

Town of North Haven  
Dept. of Community Services & Recreation  
**Spring Brochure 2015**



**RECREATION & POOL  
PROGRAM REGISTRATION**

**Resident Mail In – March 2**  
(postmark no earlier than February 27)

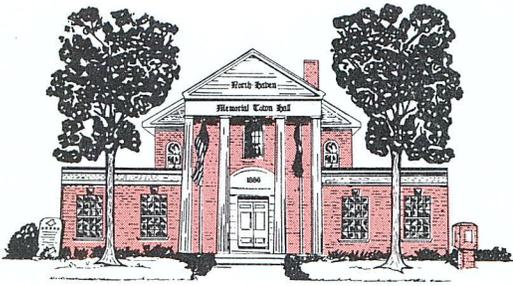
**Resident Walk In – March 9**

**Non-Resident – March 16**

<http://www.town.north-haven.ct.us>

203-239-5321 ext. 530

All registrations must include proof of residency or they will be sent back. Proof of residency cannot be kept on file. A check is not considered proof of residency.



# TOWN OF NORTH HAVEN

MEMORIAL TOWN HALL / 18 CHURCH STREET

NORTH HAVEN, CONNECTICUT 06473



First Selectman  
Michael J. Freda

Tel. (203) 239-5321  
Fax (203) 985-9009

Spring 2015

Dear Friends,

It's time to SPRING ahead into a new season. Winter hibernation is over, and it's the perfect time to stretch your legs by signing up for your favorite Department of Community Services & Recreation program.

The Department has many programs and activities for you and your family to enjoy. Keep your kids active with gymnastics or swimming lessons. You can stay energetic too with one of our fitness classes.

Be sure not to miss out on two annual spring favorites. Mark your calendars for the Easter Eggstravaganza on Saturday, March 28<sup>th</sup> and the Fishing Derby on Saturday, May 2<sup>nd</sup>.

Be sure to register early for your favorite programs and events to guarantee your spot. For further information, call the Department of Community Services & Recreation at (203) 239-5321 ext. 530.

Sincerely,

Michael J. Freda  
First Selectman

**SPECIAL NOTE:** ALL REGISTRATIONS MUST INCLUDE PROOF OF RESIDENCY OR THEY WILL BE SENT BACK. A CHECK IS NOT CONSIDERED PROOF OF RESIDENCY. CLASS PARTICIPATION MAY BE CONFIRMED BY SENDING A **SELF ADDRESSED STAMPED ENVELOPE** WITH YOUR REGISTRATION; OTHERWISE YOU WILL BE NOTIFIED **ONLY** IF YOU **DO NOT** RECEIVE YOUR FIRST CHOICE. **SIGN UP EARLY!** THERE IS LIMITED SPACE IN ALL CLASSES AND PROGRAMS.

**PARKS AND RECREATION COMMISSION**

JOSEPH CAPPUCCI  
AL CENTONE, **Secretary**  
SUZANNE LEWIS  
ROBERT KOWALEWSKI  
FRANK MONTAGNA, **Vice Chairman**  
SUSAN PUZYCKI  
MARY LOU STAMP, **Chairman**

**DEPARTMENT OF COMMUNITY SERVICES AND RECREATION STAFF**

EILEEN P. PETTIT, ASSISTANT DIRECTOR/RECREATION  
ANDREW DELVECCHIO, ASST. DIRECTOR OF POOL  
JOHN BIMONTE, PROGRAM COORDINATOR  
JENNIFER KLEIN, SECRETARY  
LYNNE COLE, PROGRAM ADMINISTRATOR  
RICHARD GAUDIO, MAINTENANCE MAN

# Registration Information

ALL PROGRAM REGISTRATIONS ARE ACCEPTED ON A FIRST COME, FIRST SERVED BASIS **BY MAIL ONLY** AT THE OPENING DATE OF REGISTRATION. THE OPENING DATE IS AS FOLLOWS:

**SPRING:** MAIL-IN REGISTRATIONS CANNOT BE POSTMARKED EARLIER THAN **THREE (3) DAYS** PRIOR TO THE OPENING DATE FOR EACH REGISTRATION PERIOD. **WALK-IN REGISTRATIONS FOR RESIDENTS ONLY** WILL BE ACCEPTED ONE (1) WEEK FOLLOWING THE OPENING DAY OF REGISTRATION.

**NON-RESIDENTS** MAY REGISTER BY MAIL OR IN PERSON BEGINNING **TWO (2) WEEKS** FOLLOWING THE OPENING DAY OF REGISTRATION. **NON-RESIDENTS ARE NOT ELIGIBLE FOR MOST POOL PROGRAMS.**

## RECREATION & POOL PROGRAM REGISTRATION

**Resident Mail In – March 2**  
(postmark no earlier than February 27)

**Resident Walk In – March 9**

**Non-Resident – March 16**

## HOW TO REGISTER:

1. FILL OUT ONE (1) REGISTRATION FORM FOR EACH PERSON AND PROGRAM.
2. WRITE ONE (1) CHECK FOR EACH PERSON AND PROGRAM, PAYABLE TO “**TREASURER, TOWN OF NORTH HAVEN**”.
3. INCLUDE PROOF OF RESIDENCY. PROOF OF RESIDENCY **MUST** BE INCLUDED **EVERY** TIME YOU REGISTER. IT IS NOT KEPT ON FILE!
4. INCLUDE PROOF OF AGE FOR YOUTH PROGRAMS. **IF YOU ARE SURE** YOUR CHILD’S BIRTH CERTIFICATE IS ON FILE WITH THE DEPARTMENT, YOU DO NOT NEED TO SEND ONE WITH YOUR REGISTRATION. IF YOU ARE UNSURE, PLEASE SEND ONE. WE WILL PUT IT ON FILE.

### ONE OF THE FOLLOWING WILL BE ACCEPTED FOR PROOF OF RESIDENCY:

VALID CT DRIVER’S LICENSE  
LEASE OR MORTGAGE  
TWO (2) RECENT UTILITY BILLS  
VOTER REGISTRATION CARD  
TAX BILL FOR REAL PROPERTY (REAL PROPERTY IS BUILDING OR LAND. THIS DOES NOT PERTAIN TO MOTOR VEHICLE AND OTHER LIKE TAXES)

### ONE OF THE FOLLOWING WILL BE ACCEPTED FOR PROOF OF AGE:

COPY OF BIRTH CERTIFICATE  
COPY OF BAPTISMAL CERTIFICATE

**THE DEPARTMENT RESERVES THE RIGHT NOT TO PROCESS ANY REGISTRATION WITH INCOMPLETE INFORMATION OR INSUFFICIENT PROOF OF AGE AND/OR RESIDENCY. ALL PROGRAM TIMES ARE BEGUN AND ENDED PER THE TIMEPIECE OF THE PARTICULAR PROGRAM ACTIVITY SUPERVISOR. THIS RULE MUST BE STRICTLY ADHERED TO BY ALL PARTICIPANTS.**

# REGISTRATION INFORMATION

## MAILING ADDRESS/TELEPHONE

7 LINSLEY STREET  
NORTH HAVEN, CT 06473  
TELEPHONE: 239-5321 EXT. 530  
[www.north-haven.ct.us](http://www.north-haven.ct.us)  
[recreation@town.north-haven.ct.us](mailto:recreation@town.north-haven.ct.us)

## OFFICE HOURS

MON.-FRI. 9:00 A.M.-4:30 P.M.  
MON.-THURS. 6:30-8:30 P.M.

**REFUND POLICY:** REFUNDS WILL NOT BE ISSUED UNLESS THE PROGRAM IS CANCELLED BY THE DEPARTMENT, YOUR SPACE CAN BE FILLED WITH ANOTHER REGISTRATION, OR A PHYSICIAN'S NOTE IS PROVIDED. SHOULD THE DEPARTMENT INITIATE A CANCELLATION OF A CLASS AFTER THE START OF THE PROGRAM AND MAKEUPS CANNOT BE RESCHEDULED, A CREDIT WILL BE ISSUED. HOWEVER, IF THE OPPORTUNITY FOR A MAKEUP IS PROVIDED, NO CREDIT WILL BE ISSUED.

**CANCELLATION INFORMATION:** IN THE EVENT OF INCLEMENT WEATHER OR OTHER FACTORS BEYOND OUR CONTROL, PROGRAMS MAY NEED TO BE CANCELLED. PARTICIPANTS ARE ADVISED CALL THE RECREATION INFO-LINE AT 234-2535.

**RESIDENCY-DEFINED:** RESIDENTS ARE DEFINED AS THOSE PERSONS DOMICILED ON A PERMANENT BASIS IN THE TOWN OF NORTH HAVEN OR THOSE PERSONS WORKING ON A PERMANENT FULL-TIME BASIS IN THE TOWN OF NORTH HAVEN. INDIVIDUAL OWNERS OF REAL PROPERTY (NON-MOTOR VEHICLE) ARE INCLUDED IN THIS DEFINITION. PLEASE NOTE: ANY PERSON WORKING FULL-TIME IN THE TOWN OF NORTH HAVEN IS CONSIDERED A RESIDENT AND IS ELIGIBLE TO PAY THE PROGRAM'S ESTABLISHED RESIDENT FEE. THIS PRIVILEGE IS NOT EXTENDED TO THE FAMILY MEMBERS OF THE EMPLOYEE. THOSE PERSONS WHO WORK IN THE TOWN OF NORTH HAVEN MUST SHOW PROOF OF FULL-TIME EMPLOYMENT SUCH AS; A CURRENT PAY STUB OR LETTER FROM THE EMPLOYER AT THE TIME OF REGISTRATION. SPECIAL NOTE: POOL MEMBERSHIPS ARE SUBJECT TO ADDITIONAL RESTRICTIONS.

**NON-RESIDENT FEE:** ADD \$10.00/ RECREATION PROGRAM. RESIDENTS ONLY FOR POOL MEMBERSHIPS. OTHER RESIDENT ONLY PROGRAMS ARE NOTED IN THE PROGRAM DESCRIPTION. FOR AN ADDITIONAL \$40.00 NON-RESIDENT FEE PLUS THE PROGRAM FEE, NON-RESIDENTS ARE ELIGIBLE FOR SWIM LESSONS AND AQUA AEROBICS ONLY.

**SPECIAL INFORMATION:** ALL CLASSES ARE HELD AT THE MILDRED A. WAKELEY RECREATION CENTER, UNLESS OTHERWISE NOTED. CLASS LOCATION, FEES, AND INSTRUCTORS ARE SUBJECT TO CHANGE. BE SURE TO SIGN UP EARLY FOR THERE IS LIMITED SPACE IN ALL CLASSES AND PROGRAMS. YOU MAY OBTAIN INFORMATION FROM THE RECREATION OFFICE OR FROM THE COLUMNS IN THE NORTH HAVEN POST, THE NORTH HAVEN COURIER AND THE ADVISOR. FACILITIES AND PROGRAMS OF THE COMMUNITY SERVICES AND RECREATION DEPARTMENT ARE AVAILABLE TO INDIVIDUALS OF ALL ABILITIES. PLEASE LET US KNOW WHEN YOU REGISTER IF YOU NEED ASSISTANCE TO PARTICIPATE DUE TO A DISABILITY.

**INCLUSION POLICY:** THE COMMUNITY SERVICES AND RECREATION DEPARTMENT WELCOMES THE PARTICIPATION OF ALL INDIVIDUALS, INCLUDING THOSE WITH DISABILITIES, INTO OUR PROGRAMS. WE WILL COMPLY WITH THE SPIRIT AND INTENT OF THE AMERICANS WITH DISABILITIES ACT (ADA) IN MAKING REASONABLE ACCOMODATIONS FOR THOSE INDIVIDUALS WHO ARE IN NEED. PLEASE INFORM US OF YOUR SPECIAL NEEDS, AT THE TIME OF REGISTRATION. A MINIMUM NOTICE OF AT LEAST TWO WEEKS PRIOR TO THE START OF THE PROGRAM IS REQUESTED FOR ACCOMODATION.

**PAYMENT:** FULL PAYMENT IS REQUIRED AT TIME OF REGISTRATION TO SECURE A SPOT IN ANY PROGRAM; WITH THE EXCEPTION OF THE MOPPET MINDERS PROGRAM, IN WHICH A CHILD IS ENROLLED FOR THE CALENDAR SCHOOL YEAR AND IS PAID ON A MONTHLY BASIS.

# POOL MEMBERSHIP

## POOL FEES:

**ANNUAL MEMBERSHIPS (RESIDENTS ONLY) RUN YEARLY FROM JULY 1 THROUGH JUNE 30\*\*. PROOF OF RESIDENCY, AGE AND/OR FULL TIME EMPLOYMENT IS REQUIRED AT THE TIME OF PURCHASE.**

<b>SENIOR SINGLE:</b>	<b>\$40.00</b>	<b>SENIOR CITIZENS MUST BE 60 YEARS OF AGE</b>
<b>SR. CITIZEN COUPLE:</b>	<b>\$50.00</b>	
<b>ADULT SINGLE:</b>	<b>\$85.00</b>	<b>ADULT SINGLE FOR THOSE 18 AND OVER</b>
<b>YOUTH SINGLE:</b>	<b>\$75.00</b>	<b>YOUTH SINGLE FOR THOSE 17 AND UNDER</b>
<b>FAMILY OF TWO:</b>	<b>\$125.00</b>	<b>FAMILY OF 2-COUPLE, OR (1)PARENT/GUARDIAN &amp; A CHILD 17 &amp; UNDER</b>
<b>FAMILY OF 3+:</b>	<b>\$145.00</b>	<b>FAMILY OF 3 OR MORE, ANY COMBINATION OF THE FOLLOWING - 1 OR 2 PARENTS AND OR GUARDIANS AND 1 OR MORE CHILDREN 17 &amp; UNDER</b>

**\*\*RATES ARE NOT PRO-RATED.**

### **CORPORATE MEMBER: \$310.00 OR LESS**

AVAILABLE TO FULL-TIME EMPLOYEES OF COMPANIES LOCATED WITHIN THE TOWN OF NORTH HAVEN. ASK ABOUT GROUP DISCOUNTS. SEE FLYER AT THE POOL OR RECREATION OFFICE.

**NEW MEMBERSHIPS** - ISSUED MONDAY-FRIDAY AT THE RECREATION OFFICE FROM 9:00 A.M. TO 4:30 P.M. AND MONDAY-THURSDAY AT THE RECREATION OFFICE FROM 6:30 P.M. TO 8:30 P.M.

**RENEWALS** - PROCESSED DURING NORMAL BUSINESS HOURS.

## DAILY FEES:

<b>ADULT:</b>	<b>\$5.00</b>
<b>SR. CITIZEN:</b>	<b>\$4.00</b>
<b>CHILDREN:</b>	<b>\$4.00</b>
<b>NON-RESIDENT GUEST:</b>	<b>\$10.00</b>
<b>NON-RESIDENT WORKING FULL TIME IN NORTH HAVEN:</b>	<b>\$12.00</b>

## POOL HOURS: THROUGH JUNE 29, 2015

(SUBJECT TO CHANGE)

### OPEN SWIM:

MONDAY - FRIDAY	11:00 A.M.-12:30 P.M.
MON. /WED.	7:00-9:00 P.M.
TUES. /THURS.	6:00-8:00 P.M.
SATURDAY	2:00-4:00 P.M.
***SUNDAY	2:00-5:00 P.M.

### ADULT SWIM:

MONDAY - FRIDAY	6:30-8:30 A.M.
MONDAY - FRIDAY	12:30 -1:30 P.M.
SATURDAY	1:00-2:00 P.M.
***SUNDAY	1:00-2:00 P.M.

### SENIOR CITIZEN SWIM:

TUES. /THURS.	10:00-11:00 A.M.
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**\*\*\*PLEASE NOTE THAT SUNDAY HOURS ARE EFFECTIVE SEPTEMBER 7, 2014 THROUGH MAY 17, 2015.**

### THE WALTER J. GAWRYCH COMMUNITY POOL

IS A STATE OF THE ART AQUATIC FACILITY FEATURING AN 8 LANE, 25-YARD POOL, WITH TWO 1- METER DIVING BOARDS, AND SUPPORT FACILITIES TO ACCOMODATE. THE POOL IS ACCESSIBLE TO THOSE WITH SPECIAL NEEDS AND DISABILITIES. THE POOL IS OPEN TO RESIDENTS OF NORTH HAVEN AND THEIR GUESTS ACCORDING TO THE POSTED SCHEDULE FOR A DAILY FEE OR WITH A YEARLY MEMBERSHIP. **POLICY-ANY CHILD 6 YEARS OF AGE OR IN FIRST GRADE (WHICHEVER COMES FIRST) MUST USE THE APPROPRIATE GENDER LOCKER ROOM. THERE WILL BE LIMITED ACCESS TO THE STAFF LOCKER ROOM. PLEASE REMEMBER THAT THE STAFF LOCKER ROOM IS LIMITED AND CAN NOT ACCOMODATE LARGE NUMBERS. CHILDREN 8 YEARS AND UNDER MUST BE ACCOMPANIED BY AN ADULT IN THE POOL. CHILDREN MUST BE 9 YEARS OLD AND ABLE TO SWIM ONE LENGTH OF THE POOL WITH THE USE OF A FLOATATION DEVICE IN ORDER TO BE LEFT ALONE. NO FOOD OR BEVERAGE (OTHER THAN BOTTLED WATER) IS ALLOWED IN THE POOL FACILITY. THESE AREAS INCLUDE: THE WOMEN'S AND MEN'S LOCKER ROOMS, THE POOL DECK, POOL FOYER, AND THE POOL OFFICE. BATHING CAP POLICY - BATHING CAPS MUST BE WORN IF HAIR IS LONGER THAN ONE'S NECKLINE.**

# YOUTH AQUATIC PROGRAMS

Mail in Registration for NORTH HAVEN RESIDENTS ONLY will be accepted on a first come, first served basis beginning Monday, March 2, 2015. (Postmarked no earlier than February 27, 2015) Walk in Registration begins Monday, March 9, 2015. Non-Resident Registration begins on Monday, March 16, 2015. *Because of limited space it would be in your best interest to pick a second choice. For class confirmation, please include a self-addressed, stamped envelope. **\*\* Please note, if conditions do not permit use of the water, due to unforeseen closures, an on-deck safety lesson will be conducted!*** For an additional \$40.00 non-resident fee plus the program fee, non-residents are eligible for swim lessons and aqua aerobic classes only.



## ALL CHILDREN'S SWIM LESSONS

**SATURDAY CLASSES: APRIL 11 – JUNE 6, 2015**

(7 CLASSES) No class May 2, 23

**TUESDAYS: APRIL 7 – MAY 19, 2015**

(7 CLASSES)



### INTRO LEVEL - (Ages 6 - 36 months) PARENT AND CHILD ENRICHMENT

**FEE:** \$75.00

**SATURDAY**

**TIMES:** 9:45-10:15, 11:30-12:00

**PURPOSE:** Orientation to Aquatic Environment, to create a sound foundation for Aquatic and Safety Skills.

**COURSE CONTENT:** Supported floating and kicking on front and back, arm motions, introduction to breath holding, blowing bubbles and circle time.

### LEVEL I PRESCHOOL - (3 - 5 years old) DEVELOPED FOR THE BEGINNING SWIMMER

**FEE:** \$75.00

**SATURDAY**

**TIMES:** 9:45-10:15, 10:15-10:45,  
10:45-11:15, 12:00-12:30, 12:30-1:00

**TUESDAY**

**TIMES:** 5:30-6:00

**PURPOSE:** To overcome any fears and to work on beginning swimming skills.

**COURSE CONTENT:** Swim belts are worn. Kicking, floating, underarm pulling is taught while child learns to swim independently with the belt. Learn basic safety rules.

### LEVEL I SCHOOL AGE - (5 years and up) DEVELOPED FOR THE FIRST TIME SWIMMER

**FEE:** \$75.00

**SATURDAY**

**TIMES:** 10:15-10:45, 12:00-12:30

**PURPOSE:** To overcome any fears and to work on beginning swimming skills. **TUESDAY** **TIMES:** 5:00-5:30

**COURSE CONTENT:** Swim belts are worn. Kicking, floating, underarm pulling is taught while child learns to swim independently with the belt. Learn basic safety rules.



# YOUTH AQUATIC PROGRAMS

## **LEVEL II PRESCHOOL** - (3 - 5 years) PRIMARY SKILLS

**FEE:** \$75.00

**SATURDAY**

**TIMES:** 9:45-10:15, 10:45-11:15, 12:00-12:30

**TUESDAY**

**TIMES:** 5:00-5:30

**PURPOSE:** To transition swimmers off of floatation devices.

**COURSE CONTENT:** Independent floating and kicking on front and back, locomotion advancement and personal safety. Swim belts are transitional.



## **LEVEL II SCHOOL AGE** - (5 years and up) PRIMARY SKILLS

**FEE:** \$75.00

**SATURDAY**

**TIMES:** 10:15-10:45, 10:45-11:15, 12:00-12:30

**TUESDAY**

**TIMES:** 5:00-5:30

**PURPOSE:** To transition swimmers off of floatation devices.

**COURSE CONTENT:** Independent floating and kicking on front and back, locomotion advancement and personal safety. Swim belts are transitional.

## **LEVEL III PRESCHOOL** - (3 - 5 years) DEVELOPED FOR THE INDEPENDENT SWIMMER

**FEE:** \$75.00

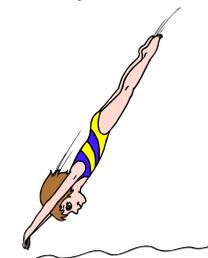
**SATURDAY**

**TIMES:** 12:30-1:00

**PURPOSE:** To develop over arm strokes on front and back and to work towards completing a lap.

**COURSE CONTENT:** Rhythmic breathing, combined stroke on front and back, reaching and extension assists.

**No swim belts are worn.**



## **LEVEL III SCHOOL AGE** - (5 years and up) DEVELOPED FOR THE INDEPENDENT SWIMMER

**FEE:** \$75.00

**SATURDAY**

**TIMES:** 9:45-10:15, 10:45-11:15

**TUESDAY**

**TIMES:** 5:30-6:00

**PURPOSE:** To develop over arm strokes on front and back and to work towards completing a lap.

**COURSE CONTENT:** Rhythmic breathing, combined stroke on front and back, reaching and extension assists.

**No swim belts are worn.**



# YOUTH AQUATIC PROGRAMS

## LEVEL IV - (Ages 5 and up) STROKE READINESS

**FEE:** \$75.00

**SATURDAY**

**TIMES:** 10:15-10:45, 12:30-1:00

**PURPOSE:** Increase swimming skill competency and practice safety skills.

**COURSE CONTENT:** Fundamentals of elementary backstroke, breaststroke kick and continued work on freestyle and backstroke form and endurance. **No swim belts are worn.**



## LEVEL V - (Ages 5 and up) STROKE DEVELOPMENT

**FEE:** \$75.00

**SATURDAY**

**TIMES:** 11:30-12:00, 12:30-1:00

**PURPOSE:** Develop confidence and competency in stroke and safety skills beyond preceding levels.

**COURSE CONTENT:** Dives from the side of the pool. Breaststroke and sidestroke, turns at the wall. Butterfly kick and endurance work. **No swim belts are worn.**

## LEVEL VI - (Ages 6 and up) STROKE REFINEMENT

**FEE:** \$75.00

**SATURDAY**

**TIMES:** 11:30-12:00

**PURPOSE:** Stroke refinement

**COURSE CONTENT:** Continue refinement of front crawl, back crawl, elementary backstroke, breaststroke, and sidestroke. Introduce butterfly, surface and spring board dives. **No swim belts are worn.**



## LEVEL VII - (Ages 8 and up) STROKE PROFICIENCY

**FEE:** \$75.00

**SATURDAY**

**TIMES:** 11:30-12:00

**PURPOSE:** Develop maximum efficiency and endurance for strokes. Introduce surface dives and flip turns.

**COURSE CONTENT:** Approach and hurdle on diving board, tuck and pike surface dives and alternate kicks for treading water. Advanced swim work out. **No swim belts are worn.**



## ADAPTIVE AQUATICS - (Ages 6 mos – 17 yrs)

**FEE:** \$56.00

**SATURDAY**

Swimming for the physically and mentally challenged. Must see the aquatic director, if not previously enrolled in class.

**Times will be assigned prior to the first class.**



# ADULT AQUATIC PROGRAMS

## **ADULT SWIM LESSONS** - (Ages 18 and older)

**FEE:** \$75.00

**DATES:** Wednesdays, April 1 – May 13  
(7 sessions)

**TIME:** 7:00-7:30 p.m.

**BEGINNER COURSE OBJECTIVE:** Tailored to specific student goals such as overcoming fear of water, learning the crawl stroke and self-survival techniques.

**INTERMEDIATE COURSE OBJECTIVE:** To improve stroke, kick and breathing techniques, aerobic improvement and plan workouts for the recreational and competitive swimmer.



## **AQUA ZUMBA®** - (Ages 13 and older)

**FEE:** \$70.00

**DATES:** Mondays & Thursdays, April 2 – May 18  
(14 sessions)

**TIME:** 7:00-7:45 p.m. (Mondays)  
7:15-8:00 p.m. (Thursdays)

**COURSE OBJECTIVE:** Perfect for those age 13 and up looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. **How It Works:** Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! **Benefits:** There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles. **NO SWIMMING EXPERIENCE IS NEEDED.**

## **SENIOR AQUA AEROBICS** - (Ages 60 and older)

**DATES:** Tuesdays & Thursdays

**TIME:** 10:00- 10:55 a.m.

**FEE:** No charge for seniors with a current yearly pool membership. A senior daily pass rate of \$4.00 will be charged to those who do not have a current yearly pool membership.

**COURSE OBJECTIVE:** To increase flexibility and range of motion with the water providing a cushion for joints and bones while exercising the entire body. A fun and challenging workout! NO SWIMMING EXPERIENCE IS NEEDED.

## **SPECIAL NEEDS SWIMMING** - (Ages 18 and older)

**FEE:** \$56.00

**DATES:** Saturdays, April 11 – June 6  
(7 Sessions) **No class 5/2, 5/23**

**COURSE OBJECTIVE** - Swimming for the physically and mentally challenged. Must see the Aquatic Director, if not previously enrolled in class.





# YOUTH PROGRAMS

## GYMNASTICS



**IN ORDER TO FACILITATE THE LEARNING PROCESS, PARENTS ARE ASKED TO USE THE WAITING AREAS LOCATED IN THE MAIN HALLWAY WHILE YOUTH PROGRAMS ARE IN SESSION.** (NOTE: *KINDER KRAFTS, TEENY TOTS, TINY TOTS, TOTS & TUNES, and ULTIMATE BALL TIME DO NOT APPLY*)

**ALL STUDENTS MUST BE IN BARE FEET. LEGGINGS ARE ACCEPTABLE. PLEASE DO NOT WEAR TIGHTS WITH FEET. LOOSE COMFORTABLE CLOTHING OTHER THAN JEANS IS PERMITTED. SHOULDER LENGTH HAIR OR LONGER MUST BE TIED BACK. NO JEWELRY OF ANY KIND PERMITTED.**

### **TUMBLING TWOS** - (2 years old by start of program)

**FEE:** \$56.00

**DATE:** Saturdays, Apr. 11 – May 30

**TIME:** 9:15-10:00 a.m.

**INSTRUCTORS:** Joanne & Brittany Nelson (6 sessions) **No class 5/2, 5/23**

This course is designed to enhance coordination, increase confidence and teach new skills. Participants will be safely introduced to equipment; balance on the beam and swing on the bars. There will be lots of playing with beanbags, balls and even a parachute. **CLASS SIZE IS LIMITED!**

### **TWIRLING THREES** - (3 years old by start of program)

**FEE:** \$56.00

**DATE:** Saturdays, Apr. 11 – May 30

**TIME:** 9:15-10:00 a.m.

**INSTRUCTORS:** Joanne & Brittany Nelson (6 sessions) **No class 5/2, 5/23**

This course is designed to enhance coordination, increase confidence and teach new skills. Participants will be safely introduced to equipment; balance on the beam and swing on the bars. There will be lots of playing with beanbags, balls and even a parachute. **CLASS SIZE IS LIMITED!**

### **FROLICKING FOURS** - (4 years ONLY by start of program)

**FEE:** \$56.00

**DATE:** Saturdays, Apr. 11 – May 30

**TIME:** 10:15-11:00 a.m.

**INSTRUCTORS:** Joanne & Brittany Nelson (6 sessions) **No class 5/2, 5/23**

This course is designed to enhance coordination, increase confidence and teach new skills. Participants will be safely introduced to equipment; balance on the beam and swing on the bars. There will be lots of playing with beanbags, balls and even a parachute. **CLASS SIZE IS LIMITED!**





# YOUTH PROGRAMS

## GYMNASTICS

**IN ORDER TO FACILITATE THE LEARNING PROCESS, PARENTS ARE ASKED TO USE THE WAITING AREAS LOCATED IN THE MAIN HALLWAY WHILE YOUTH PROGRAMS ARE IN SESSION.** (NOTE: *KINDER KRAFTS, TEENY TOTS, TINY TOTS, TOTS & TUNES, and ULTIMATE BALL TIME DO NOT APPLY*)

**ALL STUDENTS MUST BE IN BARE FEET. LEGGINGS ARE ACCEPTABLE. PLEASE DO NOT WEAR TIGHTS WITH FEET. LOOSE COMFORTABLE CLOTHING OTHER THAN JEANS IS PERMITTED. SHOULDER LENGTH HAIR OR LONGER MUST BE TIED BACK. NO JEWELRY OF ANY KIND PERMITTED.**

### **MINI STARS** - (Ages 5 and K)

**FEE:** \$56.00

**DATE:** Saturdays, Apr. 11 – May 30  
(6 sessions) **No class 5/2, 5/23**

**TIME:** 10:15-11:00 a.m.

**INSTRUCTORS:** Joanne & Brittany Nelson

Learn movement and gymnastics skills in this fun-filled class designed to enhance coordination. Basic skills will be safely introduced on balance beam and uneven bars. Tumbling skills will be taught with a focus on technique.

**CLASS SIZE IS LIMITED!**



### **ROLLERS** - (1<sup>st</sup> and 2<sup>nd</sup> Grade)

**FEE:** \$56.00

**DATE:** Saturdays, Apr. 11 – May 30  
(6 sessions) **No class 5/2, 5/23**

**TIME:** 11:15 a.m.-12:00 p.m.

**INSTRUCTORS:** Joanne & Brittany Nelson

This program is designed to enhance self-discipline and safety awareness on apparatus. Basic tumbling, cartwheels, handstands, and more will be taught in this exciting 45-minute class.

**CLASS SIZE IS LIMITED!**

### **TWISTERS** - (3<sup>rd</sup> - 5<sup>th</sup> Grade)

**FEE:** \$56.00

**DATE:** Saturdays, Apr. 11 – May 30  
(6 sessions) **No class 5/2, 5/23**

**TIME:** 11:15 a.m.-12:00 p.m.

**INSTRUCTORS:** Joanne & Brittany Nelson

This course is designed to develop strength, flexibility and grace. Participants will be safely introduced to balance beam and bars, emphasizing skill and technique.

**CLASS SIZE IS LIMITED!**





# YOUTH PROGRAMS

IN ORDER TO FACILITATE THE LEARNING PROCESS, PARENTS ARE ASKED TO USE THE WAITING AREAS LOCATED IN THE MAIN HALLWAY WHILE YOUTH PROGRAMS ARE IN SESSION. (NOTE: KINDER KRAFTS, TEENY TOTS, TINY TOTS, TOTS & TUNES, and ULTIMATE BALL TIME DO NOT APPLY)



## **AFRICAN DANCE** - (Boys and Girls, Ages 6 - 13)

**FEE:** \$105.00

**DATE:** Wednesdays, Apr. 8 – May 13

**TIME:** 5:00-6:00 p.m.

**INSTRUCTOR:** Performing Arts Academy of CT Staff (6 sessions)

African Dance offers a rich cultural heritage in the arts that has long been traditional sources of self-knowledge, community cohesion and spiritual communion. Come learn traditional dances, rhythms from West Africa and at the same time explore the functions of these dances in relationship to your own life. Class warm-up informs African dance technique and includes working on core strength, stretch, stamina, grounding, community building and rhythmic sensibility.

## **BALLET, TAP & CREATIVE MOVEMENT** - (Boys and Girls, Ages 3 - 5)

**FEE:** \$75.00

**DATE:** Saturdays, Apr. 11 – May 30

**TIME:** 10:00-10:30 a.m.

**INSTRUCTOR:** Roxanne Piccerillo-Mongillo (6 sessions) **No class 5/2, 5/23**

This class could be the beginning of your child's dance training. Your child will have the opportunity to try different styles of dancing without the costly expenses that come with private dancing. This program is designed to introduce basic dance skills in Ballet and Tap while learning Creative Movement with their bodies, with emphasis on technique and terminology.

**Class attire: bodysuit, tights, ballet shoes, tap shoes, and a water bottle. CLASS SIZE IS LIMITED!**



## **DRAWING** - (Boys and Girls, Ages 5 - 12)

**FEE:** \$105.00

**DATE:** Mondays, Apr. 6 – May 11

**TIME:** 5:00-6:00 p.m.

**INSTRUCTOR:** Performing Arts Academy of CT Staff (6 sessions)

Have you ever wanted your own self portrait or even to draw your favorite music artist or sport player? The grid drawing involves drawing on a grid over a reference photo. Focusing on a square at a time until the entire image is transferred. Let's think out of the box and aim to create something stencil like!

## **ENGINEERING FUNDAMENTALS WITH LEGO®** - (Boys and Girls, Ages 6 - 10)

**FEE:** \$110.00

**DATE:** Tuesdays, Mar. 10 – Apr. 21

**TIME:** 5:00-6:30 p.m.

**INSTRUCTOR:** Play-Well TEKologies Staff (6 sessions) **No class 4/14**

Power up your engineering skills with Play-Well TEKologies and over 100,000 pieces of LEGO®! Apply real-world concepts in physics, engineering and architecture through engineer-designed projects such as arch bridges, skyscrapers, motorized cars and the Battletrack! Design and build as never before and explore your craziest ideas in a supportive environment. An experienced instructor will challenge new and returning students to engineer at the next level.



# YOUTH PROGRAMS

IN ORDER TO FACILITATE THE LEARNING PROCESS, PARENTS ARE ASKED TO USE THE WAITING AREAS LOCATED IN THE MAIN HALLWAY WHILE YOUTH PROGRAMS ARE IN SESSION. (NOTE: KINDER KRAFTS, TEENY TOTS, TINY TOTS, TOTS & TUNES, and ULTIMATE BALL TIME DO NOT APPLY)



## **FASHION DESIGN** - (Boys and Girls, Ages 5 - 12)

**FEE:** \$105.00

**DATE:** Mondays, Apr. 6 – May 11

**TIME:** 6:00-7:00 p.m.

**INSTRUCTOR:** Performing Arts Academy of CT Staff (6 sessions)

Students will learn about the Fashion "Do's and Don'ts" and how to dress accordingly for different occasions. Students will also be creating their own unique outfits on a mannequin and will style their mannequin differently for each occasion assigned.

## **HIP-HOP** - (Boys and Girls, Ages 3 - 5)

**FEE:** \$75.00

**DATE:** Saturdays, Apr. 11 – May 30

**TIME:** 10:45-11:15 a.m.

**INSTRUCTOR:** Roxanne Piccerillo-Mongillo (6 sessions) **No class 5/2, 5/23**

"Come experience the Fun of Dance" with Miss Roxie of Dance Productions. Learn the newest moves of Hip-Hop and the fundamentals of dance while promoting self-confidence. Emphasis will be on style, technique, and terminology while acquiring basic dance skills. This class is designed to introduce basic dance skills in Hip-Hop. Don't miss out on all the fun. See you in class! **Class attire: dance wear, sneakers, and water bottle. CLASS SIZE IS LIMITED!**



## **HIP-HOP** - (Grades 1 - 8)

**FEE:** \$95.00

**DATE:** Tuesdays, Apr. 7 – May 19

**TIME:** 5:30-6:15 p.m.

**INSTRUCTOR:** Roxanne Piccerillo-Mongillo (6 sessions) **No class 4/14**

"Come experience the Fun of Dance" with Miss Roxie of Dance Productions. Learn the newest moves of Hip-Hop and the fundamentals of dance while promoting self-confidence. Emphasis will be on style, technique, and terminology while acquiring basic dance skills. This class is designed from beginner to the advanced dancer. Don't miss out on all the fun. See you in class! **Class attire: dance wear, sneakers, a water bottle, and a hand towel. CLASS SIZE IS LIMITED!**

## **KINDER DANCE** - (Ages 3 - 5)

**FEE:** \$75.00

**DATE:** Thursdays, Apr. 9 – May 21

**TIME:** 5:00-6:00 p.m.

**INSTRUCTOR:** Francine Mira

(6 sessions) **No class 4/16**

Kinderdance® is a planned developmental dance/movement and fitness program taught in 3 levels, teaching the basics of **Ballet, Tap, Acrobatics, Motor Skills and Creative Movement** while blending educational concepts. Progress reports are given after each level is completed. All classes are taught by certified Kinder Dance franchisees/teachers.



# YOUTH PROGRAMS



IN ORDER TO FACILITATE THE LEARNING PROCESS, PARENTS ARE ASKED TO USE THE WAITING AREAS LOCATED IN THE MAIN HALLWAY WHILE YOUTH PROGRAMS ARE IN SESSION. (NOTE: KINDER KRAFTS, TEENY TOTS, TINY TOTS, TOTS & TUNES, and ULTIMATE BALL TIME DO NOT APPLY)

## **LITTLE SCIENTISTS** - (Boys and Girls, Ages 3 - Grade 5)

**FEE:** \$113.00                      **DATE:** Thursdays, Apr. 9 – May 21                      **TIME:** 4:00-4:45 pm (Age 3 - Grade 2)  
**INSTRUCTOR:** Little Scientists Staff                      (6 sessions) **No class 4/16**                      5:00-5:45 pm (Grades 3 - 5)

Little Scientists is an exciting hands-on / minds-on, inquiry-based, science program. Little Scientists has created over 450 science lessons that allow children in Pre-K through 5th Grade to explore many exciting science topics. Our programs include 45-minute classes that incorporate multiple experiments during each class, along with innovative, age-appropriate science curriculum. Each class also includes a home /school component that provides parents the opportunity to follow what their children have learned. For additional information, please visit our website at [www.little-scientists.com](http://www.little-scientists.com).

## **PRESCHOOL PLAYTIME – – CARS, TRUCKS, TRAINS & DINOSAURS** - (Boys and Girls, Ages 3 - 5)

**FEE:** \$46.00                      **DATE:** Wednesdays, Apr. 8 – May 20                      **TIME:** 10:00-10:45 a.m.  
**INSTRUCTOR:** Stephanie Cerrato                      (6 sessions) **No class 4/15**

Come spend an hour with your new friends. The children will enjoy a fun-filled hour of craft, reading and movement, and engage in Spring themed activities. This class is to allow the children who are not in a day-care or nursery-school setting the opportunity to positively interact with other children. **Only children registered for Preschool Playtime may participate. Sign up early! CLASS SIZE IS LIMITED!**



## **PUPPETRY** - (Boys and Girls, Ages 6 - 12)

**FEE:** \$105.00                      **DATE:** Wednesdays, Apr. 8 – May 13                      **TIME:** 6:00-7:00 p.m.  
**INSTRUCTOR:** Performing Arts Academy of CT Staff                      (6 sessions)

Puppetry is a form of theatre or performance that involves the manipulation of puppets. The children will learn the basics of puppetry. This class is a great introduction to the art of puppetry! Each child will enjoy making and creating your their own puppets. **CLASS SIZE IS LIMITED!**

# YOUTH PROGRAMS

## PARENT AND CHILD INTERACTION PROGRAMS

### KINDER KRAFTS - (Ages 2 - 5 yrs. w/parent)

**FEE:** \$45.00

**DATE:** Mondays, Apr. 6 – May 18

**TIME:** 10:45-11:30 a.m.

**INSTRUCTOR:** Stephanie Cerrato

(6 sessions) **No class 4/13**

Take some time to be with your child and meet other parents and their children. Make a different craft each week to take home. Music and play will be included where time allows. Look for this program in our art section as an independent class for older children. **Parents must accompany Kinder Krafts participants. Only children registered may participate.**

### TEENY TOTS - (Ages 18 - 24 months w/parent)

**FEE:** \$38.00

**DATE:** Tuesdays, Apr. 7 – May 19

**TIME:** 10:00-10:45 a.m.

**INSTRUCTOR:** Stephanie Cerrato

(6 sessions) **No class 4/14**

An introduction to rhythmic movement, balance and socialization skills. Each class begins with 15-20 minutes of free play followed by circle time, marching to music, parachute games, and a weekly activity. **Parents must accompany Teeny Tot participants. Only children registered may participate.**

### TINY TOTS - (Ages 24 - 36 months w/parent)

**FEE:** \$38.00

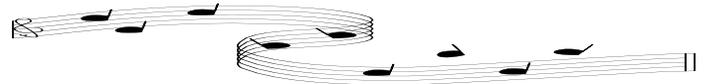
**DATE:** Tuesdays, Apr. 7 – May 19

**TIME:** 10:45-11:30 a.m.

**INSTRUCTOR:** Stephanie Cerrato

(6 sessions) **No class 4/14**

An introduction to rhythmic movement, balance and socialization skills. Each class begins with 15-20 minutes of free play followed by circle time, marching to music, parachute games, and a weekly activity. **Parents must accompany Tiny Tot participants. Only children registered may participate.**



### TOTS AND TUNES - (Ages 1 - 5 w/parent)

**FEE:** \$38.00

**DATE:** Mondays, Apr. 6 – May 18

**TIME:** 10:00-10:30 a.m.

**INSTRUCTOR:** Stephanie Cerrato

(6 sessions) **No class 4/13**

Tots and Tunes offers **young children and their parents** the opportunity to learn, create, and respond to music. Classes provide fun-filled opportunities to explore music through nursery rhymes, finger games, traditional and international songs, holiday themes, and more. Through music, a child can increase his or her vocabulary, develop natural rhythm, define motor and communication skills, enhance natural talent and ability, and bolster creativity while encouraging self-expression and group participation. Tots and Tunes will increase your child's appreciation for music. **Parents must accompany Tots and Tunes participants. Only children registered may participate.**

### ULTIMATE BALL TIME - (Ages 2 - 5 w/parent)

**FEE:** \$42.00

**DATE:** Thursdays, Apr. 9 – May 21

**TIME:** 10:00-10:45 a.m.

**INSTRUCTOR:** Stephanie Cerrato

(6 sessions) **No class 4/16**

Come and have fun with your child! In this informal introduction to the basics of fun in sports, your preschooler will play with soccer balls, nerf balls, kick balls and even mini basketballs. There is bound to be lots of running, kicking and bouncing! You will laugh with your child as they learn about balance, hand-eye coordination and team work. **Parents must accompany Ultimate Ball Time participants. Only children registered may participate.**



# YOUTH PROGRAMS

## SPORTS

### **AFTER SCHOOL SPORTS WITH FUN SPORTZ AMERICA** - (Boys and Girls, Grades 1 - 5)

**FEE:** \$90.00

**DATE:** Mondays, Apr. 6 – May 18

**TIME:** 5:00-5:45 p.m.

**INSTRUCTOR:** Fun Sportz America Staff (6 sessions) **No class 4/13**

Come and join Fun Sportz America in this fun-filled, after-school activity! The children will be introduced to different sports during this session. Instruction will be given in each sport covered, followed by game play. The children will be divided into groups based on age and ability. Children must wear sneakers and should bring a bottle of water for this program.

**CLASS SIZE IS LIMITED!**



### **CHEER AND TUMBLE** - (K - 5<sup>th</sup> Grades)

**FEE:** \$100.00

**DATE:** Tuesdays, Apr. 7 – May 19

**TIME:** 5:00-6:00 p.m.

**INSTRUCTOR:** Spirit Zone Staff (6 sessions) **No Class 4/14**

Cheer & Tumble is great fun! Cheer loud, jump high, tumble and shine! This class is designed for kids in grades K-5 looking for the all-around cheerleading experience. Whether you're a beginner or possess existing skills, athletes will learn cheers, jump technique and beginner tumbling tricks. Open to girls and boys. Instructors are staff from Spirit Zone in Hamden and are certified by the US All-Star Federation, trained in First Aid and CPR. Please email Robin Coe at [CheerCoachRC@aol.com](mailto:CheerCoachRC@aol.com) for more information.

### **FUN SPORTZ AMERICA APRIL VACATION CAMP** - (Boys and Girls, Age 4 at start of camp through 6<sup>th</sup> Grade)

**FEE:** \$165.00

**DATE:** Mon. – Fri., Apr. 13 – Apr. 17

**TIME:** 9:00 a.m.-3:00 p.m.

**INSTRUCTOR:** Fun Sportz America Staff (5 sessions)

Fun Sportz America Camp will feature the patented Batter Up USA, Floor Hockey USA, Soccer Time USA and a football program, along with group games, sport specific drill work and conditioning drills. Qualified instructors and educators will be there every step of the way, as your child gains confidence and self-esteem. This camp is the ideal way to expose your child to a variety of sports in a short period of time while taking out the competitive pressure and putting in the fun! Physical education experts and high school coaches from the New Haven area will run this fun-filled, sports experience. Each camper will receive a Fun Sportz America T-shirt and trophy for their participation in the program. Space is limited!! Fun Sportz America April Vacation Camp will be held on the Recreation Field and in the Recreation Center Gym. **Children should bring a bagged lunch and a water bottle.**

### **HOOPS ACADEMY** - (K - 2nd Grade)

**FEE:** \$40.00

**DATE:** Thursdays, Apr. 9 – May 21

**TIME:** 7:00-7:45 p.m.

**INSTRUCTOR:** Jodi Rooney (6 sessions) **No class 4/16**

During this session, your child will focus on the fundamentals of basketball. Instruction will be given on dribbling, passing, shooting and defense. The beginning of each class will begin with warm-up exercises. Please make sure each child wears sneakers and brings a water bottle.





# YOUTH PROGRAMS SPORTS



## **LEARN TO SKATE** - (Ages 3 to Adult)

**FEE:** \$135.00

**INSTRUCTOR:** Northford Ice Pavilion Staff

**DATE:** Fridays, May 1 – June 19  
(8 sessions)

**TIME:** 5:30-6:30 p.m.  
**LOCATION:** Northford Ice Pavilion  
Northford, CT

This Learn to Skate program will introduce your child or yourself to the basics of ice skating. Group placement is made according to age and ability. The first lesson will be an evaluation of skaters' ability, arranging of classes, and the proper placement of skaters. Some changes in placement may also be made during class if needed. Teachers will be available after class to discuss any questions or comments you may have regarding your child's progress. The rental of skates is included for each lesson.

**In case of inclement weather, the class will be canceled by the Northford Ice Pavilion Staff. You can contact the Northford Ice Pavilion at 203-484-4054.**

## **LIL' SPORTZ** - (Boys and Girls, Ages 3 - 5)

**FEE:** \$90.00

**INSTRUCTOR:** Fun Sportz America Staff

**DATE:** Wednesdays, Apr. 8 – May 20  
(6 sessions) **No class 4/15**

**TIME:** 4:00-4:45 p.m.

Come and join Fun Sportz America in this fun-filled, after-school activity! The children will be introduced to different sports during this session. Instruction will be given in each sport covered, followed by game play. The children will be divided into groups based on age and ability. Children must wear sneakers and should bring a bottle of water for this program.

**CLASS SIZE IS LIMITED!**

## **TAEKWON - DO** - (Ages 6 - 12)

**FEE:** \$70.00

**INSTRUCTOR:** John Bashta

**DATE:** Mondays, Apr. 6 – May 18  
(6 sessions) **No class 4/13**

**TIME:** 6:00-7:00 p.m.

Bashta's Martial Arts holds the philosophy that you cannot know where you are going if you do not know where you've been. Our introductory program is designed for children between the ages of 6 and 12. While learning the fundamental kicks, strikes and blocks, the student will also be learning balance and coordination. We strive to instill in all our students the old-world values of respect and discipline, while teaching self-defense and building self-esteem in a fun and exciting atmosphere.

## **TODDLER HOOPS** - (Ages 3 - 4)

**FEE:** \$40.00

**INSTRUCTOR:** Jodi Rooney

**DATE:** Thursdays, Apr. 9 – May 21  
(6 sessions) **No class 4/16**

**TIME:** 6:00-6:45 p.m.

Toddler Hoops will introduce your child to the sport of basketball and prepare them for more organized basketball.

Instruction will be given on dribbling, passing, shooting, catching and defense. Each class will begin with warm-up exercises.

**Please make sure each child wears sneakers and brings a water bottle.**



## **ZUMBA® KIDS** - (Ages 7 - 11)

**FEE:** \$50.00

**INSTRUCTOR:** Joy Hutson

**DATE:** Mondays, Apr. 6 – May 18  
(6 sessions) **No class 4/13**

**TIME:** 6:00-6:45 p.m.

Perfect for our younger Zumba® fans! Kids 7-11 years old get the chance to be active and jam out to their favorite music.

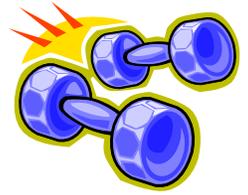
**How It Works:** Zumba® Kids classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure.

**Benefits:** Helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun. Classes incorporate key childhood development elements like leadership, respect, team work, confidence, self-esteem, memory, creativity, coordination, and cultural awareness.



# ADULT PROGRAMS

## FITNESS/SPORTS



### ADULT TAEKWON - DO – (13 years and older)

**FEE:** \$70.00

**DATE:** Mondays, Apr. 6 – May 18

**TIME:** 7:00-8:00 p.m.

**INSTRUCTOR:** John Bashta (6 sessions) **No class 4/13**

At Bashta's Martial Arts, our adult program is specially designed for students 13 years and older. Through our innovative program, students will learn the fundamental kicks, strikes and blocks while building flexibility and cardiovascular health. Our program is a great way to reduce stress and maintain overall wellness. Whether you are looking to embark on a life-long journey through the martial arts or simply to relieve tension and get fit, Bashta's Martial Arts has something for you!

### FITNESS FUN - (Ages 18 and older)

**FEE:** \$66.00

**DATE:** Mon. /Wed. /Fri., April 6 – June 12

**TIME:** 10:00-11:00 a.m.

**INSTRUCTOR:** Robin Gribben (29 sessions) **No class 5/25**

Fitness Fun is a great way to get moving! This is an easy class that anyone can do. Fitness Fun is low impact aerobics. During this class, we will tone all those hard to get areas using weights and bands. Participants will be introduced to some Yoga and Pilates moves as well. You will leave this class feeling better than you did before you came!

### MULAN CHUAN – (16 years and older)

**FEE:** \$43.00

**DATE:** Thursdays, Apr. 9 – May 21

**TIME:** 6:00-7:30 p.m.

**INSTRUCTOR:** Jichun Sun (6 sessions) **No class 4/16**

or

**DATE:** Saturdays, Apr. 11 – May 30

**TIME:** 10:00-11:30 a.m.

(6 sessions) **No class 5/2, 5/23**



Inspired by traditional and classical movements from theater, dance, and the martial arts, Mulan Chuan is modern China's movement art form. The physicality draws upon chivalrous grace and peaceful strength and is marvelous for achieving good health and inner balance. Stately swords and fluttering fans are used in Mulan Chuan, but the practitioners are everyday folk – male, female, young and old – proving to themselves that legends come alive. No wonder Mulan Chuan's popularity has spread from Shanghai, where it started during the 1970s, throughout China and across the oceans to Europe, Southeast Asia and the Americas.

Jichun Sun was born in 1962 in Hubei Province, China. She is an acclaimed performer and practitioner of Mulan Chuan. Since 2011, she has taught at the Southern Connecticut Chinese School at SCSU. Her classes are dynamic, yet relaxed and convivial. Drawing upon her distinguished background in classical Chinese dance and opera, she imparts a rigorous sense of drama and finesse to every movement. She has studied opera and dance since she was 13 years old. As a professional drama actor, she has performed with both the Hubei Opera and the Beijing Opera. In 1976, she also started directing and producing opera and dance performances. In the early 1990s, she began studying Mulan Chuan and eventually became a senior coach of Chinese Mulan Dance. After moving to the United States, she established the Chinese Mulan Art Institute in the United States. In addition to teaching, she also continues to perform Mulan Chuan throughout Connecticut in public libraries, universities and schools, and especially during the Chinese New Year celebrations. Jichun's classes are open to anyone, male or female, 16 years of age or older, regardless of whether they have studied dance before. Students should wear loose comfortable clothing and sneakers or dance shoes.

### YOGA - (Ages 16 and older)

**FEE:** \$93.00

**DATE:** Mondays & Wednesdays, Apr. 6 – May 20

**TIME:** 6:00-7:00 p.m.

**INSTRUCTOR:** Shauna Kiley (13 sessions) **No class 5/6**

Relax and rejuvenate your body and mind through the practice of Yoga. Be prepared to break a sweat while increasing strength, balance, flexibility, and reducing stress. This beginner class is suitable for those new to Yoga and open to all skill levels. This Intermediate/Vinyasa-style class is focused on breathing and moving in a gentle flow. Shauna Kiley has been working in the Health and Wellness industry for the past 6 years as a nutritionist. She holds an A.S. and B.S. in Nutrition, as well as an M.S. in Healthcare Administration. Please wear loose and comfortable clothing. Yoga mat needed.





# YOUTH PROGRAMS INDEPENDENT LEAGUES



## **NORTH HAVEN GIRLS SOFTBALL** – **REGISTRATION DATES at the Recreation Center:**

Saturday, Feb 28, 2014, 9:00 a.m. – 11:00 a.m

Saturday, March 7, 2014, 9:00 a.m. – 11:00 a.m.

- FEE:** T-Ball - \$60.00
- Ponytail - \$125.00
- Junior's - \$125.00
- Middle School - \$125.00
- Senior's - \$125.00

\$10.00 deduction for each additional child  
\$20.00 late fee after March 7th

This independent organization will offer softball instruction and league games for those PK - 12 grades. Practices begin April 28, 2014. Softball season runs from the middle of May to July 31st. Opening Day is Saturday, May 16th, details to follow. Detailed information will be distributed through the schools. Make checks payable to: NHGSL. (Tickets to the banquets will be available during the softball season.)

QUESTIONS REGARDING REGISTRATION, AND/OR WISH TO VOLUNTEER, YOU MAY EMAIL:

[NHGirlsSoftballLeague@gmail.com](mailto:NHGirlsSoftballLeague@gmail.com). Visit our website for additional information regarding registration at [www.nhgs.com](http://www.nhgs.com)  
(Registration for North Haven Girls Softball League does not go through the Recreation Center.)

## **NORTH HAVEN SOCCER CLUB-**

Youth Soccer is played in North Haven late in March through June. The KickStart Clinic plays on Saturday mornings and Wednesday evenings for 1 hour. The U-8 Division plays on Saturdays. The U-10 Division boys and girls play on Saturday afternoons. Age groups are as follows:

<u>LEVEL</u>	<u>BIRTHDATE</u>
U-4 CLINIC	Aug 1, 10-July 31, 11
U-5/6 CLINIC	Aug. 1, 09-July 31, 10
U-8 DIVISION	Aug 1, 06-July 31, 08
U-10 DIVISION	Aug 1, 04-July 31, 06
U-11 DIVISION	Aug. 1, 03-July 31, 04
U-12 DIVISION	Aug 1, 02-July 31, 03
U-13 DIVISION	Aug 1, 01-July 31, 02
U-14 DIVISION	Aug 1, 00-July 31, 01
U-15 DIVISION	Aug 1, 99-July 31, 00
U-16 DIVISION	Aug 1, 98-July 31, 99
U-17 DIVISION	Aug 1, 97-July 31, 98
U-18 DIVISION	Aug 1, 96-July 31, 97
U-19 DIVISION	Aug 1, 95-July 31, 96

FOR MORE INFORMATION OR QUESTIONS REGARDING REGISTRATION, CONTACT: [www.northhavensoccerclub.org](http://www.northhavensoccerclub.org)  
nhscadmin@comcast.net

(Registration for North Haven Soccer Club does not go through the Recreation Center.)

PLEASE NOTE THAT ALL INFORMATION IS SUBJECT TO CHANGE

# YOUTH/ADULT PROGRAMS

## SPORTS

### INDEPENDENT LEAGUES/CLUBS

#### ADULT SOFTBALL LEAGUES -

Beginning in the spring, the softball league is open to **Resident, Non-Resident** and **company** teams as follows:

Monday Evening – Men’s League  
Wednesday Evening – Men’s League

<b>REGISTRATION DATES:</b>	<b>Returning Resident Teams-</b>	February 23 <sup>rd</sup>	6:00-7:00 p.m.
	<b>Returning Non-Resident Teams-</b>	February 23 <sup>rd</sup>	7:00-8:00 p.m.
	<b>New Resident Teams-</b>	February 26 <sup>th</sup>	6:00-7:00 p.m.
	<b>New Non-Resident Teams-</b>	February 26 <sup>th</sup>	7:00-8:00 p.m.

All leagues are A.S.A. registered. The season will run from mid-April into mid/late July. You will play at least a 16-game season. Many forms, applications, and affidavits must be completed. Last season’s managers will be notified by mail of the date of the first meeting. All others should contact the Recreation Office or email [bimonte.john@town.north-haven.ct.us](mailto:bimonte.john@town.north-haven.ct.us). (**ALL INFORMATION IS SUBJECT TO CHANGE.**)

#### HAMDEN/NORTH HAVEN SWIM CLUB -

HNHS offers US Swimming training and competition year round. Levels of instruction and training are based on the swimmer’s individual needs and ability. The basic goal is to help each swimmer obtain fundamentals in swimming mechanics, technique, and training. Swimmers ages 5 through 18 are invited to try out. Swimmers are placed in groups based on their skill level.

The spring clinic will run April 13 through June 15. There are no swim meets for the clinic swimmers.

Tryouts will be April 8 for new swimmers only.

For more information, please contact head coach Rick Lucan at 203-494-9847.



#### PETER'S ROCK ASSOCIATION -

The Peter's Rock Association is dedicated to promoting, maintaining and preserving Peter's Rock Park located on Middletown Avenue behind First Fuel Gas Station. It is open to all interested in hiking or helping in any manner. Watch the local papers for scheduled clean-ups and trail maintenance days or visit us at [www.petersrockassociation.org](http://www.petersrockassociation.org).

## INSTRUCTORS WANTED!!

The North Haven Department of Community Services & Recreation is looking for new class ideas and qualified instructors. If you have a special skill or talent or just a suggestion for a new class, please contact our staff at the Recreation Center.

# **NORTH HAVEN SPECIAL OLYMPICS**

## **SPONSORED BY DEPT. OF COMMUNITY SERVICES & RECREATION**

**NORTH HAVEN SPECIAL OLYMPICS** – The mission of North Haven Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them opportunities to develop physical fitness, demonstrate courage, experience joy and friendship with their families, other Special Olympians and the community. (All sports programs consist of team format competitions, as well as individual skill development competitions. Players are assigned to either the team or individual formats based on ability. Dates for regional and state competitions will be provided at the beginning of each sport season.)

**TRACK AND FIELD** - (Ages 8 years and older)

**FEE:** \$10.00

**DATE:** Sundays, March 15- May 31

**TIME:** 1:00- 2:30 p.m.

**SWIMMING** - (Ages 8 years and older)

**FEE:** \$10.00

**DATE:** Tuesdays, April 7- June 2

**TIME:** 6:00-7:00 p.m.

**For only the swim team entering into the Olympic Competition at SCSU on June 6<sup>th</sup> and 7<sup>th</sup>.**

**PLEASE NOTE: REGISTRATION FOR SUMMER GAMES (UNIFIED SOFTBALL, GOLF, UNIFIED CROQUET) IS WEDNESDAY, MAY 20, 6:00 PM.**

# NORTH HAVEN SPECIAL OLYMPICS

## SPONSORED BY DEPT. OF COMMUNITY SERVICES & RECREATION

### **VOLUNTEER OPPORTUNITIES (UNIFIED SPORTS)** - (Ages 12 years and older)

Unified Sports is a program that combines approximately equal numbers of individuals with and without intellectual disabilities on the same sport team for training and competition. Unified Sports is an important program because it expands sports opportunities for athletes and volunteers wanting to seek new challenges. In addition, Unified Sports helps break down barriers that have historically kept people apart.

Teams are constructed in such a way as to provide training and competition opportunities that meaningfully challenge all athletes. These opportunities often lead to improved sports skills, higher self-esteem, equal status with peers and new friendships.

Track and Field: Sundays, March 15 – May 31

**TIME:** 1:00-2:30 p.m.

Unified Softball: July – September

**TIME:** 6:00-7:00 p.m.

Unified Basketball: September – December

**TIME:** 6:30- 8:00 p.m.

### **COACHING** - (Ages 18 years and older)

We are always looking for new coaches in the sports we offer. You do not need to have experience working with individuals with intellectual disabilities. Training and support will be provided. You must have experience in sports you want to coach.



# ADAPTIVE RECREATION

To be added to our mailing list, please call 203-239-5321, ext. 530 or email [recreation@town.north-haven.ct.us](mailto:recreation@town.north-haven.ct.us)

## **ADULT SOCIAL NIGHT** -

Varied social activities for adults who have a developmental disability. A detailed flyer with further information will be available in April. The flyer will be mailed to those on our mailing list. Otherwise, you may stop by and pick one up or call to be added to the mailing list.

## **HIP-HOP** - (Ages 16 years and older)

**FEE:** \$40.00

**DATE:** Tuesdays, Apr. 7 – May 19  
(6 sessions) **No class 4/14**

**TIME:** 6:15-7:00 p.m.

**INSTRUCTOR:** Roxanne Piccerillo-Mongillo

“Come experience the Fun of Dance” with Miss Roxie of Dance Productions. Learn the newest moves of Hip-Hop and the fundamentals of dance while promoting self-confidence. Emphasis will be on style, technique, and terminology while acquiring basic dance skills. This class is designed to introduce basic dance skills in Hip-Hop. Don’t miss out on all the fun. See you in class! **Class attire: dance wear, sneakers, and water bottle. CLASS SIZE IS LIMITED!**

**SPECIAL NEEDS BOWLING** - Dates for Special Needs Bowling at Colony Lanes in Wallingford will be available on a flyer at a later date.



# SPECIAL EVENTS

## EASTER EGGSTRAVAGANZA -

March 28 (Rain or Shine) 10:30 a.m. – 12:00 p.m.

**COME AND JOIN THE FUN!!!**

(Pre-K thru Fifth Grade)

**Have your picture taken with the Easter Bunny with a voluntary donation of \$1.00 to help offset the cost of the event.**

**Pictures with the Easter Bunny** 10:30 a.m. – 12:00 p.m.

**Easter Top Hat Contest/Easter Bonnet Contest**

**Category #1 Pre-K & Kindergarten** 10:45 a.m.

**Category #2 First & Second Grade** 10:45 a.m.

**Jelly Bean Guess** 10:30-11:15

**Raffle** (winners will be announced at 11:15) 10:30-11:15

**Face Painting** 10:30-11:15

## **SPECIAL ENTERTAINMENT**

**11:15 a.m. – 12:00 p.m.**



## 22<sup>nd</sup> ANNUAL FISHING DERBY -

**FEE:** None (\$10.00 non-resident)

**DATE:** Saturday, May 2

**TIME:** Check in 7:00 a.m.

**LOCATION:** Sinoway Pond – Upper State Street

Come one, come all!!! Get hooked on fishing. Join us at our 22<sup>nd</sup> annual Fishing Derby. Bring the family and enjoy. You will fall hook, line and sinker for this catch of the day. Prizes for the biggest fish, most fish (state limit of five) and first fish caught will be awarded. A casting contest is held, and there will also be plenty of raffle prizes. **Call the info-line at 234-2535, if the weather is questionable. PRE-REGISTRATION IS REQUIRED – SPACE IS LIMITED!!!!!!!!!!!!**

**\*MORE INFORMATION AVAILABLE AT THE RECREATION OFFICE**

**GENERAL REGISTRATION FORM**

- 1. Mail the completed registration form to Dept. of Community Services & Recreation, 7 Linsley Street, North Haven, CT 06473 and make the check(s) payable to: Treasurer, Town of North Haven.
- 2. Complete all the information requested. **(Incomplete registration forms will be returned.)**
- 3. Include a separate check for each participant and each program.
- 4. **Proof of residency must be provided with the completed registration form each time you register:** copy of a current driver's license, real estate tax bill, lease or mortgage, or two recent utility bills with name and address. (P.O. Box address is not acceptable.)
- 5. **Include proof of age for all youth programs.** If you are sure your child's birth certificate is on file with the department, you do not need to send one with your registration. If you are unsure, send a copy and we will put it on file.
- 6. **REGISTRATION FORMS MUST BE SIGNED BY PARTICIPANT OR PARENT (GUARDIAN) IF PARTICIPANT IS UNDER 18 YEARS OF AGE.**
- 7. It is recommended that a second choice of programs and or times be included, especially for pool programs. For class confirmation, please include a self-addressed, stamped envelope.
- 8. **More detailed registration information is located in the front section of the brochure.**

**MAIL – IN REGISTRATION FORM**

PARTICIPANT'S NAME \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_ AGE \_\_\_\_\_ PHONE (h) \_\_\_\_\_ (w) \_\_\_\_\_

ADDRESS \_\_\_\_\_ TOWN & ZIP CODE \_\_\_\_\_

PROGRAM/TRIP:  
1<sup>ST</sup> CHOICE \_\_\_\_\_ DAY \_\_\_\_\_ TIME \_\_\_\_\_

2<sup>ND</sup> CHOICE \_\_\_\_\_ DAY \_\_\_\_\_ TIME \_\_\_\_\_

**WAIVER HOLD HARMLESS**

The undersigned individual and/or as parent or guardian of the above named child do hereby agree to waive, release, and hold harmless the Town of North Haven and its agents and employees from any and all causes of action including personal injury and property damage. The North Haven Recreation Department may videotape or take pictures of participants enrolled in recreation activities, classes or programs. These photos and/or videotapes may be used for promotional purposes. I will allow my child's name, likeness and photographs for the purposes of publicity in any media.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

**DID YOU INCLUDE THE FOLLOWING?**

SEPARATE CHECKS \_\_\_\_\_ PROOF OF RESIDENCY \_\_\_\_\_ PROOF OF AGE \_\_\_\_\_ SIGNED WAIVER \_\_\_\_\_ 2<sup>ND</sup> CHOICE \_\_\_\_\_

OFFICE USE ONLY \_\_\_\_\_

CHECK# \_\_\_\_\_

RECEIPT# \_\_\_\_\_

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