Wallingford | Summer 2025 | Activities Guide

PARKS & RECREATION

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









THE OFFICIAL PUBLICATION OF THE WALLINGFORD PARKS & RECREATION DEPARTMENT

Wallingford Parks and Recreation Presents

Maple Madness - Robb Family Farm



Saturday, September 20, 2025

Everything Maple in Southern Vermont









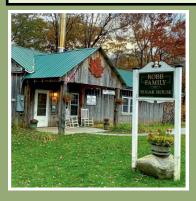


The historic **1884 Deerfield Inn** stands at the center of the village of Deerfield, MA. Relax in the beauty and elegance of this historic inn, and enjoy a **MAPLE BREAKFAST BUFFET** at Champney's Restaurant at the Deerfield Inn.

Classic Breakfast Maple Menu: Spiced French toast with local Maple syrup, eggs benedict, vegetable quiche, home fries and Maple bacon, bagels, Maple scones!

We will head north to the **Robb Family Farm Sugar House** in Brattleboro, VT. Tour the Maple Sugar House to learn about the maple syrup process. View boiling of sap (in season). This delightful New England family owned treasure also has a wonderful gift shop with *everything MAPLE!*

Our final stop will be at the **Yankee Candle flagship store** in S. Deerfield. Shop their Candle Store and check out their seasonal maple products.



Cost: \$148.pp based on 35-50

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

Estimated Return: 6:00 Wallingford

Trip Questions: 203-294-2120



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



DAVID DOHERTY FACILITY HOURS

Business Hours: Monday - Friday

9:00am to 5:00pm

Facility Hours: Monday - Friday

8:30am to 10:00pm

Summer Hours: Saturdays

8:30am - 12:00pm Sundays (Closed)

CLOSED:

July 4th Independence Day

September 1st Labor Day

Address: 6 Fairfield Blvd.

Wallingford, CT 06492

Phone: 203-294-2120 **FAX:** 203-294-2127

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PARKS AND RECREATION WEB SITE:

www.wallingfordct.myrec.com

TOWN WEB SITE:

www.wallingfordct.gov

Members of:

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

Produced and Edited By:

The Wallingford Parks & Recreation Staff

Design, Layout, Printing: Graphic Image

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

MESSAGE FROM THE DIRECTOR

Dear Wallingford Residents,

On behalf of the entire Parks and Recreation Department, I want to extend a heartfelt welcome and thank you for your continued support and involvement in our community's parks, programs, and events. Without you, our program participants we would not see the growth in our events and programs as we have in 2025!

Our parks are more than just green spaces. They're places where memories are made, friendships are formed, and our community spirit grows stronger. Whether you're enjoying a quiet walk along a nature trail, cheering on your child's team, attending a community concert, or exploring a new hobby in one of our classes, we're proud to be part of your everyday life.

We are committed to providing safe, inclusive, and innovative recreational opportunities for residents of all ages and abilities. This year, we're excited to expand our offerings with new programs, facility upgrades, and community events designed to bring us all closer together. Just some of the completed projects this winter and what is upcoming this spring:

- Pire Parks saw fence repair on portions of the park fence along the perimeter of the park and repairs to the ball field backstop.
- The Field Project at Keller Fields donated by Wallingford LL is just about complete as of this printing. Field 1 and 5 has been completed and field 2 should be completed by the time this book reaches your homes.
- Parks and Recreation Department gym floor was repainted and striped
- Construction of new post tension basketball court will begin late April at Pragemann Park
- Construction on (2) new post tension tennis courts and (1) basketball court will begin late spring / early summer at Community Lake

Your feedback and participation help shape the future of our parks and services. We invite you to stay connected, share your ideas, and most importantly—get out and play!

Thank you for helping make our community a vibrant, active, and welcoming place to live, work, and play.

Best regards,

Kenny MichaelsDirector 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 every—one. 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 wallingfordct.myrec.com. There is a non-refundable 3% transaction fee for online credit card payments.
- PHONE REGISTRATIONS: Sorry, phone registrations are not accepted.

- CLASS CANCELLATIONS: When schools have delayed opening in the A.M. classes until noon are canceled. 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 by 4p.m. Cancellations will be emailed and texted out to our database. You must be opted in to cancelation notifications in order to receive the emails. We will also post an alert on our home page.
- 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.

Bus Trips

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 2025 trip year. Reminder, trip itineraries are subject to change and the Parks and Recreation Department will do its best to notify travelers ahead of time. We look to continue the trend this year. We hope you find this line up enjoyable and we look forward to seeing you board the bus! All trips are subject to change in price and itinerary. Day tour cancellation policy applies to all Wallingford Park & Recreation day tours operated by Friendship Tours Inc. Any passenger that cancels a reservation 7 days or less prior to departure will not be eligible for a refund. We will examine cancellations on a case by case basis to determine any exceptions to this rule. Please note the Recreation Dept. will make every effort to send a representative from the office to see off the trip to and from our destination and to hear any complaints, concerns and or recommendations. It should be understood that this person is not a tour quide. 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 2025 season!!

1002.202 NEWPORT FLOWER SHOW

Saturday, June 21st

Bus Departs Rec. Dept. 7:45am

Returns: 6:30pm **Fee:** \$120

The magnificent Rosecliff Mansion provides a delightful backdrop for the Newport Flower Show. Stroll through the first floor of the mansion filled with incredible floral arrangements, continue out onto the spacious lawn to enjoy beautiful displays. Explore the Shopper's Marketplace with incredible views! Free time in the afternoon to explore downtown Newport and lunch at your own. Please note that this program is full and has been advertised since January. We encourage you to join our wait list in case of any openings.

1002.350 COASTAL QUEEN AT NEWPORT HARBOR

Saturday July 19th

Bus Departs Rec. Dept. 8:00am

Returns: 7:30pm **Fee:** \$159

Come aboard the Coastal Queen and view Newport Harbor and the East Passage of Narragansett Bay up close on this narrated tour of the historic sites that surround beautiful Newport Harbor and the Jamestown shoreline. You will see historic church steeples and forts, lighthouses, mega yachts and more.

Upon arrival we'll have lunch at Brick Alley Pub in downtown Newport.

1002.302 BOSTON SYMPHONY ORCHESTRA

Sunday August 10th

Bus Departs Rec. Dept. 10:00am

Returns: 6:30pm **Fee:** \$140

Join us on a trip to the beautiful grounds of TANGLEWOOD in Lenox, MA to enjoy reserved Shed Seats. You're in for a delightful Sunday Matinee at Tanglewood, the summer home of the Boston Symphony Orchestra. Samy Rachid, conductor will present Saint Säens Cello Concerto No. 1 with Guest YoYo Ma, cello. Time prior to the performance to grab a bite to eat at one of the cafes on the Tanglewood campus and wander the beautiful grounds.

1002.303 MAPLE MADNESS VERMONT

Saturday September 20nd

Bus Departs Rec. Dept. 8:15am

Returns: 6:00pm

Fee: \$148

The historic 1884 Deerfield Inn stands at the center of the village of Deerfield, MA. Relax in the beauty and elegance of this historic inn, and enjoy a MAPLE BREAKFAST BUFFET at Champney's Restaurant at the Deerfield Inn. We will head north to the Robb Family Farm Sugar House in Brattleboro, VT. Tour the Maple Sugar House to learn about the maple syrup process. View boiling of sap (in season). This delightful New England family-owned treasure also has a wonderful gift shop with everything MAPLE! Our final stop will be at the Yankee Candle flagship store in S. Deerfield. Shop their Candle Store and check out their seasonal maple products.

P.L.A.Y.



Programs and Leisure Activities for Youth

0200.400 HIP HOUSE DANCE SERIES 2025-2026

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 2025-2026 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 2025-2026 season and pay the registration fee. The dance pass allows you entry to 6 dances. No passes will be sold in the schools or on the day of the dance. Photo ID's will go on sale July 28th for \$40. As of August 25th, 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 2025-2026 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.

2025 - 2026 HIP HOUSE DANCE SCHEDULE

Back to School Bash – September 19th
Halloween Havoc – October 17th
Fall Into The Beat – November 14th
Jingle Ball – December 12th
March Madness – March 27th
Spring Fest – April 24th

SUMMER PLAYGROUND CAMP

(PLEASE NOTE REGISTRATION FOR THIS PROGRAM BEGAN MARCH 10TH)

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, June 30th - Friday July 18th (14 days) Session II Monday, July 21st - Friday August 8th (15 days) Fee: Session I First Child \$175 each additional child \$160 Session II First child \$ 190 each additional child \$175 Program runs from 8:30-3:00 Monday through Friday

1002.300 - Session I **1002.301 -** Session II

Location: Fritz

1003.300 - Session I 1003.301 - Session II Location: Stevens 1004.300 - Session I 1004.301 - Session II

Location: Moses Y Beach

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!

Early Childhood



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. All sessions will be 9 weeks. Now offering Extended Day options all 5 days! Registration for session 1 begins Monday June 2nd. Registration for each following session begins about halfway through the previous session. **Must be appropriate age by September 1st 2025. No exceptions.**

Sessions

Session 1: September 8th – November 7th (no class 10/13)

Session 2: November 10th – January 23rd (no class 11/11, 11/27, 11/28, 12/24 -1/2, 1/19)

Session 3 (2026): February 2nd – April 2nd (no class 2/12, 2/16) **Session 4 (2026):** April 6th – June 12th (no class 4/13 - 4/17, 5/25)

2026 holidays TBD based on Town and BOE calendar.

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

Fees per session for Lil Rec'ers 2025 - 2026

Monday – Friday AM (5 Day) -\$705 per session

Monday, Wednesday, Friday AM (3 day) -\$420 per session

Tuesday / Thursday AM (2 day) - \$330 per session

Fees for Extended Day Ages 3-5

Monday – Friday (5 Day) - \$580 per session Monday, Wednesday, Friday (3 day) -\$350 per session

Tuesday / Thursday (2 day) - \$240 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! This program is held on Tuesdays and Thursdays.

Session 1: September 9th – November 13th (No class 11/11)

3000.400 9:00am – 10:00am for 10 weeks **3000.401** 10:30am – 11:30am for 10 weeks **Session 2:** November 25th – February 10th

(No class 11/27, 12/25, 1/1)

3000.100 9:00am – 10:00am for 10 weeks **3000.101** 10:30am – 11:30am for 10 weeks

Session 3: February 24th – April 30th (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



Specialty Camps

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4060.300 SKYHAWKS MULTISPORT TOTS • 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.

Instructor: Skyhawks Staff **Time:** 8:15am – 9:00am

Date: Monday – Thursday, June 30th – July 3rd

Location: Gym 1

Fee: \$78

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.

Instructor: Skyhawks Staff

Time: 9:15am – 12:15pm **Date:** Monday – Thursday, June 30th – July 3rd

Location: Gym 1 **Fee:** \$135

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 7th – July 10th

9:00am - 12:00pm

.304 Intermediate Ages 8-12: July 7th – July 10th

9:00am - 12:00pm Instructor: Skyhawks Staff Location: Doolittle Park

Fee: \$144

4060.302 SKYHAWKS SPORTS & GYM GAMES AGES 7-12

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.

Instructor: Skyhawks Staff **Time:** 9:00am – 3:00pm

Date: Monday – Friday, July 14th – July 18th

Location: Gym 1 Fee: \$198

6020.300 TWIRLING PRINCE & PRINCESS CAMP

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.

Instructor: Amy Malone **Time:** 9:00am - 12:00pm

Date: Tuesday - Friday, June 17th - June 20th

Location: Room 14

Fee: \$80

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.

Instructor: Amy Malone **Time:** 9:00am - 12:00pm

Dates: Monday - Friday, July 14th - July 18th

Location: Room 14

Fee: \$100

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 23rd – June 27th 8:30am - 3:30pm

4168.302 Session 2: Aug. 11th – Aug. 15th 8:30am - 3:30pm Instructors: Mike Papale, Joe Gaetano, Greg Morrone

Location: Gym 1 & 2

Fee: \$185

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

Time: 5:30pm – 7:00pm

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Specialty Camps



Dates: Monday - Thursday, July 21st – July 24th

Location: Pragemann Park

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 7th – July 11th 9:00am - 4:00pm

(1:00 on Friday) \$240

.304 Half Day: July 7th - July 11th 9:00am - 12:00pm \$170

Instructor: Everson Soccer

Location: Vietnam Veteran's Memorial Park

Fee: \$170 (HD) \$240 (FD)

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

Time: 9:00am – 11:30am

Dates: Tuesday - Friday, June 17th - June 20th **Location:** Vietnam Veteran's Memorial Field 1

Fee: \$140



7203.300 COOKING AROUND THE WORLD AGES 7-10

Join Food Explorers for a culinary tour around the world! Each day you'll be cooking two brand new recipes from different countries, such as: Spaghetti & Vegetarian Meatballs, Fried Dough, Stir Fry (using homemade noodles! and Apple Crumbles. All recipes are nut-free and vegetarian but will contain dairy, eggs, and gluten.

Instructor: Food Explorer Staff

Time: Monday - Friday, 9:00am – 12:00pm

Date: July 28th - August 1st

Location: Room 7 Fee: \$170



7203.301 MARKET FRESH: SEASONAL COOKING! AGES 11-14

Join Food Explorers for a cooking camp featuring in-season produce! Each day you'll be making two recipes using produce you can find locally, such as: Sweet & Savory Crostini, Greek Flatbreads, Pasta with Fresh Tomato Sauce and Fruit Pizzas. All recipes are nut-free and vegetarian but will contain dairy, eggs, and gluten.

Instructor: Food Explorer Staff

Time: Monday - Friday, 1:00pm - 4:00pm

Date: July 28th - August 1st

Location: Room 7 **Fee:** \$170

KARATE SUMMER KAMP AGES 4-11

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

4112.301 Week 1: July 28th – August 1st Monday – Friday, 9:00am – 1:00pm

4112.302 Week 2: August 4th – August 8th Monday – Friday, 9:00am – 1:00pm

Instructor: The Institute of Martial Arts Staff

Location: Gym **Fee:** \$120 per week

8038.301 BENEATH THE WAVES! AGES 9+

Come design, paint and create these cool, splashy projects starring starfish, jelly fish, urchins and even "fantastic" shark and dolphins! We will be using clay, sand art, textures and more, so dive into this artsy adventure.

Instructor: Kim Larkin **Time:** 10:00am -12:00pm

Dates: Monday - Friday, July 14th - July 18th

Location: Room 7

Fee: \$60

8038.302 PRINT IT! PAINT IT! AGES 9+

In this unique print class we will use bubblewrap, brayers and other fun print techniques to create our own prints using metallic watercolors, texture pastes, and marble paints. We will use our prints to create our one of a kind art projects. Come make your impression!

Instructor: Kim Larkin Time: 10:00am -12:00pm

Dates: Monday - Friday, July 28th - August 1st

Time: 10:00am -12:00pm **Location:** Room 4.5

Fee: \$60

8038.303 CREATURE FEATURE: ENCHANTED ART AGES 9+

In this class we will choose our favorite creatures to create: Dragons, Pegasus, Unicorn or one of your own! We will also create a fantasy mask using mixed media and clay, so come let your imagination run wild!

Instructor: Kim Larkin **Time:** 10:00am -12:00pm

Dates: Monday - Friday, August 4th - August 8th

Location: Room 7

Fee: \$60

8038.304 CLAY, WOOD AND WIRE WORKSHOPS

In this class we will be creating a fun wood organizer using armature and colored wire, model magic, air dry clay, molds, paints and fun wood shapes! Try your hand at a little bit of

everything in this wood workshop! **Instructor:** Kim Larkin **Time:** 10:00am -12:00pm

Dates: Monday - Friday, August 18th - August 22nd

Location: Room 7

Fee: \$60



Youth Sport & Enrichment

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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

Time: 6:05-6:35pm

Dates: Wednesdays, June 25th – August 13th for 8 weeks

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 23rd – September 8th 5:30pm – 6:00pm for 11 weeks (no class 9/1) 4051.302 Saturdays: June 28th – September 13th 9:00am – 9:30am for 11 weeks (no class 7/5) Location: Room 14 Mondays/Room 15 Saturdays

Fee: \$75

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 23th – September 8th 6:05pm – 6:50pm for 11 weeks (no class 9/1) 4052.301 Saturdays: June 28th – September 13th 9:30am – 10:15am for 11 weeks (no class 7/5) Location: Room 14 Mondays/Room 15 Saturdays

Fee: \$90

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 25th – September 10th

5:30pm – 6:30pm for 11 weeks

4053.301 Saturdays: June 28th – September 13th 10:15am – 11:30am for 11 weeks (no class 7/5)

Location: Room 15

Fee: \$90

NEW! 4840 JUNIOR GOLF LESSONS AGES 8 - 13

Get ready to have a "hole" lot of fun at our 4-week Junior Golf Clinic! Whether you're a first-time golfer or you've already got a few swings under your belt, this clinic with the pros at Traditions Golf Club is packed with fun drills, games, and skills to help you become the next golf superstar! It's all about learning the ropes, improving your skills, and—most importantly—having a blast on the course. Each week will focus on a specific aspect of the game and young players will leave with confidence and a new love for the game.

Instructor: Jake Ferrara, PGA Professional **4840.305 Wednesdays:** June 25th – July 16th **4840.306 Wednesdays:** August 6th – August 27th

Time: 10:00am – 11:00pm **Location:** Traditions Golf Course

Fee: \$110

4150.300 BEGINNER FENCING AGES 8-ADULT

Don't miss out on your chance to learn the Olympic sport of fencing! Fencers will learn mobility, fencing footwork, bladework, and competitive tactics. Often likened to 'physical chess,' fencing is the ultimate sport for conditioning the body and stimulating the mind, developing balance, coordination, focus, and discipline in a fun and engaging environment. Great class for all ability levels!

Instructor: Cooper Johnson, Head Coach/Owner of Iconic

Fencing Club

Time: 4:30pm – 5:30pm

Date: Wednesdays, June 25th – September 10th

Location: Gym 1 **Fee:** \$80



4280.300 INTRO TO GUITAR PLAYING AGES 12 - 16

Join us for a fun beginner-friendly class designed to get you started on your musical journey! Whether you're picking up a guitar for the first time or looking to refresh your skills, this class will cover the basics of guitar playing, including proper technique, essential chords, and simple strumming patterns. Throughout the course, you'll learn how to tune your guitar, practice basic chord progressions, and play simple songs. By the end, you'll be ready to start playing your favorite tunes with confidence! No prior experience necessary—just bring your guitar, a positive attitude, and the willingness to learn.

Instructor: Trevor Biggart **Time:** 4:30pm – 5:30pm

Date: Mondays, June 23th – September 8th

(no class 7/14, 8/4 & 8/11) **Location:** Room 4.5

Fee: \$80

4200.400 GIRLS YOUTH VOLLEYBALL AGES 6-15

Check email blasts for league information.

Season Begins Saturday September 27th. Learn the game of volleyball, skills, rules, teamwork, and sportsmanship while having fun.

Program includes clinics, practices, and games.

Registration begins July 14th.

Instructor: Marion Kish – Head Volleyball Coach at Lyman Hall

Time: 12:00pm – 4:00pm

(Different age groups will meet for 1 hour each) **Dates:** Saturdays, September 27 – November 29

Location: Gym 1 and 2

Fee: \$90

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Youth Sport & Enrichment / Adult Sport & Leagues



4169.400 WEBER BOYS & GANNON GIRLS YOUTH BASKETBALL LEAGUE – 2025-2026 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
Weber - 3rd Grade
Weber - 4th Grade
Weber - 5th Grade
Weber - 5th Grade
Weber - 5th Grade
Gannon - Grades 1, 2
Gannon - Grades 3, 4, 5
Gannon - Grades 6,7,8

Weber - 6th Grade Weber - 7th Grade Weber - 8th Grade Weber - 9th - 12th Grade

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

\$130 Non Residents

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 July. 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.

4303.400 SENIOR OPEN BASKETBALL - SILVER BULLETS 2025-2026 AGES 55YRS AND UP

Come down and join the rest of the Silver Bullets this basketball season. Registration for 2025-2026 play will begin Monday September 8th. 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 2025 - Spring 2026 Schedule September 8th - June 12th, 2026

Time: 8:00am – 10:00am

Dates: Mondays, Wednesdays, Fridays

Location: Gym 1 & 2

Fee: \$30

4840 CO-ED ADULT GOLF LESSONS

Ready to take your golf game to the next level (or just get started with a swingin' good time)? Our 4-week Adult Golf Clinic with the pros at Traditions Golf Club is the perfect way to learn the ropes, refine your skills, and—most importantly—have FUN out on the course! Whether you're a complete newbie or someone looking to polish your swing, this clinic will leave you feeling confident and ready to hit the green with style.

Instructor: Dave Giacondino, PGA Professional **.307 Wednesdays:** June 25th – July 16th **.308 Wednesdays:** August 6th – August 27th

Class Time: 6:00pm – 7:00pm Location: Traditions Golf Course

Fee: \$135

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 42 participants.

4210.300 Friday Night Summer Volleyball

Dates: June 6th - August 29th

Times: 7:30 – 9:30pm

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

4210.400 THURSDAY NIGHT OPEN VOLLEYBALL

Dates: September 4th – May 28th, 2026

Time: 7:30 - 9:30 pm

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

Registration for Fall opens on Monday, July 14th

4220.300 MEN'S BASKETBALL LEAGUE

Come join the men's adult basketball league for some Monday night competition. The league schedule is for a total of 8 games plus playoffs. Game play will begin in mid-June. Must register as a team. Limit of 8 teams.

Games played on Monday evenings starting at 7:30 pm.

Team rosters need to be completely filled out or they will not be accepted. Payment must accompany the roster.

Fee: \$450 for resident teams / \$500 Non-resident/corporate

League Supervisor: Roy Haynes





Co-Ed GymnasticsFor 12mos. - 8Yrs

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

Classes begin the week of Monday, July 7th for 6 weeks.

4000. TINY TUMBLERS: 12 MONTHS – 35 MONTHS

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

.300 Mondays: July 7th 9:15 – 10:00am
.301 Mondays: July 7th 10:55am – 11:40am
.302 Mondays: July 7th 5:15 – 6:00pm
.303 Tuesdays: July 8th 9:15 – 10:00am
.304 Tuesdays: July 8th 10:05am – 10:50am
.305 Tuesdays: July 8th 5:15 – 6:00pm
.306 Wednesdays: July 9th 9:15 – 10:00am
.307 Wednesdays: July 9th 10:05am – 10:50am
.325 Wednesdays: July 9th 5:15 - 6:00pm
.326 Wednesdays: July 9th 6:05-6:50pm
.326 Wednesdays: July 10th 5:15 – 6:00pm
.308 Thursdays: July 10th 5:15 – 6:00pm
.309 Saturdays: July 12th 8:30 – 9:15am
Fee: \$55
Location: Gymnastics Room

Instructors: Gymnastics Staff

4000. PRE-SCHOOL GYMNASTICS CLASSES: 3 - 4 YEARS OLD WITHOUT PARENT

*MUST BE 3 BY THE START OF THE CLASS. NO EXCEPTIONS

This class takes a gentle approach to the introduction of gymnastics. Participants will be introduced to gymnastics

equipment, as well as learning the basics of tumbling in a fun and easy going environment.

.310 Mondays: July 7th 10:05 – 10:50am .311 Mondays: July 7th 6:05 – 6:50pm .312 Tuesdays: July 8th 10:55 – 11:40am .313 Tuesdays: July 8th 6:05 – 6:50pm .314 Wednesdays: July 9th 10:55 – 11:40am .315 Thursdays: July 10th 6:05 – 6:50pm .316 Saturdays: July 12th 9:20 – 10:05am Fee: \$55 Location: Gymnastics Room

Instructors: Gymnastics Staff

4000. BEGINNER GYMNASTICS CLASS: 5 - 8 YEARS OLD *MUST BE 5 BY THE START OF THE CLASS. NO EXCEPTIONS

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

.320 Mondays: July 7th 6:55 – 7:40pm .321 Tuesdays: July 8th 6:55 – 7:40pm .327 Wednesdays: July 9th 6:55-7:40pm .322 Thursdays: July 10th 6:55 – 7:40pm .323 Saturdays: July 12th 10:10 – 10:55am .324 Saturdays: July 12th 11:00 – 11:45am Fee: \$55 Location: Gymnastics Room

Instructors: Gymnastics Staff

SUMMER GYMNASTICS "AT A GLANCE"						
TINY TUMBLERS 12-35 MONTHS (WITH PARENT)		PRE-SCHOOL GYMNA	STICS 3-4 YEARS OLD	BEGINNER GYMNASTICS 5-8 YEARS OLD		
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	
	9:15 - 10:00 AM TINY TUMBLERS (.300)	9:15 - 10:00 AM TINY TUMBLERS (.303)	9:15 - 10:00 AM TINY TUMBLERS (.306)		8:30 - 9:15 AM TINY TUMBLERS (.309)	
MORNING	10:05 - 10:50 AM PRE-SCHOOL GYMNASTICS (.310)	10:05 - 10:50 AM TINY TUMBLERS (.304)	10:05 - 10:50 AM TINY TUMBLERS (.307)		9:20 - 10:05 AM PRE-SCHOOL GYMNASTICS (.316)	
	10:55 - 11:40 AM TINY TUMBLERS (.301)	10:55 - 11:40 AM PRE-SCHOOL GYMNASTICS (.312)	10:55 - 11:40 AM PRE-SCHOOL GYMNASTICS (.314)		10:10 - 10:55 AM PRE-SCHOOL GYMNASTICS (.323)	
					11:00 - 11:45 PM PRE-SCHOOL GYMNASTICS (.324)	
	5:15 - 6:00 PM TINY TUMBLERS (.302)	5:15 - 6:00 PM TINY TUMBLERS (.305)	5:15 - 6:00 PM TINY TUMBLERS (.325)	5:15 - 6:00 PM TINY TUMBLERS (.308)		
EVENING	6:05 - 6:50 PM PRE-SCHOOL GYMNASTICS (.311)	6:05 - 6:50 PM PRE-SCHOOL GYMNASTICS (.313)	6:05 - 6:50 PM TINY TUMBLERS (.326)	6:05 - 6:50 PM PRE-SCHOOL GYMNASTICS (.315)		
	6:55 - 7:40 PM BEGINNER GYMNASTICS (.320)	6:55 - 7:40 PM BEGINNER GYMNASTICS (.321)	6:55 - 7:40 PM BEGINNER GYMNASTICS (.327)	6:55 - 7:40 PM BEGINNER GYMNASTICS (.322)	F. E.	





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 I FOR AGES 9 TO 14

Course Number: 2005.330
Date: June 16
Time: 9am to 3pm Only
Location: 284 Washington Street

Cost: \$55

Have you been curious about robotics but haven't had the chance to dive in? Now's your chance! Join us for our Robotics Camp —no prior experience needed. Whether you're brand new to robotics or just eager to learn more, this camp is the perfect place to get started! You will explore coding, build robots and engage in fun challenges. Come join us for an adventure in robotics, and let's build, code, and explore together!



CHEMISTRY EXPLORATIONS AGES 8 TO 14

Course Number: 2005.316
Date: June 17
Time: 9am to 12pm only
Location: 284 Washington Street

Cost: \$38

Dive into fun experiments like making slime, creating elephant toothpaste, and crafting glowing lava lamps. They'll explore chemical reactions, learn about polymers, and discover the science behind these amazing creations.

STEAM EXPLORATIONS I FOR AGES 8 TO 14

Course Number: 2005.325

Date: July 1 Only – Half Day Only
Time: 9am to 12pm

Location: 284 Washington Street

Cost: \$95

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!

3D PRINTING

Course Number: 2005.339

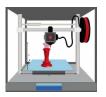
Dates: June 17 to 20 (Tues. to Fri.)

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

Location: 284 Washington Street

Cost: \$110

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



ROBOTICS CAMP FOR AGES 7.8.9

Course Number: 2005.301

Date: June 23 to June 26 (M to Th Only)

Time: 1 to 3:30 pm daily

Location: 284 Washington Street

Cost: \$120

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









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.

VIDEO GAME DESIGN FOR AGES 9 TO 14

Course Number: 2005.355

Dates: July 2 and 3 (Wed. to Thurs.)

Time: 9am to 3pm

Location: 284 Washington Street

Cost: \$95

In this class, students will explore the wonderful world of video game design. Students will learn key concepts of coding on Google CS First and use Scratch block coding platform to create their own video games. They can share their video games with friends and family and continue adding to them after the program is over.







STEM CAMP AGES 7 AND 8 Course Number: 2005.307

Dates: July 7 to July 11
Time: 1pm to 3pm

Course Number: 2005.308
Dates: July 21 to July 25
Time: 1pm to 3pm

Location: 6 Fairfield Blvd.
Cost: \$120

Join us for an engaging session of exploring many different STEAM 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.

ROBOTICS CAMP II FOR AGES 9 TO 14

Course Number: 2005.303

Dates: July 14 to 17 (Mon. to Thurs.)

Time: 1pm to 4pm

Location: 284 Washington Street

Cost: \$110

Have you been curious about robotics but haven't had the chance to dive in? Now's your chance! Join us for our Robotics Camp —no prior experience needed. Whether you're brand new to robotics or just eager to learn more, this camp is the perfect place to get started! You will explore coding, build robots and engage in fun challenges.

Participants will explore these platforms:

Lego Robotics, UB Tech Robotics, Ozobot, Sphero and Makey Makey. Come join us for an adventure in robotics, and let's build, code, and explore together!



STEM CAMP AGES 5 AND 6

Course Number: 2005.305
Dates: July 7 to July 11
Time: 10am to 12pm
Course Number: 2005.306
Dates: July 21 to July 25
Time: 10am to 12pm
Location: 6 Fairfield Blvd.

Cost: \$120

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 STEAM 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.





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 II FOR AGES 8 TO 14 STEM

Course Number: 2005.332 (FD) or 2005.333 (HD)

Dates: July 21 to July 25
Time: 9am to 3pm Full Day (FD)
9am to 12pm Half Day (HD)
Location: 284 Washington Street
Cost: \$240 Full Day or \$150 Half Day

Ever wonder how a rocket launches into space? Or how Bridges can hold many tons of weight? Join us for an engaging session of exploring many different STEM Challenges both engineering and technology through handson 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

STEAM SPROUTS: AN AGES 4 AND 5 PROGRAM

Course Number: 2005.309

Dates: June 23 to 26 (Mon. to Thurs.)

Location: 284 Washington Street

Course Number: 2005.310

Dates: July 28 to July 31 (Mon. to Thurs.)

Location: 6 Fairfield Blvd.

Time: 10am to 11:30am - Both Sessions

Cost: \$80 per session

Let your child explore the exciting world of STEAM with STEAM Sprouts! This fun, hands-on program is designed to introduce young minds to the wonders of Science, Technology, Engineering, Art, and Math through interactive activities. From building simple structures with blocks to exploring color mixing and fun science experiments, each activity sparks creativity and curiosity in a playful, age-appropriate way. With plenty of opportunities to explore, imagine, and create, your child will gain early exposure to these key concepts while having tons of fun along the way! Participants must be potty-trained.

<u>Families Interested in Joining the VEX IQ Robotics</u> <u>Competition Team</u> – Mark Your Calendars for the

Informational Session for Parents and Prospective Youth
Participants

Thursday, May 22, 5:00 to 6:30 pm
Pre-registration is required
This is a required part of our application process.

STEAM EXPLORATIONS III FOR AGES 8 TO 14

Course Number: 2005.326 (FD) or 2005.327 (HD)

Dates: July 28 to August 1
Time: 9am to 3pm Full Day (FD)
9am to 12pm Half Day (HD)
Location: 284 Washington Street
Cost: \$240 Full Day or \$150 Half Day

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.



STEAM FUN - RAMPING UP TO SCHOOL AGES 8 TO 14

Dates: August 25 and 26 - 9am to 12pm **Cost:** \$45 per day **Location:** 6 Fairfield Blvd.

August 25: Flight & Rocketry Course Number: 2005.312

Are you ready to explore the science of flight and rocketry? Students will build and launch their own rockets, learn the principles of aerodynamics, and discover how forces like thrust and gravity affect flight.

August 26: Robotics Revolution: Create & Code Course Number: 2005.313

Students will build and code their own robots using fun, easyto-use tools like Ozobots and UB Tech Robotics. They'll explore basic programming concepts, problem-solving, and creativity while bringing their robots to life.

For more summer programs, not listed in the print brochure, please see the online registration system.

Register for our programs via this QR Code:



Visit our website to learn more about our program offerings:







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 AGES 9 - 14

Course Number: 2005.340 Dates: July 7 to July 11 **Time:** 9:00 am to 3:00 pm Cost: \$200

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.

2025 ASTRO CAMP

Course Number: 2005.351 (S1) or 2005.352 (S2) or 2005.353 (S3)

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 engaging technology, including robotics, presented in a NASA Astro Camp theme. Sessions 1 and 2 will include a local offsite field trip. Friday trip details will be announced prior to the beginning of the session. A separate permission slip will be required. Families are limited to registering for one session only. More information posted online in Spring 2025.

Sessions 1 & 2 Dates: August 4 to 8 and August 11 to 15 Time: Monday to Friday, 9am to 3pm Cost: \$150

> Session 3 Dates: August 18 to 21 **Time:** Monday to Thursday, 9am to 3pm Cost: \$125







Partner



STARBASE CT STEM CAMP AGES 10 TO 14

Course Number: 2005.399 Location: Light Lane in Windsor Locks, CT **Dates:** June 23 - 27

Time: 8:00am (Depart) to 3:00pm (Arrival) Camp Program is 9am to 2pm

Cost: \$125 per participant (Grant Funded Program) **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 2025 Offerings will be posted online in late April/early May. Additionally, for most 2025 current prices, based upon potential grant funding please check online.



CT STEM ACADEMY 284 Washington Street 203.626.2280 | info@ctstemacademy.org | www.ctstemacademy.org

All registration will be through Wallingford Parks and Recreation Dept.

> Save Time and Register Online @ http://wallingfordrec.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@ctstemacademv.org

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Health and Fitness Classes



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 23rd – September 8th for 11 weeks (no class 9/1)

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 off 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: June 23rd – September 8th for 11 weeks (no class 9/1)

Time: 9:30-10:45AM **Location:** Room 15

Fee: \$80

5103.300 ARTHITIS 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 & Wednesdays, June 23rd – September 15th

for 12 weeks (no class 9/1) **Time:** 12:15-1:15pm **Location:** Room 16

Fee: \$40

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 24th – September 9th 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. **Instructor:** Zorayda Cocchi OTR/L, RYT 500, CYKT certified yoga instructor

Equipment Needed: Your own yoga mat.

Date: Tuesdays, June 24th – September 9th for 12 weeks

Time: 7:00-8:15pm **Location:** Room 16

Fee: \$85

GENTLE STRETCH 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 23rd – September 8th for 11 weeks (no class 9/1)

Location: Room 16

Fee: \$75

5005.301 Thursdays, 9:30-10:45 AM

Instructor: Christina Casavina certified yoga instructor

Date: June 26th – September 11th for 12 weeks **Location:** Room 16

Fee: \$85

5013.306 WARM VINYASA YOGA

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

Equipment Needed: Your own yoga mat

Date: Tuesdays, June 24th – September 9th for 12 weeks **Instructor:** Christina Casavina, certified yoga instructor

Time: 6:45-7:45pm **Location:** Room 14

Fee: \$70

5013.300 YOGA WITH WEIGHTS: WEDNESDAY

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

Equipment Needed: Your own yoga mat

Instructor: Christina Casavina, certified yoga instructor **Date:** June 25th – September 10th for 12 weeks

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

Location: Room 15

Fee: \$85

5050.300 RESTORATIVE YOGA

Join us for a blissful hour of breathwork, gentle movement, restorative postures, and guided meditations designed to help the body and mind fully relax. Restorative yoga activates the body's "rest and digest" response, promoting relaxation that supports the proper functioning of the digestive, immune, and reproductive systems. Using props to support the body in comfortable, restorative poses, you'll have the opportunity to release tension and leave feeling completely rested and rejuvenated. No prior yoga experience is necessary. Participants should be able to get up and down from the floor.

Equipment Needed: 2 Yoga Blankets & yoga mat **Instructor:** Mary Rinaldi, RTY 200 certified yoga instructor **Date:** Wednesdays, June 25th – September 10th for 12 weeks

Time: 6:45-7:45 PM **Location:** Room 14

Fee: \$70



5050.301 TEEN ZEN: STRETCH, BREATHE & FLOW YOGA

Join us for a fun and energizing yoga class designed specifically for teens! Whether you're a beginner or have some experience, this class will help you build strength, flexibility, and mindfulness. Through a combination of stretching, breathing exercises, and flow sequences, you'll leave feeling relaxed, focused, and ready to take on whatever comes your way. Come as you are and find your inner peace on the mat! Must be 13 years old by start date.

Equipment Needed: Your own yoga mat

Instructor: Mary Rinaldi, RTY 200 certified yoga instructor Date: Thursdays, June 26th – September 11th for 12 weeks

(no class 8/7)

Time: 10:30-11:30 AM **Location:** Room 14

Fee: \$70

Health and Fitness Classes

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5005.309 YOGA WITH WEIGHTS: THURSDAY

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

Equipment Needed: Your own yoga mat

Instructor: Christina Casavina certified yoga instructor **Date:** Thursdays, June 26th – 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 28th – September 13th for 12 weeks

Time: 8:30 - 9:45AM Location: Room 16

Fee: \$85

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 24th – September 9th for 12 weeks

Time: 9:30 -10:45 AM **Location:** Room 16

Fee: \$85

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 todays 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 24th - September 11th for 12 weeks

Time: 11:45am - 12:30pm **Location:** Room 16

Fee: \$30

5511.301 SATURDAY MORNING CIRCUITS

Challenge yourself with a class mixed with cardio and strength exercises presented in different formats that will keep your body

guessing. All levels of fitness are welcome!

Instructor: Kristie Miller

Time: Saturdays 10:00 - 10:45AM

Date: June 28th – September 13th for 11 weeks (no class 7/5)

Location: Room 16

Fee: \$42

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 24th - September 11th for 12 weeks

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 25th – September 10th for 12 weeks

Time: 5:05 – 5:50pm **Location:** Room 16

Fee: \$30

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 heartrates. Start your day off building muscle, burning fat, and being strong! **Equipment needed:** handheld weights, bands, or kettlebell.

Instructor: Jess Holloway AFAA certified instructor **Date:** Mon, Wed, Fri, July 7th – September 19th for 10 weeks

(No class 9/1) **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

odybar

Instructor: Jess Holloway AFAA certified instructor

Date: Tuesday & Thursday, July 8th – September 18th for 10 weeks

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 23rd – September 8th for 11 weeks

(no class 9/1) **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 23rd – September 8th for 11 weeks

(no class 9/1) **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 24th – September 9th for 12 weeks

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

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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 26th – September 11th for 12 weeks

Time: 7:00 – 7:45 PM **Location:** Room 16

Fee: \$45

5100.300 TAI CHI CH'UAN

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

Instructor: David Ritchie, Director of Central CT Tai Chi Ch'uan **Date:** Tuesdays, June 24th – August 26th for 10 weeks

Time: 7:00 – 8:00pm **Location:** Room 15

Fee: \$65

5100.301 TAI CHI QIGONG WEDNESDAYS

Both are Relaxed physical movements with a peaceful but focused mind. In this class you will learn easy to do Qigong routines and a Tai Chi routine to aid in relaxing the mind and body. Tai chi helps to improve the mind/body connection as well as internal health benefits. **Instructor:** David Ritchie, Director of Central CT Tai Chi Ch'uan

Date: June 25th – August 27th for 10 weeks **Time:** Wednesday 11:15am-12:15pm

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 24th – September 9th for 12 weeks

Time: 5:00 – 5:45 PM **Location:** Room 15

Fee: \$45

5012.303 MAT PILATES

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 25th – September 10th 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 25th – September 10th 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 25th – September 10th 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:** June 23rd – September 8th for 11 weeks (no class 9/1)

Location: Room 16

Fee: \$42

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

Instructor: Cheryl Myers Zumba and NETA certified instructor **Dates:** June 23rd – September 8th for 11 weeks (no class 9/1)

Location: Room 16

Fee: \$42

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

Instructor: Fee Adams, AFAA and Zumba certified instructor

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

Location: Room 16

Fee: \$45

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

Instructor: Becky Fusco certified Zumba instructor **Date:** June 26th – September 11th for 12 weeks

Location: Room 15

Fee: \$45

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

Instructor: Becky Fusco certified Zumba instructor **Date:** June 26th – September 11th for 12 weeks

Location: Room 15

Fee: \$45

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

Instructor: Lisa Wasylean certified Zumba instructor **Date:** June 26th – September 11th for 12 weeks

Location: Room 15

Fee: \$45

Health and Fitness Classes

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2025 Summer Health and Fitness Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FI	RIDAY	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	J	- 6:45 AM less H I Power Up	
	9:15-10:30 AM Christina Gentle Yoga 15	9:30 - 10:45 AM Deonna Yin Yoga & Reiki 16	9:30 - 10:45 AM Christina Yoga with weights 15	9:30 - 10:45 AM Christina Gentle Yoga 16			8:30 - 9:45 AM Christina Form & Flow Yoga 16
Morning	9:30 - 10:45 AM Zorayda Basic Yoga 15		10:20 - 11:05 AM Cheryl Swing Shift 50+ 16		Cheryl	-11:05 AM Swing Shift 0+ 16	10:00 - 10:45 AM Kristie Saturday Morning Circuits 16
	10:50 - 11:35 AM Cheryl Zumba Gold 16		11:15 - 12:00 PM Cheryl Swing Shift 50+ 16		Cheryl	- 12:00 PM Swing Shift 0+ 16	
noor	12:00 - 1:00 PM Elaine Arthitis Foundation 15	11:45 - 12:30 PM Stacey – Baby Boomer Boogie 16	11:15 - 12:15 PM David Tai Chi Qigong 15	11:45 - 12:30 PM Stacey – Baby Boomer Boogie 16			
Afternoon		1:00 - 1:45 PM Lauren Chair Yoga 16	12:15 - 1:15 PM Elaine – Arthitis Foundation 16	1:00 - 1:45 PM Lauren Chair Yoga 16			
		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 Mat Pilates 14	5:30 - 6:15 PM Becky ZUMBA 15			
Evening	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	6:45-7:45 PM 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			KEY
	7:10 - 7:55 PM Cheryl Zumba 16	7:00 - 8:15 PM Zorayda Therapeutic Yoga 16	6:45 - 7:45 PM Mary Restorative Yoga 15	7:00 - 7:45 PM Lisa ZUMBA 15		ZOOM CLASSES	
		7:00 - 8:00 PM Central CT Tai Chi Tai Chi 15	7:30 - 8:30 PM Fee ZUMBA 16			IN PERSON	

Special Events



MAY 10 – NOVEMBER 15, 2025 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 wallingfordgardenmarket@gmail.com limited space is available.

2025 "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 2025 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 10th, 17th, 24th, 31st 2025 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 2025 Fireworks show. The show will occur on the knoll across from Sheehan High School on Saturday, July 12, 2025 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

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.

Instructor: Amy Malone Tuesdays **Class Time:** 4:00 – 4:30pm

Dates: Tuesdays, June 24th – August 12th for 8 weeks

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! Please wear tap shoes or flats.

Instructor: Amy Malone **Time:** 4:30 – 5:30pm

Dates: Tuesdays, June 24th – August 12th for 8 weeks

Location: Room 14

Fee: \$55

6000.306 BALLET & TAP COMBINATION CLASSES

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.

Please wear tap shoes or flats. **Instructor:** Amy Malone Tuesdays

Time: 5:30 – 6:30pm

Dates: Tuesdays, June 24th – August 12th for 8 weeks

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.

Instructor: Sharon Wilhelm **Time:** 6:40 – 7:25pm

Dates: Mondays, June 30th – August 4th for 6 weeks

Location: Room 15

Fee: \$60

6012.301 ADULT BEGINNERS TAP DANCE

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

Tap shoes are great! Instructor: Sharon Wilhelm **Time:** 7:30 - 8:15pm

Dates: Mondays, June 30th –August 4th for 6 weeks

Location: Room 14

Fee: \$60

Fine Arts: All New Summer Offerings!!!!

8001.300 CROCHET BOOTCAMP

This class is perfect for a beginner or anyone looking to dive into the art of crochet. We'll start with the fundamentals, covering the chain stitch, single crochet stitch, and single crochet rib stitch. So grab a cup of tea, get cozy, and let's begin your crochet journey! In class materials provided.

Instructor: Janet Cunningham **Time:** 6:00pm – 8:00pm

Date: Tuesdays, June 24th – July 1st

Location: Room 4.5

Fee: \$40

8001.301 INTERMEDIATE CROCHET

NEW! Take your crochet skills to the next level with this engaging intermediate class! Designed for those already comfortable with single crochet, each session introduces a new stitch to expand your repertoire. Fast learners can even tackle a bonus stitch each week! No matter your pace, you'll leave with the skills to create beautiful, one-of-a-kind patterns for blankets, washcloths, hats, scarves, and more. In class materials provided.

Instructor: Janet Cunningham **Time:** 6:00pm – 8:00pm

Date: Tuesdays, July 15th – August 5th

Location: Room 4.5

Fee: \$80

8001.302 TUNISIAN CROCHET

NEW! Tunisian crochet, sometimes called Afghan crochet, is a unique fiber craft that shares similarities with both knitting and crochet. Like crochet, it uses a long crochet hook. And, like knitting, it involves working with multiple stitches at a time. Each class will thoroughly cover one new stitch. Quick learners have the option of learning a bonus stitch each week. In class materials provided.

Instructor: Janet Cunningham **Time:** 6:00pm – 8:00pm

Date: Tuesdays, August 19th – August 26th

Location: Room 4.5

Fee: \$40



Performing Arts/Fine Arts

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8040 TAYLOR SWIFT-INSPIRED WREATH MAKING CLASS

"Craft Your Story, One Wreath at a Time"

Calling all Swifties and craft enthusiasts! Join us for a unique wreath-making class inspired by the music and style of Taylor Swift. Whether you're a fan of her iconic albums or just love a creative DIY project, this class will have you crafting a wreath that reflects your favorite Taylor era. Whether you're

"Fearless" or a "Lover," just bring your love for Taylor and get

ready to create something beautiful.

Instructor: Gina Fitzgerald
Time: 9:30 – 11:30am
.300 Dates: Saturday, July 12th

.301 Dates: Saturday, September 13th

Location: Room 4.5 **Fee:** \$30 per date



Join us for a fun and creative Coaster Art Workshop where you'll learn how to design and craft personalized coasters. Using various materials, you'll create unique, functional art pieces that reflect your style. Whether you're a beginner or an experienced artist, this workshop offers a relaxing and enjoyable environment to explore your creativity.

Perfect for a solo craft day or a group activity, you'll leave with your own set of custom-made coasters to enjoy or gift to someone special! Attendees can bring personal photos or choose from a selection of paper designs. Please make sure photos are printed on paper.

Instructor: Gina Fitzgerald Class Time: 9:30 – 11:30am .300 Dates: Saturday, June 28th .301 Dates: Saturday, August 16th

Location: Room 4.5 **Fee:** \$40 per date



8041.300 BUILD A FLOWER BOUQUET WORKSHOP

Learn the design elements of a beautiful market bouquet. You will go home with an arrangement with flowers grown on a local flower farm and with the skills to continue making your own stunning bouquets.

Instructor: Pamela Gray Time: 9:30am – 11:30am Date: Saturday, July 12th Location: Room 12

Fee: \$30

Trails Systems & Open Space

Tyler Mill Preserve:

Over 11 miles of trails on 700 acres, including diverse terrain, access to the Muddy River, traprock ridges, wetlands, meadows, and successional forest.

Four Access Points: 11/15 Northford Rd; Rear of Vietnam Vets Park; 300 Tamarack Rd; Coyle Field (524 Woodhouse Rd)

The New England Trail (NET)

A "National Scenic Trail" – 6 miles of the NET rides on the Mattabesset Trail in Wallingford, traveling traprock ridges, offering grand vistas from prominent outcrops accessed via steep terrain assents. Access at Howe Rd. (1/8 mile east of Pistpaug Pond) & 705 Durham Rd (Rt. 68)

Fresh Meadows

Two stretches of handicap accessible trail and a hilly loop trail, all through meadows, forest and traprock ridge, including pond habitat and prominent Ice Age glacial erratic rock formation. Access: Cheshire Rd at Schoolhouse.

Ferguson Woods

Over 2 miles of trails on 65 acres, including successional forest, traprock ridges, stream and pond habitat.

Access: 75 Dibble Edge Rd.

Bertini Park

Over 2 miles of trails on 70 acres, including successional forest, diverse terrain, and access to Muddy River.

Access: 116 West Dayton Hill Rd.

Marcus Cook

A short train system on 44 acres, including successional forest, coupled with playground, pavilion and ballpark. Access: 949 Old Rock Hill Rd.

Quinnipiac Linear Park

Over 2 miles of handicap accessible trail through the Quinnipiac River riparian corridor. Adjacent to the Community Lake Park and facilities.

Orchard Glen/Spruce Brook

Over 3 miles of trail through hilly successional forest, featuring streamside attractions. Access: 358 Hall Ave.

West Dayton Hill

1 ½ miles of trail on 33 acres, through successional forest with traprock ridge. Access: 2 ½ Fox Run Drive

FACILITY REQUESTS FOR USAGE 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!

TWILIGHT TUNES

PRESENTED BY WALLINGFORD PARKS & RECREATION SPONSORED BY TOYOTA OAKDALE THEATRE

COME JOIN US FOR OUR 2025

FREE! CONCERT
SERIES

HELD ON WEDNESDAY EVENINGS 7:00-8:30 ON THE WALLINGFORD PARADE GROUNDS

JULY 9TH - JUICE BOX

JULY 16TH - HAZZARD COUNTY

JULY 23RD - RAISE YOUR HANDS

JULY 30TH - MAD HOUSE

TUESDAY AUGUST 5TH - LEAF JUMPERS

AUGUST 13TH - JEN & TONIC

AUGUST 20TH - RHYTHM CITY







Parks & Facilties

SUMMER 2025 - Guide to Leisure & Fun! www.wallingfordct.myrec.com (?)(203) 294-2120

- **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. 30.7acres
- **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. .2acres
- **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 BERT AND HARRY SUBKOWSKY DOG PARK –** Located on Quinnipiac Street. 2 acres of fenced in fun for the furry friends in your life.
- **32 GRAND ST. PARK -** Located on Grand St. and Washington St. The new home of Wallingfords' monument park, includes a basketball court, swings and a slide. .64acres.

Wallingford Youth League Information



Wallingford Yalesville Little League

President: Ray Gomes

Email: <u>WallingfordYalesvilleLL@gmail.com</u> Website: <u>www.yalesvillelittleleague.com</u>



Wallingford Flag Football

President: Dom Colavito
Email: dominic.colavito@gmail.com
Website: https://clubs.bluesombrero.com/ppmffl



Girls Little League Softball of Wallingford Fast Pitch

President: Danielle Yagovane Email: <u>wallingfordLLS@gmail.com</u> Website: <u>www.gllsow.org</u>



Wallingford Cardinals Travel Baseball/Softball

President: Chris Bishop

Email: wallingfordcardinalssports@gmail.com
Website: www.wallingfordcardinals.com



Wallingford Youth Lacrosse

President: Dan Bush

Email: <u>President@wallingfordyouthlacrosse.com</u>
Website: www.wallingfordlacrosse.com



Wallingford Vikings Football

President: Sean Reynolds
Email: Wallingford.vikings@yahoo.com
Website: www.wallingfordvikings.com



Wallingford Girls Softball League Slow Pitch

President: Scott Smith
Email: WGSLPresident@gmail.com
Website: www.wgsl.org



Wallingford Soccer Club

President: Dave Rodriguez

Email: wallingfordsoccer@gmail.com Website: www.wallingfordsoccer.net



Wallingford Hawks Hockey

President: Blair Kavanagh
Email: president@whawks.com
Website: www.whawks.com



Activity Registration Form

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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. 2025 _____ No. & Street Town 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:** Fees: CASH - please have **EXACT AMOUNT CHECK - Make checks payable to** Credit: "Treasurer Town of Wallingford"

REGISTER ONE OF THESE WAYS:

PAYMENT METHOD ONLINE: Credit Card ONLY

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: <u>Treasurer, Town of Wallingford</u>.

Total Amount:

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.**

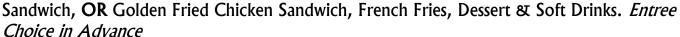
NON-RESIDENT: There will be a one-week delay in processing Non-residents registrations at the start of a program. This will allow Wallingford residents to register for programs.

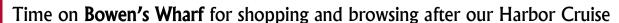
Wallingford Parks and Recreation presents:



Come aboard the **Coastal Queen** and view Newport Harbor and the East Passage of Narragansett Bay up close on this narrated tour of the historic sites that surround beautiful Newport Harbor and the Jamestown shoreline. You will see historic church steeples and forts, lighthouses, mega yachts and more.

Upon arrival we'll have lunch at **Brick Alley Pub** in downtown Newport. *Menu: Choice of:* Corned Beef Reuben, **OR** Tomato, Basil and Fresh Mozzarella













COST: \$159.pp based on 35-50

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

Estimated Return: 7:30 Wallingford

Trip Questions: 203-294-2120



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

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

ECRWSS Residential Customer Wallingford, CT 06492



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

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

Town Officials

Mayor 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

DEPARTMENT STAFF:

Director: Kenny Michaels, MS, CCMO

Recreation Superintendent: Shawn Keogh, CPRP, CCMO Recreation Program Specialist: Bob Kilpatrick, CPRP

Executive Secretary: Loriann Ouellette

Senior Clerk: Stacey Hoppes

Recreation Facilities Maintainer: Mike Magetteri, Eric Bourgeois

Early Childhood: Amy Carpenter

Crafts: Kim Larkin

Fine Arts: Rashmi Talpade

STEM: Chris Stone

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

Parks & Recreation Commission: 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 2025 regular meeting schedule is below.

> February 12, 2025 June 11, 2025 September 10, 2025 April 9, 2025 November 12, 2025 May 14, 2025 December 10, 2025

FRONT OFFICE STAFF:

Davtime: Laura Allen Sharon Bates Paula Knecht Jackie Taglianetti

Nights/Weekends:

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