



WETHERSFIELD PARKS & RECREATION

WINTER

&

SPRING

2010 PROGRAMS & REGISTRATION

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ADVISORY BOARD

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Center Director*
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Mary Thibeault, *Recreation
Supervisor II*
Joselyn Valente, *Clerk II*

CONTACT

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

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

Eleanor Buck Wolf Nature Center
156 Prospect Street
860-529-3075
naturecenter@wethersfieldct.com

WEBSITE

wethersfieldct.com/recreation

New This Season

NEW REFUND AND CANCELLATION POLICY

No refunds will be given after a program has begun. Commencing with the winter session, a \$10 per class processing fee will be deducted from all refund requests received prior to the start of class. See page 14 for full details of the refund and cancellation policy.

Facilities

WILLIAM J. PITKIN COMMUNITY CENTER

30 Greenfield Street. Houses the Senior Center, Wethersfield Community Television, 9/11 Memorial Sports Center, The Learning Circle Preschool and many other programs. Rooms may be rented for wedding receptions, anniversaries, birthdays, meetings, 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. Rooms may be rented. Developed in partnership with the Keane Foundation, this area also displays steel recovered from the ruins of the World Trade Center.

BACKMAN POOL AT WETHERSFIELD HIGH SCHOOL

411 Wolcott Hill Road. Open 10/13-5/15. For hours of operation and admission, please see "Aquatics" on page 12.

ELEANOR BUCK WOLF NATURE CENTER

156 Prospect Street. An ecology education and community center in Mill Woods Park with exhibits, library, and gift shop. Also provides educational presentations for various audiences, birthday parties, and room rentals.

SOLOMON WELLES HOUSE

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

MILL WOODS PARK

Prospect Street & Wolcott Hill Road. Features a dog park, skatepark, Bocce courts, lighted tennis courts, sports fields, picnic area, walking paths, playground, and the Eleanor Buck Wolf Nature Center.

STANDISH PARK

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

WINTERGREEN WOODS

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

HERITAGE WAY BIKEWAY/PEDESTRIAN PATH

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

GARDENS

In cooperation with the Wethersfield Fire Department, 50 garden plots (20' x 30') will be available to residents ages 18+. One plot per family, with additional plot assignments made after all interested residents have been satisfied. Fee: \$30.00 per plot. **Register in person at Parks & Recreation beginning Tuesday, 3/2, during office hours.**

In addition, a pilot program will be held at the Eleanor Buck Wolf Nature Center offering 4' x 8' plots for those interested in organic methods and the option to plant perennials. **An information session will be held Tuesday, 2/23, 4:30-5:30P, or contact the Nature Center for information.**

WETHERSFIELD COVE BOATING

Main Street. Park includes a boat launch with access to the CT River. **A lottery for dock rings & mooring sites will be held Friday, 2/26, 4:00P, Parks & Recreation.** Lottery applications will be accepted beginning 2/1 and must be received by 2/26, 4:00P. Copy of valid boat registration & proof of insurance must accompany application. One application per person and per boat allowed. The first 50 applications drawn may register at that time. Those not present must contact Parks & Recreation within two weeks to register. Remaining applications will be drawn to form a waiting list.

Special Events

ANNUAL SPRING DANCE

Saturday, 3/27, 7:00P, Pitkin Community Center. Dance to live music provided by Tuxedo Junction, enjoy refreshments and drink set ups, and have fun with games and prizes. Proceeds benefit the Friends of the Eleanor Buck Wolf Nature Center's programs and scholarships. Advance tickets will be available from the Nature Center in January.

EGG HUNT

Saturday, 3/27, 2:00P, Cove Park. Starts promptly, so arrive early! Event will be held indoors if field conditions or weather are poor. Call Parks & Recreation for alternate site.



KEANE FOUNDATION SPRING MANIA

Sunday, May 16, 2010 at the 9/11 Memorial Sports Center, 30 Greenfield Street using indoor and outdoor courts! (Rain Date: May 23) Hoop it up with you friends at the biggest 3-on-3 basketball tournament in Wethersfield. All ages can participate. More details coming in April!

www.keanefoundation.org



EARTH DAY IN WINTERGREEN WOODS

Saturday, 4/24, 9:00-12:00P, Wintergreen Woods. Join the Eleanor Buck Wolf Nature Center to celebrate and honor the earth with a community cleanup of our local nature preserve. Each year we remove litter from the well-used trails and explore the wetlands and unique geology of less frequently visited corners. All ages. Gloves, light tools, and refreshments provided. Drop in any time at Folly Brook Boulevard & Eagle Drive.

Arts Programs

ACTING GRADES K-4

Unleash your creativity. Classes offer training in performing arts and help enhance the performing skills of all participants. Min/Max: 7/25. Pitkin Community Center. No class 2/17.

Date	Day	Time	Res/NonRes	Code
2/3-3/24	W	5:00-5:55P	\$100/\$110	402061-01
<i>Spring Registration</i>				
4/28-6/9	W	5:00-5:55P	\$100/\$110	502061-01

ACTING GRADES 5-8

All Ages. Unleash your creativity. Classes offer training in performing arts and help enhance the performing skills of all participants. Min/Max: 7/25. Pitkin Community Center.

Date	Day	Time	Res/NonRes	Code
2/3-3/24	W	5:00-5:55P	\$100/\$110	402062-01
<i>Spring Registration</i>				
4/28-6/9	W	6:00-6:55P	\$100/\$110	502062-01

WETHERSFIELD TEEN THEATER COMPANY

Ages 11-20. 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. Call Parks & Recreation for further information.

Early Childhood

TLC - TUMBLE TOTS

Ages 1-2½. Child plus parent/caregiver. Come meet new friends, play, explore balancing activities and develop body awareness! Min/Max: 6/25. Pitkin Community Center Gym. No class 2/18, 4/1, 4/22.

Date	Day	Time	Res/NonRes	Code
1/28-5/20	Th	9:00-10:00A	\$75/\$90	410100-02

TLC - PLAYGROUP

Ages 1¼-4. With parent or caregiver. Provides your child an opportunity to play with other children. This is a child's first introduction to organized preschool activities while still in the company of a parent or caregiver. Circle time, exercise activities, songs, show-n-tell, free play, arts & crafts, field trips, and more. Min/Max: 10/25. Pitkin Community Center. No class 2/15, 2/17, 2/19, 4/2, 4/19, 4/21, 4/23.

Date	Day	Time	Res/NonRes	Code
2/1-5/17	M	9:00-11:00A	\$100/\$120	410080-01
2/3-5/19	W	9:00-11:00A	\$100/\$120	410080-02
2/5-5/21	F	9:00-11:00A	\$100/\$120	410080-03

ANIMAL ARK & SENSORY SCIENCE PLAYGROUPS

Ages 2-3. See Eleanor Buck Wolf Nature Center on page 4.

THE LEARNING CIRCLE - THRILLING 3'S & FEARLESS 4'S

A state-licensed preschool for children who turn three or four as of their first day of class. Designed to foster individual growth in all areas of development and promote 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. Space still available. Call 860.721.2950. *Registration for Fall 2010 will take place in March!*

TLC - BACKYARD SCIENTIST

Ages 4-5. Develop critical thinking and school readiness skills through scientific investigations, learning centers, circle time, hands-on activities, outdoor fun and crafts. Snacks included. Winter: Under the Sea; Spring: Bugs, Bugs Everywhere. Min/Max: 8/20. Pitkin Community Center. No class 2/16, 4/20.

Date	Day	Time	Res/NonRes	Code
1/26-3/9	Tu	12:00-2:30P	\$120/\$156	410001-01
<i>Spring Registration</i>				
3/23-5/4	Tu	12:00-2:30P	\$120/\$156	510001-01



Eleanor Buck Wolf Nature Center

VISITING INFORMATION

Features hands-on exhibits, live animals, library, gift shop, picnic areas, and walking trails in Mill Woods Park. Open to visitors Tuesday 10:00A-5:00P, Wednesday 10:00A-5:00P, Thursday 10:00A-7:00P, Friday 10:00A-5:00P, and Saturday 10:00A-5:00P. Call the infoline at 860-721-2953 for upcoming events and holiday hours. Suggested donation \$3.

FRIENDS OF THE ELEANOR BUCK WOLF NATURE CENTER

The Friends is an independent non-profit organization that supports ecology education through Nature Center programs, events, and scholarships. Meets the third Tuesday of each month 7:00-9:00P. Members receive discounted fees on many programs, newsletters, etc. and may register for programs the first day of registration. To join or renew, submit the "Friends of the Eleanor Buck Wolf Nature Center Supplemental Membership Form" on page 15 with a separate payment.

VOLUNTEER ORIENTATION

Ages 13+. Volunteers help with animal care, gardening, teaching, trail projects, events, etc. Orientation introduces potential projects and provides basic safety training. Min/Max: 1/15. Nature Center.

Date	Day	Time	Friends/Others	Code
1/12	Tu	4:30-5:30P	Free	406140-01
1/26	Tu	4:30-5:30P	Free	406140-02
Spring Registration				
3/23	Tu	4:30-5:30P	Free	506140-01
4/6	Tu	4:30-5:30P	Free	506140-02

WINTER WALKS

All Ages. When the mud is frozen and vegetation is sparse it's a great time to explore the meadows, wetlands, and overwintering migratory bird habitats along the Connecticut River with experts from the Great Meadows Conservation Trust. Locations vary in East Hartford, Glastonbury, Rocky Hill, and Wethersfield. Contact the Nature Center for details.

Date	Day	Time	Friends/Others	Code
1/10	Su	1:00-2:00P	\$0/\$3	NA
1/16	Sa	10:00A-12:00P	\$0/\$3	NA
1/24	Su	1:00-3:00P	\$0/\$3	NA
1/31	Su	1:00-3:00P	\$0/\$3	NA
2/7	Su	1:00-3:00P	\$0/\$3	NA
2/13	Sa	10:00A-12:00P	\$0/\$3	NA
2/20	Sa	10:00A-12:00P	\$0/\$3	NA



GLOBAL WARMING DISCUSSION GROUP

Ages 18+. Learn more about the phenomenon of global climate change in the news and discuss our potential role in it. Bi-weekly meetings help calculate your carbon "footprint", set goals for reducing it, try simple changes at home or work, and get support from the group. Fee includes workbook. Babysitting on-site available; contact Nature Center. Min/Max: 4/24. Nature Center. No class 2/2, 2/16, 3/2, 3/16.

Date	Day	Time	Friends/Others	Code
1/26-3/23	Tu	6:30-8:30P	\$20/\$25	406183-01

WILDERNESS FIRST AID BY SOLO

Ages 16+. For outdoor enthusiasts and trip leaders who want basic training for short trips with friends, family, and clubs. Instruction and hands-on practice in patient assessment, cold- & heat-related injuries, fractures, environmental emergencies (e.g. lightning), etc. Re-certifies SOLO's WFR and meets ACA staff guidelines. CPR using American Heart Association guidelines may be included. Includes 2-year certification, lunch, snacks, and text. \$95 is non-refundable after 3/5. Contact Nature Center for lodging suggestions. Register by Monday, 3/8. Min/Max: 12/23. Nature Center.

Date	Day	Time	Friends/Others	Code
Wilderness First Aid				
3/20-3/21	Sa-Su	9:00A-5:00P	\$145/\$165	506180-01
CPR by SOLO				
3/20	Sa	5:00-6:00P	\$35/\$35	506181-01

GETTING STARTED GARDENING WORKSHOPS

Ages 16+. For inexperienced gardeners starting or improving a small yard or patio garden. (Also see Gardens on page 2 for pilot community garden program at the Nature Center.) Topics include essentials of healthy gardening, choosing what to plant, starting with seeds, transplanting seedlings, identifying weeds, preventing disease and pests, etc. Workshops are held monthly on the fourth Thursday. Single workshops are \$10 Friends/\$13 Others, or register for the entire series at a discount. Min/Max: 6/16. Nature Center.

Date	Day	Time	Friends/Others	Code
Spring Registration				
3/25-9/23	Th	7:00-8:00P	\$55/\$75	506182-01

ANIMAL ARK PLAYGROUP

Age 2. Parent/caregiver and child participate in hands-on nature activities to engage their curiosity about the natural world around them and to develop their social skills. Activity stations, crafts, stories, and outdoor explorations in Mill Woods Park are organized around meeting a new animal each week. Min/Max: 4/10. Nature Center. No class 2/16 & 4/20.

Date	Day	Time	Friends/Others	Code
1/19-3/30	Tu	10:00-11:30A	\$100/\$120	406081-01
Spring Registration				
4/6-6/15	Tu	10:00-11:30A	\$100/\$120	506081-01

SENSORY SCIENCE PLAYGROUP

Age 3. Parent/caregiver and child participate in hands-on science activities to engage their curiosity about the world around them and to develop their social skills. Activity stations, crafts, stories, and outdoor explorations in Mill Woods Park are organized around the senses, states of matter, and seasons. Min/Max: 4/10. Nature Center. No class 2/17 & 4/21.

Date	Day	Time	Friends/Others	Code
1/20-3/31	W	10:00-11:30A	\$100/\$120	406082-01
Spring Registration				
4/7-6/16	W	10:00-11:30A	\$100/\$120	506082-01

ADVENTURES IN WINTER

Thematic, hands-on ecology lessons with art and literacy connections provide a quality educational experience during school vacations. Activities include visiting animals and exploring Mill Woods Park. Each section has an adult educator with an assistant. Morning-only available with a \$10 discount; contact the Nature Center for details. Min/Max: 8/18. Nature Center.

Martin Luther King, Jr. Day (1/18): Science of the Winter Olympics – Fitness, nutrition, ice, aerodynamics, etc.

Winter Recess (2/15-2/19): Thomas’ African Safari – Our parrot will “lead” a different virtual tour each day to explore Africa’s geography, plants, animals, people, and current environmental issues.

Date	Day	Time	Friends/Others	Code
Grades K-3				
1/18	M	8:00A-4:30P	\$30/\$35	406020-02
2/15	M	8:00A-4:30P	\$30/\$35	406021-02
2/16	Tu	8:00A-4:30P	\$30/\$35	406022-02
2/17	W	8:00A-4:30P	\$30/\$35	406023-02
2/18	Th	8:00A-4:30P	\$30/\$35	406024-02
2/19	F	8:00A-4:30P	\$30/\$35	406025-02
Grades 4-7				
1/18	M	8:00A-4:30P	\$30/\$35	406020-03
2/15	M	8:00A-4:30P	\$30/\$35	406021-03
2/16	Tu	8:00A-4:30P	\$30/\$35	406022-03
2/17	W	8:00A-4:30P	\$30/\$35	406023-03
2/18	Th	8:00A-4:30P	\$30/\$35	406024-03
2/19	F	8:00A-4:30P	\$30/\$35	406025-03
Extended Hours				
1/18	M	7:30-8:00A	\$5/\$5	406020-01
1/18	M	4:30-5:30P	\$5/\$5	406020-04
2/15	M	7:30-8:00A	\$5/\$5	406021-01
2/15	M	4:30-5:30P	\$5/\$5	406021-04
2/16	Tu	7:30-8:00A	\$5/\$5	406022-01
2/16	Tu	4:30-5:30P	\$5/\$5	406022-04
2/17	W	7:30-8:00A	\$5/\$3	406023-01
2/17	W	4:30-5:30P	\$5/\$5	406023-04
2/18	Th	7:30-8:00A	\$5/\$5	406024-01
2/18	Th	4:30-5:30P	\$5/\$5	406024-04
2/19	F	7:30-8:00A	\$5/\$5	406025-01
2/19	F	4:30-5:00P	\$5/\$5	406025-04

ADVENTURES IN SPRING

Thematic, hands-on ecology lessons with art and literacy connections provide a quality educational experience during school vacations. Activities include visiting animals and exploring Mill Woods Park. Each section has an adult educator with an assistant. Morning-only available with a \$10 discount; contact the Nature Center for details. Min/Max: 8/18. Nature Center.

Corpus Christi Prof. Dev. Day (3/19): Vernal Pools & Skunk Cabbage.

Wethersfield Prof. Dev. Day (4/1): Vernal Pools & Skunk Cabbage.

Spring Recess (4/19-4/23): Ecological Succession – Explore how ecosystems change over time with a different example each day, e.g. ponds become meadows, meadows become forests.

Date	Day	Time	Friends/Others	Code
Grades K-3 – Spring Registration				
3/19	F	8:00A-4:30P	\$30/\$35	506045-02
4/1	Th	8:00A-4:30P	\$30/\$35	506046-02
4/19	M	8:00A-4:30P	\$30/\$35	506040-02
4/20	Tu	8:00A-4:30P	\$30/\$35	506041-02
4/21	W	8:00A-4:30P	\$30/\$35	506042-02
4/22	Th	8:00A-4:30P	\$30/\$35	506043-02
4/23	F	8:00A-4:30P	\$30/\$35	506044-02
Grades 4-7 – Spring Registration				
3/19	F	8:00A-4:30P	\$30/\$35	506045-03
4/1	Th	8:00A-4:30P	\$30/\$35	506046-03
4/19	M	8:00A-4:30P	\$30/\$35	506040-03
4/20	Tu	8:00A-4:30P	\$30/\$35	506041-03
4/21	W	8:00A-4:30P	\$30/\$35	506042-03
4/22	Th	8:00A-4:30P	\$30/\$35	506043-03
4/23	F	8:00A-4:30P	\$30/\$35	506044-03
Extended Hours – Spring Registration				
3/19	F	7:30-8:00A	\$5/\$5	506045-01
3/19	F	4:30-5:30P	\$5/\$5	506045-04
4/1	Th	7:30-8:00A	\$5/\$5	506046-01
4/1	Th	4:30-5:30P	\$5/\$5	506046-04
4/19	M	7:30-8:00A	\$5/\$5	506040-01
4/19	M	4:30-5:30P	\$5/\$5	506040-04
4/20	Tu	7:30-8:00A	\$5/\$5	506041-01
4/20	Tu	4:30-5:30P	\$5/\$5	506041-04
4/21	W	7:30-8:00A	\$5/\$5	506042-01
4/21	W	4:30-5:30P	\$5/\$5	506042-04
4/22	Th	7:30-8:00A	\$5/\$5	506043-01
4/22	Th	4:30-5:30P	\$5/\$5	506043-04
4/23	F	7:30-8:00A	\$5/\$5	506044-01
4/23	F	4:30-5:30P	\$5/\$5	506044-04

PET CARE CROSSROADS CLASS

Grades 7-8. Learn about animals and how to care for a pet at home through hands-on practice with our ferret, cockatiel, box turtle, and other animals. Register through the Crossroads program at Silas Deane Middle and Corpus Christi schools. Min/Max: 6/13. Nature Center. No class 2/17.

Date	Day	Time	Friends/Others	Code
1/13-2/24	W	2:30-4:30P	NA	NA

Therapeutic Recreation

When registering for a Therapeutic Recreation program, please also submit the supplemental form on page 15.

TR ADULT SOCIAL CLUB

Ages 21+. Adults meet to plan their trips, socials and events. E.g. museums, eating out, shopping, cultural and sporting events, Thanksgiving Dinner, Holiday Party, and summer picnic. Call Natalie Morrison at 721-2952 for more info. A schedule will be mailed to registered members. You also may call the TR infoline at 721-2959 for a list of upcoming trips. Min/Max: 4/100. Pitkin Community Center.

Date	Day	Time	Res/NonRes	Code
7/1-6/30	M-F	8:00A-11:00P	\$20/\$20	209200-01

YOUTH/YOUNG ADULTS PROGRAM

Ages 9-21. Wednesdays participants actively participate in cooking, fitness, sports, arts & crafts, ceramics, and Track & Field training. Thursdays participants actively participate in golf, sports, nature exploration, and Track & Field training. Special Olympics Regional Division Tournament at Weaver High School in Hartford 5/8. Special Olympics State Summer Games at Southern Connecticut State University 6/11-6/13. Min/Max: 4/20. Pitkin Community Center. No class 2/17, 2/18, 4/21, 4/22.

Date	Day	Time	Res/NonRes	Code
9/23-6/9	W	2:15-5:15P	\$67/\$83	209280-01
9/24-6/10	Th	2:15-5:15P	\$67/\$83	209280-02

TR SOCCER SKILLS

Ages 8+. Open to participants with special needs. Improve your soccer skills as you play! Appropriate dress and sneakers required. Montanaro Field in Mill Woods Park. Rain site: Pitkin Community Center. Special Olympics: State Summer Games 6/11-6/13. Special Olympics release and medical form must be submitted prior to the beginning of class. Unified Partners must complete and submit a Class A Volunteer form and Unified Partner form. Min/Max: 4/10. Mill Woods Park. No class 4/19 & 5/31.

Date	Day	Time	Res/NonRes	Code
3/15-6/7	M	5:15-6:15P	\$20/\$20	509180-01

TR ADULT TRACK & FIELD

Ages 21+. Open to participants with special needs. Athletes may train in walking or running events, running or standing long jump, softball throw, shot put or turbo jav. Wethersfield High School track. Rain site: Pitkin Community Center. Special Olympics: Regional Games 5/8. State Summer Games 6/11-6/13. Special Olympics release and medical form must be submitted prior to the beginning of class. Unified Partners must complete and submit a Class A Volunteer form and Unified Partner form. Min/Max: 4/20. Wethersfield High School No class 4/21.

Date	Day	Time	Res/NonRes	Code
3/31-6/9	W	5:15-6:15P	\$20/\$20	509220-01

SPECIAL OLYMPICS SNOWSHOE

Ages 8+. Learn and enjoy yourself this winter! Open to participants with special needs. Unified Partners will also be accepted on an as needed basis. Program will meet for skill development, training and games. Special Olympics Winter Games at the CL&P Center in Simsbury 2/27-2/28. (Must meet Special Olympics requirements to compete.) Min/Max: 4/10. Pitkin Community Center Fitness Room. No class 12/30 & 2/17.

Date	Day	Time	Res/NonRes	Code
12/9-2/24	W	5:15-6:30P	\$20/\$20	209160-01

SPECIAL OLYMPICS VOLUNTEER

Ages 14+. Youth and adult volunteers are vital to our programs. Volunteer as a coach or a unified partner for any of our sport programs. You must attend an orientation meeting prior to beginning your volunteer experience. Register for one of the meeting dates below. You will become registered as an official Special Olympics Class A Volunteer, assigned to a sport program and receive sport specific and disability information. You may get involved with one or more of the following sport programs: Unified Basketball, Traditional & Unified Bowling, Snowshoeing, Soccer Skills, Track & Field, Bocce and Unified Golf. Min/Max: 2/50. Pitkin Community Center.

Date	Day	Time	Res/NonRes	Code
1/6	W	5:30-6:30P	\$0/\$0	209149-02

Senior Programs

WETHERSFIELD SENIORS CLUB

Sponsored by Parks & Recreation, the club at the Pitkin Community Center is open to any resident age 55+ and offers many activities. Trips and coming events are announced Wednesdays before Bingo and Cards. Regularly scheduled activities include:

Mondays: Ten Pin Bowling League, Crafts

Tuesdays: Bridge, Golf (seasonal)

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

Thursdays: Duck Pin Bowling League, Duplicate Bridge

Fridays: Set Back Cards

Annual Dues are \$5 for the period July – June and must be paid in full to participate in any club activities, trips or banquets. Dues are collected on Wednesdays 10:30A-11:45P.

SENIOR CAFÉ / CRT LUNCH PROGRAM

Monday through Friday at the Pitkin Community Center. Suggested donation: \$2.00 for anyone 60+ years old. Fee: \$4.50 for anyone under 60 years old. To make a reservation, call 721-2955 one day ahead, 10:00A-12:00P. Contact Social & Youth Services at 721-2977 with any questions.

Wethersfield Senior Center

The Wethersfield Social & Youth Services Department also operates a Senior Center at the Pitkin Community Center that offers additional educational programs; social opportunities such as line dancing, belly dance, art and craft classes musical entertainment, a choral group; and computer classes through Wethersfield SeniorNet.

Three-year memberships are \$10 for residents and \$15 for non-residents. A newsletter is published monthly, and a list of activities and fees is available at the start of each season. **Contact Donna Mattison, Senior Center Coordinator, at 860-721-2979 for more information or to register for any of the Senior Center or SeniorNet programs listed. Senior Center membership is required for most of the below listed programs.**

ART CLASSES

Watercolor, Painting or Drawing ... come with your own specific interest. Learn techniques and applications that apply to all types of media. Supplies needed are reviewed at the first class. Instructor: Anthony LoSchiavo. Min: 8.

Date	Day	Time	Fee
1/12-3/16	Tu	9:30A-12:00P	\$20
4/6-6/8	Tu	9:30A-12:00P	\$20

BELLY DANCE

Movement, exercise and lots of fun for women. This challenges your mind while exercising your body. The instructor is Roheisha. Min: 8.

Date	Day	Time	Fee
4/8-5/27	Th	1:15-2:15P	\$16

BOOK CLUB

Members of the group rotate as book selectors and discussion facilitators. Meets on the 4th Monday of each month.

Date	Day	Time	Fee
1/25-6/28	4 th M	1:00-2:30P	Free

CHORAL GROUP

Have fun while singing. Meets monthly on the 2nd and 4th Thursday. Words to many of your favorites are provided. Sadie Forte is the piano player and group leader.

Date	Day	Time	Fee
1/14-6/10	Th	1:30-2:30P	Free

GAME AFTERNOONS

Wii interactive video bowling, and scrabble, cribbage or card games are possible if there's interest. Call ahead to learn what is available.

Date	Day	Time	Fee
1/5-5/27	Tu/Th	1:00-3:30P	Free

LINE DANCING

Dance to country, top 40, oldies and Latin music. Learn new skills or improve your steps. Beverly Burton is the instructor. Min: 12. No class 1/18, 1/15.

Date	Day	Time	Fee
1/11-3/29	M	10:00-11:00A	\$20
4/5-5/24	M	10:00-11:00A	\$16

MAH JONGG GROUP

Enjoy this fascinating ancient rummy-like game. Intermediate and experienced players; no instruction provided.

Date	Day	Time	Fee
1/5-6/10	Tu/Th	10:00A-12:50P	Free

ENTERTAINMENT EVENTS

A variety of programs are scheduled throughout the year. Some are free for Senior Center members and others have a nominal \$2 charge. Non members can attend for a fee of either \$2 or \$4.

Mon. 1/4, 1:00P – Enzo Boscarino, Multi-Vocalist
 Mon. 2/1, 1:00P – Brian Gillie, Pianist/Vocalist)
 Mon. 3/1, 1:00P – Ann&Frank, Vocalists/Musicians
 Mon. 4/5, 1:00P – Doug Mulcahy, Vocalist/Guitarist
 Mon. 5/3, 1:00P – Paul Shlien, Vocalist/Multi-Talented
 Mon 6/14, 1:00P – Paul Recker, Vocalist/Guitarist
 Mon 8/2, 1:00P – Ice Cream Social & Roger Goodnow

EDUCATION EVENTS

The following are scheduled; however, more may be added throughout the season. Consult the Senior Center Newsletter and the Rare Reminder ad each month.

Dental Cleaning Clinic – 3/8 & 3/10

Senior Citizen Advisory Committee – Thursdays, 1/21, 2/18, 3/18, 4/15, & 5/20 at 3:00P. Appointees meet 8 times a year to discuss issues related to Wethersfield seniors. The meetings are open to the public.

"Aging in Place" Tuesday, 5/11, 2:00-4:00 P. a program of speakers and resources presented by the Senior Citizen Advisory Committee

AARP SAFE DRIVING CLASS

This program is provided 3 times per year at the Center. Using the AARP curriculum a volunteer teaches the 8 hour safe driving course that will refresh your safe driving skills and may qualify you for a reduction on your automobile insurance. **You must call to pre-register.**

Date	Day	Time	Fee
4/21-4/22	W-Th	8:30A-12:30P	\$12 (AARP Mem)
5/19-5/20	W-Th	8:30A-12:30P	\$14 (NonMem)

SeniorNet – Wethersfield Senior Center

SeniorNet is a unique international organization focusing on computer education and access for adults age 50+. A range of computer courses from basic to advanced are available. Wethersfield Senior membership is required for those 55 and over; \$10 for 3 years for residents and \$15 for others. A SeniorNet membership fee of \$40 per year is required for some classes as indicated. Courses are scheduled year round. Maximum class size is 7, and each student has a computer. Instructors are assisted by coaches and student manuals are provided. The computer equipment and software are up to date and computer lab time is available for practice. Registration is held on the 2nd Monday of each month at the Senior Center in Room S-1 of the Pitkin Community Center. For more information visit www.wethersfieldseniornet.org or call the Wethersfield Senior Center at 721-2979.

LOW COST (\$5) WORKSHOPS

WORKSHOPS DO NOT REQUIRE MEMBERSHIP IN EITHER THE SENIOR CENTER OR SENIORNET.

UPGRADING TO WINDOWS 7

Wednesday, 1/6, 10:00A-12:00P. Is it worth doing? Watch a live upgrade from Microsoft Vista to Windows 7 operating system and decide for yourself.

AN INTERNET MUSEUM TOUR: LET YOUR FINGERS DO THE WALKING

Friday, 2/5, 10:00-12:00P. Using large screen projection, you will visit many of the world's greatest museums via the internet. You will leave with instructions on how to see more on your home computer.

KEYBOARD SHORTCUTS

Tuesday, 3/18, 10:00A-12:00P. Learn how to use 'tricks' that Windows has buried in many places that often let you do things more quickly using the keyboard instead of the mouse. You need to be familiar with using Windows, a mouse and the keyboard.

EXPLORING TUTORIALS

Tuesday, 4/6, 10:00A-12:00P. After taking a Wethersfield SeniorNet class do you wish you could further your training using material other than the text provided? Yes you can! Many interactive video tutorials are available from Microsoft and other software and hardware providers. We will explore a few of them.

COOL WEBSITES

Tuesday, 5/11, 10:00A-12:00P. The World Wide Web has unlimited resources. Come learn about interesting websites. You must know how to use a computer, have basic keyboard skills and be familiar with surfing on the internet.

POWER OF GOOGLE

Thursday, 6/17, 1:00-3:00P. Learn the many things, in addition to the basic search for information, which you can do on the internet using Google.



CLASSES

REQUIRE MEMBERSHIP IN WETHERSFIELD SENIOR CENTER AND SENIORNET:

COMPUTER FUNDAMENTALS

This beginner course introduces computer hardware and software, Windows basics, use of a mouse and keyboard.

Date	Day	Time	Fee
1/5-1/26	Tu	9:30A-12:00P	\$20
4/13-4/22	Tu, Th	9:30A-12:00P	\$20

INTRODUCTION TO USING YOUR COMPUTER

Learn how to use the two primary software applications used on a computer: Word and the World Wide Web. Knowledge of computer basics required.

Date	Day	Time	Fee
2/2-2/11	Tu, Th	9:30A-12:00P	\$35
5/5-5/26	W	9:30A-12:00P	\$35

GRAPHICS

Learn how to make a pre-designed card, design your own card, create and modify a flyer and create a calendar. There are prerequisites.

Date	Day	Time	Fee
3/2-3/11	Tu, Th	1:00P-3:00P	\$45

ENVELOPES/LABELS

Are you preparing to send cards to a group of folks? Do you handle mailings for an organization? Learn to develop a personalized MS Excel address book and merge this information into MS Word to create and print labels and envelopes. You will also learn how to sort and select specific groups from this personalized list. There are prerequisites.

Date	Day	Time	Fee
4/5-4/14	M, W	9:30A-12:00P	\$30

**ADDITIONAL CLASSES WILL BE SCHEDULED
BASED ON INTEREST & INQUIRIES**

9/11 Memorial Sports Center

Located in the Pitkin Community Center at 30 Greenfield Street. Facilities include gym, fitness room, and meeting room with wireless internet access, laptop computers and SmartBoard. Developed in partnership with the Keane Foundation, this area also displays steel recovered from the ruins of the World Trade Center. The Keane Foundation and the Parks & Recreation Department offer many programs in this facility. The gym is available for rental, and adults can use the gym at no cost on Monday, Wednesday, and Friday mornings for walking 8:00-9:00A.

ABOUT THE KEANE FOUNDATION

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

KEANE AFTER SCHOOL PROGRAM

All Ages. Join your friends for supervised open gym, computer and SmartBoard instruction and fun, and homework help in this new after school program! Try new things, meet new friends, and just have fun! Min/Max: 4/45. Pitkin Community Center. No class 4/19.

Date	Day	Time	Res/NonRes	Code
2/22-3/29	M	3:00-5:00P	\$20/\$30	433001-01
Spring Registration				
4/12-5/24	M	3:00-5:00P	\$20/\$30	533001-01

SUPERVISED OPEN GYM - GRADES 7-12

Grades 7-12. Supervised open gym for basketball or dodgeball for students in Middle and High School. Min/Max: 12/45. Pitkin Community Center.

Date	Day	Time	Res/NonRes	Code
2/2-3/9	Tu	3:00-5:00P	\$20/\$30	433020-01
Spring Registration				
3/23-4/27	Tu	3:00-5:00P	\$20/\$30	533020-01

FITNESS 101

Ages 9+. By appointment only. Includes instruction on how to use the fitness machines, finding your target heart rate, and proper stretching. Get a fitness room pass and use the fitness Room during open hours! Min/Max: 4/10. Pitkin Community Center. No class 1/18 & 2/15, 4/2, 5/28, 5/31.

Date	Day	Time	Res/NonRes	Code
1/11-3/19	M-F	8:00A-9:00P	\$6/\$10	405031-01
Spring Registration				
3/22-6/4	M-F	8:00A-9:00P	\$6/\$10	505031-01

FITNESS ROOM PASS

Ages 9+. Open M-F 8:00A-2:00P & M-Th 5:00-9:00P. Fitness equipment includes treadmills, stationary bikes, ellipticals, dumbbells, medicine balls and floor mats. Min/Max: 1/200. Pitkin Community Center. Not open 1/18, 2/15, 4/2, 5/28, 5/31.

Date	Day	Time	Res/NonRes	Code
1/11-3/19	M-F	See Above	\$25/\$35	405030-01
Spring Registration				
3/22-6/4	M-F	See Above	\$25/\$35	505030-01

BOXING BASICS

Are you interested in building muscle, self defense, self discipline and having fun? Try boxing for a new and exciting form of exercise. Min/Max: 4/40. Pitkin Community Center. No class 2/16, 4/19.

Date	Day	Time	Res/NonRes	Code
Grades 4-6				
2/22-3/29	M	5:00-6:00P	\$20/\$30	408090-01
Spring Registration				
4/12-5/24	M	5:00-6:00P	\$20/\$30	508090-01
High School and Adults				
2/22-3/29	M	6:00-7:00P	\$20/\$30	408090-02
Spring Registration				
4/12-5/24	M	6:00-7:00P	\$20/\$30	508090-02

Fitness for Adults

FLOW YOGA WITH SANDY BYRNE, CYT

Ages 16+. Stressed out? Yoga is a powerful tool in stress reduction. Take Yoga to a new level, re-shaping, re-sculpting & re-aligning the body from the inside out. Increase strength, flexibility & relaxation. All skill levels welcome!!! Min/Max: 7/15. Webb School. No class 2/16, 4/20.

Date	Day	Time	Res/NonRes	Code
1/19-3/2	Tu	7:00-8:15P	\$50/\$60	405081-02
Spring Registration				
3/23-5/4	Tu	5:45-7:00P	\$50/\$60	505081-02
3/23-5/4	Tu	7:00-8:15P	\$50/\$60	505081-01

YOGA WITH LISA MULLER, CYT

Ages 16+. Learn the basics, increase strength, vitality and flexibility, and reduce stress and relax while toning your body and mind. 1 1/4 hour classes at Basic (Th) and Intermediate (Mon) levels. Min/Max: 8/21. Pitkin Community Center, Room F-3. No class 2/15 & 2/18, 4/19, 4/22, 5/31.

Date	Day	Time	Res/NonRes	Code
1/25-3/22	M	6:00-7:15P	\$47/\$58	405080-01
2/4-4/1	Th	5:45-7:00P	\$47/\$58	405080-02
Spring Registration				
4/5-6/7	M	6:00-7:15P	\$47/\$58	505080-01
4/8-6/3	Th	5:45-7:00P	\$47/\$58	505080-02



(Fitness for Adults Continues)

(Fitness for Adults Continued)

TRAINING WITH WEIGHTS

45 minutes of strengthening and toning all your major muscle groups using weights, body bars and resistance bands. Equipment provided. Min/Max: 14/35. Pitkin Community Center. No class 2/15, 2/17, 4/19 & 4/21.

Date	Day	Time	Res/NonRes	Code
Muscle Challenge with Barb Bellas				
1/20-3/17	M,W	9:00-9:45A	\$38/\$48	405020-01
Spring Registration				
3/29-5/24	M,W	9:00-9:45A	\$38/\$48	505020-01
Senior Muscle Challenge with Barb Bellas - ages 50+				
1/20-3/17	M,W	10:00-10:45A	\$38/\$48	405020-03
Spring Registration				
3/29-5/24	M,W	10:00-10:45A	\$38/\$48	505020-03
Training with Weights with Susan				
1/20-3/17	M,W	5:30-6:15P	\$38/\$48	405020-02
Spring Registration				
3/29-5/24	M,W	5:30-6:15P	\$38/\$48	505020-02

CARDIO MIX IT UP WITH JOANN

Ages 16+. A challenging surprise in every low impact cardio workout! Rounding out the class will be core strengthening and stretching. Equipment provided. Min/Max: 14/35. Pitkin Community Center. No class 2/15, 2/17, 4/19, 4/21.

Date	Day	Time	Res/NonRes	Code
1/20-3/17	M,W	6:15-7:15P	\$38/\$48	405021-01
Spring Registration				
3/29-5/24	M,W	6:15-7:15P	\$38/\$48	505021-01

SENIOR ACTIVE PLUS WITH LISA

Ages 50+. A lower-intensity, non-traditional class for seniors of all fitness levels. Focus on strength with cardiovascular work included. Equipment provided. Min/Max: 14/35. Pitkin Community Ctr. No class 1/21, 2/16, 2/18, 4/20, 4/22.

Date	Day	Time	Res/NonRes	Code
1/19-3/18	Tu,Th	9:30-10:20A	\$30/\$37	405001-01
Spring Registration				
3/30-5/25	Tu,Th	9:30-10:20A	\$30/\$37	505001-01

WATER WORKOUT WITH TINA

Ages 16+. Work your heart, lungs and muscles with no joint stress. Min/Max: 14/25. Healthtrax. No class 2/15, 2/17, 4/19, 4/21.

Date	Day	Time	Res/NonRes	Code
1/20-3/17	M,W	9:45-10:30A	\$60/\$80	405100-01
Spring Registration				
3/29-5/24	M,W	9:45-10:30A	\$60/\$80	505100-01

ACTIVATE WITH TINA

Ages 16+. A high-energy, non-traditional class for all fitness levels. Focus on strength with cardiovascular work included. Equipment provided. Min/Max: 12/40. Pitkin Community Center. No class 2/23, 3/2, 4/20.

Date	Day	Time	Res/NonRes	Code
1/26-5/25	Tu	5:00-5:50P	\$38/\$48	405010-01

ZUMBA WITH CINDY RICCIO

Ages 16+. Aerobic workout with a latin-dance twist! Zumba fuses hypnotic latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Min/Max: 14/35. Pitkin Community Center. No class 1/21, 2/16, 2/18, 4/20, 4/22, 5/6, 5/20, 6/3.

Date	Day	Time	Res/NonRes	Code
1/19-3/18	Tu,Th	10:30-11:20A	\$38/\$48	405006-01
Spring Registration				
3/30-5/25	Tu,Th	10:30-11:20A	\$38/\$48	505006-01
(no class 4/20, 4/22)				
4/8-6/17	Th	6:45-7:45P	\$24/\$30	505006-02
(no class 5/6, 5/20, 6/3)				

Sports for Adults

MEN'S PICK-UP BASKETBALL

Ages 16+. Drop-in style program. Register for the season. Or daily admission is \$5 per person. Min/Max: 20/50. Wethersfield High School. No class 1/24, 1/31 & 2/7.

Date	Day	Time	Res/NonRes	Code
10/18-3/28	Su	1:00-4:00P	\$70/\$85	208280-01

WOMEN PICK-UP BASKETBALL

Ages 16+. Drop-in style program. Register for the season. Or daily admission is \$5 per person. Min/Max: 20/50. Wethersfield High School. No class 1/24, 1/31 & 2/7.

Date	Day	Time	Res/NonRes	Code
10/18-3/28	Su	1:00-4:00P	\$70/\$85	208420-01

ADULT CO-ED VOLLEYBALL

Ages 16+. Drop-in style program. Register for the season. Or daily admission is \$5 per person. Min/Max: 20/50. Wethersfield High School.

Date	Day	Time	Res/NonRes	Code
10/18-3/28	Su	6:30-9:30P	\$70/\$85	208362-01

TEEN CO-ED VOLLEYBALL

Ages 15-19. Drop-in style program. Register for the season. Or daily admission is \$5 per person. Min/Max: 20/50. Wethersfield High School. No class 12/27, 1/24, 1/31, 2/7, 2/14 & 2/21.

Date	Day	Time	Res/NonRes	Code
11/15-3/21	Su	4:00-6:00P	\$60/\$85	208364-01

Sports for Youths

GYMNASTICS PARENT & CHILD

Ages 2-4. Child accompanied by a guardian. Min/Max: 8/20. Silas Deane Middle School. No class 2/13, 4/3.

Date	Day	Time	Res/NonRes	Code
1/16-3/13	Sa	9:00-9:45A	\$80/\$95	408220-01
Spring Registration				
3/20-5/15	Sa	9:00-9:45A	\$80/\$95	508220-01

GYMNASTICS 3 & 4 YEARS

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. Silas Deane Middle School. No class 2/13, 4/3.

Date	Day	Time	Res/NonRes	Code
1/16-3/13	Sa	9:50-10:35A	\$80/\$95	408221-01
<i>Spring Registration</i>				
3/20-5/15	Sa	9:50-10:35A	\$80/\$95	508221-01

GYMNASTICS 3-4 YEARS & KINDERGARTEN

Ages 3-6. For children who can interact with instructors without parent intervention. Focus on movement exploration exercises and basic gymnastic skills. Min/Max: 12/24. Silas Deane Middle School. No class 2/13, 4/3.

Date	Day	Time	Res/NonRes	Code
1/16-3/13	Sa	10:40-11:25A	\$80/\$95	408222-01
<i>Spring Registration</i>				
3/20-5/15	Sa	10:40-11:25A	\$80/\$95	508222-01

GYMNASTICS GRADES K-2

Grades K-2. Includes beginner through advanced level skills on all apparatus. Gymnasts will be grouped by ability. Min/Max: 12/30. Silas Deane Middle School. No class 2/13, 4/3.

Date	Day	Time	Res/NonRes	Code
1/16-3/13	Sa	11:30A-12:25P	\$80/\$95	408223-01
<i>Spring Registration</i>				
3/20-5/15	Sa	11:30A-12:25P	\$80/\$95	508223-01

GYMNASTICS GRADES 3-6

Grades 3-6. For beginners to master basic skills on all apparatus. Gymnasts will be grouped by ability. Min/Max: 4/8. Silas Deane Middle School. No class 2/13, 4/3.

Date	Day	Time	Res/NonRes	Code
1/16-3/13	Sa	1:30-2:25P	\$80/\$95	408224-01
<i>Spring Registration</i>				
3/20-5/15	Sa	1:30-2:25P	\$80/\$95	508224-01

GYMNASTICS INTERMEDIATE

Only by permission of the instructor. For those who have a thorough understanding of the basic skills and who require a longer, more intense practice. Limited space. Min/Max: 8/16. Silas Deane Middle School. No class 2/13, 4/3.

Date	Day	Time	Res/NonRes	Code
1/16-3/13	Sa	1:30-3:00P	\$90/\$115	408225-01
<i>Spring Registration</i>				
3/20-5/15	Sa	1:30-3:00P	\$90/\$115	508225-01

GYMNASTICS ADVANCED

Only by permission of the instructor. For those who can perform a back walkover and have mastered the intermediate skills. Min/Max: 5/10. Silas Deane Middle School. No class 2/13, 4/3.

Date	Day	Time	Res/NonRes	Code
1/16-3/13	Sa	1:30-3:25P	\$95/\$120	408226-01
<i>Spring Registration</i>				
3/20-5/15	Sa	1:30-3:25P	\$95/\$120	508226-01

KARATE

Ages 7-17. This "Progressive" program advances from white to black belt. The style is traditional Okinawan Shoring-Ryu, instructed by Sensei Jaye Veley. You will 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 1/18, 2/15, 2/17, 4/19, 4/21, 5/31.

Date	Day	Time	Res/NonRes	Code
1/11-3/31	M,W	6:00-7:00P	\$80/\$95	408240-01
1/11-3/31	M,W	7:00-8:00P	\$80/\$95	408240-02
<i>Spring Registration</i>				
4/5-6/16	M,W	6:00-7:00P	\$80/\$95	508240-01
4/5-6/16	M,W	7:00-8:00P	\$80/\$95	508240-02

SUPER ATHLETES PROGRAM

This is a great opportunity for students to increase their fitness level through their participation in educational games. Each session will focus on developing students' flexibility, muscular strength and aerobic endurance. Students will develop these areas by participating in fun and exciting non-competitive activities. The Super Athletes Program will be taught by Highcrest School physical education teacher Kevin Kobelski. Min/Max: 15/35. Highcrest School. No class 2/15, 2/17, 3/24.

Date	Day	Time	Res/NonRes	Code
<i>Grades K-2</i>				
1/25-3/22	M	3:30-4:30P	\$45/\$60	405120-01
<i>Grades 3-6</i>				
1/27-3/31	W	3:30-4:30P	\$45/\$60	405120-02
<i>Spring Registration</i> - No class 4/19, 4/21, 5/31.				
<i>Grades K-2</i>				
4/5-6/7	M	3:30-4:30P	\$45/\$60	505120-01
<i>Grades 3-6</i>				
4/7-6/2	W	3:30-4:30P	\$45/\$60	505120-02

YOUTH TENNIS LESSONS

Ages 7-16. The program will be run by Newington Tennis Center certified tennis professional and is designed for both the beginner and intermediate player. It will emphasize tennis fundamentals and proper technique. Min/Max: 1/15. Tennis Center. No class 4/4, 5/30.

Date	Day	Time	Res/NonRes	Code
2/7-3/14	Su	4:00-5:00P	\$99/\$125	408340-01
3/21-5/2	Su	4:00-5:00P	\$99/\$125	408340-02
<i>Spring Registration</i>				
5/9-6/20	Su	4:00-5:00P	\$99/\$125	508340-01

OPEN YOUTH BASKETBALL GYM

Ages 12-19. The gym is open for Wethersfield youths to drop in and practice their basketball skills. Wethersfield High School. Daily admission \$2 per resident, \$5 per non-resident guest.

Date	Day	Time	Res/NonRes
10/18-3/28	Su	9:00A-12:00P	\$2/\$5

(Sports for Youth Continues)

(Sports for Youth Continued)

YOUTH SPORTS LEAGUES

Eagles Football & Cheerleading (Parks & Recreation) Flag Football ages 6-10. Tackle ages 8-13. Cheerleading ages 6-13. Register in June for Fall. wethersfielddyouthfootball.com

Wethersfield GDR Soccer Club (Independent) Soccer for ages 6-18. Register in May for Fall. Also has a year-round soccer program. wethersfieldsoccer.org

Wethersfield Little League (Independent) Baseball and softball programs for ages 6 to 15. Register in January for Spring. wethersfieldlittleleague.org

Wethersfield Senior League (Independent) Baseball programs for ages 13 to 18. Register in January for Spring. wethersfieldbaseball.com

Wethersfield Travel Basketball (Independent) Travel teams for Grades 3-8. Register in September for Winter.

Wethersfield Wrestling Club (Board of Education) Wrestling programs for boys and girls ages 6-14. Register in October for Winter. whswrestling.org

Wethersfield Youth Basketball Association (Independent) Recreational basketball for Grades 3-8. Register in September for Winter. wethersfieldbasketball.com

Central CT Youth Hockey Association (Independent) Learn to skate & play hockey for ages 3 & up. Contact Doug Partridge partridge.doug@att.net centralcthockey.org

Aquatics

BACKMAN POOL AT WETHERSFIELD HIGH SCHOOL

411 Wolcott Hill Road. Open 10/13-5/15. Proof of age and residency (e.g. driver's license) required for admission. Non-residents and guests must be accompanied by a resident adult. Groups of 10+ must notify the Parks & Recreation office prior to their event.

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

Tuesday & Thursday	6:30-7:15am	Adult swim
	7:30-8:30pm	Recreational swim
	8:30-9:30pm	Adult swim
Friday	7:30-9:30pm	Recreational swim
Saturday	1-3:45pm	Recreational swim

Adult swimmers must be age 18+. Recreational swimmers under age 12 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 be mailed once proof of residency (e.g. Driver's License, school ID) is received for all adults and school age children. *Proof of residency is not required for the indoor season if a summer 2009 pool pass was purchased.* 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 on the pass.

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

Guest Pass: Available to pass holder for a guest(s) staying at least one week or for their non-resident care givers. Must be accompanied by a resident when entering the pool. Must purchase at Parks & Recreation. Individual \$40. Family \$60.

SPECIAL INSTRUCTIONS FOR SWIM LESSONS

Registration deadline is at noon the day before each session begins. Swim lessons are available to residents only. All classes use the American Red Cross program. Classes are held at the Backman Pool at Wethersfield High School.

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

SWIM LESSONS PARENT/CHILD

Ages 6 months-3 years. For children not yet ready to be in swim lessons without a parent. The program is designed to familiarize young children to the water and prepare them to learn to swim. Min/Max: 5/10. No class 2/13 & 4/3.

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

Date	Day	Time	Res/NonRes	Code
1/16-3/13	Sa	11:15-11:55A	\$20/\$0	401020-02
Spring Registration				
3/20-5/15	Sa	11:15-11:55A	\$20/\$0	501020-02



SWIM LESSONS PRE-SCHOOL

Prerequisite: Ages 4-5 or age 3 and completed Parent/Child. Designed to orient preschool-age children to the aquatic environment and to help them acquire rudimentary levels of basic aquatic skills. Min/Max: 3/6. No class 2/13, 4/3.

Skills: Enter and exit the water with ladder, steps or side with assistance. Fully submerge head 3 times. Travel in the water at least 5 yards with assistance. Open eyes under water. Front & back floats for 5 seconds assisted. Front & back glides for 2 body lengths assisted. Explore treading water in chest deep water. Combined arm and leg action on front & back for 3 body lengths with assistance. Enter the water by jumping.

Date	Day	Time	Res/NonRes	Code
1/16-3/13	Sa	10:30-11:10A	\$20/\$0	401021-01
1/16-3/13	Sa	12:00-12:40P	\$20/\$0	401021-02

Spring Registration

3/20-5/15	Sa	10:30-11:10A	\$20/\$0	501021-01
3/20-5/15	Sa	12:00A-12:40P	\$20/\$0	501021-02

SWIM LESSONS LEVEL 1

Ages 5-13. Prerequisite: Ages 5+ or age 4 with pre-school. This class is designed to begin developing positive attitudes, good swimming habits and safe practices in and around the water. Min/Max: 5/10. No class 2/13, 4/3.

Skills: Enter and exit water independently. Blows bubbles through mouth and nose. Bobbing. Opens eyes under water to pick up object. Floats on front & back with minimal support. Front & back glides 2 body lengths with minimal support. Recover to vertical position front floating position. Rolls from front to back and back to front. Treads water in chest deep water. Alternating and simultaneous arm and leg action on the front & back. Combined arm and leg actions on front & back.

Date	Day	Time	Res/NonRes	Code
1/16-3/13	Sa	9:00-9:40A	\$20/\$0	401022-01
1/16-3/13	Sa	9:45-10:25A	\$20/\$0	401022-03
1/16-3/13	Sa	10:30-11:10A	\$20/\$0	401022-02

Spring Registration

3/20-5/15	Sa	9:00-9:40A	\$20/\$0	501022-01
3/20-5/15	Sa	9:45-10:25A	\$20/\$0	501022-03
3/20-5/15	Sa	10:30-11:10A	\$20/\$0	501022-02

SWIM LESSONS LEVEL 2

Ages 5-13. Prerequisite: Successful completion of level 1. This class is designed to give participants success with fundamental skills. Min/Max: 5/10. No class 2/13, 4/3.

Skills: Fully submerges head for 5 seconds. Bobbing. Opens eyes to pick up submerged objects. Front, jellyfish and tuck floats. Recovers to vertical position. Front and back glides unsupported. Rolls from front to back and back to front while swimming. Combine arm and leg actions on front and back independently for 5 body lengths. Treads water using arm and leg actions. Jumps into chest deep water independently.

Date	Day	Time	Res/NonRes	Code
1/16-3/13	Sa	9:45-10:25A	\$20/\$0	401023-01
1/16-3/13	Sa	11:15-11:55A	\$20/\$0	401023-02

Spring Registration

3/20-5/15	Sa	9:45-10:25A	\$20/\$0	501023-01
3/20-5/15	Sa	11:15-11:55A	\$20/\$0	501023-02

SWIM LESSONS LEVEL 3

Ages 5-13. Prerequisite: Successful completion of level 2. This class is designed to build on skills by providing additional guided practice in deeper water. Min/Max: 5/10. No class 2/13, 4/3.

Skills: Jumps into deep water independently. Head first entry from the side (sitting or kneeling). Bobbing while moving to safety. Uses rotary breathing in horizontal position. Back float for 30 seconds. Change from vertical to horizontal position on front and back. Tread water for 30 seconds. Flutter kicks & dolphin kicks on front in streamline position (3-5 body lengths). Scissor kick on side. Breaststroke kick on front. Front crawl for 15 yards. Elementary backstroke for 15 yards.

Date	Day	Time	Res/NonRes	Code
1/16-3/13	Sa	9:00-9:40A	\$20/\$0	401024-01
1/16-3/13	Sa	11:15-11:55A	\$20/\$0	401024-02

Spring Registration

3/20-5/15	Sa	9:00-9:40A	\$20/\$0	501024-01
3/20-5/15	Sa	11:15-11:55A	\$20/\$0	501024-02

SWIM LESSONS LEVEL 4

Ages 5-13. Prerequisite: Successful completion of level 3. This class is designed to develop confidence in the strokes and improve other aquatic skills. Min/Max: 5/10. No class 2/13, 4/3.

Skills: Head first entry front the side in a compact or stride position. Swim under water 3-5 body lengths. Survival swimming. Open turns on front and back. Treads water using 2 different kicks. Front crawl and elementary backstroke 25 yards. Back crawl, breaststroke, sidestroke and butterfly for 15 yards. Flutter and dolphin kicks on back in streamline position for 3-5 body lengths.

Date	Day	Time	Res/NonRes	Code
1/16-3/13	Sa	9:45-10:25A	\$20/\$0	401025-01
1/16-3/13	Sa	10:30-11:10A	\$20/\$0	401025-02

Spring Registration

3/20-5/15	Sa	9:45-10:25A	\$20/\$0	501025-01
3/20-5/15	Sa	10:30-11:10A	\$20/\$0	501025-02

SWIM LESSONS LEVEL 5

Ages 5-13. Prerequisite: Successful completion of level 4. This class is designed to further learn how to coordinate and refine strokes. Min/Max: 5/10. No class 2/13, 4/3.

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

Date	Day	Time	Res/NonRes	Code
1/16-3/13	Sa	12:00-12:40P	\$20/\$0	401026-02

Spring Registration

3/20-5/15	Sa	12:00-12:40P	\$20/\$0	501026-02
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(Aquatics Continues)

Registration Policies

SWIM LESSONS LEVEL 6

Ages 5-13. Prerequisite: Successful completion of level 5. These classes are designed with "menu" options that focus on stroke refinement and additional aquatic skills: Fundamentals of Diving (FD), Fitness Swimmer (FS), and Personal Water Safety (WS). All levels include a 500 swim using any 3 strokes of their choice (at least 50 yards of each stroke) and each one will present additional course specific skills. Classes can be taken in any order. Min/Max: 5/10. No class 2/13, 4/3.

Date	Day	Time	Res/NonRes	Code
Fundamentals of Diving				
1/16-3/13	Sa	9:00-9:40A	\$20/\$0	401029-01
Fitness Swimming - Spring Registration				
3/20-5/15	Sa	9:00-9:40A	\$20/\$0	501027-01

ADVANCED AQUATIC TRAINING

Courses are being planned for February & April. Contact Parks & Recreation or the American Red Cross Charter Oak Chapter (678-4324) for more information.

Water Safety Instructor (WSI). Pre-requisites: FIT certification (a FIT course will be incorporated into this course), at least age 16, and a pre-course session.

Lifeguard Training (LGT). Pre-requisites: Age 15, swim 500 yards with a combination of crawl and breast strokes, and surface dive 7-10 feet to retrieve a 10 lb. brick.

Lifeguard Instructor (LGI). Pre-requisites: FIT certification (a FIT course will be incorporated into this course), age 17+, and a pre-course session.

STROKE CLINIC BEGINNER

Ages 6-11. Stroke and competitive technique refinement. Beginner level for those ages 6-10 and the ability to swim 1 lap without stopping. Advanced level for those ages 11-17. New practice schedule for beginners will be MWF- 4:45-5:30pm and Tuesdays and Thursdays 5:30-6:15pm. The Advanced class is MWF-3:45-4:45pm and Tuesdays and Thursdays 6:15- 7:30pm. Min/Max: 10/18. Wethersfield High School No class 4/1 & 4/2.

Date	Day	Time	Res/NonRes	Code
3/15-4/9	M-F	4:45-5:30P	\$99/\$125	501003-01
4/26-5/21	M-F	4:45-5:30P	\$99/\$125	501003-02

STROKE CLINIC ADVANCED

Ages 11-18. Stroke and competitive technique refinement. Beginner level for those ages 6-10 and the ability to swim 1 lap without stopping. Advanced level for those ages 11-17. New practice schedule for beginners will be MWF- 4:45-5:30pm and Tuesdays and Thursdays 5:30-6:15pm. The Advanced class is MWF-3:45-4:45pm and Tuesdays and Thursdays 6:15- 7:30pm. Min/Max: 10/18. Wethersfield High School No class 4/1 & 4/2.

Date	Day	Time	Res/NonRes	Code
3/15-4/9	M-F	3:45-4:45P	\$99/\$125	501004-01
4/26-5/21	M-F	3:45-4:45P	\$99/\$125	501004-02

TO REGISTER

Registration for **Winter** programs for residents begins Tuesday, 1/5/10, 8:00A and for non-residents Monday, 1/11/10, 8:00A. Registration for **Spring** programs for residents begins Tuesday, 3/2/10, 8:00A and for non-residents Monday, 3/8/10, 8:00A. Exceptions are indicated in the program descriptions.

Online, go to wethersfieldct.com/recreation and click on "Online Registration." You must be a registered household with a User Name and Password (see below). Note online registration will end prior to the start of each class.

By mail or in person, use the Registration Form. Copies are accepted. Submit forms by mail or drop off at Parks & Recreation or Pitkin Community Center. Forms received by walk-in or by mail will be processed in random order with all others received that day on the following day. Registration forms will be accepted one week prior to start of registration.

Fax or phone registrations are not accepted. No confirmations will be sent unless enrolled in an alternate choice or placed on a waiting list.

HOW TO BECOME A REGISTERED HOUSEHOLD

Download the form at wethersfieldct.com/recreation and mail it in, or pick one up at Parks & Recreation. We cannot accept forms by fax, e-mail, or phone. Once your household is entered in the database, you will receive a User Name and Password to begin registering online.

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.

No refunds will be given after a program has begun. A \$10 per class processing fee will be deducted from all refund requests received prior to the start of class.

Cancellations due to inclement weather will be announced on WTIC radio, WFSB-3, WNBC-30, and the Parks & Recreation info line at 721-2890. If Wethersfield schools open late, then programs beginning before 10:00A are canceled. If the schools close, programs beginning 6:30A-4:30P are canceled. If the schools close early, afternoon cancellations will be announced by 1:00P. Evening cancellations will be announced by 4:45P. Weekend cancellations will be announced by 8:00A.

PAYMENT

Online registration may be made by MasterCard or VISA credit or debit card. Registration Forms submitted by mail or in person must include payment. Accepted methods of payment are cash, check or money order, MasterCard or VISA credit card, or debit card with a MasterCard or VISA logo (will be processed as a credit card transaction).

FINANCIAL ASSISTANCE FOR RESIDENTS

Contact Parks & Recreation for confidential details.

WAIVER

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

Therapeutic Recreation Supplemental Registration Form

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

Participant's Name _____

Primary Disability _____

Any Assistive or Adaptive Device(s) used _____

Any Medications _____

Side Effects Staff Should be Aware of _____

Allergies _____

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

Special Interests _____

Goals You Wish to See from this Program _____

I give my permission for photographs to be taken and used for program publicity. Yes____ No ____

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

Participant Signature (or Parent/Guardian)

Date

**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 name if a minor): _____

Address: _____

City/State/Zip: _____

Phone: _____

Email: _____

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

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

Wethersfield Parks & Recreation Department Registration Form

Office Use: HH# _____

Submit with payment to: Town of Wethersfield, Parks & Recreation Department, 505 Silas Deane Highway, Wethersfield, CT 06109.
See Registration Instructions on pages 14-15.

HOUSEHOLD CONTACT INFORMATION

Primary Household Contact _____ Household Email _____
 Secondary Household Contact _____ Emergency Contact _____
 Address _____ Emergency Phone _____
 City, State, Zip _____ Relationship _____
 Home # _____ Work # _____ Cell # _____

PROGRAM REGISTRATION

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

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

INDIVIDUAL POOL PASS - \$35.00 *(Proof of residency required.)*

Name	Age	Birth Date <i>(Required)</i>	Proof of Residency <i>(Office Use)</i>	Pass # <i>(Office Use)</i>

FAMILY POOL PASS - \$55.00 *(Proof of residency required. Limited to 2 adults plus children.)*

Name(s)	Age	Birth Date <i>(Required)</i>	Proof of Residency <i>(Office Use)</i>	Pass # <i>(Office Use)</i>

WAIVER

I acknowledge that there are certain risks in participating in a recreational activity and agree to assume the risk of injury which I and/or my child may encounter. I grant permission to seek emergency medical care on behalf of myself and/or child. (Medical approval is suggested for those participating in any exercise class.) I further agree I will not hold employees of the Town of Wethersfield or its agents liable for any injuries which I and/or my child may encounter.

Signature _____ Date _____

- Cash
 Check or Money Order (payable to the Town of Wethersfield)
 MasterCard VISA Number _____ - _____ - _____ - _____ Expiration Date ____/____

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

Signature _____ Date _____

Office Use: Date Processed _____ By _____ Amount \$ _____ Cash Check # _____ Credit Card