



Newtown
COMMUNITY CENTER

Fall II Programs 2019



Registration begins
Monday, October 14th
Classes begin
October 28th-December 22nd

Mission Statement

The Newtown Community Center is a multi-generational hub that enhances our community by promoting social interaction, health and wellness, creative opportunities, and personal growth.



Family & Youth

For families and youth, that means amenities and activities that keep parents and kids engaged and entertained. Plan an activity or rent our multi-purpose rooms or our large banquet space for parties, celebrations and other special occasions. Take full advantage of our two indoor pools: one 6-lane lap pool for swimming, water aerobics and one uniquely accessible warm water "zero-entry" family pool (complete with spray bay) for infant and toddler play, as well as swim lessons, and other year-round, kid friendly aquatic programs. You'll also love the convenience of our family locker room!



Individuals

There is plenty for everyone to enjoy at the Newtown Community Center. The 6-lane lap pool or activity pool are ideal for some quality swim time. Host a party or milestone celebration in one of our banquet rooms. Meet new friends or peers at social events throughout our meeting and multi-purpose rooms. There's always a detailed Calendar of Events - no matter what the activity our campus affords endless opportunities for connection and interaction.



Seniors

For seniors, that means programs designed to complement those of our campus neighbor, the Newtown Senior Center. Enjoy our 6-lane lap pool and unique-to-the area "zero entry" pool that's easy in, easy out – great for water aerobics. There's also a selection of engaging activities such as evening social events and multi-generational opportunities.



Teens & Tweens

For teens and tweens, that means a safe and spacious place to meet up with good friends and make a few new ones. Gather for pizza and a movie in one of our activity rooms. Host a "Battle of the Bands" in a multi-purpose room. Join an art, wellness, after school program or chill at the pool. Hire a DJ and throw a birthday party. If you've got the ideas, we've got the space!

Hours Of Operation

Monday-Friday
6:00am-9:00pm

Saturday
7:00am-7:30pm

Sunday
7:00am-7:00pm

Membership Descriptions

Membership Inclusions

- Unlimited access to 6 lane lap pool, recreational pool and spray bay
- Health & wellness programs, water aerobics, member events and child care
- Discounted programs
- Discounted space rentals including birthday parties
- (4) Free guest passes
- Family time activities

Membership rates

	Payment Frequency	Resident Rates	Non-Resident Rates
Joiners Fee ¹	One-time	\$0	\$35
Youth/Teen (Ages 0-18)	Monthly	\$18	\$20
Adult	Monthly	\$31	\$34
Single Parent Family (<i>Includes 1 adult and children in the same household</i>)	Monthly	\$34	\$37
Family (<i>Includes 2 adults and children in the same household</i>)	Monthly	\$41	\$45
Senior (60 +)	Monthly	\$18	\$20
Senior Couple (<i>2 senior individuals in the same household</i>)	Monthly	\$32	\$34
Day Passes	Daily	\$8	\$10

* Proof of residency due at registration

¹ The Newtown Community Center charges a one time Joiners Fee of \$35.00 to Non-Residents who wish to secure or become a member. This Joiners Fee is a one time fee and will be waived within a 6 month period if the member discontinues their membership and decides to rejoin. For non-resident members who joined before Nov. 1, 2019, this joiners fee will apply should they discontinue their membership for more than 6 months.



Membership Handbook

Membership Cards and Photo IDs

- Membership Cards and/or photo IDs are essential tools to maintaining safety at the Newtown Community Center
- Membership cards are issued to all members. Members must have their photo taken upon joining the Community Center
- Never loan your card or transfer your membership to someone else; these actions could lead to grounds for termination
- Individuals wishing to utilize the pool must receive a wristband from the front desk prior to entering the pool
- In order to have access to the full amenities all guests must complete a liability waiver prior to entrance

Membership for All

The Newtown Community Center does not turn anyone away for inability to pay. An individual's rate for membership/programs is determined by household income and based on need depending on the situation. Applicants are required to provide income verification and a letter of need. To apply for assistance, please complete an assistance application or you can download from our website.

Locker Rooms

The Community Center provides the following locker rooms:

- Men's and Women's Locker Room: Ages 13 & above (unless accompanied by an adult)
- Family Locker Room: Adults with children or dependent adults



Policies

Open Door Policy

The Newtown Community Center is open for all residents to use our open space in the facility including the café and social gathering space. Our Community Conference room is open to non-profits and local organizations. Please contact the Front Desk to reserve the space.

Cell Phone Policy

Cell phone use is strictly prohibited in the locker rooms and pool area. This is in effect for the safety of our visitors.

Guest Pass Policy

The Newtown Community Center seeks to encourage memberships through guest privileges. Members are invited to bring 4 guests per year and to enjoy the facility at no additional cost.

- Each guest must be accompanied by a member and provide a valid photo ID on each visit
- Each guest must check in properly at the welcome desk
- The current member will be held responsible for their guests
- After exceeding your guest passes for the year, you may pay an additional \$5.00 per guest you would like to bring to the facility.

Day Pass Policy

The Newtown Community Center is open for those who want to use the facility for the day. Those wishing to use the facility must show proper identification, pay the fee up front and sign the necessary waiver.

Lifeguard and Aquatic Policies

All Newtown Community Center Lifeguards are certified and trained through the American Red Cross and follow local health department guidelines. Our lifeguards and aquatic staff are well trained to prevent and respond to any aquatic emergency and to provide appropriate care if necessary. To ensure safety for all, our staff is empowered to enforce all rules and policies with guests in attendance.

Please see the full list of complete pool rules, lap swim rules and spray bay rules for clarification found on our pool deck.

Fees and Payments

Accepted forms of payment: MasterCard, Visa, Discover, American Express, Cash and Check

Members are responsible for notifying the Newtown Community Center if their account information changes, including expiration dates of credit cards.

- All monthly draft charges are continuous until the member notifies the NCC, in writing, to cancel the charges
- In the instance your monthly draft is returned for non-payment you will be notified via mail and email
- Should my Bank or Credit Card Company not honor the transaction for any reason, the member is responsible for that payment plus a Service Charge for the amount of \$15.00 and any service fees my Bank or Credit Card Company may make

Membership Termination

To cancel a membership, please visit the Newtown Community Center to complete a membership termination form. All bank drafts require a 30 day written notification.

Supervision

All Children under the age of 13 must be supervised by their parents or guardians at all times on the Newtown Community Center property. The only exception to this policy is if a child is enrolled in an organized program.

The Community Center is not responsible for lost or stolen items. Members are asked to not wear athletic shoes from the outside in the health and wellness space or on the pool deck. Swimsuits are required in the pools, no street clothes are permitted. Children still in diapers must wear a swim diaper at all times when utilizing the pool. While in the locker room, please wear a towel at all times.

Kidz Cove

Monday, Wednesdays, and Fridays: 9:00-12:00pm

Tuesdays and Thursdays: 5:00-8:00pm

Family Members holding an active family membership will have priority in attending Kidz Cove. Children can stay in the Kidz Cove area for up to 2 hours per day. Children of the adult membership holders may stay in Kidz Cove for a daily fee of \$5.00. All children must be signed into the Kidz Cove. Only the parent, guardian or care giver who signed the child in is permitted to sign the child out unless attained ahead of time with Kidz Cove Staff.

Adult Programs & Workshops

Don't forget to Pre-register for all Adult Programs & Workshops!

Creative Writing

Whether you have no experience or you are a seasoned storyteller, join us as we experiment with different genres, formats, and writing challenges. At the end of each class you will be given a prompt for a short piece, and we will spend the following class sharing our writing and offering feedback. While the structure will be largely determined by the participants, possibilities include poetry, dialogue vignettes, memoirs, epistolary format, sudden twist endings and comedy. Taught by Christine O'Neil.

Mondays (7 week session) 5:30-7:00pm

Start date: Monday, November 4th

Creative Writing Cost

Member: \$100

Resident Non-Member: \$115

Non Resident Non-member: \$130

Spin the Wheel

Learn the basics (or get a refresher) on wheel throwing and glazing in this class. Students will first learn how to center clay on the pottery wheel and then learn to create basic pottery forms. Finished work will incorporate glazing and decorating techniques. At the end of the session, your piece will be displayed in the Municipal Center Gallery showcase! This class is designed for anyone with little or no experience with pottery.

Tuesdays (7 week session) 6:30-8:30pm

Start Date: Tuesday, November 5th

Spin the Wheel Cost

Member: \$125

Resident Non-Member: \$150

Non Resident Non-member: \$175

Loosen Up! Workshop

In this workshop participants will learn how to loosen up and apply their paint (oils or acrylic) in a gestural, painterly manner. Techniques and observations on what it takes to "loosen-up" your paintings. Nearly all of these tips have a common denominator - simplification. The more you simplify what you do, the more it frees your mind to concentrate on staying loose. Participants will practice using bigger brushes, more paint and working faster. We will take color to new unexpected places by working with various colors and departing from realism.

Bring several canvases and reference photos. A suggested materials list will be provided upon registration.

Saturday November 9th 9:30-1:30pm

Space is limited so please register by Monday, November 4th.

Loosen Up! Workshop Cost

Member: \$75

Non-Member: \$100

Fall Bounty – Soups

This class will highlight Fall Harvest Soups and will include recipes for each one. Wear comfortable shoes and come with an appetite as we will enjoy all the soups we prepare.

The menu will include:

Butternut Squash and Apple Cider Soup

Creamy Potato Kale and Sun-dried Tomato Soup (dairy free!)

Turkey Tortilla Soup (for you to enjoy with Thanksgiving leftovers)
(and, if Time permits) Fennel and Carrot Soup

Tuesday November 12th 6:00-8:30pm

Space is limited so please register by Tuesday, November 5th.

Fall Bounty - Soups Cost

Member: \$85 per person or \$125 per couple

Non-Member: \$115 per person or \$155 per couple

Adult Programs & Workshops

Don't forget to Pre-register for all Adult Programs & Workshops!

Easy Entertaining – Small Plates (NEW!)

Our hands on cooking class this month is all about letting you enjoy holiday entertaining with recipes for creative small plates. Wear comfortable shoes and come with an appetite as we will enjoy all the recipes we prepare. The menu will include:

- Hot Goat Cheese and Parmesan Dip
- Apple Cheddar Cheese Souffle
- Bite sized Bloomin' Onions
- Asparagus Napoleons
- Sweet Potato and Bacon Cups
- Corn Fritters with Bourbon Maple Syrup
- Open Faced Crab Empanadas
- Cuban Sliders

Wednesday December 11th 6:00-8:30pm

Space is limited so please register by Wednesday, December 4th.

Easy Entertaining - Small Plates Cost

Member: \$85 per person or \$125 per couple

Non-Member: \$115 per person or \$155 per couple

Wreath and Wine Workshop (NEW!)

Break free from the holiday hustle and make a beautiful fresh holiday wreath for your home or as a gift. Enjoy this fun evening while sipping samples of wines. Workshop materials include wreath frames, fresh greens, cones, and assorted natural decorations. Bring several canvases and reference photos. A suggested materials list will be provided upon registration.

Thursday, December 5th 6:30-8:30pm

Space is limited so please register by Friday, December 6th.

Wreath and Wine Workshop Cost

Member: \$35

Non-Member: \$50

Holiday Gift Make and Take Workshop (NEW!)

This fun Aromatherapy workshop taught by the Oily Oils and Mount Rainier Essential Oils. Participants will make their own Room Spray, Bath Salt, and Holiday Ornament with Essential Oils. Take what you make and use as a great gift!

Sunday, December 15th 1:00-2:00pm

Register by Sunday, December 8th.

Holiday Gift Make and Take Workshop Cost

Member: \$25

Non-Member: \$40

Boxing for a Better Life (NEW!)

This is a unique non-contact boxing class designed for patients with Parkinson's, neurological disorders, and/or anyone with movement challenges. The goal of this class is to improve balance, coordination, and gross motor skills through movement and powerful punch drills that encourage the use of "fancy feet" or simple foot moves. You will also have the opportunity to exercise your voice by shouting phrases and counting punches. Boxing can be beneficial to all ages, all groups of people and can be tailored to meet different needs. Come and try this fun class with Shelley Norkowski! *Boxing gloves are required.

Wednesdays (7 week session) 9:45-10:30am

(No classes on the first Wednesday of the month of November & December)

Boxing for a Better Life Cost

Member/Non-Member: \$50

Toddler & Youth Programs

Don't forget to Pre-register for all Toddler & Youth Programs!

Mommy & Me

Ages 0-4

Babies, toddlers and tambourines! This playful class will introduce children to playing instruments and singing tunes together, encouraging movement and fun. Dads and caregivers welcome too!

Mondays (7 Weeks) 10:00-10:45am

Start date: Monday, November 4th

Mommy & Me Cost

Member: \$100

Resident Non-Member: \$115

Non-Resident Non-member: \$145

All Access Art

Ages 5-12

Come join us in our Art Studio, and have some fun experiencing interactive art. A thoughtfully planned and creative curriculum will meet the needs of children with special needs or disabilities. It will be fun and innovative while teaching a variety of art techniques and fine motor skills.

Tuesdays (7 weeks) 5:15-6:15pm

Start date: Tuesday, November 5th

All Access Art Cost

Member: \$25

Resident Non-Member: \$40

Non-Resident Non-member: \$55

Dabble 'n Splash

Ages 3-5

First dabble in some fun arts activities in our Art Studio.....paint, color, splatter, and more....then off to play in the zero-depth entry Spray Bay with water features where you can splash to your hearts' content! Caregiver must participate in the water portion of this class.

Wednesdays (7 weeks) 10:00 am-12:00pm

Start date: Wednesday, November 6th

Dabble 'n Splash Cost

Member: \$100

Resident Non-Member: \$125

Non-Resident Non-member: \$150

Toddler Time

Ages 1-3

Toddler Time is for 1 to 3 year-olds with a caregiver. Specifically, for children ready to engage in a fun program setting outside the home but haven't started preschool yet. Classes may include story time, music, crafts, games and more!

Tuesdays/Thursdays (7 weeks) 10:00-10:45am

Start date: Tuesday, November 5th

Toddler Time Cost

Member: \$20

Resident Non-Member: \$25

Non Resident Non-member: \$30

Little Movers

Ages 1-5

This toddler creative movement class will introduce the basic elements of dance through storytelling and games using scarves, ribbons, instruments and other props. Each class will help to develop rhythm, music interpretation, listening skills, coordination and balance, all while having fun! Child must be accompanied by a caregiver.

Saturdays (7 weeks) 11:00-11:45am

Start date: Saturday, November 2nd

Little Movers Cost

Member: \$45

Resident Non-Member: \$60

Non-Resident Non-Member: \$75

Beginner Ballet (NEW!)

Ages 5-8

Introduce your little dancer to the world of ballet! Each class will focus on the basic principles of positions and placement while developing confidence, musicality, poise, and technical skill....all while having a little fun too! Participants should wear pink tights, a leotard, and ballet slippers.

Saturdays (7 weeks) 12:00-12:45pm

Start date: Saturday, November 2nd

Beginner Ballet Cost

Member: \$125

Resident Non-Member: \$150

Non-Resident Non-Member: \$175

After School

Busing available for Newtown Public Schools - Please contact us for details

Smartphone Photography

Age 14 - 18

Take the photos on your phone from just okay to WOW!! Learn how to shoot for Social media and how to wow on Instagram. Participants can use their own smart phone and each class will include concepts while using the Community Center and the surrounding area to practice skills. Will include a weekly image review of photos and an end of class exhibit.

Mondays (7 weeks) 4:00-5:15pm

Start date: Monday, November 4th

Smartphone Photography Cost

Member: \$100

Resident Non-Member: \$125

Non Resident Non-member: \$150

Youth Yoga

Ages 5-12

Our world is certainly not getting any simpler and yoga allows our children the opportunity to look inward and become more aware. Through this practice, students will develop skills to better self-regulate, using breathing and movement exercises to completely shift how they function and cope with stress. Over time students will learn to weave these skills into their daily life and ultimately create more happiness for themselves and others.

Tuesdays (7 weeks) 4:15-5:15pm

Start date: Tuesday, November 5th

Youth Yoga Cost

Member: \$65

Resident Non-member: \$75

Non Resident Non-Member: \$85

Sculpture: Working in the 3rd Dimension (NEW!)

Ages 9-13

Have fun learning to explore and investigate the art of sculpture using the Design Elements (lines, shape, form, color, texture, pattern and space) and Design Principles (balance, movement, contrast, and emphasis). By using a variety of media such as cardboard, wire and more, we will engage directly with the hands on approach of the creative process. Taught by Leslie Gunn.

Tuesdays (7 weeks) 4:15-5:45pm

Start date: Tuesday, November 5th

Sculpture: Working in the 3rd Dimension Cost

Member: \$120

Resident Non-Member: \$145

Non Resident Non-member: \$170

*Don't forget to Pre-register for all
After School Programs!*

Bring the Hoopla

Ages 6-10

From toy to workout! Hula hooping brings the fun back to fitness! This program is designed for children and taught by instructors who provide high quality programming by using the hoop as a form of play, exercise, and learning while promoting physical literacy. Positive reinforcement and encouragement are used to foster persistence, self-confidence and free expression.

Wednesdays (7 weeks) 4:15-5:15pm

Start date: Wednesday, November 6th

Bring the Hoopla Cost

Member: \$95

Resident Non-Member: \$110

Non Resident Non-Member: \$125

Cartooning (NEW!)

Ages 8-12

Taught by Heather Bennett - Learn to create cartoon characters, super heroes and comic strips! Students will learn to develop characters and story lines with associated dramatic illustration. The first few classes will concentrate on drawing and technique which students will then apply while designing and drawing their own projects for the rest of the session.

Wednesdays (7 weeks) 4:15-5:15pm

Start date: Wednesday, November 6th

Cartooning Cost

Member: \$130

Resident Non-Member: \$155

Non-Resident Non-member: \$180

Clay's the Way (NEW!)

Ages 6-9

Come play and learn about the properties of clay. We will be exploring a range of possibilities including the different techniques and methods used to hand build. Clay feels good! The experience of clay allows us to explore our sense of touch, sight, sound, and smell. In an era of digital technology, it is primary to come back to being directly connected to our hands in the molding process. Taught by Leslie Gunn.

Thursdays (7 week) 4:15-5:45pm

Start date: Thursday, November 7th

Clay's the Way Cost

Member: \$120

Resident Non-Member: \$145

Non Resident Non-member: \$170

Events/Workshops for Kids & Families

Don't forget to Pre-register for all Events & Workshops!

Clay Date

All Ages

Led by the Clay Potters, Karen Pinto and Roberta Ahuja. Each two-hour workshop will concentrate on a different technique for hand-building with clay. No prior experience is necessary. Finished pieces will be picked up at a later date once they have been fired. There is limited enrollment, and registration is required one week in advance of the session. Students under 16 must be accompanied by an adult. All materials and supplies provided.

Saturday, November 2nd

1:00 pm - 3:00 pm: Make a Turkey or Squash Bowl

Saturday, December 7th

10:00 am - 12:00 pm: Make a Holiday Ornament

Clay Date Cost

Member: \$25

Non-member: \$30

Master Class – Stephen Rooks (NEW!)

Intermediate/Advanced dancers Age 11 & up

Join us for a Master Class in Modern Dance with Steve Rooks! Steve Rooks danced with the Alvin Ailey Repertory Ensemble, and the Martha Graham Dance Company, where he performed for over a decade and achieved the rank of Principal Dancer.

Sunday, November 3rd 1:00-2:30pm

Space is limited so please register by Sunday October 27th.

Master Class Cost

Member: \$25

Non-Member: \$35

Mermaid for a Day (NEW!)

Ages 7-12

Does your swimmer love mermaids? Learn to swim as gracefully as a creature under the sea! This one day camp will include lots of activities too! Making seashells and treasure chests, fun mermaid arts and crafts, playing games and finding lost treasures! Swim evaluation must be completed prior to registration. This program is affiliated with FinFun Mermaid University. Bring a bag lunch or purchase lunch at the Better Day Café.

Tuesday, November 5th 9:00-3:00pm

Space is limited so please register by Thursday, October 31st.

Mermaid for a Day Cost

Member: \$65

Non-member: \$80

Storytime and Treats (NEW!)

Ages 6-8

Enjoy a story and create treats from that same story! In November the story will be Thanksgiving Rules by Laurie Friedman and you will create Sweet Turkeys. In December the story will be How to Catch Santa by Jean Reagan and you will create Christmas cookies. (Note: Please notify of food allergies at least 10 days in advance to give time to accommodate.)

Saturday, November 9th

& Saturday, December 7th 8:30-10:00am

Space is limited so please register one week in advance of the class.

Storytime and Treats Cost

Member: \$25

Non-Member: \$35

Fall Family Fun Night (NEW!)

All Ages

Join us for an old fashioned family game night competing against other families! Hot dogs, Popcorn and refreshments will be served!

Friday November 22nd 6:00-8:00pm

Space is limited so please register by Tuesday, November 19th

Fall Family Fun Night Cost

\$15 per Family

Teen Night Out

Ages 13 – 18

Live DJ, dance party, inflatables and games in the pool! This fun after hours party only for teens will be a great way to hang out with your friends and you will have the place to yourselves..

Saturday, November 30th 8:00-10:00pm

Space is limited so please register by Wednesday, November 27th

Teen Night Out Cost

Member: \$25

Non-member: \$40

Events/Workshops for Kids & Families

Don't forget to Pre-register for all Events & Workshops!

Holiday Gingerbread House Workshop

Get the kids into the holiday spirit by having them decorate their own miniature gingerbread house! Your child will enjoy making this sweet holiday creation.

*Sunday, December 1st 12:00-2:00pm
Space is limited so please register by Thursday, December 12th*

Holiday Gingerbread House Workshop Cost

\$5 per child

Polar Express Pajama Party

Ages 6-12

If you believe, wear your pajamas and join us for a reading of the Polar Express, Polar Express Crafts, Holiday Dance Party, Photos, Hot Cocoa Bar and Treats!

*Sunday, December 8th 4:30-6:30 pm
Space is limited so please register by Thursday, December 5th*

Polar Express Pajama Party Cost

\$10 per child

Holiday Drop and Shop

Ages 6-12

Drop your kids off and enjoy some shopping for the Holidays! We will take care of the rest, providing themed games, swimming, or an arts and crafts activity. Enjoy your night off!

*Friday, December 13th 6:30-9:00pm
Space is limited so please register by Wednesday, December 11th*

Holiday Drop and Shop Cost

Member: \$25

Non-Member: \$30

Holiday Make & Take

Ages 5 - 12

In this make and take event for kids, they will make a woven potholder! This handmade holiday workshop is a great opportunity for kids to learn textile skills while creating great holiday gifts!

*Sunday, December 15th 1:00-2:00pm
Space is limited so please register by Thursday, December 12th*

Holiday Make & Take Cost

Member: \$15

Non-member: \$30

Frozen Pool Party

Join us for a holiday movie while floating in the pool! We will start the evening making paper snowflakes and then a showing of "Frozen". Float friendly!! Children must be accompanied by an Adult/Parent.

*Friday, December 20th 6:00pm
Space is limited so please register by Monday, December 16th*

Frozen Pool Party Cost

Member: FREE

Non-member: \$5.00 per child

Family Time

*Included in your
Membership*

Play Dates

Ages 0-5

Drop in with your little ones, and meet up with other tots and their grownups! We welcome children with their caregivers and hope to provide a place to connect and build community.

Fridays

10:45-11:30am

Crafternoon

All Ages

Explore and create art in our Art Studio. All supplies provided.... you bring the creativity and imagination to create whatever masterpiece you envision!

Fridays

12:00-2:00pm

Free Community Programs

Free Community Wellness Programs



Topic: Men's Health – discussion and tips on improving men's health and essential screenings for disease prevention

Wednesday, November 20th

6:00-7:00pm

Topic: Arthritis – Signs, Symptoms, and Treatment - Open to the Community - No membership needed but please call to register.

Wednesday, December 4th

6:00-7:00pm

*Don't forget to Pre-register for all
Community Programs!*

AARP Fraud Watch Network: The Con Artist Playbook

Take a look at the psychology behind ID theft, fraud & scams, through actual footage of scammers, insights and advice. Participants will walk away with the tools needed to keep themselves and their families safe. Open to the Community - No membership needed but please call to register.

Wednesday, November 6th

1:00-2:00pm

Lifeguarding Training

Red Cross Programs

Blended Learning Full Course

American Red Cross Lifeguard programs are designed to prepare individuals to become certified lifeguards in the pool and waterfront aquatic environments. The program is a combination of various aquatic and non-aquatic safety components. Each class will consist of classroom and pool time. For the water portion of the program, participants need to bring a bathing suit, goggles, swim cap and towel. For the classroom portion, participants need the class book (passed out on first day), a pen and notebook. There is an online component.

Please call for more information

Blended Learning Full Course Cost

\$325 (2 year certification)

Lifeguard Training Recertification Course

Gives individuals the opportunity to review the course content within a formal course setting in order to renew their certification. The review course format optimizes a participant's ability to successfully complete the knowledge and skills evaluation testing.

**A current Lifeguarding/First Aid/CPR/AED certification or certification expired by no more than 30 days is required to be eligible to take a review course.*

Class Dates: December 28-30

Lifeguard Training Recertification Course

\$175 (2 year certification)

Waterfront Lifeguard Course

Teaches lifeguards the skills and knowledge needed to prevent and respond to emergencies in non-surf, open water areas found at public parks, resorts, summer camps and camp playgrounds.

**Candidates must have a current American Red Cross Lifeguarding/First Aid/CPR/AED certificate to participate in the waterfront module.*

Please call for more information

Waterfront Lifeguard Course

\$75 (2 year certification)

Lifeguard Courses Pre-requisites

- Swim 300 yards (Lifeguarding) 550 yards (Waterfront) CONTINUOUSLY (NO STOPPING), demonstrating breath-control and rhythmic breathing. Candidates may swim using front crawl, breaststroke or a combination of both, but swimming on the back is not allowed. Swim goggles are not allowed.
- Tread water for 2 minutes using only the legs.
- Complete a timed event within 1 minute, 40 seconds. (Goggles not allowed)
 - Starting in the water, swim 20 yards. The face may be in/out of the water.
 - Surface dive, feet first or head first, to a depth of 7-10 feet to retrieve a 10lb object.
 - Return to surface and swim 20 yards to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath.
- Exit the water without holding using the ladder or steps.
- Additional for Waterfront: Swim 5 yards, submerge and retrieve 3 dive rings placed 5 yards apart in 4-7 feet of water, resurface and continue to swim another 5 yards to complete the skill sequence.

To successfully complete the Lifeguarding courses, the participant must:

- Be 15 years old on or before the final scheduled session.
- Attend the entire course and participate in all class sessions.
- Actively participate in all course activities and assignments.
- Demonstrate competency in all required skills.
- Pass the final practical in-water, CPR & FA skills scenarios.
- Successfully pass final written exams with an 8- percent or above.

Please note: participants should bring a bathing suit, goggles, swim cap, towel, pen and notebook, snack/lunch/dinner/beverages to each class.

American Red Cross Programs Contact:
Kristin Rebelo 203.270.4349 or
Kristin.rebelo@newtown-ct.gov

Swim Lessons

Safe Swimmers Start Here

Swim lesson health, fun, and confidence are not the only reasons why your child should learn to swim. Learning to swim also opens up the door to a range of other activities.

Parent and Tot

Familiarize children between the ages of 6 months and approximately 3 years with the water and teach swimming readiness skills. Provide safety information for parents and teach techniques parents can use to orient their children to the water

8 Weeks Swim Lesson Cost

Member: \$99
Resident Non-Member: \$162
Non-Resident Non-Member: \$184

7 Weeks Swim Lesson Cost

Member: \$81
Resident Non-Member: \$142
Non-Resident Non-Member: \$160

Level 1

Preschool: Familiarize children approximately 3 and 5 years old to the aquatic environment and help them acquire rudimentary basic aquatic skills. Help participants begin to develop positive attitudes and safe practices in and around water.

School Age: Orient participants to the aquatic environment and help them gain basic aquatic skills. Help participants begin to develop positive attitudes and safe practices around water.

8 Weeks Swim Lesson Cost

Member: \$99
Resident Non-Member: \$162
Non-Resident Non-Member: \$184

7 Weeks Swim Lesson Cost

Member: \$81
Resident Non-Member: \$142
Non-Resident Non-Member: \$160

Parent and Tot

Day	Time
Monday	11:00-11:30am
Tuesday	6:00-6:30pm
Friday	11:30-12:00pm
Saturday	8:15-8:45am, 8:45-9:15am, 9:15-9:45am

Preschool Level 1

Day	Time
Monday	10:30-11:00am, 4:00-4:30pm, 4:30-5:00pm
Tuesday	4:30-5:00pm, 5:00-5:30pm
Wednesday	4:30-5:00pm, 6:00-6:30pm
Thursday	10:00-10:30am, 11:00-11:30am, 5:00-5:30pm, 6:30-7:00pm
Friday	11:00-11:30am
Saturday	8:30-9:00am, 9:00-9:30am, 10:30-11:00am
Sunday	10:00-10:30am

Level 1

Day	Time
Monday	4:30-5:00pm
Tuesday	6:30-7:00pm
Wednesday	6:00-6:30pm
Thursday	4:30-5:00pm
Saturday	9:30-10:00am, 10:00-10:30am, 10:30-11:00am
Sunday	11:00-11:30am

Swim Lessons

Safe Swimmers Start Here

Level 2

Prerequisites Preschool: Enter independently, using either the ramp, steps or side, travel at least 5 yards, submerge to mouth and blow bubbles for at least 3 seconds then safely exit the water. (Children can walk, move along the gutter or "swim.") While in shallow water, glide on front at least 2 body lengths, then roll to back and float on back for 3 seconds, then recover to a vertical position.

Prerequisites School: Enter independently, using either the ramp, steps or side, travel at least 5 yards, bob 5 times, then safely exit the water. (Participants can walk, move along the gutter or "swim.") Glide on front at least 2 body lengths, roll to a back float for 5 seconds, then recover to a vertical position. (This part of the assessment can be performed with assistance.)

8 Weeks Swim Lesson Cost

Member: \$99

Resident Non-Member: \$162

Non-Resident Non-Member: \$184

7 Weeks Swim Lesson Cost

Member: \$81

Resident Non-Member: \$142

Non-Resident Non-Member: \$160

Preschool Level 2

Day	Time
Monday	10:00-10:30am
Tuesday	4:30-5:00pm
Wednesday	5:00-5:30pm
Thursday	10:30-11:00am, 4:30-5:00pm, 5:30-6:00pm
Saturday	10:30-11:00am, 11:00-11:30am
Sunday	12:00-12:30pm

Level 2

Day	Time
Monday	5:00-5:30pm
Tuesday	5:00-5:30pm
Wednesday	4:30-5:00pm, 6:00-6:30pm
Thursday	5:00-5:30pm, 6:00-6:30pm, 6:30-7:00pm
Saturday	9:30-10:00am, 8:30-9:00am, 10:00-10:30am
Sunday	10:30-11:00am

Swim Lessons

Safe Swimmers Start Here

Level 3

Prerequisites Preschool: Glide on front for at least 2 body lengths, roll to back, float on back for 15 seconds, then recover to a vertical position. Glide on back for at least 2 body lengths, roll to front, then recover to a vertical position. Swim using combined arm and leg actions on front for at least 3 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming on front for at least 3 body lengths.

Prerequisites School Age: Step from the side into chest-deep water, push off the bottom, move into a treading or floating position for at least 15 seconds, swim on front and/or back for 5 body lengths, then exit the water. Move into a back float for 15 seconds, roll to front, then recover to a vertical position. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front, then continue swimming for at least 5 body lengths.

8 Weeks Swim Lesson Cost

Member: \$99
Resident Non-Member: \$162
Non-Resident Non-Member: \$184

7 Weeks Swim Lesson Cost

Member: \$81
Resident Non-Member: \$142
Non-Resident Non-Member: \$160

Preschool Level 3

Day	Time
Tuesday	4:30-5:00pm, 6:30-7:00pm
Thursday	4:30-5:00pm
Saturday	9:30-10:00am, 11:00-11:30am

Level 3

Day	Time
Tuesday	5:30-6:00pm
Wednesday	6:30-7:00pm
Thursday	5:30-6:00pm
Saturday	8:30-9:00am, 9:00-9:30am
Sunday	11:30-12:00pm

Level 4

Prerequisites School age: Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, rotate one full turn, then turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary backstroke for 25 yards, then exit the water. Push off in a streamlined position, then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards, then exit the water.

8 Weeks Swim Lesson Cost

Member: \$99
Resident Non-Member: \$162
Non-Resident Non-Member: \$184

7 Weeks Swim Lesson Cost

Member: \$81
Resident Non-Member: \$142
Non-Resident Non-Member: \$160

Level 4

Day	Time
Tuesday	5:30-6:00pm
Wednesday	6:30-7:00pm
Thursday	5:30-6:00pm
Saturday	9:00-9:30am

Swim Lessons

Safe Swimmers Start Here

Level 5

Prerequisites School age: Perform a feet first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards. Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards. Submerge and swim a distance of 3 to 5 body lengths underwater without hyperventilating, return to the surface, then exit the water.

8 Weeks Swim Lesson Cost

Member: \$99

Resident Non-Member: \$162

Non-Resident Non-Member: \$184

7 Weeks Swim Lesson Cost

Member: \$81

Resident Non-Member: \$142

Non-Resident Non-Member: \$160

Level 5

Day	Time
Tuesday	6:00-6:30pm
Wednesday	5:00-5:30pm
Saturday	10:00-10:30am
Sunday	12:30-1:00pm

Level 6

Prerequisites School age: Perform a shallow-angle dive into deep water at least 9 feet deep, swim front crawl for 50 yards, then swim elementary backstroke for 50 yards using appropriate and efficient turning styles throughout. Swim breaststroke for 25 yards, change direction of travel as necessary and then swim back crawl for 25 yards using appropriate and efficient turning styles throughout

8 Weeks Swim Lesson Cost

Member: \$99

Resident Non-Member: \$162

Non-Resident Non-Member: \$184

7 Weeks Swim Lesson Cost

Member: \$81

Resident Non-Member: \$142

Non-Resident Non-Member: \$160

Level 6

Day	Time
Thursday	5:00-5:30pm
Saturday	11:00-11:30am

Swim Lessons

Safe Swimmers Start Here

Adult Learning the Basics

The purpose of this course is to help participants gain basic aquatic skills and swimming strokes. Teach skills and concepts needed to stay safe in and around water and to help themselves or others in an aquatic emergency.

8 Weeks Swim Lesson Cost

Member: \$99

Resident Non-Member: \$162

Non-Resident Non-Member: \$184

Learning the Basics-Adults Monday

6:00-6:30pm

Adult Improving Skills and Swimming Strokes

The purpose of this course is to improve participants' proficiency in basic aquatic skills and the six basic swimming strokes. Teach skills and concepts needed to stay safe in and around water and to help themselves or others in an aquatic emergency

Participants must be: Comfortable in chest-deep water. Able to put their face in the water. Able to perform strokes that can be recognized as front crawl, breaststroke and back crawl, each for 15 yards.

8 Weeks Swim Lesson Cost

Member: \$99

Resident Non-Member: \$162

Non-Resident Non-Member: \$184

Improving Skills and Swimming Strokes

- Adult Mondays

6:30-7:00pm

Adaptive Group

Our ultimate goal in these swim lessons is to get each participant "water safe". What that means is our instructors will be teaching basic swimming skills such as blowing bubbles, floating, kicking, and front crawl as well as just being comfortable in the water. We know that every child can learn to swim but each child progresses at a different rate. Every day in the water is progress and one step closer to being water safe.

- Classes are for participants with special needs or need special accommodation.
- Classes are grouped based on age, swimming ability, and learning style.
- There are 3 swimmers in a class with 1 instructor.
- Each swimmer will have a volunteer Swim Buddy to be their pal and helper during every class.
- One Session will consist of 8 classes.
- Classes will be 30 minutes long.
- Classes will be 1 times a week for 8 weeks.

Contact Kristin Rebelo (203)270-4349 or Kristin.rebelo@newtown-ct.gov

Private Swim Lessons

Ages 3+

Whether you are just starting out or are an experienced swimmer, our instructors will design an individual program and critique your skills to help motivate and achieve your swimming goals!

Private Lesson Cost

Member: \$160 (4 lessons)

Non-Member: \$200 (4 lessons)

Adaptive Private Lessons

Ages 3+

This program is taught by specially trained aquatic staff and personalized to suit the needs of each individual. Scheduled at the child's convenience, and coincides with a children's group swimming class this class is offered in six week sessions; once per week.

Adaptive Lesson Cost

Member/Non-Member: \$150 (6 lessons)

Water Aerobics

Just Add Water

Aquacize I

Aquacize is a beginner to intermediate level water fitness class and is low impact to moderate pace. This water exercise class includes warm-up, aerobic training, and cool down, along with strength, toning and flexibility in shallow water. This class is perfect for the beginner athlete who likes the low-impact nature of water fitness programs.

Aquacize II

Aquacize II is a medium to advanced level water fitness class that works at a higher pace. This program offers mid-to-high cardio aerobic workouts in shallow water. It consists of stretching, running, ab and muscle toning. We do not advise this class for starters or those with physical ailments. If you're looking for a shallow water workout in a group setting, try one of these fun classes!

Deep Water Exercise Classes

This deep water exercise class provides an overall workout using all muscle groups. The class incorporates a balanced workout that includes warm-up, aerobic training and cool down. These classes practice various strength, toning and flexibility stretching. Due to the natural resistance of the water, the muscles will strengthen faster than one land with similar exercises. We strongly suggest participants have confidence in deep water, as we hold all deep-water exercise classes in the deep well of the pool.

Twinges and Hinges Water Fitness Classes

The Twinges and Hinges program utilizes the water to help ambulatory adults improve or maintain muscular joint mobility through movements. Taught at a low intensity level, this program is geared towards beginner exercisers or active older adults. Hinges and twinges is also the perfect class for those with joint or arthritic pain. Through a variety of exercises, the class will help participants improve range of motion, reduce stiffness in joints, and diminish arthritis pain.



Newtown Community Center observes the following holidays:

1/2 Day Holidays (Closing Early):

- Christmas Eve - (Open until 12:00pm, No Classes)
- New Year's Eve - (Open until 12:00pm, No Classes)

Closed Holidays:

- Thanksgiving Day
- Christmas Day
- New Year's Day

Join us this December for a month of paying it forward! The Community Center will be sponsoring events in the Month of December giving back to other.

Look out for our Kindness Calendar!