

Town of North Haven
Dept. of Community Services and Recreation

Winter Brochure 2015



**RECREATION & POOL PROGRAM
REGISTRATION**

Resident Mail In – December 1
(postmark no earlier than November 28)

Resident Walk In – December 8

Non-Resident – December 15
(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.

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:

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 – December 1
(postmark no earlier than November 28)

Resident Walk In – December 8

Non-Resident – December 15

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.

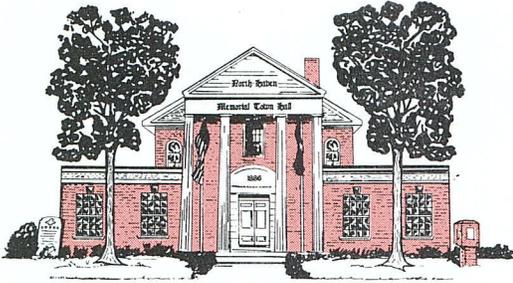
ONE OF THE FOLLOWING WILL BE ACCEPTED FOR PROOF OF RESIDENCY:

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.



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 2014-2015

Dear Friends,

Instead of hibernating this winter, the Department of Community Services and Recreation encourages you to take part in their seasonal events and activities to keep you and your family warm this season.

You can avoid those winter blues by staying energetic with our Recreation Department. You can keep fit with our fitness classes or stay active with swim lessons or dance classes. Whether it's an old favorite or something new, our Department has something for you.

The Department is also welcoming the season with our Annual Tree Lighting on the Town Green. You can celebrate the holidays with us with our Santa Calls and Letters to Santa. Tis the season for celebrating with family and friends, and we encourage you to celebrate the season with us.

I wish you all the very best this holiday season. May you and your family have safe travels and good times. Be sure to take advantage of our Department of Community Services and Recreation's programs and sign up early to reserve your spot to guarantee your winter is the best yet.

Warm Regards,

Michael J. Freda
First Selectman

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 LISTEN TO W.E.L.I.-960 A.M. RADIO OR 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.**

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.

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:

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 29, 2015 (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 7, 2014 THROUGH MAY 17, 2015.

YOUTH AQUATIC PROGRAMS

Mail in Registration for NORTH HAVEN RESIDENTS ONLY will be accepted on a first come, first served basis beginning Monday, December 1, 2014. (Postmarked no earlier than November 28, 2014) Walk in Registration begins Monday, December 8, 2014. Non-Resident Registration begins on Monday, December 15, 2014. *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 SATURDAYS: JANUARY 3 – FEBRUARY 14, 2015 (7 SESSIONS)



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

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.

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.

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

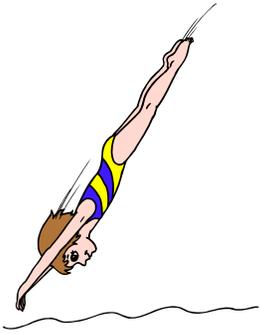
FEE: \$75.00

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: 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 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.**



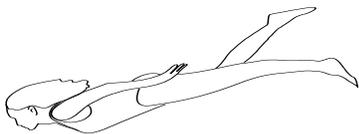
ADAPTIVE AQUATICS -

FEE: \$56.00

SATURDAY

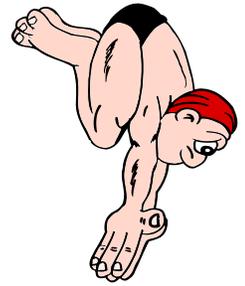
Swimming for the physically and mentally challenged. Must see the aquatic director, if not previously enrolled in class.

Times will be assigned prior to the first class.





ADULT AQUATIC PROGRAMS



ADULT AQUA AEROBICS - (Ages 18 and older)

FEE: \$70.00

DATES: Mondays & Wednesdays, Jan. 5 – Feb. 25
(14 sessions) **No class 1/19, 2/16**

TIME: 7:35-8:35 p.m.

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 challenge workout! **NO SWIMMING EXPERIENCE IS NEEDED.**

ADULT SWIM LESSONS - (Ages 18 and older)

FEE: \$75.00

DATES: Wednesdays, Jan. 7 – Feb. 18
(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.

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. 4 – Feb. 15
(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: \$56.00

DATE: Saturdays, Jan. 10 – Feb. 14

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

INSTRUCTORS: Joanne & Brittany Nelson

(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: \$56.00

DATE: Saturdays, Jan. 10 – Feb. 14

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

INSTRUCTORS: Joanne & Brittany Nelson

(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: \$56.00

DATE: Saturdays, Jan. 10 – Feb. 14

TIME: 10:15 – 11:00 a.m.

INSTRUCTORS: Joanne & Brittany Nelson

(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: \$56.00

DATE: Saturdays, Jan. 10 – Feb. 14

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

INSTRUCTORS: Joanne & Brittany Nelson

(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: \$56.00

DATE: Saturdays, Jan. 10 – Feb. 14

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

INSTRUCTORS: Joanne & Brittany Nelson

(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: \$56.00

DATE: Saturdays, Jan. 10 – Feb. 14

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

INSTRUCTORS: Joanne & Brittany Nelson

(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.)

BABYSITTING COURSE - (Boys and Girls, Ages 11 - 15)

FEE: \$110.00

DATE: Tuesday, February 17

TIME: 9:00 a.m.-4:00 p.m.*

INSTRUCTOR: American Red Cross Certified Instructor (1 session)

Learn how to prevent injuries by watching out for safety-related problems and fixing them. Learn how to handle the messy situations of feeding and diaper changing. Get straightforward advice on how to manage everything from scrapes and bruises to life-threatening emergencies. Find out the best ways to negotiate, mediate, and encourage positive behavior. You will be taught how to put your best babysitter foot forward in all situations. American Red Cross Babysitters Handbook is included, and all those who successfully complete the course will receive the appropriate Red Cross Certificate. ***Participants should bring a bag lunch** for this class.

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

FEE: \$75.00

DATE: Saturdays, Jan. 10 – Feb. 14

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.**



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

FEE: \$110.00

DATE: Tuesdays, January 6 – Feb. 10

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

INSTRUCTOR: Play-Well TEKologies Staff (6 sessions)

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.

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

FEE: \$75.00

DATE: Saturdays, Jan. 10 – Feb. 14

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. 6 – Feb. 10
(6 sessions)

TIME: 5:30-6:15 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 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)

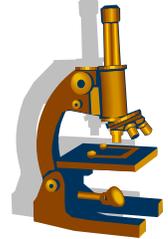
FEE: \$75.00

DATE: Thursdays, Jan. 8 – Feb. 19
(6 sessions) **No class 2/19**

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

INSTRUCTOR: Francine Mira

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.



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

FEE: \$113.00

DATE: Thursdays, Jan. 8 – Feb. 19
(6 sessions) **No class 2/12**

TIME: 4:00-4:45 p.m. (age 3 - Grade 2)
5:00-5:45 p.m. (Grades 3 - 5)

INSTRUCTOR: Little Scientists Staff

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.



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

FEE: \$46.00

DATE: Wednesdays, Jan. 7 – Feb. 11
(6 sessions)

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

INSTRUCTOR: Stephanie Cerrato

Come spend an hour with your new friends. The children will enjoy a fun-filled hour of craft, reading and movement, engage in car, truck & train-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! Limited space is available.

YOUTH PROGRAMS

PARENT AND CHILD INTERACTION PROGRAMS



KINDER KRAFTS - (Ages 2 - 5 years w/parent)

FEE: \$45.00

DATE: Mondays, Jan. 5 – Feb. 23

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

INSTRUCTOR: Stephanie Cerrato

(6 sessions) **No class 1/19, 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.**

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

FEE: \$38.00

DATE: Tuesdays, Jan. 6 – Feb. 10

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

INSTRUCTOR: Stephanie Cerrato

(6 sessions)

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

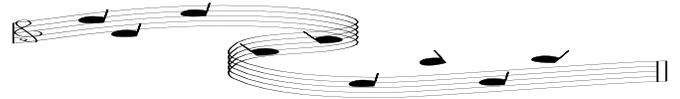
DATE: Tuesdays, Jan. 6 – Feb. 10

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

INSTRUCTOR: Stephanie Cerrato

(6 sessions)

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, Jan. 5 – Feb. 23

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

INSTRUCTOR: Stephanie Cerrato

(6 sessions) **No class 1/19, 2/16**

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, Jan. 8 – Feb. 19

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

INSTRUCTOR: Stephanie Cerrato

(6 sessions) **No class 2/12**

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. 5 – Feb. 23

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

INSTRUCTOR: Fun Sportz America Staff (6 sessions) **No class 1/19, 2/16**

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!!**



BOB CONSOLATORE'S TENNIS ACADEMY - (Ages 6 - 12)

FEE: \$60.00

DATE: Mondays, Jan. 5 – Feb. 23

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

INSTRUCTOR: Bob Consolatore (6 sessions) **No class 1/19, 2/16**

The objective of the youth tennis clinics are to introduce participants to the game of tennis and build their skills in the game through instruction, drills, and games. The clinics are intended for beginner and intermediate level players. Formal instruction will be given for all the major components of tennis, which include: forehand, backhand, volley, lob, overhead, serving, and return of serve. Each session will start with a warm-up, followed by instruction on a certain aspect of the game, and then drills to practice. Participants will additionally learn the rules and strategies of the game. Participants should wear sneakers and bring a racquet to each session. Bob Consolatore helped coach the East Haven Varsity Girls tennis team a couple years ago and has been playing and watching tennis for over 30 years. If anyone has any questions about the clinic, please contact Bob at robteast80@gmail.com.



CHEER AND TUMBLE - (K – 5th grades)

FEE: \$100.00

DATE: Tuesdays, Jan. 13 – Mar. 3

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

INSTRUCTOR: Spirit Zone Staff (8 sessions)

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 progressing 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 for more information.





YOUTH PROGRAMS SPORTS



LEARN TO SKATE - (Ages 3 to Adult)

FEE: \$135.00

DATE: Fridays, Jan. 9 – Feb. 27

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. 7 – Feb. 11

TIME: 4:00-4:45 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!!**



TAEKWON - DO - (Ages 6 - 12)

FEE: \$70.00

DATE: Mondays, Jan. 5 – Feb. 23

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

INSTRUCTOR: John Bashta

(6 sessions) **No class 1/19, 2/16**

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. 3 – Feb. 7

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 racket 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 10, 6:00 – 9:00 PM, RECREATION CENTER

BASKETBALL (TEAM SPORT) - (Ages 16 years and older)

REGISTRATION FEE: \$10.00

DATE: Wednesdays, Jan. 7 – Mar. 11

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

UNIFORM: \$5.00

LOCATION: Clintonville Elementary School

Competition will be held Saturday, March 14, 2015 at Holy Cross High School, Waterbury, CT and the surrounding schools.

Registration is Wednesday, December 11, 2013

BASKETBALL (SKILLS) - (Ages 8 – 15 years)

REGISTRATION FEE: \$10.00

DATE: Saturdays, Jan. 10 – Mar. 7

TIME: 12:15-1:00 p.m.

LOCATION: North Haven Recreation Center

Competition will be held Saturday, March 14, 2015 at Holy Cross High School, Waterbury, CT and the surrounding schools.

SWIMMING - (Age 8 years and older)

FEE: \$10.00

DATE: Tuesdays, Jan. 6 – Mar. 31

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.

HIP-HOP - (Ages 16 years and older)

FEE: \$40.00

DATE: Tuesdays, Jan. 6 – Feb. 11

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

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

FITNESS/SPORTS

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

ADULT TAEKWON - DO - (All ages - yellow belt or higher)

FEE: \$75.00

DATE: Wednesdays, Jan. 7 – Feb. 11

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

INSTRUCTOR: John Cacioli

(6 sessions)

This program will provide advanced students (yellow belt and higher) the fundamental self-defense techniques of the Korean Martial Art of Taekwon-Do. Students will reap the benefits of flexibility, lean muscle development, cardiovascular exercise and overall physical fitness while advancing in the art of Taekwon-Do. John Cacioli is a 6th Degree Black Belt, ITF Certified Instructor, Examiner and Umpire. Founder and Chief Instructor of Black Dragon, Ltd., USA Team Coach and Vice President of the American Taekwon-Do Federation International.

FITNESS FUN - (Ages 18 years and older)

FEE: \$64.00

INSTRUCTOR: *Robin Gribben

DATE: Mon. /Wed. /Fri., Jan. 5 – Mar. 13

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

(28 sessions) **No class 1/19, 2/16**

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.**



INSANITY® - (Ages 18 years and older)

FEE: \$45.00

INSTRUCTOR: Steve Blumenthal

DATE: Saturdays, Jan. 10 – Feb. 14

TIME: 7:30-8:30 a.m.

(6 sessions)

or

DATE: Tuesdays, Jan. 6 – Feb. 10

TIME: 7:00 – 8:00 p.m.

(6 sessions)

INSANITY is a revolutionary cardio-based, total-body conditioning program based on the principles of MAX Interval Training. MAX Interval Training allows a person to beat the "stress adaptation response," which normally happens when your body gets used to exercising at one level of exertion. The result of this is halting your progress on your fitness improvement journey. By using MAX Interval Training, INSANITY pushes the participant to new training heights, resulting in more calories burned, faster results, and a more efficient metabolism. INSANITY's interval training is the pinnacle of cardio training. Although INSANITY was originally designed as an at-home workout, the group-exercise adaptation of INSANITY has been designed to give participants a safe, challenging & results-driven experience with each and every exercise able to be intensified to be high intensity or modified to be low impact. Steve Blumenthal is a certified INSANITY instructor who has been involved in fitness & athletics his entire life. In addition to teaching INSANITY, Steve is also P90X® Certified, a United States Soccer Federation "B" Licensed Coach & a Black Belt in Taekwon-Do. As an Independent Beachbody Coach, Steve is finding fulfillment from helping many people achieve their goals through fitness programs, nutritional supplements and motivational support. Steve lives in North Haven with his wife Michelle and their three children. **This class is for all fitness levels.**

ADULT PROGRAMS

FITNESS/SPORTS

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



MULAN CHUAN – (16 years and older)

FEE: \$43.00

INSTRUCTOR: Jichun Sun

DATE: Thursdays, Jan. 8 – Feb. 19
(6 sessions) **No class 2/12**

or

DATE: Saturdays, Jan. 10 – Feb. 14
(6 sessions)

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

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

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: \$66.00

INSTRUCTOR: Shauna Gilbert

DATE: Mondays & Wednesdays, Jan. 12 –Feb. 11
(9 sessions) **No class 1/19**

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

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. The beginner class is suitable for those new to yoga and open to all skill levels. The Intermediate/Vinyasa style class is focused on breathing and moving in a gentle flow. Shauna Gilbert has been working in the Health and Wellness industry for the past 5 years as a nutritionist. She holds both 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.



SPECIAL EVENTS



TREE LIGHTING - Sunday, December 7, 2014
Rain date: Monday, December 8, 2014

TIME: 2:00-5:00 p.m.
TIME: 3:00-6:00 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 28, 2014

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 18, 2014.**

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 17th, 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.

BUS TRIPS

SEATS ARE LIMITED. IN SOME CASES, WE ARE SHARING BUSES WITH OTHER RECREATION DEPARTMENTS TO HELP FILL THE SEATS. THIS WILL LESSEN THE CHANCES OF CANCELING A TRIP. DETAILED FLYERS FOR UPCOMING 2015 TRIPS ARE AVAILABLE AT THE RECREATION OFFICE.

NEW YORK CITY WEEKEND – Saturday-Sunday, January 24-25, 2015 **BUS DEPARTS:** TBA
FEE: \$299.99 pp double, \$409.00 pp single, \$205 child 17 & under sharing with 2 adults **APPROX. RETURN TIME:** TBA
Take advantage of the “off season rates” and escape to the Big Apple for a weekend! Fee includes round trip motor coach transportation, 1 night at the Sheraton Times Square Hotel, New York Sightseeing Tour and Sunday brunch at the hotel.

SKI KILLINGTON– Saturday, January 31, 2015 **BUS DEPARTS:** TBA
FEE: \$139.00 adults, \$133.00 children ages 7-18 **APPROX. ARRIVAL IN NORTH HAVEN:** TBA
Take a day and experience winter fun with friends and family on the beautiful Slopes of Killington, one of Southern Vermont’s premier ski resorts. Fee includes round trip motor coach transportation and lift ticket.

MOHEGAN SUN – Saturday, February 14, 2015 **BUS DEPARTS:** TBA
FEE: \$49.00 **APPROX. ARRIVAL IN NORTH HAVEN:** TBA
Whether you are a serious gambler or just a casual player, Mohegan Sun is an entertainment extravaganza that is more than just slot machines, table games and horseracing. The resort complex is home to great dining options including buffets and gourmet eateries, the Wolf Den and other entertainment venues, unparalleled shopping and more. Fee includes round trip motor coach transportation, 5 hour stay at Mohegan Sun Casino, \$15.00 food voucher and 4 \$5.00 free plays.

NEWPORT VALENTINE’S WEEKEND – Saturday, February 14 – Sunday, February 15, 2015 **BUS DEPARTS:** TBA
FEE: \$199.00 pp double, \$309.00 pp single **APPROX. ARRIVAL IN NORTH HAVEN:** TBA
Experience Newport this winter! The city by the sea is calling you to explore the Island during this special weekend. Fee includes: one night at the Newport Marriot, Brunch at the Atlantic Beach Club, 10 mile ocean drive and roundtrip motor coach transportation.

BOSTON FLOWER & GARDEN SHOW – Saturday, March 14, 2015 **BUS DEPARTS:** TBA
FEE: \$83.00 **APPROX. ARRIVAL IN NORTH HAVEN:** TBA
The Boston Flower and Garden Show will return to the Seaport World Trade Center with the theme of “Season of Enchantment”. There will also be some time for shopping at Quincy Market, Newbury Street, Copley Place and Downtown Crossing. Fee includes roundtrip motor coach transportation, admission to the Boston Flower & Garden Show

ATLANTIC CITY – Sunday, March 15-Tuesday, March 17, 2015 **BUS DEPARTS:** TBA
FEE: \$229.00 pp double, \$299.00 pp single, \$219.00 pp triple/quad **APPROX. ARRIVAL IN NORTH HAVEN:** TBA
Celebrate Saint Patrick’s Day in Atlantic City, the gaming capital of the east coast! Fee includes: roundtrip motor coach transportation, 2 nights at Resorts Casino Hotel, \$25.00 slots and 2 buffet coupons.

YOUTH/ADULT PROGRAMS

INDEPENDENT LEAGUES/CLUBS



THE NORTH HAVEN CAMERA CLUB -

The objective of our club is to bring together individuals interested in learning and improving the techniques of digital photography in a friendly environment. The club benefits include a mentoring program, learning from guest speakers, hands-on workshops, field trips, along with learning to process your photos in the digital darkroom. We always welcome guests to visit any one of our meetings with the hope that they become members and share in our passion of photography. The club meets the 1st and 3rd Wednesday of each month at 7 p.m at the Recreation Center. For more information, you can visit our website at <http://www.northhavencameraclub.com>.

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 17th**. **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 16th**.

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 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: 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 _____

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CHECK# _____ RECEIPT# _____