

Wallingford Parks and Recreation presents:

Stocking Stuffer Holiday Daytrip



Longfellow's Wayside Inn Prime Rib Lunch
Wayside Country Store - Marlborough
Douglas Farm & Orchard
and
Christmas Barn - Woodstock, CT

Sunday, November 16, 2025

Everyone will receive a Christmas Stocking at the start of our day.

Lovely **lunch at historic Longfellow's Wayside Inn**, a charming Inn and Tavern in Sudbury which has served hungry travelers for over 300 years! Enjoy a step back in time in this warm and hospitable setting beautifully decorated for the season. Menu includes Tossed Salad, **Roast Prime Rib of Beef or Boneless Breast of Chicken with Cranberry Walnut Dressing**, sides, and **Warm Deep Dish Apple Pie with fresh whipped cream - Entree Choice in Advance**

Next stop **Wayside Country Store** in Marlborough. Here we go back in time as we shop for collectibles, Christmas gifts and truly the largest assortment of candy in Central MA.

Each passenger will receive a goody bag for their stocking

On to Douglas Farm & Orchard in Douglas, MA a longtime local favorite of produce & baked goods-Receive a special home-made treat for your stocking

Our final shopping spot before heading home will be the **Christmas Barn** a quaint establishment nestled in *Woodstock, CT*, offering a unique selection of holiday decorations and gifts .

In 2020 a Christmas Hallmark movie "One Royal Holiday "was filmed in Woodstock and included a scene at the Christmas Barn . A gift for everyone included here

COST: \$ **175.**pp , based on 35-40

Depart 9:00am Wallingford Parks and Rec, 6 Fairfield Blvd

Estimated Return: 6:30pm, 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

Monday - Friday Facility Hours:

8:30am to 10:00pm

CLOSED:

September 1st Labor Day October 13th Columbus Day

(open at 5pm)

November 4th Closed November 11th Veterans Day

(open at 5pm)

November 27th-28th Thanksgiving

Address: 6 Fairfield Blvd.

Wallingford, CT 06492

Phone: (203) 294-2120 FAX: (203) 294-2127 **EMAIL ADDRESS:**

MAIN: parksrec@wallingfordct.gov Kenny: k.michaels@wallingfordct.gov Shawn: s.keogh@wallingfordct.gov Bob: b.kilpatrick@wallingfordct.gov

PARKS AND RECREATION WEB SITE:

www.wallingfordct.myrec.com

TOWN WEB SITE:

www.town.wallingford.ct.us

Members of:

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

Produced and Edited By:

The Wallingford Parks & Recreation Staff

Design, Layout, Printing: Graphic Image

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

Vision Statement

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

MESSAGE FROM THE DIRECTOR

Dear Wallingford Residents,

Recreation is more than just fun—it's a vital part of building a healthy, connected, and vibrant community. Whether it's a place to stay active, gather with friends, or discover a new hobby, our parks and facilities play an essential role in improving quality of life for residents of all ages.

With that in mind, I'm proud to share some exciting updates and investments that have recently been completed in our town:

At Community Lake, we have finished the construction of two brand-new posttension concrete tennis courts and one post-tension concrete basketball court. These high-quality surfaces offer greater durability, reduced maintenance, and a top-tier playing experience for everyone from casual players to dedicated athletes.

We've also added another post-tension concrete basketball court at Pragemann Park, providing additional space for youth and adult recreation alike. These upgrades reflect our continued commitment to making safe, accessible, and modern facilities available throughout Wallingford.

In even more exciting news, we are thrilled to announce a community partnership with Choate Rosemary Hall, who have generously donated the use of their ice hockey rink for the 2026 season. This opportunity will allow us to continue winter programming and provide the opportunity for residents to enjoy ice skating close to home.

These projects and partnerships are investments not just in facilities, but in community well-being. Recreation brings people together, encourages healthy living, and supports lifelong learning and connection.

Thank you for your continued support of Wallingford Parks and Recreation. We look forward to seeing you out enjoying these new amenities soon!

Warm regards,

Kenny Michaels, M.S., CCMO

Parks and Recreation Director Wallingford Parks and Recreation Department



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KEEP IN MIND...

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

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

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

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

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 2024-2025 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 IF NECESSARY 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

4225. SKI BUMS AT MOUNT SOUTHINGTON GRADES 4-10

Whether you're a skier or a boarder, this is four nights of fun on the slopes that you do not want to miss. Registration for all Ski Bum programs will begin on **Tuesday, October 14th and will end Friday November 21st** at the recreation department. Program will have limited availability so please register early. Any parent that is interested in becoming a chaperone should contact Bob at the recreation department. Chaperones will have the opportunity to ski/snowboard at no cost. Please note that registration will only be held for six weeks during the dates provided above.

Program will occur on Wednesday nights 4:15pm-8:00pm from January 7th – January 28th

New this year: To register you must first sign up for bus transportation on our website at www.wallingfordct.myrec.com Once registered, you will receive the link to register for your ski/snowboard package on Mt. Southington's website. You will not be able to register or take the bus without first paying the bus fee.

Fees: (Same for Ski or Snowboard):

Bus Fee: \$75

Lift Ticket Only: \$215 Lift Ticket & Lessons: \$300

Lift Ticket & Rental (does not include helmet): \$315 Lift Ticket, Rental (does not include helmet) & Lesson: \$400

Media Card (if needed): \$5

Having trouble receiving emails from **SBCGLOBAL/ATT/SNET** emails? Try the steps below

to get back on our email list. You will need to

Whitelist the email: noreply@myrecdepartment.com

SBCGLOBAL:

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

ATT/SNET

- 1. Open your mailbox.
- 2. Select Options on the top right hand side > Mail Options > Filters > Add Filter.
- 3. Select Filters.
- 4. Click "Add Filter".
- In the top row, labeled From Header, select contains from the pull down menu. Enter the address in the text box next to the pull down menu.

Example: You can either give a specific email address or use @xxxxx.com or *xxxxx.com to whitelist the domain (replace the xxxxx with the domain name).

- Move down to the bottom where there is the option Move the message to. Select Inbox from the drop-down menu.
- 7. Select the Add Filter button once again.



Bus Trips

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

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 2025-2026 trip year. Reminder, trip itineraries are subject to change and the Parks and Recreation Department will do its best to notify travelers ahead of time. We look to continue the trend this year. We hope you find this line up enjoyable and we look forward to seeing you board the bus! All trips are subject to change in price and itinerary. Day tour cancellation policy applies to all Wallingford Park & Recreation day tours operated by Friendship Tours Inc. Any passenger that cancels a reservation 7 days or less prior to departure will not be eligible for a refund. We will examine cancellations on a case by case basis to determine any exceptions to this rule. Please note the Recreation Dept. will make every effort to send a representative from the office to see off the trip to and from our destination and to hear any complaints, concerns and or recommendations. It should be understood that this person is not a tour guide. Please retain the same seats throughout the trip. A tip for the coach driver is included in the trip fee. Please contribute only if you wish since the gratuity is included in the trip fees. Trips are rain or shine, unless the tour company cancels. Many trips involve walking tours; either with a tour guide or on your own. Children must be accompanied by an adult unless otherwise specified. No lap sitters on the coach bus. Complete trip itineraries will be distributed on the morning of the trip. Travel insurance is recommended for overnight trips and is offered through Friendship Tours. Forms are available at the Recreation Dept. front office. We would like to thank all of our travelers for choosing Wallingford Parks and Recreation for their travel needs during the 2025-2026 season!!

1002.303 MAPLE MADNESS VERMONT

Saturday September 20th

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.

We have been accepting registrations for this trip since May and it is currently full. We are accepting people onto the wait list.

1002.401 OKTOBERFEST - KRUCKER'S IN POMONA NY

Thursday, October 23rd

Bus Departs Rec. Dept. 8:00am

Returns: 7:30pm **Fee:** \$136

ENJOY A FULL DAY OF ENTERTAINMENT, FOOD, FUN, MUSIC, AND DANCING AT KRUCKER'S IN POMONA, NY This lovely resort features its popular Oktoberfest with great food and music...the genuine spirit of an Oktoberfest. Enjoy a welcome reception and festive Oktoberfest themed lunch and music, dancing and games throughout the day.

1002.405 STOCKING STUFFER HOLIDAY DAYTRIP

Sunday, November 16th

Bus Departs Rec. Dept. 9:00am

Returns: 6:30pm **Fee:** \$175

Enjoy a lovely lunch at the historic Longfellows Wayside Inn followed by a day of shopping! Next stop is Wayside Country Store in Marlborough. Here we go back in time as we shop for collectibles, Christmas gifts and truly the largest assortment of candy in Central MA. Each passenger will receive a goody bag for their stocking On to Douglas Farm & Orchard in Douglas, MA a longtime local favorite of produce & baked goods -Receive a special home-made treat for your stocking Our final shopping spot before heading home will be the Christmas Barn a quaint establishment nestled in Woodstock, CT, offering a unique selection of holiday decorations and gifts.

1002.410 SOWA WINTER FESTIVAL

Sunday, December 14th

Bus Departs Rec. Dept. 8:45am

Returns: 6:30pm

Fee: \$143

Explore the SoWa Winter Festival—Boston's most magical holiday market with 100+ local artisans, specialty food vendors, live music, lights, and a giant Christmas tree inside the twinkling SoWa Power Station. Perfect for gift shopping and holiday cheer! Before enjoying the market feast on a delicious three-course Italian lunch at Maggiano's Little Italy, featuring ciabatta rolls, salad, bruschetta, rigatoni with meat sauce, chicken piccata, lemon cookies, and beverages.

1002.411 DAY IN NYC "MY WAY"

Saturday, December 27th

Bus Departs Rec. Dept. 8:00am

Returns: 8:00pm

Fee: \$104

Hop on board for a stress-free ride to the Big Apple! We'll provide round-trip transportation to New York City—what you do once you're there is completely up to you. Shop, sightsee, catch a show, explore museums, or just wander and take in the energy of the city. This is your day, your adventure, your way!

Special Interest

2010.400 PUPPY KINDERGARTEN

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

pups to first class.
Limit of 8 puppies

When: Mondays, October 6th – November 17th for 6 weeks

(no class 10/13) 11/3 **Time:** 6:30pm - 7:15pm **Location:** Gym 2

Fee: \$60

Instructor: Joan Hamel

2015 CANINE COMMUNICATION, DOG OBEDIENCE FOR BEGINNERS

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

Do NOT bring dogs to first class.

Limit of 12 dogs

.401 Mondays, October 6th – November 17th (no class 10/13) 11/3 7:30pm - 8:15pm for 6 weeks .402 Mondays, October 6th – November 17th (no class 10/13) 11/3 8:30pm - 9:15pm for 6 weeks

Instructor: Joan Hamel **Location:** Gym 2

Fee: \$60

2052 REAL ESTATE HOME BUYER SEMINAR

.400 Wednesday, September 24th 6:00 - 7:30pm

.401 Wednesday, October 22nd

6:00 - 7:30pm

Instructor: Wesley Krombel

Location: Room 1
Fee: FREE

2050 MEDICARE IS IN YOUR FUTURE! DON'T GO THROUGH IT ALONE!

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

.401 Tuesday, October 7th 10:00am - 11:00am

.402 Thursday, October 23rd

10:00am - 11:00pm

.411 Thursday, October 30th 10:00am-11:00am

10.00am-11.00am

.403 Wednesday, November 5th

10:00am - 11:00am

.404 Tuesday, November 18th 10:00am – 11:00am

.405 Friday, December 5th 10:00am - 11:00am

Instructor: Mike Bush, Insurance With T

Location: Room 3 **Fee:** FREE

NEW!

2050. ANNUAL NOTICE OF CHANGE (ANOC) MEETINGS

WHAT IS MEDICARE ANOC?! ANOC stands for Annual Notice of Change. Each fall if you're enrolled in a Medicare Advantage Plan, you'll receive an ANOC letter from your plan provider. This letter outlines any changes to your coverage, costs, or providers that will take effect on January 1st of the upcoming year. Even small changes can impact your out-of-pocket costs and access to care. Get a Free ANOC Review from Your Local Medicare Experts.

.406 Wednesday, October 15th – Early Reviews for all plans

.407 Friday, October 17th – UnitedHealthcare MAPD plans only .408 Tuesday, October 21st –

UnitedHealthcare MAPD plans only

.409 Thursday, October 23rd – AETNA
MAPD plans only

.410 Monday, December 1st – Last Call

Instructor: Patricia Bush, Insurance With T

Location: Room 1
Fee: Free

7201 COOKIE DECORATING CLASS

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

.400 Tuesday, October 21st

5:00 - 6:00pm (Halloween Theme)

.401 Monday, November 24th
5:00 - 6:00pm (Thanksgiving Theme)
.402 Tuesday, December 16th
5:00 - 6:00pm (Christmas Theme)

Please note that registration closes the Friday before each class

Location: Room 7

Fee: \$30

Instructors: The Tasty Sprinkle

7202 PARENT/CHILD PASTA MAKING CLASS

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

.400: Sunday, October 19th

12:00pm - 2:00pm

.401: Sunday, November 16th

12:00pm - 2:00pm

Instructors: Passionately Pasta

Location: Room 7 **Fee:** \$50 for 2 people

(\$10 per additional child, \$15 per

additional adult 18+)

2009.401 KRAV MAGA – ONE DAY SEMINAR SELF DEFENSE FOR WOMEN AGES 13 & UP

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

Date: Saturday, Oct. 18th Time: 12:00pm - 2:00pm Instructor: Britt Soden Location: Room 14





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. NOW OFFERING
EXTENDED DAY OPTIONS ALL 5 DAYS! SESSION 1 BEGINS MONDAY SEPTEMBER 8TH.
REGISTRATION FOR THE FOLLOWING SESSION TYPICALLY BEGINS ABOUT HALF WAY THROUGH
THE CURRENT SESSION.

Sessions -

Session 1: September 8th – November 7th (No Class 10/13, 11/4)

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)

Session 4 (2026): April 6th – June 12th

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

3000 TERRIFIC TWOSIES WITH PARENT

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

Session 1: September 9th – November 13th (no class 11/4, 11/11)

.400 9:00am - 10:00am for 10 weeks **.401** 10:30am - 11:30am for 10 weeks

Session 2: November 25th – February 10th

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

.100 9:00am - 10:00am for 10 weeks

.101 10:30am - 11:30am for 10 weeks

Session 3: February 24th – April 30th (no class 4/14, 4/16)

.200 9:00am - 10:00am for 10 weeks **.201** 10:30am - 11:30am for 10 weeks

Fee: \$100 per session Instructor: Miss Coleen

Early Childhood / Sports & Enrichment



NEWI) 8038.422 EXPLORATORY ART FOR LITTLES

Toddlers will explore new materials and art mediums all while having FUN creating! Each week, your little artist will dive into hands-on projects designed to spark creativity, build fine motor skills, and encourage imaginative play. From finger painting to collage making, this class is all about colorful messes and joyful discoveries.

Parental participation is required.

Instructor: Kim Larkin

Date: Thursdays, September 25th - October 30th for 6 weeks

Time: 10:00 - 10:45am **Location:** Room 7

Fee: \$60

NEW!) 7203.400 JR. FOOD EXPLORERS

Join Food Explorers for a 4-week class devoted to our smallest chefs with all NEW recipes! You'll be making Banana Cream Pie Parfaits, Cucumber Sandwiches, Blueberry Cheesecake Cups, and Taco Pizzas. All recipes are nut-free and vegetarian but will contain dairy, eggs, and gluten. This class is for children ages 2-5 and their caregiver. **Instructor:** Food Explorer Staff

Date: Fridays, October 3rd - October 24th for 4 weeks

Time: 10:00 - 11:00am Location: Room 7

Fee: \$80



7203.401 FOOD EXPLORERS – DESSERTS AROUND THE WORLD

Get ready for a delicious journey with Food Explorers! In this hands-on dessert class for kids, young chefs will explore flavors and treats from across the globe—no passport required! Along the way, kids will learn basic baking techniques and explore new ingredients. You'll be making: Black Forest Cupcakes, Banoffee Pies, Scotch Pancakes, and Mini Matcha Donuts. All recipes are nut-free and vegetarian but will contain dairy, eggs, and gluten. **Instructor:** Food Explorer Staff

Date: Wednesdays, October 1st – October 22nd for 4 weeks

Time: 5:00 - 6:00pm Location: Room 7

Fee: \$80



7203.402 FOOD EXPLORERS -**HOLIDAY DESSERTS**

Join Food Explorers for delicious holiday desserts! Each week you'll make a dessert inspired by favorite holiday flavors and foods. You'll be making: Hot Chocolate Mini Donuts, Chocolate Cherry Cheesecake Pies, Butterscotch Trifles, and Candy Cane Brownie Bites. All recipes are nutfree and vegetarian but will contain dairy, eggs, and gluten.

Instructor: Food Explorer Staff

Date: Wednesdays, November 19th – December 10th

for 4 weeks **Time:** 5:00 - 6:00pm **Location:** Room 7

Fee: \$80

0118.403 ADAPTIVE KARATE • AGES 7+

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

the child with multisensory issues can rise to the occasion. Adding a traditional martial arts program to a child's existing therapies can only assist them in reaching their goals faster. Focus, concentration, balance, tone, awareness, selfregulation, 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

Date: Wednesdays, September 24th - November 12th

for 8 weeks

Location: Room 14

Fee: \$55

4051. LITTLE NINJAS • AGES 3-4

Karate techniques are incorporated with essential motor skills for 3-4 year olds. The curriculum includes balance, memory, teamwork, 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.

.401 Mondays: September 22nd – December 15th 8th

5:30pm – 6:00pm for 13 weeks 12

.402 Saturdays: September 27th – December 20th 13th

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

Instructor: The Institute of Martial Arts Staff **Location:** Room 14 Mondays/Room 15 Saturdays

Fee: \$75

4052 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.

.400 Mondays: September 22nd – December 15th 8th 6:05pm - 6:50pm for 12 weeks

.401 Saturdays: September 27th – December 20th 13th

9:30am - 10:15am for 13 weeks 12

Instructor: The Institute of Martial Arts Staff

Location: Room 15

Fee: \$90

4053 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!

.400 Wednesdays: September 24th – December 10th

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

.401 Saturdays: September 27th – December 13th

10:15am - 11:30am for 12 weeks

Instructor: The Institute of Martial Arts Staff

Location: Room 15



Sports & Enrichment

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4020 HOOP HOUSE BASKETBALL ACADEMY • FOR BOYS AND GIRLS 5-9YRS

Great tune up for the coming basketball league play! Wallingford Parks & Rec in conjunction with Central Connecticut Hoop Stars offers a premiere youth basketball program which includes instruction by top coaches, game play, basketball contest and the Hoop House "lessons of life" program. Each participant will receive a Hoop House T - Shirt. •401 5-6yrs: Wednesdays, October 8th – November 12th

5:45 - 6:45pm for 6 weeks

.402 7-9yrs: Wednesdays, October 8th – November 12th

6:45 - 7:45pm for 6 weeks

Instructor: Greg Morrone and Hoop House Staff

Location: Gym 2

Fee: \$65

3329.400 FIT BY NATURE • AGES 5-12

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

Instructor: Mary Cole, Owner Fit By Nature **Dates:** Tuesdays, September 23rd – October 28th

Time: 4:30pm - 5:45pm for 6 weeks **Location:** Marcus Cooke Park

Fee: \$135

4840.400 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

Dates: Wednesdays, September 17th – October 8th

Time: 5:00pm – 6:00pm

Location: Traditions Golf Course

Fee: \$110

4840,401 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 **Dates:** Wednesdays, September 17th – October 8th

Time: 6:00pm – 7:00pm

Location: Traditions Golf Course

Fee: \$135



4030 TINYTYKES SOCCER • AGES 2-5YRS

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

Player package that includes: Full custom designed TinyTykes Uniform (Shirt and Shorts)
Graduation certificate after level completion
Class begins Saturday September 20th – October 25th for 6 weeks

.400 Ages 2-3: Saturdays, 8:00am - 7:45am 8:45am
.401 Ages 2-3: Saturdays, 9:00am - 9:45am
.402 Ages 2-3: Saturdays, 10:00am - 10:45am
.403 Ages 4-5: Saturdays, 11:00am - 11:45am

Instructors: Tiny Tykes Staff
Location: Gym 1 & 2

Fee: \$90 (includes the uniform)

4060.400 MINI HAWK SPORTS • AGES 3-4

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

Instructor: Skyhawks Staff

Date: Mondays, September 22nd – October 27th (no class 10/13)

Location: Gym 1 **Time:** 4:00 - 4:45pm

Sports & Enrichment

4060.420 SKYHAWKS SPORTS & GYM GAMES

AGES 5-7

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

Instructor: Skyhawks Staff

Date: Mondays, September 22nd – October 27th

(no class 10/13) **Time:** 5:00 - 6:00pm **Location:** Gym 1

Fee: \$99

4060.430 MULTI SPORT TOTS • AGES 2-3

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

Instructor: Skyhawks Staff

Dates: Tuesdays, September 23rd – October 28th

Time: 4:00 - 4:45pm Location: Gym 1

Fee: \$99

4060.430 SKYHAWKS BASEBALL • AGES 4-6

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

Instructor: Skyhawks Staff

Dates: Tuesdays, September 23rd – October 28th

Time: 5:00 - 5:45pm Location: Gym 1

Fee: \$99

PICKLEBALL 101 FOR BEGINNERS 8500.

Ready to try the fastest-growing sport in America? Our Beginner Pickleball Lessons are the perfect introduction to this fun, social, and easy-to-learn game! Whether you're brand new to sports or just new to pickleball, this class is designed to help you build confidence on the court. **Two lessons** are all you need to possess the basic skills, rules, and terminology that will enable you to enjoy a full game of pickleball on your own!! We cap the lessons at 4 people in order to provide you with as much one-on-one attention as possible. No experience needed to participate.

Please note ... there are NO make-up lessons unless we get rained out. Bring water and wear sneakers and comfortable clothes (if applicable - a hat, sunglasses, and sunblock.)

Equipment - You will need to provide your own paddle. *Need help deciding which paddle to buy?* Contact us at centrecourtpickleball@gmail.com or visit our website centrecourtpickleball.com

Max of 4 people per session

All sessions run on consecutive Tuesdays and Thursdays.

EVENING SESSIONS 5:30-6:45pm:

Sept. 9 & 11.400 Sept.16 & 18.401 Sept. 23 & 25.402

EVENING SESSIONS 5:15-6:30pm:

Sept 30 & Oct 2 .403 Oct 7 & 9 .404 Oct 14 & 16 .405 Instructor: Jen Nuzzo

Location: Harrison Park Pickleball Courts

Fee: \$110

8501 PICKLEBALL COACHED MATCH PLAY

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

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

.400: Saturday, September 13th .410: Sunday, September 14th .401: Saturday, September 27th .411: Sunday, September 28th .402: Saturday, October 11th .412: Sunday, October 12th .403: Saturday, October 25th .413: Sunday, October 26th .404: Saturday, November 8th

.404: Saturday, November 8th
.414: Sunday, November 9th
.405: Saturday, November 29th
.415: Sunday, November 30th
Instructor: Angelo Rossetti

Location: Harrison Park Pickleball Courts

Fee: \$35

ICE SKATING

2026 ICE SKATING TAGS WILL GO ON SALE MONDAY, NOVEMBER 17, 2025

STARTING AT 9:00 A.M. FOR RESIDENTS ONLY AT THE PARKS & RECREATION DEPARTMENT.

NON-RESIDENTS CAN BEGIN REGISTERING ON MONDAY, NOVEMBER 24TH.

Big thank you to Choate Rosemary Hall who is donating ice time this winter.

Tags may be purchased at a cost of \$20 per person which will allow you to skate the entire time we rent the ice. This year we are offering open skate from 11:00 - 1:30 pm, unless noted per Choates ice hockey schedule.

The rink is located on the Choate campus, 333 Christian St. Wallingford.

Please note skaters must provide their own ice skates. Choate does not rent skates.

YOU MUST FILL OUT THE PROVIDED CHOATE WAIVER UPON REGISTERING AND GIVE IT TO THE RECREATION DEPARTMENT. REGISTRATION MUST BE DONE IN PERSON.

SCHEDULED SKATE DATES ALL TIMES 11:00AM-1:30PM

January 11 February 1 February 22 January 18 February 8 March 1 January 25 February 15



Sports & Enrichment

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LEAGUES

4200.400 GIRLS YOUTH VOLLEYBALL • AGES 6-15

Season Begins Saturday September 27th. Learn the game of volleyball, skills, rules, teamwork, and sportsmanship while having fun. Program includes clinics, practices, and games. September 27 & Oct. 4: 5-11-year olds from 12-2pm & 12-14year olds from 2-4pm.

First two sessions are 2-hour clinics.

After Saturday, Oct. 4th sessions are 1 hour, full schedule to

Instructor: Marion Kish

Dates: Saturday, September 27th, schedule subject to change. Emails will be sent out with full schedule as program

start date approaches.

Fee: \$90

4169 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. Anyone requesting to be a coach please pick up a coaches volunteer form and attend coaches registration during the registration period for players. Coaches will be subject to a background check and first time coaches are required to attend a NAYS Coaches Certification program sponsored through the Recreation Dept. If you are a returning coach please send us your NAYS renewal form if it is mailed to you.

DIVISIONS (subject to change based on registration numbers)

.401 Weber- 1st/2nd Grade

.403 Weber- 3rd Grade

.404 Weber- 4th Grade

.405 Weber- 5th Grade

.406 Weber- 6th Grade

.407 Weber- 7th Grade

.408 Weber- 8th Grade

.409 Weber- 9th - 12th Grade

.410 Gannon- Grades 1, 2

.411 Gannon- Grades 3, 4, 5

.412 Gannon- Grades 6, 7

.413 Gannon- Grades 8 - 12

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

\$130 Non Residents



4545 BEGINNER TENNIS IN THE PARK -**LEARN AND PLAY**

The United States Tennis Association presents Tennis in the Parks Learn to Play.

The tennis program where kids play while they learn! This program is for brand-new, beginner, or returning novice youth players. Led by a USTA-approved coach, we focus on FUN and learning the basics. This program uses modified tennis balls, age-appropriate rackets and engaging activities that help players successfully learn and play the game

quicker. Each youth participant in their first session will receive a free age-appropriate tennis racket and ball!

Instructor: USTA Staff

Dates: Sundays, September 14th – October 19th for 6 weeks

.400 - 9:00-10:00AM, Grades 1-2 .401 - 10:00-11:00AM, Grades 3-5 .402 - 11:00-12:00PM, Grades 6-8 **Location:** Doolittle Park Tennis Courts

Fee: \$75

4222,400 INDOOR CORNHOLE LEAGUE

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

Dates: Tuesdays, September 9th – October 28th for 8 weeks

Time: 6:00pm – 8:00pm

Location: Gym 2 Fee: \$50 per team

4200.401 CO-ED VOLLEYBALL

League plays Sundays beginning Mid Nov. (15 matches, 3 games each match) plus playoffs. Game times are generally between 4:30pm – 8:30pm using both courts, depending on the amount of teams. Limit of 16 Teams. Team rosters need to be completely filled out or they will not be accepted. Payment must accompany the roster. **Steve Pesta will evaluate teams** and players for the first few weeks and will designate what division a team will participate in. Divisions may join together depending on registration numbers.

Registration for all teams will begin on Monday October 6th.

League Supervisor: Steve Pesta



NEWI) 5910.400 FAMILY PUZZLE CHALLENGE 🧩

Think your family has what it takes to solve a 1,000piece puzzle faster than the rest? Put your teamwork to the test in our first-ever Family Puzzle Challenge—a fun, screenfree competition perfect for cozy fall nights and friendly bragging rights!

💏 How It Works:

• Register your family by: October 17

- Puzzle Pickup: November 3 at 6:00 p.m. from the Parks & Recreation Office
- Challenge Begins: As soon as you get your puzzle, the race is on! All families will receive the same 1,000-piece puzzle at the same time.

Complete it as quickly (or slowly) as you like—but the clock starts ticking at pickup!

To Win:

When you finish, snap a photo of your completed puzzle to s.keogh@wallingfordct.gov. Feel free to post and tag us on **Instagram** @wallingfordparksrec to connect the fun online! The first family to complete the puzzle and email us the photo wins a **special prize**—and the ultimate family bragging rights! Limited to 12 families.

Fee: \$25 per family

4150.400 BEGINNER FENCING

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, Owner of Iconic Fencing Dates: Wednesdays, September 24th – December 17th

for 13 weeks

Time: 4:30 -5:30 PM Location: Gym 2



Youth Basketball Volunteer Application

Application must be completely filled out.

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

NameDate	Have you ever been convicted of or plead guilty to any crime(s): Yes No
Address	If yes, describe each in full
CityStateZip	
Home Phone Business Phone	In which of the following would you like to participate: Coach Assistant
Email Address	Please list t references, at least one of which has knowledge of your participation as a
Date of Birth SS#	eer in a youin program:
Occupation	Name
Employer	
Address	
Previous Volunteer Experience (Youth Sport Coaching)	As a condition of volunteering, I give permission for the Town of Wallingford to conduct a background check on me, which may include a review of sex offender registries, child
Community Affiliations (Clubs, Service Organizations, etc.)	abuse and criminal history records. I understand that, if appointed, my position is conditional upon the league receiving no inappropriate information on my background. I hereby release and agree to hold harmless from liability the Town of Wallingford, the officers, employees and volunteers thereof, or any other person or organization that may
Do you have children in the program? Yes No	provide such information. I also understand that, regardless of previous appointments, the Town of Wallingford is not obligated to appoint me to a volunteer position. If appointed, I understand that prior to the expiration of my term. I am subject to suspension and/or
If yes, in what league & grade level?	removal by the Director, or his designate, for violation of policies and/or principles
Special Certification (i.e. CPR, Medical, etc.)	established by the Town of Wallingford.
Do you have a valid driver's license? Yes No	Applicant Signature Date
Driver's License #	Applicant Name (please print)
NAVS MEMBERSHIP NIIMBER	OFFICE USE ONLY: Valid Photo ID attached: YES No

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

Background Check Completion Date:

NAYS Certification Order Date:

COACHES' CODE OF ETHICS

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

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

Coach

Gymnastics

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

Come join in the fun of recreational gymnastics under the direction of our gymnastics staff. These classes will provide a fun and exciting experience for participants. All programs start with the basics and move along the skill path at their own pace. All participants will receive a ribbon upon completion of a class session. Classes begin the week of September 22nd for 10 weeks. (no class 10/13, 11/4, 11/11, 11/27)

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

Tiny Tumblers: 12 months - 35 months

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

- .400 Mondays September 22nd 9:15am 10:00am
- **.401** Mondays September 22nd 10:55am 11:40am
- **.402** Mondays September 22nd 5:15pm 6:00pm
- **.402** Mondays September 22nd 5:15pm 6:00pm **.403** Tuesdays September 23rd 9:15am - 10:00am
- **.404** Tuesdays September 23rd 10:05pm 10:50pm
- .405 Tuesday September 23rd 5:15pm 6:00pm
- .406 Wednesdays September 24th 9:15am 10:00am
- .407 Wednesdays September 24th 10:05am 10:50am
- .408 Thursdays September 25th 5:15pm 6:00pm
- **.409** Saturdays September 27th 9:15am 10:00am
- **.425** Wednesdays September 24th 5:15pm 6:00pm
- **.426** Wednesdays September 24th 6:05pm 6:55pm

Fee: \$85

Location: Gymnastics Room **Instructors:** Gymnastics Staff

Pre-School Gymnastics Classes:

3 - 4 years old without parent

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

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

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

- **.410** Mondays, September 22nd 10:05am 10:50am
- **.411** Mondays September 22nd 6:05pm 6:50pm
- **.412** Tuesdays September 23rd 10:55am 11:40am
- **.413** Tuesdays September 23rd 6:05pm 6:50pm
- **.414** Wednesdays September 24th 10:55am –11:40am
- **.415** Thursdays September 25th 6:05pm 6:50pm
- **.416** Saturdays September 27th 6.05pm 6.50pm 10:05-10:50am
- **.417** Saturdays September 27th 10:55am 11:40am

Fee: \$85

Location: Gymnastics Room **Instructors:** Gymnastics Staff

Beginner Gymnastics Class: 5 - 8 years old *MUST BE 5 BY THE START OF THE CLASS. NO EXCEPTIONS

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

- .420 Mondays, September 22nd 6:55pm 7:40pm
- **.421** Tuesdays, September 23rd 6:55pm 7:40pm
- .427 Wednesdays September 24th 6:55pm 7:40pm
- **.422** Thursdays September 25th 6:55pm 7:40pm
- **.423** Saturdays September 27th 11:45am 12:30pm
- **.424** Saturdays September 27th 12:35pm 1:20pm

Location: Gymnastics Room **Instructors:** Gymnastics Staff

SUMMER GYMNASTICS "AT A GLACE"

	Tiny Tumblers 12-35 months (with p		Р	re-School Gymnastics 3-4 years old			ner Gymnastics -8 years old	
	MONDAY			WEDNESDAY		THURSDAY	SATURDAY	
	9:15 - 10:00 AM Tiny Tumblers (.400) 9:15 - 10:00 AM Tiny Tumblers (.403)		9:15 - 10:00 AM Tiny Tumblers (.406)			9:15 - 10:00 AM Tiny Tumblers (.409)		
Morning	10:05 - 10:50 AM Pre-School Gymnastics (.410)	10:05 - 10:50 AM Tiny Tumblers (.404)		10:05 - 10:50 AM Tiny Tumblers (.407)			10:05 - 10:50 AM Pre School Gymnastics (.416)	
_	10:55 - 11:40 AM Tiny Tumblers (.401)	10:55 - 11:40 Al Gymnastic		10:55 - 11:40 AM Pre-School Gymnastics (.414)			10:55 - 11:40 AM Pre School Gymnastics (.417)	
Afternoon							11:45 - 12:30 PM Pro School Beginner Gymnastics (.423)	
After							12:35 - 1:20 PM Pro School Beginner Gymnastics (.424)	
	5:15 - 6:00 PM Tiny Tumblers (.402)	5:15 - 6:0 Tiny Tumble		5:15 - 6:00 PM Tiny Tumblers (.425)	-	:15 - 6:00 PM		
Evening	6:05 - 6:50 PM Pre-School Gymnastics (.411)	6:05 - 6:5 Pre-Sch Gymnastic	nool	6:05 - 6:50 PM Tiny Tumblers (.426)		:05 - 6:50 PM Pre-School mnastics (.415)		
ш	6:55 - 7:40 PM Beginner Gymnastics (.420)	6:55 - 7:4 Begin Gymnastic	ner	6:55 - 7:40 PM Beginner Gymnastics (.427)		:55 - 7:40 PM Beginner vmnastics (.422)		



CT STEM ACADEMY SATURDAY AND EVENING PROGRAMS Fall 2025 and Winter 2026 Sessions Special Events Page



Wednesday Night Science Fun for Ages 8 to 14 Location: Park and Rec STEM Room, 6 Fairfield Blvd. All programs, 6pm to 7pm Cost: \$10 per program

Join us on Wednesday nights for hands-on STEAM sessions designed for curious minds! Whether you choose your favorite session, or attend them all, each week offers a new 2025 topics to explore science, technology, engineering, and math through fun-filled experiments and exciting challenges.

Come for the learning, stay for the fun!

Wednesday, October 1F- Satellite Design Challenge Course Number 2005.430

Design and build a prototype model satellite using craft materials while learning how satellites help us observe and communicate with Earth.

Wednesday, October 8 – International Space Week Event Course Number 2005.431

See separate listing

Wednesday, October 15- Unplugged Coding Course Number 2005.432

Explore the fundamentals of computer science though a variety of hands-on, screen-free coding activities that challenge students to think like programmers.

Wednesday, October 22 - Spooktacular STEM Course Number 2005.433

Participants will design and build a spooky haunted house model using craft materials, incorporating creative engineering features like trapdoors and secret passages.

Fall Family STEAM Fun @ Celebrate Wallingford October 4 and 5

Join us at Celebrate Wallingford Booth
We will have <u>STEAM Fun for All Ages and</u>
<u>Information about Upcoming Programs. New</u>
<u>programs will be advertised at our Celebrate</u>
Wallingford Booth. Join us to be the first to know!



She Builds: Girls in Engineering Week for Ages 8 to 14 Location: CT STEM Academy, 284 Washington St. Cost: \$10

Join us for a special Engineers Week event celebrating the amazing work of engineers and technicians while inspiring future STEM leaders. We invite girls to dive into science, technology, engineering, and math through hands-on activities, challenges, and fun! Led by an all-female staff, it's a chance to learn, connect, and dream big with other bold builders. Let's engineer the future—together!

Tuesday, February 24, 2026 Flight and Rocketry 5:00 p.m. - 6:00 p.m. Course Number 2005.160

Girls will be introduced to the exciting world of flight and rocketry as they explore the science of aerodynamics and propulsion, then build and launch their very own rockets!

Powerful Potions 6:30 p.m. - 7:30p.m. Course Number 2005.161

Join us for a magical chemistry adventure where girls will explore exciting science through hands-on experiments and potion-making activities. Discover the wonders of reactions, colors, and crystals!

Thursday, February 26, 2026 Space Communication Challenge 5:00 p.m. - 6:00 p.m. Course Number 2005.162

Join us for an exciting STEM activity where girls learn how astronauts send secret messages using Morse code and binary signals. Practice sending and decoding messages with flashlights and hand signals while discovering the power of space communication!

Creative Coders: Girls Game Lab 6:30 p.m. - 7:30p.m. Course Number 2005.163

In this fun and beginner-friendly program, girls will be introduced to the basics of coding and game design. They'll learn how to create their own interactive games while building confidence and creativity through code!

Please note: Although advertised with a female focus, all are welcome to participate.



CT STEM ACADEMY Fall 2025 and Winter 2026 Programs





STEAM Sprouts: For Ages 4 to 6 (NEW Topics)
Course Number 2005.410
Tuesdays: 10/7, 10/14, 10/21
Time 6:00 p.m. to 7:00 p.m.

Location: Wallingford Parks and Rec STEM Room

Cost: \$40

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

STEAM Sprouts: For Ages 4 to 6 (NEW Topics)
Course Number 2005.110
Tuesdays: 1/6, 1/13, 1/20, 1/27
Time 6:00 p.m. to 7:00 p.m.
Location: Wallingford Parks and Rec STEM Room
Cost: \$50

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

Summer 2026 STEM Camps Information Session
Course Number 2005.134
Monday, 2/23
Time 6:00 p.m. to 7:00 p.m.
Location: Wallingford Parks and Rec STEM Room
No Cost

Stop in to hear about our Summer 2026 offerings and how to register for our summer of engaging hands-on youth experiences.



Ages 7 to 9 STEM (NEW Topics)
Course Number 2005.406
Thursdays: 10/9, 10/16, 10/23
Time 6:00 p.m. to 7:00 p.m.
Location: Wallingford Parks and Rec STEM Room
Cost: \$40

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

Ages 7 to 9 STEM (NEW Topics)
Course Number 2005.110.115
Thursdays: 1/8, 1/15, 1/22, 1/29
Time 6:00 p.m. to 7:00 p.m.
Location: Wallingford Parks and Rec STEM Room
Cost: \$50

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

Ages 7 to 9 STEM (NEW Topics)
Course Number 2005.111
Thursdays: 2/5, 2/12, 2/19
Time 6:00 p.m. to 7:00 p.m.
Location: Wallingford Parks and Rec STEM Room

Cost: \$40

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



CT STEM ACADEMY **Fall 2025 and Winter 2026 Robotics & AI Programs**



All programs on this page will be at CT STEM Academy, 284 Washington Street except for Robotics Ages 6 to 8.

UBTECH Robotics Club - Beginner Level for Ages 8 to 14 Course Number 2005.425 Tuesdays: 9/23, 9/30, 10/7, 10/14 6:00 pm - 7:30 pm

Cost: \$50

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



UBTECH Robotics Club - Intermediate Level for Ages 8 to 14 Course Number 2005.125

Tuesdays: 1/13, 1/20, 1/27, 2/3 Time: 6:00 p.m. - 7:30 p.m.

Cost: \$50

This program is designed for participants who would like to continue their robotic education. This program encourages critical thinking, problem solving, and

communication. Participants will be using UBTECH **Robotics** to learn how to build a specific robot, coding and related STEM applications. Topics from fall program will not be repeated. Must have prior robotics experience.



Robotics For Ages 6 to 8 (NEW Topics) Course Number 2005.128 Tuesdays: 2/3, 2/10, 2/24 Time 6:00 p.m. to 7:00 p.m. Location: Wallingford Parks and Rec STEM Room

Cost: \$40

This program is designed for participants who would like to continue their robotic education. This program encourages critical thinking, problem solving, and communication through the use of Ozobots and Sphero Robotics

Lego Robotics Club - Beginner Topics for Ages 8 to 14 Course Number 2005.404 Tuesdays: 11/11, 11/18, 11/25, 12/2 Time: 6:00 p.m. to 7:30 p.m.

Cost: \$50

This program is designed for participants who would like a rich introduction to robotics and coding. This program encourages critical thinking, problem solving, and communication. Participants will be using Lego Mindstorms Robotics to learn the basics of building a robot, coding, and related STEM applications.



Lego Robotics Club - Intermediate Level for Ages 8 to 14 Course Number 2005.127 Thursdays: 2/5, 2/12, 2/19, 2/26 Time: 6:00 p.m. to 7:30 p.m.

Cost: \$50

This program is designed for participants who would like to continue their robotic education. This program encourages critical thinking, problem solving, and communication. Participants will be using Lego

Mindstorms Robotics to learn how to build a specific robot, coding and related STEM applications. Instructors will adjust program instruction to meet the needs of all participants. Topics from fall program will not be repeated. Must have prior robotics experience.



AI Explorers - Unlocking the Future for Ages 10 to 14 Course Number 2005.129 Tuesday, March 3, 2026 Time 6:00 p.m. to 7:00 p.m.

Cost: \$10

AI Explorers is an exciting an interactive program designed to introduce young minds to the fascinating world of Artificial Intelligence. This program goes beyond just definitions, offering hands-on projects.



Birthday PartiesWe are now offering birthday parties. For more information, please email us at info@ctstemacademy.org or call/text us at 203.626.2280.



CT STEM ACADEMY Fall 2025 and Winter 2026 One Day Programs



All programs on this page will be at CT STEM Academy 284 Washington Street

Hispanic Heritage Month
Family Movie Night
Course Number 2005.435
Friday, September 19, 2025
Start Time: 6 p.m.
Registration Is Required
Cost: \$10 per family (up to 4 people)



International Space Week Family Night
Ages 8 to 14
Course Number 2005.436
Wednesday, October 8, 2025
6:00 p.m. to 7:30 p.m.
Cost: \$10 per family (up to 4 people)

Join us for a special Hispanic Heritage Month celebration at the STEM Academy! We're hosting a family-friendly movie night featuring A Million Miles Away (PG rating), the inspiring true story of José Hernández, a migrant farmworker who became a NASA astronaut. All ages are welcome to enjoy this uplifting film that honors Hispanic contributions to science, space, and beyond! *Snacks will be available for purchase. All proceeds will be donated to CT STEM Academy's Robotics Competition Team. Additionally, all youth must be chaperoned by an adult.

Robotics Exploration for Ages 8 to 12
Ages 8 to 12
Course Number 2005.411
Tuesday, November 4, 2025 - Election Day
Time: 9:30 a.m. to 12:30 p.m.
Cost: \$35

Curious about robotics? Join us for a 3-hour hands-on exploration using UBTECH robotics kits! Participants will dive into the basics of robotics, engineering, and coding as they build, program, and experiment with interactive robots in a fun and engaging environment. No experience necessary and

Girl Powered STEM Day for Ages 8 to 14 Course Number 2005.140 Tuesday, February 10, 2026 6:00 p.m. - 7:00 p.m. Cost: \$10

Celebrate the International Day of Women and Girls in Science with a hands-on STEM program led by an all-female staff. This all-girls event honors the achievements of women in science and empowers the next generation through exciting building and learning activities.

Blast off with us for a special STEM Day in celebration of Space Week! This year's theme, Living in Space, invites students to explore what it takes to survive beyond Earth. Through hands-on activities, kids will dive into the science, technology, and innovation behind life aboard space missions. Get ready for a day filled with discovery, creativity, and out-of-this-world fun! *Snacks will be available for purchase. All proceeds will be donated to CT STEM Academy's Robotics Competition Team.* Additionally, all youth must be chaperoned by an adult.

Lt. Governor's Coding Challenge for Ages 8 to 14 Course Number 2005.126 Monday, Jan. 19, 2026 - Martin Luther King, Jr. Day Time 9:30 a.m. to 12:30 p.m.

Participants will team up with peers to participate in the Lt. Governor's Computing Challenge. Participants will create an app prototype that promotes health, wellness, and positive change in their communities. This program is appropriate for all youth ages 8 to 14! Homeschool families are encouraged to join us.

STEAM Explorations for Ages 8 to 14 Course Number 2005.133 Monday, February 16, 2026 - Presidents' Day Time: 9:30 a.m. - 12:30 p.m. Cost: \$35

Join us for 3 hours of hands-on creativity and discovery in our STEAM Explorations program! Participants will dive into fun science, technology, engineering, art, and math activities designed to spark curiosity, build skills, and inspire innovation through interactive challenges and projects.



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



CT STEM ACADEMY Fall 2025 and Winter 2026 School Based STEAM Enrichment



All programs on this page will be at local schools with NEW TOPICS for the 2025 – 2026 School Year.

Get ready for an exciting adventure in STEAM (Science, Technology, Engineering, Arts, and Math)! Our school -based enrichment program offers hands-on activities that spark curiosity and foster a love for learning. Through <u>all new engaging projects</u> and collaborative exploration, young minds will discover the wonders of how things work and unleash their creativity. Program topics will be varied for K-2 and 3-5 students currently attending schools listed below. Different topics will be in Session 1 and Session 2.

Join us to experiment, build, design, and imagine in a fun and supportive environment! Cost per program: \$45

All K-2 Program Times Time: 8:00 AM to 8:50 AM Drop off begins at 7:50 AM



All 3-5 Program Times School Dismissal to 4:45 PM

E.C. Stevens

7750.405 Session 1: Wednesdays 10/1, 10/8, 10/15, 10/22

7750.105 Session 2: Thursdays 2/5, 2/12, 2/19, 2/26

Moses Y. Beach

7750.408 Session 1: Thursdays 10/2,10/9, 10/16, 10/23

7750.108 Session 2: Wednesdays 2/4, 2/11, 2/18, 2/25

Highland

7750.402 Session 1: Wednesdays 10/29, 11/5, 11/12, 11/19

77**50.102** Session 2: Thursdays 1/8, 1/15, 1/22, 1/29

Cook Hill

77**50.407** Session 1: Thursdays 10/30, 11/6, 11/13, 11/20

7750.107 Session 2: Wednesdays 1/7, 1/14, 1/21, 1/28

Pond Hill

7750.406 Session 1: Mondays 9/29, 10/6, 10/20, 10/27

7750.106 Session 2: Tuesdays 2/3, 2/10, 2/24, 3/3

Rock Hill

7750.401 Session 1: Mondays 11/3, 11/10, 11/17, 11/24

7750.101 Session 2: Mondays 2/23, 3/2, 3/9, 3/16

Mary G. Fritz

7750.404 Session 1: Tuesdays 9/30, 10/7, 10/14, 10/21

7750.104 Session 2: Tuesdays 1/6, 1/13, 1/20, 1/27

Parker Farms

7750.403 Session 1: Mondays 12/1, 12/8, 12/15, 12/22

7750.103 Session 2: Mondays 1/12, 1/26, 2/2, 2/9

Need based program scholarships available through CT STEM Academy and Wallingford Youth & Social Services.

For more information, please email us at <u>info@ctstemacademy.org</u> or call/text us at 203.626.2280.

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

PLEASE NOTE: the following health and fitness classes are for participants 13 years and older unless noted. Please bring your own yoga mat unless otherwise noted in

the class description.

5003.401 ALL LEVELS VINYASA YOGA

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

Instructor: Cathy Dean certified yoga instructor

Time: Mondays 5:30 - 6:30pm

Dates: September 22nd – December 15th for 12 weeks

(no class 10/13) Location: Room 15

Fee: \$75

5006.401 BASIC YOGA MONDAYS - ZORAYDA

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

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

yoga instructor

Dates: September 22nd – December 15th for 12 weeks

(no class 10/13)

Time: Mondays 9:30 - 10:45am

Location: Room 16

Fee: \$75

405

NEW!) 5007.402 YOGALATES/CORE EXPRESS

Join us for a brand new fitness offering! Yogalates/Core Express uses both Pilates and yoga to engage and strengthen abs, arms and everything in between! Great class for all levels. Don't miss out on starting your week off right!

Instructor: Christina Casavina, certified yoga instructor

Dates: September 22nd – December 15th for 12 weeks

(no class 10/13)

Time: Mondays, 8:00 - 8:45am

Location: Room 14

Fee: \$70

5007.402 CORE AND MORE!

Another fun and new course from one of our fantastic instructors! Core and More is a Yoga and Pilates hybrid that will utilize a few props to tone and strengthen your entire body! Great class for all experience levels.

Instructor: Christina Casavina, certified yoga instructor Dates: September 23rd – December 16th for 12 weeks

(no class 11/4)

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

Location: Room 16

Fee: \$70

5007.402 YOGA FOR NOT-FLEXIBLE PEOPLE

If you have been thinking about yoga but believe "I am not flexible enough to do yoga", THIS IS THE CLASS FOR YOU! Drawn from her Occupational Therapy background and her extensive yoga training, Zorayda Cocchi will guide you to use props, modifications and assists to get the best out of your practice, regardless of your perceived level of flexibility. Come and experience the multiple benefits of yoga in a supportive environment. YOUR body, YOUR choice, YOUR practice. Instructor: Zorayda Cocchi OTR/L, RYT 500, CYKT certified

yoga instructor

Dates: September 23rd – December 16th for 12 weeks

(no class 11/4)

Time: Tuesdays 5:50 - 6:50pm

Location: Room 15

Fee: \$70

NEW!) 5007. EXPLORING YOGA AT THE WALL-WORKSHOP

Reimagine your yoga practice with the wall as your ally. In this 90-minute workshop, we'll use the wall as a powerful tool for enhancing muscle engagement in a safe and restorative way, building strength and balance, increasing flexibility, and refining alignment. Yoga at the Wall is perfect for practitioners of all levels—especially those seeking a safe and accessible

approach to yoga or looking to deepen their practice of key postures. Whether you have done it before or you are just curious about a new way to stretch while attuning to sensation, this workshop offers a supportive and creative environment to enhance your practice. Your body will love it!

.410: Tuesday, September 16, 6pm - 7:30pm .411: Saturday, September 20, 9am - 10:30am

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

instructor

Location: Room 15 3

Fee: \$20

5007.404 THERAPEUTIC YOGA

Drawn from her Occupational Therapy background and her yoga training, Zorayda's therapeutic yoga includes the use of props, selfmassage, 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.

Dates: September 23rd – December 16th for 12 weeks

(no class 11/4)

Time: Tuesdays 7:00 - 8:15pm

Location: Room 16

Fee: \$80

5005. GENTLE YOGA STRETCH

A nurturing, healing experience for everyone. We are all needing a deeper sense of relaxation and ease in our lives. Basic seated and supine yoga postures and breathing are taught in a gentle way to help students release deep tension and stress from their bodies and minds.

Equipment Needed: Light blanket suggested

.402 Mondays

Instructor: Christina Casavina, certified yoga instructor Dates: September 22nd – December 15th for 12 weeks

(no class 10/13) Time: 9:15 - 10:30am Location: Room 15

Fee: \$75 .401 Thursdays

Instructor: Christina Casavina, certified yoga instructor **Dates:** September 25th – December 18th for 12 weeks

(no class 11/27) Time: 9:30 - 10:45am Location: Room 16

Health & Fitness

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5013.406 WARM VINYASA YOGA

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

Dates: Tuesdays, September 23rd – December 16th for 10 weeks (no class 11/4, 11/11)

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

Fee: \$70

5013.400 YOGA WITH WEIGHTS: WEDNESDAY

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

Instructor: Christina Casavina, certified yoga instructor Dates: Wednesdays, September 24th – December 17th

for 13 weeks Time: 9:30 -10:45am Location: Room 15

Fee: \$85

YOGA WALK AT COMMUNITY LAKE 5050.401

Get more out of your walk!

A mindful 2- 2 1/2 mile walk on the trail at your own pace. We will begin and end at Community Lake with some basic standing yoga poses focusing on flexibility, balance, posture and strength. No prior yoga experience necessary. Wear comfortable walking shoes and dress for the weather! **Equipment Needed:** Walking shoes & dress for the weather!

Instructor: Mary Rinaldi, certified yoga instructor

Dates: Thursdays, September 18th – November 20th for 10 weeks

Time: 10:00 - 11:15am Location: Community Lake

Fee: \$65

5005.409 YOGA WITH WEIGHTS: THURSDAY

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

Equipment Needed: light blanket suggested Instructor: Christina Casavina certified yoga instructor

Date: Thursdays, September 25th – December 18th for 12 weeks (no class 11/27)

Time: 5:30 - 6:30pm **Location:** Room 16

Fee: \$65

RESTORATIVE YOGA 5050.400

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

Equipment Needed: 2 Yoga Blankets

able to get up and down from the floor.

Instructor: Mary Rinaldi, RTY 200 certified yoga instructor Dates: Wednesdays, September 24th – December 17th for 13

Time: 6:00 -7:00 PM Location: Room 15

Fee: \$80

NEW!) 5013.406 WARM VINYASA FLOW

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.

Instructor: Christina Casavina, certified yoga instructor Dates: Thursdays, September 23rd – December 16th 20th

for 12 weeks (no class 17771) 25th **Time:** 6:45 - 7:45pm

Location: Room 14

Fee: \$70

5013.405 YOU FORM & FLOW:

end with a well rounded End your week a negin your w practice of yoga stre flow, ance, and breathwork. Ease your body and soothe I. All levels welcome!

Equipment Needed: lig anket suggested

Instructor: Christina @ certified yoga instructor December 19th for 12 weeks Dates: Fridays, Sepi ber 27

(no class 11/28) **Time:** 9:30 - 10 Jam **Location:** Room 16

Fee: \$85

5013.404 YOGA FORM & FLOW: SATURDAY

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

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

Instructor: Christina Casavina, certified yoga instructor

Dates: Saturdays, September 27th – December 20th for 13 weeks

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

Fee: \$85

5106.400 BABY BOOMER BOOGIE (50+ YEARS OLD)

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

Instructor: Stacey Bobbitt

Dates: Tuesdays & Thursdays, September 23rd – December 18th

for 13 weeks (no class 11/4, 11/11, 11/27)

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

5018.400 CHAIR YOGA

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

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

Instructor: Lauren Henrici, RYT, Yoga Fit certified instructor **Dates:** Tuesdays & Thursdays, September 23rd – December 18th

for 13 weeks (no class 11/4, 11/11, 11/27)

Time: 1:00 - 1:45pm Location: Room 16

Fee: \$70

NEW!) 5018.400 MINDFUL MOTION

Looking for a class that's safe, energizing, and actually fun? Mindful Motion brings you the best of both worlds: balance training, core strength, and fall prevention combined with upbeat, music-driven movement that feels more like fun than fitness. In this dual-instructor class, Tom focuses on balance, core strength, and fall prevention — helping you move safely and stay grounded with simple, effective techniques. Meanwhile, Penny adds the magic of music with choreographed movements using light weights. You'll lift your heart rate, lift your spirits, and never feel bored. It's exercise in disguise — designed to leave you smiling, sweating, and more confident in every step. Whether you're seated, standing, new to fitness, or simply looking to stay sharp and strong as you age — this class meets you where you are!

Instructor: Certified Husband & Wife Team (Penny & Tom Delahanty)

Dates: Thursdays, September 25th – December 18th for 12

weeks (no class 11/27) **Time:** 5:30 - 6:15pm **Location:** Room 14

Fee: \$70

NEW!) 5007.402 CORE AND A LITTLE BIT MORE!

Another fun and new course from one of our fantastic instructors! Core and a Little Bit More is a Yoga and Pilates hybrid that will utilize multiple props. This class will explore going a little deeper into our bodies to tone and strengthen your! Come play some more!

Instructor: Christina Casavina, certified yoga instructor

Dates: Fridays, September 23rd – December 16th for 12 weeks
(no class 1774) 11/28 26th 19th

(no class 1774) 11/28 **Time:** 9:30 - 10:30am

Location: Room 16

Fee: \$70

5041.400 YIN YOGA & REIKI

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

Instructor: Deonna Thomas, Certified yoga instructor and Reiki

Master

 $\textbf{Dates:} \ \, \textbf{Fridays, September 26} \, \textbf{th} \, - \, \textbf{December 19} \, \textbf{th} \, \, \textbf{for 12 weeks} \, \,$

(no class 11/28) **Time:** 9:30 -10:45am **Location:** Room 15

Fee: \$75

NEW!) 5041.401 ALL LEVELS KUNDALINI YOGA

Experience the transformative power of Kundalini Yoga in this 12-week series designed to energize the body, calm the mind, and awaken inner awareness. Each session blends breathwork, movement, mantra, and meditation in a supportive, in-person environment. Whether new to the practice or returning to deepen it, students will be guided through progressive techniques that promote balance, clarity, and vitality. All levels are welcome.

Instructor: Allie O'Kane, certified yoga instructor

Dates: Tuesdays, September 23rd – December 16th for 12 weeks

(no class 11/4, 11/11) **Time:** 9:00 -10:00am **Location:** Room 15

Fee: \$85

5012.403 PILATES PLUS CORE

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

Instructor: Linda Roy, CPT, NETA Group Fitness, STOTT pilates

& barre certified instructor

Dates: Wednesdays, September 24th – December 17th

for 13 weeks **Time:** 5:00 - 5:45pm **Location:** Room 14

Fee: \$85

5012.404 BARRE AND TOTAL STRENGTH

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

Equipment Needed: Please bring your own mat.

Instructor: Linda Roy, CPT, NETA Group Fitness, STOTT pilates

& barre certified instructor

Dates: Wednesdays, September 24th - December 17th

for 13 weeks **Time:** 6:00 - 6:45pm **Location:** Room 16



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5103.400 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, September 22nd – December 17th

for 13 weeks (no class 10/13) **Time:** 12:00 - 1:00pm

Location: Room 15 16 Fee: \$20 \$40

FITNESS CLASSES

5820.400 VIRTUAL POWER UP

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

Instructor: Jess Holloway AFAA certified instructor

Dates: Mondays, Wednesdays & Fridays, September 22nd – December 19th for 13 weeks

Time: 6:00 - 6:45am Location: Zoom Fee: \$110

5821.400 VIRTUAL EARLY MORNING PUMP

Start your day off right with EARLY MORNING PUMP. We will tone all major muscle groups using a combination of handheld weights, barbells and our own body. Equipment Neededhandheld weights, bands, kettlebells and/or bodybars Instructor: Jess Holloway AFAA certified instructor

Dates: Tuesdays & Thursdays, September 23rd – December 18th

for 13 weeks (no class 11/27) **Time:** 6:00 - 6:45am

Time: 6:00 - 6:45ar Location: Zoom Fee: \$90

5519.400 HARDCORE STRENGTH

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

Instructor: Sue Moreschi ACE certified instructor **Dates:** Mondays, September 22nd – December 15th

for 12 weeks (no class 10/13)

Time: 5:30 - 6:15pm **Location:** Room 16

Fee: \$50

5521.400 IT'S HIIT

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

Instructor: Sue Moreschi ACE certified instructor **Dates:** Mondays, September 22nd – December 15th

for 12 weeks (no class 10/13) **Time:** 6:20 - 7:05pm **Location:** Room 16

Fee: \$50

5522.400 TOTAL BODY CONDITIONING

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

Instructor: Sue Moreschi ACE certified instructor

Dates: Tuesdays, September 23rd – December 16th for 12 weeks

(no class 11/4) **Time:** 5:45 - 6:30pm **Location:** Room 16

Fee: \$45

5522.401 CARDIO BLAST

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

Instructor: Sue Moreschi ACE certified instructor **Dates:** Thursdays, September 25th – December 18th

for 12 weeks (no class 11/27) **Time:** 7:00 - 7:45pm **Location:** Room 16

Fee: \$45

5519.402 POWEROLOGY

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

Instructor: Sue Moreschi ACE certified instructor

Dates: Sundays, September 28th – December 21st for 13 weeks

Time: 9:00 - 9:45am **Location:** Room 16

Fee: \$58

5100.400 TAI CHI QIGONG TUESDAYS

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

Instructor: David Ritchie, Director of Central CT Tai Chi Ch'uan **Dates:** Tuesdays, September 23rd – December 2nd for 10 weeks

(no class 11/4) **Time:** 7:00 - 8:00pm **Location:** Room 15

Fee: \$65

5100.401 TAI CHI QIGONG WEDNESDAYS

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

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

Dates: Wednesdays, September 24th – November 26th

for 10 weeks

Time: 11:15 - 12:15pm **Location:** Room 15

5511.400 CARDIO KICKBOXING

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

Instructor: Kristie Miller

Dates: Tuesdays, September 23rd – December 16th for 12 weeks

(no class 11/4) **Time:** 5:00 - 5:45pm **Location:** Room 15

Fee: \$45

5511.401 SATURDAY MORNING CIRCUITS

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

Instructor: Kristie Miller

Dates: Saturdays, September 27th – December 20th for 13 weeks

Time: 10:00 - 10:45am **Location:** Room 16

Fee: \$48

5105.400 SWING SHIFT (50+ YEARS OLD)

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

Instructor: Cheryl Myers, NETA Certified Instructor

Dates: Wednesdays & Fridays, September 24th – December 19th

for 13 weeks (no class 11/28)

Time: 10:20 - 11:05am

Location: Gym 1

Fee: \$30

5106.405 BOOGIE BLAST (50+ YEARS OLD)

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

Instructor: Stacey Bobbitt

Dates: Wednesdays, September 24th – December 17th for 13 weeks

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

Fee: \$30

5519.110 PRE-HOLIDAY STRENGTH CHALLENGE MINI SESSION

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

Instructor: Sue Moreschi ACE certified instructor

Fee: \$20

Location: Room 16

Class Times: Monday, December 22: 6:00 - 6:45pm

Sunday, December 28: 9:00 - 9:45am Monday, December 29: 6:00 - 6:45pm Sunday, January 4: 9:00 - 9:45am



5510 ZUMBA!®

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

.401 ZUMBA GOLD MONDAYS 10:20AM - 11:05AM Instructor: Cheryl Myers Zumba and NETA certified

instructor

Dates: September 22nd – December 15th for 12 weeks

(no class 10/13) Location: Gym 1 Fee: \$45

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

Instructor: Cheryl Myers Zumba and NETA certified

instructor

Dates: September 22nd – December 15th for 12 weeks

(no class 10/13) **Location:** Room 16

Fee: \$45

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

Instructor: Fee Adams, AFAA and Zumba certified

instructor

 $\textbf{Dates:} \ \ \text{September} \ \ 24^{th} - \text{December} \ \ 17^{th} \ \text{for} \ \ 13 \ \text{weeks}$

Location: Room 15

Fee: \$45

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

Instructor: Becky Fusco certified Zumba instructor **Dates:** September 25th – December 18th for 12 weeks (no class 11/27)

Location: Room 15

Fee: \$45

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

Instructor: Lisa Wasylean certified Zumba instructor **Dates:** September 25th – December 18th for 12 weeks

(no class 11/27) **Location:** Room 15

Health & Fitness

2025 Fall Health and Fitness Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Early Morning	6:00 - 6:45 AM Jess H Virtual Power Up	6:00 - 6:45 AM Jess H Early Morning Pump	6:00 - 6:45 AM Jess H Virtual Power Up	6:00 - 6:45 AM Jess H Early Morning Pump	6:00 - 6:45 AM Jess H Virtual Power Up	
	8:00 - 8:45 AM Christina Yogalates 14					
	9:15 - 10:30 AM Christina Gentle Yoga 15	9:00 - 10:00 AM Allie All Levels Kundalini 15	9:30 - 10:45 AM Christina Yoga with Weights 16	9:30 - 10:45 AM Christina Gentle Yoga 16	9:30 - 10:45 AM Christina Core & A Little More 16	8:30 - 9:45 AM Christina Form & Flow Yoga 16
Morning	9:30-10:45 AM Zorayda Basic Yoga 16	9:30-10:30 AM Christina Core and More 16	10:20 - 11:05 AM Cheryl Swing Shift 50+ Gym	10:00-11:15 AM Mary Yoga Walk @ Comm. Lake	9:30 - 10:45 AM Deonna Yin Yoga & Reiki 15	10:00 - 10:45 AM Kristie Saturday AM Circuits 16
	10:20 - 11:05 AM Cheryl Zumba Gold Gym		11:15 - 12:15 PM Central CT Tai Chi Tai Chi 15		10:20 - 11:05 AM Cheryl Swing Shift 50+ Gym	
Afternoon	12:00 - 1:00 PM Elaine Arthritis Foundation 16	11:45 - 12:30 PM Stacey Baby Boomer Boogie 16	12:00 - 1:00 PM Elaine Arthritis Foundation 16	11:45 - 12:30 PM Stacey Baby Boomer Boogie 16		
Aft		1:00 - 1:45 PM Lauren Chair Yoga 16		1:00 - 1:45 PM Lauren Chair Yoga 16		SUNDAY
		5:00 - 5:45 PM Kristie Cardio Kickboxing 15		5:30 - 6:15 PM Penny & Tom Mindful Motion 14		9:00 - 9:45 AM Sue M Powerology 16
	5:30 - 6:30 PM Cathy All Levels Vinyasa Yoga 15	5:45 - 6:30 PM Sue M Total Conditioning 16	5:00 - 5:45 PM Linda Pilates Plus Core 14	5:30 - 6:15 PM Becky ZUMBA 15		
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		
Evei	6:20 - 7:05 PM Sue It's HIIT 16	6:45 - 7:45PM Christina Warm Vinyasa Yoga 14	6:00 - 6:45 PM Linda Barre & Total Strength 16	7:00 - 7:45 PM Sue M Cardio Blast 16		
	7:10 - 7:55 PM Cheryl Zumba 16	7:00 - 8:15 PM Zorayda Therapeutic Yoga 16	6:00 - 7:00 PM Mary Restorative Yoga 14	7:00 - 7:45 PM Sue M Cardio Blast 16		EY
		7:00 - 8:00 PM	7.20 0.20 0.4	7.00 7.45 014	ZOOM CLASSES	
		Central CT Tai Chi Tai Chi 15	7:30 - 8:30 PM Fee ZUMBA 16	7:00 - 7:45 PM Lisa ZUMBA 15	IN PE	
		-				

Performing Arts

ADULT DANCE

6012.402 ADULT INTERMEDIATE TAP DANCE

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

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

So grab your tap shoes and join the fun!

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

Instructor: Sharon Wilhelm

Dates: Mondays, September 22nd – November 10th for 8 weeks

Time: 6:40 - 7:25pm **Location:** Room 15

Fee: \$60

6012.401 ADULT BEGINNER TAP DANCE

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

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

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

Instructor: Sharon Wilhelm

Dates: Mondays, September 22nd – November 10th for 8 weeks

Time: 7:30 - 8:15pm **Location:** Room 15

Fee: \$60

KID'S DANCE

6000.401 DIAPER DARLING DANCE CLASS • AGES 18MO. – 3 YEARS

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

Instructor: Amy Malone

Dates: Tuesdays, September 23rd – November 25th

(no class 11/4, 11/11) for 8 weeks **Time:** 4.30pm 4.30pm 4:15-4:45pm

Location: Room 14

Fee: \$45

6000.403 BALLET & TAP COMBINATION DANCE CLASSES • AGES 3-4

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

Instructor: Amy Malone

Dates: Tuesdays, September 23rd – November 25th

(no class 11/4, 11/11) for 8 weeks **Time:** 4.30pm 5.30pm 4:45-5:45pm

Location: Room 14

Fee: \$55

6000.406 BALLET & TAP COMBINATION CLASSES AGES 5-6

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

Instructor: Amy Malone

Dates: Tuesdays, September 23rd – November 25th

(no class 11/4, 11/11) for 8 weeks **Time:** 5:30pm 6:30pm 5:45-6:45pm

Location: Room 14

Fee: \$55

COME & CREATE: FINE ARTS PROGRAM

7010.402 COME PAINT, COME DRAW! • AGES 18+

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

Instructor: Rashmi Talpade (Fine Arts Supervisor)

Dates: Mondays, October 6th – November 24th for 8 weeks

Time: 6:30pm - 8:30pm Location: Room 7

Fee: \$80

7010 CELEBRATE YOUR CREATIVE SELF

Beginners or seasoned artists are invited to come and create in a medium of their choice under a personalized and very relaxed form of instruction. A limited supply of pastels, acrylics, watercolors, drawing utensils and collage papers are available to get new students started. Seasoned artists can bring their own supplies and photo references or still life set-ups. 12:30 to 1:00 will be available if you desire to develop your drawing skills with exercises in line, value, composition, perspective, and color. Come and celebrate the artist within in this fun class with fellow artists.

Instructor: Sue Murphy

Dates: Wednesdays, October 1st – December 3rd for 8 weeks

(no class 11/26)

.404 12:30 - 3:00pm Ages 18+ **.414** 5:00 - 6:00pm Grades 2-5

Location: Room 7

Performing Arts/Visual Arts

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7010 ART POTPURRI • GRADES 3-5

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

Instructor: Deb Jaffe

Dates: Tuesdays, November 18th - December 30th for 6 weeks

(no class 12/2)

.406 5:00pm - 6:00pm Grades K-3 **.407** 6:15 pm – 7:15 pm Grades 4-6

Location: Room 7

Fee: \$60

VISUAL ARTS

NEW!) SAND WAX WORKSHOP 8040.410

Don't miss out on this exciting and unique workshop! Sand Wax is a fun twist on traditional candles. The granular, sand like particles allow you to be extra creative! From different shapes

to layers of colors and smells, the possibilities are endless! Great for all ages. Children under 16 must be accompanied by an adult.
All equipment provided!

Instructor: Gina Fitzgerald

Date: Saturday, November 15th

Time: 10:00 -12:00 PM October 11th

Location: Room 4.5

Fee: \$30



NEW! CHRISTMAS WREATH WORKSHOP 8040.411

Get into the holiday spirit with this seasonal wreath making workshop. Impress family and friends with your very own Christmas wreath which you can display for years to come! Children under 16 must be accompanied by an adult. All equipment provided.

Instructor: Gina Fitzgerald

Date: Saturday, December 13th November 15th

Time: 10:00 -12:00 PM **Location:** Room 4.5

Fee: \$30

8038.413 WOODEN MULTI-MEDIA COLLAGE ANGEL

Come enjoy creating this angel in the style of artist Kelly Rae Roberts. She stands about 16" tall and her dress will be decorated will choices of handmade papers, distressed/embossing inks, stamps, inspiring text such as "step into your power" "use your voice" and many others. She will have metal wings, wood accents and sweet, simple features. For artists of any level.

Instructor: Kim Larkin
Date: Tuesday, October 7th
Time: 6:30 - 8:30pm
Location: Room 7

Fee: \$30 (\$12 supply fee made payable to instructor night of class)

8038.414 PARENT CHILD WORKSHOP: MONSTER MASH HALLOWEEN WORKSHOP

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

Instructor: Kim Larkin

Date: Friday, October 10th 6:30 - 8:45pm

Time: 6:30-8:45pm Location: Room 7

Fee: \$30 per team of 2 (\$20 supply fee per team of two made

payable to instructor night of class)

8038.415 PARENT CHILD WORKSHOP: HARVEST WOODEN SCARECROW & CROW FRIENDS

Each artist will create a (18") multi media Scarecrow using a wood base, burlap, raffia, denim and other fun fabrics including a straw hat, to dress them up for the field! Our crows can perch on his shoulder or atop his straw hat! Hot cocoa will be served for all artists.

Instructor: Kim Larkin
Date: Friday, November 7th
Time: 6:30 - 8:45pm
Location: Room 7

Fee: \$30 per team of 2 (\$20 supply fee per team of 2 made

payable to instructor night of class)



Come create a fun wooden menagerie of whimsical rabbits in this winter wonderland project. We'll be using snow paint and things that sparkle to make these projects come to life! Hot cocoa served for all artists!

Instructor: Kim Larkin
Date: Friday, December 5th
Time: 6:30 - 8:45pm
Location: Room 7

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

instructor night of class)

8038.114 VACAY ART DAY: "WHOOO" WANTS TO DRAW, PAINT AND CREATE SNOW OWLS?! AGES 8+

We will be using acrylics, textured mediums, snow paint and more to bring these wise creatures to life, so wear crafting clothing! Bring a snack or lunch if you wish too.

Instructor: Kim Larkin **Date:** Tuesday, December 30th **Time:** 10:00am - 12:30pm

Location: Room 7

Fee: \$25

8020.400 KNITTING WITH MARILYN

Beginners welcome! Learn or improve knitting skills.

Appropriate projects will be offered.

Challenge your skills with a felting project or learn to incorporate beading into a project by different methods.

All levels of knitting welcome! Bring a note pad.

Instructor: Marilyn Pettison

Dates: Mondays, October 20th – December 22nd for 10 weeks

Time: 10:00am - 12:00pm

Location: Room 1

CELEBRATE WALLINGFORD

Celebrate Wallingford is a 2-day festival, highlighting the heart and soul of the Wallingford community. Whether you're indulging in the culinary delights, shopping local, dancing to live music, or simply soaking up the vibrant atmosphere, it's an event that promises cherished memories and a deeper appreciation for all that Wallingford has to offer.

Dates: Saturday & Sunday, October 4th and 5th 2025

Time: Saturday, 10:00am - 6:00pm Sunday, 11:00am - 5:00pm

Where: North Main St & Center Street

For more information visit: https://www.wallingfordcenterinc.

com/celebrate-wallingford

A GOBLIN GATHERING

Calling all goblins, ghouls, and costumed creatures — it's time for Wallingford's annual Halloween gathering! Join us for a spooky good time starting at 5:30 p.m. in front of the YMCA Teen Center to line up for our costume parade, which steps off at 6:00 p.m. sharp. Or, meet us at the Wallingford Town Hall at 6:30 p.m. for an evening packed with frightfully fun activities! Enjoy:

- Monster mash tunes from Sound Spectrum **Entertainment**
- Ghoulish games, art projects, and more
- Pre-bagged candy, apple cider, and donuts for all This free community event is proudly sponsored by the Wallingford Public Celebrations Committee, Wallingford Parks and Recreation Department, and Wallingford

Get your costumes ready — we can't wait to see you there! Date: Friday, October 24th with a rain date of October 25th

Time: 6:30pm - 8:00pm Where: Wallingford Town Hall

Fee: Free

9 AND A CHICKEN

Gobble Up the Fun at This Year's Turkey Scavenger

Get ready for a scavenger hunt like no other! Start your adventure by heading to the back parking lot of Chick-fil-A, where you'll pick up your official packet of **CERTIFIED** clues—we want everyone to begin on equal footing for a fair and festive challenge.

Your mission: follow the clues, hunt high and low, and be one of the first ten families to return to the Wallingford Recreation Department with a cardboard turkey or rubber chicken in hand. The quickest gobblers will win a special prize, courtesy of Chick-fil-A!

This fun-filled event is proudly co-sponsored by Chick-fil-A and Wallingford Parks and Recreation. Don't forget—clue packets must be turned in to claim your reward. Let the hunt begin!

Date: Friday, November 21st, 2025

Time: 7:00pm

Where: Begins at the Wallingford Chic Fil A. Ending at the

Parks and Rec. Dept.

Fee: Free

16TH ANNUAL DOWNTOWN WALLINGFORD HOLIDAY **STROLL**

Shop and enjoy retailers & restaurants along Center St, Quinnipiac St, North & South Colony Rd. and Simpson

Get ready for the Holiday Stroll in Wallingford, CT! Local merchants will be rolling out special discounts and deals to kickstart your Christmas shopping. As you stroll down Center Street, indulge in warm coffee, sample festive goodies, and even catch a glimpse of Santa himself! Don't miss the cozy bonfire at the Gazebo, where you can warm up and enjoy delicious treats from local food trucks, along with roasted chestnuts and kettle corn. Marvel at the Christmas tree and discover delightful surprises around every corner. Bring the whole family and join us for a night of holiday magic—we can't wait to see you there! For more information visit: https://www.wallingfordcenterinc. com/holiday-stroll

Date: Friday, December 5th, 2025

Time: 5:00pm - 9:00pm

Where: Up and down E. Center Street, Simpson Court **Fee:** Free to the public (minimal fee for some food items)

SEASONS OF CELEBRATION

Join us for a festive afternoon on the Parade Grounds in front of Town Hall!

Bring the whole family for a magical visit with Santa and enjoy a variety of holiday activities and games perfect for children of all ages. Create seasonal crafts, enjoy rides on the Polar Express and horse drawn carriages, meet the animals in the petting zoo, and treat yourself to candy canes, chocolate chip cookies, hot chocolate, and more. It's a cozy celebration you won't want to miss!

Date: Saturday, December 6th, 2025 (no rain date)

Time: 1:00pm - 5:00pm Where: Wallingford Town Hall

Fee: Free

FROSTY PARADE

Music and entertainment leading down to the gazebo for our annual tree lighting!

Date: Saturday, December 6th, 2025 **Time:** Parade departs Town Hall at 5:00pm. Tree Lighting is at 5:30pm at the Gazebo Where: Johanna Manfreda Fishbein Park Gazebo

Fee: Free



Since 2020, Amy Carpenter has been an indispensable employee behind our beloved Lil Rec'ers program. In 2022, Amy took over as the Lil Rec'ers Director. With a passion for early childhood development and a gift for connecting with families, Amy has helped turn Lil Rec'ers into one of our most successful and impactful programs.

Thanks to her leadership, creativity, and dedication, Lil Rec'ers has seen a strong growth in participation and each session continues to fill up with registrations. Along with Amy, the team of Becky Scalesse, Coleen Smith, Ava Julia, and Erin Roberts continue to thrive. Our wonderful staff has created a welcoming environment that makes a lasting impression on countless children and their families. More than just a program, Lil Rec'ers is a place where kids are encouraged to be themselves, try new things, and build the confidence to be great. We're proud to spotlight this team's incredible work and thank them for all they've done to make Lil Rec'ers such a special part of our community!

LIL REC'ERS STAFF











Miss Coleen

Miss Erin

Miss Becky



WELCOME TO BARKS & RECREATIONBERT & HARRY SUBKOWSKY DOG PARK

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



WALLINGFORD LAND TRUST

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

TYLER MILL PRESERVE

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

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

FRESH MEADOWS

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

USE OF DAVID DOHERTY FACILITY:

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

USE OF PARK PAVILIONS:

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

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



Parks & Facilties

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- BERTINI PARK Located on West Dayton Hill Road. Includes a low ropes course and a nature trail for hiking. 68.55 acres
- CARINI FIELD Located on Woodhouse Avenue. This field includes a large soccer field with two smaller fields crossing them. 5.09 acres
- 3. COMMUNITY LAKE PARK Located on the West Shore of Community Lake off Hall Avenue. The park offers a pavilion for picnics with restrooms, electricity, two tennis courts with lights, one sand volleyball court, a baseball field and basketball court and playground equipment. 11.6 acres
- 4. COOK HILL SCHOOL Located on School House Road.
- COYLE FIELD Located on Woodhouse Avenue, includes a large soccer field with two smaller fields crossing them.
 8.33 acres
- DAG HAMMARSKJOLD MIDDLE SCHOOL Located on Pond Hill Road, includes a hardball field and a softball field.
- 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. 9.3acres
- 8. DOOLITTLE PARK Located on South Elm Street, includes ball fields, 4-lighted tennis courts and two basketball courts. This park is also known for its wonderful playscape and has a pavilion for picnics. 15.24 acres
- DUTTON PARK This park is located at the end of North Main Street, is the home to a Civil War Monument and the Vietnam Veterans Memorial. 0.48acres
- 10. FERGUSON WOODS Contains 2.5 miles of blazed trails, woodlands and pond/stream habitat. Trail head at cul-desac of Dibble Edge Road via Durham. 65 Acres
- **11. GRAND ST. PARK -** Located on Grand St. and Washington St., includes a basketball court and playground. 0.63acres
- **12. HARRIET WALLACE PARK** This park is located on North Elm Street and is a passive park with benches. 0.6 acres
- **13. HARRISON PARK -** This park is located on Cedar Lane and includes a youth baseball field and eight pickleball courts. 14.35 acres
- **14. HIGHLAND SCHOOL** Located on Highland Avenue, and includes a softball field.
- **15. JOHANNA MANFREDA FISHBEIN PARK** This park is located on North Colony Road, includes a Gazebo and is permitted out for special events at discretion of Director. Electricity is available upon request. 0.67acres
- 16. KENDRICK PARK This park is located at the end of Grandview Avenue. This park includes a small basketball Court and playground equipment. 6.49acres
- **17. LYMAN HALL H.S.** Located on Pond Hill Road, and includes two softball fields, soccer field, football field, and a practice football field.
- **18. LUFBERY PARK** Going west on Cheshire Road, it is located at the first bend of the road. This park is home to the Flying Ace Frisbee Golf Course. It has a pavilion for picnics, small open field and nature trail. Electrical outlets are available. 44.92 acres

- 19. MARCUS COOKE PARK This park is located on Old Rock Hill Rd. and has a pavilion, playground equipment and a ball field and a series of connecting loop trails through a wooded area. A perfect place to take young hikers. 44.05 acres
- MORAN MIDDLE SCHOOL Located on Hope Hill Road, includes a hardball field.
- **21. MOSES Y. BEACH SCHOOL** Located on North Main Street, includes one youth baseball field.
- **22. PARKER FARMS SCHOOL** Located on Parker Farms Road, includes 4 little league fields, 1 baseball field, concession stand and restrooms.
- **23. PAT WALL FIELD -** Located on South Elm Street and includes a high school baseball field. 9.1 acres
- **24. PIRE PARK** Located on Northfield Road. This park includes a hardball field, basketball court and playground equipment. 3.62 acres
- **25. PRAGEMANN PARK** This park is located on Oak Street, Yalesville. It includes 6 softball fields (youth and adult) with lights, small multi-purpose field no lights. Large soccer field with two small fields crossing large field, large multi-purpose lacrosse, youth soccer and youth football field with lights and field house with restrooms. 29.49 acres
- 26. QUINNIPIAC RIVER LINEAR TRAIL A handicap accessible paved trail extending 2.2 miles from Hall Ave. North along the west side of the river, through a tunnel underneath Rt. 15 and continuing to a bridge onto Fireworks Island and ending at the northern end of the Island in Yalesville. To access the Trail from Yalesville (Rt. 150), you must drive through the Yalesville on the Green condominium complex parking lot and drive over their bridge. Park on the Trail side of the seashell parking lot. No pedestrian or bicycle traffic is allowed on their bridge. When complete the Wallingford trail will cover 6.7 miles across the town of Wallingford.
- 27. RICHARD SHEAHAN PARK Located on Algonquin Drive, includes youth softball field, basketball court, and playground equipment. 1.93 acres
- **28. ROBERT WALLACE PARK** Located on Quinnipiac Street, the home of Wallingford's monument park includes playground equipment. 1.41 acres
- **29. SHEEHAN HIGH SCHOOL** Located on Hope Hill Road, includes a baseball and softball field, tennis courts, and multi-purpose turf field and track.
- 30. STEVENS SCHOOL Located on Kondracki Lane, includes a softball/tee ball field, basketball court, and playground equipment.
- **31. STANLEY BUDLESKI** Located on Main St. Rt.150 Yalesville "The Yalesville Green" 0.63 acres
- 32. VIETNAM VETERANS MEMORIAL FIELD Located on East Center Street, includes two Little League baseball fields, five Large soccer fields, two small soccer fields crossing one of the larger fields, pavilion, and community gardens. 27.11acres

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@wallingfordlacrosse.com</u>
Website: <u>www.wallingfordlacrosse.com</u>



Wallingford Vikings Football

President: Sean Reynolds

Email: <u>Wallingford.vikings@yahoo.com</u>
Website: <u>www.wallingfordvikings.sportngin.com</u>



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

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

All forms must be accompanie	d by full payment. Mail In or Dro	o Off at the above address	s. Please print clearly.			
Household Account Last Name:						
articipant First Name: Last Name:						
Male / Female: Date	e of Birth: (mm / dd / yyyy)	Grade as	Grade as of Sept. 2024			
Address:No. & Street		Town				
	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	er than Parent?	Phone:				
Any Special Needs or Concerns:						
Course #	Course / Program Title	Day & Time	Fee			
	HOD IN PERSON: ve EXACT AMOUNT	Fees	::			
CHECK - Make	checks payable to on of Wallingford"	Credi	t:			
	NLINE: Credit Card ONLY	Total Amount	<u>ı.</u>			
DECISTED ONE	OF THESE WAY					

<u>REGISTER ONE OF THESE WAYS:</u>

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>.

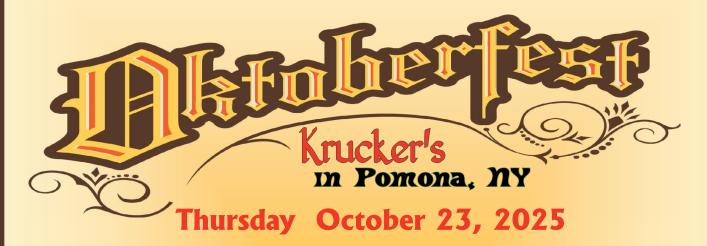
DROP-OFF IN PERSON: Come to the Recreation Department office and drop your registration form and payment at the window. Drop-off registrations will be processed as they are received.

DROP-OFF BEFORE BUSINESS HOURS: Registrations will be received at the opening of the business day and processed accordingly pending previous days registrations. *Checks only, please.*

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

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

Wallingford Parks & Recreation presents:



ENJOY A FULL DAY OF ENTERTAINMENT, FOOD, FUN, MUSIC, AND DANCING AT KRUCKER'S IN POMONA, NY

This lovely resort features its popular Oktoberfest with great food and music...the genuine spirit of an Oktoberfest.

Welcome Reception – Coffee, Tea, Buttermilk Scones, Pancakes & Apple Cider

Lunch: Barley Soup, Applesauce, Choice of: Sauerbraten with Red Cabbage or Sliced Pork Loin with Sauerkraut, Mashed Potatoes, Brussel Sprouts, Carrots, Apple Strudel & Vanilla Ice Cream

Beer, Wine & Soft Drinks
Entertainment throughout the day - Music, Dancing & Games
Bratwurst Sandwich & Cucumber Salad

Cost: \$136.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



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

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