reactions, acids and bases; and fluorescence and phosphorescence.

Min/Max: 12/21. No class 3/20 & 4/10.

Date	Day	Time	Fee	Code
3/13-5/1	M	3:00-4:00P	\$89	412294-01

### KID'S DANCE CLUB

Grades K-3. Young dancers will learn choreographed, high energy dance routines to popular upbeat, child-appropriate music. Bring lots of energy for loads of fun. All ability levels are welcome. Min/Max: 6/20.

Date	Day	Time	Fee	Code
1/26-2/16	Th	3:00-4:00P	\$40	412130-01

### COOKING

Demonstrations, nutrition education and hands on classes in the preparation of healthy food and snacks. Instruction in how to prepare various products as well as the importance of measuring and food safety. Hosted by Wethersfield Dining Services chefs and dieticians. Min/Max: 5/12.

Date	Day	Time	Fee	Code
Grades 1-3				
3/2-3/16	Th	3:00-4:00P	\$35	412065-01
Grades 4-6				
1/23-2/6	M	3:00-4:00P	\$35	412066-01

### SIGN LANGUAGE INTRO

Grades 1-3. Taught by instructor from the American School for the Deaf. Emphasis on development of expressive and receptive signing skills using simplified pictures and signs. Min/Max: 8/10. No class 4/12.

Date	Day	Time	Fee	Code
4/5-5/31	W	3:00-4:00P	\$80	512441-01

### SIGN LANGUAGE

Grades 4-6. Taught by instructor from the American School for the Deaf, using a text called "Signing Fun, American Sign Language Vocabulary, Phrases, Games and Activities", by Penny Warner. Develop expressive and receptive signing skills. Explore the fundamentals of Deaf Culture, ASL and the modes of communication used by deaf people. Handouts and other resources will be provided. Min/Max: 10/15. No class 2/23 & 3/23.

Date	Day	Time	Fee	Code
1/26-3/30	Th	3:00-4:00P	\$80	412442-01

### YOGA ADVENTURES

Grades 1-3. A great way for young children, with varying abilities, to have fun using their imagination and body to travel to exciting places while building strength, focus and coordination. Learn traditional yoga poses along with many new twists. Min/Max: 10/20. No class 3/22 & 4/12.

Date	Day	Time	Fee	Code
3/1-4/19	W	3:00-4:00P	\$40	412201-01

### INTRO TO DRAMA

Grades 1-3. A Hartford Stage teaching artist will work with students to teach the foundations of acting. Learn to build an ensemble, develop a character, practice proper vocal and movement techniques and strengthen concentration and focus skills, while working toward a small performance for parents and friends. Min/Max: 15/20. No class 4/13.

Date	Day	Time	Fee	Code
4/6-6/1	Th	3:00-4:00P	\$60	512160-01

### ART EXPLORERS

Grades 4-6. Create two detailed works of art exploring use of several different mediums. No talent required, only eagerness to learn and express yourself creatively. Min/Max: 8/20.

Date	Day	Time	Fee	Code
4/17-5/8	M	3:00-4:00P	\$25	512009-01

### RUNNING CLUB

Grades 3-6. Develop and encourage children of all running abilities to progress from their current level to completing a 5K (3.1 miles). Set goals and build up endurance and self-esteem while preparing to participate (run, jog or walk) in a 5K. Min/Max: 5/50.



Date	Day	Time	Fee	Code
4/25-5/30	Tu	3:15-4:15P	\$10	533041-01

### AFTERSCHOOL MINI-MOVERS

Students will increase fitness level through participation in educational games. Each session will focus on developing students' flexibility, muscular strength and aerobic endurance by participating in fun and exciting physical activities. Taught by PE teacher Jim Coursey. Min/Max: 12/24. No class 2/20, 4/10 & 4/12.

Date	Day	Time	Fee	Code
<b>Grades K-2</b>				
1/23-3/6	M	3:15-4:15P	\$60	408530-01
3/27-5/8	M	3:15-4:15P	\$60	508530-01
<b>Grades 3-6</b>				
1/25-3/1	W	3:15-4:15P	\$60	408531-01
3/29-5/10	W	3:15-4:15P	\$60	508531-01



# Highcrest Keane on Kids After School Program



Sponsored by the R.M. Keane Foundation

These programs are open only to students at Highcrest School.

## ART CLUB-ANIMALS IN ART

Grades 1-3. Join Mrs. Kopecki for Art Club to explore animals in art. View a wide range of artists who use animals in their art and create art through sketching, painting, weaving and clay. Min/Max: 8/12. No class 2/22.

Date	Day	Time	Fee	Code
1/25-3/8	W	3:25-4:25P	\$50	414006-01

## ART CLUB-NATIVE AMERICAN ART

Grades 4-6. Join Mrs. Kopecki for art club and explore Native American Art. View a wide range of Native American artists and create art through sketching, painting, weaving and clay. Min/Max: 8/20. No class 2/23 & 3/2.

Date	Day	Time	Fee	Code
1/26-3/16	Th	3:25-4:25P	\$50	414007-01

## CHESS CLUB

Grades K-6. Learn new strategies and ways to win as well as other chess "secrets". Beginners welcome. Learn the basic moves of the chess pieces, their values, piece interaction and how to win (checkmate). Min/Max: 10/15. No class 4/13 & 5/11.

Date	Day	Time	Fee	Code
3/30-5/18	Th	3:25-4:25P	\$72	414035-01

## COOKING

Demonstrations, nutrition education and hands on classes in the preparation of healthy food and snacks. Instruction in how to prepare various products as well as the importance of measuring and food safety. Hosted by Wethersfield Dining Services chefs and dieticians. Min/Max: 5/12.

Date	Day	Time	Fee	Code
Grades 1-3				
2/28-3/14	Tu	3:25-4:25P	\$35	414065-01
Grades 4-6				
1/24-2/7	Tu	3:25-4:25P	\$35	414066-01

## GARDENING

Grades K-6. Get dirty while learning what plants need to survive, why compost is so important and what fresh produce right from the garden tastes like. Start seeds indoors, prepare the soil in the planting beds and harvest when plants are ready. Min/Max: 6/20.

Date	Day	Time	Fee	Code
4/19-5/31	W	3:25-4:25P	\$45	514207-01

## YOGA ADVENTURES

Grades K-3. A great way for young children, with varying abilities, to have fun using their imagination and body to travel to exciting places while building strength, focus and coordination. Learn traditional yoga poses along with many new twists. Min/Max: 5/15.

Date	Day	Time	Fee	Code
5/2-6/6	Tu	3:25-4:25P	\$40	514190-01

## YOGA

Grades 4-6. Encourages play and self-expression while building strength, focus and coordination. Explore yoga postures, breathing and relaxation techniques. Min/Max: 5/10. No class 2/22.

Date	Day	Time	Fee	Code
1/25-3/8	W	3:25-4:25P	\$40	414201-01

## ROBOTICS

Grades 4-6. Work together to build two VEX IQ robots. After building and programming the basic robots, students will work in teams to compete with their robots within the club. Min/Max: 8/16. No class 2/21 & 3/21.

Date	Day	Time	Fee	Code
1/31-4/4	Tu	3:25-4:25P	\$60	414541-01

## MUSICAL CINDERELLA

Grades 4-6. Cinderella KIDS: The timeless "rags to riches" fairy tale will charm its way into your heart. Cinderella is mistreated by her wicked stepmother and stepsisters, and denied a chance to go to the royal ball. With help from her mice friends and her Fairy Godmother, Cinderella's dreams really do come true. A Hartford Stage teaching artist/director and the Highcrest music teacher will lead students from auditions to performance. Rehearsals held Mondays and Thursdays 3:15 - 4:45: 2/6, 2/9, 2/13, 2/16, 2/27, 3/2, 3/6, 3/9, 3/13, 3/16, 3/20, 3/23, 3/27, 3/30, 4/3, 4/6, 4/17, 4/20, 4/24, 4/27. Tech Week 3:15 - 5:30 5/1, 5/2, 5/3. Min/Max: 22/30.

Date	Day	Time	Fee	Code
2/6-5/3	see above	3:15-4:45P	\$150	414167-01

## RUNNING CLUB

Grades 3-6. Develop and encourage children of all running abilities to progress from their current level to completing a 5K (3.1 miles). Set goals and build up endurance and self-esteem while preparing to participate (run, jog or walk) in a 5K. Min/Max: 5/50. No class 5/26.

Date	Day	Time	Fee	Code
4/21-6/2	F	3:15-4:15P	\$10	533043-01

## SUPER ATHLETES

Students will increase fitness level through participation in educational games. Each session will focus on developing students' flexibility, muscular strength and aerobic endurance by participating in fun and exciting physical activities. Taught by PE teacher Kevin Kobelsi. Min/Max: 15/30. No class 2/20, 4/10 & 4/13.

Date	Day	Time	Fee	Code
<b>Grades K-2</b>				
1/23-3/6	M	3:25-4:25P	\$60	408540-01
4/3-5/15	M	3:25-4:25P	\$60	508540-01
<b>Grades 3-6</b>				
1/26-3/2	Th	3:25-4:25P	\$60	408541-01
4/6-5/18	Th	3:25-4:25P	\$60	508541-01



## Webb

### Keane on Kids After School Program

Sponsored by the R.M. Keane Foundation

These programs are open only to students at Webb School.



#### ART: SIMPLE CARTOON CHARACTERS

Grades 1-3. Learn the basic step by step procedures in drawing dynamic cartoon characters. Start with a rough draft using basic shapes and forms. Finish by coloring in the characters with crayons or colored pencils. Taught by an artist from Wethersfield Academy for the Arts.

Min/Max: 6/15. No class 4/10.

Date	Day	Time	Fee	Code
3/27-4/24	M	3:25-4:25P	\$50	415020-01

#### ART: CHARACTERS AND COVERS

Grades 4-6. Create an original character and book cover illustration. Design a book cover based on an imagined fictional character. Characters will be created from "simple sketches" to finished colored book cover illustration.

Min/Max: 6/15.

Date	Day	Time	Fee	Code
5/1-5/22	M	3:25-4:25P	\$50	415025-01

#### CHESS CLUB

Grades K-6. Learn new strategies and ways to win as well as other chess "secrets". Beginners welcome. Learn the basic moves of the chess pieces, their values, piece interaction and how to win (checkmate). Min/Max: 10/15. No class 2/23.

Date	Day	Time	Fee	Code
1/26-3/9	Th	3:25-4:25P	\$72	415035-01

#### COOKING

Demonstrations, nutrition education and hands on classes in the preparation of healthy food and snacks. Instruction in how to prepare various products as well as the importance of measuring and food safety. Hosted by Wethersfield Dining Services chefs and dieticians. Min/Max: 5/12.

Date	Day	Time	Fee	Code
Grades 1-3				
1/25-2/8	W	3:25-4:25P	\$35	415065-01
Grades 4-6				
3/1-3/15	W	3:25-4:25P	\$35	415066-01

#### KID'S DANCE TEAM

Grades 5 & 6. Learn how to warm-up, stretch and execute a variety of moves and routines. The primary focus will be on Jazz and Hip Hop style dance. Team will perform at various school events like the Town Meeting and sports games.

Min/Max: 8/15. No class 2/23, 3/23, 4/13.

Date	Day	Time	Fee	Code
1/26-5/4	Th	3:25-4:25P	\$60	415128-01

#### MAD SCIENCE SECRET LAB

Grades K-5. Step into the shoes of a detective - uncover the science involved in evidence gathering and analysis. Become a super spy and learn clever ways of performing tasks in this hands-on view at science that spies use. Get a cool, spy/detective-related take home project each week.

Min/Max: 12/21. No class 2/20.

Date	Day	Time	Fee	Code
1/23-3/6	M	3:25-4:25P	\$89	415310-01

#### TENNIS

Grades K-3. Learn the fundamentals of tennis. Class instills good stroke technique, assessment of space and direction using low compression balls and smaller racquets. Taught by Newington Tennis Ctr. Equipment provided. Min/Max: 6/8.

Date	Day	Time	Fee	Code
5/4-6/8	Th	3:25-4:25P	\$50	515515-01

#### RUNNING CLUB

Grades 3-6. Develop and encourage children of all running abilities to progress from their current level to completing a 5K (3.1 miles). Set goals and build up endurance and self-esteem while preparing to participate (run, jog or walk) in a 5K. Min/Max: 5/50.

Date	Day	Time	Fee	Code
4/26-5/31	W	3:15-4:15P	\$10	533044-01

#### ALADDIN MUSICAL CAST

Grades 5 & 6. Work with Mrs. Ziegler to create a production of Disney's Aladdin KIDS. Based on the iconic animated film, this show is sure to send kids soaring on a flying carpet ride filled with adventure. Experience auditioning for a role and be coached through the rehearsal process, working as an ensemble to produce a play. All workshops, rehearsals, tech and performances are mandatory. The musical will not conflict with festival chorus, band or orchestra.

Min/Max: 12/30. Rehearsals held Monday and Friday, 3:15-5:00P: 1/13, 1/20, 1/23, 1/27, 1/30, 2/6, 2/13, 2/24, 2/27, 3/6, 3/13, 3/20. Tech Week: 3/24, 3/27 - 3:15-5:30P.

Date	Day	Time	Fee	Code
1/13-4/1	see above	3:15-5:00P	\$80	415166-01

#### ALADDIN BACKSTAGE CREW

Grades 5 & 6. Work with Ms. Ripa to participate in the magic of theatre backstage to bring Disney's Aladdin KIDS to life. Experience all things backstage: creating sets, making props, costuming, lights, sound and more. All rehearsals, tech and performances are mandatory. The musical will not conflict with festival chorus, band or orchestra.

Min/Max: 10/15. Program meets Monday and Friday, 3:15 - 5:00P: 1/20, 1/23, 1/27, 1/30, 2/6, 2/13, 2/24, 2/27, 3/6, 3/13, 3/20. Tech Week: Fri. 3/24, 3/27 - 3:15 - 5:30 P.

Date	Day	Time	Fee	Code
1/20-4/1	see above	3:15-5:00P	\$60	415167-01



## Hanmer

### Keane on Kids After School Program

Sponsored by the R.M. Keane Foundation

These programs are open only to students at Hanmer School.



#### MAD SCIENCE SECRET AGENT LAB

Grades K-5. Step into the shoes of a detective - uncover the science involved in evidence gathering and analysis. Become a super spy and learn clever ways of performing tasks in this hands-on view at science that spies use. Get a cool, spy/detective-related take home project each week. Min/Max: 12/21. No class 2/21.

Date	Day	Time	Fee	Code
1/24-3/7	Tu	3:25-4:25P	\$89	413310-01

#### COOKING

Demonstrations, nutrition education and hands on classes in the preparation of healthy food and snacks. Instruction in how to prepare various products as well as the importance of measuring and food safety. Hosted by Wethersfield Dining Services chefs and dieticians. Min/Max: 5/15.

Date	Day	Time	Fee	Code
Grades 1-3				
4/25-5/9	Tu	3:25-4:25P	\$35	513065-01
Grades 4-6				
5/16-5/30	Tu	3:25-4:25P	\$35	513066-01

#### DRAMA - READER'S THEATER

Grades 1-3. Hartford Stage teaching artist will work with students to create, rehearse and perform Reader's Theater scripts based on favorite stories. In Reader's Theater, students perform a play with script in hand. Emphasis is on reading and fluency, including speaking with accuracy, expression and purpose. Program will end with a short performance for parents and friends. Min/Max: 15/20. No class 3/23 & 4/13.

Date	Day	Time	Fee	Code
3/2-5/4	Th	3:25-4:25P	\$60	413170-01

#### DRAMA - COMEDY IMPROVISATION

Grades 4-6. Play improvisational theater games while learning the tools to think on your feet. Explore spontaneity, character development and ensemble building skills in this fast paced and exciting class. Taught by Hartford Stage teaching artists. Min/Max: 15/20. No class 3/22 & 4/12.

Date	Day	Time	Fee	Code
3/1-5/3	W	3:25-4:25P	\$60	413155-01

#### TENNIS

Grades K-3. Learn the fundamentals of tennis. Class instills good stroke technique and assessment of space and direction using low compression balls and smaller (25") racquets. Taught by Newington Tennis Center staff. Equipment will be provided. Min/Max: 6/8.

Date	Day	Time	Fee	Code
5/2-6/6	Tu	3:25-4:25P	\$50	513515-01

#### BUILDING S.T.E.A.M

Grades K-2. Explore Science, Technology, Engineering, Art and Math through fun activities. Taught by Wethersfield Public Library staff. Min/Max: 5/15.

Date	Day	Time	Fee	Code
1/26-2/16	Th	3:25-4:25P	\$10	513415-01

#### CHESS CLUB

Grades K-6. Learn new strategies and ways to win as well as other chess "secrets". Beginners welcome. Learn the basic moves of the chess pieces, their values, piece interaction and how to win (checkmate). Min/Max: 10/15. No class 4/11.

Date	Day	Time	Fee	Code
3/28-5/9	Tu	3:25-4:25P	\$72	413035-01

#### KIDS YOGA

Grades 4-6. Encourage play and self-expression while building strength, focus and coordination. Explore yoga postures, breathing and relaxation techniques. Min/Max: 5/15. No class 2/21.

Date	Day	Time	Fee	Code
1/24-3/7	Tu	3:25-4:25P	\$40	413201-01

#### KIDS YOGA ADVENTURES

Grades K-3. Young children, with varying abilities, will use their imagination and body to travel to exciting places while building strength, focus and coordination. Learn traditional yoga poses along with new twists. Min/Max: 5/15.

Date	Day	Time	Fee	Code
5/11-6/15	Th	3:25-4:25P	\$40	513190-01

#### RUNNING CLUB

Grades 3-6. Develop and encourage children of all running abilities to progress from their current level to completing a 5K (3.1 miles). Set goals and build up endurance and self-esteem while preparing to participate (run, jog or walk) in a 5K. Min/Max: 5/50. No class 5/26.

Date	Day	Time	Fee	Code
4/21-6/2	F	3:15-4:15P	\$10/\$10	533042-01

#### AFTERNOON ATHLETES

Students will increase their fitness level through participation in educational games. Each session will focus on developing students' flexibility, muscular strength and aerobic endurance by participating in fun and exciting physical activities. Taught by PE teacher Jonathan Diaz. Min/Max: 12/24. No class 4/12 & 4/13.

Date	Day	Time	Fee	Code
<b>Grades K-2</b>				
1/25-3/1	W	3:25-4:25P	\$60	408520-01
4/5-5/17	W	3:25-4:25P	\$60	508520-01
<b>Grades 3-6</b>				
1/26-3/2	Th	3:25-4:25P	\$60	408521-01
4/6-5/18	Th	3:25-4:25P	\$60	508521-01

# Registration Policies

## TO REGISTER

Registration for both winter and spring programs will begin for residents and Friends of the Nature Center on Wednesday, 1/4, at 8:00A; non-residents on Thursday, 1/5, at 8:00A. Exceptions are indicated in the program descriptions.

**Class participant must be registered under the household in which they reside.**

**Sometimes a class must be cancelled due to lack of enrollment. Please register early to avoid disappointment.**

**Online:** wethersfieldct.gov, select “Parks & Recreation.” Online registration enables you to know immediately that you are registered for the desired class. You must be a registered household with user name and password (see below). 100% of each class is available online.

**By mail or in person:** Use registration form on the back. Copies are accepted. Submit forms by mail or drop off at Parks & Recreation or Pitkin Community Center. Forms received by mail or in person will be processed randomly. Forms will be accepted one week prior to start of registration.

**Fax or phone registrations are not accepted.**

## HOW TO BECOME A REGISTERED HOUSEHOLD

Register online at wethersfieldct.gov/recreation. Once your household is entered in the database, you will receive a user name and password by the next business day to begin registering online.

## PAYMENT

Online registration may be made by MasterCard or VISA credit or debit card. Registration forms submitted by mail or in person must include payment. Accepted methods of payment are cash, check or money order, MasterCard or VISA credit or debit card.

## CANCELLATIONS

Cancellations due to inclement weather will be announced on WNBC-30 and the Parks & Recreation info line at 860-721-2890.

If Wethersfield schools open late, programs beginning before 10:00A are cancelled.

If schools close, programs beginning 6:30A-4:30P are cancelled.

If schools close early, afternoon programs are cancelled.

Evening cancellations will be announced by 4:45P.

Weekend cancellations will be announced by 8:00A.

## REFUNDS & CANCELLATIONS

Parks & Recreation reserves the right to cancel programs and issue refunds due to insufficient registrants or causes beyond its control. Refunds will be automatic if a session is cancelled.

**Refund requests must be received prior to the start of a class during office hours. \$10 per class processing fee will be deducted.**

**Refunds will not be given after a program has begun.**

## FINANCIAL ASSISTANCE FOR RESIDENTS

Contact the Parks & Recreation Department for further information.

## WAIVER

If you have a physical limitation, it is your responsibility to obtain a statement from your doctor approving your participation in a program. Parks & Recreation complies with the Americans Disabilities Act by making reasonable accommodations in its programs to enable participation by people with disabilities who meet essential eligibility requirements for the specific programs and facilities.



## Therapeutic Recreation Supplemental Registration Form

*Please be specific when providing the following information, and submit with your Registration Form.*

Participant's Name \_\_\_\_\_

Primary Disability \_\_\_\_\_

Any Assistive or Adaptive Device(s) Used \_\_\_\_\_

Any Medications \_\_\_\_\_

Side Effects staff should be aware of \_\_\_\_\_

Allergies \_\_\_\_\_

Special Considerations Not Mentioned Above (especially related to medical or behavioral needs)  
\_\_\_\_\_

Special Interests \_\_\_\_\_

Goals you wish to see from this program \_\_\_\_\_

I give my permission for transportation to be provided in an authorized town vehicle to TR activities. Yes \_\_\_ No \_\_\_

\_\_\_\_\_  
Participant Signature (or Parent/Guardian) Date



## Keane on Kids After School Program Supplemental Registration Form

*Please be specific when providing the following information, and submit with your registration form.*

Participant's Name \_\_\_\_\_

Participant's School Teacher's Name \_\_\_\_\_

Does the participant have any special medical needs? \_\_\_\_\_

If someone other than parent/guardian is picking up the participant, please indicate here:  
Name \_\_\_\_\_  
Phone number (during after school hours) \_\_\_\_\_

Will your student be walking home? (Circle one)      Yes      No

## Youth Services a.s.A.p. Supplemental Registration Form

Student's first and last name: \_\_\_\_\_

I give permission for the student named above to be photographed during his/her a.s.A.p. class. These photos may be used for the promotion of the a.s.A.p. program or in any SDMS publications such as the Yearbook or The Deane Scene. Yes \_\_\_ No \_\_\_

The student named above has my permission to be transported in an authorized Town vehicle for their a.s.A.p. class and activities if indicated. Yes \_\_\_ No \_\_\_

\_\_\_\_\_  
Parent's name (printed) Parent Signature Date

## Friends of the Eleanor Buck Wolf Nature Center Supplemental Membership Form

*Please submit with your Registration Form. Attach a separate check payable to "Friends of the EBWNC."*

Please indicate membership type: <input type="checkbox"/> Renewal <input type="checkbox"/> New Name: _____ (Adult's name, if minor): _____ Address: _____ City/State/Zip: _____ Phone: _____ Email: _____ The Friends is an IRS 501-c3 not-for-profit corporation. Contributions are tax deductible to the extent permitted by law.	<table border="0" style="width: 100%;"> <tr> <td style="width: 30%;"><i>Annual Memberships</i></td> <td style="width: 30%;">Individual</td> <td style="width: 40%;">Family</td> </tr> <tr> <td>Friend of Nature</td> <td><input type="checkbox"/> \$15</td> <td><input type="checkbox"/> \$25</td> </tr> <tr> <td>Special Friend of Nature</td> <td><input type="checkbox"/> \$30</td> <td><input type="checkbox"/> \$40</td> </tr> <tr> <td>Nature Lover</td> <td><input type="checkbox"/> \$45</td> <td><input type="checkbox"/> \$55</td> </tr> <tr> <td>Guardian of Nature</td> <td><input type="checkbox"/> \$60</td> <td><input type="checkbox"/> \$70</td> </tr> <tr> <td>Senior (individual or couple 65+)</td> <td></td> <td><input type="checkbox"/> \$10</td> </tr> <tr> <td>Group (nonprofit, school class, scout troop)</td> <td></td> <td><input type="checkbox"/> \$40</td> </tr> <tr> <td>Corporate Sponsorship</td> <td></td> <td><input type="checkbox"/> \$100+</td> </tr> <tr> <td colspan="3"><i>Lifetime Memberships</i></td> </tr> <tr> <td>Individual or Senior (indiv. or couple 65+)</td> <td></td> <td><input type="checkbox"/> \$500</td> </tr> <tr> <td>Family</td> <td></td> <td><input type="checkbox"/> \$1,000</td> </tr> </table>	<i>Annual Memberships</i>	Individual	Family	Friend of Nature	<input type="checkbox"/> \$15	<input type="checkbox"/> \$25	Special Friend of Nature	<input type="checkbox"/> \$30	<input type="checkbox"/> \$40	Nature Lover	<input type="checkbox"/> \$45	<input type="checkbox"/> \$55	Guardian of Nature	<input type="checkbox"/> \$60	<input type="checkbox"/> \$70	Senior (individual or couple 65+)		<input type="checkbox"/> \$10	Group (nonprofit, school class, scout troop)		<input type="checkbox"/> \$40	Corporate Sponsorship		<input type="checkbox"/> \$100+	<i>Lifetime Memberships</i>			Individual or Senior (indiv. or couple 65+)		<input type="checkbox"/> \$500	Family		<input type="checkbox"/> \$1,000
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Office use: HH# \_\_\_\_\_

**Wethersfield Parks & Recreation Department**505 Silas Deane Highway, Wethersfield, CT 06109 Phone: (860) 721-2890 wethersfieldct.gov/recreation  
Activity Registration Form**HOUSEHOLD CONTACT INFORMATION – PLEASE FILL OUT COMPLETELY**

Adult First Name \_\_\_\_\_ Last Name \_\_\_\_\_  
 Adult First Name \_\_\_\_\_ Last Name \_\_\_\_\_  
 Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_  
 Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_  
 Work Phone \_\_\_\_\_ Email Address \_\_\_\_\_  
 Emergency Contact \_\_\_\_\_ Relationship \_\_\_\_\_ Phone \_\_\_\_\_

**PROGRAM REGISTRATION**

Participant	M/F	DOB	Grade	Program Name	Program Code	Fee

Special Information (allergies, medical conditions, medications, etc.) \_\_\_\_\_

**POOL PASS Individual Pass - \$30 Family Pass - \$45** (Limited to 2 adults and the children living in household)

Office use: Pool Pass # \_\_\_\_\_

Individual Pass - First & Last Name	Age	DOB

	Family Pass - Name	Age	DOB	Family Pass Name	Age	DOB
Adult 1						
Adult 2						

**WAIVER - READ CAREFULLY AND SIGN BELOW**

I acknowledge there are certain risks in participating in a recreational activity and agree to assume the risk of injury which I and/or my child may encounter. I grant permission to seek emergency, medical care on behalf of myself and/or child. (Medical approval is suggested for those participating in any exercise class.) I further agree I will not hold employees of the Town of Wethersfield or its agents liable for any injuries which I and/or my child may encounter. I grant permission for transportation in authorized vehicles for Parks & Recreation activities. I grant permission for photographs to be taken for program publicity unless otherwise noted in writing. In addition, I acknowledge all household information provided is true and accurate. The Parks & Recreation Department may request further verification regarding the information provided.

Adult Signature: \_\_\_\_\_ Date \_\_\_\_\_

**PAYMENT INFORMATION**

Payment Type:  Check # \_\_\_\_\_  Cash \_\_\_\_\_  Credit Card \_\_\_\_\_  
**Donation for camp fund** (Provides assistance for families unable to afford program fees.)  
**Activity Fees Subtotal** \$ \_\_\_\_\_  
**Donation** + \_\_\_\_\_ (optional)

Credit Card Signature \_\_\_\_\_ Date \_\_\_\_\_ **Total Amount** \$ \_\_\_\_\_

I agree to pay the total amount according to the cardholder agreement. Please refer to refund policy in brochure.

 Visa  Mastercard \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Exp. Date \_\_\_\_ / \_\_\_\_