

PARKS & RECREATION

6 FAIRFIELD BLVD | WALLINGFORD, CT 06492 (203) 294-2120 | PARKSREC@WALLINGFORDCT.GOV

NEW!
eSports
All Ages
Page 10

Visual Arts
Page 24

Sports & Leagues
All Ages – Page 8

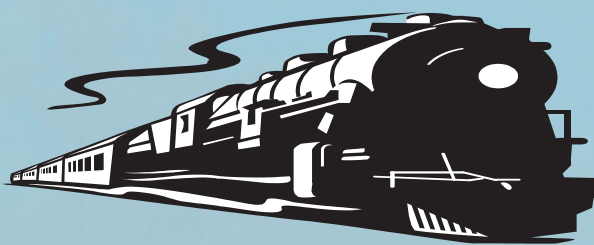
Health & Fitness
Page 18

A.S.A.P. is Back!
After School Arts Program
Page 23

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



Wallingford Parks & Recreation presents:



Berkshire Railroad Foliage Express

Sunday, October 9, 2022



All Aboard! The new Hoosac Valley Service operated by the Berkshire Scenic Railway Museum is a 10-mile, hour-long, round-trip **train ride experience** between North Adams and Adams, MA. The train offers beautiful views of Mount Greylock (the highest point in Massachusetts) and the surrounding Hoosac Mountain Range. On-board narration provides educational, historical and cultural information. Enjoy the beautiful foliage!

First stop will be the **Freight Yard Pub** in the historic freight yard neighborhood of North Adams. Enjoy a 3 course **hot lunch** in a pub like atmosphere - Salad; Choice of Stuffed Chicken Breast, OR Sliced Roast Beef & Gravy, OR Eggplant Parmesan. Apple Crisp for dessert, Coffee & Soft Drinks!
Entree Choice in Advance



En route home, visit **Whitney's Farm & Market** to bring home some apples, pumpkins, cider, pies. The perfect ending to your fall foliage adventure.

COST: \$125.pp based on 35-40

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

Estimated Return: 6:30 pm, Wallingford

Trip Questions 203-294-2120



FRIENDSHIP TOURS
THE SHIP SHOP

705 Bloomfield Ave, Bloomfield, CT 06002
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. 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.



MESSAGE FROM THE DIRECTOR

August is like the Sunday of Summer.....

As we begin to wrap up what has been a PHENOMENAL summer season for the Park and Recreation Department, our staff is already shifting gears in preparation for the Fall season. Just a few highlights from this summer. Our Summer Playgrounds, Summer Sizzlers, Pop Shots and Tiny Bubbles programs were a HUGE success. Session 1 of the playground program saw 343 campers over 3 sites. Session 2 saw 334 campers over the same 3 sites. The return of the Summer Sizzlers travel program saw 125 participants and our Tiny Bubbles/Pop Shots Program had 100 participants over 4 sessions. Hats off to our summer staff under the direction of Michelle Bjorkman, Dulcey Worth and Shawn Keogh for providing all the participants with a fun, safe and enjoyable summer. It was also a GREAT summer for some of Wallingford's youth leagues. Wallingford Little League's 10u team brought home a District 5 Championship Banner, while the young ladies over at Wallingford Girls Little League Softball brought home plenty to be proud of. The 10u girls won the District 5, Section 2 and State Championship Banners. The 12u girls won the District 5 and Section 2 championships on their run to the state semifinals. GREAT JOB BY THE PLAYERS AND COACHES FOR MAKING WALLINGFORD PROUD!

This past June we also had the retirement of long time Lil Rec'ers Pre-School Director Miss Debbie Tansino. Miss Debbie was a valuable member of our team for 29 years and we are thankful for all she accomplished with the Lil Rec'ers program. We wish her well in retirement and welcome our new Pre School Director Miss Amy Carpenter. We are very excited to have Miss Amy lead the way for the future of the Lil Rec'ers program! Registration for the 2022-2023 Pre School year is still open and you can register online or in person at the Parks and Recreation Department.

As mentioned earlier, the staff here is shifting gears and getting into Fall mode. Returning this fall are three adult softball leagues. Our Fall Men's league and Fall Women's league are coming back along with the addition of our Co-Ed division. Weber and Gannon Youth basketball registration is underway, along with the forever popular Middle School Dance Passes. Take advantage of the early registrations! Also returning this fall is the always popular After School Arts Programs. These programs under the direction of Rashmi Talpade our Fine Arts Supervisor will provide elementary school students with art classes right at the school at the conclusion of the school day. Be on the lookout for the program schedule at the start of the school year. We are excited to add to our bus trip section this year our first NFL Trip to see the NY Jets vs NE Patriots at Metlife Stadium on Sunday October 30th. This fall brochure is full of plenty of recreational opportunities for all this fall!

On behalf of our staff, thank you for your continued support and we look forward to seeing you all this fall at the Parks and Recreation Department.

All the best,
Kenny Michaels, Director of Parks and Recreation



DAVID DOHERTY FACILITY HOURS

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

CLOSED:
 Sept. 5th – Labor Day
 Oct. 10th – Columbus Day
 Nov. 11th – Veterans Day
 Nov. 24th – 25th – Thanksgiving

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 Wallingford, CT 06492

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PARKS AND RECREATION WEB SITE:
www.wallingfordrec.com

TOWN WEB SITE:
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 and Edited By:
 The Wallingford Parks & Recreation Staff

Design, Layout, Printing: Graphic Image

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

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."

Table of Contents

Keep In Mind	2	Performing Arts	22
PLAY Page	3	Fine Arts	23
Special Interest	3-4	Visual Arts	24-25
Voyagers & Trips	4-5	Special Events	26
Early Childhood	6-7	Parks & Facilities	28-29
Sports & Leagues	8-12	W.E.C.A.R.E.	30
STEM	14-17	Youth League Contacts	31
Health and Fitness	18-21	Registration	32

KEEP IN MIND...

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.

- **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 16** are not to be left unattended in the Doherty Rec Center Building.
- **REFUND POLICY:** The Rec Dept. reserves the right to cancel, postpone or combine classes or change instructors. If insufficient enrollment causes a class to be cancelled, full tuition is refunded or a credit is given for future use. We made our best effort to provide the class and instructor advertised in the brochure. In the event an instructor can no longer teach a class we will provide another instructor, if one is available, to finish the session. A credit may be issued for the amount of remaining classes. Materials and supplies purchased by you are excluded from refunds and credits.
- **ADDITIONAL MATERIALS AND OR EQUIPMENT** may be required in some programs. Please check the program's descriptions for information on material or other needs. If questions still exist please call the office so we may help you.
- **REGISTRATION EXCEPTIONS?** Children must be the proper age before the program begins. We try our best to accommodate everyone. Programs are designed according to an age level that will best benefit the student and to have an appropriate instructor/student ratio.
- **FEE PAYMENT:** Instructors will not accept registration at the class site. FEES must be paid at the office prior to participation with EXACT CASH OR CHECK. Credit card payments are accepted with online registration 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 will be emailed and texted out to our database, posted on our website, and may be announced on WTNH CH 8, WFSB CH 3, WNBC CH 30 and Govt. Access CH. 20. You must be opted in to receive cancellation notifications from our email and text blast system.
- **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.

2020.400 HIP HOUSE DANCE SERIES 2022-2023

Once again the Hip House Dance Series is back for another year of fun and excitement. The Parks and Recreation Department would like to welcome back all of the returning 7th and 8th graders while also welcoming the new 6th graders. To ensure that you are able to attend all of the dances, you must purchase a photo ID pass. **ALL PARTICIPANTS WHO HAVE A PASS FROM THE 2021-22 SEASON CAN HOLD ONTO THEIR PASSES. UPON REGISTERING FOR THIS COMING YEAR A STICKER WILL BE PLACED ON THE BACK OF THE EXISTING CARD. NO MORE PICTURES, NO MORE FILLING OUT AN ID CARD AGAIN.** The dance pass allows you entry to 7 dances. No passes will be sold in the schools or on the day of the dance. Photo ID's will go on sale August 1st for \$40. As of September 7th, all dance passes will be \$60. We encourage everyone to take advantage of the discounted price. **STUDENTS WILL NOT BE ALLOWED TO ENTER THE DANCE WITHOUT A 2022 – 2023 HIP HOUSE DANCE PASS.**

2022 - 2023 HIP HOUSE DANCE SCHEDULE

Back to School Bash September 16, 2022	March Madness March 24, 2023
Halloween Havoc October 21, 2022	Spring Fest April 21, 2023
Fall Fest November 18, 2022	Last Blast May 12, 2023
Jingle Ball December 9, 2022	

4225. SKI BUMS AT MOUNT SOUTHTON GRADES 4-10

Whether you're a skier or a boarder, this is five nights of fun on the slopes that you do not want to miss. Registration for all Ski Bum programs will begin on **Monday, October 17 and will end Wednesday November 23** at the recreation department. Program will have limited availability so please register early. Any parent that is interested in becoming a chaperone should contact Shawn at the recreation department (chaperones taken on first come first serve basis). Chaperones will have the opportunity to ski/snowboard at no cost. Please note that registration will only be held for six weeks during the dates provided above.

When: Wednesday nights 4:15pm-8:00pm from January 11 – February 8
Fees: (Same for Ski or Snowboard):

Lift Ticket Only: \$220	Lift Ticket & Lessons: \$290
Lift Ticket & Rental: \$300	Lift Ticket, Rental & Lesson: \$325

2010.400 PUPPY KINDERGARTEN

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

Do NOT bring pups to first class.

Limit of 6 students

When: Mondays Oct. 17 – Nov. 21
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 of 10 students

2015.401 Mondays Oct. 17 – Nov. 21
7:30pm - 8:15pm for 6 weeks

2015.402 Mondays Oct. 17 – Nov. 21
8:30pm - 9:15pm for 6 weeks

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

Instructors: Joan Hamel

**2009.402 KRAV MAGA CO-ED
SELF DEFENSE AGES 13 & OLDER**

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

When: Thursdays Oct. 6 – Dec. 15
no class 11/24

5:30pm – 6:30pm for 10 weeks

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

Instructor: Britt Soden

**2009.401 KRAV MAGA – ONE DAY
SEMINAR – SELF DEFENSE FOR
WOMEN AGES 13 & UP**

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

When: Saturday Oct. 15
10:00am - 12:00pm

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

Instructor: Britt Soden

NY Jets VS Patriots MetLife Stadium

Sunday, October 30th
\$130

Includes driver gratuity

Program # 1002.403

Register online at www.wallingfordrec.com

Bus departs P&R: 9:00am

Bus Returns to P&R: 7:15pm

Travel aboard a motor coach bus to Metlife Stadium to watch the New York Jets host the New England Patriots for a 1:00 game. Seats are in the upper end zone. We will arrive to the stadium around 11:45 for time on your own to explore the stadium or tailgate in the parking lot!

Departure and Arrival times are estimates and may change depending on traffic/length of game.



Wallingford Parks & Recreation
6 Fairfield BLVD, Wallingford, CT 06492
www.wallingfordrec.com (203) 294-2120



MEDICARE IS IN YOUR FUTURE! DON'T GO THROUGH IT ALONE!

It's never too early to learn about your Medicare options, when to sign up and how it works. Your Wallingford Medicare Advocate, Insurance With T, LLC agency has been educating people about Medicare for 15 years. Please come to one of our no obligation, no sales pitch, truly educational seminar and we will answer all of your questions. All attendees will be entered into our free raffle. Bring a friend! There is never a fee for our services.

2050.401 Wednesday Sept. 14

10:00am – 11:00am

2050.402 Thursday Sept. 29

11:00am – 12:00pm

2050.403 Tuesday Oct. 11

10:00am – 11:00am

2050.404 Wednesday Oct. 26

10:00am – 11:00am

2050.405 Thursday Nov. 3

10:00am – 11:00am

Location: Room 3 **Fee:** FREE

Instructor: Insurance With T

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 in the trip fees. Trips are rain or shine, unless the tour company cancels. Many trips involve walking tours; either with a tour guide or on your own. Children must be accompanied by an adult unless otherwise specified. No lap sitters on the coach bus. Complete trip itineraries will be distributed on the morning of the trip. Travel insurance is recommended for overnight trips and is offered through Friendship Tours. Forms are available at the Recreation Dept. front office. We would like to thank all of our travelers for choosing Wallingford Parks and Recreation for their travel needs during the 2022 season!!

1002.400 BERKSHIRE RAILROAD FOLIAGE EXPRESS

All aboard! The new Hoosac Valley Service operated by the Berkshire Scenic Railway Museum is a 10 Mile, hour long, round trip train ride experience between North Adams and Adams, MA. The train offers beautiful views of Mount Greylock and the surrounding Hoosac Mountain Range. On-board narration provides educational, historical and cultural information. First stop will be the Freight Yard Pub in the historic neighborhood of North Adams. Enjoy a 3 course hot lunch in a pub like atmosphere. Lunch will be a salad, choice of Stuffed Chicken Breast OR Sliced Roast Beef & Gravy OR Eggplant Parmesean. Apple Crisp for dessert, coffee, and soft drinks. En route home, visit Whitney's Farm & Market to bring home some apples, pumpkins, cider, or pies. The perfect ending to your fall foliage adventure!

Date: Sunday, October 9, 2022

Bus Departs Rec. Dept. 8:30am

Returns: 6:30pm **Fee:** \$125



1002.403 NEW ENGLAND PATRIOTS @ NEW YORK JETS FOOTBALL GAME

Join us on a trip to MetLife Stadium in East Rutherford, New Jersey to see the Jets host the Patriots. Seats are in the upper end zone. The bus will arrive at the stadium about 90 minutes before game time. Plenty of time to explore the stadium on your own or do some tail gating in the parking lot!

Date: Sunday, October 30, 2022

Bus Departs Rec. Dept. 9:00am

Returns: 7:15pm **Fee:** \$130

1002.401 THOMASTON OPERA WHITE CHRISTMAS

Irving Berlin's White Christmas is a timeless tale of joy and goodwill about a song-and-dance team putting on a show in a magical Vermont inn and falling for a stunning sister act in the process. Full of dancing, laughter and some of the greatest songs ever written, the dazzling score features, "Blue Skies," "Count Your Blessings," "I Love a Piano," "How Deep is the Ocean?" and of course the unforgettable title song, "White Christmas." Give everyone the gift they're dreaming of with this merry and bright holiday musical. Lunch will be ahead of time at Black Rock Tavern. Choose from Chicken Marsala, Salmon with Lemon & Herbs, or Pork Tenderloin. Served with vegetable, potato, dessert and beverage.

Date: Sunday, December 4, 2022

Bus Departs Rec. Dept. 10:45am

Returns: 5:00pm **Fee:** \$119



LIL REC'ERS EARLY CHILDHOOD LEARNING CENTER



LIL REC'ERS PRE-SCHOOL OFFERS A HALF DAY PROGRAM FOR 3-5 YEAR OLD CHILDREN
M,W,F / T, TH. AND/OR MON-FRI. OUR HOURS OF OPERATION ARE FROM 8:45 - 11:30AM.
WE ALSO OFFER EXTENDED DAY OPTIONS. SESSION 1 BEGINS MONDAY SEPTEMBER 12.

Sessions

Session 1: September 12 – November 4 (No Class 10/10)

Session 2: November 7 – January 6 (No Class 11/24, 11/25, 12/26-12/30)

Session 3: January 17 – March 10 (No Class 2/13, 2/20)

Session 4: March 13 – May 12 (No Class 4/10 – 4/14)

NEW: *Mini Session*: May 22 – June 9 (Check spring brochure for more info)

	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
3 YEAR OLDS	8:45 - 11:30AM MISS AMY & MISS KIM	8:45 - 11:30AM MISS AMY & MISS KIM	8:45 - 11:30AM MISS AMY & MISS KIM	8:45 - 11:30AM MISS AMY & MISS KIM	8:45 - 11:30AM MISS AMY & MISS KIM
4 - 5 YEAR OLDS	8:45 - 11:30AM MISS CLAIRE & MISS AVA	8:45 - 11:30AM MISS CLAIRE & MISS AVA	8:45 - 11:30AM MISS CLAIRE & MISS AVA	8:45 - 11:30AM MISS CLAIRE & MISS AVA	8:45 - 11:30AM MISS CLAIRE & MISS AVA
EXTENDED DAYS PM SESSION	11:30 - 2:15PM		11:30 - 2:15PM		11:30 - 2:15PM

Fees for Lil Rec'ers 2022-2023

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 1: Sept. 13 – Nov. 17

Fee: \$100

Instructor: Miss Coleen

3000.400 9:00am – 10:00am for 10 weeks

3000.401 10:30am – 11:30am for 10 weeks

Session 2: Nov. 29 – Feb. 9 (no class 12/27, 12/29)

3000.100 9:00am – 10:00am for 10 weeks

3000.101 10:30am – 11:30am for 10 weeks

Session 3: Feb. 21 – May 4 (No class 4/11, 4/13)

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

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

3329.400 FIT BY NATURE AGES 5-12

Fit by Nature is a one-of-a-kind program run by Wallingford native Mary Cole. An experienced Connecticut state and nature based certified educator with over 20 years' experience with children, Mary incorporates what she knows kids love! Specific nature-based games, nature lessons, fitness activities, nature art, nature science experiments and more are included in this 5-week program. Fit by Nature is a multi-sensory, whole body experience where kids are free to learn and play in a relaxed atmosphere! The great outdoors provides countless learning experiences! Health and fitness make up a solid foundation for a resilient life. Connection to peers and nature help a child become confident, courageous and caring for the natural world and breeds empathy for all living things. Mary understands the challenge parents struggle with concerning the seeming "addiction" to technology and wants to help by providing an experience that's unplugged, yet connected! Being a part of this group will provide positive experiences that will last a lifetime

When: Tuesdays Sept. 13 – Oct. 18

4:30pm – 6:00pm for 6 weeks

Location: Marcus Cooke Park

Instructor: Mary Cole, Owner Fit By Nature

Fee: \$150

**3329.401 FIT BY NATURE AGES 3-5**

Fit by Nature is a one-of-a-kind program run by Wallingford native Mary Cole. An experienced Connecticut state and nature based certified educator with over 20 years' experience with children, Mary incorporates what she knows kids love! Specific nature-based games, nature lessons, fitness activities, nature art, nature science experiments and more are included in this 5-week program. Fit by Nature is a multi-sensory, whole body experience where kids are free to learn and play in a relaxed atmosphere! The great outdoors provides countless learning experiences! Health and fitness make up a solid foundation for a resilient life. Connection to peers and nature help a child become confident, courageous and caring for the natural world and breeds empathy for all living things. Mary understands the challenge parents struggle with concerning the seeming "addiction" to technology and wants to help by providing an experience that's unplugged, yet connected! Being a part of this group will provide positive experiences that will last a lifetime

When: Fridays Sept. 16 – October 21 10:00am – 11:00am for 6 weeks

Location: Marcus Cooke Park

Instructor: Mary Cole, Owner Fit By Nature

Fee: \$100

**7400.400 SENSORY STUDIO AGES 3-4**

(Caregiver Participation Required)

This virtual program provides children and their caregiver with opportunities for open-ended, hands-on play with a focus on sensory exploration. The goal is to support children's sense of wonder and exploration by providing new sensory opportunities. With educator guided sessions, together, we explore items such as home-made play-dough, dried beans, rice, cornmeal and more! We create meaningful and theme based sensory boxes with these materials for children to continue to explore long after our class ends. Carve out a little sensory studio in your home, this class can be messy!

When: Mondays September 19 – October 31 for 6 weeks
10:00am – 10:30am (no class 10/10)

Location: Virtual

Instructor: Elena Bigio, Owner of Kidscapades

Fee: \$100

**7400.401 PLAY, LEARN, GROW AGES 3-4**

This virtual class builds on the skills your little one needs in preparation for preschool. With educator guided sessions, we rotate engaging topics as we explore through science, art, sensory play, story time and more. This class is great for building that initial independence, while the caregiver is still in the wings. Laying the foundation to enjoy the wonderful world of learning from the comfort of your cozy nest!

When: Wednesdays September 21 – October 26
for 6 weeks 9:00am – 9:30am

Location: Virtual

Instructor: Elena Bigio, Owner of Kidscapades

Fee: \$100

0118.403 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

September 28 – November 16

6:05-6:35pm for 8 weeks

Instructor: Lyne Landry and
The Institute of Martial Arts Staff

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

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.

4051.401 Mondays:

October 3 – December 19

5:30pm – 6:00pm for 12 weeks

4051.402 Saturdays:

October 1 – December 17

9:00am – 9:30am for 12 weeks

Fee: \$75

Location: Room 14 Mondays
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 form patterns of movement.

4052.400 Mondays:

October 3 – December 19

6:05pm – 6:50pm for 12 weeks

4052.401 Saturdays:

October 1 – December 17

9:30am – 10:15am for 12 weeks

Fee: \$90

Location: Room 15

Instructor: The Institute of Martial Arts Staff

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!

4053.400 Wednesdays:

October 5 – December 21

5:30pm – 6:30pm for 12 weeks

4053.401 Saturdays:

October 1 – December 17

10:15am – 11:30am for 12 weeks

Fee: \$90

Location: Room 15

Instructor: The Institute of Martial Arts Staff

HOOP HOUSE BASKETBALL ACADEMY • FOR 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.

4020.401 5-6yrs Wednesdays

October 5 - November 9

5:45 - 6:45pm for 6 weeks

4020.402 7-9yrs Wednesdays

October 5 - November 9

6:45 - 7:45pm for 6 weeks

Fee: \$65

Location: Gym 2

Instructor: Greg Morrone and Hoop House Staff

4020.403 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 give 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 coach of Project Triple Threat of CT.

When: Tuesdays October 25

6pm – 7pm for 6 weeks

Location: Parks & Recreation Gym

Staff: Coach Drew Dawson & Staff

Fee: \$115

4060.400 TINY-HAWK SPORTS • AGES 3-4

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

When: Mondays Oct. 3 – Nov. 7

(no class 10/10)

4:30pm - 5:15pm for 5 weeks

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

Instructor: Skyhawks Staff

(Skyhawks is a nationally recognized sports program provider)

4061.420 MINI HAWK SPORTS & GYM GAMES AGES 5-7

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

When: Mondays Oct. 3 – Nov. 7

5:25pm - 6:25pm for 5 weeks

(no class 10/10)

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

Instructor: Skyhawks Staff

(Skyhawks is a nationally recognized sports program provider)

4028.400 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: Wednesday Oct. 5

4:45pm - 5:30pm for 6 weeks

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

Instructor: Diamond Kings Baseball Academy, Bristol, CT

4239.400 CROSSFIT TRITON - CROSSFIT KIDS & TEENS AGES 8-16

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

When: Saturdays Oct. 15 – Nov. 19

9:15am – 10:15am for 6 weeks

Instructors: Triton Athletics Staff

Fee: \$65

Location: Triton Athletics 20 Capitol Dr.

4840.410 LYMAN JUNIOR GOLF CLINIC 101 AGES 7-14

This beginner instruction will include topics such as etiquette, rules of the game, putting, chipping and full swing theory mechanics. Juniors do not need to have their own equipment, we will supply all clubs and balls. Sneakers required. At the conclusion of the clinic season all juniors and parents will be given a comprehensive review of all that was covered in the five weeks.

For more information please call John Dipollina at 860.398.6479 or email at jdipollina@lymangolf.com

When: Thursday Sept. 15 – Oct. 13

4:00pm – 5:00pm for 5 weeks

Fee: \$125

Location: Lyman Orchards Golf Center Putting Green

For more information please call John Dipollina at 860.398.6479 or email at jdipollina@lymangolf.com

Instructor: John Dipoliina, PGA, Dan Hannibal, PGA Associate

4840.411 LYMAN JUNIOR GOLF CLINIC 201 AGES 11-14 (OR IF YOU HAVE COMPLETED JG 101)

Learning to play golf can be an overwhelming and frustrating experience if you don't have a clear plan. Operation 36 provides beginners with the most effective developmental programs and technology to learn to play golf. Become a skilled golfer by following a motivating roadmap to shooting par (36) or better for 9 holes!

When: Monday Sept. 12 – Oct. 10


4:30pm – 6:30pm for 5 weeks

Fee: \$200

Instructor: John Dipoliina, PGA, Dan Hannibal, PGA Associate, & Alex Cavaliere, PGA Student

Location: Lyman Orchards Golf Center Putting Green

For more information please call John Dipollina at 860.398.6479 or email at jdipollina@lymangolf.com



TINYTYKES SOCCER AGES 2-5YRS

TinyTykes is an exciting child development program delivered through soccer. Our soccer and child development professionals have designed an innovative curriculum that takes children on 'Immersive Interactive Adventures' through fun and exciting themes. It is through these semi-structured adventures that every child has the ability to build their own experiences and be introduced to the basic skills needed in soccer; motor, social, and psychological skills. Our International coaches are experts at working with young children and will combine soccer and adventure in a way that keeps your children entertained and enthused to return next week.

Player package that includes: Full custom designed TinyTykes Uniform (Shirt and Shorts)

Graduation certificate after level completion

Class begins Saturday September 24 for 6 weeks.

4030.400 Ages 2-3 Saturdays 8:00am – 8:45am

4030.401 Ages 2-3 Saturdays 9:00am – 9:45am

4030.402 Ages 2-3 Saturdays 10:00am – 10:45am

4030.403 Ages 4-5 Saturdays 11:00am – 11:45am

Fee: \$95 (includes the uniform)

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

4169 WEBER BOYS & GANNON GIRLS YOUTH BASKETBALL LEAGUE 2022-2023 SEASON

Special Registration form is needed and can be picked up at the Parks and Rec. Dept. Anyone requesting to be a coach please pick up a coaches volunteer form and attend coaches registration during the registration period for players. Coaches will be subject to a background check and first-time coaches are required to attend a NAYS Coaches Certification program sponsored through the Recreation Dept. If you are a returning coach please send us your NAYS renewal form if it is mailed to you.

DIVISIONS (subject to change based on registration numbers)

- .401 Weber- 1st/2nd Grade
- .403 Weber- 3rd Grade
- .404 Weber- 4th Grade
- .405 Weber- 5th Grade
- .406 Weber- 6th Grade
- .407 Weber- 7th Grade
- .408 Weber- 8th Grade
- .409 Weber- 9th – 12th Grade
- .410 Gannon- Grades 1, 2
- .411 Gannon- Grades 3, 4, 5
- .412 Gannon- Grades 6, 7
- .413 Gannon- Grades 8 - 12

Fee: \$95 Residents

\$115 Beginning 9/19

Fee: \$130 Non-Residents

4222.400 INDOOR CORNHOLE LEAGUE

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. League is limited to 10 teams. Additional players are allowed on rosters to fill in if needed.

When: Tuesdays Sept. 13 – Nov 1 6:00pm – 8:00pm for 8 weeks

Fee: \$40 per team

Location: Gym 2

4200.400 GIRLS YOUTH VOLLEYBALL AGES 5-15

Season Begins Saturday September 18. Learn the game of volleyball, skills, rules, teamwork, and sportsmanship while having fun. Program includes clinics, practices, and games. Sept. 17 & Sept 24: 5-11-year olds from 12-2pm & 12-14year olds from 2-4pm. First three sessions are 2-hour clinics. After Saturday, September 24, sessions are 1 hour every Saturday, full schedule to come.

Saturdays: 12:00 – 4:00pm

When: Saturday September 17

Fee: \$90 includes league t-shirt

Coordinator: Ken Kish

4210.400 CO-ED ADULT OPEN VOLLEYBALL

Co-ed Adult Volleyball will run weekly on **Thursdays - September 15, 2022 thru May 25, 2023 from 7:30-9:45pm**. This program is open for participants age 18 and older. Teams will be formed at the beginning of each night and both courts may be utilized when available. If at any time numbers of participants are low, the Rec Dept. reserves the right to accommodate other groups or activities on an as need basis on one side or both sides of the gym. Sign-up now at the Park & Rec. to get your photo ID. This photo id pass will need to be shown each week to play volleyball. This change was made due to overcrowding and Wallingford residents not being able to play. Priority will be given to Wallingford Residents.

Resident Fee: \$65

4200.401 DIVISION A – VERY COMPETITIVE CO-ED VOLLEYBALL

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

Fee: \$275

Returning 2021-22 team registration until 10/21 4:30pm

New Team Registration begins 10/24 9:30am

League Supervisor: Tony Pires

4200.402 DIVISION B – CO-ED RECREATIONAL VOLLEYBALL

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

Fee: \$275

Returning 2021-22 team registration until 10/21 4:30pm

New Team Registration begins 10/25 9:30am

League Supervisor: Tony Pires



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 (some games only available for certain age brackets). Registration into this program grants you access to one, or all of the games listed. More information on our website and on www.ggleagues.com. Check back for specific scheduling of games. Registration will close on September 19. Game play will begin on Monday October 3. Please check your GGLEagues account for specific game schedule. Games will run for 6 weeks, with two weeks of playoffs.

.400 Ages 8-12

.401 Ages 13 - 17

.402 Ages 18+

Fee: \$40



JOIN OUR FALL

ESPORTS LEAGUES



Registration ends
September 19th, 2022



Leagues start
week of October 3rd, 2022

REGISTRATION OPEN NOW! \$40/PERSON



Visit www.wallingfordrec.com to register and see the full schedule of games. One \$40 registration allows access to all games.



PLEASE CHECK BACK FOR INFORMATION ON GYMNASTICS. WE ARE STILL WORKING THROUGH OUR SCHEDULING AND STAFFING FOR THE FALL SESSION. ONCE IT IS FINALIZED, IT WILL BE EMAILED OUT TO OUR DATABASE.

Host **HERE!** Your Party

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 for more information.

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



CT STEM ACADEMY

CT STEM ACADEMY SATURDAY AND EVENING PROGRAMS Fall 2022 and Winter 2023 Sessions



Wallingford Parks &
Recreation Department

Wallingford VEX IQ Robotics Competition Team

Course 2005.401

Ages 10-13

Location: Spanish Community of Wallingford

Join us for another successful season of our VEX IQ robotics competition team. Let's go to World Championships again! Students can rejoin from the previous year, but we also welcome new faces. No experience necessary. This program is high commitment and high reward. It encourages **teamwork, problem solving, and leadership skills**. The students will be using the **VEX IQ** robotics system to learn the basics of building a robot, coding and other STEM applications. **Fee: \$380** includes all meetings, t-shirt for participants and registration fees for all scrimmages and State Competition.

Meeting Dates and Times

All meetings are 9 a.m. to 12 p.m. on Saturdays.

Meeting dates are as follows:

10/1, 10/8, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19,
12/3, 12/10, 12/17, 1/7, 1/14, 1/21, 1/28, 2/4, 2/11,
2/25, 3/4, 3/11

TBD: Additional practices prior to competitions, scrimmages, competitions and End of Year Meeting following State Competition

Please check the Wallingford Park and Rec website www.wallingfordrec.com and

www.ctstemacademy.org for the most current information.



Science • Technology • Engineering • Math

Additional Winter and Spring and Summer STEM Camp information, can be found on wallingfordrec.com, www.ctstemacademy.org and on Facebook and Twitter @ctstem
All registration is online at wallingfordrec.com



CT STEM ACADEMY

284 Washington Street
203.294.2175 | info@ctstemacademy.org |
www.ctstemacademy.org

Wednesday Night Science Fun

Course 2005.

Ages 8-12

Wednesdays - See Selected Dates Below

6:15 - 7:15 p.m.

Location:

Outdoors @ Community Lake Pavilion

There's nothing like some science to kick off the weekend! Wednesday programs will involve exciting projects for students to burn off some of that built up energy from the week. Activities will include exciting and engaging STEM labs for kids to collaborate on. If inclement weather, program will be moved to Wallingford Park and Rec STEM Room.

Cost: \$15 per session

2005.426 Wednesday, September 21 - Chemistry

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

2005.427 Wednesday, September 28 - Roller Coasters

Participants will envision and design a paper roller coaster.

2005.428 Wednesday, October 5 - Tallest Tower Challenge

Participants will try to build the tallest tower out of household materials.

2005.429 Wednesday, October 12 - Make and Take STEM

Participants will engage in a surprise STEM engineering challenge.

2005.430 Wednesday, October 19 - Water Bottle Toss Challenge

Students will test a variety of bottles by filling them with water and tossing / flipping them to determine which bottle of theirs has the highest success rate.

2005.431 Wednesday, October 26 - Fidget Spinner Challenge

Students will develop by conducting experiments on a spinning technique that they develop with a team. Participants will be looking into human error, spin speed, and will be recording and comparing spin times.

2005.432 Wednesday, November 2 - Race Car Challenge

Participants will create race cars using everything from straws, peppermints and K'NEX.

2005.433 Wednesday, November 9 - Basketball Hoop Challenge

Participants will create a mini-basketball game out of household materials.



CT STEM ACADEMY

Fall 2022 and Winter 2023 Programs



Ages 5 and 6 STEM (NEW Topics)

Course 2005.407

Tuesdays: 10/18, 10/25, 11/1, 11/8

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

Location: Wallingford Parks and Rec STEM Room

Cost: \$38

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 that will include science, technology, art and math! Maximum Number will be 10 participants

Ages 5 and 6 STEM (NEW Topics)

Course 2005.107

Thursdays: 1/5, 1/12, 1/19, 1/26

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

Location: Wallingford Parks and Rec STEM Room

Cost: \$38

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 that will include science, technology, art and math! Maximum Number will be 10 participants

Chemistry Creations *New Topics*

Course 2005.112

Ages 9 - 14

Tuesdays: 2/7 and 2/14

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

Location: Wallingford Parks and Rec STEM Room

Cost: \$25

Explore a different side of STEM with this new program. As junior chemists, students will study the substances that make up matter—everything that takes up space in the universe. They also study the changes that take place when substances are combined. These changes are called chemical reactions. Participants who join will have the chance to see how the properties of substances can make for exciting projects that might include chemical testing and allergy free food chemistry and different from the Winter 2021 program.

Ages 7 and 8 STEM (NEW Topics)

Course 2005.406

Thursdays: 10/13, 10/20, 10/27, 11/3

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

Location: Wallingford Parks and Rec STEM Room

Cost: \$38

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 that will include science, technology, art and math! Maximum Number will be 10 participants

Ages 7 and 8 STEM (NEW Topics)

Course 2005.106

Tuesdays: 1/10, 1/17, 1/24, 1/31

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

Location: Wallingford Parks and Rec STEM Room

Cost: \$38

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 that will include science, technology, art and math! Maximum Number will be 10 participants

Robotics Club (New Topics)

Course 2005.425

Ages 7 - 9

Tuesdays: 11/15, 11/22, 11/29, 12/6

Time: 6:15 to 7:30

Location: Wallingford Parks and Rec STEM Room

Cost: \$38

*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 UB Tech Robotics** to learn the basics of building a robot, coding and related STEM applications. Instructors will adjust program instruction to meet the needs of all participants.*



CT STEM ACADEMY

Fall 2022 and Winter 2023 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.

VEX Code VR & Block Coding

Course 2005.444

Ages 8 - 14

Wednesdays: 11/30, 12/7, 12/14

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

Location: Online

Cost: \$28

VEXcode VR lets you code a virtual robot using a block based coding environment powered by Scratch Blocks. VEXcode VR is based on VEXcode, the same programming environment used for VEX 123, GO, IQ and V5 robots.

Through robots, students will be able to make their Computer Science knowledge come to life.

Experimental Design Session

Course 2005.409

Ages 8 to 14

Winter Break - Wednesday, December 28, 2022

9:30 a.m. to 12:30 p.m.

Location: Wallingford Parks and Rec STEM Room

Cost: \$40

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.

STEM Explorations

Course 2005.411

Ages 8 to 14

Winter Break - Thursday, December 29, 2022

Time: 9:30 a.m. to 12:30 p.m.

Location: Wallingford Parks and Rec STEM Room

Cost: \$40

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.

Additional Fall, Winter and Spring program information, can be found on wallingfordrec.com, www.ctstemacademy.org and on Facebook and Twitter @ctstem

All registration is online at wallingfordrec.com. Additionally, families are welcome to email us at info@ctstemacademy.org or leave a message for us at 203.294.2175 (Office of Youth and Social Services)

Exploring the Natural World

Course 2005.405

Ages 9-14

Thursdays: 9/15, 9/22, 9/29

4:15 p.m. to 5:15 p.m.

Location: Bertini Park, West Dayton Hill Road

Cost: **FREE - Registration Required**

It's September! The sun is shining and the leaves are about to fall! 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! New topics will be introduced

Python Coding

Course 2005.131

Ages 10 - 15

Thursdays: 1/12, 1/19, 1/26

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

Location: Online

Cost: \$28

Python coding will provide participants with an experience of creating a project, test the project, making revisions and retesting the project. Come join us for this engaging form of coding.



Robotics Club

Course 2005.125

Ages 8, 9, 10

Thursdays: 2/2, 2/9, 2/16, 2/23,

Time: 6:15 to 7:30

Location: Wallingford Parks and Rec STEM Room
Cost: \$38

*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 UB Tech Robotics** to learn the basics of building a robot, coding and related STEM applications. Instructors will adjust program instruction to meet the needs of all participants. **Topics from fall program will not be repeated.***



CT STEM ACADEMY

Fall 2022 and Winter 2023 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.

Attention Homeschool Families

STEAM Fun for Homeschool Families

Course 2005.415

Ages 8 - 14

Thursdays: 9/15, 9/22, 9/29

Time: 2:00 to 3:15 p.m.

Location: Wallingford Parks and Recreation Department, STEM Room

Cost: \$25

This is a fun program for all who are interested in Art connections to STEM. Each week we will explore a wide range of topics such as making sidewalk chalk, shaving cream marbling, magnetic cars and mud painting. This is a perfect program for homeschool students. More programming to be scheduled based upon homeschool family schedules and interest.



Fun with Chemistry

Course 2005.110

Ages 9 to 14

Monday, February 20, 2023

Presidents' Day

Time: 1:00 p.m. to 3:00 p.m.

Location: Wallingford Park and Rec STEM Room

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

Cost: \$30

Fall Family STEM Night

Course 2005.434

Tuesday, October 11, 2022

at 6:15 - 7:30 p.m.

All Children Must Be Chaperone By A Parent

Location: CT STEM Academy, 284 Washington Street, Wallingford, CT

Cost: FREE - Registration Required

Ages 5 and 6 STEM

Course 2005.108

Ages 5 and 6

Monday, January 16, 2023

Martin Luther King, Jr. Day

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

Location: CT STEM Academy, 284 Washington Street

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

Ages 7 and 8 STEM

Course 2005.109

Ages 7 and 8

Monday, January 16, 2023

Martin Luther King, Jr. Day

Time 1:30 p.m. to 3:30 p.m.

Location: CT STEM Academy, 284 Washington Street

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

Winter Family STEM Night

Course 2005.134

Friday, January 6, 2023

at 6:15 - 7:30 p.m.

All Children Must Be Chaperone By A Parent

Location: CT STEM Academy, 284 Washington Street, Wallingford, CT

Cost: FREE - Registration Required

We are now offering school day field trips for local classrooms and educators. For more information, please email us at info@ctstemacademy.org or leave a message for us at 203.294.2175 (Office of Youth and Social Services)

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

5003.401 VINYASA YOGA ALL LEVELS

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

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

Date: 9/26 – 12/12 for 12 weeks

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

5006.401 BASIC YOGA

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

Equipment Needed: Your own yoga mat
Instructor: Zorayda Cocchi OTR/L, RYT 500, CYKT certified yoga instructor

Date: 10/3 – 12/12 for 10 weeks

(no class 10/10)

Class Time: Mondays 9:30-10:45am

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

NEW! 5007.402 YOGA FOR NOT-FLEXIBLE PEOPLE

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

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

Class Time: Tuesdays

5:50 – 6:50pm

Date: 10/4 – 12/13 for 11 weeks

Location: Room 15 **Fee:** \$60

5007.404 THERAPEUTIC YOGA

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

Equipment Needed: Your own yoga mat.

Instructor: Zorayda Cocchi OTR/L, RYT 500, CYKT certified Yoga Instructor

Class Time: Tuesdays

7:00 – 8:15pm

Date: 10/4 – 12/13 for 11 weeks

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

GENTLE YOGA & MEDITATION

A nurturing, healing experience for everyone. We are all needing a deeper sense of relaxation and ease in our lives. 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

5005.402 Mondays 9:30-10:45 AM

Instructor: Christina Casavina certified yoga instructor

Date: 9/26 – 12/12 for 11 weeks (no class 10/10)

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

5005.401 Thursdays 9:30-10:45 AM

Instructor: Christina Casavina certified yoga instructor

Date: 9/29 – 12/15 for 11 weeks (no class 11/24)

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

5013.400 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: 9/28 – 12/14 for 12 weeks

Class Time: Wednesdays

9:30 -10:45 AM

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



5005.409 YOGA WITH WEIGHTS

Explore yoga using weights and props, offering a new way to explore varying your fitness routine. Adding variety to your routine is what makes fitness fun, interesting, and effective! All levels are welcome.

Equipment Needed: Your own yoga mat

Class Time: Thursdays

5:30 – 6:30pm

Instructor: Christina Casavina certified yoga instructor

Date: 9/29 – 12/15 for 11 weeks (no class 11/24)

Location: Room 16 **Fee:** \$60



5013.404 YOGA FORM & FLOW

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: 10/1 – 12/17 for 11 weeks (no class 11/26)

Class Time: Saturday

9:00 – 10:15am

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

5106.400 BABY BOOMER BOOGIE (50+ YEARS OLD)

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

Instructor: Lauren Henrici AFAA certified instructor

Date: 9/27 – 12/15 for 12 weeks (No Class 11/24)

Class Time: Tues. & Thurs.

12:05 - 12:50pm

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

5018.400 CHAIR YOGA

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

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

Instructor: Lauren Henrici, RYT, Yoga Fit certified instructor

Date: 9/27 – 12/15 for 12 weeks (No Class 11/24)

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

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

NEW! 5012.403 PILATES PLUS CORE

Joseph Pilates traditional mat work meets current core exercises for strength, stability, alignment and flexibility. Join us to improve core fitness and range of motion. Please bring your own mat. We will provide pilates rings, small and large balls, foam rollers and light weights.

Instructor: Linda Roy, STOTT pilates certified instructor

Class Time: Wednesdays 5:00 - 5:45 PM

Date: 9/28 – 12/14 for 12 weeks

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

5012.404 BARRE AND TOTAL STRENGTH

The best of both worlds. The ballet barre will be used for lower body strength and balance with high reps in a smaller range of motion. We will be using postural muscles as well as our fascia system for amazing definition. This will be fused with traditional upper body strength with a variety of equipment for a complete sculpting workout.

Equipment Needed: Your own yoga mat.

Instructor: Linda Roy, CPT, NETA Group Fitness, STOTT pilates & barre certified instructor

Class Time: Wednesdays 6:00 - 6:45PM

Date: 9/28 – 12/14 for 12 weeks

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

5103.400 ARTHRITIS FOUNDATION

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

Instructor: Elaine Doherty

Date: 9/26 – 12/13 for 12 weeks (no class 10/10)

Class Time: Mon. and Tues. 12:00 – 1:00pm

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

5820.400 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 heartrates. 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: 9/26 – 12/23 for 13 weeks (no class 10/10, 11/11, 11/25)

Class Time: Mon., Wed, Fri. 6:00-6:45am

Location: Zoom **Fee:** \$110

5821.400 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: 9/27 – 12/22 for 13 weeks (no class 11/24)

Class Time: Tues. & Thurs. 6:00-6:45am

Location: Zoom **Fee:** \$90

5519.400 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: 9/26 – 12/12 for 12 weeks

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

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

5521.400 IT'S HIIT

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

Instructor: Sue Moreschi ACE certified instructor

Date: 9/26 – 12/12 for 12 weeks

Class Time: Mondays 6:20-7:05pm

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

5522.400 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: 9/27 – 12/13 for 12 weeks

Class Time: Tuesdays 5:45 – 6:30pm

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

5522.401 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 – 7:45pm

Date: 9/29 – 12/15 for 11 weeks (no class 11/24)

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

5519.402 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 9:00-9:45am

Dates: 9/11 – 12/11 for 15 weeks

Location: Room 16 **Fee:** \$55

5100.400 TAI CHI CH'UAN

"Relaxed physical movement with a peaceful but focused mind"

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

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

Date: 9/27 – 11/29 for 10 weeks

Class Time: Tuesday 7:00-8:00pm

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

5511.400 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 – 5:45pm

Date: 9/27 – 12/13 for 12 weeks

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

5511.401 PIYO CARDIO

An amazing integration of cardio mixed with 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 5:50 – 6:35pm

Date: 9/27 – 12/13 for 12 weeks

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

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

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

Instructor: Cheryl Myers, NETA Certified Instructor

Dates: 9/28 – 12/16 for 12 weeks (no class 11/11, 11/25)

Class Time: Wed. & Fri.

10:20 - 11:05am

Location: Gym 1 **Fee:** \$30

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

Boogie Blast is an exercise class based on easy to follow dance steps and movements. It is designed to give you a full body workout while moving to music that makes you want to dance! Come move with us and discover how dancing with friends just might be the most enjoyable exercise ever!

Instructor: Cheryl Myers, NETA Certified Instructor

Dates: 9/28 – 12/14 for 12 weeks

Class Time: Wednesdays

5:15 – 6:00pm

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

5019.400 PILATES

This 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.

Instructor: Jessica Glynn

Date: 9/26 – 12/12 for 11 weeks (no class 10/10)

Class Time: Mondays

11:00 – 11:45am

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

**5019.401 GENTLE
YOGA-LATES**

Start your afternoon with some mindful movement. This class combines yoga and pilates in a gentle flow on the mat. We will work through each muscle group with some light exercises and then thoroughly stretch each area of the body to relieve tension and improve flexibility. No pilates or yoga experience is required for this gentle, laid-back class. Ability to get up and down from the floor required.

Instructor: Jessica Glynn

Date: 9/26 – 12/12 for 11 weeks (no class 10/10)

Class Time: Mondays

12:00 – 12:45pm

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

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.

.401 ZUMBA GOLD MONDAYS

10:20 – 11:05am

Instructor: Cheryl Myers Zumba and NETA certified instructor

Dates: 9/26 – 12/19 for 11 weeks (no class 10/10)

Location: Gym 1 **Fee:** \$42

.400 ZUMBA MONDAYS

7:10 – 7:55pm

Instructor: Cheryl Myers Zumba and NETA certified instructor

Dates: 9/26 – 12/12 for 12 weeks

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

.403 ZUMBA WEDNESDAYS

7:30 – 8:30pm

Instructor: Fee Adams, AFAA and Zumba certified instructor

Date: 9/28 – 12/14 for 12 weeks

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

.407 ZUMBA THURSDAYS

5:30 – 6:15pm

Instructor: Becky Fusco certified Zumba instructor

Date: 9/29 – 12/15 for 11 weeks (no class 11/24)

Location: Room 15 **Fee:** \$42

.406 ZUMBA THURSDAYS

6:30 – 7:15pm

Instructor: Lisa Wasylean certified Zumba instructor

Date: 9/29 – 12/15 for 11 weeks (no class 11/24)

Location: Room 15 **Fee:** \$42

Fall 2022 Health and Fitness Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	
					7:00 - 7:45 AM Kristie Full Body Challenge 16	
Morning	9:30-10:45 AM Zorayda Basic Yoga 16		9:30-10:45 AM Christina All Levels Yoga 15	9:30-10:45 AM Christina Gentle Yoga 16	9:30 - 10:45 AM Christina Breathe and Relieve Yoga 15	9:00-10:15 AM Christina Form & Flow 16
	9:30-10:45 AM Christina Gentle Yoga 15		10:20-11:05 AM Cheryl Swing Shift 50+ Gym		10:20-11:05 AM Cheryl Swing Shift 50+ 16	
	10:20 - 11:05 AM Cheryl Zumba Gold Gym	12:00-1:00 PM Elaine Arthritis 15			11:15 - 12:00 AM Cheryl Swing Shift 50+ 16	
Afternoon	11:00 - 11:45AM Jessica G Pilates 16	12:05-12:50 PM Lauren Baby Boomer Boogie 16		12:05-12:50 PM Lauren Baby Boomer Boogie 16		
	12:00 - 12:45 PM Jessica G Yoga-lates 16	1:00-1:45 PM Lauren Chair Yoga 16		1:00-1:45 PM Lauren Chair Yoga 16		SUNDAY
Evening	12:00-1:00 PM Elaine Arthritis 15	5:00 - 5:45 PM Kristie Cardio Kickboxing 15				9:00 - 9:45 AM Sue M Powerology
	5:30-6:30 PM Cathy All Levels Vinyasa Yoga 15	5:45 - 6:30 PM Sue M Total Conditioning 16	5:00 - 5:45 PM Linda Pilates Plus Core 16	5:30 - 6:15 PM Becky ZUMBA 15		
	5:30-6:15 PM Sue Hardcore Strength 16	5:50 - 6:35 PM Kristie PiYo Cardio 15	6:00 - 6:45 PM Linda Barre & Total Strength 16	5:30 - 6:30 PM Christina Yoga with Weights 16		
	6:20 - 7:05 PM Sue It's HIIT 16	5:50 - 6:50 PM Zorayda Yoga for Non Flexible People 16		7:00 - 7:45 PM Sue M Cardio Blast 16		
	7:10-7:55 PM Cheryl Zumba 16	7:00-8:15 PM Zorayda Therapeutic Yoga 14	7:30-8:30 PM Fee ZUMBA 16	6:30 - 7:15 PM Lisa ZUMBA 15		
		7:00-8:00 PM Central CT Tai Chi Tai Chi 15				

KEY
VIRTUAL CLASS
IN PERSON



ADULT DANCE**6012.402 ADULT TAP BEGINNERS PLUS**

Tap class is all about making music with your feet! This class is for beginner tappers who are ready for a challenge. If you have learned some basic tap steps and tap vocabulary and are ready to move at a quicker pace this class is for you. We will continue to learn and practice a variety of tap steps, short phrases, and choreography using different rhythms supported by a wide range of music. We might even learn the shim sham (regarded as the tap dancers national anthem). So grab your tap shoes and join the fun!

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

When: Mondays 9/26 – 11/14

for 8 weeks 6:40-7:25pm

Instructor: Sharon Wilhelm

Location: Room 15 **Fee:** \$60

6012.401 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 exciting class for adults!!

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

When: Thursdays 9/29 – 11/17

for 8 weeks 6:30-7:15pm

Instructor: Sharon Wilhelm

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

KID'S DANCE**6000. DIAPER DARLING DANCE CLASS AGES 18MO.-3 YEARS**

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

6000.400 Mondays 9/26 – 11/21
9:30-10:00am for 8 weeks (no class 10/10)

6000.401 Tuesdays 9/27 – 11/15
4:00-4:30pm for 8 weeks

Instructor: Amy Malone

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

6000. 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!

6000.402 Mondays 9/26 – 11/21
10:00-11:00am for 8 weeks
(no class 10/10)

6000.403 Tuesdays 9/27 – 11/15
4:30-5:30pm for 8 weeks

Instructor: Amy Malone

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

6000.406 BALLET & TAP COMBINATION CLASSES AGES 5-6

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

When: Tuesdays 9/27 – 11/15
5:30-6:30pm for 8 weeks

Instructor: Amy Malone

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

6000.407 JAZZ/HIP HOP COMBO AGES 5-7

Come learn some fun urban dance moves in this funky Hip Hop class! Using today's popular 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 9/27 – 11/15
6:30-7:15pm for 8 weeks

Instructor: Amy Malone

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

PIANO LESSONS**1500.400 INTRO TO PIANO AGES 8-10**

Learn Piano! Piano lessons for the beginner. Class will emphasize basic keyboard fundamentals and geography as well as rhythm and theory while learning to play fun songs with both hands. Worksheets and games will be used to reinforce the concepts being taught to keep students engaged and having fun! Students will play what they learned in an informal "recital" at the last class.

When: Saturdays, 9/17 – 10/22
10:00-11:00am for 8 weeks

Instructor: Christine Amarone

Location: Room 12 **Fee:** \$60

1500.401 INTRO TO PIANO FOR ADULTS AGES 18+

Learn Piano for Adults! This class is for the absolute beginner or those who have taken lessons as a kid and want to learn again in a relaxed, non-intimidating environment. Class will emphasize basic keyboard fundamentals, technique, theory and playing with both hands. Students will learn to read notes and play chords. Headphones are provided but bring your own if desired. Piano book will need to be purchased from the instructor and can be paid for at the first class.

When: Saturdays, 9/17 – 11/5
11:00am-12:00pm for 8 weeks

Instructor: Christine Amarone

Location: Room 12

Fee: \$80 (additional fee paid to instructor for music book)



7010.402 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: 6:30-8:30 p.m.

10/3 – 11/21 for 8 weeks

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

Instructor: Rashmi Talpade (Fine Arts Supervisor)

7060.401 PEN & INK ESSENTIALS AGES 18+

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

All levels welcome. Materials list available upon registration.

Wednesdays: 6:30-8:30 p.m.

10/5 – 11/23 for 8 weeks

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

Instructor: Rashmi Talpade

AFTER SCHOOL ARTS PROGRAM (ASAP)

Our fine arts and crafts After School Enrichment Program (ASAP) is back after two years off due to Covid-19.

FACTS:

- Classes run for 6 weeks after regular school hours. Holidays and cancelled classes will be made up at the end of the session.
- The cost is \$50 per class, all materials and supplies included.
- The program is available to the specific students in the schools where the classes are offered.
- Minimum 5, maximum 10 students per class.
- Registration forms and class details will be sent by email via the Board of Education in Sept. 2022. Please look out in your inbox for this email. Some printed flyers will be available at the recreation center as well. **Classes are scheduled to begin in October 2022.**
- To enroll please use the special registration forms sent via email or those available at the Recreation Center.
- Parents are required to sign their children out at the main door after class. Children attending the YMCA Child Care Program will be escorted to the appropriate area of the school after art classes. The school will put in place any safety protocols deemed necessary to be followed by teachers and children.
- For questions and more info, call 203 294 2120.

Creative Costumes: Each week, participants will have fun making different costumes for every day of the week. Using found objects and non-traditional methods each child will explore his or her own creativity to come up with amazing wearable works of art. We will turn your little person into a dragon, a Viking, a prince or princess, a unicorn or superhero. Students will create silly hats and imagine our inner magician who wears capes and vests. All materials included.

Clay Play: Starting with week one participants will learn to make clay and create sculptures. Your child will be inspired to create objects large and small using clay as a medium to explore natural and the supernatural. Each week they will learn a new technique to add to their skill set while having excessive amounts of fun. Your junior Michelangelo won't even realize they are learning. All materials included.

Clay Bonanza: Create fun critters and imaginary beings, food items and dragons using colorful clay, pieces of wood, found objects and papers. A wonderful opportunity to learn 3D art. Be prepared to set up a mini sculpture garden at home. All materials included.

ROCK HILL: Grades 3-4

Time: 3:25-4:25 pm

7750.400 – Fine Arts for Kids-

Instructor: Sommer Byers

6 Mondays: Starting 10/3 – 11/14

(no class 10/10)

MOSES Y BEACH: Grades K-2

Time: 3:35-4:35

7750.401 - Clay Bonanza -

Instructor: Sommer Byers

6 Tuesdays: Starting 10/4 – 11/8

HIGHLAND SCHOOL: Grades K-2

Time: 3:35-4:35 pm

7750.402 – Clay Play – Instructor:

Debbie Jaffee

6 Mondays: Starting 10/3 – 11/14

(no class 10/10)

PARKER FARMS: Grades 3-5

Time: 3:25-4:25pm

7750.403 – Creative Costumes –

Instructor: Debbie Jaffee

6 Wednesdays: Starting 10/5 – 11/9

MARY FRITZ SCHOOL: Grades 3-5

Time: 3:25-4:25pm

7750.404 – Creative Costumes

Instructor: Deb Jaffee

6 Fridays: Starting 10/7 – 11/18

(no class 11/11)

E.C. STEVENS: Grades K-2

Time: 3:35-4:35 pm

7750.405 – Fine Arts For Kids

Instructor: TBD

6 Thursdays: Starting 10/6 – 11/17

(no class 10/20)

POND HILL: Grades 3-4

Time: 3:25-4:25 pm

7750.406 – Fine Arts for Kids

Instructor: TBD

6 Tuesdays: Starting 10/4 – 11/8

NEW! **7200. 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.

.400 Session 1: Thursday 10/27
5:30-7:00pm

.401 Session 2: Tuesday 11/22
5:30-7:00pm

.402 Session 3: Tuesday 12/20
5:30-7:00pm

Location: Room 7 **Fee:** \$35
Instructors: Alyssa's Cakery Staff

NEW! **7050.405 SPLAT ART STUDIO: KIDS NIGHT OUT: HALLOWEEN AGES 7-15**

Drop off your little artists at Splat Art Studio for a Spooktacular kids paint night. Learn & have fun! Students will be guided step by step how to painting their very own Halloween masterpiece. Kids only event. All art supplies and paint smocks provided.

When: Friday 10/21 - 6:00-8:00pm

Location: SPLAT Art Studio, 106 South Colony Road

Fee: \$40

NEW! **7050.406 SPLAT ART STUDIO: KIDS NIGHT OUT: CHRISTMAS AGES 7-15**

Drop off your little artists at Splat Art Studio for a merry & bright kids paint night. Learn & have fun! Students will be guided step by step how to paint their very own Christmas Masterpiece.

When: Friday 12/9 - 6:00-8:00pm

Location: SPLAT Art Studio, 106 South Colony Road



NEW! **8038.410 LOOPED BURLAP NATURAL FALL WREATH**

Come create a textured wreath that can be used year-round! We will be working on a wire frame, using your choice of plain burlap, ribbon, laced burlap ribbon, small fabric flowers or burlap roses, along with other natural elements. This neutral burlap base is the perfect canvas to showcase additional textured elements, so have fun and create a lovely accent piece for any space!

When: Friday 9/23 - 6:30-9:00pm

Fee: \$20 (additional \$20 supply fee made payable to instructor)

Location: Room 7

Instructor: Kim Larkin

NEW! **8038.411 WORLD ART EXPLORERS: EGYPT AGES 8 - 12**

Come create some unique Egyptian inspired crafts! We'll add some hieroglyphics and create a Royal Egyptian Cat plaque, a sarcophagus and mummy, and we will also construct our own pyramid using mini foam blocks that look like stone! Wear your art clothes, we will be painting!



When: Wednesdays 9/21 - 10/19 (no class 10/12) for 4 weeks

5:30-7:00pm

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

Instructor: Kim Larkin

NEW! **8038.412 WORLD ART EXPLORERS AGES 8 - 12**

We will go on safari and create some wild projects including Lions, Zebras and Hippos, oh my! There will be mask making, painting and clay construction highlighted in our four weeks exploring the beasts of the African plain. Come join the fun! Wear your art clothes!

When: Tuesday 11/1 - 11/29

for 4 weeks (no class 11/8)

5:30-7:00pm

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

Instructor: Kim Larkin

NEW! **8038.413 HALLOWEEN WORKSHOP: PARENT-CHILD CRAFTS**

This year we will celebrate Halloween and the release of the movie Hocus Pocus 2! One team member will create a fun project that will include Binx the Black cat against a shimmering moon along with some fun and spooky Halloween accents. The other team member will create a fun sign from Salem, an ode to the three Sanderson Sisters from the movie. We will use Hocus Pocus inspired stencils, completed with mini brooms and other fun surprises! Snacks and witches brew will be served for all hungry artists. Come join the fun!

When: Friday 10/14 6:30-9:00pm

Fee: \$30 per team of 2 (\$18 supply fee made payable to instructor night of class)

Location: Room 7

Instructor: Kim Larkin

NEW! **8038.414 ASTROLOGY CANVAS**

Come create your own galaxy, complete with your own astrological constellation. You can make it for yourself or for a Leo or Virgo that you love! We will use easy, fun techniques to create our vibrant universe and then we will outline our constellation with 2-D crystals, all 12 patterns provided! You may choose to add moon phases (patterns available) and you may even add a shooting star or two. Whatever inspires you, it's your universe!

When: Friday 11/4 - 6:30-9:00pm

Fee: \$20 (\$8 supply fee made payable to instructor night of class)

Location: Room 7

Instructor: Kim Larkin

8038.415 SUNDAY FUNDAY ART WORKSHOP AGES 8+

NEW! Come choose to create either a flying dragon, a fiery

Phoenix or a soaring Pegasus! We will draw and create these creatures and their magical habitat. Tap into your imagination and have fun creating your own unique thing with wings! Wear your art clothes and feel free to bring a snack.

When: Sunday 11/6 - 1:00-3:00pm

Fee: \$20 per registration

Location: Room 7

Instructor: Kim Larkin, Certified Aromatherapist

NEW! 8038.416 PARENT
- CHILD WINTER
WORKSHOP

For this winter theme, one team member will create a birch wood -woodland animal centerpiece. We will use wood deer, fox, white hares and mini trees to accent this cool art piece. Have fun painting and decorating with snow paint! The other team member will create a flying snowman angel, complete with wooden wings, bells and snowflakes. Hot cocoa will be served for all inspired artists.

When: Friday 12/2 - 6:30-9:00pm
Fee: \$30 per team of 2 (\$18 supply fee made payable to instructor night of class)
Location: Room 7
Instructor: Kim Larkin

NEW! 8038.117 MINDSET
RESET: SIMPLE STEPS
ON THE PATH OF SELF-
NURTURE

Join Kim Larkin, Certified NAHA Aromatherapist, as we tap into the ancient wisdom of healing Indian Ayurvedic practices and healing essential oils. We will learn about immune supportive warming winter foods and spices, sample beneficial herbal tea blends and learn some nurturing self-care rituals that benefit body, mind and spirit. For the hands-on portion of the class, we will create a personalized Ayurvedic Winter Massage Oil and an Herbal Bath Tea Bag. Recipes will also be provided to guide you to create your Mindset Reset in the New Year.

When: Friday 1/6 - 6:45-8:45pm
Fee: \$20 (\$9 supply fee made payable to instructor night of class)
Location: Room 7
Instructor: Kim Larkin

NEW! 8038.418 ARCTIC
ANIMALS ART WORKSHOP

We'll draw, paint and create a cool art project that highlights the arctic animals that wear their winter whites. The Arctic fox, wolf, hare, the snowy Ptarmign bird and Stoat. A winter menagerie to get wildly creative with. Wear your art clothes and bring your lunch for day of fun!

When: Thursday 12/29
10:00am-1:00pm
Location: Room 7 **Fee:** \$25
Instructor: Kim Larkin

NEW! 8038.420 TWEEN/
TEEN HALLOWEEN
CRAFTERNOON AGES 11+

Come join the other ghouls for a Halloween crafty celebration. We'll create Binx the Black Cat (from Hocus Pocus), a glittery tabletop witches hat and a glitter-painted large wooden bat. Did we mention glitter? So wear your art clothes and have a Spooktacular time! Witches brew will be served to all thirsty artists!

When: Sunday 10/9 - 1:00-3:00pm
Location: Room 7
Fee: \$20 (\$10 supply fee made payable to instructor)
Instructor: Kim Larkin

NEW! 8038.421 NATURAL
WOOD SLICE/WOODEN
BEAD INSPIRATIONAL GARLAND

Come enjoy a meditative evening of relaxed crafting while creating a rustic wood slice/wood bead garland perfect for adding inspiration to any space. Choices for the garland can include letter stencils, easy paper image transfer with decoupage, easy acrylic painting techniques or supplied inspirational text for each slice. To finish, add rawhide cording, natural jute twine, other natural embellishments. Whatever theme you choose, your finished garland will be unique to you. Herbal tea and music will set the tone to get in the creative flow.

When: Thursday 10/6 6:30-8:45pm
Location: Room 7
Fee: \$20 (\$8 supply fee made payable to instructor)
Instructor: Kim Larkin

NEW! 8038.419 TWEEN/
TEEN CRAFTERNOON
ANTHROPOLOGIE-
INSPIRED FELTED POM-POM
MIRROR AGES 11+

Come create this colorful project perfect for any room. We'll work with colorful felted pom poms, felt flowers, and leaves with vibrant ribbons and more!

When: Sunday 12/11 - 1:00-3:00pm
Location: Room 7
Fee: \$20 (\$12 supply fee made payable to instructor)
Instructor: Kim Larkin

NEW! 8020. 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.
8020.400 Mondays 10/17 - 11/21
10:00am-12:00pm for 6 weeks
8020.401 Wednesdays 10/19 - 11/23
6:00-8:00pm for 6 weeks
Location: Room 1 **Fee:** \$40
Instructor: Marilyn Pettison



CELEBRATE WALLINGFORD

When: Saturday & Sunday,
October 1 and October 2
Time: Saturday 10:00am-6:00pm
Sunday 11:00am-5:00pm
Location: Uptown Wallingford
For more information contact
Wallingford Center Inc. at 203-284-
1807 or email Liz Davis at liz.davis.
ct@gmail.com

A GOBLIN GATHERING

A gathering for all Wallingford Goblins! You may gather in front of the YMCA Teen Center at 5:30pm to start the parade at 6:00pm or meet us in front of the Wallingford Town Hall at 6:30pm for an evening of fun activities. DJ music to include monster mash music by Johnny Roz and Sound Spectrum Entertainment, ghoulish games, art projects and more. Pre-bagged candy, cider and donuts. This event is sponsored by the Wallingford Public Celebrations Committee, Wallingford Parks & Recreation Department and Wallingford Center Inc.
When: Friday, October 28, 2022
Time: 6:30-8:00pm
Location: Wallingford Town Hall
Fee: Free

9 & A CHICKEN

This year's hunt will be one for the ages! Participants will be required to go to the Chick-fil-A back parking lot to pick up a packet of CERTIFIED clues. (We want to make sure that all participants start from Chick-fil-A so everyone has a fair chance. The first ten families that return to the Recreation Department with the cardboard turkey or rubber chicken will receive a gift complimentary of Chic Fil-A. This event is co-sponsored by Chick-fil-A and Wallingford Parks and Rec. Clues must be handed in at time for redemption.
When: Friday, November 18, 2022
Time: 7:00pm
Begins: Wallingford Chick-fil-A
Ends: at Parks and Rec. Dept.
Fee: Free

13TH ANNUAL DOWNTOWN WALLINGFORD HOLIDAY STROLL

This season we will be once again be joining forces with Wallingford Center, Inc. and the downtown Wallingford merchants to offer roasted chestnuts, kettle corn, hot chocolate, a bonfire, ice carving, DJ entertainment, a photo booth and more. Fill out a ballot at each participating merchant and enter a chance to win a gift basket worth \$1000.00, \$600.00 or \$400.00 of gift cards. Downtown shops and restaurants will be open late to offer Holiday tastings and special discounts. A great way to kick off the Holiday Season!!
For more information call WCI at 203-284-1807 or email Liz Davis at liz.davis.ct@gmail.com
When: Friday, December 2, 2022
Time: 4:00-9:00pm
Where: E. Center Street, Simpson Court
Fee: Free to the public (minimal fee for some food items)

SEASONS OF CELEBRATION

Come join us for a visit with Santa and enjoy multiple afternoon activities on the Parade Grounds in front of the Town Hall. There will be arts and crafts, photo booth (sponsored by WCI), candy canes, chocolate chip cookies, hot chocolate and more for the children.
When: Saturday, December 3, 2022
Time: 1:00-5:00pm
Where: Wallingford Town Hall
Fee: Free

FROSTY PARADE

Music and entertainment, reading of "Twas the Night Before Christmas" by Mayor William W. Dickinson. Parade departs Town Hall at 5:00pm and goes down Center Street to Johanna Manfreda Fishbein Park and Gazebo. Tree Lighting at 5:30pm.
When: Saturday, December 3, 2022
Time: 5:00pm
Where: Johanna Manfreda Fishbein Park and Gazebo
Fee: Free

WALLINGFORD CRAFT FAIR

The purpose of the Wallingford Craft Fair is to provide quality locally handmade goods, jewelry, décor, quilts, food and more. For the benefit of both consumers and producers. The Wallingford Craft Fair benefits the community by building a "sense of community," through local economic development and local artisans.

Craft Fair Information: The location of the Wallingford Craft Fair is located at Doolittle Park, 78 S Elm St. On Sunday September 4, 2022 from 10am-2:00pm

Application Process: Every vendor must submit an application. Vendor fees must be received by due dates stated on the application or as agreed with the Craft Fair Supervisor. Participation is solely at the discretion of the Craft Fair Supervisor. Applications available on www.wallingfordrec.com home page.

Vendor Spaces: Vendor spaces are filled via selection from annual applications. The number of guest vendor spaces is determined by a desire to maintain a diverse assortment of product categories. All applications are reviewed by the Craft Fair Supervisor and space is determined. Vendor spaces are 10x10 unless you are a food truck. If you need an additional space, a fee for another 10x10 space will be assessed.

SAVE THE
date

Celebrate Wallingford

SATURDAY OCT. 1 11:00-6:00

SUNDAY OCT. 2 11:00-5:00

A TWO DAY OUTDOOR FUN FALL FESTIVAL
DOWNTOWN WALLINGFORD

SHOPPING FOOD MUSIC ARTS & CRAFTS



CELEBRATEWALLINGFORD.COM

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. 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 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 MOTORIZED VEHICLES** are allowed on these trails! Trail maps are available at the Parks and Recreation Department, the Wallingford Public Library and the Environmental Planning Office in Town Hall. PLEASE NOTE SAFETY NOTICE: small game *hunting* is allowed in the preserve; Mondays, Wednesdays, Saturdays and Thanksgiving Day, October - February. Do not use the preserve on these days for safety reasons.

THE NEW ENGLAND TRAIL

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

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 playground equipment. 9.3 acres

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

5 – COYLE FIELD - Located on Woodhouse Avenue, includes a large soccer field with two smaller fields crossing them.

6 – DAG HAMMARSKJOLD MIDDLE SCHOOL - Located on Pond Hill Road, includes a hardball field and a softball field. 30.7 acres

7 – DOOLITTLE PARK - Located on South Elm Street, includes ball fields, 4-lighted tennis courts and two basketball courts. This park is also known for its wonderful playscape. 15.4 acres

8 – DUTTON PARK - This park is located at the end of North Main Street, is the home to a Civil War Monument and the Vietnam Veterans Memorial. .2 acres

9 – HARRIET WALLACE PARK - This park is located on North Elm Street and is a passive park with benches. 6 acres

10 – HARRISON PARK - This park is located on Cedar Lane and includes youth boys baseball field and three tennis courts. 15.4 acres

11 – HIGHLAND SCHOOL - Located on Highland Avenue, and includes a softball field. 21.0 acres

12 – JOHANNA MANFREDA FISHBEIN PARK - This park is located on North Colony Road, includes a Gazebo and is permitted out for special events at discretion of Director. Electricity is available upon request. .7 acres

13 – KENDRICK PARK - This park is located at the end of Grandview Avenue. This park includes a half court basketball court, playground equipment. 9.2 acres

14 – LYMAN HALL H.S. - Located on Pond Hill Road, and includes two softball fields, soccer field, football field, and a practice football field. 51.6 acres

15 – LUFBERY PARK - Going west on Cheshire Road, it is located at the first bend of the road. This park is home to the Flying Ace Frisbee Golf Course. It has a pavilion for picnics, small open field and nature trail. Electrical outlets are available. 45.1 acres

16 – MARCUS COOKE PARK - This park is located on Old Rock Hill 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 a 6 little league fields, concession stand and restrooms. 20.3 acres

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

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

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

23- QUINNIPIAC RIVER LINEAR TRAIL - A handicap accessible paved trail extending 2.2 miles from Hall Ave. north along the west side of the river, through a tunnel underneath Rt. 15 and continuing to a bridge onto Fireworks Island and ending at the northern end of the Island in Yalesville. To access the Trail from Yalesville (Rt. 150), you must drive through the Yalesville on the Green condominium complex parking lot and drive over their bridge. Park on the Trail side of the 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 rive, includes youth girls softball field, basketball court, and playground equipment. .8 acres

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

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

27 – VIETNAM VETERANS MEMORIAL FIELD - Located on East enter Street, includes two Little League baseball fields, five large soccer fields, two small soccer fields crossing one of the larger fields, pavilion, and community gardens.

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

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

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

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



WECARE: PLAYFUL CRUISERS

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

WECARE's Playful Cruisers 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 9:30-11:00am. There will also be a Tuesday evening class 4:30-6:00pm. 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 September 8, 2022 from 9:30-11:00am with a program start date of Monday, September 12, 2022.

Bebes Activos is run through the Spanish Community of Wallingford. Call 203-265-5866 for more information. Registration is on Wednesday September 7 and Thursday September 8 from 10:00am-12:00pm. Program begins on Tuesday, September 13, 10:00am-12:00pm and 12:30-2:30pm. Thursdays September 15, 10:00am-12:00pm.

Families are able to sign up for one day per week for the session.

In person registration will be held for Playful Cruisers **September 8, 9:30-11:00am** at the Family Resource Center in the Youth and Social Services Dept. 6 Fairfield Blvd. Playful Cruisers are offered Monday - Friday mornings 9:30-11:00am and Tuesday evenings 4:30-6:00pm in the Family Resource Center. Playful Cruisers will begin **Monday, September 12** choose one (1) day per family. Bebes Activos begins its Fall sessions on Thursdays Early September at the Spanish Community Center of Wallingford. Time for Bebes Activos is 12:30-2:00pm.

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

Wallingford Youth League Information



Wallingford Flag Football

President: Dom Colavito

Email: dominic.colavito@gmail.com

Website: www.hkiimemorialflagfootball.com



Wallingford Vikings Football

President: Marc Francis

Email: Wallingford.vikings@yahoo.com

Website: www.wallingfordvikings.com



Wallingford Little League

President: Eric Lyons

Email: wallingfordlitleleague@gmail.com

Website: www.wallingfordlitleleague.com



Yalesville Little League

President: Ray Gomes

Email: yalesvilleLL@gmail.com

Website: www.yalesvillelitleleague.com



Girls Little League Softball of Wallingford Fast Pitch

President: Kristine Carling

Email: wallingfordLLS@gmail.com

Website: www.gllsow.org



Wallingford Girls Softball League Slow Pitch

President: Marc Tangredi

Email: WGSLPresident@gmail.com

Website: www.wgsl.org



Wallingford Cardinals Travel Baseball/Softball

President: Chris Ames Jr.

Email: CAmes@wallingfordbaseball.com

Website: www.wallingfordbaseball.com



Wallingford Youth Soccer League

President: Dave Rodriguez

Email: roddag1@comcast.net

Website: www.wysl.net



Wallingford Youth Lacrosse

President: Rosa Brunelle

Email: President@wallingforyouthlacrosse.com

Website: www.wallingfordlacrosse.com



Wallingford Hawks Hockey

President: Gregory MCGovern

Website: www.whawks.com

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. 2022

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.

Wallingford Park & Recreation presents:

Thomaston Opera House



Lunch at Black Rock Tavern

**December 4, 2022 Sunday Matinee
Thomaston, CT**

Irving Berlin's *White Christmas* is a timeless tale of joy and goodwill about a song-and-dance team putting on a show in a magical Vermont inn and falling for a stunning sister act in the process. Full of dancing, laughter and some of the greatest songs ever written, the dazzling score features, "Blue Skies," "Count Your Blessings," "I Love a Piano," "How Deep is the Ocean?" and of course the unforgettable title song, "White Christmas." Give everyone the gift they're dreaming of with this merry and bright holiday musical. .

**Pre Show Lunch at Black Rock Tavern
Thomaston, CT**

**MENU: Chicken Marsala, Salmon with Lemon & Herbs, OR
Pork Tenderloin Vegetable, Potato, Dessert & Beverage
Meal Choice in Advance**

COST : \$119pp BASED ON 35-50

Depart: 10:45am Wallingford Park & Rec, 6 Fairfield Blvd

Estimated Return: 5:00pm Wallingford

Reservations: Wallingford Park & Rec 203-294-2120

Note: Proof of Vaccination along with a Photo ID is mandatory to attend a performance at the Thomaston Opera House

This package is subject to our full terms and conditions which can be found on our website at 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.



**FRIENDSHIP TOURS
THE SHIP SHOP**

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

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

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Residential Customer
Wallingford, CT 06492



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

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

Town Officials

Mayor William Dickinson, Jr.

Town Council Members:

Vincent Cervoni, Chairman
Thomas Laffin, Vice Chair
Autumn Allinson
Samuel Carmody
Craig Fishbein
Joseph Morrone
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: Loriann Ouellette
Early Childhood: Amy Carpenter
Crafts: Kim Larkin
Fine Arts: Rashmi Talpade
STEM: Chris Stone

FRONT OFFICE STAFF:

Daytime:
Laura Allen
Christel Beaumont
Paula Knecht
Jackie Taglianetti

Nights/Weekends:

Ryan Brawn
Tianna Caldeira
Grace Kopakow
Lacie Low
Lauren Montano
Dominick Riveccio
Beverly Somers
Tom Talbot

Parks & Recreation Commission:

Jason Michael, Chairman
Michael Savenelli, Sr., Vice Chair
Dave Gelo

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.