

# WETHERSFIELD PARKS & RECREATION



## Winter & Spring 2018

## PROGRAMS & REGISTRATION

REGISTRATION FOR BOTH WINTER & SPRING  
BEGINS JANUARY 10 FOR RESIDENTS &  
JANUARY 11 FOR NON RESIDENTS

### INSIDE

9/11 Memorial Sports Center .....	20
After School Programs .....	begin 20
Aquatics .....	18
Arts Programs .....	3
Cancellations .....	26
Early Childhood/TLC Preschool .....	3
Facilities .....	2
Financial Assistance .....	26
Fitness for Adults .....	begin 16
Nature Center .....	begin 4
Registration Form .....	back cover
Registration Policies .....	26
Senior Center Programs .....	begin 10
Social & Youth Services Programs .....	14
Special Events .....	begin 2
Sports for Youth .....	9
Therapeutic Recreation .....	7
Youth Services Programs .....	15
Youth Services a.s.A.p. ....	begin 14

### ADVISORY BOARD

Thomas Ragonese, *Chair*  
Michael Bisi      Stathis Manousos  
Jordan Dikegoros      Colleen Mattatall  
Richard Lepore      Thomas Mull  
Dan Silbo  
Michael Hurley, *Council Liaison*

### STAFF

Kathleen Bagley, *Director*  
Salvatore Cucia, *Assistant Director*  
Kathy Griswold, *Office Manager*  
Lee Ann Hinckley, *Technical Assistant*  
Rachael Mattioli, *Recreation Supervisor*  
Natalie Morrison, *Therapeutic Recreation Supervisor*  
Thomas Nowak, *Custodian*  
Patrick Telman, *Nature Center Dir.*  
Mary Thibeault, *Recreation Supervisor II*  
Joselyn Valente, *Technical Assistant*  
Brian Valentine, *Custodian*

### CONTACT

Parks & Recreation Department  
505 Silas Deane Highway  
860-721-2890  
[rec.activities@wethersfieldct.gov](mailto:rec.activities@wethersfieldct.gov)  
William J. Pitkin Community Center  
30 Greenfield Street  
860-721-2950  
[community.center@wethersfieldct.gov](mailto:community.center@wethersfieldct.gov)  
Eleanor Buck Wolf Nature Center  
156 Prospect Street  
860-721-2980  
[nature.center@wethersfieldct.gov](mailto:nature.center@wethersfieldct.gov)

### WEBSITE

[wethersfieldct.gov/recreation](http://wethersfieldct.gov/recreation)

# Facilities

## **WILLIAM J. PITKIN COMMUNITY CENTER**

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

## **9/11 MEMORIAL SPORTS CENTER**

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

## **TOWN EMERGENCY SHELTER**

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

## **BACKMAN POOL**

### **AT WETHERSFIELD HIGH SCHOOL**

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

## **ELEANOR BUCK WOLF NATURE CENTER**

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

## **SOLOMON WELLES HOUSE**

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

## **MILL WOODS PARK**

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

## **STANDISH PARK**

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

## **WINTERGREEN WOODS**

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

## **HERITAGE WAY BIKEWAY/PEDESTRIAN PATH**

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

## **GARDEN PLOTS**

Wethersfield Fire Department Station #1: 20' x 30' plots available to residents ages 18+. Individuals who purchased a plot in 2017 will be given the opportunity to purchase the same plot for 2018. Registration forms will be mailed to those households January 2018. Fee per plot: \$30.00.

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

## **WETHERSFIELD COVE AND BOAT LAUNCH**

Main Street. Park includes docks and a boat launch with access to the CT River. Tender cleats and mooring rentals are available Memorial Day through Columbus Day, weather permitting. Register in person starting January 10. Copy of valid boat registration and proof of insurance required. Contact Parks & Recreation for fees and registration information.

# Special Events

## **EGG HUNT**

Ages infant-8. Saturday, 3/24 at Cove Park. Activities will begin at 2:00 pm. If weather or field conditions are poor, the event will be held indoors. Call Parks & Recreation for location.



## **ELEANOR BUCK WOLF DAY**

The Friends of the Eleanor Buck Wolf Nature Center are sponsoring "Eleanor Buck Wolf Day 2018" a free day of family fun and education honoring the legacy of Eleanor Buck Wolf. There will be activities and crafts for kids of all ages, including the popular "Build-A-Bird-House" where participants get to assemble and take home a real bird house. There will also be a special presentation with live animals (to be announced). All activities will be held Saturday, June 9 from 11:00 a.m. to 3:00 p.m. at the Nature Center, 156 Prospect St., Wethersfield.

## **GOOD 'OLE FISHING DERBY**

**Saturday, 4/28, 8:00A-12:00P**, Spring Street Pond. FREE. Sponsored by Parks & Recreation, MDC, UNICO, and Wethersfield Fish & Game Club. Pre-registration required with Parks & Recreation. No "reel" experience necessary. Bring your fishing pole. 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place prizes for length, smallest and most unusual. Tagged fish awards too. Families may begin fishing after 12:00P.



**Rain date: 4/29\*. If weather conditions are poor, call Parks & Recreation to confirm event changes.**

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

# Arts Programs

## Wethersfield Teen Theater Company

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

**Legally Blonde** is the upcoming show for production in July 2018. Auditions for this show will be held in the spring. Contact Parks & Recreation for more information at 860-721-2890.

COMING THIS SUMMER:



**LEGALLY BLONDE**  
Show dates: Thursday, July 19  
Friday, July 20  
Saturday, July 21

Wethersfield Teen Theater Company



# Early Childhood

## TLC - PLAYGROUP

Ages 1½ - 3½ . Sharon Spellman, Director. With parent or caregiver. Provides children an opportunity to play with their peers. This is a child's first introduction to organized preschool activities while still in the company of a parent or caregiver. Circle time, exercise activities, songs, show-n-tell, free play, arts & crafts, field trips and more. Min/Max: 10/25. Pitkin Community Center. No class 2/16, 2/19, 3/30, 4/9, 4/11, 4/13.

Date	Day	Time	Res/NonRes	Code
1/22-4/30	M	9:00-11:00A	\$100/\$120	410080-01
1/24-4/25	W	9:00-11:00A	\$100/\$120	410080-02
1/26-5/11	F	9:00-11:00A	\$100/\$120	410080-03

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

Ages 3-5. Sandra Davis, Director. Space is still available in this state-licensed preschool for three and four year olds at a pro-rated fee for the current session, which runs through May. This program is designed to foster individual growth in all areas of development with emphasis on social, emotional, physical and cognitive abilities. Promotes school readiness skills in a creative and resourceful atmosphere. Includes learning centers, table time, science and nature activities, arts and crafts, circle time, gym time, outdoor fun and more.  
Three Year Olds: Tu/Th 9:00 - 11:30A  
Four Year Olds: M,Tu,W,Th 12:00 – 2:30P  
Call 860-721-2950 for information and fees for the rest of the school year.

*Registration for TLC Threes and Fours for the 2018-2019 school year will begin February 1, 2018. Call the Pitkin Community Center for details.*

## ACTIVE START FOR TODDLERS

Ages 2-3. Parent/Caregiver and child participate in activities to build positive attitudes and behaviors for developing a healthy lifestyle. Class is structured in three parts: warm-up, the main event, and cool-down. Main event activities include a game, skill activity, dance or an exercise routine to music. This is a great class to provide an early start in developmentally appropriate activities for a healthy lifestyle and to gain necessary motor skills as the building blocks for more advanced activities later in life. Min/Max: 8/15. Pitkin Community Center. No class 2/20, 4/10.

Date	Day	Time	Res/NonRes	Code
1/23-3/20	Tu	9:15-10:00A	\$50/\$55	410156-01
4/3-5/29	Tu	9:15-10:00A	\$50/\$55	510156-01

## NATURE SCHOOL – TADPOLES, FROGLETS AND FROGS.

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



# Eleanor Buck Wolf Nature Center

## VISITING INFORMATION

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

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



## FRIENDS OF THE ELEANOR BUCK WOLF NATURE CENTER

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

## HOST YOUR NEXT BIRTHDAY PARTY AT THE NATURE CENTER

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



## OUTREACH PROGRAMS

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.

## SCHOOL FIELD TRIPS

The Nature Center is a great place for field trips. Staff can design programs that align with the current state science standards. From living vs non-living to adaptations and plants, staff provides hands-on learning experiences.



## Volunteering

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



## NC VOLUNTEER ORIENTATION

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

Date	Day	Time	Friends/Others	Code
2/15	Th	5:30-6:30P	Free	406140-02

## FREE Programs

### WINTER WALKS

All ages. Join the Great Meadows Conservation Trust for their 2018 Brisk Winter Walks. Co-sponsored with the CT Audubon Society Center at Glastonbury and the Eleanor Buck Wolf Nature Center. Locations vary. Contact the Nature Center for details.

Date	Day	Time	Location	Code
1/7	Sun	1:00- 2:30P	GMCT Wood Parcel	NA
1/13	Sat	10:30A-12:30P	Glastonbury Meadows	NA
1/21	Sun	1:00-2:30P	Preissner Parcel	NA
1/27	Sat	10:00A-12:00P	Wolf Parcel	NA
2/4	Sun	1:00-3:00P	Rocky Hill Meadows	NA
2/10	Sat	10:00A-12:00P	Crow Point	NA
2/17	Sat	10:00A-12:00P	Hockanum Meadows	NA



## Adult and Children's Programs

### WILDERNESS FIRST AID BY SOLO

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

Date	Day	Time	Friends/Others	Code
3/10-3/11	Sa, Su	9:00A-5:00P	\$185/\$200	406180-01

### METEOR SHOWERS EXTENDED HOURS

The Nature Center will stay open late during the spring meteor showers. Take advantage of the extended hours to visit the animals, view the displays or watch the night sky become illuminated by meteors or "shooting stars." The meteor showers are: Lyrid in April and Eta Aquarid in May.



Date	Day	Time	Friends/Others
4/19	Th	5:00-8:30P	Free
5/3	Th	5:00-8:30P	Free

### BIRDS AND BUNNIES: ANIMALS IN THE SPRINGTIME

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



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

### BUILD A FORT

Grades 4-6. In this outdoor activity series, design and build your own fort using materials found in Mill Woods Park. In teams, or on your own, try out different ideas and types of forts using nature as your Home Depot. Dress for the weather. Min/Max: 4/10. Nature Center. No class 4/11.

Date	Day	Time	Friends/Others	Code
4/4-5/23	W	3:30-5:00P	\$30/\$40	506510-01



## Early Childhood Nature Programs

### NATURE SCHOOL - TADPOLES

Age 2. Parent/caregiver and child participate in educational and hands-on activities utilizing curriculum focused on the animals that reside at the EBW Nature Center. Using their five senses, children will compare and contrast their anatomy, habitat and diet to the reptiles, mammals, birds, fish and amphibians at the Nature Center. Activities include literacy, music and art connections as well as outdoor exploration. Circle time and games will help develop social skills and engage curiosity about the natural world. Financial assistance available. Winter and spring sessions cover different animals. Min/Max: 4/10. Nature Center. No class 2/20.



Date	Day	Time	Friends/Others	Code
2/13-4/3	Tu	10:00-11:30A	\$60/\$70	406081-01
4/24-6/5	Tu	10:00-11:30A	\$60/\$70	506081-01

### NATURE SCHOOL - FROGLETS

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



Date	Day	Time	Friends/Others	Code
2/14-3/28	W	10:00-11:30A	\$60/\$70	406082-01
4/25-6/6	W	10:00-11:30A	\$60/\$70	506082-01

### NATURE SCHOOL - FROGS

New Mixed Age Group. Ages 2-6. Parent/caregiver and child participate in hands-on activities designed to encourage interest and inquiry into the natural world, as well as foster social, physical and academic skills. Investigate the habitats of Mill Woods Park to learn about the plants and animals that call it home. Visit and learn about the animals at the Nature Center. Circle time, games, music and movement as well as scientific observations and discoveries. Financial assistance available. Winter and spring sessions are not the same due to the seasons. Min/Max: 4/10. Nature Center. No class 2/16, 3/30, 5/25.



Date	Day	Time	Friends/Other	Code
2/9-4/6	F	10:00-11:30A	\$60/\$70	406084-01
4/20-6/8	F	10:00-11:30A	\$60/\$70	506084-01

## VACATION ADVENTURES AT EBWNC

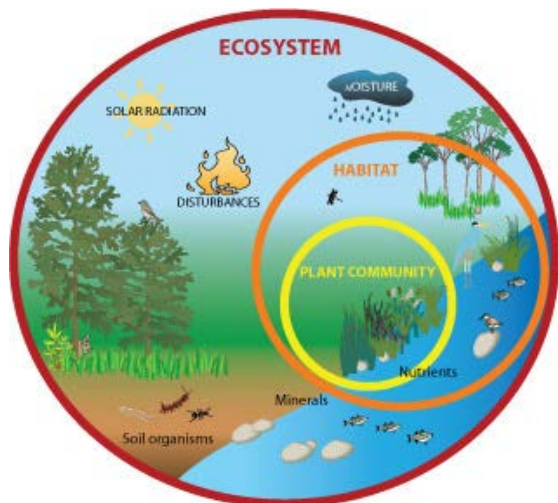
Grades K-6. Hands-on ecology lessons, art and literacy connections, animal visits and outdoor explorations in Mill Woods Park combine fun and educational experiences during school vacation. Adult educators with assistants. Early sign in and late sign out options provide extra time for animal visits,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

## ADVENTURES IN WINTER

### 2/16 & 2/19-2/20 ECOSYSTEMS OF AFRICA

This week learn about the many ecosystems on the African continent. From rain forests and deserts to lowland valleys and mountains. Each day will introduce the geography, wildlife, peoples, etc. of each ecosystem. Of course there also will be time to visit with the nature center's animals and play outdoors. Min/Max: 8/18. Nature Center.

Date	Day	Time	Friends/Others	Code
<b>Grades K-2</b>				
2/16	F	8:00A-4:30P	\$35/\$40	406020-02
2/19	M	8:00A-4:30P	\$35/\$40	406021-02
2/20	Tu	8:00A-4:30P	\$35/\$40	406022-02
<b>Grades 3-6</b>				
2/16	F	8:00A-4:30P	\$35/\$40	406020-03
2/19	M	8:00A-4:30P	\$35/\$40	406021-03
2/20	Tu	8:00A-4:30P	\$35/\$40	406022-03
<b>Extended Hours</b>				
2/16	F	7:30-8:00A	\$5/\$5	406020-01
2/16	F	4:30-5:30P	\$5/\$5	406020-04
2/19	M	7:30-8:00A	\$5/\$5	406021-01
2/19	M	4:30-5:30P	\$5/\$5	406021-04
2/20	Tu	7:30-8:00A	\$5/\$5	406022-01
2/20	Tu	4:30-5:30P	\$5/\$5	406022-04

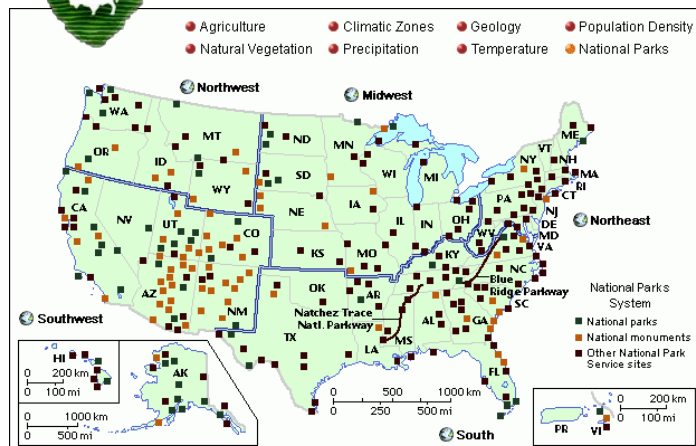


## ADVENTURES IN SPRING

### 4/9-4/13 TOUR OUR NATIONAL PARKS

Take a virtual cross country road trip visiting many of our national parks. Starting close to home in Acadia National Park before heading south to our nations most visited park, The Great Smoky Mountains, then onto Yellowstone, Grand Canyon, Yosemite and many others. Along the way learn about their ecosystems, history and much more. As always there will be time to visit the animals and play outside. Min/Max: 8/18. Nature Center.

Date	Day	Time	Friends/Others	Code
<b>Grades K-2</b>				
4/9	M	8:00A-4:30P	\$35/\$40	506040-02
4/10	Tu	8:00A-4:30P	\$35/\$40	506041-02
4/11	W	8:00A-4:30P	\$35/\$40	506042-02
4/12	Th	8:00A-4:30P	\$35/\$40	506043-02
4/13	F	8:00A-4:30P	\$35/\$40	506044-02
<b>Grades 3-6</b>				
4/9	M	8:00A-4:30P	\$35/\$40	506040-03
4/10	Tu	8:00A-4:30P	\$35/\$40	506041-03
4/11	W	8:00A-4:30P	\$35/\$40	506042-03
4/12	Th	8:00A-4:30P	\$35/\$40	506043-03
4/13	F	8:00A-4:30P	\$35/\$40	506044-03
<b>Extended Hours</b>				
4/9	M	7:30-8:00A	\$5/\$5	506040-01
4/9	M	4:30-5:30P	\$5/\$5	506040-04
4/10	T	7:30-8:00A	\$5/\$5	506041-01
4/10	T	4:30-5:30P	\$5/\$5	506041-04
4/11	W	7:30-8:00A	\$5/\$5	506042-01
4/11	W	4:30-5:30P	\$5/\$5	506042-04
4/12	Th	7:30-8:00A	\$5/\$5	506043-01
4/12	Th	4:30-5:30P	\$5/\$5	506043-04
4/13	F	7:30-8:00A	\$5/\$5	506044-01
4/13	F	4:30-5:30P	\$5/\$5	506044-04





# Therapeutic Recreation

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

## YOUTH/YOUNG ADULTS PROGRAM

Ages 9-21. Participants will be actively involved in cooking, arts and crafts, sports and games, nature exploration, yoga, dance, track and field training. Participants should bring a snack on Thursdays. Resident transportation accommodations will begin one week from registration date. Min/Max: 4/20. Pitkin Community Center. No class 4/11, 4/12.

Date	Day	Time	Res/NonRes	Code
9/20-6/6	W	2:15-5:15P	\$80/\$100	209280-01
9/21-5/31	Th	2:15-5:15P	\$80/\$100	209280-02

## ADULT SOCIAL CLUB

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

Date	Day	Time	Res/NonRes	Code
7/1-6/30	M-F	as scheduled	\$25/\$25	209127-01

## TR HANGTIME

Ages 8-21. Staff will help guide choices with different games, crafts and activities while hanging out with friends. Min/Max: 4/10. Pitkin Community Center. **Program dates are: 2/9, 2/23, 3/9, 3/23, 4/6, 4/20, 5/4 and 5/18.**

Date	Day	Time	Res/NonRes	Code
2/9-5/18	F	2:15-5:15P	\$65/\$81	409035-01

## TR FUNTIME

Ages 4-8. Children will engage with their peers while completing themed crafts and games. Themes listed below. Min/Max: 4/10. Pitkin Community Center.

Date	Day	Time	Res/NonRes	Code
<b>Birds</b>				
1/20	Sa	9:30A-12:00P	\$13/\$17	409080-01
<b>On the Go</b>				
2/3	Sa	9:30A-12:00P	\$13/\$17	409081-01
<b>Food Fun</b>				
2/17	Sa	9:30A-12:00P	\$13/\$17	409082-01
<b>Moving and Building</b>				
3/17	Sa	9:30A-12:00P	\$13/\$17	409083-01
<b>Space</b>				
3/31	Sa	9:30A-12:00P	\$13/\$17	409084-01
<b>Rainbows</b>				
4/14	Sa	9:30A-12:00P	\$13/\$17	509080-01
<b>Sky High</b>				
4/21	Sa	9:30A-12:00P	\$13/\$17	509081-01
<b>Camp Fun</b>				
4/28	Sa	9:30A-12:00P	\$13/\$17	509082-01
<b>Camp Fun II</b>				
5/12	Sa	9:30A-12:00P	\$13/\$17	509083-01
<b>Beach</b>				
5/26	Sa	9:30A-12:00P	\$13/\$17	509084-01

## TR DAY OFF FROM WORK

Ages 21+. Have a furlough day but want something to do? Join us at the Community Center for gym, sports, games and crafts. Min/Max: 5/10. Pitkin Community Center.

Date	Day	Time	Res/NonRes	Code
2/28	W	9:00A-2:00P	\$35/\$44	409100-01
4/25	W	9:00A-2:00P	\$35/\$44	509100-01

## TR VACATION DAY

Ages 8-21. Min/Max: 6/12. Pitkin Community Center.

Date	Day	Time	Res/NonRes	Code
4/10	Tu	11:30A-3:30P	\$20/\$25	509271-01
4/11	W	11:30A-3:30P	\$20/\$25	509272-01
4/12	Th	11:30A-3:30P	\$20/\$25	509273-01

## TR FUNTIME VACATION DAY

Ages 4-8. Min/Max: 6/12. Pitkin Community Center.

Date	Day	Time	Res/NonRes	Code
4/10	Tu	9:00-11:30A	\$13/\$17	509110-01
4/11	W	9:00-11:30A	\$13/\$17	509111-01
4/12	Th	9:00-11:30A	\$13/\$17	509112-01

## SPECIAL OLYMPICS

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

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

## SOCT "REC DAY"

Athletes and partners may join us for a fun "Rec Day". We have trained. It's now time to play. Lunch included. For registered Wethersfield Special Olympics Athletes and Partners.

Date	Day	Time	Res/NonRes
2/16	F	12:00-3:00P	FREE

## SPECIAL OLYMPICS TOTAL ATHLETE

Ages 16+. Become a member of the Unified Fitness Club. Young adults will train their bodies, prepare their minds and get their spirits soaring. Program includes cardio workouts, fitness room use as well as stretching, yoga and "bootcamp" fun. Bring a water bottle. Min/Max: 4/10. Pitkin Community Center. No class 4/12.

Date	Day	Time	Res/NonRes	Code
2/8-3/22	Th	5:30-6:45P	\$45/\$56	409150-01
4/5-5/24	Th	5:30-6:45P	\$45/\$56	509150-01

## SPECIAL OLYMPICS FLOOR HOCKEY

Ages 8+. Individual skills practice and team play. Min/Max: 4/10. Pitkin Community Center. No class 12/25, 1/1, 1/15, 2/19.

Date	Day	Time	Res/NonRes	Code
12/4-2/26	M	6:00-7:30P	\$35/\$35	409153-01

*(Special Olympics continued next page)*



## SPECIAL OLYMPICS SNOWSHOE

Ages 8+. Open to participants with intellectual disabilities and their peers. Unified Partners will be accepted on a need basis. Program will meet for skill development, training and games. Min/Max: 4/10. Pitkin Community Center. No class 12/27.

Date	Day	Time	Res/NonRes	Code
1/3-2/28	W	5:15-6:15P	\$35/\$35	309160-01

## SPECIAL OLYMPICS TENNIS

Ages 8-21. Participants with intellectual disabilities and their peers. Participants will have beginner small group instruction and tennis play. Please come in appropriate dress, with a racquet and water bottle. There are some racquets available on a first come basis. Min/Max: 4/10. See below for location. No class 2/11, 4/1, 5/13, 5/27.

Date	Day	Time	Res/NonRes	Code
<i>Held at Newington Tennis Center</i>				
1/21-3/18	Su	3:00-4:00P	\$35/\$35	409170-01
<i>Held at Pine Acres Swim and Tennis Club</i>				
3/25-6/3	Su	3:00-4:00P	\$35/\$35	509170-01

*\*Spring Session dates are subject to change.*

## SPECIAL OLYMPICS SOCCER SKILLS

Ages 8+. Open to participants with intellectual disabilities and their peers. Improve soccer skills as you play. Montanaro Field, Mill Woods Park. Rain site: Pitkin Community Center. Min/Max: 4/10. No class 4/9 & 5/28.

Date	Day	Time	Res/NonRes	Code
3/19-6/4	M	5:30-6:30P	\$35/\$35	509180-01

## SPECIAL OLYMPICS TRACK & FIELD

Ages 8+. Open to participants with intellectual disabilities and their peers. Athletes may train in walking/running events, running/standing long jump, softball throw, shot put or javelin. Wethersfield High School track. Rain site: Pitkin Community Center. Min/Max: 4/20. No class 4/11 & 4/12.

Date	Day	Time	Res/NonRes	Code
<i>Ages 21+</i>				
3/28-6/6	W	5:30-6:30P	\$35/\$35	509220-01
<i>Ages 8-21</i>				
3/14-6/6	W	4:15-5:15P	\$35/\$35	509220-02
<i>Ages 8-21</i>				
3/15-5/31	Th	4:15-5:15P	\$35/\$35	509220-03



# Youth Sports Clubs and Leagues

## EAGLES FOOTBALL & CHEERLEADING

(Parks & Recreation) Flag Football ages 6-12. Tackle Football and Cheerleading ages 7-14. Register spring 2018 for fall 2018. [www.wethersfieldyouthfootball.org](http://www.wethersfieldyouthfootball.org)

**WETHERSFIELD GDR SOCCER CLUB** (Independent)  
Year round soccer for ages 6-18 (Grades K-12). Register January 2018 for spring 2018. [www.wethersfieldsoccer.com](http://www.wethersfieldsoccer.com)

**WETHERSFIELD LITTLE LEAGUE** (Independent)  
Baseball and softball for ages 6 - 18. Register starting December 2017 for spring 2018. [www.wethersfieldlittleleague.org](http://www.wethersfieldlittleleague.org)

**WETHERSFIELD YOUTH & TRAVEL BASKETBALL**  
(Independent) Recreational grades 2-8 and travel teams for grades 5-8. Register and tryout in September for winter. Look for flyer that comes home from school.

**WETHERSFIELD YOUTH FIELD HOCKEY.**  
(Independent) Field hockey for girls grades 3-8. Register in summer for fall. [www.wethersfieldfieldhockey.com](http://www.wethersfieldfieldhockey.com)

**WETHERSFIELD YOUTH LACROSSE** (Parks & Rec)  
Lacrosse for boys and girls grades 1-8. Register December 2017 for spring 2018. [www.wethersfieldyouthlacrosse.org](http://www.wethersfieldyouthlacrosse.org)

**WETHERSFIELD YOUTH RUGBY** (Parks and Rec)  
Youth and flag rugby for boys and girls ages 6-14 from Hartford County. Register spring 2018 for summer 2018. [www.wyrfc.org](http://www.wyrfc.org)

**WETHERSFIELD WRESTLING CLUB** (Independent)  
Wrestling for boys and girls grades 1-8. Register in October for winter. [www.leaguelineup.com/wethersfieldwrestling](http://www.leaguelineup.com/wethersfieldwrestling)

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

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



# Sports for Youth

## YOUTH TENNIS LESSONS

Ages 7-15. The program is taught by the Newington Tennis Center's certified tennis professional and is designed for both the beginner and intermediate player. It will emphasize tennis fundamentals and proper technique. Min/Max: 8/10. Newington Tennis Center. No class 4/1& 5/13.

Date	Day	Time	Res/NonRes	Code
1/28-3/4	Su	4:00-5:00P	\$99/\$125	408340-01
3/11-4/22	Su	4:00-5:00P	\$99/\$125	408340-02
4/29-6/10	Su	4:00-5:00P	\$99/\$125	508340-01

## YOUTH VOLLEYBALL

Grades 6-8. Designed for beginner and intermediate players who are looking to learn and improve upon fundamental volleyball skills. Focus on passing, setting, hitting and serving and will put these skills to the test during friendly games. Participants will receive a tank top. Min/Max: 10/24. Wethersfield High School.

Date	Day	Time	Res/NonRes	Code
<b>Girls: Grade 6-7</b>				
2/27-4/3	Tu	6:00-6:45P	\$40/\$40	408360-01
<b>Girls: Grade 8</b>				
2/27-4/3	Tu	6:45-7:30P	\$40/\$40	408360-02
<b>Boys: Grade 6-8</b>				
2/27-4/3	Tu	7:30-8:15P	\$40/\$40	408360-03

## KARATE

Ages 7-16. This "Progressive" program advances from white to black belt. The style is traditional Okinawan Shoring-Ryu, instructed by Sensei Jaye Velez. Learn Kata (a series of techniques in sequence), Kumite (one step sparring), self-defense, control, confidence and respect. Protective head gear and optional uniform not included. Min/Max: 10/20. Silas Deane Middle School. No class 2/19, 4/9, 4/11, 5/28.



Date	Day	Time	Res/NonRes	Code
1/22-3/28	M,W	6:00-7:00P	\$95/\$115	408240-01
1/22-3/28	M,W	7:00-8:00P	\$95/\$115	408240-02
4/2-6/6	M,W	6:00-7:00P	\$95/\$115	508240-01
4/2-6/6	M,W	7:00-8:00P	\$95/\$115	508240-02

## OPEN YOUTH BASKETBALL GYM

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

Date	Day	Time	Res/NonRes
1/8-3/4	Su	9:00A-12:00P	\$2/\$5

## GYMNASTICS PARENT & CHILD

Ages 2-4. Children must be accompanied by a guardian. Creative movement. Min/Max: 10/20. SDMS. No class 2/24.

Date	Day	Time	Res/NonRes	Code
1/20-3/17	Sa	9:00-9:45A	\$80/\$95	408220-01
3/31-5/19	Sa	9:00-9:45A	\$80/\$95	508220-01

## GYMNASTICS 3 & 4 YEARS OLD

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

Date	Day	Time	Res/NonRes	Code
1/20-3/17	Sa	9:50-10:35A	\$80/\$95	408221-01
3/31-5/19	Sa	9:50-10:35A	\$80/\$95	508221-01

## GYMNASTICS 4-5 YEARS OLD

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

Date	Day	Time	Res/NonRes	Code
1/20-3/17	Sa	10:40-11:25A	\$80/\$95	408222-01
3/31-5/19	Sa	10:40-11:25A	\$80/\$95	508222-01

## GYMNASTICS GRADES K-2

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

Date	Day	Time	Res/NonRes	Code
<b>Grade K-2</b>				
1/20-3/17	Sa	11:30A-12:15P	\$80/\$95	408223-01
1/20-3/17	Sa	1:00-1:45P	\$80/\$95	408223-02
3/31-5/19	Sa	11:30A-12:15P	\$80/\$95	508223-01
3/31-5/19	Sa	1:00-1:45P	\$80/\$95	508223-02

## GYMNASTICS GRADES 3-6

Grades 3-6. For beginners to master basic skills on all apparatus. Gymnasts will be grouped according to ability. Min/Max: 5/15. SDMS. No class 2/24.

Date	Day	Time	Res/NonRes	Code
1/20-3/17	Sa	1:50-2:45P	\$90/\$110	408224-01
3/31-5/19	Sa	1:50-2:45P	\$90/\$110	508224-01

## GYMNASTICS INTERMEDIATE

Only by permission of the instructor. For those who have an understanding of the basic skills, can perform a back walkover and who require a longer, more intense practice. Min/Max: 5/10. SDMS. No class 2/24.

Date	Day	Time	Res/NonRes	Code
1/20-3/17	Sa	1:50-3:20P	\$99/\$120	408225-01
3/31-5/19	Sa	1:50-3:20P	\$99/\$120	508225-01

## GYMNASTICS VARSITY

Only by permission of instructor. Advanced gymnastics in preparation for high school varsity level competition. Min/Max: 5/10. SDMS. No class 2/24.

Date	Day	Time	Res/NonRes	Code
1/20-3/17	Sa	2:50-4:50P	\$125/\$145	408227-01
3/31-5/19	Sa	2:50-4:50P	\$125/\$145	508227-01

# Wethersfield Senior Center

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

## AARP SMART DRIVING COURSE

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

Call Lisa at 860-721-2979 to register.

Date	Time	AARP mem/Non AARP
2/14, 4/19, 5/30	9:00A-1:00P	\$15 / \$20

## AARP FOUNDATION TAX-AIDE

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

Date	Day	Time	Fee
2/7-4/11	W	By appointment	Free

## BINGO

Weekly bingo held in the banquet room. Arrive 10:30-11:30A to purchase cards. Fee includes admission, snack and one bingo card.

Day	Time	Fee
W	12:30P	\$1.50

## CHORAL GROUP

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

Date	Day	Time	Fee
1/11-6/28	2 <sup>nd</sup> & 4 <sup>th</sup> Th	1:30-2:30P	Free for SC members

## ENTERTAINMENT EVENTS

Live musical entertainment held monthly. Coffee and snacks served. Admission-\$2 for SC members;

\$4 non-members. No pre-registration required.

Date	Day	Time	Performer
2/5	M	1:00P	Young musician, Jeanette Wheeler
3/5	M	1:00P	The always fun, Michael Ciulla
4/2	M	1:00P	Mark Lanzieri's Rat Pack Tunes
5/7	M	1:00P	Soprano Justyna Giermola
6/4	M	1:00P	The Elderly Brothers return!

## GOLF LEAGUE

Join the golf league which plays in the summer and fall at Goodwin Park. For more information contact Rudy Kamm at 860-930-9810.

## \$3 HAIRCUTS

Students from the International Institute of Cosmetology come to the Senior Center every six weeks to offer haircuts at a dramatically discounted rate. All participants must arrive with freshly washed hair. Call Lisa at 860-721-2979 to register for an appointment.

Date	Time	Fee
1/10, 2/21, 4/4, 5/16, 6/27	9:30A or 10:30A	\$3

## INFORMAL CARD & BOARD GAME GROUP

This group plays informal card games. Bring your friends and start your own card or board game.

Date/Day	Time	Fee
Every Tu beginning 1/2	1:15P	Free for SC members

## MAH JONGG

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

Date	Day	Time	Fee
1/2-6/28	Tu/Th	10:00A-1:00P	Free for SC members

## WEEKLY MOVIES

Join us for recently released movies. Movie titles announced monthly in the newsletter and the Rare Reminder.

**Date:** Every Monday, except the 1<sup>st</sup> Monday of each month.

Time	Fee
1:00P	Free for SC members

## NEEDLEWORK CRAFTS

This group creates knit items and needlework crafts. Many will be donated to charity.

Day	Time	Fee
M	9:30-11:30AM	Free for SC members

## RED ONION SENIOR QUILTERS

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

Date	Day	Time	Fee
1/22, 2/26, 3/19, 4/16, 5/21, 6/18	M	10-11:30A	Free

## SETBACK

Join a friendly setback group. Everyone is welcome including singles and partners, beginners and experienced players.

Arrive early at 11:30A for free coffee, tea and pastry.

For more information contact Joe or Claire at 860-258-0662.

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

## WALKING DVD

During the cold months of January, February and March, the Senior Center offers a safer alternative than walking in the cold and snow. Our group of walkers follow a simple DVD that allows you to walk your miles indoors. The DVD will have you walking in place and doing very simple exercise steps to get your heart rate up.

Day	Time	Fee
M,W,F (Jan.)	10:00-11:00A	Free for SC members
M,F (Feb & March)		

## **WII BOWLING**

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

Date	Day	Time	Fee
1/2-6/28	Tu/Th	1:00-3:00P	Free for SC members

## **SENIOR CITIZEN ADVISORY COMMITTEE ANNUAL EDUCATIONAL EVENT**

### **CT PARTNERSHIP FOR LONG TERM CARE**

Speakers from the CT Partnership for Long-Term care will talk about the State's alliance with the private insurance industry. This partnership creates an option to help individuals meet their future long-term care needs without depleting all of their assets to pay for care. Under the Partnership, private insurance companies sell special long-term care policies that offer Medicaid Asset Protection should you ever need Medicaid. Learn more about this valuable program.

Date	Day	Time	Fee
4/24	Tu	6:00-8:00P	Free

## **WORKSHOPS**

### **ART APPRECIATION, INSPIRATION & CREATION**

In this new, 3-week workshop explore works of art on-line. After viewing the finished product, watch short videos of the artists at work and then use this inspiration to create masterpieces. Call Lisa at 860-721-2979 to register. Class limited to 5 or bring your own laptop.

Date	Day	Time	Fee
1/4-1/18	Th	10:00A-12:00	Free for SC members

### **VALENTINE CRAFT**

Work with our artist, Deidre and make a fun and easy Valentine's Day decoration to proudly display on the door or holiday table.

Date	Day	Time	Fee
1/31	W	1:00-2:30P	\$5

## **LUNCH & LEARNS**

### **CHOOSING WISELY**

Laura Morris, Assistant Healthcare Advocate for the State of CT will talk about a new initiative promoting conversations between medical professionals and patients who are trying to choose their medical care wisely. The goal of the initiative is that patients will receive care that is proven effective, is medically necessary and does more good than harm. A light lunch will be served. Call Lisa at 860-721-2979 to register. (Snow date 2/6.)

Date	Day	Time	Fee
1/30	Tu	12:00P	Free for SC members

## **ALIGNING WITH "THE SOURCE" IN THESE CHANGING TIMES**

Do you ever feel overwhelmed by life, especially in these ever changing and challenging times? If so, this presentation may be just for you. Speaker Annaita Gandhi is a spiritual and holistic healer from India. Annaita seeks to empower others through her presentations, sharing her deep understanding of life, holism and spirituality. Her goal is to enable others to rise above life's challenges, especially in these very changing times, and to help them live a healthy, fulfilled and confident life. Call Lisa at 860-721-2979 to register. Light lunch served. (Snow date 2/27.)

Date	Day	Time	Fee
2/13	T	12:00P	\$5

## **WHAT TO DO WHEN YOUR FAMILY RECEIVES A DEMENTIA DIAGNOSIS**

When someone in your family is diagnosed with dementia, your world turns upside down. Will you still be able to live at home? Who will provide care? How much will care cost? An elder law attorney from Czepiga, Daly & Pope will answer these questions and offer planning suggestions to help navigate the road ahead. Receive advice about coping with the stressors that will be encountered. Call Lisa at 860-721-2979 to register. Light lunch served.

Date	Day	Time	Fee
3/13	Tu	12:00P	Free for SC members

## **FRIDAY FEATURE**

### **SAFETY DAY**

The Wethersfield Volunteer Ambulance serves seniors in their hour of need every day. During this presentation, a representative from the agency will speak about their experience helping seniors at home and what can be done to assure you will receive the best service possible from first responders in the event of an emergency. See a demo of the use of the automatic defibrillator (AED) available in the Pitkin Community Center. Hear about the MedGuard Alert system, an emergency response button with built in fall detection and GPS. All attendees will receive a File of Life packet that you can complete and post in your home to help first responders provide the most appropriate emergency care for you. Receive information about the Wethersfield Police Department's new Special Needs Registry. Call Lisa at 860-721-2979 to register. Snacks served. (Snow date 3/2.)

Date	Day	Time	Fee
2/23	F	10:00A	Free for SC members



## **KNOWLEDGE & NIBBLES**

### **FINAL PLANNING**

Janet Klett from D'Esopo's Funeral Home will speak to us about making final arrangements. Why wait to make these decisions when you or your family is under stress? This is an opportunity to learn about your options and ask difficult questions. Call Lisa at 860-721-2979 to register. Snacks served.

(Snow date 3/27.)

Date	Day	Time	Fee
3/20	Tu	10:00A	Free for SC members

### **STRESS MANAGEMENT TECHNIQUES: USING GUIDED IMAGERY AND HYPNOSIS**

For decades, hypnosis has helped people successfully make behavior changes, eliminate unhealthy and unwanted behaviors, reduce stress, manage pain, and improve concentration. During this presentation, through a combination of guided imagery and hypnosis, learn how to reduce stress and anxiety and promote feelings of peace and calm in your life. The presentation will encourage hope and confidence and help you face stressful situations. It will include information about guided imagery, a hypnosis session to help reduce stress, and an introduction to self-hypnosis. Our teacher is Mary Jo Conti, MBA and consulting hypnotist from West Hartford. Call Lisa at 860-721-2979 to register. Snacks served.

Date	Day	Time	Fee
4/17	Tu	1:00-3:00P	\$5

## **HEALTH SCREENINGS**

**Blood Pressure Screenings** – 4<sup>th</sup> Thursday of each month, 12:30-1:30P, sponsored by Cedar Mountain Commons. Walk-ins welcome.

**Blood Sugar Screenings** – 2<sup>nd</sup> Friday of each month, from 11:00A-12:00P sponsored by Apple Rehab.

**Dental Clinics** – The Central CT Health District will sponsor free dental health clinics on 2/7, 2/9, 6/26 & 6/28. Cleanings are performed by a professional hygienist. To qualify you must be 60 years old, a resident of Wethersfield, Rocky Hill, Newington or Berlin and must not have received a free cleaning in the past year. Call Lisa at 860-721-2979 for an appointment.

**Foot Care** – 1/5, 1/22, 2/2, 2/13, 3/2, 3/13, 4/6, 4/23, 5/4, 5/15, 6/1. Includes cleaning, filing, trimming, reducing corns and calluses by an RN. Seniors only. No diabetics. Fee: \$29. Call Lisa at 860-721-2979 for an appointment.

**Hearing Screenings & Hearing Aid Cleaning** – Mon, 4/16. This is an initial screening to determine possible causes of hearing loss. Provided free of charge by the Hearing Wellness Center. Call Lisa at 860-721-2979 to register.

## **BUS TRIPS**

The following trips are planned through Friendship Tours. Call Lisa at 860-721-2979 for information and registration. Trip flyers with more details available in the Senior Center.

**Thursday, 4/5—Newport Playhouse.** This unique dinner theater is a favorite of locals and visitors. Enjoy a great buffet with wide variety of salads, hot and cold entrees, desserts and beverages. After dining, take a reserved seat in the theater for the comedy "Exit Laughing" which is best described as "Golden Girls" meets "Steel Magnolia." After the play, enjoy a cabaret show. Cost \$92/pp for meal and show.

**Wednesday, 5/30—Best of Boston: Duck Tour & NE Aquarium.** Enjoy a narrated tour of Boston aboard the Duck, an amphibious vehicle that rides on land and becomes a boat on water. Spend the afternoon at the New England Aquarium and visit Quincy Market for shopping. Cost \$102/pp.

**Sunday, 6/10—Dine & Cruise on the Beauport Princess.** Step aboard the Beauport Princess and settle back for a cruise from one of New England's most photogenic harbors, Gloucester, MA. Enjoy a buffet lunch while cruising. Sample menu includes salad, rolls, North Atlantic Haddock, Chicken Piccata, Penne Pasta Alfredo, veggies, potato, dessert. Enjoy an afternoon visit to Rockport, MA, one of the oldest artisan colonies for shopping, art galleries and a view of the harbor. Cost \$95/pp.

## **Senior Center Classes**

### **ART AND MINDFULNESS**

Enjoy emotional and spiritual growth, exploring all facets of mindfulness. Have fun learning art basics and being encouraged to "break all the rules" as your creativity and unique artistic expression soars. Art basics include drawing techniques using wet and dry drawing mediums, design elements and principles and various subject matters such as portraits. All levels of ability welcome.

Date	Day	Time	Fee	Code
1/25-5/17	Th	9:30-10:45A	\$34	436003-01

### **THE ARTIST'S JOURNEY**

Begin your artist's journey with Deidre. Participants have the option to work in the media of their choice. Deidre will offer guidance with painting, drawing, mixed media, fiber arts and more. All levels of ability welcome.

Date	Day	Time	Fee	Code
1/24-3/21	W	10:00-11:30A	\$18	436005-01
4/11-6/6	W	10:00-11:30A	\$18	536005-01

### **BELLY DANCING**

Join our Belly Dance class. Learn easy steps with modifications for your abilities. Enjoy a renewed sense of confidence as we create a signature dance for the class. Join this welcoming, fun group of students.

Date	Day	Time	Fee	Code
2/8-5/17	Th	12:30-1:30P	\$30	436095-01

## CHAIR YOGA

Learn yoga basics using a program that adapts easily to any fitness level. All movements are done seated and will work your core and extremities. Benefits include increased flexibility, strength and relaxation. No class 2/19.

Date	Day	Time	Fee	Code
1/22-5/21	M	11:30A-12:20P	\$34	436235-01
1/25-5/24	Th	2:00-2:50P	\$36	436235-02

*Register for both Monday and Thursday for only \$65*

## DANCE AROUND THE WORLD

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

Date	Day	Time	Fee	Code
1/23-5/22	Tu	2:00-2:45P	\$36	436102-01

## PAINTING

Join this free-flowing class/artist group where the instructor is available to provide individual guidance for your burgeoning self-expression. Beginners and experienced painters welcome. Students are free to use any water-based medium including acrylics and water colors.

Date	Day	Time	Fee	Code
4/10-6/5	Tu	10:00-11:30A	\$18	536020-01

## SILVER SNEAKERS: STRENGTH & BALANCE

This class is designed to help you become stronger and improve your balance. Focus is on strengthening your ankles, knees and hips to improve your reaction time and reduce falls. Class is suitable for all fitness levels as exercises are adapted for your skill level. A chair is used for balance and support. Cost: Free for Silver Sneaker members. Non-Silver Sneaker members pay drop-in fee of \$3 per class.

Date	Day	Time
1/24-3/21	W	11:00-11:45A
1/26-3/23	F	10:00-10:45A
4/11-6/6	W	11:00-11:45A
4/13-6/8	F	10:00-10:45A

## T'AI CHI QIGONG

Class includes movements from T'ai Chi Chuan along with teachings from the ancient healing system Qigong. The program has physical, mental and emotional benefits including improved flexibility, strength, balance and mental focus.

Mindfulness, meditation and acupressure are all incorporated.

Date	Day	Time	Fee	Code
1/25-5/17	Th	11:00A-12:00P	\$34	436250-01



## Computer Learning Center

The Wethersfield Computer Learning Center is pleased to offer individual and/or small group instruction regarding your computer and technology needs. One-to-one assistance is available for \$10 per hour or \$5 per half hour. Also, beginning in February, on the first Wednesday of each month from 1:30-3:30pm tech help will be available in our computer lab. Below is a list of topics for which volunteers can provide instruction. If you have other areas of need, please let us know. Appointments are required for all assistance. Contact Lisa at 860-721-2979 to make an appointment. The Computer Lab also remains open on Tuesday and Thursday afternoons from 2:30-4:30pm for use of the Center's laptops with Windows 10.

### For iPad or iPhones:

Introduction  
Surfing the web  
Email  
Working with photos  
Exploring Contacts and the Calendar Apps  
Using Productivity Apps: Notes, Pages and Word  
Using the Facebook App  
Reading books on your tablets  
Welcome to the World of Apps  
YouTube



Basic instruction for Android phones is also available.

## WELCOME TO WINDOWS 10

In this four-session class, learn to work with Windows 10 desktop, open and close Apps, use the Calculator, Help and Support, Weather, News, Solitaire and WordPad. Work with File Explorer and learn to save and find documents. Text included.

Date	Day	Time	Fee	Code
4/9-4/18	M,W	12:30-2:30P	\$40	537860-01

## WINDOWS 10 INTERMEDIATE

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

Date	Day	Time	Fee	Code
4/23-5/2	M,W	12:30-2:30P	\$40	537710-01

## SENIOR CAFÉ / CRT LUNCH PROGRAM

Lunch is served Monday through Friday at the Pitkin Community Center. Suggested donation: \$2.50 for ages 60+. Fee: \$5.00 for under age 60. To make a reservation, call 860-721-2955 one day ahead, between 10:00A-12:00P. Menus are available at the Community Center and are posted monthly at [wethersfieldct.gov/social](http://wethersfieldct.gov/social).

# Youth Services After School Programs

After School Achievement Programs (a.s.A.p.), sponsored by The Town of Wethersfield Social and Youth Services Department, in collaboration with Silas Deane Middle School, Wethersfield Parks and Recreation Department, the Keane Foundation and the Capital Area Substance Abuse Council, is designed to offer after-school enrichment activities to all interested 7<sup>th</sup> and 8<sup>th</sup> grade students at Silas Deane Middle School. The goal of a.s.A.p. is to provide this age group with after school leisure time activity exploration and development within the framework of a primary prevention model.

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

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

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

## ROBOTICS

Grades 7-8. The Robotics Program will offer students the opportunity to get hands on experience building and programming robots to solve problems. The club uses VEX IQ robot kits and ROBOTC computer program that allows visual programming of the robots. Students will have the opportunity to design and program robots to accomplish tasks of varying complexity. Min/Max: 10/15. Silas Deane Middle School. Winter Session: Grade 8 only. Spring Session: Grade 7 only. No class 4/12.



Grade	Date	Day	Time	Fee	Code
8	1/25-3/8	Th	2:30-4:30P	\$35	434197-01
7	4/5-5/24	Th	2:30-4:30P	\$35	534197-01

## BASIC BAKING

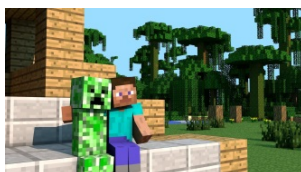
Grades 7-8. Learn the basics of baking. Have fun while selecting recipes, preparing baked goods, tasting finished products and competing against each other in baking competitions. Make cupcakes, iced sugar cookies, muffins, cinnamon rolls and more. Min/Max: 10/12. Silas Deane Middle School. No Class 4/11.



Date	Day	Time	Fee	Code
1/24-3/7	W	2:30-4:30P	\$45	434020-01
4/4-5/23	W	2:30-4:30P	\$45	534020-01

## MINECRAFT MONDAYS

Grades 7-8. This is an educational version of Minecraft called MinecraftEDU. Play on a private, contained game world in the media center. MinecraftEDU allows teachers to push out challenges and "assignments" in the game world for students to collaborate on together. Min/Max: 6/13. Silas Deane Middle School Media Center. No class 2/19 & 4/9.



Date	Day	Time	Fee	Code
1/22-3/12	M	2:30-3:30P	\$30	434150-01
4/2-5/21	M	2:30-3:30P	\$30	534150-01

## PHOTOCRAFT

Grades 7-8. Do you love to take a lot of photos, but are not sure what to do with them afterwards? Photocraft offers you creative alternative to stuffing prints into dusty albums. Turn your images into creative artworks in order to preserve and display some of your favorite images. Projects may include jewelry, clothing, votives, magnets, coasters, cards, and more. Please bring your own photographs to class, digital or printed. Min/Max: 10/16. Silas Deane Middle School. No Class 2/19.



Date	Day	Time	Fee	Code
1/22-3/5	M	2:30-4:30P	\$45	434185-01

## CERAMICS

Grades 7-8. Course focuses on basic hand-building techniques including pinch, coil, and slab construction, plus surface decoration, glazing, and firing. Students learn relevant ceramic vocabulary, technique, craftsmanship and the expressive potential of clay. Projects may include bowls, vases, ornaments, luminaries, and more. Min/Max: 10/12. Silas Deane Middle School. No class 4/9.



Date	Day	Time	Fee	Code
4/2-5/21	M	2:30-4:30P	\$45	534014-01

## TEAMBUILDING TUESDAY

Grades 7-8. Using the basics of Adventure based programs, students will participate in a series of games and exercises that will help develop skills in the area of teamwork, leadership and communication. Have fun all while gaining knowledge and skills for the future. Min/Max: 8/12. Silas Deane Middle School. No class 4/10.



Date	Day	Time	Fee	Code
4/3-5/22	Tu	2:30-3:30P	\$30	534245-01

**Effective Team  
Communications**



(a.s.A.p continued)

### AFTER SCHOOL MEDIA CENTER

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

Silas Deane Middle School Media Center.

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

Date	Day	Time	Fee
1/24-5/24	W - Th	2:30-3:20P	FREE

### AFTER SCHOOL TUTORING

Grades 7-8. **This service can be used 2:30-3:20P.** Closed during school vacations, half days and snow days.

Silas Deane Middle School Media Center.

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

Date	Day	Time	Fee
1/22-5/22	M - Tu	2:30-3:20P	FREE

### AFTER SCHOOL EXTENDED TUTORING

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

Silas Deane Middle School Media Center.

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

Date	Day	Time	Fee
1/22-5/24	M - Th	3:30-4:20P	FREE

### SDMS INTRAMURALS

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

Silas Deane Middle School.

Winter Sessions - No class 2/19, 2/20

Date	Day	Time	Fee	Code
1/22-3/26	M	2:30-3:20P	Free	434460-01
1/23-3/27	Tu	2:30-3:20P	Free	434460-02
1/24-3/28	W	2:30-3:20P	Free	434460-03
1/25-3/29	Th	2:30-3:20P	Free	434460-04

Spring Sessions- No class 4/9, 4/10, 4/11, 4/12

Date	Day	Time	Fee	Code
4/2-5/21	M	2:30-3:20P	Free	534460-01
4/3-5/22	Tu	2:30-3:20P	Free	534460-02
4/4-5/23	W	2:30-3:20P	Free	534460-03
4/5-5/24	Th	2:30-3:20P	Free	534460-04



## Youth Services Programs

### AMERICAN RED CROSS BABYSITTER TRAINING

Ages 11-14. This course will prepare you to be the best sitter in your neighborhood. In fact, 8 in 10 surveyed parents said they would pay more for a trained babysitter who holds Red Cross babysitter certifications. Start your babysitting business on the right foot and learn how to be a safe, professional and reliable sitter. Pitkin Community Center, Fireside Room.

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

### FRIDAY NIGHT HANGOUT

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

**6<sup>th</sup> Grade Winter** Program meets: 1/26, 2/9, 2/23, 3/9

Dates	Day	Time	Fee	Code
(See above)	F	7:00-9:00P	\$17	434505-01

**6<sup>th</sup> Grade Spring** Program meets: 4/6, 4/27, 5/11, 5/25

Dates	Day	Time	Fee	Code
(See above)	F	7:00-9:00P	\$17	534505-01

**7<sup>th</sup> & 8<sup>th</sup> Grade Winter** Program meets: 2/2, 2/16, 3/2, 3/16

Dates	Day	Time	Fee	Code
(See above)	F	7:00-9:00P	\$17	434505-02

**7<sup>th</sup> & 8<sup>th</sup> Grade Spring** Program meets: 4/20, 5/4, 5/18, 6/1

Dates	Day	Time	Fee	Code
(See above)	F	7:00-9:00P	\$17	534505-02

## Social and Youth Services Programs

### WEEKEND YOUTH MEAL PROGRAM

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

### ENERGY ASSISTANCE PROGRAM

Applications are being accepted for the Community Renewal Team (CRT) Energy Assistance Program. This program provides financial assistance for heating expenses during the 2017/2018 heating season.

### RENTER'S REBATE PROGRAM

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

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

# Fitness for Adults

## FITNESS 101

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

Date	Day	Time	Res/NonRes	Code
1/16-3/16	M-F	<i>by appointment</i>	\$6/\$10	405031-01
3/19-6/1	M-F	<i>only</i>	\$6/\$10	505031-01

## FITNESS ROOM PASS

Ages 12+. Open Monday-Friday: 8:00am-2:00pm, and Monday through Thursday: 5:00-9:00P. Fitness equipment includes treadmills, stationary bikes, ellipticals, dumbbells, medicine balls and floor mats.

Pitkin Community Center. Closed: 2/19, 3/30, 5/28.

Date	Day	Time	Res/NonRes	Code
1/16-3/16	M-F	<i>see schedule</i>	\$20/\$25	405030-01
3/19-6/1	M-F	<i>above</i>	\$20/\$25	505030-01

## INTERVAL TRAINING

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

Pitkin Community Center. No class 2/20, 4/10, 4/12.

Date	Day	Time	Res/NonRes	Code
1/23-3/15	Tu,Th	5:00-5:45A	\$50/\$60	405045-01
1/23-3/15	Tu,Th	6:00-6:45A	\$50/\$60	405045-02
3/27-5/31	Tu,Th	5:00-5:45A	\$60/\$70	505045-01
3/27-5/31	Tu,Th	6:00-6:45A	\$60/\$70	505045-02

## MUSCLE CHALLENGE

Ages 16+. 45 minutes of strengthening and toning all major muscle groups using various equipment in an interval style workout. Equipment provided. Min/Max: 14/40.

Pitkin Community Center. No class 2/19, 4/9, 4/11, 5/28.

Date	Day	Time	Res/NonRes	Code
1/22-3/14	M,W	9:00-9:45A	\$45/\$55	405048-01
3/26-5/30	M,W	9:00-9:45A	\$50/\$60	505048-01

## SENIOR MUSCLE CHALLENGE

Ages 55+. 45 minutes of specially designed strengthening and toning exercises for seniors. Tone all major muscle groups using various equipment. Min/Max: 14/30.

Pitkin Community Center. No class 2/19, 4/9, 4/11, 5/28.

Date	Day	Time	Res/NonRes	Code
1/22-3/14	M,W	10:00-10:45A	\$45/\$55	405049-01
3/26-5/30	M,W	10:00-10:45A	\$50/\$60	505049-01

## MUSCLE TONE WITH SUE

Ages 16+. 45 minutes of strengthening and toning all major muscle groups using weights and resistance bands.

Equipment provided. Min/Max: 12/35. Community Center. No class 4/10.

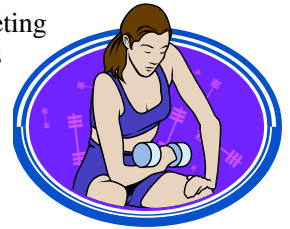
Date	Day	Time	Res/NonRes	Code
1/23-3/13	Tu	6:00-6:45P	\$32/\$37	405051-01
3/27-5/29	Tu	6:00-6:45P	\$36/\$42	505051-01

## TOTAL BODY WITH JO

Ages 16+. Strength training targeting major muscle groups using various equipment and body weight. Total Body incorporates bursts of cardio movements intended to help tone your entire body. Min/Max: 12/35. Pitkin Community Center.

No class 2/19, 4/9, 4/11.

Date	Day	Time	Res/NonRes	Code
1/22-3/14	M,W	5:30-6:15P	\$40/\$50	405053-01
3/26-5/23	M,W	5:30-6:15P	\$43/\$53	505053-01



## ZUMBA GOLD® WITH SHERYL

Ages 45+. An innovative, fun and exciting program designed for the active older adult, the true beginner, or people who are not used to exercising, or who may be limited physically. The main difference between Zumba Gold and Zumba Basic is Zumba Gold is done at a lower intensity. The same great Latin and international styles of music and dance are used. Min/Max: 12/35. Pitkin Community Center.

No class 2/20, 3/6, 3/8, 4/10, 4/12.

Date	Day	Time	Res/NonRes	Code
1/23-3/15	Tu,Th	8:30-9:20A	\$35/\$45	405007-01
1/23-3/15	Tu,Th	5:00-5:50P	\$35/\$45	405007-02
3/27-5/31	Tu,Th	8:30-9:20A	\$48/\$58	505007-01
3/27-5/31	Tu,Th	5:00-5:50P	\$48/\$58	505007-02

## ZUMBA® WITH NANCY

Ages 16+. Aerobic workout with a Latin-dance twist. Zumba fuses hypnotic Latin and international rhythms and easy to follow moves to create a dynamic fitness program.

Min/Max: 14/35. Pitkin Community Center.

No class 2/19, 2/20, 4/9, 4/10, 4/11, 4/12.

Date	Day	Time	Res/NonRes	Code
1/23-3/15	Tu,Th	9:30-10:25A	\$40/\$50	405006-01
1/22-3/14	M,W	6:30-7:30P	\$40/\$50	405006-02
3/27-5/31	Tu,Th	9:30-10:25A	\$48/\$58	505006-01
3/26-5/23	M,W	6:30-7:30P	\$43/\$53	505006-02

## ZT30 WITH MICHELLE

Ages 16+. ZT30 is half Zumba and half Zumba Toning, alternated throughout the one hour class. Zumba fuses hypnotic Latin and international rhythms and easy to follow moves to create a dynamic fitness program. Min/Max: 12/35. Pitkin Community Center. No class 2/8, 4/12, 5/10.

Date	Day	Time	Res/NonRes	Code
1/25-3/15	Th	6:00-7:00P	\$34/\$36	405009-01
3/29-5/24	Th	6:00-7:00P	\$30/\$32	505009-01



## POWER-UP PILATES

Ages 16+. Pilates is designed to strengthen core muscles, including the abdominals and glutes, while lengthening and maintaining loose, limber limbs. It strengthens the body while keeping joints mobile and flexible. The exercises provide variations to meet different body types making it an exercise option for everyone. Bring a mat, towel, and water bottle to class.

Instructor from Personal Euphoria Pilates. Min/Max: 9/17. Pitkin Community Center. No class 4/10.

Date	Day	Time	Res/NonRes	Code
1/23-3/13	Tu	9:00-9:45A	\$60/\$70	405050-02
3/27-5/29	Tu	9:00-9:45A	\$70/\$80	505050-02

## POP PILATES

Age 16+. POP Pilates is a high-energy, upbeat, "dance on the mat" blend of cardio, Pilates, and yoga synced to today's Pop and Top 40 hits which results in an intense workout that is FUN and effective. The class focusses on core and glutes while leaving NO muscle untouched. Modifications will be given. Break a sweat, but feel strong and energized. Bring a yoga mat and water. Mixed level class. Min/Max: 8/16.

Pitkin Community Center. No class 4/10.

Date	Day	Time	Res/NonRes	Code
1/23-3/13	Tu	6:00-6:45P	\$60/\$70	405052-01
3/27-5/29	Tu	6:00-6:45P	\$70/\$80	505052-01

## YOGA - FRIDAY MORNINGS

Age 16+. Unwind and recharge your batteries as you surrender into yoga poses designed to strengthen your core, build stamina and increase flexibility. Focus on connecting breath with movement and simple mindfulness practices. Different variations of poses are offered, making this class fun, safe, and challenging for all levels. Bring a mat, a water bottle and any props (pillow, yoga block, blanket, etc.) to will add to your comfort. Instructor from Personal Euphoria Pilates. Min/Max: 8/16.

Pitkin Community Center. No class 2/16 & 4/13.

Date	Day	Time	Res/NonRes	Code
1/26-3/16	F	8:15-9:00A	\$55/\$60	405093-01
4/6-5/25	F	8:15-9:00A	\$55/\$60	505093-01

## YOGA WITH LISA

Ages 16+. Learn the basics, increase strength, vitality and flexibility. Reduce stress and relax while toning your body and mind. Yoga breathing exercises, called Pranayama, benefits the entire body. Physical activity is good for relieving stress, and this is particularly true of yoga.

Min/Max: 8/16. Pitkin Community Center.

No class 2/19, 4/9, 4/12.

Date	Day	Time	Res/NonRes	Code
1/22-3/12	M	6:00-7:15P	\$48/\$52	405092-01
1/25-3/15	Th	5:45-7:00P	\$55/\$58	405091-01
3/26-5/21	M	6:00-7:15P	\$55/\$63	505092-01
3/29-5/24	Th	6:00-7:15P	\$55/\$58	505091-01

## RIVER ROCK YOGA WITH SANDY BYRNE

Ages 16+. Bring a yoga mat and comfortable clothes.

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

**Yoga Basics:** Perfect for those who are stressed, inflexible or have never done yoga before. Learn basic postures, breathing and meditation for stress relief. This is a great introduction to yoga. No class 5/28.

Date	Day	Time	Res/NonRes	Code
1/20-2/24	Sa	10:30-11:45A	\$50/\$60	405081-01
1/22-2/26	M	6:00-7:15P	\$50/\$60	405081-02
3/5-4/9	M	6:00-7:15P	\$50/\$60	405081-03
4/30-6/11	M	6:00-7:15P	\$50/\$60	505081-01

**Spiritual Sunday Yoga:** This nurturing and inspiring, candlelit yoga class is designed to help deepen your yoga practice while allowing yoga to flow more easily off of your mat and into your daily life. Modifications, variations and props will be presented making this practice accessible for all levels.

Date	Day	Time	Res/NonRes	Code
1/21-2/25	Su	5:30-7:00P	\$50/\$60	405085-01

**Gentle Yoga:** A guided yoga practice designed for all ages and body types. Perfect for those seeking stress relief or more ease and flexibility in the body. Modifications and props are offered to ensure comfort and support. Movement is soft and slow paces with focus on deeply nourishing the body and breath. Leave with awareness and presence of your inner peace and bliss.

Date	Day	Time	Res/NonRes	Code
3/6-4/10	Tu	6:00-7:15P	\$50/\$60	405087-01





# Aquatics

## BACKMAN POOL AT WETHERSFIELD HIGH SCHOOL

411 Wolcott Hill Road. Open 1/3-6/2. Proof of age and residency (e.g. driver's license) required for admission. Non-residents and guests must be accompanied by a resident adult.

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

<i>Adult Swim:</i>	<i>Recreational Swim:</i>
Tuesday 6:30-7:15A	Tuesday 7:45-8:30P
Tuesday 8:30-9:30P	Thursday 7:45-8:30P
Thursday 6:30-7:15A	Friday 7:45-9:30P
Thursday 8:30-9:30P	Saturday 1:00-3:30P

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

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

**Family \$55:** Available to 2 adults and any children living in the same household. Additional adult(s) living in the household must purchase an individual or family pool pass. Please remember to list all family members.

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

## Swim Lessons

### SPECIAL INSTRUCTIONS FOR SWIM LESSONS

Registration deadline for winter is Friday, 1/19 at 4:00P online, and 4:30P in the Parks & Recreation Office.

Registration deadline for spring is Friday, 3/23 at 4:00P online, and 4:30P in the Parks & Recreation Office.  
Classes will not be held on 3/31.

Swim lessons are available to residents only. Classes are held at the Backman Pool at Wethersfield High School. Lessons use the American Red Cross Learn to Swim Program.

#### Swim Lesson Pre-requisites:

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

Parent & Child: Ages 18 months – 3 years

Preschool: Ages 4-5 or age 3 and completed Parent and Child Aquatics

Level 1: Age 5 or age 4 with successful completion of Preschool Aquatics

Levels 2 – 6: Successful completion of preceding swim level  
*Instructors may re-assign level placement based on skills and availability.*

## PARENT AND CHILD AQUATICS

Ages 18 months-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 and front and back float and glide with assistance. Min/Max: 1/20. Wethersfield High School.

Date	Day	Time	Residents Only	Code
1/20-3/10	Sa	9:00-9:40A	\$20	401020-01
3/24-5/19	Sa	9:00-9:40A	\$20	501020-01

## PRESCHOOL AQUATICS

Ages 4-5. Students become familiar with the aquatic environment. Learning objectives: Enter and exit water using ladder, steps or side, bob, open eyes 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: 1/12. Wethersfield High School.

Date	Day	Time	Residents Only	Code
1/20-3/10	Sa	10:30-11:10A	\$20	401021-01
1/20-3/10	Sa	12:00-12:40P	\$20	401021-02
3/24-5/19	Sa	10:30-11:10A	\$20	501021-01
3/24-5/19	Sa	12:00-12:40P	\$20	501021-02

## LEVEL 1: INTRODUCTION TO WATER SKILLS

Ages 5-13. 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 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. Wethersfield High School.

Date	Day	Time	Residents Only	Code
1/20-3/10	Sa	9:45-10:25A	\$20	401022-01
1/20-3/10	Sa	10:30-11:10A	\$20	401022-02
1/20-3/10	Sa	12:00-12:40P	\$20	401022-03
3/24-5/19	Sa	9:45-10:25A	\$20	501022-01
3/24-5/19	Sa	10:30-11:10A	\$20	501022-02
3/24-5/19	Sa	12:00-12:40P	\$20	501022-03



## LEVEL 2: FUNDAMENTALS OF AQUATIC SKILLS

Ages 5-13. 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. Wethersfield High School.

Date	Day	Time	Residents Only	Code
1/20-3/10	Sa	9:45-10:25A	\$20	401023-01
1/20-3/10	Sa	11:15-11:55A	\$20	401023-02
3/24-5/19	Sa	9:45-10:25A	\$20	501023-01
3/24-5/19	Sa	11:15-11:55A	\$20	501023-02

## LEVEL 3: STROKE DEVELOPMENT

Ages 5-13. 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. Wethersfield High School.

Date	Day	Time	Residents Only	Code
1/20-3/10	Sa	11:15-11:55A	\$20	401024-01
1/20-3/10	Sa	12:00-12:40P	\$20	401024-02
3/24-5/19	Sa	11:15-11:55A	\$20	501024-01
3/24-5/19	Sa	12:00-12:40P	\$20	501024-02

## LEVEL 4: STROKE IMPROVEMENT

Ages 6-13. 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.

Wethersfield High School.

Date	Day	Time	Residents Only	Code
1/20-3/10	Sa	9:45-10:25A	\$20	401025-01
3/24-5/19	Sa	9:45-10:25A	\$20	501025-01



## LEVEL 5: STROKE REFINEMENT

Ages 6-13. Guidance allows students 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. Wethersfield High School.

Date	Day	Time	Residents Only	Code
1/20-3/10	Sa	11:15-11:55A	\$20	401026-01
3/24-5/19	Sa	11:15-11:55A	\$20	501026-01

## LEVEL 6: SWIMMING AND SKILL PROFICIENCY

Ages 6-13. Students learn to swim with ease and efficiency. 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, back, freestyle, backstroke, breaststroke, sidestroke and butterfly turns, dive from deck and diving board in kneeling, forward, dive fall-in and standing positions, and forward dive from tuck and pike positions. Min/Max: 1/10. Wethersfield High School.

Date	Day	Time	Residents Only	Code
1/20-3/10	Sa	9:00-9:40A	\$20	401029-01
3/24-5/19	Sa	9:00-9:40A	\$20	501027-01

## ADULT SWIM LESSONS

Ages 16+. Beginner course for those who wish to become more comfortable in the water or improve their beginner level swim skills. Min/Max: 1/10. Wethersfield High School.

Date	Day	Time	Residents Only	Code
1/25-3/15	Th	8:00-8:40P	\$20	401051-01
3/29-5/17	Th	8:00-8:40P	\$20	501051-01

# Barracudas Swim Team

## BARRACUDAS SWIM STROKE CLINIC

Swim stroke and competitive technique refinement.

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

Date	Day	Time	Res/NonRes	Code
<b>Ages 5-10</b>				
3/5-3/29	M-F	5:45-6:30P	\$95/\$125	401003-01
4/16-5/11	M-F	5:45-6:30P	\$95/\$125	501003-01
<b>Ages 11-18</b>				
3/5-3/29	M-F	6:30-7:45P	\$95/\$125	401004-01
4/16-5/11	M-F	6:30-7:45P	\$95/\$125	501004-01

# Lifeguarding Opportunities

## LIFEGUARD TRAINING

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

Date	Day	Time	Res/NonRes	Code
3/16-3/26	<i>See Dates &amp; Times Below</i>		\$300/\$350	401052-01
<i>Program meets:</i>		3/16, 3/19, 3/23 & 3/26	6:00P-9:00P	
		3/17, 3/18, 3/25	9:00A-5:00P	
		3/24	1:00P-5:00P	

## Lifeguard and WSI Positions Available for Summer 2018

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



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

## 9/11 Memorial Sports Center



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

### ABOUT THE KEANE FOUNDATION

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

## 9/11 CENTER SATURDAY OPEN GYM

Grades K-8. Supervised open gym time for pick-up basketball and other activities. Schedule: Grades K-3 meet 10:30A -12:00P – (parents welcome); Grades 4-6 meet 12:30P -2:00P; Grades 7-8 meet 2:00P - 3:30P. Registration is preferred but not required. Min/Max: 4/50. Pitkin Community Center. Closed: 12/23 & 12/30, 2/17.

Date	Day	Time	Fee	Code
12/2-3/24	Sa	10:30A-3:30P	Free	305140-01

## VACATION GYM DAY WEDNESDAY APRIL 11

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

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

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

## Keane on Kids After School Enrichment Programs

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

Children at all Wethersfield Elementary Schools are welcome to participate. Registration for each activity is through the Wethersfield Parks and Recreation Department. **Online registration for all programs is available at [wethersfieldct.gov/recreation](http://wethersfieldct.gov/recreation).** Those who are enrolled in the Keane on Kids After School Enrichment program can enjoy an activity for an hour after dismissal time. Children may sign up for one day or multiple days (depending upon program availability at each individual school).

**We have teamed with the YMCA to offer after care (until 6 pm) for an additional fee at Emerson Williams, Hanmer and Highcrest Schools. Contact the Y for more information at 860-521-5830.**



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.

**The following pages list the offerings at each school for the winter and spring. Remember, you can only register for programs offered at YOUR school.**





## Charles Wright

### Keane on Kids After School Program

Sponsored by the R.M. Keane Foundation

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



#### BOARD GAME CLUB

Grades 1-6. Students will be able to play a wide variety of age appropriate games. Learn how to read the rules and follow the directions and the importance of good gamesmanship all while having fun. Min/Max: 6/20. No class 2/20.

Date	Day	Time	Fee	Code
1/23-3/6	Tu	3:00-4:00P	\$20	411034-01

#### CHESS CLUB

Grades K-6. Learn new strategies and ways to win as well as other chess "secrets." Beginners welcome. Learn all the basic moves of the chess pieces, their values, piece interaction and how to win (checkmate). Min/Max: 10/15.

Date	Day	Time	Fee	Code
1/24-2/28	W	3:00-4:00P	\$72	411035-01

#### ART ADVENTURES

Grades 1-3. Students will create four different works of art, working with all types of mediums and be encouraged to be creative and have fun. Min/Max: 8/12. No class 3/20.

Date	Day	Time	Fee	Code
3/6-4/3	Tu	3:00-4:00P	\$25	411005-01

#### AVIATION - AIRPLANE CAPTAIN

Grades 1-6. Learn the science of how to build and actually fly our ALL NEW high-soaring models. Build the Iron Bird - a plane designed after the famous DaVinci model that flaps its bird-like wings and takes off. The Helicobra V2 is a super high-flying rubber band powered helicopter that will shoot for the stars. Build these and more with your own hands, and take home each plane you craft. Class is the perfect combination of STEM learning, building and flying fun. Instructor from Hobby Quest. Min/Max: 8/16. No class 4/11.

Date	Day	Time	Fee	Code
3/7-4/18	W	3:00-4:00P	\$93	411231-01



#### GARDENING

Grades K-6. Learn about an abundance of gardening topics such as planting, germination, transplanting, care and harvesting as well as topics such as pollinators and good and bad bugs. Activities will be done through hands on learning. Children will partner up, giving older students an opportunity to mentor younger kids while they garden together and share in the harvest Min/Max: 10/20. No class 3/22 & 4/12.

Date	Day	Time	Fee	Code
3/8-5/31	Th	3:00-4:00P	\$50	411207-01

#### COOKING

Grades 1-3. Demonstrations, nutrition education and hands on classes in the preparation of healthy food and snacks. Instruction on how to prepare various products as well as the importance of measuring and food safety. Hosted by Wethersfield Dining Services chefs and dieticians. Min/Max: 5/12.

Date	Day	Time	Fee	Code
5/1-5/15	Tu	3:00-4:00P	\$35	511065-01

#### YOGA ADVENTURE

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

Date	Day	Time	Fee	Code
5/2-6/6	W	3:00-4:00P	\$40	511201-01

#### RUNNING CLUB

Grades 3-6. Develop and encourage children of all running abilities to progress from their current level to completing a 5K (3.1 miles). Set goals and build up endurance and self-esteem while preparing to participate (run, jog or walk) in the Keane Foundation 5K on June 3, 2018. Min/Max: 5/50.

Date	Day	Time	Fee	Code
4/25-5/30	W	3:00-4:00P	\$10	533040-01







## Emerson Williams



### Keane on Kids After School Program

Sponsored by the R.M. Keane Foundation

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



#### UKULELE CLUB

Grades 3-6. Learn to play your favorite songs on the ukulele. All ability levels are welcomed - bring our own ukulele if you have one; a limited number of ukuleles are available for students as well. Contact Ms. Emily Caravella (ecaravella@wethersfield.me) for instrument details. Min/Max: 5/30. No class 2/19.

Date	Day	Time	Fee	Code
1/22-3/5	M	3:00-4:00P	\$60	412340-01

#### MAD SCIENCE MAD LABS

Grades K-5. Discover optical illusions, the secret components of white light, hidden rainbows and movie effects. Bring science to life while exploring the senses of sight, taste and hearing. Embark on a microscopic exploration of cells, find out how ecosystems work and understand the unique characteristics of bugs. Min/Max: 12/21.

Date	Day	Time	Fee	Code
1/25-3/1	Th	3:00-4:00P	\$89/\$89	412307-01

#### KIDS YOGA EXPLORATION

Grades 1-3. A great way for young children, with varying abilities, to have fun using their imagination and body to travel to exciting places while building strength, focus and coordination. Learn traditional yoga poses along with many new twists. Min/Max: 10/20. No class 4/11.

Date	Day	Time	Fee	Code
3/7-4/18	W	3:00-4:00P	\$40	412201-01

#### COOKING

Grades 1-3. Demonstrations, nutrition education and hands on classes in the preparation of healthy food and snacks. Instruction on how to prepare various products as well as the importance of measuring and food safety. Hosted by Wethersfield Dining Services chefs and dieticians. Min/Max: 5/12. No class 3/22.

Date	Day	Time	Fee	Code
3/8-3/29	Th	3:00-4:00P	\$35	412065-01

#### CHESS CLUB

Grades K-6. Learn new strategies and ways to win as well as other chess "secrets." Beginners welcome. Learn all the basic moves of the chess pieces, their values, piece interaction and how to win (checkmate). Min/Max: 10/15. No class 4/9.

Date	Day	Time	Fee	Code
3/12-4/23	M	3:00-4:00P	\$72	412035-01



Looking for after care until 6 PM at Emerson Williams? Contact the YMCA for information on our partnership to provide after care in their licensed program at 860-521-5830.

#### FASHION DESIGN

Grades 1-6. Learn everything there is to know about creating your own denim vest that you can wear alone or with other pieces. Make fun accessories like a bracelet and necklace. From designing and sketching to altering and decorating, you will be guided through the process step-by-step by instructors from Hobby Quest to create some incredible one-of-a-kind pieces. Friends and family are invited to a runway show at the end of the session to see you model your designs.

No experience necessary. Min/Max: 8/16.

Date	Day	Time	Fee	Code
4/19-5/24	Th	3:00-4:00P	\$93	512234-01

#### AVIATION - AIRPLANE CAPTAIN

Grades 1-6. Learn the science of how to build and actually fly our ALL NEW high-soaring models. Build the Iron Bird-a plane designed after the famous DaVinci model that flaps its bird-like wings and takes off. The Helicobra V2 is a super high-flying rubber band powered helicopter that will shoot for the stars. Build these and more with your own hands, and take home each plane you craft. Class is the perfect combination of STEM learning, building and flying fun. Instructors from Hobby Quest. Min/Max: 8/16.

Date	Day	Time	Fee	Code
5/2-6/6	W	3:00-4:00P	\$93	512231-01

#### RUNNING CLUB

Grades 3-6. Develop and encourage children of all running abilities to progress from their current level to completing a 5K (3.1 miles). Set goals and build up endurance and self-esteem while preparing to participate (run, jog or walk) in the Keane Foundation 5K on June 3, 2018. Min/Max: 5/50.

Date	Day	Time	Fee	Code
4/24-5/29	Tu	3:15-4:15P	\$10	533041-01



#### AFTERSCHOOL MINI-MOVERS

Students will increase their fitness level through their participation in educational games. Each session will focus on developing students' flexibility, muscular strength and aerobic endurance by participating in fun and exciting physical activities. Taught by PE teacher Jim Coursey. Min/Max: 12/24. No class 2/19, 3/22, 4/9, 4/12.

Date	Day	Time	Fee	Code
<b>Grade K-2</b>				
1/22-3/5	M	3:15-4:15P	\$60	408530-01
3/19-4/30	M	3:15-4:15P	\$60	508530-01
<b>Grade 3-6</b>				
1/18-2/22	Th	3:15-4:15P	\$60	408531-01
3/8-4/26	Th	3:15-4:15P	\$60	508531-01



## Highcrest

### Keane on Kids After School Program

Sponsored by the R.M. Keane Foundation

These programs are open only to students at Highcrest School.



#### MAGIC ILLUSIONS

Grades 1-6. This winter we have ALL NEW tricks with Hobby Quest's Magic Secrets! Friends and family will be mystified by your ability to predict the future with the Envelope Prediction and Magic Top tricks! Learn how to magically balance a whole glass on just a playing card with the Anti-Gravity Levitating Glass illusion. Take home every trick you learn, and for the finale, invite your friends and family to witness your new magic skills at a real magic show! Class is designed to enhance communication and performance skills in a supportive, creative atmosphere! Learn it! Perform it! Keep it! Instructors from Hobby Quest. Min/Max: 8/16.

Date	Day	Time	Fee	Code
1/24-2/28	W	3:25-4:25P	\$93	414243-01

#### ROBOTICS

Grades 4-6. Begin working with mini robots to learn about the importance gears play in building robots. Students will then work together to build two VEX IQ robots. After building the basic robots, students will work in teams to compete with their robots within the club. Min/Max: 8/16. No class 2/20 & 3/20.

Date	Day	Time	Fee	Code
1/30-4/3	Tu	3:25-4:25P	\$60	414541-01

#### MUSICAL ALADDIN

Grades 4-6. Highcrest Musical 2018 will feature Aladdin, JR., based on Disney's treasured animated film classic. When the street urchin, Aladdin, vies for the attention of the beautiful princess, Jasmine, he uses a genie's magic power to become a prince in order to marry her. Iago, Jafar, the Genie and more are here in Disney's Aladdin Jr. a musical adventure filled with magic, mayhem and the power of love. A Hartford Stage teaching artist/director along with the Highcrest music teacher lead students through the entire process from auditions to performance. Rehearsals will be held on Mondays and Thursdays 3:15 - 4:45 on 2/5, 2/8, 2/12, 2/15, 2/22, 2/26, 3/1, 3/5, 3/8, 3/12, 3/15, 3/19, 3/26, 3/29, 4/2, 4/5, 4/16, 4/19, 4/23, 4/26. Tech Week 3:15 - 5:30 on 4/30, 5/1, 5/2. Min/Max: 22/30.

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

#### COOKING

Grades 1-3. Demonstrations, nutrition education and hands on classes in the preparation of healthy food and snacks. Instruction on how to prepare various products as well as the importance of measuring and food safety. Hosted by Wethersfield Dining Services chefs and dieticians. Min/Max: 5/12. No class 3/20.

Date	Day	Time	Fee	Code
3/13-4/3	Tu	3:25-4:25P	\$35	414065-01

#### MAD SCIENCE MAD LABS

Grades K-5. Discover optical illusions, the secret components of white light, hidden rainbows and movie effects. Bring science to life while exploring the senses of sight, taste and hearing. Embark on a microscopic exploration of cells, find out how ecosystems work and understand the unique characteristics of bugs. Min/Max: 12/21. No class 4/11.

Date	Day	Time	Fee	Code
3/7-4/18	W	3:25-4:25P	\$89	414307-01

#### GARDENING

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

Date	Day	Time	Fee	Code
4/18-5/30	W	3:25-4:25P	\$45	514207-01

#### RUNNING CLUB

Grades 3-6. This program will develop and encourage children of all running abilities to progress from their current level to completing a 5K (3.1 miles). Set goals and build up endurance and self-esteem while preparing to participate (run, jog or walk) in the Keane Foundation 5K on June 3, 2018. Min/Max: 5/50. No class 5/25.



Date	Day	Time	Fee	Code
4/20-6/1	F	3:15-4:15P	\$10	533043-01

#### SUPER ATHLETES

Students will increase their fitness level through their participation in educational games. Each session will focus on developing students' flexibility, muscular strength and aerobic endurance by participating in fun and exciting physical activities. Taught by PE teacher Kevin Kobelski. Min/Max: 15/40. No class 2/19, 3/22, 4/9, 4/12.

Date	Day	Time	Res/NonRes	Code
<b>Grade K-2</b>				
1/22-3/5	M	3:25-4:25P	\$60/\$60	408540-01
3/19-4/30	M	3:25-4:25P	\$60/\$60	508540-01
<b>Grade 3-6</b>				
1/18-2/22	Th	3:25-4:25P	\$60/\$60	408541-01
3/8-4/26	Th	3:25-4:25P	\$60/\$60	508541-01



Looking for after care until 6 PM at Highcrest School? Contact the YMCA for information on our partnership to provide after care in their licensed program at 860-521-5830



## Webb

### Keane on Kids After School Program

Sponsored by the R.M. Keane Foundation

These programs are open only to students at Webb School.



#### COOKING

Grades 1-3. Demonstrations, nutrition education and hands on classes in the preparation of healthy food and snacks. Instruction on how to prepare various products as well as the importance of measuring and food safety. Hosted by Wethersfield Dining Services chefs and dieticians.

Min/Max: 5/12.

Date	Day	Time	Fee	Code
1/24-2/7	W	3:25-4:25P	\$35	415065-01

#### YOGA ADVENTURE

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

Date	Day	Time	Fee	Code
1/25-3/1	Th	3:25-4:25P	\$40	415201-01

#### KID'S DANCE TEAM

Grades 4-6. Learn how to warm-up, stretch and execute a variety of moves and routines. The primary focus will be on Jazz and Hip Hop style dance. Team will perform at various school events like the Town Meeting and sports games. Min/Max: 8/15. No class 3/22 & 4/12.

Date	Day	Time	Fee	Code
2/1-5/24	Th	3:25-4:25P	\$70	415128-01

#### AVIATION - AIRPLANE CAPTAIN

Grade 2 1-6. Learn the science of how to build and actually fly our ALL NEW high-soaring models. Build the Iron Bird-a plane designed after the famous DaVinci model that flaps its bird-like wings and takes off. The Helicobra V2 is a super high-flying rubber band powered helicopter that will shoot for the stars. Build these and more with your own hands, and take home each plane you craft. Class is the perfect combination of STEM learning, building and flying fun. Instructors from Hobby Quest. Min/Max: 8/16.

Date	Day	Time	Fee	Code
2/14-3/21	W	3:00-4:00P	\$93	415231-01

#### ARTISTOCATS BACKSTAGE CREW

Grades 5 & 6. Work with Ms. Ripa to participate in the magic of theatre backstage to bring Disney's Aristocats KIDS to life. Experience all things backstage: creating sets, making props, costuming, lights, sound and more. All rehearsals, tech and performances are mandatory. The musical will not conflict with festival chorus, band or orchestra. Program meets Monday and Friday 3:15-5:00P on 2/23, 2/26, 3/5, 3/12, 3/19, 3/26, 4/6. Tech Week 3:15-5:30P on 4/16, 4/17.

Min/Max: 10/18.

Date	Day	Time	Fee	Code
2/23-4/17	see above	3:15-5:00P	\$60	415167-01

#### CHESS CLUB

Grades K-6. Learn new strategies and ways to win as well as other chess "secrets." Beginners welcome. Learn all the basic moves of the chess pieces, their values, piece interaction and how to win (checkmate). Min/Max: 10/15.

No class 3/22 & 4/12.

Date	Day	Time	Fee	Code
3/8-4/26	Th	3:25-4:25P	\$72	415035-01

#### FASHION DESIGN

Grades 1-6. Learn everything there is to know about creating your own denim vest that you can wear alone or with other pieces. Make fun accessories like a bracelet and necklace. From designing and sketching to altering and decorating, you will be guided through the process step-by-step by instructors from Hobby Quest to create some incredible one-of-a-kind pieces. Friends and family are invited to a runway show at the end of the session to see you model your designs. No experience necessary. Min/Max: 8/16. No class 5/28.

Date	Day	Time	Fee	Code
4/23-6/4	M	3:25-4:25P	\$93	515234-01

#### TENNIS

Grades K-3. Learn the fundamentals of tennis. Class instills good stroke technique and assessment of space and direction using low compression balls and smaller racquets. Equipment will be provided. Min/Max: 6/9.

Date	Day	Time	Fee	Code
5/3-6/7	Th	3:25-4:25P	\$50	515515-01

#### RUNNING CLUB

Grades 3-6. Develop and encourage children of all running abilities to progress from their current level to completing a 5K (3.1 miles). Set goals and build up endurance and self-esteem while preparing to participate (run, jog or walk) in the Keane Foundation 5K on June 3, 2018. Min/Max: 5/50.

Date	Day	Time	Fee	Code
4/25-5/30	W	3:15-4:15P	\$10	533044-01







## Hanmer

### Keane on Kids After School Program

*Sponsored by the R.M. Keane Foundation*

*These programs are open only to students at Hanmer School.*



#### LEGO IMAGINATION AND CONSTRUCTION

Using your imagination or using Lego software and activity packs, build Lego models featuring working motors and sensors. Connect to a computer and use a simple programming tool to control their behavior. All LEGO supplies and materials are provided. Min/Max: 5/16.

Date	Day	Time	Fee	Code
<b>Grades 1-3</b>				
1/23-2/13	Tu	3:25-4:25P	\$20	413535-01
<b>Grades 4-6</b>				
3/7-3/28	W	3:25-4:25P	\$20	413536-01

#### CHESS CLUB

Grades K-6. Learn new strategies and ways to win as well as other chess "secrets." Beginners welcome. Learn all the basic moves of the chess pieces, their values, piece interaction and how to win (checkmate). Min/Max: 10/15.

Date	Day	Time	Fee	Code
1/25-3/1	Th	3:25-4:25P	\$72	413035-01

#### MAGIC ILLUSIONS

Grades 1-6. This winter we have ALL NEW tricks with Hobby Quest's Magic Secrets! Friends and family will be mystified by your ability to predict the future with the Envelope Prediction and Magic Top tricks! Learn how to magically balance a whole glass on just a playing card with the Anti-Gravity Levitating Glass illusion. Take home every trick you learn, and for the finale, invite your friends and family to witness your new magic skills at a real magic show! Class is designed to enhance communication and performance skills in a supportive, creative atmosphere! Learn it! Perform it! Keep it! Instructors from Hobby Quest. Min/Max: 8/16. No class 3/20 & 4/10.

Date	Day	Time	Fee	Code
2/27-4/17	Tu	3:25-4:25P	\$93	413243-01

#### FASHION DESIGN

Grades 1-6. Learn everything there is to know about creating your own denim vest that you can wear alone or with other pieces. Make fun accessories like a bracelet and necklace. From designing and sketching to altering and decorating, you will be guided through the process step-by-step by instructors from Hobby Quest to create some incredible one-of-a-kind pieces. Friends and family are invited to a runway show at the end of the session to see you model your designs. No experience necessary. Min/Max: 8/16. No class 3/22 & 4/12.

Date	Day	Time	Fee	Code
3/8-4/26	Th	3:25-4:25P	\$93	413234-01

#### TENNIS

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

Date	Day	Time	Fee	Code
5/1-6/5	Tu	3:25-4:25P	\$50	513515-01

#### CRAFTS AND SNACKS

Grades 1-6. Enjoy making an arts and crafts project and learn new creative skills. Requirement: Must love all things crafty! Nut free snack provided. Min/Max: 6/12.

Date	Day	Time	Fee	Code
5/3-6/7	Th	3:25-4:25P	\$30	513105-01

#### RUNNING CLUB

Grades 3-6. Develop and encourage children of all running abilities to progress from their current level to completing a 5K (3.1 miles). Set goals and build up endurance and self-esteem while preparing to participate (run, jog or walk) in The Keane Foundation 5K on June 3, 2018. Min/Max: 5/50. No class 5/26.



Date	Day	Time	Fee	Code
4/20-6/1	F	3:15-4:15P	\$10	533042-01

#### AFTERNOON ATHLETES

Students will increase their fitness level through their participation in educational games. Each session will focus on developing students' flexibility, muscular strength and aerobic endurance by participating in fun and exciting physical activities. Taught by PE teacher Jonathan Diaz. Min/Max: 12/24. No class 2/19, 3/22, 4/9, 4/12.

Date	Day	Time	Res/NonRes	Code
<b>Grade K-2</b>				
1/22-3/5	M	3:15-4:15P	\$60/\$60	408520-01
3/19-4/30	M	3:15-4:15P	\$60/\$60	508520-01
<b>Grade 3-6</b>				
1/18-2/22	Th	3:15-4:15P	\$60/\$60	408521-01
3/8-4/26	Th	3:15-4:15P	\$60/\$60	508521-01



*Looking for after care until 6 PM at Hanmer School? Contact the YMCA for information on our partnership to provide after care in their licensed program at 860-521-5830*



# Registration Policies

## TO REGISTER

Registration for both winter and spring programs will begin for residents and Friends of the Nature Center on Wednesday, 1/10, at 8:00A; non-residents on Thursday, 1/11, at 8:00A. Exceptions are indicated in the program descriptions.

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

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

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

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

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

## HOW TO BECOME A REGISTERED HOUSEHOLD

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

## PAYMENT

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

## CANCELLATIONS

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

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

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

If schools close early, afternoon programs are cancelled.

Evening cancellations will be announced by 4:45P.

Weekend cancellations will be announced by 8:00A.

## REFUNDS & CANCELLATIONS

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

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

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

## FINANCIAL ASSISTANCE FOR RESIDENTS

Contact the Parks & Recreation Department for further information.

## WAIVER

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



## Therapeutic Recreation Supplemental Registration Form

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

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

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

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

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

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

Allergies \_\_\_\_\_

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

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

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

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

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



## Keane on Kids After School Program Supplemental Registration Form

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

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

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

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

If someone other than parent/guardian is picking up the participant, please indicate here:

Name \_\_\_\_\_

Phone number (during after school hours) \_\_\_\_\_

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

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

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

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

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

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

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

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

Please indicate membership type: ☐ Renewal ☐ New

Name: \_\_\_\_\_

(Adult's name, if minor): \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

The Friends is an IRS 501-c3 not-for-profit corporation. Contributions are tax deductible to the extent permitted by law.

Annual Memberships	Individual	Family
Friend of Nature	<input type="checkbox"/> \$15	<input type="checkbox"/> \$25
Special Friend of Nature	<input type="checkbox"/> \$30	<input type="checkbox"/> \$40
Nature Lover	<input type="checkbox"/> \$45	<input type="checkbox"/> \$55
Guardian of Nature	<input type="checkbox"/> \$60	<input type="checkbox"/> \$70
Senior (individual or couple 65+)		<input type="checkbox"/> \$10
Group (nonprofit, school class, scout troop)		<input type="checkbox"/> \$40
Corporate Sponsorship		<input type="checkbox"/> \$100+
Lifetime Memberships		
Individual or Senior (indiv. or couple 65+)	<input type="checkbox"/> \$500	
Family		<input type="checkbox"/> \$1,000

**Wethersfield Parks & Recreation Department**

505 Silas Deane Highway, Wethersfield, CT 06109

Phone: (860) 721-2890

wethersfieldct.gov/recreation

**Activity Registration Form****HOUSEHOLD CONTACT INFORMATION – PLEASE FILL OUT COMPLETELY**

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

**PROGRAM REGISTRATION**

Participant	M/F	DOB	Grade	Program Name	Program Code	Fee

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

**POOL PASS****Individual Pass - \$35****Family Pass - \$55** (Limited to 2 adults and the children living in household)

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

Individual Pass - First & Last Name	Age	DOB

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

**WAIVER - READ CAREFULLY AND SIGN BELOW**

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

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

**PAYMENT INFORMATION**Payment Type: ☐ Check # \_\_\_\_\_ ☐ Cash \_\_\_\_\_ ☐ Credit Card \_\_\_\_\_**Activity Fees Subtotal** \$ \_\_\_\_\_

**Donation for camp fund** (Provides assistance for families unable to afford program fees.)

**Donation** + \_\_\_\_\_  
(optional)

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

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

☐ Visa ☐ Mastercard \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Exp. Date \_\_\_\_ / \_\_\_\_