

WALLINGFORD | FALL 2023 | ACTIVITIES GUIDE

PARKS & RECREATION

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



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

Wallingford Park & Recreation presents:

Christmas in Newport



Sunday, December 10, 2023

The Breakers & The Elms

Holiday Lunch at Johnny's Restaurant

The Glitter of Gold - The Sparkle of Silver

Visit 2 of the most magnificent Mansions

The Breakers is the grandest of Newport's 'cottages' and is the sumptuous mansion of Commodore Cornelius Vanderbilt. Upon arrival everyone receives an audio guide so you can walk through at your leisure listening to the story of the mansion. Enjoy magnificently decorated rooms, poinsettias, charming ornaments, trees and wreaths.

Our lunch will be at the **Johnny's Restaurant at the Wyndham** a beautiful new hotel on the water in Middletown, RI. *Menu:* Salad, Choice of: Chicken Piccata, Baked Stuffed Scrod with Seafood Stuffing and Newburgh Sauce, OR Pasta Primavera, Vegetable, Potato, Dessert, Coffee. Iced Tea. **Entrée Choice in Advance**

The Elms, was built as a summer retreat for coal baron Edward Julius Berwind and his wife, Herminie and completed in 1901. At Christmastime, the house is dressed like a giant jewel box, letting the rooms inspire color schemes and motifs. You'll find antique toys in the library and sumptuous mantle decorations throughout.



COST: \$140.pp based on 35-50

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

Depart: 8:00am Wallingford Parks & Rec, 6 Fairfield Blvd

Est. Return: 7:00pm Wallingford

This package is subject to our full Terms & Conditions including our Tour Policies and Responsibilities which can be found on our website at <https://www.friendshiptours.net/tour-policies>. Paper copies are available upon request. It is your responsibility to read these Terms & Conditions. By signing up and making payment on a tour, you agree to be bound to these Terms & Conditions.



FRIENDSHIP TOURS
THE SHIP SHOP

705 Bloomfield Ave, Bloomfield, CT 06002
860-243-1630 • 800-243-1630



MESSAGE FROM THE DIRECTOR

DAVID DOHERTY FACILITY HOURS

Business Hours: Monday - Friday
9:00am to 5:00pm

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

CLOSED:

- Sept. 4th – Labor Day
- Sept. 12th – Open but no programs
- Oct. 9th – Columbus Day (open at 5pm)
- Nov. 7th – Open but no programs
- Nov. 10th – Veterans Day (open at 5pm)
- Nov. 23rd – 24th – Thanksgiving

Address: 6 Fairfield Blvd.
Wallingford, CT 06492

Phone: 203-294-2120

FAX: 203-294-2127

EMAIL ADDRESS:

MAIN: parksrec@wallingfordct.gov

Kenny: k.michaels@wallingfordct.gov

Michelle: michelle.bjorkman@wallingfordct.gov

Shawn: s.keogh@wallingfordct.gov

PARKS AND RECREATION WEB SITE:

www.wallingfordct.myrec.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.”

As the summer winds down and the anticipation of cooler weather, there is much to look forward to this fall season. In today’s hectic world, it is easy to forget that taking time to enjoy each day is so important to our health and well-being. The Wallingford Parks and Recreation Department is committed to enhancing the quality of life to all of our residents by helping people stay healthy and fit, build relationships with family and friends and develop a sense of community.

We have recently signed the construction contract for the replacement of the aging basketball courts at Doolittle Park. These new basketball courts will be post tension concrete courts, replacing the existing hoops with new structures and will complete the sport court replacements at this park. Construction is slated to begin early fall with completion and painting of the courts in early Spring of 2024. We are excited to announce the return of our winter adult basketball league. The league struggled to gain steam after COVID causing the league to shut down temporarily. With some recent interest in the league we are bringing it back to our program lineup. We are also excited to announce we will be extending our very successful Farmers Market into mid-November at Doolittle Park. This summer as been wildly successful due in large part to the efforts of John Scagnelli our Farmers Market Director. Working hand and hand with local vendors, the market continues to grow and we thank all involved for their efforts.

With the efforts of John Sullivan, Parks and Recreation Commission Chair, and the hard work of our part time maintainers Mike Magetteri and Scott Baur we have revamped park beautification efforts beginning with Wallace Park, which many, ourselves included, call the gateway park into Wallingford. Set in between Hall and Quinnipiac Ave this park is the center piece as you enter Wallingford towards the center of Town. This park is also home to Legacy Gardens, with monuments paying tribute to the Wallingford Civic Organizations that have made a lasting impact in the community.

As much as we do not want summer to end.....we are excited for our upcoming fall season!

All the best,

Kenny Michaels
Director of Parks and Recreation



Table of Contents

Keep In Mind	2	Performing Arts	22
PLAY Page	3	Fine Arts	23
Bus Trips	4	Visual Arts	24-25
Special Interest.....	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...

- **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 or day of class is cancelled. Our primary means of communication are email and text. You must opt in to receive text/email notifications from our office. If a desired class is full you will be put on a waiting list and contacted when/if a spot opens. 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.wallingfordct.myrec.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.

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.*

0200.400 HIP HOUSE DANCE SERIES 2023-2024

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 2022-2023 SEASON CAN HOLD ONTO THEIR PASSES. UPON REGISTERING FOR THIS COMING YEAR A STICKER WILL BE PLACED ON 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 5th, 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 2023 – 2024 HIP HOUSE DANCE PASS.**



2023 - 2024 HIP HOUSE DANCE SCHEDULE

- | | |
|--------------------------------------------------------------|----------------------------------------------------|
| Back to School Bash September 22 nd , 2023 | March Madness March 22 nd , 2024 |
| Halloween Havoc October 20 th , 2023 | Spring Fest April 19 th , 2024 |
| Fall Fest November 17 th , 2023 | Last Blast May 17 th , 2024 |
| Jingle Ball December 8 th , 2023 | |

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 16th and will end Wednesday November 22nd 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 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 10th – February 7th

Fees: (Same for Ski or Snowboard):

Lift Ticket Only: \$265

Lift Ticket & Rental: \$355

does not include helmet

Lift Ticket & Lessons: \$330

Lift Ticket, Rental & Lesson: \$410

does not include helmet



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 2023 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 2023 season!!

1002.303 MADE IN VERMONT**Saturday, September 30th****Bus Departs Rec. Dept. 8:15am****Returns: 6:30pm**

Fee: THIS TRIP HAS SOLD OUT. IF YOU ARE INTERESTED, PLEASE JOIN THE WAIT LIST. IF THERE IS ENOUGH INTEREST FRIENDSHIP TOURS MAY ADD A SECOND DATE.

We'll spend our day in beautiful Vermont shopping for goods Made In Vermont - cheese, farm goodies, & the best of country stores. Begin at Grafton Village Cheese, makers of artisan cheddar cheeses, in Brattleboro. This retail store has a large selection of artisan Vermont cheeses, specialty foods, breads and Vermont products. Lunch at The Marina along the river in Brattleboro. Enjoy beautiful views and great food. Menu: Fresh Baked Rolls, House Salad, Choice of Grilled Salmon, Marinated Steak Tips, or Marina Mac 'N Cheese, Side Dishes, Chocolate Brownies with Strawberries & Whipped Cream, Soda, Tea or Coffee. (Entrée Choice in Advance) The Vermont Country

Store in Rockingham has something for everyone including quality merchandise from around the block and around the world. Everything from wonderful, classic products that can simplify your life to penny candy, specialty foods, and Vermont-made products. Hidden Springs Maple Farm is family owned in Putney, Vermont where they started making maple syrup over 50 years ago. With a sugar brush span of over 1,000 acres in Putney and Westminster, VT, you will be sure to savor this natural Vermont flavor!

1002.403 JACK-O-LANTERN SPECTACULAR – PROVIDENCE, RI**Sunday, October 29th****Bus Departs Rec. Dept. 12:30pm****Returns: 10:30pm****Fee: \$109**

Experience the glow of thousands of pumpkins, set in a magical display of artistry during this early evening spectacular. Take a leisurely walk through the ¼ mile trail as you feast your eyes on hundreds of artfully carved jack-o-lanterns depicting people, places, and scenes from popular culture to old-time favorites and everything in between – all with painstaking detail and amazing intricacy. Prior to the Jack-O-Lantern Spectacular, enjoy free time at Providence Place Mall for shopping and dining.

NOTE: there is a moderate amount of walking on this trip.

1002.401 CHRISTMAS IN NEWPORT**Sunday, December 10th****Bus Departs Rec. Dept. 8:00am****Returns: 7:00pm****Fee: \$140**

Visit two of the most magnificent mansions! The Breakers is the grandest of Newport's 'cottages' and is the sumptuous mansion of Commodore Cornelius Vanderbilt. Upon arrival everyone receives an audio guide so you can walk through at your leisure listening to the story of the mansion. Enjoy magnificently decorated rooms, poinsettias, charming ornaments, trees, and wreaths. The Elms was built as a summer retreat for coal baron Edward Julius Berwind and his wife in 1901. At Christmastime, the house is dressed like a giant jewel box, letting the rooms inspire color schemes and motifs. You'll find antique toys in the library and sumptuous mantle decorations throughout. Our lunch will be at the Johnny's Restaurant at the Wyndham a beautiful new hotel on the water in Middletown, RI. Menu: Choice of Chicken Piccata, Baked Stuffed Scrod with Seafood Stuffing, or Pasta Primavera, all served with salad, vegetable, potato, dessert, coffee, iced tea. Please indicate meal choice at time of registration.

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. 9th – Nov. 20th (no class 11/6)

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. 9th – Nov. 20th 7:30pm - 8:15pm for 6 weeks (no class 11/6)

2015.402 Mondays Oct. 9th – Nov. 20th 8:30pm - 9:15pm for 6 weeks (no class 11/6)

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

Instructors: Joan Hamel

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 Thursday Sept. 14th 10:00am - 11:00am

2050.402 Thursday Sept. 28th 11:00am - 12:00pm

2050.403 Friday Oct. 13th 10:00am - 11:00am

2050.404 Thursday Nov. 14th 10:00am - 11:00am

2050.405 Tuesday Nov. 28th 10:00am - 11:00am

Location: Room 3 **Fee:** FREE

Instructor: Insurance With T

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. 5th – Dec. 14th no class 11/23

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. 14th 10:00am - 12:00pm

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

Instructor: Britt Soden





LIL REC'ERS EARLY CHILDHOOD LEARNING CENTER



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

Sessions

Session 1: September 11th – November 3rd (no class 9/12, 10/9)

Session 2: November 6th – January 5th (no class 11/7, 11/10, 11/23, 11/24, 12/25-1/1)

Session 3 (2024): January 8th – March 1st (no class 1/15, 2/12, 2/19)

Session 4 (2024): March 11th – May 10th (no class 3/29, 4/8 – 4/12)

Mini Session (2024): Shortened session running May–Mid June (Check spring brochure for more info)

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

Fees per session for Lil Rec'ers 2023 - 2024

MONDAY – FRIDAY AM (5 DAY) - \$625

MONDAY, WEDNESDAY, FRIDAY AM - \$370

TUESDAY / THURSDAY AM - \$290

Fees for Extended Day Ages 3-5

MONDAY, WEDNESDAY, FRIDAY \$305

TERRIFIC TWOSIES WITH PARENT

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

Session 1: Sept. 14th – Nov. 16th (no class 9/12, 11/7)

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

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

Session 2: Nov. 28th – Feb. 8th (No class 12/26, 12/28)

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

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

Session 3: Feb. 20th – May 2nd (No class 4/9, 4/11)

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

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

Fee: \$100 per session

Instructor: Miss Coleen

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 September 19th – October 24th

4:15pm - 5:30pm for 6 weeks

Location: Marcus Cooke Park

Fee: \$150

Instructor: Mary Cole, Owner Fit By Nature

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 September 22nd – October 13th

9:30 - 10:45am for 4 weeks

Location: Marcus Cooke Park

Instructor: Mary Cole, Owner Fit By Nature

Fee: \$120



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

Oct. 4th – Nov. 8th

6:05pm - 6:35pm for 6 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:

Oct. 2nd – Dec. 18th

5:30pm - 6:00pm for 12 weeks

4051.402 Saturdays:

Oct. 7th – Dec. 23rd

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

forms patterns of movement.

4052.400 Mondays: Oct. 2nd – Dec. 18th
6:05pm - 6:50pm for 12 weeks

4052.401 Saturdays: Oct. 7th – Dec. 23rd
9:30am - 10:15am for 12 weeks

Fee: \$90

Location: Room 14 Mondays
Room 15 Saturdays

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:

Oct. 4th – Dec. 20th

5:30pm - 6:30pm for 12 weeks

4053.401 Saturdays:

Oct. 7th – Dec. 23rd

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

Oct. 4th – Nov. 8th 5:45 - 6:45pm

for 6 weeks

4020.402 7-9yrs Wednesdays

Oct. 4th – Nov. 8th 6:45 - 7:45pm

for 6 weeks

Fee: \$65

Location: Gym 2

Instructor: Greg Morrone and Hoop House Staff

4028.400 LITTLE SLUGGERS 4-6 YEARS

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

When: Wednesday Oct. 4th – Nov. 8th
4:45pm - 5:30pm for 6 weeks

Fee: \$65

Location: Gym 1

Instructor: Diamond Kings Baseball Academy, Bristol, CT



FUNDAMENTAL SOCCER

SESSIONS FOR AGES 2-5

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 23rd – October 28th 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

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

When: Tuesdays Oct. 31st – Dec. 12th (no class 11/7) 6:00pm - 7:00pm for 6 weeks

Location: Parks & Recreation Gym

Staff: Project Triple Threat 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. 2nd – Nov. 13th 4:30pm - 5:15pm for 5 weeks (no class 10/9, 11/6)

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. 2nd – Nov. 13th 5:25pm - 6:25pm for 5 weeks (no class 10/9, 11/6)

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

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

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. 14th – Nov. 18th 9:15am - 10:15am for 6 weeks

Instructors: Triton Athletics Staff **Fee:** \$70

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. 7th – Oct. 5th 4:00pm - 5:00pm for 5 weeks

Fee: \$135

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: Thursdays Sept. 7th – Oct. 5th 5:15pm - 7:15pm for 5 weeks

Fee: \$210

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

4851.401 FIELD HOCKEY SKILLS CLINIC • GRADES 6-8

This is an introductory club for girls interested in learning the fundamentals of field hockey. The practices will include stick skills, teamwork, terminology/rules of the game, and scrimmages. All players are required to bring their own field hockey stick, shin guards, sneakers/cleats, and a mouth guard.

When: Tuesdays, Sept. 12th - Oct. 17th 4:30pm - 6:00pm for 6 weeks

Location: Moran Middle School

Instructor: Marsha Berkun

Fee: \$45

4200.400 GIRLS YOUTH VOLLEYBALL AGES 5-15

Season Begins Saturday September 16th. Learn the game of volleyball, skills, rules, teamwork, and sportsmanship while having fun. Program includes clinics, practices, and games.

Sept. 16th & Sept. 23rd: 5-11 year olds from 12-2pm & 12-15 year olds from 2-4pm.

First two sessions are 2-hour clinics. After Saturday, September 23rd sessions are 1 hour every Saturday, full schedule to come. Schedule subject to change based on registration numbers.

Saturdays: 12:00 - 4:00pm

When: Saturday, September 16th

Fee: \$90 includes league t-shirt

Coordinator: Ken Kish

4169 WEBER BOYS & GANNON GIRLS YOUTH BASKETBALL LEAGUE 2023 - 2024 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 9/18

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 12 teams. Additional players are allowed on rosters to fill in if needed.

When: Tuesdays Sept. 19th – Oct. 31st 6:00pm - 8:00pm for 7 weeks

Fee: \$40 per team

Location: Gym 2

4210.400 CO-ED ADULT OPEN VOLLEYBALL

Co-ed Adult Volleyball will run weekly on Thursdays - September 14th, 2023 thru May 30th, 2024 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 online or at the Park & Rec. If issues arise with non-registered participants, the Rec Department may require all participants to show ID upon arrival.

Fee: \$65 residents / \$85 non-residents



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 amount of teams. Limit of 8 Teams. Team rosters need to be completely filled out or they will not be accepted. Payment must accompany the roster. Tony Pires will evaluate teams and players for placement. Tony will designate what division a team will participate in.

Fee: \$300

Returning 2022-2023 team registration until Oct. 20th 4:30pm

New Team Registration begins

Oct. 23rd 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: \$300

Returning 2022-2023 team registration until Oct. 20th 4:30pm

New Team Registration begins

Oct. 23rd 9:30am

League Supervisor: Tony Pires

4230.400 SWISH WOMEN'S BASKETBALL LEAGUE

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

Games played on Sunday mornings starting at 10:00 am. Team rosters need to be completely filled out or they will not be accepted. Payment must accompany the roster. Registration closes October 13th.

Fee: \$650 for resident teams / \$700 for non-resident/corporate
League Supervisor: Roy Haynes

4220.400 MEN'S BASKETBALL LEAGUE

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

Games played on Sunday mornings starting at 8:00 am. Team rosters need to be completely filled out or they will not be accepted. Payment must accompany the roster. Registration closes October 13th.

Fee: \$650 for resident teams /

\$700 Non-resident/corporate

League Supervisor: Roy Haynes

PICKLEBALL 101 FOR BEGINNERS

What do you get when you mix ping pong, badminton, and tennis? Pickleball! The sport with a funny name that is sweeping the nation! Three lessons is all you need to possess the basic skills, rules, and terminology that will enable you to enjoy a full game of pickleball on your own!!

*Please make sure you can make all 3 lessons before signing up as no make ups will be provided unless we are rained out.

**You will need to provide your own paddle

Max of 4 people per session

Instructor: Jen Nuzzo

8500.401: September 19th, 20th, 21st
12:00 - 12:50pm

8500.402: September 26th, 27th, 28th
12:00 - 12:50pm

8500.403: October 3rd, 4th, 5th
12:00 - 12:50pm

8500.404: October 10th, 11th, 12th
12:00 - 12:50pm

8500.405: October 17th, 18th, 19th
12:00 - 12:50pm

8500.406: October 24th, 25th, 26th
12:00 - 12:50pm

Fee: \$110 per session

Location: Harrison Park Pickleball Courts

PICKLEBALL COACHED MATCH PLAY

Pickleball Coached Match Play™ featuring Angelo of the Rossetti Bros (Director of Pickleball at Shoreline Pickleball LLC of Milford).

Dynamic warmup, drilling with goals around the weekly theme, coached match play. All live ball coaching. Includes mental skills, strategies and tactics. Intermediate to intermediate plus levels (Pickleball rating must be 3.0-3.9). Each session limited to 8 participants.

Instructor: Angelo Rossetti

Fee: \$35 per session

Location: Harrison Park Pickleball Courts

8501.400 Sunday, August 27th
4:00 - 5:30pm

8501.401 Sunday, August 27th
5:30 - 7:00pm

8501.410 Sunday, September 10th
4:00 - 5:30pm

8501.411 Sunday, September 10th
5:30 - 7:00pm

8501.420 Sunday, September 17th
4:00 - 5:30pm

8501.421 Sunday, September 17th
5:30 - 7:00pm

8501.430 Sunday, September 24th
4:00 - 5:30pm

8501.431 Sunday, September 24th
5:30 - 7:00pm

8501.440 Sunday, October 1st
4:00 - 5:30pm

8501.441 Sunday, October 1st
5:30 - 7:00pm

8501.450 Sunday, October 8th
4:00 - 5:30pm

8501.451 Sunday, October 8th
5:30 - 7:00pm

8501.460 Sunday, October 15th
4:00 - 5:30pm

8501.461 Sunday, October 15th
5:30 - 7:00pm

Registration closes October 13th.





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.



Public Health
Prevent. Promote. Protect.

Wallingford Health Department:

Check out our programs!



Heartsaver CPR/AED: Adult, Child, Infant

This course will provide you with the fundamental skills & confidence to perform CPR on adults, children, and infants. This course will also teach the proper usage of an AED. Valid for 2 years.

Min: 3 Max: 12

Date: Tuesday, September 5th

Time: 5:30 - 8:30pm

Location: 143 Hope Hill Road,
Wallingford CT 06492

Former Yalesville Fire house

Fee: \$10

First Aid Certification

This course will provide you with the information and the skills you need to help adults and children during many emergency situations. Valid for 2 years. Min:

3 Max: 12

Date: Tuesday, September 12th

Time: 5:30 - 6:30pm

Location: 143 Hope Hill Road,
Wallingford CT 06492

Former Yalesville Firehouse

Fee: \$10

Stop The Bleed

This class will provide you with the skills you need to stop bleeding in emergency situations. Whether it is a scrape on the playground or a life-threatening bleed, you can be prepared to save a life! Valid for 2 years.

Min: 3 Max: 32

Date: Monday, October 9th

Time: 5:30 - 7:30pm

Location: 143 Hope Hill Road,
Wallingford CT 06492

Former Yalesville Firehouse

Fee: \$10

Question, Persuade, Refer (QPR) Training

An opportunity to learn 3 simple steps to help save a life from suicide. Just like CPR and the Heimlich maneuver, everyone should have this training!

Min: 5 Max: 20

Date: Thurs, November 2nd

Time: 6:00pm

Location: 143 Hope Hill Road,
Wallingford CT 06492

Former Yalesville Firehouse

Fee: \$10

Narcan

This class will teach you how to reverse opioid overdose with Naloxone. Learn how to save a life with the easy to use, easy to carry medication.

Dates: Tuesday, October 24th

Time: 5:30—6:30pm

Location: Hope Hill Road,
Wallingford CT 06492

Fee: \$10

Min: 3 Max: 25

Registration can be done online at www.wallingfordct.myrec.com or in person at the Parks and Recreation Department for all programs. These programs are very important and the knowledge learned can be the difference between life and death in emergency situations. There will not be other opportunities to take these



CT STEM ACADEMY

CT STEM ACADEMY SATURDAY AND EVENING PROGRAMS Fall 2023 and Winter 2024 Sessions



Wallingford VEX IQ Robotics Competition Team

Course Number 2005.401

Ages 10-13

Location: CT STEM Academy, 284 Washington Street
Cost: \$450

Join us for another successful season of our VEX IQ robotics competition team. 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 includes all meetings, t-shirt for participants and registration fees for all scrimmages and State Competition. Returning participants are welcome and new participants must have attended our summer orientation session. Questions: Please email info@ctstemacademy.org

Meeting Dates and Times

All meetings are 9 a.m. to 12 p.m. on Saturdays. Meeting dates are as follows:

9/23, 9/30, 10/7, 10/21, 10/28, 11/4, 11/11, 11/18, 12/2, 12/9, 12/16, 1/6, 1/13, 1/20, 1/27, 2/3, 2/10, 2/17, 2/24, 3/2, 3/9

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.

Wednesday Night Science Fun

Course Number 2005.

Ages 8-12

Wednesdays – See Selected Dates Below

6:00 – 7:00 p.m.

Location: Park and Rec STEM Room, 6 Fairfield Blvd.

There's nothing like some science to kick off the weekend! Friday 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: **FREE – Registration Required**

.426 Wednesday, September 20- Chemistry

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

.427 Wednesday, September 27 - Roller Coasters

Participants will envision and design a paper roller coaster.

.433 Wednesday, October 4 - Basketball Hoop Challenge

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

.432 Wednesday, October 18 – Race Car Challenge

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

.429 Wednesday, October 25 – Make and Take STEM

Participants will engage in a surprise STEM engineering challenge.

Exploring the Natural World

Course Number 2005.405

Ages 9-14

Saturday September 23, 2023

9:30 – 11:30 AM

Location: Sleeping Giant State Park, Hamden CT

Meet at the main entrance across from
Quinnipiac University

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

Fall Family STEM Fun

Join us at Celebrate Wallingford on October 7th & 8th

We will have **STEM Fun for All Ages and Information about Upcoming Programs** not listed in these brochure pages.



Science • Technology • Engineering • Math



CT STEM ACADEMY

Fall 2023 and Winter 2024 Programs



Ages 5 and 6 STEM (NEW Topics)

Course Number 2005.407

Tuesdays: 10/10, 10/17, 10/24

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

Location: Wallingford Parks and Rec STEM Room

Cost: \$31

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 Number 2005.107

Thursdays: 1/11, 1/18, 1/25, 2/1

Time 6:30 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

Archaeology 101

Course Number 2005.112

Ages 9 - 14

Tuesdays: 2/6 and 2/13

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 Archaeologists, students will study cultural material as they try to understand the past. Archaeologists studying the physical material left behind through the ages. This class will bring together many subjects like physical science, earth and environmental science, topography, anatomy and more!

Ages 7 and 8 STEM (NEW Topics)

Course Number 2005.406

Thursdays: 10/12, 10/19, 10/26

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

Location: Wallingford Parks and Rec STEM Room

Cost: \$31

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 Number 2005.106

Tuesdays: 1/9, 1/16, 1/23, 1/30

Time 6:30 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 (Beginner Topics)

Course Number 2005.425

Ages 7 - 9

Tuesdays: 11/14, 11/21, 11/28, 12/5

Time: 6:15 to 7:30

Location: Wallingford Parks and Rec STEM Room

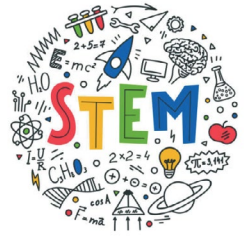
Cost: \$38

*This program is designed for participants who would like a rich introduction to robotics and coding. This program encourages **critical thinking, problem solving, and communication**. Participants will be using **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 2023 and Winter 2024 Programs



All Registration can be completed online at <https://wallingfordct.myrec.com>

STEAM Fun for Homeschool – Ages 8 - 14

Course Number 2005.415

Tuesdays: 9/12, 9/19, 9/26, 10/3

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

Location: Wallingford Parks and Recreation
Department, STEM Room

Cost: \$38

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.

After School STEM

****NEW PROGRAM****

After School STEM Exploration s for Grade 2 Students in 2024

Dates and Schools Listed Below

Times: 3:40/Dismissal – 4:45 p.m.

Cost: \$20

Come join us for our STEM Explorations Program Participants will engage in hands-on STEM sessions that include coding with an ozobot, electric circuit projects and engineering challenges. Sign up early to reserve your spot!
Course Number 2007.

.100 Moses Y. Beach – 1/9, 1/16, 1/23, 1/30

.101 E.C. Stevens – 2/6, 2/13, 2/20, 2/27

.200 Cook Hill – 3/5, 3/12, 3/19, 3/26

.201 Highland – 4/2, 4/16, 4/23, 4/30

Weather related cancellations will be made up on Tuesdays in May.



SCIENCE | TECHNOLOGY | ENGINEERING | MATHEMATICS

VEX Code VR & Block Coding – Online Program

Course Number 2006.144

Ages 8 - 14

Mondays: 1/8, 1/22, 1/29

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

Location: Online

Cost: \$30

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.

Python Coding – Online Program

Course Number 2006.131

Ages 10 - 15

Thursdays: 1/11, 1/18, 1/25

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

Location: Online

Cost: \$30

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

Robotics Club (Intermediate Level)

Course Number 2005.125

Ages 7 - 10

Thursdays: 2/8, 2/15, 2/22, 2/29

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

Location: CT STEM Academy, 284 Washington Street

Cost: \$38

*This program is designed for participants who would like to continue their robotic education. This program encourages **critical thinking, problem solving, and communication.** Participants will be using **Lego Mindstorms EV3** to learn how to build a specific 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. Must have prior robotics experience in our fall session.***



CT STEM ACADEMY

Fall 2023 and Winter 2024 Programs



All Registration can be completed online at <https://wallingfordct.myrec.com>

School Break One Day Programs

Robotics Exploration – One Day Program

Ages 8 to 12

Course Number 2005.411

Monday, October 9, 2023

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

Location: CT STEM Academy, 284 Washington Street

Cost: \$40

Just us for a fun morning exploring a variety of robotics platforms. Possible topics include sphero, ozobots, lego robotics and UBtech robotics.

Experimental Design – One Day Program

Course Number 2005.414

Ages 8 to 14

Winter Break – Wednesday, December 27, 2023

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 Number: 2005.416

Ages 8 to 14

Winter Break – Thursday, December 28, 2023

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.

Ages 5 and 6 STEM - One Day Program

Course Number 2005.108

Monday, Jan. 15, 2024 - 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 - One Day Program

Course Number 2005.109

Ages 7 and 8

Monday, Jan. 15, 2024 - Martin Luther King, Jr. Day

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

Location: CT STEM Academy, 284 Washington Street

Cost: \$30

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.

Fun with Chemistry

Course Number 2005.110

Ages 9 to 14

Monday, February 19, 2024 - Presidents' Day

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

Location: CT STEM Academy, 284 Washington Street

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

****Field Trips****We are now offering school day field trips for local classrooms and educators. For more information, please email us at info@ctstemacademy.org or call/text us at 203.626.2280.

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

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

5003.401 ALL LEVELS VINYASA YOGA

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

Equipment Needed: Your own yoga mat
Instructor: Cathy Dean
certified yoga instructor
When: Mondays 5:30pm - 6:30pm
Sept. 25th – Dec. 11th for 12 weeks
Location: Room 15 **Fee:** \$65

5006.401 BASIC YOGA MONDAYS-ZORAYDA

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

Equipment Needed: Your own yoga mat
Instructor: Zorayda Cocchi
OTR/L, RYT 500, CYKT
certified yoga instructor
When: Mondays 9:30am -10:45am
Sept. 25th – Dec. 11th for 11 weeks
(no class 10/9)
Location: Room 16 **Fee:** \$75

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
When: Tuesdays 5:50pm - 6:50pm
Sept. 26th – Dec. 12th for 11 weeks
(no class 11/7)
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
When: Tuesdays 7:00pm - 8:15pm
Sept. 26th – Dec. 12th for 11 weeks
(no class 11/7)
Location: Room 16 **Fee:** \$75

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. \$10 discount when signing up for both classes at the same time prior to the classes starting.

Equipment Needed: Your own yoga mat, light blanket suggested
Instructor: Christina Casavina
certified yoga instructor
5005.402 Mondays 9:15am -10:30am
Sept. 25th – Dec. 11th for 11 weeks
(no class 10/9)
Location: Room 15 **Fee:** \$75
5005.401 Thursdays 9:30am -10:45am
Sept. 28th – Dec. 14th for 11 weeks
(no class 11/23)
Location: Room 16 **Fee:** \$75

5013.400 ALL LEVELS YOGA WITH A TWIST

This class is the perfect well rounded yoga class, using a different prop or weight within the practice. A new way to body awareness! Form, Flow and Fun with a Twist

Equipment Needed: Your own yoga mat, light blanket suggested
Instructor: Christina Casavina
certified yoga instructor
When: Wednesdays 9:30am -10:45am
Sept. 27th – Dec. 13th for 12 weeks
Location: Room 15 **Fee:** \$80

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, light blanket suggested
When: Thursdays 5:30pm – 6:30pm
Sept. 28th – Dec. 14th for 11 weeks
(no class 11/23)
Instructor: Christina Casavina
certified yoga instructor
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 suggested
Instructor: Christina Casavina,
certified yoga instructor
When: Saturday 8:30am - 9:45am
Sept. 30th – Dec. 16th for 11 weeks
(no class 11/25)
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
When: Tues. & Thurs. 12:05pm - 12:50pm
Sept. 26th – Dec. 14th for 12 weeks
(no Class 11/7, 11/23)
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
When: Tues. & Thurs. 1:00pm - 1:45pm

Sept. 26th – Dec. 14th for 12 weeks

(no Class 11/7, 11/23)

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

5041.400 YIN YOGA & REIKI

Take some time to realign physically and energetically during this yin yoga practice enhanced with the healing magic of reiki. Deonna will guide you through deeply restorative yin poses to release tension in the soft tissue of the body while reconnecting with the self.

As you rest in each pose for several minutes Deonna will go around to offer healing to the energetic body through the ancient eastern practice of reiki.

Equipment Needed: Your own yoga mat
Instructor: Deonna Thomas, Certified yoga instructor and Reiki Master

When: Tuesdays, 9:30am -10:45am

Sept. 26th – Dec. 12th for 11 weeks
(no class 11/7)

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

5041.402 MOVEMENT FOR MENTAL HEALTH

Enjoy a yogic movement practice that helps to soothe a frazzled mind and bring balance to your overall wellbeing.

After Deonna guides you through a grounding and supportive flow we will join in sacred community, creating a safe space for all to feel truly seen.

In this space we will share current challenges with our mental health.

This may include heavy conversations meant to make you feel lighter and freer from such struggles as depression, anxiety, addiction, eating disorders, co-dependency and relationship issues, financial fears, and more. We will also go over different coping skills to help you get through your day and allow you to feel more at peace. Please note this is not a clinical therapy group, everything is peer support based and sharing personal information is 100% optional.

Equipment Needed: Your own yoga mat
Instructor: Deonna Thomas, certified yoga instructor

When: Saturdays, 9:30am -11:00am

Sept. 30th – Dec. 16th for 12 weeks

Location: Room 14 **Fee:** \$95

5041.403 SOUL FLOW THROUGH THE SUTRAS

Yoga is more than just movement, it is a way of living. During this Soul shifting class we will touch upon all 8 limbs of yoga while focusing on movement, meditation, and breathing techniques to drop us into our bodies and connect with our spiritual essence. Class will include

a discussion on yogic philosophy, the sutras, and how to incorporate the yamas and niyamas into our daily lives.

Equipment Needed: Your own yoga mat

Instructor: Deonna Thomas, certified yoga instructor

When: Fridays, 2:00pm - 3:30pm

Sept. 29th – Dec. 15th for 10 weeks
(no class 11/10, 11/24)

Location: Room 16 **Fee:** \$85

5041.401 AWAKENING HATHA YOGA

Start your day with a hatha yoga class to awaken the mind, body, and Soul. Deonna will guide you through a movement practice meant to bring balance to your entire being; uniting yin and yang energies. Fiery yang energy and movement will be softened with gentle yin poses throughout this practice. We will begin with breath and meditation followed by a Soul balancing hatha sequence and ending with a restful savasana.

Equipment Needed: Your own yoga mat
Instructor: Deonna Thomas, certified yoga instructor

When: Sundays, 9:30am - 10:45am

Oct. 1st – Dec. 10th for 11 weeks

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

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

When: Wednesdays 5:00pm - 5:45pm

Sept. 27th – Dec. 13th for 12 weeks

Location: Room 14 **Fee:** \$80

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

When: Wednesdays 6:00pm - 6:45pm

Sept. 27th – Dec. 13th for 12 weeks

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

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

When: Mondays 12:00pm – 1:00pm

Sept. 25th – Dec. 11th 11 weeks
(no class 10/9)

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

Fitness Classes

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

When: Mon., Wed, Fri. 6:00am - 6:45am

Sept. 25th – Dec. 22nd for 13 weeks
(no class 10/9, 11/10, 11/24)

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

When: Tues. & Thurs. 6:00am - 6:45am

Sept. 26th – Dec. 21st for 13 weeks
(no class 11/23)

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

Continued on next page

certified instructor

When: Mondays 5:30pm - 6:15pm
Sept. 25th – Dec. 11th for 12 weeks

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

When: Mondays 6:20pm - 7:05pm
Sept. 25th – Dec. 11th for 12 weeks

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

When: Tuesdays 5:45pm – 6:30pm
Sept. 26th – Dec. 12th for 11 weeks
(no class 11/7)

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

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

When: Thursdays 7:00pm - 7:45pm
Sept. 28th – Dec. 14th for 11 weeks
(no class 11/23)

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

When: Sunday 9:00am - 9:45am
Sept. 10th – Dec. 17th for 15 weeks

Location: Room 16 **Fee:** \$58

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

When: Tuesday 7:00pm - 8:00pm
Sept. 26th – Dec. 5th for 10 weeks
(no class 11/7)

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

When: Tuesdays 5:00pm - 5:45pm
Sept. 26th – Dec. 12th for 11 weeks
(no class 11/7)

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

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

When: Wed. & Fri. 10:20am - 11:05am
Sept. 27th – Dec. 15th for 12 weeks
(no class 11/10, 11/24)

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: Stacey Bobbitt

When: Wednesdays 5:05pm - 5:50pm
Sept. 27th – Dec. 13th for 12 weeks

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

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 - 11:05 AM

Instructor: Cheryl Myers Zumba and
NETA certified instructor

When: Sept. 25th – Dec. 11th
for 11 weeks (no class 10/9)

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

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

Instructor: Cheryl Myers Zumba and
NETA certified instructor

When: Sept. 25th – Dec. 11th

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

.408 ZUMBA TUESDAYS ~~6:30 - 7:15 PM~~ 7:30 - 8:15 PM

Instructor: Lisa Wasylean certified
Zumba Instructor

When: Sept. 26th – Dec. 12th
for 11 weeks (no class 11/7)

Location: Room 14 **Fee:** \$42

.403 ZUMBA WEDNESDAYS 7:30-8:30 PM

Instructor: Fee Adams, AFAA and
Zumba certified instructor

When: Sept. 27th – Dec. 13th

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

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

Instructor: Becky Fusco certified
Zumba instructor

When: Sept. 28th – Dec. 14th
for 11 weeks (no class 11/23)

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

.406 ZUMBA THURSDAYS 6:30-7:15 PM

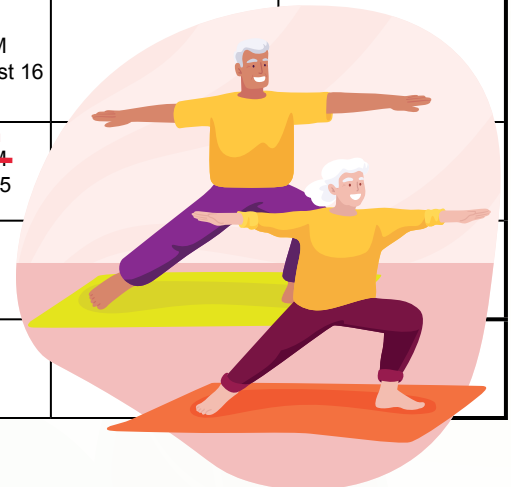
Instructor: Lisa Wasylean certified
Zumba instructor

When: Sept. 28th – Dec. 14th
for 11 weeks (no class 11/23)

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

Fall 2023 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	
Morning		9:30 - 10:45 AM Deonna Yin Yoga & Reiki 15	9:30 - 10:45 AM Christina All Levels Yoga 15	9:30 - 10:45 AM Christina Gentle Yoga 16		8:30 - 9:45 AM Christina Form & Flow Yoga 16
	9:30 - 10:45 AM Zorayda Basic Yoga 16		10:20 - 11:05 AM Cheryl Swing Shift 50+ Gym		10:20 - 11:05 AM Cheryl Swing Shift 50+ Gym	9:30 - 11:00 AM Deonna Movement for Mental Health 14
	10:20 - 11:05 AM Cheryl Zumba Gold Gym					
Afternoon	12:00 - 1:00PM Elaine Arthritis Foundation 15	12:05 - 12:50 PM Lauren Baby Boomer Boogie 16		12:05 - 12:50 PM Lauren Baby Boomer Boogie 16		
		1:00 - 1:45 PM Lauren Chair Yoga 16		1:00 - 1:45 PM Lauren Chair Yoga 16		SUNDAY
Evening		5:00 - 5:45 PM Kristie Cardio Kickboxing 15			2:00 - 3:30 PM Deonna Soul Flow Through Sutras 16	9:00 - 9:45 AM Sue M Powerology 16
	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 14	5:30 - 6:15 PM Becky ZUMBA 15		9:30 - 10:45 AM Deonna Awakening Hatha Yoga 15
	5:30-6:15 PM Sue Hardcore Strength 16		5:05 - 5:50 PM Stacey Boogie Blast 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 15	6:00 - 6:45 PM Linda Barre & Total Strength 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 16	7:30 - 8:30 PM Fee ZUMBA 16	6:30 - 7:15pm 7:00 - 7:45 PM Lisa ZUMBA 15		
		7:00 - 8:00 PM Central CT Tai Chi Tai Chi 15	KEY			
		7:30 - 8:15 PM Lisa Zumba 14	VIRTUAL CLASS			
		IN PERSON				



ADULT DANCE**6012.402 ADULT INTERMEDIATE TAP DANCE**

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 Sept. 25th – Nov. 13th for 8 weeks 6:40pm - 7:25pm

Instructor: Sharon Wilhelm

Location: Room 15

Fee: \$60

6012.401 ADULT BEGINNER 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 Sept. 28th – Nov. 16th for 8 weeks 6:30pm - 7:15pm

Instructor: Sharon Wilhelm

Location: Room 14

Fee: \$60

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

Diaper Darlings is an introductory dance class for your young toddler. The children will begin to explore movement, balance and begin to develop listening skills with instructional music and songs.

This class is a great way to introduce your child to the love of dance! Parent participation is required.

6000.401 Tuesdays

Sept. 26th – Nov. 21st 4:00pm - 4:30pm for 8 weeks (no class 11/7)

Instructor: Amy Malone

Location: Room 14

Fee: \$45

BALLET & TAP COMBINATION DANCE CLASSES • AGES 3-4

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

Several fun activities including creative movement will be explored, while also having the opportunity to interact with their classmates!

6000.403 Tuesdays

Sept. 26th – Nov. 21st 4:30pm - 5:30pm for 8 weeks (no class 11/7)

6000.413 Saturdays

Sept. 30th – Nov. 18th 9:00am - 10:00am for 8 weeks

Instructor: Amy Malone Tuesdays /

Jordyn Bowler Saturdays

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.

6000.406: Tuesdays

Sept. 26th – Nov. 14th 5:30pm - 6:30pm for 8 weeks

6000.416: Saturdays

Sept. 30th – Nov. 18th 10:05 - 11:05am for 8 weeks

Instructor: Amy Malone Tuesdays /

Jordyn Bowler Saturdays

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: Saturdays

Sept. 30th – Nov. 18th

11:10am - 12:10pm for 8 weeks

Instructor: Jordyn Bowler

Location: Room 14

Fee: \$55

1500.400 INTRO TO PIANO AGES 8-11

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

When: Saturdays Sept. 30th – Nov. 4th 10:00am - 11:00am for 6 weeks

Instructor: Christine Amarone

Location: Room 12

Fee: \$60

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.

When: Mondays 6:30pm - 8:30pm

Oct. 2nd – Nov. 20th for 8 weeks

Location: Room 7

Fee: \$80

Instructor: Rashmi Talpade

**7010.404 PASTELS
FOR ADULTS 18+**

Come and create your own original, pastel painting. Bring a photograph or still life set up to create your own personal art. Individual attention and direction will be available and different techniques will be demonstrated.

Whether you're new to pastels or experienced, you're more than welcome. Supply list for newbies! A box of Nu-pastels, preferably 96 ct a pad of either Canson or Wallis sanded pastel paper. Kneaded eraser, exacto knife, charcoal B pencil

When: Thursdays 6:30pm - 8:30pm

Oct. 5th – Nov. 30th for 8 weeks

(no class 11/23)

Location: Room 7

Fee: \$80

Instructor: Sue Murphy

**7010.405 POLYMER CLAY
JEWELRY AND MORE 18+**

Learn to make fashion jewelry using light weight polymer clay. This class will explore different usages of polymer clay and the flexibility of the media. You will create faux materials like amethyst, agate, turquoise and wood. Then you will turn those "stones" into jewelry. Another week you will make extremely realistic tiny foods that can be turned into pendants and earrings, another week you will create miniature works of art that imitate the great masters like Serrat, Mondrian, Van Gogh and Monet. These are just a few of the items we will make in this fast-paced, super fun course for adults. Plan to make lots of jewelry and laugh really hard!

When: Tuesdays 6:30pm - 8:30pm

Oct. 3rd – Nov. 28th for 8 weeks

(no class 11/7)

Location: Room 7

Fee: \$80

Instructor: Debbie Jaffe

AFTER SCHOOL ARTS PROGRAM (ASAP):

HIGHLAND SCHOOL: Grades K – 2 **Time:** 3:35pm – 4:35 pm

7750.402 – Clay Play – Instructor: Debbie Jaffe

Each Week your pint sized Picasso will create a sculpture from different types of clay media. We will use air dry clay, over bake clay and even our own clay dough. Your child may get a little messy so make sure they wear their play clothes!

When: 6 Mondays October 16th – November 20th

Fee: \$60

COOK HILL: Grades K – 2 **Time:** 3:35 pm – 4:35 pm

7750.407 – Clay Play – Instructor: Debbie Jaffe

Each week your pint-sized Picasso will create a sculpture from different types of clay media. We will use air dry clay, over bake clay and even our own clay dough. Your child may get a little messy so make sure they wear their play clothes!

When: 6 Tuesdays October 10th – November 21st (No class 11/7)

Fee: \$60

PARKER FARMS: Grades 3 – 5 **Time:** 3:25pm – 4:25pm

7750.403 – Clay Play – Instructor: Debbie Jaffe

Each week your little Michaelangelo will create sculptures based on life and fantasy. We will use a variety of media and techniques to learn basics of form and scale.

When: 6 Wednesdays October 11th – November 15th

Fee: \$60

E.C. STEVENS: Grades K – 2 **Time:** 3:35pm – 4:35 pm

7750.405 – Fine Art Basics - Instructor: Sue Murphy

Make your own original piece of art. It's all up to you. You can explore and experiment working with watercolors, pastels, tempera paint and model magic. Bring a photo of your choice or pick one of mine to create your own design. Pets, animals, sunsets, flowers, people, landscapes are just a few suggestions. The possibilities are endless. I'm excited to guide you into making art to give away or hang proudly in your home.

When: 6 Thursdays October 12th – November 16th (no class 11/23)

Fee: \$60

MARY FRITZ SCHOOL: Grades 3 – 5 **Time:** 3:25pm – 4:25pm

7750.404 – Clay Play – Instructor: Debbie Jaffe

Each week your pint-sized Picasso will create a sculpture from different types of clay media. We will use air dry clay, over bake clay and even our own clay dough. Your child may get a little messy so make sure they wear their play clothes!

When: 6 Fridays October 13th – December 1st (no class 11/10, 11/24)

Fee: \$60

POND HILL: Grades 3 – 5 **Time:** 3:25pm – 4:25pm

7750.400 – STEAM – Instructor: CT Stem Academy

This is a fun program for all who are interested in Art connections to STEM. Each day we will explore a wide range of topics from Robotics, Science, Engineering, Art and Math that will result in a variety of Make and Take projects including Chemistry projects! This program will be high engagement, hands-on, and interactive!

When: 6 Mondays October 16th – November 20th

Fee: \$60

ROCK HILL: Grades 3 – 5 **Time:** 3:25pm – 4:25pm

7750.401 – STEAM – Instructor: CT Stem Academy

This is a fun program for all who are interested in Art connections to STEM. Each day we will explore a wide range of topics from Robotics, Science, Engineering, Art and Math that will result in a variety of Make and Take projects including Chemistry projects! This program will be high engagement, hands-on, and interactive!

When: 6 Tuesdays October 10th – November 21st (no class 11/7)

Fee: \$60

7050.405 SPLAT ART STUDIO: KIDS FUN PAINT NIGHT 1 AGES 8 - 14

Drop off your kiddos at Splat Art Studio for a fun night that will spark your child's creativity and imagination. All art supplies, paint smocks and instruction are provided. Your child will take home a canvas masterpiece they will feel proud of. Kids only drop off event. All art supplies and paint smocks provided.

When: Friday, Nov. 3rd 6:00pm - 8:00pm

Location: SPLAT Art Studio, 106 South Colony Road

Fee: \$40

7050.406 SPLAT ART STUDIO: KIDS FUN PAINT NIGHT 2 AGES 8 - 14

Drop off your kiddos at Splat Art Studio for a fun night that will spark your child's creativity and imagination. All art supplies, paint smocks and instruction are provided. Your child will take home a canvas masterpiece they will feel proud of. Kids only drop off event. All art supplies and paint smocks provided.

When: Friday, December 8th

6:00pm - 8:00pm

Location: SPLAT Art Studio, 106 South Colony Road

Fee: \$40

8038.431 FAKE BAKE 2 AGES 8 - 12

We had so much fun with our first Fake Bake Clay class, so we are going to run another and create some new sweet treats! Choose from several great projects such as an Ice Cream Waffle Cone, Cake Pops, Oreos, Marshmallow treats, and more fake bakes!

When: Mondays, October 2nd and October 16th 6:15 - 8:00pm

Fee: \$35

Location: Room 7

Instructor: Kim Larkin



8038.413 HALLOWEEN SPOOKTACULAR PARENT-CHILD ART WORKSHOP

This year our fun team projects include a wild wooden spiderweb covered with dangling sparkling wooden spiders in the brightest colors! The other team member will create a vibrant Mexican Sugar Skull decorated with wooden and felt flowers and a felt hat. We have micro glitters and metallic paints to bring our artwork to life! Hot cocoa and cookies for all Halloween artists.

When: Friday, October 20th

5:30pm - 7:00pm

Fee: \$25 per team of 2
(\$18 supply fee made payable to instructor night of class)

Location: Room 7

Instructor: Kim Larkin

8038.414 YOUNG ARTISTS VACAY ART WORKSHOP: "BE PROUD OF WHO YOU ARE" AGES 10+

We will be creating a 12" wood square Inspo/chalk board framed with either colorful pom poms in different sizes/textures or wooden circles of various sizes you can paint with your own unique color palette. Our themed stencil for this project says "be proud of who you are". Inspirational, colorful graphics will be available to customize your unique board. Get creative and inspired at this fun class!

When: Friday, November 10th

6:30pm - 8:45pm

Fee: \$20 (\$10 supply fee made payable to instructor night of class)

Location: Room 7

Instructor: Kim Larkin



8038.415 ALICE IN WONDERLAND THEMED WOODEN MULTI MEDIA COLLAGE AGES 8 - 12

Come enjoy a relaxing meditative evening creating a whimsical collage using full color artwork from the Alice Books. Get curious and curiouser and learn how to layer images, apply textured teabag papers, stamped vellum, sepia inks, wood shapes, dictionary text and so much more! Come create a fun, colorful layered project that reminds you "we're all mad here" so you are in good, creative company! Herbal tea and music will be offered to help set the tone for all artists.

When: Tuesday, November 28th

6:30pm - 8:45pm

Fee: \$20 (\$9 supply fee made payable to instructor night of class)

Location: Room 7

Instructor: Kim Larkin

8038.419 WOOLEN BALL/FELT MIRROR WORKSHOP

Come create this vibrant, fun and easy project using colorful woolen balls and felt flowers. We will be assembling on a wood round base, with a choice of plain beveled or glittered mirror. We will assemble our project using glue guns on a wreath form resulting in a full, colorful unique art piece! A meditative process that focuses on color, so come have fun and play!

When: Tuesday, November 28th

6:30 - 8:45pm

Fee: \$20 (\$11 supply fee made payable to instructor night of class)

Location: Room 7

Instructor: Kim Larkin

8038.417 TWEEN/TEEN SUNDAY ART JAM: HIDDEN TREASURES AGES 10+

Come create a few fun hidden treasure art projects. The first will be a faux Book Box that we will decorate using fun layered collage tissues, paint and handmade papers. We will decorate a pen with micro beads to tuck away inside our book box. Our final hidden treasure will be a winter themed mug with a faux whipped cream topper, perfect for storing our hidden treasures in! Cookies and cocoa served for all artists.

When: Sunday, December 17th
1:00pm - 3:30pm

Fee: \$20 (\$12 supply fee made payable to instructor night of class)

Location: Room 7

Instructor: Kim Larkin

8038.100 WINTER BREAK ART DAY AGES 8 - 12

Come assemble and create a unique wooden tote, perfect for your art supplies, tools, games or any treasure! We will be using vibrant paints, cork, fun wood shapes and other cool embellishments to create a personalized functional work of art. Hot Cocoa and snacks for all artists so come create for the day!

When: Friday, December 29th
1:00 - 3:30pm

Fee: \$20 (\$11 supply fee made payable to instructor night of class)

Location: Room 7

Instructor: Kim Larkin

8038.416 WINTER WONDERLAND PARENT CHILD ART WORKSHOP AGES 8 - 12

We will be stepping a bit outside the box to create fun, unique Snow People and a magical snow-covered tree that stands 8" tall! We will dress our peeps in a choice of beret, cowboy hat or snowcap! We will have wooden gears/buttons to paint/glitterize, bright fleece and more to decorate their outfits. We will also have a card making station with paper punches and stickers to personalize your artwork. Cocoa and cookies provided to inspire all artists.

When: Thursday, January 11th
6:15pm - 8:45pm

Fee: \$30 per team of 2 (\$20 supply fee made payable to instructor night of class)

Location: Room 7

Instructor: Kim Larkin

8038.418 WINTER WONDERS NAUTICAL SEA SPRAY AGES 8 - 12

Come brighten up the winter months with a sea themed driftwood-faux evergreen spray. The natural elements of starfish, driftwood pieces, shells, colored sea glass, and nautical rope will be highlighted by microfine glitter treatments in blue, turquoise and sea greens. This is fun, festive, relaxing project reminiscent of the sparkling solstice season. Glue guns and wire will be on hand to help us arrange our nautical treasures. This is a beginner's class, so come join the fun.

When: Tuesday, January 16th
6:30pm - 8:45pm

Fee: \$20 (\$16 supply fee made payable to instructor night of class)

Location: Room 7

Instructor: Kim Larkin

8038.101 VALENTINE'S PARENT-CHILD ART WORKSHOP

Let's celebrate love with a unique, fun project! Each team member will be creating a 7' high wooden Cactus and planter pot, decorated with hearts, mini birds and cactus flowers in a Valentine's theme! We will be using paints, burlap, printed cork, and text choices such as "Love grows here, Free Hugs, or I'm stuck on you! A great project to display year round too! Hot cocoa and treats for all artists in attendance.

When: Friday, February 2nd
6:15pm - 8:45pm

Fee: \$25 per team of 2 (\$18 supply fee made payable to instructor night of class)

Location: Room 7

Instructor: Kim Larkin

8020.400 KNITTING WITH MARILYN

Beginners welcome! Class project – 10 stitch, self joining blanket/afghan. Project supplies discussed first class. Perfect opportunity to learn new skills or improve existing techniques. Jump on the knitting bandwagon. For the first class you will need 1 skein light colored worsted weight yarn and #8 knitting needles. Bring a note pad.

When: Mondays, Oct. 16th – Dec. 18th
10:00am - 12:00pm for 10 weeks

Location: Room 1

Fee: \$60

Instructor: Marilyn Pettison

8039.400 CRYSTAL MEDITATION & JEWELRY CREATION AGES 18+

Take some time to discover your creative side while healing the chakra system. Choose your crystal, connect with its' energy, and learn about the healing properties as Deonna guides you through a short meditation that will help bring balance to the mind, body, and Spirit while awakening your inner creatrix. Deonna will then give a demonstration on wire wrapping crystals as you begin to create and transform your crystal into a one-of-a-kind pendant to adorn your body. Afterwards you will be able to take your crystal and its' healing energy with you everywhere, allowing it to assist you in reaching your ultimate Dharma on this journey that we call life.

When: Sunday, October 1st
11:00am - 12:15pm

Location: Room 3

Fee: \$50

Instructor: Deonna Thomas

8039.401 SPIRITUAL JOURNEY THROUGH SOUND AGES 18+

Gather for a unique spiritual sound journey experience with Good Vibes Yoga Studio founder & creator Deonna Thomas. Beginning by connecting to Spirit and breath with the use of essential oil aromatherapy and a collective oracle card reading, we will receive and decipher a message from Spirit as we set an intention for our transcendental journey. Deonna will then use guided imagery and an array of sound instruments to transport you to what feels like another dimension in space and time. The sound vibrations will bring equilibrium and healing to the physical body on an energetic level, while regulating the emotional body and nervous system, and connecting to Spirit through physical sensations and visions. Awakening from our journey with the option to share our experience in a supportive compassionate community.

When: Sunday, November 5th
11:00am - 12:00pm

Location: Room 3

Fee: \$25

Instructor: Deonna Thomas

CELEBRATE WALLINGFORD

When: Saturday & Sunday, October 7th and October 8th

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 wci@wallingfordcenterinc.com.com

A GOBLIN GATHERING

A gathering for all Wallingford Goblins! You may gather in front of the YMCA Teen Center at 5:30 p.m. to start the parade at 6:00 p.m. or meet us in front of the Wallingford Town Hall at 6:30 p.m. 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 and Recreation Department and Wallingford Center Inc.

When: Friday, October 27, 2023

Time: 6:30pm - 8:00pm

Location: Wallingford Town Hall

Fee: Free

9 AND A CHICKEN

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

When: Friday, November 17th, 2023

Time: 7:00pm

Location: Begins at the Wallingford Chic Fil A. Ending at the Parks and Rec. Dept.

Fee: Free

14TH 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, d.j. entertainment, a photo booth and more. Fill out a ballot at each participating merchant and enter a chance to win a gift basket worth \$1000.00, \$600.00 or \$400.00 of gift cards. Downtown shops and restaurants will be open late to offer holiday tastings and special discounts. A great way to kick off the Holiday Season!!

For more information call WCI at 203-284-1807 or email Liz Davis wci@wallingfordcenterinc.com

When: Friday December 1st, 2023

Time: 4:00p.m. to 9:00 p.m.

Location: Up and down 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 arts and crafts, photo booth (sponsored by WCI) candy canes, chocolate chip cookies, hot chocolate and more for the children.

When: December 2nd, 2023

Time: 1:00pm - 5:00pm

Location: Wallingford Town Hall

Fee: Free

FROSTY PARADE

Music and entertainment.

When: December 2nd, 2023

Time: 5:00pm

Location: Johanna Manfreda Fishbein Park and the Gazebo

Fee: Free



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.

WELCOME TO BARKS & RECREATION**BERT & HARRY SUBKOWSKY 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. ***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. 68.55 acres

2– CARINI FIELD - Located on Woodhouse Avenue. This field includes a large soccer field with two smaller fields crossing them. 5.09 acres

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. 11.6 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. 8.33 acres

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. 15.24 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. 0.48 acres

9 – HARRIET WALLACE PARK - This park is located on North Elm Street and is a passive park with benches. 0.6 acres

10 – HARRISON PARK - This park is located on Cedar Lane and includes youth boys baseball field and three tennis courts. 14.35 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. 0.67 acres

13 – KENDRICK PARK - This park is located at the end of Grandview Avenue. This park includes a half court basketball court, playground equipment. 6.49 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. 44.92 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. 44.05 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. 9.1 acres

21 – PIRE PARK - Located on Northfield Road. This park includes a hardball field, basketball court and playground equipment. 3.62 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. 29.49 acres

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

24 – RICHARD SHEAHAN PARK - Located on Algonquin Drive, includes youth girls softball field, basketball court, and playground equipment. 1.93 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. 27.11 acres

28 – ROBERT 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. 9.3 acres

30 – STANLEY BUDLESKI - Located on Main St. Rt. 150 Yalesville "The Yalesville Green" 0.08 acres

31 – GRAND ST. PARK - Located on Grand St. and Washington St., includes a basketball court and playground. 0.63 acres

32 – FERGUSON WOODS - Contains 2/5 miles of blazed trails, woodlands and pond/stream habitat. Trail-head at cul-de-sac of Dibble Edge Road via Durham. 65 acres



WE CARE: PLAYFUL CRUISERS

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

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

Playful Cruisers: Classes are offered 5 days a week, Monday – Friday 9:30-11:00am. 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 Thursday, September 7th, 9:30 - 11:00am with a program start date of Monday, September 11th.

Bebes Activos is run through the Spanish Community of Wallingford. Call 203-265-5866 for more information. Registration is on Thursday, September 7th from 10:00am - 12:00pm.

Program Begins Tuesday, September 12th.

Tuesdays: Session 1 is 10:00am - 12:00pm, Session 2 is 12:30pm - 2:30pm

Thursdays: Session 3 is 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 7th, 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 11th** choose one (1) day per family. Bebes Activos begins its fall sessions on Tuesday September 12th.

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: Larry McClure

Email: wallingfordlittleleague@gmail.com

Website: www.wallingfordlittleleague.com



Yalesville Little League

President: Ray Gomes

Email: yalesvilleLL@gmail.com

Website: www.yalesvillelittleleague.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@wallingfordcardinals.com

Website: www.wallingfordcardinals.com



Wallingford Soccer Club

President: Dave Rodriguez

Email: wallingfordsoccer@gmail.com

Website: www.wallingfordsoccer.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

Activity Registration Form

FALL 2023 - Guide to Leisure & Fun!

www.wallingfordrec.com

(203) 294-2120

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. 2023 _____

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.**

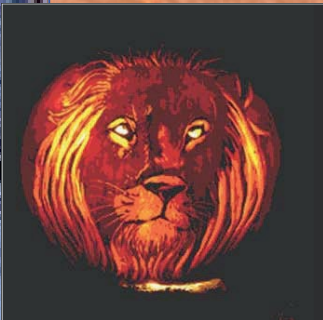
NON-RESIDENT: There will be a one-week delay in processing Non-residents registrations at the start of a program. This will allow Wallingford residents to register for programs.

Wallingford Parks & Recreation presents:

Jack--Lantern
Spectacular
at Roger Williams Park Zoo
presented by Citizens Bank

**Providence
Rhode Island**

Sunday, October 29, 2023




Experience the glow of thousands of pumpkins, set in a magical display of artistry during this **Early Evening Spectacular**. Take a leisurely walk

through the 1/4 mile trail as you feast your eyes on hundreds of artfully carved jack-o-lanterns depicting people, places, and scenes from popular culture to old-time favorites and everything in between - all with painstaking detail and amazing intricacy.

The event has been featured on the Today Show, CNN and hailed by USA Today as "extraordinary".

Prior to the Jack O Lantern Spectacular, enjoy free time at Providence Place Mall for shopping and dining.

 **NOTE: There is a moderate amount of walking on this trip**



COST: \$ **109** pp based on 40-52

Trip Questions: Wallingford Parks & Rec 203-294-2120
Depart: 12:30pm Wallingford Parks & Rec, 6 Fairfield Blvd
Est. Return: 10:30pm Wallingford



This package is subject to our full Terms & Conditions including our Tour Policies and Responsibilities which can be found on our website at <https://www.friendshiptours.net/tour-policies>. Paper copies are available upon request. It is your responsibility to read these Terms & Conditions. By signing up and making payment on a tour, you agree to be bound to these Terms & Conditions

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

Presorted
Standard Mail
U.S. Postage
PAID
Wallingford, CT
Permit #43

ECRWSS
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

Parks & Recreation Commission:

John Sullivan, Chairman
Don Crouch, Vice Chair
Lars Edeen
Lori Cooke-Marra
Steve Rossacci

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
Recreation Facilities Maintainers: Mike Magetteri and Scott Baur
Early Childhood: Amy Carpenter
Crafts: Kim Larkin
Fine Arts: Rashmi Talpade
STEM: Chris Stone

The commission is a five member advisory board responsible for overseeing the operation of the Parks & Recreation Department. The commission meets at the recreation department quarterly on Wednesdays at 5:30pm. The 2023 regular meeting schedule is below:

January 11, 2023 June 14, 2023
April 5, 2023 November 8, 2023

FRONT OFFICE STAFF:

Daytime:
Laura Allen
Christel Beaumont
Paula Knecht
Jackie Taglianetti

Nights/Weekends:

Ryan Brawn
Grace Kopakow
Lacie Low
Jamie Malone
Lauren Montano
Dominick Riveccio
Bev Somers
Chris Stevenson
Tom Talbot