

## Wethersfield Parks and Recreation

(860)721-2890

Registration Policies page 2
Facilitiespage 3
Special Activities/Events page 4
Aquatics pages 5 - 6
Nature Center pages 7 - 8
Therapeutic Recreation page 9 - 10
Early Childhood page 11
Art, Chess & Dessert Decorating page 12
Keane After School pages 13 - 23
SDMS & Youth Services Programs page 24
Youth Sports page 25
Social & Youth Services page 26
Adult Sports page 26
Fitness page 27
Senior Center pages 28 - 32

#### ADVISORY BOARD

Michael Bisi, Chairman Ryan Alger Suzanne Barton Sarah Gantley Mary Mahar Karen Mann Thomas Mull Rachel Shlatz Shelley Carbone, Council Liaison

### **CONTACT INFORMATION**

Parks & Recreation Department 505 Silas Deane Highway 860-721-2890 rec.activities@wethersfieldct.gov

William J. Pitkin Community Center 30 Greenfield Street 860-721-2750 community.center@wethersfieldct.gov

Eleanor Buck Wolf Nature Center 156 Prospect Street

860-721-2780 nature.center@wethersfieldct.gov Senior Center 30 Greenfield Street

860-721-2770 senior.center@wethersfieldct.gov

## UPDATED 12/08/24



**Registration** - Residents and Friends of the Nature Center begins Wednesday, August 28th at 8:00A and for non-residents on Thursday, August 29th at 8:00A.

Website - wethersfieldct.gov/recreation

Refund Policy - For refund details, see page 2.



## SCAN QR CODE FOR ONLINE REGISTRATION

#### STAFF

Kathleen Bagley, Director Jahlim Cuttino, Therapeutic Recreation Supervisor Dayshell Foreshaw, Technical Assistant John Lamb, Custodian Izzy Lopez, Technical Assistant Rachael Mattioli, Assistant Director Amy Miller Dignoti, Senior Center Coordinator Natalie Morrison, Recreation Supervisor II Angela Mull, Technical Assistant Tom Nowak, Custodian Sara Roccapriore, Recreation Supervisor II Patrick Telman, Nature Center Director

# **Registration Policies**

**REGISTRATION**: Registration for fall programs will begin for residents and Friends of the Nature Center on Wednesday, August 28th at 8:00A and non-residents on Thursday, August 29th at 8:00A. Exceptions are indicated in the program descriptions.

- Online registration enables you to know immediately that you are registered for the desired class.
- For registration by mail or in person, please use the registration form on the last page. Copies of the registration form are accepted. Please submit forms by mail or drop off at Parks & Recreation or the Pitkin Community Center. Forms received by mail or in person will be processed at random. Forms will be accepted one week prior to the start of registration.
- Registrations by fax or phone are not accepted.

**REGISTERED HOUSEHOLD**: Register online at rec.wethersfieldct.gov. Once your household is entered and approved in the database, you will receive a username and password by the next business day to begin registering online.

• Class participants must be registered under the household in which they reside.

**PAYMENT**: Online registration may be made by MasterCard, Visa, or Discover.

- Accepted methods of payment are cash, check or money order (payable to the Town of Wethersfield), MasterCard, Visa, or Discover.
- For financial assistance, please 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 with 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.

**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.

- All refund requests for withdrawal from a program must be made in writing and sent to rec.activities@wethersfieldct.gov.
  - A full refund less a \$10 processing fee per program will be given if withdrawal is requested two (2) weeks prior to the start of the program.
  - A 50% refund less a \$10 processing fee per program will be given if withdrawal is requested one week prior to the start of the program.
  - REFUNDS WILL NOT BE GRANTED LESS THAN ONE WEEK PRIOR TO THE PROGRAM START DATE.

**PROGRAM CANCELLATIONS**: In person programs cancelled due to inclement weather will be posted on the Parks & Recreation Facebook page @ParksRecWethersfield and on the Parks & Recreation website.

- If schools close due to inclement weather, all programs beginning from 5:15A to 4:30P will be cancelled. If schools open late due to inclement weather, in person programs beginning before 10:00A are cancelled. In either case, all fitness programs with remote options will switch to virtual classes.
- If schools close early, all afternoon programs are cancelled. Evening cancellations will be announced by 4:00P.
- Weekend cancellations will be announced by 8:00A on WNBC-30 and on the Parks & Recreation Facebook page @ParksRecWethersfield.

For online registration, please scan QR code here



### 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. Located in the Pitkin Community Center. Facility 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 ruins of the World Trade Center. The gym is available for rental through the Pitkin Community Center.

#### SOLOMON WELLES HOUSE

220 Hartford Avenue. An 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.



### ELEANOR BUCK WOLF NATURE CENTER

156 Prospect Street. An 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 and program offerings please see page 7.



## WETHERSFIELD COVE & BOAT LAUNCH

Main Street. Marina includes docks and boat launch with access to the CT River. Tender cleats and mooring rentals are available, weather and conditions permitting, Memorial Day through Columbus Day. Mooring and tender cleat rentals are available online or at the Parks & Recreation office. A copy of current boat registration and declaration page of insurance policy must be submitted along with completed application and payment.

## STANDISH PARK

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



MILL WOODS PARK

Prospect Street at Wolcott Hill Road. Features Loretta's Dream Pavilion, skate park, playground, bocce, tennis and basketball courts, sports fields, picnic area, walking paths, swimming pond and a dog park.



#### 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 BIKE TRAIL

A 10 mile bike path on existing streets and off-road paths connecting many parks, schools and open spaces. Beginning at the Old Reservoir and meanders through town including Mill Woods Park, Wintergreen Woods, Cove Park and Old Wethersfield.



#### PLAYGROUNDS

Cedar Street/Farms Village Charles Wright Emerson-Williams School Greenfield Park Hanmer School Highcrest School Mikey's Place Mill Woods Park Webb School

#### **TENNIS COURTS**

Mill Woods Park Standish Park (also lined for pickleball) Webb Elementary School Wethersfield High School



Fall 2024

## Special Activities/Events



Saturday, 9/14, 10:00A-5:00P, Cove Park. This fun family friendly event, hosted by the Wethersfield Chamber of Commerce. showcases vendors and crafters. New this vear will be a Cornhole Tournament. For more information contact the Wethersfield Chamber of Commerce at 860-721-6200 or via email office@wethersfieldchamber.com

**Connecticut** River

Conservancy's

Source

to Sea

CLEANUP

## Raindate 9/28.

## **26TH ANNUAL** WETHERSFIELD COVE & **CT RIVER SOURCE-TO-SEA CLEAN-UP**

Friday, 9/27 and Saturday, 9/28, Cove Park Boat launch, Main Street. Participate in the CT River Watershed Council's annual clean-up with the EBW Nature Center. (walk-ins accepted) info@ctriver.org or at & Rec at 860-721-2890. 860-721-2780. Underage volunteers require parental permission forms.

## **1781 CARS ON MAIN**

Saturday, 9/28, 11:00A - 2:00P, Main Street. Food trucks, raffles, cars and more. \$10 entry per display car. \$50 entry per car Thursday, 12/5, 5:00-9:00P. The Wethersfield

for VIP parking. Email: 1781CarsOnMain@gmail.com.

All proceeds and donations to benefit the Detective Robert 'Bobby' Garten Memorial Fund.



## **OLD WETHERSFIELD ARTS & CRAFTS FAIR**

Saturday, 10/5, 10:00A-4:00P, Cove Park. Join the Wethersfield Historical Society for a day of community, fun, and celebration. Browse hand-made items, shop for unique gifts, meet the artists, and watch demonstrations, For more information Wethersfield Historical contact the 860-563-2609 Society at or visit wethersfieldhistory.org

### **KEANE CARNIVAL**

Friday, 10/18, 5:00-10:00P; Saturday, 10/19, 12:00-10:00P; and Sunday, 10/20, 12:00-6:00P. Cove Park. For more information visit keanefoundation.org



## MIKEY'S PLACE 5K

Sunday, 10/20, 11:00A. Standish Park.

A fundraiser to benefit Mikey's Dollars for Scholars, and th research of Spinal Muscula Atrophy. In loving memory of Michael James Daversa. Register online at



Place,

### VETERANS DAY CE

Monday, 11/11, 11:00A, Wethersfield High School. Join the Wethersfield Veterans Individuals, boaters, groups and sponsors Commission for their annual ceremony are needed to help pick up litter on and honoring all who have served our country. around the water. RSVP is appreciated For more information please contact Parks

mikeysplace.org



### **HOLIDAYS ON MAIN & TREE LIGHTING**

Chamber of Commerce and the Town of Wethersfield invite everyone to attend the annual Holidays on Main Celebration. Visit with Santa at the firehouse, participate in a silent auction at Webb Barn, enjoy horse and wagon rides and tree lighting.

For more information, please contact Wethersfield Chamber of Commerce at 860-721-6200.

### SANTA'S PANCAKE BREAKFAST

Saturday, 12/7, 8:00A-12:00P, Pitkin Community Center. Join us this holiday season for a delightful pancake breakfast and visit with Santa. Fee: \$8 per person. Co-sponsored by the MDC. All proceeds benefit town Therapeutic Recreation programs.



For a list of things to see and do in Wethersfield, where to stay, eat, and shop, along with an events calendar, please visit Historic Wethersfield at

wethersfieldct.gov /visitor-information

### TOWN EMERGENCY SHELTER

Location:William J. Pitkin Community Center, 30 Greenfield Street.

During town-wide emergencies an announcement will be made if opened. Shelter can be reached at 860-721-2750.





The Great Elm is a community website that allows residents to get involved in groups, clubs, organizations, and more in town. Live. Work. Play. Discover Wethersfield!

#### Backman Pool at Wethersfield High School

- Open 10/15/24 5/31/25
- 411 Wolcott Hill Road
- Proof of age and residency (e.g. driver's license) is required for admission.
- Non-resident guests must be accompanied by a resident adult.

## Daily Admission:

\*Child = Under 18

- Resident Adult \$4
- Resident Child\* \$2
- Non-resident Adult \$5
- Non-resident Child\* \$3

### Open Swim:

- Tuesday, Thursday, and Friday 7:45 - 9:00P
- Saturday 1:00 3:30P

#### Adult Swim:

• Tuesday and Thursday 6:30 - 7:15A

## Season Passes

Provides residents unlimited admission and may be used at Newington and Rocky Hill pools. Purchase online, by mail-in registration, or in person at Parks & Recreation. Passes will not be sold at the pool. Daily admission cannot be credited toward purchase of a pass.

## Family Pass \$65

Available to two (2) adults as well as 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 Pass \$40

Available to any resident or child.



Your season pass is a barcode found in your online account under "My Account" - "My Memberships".



## SWIM LESSONS

Registration deadline for fall is Friday, 10/18 at 4:00P. Classes will not be held on 11/30. Swim lessons are available to residents only and require a pool pass. See prerequisites for each swim lesson level. Instructors may reassign level placement based on skills and availability.

## PARENT AND CHILD AQUATICS

Age 1½-3. Children will have fun in the water while being exposed to basic swimming skills through games, songs and activities. Learning objectives: Exit and enter the water in a safe manner, in water exploration, bob, leg and arm action on front and back individually and combined, roll from front to back and back to front, front and back float, and glide with assistance. Min/Max: 1/10. No class 11/30. Wethersfield High School.

Date	Day	Time	Fee	Code
10/19-12/14	Sa	9:00-9:40A	\$20	201020-01

## **PRESCHOOL AQUATICS**

Age 4-5. Prerequisite: Ages 4-5 or age 3 and completed Parent & Child Aquatics. Students become familiar with the aquatic environment. Learning objectives: Enter and exit water using ladder, steps or side, bob, open eves underwater and retrieve submerged objects, front and back glide, front and back float, recover from a front and back float or glide to a vertical position, roll from front to back and back to front, tread water using arm and leg actions, combined arm and leg actions on front and back and finning arm action on back. Min/Max: 1/6. No class 11/30. Wethersfield High School.

Date	Day	Time	Fee	Code
10/19-12/14	Sa	10:30-11:10A	\$20	201021-01
10/19-12/14	Sa	12:00-12:40F	\$20	201021-02

## LEVEL 1: INTRODUCTION TO WATER SKILLS

Age 5-13. Prerequisite: Ages 5+ or age 4 and completed Preschool Aquatics. Students learn how to feel comfortable in the water and safely enjoy it. Learning objectives: Enter and exit water independently, blow bubbles through mouth and nose, bob, open eyes under water and retrieve submerged objects, front and back glides and floats, recover from float or glide to vertical position, roll from front to back and back to front. tread water using arm and hand actions, alternating and simultaneous arm and leg actions on the front and back, combined arm and leg actions on front and back and follow basic water safety rules. Min/Max: 1/10. No class 11/30. Wethersfield High School.

Date	Day	Time	Fee	Code
10/19-12/14	Sa	9:45-10:25A	\$20	201022-01
10/19-12/14	Sa	10:30-11:10A	\$20	201022-02
10/19-12/14	Sa	12:00-12:40P	\$20	201022-03

## LEVEL 2: FUNDAMENTALS OF AQUATIC SKILLS

Age 5-13. Prerequisite: Successful completion of Level 1. Students learn basic swimming skills. Learning objectives: Enter and exit water by stepping or jumping from the side, fully submerge and hold breath, bob, open eyes under water and retrieve submerged objects, front, jellyfish and tuck floats, front and back glides and floats, recover to vertical position, roll from front to back and back to front, change direction of travel while swimming on front or back, tread water using arm and leg actions, combined arm and leg actions on front and back and finning arm action. Min/Max: 1/10. No class 11/30. Wethersfield High School.

Date	Day	Time	Fee	Code
10/19-12/14	Sa	9:45-10:25A	\$20	201023-01
10/19-12/14	Sa	11:15-11:55A	\$20	201023-02

#### LEVEL 3: STROKE DEVELOPMENT

Age 5-13. Prerequisite: Successful completion of Level 2. Additional guided practice helps students improve skills. Learning objectives: Enter water by jumping from side, headfirst entries from the side in sitting and kneeling positions, bobbing while moving toward safety, rotary breathing, survival float, change from vertical to horizontal position on front and back, tread water, flutter, scissor, dolphin and breaststroke kicks on front and front crawl and elementary backstroke. Min/Max: 1/10. No class 11/30. Wethersfield High School.

Date I	Day	Time	Fee	Code
10/19-12/14	Sa	11:15-11:55A	\$20	201024-01
10/19-12/14	Sa	12:00-12:40P	\$20	201024-02

#### **LEVEL 4: STROKE IMPROVEMENT**

Age 6-13. Prerequisite: Successful completion of Level 3. Students gain confidence during swim lessons, improve strokes and gain additional aquatic skills. Learning objectives: Headfirst entries from the side in compact and stride positions, swim under water, feet first surface dive, survival swimming, front crawl and backstroke open turns, tread water using 2 different kicks, front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly and flutter and dolphin kicks on back.

Min/Max: 1/10. No class 11/30. Wethersfield High School.

Date	Day	Time	Fee	Code
10/19-12/14	Sa	9:45-10:25A	\$20	201025-01

#### LEVEL 5: STROKE REFINEMENT

Age 6-13. Prerequisite: Successful completion of Level 4. Students learn to refine strokes and become more efficient swimmers. Learning objectives: Shallow-angle dive from the side then glide and begin a front stroke, tuck and pike surface dives (submerge completely), front and back flip turns while swimming, front and back crawl, elementary backstroke, breaststroke, sidestroke, butterfly and sculling. Min/Max: 1/10. No class 11/30. Wethersfield High School.

Date	Day	Time	Fee	Code
10/19-12/14	4 Sa	11:15-11:55A	\$20	201026-01

#### LEVEL 6: FUNDAMENTALS OF DIVING

Age 6-13. Prerequisite: Successful completion of Level 5. Students learn to swim with ease and efficiency and gain the ability to swim smoothly over greater distances. Learning objectives: Increase endurance while swimming front (100 yards) and back (50 yards) crawls, butterfly (50 yards), elementary backstroke (100 yards), breaststroke (50 yards) and sidestroke (50 yards), demonstrate front and back flip turns and open turns for freestyle, backstroke, breaststroke, sidestroke and butterfly, dive from deck and diving board in kneeling, forward dive fall-in and standing positions, forward dive from tuck and pike positions with takeoff and swim 500 yards continuously using any 3 strokes of choice. Min/Max: 1/10. No class 11/30. Wethersfield High School.

Date	Day	Time	Fee	Code
10/19-12/14	Sa	9:00-9:40A	\$20	201028-01

### BARRACUDAS SWIM STROKE CLINIC

Swim strokes and competitive technique refinement. Prerequisite: Able to swim 2 laps without stopping and completion of Swim Lesson Level 3. Min/Max: 15/36. Wethersfield High School. No class 10/1.

Date	Day	Time	Res/NonRes	Code
Age 5-10				
9/18-10/11	M-F	5:45-6:30P	\$115/\$130	201003-01
Age 11-18				
9/18-10/11	M-F	6:30-7:45P	\$115/\$130	201004-01

### **BARRACUDAS SWIM TEAM**

Coed, competitive, recreational swim team. Beginner program for those aged 10 and under must be able to swim two (2) laps unassisted. Advanced program for those aged 11 and up must be able to swim four (4) laps unassisted. Min/Max: 20/48. Wethersfield High School. No class 11/27-11/29, 12/23-12/31, 1/1 & 1/20.

Date	Day	Time	Res/NonRes	Code
Age 5-10				
10/15-1/31	M-F	5:45-6:30P	\$375/\$400	201001-01
Age 11-18				
10/15-1/31	M-F	6:30-7:45P	\$375/\$400	201001-02



Nature Center

#### VISITING INFORMATION

156 Prospect Street. Open Tuesday – Saturday, 10:00A-5:00P.

Features hands-on exhibits, live animals, picnic areas and walking trails in Mill Woods Park. Suggested donation \$3.

FREE for Friends members. Information regarding rentals, parties, volunteer opportunities, lectures, field trips and outreach programs are available online at www.ebwnaturecenter.org, on Facebook by liking "ebwnaturecenter" or via

## Friends of the Eleanor Buck Wolf Nature Center

phone at 860-721-2780.

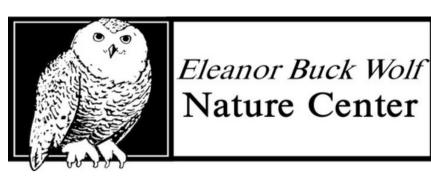
The Friends of the Nature Center is an independent. member-supported, nonprofit organization which promotes ecology education through programs, events, and scholarships. Friends of the Nature Center meets on the third Tuesday of each month 7:00-8:00P. Members visit the Nature Center for free, receive program discounts, early registration, etc. You can join or renew online while registering for programs. See page 33 for more information.

#### OUTREACH PROGRAMS

Nature Center staff is available to travel to your school or organization and provide students and adults with the opportunity to visit with the animals that live at the Nature Center. A variety of nature based programs are also available.

#### **BOOK YOUR SCOUT GROUP**

Boy Scout and Girl Scout troops may schedule seasonal and age appropriate programs (insects, flowers, forestry, etc.) after school or on weekends. Programs are subject to availability and run 1-1½ hours in length. For more information contact the Nature Center.





## VACATION ADVENTURES AT EBWNC

Grade K-6. Experience hands-on lessons about the environment. Create unique art projects. Visit with live animals and enjoy outdoor explorations in Mill Woods Park. Combine fun and learning during school vacation with adult educators and teen assistants. Financial assistance is available.

## ADVENTURES IN FALL 11/5 FOUR SEASONS

Explore all four seasons and learn about Daylight Savings, sunrise and sunset, and how the seasons are affected by the earth's locations. Min/Max: 8/16. EBW Nature Center.

Date	Day	Time	Frie	nds/Ot	her	Code
Grade	s K-2					
11/5	Tu	8:00A-4:30	Р\$	46/\$51	306	003-02
Grade	s 3-6					
11/5	Tu	8:00A-4:30	Р\$	46/\$51	306	003-03



## DECEMBER VACATION ADVENTURES 12/26-12/30 WINTER WILDLIFE

Discover how animals adapt to survive the harsh winter conditions, where they stay warm, hibernate, and how some of these animals deal with winter conditions year round. In these fun-filled days enjoy handson activities, hikes in Mill Woods and lessons. Min/Max: 8/16. EBW Nature Center.

Date	Day	Time F	riends/O	ther Code
Grade	s K-2	2		
12/26	Th	8:00A-4:30P	\$46/\$51	306005-02
12/27	F	8:00A-4:30P	\$46/\$51	306006-02
12/30	М	8:00A-4:30P	\$46/\$51	306007-02

### Grades 3-6

12/26Th8:00A-4:30P\$46/\$51306005-0312/27F8:00A-4:30P\$46/\$51306006-0312/30M8:00A-4:30P\$46/\$51306007-03

## NEW PROGRAMS AT THE EBW NATURE CENTER!

#### ANIMAL CARETAKERS

Age 6-12. Ever wondered exactly how hard it is to care for our nature center friends? Each week we will focus on one animal friend and learn what is needed to care for that animal. Cleaning, nutritional needs, enrichment, fun facts and more! Min/Max: 4/8. EBW Nature Center.

 Date
 Day
 Time
 Friends/Other
 Code

 10/1-10/29
 Tu
 3:45P-5:00P
 \$30/\$40
 206425-01



#### NATURE ARTS AND CRAFTS

Age 6-12. Make crafts inspired by the beauty of the natural world using many of nature's own art supplies. Min/Max: 4/8. EBW Nature Center.

 Date
 Day
 Time
 Friends/Other
 Code

 11/12-12/10
 Tu
 3:45-5:00P
 \$30/\$40
 306426-01



Register online: <u>https://rec.wethersfieldct.gov</u>

### EARLY CHILDHOOD PROGRAMS

#### **NATURE SCHOOL - TADPOLES**

Age 2-3½. Parent/caregiver and child participate in educational and hands-on activities utilizing curriculum focused on the animals that reside at the EBW Nature Center. 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. Min/Max: 4/12.

EBW Nature Center. No class 11/5, 12/24, 12/25, 12/31 & 1/1.

DateDayTimeFriends/OtherCode9/24-11/12Tu10:00-11:30A\$70/\$80206081-019/25-11/6W10:00-11:30A\$70/\$80206081-0212/3-1/28Tu10:00-11:30A\$70/\$80306081-0112/4-1/29W10:00-11:30A\$70/\$80306081-02

#### NATURE SCHOOL FROGLETS

 $3\frac{1}{2}$ -5. Parent/caregiver and child Aqe 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 vocabulary. Through literacy 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. Min/Max: 4/10. EBW Nature Center. No class 12/19, 12/20, 12/26& 12/27.

 Date
 Day
 Time
 Friends/Other
 Code

 9/26-11/7
 Th
 10:00-11:30A
 \$70/\$80
 206082-01

 9/27-11/8
 F
 10:00-11:30A
 \$70/\$80
 206082-02

 12/5-1/30
 Th
 10:00-11:30A
 \$70/\$80
 306082-02

 12/6-1/31
 F
 10:00-11:30A
 \$70/\$80
 306082-02

#### **TURKEYS ARE TERRIFIC**

Age 2-5. Parent/caregiver and child learn about wild turkeys through songs, stories, games and crafts. Visit some of our feathered friends at the Nature Center and take an outdoor walk, weather permitting. Bring a snack for story time. Min/Max: 4/10. EBW Nature Center.

Date	Day	Time	Friends/Other	Code
11/15	F	10:00-11:304	4 \$15/\$18	306118-01



#### **ANIMALS & WINTER SOLSTICE**

Age 2-5. Parent/caregiver and child celebrate the shortest day of the year in anticipation of longer and brighter days to come. Explore the Winter Solstice through crafts, music, movement, stories and games. Make yummy treats for our animal friends during this time when it is hard to find food. Please bring a small snack and dress appropriately for a short outdoor walk. Min/Max: 4/10. EBW Nature Center.

Date	Day	Time	Frie	nds/Othe	r Code
12/20	F	10:00-11:	30A	\$15/\$18	306085-01



### NATURE CENTER EXTENDED HOURS

The Nature Center will stay open late during the Fall season on the below dates. Take advantage of the extended hours to visit the animals and view our displays.

Date	Day	Time	Friends/Other
9/26	Th	5:00-8:30P	Free
10/24	Th	5:00-8:30P	Free
11/14	Th	5:00-8:30P	Free
12/19	Th	5:00-8:30P	Free
1/16	Th	5:00-8:30P	Free



Рорру

## VOLUNTEER

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.

### NATURE CENTER VOLUNTEER

**ORIENTATION** Age 13+. Students, adults and interns may volunteer as a greeter, gardener, animal caretaker, educator, special events assistant, etc. Orientation introduces the seasonal programs and events, ongoing and short-term volunteer opportunities and basic safety training. Volunteer orientations are scheduled by appointment by contacting the Nature Center at 860-721-2780.



#### 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 cleanup, greet guests and lead hands-on activities with the animals. Parties are 2 hours and flexible scheduling is offered. Fee is \$175 for Friends of the Nature Center and \$200 for non-members. For more information contact the Nature Center.

#### SCHOOL FIELD TRIPS

The Nature Center is a great place for field trips. Staff provide hands-on learning experiences and can design programs that align with the current state science standards.

Register online: https://rec.wethersfieldct.gov

Fee



## **NEW TR PROGRAMS!**

## SATURDAY NIGHT SOCIAL

Age 15+. Join friends, or make new ones, for a fun-filled inclusive time! Come and let loore with some good music and dancing! This will also include pizza, juice, and ice cream! We will also engage in group discussions, trivia, and table games. Min/Max: 8/12. Pitkin Community Center.

Date	Day	Time	Fee	Code
<del>9/28</del>	Sa	6:00-9:00P	<del>\$15</del>	<del>209287-01</del>
<del>10/26</del>	Sa	<del>6:00-9:00P</del>	<del>\$15</del>	<del>209287-02</del>
<del>11/16</del>	Sa	<del>6:00-9:00P</del>	<del>\$15</del>	<del>209287-03</del>
<del>12/14</del>	<del>Sa</del>	6:00-9:00P	<del>\$15</del>	<del>209287-04</del>

## A TASTE OF WETHERSFIELD

Age 21+. Join us as we explore the different restaurants within Wethersfield! This is a great way to socialize with friends and make new ones. Please be sure to look at the restaurant menu to get an idea of meal pricing, as participants are responsible for cost of their meals. Min/Max: 6/12.

We will be exploring the following restaurants:

- 9/6 Hungry Pot
- 9/20 River Restaurant
- 10/4 Village Pizza
- 10/18 Sake Cafe
- 11/15 Buffalo Wild Wings

Date	Day	Time	Fee	Code
<del>9/6</del>	F	<del>12:00-2:30P</del>	<del>\$10</del>	<del>209500-01</del>
<del>9/20</del>	F	<del>12:00-2:30P</del>	<del>\$10</del>	<del>209500-02</del>
<del>10/4</del>	F	<del>5:00-8:00P</del>	<del>\$10</del>	<del>209500-03</del>
<del>10/18</del>	F	<del>5:00-7:00P</del>	<del>\$10</del>	<del>209500-04</del>
11/15	F	5:00-7:30P	\$10	209500-05



## TOTAL ATHLETE

Age 14+. 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. Min/Max: 6/10. Pitkin Community Center. No class 12/25.

 Date
 Day

 9/10-10/22
 Tu

 12/4-2/5
 W

**Time** 5:30-6:30P 5:30-6:30P



Code

## MIND OVER MILES

Age 13+. Calling all walkers. Open to individuals with special needs and their peers. This program is designed for all levels of walkers, whether that be fast of slow pace on either rough or smooth terrain. Join store old friends and potential new ones for a nice healthy walk while enjoying some fresh air and beautiful scenery. Please come in appropriate attire and bring a water bottle. Min/Max: 6/15. Pitkin Community Center.

<b>Date</b>	Day	<b>Time</b>	<b>Fee</b>	<b>Code</b>
<del>9/4-10/9</del>	₩	5:30-630P	<del>\$25</del>	209350-01
ÅÅÅÅÅÅÅÅÅÅÅ				

## YOUTH/YOUNG ADULTS PROGRAM

Age 8-21. Kids and young adults will be actively involved in different activities depending on the day. Activities such as fitness, sports, arts & crafts, dance, yoga and much more. Min/Max: 6/10. Pitkin Community Center.

Date	Day	Time	Res/Non-Res	Code
9/24-5/27	Tu	2:15-5:15P	\$120/\$150	209280-01
9/25-5/28	W	2:15-5:15P	\$120/\$150	209280-02



## ADULT SOCIAL CLUB

Age 21+. Adults may participate in an ongoing schedule of activities and programs throughout the year which may include theater, museums, dining, shopping, movies, holiday gatherings, game nights, and bowling. Registered adults will provide input and receive a schedule. For additional information, contact Jahlim Cuttino, Therapeutic Recreation Supervisor at 860-721-2765. Min/Max: 1/30. Pitkin Community Center.

Date	Day	Time	Fee	Code
7/1-6/30	M-Su	Various	\$26	109138-01

## SPECIAL OLYMPICS

#### SPECIAL OLYMPICS FLOOR BALL

Age 8+. Open to individuals with special needs and their peers. Participants will engage in fun beginner group instruction and play. Please come in appropriate attire, bring a small towel for perspiration, and a water bottle. Min/Max: 6/10.

Pitkin Community Center. No class 2/18.

Date	Day	Time	Fee	Code
1/27-2/25	Tu	5:45-6:45P	\$40	309175-01



## SPECIAL OLYMPICS BASKETBALL

Age 10+. Program includes skill development and drills. Appropriate dress required: no jeans or street shoes. Unified Partners should submit a Class A volunteer form and Unified Partner form prior to the first practice. Min/Max: 6/20. Pitkin Community Center. No class 9/26, 11/5, 11/21.

DateDayTimeFeeCode9/17-11/19Tu,Th6:30-7:45P\$45209260-01



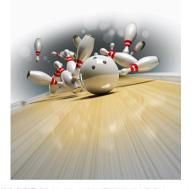
## SPECIAL OLYMPICS BOWLING

Age 8+. Open to participants with special needs and their peers. Equipment fee: \$12 to be paid weekly. Program held at Bowl-O-Rama in Newington. Unified Partners must complete and submit a Class A Volunteer form and Unified Partner form. Min/Max:6/12. Bowl-O-Rama. No class 12/28.

 Date
 Day
 Time
 Fee
 Code

 9/28-11/23
 Sa
 10:30A-12:30P
 \$32
 209040-01

 12/14-2/1
 Sa
 10:30A-12:30P
 \$32
 309040-01



### DID YOU KNOW?

Therapeutic Recreation Programs and inclusion services are provided by Parks and Recreation for people with disabilities from age 3 through senior citizens. The department facilitates these opportunities for active participation and inclusion on a variety of levels, and are designed to meet an individual's needs and interests.

Year round programs provide unique experience for after school, vacation days, summer camps, special Rec Club trips and Special Olympics training.

For more information regarding Therapeutic Recreation programs please contact Therapeutic Recreation Supervisor Jahlim Cuttino at 860-721-2765 or jahlim.cuttino@wethersfieldct. gov

## **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

Register online: <u>https://rec.wethersfieldct.gov</u>

## TLC - PLAYGROUP

Age 1<sup>1</sup>/<sub>2</sub> -3<sup>1</sup>/<sub>2</sub>. 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 and more. Min/Max: 10/20. Pitkin Community Center. No class 10/14, 11/29, 11/30.

 Date
 Day
 Time
 Res/NonRes
 Code

 9/9-12/9
 M
 9:00-11:00A
 \$150/\$170
 210080-01

 9/14-12/14 Sa
 9:00-11:00A
 \$150/\$170
 210080-02

 9/13-12/13 F
 9:00-11:00A
 \$150/\$170
 210080-02

## TLC LEARNING CIRCLE PRESCHOOL:

Three Year Old's:Tu,W,Th9:00A - 11:30AFour Year Old's:Tu,W,Th9:00A - 12:15PAfternoon Preschool 4's&5's:M-Th 12:00 - 2:30PCall 860-721-2750 for information and fees forthe remainder of the school year.

#### Registration for TLC Preschool 2024-25 school year began March 1, 2024. Quarterly payments permitted.

## TLC MORNING PRESCHOOL 2024-2025

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 outdoor fun. Min/Max: 6/18. Pitkin Community Center.

No class 11/5, 11/27, 11/28, 12/24, 12/25, 12/26, 12/31, 1/1, 2/18, 4/15, 4/16, 4/17.

Date Thrilling	Time	Fee	Code
	9:00-11:30A <b>gistration</b>	\$1900	210137-01

#### Fearless 4's

9/10-5/22 Tu-Th 9:00A-12:15P \$2150 210157-01 **\$500 due at registration** 

## TLC AFTERNOON KINDERGARTEN READINESS PROGRAM 2024-2025

Age 4-5. State licensed preschool. If your child is affected by the new kindergarten cutoff date, this program may meet you and your child's needs. Designed to focus on Kindergarten readiness. Teachers work with each child to meet their individual benchmarks necessary to begin a successful school journey.

Min/Max: 8/18. Pitkin Community Center. No class 10/7, 11/5, 11/27, 11/28, 12/23, 12/24, 12/25, 12/26, 12/30, 12/31, 1/1, 1/20, 2/17, 2/18, 4/14, 4/15, 4/16, 4/17.

 Date
 Day
 Time
 Fee
 Code

 9/9-5/22
 M-Th
 12:00-2:30P
 \$2150
 210171-01

 \$500 due at registration
 Code
 Code
 Code
 Code

## ATTENTION PARENTS OF YOUNG CHILDREN

## NEW! FREE PARENTING EDUCATION:

During the Circle of Security Program, parents and caregivers will learn how to support their child's ability to successfully manage emotions. The program will take place Tuesdays, September 17 -October 22, 2024, 10:30A - 12:30P at the Pitkin Community Center. Classes are limited to 12 participants. For more information contact: Kim Bobin, Family & Early Childhood Coordinator, at 860-929-1316 or kbobin@wethersfield.me

## PRESCHOOL SCREENINGS

Contact the Board of Education at 860-571-8137 to register child(ren) age 3 or 4 for the fall Preschool Screening.

### UCONN PEP PARENT LEADERSHIP TRAINING

Each year Wethersfield Public Schools and the Wethersfield Early Childhood Collaborative (WECC) offer free parent leadership training. Classes are limited to 12 participants. To learn more visit: wecc.wethersfield.me/get-involved/parentleadership-training

## **RESOURCE FOR YOUNG FAMILIES - WECC**

The Wethersfield Early Childhood Collaborative (WECC) is a diverse group of community members, educators, parents and local organizations that work to prepare young children to succeed in school. Our goal is to ensure that all Wethersfield's children, birth to 5 are healthy, ready for school and involved in our community.

#### QUESTIONS ABOUT PROGRAMS FOR CHILDREN BIRTH TO FIVE? CONTACT:

Jessica Coelho, WECC Program Coordinator 860-721-2887, jcoelho@wethersfield.me

#### QUESTIONS ABOUT RESOURCES IN THE COMMUNITY? CONTACT:

Kim Bobin.

Family & Early Childhood Coordinator, 860-929-1316, kbobin@wethersfield.me

Learn more at: <u>wethersfieldchildhood.com</u> Follow us on Facebook: facebook.com/WethersfieldEarlyChildhoodCollabo rative



TLC Preschool

TLC Preschool is committed to providing high quality preschool programs that enhance the overall development of vouna children. Children are in a state licensed, child-centered environment with teachers who are educated in and have had experience working with preschool age children. Children are provided with activities designed to help them become independent, self-confident, inquisitive, and enthusiastic learners.



### SPARKLER

is a FREE mobile app for Wethersfield families that helps support children's growth from birth to 5 years old.

Download Sparkler: Play for Parenting from Google Play or the App Store. Visit: https://www.playsparkler. org/CT

Register after downloading. Open app and tap Create a New Account. Enter Sparkler access code WEC. Create your account.

Add a child to your account. Complete profile questions.

Fall 2024

Register online: <u>https://rec.wethersfieldct.gov</u>

## DESSERT DECORATING

#### MY GROWN UP AND ME: HAUNTED HOUSE

Age 2-5. Decorate a haunted house with edible creations. In addition, decorate a Californeen cookie to enjoy in class or take home. Mod Max: 6/15. Pitkin Community Center.

Date	Day	Time	Res/NonRes	Code
<del>10/29</del>	<del>Tu T</del>	1:00A-12:00P	<del>\$30/\$35</del>	<del>229000-01</del>

#### **GRADES K-6: HAUNTED HOUSE**

Grade K-6. Decorate a haunted house with edible decorations. In addition, decorate four halloween cookies to enjoy in class or take home. Min/Max: 6/20. Pitkin Community Center.

Date	Day	Time	Res/NonRes	Code
10/29	Tu	4:00-6:00P	\$48/\$58	229010-01

#### MY GROWN UP AND ME: FALL CAKE POPS

Age 2-5. Decorate a half dozen ake pops with fall themed edible decorations: Min/Max: 6/15. Pitkin Community Center.

Date	Day	Time	Res/NonRes	Code
<del>11/5</del>	<del>Tu</del>	<del>11:00A-12:00P</del>	<del>\$30/\$35</del>	<del>329000-01</del>

#### **GRADES K-6: FALL CAKE POPS**

Grade K-6. Decorate a dozen cake pops with fall themed edible decorations. Min/Max: 6/20. Pitkin Community Center.

Date	Day	Time	Res/NonRes	Code
11/5	Tu	1:00-3:00P	\$48/\$58	329010-01

#### MY GROWN UP AND ME: GINGERBREAD HOUSE

Age 2-5. Enjoy the experience of decorating your own gingerbread house. Decorate two gingerbread cookies to enjoy in class or take home. Min/Max: 6/15. Pitkin Community Center.

Date	Day	Time	Res/NonRes	Code
12/19	Th	11:00 A - 12:00 P	\$30/\$35	329000-02

#### **GRADES K-6: GINGERBREAD HOUSE**

Grade K-6. Enjoy the experience of decorating your own gingerbread house. Decorate four gingerbread cookies to enjoy in class or take home. Min/Max: 6/20. Pitkin Community Center.

Date	Day	Time	Res/NonRes	Code
12/19	Th	4:00-6:00P	\$48/\$58	329010-02

Should the Grades K-6 dessert decorating classes fill, and there is a sufficient waitlist, a second class will be added.



## ART & CHESS PROGRAMS FANTASY LAND

Age 4-7. Visit the land of enchanted castles, magical unicorns, mermaids, gnomes with garden homes, flying dragons, fairytale frogs and more as we create our greatest fantasies. Young artists will fingerpaint, sculpt, make marks, collage, cut out shapes and construct to make fantasy land art filled with their favorite creatures. Min/Max: 6/20. Pitkin Community Center.

Date	Day	Time	Res/NonRes	Code
9/20-10/11	F	4:00-4:45P	\$66/\$76	202072-01

#### WORLD CELEBRATION

Age 6-12. Get carried away with spectacular celebrations from around the world. Learn how other countries celebrate yearround through art. Our young "tlaveling" artists will dream of lights in China, the festive wintery nights of Germany, dancing among the flowers of England and in the bustling streets of Brazil. Min/Max: 6/20. Pitkin Community Center.

Date	Day	Time	Res/NonRes	Code
<del>10/18-11/8</del>	F	<del>4:00-4:45P</del>	<del>\$66/\$76</del>	<del>202073-01</del>

### KIDS ON CANVAS

Age 6-12. Grab a paintbrush and jump right in for a colorful Kids on Canvas adventure. Use acrylic paint to explore traditional painting subjects such as the figure, landscape, and still life - with a fresh Abrakadoodle twist - while we learn about cutting-edge Colombian artist Fernando Botero, experimental painter Yin Lum from Singapore, and classic Flemish artist Jan van Eyck. We use mirrors, windows, natural items and more to create with paint in a variety of ways. Min/Max: 6/20. Pitkin Community Center. No class 11/29.

Date	Day	Time	Res/NonRes	Code
11/15-12/	13 F	4:00-4:45P	\$88/\$98	302072-01

### **NEXT GENERATION CHESS**

Age 8-Adult. This teaching chess club is a melting pot of diverse individuals, from young prodigies taking their first steps into the game to seasoned players looking to refine their strategies. A dedicated team of experienced coaches is committed to fostering a love for the game in each and every member. Discover a captivating journey of intellectual growth and skill development. Learn the fundamentals of chess in a fun, supportive and interactive way, through engaging lessons, playful activities and renedly competitions. Minds will flourish and form lifelong friendships. Whether you are a complete novice or a seasoned player, our expert coaches will provide personalized guidance tailored to your individual goals and aspirations. From learning the basics to exploring advanced strategies, our comprehensive program ensures that every member finds their rightful place in the chess community. Min/Max: 10/20. Pitkin Community Center. No class 11/28.

#### Beginner (ELO rating under 400)

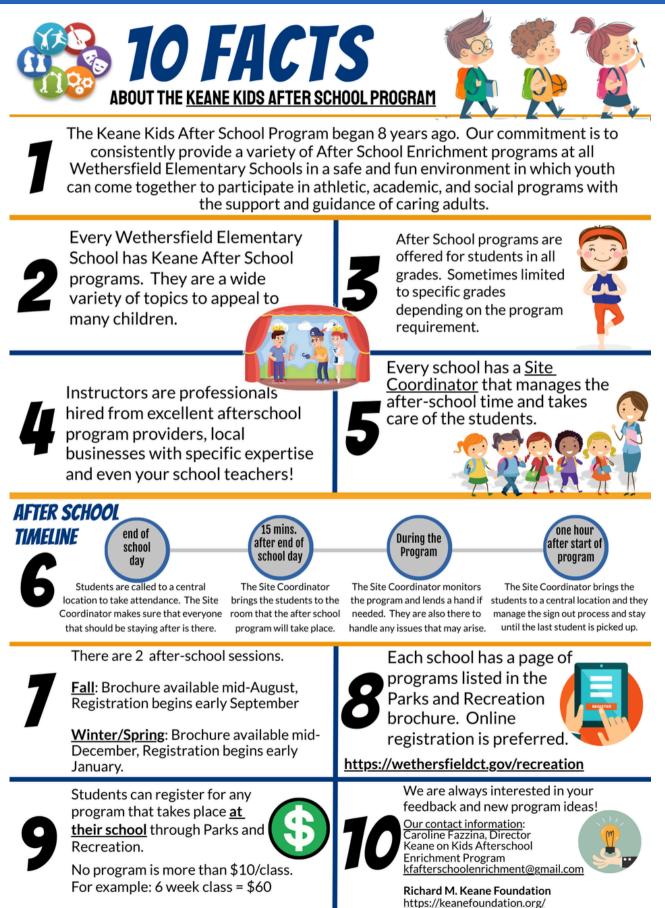
Date	Day	Time	Res/NonRes	Code
<del>9/24-10/17</del>	<del>Tu,Th</del>	<del>5:00-5:45P</del>	<del>\$150/\$170</del>	<del>229200-01</del>
11/12-12/10	<del>Tu,Th</del>	<del>5:00-5:45P</del>	<del>\$150/\$170</del>	<del>329200-01</del>

#### Intermediate (ELO rating above 400)

Date	Day	Time	Res/NonRes	Code
<del>9/24-10/1</del>	<del>7 Tu,Th</del>	<del>6:00-6:45P</del>	<del>\$150/\$170</del>	<del>229201-01</del>
<del>11/12-12/1</del> 0	<del>) Tu,Th</del>	<del>6:00-6:45P</del>	<del>\$150/\$170</del>	<del>329201-01</del>

## Keane on Kids

Keane on Kids After School Enrichment Program continues with a full array of fall offerings. The following pages list the programs at each school. Remember, students can only register for programs offered at their school.



## Keane After School - Charles Wright

## Charles Wright Elementary School

186 Nott Street (860) 571-8350



These programs are open to students at Charles Wright.



## **Glenn Horter - Principal**

Regular School Day: 8:30A - 3:00P

Minimum School Day: 8:30A - 12:55P

**Student Drop Off:** 8:10A

Hanmer PTO:

cwpto.wordpress.com

### Did you know?

We have teamed with the YMCA to offer after care (until 6:00P) for an additional fee at Emerson Williams and Hanmer Schools.

For more information, please contact the Y at 860-521-5830.

### HAWK FITNESS FUN

A great opportunity for students to increase their fitness level through participation in educational games. 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: 12/34. No class 10/14 & 11/28.

Date	Day	Time	Fee	Code
Grade K-2				
9/9-10/21	М	3:15-4:15P	\$60	208550-01
11/4-12/9	М	3:15-4:15P	\$60	308550-01
Grade 3-6				
9/12-10/17	Th	3:15-4:15P	\$60	208551-01
10/31-12/12	Th	3:15-4:15P	\$60	308551-01

### EARLY MORNING HAWK FITNESS FUN

Grade 2-6. Each session before school will give your child an opportunity to develop their flexibility, strength and endurance. Students will participate in a warm up, jogging activities and a cool down. Please drop your child off in the front of the building. Min/Max: 12/34. No class 10/14.

Date	Day	Time	Fee	Code	
<del>9/9-10/21</del>	M	<del>7:35-8:05A</del>	<del>\$35</del>	<del>208555-01</del>	
11/4-12/9	М	7:35-8:05A	\$35	308555-01	

### UKULELE CLUB

Grade 3-6. All ability levels are welcome as you learn to play your fatolite songs on the ukulele.Bring your own ukulele if you have one, otherwise one will be provided. Min/Max: 5/30. No class 10/24.

Date	Day	Time	Fee	Code
<del>9/19-10/31</del>	Th	<del>3:15-4:15P</del>	<del>\$60</del>	<del>211340-01</del>

#### **ARTS & CRAFTS**

Grade 1-3. Join in on the fun of crafting. Express your artistic abilities using paper, string, colored pencils, crayons, clay, paint and other materials to learn how to make Pour Art, Friendship bracelets, Photo Collages, Tie-dye and many other fun crafts. With creativity comes a bit of a mess and clothing may get stained. A smock or large shirt is suggested. Min/Max: 6/10. No class 10/22.



#### COOKING

Grade 4-6. Interested in culinary arts and cooking? Demonstrations, nutrition education and hands-on classes in the preparation of healthy snacks. Hosted by Wethersfield Dining Service's chefs and dietitians. Min/Max: 6/12.

Date	Day	Time	Fee	Code
9/17-10/1	Tu	3:15-4:15P	\$30	211066-01
- 4				

#### CODING WITH MINECRAFT

Grade 2-5. Using the Minecraft Education edition, students will complete lesson plans and solve code using either Python or dragand-drop coding. Geared for new students and focusing on beginner concepts. Projects and concepts will repeat from previous lessons. Min/Max: 6/10. No class 10/14.

Date	Day	Time	Fee	Code
9/16-10/28	B M	3:15-4:15P	\$60	211071-01

#### **SPANISH FOR KIDS**

Grade 3-5. ¡Hola amigos! Learn Spanish in a fun, interactive and meaningful manner. Students will be exposed to culture and language while engaging in singing, speaking, games and crafts. In this once a week program, students will learn basic vocabulary to interact and communicate in Spanish. Please bring una merienda (snack) y agua (water). Min/Max: 6/14. No class 10/22 & 11/5.

Date	Day	Time	Fee	Code
10/8-11/2	6 Tu	3:15-4:15P	\$60	211653-01

Hola - Hello Gracias-Thanks Por Favor - Please De Nada-You're Welcome

Register online: <u>https://rec.wethersfieldct.gov</u>

## Keane After School - Charles Wright

### LEGO ADVENTURES IN STEM

Grade K-2. Let your imagination run wild with tens of thousands of LEGO® parts. Build engineer-designed projects and use special pieces to create your own unique designs. Projects are rotated seasonally to ensure that both new and returning students can explore the endless creative possibilities of the LEGO® building system. Min/Max: 10/16.

Date	Day	Time	Fee	Code
11/4-12/9	М	3:15-4:15P	\$60	311548-01

## STEM EXPLORATIONS

Grade 2-4. Join Mrs. Hsia for a variety of STEM activities and projects like slime, paper airplanes, coding bracelete and more. We will explore various science and engineering concepts to terher. Min/Max: 5/10. No class 10/2 & 10/23.

Date	Day	Time	Fee	Code
<del>9/18-11/6</del>	₩	<del>3:15-4:15P</del>	<del>\$60</del>	<del>211550-01</del>

### **GREEN THUMB ADVENTURES**

Grade 3-6. Come join us as we dive into the world of plants. Each week, we will participate in games, plant trivia, and exciting activities. Get hands-on as we prepare sends for germination and watch them grow into small plants. Let your creativity bloom as we create cool and crafty flower pots for our new plants. Plus, do not must the fun of making your very own Chia Pets! Please dress appropriately for some messy fun with dirt during class. Min/Max: 6/10. No class 10/14.

Date	Dav	Time	Fee	Code
<del>9/16-10/2</del>	8 M	<del>3:15-4:15P</del>	<del>\$60</del>	<del>211208-01</del>



#### RUNNING CLUB

Grade 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 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 10/2.

Date	Day	Time	Fee	Code	
9/11-10/ <mark>16</mark>	W	3:15-4:15P	\$25	233040-01	

## THEATER KIDS

Grade 4-6. Led by a Hartford Stage teaching artist, students will work toward a performance of a short play based on folk stories and fables. As they act, sing and dance, they will learn the foundations of drama: building an ensemble, developing a character, practicing proper vocal and movement techniques, and strengthening concentration and focus skills. The program will end with an informal performance for parents and friends. Min/Max: 6/15.

Date	Day	Time	Fee	Code
11/4-12/9	М	3:15-4:15P	\$60	311400-01



#### **ART: ABRA - CLAY - DOODLE**

Grade 4-6. Gather information, be inspired, and try ideas from famous artists and movements. Masterworks from ancient through modern art will boost your artmaking confidence. Explore various projects using air dry clay, Crayola Model Magic, Modeling Clay, painting with clay, and more. Min/Max: 6/20. No class 11/28.

Date	Day	Time	Fee	Code
11/7-12/19	Th	3:15-4:15P	\$60	311012-01

#### **ABRAKADOODLE ART: PETS & PUPPIES**

Grade 1-3. Little ones love their soft, furry, feathery, purr-fect pets. It is always a good time to learn more about pets through art. Get your pouncing paws ready to explore painting, collage, stamping, 3D art and more. Have a bow-wow of a time learning about pets that range from large barnyard and pasture animals to purring and barking friends and little critters kept in the home. Min/Max: 6/15. No class 11/27 & 12/4.

Date	Day	Time	Fee	Code
10/30-12/18	W	3:15-4:15P	\$60	211011-0



## Charles Wright Elementary School

186 Nott Street



These programs are open to students at Charles Wright.



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.

Programs will vary seasonally at each school. In addition, there will be 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.



-01

Register online: <u>https://rec.wethersfieldct.gov</u>

pg. 15

## Keane After School - Emerson Williams

## Emerson Williams Elementary School

461 Wells Road (860) 571-8360



These programs are open to students at Emerson Williams.



## Neela Thakur - Principal

Regular School Day: 8:30A - 3:00P

Minimum School Day: 8:30A - 12:55P

## Student Drop Off: 8:10A

Emerson Williams PTO:

ewpto.com

## Did you know?

We have teamed with the YMCA to offer after care (until 6:00P) for an additional fee at Emerson Williams and Hanmer Schools.

For more information, please contact the Y at 860-521-5830.

#### UKULELE CLUB

Grade 3-6. All ability levels are welcome as you learn to play your favorite songs on the ukulele. Bring your own ukulele if you have one, otherwise one will be provided. Min/Max: 5/30.

Date	Day	Time	Fee	Code
9/20-10/25	F	3:15-4:45P	\$60	212340-01

#### COOKING

Grade 4-6. Interested in culinary arts and cooking? Demonstrations, nutrition education and hands-on classes in the preparation of healthy snacks. Hosted by Wethersfield Dining Service's chefs and dietitians. Min/Max: 6/12. No class 10/23.

Date	Day	Time	Fee	Code
10/9-10/3	30 W	3:15-4:15P	\$30	212066-01
	500000	N. P. & & & & P.	1 00,000 0	2 2



#### SPORTS AND GAMES

Skyhawks provides a wide variety of fun, safe and positive programs that emphasize critical lessons in sports and life, such as teamwork, respect and sportsmanship. Programs will give each child a positive introduction into sports while fostering a lifelong love for an active, healthy lifestyle. Students will take part in a variety of skill-building games and activities. Kids will play 2-4 different games/sports each week. Min/Max: 6/15. No class 10/22.

Date	Day	Time	Fee	Code
Grade K-	2			
9/17-10/29	) Tu	3:15-4:15P	\$60	212205-01
Grade 3-0	6			
11/11-12/16	М	3:15-4:15P	\$60	312205-02

## **ARTS & CRAFTS**

Grade 1-3. Join in on the fun of crafting. Express your artistic abilities using paper, string, colored pencils, crayons, clay, paint and other materials to learn how to make Pour Art, Friendship bracelets, Photo Collages, Tie-dye and many other fun crafts. With creativity comes a bit of a mess and clothing may get stained. A smock or large shirt is suggested. Min/Max: 6/10. No class 10/2.

Date	Day	Time	Fee	Code
9/18-10/16	W	3:15-4:15P	\$40	212023-01

## ABRAKADOODLE ART: PETS & PUPPIES

Grade 1-3. Little ones love their soft, furry, feathery, purr-fect pets. It is always a good time to learn more about pets through art. Get your pouncing paws ready to explore painting, collage, stamping, 3D art and more. Have a bow-wow of a time learning about pets that range from large barnyard and pasture animals to purring and barking friends and little critters kept in the home. Min/Max: 6/15.

Date	Day	Time	Fee	Code
11/4-12/9	М	3:15-4:15P	\$60	312011-01

### ART: ABRA - CLAY - DOODLE

Grade 4-6. Gather information, be inspired, and try ideas from famous artists and movements. Masterworks from ancient through modern art will boost your art-making confidence. Explore various projects using air dry clay, Crayola Model Magic, Modeling Clay, painting with clay, and more. Min/Max: 6/20. No class 11/27 & 12/4.

Date	Day	Time	Fee	Code
11/6-12/18	W	3:15-4:15P	\$50	312012-01



Register online: <u>https://rec.wethersfieldct.gov</u>

## Keane After School - Emerson Williams

#### THEATER KIDS

Grade 3-4. Led by a Hartford Stage teaching artist, students will work toward a performance of a short play based on folk stories and fables. As they act, sing and dance, they will learn the foundations of drama: building an ensemble, developing a character, practicing proper vocal and movement techniques, and strengthening concentration and focus skills. The program will end with an informal performance for parents and friends. Min/Max: 6/15.

Date	Day	Time	Fee	Code
11/12-12/7	Tu	3:15-4:45P	\$60	312400-01

#### **SPANISH FOR KIDS**

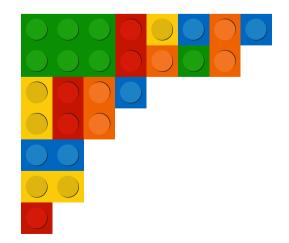
Grade 3-5. ¡Hola amigos! Learn Spanish in a fun, interactive and meaningful manner. Students will be exposed to culture and language while engaging in singing, speaking, games and crafts. In this once a week program, students will learn basic vocabulary to interact and communicate in Spanish. Please bring una merienda (snack) y agua (water). Min/Max: 6/14. No class 10/24.

Date	Day	Time	Fee	Code
9/19-10/3	1 Th	3:15-4:15P	\$60	212653-01

#### LEGO ADVENTURES IN STEM

Grade K-2. Let your imagination run wild with tens of thousands of LEGO® parts. Build engineer-designed projects and use special pieces to create your own unique designs. Projects are rotated seasonally to ensure that both new and returning students can explore the endless creative possibilities of the LEGO® building system. Min/Max: 10/16.

Date	Day	Time	Fee	Code
11/12-12/17	′Tu	3:15-4:15P	\$60	312548-01



#### TOY LAB

Grade 2-5. This series of programs puts students in the role of toy researchers and engineers at a company investigating the properties of different kinds of toys. They will unpack the science behind stretchy toys, electronic toys, toys that help you create art, and many more. They will work collaboratively to discover, understand, and appreciate that there is a lot of science and engineering behind the things that help us have fun. Min/Max: 10/25. No class 11/28.

Date	Day	Time	Fee	Code	
11/7-12/1	9 Th	3:15-4:15P	\$60	312246-01	



#### SENSE-SATIONAL SENSES

Grade K-1. In this series, students will play and explore our senses as we uncover some of the many ways our bodies and brains take in information about the world around us. Together we will navigate mazes, explore how animals sense of smell differs from ours, test our sense of balance and range of movement, explore moving shapes and shadows, improve our memory skills, and much more as we discover all the ways we experience the world around us. Min/Max: 10/25. No class 11/27 & 12/4.

Date	Day	Time	Fee	Code	
10/30-12/18	W	3:15-4:15P	\$60	312315-01	

#### **RUNNNG CLUB**

Grade 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 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	
9/10-10/18	Tu	3:15-4:15P	\$25	233041-01	

Emerson Williams Elementary School



These programs are open to students at Emerson Williams.



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.

Programs will vary seasonally at each school. In addition, there will be 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.



## Keane After School - Hanmer

## Hanmer Elementary School

50 Francis Street (860) 571-8370



These programs are open to students at Hanmer.



## Patrick Cone - Principal

Regular School Day: 8:55A - 3:25P

## Minimum School Day: 8:55A - 1:20P

**Student Drop Off:** 8:35A

## Hanmer PTO:

hanmerpto.weebly.com

## Did you know?

We have teamed with the YMCA to offer after care (until 6:00P) for an additional fee at Emerson Williams and Hanmer Schools.

For more information, please contact the Y at 860-521-5830.

## AFTERNOON ATHLETES

A great opportunity for students to increase their fitness level through participation in educational games. Focus on developing students' flexibility, muscular strength and aerobic endurance by participating in fun and exciting physical activities. Taught by teacher Jeremy McPhee. Min/Max: 12/24. No class 10/2, 10/14, 10/23, 11/27 & 12/4.

Date	Day	Time	Fee	Code		
Grade K-	2					
9/9-10/21	М	3:40-4:40P	\$60	208520-01		
11/4-12/ <mark>16</mark>	М	3:40-4:40P	\$60	308520-01		
Grade 3-6						
9/11-10/30	W	3:40-4:40P	\$60	208521-01		
10/30-12/1	18 W	3:40-4:40P	\$60	308521-01		

### CHESS CLUB

Grade 1-6. Learn to play the game of chess. This class is for players who want to learn new strategies and ways to win as well as other chess "secrets." Beginners and those who have never played are also welcome. Learn all the basic moves of the chess pieces, their values, piece interaction, and how to win (checkmate). Min/Max: 10/14. No class 10/2 & 10/23.

Date Day Time Fee

 Date
 Day
 Time
 Fee
 Code

 9/18-11/6
 W
 3:40-4:40P
 \$60
 213035-01



### THEATER KIDS

Grade 3-4. Led by a Hartford Stage teaching artist, students will work toward a performance of a short play based on folk stories and fables. As they act, sing and dance, they will learn the foundations of drama: building an ensemble, developing a character, practicing proper vocal and movement techniques, and strengthening concentration and focus skills. The program will end with an informal performance for parents and friends. Min/Max: 6/15. No class 10/22.

Date	Day	Time	Fee	Code
9/17-10/29	Tu	3:40-4:40P	\$60	213400-01

### CODING WITH MINECRAFT

Grade 2-5. Using the Minecraft Education edition, students will complete lesson plans and solve code using either Python or dragand-drop coding. Geared for new students and focusing on beginner concepts. Projects and concepts will repeat from previous lessons. Min/Max: 6/10. No class 11/28.

Date	Day	Time	Fee	Code
11/7-12/19	Th	3:40-4:40P	\$60	313071-01



### SPANISH FOR KIDS

Grade 3-5. ¡Hola amigos! Learn Spanish in a fun, interactive and meaningful manner. Students will be exposed to culture and language while engaging in singing, speaking, games and crafts. In this once a week program, students will learn basic vocabulary to interact and communicate in Spanish. Please bring una merienda (snack) y agua (water). Min/Max: 6/14. No class 10/14.

Date	Day	Time	Fee	Code
9/16-10/28	М	3:40-4:40P	\$60	213653-01

### COOKING

Grade 4-6. Interested in culinary arts and cooking? Demonstrations, nutrition education and hands-on classes in the preparation of healthy snacks. Hosted by Wethersfield Dining Service's chefs and dietitians. Min/Max: 6/8.

Date	Day	Time	Fee	Code
11/12-11/26	5 Tu	3:40-4:40P	\$30	313066-01



### LEGO ADVENTURES IN STEM

Grade K-2. Let your imagination run wild with tens of thousands of LEGO® parts. Build engineer-designed projects and use special pieces to create your own unique designs! Projects are rotated seasonally to ensure that both new and returning students can explore the endless creative possibilities of the LEGO® building system. Min/Max: 10/16.

Date	Day	Time	Fee	Code
11/12-12/17	' Tu	3:40-4:40	P \$60	313548-01

### **GREEN THUMB ADVENTURES**

Grade 3-6. Come join us as we dive into the world of plants. Each week, we will participate in games, plant trivia, and exciting activities. Get hands-on as we prepare seeds for germination and watch them grow into small plants. Let your creativity bloom as we create cool and crafty flower pots for our new plants. Plus, do not miss the fun of making your very own Chia Pets! Please dress appropriately for some messy fun with dirt during class. Min/Max: 6/10. No class 11/27 & 12/4.

Date	Day	Time	Fee	Code
11/13-12/18	W	3:40-4:40P	\$40	313208-01

### **MUSIC MIXING 101**

Grade 5-6. Get ready to spin and groove in our Fun DJ music mixing class. Designed for young music enthusiasts, this exciting program teaches the basics of DJing in a fun and interactive way. Kids will learn to mix tracks, create their own beats, and rock the dance floor like a pro. Laptops, DJ controllers, and headphones are provided. With hands-on activities and plenty of play, it's the perfect class for budding DJs to explore their creativity and love for music. No experience is necessary - just bring your energy and get ready to have a blast. Min/Max: 6/10.

Date	Day	Time	Fee	Code
11/11-12/16	М	3:40-4:40P	\$60	313165-01



## SENSE-SATIONAL SENSES

Grade K-1. In this series, students will play and explore our senses as we uncover some of the many ways our bodies and brains take in information about the world around us. Together we will navigate mazes, explore how animals sense of smell differs from ours, test our sense of balance and range of movement, explore moving shapes and shadows, improve our memory skills, and much more as we discover all the ways we experience the world around us. Min/Max: 10/25. No class 11/28.

 Date
 Day
 Time
 Fee
 Code

 11/7-12/19
 Th
 3:40-4:40P
 \$60
 313315-01



## ART: ABRA-CLAY-DOODLE

Grade 4-6. Gather information, be inspired, and try ideas from famous artists and movements. Masterworks from ancient through modern art will boost your artmaking confidence. Explore various projects using air dry clay, Crayola Model Magic, Modeling Clay, painting with clay, and more. Min/Max: 6/20. No class 10/24.

Date	Day	Time	Fee	Code
9/19-10/31	Th	3:40-4:40P	\$60	213012-01

#### **RUNNING CLUB**

Grade 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 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
9/13-10/ <mark>18</mark>	F	3:30-4:30P	\$25	233042-01

## Hanmer Elementary School

50 Francis Street



These programs are open to students at Hanmer.



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.

Programs will vary seasonally at each school. In addition, there will be 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.



Fall 2024

## Keane After School - Highcrest

Highcrest Elementary School 95 Highcrest Road

95 Highcrest Road (860) 571-8340



These programs are open to students at Highcrest.



Christine Mori - Principal

Regular School Day: 8:55A - 3:25P

## Minimum School Day:

8:55A - 1:20P

**Student Drop Off:** 8:35A

## **Highcrest PTO:**

highcrest-elementaryschoolpto.constantcontactsites.co m

## Did you know?

We have teamed with the YMCA to offer after care (until 6:00P) for an additional fee at Emerson Williams and Hanmer Schools.

For more information, please contact the Y at 860-521-5830. **EARLY MORNING BULLDOG FITNESS** Grade K-6. Each session before school will give your child an opportunity to develop their flexibility, strength and endurance. Students will participate in a variety of fun fitness activities to energize them for the day. Please drop your children off at the front building entrance. Min/Max: 12/35. No class 10/14.

Date	Day	Time	Fee	Code
9/9-10/21	М	8:00-8:35A	\$35	208545-01
11/4-12/9	М	8:00-8:35A	\$35	308545-01

## SUPER ATHLETES

A great opportunity for students to increase their fitness level through participation in educational games. Focus on developing students' flexibility, muscular strength and aerobic endurance by participating in fun and exciting physical activities. Taught by PE teacher Kevin Kobelski. Min/Max: 15/35. No class 10/14 & 11/28.

Date	Day	Time	Fee	Code		
Grade K-2	2					
9/9-10/21	М	3:30-4:30P	\$60	208540-01		
11/4-12/9	М	3:30-4:30P	\$60	308540-01		
Grade 3-6						
9/12-10/17	Th	3:30-4:30P	\$60	208541-01		
10/31-12/12	2 Th	3:30-4:30P	\$60	308541-01		

## FARM TO TABLE COOKING

Grade K-6. In this interactive 5-week program kids (and hopefully some parents) will go on a walking field trip to see real chickens at Mrs. Aglieco's house. They will use pumpkins to make pumpkin pancakes and kale to make smoothies. The kids will use a foley food mill to mash up and strain cooked apples into delicious applesauce, and last but not least the kids will shell sunflower seeds to add to their maple-flavored oatmeal. There will also be a fun craft (most likely be a fairy house) that will be worked on at the end of each class. Min/Max: 6/20. No class 10/14.

Date	Day	Time	Fee	Code
9/16-10/21	М	3:40-4:40P	\$50	214064-01



### **ABRAKADOODLE ART: PETS & PUPPIES**

Grade 1-3. Little ones love their soft, furry, feathery, purr-fect pets. It is always a good time to learn more about pets through art. Get your pouncing paws ready to explore painting, collage, stamping, 3D art and more. Have a bow-wow of a time learning about pets that range from large barnyard and pasture animals to purring and barking friends and little critters kept in the home. Min/Max: 6/15. No class 11/28.

Date	Day	Time	Fee	Code
11/7-12/19	Th	3:40-4:40P	\$60	314011-01

## THEATER KIDS

Grade 3-4. Led by a Hartford Stage teaching artist, students will work toward a performance of a short play based on folk stories and fables. As they act, sing and dance, they will learn the foundations of drama: building an ensemble, developing a character, practicing proper vocal and movement techniques, and strengthening concentration and focus skills. The program will end with an informal performance for parents and friends. Min/Max: 6/15. No class 10/22.

 Date
 Day
 Time
 Fee
 Code

 9/17-10/29
 Tu
 3:40-4:40P
 \$60
 211400-01

## **ARTS & CRAFTS**

Grade 1-3. Join in on the fun of crafting. Express your artistic abilities using paper, string, colored pencils, crayons, clay, paint and other materials to learn how to make Pour Art, Friendship bracelets, Photo Collages, Tie-dye and many other fun crafts. With creativity comes a bit of a mess and clothing may get stained. A smock or large shirt is suggested. Min/Max: 6/10.

Date	Day	Time	Fee	Code
11/4-12/9	М	3:40-4:40P	\$60	314023-01

## **RUNNING CLUB**

Grade 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 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
9/13-10/ <mark>18</mark>	F	3:30-4:30P	\$25 23	3043-01

#### **LEGO ADVENTURES IN STEM**

Grade K-2. Let your imagination run wild with Grade 3-5. ¡Hola amigos! Learn Spanish in a tens of thousands of LEGO® parts. Build engineer-designed projects and use special pieces to create your own unique designs. Projects are rotated seasonally to ensure that both new and returning students can explore the endless creative possibilities of the LEGO® building system. Min/Max: 10/16. No class 11/27 & 12/4.

Date	Day	Time	Fee	Code
10/30-12/18	W	3:40-4:40P	\$60	314548-01

#### **TOY LAB**

Grade 2-5. This series of programs puts students in the role of toy researchers and engineers at a company investigating the properties of different kinds of toys. They will unpack the science behind stretchy toys, electronic toys, toys that help you create art, and many more. They will work collaboratively to discover, understand, and appreciate that there is a lot of science and engineering behind the things that help us have fun. Min/Max: 10/25.

Date	Day	Time	Fee	Code
11/12-12/17	Tu	3:30-4:30P	\$60	314246-01

#### LEGO STEM EXPLORATIONS

Grade 3-5. Master your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO® parts. Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects. Projects are rotated seasonally to ensure that even returning students get a new experience, so join us to design and build as never before and explore your craziest ideas.

Min/Max: 10/16. No class 10/24.

Date	Day	Time	Fee	Code
9/19-10/3	1 Th	3:40-4:40P	\$60	214549-01

#### **MUSIC MIXING 101**

Grade 5-6. Get ready to spin and groove in our Fun DJ music mixing class. Designed for young music enthusiasts, this exciting program teaches the basics of DJing in a fun and interactive way. Kids will learn to mix tracks, create their own beats, and rock the dance floor like a pro. Laptops, DJ controllers, and headphones are provided. With hands-on activities and plenty of play, it's the perfect class for budding DJs to explore their creativity and love for music. No experience is necessary - just bring your energy and get ready to have a blast. Min/Max: 6/10.

Date Day Time Fee Code 11/4-12/9 M 3:40-4:40P \$60 314165-01

#### SPANISH FOR KIDS

fun, interactive and meaningful manner. Students will be exposed to culture and language while engaging in singing, speaking, games and crafts. In this once a week program, students will learn basic vocabulary to interact and communicate in Spanish. Please bring una merienda (snack) v agua (water). Min/Max: 6/14. No class 10/2 & 10/23.

	Fee	Code	Date	Day	7 Time	Fee	Code
)	\$60	314548-01	9/18-11/6	W	3:40-4:40P	\$60 21	4653-01

#### **MUSICAL SHREK JR.**

Grade 5-6. Beauty is in the eye of the ogre in Shrek The Musical JR., based on the Oscarwinning DreamWorks Animation film and fantastic Broadway musical. It's a "big bright beautiful world" as everyone's favorite ogre, Shrek, leads a cast of fairvtale misfits on an adventure to rescue a princess and find true acceptance. Part romance and part twisted fairy tale. Shrek JR. is an irreverently fun show with a powerful message for the whole family. Experience auditioning for a role, be coached through the rehearsal process, and work as an ensemble singing, dancing and acting to produce a play. All workshops, rehearsals, tech, and performances are mandatory. The musical will not conflict with festival chorus, band, or orchestra. Program meets Tuesday and Thursday 3:40 - 5:00P.

Audition/Rehearsals: 11/19, 11/21, 12/3, 12/5, 12/10, 12/12, 12/17, 12/19, 1/2, 1/7, 1/9, 1/14, 1/16, 1/21, 1/23, 1/28, 1/30, 2/4, 2/6, 2/11, 2/13, 2/20, 2/25, 2/27, 3/4 & 3/6.

Tech Week 3/10, 3/11, 3/12, 3/13 Time: 3:30 - 6:00P Performances: 3/14 at 7:00P, 3/15 at 2:00P Min/Max: 20/30.

Date	Day	Time	Fee	Code
11/19-3/15	Tu,Th	3:40-5:00P	\$150	314168-01

Please review the program requirements prior to registering as there is a large time and financial commitment. Your student must be available for all of the dates listed. Please note that the registration fee does not solely cover program costs. The Keane Foundation supplements after school programs in addition to providing financial



Highcrest **Elementary School** 

95 Highcrest Road



These programs are open to students at Highcrest.



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.

Programs will vary seasonally at each school. In addition, there will be 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.



Register online: https://rec.wethersfieldct.gov

## Keane After School - Webb

## Webb

**Elementary School** 

51 Willow Street (860) 571-8340



These programs are open to students at Webb



## Kenneth Craig - Principal

**Regular School Day:** 8:55A - 3:25P

Minimum School Day: 8:55A - 1:20P

**Student Drop Off:** 8:35A

### Webb PTO:

webbpto.com

### Did you know?

We have teamed with the YMCA to offer after care (until 6:00P) for an additional fee at Emerson Williams and Hanmer Schools.

For more information, please contact the Y at 860-521-5830.

#### EARLY MORNING GOLF

Grade 3-6. Explore various skills related to the Skyhawks provides a wide variety of fun, safe

Date	Day	Time	Fee	Code
9/17-10/	24 Tu,Th	8:00-8:30A	\$35	215182-01

#### MORNING YOGA

Grade K-4 Yoga is a physical activity that coordination. Relax and start the school day with Ms. McGee at Webb with Yoga. Min/Max: 5/15.

Date	Day	Time	Fee	Code	
10/16-11/20	W C	8:00-8:30A	\$35	215192-01	



#### **TENNIS**

Grade K-3. Students will learn the fundamentals of tennis. This class instills good stroke technique and assessment of space and direction. Low compression balls tennis in the spring. Min/Max: 6/8. No class 10/2.

Date D	Day	Time	Fee	Code
9/18-10/16	W	3:40-4:40P	\$40	215515-01

#### **RUNNING CLUB**

Grade 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 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
9/11-10/10	5 W	3:30-4:30P	\$25	233044-01

### SPORTS AND GAMES

sport of golf with Ms. McGee. Learn how to and positive programs that emphasize critical chip and putt with friends across all grade lessons in sports and life, such as teamwork, levels. At the end of the session, create and respect and sportsmanship. Programs will give complete their own golf course. Min/Max: 5/15. each child a positive introduction into sports while fostering a lifelong love for an active, healthy lifestyle. Students will take part in a variety of skill-building games and activities to give each athlete a complete understanding and overview of many different popular sports and games. Sports and games include capture focuses on mindful breathing practices and the flag, soccer, ultimate frisbee, basketball, poses to improve flexibility, balance, and kickball, baseball, 4 square, flag football, team handball and many more. Kids will play 2-4 different games/sports each week.

Min/Max: 6/15. No class 10/14. 11/27. 12/4.

Date	Day	Time	Fee	Code
Grade K-2				
9/16-10/28	М	3:40-4:40P	\$60	215205-01
Grade 3-6				
10/30-12/18	W	3:40-4:40P	\$60	215205-02

### COOKING

Grade 4-6. Interested in culinary arts and cooking? Demonstrations, nutrition education and hands-on classes in the preparation of healthy snacks. Hosted by Wethersfield Dining Service's chefs and dietitians. Min/Max: 6/12.

Date	Day	Time	Fee	Code
12/3-12/17	Tu	3:40-4:40P	\$30	315066-01

#### **SPANISH FOR KIDS**

Grade 3-5. ¡Hola amigos! Learn Spanish in a fun, interactive and meaningful manner. Students will be exposed to culture and language while and smaller (25") racquets will be used. This engaging in singing, speaking, games and class is open to students who DID NOT take crafts. In this once a week program, students will learn basic vocabulary to interact and communicate in Spanish. Please bring una merienda (snack) y agua (water). Min/Max: 6/14.

Date	Day	Time	Fee	Code
11/11-12/16	М	3:40-4:40P	\$60	315653-01



## LEGO ADVENTURES IN STEM

Grade K-2. Let your imagination run wild with tens of thousands of LEGO® parts. Build engineer-designed projects and use special pieces to create your own unique designs. Projects are rotated seasonally to ensure that both new and returning students can explore the endless creative possibilities of the LEGO® building system. Min/Max: 10/16. No class 11/28.

Date	Day	Time	Fee	Code
11/27-12/	19 Th	3:40-4:40P	\$60	315548-01

## LEGO STEM EXPLORATIONS

Grade 3-5. Master your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO® parts. Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects. Projects are rotated seasonally to ensure that even returning students get a new experience, so join us to design and build as never before and explore your craziest ideas. Min/Max: 10/16.

Date	Day	Time	Fee	Code
11/12-12/17	Tu	3:40-4:40P	\$60	315549-01

## **MUSIC MIXING 101**

Grade 5-6. Get ready to spin and groove in our Fun DJ music mixing class. Designed for young music enthusiasts, this exciting program teaches the basics of DJing in a fun and interactive way. Kids will learn to mix tracks, create their own beats, and rock the dance floor like a pro. Laptops, DJ controllers, and headphones are provided. With hands-on activities and plenty of play, it's the perfect class for budding DJs to explore their creativity and love for music. No experience is necessary - just bring your energy and get ready to have a blast. Min/Max: 6/10. No class 10/22.

Date	Day	Time	Fee	Code
9/17-10/	29 Tu	3:40-4:40P	\$60	215165-01

## ART: ABRA-CLAY DOODLE

Grade 4-6. Gather information, be inspired, and try ideas from famous artists and movements. Masterworks from ancient through modern art will boost your artmaking confidence. Explore various projects using air dry clay, Crayola Model Magic, Modeling Clay, painting with clay, and more. Min/Max: 6/20. No class 10/14.

Date	Day	Time	Fee	Code
9/16-10/2	8 M	3:40-4:40P	\$60	215012-01

## SENSE-SATIONAL SENSES

Grade K-1. In this series, students will play and explore our senses as we uncover some of the many ways our bodies and brains take in information about the world around us. Together we will navigate mazis, explore how animals sense businen differs from ours, test our sense of balance and range of movement, explore moving shapes and shadows, improve our memory skills, and much more as we discover all the ways we experience the world around us. Min/Max: 10/25.

Date	Day	Time	Fee	Code
<del>11/4-12/9</del>	-M	<del>3:40-4:40P</del>	<del>\$60</del>	<del>315315-01</del>

## THEATER KIDS

Grade 3-4. Led by a Hartford Stage teaching artist, students will work toward a performance of a short play based on folk stories and fables. As they act, sing and dance, they will learn the foundations of drama: building an ensemble, developing a character, practicing proper vocal and movement techniques, and strengthening concentration and focus skills. The program will end with an informal performance for parents and friends. Min/Max: 6/15.

No class 10/24.

Date	Day	Time	Fee	Code
9/19-10/3	1 Th	3:40-4:40P	\$60	215400-01

## NATURE KIDS

Grade 3-6. Embark on a journey to explore the breathtaking beauty of nature while making scientific observations in the environment. Learn about artists who love nature and learn about their techniques while unleashing your creativity to create a beautiful work of art of your very own using various materials such as paint, clay, colored pencils, and markers. Take a closer look at minerals, soil, and wildlife while discovering native plants and beneficial insects. Develop your skills to enrich the native plants and local wildlife and beautify your natural surroundings. Projects include printmaking techniques, sculpture, mixed media art, and more. Taught by Arcari Flora. Min/Max: 10/12. No class 11/28.

 Date
 Day
 Time
 Fee
 Code

 11/7-12/19
 Th
 3:40-4:40P
 \$60
 315300-01



# Webb

**Elementary School** 51 Willow Street



These programs are open to students at Webb.



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.

Programs will vary seasonally at each school. In addition, there will be 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.



## SDMS After School & Youth Services

## SDMS AFTER SCHOOL

### HOMEWORK CLUB

Grade 7-8. This service can be used 2:45-3:45P. 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
9/25-11/20	M,W,Th	2:45-3:45P	FREE

#### **SDMS INTRAMURALS**

Grade 7-8. Looking for something fun to do after school? Play a variety of sports with your friends. Min/Max: 20/30. No class 10/2 & 10/14.

Date	Day	Time	Fee	Code
9/23-11/11	М	2:45-3:45P	\$5	234460-01
9/25-11/13	W	2:45-3:45P	\$5	234460-02
9/26-11/7	Th	2:45-3:45P	\$5	234460-03

#### **BASIC BAKING**

Grade 7-8. Learn the basics of baking. SelectB recipes, prepare baked goods, taste finishedB products and compete in bakingB competitions. Make cupcakes, iced sugarB cookies, muffins, cinnamon rolls and more.B Min/Max: 11/16. No class 10/2.

Date	Day	Time	Fee	Code
9/25-11/13	W	2:45-4:30P	\$55	234020-02

#### **AFTER SCHOOL MEDIA CENTER**

Grade 7-8. This service can be used 2:45-3:45P. Monday will be Creative Writing Workshop in room 104 and Thursday will be Crafts and Games in the Media Center. Closed during school vacations, half days and snow days. \*Program does not follow a.s.A.p. schedule\*.

 Date
 Day
 Time
 Fee

 9/23-11/20
 M,Th
 2:45-3:45P
 FREE

### 9/11 CENTER OPEN GYM

Grade K-8. This program offers supervised open gym time for pick-up basketball and other activities.

Schedule:

- 10:30A-12:00P: Grades K-3 (parents welcome);
- 12:30-2:00P: Orades 4-6;
- 2:00-3:30P: Middle School students

Registration is required. Min/Max: 20/40. No class 10/7, 11/25, 12/23, 12/30, 10/12. Pitkin Community Center.

 Date
 Day
 Time
 Res/NonRes
 Code

 9/14-11/23
 Sa 10:30A-3:30P
 \$60/\$70
 205140-01

## **YOUTH SERVICES**

#### SAFESITTER BABYSITTER TRAINING

Age 11-14. Safe Sitter® is a program for 11-14 year olds where you learn life-saving skills so you can be safe if you are home alone or watching younger children. Play fun games and practice role-playing exercises. Use mannequins to practice choking rescues. Parents will feel better knowing you are prepared to handle whatever situation comes up, and you will be ready to be in charge. Min/Max: 6/10. EBW Nature Center.

 Date
 Day
 Time
 Fee
 Code

 10/5
 Sa
 8:30A-2:30P
 \$100
 234305-01

 11/16
 Sa
 8:30A-2:30P
 \$100
 334305-01



#### **FRIDAY NIGHT HANGOUTS**

Grade 6-8. A great opportunity for 6-8th graders to hang out with friends and meet new ones. Play basketball, dodgeball, kickball, board games and more. Program meets 9/27, 10/11, 10/25 & 11/8. Min/Max: 10/50. Pitkin Community Center

 Date
 Day
 Time
 Fee

 9/27-11/8
 F
 7:00-9:00P
 \$20

Gym.

## 9/11 MEMORIAL SPORTS CENTER

30 Greenfield Street. Located in the Pltkin Community Center. Facility 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 ruins of the WOrld Trade Center. The gym is available for rental through the Pltkin Community Center.



Silas Deane Middle School 551 Silas Deane Highway

SDMS a.s.A.p.

After School Achievement Programs (a.s.A.p.), Sponsored by Wethersfield Social and Youth Services, in collaboration with Silas Deane Middle School, Wethersfield Parks and Recreation Department and We H.O.P.E./Wethersfield Youth Advisory Board, 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 students with after school leisure time activity exploration and development within the framework of a primary prevention model.

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 Wethersfield 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 860-721-2781.

For Registration Policies see page 2 of this brochure for details about online registration. All SDMS students may register on August 29.. If registering in person, or by mail, please include the "Youth Services a.s.A.p. Supplemental Registration Form" with your payment and the Parks & Recreation Registration Form.

## Youth Sports

### **GYMNASTICS**

\*Gymnastics Registration will close at 4 :00P the Thursday before each session. Aerial Gymnastics is located at 136 Day Street, Newington

#### **GYMNASTICS PARENT & CHILD**

Age 1 1/2 - 2. An instructor-led class for early development in gymnastics movement. Min/Max: 4/16. Aerial Gymnastics.

DateDayTimeRes/NonResCode9/7-9/28Sa9:00-9:45A\$75/\$85208220-0110/5-10/26Sa9:00-9:45A\$75/\$85208220-0211/2-11/23Sa9:00-9:45A\$75/\$85308220-0112/7-12/21Sa9:00-9:45A\$56/\$66308220-02

#### **GYMNASTICS 3 YEARS OLD**

Age 3. This is an instructor-led class for the independent 3 year old that expands on early development movement to basic strength and skill development. Min/Max: 4/16. Aerial Gymnastics.

 Date
 Day
 Time
 Res/NonRes
 Code

 9/7-9/28
 Sa
 10:00-10:45A
 \$75/\$85
 208221-01

 10/5-10/26
 Sa
 10:00-10:45A
 \$75/\$85
 208221-02

 11/2-11/23
 Sa
 10:00-10:45A
 \$75/\$85
 308221-02

 12/7-12/21
 Sa
 10:00-10:45A
 \$56/\$66
 308221-02

#### **GYMNASTICS 4 & 5 YEARS OLD**

Age 4-5. This is an instructor-led class for the sporty 4 and 5 year old (not in kindergarten), that further builds on strength and flexibility to enhance basic skill development. Min/Max: 4/16. Aerial Gymnastics.

Date	Day	Time	Res/NonR	es Code
9/7-9/28	Sa	11:00-11:45A	\$75/\$85	208222-01
10/5-10/2	6 Sa	11:00-11:45A	\$75/\$85	208222-02
11/2-11/23	Sa	11:00-11:45A	\$75/\$85	308222-01
12/7-12/2	l Sa	11:00-11:45A	\$56/\$66	308222-02

#### **GYMNASTICS GRADE K-2**

Grade K-2. For the gymnastics loving early elementary students who desire to hone skills, build strength and gain flexibility. This class is excellent for all future athletes as it focuses on core strength throughout all of the fun apparatus set-ups. Min/Max: 4/16. Aerial Gymnastics.

Date	Day	Time	Res/NonR	es Code
9/7-9/2	8 Sa	12:00-12:45P	\$75/\$85	208223-01
10/5-10	/26 Sa	a 12:00-12:45P	\$75/\$85	208223-02
11/2-11/2	23 Sa	12:00-12:45P	\$75/\$85	308223-01
12/7-12/	/21 Sa	12:00-12:45P	\$56/\$66	308223-02

**GYMNASTICS INTERMEDIATE** 

Age 6-16. For gymnasts who want to take their gymnastics skills to the next level. This class is designed to meet each gymnast at their current skill level and use drills and technique correction to improve abilities. Min/Max: 4/16. Aerial Gymnastics.

Date	Day	Time R	es/NonRe	es Code
9/7-9/28	Sa	12:00-1:00P	\$85/\$95	208225-01
10/5-10/26	5 Sa	12:00-1:00P	\$85/\$95	208225-02
11/2-11/23	Sa	12:00-1:00P	\$85/\$95	308225-01
12/7-12/21	Sa	12:00-1:00P	\$64/\$74	308225-02

#### KARATE

Learn the ancient art of Okinawa ti through the style of karate known as Okinawan Shorin-Ryu instructed by Sensei Lou Roberts. This form of karate will advance you from White Belt to Black Belt over the course of time and hard work. Participants will learn kata (a series of techniques combined in sequence), kumite (one step sparring), control, confidence, self-defense and above all respect for others as well as yourself. Min/Max: 10/20. Silas Deane Middle School. No class 10/14.

Date	Day	Time	Res/NonRes	Code
Age 18-	125			

9/16-12/4 M,W 6:30-8:00P \$155/\$175 208240-03 Age 7-17

9/16-12/4 M,W 6:30-8:00P \$155/\$175 208240-01

#### FIRST TEE YOUTH GOLF

This program is administered by First Tee CT. Curriculum includes life skills taught through the game of golf. Lessons are led by a PGA instructor. Equipment is provided if needed. Min/Max: 2/4. Goodwin Golf Course.

Min/Max. 2/4. OOOdwin Oon Course.

Date	Day	Time	Res/NonRe	es Code
Age 7-9				
9/5-10/17	Th	5:10-6:10P	\$80/\$95	208249-02
Age 7-11				
9/8-10/20	Su	2:00-3:20P	\$80/\$95	208249-04
Age 10-17	,			
9/5-10/17	Th	4:00-5:00P	\$80/\$95	208249-01
Age 12-17				
9/8-10/20	Su	12:30-1:50P	\$80/\$95	208249-03

#### **REC SOCCER**

Grade 3-8. This program will focus on developing a basic knowledge of the game of soccer and enhancing soccer skills through drill work and games. Session will meet twice a week. All participants should have shin guards, cleats, and a soccer ball. Program meets 5:30-7:00P on Wednesdays and 10:00A-12:00P on Saturdays. Min/Max: 12/75. Wethersfield High School.

Date	Day	Time	Fee	Code
9/18-10/26	W,Sa	See above	\$40	208310-01

### WETHERSFIELD INDEPENDENT YOUTH SPORTS LEAGUES

Please visit league websites to register / for more information.



FOOTBALL & CHEER Flag Football grade K-8. Tackle Football grade 2-8. Cheerleading grade 3-8. wethersfieldyouthfootball.org



GDR SOCCER CLUB

Rec soccer for ages 3-8. Travel soccer for ages 8 - 15. wethersfieldsoccer.com



LITTLE LEAGUE

Baseball and softball for age 6 - 15. Tee ball for boys and girls age 4-5. wethersfieldlittleleague.org



Rec league for grade 3-8. Travel for grade 4-8. Instructional program for grade K-2. wethersfieldbasketballassociat ion.leagueapps.com/



League for girls grade 5-8. Clinics for grade 1-4. wethersfieldfieldhockey.com



LACROSSE Lacrosse for boys and girls grade K-8. wethersfieldyouthlacrosse.org.

Register online: <u>https://rec.wethersfieldct.gov</u>

## SOCIAL AND YOUTH SERVICES PROGRAMS

### WEEKEND YOUTH MEAL PROGRAM

Students that receive free or reduced school lunch are eligible for the Weekend Meals Program. A guardian, or appointed designee, can pick up a bag of food for the weekend at Social & Youth Services that contains breakfast, lunch, and dinner for children living in the household. If your child(ren) is not getting free or reduced lunch, but you are experiencing financial difficulties, you may also sign up to participate in the program.

### **ENERGY ASSISTANCE PROGRAM**

Applications are being accepted for the Community Renewal Team (CRT) Energy Assistance Program. This program provides financial assistance for heating expenses during the 2024/2025 heating season. Wethersfield residents only can make appointments with Social and Youth Services. To be eligible, a household's gross income must fall within established guidelines based on family size and annual income.

### THANKSGIVING AND HOLIDAY GIFT DRIVE

Applications are being accepted for the annual Thanksgiving and Holiday Gift Programs. Applications can be obtained by contacting the office.

#### **DIAL-A -RIDE**

Provided through a contract with Ambassador Transportation , this program is available to those 60 and older and those with disabilities under 60 who need transportation within the greater Wethersfield area. Priority is given for medical appointments. Any senior is eligible regardless of financial status, and there is a yearly registration cost of \$78. Dial-A-Ride ID cards are sent to all registered riders.

For more information regarding Social and Youth Services programs, either contact them at (860) 721-2880, visit wethersfieldct.gov/social or scan here.





## **SPORTS FOR ADULTS**

#### SUNDAY BASKETBALL LEAGUE

Age 25+. Take your basketball game up a notch. Team play scheduled weekly. To ensure fair play, teams will be made with a live draft the week before the program begins. Captains will be chosen based on seniority. After 9/2, registration fees will increase to \$110 for residents and \$120 for non-residents. Registration closes 9/6. League draft 9/8. Min/Max: 24/64. Wethersfield High School. No class 10/13.

Date	Day	Time	Res/NonRes	Code
9/15-11/17	Su	8:00A-1:00P	\$100/\$110	208035-01

#### EARLY MORNING BASKETBALL

Age 18+. Early morning, organized pickup games for registered adults before work or school. Min/Max: 10/15. Pitkin Community Center. No class 12/25 & 1/1.

Date	Day	Time	Res/NonRes	Code
9/18-11/6	W	6:00-7:00A	\$28/\$35	208030-01
11/13-1/15	W	6:00-7:00A	\$28/\$35	308030-01



### SENIOR PICKLEBALL CLINIC

Age 55+. Find out what all the excitement is about in the fastest growing sport in the USA: Pickleball. Pickleball is a paddleball sport that combines elements of badminton, table tennis, and tennis. Join Certified Pickleball Instructor, Ahmad Elliot, as he teaches you to dink, serve, return and score. All equipment provided. Min/Max: 4/8. Pitkin Community Center.

Date	Day	Time	Fee	Code
9/4	W	5:00-7:00P	\$15	208352-01
9/5	Th	6 00-8:00P	\$15	208352-02
11/4	М	5:00-7:00P	\$15	308352-02

#### SENIOR PICKLEBALL

Age 55+. Register for our indoor Pickleball play. Monday is beginner and Wednesday is Intermediate. Net will be provided. Bring your own racquet; some available upon request. Open to all skill levels. Learn by playing and observing. Min/Max: 6/18. Pitkin Community Center. No class 10/14, 12/25, 1/1.

Date	Day	Time	Fee	Code
9/9-11/4	М	8:30-10:30A	\$16	208351-01
9/11-10/30	W C	8:30-10:30A	\$16	208351-02
11/11-12/30	М	8:30-10:30A	\$16	308351-01
11/6-1/8	W	8:30-10:30A	\$16	308351-02

### PICKLEBALL CLUB

Age 18+. The game is easy to pick up, fun to play, very social, and a great way to get exprise. Join and play Thursday evenings on a first come basis. Continuous rotation after each match. Min/Max: 8/14. Pitkin Community Center. No class 12/26 & 1/2.

Date	Day	Time	Res/NonRes	Code
<del>10/3-11/21</del>	Th	<del>8:00-9:30P</del>	<del>\$45/\$55</del>	<del>208355-01</del>
<del>12/5-2/6</del>	Th	<del>7:15-9:15P</del>	<del>\$60/\$70</del>	<del>308355-01</del>

Register online: https://rec.wethersfieldct.gov

Fall 2024

## Fitness Programs

## FITNESS

#### YOGA WITH RIKKI

Age 18+. Learn the basics, increase strength, vitality and flexibility. Reduce stress and relax while toning your body and mind. Basic and intermediate levels based on participant's needs. Min/Max: 8/15. No class 11/28, 11/29. 12/5. 12/26, 12/27, 1/9. Classes at Pitkin Community Center cancelled.

Date	Day	Time	Res/NonRes	Code
Pitkin Com	munit	y Center		
<del>9/12-10/31</del>	Th	<del>11:00-11:45A</del>	<del>\$50/\$60</del>	<del>205093-01</del>
<del>11/14-1/16</del>	Th	<del>11:00-11:45A</del>	<del>\$50/\$60</del>	<del>305093-01</del>
Remote				
9/20-11/8	F	9:15-10:15A	\$50/\$60	205093-19
11/15-1/17	F	9:15-10:15A	\$50/\$60	305093-19

### **GOLD WITH SHERYL**

Age 40+. An innovative, fun and exciting program designed for the active older adult, the true beginner, people who are not used to exercising, or who may be limited physically. Dance to fantastic music and easy to follow steps. Min/Max: 14/30. Pitkin Community Center. No class 9/17, 9/19, 11/28, 12/24, 12/26, 12/31.

Date	Day	Time	Res/NonRes	Code
9/10-11/7	Tu,Th	8:30-9:15A	\$64/\$74	205007-01
11/12-1/16	Tu,Th	8:30-9:15A	\$64/\$74	305007-01

## **GENTLE YOGA WITH KANDY**

Age 16+. Class is designed for all levels of students but especially beginners, who are seeking a slower paced class and want a relaxing experience that includes gentle yoga postures, meditation and breathwork. Gentle yoga promotes increased flexibility, muscle and joint wellness and tension relief through holistic movement and breathing techniques that focus on whole body wellness. Students will be guided through a flow of gentle stretches and yoga poses for a meditative experience that has a calming effect on the mind and nervous system. Attention will also be placed on good alignment for safe movement and some balance postures to promote joint and muscle strength and conditioning. Wear comfortable clothing, bring a yoga mat, water bottle, and a yoga blanket or big towel for seated and restorative poses. All other props are provided. Min/Max: 10/18. Pitkin Community Center.

No class 10/9. 11/27, 12/25 & 1/1.

Date	Day	Time	Res/NonRes	Code
9/18-11/13	W	5:00-6:00P	\$50/\$60	205096-01
11/20-1/15	W	5:00-6:00P	\$50/\$60	305096-01

#### **CARDIO STRENGTH**

Age 16+. This fun class provides a complete Age 16+. Age 16+. This fun and functional Age 16+. Exercises focus on the core workout that will help tone and reshape class provides a complete workout that muscles which include the abs, back, your body. Target the arms, legs, abs and will help tone and reshape your body. Use glutes. In addition to using weights to help light weights, bands and your own body build strength, this class incorporates light weight to improve strength, flexibility, loosen limbs. Pilates strives to make you cardio to improve cardiovascular health. balance and stamina to sculpt and tone. strong and long while improving The strength and cardio combo is a great Yoga mat, water and light weights balance, coordination and posture. Every way to improve overall fitness and build recommended. All levels with some bone density. Yoga mat, water and weights modifications. Min/Max: 1/25. Remote. recommended. (1-3 lb and 5-8 lb or larger if No class 10/31 & 11/28. desired). Min/Max: 1/30. Remote.

Date Day Time Fee Code 9/11-12/11 W 8:30-9:15A \$108 205027-19

Fall 2024

Date Day Time 9/12-12/5 Th 6:00-6:45P \$98 205055-20

CORE STRENGTH

Fee Code Day Date

Time Fee Code 9/10-12/3 Tu 6:00-6:45P \$114 205050-19

FITNESS ROOM PASS

Age 16+. Fitness equipment includes treadmills, stationaryB bikes, ellipticals, dumbbells, medicine balls and floor mats.B Disinfectant supplies will be available to wipe down yourB equipment. Open: PLEASE NOTE CHANGES IN HOURS M & W

- M.W 8:00-10:00A, 11:00A-2:30P and 5:00 - 9:00P
- Tu,Th 8:00-11:00A, 12:30 - 2:30P and 6:30 - 9:00P
- F 8:00-10:00A and 11:00A-5:00P

Min/Max: 1/50. Pitkin Community Center, Closed 9/26 for the evening and all day 10/14.

Date	Day	Time	Res/NonRes	Code
<del>9/3-11/8</del>	M-F	<del>see above</del>	<del>\$20/\$25</del>	<del>205030-01</del>
11/11-1/17	M-F	see above	\$20/\$25	305030-01
ZUMBA				

#### **ZUMBA WITH NANCY**

Age 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.

Min/Max: 10/30. Pitkin Community Center. No class 11/28, 12/24, 12/25, 12/26, 12/30, 12/31, 1/1,

	, ,			
Date	Day	Time	Res/NonRes	Code
9/17-11/7	Tu,Th	9:30-10:15A	\$64/\$74	205006-01
9/16-11/6	M,W	6:00-6:45P	\$64/\$74	205006-02
11/12-1/16	Tu,Th	9:30-10:15A	\$64/\$74	305006-01
11/11-1/13	M,W	6:00-6:45P	\$64/\$74	305006-02

#### YOGA FOR THE NEW OR HESITANT YOGI

Age 16+. No need to feel intimidated. This beginner-friendlyB class make yoga accessible to all, regardless of age orB flexibility. Postures are simple and thuishing with propsB available for ease. Modificitions are suggested toB accommodate individual needs. Bring your own yoga matB and a playful spirit. Frank is a Yoga Alliance Certified Teacher.B Min/Max: 10/25. Pitkin Community Center. No class 10/14, 12/30.

Date	Day	Time	Res/NonRes	Code
<del>9/16-11/11</del>	M	<del>5:00-6:00P</del>	<del>\$70/\$80</del>	<del>205095-01</del>
<del>11/18-1/13</del>	M	<del>5:00-6:00P</del>	<del>\$70/\$80</del>	<del>305095-01</del>
$\wedge \land \wedge$				



#### PILATES

glutes and shoulders. Work to create balance and strength in your trunk and part of the body gets a workout; discover muscles you never knew you had. Yoga mat and water recommended. Min/Max: 8/16. Remote.

## **ACTIVITIES & CLUBS**



Weekly Bingo is held in the Banquet Room. Fee includes admission and two bingo cards. **Please arrive by 12:10P** to purchase cards. See monthly newsletter for special Bingo programs and luncheons. No bingo 12/25.

Day	Time	Fee	
W	12:15 - 2:30P	\$2	



Everyone is welcome including singles and partners, beginners and experienced players. **Please arrive no later than 12:00P**. Held weekly in the Banquet Room. No setback 11/29.

SETBACK

Day	Time	Fee
F	12:15 - 3:00P	\$2 SC Member
		\$3 Non-Member

#### **WII BOWLING**

Join our group for a little competition and a lot of fun. Beginners welcome. New players contact the WSC for more information.

Day	Time	Fee
Tu	1:00P	FREE

#### MAH JONGG

Enjoy this fascinating rummy-like game. New players are always welcome. Instruction available for beginners.

Day	Time	Fee
Tu,Th	9:30A-1:00P	FREE



#### **BOOKS & BANTER**

A reader's choice book club. Meets 1st Monday of each month (except September). Contact the WSC for more information.

Day	Dates	Time	Fee
М	9/9, 10/7, 11/4, 12/2	12:30P	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 charity.

Day	Time	Fee
3rd M/month	10:00-11:30A	FREE

#### **ENTERTAINMENT EVENTS**

Live, fabulous musical entertainment held monthly. Door prizes included in admission. Mondays at 1:00P. Dates, performers, menu and admission price will be listed in our monthly newsletters and on our website.

#### Date Event/Performer

- 9/16 Sock Hop with JukeBox 45
- 10/28 Halloween Party with Ashly Cruz
- 11/18 Fall Harvest Party
- 12/16 Holiday Party; featuring Tomaca

#### WEEKLY MOVIES

Join us for weekly movies: new releases, action, comedy, dramas and classics. Movie schedule and titles are announced online and at the Center. Movies may be delayed or cancelled when special events conflict with the schedule.

Day	Time	Fee
M, W,Th	1:00P	FREE

#### AARP SMART DRIVING COURSE

Refresh your driving skills and qualify for at least a 5% reduction in your car insurance premiums. **REGISTRATION REQUIRED**.

Date	Day	Time	Fee	
10/17, 12/19	Th	9:00A-1:00P	\$20 AARP Mbr	l
			\$25 Non-AARP	l

#### **BUS TRIPS**

Seats are reserved upon payment; first come first served. Trips are non-refundable, however, we will make every effort to find a replacement if you need to cancel. Trips fill quickly. Contact the Senior Center for more information and to reserve your spot today.

42ND STREET, THEATRE BY THE SEA Kingston, Rhode Island Thursday, September 12 Cost: \$172 for member Depart: 8:15A Return: 7:00P

WINNIPESAUKEE RAILROAD TURKEY TRAIN New Hampshire Monday, October 7 Cost: \$164 for member Depart: 8:30A Return: 7:30P

NEW YORK BOTANICAL GARDEN HOLIDAY TRAIN SHOW/ARTHUR AVENUE Thursday, December 5 Cost: \$162 for member Depart: 8:00A Return: 6:00P



## SENIOR CENTER

Pitkin Community Center 30 Greenfield Street Amy Miller Dignoti, Senior Center Coordinator Phone: 860-721-2770

Email: senior.center@wethersfieldct. gov

Please call or email the Senior Center to register for events and programs or to schedule appointments. Senior Center news and updates can be found in our monthly newsletter, on our website, and in the Rare Reminder at the end of each month.

### **ANNUAL MEMBERSHIPS**

A Senior Center membership is required to participate in all ongoing classes and programs and qualifies participants for discounted admission to monthly programs. The Center depends on membership dues and class fees for its continued operation. Renewals and new memberships can be completed online, in person at the Senior Center or by mailing a completed membership form.

### \$5 FOR WETHERSFIELD RESIDENTS

#### **\$7 FOR NON-RESIDENTS**

Age 90+ FREE

## WETHERSFIELD ELDERLY SERVICES:

Daniel Rosario, social worker and Elderly Services Coordinator can assist with federal, state and local assistance programs and housing resources.

The department is available to provide assistance and services if you are experiencing financial difficulties or need access to food, basic needs, or transportation. Call for information on Energy Assistance, SNAP vouchers, Dial-a-Ride and CHOICES.



## SENIOR CITIZEN ADVISORY COMMITTEE

The Wethersfield Senior Citizen Advisory Committee (SCAC) meets monthly, on the third Thursday at 3:00P at the Senior Center. Representatives from the Town of Wethersfield and Town Council meet to discuss topics of interest to Wethersfield residents over the age of 55. For more information, or to join us at our next meeting, please contact the Senior Center.

Day	Time
3rd Th/month	3:00P

## SPECIAL EVENTS

## MEN'S BEREAVEMENT SUPPORT GROUP

Learn & Support One Another on the Journey Through Grief. Have you experienced the death of someone dear to you in the past two years? You are not alone. As part of this group, you will learn about grief, what to expect and how to move forward after a loss.

Co-Sponsor Masonicare Hospice & Palliative Care. Register no later than September 10 by calling: Masonicare Bereavement Events at 860-500-4002.

Date	Day	Time	Fee
9/12, 9/19, 9/26	Th	10:00A-11:30A	FREE
10/3, 10/10, 10/17			

#### HARTFORD HOSPITAL'S DIGITAL MOBILE MAMMOGRAPHY VAN

Hartford Hospital's digital mobile mammography van will be at the Pitkin Community Center to provide screening mammograms for women 40 years and older who have not had a mammogram in at least one year and not currently experiencing breast problems. Most insurance plans will be accepted. If you do not have insurance, other resources may be used to cover the cost of your mammogram. Limited appointments are available. **By appointment only**: Call or email the Senior Center to schedule.

Date	Day	Time
11/6	W	8:30A-1:30P

## SAVE THE DATE: FLU CLINICS

October 8	Drive-thru clinic	2:00-6:00P
October 10	Walk-in clinic 10	:00A-2:00P

For more information visit www.ccthd.org

In the event of inclement weather, the drivethru clinic on October 8 will be moved indoors.

#### DRIVE THRU SHREDDING EVENT & DROP-OFF FOOD DRIVE

Pitkin Community Center; 30 Greenfield Street Drive right up and volunteers will remove your shredding and food donation from your trunk or back seat for you. Food and monetary donations are voluntary.

Date	Day	Time	Fee
10/5	Sa	9:30A-12:30P	FREE

## Shredding

 For Wethersfield residents and Wethersfield Senior Center members only.

- · Limit 4 boxes per household.
- Paper products only, no 3-ring binders.

## Wethersfield Food Bank Holiday Food Drive

Accepting food and monetary donations.

- $\cdot$  No perishable or expired food items.
- Please visit wethersfieldct.gov/social for list of food items needed.

## SERVICES

## CRT LUNCH PROGRAM/SENIOR CAFE

Monday through Friday at the Pitkin Community Center. Suggested donation: \$3 for ages 60+ and companion; under age 60 fee is \$10. **Reservation required**. **Please call 860-721-2773** by noon the day (weekday) before the day you plan on dining with us. **Please arrive by 12:00P for lunch.** 

### LEGAL RESOURCE

Atty. Joan Wilson, of Wilson, Pinder & Snow LLC, offers free consultations on legal matters to Senior Center members regarding estate planning, elder law and probate issues. Atty. Wilson determines your legal needs and provides an estimate of costs for her services or a referral for advice from attorneys with other specialties. **Appointment required. Date Time Fee** 

3rd Tu/month 10:30A – 12:30P FREE for WSC MEMBERS

## FOOT CARE

Includes cleaning, filing, trimming, reducing corns and calluses by licensed RN. Seniors only. No diabetics. **Appointment required. Day Time Fee** 

1st/3rd W/month 9:00A – 2:00P \$30

## AUDITORY CONSULTATIONS

Includes hearing screening, wax checks and free hearing aid battery replacement. **Appointment required.** First Thursday, every other month.

Date	Time	Fee
10/3, 12/5	9:00A-12:00P	FREE

### MONTHLY MASSAGE

Licensed massage therapists offer chair and full table massages at discounted rates for Senior Center members. Call for pricing and schedule. **Appointment required.** 

Fee: 60 minute \$55 30 minute \$28 15 minute \$15
Day: Select Mondays, Wednesdays & Fridays
Time: 9:30A - 2:00P

### **DISCOUNTED HAIRCUTS**

Discounted haircuts are provided by students of the International Institute of Cosmetology under the supervision of professional stylists. Haircuts can only be scheduled through the Senior Center. Limited openings. All services are completed at the school, 632 Silas Deane Highway. You must be a Wethersfield senior resident for this discount. Call the Senior Center for schedule and to book an appointment.

Dates	Time	Fee
Varies	By appointment	\$4

## **LECTURES & PRESENTATIONS**

#### TECH TALK WITH JACK: A.I. Artificial Intelligence- What is it and how can it help us?

Jack Drisoll will provide some background on Al and hopes to take the mystery out of the many acronyms that have become associated with this technology. The session will also provide a quick demo of the ChatGPT app, which can be described as an Al chatbot that simulates human-like conversation.

#### Date Day Time Fee

9/12 Th 12:30P FREE FOR WSC MEMBERS

#### TECH TALK WITH JACK: HOME TECHNOLOGY

Jack Drisoll will discuss technology that can help us in our homes and everyday life.

Date Day Time Fee

11/7 Th 12:30P FREE for WSC Members

#### iPad 101 – USING THE STANDARD PRELOADED APPS

This 2-part workshop will provide an overview of many Apps that are automatically installed on every iPad. These preinstalled Apps include Safari, Contacts, Weather, Email, Clock. Learn about what these apps do and how to use them: how to browse the web using Safari; create and manage your list of contacts; set up multiple email accounts, send emails without typing, learn how to email photos, and so much more.

Date Day Time Fee

10/17,10/31 Th 1:00P FREE for WSC Members

### MAKE YOUR OWN PHOTO BOOK WORKSHOP

During this 7-session class, we will teach you. step by step, how to create a beautiful, professionally bound photobook. You will learn everything from how to upload the pictures on your phone, tablet or laptop to using the website and ordering your own one-of-a- kind photobook. We will guide you in finding the best apps to use and how to edit, crop, organize and design your book, as well as providing instruction on how to order and pay for each photobook. Our last two classes will be devoted to working on your individual creations. You will also be able to take the skills you learn from this workshop and make many other unique gifts from your photos such as calendars, mugs, wall art and other personalized items. Class Limit 6.

Date	Day	Time	Fee	Code
9/10-10/22	Tu	10:00-11:30A	\$25	237860-01

- Sept 10 Intro to iPad & iPhone Home Screen & Controls
- Sept 17- Organize Your Photos
- Sept 24 Edit Your Photos
- Oct 1 Sharing Photos on Your iPad and iPhone
- Oct 8 Introduction to Creating a Photobook with Your Apple Devices
- Oct 15 Work with Photobook
- Oct 22 Work on Your Photobook

## INTERESTED IN HELPING OUT?

Volunteers are always welcome at the Senior Center! We have opportunities that range from assisting with special events and projects, mailings and notification to members, making phone calls, or regular weekly projects. Perhaps you have a special talent or knowledge base vou would like to share! To further discuss volunteer opportunities at the Senior Center, please call 860-721-2770 or email the Senior Center Coordinator at senior.center@ wethersfieldct.gov.



## WETHERSFIELD TECH HELP FOR SENIORS

TECH HELP FOR SENIORS offers individual and small group instruction to help meet all your technology needs. Schedule one-to-one assistance with iPads, iPhones, Windows 10 computers, and Android tablets and smartphones. Individual assistance is by appointment only. Classes are offered in person and via Zoom throughout the year. Individual assistance is by appointment only.

Wethersfield Tech Help for Seniors and The Wethersfield Senior Center will be hosting various Lunch & Learn discussions and classes throughout the fall session. Learn about new technology, what you can do on your iPhone and iPad, and workshops for beginners to practice their new skills. Dates and details will be posted in the fall both online and in monthly newsletters.

**ASK JACK: Thursdays 10:00A - 12:00P.** Jack Driscoll will be available to answer your questions regarding your smart devices: smartphones, tablets, Apple devices, etc.

For more information, to register for classes, or inquire about one on one assistance, please call the Senior Center or email: techhelpforseniorswethersfield@gmail.com



Fall 2024

#### THE ARTIST'S JOURNEY

Age 55+. Join this free-flowing class, where our talented instructor and local artist is available to provide individual guidance for your burgeoning self-expression. Beginners and experienced painters welcome. Students are free to use any medium they prefer. Water-based paint (acrylics and water colors) brushes and canvas boards provided. Min/Max: 7/15. Pitkin Community Center. No class 11/28.

 Date
 Day
 Time
 Fee
 Code

 9/12-10/31
 Th
 10:00-11:30A
 \$60
 236005-02

 11/7-12/26
 Th
 10:00-11:30A
 \$53
 336005-02



#### PAINT PARTY

Age 55+. Enjoy a guided paint class, similar to Paint Nights hosted at local restaurants or studios, at a fraction of the cost. Our talented instructor, Joann, will help you create beautiful seasonal paintings. You don't need to be an "artist" to have a fun experience and create an amazing painting in one night. Fee includes instruction, materials and light dinner. 9/17 - Autumn Swing; 10/15 - Pumpkins and Birch; 11/19 - Mountain Lake Sunset; 12/17 - Winter Night. Min/Max: 5/15. Pitkin Community Center.

Date	Day	Time	Fee	Code
9/17	Tu	4:00-6:00P	\$20	236020-01
10/15	Tu	4:00-6:00P	\$20	236020-02
11/19	Tu	3:00-5:00P	\$20	336020-01
12/17	Tu	3:00-5:00P	\$20	336020-02



#### SKINCARE FOR SENIORS

Licensed Estheticians from Massage Envy will be providing tips for senior skincare, and offering skin consultations, mini facials and hand scrub demos. Free samples will be available.

#### Date Day Time Fee

9/26 Th 12:30P FREE for WSC Members

#### MEDICARE EDUCATION

Choosing a Medicare option is an important decision, but it does not have to be confusing or stressful. Join us for a simple discussion and presentation that will give you a clearer understanding between Original Medicare and Managed Medicare (Medicare Advantage Plans).

# DateDayTimeFee10/3Th6:00PFREE for WSC Members



### **CUT THE CABLE CORD**

Looking for an alternative to traditional cable and dish television services? Have you heard of Roku or Apple TV, but are not quite sure about these alternate TV and entertainment devices? Maybe you have heard of Netflix, Hulu, or Amazon Prime Video but don't know much about 'streaming media'? We will learn all about these newer and alternative entertainment options and how to get started with using them. Several streaming devices will be on display, and after the program you will get an opportunity to try them out.

Date Day Time Fee 11/14 Th 1:00P FREE for WSC Members

#### **CHOOSING AN ELECTRIC SUPPLIER**

Tired of the rising cost of electricity? Arthur Marcelynas, retired regulator with the CT Public Utilities Authority, will help us understand the electric supply market and how to save money on our electricity bills. Date Day Time Fee 11/26 Tu 1:00P FREE for WSC Members

## Senior Pickleball Clinic and Pickleball information can be found on page 26.

#### SENIOR CENTER

Pitkin Community Center 30 Greenfield Street Amy Miller Dignoti, Senior Center Coordinator Phone: (cell) 860-781-0300 or (office) 860-721-2979

Email: senior.center@wethersfieldct. gov.

Please call or email the Senior Center to register for events and programs or to schedule appointments. Senior Center news and updates can be found in our monthly newsletter, on our website, and in the Rare Reminder at the end of each month.

The Wethersfield Senior Center serves adults 55 years and older, offering social, educational, entertainment, health and wellness programs. The Center is also a source of information and referral to programs and services that can help seniors and their families find the resources needed to maintain active, independent and fulfilling lives.

If you would like to receive regular emails and updates from the WSC, please email senior.center@wethersfieldct.gov to be added to our email distribution list. Receive a weekly update on programming, events and important information such as vaccines, tax assistance and status of programs at the Center.



WHAT IS SILVER SNEAKERS?

SilverSneakers is a health and fitness program designed for adults 65+ that's included with many Medicare Advantage plans.

The goal? To help you stay strong in body, mind, and spirit. Regular physical activity keeps your heart, brain, bones, muscles, and joints healthy.

## WALKING DVD

MEMBER DIRECTED. Our group of walkers follows a DVD that incorporates simple aerobic exercises with a continuous walk in place. Upbeat music keeps you motivated and invigorated. Beginners welcome. No class 9/2, 10/14, 11/29, 12/25.

Day: M, W, F **Time:** 10:00-11:00A Fee: FREE for SC members



## SILVER SNEAKERS STRENGTH AND BALANCE

movements that will make you stronger. improve balance and reduce fall risks. Classes are adapted for each individual's skill level. A Min/Max: 5/30. No class 11/28.

Date	Day	Time	Fee	Code
Pitkin Co	omm	unity Center		
9/12-10/31	l Th	10:00-10:45A	\$32	236260-02
11/7-1/2	Th	10:00-10:45A	\$32	336260-02
PCC - Ur	nited	Healthcare Ad	ctive R	enew
9/12-10/31	l Th	10:00-10:45A	FREE	236260-12
11/7-1/2	Th	10:00-10:45A	FREE	336260-12
Remote				
9/10-10/2	9 Tu	10:00-11:45A	\$32	236260-19
9/12-10/31	l Th	10:00-10:45A	\$32	236260-20
11/5-12/24	- Tu	10:00-10:45A	\$32	336260-19
11/7-1/2	Th	10:00-10:45A	\$32	336260-20
Remote	- Uni	ted Healthcar	e Activ	/e Renew
9/10-10/2	9 Tu	10:00-10:45A	FREE	236260-99
9/12-10/31	l Th	10:00-10:45A	FREE	236260-98
11/5-12/24	- Tu	10:00-10:45A	FREE	336260-99
11/7-1/2	Th	10:00-10:45A	FREE	336260-98

#### **CHAIR YOGA**

Age 55+. Chair Yoga with Gia is a very effective workout utilizing simple and easy moves. Feel wonderful in both body and mind. Routines include stretching, strength and breathing exercises with benefits of greater flexibility, relaxation and positive energy. Most exercises are done seated, some standing, with variations for all fitness levels. Min/Max: 10/35. No class 10/14 & 11/28.

Date	Day	Time	Fee	Code
Pitkin Co	mm	unity Center		
9/9-10/28	М	11:30A-12:20P	\$28	236235-01
9/12-10/31	Th	11:30A-12:20P	\$32	236235-02
11/4-12/23	М	11:30A-12:20P	\$32	336235-01
11/7-1/2	Th	11:30A-12:20P	\$32	336235-02
PCC - Un	ited	Healthcare Ac	tive R	enew
9/9-10/28	М	11:30A-12:20P	FREE	E 236235-11
9/12-10/31	Th	11:30A-12:20P	FRE	E 236235-12
11/4-12/23	М	11:30A-12:20P	FREE	336235-11
11/7-1/2	Th	11:30A-12:20P	FRE	E 336235-12
Remote				
9/9-10/28	М	11:30A-12:20P	\$28	236235-19
9/12-10/31	Th	11:30A-12:20P	\$32	236235-20
11/4-12/23	М	11:30A-12:20P	\$32	336235-19
11/7-1/2	Th	11:30A-12:20P	\$32	336235-20
Remote - United Healthcare Active Renew				
9/9-10/28	М	11:30A-12:20P	FREE	236235-99
9/12-10/31	Th	11:30A-12:20P	FREE	236235-98
11/4-12/23	М	11:30A-12:20P	FREE	336235-99
11/7-1/2	Th	11:30A-12:20P	FREE	336235-98

## STRENGTH CONDITIONING AND **BALANCE WITH ROBA PT**

Age 55+. This class focuses on exercises and Age 55+. Roba Physical Therapy and Wellness will help you stay active and safe. Having good balance and stability is integral to our everyday are suitable for all fitness levels as exercises life. This class will get you moving in a safe and active way while providing an exercise routine chair is used for balance and support, that can be done in the comfort of your own home to help with your balance and stability. Min/Max: 10/30. No class 11/29.

Date	Day	Time	Fee	Code				
Pitkin Community Center								
9/10-10/29	Tu	10:30-11:20A	\$32	236255-01				
9/13-11/1	F	10:30-11:20A	\$32	236255-02				
11/5-12/24	Tu	10:30-11:20A	\$32	336255-01				
11/8-1/3	F	10:30-11:20A	\$32	336255-02				
PCC - Uni	ted	Healthcare Ac	tive Rer	new				
9/10-10/29	Tu	10:30-11:30A	FREE	236255-11				
9/13-11/1	F	10:30-11:20A	FREE	236255-12				
11/5-12/24	Tu	10:30-11:30A	FREE	336255-11				
11/8-1/3	F	10:30-11:20A	FREE	336255-12				
Remote								
9/10-10/29	Tu	10:30-11:30A	\$32	236255-19				
9/13-11/1	F	10:30-11:20A	\$32	236255-20				
11/5-12/24	Tu	10:30-11:30A	\$32	336255-19				
11/8-1/3	F	10:30-11:20A	\$32	336255-20				
Remote -	Uni	ted Healthcare	Active	Renew				
9/10-10/29	Τu	10:30-11:30A	FREE	236255-99				
9/13-11/1	F	10:30-11:20A	FREE	236255-98				
11/5-12/24	Tu	10:30-11:30A	FREE	336255-99				
11/8-1/3	F	10:30-11:20A	FREE	336255-98				

## **BETTER HEALTH AND IMPROVING BALANCE WITH TAI CHI/QIGONG**

Age 55+. Participating in this class has many benefits including improved flexibility, strength, balance and mental focus. Through gentle movements from T'ai Chi Chuan along with teachings from the ancient healing system Oigong this class will help reduce pain: boost concentration and increase energy. Movements can be adapted for all fitness levels. Sessions include movements and meditation in both standing and/or sitting positions. Students will leave with a routine and tips for sustaining a daily practice. Min/Max: 10/30.

Date	Day	/ Time	Fee	Code					
Pitkin Community Center									
9/11-10/30	W	10:00-10:45A	\$32	236252-01					
11/6-12/18	W	10:00-10:45A	\$28	336252-01					
PCC - Uni	PCC - United Healthcare Active Renew								
9/11-10/30	W	10:00-10:45A	FREE	236252-11					
11/6-12/18	W	10:00-10:45A	FREE	336252-11					
Remote									
9/11-10/30	W	10:00-10:45A	\$32	236252-19					
11/6-12/18	W	10:00-10:45A	\$28	336252-19					
Remote - United Healthcare Active Renew									
9/11-10/30	W	10:00-10:45A	FREE	236252-99					
11/6-12/18	W	10:00-10:45A	FREE	336252-99					

## **Eleanor Buck Wolf Nature Center**

156 Prospect St, Wethersfield, CT 06109 Phone: (860) 721-2780

						Membership Regi			
Adult First	t Name								
Adult First	t Name				Last	Name			
Street Add	lress				City		State	Zip	
Home Pho	ne	Cell I	Phoi	ne		Email Address			
Annu	ual Memberships			Registrat	ion Fee	Lifetime Memberships		Registrat	tion Fee
		uts etc.	.)	\$40		[] Individual [] Family es Pin and T Shirt)		\$500 \$1000	
Is this a r	renewal or new membership			[] Ren	ewal	[]New			
Adult 1	Member Info – Name	Age	DO	B	Child 2	Member Info - Name	A	ge DOB	
Adult 2					Child 3				
Child 1					Child 4				
	t Type: [] Check # ard Signature I agre				D	Friend	s Donat al Amou	ınt	\$ + \$
[] Visa	[] Mastercard [] Discov	er					Exp. D	ate/	

The Friends is an IRS 501-c3 non-profit corporation. Contributions are tax deductible to the extent permitted by law.

For more information please visit: www.wethersfieldct.gov/ebwnaturecenter

Office use:	HH#
-------------	-----

## Wethersfield Senior Center

30 Greenfield Street, Wethersfield, CT 06109 Phone: (860) 721-2979 Cell: (860) 781-0300

# **Program and Membership Registration Form**

			Last Name				
Adult First Name	Last Name						
Street Address		Cit	У	State Zip			
Home Phone		Cell	DO	B			
Work Phone		Email Addres	SS				
Emergency Contact		Relations	ship	Phone			
		PROG	RAM REGISTRATION				
Participant	M/F	DOB	Program Name	Program Code	Fee		
Special Information (alle	ergies, medi	cal conditions,	, medications, etc.)				
	Deside		New Desidents 67				
Annual Membership Fe	es: Reside	ents - \$5.00	NON-Residents - N/ (	JU Age 90+ - FREE			
[ ] \$5.00 - Resident [ ] \$ [ ] Renewal Membershi		Resident [ ] \$F					
[] Renewal Membershi Please check if you are {} Exercise {} Craft	i <b>p [ ] New M</b> interested in ts { } Movie { } Trips	Resident []\$F lembership n the followin es {}Setbac {}Choir	FREE – Age 90+ ng programs: ck { } Bingo { } Wii Bowlin	{        } Cards/Games g {        } Continuing Educa	ation		
[] Renewal Membershi Please check if you are { } Exercise { } Craft { } Golf { } Art	ip [] New M interested in ts {} Movie {} Trips rtainment/M	Resident [] \$F Iembership n the followin es {} Setbac {} Choir /lusic {} Volun	FREE – Age 90+ ng programs: ck { } Bingo { } Wii Bowlin	{        } Cards/Games g {        } Continuing Educa	ation		
[] Renewal Membershi Please check if you are { } Exercise { } Craft { } Golf { } Art { } Lectures { } Enter I acknowledge there are certain encounter. I grant permission to participating in any exercise class and/or my child may encounter. to be taken for department publ	interested in interested in ts {} Movie {} Trips rtainment/M risks in participa seek emergency s.) I further agre I grant permissi licity unless othe	Resident [] \$F lembership n the followin es {} Setbac {} Choir Ausic {} Volun WAIVER – READ thing in a recreation y, medical care on e I will not hold en on for transportati erwise noted in wri	REE – Age 90+ g programs: ck { } Bingo { } Wii Bowlin teering { } Other CAREFULLY AND SIGN BI hal activity and agree to assu behalf of myself and/or child nployees of the Town of Wet ion in authorized vehicles for ting. In addition, I acknowled	<ul> <li>{ } Cards/Games</li> <li>ing { } Continuing Education</li> <li>ELOW</li> <li>ELOW</li> <li>Index (Medical approval is suggested for the shield or its agents liable for an Parks &amp; Recreation activities and lage all household information provious in the shore of t</li></ul>	or my child may or those ny injuries which I for photographs		
[] Renewal Membershi Please check if you are { Exercise { Craft { Golf { Art { Lectures { Enter I acknowledge there are certain encounter. I grant permission to participating in any exercise class and/or my child may encounter. to be taken for department publ accurate. The Parks & Recreation	interested in interested in ts { } Movie { } Trips rtainment/M risks in participa seek emergency s.) I further agre I grant permissi licity unless othe n Department m	Resident [] \$F lembership n the followin es {} Setbac {} Choir Ausic {} Volun WAIVER – READ ating in a recreation y, medical care on the I will not hold en on for transportati erwise noted in write hay request further	REE – Age 90+ g programs: ck { } Bingo { } Wii Bowlin teering { } Other CAREFULLY AND SIGN BI hal activity and agree to assu behalf of myself and/or child nployees of the Town of Wet ion in authorized vehicles for ting. In addition, I acknowled verification regarding the int	<ul> <li>{ } Cards/Games</li> <li>ing { } Continuing Education</li> <li>ELOW</li> <li>ELOW</li> <li>Index (Medical approval is suggested for the shield or its agents liable for an Parks &amp; Recreation activities and lage all household information provious in the shore of t</li></ul>	or my child may or those ıy injuries which I for photographs vided is true and		
[] Renewal Membershi Please check if you are { } Exercise { } Craft { } Golf { } Art { } Lectures { } Enter I acknowledge there are certain to participating in any exercise class and/or my child may encounter. to be taken for depart ment publa accurate. The Parks & Recreation Adult Signature:	ip [] New M interested in ts {} Movie {} Trips rtainment/M risks in participa seek emergency s.) I further agre I grant permissi licity unless othe n Department m	Resident [ ] \$F lembership n the followin es { } Setbac { } Choir Ausic { } Volun WAIVER – READ ating in a recreation y, medical care on the I will not hold en on for transportati erwise noted in wri- hay request further	REE – Age 90+ g programs: ck { } Bingo { } Wii Bowlin teering { } Other CAREFULLY AND SIGN BI hal activity and agree to assu behalf of myself and/or child nployees of the Town of Wet ion in authorized vehicles for ting. In addition, I acknowled verification regarding the int	{ } Cards/Games Ig { } Continuing Educa ELOW ELOW I. (Medical approval is suggested for thersfield or its agents liable for an Parks & Recreation activities and Ige all household information provided.	or my child may or those y injuries which I for photographs vided is true and		
[] Renewal Membershi Please check if you are { } Exercise { } Craft { } Golf { } Art { } Lectures { } Enter I acknowledge there are certain to participating in any exercise class and/or my child may encounter. to be taken for depart ment publa accurate. The Parks & Recreation Adult Signature:	ip [] New M interested in ts {} Movie {} Trips rtainment/M risks in participa seek emergency s.) I further agre I grant permissi licity unless othe n Department m	Resident [ ] \$F lembership n the followin es { } Setbac { } Choir Ausic { } Volun WAIVER – READ ating in a recreation y, medical care on the I will not hold en on for transportati erwise noted in wri- hay request further ATION – MAKE C	REE – Age 90+ g programs: ck { } Bingo { } Wii Bowlin teering { } Other CAREFULLY AND SIGN BI hal activity and agree to assu behalf of myself and/or child nployees of the Town of Wet ion in authorized vehicles for ting. In addition, I acknowled verification regarding the inf	{ } Cards/Games g { } Continuing Educa me the risk of injury which I and/o l. (Medical approval is suggested for hersfield or its agents liable for an Parks & Recreation activities and lge all household information prov formation provided Date	or my child may or those ny injuries which I for photographs <i>v</i> ided is true and		
[] Renewal Membershi Please check if you are { } Exercise { } Craft { } Golf { } Art { } Lectures { } Enter I acknowledge there are certain to participating in any exercise class and/or my child may encounter. to be taken for depart ment publa accurate. The Parks & Recreation Adult Signature: PAYN	ip [] New M interested in ts {} Movie {} Trips rtainment/M risks in participa seek emergency s.) I further agre I grant permissi licity unless other n Department m MENT INFORM, [] Cash	Resident [ ] \$F lembership n the followin es { } Setbac { } Choir /lusic { } Volun WAIVER – READ ating in a recreation y, medical care on ee I will not hold en on for transportati erwise noted in wri hay request further ATION – MAKE C	REE – Age 90+ g programs: ck { } Bingo { } Wii Bowlin teering { } Other CAREFULLY AND SIGN BI hal activity and agree to assu behalf of myself and/or child nployees of the Town of Wet ion in authorized vehicles for ting. In addition, I acknowled verification regarding the inf CHECKS PAYABLE TO THE T it Card	<pre>{ } Cards/Games g { } Continuing Educa g { } Continuing Educa enduct ELOW me the risk of injury which I and/o l. (Medical approval is suggested for hersfield or its agents liable for an Parks &amp; Recreation activities and lge all household information provided Date TOWN OF WETHERSFIELD Program Fees Subtom </pre>	or my child may or those ny injuries which I for photographs vided is true and <b>ta</b> l \$ <b>ta</b> l \$		
[] Renewal Membershi Please check if you are { } Exercise { } Craft { } Golf { } Art { } Lectures { } Enter I acknowledge there are certain encounter. I grant permission to participating in any exercise class and/or my child may encounter. to be taken for department publ accurate. The Parks & Recreation Adult Signature: PAYM Payment Type: [ ] Check # Donation for camp fund (Provides assistance for families	ip [] New M interested in ts {} Movie {} Trips rtainment/M risks in participa seek emergency s.) I further agre I grant permissi licity unless othe n Department m MENT INFORM. [] Cash unable to afford	Resident [ ] \$F lembership n the followin es { } Setbac { } Choir Ausic { } Volum WAIVER – READ ating in a recreation y, medical care on the I will not hold en on for transportati erwise noted in wri- hay request further ATION – MAKE C	FREE – Age 90+         ag programs:         ck       { } Bingo         { } Wii Bowlin         teering { } Other         D CAREFULLY AND SIGN BI         nal activity and agree to assu         behalf of myself and/or child         nployees of the Town of Wet         ion in authorized vehicles for         ting. In addition, I acknowled         verification regarding the int         CHECKS PAYABLE TO THE T         it Card         summer camp.)	<pre>{ } Cards/Games g { } Continuing Educa g { } Continuing Educa enduct ELOW me the risk of injury which I and/o l. (Medical approval is suggested for hersfield or its agents liable for an Parks &amp; Recreation activities and lge all household information provided Date TOWN OF WETHERSFIELD Program Fees Subtom </pre>	or my child may or those y injuries which I for photographs vided is true and tal \$ tal \$ on +(optional		

#### Wethersfield Parks & Recreation Department

505 Silas Deane Highway, Wethersfield, CT 06109 Phone: (860) 721-2890 wethersfieldct.gov/recreation

# Program Registration Form

	household contact information - Flease file out con					
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 - \$40 Family Pass - \$65 (Limited to 2 adults and the children living in household)

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 and for photographs to be taken for department 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 # [ ] Cas	h [ ] Credit Card	Program Fees Subtotal \$ _	
<b>Donation for camp fund</b> (Provides assistant to afford program fees for summer camp.)	ance for families unable	Donation + _	(optional)
Credit Card Signature	Date	Total Amount \$ _	
I agree to pay the total amoun	t according to the cardholder agreement. Please refe	r to refund policy in brochure.	
[ ] Visa [ ] Mastercard [ ] Discover	Ex	kp. Date /	