

PARKS & RECREATION

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



Sports & Leagues
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Wallingford Parks & Recreation presents:

Ogunquit, Maine

A Beautiful Place by the Sea

Nubble Lighthouse

Saturday, June 24, 2023

Ogunquit is a quintessential Coastal Maine town. According to legend, Ogunquit was named by the Abenaki tribe meaning 'beautiful by the sea.'

Maine Luncheon at Jonathan's in the heart of Ogunquit - enjoy a House Salad, Choice of: **Chicken Piccata** or **Lemon Baked Scrod**, served with Vegetable & Potato, homemade dessert of the day, coffee & tea
(*Entree Choice needed in Advance*)

Time to shop and browse in walkable **Downtown Ogunquit**. Chock full of local independent shops, Ogunquit is the perfect spot for eclectic and one-of-a kind finds.



COST: \$137.00 based on 35-50

Departure: 8:00am Wallingford Parks & Rec
6 Fairfield Blvd, Wallingford
Estimated Return: 8:00pm Wallingford

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



FRIENDSHIP TOURS
THE SHIP SHOP

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Welcome to your SUMMER 2023

Guide to Recreation & Fun!

DAVID DOHERTY FACILITY HOURS

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

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

Summer Hours: Saturday
9:00am to 12:00pm
(Sunday Closed)

CLOSED:

July 4th – 4th of July
Sept. 4th – Labor Day

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PARKS AND RECREATION WEB SITE:
www.wallingfordct.myrec.com

Members of:

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

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



MESSAGE FROM THE DIRECTOR

Summer means happy times and good sunshine...It means going to the beach, enjoying the scenery, having fun with family and friends. It is also a great opportunity for our youth to create many lasting memories in many of our summer recreational offerings. Many people today will tell you the best times of their childhood were the summer months during their favorite camp activities and family vacations. Many of those opportunities and memories begin here at the Wallingford Parks and Recreation Department.

The Wallingford Parks and Recreation Department offers a wonderful network of community and neighborhood parks, natural areas, open spaces, trails, recreational facilities and year-round recreational activities. Take a walk along the Quinnipiac Linear Trail, play a round of frisbee golf at Lufbury Park, reserve a pavilion for a family gathering, grow vegetables in the community garden, take a day trip on one of our coach bus destinations, listen to live music Wednesday nights up town on a warm summer evening, buy fresh vegetables and locally grown products at our Farmers Market, the Wallingford Parks and Recreation Department has a little something for everyone!

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 ensuring every resident has the opportunity to have an outstanding recreational experience. Our activities and park facilities enhance the quality of life of our residents by helping us stay healthy and fit, build relationships and friendships with family and friends, along with developing a sense of community pride.

In recent years, the Wallingford Parks and Recreation Department & CT STEM Academy have teamed up to offer a VEX IQ Robotics Team for elementary and middle school students. In our program, students learn how to design, build, test, program and lastly participate in competitions. Their year-long dedication and perseverance paid off! In late April/early May, our team qualified for and competed in the VEX IQ Robotics World Championships in Dallas, TX. Pictured on the cover are students who competed in the State Championships and won their divisions. We are so proud of all of our students and their accomplishments this year. We are excited to continue to build and grow our already successful relationship with the CT STEM Academy and look forward to these new offerings.

If there is a program idea or offering that you would like to propose, please do not hesitate to reach out to us.

Have a great summer,

Kenny Michaels

Director of Parks & Recreation

Vision Statement

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

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

• **REGISTRANTS ARE NOTIFIED** when a course is filled or cancelled. If a desired class is full you will be put on a waiting list. Additional classes may be opened if facility and instructor are available.

• **PROPER ATHLETIC SHOES (NO BLACK SOLES)** must be worn in gym and aerobics room.

• **CHILDREN UNDER 16** are not to be left unattended in the Doherty Rec Center Building.

• **REFUND POLICY:** The Rec Dept. reserves the right to cancel, postpone or combine classes or change instructors. If insufficient enrollment causes a class to be cancelled, full tuition is refunded or a credit is given for future use. We made our best effort to provide the class and instructor advertised in the brochure. In the event an instructor can no longer teach a class we will provide another instructor, if one is available, to finish the session. A credit may be issued for the amount of remaining classes. Materials and supplies purchased by you are excluded from refunds and credits.

• **ADDITIONAL MATERIALS AND OR EQUIPMENT** may be required in some programs. Please check the program's descriptions for information on material or other needs. If questions still exist please call the office so we may help you.

• **REGISTRATION EXCEPTIONS?** Children must be the proper age before the program begins. We try our best to accommodate everyone. Programs are designed according to an age level that will best benefit the student and to have an appropriate instructor/student ratio.

• **FEE PAYMENT:** Instructors will not accept registration at the class site. FEES must be paid at the office prior to participation with EXACT CASH OR CHECK. Credit card payments are accepted with online registration through our website www.wallingfordrec.com. There is a non-refundable 3% transaction fee for online credit card payments.

• **PHONE REGISTRATIONS:** Sorry, phone registrations are not accepted.

• **CLASS CANCELLATIONS:** When schools have delayed opening in the A.M. classes till noon are cancelled. When the schools are closed, Rec Dept. classes will not meet for the school day from 8a.m. to 4p.m. Evening programs are still on unless otherwise indicated. Evening class cancellations will be made at 4p.m. Cancellations will be emailed and texted out to our database, posted on our website, and may be announced on WTNH CH 8, WFSB CH 3, WNBC CH 30 and Govt. Access CH. 20. You must be opted in to receive cancellation notifications from our email and text blast system.

• **A.D.A. STATEMENT / INCLUSION POLICY:** The Recreation Dept. intends to comply with the A.D.A. regulations. It is the policy that recreation be "FUN FOR ALL". Participation in many of our non-adaptive programs is possible for those with special needs. We are limited in our ability to provide additional staff, specialized equipment and medical services. To discuss how we can support your abilities, interest and desire to participate please contact our office at (203) 294-2120. Together we can make recreation FUN FOR ALL.

• **SPECTATORS: CHILD PROGRAMS:** One of the fundamental instructional program goals is to provide your child with a fun and positive learning opportunity with their peers while developing separation skills. Parents are encouraged to abide by the observation schedule determined by the program instructor in order to provide the best instructional atmosphere. Please feel free to discuss your child's progress with the instructor either before or after class.

• **NEW TO THE AREA?** The Wallingford Parks & Recreation Department invites you to come in and find out what we have to offer. We have programs, classes and facilities for all ages. Want to learn more? Give us a call at 203-294-2120. We will be happy to make an appointment at your convenience to show you around and explain any program that is of interest to you. We want to meet you and talk with you and your family.

• **PHOTOGRAPHS:** Participants may be photographed for the purpose of promotion or advertising in future brochures, in newspapers or in other Wallingford Park and Recreation Department media.

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.

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 at least 5 years old and 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!!

1002.304 OGUNKUIT, MAINE**Saturday June 24th**

Bus Departs Rec. Dept. 8:00am

Returns: 8:00pm

Fee: \$137

Ogunquit is a quintessential Coastal Maine town. According to legend, Ogunquit was named by the Abenaki tribe meaning 'beautiful by the sea.' Maine Luncheon at Jonathan's in the heart of Ogunquit – enjoy a house salad, choice of: Chicken Piccata or Lemon Baked Scrod, served with vegetable and potato, homemade dessert of the day, coffee and tea. Time to shop and browse in walkable Downtown Ogunquit. Chock full of local independent shops, this is the perfect spot for eclectic and one of a kind finds.

1002.301 HUDSON RIVER CRUISE ON THE RIP VAN WINKLE**Sunday July 23rd**

Bus Departs Rec. Dept. 9:15am

Returns: 7:00pm

Fee: \$137

Enjoy a pre-cruise Sunday Brunch Buffet with a Southern flare at Ole Savannah Southern Table in on the Kingston waterfront. Don't miss their famous Fried Chicken! Sample Brunch Menu: Eggs Benedict, Scrambled Eggs, French Toast, Home Fries, Omelet Station, Bagels Lox & Cream Cheese, Assorted Danish & Muffins, Yogurt Parfaits, Fresh Fruit, Pulled Pork, Carving Station, Fried Chicken, Seasonal Vegetables, Cole Slaw, Mixed Green Salad All aboard the Rip Van Winkle departing from Kingston, NY heading south to Hyde Park and return. Our narrated cruise will take us by beautiful views of Hudson River lighthouses, waterfront mansions and other amazing sites as we lazily glide along the water.

1002.302 LONG ISLAND SOUND GOLD COAST LIGHTHOUSES & MANSIONS**Sunday August 20th**

Bus Departs Rec. Dept. 8:30am

Returns: 6:00pm

Fee: \$161

Departing from The World's Fair Marina in Flushing, NY, the Skyline

Princess will travel east for a 3 hour experience, along the Gold Coast of Long Island. Our narrated cruise will highlight: Stepping Stones, Execution Rocks & Sands Point Lighthouses Impressive Gold Coast Mansions Historic Forts Totten & Schuyler While cruising we'll enjoy our buffet lunch. Sample Menu: Caesar Salad, Fresh Baked Rolls, Braised Boneless Short Ribs, Lemon Grilled Chicken, Potato, Vegetable, Vegetarian Selection, Gourmet Cakes & Desserts & Coffee.

1002.303 MADE IN VERMONT**Saturday September 30th**

Bus Departs Rec. Dept. 8:15am

Returns: 6:45pm

Fee: \$134

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 Chesse, 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!



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 12TH.

Sessions

Session 1: September 11th – November 3rd (No Class 10/9)

Session 2: November 6th – January 5th (No Class 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)

Fees for Lil Rec'ers 2023-2024

Monday – Friday AM (5 day) - TBD

Monday, Wednesday, Friday AM - TBD

Tuesday / Thursday AM - TBD

Fees for Extended Day Ages 3-5

Monday, Wednesday, Friday TBD

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

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. 12th – Nov. 16th

3000.400 9:00am – 10:00am – 10 weeks

3000.401 10:30am – 11:30am – 10 weeks

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

3000.100 9:00am – 10:00am – 10 weeks

3000.101 10:30am – 11:30am – 10 weeks

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

3000.100 9:00am – 10:00am – 10 weeks

3000.101 10:30am – 11:30am – 10 weeks

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

P.L.A.Y.

Programs and Leisure Activities for Youth

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 2022-23 SEASON CAN HOLD ONTO THEIR PASSES. UPON REGISTERING FOR THIS COMING YEAR A STICKER WILL BE PLACED ON THE FRONT OF THE EXISTING CARD. NO MORE PICTURES, NO MORE FILLING OUT AN ID CARD AGAIN.** The dance pass allows you entry to 7 dances. No passes will be sold in the schools or on the day of the dance. Photo ID's will go on sale August 1st for \$40. As of September 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 22nd

Halloween Havoc – October 20th

Fall Fest – November 17th

Jingle Ball – December 8th

March Madness - March 22nd

Spring Fest – April 19th

Last Blast – May 17th

SUMMER PLAYGROUND CAMP

(please note registration for this program began March 13)

Who: For Wallingford children ages 6-11 (children must be 6 by July 5 and no older than 11 for the duration of the program)

What: A summer playground program which includes arts and crafts, sports, in house entertainment, movies and more.

Where: Fritz, Moses Y Beach and Stevens

When: Session I Monday July 5- Friday July 21 (13 days)

Session II Monday July 24- Friday August 11 (15 days)

Fee: Session 1 First Child \$130.00 each additional child \$115.00

Session II First child \$ 150.00 each additional child \$135.00

Program runs from 8:30-3:00 Monday through Friday

**4060.300 SKYHAWKS TINY HAWKS
AGES 3-4**

This program is pre-school aged kids and introduces the essentials of two sports - soccer and basketball. Through age appropriate games and activities, campers explore balance, hand/eye coordination and skill development. Participants must be toilet trained.

When: Tues. – Fri. June 20th – June 23rd
8:15am – 9:00am **Fee:** \$75

Location: Gym 1

Instructor: Skyhawks Staff

**4060.301 SKYHAWKS MINI - HAWK
SPORTS • FOR AGES 4-6YRS**

This program helps young children explore basketball, baseball and soccer in a day program setting. There is no pressure, just lots of fun while these young athletes participate in all three 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: Tues. – Fri. June 20th – June 23rd 9:15am – 12:15pm **Fee:** \$135

Instructor: Skyhawks Staff

Location: Gym 1

**4060. SKYHAWKS TENNIS BEGINNER
& INTERMEDIATE • AGES 6-12**

This class provides a relaxed environment where fundamental tennis skills are taught along with a wide range of fun activities that help develop agility, balance, movement, sending, receiving and gross motor skills on a smaller court. In addition to expanding tennis skills, players improve their movement and rallying skills. We help each player to develop better tennis mechanics and more consistent shots. A variety of fun activities are used to improve player athleticism through agility, balance, coordination and movement development.

.303 Beginners Ages 6-9: July 10th – July 13th 9:00am - 12:00pm

.304 Intermediate Ages 8-12: July 10th – July 13th 9:00am – 12:00pm

Location: Doolittle Park **Fee:** \$135

Instructor: Skyhawks Staff

(a nationally recognized sports program provider)

**4060.302 SKYHAWKS SPORTS & GYM
GAMES • AGES 7 - 11**

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

When: Mon. – Fri. July 17th – July 21st
9:00am - 3:00pm **Fee:** \$189

Location: Parks & Rec Gym

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

**HOOP HOUSE BASKETBALL CAMP •
FOR BOYS & GIRLS 7-15YRS**

“Play Basketball, Have Fun” is our motto as fundamentals are taught daily by Mike Papale, Joe Gaetano, and Greg Morrone. Camp features: daily contests, drills & stations, team trophies and a camp T-shirt. Campers will be divided into age and skill level groups. Camp held at the Rec Dept.'s Hoop House Gym. Each camper should bring a lunch daily. For more info stop by the office and pick up a camp brochure.

4168.301 Session 1 June 26th – June 30th 8:30am - 3:30pm

4168.302 Session 2 Aug. 14th – Aug. 18th 8:30am - 3:30pm

Fee: \$185

Instructors: Mike Papale, Joe Gaetano, Sheehan Boys Varsity Coach, Greg Morrone, Co Director Weber & Gannon League

**4830.300 WALLINGFORD YOUTH
FOOTBALL CAMP FOR AGES 8-14**

Wallingford Vikings Coaching staff will lead Wallingford's Annual football camp. This camp is specifically designed for youth football players with a strong emphasis on the basics of blocking, tackling, and position specific skill work. Don't miss this great opportunity to learn the fundamentals of the game and to get a head start on the upcoming season.

Dates: July 31st – August 3rd **Fee:** \$70

Times: Mon-Thurs 5:30pm – 7:00pm

Instructor: Wallingford Vikings Coaches

**4070. WALLINGFORD SOCCER CLUB
SUMMER CAMP • AGES 5-14**

.300 Full Day: July 10th – July 14th
9:00am - 4:00pm (1:00 on Friday)

Fee: \$240

.304 Half Day: July 10th – July 14th
9:00am – 12:00pm

Fee: \$170

Location: Vietnam Veteran's Memorial Park

Instructor: Everson Soccer

**4850. USA ELITE SOFTBALL CAMP
AGES 8-16**

USA Elite Training, LLC has been coaching the top softball performers in New England, with proven results for the past 28 years. Players will be divided by player skill level (beginner to advanced) and age during each clinic session. This camp will be divided into two sessions; All Skills and Pitchers & Catchers. The All Skills Clinic will emphasize: daily drills such as hitting, fielding and throwing, position fundamentals such as double plays, covering bases, cutoffs, defensive and offensive strategies, and general skills like base running and live game action. Pitchers and catchers will work on specific skills for their positions. Pitchers will work to improve their accuracy and speed while catchers will focus on improving all skills behind the plate.

When: Monday – Thursday
August 21st – August 24th

Time: **.300** 9:00am – 12:00pm
(All Skills: \$144)

.301 12:00pm – 3:00pm
(Pitchers and Catchers: \$124)

Location: Pragemann Park

Fee: \$224 for both sessions **.302**

Instructor: Jen Hapanowicz, Owner and USA Elite Training Coaching Staff

**4851.300 DIAMOND KINGS BASEBALL
CAMP • AGES 6 – 12**

No matter what league or level in which your child plays, they will improve, have fun, and learn more about THEIR game and the skills needed to improve. Diamond Kings combines innovative drills with controlled scrimmages with emphasis on player development and game skill improvement. Players will work on, fielding, throwing, hitting, base running and more. Players will be grouped by age/skill ability.

When: June 19th – June 22nd 9:00am – 11:30am **Fee:** \$135

Location: Vietnam Veteran's Memorial Field 1

Instructor: Diamond Kings Baseball Academy

4851.302 WALLINGFORD FIELD HOCKEY CAMP GRADES 3-9

This is an introductory camp for children who are either interested in playing on a team or looking to learn/improve upon their foundational field hockey skills. For children entering Grade 3 – entering Grade 9. Participants must not be in high school already. Participants should bring their own equipment including; field hockey stick, shin guards, mouth guard, and water bottle.

When: Monday – Friday

June 19th – June 23rd

Time: 9:00am – 12:00pm

Location: Sheehan High School Turf

Fee: \$110

Instructor: Kaitlyn Gill Head Varsity Field Hockey Coach Sheehan High School, Victoria Abolafia Assistant Varsity Field Hockey Coach Sheehan High School, Steph Lovado Head Field Hockey Coach Lyman Hall High School

4310.300 CROSSFIT TRITON – CROSSFIT KIDS CAMP • AGES 8 - 16

This 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 kids and teens, athletes, and non-athletes to participate in this program.

When: Mon. – Thurs.

August 14th – August 17th

Fee: \$120

Location: Cossfit Triton, Capitol Dr, Wallingford

Instructor: Triton Athletics Staff

KARATE

0118.303 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

May 24th – June 28th

6:05-6:35pm 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.

4051.301 Mondays:

June 26th - September 18th

for 12 weeks (no class 9/4)

4051.302 Saturdays:

July 8th – September 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.

4052.300 Mondays:

June 26th - September 18th

for 12 weeks (no class 9/4)

4052.301 Saturdays:

July 8th – September 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!

4053.300 Wednesdays:

June 28th – September 13th

5:30pm – 6:30pm for 12 weeks

4053.301 Saturdays:

July 8th – September 23rd

10:15am – 11:30am for 12 weeks

Fee: \$90 **Location:** Room 15

Instructor: The Institute of Martial Arts Staff

KARATE SUMMER KAMP • AGES 4-11

Learn the art of Tang Soo Do, play fun Karate games, break boards, and learn self-defense. Karate Kamp is a great way for students to be introduced to a martial art while having fun!

4112.301 Week 1:

July 31st – August 4th

Monday – Friday 9:00am – 1:00pm

4112.302 Week 2: August 7th – 11th

Monday – Friday 9:00am – 1:00pm

Fee: \$120

Location: Gym

Instructor: The Institute of Martial Arts Staff

LEAGUES

CO-ED ADULT SOFTBALL

For the first time the Parks & Recreation Department will be hosting a summer time Adult Co-Ed Slow Pitch Softball League. Game play will be on Saturday evenings beginning at 5:00pm and will begin in mid-late August. This is a fun, family-oriented league. Families come and play and watch games together. Keep an eye on your emails for more information regarding registration.

4200.400 GIRLS YOUTH VOLLEYBALL AGES 6-15

Registration begins July 11th. Check email blasts for league information.

Saturdays: 12:00 – 4:00pm. Different age groups will meet for 1 hour each.

When: Mid September

Fee: \$90

4303.400 SENIOR BASKETBALL - SILVER BULLETS 2023-2024 AGES 55YRS AND UP

Come down and join the rest of the Silver Bullets this basketball season.

Registration for 2023-2024 play will begin Monday September 11th. Game play goes September through June (Various open dates throughout the summer). This is a fun and active group looking to continue play in the game of basketball.

Fall 2023 - Spring 2024 Schedule

September 11th - June 14th, 2024
Mondays, Wednesdays, Fridays 8:00am - 10:00am (Full Gym)

Fee: \$30

Location: Gym 1 & 2

4210.400 CO-ED OPEN GYM ADULT VOLLEYBALL

Co-ed Adult Volleyball will run weekly on **Thursdays - September 14, 2023 thru May 23, 2024 from 7:30pm - 9:45pm.**

This program is open for **only age 18 and older!** 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 beginning August 1st. Registration is limited.

Fee: \$65

4169.400 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.

Dads and moms requesting to be coaches please pick up a coaches volunteer form and fill out completely with a copy of your driver's license as soon as possible.

Coaches will be subject to a background check and first time coaches are required to attend an online 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. Not all volunteers will be selected and coaches will be picked based on program needs. Emails regarding registration will be sent out in July. Divisions below may change based on number of registrations.

Divisions

Weber - 1st/2nd Grade
Weber - 3rd Grade
Weber - 4th Grade
Weber - 5th Grade
Weber - 6th Grade
Weber - 7th Grade

Weber - 8th Grade
Weber - 9th - 12th Grade
Gannon - Grades 1, 2
Gannon - Grades 3, 4, 5
Gannon - Grades 6, 7
Gannon - Grades 8 - 12
Fee: \$95 Residents / \$115 Beginning 9/18 | \$130 Non Residents

4851.301 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, September 12th - October 17th for 6 weeks

Time: 4:30pm-6:00pm

Location: Moran Middle School

Instructor: Marsha Berkun

Fee: \$45

Gymnastics

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

Come join in the fun of recreational gymnastics under the direction of our wonderful instructors. These classes will provide a fun and exciting experience for participants. All programs start with the basics and move along the skill path at their own pace. Please do not bring additional children to class. Only those who are registered will be allowed to participate. Classes begin the week of Monday, July 10th for 6 weeks.

TINY TUMBLERS: 12 MONTHS - 35 MONTHS

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

.301 Mon. July 10th 9:15 - 10:00am

.302 Mon. July 10th 10:05 - 10:50am

.303 Mon. July 10th 5:15 - 6:00pm

.311 Tues. July 11th 9:15 - 10:00am

.312 Tues. July 11th 10:05 - 10:50am

.313 Tues. July 11th 5:15 - 6:00pm

.321 Weds. July 12th 9:15 - 10:00am

.322 Weds. July 12th 10:05 - 10:50am

.323 Weds. July 12th 5:15 - 6:00pm

.331 Thurs. July 13th 9:15 - 10:00am

.332 Thurs. July 13th 10:05 - 10:50am

.341 Fri. July 14th 9:15 - 10:00am

.342 Fri. July 14th 10:05 - 9:45am

.352 Sat. July 15th 8:45 - 9:30am

Fee: \$55

Location: Gymnastics Room

Instructors: Gymnastics Staff

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

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

NO EXCEPTIONS

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

.305 Mon. July 10th 10:55 - 11:40am

.306 Mon. July 10th 6:05 - 6:50pm

.315 Tues. July 11th 10:55 - 11:40am

.316 Tues. July 11th 6:05 - 6:50pm

.325 Weds. July 12th 10:55 - 11:40am

.326 Weds. July 12th 6:05 - 6:50pm

.335 Thurs. July 13th 10:55 - 11:40am

.345 Fri. July 14th 10:55 - 11:40am

.355 Sat. July 15th 9:35 - 10:20am

Fee: \$55

Location: Gymnastics Room

Instructors: Gymnastics Staff

BEGINNER GYMNASTICS CLASS: 5 - 8 YEARS OLD

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

NO EXCEPTIONS

In this class we will introduce your child to the skills on all of the gymnastics equipment. Your child will develop skills on the beam and bars.

.307 Mon. July 10th 6:55 - 7:40pm

.317 Tues. July 11th 6:55 - 7:40pm

.327 Weds. July 12th 6:55 - 7:40pm

.357 Sat. July 15th 10:25 - 11:10am

.358 Sat. July 15th 11:15 - 12:00pm

Fee: \$55

Location: Gymnastics Room

Instructors: Gymnastics Staff

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

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

5003.301 ALL LEVELS VINYASA YOGA

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

Equipment Needed: Your own yoga mat
Instructor: Cathy Dean
certified yoga instructor

Time: Monday 5:30-6:30 PM

Dates: June 26th – September 11th for 11 weeks (no class 9/4)

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

5006.301 BASIC YOGA MONDAYS-ZORAYDA

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

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

Class Time: 9:30 – 10:45 AM

Date: June 26th – August 28th for 10 weeks

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

5007.302 YOGA FOR NOT-FLEXIBLE PEOPLE

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

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

Class Time: Tuesdays 5:50 – 6:50pm

Date: June 27th – August 29th for 9 weeks (no class 7/4)

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

5007.304 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.

Class Time: Tuesdays 7:00 – 8:15pm

Date: June 27th – August 29th for 9 weeks (no class 7/4)

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

GENTLE YOGA & MEDITATION

A nurturing, healing yoga experience for everyone. Bring some much needed relaxation and ease into your life.

Basic yoga postures and breathing are taught in a gentle way to help students release deep tension and stress from their bodies and minds.

Equipment Needed: Your own yoga mat

5005.302 Mondays 9:15-10:30 AM

Instructor: Christina Casavina
certified yoga instructor

Date: June 26th – September 11th for 11 weeks (no class 9/4)

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

5005.301 Thursdays 9:30-10:45 AM

Instructor: Christina Casavina
certified yoga instructor

Date: June 29th – September 14th for 12 weeks

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

5013.300 YOGA WITH WEIGHTS: WEDS

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

Instructor: Christina Casavina,
certified yoga instructor

Date: June 28th – September 13th for 12 weeks

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

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

5005.309 YOGA WITH WEIGHTS: THURS

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

Equipment Needed: Your own yoga mat

Class Time: Thursdays 5:30 – 6:30PM

Instructor: Christina Casavina
certified yoga instructor

Date: June 29th – September 14th for 12 weeks

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

5013.304 YOGA FORM & FLOW

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

Equipment Needed: Your own yoga mat and a light blanket

Instructor: Christina Casavina,
certified yoga instructor

Date: July 8th – September 23rd for 12 weeks

Class Time: Saturday 8:30 - 9:45AM

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

5041.300 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

Date: June 27th – September 12th for 11 weeks (no class 7/4)

Class Time: Tuesdays, 9:30 -10:45 AM

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

5041.302 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.

Equipment Needed: Your own yoga mat

Instructor: Deonna Thomas,
certified yoga instructor

Date: July 8th – September 9th for 10 weeks

Class Time: Saturdays, 9:30 -11:00 AM

Location: Room 14 **Fee:** \$85

5041.303 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

Date: June 30th – September 15th for 12 weeks

Class Time: Fridays, 2:00 – 3:30pm

Location: Room 16 **Fee:** \$105

5106.300 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.

Instructor: Lauren Henrici
 AFAA certified instructor

Date: June 27th – September 14th for 12 weeks (no class 7/4)

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

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

5018.300 CHAIR YOGA

This gentle yoga class will ease you into the world of yoga, whatever your age and ability. CHAIR YOGA is designed for anyone who wants a seated option for their yoga experience and for individuals 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
Instructor: Lauren Henrici, RYT, Yoga Fit certified instructor

Date: June 27th – September 14th for 12 weeks (no class 7/4)

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

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

5019.300 PILATES

This series will leave you feeling longer, leaner, and more limber! Pilates helps to strengthen the core, align the body, increase flexibility, and improve posture. Each class, the instructor will guide you through a series of

exercises on the mat to target different muscle groups and build mind-body awareness. No experience necessary. Modifications are offered throughout class to appropriately challenge beginner through advanced students.

Instructor: Jessica Glynn

Date: July 24th – August 28th for 6 weeks

Class Time: Mondays 9:15 – 10:00am

Location: Room 14 **Fee:** \$30

Fitness Classes**5820.300 VIRTUAL POWER UP**

Three classes, three different formats. Metabolic Conditioning, Full Body Interval Strength Training, and Cardio HIIT.

Increase your strength and improve your overall level of fitness with a combination of functional strength training and cardio conditioning. We will take circuit training to the next level with full body combos and high heart rates. Start your day off building muscle, burning fat, and being strong! Equipment needed: handheld weights, bands, or kettlebell.

Instructor: Jess Holloway
 AFAA certified instructor

Date: June 26th – September 22nd for 13 weeks (no class 9/4)

Class Time: Mon, Wed, Fri 6:00-6:45 AM
Location: Zoom **Fee:** \$110

5821.300 VIRTUAL EARLY MORNING PUMP

Start your day off right with EARLY MORNING PUMP. We will tone all major muscle groups using a combination of handheld weights, barbells and our own body. Equipment Needed- handheld weights, bands, kettlebells and/or bodybars

Instructor: Jess Holloway
 AFAA certified instructor

Date: June 27th – September 21st for 13 weeks (no class 7/4)

Class Time: Tues. & Thurs. 6:00-6:45 AM
Location: Zoom **Fee:** \$90

5519.300 HARDCORE STRENGTH

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

Instructor: Sue Moreschi
 ACE certified instructor

Date: June 26th – September 11th for 11 weeks (no class 9/4)

Class Time: Mondays 5:30-6:15 PM
Location: Room 16 **Fee:** \$42

5521.300 IT'S HIIT

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

Be ready to sweat! All levels are welcome!

Instructor: Sue Moreschi
 ACE certified instructor

Date: June 26th – September 11th for 11 weeks (no class 9/4)

Class Time: Mondays 6:20-7:05 PM
Location: Room 16 **Fee:** \$42

5522.300 TOTAL BODY CONDITIONING

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

Instructor: Sue Moreschi
 ACE certified instructor

Date: June 27th – September 12th for 11 weeks (no class 7/4)

Class Time: Tuesdays 5:45 – 6:30 PM
Location: Room 16 **Fee:** \$42

5522.301 CARDIO BLAST

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

Instructor: Sue Moreschi
 ACE certified instructor

Class Time: Thursdays 7:00 – 7:45 PM
Date: June 29th – September 14th for 12 weeks

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

5100.300 TAI CHI CH'UAN

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

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

Time: Tuesdays 7:00 – 8:00pm

Date: June 27th – September 5th for 10 weeks (no class 7/4)

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

5511.300 CARDIO KICKBOXING

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

Instructor: Kristie Miller

Time: Tuesdays 5:00 – 5:45 PM

Date: June 27th – September 12th for 11 weeks (no class 7/4)

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

5012.303 PILATES PLUS CORE

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

Instructor: Linda Roy, STOTT

pilates certified instructor

Class Time: Wednesdays

5:00 - 5:45 PM

Date: June 28th – September

13th for 12 weeks

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

5012.304 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: Please bring your own mat.

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

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

Date: June 28th – September 13th for 12 weeks

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

5106.305 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

Dates: June 28th – September 13th for 12 weeks

Class Time: Wednesdays 5:05 – 5:50pm

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

5105. SWING SHIFT (50+ YEARS OLD)

This class is designed for the active senior. Move and step to your favorite music as you improve your cardiovascular health. Strength and balance exercises also included for complete fitness.

This class will keep you moving and keep you doing the activities you love to do! Class is for 50+ Adult

Instructor: Cheryl Myers

Dates: June 28th – September

15th for 12 weeks

Class Time: Wed. & Fri.

.300: 10:20 - 11:05 AM

.301: 11:15 – 12:00pm

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

Performing Arts**Music****1500.300 INTRO TO PIANO CAMP AGES 7-10**

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: August 14th – August 18th 6:00-7:00pm

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

Instructor: Christine Amarone

Kids Dance**TWIRLING PRINCE & PRINCESS CAMP AGES 3-5**

Calling all you princes and princesses! Come and twirl with us through a week dedicated to all of our fairytale characters! This camp is designed specifically with the little ones in minds. We will dance our way through fairytale land focusing on a different prince and princess each day. Different genres of dance will be explored such as ballet, tap, and jazz as we incorporate dance steps with your favorite Disney songs. Both dance and theater games will enhance this program allowing your little one to use their imagination and creativity! Bring a nut free snack

6020.300: June 26th – June 30th 9:00am -12:00pm

6020.301: July 17th – July 21st 9:00am -12:00pm

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

Instructor: Amy Malone

SUMMER DANCE & CHEER CAMP AGES 7 - 10

Join Parks and Rec this summer for our Dance & Cheer Camp! Plan on having a day of dance instruction in all genres including Hip Hop and Jazz, student choreography, dance games!! Ready, Set, Cheer! Each camper will learn cheers, proper hand and body movements, and jumping techniques. We will also focus on basic tumbling and mounting skills. Both dance and cheer sessions will promote self-confidence and team building! We will integrate

both cheer and dance together to make one comprehensive showcase piece to be performed on the last day of camp for friends and family! Please wear comfortable Active Wear, sneakers and bring plenty of water! Bring a nut free snack/lunch

6020.304: Monday – Friday July 10th – July 14th 9:00am - 1:00pm

Location: Room 14 **Fee:** \$110

Instructor: Amy Malone

6000.301 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.

When: Tuesdays June 27th – August 8th 4:00pm - 4:30pm for 6 weeks (no class 7/4)

Instructor: Amy Malone Tuesdays

Location: Room 14 **Fee:** \$40

6000.304 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!

When: Tuesdays June 27th – August 8th 4:30pm - 5:30pm for 6 weeks (no class 7/4)

Instructor: Amy Malone Tuesdays

Location: Room 14 **Fee:** \$50

6000.306 BALLET & TAP COMBINATION CLASSES • AGES 5-6

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

When: Tuesdays June 27th – August 8th 5:30pm - 6:30pm for 6 weeks (no class 7/4)

Instructor: Amy Malone Tuesdays

Location: Room 14 **Fee:** \$50

Summer 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	
	9:15 - 10:00 AM Jessica G Pilates 14					
Morning	9:30 - 10:45 AM Zorayda Basic Yoga 15	9:30 - 10:45 AM Deonna Yin Yoga & Reiki	9:30 - 10:45 AM Christina Yoga with Weights 15	9:30-10:45 AM Christina Gentle Yoga 16	9:30 - 10:45 AM Christina Gentle Yoga 15	8:30 - 9:45AM Christina Form & Flow Yoga 16
	9:15-10:30 AM Christina Gentle Yoga 16		10:20 - 11:05 AM Cheryl Swing Shift 50+ 16		10:20 - 11:05 AM Cheryl Swing Shift 50+ 16	9:30 - 11:00AM Deonna Movement for Mental Health 14
	10:50 - 11:35 AM Cheryl Zumba Gold 16		11:15 - 12:00 PM Cheryl Swing Shift 50+ 16		11:15 - 12:00 PM Cheryl Swing Shift 50+ 16	
Afternoon		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	2:00 - 3:30PM Deonna Soul Flow Throgh Sutras 16	
Evening		5:00 - 5:45 PM Kristie Cardio Kickboxing 15				
	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		
	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	7:00 - 7:45 PM Lisa ZUMBA 15		
		7:00 - 8:00 PM Central CT Tai Chi Tai Chi 15				
KEY						
VIRTUAL CLASS						
IN PERSON						

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.

.301 ZUMBA GOLD MONDAYS

10:50 – 11:35 AM

Instructor: Cheryl
Myers Zumba and NETA
certified instructor

Dates: June 26th –
September 11th for 11
weeks (no class9/4)

Location: Room 16

Fee: \$42

.300 ZUMBA MONDAYS

7:10-7:55 PM

Instructor: Cheryl
Myers Zumba and NETA
certified instructor

Dates: June 26th –
September 11th for 11
weeks (no class9/4)

Location: Room 16

Fee: \$42

.303 ZUMBA WEDNESDAYS

7:30-8:30 PM

Instructor: Fee Adams,
AFAA and Zumba
certified instructor

Date: June 28th –
September 13th for 12
weeks

Location: Room 16

Fee: \$45

.307 ZUMBA THURSDAYS

5:30-6:15 PM

Instructor: Becky
Fusco certified Zumba
instructor

Date: June 29th –
September 14th for 12
weeks

Location: Room 15

Fee: \$45

.306 ZUMBA THURSDAYS

7:00-7:45 PM

Instructor: Lisa
Wasylean certified
Zumba instructor

Date: June 29th –
September 14th for 12
weeks

Location: Room 15

Fee: \$45

6000.307 JAZZ/HIP HOP COMBO**AGES 5-7**

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

When: Tuesdays June 27th – August 8th
6:30pm - 7:15pm for 6 weeks
(no class 7/4)

Instructor: Amy Malone

Location: Room 14 **Fee:** \$50

Adult Dance**6012.302 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 the 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.

When: Mondays July 10th – August 28th
for 8 weeks 6:40 - 7:25pm

Instructor: Sharon Wilhelm

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

6012.301 ADULT BEGINNERS 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 July 6th – August 24th
for 8 weeks 6:30 - 7:15pm

Instructor: Sharon Wilhelm

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

Fine Arts**ALL NEW SUMMER OFFERINGS!!!!****8038.300 SUMMER ART SPLASH**

Let's celebrate summer by drawing, painting and creating summer themed projects with vibrant splashes of color and paint! We will be using clay and other fun media to bring our projects to life! Wear your art clothing, we will be getting messy!

Ages 8 - 12

When: July 10th – July 14th

Time: 10:00am - 12:00pm

Location: Room 7

Instructor: Kim Larkin **Fee:** \$60

8038.301 FIN-TASTIC ART

Draw, paint, and create creatures that have fins and scales – imaginary and real. Cool clay and collage techniques, 2D and 3D projects that will bring our deep divers to life! Wear your art clothing, we will be getting messy!

Ages 8-12

When: July 17th – July 21st

Time: 10:00am - 12:00pm

Location: Room 7

Instructor: Kim Larkin **Fee:** \$60

8038.302 CLAY FANTASY CREATURES

Your child will learn to create a different fantasy creature every day. Dragons, unicorns, yeti, and gnomes are just a few of the amazing creatures we will be making

Ages 8-12

When: July 24th – July 27th

Time: 9:30 – 11:00am

Location: Room 7

Instructor: Debbie Jaffe **Fee:** \$40

8038.303 PAPER CHASE

Want a break from paint to just create with vibrant colored papers? We will construct fun layered art using the art of assemblage, paper punching and combining handmade/textured papers to draw/create one of a kind projects!

Ages 8 - 12

When: August 7th – August 11th

Time: 10:00am - 12:00pm

Location: Room 7

Instructor: Kim Larkin **Fee:** \$60

8038.304 WILD WOODS

Come create and design fun and functional wood projects like a cool wood/canvas hanging wall pocket along with other unique wood/art combinations. We will also use armature/colored wire to add texture and interest to our wild woods!

Ages 8-12

When: August 14th – August 18th

Time: 10:00am - 12:00pm

Location: Room 7

Instructor: Kim Larkin **Fee:** \$60

8038.305 AFTERNOON TWEEN-TEEN ART SPLASH AGES 12+

Come let your creativity soar while learning new techniques in crafting. We'll be using paper clay and mould techniques, paint, layered paste stencils and steampunk art accents to create fun and funky projects for your room!

When: July 6th and July 13th

Time: 1:30 – 3:30pm

Location: Room 7

Instructor: Kim Larkin **Fee:** \$25

8038.306 TEEN BEADING 101: STEAMPUNK/HARDWARE JEWELRY AGES 12+

Come have fun creating a cool stacked hardware necklace from washers, decoupage papers and dimensional medium. We'll be using colored/metallic rawhide cording and we'll learn how to add clasps and accents. Choices included will be earrings and bracelets using a great choice of beads, memory wire, and hardware.

When: August 10th and August 17th

Time: 1:30 – 3:30pm

Location: Room 7

Instructor: Kim Larkin **Fee:** \$25





CT STEM ACADEMY SUMMER 2023 PROGRAMS



Programs will be at 6 Fairfield Blvd unless stated at 284 Washington Street (CT STEM Academy). Please enter building via courtyard by following entrance signs.

Full day camps require students to bring a morning snack and lunch.

STEAM Camp for Ages 8 to 14

Course 2005.

Friday, June 16

9am to 3pm Full Day or 9am to 12pm Half Day Option

Cost: \$65 (Full Day .330) or \$38 (Half Day .331)

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!

STEAM Explorations I for Ages 8 to 14

Course Number: 2005.325

June 19 to 23

9am to 12pm

Cost: \$135 Half Day Camp Only

Do you like to explore science, solve problems and use technology? If you do, then the CT STEM Academy is the perfect place for you! Join us for an engaging session of exploring many different STEM Challenges through hands-on investigations. **Activities, and groupings, will be varied to meet the needs of all participants. Challenges will be different from past STEM Exploration Camps II.**

Online Coding and Virtual Robotics for Ages 9 to 14

Course Number: 2005.335

June 19 to June 23 - 10:00am to 11:15am

Location: Online Only - Cost: \$50

Participants will code virtually using platforms such as Snap!, Code.org, Ucode and VEX code VR. Participants will learn how to control a virtual robot using a block based coding environment. VEX code VR is based on VEX code, the same programming environment used for VEX 123, GO, IQ and V5 robots. We will provide different challenges based upon coding experience. There is no additional materials kit required for this program.

Register for all programs online @
<http://www.wallingfordct.myrec.com/>

Ages 5 and 6 STEM Camp

Course Number: 2005.305

July 10 to July 14, 10:00 am to 12:00 am

Course Number: 2005.306

July 31 to August 4, 10:00 a.m. to 12:00 p.m.

Cost: \$105

This camp will challenge students to address real world engineering problems! Students will be creating solutions, building models, and working together to explore science, technology, engineering and math. Join us for an engaging session of exploring many different STEM Challenges through hands-on investigations. Our session will include high interest materials such as Snap Circuits, Ozobots, and Rockets! **Each session will offer different activities and topics from previous years.**

Ages 7 and 8 STEM Camp

Course Number: 2005.308

July 31 to August 4, 1pm to 3pm

Cost: \$105

Join us for an engaging session of exploring many different STEM Challenges both engineering and technology through hands-on investigations. Students will be given building challenges, coding workshops, and math games to enhance STEM learning! Our session will include high interest materials such as Lego STEM Challenges, Ozobots and more!

Robotics Camp for Ages 7, 8, 9

Course Number: 2005.301

July 31 to August 4, 1 to 3:30 pm daily

Cost: \$120

The great minds at LEGO have provided the tools and means for us to use their fun kits to do more advanced STEM and computer science. LEGO WeDo and LEGO Mindstorms are a great way for students to explore a different side of robotics that includes engineering through interesting building challenges, programming, and innovative thinking with high interest materials. **This session will offer different challenges from our previous session and held at our 284 Washington Street location.**



CT STEM ACADEMY SUMMER COMPUTER SCIENCE 2023 PROGRAMS



Programs will be at 6 Fairfield Blvd unless stated at 284 Washington Street (CT STEM Academy). Please enter building via courtyard by following entrance signs. Full day camps require students to bring a morning snack and lunch.

Girls Powered STEM – Session 1

Course Number : 2005.340

Ages 9 – 14

July 5,6,7 (W to F) - 9:00 am to 4:00pm

Location: In person @ CT STEM Academy

Cost: \$70 (Grant Funded Program)

This camp will be exploring all aspects of STEM. Participants will be exploring topics such as coding, robotics, NASA based engineering challenges and more! Girls will have the opportunity to connect with others sharing the same interest. This class will explore coding platforms such as CS First, VEX VR, Scratch and other introductory programs. Participants will also explore robotics through hands-on explorations with Lego Robotics. This program will be lead by all female staff. ***Session 1 and 2 will have different topics.***

Girls Powered STEM – Session 2

Course Number: 341

Ages 9 – 14

July 10 to 13 (M to Th) - 9:00 am to 3:00pm

Location: In person @ CT STEM Academy

Cost: \$90 (Grant Funded Program)

This camp will be exploring all aspects of STEM. Participants will be exploring topics such as coding, robotics, NASA based engineering challenges and more! Girls will have the opportunity to connect with others sharing the same interest. This class will explore coding platforms such as CS First, VEX VR, Scratch and other introductory programs. Participants will also explore robotics through hands-on explorations with Lego Robotics. This program will be lead by all female staff. ***Session 1 and 2 topics will have different topics.***

3D Printing for Ages 10 to 14

Course Number: 2005.317

Fridays: August 11 and 18 - 9:00am to 12:00pm

Cost: \$60

Interested in 3D Printing? In this program, participants will use 3D modeling tool that encourages users to learn math, computational thinking and coding concepts through visualization and designing models to be 3D printed. Each participant will receive at least one 3D printed model at the end of this program.

This session will be held at our 284 Washington Street location.

STEAM Camp for Ages 8 to 14

Course Number 2005.342

Friday, August 25

9am to 3pm Full Day or 9am to 12pm Half Day
Option

Cost: \$65 (Full Day) or \$38 (Half Day)

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!



More August 2023 Offerings will be posted online in late May/early June.



CT STEM ACADEMY

284 Washington Street

203.232.1384 | info@ctstemacademy.org |

www.ctstemacademy.org

All registration will be through Wallingford Parks and Recreation Dept.

Save Time and Register Online @

<http://www.wallingfordct.myrec.com/>

To hear more about our programs, visit us at www.ctstemacademy.org or on social media @ctstem (Facebook, Twitter and Instagram).

Please contact us at info@ctstemacademy.org





CT STEM ACADEMY SUMMER 2023 PROGRAMS



Programs will be at 6 Fairfield Blvd unless stated at 284 Washington Street (CT STEM Academy). Please enter building via courtyard by following entrance signs. Full day camps require students to bring a morning snack and lunch.

VEX IQ Robotics Camp for Ages 10 to 14

Course Number: 2005.303

July 17 to 21 - 9:00 am - 3:00 pm

Cost: \$225

*This program offers students a rich and exciting introduction to advanced levels of VEX IQ Robotics. The program encourages **teamwork, problem solving, and leadership skills along with the basics of coding, building a robot, while exploring related STEM applications.** During this program students will be gaining an insight to our competition team and the components of it. **This class is a prerequisite for interested members to join our VEX IQ Competition team. We also welcome all who are just interested in a highly engaging robotics camp. This camp will be held at our 284 Washington Street location.***



World
Championship
Participants since
2018

Computer Coding, Game Design and More

Course Number: 2006.328

July 31 to August 4, 1:00pm to 2:15pm

Location: Online Only

Cost: \$50

Ages: 9 - 14

In this course, participants will explore the wonderful world of coding and video game design. Students will learn key concepts of coding on Google CS First and use block coding platform to create their own video games. Participants will share their video games with friends and family and continue adding to them after the program is over. Come put your problem-solving skills to the test and show your creativity. No previous experience is required! Prior to the program, a Google Meet Code will be shared with registered participants. There is no additional materials kit required for this program.

Register for all programs online @
<http://www.wallingfordct.myrec.com/>

STEAM Explorations II for Ages 8 - 14 STEM

Camp Course Number: 2005.

July 24 to 28

9am to 3pm Full Day(.332)

or

9am to 12pm Half Day (.333)

Cost: \$225 Full Day or \$135 Half Day

Ever wonder how a rocket launches into space? Or how Bridges can hold many tons of weight? Join us for an engaging session of exploring many different STEM Challenges both engineering and technology through hands-on investigations. Our session will include high interest materials such as Rocketry, Chemistry, K'NEX Challenges, and Robotics! **Activities, and groupings, will be varied to meet the needs of all participants.**

Challenges will be different from past STEM

Exploration Camps I.



STEM Fun - Ramping Up to School

August 28, 29, 30 - 1pm to 4pm

Ages 8 to 14

Cost: \$38 per day

Location: In Person, Park and Rec STEM Room

August 28: Technology Exploration

Course Number 2005.312

Do you like to explore and use technology? Join us for fun activities that include coding, robotics and electric circuits.

August 29: Building Challenges

Course Number 2005.315

Buildings, houses, bridges, and cars...have you ever wondered what goes into building those structures and vehicles? Come explore and build your own prototypes.

August 30: Environmental Investigations

Course Number 2005.313

Ever wonder how a bird flies Or how animals make their homes? Maybe how a volcano erupts into the air? Come investigate environmental phenomenon!



CT STEM ACADEMY SUMMER 2023 PROGRAMS



STARBASE CT STEM Camp
Light Lane in Windsor Locks, CT
Dates: June 26, 27, 28, 29, 30
Time: 8:00am (Depart) to 3:00pm (Arrival)
Camp Program is 9am to 2pm
Cost: \$90 per participant (Grant Funded Program)
Ages: 10 to 14

Minimum Number of Participants: 20, Maximum Number of Participants: 40
Course Number: 2005.399

STARBASE CT is a five-day STEM-based academy funded by the Department of Defense in collaboration with the CT National Guard. Participants explore various STEM fields through various collaborative investigations. The students use the scientific method to conduct experiments in chemistry and physics, make observations, and analyze data through graphing and comparison to draw conclusions about the world in which they live. They also make use of technology in the form of a high-profile CAD program and 3-D printing. Students are challenged to utilize the knowledge they gain to engineer unique solutions to real world issues.

Parent drop off and pick up, as noted above, will be at the Wallingford Parks and Recreation Department, 6 Fairfield Blvd. Participants will need to pack a lunch, snack, and water bottle. All participants must have a signed STARBASE CT permission slip prior to June 23. CT STEM Academy will contact each family by early June with this permission slip.

This program is a partnership between CT STEM Academy and STARBASE CT. Participants will be supervised by CT STEM Academy staff and travel by bus, with CT STEM Academy staff, from the Wallingford Parks and Recreation Department to STARBASE CT located at Light Lane in Windsor Locks, CT.

Join us for this fantastic STEM learning opportunity!

More Summer Offerings
 Please continue to check the STEM Academy Registration Page at
<http://www.wallingfordct.myrec.com/>

We will continue to update this page with more fantastic reduced cost opportunities that are not listed in this brochure.

If you have any questions, please reach out to us at info@ctstemacademy.org or at 203.232.1384

Twilight Tunes 2023

Wednesday Nights 7:00pm – 8:30pm

Wallingford Parade Grounds

Sponsored by Wallingford Parks and Recreation

July 5, 2023

Timmy Maia

I want you to own the Timmy Maia Experience!!!

My lifestyle is music of all styles and I want to reach out to the hearts of everyone breathing life. I feel that my calling was to touch people's hearts through song. I appreciate you taking the journey with me through the years and promise to continue to give 100 percent of my talent to you if you continue to rock with me!



July 12, 2023 - Patty Tuite Band

"Patty Tuite is a New England-based singer/songwriter/guitarist who mixes blues, jazz, and rock to create an interesting musical gumbo. Her musical influences include Etta James, Ella Fitzgerald, Bonnie Raitt, and Susan Tedeschi. Hard Case Of The Blues (Thread City Productions) is her fifth release and showcases eleven original tunes written by Tuite that range from traditional and New Orleans blues to jazz and rock n' roll. She's backed by a formidable cast of musicians, including Grammy winners Paul Nelson (who also produced) and Bobby Rush."



July 19, 2023

Sister Funk Band

Sister Funk are they Funk? Nope! What are they? They are a rock-country, folk-pop band based out of New Haven, CT who has been sharing national stages with acts like Melissa Etheridge, B52's Foreigner, ZZ Top for close to 20 years. 2022 brought their 6th full-length independent CD to the masses. Tracks off this new CD Wings To Fly are eclectic, more raw than their previous releases and include some solid country-rock tunes.



Twilight Tunes 2023

July 26, 2023

KSF

Back by popular demand for another “Standing Ovation” this six-piece Connecticut band that brings the audience an authentic re-creation of the hits of classic rock’s iconic hitmakers – Kansas, Styx and Foreigner. Formed in 2019, KSF has been thrilling crowds with their spot-on musical renditions and vocal harmonies of the 1970’s through to-day. From rockers to ballads, KSF delivers a high-energy, memorable show suitable for all ages that will have the singing and dancing in the aisles. www.ksf.ocks Facebook: @ksftribute



August 2, 2023

Marc Berger - Ride

Inspired by Marc’s lifelong love affair with the American West and produced by Marc and Mike Ricciardi, RIDE now presents ten cinematic recordings capturing the vastness and romance of the West while exploring its deep roots in the American psyche. Marc has performed at Austin’s South by Southwest Music Festival and the Kerrville and Falcon Ridge Folk Festivals and has opened shows for Bob Dylan and other national acts. His song THE LAST ONE was a staple of Richie Havens’ concerts and has been quoted in the NY Times and featured on The CBS Evening News.



~~August 10, 2023~~ August 9th, 2023

Wooden Horse Band

Wooden Horse is the east coast’s premier dual tribute to the music of Crosby, Stills, Nash & Young and America! This group was founded in 2012 and has performed to standing ovations from very enthusiastic crowds at Foxwoods Fox Theatre, the North Country Center for the Arts, the Loos Center for the Arts, Danbury City Centre, Indian Ranch and numerous venues and concert series in the 200 to 3000 capacity range. The Wooden Horse experience presents the intricate vocal harmonies and musical arrangements of these monster groups in a realistic and truly inspiring manner that is sure to thrill the audience!

Wooden Horse...a one of a kind musical experience!



High Noon Tunes 2023

Fridays | 12:00 - 12:45pm | Johanna Manfreda Fishbein Park
Family Friendly Concerts geared towards young children.

July 14, 2023

Al deCant

Al deCant, The Singing Principal, is a critically acclaimed concert performer and educator from Connecticut who has entertained and educated thousands of young people through his programs of music and storytelling. Al's Original Music, Literacy Programs and Social Emotional themes are being used in schools and libraries throughout Connecticut. Parents, teachers and children immediately respond to the catchy tunes and lyrical wit of this veteran singer/songwriter/educator. Al's original comic and soulful songs are enjoyed as much by adults as they are by children.



July 21, 2023

Joy Blooms

Joy Blooms, brings her enchanting and interactive Music & Movement to Wallingford's High Noon Tunes series.



July 28, 2023

Ryan SanAngelo

Ryan SanAngelo, of Fairfield, CT, is an exciting children's music performer. Plus, he is a published children's book author. Best known for writing, *Spaghetti Eddie*, Ryan has also written three other books, including the new *Searching for Treasure*. He has been entertaining children throughout New England and beyond since 2002. Ryan SanAngelo's concerts are super-fun, interactive and very playful. Children will be thoroughly engaged while dancing, singing along, moving, and acting things out. Please visit www.ryansanangelo.com for more information on Ryan and what he does. Or look him up on YouTube to see his ever-growing channel. His silly "Old MacDonald" video has surpassed one million views!



High Noon Tunes 2023

**Fridays | 12:00 - 12:45pm | Johanna Manfreda Fishbein Park
Family Friendly Concerts geared towards young children.**

August 4, 2023

Les Julian

JUMP RIGHT OVER THE MooOON MUSIC LJ sings songs that foster connection, participation, thought, emotion and FUN. His performances feature selected original songs from his many CDs and show why The NYTimes said that, "LJ writes songs to make you laugh and think. His audience laughed...heads bobbed...it was like magic!" LJ is a winner of numerous National awards including:

- A GRAMMY Certificate for his songwriting and performing on the GRAMMY WINNING Compilation CD, All About Bullies...Big and Small
- The Parents Choice Gold Award
- The American Library Assn. Notable Recording for Children
- The National Parenting Publications (NAPPA) Gold Award
- Winner of the New Haven Advocate's Musician's Poll in the Folk category

LJ is a past president of the Connecticut Songwriters Association. E-Mail: les@lesjulian.com Web: www.lesjulian.com



SPECIAL EVENTS

MAY 13- OCTOBER 28, 2023

WALLINGFORD GARDEN MARKET

Join us each Saturday at Doolittle Park for our Garden Market. Various items to be sold may include, breads, jams, dairy, eggs, plants, empanadas, homemade pizzas, coffee, crafts, jewelry and more. All items are Connecticut made and our grown Garden Market is held rain or shine and will run from 10:00a.m. – 1:00p.m. If you are interested in becoming a vendor please contact the department at parksrec@wallingfordct.gov limited space is available.

wallingford, c.t.

GARDEN  MARKET

est. 1999

2023 "R" BAND CONCERT SERIES

The "R" Band under the direction of Patricia Lignelli and sponsored by the Wallingford Parks and Recreation Department and the Wallingford Senior Center will present the following performances for the 2023 summer. All concerts are held at the Wallingford Senior Center.
(4) Thursday Concerts.
Concerts, all Thursdays 6:30 pm start at the Wallingford Senior Center July 6, 13, 20, 27
There are no tickets for this concert. First come first serve seating.

WALLINGFORD COMMUNITY THEATRE SUMMER SHOW: WIZARD OF OZ

The summer musical is open to everyone, from kids entering Kindergarten up to adults. The WCT is an accessible theatre experience for people of all abilities and experience. We audition for roles and placement in the show. NO ONE gets cut from auditions, there is a place for everyone to shine. Auditions are in April but if you are interested in signing up, please contact WCT at wlfcommtheatre@att.net
Performance dates will be August 3rd, August 4th, and August 5th.
For more information email wlfcommtheatre@att.net

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

THE NEW ENGLAND TRAIL

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

FRESH MEADOWS

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

USE OF DAVID DOHERTY FACILITY:

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

USE OF PARK PAVILIONS:

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

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

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

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

3 – COMMUNITY LAKE PARK - Located on the West Shore of Community Lake off Hall Avenue. The park offers a pavilion for picnics with restrooms, electricity, two tennis courts with lights, one sand volleyball court, a baseball field and basketball court and playground equipment. 9.3 acres

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

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

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

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

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

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

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

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

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

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

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

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

16 – MARCUS COOKE PARK - This park is located on Old Rock Hill Rd. and has a pavilion, playground equipment and a ball field and a series of connecting loop trails through a wooded area. A perfect place to take young hikers. 34.6 acres

17 – MORAN MIDDLE SCHOOL - Located on Hope Hill Road, includes a hardball field. 40.3 acres

18 – MOSES Y. BEACH SCHOOL - Located on North Main Street, includes two youth girls softball fields, and one youth rookie field. 6.0 acres

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

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

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

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

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

24 – RICHARD SHEAHAN PARK - Located on Algonquin Drive, includes youth girls softball field, basketball court, and playground equipment. 0.8 acres

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

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

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

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

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

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

31 – GRAND ST. PARK - Located on Grand St. and Washington St., includes a basketball court and playground. 0.64 acres.

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 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: wallingfordlitttleleague@gmail.com

Website: www.wallingfordlitttleleague.com



Yalesville Little League

President: Ray Gomes

Email: yalesvilleLL@gmail.com

Website: www.yalesvillelitttleleague.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 Youth Soccer League

President: Dave Rodriguez

Email: roddag1@comcast.net

Website: www.wysl.net



Wallingford Youth Lacrosse

President: Rosa Brunelle

Email: President@wallingforyouthlacrosse.com

Website: www.wallingfordlacrosse.com



Wallingford Hawks Hockey

President: Gregory McGovern

Website: www.whawks.com

Wallingford Park & Recreation presents:



Made in Vermont

Country Shopping in Southern Vermont

Saturday, September 30, 2023

**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 Chesse, Side Dishes, Chocolate Brownies with Strawberries & Whipped Cream, Soda, Tea or Coffee. (Entree 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!

COST: \$134.pp based on 35-50

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

Depart: 8:15am Wallingford Parks & Rec, 6 Fairfield Blvd

Est. Return: 6:45 pm Wallingford



FRIENDSHIP TOURS
THE SHIP SHOP
705 Bloomfield Ave, Bloomfield, CT 06002
860-243-1630 • 800-243-1630
www.friendshiptours.net

This package is subject to our full Terms & 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

DEPARTMENT STAFF:

Director: Kenny Michaels, MS
Supt. of Recreation: Michelle Bjorkman, MS
Recreation Programs Spec.: Shawn Keogh, CPRP
Executive Secretary: Jennifer Griswold
Senior Clerk: Lorianne Ouellette
Recreation Facilities Maintainers: Mike Magetteri
and Scott Baur
Early Childhood: Amy Carpenter
Crafts: Kim Larkin
Fine Arts: Rashmi Talpade
STEM: Chris Stone

FRONT OFFICE STAFF:

Daytime:
Laura Allen
Christel Beaumont
Paula Knecht
Jackie Taglianetti

Nights/Weekends:

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

Parks & Recreation Commission:

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

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

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