

# PARKS & RECREATION

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**REGISTRATION BEGINS**

Resident - January 31

Non-Resident - February 8

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



Wallingford Parks & Recreation presents:



## Brookfield Place

# 9/11 Memorial Museum

Saturday, April 23, 2022

We'll start our day in NYC with Lunch (on own) at **Brookfield Place**, an upscale food court in the heart of Lower Manhattan.

**The 9/11 Museum:** The National 9/11 Memorial & Museum is the country's principal institution concerned with exploring the implications of the events of 9/11, documenting the impact of those events and exploring 9/11's continuing significance. Multimedia displays, artifacts and narratives commemorate the lives of each & every victim of both the 2001 & 1993 attacks.



**The Memorial:** The Memorial's twin reflecting pools sit within the footprints where the Twin Towers once stood. The names of every person who died in the terrorist attacks are inscribed in bronze around the pools.

**COST: \$110**pp based on 35-50

Depart: 7:30am, Wallingford Parks & Rec, 6 Fairfield Blvd.

Estimated Return: 7:30pm, Wallingford

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

*Proof of vaccination & Photo ID will be required to enter any restaurant, theatre, venues or museum in New York City until further notice. Masks are suggested and may be required in some indoor spaces.*



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**THE SHIP SHOP**

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860-243-1630 • 800-243-1630  
www.friendshiptours.net

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.

Welcome to your

# SPRING 2022

## Guide to Recreation & Fun!

### DAVID DOHERTY FACILITY HOURS

**Business Hours:** Monday - Friday  
9:00am to 5:00pm  
**Facility Hours:** Monday - Friday  
8:30am to 10:00pm

**CLOSED:**  
Feb 11th – Lincoln’s Birthday  
(Open at 5pm)  
Feb 21st – President’s Day  
(Open at 5pm)  
April 15th – Good Friday  
April 17th – Easter  
May 30th – Memorial Day

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

**Phone:** 203-294-2120  
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**PARKS AND RECREATION 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 Department

**Design and Layout:** Graphic Image

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

## MESSAGE FROM THE DIRECTOR

Dear Friends,

Welcome to the Spring 2022 Parks and Recreation Program Guide!!

It is hard to wrap around the thought we are entering the year 2022. It was an exciting 2021 for us at the Parks and Recreation Department as we got back into what a sense of “normalcy” was for our program offerings and seeing our loyal program participants returning back to the recreational programs we provide. We hope and anticipate 2022 to be no different! It was great to run our first Hip House Middle School Dance in over a year and a half. We look forward to the second one in March. If you missed out on the first one, be sure to get your dance pass for the remaining dances for the school year! Keep an eye on your email for more info on when passes will be on sale.

The programming staff has done another great job working hard on providing the best recreational programming for your enjoyment. Whether it is Outdoor Fit By Nature with Mary Cole, Arts and Crafts Classes with Kim Larkin and or one of our many health fitness offerings we have something for everyone.....if you do not see something we welcome your ideas and are always looking to add to our programs!

The Doolittle Tennis Court project has been completed with 4 new post tension concrete courts with a pop in color of blue and green on the courts. The curbing in the parking lot has also been redone and completed thanks to the help of the Town of Wallingford Engineering Department. Another park project recently completed was the upgrade and replacement of the backstop fencing at Community Lake Park Baseball Field. This project increased the height from the previous backstop and first base side fencing with the hopes of alleviating the foul balls from leaving the field of play and making their way towards the parkway and parking lot.

It truly has been an encouraging sign to see so many of you back at the Parks and Recreation Department. Recreational and Leisure programs are known to help form a healthy lifestyle and create health habits!

On behalf of all of us at the Parks and Recreation Department, please enjoy our Spring 2022 Program Guide!

All the best,

**Kenny Michaels**  
*Director of Parks & Recreation*



## Vision Statement

“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.”

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# SPRING 2022 IMPORTANT DATES TO REMEMBER

*\*Dates are tentative and subject to change\**

## JANUARY

January 31 – Resident Registration Begins

## FEBRUARY

February 8 – Non - Resident Registration Begins

## MARCH

February 28 – Tiny Bubbles / Pop Shots Registration  
March 4 – Returning Adult Softball Team Registration  
March 8 – New Adult Softball Team Registration  
March 7 – Summer Sizzlers Registration  
TBD – Summer Playground Registration

## APRIL

TBD – Adult Softball Managers Meeting & Softball ID's  
April 11-14 – Spring Break Camps (pg. 3)  
April 18 – Adult Softball Season Begins

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

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

***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.*



## SPRING BREAK CAMPS

### 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.

**When:** Mon. – Thurs.  
April 11th – April 14th  
10:00am - 2:00pm

**Fee:** \$139

**Location:** Parks & Rec Gym

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

### 3329.202 MARY COLE FIT BY NATURE SPRING CAMP

**Description:** Parents are frustrated with their children being glued to the screen.

Fit by Nature is the answer! Let your kids unplug and connect with the great outdoors and new friends in this fun class!. Fit by Nature is a holistic program developed and led by Mary Cole a certified teacher with 20 years experience and a level two certified nature based educator. Your child will get dirty and feel happy while active, engaged and immersed in the beautiful park and trails at Marcus Cooke Park. Nature based games, activities and lessons will be experienced in a warm and welcoming and atmosphere. Your child will have the time of their life!

**When:** Mon. – ~~Fri.~~ Thurs.  
April 11th – April 14th  
10:00am - 2:00pm

**Fee:** \$275

**Location:** Marcus Cooke Park

**Instructor:** Mary Cole Fit By Nature

### HIP HOUSE DANCE SERIES 2021 – 2022

As of this time we are limiting the number of attendees to our dances. The winter dance in December sold out all of the passes. Keep an eye on your emails for updates on availability of passes.

#### 2021 – 2022 HIP HOUSE DANCE SCHEDULE

**March Madness** March 25<sup>th</sup>

**Spring Fest** April 22<sup>nd</sup>

**Last Blast** May 13<sup>th</sup>

### 0041.202 ART BLAST CAMP AGES 8+

Come get creative and enjoy 4 days of painting, drawing, and clay work projects! We will be using acrylic paint, so please wear your messiest art clothing and don't forget to bring a treat for snack time.

**When:** Mon. – Thurs.  
April 11th – April 14th  
10:00am - 12:30pm

**Fee:** \$60

**Location:** Room 7

**Instructor:** Kim Larkin

### STEM SPRING BREAK CAMP 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 12 & 13 for more info on topics, times and descriptions.

## 1020.300 SUMMER SIZZLERS 2022 - AGES 12-15

We fully anticipate Summer Sizzlers to be BACK this year!! Are you looking for an exciting way to spend your summer vacation? The always popular Summer Sizzlers Registration will begin on Monday March 7, 2022. 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!



## 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 2022 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 2022 season!!

### 1002.202 9/11 MEMORIAL MUSEUM

#### SATURDAY APRIL 23RD

**Bus Departs** Rec. Dept. 7:30am

**Returns:** 7:30pm

**Fee:** \$110

The National 9/11 Memorial & Museum is the country's principal institution concerned with exploring the implications of the events of 9/11, documenting the impact of those events and exploring 9/11's continuing significance. Multimedia displays, artifacts and narratives commemorate the lives of each & every victim of both the 2001 and 1993 attacks. Lunch will be on your own at Brookfield Place, an upscale food court in the heart of Lower Manhattan.

### 1002.302 BRONX ZOO

#### SATURDAY JUNE 11TH

**Bus Departs** Rec. Dept. 7:30am

**Returns:** 7:00pm

**Fee:** \$110 adults, \$103 for children ages 6-12

Come and experience life on the wild side! The Bronx Zoo's world class exhibits such as the Congo Gorilla Forest, the Wild Asia Monorail, Tiger Mountain, and Madagascar will get you eye to eye with majestic tigers, inquisitive gorillas, and so much more! Hailed as America's Largest metropolitan zoo, the Bronx Zoo will take you on an adventure through the African Plains to the Himalayan Highlands. Come and escape for a day! Bring your lunch or grab a tasty snack on your own at one of the vendors or cafeterias.

### 1002.303 CHARLES RIVERBOAT CRUISE

#### SATURDAY, JULY 16TH

**Depart Time:** 8:30am

**Return Time:** 6:30pm

**Fee:** \$127

It's all aboard for a great day in Boston! Narrated Cruise on the legendary Charles River. Highlights: sights of Boston and Cambridge, Beacon Hill, Back Bay, Boston University, M.I.T., Harvard, countless sailboats & rowers...and much more. Prior to our cruise enjoy lunch at The Cheesecake Factory a unique, upscale casual dining, lavish décor, high energy atmosphere. Delicious menu: choice of entrée, beverage, dive into Original, Chocolate Mousse or Dulce deLeche Caramel cheesecake. Entrée choice that day!

### 1002.304 SARATOGA RACES

#### SUNDAY, AUGUST 21ST

**Depart Time:** 8:15am

**Return Time:** 9:00pm

**Fee:** \$117

We're off to the races! It's race time and the excitement fills the air at the world-renowned SARATOGA RACE COURSE. Come see where the Champion Man O' War lost his only race. Debuting in 1863, it is the oldest race track in America. Enjoy the best in horse racing. Admission & Reserved Grandstand Seating  
Lunch on own at the raceway – There are many restaurants and concession stands to choose from, or you may bring your own picnic.



Wallingford Parks & Recreation presents:

The  
**Cheesecake  
Factory**®



# Charles Riverboat Cruise

**Saturday, July 16, 2022**

## It's all aboard for a great day in Boston!

**Narrated Cruise** on the legendary Charles River. Highlights: sights of Boston and Cambridge, Beacon Hill, Back Bay, Boston University, M.I.T., Harvard, countless sailboats & rowers...and much more.

Prior to our cruise enjoy lunch at The **Cheesecake Factory** a unique, upscale casual dining, lavish decor, high energy atmosphere. Delicious menu: choice of entree, beverage, dive into Original, Chocolate Mousse or Dulce deLeche Caramel cheesecake. Entree choice that day!

**COST: \$127.pp based on 35-50**

**Depart:** 8:30am Wallingford Park & Rec, 6 Fairfield Blvd

**Estimated Return:** 6:30pm Wallingford

**Trip Questions:** Wallingford Park & Rec 203-294-2120



**Ride the Riverboat on The Charles !**



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**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 March 31st – June 2nd 5:30pm – 6:30pm for 10 weeks

**Location:** Room 14      **Fee:** \$125

**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 23rd 12:00pm – 2:00pm One Day

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

**Instructor:** Britt Soden

**2022.200 HOOK A FAMILY ON FISHING**

Learn to fish for free at Wharton Brook State Park with the support of certified fishing instructors from the CT DEEP's CARE (Connecticut Aquatic Resources Education Program). The lake will be stocked with trout in the days just prior to this event. These classes are aimed at increasing your fishing skills and building confidence with a positive first fishing experience (but repeat attendees are welcome). The classes are designed for adults ages 16 and up, as well as families with children 8 years old and above. The CARE program will provide loaner fishing equipment, bait, and expert instruction. All participants should first review the online Let's Go Fishing class prior to the fishing trip: <https://depdata.ct.gov/fishing/gofishing/story.html>. In addition to registering at the Park & Rec, please go to the following link which will be active 60 days prior to the class date and register with the DEEP program. <https://he.aspirafocus.com/huntersafety/Account/Register?controllingSpC=9>

**Date:** Saturday May 14th, 2022.  
**Time:** 8:00am to 1:00pm (Arrive when you can)

**Location:** Wharton Brook State near the lake      **Fee:** FREE

**Instructor:** John Kadow and other DEEP CARE Instructors

**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 28th – May 2nd 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 28th – May 2nd 7:30pm - 8:15pm for 6 weeks

**2015.202** Mondays March 28th – May 2nd 8:30pm - 9:15pm for 6 weeks

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

**Instructors:** Joan Hamel

**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.

**When:** Tuesday, March 22nd 10:00am

Tuesday, April 19th 10:00am

Wednesday, May 18th 10:00am

**Instructor:** Tiff Bush

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



# 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.

## Sessions

**Session 3 (2022):** January 24th – March 18th (No Class 2/11, 2/21)

**Session 4 (2022):** March 28th – May 27th (No Class 4/11 – 4/15)

	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<b>3 YEAR OLDS</b>	8:45-11:30AM MISS AMY	8:45-11:30AM MISS AMY	8:45 - 11:30AM MISS AMY	8:45 - 11:30AM MISS AMY	8:45 - 11:30AM MISS AMY
<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 MISS COLEEN		11:30 - 2:15PM MISS COLEEN		11:30 - 2:15PM MISS COLEEN

### Fees for Lil Rec'ers 2021-2022

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

### Fees for Extended Day Ages 3-5

MONDAY, WEDNESDAY, FRIDAY \$265

### 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!

**When:** Tuesdays & Thursdays

**Session 3:** March 8th – May 19th

**3000.200** 9:00am – 10:00am for 10 weeks

**3000.201** 10:30am – 11:30am for 10 weeks

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

### NEW! 7400.200 ST. PATRICK'S DAY CELEBRATION! AGES 3-4

A little art, a little science and a little sensory mixed into one class to celebrate St. Patrick's Day. A zoom link and materials list will be provided for you to gather supplies prior to class.

**When:** Wednesday March 16th  
1:00 – 1:30pm

**Location:** Virtual

**Instructor:** Elena Bigio, Owner of Kidscapades **Fee:** \$15

### NEW! 7400.201 LEPRECHAUN SCIENCE AGES 5-8

Children will create and investigate their own clouds, rainbow paper, and a special Leprechaun potion eruption! A zoom link and materials list will be provided for you to gather supplies prior to class.

**When:** Wednesday March 16th  
4:00 – 4:30pm

**Location:** Virtual

**Instructor:** Elena Bigio, Owner of Kidscapades **Fee:** \$15



**NEW! 7400.202 FLOWER GARDEN PLAY DOUGH SENSORY AGES 3-4**

A multi-sensory activity incorporating measuring, mixing, cooking! We will make play dough with our easy, microwavable recipe and 'plant' a beautiful 'flower garden.' Zoom link and materials list will be provided for you to gather supplies. Adult participation/supervision is required.

**When:** Wednesday April 6th

1:00 – 1:30pm

**Location:** Virtual

**Instructor:** Elena Bigio, Owner of

Kidscapades **Fee:** \$15

**NEW! 7400.203 SPRING INTO SCIENCE AGES 5-8**

Can you predict how flowers, milk, and a baggie will be used for science experiments? Discover how as we spring into a super fun science class! A zoom link and materials list will be provided for you to gather supplies prior to class.

**When:** Wednesday April 6th

4:00 – 4:30pm

**Location:** Virtual

**Instructor:** Elena Bigio, Owner of

Kidscapades **Fee:** \$15

**NEW! 7400.204 BONJOUR BUTTERFLY EXPLORER AGES 3-4**

Who loves Fancy Nancy? In this 'fancy' class we will create some art projects that correlate to a few of the Fancy Nancy books! In the spirit of Fancy Nancy, feel free to dress fancy! A zoom link and materials list will be provided for you to gather supplies prior to class.

**When:** Wednesday May 11th

1:00 – 1:30pm

**Location:** Virtual

**Instructor:** Elena Bigio, Owner of

Kidscapades **Fee:** \$15

**NEW! 7400.205 THE WONDERFUL WORLD OF WATER AGES 5-8**

Water is super fun when it is incorporated into science experiments! Join us for a class of water exploration, making predictions, and hands-on science activities. A zoom link and materials list will be provided for you to gather supplies prior to class.

**When:** Wednesday May 11th

4:00 – 4:30pm

**Location:** Virtual

**Instructor:** Elena Bigio, Owner of

Kidscapades **Fee:** \$15

**NEW! 7400.206 EGG CARTON ART AGES 3-4**

Recycle those egg cartons for a super fun class of creating art from egg cartons. A zoom link and materials list will be provided for you to gather supplies prior to class.

**When:** Wednesday June 1st

1:00 – 1:30pm

**Location:** Virtual

**Instructor:** Elena Bigio, Owner of

Kidscapades **Fee:** \$15

**NEW! 7400.207 BALLOON ROCKETS & SLIME MAKING FUN! AGES 5-8**

Learn the science behind balloon rockets and slime when we take a fun hands-on approach as we build our own balloon rockets and make our own slime! A zoom link and materials list will be provided for you to gather supplies prior to class.

**When:** Wednesday June 1st

4:00 – 4:30pm

**Location:** Virtual

**Instructor:** Elena Bigio, Owner of

Kidscapades **Fee:** \$15

**SPRING ADVENTURES WITH FIT BY NATURE****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 the woods and learn all about the wonderful things hidden in nature. Adult participation is strongly encouraged.

**3329.203** Tuesdays March 1st – March 29th 9:30am – 10:30am for 5 weeks

**3320.204** Tuesdays March 1st – March 29th 1:30pm – 2:30pm for 5 weeks

**Location:** Marcus Cooke Park

**Instructor:** Mary Cole, Fit By Nature

**Fee:** \$70

**Sports & Leagues****HOOP HOUSE BASKETBALL ACADEMY - BOYS AND GIRLS AGES 5-9**

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 30th 5:45 - 6:45pm for 6 weeks

**4020.202** 7-9yrs Wednesdays March 30th 6:45 - 7:45pm for 6 weeks

**Location:** Gym 2 **Fee:** \$65

**Instructor:** Greg Morrone

and Hoop House Staff

**4020.203 3X3 PATHWAY BASKETBALL CLINIC AGES 10-14**

This weekly instructional clinic is designed to use 3 on 3 focused curriculum as a pathway to reinforce the fundamentals of basketball while introducing skill combinations and basic court concepts transferable to successful 5 on 5 play. Most developing players, especially younger players, have yet to gain the strength and court IQ to fully utilize their skills within the more crowded 5 on 5 setting. 3 on 3 hoops gives

players extra ball touches and court space to grow their skill set while further enjoying their participation and ability to compete. This weekly clinic is open to boys and girls ages 10-14 and will be directed by Drew Dawson, a former NCAA D1 point guard, college coach and current boys basketball coach at Choate Rosemary Hall. Coach Dawson is also the program director and head club coach of Project Triple Threat of Connecticut.

**Location:** Parks and Recreation Gym  
**Time, Date, Fee:** TBD

### 4028.200 LITTLE SLUGGERS AGES 4-6

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 29th~~ Wed. March 30th  
4:45pm - 5:30pm for 6 weeks

**Location:** Gym 1 **Fee:** \$65

**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 28th – April 25th 4:30pm - 5:15pm for 5 weeks

**Location:** Gym 1 **Fee:** \$85

**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 28th – April 25th ~~4:00pm – 5:15pm~~ for 5 weeks

**Fee:** \$85 **Location:** Gym 1 **5:25 - 6:25pm**

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

### 4239.200 CROSSFIT TRITON - CROSSFIT KIDS & TEENS AGES 8-15

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 26th – April 30th 9:15am – 10:15am for 6 weeks

**Instructors:** Triton Athletics Staff

**Fee:** \$70

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

### 3329. FIT BY NATURE AGES 5-12

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!

**.200 Session 1:** Tues & Thurs  
April 5th – April 28th 4:30 – 5:45pm

**.201 Session 2:** Tues & Thurs  
May 3rd – May 26th 4:30 – 5:45pm

**Fee:** \$150

**Location:** Marcus Cooke Park

**Instructor:** Mary Cole Fit By Nature

### 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 30th – May 4th for 6 weeks

**Time:** 6:05 – 6:35pm

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

**Location:** Room 14

**Fee:** \$45



## LITTLE NINJAS AGES 3-4

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

**4051.200 When:** Monday March 28th – June 6th 5:30 – 6:00pm for 10 weeks

**4051.201 When:** Saturday April 2nd – June 4th 9:00 – 9:30am for 10 weeks

**Fee:** \$75

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

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

## 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.

**4052.200 When:** Monday March 28th – June 6th 6:05 – 6:50pm for 10 weeks

**4052.201 When:** Saturday April 2nd – June 4th 9:30 – 10:15am for 10 weeks

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

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

## 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!

**4050.200 When:** March 30th – June 1st 6:30 – 7:30pm for 10 weeks

**4050.201 When:** Saturdays April 2nd – June 4th 10:15 - 11:30am for 10 weeks

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

**Location:** Room 15

## 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!

**4053.200 When:** Wednesdays March 30th – June 1st 5:30 – 6:30pm for 10 weeks

**4053.201 When:** Saturdays April 2nd – June 4th 10:15 - 11:30am for 10 weeks

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

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

## 4227.200 YOUTH HOCKEY SKILLS DEVELOPMENT AGES 7-12

Get some extra practice in all the fundamentals of ice hockey. In the privacy of a synthetic ice surface (learn more about it on the hockey page of the CETCLLC website) with a small group setting, players will be able to hone their skills under the direction of former collegiate hockey players and coaches. The synthetic ice looks and plays just like real ice and is perfect for kids wanting to develop their skills in a small, fun setting. CETCLLC Motto: "Work hard here, fly out there!" For more info on Cutting Edge Training Center visit [www.cetcllc.com](http://www.cetcllc.com)

**When:** Saturdays Oct. March 19th – April 23rd 9:00am – 9:50am for 6 weeks

**Instructors:** Mike Silengo, Former North Haven High School Hockey Coach and Paul Falanga, Collegiate Hockey player, coach, and scout

**Fee:** \$95

**Location:** Cutting Edge Training Center, 65S Turnpike Rd



## 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 9th – May 14th 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:** \$95 (includes the uniform)

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



### 4227. INTRODUCTION TO GOLF AGES 7-16

Learn golf course etiquette, the game of golf and the proper techniques on how to swing a golf club. From proper set-up, grip to basic swing mechanics to having FUN!!!

- State of the art golf simulator that tracks ALL golf metrics
- Each participant will play one Par 3 hole and/or one of the fun training games the simulator has to offer – time permitting - at the end of each session
- Golfers must bring their own clubs
- Sneakers required (soft-spike golf shoes allowed)

**When:** Saturdays April 30th – June 4th

4227.201 Ages 7-11: 9:00am – 10:00am for 6 weeks

4227.202 Ages 12-16: 10:00am-11:00am for 6 weeks

**Instructors:** CETCLLC Staff

**Fee:** \$95

**Location:** Cutting Edge Training Center, 65S Turnpike Rd



### 5900. E SPORTS

Enjoy competitive, online gaming from the comfort of your own home. Separated into age appropriate age divisions, kids will be able to compete against other gamers from all over the state in leagues of Fortnite, Smash Bros, Madden, Rocket League, or Mario Kart. Registration into this program grants you access to one, or all of the games listed. Check back for specific scheduling of games.

.200 Ages 8-12

.201 Ages 13 - 17

.202 Ages 18+

**Fee:** \$40

### LEAGUES

#### BILL FARM ADULT SLOWPITCH SOFTBALL LEAGUE

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. 17th until 4:30pm Old team registration

Feb. 18th beginning at 9:30am New team registration

**Fee:** \$725

#### BILL FARM ADULT SLOW PITCH SOFTBALL - IMPORTANT DATES

**March 30th: 6:00pm Manager's meeting Location: Rec Dept.**

**TBD: Photo ID Days**

**April 4th: 4:30pm Preliminary Final Rosters**

**April 18th: Season Begins**

**May 20th: 4:30 pm Last Day to Add/Drop from Roster – FINAL ROSTERS**

#### 4185.200 THE JACK DOYLE ADULT MEN'S 60YRS & OVER 2022 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 1st.

**Tentative Start Date** is Monday in Mid April

**Fee:** ~~\$25 Residents/\$30 Non-Residents~~ **\$35**

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

#### 4222.200 INDOOR CORNHOLE LEAGUE

This September we will be starting our first ever cornhole league hosted at the Park and Rec. Register as a team to play a minimum of 6 games per week. Teams will play three, best of three series each night. At the end of the season, teams will compete in a single elimination tournament to determine the league champion. Check back in our fall brochure for more information regarding, dates, times, and fee. League is limited to 10 teams. Registration for returning teams will begin right away. New teams will be able to register beginning February 1st.

**When:** Tuesdays March 29th – May 17th 6:00pm – 8:00pm for 8 weeks

**Fee:** \$40 per team of 2

**Location:** Gym 2



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

Come join in the fun of recreational gymnastics under the direction of our wonderful gymnastics staff! These classes will provide a fun and exciting experience for participants. All programs start with the basics and move along the skill path at their own pace. All participants will receive a ribbon upon completion of a class session.

**CLASSES BEGIN THE WEEK OF MARCH 28TH FOR 10 WEEKS \$85 NO CLASS ON 4/15, 5/30  
ALL CLASSES \$85 FEE • LOCATION: GYMNASTICS ROOM**

**\*\*Due to Covid-19 Guidelines we cannot have any siblings who are not registered for the class to be in the room while class is going on NO EXCEPTIONS. Check descriptions for what classes are required to wear masks. Any child aged two years old and up must wear a mask\*\***

### TINY TUMBLERS: 12 MONTHS – 23 MONTHS

Parents share in the experience with their young child. We create an atmosphere geared for physical and social activity for the participants. This open play will give your child an opportunity to play on the mats, while building skills through play to get them to the next level. Due to Covid-19 masking guidelines, we have separated the Tiny Tumblers into just one year old and two year old programs. If masking guidelines change by the time the program starts, we will adjust the schedule and allow for mixed classes. Parents must wear masks while participating in this class.

- .200 **Mondays** March 28th 9:30am - 10:15am One Year Olds
- .201 **Tuesdays** March 29th 4:45pm - 5:30pm One Year Olds
- .202 **Wednesdays** March 30th 9:30am - 10:15am One Year Olds
- .203 **Thursdays** March 31st 9:30am - 10:15am One Year Olds
- .204 **Saturdays** April 2nd 9:00am - 9:45am One Year Olds

### TINY TUMBLERS: 24 MONTHS - 35 MONTHS

Parents share in the experience with their young child. We create an atmosphere geared for physical and social activity for the participants. This open play will give your child an opportunity to play on the mats, while building skills through play to get them to the next level. Due to Covid-19 masking guidelines, we have separated the Tiny Tumblers into just one year old and two year old programs. If masking guidelines change by the time the program starts, we will adjust the schedule and allow for mixed classes. Parents and ALL participants must wear masks while participating in this class.

- .205 **Mondays** March 28th 10:20am - 11:05am Two Year Olds
- .206 **Tuesdays** March 29th 9:30am - 10:15am Two Year Olds
- .207 **Wednesdays** March 30th 4:45pm - 5:30pm Two Year Olds
- .208 **Fridays** April 1st 9:30am - 10:15am Two Year Olds
- .209 **Saturdays** April 2nd 9:50am - 10:35am Two Year Olds

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

**\*MUST BE 3 BY THE START OF THE CLASS. NO EXCEPTIONS**

This class takes a gentle approach to the introduction of gymnastics. Participants will be introduced to gymnastics equipment, as well as learning the basics of tumbling in a fun and easy going environment. ALL participants must wear masks while participating in this class.

- .211 **Tuesdays** March 29th 10:20am - 11:05am
- .213 **Tuesdays** March 29th 5:35pm - 6:25pm
- .214 **Wednesdays** March 30th 10:20am - 11:05am
- .215 **Wednesdays** March 30th 5:35pm - 6:25pm
- .216 **Thursdays** March 31st 10:20am - 11:05am
- .217 **Fridays** April 1st 10:20am - 11:05am
- .218 **Saturdays** April 2nd 10:40am - 11:25am
- .219 **Saturdays** April 2nd 11:30am - 12:15pm

### BEGINNER GYMNASTICS CLASS: 5 - 8 YEARS OLD

**\*MUST BE 5 BY THE START OF THE CLASS. NO EXCEPTIONS**

In this class we will introduce your child to the skills on all of the gymnastics equipment. Your child will develop skills on the beam and bars. A small floor routine will be introduced and performed at the spring recital. ALL unvaccinated participants must wear masks while participating in this class.

- .220 **Tuesdays** March 29th 6:30pm - 7:20pm
- .221 **Wednesdays** March 30th 6:30pm - 7:20pm
- .223 **Saturdays** April 2nd 12:20pm - 1:05pm
- .225 **Saturdays** April 2nd 1:20pm - 2:05pm



## CT STEM ACADEMY In Person Programs Spring 2022 Sessions



Meeting Locations are noted in the description. To view more Spring 2022 STEM Virtual Course Offerings, and for All Registrations, visit us at [www.wallingfordrec.com](http://www.wallingfordrec.com).

### Monday Night Science Fun Course Number

Ages 8-12

**Mondays – 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 week! Monday Science programs will involve exciting projects for students to start the week off strong, and concentrate their energy into fun challenges! Activities will include exciting and engaging science labs for kids to collaborate on. If inclement weather, the programs will be moved to Wallingford Park and Rec STEM Room.

Cost: \$15 per session

#### Monday, May 9 - Boomerangs 2005.232

Participants will create their own boomerangs out of different materials and conduct flight trials.

#### Monday, May 16 - Chemistry 2005.233

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

#### Monday, May 23 - Rocks and Minerals 2005.234

Participants will investigate various rocks and minerals in their local area

#### Monday, June 6 - Cotton Ball Catapults 2005.235

Participants will build and conduct multiple trials as they launch cotton balls from their own Catapults that they create

#### Monday, June 13 - Tin Foil Boats 2005.236

Participants will build and conduct floatation trials for boats they create!

### Exploring the Natural World

Course Number 2005.205

Ages 9-14

**Monday - Thursday, June 6th-9th (Rain Date June 10th)**  
6:00 pm - 7:30 pm

#### 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: \$36

### Lego Robotics Beginner Course Course Number 2005.204

Ages 8 -13

**Tuesdays** - 4/5, 4/19, 4/26, 5/3  
6:00 p.m. to 7:00 p.m.

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

This program is designed for participants who would like a rich introduction to robotics and are not able to make a full Saturday commitment required for our VEX IQ Robotics Team.

**This program encourages critical thinking, problem solving, and communication.** Participants will be using Lego Mindstorms EV3 and VEX Robotics to learn the basics of applications. Instructors will adjust program instruction to meet the needs of all participants.

Cost: \$36

### Lego Robotics Advanced Course Course Number 2005.216

Ages 8-13

**Tuesday**, 3/8, 3/15, 3/22, 3/29  
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. **\*\*Prerequisite: must have attended the Fall 2021 Lego Robotics Program or Ages 7 and 8 Robotics\*\***

Cost: \$36

### Coding: Circuitry and Electricity

Course Number 2005.257

Ages 8-13

**Tuesdays**: 5/10, 5/17, 5/24  
6:00 p.m. to 7:00 p.m.

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

Have you ever wondered how power travels from light switch to bulb? This class takes a look into power, electricity, and what it takes to build circuits that work! Students will get to experiment with different power sources, and the electronics they connect to including Snap Circuits and Makey Makey!

Cost: \$30

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 2022 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. **\*NEW TOPICS FOR EACH PROGRAM.\*\***

### Experimental Design Session

Course Number 2005.211

Ages 9 to 14

Spring Break – Monday, April 11, 2022

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 13, 2022

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**

### Robotics 101

Course Number 2005.201

Ages 9 to 14

Spring Break - Friday, April 15, 2022

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

**Location: CT STEM Academy Center**

*Are you interested in robotics and ages 9 and 14? If so, then you'll want to be a part of designing and testing micro robots and coding. Each participant will get to work with a variety of robots. This program will be led by experienced STEM educators.*

**Cost: \$38**

### STEM Explorations – One Day Camp

Course Number: 2005.231

Ages 9 to 14

Spring Break – Tuesday, April 12, 2022

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 14, 2022

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 15, 2022

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

**Location: CT STEM Academy Center**

*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.**

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

### 5507.200 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 challenge 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'll meet unless the weather is extreme.)

Instructor: Gwen Silloway ACE  
certified fitness instructor

**Class Time:** Tuesdays & Thursdays 9:30 - 10:15am

**Date:** March 29th – June 16th for 12 weeks

**Location:** @ Quinipiac River Linear Trail main parking lot **Fee:** \$85

### 5003.201 ALL LEVELS VINYASA YOGA

This class synchronizes breath with movement. Gain flexibility and strength as we flow through the poses. Modifications are always shown.

**Equipment Needed:** Your own yoga mat

**Instructor:** Cathy Dean  
certified yoga instructor

**Time:** Monday 5:30-6:30 PM

**Dates:** March 28th – June 13th for 11 weeks (no class 5/30)

**Location:** Room 15 **Fee:** \$70

### GENTLE YOGA & MEDITATION

A nurturing, healing yoga experience for everyone. Bring some much needed relaxation and ease into your 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. Sign up for both classes for a \$10 discount.

**Equipment Needed:** Your own yoga mat  
5005.202 Mondays 9:30-10:45 AM  
Instructor: Christina Casavina  
certified yoga instructor

**Date:** March 28th – June 13th for 11 weeks (no class 5/30)

**Location:** Room 16 **Fee:** \$70

5005.201 Thursdays 9:30-10:45 AM

**Instructor:** Christina Casavina  
certified yoga instructor

**Date:** March 31st – June 16th for 12 weeks

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

### 5013.200 ALL LEVELS YOGA

This class is the perfect, well rounded practice! Foundation – Grounding and breathwork. Form – Body Awareness. Flow – Enjoying being present and moving with ease.

**Equipment Needed:** Your own yoga mat, blocks, straps, support

**Instructor:** Christina Casavina,  
certified yoga instructor

**Date:** March 30th – June 15th for 12 weeks

**Class Time:** Wednesdays 9:30 -10:45 AM

**Location:** Room 15 **Fee:** \$75

### NEW! 5013.203 FRIDAY FORM & FLOW YOGA

Finish your week with a practice to realign your spine and find your divine! This class is to breathe, align your spine, and move into all that you are and feel divine to take on the weekend. Bring a mat and your breath and enjoy! Props are available or bring your own.

**Equipment Needed:** Your own yoga mat and a light blanket

**Instructor:** Christina Casavina,  
certified yoga instructor

**Date:** April 1st – June 17th for 11 weeks (no class 4/15)

**Class Time:** Fridays 9:30 -10:45 AM

**Location:** Room 15 **Fee:** \$70

### NEW! 5013.204 WEEKEND STARTS RIGHT YOGA

Get ready and join me on the mat for connecting to your breath, body, and flow to make you glow into the weekend. Open up to amazing! Just you and your mat needed, props available or bring your own.

**Equipment Needed:** Your own yoga mat and a light blanket

**Instructor:** Christina Casavina,  
certified yoga instructor

**Date:** April 2nd – June 18th for 12 weeks

**Class Time:** Saturday 9:00 – 10:15 AM

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

### 5006.201 BASIC YOGA MONDAYS-ZORAYDA

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

**Equipment Needed:** Your own yoga mat

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

**Class Time:** 9:30 – 10:45AM

**Date:** March 28th – June 13th for 11 weeks (no class 5/30)

**Location:** Room 15 **Fee:** \$70

### 5007.204 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.

**Time:** Wednesdays 7:00-8:15 PM

**Date:** March 30th – June 15th for 12 weeks

**Location:** Room 14 **Fee:** \$75

### 5018.200 CHAIR YOGA

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

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

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

**Date:** March 29th – June 16th for 12 weeks

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

**Location:** Room 16 **Fee:** \$65



**NEW! 5019.200 PILATES**

This 12-week series will leave you feeling longer, leaner, and more limber! Pilates helps to strengthen the core, align the body, increase flexibility, and improve posture. Each class, the instructor will guide you through a series of exercises on the mat to target different muscle groups and build mind-body awareness. No experience necessary. Modifications are offered throughout class to appropriately challenge beginner through advanced students.

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

**Instructor:** Jessica Glynn

**Date:** March 28th – June 13th for 11 weeks (no class 5/30)

**Class Time:** Mondays 11:00 – 11:45am

**Location:** Room 16      **Fee:** \$45

**5106.200 BABY BOOMER BOOGIE (50+ YEARS OLD)**

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

**Instructor:** Lauren Henrici

AFAA certified instructor

**Date:** March 29th – June 16th for 12 weeks

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

12:05 - 12:50 PM

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

**5103.200 ARTHRITIS FOUNDATION****MINI SESSION**

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

**Instructor:** Elaine Doherty

**Date:** March 28th – June 14th for 12 weeks (no class 5/30)

**Class Time:** Mon. and Tues.

12:00 – 1:00 PM

**Location:** Room 15      **Fee:** \$40

**FITNESS CLASSES****5820.200 VIRTUAL POWER UP**

Three classes, three different formats. Metabolic Conditioning, Full Body Interval Strength Training, and Cardio HIIT. Increase your strength and improve your overall level of fitness with a combination of functional strength training and cardio conditioning. We will take circuit training to the next level with full body combos and high heart rates. Start your day off building muscle, burning fat, and being strong! **Equipment needed:** handheld weights, bands, or kettlebell.

**Instructor:** Jess Holloway

AFAA certified instructor

**Date:** March 14th – June 17th

for 14 weeks (no class 5/30) & No class 4/15

**Class Time:** Mon, Wed, Fri 6:00-6:45 AM

**Location:** Zoom      **Fee:** \$135

**5821.200 VIRTUAL 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. **Equipment Needed:** handheld weights, bands, kettlebells and/or bodybars

**Instructor:** Jess Holloway

AFAA certified instructor

**Date:** March 15th – June 16th for 14 weeks

**Class Time:** Tues. & Thurs. 6:00-6:45 AM

**Location:** Zoom      **Fee:** \$100

**5810.200 VIRTUAL TOTAL TONING**

Grab bag fitness! a combination of elements from Pilates, Floor barre, Ballet barre, yoga fitness, cardio dance and free weights come together to create a unique full body workout. Come build your full body strength, balance and flexibility! All levels welcome!

**Instructor:** Stacey Bobbitt

**Date:** March 29th – June 16th for 12 weeks

**Class Time:** Tues. and Thurs. 7:45 – 8:45AM

**Location:** Zoom      **Fee:** \$85

**5800.200 VIRTUAL ZOOM-ZOOM**

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

**Instructor:** Stacey Bobbitt

**Date:** March 28th – June 13th for 11 weeks (no class 5/30)

**Class Time:** Monday 10:30 – 11:10 AM

**Location:** Zoom      **Fee:** \$45

**5519. HARDCORE STRENGTH**

This is a full body weight training class which will challenge all of the major muscle groups utilizing powerful strength training techniques. Increase core strength, stability, and burn calories! All levels are welcome!

**Instructor:** Sue Moreschi

ACE certified instructor

**Date:** March 28th – June 13th

for 11 weeks (no class 5/30)

**.201:** Mondays 7:30 – 8:15 AM \$42

**.200:** Mondays 5:30-6:15 PM \$42

**Location:** Room 16

**5521.200 IT'S HIIT**

Summertime High Intensity interval training session that is designed to help you meet your fitness goals. Short bursts of all-out effort followed by recovery. Format will vary from Tabata, Bootcamp, and Circuit Training formats. Be ready to sweat! All levels are welcome!

**Instructor:** Sue Moreschi

ACE certified instructor

**Date:** March 28th – June 13th

for 11 weeks (no class 5/30)

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

**Location:** Room 16      **Fee:** \$42

**5522.200 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

**Date:** March 29th – June

14th for 12 weeks

**Class Time:** Tuesdays 5:45 – 6:30 PM

**Location:** Room 16      **Fee:** \$45

**5522.201 CARDIO BLAST**

Is a challenging total body cardio, strength, endurance, and core workout! Intervals at various levels including modifications for all!

**Instructor:** Sue Moreschi  
ACE certified instructor

**Class Time:** Thursdays 7:00 – 7:45 PM

**Date:** March 31st – June 16th for 12 weeks

**Location:** Room 16      **Fee:** \$45

**5519.202 POWEROLOGY**

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

**Instructor:** Sue Moreschi  
ACE certified instructor

**Class Time:** Sunday 9:00-9:45 AM

~~**Date:** April 10th – June 10th for 12 weeks~~

**Location:** Room 16      **Fee:** \$45

**Dates:** April 3 - June 26 no class 4/17

**5512.203 FUSION OF STRENGTH**

Total body strength training using a fusion of barre, pilates, and traditional strength. Challenge your bod in a variety of ways, changing your workout weekly. A wide choice of props will aid in sculpting, balance and strength. Your workout certainly will not be boring!

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

**Instructor:** Linda Roy, CPT,  
STOTT Pilates and Barre

**Class Time:** Wednesdays 6:05 – 6:50 PM

**Date:** March 30th – June 15th for 12 weeks

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

**55029.200 FULL BODY CHALLENGE**

Get your morning started off the right way with a complete body workout. Each week brings a new full body challenge working from head to toe. Are you up for it?

**Instructor:** Kristie Miller

**Date:** April 1st – June 17th for 11 weeks (no class 4/15)

**Class Time:** Fridays 7:00 – 7:45AM

**Location:** Room 16      **Fee:** \$42

**5100.200 TAI CHI CH'UAN**

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

**Instructor:** David Ritchie, Director of Central CT Tai Chi Ch'uan

**Time:** Tuesdays 7:00 – 8:00pm

**Date:** March 29th – May 31st for 10 weeks

**Location:** Room 15      **Fee:** \$65

**5511.200 CARDIO KICKBOXING**

Feel stronger and more in tune with your body with Cardio Kickboxing combinations that will have you punching and kicking your way to a more powerful core.

**Instructor:** Kristie Miller

**Time:** Tuesdays 5:00 – 5:45 PM

**Date:** March 29th – June 14th for 12 weeks

**Location:** Room 15      **Fee:** \$45

**NEW! 5511.201 PIYO CARDIO**

An amazing integration of pilates and yoga inspired moves that will strengthen and stretch your body. Bring a towel because you will definitely sweat!

**Instructor:** Kristie Miller

**Time:** Tuesdays 5:55 – 6:40pm

**Date:** March 29th – June 14th for 12 weeks

**Location:** Room 15      **Fee:** \$45

**5105.200 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:** Cheryl Myers

**Dates:** March 30th – June 17th for 12 weeks (no class 4/15)

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

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

**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.

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

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

**Dates:** March 28th – June 13th for 11 weeks (no class 5/30)

**Location:** Room 16      **Fee:** \$42

**.203 ZUMBA WEDNESDAYS**

7:30-8:30 PM

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

**Date:** March 30th – June 15th for 12 weeks

**Location:** Room 15      **Fee:** \$45

**.207 ZUMBA THURSDAYS** 5:30-6:15 PM

**Instructor:** Becky Fusco certified Zumba instructor

**Date:** March 31st – June 16th for 12 weeks

**Location:** Room 15      **Fee:** \$45

**.206 ZUMBA THURSDAYS** 7:00-7:45 PM

**Instructor:** Lisa Wasylean certified Zumba instructor

**Date:** March 31st – June 16th for 12 weeks

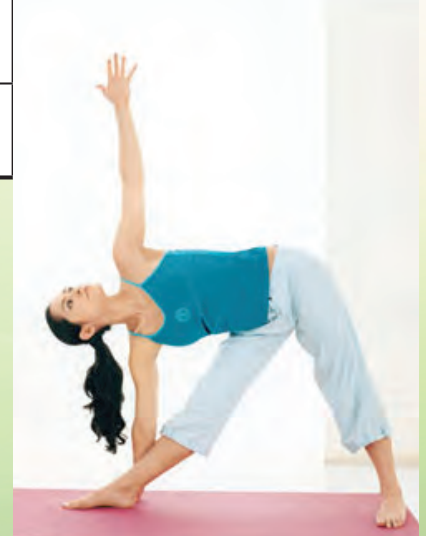
**Location:** Room 15      **Fee:** \$45



## Spring 2022 Health and Fitness Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
Early Morning	6:00 - 6:45 AM Jess H Virtual Power Up	6:00 - 6:45 AM Jess H Early Morning Pump	6:00 - 6:45 AM Jess H Virtual Power Up	6:00 - 6:45 AM Jess H Early Morning Pump	6:00 - 6:45 AM Jess H Virtual Power Up	
	7:30 - 8:15 AM Sue Hardcore Strength 16	7:45 - 8:45 AM Stacey Total Toning		7:45 - 8:45 AM Stacey Total Toning	7:00 - 7:45 AM Kristie Full Body Challenge 16	
Morning	9:30 - 10:45 AM Zorayda Basic Yoga 15		9:30 - 10:45 AM Christina Mixed Level Yoga 15	9:30-10:45 AM Christina Gentle Yoga	9:30 - 10:45 AM Christina Breathe and Relieve Yoga 15	9:00 - 9:45 AM Sue Powerology 16
	9:30-10:45 AM Christina Gentle Yoga 16	9:30 - 10:15 AM Gwen Fitness in Nature	10:20 - 11:05 AM Cheryl Swing Shift 50+ 16	9:30 - 10:15 AM Gwen Fitness in Nature	10:20 - 11:05 AM Cheryl Swing Shift 50+ 16	
	10:30 - 11:10 AM Stacey Zoom Zoom					
Afternoon	11:00 - 11:45 AM Jessica G Pilates 15	12:00 - 1:00 PM Elaine Arthritis 15		12:05 - 12:50 PM Lauren Baby Boomer Boogie 16		
	12:00 - 1:00 PM Elaine Arthritis 15	12:05 - 12:50 PM Lauren Baby Boomer Boogie 16		1:00 - 1:45 PM Lauren Chair Yoga 16		
Evening	5:15 - 6:30 PM Cathy Active Vinyasa Yoga 15	1:00 - 1:45 PM Lauren Chair Yoga 16				
	5:30 - 6:15 PM Sue Hardcore Strength 16		6:05 - 6:50 PM Linda Fusion of Strength 16	5:30 - 6:15 PM Becky ZUMBA 16		
	6:20 - 7:05 PM Sue M. It's HIIT 16	5:00 - 5:45 PM Kristie Cardio Kickboxing 15				
		5:45 - 6:30 PM Sue M Total Body Conditioning 16	7:00 - 8:15 PM Zorayda Therapeutic Yoga 14	7:00 - 7:45 PM Sue M. Cardio/Strength 16		
	7:10 - 7:55 PM Cheryl ZUMBA 16		7:30 - 8:30 PM Fee ZUMBA 16	7:00 - 7:45 PM Lisa ZUMBA 15		
		7:00 - 8:00 PM Central CT Tai Chi Tai Chi 15				

KEY
VIRTUAL CLASS
OUTDOOR CLASS
IN PERSON



## Performing Arts

### 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 31st – May 19th for 8 weeks **6:30 - 7:15pm**

**Instructor:** Sharon Wilhelm

**Location:** Room 14 **Fee** \$55

### NEW! 1500.200 INTRO TO PIANO AGES 8-11

Learn Piano! Piano lessons for the beginner. Class will emphasize basic piano keyboard fundamentals. Students will learn how to read notes and learn corresponding hand positions for playing. Basic music theory will also be presented in the classical tradition.

**When:** Friday April 1st - May 13th for 6 weeks (no class 4/15)

**Instructor:** Christine Amarone

**Location:** Room 4.5 **Fee** \$45

### 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.

**6000.200** Mondays March 28th – May 16th 9:30am – 10:00am for 8 weeks

**6000.201** Tuesdays March 29th – May 17th 4:00pm - 4:30pm for 8 weeks

**Instructor:** Amy Malone

**Location:** Room 14 **Fee:** \$45

### BALLET & TAP COMBINATION DANCE CLASSES AGES 3-4

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

**6000.202** Mondays March 28th – May 16th 10:05 am – 11:05 am for 8 weeks

**6000.203** Tuesdays March 29th – May 17th 4:35pm – 5:35pm for 8 weeks

**Instructor:** Amy Malone

**Location:** Room 14 **Fee:** \$55

### 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 29th – May 17th 5:40-6:40 for 8 weeks

**Instructor:** Amy Malone

**Location:** Room 14 **Fee:** \$55

### NEW! 6000.207 JAZZ/HIP HOP COMBO AGES 5-7

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:** Tuesdays March 29th – May 17th 6:45pm - 7:30pm for 8 weeks

**Instructor:** Amy Malone

**Location:** Room 14 **Fee:** \$55

## Visual Arts /Crafts

### 7200.200 CUPCAKE DECORATING FOR KIDS (AGES 6-12)

Come decorate seasonal and holiday themed cupcakes under the direction of professional cake decorators!

The team from Alyssa's Cakery in Wallingford will be on hand to teach and guide the decorating of pre-baked cupcakes. Each participant will decorate a dozen cupcakes, 6 chocolate and 6 funfetti, all decorated with a holiday theme. One parent is encouraged to join younger children, but not required. Registration deadline two weeks prior to event.

**.200 Session 1:** Tuesday, February 8th 5:30pm – 7:00pm

**.201 Session 2:** Tuesday, March 15th 5:30pm – 7:00pm

**Location:** Room 1 **Fee:** \$35

**Instructors:** Alyssa Nieves, Owner of Alyssa's Cakery and Staff



**Kids Cupcake Class  
@ the Wallingford Parks n Rec**



### 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.

**8020.8000.200** Mondays March 28th – May 2nd 10:00am – 12:00pm for 6 weeks

**8020.8000.201** Wednesdays March 30th – May 4th 6:00pm – 8:00pm for 6 weeks

**Location:** Room 3 **Fee:** \$40

**Instructor:** Marilyn Pettison



**8038.200 PARENT/CHILD GARDEN ART WORKSHOP**

Come celebrate spring's arrival by giving a nod to the garden fairies! One team member will create a Terracotta Fairy House for the garden, complete with added whimsical and natural elements. We will use paint, glass baubles and stone to make this house fairy-ready. The other team member will paint a natural slate sign for the garden. Simple themed stencils, stamps and templates will be available for you to create a unique project. We will also finish it with a glass beaded hanger. Once projects are home and paint is cured, they can be sprayed outside with clear exterior sealer for years of use! Cookies and beverages will be served to inspire the artists. Come join the fun!

**When:** Friday April 1st 6:15pm – 8:30pm

**Fee:** \$25 per parent/child couple (\$18 Supply fee per couple made payable to the instructor the night of the class)

**Location:** Room 7

**Instructor:** Kim Larkin

**8038.201 EARTH DAY CANVAS/ COLLAGE**

Come celebrate Earth Day by painting a colorful Dove of Peace, based on Unicef's Vintage design. This dove is unique because it contains fun patchwork patterns, metallic paint, within a sweet form. We will be using simple paint and collage techniques to create this artwork on canvas board. Vibrant paint, metallics, and lovely papers will be on hand to design our dove. We will have a Peace Stencil for added text, if desired. Sparkling cider, cheese and crackers will help create a stress free, colorful evening

**When:** Friday April 22nd 6:15pm – 8:30pm

**Fee:** \$25 (A \$10 Supply fee per team member made payable to the instructor the night of the class)

**Location:** Room 7

**Instructor:** Kim Larkin

**8038.202 FAMILY ART WORKSHOP**

Come create a variety of colorful projects celebrating family and springtime! Each team will co-create a dove family banner with fun collage elements to choose from. We will also have beads/ribbon on hand to create the colorful hanger. Then you will work on the Spring-themed wood projects that will be on hand. We will also have a card/envelope station with paper punches for the upcoming Mother's Day celebration (hint-hint!) Cookies and beverages will be served for the starving artists. Come join the fun!

**When:** Sunday April 24th 1:00pm – 3:30pm

**Fee:** \$15 per person

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

**8038.206 THE MANDALORIAN CRAFTS WORKSHOP**

Come create out of this world projects including a 3D Baby Yoda, Boba Fett, or Sabine's Helmet. We'll paint a cool galaxy and you'll add your own spaceship too! Have fun with these art projects and find out why 'this is the way.'

**When:** Tuesdays May 3rd – May 24th for 4 weeks 5:30pm – 7:00pm

**Location:** Room 7

**Fee:** \$50

**Instructor:** Kim Larkin



**8038.203 AROMATHERAPY HANDS-ON WORKSHOP: HYDRATING OIL, NATURAL LOTION, AND MOISTURIZING BODY BUTTER**

Learn all about these great skin hydrators with Kim Larkin, Certified NAHA Aromatherapist. We will cover the different essential oils that have healing properties for the skin and we'll learn about a variety of "carrier oils". Then we will create three useful products using our natural bases and essential oils on hand. Soothing Herbal tea with be served to help us de-stress... and hydrate!

**When:** Friday May 20th 6:30pm – 8:30pm

**Fee:** \$20 (A \$20 Supply fee made payable to the instructor the night of the class)

**Location:** Room 7

**Instructor:** Kim Larkin

**8038.204 PARENT-CHILD FATHER'S DAY GIFT WORKSHOP**

Come create some fun gifts for the special dad/grandpa in your life! Each team will create/paint/stencil/ stamp a placemat, dish and mug set perfect for a Father's Day breakfast and really, for every day! We will also make a decorated waist apron perfect for a tool belt, a grilling belt or a for the remote control! Card/ envelope station with fun paper punches and collage elements will be available. Cookies and beverages served for all hard working artists in attendance. Come join the fun!

~~**When:** Friday May 20th 6:30pm – 8:30pm~~

**Fee:** \$25 per parent/child couple (\$18 Supply fee per couple made payable to the instructor the night of the class)

**Location:** Room 7

**Instructor:** Kim Larkin

**When:** Friday June 17th 6:15 - 8:30pm



**8038.205 SOLSTICE SOUL SPEAKER  
ALCHEMY BOX**

Set the intention on this night to listen to your soul, and create a box decorated with your desires and dreams. This meditative art program transforms a 8 x 8 kraft box into a 3D alchemy box! A wide variety of mixed media, inspirational text, full color imagery is available to decorate the inside and outside of the box, similar to our innermost and outward dreams. We will also have a short journaling exercise that will be placed inside the finished project as well. Feel free to bring art/ elements that you may want to include. Each artist will receive a piece of Rose Quartz, the stone of self-love to help connect with the young artist within! Herbal teas and music will set the relaxing tone. Come create and take time to hear your Soul Speaker.

**When:** Tuesday, June 21st 6:15pm – 8:30pm

**Fee:** \$25 (\$14 Supply made payable to the instructor the night of the class)

**Location:** Room 7

**Instructor:** Kim Larkin

**8038.<sup>208</sup>~~206~~ DRAWING AND CREATING  
FANTASY THINGS WITH WINGS!**

Come learn to draw a fantastical flying dragon, a fiery Phoenix and a Magical Soaring Pegasus. We will create and paint cool models and their magical habitats! Tap into your imagination and have fun exploring color and fantasy things with wings! Wear art clothing and don't forget a snack to fuel you!

**When:** Sunday, May 15th,  
10:00am – 1:00pm

**Location:** Room 7

**Fee:** \$25

**Instructor:** Kim Larkin

**8038.207 EASY, NATURAL BURLAP  
SPRING WREATH (15 INCH)**

Come create a natural burlap looped wreath, accented with small denim flowers and sweet burlap roses along with other natural elements. A variety of materials to choose include burlap/ lace ribbon, small natural wooden beads and burlap flowers we will learn to create ourselves! This unique neutral wreath is a lovely, airy accent for any space. Herbal tea will be served for all creative crafters!

**When:** Friday, May 6th 6:30 – 8:45pm

**Fee:** \$20 (additional \$22 made payable to instructor)

**Location:** Room 7

**Instructor:** Kim Larkin

**WALLINGFORD  
ARTS AND  
RECREATION  
COME & CREATE  
SPRING 2022 FINE  
ARTS PROGRAM****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 28th for 8 weeks

**Enrollment Limits:** 12 max

**Location:** Room 7

**Fee:** \$80

**Instructor:** Rashmi Talpade

(Fine Arts Supervisor)

**7010.203 FINE ARTS FOR ADULTS**

An all levels of drawing and painting class where 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. Intermediate and advanced students welcomed to bring in current projects or plans for a challenging project which could be completed under guidance from a professional artist. Some materials available for use during the first lesson.

**Fridays:** 1:30pm – 4:00pm April

1st for 8 weeks (no class 4/15)

**Enrollment Limits:** 12 max

**Location:** Room 7

**Fee:** \$80

**Instructor:** Rashmi Talpade

(Fine Arts Supervisor)



## 7050.201 PEN & INK DRAWING AND PAINTING 18+

Learn to create beautiful ink drawings using waterproof fine tip artists pens. Still life, landscape and other subjects of your choice will be taught in a relaxed, easy environment. Some water-color or colored inks suggested to bring additional beauty to the art works. No prior art experience required, all levels welcome. Individual attention provided to bring out the best in each student. Some supplies available for first lesson. Materials list available upon registration.

**Wednesdays:** 6:30pm – 8:00pm  
March 30th for 8 weeks

**Enrollment Limits:** 12 max

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

**Instructor:** Rashmi Talpade

## 7050.202 WIRE AND POLYMER CLAY AGES 18+

Wire and Polymer Clay: Adults: This is a marriage made in heaven. Learn to use wire to make jewelry and more: This class will teach you skills to use over the 6 weeks to complete 3 different projects which incorporate different types of chains, wire wrapping and a variety of polymer clay techniques. Techniques which will be introduced in this class are: Polymer clay millefiori beads, Rosary Chain, samurai chainmaille, Polymer clay flowers, Chain lei, multi-color earrings.

**When:** Thursdays: 6:30pm – 8:00pm  
Starting March 31st, 2022, for 6 weeks

**Fee:** \$60 (Additional \$10.00 supply fee payable to instructor)

**Location:** Room 7

**Instructor:** Debbie Jaffe

## 7050.204 SPLAT ART STUDIO KIDS PAINT WORKSHOP: ST. PATRICK'S DAY AGES 7-14

Join us for a wee bit of fun at Splat Art Studio Kid's Paint Night! Splat Art Studio events will spark your child's creativity and imagination in a cheerful studio. Paint Night includes instruction and materials to complete a beautiful piece of art to take home and enjoy. All projects are made with the highest quality materials. Paint theme: St. Patrick's Day. This is a drop off, kids only event. Ages 7-14.

**When:** Tuesday, March 15th 5:30-7:30pm

**Location:** SPLAT Art Studio,  
106 South Colony Road

**Fee:** \$40

## 7050.205 SPLAT ART STUDIO KIDS PAINT WORKSHOP: EASTER AGES 7-14

Hop on over to Splat Art Studio for a fun Kid's Paint Night! Splat Art Studio events will spark your child's creativity and imagination in a cheerful studio. Paint Night include instruction and materials to complete a beautiful piece of art to take home and enjoy. All projects are made with the highest quality materials. Paint theme: Easter. This is a drop off, kids only event. Ages 7-14.

**When:** Tuesday, April 12th, 5:30 – 7:30pm

**Location:** SPLAT Art Studio,  
106 South Colony Road

**Fee:** \$40



## AFTER SCHOOL ARTS PROGRAM (ASAP):

Our fine arts and crafts After School Enrichment Program (ASAP) is back with a slight difference. Unlike the last many years, the Art Class will be held at the Wallingford Parks and Recreations this Fall.

### 7750. 203 CLAY PLAY AGES 7 - 9

In this class we will explore air dry or low heat clays.

**Week 1:** Intro to clay. Can we really make our own clay? Kids will create their own claydough and sculpt a unique personal name plaque.

**Week 2:** Learn to sculpt floral forms, using found objects to texture our clay garden.

**Week 3:** Colorful Clays - we will start working in colorful polymer clay and create cool 3D designs using the striping and caning process.

**Week 4:** Miniatures and blow-ups: We will explore scale by making a very large item small and another small item very big.

**Week 5:** Fantasy Animal sculptures. There are no limits to the imagination.

**Week 6:** Finishing all projects, curing the clay and painting completed objects.

**Wednesdays:** 4:15 pm – 5:15 pm  
Starting March 30th, 2022, for 6 weeks

**Location:** Room 7      **Fee:** \$50

**Instructor:** Debbie Jaffe



**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 leash, even inside the dog park. Event is 10:00am – 1:00pm on Saturday, April 9th. Each dog will get to hunt for tennis balls and take one coveted ball home. The Easter Bunny will be available for photos (for \$5) with dogs during the event.

### FUNNY BUNNY EASTER CONTEST

This event will begin on April 4 and end on April 11. Participants will receive a packet of clues that must be answered and returned to the Rec. Dept. by April 11. All correct answers will be submitted and 5 random families will be drawn to win a prize. Winners will be notified on April 13.

### VIRTUAL TRIVIA NIGHT

A family and friends event sponsored by Wallingford Parks and Recreation and Chick-fil-A. Once you have registered through the Park and Rec. website you will receive a passcode the day prior to the event to log in and participate. Points will be awarded to the family or group that answers the most questions and a prize will be awarded to the first-place winner.

**Where:** At your home or friends' home

**When:** Friday February 5, 2022

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

**Fee:** \$20.00 per team

### COMMUNITY GARDEN PLOTS

We will be accepting registration for returning Community Garden Plot members on March 7th and new gardeners will be allowed to register on April 11th. 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: Raised garden bed approximately 3x12, \$10.00, Small plot approximately 15x15, \$20.00, Medium plot approximately 15x30, \$30.00 and Large plot approximately

30x30, \$40.00. Due to COVID restrictions registration process will be determined if online or in person. Any fences that are erected on the garden plots must receive prior approval from Gary Copas.

### GARDEN MARKET

The garden market will begin in the early spring and end sometime in October. The market will once again be held at Doolittle Park on Saturday mornings from 9:00am-12:00 vendors will be assigned on an as needed basis per the Garden Market Supervisor.

### SUMMER FAVORITES AND REGISTRATION INFORMATION

#### TINY BUBBLES, POP SHOTS FOR CHILDREN AGES 3-6

Registration will begin on Monday April 28, 2022 at 9:00a.m. at the Rec. Dept. or online at [www.Wallingfordrec.com](http://www.Wallingfordrec.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.

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

Registration will begin on Monday March 7, 2022 at 9:00a.m. or online at [www.Wallingfordrec.com](http://www.Wallingfordrec.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 to be sometime in late March or April. Camp traditionally runs from June 27 - mid August. Open to Wallingford residents. Non-residents considered closer to start of the program.

### JOB OPPORTUNITIES

Wallingford Parks and Recreation will start accepting applications for the following positions after January 3, 2022. Summer Camp Counselors and positions. All applicants can obtain an application by picking one up at the Rec. Dept. or emailing us at [parcsrec@wallingfordct.gov](mailto:parcsrec@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.

### WINTER WARMER'S "R" BAND CONCERT

Under the direction of Patricia Lignelli, we have music to warm your spirits with the "R" Band. The concert will be performed at the Wallingford Senior Center. The concert is free however seats are limited. No tickets. Seats are on a first come basis. Than you to the Wallingford Senior Center for hosting the event.

**When:** Saturday April 23, 2022

**Time:** 1:00p.m.

**Fee:** Free



Wallingford Parks & Recreation presents:

# We're off to the races!

## SARATOGA, NY

### Sunday, August 21, 2022



We're off to the races! It's race time and the excitement fills the air at the world-renowned **SARATOGA RACE COURSE**. Come see where the Champion Man O' War lost his only race. Debuting in 1863, it is the oldest race track in America. Enjoy the best in horse racing.

### Admission & Reserved Grandstand Seating

Lunch on own at the raceway – There are many restaurants and concession stands to choose from, or you may bring your own picnic.

**COST: \$117.00** based on 35-50 passengers

**Depart:** 8:15am Wallingford Park & Recreation, 6 Fairfield Blvd

**Estimated Return:** 9:00pm Wallingford

**For Information:** Wallingford Park & Recreation 203-294-2120

**SARATOGA**<sup>®</sup>

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.



**FRIENDSHIP TOURS**  
**THE SHIP SHOP**  
705 Bloomfield Ave, Bloomfield, CT 06002  
860-243-1630 • 800-243-1630  
[www.friendshiptours.net](http://www.friendshiptours.net)

## 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 accessible 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. The property includes a variety of wildlife and a glacial erratic, a large boulder deposited by a glacier. There is also a wooded trail about a third of a mile long up the hill overlooking the pond.

### 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!



**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 and 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 play-scape. 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 a youth 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 Rd. and has a pavilion, playground equipment and a ball field and a series of connecting loop trails through a wooded area. A perfect place to take young hikers. 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 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 seashell 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 Drive, includes youth girls softball field, basketball court, and playground equipment. 0.8 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 Center 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 Quininiac Street, the home of Wallingford's 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. 0.64 acres.

# Host Your Party **HERE!**

**Looking for a place to host your next birthday party, baby shower, family reunion, or board meeting? Rent one of our rooms that can host up to 75 people 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.**

## **FEES**

- **Meeting Rooms starting at \$25 per hour**
- **Projector with screen available for movies/presentations for additional \$25**
- **Park Pavilions \$50 per reservation**

**Download our facility request packet from our website at [www.wallingfordrec.com](http://www.wallingfordrec.com) for more information.**

**Call 203-294-2120 for more information or email [parksrec@wallingfordct.gov](mailto:parksrec@wallingfordct.gov) for a rental form.**



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

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

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

Male / Female: \_\_\_\_\_ Date of Birth: (mm / dd / yyyy) \_\_\_\_\_ Grade as of Sept. 2021

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.



## WE CARE: PLAYFUL CRUISERS

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

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

Playful Cruisers: Classes are offered 5 days a week, Monday – Friday 9:30am – 11:00am. Classes are held at the Wallingford Youth and Social Services Department, located at 6 Fairfield Blvd. Our in person registration at the Wallingford Youth and Social Services Department will be held on March 3rd, 2022 from 9:30 -11:00am with a program start date of March 21st, 2022.

Bebes Activos begins January 25th at the Spanish Community of Wallingford.  
Call 203-265-5866 for more information.

Families are able to sign up for one day per week for the session. These are free programs. We will follow the lead of Wallingford Public Schools in regard to school closures.

In person registration will be held for Playful Cruisers **THURSDAY MARCH 3rd 9:30am – 11:00am** at the Family Resource Center in the Youth and Social Services Dept. 6 Fairfield Blvd. Playful Cruisers are offered Monday - Friday mornings 9:30am – 11:00am in the Family Resource Center. Playful Cruisers will begin **Monday March 21st** 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.

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



## W.E.C.A.R.E. Spring Workshops 2022

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

**Register online at [www.wallingfordrec.com](http://www.wallingfordrec.com) or call Allison Murphy; Children's Librarian at the Wallingford Public Library, 203-284-6439**

### DEVELOPING YOUNG CHILDREN'S ORAL LANGUAGE SKILLS

Find out about oral language – that is, speaking and listening – and what language has to do with learning to read and write. Learn some fun activities that you can do to enrich children's language experiences at home, in libraries, and in preschool classrooms. Part 2 of this workshop will be offered Tuesday, March 29th. While it is not required, we encourage you to attend both.

**Presenter:** Margie Gills

**Date:** Monday, February 28, 2022

**Time:** 6:30 p.m. – 7:30 p.m.

Register online at [www.wallingfordrec.com](http://www.wallingfordrec.com) or call Allison Murphy; Children's Librarian at the Wallingford Public Library, 203-284-6439

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### DISCOVERING THE ALPHABET AND HOW LETTERS AND SOUNDS GO TOGETHER

Find out why children need to know the letters of the alphabet and why English can be a tricky language to learn to read and write. Learn some activities to help young children practice their letters and sounds to prepare them for Kindergarten. This workshop builds on the one offered on Monday, February 28th. While not required, we encourage you to attend both.

**Presenter:** Margie Gills

**Date:** Tuesday, March 29th 2022

**Time:** 6:30 p.m. – 7:30 p.m.

Register online at [www.wallingfordrec.com](http://www.wallingfordrec.com) or call Allison Murphy; Children's Librarian at the Wallingford Public Library, 203-284-6439

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### DISCOVERING WAYS TO FOSTER SOCIAL EMOTIONAL GROWTH IN YOUNG CHILDREN

Find out about some ways you can help young children regulate their emotions through the use of mindfulness. Learn some easy tools, strategies, and picture books you can incorporate into your preschool classrooms to help promote more mindful behavior.

**Presenter:** Jessica Harris

**Date:** Thursday, April 28th 2022

**Time:** 6:30 p.m. – 7:30 p.m.

Register online at [www.wallingfordrec.com](http://www.wallingfordrec.com) or call Allison Murphy; Children's Librarian at the Wallingford Public Library, 203-284-6439

**W.E.C.A.R.E. is a non-profit board made up of volunteers who are working toward providing quality education, resources, opportunities and support to pre-school age children, their families and preschool teachers.**

# 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: Erik Lyons  
Email: [wallingfordlitttleleague@gmail.com](mailto:wallingfordlitttleleague@gmail.com)  
Website: [www.wallingfordlitttleleague.com](http://www.wallingfordlitttleleague.com)



## Yalesville Little League

President: Ray Gomes  
Email: [yalesvilleLL@gmail.com](mailto:yalesvilleLL@gmail.com)  
Website: [www.yalesvillelitttleleague.com](http://www.yalesvillelitttleleague.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: [WGSLPresident@gmail.com](mailto:WGSLPresident@gmail.com)  
Website: [www.wgsl.org](http://www.wgsl.org)



## Wallingford Cardinals Travel Baseball/Softball

President: Chris Ames Jr.  
Email: [CAmes@wallingfordbaseball.com](mailto:CAmes@wallingfordbaseball.com)  
Website: [www.wallingfordcardinals.com](http://www.wallingfordcardinals.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: Gregory McGovern  
Website: [www.whawks.com](http://www.whawks.com)



Wallingford Parks & Recreation presents:

# BRONX ZOO



Saturday, June 11, 2022

Come and experience life on the wild side! The **Bronx Zoo's** world-class exhibits such as the Congo Gorilla Forest, the Wild Asia Monorail, Tiger Mountain, and Madagascar will get you eye-to-eye with majestic tigers, inquisitive gorillas, and so much more!

Hailed as America's largest metropolitan zoo, the **Bronx Zoo** will take you on an adventure through the African Plains to the Himalayan Highlands. Come and escape for a day!

The **TOTAL EXPERIENCE PASS** includes\*:

Full Admission  
Congo Gorilla Forest  
Bug Carousel  
Butterfly Garden



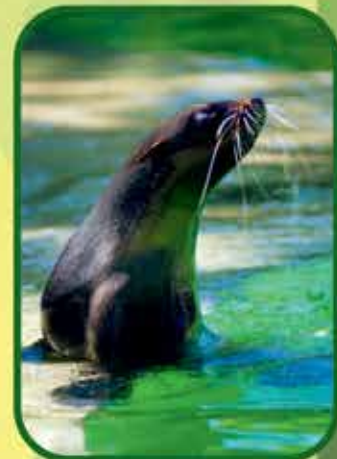
JungleWorld  
Wild Asia Monorail  
Zoo Shuttle  
Children's Zoo

Bring your lunch or grab a tasty snack at one of the vendors or cafeterias.

**COST: \$110pp Adult based on 35-50**  
**\$103pp Child 6-12**

Depart: 7:30am, Wallingford Parks & Rec,  
6 Fairfield Blvd.

Estimated Return: 7:00pm, Wallingford  
Trip Questions: Wallingford Parks &  
Recreation 203-294-2120



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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  
Autumn Allinson  
Samuel Carmody  
Craig Fishbein  
Joseph Marrone  
Christina Tatta  
Vincent Testa  
Jason Zandri

**Department Staff:**

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

**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  
Jackie Taglianetti  
**Nights/Weekends:** Allison Blazejowski  
Ryan Brawn  
Clarisa Castenda  
Krista DeFilio  
Ava Julia  
Grace Kopakow  
Lacie Low  
Lauren Montano  
Emily Newhard  
Dominick Riveccio  
Beverly Somers

**Parks & Recreation Commission:** *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.*

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