

WETHERSFIELD PARKS & RECREATION



2015

PROGRAMS & REGISTRATION

Programs subject to change based on WHS renovation
Registration for residents and Friends of the Nature Center begins
Wednesday, September 2nd and for non residents on
Thursday, September 3rd at 8:00 a.m.

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ADVISORY BOARD

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

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Kathleen Bagley, *Director*
Salvatore Cucia, *Assistant Director*
Mary D'Alesandro, *Office Manager*
Kathy Griswold, *Technical Assistant*
Natalie Morrison, *Therapeutic
Recreation Supervisor*
Marty Sitler, *Recreation Supervisor*
Rachael Sunny, *Nature Center*
Mary Thibeault, *Recreation
Supervisor II*
Joselyn Valente, *Technical Assistant*
Patrick Carlino, *Custodian*
Tom Nowak, *Custodian*

CONTACT

Parks & Recreation Department
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860-721-2890
rec.activities@wethersfieldct.com

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

Eleanor Buck Wolf Nature Center
156 Prospect Street
860-721-2980
naturecenter@wethersfieldct.com

WEBSITE

wethersfieldct.com/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 many other programs. Rooms may be rented for wedding receptions, anniversaries, birthdays, meetings, fundraisers, 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 in the Pitkin Community Center. Gymnasium and meeting room may be rented. Developed in partnership with the Keane Foundation, this area displays steel recovered from the ruins of the World Trade Center.

BACKMAN POOL

AT WETHERSFIELD HIGH SCHOOL

411 Wolcott Hill Road. Opens on 10/13. For hours of operation and admission, please see Aquatics on page 17.

ELEANOR BUCK WOLF NATURE CENTER

156 Prospect Street. An environmental education center in Mill Woods operated with member support. Exhibits, live animals, gift shop, educational programs, rentals, parties and volunteer opportunities. For visiting hours and admission, please see Eleanor Buck Wolf Nature Center on page 4.

SOLOMON WELLES HOUSE

220 Hartford Avenue. A historic house built in 1774 overlooking 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 a skatepark, bocce courts, lighted tennis & basketball courts, sports fields, picnic area, walking paths, playgrounds, a dog park, the Eleanor Buck Wolf Nature Center and Loretta's Dream Picnic Pavilion.

STANDISH PARK

Garden Street & Hartford Avenue. Features Mikey's Place (two universally accessible playscapes for toddlers and older 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 bike trail on existing streets and off-road paths connects many town parks, schools, and open spaces. Map is available online.

Special Events

KEANE FOUNDATION

PICNIC OF REMEMBRANCE

Sunday, 9/13, 5:00-7:00P, Broad Street Green. Everyone is invited to the Richard M. Keane Foundation's Annual Family Picnic to remember those who died on September 11, 2001, and to thank Foundation volunteers and supporters. The band Prelude will perform. Bring a blanket or chairs and a picnic supper. *Fancy tables* are encouraged!

WETHERSFIELD COVE & CONNECTICUT RIVER SOURCE-TO-SEA CLEAN-UP

Saturday, 9/26, 8:00-11:00A, Cove Park boat launch, Main Street. Participate in the Connecticut River Watershed Council's annual clean-up with the Eleanor Buck Wolf Nature Center. Individuals, boaters, groups & sponsors are needed to help pick up litter on and around the water. Walk-ins accepted but RSVP appreciated at 860-721-2890 (underage volunteers require parental permission forms).

KEEPER OF THE TREASURE BOX

Friday, 10/23, 6:00-9:00P, Saturday, 10/24, 2:00-8:00P, and Sunday, 10/25, 2:00-8:00P. Come tour the Nature Center and discover where treasures are kept by some very special keepers of owls, fairies, reptiles and insects. Play treasure games and make a keepsake craft. Come share the fun spirit of Halloween from ages 1 - 100! Benefits the Friends of the Eleanor Buck Wolf Nature Center. Fee: \$4 per person at the door. Call the Nature Center at 860-721-2980 for more info.



CHILDREN'S HALLOWEEN PARTY

Sunday, 10/25, 2:00-4:00P, Pitkin Community Center.

Activities for children up through grade 4 include games with candy prizes, a show and light refreshments.

Fee: \$3 per person at the door.



SANTA'S PANCAKE BREAKFAST

Saturday, 12/5, 8:00A-12:00P, Pitkin Community Center. Join us this holiday season for a delightful pancake breakfast, visit with Santa, enjoy a horse-drawn carriage ride and face painting.

Fee: \$6 per person. All proceeds benefit the Special Olympics – Wethersfield team.



Early Childhood

HOLIDAYS ON MAIN & TREE LIGHTING

Thursday, 12/3, 5:00-9:00P. The Wethersfield Chamber of Commerce and the Town of Wethersfield invite you to join us for our annual festive evening of fun family activities including visits with Santa, horse & wagon rides, the annual tree-lighting at 6:15P, followed by a silent auction to benefit local organizations. For info contact Wethersfield Chamber of Commerce at 860-721-6200.



DECEMBER SCHOOL VACATION PROGRAMS

Nature Center, sports for youth, 9/11 Memorial Sports Center and Therapeutic Recreation will offer programs during the schools' holiday recess. Details will be posted online and distributed through Wethersfield schools in late November. **Please see page 5 for a list of the programs that the Nature Center will be offering.**

Arts Programs

WETHERSFIELD TEEN THEATER COMPANY

Open to anyone ages 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. Contact Parks & Recreation for more information.



TLC PLAYGROUP

Ages 1½ - 3½. With parent or caregiver. Provides your child an opportunity to play with other children. 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 10/12, 11/11, 11/25, 11/27, 12/23 - 1/1.

Date	Day	Time	Res/NonRes	Code
9/14-12/21	M	9:00-11:00A	\$100/\$120	210080-01
9/16-1/13	W	9:00-11:00A	\$100/\$120	210080-02
9/18-1/8	F	9:00-11:00A	\$100/\$120	210080-03

THE LEARNING CIRCLE - THRILLING 3'S

Ages 3-4. A state-licensed preschool for children. 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. Quarterly payments are permitted. Min/Max: 10/36. Pitkin Community Center. No class 11/26, 12/22, 12/24, 12/29, 12/31, 1/19, 2/16, 4/12, 4/14.

Date	Day	Time	Res/NonRes	Code
9/8-5/19	Tu,Th	9:00-11:15A	\$1260/\$1300	210127-01

Due at registration: \$315/\$325

THE LEARNING CIRCLE - FEARLESS 4'S

Ages 4-5. State-licensed preschool. 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 and fun outdoors. Choose 3 or 4 day schedule. **Quarterly payments permitted with \$355 due at registration.** Min/Max: 12/40. Pitkin Community Center. No class 10/12, 11/11, 11/25, 11/26, 11/27, 12/21 - 1/1, 1/16, 1/18, 2/12, 2/15, 3/25, 4/11 - 4/15.

Date	Day	Time	Res/NonRes	Code
9/9-5/20	M,W,F	12:00-2:30P	\$1420/\$1460	210147-01
<i>Due at registration: \$355/\$365</i>				
9/24-5/12	Th	12:00-2:30P	\$290/\$310	210147-02
<i>Due at registration: \$80/\$85</i>				

FOR A LIST OF THE EARLY CHILDHOOD CLASSES THE NATURE CENTER OFFERS PLEASE SEE PAGE 4.

Eleanor Buck Wolf Nature Center

VISITOR INFORMATION

Open Tuesday - Saturday 10:00A-5:00P. Closed 8/23-9/7. Features hands-on exhibits, live animals, gift shop, picnic areas, and walking trails in Mill Woods Park. Suggested donation \$3. Free to Friends members.

Also provides rentals, parties, volunteer opportunities, lectures, field trips, and outreach programs. Stay in touch at www.ebwnaturecenter.org or like "ebwnaturecenter" 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 for free, receive program discounts, register early, etc. For more info visit www.friendsofebwnaturecenter.org. *To join or renew when registering for programs, use the Friends of the Eleanor Buck Wolf Nature Center Supplemental Form on page 19.*

OUTREACH PROGRAMS

If you cannot come to the Nature Center, we can come to you! Give your 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 presented at your school/organization.



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 are subject to availability. They run 1-1.5 hours in length. For more information please contact the Nature Center.

SCHOOL FIELD TRIPS

Consider the Nature Center for your next field trip! We can design programs that align with the current state science standards. From living vs non-living to adaptations to plants we can provide hands-on learning experiences.



HOST YOUR NEXT BIRTHDAY PARTY AT THE NATURE CENTER

A birthday party at the Eleanor Buck Wolf Nature Center is a great way to encourage 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 animals. Parties are 2 hours and flexible scheduling offered. Fee is \$150 for Friends of the Nature Center and \$175 for non-members. For more information please contact the Nature Center.



Early Childhood

AMAZING ANIMAL ADVENTURES

Age 2. Parent/caregiver and child participate in hands-on animal visits. Use our five senses to learn about different animal body parts, colors, shapes, homes and diet. Circle time, songs, stories, crafts, games and outdoor activities, help develop social skills and engage curiosity about the natural world. Financial assistance available.

Min/Max: 4/10. No class 11/3, 11/24, 12/8, 12/22, 12/29.

Date	Day	Time	Friends/Other	Code
9/15-1/26	Tu	10:00-11:30A	\$145/\$175	206081-01

SENSATIONAL SCIENCE SAFARI

Age 3. Parent/caregiver and child participate in fall themed activities using Growing Up Wild and Project Learning Tree's Environmental Experiences. Both curriculums build on a child's natural interest in animals and trees through music and movement, observation, math and manipulatives, art, and much more. Financial assistance available.

Min/Max: 4/10. No class 11/11, 11/25, 12/2, 12/23, 12/30.

Date	Day	Time	Friends/Other	Code
9/30-1/27	W	10:00-11:30A	\$125/\$155	206082-01

NATURE DETECTIVES

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. We will investigate the habitats of Mill Woods Park to learn about the plants and animals that call it home, as well as visit with 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. Min/Max: 4/10. No class 10/23, 11/27, 12/4, 12/25, 1/1.



Date	Day	Time	Friends/Other	Code
10/2-1/29	F	10:00-11:30A	\$125/\$155	206084-01

Volunteering

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



VOLUNTEER ORIENTATION

Ages 13+. Students, adults and interns may volunteer as greeter, gardener, animal caretaker, special events assistant, etc. Orientation introduces the season's programs and special events, on-going and short-term volunteer opportunities, and basic safety training. Min/Max: 1/15. Nature Center.

Date	Day	Time	Res/NonRes	Code
9/17	Th	5:30-6:30P	Free	206140-01
9/24	Th	5:30-6:30P	Free	206140-03

Family Programs

FAMILY NATURE CRAFTS

Each week learn to make a different nature inspired craft. From leaf prints and mobiles to corn garland and figurines you will definitely be inspired. Drop in fee \$5.00. Min/Max: 4/25. Nature Center. No class 10/23.

Date	Day	Time	Friends/Others	Code
09/26-11/2	Sat	11:00-12:00P	\$35/\$40	206440-01

METEOR SHOWER PARTIES

Age 10+. Watch the night sky become illuminated by meteors or “shooting stars.” The meteor showers are: October – Orionids, November – Leonids, and December – Geminids. Binoculars, chairs, blankets, and warm beverages recommended. Viewing tips and materials provided. Walk-ins welcome, but registration is appreciated. Meet at Nature Center.

Date	Day	Time	Friends/Others	Code
10/21	W	7:00-9:00P	\$3/\$5	206210-01
11/17	T	7:00-9:00P	\$3/\$5	306211-01
12/13	Su	7:00-9:00P	\$3/\$5	306211-02

ADVENTURES IN FALL

Grades K-6. Hands-on ecology lessons, art and literacy connections, animal visits, and outdoor explorations in Mill Woods combine fun and educational experiences during school vacation. Conducted by adult educators with assistant. Early sign in and late sign out options provide extra time for animal visits, crafts, and games, etc. Min/Max: 8/20. Nature Center.

11/3 Democracy in Action

Learn about the roles and responsibilities of citizen’s groups in environmental policies and decision making, and about how young people can become involved in the process.

Date	Day	Time	Friends/Others	Code
Grades K-2				
11/3	T	8:00A-4:30P	\$35/\$40	206003-02

Grades 3-6				
11/3	T	8:00A-4:30P	\$35/\$40	206003-03

Date	Day	Time	Friends/Others	Code
Extended Hours				
11/3	T	7:30-8:00A	\$5/\$5	206003-01
11/3	T	4:30-5:30P	\$5/\$5	206003-04

11/11 Military Engineering 101

Take a crash course in Military Engineering. Explore the science, technology, engineering and mathematics that allow military to fly jets, dive submarines, and drive tanks.

Date	Day	Time	Friends/Others	Code
Grades K-2				
11/11	W	8:00A-4:30P	\$35/\$40	206004-02

Grades 3-6				
11/11	W	8:00A-4:30P	\$35/\$40	206004-03

Date	Day	Time	Friends/Others	Code
Extended Hours				
11/11	W	7:30-8:00A	\$5/\$5	206004-01
11/11	W	4:30-5:30P	\$5/\$5	206004-04

ELF ON THE SHELF FAIRY HOUSE WORKSHOP

Join us as two of the most popular trends right now – fairy houses and Elf on the Shelf – meet up in this magical workshop. Participants will construct and take home a fairy house for their very own Elf on the Shelf!

Date	Day	Time	Res/NonRes	Code
12/5	Sa	10:00A-12:00P	\$15/\$20	306187-01



DECEMBER VACATION ADVENTURES

Grades K-6. Hands-on ecology lessons, art and literacy connections, animal visits, and outdoor explorations in Mill Woods combine fun and educational experiences during school vacation. Conducted by adult educators with assistant. Early sign in and late sign out options provide extra time for animal visits, crafts, and games, etc. Min/Max: 8/20. Nature Center.

12/28 - 12/31 Forest Products

During the holiday season many trees are cut, presents are wrapped, fires are lit and food is eaten. But are you aware of the leading role that forest products play in making this all possible? Join us as we learn just how much we depend on trees, especially this time of year.

Date	Day	Time	Friends/Others	Code
Grades K-2				
12/28	M	8:00A-4:30P	\$35/\$40	306005-02
12/29	T	8:00A-4:30P	\$35/\$40	306006-02
12/30	W	8:00A-4:30P	\$35/\$40	306007-02
12/31	Th	8:00A-4:30P	\$35/\$40	306008-02

Grades 3-6				
12/28	M	8:00A-4:30P	\$35/\$40	306005-03
12/29	T	8:00A-4:30P	\$35/\$40	306006-03
12/30	W	8:00A-4:30P	\$35/\$40	306007-03
12/31	Th	8:00A-4:30P	\$35/\$40	306008-03

Date	Day	Time	Friends/Others	Code
Extended Hours				
12/28	M	7:30-8:00A	\$5/\$5	306005-01
12/28	M	4:30-5:30P	\$5/\$5	306005-04
12/29	T	7:30-8:00A	\$5/\$5	306006-01
12/29	T	4:30-5:30P	\$5/\$5	306006-04
12/30	W	7:30-8:00A	\$5/\$5	306007-01
12/30	W	4:30-5:30P	\$5/\$5	306007-04
12/31	Th	7:30-8:00A	\$5/\$5	306008-01
12/31	Th	4:30-5:30P	\$5/\$5	306008-04

Wethersfield Senior Center

The Wethersfield Senior Center operates within the Pitkin Community Center serving seniors 55+. The Center offers social, educational, entertainment, health & wellness programs. Three-year memberships are \$10 for Wethersfield residents and \$15 for non-residents. Program information can be found in the monthly newsletter, on-line at Wethersfieldct.com on the Social Service page, 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.

AARP SMART DRIVING COURSE

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

Date	Day	Time	Fee
9/14 & 12/14	Mon	8:30A-12:30P	\$15 or \$20

CHORAL GROUP

Here's your chance to sing with other seniors in our choral group, the Rhythmairs! The group practices & performs for many community groups upon request.

Drop-in's welcome.

Date	Day	Time
9/10-12/10	2 nd & 4 th Th of the month	1:30-2:30P

(No practice 11/26 & 12/24)

ENTERTAINMENT EVENTS

Musical entertainment showcasing local talent! Coffee & snacks served. Admission: \$2 for Senior Center members; \$4 non-members. No pre-registration required.

Date	Day/Time	Performer
10/5	Mon/1P	Bob Lupi
11/2	Mon/1P	North Street Quartet
12/7	Mon/1P	Holiday Party & Dance with DJ James

INFORMAL CARD & BOARD GAME GROUP

Join this group that plays informal set back. Or bring your friends and start your own game!

Day	Time	Fee
Every Tue	1:15P	Free

MAH JONGG

Enjoy this fascinating ancient rummy-like game for intermediate & experienced players. Call for instruction.

Dates	Day	Time
9/1-12/31 (No play 11/26 & 12/24)	Tu/Th	10A-1P

MINI MANICURES

Sit back and relax while a volunteer files, buffs and polishes your nails (no cutting). Ladies only. Manicure is free, but registration required - call Lisa.

Dates	Day	Time
9/16, 10/21, 11/18 & 12/16	Wed	10A-12N

WEEKLY MOVIES

Free blockbusters & vintage classics! Movie titles announced monthly in the newsletter & Rare Reminder. Movies shown every Monday except the 1st Monday of each month due to musical entertainment.

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' & quilts for sick children. Drop-ins welcome.

Dates	Day	Time
9/21, 10/19, 11/16 & 12/21	Mon	10-11:30A

WII BOWLING

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

Dates	Day	Time
9/1-12/31 (No play 11/26 & 12/24)	Tu/Th	1-3P

LUNCH & LEARNS

Light lunch is served while we learn about various topics of interest. Programs are free but registration is required. Call Lisa at least two business days in advance.

Thur. 9/17 - 12N **John Mammone,**
Licensed Acupuncturist

Come learn about acupuncture and Chinese medicine. We'll focus on how the Qi (acupuncture needle) is used and how the selection of acupuncture points is based on proper diagnostic and treatment principles.

Fri. 10/23 - 12N **Joe Waxman, CT Hist. Society**
"From Hula Hoops to High Fashion: Remembering G. Fox & Co. in the 1950s"—Take a trip down memory lane with a floor-by-floor tour of CT's favorite department store. You'll also hear the story of Beatrice Fox Auerbach, the woman who made every shopping experience a joy!

Tue. 11/17 - 12N **Todd Lamore, Lamore's Garage**
Have you had problems finding someone you can trust to repair your car? Come learn what every senior should know about winterizing your car and keeping it in tip-top shape from Todd Lamore, a local expert you can trust!

Fri. 12/11 - 12N **JoAnne Harrison-Becker,**
Gerontologist

"Humor, Health & Happiness"—Most of us love a good laugh. Research shows that humor benefits our mind, body & soul. This presentation will show you how joy and humor can improve your health, boost morale & enrich your life!

WORKSHOPS

Senior "Stories" Workshop: Too many times, the life stories of seniors are lost to future generations. Seniors fail to pass on the narrative that is their life history, the sum of their knowledge & wisdom. Don't let this happen to you. Leave your story as a legacy! During this workshop, a student from Quinnipiac College will work with you to document information on paper, audio tape or film. Or you can choose to create a memory box, photo album or scrapbook. You can document a humorous story from your life, memories of growing up in town, or lessons learned during a specific period in life. Or you can organize & document your entire life's history! Our intern will provide structure and a means for you to record your story! For more information or to sign up, call Lisa. This workshop is free but you may need to purchase supplies. **An initial information session will be held on Friday, 9/25 at 10:30am.**

SENIOR CENTER CLASSES

ART & MINDFULNESS

Enhance your creativity, mental focus and inner peace in the midst of today's chaos and uncertainty. Science confirms that practicing mindfulness leads to greater fulfillment in life, healthier relationships and more energy. Relax & enjoy the possibilities when we merge mindfulness and art in this class. All levels of ability welcome. Instructor, Denise Gander, will offer a balance of artistic freedom & art instruction allowing students to practice freehand art or use an adult coloring book.

Date	Day	Time	Res/NonRes	Code
9/24-12/17	Th	9:30-10:30A	\$24/\$24	236003-01

BELLY DANCING

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

Date	Day	Time	Res/NonRes	Code
9/17-11/12	Th	1:15-2:15P	\$18/\$18	236095-01

CHAIR YOGA

Learn yoga basics using a program that adapts easily to any fitness level. All movements are done seated or standing. Experience the benefits of yoga including increased flexibility, strength and relaxation! Register for both Monday & Thursday for only \$50. No class 10/12 & 11/26.

Date	Day	Time	Res/NonRes	Code
9/14-12/21	M	11:30A-12:30P	\$28/\$28	236235-01
9/10-12/17	Th	2:00-3:00P	\$28/\$28	236235-02

CONVERSATIONAL ITALIAN

Learn Italian in this 16 week class. Instructor, Monica Georgeo, taught at Yale University for 15 years. For an additional fee, interested participants may travel to Tuscany, Italy with her and stay with an Italian family. An informational session will be held Wednesday, 10/7 at 10am.

Date	Day	Time	Res/NonRes	Code
10/14-1/27	W	10:00-11:30A	\$480/\$480	236084-01

MOVIN' TO THE MUSIC

Dance exercise to the music of the 50s, 60s, golden age of Rock 'n Roll, movie musicals and Broadway! This is the perfect class for active adults seeking a fun way to fitness and good health. You will be transported to the hop as your groove to classic oldies. This class will put you in a good mood and let you dance away your aches and pains! No class 10/12.

Date	Day	Time	Res/NonRes	Code
9/14-12/14	M	10:30-11:15A	\$26/\$26	236230-01

PAINTING

Explore your artistic side in this water-based painting class taught by retired art teacher and artist Faye Ahlberg. Beginners and those with painting experience welcome. Bring photo to paint from or use still life provided. Students are free to use multiple mediums.

Date	Day	Time	Res/NonRes	Code
9/15-12/15	Tu	10:00-11:30A	\$28/\$28	236020-01

TAI CHI QIGONG

Class includes movements from T'ai Chi Chuan along with an ancient healing system. The program has physical, mental and emotional benefits including improved flexibility, strength, balance and mental focus. Mindfulness, meditation and accupressure are all incorporated in this class! No class 11/26.

Date	Day	Time	Res/NonRes	Code
9/24-12/17	Th	11:00A-12:00P	\$24/\$24	236250-01

BUS TRIPS

The following trips are planned with Friendship Tours. Prices may change slightly depending upon registration. Call Lisa at 860-721-2979 for information and registration. Prices include motorcoach and gratuity.

Tue. 9/22—Aaron Caruso performs at the Grand Oak Village in Oakville, CT. Mr. Caruso performs the music of the Italian greats: Vic Damone, Perry Como, Dean Martin and Mario Lanza. Italian cuisine served family style & wine carafes at every table!

Cost \$88 per person.

Wed. 9/23—CT Day at the Big E. Love the Big E, but hate the traffic and parking? Join us for CT Day and leave the driving to us!

Cost \$54 per person (includes admission)

Sat. 10/17—Halloween in Salem, MA. Enjoy the Halloween street festivities in this town inextricably linked to the witchcraft hysteria of the 1690s! We will visit the House of the Seven Gables built in 1668 and lunch at the Finz Restaurant on the Pickering Wharf Waterfront is included.

Cost \$92 per person.

Sun. 12/6—Nuncrackers: The Nonsense Christmas Musical. Join us for a trip to the Salem Cross Inn for lunch and the Stageloft Theatre in Sturbridge, MA for a show filled with Nonsense humor starring the nuns you love!

Cost \$78 per person.

HEALTH SCREENINGS

Blood Pressure Screenings – 2nd Wednesday of each month, 10:30-11:30A sponsored by Ellis Manor and 4th Thur of each month, 12:30-1:30P sponsored by Cedar Mountain Commons (no Nov. or Dec. screening on 4th Thursday). Walk-in's welcome.

Blood Sugar Screenings – Fri. 9/11, 10/9, 11/13 & 12/11 from 11A-12N sponsored by Apple Rehab.

Foot Care – 9/22, 9/29, 10/2, 10/27, 11/8, 11/24, 12/4 & 12/22. Includes cleaning, filing, trimming, reducing corns and calluses by an RN. Seniors only. No diabetics. Fee: \$29. Registration required - call Lisa at 860-721-2979.

Hearing Screenings – Mon. 9/21 provided by the Hearing Wellness Center. Registration required - call Lisa.

COMPUTER LEARNING CENTER

Social Networks Workshop – Tired of feeling “out of the loop” or behind the times with social media? Wish you knew what your grandkids were doing on their smartphones all the time? Come learn about Facebook, Twitter, Instagram, Pinterest and YouTube. Presented by Keith Rafaniello, Director of Technology, Wethersfield Board of Ed. Visit the Computer Learning Center’s OPEN HOUSE before or after the workshop and learn what it has to offer you. FREE! Rooms S1 & S2.

Wed. Oct. 14 - Open House, 2-6P & Presentation 3-5P

CLASSES

INTRODUCTION TO THE INTERNET

Learn to navigate the Web, search for information, find a lost friend, comparison shop, save favorite sites, download and save files. Text provided.

Date	Day	Time	Res/NonRes	Code
9/1-9/10	Tu,Th	12:30-3:00P	\$40/\$40	237185-01

IPHONE BASICS

Smartphones are powerful and useful. Apple's iPhone is one of the easiest to use. This workshop is geared toward the new iPhone user of iPhone 4, 5 & 6. We will cover making and receiving calls, customizing the phone, texting, taking and sharing photos and connecting to the internet. Bring your fully-charged iPhone.

Date	Day	Time	Res/NonRes	Code
9/17	Th	12:30-2:30P	\$10/\$10	237230-01

COMPUTER BASICS I

This beginner course is an introduction to computer hardware, software, Windows basics, use of a mouse and keyboard using Windows 8.1. At the end of this course you will have experience starting and using Word Pad and apps, and be able to save and print documents. Repeat students receive a \$5 discount.

Date	Day	Time	Res/NonRes	Code
9/21-9/30	M,W	12:30-3:00P	\$25/\$25	237045-01

COMPUTER BASICS II

Ages 55+. WordPad. Learn to create, edit, format and print text documents and the basics of file management. The final class is an introduction to the Internet and World Wide Web. Repeat students and those who completed Computer Basics I receive a \$5 discount.

Date	Day	Time	Res/NonRes	Code
10/13-10/22	Tu,Th	9:30A-12:00P	\$40/\$40	237046-01

IPAD FOR BEGINNERS

This course will get you started using your iPad with IOS 7. Topics include basic operations, email and surfing the web. Text provided.

Date	Day	Time	Res/NonRes	Code
9/29-10/8	Tu,Th	9:30A-12:00P	\$40/\$40	237205-01

IPAD - INTERMEDIATE

This class is for people who know the basic iPad operations. It will cover organizing your desktop, texting, printing, photos, video, ebooks and working with apps. Graduates of iPad Beginners class receive a \$5 discount.

Date	Day	Time	Res/NonRes	Code
10/27-11/5	Tu,Th	9:30A-12:00P	\$40/\$40	237207-01

IPAD - PHOTO BOOK

Learn to organize and create a photo book from photos on your iPad. In this 2-session workshop we will create a photo book using the free Shutterfly app. The completed book can be viewed and shared online or printed (for an additional cost) through Shutterfly. Participants should be comfortable using the photos app on your iPad.

Date	Day	Time	Res/NonRes	Code
11/16-11/18	M,W	9:30A-12:00P	\$20/\$20	337210-01

COMPUTER GRAPHICS

Computer graphics involves the production of specific products created using a computer and specialized software. Participants should be comfortable with basic computer skills such as editing and keyboarding. Class will focus on creating a family newsletter with images and photos. We will use Microsoft Publisher 2010. No class 11/26.

Date	Day	Time	Res/NonRes	Code
11/5-12/3	Th	1:00-3:00P	\$40/\$40	237325-01

WORKING IN THE CLOUD

This workshop will look at two different systems for creating and sharing documents (files) 'in the cloud' - Google Drive and Office Online. It will also cover OneDrive, which is closely tied to Office and Dropbox.

Date	Day	Time	Res/NonRes	Code
11/10	Tu	10:00A-12:00P	\$10/\$10	337030-01

Senior Citizen Programs

WETHERSFIELD SENIORS CLUB

Sponsored by Parks & Recreation. The club meets at the Pitkin Community Center. Open to residents age 55+. Upcoming events are announced Wednesday before Bingo and Friday before Cards. Annual dues (January to December) are \$5 and must be paid in full to participate in any activities or banquets. Dues are collected Wednesdays before Bingo and Fridays before Setback. Ongoing club activities include:

Mondays: Crafts

Tuesdays: Bridge & Golf (seasonal)

Wednesdays: Bingo/Social, Business Meeting
(2nd Wednesday of each month)

Thursdays: Duplicate Bridge, Bowling (Fall/Winter duckpin league)

Fridays: Set Back Cards

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 721-2955 one day ahead, 10:00A-12:00P. Contact Social & Youth Services at 860 721-2977 with any questions.

Therapeutic Recreation

All programs are for persons with disabilities and peer friends as space permits.

When registering for a Therapeutic Recreation program, please also submit the supplemental form on page 19.

TR SPECIAL OLYMPICS BOWLING

Ages 8+. Open to participants with special needs and non-disabled peers. Equipment fee: \$3 to be paid for each game. 2-3 games will be played weekly. Program held at the Bowl-O-Rama in Newington. Special Olympics pre-requisite: 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. Holiday Sports Classic 11/21-11/22. Min/Max: 4/25. Bowl-O-Rama. No class 10/10.

Date	Day	Time	Res/NonRes	Code
9/12-11/14	Sa	10:30A-12:30P	\$20/\$20	209040-01

SPECIAL OLYMPICS BASKETBALL

Ages 9+. Open to participants with special needs and non-disabled special partners. Program includes skill development, drills and team play. Team roster for competitive events based on skill level and attendance. Appropriate dress required. No jeans or street shoes. Special Olympics pre-requisite: Special Olympics release and medical form must be submitted prior to the first practice. Unified Partners should submit a Class A volunteer form and unified partner form prior to the first practice. Saturday, October 24 - Basketball Divisioning Qualifier at the New Haven Field House. Saturday, November 21 - Sunday, November 22 - Holiday Sports Classic. Min/Max: 8/18. Pitkin Community Center. No class 10/12, 10/19.

Date	Day	Time	Res/NonRes	Code
9/14-11/18	M,W	6:00-7:30P	\$30/\$30	209260-01

SPECIAL OLYMPICS SNOWSHOE

Ages 8+. Learn and enjoy yourself this winter season! Open to participants with special needs. Unified Partners will also be accepted on a need basis. Program will meet for skill development, training and games. Special Olympics Winter Games at the CL&P Center in Simsbury 2/27-2/28. (Must meet Special Olympics requirements in order to compete.) Min/Max: 4/10. Pitkin Community Center. No class 12/23, 12/30

Date	Day	Time	Res/NonRes	Code
12/9-2/24	W	5:15-6:15P	\$30/\$30	309160-01

TR SPECIAL OLYMPICS FOOTBALL

Ages 8+. Enjoy the fundamentals of flag football. Basic skills and plays will be introduced. Appropriate dress required. Bring a water bottle. Special Olympics paperwork should be completed and on file prior to the first practice. Min/Max: 6/20. Pitkin Community Center.

Date	Day	Time	Res/NonRes	Code
9/12-11/14	Sa	3:00-4:00P	\$30/\$30	209151-01

TR ADULT SOCIAL CLUB

Ages 21+. Adults have an ongoing schedule of recreational activities. Adults meet to plan their trips, socials and events such as museums, shopping, cultural and sporting events and socials. Annual Thanksgiving Dinner, Holiday Party and summer picnic. Call Natalie Morrison at 860 721-2952 for more information. A schedule will be mailed out to all registered members. You may also access the TR line for a list of upcoming trips by calling 860 721-2959.

Min/Max: 1/25. Pitkin Community Center.

Date	Day	Time	Res/NonRes	Code
7/1-6/30	M-F	as scheduled	\$20/\$20	209126-01

YOUTH/YOUNG ADULTS PROGRAM

Ages 9-21. On Wednesdays, participants will be actively involved in cooking, golf, arts and crafts, and track field training. On Thursdays, participants will be actively involved in sports and games, nature exploration, yoga and track and field training. Special Olympics Regional Tournament 5/15. Special Olympics State Summer Games 6/10-6/12.

Participants should bring a snack on Thursdays. Special Olympics pre-requisite: S.O. release and medical form must be submitted prior to the first day of track and field training in order to qualify for competition. Participant may actively participate for enjoyment, if Special Olympics forms are not submitted. Min/Max: 4/20. Pitkin Community Center. No class 11/11, 11/25, 11/26, 12/23 - 12/31, 4/13, 4/14.

Date	Day	Time	Res/NonRes	Code
9/16-6/8	W	2:15-5:15P	\$75/\$94	209280-01
9/17-6/2	Th	2:15-5:15P	\$75/\$94	209280-02

S.O. UNIFIED FITNESS CLUB: TOTAL ATHLETE

Ages 16+. 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 and get ready to get fit! **Universal Walk - Oct. 11th, Rockfall, CT Min/Max: 4/10. Pitkin Community Center. No class 11/26, 12/24, 12/31

Date	Day	Time	Res/NonRes	Code
9/17-11/5	Th	5:30-6:45P	\$45/\$45	209150-01
11/12-1/21	Th	5:30-6:45P	\$45/\$45	309150-01

TR HANGTIME

Ages 21-35. Join us for some leisure activity. We will also share our interests, improving ourselves and becoming more active community members. Min/Max: 4/10. Pitkin Community Center.

Program meets: 10/9, 10/23, 11/6, 11/20, 12/4, 12/18, 1/8, 1/22.

Date	Day	Time	Res/NonRes	Code
10/9-1/22	F	3:00-5:00P	\$30/\$38	209035-01

SPECIAL OLYMPICS "GET TOGETHERS"

Join us for some fun! You must register one week in advance!

10/30 - 5:30 - 7:30 pm	Halloween Bash
12/15 - 6:00 - 9:00 pm	Holiday Party
2/12 - 5:30 - 7:30pm	Winter Ice Cream Luau
4/15 - 5:30 - 7:30 pm	Spring Fling
6/29 - 5:30 - 7:30 pm	Athlete & Volunteer Party

9/11 Memorial Sports Center

Located in the Pitkin Community Center at 30 Greenfield Street. Facilities include gym, fitness room and meeting room with wireless internet access, laptop computers and SmartBoard. Developed in partnership with the Keane Foundation, this area also displays steel recovered from the ruins of the World Trade Center. The Keane Foundation and the Parks & Recreation Department offer many programs in this facility. The gym is available for rental, and adults can use the gym at no cost on most Monday, Wednesday and Friday mornings for walking 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 purpose of the Foundation 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.

COVE SIDE CARNIVAL

10/16-10/18. Friday evening, Saturday afternoon and evening, and Sunday afternoon. Gillette Shows will offer carnival rides for all ages in Cove Park on State Street in Old Wethersfield. The picturesque setting will include rides such as a ferris wheel, carousel, and other exotic rides! This fundraiser will include a concession area where food, snacks, soft drinks, beer and wine will be sold.

KEANE AFTER SCHOOL PROGRAM

Grades 3-6. Join your friends for supervised open gym, computer and SmartBoard instruction and fun, and homework help in this new after school program! Try new things, meet new friends, and have fun! The Keane Foundation will provide transportation from school to the 9/11 Memorial Sports Center for the program. There will be no make-up days for any cancellations. Min/Max: 4/45. Pitkin Community Center. No class 11/4 & 11/11.

Date	Day	Time	Res/NonRes	Code
Grades 3-6				
11/2-12/14	M	3:00-5:30P	\$35/\$45	333001-01
11/10-12/15	Tu	3:00-5:30P	\$30/\$40	333001-02

9/11 CENTER SATURDAY OPEN GYM

This program offers supervised open gym time for pick-up basketball and other activities. Schedule: 10:30A-12P: Grades K-3 (parents welcome); 12:30-2P: Grades 4-6; 2p-3:30p: Middle School students. Registration is preferred, but not required. Free. Min/Max: 4/50. Pitkin Community Center. Gym not open: 11/21, 11/28, 12/26, 1/2, 2/13, 3/26.

Date	Day	Time	Res/NonRes	Code
11/7-4/2	Sa	10:30A-3:30P	Free	305140-01



VACATION GYM DAY- DECEMBER 30, 2015

2-12 years old. Join us for a fun filled day of games, sports and fun activities at the 9/11 Memorial Sports Center.

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.

Donation: \$1.00 at the door

Call the Community Center office at 860-721-2950 in December to reserve your spot!

FITNESS 101

Ages 9+. Instruction on use of fitness room machines. By appointment only: please call 860-721-2950 to schedule. Pitkin Community Center.

Date	Day	Time	Res/NonRes	Code
9/8-11/13	M-F	by appointment	\$6/\$10	205031-01
11/16-1/15	M-F	by appointment	\$6/\$10	305031-01

FITNESS ROOM PASS

Ages 9+. Open Monday-Friday: 8:00A - 2:00P; Monday and Tuesday 5:30 – 9:00P; Wednesday and 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. Fitness Room not open: 10/12, 11/19, 11/20, 11/26, 11/27, 12/24, 12/25, 12/31, 1/1.

Date	Day	Time	Res/NonRes	Code
9/8-11/13	M-F	see above	\$25/\$35	205030-01
11/16-1/15	M-F	see above	\$25/\$35	305030-01



Fitness for Adults

INTERVAL CARDIO/STRENGTH TRAINING

Ages 16+. Three chances for an early morning workout. High intensity. Focus on endurance training, strength training and all-over body toning. Modifications will be made to different fitness levels. Min/Max: 12/25. Pitkin Community Center. No class 11/20, 11/26, 11/27, 12/24 - 1/1.

Date	Day	Time	Res/NonRes	Code
<i>Interval Training with Deb</i>				
9/8-10/29	Tu,Th	5:15-6:00A	\$40/\$48	205045-01
9/8-10/29	Tu,Th	6:15-7:00A	\$40/\$48	205045-02
11/10-1/7	Tu,Th	5:15-6:00A	\$38/\$48	305045-01
11/10-1/7	Tu,Th	6:15-7:00A	\$38/\$48	305045-02

Friday Interval Cardio Strength with Lynn from PE Pilates

11/13-1/8	F	7:45-8:30A	\$28/\$33	305045-03
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STRENGTH TRAINING WITH LYNN from PE Pilates

Ages 16+. 45 minutes of strengthening and toning all your major muscle groups using various equipment. Equipment provided. Min/Max: 10/15. Pitkin Community Center. No class 9/23, 10/12, 12/28, 12/30.

Date	Day	Time	Res/NonRes	Code
11/9-1/6	M,W	7:45-8:30A	\$100/\$105	305020-06

MUSCLE CHALLENGE AND MUSCLE TONING

Ages 16+. 45 minutes of strengthening and toning all your major muscle groups using weights, body bars and resistance bands. Focus on endurance training, strength training and all-over body toning. You will be doing functional movements, core exercises, while working large muscle groups to get your heart rate up. The class flies by and no muscle goes untouched. Equipment provided. Min/Max: 12/30. Pitkin Community Center. No class 9/23, 10/12, 12/28, 12/29, 12/30.

Date	Day	Time	Res/NonRes	Code
<i>Muscle Challenge with Danielle Weeks from Rugged Fitness</i>				
9/14-10/28	M,W	9:00-9:45A	\$35/\$45	205020-01
11/9-1/6	M,W	9:00-9:45A	\$40/\$48	305020-01
<i>Senior Muscle Challenge w/Danielle Weeks from Rugged Fitness</i>				
9/14-10/28	M,W	10:00-10:45A	\$35/\$45	205020-03
11/9-1/6	M,W	10:00-10:45A	\$40/\$48	305020-03
<i>Muscle Toning with Sue</i>				
9/8-10/27	Tu	6:00-6:45P	\$30/\$35	205020-02
11/10-1/5	Tu	6:00-6:45P	\$30/\$35	305020-02

TOTAL BODY WITH JO

Ages 16+. Strength training class targeting major muscle groups using various equipment and body weight. Total Body incorporates bursts of cardio into movements intended to help you tone all major muscles. Min/Max: 14/35. Pitkin Community Center. No class 9/23, 10/12, 12/28, 12/30.

Date	Day	Time	Res/NonRes	Code
9/9-10/28	M,W	5:30-6:15P	\$35/\$45	205020-04
11/9-1/6	M,W	5:30-6:15P	\$40/\$48	305020-04

ZUMBA® WITH NANCY

Ages 16+. Aerobic workout with a latin-dance twist! Zumba fuses hypnotic latin and international rhythms with easy to follow moves to create a dynamic fitness program that will blow you away. Min/Max: 14/35. Pitkin Community Center. No class 9/23, 10/12, 11/26, 12/24 - 12/31.

Date	Day	Time	Res/NonRes	Code
9/8-10/29	Tu,Th	9:30-10:30A	\$40/\$48	205006-01
9/9-10/28	M,W	6:30-7:30P	\$35/\$43	205006-02
11/10-1/7	Tu,Th	9:30-10:30A	\$35/\$43	305006-01
11/9-1/6	M,W	6:30-7:30P	\$40/\$48	305006-02

ZUMBA GOLD® WITH SHERYL

Ages 45+. An innovative, fun and exciting program designed for the active older adult, the true beginner, and/or people who are not used to exercising, or people 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 11/19, 11/26, 12/24, 12/29, 12/31.

Date	Day	Time	Res/NonRes	Code
9/8-10/29	Tu,Th	8:30-9:20A	\$40/\$48	205007-01
9/8-10/29	Tu,Th	5:00-5:50P	\$40/\$48	205007-02
11/10-1/7	Tu,Th	8:30-9:20A	\$35/\$43	305007-01
11/10-1/7	Tu,Th	5:00-5:50P	\$35/\$43	305007-02

ZUMBA® AND ZT30 WITH CINDY

Ages 16+. ZT30 is half Zumba® and half Zumba Toning alternated throughout the one hour class! Zumba® fuses hypnotic latin and international rhythms with easy to follow moves to create a dynamic fitness program. Min/Max: 14/35. Pitkin Community Center. No class 10/10, 11/19, 11/21, 11/26, 12/24, 12/26, 12/31.

Date	Day	Time	Res/NonRes	Code
<i>ZT 30</i>				
9/10-10/29	Th	6:00-7:00P	\$25/\$30	205009-01
11/12-1/7	Th	6:00-7:00P	\$18/\$26	305009-01



Fitness classes continue next page...

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. You will feel your muscles working. 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: 9/16.

Pitkin Community Center. No class 12/29.

Date	Day	Time	Res/NonRes	Code
9/8-10/27	Tu	9:00-9:45A	\$55/\$60	205050-02
11/10-1/5	Tu	6:45-7:30P	\$55/\$60	305050-01
11/10-1/5	Tu	9:00-9:45A	\$55/\$60	305050-02

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. Bring light weights (2-3 lbs.) and water. Min/Max: 9/16. Pitkin Community Center. No class 12/29.

Date	Day	Time	Res/NonRes	Code
11/10-1/5	Tu	6:00-6:45P	\$55/\$60	305058-01

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. Min/Max: 8/20. Pitkin Community Center. No class 10/12, 11/26, 12/24, 12/28, 12/31.

Date	Day	Time	Res/NonRes	Code
9/14-11/2	M	6:00-7:15P	\$45/\$50	205080-01
9/10-10/29	Th	5:45-7:00P	\$51/\$56	205080-02
11/9-1/4	M	6:00-7:15P	\$51/\$56	305080-01
11/12-1/7	Th	5:45-7:00P	\$39/\$44	305080-02

NEW PROGRAM - 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. The program is held in 4 sessions.

Min/Max: 5/12. Silas Deane Middle School

Date	Day	Time	Res/NonRes	Code
10/6-10/27	Tu	7:00-8:30P	\$65/\$80	208240-04



RIVER ROCK YOGA WITH SANDY BYRNE

Ages 16+. River Rock Yoga Studio, 274 Silas Deane Highway, Wethersfield. Min/Max: 1/6.

Yoga Basics: This is a great introduction to yoga. Perfect for those who are stressed, inflexible and/or have never done yoga before. Learn basic postures, breathing and meditation for stress relief. No class 11/28.

Date	Day	Time	Res/NonRes	Code
9/14-10/19	M	6:00-7:15P	\$50/\$60	205081-01
11/7-12/19	Sa	10:30-11:45A	\$50/\$60	305081-01

Flow Yoga/Vinyasa: Join us after work for an all levels Flow Yoga class. Relieve achy shoulders, stiff neck and sore backs! This Flow yoga class is open to all levels. Moving through sun salutations and building heat in the body, an energetic yet doable practice.

Date	Day	Time	Res/NonRes	Code
9/17-10/22	TH	5:30-6:45P	\$50/\$60	205081-02

Happy Hour Power Fridays: Join us after work for an intro to power yoga class relieve achy shoulders, stiff neck, and sore backs! Leave feeling great, able to rest better and get the most out of your weekend. Release stress and toxins you've garnered from the week and deepen your practice! Learn the basics of this challenging style and take your practice to another level. Class incorporates core work, vinyasa flow, sitting and standing sequences, hip openers, back bends, inversions, and breath work. No class 11/27.

Date	Day	Time	Res/NonRes	Code
11/6-12/18	F	6:00-7:15P	\$50/\$60	305081-03

Sports for Adults

TENNIS LESSONS

Ages 16+. 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 & proper technique.

Min/Max: 8/15. Newington Tennis Center. No class 12/28

Date	Day	Time	Res/NonRes	Code
9/14-10/19	M	6:00-7:00P	\$99/\$124	208341-01
10/26-11/30	M	6:00-7:00P	\$99/\$124	308341-01
12/7-1/18	M	6:00-7:00P	\$99/\$124	308341-02

Youth Services After School Programs

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 this age group with after school leisure time activity exploration and development within the framework of a primary prevention model.

A variety of activities will be available on Mondays, Tuesdays, Wednesdays and Thursdays in the fall session beginning on September 28 through December 10. There will be no after-school activity program on half days, snow days or holidays unless otherwise specified.

Help your young person decide which activities would be most fun and/or interesting. Encourage them to try something new! 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.

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. No student will be turned away for lack of program fees.

If you have any questions, please contact Rachael Sunny at 860 721-2977.

For Registration procedures see page 18 of this brochure for details about online registration. If registering in person or by mail please include the "Youth Services a.s.A.p. Supplemental Registration Form" on page 19 with your payment and the Parks & Recreation Registration Form (back of brochure).

COOKING FOR GUYS & GIRLS

Grades 7-8. Have fun while planning meals, selecting recipes, preparing meals, baking desserts and tasting the finished products! Min/Max: 10/12. Silas Deane Middle School. No class 11/11.



Date	Day	Time	Res/NonRes	Code
10/7-11/18	W	2:30-4:30P	\$45/\$45	234020-01

SDMS INTRAMURALS

Grades 7-8. Sponsored by the Keane Foundation. Looking for something fun and free to do after school? Do you like to play basketball, dodgeball, soccer, and Frisbee with your friends? Then sign-up for SDMS Intramurals. Activities will run Monday – Thursday from 2:30 pm – 3:20 pm (students will be able to take late bus home). Due to limited space, when registering please select only 2 of the 4 days. Min/Max: 10/40. Silas Deane Middle School. No class 10/12, 11/3, 11/11, 11/26, 11/27.

Date	Day	Time	Res/NonRes	Code
9/28-12/7	M	2:30-3:30P	FREE	234460-01
9/29-12/8	T	2:30-3:30P	FREE	234460-02
9/30-12/9	W	2:30-3:30P	FREE	234460-03
10/1-12/10	Th	2:30-3:30P	FREE	234460-04



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 just seven weeks. Learn how to conduct a television interview, cover stories and produce your own videos. You will operate a digital camcorder, shoot footage and edit using iMovie software.



Min/Max: 6/14. Silas Deane Middle School.

Date	Day	Time	Res/NonRes	Code
10/8-11/19	Th	2:30-4:30P	\$35/\$35	234140-01

AFTER SCHOOL MEDIA CENTER

Grades 7-8. Do you need help with a project, need to use a computer, or are you just looking for a quiet place to do your homework? Ms. Poulos will be in the Media Center right after school to assist you if you need help. This service can be used 2:30-3:30 pm every Monday & Wednesday or on a drop-in basis. Silas Deane Middle School Media Center. Media Center will be closed during school vacations, half days and snow days. No fee and no registration is required. Program does not follow Crossroads schedule.

Date	Day	Time	Res/NonRes	Code
10/5-5/25	M,W	2:30-3:30P	FREE	no registration

Youth Programs

FRIDAY NIGHT HANGOUT

Separate nights for Grade 6 and Grade 7. A great opportunity for 6th and 7th 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.

6th Grade Program meets: 10/2, 10/16, 10/30, 11/13, 12/11

Dates	Day	Time	Res.	Code
(See above)	F	7:00-9:00P	\$15	234505-01

7th Grade Program meets: 10/9, 10/23, 11/6, 12/4, 12/18

Dates	Day	Time	Res.	Code
(See above)	F	7:00-9:00P	\$15	234505-02

BABYSITTER LESSONS AND SAFETY TRAINING (BLAST)

Ages 11-14. The class will show you how to select safe and suitable games and activities, prevent accidents, perform first aid, and begin babysitting safely and competently.

Date	Day	Time	Res/NonRes	Code
11/11	W	10:00A – 4:00P	\$85/\$105	334305-01

Sports for Youth

WETHERSFIELD SKI/SNOWBOARD CLUB

Offered to residents in grades 7-12, the club offers one day trips on Saturdays to various ski areas in Vermont. Fees include lift tickets, bus transportation and supervision. Specific fees, information and registration forms will be available in November.



FIRST TEE YOUTH GOLF LESSONS

Ages 7-12. This program is administered by the First Tee CT. Curriculum includes life skills taught through the game of golf. Lessons are led by a PGA instructor. PLAYer (beginner) level classes are available.

Date	Day	Time	Res/NonRes	Code
TPC Cromwell				
9/9-10/21	W	4:00-5:20P	\$49/\$60	208249-01
Goodwin Park				
9/10-10/22	Th	4:00-5:20P	\$35/\$45	208249-02

KARATE

Ages 7-17. 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 10/12, 11/11 & 11/25.

Date	Day	Time	Res/NonRes	Code
9/21-12/9	M,W	6:00-7:00P	\$95/\$120	208240-01
9/21-12/9	M,W	7:00-8:00P	\$95/\$120	208240-02

WETHERSFIELD ELEMENTARY SCHOOLS RUNNING CLUBS

Grades 3-6. This program will develop and encourage children of all running abilities to progress from their current level to completing a 5K (3.1 miles). Set your goal and build up your endurance and self-esteem while preparing to participate (run, jog or walk) in the Keane Foundation 5K on October 18th! Min/Max: 5/50.



Date	Day	Time	Res/NonRes	Code
Charles Wright				
9/9-10/14	W	2:50-3:50P	\$10/\$10	233040-01
Emerson				
9/8-10/13	Tu	3:15-4:15P	\$10/\$10	233041-01
Hanmer				
9/8-10/13	Tu	3:15-4:15P	\$10/\$10	233042-01
Highcrest				
9/11-10/16	F	3:15-4:15P	\$10/\$10	233043-01
Webb				
9/9-10/14	W	3:15-4:15P	\$10/\$10	233044-01

NEW PROGRAM - LACROSSE

Ages 7-17. This instructional clinic will determine the level of local interest in the fastest growing sport in CT, with the goal of creating a league. Learn the skills and techniques of this sport. Parents or volunteers who have questions may call Dan O'Connor at 860 563-0672. Silas Deane Middle School.

Date	Day	Time	Res/NonRes	Code
11/4-11/12	W&Th	7:00-9:00P	\$10/\$15	308260-01

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 & proper technique. Min/Max: 8/15. Newington Tennis Center. No class 12/27

Date	Day	Time	Res/NonRes	Code
9/13-10/18	Su	4:00-5:00P	\$99/\$124	208340-01
10/25-11/29	Su	4:00-5:00P	\$99/\$124	308340-01
12/6-1/17	Su	4:00-5:00P	\$99/\$124	308340-02

Youth Sports Leagues

Eagles Football & Cheerleading Flag ages 6-12. Tackle & cheerleading ages 7-14. Register in spring for the fall season. www.wethersfieldyouthfootball.org

Wethersfield GDR Soccer Club Year round soccer for ages 6-18 (K-12). Info & registration at www.wethersfieldsoccer.com

Wethersfield Little League Baseball and softball programs for ages 6 to 19. Register in January for spring season. www.wethersfieldlittleleague.org

Central CT Youth Hockey Association Learn to skate & play hockey for ages 3 & up. Contact Garrett Plona gplona@cox.net or www.centralcthockey.org

GYMNASTICS PROGRAMS

Held in the small gym at Silas Deane Middle School.
No class on 11/28.

GYMNASTICS PARENT & CHILD

Ages 2-4. Each child accompanied by a guardian. Activities will focus on creative movement and use of equipment.
Min/Max: 10/20.

Date	Day	Time	Res/NonRes	Code
10/17-12/12	Sa	9:00-9:45A	\$80/\$95	208220-01

GYMNASTICS 3-4 YEARS OLD

Ages 3-4. For children who can interact with instructors without parent intervention. Focus on movement exploration exercises and basic gymnastic skills. Min/Max: 12/24.

Date	Day	Time	Res/NonRes	Code
10/17-12/12	Sa	9:50-10:35A	\$80/\$95	208221-01

GYMNASTICS 3-4 YEARS & KINDERGARTEN

Ages 3-5. For children who can interact with instructors without parent intervention. Focus on movement exploration exercises and basic gymnastic skills. Min/Max: 12/24.

Date	Day	Time	Res/NonRes	Code
10/17-12/12	Sa	10:40-11:25A	\$80/\$95	208222-01

GYMNASTICS GRADES K-2

Grades K-2. Includes beginner level skills on all apparatus. Gymnasts will be grouped by ability. Min/Max: 15/24.

Date	Day	Time	Res/NonRes	Code
10/17-12/12	Sa	11:30A-12:15P	\$80/\$95	208223-01
10/17-12/12	Sa	1:00P-1:45P	\$80/\$95	208223-02

GYMNASTICS GRADES 3-6

Grades 3-6. Beginners to intermediate levels for older children. Grouped by ability. Min/Max: 5/10.

Date	Day	Time	Res/NonRes	Code
10/17-12/12	Sa	1:50-2:45P	\$85/\$100	208224-01

GYMNASTICS INTERMEDIATE

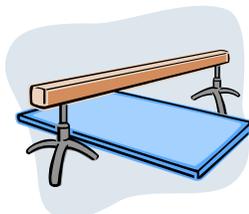
Only by permission of the instructor. For those who have a thorough understanding of the basic skills and who require a longer, more intense practice. Limited space. Min/Max: 5/10.

Date	Day	Time	Res/NonRes	Code
10/17-12/12	Sa	1:50-3:20P	\$90/\$115	208225-01

GYMNASTICS VARSITY

Only by permission of the instructor. For those who can perform at a high skill level and have mastered the intermediate skills. Min/Max: 5/10.

Date	Day	Time	Res/NonRes	Code
10/17-12/12	Sa	2:50-4:50P	\$95/\$120	208226-01



AFTERSCHOOL MINI MOVERS PROGRAM AT EMERSON-WILLIAMS

This is a great opportunity for students to increase their fitness level through their participation in educational games. Each session will focus on developing students' flexibility, muscular strength and aerobic endurance by participating in fun and exciting non-competitive activities. Taught by physical education teacher Jim Coursey. Min/Max: 15/30. Emerson-Williams School Gym. No class 10/12, 11/11 & 11/25

Date	Day	Time	Res/NonRes	Code
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Grades K-2

9/14-10/26	M	3:15-4:15P	\$60/\$75	208530-01
11/9-12/14	M	3:15-4:15P	\$60/\$75	308530-01

Grades 3-6

9/9-10/14	W	3:15-4:15P	\$60/\$75	208530-02
10/28-12/16	W	3:15-4:15P	\$60/\$75	308530-02

AFTERNOON ATHLETES PROGRAM AT HANMER

This is a great opportunity for students to increase their fitness level through their participation in educational games. Each session will focus on developing students' flexibility, muscular strength and aerobic endurance by participating in fun and exciting non-competitive activities. Taught by physical education teacher Jonathan Diaz. Min/Max: 15/30. Hanmer School Gym. No class 11/11, 11/25 & 11/26.

Date	Day	Time	Res/NonRes	Code
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Grades K-2

9/9-10/14	W	3:15-4:15P	\$60/\$75	208520-01
10/28-12/16	W	3:15-4:15P	\$60/\$75	308520-01

Grades 3-6

9/10-10/15	Th	3:15-4:15P	\$60/\$75	208520-02
11/5-12/17	Th	3:15-4:15P	\$60/\$75	308520-02

SUPER ATHLETES PROGRAM AT HIGHCREST

This is a great opportunity for students to increase their fitness level through their participation in educational games. Each session will focus on developing students' flexibility, muscular strength and aerobic endurance by participating in fun and exciting non-competitive activities. Taught by physical education teacher Kevin Kobelski. Min/Max: 15/30. Highcrest School. No class 10/12 & 11/26.

Date	Day	Time	Res/NonRes	Code
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Grades K-2

9/14-10/26	M	3:30-4:30P	\$60/\$75	208540-01
11/9-12/14	M	3:30-4:30P	\$60/\$75	308540-01

Grades 3-6

9/10-10/15	Th	3:30-4:30P	\$60/\$75	208541-01
11/5-12/17	Th	3:30-4:30P	\$60/\$75	308541-01

Aquatics

BACKMAN POOL AT WETHERSFIELD HIGH SCHOOL

411 Wolcott Hill Road. Opens 10/13. 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 the Parks & Recreation office 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	

Adult swimmers must be age 18+. Recreational swimmers age 11 or under 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 \$55: Available to 2 adults and 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 on the pass.

Individual \$35: Available to any resident adult or child.

SPECIAL INSTRUCTIONS FOR SWIM LESSONS

Registration closes on Friday, 10/16, at 8:00A online, and 4:30P in the Recreation Office. Swim lessons are available to residents only. All classes use the American Red Cross program. All 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: 12/20. No class 11/28.

Some skills include: Exit and enter the water in a safe manner. Feel comfortable in the water. Explore submerging to the mouth, nose, & eyes. Explore buoyancy on the front and back position. Explore submerging in a rhythmic pattern. Glide on front & back with assistance. Combine stroke on front & back with assistance.

Date	Day	Time	Res	Code
10/17-12/12	Sa	9:00-9:40A	\$20	201020-01

SWIM LESSONS PRE-SCHOOL

Prerequisite: Ages 4-5 or age 3 and completed Parent/Child. 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. No class 11/28.

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 & back floats for 5 seconds assisted. Front & back glides for 2 body lengths assisted. Explore treading water in chest deep water. Combined arm and leg action on front & back for 3 body lengths with assistance. Enter the water by jumping.

Date	Day	Time	Res	Code
10/17-12/12	Sa	10:30-11:10A	\$20	201021-01
10/17-12/12	Sa	12:00-12:40P	\$20	201021-02

SWIM LESSONS LEVEL 1

Ages 5-13. Prerequisite: Ages 5+ or age 4 with pre-school. This class is designed to begin developing positive attitudes, good swimming habits and safe practices in and around the water. Min/Max: 5/8. No class 11/28.

Skills: Enter and exit water independently. Blows bubbles through mouth and nose. Bobbing. Opens eyes under water to pick up object. Floats on front & back with minimal support. Front & 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 & back. Combined arm and leg actions on front & back.

Date	Day	Time	Res	Code
10/17-12/12	Sa	9:45-10:25A	\$20	201022-01
10/17-12/12	Sa	10:30-11:10A	\$20	201022-02
10/17-12/12	Sa	12:00-12:40P	\$20	201022-03

SWIM LESSONS LEVEL 2

Ages 5-13. Prerequisite: Successful completion of level 1. This class is designed to give participants success with fundamental skills. Min/Max: 5/10. No class 11/28.

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	Res	Code
10/17-12/12	Sa	9:45-10:25A	\$20	201023-01
10/17-12/12	Sa	11:15-11:55A	\$20	201023-02

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. No class 11/28.

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 & 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	Res	Code
10/17-12/12	Sa	11:15-11:55A	\$20	201024-01
10/17-12/12	Sa	12:00-12:40P	\$20	201024-02

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. No class 11/28.

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	Res	Code
10/17-12/12	Sa	9:45-10:25A	\$20	201025-01
10/17-12/12	Sa	10:30-11:10A	\$20	201025-02

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. No class 11/28.

Skills: Shallow angle dive with glide to begin strokes. Tuck and pike surface dives. Front and back flip turns. Front crawl & elementary backstroke 50 yards. Back crawl, breaststroke, sidestroke and butterfly for 25 yards. Sculling.

Date	Day	Time	Res	Code
10/17-12/12	Sa	11:15-11:55A	\$20	201026-01

SWIM LESSONS LEVEL 6 (WS)

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. No class 11/28.

Date	Day	Time	Res	Code
10/17-12/12	Sa	9:00-9:40A	\$20	201028-01

BARRACUDA SWIM STROKE CLINIC

Swim stroke and competitive technique refinement. Prerequisite: able to swim 2 laps without stopping. Min/Max: 15/24. No class 10/12. Wethersfield High School Pool.

Date	Day	Time	Res/NonRes	Code
<i>Ages 5-10</i>				
10/1-10/30	T,TH,F	5:30-6:30P	\$99/\$125	201003-01
	M,W	6:00-7:00P		
<i>Ages 11-18</i>				
10/1-10/30	T,TH,F	6:30-7:30P	\$99/\$125	201004-01
	M,W	7:00-8:00P		

BARRACUDAS SWIM TEAM

Coed, competitive, age-group, recreational swim team for ages 5-18 (league age is participant's age on 12/31/2015). Prerequisite: able to swim 2 laps without stopping. Swim meets will be held on weekends, schedule TBA. **Optional Team Suit orders/sizing 11/5 at 5:00-6:45P.** Min/Max: 20/48. No class 11/11, 11/26, 11/27, 12/24-1/1, 1/18 & 2/15. Wethersfield High School Pool.

Date	Day	Time	Res/NonRes	Code
<i>Ages 5-10</i>				
11/2-2/19	T,TH,F	5:30-6:15P	\$250/NA	201001-01
	M,W	6:00-6:45P		
<i>Ages 11-18</i>				
11/2-2/19	T,TH,F	6:15-7:30P	\$250/NA	201001-02
	M,W	6:45-8:00P		

Registration Policies

TO REGISTER

Registration for residents and Friends of the Nature Center begins Wednesday, 9/2, at 8:00A and for non-residents Thursday, 9/3, 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.com, select “Parks & Recreation.” You must be a registered household with a user name and password (see below). Note: 75% of the spaces in each class are available and registration will end prior to the start of each class. **Not accessible through Smart phones or iPads.**

By mail or in person: Use the 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 in the office will be processed randomly. Registration 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 at wethersfieldct.com by choosing “Parks & 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.

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. A \$10 per class processing fee will be deducted.

Refunds will not be given after a program has begun.

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, then programs beginning before 10:00A are canceled.

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

If the schools close early, afternoon cancellations will be announced by 1:00P.

Evening cancellations will be announced by 4:45P.

Weekend cancellations will be announced by 8:00A.

FINANCIAL ASSISTANCE FOR RESIDENTS

Contact Parks & Recreation 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 photographs to be taken and used for program publicity. Yes____ No ____

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

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 and for these photos to be used for the promotion of the a.s.A.p. program or for use in any SDMS publications such as the Yearbook or The Deane Scene.

Yes____ No ____

I give the student named above 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: Renewal 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.

Annual Memberships

- | | | | |
|--|-------------------------------|------------|---------------------------------|
| Friend of Nature | <input type="checkbox"/> \$15 | Individual | <input type="checkbox"/> \$25 |
| Special Friend of Nature | <input type="checkbox"/> \$30 | Family | <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+ |

Lifetime Memberships

- | | |
|---|----------------------------------|
| Individual or Senior (indiv. or couple 65+) | <input type="checkbox"/> \$500 |
| Family | <input type="checkbox"/> \$1,000 |

Wethersfield Parks & Recreation Department Activity Registration Form

Office Use: HH# _____

Submit with payment to: Town of Wethersfield, Parks & Recreation Department, 505 Silas Deane Highway, Wethersfield, CT 06109.
(Registration Instructions on page 18)

HOUSEHOLD CONTACT INFORMATION

Primary Household Name _____ Household Email _____
(First & Last)

Secondary Household Name _____ Emergency Contact _____
(First & Last)

Address _____ Emergency Phone _____ Home Work Cell

City, State, Zip _____ Relationship _____

Home # _____ Work # _____ Cell # _____

PROGRAM REGISTRATION

Participant(s)	Gender	Birthdate <small>(Required)</small>	Grade	Program Name	Program Code	Alternate Choice Program Code	Fee
<i>Total</i>							

Special Information (allergies, medical conditions, medications, etc.) _____

INDIVIDUAL POOL PASS - \$35.00

Office Use: Pass # _____

Name	Age	Birthdate <small>(Required)</small>

FAMILY POOL PASS - \$55.00 *Limited to 2 adults plus children.*

Office Use: Pass # _____

Name	Age	Birthdate <small>(Required)</small>	Name	Age	Birthdate <small>(Required)</small>

WAIVER

I acknowledge that 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 also grant permission for photographs to be taken of myself and/or child and to be used in department promotion and publicity publications, unless otherwise noted in writing. In addition, I acknowledge that all household information provided is true and accurate. The Parks & Recreation Department may request further verification regarding the information provided.

Signature _____ Date _____

Cash Check or Money Order (payable to the Town of Wethersfield) MasterCard (see below) VISA (see below)

<i>Office Use:</i> Date Processed _____ By _____ Amount \$ _____ <input type="checkbox"/> Cash <input type="checkbox"/> Check # _____ <input type="checkbox"/> Credit Card
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CREDIT CARD PAYMENTS

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

Signature _____ Date _____

Credit Card Number _____ - _____ - _____ - _____ Expiration Date ____/____