

Wallingford | Summer 2024 | Activities Guide

PARKS & RECREATION

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



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

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Wallingford Parks & Recreation presents:



NYC Landmarks narrated cruise

Saturday, July 13, 2024

America's Favorite Boat Ride! Board the famous **Circle Line Sightseeing Cruises** and enjoy the **Landmarks Cruise**. See the most famous NYC landmarks on both the Hudson and East Rivers, plus breathtaking views of Manhattan's downtown skyline. Enjoy unparalleled views from the water on this 90-minute cruise: the Empire State Building, Chrysler Building, One World Trade Center, the Brooklyn, Manhattan, and Williamsburg Bridges, plus an **up-close view of the Statue of Liberty**. Enjoy Circle Line's wonderful **live narration** about the legends & lore of Manhattan Island, the 'city that never sleeps.'

Free time for lunch at **Chelsea Market** - an iconic food hall marketplace located in the Meatpacking District.

COST: \$127.pp based on 35-50 \$122pp Child 5-12

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

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

Est. Return: 6:30 pm 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.



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THE SHIP SHOP

705 Bloomfield Ave, Bloomfield, CT 06002
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DAVID DOHERTY FACILITY HOURS

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

CLOSED:
July 4th Independence Day
September 5th Labor Day

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Wallingford, CT 06492

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PARKS AND RECREATION WEB SITE:
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TOWN WEB SITE:
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Members of:

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

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The Wallingford Parks & Recreation Staff

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

MESSAGE FROM THE DIRECTOR

"We know summer is the height of being alive."

- Gary Shteyngart

In a wet winter filled with more rain than snow, I know we all eagerly and anxiously await the sunshine of summer. It has been a wild start to our summer at the Parks and Recreation Department with the month of March kicking off our Summer Playgrounds, Pop Shots and Tiny Bubbles, along with Summer Sizzlers Registrations. To see Summer Sizzlers fill in 3 hours from the opening of registration is the fastest in the history of the program!! Summer is always a busy time at the Recreation Department and this summer will be no different. From long standing mainstays like Hoop House Basketball Camp and Skyhawks Sports Camps to Summer STEM Academy Programs, there is something for everyone this summer! In a season filled with family vacations, travel sports and trips to the beach, we hope you all set some time to kick back and enjoy all that summer has to offer!

Speaking of.....Summer in Wallingford means our Twilight Tunes Concert Series. For the last 4-5 years our department has had a vision for this 6 week concert series. During that time, the vision was unable to be carried out due to a couple of factors, but thanks to the support of Mayor Cervoni, the vision for Twilight Tunes Concert Series will be a reality in the Summer of 2024. We are excited and happy to announce the 2024 Twilight Tunes Concert Series will be sponsored by the Toyota Oakdale Theatre. What is more synonymous to musical concerts in Wallingford than the Toyota Oakdale Theatre? The Parks and Recreation Department could not think of a better partner for this event and we thank their General Manager Michael Andrews and Jimmy Koplik for believing in our vision and becoming the sponsor for this event. Also changing for the concerts is the stage placement. We will be closing the streets from Center St. to Prince St. each Wednesday night for the concerts and the stage will now be positioned near 50 South Main St. facing the parade grounds to provide a true town concert in a block party atmosphere with no through traffic during the performances.

Some new amenities and projects completed around town:

1. (2) new post tension concrete basketball courts have been completed at Doolittle Park. This project was completed by Classic Turf replacing the old and worn courts on both Henry and Wall Streets.
2. Pragemann Park Softball Field 6. Infield was skinned, regraded, more clay was added and ready for play for opening day on Saturday April 27th. Thanks to the Wallingford Public Works Department on Completing this project.
3. Vietnam Veterans Park will be getting new scoreboards for baseball fields 1 & 2 thanks to Wallingford Little League. Also, the infield on baseball field 2 was recently micro graded and resodded by Winding Brook Turf Farm .
4. Wallingford parks becoming heart safe with 10 AED units recently donated by In A Heartbeat Foundation to be placed at locations such as Doolittle, Community Lake, Vietnam Vets, West Side field to name a few. We thank Michael Papale III and his foundation for the generous donation to our parks.

From all of us here at the Parks and Recreation Department, we hope you have an enjoyable and safe summer and we hope to see you all around town!

Kenny Michaels
Director of Parks and Recreation



Vision Statement

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

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

- **CLASS CANCELLATIONS:** When schools have delayed opening in the A.M. classes till noon are cancelled. When the schools are closed, Rec Dept. classes will not meet for the school day from 8a.m. to 4p.m. Evening programs are still on unless otherwise indicated. Evening class cancellations will be made at 4p.m. Cancellations will be emailed and texted out to our database, posted on our website, and may be announced on WTNH CH 8, WFSB CH 3, WNBC CH 30 and Govt. Access CH. 20. You must be opted in to receive cancellation notifications from our email and text blast system.
- **A.D.A. STATEMENT / INCLUSION POLICY:** The Recreation Dept. intends to comply with the A.D.A. regulations. It is the policy that recreation be "FUN FOR ALL". Participation in many of our non-adaptive programs is possible for those with special needs. We are limited in our ability to provide additional staff, specialized equipment and medical services. To discuss how we can support your abilities, interest and desire to participate please contact our office at (203) 294-2120. Together we can make recreation FUN FOR ALL.
- **SPECTATORS: CHILD PROGRAMS:** One of the fundamental instructional program goals is to provide your child with a fun and positive learning opportunity with their peers while developing separation skills. Parents are encouraged to abide by the observation schedule determined by the program instructor in order to provide the best instructional atmosphere. Please feel free to discuss your child's progress with the instructor either before or after class.
- **NEW TO THE AREA?** The Wallingford Parks & Recreation Department invites you to come in and find out what we have to offer. We have programs, classes and facilities for all ages. Want to learn more? Give us a call at 203-294-2120. We will be happy to make an appointment at your convenience to show you around and explain any program that is of interest to you. We want to meet you and talk with you and your family.
- **PHOTOGRAPHS:** Participants may be photographed for the purpose of promotion or advertising in future brochures, in newspapers or in other Wallingford Park and Recreation Department media.

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

TRAVELING F.Y.I.'s

This year we hope you will find many new opportunities to travel this spring. We are proud to announce a continued working agreement with Friendship Tours. The staff at Friendship Tours and the Parks and Recreation Department has lined up some new trips for the 2024 trip year. Reminder, trip itineraries are subject to change and the Parks and Recreation Department will do its best to notify travelers ahead of time. We look to continue the trend this year. We hope you find this line up enjoyable and we look forward to seeing you board the bus! All trips are subject to change in price and itinerary. Day tour cancellation policy applies to all Wallingford Park & Recreation day tours operated by Friendship Tours Inc. Any passenger that cancels a reservation 7 days or less prior to departure will not be eligible for a refund. We will examine cancellations on a case by case basis to determine any exceptions to this rule. Please note the Recreation Dept. will make every effort to send a representative from the office to see off the trip to and from our destination and to hear any complaints, concerns and or recommendations. It should be understood that this person is not a tour guide. Please retain the same seats throughout the trip. A tip for the coach driver is included in the trip fee. Please contribute only if you wish since the gratuity is included in the trip fees. Trips are rain or shine, unless the tour company cancels. Many trips involve walking tours; either with a tour guide or on your own. Children must be at least 5 years old and accompanied by an adult unless otherwise specified. No lap sitters on the coach bus. Complete trip itineraries will be distributed on the morning of the trip. Travel insurance is recommended for overnight trips and is offered through Friendship Tours. Forms are available at the Recreation Dept. front office. We would like to thank all of our travelers for choosing Wallingford Parks and Recreation for their travel needs during the 2024 season!!

1002.300 SAVOR THE FLAVOR: TASTE OF PROVIDENCE

Saturday June 29th

Bus Departs Rec. Dept. 7:30am

Returns: 6:00pm

Fee: \$144

Welcome to Federal Hill – Providence's Little Italy. It is a great place to stroll and visit the Italian food emporiums and bakeries. Enjoy a slice of Italy as you watch the great fountain in Depasquale Square. We'll begin our day at Scialo Bros. Bakery, well known for their fine bread and pastries. We then continue to Trattoria Zooma, a Southern Italian kitchen featuring handmade pasta and wood fired pizza. The chef delights and entertains you with a tableside demonstration of the techniques used in pizza making. Our 5 course family style meal includes: salad, margherita pizza, potato knocchi, penne pasta, and chicken marsala followed by cannoli and coffee. Following lunch we will stroll over to Venda's Ravioli Emporium to shop for fine Italian foods, olive oil, and cheeses. We'll complete our day with a riding Tour of Providence with our local step on guide.

1002.301 CIRCLE LINE SIGHTSEEING CRUISE

Saturday July 13th

Bus Departs Rec. Dept. 8:00am

Returns: 6:30pm

Fee: \$127

America's Favorite Boat Ride! Board the famous Circle Line Sightseeing Cruise and enjoy the Landmarks Cruise. See the most famous NYC landmarks on both the Hudson and East Rivers, plus breathtaking views of Manhattan's downtown skyline. Enjoy unparalleled views from the water on this 90 minute cruise: the Empire State Building, Chrysler Building, One World Trade Center, The Brooklyn, Manhattan, and Williamsburg Bridges, plus an up-close view of the Statue of Liberty. Enjoy Circle Line's wonderful live narration about the legends and lore of Manhattan Island, the city that never sleeps. Free time for lunch at Chelsea Market.

1002.302 BOSTON WHALE WATCH

Saturday August 17th

Bus Departs Rec. Dept. 7:45am

Returns: 7:00pm

Fee: \$150

We will board a 350 passenger high speed catamaran for a 3.5 hour whale watch from Boston to Stellwagen Bank, the East Coast's most famous whale watching destination. The boat features wide open decks as well as interior cabin space. Stellwagen's heavy concentration of humpback, finback, and minke whales offers a fabulous opportunity to view and learn about these magnificent creatures as they frolic in their habitat! Free time at Quincy Market after the whale watch for shopping, restaurants and browsing.

1002.303 BOSTON OLD TOWN TROLLEY TOUR

Sunday September 22nd

Bus Departs Rec. Dept. 8:15am

Returns: 5:30pm

Fee: \$157

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 for shopping and dining on your own.

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.**

2024 - 2025 HIP HOUSE DANCE SCHEDULE

Back to School Bash – September 20th

Halloween Havoc – October 25th

Jingle Ball – December 6th

March Madness – March 28th

Spring Fest – April 25th

SUMMER PLAYGROUND CAMP

(PLEASE NOTE REGISTRATION FOR THIS PROGRAM BEGAN MARCH 11)

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

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

Where: Fritz, Moses Y Beach and Stevens

When: Session I Monday July 1st - Friday July 19th (13 days)

Session II Monday July 22nd - Friday August 9th (15 days)

Fee: Session 1 First Child \$150 each additional child \$135

Session II First child \$ 170 each additional child \$155

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

TINY BUBBLES/POP SHOTS CAMP

At time of brochure production, we still have room in the following camps. Register now before the classes fill up! Tiny Bubbles is for children ages 3-4, Pop Shots is for children ages 5-6. Registration is open to all Wallingford residents. You must come with a copy of your child's birth certificate unless they have previously been registered for these programs. Program consideration will be given to non-residents starting June 1st. All other sessions not listed are full and have a wait list.

1030.302

Tiny Bubbles - (Ages 3 & 4) - Room 9

When: July 2nd - August 8th - Tuesday & Thursday
(No class July 4th)

Time: 9:00 am - 1:00 pm

Fee: \$125

1030.304

Tiny Bubbles - (Ages 3 & 4) - Room 10

When: July 2 thru August 8 - Tuesday & Thursday
(No camp July 4th)

Time: 9:00 am - 1:00 pm

Fee: \$125

Please note some of our summer camp registrations began as early as March. Our registration season was extremely busy this year and most camps filled up within the first day! We are excited for another great camp season this year and hope those of you who missed out will get to join us next year!



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

Session 1: September 9th – November 1st (No Class 10/14)

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

Session 3 (2025): January 6th – February 28th

Session 4 (2025): March 11th – May 9th

2025 holidays TBD based on Town and BOE calendar.

	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
3 YEAR OLDS	8:45 - 11:30AM	8:45 - 11:30AM	8:45 - 11:30AM	8:45 - 11:30AM	8:45 - 11:30AM
4 - 5 YEAR OLDS	8:45 - 11:30AM	8:45 - 11:30AM	8:45 - 11:30AM	8:45 - 11:30AM	8:45 - 11:30AM
EXTENDED DAYS PM SESSION	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 10th – November 14th

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

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

Session 2: November 26th – February 13th (No class 11/28, 12/24, 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 25th – May 8th (No class 4/8, 4/10)

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

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

Fee: \$100

Instructor: Miss Coleen

4060.300 SKYHAWKS TINY HAWKS • AGES 3-4

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

Date: Monday – Wednesday July 1st – July 3rd

Time: 8:15am – 9:00am

Fee: \$69

Location: Gym 1

Instructor: Skyhawks Staff

4060.301 SKYHAWKS MINI - HAWK SPORTS AGES 5-7YRS

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

The participant to coach ratio is approximately 8:1.

Date: Monday – Wednesday July 1st – July 3rd

Time: 9:15am – 12:15pm

Fee: \$125

Location: Gym 1

Instructor: Skyhawks Staff

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

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

.303 Beginners Ages 6-9: July 8th – July 11th

9:00am - 12:00pm

.304 Intermediate Ages 8-12: July 8th – July 11th

9:00am – 12:00pm

Location: Doolittle Park Fee: \$135

Instructor: Skyhawks Staff

4060.302 SKYHAWKS SPORTS & GYM GAMES AGES 7-11

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

Date: Monday – Friday July 15th - July 19th

Time: 9:00am – 3:00pm

Fee: \$189

Location: Gym 1

Instructor: Skyhawks Staff

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

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

4168.301 Session 1 June 24th – June 28th 8:30am - 3:30pm

4168.302 Session 2 Aug. 12th – Aug. 16th 8:30am - 3:30pm

Fee: \$185

Instructors: Mike Papale, Joe Gaetano, Greg Morrone

4830.300 WALLINGFORD YOUTH FOOTBALL CAMP AGES 8-14

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

Instructor: Wallingford Vikings Coaches

Dates: Monday - Thursday July 22nd – July 25th

Times: 5:30pm – 7:00pm **Fee:** \$70

4070. WALLINGFORD SOCCER CLUB SUMMER CAMP AGES 5-14

Our camps are designed to help players of all ages to develop athletically by mastering fundamental skills or improving their current skill set. Enjoy plenty of game/scrimmage time and make new friends. Learn from our amazing qualified coaching staff. It will definitely be an unforgettable summer! We teach the Brazilian way where players are encouraged to play a fast, creative and beautiful style that is recognized and enjoyed around the World.

.300 Full Day: July 8th – July 12th 9:00am - 4:00pm (1:00 on Friday) \$240

.304 Half Day: July 8th – July 12th 9:00am – 12:00pm \$170

Location: Vietnam Veteran's Memorial Park

Instructor: Everson Soccer

4851.300 DIAMOND KINGS BASEBALL CAMP AGES 6 – 12

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

Instructor: Diamond Kings Baseball Academy

Dates: Tuesday - Friday June 18th – June 21st

Time: 9:00am – 11:30am

Location: Vietnam Veteran's Memorial Field 1

Fee: \$140

4852.300 VOLLEYBALL CAMP • GRADES 4 – 8

This camp will focus on the fundamentals of volleyball through individual drills, group drills, station work, and games. Our goal is for each player to develop their own individual skills, ability to work together as a team and have an enjoyable experience while gaining a greater understanding of the game of volleyball.

Instructor: Victoria Sperrazza, Sheehan Girls Volleyball Head Coach

Dates: Monday – Friday August 19th – August 23rd

Time: 9:00am – 12:00pm

Location: Parks & Recreation Gym

Fee: \$140

4310.300 CROSSFIT TRITON – CROSSFIT KIDS CAMP AGES 8 - 16

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

When: TBD

Fee: \$120

Location: Cossfit Triton, Capitol Dr, Wallingford

Instructor: Triton Athletics Staff

KARATE

0118.303 ADAPTIVE KARATE • AGES 7+

For children with special needs, the benefits of martial arts can be invaluable. Consistency and repetition are key - repetition of the same location, same faces, same curriculum, and knowing what to expect are the process to help them succeed. With continuous structure and fun exercises, even the child with multisensory issues can rise to the occasion. Adding a traditional martial arts program to a child's existing therapies can only assist them in reaching their goals faster. Focus, concentration, balance, tone, awareness, self-regulation, core strength, reduced anxiety, and spatial awareness are just a few of the benefits your child will receive.

Instructor: Lyne Landry and The Institute of Martial Arts Staff

Date: Wednesdays June 5th – July 24th for 8 weeks

Time: 6:05-6:35pm

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.

Instructor: The Institute of Martial Arts Staff

4051.301 Mondays: June 24th – September 9th

5:30pm – 6:00pm for 11 weeks (no class 9/2)

4051.302 Saturdays: June 29th – September 14th

9:00am – 9:30am for 11 weeks (no class 7/6)

Fee: \$75

Location: Room 14 Mondays/Room 15 Saturdays

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.

Instructor: The Institute of Martial Arts Staff

4052.300 Mondays: June 24th – September 9th

6:05pm – 6:50pm for 11 weeks (no class 9/2)

4052.301 Saturdays: June 29th – September 14th

9:30am – 10:15am for 11 weeks (no class 7/6)

Fee: \$90

Location: Room 14 Mondays/Room 15 Saturdays

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!

Instructor: The Institute of Martial Arts Staff

4053.300 Wednesdays: June 26th – September 11th

5:30pm – 6:30pm for 11 weeks

4053.301 Saturdays: June 29th – September 14th

10:15am – 11:30am for 11 weeks (no class 7/6)

Fee: \$90

Location: Room 15

KARATE SUMMER KAMP AGES 4-11

Instructor: The Institute of Martial Arts Staff

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

4112.301 Week 1: July 29th – August 2nd

Monday – Friday 9:00am – 1:00pm

4112.302 Week 2: August 5th – August 9th

Monday – Friday 9:00am – 1:00pm

Fee: \$120

Location: Gym

LEAGUES

CO-ED ADULT SOFTBALL • AGES 18+

This summer the Parks & Recreation Department will continue hosting a summer time Adult Co-Ed Slow Pitch Softball League. Game play will be on Saturday evenings beginning at 5:00pm and will begin in early August. This is a fun, family-oriented league. Families come and play and watch games together. Keep an eye on your emails for more information regarding registration. Registration must be done as a team, not individuals.

4200.400 GIRLS YOUTH VOLLEYBALL • AGES 6-15

Registration begins July 15th. Check email blasts for league information. Season Begins Saturday September 17th. Learn the game of volleyball, skills, rules, teamwork, and sportsmanship while having fun. Program includes clinics, practices, and games.

Continued on next page

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

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

When: Mid September Fee: \$90

4303.400 SENIOR OPEN BASKETBALL - SILVER BULLETS 2024-2025 • AGES 55YRS AND UP

Come down and join the rest of the Silver Bullets this basketball season. Registration for 2024-2025 play will begin Monday September 9th. Game play goes September through June (Various open dates throughout the summer). This is a fun and active group looking to continue play in the game of basketball.

Fall 2024 - Spring 2025 Schedule September 9th - June 13th, 2025

Mondays, Wednesdays, Fridays 8:00am - 10:00am (Full Gym)

Fee: \$30

Location: Gym 1 & 2

CO-ED OPEN GYM ADULT VOLLEYBALL

Co-ed Adult Volleyball will run weekly on Fridays over the summer and Thursdays in September – May. This program is open for **only age 18 and older!** If at any time numbers of participants are low, the Rec Dept reserves the right to accommodate other groups or activities on an as need basis on one side or both sides of the gym. Sign-up now at the Park & Rec. Registration is limited to 36 participants

4210.300 Friday Night Summer Volleyball

Dates: June 7th – August 30th

Times: 7:30 – 9:30pm

Fee: \$30 for residents / \$50 for non-residents

4210.400 Thursday Night Open Volleyball

Dates: September 5th – May 29th, 2025

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

4169.400 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.

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

Coaches will be subject to a background check and first time coaches are required to attend an online NAYS Coaches Certification program sponsored through the Recreation Dept. If you are a returning coach please send us your NAYS renewal form if it is mailed to you. Not all volunteers will be selected and coaches will be picked based on program needs. Emails regarding registration will be sent out in July. Divisions below may change based on number of registrations.

Divisions

Weber - 1st/2nd Grade

Gannon - Grades 1, 2

Weber - 3rd Grade

Gannon - Grades 3, 4, 5

Weber - 4th Grade

Gannon - Grades 6,7,8

Weber - 5th Grade

Gannon - Grades 9 – 12

Weber - 6th Grade

Weber - 7th Grade

Weber - 8th Grade

Weber – 9th – 12th Grade

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

\$130 Non Residents

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 centrecourt pickleball@gmail.com or visit our website centrecourt pickleball.com Max of 4 people per session All sessions run three consecutive days on Tuesday, Wednesday, and Thursday.

AFTERNOON SESSIONS 12:00-12:50pm:

8500.300: June 4th – June 6th

8500.301: June 11th – June 13th

EVENING SESSIONS 6:40-7:30pm:

8500.310: June 4th – June 6th

8500.311: June 11th – June 13th

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 9:00-10:30am

8501.206: Saturday, June 1st

8501.216: Sunday, June 2nd

8501.207: Saturday, June 8th

8501.217: Sunday, June 9th

8501.302: Saturday, June 15th

8501.312: Sunday, June 16th

8501.303: Saturday, June 29th

8501.313: Sunday, June 30th

8501.304: Saturday, July 13th

8501.314: Sunday, July 14th

8501.305: Saturday, July 20th

8501.315: Sunday, July 21st

8501.306: Saturday, August 3rd

8501.316: Sunday, August 4th

8501.307: Saturday, August 24th

8501.317: Sunday, August 25th

8501.308: Saturday, September 7th

8501.318: Sunday, September 8th

Rain Dates TBD

Fee: \$35

Location: Harrison Park Pickleball Courts

Instructor: Angelo Rossetti

GYMNASTICS



Please check back in February for information on gymnastics. We are still working through our scheduling and staffing for the spring session. Once it is finalized, it will be emailed out to our database.



CT STEM ACADEMY SUMMER 2024 PROGRAMS



Programs will be at 6 Fairfield Blvd or 284 Washington Street (CT STEM Academy).

Location will be listed in online registration description.

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

Robotics Camp for Ages 7, 8, 9

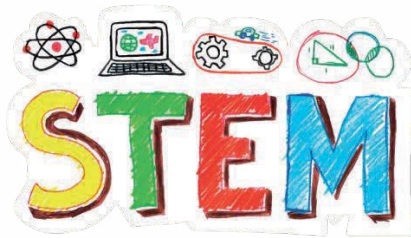
Course Number: 2005.301

June 19 – 21 (Wed. to Fri.)

1 to 3:30 pm daily

Cost: \$75

The great minds at LEGO have provided the tools and means for us to use their fun kits to do more advanced STEM and computer science. LEGO WeDo and LEGO Mindstorms are a great way for students to explore a different side of robotics that includes engineering through interesting building challenges, programming, and innovative thinking with high interest materials. This session will offered at 6 Fairfield Blvd.



STEAM Camp for Ages 9 to 14

Friday, July 5 @ CT STEM Academy

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

Cost: \$65 (Full Day) 2005.330 or

\$38 (Half Day) 2005.331

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

coding
for {kids}

Register for all programs online @

wallingfordct.myrec.com

Ages 5 and 6 STEM Camp

Course Number: 2005.305

July 5 10:00 am to 12:00 am

Course Number: 2005.306

July 22 to July 26, 10:00 a.m. to 12:00 p.m.

One Day-July 5 Cost: \$22

Week-Long Cost: \$100

This camp will challenge students to address real world engineering problems! Students will be creating solutions, building models, and working together to explore science, technology, engineering and math. Join us for an engaging session of exploring many different STEM Challenges through hands-on investigations. Our session will include high interest materials such as Snap Circuits, Ozobots, and Rockets! Each session will offer different activities and topics from previous years. These sessions will offered at 6 Fairfield Blvd

Ages 7 and 8 STEM Camp

Course Number: 2005.308

July 5, 1pm to 3pm

Course Number: 2005.309

July 22 to July 26, 1pm to 3pm

One Day-July 5 Cost: \$22

Week-Long Cost: \$100

Join us for an engaging session of exploring many different STEM Challenges both engineering and technology through hands-on investigations. Students will be given building challenges, coding workshops, and math games to enhance STEM learning! Our session will include high interest! ! Each session will offer different activities and topics from previous years. These sessions will be offered at 6 Fairfield Blvd

June 24 to June 28

STARBASE Weeklong Camp

Check the following pages for more information regarding this special opportunity.



CT STEM ACADEMY SUMMER 2024 PROGRAMS

Programs will be at 6 Fairfield Blvd or 284 Washington Street (CT STEM Academy). Location will be listed in online registration description. Full day camps require students to bring a morning snack and lunch.



STEAM Explorations I for Ages 8 to 14

Monday to Friday – July 29 to August 2

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

Cost: \$130 Full Day 2005.326

or \$90 Half Day 2005.325

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

.VEX IQ Robotics Camp for Ages 10 to 14

Course Number: 2005.303

August 12 to 15 -9:00 am – 3:00 pm

Monday to Thursday Only

Cost: \$200 residents / \$250 non-residents

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

Families Interested in Joining the VEX IQ Robotics Competition Team – Mark Your Calendars with these important dates:

2005.334 Monday, August 12, 5:00 to 6:30 pm – Informational Session for Parents and Youth Participants. This is a free informational meeting, please register ahead.

Application and Interview Sessions to follow Tuesday thru Friday. Please check www.ctstemacademy.org for more details in April 2024.



World
Championship
Participants since
2018

STEAM Explorations II for Ages 8 – 14 STEM Camp

August 19 to August 23

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

Cost: \$130 Full Day 2005.332

or \$90 Half Day 2005.333

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

Challenges will be different from past STEM Exploration Camps I.



STEAM Fun – Ramping Up to School

August 26, 27, 28 - 1pm to 4pm

Ages 8 to 14

Cost: \$40 per day

Location: In Person, Park and Rec STEM Room
Monday August 26: Technology Exploration
Course Number 2005.312

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

Tuesday August 27: Building Challenges
Course Number 2005.313

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

Wednesday August 28: Environmental Investigations
Course Number 2005.315

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



CT STEM ACADEMY SUMMER COMPUTER SCIENCE 2024 PROGRAMS



Programs will be at 6 Fairfield Blvd or 284 Washington Street (CT STEM Academy). Location will be listed in online registration description.
Full day camps require students to bring a morning snack and lunch.

Girls Powered STEM – Session 1

Course Number 2005.340

Ages 9 – 12

**Please note age difference between Session 1 and 2*

June 19, 20, 21 (W to F) - 9:00 am to 3:00 pm

Location: In person @ CT STEM Academy

Cost: \$40 (Grant Funded Program)

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

Girls Powered STEM Session 2

Course Number 2005.341

Ages 13 to 16

**Please note age difference between Session 1 and 2*

Monday – Thursday, July 15th – August 1st

9:00 am to 12:00 pm

Location: In person @ 6 Fairfield Blvd.

Cost: \$60 (Grant Funded Program)

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

2024 Astro Camp

NASA ASTRO CAMP® is the perfect place for you! Join us for an engaging session of exploring many different STEM, and Space Science Related Challenges, through hands-on investigations. Our sessions will include high interest materials and fun technology.

Everyday will include interactive and engaging activities, don't miss out on this great opportunity! Special Grant Funded Pricing

2005.351 July 8 to 11

2005.352 July 15 to 18

2005.353 August 5 to 8

Monday to Thursday, 9am to 3pm

Cost: \$90 per week



Partner

Each week will cover the exact same topics, please do not register for more than one week.

More August 2024 Offerings will be posted online in late April/early May. Additionally, for most 2024 current prices, based upon potential grant funding please check online.



All registration will be through Wallingford Parks and Recreation Dept.

Save Time and Register Online @

wallingfordct.myrec.com

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

Please contact us at info@ctstemacademy.org



CT STEM ACADEMY

284 Washington Street

203.232.1384 | info@ctstemacademy.org |

www.ctstemacademy.org



CT STEM ACADEMY SUMMER 2024 PROGRAMS



STARBASE CT STEM Camp

Course Number: 2005.399

Light Lane in Windsor Locks, CT

Dates: June 24, 25, 26, 27, 28

Time: 8:00am (Depart) to 3:00pm (Arrival)

Camp Program is 9am to 2pm

Cost: \$125 per participant (Grant Funded Program)

Ages: 10 to 14

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

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

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

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

Join us for this fantastic STEM learning opportunity!

More Summer Offerings

Please continue to check the STEM Academy Registration Page at wallingfordct.myrec.com

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

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

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

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

5003.301 ALL LEVELS VINYASA YOGA

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

Equipment Needed: Your own yoga mat

Instructor: Cathy Dean certified yoga instructor

Dates: June 24th – September 9th for 11 weeks (no class 9/2)

Time: Monday 5:30-6:30 PM

Location: Room 15

Fee: \$65

5006.301 BASIC YOGA MONDAYS-ZORAYDA

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

Equipment Needed: Your own yoga mat

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

Date: Mondays June 24th – September 9th for 11 weeks (no class 9/2)

Time: 9:30 – 10:45AM

Location: Room 15

Fee: \$75

5103.300 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

Dates: Mondays June 24th – September 9th for 11 weeks (no class 9/2)

Time: 12:00pm – 1:00pm

Location: Room 15

Fee: \$25

5007.302 YOGA FOR NOT-FLEXIBLE PEOPLE

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

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

Date: Tuesdays June 25th – September 10th for 12 weeks

Time: 5:50 – 6:50pm

Location: Room 15

Fee: \$70

5007.304 THERAPEUTIC YOGA

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

Equipment Needed: Your own yoga mat.

Date: Tuesdays June 25th – September 10th for 12 weeks

Time: 7:00 – 8:15pm

Location: Room 16

Fee: \$80

GENTLE YOGA & MEDITATION

A nurturing, healing yoga experience for everyone. Bring some much needed relaxation and ease into your life. Basic yoga postures and breathing are taught in a gentle way to help students release deep tension and stress from their bodies and minds.

Equipment Needed: Your own yoga mat

5005.302 Mondays 9:15-10:30 AM

Instructor: Christina Casavina certified yoga instructor

Date: June 24th – September 9th for 11 weeks (no class 9/2)

Location: Room 16

Fee: \$75

5005.301 Thursdays 9:30-10:45 AM

Instructor: Christina Casavina certified yoga instructor

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

Location: Room 16

Fee: \$75

5013.300 ALL LEVELS YOGA WITH A TWIST

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

Equipment Needed: Your own yoga mat

Instructor: Christina Casavina, certified yoga instructor

Date: Wednesdays June 26th – September 11th for 11 weeks (no class 7/4)

Time: 9:30 -10:45 AM

Location: Room 15

Fee: \$80

5005.309 YOGA WITH WEIGHTS

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

Equipment Needed: Your own yoga mat

Instructor: Christina Casavina certified yoga instructor

Date: Thursdays June 27th – September 12th for 12 weeks

Time: 5:30 – 6:30PM

Location: Room 16

Fee: \$70

5013.304 YOGA FORM & FLOW

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

Equipment Needed: Your own yoga mat and a light blanket

Instructor: Christina Casavina, certified yoga instructor

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

Time: 8:30 – 9:45AM

Location: Room 16

Fee: \$80

5041.300 YIN YOGA & REIKI

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

Equipment Needed: Your own yoga mat

Instructor: Deonna Thomas, certified yoga instructor

Date: Tuesdays June 25th – September 10th for 12 weeks

Time: 9:30 -10:45 AM

Location: Room 15

Fee: \$80

5041.302 MOVEMENT FOR MENTAL HEALTH

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

After Deonna guides you through a grounding and supportive flow we will join in sacred community, creating a safe space for all to feel truly seen. In this space we will share current challenges with our mental health. This may include heavy conversations meant to make you feel lighter and freer from such struggles as depression, anxiety, addiction, eating disorders, co-dependency and relationship issues, financial fears, and more. We will also go over different coping skills to help you get through your day and allow you to feel more at peace. Please note this is not a clinical therapy group, everything is peer support based and sharing personal information is 100% optional.

Instructor: Deonna Thomas, certified yoga instructor

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

Time: 10:00 – 11:30 AM

Location: Room 16

Fee: \$90

5106.300 BABY BOOMER BOOGIE (50+ YEARS OLD)

Move over Zumba Gold....Baby Boomer Boogie is a fun cardio dance fitness class that incorporates the best of today's and yesterday's favorite music hits. Get your heart pumping and spirits soaring with easy to follow dance movements.

Instructor: Stacey Bobbitt

Date: Tuesday & Thursday June 25th - September 12th for 12 weeks (no class 7/4)

Time: 12:05 - 12:50 PM

Location: Room 16

Fee: \$30

5018.300 CHAIR YOGA

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

Equipment Needed: Your own yoga mat

Instructor: Lauren Henrici, RYT, Yoga Fit certified instructor

Date: Tuesday & Thursday June 25th - September 12th for 12 weeks (no class 7/4)

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

Location: Room 16

Fee: \$70

5106.305 BOOGIE BLAST (50+ YEARS OLD)

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

Instructor: Stacey Bobbitt

Dates: Wednesdays June 26th – September 11th for 12 weeks

Time: 5:05 – 5:50pm

Location: Room 16

Fee: \$25

Fitness Classes

5820.300 VIRTUAL POWER UP

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

Equipment needed: handheld weights, bands, or kettlebell.

Instructor: Jess Holloway AFAA certified instructor

Date: Mon, Wed, Fri June 24th – September 20th for 13 weeks (No class 9/2)

Time: 6:00-6:45 AM

Location: Zoom

Fee: \$110

5821.300 VIRTUAL EARLY MORNING PUMP

Start your day off right with EARLY MORNING PUMP. We will tone all major muscle groups using a combination of handheld weights, barbells and our own body.

Equipment Needed: handheld weights, bands, kettlebells and/or bodybars

Instructor: Jess Holloway AFAA certified instructor

Date: Tuesday & Thursday June 25th – September 19th for 13 weeks (no class 7/4)

Time: 6:00-6:45 AM

Location: Zoom

Fee: \$90

5519.300 HARDCORE STRENGTH

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

Instructor: Sue Moreschi ACE certified instructor

Date: Mondays June 24th – September 9th for 12 weeks (no class 9/2)

Time: 5:30-6:15 PM

Location: Room 16

Fee: \$42

5521.300 IT'S HIIT

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

Instructor: Sue Moreschi ACE certified instructor

Date: Mondays June 24th – September 9th for 11 weeks (no class 9/2)

Time: 6:20-7:05 PM

Location: Room 16

Fee: \$42

5522.300 TOTAL BODY CONDITIONING

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

Instructor: Sue Moreschi ACE certified instructor

Date: Tuesdays June 25th – September 10th for 12 weeks

Time: 5:45 – 6:30 PM

Location: Room 16

Fee: \$45

5522.301 CARDIO BLAST

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

Instructor: Sue Moreschi ACE certified instructor

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

Time: 7:00 – 7:45 PM

Location: Room 16

Fee: \$42

5100.300 TAI CHI CH'UAN

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

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

Date: Tuesdays June 25th – August 27th for 10 weeks

Time: 7:00 – 8:00pm

Location: Room 15

Fee: \$65

5511.300 CARDIO KICKBOXING

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

Instructor: Kristie Miller

Date: Tuesdays June 25th – September 10th for 12 weeks

Time: 5:00 – 5:45 PM

Location: Room 15

Fee: \$45

5012.303 PILATES PLUS CORE

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

Instructor: Linda Roy, STOTT pilates certified instructor

Date: Wednesdays June 26th – September 11th for 12 weeks

Time: 5:00 – 5:45 PM

Location: Room 14

Fee: \$80

5012.304 BARRE AND TOTAL STRENGTH

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

Equipment Needed: Please bring your own mat.

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

Date: Wednesdays June 26th – September 11th for 12 weeks

Time: 6:00 – 6:45PM

Location: Room 16

Fee: \$80

5105. SWING SHIFT (50+ YEARS OLD)

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

Instructor: Cheryl Myers

Dates: Wednesday & Friday June 26th – September 11th for 12 weeks

Time: .300: 10:20 – 11:05 AM

.301: 11:15 – 12:00pm

Location: Room 16

Fee: \$30

5510 ZUMBA!®

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

Zumba Gold is a low impact version of Zumba that uses Latin inspired dance moves and international rhythms. This class is perfect for active older adults, pregnant women, those with disabilities, or anything who is looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.

.301 ZUMBA GOLD MONDAYS 10:50 – 11:35 AM

Instructor: Cheryl Myers Zumba and NETA certified instructor

Dates: July 1st – September 16th for 11 weeks (no class 9/2)

Location: Room 16

Fee: \$42

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

Instructor: Cheryl Myers Zumba and NETA certified instructor

Dates: July 1st – September 16th for 11 weeks (no class 9/2)

Location: Room 16

Fee: \$42

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

Instructor: Fee Adams, AFAA and Zumba certified instructor

Date: June 26th – September 11th for 12 weeks

Location: Room 15

Fee: \$45

.308 ZUMBA GOLD THURSDAYS 4:35-5:20 PM

Instructor: Becky Fusco certified Zumba instructor

Date: July 11th - September 12th for 10 weeks

Location: Room 15

Fee: \$40

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

Instructor: Becky Fusco certified Zumba instructor

Date: July 11th - September 12th for 10 weeks

Location: Room 15

Fee: \$40

.306 ZUMBA THURSDAYS 7:00-7:45 PM

Instructor: Lisa Wasylean certified Zumba instructor

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

Location: Room 15

Fee: \$42

2024 Summer 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 All Levels Yoga 15	9:30 - 10:45 AM Christina Gentle Yoga 16		8:30 - 9:45 AM Christina Form & Flow Yoga 16
	9:30 - 10:45 AM Zorayda Basic Yoga 16		10:20 - 11:05 AM Cheryl Swing Shift 50+ 16		10:20 - 11:05 AM Cheryl Swing Shift 50+ 16	10:00 - 11:30 AM Deonna Movement for Mental Health 16
	10:20 - 11:05 AM Cheryl Zumba Gold Gym					
Afternoon	12:00 - 1:00PM Elaine Arthritis Foundation 15	12:05 - 12:50 PM Stacey Baby Boomer Boogie 16		12:05 - 12:50 PM Stacey Baby Boomer Boogie 16		
		1:00 - 1:45 PM Lauren Chair Yoga 16		1:00 - 1:45 PM Lauren Chair Yoga 16		
Evening		5:00 - 5:45 PM Kristie Cardio Kickboxing 15		4:35 - 5:20 PM Becky ZUMBA Gold 15		
	5:30-6:30 PM Cathy All Levels Vinyasa Yoga 15	5:45 - 6:30 PM Sue M Total Conditioning 16	5:00 - 5:45 PM Linda Pilates Plus Core 14	5:30 - 6:15 PM Becky ZUMBA 15		
	5:30-6:15 PM Sue Hardcore Strength 16	5:50 - 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	7:00 - 7:45 PM Sue M Cardio Blast 16		
	7:10 - 7:55 PM Cheryl Zumba 16	7:00 - 8:15 PM Zorayda Therapeutic Yoga 16	7:30 - 8:30 PM Fee ZUMBA 16	7:00 - 7:45 PM Lisa ZUMBA 15		
		7:00 - 8:00 PM Central CT Tai Chi Tai Chi 15				
						KEY
						ZOOM CLASSES
						IN PERSON

Special Events


MAY 11 – NOVEMBER 16, 2024
WALLINGFORD GARDEN MARKET

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

2024 "R" BAND CONCERT SERIES

The "R" Band under the direction of Patricia Lignelli and sponsored by the Wallingford Parks and Recreation Department and the Wallingford Senior Center will present the following performances for the 2024 summer. All concerts are held at the Wallingford Senior Center.

(4) Thursday Concerts.

Concerts, begin at 6:30 p.m. at the Wallingford Senior Center - July 11, 18, 25, August 1, 2024

There are no tickets for this concert.

First come first serve seating.

FIREWORKS DISPLAY

This display will be put on by Pyrotecnico Fireworks, Inc. We would like to thank our new Administration for supporting the 2024 Fireworks show. The show will occur on the knoll across from Sheehan High School on Saturday July 13, 2024 time will be approximately 9:15p.m. There is no rain date for this show. We encourage all to attend this free event.

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

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

6020.300: Tuesday – Friday June 18th – June 21st

Time: 9:00am - 12:00pm

Fee: \$80

6020.301: Monday – Friday July 15th – July 19th

Time: 9:00am - 12:00pm

Fee: \$95

Location: Room 14

Instructor: Amy Malone

6020.304 SUMMER DANCE & CHEER CAMP AGES 7 - 10

Join Parks and Rec this summer for our Dance & Cheer Camp! Plan on having a day of dance instruction in all genres including Hip Hop and Jazz, student choreography, dance games!! Ready, Set, Cheer! Each camper will learn cheers, proper hand and body movements, and jumping techniques. We will also focus on basic tumbling and mounting skills. Both dance and cheer sessions will promote self-confidence and team building! We will integrate both cheer and dance together to make one comprehensive showcase piece to be performed on the last day of camp for friends and family! Please wear comfortable Active Wear, sneakers and bring plenty of water! Bring a nut free snack/lunch

Dates: Monday – Friday July 8th – July 12th

Time: 9:00am - 1:00pm

Location: Room 14

Instructor: Amy Malone

Fee: \$110

6000.301 DIAPER DARLING DANCE CLASS AGES 18MO. – 3 YEARS

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

Dates: Tuesdays June 25th – August 13th for 8 weeks

Time: 4:00 – 4:30pm

Instructor: Amy Malone Tuesdays

Location: Room 14 Fee: \$45

6000.304 BALLET & TAP COMBINATION DANCE CLASSES AGES 3-4

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

Dates: Tuesdays June 25th – August 13th for 8 weeks

Time: 4:30 – 5:30pm

Instructor: Amy Malone Tuesdays

Location: Room 14

Fee: \$55

6000.306 BALLET & TAP COMBINATION CLASSES AGES 5-6

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

Dates: Tuesdays June 25th – August 13th for 8 weeks

Time: 5:30 – 6:30pm

Instructor: Amy Malone Tuesdays

Location: Room 14 Fee: \$55

Adult Dance**6012.302 ADULT INTERMEDIATE TAP DANCE**

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

Dates: Mondays June 24th - August 5th for 7 weeks

Time: 6:40 - 7:25pm

Instructor: Sharon Wilhelm

Location: Room 15

Fee: \$55

6012.301 ADULT BEGINNERS TAP DANCE

Whether you have ever tap danced in your childhood, tap dance now, or just have always had a secret passion to learn how to Tap dance, this is the class is for you!! It is so great to make those fun clicking noises with your heels and toes!! Learn the basic fundamentals and terminology of the art of Tap dancing, such as shuffles and flaps, and then put the steps together to dance the popular and traditional tap moves, like the hit Broadway show "42nd Street". So shuffle off the Buffalo and come join us for this exciting class for adults!! ****Please wear a hard soled shoe, or tap shoes. Flat Tap shoes are great!**

Dates: Mondays June 24th - August 5th for 7 weeks

Time: 7:30-8:15pm

Instructor: Sharon Wilhelm

Location: Room 14

Fee: \$55

6015.300 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!

Dates: Wednesdays June 26th – August 14th for 8 weeks

Time: 6:45 – 7:45pm Fee: \$60

Location: Room 14

Instructor: Rob Marone

6015.301 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

Date: Thursdays June 27th – August 22nd for 8 weeks (no class July 4th)

Time: 6:45 – 7:45pm

Location: Room 14

Fee: \$60

Fine Arts: All New Summer Offerings!!!!**8038.201 PARENT & CHILD WOOD BOOK/JOURNAL BOX**

Come create your own journal box that looks like a book! It's hardcover size, has a hinged lid and measures 7 x 10. This big book offers lots of creative surface both inside and out. We will create a fun binding of choice, use gilding, choices of mandala/lotus stencils, metallics, faux pages, printed tissue, and material for lining. Included will be a journal to decorate as well. Come create your own story!

Date: Friday June 7th

Time: 6:30pm – 8:45pm

Fee: \$20 per team of 2 (\$10 per additional family member) (\$25 Supply fee per team of 2 payable to the instructor the night of the class)

Location: Room 7

Instructor: Kim Larkin

8038.301 FLIPPERS AND FINS AGES 9+

In this class, we'll have fun drawing, creating, painting, sculpting walruses, seals, penguins, and dolphins. We will

bring them to life with our unique fantastic projects that celebrate creatures with flippers and fins!

Dates: Monday - Friday June 24th – June 28th

Time: 10:00am -12:00pm

Fee: \$60

Location: Room 7

Instructor: Kim Larkin

8038.302 SUMMER ART SPLASH AGES 9+

We will be creating projects celebrating all things summer: a unique nature journal, a beach-themed canvas collage, mini sand castle and more! Come join in and make an art splash!

Dates: Monday - Friday July 15th – July 19th

Time: 10:00am -12:00pm

Fee: \$60

Location: Room 7

Instructor: Kim Larkin

8038.303 MIXED UP MEDIA ART AGES 9+

In this class, we'll be thinking outside the box and learn how to create fun layered art using wood shapes, gears, funky hardware, handmade papers, and more. We'll learn to use art pastes to create dimensional effects and bring it to life with multi colored metallics!

Dates: Monday - Friday July 22nd – July 26th

Time: 10:00am -12:00pm

Fee: \$60

Location: Room 7

Instructor: Kim Larkin

8038.304 WILD WOODS AGES 9+

In this class, we will be using wood panels, dowels, unique wood shapes, colored wire, paper clay and more to create fun and functional art projects. So get ready to sand, glue and assemble the wildest wood projects around!

Dates: Monday - Friday August 12th – August 16th

Time: 10:00am -12:00pm

Fee: \$60

Location: Room 7

Instructor: Kim Larkin

7010.300 CLAY PLAY CAMP

We will create fantasy creatures such as dragons, yetis, and unicorns in polymer clay. Each participant will have fun and let their energy and creativity shine!

Dates: Monday - Friday July 29th – August 2nd

Instructor: Deb Jaffe

Time: 10:00am -12:00pm

Fee: \$60

Location: Room 7

7010.301 ART-POURI ART CAMP

Your micro-Michaelangelo or pint-sized Picasso will create works of art employing different mediums each day. We will work with collage, clay, cardboard, paint and glue, just to name a few. Make sure you send your kids in art clothes because we will get messy and have fun doing it!

Instructor: Deb Jaffe

Dates: Monday - Friday August 19th – August 23rd

Time: 10:00am -12:00pm

Fee: \$60

Location: Room 7



Twilight Tunes



Presented by Wallingford Parks and Recreation
Sponsored by Toyota Oakdale Theatre.

7:00-8:30 P.M.

COME AND JOIN US FOR OUR 2024



FREE CONCERT SERIES



**HELD ON WEDNESDAY EVENINGS
ON THE WALLINGFORD PARADE GROUNDS**

July 10th — Deep Cover

July 17th — Hazzard County

July 24th — The Stevie Experience (7:30pm)

**July 24th — Teach Kids Music All Star Band
(6:15-7:15pm opener)**

July 31st — Nashville Drive

August 7th — Anchor Management

August 14th — Skyway



TOYOTA
OAKDALE THEATRE



WELCOME TO **BARKS & RECREATION** BERT & HARRY SUBKOWSKY DOG PARK

Located on Quinnipiac Street, our furry friends can enjoy
2 acres of fenced in fun to run around and play!



WALLINGFORD LAND TRUST

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

TYLER MILL PRESERVE

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

THE NEW ENGLAND TRAIL

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

FRESH MEADOWS

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

USE OF DAVID DOHERTY FACILITY:

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

USE OF PARK PAVILIONS:

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

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

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

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

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

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

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

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

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

10 – HARRISON PARK - This park is located on Cedar Lane and includes youth baseball field and 8 pickleball courts. 15.4 acres

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

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

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

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

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

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

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

18 – MOSES Y. BEACH SCHOOL - Located on North Main Street, includes one youth baseball field. 6.0 acres

19 – KELLER FIELDS at PARKER FARMS SCHOOL - Located on Parker Farms Road, includes 5 baseball fields. 20.3 acres

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

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

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

23 – QUINNIPIAC RIVER LINEAR TRAIL - A handicap accessible paved trail extending 2.2 miles from Hall Ave. north along the west side of the river, through a tunnel underneath Rt. 15 and ending next to the river. When complete the Wallingford trail will cover 6.7 miles across the town of Wallingford.

24 – RICHARD SHEAHAN PARK - Located on Algonquin Drive, includes youth girls softball field, basketball court, and playground equipment. .8 acres

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

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

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

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

29 – DARLENE FALCONERI WESTSIDE FIELD - Located on East and South Streets. This park includes adult softball field with lights, field house with restrooms, High School baseball field, roller/street hockey court, football field, and playground equipment. 5.95 acres

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

31 – GRAND ST. PARK - Located on Grand St. and Washington St. The new home of Wallingford's monument park, includes a basketball court, swings and a slide. .64 acres.

Wallingford Youth League Information



Wallingford Flag Football

President: Dom Colavito

Email: dominic.covalito@gmail.com

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



Wallingford Vikings Football

President: Sean Reynolds

Email: Wallingford.vikings@yahoo.com

Website: www.wallingfordvikings.com



Wallingford Little League

President: Larry McClure

Email: wallingfordlittleleague@gmail.com

Website: www.wallingfordlittleleague.com



Yalesville Little League

President: Ray Gomes

Email: yalesvilleLL@gmail.com

Website: www.yalesvillelittleleague.com



Girls Little League Softball of Wallingford Fast Pitch

President: Danielle Yagovane

Email: wallingfordLLS@gmail.com

Website: www.gllsow.org



Wallingford Girls Softball League Slow Pitch

President: Scott Smith

Email: WGSLLPresident@gmail.com

Website: www.wgsl.org



Wallingford Cardinals Travel Baseball/Softball

President: Chris Bishop

Email: cbishop@wallingfordcardinals.com

Website: www.wallingfordcardinals.com



Wallingford Soccer Club

President: Dave Rodriguez

Email: wallingfordsoccer@gmail.com

Website: www.wallingfordsoccer.net



Wallingford Youth Lacrosse

President: Al Criscuolo

Email: president@wallingforyouthlacrosse.com

Website: www.wallingfordlacrosse.com



Wallingford Hawks Hockey

President: Gregory McGovern

Website: www.whawks.com

Activity Registration Form

SUMMER 2024 - Guide to Leisure & Fun!

www.wallingfordct.myrec.com

(203) 294-2120

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

Household Account Last Name: _____

Participant First Name: _____ Last Name: _____

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

WHALE WATCH

HIGH SPEED CATAMARAN

Boston, MA

Saturday, August 17, 2024

This morning we board a 350 passenger high speed catamaran for a **3 1/2 - 4 hour whale watch** from Boston to **Stellwagen Bank**, the East Coast's most famous whale watching destination. The boat features wide open decks as well as interior cabin space.

Stellwagen's heavy concentration of **humpback, finback, and minke whales** offers a fabulous opportunity to view and learn about these magnificent creatures as they frolic in their habitat!

Free time at Quincy Market after the whale watch, for shopping, restaurants and browsing. There's so much to do here.

COST: \$150.pp based on 35-50

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

Depart: 7:45am Wallingford Parks & Rec,
6 Fairfield Blvd

Est. Return: 7:00 pm Wallingford



FRIENDSHIP TOURS
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705 Bloomfield Avenue
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www.friendshiptours.net

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

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

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

FRONT OFFICE STAFF:

Daytime:
Laura Allen
Christel Beaumont
Paula Knecht
Jackie Taglianetti

Nights/Weekends:
Ryan Brawn
Jaidyn Carpenter
Grace Kopakow
Lacie Low
Jamie Malone
Lauren Montano
Dominick Riveccio
Bev Somers
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