

Yoga, Pilates, Seniors, & Specialty Fitness

PLEASE NOTE: the following health/fitness classes are for participants 13 years and older unless noted. Please bring your own yoga mat, any additional equipment that's needed will be noted in the class description.

Federal Holiday Class Policy: When our building is closed for a holiday, evening classes after 4:30pm are on as scheduled unless otherwise noted. Federal holidays for Winter 2026 season are...

MLK Day – Monday, January 19th

Lincolns Birthday – Thursday, February 12th

Presidents Day – Monday, February 16th

Yoga Classes

5007.105 Yogalates/Core Express

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: Mondays, January 5 – March 16 for 9 weeks (no class 1/19 & 2/16)

Time: 8:00 – 8:45am

Location: Room 14

Fee: \$50

5003.101 ALL LEVELS VINYASA YOGA

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

Equipment Needed: Your own yoga mat

Instructor: Cathy Dean certified yoga instructor

Dates: Mondays, January 5 – March 16 for 11 weeks

Time: 5:30-6:30 PM

Location: Room 15

Fee: \$60

5006.101 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: Monday, January 5 – March 16 for 9 weeks (no class 1/19 & 2/16)

Time: 9:30-10:45 AM

Location: Room 15

Fee: \$65

5007.102 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: Tuesday, January 6 – March 24 for 11 weeks (no class 1/20)

Time: 5:50 – 6:50pm

Location: Room 15

Fee: \$60

5007.104 THERAPEUTIC YOGA

Drawn from her Occupational Therapy background and her yoga training, Zorayda's therapeutic yoga includes the use of props, self-massage, breathing exercises, relaxation, and meditation. Poses are built from the least challenging to a slow-graded increase in the level of intensity so you can enjoy a practice that is right for you.

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

Dates: Tuesdays, January 6 – March 24 for 11 weeks (no class 1/20)

Time: 7:00 – 8:15pm

Location: Room 16

Fee: \$75

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: Your own yoga mat, light blanket suggested

5005.102

Instructor: Christina Casavina certified yoga instructor

Dates: Mondays, January 5 – March 16 for 9 weeks (no class 1/19 & 2/16)

Time: 9:15-10:30 AM

Location: Room 14

Fee: \$65

5005.101

Instructor: Christina Casavina certified yoga instructor

Dates: Thursdays, January 8 – March 19 for 10 weeks (no class 2/12)

Time: 9:30-10:45 AM

Location: Room 16

Fee: \$70

5007.106 CORE AND MORE

Another fun 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: Tuesdays, January 6 – March 17 for 11 weeks

Time: 9:30 – 10:30am

Location: Room 16

Fee: \$60

5013.106 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, January 6 – March 17 for 11 weeks

Time: 6:45- 7:45pm

Location: Room 14

Fee: \$60

5013.100 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, January 7 – March 18 for 11 weeks

Time: 9:30 -10:30 AM

Location: Room 15

Fee: \$60

5005.109 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.

Instructor: Christina Casavina certified yoga instructor

Dates: Thursdays, January 8 – March 19 for 11 weeks

Time: Thursdays 5:30 – 6:30PM

Location: Room 16

Fee: \$60

5007.112 Core & A Little More

Core & a Little Bit More is a Pilates hybrid course that will utilize multiple props. This class will explore going a little deeper into our bodies to tone & strengthen your own! Come play some more!

Instructor: Christina Casavina, certified yoga instructor

Dates: Friday, January 9 – March 20 for 11 weeks

Time: Friday 9:30 – 10:30AM

Location: Room 16

Fee: \$60

5013.104 YOGA FORM & FLOW

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

Instructor: Christina Casavina, certified yoga instructor

Dates: Saturdays, January 10 – March 21 for 11 weeks

Time: 8:30 – 9:45am

Location: Room 16

Fee: \$75

5007.120 All Levels Gentle Yoga Flow *NEW*

Breathe, stretch, and flow! Gain flexibility, strength, and balance with a slower paced yoga class for anyone. Mindful breath and movement at your own pace ending with a peaceful Savasana. Great for beginners or anyone looking for a gentler yoga option. Must be able to get up and down from the floor.

Instructor: Mary Rinaldi, Certified 200 hr YTT

Dates: Fridays, January 9 – March 20 for 11 weeks

Time: 8:30 -9:30 AM

Location: Room 14

Fee: \$60

5018.100 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 and invites anyone else who would like to join! Students will have the opportunity to come out of the chair to stand on their yoga mat while using the chair for support. Standing is optional. Every class will include with deep breathing exercises and final relaxation. Come see what yoga can do for you!

Instructor: Lauren Henrici, RYT, Yoga Fit certified instructor

Dates: Tuesdays & Thursdays, January 6 – March 19 for 11 weeks (no class 2/12)

Time: 1:00-1:45

Location: Room 16

Fee: \$65

Fitness Classes

5820.100 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: Mon., Wed., Fri., January 5 – March 20 for 11 weeks

Time: 6:00-6:45 AM

Location: Zoom

Fee: \$110

5821.100 Virtual EARLY MORNING PUMP

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

Instructor: Jess Holloway AFAA certified instructor

Dates: Tues. & Thurs., January 6 – March 19 for 11 weeks

Time: 6:00-6:45 AM

Location: Zoom

Fee: \$90

5012.103 PILATES PLUS CORE

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

Instructor: Linda Roy, STOTT pilates certified instructor

Dates: Wednesdays, January 7 – March 18 for 11 weeks

Time: 5:00 - 5:45 PM

Location: Room 14

Fee: \$55

5012.104 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, January 7 – March 18 for 11 weeks

Time: 6:00 - 6:45PM

Location: Room 16

Fee: \$55

5018.101 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, January 8th – March 19th for 11 weeks

Time: 5:30-6:15 PM

Location: Room 14

Fee: \$55

5106.100 BABY BOOMER BOOGIE (50+ years old)

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

Instructor: Stacey Bobbitt

Dates: Tues. & Thurs., January 6 – March 19 for 11 weeks (no class 2/12)

Time: 11:45 – 12:30pm

Location: Room 16

Fee: \$30

5106.105 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: Kathy Mauts

Dates: Wednesdays, January 7 – March 18 for 11 weeks

Time: 5:05 – 5:50pm

Location: Room 16

Fee: \$25

5105.100 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: Wed. & Fri., January 7 – March 20 for 11 weeks

Time: 10:20 - 11:05 AM

Location: Gym

Fee: \$30

5519.100 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, January 5 – March 16 for 11 weeks

Time: 5:30-6:15 PM

Location: Room 16

Fee: \$45

5521.100 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, January 5 – March 16 for 11 weeks

Time: 6:20-7:05 PM

Location: Room 16

Fee: \$45

5522.100 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, January 6 – March 17 for 11 weeks

Time: 5:45 – 6:30 PM

Location: Room 16

Fee: \$45

5522.101 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, January 8 – March 19 for 11 weeks

Time: 7:00 – 7:45 PM

Location: Room 16

Fee: \$45

5519.102 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, January 11 – March 22 for 11 weeks

Time: 9:00-9:45 AM

Location: Room 16

Fee: \$45

5519.110 Pre-Holiday Strength Challenge MINI SESSION

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

Instructor: Sue Moreschi ACE certified instructor

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

Class Times: Monday 12/22 - 6:00-6:45pm

Sunday 12/28 - 9:00-9:45am

Monday 12/29 - 6:00-6:45pm

Sunday 1/4 - 9:00-9:45am

5511.100 CARDIO KICKBOXING

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

Instructor: Kristie Miller

Dates: Tuesdays, January 6 – March 17 for 11 weeks

Time: 5:00 – 5:45 PM

Location: Room 15

Fee: \$45

5511.101 SATURDAY MORNING CIRCUITS

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

Instructor: Kristie Miller

Dates: Saturdays, January 10 – March 21 for 11 weeks

Time: 10:00 – 10:45AM

Location: Room 16

Fee: \$45

5100.100 TAI CHI CH'UAN

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

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

Dates: Tuesdays, January 6 – March 10 for 10 weeks

Time: 7:00 – 8:00pm

Location: Room 15

Fee: \$65

5100.101 TAI CHI QIGONG

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, January 7 – March 11 for 10 weeks

Time: 11:15am-12:15pm

Location: Room 15

Fee: \$65

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.

.101 ZUMBA GOLD MONDAYS

Instructor: Cheryl Myers Zumba and NETA certified instructor

Dates: Mondays, January 5 – March 16 for 9 weeks (no class 1/19 & 2/16)

Time: 10:20-11:05 AM

Location: Gym 1

Fee: \$35

.100 ZUMBA MONDAYS

Instructor: Cheryl Myers Zumba and NETA certified instructor

Dates: Mondays, January 5 – March 16 for 11 weeks

Time: 7:10-7:55 PM

Location: Room 16

Fee: \$45

.103 ZUMBA WEDNESDAYS

Instructor: Fee Adams, AFAA and Zumba certified instructor

Dates: Wednesdays, January 7 – March 18 for 11 weeks

Time: 7:30-8:30 PM

Location: Room 15

Fee: \$45

.107 ZUMBA THURSDAYS

Instructor: Becky Fusco certified Zumba instructor

Dates: Thursdays, January 8 – March 19 for 11 weeks

Time: 5:30-6:15 PM

Location: Room 15

Fee: \$45

.106 ZUMBA THURSDAYS

Instructor: Lisa Wasylean certified Zumba instructor

Dates: Thursdays, January 8 – March 19 for 11 weeks

Time: 6:30-7:15 PM

Location: Room 15

Fee: \$45

2026 Winter A.C.E (Arts, Creativity & Enrichment)

ADULT ENRICHMENT

6012.101 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 January 5th – February 9th for 6 weeks

Time: 7:30 - 8:15pm

Location: Room 15

Fee: \$50

6012.102 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 hard-soled shoe or tap shoes. Flat Tap shoes are great!**

Instructor: Sharon Wilhelm

Dates: Mondays January 5th – February 9th for 6 weeks

Time: 6:40pm - 7:25pm

Location: Room 15

Fee: \$50

WINTER WARMER'S "R" BAND CONCERT

Under the direction of Patricia Lignelli, we have music to warm your spirits with the "R" Band. The concert will be performed at the Wallingford Senior Center. The concert is free however seats are limited. No tickets. Seats are on a first come basis. Than you to the Wallingford Senior Center for hosting the event.

When: Saturday, January 24th, 2026 1:00pm - Snow date: January 25th, 2026 1:00pm

Fee: Free

FINE ARTS

7010.102 COME PAINT, COME DRAW!

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. Some materials available for use during the first lesson.

Instructor: Rashmi Talpade, Fine Arts Supervisor

Dates: Mondays January 12th – February 2nd for 4 weeks

Time: 6:30 – 8:30pm

Location: Room 7

Fee: \$40

7010.104 CELEBRATE YOUR CREATIVE SELF – For Adults

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, photo references or still life set ups to work from. Come and celebrate the artist within during this fun class with fellow artists.

Instructor: Sue Murphy

Dates: Wednesdays, January 7 – March 18 for 11 weeks

Time: 12:30-2:30 PM

Location: Room 7

Fee: \$80

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

8038.116 VACAY ART DAY: HUMMINGBIRD 3-D (MULTIMEDIA) MOBILE

Come learn how to draw and paint these vibrant, aerial magicians, who fly backward, sideways and upside down! Fun possibilities for your hummingbird craft creations! Feel free to bring an apron and a snack to class.

Instructor: Kim Larkin

Date: Monday, February 16th

Time: 10:00am - 12:30pm

Location: Room 7

Fee: \$25

8038.115 VACATION ART DAY: CREATURES OF THE NIGHT

Come learn how to draw and create a cool project with amazing nocturnal creatures such as the Western Quoll, the Maned Sloth, the Emerald tree boa and more. We will be using glow paints and textured paper to make our nighttime artwork come to life. Please feel free to bring a snack and an art apron if you want.

Instructor: Kim Larkin

Date: Wednesday, March 11th

Time: 10:00am - 12:30pm

Location: Room 7

Fee: \$25

YOUTH/FAMILY ENRICHMENT

8000.100 RECREATION PROS WINTER CAMP! *NEW*

Come spend your winter break with Rec Pros, right here at Wallingford Park and Recreation. Your child will enjoy four days of intense activity. Including sports competitions, interactive recreation games, relay races and so much more. Each day will be strategically coordinated and planned for maximum fun. Rec Pros coaches have over 20 years' experience in recreation activity. We bring the energy and make sure every child gets a chance to compete no matter what skill level. Let us bring the fun to your child this winter break! **Please provide lunch and a water bottle for your child, there will be a pizza party**

on Jan 2nd provided by Rec Pros.

Instructor: Recreation Pros Staff

Time: 9:00am-1:00pm

Date: December 26th, 29th, 30th & January 2nd

Fee: \$95

8038.122 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

Time: 10:00-10:45pm

Date: Thursdays, January 8th - February 5th for 5 weeks

Location: Room 7

Fee: \$50

7203.100 JR. FOOD EXPLORERS

All new recipes for your little chef! Exploring new foods and learning hands-on skills with recipes such as: Key Lime Pie Cups, Carrot Chickpea Fritters, Blueberry Muffins, and Cheesy Broccoli Bites. All recipes are nut-free and vegetarian but will contain dairy, eggs, and gluten. This class is for children ages 2-4 and their caregiver.

Instructor: Food Explorers Staff

Dates: Fridays, February 6th – February 27th for 4 weeks

Time: 10:00 - 11:00 AM

Location: Room 7

Fee: \$80

7203.101 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 Explorers Staff

Dates: Wednesdays, February 18th – March 11th for 4 weeks

Time: 5:00 - 6:00 PM

Location: Room 7

Fee: \$80

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!

.100: Tuesday, February 10th 5:00 – 6:00pm (Valentine's Day Theme)

.101: Tuesday, March 10th 5:00-6:00pm (St. Patrick's Day Theme)

Please note that registration closes the Friday before each class

Instructor: The Tasty Sprinkle

Location: Room 7

Fee: \$30

4150.100 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

Date: Wednesdays, January 7th – March 18th for 11 weeks

Time: 4:30-5:30PM

Location: Room 15

Fee: \$80

5910.100 FAMILY PUZZLE CHALLENGE

Think your family has what it takes to solve a 1,000-piece puzzle faster than the rest? Put your teamwork to the test with our **Family Puzzle Challenge**! This fun & screen-free competition is perfect for a cold winter night and friendly bragging rights!

How It Works:

- **Register your family by:** January 9th
- **Puzzle Pickup:** February 13th 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 & b.kilpatrick@wallingfordct.gov Feel free to post and **tag us on Instagram** [@wallingfordparksrec](https://www.instagram.com/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 16 families.**

Fee: \$25 per family

2025. LITTLE CHEFS PIZZA DAY WITH SILVER SANDS PIZZA *NEW*

Bring your little chef for a fun, hands-on pizza-making adventure with Silver Sands Pizza! Kids will stretch dough, spread our signature sauce, and top their own pizza with fresh ingredients — then enjoy their creation fresh from our brick oven! **1 adult and 2 children max per family.**

.100: Saturday, January 10th 1:00-2:15 PM

.101: Saturday, January 24th 1:00-2:15 PM

.102: Saturday, February 7th 1:00-2:15 PM

.103: Saturday, February 21st 1:00-2:15 PM

Instructor: Silver Sands Pizza Staff

Location: Silver Sands Pizza (994 N Colony Rd)

Fee: \$35 per family

2025. PIZZA PARTY PICKUP *NEW*

Get ready for a delicious night in! Don't miss out on this pizza party! This new take-home pizza-making experience in partnership with Silver Sands Pizza is sure to be a hit! Families will pick up a complete pizza kit loaded with fresh dough, sauce, cheese, and fun toppings, then head home to roll, top, bake, and enjoy their custom creations together. It's the perfect recipe for laughter, creativity, and quality time around the dinner table! **Pizza kits can be picked up from Silver Sands Pizza between 12:00 and 5:00 PM.**

.110: Saturday, January 24th 12:00-5:00 PM pickup window

.120: Saturday, February 21st 12:00-5:00 PM pickup window

Location: Silver Sands Pizza (994 N Colony Rd)

Fee: \$25 per family

School Based S.T.E.M:

Before School Offerings *Doors open at 7:50 AM for before care programs*

7750.102 HIGHLAND SCHOOL: Grades K – 2

Instructor: CT STEM Academy

Dates: Thursdays, January 8 - January 29

Time: 8:00 – 8:50 AM

Fee: \$45

7750.107 COOK HILL: Grades K – 2

Instructor: CT STEM Academy

Dates: Wednesdays, January 7 - January 28

Time: 8:00 – 8:50 AM

Fee: \$45

7750.108 MOSES Y. BEACH: Grades K – 2

Instructor: CT STEM Academy

Dates: Wednesdays, February 4 - February 25

Time: 8:00 – 8:50 AM

Fee: \$45

7750.105 E.C. STEVENS: Grades K – 2

Instructor: CT STEM Academy

Dates: Thursdays, February 5 – February 26

Time: 8:00 – 8:50 AM

Fee: \$45

After School Offerings

7750.104 MARY G. FRITZ: Grades 3 – 5

Instructor: CT STEM Academy

Dates: Tuesdays, January 6 - January 27

Time: 3:25 – 4:45 PM

Fee: \$45

7750.103 PARKER FARMS: Grades 3 – 5

Instructor: CT STEM Academy

Dates: Mondays, January 12 - February 9 (no class 1/19)

Time: 3:25 – 4:45 PM

Fee: \$45

7750.106 POND HILL: Grades 3 – 5

Instructor: CT STEM Academy

Dates: Tuesdays, February 3 - March 3 (no class 2/17)

Time: 3:25 – 4:45 PM

Fee: \$45

7750.101 ROCK HILL: Grades 3 – 5

Instructor: CT STEM Academy

Dates: Mondays, February 23 – March 16

Time: 3:25 – 4:45 PM

Fee: \$45

2026 Karate

4051. LITTLE NINJAS – For Ages 3-4

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

.101 Mondays, January 5th - March 16th, 5:30 – 6:00 PM for 11 weeks

.102 Saturdays, January 10th - March 21st, 9:00 – 9:30 AM for 11 weeks

Instructor: The Institute of Martial Arts Staff

Location: Mondays Room 14/Saturdays Room 15

Fee: \$75

4052. KICKIN' KIDS – For 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.

.100 Mondays, January 5th - March 16th, 6:05 – 6:50 PM for 11 weeks

.101 Saturdays, January 10th - March 21st, 9:30 – 10:15 AM for 11 weeks

Instructor: The Institute of Martial Arts Staff

Location: Mondays Room 14/Saturdays Room 15

Fee: \$90

4053. KARATE FOR BEGINNERS – Ages 7 to Adult

A traditional karate program for ages 7 to 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 and family activity!

.100 Wednesdays, January 7th - March 18th, 5:30 – 6:30 PM for 11 weeks

.101 Saturdays, January 10th - March 21st, 10:15 a.m. – 11:30 AM for 11 weeks

Instructor: The Institute of Martial Arts Staff

Location: Room 15

Fee: \$90

0118.103 ADAPTIVE KARATE – For Ages 7+

A traditional karate program for ages 7 and up, 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, proper approaches to competition and general life skills for today's child.

Instructor: The Institute of Martial Arts Staff

Dates: Wednesdays, January 7th - March 18th for 11 weeks

Time: 6:05 – 6:35 p.m.

Location: Room 14

Fee: \$65

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*

January 5th for 8 weeks. (no morning classes on 1/19, 2/12, 2/16)

****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.

.100 Mondays January 5th 9:15am - 10:00am

.101 Mondays January 5th 10:55am - 11:40am

.102 Mondays January 5th 5:15pm – 6:00pm

.103 Tuesdays January 6th 9:15am - 10:00am

.104 Tuesdays January 6th 10:05am – 10:50am

.105 Tuesday January 6th 5:15pm - 6:00pm

.106 Wednesdays January 7th 9:15am – 10:00am

.107 Wednesdays January 7th 10:05am – 10:50am

.126 Wednesdays January 7th 5:15pm – 6:00pm

.127 Wednesdays January 7th 6:05pm – 6:55pm

.108 Thursdays January 8th 5:15pm - 6:00pm

.109 Saturdays January 10th 9:15am – 10:00am

Instructors: Gymnastics Staff

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

Pre-School Gymnastics: 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.

.110 Mondays January 5th 10:05am - 10:50am

.111 Mondays January 5th 6:05pm – 6:50pm

.112 Tuesdays January 6th 10:55am – 11:40am

.113 Tuesdays January 6th 6:05pm – 6:50pm

.114 Wednesdays January 7th 10:55am – 11:40am

.115 Thursdays January 8th 6:05pm – 6:50pm

.116 Saturdays January 10th 10:05am – 10:50am

.117 Saturdays January 10th 10:55am – 11:40am

Instructors: Gymnastics Staff

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

Beginner Gymnastics: 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 the gymnastics equipment. Your child will develop skills on the beam and bars.

.120 Mondays January 5th 6:55pm – 7:40pm

.121 Tuesdays January 6th 6:55pm – 7:40pm

.127 Wednesdays January 7th 6:55pm – 7:40pm

.122 Thursdays January 8th 6:55pm – 7:40pm

.123 Saturdays January 10th 11:45am – 12:30pm

.124 Saturdays January 10th 12:35pm – 1:20pm

Instructors: Gymnastics Staff

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