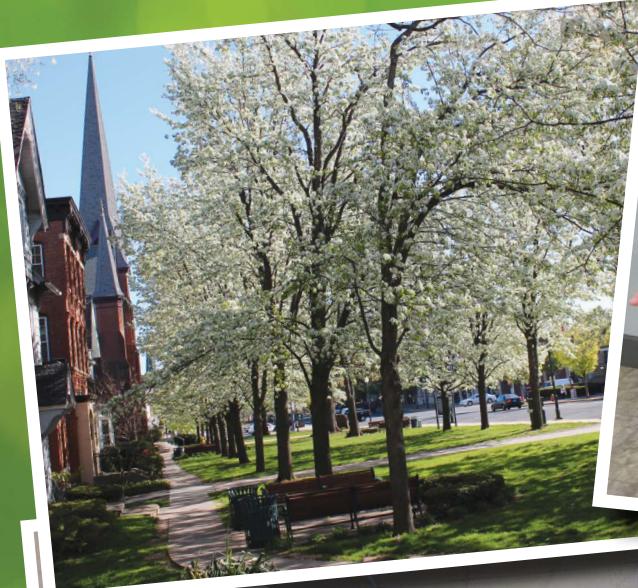


Wallingford | Spring 2026 | Activities Guide

PARKS & RECREATION

6 FAIRFIELD BLVD | WALLINGFORD, CT 06492 (203) 294-2120 | parksrec@wallingfordct.gov



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

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Wallingford Parks & Recreation Presents:

★MAJESTIC★
THEATER

West Springfield, MA



Saturday, May 30, 2026

COME FROM AWAY

TRUE STORY. HIT MUSICAL.



Come From Away is a heartwarming and uplifting musical that tells the true story of 7,000 passengers who were stranded in the small town of Gander, Newfoundland, after the events of September 11, 2001. This musical highlights the generosity and warmth of the real-life townspeople who welcomed strangers into their homes and hearts. With an amazing score and unforgettable performances, the show has garnered critical acclaim, winning the Tony Award for Best Direction of a Musical and a Grammy Award for Best Musical Theater Album. Its themes of kindness and community remind us of the power of compassion in the face of adversity and the shared humanity that unites us all in times of crisis.

Gather with friends for a pre-show luncheon at:

Storrown頓 Tavern Carriage House in West Springfield, MA.

Enjoy a plated lunch. **Menu:** Salad, Advance Choice of: Pot Roast OR Baked Scrod with Cracker Crumb, Vegetable, Potato, Dessert & Coffee (Entree Choice in Advance)

COST: \$160. pp based on 35-40

Depart 10:30am Wallingford Parks and Rec, 6 Fairfield Blvd

Estimated Return: 6:00pm, Wallingford

Trip Questions: 203-294-2120

Welcome to your SPRING 2026 Guide to Recreation & Fun!

DAVID DOHERTY FACILITY HOURS AND CONTACT INFORMATION

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

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

CLOSED:

February 12th Lincoln's Birthday
(Open at 5pm)

February 16th President's Day
(Open at 5pm)

April 3rd Good Friday

April 5th Easter

May 25th Memorial Day

**Hours and closures are subject to
change based on building activities
and reservations.**

Address: 6 Fairfield Blvd.
Wallingford, CT 06492

Phone: (203) 294-2120

FAX: (203) 294-2127

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PARKS AND RECREATION WEB SITE:

www.wallingfordct.myrec.com

TOWN WEB SITE:

www.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

Hey Wallingford!

As we dive into another exciting year of recreation, community, and connection, I'm thrilled to share some truly uplifting news that reflects the spirit and momentum of our town.

First and foremost, we are proud of the ongoing work of the **Community Pool Park Project**—a transformational investment in the health, wellness, and joy of Wallingford residents. This new aquatic destination will feature modern amenities, expanded recreation spaces, and opportunities for fun, fitness, and gathering. From family swim days and youth lessons to community events, the Community Pool Park will be a vibrant hub for all ages. We can't wait for you to experience it! Check out our bi-weekly video updates on our social media pages with updates on the progress of the project!

I'm equally excited to celebrate one of our own: **Dom Riveccio**, who has been honored with the **Connecticut Recreation and Parks Association's ABCD Award ("Above and Beyond the Call of Duty")**. This award recognizes individuals who consistently step up, serve with heart, and elevate their community—and anyone who knows Dom knows just how fitting this recognition is. Dom is truly the Swiss Army Knife of the Parks and Recreation Department. His dedication, creativity, and passion make Wallingford a better place every single day. Congratulations, Dom! We are so proud of you.

At Wallingford Parks & Recreation, we believe parks are more than places—they're experiences, memories, and the heartbeat of our town. Thank you for your ongoing support, your enthusiasm, and your commitment to building a community where everyone belongs.

Here's to a 2026 season filled with sunshine, smiles, and new beginnings. See you out there!

With gratitude and excitement,

*Kenny Michaels, M.S., CCMO
Director of Parks and Recreation*



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KEEP IN MIND...

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

• **REGISTRANTS ARE NOTIFIED** when a course is filled or cancelled. If a desired class is full you will be put on a waiting list. Additional classes may be opened if facility and instructor are available.

• **PROPER ATHLETIC SHOES (NO BLACK SOLES)** must be worn in gym and aerobics room.

• **CHILDREN UNDER 16** are not to be left unattended in the Doherty Rec Center Building.

• **REFUND POLICY:** The Rec Dept. reserves the right to cancel, postpone or combine classes or change instructors. If insufficient enrollment causes a class to be cancelled, full tuition is refunded or a credit is given for future use. We made our best effort to provide the class and instructor advertised in the brochure. In the event an instructor can no longer teach a class we will provide another instructor, if one is available, to finish the session. A credit may be issued for the amount of remaining classes. Materials and supplies purchased by you are excluded from refunds and credits.

• **ADDITIONAL MATERIALS AND OR EQUIPMENT** may be required in some programs. Please check the program's descriptions for information on material or other needs. If questions still exist please call the office so we may help you.

• **REGISTRATION EXCEPTIONS?** Children must be the proper age before the program begins. We try our best to accommodate everyone. Programs are designed according to an age level that will best benefit the student and to have an appropriate instructor/student ratio.

• **FEES PAYMENT:** Instructors will not accept registration at the class site. FEES must be paid at the office prior to participation with EXACT CASH OR CHECK. Credit card payments are accepted with online registration through our website wallingfordct.myrec.com. There is a non-refundable 3% transaction fee for online credit card payments.

• **PHONE REGISTRATIONS:** Sorry, phone registrations are not accepted.

• **CLASS CANCELLATIONS:** When schools have delayed opening in the A.M. classes until noon are canceled. When the schools are closed, Rec Dept. classes will not meet for the school day from 8a.m. to 4p.m. Evening programs are still on unless otherwise indicated. Evening class cancellations will be made by 4p.m. Cancellations will be emailed and texted out to our database. You must be opted in to cancellation notifications in order to receive the emails. We will also post an alert on our home page.

• **A.D.A. STATEMENT / INCLUSION POLICY:** The Recreation Dept. intends to comply with the A.D.A. regulations. It is the policy that recreation be "FUN FOR ALL". Participation in many of our non-adaptive programs is possible for those with special needs. We are limited in our ability to provide additional staff, specialized equipment and medical services. To discuss how we can support your abilities, interest and desire to participate please contact our office at (203) 294-2120. Together we can make recreation FUN FOR ALL.

• **SPECTATORS: CHILD PROGRAMS:** One of the fundamental instructional program goals is to provide your child with a fun and positive learning opportunity with their peers while developing separation skills. Parents are encouraged to abide by the observation schedule determined by the program instructor in order to provide the best instructional atmosphere. Please feel free to discuss your child's progress with the instructor either before or after class.

• **NEW TO THE AREA?** The Wallingford Parks & Recreation Department invites you to come in and find out what we have to offer. We have programs, classes and facilities for all ages. Want to learn more? Give us a call at 203-294-2120. We will be happy to make an appointment at your convenience to show you around and explain any program that is of interest to you. We want to meet you and talk with you and your family.

• **PHOTOGRAPHS:** Participants may be photographed for the purpose of promotion or advertising in future brochures, in newspapers or in other Wallingford Park and Recreation Department media.

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

HIP HOUSE DANCE SERIES 2025-2026

There are still 2 remaining dances for the 2026 season. Get your dance pass now! We will not sell passes the day of the dance! Price is reduced to \$40 and will reduce \$10 after each dance.

2025-2026 HIP HOUSE DANCE SCHEDULE

March Madness – March 27th

Spring Fest – April 24th

SPRING BREAK CAMPS



7203.200 FOOD EXPLORERS SPRING BREAK SNACK LAB - AGES 9 – 12

Calling all food-loving kids! This hands-on half-day cooking camp is perfect for aspiring chefs ages 9–12 who are ready to take their kitchen skills to the next level. Campers will create two recipes from scratch; Calzones & Mixed Berry Shortcake Cups. Your chef will learn real cooking techniques, kitchen safety, and the science behind the food they make. With guidance from experienced instructors, kids will build confidence, explore new flavors, and enjoy the fun of preparing their own culinary creations. No prior experience needed—just an appetite for learning and fun! All recipes are nut-free and vegetarian but will contain dairy, eggs, and gluten.

Instructor: Food Explorers Staff

Dates: Thursday, April 16th

Time: 2:00pm - 5:00pm

Location: Room 7

Fee: \$55

0041.200 SPRING STINGERS • AGES 6-11

Our most popular spring break camp is back this year! Go on a different field trip each day around the state to exciting places. Possible trips include; Bowling, Aquariums, Museums, Arcades, Movie Theaters. Spots are limited and will sell out so register now!

Dates: April 13th – April 17th Monday - Friday

Drop Off: 8:30am Park & Rec Gym

Pick Up: 4:30pm Park & Rec Gym

Fee: \$250

204

0041.200 SKYHAWKS SPORTS & GAMES CAMP

AGES 6 – 11

Skyhawks provides a wide variety of fun, safe and positive programs that emphasize critical lessons in sports and life, such as teamwork, respect and sportsmanship. Our programs are designed to give each child a positive introduction into sports while fostering a lifelong love for an active, healthy lifestyle. For this camp, our patient and knowledgeable staff use a variety of skill-building games and activities to give each athlete a complete understanding and overview of many different popular sports and games. Sports and games include capture the flag, soccer, ultimate frisbee, basketball, kickball, baseball, 4 square, flag football, team handball and many more. Kids will play 2-4 different games/sports each day.

Instructor: Skyhawks Staff (Skyhawks is a nationally recognized sports program provider)

Dates: April 13th – April 17th

Time: 10:00am - 2:00pm

Location: Parks & Rec Gym

Fee: \$175

SUMMER CAMP FAVORITES AND REGISTRATION INFORMATION

TINY BUBBLES, POP SHOTS FOR CHILDREN AGES 3-6

Registration will tentatively begin on **Monday March 2nd, 2026** at 9:00a.m. at the Rec. Dept. or online at www.wallingfordct.myrec.com

a 3% credit card fee will be applied for the online transaction. We only accept exact cash or check at the Rec. Dept. window. This summer we will be running both Tiny Bubbles and Pop Shots from 9:00a.m.-1:00p.m. We will increase our programming ideas with new and exciting activities such as music time, gym activities, and outdoor play.

Tiny Bubbles is for children ages 3-4, Pop Shots is for children ages 5-6. Registration is open to all Wallingford residents. You must come with a copy of your child's birth certificate unless they have previously been registered for these programs. Program consideration will be given to non-residents closer to the start of the program.

Fee: T.B.D. per child.

SUMMER SIZZLERS 2026 AGES 12-15

Summer Sizzlers to be BACK this year!! Are you looking for an exciting way to spend your summer vacation? The always popular Summer Sizzlers Registration will tentatively begin on **Monday March 9, 2026**. This very popular program is a hit every year for all participants ages 12 – 15 years! **DUE TO THE OVERWHELMING POPULARITY OF THIS PROGRAM, PARTICIPANTS ARE TO BE THE APPROPRIATE AGE BY THE END OF THE PROGRAM. PROGRAM IS MAXED AT 135 PARTICIPANTS.**

Participants will go on daily trips Monday – Thursday. We strongly recommend you register early! You must come with a copy of your child's birth certificate unless you have previously been registered for this program. Consideration will be given to non-residents beginning May 4th (Space Permitting). Fee covers transportation and admission to all locations. **Potential trips:** Baseball Games, Farmington Tubing, Boston Harbor Cruises, Six Flags, Empower Leadership, White Water Rafting and MORE!

SUMMER PLAYGROUND PROGRAM FOR CHILDREN AGES 6-11

This program is held at various elementary schools from 8:30a.m. -3:00p.m. Monday through Friday rain or shine. Campers participate in playground activities, movies, field trips, in house entertainment shows etc. Please note facility permits were submitted to all schools in January – at this time no permits have been approved for school sites. Please call 294-2120 for more information. Registration date to be sometime in late March or April. Camp traditionally runs from the end of June - mid August. Open to Wallingford residents. Non-residents considered closer to start of the program. Registration will tentatively begin on **Monday, March 16th, 2026**

P.L.A.Y./ Bus Trips

JOB OPPORTUNITIES

Wallingford Parks & Recreation will start accepting applications for the following positions after January 2, 2026.

Summer Camp Counselors positions. Working with children ranging in ages from 3-5, 6-11 and 12-15. All applicants can obtain an application by picking one up at the Rec. Dept. or emailing us at parksrec@wallingfordct.gov and one will be sent to you. A cover letter stating your present position and why you are applying should be included with your application.

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 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. 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 & Recreation for their travel needs during the 2026 season!!



SPRING 2026 - Guide to Leisure & Fun!

www.wallingfordct.myrec.com

(203) 294-2120

1002.200 9/11 MEMORIAL MUSEUM & MEMORIAL

Saturday, April 18th

Bus Departs Rec. Dept.: 7:30am

Bus Returns: 7:00pm

Fee: \$133

The National 9/11 Memorial & Museum is the country's principal institution concerned with exploring the implications of the events of 9/11, documenting the impact of those events and exploring 9/11's continuing significance. Multimedia displays, artifacts and narratives commemorate the lives of the victims of both the 2001 & 1993 attacks. Enjoy lunch on your own at Brookfield Place, an upscale food court in the heart of Lower Manhattan.

1002.201 COME FROM AWAY AT THE MAJESTIC THEATER

Saturday, May 30th

Bus Departs Rec. Dept.: 10:30am

Bus Returns: 6:00pm

Fee: \$160

Come From Away is a heartwarming and uplifting musical that tells the true story of 7,000 passengers who were stranded in the small town of Gander, Newfoundland, after the events of September 11, 2001. This musical highlights the generosity and warmth of the real-life townspeople who welcomed strangers into their homes and hearts. With an amazing score and unforgettable performances, the show has garnered critical acclaim, winning the Tony Award for Best Direction of a Musical and a Grammy Award for Best Musical Theater Album.

Enjoy a pre-show lunch at Storowton Tavern Carriage House in West Springfield, MA.

Menu: Salad, Advance Choice of: Pot Roast OR Baked Scrod with Cracker Crumb, Vegetable, Potato, Dessert & Coffee

1002.202 FREEDOM LIBERTY CRUISE W/ CHELSEA MARKET

Saturday, June 27th

Bus Departs Rec. Dept.: 7:30am

Bus Returns: 6:45pm

Fee: \$139

Board the New York Waterways catamaran and enjoy the Freedom Liberty Cruise. See the most famous NYC harbor landmarks: including up-close views of the Statue of Liberty, Ellis Island, the Brooklyn Bridge, the Freedom Tower, Empire State Building, Hudson Yards, and more. Enjoy amazing Manhattan skyline views and a wonderful live narration about the legends & lore of Manhattan Island. This 60-minute cruise features both indoor seating and open-air decks, allowing for great photo opportunities -and a relaxing and informative way to take in some of NYC's most iconic sights - from the water! Free time for lunch on your own at Chelsea Market - an iconic food hall marketplace located in the Meatpacking District.

EMPLOYEE *Spotlight*



DOMINICK RIVECCIO



This season, we're shining a well-deserved spotlight on someone whose impact on our department can be felt in every field, gym, park, and program we run — the one and only Dom

Riveccio! Dom has been a dedicated member of the Wallingford Parks & Recreation Department for nearly 30 years, and his commitment to our community is truly unmatched. Whether he's lending a hand, taking on a last-minute task, or going above and beyond in ways most people never get to see,



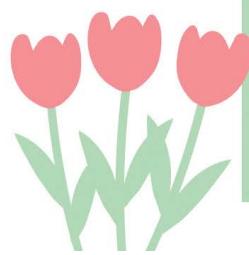
Dom does it all with a smile and without hesitation. He's the guy who never says "no," the first to jump in, and the steady, reliable force behind so much of what makes our department run smoothly. Quite simply: Dom makes everything better. Please join us in celebrating Dom's incredible service, his positive spirit, and his unwavering dedication to the people of Wallingford. We're lucky to have him — and even luckier to work beside him every day!

2025 Connecticut Recreation & Parks Association "ABCD" Award Winner

Spring WORD SEARCH



APRIL
BLOOM
BREEZE
BUTTERFLY
FLOWER
MARCH
MAY
MUD
POLLEN
RAIN
SEEDS
SPROUT
SPRING
TULIP



LIL REC'ERS EARLY CHILDHOOD LEARNING CENTER



Lil Rec'ers pre-school offers a half day program for 3-5 year old children M,W,F / T, Th, and or Mon-Fri. Our hours of operation are from 8:45 - 11:30am. We also offer extended day options. Child must be the appropriate age by September 1, 2025. No exceptions.

Sessions

Session 3: February 2nd – April 2nd
(no class 2/12 & 2/16)

Session 4: April 6th – June 12th (no class 5/25)

Fees per session for Lil Rec'ers 2026 - 2027

Monday – Friday AM (5 Day) - \$705 per session
Monday, Wednesday, Friday (3 Day) - \$420 per session
Tuesday/Thursday (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

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

LIL REC'ERS OPEN HOUSE

Come meet all of our wonderful pre-school teachers in the class room and get an idea of what the upcoming school year will be like! Stay all day or just stop in for a quick meet and greet. Ask questions about curriculum, daily schedule, or just let your child get a taste of the classroom before the fall. Attendees will receive fall registration before it is sent out to the public over the summer.

Date: Saturday, May 2nd 9:00am - 12:00pm

Fee: FREE

TERRIFIC TWOSIES WITH PARENT

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

This program is held on Tuesdays and Thursdays!

Instructor: Miss Coleen

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

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

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

Fee: \$100

3329.200 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 5-week program. Fit by Nature is a multi-sensory, whole body experience where kids are free to learn and play in a relaxed atmosphere! 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 seeming "addiction" to technology 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 Fit By Nature

Dates: Tuesdays March 31st – May 5th for 6 weeks

Class Time: 4:15pm - 5:30pm

Location: Marcus Cooke Park

Fee: \$135

Special Interest

2010.200 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; and stays; come when called and more. Also, puppy socialization, off leash play sessions,; and 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 students

Instructor: Joan Hamel

Dates: Mondays, March 30th – May 4th for 6 weeks

Time: 6:30pm - 7:15pm

Location: Gym 2

Fee: \$60

2015.

2025. 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 12 students

Instructor: Joan Hamel

.201 Mondays, March 30th – May 4th

7:30pm - 8:15pm for 6 weeks

.202 Mondays, March 30th – May 4th

8:30pm - 9:15pm for 6 weeks

Location: Gym 2

Fee: \$60

2052. REAL ESTATE HOME BUYER SEMINAR

READY TO TURN HOUSE HUNTING INTO HOME SWEET HOME?

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

Instructor: Wesley Krombel, Local Real Estate Broker

.200 Tuesday, March 10th 6:00 - 7:30pm

.201 Wednesday, April 15th 6:00 - 7:30pm

Location: Room 1

Fee: FREE

7201.101

2022.200 HOOK A FAMILY ON FISHING

Learn to fish for free at Wharton Brook State Park with the support of certified fishing instructors from the CT DEEP's CARE (Connecticut Aquatic Resources Education Program). The lake will be stocked with trout in the days just prior to this event. These classes are aimed at increasing your fishing skills and building confidence with a positive first fishing experience (but repeat attendees are welcome). The classes are designed for adults ages 16 and up, as well as families with children 8 years old and above. The CARE program will provide loaner fishing equipment, bait, and expert instruction. All participants should first review the online Let's Go Fishing class prior to the fishing trip: <https://depdata.ct.gov/fishing/gofishing/story.html>. In addition to registering at the Park & Rec, please go to the following link which will be active 60 days prior to the class date and register with the DEEP program.<https://he.aspirafocus.com/huntersafety/Account/Register?controllingSpc=9>

Instructor: DEEP CARE Instructors

Place: Wharton Brook State Park

Dates: TBD – Check DEEP Fishing site for registration and program information

Fee: FREE

2023.200 DEEP SAFE BOATING CLASS

Successful completion of the class qualifies a person to purchase for \$50 their Certificate of Personal Watercraft Operation (CPWO) on the Online Sportsmen Licensing System. The CPWO allows an individual to operate any recreational vessel up to 65ft. including a personal watercraft. Please check age restrictions for operating vessels with engines greater than 10 horsepower and personal watercraft. As part of this instruction, a proctored exam will be administered and graded at the end of the class.

Conservation ID:

All students must bring their Conservation Identification number to the class. Students who have a fishing or hunting license will find the Conservation Identification number on their license. Students who do not have a fishing or hunting license can create a free Conservation ID number at <https://ct.aspirafocus.com/internetsales>

Location: Room 1

Dates: April 25th 9:00am - 1:00pm, April 26th 9:00am - 1:00pm (PARTICIPANTS MUST ATTEND BOTH DATES)

Fee: \$20

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!

Instructors: The Tasty Sprinkle

7201.200: Tuesday, March 10th 5:00pm - 6:00pm (St. Patrick's Day Theme)

7201.201: Tuesday, April 21st 5:00pm - 6:00pm (Spring Theme)

7201.202: Tuesday, June 9th 5:00pm - 6:00pm (Summer Theme)

Location: Room 7

Fee: \$30

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.

Instructors: Passionately Pasta

.200: Sunday, April 12th 12:00pm - 2:00pm
.201: Sunday, May 17th 12:00pm - 2:00pm

Location: Room 7

Fee: \$50 for 2 people (\$10 per additional child, \$15 per additional adult 18+)

7203.201**FOOD EXPLORERS – SPRING DESSERTS AGES 9-13**

Celebrate the season with fresh, fruity, and fun desserts! In this hands-on cooking class, kids will create spring-inspired sweets like Raspberry Cheesecake Pies, Lemon Sugar Cookie Trifles, Apricot Croissant Bites and Peach Melba Crumbles. All recipes are nut-free and vegetarian but will contain dairy, eggs, and gluten.

Instructor: Food Explorers Staff

Dates: Wednesdays, April 1st – April 29th
 (No class 4/15) for 4 weeks

Time: 5:00pm - 6:00pm

Fee: \$80

Location: Room 7

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

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.**

.200: Saturday, April 11th 1:00-2:15 PM

.210: Saturday, April 25th 1:00-2:15 PM

.220: Saturday, May 9th 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

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 from 11:00am until close on the dates listed below.**

.230: Saturday, April 25th 11:00AM until close pickup window

.240: Saturday, May 9th 11:00AM until close pickup window

Location: Silver Sands Pizza (994 N Colony Rd)

Fee: \$25 per family

8041.210 BUILD A FLOWER BOUQUET WORKSHOP

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

Instructor: Pamela Gray

Class Time: 10:00am – 11:30am

Date: Saturday, June 20th

Location: Room 7

Fee: \$35

**6500.200 FLOWERING FOREST KAYAKE****TOUR**

Join Wanderlust Ecotours on a guided kayaking tour of the Mattabesset River in Cromwell. This stretch of the Mattabesset is a favorite among birders and naturalists. From your kayak, watch for great blue herons stalking prey on the riverbanks, belted kingfishers perched in the trees, or catch a glimpse of beavers swimming or painted turtles sunning themselves on logs. We'll explore the river's quiet beauty and learn about the dynamic natural systems that make this section of the Mattabesset a key link in Connecticut's network of conserved waterways. This tributary of the Connecticut River winds through a protected landscape in Cromwell, offering paddlers a peaceful and scenic route with minimal current—perfect for observation and reflection. Great beginner tour!

Kayaks, PFDs, paddles, dry bags, and field guides included

Instructor: Janet Cunningham, Owner of Wanderlust Ecotours

Class Time: 2:30 – 5:00PM

Date: Saturday, June 13th

Location: Mattabesset River in Cromwell

Fee: \$85

2050. MEDICARE...DON'T GO THROUGH IT ALONE

A Free Medicare Coach agent from Wallingford's own, Insurance with T LLC will educate you in a safe atmosphere where there is no sales pressure. This is a seminar for educational purposes ONLY! We have been helping people understand Medicare for 15+ years. Our expert staff will provide answers to all of your Medicare questions (when should you enroll, how much will it cost, how do you choose the right plan for yourself? Etc.). No plan or carrier specifics will be discussed, only educational information. Bring a friend and any questions you may have, all attendees will be entered into a free raffle. If you can't make the next seminar, call (203) 678-4111 and ask for Mike for any questions you may have.

Instructor: Michael Bush

.200 Wednesday, March 25th 10:00am

.201 Thursday, April 30th 10:00am

.202 Tuesday, ~~May~~ 21st 10:00am

Fee: FREE ~~May~~ 26th

Location: Room 3

**2026.200 FLY TYING & FLY FISHING**

Ready to dive into the world of fly fishing? This two-hour Fly Tying & Fly Fishing course is the perfect introduction for beginners. During the first hour, participants will get hands-on and tie their very first fly to take home. The second hour features an engaging "Introduction to Fly Fishing" presentation covering all the essentials, including line, leader and tippet setup, mayfly life cycles, fishing techniques, and equipment. With a slideshow and hands-on gear display, you'll also learn about both freshwater and saltwater fly fishing. Whether you're brand new or just curious, this class will have you hooked!

Instructor: Housatonic Fly Fishing Association
Dates: Saturday, March 28th
Time: 10:00am - 12:00pm
Location: Room 1
Fee: FREE

SPORT & LEAGUES**FUNDAMENTAL SOCCER**

SESSIONS FOR AGES 2-5

**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 April 25th – May 30th for 6 weeks.

Instructors: Tiny Tykes Staff
.200 Ages 2-3 Saturdays, 8:00am - 8:45am
.201 Ages 2-3 Saturdays, 9:00am - 9:45am
.202 Ages 2-3 Saturdays, 10:00am - 10:45am
.203 Ages 4-5 Saturdays, 11:00am - 11:45am
Location: Gym 1 & 2
Fee: \$100 (includes the uniform)

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.

Instructor: Greg Morrone and Hoop House Staff
4020.201 5-6yrs Wednesdays, April 1st – May 6th **May 13th**
5:45pm - 6:45pm for 6 weeks (no class 4/15)
4020.202 7-9yrs Wednesdays, April 1st – May 6th **May 13th**
6:45pm - 7:45pm for 6 weeks (no class 4/15)
Location: Gym 2
Fee: \$65

4840.200 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, May 6th – May 27th
Time: 5:00pm - 6:00pm
Location: Traditions Golf Course
Fee: \$110

4545. 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, April 26th – June 7th for 6 weeks (no class 5/24)
.200 9:00 - 10:00am, Grades 1 & 2
.201 10:00 - 11:00am, Grades 3 – 5
.202 11:00 - 12:00pm, Grades 6 – 8
Location: Doolittle Park Tennis Courts
Fee: \$75

4060.200 MULTI-SPORT TOTS AGES 3-4

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 is required for children under 3.5 or any child that needs assistants.

Instructor: Skyhawks Staff (Skyhawks is a nationally recognized sports program provider)
Dates: Mondays, March 30th – May 4th for 6 weeks
Time: 4:30pm - 5:15pm
Location: Gym 1
Fee: \$94

4060.220 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 camp, our patient and knowledgeable staff use a variety of skill-building games and activities to give each athlete a complete understanding and overview of many different popular sports and games. Sports and games include capture the flag, soccer, ultimate frisbee, basketball, kickball, flag football, team handball and many more. Games played will depend on the number of children attending the program.

Instructor: Skyhawks Staff (Skyhawks is a nationally recognized sports program provider)

Dates: Mondays, March 30th – May 4th for 6 weeks

5:25pm - 6:25pm

Location: Gym 1

Fee: \$96

4060.230 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 years.

Instructor: Skyhawks Staff

(Skyhawks is a nationally recognized sports program provider)

Dates: Tuesdays, March 31st – May 5th for 6 weeks

Time: 4:00pm - 4:45pm

Location: Gym 1

Fee: \$94

4060.240 SKYHAWKS T-BALL 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

(Skyhawks is a nationally recognized sports program provider)

Dates: Tuesdays, March 31st – May 5th for 6 weeks

Time: 4:50pm - 5:35pm

Location: Gym 1

Fee: \$94

0118.203 ADAPTIVE KARATE 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: Lyne Landry and The Institute of Martial Arts Staff

Dates: Wednesdays, April 1st – June 3rd for 10 weeks

Time: 6:05 - 6:35pm

Location: Room 14

Fee: \$65

4051. LITTLE NINJAS AGES 3-4

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

Instructor: The Institute of Martial Arts Staff

.200 Mondays, March 30th – June 15th

5:30 - 6:00pm for 11 weeks (No class 5/25)

.201 Saturdays, April 4th – June 20th

9:00 - 9:30am for 11 weeks (no class 5/23)

Location: Room 14 Monday / 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.

Instructor: The Institute of Martial Arts Staff

.200 Mondays, March 30th – June 15th

6:00 - 6:45pm for 11 weeks (no class 5/25)

.201 Saturdays, April 4th – June 20th

9:30 - 10:15am for 11 weeks (no class 5/23)

Location: Room 14 Mondays / Room 15 Saturdays

Fee: \$90

4053. KARATE FOR BEGINNERS AGES 7-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!

Instructor: The Institute of Martial Arts Staff

.200 Wednesdays, April 1st – June 17th

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

.201 Saturdays, April 4th – June 20th

10:15am - 11:30am for 11 weeks (no class 5/23)

Location: Room 15

Fee: \$90

LEAGUES/ADULT SPORT**BILL FARM SLOW PITCH SOFTBALL LEAGUE**

Softball leagues are offered for men's, women's and co-ed recreational teams. USA Softball (Formerly ASA) rules with modifications and Wallingford Parks & Recreation Department rules apply. The Dept. reserves the right to place teams in divisions to maintain the quality of competition. Teams must be prepared to play on these days of the week Mon-Fri and Sundays for scheduled or rescheduled games. Makeups may also be played on nights of the week different than your typical night.

League Commissioner: Stan Capp

Division Schedules Is As Follows:

Monday: Make Ups (Sundays may be used if needed)

Tuesday: D Division/E Division

Wednesday: A Division/Women's Division

Thursday: B Division/C Division

Friday: F Division/G Division

Fee: \$800

Bill Farm Slow Pitch Softball - IMPORTANT DATES

March 13th 4:30pm: Registration closes

April 1st 6:00pm: Manager's meeting Location: Rec Dept.

April 11th 9:00am-1:00pm: Photo ID Day

April 14th: Season Begins

May 22nd 4:30pm: Last Day to Add/Drop from Roster

4185.200 THE JACK DOYLE ADULT MEN'S 60YRS & OVER 2026 SLOW PITCH SOFTBALL LEAGUE

Practice and games tentatively scheduled for Monday and Wednesday mornings from 9:00am - 11:00am. Letters for registration were e-mailed out in the month of January to the players from the previous year. Registration forms must be completely filled out and returned in person. Harry Fazio is the league commissioner. For more information contact the Rec. Department at 203-294-2120. Registration begins Monday, February 2nd.

Tentative Start Date is Monday in Mid April

Fee: \$50

*New players are always welcome.

4222.200 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. Registration for returning teams will begin right away.

Dates: Tuesdays, March 24th – May 12th for 8 weeks

Time: 6:00pm - 8:00pm

Location: Gym 2

Fee: \$50 per team

4840.201 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, May 6th – May 27th

Time: 6:00pm - 7:00pm

Location: Traditions Golf Course

Fee: \$135

4545.203 ADULT BEGINNER TENNIS IN THE PARK – LEARN & PLAY

The United States Tennis Association presents Tennis in the Parks-Learn to Play. This program is for brand-new, beginner, or returning novice adult players. Led by a USTA-approved coach, we focus on fundamentals and learning the basics.

Please bring your own racket. Limited supply of equipment for participants without a racket.

Instructor: USTA Staff

Dates: Sundays, April 26th – June 7th for 6 weeks (no class 5/24)

Time: 12:30 - 2:00pm

Location: Doolittle Park Tennis Courts

Fee: \$75



8500. PICKLEBALL 101 FOR BEGINNERS

NEW YOUTH OFFERINGS

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

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

Max of 4 people per session

All sessions run on a consecutive **Tuesday and Thursday**.

EVENING SESSIONS 6:00 - 7:15pm

- .200: April 21st & April 23rd
- .201: April 28th & April 30th
- .202: May 5th & May 7th
- .203: May 12th & May 14th
- .204: May 19th & May 21st
- .205: May 26th & May 28th
- .206: June 2nd & June 4th
- .207: June 9th & June 11th

Instructor: Jen Nuzzo

Location: Harrison Park Pickleball Courts

Fee: \$110

8500. SATURDAY ADULT SESSIONS 9:00 - 11:30am

- .210: April 25th
- NEW!** .211: May 9th
- .212: May 23rd

Instructor: Jen Nuzzo

Location: Harrison Park Pickleball Courts

Fee: \$110

8500. SATURDAY YOUTH SESSIONS 11:45am - 12:45pm

- .213: April 25th for ages 8-10
- NEW!** .214: May 9th for ages 11-13
- .215: May 23rd for ages 14-17

Instructor: Jen Nuzzo

Location: Harrison Park Pickleball Courts

Fee: \$45

8501. INTERMEDIATE PICKLEBALL COACHED MATCH PLAY™

Intermediate 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. This class is perfect for players who are ready to take the next step beyond the beginner level and continue developing their game with more structure and challenge. Intermediate to intermediate plus levels. **Pickleball rating must be 3.0-3.9 (exceptions or questions about your rating angelo@rossettibrothers.com)**

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

- .200: Saturday, April 4th
- .201: Saturday, April 18th
- .202: Saturday, May 2nd
- .203: Saturday, May 16th
- .204: Saturday, May 30th
- .205: Saturday, June 13th

Instructor: Angelo A. Rossetti/RSPA,RPO,IPTPA,PPR,Rppk/DUPR/Tyson McGuffin

Location: Harrison Park Pickleball Courts

Fee: \$35



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 March 30th for 10 weeks. (no class the week of 4/13 and no class 5/25)

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.

- .200 Mondays, March 30th 9:15am - 10:00am
- .201 Mondays, March 30th 10:55am - 11:40am
- .202 Mondays, March 30th 5:15pm - 6:00pm
- .203 Tuesdays, March 31st 9:15am - 10:00am
- .204 Tuesdays, March 31st 10:05am - 10:50am
- .205 Tuesdays, March 31st 5:15pm - 6:00pm
- .206 Wednesdays, April 1st 9:15am - 10:00am
- .207 Wednesdays, April 1st 10:05am - 10:50am
- .225 Wednesdays, April 1st 5:15pm - 6:00pm
- .226 Wednesdays, April 1st 6:05pm - 6:55pm
- .208 Thursdays, April 2nd 5:15pm - 6:00pm
- .209 Saturdays, April 4th 8:30am - 9:15am

Instructors: Gymnastics Staff

Location: Gymnastics Room

Fee: \$85

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.

- .210 Mondays, March 30th 10:05am - 10:50am
- .211 Mondays, March 30th 6:05pm - 6:50pm
- .212 Tuesdays, March 31st 10:55am - 11:40am
- .213 Tuesdays, March 31st 6:05pm - 6:50pm
- .214 Wednesdays, April 1st 10:55am - 11:40am
- .215 Thursdays, April 2nd 6:05pm - 6:50pm
- .216 Saturdays, April 4th 9:20am – 10:05am
- .217 Saturdays, April 4th 10:10am - 10:55am

Instructors: Gymnastics Staff

Location: Gymnastics Room

Fee: \$85

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.

- .220 Mondays, March 30th 6:55pm - 7:40pm
- .221 Tuesdays, March 31st 6:55pm - 7:40pm
- .227 Wednesdays, April 1st 6:55pm - 7:40pm
- .222 Thursdays, April 2nd 6:55pm - 7:40pm
- .223 Saturdays, April 4th 11:00am - 11:45am

Instructors: Gymnastics Staff

Location: Gymnastics Room

Fee: \$85

SPRING GYMNASTICS "AT A GLACE"

Tiny Tumblers 12-35 months (with parent)		Pre-School Gymnastics 3-4 years old		Beginner Gymnastics 5-8 years old	
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Morning	9:15 - 10:00 AM Tiny Tumblers (.200)	9:15 - 10:00 AM Tiny Tumblers (.203)	9:15 - 10:00 AM Tiny Tumblers (.206)		8:30 - 9:15 AM Tiny Tumblers (.209)
	10:05 - 10:50 AM Pre-School Gymnastics (.210)	10:05 - 10:50 AM Tiny Tumblers (.204)	10:05 - 10:50 AM Tiny Tumblers (.207)		9:20 - 10:05 AM Pre School Gymnastics (.216)
	10:55 - 11:40 AM Tiny Tumblers (.201)	10:55 - 11:40 AM Pre School Gymnastics (.212)	10:55 - 11:40 AM Pre-School Gymnastics (.214)		10:10 - 10:55 AM Pre School Gymnastics (.217)
					11:00 - 11:45 AM Beginner Gymnastics (.223)
Evening	5:15 - 6:00 PM Tiny Tumblers (.202)	5:15 - 6:00 PM Tiny Tumblers (.205)	5:15 - 6:00 PM Tiny Tumblers (.225)	5:15 - 6:00 PM Tiny Tumblers (.208)	
	6:05 - 6:50 PM Pre-School Gymnastics (.211)	6:05 - 6:50 PM Pre-School Gymnastics (.213)	6:05 - 6:50 PM Tiny Tumblers (.226)	6:05 - 6:50 PM Pre-School Gymnastics (.215)	
	6:55 - 7:40 PM Beginner Gymnastics (.220)	6:55 - 7:40 PM Beginner Gymnastics (.221)	6:55 - 7:40 PM Beginner Gymnastics (.227)	6:55 - 7:40 PM Beginner Gymnastics (.222)	



CT STEM ACADEMY

CT STEM ACADEMY

Spring 2026 - In Person Programs



CT STEM ACADEMY

All Registration can be completed online at www.wallingfordrec.com All programs may be held with a combination of indoor and outdoor activities depending on weather. Meeting locations noted in description.

Robotics Beginner Level

Course Number 2005.204

Ages 9-14

Tuesdays - 3/3, 3/10, 3/17, 3/24

6:00 pm to 7:00 pm

Location: CT STEM Academy, 284 Washington Street

This program is designed for participants who would like a rich introduction to robotics. This program encourages critical thinking, problem solving, and communication. Participants will be using Lego WeDo, Ozobots, Spheros and UbTech Robotics.

Cost: \$42



Makerzoid Robotics

Course Number 2005.216

Ages 9-14

Tuesdays, 4/21, 4/28, 5/5, 5/12

6:00 to 7:00 pm

Location: CT STEM Academy, 284 Washington Street

Cost: \$42



Coding with Microbits

Course Number 2005.225

Ages 9-14

Tuesdays, 5/19, 5/26, 6/2

6:00 pm - 7:00 pm



Location: CT STEM Academy, 284 Washington Street

Cost: \$34

Students will learn to program and code the Micro Bit using Scratch block-based coding (<https://makecode.microbit.org/#>). Students can utilize the temperature sensor, pedometer, shake feature, speaker, customizable LED lights, among others, to encourage creative coding.

Birthday Parties

Looking for a unique and exciting way to celebrate your child's birthday? CT STEM Academy offers Birthday Parties at our Discovery Lab, designed for students who love hands-on STEM activities! Our Birthday Party package includes a fun and engaging 1-hour STEM-led activity, where participants will explore, create, and learn through exciting experiments and projects. For more information or to book your party, email us at info@ctstemacademy.org, or call the Wallingford Parks and Rec Office, to begin the process. Let CT STEM Academy make your child's birthday both fun and educational!



Robotics for Ages 6 to 8

Course Number 2005.228

Thursdays - 4/23 and 4/30

6:00 pm - 7:00 pm

Location: Park and Rec STEM Room

Cost: \$26

Description

This program is designed for our youngest participants who would like a rich introduction to robotics. This program encourages critical thinking, problem solving, and communication. Participants will be using Lego WeDo, Ozobots, and Spheros.

Summer Camp Open House, Family STEM Night Open to the Public &

VEX IQ Robotics Competition Team Q & A Session

Course Number 2005.234

All Ages

Wednesday, April 22, 2026

Location: CT STEM Academy, 284 Washington Street

Cost: FREE (Pre-registration required)

Join us for a fun Family STEM Night with several engaging STEM activities. We will have dedicated areas for a Q & A session about our Summer Camps and VEX IQ Robotics Competition Team.

Flying Is Fun

Course Number 2005.205

Saturday, May 2, 2026 - 10:00am to 11:30am

Ages: All Ages

Cost: FREE (Preregistration Required)

Location: CT STEM Academy, 284 Washington

****See Great Give Donation Optional Details**

Below**

Join us for a fun hands-on morning that will teach you the basics of flight. This event is family oriented - all children must be chaperoned by a parent. This will be a kickoff event for our Great Give Fundraising Campaign. We ask that all attendees consider making a small donation to our fundraising drive. This is a collaborative program with the local EAA Chapter 27.

Additional Spring listings, and Summer Camp information, can be found on wallingfordrec.com, www.ctstemacademy.org and on Facebook, Instagram, X, and LinkedIn @ctstem



CT STEM ACADEMY

CT STEM ACADEMY

Spring 2026 - In Person Programs

All Registration can be completed online at www.wallingfordrec.com All programs may be held with a combination of indoor and outdoor activities depending on weather. Meeting locations noted in description.

*NEW TOPICS FOR EACH PROGRAM.**

3D Printing Intermediate Level

Course Number: 2005.217

Ages 10 to 14

Wednesdays - 3/25, 4/1, 4/8, 4/22

Time: 6:00 to 7:30

Location: CT STEM Academy, 284 Washington Street

Cost: \$70

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 a range of topics from Science, Technology, Engineering, Art, and Mathematics. Participants will be grouped based upon experience and/or age. All participants must have completed a CT STEM Academy Beginner 3D Printing Session.



Ages 5 and 6 STEM

Course Number 2005.207

Ages 5 and 6

Spring Break - Wednesday, April 15, 2026

Time 10:00 am to 12:00 pm

Location: Wallingford Parks and Rec STEM Room

Cost: \$35

Do you like to explore science, solve problems and use technology? If you do, then STEM Academy is the perfect place for you! Join us for an engaging session of exploring many different STEM Challenges through hands-on investigations.



Family 3D Printing Night

Course Number 2005.235

Wednesday, May 6, 2026 – 6:00 to 7:15

Ages: All Ages

Cost: FREE (Preregistration Required)

****See Great Give Donation Optional Details Below****

Join us for a fun hands-on evening that will teach you the basics of 3D Printing. This event is family oriented - all children must be chaperoned by a parent. This will be part of our Great Give Fundraising Campaign. We ask that all attendees consider making a small donation to our fundraising drive.



Rocketry

Course Number 2005.212

Ages 10 to 14

Thursdays - 5/7, 5/14, 5/21

Time: 6:00 to 7:00

Location: Park and Rec STEM Room

Cost: \$38

Do you have a knack for learning about the in's and out of the science of rockets and flying? If yes, then come on out to this camp, it's not rocket science. In this camp participants will engage in a plethora of investigations to further explore the mechanics behind flight that includes rockets and drones.

Ages 7 and 8 STEM

Course Number 2005.206

Ages 7 and 8

Spring Break - Wednesday, April 15, 2026

Time: 1:00 am to 3:00 pm

Location: Wallingford Parks and Rec STEM Room

Cost: \$35

Do you like to explore science, solve problems and use technology? If you do, then STEM Academy is the perfect place for you! Join us for an engaging session of exploring many different STEM Challenges through hands-on investigations. Our session will include high interest materials such as Legos, K'NEX, and much more.

Family Robotics Night

Course Number 2005.236

Thursday, May 7, 2026 – 6:00 to 7:15

Ages: All Ages

Cost: FREE (Preregistration Required)

****See Great Give Donation Optional Details Below****

Join us for a fun hands-on evening of coding with robotics. This event is family oriented - all children must be chaperoned by a parent. This will be part of our Great Give Fundraising Campaign. We ask that all attendees consider making a small donation to our fundraising drive.

Field Trips for Schools, All Youth Organizations and Homeschool Groups

Is your school looking for an engaging and educational field trip experience? Look no further! Bring your class to CT STEM Academy's Discovery Lab in Wallingford, CT, where we offer a wide range of exciting STEM programs tailored to fit your students' learning needs.

Each program is designed to inspire curiosity and enhance your students' understanding of STEM concepts in a fun and interactive environment. For more details or to schedule your field trip, please email us at info@ctstemacademy.org, or call the Wallingford Parks and Rec Office, to begin the process.



CT STEM ACADEMY

Additional Spring listings, and Summer Camp information, can be found on wallingfordrec.com, www.ctstemacademy.org and on Facebook, Instagram, X, and LinkedIn @ctstem

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 to class. Other equipment needed will be listed.

YOGA CLASSES

5003.201 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
Dates: Mondays, March 30th – June 15th for 11 weeks (no class 5/25)
Time: 5:30 - 6:30pm
Location: Room 15
Fee: \$60

5006.201 BASIC YOGA – ZORAYDA

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

Instructor: Zorayda Cocchi OTR/L, RYT 500, CYKT certified yoga instructor
Dates: Mondays, March 30th – June 15th for 11 weeks (no class 5/25)
Time: 9:30 - 10:45am
Location: Room 15
Fee: \$80

5007.202 YOGA FOR NON-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: Tuesdays, March 31st – June 16th for 12 weeks
Time: 5:50 - 6:50pm
Location: Room 15
Fee: \$65

5007.204 THERAPEUTIC YOGA

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

Instructor: Zorayda Cocchi OTR/L, RYT 500, CYKT certified yoga instructor
Dates: Tuesdays, March 31st – June 16th for 12 weeks
Time: 7:00 - 8:15pm
Location: Room 16
Fee: \$85

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.

.202 Mondays, 9:30 - 10:45am

Instructor: Christina Casavina certified yoga instructor

Dates: March 30th – June 15th for 11 weeks (no class 5/25)

Location: Room 15

Fee: \$80

.201 Thursdays, 9:30 - 10:45am

Instructor: Christina Casavina certified yoga instructor

Dates: April 2nd – June 18th for 12 weeks

Location: Room 16

Fee: \$85

5007.216 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, March 31st – June 16th for 12 weeks

Time: 9:30 - 10:30am

Location: Room 16

Fee: \$65

5013.206 WARM VINYASA YOGA

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

Equipment Needed: YInstructor: Christina Casavina, certified yoga instructor

.206 Tuesdays, March 31st – June 16th for 12 weeks

.216 Thursdays, April 2nd – June 18th for 12 weeks

Time: 6:45 - 7:45pm

Location: Room 14

Fee: \$65

5013.200 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, April 1st – June 17th for 12 weeks

Time: 9:30 - 10:30am

Location: Room 16

Fee: \$65

5005.209 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, April 2nd – June 18th for 12 weeks

Time: 5:30 - 6:30pm

Location: Room 16

Fee: \$65

Health & Fitness

5007.215 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, March 30th – June 15th for 11 weeks
(no class 5/25)

Time: 8:00 - 8:45am

Location: Room 14

Fee: \$55



5050.202 ALL LEVELS VINYASA

This all-levels Vinyasa class invites you to link breath with fluid, mindful movement. You'll flow through creative sequences designed to build strength, flexibility, and balance. Options and variations are offered throughout so you can challenge yourself at your own pace. Expect a steady, energizing practice that supports both focus and ease, leaving you feeling strong, open, and grounded.

Instructor: Mary Rinaldi, RTY 200 certified yoga instructor

Dates: Tuesdays, March 31st – June 9th for 11 weeks

Time: 8:15am - 9:15am

Location: Room 16

Fee: \$60

5050.200 RESTORATIVE YOGA

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

Equipment Needed: 2 Yoga Blankets

Instructor: Mary Rinaldi, RTY 200 certified yoga instructor

Dates: Wednesdays, April 1st – June 3rd for 10 weeks

Time: 6:45 - 7:45pm

Location: Room 14

Fee: \$55

5050.201 YOGA WALK AT COMMUNITY LAKE

Get more out of your walk! Enjoy the outdoors while meeting some new walking partners with this 2-mile mindful Yoga Walk class. Brief standing alignment and stretching followed by a mindful walk at your own pace with others. 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: Thursday, April 2nd – June 4th for 10 weeks

Time: 10:00 - 11:15am

Location: Community Lake

Fee: \$65

5007.220 ALL LEVELS GENTLE YOGA FLOW

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, April 10th – June 5th for 9 weeks

Time: 8:30 - 9:30am

Location: Room 14

Fee: \$50

.212

5007.412 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, April 10th – June 19th for 11 weeks

Time: 9:30 - 10:30am

Location: Room 16

Fee: \$60

5013.204 YOGA FORM & FLOW

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

Equipment Needed: Your own yoga mat and a light blanket

Instructor: Christina Casavina, certified yoga instructor

Date: Saturdays, April 4th – June 20th for 12 weeks

Time: 8:30 - 9:45am

Location: Room 16

Fee: \$85

5018.200 CHAIR YOGA

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

Instructor: Lauren Henrici, RYT, Yoga Fit certified instructor

Dates: Tues. & Thurs., March 31st – June 18th

for 12 weeks

Time: 1:00 - 1:45pm

Location: Room 16

Fee: \$70

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!

.210: Thursday, April 9th 6:00 – 7:30pm

.211: Saturday, April 25th 9:00 – 10:30am

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

Location: Room 3

Fee: \$20

FITNESS CLASSES**5820.200 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, March 30th – June 19th for 12 weeks
(no class 5/25)

Time: 6:00 - 6:45am

Location: Zoom

Fee: \$110

5821.200 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., March 31st – June 18th for 12 weeks

Time: 6:00 - 6:45am

Location: Zoom

Fee: \$90

NEW! HIPS TO HEELS 5005.210

This new class is a strength and mobility class focused on building stability from the hips down through the quads, knees, ankles, and feet through gentle yoga practice. Using controlled, functional movements, we'll improve leg strength, balance, and joint health to support everyday activities. This class is low-impact and thoughtfully paced, making it especially great for seniors or anyone looking to move with more confidence and ease. All levels are welcome.

Instructor: Christina Casavina, Certified Yoga Instructor

Dates: Fridays, April 10th – June 19th for 11 weeks

Time: 11:15am - 12:15pm

Location: Room 16

Fee: \$50

5012.203 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, April 1st – June 17th for 12 weeks

Time: 5:00 - 5:45pm

Location: Room 14

Fee: \$60

5012.204 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.

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

Dates: Wednesdays, April 1st – June 17th for 12 weeks

Time: 6:00 - 6:45pm

Location: Room 16

Fee: \$60

5105.200 SWING SHIFT (50+ YEARS OLD)

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

Instructor: Cheryl Myers

Dates: April 1st – June 19th (no class 4/15, 4/17) for 12 weeks

Time: Wed. & Fri. 10:20 - 11:05am

Location: Gym 1

Fee: \$30

5106.200 BABY BOOMER BOOGIE (50+ YEARS OLD)

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

Instructor: Stacey Bobbitt

Dates: Tues. & Thurs., March 31st – June 18th for 12 weeks

Time: 11:45 - 12:30pm

Location: Room 16

Fee: \$30

5106.205 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 Matus

Dates: Wednesdays, April 1st – June 17th for 12 weeks

Time: 5:05 - 5:50pm

Location: Room 16

Fee: \$30

5018.201 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, April 2nd – June 18th for 12 weeks

Time: 5:30 - 6:15pm

Location: Room 14

Fee: \$60

Health & Fitness



5018.210 BALANCE THROUGH STRENGTH

Balance through Strength is a safe, supportive fitness class designed specifically for older adults who want to improve balance, stability, and confidence in everyday movement. Using gentle strength exercises, controlled movements, and balance-focused activities, participants build muscle that supports joints and helps reduce the risk of falls. Exercises can be done standing and seated, with options and modifications to suit all ability levels. This class emphasizes proper posture, coordination, and functional strength to make daily activities—like walking, climbing stairs, and getting up from a chair—easier and safer. No prior fitness experience is required.

Instructor: Tom Delahanty

Dates: Tuesdays, March 31st – June 16th

Time: 2:00pm - 2:45pm

Location: Room 14

Fee: \$45

5519.200 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, March 30th – June 15th for 11 weeks
(no class 5/25)

Time: 5:30-6:15 PM

Location: Room 16

Fee: \$45

5521.200 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, March 30th – June 15th for 11 weeks
(no class 5/25)

Time: 6:20 - 7:05pm

Location: Room 16

Fee: \$45

5522.200 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, March 31st – June 16th for 12 weeks

Time: 5:45 - 6:30pm

Location: Room 16

Fee: \$50

5522.201 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, April 2nd – June 18th for 12 weeks

Time: 7:00 - 7:45pm

Location: Room 16

Fee: \$50

5519.202 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, March 25th – May 24th for 8 weeks (no class 4/5)

Time: 9:00 - 9:45am 29th

Location: Room 16

Fee: \$35

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.

.201 ZUMBA GOLD MONDAYS

Instructor: Cheryl Myers Zumba and NETA certified instructor

Dates: March 30th – June 15th for 11 weeks (no class 5/25)

Time: 10:20 - 11:05am

Location: Gym 1

Fee: \$42

.200 ZUMBA MONDAYS

Instructor: Cheryl Myers Zumba and NETA certified instructor

Dates: March 30th – June 15th for 11 weeks (no class 5/25)

Time: 7:10 - 7:55pm

Location: Room 16

Fee: \$42

.203 ZUMBA WEDNESDAYS

Instructor: Fee Adams, AFAA and Zumba certified instructor

Dates: April 1st – June 17th for 12 weeks

Time: 7:30 - 8:30pm

Location: Room 15

Fee: \$45

.207 ZUMBA THURSDAYS

Instructor: Becky Fusco certified Zumba instructor

Dates: April 2nd – June 18th for 12 weeks

Time: 5:30 - 6:15pm

Location: Room 15

Fee: \$45

.206 ZUMBA THURSDAYS

Instructor: Lisa Wasylean certified Zumba instructor

Dates: April 2nd – June 18th for 12 weeks

Time: 7:00 - 7:45pm

Location: Room 15

Fee: \$45

5100.200 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, March 31st – June 2nd for 10 weeks

Time: 7:00 - 8:00pm

Location: Room 15

Fee: \$65

5100.201 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, March 25th – May 28th for 10 weeks

Time: 11:15am - 12:15pm

Location: Room 15

Fee: \$65

5511.200 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, March 31st – June 16th for 12 weeks

Time: ~~5:30 - 6:15pm~~ 5:00 - 5:45pm

Location: Room 15

Fee: \$50

5511.201 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, April 4th – June 20th for 12 weeks

Time: 10:00 - 10:45am

Location: Room 16

Fee: \$50

2026 Spring 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	8:15 - 9:15 AM Mary All Levels Vinyasa 16			8:30 - 9:30 AM Mary All Levels Gentle Flow 14	
Morning/Afternoon	9:15-10:30 AM Christina Gentle Stretch Yoga 15	9:30 - 10:30 AM Christina Core and More 16	9:30 - 10:45 AM Christina Yoga with Weights 16	9:30 - 10:45 AM Christina Gentle Stretch Yoga 16	9:30 - 10:30 AM Christina Core & A Little More 16	8:30 - 9:45 AM Christina Form & Flow Yoga 16
	9:30 - 10:45 AM Zorayda Basic Yoga 16	11:45 - 12:30 PM Stacey Baby Boomer Boogie 16	10:20 - 11:05 AM Cheryl Swing Shift 50+ Gym	10:00 - 11:15 AM Mary Yoga Walk @ Comm. Lake	10:20 - 11:05 AM Cheryl Swing Shift 50+ Gym	10:00-10:45 AM Kristie Saturday AM Circuits 16
	10:20 - 11:05 AM Cheryl Zumba Gold Gym	1:00 - 1:45 PM Lauren Chair Yoga 16	11:15 - 12:15 PM Central CT Tai Chi Tai Chi 15	11:45 - 12:30 PM Stacey Baby Boomer Boogie 16	11:15 - 12:15 PM Christina Hips to Heels 16	
		2:00 - 2:45 PM Tom Balance Through Strength 16		1:00 - 1:45 PM Lauren Chair Yoga 16		SUNDAY
		5:30 - 6:15 PM Kristie Cardio Kickboxing 15		5:30 - 6:15 PM Penny & Tom Mindful Motion 14		9:00 - 9:45 AM Sue M Powerology 16
Evening	5:30-6:30 PM Cathy All Levels Vinyasa Yoga 15	5:45 - 6:30 PM Sue M Total Conditioning 16	5:00 - 5:45 PM Linda Pilates Plus Core 14	5:30 - 6:15 PM Becky ZUMBA 15		
	5:30-6:15 PM Sue Hardcore Strength 16	5:50 - 6:50 PM Zorayda Yoga for Non Flexible People 15	5:05 - 5:50 PM Kathy Boogie Blast 16	5:30 - 6:30 PM Christina Yoga with Weights 16		
	6:20 - 7:05 PM Sue It's HIIT 16	6:45 - 7:45 PM Christina Warm Vinyasa Yoga 14	6:00 - 6:45 PM Linda Barre & Total Strength 16	6:45 - 7:45 PM Christina Warm Vinyasa Flow 14		
	7:10 - 7:55 PM Cheryl Zumba 16	7:00 - 8:15 PM Zorayda Therapeutic Yoga 16	6:45 - 7:45 PM Mary Restorative Yoga 14	7:00 - 7:45 PM Sue M Cardio Blast 16		KEY
		7:00 - 8:00 PM Central CT Tai Chi Tai Chi 15	7:30 - 8:30 PM Fee ZUMBA 16	7:00 - 7:45 PM Lisa ZUMBA 15		ZOOM CLASSES
						YOGA CLASSES
						FITNESS CLASSES

6012.202 ADULT INTERMEDIATE TAP DANCE

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

Instructor: Sharon Wilhelm

Dates: Mondays, March 30th – May 18th for 8 weeks

Time: 6:40 - 7:25pm

Location: Room 15

Fee: \$60

6012.201 ADULT BEGINNERS TAP DANCE

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

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

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

Instructor: Sharon Wilhelm

When: Mondays, March 30th – May 18th for 8 weeks

Time: ~~6:30 - 7:15pm~~ **7:30 - 8:15pm**

Location: Room 14 **Room 15**

Fee: \$60

Kids Dance**6000.201 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, March 31st – May 19th for 8 weeks

Time: 4:15pm - 4:45pm

Location: Room 14

Fee: \$45

6000.203 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, March 31st – May 19th for 8 weeks

Time: 4:45pm - 5:45pm

Location: Room 14

Fee: \$55

6000.206 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, March 31st – May 19th for 8 weeks

Time: 5:45pm - 6:45pm

Location: Room 14

Fee: \$55



Visual Arts & Crafts**8000.200 KNITTING WITH MARILYN**

Beginners welcome! Project supplies to be discussed first class. Perfect opportunity to learn new skills or improve existing techniques. Jump on the knitting bandwagon. For the first class you will need 1 skein light colored worsted weight yarn and #8 knitting needles. Bring a note pad.

Instructor: Marilyn Pettison

Dates: Mondays, March 30th – June 15th for 11 weeks
(no class 5/25)

Time: 10:00am - 12:00pm

Location: Room 3

Fee: \$60

8038.216 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

Dates: Thursdays, April 2nd – May 7th (no class 4/16)

Time: 10:00 - 10:45am

Location: Room 7

Fee: \$50

8038.201 VACATION DAY ART: LET'S CREATE A COLORFUL WOOD RAINBOW MOBILE AGES 8+

Join our art extraordinaire, Kim Larkin during your April break! We will paint and design our mobile with wood/glass beads, colorful cording, fun multimedia accents and more. Wear art friendly clothes and please feel free to bring a snack!

Instructor: Kim Larkin (Fine Arts Supervisor)

Date: Friday, April 17th

Time: 10:00am - 12:30pm

Location: Room 7

Fee: \$25 plus \$8 supply fee to the instructor on the day of the class

8038.203 CRYSTAL "MEDICINE" BAG WORKSHOP**AGES 13+**

Come celebrate Earth Day by creating a unique wearable pouch, perfect to hold your crystals/stones and other finds as you take your nature walks. We will discuss the properties the Native Americans and other cultures attributed to certain stones. Then we will create our pouch using a variety of lovely Batik fabrics, layering them and adding beautiful beads, multi media accents, feathers, cording, animal totems and more. Simple jewelry techniques for all crafting levels, so come create "your own visual medicine". You will have a choice of stones to add to your bag at the end!

Instructor: Kim Larkin (Fine Arts Supervisor)

Date: Wednesday, April 22nd

Time: 6:30 - 8:30pm

Location: Room 7

Fee: \$25 plus \$12 supply fee to the instructor on the day of the class

8038.205 PARENT-CHILD MOTHER'S DAY WORKSHOP

Come create this unique multimedia wood flower bouquet and 6" terra-cotta pot project. This project stands 15" high and we will have a fun choosing from a variety of collage materials to decorate/paint/decoupage our 3D wood flower bouquet! Decorative papers, fabrics, wood accents and more will make these blooms come to life!

Instructor: Kim Larkin (Fine Arts Supervisor)

Date: Friday, April 24th

Time: 6:30 - 8:45pm

Location: Room 7

Fee: \$25 plus \$20 supply fee to the instructor on the day of the class

8038.204 SELF NURTURE AROMATHERAPY AGES 13+

Come join Kim Larkin, NAHA Aromatherapist and create some essential oil infused products to help calm and soothe our central nervous system. We will be creating a Rosewater tonic/calming spray, a lymphatic scrub and a dried botanical/essential oil foot soak. Come learn a bit about the magic of nature's botanicals and how to use them to center in our everyday lives.

Instructor: Kim Larkin (Fine Arts Supervisor)

Date: Friday, May 8th

Time: 6:30 - 8:00pm

Location: Room 7

Fee: \$25 plus \$20 supply fee to the instructor on the day of the class



WALLINGFORD ARTS AND RECREATION SPRING 2026 FINE ARTS PROGRAM

7010.202 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, March 30th – May 4th for 6 weeks

Time: 6:30pm - 8:30pm

Location: Room 7

Fee: \$80

7010.204 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, April 1st – June 17th for 12 weeks

Time: 12:30 - 2:30pm

Location: Room 7

Fee: \$80

SCHOOL BASED STEAM ENRICHMENT

Get Ready for an exciting adventure on STEAM (Science, Technology, Engineering, Arts, and Math)! This school-based enrichment program offers hands-on activities that spark the mind and foster a love for learning. Through all new engaging projects 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 who currently attend the schools below. Join us to experiment, build, design, and imagine the fun in a fun and supportive environment!

- Classes run for 3 weeks after regular school hours. **Holidays and canceled classes will be made up at the end of the session.**
- The cost is \$45 per class, all materials and supplies included.
- The program is available to the specific students in the schools where the classes are offered.
- Minimum 5, maximum 12 students per class.
- Parents are required to sign their children out at the main door after class. Children attending the YMCA daycare program will be escorted to the appropriate area of the school after art classes. The school will put in place any safety protocols deemed necessary to be followed by teachers and children.

7750. HIGHLAND SCHOOL: STEAM Enrichment

(Grades K – 2)

Instructor: CT STEM Academy

.200: Thursdays, March 19th - April 2nd

.212: Thursdays, May 7th – May 28th (no class 5/14)

Time: 7:50am - 8:50am

Fee: \$45

7750. COOK HILL: STEAM Enrichment

(Grades K – 2)

.207 Wednesdays, March 25th - April 8th – 3:50pm to 4:50pm

.217 Wednesdays, May 6th – May 20th – 7:50am to 8:50am

Instructor: CT STEM Academy

Fee: \$45

7750.205 E.C. STEVENS: STEAM Enrichment

(Grades K – 2)

Instructor: CT STEM Academy

Dates: Wednesdays, May 6th – 20th

Time: 3:50 - 4:50pm

Fee: \$45

7750.201 MOSES Y. BEACH: STEAM Enrichment

(Grades K – 2)

Instructor: CT STEM Academy

Dates: Mondays, March 30th – April 20th (no class 4/13)

Time: 3:50 - 4:50pm

Fee: \$45

7750.203 PARKER FARMS: STEAM Enrichment

(Grades 3 – 5)

Instructor: CT STEM Academy

Dates: Tuesdays, April 20th – May 5th

Time: 3:40 - 4:45pm **21st**

Fee: \$45

7750.202 ROCK HILL: STEAM Enrichment

(Grades 3 – 5)

Instructor: CT STEM Academy

Dates: Wednesdays, May 6th – May 20th

Time: 3:40 - 4:45pm

Fee: \$45

7750.204 MARY FRITZ SCHOOL: STEAM Enrichment

(Grades 3 – 5)

Instructor: CT STEM Academy

Dates: Thursdays, April 30th – May 21st (no class 5/14)

Time: 3:40 - 4:45pm

Fee: \$45

7750.206 POND HILL: STEAM Enrichment

(Grades 3 – 5)

Instructor: CT STEM Academy

Dates: ~~Wednesday~~^{20th}, May 5th – May 19th **Tuesdays**

Time: 3:40 - 4:45pm

Fee: \$45



FAMILY MOVIE NIGHT @ WALLINGFORD PARKS & RECREATION

This event will be held at Wallingford Parks and Recreation Department Gym on Thursday, April 2nd. Join us for a fun family friendly movie night, photos with the Easter bunny and light refreshments.



COMMUNITY GARDEN PLOTS

We will be accepting registration for returning Community Garden Plot members on March 9th and new gardeners will be allowed to register on April 6th. Returning gardeners will be allowed to keep their existing plots. If you choose not to keep your plot Gary Copas garden supervisor will assign you a plot. Any new members will be assigned a plot from Gary. Plot sizes are as follows: Raised garden bed approximately 3x12, \$15, Small plot approximately 15x15, \$25, Medium plot approximately 15x30, \$35 and Large plot approximately 30x30, \$45. Any fences that are erected on the garden plots must receive prior approval from Gary Copas.



GARDEN MARKET

The garden market will run May 9th – November 14th. The market will once again be held at Doolittle Park on Saturday mornings from 10:00am-1:00pm and vendors will be assigned on an as needed basis per the Garden Market Supervisor. For more information follow the market on Facebook, Wallingford Garden Market, or email us at parksrec@wallingfordct.gov. Interested vendors can reach out to Jon Scagnelli at wallingfordgardenmarket@gmail.com.

**WE ARE
HIRING SUMMER CAMP STAFF
JOIN OUR TEAM**

**SEND RESUME AND COVER LETTER TO
PARKSREC@WALLINGFORDCT.GOV TO APPLY**

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

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

**WALLINGFORD LAND TRUST**

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

TYLER MILL PRESERVE

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

THE NEW ENGLAND TRAIL

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

FRESH MEADOWS

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

USE OF DAVID DOHERTY FACILITY:

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

USE OF PARK PAVILIONS:

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

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

1. **BERTINI PARK** - Located on West Dayton Hill Road. Includes a low ropes course and a nature trail for hiking. 68.55 acres
2. **CARINI FIELD** - Located on Woodhouse Avenue. This field includes a large soccer field with two smaller fields crossing them. 5.09 acres
3. **COMMUNITY LAKE PARK** - Located on the West Shore of Community Lake off Hall Avenue. The park offers a pavilion for picnics with restrooms, electricity, two tennis courts with lights, one sand volleyball court, a baseball field and basketball court and playground equipment. 11.6 acres
4. **COOK HILL SCHOOL** - Located on School House Road.
5. **COYLE FIELD** - Located on Woodhouse Avenue, includes a large soccer field with two smaller fields crossing them. 8.33 acres
6. **DAG HAMMARSKJOLD MIDDLE SCHOOL** - Located on Pond Hill Road, includes a hardball field and a softball field.
7. **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
9. **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-de-sac 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. **LUFFERY 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
20. **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. **QUINNIPAC 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: WallingfordYalesvilleLL@gmail.com

Website: www.yalesvillelittleleague.com



Wallingford Flag Football

President: Dom Colavito

Email: dominic.colavito@gmail.com

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



Girls Little League Softball of Wallingford Fast Pitch

President: Danielle Yagovane

Email: wallingfordLLS@gmail.com

Website: www.gllsow.org



Wallingford Cardinals Travel Baseball/Softball

President: Chris Bishop

Email: wallingfordcardinalssports@gmail.com

Website: www.wallingfordcardinals.com



Wallingford Youth Lacrosse

President: Dan Bush

Email: President@wallingfordlacrosse.com

Website: www.wallingfordlacrosse.com



Wallingford Vikings Football

President: Sean Reynolds

Email: Wallingford.vikings@yahoo.com

Website: www.wallingfordvikings.sportngin.com



Wallingford Girls Softball League Slow Pitch

President: Scott Smith

Email: WGSLPresident@gmail.com

Website: www.wgsl.org



Wallingford Soccer Club

President: Dave Rodriguez

Email: wallingfordsoccer@gmail.com

Website: www.wallingfordsoccer.net



Wallingford Hawks Hockey

President: Blair Kavanagh

Email: president@whawks.com

Website: www.whawks.com

Activity Registration Form

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

Household Account Last Name: _____

Participant First Name: _____ Last Name: _____

Male / Female: _____ Date of Birth: (mm / dd / yyyy) _____ Grade as of Sept. 2023 _____

Address: _____
No. & Street _____ Town _____ Zip _____

Phone: _____ Email: _____

Does Participant require EPI Pen Y/N _____ if yes, what is the allergy _____, has Asthma Y/N _____,

or other Health Issues Y/N _____ Shirt Size (if applicable) _____ Youth S-M-L / Adult S-M-L-XL

Emergency Contact/Number other than Parent? _____ Phone: _____

Any Special Needs or Concerns: _____

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

Course #	Course / Program Title	Day & Time	Fee

PAYMENT METHOD IN PERSON:
CASH - please have **EXACT AMOUNT**
CHECK - Make checks payable to
“Treasurer Town of Wallingford”
PAYMENT METHOD ONLINE: Credit Card ONLY

Fees: _____
Credit: _____
Total Amount: _____

REGISTER ONE OF THESE WAYS:

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

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

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

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

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



Never Forget
A Memorial in Second Life

9/11 Memorial Museum & Memorial Brookfield Place

Saturday, April 18, 2026

Lunch on your own at **Brookfield Place**, an upscale food court in the heart of Lower Manhattan.

The 9/11 Museum: The National 9/11 Memorial & Museum is the country's principal institution concerned with exploring the implications of the events of 9/11, documenting the impact of those events and exploring 9/11's continuing significance. Multimedia displays, artifacts and narratives commemorate the lives of the victims of both the 2001 & 1993 attacks.



The Memorial: The Memorial's twin reflecting pools sit within the footprints where the Twin Towers once stood. The names of every person who died in the terrorist attacks are inscribed in bronze around the pools.



COST: \$133.pp \$123pp Child (6-12)

Depart: 7:30am Wallingford Parks & Recreation, 6 Fairfield Blvd.

Estimated Return: 7:00pm Wallingford

Trip Questions: 203-294-2120



There will be a moderate amount of walking on this trip.



FRIENDSHIP TOURS
THE SHIP SHOP
705 Bloomfield Ave, Bloomfield, CT 06002
860-243-1630 • 800-243-1630
www.friendshiptours.net

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

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

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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

Parks & Recreation Commission:

Don Crouch, Chairman
Steve Rossacci, Vice Chair
Lars Edeen
Lori Cooke-Marra
Dave Anderson

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 Maintainers:
Tom Van Horn and Rene Laliberte
Early Childhood: Amy Carpenter
Crafts: Kim Larkin
STEM: Chris Stone

FRONT OFFICE STAFF:

Daytime:
Laura Allen
Sharon Bates
Paula Knecht
Jackie Taglianetti

Nights/Weekends:

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

The Commission is a five member advisory board responsible for overseeing the operation of the Parks & Recreation Dept. The Commission meets at the Recreation Department on Wednesdays at 5:30pm. The 2026 regular meeting schedule is below.

February 11, 2026	September 9, 2026
May 13, 2026	December 9, 2026