

# PARKS & RECREATION

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



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

Wallingford Parks & Recreation presents:

# Covered Bridges of New Hampshire

INN AT EAST HILL FARM in TROY, NEW HAMPSHIRE



**Tuesday, October 15, 2024**

Enjoy a homemade **luncheon** at the **Inn at East Hill Farm**, a working farm and inn in the shadow of Mount Monadnock in Troy, NH. Served family-style at large farmhouse tables, lunch includes homemade soup, fresh baked breads, fritter with maple syrup, hot entrees and sides & delicious dessert. You're sure to make new friends at this welcoming working farm.

Covered bridges (or "Kissing Bridges") are practically a trademark of New England life. They can reflect the town that they reside in, the artist or architect that designed them or the period in which they were built. Grab your camera and come explore several of them with us on a **Guided Driving Tour of Covered Bridges of Cheshire County** in Southern New Hampshire.



**COST: \$138.00** based on 35-50  
Trip Questions: Wallingford Parks & Rec  
203-294-2120

Depart: 8:15am Wallingford Parks & Rec,  
6 Fairfield Blvd  
Est. Return: 7:00 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.



### DAVID DOHERTY FACILITY HOURS

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

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

**CLOSED:**

September 2<sup>nd</sup> Labor Day  
October 14<sup>th</sup> Columbus Day  
(open at 5pm)  
November 5<sup>th</sup> Open but no programs  
November 11<sup>th</sup> Veterans Day  
(open at 5pm)  
November 28<sup>th</sup> 29<sup>th</sup> - Thanksgiving

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

**Phone:** 203-294-2120

**FAX:** 203-294-2127

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#### PARKS AND RECREATION WEB SITE:

[www.wallingfordct.myrec.com](http://www.wallingfordct.myrec.com)

#### TOWN WEB SITE:

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

#### Members of:

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

#### Produced and Edited By:

The Wallingford Parks & Recreation Staff

**Design, Layout, Printing:** Graphic Image

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

### Vision Statement

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

### MESSAGE FROM THE DIRECTOR

It has been a wild and busy summer here at the Parks and Recreation Department. Just a quick recap, to an amazing summer with over 730 participants over 2 sessions at our school playground camps. 135 Middle School students filled our Summer Sizzlers Travel Camp hitting various trip destinations on a daily basis. It does not stop there....we had 119 campers ages 3-6 take part over 2 sessions of our Tiny Bubbles and Pop Shot Programs! This does not include our STEM, Sports and Arts Camps. I cannot commend our summer staff any more for providing a fun and safe summer for the kids of Wallingford....GREAT JOB! We also received word this summer that the Wallingford Garden Market has been ranked in the top 5 Garden Markets in the State of Connecticut by Connecticut Magazine. Phenomenal job by Jon Scagnelli our Garden Market Supervisor! Also on the great news front, Wallingford Little League and Yalesville Little League have voted unanimously to merge both Little Leagues making one little league in town. This will change the game of youth baseball (no pun intended) in Wallingford and keep the league with a viable number of teams and players in the respective divisions. Speaking of...the 492 12u District All Stars (Pictured on the front, combined Wallingford and Yalesville players) Coached by Ed Eckert and his staff made Wallingford proud this summer reaching the State final 4. Awesome job by the players and coaches on this run!

I would be remiss if I did not mention two important members of our team, who were instrumental in the growth and development of the Wallingford Parks and Recreation Department. Jennifer Griswold who was our Executive Secretary retired in early June after 34.5 years with the town of Wallingford. 30.5 with the Parks and Recreation Department as it grew from Simpson School to the David Doherty Center and beyond, Jennifer was the longest standing employee for the department. Handling all of the day to day bills, requisitions, PO's and payment processing. Also following in retirement was Michelle Bjorkman, Recreation Superintendent after 28.5 years with the department. Michelle coordinated and collaborated on such events as the Holiday Stroll with WCI, Nine and A Chicken, Seasons of Celebration, The Town Halloween Event, Easter Events and many more.

**FUN FACT**...Michelle was the original creator of the Baked Potato Festival during her time as Director of Westbrook Parks and Recreation, brought to Wallingford for a number of years and it has since been passed off to North Branford. The Department is wishing them both the best in retirement and they will be missed. With this, we also welcome a friendly and familiar face to the Parks and Recreation Department Team in Stacey Hoppes. Stacey makes the transition from the Program Planning Department to be our Senior Clerk as former Senior Clerk Loriann Ouellette has been promoted to Executive Secretary. We are excited to have both in their new roles with the department.

While it is hard to part ways with summer, a new season brings new beginnings. As we begin to see beach days and summer vacations in the rearview mirror, we begin to let go of summer and embrace the changing of the seasons and embrace fall with open arms. What better way to kick off the fall season with Celebrate Wallingford October 5th and 6th. This event brings the town as a whole together annually over the two days with various craft and food vendors, civic groups and youth leagues all in attendance, with daily entertainment on the main stage. Some great Fall/Early Winter trips heading to locations such as Boston, New Hampshire and Sturbridge Village can be found on page 4. Weber & Gannon Youth Basketball registration is under way. With plenty of preparation that goes into the planning of the season, please be sure to register promptly.

We hope you enjoy the program offerings inside and we look forward to seeing you in our programs this fall!

All the best,

**Kenny Michaels**  
Director of Parks and Recreation



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# KEEP IN MIND...

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

- **REGISTRANTS ARE NOTIFIED** when a course or day of class is cancelled. Our primary means of communication are email and text. You must opt in to receive text/email notifications from our office. If a desired class is full you will be put on a waiting list and contacted when/if a spot opens. Additional classes may be opened if facility and instructor are available.
- **PROPER ATHLETIC SHOES (NO BLACK SOLES)** must be worn in gym and aerobics room.
- **CHILDREN UNDER 16** are not to be left unattended in the Doherty Rec Center Building.
- **REFUND POLICY:** The Rec Dept. reserves the right to cancel, postpone or combine classes or change instructors. If insufficient enrollment causes a class to be cancelled, full tuition is refunded or a credit is given for future use. We made our best effort to provide the class and instructor advertised in the brochure. In the event an instructor can no longer teach a class we will provide another instructor, if one is available, to finish the session. A credit may be issued for the amount of remaining classes. Materials and supplies purchased by you are excluded from refunds and credits.
- **ADDITIONAL MATERIALS AND OR EQUIPMENT** may be required in some programs. Please check the program's descriptions for information on material or other needs. If questions still exist please call the office so we may help you.
- **REGISTRATION EXCEPTIONS?** Children must be the proper age before the program begins. We try our best to accommodate everyone. Programs are designed according to an age level that will best benefit the student and to have an appropriate instructor/student ratio.
- **FEE PAYMENT:** Instructors will not accept registration at the class site. FEES must be paid at the office prior to participation with EXACT CASH OR CHECK. Credit card payments are accepted with online registration through our website [www.wallingfordrec.com](http://www.wallingfordrec.com). There is a non-refundable 3% transaction fee for online credit card payments.

- **PHONE REGISTRATIONS:** Sorry, phone registrations are not accepted.
- **CLASS CANCELLATIONS:** When schools have delayed opening in the A.M. classes till noon are cancelled. When the schools are closed, Rec Dept. classes will not meet for the school day from 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 and posted on our website. You must be opted in to receive cancellation notifications from our email and text blast system. You can call our office during business hours to opt in or go online to [www.wallingfordct.myrec.com](http://www.wallingfordct.myrec.com) and change your account settings.
- **A.D.A. STATEMENT / INCLUSION POLICY:** The Recreation Dept. intends to comply with the A.D.A. regulations. It is the policy that recreation be "FUN FOR ALL". Participation in many of our non-adaptive programs is possible for those with special needs. We are limited in our ability to provide additional staff, specialized equipment and medical services. To discuss how we can support your abilities, interest and desire to participate please contact our office at (203) 294-2120. Together we can make recreation FUN FOR ALL.
- **SPECTATORS: CHILD PROGRAMS:** One of the fundamental instructional program goals is to provide your child with a fun and positive learning opportunity with their peers while developing separation skills. Parents are encouraged to abide by the observation schedule determined by the program instructor in order to provide the best instructional atmosphere. Please feel free to discuss your child's progress with the instructor either before or after class
- **NEW TO THE AREA?** The Wallingford Parks & Recreation Department invites you to come in and find out what we have to offer. We have programs, classes and facilities for all ages. Want to learn more? Give us a call at 203-294-2120. We will be happy to make an appointment at your convenience to show you around and explain any program that is of interest to you. We want to meet you and talk with you and your family.
- **PHOTOGRAPHS:** Participants may be photographed for the purpose of promotion or advertising in future brochures, in newspapers or in other Wallingford Park and Recreation Department media.

***OOPS! The Parks & Recreation Staff has made every effort to prepare this brochure as accurately as possible. However due to PUBLICATION DEADLINES program listings/information may require that adjustments be made to programs, fees, schedules, etc. We apologize in advance should you find an error or for any inconvenience these errors or adjustments may cause.***

**0200.400 HIP HOUSE DANCE SERIES 2024-2025**

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. **IF YOUR CHILD IS NEW TO THE PROGRAM, THEY MUST BE WITH YOU UPON REGISTRATION IN ORDER TO GET THEIR PHOTO TAKEN FOR THE ID. ALL PARTICIPANTS WHO HAVE A PASS FROM THE 2023-2024 SEASON CAN HOLD ONTO THEIR PASSES. RETURNING PARTICIPANTS CAN BRING IN THEIR OLD PASSES TO HAVE A NEW STICKER PLACED ON THE FRONT, CHILD DOES NOT NEED TO BE PRESENT FOR THIS. Returning participants still must register for the 2024-2025 season and pay the registration fee.** The dance pass allows you entry to 5 dances. No passes will be sold in the schools or on the day of the dance. Photo ID's will go on sale July 29th for \$40. As of August 26th, all dance passes will be \$50. We encourage everyone to take advantage of the discounted price. **STUDENTS WILL NOT BE ALLOWED TO ENTER THE DANCE WITHOUT A 2024-2025 HIP HOUSE DANCE PASS.** Dances will run 7:00-9:00pm. **DUE TO ISSUES IN THE PAST: OUTSIDE FOOD AND DRINKS WILL NOT BE ALLOWED IN THE DANCE. CELL PHONES WILL NOT BE ALLOWED, STAFF WILL CONFISCATE PHONES AND THEY CAN BE PICKED UP AT THE MAIN OFFICE AT THE END OF THE DANCE.**

**4225. SKI BUMS AT MOUNT SOUTHINGTON GRADES 4-10**

Whether you're a skier or a boarder, this is five nights of fun on the slopes that you do not want to miss. Registration for all Ski Bum programs will begin on **Tuesday, October 15th and will end Wednesday November 22nd.** Program will have limited availability so please register early. Any parent that is interested in becoming a chaperone should contact Shawn at the recreation department. Chaperones will have the opportunity to ski/snowboard at no cost. Please note that registration will only be held for six weeks during the dates provided above.

Program will occur on Wednesday nights 4:15pm - 8:00pm from January 8th – January 29th

**New this year: To register you must first sign up for bus transportation on our website at [www.wallingfordct.myrec.com](http://www.wallingfordct.myrec.com)**

**Once registered, you will receive the link to register for your ski/snowboard package on Mt. Southington's website. You will not be able to register or take the bus without first paying the bus fee.**

**Fees: (Same for Ski or Snowboard):**

Bus Fee: \$75

Lift Ticket Only: \$215

Lift Ticket & Lessons: \$300

Lift Ticket & Rental (does not include helmet): \$315

Lift Ticket, Rental (does not include helmet) & Lesson: \$400

Media Card (if needed): \$5

**2024 - 2025 HIP HOUSE DANCE SCHEDULE**

**Back to School Bash** – September 20th

**Halloween Havoc** – October 18th

**Jingle Ball** – December 6th

**March Madness** – March 28th

**Spring Fest** – April 25th

Having trouble receiving emails from SBCGLOBAL /ATT/SNET emails? Try the steps below to get back on our email list. You will need to Whitelist the email: [noreply@myrecdepartment.com](mailto:noreply@myrecdepartment.com)

**SBCGLOBAL:**

1. Initially, you have to launch any compatible Web Browser and go to the SBCGlobal Email Sign-in Page.
2. Now enter your SBCGlobal email login details, i.e., your email address and password.
3. Thereon, hit the Sign in button, and you will reach the inbox of your SBCGlobal account.
4. Moving ahead, check the top corner of the window, and tap on the Settings icon.
5. Now, a drop-down menu will appear on your screen; here, choose More Settings.
6. Next, look for the Security button in the More Settings list and then click on it.
7. Thereafter, tap on the Blocked Address tab.
8. In this section, you can see the option Allowed Addresses. Here you have to enter the email address of the particular contact or contacts you want to add to the Whitelist of your SBCGlobal email. Lastly, select the Add button.

**ATT/SNET**

1. **Open your mailbox.**
2. **Select Options on the top right hand side > Mail Options > Filters > Add Filter.**
3. Select Filters.
4. Click "Add Filter".
5. In the top row, labeled From Header, select contains from the pull down menu. Enter the address in the text box next to the pull down menu.  
**Example:** You can either give a specific email address or use [@xxxxx.com](mailto:@xxxxx.com) or [\\*xxxxx.com](mailto:*xxxxx.com) to whitelist the domain (replace the xxxxx with the domain name).
6. Move down to the bottom where there is the option Move the message to. Select Inbox from the drop-down menu.
7. Select the Add Filter button once again.

## 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 2024-2025 trip year. Reminder, trip itineraries are subject to change and the Parks and Recreation Department will do its best to notify travelers ahead of time. We look to continue the trend this year. We hope you find this line up enjoyable and we look forward to seeing you board the bus! All trips are subject to change in price and itinerary. Day tour cancellation policy applies to all Wallingford Park & Recreation day tours operated by Friendship Tours Inc. Any passenger that cancels a reservation 7 days or less prior to departure will not be eligible for a refund. We will examine cancellations on a case by case basis to determine any exceptions to this rule. Please note the Recreation Dept. will make every effort to send a representative from the office to see off the trip to and from our destination and to hear any complaints, concerns and or recommendations. It should be understood that this person is not a tour guide. Please retain the same seats throughout the trip. A tip for the coach driver is included in the trip fee. Please contribute only if you wish since the gratuity is included in the trip fees. Trips are rain or shine, unless the tour company cancels. Many trips involve walking tours; either with a tour guide or on your own. Children must be accompanied by an adult unless otherwise specified. No lap sitters on the coach bus. Complete trip itineraries will be distributed on the morning of the trip. Travel insurance is recommended for overnight trips and is offered through Friendship Tours. Forms are available at the Recreation Dept. front office. We would like to thank all of our travelers for choosing Wallingford Parks and Recreation for their travel needs during the 2024-2025 season!!



### 1002.400 BOSTON OLD TOWN TROLLEY TOUR

**Sunday, September 22<sup>nd</sup>**

Bus Departs Rec. Dept. 8:15am

Returns: 5:30pm

**Fee:** \$157

**Hop aboard the city's most enthralling Boston sightseeing excursion: Old Town Trolley Tours of Boston!**

We'll have a **private 2 hour riding tour** of the Best of Boston highlights aboard these famous orange and green trolleys. Enjoy double-decker height views through large windows all while protected from the elements. Our trolley tour will make a circle through Boston as our **expert conductor** shows you Boston highlights including: Downtown, Beacon Hill, Back Bay, the Theater District, the Waterfront District, the Historic North End, and more. Old Town Trolley is the best way to relive history and see all our country's Cradle of Liberty has to offer. A visit to Boston is not complete without time spent at **Quincy Market** - situated around a quaint cobblestone promenade this is THE place for shopping & dining. Time for lunch on your own.

### 1002.401 COVERED BRIDGES OF NEW HAMPSHIRE

**Tuesday, October 15<sup>th</sup>**

Bus Departs Rec. Dept. 8:15am

Returns: 7:00pm

**Fee:** \$138

Enjoy a homemade **luncheon** at the Inn at **East Hill Farm**, a working farm and inn in the shadow of Mount Monadnock in Troy, NH. Served family-style at large farmhouse tables, lunch includes homemade soup, fresh baked breads, fritter with maple syrup, hot entrees and sides & delicious dessert. You're sure to make new friends at this welcoming working farm. Covered bridges (or "Kissing Bridges") are practically a trademark of New England life. They can reflect the town that they reside in, the artist or architect that designed them or the period in which they were built. Grab your camera and come explore several of them with us on a **Guided Driving Tour of Covered Bridges of Cheshire County** in Southern New Hampshire.

### 1002.402 CHRISTMAS BY CANDLELIGHT AT OLD STURBRIDGE VILLAGE

**Saturday, December 14<sup>th</sup>**

Bus Departs Rec. Dept. 12:30pm

Returns: 8:00pm

**Fee:** \$141

A Celebration of Favorite Holiday Traditions & Music Like a holiday card come to life, Old Sturbridge Village transforms itself into a Magical candlelit 19<sup>th</sup> century village. As we stroll through the village, listen to the Victorian carolers, enjoy a horse drawn sleigh ride, meet Santa Claus and join in a Christmas carol sing along. The village historians will share the origins of traditions such as roasted chestnuts, Christmas trees, Yule logs, gingerbread houses and sugar plums. Enjoy lunch prior to our time at the village at the famous Publick House serving traditional Yankee fare. We will be seated in the heated Garden Tent - complete with a cozy hot cocoa bar! Menu: Salad, House-made baked goods including Pecan Sweet Rolls, Choice of: Herb-Roasted Chicken Breast with cornbread-sausage stuffing or Butter Crumb Scrod with lemon dill Sauce, Dessert & Coffee or Soft Drinks. **Entrée choice in advance**

Wallingford Parks & Recreation presents:

# BOSTON OLD TOWN TROLLEY TOUR



**Sunday September 22, 2024**

**Hop aboard the city's most enthralling Boston sightseeing excursion:  
Old Town Trolley Tours of Boston!**

We'll have a **private 2 hour riding tour** of the Best of Boston highlights aboard these famous orange and green trolleys. Enjoy double-decker height views through large windows all while protected from the elements. Our trolley tour will make a circle through Boston as our **expert conductor** shows you Boston highlights including: Downtown, Beacon Hill, Back Bay, the Theater District, the Waterfront District, the Historic North End, and more. Old Town Trolley is the best way to relive history and see all our country's Cradle of Liberty has to offer.

A visit to Boston is not complete without time spent at **Quincy Market** - situated around a quaint cobblestone promenade this is THE place for shopping & dining. Time for lunch (on own).



**COST: \$157.00 based on 35-50**

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

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

Est. Return: 5:30 pm Wallingford

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



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[www.friendshiptours.net](http://www.friendshiptours.net)

**2010.400 PUPPY KINDERGARTEN**

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

Limit of 8 puppies

**When:** Mondays, October 7<sup>th</sup> – November 18<sup>th</sup>  
(no class 11/4) 6:30pm - 7:15pm for 6 weeks

**Location:** Gym 2

**Fee:** \$60

**Instructors:** Joan Hamel

**CANINE COMMUNICATION, DOG OBEDIENCE FOR BEGINNERS**

For dogs over 6 months old. This class is for beginner handlers to help them understand how to improve their communication with their dogs. Training theory and basic obedience using positive motivation and reinforcement methods will be taught. Learn to teach your dog to walk on a loose leash; sit, down and stand; stays; come when called and more. Also includes problem solving (barking, jumping, pulling, stealing, etc.) Copy of dog's Rabies Certificate is required before dog can participate. Attendance at first class is mandatory.

**Do NOT bring dogs to first class.**

Limit of 12 dogs

**2015.401** Mondays, October 7<sup>th</sup> – November 18<sup>th</sup>  
(no class 11/4) 7:30pm - 8:15pm for 6 weeks

**2015.402** Mondays, October 7<sup>th</sup> – November 18<sup>th</sup>  
(no class 11/4) 8:30pm - 9:15pm for 6 weeks

**Location:** Gym 2

**Fee:** \$60

**Instructors:** Joan Hamel

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

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

**2050.401** Tuesday, October 8<sup>th</sup> 10:00am - 11:00am

**2050.402** Thursday, October 24<sup>th</sup> 10:00am - 11:00pm

**2050.403** Friday, November 8<sup>th</sup> 10:00am - 11:00am

**2050.404** Thursday, November 21<sup>st</sup> 10:00am - 11:00am

**2050.405** Wednesday, December 4<sup>th</sup> 10:00am - 11:00am

**Location:** Room 3

**Fee:** FREE

**Instructor:** Mike Bush, Insurance With T

**REAL ESTATE HOME BUYER SEMINAR**

READY TO TURN HOUSE HUNTING INTO HOME SWEET HOME?

Join us for a FREE Home Buying Seminar packed with expert advice and practical tips! Learn everything you need to know about the home buying process from top local professionals: Real Estate Broker Wesley Krombel, Mortgage Lender, and Inspector Marco Miranda. Discover how to navigate the market, secure financing, and find your perfect property. Food will be served along with chances to win free raffle giveaways! Whether you're a first-time buyer or looking to upgrade, this seminar is for YOU! Bring a friend and start your homeownership journey today. No obligation, no pressure, just pure information.

**2052.400** Thursday, September 26<sup>th</sup> 6:00 - 7:30pm

**2052.401** Thursday, October 24<sup>th</sup> 6:00 - 7:30pm

**Location:** Room 1

**Fee:** FREE

**Instructor:** Wesley Krombel, Local Real Estate Broker

**7201.COOKIE DECORATING CLASS**

Each participant will get 4 cookies to decorate with icing and sprinkles. Come learn to decorate your own set of themed cookies to take with you and enjoy at home!

**7201.400:** Tuesday, October 22<sup>nd</sup> 5:00 - 6:00pm

**7201.401:** Tuesday, December 3<sup>rd</sup> 5:00 - 6:00pm

**Location:** Room 7

**Fee:** \$30

**Instructors:** The Tasty Sprinkle

**7202. PARENT/CHILD PASTA MAKING CLASS**

Pasta is something we all enjoy and love! Why not learn how to make it together as a family! It is like edible playdough that the kids can play with. Learn how to make dough and some fun shapes that everyone can make! Registration is good for 1 adult and 1 child. Please call to add additional people to the list.

**7202.400:** Sunday, October 13<sup>th</sup> 12:00pm - 2:00pm

**7202.401:** Sunday, December 8<sup>th</sup> 12:00pm - 2:00pm

**Location:** Room 7

**Fee:** \$50 for 2 people

(\$10 per additional child, \$15 per additional adult 18+)

**Instructors:** Passionately Pasta

**CO-ED KRAV MAGA - ONE DAY SEMINAR AGES 13+**

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

**When:** Saturday, Oct. 12<sup>th</sup> 10:00am - 12:00pm

**Location:** Room 14

**Fee:** \$25

**Instructor:** Britt Soden





## LIL REC'ERS EARLY CHILDHOOD LEARNING CENTER



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

### Sessions

**Session 1:** September 9<sup>th</sup> – November 1<sup>st</sup> (No Class 10/14, 11/5)

**Session 2:** November 4<sup>th</sup> – January 3<sup>rd</sup> (No Class 11/11, 11/28, 11/29, 12/25-1/1)

**Session 3 (2025):** January 6<sup>th</sup> – February 28<sup>th</sup>

**Session 4 (2025):** March 11<sup>th</sup> – May 9<sup>th</sup>

2025 holidays TBD based on Town and BOE calendar.

	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<b>3 YEAR OLDS</b>	8:45 - 11:30AM	8:45 - 11:30AM	8:45 - 11:30AM	8:45 - 11:30AM	8:45 - 11:30AM
<b>4 - 5 YEAR OLDS</b>	8:45 - 11:30AM	8:45 - 11:30AM	8:45 - 11:30AM	8:45 - 11:30AM	8:45 - 11:30AM
<b>EXTENDED DAYS PM SESSION</b>	11:30 - 2:15PM		11:30 - 2:15PM		11:30 - 2:15PM

### Fees per session for Lil Rec'ers 2024 - 2025

MONDAY – FRIDAY AM (5 DAY) -  
\$625 PER SESSION

MONDAY, WEDNESDAY, FRIDAY AM (3 DAY) -  
\$370 PER SESSION

TUESDAY / THURSDAY AM (2 DAY) -  
\$290 PER SESSION

### Fees for Extended Day Ages 3-5

MONDAY, WEDNESDAY, FRIDAY  
\$305 PER SESSION

### 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:** September 10<sup>th</sup> – November 14<sup>th</sup> (no class 11/5)

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

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

**Session 2:** November 26<sup>th</sup> – February 6<sup>th</sup> (no class 11/28, 12/26, 12/31)

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

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

**Session 3:** February 18<sup>th</sup> – May 8<sup>th</sup> (no class 4/15, 4/17)

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

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

**Fee:** \$100

**Instructor:** Miss Coleen

## FIT BY NATURE

Fit by Nature is a one of a kind program run by Wallingford native Mary Cole. An experienced Connecticut state and nature based certified educator with over 20 years experience with children, Mary incorporates what she knows kids love! Specific nature-based games, nature lessons, fitness activities, nature art, nature science experiments and more are included in this 6-week program. Fit by Nature is a multi-sensory, holistic experience where kids feel free! The great outdoors provides countless learning experiences! Health and fitness make up a solid foundation for a resilient life. Connection to peers and nature help a child become confident, courageous and caring for the natural world and breeds empathy for all living things. Mary understands the challenge parents struggle with concerning the "tech based childhoods" and wants to help by providing an experience that's unplugged, yet connected! Being a part of this group will provide positive experiences that will last a lifetime!

**When:** Tuesdays September 17<sup>th</sup> – October 22<sup>nd</sup>

**Location:** Marcus Cooke Park

**3329.400 Ages 5-12:** 4:15pm - 5:30pm for 6 weeks

**Fee:** \$135

**3329.401 Ages 3-5:** 9:30am - 10:30am for 6 weeks

**Fee:** \$125

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

## SPORTS

### HOOP HOUSE BASKETBALL ACADEMY • FOR BOYS AND GIRLS 5-9YRS

Great tune up for the coming basketball league play! Wallingford Parks & Rec in conjunction with Central Connecticut Hoop Stars offers a premiere youth basketball program which includes instruction by top coaches, game play, basketball contest and the Hoop House "lessons of life" program. Each participant will receive a Hoop House T - Shirt.

**4020.401** 5-6yrs Wednesdays, October 9<sup>th</sup> – November 13<sup>th</sup>  
5:45 - 6:45pm for 6 weeks

**4020.402** 7-9yrs Wednesdays, October 9<sup>th</sup> – November 13<sup>th</sup>  
6:45 - 7:45pm for 6 weeks

**Fee:** \$65

**Location:** Gym 2

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

### 4020.403 3X3 PATHWAY BASKETBALL CLINIC AGES 10-14

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

This weekly clinic is open to boys and girls ages 10-14 and will be directed by Drew Dawson, a former NCAA D1 point guard, college coach, and current boys basketball coach at Choate Rosemary Hall. Coach Dawson is also the program director and head coach of Project Triple Threat of CT.

**When:** Tuesdays, October 29<sup>th</sup> – December 10<sup>th</sup>

(no class 11/5) 6:00pm - 7:00pm for 6 weeks

**Location:** Parks and Recreation Gym

**Staff:** Project Triple Threat Staff

**Fee:** \$115



### TINYTYKES SOCCER AGES 2-5YRS

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

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

Graduation certificate after level completion

Class begins Saturday September 21<sup>st</sup> – October 26<sup>th</sup> for 6 weeks.

**4030.400** Ages 2-3 Saturdays, 8:00am - 8:45am

**4030.401** Ages 2-3 Saturdays, 9:00am - 9:45am

**4030.402** Ages 2-3 Saturdays, 10:00am - 10:45am

**4030.403** Ages 4-5 Saturdays, 11:00am - 11:45am

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

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

### 4060.400 MINI HAWK SPORTS • AGES 3-4

This multi-sport program was developed to give children a positive first step into athletics. Sports are taught in a safe, structured environment filled with encouragement and fun. Through exciting games and activities, campers explore balance, hand/eye coordination and skill development at their own pace.

**When:** Mondays, September 23<sup>rd</sup> – October 28<sup>th</sup>  
4:30pm - 5:15pm (no class 10/14)

**Location:** Gym 1

**Fee:** \$89

**Instructor:** Skyhawks Staff

### 4060.420 SKYHAWKS SPORTS & GYM GAMES AGES 5-7

Skyhawks provides a wide variety of fun, safe and positive programs that emphasize critical lessons in sports and life, such as teamwork, respect and sportsmanship. Our programs are designed to give each child a positive introduction into sports while fostering a lifelong love for an active, healthy lifestyle. For this program, 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 dodgeball, capture the flag, soccer, ultimate frisbee, basketball, kickball, baseball, 4 square, flag football, team handball and many more.

**When:** Mondays, September 23<sup>rd</sup> – October 28<sup>th</sup>  
5:25 - 6:25pm (no class 10/14)

**Fee:** \$89

**Location:** Gym 1

**Instructor:** Skyhawks Staff

**4060.430 MULTI SPORT TOTS • AGES 2-3**

Give your little superstar an awesome first step into sports with Multi-Sport Tots! This class uses age-appropriate games and activities across multiple sports to explore balance, hand/eye coordination, fitness, sport skills and child development. Parent participation required for ages 2-3.5 years.

**When:** Tuesdays, September 17<sup>th</sup> – October 22<sup>nd</sup>

4:00pm - 4:45pm

**Location:** Gym 1

**Fee:** \$89

**Instructor:** Skyhawks Staff

**4060.440 SKYHAWKS BASEBALL • AGES 4-6**

Learn the fundamentals of fielding, catching, throwing, hitting and base running - all in a fun, positive environment. Specifically designed for beginning players, this program teaches athletes new baseball skills along with vital life lessons such as respect, teamwork and sportsmanship.

**When:** Tuesdays, September 17<sup>th</sup> – October 22<sup>nd</sup>

4:50pm - 5:35pm

**Location:** Gym 1

**Fee:** \$89

**Instructor:** Skyhawks Staff

**PICKLEBALL 101 FOR BEGINNERS**

Want to learn how to play pickleball? You're not alone. Pickleball is now the fastest-growing sport in America, and it's tons of fun! Three lessons are all you need to possess the basic skills, rules, and terminology that will enable you to enjoy a full game of pickleball on your own!! We cap the lessons at 4 people in order to provide you with as much one-on-one attention as possible. Small groups enable the instructors to answer questions as they arise. No experience needed to participate. At the end of the season we hold a pickleball palooza for all of the graduates! It's a great way to meet new people and make pickleball friends! Please note ... there are NO make-up lessons unless we get rained out. Bring water and wear sneakers and comfortable clothes (if applicable - a hat, sunglasses, and sunblock.)

Equipment - You will need to provide your own paddle.

Need help deciding which paddle to buy? Contact us at

centrecourtpickleball@gmail.com or visit our website

centrecourtpickleball.com

Max of 4 people per session

All sessions run three consecutive days on Tuesday,

Wednesday, and Thursday.

**AFTERNOON SESSIONS** 12:00pm - 12:50pm: TBD

**EVENING SESSIONS** 6:40pm - 7:30pm: TBD

**Fee:** \$110

**Location:** Harrison Park Pickleball Courts

**Instructor:** Jen Nuzzo

**PICKLEBALL COACHED MATCH PLAY**

Pickleball Coached Match Play featuring Angelo of the Rossetti Bros. Dynamic warmup, drilling with goals around the weekly theme, coached match play. All live ball coaching. Includes mental skills, strategies and tactics. Intermediate to intermediate plus levels. Pickleball rating must be 3.0-3.9

**ALL SESSIONS WILL BE 9:00am - 10:30am**

**8501.400:** Saturday, September 14<sup>th</sup>

**8501.410:** Sunday, September 15<sup>th</sup>

**8501.401:** Saturday, September 28<sup>th</sup>

**8501.411:** Sunday, September 29<sup>th</sup>

**8501.402:** Saturday, October 12<sup>th</sup>

**8501.412:** Sunday, October 13<sup>th</sup>

**8501.403:** Saturday, October 26<sup>th</sup>

**8501.413:** Sunday, October 27<sup>th</sup>

**8501.404:** Saturday, November 9<sup>th</sup>

**8501.414:** Sunday, November 10<sup>th</sup>

**8501.405:** Saturday, November 30<sup>th</sup>

**8501.415:** Sunday, December 1<sup>st</sup>

**Fee:** \$35

**Location:** Harrison Park Pickleball Courts

**Instructor:** Angelo Rossetti

**KARATE****0118.403 ADAPTIVE KARATE • AGES 7+**

For children with special needs, the benefits of martial arts can be invaluable. Consistency and repetition are key - repetition of the same location, same faces, same curriculum, and knowing what to expect are the process to help them succeed. With continuous structure and fun exercises, even the child with multisensory issues can rise to the occasion.

Adding a traditional martial arts program to a child's existing therapies can only assist them in reaching their goals faster.

Focus, concentration, balance, tone, awareness, self-regulation, core strength, reduced anxiety, and spatial awareness are just a few of the benefits your child will receive.

**When:** Wednesdays, September 25<sup>th</sup> - November 13<sup>th</sup>

6:05pm - 6:35pm for 8 weeks

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

**Location:** Room 14

**Fee:** \$55

**LITTLE NINJAS • AGES 3-4**

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

**4051.401 Mondays:** September 30<sup>th</sup> – December 16<sup>th</sup>

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

**4051.402 Saturdays:** October 5<sup>th</sup> – December 21<sup>st</sup>

9:00am - 9:30am for 12 weeks

**Fee:** \$75

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

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

**KICKIN KIDS • AGES 5-6**

Dynamic karate techniques taught with an emphasis on kicks, punches, blocks, coordination, bullying prevention, and beginning karate weapons training. Situational self-defense will be taught so our youngest can avoid conflict. Class is designed to have a student develop into the more structured karate program that starts at 7 years old. Emphasis on technique and coordination without the traditional forms patterns of movement.

**4052.400 Mondays:** September 30<sup>th</sup> – December 16<sup>th</sup>

6:05pm - 6:50pm for 12 weeks

**4052.401 Saturdays:** October 5<sup>th</sup> – December 21<sup>st</sup>

9:30am - 10:15am for 12 weeks

**Fee:** \$90

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

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

**KARATE FOR BEGINNERS • AGES 7-ADULT**

A traditional karate program for ages 7-adult, the style of Karate we study is Tang Soo Do, a Korean based martial art. In addition to learning techniques, board breaking, forms and exercise patterns, the class focuses on self-esteem, character building, respect for self and others, and proper approaches to competition. Parents are encouraged to begin training at the same time as their children's class regardless of rank. Great fun family activity!

**4053.400 Wednesdays:** October 2<sup>nd</sup> – December 18<sup>th</sup>  
5:30pm - 6:30pm for 12 weeks

**4053.401 Saturdays:** October 5<sup>th</sup> – December 21<sup>st</sup>  
10:15am - 11:30am for 12 weeks

**Fee:** \$90

**Location:** Room 15

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

**4227.201 INTRODUCTION TO GOLF AGES 8-12**

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

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

**When:** Saturdays October 12<sup>th</sup> – November 16<sup>th</sup> for 6 weeks

**Time:** 8:30 - 9:30am

**Instructors:** Back 9 Social Staff

**Fee:** \$95

**Location:** Back 9 Social, 805 N Colony RD

**LEAGUES****4200.400 GIRLS YOUTH VOLLEYBALL • AGES 5-15**

Season Begins Saturday September 21<sup>st</sup>. Learn the game of volleyball, skills, rules, teamwork, and sportsmanship while having fun. Program includes clinics, practices, and games. September 21<sup>st</sup> & September 28<sup>th</sup>: 5-11-year olds from 12-2pm & 12-14year olds from 2-4pm.

First two sessions are 2-hour clinics. After Saturday, September 28<sup>th</sup> session are 1 hour every Saturday, full schedule to come.

**Saturdays:** 12:00pm - 4:00pm

**When:** Saturday September 21<sup>st</sup>, schedule subject to change. Emails will be sent out with full schedule as program start date approaches.

**Fee:** \$90

**Coordinator:** Ken Kish

**4169 WEBER BOYS & GANNON GIRLS YOUTH BASKETBALL LEAGUE 2024-2025 SEASON**

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

**DIVISIONS**

(subject to change based on registration numbers)

**.401 Weber-** 1<sup>st</sup>/2<sup>nd</sup> Grade

**.403 Weber-** 3<sup>rd</sup> Grade

**.404 Weber-** 4<sup>th</sup> Grade

**.405 Weber-** 5<sup>th</sup> Grade

**.406 Weber-** 6<sup>th</sup> Grade

**.407 Weber-** 7<sup>th</sup> Grade

**.408 Weber-** 8<sup>th</sup> Grade

**.409 Weber-** 9<sup>th</sup> – 12<sup>th</sup> Grade

**.410 Gannon-** Grades 1, 2

**.411 Gannon-** Grades 3, 4, 5

**.412 Gannon-** Grades 6, 7

**.413 Gannon-** Grades 8 - 12

**Fee:** \$95 Residents/\$115 Beginning 9/16

**Fee:** \$130 Non Residents

**4222.400 INDOOR CORNHOLE LEAGUE**

Register as a team to play a minimum of 6 games per week. Teams will play three, best of three series each night. At the end of the season, teams will compete in a single elimination tournament to determine the league champion. League is limited to 12 teams. Additional players are allowed on rosters to fill in if needed.

**When:** Tuesdays, September 10<sup>th</sup> – October 29<sup>th</sup>

6:00pm - 8:00pm for 8 weeks

**Fee:** \$50 per team

**Location:** Gym 2

**4200.401 DIVISION A – VERY COMPETITIVE CO-ED VOLLEYBALL**

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

**Fee:** \$300

Registration for all teams will begin on Monday October 7<sup>th</sup>.

**League Supervisor:** Steve Pesta

**4200.402 DIVISION B – CO-ED RECREATIONAL VOLLEYBALL**

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

**Fee:** \$300

Registration for all teams will begin on Monday October 7<sup>th</sup>.

**League Supervisor:** Steve Pesta



# Youth Basketball Volunteer Application

A copy of a valid, government issued photo identification must be attached to complete this application. All coaches will be required to attend a Coaches Certification Course or provide NAYS Certification Card/Number

Name \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Business Phone \_\_\_\_\_

Email Address \_\_\_\_\_

Date of Birth \_\_\_\_\_

Occupation \_\_\_\_\_

Employer \_\_\_\_\_

Address \_\_\_\_\_

Previous Volunteer Experience (Youth Sport Coaching) \_\_\_\_\_

Community Affiliations (Clubs, Service Organizations, etc.) \_\_\_\_\_

Do you have children in the program? Yes No

**If yes, in what league & grade level?** \_\_\_\_\_

Special Certification (i.e. CPR, Medical, etc.) \_\_\_\_\_

Do you have a valid driver's license? Yes No

Driver's License # \_\_\_\_\_ State \_\_\_\_\_

**NAYS MEMBERSHIP NUMBER** \_\_\_\_\_

Have you ever been convicted of or plead guilty to any crime(s): Yes No

If yes, describe each in full \_\_\_\_\_

In which of the following would you like to participate: **Coach** **Assistant**

Please list references, at least one of which has knowledge of your participation as a volunteer in a youth program: \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

As a condition of volunteering, I give permission for the Town of Wallingford to conduct a background check on me, which may include a review of sex offender registries, child abuse and criminal history records. I understand that, if appointed, my position is conditional upon the league receiving no inappropriate information on my background. I hereby release and agree to hold harmless from liability the Town of Wallingford, the officers, employees and volunteers thereof, or any other person or organization that may provide such information. I also understand that, regardless of previous appointments, the Town of Wallingford is not obligated to appoint me to a volunteer position. If appointed, I understand that prior to the expiration of my term, I am subject to suspension and/or removal by the Director, or his designate, for violation of policies and/or principles established by the Town of Wallingford.

Applicant Signature \_\_\_\_\_ Date \_\_\_\_\_

Applicant Name (please print) \_\_\_\_\_

**OFFICE USE ONLY:**  
 Valid Photo ID attached: YES \_\_\_ No \_\_\_  
 Background Check Completion Date: \_\_\_ / \_\_\_ / \_\_\_  
 NAYS Certification Order Date: \_\_\_ / \_\_\_ / \_\_\_

Please See Back Page.....**READ AND SIGN**

## COACHES' CODE OF ETHICS

I hereby pledge to live up to my certification as a NYSCA Coach by following the NYSCA Coaches' Code of Ethics:

- I will place the emotional and physical well being of my players ahead of a personal desire to win.
- I will treat each player as an individual, remembering the large range of emotional and physical development for the same age group.
- I will do my best to provide a safe playing situation for my players.
- I promise to review and practice basic first aid principles needed to treat injuries of my players.
- I will do my best to organize practices that are fun and challenging for all my players.
- I will lead by example in demonstrating fair play and sportsmanship to all my players.
- I will provide a sports environment for my team that is free of drugs, tobacco, and alcohol, and I will refrain from their use at all youth sports events.
- I will be knowledgeable in the rules of each sport that I coach, and I will teach these rules to my players.
- I will use those coaching techniques appropriate for all of the skills that I teach.
- I will remember that I am a youth sports coach, and that the game is for children and not adults.

---

Coach

Signature / Date



# ADULT BASKETBALL LEAGUES

GAMES PLAYED ON  
SUNDAY MORNINGS

\$650 RESIDENT TEAMS

\$700 NON-RESIDENT  
TEAMS

EACH LEAGUE LIMITED  
TO 8 TEAMS

12 WEEKS OF GAMES



START:  
**MID NOVEMBER**

**REGISTRATION OPEN**

- Call 203-294-2120 or email Shawn at [s.keogh@wallingfordct.gov](mailto:s.keogh@wallingfordct.gov) for more information

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

Come join in the fun of recreational gymnastics under the direction of our gymnastics staff. These classes will provide a fun and exciting experience for participants. All programs start with the basics and move along the skill path at their own pace. All participants will receive a ribbon upon completion of a class session. *Classes begin the week of September 23rd for 10 weeks. (no class 10/14, 11/5, 11/11, 11/28)*

**\*\*Do not bring siblings who are not registered to class.  
Only registered, age appropriate children will be able to participate\*\***

#### 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.

- .400 Mondays, September 23<sup>rd</sup> 9:15am - 10:00am
- .401 Mondays, September 23<sup>rd</sup> 10:55am - 11:40am
- .402 Mondays, September 23<sup>rd</sup> 5:15pm – 6:00pm
- .403 Tuesdays, September 24<sup>th</sup> 9:15am - 10:00am
- .404 Tuesdays, September 24<sup>th</sup> 5:15pm – 6:00pm
- .405 Wednesdays, September 25<sup>th</sup> 9:15am - 10:00am
- .406 Wednesdays, September 25<sup>th</sup> 10:05am – 10:50am
- .407 Thursdays, September 26<sup>th</sup> 5:15pm – 6:00pm
- .408 Saturdays, September 28<sup>th</sup> 9:00am - 9:45am
- .409 Saturdays, September 28<sup>th</sup> 9:50am – 10:35am

**Fee:** \$85

**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.

- .410 Mondays, September 23<sup>rd</sup> 10:05am - 10:50am
- .411 Mondays, September 23<sup>rd</sup> 6:05pm – 6:50pm
- .412 Tuesdays, September 24<sup>th</sup> 10:05am – 10:50am
- .413 Tuesdays, September 24<sup>th</sup> 10:55am – 11:40am
- .414 Tuesdays, September 24<sup>th</sup> 6:05pm – 6:50pm
- .415 Wednesdays, September 25<sup>th</sup> 10:55am – 11:40am
- .416 Thursdays, September 26<sup>th</sup> 6:05pm – 6:50pm
- .417 Saturdays, September 28<sup>th</sup> 10:40am – 11:25am
- .418 Saturdays, September 28<sup>th</sup> 11:30am – 12:15pm

**Fee:** \$85

**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

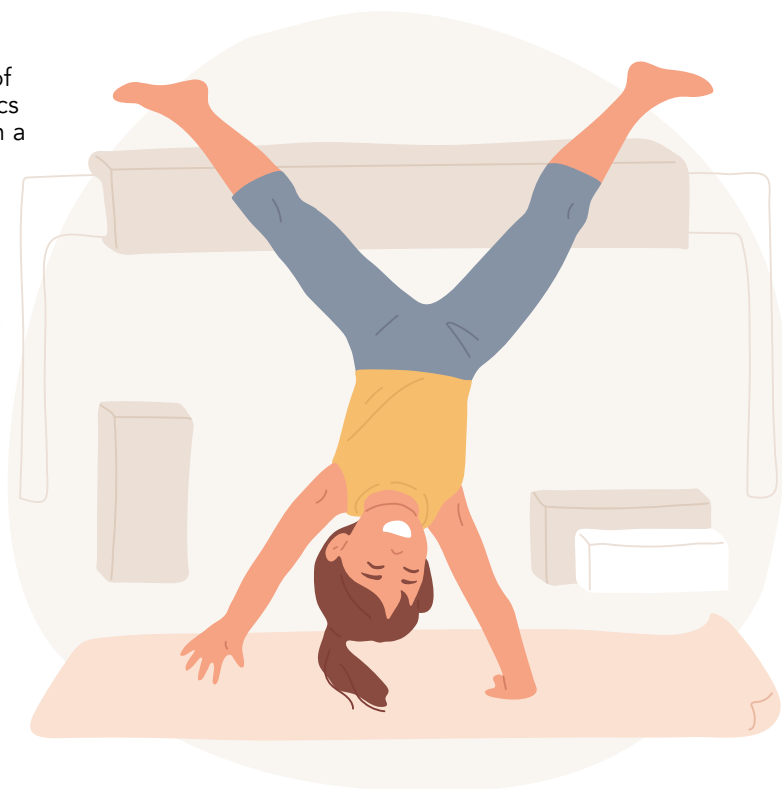
and bars.

- .420 Mondays, September 23<sup>rd</sup> 6:55pm – 7:40pm
- .421 Tuesdays, September 24<sup>th</sup> 6:55pm – 7:40pm
- .422 Thursdays, September 26<sup>th</sup> 6:55pm – 7:40pm
- .423 Saturdays, September 28<sup>th</sup> 12:20pm – 1:05pm
- .424 Saturdays, September 28<sup>th</sup> 1:20pm – 2:05pm

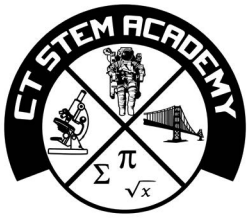
**Fee:** \$85

**Location:** Gymnastics Room

**Instructors:** Gymnastics Staff







# CT STEM ACADEMY SATURDAY AND EVENING PROGRAMS Fall 2024 and Winter 2025 Sessions



## Fall Family STEM Fun @ Celebrate Wallingford

Join us at Celebrate Wallingford on October 5th & 6th  
We will have STEM Fun for All Ages and Information about Upcoming Programs not listed in these brochure pages.

## Family STEM Nights & Programs Open House All Ages

2005.434 Thursday, October 3 - 5:30 pm to 6:45 pm

2005.134 Thursday, March 6 - 5:30 pm to 6:45 pm

**Location:** CT STEM Academy, 284 Washington Street  
**Cost:** FREE

Join us for a fun Family STEM Night with several engaging STEM activities. We will have dedicated areas for a Q & A session about our Programs and assist your family with online registration.

## Exploring the Natural World Course Number 2005.405

Ages 9-14

Wednesdays, September 18 and 25  
5:00 to 6:30 p.m.

**Location:** Sleeping Giant State Park, Hamden CT  
Meet at the main entrance across from  
Quinnipiac University

**Cost:** FREE - Registration Required

*It's September! The sun is shining and the leaves are about to fall! In this program, participants will get outside and learn about various plants and animals that inhabit the world around them. Participants will also collect, observe and identify plants, rocks and minerals. Come on out and see what nature has to offer! New topics will be introduced*

## Wednesday Night Science Fun

Ages 8-12

*Wednesdays - See Selected Dates Below*

6:00 - 7:00 p.m.

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

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

**Cost:** FREE - Registration Required

2005.427 Wednesday, October 2 - Roller Coasters

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

2005.432 Wednesday, October 9 - Race Car Challenge

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

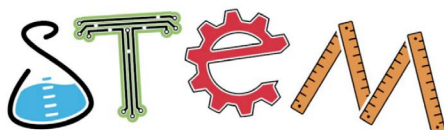
2005.429 Wednesday, October 16 - Make and Take STEM

*Participants will engage in a surprise STEM engineering challenge.*

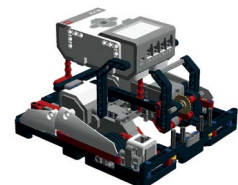
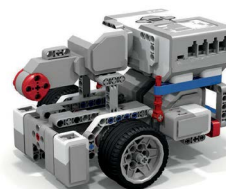
2005.426 Wednesday, October 23 - Chemistry

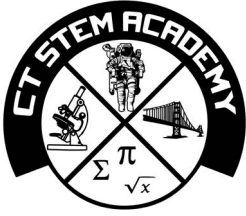
*Participants will engage in a fun hands-on chemistry experiment.*

Registration for the 2024-2025 VEX IQ Robotics Competition Season, CT STEM Academy will register participants. Please email [info@ctstemacademy.org](mailto:info@ctstemacademy.org) for more information or check [www.ctstemacademy.org](http://www.ctstemacademy.org) for the most current information.



Science • Technology • Engineering • Math





# CT STEM ACADEMY

## Fall 2024 and Winter 2025 Programs



### Ages 5 and 6 STEM (NEW Topics)

Course Number 2005.407

Tuesdays: 10/8, 10/15, 10/22

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

Location: Wallingford Parks and Rec STEM Room

Cost: \$32

*Do you like to explore science, solve problems and use technology? If you do, then STEM Academy is the perfect place for you! Join us for an engaging session of exploring many different STEM Challenges through hands-on investigations. Our session will include high interest materials that will include science, technology, art and math! Maximum Number will be 10 participants*

### Ages 5 and 6 STEM (NEW Topics)

Course Number 2005.107

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

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

Location: Wallingford Parks and Rec STEM Room

Cost: \$39

*Do you like to explore science, solve problems and use technology? If you do, then STEM Academy is the perfect place for you! Join us for an engaging session of exploring many different STEM Challenges through hands-on investigations. Our session will include high interest materials that will include science, technology, art and math! Maximum Number will be 10 participants*

### Archaeology 101

Course Number 2005.112

Ages 9 - 14

Tuesdays: 2/4 and 2/11

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

Location: Wallingford Parks and Rec STEM Room

Cost: \$25

*Explore a different side of STEM with this new program. As Archaeologists, students will study cultural material as they try to understand the past. Archaeologists studying the physical material left behind through the ages. This class will bring together many subjects like physical science, earth and environmental science, topography, anatomy and more!*

### Ages 7 and 8 STEM (NEW Topics)

Course Number 2005.406

Thursdays: 10/10, 10/17, 10/24

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

Location: Wallingford Parks and Rec STEM Room

Cost: \$32

*Do you like to explore science, solve problems and use technology? If you do, then STEM Academy is the perfect place for you! Join us for an engaging session of exploring many different STEM Challenges through hands-on investigations. Our session will include high interest materials that will include science, technology, art and math! Maximum Number will be 10 participants*

### Ages 7 and 8 STEM (NEW Topics)

Course Number 2005.106

Tuesdays: 1/7, 1/14, 1/21, 1/28

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

Location: Wallingford Parks and Rec STEM Room

Cost: \$39

*Do you like to explore science, solve problems and use technology? If you do, then STEM Academy is the perfect place for you! Join us for an engaging session of exploring many different STEM Challenges through hands-on investigations. Our session will include high interest materials that will include science, technology, art and math! Maximum Number will be 10 participants*

### Robotics Club (Beginner Topics)

Course Number 2005.425

Ages 7 - 9

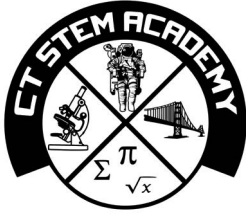
Tuesdays: 11/12, 11/19, 11/26, 12/3

Time: 6:15 to 7:30

Location: Wallingford Parks and Rec STEM Room

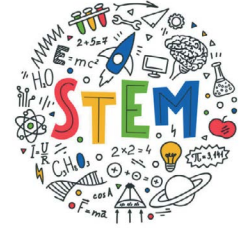
Cost: \$38

*This program is designed for participants who would like a rich introduction to robotics and coding. This program encourages **critical thinking, problem solving, and communication**. Participants will be using **UB Tech Robotics** to learn the basics of building a robot, coding and related STEM applications. Instructors will adjust program instruction to meet the needs of all participants.*



# CT STEM ACADEMY

## Fall 2024 and Winter 2025 Programs



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

### STEAM Fun for Homeschool – Ages 8 - 14

#### Session 1 - Course Number 2005.415

Tuesdays: 9/24, 10/1, 10/8, 10/15

#### Session 2 - Course Number 2005.416

Tuesdays: 11/12, 11/19, 11/26, 12/3

#### Session 3 – Course Number 2005.117

Tuesdays: 1/14, 1/21, 1/28, 2/4

**Time: 1:00 to 2:15 p.m.**

**Location: Wallingford Parks and Recreation Department, STEM Room**

**Cost: \$35 per session**

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

## After School STEM

Look for our STEAM Offerings in the After School Arts Program Section

### Girl Powered STEM Day – Fall Session

Course Number 2005.440

November 5, 2024 – Election Day

Session 1: 9:30 - 12:30 PM

Location: CT STEM Academy, 284 Washington St.

Cost: \$35

Ages: 8 to 14

This summer program will allow girls to join other like-minded girls to explore engineering in a fun and informal environment. We engage girls in a balance of hands-on Engineering activities, along with social skills and collaboration skills. Both self-guided and teacher-led projects will take place. Girls will work to build, test, and improve their very own creations, which encourage fun learning experiences for all.

Undoubtedly, this summer program will equip girls with STEM skills they will use for a lifetime.

Please check [www.ctstemacademy.org](http://www.ctstemacademy.org) for the most current information.

### Grades 3 to 5 Lt. Governor's Coding Challenge

Course Number 2005.126

Thursdays: 1/9, 1/16, 1/23

6:00 pm - 7:00 pm

Location: CT STEM Academy, 284 Washington St.

Cost: FREE

The Lt. Governor's Computing Challenge is a statewide coding competition for Connecticut students. The "Coding for Good" challenge is open to all students who can enter on their own or as a team. Our program will guide and support students. Upon enrollment, participants must commit to submitting an entry. More information about the challenge, please visit <https://www.ltgovcc.org/>

### Python Coding – Online Program

Course Number 2005.131

Ages 10 - 15

Thursdays: 1/9, 1/16, 1/23

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

Location: Online

Cost: \$35

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

### Robotics Club (Intermediate Level)

Course Number 2005.125

Ages 7 - 10

Thursdays: 2/6, 2/13, 2/20, 2/27

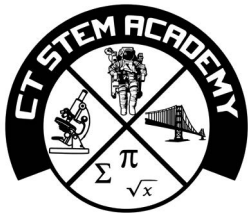
Time: 6:15 to 7:30 p.m.

Location: CT STEM Academy, 284 Washington St.

Cost: \$40

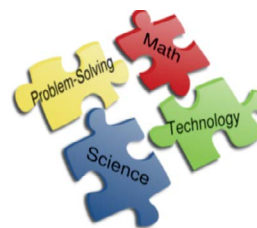
*This program is designed for participants who would like to continue their robotic education. This program encourages **critical thinking, problem solving, and communication.** Participants will be using **Lego Mindstorms EV3** to learn how to build a specific robot, coding and related STEM applications. Instructors will adjust program instruction to meet the needs of all participants. **Topics from fall program will not be repeated. Must have prior robotics experience in our fall session.***





# CT STEM ACADEMY

## Fall 2024 and Winter 2025 Programs



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

### School Break One Day Programs

#### Robotics Exploration – One Day Program Fall Session

Ages 8 to 12

Course Number 2005.411

Monday, October 14, 2024

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

Location: CT STEM Academy, 284 Washington Street,

Cost: \$35

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

#### Experimental Fun! – One Day Program

Course Number 2005.414

Ages 8 to 14

Winter Break – Friday, December 27, 2024

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

Location: Wallingford Parks and Rec STEM Room

Cost: \$35

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

#### STEAM Explorations

Course Number: 2005.133

Ages 8 to 14

Winter Break – Monday, December 30, 2024

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

Location: Wallingford Parks and Rec STEM Room

Cost: \$35

Do you like to explore science, solve problems and use technology? If you do, then STEM Academy is the perfect place for you! Join us for an engaging session of exploring many different STEAM Challenges through hands-on investigations. Participants will be grouped based upon experience and/or age.

#### Robotics Exploration – One Day Program Winter Session

Ages 8 to 12

Course Number 2005.111

Monday, Jan. 20, 2025 - Martin Luther King, Jr. Day

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

Location: CT STEM Academy, 284 Washington Street

Cost: \$35

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

#### Fun with Chemistry

Course Number 2005.110

Ages 9 to 14

Monday, February 17, 2025 - Presidents' Day

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

Location: CT STEM Academy, 284 Washington Street

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

Cost: \$35

#### Girl Powered STEM Day – Winter Session

Course Number 2005.140

Ages: 8 to 14

February 18, 2025

Session 1: 9:30 - 12:30 PM

Cost: \$35

This summer program will allow girls to join other like-minded girls to explore engineering in a fun and informal environment. We engage girls in a balance of hands-on Engineering activities, along with social skills and collaboration skills. Both self-guided and teacher-led projects will take place. Girls will work to build, test, and improve their very own creations, which encourage fun learning experiences for all. Undoubtedly, this summer program will equip girls with STEM skills they will use for a lifetime.

*Different topics from November session.*

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

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

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

**5003.401 ALL LEVELS VINYASA YOGA**

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

**Equipment Needed:** Your own yoga mat

**Instructor:** Cathy Dean certified yoga instructor

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

**Date:** September 23<sup>rd</sup> – December 16<sup>th</sup> for 13 weeks

**Location:** Room 15

**Fee:** \$75

**5006.401 BASIC YOGA MONDAYS - ZORAYDA**

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

**Equipment Needed:** Your own yoga mat

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

**Date:** September 23<sup>rd</sup> – December 16<sup>th</sup> for 11 weeks (no class 10/14, 11/11)

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

**Location:** Room 16

**Fee:** \$75

**5007.402 YOGA FOR NOT-FLEXIBLE PEOPLE**

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

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

**Time:** Tuesdays, 5:50pm - 6:50pm

**Date:** September 24<sup>th</sup> – December 17<sup>th</sup> for 12 weeks (no class 11/5)

**Location:** Room 15

**Fee:** \$70

**5007.404 THERAPEUTIC YOGA**

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

**Equipment Needed:** Your own yoga mat.

**Time:** Tuesdays, 7:00pm - 8:15pm

**Date:** September 24<sup>th</sup> – December 17<sup>th</sup> for 12 weeks (no class 11/5)

**Location:** Room 16

**Fee:** \$80

**GENTLE YOGA STRETCH**

A nurturing, healing experience for everyone. We are all needing a deeper sense of relaxation and ease in our lives. Basic seated and supine 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, light blanket suggested  
**5005.402** Mondays, 9:15am - 10:30am

**Instructor:** Christina Casavina certified yoga instructor

**Date:** September 23<sup>rd</sup> – December 16<sup>th</sup> for 11 weeks (no class 10/14, 11/11)

**Location:** Room 15

**Fee:** \$75

**5005.401** Thursdays, 9:30am - 10:45am

**Instructor:** Christina Casavina certified yoga instructor

**Date:** September 26<sup>th</sup> – December 19<sup>th</sup> for 12 weeks (no class 11/28)

**Location:** Room 16

**Fee:** \$80

**5013.406 WARM VINYASA YOGA**

A gently warmed room to soothe the body into a slow flow vinyasa practice. The warmth will allow muscles to open and the body to breathe, bend and explore a deeper practice. As the weather gets cold, give yourself the gift of warm yoga. Bring a light blanket or scarf to rest more deeply in savasana, your final resting pose.

**Equipment Needed:** Your own yoga mat

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

**Date:** September 24<sup>th</sup> – December 17<sup>th</sup> for 12 weeks (no class 11/5)

**Time:** Tuesdays, 6:45pm - 7:45pm

**Location:** Room 14

**Fee:** \$70

**5013.400 YOGA WITH WEIGHTS: WEDNESDAY**

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

**Equipment Needed:** Your own yoga mat, light blanket suggested

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

**Date:** September 25<sup>th</sup> – December 18<sup>th</sup> for 13 weeks

**Time:** Wednesdays, 9:30am - 10:45am

**Location:** Room 15

**Fee:** \$85

**5005.409 YOGA WITH WEIGHTS: THURSDAY**

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

**Equipment Needed:** Your own yoga mat, light blanket suggested

**Class Time:** Thursdays, 5:30pm - 6:30pm

**Instructor:** Christina Casavina certified yoga instructor

**Date:** September 26<sup>th</sup> – December 19<sup>th</sup> for 12 weeks (no class 11/28)

**Location:** Room 16

**Fee:** \$70

**5013.405 YOGA FORM & FLOW: FRIDAY**

End your week and begin your weekend with a well rounded practice of yoga stretch, flow, balance, and breathwork. Ease your body and soothe your soul. All levels welcome!

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

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

**Date:** September 27<sup>th</sup> - December 20<sup>th</sup> for 12 weeks (no class 11/29)

**Time:** Fridays, 9:30am - 10:45am

**Location:** Room 16

**Fee:** \$80

**5013.404 YOGA FORM & FLOW: SATURDAY**

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

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

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

**Date:** September 28<sup>th</sup> - December 21<sup>st</sup> for 13 weeks

**Time:** Saturdays, 8:30am - 9:45am

**Location:** Room 16

**Fee:** \$85

**5106.400 BABY BOOMER BOOGIE (50+ YEARS OLD)**

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

**Instructor:** Stacey Bobbitt

**Date:** September 24<sup>th</sup> - December 19<sup>th</sup> for 13 weeks (no class 11/5, 11/28)

**Time:** Tuesdays & Thursdays, 11:45am - 12:30pm

**Location:** Room 16

**Fee:** \$30

**5018.400 CHAIR YOGA**

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

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

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

**Date:** September 24<sup>th</sup> - December 17<sup>th</sup> for 13 weeks (no class 11/5, 11/28)

**Class Time:** Tuesdays & Thursdays, 1:00pm - 1:45pm

**Location:** Room 16

**Fee:** \$70

**5041.400 YIN YOGA & REIKI**

Take some time to realign physically and energetically during this yin yoga practice enhanced with the healing magic of reiki. Deonna will guide you through deeply restorative yin poses to release tension in the soft tissue of the body while reconnecting with the self. As you rest in each pose for several minutes Deonna will go around to offer healing to the energetic body through the ancient eastern practice of reiki.

**Equipment Needed:** Your own yoga mat

**Instructor:** Deonna Thomas, Certified yoga instructor and Reiki Master

**Date:** October 1<sup>st</sup> - December 17<sup>th</sup> for 11 weeks (no class 11/5)

**Time:** Tuesdays, 9:30am -10:45am

**Location:** Room 15

**Fee:** \$75

**5041.401 AWAKENING HATHA YOGA**

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

**Equipment Needed:** Your own yoga mat

**Instructor:** Deonna Thomas, certified yoga instructor

**Date:** September 29<sup>th</sup> - December 22<sup>nd</sup> for 13 weeks

**Time:** Sundays, 9:30am -10:45am

**Location:** Room 15

**Fee:** \$85

**5012.403 PILATES PLUS CORE**

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

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

**Date:** September 25<sup>th</sup> - December 18<sup>th</sup> for 13 weeks

**Time:** Wednesdays, 5:00pm - 5:45pm

**Location:** Room 14

**Fee:** \$85

**5012.404 BARRE AND TOTAL STRENGTH**

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

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

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

**Date:** September 25<sup>th</sup> - December 18<sup>th</sup> for 13 weeks

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

**Location:** Room 16

**Fee:** \$85

**5103.400 ARTHRITIS FOUNDATION**

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

**Instructor:** Elaine Doherty

**Date:** September 23<sup>rd</sup> – December 16<sup>th</sup> for 11 weeks

(no class 10/14, 11/11)

**Time:** Mondays, 12:00pm - 1:00pm

**Location:** Room 15

**Fee:** \$20

**Fitness Classes****5820.400 VIRTUAL POWER UP**

Three classes, three different formats. Metabolic Conditioning, Full Body Interval Strength Training, and Cardio HIIT. Increase your strength and improve your overall level of fitness with a combination of functional strength training and cardio conditioning. We will take circuit training to the next level with full body combos and high 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:** September 23<sup>rd</sup> – December 20<sup>th</sup> for 13 weeks

(no class 11/29)

**Time:** Mondays, Wednesdays & Fridays, 6:00pm -6:45am

**Location:** Zoom

**Fee:** \$110

**5821.400 VIRTUAL EARLY MORNING PUMP**

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

**Instructor:** Jess Holloway AFAA certified instructor

**Date:** September 24<sup>th</sup> – December 19<sup>th</sup> for 13 weeks

(no class 11/28)

**Time:** Tuesdays & Thursdays, 6:00am - 6:45am

**Location:** Zoom

**Fee:** \$90

**5519.400 hardcore STRENGTH**

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

**Instructor:** Sue Moreschi ACE certified instructor

**Date:** September 23<sup>rd</sup> – December 16<sup>th</sup> for 13 weeks

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

**Location:** Room 16

**Fee:** \$50

**5521.400 IT'S HIIT**

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

**Instructor:** Sue Moreschi ACE certified instructor

**Date:** September 23<sup>rd</sup> – December 16<sup>th</sup> for 13 weeks

**Time:** Mondays, 6:20pm - 7:05pm

**Location:** Room 16

**Fee:** \$50

**5522.400 TOTAL BODY CONDITIONING**

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

**Instructor:** Sue Moreschi ACE certified instructor

**Date:** September 24<sup>th</sup> – December 17<sup>th</sup> for 12 weeks  
(no class 11/5)

**Time:** Tuesdays, 5:45pm - 6:30pm

**Location:** Room 16

**Fee:** \$45

**5522.401 CARDIO BLAST**

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

**Instructor:** Sue Moreschi ACE certified instructor

**Time:** Thursdays, 7:00pm - 7:45pm

**Date:** September 26<sup>th</sup> – December 19<sup>th</sup> for 12 weeks  
(no class 11/28)

**Location:** Room 16

**Fee:** \$45

**5519.402 POWEROLOGY**

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

**Instructor:** Sue Moreschi ACE certified instructor

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

**Dates:** September 15<sup>th</sup> – December 22<sup>nd</sup> for 15 weeks

**Location:** Room 16

**Fee:** \$58

**5100.400 TAI CHI QIGONG TUESDAYS**

Both are Relaxed physical movements with a peaceful but focused mind. In this class you will learn easy to do Qigong routines and a Tai Chi routine to aid in relaxing the mind and body. Tai chi helps to improve the mind/body connection as well as internal health benefits.

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

**Date:** September 24<sup>th</sup> – December 3<sup>rd</sup> for 10 weeks  
(no class 11/5)

**Time:** Tuesdays, 7:00pm - 8:00pm

**Location:** Room 15

**Fee:** \$65

**5100.401 TAI CHI QIGONG WEDNESDAYS**

Both are Relaxed physical movements with a peaceful but focused mind. In this class you will learn easy to do Qigong routines and a Tai Chi routine to aid in relaxing the mind and body. Tai chi helps to improve the mind/body connection as well as internal health benefits.

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

**Date:** September 25<sup>th</sup> – November 27<sup>th</sup> for 10 weeks

**Time:** Wednesdays, 11:15am - 12:15pm

**Location:** Room 15

**Fee:** \$65

**5511.400 CARDIO KICKBOXING**

Feel stronger and more in tune with your body with Cardio Kickboxing combinations that will have you punching and kicking your way to a more powerful core. All levels of fitness are welcome!

**Instructor:** Kristie Miller

**Time:** Tuesdays, 5:00pm - 5:45pm

**Date:** September 24<sup>th</sup> – December 17<sup>th</sup> for 12 weeks (no class 11/5)

**Location:** Room 15

**Fee:** \$45

**5511.401 SATURDAY MORNING CIRCUITS**

Challenge yourself with a class mixed with cardio and strength exercises presented in different formats that will keep your body guessing. All levels of fitness are welcome!

**Instructor:** Kristie Miller

**Time:** Saturdays, 10:00am - 10:45am

**Date:** September 28<sup>th</sup> – December 21<sup>st</sup> for 13 weeks

**Location:** Room 16

**Fee:** \$48

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

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

**Instructor:** Cheryl Myers, NETA Certified Instructor

**Dates:** September 25<sup>th</sup> – December 20<sup>th</sup> for 13 weeks (no class 11/29)

**Time:** Wednesdays & Fridays, 10:20am - 11:05am

**Location:** Gym 1

**Fee:** \$30

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

Boogie Blast is an exercise class based on easy to follow dance steps and movements.

It is designed to give you a full body workout while moving to music that makes you want to dance! Come move with us and discover how dancing with friends just might be the most enjoyable exercise ever!

**Instructor:** Stacey Bobbitt

**Dates:** September 25<sup>th</sup> – December 18<sup>th</sup> for 13 weeks

**Time:** Wednesdays, 5:05pm - 5:50pm

**Location:** Room 16

**Fee:** \$30

**5519.110 PRE-HOLIDAY STRENGTH CHALLENGE MINI SESSION**

Get an early start on your New Year's Resolution and come to this mini session and get a taste of all the great classes Sue offers. Full body weight training class which challenge all of the major muscle groups fusing powerful strength training techniques. Increase core strength, stability and burn calories. All levels encouraged!

**Instructor:** Sue Moreschi ACE certified instructor

**Fee:** \$20 **Room:** 16

**Class Times:** Monday, December 23<sup>rd</sup> 6:00pm - 6:45pm

Thursday, December 26<sup>th</sup> 6:00pm - 6:45pm

Sunday, December 29<sup>th</sup> 9:00am - 9:45am

Monday, December 30<sup>th</sup> 6:00pm - 6:45pm

Thursday, January 2<sup>nd</sup> 6:00pm - 6:45pm

Sunday, January 5<sup>th</sup> 9:00am - 9:45am

**5041.403 SOUL FLOW THROUGH THE SUTRAS**

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

**Equipment Needed:** Your own yoga mat

**Instructor:** Deonna Thomas, Certified yoga instructor and Reiki Master

**Date:** October 3<sup>rd</sup> – December 19<sup>th</sup> for 11 weeks

**Time:** Thursdays 7:30 – 9:00pm

**Location:** Room 15

**Fee:** \$75

**5510 ZUMBA!®**

The Zumba® program fuses hypnotic Latin & International rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba® class.

**.401 ZUMBA GOLD MONDAYS 10:20AM - 11:05AM**

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

**Dates:** September 23<sup>rd</sup> – December 16<sup>th</sup> for 11 weeks

(no class 10/14, 11/11)

**Location:** Gym 1

**Fee:** \$42

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

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

**Dates:** September 23<sup>rd</sup> – December 16<sup>th</sup> for 13 weeks

**Location:** Room 16

**Fee:** \$48

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

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

**Date:** October 2<sup>nd</sup> – December 18<sup>th</sup> for 12 weeks

**Location:** Room 15

**Fee:** \$45

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

**Instructor:** Becky Fusco certified Zumba instructor

**Date:** September 26<sup>th</sup> – December 19<sup>th</sup> for 12 weeks

(no class 11/28)

**Location:** Room 15

**Fee:** \$45

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

**Instructor:** Lisa Wasylean certified Zumba instructor

**Date:** September 26<sup>th</sup> – December 19<sup>th</sup> for 12 weeks

(no class 11/28)

**Location:** Room 15

**Fee:** \$45



## 2024 Fall Health and Fitness Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Early Morning	6:00 - 6:45 AM Jess H Virtual Power Up	6:00 - 6:45 AM Jess H Early Morning Pump	6:00 - 6:45 AM Jess H Virtual Power Up	6:00 - 6:45 AM Jess H Early Morning Pump	6:00 - 6:45 AM Jess H Virtual Power Up	
Morning	9:15-10:30 AM Christina Gentle Yoga 15	9:30 - 10:45 AM Deonna Yin Yoga & Reiki 15	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 Form & Flow Yoga 16	8:30 - 9:45 AM Christina Form & Flow Yoga 16
	9:30 - 10:45 AM Zorayda Basic Yoga 16		10:20 - 11:05 AM Cheryl Swing Shift 50+ Gym		10:20 - 11:05 AM Cheryl Swing Shift 50+ Gym	10:00-10:45 AM Kristie Saturday AM Circuits 16
	10:20 - 11:05 AM Cheryl Zumba Gold Gym		11:15 - 12:15PM Central CT Tai Chi Tai Chi 15			
Afternoon	12:00 - 1:00 PM Elaine Arthritis Foundation 15	11:45 - 12:30 PM Stacey Baby Boomer Boogie 16		11:45 - 12:30 PM Stacey Baby Boomer Boogie 16		
		1:00 - 1:45 PM Lauren Chair Yoga 16		1:00 - 1:45 PM Lauren Chair Yoga 16		<b>SUNDAY</b>
Evening		5:00 - 5:45 PM Kristie Cardio Kickboxing 15				9:00 - 9:45 AM Sue M Powerology 16
	5:30-6:30 PM Cathy All Levels Vinyasa Yoga 15	5:45 - 6:30 PM Sue M Total Conditioning 16	5:00 - 5:45 PM Linda Pilates Plus Core 14	5:30 - 6:15 PM Becky ZUMBA 15		9:30 - 10:45 AM Deonna Awakening Hatha Yoga 15
	5:30-6:15 PM Sue Hardcore Strength 16	5:50 - 6:50 PM Zorayda Yoga for Non Flexible People 15	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	6:45-7:45PM Christina Warm Vinyasa Yoga 14	6:00 - 6:45 PM Linda Barre & Total Strength 16	6:30 - 7:15 PM Lisa ZUMBA 15	6:30 - 7:15 PM Lisa ZUMBA 15	
	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 Sue M Cardio Blast 16		
		7:00 - 8:00 PM Central CT Tai Chi Tai Chi 15		7:30 - 9:00 PM Deonna Soul Flow Yoga 15		

KEY
ZOOM CLASSES
IN PERSON

**INTRODUCTION TO PUBLIC SPEAKING**

Learn the fundamentals of public speaking in our introductory course. Designed for beginners and those looking to enhance their basic skills, this program covers the basics of speech crafting and delivery, managing speaking anxiety, and effectively engaging an audience. Presenters will give a sample speech and provide constructive feedback. This course is run by Eagle Toastmasters, a chapter of Toastmasters International. No Registration Required.

**Date:** October 21<sup>st</sup>, 2024, 6pm - 7pm

**Cost:** Free

**EAGLE TOASTMASTERS**

**Learn to speak with confidence and develop leadership skills at Eagle Toastmasters.**

Eagle Toastmasters is a local chapter of Toastmasters International, dedicated to improving public speaking and leadership skills through a structured educational program. Our club offers a supportive and engaging environment where members gain confidence and proficiency in communication through regular meetings, prepared speeches, and constructive feedback.

**Meeting Schedule:** We meet on the first and third Monday of each month from 7:15 p.m. - 8:45 p.m., excluding holidays or other exceptions.

**Fees:**

Guests: Free

Members: \$120 / year

Contact [vpm@eagletoastmasters.com](mailto:vpm@eagletoastmasters.com) for more information.

**ADULT DANCE****6012.402 ADULT INTERMEDIATE TAP DANCE**

Tap class is all about making music with your feet! This class is for beginner tappers who are ready for a challenge. If you have learned some basic tap steps and tap vocabulary and are ready to move at a quicker pace this class is for you. We will continue to learn and practice a variety of tap steps, short phrases, and choreography using different rhythms supported by a wide range of music.

We might even learn the shim sham (regarded as the tap dancers national anthem).

So grab your tap shoes and join the fun!

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

**Instructor:** Sharon Wilhelm

**Dates:** September 23<sup>rd</sup> – November 11<sup>th</sup> for 8 weeks

**Time:** Mondays, 6:40pm - 7:25pm

**Location:** Room 15

**Fee:** \$60

**6012.401 ADULT BEGINNER TAP DANCE**

Whether you have ever tap danced in your childhood, tap dance now, or just have always had a secret passion to learn how to Tap dance, this is the class is for you!! It is so great to make those fun clicking noises with your heels and toes!! Learn the basic fundamentals and terminology of the art of Tap dancing, such as shuffles and flaps, and then put the steps together to dance the popular and traditional tap moves, like the hit Broadway show "42nd Street".

So shuffle off the Buffalo and come join us for this exciting class for adults!!

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

**Instructor:** Sharon Wilhelm

**Dates:** September 23<sup>rd</sup> – November 11<sup>th</sup> for 8 weeks

**Time:** Mondays, 7:30 - 8:15pm

**Location:** Room 15

**Fee:** \$60

**6015.400 SALSA DANCE FOR BEGINNERS • AGES 18+**

Don't miss out on this exciting new salsa dancing class that promises to be fun and dynamic! This is a beginner level class, geared toward those with little to no salsa dancing experience. Participants will be introduced to a social style of salsa dancing, including steps such as Basic, Cumbia, Suzie Q, Left Turn/Right Turn, Cross Body Lead, and more. Partner work will be focused on the fundamentals of leading and following. If you are looking to expand your social opportunities and take your new moves out to the dance floor, or simply wish to burn some calories and relieve some stress, the Salsa Fuego Beginners Class will be the friendly, inclusive, and encouraging environment to do so in!

**Instructor:** Rob Marone

**Dates:** September 26<sup>th</sup> – November 14<sup>th</sup> for 8 weeks

**Time:** Thursdays, 5:45pm - 6:45pm

**Fee:** \$60

**Location:** Room 14

**6015.401 SALSA DANCE LEVEL II**

Ages 18+ Salsa Dancing at the Parks & Rec is back for the Summer! We are excited to offer Salsa Dancing Level II, a class geared toward the "experienced beginner or developing intermediate" level dancer. Participants will add some flare to their basic steps and turns, developing their footwork and adding individual "shines". Partner work will build upon basic Left Turn, Right Turn, and Cross Body Lead fundamentals, progressing steadily toward building a repertoire of more intricate moves and combinations. If you enjoyed the Level 1 Beginner's class and are looking to continue your Salsa journey, or if you are looking to build on other Salsa Dancing experiences you may already have, Salsa Dancing Level II assures to be a positive, high-energy, and fun class that you do not want to miss! \*No partner required to register. However, you are encouraged to register with a friend, group of friends, and/or significant other.

**Instructor:** Rob Marone

**Dates:** September 26<sup>th</sup> – November 14<sup>th</sup> for 8 weeks

**Time:** Thursdays, 7:00pm - 8:00pm

**Fee:** \$60

**Location:** Room 14

**Kid's Dance****6000.401 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, September 24<sup>th</sup> – November 19<sup>th</sup> (no class 11/5) 4:00pm - 4:30pm for 8 weeks

**Instructor:** Amy Malone

**Location:** Room 14

**Fee:** \$45

**6000.403 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 September 24<sup>th</sup> – November 19<sup>th</sup> (no class 11/5) 4:30pm - 5:30pm for 8 weeks

**Instructor:** Amy Malone

**Location:** Room 14

**Fee:** \$55

**6000.406 BALLET & TAP COMBINATION CLASSES AGES 5-6**

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

**When:** Tuesdays, September 24<sup>th</sup> – November 19<sup>th</sup> (no class 11/5) 5:30pm - 6:30pm for 8 weeks

**Instructor:** Amy Malone

**Location:** Room 14

**Fee:** \$55

**COME & CREATE: FINE ARTS PROGRAM****7010.402 COME PAINT, COME DRAW! • AGES 18+**

Bring your supplies and a desire to create. All levels of drawing and painting instruction available, so beginners are very welcome. Individualized instruction will be given in a workshop setting. Bring a magazine quality photo as a reference to work from or your favorite masterpiece learn basic techniques from drawing thoughtfully selected objects by instructor. Some materials available for use during the first lesson.

**Instructor:** Rashmi Talpade (Fine Arts Supervisor)

**Date:** November 12<sup>th</sup> – December 3<sup>rd</sup> for 4 weeks

**Time:** Tuesdays, 6:30pm - 8:30pm

**Location:** Room 7

**Fee:** \$50

**7010.404 PASTELS FOR ADULTS 18+**

Come and join with other artists to play with this fun medium. Everyone will be working on their own unique art with no comparisons. Encouragement, different techniques, and critique are offered and I will be there to get you started. Beginners are more than welcome. Bring a still life setup or a photograph to use as a reference. I will have a handout during the first class for materials. Can't wait to Create with you!

**Instructor:** Sue Murphy

**Date:** October 2<sup>nd</sup> – November 19<sup>th</sup> for 8 weeks

**Time:** Wednesdays, 12:00pm - 2:00pm

**Location:** Room 7

**Fee:** \$80

**7010.406 TEEN S.A.S STUDENT ARTISTS SAFE SPACE**

Do you love art? Do you want to learn more and meet other like-minded artists your own age? If you are a tween/ teen and want to be exposed to different materials and techniques you are welcome here. Join artist Deb Jaffe to learn to sculpt from nature and fantasy in this 8 week workshop we will explore shape, form, and technique to sculpt in clay Each week there will be a short demonstration of different materials and styles, including, paint, clay, paper, assemblage, and digital arts. Each young artist is free to explore their creativity using the materials available. Some supplies included. Please feel free to bring your own as well.

**Instructor:** Deb Jaffe

**Date:** October 1<sup>st</sup> – November 12<sup>th</sup> for 6 weeks (no class 11/5)

**Time:** Tuesdays, 5:00pm - 6:15pm

**Location:** Room 7

**Fee:** \$60

**AFTER SCHOOL ARTS PROGRAM (ASAP)**

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

**7750.402 – Art-Pouri – Instructor:** Debbie Jaffe

Your pint-sized Picasso will create a masterpiece using a variety of materials. Each week we will use a different material and different techniques. We will use clay, paper and paint, fabric, wood and found objects to create sculptures, paintings and everything in between. Imagination is the theme. If your little one likes to make things and likes to have fun, this is the class for them. Make sure your child is dressed to get messy or send a smock with them.

**6 Mondays:** October 7<sup>th</sup> – November 25<sup>th</sup>

(no class 10/14, 11/11)

**Fee:** \$60

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

**7750.407 – Art-Pouri – Instructor:** Debbie Jaffe

Your pint-sized Picasso will create a masterpiece using a variety of materials. Each week we will use a different material and different techniques. We will use clay, paper and paint, fabric, wood and found objects to create sculptures, paintings and everything in between. Imagination is the theme. If your little one likes to make things and likes to have fun, this is the class for them. Make sure your child is dressed to get messy or send a smock with them.

**6 Tuesdays:** October 8<sup>th</sup> – November 26<sup>th</sup>

(no class 10/29, 11/5)

**Fee:** \$60

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

**7750.401** – STEAM – **Instructor:** CT STEM Academy

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

**6 Tuesdays:** October 8<sup>th</sup> – November 26<sup>th</sup>

(No Class on 10/29, 11/5)

**Fee:** \$60

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

**7750.403** – Art-Pouri – **Instructor:** Debbie Jaffe

Your pint-sized Picasso will create a masterpiece using a variety of materials. Each week we will use a different material and different techniques. We will use clay, paper and paint, fabric, wood and found objects to create sculptures, paintings and everything in between. Imagination is the theme. If your little one likes to make things and likes to have fun, this is the class for them. Make sure your child is dressed to get messy or send a smock with them.

**6 Wednesdays:** October 9<sup>th</sup> – November 13<sup>th</sup>

**Fee:** \$60

**STEVENS:** Grades K – 2, **Time:** 3:35pm - 4:35pm

**7750.405** – Fine Art Basics - **Instructor:** Sue Murphy

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

**6 Wednesdays:** October 9<sup>th</sup> – November 13<sup>th</sup> (no class 10/24)

**Fee:** \$60

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

**7750.400** – STEAM – **Instructor:** CT STEM Academy

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

**6 Thursdays:** October 10<sup>th</sup> – December 5<sup>th</sup>

(No Class on 10/24, 10/31)

**Fee:** \$60

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

**7750.404** – Art-Pouri – **Instructor:** Debbie Jaffe

Your pint-sized Picasso will create a masterpiece using a variety of materials. Each week we will use a different material and different techniques. We will use clay, paper and paint, fabric, wood and found objects to create sculptures, paintings and everything in between. Imagination is the theme. If your little one likes to make things and likes to have fun, this is the class for them. Make sure your child is dressed to get messy or send a smock with them.

**6 Fridays:** October 11<sup>th</sup> – November 15<sup>th</sup>

**Fee:** \$60

## Visual Arts

### **7050.405 HOLIDAY KIDS PAINT NIGHT 1 AGES 7 - 14**

Drop off your kiddos to Splat Art Studio to paint a fun holiday canvas 11"x14"-Oh what fun. All art supplies and paint smocks provided.

Ages 7-14 Drop off kids only event. Don't wait, limited space. Tis the season to be creative

**When:** Saturday, October 19<sup>th</sup> 6:00pm - 8:00pm

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

**Fee:** \$40

### **7050.406 SPLAT ART STUDIO:**

#### **KIDS FUN PAINT NIGHT 2 AGES 7-14**

Drop off your kiddos to Splat Art Studio to paint a fun holiday canvas 11"x14"-Oh what fun. All art supplies and paint smocks included. Ages 7-14 Kids only drop off event. Don't wait, limited space. Tis the season to be creative.

**When:** Saturday, December 14<sup>th</sup> 6:00pm - 8:00pm

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

**Fee:** \$40

### **8038.413 HALLOWEEN PARENT-CHILD ART WORKSHOP**

We will create a larger than life Halloween project with oversized fun wood elements! Each team member will paint and create a spooky wood sign from several of these choices: 6 inch Cauldron, Wise Owl, Wizard Hat, Potions Bottle, Wizard Glasses, and a magic broom and potion labels! Cookies and witches brew will be served to all busy artists!

**When:** Friday, October 18<sup>th</sup> 6:15pm - 8:45pm

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

**Location:** Room 7

**Instructor:** Kim Larkin

### **8038.414 VACAY ART DAY: NORTHERN LIGHTS WOOD PAINT WORKSHOP AGES 9+**

Come create a fun, easy, colorful twist on the northern lights on a 12" wood circle. We will be using vibrant acrylics and watercolor, posca markers and more to create our project with swirling light and stars. Step by step, success and fun for all! Bring a snack/lunch and wear art clothing!

**When:** Monday, December 30<sup>th</sup> 10:00am - 12:30pm

**Fee:** \$25 (\$6 supply fee made payable to instructor night of class)

**Location:** Room 7

**Instructor:** Kim Larkin

### **8038.415 PAINTED WREATH AGES 18+**

We will use Annie Sloan natural chalk paints to paint/distress our round wood base and wood greeting oval, then use a jewel tone palette of felted wool balls in our design. Burlap

Leaves, wood acorns, twine tassels and other natural elements will bring this easy, unique and upscale wreath together. We will be using glue guns to assemble. Choice of natural wood beaded hanger and printed greeting text.

**When:** Friday, October 4<sup>th</sup> 6:30pm - 8:45pm

**Fee:** \$20 (\$18 supply fee made payable to instructor night of class)

**Location:** Room 7

**Instructor:** Kim Larkin

**8038.416 HOLIDAY PARENT CHILD ART WORKSHOP**

Each team member creates their own unique creation. Clever cardinals will be the stars of our Winter Wonderland. Our wood cardinals will be donning whimsical snow hats and will nest in our wooden trees. We will decorate our evergreens with fun elements including snow paints, metallic paints, and more. Each member will also create a hot cocoa ornament with faux whipped cream! Real Hot Cocoa and cookies served for all the busy artists!

**When:** Friday, December 6<sup>th</sup> 6:15pm - 8:45pm

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

**Location:** Room 7

**Instructor:** Kim Larkin

**8038.114 VACAY ART DAY: SNOW LEOPARD AGES 9+**

Come learn to draw, step by step, the elusive Snow Leopard and its Himalayan habitat. We will create with paint, paper, textures so wear your art clothing and feel free to bring a snack/lunch.

**When:** Monday, February 17<sup>th</sup> 10:00am - 12:30pm

**Fee:** \$25

**Location:** Room 7

**Instructor:** Kim Larkin

**8038.115 LARGER THAN LIFE WOOD TEAPOT**

**AGES 18+**

Paint, decoupage, collage fun! Come create and play with this unique Alice in Wonderland inspired project celebrating January: Hot Tea Month. Several options to choose from. We will have Alice's fun quotes to choose from, Alice printed images, and many great elements to create a unique whimsical project for yourself or as gifts! Hot tea served for all busy crafters.

**When:** Friday, January 17<sup>th</sup> 6:30pm - 8:45pm

**Fee:** \$20 (\$14 supply fee made payable to instructor night of class)

**Location:** Room 7

**Instructor:** Kim Larkin

**8038.116 VALENTINE'S PARENT CHILD ART WORKSHOP: PUPS ON PARADE**

We will be painting wooden pups and adding fun elements such as bandanas, hats, wooden dog bones and much more! Each team member will have a different pup to create and will be set against a large wooden heart! Wear your art clothing! Beverages and cookies will be served for all busy artists!

**When:** Friday, February 7<sup>th</sup> 6:15pm - 8:45pm

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

**Location:** Room 7

**Instructor:** Kim Larkin

**8020.400 KNITTING WITH MARILYN**

Beginners welcome! Learn or improve knitting skills. Appropriate projects will be offered.

Challenge your skills with a felting project or learn to incorporate beading into a project by different methods. All levels of knitting welcome! Bring a note pad.

**When:** Mondays, October 21<sup>st</sup> – December 30<sup>th</sup> 10:00am - 12:00pm for 10 weeks

**Location:** Room 1

**Fee:** \$60

**Instructor:** Marilyn Pettison

**8039. SPIRITUAL JOURNEY THROUGH SOUND**

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

**8039.401** Sunday, October 13<sup>th</sup> 11:00am - 12:00pm

**8039.402** Sunday, November 10<sup>th</sup> 11:00am - 12:00pm

**8039.403** Sunday, December 8<sup>th</sup> 11:00am - 12:00pm

**Location:** Room 3

**Fee:** \$25

**Instructor:** Deonna Thomas



**CELEBRATE WALLINGFORD****When:** Saturday & Sunday, October 5<sup>th</sup> and 6<sup>th</sup> 2024.**Time:** Saturday, 10:00am - 6:00pm

Sunday, 11:00am - 5:00pm

**Where:** Uptown Wallingford

For more information contact Wallingford Center Inc. at 203 284-1807 or Liz Davis

wci@wallingfordcenterinc.com

**A GOBLIN GATHERING**

A gathering for all Wallingford Goblins! You may gather in front of the YMCA Teen Center at 5:30 p.m. to start the parade at 6:00 p.m. or meet us in front of the Wallingford Town Hall at 6:30p.m. for an evening of fun activities, DJ music to include monster mash music by Johnny Roz and Sound Spectrum Entertainment, ghoulish games, art projects and more. Pre-bagged candy, cider and donuts.

This event is sponsored by the Wallingford Public Celebrations Committee, Wallingford Parks and Recreation Department and Wallingford Center Inc.

**When:** Friday, October 25<sup>th</sup> with a rain date of October 26<sup>th</sup>**Time:** 6:30pm - 8:00pm**Where:** Wallingford Town Hall**Fee:** Free**9 AND A CHICKEN**

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

**When:** Friday, November 15<sup>th</sup>, 2024**Time:** 7:00pm**Where:** Begins at the Wallingford Chic Fil A. Ending at the Parks and Rec. Dept.**Fee:** Free**15TH ANNUAL DOWNTOWN WALLINGFORD HOLIDAY STROLL**

This season we will be once again be joining forces with Wallingford Center, Inc. and the downtown Wallingford merchants to offer roasted chestnuts, kettle corn, hot chocolate, a bonfire, ice carving, D.J. entertainment, a photo booth and more. Fill out a ballot at each participating merchant and enter a chance to win a gift basket worth \$1000.00, \$600.00 or \$400.00 of gift cards. Downtown shops and restaurants will be open late to offer holiday tastings and special discounts. A great way to kick off the Holiday Season!!

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

**When:** Friday, December 6<sup>th</sup>, 2024**Time:** 4:00pm - 9:00pm**Where:** Up and down E. Center Street, Simpson Court**Fee:** Free to the public (minimal fee for some food items)**SEASONS OF CELEBRATION**

Come join us for a visit with Santa and enjoy multiple afternoon activities on the Parade Grounds in front of the Town Hall arts and crafts, photo booth (sponsored by WCI) candy canes, chocolate chip cookies, hot chocolate and more for the children.

**When:** Saturday, December 7<sup>th</sup>, 2024**Time:** 1:00pm - 5:00pm**Where:** Wallingford Town Hall**Fee:** Free**FROSTY PARADE**

Music and entertainment.

**When:** Saturday, December 7<sup>th</sup>, 2024**Time:** 5:00pm**Where:** Johanna Manfreda Fishbein Park and the Gazebo**Fee:** Free

**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](http://www.WallingfordLandTrust.org). The Land Trust's newest trail located on Three Meadows Property: A Short, flat nature hike on Bridle Lane, off Woodhouse Ave. This trail is meant for those looking for a brief, less arduous nature experience and is especially rewarding for the bird enthusiast. The parcel backs up to quiet neighbors and contains several varied habitats; meadows, wetlands with a stream running through the central corridor, a cedar stand, some scrub growth and early successional forest, all of which provide cover, shelter and food to a wide range of amphibians, mammals, butterflies and birds. A large sugar maple provides a shady picnic area, complete with two benches for those who want to sit and enjoy this serene area. Orchard Glenn/Spruce Glen: This hike starts with a short descent to a picturesque stream crossing. Use Route 68 and turn north on to Barnes Park Road North to get to the trailhead. At the end, park at the Large "Wallingford Land Trust" sign. Please pack out what you bring in. No motorized vehicles are allowed. Go to [www.wallingfordlandtrust.org](http://www.wallingfordlandtrust.org) for a trail map and be sure to look at the map in the kiosk at the beginning of the trail.

**TYLER MILL PRESERVE**

Tyler Mill Preserve has approximately 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](http://www.newenglandtrail.org)

**FRESH MEADOWS**

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

**USE OF DAVID DOHERTY FACILITY:**

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

**USE OF PARK PAVILIONS:**

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

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

**1 – BERTINI PARK** - Located on West Dayton Hill Road. Includes a low ropes course and a nature trail for hiking. 68.55 acres

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

**3 – COMMUNITY LAKE PARK** - Located on the West Shore of Community Lake off Hall Avenue. The park offers a pavilion for picnics with restrooms, electricity, two tennis courts with lights, one sand volleyball court, a baseball field and basketball court and playground equipment. 11.6 acres

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

**5 – COYLE FIELD** - Located on Woodhouse Avenue, includes a large soccer field with two smaller fields crossing them. 8.33 acres

**6 – DAG HAMMARSKJOLD MIDDLE SCHOOL** - Located on Pond Hill Road, includes a baseball field and a softball field.

**7 – DOOLITTLE PARK** - Located on South Elm Street, includes ball fields, 4-lighted tennis courts and two basketball courts. This park is also known for its wonderful playscape and has a pavilion for picnics. 15.24 acres

**8 – DUTTON PARK** - This park is located at the end of North Main Street, is the home to a Civil War Monument and the Vietnam Veterans Memorial. 0.48 acres

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

**10 – Ferguson Woods** - Contains 2.5 miles of blazed trails, woodlands and pond/stream habitat. Trail head at cul-de-sac of Dibble Edge Road via Durham. 65 Acres

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

**12 – HARRISON PARK** - This park is located on Cedar Lane and includes a youth baseball field and eight pickleball courts. 14.35 acres

**13 – HIGHLAND SCHOOL** - Located on Highland Avenue, and includes a softball field.

**14 – JOHANNA MANFREDA FISHBEIN PARK** - This park is located on North Colony Road, includes a Gazebo and is permitted out for special events at discretion of Director. Electricity is available upon request. 0.67 acres

**15 – KENDRICK PARK** - This park is located at the end of Grandview Avenue. This park includes a half-court basketball Court and playground equipment. 6.49 acres

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

**17 – LUFBERY PARK** - Going west on Cheshire Road, it is located at the first bend of the road. This park is home to the Flying Ace Frisbee Golf Course. It has a pavilion for picnics, small open field and nature trail. Electrical outlets are available. 44.92 acres

**18 – MARCUS COOKE PARK** - This park is located on Old Rock Hill Rd. and has a pavilion, playground equipment and a ball field

and a series of connecting loop trails through a wooded area. A perfect place to take young hikers. 44.05 acres

**19 – MORAN MIDDLE SCHOOL** - Located on Hope Hill Road, includes a baseball field.

**20 – MOSES Y. BEACH SCHOOL** - Located on North Main Street, includes one youth baseball field.

**21 – PARKER FARMS SCHOOL** - Located on Parker Farms Road, includes 4 little league fields, 1 baseball field, concession stand and restrooms.

**22 – PAT WALL FIELD** - Located on South Elm Street and includes a high school baseball field. 9.1 acres

**23 – PIRE PARK** - Located on Northfield Road. This park includes a baseball field, basketball court and playground equipment. 3.62 acres

**24 – PRAGEMANN PARK** - This park is located on Oak Street, Yalesville. It includes 6 softball fields (youth and adult) with lights, small multi-purpose field no lights. Large soccer field with two small fields crossing large field, large multi-purpose lacrosse, youth soccer and youth football field with lights and field house with restrooms. 29.49 acres

**25 – 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.

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

**27 – SHEEHAN HIGH SCHOOL** - Located on Hope Hill Road, includes a baseball and softball field, tennis courts, and multi-purpose turf field and track.

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

**29 – 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. 27.11 acres

**30 – ROBERT WALLACE PARK** - Located on Quinnipiac Street, the home of Wallingford's monument park includes playground equipment. 1.41 acres

**31 – WESTSIDE FIELD** - Located on East and South Streets. This park includes adult softball field with lights, field house with restrooms, high school baseball field, and multi-sport court. 9.3 acres

**32 – STANLEY BUDLESKI** - Located on Main St. Rt.150 Yalesville "The Yalesville Green" 0.63 acres



# Wallingford Youth League Information



## Wallingford Flag Football

President: Dom Colavito

Email: [dominic.covalito@gmail.com](mailto:dominic.covalito@gmail.com)

Website: <https://clubs.bluesombrero.com/ppmffl>



## Wallingford Vikings Football

President: Sean Reynolds

Email: [Wallingford.vikings@yahoo.com](mailto:Wallingford.vikings@yahoo.com)

Website: [www.wallingfordvikings.com](http://www.wallingfordvikings.com)



## Wallingford Little League

President: Larry McClure

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

Website: [www.wallingfordlittleleague.com](http://www.wallingfordlittleleague.com)



## Yalesville Little League

President: Ray Gomes

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

Website: [www.yalesvillelittleleague.com](http://www.yalesvillelittleleague.com)



## Girls Little League Softball of Wallingford Fast Pitch

President: Danielle Yagovane

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

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



## Wallingford Girls Softball League Slow Pitch

President: Scott Smith

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

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



## Wallingford Cardinals Travel Baseball/Softball

President: Chris Bishop

Email: [cbishop@wallingfordcardinals.com](mailto:cbishop@wallingfordcardinals.com)

Website: [www.wallingfordcardinals.com](http://www.wallingfordcardinals.com)



## Wallingford Soccer Club

President: Dave Rodriguez

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

Website: [www.wallingfordsoccer.net](http://www.wallingfordsoccer.net)



## Wallingford Youth Lacrosse

President: Al Criscuolo

Email: [president@wallingforyouthlacrosse.com](mailto:president@wallingforyouthlacrosse.com)

Website: [www.wallingfordlacrosse.com](http://www.wallingfordlacrosse.com)



## Wallingford Hawks Hockey

President: Gregory MCGovern

Website: [www.whawks.com](http://www.whawks.com)

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. 2024 \_\_\_\_\_

Address: \_\_\_\_\_  
No. & Street Town Zip

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Does Participant require EPI Pen Y/N \_\_\_\_\_ if yes, what is the allergy \_\_\_\_\_, has Asthma Y/N \_\_\_\_\_,  
 or other Health Issues Y/N \_\_\_\_\_ **Shirt Size** (if applicable) \_\_\_\_\_ Youth S-M-L / Adult S-M-L-XL

Emergency Contact/Number other than Parent? \_\_\_\_\_ Phone: \_\_\_\_\_

**Any Special Needs or Concerns:** \_\_\_\_\_

Please check box to request the services of our Therapeutic Recreation Specialist

Course #	Course / Program Title	Day & Time	Fee

**PAYMENT METHOD IN PERSON:**  
**CASH - please have EXACT AMOUNT**

**CHECK - Make checks payable to  
 "Treasurer Town of Wallingford"**

**PAYMENT METHOD ONLINE: Credit Card ONLY**

Fees: \_\_\_\_\_

Credit: \_\_\_\_\_

Total Amount: \_\_\_\_\_

## REGISTER ONE OF THESE WAYS:

**BY MAIL:** You may mail in your registration once you receive an online notification or the brochure. Mail-in registrations will be processed as they are received. Please include a completed registration form and a check made payable to: Treasurer, Town of Wallingford.

**DROP-OFF IN PERSON:** Come to the Recreation Department office and drop your registration form and payment at the window. Drop-off registrations will be processed as they are received.

**DROP-OFF BEFORE BUSINESS HOURS:** A registration lockbox is conveniently located around the right side of the reception window for you to drop off registrations when the office is closed. Registrations will be received at the opening of the business day and processed accordingly pending previous days registrations. Checks only, please.

**CREDIT CARD ON-LINE ONLY:** Activities and facilities may be paid for at checkout (**ON LINE ONLY**) by credit card. The customer will assume a 3% non-refundable credit card transaction fee in addition to the cost of the program(s)/facilities they register for. **Credit cards will not be accepted in person at the reception window.**

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

**Wallingford Parks & Recreation presents:**

# *Christmas by Candlelight*

## **At Old Sturbridge Village Holiday Lunch at The Publick House**

***Saturday, December 14, 2024***

### ***A Celebration of Favorite Holiday Traditions & Music***

*Like a holiday card come to life, Old Sturbridge Village transforms itself into a Magical candlelit 19th century village. As we stroll through the village, listen to the Victorian carolers, enjoy a horse drawn sleigh ride, meet Santa Claus and join in a Christmas carol sing along.*



*The village historians will share the origins of traditions such as roasted chestnuts, Christmas trees, Yule logs, gingerbread houses and sugar plums.*

Enjoy lunch prior to our time at the village at the famous **Publick House** serving traditional Yankee fare. We will be seated in the heated Garden Tent - complete with a cozy hot cocoa bar! Menu: Salad, House-made baked goods including Pecan Sweet Rolls, Choice of: Herb-Roasted Chicken Breast with cornbread-sausage stuffing or Butter Crumb Scrod with lemon dill Sauce, Dessert & Coffee or Soft Drinks. **Entrée choice in advance**



**COST: \$141 .pp based on 35-50**

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

**Depart: 12:30pm Wallingford Parks & Rec,  
6 Fairfield Blvd**

**Est. Return: 8:00pm Wallingford**



Friendship Tours arranges the components of the tour and does not own or operate the independent suppliers of services including motorcoaches. Trips cancelled because of weather conditions are handled on a per trip basis. Refunds will depend on timing of the cancellation and supplier policies. Tickets to theaters/events are non-refundable. Friendship Tours reserves the right to adjust cost based on fuel surcharges.



**FRIENDSHIP TOURS  
THE SHIP SHOP**

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

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

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

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

**Town Officials**

Mayor Vincent Cervoni

**Town Council Members:**

Joseph Marrone, Chairman  
Christina Tatta, Vice Chair  
Autumn Allinson  
Samuel Carmody  
Craig Fishbein  
Tom Laffin  
Christopher Regan  
Jesse Reynolds  
Vincent Testa

**Parks & Recreation Commission:**

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

**DEPARTMENT STAFF:**

**Director:** Kenny Michaels, MS, CCMO  
**Recreation Superintendent:** Shawn Keogh, CPRP, CCMO  
**Recreation Programs Specialist:** Vacant  
**Executive Secretary:** Loriann Ouellette  
**Senior Clerk:** Stacey Hoppes  
**Recreation Facilities Maintainer:** Mike Magetteri  
**Early Childhood:** Amy Carpenter  
**Crafts:** Kim Larkin  
**Fine Arts:** Rashmi Talpade  
**STEM:** Chris Stone

**FRONT OFFICE STAFF:**

**Daytime:**  
Laura Allen  
Paula Knecht  
Jackie Taglianetti

**Nights/Weekends:**

Ryan Brawn  
Jaidyn Carpenter  
Gianna Imbraguglio  
Grace Kopakow  
Lauren Montano  
Dominick Riveccio  
Bev Somers  
Brooklyn Stanley  
Tom Talbot

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 on Wednesdays at 5:30pm. The 2024 regular meeting schedule is below.

January 10, 2024	September 11, 2024
March 13, 2024	November 13, 2024
May 8, 2024	December 11, 2024