



COLCHESTER PARKS & RECREATION

127 Norwich Ave.

Colchester, CT 06415

(860) 537-7297

www.colchesterct.gov/recreation-department

parksandrec@colchesterct.gov

SUMMER EMPLOYMENT OPPORTUNITIES

INTERSHIPS

Are you a college student looking for an internship in the recreation field? We can work with you to get an internship set up! Internships are available at any time of the year. Please call the office to discuss your options at (860) 537-7297.

UPCOMING EVENTS

ROMEO & JULIET AUDITIONS: COLCHESTER SHAKESPEARE ON THE GREEN

Colchester Actors Theatre is seeking actors for ROMEO AND JULIET for the first annual Shakespeare on The Green. Actors are asked to prepare a 2–3-minute Shakespearean monologue for the audition. Actors must be over the age of 16. For further information, please contact lwarfield@colchesterct.gov or 860-537-7297.

- Auditions will be held on Monday, April 7th and Thursday, April 10th at 6:00pm
- Location: Town Hall Meeting Room 1
- Callbacks will be April 11th upon invitation
- Show dates: July 17th & 18th

PUZZLEPALOOZA

A new twist on game night! How fast can you complete a puzzle? Register as a team or single (we will pair you up with others). You can come with as many as 4 people, all teams get the same puzzle and the first one to finish wins a prize. Each team gets to bring the puzzle home. Are you ready for some fun competition! We will have up to 10 teams compete to complete the same puzzle. No more than 4 people per team, only 1 person has to register for their team, a maximum of 10 teams will be allowed. Children can be included on a team, but there must be at least 2 adults on each team. Bring your own snacks and get ready for some fun!

- When: April 25th, 2025, from 6:00pm-8:00pm
- When: May 16th, 2025, from 6:00pm-8:00pm
- Where: New Senior Center Multi Use Room
- \$25 per team, per day
- Preregistration required by April 10, 2025 for April Event, and May 9th for May Event
- Maximum of 10 teams of 4 (1 person register per team)

SPRING CLEAN UP

Join your friends, family, team, group or come by yourself and help clean up Colchester! There are many different areas that you can choose to work on. We will provide garbage bags and free garbage pickup. Jobs may include spreading mulch, raking, weeding, picking up garbage, and more. Clean up locations include the schools, town buildings and parks. Once you register, you will receive an email with more details about 2 weeks prior to the event. After spending the morning cleaning, we will meet up at Mel's Downtown Creamery

at 12pm for free ice cream as our way of saying “Thank you”! If you have any questions, please call the Recreation office at 860 537-7297.

- April 26th, 2025. 8am-12pm
- The first 50 people to register will get a FREE Spring Clean Up t-shirt!

OPEN HOUSE-SUMMER DAY CAMP

Campers, bring your families! Join us to meet camp staff, ask your questions, and get to know all things “camp” before the summer starts! April 26th 10am in Town Hall

COLCHESTER CHOIR AND ORCHESTRA FREE SPRING CONCERT *NEW DATE*

The Colchester Choir and Orchestra’s Spring Concert is being held on Sunday, June 1, 2025, at 6:30 pm, at Bacon Academy, 611 Norwich Ave, Colchester. The Orchestra will feature a classical concert with popular songs from movies. A reception will follow the concert. The concert is free of charge, but donations are welcomed to support our goal to bring a wide variety of music to our community free of charge. Check CCO’s website or Facebook page for more details about CCO, or for information about joining the choir or orchestra: <https://www.colchesterct.gov/colchester-choir-orchestra>.

CCO is a Colchester Parks and Recreation Community Program.

- Location: Bacon Academy on June 1, 2025, at 6:30pm

SUMMER IN THE PARKS

We are planning for a fun summer of free events on the Town Green!

Every Thursday, June 26-August 14, from 6-8pm.

- 6/26/25 Secret Lita Band
- 7/10/25 Bootleg Harmony Band
- 7/17/25 Romeo & Juliet- Shakespeare on the Green
- 7/18/25 Romeo & Juliet- Shakespeare on the Green
- 7/24/25 Maestros Men featuring Dennis Polinsky
- 7/31/25 DJ Montez’s Dance Party
- 8/7/25 Audrey Mae Band
- 8/14/25 Touch A Truck Event

TOUCH A TRUCK

SIGN UP TODAY! Bring your different kinds of trucks and vehicles. We will have kids’ activities, fun games, and interesting trucks! We are looking for a wide variety of vehicles- if you are interested in participating with your vehicle, please call the office to register.

- When: Thursday, August 14, 2025, from 6-8pm
- Where: Colchester Town Green
- Who: Everyone is welcome!

CELEBRATE COLCHESTER

Saturday, September 20, 2025, on the Town Green from 1-5pm. Celebrate Colchester (formerly the 57 Fest) is great community event featuring local organizations, local businesses, an auction, food trucks, friendly games and competitions, kid-friendly activities, giveaways, and so much more! There is no fee to set up a booth, we just ask that you donate one item or basket to be used in the auction. The funds raised will be used for summer day camp scholarships. *Booths may not have access to electricity. Please plan on providing a pop-up tent, table, chairs, etc.* We welcome booths from all Colchester organizations, but we respectfully ask that there be no campaigning, and nothing that can be viewed as inappropriate or controversial at a family-friendly event. REGISTER FOR YOUR BOOTH TODAY at www.colchesterct.gov/recreation-department

SUMMER CAMPS

DAY CAMP REGISTRATION INFORMATION

Day Camp registration is available for all children entering grades K – 8 in fall 2025. For your convenience, registration for both Day Camp and Leaders in Training can be completed online beginning March 16th at 9:00 a.m.

DAY CAMP DATES

2025 Summer Day Camp will be held Monday-Friday, June 23rd- August 15th, 2025, from 8am-3pm. There is no camp on Friday, July 4th. We offer extended care hours from 3:00-5:00pm for an additional fee (register separately).

DAY CAMP REGISTRATION INFORMATION

Day Camp registration is available for all children entering grades K – 8 in fall 2025. For your convenience, registration for Day Camp can be completed online beginning March 16th, 2025.

- Camp Dates: June 23, 2025- August 15, 2025
- There is no camp on 7/4/2025. The fees for this week will be pro-rated.
- Times: 8am- 3pm on Monday- Friday
- Cost: \$170 per week, per child. The weekly fee includes all camp activities including the field trip, bus, and entrance fees (if scheduled).
- Extended Care: 3:00-5:00pm for an additional fee (register separately).

DAY CAMP FEES –Prices based on 1-week sessions for campers in grades K-8:

Monday – Friday 8:00am-3:00pm \$170 includes field trip fee if applicable

Extended Care 3:00pm-5:00pm \$40 per week

Late Registration Fee \$25 per child, per week

*Payment plans and limited scholarships are available. Please call the office for more information.

****New this year- all camp balances must be paid by June 9th, 2025.**

LEADERS IN TRAINING (L.I.T.) PROGRAM (GRADES 6-8)

Leaders-in-Training is a weekly program for campers in grades 6-8 who want to develop leadership skills and become active leaders in their camp community. L.I.T.s participate in team-building activities, service projects, and camp activities. They also learn about cultural awareness, and responsible citizenship.

- Leaders in Training must be entering grades 6, 7 or 8 in the fall of 2025.
- Cost: \$170 per week
- Please note: all participants in grades 6-8 will participate in this program (there is no alternative camp program for this age group).

COUNSELOR IN TRAINING (C.I.T.) PROGRAM (AGES 14+)

Counselor-in-Training program is a three-week program for campers who want to learn about camp counseling and becoming staff members. C.I.T.'s practice leadership skills, such as communication, planning, and decision-making, and camper supervision. C.I.T. candidates must successfully complete an application and interview process and be accepted into the C.I.T. program. Applications are available on our website:

www.colchesterct.gov/recreation-department. Upon successful completion of the 3-week program, C.I.T.'s may be invited back as Junior Counselors for the remaining weeks of the summer.

- Applicants must be aged 14 or older before camp starts
- CIT Camp Session 1: June 23rd-July 11th

- Application Due Date: April 11th, 2025
- C.I.T. Interviews will be held the first week of May. You will be notified by email to schedule an interview once your application is received.

COLCHESTER YOUTH THEATRE CAMP

In this 8-day Youth Theatre Camp, participants will engage in various acting exercises and workshops to enhance their performance abilities. They will also explore different acting techniques and styles to help them bring their characters to life on stage. Through collaborative activities, they will forge strong connections with their fellow campers and build important social skills. In addition to honing their acting skills, the attendees will receive valuable feedback and guidance from experienced instructors to help them improve their stage presence and overall performance. By the end of the camp, each participant will have the chance to showcase their talents in a culminating play, where they can put into practice everything they have learned during the week and a half. Overall, this Youth Theatre Camp aims to provide a supportive and creative environment for young aspiring actors to grow, learn, and shine on stage while gaining confidence and valuable skills that will benefit them both on and off the stage. Get ready for a wild week-and-a-half Youth Theatre Camp packed with acting tips, character building, buddy bonding, stage swagger, socializing secrets, and a mega confidence boost! Join the gang in rehearsing and rocking a fabulous original play!

- Who: Youth entering grades 2-7 in the fall of 2025
- When: Monday-Friday, 8/11-8/20 from 8am-3pm.
A performance will be held on Aug. 20 at 1:30pm at JJIS in room 79
- A minimum of 15 and a maximum of 40 actors will be accepted on a first-come, first-served basis (no auditions are required to attend the camp)
- Cost: \$240 per child

CHESS WIZARDS CAMP

Join us this summer for tons of challenging chess lessons, exciting games, and cool prizes. You'll improve your chess skills, meet new friends, and work out your most powerful muscle—your brain! Our camps include fun team chess games (like Corner Chess), recess time (of course), snacks, tournaments, and puzzles. Each camper receives a T-shirt, trophy, and puzzle folder. We include all the materials necessary for your child to participate. Unleash your brain power and spend a week with Chess Wizards! Chess Wizards is a premier chess education company providing fun, informative and challenging chess lessons to students. Chess Wizards teaches children many important life concepts, such as learning the ability to win graciously and accept defeat with dignity and sportsmanship/ Students will be divided into groups according to their chess experience. At the end of this camp, each student will have had the chance to participate in a mini-chess tournament.

- When: July 28-August 1, 2025, from 9:00am-12:00pm or 12:00pm-3:00pm
- Cost: \$225.00 per resident, \$230.00 per non-resident (3-hour per day- choose AM or PM)
- Who: Entering Grades K-6th in fall 2025
- Minimum of 14, maximum of 50
- Instructor: Chess Wizards
- Location: TBD based on registration numbers/size of group

SPT SUMMER SOCCER CAMP

Join Us for the 4th Annual SPT Soccer Camp! Get ready for an exciting summer of soccer at SPT Soccer Camp! Every player receives a free T-shirt, and our program is designed to help you grow technically and tactically while building confidence on and off the field. Led by top local coaches, our camp offers intensive training for all skill levels, ensuring every player improves. Players- Don't miss this opportunity to train with some of the best coaches in the state and take your game to the next level! Sign up today and be part of the action!

Meet Our Expert Coaching Staff: Lee Elliott – Connecticut College Assistant Coach, D3 Men’s Soccer Coaching Staff of the Year (2024), National Championship Runner-Up (2024), UEFA B License; Andrew Storton – National Championship Winner 2021, Runner up 2024. National coaching staff of the year 2021 & 2024; Skip Starks – Bacon Academy Varsity Boys Coach; Ashley Gaedt – Former College Player, Strength & Conditioning Coach; Current & Former Bacon Academy players.

- Monday-Friday, June 23-June 27, 2025, from 9am-12pm
- Monday-Friday, July 21-July 25, 2025, or July 28-Aug. 1 from 5-8pm
- Cost: \$150 per player
- Where: RecPlex
- Open to youth entering grades K-8 in the fall of 2025
- Minimum of 25, Maximum of 75

YOUTH PROGRAMS

COLCHESTER YOUTH THEATRE: BROADWAY BOUND

Hey, talented kids and teens! Join this 5-week musical theatre class: Broadway Bound. It’s the perfect opportunity to work on your singing, dancing, and acting skills at the very same time! Participants will learn the basics of acting a song and finding their “stage voices” as they work on solo and group numbers from popular Broadway musicals. Performers will learn the basics of musical theatre choreography and dance and work with professional theatre teaching artists as they create a Broadway showcase, (performance on June 10th). Build confidence, teamwork, and social skills while you soak in the spotlight with Colchester Youth Theatre’s Broadway Bound! All levels are welcome!

- When: Tuesdays, May 6th -June 10th
- Who: Grades 2-7 from 5:30pm-6:30pm, Grades 8-12 from 6:30pm-7:30pm
- Where: Colchester Senior Center
- Cost: \$100 per resident, \$105 per non-resident (1 class per week for 5 weeks)
- Minimum 2 participants, maximum 20
- Instructors: Randall and Lindsay Adkison

GUITAR FOR BEGINNERS

This class is for beginner guitar players looking to get started, make some music, and have fun! Small class sizes and one-on-one lessons are available, so everyone gets individual attention and tips to improve their playing! Participants will learn: Chords, Technique, Guitar maintenance, Guitar Tablature and Reading Sheet Music for beginners. Students can choose the music they want to learn. Bring your guitar and let's start! Sign up and pay for 5 lessons, then choose the dates and times that work best for you. If you don't have a guitar, we may be able to accommodate you – call office for details. After registering, the instructor will contact you to schedule your lessons. Anyone under 16 must be accompanied by an adult for individual lessons.

- When: Lesson times are very flexible- call the office to schedule lessons.
- Who: Ages 10+
- Cost: \$50 for residents/ \$55 for non-residents for 5 (1 hour) classes
- Instructor: Nash Mendlinger

SMART START SOFTBALL/BASEBALL

Learn basic throwing, catching, and batting skills in a non-competitive environment. Join us outside at the RecPlex and enjoy this beginner-friendly program for little ones to start building their baseball and softball skills, develop their gross motor skills, and hand-eye coordination. No equipment needed, just wear your sneakers! Parents must accompany their children throughout the duration of the program.

This is a 5-week class with 2 rain dates if needed (June 4, June 11).

- When: Wednesdays, April 30- May 28, 2025, from 5:30pm-6:30pm
- Where: Colchester RecPlex pavilion

- Who: Ages 3-5
- Cost: \$50 per resident, \$55 per non-resident
- Minimum 4 participants, maximum 16
- Instructor: John Bornhorst

YOGA, MINDFUL TOOLS, AND MORE!

This class will have children making, using and taking home tools to support yoga and mindful practices. The tools will be the following: Slinky Breath, Yoga Pose Cards, Toga Time and Calm Coloring w/ colored pencils. This class is open to children at CES in grades K-2. The instructor will meet students at dismissal and walk them to the class location at CES. Parents/Guardians will sign out their child at 4:30. Please have your child wear comfortable clothes and bring a water bottle. Yoga mats will be provided. Tool Kit Includes: Slinky Breath, Yoga Pose Cards, Toga Focus Time and Calm Coloring Book w/ colored pencils.

- When: Wednesday. April 23- May 14, 2025, after school through 4:30pm
- Where: CES Media Center
- Cost \$50 per student
- Who: Open to students at CES in grades K-2
- Instructor: Susie Hawkins

ADULT PROGRAMS

15 MINUTE HIIT WORKOUT

Short on time? This workout is for you. Backed by research that shows short bouts of intense exercise can be as effective as longer more moderate workouts, this class makes it easy to fit exercise in your schedule. This class will have a short warm up and cool down, and in between we will be working intensely with fun, full body moves. Modifications will be made so that you can work at the right pace for you. Plan to leave feeling energized.

- Wednesdays April 23-June 18, 2025, from 8:10-8:25am
 - Cost: \$45 for 9 classes
- Wednesdays, July 16-August 20, 2025, from 8:10-8:25am
 - Cost: \$30 for 6 classes
- Where: Online Via Zoom

ALL LEVELS YOGA

This class is designed for students that are beginners as well as experienced. I will be starting with gentle warm up poses and then building some heat in the body before winding down to deeper more relaxing poses followed by a relaxation meditation. Please bring props if you have them including blocks, straps and a blanket. We will have a fun time, and you will walk out feeling better than when you came in!

- When: Mondays, May 5-June 2, 2025, from 6:00PM-7:00PM
- Where: JJIS Rm. 120
- Cost: \$60 per resident, \$65 per non-resident
- Who: Ages 18+

CARDIO KICKBOXING

Join us for a sampler class of Cardio Kickboxing! Start your day off with a punch (and a few kicks) and have some fun at the same time! More dates to come, pending interest!

- When: Tuesdays and Thursdays, 6:30am-7:15am, May 1st-May 29th (8 classes)
- Where: Champions Karate & Krav Maga Colchester
- Cost: \$80
- Who: Ages 16+

CARDIO STRENGTH

This functional, fun class provides a complete workout that will help tone and reshape your body. We'll target the arms, legs, abs, and butt. In addition to using weights to help build strength, this class incorporates some light cardio to help improve cardiovascular health. Strength and cardio combo is a great way to improve overall fitness and build bone density. You'll need: a yoga mat, weights (1-3lb and 5-8lb, or larger if desired).

- Wednesdays April 23rd-June 18th, 2025, from 8:30-9:15am
 - Cost: \$81 for 9 classes
- Wednesdays, July 16-August 20, 2025, from 8:30-9:15am
 - Cost: \$54 for 6 classes
- Where: Online Via Zoom
- Who: Ages 18 and older
- Instructor: Personal Euphoria – Maggie

COMMIT DANCE FITNESS

Dance Fitness with Karen Ricardo Morales! Come get your body moving and build your stamina and coordination with this high-energy, fun dance fitness class, perfect for every level!

- When: Wednesdays March 19-May 14, 2025, from 6pm-7pm
 - Where: JJIS Rm. 120
 - Cost: \$80 per resident, \$85 per non-resident (1 class per week, 8 weeks)
- When: Wednesdays, July 2-August 20, 2025 (*no class 7/30*) from 6-7pm
 - Where: TBD
 - Cost: \$70 per resident, \$75 per non-resident (1 class per week, 7 weeks)
- Drop Ins are welcome! Drop-in fee: \$12 per resident per class, \$17 per non-resident per class
- Who: Ages 15 and older
- Minimum of 6, maximum of 30
- Instructor Karen Ricardo Morales

CORE STRENGTH

This functional, fun class provides a complete workout that will help tone and reshape your body. You will use light weights, bands, and your own body weight to improve strength, flexibility, balance, and stamina to sculpt and tone. Bring a yoga mat, water, and light weights.

- Thursdays April 24-June 19, 2025, from 6:00-6:45pm
 - Cost: \$81 for 9 classes
- Thursdays, July 10-August 21, 2025, from 6-6:45pm
 - Cost: \$63 for 7 classes
- Where: Online Via Zoom with Instructor from Personal Euphoria – Rob
- Who: Ages 18 and older

CT DEEP SAFE BOATING CLASS 2025

Certificate of Personal Watercraft Operation (AKA Boating Certificate): Successful completion of the class qualifies a person to purchase their Certificate of Personal Watercraft Operation (CPWO) for \$50 on the Sportsmen Licensing System. The CPWO allows an individual (see age restrictions below) to operate any recreational vessel including a personal watercraft.

No person under age 16, issued a Certificate of Personal Watercraft Operation (CPWO) or a certificate approved by the Commissioner, may operate a personal watercraft without the onboard supervision of a person at least age 18 who has a CPWO.

No person under the age of 16 may operate a vessel that is engaged in tubing or water-skiing. A child under the age of 16 may be permitted to operate a vessel, other than a personal watercraft, without obtaining a

SBC or CPWO, if the youth is under the direct supervision of a person at least age 18 who has had a boating certificate for at least two years.

A child under the age of 12 who has obtained a SBC or CPWO may not operate a vessel with greater than 10 horsepower, unless the youth is accompanied on board by a person at least age 18 who holds a SBC or CPWO. The class is 8 hours long in total. Students are required to attend all sessions. While there is no minimum age requirement to take the class, students must be able to attend the 8- hour class and take a 60-question multiple choice test.

A Connecticut Conservation ID Number is a unique and permanent number that is assigned to you by the Connecticut Online Sportsmen Licensing System. You **MUST** provide your Conservation Id to register for this class. You cannot take the exam, purchase your certificate, or re-print your certificate without it. If you have a Connecticut Hunting or Fishing License, your Conservation ID Number will be the same ID number that was assigned with the hunting or fishing license. If you have never been issued a Conservation ID Number, go to the Online Sportsmen Licensing System at <https://ct.aspirafocus.com/internetsales> to create one.

For instructions on how to obtain an ID visit: https://portal.ct.gov/-/media/DEEP/Boating/Boating_Docs/How-to-Obtain-a-Conservation-ID-Number.pdf

- Dates: May 13 & 15, 2025 from 5-9pm (**must attend both classes**)
- Location: Senior Center
- \$25 per person, ages 16 and older
- Minimum of 15 and a maximum of 25 will be accepted into this class

DOG TRAINING CLASSES

A six-week basic obedience course using positive reinforcement training methods. Each session will run for one hour. This course will teach you and your dog how to effectively communicate with each other while learning all the basic obedience commands. First session is humans only. For the remaining 5 classes, all dogs must be leashed with a non-retractable leash. No pinch or choke collars allowed; harnesses are highly recommended. Please bring a water bowl & water as well as waste clean-up bags. Only one dog per handler. Pawfessional K-9 Training uses positive reinforcement training to help families and their dogs with behavior, obedience, and communication skills. Owner Sean Shoemaker is an Animal Behavior College Certified Dog Trainer and AKC Canine Good Citizen Evaluator, has over 5 years' experience working in basic and advanced obedience training. Sean's goal with his training is to help families integrate their canine companions into their family and works with clients in both group and individual settings.

All canine participants must provide proof of rabies and distemper. The Bordetella vaccination is recommended as well. Dogs with canine or human aggression are not recommended for this course.

- When: Saturdays, April 19-May 17, 2025 from 9-10am
- No dogs come to the first class, the rain date is May 24 if needed
- Location: Ruby Cohan Woodlands
- Fee: \$150.00 Resident/\$155 Non-Resident, minimum of 4, maximum of 8
- Ages: 18 and older
- Instructor: Shoemaker, Sean (Pawfessional K-9 Training)

GOLF LESSONS

Lessons focus on putting, chipping, bunker play, full swing, etiquette, course management along with a video analysis of each participants swing. All participants should bring their own clubs; however, clubs will be available for use if needed.

- When: Fridays, April 4, 11, 18, 25 from 6-7pm at Chantclair Golf Course
- Instructor- Matt Walsh, Golf Professional
- Who: Ages 16+
- Cost: \$95 per resident, \$100 per non-resident
- Minimum of 4 and a maximum of 8

PAGE TO SCREEN: SCREENWRITING CLASSES

Have you always wanted to write a movie or play, but don't know where to begin? Join us for a 5-week class via Zoom that takes you from idea to script. Participants will learn the process of screenwriting from logline to treatment to outline to rough draft. Participants will finish the class with the bones of a screenplay to flesh out on their own, and resources to know where to submit it for consideration.

There will be suggestions for writing, reading, and viewing for each week of the class.

- When: Thursdays, April 10 – May 8, 2025, from 7:00pm-8:00pm
- Where: Zoom
- Who: Ages 14+
- Cost: \$50 for residents/ \$55 for non-residents
- Minimum of 4, maximum of 10

PICKLEBALL SUMMER LEAGUE- BEGINNER/ADVANCED BEGINNER

Embark on a 6-week pickleball journey in our Beginner/Advanced-Beginner league! This 18-player round-robin format promises an exciting mix of recreational play and friendly competition. Each week, you'll team up with new mixed partners and enjoy 5-6 games. At the end of the 6 weeks, the top three finishers with the most games won will be awarded the coveted gold, silver, and bronze medals!

Is this league for you? This league caters to players who are newer or novice in skill who prefer a more relaxed and enjoyable atmosphere, infused with a dash of competitive spirit as you vie for the ultimate medal glory!

- When: Thursdays, June 26-July 31, 2025, from 6-8pm
- Location: RecPlex Pickleball Courts
- Cost: \$50 for Residents, \$55 for Non-Residents, Age: 18+

PICKLEBALL SUMMER LEAGUE- INTERMEDIATE/ADVANCED

Embark on a 6-week pickleball journey in our Intermediate/Advanced league! This 24-player round-robin format promises an exciting mix of recreational play and friendly competition. Each week, you'll team up with new mixed partners and enjoy 5-6 electrifying games. At the end of the 6 weeks, the top three finishers with the most games won will be awarded the coveted gold, silver, and bronze medals!

- When: Thursdays, May 8-June 12, 2025, from 6-8pm
- Location: RecPlex Pickleball Courts
- Cost: \$50 for Residents, \$55 for Non-Residents
- Age: 18+

PILATES

Exercises focus on the core muscles which include the abs, back, glutes and shoulders. We work to create balance and strength in your trunk and loose, limber limbs. Pilates strives to make you strong and long while improving balance, coordination, and posture. Every part of the body gets worked and you'll discover muscles you never knew you had. Please bring a mat, water, a green (or medium weight) flex band, and a 7.5-9-inch stability ball.

- Tuesdays, April 22-June 17, 2025, from 6:00-6:45pm
 - Cost: \$81 for 9 classes
- Tuesdays, July 8-August 19, 2025, from 6-6:45pm
 - Cost: \$63 for 7 classes
- Where: Online via Zoom
- Who: Ages 18 and older
- Instructor: Personal Euphoria – Rob

YOGA FOR SENIORS

ONLINE with Facebook Live- Gentle Yoga is perfect for age 45 and over to explore yoga postures, breathing techniques and meditation. Yoga improves your balance and strength, stretches your entire body, and focuses your mind and calms your emotions. All levels of fitness or yoga experience are welcome.

- Mondays from 4:45pm-5:45pm
- 5/5/25-6/2/25
- 6/16/25-7/7/25
- \$35 for residents, \$40 for non-residents (4 weeks)
- Instructor: Anne Beauregard
- Facebook Live (the private link will be mailed to you after you register)

ZUMBA

Zumba is a fun; high-energy workout experience that keeps you excited to exercise and return for more. Zumba is a dance party disguised as a workout— Zumba is a safe, fun, and effective workout for most people who want to enhance their cardiovascular fitness through dance.

- When: Mondays, April 7-May 12, 2025, from 6:30pm-7:30pm
 - Cost: \$60 per resident, \$65 per non-resident for 6 classes
 - Location: JJIS Room 79
- When: Mondays, June 2-23, 2025, from 6:30pm-7:30pm
 - Cost: \$40 per resident, \$45 per non-resident for 4 classes
 - Where: TBD
- Instructor: Dana Belanger