

# PARKS & RECREATION



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**THE OFFICIAL PUBLICATION OF THE  
WALLINGFORD PARKS & RECREATION DEPARTMENT**

Wallingford Parks and Recreation Presents:

# Lighthouse Cruise - Narragansett Bay

## Sunday Brunch - Quonset "O" Club



**Sunday, JUNE 13, 2021**

### Cruise Aboard A Beautiful Catamaran

This multi-million dollar vessel is state of the art: plush climate controlled interior, outside sun deck, enjoy 3 viewing levels for great views!

90 minute narrated cruise of Narragansett Bay, Rhode Island sails from North Kingstown, RI & offers breathtaking sightseeing: 10 Famous Lighthouses along the coastline, 10 Incredible Islands, sail under the Jamestown and Newport Bridges, view the Newport Naval Base & see the Aircraft Carriers, experience Newport Harbor and fascinating waterfront. This is a cruise you will really enjoy...

Prior to our cruise experience a wonderful buffet brunch at the **Quonset 'O' Club**

Sample Menu: orange juice, scrambled eggs, hickory smoked bacon, cottage fried potatoes, Texas style French toast, chicken marsala, wild rice, sauteed green beans, pastries, sliced fresh fruit and coffee/tea

Following our cruise visit **Olde Mistick Village**, a delightful shopping experience with lots of options including a General Store for Fudge, an Ice Cream Shoppe, and more.

**COST: \$ 133**pp based on 25-30

**Departure: 8:00am Wallingford Park & Recreation, 6 Fairfield Blvd**

**Estimated Return: 6:00pm Wallingford**

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



Friendship Tours arranges the components of the tours and does not own or operate the independent suppliers of services including motorcoaches. Trips cancelled due to 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.

## DIRECTOR'S NOTE

### Message from the Director,

As we closed out a trying and challenging 2020, we look forward to a healthy and prosperous 2021. This pandemic has forced our department to creatively come up with ways to still provide the quality programming our participants look forward to. Our programming staff and instructors did a great job exploring and implementing the world of virtual programming this past Summer and Fall. Offering a multitude of health fitness programs and STEM programs virtually, right from the comfort of your own home. These programs were well received and kept participants engaged in recreational programming!

During the pandemic, we saw the completion of the Pragemann Park Multi use sports field. This project completed by the Public Works Department provides a multi-use field with lighting for a multitude of sports such as our youth football and youth lacrosse. This spring we will begin the reconstruction of the Doolittle Park Tennis Courts. This project will be a total replacement of the cracked and aged courts currently at the Park.

Our hopes and anticipation is we begin to return to what we would consider our regularly scheduled programs this spring. The Wallingford Parks and Recreation Department invites you and your families to explore and enjoy the diversity of recreational programs being offered. Our programs are designed to contribute to the rich, social fabric of Wallingford. We take pride in providing quality classes, events, programs and workshops to enhance the quality of life for all of our residents.

Please note, classes may still be under COVID protocols and guidelines. Our department is working hard to provide our participants with a safe and clean programming environment. We encourage you to register for one of our spring programs to see the endless benefits of recreation!

All the best,

Kenny Michaels  
*Director of Parks & Recreation*



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# Welcome to your SPRING 2021 Guide to Recreation & Fun!

## DAVID J. DOHERTY RECREATION CENTER

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

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

### CLOSED:

February 12th Lincoln's Birthday  
(Open at 5pm)

February 15th President's Day  
(Open at 5pm)

April 2nd Good Friday

April 4th Easter Day

May 25th Memorial Day

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

**Phone:** 203-294-2120

**FAX:** 203-294-2127

### EMAIL ADDRESS:

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### PARK & REC WEB SITE:

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

### TOWN WEB SITE:

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

### 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 SOLE DRESS SHOES)** must be worn in gym and aerobics room.
  - **CHILDREN UNDER 16** 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. Credit card payments are accepted with online registration only through our website [www.wallingfordrec.com](http://www.wallingfordrec.com). There is a non-refundable 3% transaction fee for online credit card payments.
  - **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 8am to 4pm Evening programs are still on unless otherwise indicated. Evening class cancellations will be made at 4pm. Cancellations are announced via email and or text blast to our participant data base and will be posted 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.

***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 Leisure Activities for Youth / Spring Break Camps

### HIP HOUSE DANCE SERIES 2020-2021

At this time due to Covid-19 restrictions, we do not anticipate being able to host our Hip House Dance Series for this season. If anything changes and we are allowed to do so safely, we will send out email information about how to register and obtain a dance pass for the remainder of the season.

### 1020.300 SUMMER SIZZLERS 2021 AGES 12-15

Are you looking for an exciting way to spend your summer vacation? The always popular Summer Sizzlers Registration will begin on Monday March 8, 2021. This very popular program is a hit every year for all participants ages 12 – 15 years!

**DUE TO THE OVERWHELMING POPULARITY OF THIS PROGRAM, PARTICIPANTS ARE TO BE THE APPROPRIATE AGE BY THE END OF THE PROGRAM. PROGRAM IS MAXED AT 150 PARTICIPANTS.**

Participants will go on daily trips Monday – Thursday. We strongly recommend you register early! You must come with a copy of your child's birth certificate unless you have previously been registered for this program. Consideration will be given to non-residents beginning June 1st (Space Permitting). Fee covers transportation and admission to all locations.

**Potential trips:** Mets Game, Farmington Tubing, Boston Harbor Cruises, Six Flags, Empower Leadership, White Water Rafting and MORE!



### **NEW!** 0041.201 FIT BY NATURE SPRING CAMP AGES 6-10

Unplugged and Active! Experienced PE & Health and Nature Based Certified teacher, Mary Cole, encourages kids to connect with Nature and their health. The holistic approach promotes healthy bodies and minds through engaging experiences that inspire mindfulness, social engagement and creativity. This class is a healthy option for kids who have a technology overload in their daily life! A perfect way to get outdoors and active during spring break!

**When:** Mon. – Fri.  
April 12th – April 16th  
9:00am - 1:00pm

**Fee:** \$120

**Location:** Marcus Cooke Park  
**Instructor:** Mary Cole, Fit By Nature

### **NEW!** 0041.202 WIZARDING WORLD 101: WIZARDS, UNICORNS, AND MAGICAL THINGS

Have fun drawing, painting and creating these magical crafts. You can choose a mighty wizard, a glittery paper mosaic unicorn, a fierce flying dragon. We'll also create fun faeries, furry trolls and more! Bring your imagination, a smock and a snack.

**When:** Mon. – Fri.  
April 12th – April 16th  
10:00am - 12:00pm

**Fee:** \$50

**Location:** Room 7  
**Instructor:** Kim Larkin

### **NEW!** STEM SPRING BREAK CAMP

Looking to try STEM for the first time? We have five different programs, one for each day of the week to keep your child busy during spring break! Sign up for one or all five separately if they all interest you. See STEM pages for more info on topics, times and descriptions.

### **NEW!** 0041.200 SKYHAWKS SPORTS & GAMES CAMP AGES 6-11

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.

**Program Date:** Mon. – Fri. April 12th – 16th  
from 9:30am to 1:00pm

**Fee:** \$120

**Location:** Parks & Rec Gym  
**Instructor:** Skyhawks Staff  
(Skyhawks is a nationally recognized sports program provider)

## Trips

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

This year we hope you will find many new opportunities to travel this spring. 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 2021 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. 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 2021 season!!

## BUS TRIPS

### 1006.202 LIGHTHOUSE CRUISE – NARRAGANSETT BAY

**Sunday June 13<sup>th</sup>**

Bus Departs Rec. Dept. 8:00am

Returns: 6:00pm

Fee: \$133

We will be cruising the breathtaking Narragansett Bay to enjoy the views of famous lighthouses, incredible islands, the Jamestown and Newport Bridges, the Newport Naval Base, and much more. Prior to our cruise you will experience a wonderful buffet brunch at the Quonset 'O' Club. After the cruise we will visit Olde Mistick Village where you can enjoy a wonderful shopping experience.

### 1006.302 MAINLY MAINE, KITTERY, ME

**Saturday July 10<sup>th</sup>**

Bus Departs Rec. Dept. 7:30am

Returns: 8:00pm

Fee: \$117

Shop until your heart is content at the wide variety of shops at the Maine Kittery Outlets and the Kittery Trading Post. Enjoy a tasty lunch at Warren's Lobster House. Choose from: Ritzy Fillet of Haddock, Crab Crusted Salmon, or Chicken Parmesean. Stop at the popular bakery, When Pigs Fly, for amazing freshly baked breads!

### 1006.303 BLOCK ISLAND, RHODE ISLAND

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

Bus Departs Rec. Dept. 7:00am

Returns: 9:00pm

Fee: \$140

Take a break and spend the day on beautiful Block Island! Just 7 miles long and 3 miles wide, this idyllic island is a great escape for anyone. Once we dock at Old Harbor, which is a National Historic District with many Victorian buildings, walk just a short distance to the National Hotel where lunch will be served. Choose from: Chicken Breast, seafood casserole, or grilled salmon. We will also board a private island bus for a guided tour of this special island and have some time to shop on your own before our return to the mainland.

**Our travel partners, Friendship Tours, have been working very hard to provide safe bus transportation and trip accommodations. Please take a look at the next page to see what safety protocols are in place and get back on the road travelling this spring!**



# Our Commitment to a Safe Journey

## Your Journey Begins Again...

We're taking careful measures so you can travel with peace of mind when you are ready. We understand the uncertainty that the current environment has created for travelers. You can rest assured that when *Your Journey Begins Again with Friendship Tours* the following safety and wellness protocols will be followed on all of our departures.

### KNOW BEFORE YOU GO:

- \* Smaller Groups: Tours will be limited to fewer passengers. Empty seats on the coach will allow travelers to space out for a more comfortable experience.
- \* Use of Face Masks: Face masks will be required when on the coach as well as in the indoor establishments we will visit while on tour. Drivers, Tour Directors, servers, and hospitality staff will wear them as well.
- \* Two (2) signed forms will be required to travel: a Wellness Declaration Form and a Travel Liability Waiver. The forms will be provided prior to your departure and must be submitted to us before travel.
- \* If you are not feeling well, have symptoms or have been exposed to COVID-19, we ask that you NOT travel. Your wellness and the health of everyone on board is dependent on this commitment we make to each other.
- \* For overnight tours, we strongly recommend the purchase of travel insurance protection. Travel insurance protection will reimburse penalties if a cancellation is due to illness or accident. For further peace of mind, we are excited to offer Cancel For Any Reason trip protection at time of deposit.

### ON YOUR TOUR:

- \* All motorcoaches will be disinfected prior to every trip. All surfaces will be sanitized often, including regular cleaning of high touch areas. Peter Pan Bus Lines is the first coach company in the US to utilize CDC-approved PermaSafe, a protective coating, to continuously kill viruses, including COVID-19, bacteria, germs, and mold on contact.
- \* The front row on both sides of the coach will be left empty for your and the Drivers' added safety.
- \* A hand sanitizer station will be available as you board the coach. Tour Directors will have an additional supply of sanitary wipes and hand sanitizer.
- \* Frequent rest stops will be made accordingly to ensure the comfort of our passengers. Bathrooms onboard the coach will be available for emergency purposes only.
- \* We are committed to delivering a memorable and fulfilling travel experience. We will work closely with our vendor partners to ensure physical distancing during meals and sightseeing. We will also partner with accommodations, restaurants, and sightseeing venues that adhere to the highest standards of safety & cleanliness protocols.
- \* Some attractions will require us to submit a confidential list of passenger names/phone numbers/emails solely for the purpose of contact tracing and passenger protection.
- \* Keep an eye on your health throughout your trip. If you do not feel well, your Tour Director is available and trained on how to support you. Please speak up.

Our guidelines may evolve based on local government restrictions, the CDC, WHO and overall travel industry best practice recommendations. We are excited about our commitment to you and appreciate your understanding as we move forward to navigate this new *Safe Journey* together.

Wallingford Parks & Recreation presents:

Enjoy a fun day on...

# Block Island



Saturday, August 28, 2021

**1 hour Ferry from Pt Judith to Block Island  
Lunch at National Hotel & Guided Tours**

Take a break and spend the day on beautiful **Block Island!** Just 7 miles long and 3 miles wide, this idyllic island is a great escape for anyone. Catch a ride on the ferry for a delightful hour cruise from Point Judith, RI to Old Harbor, Block Island

Old Harbor is designated a National Historic District with wonderful Victorian buildings. Walk only a short distance from the ferry to the **National Hotel** that overlooks the Atlantic Ocean. *Menu:* Clam Chowder, choice of: Chicken Breast OR Seafood Casserole OR Grilled Salmon, Vegetable, Rice, Dessert, Beverage.  
*(Entree choice in advance.)*

Following lunch we will board our private island bus for a guided tour of this special island, followed by lunch and time to shop before boarding our return ferry.

**COST: \$140pp** based on 25-30

Depart: 7:00am, Wallingford Parks & Rec, 6 Fairfield Blvd.

Estimated Return: 9:00pm, Wallingford

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



This package is subject to our full terms and conditions which can be found on our website at [www.friendshiptours.net/tour-policies](http://www.friendshiptours.net/tour-policies). Paper copies are available upon request. By signing up to participate in the tour, you are agreeing to be bound to these terms and conditions. Therefore, you must read the terms and conditions in their entirety. By signing up for the tour, making a payment and continuing to use our services, you are agreeing to be bound by the Terms and Conditions. Should you disagree with any of the terms you must speak with us before signing up for a tour.





# 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 3 BEGINS MONDAY FEBRUARY 8<sup>TH</sup>.

## Sessions

**Session 3:** February 1<sup>st</sup> – March 26<sup>th</sup> (No Class 2/12, 2/15)

**Session 4:** April 5<sup>th</sup> – June 4<sup>th</sup> (No Class 4/12 - 4/16, 5/31)

	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>4-5 YEAR OLDS</b>	8:45 - 11:30AM MISS DEBBIE	8:45 - 11:30AM MISS DEBBIE	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 2020-2021

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

#### FEES FOR EXTENDED DAYS AGES 3-5

MONDAY, WEDNESDAY FRIDAY – \$265 IN PERSON

## 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 3:** March 9th – May 20th

**3000.200** 9:00am – 10:00am

for 10 weeks

**3000.201** 10:30am – 11:30am

for 10 weeks

No class 4/13, 4/15

**Fee:** \$100

**Instructor:** Miss Coleen

## SPRING ADVENTURES IN THE WOODS FOR PRE-SCHOOL AGES 3-5

This program is designed for children in pre-school. We will meet five times to look for surprises in woods like early wildflowers, buds on trees, and returning birds. We will explore a vernal pond and look and listen for frogs. We will have the chance to play in Mother Nature's playground and become experts in reading trail blazes! Adult participation is strongly encouraged.

**3320.200** Tuesdays March 30th

9:30am – 10:30am for 5 weeks

(No Class 4/13)

**3320.201** Tuesdays March 30th

1:30pm – 2:30pm for 5 weeks

(No Class 4/13)

**Location:** Marcus Cooke Park

**Fee:** \$35

**Instructor:** Helen Stowe

## 3320.210 OUTDOOR ADVENTURES FOR KINDERGARTEN CHILDREN

This program is designed to help young children develop an appreciation for the natural world. We will meet five times to plant, explore the woods and a vernal pond, and to use all our senses as we discover Mother Nature's surprises. We will become experts at

reading trail blazes. Parents are welcome to join us but not required.

**When:** Tuesdays March 30th

4:00pm – 5:00pm for 5 weeks

(No Class 4/13)

**Location:** Marcus Cooke Park

**Fee:** \$35

**Instructor:** Helen Stowe

## 3320.211 OUTDOOR EXPLORATIONS FOR GRADES 1 & 2

This program is designed for children in grades 1 and 2. We will plant mystery seeds, find common wildflowers as they appear in the spring, visit a vernal pool, go on a camouflage adventure, learn to read trail maps and trail blazes, and make boats which we will test in a local stream or pond. Adult participation is not required.

Wednesdays March 31st

4:00pm – 5:00pm for 5 weeks

(No Class 4/14)

**Location:** Marcus Cooke Park

**Fee:** \$35

**Instructor:** Helen Stowe

## 3320.212 OUTDOOR EXPLORATIONS FOR GRADES 3

We will meet five times to explore trails and woods. We will hone our compass skills and bushwhacking to find treasures! We will learn about invasive species and do our bit to eradicate them! We will have a camouflage lesson to understand how some animals have adapted in order to survive. We will become experts at reading trail maps and trail blazes. Adult participation is not required.

Wednesdays April 1st

4:00pm – 5:00pm for 5 weeks

(No Class 4/15)

**Location:** Marcus Cooke Park

**Fee:** \$35

**Instructor:** Helen Stowe

## 3329.200 FIT BY NATURE AGES 6-10

Unplugged and Active! Experienced PE & Health and Nature Based Certified teacher, Mary Cole,

encourages kids to connect with Nature and their health. The holistic approach promotes healthy bodies and minds through engaging experiences that inspire mindfulness, social engagement and creativity. This class is a healthy option for kids who have a technology overload in their daily life!

**Date:** Tuesday & Thursday, 4/27-5/6

**Time:** 4:15-5:30pm

**Fee:** \$60

**Location:** Marcus Cooke Park

## Special Interest

### 2022.200 HOOK A FAMILY ON FISHING

Learn to Fish from State of Connecticut CARE (Connecticut Aquatic Resources Education) fishing instructors in this free class. Class curriculum is designed for adults, families, and kids age 9 and up. You will learn about fishing tackle, how to cast, best baits, knot tying, safety, regulations and how to identify your catch. Instruction and materials are offered FREE OF CHARGE. You can even use our fishing gear during the field experience! For those with some angling experience, get some tips on how to increase your catches. Pre-trip classroom instruction will be held remotely by Zoom meeting at 6:00pm Thursday May 13th and should last about an hour. On Saturday, May 15th, meet at 9:00am at the lake in Wharton Brook State Park in Wallingford for fishing following social distancing protocols during the field experience (Parents are responsible for child's transportation). Parents should plan to stay and take the course with their children under 16. All equipment and bait will be provided by Connecticut State DEEP. The zoom meeting attendance size is unlimited but due to Covid19 the outdoor fishing trip class size is limited to first 20 participants. If our limit of 20 is exceeded, we will do our best to arrange a second date for those who

are on the wait list. The zoom link for the class will be posted at <https://portal.ct.gov/DEEP/Fishing/CARE/COVID-19-Updates-CARE-Program>

**When:** Zoom instructional class: Thursday May 13<sup>th</sup> 6:00pm Outdoor Field Experience: Saturday May 15<sup>th</sup> 9:00am – 1:00pm One Day  
**Location:** Instructional class will be on Zoom. Field Experience will be at Wharton Brook State Park  
**Fee:** It's FREE  
**Instructor:** John Kadow and CT State DEEP Staff

### 2009.201 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 April 1<sup>st</sup> for 10 weeks  
 5:30pm – 6:30pm for 10 weeks  
**Location:** Room 14 **Fee:** \$100  
**Instructor:** Britt Soden

### 2009.202 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, April 24<sup>th</sup>  
 12:00pm – 2:00pm One Day  
**Location:** Room 14  
**Fee:** \$25  
**Instructor:** Britt Soden

### 2010.200 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 6 students

**When:** Mondays March 29<sup>th</sup>  
 6:30pm - 7:15pm for 6 weeks  
**Location:** Gym 2  
**Fee:** \$60  
**Instructors:** Joan Hamel

### 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 10 students**  
**2015.201** Mondays March 29<sup>th</sup>  
 7:30pm - 8:15pm for 6 weeks  
**2015.202** Mondays March 29<sup>th</sup>  
 8:30pm - 9:15pm for 6 weeks  
**Location:** Gym 2  
**Fee:** \$60  
**Instructors:** Joan Hamel

### 2050. MEDICARE....DON'T GO THROUGH IT ALONE

A Free Medicare Coach agent from Wallingford's own, Insurance with T LLC will educate you in a safe atmosphere where there is no sales pressure. This is a seminar for educational purposes ONLY! We have been helping people understand Medicare for 15+ years. Our expert staff will provide answers to all of your Medicare questions (when should you enroll, how much will it cost, how do you choose the right plan for yourself? Etc.). No plan or carrier specifics will be discussed, only educational information. Bring a friend and any questions you may have, all attendees will be entered into a free raffle. If you can't make the next seminar, call (203) 678-4111 and ask for Mike for any questions you may have. If covid-19 keeps us from meeting we can set up a phone call, facetime, or Zoom meeting.

**.200** Tuesday, February 16<sup>th</sup> 10:00am  
**.201** Thursday, March 18<sup>th</sup> 10:00am  
**.202** Monday, April 27<sup>th</sup> 10:00am  
**Instructor:** Tiff Bush  
**Fee:** FREE  
**Location:** Room 3

## Adaptive Recreation

### 0110.202 DANCE POWER- AN 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 music 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 March 22<sup>nd</sup> for 8 weeks

**Time:** 6:00-6:45pm

**Instructors:** Alexis Peck and Lauren Lee

**Location:** Room 14

**Fee:** \$65

### 0109.201 FUNNY & MEGA MUSCLES - ADAPTIVE GYMNASTICS CLASS AGES 10-21

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 March 16<sup>th</sup> for 8 weeks

**Time:** 5:15-6:00pm Ages 10-18

**Fee:** \$50

**Instructors:** Lauren Lee and Lacie Low

**Location:** Gymnastics Room 7

### 0118.203 ADAPTIVE KARATE AGES 7+

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 March 17<sup>th</sup> for 6 weeks

**Time:** 6:10-6:40pm

**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

### 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 April 24<sup>th</sup> for 6 weeks.

**4030.200** Ages 2-3 Saturdays  
8:00am – 8:45am

**4030.201** Ages 2-3 Saturdays  
9:00am – 9:45am

**4030.202** Ages 2-3 Saturdays  
10:00am – 10:45am

**4030.203** Ages 4-5 Saturdays  
11:00am – 11:45am

**Fee:** \$90 (includes the uniform)

**Location:** Gym 1 & 2

**Instructors:** Tiny Tykes Staff



### 4816. TUESDAY HOOPSTERTOTS

Learning basketball has never been more fun! These classes focus on dribbling, shot technique, passing and teamwork. Adjustable hoops and appropriately-sized basketballs are used to always provide just the right amount of challenge. Parent participation required for ages 2-3.5 years.

**Instructor:** Skyhawks

**Dates:** Tuesday March 23<sup>rd</sup>  
for 5 weeks

**.200** Grasshoppers - Ages 2-3.5  
9:30-10:15 AM

**.201** Froggies - Ages 3.5-5  
10:30-11:15AM

**Fee:** \$85



### 4816. THURSDAY MULTI-SPORT TOTS

Introduce your little superstar to sports in our most popular program! This baseball, basketball, and soccer class uses age-appropriate games and activities to explore balance, hand-eye coordination, fitness, sport skills and child development. Parent participation required for ages 2-3.5

**Instructor:** Skyhawks

Thursdays 3/25-4/22

**.202** Rookies Age 2-3.5: 10-10:45AM

**.203** All-Stars Age 3.5-5: 11-11:45AM

**Fee:** \$85

## 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.

**4020.201** 5-6yrs Wednesdays March 31<sup>st</sup> 5:45 - 6:45pm for 6 weeks

**4020.202** 7-9yrs Wednesdays March 31<sup>st</sup> 6:45 - 7:45pm for 6 weeks

**Fee:** \$65

**Location:** Gym 1

**Instructor:** Greg Morrone and Hoop House Staff

## 4028.200 LITTLE SLUGGERS • 4-6 YEARS

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

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

**Fee:** \$60

**Location:** Gym 1

**Instructor:** Diamond Kings Baseball Academy, Bristol, CT

## 4029.200 JR. SLUGGERS • 7-9 YEARS

Clinic for baseball players ages 7-9. Baseball fundamentals for both the beginner and intermediate player. Fielding and batting strategies, techniques and mechanics will be worked on in this program.

**When:** Tuesdays March 30<sup>th</sup> 5:35pm - 6:20pm for 6 weeks

**Fee:** \$60 **Location:** Gym 1

**Instructor:** Diamond Kings Baseball Academy, Bristol, CT

## 4060.200 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 March 29<sup>th</sup> 4:30pm - 5:15pm for 5 weeks

**Location:** Gym 1 **Fee:** \$75

**Instructor:** Skyhawks Staff (Skyhawks is a nationally recognized sports program provider)

## 4061.220 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 March 29<sup>th</sup> 5:25pm - 6:25pm for 5 weeks

**Fee:** \$75 **Location:** Gym 1

**Instructor:** Skyhawks Staff (Skyhawks is a nationally recognized sports program provider)

## 4239.200 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 March 27<sup>th</sup> 9:00am - 10:00am for 6 weeks

**Instructors:** Triton Athletics Staff

**Fee:** \$60

**Location:** Triton Athletics 20 Capitol Dr.

## CO-ED DEVELOPMENTAL YOUTH TENNIS AGES 10 - 15

Focusing on the recreational side of tennis and growing players into High School and pre-tournament level players. Learn stroke development and building a transition game, as well as teamwork and sportsmanship. Join us for six weeks this summer and take part in clinics, practices, point play and round robins.

**4091.201** Ages 8-11 Saturdays June 26<sup>th</sup> 9:00am - 10:30am for 6 weeks

**4091.202** Ages 12-15 Saturdays June 26<sup>th</sup> 10:30am - 12:00pm for 6 weeks

**Fee:** \$75

**Location:** Harrison Park

**Instructor:** Doug Sime, PTR Certified Instructor, Sheehan High School

Tennis Coach

**4051. 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.

**.200** Monday March 22<sup>nd</sup>

5:30 – 6:00pm for 10 weeks

**.201** Saturday March 27<sup>th</sup>

9:00 – 9:30am for 10 weeks

**Fee:** \$75

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

**Instructor:** The Institute of Martial Arts Staff

**4052. KICKIN' KIDS AGES 5-6**

Dynamic karate techniques taught with an emphasis on kicks, punches, blocks, coordination, bullying prevention, and beginning karate weapons training. 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 technique and coordination without the traditional forms patterns of movement.

**.200** Monday March 22<sup>nd</sup>

5:30 – 6:00pm for 10 weeks

**.201** Saturday March 27<sup>th</sup>

9:00 – 9:30am for 10 weeks

**Fee:** \$90

**Instructor:** The Institute of Martial Arts Staff

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

**4050. KARATE TANG SOO DO AGES 7-ADULT**

A chance for 7 – 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 children's class regardless of rank. Great fun and family activity!

**.200** Wednesdays March 24<sup>th</sup>

6:30 – 7:30pm for 10 weeks

**.201** Saturdays March 27<sup>th</sup>

10:15 - 11:30am for 10 weeks

**Fee:** \$90

**Instructor:** The Institute of Martial Arts Staff

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

**4053. KARATE FOR BEGINNERS AGES 7-ADULT**

A traditional karate program for ages 7 – adult, 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, and proper approaches to competition. Parents are encouraged to begin training at the same time as their children's class regardless of rank. Great fun, family activity!

**.200** Wednesdays March 24<sup>th</sup>

5:30 – 6:30pm for 10 weeks

**.201** Saturdays March 27<sup>th</sup>

10:15 - 11:30am for 10 weeks

**Fee:** \$90

**Instructor:** The Institute of Martial Arts Staff

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

**Leagues****ADULT SLOW PITCH SOFTBALL CALENDAR OF IMPORTANT DATES 2021 SEASON**

Softball leagues are offered for men's, women's and co-ed recreational teams. USA Softball (Formerly ASA) rules with modifications and Wallingford Parks

& Recreation Department rules apply. The Dept. reserves the right to place teams in divisions to maintain the quality of competition. Teams must be prepared to play on these days of the week Mon-Fri and Sundays for scheduled or rescheduled games.

**Division Schedules Is As Follows:**

Monday: Make Ups (Sundays may be used if needed)

Tuesday: D Division/E Division

Wednesday: A Division/Women's Division

Thursday: B Division/C Division

Friday: F Division/G Division

Feb. 20<sup>th</sup> until 4:30pm Old team registration

Feb. 21<sup>st</sup> beginning at 9:30am

New team registration

**Fee:** \$725

**4185.200 THE JACK DOYLE ADULT MEN'S 60YRS & OVER 2021 SLOW PITCH SOFTBALL LEAGUE**

Practice and games tentatively scheduled for Monday and Wednesday mornings from 9:00am – 11:00am.

Letters for registration were mailed out in the month of January to the players from the previous year. Registration forms must be completely filled out and returned in person with payment and a copy of a CT Driver's License to the Parks and Recreation Department. Harry Fazio is the league commissioner. For more information contact the Rec. Department at 294-2120. Registration begins February 1<sup>st</sup>.

Tentative Start Date is Monday in Mid April

**Fee:** \$35

\*New players are always welcome and can register after February

**Adult Slow Pitch Softball - IMPORTANT DATES**

**April 7th: Manager's Meeting**

**TBD: ID Days**

**April 15: Preliminary Rosters**

**April 19: Season Begins**

**May 28: Last day to Add/Drop from roster**



# CT STEM ACADEMY

## One Day, Friday and Saturday In Person Programs Spring 2021 Sessions



Meeting Locations are noted in the description. To view more Spring 2021 STEM Virtual Course Offerings, and for All Registrations, visit us at [www.wallingfordrec.com](http://www.wallingfordrec.com).

### Friday Night Science Fun Ages 8-12

*Fridays – See Selected Dates Below*  
6:00 – 7:00 p.m.

#### Location: Outdoors @ Community Lake Pavilion

*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. If inclement weather, program will be moved to Wallingford Park and Rec STEM Room*  
**Cost: \$15 per session**

#### 2005.22 Friday, May 14 - Popsicle Stick Bridges

*Participants will create structures to hold weight and allow a vehicle to travel across it.*

#### 2005.227 Friday, May 21 - Chemistry

*Participants will engage in a fun hands-on chemistry experiment.*

#### 2005.228 Friday, June 4 - Roller Coasters

*Participants will envision and design a paper roller coaster.*

#### 2005.229 Friday, June 11 - Film Canister Rockets

*Participants will build and conduct multiple trials as they launch a film canister rocket*

### Exploring the Natural World

Course Number 2005.205

Ages 9-14

Saturdays: 4/24, 5/1, 5/8

10:00 a.m. to 11:15 a.m.

#### Location: Bertini Park, West Dayton Hill Road

*Its Spring! The sun is shining and the plants are growing! In this program, participants will get outside and learn about various plants and animals that inhabit the world around them. Participants will also collect, observe and identify plants, rocks and minerals. Come on out and see what nature has to offer!*

**Cost: \$32**

### Lego Robotics for Ages 7 and 8

Course Number 2005.204

Ages 7 and 8

Fridays, 3/12, 3/19, 3/26

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

#### Location: Wallingford Parks and Rec STEM Room

*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.*

**Cost: \$32**

### VEX IQ Robotics for Beginners

Course Number 2005.201

Ages 9-13

Fridays, 4/9, 4/23, 4/30, 5/7

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

#### Location: Wallingford Parks and Rec STEM Room

*Join us for an introduction to our VEX IQ robotics program. No experience necessary. This club is high commitment and high reward. Our program 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. Ages 7 and 8 may register with prior robotics experience*

**Cost: \$40**

### Coding: Music and Sound

Course Number 2006.230

Ages 8-13

Saturdays: 4/24, 5/1, 5/8

12:30 p.m. to 1:30 p.m.

#### Location: Online/Virtual Offering

*Do you like creating your own music? If so, join us for this new class where students will use code to play musical notes, create a music video and an interactive music display. No previous experience required! Join us for this STEAM fun session! Upon registration, course Google Meet code will be shared with participants*

**Cost: \$32**

Additional Spring listings, and Summer STEM Camp information, can be found on [wallingfordrec.com](http://wallingfordrec.com), [www.ctstemacademy.org](http://www.ctstemacademy.org) and on Facebook & Twitter @ctstem.



# CT STEM ACADEMY

## Spring 2021 Vacation Week

### In Person Programs



Meeting Location will be at the Wallingford Parks and Recreation Department, 6 Fairfield Blvd. All Registration can be completed online at [www.wallingfordrec.com](http://www.wallingfordrec.com). All programs may be held with a combination of indoor and outdoor activities depending on weather.

#### Experimental Design Session

Course Number 2005.211

Ages 9 to 14

Spring Break – Monday, April 12, 2021

9:00 a.m. to 12:00 p.m.

**Location: Wallingford Parks and Rec STEM Room**

*Are you interested in being in the next generation of creators and inventors? In our experimental design program, students will investigate with engaging hands-on challenges such as creating structures, simple machines and protective equipment.*

**Cost: \$38**

#### Ages 5 and 6 STEM

Course Number 2005.207

Ages 5 and 6

Spring Break – Wednesday, April 14, 2021

Time 10:00 a.m. to 12:00 p.m.

**Location: Wallingford Parks and Rec STEM Room**

*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.*

**Cost: \$30**

#### Fun with Chemistry

Course Number 2005.212

Ages 9 to 14

Spring Break - Friday, April 16, 2021

Time: 9:00 a.m. to 12:00 p.m.

**Location: Wallingford Park and Rec STEM Room**

*Calling all Junior Chemists! Participants who join will experience how different substances react with one another. Some experiments may include: making different foods like ice cream; high flying reactions like film canister rockets; or colorful creations like slime and lava lamps.*

**Cost: \$38**

#### STEM Explorations – One Day Camp

Course Number: 2005.231

Ages 9 to 14

Spring Break – Tuesday, April 13, 2021

Time: 9:00 a.m. to 12:00 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. Participants will be grouped based upon experience and/or age.*

**Cost: \$38**

#### Ages 7 and 8 STEM

Course Number 2005.206

Ages 7 and 8

Spring Break - Thursday, April 15, 2021

Time: 10:00 a.m. to 12:00 p.m.

**Location: Wallingford Parks and Rec STEM Room**

*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, and Botley. Young children can learn to code with Botley in an easy and fun way.*

**Cost: \$30**

#### Rocketry

Course Number 2005.220

Ages 8-13

Spring Break – Friday, April 16, 2021

1:00 p.m. to 4:00 p.m.

**Location: Wallingford Parks and Rec STEM Room**  
*In 3...2...1...BLAST OFF! In this STEM program, students will act as true NASA employees as they investigate various types of rockets. Participants will have the opportunity to build small rockets from household materials that they can launch at home, eventually building up to a well-designed rocket that will be launched from our own high pressure air compressor. Get ready to blast off with this exciting program!*

**Cost: \$38**

**Additional Spring listings, and Summer STEM Camp information, can be found on [wallingfordrec.com](http://wallingfordrec.com), [www.ctstemacademy.org](http://www.ctstemacademy.org) and on Facebook & Twitter @ctstem.**



# ***GYMNASTICS***



*Please check back in February for information on gymnastics. We are still working through our scheduling and staffing for the spring session. Once it is finalized, it will be emailed out to our database.*

## Health & Fitness

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

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

#### 5507. FITNESS IN NATURE

Come enjoy the new feeling of Spring! Embrace the beauty of Mother Nature and the many benefits of exercising outdoors. Fresh air, vitamin D and natural sounds surround us as we increase our cardiovascular endurance and challenge the upper, lower, whole body each day. One day each week we'll really target the core so bring a mat, blanket or towel. Resistance bands provided or bring your own for strength training.

This group meetup 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 fitness instructor

**Class Time:** Tuesdays & Thursdays 10:00-10:45am

**.200 Session 1:** 3/9-4/22 for 7 weeks  
**Fee:** \$50

**.201 Session 2:** 4/27-6/17 for 8 weeks  
**Fee:** \$55

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

#### 5810. BASIC YOGA (VIRTUAL ZOOM CLASS)

A Yoga class that flows at a perfect pace for all those who would like to continue with their practice. Strengthen the mind/body connection by linking breath with a series of dynamic postures that will improve your flexibility and strength. All levels welcome.

**Instructor:** Sue Schade certified yoga instructor

**Class Time:** 6:00-7:00pm  
Tuesdays and Thursdays

**.200 Session 1:** 3/9-4/22 for 7 weeks  
**Fee:** \$75

**.201 Session 2:** 4/27-6/17 for 8 weeks  
**Fee:** \$85

**Location:** Online Zoom

#### 5005. 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

**5005.202 Mondays 11:00-12:15pm**

**Instructor:** Christina Casavina certified yoga instructor

**.201 Session 1:** 3/8-4/19 for 7 weeks  
**Fee:** \$44

**.202 Session 2:** 4/26-6/14 for 7 weeks  
no class 5/31 **Fee:** \$44

**Location:** Room 15

**Thursdays 9:30-10:45 AM**

**Instructor:** Christina Casavina certified yoga instructor

**.203 Session 1:** 3/11-4/22 for 7 weeks  
**Fee:** \$44

**.204 Session 2:** 4/29-6/17 for 8 weeks  
**Fee:** \$50

**Location:** Room 16

#### 5006. 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  
**Class Time:** Mondays 9:30-10:45am

**Instructor:** Zorayda Cocchi OTR/L, RYT 500, CYKT certified yoga instructor

**.201 Session 1:** 3/8-4/19 for 7 weeks  
**Fee:** \$44

**.202 Session 2:** 4/26-6/14 for 7 weeks  
no class 5/31

**Fee:** \$44

**Location:** Room 15

#### 5003. VINYASA YOGA

An energetic class that links your breath to your asana's (poses). Gain strength and flexibility as you flow from pose to pose. Modifications are always shown

**Equipment Needed:** Your own yoga mat

**Instructor:** Cathy Dean, yoga certified instructor

**Class Time:** Mondays 5:30-6:30pm

**.200 Session 1:** 3/8-4/19 for 7 weeks  
**Fee:** \$44

**.201 Session 2:** 4/26-6/14 for 7 weeks  
no class 5/31

**Fee:** \$44

**Location:** Room 15

#### 5007. 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.

**Instructor:** Zorayda Cocchi OTR/L, RYT 500, CYKT certified yoga instructor

**Class Time:** Wednesdays 7:00-8:15pm

**.204 Session 1:** 3/10-4/21 for 7 weeks  
**Fee:** \$44

**.205 Session 2:** 4/28-6/16 for 8 weeks  
**Fee:** \$50

**Location:** Room 15



## 5013. 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

**.200 Session 1:** 3/10-4/21 for 7 weeks

**Fee:** \$44

**.201 Session 2:** 4/28-6/16 for 8 weeks

**Fee:** \$50

**Class Time:** Wednesdays

9:30 -10:45am

**Location:** Room 15

## 5012. 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 5:10-5:55pm

**.200 Session 1:** 3/10-4/21 for 7 weeks

**Fee:** \$44

**.201 Session 2:** 4/28-6/16 for 8 weeks

**Fee:** \$50

**Location:** Room 16

## 5105. 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:** Chery Myers

**Class Time:** Wednesdays and Fridays 10:20 -11:05am

**.200 Session 1:** 3/10-4/23 no class 4/2

**Fee:** \$35

**.201 Session 2:** 4/28-6/18

**Fee:** \$35

**Location:** Gym

## Fitness Classes

### 5820. POWER UP YOUR MORNING (VIRTUAL ZOOM CLASS)

3 classes and 3 different formats to get keep you motivated and getting a great workout! Mondays will be P-90X Format -you will power through a full-body strength and cardio workout to reach your fitness goals. Hand-held weights are optional. Wednesdays will be Cardio Kickboxing We will use a mix of kickboxing and simple dance moves set to heart pounding dance music to ramp up our fitness. No equipment necessary. Fridays will be Transform format which is a high-intensity cardio-conditioning class. Step is optional. All levels welcome

**Instructor:** Jess Holloway AFAA certified instructor

**Class Time:** Mon. Wed. & Fri.

6:00-6:4am

**.200 Session 1:** 3/8-4/23 for 7 weeks, no class 4/2

**Fee:** \$75

**.201 Session 2:** 4/26-6/18 for 8 weeks, no class 5/31

**Fee:** \$80

**Location:** Online Zoom

### 5528. 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

**.200 Session 1:** 3/9-4/22 for 7 weeks

**Fee:** \$50

**.201 Session 2:** 4/27-6/17 for 8 weeks

**Fee:** \$55

**Class Time:** Tues. & Thurs.

5:30-6:15am

**Location:** Room 16

### 5800. ZOOM-ZOOM!!! (CARDIO FITNESS DANCE CLASS)

**Instructor:** Stacey Bobbitt

**Class Time:** 10:30-11:10am on Mondays 5/11-6/29

**.200 Session 1:** 3/8-4/19 for 7 weeks

**Fee:** \$26

**.201 Session 2:** 4/26-6/14 for 7 weeks

no class 5/31

**Fee:** \$26

Come join us for a moderately paced dance fitness class for people of all ages. A fun workout to all types of music!

### 5810. TOTAL TONING (VIRTUAL ZOOM CLASS)

Strength, cardio or any combination for a fun and effective workout. We'll do a variety of cardio drills and resistance training exercises designed to challenge and improve cardio and muscular strength while maintaining a strong core. Please have a chair, hand weights (if you don't have weights soup cans or water bottles) and a mat. Let's get strong together! All levels welcome. Fee: \$40

**Instructor:** Sue Schade and Stacey Bobbitt instructors

**Class Time:** Tuesday and Thursdays 8:00-9:00am

**.201 Session 1:** 3/9-4/22 for 7 weeks

**Fee:** \$50

**.202 Session 2:** 4/27-6/17 for 8 weeks

**Fee:** \$55

**Location:** Virtual online zoom class



### 5519. STRENGTH FUSION

Strength Fusion....full body weighted workout designed to strengthen & define all the major muscle groups. All levels welcome! results!  
**Instructor:** Sue Moreschi ACE certified instructor

**Class Time:** Mondays 5:30-6:15pm

**.200 Session 1:** 3/8-4/19 for 7 weeks

**Fee:** \$26

**.201 Session 2:** 4/26-6/14 for 7 weeks no class 5/31

**Fee:** \$26

**Location:** Room 16



### 5522. TOTAL BODY CONDITIONING

Total Body Conditioning....energetic moderate to high intensity self challenging total body workout. Cardio drills fused with strength and endurance intervals using resistance equipment and body weight. A great calorie burner, all are welcome! **Instructor:** Sue Moreschi ACE certified instructor

**Class Time:** Tuesdays 6:00-6:45pm

**.201 Session 1:** 3/9-4/20 for 7 weeks

**Fee:** \$26

**.202 Session 2:** 4/27-6/15 for 8 weeks

**Fee:** \$30

**Location:** Room 16

**5012. MUSCLE CHALLENGE**

Muscle challenge- total body strength training with a variety of equipment. Something different each week, for a challenge.

**Instructor:** Linda Roy

**Class Time:** Wednesdays 6:05-6:50pm

**.202 Session 1:** 3/10-4/21 for 7 weeks

**Fee:** \$26

**.203 Session 2:** 4/28-6/16 for 8 weeks

**Fee:** \$30

**Location:** Room 16

**Fee:** \$30

**5519. SUNDAY STRONG**

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

**Class Time:** Sundays 9:00-9:45am

**.202 Session 1:** 3/13-4/25 for 6 weeks, no class 4/4

**Fee:** \$22

**.203 Session 2:** 5/2-6/20 for 7 weeks, no class 5/29

**Fee:** \$26

**Location:** Room 16

**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.

**ZUMBA MONDAYS 7:10-7:55 PM**

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

**.201 Session 1:** 3/8-4/19 for 7 weeks

**Fee:** \$26

**.202 Session 2:** 4/26-6/14 for 7 weeks no class 5/31

**Fee:** \$26

**Location:** Room 16

**ZUMBA WEDNESDAYS 7:30-8:30 PM**

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

**.203 Session 1:** 3/10-4/21 for 7 weeks

**Fee:** \$26

**.204 Session 2:** 4/28-6/16 for 8 weeks

**Fee:** \$30

**Location:** Room 16

**Fee:** \$30

**ZUMBA THURSDAYS 5:20-6:05 PM**

**Instructor:** Becky Fusco certified Zumba instructor

**.207 Session 1:** 3/11-4/22 for 7 weeks

**Fee:** \$26

**.208 Session 2:** 4/29-6/17 for 8 weeks

**Fee:** \$30

**Location:** Room 15

**ZUMBA THURSDAYS 6:30-7:15 PM**

**Instructor:** Lisa Wasylean certified zumba instructor

**.205 Session 1:** 3/11-4/22 for 7 weeks

**Fee:** \$26

**.206 Session 2:** 4/29-6/17 for 8 weeks

**Fee:** \$30

**Location:** Room 16



## Adult Dance

### 6012.201 ADULT 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!

**When:** Thursdays March 25<sup>th</sup> for 8 weeks

**Instructor:** Sharon Wilhelm

**Location:** Room 14

**Fee:** \$50

### 6012.202 LINE DANCING FOR ADULTS

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 March 23<sup>rd</sup>  
7:00pm – 7:45pm for 8 weeks

**Instructor:** Jenni French

**Where:** Room 14

**Fee:** \$50

## Kids 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.

**6000.201** Tuesdays March 23<sup>rd</sup>  
4:00pm-4:30pm for 8 weeks

**6000.202** Saturdays March 27<sup>th</sup>  
9:00-9:30am

**Instructor:** Amy Malone Tuesdays,

Madison Whalen Saturdays

**Location:** Room 14

**Fee:** \$50

### 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!

**6000.204** Tuesdays March 23<sup>rd</sup>  
4:40-5:40pm for 8 weeks

**6000.205** Saturdays March 27<sup>th</sup>  
9:35-10:35am

**Instructor:** Amy Malone Tuesdays,  
Madison Whalen Saturdays

**Location:** Room 14

**Fee:** \$60

### 6000.206 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 March 23<sup>rd</sup>  
5:50-6:50pm for 8 weeks

**6000.208** Saturdays March 27<sup>th</sup>  
10:40-11:40am

**Instructor:** Amy Malone Tuesdays,  
Madison Whalen Saturdays

**Location:** Room 14 **Fee:** \$60

### 6000.207 JAZZ AGES 5-7

This half hour Jazz class is designed to continue introducing the different types of dance. During this class the students will learn the basic fundamentals of jazz dancing. The music used during the class will be sure to get your child moving and grooving to the beat!

**When:** Tuesdays March 23<sup>rd</sup>  
7:00 -7:30pm for 8 weeks

**Instructor:** Amy Malone

**Location:** Room 14

**Fee:** \$50

### 6000.109 HIP HOP AGES 6 - 10

Come learn some fun urban dance moves in this funky Hip Hop class! Using today's popular dance music, we'll do a warm up and learn some steps center floor and travelling back and forth across the dance floor. Then we will put those learned steps together to music to make an awesome Hip Hop combination. We will add on weekly to make one cool routine that you can show off to your friends and family. Please wear clean sneakers and exercise clothes and bring plenty of water.

**When:** March 23<sup>rd</sup> Tuesdays  
7:35-8:20pm for 8 weeks

**Instructor:** Amy Malone

**Location:** Room 14

**Fee:** \$55

### **NEW!** POLYNESIAN DANCE AGES 6-18

Travel through the islands in this beginner class that will challenge you in fitness, mindfulness and an appreciation for culture through lessons while dancing.

**When:** Friday April 9<sup>th</sup> for 6 weeks  
6:00pm – 7:00pm for 7 weeks

**Instructor:** Gabriella Colello,  
Kaiholunuie Polynesian Dance  
Company

**Where:** Room 14

**Fee:** \$60



## Spring 2021 Health and Fitness Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
Early Morning	6:00-6:45 AM Jess Virtual Power Up	5:30-6:15 AM Jess Early Morning Pump	5:30-6:15 AM Jess Virtual Power Up	5:30-6:15 AM Jess Early Morning Pump	6:00-6:45 AM Jess Virtual Power Up	
		8:00-9:00 AM Sue S Total Toning		8:00-9:00 AM Stacey Total Toning		9:00-9:45 AM Sue M Sunday Strong
Morning	9:30-10:45 AM Zorayda Basic Yoga		9:30-10:45 AM Christina Mixed Level Yoga	9:30-10:45 AM Christina Gentle Yoga		
	10:30-11:10 AM Stacey ZOOM ZOOM	10:00-10:45 AM Gwen Fitness in Nature		10:00-10:45 AM Gwen Fitness in Nature		
Afternoon	11:00-12:15 PM Christina Gentle Yoga		10:20-11:05am Cheryl Swing Shift 50+		10:20-11:05 AM Cheryl Swing Shift 50+	
			5:10-5:55 PM Linda Total Barre	5:20-6:05 PM Becky ZUMBA		
Evening	5:30-6:15 PM Sue Strength Fusion	6:00-7:00 PM Sue S Basic Yoga	6:05-6:50 PM Linda Muscle Challenge	6:00-7:00 PM Sue S Basic Yoga		
	5:30-6:30 PM Cathy Vinyasa Yoga	6:00-7:45 PM Sue M Total Body Conditioning	7:00-8:15 PM Zorayda Therapeutic Yoga			
	7:00-7:45 PM Cheryl ZUMBA		7:30-8:30 PM Fee ZUMBA	6:30-7:15 PM Lisa ZUMBA		

KEY
Zoom Classes
In Person
Outdoors

## Visual Arts / Crafts

### 8000. 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.

**.200** Mondays March 29<sup>th</sup>  
10:00am – 12:00pm for 6 weeks

**.201** Mondays March 29<sup>th</sup>  
6:00pm – 8:00pm for 6 weeks

**Location:** Room 3

**Fee:** \$40

**Instructor:** Marilyn Pettison

NEW!

### 8038.202 EARTH DAY ESSENTIAL OIL HOME RE-FRESH WORKSHOP AGES 16 & OLDER

Learn how to use nature's natural essential oils and carrier oils throughout your home to refresh, clean and renew your family's space. We will each create a refreshing spray, a portable nasal inhaler, a Castile Soap gentle cleaner and more. Recipe sheets for even more applications will be on hand. All essential oils and supplies will be provided. Come learn the age old wisdom of cleansing with nature's oils with Kim Larkin, Certified Aromatherapist.

**When:** Friday April 23<sup>rd</sup>  
6:30pm – 8:30pm for One Night

**Fee:** \$25

(A \$12 Supply fee per team member made payable to the instructor the night of the class)

**Location:** Room 7

**Instructor:** Kim Larkin

NEW!

### 8038.200 SUMMER SOLSTICE ESSENTIAL OILS WOOD PAINTING

Come create an ode to the sun as we paint our warm abstract sun using natural essential oils. Easy step by step instruction, no previous painting skills necessary! We will use the warm inspiring colors of the sun on our pre-prepped circular wood base and we mix in our oil of choice. A unique and scents-sational way to tap into your creativity.

**When:** Friday June 18<sup>th</sup>  
6:30pm – 8:30pm for One Night

**Fee:** \$25

(A \$12 Supply fee made payable to the instructor the night of the class)

**Location:** Room 7

**Instructor:** Kim Larkin

NEW!

### 8038.201 PARENT/CHILD SPRINGTIME BIRDBATH WORKSHOP

Let's celebrate the return to spring by creating a whimsical birdbath for your garden and yard. We will each be creating a multi-tiered terracotta birdbath accented with vibrant paints, wire, and fun beads. Bring your imagination and an art smock!

**When:** Friday May 14<sup>th</sup>

6:30pm – 8:30pm for One Night

**Fee:** \$25 per parent/child couple  
(A \$20 Supply fee per couple made payable to the instructor the night of the class)

**Location:** Room 7

**Instructor:** Kim Larkin



## Fine Arts

### **WALLINGFORD** **ARTS AND RECREATION** **COME & CREATE** **SPRING 2020 FINE ARTS** **PROGRAM**

#### **7010.200 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.

Mondays: 12:30 – 3:30pm

March 29<sup>th</sup> for 8 weeks

**Enrollment Limits:** 12 max

**Fee:** \$60

**Location:** Room 7

**Instructor:** Ellie Bender

#### **7010.202 COME PAINT, COME DRAW! AGES 18+**

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.

Mondays: 6:30pm – 8:30pm

March 29<sup>th</sup> for 8 weeks

**Enrollment Limits:** 12 max

**Fee:** \$80      **Location:** Room 7

**Instructor:** Rashmi Talpade

(Fine Arts Supervisor)

#### **7060.201 PEN & INK ESSENTIALS AGES 18+**

Learn about the traditional tools, techniques & elements of Pen & ink (which will include mark making practice). Skills can be applied to illustration, field sketching, art journaling and even relaxing, creative doodling. Other media, such as watercolors, markers and colored pencils can be included. All levels welcome. Materials list available upon registration.

Tuesdays: 2:00 – 4:00pm

March 30<sup>th</sup> for 8 weeks

**Enrollment Limits:** 12 max

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

**Instructor:** Joan Shackford

### Virtual FINE ARTS PROGRAM

#### **7010.200 VIRTUAL COME PAINT, COME DRAW! AGES 18+**

We are living in unprecedented times of pandemic, isolation, social distancing and uncertainty. It is in times like these we need a break from stress and worry through creative outlets. We are happy to provide an alternative on online classes which let you enjoy a couple of hours immersed in art with like-minded individuals from the comfort and safety of your home. Bring out your supplies and a desire to create. All levels of drawing and painting instruction available, so beginners are very welcome. Bring a magazine quality photo as a reference to work from of your favorite masterpiece.

Recommended supplies for beginners for the first lesson are drawing paper, pencil, and erasers. Participants are welcome to work with paints of your choice, ink, pens, charcoal, or collage as well.

Friday: 3:00 – 5:00pm

April 2<sup>nd</sup> for 8 weeks

**Enrollment Limits:** 12 max

**Fee:** \$80

**Location:** Room 7

**Instructor:** Rashmi Talpade

(Fine Arts Supervisor)

#### **7010.201 VIRTUAL 2D AND 3D ART FOR CHILDREN**

In this online class, we will explore drawing and painting based on masterpieces by Georgia O'Keefe, Pablo Picasso and Vincent Van Gogh. Students will work with pencils, crayons and model magic clay. An art kit of Crayola Model Magic, Canvas Boards, Glue and other supplies will be available for pickup prior to the class beginning.

Grades 3-5

Tuesdays: 4:00 – 5:00pm

March 30<sup>th</sup> for 6 weeks

**Enrollment Limits:** 12 max

**Fee:** \$50

**Location:** Zoom

**Instructor:** Rashmi Talpade

(Fine Arts Supervisor)

#### **7010.202 SCULPTING NATURE**

In this online class, using polymer clay or air dry modeling clay, we will make a few relief sculptures and then a few free standing sculptures. The focus will be on nature as a guide to learn how to sculpt many different items using clay and items found around the house. An art kit of required supplies will be available for pickup prior to the class beginning.

Grades 3-5

Monday: 4:00 – 5:00pm

March 29<sup>th</sup> for 6 weeks

**Enrollment Limits:** 12 max

**Fee:** \$50

**Location:** Zoom

**Instructor:** Deborah Jaffe



## Special Events

**Please note due to the current COVID 19 situation all special events are subject to change.**

### EASTER BALL EVENT (WALLINGFORD DOG PARK)

Let's not forget about our furry friends. All friendly dogs are welcome but must be on leashes, even inside the dog park between 2:00-3:00p.m. during the event on Saturday March 27, 2021. Each dog will get to hunt for tennis balls and take one coveted ball home. The Easter Bunny will be available for photos with dogs during the event.

### EGG HUNT

The event will be held at Doolittle Park Playscape.

The event will be divided into two age groups children 3-5 and children 6-11. 1000 filled eggs and various candy will be scattered around.

Participants are asked to bring an Easter basket and a flashlight.

Younger children hunt will begin at 7:15pm.

Older children hunt will begin at 7:30pm.

Thursday March 25<sup>th</sup> with a rain date Friday March 26, 2021.

### COMMUNITY GARDEN PLOTS

We will be accepting registration for returning Community Garden Plot members on March 1st

and new gardeners will be allowed to register on April 15th. Returning gardeners will be allowed to keep their existing plots. If you choose not to keep your plot Gary Copas garden supervisor will assign you a plot. Any new members will be assigned a plot from Gary. Plot sizes are as follows: 15x15, 15x30, and 30x30. All registration will be conducted online. Also any fences that are erected on the garden plots must receive prior approval from Gary Copas. Plot fees vary between \$20, \$25, \$35 depending on plot size.

### VIRTUAL TRIVIA NIGHT

Enjoy a family game night from the comfort of your own home! Compete against other families virtually, all you need is a smart phone to connect. Registrants will receive an email about how to connect. Saturday, February 20th 6:45pm  
\$20 per family

### **SUMMER FAVORITES AND REGISTRATION INFORMATION**

#### TINY BUBBLES, POP SHOTS.

Registration will begin on Monday March 1, 2021 at 9:00a.m. at the Rec. Dept. or online at Wallingfordparksrec.com a 3% credit card fee will be applied for the online transaction. We only accept cash or check at the Rec. Dept. window. This summer we will be running both Tiny Bubbles and Pop Shots from 9:00a.m.-1:00p.m. we will increase our programming ideas with new and exciting activities **such as music time**, yoga, gym activities, and outdoor play.

Tiny Bubbles is for children ages 3-4, Pop Shots is for children ages 5-6. Registration is open to all Wallingford residents. You must come with a copy of your child's birth certificate unless they have previously been registered for these programs. Program consideration will be given to non-residents closer to the start of the program. **Fee:** T.B.D. per child.

#### 1020.300 SUMMER SIZZLERS FOR CHILDREN AGES 12-15.

Registration will begin on Monday March 8, 2021 at 9:00a.m. or online at Wallingfordparksrec.com a 3% credit card fee will be applied for the online transaction. This program is a trip program for students ages 12-15. The program is run from Monday through Thursday approximately 8:30-3:00. All trips leave from the Recreation Dept. Some trips may leave earlier and return later. Trips may include movies, Boston Quincy Market, Dave and Busters Providence Place Mall and more.

You must come with a copy of your child's birth certificate unless you have previously been registered for this program. Program fee to be determined. Consideration will be given to non-residents closer to the start of the program.

### SUMMER PLAYGROUND PROGRAM FOR CHILDREN AGES 6-11

This program is held at various elementary schools from 8:30a.m.-3:00p.m. Monday through Friday rain or shine. Campers participate in playground activities, movies, field trips, in house entertainment shows etc. Please note facility permits were submitted to all schools in January – at this time no permits have been approved for school sites. Please call 294-2120 for more information. Registration date is March 15th. Camp traditionally runs from July 1- mid August. Open to Wallingford residents. Non-residents considered closer to start of the program.

### ADAPTIVE SUMMER PLAYGROUND CAMP AGES 6-11

Every summer one of our three summer playground camp sites is designated as our Inclusion Program that is staffed with additional trained employees. These staff members possess the skills and knowledge for working specifically with individuals with special needs or for those who might need a little extra assistance throughout the day. We will do our best to make reasonable modifications to ensure your child's success with the help and assistance of mentors and volunteers throughout the camp day. Registration begins March 15th. For further information, please call the Parks and Rec Department Adaptive Coordinator Carolyn Lavelle at 203-294-2120.

**JOB OPPORTUNITIES**

Wallingford Parks and Recreation will start accepting applications for the following positions from January 1<sup>st</sup>, 2021 to February 28<sup>th</sup>, 2021.

Summer Camp Counselors and Certified Lifeguard positions. All applicants can obtain an application by picking one up at the Rec. Dept. or emailing us at parksrec@wallingfordct.gov and one will be sent to you. A cover letter stating your present position and why you are applying should be included with your application.

**Tyler Mill Preserve: Three Centuries of History**

In conjunction with the Town of Wallingford's 350th anniversary, the Wallingford Conservation Commission will give hikers an

opportunity to learn about the rich history of this 1,000-acre open space owned by the Town. The area has remained undeveloped for 350 years, being preserved as a potential future water source while providing recreational opportunities. Hikers will have an opportunity to choose from several guided walks ranging from 1/3 to 4 ½ miles.

When: Saturday June 12<sup>th</sup>, with a rain date on Sunday, June 13<sup>th</sup>.

RSVP required beginning May 1<sup>st</sup>:

drsaunderscpa@gmail.com

Hikers will be told where to park depending on which hike they choose.

NO DOGS or STROLLERS please!

## 2021 COMMUNITY POOL PASS REGISTRATION

Be on the lookout for pool tag sales after April 2021.

# Host Your Party **HERE!**

**Looking for a place to host your next birthday party or family reunion? Rent one of our rooms that can host up to 75 people (currently less in order to follow Covid-19 safety guidelines) with tables and chairs provided for you. Or if it's a nice day, get outside and rent one of our park pavilions! Rentals are on a first come basis so plan ahead and get your rental application in.**

**Call 203-294-2120 for more information or email parksrec@wallingfordct.gov for a rental form.**

**1 – BERTINI PARK** - Located on West Dayton Hill Road. Includes a low ropes course and a nature trail for hiking. 76.5 acres

**2 – CARINI FIELD** - Located on Woodhouse Avenue. This field includes a large soccer field with two smaller fields crossing them.

**3 – 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

**4 – COOK HILL SCHOOL** - Located on School House Road, which includes a hardball field.

**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 boys 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 for picnics, 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, playground equipment, restrooms and a ball field. 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 two youth girls softball fields, and one youth rookie field. 6.0 acres

**19 – PARKER FARMS SCHOOL** - Located on Parker Farms Road, includes a 6 little league fields, concession stand and restrooms. 20.3 acres

**20 – PAT WALL FIELD** - Located on South Elm Street and includes a High School baseball field. 8.4 acres

**21 – PIRE PARK** - Located on Northfield Road. This park includes a hardball field, basketball court and playground equipment. 3.5 acres

**22 – PRAGEMANN PARK** - This park is located on Oak Street, Yalesville. It includes 6 softball fields (youth and adult) with lights, Small multi-purpose field no lights. Large soccer field with two small fields crossing large field, Large multi-purpose lacrosse, youth soccer and youth football field with lights and field house with restrooms. 26.2 acres

**23- QUINNIPIAC RIVER LINEAR TRAIL** - A handicap accessible paved trail extending 2.2 miles from Hall Ave. north along the west side of the river, through a tunnel underneath Rt. 15 and continuing to a bridge onto Fireworks Island and ending at the northern end of the Island in Yalesville. To access the Trail from Yalesville (Rt. 150), you must drive through the Yalesville on the Green condominium complex parking lot and drive over their bridge. Park on the Trail side of the sea-shell parking lot. No pedestrian or bicycle traffic is allowed on their bridge. When complete the Wallingford trail will cover 6.7 miles across the town of Wallingford.

**24 – RICHARD SHEAHAN PARK** - Located on Algonquin rive, includes youth girls softball field, basketball court, and playground equipment. .8 acres

**25 – SHEEHAN HIGH SCHOOL** - Located on Hope Hill Road, includes a hardball and softball field. 44.5 acres

**26 – STEVENS SCHOOL** - Located on Kondracki Lane, includes a softball/tee ball field, basketball court, and playground equipment.

**27 – 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.

**28 – WALLACE PARK** - Located on Quinnipiac Street, the home of Wallingfords' monument park includes playground equipment. 20.7 acres

**29 – DARLENE FALCONERI WESTSIDE FIELD** - Located on East and South Streets. This park includes adult softball field with lights, field house with restrooms, Babe Ruth League, High School baseball field, and multi sport court. 5.95 acres

**30 – STANLEY BUDLESKI** - Located on Main St. Rt.150 Yalesville "The Yalesville Green"

**31 – GRAND ST. PARK** - Located on Grand St. and Washington St. , includes a basketball court and playground. .64 acres.

**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.

**TYLER MILL PRESERVE**

Tyler Mill Preserve has approximately 15 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 MOTORIOZED 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)

**FRESH MEADOWS**

This town-owned open space property on Cheshire Rd. has accessible trails which are composed of paving or stone dust and graded to comply with the Americans with Disabilities Act standards. There is approximately 1 mile of trails which are 6' and 8' wide. One trail goes along the edge of Cheshire Rd., one is a loop through a butterfly meadow, and one goes to the property's pond. Amenities include 2 benches and an accessible portable toilet during the warmer weather months. The property includes a variety of wildlife and a glacial erratic, a large boulder deposited by a glacier.

## **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. 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. 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!





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. 2020 \_\_\_\_\_

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.



## WECARE: PLAYFUL CRUISERS

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

WECare'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 March 4<sup>th</sup>, 2021 from 5:00pm to 7:00pm at Wallingford Youth and Social Services.

In person registration will be held for Playful Cruisers **THURSDAY MARCH 4<sup>th</sup> 5:00pm – 7:00pm** at the Family Resource Center in the Youth and Social Services Dept. 6 Fairfield Blvd. Playful Cruisers are offered Monday - Friday mornings 9:30am – 11:00am in the Family Resource Center. Playful Cruisers will begin **Monday March 22<sup>nd</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 12:30pm to 2:00pm. Snow date for registration is March 11, 2021.

**We will follow the lead of Wallingford Public Schools in regard to school closures.**

## W.E.C.A.R.E. Spring Workshops 2021

**“The Benefits of Practicing Mindfulness”** for the **Parents of Preschoolers** (Teachers can join also)

*Mindfulness is the psychological process of bringing one's attention to experiences occurring in the present moment. You can develop this 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 parent/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 family/ place of instruction.*

Presenter: Kahseim Outlaw; Lyman Hall P.E. & Wellness Teacher, Integrative Health & Healing, Program Coordinator at *The Graduate Institute*

Date: **Thursday March 11<sup>th</sup>, 2021** in a **Virtual Meeting**  
Time: 6:00 p.m. – 7:30 p.m.



Register by calling: The Parks & Recreation Department 203-294-2120 or Allison Murphy; Children's Librarian at the Wallingford Public Library 203-284-6439

**“ABC: Art Benefits Children”** for the **Parents of Preschoolers** (Teachers can join also)

*Spend a fun and informational evening learning creative ways to engage your little ones in the process of art making. The creative process helps children develop motor skills, language, decision making, visual learning, intentiveness, cultural awareness and academic performance. You will learn how to make connections between art and everything else! This workshop will provide you with a wide variety of artistic activities and the creative energy to create your own.*

Presenter: Sara Taussik; ATR-BC, LCAT, LPC

Date: **Tuesday May 11<sup>th</sup>, 2021** in a **Virtual Meeting**  
Time: 6:00 p.m. – 7:30 p.m.

Register by calling: The Parks & Recreation Department 203-294-2120 or Allison Murphy; Children's Librarian at the Wallingford Public Library 203-284-6439



Wallingford Parks & Recreation presents:

# Mainly Maine

## Kittery, ME



**MAINE**  
**Kittery**  
**Outlets**  
*America's Maine Street for Shopping*

**Lunch at Warren's Lobster House**  
**When Pig's Fly Breads**

**Saturday, July 10, 2021**



Shop until your heart's content at the wide variety of shops available at the Maine Kittery Outlets and the Kittery Trading Post.



Lunch at **Warren's Lobster House** in Kittery, ME. Salad, Freshly prepared Pumpkin Bread. **Entree Choices:** Ritz Filet of Haddock, Crab Crusted Salmon, or Chicken Parmesan. Dessert & Coffee or Soda.  
**Entree Choice in Advance**

Stop at everyone's favorite bakery, **When Pig's Fly**, for amazing freshly baked breads!



**COST: \$117.**pp based on 25-30

**Depart: 7:30am, Wallingford Parks & Rec, 6 Fairfield Blvd.**  
**Estimated Return: 8:00pm, Wallingford**

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



**FRIENDSHIP TOURS**  
**THE SHIP SHOP**  
705 Bloomfield Ave, Bloomfield, CT 06002  
860-243-1630 • 800-243-1630

This package is subject to our full terms and conditions which can be found on our website at [www.friendshiptours.net/tour-policies](http://www.friendshiptours.net/tour-policies). Paper copies are available upon request. By signing up to participate in the tour, you are agreeing to be bound to these terms and conditions. Therefore, you must read the terms and conditions in their entirety. By signing up for the tour, making a payment and continuing to use our services, you are agreeing to be bound by the Terms and Conditions. Should you disagree with any of the terms you must speak with us before signing up for a tour.

# 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: Joshua Carroll

Email: [wallingfordlittleleague@gmail.com](mailto:wallingfordlittleleague@gmail.com)

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: Kristine Carling

Email: [wallingfordLLS@gmail.com](mailto:wallingfordLLS@gmail.com)

Website: [www.gllsow.org](http://www.gllsow.org)



## Wallingford Girls Softball League Slow Pitch

President: Marc Tangredi

Email: [WGS�President@gmail.com](mailto:WGS�President@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)

# **SPRING 2021 IMPORTANT DATES TO REMEMBER**

## **January**

**January 25<sup>th</sup>** – Resident Registration Begins

## **February**

**February 1<sup>st</sup>** – Non - Resident Registration Begins

## **March**

**March 1<sup>st</sup>** – Tiny Bubbles / Pop Shots Registration

**March 4<sup>th</sup>** – Returning Adult Softball Team Registration

**March 8<sup>th</sup>** – New Adult Softball Team Registration

**March 8<sup>th</sup>** – Summer Sizzlers Registration

**March 15<sup>th</sup>** – Summer Playground Registration

## **April**

**April 7<sup>th</sup>** - Adult Softball Managers Meeting & Softball  
ID's

**April 12-16** Spring Break Camps (pg. 3)

**April 19<sup>th</sup>** – Adult Softball Season Begins

**April 25<sup>th</sup>** – Kids Rock n Roll Relay

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

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*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, Chairman  
Thomas Laffin, Vice Chair  
Craig Fishbein  
Joseph Marrone  
Gina Morgenstein  
Christopher Shortell  
Christina Tatta  
Vincent Testa  
Jason Zandri

**Parks & Recreation Commission:**

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

*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 second Wednesday of every month at 8am.*

**Department Staff:**

**Director:** Kenny Michaels, MS  
**Supt. of Recreation:** Michelle Bjorkman, MS  
**Recreation Programs Spec.:** Shawn Keogh, CPRP  
**Executive Secretary:** Jennifer Griswold  
**Senior Clerk:** Shirley Barillaro  
**Recreation Facilities Maintainers:** Andy Abbagnaro  
John Zielinski

**Asst Recreation Prog Spec:** Carolyn Lavelle  
**Early Childhood:** Debbie Tansino  
**Aquatics:** Josh LaMay  
**Crafts:** Kim Larkin  
**Fine Arts:** Rashmi Talpade  
**STEM:** Chris Stone

**Front Office Staff:**

**Daytime:** Laura Allen  
Paula Knecht  
Melaine Pfister  
Jackie Taglianetti  
**Nights/Weekends:** Samantha Bergeron  
Clarisa Castenda  
Krista DeFilio  
Grace Kopakow  
Lacie Low  
Lauren Montano  
Emily Newhard  
Dominick Riveccio  
David Rodriguez  
Doug Sime  
Bev Somers  
Riley Sullivan