Town of North Haven
Dept. of Community Services and Recreation

RECREATION & POOL PROGRAM REGISTRATION

Resident Mail In – November 30
(postmark no earlier than November 27)

Resident Walk In – December 7

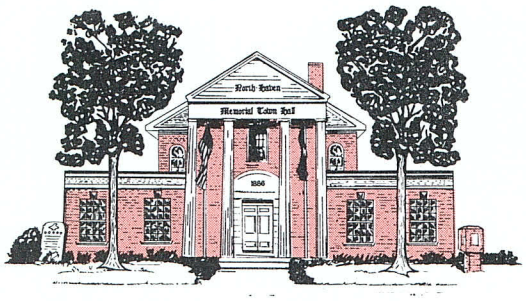
Non-Resident – December 14
(Eligible for swim lessons and aqua aerobics only.)

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

recreation@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

Winter 2015-2016

Dear Friends,

The weather outside may be frightful, but the Department of Community Services and Recreation has some delightful seasonal activities and events for you and your family to enjoy this season.

You can keep warm this chilly winter by signing up for a fitness class. The Department offers swim lessons, dance classes, tae-kwon-doe, and many more. Don't let Jack Frost nip at your nose, stay inside and active with our Department.

The Department is also excited to continue to host the Annual Tree Lighting on the Town Green to be held on Sunday, December 6th. Get into the holiday spirit and sign your children up for Santa Calls and Letters to Santa. It's the most wonderful time of the year, and we hope you share it with us.

I wish you all the very best this winter. May you be surrounded by loved ones and good times this holiday season. Be sure to take advantage of our Department of Community Services and Recreation's programs and sign up early to save your spot to ensure this season will bring you and your family tidings of comfort and joy.

Warm Regards,

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
NEIL TOTI, 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:
WINTER: 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 – November 30
(postmark no earlier than November 27)

Resident Walk In – December 7

Non-Resident – December 14

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/WEBSITE

7 LINSLEY STREET
NORTH HAVEN, CT 06473
TELEPHONE: 239-5321 EXT. 530
www.north-haven.ct.us
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 TO 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:

<u>ANNUAL MEMBERSHIPS</u> (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.**

ADULT SINGLE:	**$85.00 ***
YOUTH SINGLE:	**$75.00 ***
FAMILY OF TWO:	**$125.00 ***
FAMILY OF 3+:	**$145.00 ***
SENIOR SINGLE:	**$40.00 ***
SR. CITIZEN COUPLE:	**$50.00**

***SENIOR CITIZENS MUST BE 60 YEARS OF AGE.**

***YOUTH SINGLE FOR THOSE 17 AND UNDER.**

***ADULT SINGLE FOR THOSE 18 AND OVER.**

*** FAMILY OF TWO – COUPLE, OR (1) PARENT/GUARDIAN AND A CHILD 17 & UNDER.**

***FAMILY OF 3 OR MORE, ANY COMBINATION OF THE FOLLOWING – 1 OR 2 PARENTS AND OR GUARDIANS AND 1 OR MORE CHILDREN 17 & UNDER.**

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

<u>CORPORATE MEMBER</u>: $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.

<u>NEW MEMBERSHIPS</u> - 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.

<u>RENEWALS</u> - PROCESSED DURING NORMAL BUSINESS HOURS.

DAILY FEES:

ADULT:	**$5.00**
SR. CITIZEN:	**$4.00**
CHILDREN:	**$4.00**
NON-RESIDENT GUEST:	**$10.00**
NON-RESIDENT WORKING FULL TIME IN NORTH HAVEN:	**$12.00**

POOL HOURS: THROUGH JUNE 27, 2016

(SUBJECT TO CHANGE)

OPEN SWIM:	
MONDAY - FRIDAY	11:00-12:30 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.

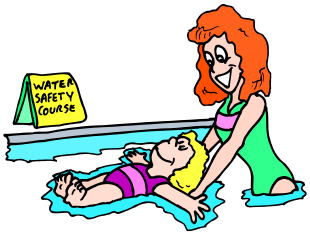
*****PLEASE NOTE THAT SUNDAY HOURS ARE EFFECTIVE SEPTEMBER 13, 2015 THROUGH MAY 22, 2016.**

YOUTH AQUATIC PROGRAMS

Mail in Registration for NORTH HAVEN RESIDENTS ONLY will be accepted on a first come, first served basis beginning Monday, November 30, 2015. (Postmarked no earlier than November 27, 2015) Walk in Registration begins Monday, December 7, 2015. Non-Resident Registration begins on Monday, December 14, 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. <u>**Please note: If conditions do not permit use of the water, due to unforeseen closures, an on-deck safety lesson will be conducted!</u>*** **For an additional $40.00 non-resident fee plus the program fee, non-residents are eligible for swim lessons and aqua aerobic classes only.**

<u>ALL CHILDREN'S SWIM LESSONS</u>

SATURDAYS: JANUARY 9 – FEBRUARY 20, 2016
(7 SESSIONS)

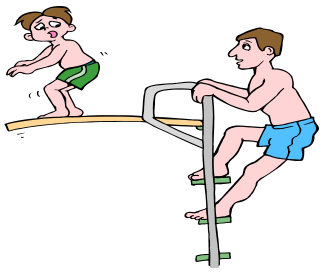


<u>INTRO LEVEL</u> - (Ages 6 - 36 months) PARENT AND CHILD ENRICHMENT
FEE: $75.00 **<u>SATURDAY</u>** **TIMES:** 9:45-10:15, 11:30-12:00
PURPOSE: Orientation to Aquatic Environment, to create a sound foundation for Aquatic and Safety Skills.
COURSE CONTENT: Supported floating and kicking on front and back, arm motions, introduction to breath holding, blowing bubbles and circle time.

<u>LEVEL I PRESCHOOL</u> - (3 - 5 years old) DEVELOPED FOR THE BEGINNING SWIMMER
FEE: $75.00 **<u>SATURDAY</u>** **TIMES:** 9:45-10:15, 10:15-10:45, 12:00-12:30, 12:30-1:00
PURPOSE: To overcome any fears and to work on beginning swimming skills.
COURSE CONTENT: Swim belts are worn. Kicking, floating, underarm pulling are taught while child learns to swim independently with the belt. Learn basic safety rules.

<u>LEVEL I SCHOOL AGE</u> - (5 years and up) DEVELOPED FOR THE FIRST TIME SWIMMER
FEE: $75.00 **<u>SATURDAY</u>** **TIMES:** 10:15-10:45, 12:00-12:30
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.

YOUTH AQUATIC PROGRAMS



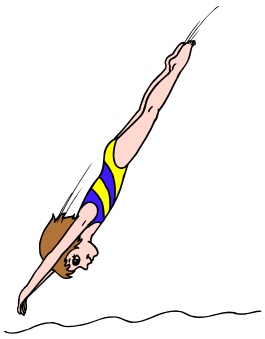
LEVEL II PRESCHOOL - (3 - 5 years) PRIMARY SKILLS
FEE: $75.00 **SATURDAY** **TIMES:** 9:45-10:15, 10:45-11:15, 12:00-12:30
PURPOSE: To transition swimmers off of floatation devices.
COURSE CONTENT: Independent floating and kicking on front and back, locomotion advancement and personal safety. Swim belts 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
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
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.

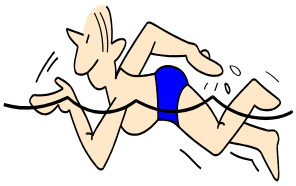
LEVEL IV - (Ages 6 and up) STROKE READINESS
FEE: $75.00 **SATURDAY** **TIMES:** 10:15-10:45, 12:30-1:00
PURPOSE: Increase swimming skill competency and practice safety skills.
COURSE CONTENT: Fundamentals of elementary backstroke, breaststroke kick and continued work on freestyle and backstroke form and endurance. **No swim belts are worn**.



YOUTH AQUATIC PROGRAMS

LEVEL V - (Ages 6 and up) STROKE DEVELOPMENT
FEE: $75.00 **SATURDAY** **TIMES:** 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.**

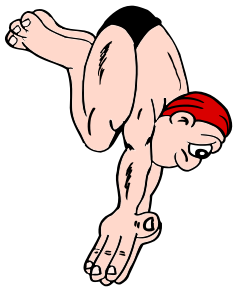
LEVEL VI - (Ages 7 and up) STROKE REFINEMENT
FEE: $75.00 **SATURDAY** **TIME:** 11:30-12:00
PURPOSE: Stroke refinement
COURSE CONTENT: Continue refinement of front crawl, back crawl, elementary backstroke, breaststroke, and sidestroke. Introduce butterfly, surface and spring board dives. No swim belts are worn.



LEVEL VII - (Ages 8 and up) STROKE PROFICIENCY
FEE: $75.00 **SATURDAY** **TIME:** 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 – (6 months – 17 years of age)
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



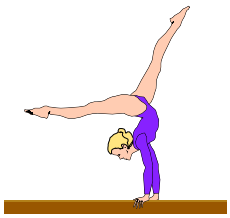
ADULT SWIM LESSONS - (Ages 18 and older)
FEE: $75.00 **DATES:** Wednesdays, Jan. 6 – Feb. 17 **TIME:** 7:00-7:30 p.m.
(7 Sessions)
BEGINNER COURSE OBJECTIVE: Tailored to specific student goals such as overcoming fear of water, learning the crawl stroke and self-survival techniques.
INTERMEDIATE COURSE OBJECTIVE: To improve stroke, kick and breathing techniques, aerobic improvement and plan workouts for the recreational and competitive swimmer.

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, Jan. 9 – Feb. 20
(7 Sessions)
COURSE OBJECTIVE - Swimming instruction followed by open swim for adults who have a developmental disability.
Times will be assigned prior to first 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 by start of program)
FEE: $61.00 **DATE:** Saturdays, Jan. 9 – Feb. 13 **TIME:** 9:15-10:00 a.m.
INSTRUCTORS: Joanne Nelson & Cory Carmen (6 sessions)
This course is designed as an introduction into the world of gymnastics. The children will be safely taught the fun of creative movement through the balance beam, bars, forward rolls, the parachute and much more! **CLASS SIZE IS LIMITED!**

TWIRLING THREES - (3 years by start of program)
FEE: $61.00 **DATE:** Saturdays, Jan. 9 – Feb. 13 **TIME:** 9:15-10:00 a.m.
INSTRUCTORS: Joanne Nelson & Cory Carmen (6 sessions)
This course is designed to enhance coordination, increase confidence and teach new skills. The children will be safely taught the fun of creative movement through balance beam, bars, forward rolls, the parachute and much more! **CLASS SIZE IS LIMITED!**

FROLICKING FOURS - (4 years by start of program)
FEE: $61.00 **DATE:** Saturdays, Jan. 9 – Feb. 13 **TIME:** 10:15 – 11:00 a.m.
INSTRUCTORS: Joanne Nelson & Cory Carmen (6 sessions)
Learn movement and gymnastics skills in this fun-filled class designed to enhance coordination. Basic skills will be safely introduced on the balance beam, vaulting mat and uneven bars. Tumbling skills, including forward rolls and handstands will be taught with a focus on technique. **CLASS SIZE IS LIMITED!**

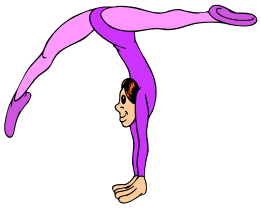
YOUTH PROGRAMS

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.)*

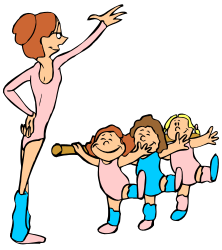
ALL STUDENTS MUST BE IN BARE FEET. LEGGINGS ARE ACCEPTABLE. PLEASE DO NOT WEAR TIGHTS WITH FEET. LOOSE COMFORTABLE CLOTHING OTHER THAN JEANS IS PERMITTED. SHOULDER LENGTH HAIR OR LONGER MUST BE TIED BACK. NO JEWELRY OF ANY KIND PERMITTED.

MINI STARS - (Ages 5 and K)
FEE: $61.00 **DATE:** Saturdays, Jan. 9 – Feb. 13 **TIME:** 10:15-11:00 a.m.
INSTRUCTORS: Joanne Nelson & Cory Carmen (6 sessions)
Learn movement and gymnastics skills in this fun-filled class designed to enhance coordination. Basic skills will be safely introduced on the balance beam, vaulting mat and uneven bars. Tumbling skills, including handstands and cartwheels will be taught with a focus on technique. **CLASS SIZE IS LIMITED!**



ROLLERS - (1st and 2nd Grade)
FEE: $61.00 **DATE:** Saturdays, Jan. 9 – Feb. 13 **TIME:** 11:15 a.m.-12:00 p.m.
INSTRUCTORS: Joanne Nelson & Cory Carmen (6 sessions)
This exciting 45-minute class is designed to enhance coordination, strength and flexibility. Participants will be safely taught skills on the balance beam, bars and vault. Tumbling skills, including cartwheels and round-offs will be taught with a focus on technique. **CLASS SIZE IS LIMITED!**

TWISTERS - (3rd – 5th Grade)
FEE: $61.00 **DATE:** Saturdays, Jan. 9 – Feb. 13 **TIME:** 11:15 a.m.-12:00 p.m.
INSTRUCTORS: Joanne Nelson & Cory Carmen (6 sessions)
This exciting 45-minute class is designed to enhance coordination, strength and flexibility. Participants will be safely taught skills on the balance beam, bars and vault. Tumbling skills, including cartwheels and round-offs will be taught with a focus on technique. **CLASS SIZE IS LIMITED!**



YOUTH PROGRAMS

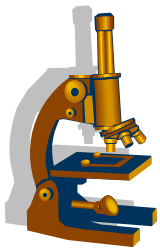
IN ORDER TO FACILITATE THE LEARNING PROCESS, PARENTS ARE ASKED TO USE THE WAITING AREAS LOCATED IN THE MAIN HALLWAY WHILE YOUTH PROGRAMS ARE IN SESSION. (*NOTE: KINDER KRAFTS, TEENY TOTS, TINY TOTS, TOTS & TUNES, and ULTIMATE BALL TIME DO NOT APPLY.*)

BALLET, TAP & CREATIVE MOVEMENT **-** (Boys and Girls, Ages 3 - 5)
FEE: $75.00 **DATE:** Saturdays**,** Jan. 9 – Feb. 13 **TIME:** 10:00-10:30 a.m.
INSTRUCTOR: Roxanne Piccerillo-Mongillo (6 sessions)
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 water bottle.**

COOKIE/CUPCAKE DECORATING **-** (Boys and Girls, Ages 5 - 12)
FEE: $65.00 **DATE:** Wednesdays**,** Jan. 13 – Feb. 10 **TIME:** 5:45-6:30 p.m.
INSTRUCTOR: Roxanne Piccerillo-Mongillo (5 sessions)
Students will start with unfrosted cupcakes / cookies and receive instruction to create the cupcake / cookie theme of the week. Students will take home extra to share!! **Please note: eggs, gluten, nuts and dairy will be present at all classes.**

CRAFTERS CORNER **-** (Boys and Girls, Ages 5 - 12)
FEE: $65.00 **DATE:** Wednesdays**,** Jan. 13 – Feb. 10 **TIME:** 5:00-5:40 p.m.
INSTRUCTOR: Roxanne Piccerillo-Mongillo (5 sessions)
Children will put their creative minds to work in Crafters Corner. A new project will be completed each week. All supplies are included.

HIP-HOP **-** (Boys and Girls, Ages 3 - 5)
FEE: $75.00 **DATE:** Saturdays, Jan. 9 – Feb. 13 **TIME:** 10:45-11:15 a.m.
INSTRUCTOR: Roxanne Piccerillo-Mongillo (6 sessions)
"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!**



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.*)

HIP-HOP - (Grades 1 - 8)

FEE: $95.00 **DATE:** Tuesdays, Jan. 12 – Feb. 16 **TIME:** 5:30-6:15 p.m.
INSTRUCTOR: Roxanne Piccerillo-Mongillo (6 sessions)
Or
DATE: Saturdays, Jan. 9 – Feb. 13 **TIME:** 9:00-9:45 a.m.
(6 sessions)

"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!

KINDERDANCE - (Ages 3 – 5)

FEE: $75.00 **DATE:** Saturdays, Jan. 9 – Feb. 13 **TIME:** 9:00-10:00 a.m.
INSTRUCTOR: Francine Mira (6 sessions)

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 Kinderdance franchisees/teachers.

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

FEE: $113.00 **DATE:** Thursdays, Jan. 7 – Feb. 11 **TIME:** 4:00-4:45 p.m. (Age 3 - Grade 2)
INSTRUCTOR: Little Scientists Staff (6 sessions) 5:00-5:45 p.m. (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 web-site at www.little-scientists.com.

MINECRAFT: ENGINEERING FUNDAMENTALS WITH LEGO® - (Boys and Girls, Ages 5 – 10)

FEE: $110.00 **DATE:** Saturdays, January 9 – Feb. 13 **TIME:** 10:00-11:30 a.m.
INSTRUCTOR: Play-Well TEKnologies Staff (6 sessions)

Bring Minecraft to life using tens of thousands of Legos®! Build engineer designed projects such as a motorized Creeper, a portal to the Nether and a moving Minecart! Create your favorite Minecraft objects with the guidance of an experienced Play-Well instructor. Whether you are new to Minecraft or Lego ® or a seasoned veteran, you will be hooked on the endless creative possibilities.

MUSICAL THEATRE - (Boys and Girls, Ages 4 – 15)

FEE: $210.00 **DATE:** Mondays - Wednesdays, Nov. 30 – Mar. 2 **TIME:** 5:00-8:30 p.m.
INSTRUCTOR: NH Academy of Performing Arts (33 sessions) **No class 12/7, 12/21-12/23, 12/28-12/30, 1/18, 2/15**

Students will be coached on the following: general theatre knowledge, reading and learning a script, developing a character, ooops! Improv Class!, working as a team, choreography, vocal warm up exercises, working with props, acting games, running a rehearsal, running a dress rehearsal, running the show. The children will be studying the play "The Grunch". This is a class your kids won't want to miss. They will learn and have fun along the way! March 2, 2016 is the performance!

YOUTH PROGRAMS

PARENT AND CHILD INTERACTION PROGRAMS

KINDER KRAFTS **-** (Ages 2 - 5 yrs. w/parent)
FEE: $45.00 **DATE:** Tuesdays, Jan. 12 – Mar. 1 **TIME:** 11:00-11:45 a.m.
INSTRUCTOR: Jennifer Parker (6 sessions) **No class 2/9, 2/16**
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.**

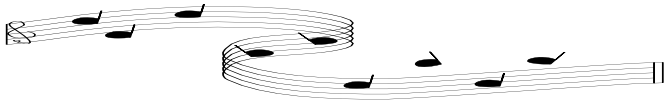
MINDFULNESS IN MOTION **-** (Ages 3 – 4 yrs. w/parent)
FEE: $75.00 **DATE:** Tuesdays, Jan. 12 – Feb. 16 **TIME:** 9:30-10:30 a.m.
INSTRUCTOR: Lisa Burton (6 sessions)
Learn to create and sustain a Mindful and Stress-Free Lifestyle for you and your Family. Current Neuroscience supports the value of Mindfulness Tools to reduce worry, stress and anxiety while improving sleep, self-esteem, relaxation and self-awareness for adults and children alike. Each Weekly Themed Class begins with a Gathering & Sharing, followed by a Music & Movement Activity, a Craft and concludes with a Relaxation Activity. You will leave this hands-on, interactive class with practical tools and activities to improve your family's overall health and well-being. Includes extension activities for home carryover. Lisa Burton, MPH, OTR/L is a Pediatric Occupational Therapist specializing in Mindfulness Practices and is a Level II Emei QiGong Practitioner.

TEENY TOTS - (Ages 1½ - 2 years w/parent)
FEE: $38.00 **DATE:** Thursdays, Jan. 14 – Feb. 25 **TIME:** 9: 30-10:15 a.m.
INSTRUCTOR: Jennifer Parker (6 sessions) **No class 2/11**
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.**

YOUTH PROGRAMS

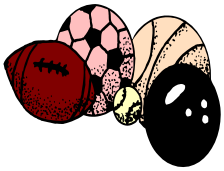
PARENT AND CHILD INTERACTION PROGRAMS

TINY TOTS - (Ages 2 – 3 years w/parent)
FEE: $38.00 **DATE:** Thursdays, Jan. 14 – Feb. 25 **TIME:** 10:15-11:00 a.m.
INSTRUCTOR: Jennifer Parker (6 sessions) **No class 2/11**
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 years w/parent) **DATE:** Tuesdays, Jan. 12 – Mar. 1 **TIME:** 10:00-10:30 a.m.
FEE: $38.00 (6 sessions) **No class 2/9, 2/16**
INSTRUCTOR: Jennifer Parker
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 years w/parent)
FEE: $42.00 **DATE:** Thursdays, Jan. 14 – Feb. 25 **TIME:** 11:15 a.m. – 12:00 p.m.
INSTRUCTOR: Jennifer Parker (6 sessions) **No class 2/11**
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, Jan. 11– Feb. 29 **TIME:** 5:00-5:45 p.m.
INSTRUCTOR: Fun Sportz America Staff (6 sessions) **No class 1/18, 2/15**
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. **Space is limited!!**

FUN SPORTZ AMERICA HOLIDAY CAMP - (Boys and Girls, Age 4 at start of camp through 6th Grade)
FEE: See times **DATE:** Monday – Wednesday, Dec. 28 – 30 **TIME:** 9:00 a.m.-12:00 p.m.* **$115.00**
INSTRUCTOR: Fun Sportz America Staff (3 sessions) or
9:00 a.m.-3:00 p.m.***$165.00**
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 for their participation in the program. Space is limited!! Fun Sportz America Holiday Camp will be held in the Recreation Center Gym. ***Participants should bring a bag lunch for this class.**

LEARN TO SKATE - (Ages 3 to Adult)
FEE: $135.00 **DATE:** Fridays, Feb. 19 – Apr. 8 **TIME:** 5:30-6:30 p.m.
INSTRUCTOR: Northford Ice Pavilion Staff (8 sessions) **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 the skater's 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 **DATE:** Wednesdays, Jan. 13 – Feb. 17 **TIME:** 5:00-5:45 p.m.
INSTRUCTOR: Fun Sportz America Staff (6 sessions)
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. **Space is limited!!**

YOUTH PROGRAMS

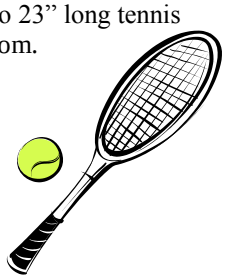
SPORTS

LITTLE YOGI - (5 – 7 years)
FEE: $55.00 **DATE:** Sundays, Jan. 10 – Feb. 7 **TIME:** 12:30-1:15 p.m.
INSTRUCTOR: Studio Ascend Staff (5 sessions) **LOCATION:** 26 Broadway, North Haven
Using games, theme activities, and storytelling, this class is designed to strengthen children's bodies as they learn how to focus through poses, breathing, and relaxation techniques.

LITTLE YOGI - (8 – 10 years)
FEE: $55.00 **DATE:** Sundays, Jan. 10 – Feb. 7 **TIME:** 1:30-2:15 p.m.
INSTRUCTOR: Studio Ascend Staff (5 sessions) **LOCATION:** 26 Broadway, North Haven
A class comprised of flowing sequences, balancing poses, breathing exercises, and relaxation techniques to improve children's strength, flexibility, and coordination.

TAEKWON - DO - (Ages 6 - 12)
FEE: $80.00 **DATE:** Mondays, Jan. 11 – Feb. 29 **TIME:** 6:00-7:00 p.m.
INSTRUCTOR: John Bashta (6 sessions) **No class 1/18, 2/15**
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.

QUICKSTART YOUTH TENNIS CLINIC - (Ages 5 - 9)
FEE: $60.00 **DATE:** Saturdays, Jan. 2 – Feb. 6 **TIME:** 9:00-10:00 a.m.
(6 sessions)
INSTRUCTOR: Bob Migliorini (Coach of North Haven Girls High School Tennis Team)
QuickStart Tennis, launched in the spring of 2008 by the U.S. Tennis Association is one of the most significant innovations ever in the effort to get more young people playing tennis. The QuickStart Tennis format makes the game easier for children to learn. The QuickStart Tennis clinics will use a scaled-down tennis court (dimensions and net), foam tennis balls, and shorter racquets such that participants will enjoy early success in a fun-filled, simplified format. The clinics will include a combination of formal instruction, drills, and fun games intended for beginning tennis players. Formal instruction will be provided on the forehand, backhand, serve and volley, using the QuickStart format. Participants should wear sneakers and bring a 21" to 23" long tennis racquet to each clinic. If you have any questions about the clinics, please contact Bob at rampatlaw@gmail.com.



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.)

HOLIDAY PARTY: DANCING, PIZZA & PRIZES
WEDNESDAY, DECEMBER 9, 6:00 – 9:00 PM, RECREATION CENTER

BASKETBALL (TEAM SPORT) - (Ages 16 years and older)
REGISTRATION FEE: $10.00 **DATE:** Wednesdays, Jan. 6 – Mar. 9 **TIME:** 6:00-8:00 p.m.
UNIFORM: $10.00
LOCATION: Clintonville Elementary School
Competition will be held Saturday, March 12, 2016 at Holy Cross High School, Waterbury, CT and the surrounding schools.

SWIMMING **-** (Age 8 years and older)
FEE: $10.00 **DATE**: Tuesdays, Jan. 5 – Mar. 28 **TIME**: 6:00 – 6:45p.m. (Ages 8 – 15)
6:45 – 8:00 p.m. (Ages 16 and up)

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, and equal status with peers and new friendships.

Basketball (September – November)
Softball (June – September)

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

ADULT SOCIAL NIGHT -
Varied social activities for adults who have a developmental disability. A detailed flyer with further information will be available early in January. 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.

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

ADULT PROGRAMS

REGISTRATIONS ARE CURRENTLY BEING ACCEPTED FOR THESE CLASSES. DON'T WAIT!

ADULT TAEKWON - DO **-** (13 years and older)
FEE: $80.00 **DATE:** Mondays, Jan. 11 – Feb. 29 **TIME:** 7:00-8:00 p.m.
INSTRUCTOR: John Bashta (6 sessions) **No class 1/18, 2/15**
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!

COLLEGE PLANNING WORKSHOP **-** (Ages 16 years and older)
FEE: $5.00 **DATE:** Wednesday, January 20 **TIME:** 6:30-8:30 p.m.
INSTRUCTOR: Dorothy A. Mautte
Paying for 4 or more years of college can be a staggering task. Thankfully there is help available in the form of financial aid. But applying for financial aid is a complex process involving many important financial planning decisions. Parents and students, left to do the process on their own will routinely make mistakes costing them thousands, even tens of thousands of dollars per year in reduced aid. Our mission is to ensure that every student will get every dollar to which they are entitled. Additionally, we assist families by designing the most effective ways possible to pay the portion of college costs not covered by financial aid.

CRAFTERS CORNER **-** (18 years and older)
FEE: $50.00 **DATE:** Thursday, Jan. 14 **TIME:** 6:00-8:00 p.m.
INSTRUCTOR: Roxanne Piccerillo-Mongillo (1 session)
Table Top Topiary Tree- made with dried materials and silk flowers

Or
DATE: Thursday, Jan. 28 **TIME:** 6:00-8:00 p.m.
(1 sessions)
Over the Door Swag – made out of blueberry twigs, dried material and silks

Or
DATE: Thursday, Feb. 4 **TIME:** 6:00-8:00 p.m.
(1 sessions)
Valentine Wreath
Make it yourself home décor accents. Sign up for one class or sign up for them all! **PLEASE** bring to class: Hot glue gun, glue sticks, cutting plyers, extension cord, tin pie plate. **$20.00 supply fee collected at each class.**

ADULT PROGRAMS

REGISTRATIONS ARE CURRENTLY BEING ACCEPTED FOR THESE CLASSES. DON'T WAIT!

FITNESS FUN **-** (Ages 18 years and older)
FEE: $76.00
INSTRUCTOR: *Robin Gribben **DATE:** Mon. /Wed. /Fri., Jan. 4 – Mar. 18 **TIME:** 10:00-11:00 a.m.
(30 sessions) **No class 1/18, 2/12, 2/15**

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! **In the event of a school closing; class will be cancelled and added to the end of the session. In the event of a school delay; class is on as scheduled.**
***Instructors are subject to change and substitution may occur.**

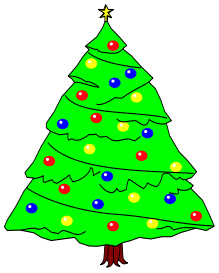
PRENATAL/POSTNATAL YOGA **-** (18 years and older)
FEE: $155.00 **DATE:** Sundays, Jan. 10 – Mar. 13 **TIME:** 5:30-6:30 p.m.
INSTRUCTOR: Studio Ascend Staff (10 sessions) **LOCATION:** 26 Broadway, North Haven

Prenatal/Postnatal Yoga program is suited for both the beginning yoga student who is finding yoga for the first time while pregnant and also for continuing students who have practiced prior to conception. Classes are designed for students of all levels of yoga practice in their 2nd & 3rd trimesters and in the months postpartum. In prenatal yoga, we help women prepare for labor and delivery by working specific areas used in labor and delivery. Our postnatal classes focus on renewing mom and meeting the needs of baby and the new mother. Regular attendance assures that you will consistently practice these exercises for greater benefits. You may begin attending our postnatal classes as soon as you feel up to it. You can fully participate at around 6 weeks postpartum.

SLOW TO FLOW YIN **-** (18 years and older)
FEE: $85.00 **DATE:** Fridays, Jan. 8 – Feb. 5 **TIME:** 6:00-7:30 p.m.
INSTRUCTOR: Studio Ascend Staff (5 sessions) **LOCATION:** 26 Broadway, North Haven

This 90-minute class is designed to ease the body, heart and mind. This class starts with a slow vinyasa flow to warm the body and combines yin yoga postures that are held for a longer period of time to target the connective tissue,fascia, tendons and ligaments. The aim is to bring balance to the internal organs, increase (chi) energy flow, lubricate the joints, improve flexibility and calm the nervous system and mind.

SPECIAL EVENTS



TREE LIGHTING **- Sunday, December 6, 2015** **TIME:** 2:00-5:00 p.m.

Join us for an afternoon of holiday fun for the entire family culminating in the arrival of Santa at the traditional lighting of the Christmas Tree on the Town Green. Enjoy the musical holiday revue featuring Minotti Music, Santa's workshop, cookie decorating, refreshments, face painting and more. MORE INFORMATION AVAILABLE AT THE RECREATION OFFICE.

HOLIDAY HAPPENINGS

LETTERS TO SANTA **- Beginning Friday, November 27, 2015**
Receive a "genuine" letter from **"Santa Claus"** himself. Drop your child's personal letter in the "**North Pole" Mailbox**. **The mailbox will be located at the Recreation Center. Your child's letter must include a self-addressed, stamped envelope**. Just a few days later, by way of "elf express mail", a letter straight from Jolly Ole Saint Nick will be at your doorstep. **Please no letters after Thursday, December 17, 2015.**

NORTH POLE HOTLINE **-**
"Santa Claus", "Mrs. Claus" and the "Christmas Elves" will be making special phone calls straight from the North Pole. **(See back of brochure for application.)** Only the **first 50 applicants** will receive calls. The calls will be made on **Wednesday, December 16, 2015 from 2:30-4:30 p.m.**

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.

YOUTH/ADULT PROGRAMS

INDEPENDENT LEAGUES/CLUBS

NORTH HAVEN SKI CLUB -

North Haven Ski Club is open to everyone in North Haven and surrounding towns. We are a family ski club that meets on several Wednesday evenings a month at the North Haven Recreation Department, 7 Linsley Street, from 6:30-7:30 p.m. from January thru March. We offer some Saturday or Sunday charter bus trips to various Vermont/New Hampshire ski resorts with alpine skiing, snowboarding, X-country skiing, tubing and snowshoeing from January to late March at a greatly discounted price for our members and their families. We leave early Sunday mornings from the Super Stop & Shop parking lot. We are members of the Ct. Ski Council which offer a variety of discounted ski days at Vermont/New Hampshire ski areas thru the ski season and Bulk tickets which are discount lift tickets at many V.T/NH ski resorts for a great discounted price thru the ski season with no blackout dates, plus many other ski discounts. Don't pay full price, ski clubs are the way to save.

Membership Prices: **H.S Student:** $15.00 **College Student: $20.00** **Single:** $30.00 **Family:** $55.00

For more information, you can contact Annette Murphy at 234-1985 or e-mail dapdmurph@aol.com for a listing of our weekly trips and prices. One child under the age of 12 years of age can ride the bus for free if accompanied by a paying adult. North Haven Ski Club was established in 1970. We are members of the Connecticut Ski Council; a group of over 41 ski clubs in CT., NY., MA, RI.

NORTH HAVEN SOCCER CLUB -

Registration for Spring Soccer will be handled online by the North Haven Soccer Club, not the Recreation Department. For more information, please visit our website www.northhavensoccerclub.org.

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 hikes, clean-ups and trail maintenance days or visit us at www.petersrockassociation.org.

Office use only
Number_____
Return application to:

Town of North Haven
Department of Community Services & Recreation
7 Linsley Street
North Haven, CT 06473

Dear Parent,

The "**North Pole Hotline**" is a program offered by the North Haven Department of Community Services & Recreation. The purpose of the program is to offer the children of North Haven the opportunity to talk directly with "Santa Claus, Mrs. Claus or one of the Christmas Elves" on **Wednesday, December 16th. Calls will be made from 2:30-4:30 p.m.**

In an effort to make each phone conversation more personalized, please fill in the information below and return it to the Recreation office by **Tuesday, December 15th.**

Only the first 50 applicants will be accepted.

Child's Name_____ Age_____

Address_____ Telephone #_____

School_____ Grade_____

Teacher's Name _____ Parent's Name_____

Christmas Gifts Requested

1._____

2._____

3._____

Santa will not reveal to the child exactly what he or she is going to receive. He will only develop conversation.

Examples of remarks you might like Santa to make……
"eat all your vegetables, get to bed early, pick up your room, do your homework," etc.

1._____

2._____

Is there a younger brother or sister you would like Santa to mention? What about a friend or a pet?

1._____

2._____

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 <u>each</u> <u>time</u> 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. <u>For class confirmation, please include a self-addressed, stamped envelope</u>.
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: 1ST CHOICE_____**DAY**_____**TIME**_____

2ND 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**_____ **2ND CHOICE**_____

_____**OFFICE USE ONLY**_____

CHECK#_____ **RECEIPT#**_____

MAIL-IN REGISTRATION FORM

PARTICIPANT'S NAME_____

DATE OF BIRTH_____**AGE**_____**PHONE (h)** _____**(w)**_____

ADDRESS_____**TOWN & ZIP CODE**_____

PROGRAM/TRIP: 1ST CHOICE_____**DAY**_____**TIME**_____

2ND CHOICE_____**DAY**_____**TIME**_____

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CHECK#_____ **RECEIPT#**_____