

# PARKS & RECREATION



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Registration Page 11**
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**THE OFFICIAL PUBLICATION OF THE  
WALLINGFORD PARKS & RECREATION DEPARTMENT**

Wallingford Parks & Rec presents:

# Cranberry Bog Tour

## World's Largest Cranberry Grower

### Wareham, MA

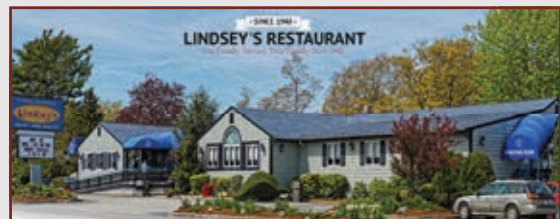
Saturday, October 26, 2019

**A.D. Makepeace Company** is the world's largest cranberry grower! Mid-September through early November is Harvest Season. Your Guide will board the bus and give a narrated tour as you travel to the Cranberry Bog area. Learn about harvesting and gain some insight on being a cranberry farmer. **Get an up close view of the wet cranberry bogs!**\* Receive a cranberry goodie bag as a souvenir.



**Lunch at Lindsey's Family Restaurant** in E. Wareham, MA, known for their hearty New England fare and seafood. Menu: Garden salad; choice of Baked Stuffed Shrimp (with crabmeat stuffing)—or—Old Fashioned Turkey Dinner—or—Yankee Pot Roast all served with rolls & butter, fresh vegetables, starch, coffee, tea, iced tea or soda and a tasty dessert. *Entrée choice in advance.*

Stop at **Dorothy Cox Chocolates Factory & Store**, a family owned business operated since 1928. Shop for a sweet treat of chocolate or ice cream before heading home.



**COST: \$100**.pp based on 40-50

Depart: 8:00am Wallingford Parks & Recreation, 6 Fairfield Blvd  
Estimated Return: 7:00pm Wallingford

Trip Questions: **Wallingford Parks & Recreation**  
**203-294-2120**



*\*Tour may include opportunity to step out and learn "bog side." Bog area is sandy, grassy and can be wet & muddy. Please dress appropriately.*



**FRIENDSHIP TOURS**  
**THE SHIP SHOP**

708 Bloomfield Ave, Bloomfield, CT 06002  
860-243-1630 • 800-243-1630  
www.friendshiptours.net

Friendship Tours arranges the components of the tour and does not own or operate the independent suppliers of services including motorcoaches. Trips cancelled because of weather conditions are handled on a per trip basis. Refunds will depend on timing of the cancellation and supplier policies. Tickets to theaters/events are non-refundable. Friendship Tours reserves the right to adjust cost based on fuel surcharges. Itinerary subject to change without notice.

## MESSAGE FROM THE PROGRAM SPECIALIST

"Embrace the seasons and cycles of your life. There is magic in CHANGE" – Bonnie Ware

*As we slowly prepare for the end of summer, and back to school activities, the changing of seasons is not the only change of note. On May 11th the Wallingford Parks and Recreation Department celebrated the retirement of John Gawlak, Director of Parks and Recreation after 30 years and 5 months of service to the town. In the next phase of his career, John has become the Director of Parks and Recreation for the Town of Cheshire. John, a lifelong Wallingford resident began his career as Temporary Summer Help in 1985. John held various part time positions during that time and made himself indispensable, when in October 1988 he was hired full time as the Assistant Superintendent of Programs. John continued to climb the career ladder reaching Superintendent of Programs in 1995 and then reaching the pinnacle of his career in May of 2005 being named Director of Parks and Recreation. John's lasting impact on the Town of Wallingford and the Parks and Recreation Department goes beyond words. John has a passion and drive for delivering high end recreational program offerings, playful park systems and quality customer service to the residents. John created a team like culture here at the Parks and Recreation Department that our department has fully bought into and will continue to strive to do so moving forward. In the Town of Wallingford, John Gawlak will always be synonymous with Wallingford Parks and Recreation. John, you are a great leader, teacher, mentor and friend to many. On behalf of all of us in the office and the residents of the town, THANK YOU and we wish you all the best!*

Our fall line up is packed with benefits waiting for you and your family to discover! Our After School Arts programs continue to grow at the elementary schools. Rashmi Talpade and our Arts Staff have once again set up a dynamic line up of programs at the schools. Turn to pages 21 – 23 for all of our Art Program Offerings. With the start of the school year comes the registration for the Weber and Gannon Youth Basketball League, along with your Girls Youth Volleyball league. Do not delay and registration can be done online at [www.wallingfordrec.com](http://www.wallingfordrec.com).

Our programs and relationship with the CT STEM Academy continues to skyrocket (no pun intended). After a very successful Spring and Summer program schedule, we anticipate the Fall to be just as successful. You can check out the dynamic programs on pages 28-29. We are excited to announce Wallingford Parks and Recreation and the CT STEM Academy are 1 of 12 towns in the country being reviewed in the National Recreation and Parks Associations Rec 2 Tech Grant through the Digital Harbor Foundation. There is still a long road ahead but a major kudos to Chris Stone and our department for getting recognized.

Park Projects currently ongoing at Pragemann Park multi use field for football & lacrosse. The field lights have been installed and the next step sometime this September will be the installation of the irrigation system and sod. Once completed, we will transform the pavilion into a shared storage facility for both youth football and lacrosse. We will begin the bid process the end of the summer for new play structures at Grand Street Park. This will be the first faze of an overhaul of new playground equipment for the park.

We hope you enjoy all of the recreational offerings inside for this fall and we thank you for your continued support of the Wallingford Parks and Recreation Department!

All the best,

Kenny Michaels  
Recreation Program Specialist



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# Welcome to your FALL 2019 Guide to Recreation & Fun!

## DAVID J. DOHERTY RECREATION CENTER

**Business hours:** Monday - Friday  
9:00am to 5:00pm

**Facility hours:** Monday - Friday  
8:30am to 10:00pm

**SUMMER HOURS: Saturday 9:00am to 5:00pm (Sunday Closed)**

### CLOSED:

Sept. 4th – Labor Day  
Oct. 8th – Columbus Day  
Nov. 12th – Veterans Day  
Nov. 22nd – 23rd - Thanksgiving

**Address:** 6 Fairfield Blvd.  
Wallingford, CT 06492

**Phone:** 203-294-2120

**FAX:** 203-294-2127

### EMAIL ADDRESS:

**MAIN:** parksrec@wallingfordct.gov  
**Michelle:** michelle.bjorkman@wallingfordct.gov  
**Kenny:** k.michaels@wallingfordct.gov

### TOWN WEB SITE:

[www.town.wallingford.ct.us](http://www.town.wallingford.ct.us)

### PARK & REC WEB SITE:

[www.wallingfordrec.com](http://www.wallingfordrec.com)

### Members of:

- Chamber of Commerce
- CT Recreation & Parks Association
- National Recreation & Parks Association
- Learning Resource Network
- National Youth Sports Coaches Association

**Produced By:** The Wallingford Parks & Recreation

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*THE GUIDE TO RECREATION AND LEISURE FUN IS PUBLISHED JANUARY, MAY AND AUGUST.*

# KEEP IN MIND...

**REGISTER EARLY!** Nothing cancels a good class quicker than everyone waiting until the last minute to register. If there are not enough registrations by a certain date, the course may be cancelled. Coming in on the day the course begins won't resurrect it, so please register early.

- **REGISTRANTS ARE NOTIFIED** when a course is filled or cancelled. If a desired class is full you will be put on a waiting list. Additional classes may be opened if facility and instructor are available.
- **PROPER ATHLETIC SHOES (NO BLACK SOLES)** must be worn in gym and aerobics room.
- **CHILDREN UNDER 12** are not to be left unattended in the Doherty Rec Center Building.
- **REFUND POLICY:** The Rec Dept. reserves the right to cancel, postpone or combine classes or change instructors. If insufficient enrollment causes a class to be cancelled, full tuition is refunded or a credit is given for future use. We made our best effort to provide the class and instructor advertised in the brochure. In the event an instructor can no longer teach a class we will provide another instructor, if one is available, to finish the session. A credit may be issued for the amount of remaining classes. Materials and supplies purchased by you are excluded from refunds and credits.
- **ADDITIONAL MATERIALS AND OR EQUIPMENT** may be required in some programs. Please check the program's descriptions for information on material or other needs. If questions still exist please call the office so we may help you.
- **REGISTRATION EXCEPTIONS?** Children must be the proper age before the program begins. We try our best to accommodate everyone. Programs are designed according to an age level that will best benefit the student and to have an appropriate instructor/student ratio.
- **FEE PAYMENT:** Instructors will not accept registration at the class site. FEES must be paid at the office prior to participation with EXACT CASH OR CHECK, or online payment with a 3% non-refundable fee.
- **PHONE REGISTRATIONS:** Sorry, phone registrations are not accepted.
- **CLASS CANCELLATIONS:** When schools have delayed opening in the A.M. classes till noon are cancelled. When the schools are closed, Rec Dept. classes will not meet for the school day from 8a.m. to 4p.m. Evening programs are still on unless otherwise indicated. Evening class cancellations will be made at 4p.m. Cancellations are announced on WTNH CH 8, WFSB CH 3, WNBC CH 30 and Govt. Access CH. 20.
- **A.D.A. STATEMENT / INCLUSION POLICY:** The Recreation Dept. intends to comply with the A.D.A. regulations. It is the policy that recreation be "FUN FOR ALL". Participation in many of our non-adaptive programs is possible for those with special needs. We are limited in our ability to provide additional staff, specialized equipment and medical services. To discuss how we can support your abilities, interest and desire to participate please contact our office at (203) 294-2120. Together we can make recreation FUN FOR ALL.
- **SPECTATORS: CHILD PROGRAMS:** One of the fundamental instructional program goals is to provide your child with a fun and positive learning opportunity with their peers while developing separation skills. Parents are encouraged to abide by the observation schedule determined by the program instructor in order to provide the best instructional atmosphere. Please feel free to discuss your child's progress with the instructor either before or after class.
- **NEW TO THE AREA?** The Wallingford Parks & Recreation Department invites you to come in and find out what we have to offer. We have programs, classes and facilities for all ages. Want to learn more? Give us a call at 203-294-2120. We will be happy to make an appointment at your convenience to show you around and explain any program that is of interest to you. We want to meet you and talk with you and your family.
- **PHOTOGRAPHS:** Participants may be photographed for the purpose of promotion or advertising in future brochures, in newspapers or in other Wallingford Park and Recreation Department media.
- **ONLINE REGISTRATION** - Is now available!!! Go to [www.wallingfordrec.com](http://www.wallingfordrec.com) to register. There is a 3% non-refundable processing fee for all online registrations.

***OOPS!*** *The Parks & Recreation Staff has made every effort to prepare this brochure as accurately as possible. However due to PUBLICATION DEADLINES program listings/information may require that adjustments be made to programs, fees, schedules, etc. We apologize in advance should you find an error or for any inconvenience these errors or adjustments may cause.*

## Programs and Lesure Activities for Youth

### HIP HOUSE DANCE SERIES 2019-2020

Once again the Hip House Dance Series is back for another year of fun and excitement. The Parks and Recreation Department would like to welcome back all of the returning 7th and 8th graders while also welcoming the new 6th graders. To ensure that you are able to attend all of the dances, you must purchase a photo ID pass. **ALL PARTICIPANTS WHO HAVE A PASS FROM THE 2018-19 SEASON CAN HOLD ONTO THEIR PASSES. UPON REGISTERING FOR THIS COMING YEAR A STICKER WILL BE PLACED ON THE BACK OF THE EXISTING CARD. NO MORE PICTURES, NO MORE FILLING OUT AN ID CARD AGAIN.** The dance pass allows you entry to 7 dances. No passes will be sold in the schools or on the day of the dance. Photo ID's will go on sale June 4<sup>th</sup> for \$30. As of September 3<sup>rd</sup>, all dance passes will be \$50. We encourage everyone to take advantage of the discounted price. **STUDENTS WILL NOT BE ALLOWED TO ENTER THE DANCE WITHOUT A 2019 – 2020 HIP HOUSE DANCE PASS.**

#### 2019–2020 HIP HOUSE DANCE SCHEDULE

Back to School Bash	September 20 <sup>th</sup>
Halloween Havoc	October 25 <sup>th</sup>
Fall Fest	November 15 <sup>th</sup>
Jingle Ball	December 13 <sup>th</sup>
March Madness	March 27 <sup>th</sup>
Spring Fest	April 24 <sup>th</sup>
Last Blast	May 15 <sup>th</sup>

### SKI BUMS AT MOUNT SOUTHTON Grades 4-10

Whether you're a skier or a boarder, this is five nights of fun on the slopes that you do not want to miss. Registration for all Ski Bum programs will begin on **Monday, October 14<sup>th</sup> and will end Wednesday November 27<sup>th</sup>** at the recreation department. Each program will be limited to 75 participants. Any parent that is interested in becoming a chaperone should contact Kenny at the recreation department (chaperones taken on first come first serve basis). Chaperones will have the opportunity to ski/snowboard at no cost. Please note that registration will only be held for two weeks during the dates provided above.

#### PROGRAM BREAKDOWN:

4<sup>th</sup> & 5<sup>th</sup> grades Wednesdays 4pm-8pm  
6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> grades Wednesdays 4pm-8pm  
9<sup>th</sup> & 10<sup>th</sup> grades Wednesdays 4pm-8pm

#### Fees: (Same for Ski or Snowboard):

Lift Ticket Only: \$200  
Lift Ticket & Lessons: \$255  
Lift Ticket & Rental: \$260  
Lift Ticket, Rental & Lesson: \$295

## Trips

### TRAVELING F.Y.I.'s

This year we hope you will find many new opportunities to travel this fall. We are proud to announce a continued working agreement with Friendship Tours. The staff at Friendship Tours and the Parks and Recreation Department has lined up some new trips for the 2019 trip year. Reminder, trip itineraries are subject to change and the Parks and Recreation Department will do its best to notify travelers ahead of time. We look to continue the trend this year. We hope you find this line up enjoyable and we look forward to seeing you board the bus! All trips are subject to change in price and itinerary. Day tour cancellation policy applies to all Wallingford Park & Recreation day tours operated by Friendship Tours Inc. Any passenger that cancels a reservation 7 days or less prior to departure will not be eligible for a refund. We will examine cancellations on a case by case basis to determine any exceptions to this rule. Please note the Recreation Dept. will make every effort to send a representative from the office to see off the trip to and from our destination and to hear any complaints, concerns and or recommendations. It should be understood that this person is not a tour guide. Please retain the same seats throughout the trip. A tip for the coach driver is included in the trip fee. Please contribute only if you wish since the gratuity is included in the trip fees. Trips are rain or shine, unless the tour company cancels. Many trips involve walking tours; either with a tour guide or on your own. Children must be accompanied by an adult unless otherwise specified. No lap sitters on the coach bus. Complete trip itineraries will be distributed on the morning of the trip. Travel insurance is recommended for overnight trips and is offered through Friendship Tours. Forms are available at the Recreation Dept. front office. We would like to thank all of our travelers for choosing Wallingford Parks and Recreation for their travel needs during the 2019 season!!

## 1006.303 COVERED BRIDGES OF NEW HAMPSHIRE

**Saturday September 28<sup>th</sup>**

**Bus Departs Rec. Dept. 8:30am**

**Returns: 7:30pm**

**Fee: \$110**

Covered Bridges (or “Kissing Bridges”) are practically a trademark of New England life. They can reflect the town that they reside in, the artist or architect that designed them or the period in which they were built. Grab your camera and come explore several of them with us on a **Guided Driving Tour of Covered Bridges in Southern New Hampshire** with our local guide. Lunch will be at the **Fitzwilliam Inn** in Fitzwilliam, NH locate near Mt. Monadnock. The inn has been an anchor in the community for over 200 years. The present innkeepers are pleased to welcome you for a lovely sit down luncheon. **Menu:** Salad, Choice of Chicken Piccata or Maple Salmon, vegetable, potato, dessert and beverage. Please provide your entrée choice at registration. We complete our day at **Cameron’s Winery** in Northfield, MA for a tasting of 5 wines. The owners are passionate about their winery and provide a memorable experience for their visitors. Shop for great jams and jellies as well in this cozy New England winery.

## 1006.401 CRANBERRY BOG TOUR WAREHAM, MA

**Saturday October 26<sup>th</sup>**

**Bus Departs Rec. Dept. 8:00am**

**Returns: 7:00pm**

**Fee: \$100**

**A.D. Makepeace Company** is the world’s largest cranberry grower! Mid September through early November is Harvest Season. Your guide will board the bus and give a narrated tour as you travel to the Cranberry Bog area. Learn about harvesting and gain some insight on being a cranberry farmer. **Get an up close view of the wet cranberry bogs!** (\*Tour may include opportunity to step out and learn “bog side”. Bog area is sandy, grassy and can be wet

and muddy. Please dress appropriately.). **Lunch** at **Lindsey’s Family Restaurant** in East Wareham, MA known for their hearty New England fare and seafood. Menu: Garden Salad, choice of Baked Stuffed Shrimp w/Crabmeat stuffing or Old Fashioned Turkey Dinner or Yankee Pot Roast, all served with rolls and butter, fresh veggies, starch, coffee, tea, iced tea or soda, with a tasty dessert. **Please provide meal choice at registration.** Stop at **Dorothy Cox Chocolate Factory & Store**, a family owned business operated since 1928. Shop for a sweet treat of chocolate or ice cream before heading home.

## 1006.402 RADIO CITY CHRISTMAS SPECTACULAR

**Sunday November 17<sup>th</sup>**

**Bus Departs Rec. Dept. 7:00am**

**Returns: 7:30pm**

**Fee: \$143**

Come relax in your Orchestra/First Mezzanine seat for America’s favorite holiday tradition! The Radio City Christmas Spectacular starring the world-famous Rockettes, returns for its 88<sup>th</sup> season at Radio City Music Hall. Experience such show stopping scenes as the “Parade of Wooden Soldiers” the majestic “Living Nativity”, as well as Santa’s return in the exciting 3-D sleigh ride. We will be viewing the 11am performance. Time after the show to shop, grab a bite to eat and just enjoy the city.



## Special Interest

### 2010.400 PUPPY KINDERGARTEN

For pups under 6 months old when class starts. This class teaches handlers training theory and basic obedience using positive motivation and reinforcement methods. Class teaches walking on loose leash; sit/down/stand; stays; come when called and more. Also, puppy socialization, off leash play sessions, puppy problem solving (nipping/biting, jumping, housebreaking, barking, etc). Copy of pup’s Rabies Certificate is NOT required. Attendance at first class is mandatory. **Do NOT bring pups to first class.**

Limit of 10 students

**When:** Mondays October 7<sup>th</sup>

6:30pm - 7:15pm for 6 weeks

**Location:** Gym 2 **Fee:** \$60

**Instructors:** Joan Hamel and Marie MacKellar-Nogueira

### CANINE COMMUNICATION, DOG OBEDIENCE FOR BEGINNERS

For dogs over 6 months old. This class is for beginner handlers to help them understand how to improve their communication with their dogs. Training theory and basic obedience using positive motivation and reinforcement methods will be taught. Learn to teach your dog to walk on a loose leash; sit, down and stand; stays; come when called and more. Also includes problem solving (barking, jumping, pulling, stealing, etc.) Copy of dog’s Rabies Certificate is required before dog can participate. Attendance at first class is mandatory.

**Do NOT bring dogs to first class.**

Limit 15 students

**2015.401** Mondays October 7<sup>th</sup>

7:30pm - 8:15pm for 6 weeks

**2015.402** Mondays October 7<sup>th</sup>

8:30pm - 9:15pm for 6 weeks

**Location:** Gym 2 **Fee:** \$60

**Instructors:** Joan Hamel and Marie MacKellar-Nogueira

**MEDICARE....A "SAFE" PLACE TO ASK ALL OF YOUR QUESTIONS!**

Bring your questions and a friend to learn about Medicare in one of our educational seminars. A representative from Insurance With T (your local Wallingford Medicare Advocate) will educate you about the 4 parts of Medicare (A, B, C and D), what is covered and not covered, when to sign up, and what options are available to add to Original Medicare (i.e., Medicare Supplements, Prescription plans and Medicare Advantage plans). This seminar is **FREE** and all attendees will be entered into a free raffle.

This is an educational seminar only. No plan or carrier specifics will be discussed. This is NOT a sales seminar.

If you have questions that can't wait for our next seminar, contact Insurance With T (203) 678-4111.

**2050.400** Thursday, Aug. 29<sup>th</sup>  
10:00am – 11:00am

**2050.401** Tuesday Sept. 17<sup>th</sup>  
10:00am – 11:00am

**2050.402** Tuesday Oct. 29<sup>th</sup>  
10:00am – 11:00am

**2050.403** Monday Dec. 16<sup>th</sup>  
10:00am – 11:00am

**Location:** Room 3 **Fee:** FREE

**Instructor:** Tiff Bush

**2009.402 KRAV MAGA**

**Co-Ed Self Defense Seminar Ages 13 & Older**

Krav Maga is the official hand to hand combat system of the Israeli Defense Forces. Its quick counter-attacks and brutal offensive techniques make it the ideal fighting style for dangerous and unexpected situations. It's also the preferred system for U.S. military and law enforcement personnel. Krav Maga is not a traditional martial art, but a revolutionary self-defense program. No katas. No rituals. Based on simple principles and instinctive movements, this reality based system is designed to teach extremely effective self-defense in the shortest possible time. Learn to defend against common chokes, grabs, and strikes, as well as more serious threats involving guns, sticks and edged weapons.

**When:** Thursdays Oct. 10<sup>th</sup>  
5:30pm – 6:30pm for 10 weeks

**Location:** Room 14 **Fee:** \$100

**Instructor:** Britt Soden

**2009.401 KRAV MAGA – ONE DAY SEMINAR**

**Self Defense for Women Ages 13 & Up**

Krav Maga is all about promoting awareness, strength and self-defense skill for the women in our community. That's why we offer powerful and relevant self-defense classes for women. Our classes for women focus on rape prevention techniques and tactics, to build both inner and outer strength. Learn to spot danger signs, but also learn how to defend yourself when no danger signs are given. We prepare our students to readily face danger in all sorts of unexpected scenarios. We also teach our students how to defend themselves against common chokes, grabs, bearhugs, and other attacks including fighting on the ground and when confronted by a weapon. In order to prepare our students to the fullest extent, we emphasize realistic training scenarios and realistic defenses. This allows women to leave class feeling safe, strong and empowered.

**When:** Saturday September 28<sup>th</sup>

**Location:** Room 14 **Fee:** \$25

**Instructor:** Britt Soden





# LIL REC'ERS EARLY CHILDHOOD LEARNING CENTER



LIL REC'ERS PRE-SCHOOL OFFERS A HALF DAY PROGRAM FOR 3-5 YEAR OLD CHILDREN - M,W,F / T, TH. AND OR MON-FRI. OUR HOURS OF OPERATION ARE FROM 8:45 - 11:30AM. WE ALSO OFFER EXTENDED DAY OPTIONS. SESSION 1 BEGINS MONDAY SEPTEMBER 9<sup>TH</sup>

## Sessions

**Session 1:** September 9<sup>th</sup> – November 1<sup>st</sup> (No Class 10/14)

**Session 2:** November 12<sup>th</sup> – January 17<sup>th</sup> (No Class 11/11, 11/28 – 11/29, 12/23 – 1/3)

**Session 3:** January 27<sup>th</sup> – March 19<sup>th</sup> (No Class 2/17, 3/20)

**Session 4:** March 30<sup>th</sup> – May 29<sup>th</sup> (No Class 4/10 – 4/17, 5/25)

	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<b>3 YEAR OLDS</b>	8:45-11:30AM MISS TERESE	8:45-11:30AM MISS TERESE	8:45 - 11:30AM MISS TERESE	8:45 - 11:30AM MISS TERESE	8:45 - 11:30AM MISS TERESE
<b>4 YEAR OLDS</b>	8:45 - 11:30AM MISS BETTY	8:45 - 11:30AM MISS BETTY	8:45 - 11:30AM MISS BETTY	8:45 - 11:30AM MISS BETTY	8:45 - 11:30AM MISS BETTY
<b>5 YEAR OLDS</b>	8:45 - 11:30AM MISS DEBBIE		8:45 - 11:30AM MISS DEBBIE		8:45 - 11:30AM MISS DEBBIE
<b>EXTENDED DAYS PM SESSION</b>	11:30 - 2:15PM		11:30 - 2:15PM		11:30 - 2:15PM

## Fees for Lil Rec'ers 2019-2020

### SESSION 1 ONLINE DISCOUNTS!!!!!!

MONDAY – FRIDAY AM (5 DAY) – \$545 IN PERSON \$490 ONLINE  
 MONDAY, WEDNESDAY, FRIDAY AM – \$320 IN PERSON \$290 ONLINE  
 TUESDAY / THURSDAY AM – \$250 IN PERSON \$225 ONLINE

### FEES FOR EXTENDED DAYS AGES 3-5

MONDAY, WEDNESDAY FRIDAY – \$265 IN PERSON \$245 ONLINE



## TERRIFIC TWOSIES WITH PARENT

The final step before reaching Lil Rec'ers. Experience lifelong friendships for parents and children. This program will model our pre-school programs weekly themes, BUT every activity will be based on age appropriate songs, stories, crafts, play kits, gym activities and more! The materials and supplies will be specific for the two year old and it will be a class filled with fun for all!

**Session 1:** Sept. 9<sup>th</sup> – Nov. 19<sup>th</sup>

**3000.400** 9:00am – 10:00am

for 10 weeks

**3000.401** 10:30am – 11:30am

for 10 weeks

**Session 2:** Dec. 3<sup>rd</sup> – Feb. 20<sup>th</sup>

**3000.100** 9:00am – 10:00am

for 10 weeks

**3000.101** 10:30am – 11:30am

for 10 weeks

**Fee:** \$100 **Instructor:** Miss Coleen

## AUTUMN ADVENTURES IN THE WOOD FOR PRE-SCHOOL AGES 3-5

This program is designed for children in preschool. We will meet five times to walk in the woods, explore local streams and ponds, and see what surprises Mother Nature has in store for us. Adult participation is encouraged but not required.

**3320.400** Tuesdays Sept. 24<sup>th</sup>  
9:30am – 10:30am for 5 weeks

**3320.401** Tuesdays Sept. 24<sup>th</sup>  
1:30pm – 2:30pm for 5 weeks

**Location:** Kohler Environmental Center Choate

**Fee:** \$35

**Instructor:** Helen Stowe

## 3320.410 OUTDOOR ADVENTURES FOR KINDERGARTEN CHILDREN AGES 5 & 6

This program is designed to help young children develop an appreciation for the natural world. We will meet five times to plant, to explore woods, fields, and streams, and finally to harvest what we planted. Adult participation is encouraged but not required. Please make arrangements for younger siblings.

**When:** Tuesdays Sept. 24<sup>th</sup>

4:00pm – 5:00pm for 5 weeks

**Location:** Kohler Environmental Center Choate

**Fee:** \$35

**Instructor:** Helen Stowe

## OUTDOOR EXPLORATIONS FOR GRADES 1 & 2

This program is designed for children in 1st and 2nd grade. We will explore woods, fields, and streams. We will go on tree and shape scavenger hunts, take a close look at insects, have a camouflage adventure, and use our senses to discover many of nature's wonders. Adult participation is not required. Please make arrangements for younger siblings.

**3320.411** Wednesdays Sept. 25<sup>th</sup>  
4:00pm – 5:00pm for 5 weeks

**3320.412** Thursdays Sept. 26<sup>th</sup>  
4:00pm – 5:00pm for 5 weeks

**Location:** Kohler Environmental Center Choate

**Fee:** \$35

**Instructor:** Helen Stowe

## WINTER WALKS IN THE WOODS FOR PRE SCHOOL CHILDREN AGES 4 & 5

This winter, join Helen Stowe as we explore woods and fields in the winter. We will discover what other creatures are out and about, what they eat, where they sleep and how they move. Adult participation with your child is encouraged but not required.

**3320.100** Tuesdays Jan. 7<sup>th</sup>  
9:30am – 10:30am for 4 weeks

**3320.101** Tuesdays Jan. 7<sup>th</sup>  
1:30pm – 2:30pm for 4 weeks

**Location:** Kohler Environmental Center Choate

**Fee:** \$30

**Instructor:** Helen Stowe



## Special Needs Adaptive Recreation

### ADAPTIVE LITTLE ROCKERS MUSIC PROGRAM

Wallingford Parks and Recreation is happy to announce our new partnership with The Rock House School of Music! This Adaptive Music Program is offering an early music program for children with special needs ages 4 to 6 and children age 7 to 9 called Little Rockers Classes. Children take their first musical steps starting with rhythmic exercises to learn the core of timing then have their first lessons on piano, guitar, ukulele and singing. This ground breaking program helps children excel in music at the pre-schematic stage of artistic development, when children become creative and develop motor skills.

**When:** Wednesday October 9<sup>th</sup>  
for 6 weeks

**0121.400** Time: 5:30-6:15pm Ages 4-6

**0121.401** Time: 6:15-7:00pm Ages 7-9

**Location:** Room 4.5

**Instructor:** Rock House School of Music Staff

**Fee:** \$50

### ADAPTIVE OPEN SWIM • AGES YOUTH - ADULT

Sponsored by Wallingford Parks and Recreation Department and Choate Rosemary Hall. Come and enjoy an hour of swimming, fun, and games! High school volunteers will be joining the group to help swimmers socialize and ensure everyone has a good time!

**When:** Thursdays Dates TBD

7:30-8:30 for 8 weeks

**Instructor:** Gary and Cindy Lynch

**Location:** The Larry Hart Pool at Choate Rosemary Hall  
333 Christian Street, Wallingford Ct.

**Fee:** \$20

### 0110.402 DANCE POWER – ADAPTIVE DANCE CLASS • AGES 11-21

This dance program will make you want to stomp your feet and clap your hands to the latest Hip Hop mu-

sic and get your rhythm on to popular hits on the radio today! You will be sure to get your energy up and feel good after class!

**When:** Mondays October 7<sup>th</sup>

6:00 – 6:45pm for 8 weeks

**Instructors:** Alexis Peck and Briana Durso

**Location:** Room 14

**Fee:** \$65

## FUNNY / MEGA MUSCLES - ADAPTIVE GYMNASTICS CLASS AGES 10-19

This Adaptive Gymnastics class will have participants using gymnastic equipment, obstacle courses, scooters and parachutes games that keep this class engaging and energetic! Kids will have fun while working on muscles motor planning, balance, self-esteem and social skills.

**When:** Tuesdays October 8<sup>th</sup>

for 8 weeks

**0109.400 Funny:** 5:30-6:00pm

Ages 3-5 **Fee:** \$50

**0109.401 Mega:** 6:00-6:45pm

Ages 10-19 **Fee:** \$70

**Instructor:** Juliana D'urso and

**Location:** Gymnastics Room 6

## REC CLUB BOWLING AGES 16 & OVER

Come join in on the fun! Bowling in a non-competitive setting, mixed with a positive social environment! We bowl one game and then move to the next plaza over to Paradise Pizza to enjoy food and drink together!

**When:** Ongoing every 2<sup>nd</sup> and 4<sup>th</sup> Friday of the month (subject to change)

**Time:** 4:00-6:00pm

**Location:** 980 North Colony Rd.

Wallingford Bowl

**Instructors:** Cyndi and Gary Lynch

**Fee:** \$5.00 Bowling and shoe rental

\$6.00 Pizza, wings, and soda (optional)

\*For additional information contact Gary Lynch at 203-265-3264

## TRANQUIL WAY YOGA • ALL AGES

A fun combination of adaptive yoga poses and breathing exercises to improve posture, strength, flexibility, and self-awareness. Participants will be guided through each pose/exer-

cise, using visual and auditory cues that tap into each participant's unique way of experiencing yoga. This program is in partnership with the Occupational Therapy Department at Sacred Heart University; student volunteers will be assisting with this program.

**When:** Saturdays September 28<sup>th</sup>  
7 weeks (specific dates TBA)

**0118.400 Blue:** Independent class  
10:00-10:45am

**0118.401 Green:** 1-1 mentor support  
provided 11:00-11:45am

**Instructor:** Zorayda Cocchi,  
OTR/L, RYT 200, Certified Yogakids  
Teacher

**Location:** Room 14

**Fee:** \$55

## 0118.403 ADAPTIVE KARATE AGES 7-10

For children with special needs\*, the benefits of martial arts can be invaluable. Consistency and repetition are key - repetition of the same location, same faces, same curriculum, and knowing what to expect are the process to help them succeed. With continuous structure and fun exercises, even the child with multisensory issues can rise to the occasion. Adding a traditional martial arts program to a child's existing therapies can only assist them in reaching their goals faster. Focus, concentration, balance, tone, awareness, self-regulation, core strength, reduced anxiety, and spatial awareness are just a few of the benefits your child will receive.

**When:** Wednesdays October 9<sup>th</sup>  
6:00-6:45pm for 6 weeks

**Instructor:** Lyne Landry and The  
Institute of Martial Arts Staff

**Location:** Room 14

**Fee:** \$45

## T.O.P.S. SOCCER

This is an adaptive indoor/outdoor soccer league for children who need support while learning basic skills. Specific information can be obtained through: [www.wysl.net](http://www.wysl.net) website or Coach Bill Fallon 202-415-8812.

## Sports & Leagues

### Karate

#### LITTLE NINJAS • AGES 3-4

Karate techniques incorporated with essential motor skills for 3-4 year olds. The curriculum includes balance, memory, team work, coordination, focus, and other age specific skills training. Often young children want to do what the big kids do but don't have the essential motor skills. This class teaches those while building self-esteem and respect for self and others.

**4051.400** Fridays Oct. 4<sup>th</sup>

5:30 – 6:00pm for 12 weeks

**4051.401** Saturdays Oct. 5<sup>th</sup>

9:00 – 9:30 am for 12 weeks

**Fee:** \$75 **Instructor:** The Institute  
of Martial Arts Staff

**Location:** Fridays Room 14 /  
Saturdays Room 15

#### 4051.402 KARATE FOR BEGINNERS AGES 7-9

A traditional karate program for ages 7 to 9, the style of Karate we study is Tang Soo Do, a Korean based martial art. In addition to learning techniques, board breaking, forms and exercise patterns, the class focuses on self-esteem, character building, respect for self and others, proper approaches to competition and general life skills for today's child.

**When:** Wednesdays Oct. 2<sup>nd</sup>  
5:30pm – 6:30pm for 12 weeks

**Fee:** \$90 **Instructor:** The  
Institute of Martial Arts Staff

**Location:** Room 14

#### KICKIN' KIDS • AGES 5-6

Dynamic karate techniques taught with an emphasis on kicks, punches, blocks, coordination, and bullying prevention. Situational self-defense will be taught so our youngest can avoid conflict. Class is designed to have a student develop into the more structured karate program that starts at 7 years old. Emphasis on tech-

nique and coordination without the traditional forms patterns of movement.

**4052.400** Fridays Oct. 4<sup>th</sup>  
6:00 – 6:45pm for 12 weeks

**4052.401** Saturdays Oct. 5<sup>th</sup>  
9:30 – 10:15am for 12 weeks

**Fee:** \$90 **Instructor:** The Institute of Martial Arts Staff

**Location:** Fridays Room 14 / Saturdays Room 15

## KARATE TANG SOO DO • AGES 7-ADULT

A chance for youth 10 years and up and adults to develop martial arts skills, build strength and confidence, build self-discipline. Parents are encouraged to begin training at the same time as their child's class regardless of rank. Great family activity!

**4050.400** Wednesdays Oct. 2<sup>nd</sup>  
6:30 – 7:30pm for 12 weeks

**4050.401** Saturdays Oct. 5<sup>th</sup>  
10:15-11:30am for 12 weeks

**Fee:** \$90 **Instructor:** The Institute of Martial Arts Staff

**Location:** Wed. Room TBD / Saturdays Room 15

## HOOP HOUSE BASKETBALL ACADEMY FOR BOYS AND GIRLS 5-9YRS

Great tune up for the coming basketball league play! Wallingford Parks & Rec in conjunction with Central Connecticut Hoop Stars offers a premiere youth basketball program which includes instruction by top coaches, game play, basketball contest and the Hoop House "lessons of life" program. Each participant will receive a Hoop House T - Shirt.

**4020.401** 5-6yrs Wednesdays Oct. 9<sup>th</sup> 5:45 - 6:45pm for 6 weeks

**4020.402** 7-9yrs Wednesdays Oct. 9<sup>th</sup> 6:45 - 7:45pm for 6 weeks

**Fee:** \$65 **Location:** Gym 2  
**Instructor:** Greg Morrone and Hoop House Staff

## 4020.403 PROJECT TRIPLE THREAT BASKETBALL CLINICS AGES 10 - 14

Project Triple Threat (PTT) was founded by Drew Dawson, a former Division 1 college player, coach and current head coach at Choate Rosemary Hall Boys Basketball.

This instructional clinic is designed to expose our younger generation of basketball players to the essential skills, intangibles and team concepts for growing as an aspiring player and teammate in the game of basketball.

**When:** Tuesdays October 15<sup>th</sup>  
6pm – 7pm for 6 weeks

**Location:** Parks and Recreation Gym

**Staff:** Coach Drew Dawson & Staff

**Fee:** \$115

## 4028.400 LITTLE SLUGGERS • 4-6 YEARS

Tee ball clinic for ages 4-6 to help children learn basic fundamentals of baseball. A gentile approach by instructors will make learning America's Pastime an enjoyable experience.

**When:** Tuesdays Oct. 8<sup>th</sup>  
4:45pm - 5:30pm for 6 weeks

**Fee:** \$60 **Location:** Gym 1  
**Instructor:** Diamond Kings Baseball Academy, Bristol, CT

## 4060.400 TINY-HAWK SPORTS • AGES 3-4

This program helps young children explore soccer and basketball in a day program setting. There is no pressure, just lots of fun while these young athletes participate in all two sports through unique Skyhawks games. Our Mini Hawk coaching staff is trained to meet the special needs of your young children and is committed to starting them off on the right foot as they take their first steps into athletics. The participant to coach ratio is approximately 8:1.

**When:** Mondays Oct. 7<sup>th</sup>  
5:00pm - 5:45pm for 5 weeks

**Location:** Gym 1 **Fee:** \$75  
**Instructor:** Skyhawks Staff  
(Skyhawks is a nationally recognized sports program provider)

## 4061.420 MINI HAWK SPORTS & GYM GAMES • AGES 5-7

Skyhawks provides a wide variety of fun, safe and positive programs that emphasize critical lessons in sports and life, such as teamwork, respect and sportsmanship. Our programs are designed to give each child a positive introduction into sports while fostering a lifelong love for an active, healthy lifestyle. For this camp, our patient and knowledgeable staff use a variety of skill-building games and activities to give each athlete a complete understanding and overview of many different popular sports and games. Sports and games include capture the flag, soccer, ultimate frisbee, basketball, kickball, baseball, 4 square, flag football, team handball and many more. Kids will play 2-4 different games/sports each week.

**When:** Mondays Oct. 7<sup>th</sup>  
5:50pm - 6:50pm for 5 weeks

**Fee:** \$75 **Location:** Gym 1  
**Instructor:** Skyhawks Staff  
(Skyhawks is a nationally recognized sports program provider)

## 0239.400 CROSSFIT TRITON - CROSSFIT KIDS & TEENS AGES 8 - 16

Crossfit Kids is a strength and conditioning program that is specifically designed for kids and teenagers, helping them develop a lifelong love of fitness. In a group setting based by age, children and teens participate in fun and engaging workouts that will deliver measurable results, along with preparing them to be well rounded athletes. Participants will learn nutritional information and how the program can improve all participants. We encourage all participants, athletes and non-athletes to participate in this program.

**When:** Saturdays Oct. 5<sup>th</sup>  
9:00am – 10:00am for 6 weeks

**Instructors:** Triton Athletics Staff  
**Fee:** \$60  
**Location:** Triton Athletics 20 Capitol Dr.

## 4000 CO-ED RECREATIONAL GYMNASTICS • FOR 12MO. – 8 YRS

Come join in the fun of recreational gymnastics under the direction of Miss Brenda, Miss Tanisha, Miss Caleigh, Miss Jen and Miss Ava. These classes will provide a fun and exciting experience for participants. All programs start with the basics and move along the skill path at their own pace. All participants will receive a ribbon upon completion of a class session. Any child who participates in all 3 sessions (Fall, Winter & Spring) will receive a medal at the end of the year recital.

*Classes begin the week of September 23<sup>rd</sup> for 10 weeks.*

### Mommy & Me 1's (This class is Mommy & Me 1's just for 12mo-23mo.)

.435 Tuesdays Sept. 24<sup>th</sup> 9:30am - 10:15am

.436 Wednesdays Sept. 25<sup>th</sup> 9:30am - 10:15am

Fee: \$75

Location: Gymnastics Room

Instructors: Gymnastics Staff

### TINY TUMBLERS: 12 MONTHS – 2 YEARS

Parents share in the experience with their young child. We create an atmosphere geared for physical and social activity for the participants. This open play will give your child an opportunity to play on the mats, while building skills through play to get them to the next level.

.401 Mondays Sept. 23<sup>rd</sup> 9:30am - 10:15am

.402 Mondays Sept. 23<sup>rd</sup> 5:00pm – 5:45pm

.405 Thursdays Sept. 26<sup>th</sup> 9:30am - 10:15am

.406 Fridays Sept. 27<sup>th</sup> 9:30am - 10:15am

.407 Saturdays Sept. 28<sup>th</sup> 9:00am - 9:45am

.408 Saturdays Sept. 28<sup>th</sup> 9:50am - 10:35am

Fee: \$75

Location: Gymnastics Room

Instructors: Gymnastics Staff

### TUMBLIN TWO'S (THIS CLASS IS TUMBLING TWO'S JUST FOR 2 YR OLDS)

**\*MUST BE 2 BY THE START OF THE CLASS.**

**NO EXCEPTIONS**

.430 Tuesdays Sept. 24<sup>th</sup> 10:20am - 11:05am

.431 Wednesdays Sept. 25<sup>th</sup> 10:20am - 11:05am

Fee: \$75

Location: Gymnastics Room

Instructors: Gymnastics Staff

### PRE-SCHOOL GYMNASTICS CLASSES: 3 – 4 YEARS OLD WITHOUT PARENT

**\*MUST BE 3 BY THE START OF THE CLASS.**

**NO EXCEPTIONS**

This class takes a gentle approach to the introduction of gymnastics. Participants will be introduced to gymnastics equipment, as well as learning the basics of tumbling in a fun and easy going environment.

.411 Mondays Sept. 23<sup>rd</sup> 10:20am - 11:05am

.412 Mondays Sept. 23<sup>rd</sup> 5:50pm – 6:35pm

.413 Tuesdays Sept. 24<sup>th</sup> 11:10am - 11:40am

.414 Wednesdays Sept. 25<sup>th</sup> 11:10am - 11:40am

.415 Wednesdays Sept. 25<sup>th</sup> 5:00pm - 5:45pm

.416 Thursdays Sept. 26<sup>th</sup> 10:20am - 11:05am

.417 Fridays Sept. 27<sup>th</sup> 10:20am - 11:05am

.418 Saturdays Sept. 28<sup>th</sup> 10:40am - 11:25am

.419 Saturdays Sept. 28<sup>th</sup> 11:30am - 12:15pm

Fee: \$75

Location: Gymnastics Room

Instructors: Gymnastics Staff

### BEGINNER GYMNASTICS CLASS • 5 – 8 YEARS OLD

**\*MUST BE 5 BY THE START OF THE CLASS.**

**NO EXCEPTIONS**

In this class we will introduce your child to the skills on all of the gymnastics equipment. Your child will develop skills on the beam and bars. A small floor routine will be introduced and performed at the spring recital.

.420 Ages 5-6 Mondays Sept. 23<sup>th</sup> 6:40pm - 7:25pm

.421 Ages 5-6 Wednesdays Sept. 25<sup>th</sup> 5:50pm - 6:35pm

.422 Ages 7-8 Wednesdays Sept. 25<sup>th</sup> 6:40pm - 7:25pm

.423 Ages 5-8 Saturdays Sept. 28<sup>th</sup> 12:20pm - 1:05pm

Fee: \$75

Location: Gymnastics Room

Instructors: Gymnastics Staff





## TinyTykes Soccer Ages 2-5yrs

TinyTykes is an exciting child development program delivered through soccer. Our soccer and child development professionals have designed an innovative curriculum that takes children on 'Immersive Interactive Adventures' through fun and exciting themes. It is through these semi-structured adventures that every child has the ability to build their own experiences and be introduced to the basic skills needed in soccer; motor, social, and psychological skills. Our International coaches are experts at working with young children and will combine soccer and adventure in a way that keeps your children entertained and enthused to return next week. Player package that includes: Full custom designed TinyTykes Uniform (Shirt and Shorts) Graduation certificate after level completion  
Class begins Saturday September 21<sup>st</sup> for 6 weeks.

- 4030.401** Ages 2-3 Saturdays 9:00am – 9:45am
- 4030.402** Ages 2-3 Saturdays 10:00am – 10:45am
- 4030.403** Ages 4-5 Saturdays 11:00am – 11:45am
- Fee:** \$85 (includes the uniform)

**Location:** Gym 1 & 2      **Instructors:** Tiny Tykes Staff



## LYMAN JUNIOR GOLF CLINIC 101 AGES 7-14

This beginner instruction will include topics such as etiquette, rules of the game, putting, chipping and full swing theory mechanics. Juniors do not need to have their own equipment...we will supply all clubs and balls. Sneakers required. At the conclusion of the clinic season all juniors and parents will be given a comprehensive review of all that was covered in the five weeks. For more information please call John Dipollina at 860.398.6479 or email at [jdipollina@lymangolf.com](mailto:jdipollina@lymangolf.com)

**When:** Wednesday Sept. 4<sup>th</sup> 4:30pm – 5:30pm for 5 weeks

**Fee:** \$100      **Location:** Lyman Orchards Golf Center Putting Green  
For more information please call John Dipollina at 860.398.6479 or email at [jdipollina@lymangolf.com](mailto:jdipollina@lymangolf.com)  
**Instructor:** John R. Dipollina, PGA

## LYMAN JUNIOR GOLF CLINIC AGES 10-13

This intermediate instruction will also include topics such as etiquette, rules of the game, putting, chipping and full

swing theory mechanics. Juniors will go onto the golf course to play holes of golf each and every clinic session. At the conclusion of the five-week clinic season all juniors and parents will also be given a comprehensive review of all topics covered.

**When:** Wednesday Sept. 4<sup>th</sup> 4:30pm – 6:30pm for 5 weeks

**Fee:** \$150

**Instructor:** John R. Dipollina, PGA  
**Location:** Lyman Orchards Golf Center

For more information please call John Dipollina at 860.398.6479 or email at [jdipollina@lymangolf.com](mailto:jdipollina@lymangolf.com)

## LYMAN FALL JUNIOR GOLF LEAGUE AGES 7-14

This fall golf league will allow junior golfers a chance to play nine holes of golf every Saturday morning throughout the fall on The Apple 9. Tee times will be reserved from 8:00am to 9:00am. Tee times will be assigned by pro shop and emailed to parents a few days prior. Players will not be sent out alone.

At the conclusion of the final week a traditional breakfast banquet will

be served for all the participants and their families on the patio. Each participant will receive a league gift at the breakfast banquet.

**When:** Saturdays Sept. 7<sup>th</sup> begins at 8am for 8 weeks (Tee times coordinated with Lyman)

**Fee:** \$50 (\$13 per week greens fees payable at Lyman prior to each round) Green fees are included with a 2019 Lyman Membership, Family or Junior Season Pass.

## Leagues

### 4200.400 GIRLS YOUTH VOLLEYBALL AGES 5-15

Season Begins Saturday September 14<sup>th</sup>. Learn the game of volleyball, skills, rules, teamwork, and sportsmanship while having fun. Program includes clinics, practices, and games.

League begins Sept. 21<sup>th</sup>  
First three sessions are 2 hour clinics. After, sessions are 1 hour every Saturday and every other Thursday,

full schedule to come.

**Thursdays:** 5:30 – 7:30pm /

**Saturdays:** 12:00 – 4:00pm

**When:** Saturday September 21<sup>st</sup>

**Fee:** \$75 includes league t-shirt

**Coordinator:** Ken Kish

### **WEBER BOYS & GANNON GIRLS YOUTH BASKETBALL LEAGUE 2019-2020 SEASON**

Dads and moms requesting to be coaches please pick up a coaches volunteer form and attend coaches registration during the registration period for players. Coaches will be subject to a background check and first time coaches are required to attend a NAYS Coaches Certification program sponsored through the Recreation Dept. If you are a returning coach please send us your NAYS renewal form if it is mailed to you.

#### **Divisions**

Weber - 1<sup>st</sup>/2<sup>nd</sup> Grade

Gannon - Grades 1, 2

Weber - 3<sup>rd</sup> Grade

Gannon - Grades 3, 4, 5

Weber - 4<sup>th</sup> Grade

Gannon - Grades 6,7

Weber - 5<sup>th</sup> Grade

Gannon - Grades 8 – 12

Weber - 6<sup>th</sup> Grade

Weber - 7<sup>th</sup> Grade

Weber - 8<sup>th</sup> Grade

Weber - 9<sup>th</sup> – 12<sup>th</sup> Grade

**Fee:** \$80 Residents / \$100

Beginning 9/18

\$125 Non Residents

### **ADULT OPEN VOLLEYBALL**

Co-ed Adult Volleyball will run weekly on Thursdays - September 5, 2019 thru June 4, 2020 from 7:30-9:45pm. This program is open for participants age 18 and older!

Teams will be formed at the beginning of each night and both courts will be utilized. If at any time numbers of participants are low, the Rec Dept. reserves the right to accommodate other groups or activities on an as need basis on one side or both sides of the gym.

Sign-up now at the Park & Rec. to get your photo ID. Park & Rec will issue a photo id upon registration. This photo id pass will need to be shown each week to play volleyball. This change was made due to over

crowding and Wallingford residents not being able to play.

**4210.400 Resident Fee:** \$65

**4210.401 Non Resident Fee:** \$85

### **4230.400 SWISH WOMEN'S BASKETBALL LEAGUE**

Come join the women's adult basketball league for some Sunday morning competition. The league schedule is for a total of twelve games plus playoffs. Game play will begin early November. Must register as a team. Limit of 8 teams.

Games played on Sunday mornings starting at 10:00 am. Team rosters need to be completely filled out or they will not be accepted. Payment must accompany the roster. Team registration begins upon receipt of information packet until Oct.18<sup>th</sup> at 9:30am.

**Fee:** \$550 for resident teams / \$600 for non resident

**League Supervisor:** Bill Farm

### **4220.400 MEN'S BASKETBALL LEAGUES**

The Rec Dept. offers two leagues a 35yrs & Over and an Open league. Players can participate in both if they desire. The 35 and over League will be played Sunday mornings starting November at 8:00am. The Open League will be played on Wednesday evenings starting late November at 7:30pm Please note, resident teams that played in the 2018-2019 league will have first preference to sign-up in both Leagues. After the '18-'19 resident teams have registered there is going to be other opportunities for teams to register. The teams consisting of resident players will register first. If openings remain, corporate and non-resident teams can register. Leagues will play 12 games plus playoffs. Limit of 12 teams. Team rosters need to be completely filled out or they will not be accepted. Payment must accompany the roster.

League Registration for returning resident teams is upon receipt of information packet until 4:00pm Thursday October 17<sup>th</sup>

New, Corporate, Returning Non

Resident and New Non Resident teams begin registration on Friday October 18<sup>th</sup> at times below:  
9:30am New Resident Teams  
9:35am Corporate Teams  
9:40am Returning Non – Resident Teams

9:45am New Non - Resident Teams  
**Fee:** \$550 League Fee For both leagues

\$600 Non-resident/corporate

**League Supervisor:** Bill Farm

### **4200.401 DIVISION A – VERY COMPETITIVE CO-ED VOLLEYBALL**

League plays Sundays beginning Mid Nov. (15 matches, 3 games each match) plus playoffs. Games times are generally between 4:30pm – 8:30pm using both courts, depending on the amount of teams. Limit of 8 Teams. Team rosters need to be completely filled out or they will not be accepted. Payment must accompany the roster. Tony Pires will evaluate teams and players for placement. Tony will designate what division a team will participate in.

**Fee:** \$275

Returning 2018 – 2019 team registration till Oct.17<sup>th</sup> 4:30pm

New Team Registration begins Oct. 18<sup>th</sup> 4:35pm

**League Supervisor:** Tony Pires

### **4200.402 DIVISION B – CO-ED RECREATIONAL VOLLEYBALL**

League plays Sundays beginning Nov. 10<sup>th</sup> (15 matches, 3 games each match) plus playoffs. Games times generally are between 4:30 – 8:30pm, using both courts, depending on number of teams. Limit of 12 Teams. Team rosters need to be completely filled out or they will not be accepted. Payment must accompany the roster. Tony Pires will evaluate teams and players. Tony will designate what division a team will participate in.

**Fee:** \$275

Returning 2018 - 2019 team registration till Oct.17<sup>th</sup> 4:30pm

New Team Registration begins Oct. 18<sup>th</sup> 4:35pm

**League Supervisor:** Tony Pires

# Wallingford Youth League Information



## Wallingford Flag Football

President: Dom Colavito  
Email: [dominic.colavito@gmail.com](mailto:dominic.colavito@gmail.com)  
Website: [www.hkiimemorialflagfootball.com](http://www.hkiimemorialflagfootball.com)



## Wallingford Vikings Football

President: Marc Francis  
Email: [Wallingford.vikings@yahoo.com](mailto:Wallingford.vikings@yahoo.com)  
Website: [www.wallingfordvikings.com](http://www.wallingfordvikings.com)



## Wallingford Little League

President: Lars Edeen  
Email: [attorney.edeen@sbcglobal.net](mailto:attorney.edeen@sbcglobal.net)  
Website: [www.wallingfordlittleleague.com](http://www.wallingfordlittleleague.com)



## Yalesville Little League

President: Ray Gomes  
Email: [yalesvilleLL@gmail.com](mailto:yalesvilleLL@gmail.com)  
Website: [www.yalesvillelittleleague.com](http://www.yalesvillelittleleague.com)



## Girls Little League Softball of Wallingford Fast Pitch

President: CJ Slabaugh  
Email: [wallingfordLLS@gmail.com](mailto:wallingfordLLS@gmail.com)  
Website: [www.gllsow.org](http://www.gllsow.org)



## Wallingford Girls Softball League Slow Pitch

President: Al Brunelle  
Email: [WGSLPresident@gmail.com](mailto:WGSLPresident@gmail.com)  
Website: [www.wgsl.org](http://www.wgsl.org)



## Wallingford Cardinals Travel Baseball/Softball

President: Chris Bishop  
Email: [CBishop@wallingfordbaseball.com](mailto:CBishop@wallingfordbaseball.com)  
Website: [www.wallingfordbaseball.com](http://www.wallingfordbaseball.com)



## Wallingford Youth Soccer League

President: Dave Rodriguez  
Email: [roddag1@comcast.net](mailto:roddag1@comcast.net)  
Website: [www.wysl.net](http://www.wysl.net)



## Wallingford Youth Lacrosse

President: Rosa Brunelle  
Email: [President@wallingforyouthlacrosse.com](mailto:President@wallingforyouthlacrosse.com)  
Website: [www.wallingfordlacrosse.com](http://www.wallingfordlacrosse.com)



## Wallingford Hawks Hockey

President: David Fritz  
Website: [www.whawks.com](http://www.whawks.com)

## **Yoga, Pilates, Tai Chi, Seniors & Specialty Fitness**

**PLEASE NOTE: the following health and fitness classes are for participants 13 years and older unless noted.**

### **NEW! 5025.400 MEN'S YOGA**

Through form, foundation, movement and breathwork, we will begin to find optimum flexibility to lengthen, as well as strengthen, the muscles in your body. If you've ever said, I'm not flexible.. or you're looking to improve your golf, tennis..or just have better balance.. or wondered what Yoga might have to offer you...This class is for you. Come and explore the power on the mat. All levels welcome!

**Needed:** Yoga mat

**Instructor:** Christina Casavina certified yoga instructor

**Class Time:** Thursdays  
6:45-8:00 PM

**Location:** Room 15 **Fee:** \$36

**Date:** 10/3-11/7 for 6 weeks Class

### **5507.400 FITNESS IN NATURE**

Come enjoy Mother Nature's transition from summer into fall. Embrace the beauty and many benefits of exercising outdoors. Fresh air, vitamin D and natural sounds surround us as we walk, lunge, work the upper body and stretch. This group meet up is great for all fitness levels with modifications for more or less intensity provided. Please bring water and wear a raincoat when needed. We will meet unless the weather is extreme.

**Instructor:** Gwen Silloway ACE certified instructor

**Date:** 9/24-11/12 for 8 weeks

**Class Time:** Tuesdays 9:15-10:00AM

**Location:**@ Quinnipiac Linear Trail, main parking lot

**Fee:** \$25

### **5026.400 MOM AND ME YOGA (KIDS 3-10 YEARS)**

Class is for children between the ages of 3 to 10 years old explore the

enchanting world of yoga with Mom (or Dad!) by your side! This playful class will include an introduction to yoga poses to develop strong and healthy bodies, as well as relaxation techniques where the kids learn to center and calm themselves. You will share lots of giggles and hugs with partner exercises designed to build confidence in a non-competitive environment.

**Equipment Needed:** Your own yoga mat

**Instructor:** Rebecca Santillo certified yoga instructor

**Date:** 10/5-11/16 for 7 weeks

**Class Time:** Saturdays 12:00 - 12:30 PM

**Location:** Room 16

**Fee:** \$42

### **5001.400 PRENATAL YOGA**

A gentle practice designed to help women prepare both physically and emotionally for childbirth. Asana are specifically designed to build both strength and stamina. Relaxation techniques are used to help you bond with your baby and enjoy this special time of your life. Experience the fellowship and support of other pregnant women while nourishing yourself and unborn child. Bring a mat, blanket, pillow, and water bottle. Class fee can be adjusted for those who will be delivering their babies before the end of the session.

**Equipment Needed:** Your own yoga mat

**Instructor:** Rebecca Santillo certified yoga instructor

**Date:** 10/5-1/4 for 14 weeks

**Class Time:** Saturdays 10:30-11:45 AM

**Location:** Room 16

**Fee:** \$84 (class can be pro-rated depending on due date)

### **5020.401 EARLY MORNING YOGA**

Challenge your body with a different yoga practice each day. Using a variety of equipment to shake up your yoga routine. Workout early and get it done. The rest of the day is yours to enjoy! All levels welcome!

**Equipment Needed:** Your own yoga mat

**Instructor:** Sue Schade, certified yoga instructor

**Class Time:** Mon., Wed. & Fri.  
5:30-6:45 AM

**Date:** 9/30-1/3 for 13 weeks  
no class 10/14, 11/11, 11/29

**Location:** Room 15

**Fee:** \$200 for 3 days, \$150 for 2 days, \$78 for 1 day

### **5003.401 VINYASA YOGA**

An Active class that synchronizes breath with movement. Gain stability, flexibility, strength and increased breath capacity. Modifications are always shown.

**Equipment Needed:** Your own yoga mat

**Instructor:** Cathy Dean certified yoga instructor

**Class Time:** Thursdays 5:30-6:30 PM

**Date:** 10/3-1/2 for 13 weeks,  
no class 11/28

**Location:** Room 6 **Fee:** \$78

### **5003.400 ALL LEVELS YOGA**

This yoga class blends movement, meditation and breath and will leave you feeling relaxed yet invigorated. Whether you are new to yoga or a more seasoned practitioner, modifications will be offered and the use of props will be encouraged. Gain flexibility and strength while decreasing stress and tension. Feel more fully alive!

Saturdays 9:00-10:15 AM

**Equipment Needed:** Your own yoga mat

**Instructor:** Rebecca Santillo certified yoga instructor

**Date:** 10/5-1/4 for 14 weeks

**Location:** Room 16 **Fee:** \$84

### **GENTLE YOGA & MEDITATION**

A nurturing, healing yoga experience for the beginner student or those needing some relaxation and ease in their life. Basic yoga postures and breathing are taught in a gentle way to help students release deep tension and stress from their bodies and minds.

**Equipment Needed:** Your own yoga mat

**5005.402 Mondays 11:00-12:15 PM**

**Instructor:** Christina Casavina certified yoga instructor

**Date:** 9/30-12/30 for 12 weeks  
no class 10/14, 11/11



**Location:** Room 15    **Fee:** \$72  
**5005.401** Thursdays 9:30-10:45 AM  
**Instructor:** Christina Casavina  
 certified yoga instructor  
**Date:** 10/3-1/2 for 13 weeks,  
 no class 11/28  
**Location:** Room 16    **Fee:** \$78

### 5006.400 YOGA BASICS FRIDAYS-REBECCA

*\*Class is for Beginners*

An all-levels yoga class that includes classical poses and basic breathing techniques. Learn more about foundations of the postures, healthy alignment and relaxation. Something for everyone! Students are encouraged to work at their own pace.

**Equipment Needed:** Your own yoga mat  
**Instructor:** Rebecca Santillo  
 certified yoga instructor  
**Date:** 10/4-1/3 for 13 weeks  
 no class 11/29  
**Class Time:** Fridays 9:30-10:45 AM  
**Location:** Room 14    **Fee:** \$78

### 5006.401 BASIC YOGA MONDAYS-ZORAYDA

Come and enjoy the benefits of breathing awareness, yoga poses, and guided relaxation. Learn to listen to your own body as it guides you to develop the yoga practice that is right for you. Emphasis will be on feeling the poses, connecting to your breath and your body, and letting go of an 'ideal' of how each pose is supposed to look like.

**Equipment Needed:** Your own yoga mat  
**Instructor:** Zorayda Cocchi OTR/L,  
 RYT 500, CYKT certified yoga instructor  
**Date:** 9/30-12/30 for 12 weeks  
 no class 10/14, 11/11  
**Class Time:** Mondays 9:30-10:45 AM  
**Location:** Room 15    **Fee:** \$72

### 5007.402 MINDFUL YOGA

Take time to attune to your body. Through the use of props, self-massage, breathing exercises, relaxation, and meditation, you will to a slow-graded increase in the level of intensity, to get the most benefit from your yoga practice, regardless of your

perceived level of flexibility.  
**Equipment Needed:** Your own yoga mat  
**Instructor:** Zorayda Cocchi OTR/L,  
 RYT 500, CYKT certified yoga instructor  
**Class Time:** Tuesdays 5:30-6:45 PM  
**Date:** 10/1-12/17 for 12 weeks  
**Location:** Room 15    **Fee:** \$72

### 5006.402 YOGA FOR "NOT FLEXIBLE PEOPLE"

If you have been thinking about yoga but believe "I am not flexible enough to do yoga", THIS IS THE CLASS FOR YOU! Drawn from her Occupational Therapy background and her extensive yoga training, Zorayda Cocchi will guide you to use props, modifications and assists to get the best out of your practice, regardless of your perceived level of flexibility. Come and experience the multiple benefits of yoga in a supportive environment. YOUR body, YOUR choice, YOUR practice.

**Equipment Needed:** Your own yoga mat  
**Instructor:** Zorayda Cocchi OTR/L,  
 RYT 500, CYKT certified yoga instructor  
**Date:** 10/2-12/18 for 12 weeks  
**Class Time:** Wednesdays  
 11:20-12:20 PM  
**Location:** Room 16    **Fee:** \$72

### THERAPEUTIC YOGA

Drawn from her Occupational Therapy background and her yoga training, Zorayda's therapeutic yoga includes the use of props, self massage, breathing exercises, relaxation, and meditation. Poses are built from the least challenging to a slow-graded increase in the level of intensity. Poses are modified so that each student benefits regardless of his perceived physical condition. All are welcome.

**Equipment Needed:** Your own yoga mat  
**5007.400** Mondays 7:00-8:15 PM  
**Date:** 9/30-12/30 for 14 weeks  
**Location:** Room 15    **Fee:** \$84  
**5007.403** Wednesdays 7:00-8:15 PM  
**Date:** 10/2-12/18 for 12 weeks  
**Location:** Room 15    **Fee:** \$72



### 5009.400 POWER YOGA W/ EQUIPMENT

Energetic, vigorous practice that blends sweat and flexibility in a class that thoroughly tones the body and disciplines the mind. The class will use different equipment each week to challenge your yoga practice. Get ready to sweat!

*\*This is an advanced class*  
**Equipment Needed:** Your own yoga mat  
**Instructor:** Sue Schade, yoga certified instructor  
**Date:** 9/30-12/30 for 14 weeks  
**Class Time:** Mondays 5:15-6:30 PM  
**Location:** Room 15  
**Fee:** \$84

### 5007.401 SELF-AWAKENING YOGA

Awaken your body's inner intelligence. Discover what works for you through the experience of developmental movement, individual alignment, breath awareness, stillness, gravity, body scanning, differentiation, and non-judgmental self-awareness. Learn to listen to your body. Open mind set required... body flexibility optional!

**Equipment Needed:** Your own yoga mat. Bring a blanket and/or pillow (optional).  
**Instructor:** Zorayda Cocchi OTR/L,  
 RYT 500, CYKT certified yoga instructor  
**Date:** 10/2-12/18 for 12 weeks  
**Class Time:** Wednesday 8:00-9:15AM  
**Location:** Room 16    **Fee:** \$72

### 5013.400 MIXED LEVEL YOGA

A hatha yoga class designed for all levels. This practice is focused on expressing the asana (postures from the inside out. Breath work and meditation will be included. Based on the principles of iyengar yoga, this therapeutic yoga will open your heart and align your body to its greatest potential.

**Equipment Needed:** Your own yoga mat  
**Instructor:** Christina Casavina,  
 certified yoga instructor

**Date:** 10/2-12/18 for 12 weeks  
**Class Time:** Wednesdays 9:30 - 10:45 AM

**Location:** Room 14  
**Fee:** \$72

### **NEW!** 5017.401 SLOW FLOW FOR BACK AND CORE STRENGTH

Over time, compression of the spine, shortening of muscles, and rounded shoulders, the back will become weak. In this class, Kellie from Divinely Rooted, will guide you into your unique anatomical body, with detail oriented cues that are subtle, yet deep.

**Equipment Needed:** Your own yoga mat

**Instructor:** Kellie Codianna received her Yoga Therapy Certificate in 2017 and her intention is to educate anatomical movement while meeting people exactly where they are in their personal practice. E-RYT, C-IAYT

**Date:** 10/4-1/3 for 13 weeks  
 no class 11/29

**Class Time:** Fridays 5:15-6:30 PM  
**Location:** Room 15  
**Fee:** \$78

### 5018.400 CHAIR YOGA

This gentle yoga class will ease you into the world of yoga, whatever your age and ability. CHAIR YOGA is designed for seniors and persons with physical limitations. Students will have the opportunity to come out of the chair onto a yoga mat if they choose, but this will not be mandatory. Every class will include with deep breathing exercises and final relaxation. Come see what yoga can do for you!

**Equipment Needed:** Your own yoga mat (only needed if you can get up and down from the floor otherwise you can use the chair for the whole class)

**Instructor:** Lauren Henrici, RYT, Yoga Fit certified instructor

**Date:** 10/1-1/2 no class 11/28

**Class Time:** Tuesdays & Thursdays 1:00-1:45 PM

**Location:** Room 16  
**Fee:** \$50

### **NEW!** 5030.401 MIND/BODY MIXER

Something different every week! Pilates inspired core strength one week, yoga inspired stretch and power the next. Class will include different props each week... stability balls, light weights, resistance tubes etc.

**Equipment Needed:** Your own yoga mat

**Instructor:** Beth Ferraris IM=X pilates and Barre certified instructor  
**Class Time:** Tuesdays 5:15-6:00 PM  
**Date:** 10/1-12/17 for 12 weeks  
**Location:** Room 16 **Fee:** \$72

### 5012.402 TOTAL BARRE TRAINING

Sculpt your body using a barre, small ball, foam roller, weights and tubing. Experience a moving mix of pilates principles, dance and strength training while concentrating on smaller postural muscles and the fascia system. A total body workout!

**Equipment Needed:** Please bring your own mat.

**Instructor:** Linda Roy, STOTT pilates certified instructor  
**Class Time:** Wednesdays 5:10-5:55 PM

**Date:** 10/2-12/18 for 12 weeks  
**Location:** Room 16 **Fee:** \$72

### 5100.400 TAI CHI CH'UAN

"Relaxed physical movement with a peaceful but focused mind"  
 D.C.R. Tai Chi is an excellent internal exercise combined with external movement for men and women of all ages and physical abilities. The early effect of Tai Chi is lowering of blood pressure and stress reduction due to the relaxed, gentle movements of the Tai Chi form.

**Instructor:** Central CT Tai Chi Ch'uan  
**Date:** 10/1-12/3 for 10 weeks  
**Class Time:** Tuesday 7:00-8:00 PM  
**Location:** Room 16 **Fee:** \$65

### STRENGTH TRAINING AT CHOATE ROSEMARY HALL'S FITNESS CENTER

Get a personalized strength training program. Sue will design a program based on your goals and will super-

vise and guide you through your workout. You can't beat what you get out of this program: a personalized workout plan, Sue's expertise and guidance, and use of Choate's state-of-the-art fitness center for a great price!!! You will make use of free weights, nautilus, and cardio equipment (treadmills, bicycles, ellipticals, stairclimbers, etc.)  
**Instructor:** Sue Schade Tuesdays and Gwen Silloway ACE Thursdays  
**5101.401** Session I Tuesdays & Thursdays 8:00-9:30 AM  
**Date:** 9/3-12/19 for 15 weeks  
 no class 11/28

**Location:** Choate Rosemary Hall's Fitness Center

**Fee:** \$128

**5101.402** Session II Tuesdays & Thursdays 9:30-11:00 AM

**Date:** 9/3-12/19 for 15 weeks  
 no class 11/28

**Location:** Choate Rosemary Hall's Fitness Center

**Fee:** \$128

### 5102.400 EARLY MORNING STRIDERS

Join a group to enjoy a walk throughout historic streets of Wallingford. A great way to start your day see new sights and meet new people! Please wear reflective wear or bring along a flashlight for safety. Please leave your pets home.

Wallingford Schools Cancellation or Delays, there will not be any Striders.

**Instructor:** Mary Nieves

**Date:** 9/30-1/3, no class 10/14, 11/11, 12/25, 1/1

**Class Time:** Mon., Wed., and Fri. 6:00-7:00 AM

**Location:** Walk starts at Simpson Court at the Wishing Well (Corner of North Main St. and Center St.)  
 Parking available.

**Fee:** \$10

### 5103.400 ARTHRITIS FOUNDATION EXERCISE PROGRAM

This class is a program of specialized exercises promoting range of motion, flexibility and relaxation enhancing the quality of life.

**Instructor:** Elaine Doherty, Arthritis

Foundation Certified

**Date:** 9/4-12/18, no class 10/14, 11/11

**Class Time:** Monday and Wednesdays and 12:30-1:30 PM

**Location:** Wallingford Senior Center

**Fee:** \$30

### 5105.400 SWING SHIFT (50+ YEARS OLD)

This class is designed for the active senior. Move and step to your favorite music as you improve your cardiovascular health. Strength and balance exercises also included for complete fitness. This class will keep you moving and keep you doing the activities you love to do! Class is for 50+ Adult

**Instructor:** Stacey Bobbit Mondays, Cheryl Myers Wednesday, Gwen Silloway Fridays

**Date:** 9/30-1/3, no class 10/14, 11/11, 11/29

**Class Time:** Mon., Wed., & Fri. 10:20-11:05 AM

**Location:** Room 16 **Fee:** \$30

### 5106.400 BABY BOOMER BOOGIE (50+ YEARS OLD)

Move over Zumba Gold....Baby Boomer Boogie is a fun cardio dance fitness class that incorporates the best of today's and yesterday's favorite music hits. Get your heart pumping and spirits soaring with easy to follow dance movements. Top it off with some strength work and balance challenges and you have a TOTAL body workout!

**Instructor:** Lauren Henrici AFAA certified instructor

**Date:** 10/1-1/2 no class 11/28

**Class Time:** Tues. & Thurs. 12:05 - 12:50 PM

**Location:** Room 16 **Fee:** \$25

### 5106.405 BOOGIE BLAST (50+ YEARS OLD)

Boogie Blast is an exercise class based on easy to follow dance steps and movements. It is designed to give you a full body workout while moving to music that makes you want to dance! Come move

with us and discover how dancing with friends just might be the most enjoyable exercise ever!!

**Instructor:** Stacey Bobbit certified instructor

**Date:** 10/2-12/18 for 12 weeks

**Class Time:** Wednesdays 5:15-6:00 PM

**Location:** Room 15 **Fee:** \$20

### Fitness Classes



### 5500.400 P90X BEACH BODY BLAST

Mondays, you will power through a full-body strength and cardio workout to reach your fitness goals with Beachbody's P90X LIVE. Friday class will feature Beachbody's newest program- Transform Live. We will use a step to ramp up calorie burn with a high-intensity cardio-conditioning class.

**Instructor:** Jess Holloway AFAA certified instructor

**Date:** 9/30-1/3 for 13 weeks no class 10/4, 11/11, 11/29

**Class Time:** Mon. & Fri. 5:30-6:15 AM

**Location:** Room 16 **Fee:** \$75

### 5528.400 EARLY MORNING PUMP

Start your day off right with EARLY MORNING PUMP. We will tone all major muscle groups using a combination of handheld weights, barbells and our own body

**Instructor:** Jess Holloway AFAA certified instructor

**Date:** 10/1-1/2 for 14 weeks no class 11/28

**Class Time:** Tues. & Thurs. 5:30-6:15 AM

**Location:** Room 16 **Fee:** \$80

### 5501.400 MORNING MOTIVATORS

Morning Motivators offers a variety of fitness classes over 3 days of the week. Each day will have a general area of focus with plenty of variety and challenge to keep it fun, motivating and getting you fit.

Mondays will incorporate using a high intensity interval training class utilizing the Metafit and MetaPwr format with Stephen Stern,

Wednesdays is Cheryl Myers, Fridays is Balance/Core/Strength with Gwen. All fitness levels welcome!

**Instructor:** Certified Instructors Stephen Stern Monday, Cheryl Myers Wednesday and Gwen Silloway Friday

**Dates:** 9/30-1/3 for 13 weeks no class 10/14, 11/11, 11/29

**Class Time:** Mon., Wed., & Fri. (9:30-10:15 AM)

**Location:** Room 16

**Fee:** \$99 for 3 days, \$72 for 2 days, \$43 for 1 day

### 5519.401 HARDCORE

Full body weight training class which will challenge all major muscle groups fusing powerful strength training techniques. Increase core strength, stability, and burn calories. All levels encouraged!

**Instructor:** Sue Moreschi ACE certified instructor

**Class Time:** Thursdays 5:15-6:30 PM

**Date:** 10/3-1/2 for 13 weeks, no class 11/28

**Location:** Room 16 **Fee:** \$43



### POWEROLOGY

Full body weight training class which challenge all of the major muscle groups fusing powerful strength training techniques. Increase core strength, stability and burn calories. All levels encouraged!

**Instructor:** Sue Moreschi ACE certified instructor

**5519.400 Mondays 5:30-6:15 PM**

**Date:** 9/30-12/30 for 14 weeks

**Location:** Room 16 **Fee:** \$46

**5519.402 Saturdays 8:00-8:45 AM**

**Date:** 10/5-1/4 for 14 weeks

**Location:** Room 16 **Fee:** \$46

### 5521.400 HARVEST HIIT TRAINING

HIIT is a high intensity interval training session that is designed to help you meet your fitness goals. Short bursts of all out effort followed by recovery. Format will vary from

Tabata, Bootcamp, and Circuit Training formats. Be ready to sweat! All levels are welcome!

**Instructor:** Sue Moreschi ACE certified instructor

**Date:** 9/30-12/30 for 14 weeks

**Class Time:** Mondays 6:20-7:05 PM

**Location:** Room 16 **Fee:** \$46

### 5517.400 POUND®

Calling all fitness rebels!! If you want something different, this is the class for you.

POUND® is a cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Instead of listening to the music, you become the music. It's a full-body workout that combines cardio, conditioning and strength training with yoga and pilates-inspired movements. Using drumsticks or Ripsticks (lightly weighted drumsticks) you connect each strike to the beat. You'll challenge your body and mind in this exhilarating cardio jam session. All levels welcome!

**Instructor:** Penny Delahanty ACE and Pound certified instructor

**Date:** 10/1-12/17 for 12 weeks

**Class Time:** Tuesdays 6:05-6:55PM

**Location:** Room 16

**Fee:** \$39

### 5029.400 STRONG BY ZUMBA®

STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. The music drives every squat, every lunge, every burpee, helping you make it to that last rep, and maybe even five more. You will burn calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing.

**Instructor:** Kristie Miller, AFAA certified Instructor

**Date:** 10/2-12/18 for 12 weeks

**Class Time:** Wednesdays

6:00pm-6:45pm

**Location:** Room 16

**Fee:** \$39



### 5522.401 ALL FALL FOR CIRCUIT CHALLENGE

Intervals of strength, power, resistance, and core work in a variety of formats! Be ready to sweat! All levels welcome!

**Instructor:** Sue Moreschi ACE certified instructor

**Date:** 10/3-1/2 for 13 weeks, no class 11/28

**Class Time:** Thursdays 6:05-6:50 PM

**Location:** Room 16

**Fee:** \$43



### 5525.401 TOTAL BODY CROSS TRAINING

This class will alternate basic intense cardio work with intense strength conditioning for a total body work out. Using bands, balls, tubing and more.

Availability: Monday, Tuesday and Friday evening only. Thursday am only. d more. Improve muscle strength, toning, increased bone density and more.

**Instructor:** Vicky Hamelin AFAA certified instructor

**Date:** 10/4-1/3 for 13 weeks no class 11/29

**Class Time:** Fridays 5:15-6:15 PM

**Location:** Room 16

**Fee:** \$43

### 5510 ZUMBA!®

The Zumba® program fuses hypnotic Latin & International rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! The routines feature interval training sessions where fast and slow

rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba® class.

### .400 ZUMBA MONDAYS 7:10-7:55 PM

**Instructor:** Cheryl Myers Zumba and NETA certified instructor

**Dates:** 9/30-12/20 for 14 weeks

**Location:** Room 16

**Fee:** \$46

### .401 ZUMBA TONING REMIXED MONDAYS 8:00-8:45 PM

ZUMBA Toning takes the original ZUMBA dance fitness class to the next level by infusing cardio with light weight resistance using specialized toning sticks or weights.

**Instructor:** Cheryl Myers Zumba and NETA certified instructor

**Dates:** 9/30-12/20 for 14 weeks

**Location:** Room 16

**Fee:** \$46

### .403 ZUMBA WEDNESDAYS 7:35-8:35 PM

**Instructor:** Fee Adams, AFAA and Zumba certified instructor

**Date:** 10/2-12/18 for 12 weeks

**Location:** Room 16

**Fee:** \$39

### .406 ZUMBA THURSDAYS 7:00-7:45 PM

**Instructor:** Lisa Wasylean certified Zumba instructor

**Date:** 10/3-1/2 for 13 weeks, no class 11/28

**Location:** Room 16

**Fee:** \$43

### .407 ZUMBA THURSDAYS 5:30-6:15 PM

**Instructor:** Becky Fusco

**Date:** 10/3-1/2 for 13 weeks, no class 11/28

**Location:** Room 15

**Fee:** \$43

## Fall 2019 Health and Fitness Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Early Morning	5:30-6:45 AM Sue S Early Morning Yoga	5:30-6:15 AM Jess Muscle Pump Strength	5:30-6:45 AM Sue S Early Morning Yoga Mix	5:30-6:15 AM Jess Muscle Pump Strength	5:30-6:45 AM Sue S Early Morning Yoga	
	5:30-6:15 AM Jess Beachbody Blast				5:30-6:15 AM Jess Beachbody Blast	
	6:00-7:00 AM Mary Early AM Striders		6:00-7:00 AM Mary Early AM Striders		6:00-7:00 AM Mary Early AM Striders	8:00-8:45 AM Sue M Powerology
		8:00-9:30 AM Sue S Strength Training A	8:00-9:15 AM Zorayda Self-Awakening Yoga	8:00-9:30 AM Gwen Strength Training A		
Morning	9:30-10:15 AM Steve Morning Motivator-Metafit/ Metapwr	9:30-11:00 AM Sue S Strength Training B	9:30-10:15 AM Cheryl Morning Motivators	9:30-11:00 AM Gwen Strength Training B	9:30-10:15 AM Gwen Morning Motivators- Balance/Core/Strength	
	9:30-10:45 AM Zorayda Basic Yoga		9:30-10:45 AM Christina Mixed Level Yoga	9:15-10:00AM Gwen Fitness in Nature	9:30-10:45 AM Rebecca Yoga Basics	9:00-10:15 AM Rebecca All Levels Yoga
				9:30-10:45 AM Christina Gentle Yoga		
	10:20-11:05 AM Stacey Swing Shift 50+		10:20-11:05 AM Cheryl Swing Shift 50+		10:20-11:05 AM Gwen Swing Shift 50+	10:30-11:45 AM Rebecca Prenatal
Afternoon	11:00-12:15 PM Christina Gentle Yoga	12:00-12:45 PM Lauren Baby Boomer Boogie	11:20-12:20 PM Zorayda Yoga For Non-Flexible	12:00-12:45 PM Lauren Baby Boomer Boogie		12:00-12:30 PM Rebecca Mom & Me Yoga
	12:30-1:30 PM Elaine Arthritis	1:00-1:45 PM Lauren Chair Yoga	12:30-1:30 PM Elaine Arthritis	1:00-1:45 PM Lauren Chair Yoga		
Evening	5:30-6:15 PM Sue Powerology	5:15-6:00 PM Beth Mind Body Mixer	5:15-6:00 PM Stacey Boogie Blast 50+	5:30-6:15 PM Becky Zumba	5:15-6:15PM Vicky Total Body Cross Training	
	5:15-6:30 PM Sue S Power Yoga w/ equipment	5:30-6:45 PM Zorayda Mindful Yoga	5:10-5:55 PM Linda Total Barre	5:30-6:30 PM Cathy Vinyasa Yoga	5:15-6:30 PM Kellie Slow Flow Yoga	
	6:20-7:05 PM Sue M Harvest H.I.I.T	6:05-6:55 PM Penny POUND®	6:00-6:45 PM Kristie Strong by Zumba	6:45-8:00 PM Christina Men's Yoga		
	7:10-7:55 PM Cheryl ZUMBA			5:15-6:00 PM Sue M Hardcore		
	8:00-8:45 PM Cheryl Zumba Toning Remixed	7:00-8:00PM Central CT Tai Chi Tai Chi	7:00-8:15 PM Zorayda Therapeutic Yoga	6:05-6:50 PM Sue M All Fall for Circuit Challenge		
	7:00-8:15 PM Zorayda Therapeutic Yoga		7:35-8:35 PM Fee ZUMBA	7:00-7:45 PM Lisa ZUMBA		



**WALLINGFORD CHORUS**

Wallingford Chorus, a modern contemporary chorus, invites members of all voice types to sing with us at our winter concert, December 14, 2019. We are especially seeking Tenors and Basses. If you want to increase your knowledge of music and indulge your enjoyment of singing, this is the chorus for you. Group singing experience and some ability to read music are helpful, but not required. Members must be willing to learn the music, commit to weekly rehearsals, and attend a mandatory dress rehearsal. An informal placement interview with our director will ensure your voice is being used to its best advantage. Bring your positive attitude, a spirit of camaraderie, and come join the fun! The chorus is open to all persons high school age and older, and particularly invites area high school students to join as interns. The Wallingford Chorus High School Intern Program is a great way to broaden a student's musical experience by providing a professional venue for learning, as well as to earn community service credit and enhance a college application.

With a repertoire that ranges from Mozart to show tunes, the chorus presents two concerts a year, one in December and one in May. Rehearsals are held every Tuesday evening, beginning September 3 at 7:30 – 9:30pm at Lyman Hall High School. Members pay dues per semester or annually. Students pay a refundable deposit on music. Email us at wallingfordchorus@gmail.com or go to www.wallingfordchorus.org for more information.

**Adult Dance****ADULT & SWINGING SENIOR TAP DANCE**

Whether you have ever tap danced in your childhood, tap dance now, or just have always had a secret passion to learn how to Tap dance, this is the class is for you!! It is so great to make those fun clicking noises with your heels and toes!! Learn the

basic fundamentals and terminology of the art of Tap dancing, such as shuffles and flaps, and then put the steps together to dance the popular and traditional tap moves, like the hit Broadway show "42nd Street".

So shuffle off the Buffalo and come join us for this new exciting class for Adults!!

\*\*Please wear a hard soled shoe, or tap shoes. Flat Tap shoes are great!

**6012.411 SENIOR TAP:** Thursdays  
October 10<sup>th</sup> 9:30am-10:30am  
for 8 weeks

**Fee:** \$45

**6012.401 ADULT TAP:** Thursdays  
October 10<sup>th</sup> 6:30pm-7:15pm  
for 8 weeks

**Fee:** \$50

**Instructor Adult:** Wendy Stocking

**Instructor Senior:** Amy Malone

**Location Adult:** Room 14

**Location Senior:** Room 14

**ADULT & SWINGING SENIOR JAZZ DANCE**

Come and learn some dance moves and have a blast doing it! This class is a mix of both older jazz styles and today's current jazz steps as well. Learn a combination of steps to be put into a fun and easy routine. Both oldies and the latest music will be incorporated into this great style of dance! Try it! You may like it!

**6012.403 ADULT JAZZ:** Thursdays  
October 10<sup>th</sup> 7:15-8:15pm  
for 8 weeks

**Instructor:** Wendy Stocking

**Location:** Room 14

**Fee:** \$50

**6012.413 SENIOR JAZZ:** Thursdays  
October 10<sup>th</sup> 10:30-11:30am  
for 8 weeks

**Instructor:** Amy Malone

**Location:** Room 14

**Fee:** \$45

**6013.400 SALSA & MERENGUE FOR BEGINNERS • AGE 18 & OVER**

Born in Columbia, South America, Zorayda Cocchi has been in love with dancing to Latin Music from an early age. In this informal class, she will share some fun and motivating moves and steps to get you moving to the Latin Rhythms! No partner

necessary but preferred.

Come learn and enjoy the many benefits of dancing in an informal, friendly, non judgmental environment. You will LOVE IT!

**When:** Tuesdays October 8<sup>th</sup>  
7:00-7:45pm for 8 weeks

**Instructor:** Zorayda Cocchi

**Location:** Room 15

**Fee:** \$50

**6012.402 LINE DANCING**

Have you always wanted to learn how to country line dance? Maybe you've been to Cadillac Ranch and gotten kicked off the dance floor for heading left when the whole room was heading right. You will learn the Cowboy Hustle, the Watermelon Crawl, the Cowboy Boogie, Footloose...and more. Mosey on over to the Wallingford Park and Rec and join the fun for this low impact and high fun factor class. Beginners welcome!

**When:** Tuesdays October 8<sup>th</sup>  
8pm-8:45pm for 8 weeks

**Instructor:** Jenni French

**Location:** Room 14

**Fee:** \$50

**Kid's Dance****DIAPER DARLING DANCE CLASS AGES 18MO. – 3 YEARS**

Diaper Darlings is an introductory dance class for your young toddler. The children will begin to explore movement, balance and begin to develop listening skills with instructional music and songs. This class is a great way to introduce your child to the love of dance! Parent participation is required.

**6000.400 Mondays** October 7<sup>th</sup>  
9:30am-10:00am for 8 weeks

**6000.401 Tuesdays** October 8<sup>th</sup>  
4:30pm-5:00pm for 8 weeks  
(No class 10/14, 11/11)

**Instructor:** Amy Malone

**Location:** Room 14

**Fee:** \$45

**BALLET & TAP COMBINATION DANCE CLASSES • AGES 3-4**

This class is an introduction to both Ballet and Tap dance. Children will begin to learn the fundamentals of both subjects, in a structured setting, such as marching in line, making circles and listening to specific instruction. Several fun activities including creative movement will be explored,

While also having the opportunity to interact with their classmates!

**6000.403 Mondays** October 7<sup>th</sup>  
10:00-11:00am for 8 weeks

**6000.404 Tuesdays** October 8<sup>th</sup>  
5:00-6:00pm for 8 weeks  
(No class 10/14, 11/11)

**Instructor:** Amy Malone

**Location:** Room 14

**Fee:** \$55

**6000.406 BALLET & TAP COMBINATION CLASSES • AGES 5-6**

In this class the children will expand their education through an age appropriate curriculum. Participants will begin to learn the proper vocabulary and definitions of both ballet and tap steps, as well as be introduced to music interpretation.

**When:** Tuesdays October 8<sup>th</sup>  
6:00-7:00pm for 8 weeks

**Instructor:** Amy Malone

**Location:** Room 14

**Fee:** \$55

**JAZZ & HIP HOP COMBINATION DANCE CLASS • AGES- 7-10**

This 45 minute combo dance class will offer both genres of Jazz and Hip Hop! Learn the foundation through jazz technique, with proper positioning and introduction to turns, leaps and jumps and then fuse it with a little hip hop fun turning up the beat with today's dance moves and hip hop music! Please wear clean sneakers or jazz shoes and any kind of exercise clothes is great!

**When:** Tuesdays October 8<sup>th</sup>  
7:00-7:30pm for 8 weeks

**Instructor:** Amy Malone

**Location:** Room 14

**Fee:** \$45

**6020.401 DANCE & CHEER AGES 7 - 10**

Join Parks and Rec this fall for our new Dance & Cheer Class! Plan on having an hour of dance instruction in all genres of dance including Hip Hop and Jazz, student choreography, dance games!!

Ready, Set, Cheer! Each participant will learn cheers, proper hand and body movements, and jumping techniques. We will also focus on basic tumbling and mounting skills. This dance and cheer class will promote self-confidence and team building! We will integrate both cheer and dance together to make one comprehensive showcase piece to be performed on the last day of class for friends and family! Please wear comfortable Active Wear, sneakers and bring plenty of water!

**When:** Tuesdays October 8<sup>th</sup>  
7:30-8:30pm for 8 weeks

**Instructor:** Amy Malone

**Location:** Room 14

**Fee:** \$45



**Fine Arts**

**7001.400 VIBRANT PASTELS FOR ADULTS**

Pastels layer and mix with ease creating complete work in a short time. Subject matter can be chosen according to the student's interest. New students order pastels as a group in the first class. Others bring a 96 pc set of NU PASTELS, Canson paper (Steele Gray or Felt Gray) backing board and clips.

**When:** Mondays October 7<sup>th</sup>  
12:30pm – 3:30pm for 8 weeks

**Fee:** \$60

**Location:** Room 7

**Instructor:** Ellie Bender

**7010.402 COME PAINT, COME DRAW!**

Bring your supplies and a desire to create. All levels of drawing and painting instruction available, so beginners are very welcome. Individualized instruction will be given in a workshop setting. Bring a magazine quality photo as a reference to work from or your favorite masterpiece learn basic techniques from drawing thoughtfully selected objects by instructor. Some materials available for use during the first lesson.

**FALL Mondays:** 6:30pm – 8:30pm  
Starting October 7, 2019

for 8 weeks

**Fee:** \$80

**Location:** Room 7

**Instructor:** Rashmi Talpade (Fine Arts Supervisor)

**WINTER 7010.102:** Mondays:  
6:30pm – 8:30pm

Starting, January 6, 2020 for 5 weeks

**Fee:** \$50

**Location:** Room 7

**Instructor:** Rashmi Talpade (Fine Arts Supervisor)

**7050.402 WONDERS OF WATERCOLOR**

Feel and create the softness that watercolors reveal. Explore different techniques for the use of watercolor using the use of the color wheel as well. Supply list will be given at first class.

**When:** Fridays 12:45 pm – 2:45 pm

October 11, 2019, for 8 weeks

**Fee:** \$60 **Location:** Room 7

**Instructor:** Sue Murphy

### **AFTER SCHOOL ARTS PROGRAM (ASAP):**

Our fine arts and crafts After School Enrichment Program (ASAP), has completed its twelfth successful year. Classes are held in each school so that parents may pick up their children an hour later.

#### **FACTS:**

*Classes run for 6 weeks after regular school hours. Holidays and cancelled classes will be made up at the end of the session. The cost is \$50 per session, all materials and supplies included.*

*The program is available to the specific students in the schools where the classes are offered.*

*Minimum 5, maximum 10 students per class. Registration forms and class details will be sent by email via the Board of Education in Sept. 2019. Please look out in your inbox for this email. Some printed flyers will be available at the recreation center as well. Classes are scheduled to begin in October 2019.*

*To enroll please use the special registration forms sent via email or those available at the Recreation Center. For questions and more info, call 203 294 2120.*

**COOK HILL:** Grades K – 2,

Time: 3:35 pm – 4:35 pm

**7704.402** - Clay Bonanza -

Instructor: Rashmi Talpade

6 Mondays: Starting October 7, 2019

**MOSES Y BEACH:** Grades K – 2,

Time: 3:35 - 4:35

**7705.401** - Myths and Masks -

Instructor: Suzy Balay

6 Mondays: Starting October 7, 2019

**ROCK HILL:** Grades 3 – 4,

Time: 3:25 pm – 4:25 pm

**7707.401** - Picasso Face Sculptures

Instructor: Sue Murphy

6 Mondays: Starting October 7, 2019

**PARKER FARMS:** Grades 3 – 5,

Time: 3:25pm – 4:25pm

**7703.401** - Color Wheel -

Instructor: Joan Shackford

6 Tuesdays: Starting October 8, 2019

**POND HILL:** Grades 3 – 5,

Time: 3:25pm – 4:25pm

**7708.401** - Picasso Face Sculptures

Instructor: Sue Murphy

6 Tuesdays: Starting October 8, 2019

**E.C. STEVENS:** Grades K – 2,

Time: 3:35pm – 4:35 pm

**7706.401** - Myths and Masks -

Instructor: Suzy Balay

6 Wednesdays: Starting October 9, 2019

**HIGHLAND:** Grades K – 2,

Time: 3:35pm – 4:35 pm

**7702.400** - Clay Bonanza -

Instructor: Rashmi Talpade

6 Tuesdays: Starting October 8, 2019

**7702.401** - Color Wheel -

Instructor: Joan Shackford

6 Thursdays: Starting October 10, 2019

**MARY FRITZ SCHOOL:** Grades 3 –

5, Time: 3:25pm – 4:25pm

**7701.402** - How to Train your Dragon 2

Instructor: Kim Larkin

6 Fridays: Starting October 11, 2019

## Visual Arts

### **8038.400 OHM SYMBOL STENCILED SLATE**

Come make a wonderful accent for your home, yoga or meditation space. This 9 x 12 Vermont slate will be stenciled with the traditional Ohm symbol. The Ohm symbol and its elements represent the waking, dream and sleep states, as well as a symbol of peace and bliss. We will create a lovely beaded design to accent the wire handle. Our companion piece will be a wooden door hanger stenciled with Indian elephant/lotus for quiet meditation time! Fun and functional creative projects, come and play!

**When:** Wed. Oct. 2nd 6:45pm –

8:45pm One Night

**Fee:** \$25 (\$8 Supply Fee Made Payable to instructor night of class)

**Location:** Room 7

**Instructor:** Kim Larkin

### **8038.401 HALLOWEEN PARENT-CHILD WORKSHOP**

Our Halloween class will focus on two fun and colorful projects! One team member will create a Rustic Wood Panel with Vibrant Painted Sugar Skull (Day of the Dead) and the other will make a fun 11 x 14 Wooden Monster Head! We will use paint, glitter, wood and jewels to make our projects pop! Cookies and Witches Brew for all artists in attendance. Come create together!

**When:** Friday Oct. 4<sup>th</sup>

6:30pm – 8:45pm One Night

**Fee:** \$30 per team (Team is 2 participants. Each additional team member is \$10)

\$15 per team supply fee made payable to instructor night of class.

Each additional member is \$7

**Location:** Room 7

**Instructor:** Kim Larkin

### **8038.403 MULTI MEDIA HARDWARE NECKLACE AND EARRING SET**

Come create a unique jewelry project, a stacked hardware pendant made with assorted sized washers decoupled with hand-made/decorative papers. It's a fun, creative application using paper punches, mixed metals, glass beads! We will accent with fun hued cording and will learn how to cleanly finish with jewelry findings. We will seal with a 2D medium for a great look. We will learn to make simple beaded earrings to create our set. All tools provided, no experience necessary!

**When:** Wednesday Nov. 20<sup>th</sup>

6:45pm – 8:45pm One Night

**Fee:** \$25 (\$7 Supply fee made payable to instructor night of class)

**Location:** Room 7

**Instructor:** Kim Larkin



**8038.402 HOLIDAY PARENT-CHILD WINTER WONDERLAND WORKSHOP**

We will create two fun projects to celebrate the season. One team member will design, paint, decorate, stencil and stamp a wooden sled to hang or use as a great table centerpiece! The other project is a 15" Standing Wooden Holiday Cat or Dog, dressed in winter cap and scarf and jingle bells! Be ready for paint, glitter, and fun creating projects that can brighten the chilliest winter season. Cookies and hot cocoa for all artists. Come create together!

**When:** Friday Dec. 6<sup>th</sup>

6:30pm – 8:45pm One Night

**Fee:** \$30 per team (Team consists of 2 participants. Each additional team member is \$10)

\$15 per team supply fee made payable to instructor night of class.

Each additional team member is \$7

**Location:** Room 7

**Instructor:** Kim Larkin

**KNITTING WITH MARILYN**

New to knitting or a desire to improve your knitting skills? Come join us and build techniques and confidence! Take your knitting talent to the next level. Jump on the knitting bandwagon and come learn new skills, how to finish projects, trouble shooting, etc.

Materials: 1 skein light colored, worsted weight yarn. 1 pair size 8 needle.

**8000.400** Mondays Oct. 7<sup>th</sup>

10:00am – 12:00pm for 6 weeks

**8000.401** Mondays Oct. 7<sup>th</sup>

6:00pm – 8:00pm for 6 weeks

**Location:** Room 2

**Fee:** \$40

**Instructor:** Marilyn Pettison



**8041.400 OUI BASKET**

This little cup basket has a glass liner from Yoplait "Oui" French style yogurt. It is woven with natural and dyed Hamburg cane and has a wooden base. It is a quick weave and a great little gift item.

**When:** Saturday October 5<sup>th</sup>

One Day 9:00am – 1:00pm

**Location:** Room 7

**Fee:** \$35 (A \$10 material fee made payable to instructor day of class)

**Instructor:** Tracy Becker & Mary Williams



**8041.401 BANDANA BASKET**

Eye catching square basket that incorporates a colorful bandana into the weaving which then becomes the lining. A great basket for rolls or snacks.

**When:** Tuesdays Oct. 15<sup>th</sup>

6:00pm – 9:00pm for 3 weeks

**Fee:** \$55 (A \$10 materials fee made payable to instructor day of the class)

**Location:** Room 7

**Instructor:** Tracy Becker & Mary Williams



**8041.402 FLYING ARROWS BASKET**

A beautiful natural round basket with colorful round reed woven in the center section to create a pattern of arrows.

**When:** Tuesdays November 5<sup>th</sup>

6:00pm – 9:00pm for 3 weeks

**Location:** Room 7

**Fee:** \$55 (\$15 material fee made payable to instructor day of the class)

**Instructors:** Tracy Becker & Mary Williams



**8041.403 WOVEN CHRISTMAS ORNAMENTS**

Choose from a variety of woven ornaments during this one day class. Materials will be paper and reed. Options include snowflakes, hearts, reindeer, trees and round ornaments.

**When:** Saturday Dec. 7<sup>th</sup>

9am – 1pm One Day

**Fee:** \$35 (A \$15 Materials fees made payable to instructor day of the class)

**Location:** Room 7

**Instructors:** Tracy Becker & Mary Williams



### 33RD ANNUAL CELEBRATE WALLINGFORD

Come visit our booth for information on upcoming, programs, trips, live demonstrations and free face painting for your child. We will be located on North Main Street near Craig's Jewelers restaurant.

**When:** October 5<sup>th</sup>, 2019  
11:00am - 5:00pm on Saturday

**Location:** North Main Street  
Sunday October 6<sup>th</sup>, 2019

Visit the same booth with information on Community Gardens

### A GOBLIN GATHERING

A gathering for all Wallingford Goblins! Gather in front of the Wallingford Town Hall for an evening of fun activities, DJ provided by Sound Spectrum Entertainment will provide monster mash music, ghoulish games, art projects and more. Pre-bagged candy, cider and donuts. This event is sponsored by the Wallingford Public Celebrations Committee and the Wallingford Parks and Recreation Department and Wallingford Center Inc.

**When:** Friday October 25, 2019

**Time:** 6:45pm

**Location:** Wallingford Town Hall

**Fee:** Free

### 9 & A CHICKEN

This year's hunt will be one for the ages! Participants will be required to go to the Chic Fil – A back parking lot to pick up a packet of CERTIFIED clues. (We want to make sure that all participants start from Chic Fil - A so everyone has a fair chance. The first ten families that return to the Recreation Department with the cardboard turkey or rubber chicken will receive a gift complimentary of Chic Fil-A. This event is co-sponsored by Chic Fil-A and Wallingford Parks and Rec. Clues must be handed in at time for redemption.

**When:** Friday November 15, 2019

**Time:** 7:00pm

**Where:** Wallingford Chic Fil A to begin. Ending at Parks and Rec. Dept.

**Fee:** Free



### 10TH ANNUAL DOWNTOWN WALLINGFORD HOLIDAY STROLL

This season we will be once again be joining forces with Wallingford Center, Inc. and the downtown Wallingford merchants to offer roasted chestnuts, kettle corn, a bonfire, ice carving, d.j. entertainment, a photo booth and more. Fill out a ballot at each participating merchant and enter a chance to win a gift basket worth \$1000.00, \$600.00 or \$400.00 of gift cards. Downtown shops and restaurants will be open late to offer Holiday tastings and special discounts. A great way to kick off the Holiday Season!!

For more information call WCI at 203-284-1807 or Wallingford Parks and Recreation at 203-294-2120

Friday December 6, 2019

4pm to 8:30pm

**Fee:** Free to the public (minimal fee for some food items)

## WELCOME TO **BARKS & RECREATION**

### BERT & HARRY SUBKOWSKI DOG PARK

Located on Quinnipiac Street, our furry friends can enjoy 2 acres of fenced in fun to run around and play!



### WALLINGFORD LAND TRUST

Are you looking For Some Hikes that Give Secluded, “Deep Woods” Experience? The Wallingford Land Trust invites you to two of our trail systems. Check For information online at [www.WallingfordLandTrust.org](http://www.WallingfordLandTrust.org). The Land Trust’s newest trail located on Three Meadows Property: A Short, flat nature hike on Bridle Lane, off Woodhouse Ave. This trail is meant for those looking for a brief, less arduous nature experience and is especially rewarding for the bird enthusiast. The parcel backs up to quiet neighbors and contains several varied habitats; meadows, wetlands with a stream running through the central corridor, a cedar stand, some scrub growth and early successional forest, all of which provide cover, shelter and food to a wide range of amphibians, mammals, butterflies and birds. A large sugar maple provides a shady picnic area, complete with two benches for those who want to sit and enjoy this serene area. Orchard Glenn/Spruce Glen: This hike starts with a short descent to a picturesque stream crossing. Use Route 68 and turn north on to Barnes Park Road North to get to the trailhead. At the end, park at the Large “Wallingford Land Trust” sign. Please pack out what you bring in. No motorized vehicles are allowed. Go to [www.wallingfordlandtrust.org](http://www.wallingfordlandtrust.org) for a trail map and be sure to look at the map in the kiosk at the beginning of the trail.

### PARK INFORMATION

#### TYLER MILL PRESERVE:

Tyler Mill Preserve has approximately 11 miles of well blazed trails through fields, wetlands, woodlands and along streams and the Muddy River. Many of the trails are loop trails that will bring you back to where you began. There is also an interpretive nature trail in the preserve with 25 numbered stops of interest. **NO MOTORIZED VEHICLES** are allowed on these trails! Trail maps are available at the Parks and Recreation Department, the Wallingford Public Library and the Environmental Planning Office in Town Hall. **PLEASE NOTE SAFETY NOTICE:** small game hunting is allowed in the preserve; Mondays, Wednesdays, Saturdays and Thanksgiving Day, October - February. Do not use the preserve on these days for safety reasons.

#### THE NEW ENGLAND TRAIL

Many people are not aware that a national scenic trail runs through Wallingford. The New England Trail was designated a national scenic trail in 2009. Comprised of the Metacomet, Mattabesett and Monadnock trails, the trail is 215 miles and goes from Long Island Sound in Guilford to Mount Monadnock in New Hampshire. Approximately 6 miles of this trail crosses the ridge in Wallingford through Trimountain State Park. It is a steep hike up to the ridge, but the breathtaking views make the hike worth the effort. There are three access points to this section of the trail, off of route 68 just after the junction with route 157, off of Cliffside Dr., and off of Howd Rd. in Durham, just over the border from Wallingford. Feel part of something larger that is nationally recognized! [www.newenglandtrail.org](http://www.newenglandtrail.org)

## FACILITY REQUESTS FOR USAGE

### **USE OF DAVID DOHERTY FACILITY:**

Permits are required for use of any rooms or gymnasiums. Permits are given out on a first come first serve basis to residents, businesses and non-profit organizations of Wallingford. Reservations will not be received over the phone. Persons must fill out the facility request form which is available at the Front office of the Rec Dept. or online through our website. Fee schedule for room rental is available upon request. Room rental is subject to availability. Requested use must not conflict with any Recreation Department activity.

### **USE OF PARK PAVILIONS:**

Permits are required for use of pavilions and fields. Permits are given out on a first come first serve basis to residents, businesses and non-profit organizations of Wallingford. Reservations will not be received over the phone. Persons must fill out the facility request form which is available at the Front office of the Rec Dept. or online through our website.

RECYCLING must be done by each person using any Town of Wallingford Recreational Facility. The items you must recycle are newspapers, corrugated cardboard, office paper, glass bottles, and plastic containers #1 or #2 and scrap metals. Town containers are for rubbish, not recycling. With your help recycling works!



- 1 – **PIRE PARK** - Located on Northfield Road. This park includes a hardball field, basketball court and playground equipment. 3.5 acres
- 2 – **BERTINI PARK** - Located on West Dayton Hill Road. Includes a low ropes course and a nature trail for hiking. 76.5 acres
- 3 – **CARINI FIELD** - Located on Woodhouse Avenue. This field includes a large soccer field with two smaller fields crossing them.
- 4 – **COMMUNITY LAKE PARK** - Located on the West Shore of Community Lake off Hall Avenue. The park offers a pavilion for picnics with restrooms, electricity, two tennis courts with lights, one sand volleyball court, a baseball field and basketball court playground equipment. 9.3 acres
- 5 – **COYLE FIELD** - Located on Woodhouse Avenue, includes a large soccer field with two smaller fields crossing them.
- 6 – **DAG HAMMARSKJOLD MIDDLE SCHOOL** - Located on Pond Hill Road, includes a hardball field and a softball field. 30.7 acres
- 7 – **DOOLITTLE PARK** - Located on South Elm Street, includes ball fields, 4-lighted tennis courts and two basketball courts. This park is also known for its wonderful playscape. 15.4 acres
- 8 – **DUTTON PARK** - This park is located at the end of North Main Street, is the home to a Civil War Monument and the Vietnam Veterans Memorial. .2 acres
- 9 – **HARRIET WALLACE PARK** - This park is located on North Elm Street and is a passive park with benches. 6 acres
- 10 – **HARRISON PARK** - This park is located on Cedar Lane and includes youth 70' baseball field and three tennis courts. 15.4 acres
- 11 – **HIGHLAND SCHOOL** - Located on Highland Avenue, and includes a softball field. 21.0 acres
- 12 – **JOHANNA MANFREDA FISHBEIN PARK** - This park is located on North Colony Road, includes a Gazebo and is permitted out for special events at discretion of Director. Electricity is available upon request. .7 acres
- 13 – **KENDRICK PARK** - This park is located at the end of Grandview Avenue. This park includes a half court basketball court, playground equipment. 9.2 acres
- 14 – **LYMAN HALL H.S.** - Located on Pond Hill Road, and includes two softball fields, soccer field, football field, and a practice football field. 51.6 acres
- 15 – **LUFBERY PARK** - Going west on Cheshire Road, it is located at the first bend of the road. This park is home to the Flying Ace Frisbee Golf Course. It has a pavilion, small open field and nature trail. Electrical outlets are available. 45.1 acres
- 16 – **MARCUS COOKE PARK** - This park is located on Old Rock Hill Road and has a pavilion, a ball field and hiking trails. 34.6 acres
- 17 – **MORAN MIDDLE SCHOOL** - Located on Hope Hill Road, includes a hardball field. 40.3 acres
- 18 – **MOSES Y. BEACH SCHOOL** - Located on North Main Street, includes one baseball field.
- 19 – **PARKER FARMS SCHOOL** - Located on Parker Farms Road, includes 5 hardball fields. 20.3 acres
- 20 – **PAT WALL FIELD** - Located on South Elm Street and includes a High School baseball field. 8.4 acres
- 21 – **PRAGEMANN PARK** - This park is located on Oak Street, Yalesville. It includes softball fields with lights. Large soccer field with two small fields crossing large field, picnic tables and field house with restrooms. 26.2 acres
- 22 – **QUINNIPIAC RIVER LINEAR TRAIL** - A handicap accessible paved trail extending 1.1 miles from Hall Ave. north along the west side of the river, through a tunnel underneath Rt. 15 and ending next to the river. When complete the Wallingford trail will cover 6.7 miles across the town of Wallingford.
- 23 – **RICHARD SHEAHAN PARK** - Located on Algonquin rive, includes youth ball field, basketball court, and playground equipment. .8 acres
- 24 – **SHEEHAN HIGH SCHOOL** - Located on Hope Hill Road, includes a hardball, softball field and a multi-purpose turf field with 8 lanes. 44.5 acres
- 25 – **STEVENS SCHOOL** - Located on Kondracki Lane, includes a softball field, basketball court, and playground equipment.
- 26 – **VIETNAM VETERANS MEMORIAL FIELD** - Located on East enter Street, includes two Little League baseball fields, five large soccer fields, two small soccer fields crossing one of the larger fields, pavilion, and community gardens. Tyler Mill trail entrance.
- 27 – **WALLACE PARK** - Located on Quinnipiac Street, includes playground equipment. The new home of Wallingfords' monument park. 20.7 acres
- 28 – **DARLENE FALCONERI WESTSIDE FIELD** - Located on East and South Streets. This park includes adult softball field with lights, field house with restrooms, baseball field with lights, roller/street hockey court, football field, and playground equipment. 5.95 acres
- 29 – **STANLEY BUDLESKI** - Located on Main St. Rt.150 Yalesville "The Yalesville Green"
- 30 – **GRAND ST. PARK** - Located on Grand St. and Washington St. includes a basketball court, swings and a slide. .64 acres.



# CT STEM ACADEMY SATURDAY AND EVENING PROGRAMS *Fall Session*



This Page: All meetings at the Spanish Community of  
Wallingford, 284 Washington Street

## VEX IQ Robotics Club and Competition Team Course Number 2005.401

**Ages 10-13**

Join us for another successful season of our VEX IQ robotics competition team. Let's go to World Championships again! Students can rejoin from the previous year, but we also welcome new faces. No experience necessary. This club is high commitment and high reward. It encourages **teamwork, problem solving, and leadership skills**. The students will be using the **VEX IQ** robotics system to learn the basics of building a robot, while also learning other STEM applications. **Fee: \$325** includes all meetings, t-shirt for participants and registration fees for all scrimmages and State Competition.

### Meeting Dates and Times (VEX IQ)

All meetings are 9 a.m. to 12 p.m. on Saturday. Meetings dates are as follows:

9/28, 10/5, 10/19, 10/26, 11/2, 11/16, 12/7, 12/14, 1/4,  
1/11, 1/25, 2/1, 2/8, 2/15, 2/22, 2/29, 3/7, 3/21  
Competitions TBD

Closure Meeting following State Competition  
Please note that scrimmages haven't been announced. Scrimmage announcements may change meeting location.

## Video Game Design (NEW) Course Number 2005.410

**Ages 9-12**

**Wednesdays; 10/9, 10/16, 10/23, 10/30,  
11/6, 11/13  
6:00 p.m. to 7:15 p.m.**

You don't need to be an expert programmer to build novel robotic inventions with cubelets. These easy to use magnetic blocks snap together and allow students to build whatever robot they can imagine! The unique design lets young inventors try out many different circuits to elicit new and exciting robot behaviors. In this program, students will work with the cubelets to complete challenges and learn to code them to complete tasks.

**Cost: \$55**



CT STEM ACADEMY  
284 Washington Street  
203.294.2175 | info@ctstemacademy.org |  
www.ctstemacademy.org

## Saturday Science Course Number 2005.414 Ages 8-12

**Saturdays; 10/5, 10/12, 10/19, 10/26  
10:30 a.m. to 11:30 a.m.**

There's nothing like some science to kick off the weekend! Saturday Science programs will involve exciting projects for students to burn off some of that built up energy from the week. Activities will include exciting and engaging science labs for kids to collaborate on.

**Cost: \$40**

## Saturday Science Course Number 2005.114 Ages 8-12

**Saturdays; 1/11, 1/18, 1/25, 2/1, 2/8  
10:30 a.m. to 11:15 a.m.**

There's nothing like some science to kick off the weekend! Saturday Science programs will involve exciting projects for students to burn off some of that built up energy from the week. Activities will include exciting and engaging science labs for kids to collaborate on.

**Cost: \$45**

## Ages 6, 7, & 8 STEM Course Number 2005.120

**Ages 6,7,8**

**Fridays; 1/10, 1/17, 1/24, 1/31, 2/7, 2/21  
\*no class on Friday, 2/14 due to school break  
6:15 p.m. to 7:15 p.m.**

Do you like to explore science, solve problems and use technology? If you do, then STEM Academy is the perfect place for you! Join us for an engaging session of exploring many different STEM Challenges through hands-on investigations. Our session will include high interest materials such as Legos, K'NEX, Little Bits, and Ozobots!

**Cost: \$45**

For current CT STEM Academy  
Programs offered in the  
Wallingford Community for us  
on Facebook, Twitter, Instagram  
@ctstem and our website  
www.ctstemacademy.org



CT STEM ACADEMY

# CT STEM ACADEMY SATURDAY AND EVENING PROGRAMS *Fall/Winter Sessions*



CT STEM ACADEMY

This Page: All meetings at the Wallingford Parks and Recreation *unless otherwise noted.*

## **Introduction to Lego Robotics**

**Course Number 2005.404**

**Ages 9-12**

**Thursdays; 10/10, 10/17, 10/24, 11/7,  
11/14, 11/21**

**6:00 p.m. to 7:15 p.m.**

*The great minds at LEGO have provided the tools and means for us to use their fun kits to do more advanced STEM and computer science. LEGO Mindstorms are a great facet for students to explore a different side of robotics that includes interesting building challenges, programming, and innovative thinking with high interest materials.*

**Cost: \$55**

## **Creative K'NEX Engineering Designs**

**Course Number 2005.411**

**Ages 9-12**

**Thursdays; 12/5, 12/12, 12/19**

**6:15 p.m. to 7:30 p.m.**

*Who knew that physics could be so fun? Hone your designing, building, and teamwork skills with these exciting motion and physics related challenges. There's a lot of POTENTIAL with this KINETIC program!*

**Cost: \$35**

## **Advanced Lego Robotics**

**Course Number 2005.104**

**Ages 9-12**

**Thursdays; 1/9, 1/16, 1/23, 1/30, 2/6, 2/13**

**6:00 p.m. to 7:15 p.m.**

*Lego Mindstorms are a great facet for students to explore a different side of robotics that includes interesting building challenges, programming, and innovative thinking with high interest materials. This course is designed for participants with Lego Mindstorms experience.*

**Cost: \$55**

## **Chemistry Creations**

**Course Number 2005.412**

**Ages 9-13**

**Thursdays; 2/20 and 2/27**

**6:15 p.m. to 7:30 p.m.**

*Explore a different side of STEM with this new program. Participants who join will have the chance to see how the properties of substances can make for exciting projects; some projects might include slime, foam dough, and lava lamps.*

**Cost: \$25**

## **Rube Goldberg Machines**

**Course Number 2005.416**

**Ages 8-12**

**Fridays; 10/11, 10/18, 10/25, 11/1, 11/8**

**6:15 p.m. to 7:30 p.m.**

*Rube Goldberg was an American inventor who created incredible, interesting, and complex machines designed to do simple tasks. Your challenge? Reinvent his convoluted machines in new and innovative ways, using all kinds of engineering skills and creative methodology.*

**Cost: \$45**

## **Bristlebots Robotics**

**Course Number 2005.403**

**Ages 9-12**

**Fridays; 11/15, 11/22, 12/6, 12/13**

**6:30 p.m. to 7:30 p.m.**

*Are you interested in robotics? If so, then you'll want to be a part of designing and testing these micro robots that use a toothbrush and cell phone motors. Compete with these cute little androids in competitions such as sprints, drag racing, jousting, and sumo wrestling. Each participant will keep their robot.*

**Cost: \$40**

## **Amusement Park Physics**

**Course Number 2005.407**

**Ages 9 - 14**

**Tuesdays; 1/7, 1/14, 1/21, 1/28, 2/4, 2/11**

*From roller coasters to ferris wheels, campers will explore, investigate and design amusement park rides using common materials and K'NEX. Participants will assemble different rides such as roller coasters, swing ride, boom ride, ferris wheel, the scrambler and a carousel. Participants will learn how to apply simple formulas and how to analyze the data that they've gathered when testing their amusement park rides.*

**Cost: \$55**



CT STEM ACADEMY

CT STEM ACADEMY

284 Washington Street

203.294.2175 | [info@ctstemacademy.org](mailto:info@ctstemacademy.org) |

[www.ctstemacademy.org](http://www.ctstemacademy.org)



## WE CARE: PLAYFUL CRUISERS

*Are you bored sitting at home with your little ones? Well we have just the right program for you!*

WE CARE's Playful Cruisers offers playgroups for families who have children from birth – 5 yrs old. This program is a great way for children and caregivers to make life long friends. Children will participate in playtime, weekly themed craft, snack, story time, nursery rhymes, singing and dancing. Our playgroup helps prepare children; with caregivers present, for a school atmosphere to make them feel safe and adjust easily to a structured environment.

We offer classes 5 days a week, Monday – Friday from 9:30am – 11:00am. Families are able to sign up for one day per week for the session. This is a free program. All classes are held at the Wallingford Youth and Social Services Department, located at 6 Fairfield Blvd. Our in person registration will be held on September 5th, 2019 from 9:30am to 11:30am at Wallingford Youth and Social Services.

In person registration will be held for Playful Cruisers **THURSDAY SEPTEMBER 5<sup>th</sup> 9:15am – 11:00am** at the Family Resource Center in the Youth and Social Services Dept. 6 Fairfield Blvd. Playful Cruisers are offered Monday - Friday mornings 9:30-11:00 am in the Family Resource Center. Playful Cruisers will begin **Monday September 9<sup>th</sup>** choose one (1) day per family. Bebes Activos begins its Fall sessions on Thursdays Early September at the Spanish Community Center of Wallingford. Time for Bebes Activos is 12:30 to 2:00pm



## W.E.C.A.R.E. Fall Workshops 2019

**Note: The following are free workshops for Pre-School/Daycare Teachers & Owners provided by The W.E.C.A.R.E. (Wallingford Early Childhood Alliance, Resources & Education) Board.**

**You must register ahead of time.**

### START SIGNING! WHY KIDS SHOULD LEARN SIGN LANGUAGE – PART 2

*(It is not necessary to have attended Part 1)*

Give your students a hand in spelling, vocabulary, and other skills by introducing them to sign language. Louise, will teach you some sign language skills & techniques incorporated through play and music to use with your students. Signing with babies can help them communicate before they can talk and two, three- and four-year-olds usually find signing easy and entertaining because it taps into their natural tendency to communicate using their bodies. Studies have shown that those who were introduced to American Sign Language (ASL) words, such as signs for the weather, colors, numbers, and feelings, did better than their peers on vocabulary tests. Sign language has the potential to encourage communication and prevent melt downs.

**Presenter:** Louise (Roberge) Donovan; teacher and owner of *Roberge Early Learning Center* in Cromwell

**Date:** Tues. September 24th, 2019

**Location:** Wallingford Public Library; 200 N. Main Street; Community Room downstairs

**Time:** Program begins at 6:00 pm (preceded by a light meal at 5:30 (for those who register ahead of time)



### THE BENEFITS OF PRACTICING MINDFULNESS FOR THE TEACHER AND THE STUDENTS – PART 2

*(It is not necessary to have attended Part 1)*

Mindfulness is the psychological process of bringing one's attention to experiences occurring in the present moment, which one can develop through the practice of meditation and through other training. You will be provided the opportunity to learn how this process can help you as a teacher as well as techniques to teach to your preschoolers. This workshop will be beneficial in creating a more peaceful environment for all in your facility.

**Presenter:** Kahseim Outlaw; High School Phys. Education/Health Teacher, Wellness Educator

**Date:** Tuesday October 22nd, 2019

**Location:** Wallingford Public Library; 200 N. Main Street; Community Room downstairs

**Time:** Program begins at 6:00pm (preceded by a light meal at 5:30 (for those who register ahead of time)

### DEALING WITH DIFFICULT BEHAVIORS - PART 2

*(It is not necessary to have attended Part 1)*

Working with young children requires a great deal of patience and an understanding of their developmental stages. We will discuss various strategies and share what works for you. There will be instruction on how to do a functional behavioral analysis and how to write a behavioral intervention plan. Information will be shared as well as a discussion amongst the participants will be facilitated by the presenter.

**Presenter:** Teresia O'Hala; Retired Special Education Teacher & Transition Coordinator

**Date:** Tuesday Nov. 19th, 2019

**Location:** Wallingford Public Library; 200 N. Main Street; Community Room downstairs

**Time:** Program begins at 6:00 p.m. (preceded by a light meal at 5:30 for those who register ahead of time)

# Activity Registration Form



All forms must be accompanied by full payment. Mail In or Drop Off at the above address. Please print clearly.

Household Account Last Name: \_\_\_\_\_

Participant First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Male / Female: \_\_\_\_\_ Date of Birth: (mm / dd / yyyy) \_\_\_\_\_ Grade as of Sept. 2019 \_\_\_\_\_

Address: \_\_\_\_\_  
No. & Street Town Zip

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Does Participant require EPI Pen Y/N \_\_\_\_\_ if yes, what is the allergy \_\_\_\_\_, has Asthma Y/N \_\_\_\_\_,  
 or other Health Issues Y/N \_\_\_\_\_ **Shirt Size** (if applicable) \_\_\_\_\_ Youth S-M-L / Adult S-M-L-XL

Emergency Contact/Number other than Parent? \_\_\_\_\_ Phone: \_\_\_\_\_

Any Special Needs or Concerns: \_\_\_\_\_

Please check box to request the services of our Therapeutic Recreation Specialist

Course #	Course / Program Title	Day & Time	Fee

**PAYMENT METHOD IN PERSON:**  
**CASH - please have EXACT AMOUNT**  
**CHECK - Make checks payable to**  
**"Treasurer Town of Wallingford"**  
**PAYMENT METHOD ONLINE: Credit Card ONLY**

Fees:	
Credit:	
Total Amount:	

## REGISTER ONE OF THESE WAYS:

**BY MAIL:** You may mail in your registration once you receive an online notification or the brochure. Mail-in registrations will be processed as they are received. Please include a completed registration form and a check made payable to: Treasurer, Town of Wallingford.

**DROP-OFF IN PERSON:** Come to the Recreation Department office and drop your registration form and payment at the window. Drop-off registrations will be processed as they are received.

**DROP-OFF BEFORE BUSINESS HOURS:** A registration lockbox is conveniently located around the right side of the reception window for you to drop off registrations when the office is closed. Registrations will be received at the opening of the business day and processed accordingly pending previous days registrations. Checks only, please.

**CREDIT CARD ON-LINE ONLY:** Activities and facilities may be paid for at checkout (ON LINE ONLY) by credit card. The customer will assume a 3% non-refundable credit card transaction fee in addition to the cost of the program(s)/facilities they register for. **Credit cards will not be accepted in person at the reception window.**

**NON-RESIDENT:** There will be a one-week delay in processing Non-residents registrations at the start of a program. This will allow Wallingford residents to register for programs.

# Celebrate Wallingford October 5<sup>th</sup> & 6<sup>th</sup>



Come down to Celebrate Wallingford October 5th & 6th.

The Parks & Recreation Department will be one of the many groups and vendors displaying what we have to offer! Please note our tent is for Saturday only. We will be located in front of Craig's Jewelers on Main St. We will have program information, flyers, and be sure to stop by early enough for our GREAT GIVE AWAYS!!!



**WALLINGFORD PARK AND REC  
6 FAIRFIELD BLVD.  
WALLINGFORD, CT 06492**

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Standard Mail  
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Wallingford, CT 06492**



*The Wallingford Parks & Recreation Department is an essential quality of life service.*

**Our Mission:** *Our vision is to be the eminent community park and recreation department in Connecticut, to accomplish this, we will develop our programs, services and facilities to meet the diverse and dynamic needs of the community; to promote inclusion, encourage health and wellness, foster human development and enrich the lives of community members through recreation and leisure experiences."*

**Town Officials**

Mayor William Dickinson, Jr.

**Town Council Members:**

Vincent Cervoni  
John LeTourneau  
Christopher Shortell  
Craig Fishbein  
Vincent Testa  
Thomas Laffin  
Joseph Marrone  
Gina Morgenstein  
Jason Zandri

**Parks & Recreation Commission:**

Dave Gelo, *Chairman*  
Michael Savenelli, Sr., *Vice Chair*  
Jason Michael  
Donald Crouch  
Steve Rossacci

**Department Staff:**

**Director:**

**Supt. of Recreation:**

**Recreation Programs Spec.:**

**Executive Secretary:**

**Senior Clerk:**

**Recreation Facilities**

**Maintainers:**

Michelle Bjorkman, MS

Kenny Michaels, MS

Jennifer Griswold

Shirley Barillaro

Andy Abbagnaro

Tom Talbot

**Front Office Staff:**

**Daytime:**

Laura Allen

Paula Knecht

Melaine Pfister

Jackie Taglianetti

**Nights/Weekends:**

Clarisa Castaneda

Roberta Hansen

Matt Knecht

Grace Kopakow

Jamie Malone

Lauren Montano

Emily Newhard

Tiffanie Nguyen

Dominick Riveccio

Beverly Somers

Doug Sime

**Asst Recreation Prog Spec:** Carolyn Lavelle

**Health Fitness:** Kelli Montgomery

**Early Childhood:** Debbie Tansino

**Aquatics:** Josh LaMay

**Crafts:** Kim Larkin

**Fine Arts:** Rashmi Talpade

**STEM:** Chris Stone

*The Commission is a five member advisory board responsible for overseeing the operation of the Parks & Recreation Dept. The Commission meets at the Recreation Department the first Wednesday of every month at 8am.*