

WETHERSFIELD PARKS & RECREATION



&



2012

PROGRAMS & REGISTRATION

REGISTRATION FOR BOTH WINTER & SPRING
BEGINS JANUARY 4 FOR RESIDENTS &
JANUARY 9 FOR NON RESIDENTS

REGISTER ONLINE USING OUR
NEWLY IMPROVED WEBSITE!

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ADVISORY BOARD

Thomas Ragonese, *Chair*
Carmelo Amoddio
Richard Lepore
Peter Mozzicato
Tom Pentalow
John Rascius
Daniel Silbo
Michael Hurley, *Council Liaison*

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Salvatore Cucia, *Assistant Director*
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Tom Nowak, *Custodian*
Christopher Shepard, *Nature
Center Director*
Marty Sitler, *Recreation Supervisor*
Mary Thibeault, *Recreation
Supervisor*
Joselyn Valente, *Clerk*

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
community.center@wethersfieldct.com

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

WEBSITE

wethersfieldct.com/recreation

New This Season

ONLINE REGISTRATION UPGRADE

Our online registration has been improved to provide you with the ability to create accounts online, update household information, conduct course searches and register all family members for multiple classes on the same screen with ease. Check it out!

Facilities

WILLIAM J. PITKIN COMMUNITY CENTER

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

9/11 MEMORIAL SPORTS CENTER

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

TOWN EMERGENCY SHELTER

Located in the Pitkin Community Center at 30 Greenfield Street. Open when announced during town-wide emergencies. Shelter can be reached at 860-721-2950.

BACKMAN POOL

AT WETHERSFIELD HIGH SCHOOL

411 Wolcott Hill Road. For hours of operation and admission, please see Aquatics on page 16.

ELEANOR BUCK WOLF NATURE CENTER

156 Prospect Street. A community ecology education center in Mill Woods Park operated with member support. Features exhibits, library, gift shop, educational programs, parties, room rentals, and volunteer opportunities. See Nature Center on page 4 for visiting hours and admission.

SOLOMON WELLES HOUSE

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

MILL WOODS PARK

Prospect Street at Wolcott Hill Road. Features a skatepark, Bocce courts, lighted tennis & basketball courts, sports fields, picnic area, walking paths, playgrounds and a dog park.

STANDISH PARK

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

WINTERGREEN WOODS

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

HERITAGE WAY BIKEWAY/PEDESTRIAN PATH

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

GARDEN PLOTS

Wethersfield Fire Department Station #1: 20' x 30' plots available to residents ages 18+. Individuals who purchased a plot in 2011 will be given the opportunity to purchase the same plot for 2012. Registration forms will be mailed to those households in January, 2012. Fee per plot: \$30.00.

Eleanor Buck Wolf Nature Center: 4' x 8' plots and 4' x 4' raised bed planting tables available. Participants agree to use organic methods and may plant perennials. Fee per plot: \$6 Friends members; \$12 nonmembers.

One plot per family, with additional plot assignments made after all interested residents have been satisfied. **Register in person at Parks & Recreation beginning Tuesday, 3/6.**

WETHERSFIELD COVE BOATING

Main Street. Park includes docks and a boat launch with access to the CT River. Dock rings and mooring rentals are available Memorial Day through Columbus Day weather permitting. Register in person beginning 1/4. Copy of valid boat registration & proof of insurance required. Contact Parks & Recreation for fees and registration information.

Special Events

WETHERSFIELD SKI/SNOWBOARD CLUB

Offered to residents in grades 7-12. The club offers Saturday trips to various ski areas in Vermont. Fees include lift tickets, bus transportation and supervision. Contact Parks & Recreation for more information.

SCHOOL VACATION PROGRAMS

Details will be posted online and distributed through Wethersfield schools prior to February vacation

EGG HUNT

Saturday, 3/31, 2:00P, Cove Park. Starts promptly, so arrive early! If weather or field conditions are poor, event will be held indoors. Call Parks & Recreation for alternate site.

ANNUAL SPRING DANCE "APRIL IN PARIS"

Friday, 4/13, 7:00-11:30P, Pitkin Community Center. Dance to live music by The Dramatix Showband and enjoy refreshments and drink set ups. Proceeds benefit the Friends of the Eleanor Buck Wolf Nature Center programs and scholarships. Contact the Nature Center for tickets.

GOOD 'OLE FISHING DERBY

Saturday, 4/14, 9:00A-12:00P, Spring Street Pond. FREE. Open to children in grades K-6. Pre-registration required with Parks & Recreation or CT Outfitters. No "reel" experience necessary. Bring your fishing pole. Bait available for purchase. 1st, 2nd, and 3rd place prizes for weight, smallest, and most unusual. Tagged fish awards too! Families may begin fishing after 12 pm.

FREE "Instructional Clinic for Kids" Thursday, 3/29, 6:30-7:30P. Call CT Outfitters at 860-571-8986 to reserve a spot.

Rain date: 4/15.

If weather conditions are poor, call Parks & Recreation to confirm event changes.

Date	Day	Time	Res/NonRes	Code
4/14	K-Gr.2 Sa	9:00A-10:00A	Free	529004-01
4/14	Gr.3-6 Sa	10:30A-12:00P	Free	529004-02

EARTH DAY IN WINTERGREEN WOODS

Sunday, 4/22, 12:00-2:00P, Wintergreen Woods. Celebrate and honor the Earth by helping cleanup our nature preserve. Remove litter from well-used trails and explore the wetlands and unique geology of less visited corners. All ages. Gloves, light tools, and refreshments provided. Meet at Folly Brook Boulevard and Eagle Drive. Contact the Nature Center with questions.

HULA HOOPS FOR HEARTS

Broad Street Green. Join Sandy Byrne for hula hooping, a great form of low-impact cardio workout that whittles away the waistline and is lots of fun! Bring your own hoop or use one of ours. Come give it a whirl. No experience necessary. Proceeds benefit the Keane Foundation. Rain date 5/13

Date	Day	Time	Res/NonRes	Code
5/12	Sa	3:00P-4:00P	\$10	529005-01

Arts Programs

CHILDREN'S ART CLASSES

Grades K-3. Expand you child's creativity and knowledge of the world of art, color, form and design. A multi-arts approach to creativity offering projects featuring drawing, painting, collage, mosaics and more. This program will not only ignite a child's imagination but will also build art knowledge, artist's techniques, fine motor skills, language and confidence. Min/Max: 8/20. Pitkin Community Center. No class: 2/20, 5/28.

Date	Day	Time	Res/NonRes	Code
2/13-4/9	M	4:00-5:30P	\$80/\$90	402030-01
4/23-6/4	M	4:00-5:30P	\$60/\$70	502030-01

ACTING CLASSES

Grades K-8. 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 2/22.

Date	Day	Time	Res/NonRes	Code
Grades K-4				
2/8-3/28	W	5:00-5:55P	\$105/\$115	402061-01
Grades 5-8				
2/8-3/28	W	6:00-6:55P	\$105/\$115	402062-01

Early Childhood

ANIMAL ARK & SENSORY SCIENCE PLAYGROUPS

Ages 2-3. See Nature Center on page 5.

TLC PLAYGROUP

Ages 1¼ -3½. 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 2/20, 2/22, 2/24, 4/6.

Date	Day	Time	Res/NonRes	Code
2/6-5/14	M	9:00-11:00A	\$100/\$120	410080-01
2/8-5/16	W	9:00-11:00A	\$100/\$120	410080-02
2/3-5/18	F	9:00-11:00A	\$100/\$120	410080-03

THE LEARNING CIRCLE - THRILLING THREE'S & FEARLESS FOURS

Ages 3-5. Space is still available in our state-licensed preschool for three and four year olds at a pro-rated fee! This program is designed to foster individual growth in all areas of development with emphasis on social, emotional, physical and cognitive abilities. Promotes school readiness skills in a creative and resourceful atmosphere. Includes learning centers, table time, science and nature activities, arts and crafts, circle time, gym time, outdoor fun and more. Call 860-721-2950 for information and fees.

Registration for the 2012-2013 school year will be in early March. Call the Pitkin Community Center for details.

TLC BACKYARD SCIENTIST

Ages 4-5. Develop critical thinking and school readiness skills through scientific investigations (observations, predicting, experimenting, etc.), learning centers, circle time, hands-on activities, outdoor fun and crafts. Healthy snacks are included. Winter: Under the Sea; Spring: Bugs, Bugs Everywhere! Min/Max: 8/20. Pitkin Community Center. No class: 2/21.

Date	Day	Time	Res/NonRes	Code
1/31-3/13	Tu	12:00-2:30P	\$120/\$156	410001-01
3/27-5/1	Tu	12:00-2:30P	\$120/\$156	510001-01

Eleanor Buck Wolf Nature Center

VISITING INFORMATION

The Nature Center is open to visitors Tuesdays 10:00A-5:00P, Wednesdays 10:00A-5:00P, Thursdays 10:00A-7:00P, Fridays 10:00A-5:00P, and Saturdays 10:00A-5:00P. Includes hands-on exhibits, live animals, library, gift shop, picnic areas, and walking trails in Mill Woods Park. Minimum suggested donation \$3. Free for Friends members.

The Nature Center also provides room rentals, parties, volunteer opportunities, and additional lectures, field trips, and educational programs not listed here. Contact the Nature Center for details.



Stay in touch: become a Friend (below) and like the Nature Center's new "ebwnaturecenter" page on Facebook.

FRIENDS OF THE NATURE CENTER

An independent, member-supported, non-profit organization that promotes ecology education through programs, events, and scholarships in cooperation with the Nature Center. Meets monthly on the third Tuesday 7:00-9:00P. Members receive free admission, are eligible for program discounts, etc. *To join or renew, submit the Friends of the Eleanor Buck Wolf Nature Center Supplemental Form on page 19.*

VOLUNTEER ORIENTATION

Ages 13+. Students, adults, and college interns volunteer with all aspects of the nature center. Greeter, animal care, gardens, volunteer coordinator, gift shop coordinator, carpenter, teacher, adult programs, art exhibits, newsletter, park ranger, etc. Orientation introduces the season's programs and special events, on-going and short-term volunteer opportunities, and basic safety training. Min/Max: 1/15. Nature Center.

Date	Day	Time	Friends/Others	Code
Students				
1/19	Th	3:30-4:30P	Free	406140-01
3/29	Th	3:30-4:30P	Free	506140-01
Adults				
1/18	W	11:00-12:00P	Free	406140-02
Park Rangers Crew				
4/12	Th	7:00-8:00P	Free	506140-02

WINTER WALKS

All ages. When mud freezes and vegetation is sparse it's time to explore the Connecticut River floodplain forests, meadows, wetlands, and migratory birds with experts from the Great Meadows Conservation Trust. Locations vary. Contact the Nature Center for details. Minimum suggested donation.

Date	Day	Time	Friends/Others	Code
1/7	Sa	10:00-11:00A	\$0/\$3	NA
1/15	Su	1:00-3:00P	\$0/\$3	NA
1/21	Sa	10:00A-12:00P	\$0/\$3	NA
1/29	Su	1:00-2:30P	\$0/\$3	NA
2/4	Sa	9:00-11:00A	\$0/\$3	NA
2/11	Sa	9:00-10:30A	\$0/\$3	NA
2/12	Su	1:00-2:00P	\$0/\$3	NA

DOG TRAINING

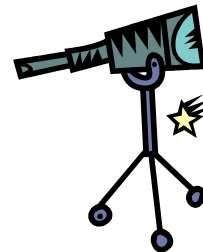
Ages 18+. "Basic Obedience" helps dogs become attentive, come, sit, walk on a leash, stay, etc. "Adult Intermediate" refines basic skills with control off leash and tolerating distractions. "Nosework" develops scenting abilities with toys and treats for fun mental and physical exercise. "Treibball Foundations" combines herding abilities with advanced skills for fun mental and physical exercise. Presented by Pet Education & Therapy. Additional course details are available at peteducationandtherapy.com. Min/Max: 2/8. Pitkin Community Center Gym.

Date	Day	Time	Friends/Others	Code
Basic Obedience				
3/13-4/17	Tu	6:00-7:00P	\$85/\$105	406190-01
Adult Intermediate				
1/17-2/21	Tu	6:00-7:00P	\$85/\$105	406191-01
3/13-4/17	Tu	7:00-8:00P	\$85/\$105	406191-02
5/8-6/12	Tu	6:00-7:00P	\$85/\$105	506191-01
Nosework				
1/17-2/21	Tu	7:00-8:00P	\$85/\$105	406192-01
Treibball Foundations				
5/8-6/12	Tu	7:00-8:00P	\$85/\$105	506193-01

ASTRONOMY FIELD TRIP

All ages. Visit Central Connecticut State University's Copernican Observatory & Planetarium for a special viewing of the moon, discussion of the Vernal Equinox, and tips for backyard stargazing. Van and carpool depart Nature Center at 7:00P sharp "rain or shine." Minimum suggested donation. RSVP with the Nature Center.

Date	Day	Time	Friends/Others	Code
3/1	Th	7:30-8:30P	\$6/\$9	RSVP



WILDERNESS FIRST AID BY SOLO

Ages 16+. Basic training for outdoor enthusiasts and group leaders. Instruction and hands-on practice in patient assessment, cold- and heat-related injuries, fractures, environmental emergencies (e.g. lightning), etc. Meets ACA staff guidelines. Recertifies SOLO WFR. Optional American Heart Association CPR. Includes 2-year certification, lunch, snacks, and text. After 3/2 and 5/4, respectively, \$105 becomes non-refundable. Min/Max: 12/24. Nature Center.

Date	Day	Time	Friends/Others	Code
Wilderness First Aid				
3/17-3/18	Sa-Su	9:00A-5:00P	\$160/\$175	406180-01
5/19-5/20	Sa-Su	9:00A-5:00P	\$160/\$175	506180-01
CPR				
3/17	Sa	5:00-6:00P	\$35/\$40	406181-01
5/19	Sa	5:00-6:00P	\$35/\$40	506181-01

HERITAGE WAY BICYCLE TOUR

All ages. A relaxed introduction to this bikeway on mostly flat, paved roads and dirt paths featuring Wethersfield's natural heritage. Helmet required. Start and finish at Nature Center. Minimum suggested donation.

Date	Day	Time	Friends/Others	Code
5/17	Th	6:00-7:00P	\$0/\$3	RSVP

ANIMAL ARK PLAYGROUP

Age 2. Parent/caregiver and child participate in hands-on nature activities to engage their curiosity about the natural world and develop social skills. Activity stations, crafts, stories, and explorations in Mill Woods Park are organized around meeting a new animal each week. Participate in one or more seasons in this year-long, non-repeating series. Min/Max: 4/10. Nature Center. No class 2/21.



Date	Day	Time	Friends/Others	Code
1/24-4/3	Tu	10:00-11:30A	\$100/\$120	406081-01
4/10-6/12	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 and develop social skills. Activity stations, crafts, stories, and explorations in Mill Woods Park are organized around the senses, states of matter, and seasons. Participate in one or more seasons in this year-long, non-repeating series. Min/Max: 4/10. Nature Center. No class 2/22.



Date	Day	Time	Friends/Others	Code
1/25-4/4	W	10:00-11:30A	\$100/\$120	406082-01
4/11-6/13	W	10:00-11:30A	\$100/\$120	506082-01

ADVENTURES IN WINTER

Grades K-7. Hands-on ecology lessons, art and literacy connections, animal visits, and exploring Mill Woods Park offer quality educational experiences during school vacation. Each section has an adult educator with an assistant. Mornings-only available with a \$10 discount using write-in registration form. Min/Max: 8/18. Nature Center.

1/16 Skin & Bones: How do we measure up against a tortoise? Find out why humans cannot digest grass but cows can. Learn human anatomy and how it compares to other animals.

2/20-2/24 Appalachian Trail: Participate in a virtual trek exploring the geology, plants, and wildlife from Springer Mountain to Mount Katahdin. Each day covers a unique region: the Piedmont, Blue Ridge Mountains, Delaware Water Gap, Green Mountains, and Hundred Mile Wilderness.

Date	Day	Time	Friends/Others	Code
Grades K-3				
1/16	M	8:00A-4:30P	\$35/\$40	406020-02
2/20	M	8:00A-4:30P	\$35/\$40	406021-02
2/21	Tu	8:00A-4:30P	\$35/\$40	406022-02
2/22	W	8:00A-4:30P	\$35/\$40	406023-02
2/23	Th	8:00A-4:30P	\$35/\$40	406024-02
2/24	F	8:00A-4:30P	\$35/\$40	406025-02

Grades 4-7				
1/16	M	8:00A-4:30P	\$35/\$40	406020-03
2/20	M	8:00A-4:30P	\$35/\$40	406021-03
2/21	Tu	8:00A-4:30P	\$35/\$40	406022-03
2/22	W	8:00A-4:30P	\$35/\$40	406023-03
2/23	Th	8:00A-4:30P	\$35/\$40	406024-03
2/24	F	8:00A-4:30P	\$35/\$40	406025-03

Extended Hours				
1/16	M	7:30-8:00A	\$5/\$5	406020-01
1/16	M	4:30-5:30P	\$5/\$5	406020-04
2/20	M	7:30-8:00A	\$5/\$5	406021-01
2/20	M	4:30-5:30P	\$5/\$5	406021-04
2/21	Tu	7:30-8:00A	\$5/\$5	406022-01
2/21	Tu	4:30-5:30P	\$5/\$5	406022-04
2/22	W	7:30-8:00A	\$5/\$3	406023-01
2/22	W	4:30-5:30P	\$5/\$5	406023-04
2/23	Th	7:30-8:00A	\$5/\$5	406024-01
2/23	Th	4:30-5:30P	\$5/\$5	406024-04
2/24	F	7:30-8:00A	\$5/\$5	406025-01
2/24	F	4:30-5:00P	\$5/\$5	406025-04



ADVENTURES IN SPRING

Grades K-7. Hands-on ecology lessons, art and literacy connections, animal visits, and exploring Mill Woods Park offer quality educational experiences during school vacation. Each section has an adult educator with an assistant.

Mornings-only available with a \$10 discount using write-in registration form. Min/Max: 8/18. Nature Center.

3/29 Science Fair: Learn about the scientific process through a day filled with mini experiments. The day will lead up to a camp-wide science fair.

4/9 Natural Disasters: Explore the scientific causes behind earthquakes, hurricanes, etc. and how people plan for them.

4/16-4/20 Natural Disasters: Explore the scientific causes behind natural phenomena and learn how people plan for them. Each day focuses on a different event: wildfire, earthquake, volcanic eruption, hurricane, and tornado.

4/24 Science Fair: Learn about the scientific process through a day filled with mini experiments. The day will lead up to a camp-wide science fair.

Date	Day	Time	Friends/Others	Code
Grades K-3				
3/29	Th	8:00A-4:30P	\$35/\$40	506040-02
4/9	M	8:00A-4:30P	\$35/\$40	506041-02
4/16	M	8:00A-4:30P	\$35/\$40	506042-02
4/17	Tu	8:00A-4:30P	\$35/\$40	506043-02
4/18	W	8:00A-4:30P	\$35/\$40	506044-02
4/19	Th	8:00A-4:30P	\$35/\$40	506045-02
4/20	F	8:00A-4:30P	\$35/\$40	506046-02
4/24	Tu	8:00A-4:30P	\$35/\$40	506047-02
Grades 4-7				
3/29	Th	8:00A-4:30P	\$35/\$40	506040-03
4/9	M	8:00A-4:30P	\$35/\$40	506041-03
4/16	M	8:00A-4:30P	\$35/\$40	506042-03
4/17	Tu	8:00A-4:30P	\$35/\$40	506043-03
4/18	W	8:00A-4:30P	\$35/\$40	506044-03
4/19	Th	8:00A-4:30P	\$35/\$40	506045-03
4/20	F	8:00A-4:30P	\$35/\$40	506046-03
4/24	Tu	8:00A-4:30P	\$35/\$40	506047-03
Extended Hours				
3/29	Th	7:30-8:00A	\$5/\$5	506040-01
3/29	Th	4:30-5:30P	\$5/\$5	506040-04
4/9	M	7:30-8:00A	\$5/\$5	506041-01
4/9	M	4:30-5:30P	\$5/\$5	506041-04
4/16	M	7:30-8:00A	\$5/\$5	506042-01
4/16	M	4:30-5:30P	\$5/\$5	506042-04
4/17	Tu	7:30-8:00A	\$5/\$5	506043-01
4/17	Tu	4:30-5:30P	\$5/\$5	506043-04
4/18	W	7:30-8:00A	\$5/\$5	506044-01
4/18	W	4:30-5:30P	\$5/\$5	506044-04
4/19	Th	7:30-8:00A	\$5/\$5	506045-01
4/19	Th	4:30-5:30P	\$5/\$5	506045-04
4/20	F	7:30-8:00A	\$5/\$5	506046-01
4/20	F	4:30-5:30P	\$5/\$5	506046-04
4/24	Tu	7:30-8:00A	\$5/\$5	506047-01
4/24	Tu	4:30-5:30P	\$5/\$5	506047-04

Therapeutic Recreation

When registering for a Therapeutic Recreation program, please include the supplemental form on page 19.

YOUTH/YOUNG ADULTS PROGRAM

Ages 9-21. Wednesdays, participants will be actively involved in golf instruction, cooking, fitness, sports, arts & crafts, hip hop classes and Track & Field training. Thursdays, participants will be actively involved in ceramics, sports, yoga, and Track & Field training. Special Olympics Regional Division Tournament-TBD. Special Olympics State Summer Games on 6/8-6/10. Min/Max: 4/20. Pitkin Community Center. No class 2/22, 2/23.

Date	Day	Time	Res/NonRes	Code
10/5-6/6	W	2:15-5:15P	\$75/\$94	209280-01
10/6-5/31	Th	2:15-5:15P	\$75/\$94	209280-02

SPECIAL OLYMPICS SNOWSHOE

Ages 8+. Learn and enjoy yourself this winter season! Open to participants with special needs. Unified Partners will also be accepted on a need basis. Program will meet for skill development, training and games. Special Olympics Winter Games at the CL&P Center in Simsbury 3/3-3/4. (Must meet Special Olympics requirements in order to compete.) Min/Max: 4/10. Pitkin Community Center. No class 12/28, 2/22.

Date	Day	Time	Res/NonRes	Code
12/14-2/29	W	5:30-6:30P	\$30/\$30	209160-01

SPECIAL OLYMPICS TOTAL ATHLETE

Ages 21+. Young adults will train their bodies, prepare their minds and get their spirits soaring! Program includes cardio workouts, fitness room use as well as stretching, yoga and "bootcamp" fun. Bring a water bottle and get ready to get fit! Min/Max: 4/10. Pitkin Community Center. No class 2/23.

Date	Day	Time	Res/NonRes	Code
2/16-5/31	Th	6:00-7:15P	\$60/\$75	409150-01

YOGA PALS

Ages 12-30. Open to youths with special needs and their peers. Participants will use yoga to relax, energize and center their bodies. Min/Max: 6/15. Pitkin Community Center.

Date	Day	Time	Res/NonRes	Code
2/27-4/2	M	4:00-5:00P	\$40/\$50	409290-01

SPECIAL OLYMPICS SOCCER SKILLS

Ages 8+. Open to participants with special needs. Improve your soccer skills as you play! Appropriate dress and sneakers required. Special Olympics: State Summer Games 6/8-6/10. Special Olympics release and medical form must be submitted prior to the beginning of class. Min/Max: 4/10. Montanaro Field in Mill Woods Park (rain site Pitkin Community Center). No class 5/28.

Date	Day	Time	Res/NonRes	Code
3/12-6/4	M	5:15-6:15P	\$30/\$30	509180-01

SPECIAL OLYMPICS 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. Special Olympics: Regional Games-TBD. State Summer Games 6/8-6/10. 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 Track (rain site Pitkin Community Center).

Date	Day	Time	Res/NonRes	Code
3/28-6/6	W	5:30-6:30P	\$30/\$30	509220-01



TR ADULT SOCIAL CLUB

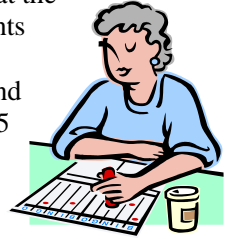
Ages 21+. Adults have an ongoing schedule of recreational activities. They meet to plan their trips, socials and events such as museums, eating out, shopping, cultural and sporting events and socials. Annual Thanksgiving Dinner, Holiday Party and summer picnic. Call Natalie Morrison at 860-721-2952 for more information. A schedule will be mailed out to all registered members. You may also access the TR line for a list of upcoming trips by calling 860-721-2959. 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	109123-01

Senior Programs

WETHERSFIELD SENIORS CLUB

Sponsored by Parks & Recreation. Meets at the Pitkin Community Center. Open to residents age 55+. Trips and coming events are announced on Wednesday before Bingo and on Friday before cards. Annual dues are \$5 per year (January to December) and must be paid in full to participate in any club activities, trips or banquets. Dues are collected on Wednesday 10:30-11:45A. Regularly scheduled activities include:



Mondays: Ten Pin Bowling League, Crafts

Tuesdays: Bridge, Golf (seasonal)

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

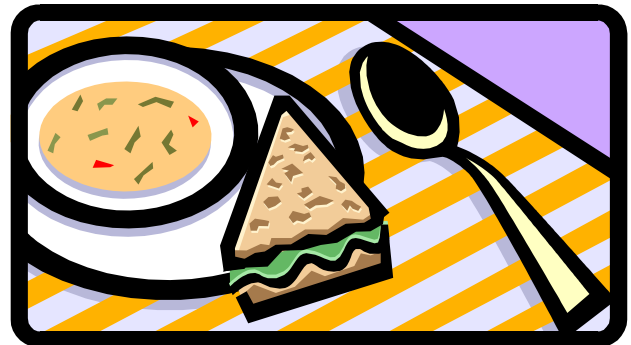
Thursdays: Duck Pin Bowling League, Duplicate Bridge

Fridays: Set Back Cards



SENIOR CAFÉ / CRT LUNCH PROGRAM

Monday through Friday at the Pitkin Community Center. Suggested donation: \$2.00 for age 60+ and \$4.50 for anyone under age 60. To make a reservation, call 860-721-2955 one day ahead, 10:00A-12:00P. Contact Social & Youth Services at 860-721-2977 with any questions.



Wethersfield Senior Center

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

Three-year memberships are \$10 for residents and \$15 for non-residents. A newsletter is published monthly and information for the upcoming month can be found in the last Thursday issue of the Rare Reminder. **Contact Donna Mattison, Senior Center Coordinator, at 860-721-2979 for more information or to register for any of the programs listed. Senior Center membership is required for most of the programs listed below.**

CRAFT ACTIVITY

Help us 'spruce up' our Bulletin Boards. Brenda Ranslow has many ideas and creative skills to share and you bring your own interest in crafting or scrapbooking. No special skills required.

Date	Day	Time	Fee
1/12	Th	10A	None

BELLY DANCING

Movement, exercise and lots of fun for women. This challenges your mind while exercising your body. The instructor is Roheisha. Min: 12. *During January-March a group of women who have had prior classes will join together to practice their dance movements.*

Date	Day	Time	Fee
4/5-5/31	Th	1:15-2:15P	\$16

BOOK CLUB

Book titles are published each month in the newsletter.

Date	Day	Time	Fee
1/23	M	1:00-2:30P	Free
2/27	M	1:00-2:30P	Free
3/27	M	1:00-2:30P	Free
4/24	M	1:00-2:30P	Free
5/21	M	1:00-2:30P	Free
6/26	M	1:00-2:30P	Free

CHORAL GROUP

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

Date	Day	Time	Fee
1/12-8/9	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
1/3-8/9	Tu/Th	1:00-3:30P	Free



MAH JONGG GROUP

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

Date	Day	Time	Fee
1/3-8/9	Tu/Th	10:00A-12:50P	Free

ENTERTAINMENT EVENTS

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

Mon 2/6,	1:00P - Doug Mulcahy-Vocalist/Guitarist
Mon 3/5,	1:00P - Karen Wagner-Vocalist
Mon 4/2,	1:00P - Jeff Wieselberg-Vocalist/Pianist
Mon 5/7,	1:00P - 'Johny P'-Keyboard/Vocalist
Mon 7/2,	1:00P - Lenny Zarcone-Vocalist
Mon 8/6,	1:00P - Ice Cream Social/Entertainment

EDUCATION EVENTS

Consult the Senior Center Newsletter and the Rare Reminder ad each month for additional events.

Dental Cleaning Clinic – 1/4 & 1/5, 6/4 & 6/5
Memory Issues: Normal Aging vs. Dementia – 1/10
Hearing Screenings – 1/30, 3/19, 5/21, 7/16
Senior Citizen Advisory Committee – Thursdays, 1/19, 2/16, 3/15, 4/19, 5/17 @ 3:00P. Appointees meet 8 times a year to discuss issues related to Wethersfield seniors. The meetings are open to the public.
SCAC Annual Seminar "Ways to Stretch Your Financial Resources" – Tuesday, 4/24.

AARP SAFE DRIVING CLASS

Using the AARP curriculum a volunteer teaches the 4-hour safe driving course that will refresh your driving skills and may qualify you for a reduction on your automobile insurance. **You must call to pre-register.**

Date	Day	Time	Fee
4/12 & 5/31	Th	8:30A-1:30P	\$12 or \$14

WINTER/SPRING INFORMATION AND PRE-REGISTRATION

Come in **Wednesday, January 4 between 11:00A and 2:00P** to register for any of the winter and spring programs, join or renew Senior Center membership, and learn more about the Senior Center.

Wethersfield Computer Learning Center

The Wethersfield Computer Learning Center is “a local community of personal computer users. Our mission is to empower you for the computer age”. A range of computer courses from basic to advanced are available. The WCLC is a program of the Wethersfield Senior Center and membership is required for those 55 and over; \$10 for 3 years for residents and \$15 for others. The program is also open to individuals under 55. Courses are scheduled year round. Maximum class size is seven and each student has a computer. Instructors are assisted by coaches and student manuals are provided. 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 email wethclc@gmail.com ,call the Wethersfield Senior Center at 860-721-2979 or visit www.wethersfieldclc.org.

LOW COST (\$5) WORKSHOPS

Workshops do not require senior center membership. Additional workshops can be scheduled based on interests and inquiries (e.g. buying a computer, power of Google, exploring tutorials, and an internet museum tour). Call to tell us of your interest and to learn of other workshops scheduled.

SHOWCASE OF ELECTRONIC GADGETS

Staff from Best Buy will provide descriptions of, and let you try out, items such as: a notebook computer, a tablet, a smart phone, a music player and an electronic reader.

Wednesday 1/25, 10:00A-12:00P

COOL WEBSITES

The World Wide Web has unlimited resources. Come learn about interesting websites-instructional videos for basic repairs, a website of movie facts and many more. You must know how to use a computer, have basic keyboard skills and be familiar with surfing on the internet.

Friday 2/17, 1:00-3:00P

COMPUTER SECURITY

Learn how to safeguard your personal identity, passwords and financial information from computer hackers and viruses.

Date to be determined

HORTICULTURAL WEBSITES

Spring is here! If gardening is a hobby or an interest join a fellow gardening enthusiast and visit websites that can expand your creativity and skills.

Wednesday 4/25, 10:00A-12:00P

KEYBOARD SHORTCUTS

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.

Thursday 5/3, 10:00A-12:00P

JAZZ UP YOUR WORK WITH IMAGES

Learn how to use clip art & photos to write a newsy letter, make a flyer, create a calendar or prepare a greeting card.

Wednesday 6/13, 10:00A-12:00P

CLASSES

Check for additional classes at registration the 2nd Monday of each month. The next one is Monday, January 9 at 1:00-3:00P.

COMPUTER BASICS-I

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

Date	Day	Time	Fee
1/31-2/9	Tu,Th	12:30-2:30P	\$20
4/30-5/9	M,W	12:30-2:30P	\$20

COMPUTER BASICS-II

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
2/14-3/6	Tu	9:30A-12:00P	\$35
5/22-6/12	Tu	9:30A-12:00P	\$35

E-MAIL FROM A TO Z

Using Outlook Express students learn e-mail basics, including how to send and receive attachments such as photos. There are prerequisites.

Date	Day	Time	Fee
3/21 & 3/28	W	12:30-3:00P	\$25

INTRODUCTION TO THE INTERNET

Navigate on the Web, search for information, find a lost friend or comparison-shop for products purchased online or off. There are prerequisites.

Date	Day	Time	Fee
4/3-4/24	Tu	9:30A-12:00P	\$35

Youth Services Crossroads

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

A variety of activities will be available on Mondays, Tuesdays, Wednesdays and Thursdays for a period of approximately 5 – 7 weeks. Session 2 (Winter) begins on Monday, January 9 and runs through Thursday, February 16. Session 3 (Spring) will begin on Monday, March 26 and run through Thursday, May 10. **There will be no after-school activity program on half days, snow days or holidays unless otherwise specified.**

Please help your young person decide which activities would be most fun and/or interesting. **Encourage them to try something new!** Crossroads is a great place to spend time with other students that share your child’s interests, make new friends and learn something new. Register early, classes fill quickly!

If this registration places a financial burden on your family, please contact the Department of Social and Youth Services, a Corpus Christi administrator or a SDMS administrator or guidance counselor. No student will be turned away for lack of program fees.

If you have any questions, please contact Pat Meskill, Social & Youth Services, at 860-721-2977.

Registration procedures and policies have changed. See page 18 of this brochure for details about online registration and for any of the changes that will take effect. Registration begins 1/4 for residents and non-residents who attend Wethersfield schools. **If registering in person or by mail please include the “Youth Services Crossroads Supplemental Registration Form” on page 19 with your payment and Parks & Recreation Registration Form (back of brochure).** Thank you!

CROSSROADS STRENGTH/FITNESS & BOXING

Grades 7 & 8. Are you interested in building muscle, self defense, self discipline and having fun? Try boxing for a new and exciting form of exercise. ****Classes will be held at the 9/11 Memorial Sports Center in the Pitkin Community Center with students returning to SDMS at 4:30P for parental pick-up.**** Instructors: Manny Silva and Alex Feliciano. Min/Max: 10/12. Silas Deane Middle School.



Date	Day	Time	Res/NonRes	Code
1/10-2/14	Tu	2:30-4:30P	\$35/\$35	434040-01
3/27-5/8	Tu	2:30-4:30P	\$35/\$35	534040-01

CROSSROADS LIGHTS/CAMERA/ACTION

Grades 7 & 8. ****Sponsored in part by the Keane Foundation.**** Participate in all the action of a television production as you learn to be a reporter, camera person and a director in just 6 weeks. Learn how to conduct a television interview, cover stories and produce your own videos. You will operate a digital camcorder, shoot footage and edit using iMovie software. Instructors: Mr. Sikora, Len Besthoff and Eric Budney from Channel 3. Min/Max: 10/12. Silas Deane Middle School. No class 4/5.



Date	Day	Time	Res/NonRes	Code
1/12-2/16	Th	2:30-4:30P	\$35/\$35	434240-01
3/29-5/10	Th	2:30-4:30P	\$35/\$35	534240-01

CROSSROADS COOKING FOR GUYS & GIRLS

Grades 7 & 8. Have fun while planning meals, selecting recipes, preparing meals, baking desserts and tasting the finished products!!! Instructor: Chef Gary Brummett. Min/Max: 10/12. Silas Deane Middle School.



Date	Day	Time	Res/NonRes	Code
1/11-2/15	W	2:30-4:30P	\$45/\$45	434100-01
3/28-5/9	W	2:30-4:30P	\$45/\$45	534100-01

CROSSROADS WANT TO BE IN A ROCK BAND?

Grades 7 & 8. Learn important songwriting skills such as developing the melodies and lyrics for your songs. Imagine your band performing in public and figure out how to market your band for gigs. A band is a group of individuals jamming together, rehearsing together and playing together so bring your teamwork skills with you. Instrumental ability very helpful but not required. Lead singer and back-up singers welcome! Instructor: Joe Distin. Min/Max: 8/10. Silas Deane Middle School.



Date	Day	Time	Res/NonRes	Code
1/9-2/13	M	2:30-4:30P	\$35/\$35	434270-01
3/26-5-7	M	2:30-4:30P	\$35/\$35	534270-01

(Crossroads continues next page)

(Crossroads continued from previous page)

CROSSROADS CARTOONING



Grades 7 & 8. Would you like to be a cartoonist or comic strip creator? Do you want to learn how to draw caricatures? If so, come to cartooning class and learn about cartooning styles, story telling and story boarding. You will create your own portfolio to keep and all supplies needed for class will be given to you during the first class. Bring some of your drawings to share! Instructor: Nate Solberg. Min/Max: 8/10. Silas Deane Middle School. No class 1/16.

Date	Day	Time	Res/NonRes	Code
1/9-2/13	M	2:30-4:30P	\$45/\$45	434060-01
3/26-5/7	M	2:30-4:30P	\$45/\$45	534060-01

CROSSROADS YOGA/MEDITATION

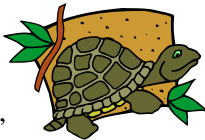
Grades 7 & 8. Yoga offers a safe and nurturing environment for learning self-acceptance of our body and who we are as individuals. Learn to relax, focus, decrease stress, stretch and strengthen and move your body while enhancing your self-esteem. A great conditioning compliment to any sport by keeping mind and muscles strong. This class will mix traditional with contemporary. We hope it will be a fun and inspiring experience for all who participate. Instructor: Alicia Kennedy. Min/Max: 8/12. Silas Deane Middle School.



Date	Day	Time	Res/NonRes	Code
1/10-2/14	Tu	2:30-4:30P	\$35/\$35	434340-01
3/27-5/8	Tu	2:30-4:30P	\$35/\$35	534340-01

CROSSROADS ANIMAL CARE

Grades 7 & 8. Learn about animals and how to care for a pet at home through hands-on practice with the ferret, cockatiel, iguana, box turtle and other animals at the Eleanor Buck Wolf Nature Center. Classes will be held at the Nature Center with your child returning to SDMS at 4:30P for parental pick-up. Instructor: Christopher Shepard. Min/Max: 6/12. Silas Deane Middle School.



Date	Day	Time	Res/NonRes	Code
1/11-2/15	W	2:30-4:30P	\$35/\$35	434001-01

CROSSROADS SCIENCE AT THE CONNECTICUT SCIENCE CENTER

Grades 7 & 8. If just one trip to the Connecticut Science Center is not enough for you then sign up for this course. We will be exploring, in depth the exhibits and making connections between science, the world around us and the science we study at school. If you want to have a better understanding of how science helps to explain the world around us then sign up for this class! Instructor: Mr. McLoughlin. Min/Max: 5/6. Silas Deane Middle School.



Date	Day	Time	Res/NonRes	Code
1/12-2/16	Th	2:30-4:30P	\$45/\$45	434300-01

CROSSROADS SPRING HIKING

Grades 7 & 8. This amazing class will hike in various places including but not limited to Dinosaur State Park and the Wethersfield and/or Rocky Hill Meadows. Along the way we will practice navigational skills, learn outdoor safety tips and get the chance to observe wildlife. You'll be surprised at the things that you will discover! Offered in partnership with the Eleanor Buck Wolf Nature Center. Min/Max: 6/12. Silas Deane Middle School.



Date	Day	Time	Res/NonRes	Code
3/28-5/9	W	2:30-4:30P	\$35/\$35	534160-01

CROSSROADS INTRODUCTION TO FIREFIGHTING & FIRE SAFETY

Grades 7 & 8. This class will touch on many aspects of the fire service. The class will cover the history of the fire service in town, fire behavior, fire extinguishers and fire protection equipment, thermal cameras, fire suppression, water flow and auto extrication. If you ever wanted to be a firefighter this is the class for you! Please note that some classes will be held at one of the fire stations in town, and your child will return to the SDMS at 4:30P for parental pick-up. A class schedule will be provided.



Instructors: Wethersfield Fire Marshall and Fire Fighters. Min/Max: 10/14. Silas Deane Middle School. No class 4/5.



Date	Day	Time	Res/NonRes	Code
3/29-5/10	Th	2:30-4:30P	\$35/\$35	534180-01

CROSSROADS POLICE ADVENTURES

Grades 7 & 8. Have you ever wondered what the police really do? Take this class, meet some police officers and find out. You will learn about crime scene investigation, community involvement, police tactics and participate in some fun-filled team building activities. FUN WILL BE STRICTLY ENFORCED! Instructors: Wethersfield Police Officers and Youth Services Staff. *Please note some classes will be held at the Wethersfield Police Station with your child returning to SDMS at 4:30P for parental pick-up. More detailed information to follow for registered students. The 5/7 class will be held at the Wethersfield Police Station, 250 Silas Deane Highway, and concludes with A MEAL FOR STUDENTS AND PARENTS 5:00-5:30P. PLEASE JOIN US! If you CANNOT join us please still pick up your child by 5:30P at the POLICE STATION. Min/Max: 10/14. Silas Deane Middle School.



Date	Day	Time	Res/NonRes	Code
3/26-5/7	M	2:30-4:30P	\$35/\$35	534260-01

9/11 Memorial Sports Center

Located in the Pitkin Community Center at 30 Greenfield Street. Includes gym, fitness room, and meeting room with wireless internet access, 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 Parks & Recreation offer many programs in this facility. The meeting room and gym may be rented. Adults can use the gym for walking at no cost on Mondays, Wednesdays, and Fridays 8:00-9:00A.

ABOUT THE KEANE FOUNDATION

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

KEANE AFTER SCHOOL PROGRAM

Grades 3-6. 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! The Keane Foundation will provide transportation from Wethersfield public elementary schools to the 9/11 Memorial Sports Center. Min/Max: 4/45. Pitkin Community Center. No class 2/20, 2/21, 4/24.

Date	Day	Time	Res/NonRes	Code
1/23-3/12	M	3:00-5:30P	\$30/\$40	433001-01
1/24-3/13	Tu	3:00-5:30P	\$30/\$40	433001-02
4/2-5/14	M	3:00-5:30P	\$30/\$40	533001-01
4/3-5/22	Tu	3:00-5:30P	\$30/\$40	533001-02

9/11 CENTER SATURDAY OPEN GYM

Grades 3-12. This pilot program offers supervised open gym time for pick-up basketball and other activities. Schedule: 10:30A-12:00P grades 3-6, 12:30-2:00P grades 7-8, and 2:00-3:30P grades 9-12. Registration is recommended but not required. No Fee. Pitkin Community Center. No class 2/25.

Date	Day	Time	Res/NonRes	Code
1/7-3/17	Sa	10:30A-3:30P	Free	405140-01

FITNESS 101

Ages 9+. Instruction on use of fitness room machines. By appointment only: please call 860-721-2950 to schedule. Pitkin Community Center.

Date	Day	Time	Res/NonRes	Code
1/23-3/30	M-F	8:00A-9:00P	\$6/\$10	405031-01
4/2-6/15	M-F	8:00A-9:00P	\$6/\$10	505031-01

FITNESS ROOM PASS

Ages 9+. Fitness equipment includes treadmills, stationary bikes, ellipticals, free weights, medicine balls and floor mats. Open Monday-Friday 8:00A-2:00P and Monday-Thursday 5:00-9:00P. Pitkin Community Center. No class 2/20, 4/6, 5/28.

Date	Day	Time	Res/NonRes	Code
1/23-3/30	M-F	8:00A-9:00P	\$25/\$35	405030-01
4/2-6/15	M-F	8:00A-9:00P	\$25/\$35	505030-01

Fitness for Adults

BOOT CAMP/INTERVAL TRAINING WITH DEB

Ages 16+. Early mornings or evenings! High Intensity! Focus on endurance training, strength training and all-over body toning. Modifications will be made for different fitness levels. Min/Max: 12/40. Pitkin Community Center. No class 2/21, 2/23, (3/1 evening only), 4/24.

Date	Day	Time	Res/NonRes	Code
1/19-3/15	Tu,Th	5:15-6:00A	\$38/\$48	405045-01
1/19-3/15	Tu,Th	5:00-5:45P	\$38/\$48	405045-02
3/27-5/22	Tu,Th	5:15-6:00A	\$35/\$45	505045-01
3/27-5/22	Tu,Th	5:00-5:45P	\$35/\$45	505045-02

TRAINING WITH WEIGHTS CLASSES

Ages 16+. 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 2/20, 2/22.

Date	Day	Time	Res/NonRes	Code
Muscle Challenge with Barb				
1/23-3/21	M,W	9:00-9:45A	\$38/\$48	405020-01
4/2-5/23	M,W	9:00-9:45A	\$38/\$48	505020-01
Senior Muscle Challenge with Barb				
1/23-3/21	M,W	10:00-10:45A	\$38/\$48	405020-03
4/2-5/23	M,W	10:00-10:45A	\$38/\$48	505020-03
Training with Weights with Susan				
1/23-3/21	M,W	5:30-6:15P	\$38/\$48	405020-02
4/2-5/23	M,W	5:30-6:15P	\$38/\$48	505020-02

ZUMBA GOLD® WITH SHERYL

Ages 40+. An innovative, fun and exciting program designed for the active older adult, the true beginner, and/or people who are not used to exercising, or people who may be limited physically. The main difference between Zumba Gold and Zumba Basic is Zumba Gold is done at a lower intensity, not as fast, but it certainly is as fun! The same great Latin and international styles of music and dance are used. Min/Max: 10/35. Pitkin Community Center. No class 2/21, 2/23, 4/24.

Date	Day	Time	Res/NonRes	Code
1/24-3/22	Tu,Th	8:30-9:20A	\$38/\$48	405007-01
1/23-3/22	M,Th	5:00-5:45P	\$38/\$48	405007-02
4/3-5/24	Tu,Th	8:30-9:20A	\$38/\$48	505007-01
4/2-5/24	M,Th	5:00-5:45P	\$38/\$48	505007-02

(Fitness for Adults continues next page)

(Fitness for Adults continued from previous page)

ZUMBA® WITH NANCY

Ages 16+. Aerobic workout with a latin-dance twist! Zumba fuses hypnotic latin and international rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Min/Max: 14/35. Pitkin Community Center. No class 2/21, 2/23, 4/24.

Date	Day	Time	Res/NonRes	Code
1/24-3/22	Tu,Th	9:30-10:20A	\$38/\$48	405006-01
1/24-3/20	Tu	6:15-7:10P	\$25/\$35	405006-02
4/3-5/24	Tu,Th	9:30-10:20A	\$38/\$48	505006-01
4/3-5/29	Tu	6:15-7:10P	\$25/\$35	505006-02

ZUMBA® AND ZUMBA TONING® WITH CINDY

Ages 16+. Zumba Toning incorporates light weights into the combination of high-energy exercise, unique moves and combinations that allow participants to dance away their worries to the same great latin and international rhythms! Min/Max: 14/35. Pitkin Community Center. No class 2/23, 2/25, 4/7, 5/26.

Date	Day	Time	Res/NonRes	Code
Zumba Toning®				
2/9-4/5	Th	6:00-6:30P	\$15/\$20	405008-01
2/18-4/21	Sa	8:30-9:00A	\$15/\$20	405008-02
4/19-6/7	Th	6:00-6:30P	\$15/\$20	505008-01
4/28-6/9	Sa	8:30-9:00A	\$12/\$17	505008-02
Zumba®				
2/9-4/5	Th	6:30-7:30P	\$25/\$35	405009-01
2/18-4/21	Sa	9:00-10:00A	\$25/\$35	405009-02
4/19-6/7	Th	6:30-7:30P	\$25/\$35	505009-01
4/28-6/9	Sa	9:00-10:00A	\$20/\$30	505009-02
Zumba Toning® + Zumba® Combined (discounted!)				
2/9-4/5	Th	6:00-7:30P	\$35/\$50	405010-01
2/18-4/21	Sa	8:30-10:00A	\$35/\$50	405010-02
4/19-6/7	Th	6:00-7:30P	\$35/\$50	505010-01
4/28-6/9	Sa	8:30-10:00A	\$28/\$43	505010-02

20/20 FUNK-TION

Ages 16+. 20 minute dance workout with fun, funky music that will get your spirit and energy up, followed by 20 minute strength and conditioning segment using bands, balls (and occasionally small weights). This easy-to-follow, calorie burning workout is not only fun, but functional movement designed by Pilates instructors to activate every major muscle group, so be prepared to sweat and burn calories. All fitness levels welcome and dance experience is not required! Time will fly – you'll get in, get out, and get energized! Bring water and a yoga mat, instructors from Personal Euphoria Pilates will provide the rest. Min/Max: 14/30. Pitkin Community Center. No class 2/20.

Date	Day	Time	Res/NonRes	Code
1/23-3/19	M	6:45-7:30P	\$28/\$38	405052-01
4/2-5/21	M	6:45-7:30P	\$28/\$38	505052-01



PILATES MAT

Ages 16+. Pilates is designed to strengthen core muscles, including the abdominals and glutes, while lengthening and maintaining loose, limber limbs. It strengthens the body while keeping joints mobile and flexible. The exercises provide variations to meet different body types making it an exercise option for everyone. **Power-Up** class will use props to help strengthen, tighten and tone the entire body. Bring a mat, towel, and water bottle to class. Instructors from Personal Euphoria Pilates. Min/Max: 10/15. Pitkin Community Center. No class 2/21, 4/24.

Date	Day	Time	Res/NonRes	Code
1/24-3/20	Tu	9:00-10:00A	\$45/\$55	405050-02
4/3-5/29	Tu	9:00-10:00A	\$45/\$55	505050-02
Power-Up Pilates				
1/24-3/20	Tu	6:00-6:45P	\$45/\$55	405050-01
4/3-5/29	Tu	6:00-6:45P	\$45/\$55	505050-01

YOGA WITH LISA

Ages 16+. Learn the basics, increase strength, vitality and flexibility. Reduce stress and relax while toning your body and mind. We use Yoga breathing exercises, called [Pranayama](#), which benefits the entire body. Physical activity is good for relieving stress, and this is particularly true of yoga. 1 ¼ hour classes are: Yoga of Intention (winter) Chakra yoga (spring)-beginners welcome!-on Thursday and Intermediate level on Monday. Min/Max: 8/20. Pitkin Community Center. No class 2/20, 2/23, 5/28.

Date	Day	Time	Res/NonRes	Code
2/6-4/2	M	6:00-7:15P	\$50/\$60	405080-01
4/16-6/11	M	6:00-7:15P	\$50/\$60	505080-01
Yoga of Intention				
2/9-4/5	Th	5:45-7:00P	\$50/\$60	405080-02
Chakra Yoga				
4/19-6/7	Th	5:45-7:00P	\$50/\$60	505080-02

YOGA WITH SANDY BYRNE

Ages 16+. Min/Max: 6/12. River Rock Yoga Studio, 221 Main Street, Old Wethersfield.

Yoga 101: Perfect for those who are stressed, inflexible and/or have never done yoga before. Learn basic postures, breathing & meditation for stress relief. This is a great introduction to yoga.

Date	Day	Time	Res/NonRes	Code
1/18-2/22	W	6:00-7:00P	\$50/\$60	405081-01
3/14-4/18	W	6:00-7:00P	\$50/\$60	405081-02
5/2-6/6	W	6:00-7:00P	\$50/\$60	505081-01

Gentle Restorative Yoga: stress reducing & gently restorative in nature for all body types & all ages. Leave with awareness and presence of your inner peace & bliss. Movement is soft & slow paced with focus on deeply nourishing the body & breath. Props may be used with modifications made as needed to ensure comfort in your body.

Date	Day	Time	Res/NonRes	Code
1/17-2/21	T	6:00-7:00P	\$50/\$60	405083-01
3/13-4/17	T	6:00-7:00P	\$50/\$60	405083-02
5/1-6/5	T	6:00-7:00P	\$50/\$60	505083-01

Sports for Adults

Sports for Youth

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.

Date	Day	Time	Res/NonRes	Code
10/16-3/25	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.

Date	Day	Time	Res/NonRes	Code
10/16-3/25	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
10/16-3/25	Su	6:30-9:30P	\$70/\$85	208362-01

TEEN CO-ED VOLLEYBALL

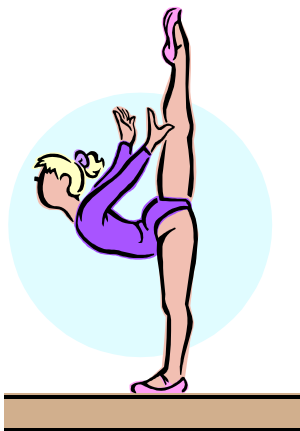
Ages 14-18. Drop-in style program. Register for the season or daily admission is \$5 per person. Min/Max: 20/50. Wethersfield High School. No class 12/25 & 1/1.

Date	Day	Time	Res/NonRes	Code
11/20-3/18	Su	4:00-6:00P	\$60/\$85	208364-01

CARDIO TENNIS

Ages 16+ The program will be run by the Newington Tennis Center's certified tennis professional and is designed for the beginner player. Get in shape and learn to play tennis while participating in a circuit of drills for a high energy workout. Max: 8/10. Newington Tennis Center. No class 4/8 & 5/27.

Date	Day	Time	Res/NonRes	Code
2/5-3/11	Su	4:00-5:00P	\$75/\$95	408341-01
3/18-4/29	Su	4:00-5:00P	\$75/\$95	408341-02
5/6-6/10	Su	4:00-5:00P	\$75/\$95	508341-01



GYMNASTICS PARENT & CHILD

Ages 2-4. Child accompanied by a guardian. Creative movement. Min/Max: 10/20. Silas Deane Middle School. No class 2/25 & 4/7.

Date	Day	Time	Res/NonRes	Code
1/14-3/10	Sa	9:00-9:45A	\$80/\$95	408220-01
3/24-5/19	Sa	9:00-9:45A	\$80/\$95	508220-01

GYMNASTICS 3 & 4 YEARS OLD

Ages 3-4. For children who can interact with instructors without parent intervention. Focus on movement exploration exercises and basic gymnastic skills. Min/Max: 12/24. Silas Deane Middle School. No class 2/25 & 4/7.

Date	Day	Time	Res/NonRes	Code
1/14-3/10	Sa	9:50-10:35A	\$80/\$95	408221-01
3/24-5/19	Sa	9:50-10:35A	\$80/\$95	508221-01

GYMNASTICS 3-4 YEARS & KINDERGARTEN

Ages 3-5. 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 2/25 & 4/7.

Date	Day	Time	Res/NonRes	Code
1/14-3/10	Sa	10:40-11:25A	\$80/\$95	408222-01
3/24-5/19	Sa	10:40-11:25A	\$80/\$95	508222-01

GYMNASTICS GRADES K-2

Grades K-2. Includes beginner level skills on all apparatus. Gymnasts will be grouped according to ability. Min/Max: 15/28. Silas Deane Middle School. No class 2/25 & 4/7.

Date	Day	Time	Res/NonRes	Code
1/14-3/10	Sa	11:30A-12:15P	\$80/\$95	408223-01
3/24-5/19	Sa	11:30A-12:15P	\$80/\$95	508223-01

GYMNASTICS GRADES 3-6

Grades 3-6. For beginners to master basic skills on all apparatus. Gymnasts will be grouped according to ability. Min/Max 5/10 Silas Deane Middle School No class 2/25&4/7

Date	Day	Time	Res/NonRes	Code
1/14-3/10	Sa	1:00-1:55P	\$80/\$95	408224-01
3/24-5/19	Sa	1:00-1:55P	\$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: 5/10. Silas Deane Middle School. No class 2/25 & 4/7.

Date	Day	Time	Res/NonRes	Code
1/14-3/10	Sa	1:00-2:30P	\$90/\$115	408225-01
3/24-5/19	Sa	1:00-2:30P	\$90/\$115	508225-01

(Sports for Youth continues next page)

(Sports for Youth continued from previous page)

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 2/25 & 4/7.

Date	Day	Time	Res/NonRes	Code
1/14-3/10	Sa	1:00-3:00P	\$95/\$120	408226-01
3/24-5/19	Sa	1:00-3:00P	\$95/\$120	508226-01

VARSITY GYMNASTICS

Ages 12+. For intermediate to advanced gymnasts in preparation for high school varsity level competition. Min/Max: 10/15. Silas Deane Middle School. No class 4/7.

Date	Day	Time	Res/NonRes	Code
3/24-5/19	Sa	2:30-4:30P	\$125/\$145	508227-01

KARATE

Ages 7-16. 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 2/20 & 5/28.

Date	Day	Time	Res/NonRes	Code
1/18-3/21	M,W	6:00-7:00P	\$80/\$100	408240-01
1/18-3/21	M,W	7:00-8:00P	\$80/\$100	408240-02
4/2-6/6	M,W	6:00-7:00P	\$80/\$100	508240-01
4/2-6/6	M,W	7:00-8:00P	\$80/\$100	508240-02

OPEN YOUTH BASKETBALL GYM

Ages 12-18. The gym is open for Wethersfield youths to drop in and practice their basketball skills. Min/Max: 12/40. Wethersfield High School.

Date	Day	Time	Res/NonRes	Code
10/16-3/25	Su	9:00A-12:00P	\$2/\$5	208290-01

YOUTH TENNIS LESSONS

Ages 7-15. 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: 8/10. Newington Tennis Center. No class 4/8 & 5/27.

Date	Day	Time	Res/NonRes	Code
2/5-3/11	Su	4:00-5:00P	\$99/\$125	408340-01
3/18-4/29	Su	4:00-5:00P	\$99/\$125	408340-02
5/6-6/10	Su	4:00-5:00P	\$99/\$125	508340-01



AFTERNOON ATHLETES PROGRAM AT HANMER

This is a great opportunity for students to increase their fitness level through participation in educational games. Each session will focus on developing students' flexibility, muscular strength and aerobic endurance by participating in fun and exciting activities. Taught by physical education teacher Jonathan Diaz. Min/Max: 15/30. Hanmer School Gym. No class 2/21, 2/23, 4/24, 5/24.

Date	Day	Time	Res/NonRes	Code
Grades K-2				
1/17-3/13	Tu	3:30-4:30P	\$60/\$75	408520-01
4/3-5/29	Tu	3:30-4:30P	\$60/\$75	508520-01
Grades 3-6				
1/19-3/15	Th	3:30-4:30P	\$60/\$75	408520-02
4/5-5/31	Th	3:30-4:30P	\$60/\$75	508520-02

SUPER ATHLETES PROGRAM AT HIGHCREST

This is a great opportunity for students to increase their fitness level through 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 activities. The Super Athletes Program will be taught by physical education teacher Kevin Kobelski. Min/Max: 15/35. Highcrest School. No class 2/20, 2/22.

Date	Day	Time	Res/NonRes	Code
Grades Kindergarten-2				
1/23-3/19	M	3:30-4:30P	\$60/\$75	408540-01
4/2-5/21	M	3:30-4:30P	\$60/\$75	508540-01
Grades 3-6				
1/18-3/14	W	3:30-4:30P	\$60/\$75	408540-02
4/4-5/23	W	3:30-4:30P	\$60/\$75	508540-02

YOUTH SPORTS LEAGUES

Eagles Football & Cheerleading (Parks & Recreation) Flag FB ages 6-12. Tackle FB & cheerleading ages 7-14. Register in spring for fall at www.wethersfieldyouthfootball.org.

Wethersfield GDR Soccer Club (Independent) Year round soccer for ages 6-18 (K-12). Info & registration at www.wethersfieldsoccer.com

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

Wethersfield Senior League (Independent) Baseball for ages 13 to 19. Tryouts in late spring. Oldtown82@aol.com

Wethersfield Travel Basketball (Independent) Travel teams for Grades 5-8. Register & tryout in September for winter.

Wethersfield Wrestling Club (WHS Athletics) Wrestling for boys and girls grades 1-8. Register in October for winter. www.whswrestling.org

Wethersfield Youth Basketball Association (Independent) Recreational basketball for Grades 2-8. Register in September for winter. www.wethersfieldbasketball.com

Central CT Youth Hockey Association (Independent) Learn to skate & play hockey for ages 3 & up. Contact Garrett Plona at gplona@cox.net or www.centralcthockey.org

Aquatics

BACKMAN POOL AT WETHERSFIELD HIGH SCHOOL

411 Wolcott Hill Road. Open 10/11-5/19. 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 Parks & Recreation prior to their event.

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

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

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

Season Pass: Provides residents unlimited admission and may be used in Newington and Rocky Hill. Purchase online, by mail-in registration, or at Parks & Recreation. *Proof of residency is not required for the indoor season if a summer 2011 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.

SPECIAL INSTRUCTIONS FOR SWIM LESSONS

Registration deadline is Friday, 1/13 for winter and Friday, 3/23 for Spring at 8:00A online, and 4:30P in the Recreation Office. 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. **Instructors may re-assign level placement based on skills and availability.**

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 18 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: 5/20. Wethersfield High School. No class 4/7.

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	Code
1/14-3/3	Sa	9:00-9:40A	\$20	401020-01
3/24-5/19	Sa	9:00-9:40A	\$20	501020-01

SWIM LESSONS PRE-SCHOOL

Prerequisite: Ages 4-5 or age 3 and completed Parent/Child Aquatics. This class is 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. Wethersfield High School. No class 4/7.

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	Code
1/14-3/3	Sa	10:30-11:10A	\$20	401021-01
1/14-3/3	Sa	12:00-12:40P	\$20	401021-02
3/24-5/19	Sa	10:30-11:10A	\$20	501021-01
3/24-5/19	Sa	12:00-12:40P	\$20	501021-02

SWIM LESSONS LEVEL 1

Ages 5-13. Prerequisite: Ages 5+ or age 4 with Pre-School. Designed to begin developing positive attitudes, good swimming habits and safe practices in and around the water. Min/Max: 5/8. Wethersfield High School. No class 4/7.

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	Code
1/14-3/3	Sa	9:45-10:25A	\$20	401022-01
1/14-3/3	Sa	10:30-11:10A	\$20	401022-02
1/14-3/3	Sa	12:00-12:40P	\$20	401022-03
3/24-5/19	Sa	9:45-10:25A	\$20	501022-01
3/24-5/19	Sa	10:30-11:10A	\$20	501022-02
3/24-5/19	Sa	12:00-12:40P	\$20	501022-03

(Aquatics continues next page)

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SWIM LESSONS LEVEL 2

Ages 5-13. Prerequisite: Successful completion of level 1. This class is designed to give participants success with fundamental skills, including learning how to float without support and to recover to a vertical position-Jumps into chest deep water independently. Min/Max: 5/10. Wethersfield High School. No class 4/7.

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	Code
1/14-3/3	Sa	9:45-10:25A	\$20	401023-01
1/14-3/3	Sa	11:15-11:55A	\$20	401023-02
3/24-5/19	Sa	9:45-10:25A	\$20	501023-01
3/24-5/19	Sa	11:15-11:55A	\$20	501023-02

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. Wethersfield High School. No class 4/7.

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	Code
1/14-3/3	Sa	11:15-11:55A	\$20	401024-01
1/14-3/3	Sa	12:00-12:40P	\$20	401024-02
3/24-5/19	Sa	11:15-11:55A	\$20	501024-01
3/24-5/19	Sa	12:00-12:40P	\$20	501024-02

SWIM LESSONS LEVEL 4

Ages 6-13. 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. Wethersfield High School. No class 4/7.

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
1/14-3/3	Sa	9:45-10:25A	\$20/NA	401025-01
1/14-3/3	Sa	10:30-11:10A	\$20/NA	401025-02
3/24-5/19	Sa	9:45-10:25A	\$20/NA	501025-01
3/24-5/19	Sa	10:30-11:10A	\$20/NA	501025-02

SWIM LESSONS LEVEL 5

Ages 6-13. Prerequisite: Successful completion of level 4. This class is designed to further learn how to coordinate and refine strokes. Min/Max: 5/10. Wethersfield High School. No class 4/7.

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	Code
1/14-3/3	Sa	11:15-11:55A	\$20	401026-02
3/24-5/19	Sa	11:15-11:55A	\$20	501026-02

SWIM LESSONS LEVEL 6

Ages 6-13. 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. Wethersfield High School. No class 4/7.

Date	Day	Time	Res	Code
Fundamentals of Diving				
1/14-3/3	Sa	9:00-9:40A	\$20	401029-01
Fitness Swimmer				
3/24-5/19	Sa	9:00-9:40A	\$20	501027-01

BARRACUDAS SWIM TEAM

Coed, competitive, age-group, recreational swim team for ages 5-18 (league age is your age on 12/31/2011). Prerequisite: able to swim 2 laps without stopping. Swim meets will be held on weekends. Min/Max: 20/48. Wethersfield High School. No class 1/2, 1/16.

Date	Day	Time	Res/NonRes	Code
Ages 5-10				
11/1-2/17	M-F	5:30-6:15P	\$250/\$300	201001-01
Ages 11-18				
11/1-2/17	M-F	6:15-7:30P	\$250/\$300	201001-02

STROKE CLINIC

Swim stroke and competitive technique refinement. Prerequisite: able to swim 2 laps without stopping. Min/Max: 13/18. Wethersfield High School. No class 4/6.

Date	Day	Time	Res/NonRes	Code
Ages 5-10				
3/19-4/13	M-F	5:30-6:15P	\$95/\$125	401003-01
4/30-5/25	M-F	5:30-6:15P	\$95/\$125	501003-01
Ages 11-18				
3/19-4/13	M-F	6:15-7:30P	\$95/\$125	401004-01
4/30-5/25	M-F	6:15-7:30P	\$95/\$125	501004-01

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WATER POLO

Grades 7-12. Come learn the basics of Water Polo. Enjoy learning the skills & rules, and putting them to use in games. Equipment will be provided.

Min/Max 15/25 Wethersfield High School No class 4/6.

Date	Day	Time	Res/NonRes	Code
4/2-5/11	M,W,F	2:45-4:45P	\$95/\$120	501070-01

ADVANCED AQUATIC TRAINING

Contact the American Red Cross at www.redcross.org for more information and registration.

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 skills test.

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 skills test.

Registration Policies

TO REGISTER

Registration for both Winter and Spring programs will begin for residents on Wednesday, 1/4, at 8:00A and for non-residents on Monday, 1/09, at 8:00A. Exceptions are indicated in individual program descriptions.

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

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: 75% of the spaces in each class are available and registration will end prior to the start of each class.

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

Forms cannot be accepted by fax, e-mail, or phone. No confirmations will be sent unless enrolled in an alternate choice or placed on a waiting list.

HOW TO BECOME A REGISTERED HOUSEHOLD

Go to our website at wethersfieldct.com/recreation and click on online registration. On the main screen click on "Need an account", then fill out the information requested and hit submit. Once your household is entered in the database, you will receive a User Name and Password on the next business day.

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 or debit card.

CANCELLATIONS

Cancellations due to inclement weather will be announced on WNBC-30 and the Parks & Recreation info line at 860-721-2890. If Wethersfield schools open late, then programs beginning before 10:00A are cancelled. 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.

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.

A \$10 per class processing fee will be deducted from all refund requests received prior to the start of a program. Refunds will not be given after a program has begun.

FINANCIAL ASSISTANCE FOR RESIDENTS

Contact the Parks & Recreation Department.

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

Youth Services Crossroads Supplemental Registration Form

Student's first and last name: _____

I give permission for the student named above to be photographed during his/her CROSSROADS class and for these photos to be used for the promotion of the CROSSROADS program or for use in any SDMS publications such as the Yearbook or The Deane Scene. Yes _____ No _____

I give the student named above permission to be transported in an authorized Town vehicle for their CROSSROADS class and activities if indicated. Yes _____ No _____

Parent's name (printed)

Parent Signature

Date

Friends of the Eleanor Buck Wolf Nature Center Supplemental Membership Form

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

Please indicate membership type: Renewal New

Name: _____

(Adult's name, if minor): _____

Address: _____

City/State/Zip: _____

Phone: _____

Email: _____

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

<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

(Includes Youth Services Crossroads Programs)

Submit with payment to: Town of Wethersfield, Parks & Recreation Department, 505 Silas Deane Highway, Wethersfield, CT 06109.
See Registration Instructions on page 18.

HOUSEHOLD CONTACT INFORMATION

Office Use: HH# _____

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	Birthdate <i>(Required)</i>	Grade	Program Name	Program Code	Alternate Choice Program Code	Fee
<i>Total</i>							

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

INDIVIDUAL POOL PASS - \$35.00

Office Use: Pass # _____

Name	Age	Birthdate <i>(Required)</i>	Residency Proof <i>(Office Use)</i>

FAMILY POOL PASS - \$55.00 *Limited to 2 adults plus children.*

Office Use: Pass # _____

Name	Age	Birthdate <i>(Required)</i>	Residency Proof <i>(Office Use)</i>	Name	Age	Birthdate <i>(Required)</i>	Residency Proof <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. I also grant permission for photographs to be taken of myself and/or child and to be used in Department publicity publications unless otherwise noted in writing.

Signature _____ Date _____

Cash Check or Money Order (payable to the Town of Wethersfield) MasterCard (see below) VISA (see below)

<i>Office Use:</i> Date Processed _____ By _____ Amount \$ _____ <input type="checkbox"/> Cash <input type="checkbox"/> Check # _____ <input type="checkbox"/> Credit Card
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CREDIT CARD PAYMENTS

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

Signature _____ Date _____

Credit Card Number _____ - _____ - _____ - _____ Expiration Date ____/____