

Wallingford | Fall 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**

Wallingford Parks & Recreation Presents:



Catskill Mountain Railroad

Kingston, NY

Sunday, October 11, 2026

Step Back in Time on the Rails of the Catskills

Climb aboard a vintage train with the **Catskill Mountain Railroad** departing from Kingston, NY for a 90 minute scenic ride across the Hurley Flats and into the Catskill Mountain gateway. Enjoy the sights and sounds of classic railroading as your train climbs the grade up Hurley Mountain, following the same rail route travelers have used since the 1860s. See the natural beauty of the Catskills. Passengers can enjoy the trip in a vintage coach or an open-air flat car.



Enjoy a bountiful brunch at **The Cornell Restaurant** on the Kingston waterfront. Located in the heart of downtown Kingston on the historic Rondout, The Cornell offers a dining experience that honors the rich maritime heritage of the Hudson River Valley. Sample Menu: Eggs Benedict, Omelet Station, French Toast, Home Fries, Muffins, Fried

Chicken, Paella, Carving Station, Vegetables, Fresh Fruit and more.



COST: \$165.00 based on 35-50

Depart: 9:30am Wallingford Parks & Recreation, 6 Fairfield Ave
Est. Return: 7:30pm Wallingford

Trip Questions: 203-294-2120



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.

Welcome to your

FALL 2026

Guide to Recreation & Fun!

DAVID DOHERTY FACILITY HOURS

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

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

CLOSED:

September 7th Labor Day

October 12th Columbus Day
(open at 5pm)

November 3rd Election Day

November 11th Veterans Day
(open at 5pm)

November 26th-27th Thanksgiving

Address: 6 Fairfield Blvd.
Wallingford, CT 06492

Phone: (203) 294-2120

Fax: (203) 294-2127

Email Address:

Main: parksrec@wallingfordct.gov

Kenny: kmichaels@wallingfordct.gov

Shawn: skeogh@wallingfordct.gov

Loriann: louellette@wallingfordct.gov

Max: mrobbins@wallingfordct.gov

Bob: bkilpatrick@wallingfordct.gov

Parks And Recreation Web Site:

www.wallingfordct.myrec.com

Town Website:

www.wallingfordct.gov

Members of:

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

Produced and Edited By:

The Wallingford Parks & Recreation Dept

Design, Layout, Printing:

Publications Plus, Inc. • www.pubplus.net

The Guide to Recreation & 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

What's Up Wallingford?

As summer winds down, it's hard to believe how quickly the season has flown by! It has been another fantastic and busy summer here at Wallingford Parks & Recreation, and we're excited to share some of the great things happening in our community.

One of our biggest current projects is the Community Pool, and we're happy to report that construction is making great progress and remains on schedule for a Spring 2027 opening! Concrete has been poured in the pool area, and both locker rooms are up and roofed. We're excited to watch this project take shape and look forward to welcoming everyone to this amazing new community facility next spring.

We're also proud to announce the completion of our new outdoor fitness court at Community Lake. This partnership between Wallingford Parks & Recreation and the Wallingford Health Department was made possible through funding received from the opioid settlement grant, and provides another great opportunity for residents to stay active and enjoy the outdoors right here in Wallingford.

Our summer camp season was another tremendous success! We welcomed more than 130 teens to our Summer Sizzlers travel camp, had 671 registrations across our three playground camp locations, and saw 127 toddler registrations in our preschool camps. A huge thank you goes out to all of our campers, families, counselors, instructors, and staff who helped make the summer so memorable. We couldn't do it without you!

And just because summer is coming to an end doesn't mean the fun has to stop! Fall registration is here and we have plenty of old favorites and exciting new offerings to keep the whole family active and engaged. Be sure to check out favorites like Weber Gannon Youth Basketball and Ski Bums, along with many new programs we think you'll love.

We're also excited to offer a special bus trip to MetLife Stadium to watch the New York Jets take on the New England Patriots. Whether you're a football fan or just looking for a fun day out, this is one you won't want to miss!

Thank you for continuing to make Wallingford Parks & Recreation such an important part of our community. We're proud of everything we've accomplished together and can't wait to see what's next.

See you around Wallingford!

Sincerely,

Kenny Michaels

Director of Parks and Recreation



TABLE OF CONTENTS

Keep In Mind	2	Youth Sports & Adult Leagues.....	11
P.L.A.Y.	3	Youth League Information	12
Adaptive Programing	3	STEM	13-16
Bus Trips	4	Health and Fitness Classes.....	17-22
L.E.A.P.....	5-6	A.R.T.S	23-25
Early Childhood.....	6-7	Special Events	26
Youth Sports & Leagues	8-9	Parks & Facilities.....	27
Gymnastics	10	Trail Systems & Open Space	28

KEEP IN MIND...

REFUND POLICY

Because our programs are self-supporting and commitments must be made in advance to instructors, staff, and suppliers, the following refund policy applies to all Parks and Recreation programs and activities.

PROGRAM REFUNDS

- No refunds will be issued after the completion of the second class.
- A written refund request must be submitted to parksrec@wallingfordct.gov before the start of the second class to be eligible for a refund or account credit.
- For one-day programs or activities, a written refund request must be received at least five (5) days prior to the program date to be eligible for a refund or credit.
- If a participant is unable to continue due to illness or injury, a full or prorated refund for the remaining classes may be granted upon receipt of a doctor's note.
- If a participant is removed from a program due to disciplinary reasons or insubordination, no refund will be issued.

PROGRAMS OPERATED BY THIRD-PARTY VENDORS

For programs or activities conducted by a third-party vendor or contractor, no refunds will be issued within five (5) business days of the program start date.

PROGRAMS WITH SPECIAL REFUND POLICIES

Certain programs may have specific refund deadlines and requirements that supersede this policy, including but not limited to:

- Bus Trips
- Youth and Adult Leagues
- Summer Camps
- Lil Rec'ers Preschool

Please refer to the individual program information for applicable refund details.

FACILITY AND FIELD RESERVATIONS

- Cancellations made 15 or more days prior to the reservation date will receive a full refund.
- Cancellations made 8–14 days prior to the reservation date will receive a 50% refund.
- Cancellations made within 7 days of the reservation date are not eligible for a refund.

PROGRAM CANCELLATIONS

If the Parks and Recreation Department cancels a program, activity, or reservation, participants will receive a full refund or account credit.

- **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.

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

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

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

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

• **CLASS CANCELLATIONS:** When schools have delayed opening in the A.M. classes till noon are cancelled. When the schools are closed, Rec Dept. classes will not meet for the school day from 8a.m. to 4p.m. Evening programs are still on unless otherwise indicated. Evening class cancellations will be made at 4 p.m. Cancellations will be emailed and texted out to our database and posted on our website. You must be opted in to receive cancellation notifications from our email and text blast system. You can call our office during business hours to opt in or go online to www.wallingfordct.myrec.com and change your account settings.

• A.D.A. STATEMENT / INCLUSION POLICY:

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

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

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

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

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

FRIDAY NIGHT SOCIALS 2026-2027

The dance series you know and love is returning—with a brand new name! Welcome to Friday Night Socials (formerly Hip House), bringing you the same fun, music, and excitement as always. The Parks & Recreation Department is thrilled to welcome back all returning 7th and 8th graders, and we're especially excited to invite our new 6th graders to join in on the fun this year. To attend the dances, all students must purchase a Dance Pass, which includes a required photo ID and provides entry to all six dances throughout the season.

If your child is new to the program, the child must be present at registration so their photo can be taken for the ID. Returning participants who already have a 2025–2026 pass can simply bring it in to receive a new sticker—your child does not need to be present for this. **Please note that all returning participants must still register for the 2026–2027 season and pay the registration fee.**

Dance passes will go on sale on July 27th for \$40. Beginning August 24th, the price will increase to \$50, so we encourage families to take advantage of the discounted rate. Passes will not be sold in schools or on the day of the dance, and students will not be permitted to enter without a valid 2026–2027 Dance Pass. All dances will take place from 7:00–9:00 PM. Additionally, due to issues in the past, outside food and drinks will not be allowed.

2026-2027 FRIDAY NIGHT SOCIAL SCHEDULE

Back to School Bash – September 18th

Halloween Havoc – October 16th

Fall Into The Beat – November 13th

Jingle Ball – December 11th

March Madness – April 2nd

Spring Fest – May 7th

4225. SKI BUMS AT MOUNT SOUTHTON, GRADES 4-10

Whether you're a skier or a boarder, this is five nights of fun on the slopes that you do not want to miss. **Registration for all Ski Bum programs will begin on Tuesday, October 13th and will end Wednesday November 18th** at the recreation department. Program will have limited availability so please register early. Any parent that is interested in becoming a chaperone should contact Shawn at the recreation department. Chaperones will have the opportunity to ski/snowboard at no cost. Please note that registration will only be held for six weeks during the dates provided above. *Program will occur on Wednesday nights 4:15pm-8:00pm from January 6th – January 27th.* To register you must first sign up for bus transportation on our website at www.wallingfordct.myrec.com. Once registered, you will receive the link to register for your ski/snowboard package on Mt. Southington's website. You will not be able to register or take the bus without first paying the bus fee.

Fees: (Same for Ski or Snowboard):

Bus Fee: \$75

Lift Ticket Only: \$215

Lift Ticket & Lessons: \$300

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

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

Media Card (if needed): \$5

Adaptive Programs for Youth

HELP US GROW OUR ADAPTIVE & INCLUSIVE PROGRAMMING!

Wallingford Parks & Recreation is committed to expanding our adaptive and inclusive recreation opportunities for individuals of all abilities. We are looking to partner with instructors, organizations, therapists, educators, and community members who have ideas for adaptive or inclusive programs or are interested in leading a new class. Whether you have an established program or a new idea you'd like to bring to our community, we'd love to hear from you! If you're interested in helping us create more inclusive recreational opportunities, please contact Max at the Wallingford Parks & Recreation Department (mrobbins@wallingfordct.gov). Together, we can continue to build programs that are welcoming, engaging, and accessible for everyone.

0118.403 ADAPTIVE KARATE (AGES 7+)

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

Instructor: Lyne Landry and The Institute of Martial Arts Staff

Time: 6:05 - 6:35pm

Date: Wednesdays September 30th - November 18th for 8 weeks

Location: Room 14

Fee: \$55

We want YOU!

HELP US GROW MORE ADAPTIVE & INCLUSIVE PROGRAMS IN WALLINGFORD!

- Make a Meaningful Impact
- Share Your Passion & Skills
- Support an Inclusive Community
- Inspire Every Day

We're looking for passionate instructors, facilitators, and community partners to help lead engaging, adaptive and inclusive programs for *all abilities*.

WALLINGFORD PARKS & RECREATION

If interested, please reach out to **Max Robbins** at mrobbins@wallingfordct.gov

TRAVELING F.Y.I.'s

This year we hope you will find many new opportunities to travel this fall. 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 2026-2027 trip year. Reminder, trip itineraries are subject to change and the Parks and Recreation Department will do its best to notify travelers ahead of time. We look to continue the trend this year. We hope you find this line up enjoyable and we look forward to seeing you board the bus! All trips are subject to change in price and itinerary. Day tour cancellation policy applies to all Wallingford Park & Recreation day tours operated by Friendship Tours Inc. Any passenger that cancels a reservation 7 days or less prior to departure will not be eligible for a refund. We will examine cancellations on a case by case basis to determine any exceptions to this rule. Please note the Recreation Dept. will make every effort to send a representative from the office to see off the trip to and from our destination and to hear any complaints, concerns and or recommendations. It should be understood that this person is not a tour guide. Please retain the same seats throughout the trip. A tip for the coach driver is included in the trip fee. Please contribute only if you wish since the gratuity is included in the trip fees. Trips are rain or shine, unless the tour company cancels. Many trips involve walking tours; either with a tour guide or on your own. Children must be accompanied by an adult unless otherwise specified. No lap sitters on the coach bus. Complete trip itineraries will be distributed on the morning of the trip. Travel insurance is recommended for overnight trips and is offered through Friendship Tours. Forms are available at the Recreation Dept. front office. We would like to thank all of our travelers for choosing Wallingford Parks and Recreation for their travel needs during the 2026-2027 season!!

1002.400 CATSKILL MOUNTAIN RAILROAD**Date:** Sunday, October 11th

Step back in time with a scenic adventure aboard the historic Catskill Mountain Railroad! Enjoy a relaxing 90-minute vintage train ride through the beautiful Catskill Mountains before indulging in a delicious brunch at The Cornell Restaurant on Kingston's picturesque waterfront. This memorable day trip combines breathtaking scenery, rich railroad history, and exceptional dining for a perfect fall getaway.

Bus Departs: Rec Department at ~~8:45am~~ **9:30am****Returns:** ~~5:30pm~~ **7:30pm****Fee:** ~~\$160~~ **\$165****1002.401 NY BOTANICAL GARDENS TRAIN SHOW****Date:** Saturday, November 14th

Experience the magic of the holiday season at the New York Botanical Garden's beloved Holiday Train Show! Marvel at model trains and trolleys as they travel through a dazzling display of more than 140 New York landmarks, each crafted from natural materials such as pine cones, cinnamon sticks, and bark. Enjoy time to explore the Garden, grab lunch at the café, browse the gift shop, and then visit the famous Arthur Avenue Italian Market for shopping, bakeries, and authentic Bronx charm before heading home.

Bus Departs: Rec Department at ~~8:45am~~ **8:00am****Returns:** ~~7:00pm~~ **6:30pm****Fee:** ~~\$130~~ **\$135****1002.402 REGAL THEATRE & CHATEAU LUNCH****Date:** Saturday, December 5th

Celebrate the magic of the holiday season with Reagle Music Theatre's spectacular CHRISTMASTIME! This beloved annual production features over 100 performers, a live orchestra, dazzling dancers, a living nativity, and more than 20 festive holiday favorites. Before the show, enjoy a delicious lunch at The Chateau Restaurant, making this a memorable day filled with holiday cheer and timeless traditions.

Bus Departs: Rec Department at ~~12:30pm~~ **9:30am****Returns:** ~~6:00pm~~ **6:30pm****Fee:** ~~\$130~~ **\$203****1002.403 NEW YORK JETS VS NEW ENGLAND PATRIOTS****Date:** Sunday, December 27th

Experience the excitement of one of the NFL's greatest rivalries as the New York Jets take on the New England Patriots at MetLife Stadium! Sit back, relax, and leave the driving to us while you enjoy an unforgettable day of NFL action and the electric atmosphere of one of football's premier stadiums. The cost of the trip includes round-trip motorcoach transportation and your game ticket, making it an easy and stress-free way to enjoy the game.

Time: 9:00am departure. Approximate return of 6:45pm**Fee:** \$150 per person**Location:** MetLife Stadium

2010.400 PUPPY KINDERGARTEN

For pups under 6 months old when class starts. This class teaches handlers training theory and basic obedience using positive motivation and reinforcement methods. Class teaches walking on loose leash; sit/down/stand; stays; come when called and more. Also, puppy problem solving (nipping/biting, jumping, housebreaking, barking, etc). Copy of pup's Rabies Certificate is NOT required. Attendance at first class is mandatory. Do NOT bring pups to first class. Limit of 8 puppies.

Instructor: Joan Hamel

When: Mondays, October 5th – November 16th
for 6 weeks (no class 11/2)

Time: 6:30pm - 7:15pm

Location: Gym 2 **Fee:** \$60

2015. CANINE COMMUNICATION, DOG OBEDIENCE FOR BEGINNERS

For dogs over 6 months old. This class is for beginner handlers to help them understand how to improve their communication with their dogs. Training theory and basic obedience using positive motivation and reinforcement methods will be taught. Learn to teach your dog to walk on a loose leash; sit, down and stand; stays; come when called and more. Also includes problem solving (barking, jumping, pulling, stealing, etc.) Copy of dog's Rabies Certificate is required before dog can participate. Attendance at first class is mandatory. Do NOT bring dogs to first class. Limit of 12 dogs.

Instructor: Joan Hamel

.401 Mondays October 5th – November 16th
(no class 11/2)

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

Location: Gym 2 **Fee:** \$60

2052. REAL ESTATE HOME BUYER SEMINAR

Thinking about buying a home? Join local real estate associate broker Wesley Krombel for a free, no-pressure seminar covering the home buying process, financing options, common mistakes to avoid, and tips for navigating today's market with confidence. Perfect for both first-time buyers or experienced home buyers.

Instructor: Wes Krombel

.400 Tuesday, September 29th 6:00 – 7:30pm

.401 Wednesday November 4th 6:00 – 7:30pm

Location: Room 1 **Fee:** FREE

7201. COOKIE DECORATING CLASS

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

Instructors: The Tasty Sprinkle

.400 Tuesday, October 13th

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

.401 Monday, November 10th

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

.402 Tuesday, December 8th

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

Please note that registration closes the Friday before each class.

Location: Room 7 **Fee:** \$30

2050. LET'S TALK MEDICARE...

DON'T GO THROUGH IT ALONE

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

Instructor: Michael Bush Jr. & Jeff Comen, Insurance With T, LLC

.401 Tuesday, October 6th (Jeff Comen)

10:00am - 11:00am

.402 Wednesday, October 21st (Michael Bush Jr.)

10:00am - 11:00am

.411 Thursday, November 5th (Jeff Comen)

10:00am - 11:00am

.403 Wednesday, November 18th (Michael Bush Jr.)

10:00am - 11:00am

.404 Tuesday, December 1st (Jeff Comen)

10:00am - 11:00am

Location: Room 3

Fee: FREE

2050. ANNUAL NOTICE OF CHANGE (ANOC) MEETINGS

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

Instructor: Tif Bush, Insurance With T, LLC

.406 Thursday, October 22nd – For existing AETNA

Medicare Members

Time: 11:00am – 1:00pm

Location: Room 1

Fee: Free



2050. JOIN US FOR A NEW TOPIC:

WHAT MEDICARE OPTIONS ARE AVAILABLE TO YOU IN CONNECTICUT IN 2027

Come and learn the types of plans that will be available specifically in Connecticut. Due to Medicare regulations, we cannot give specific carrier information at this event. If you would like a more personalized analysis, please contact us at (203) 678-4111 to schedule a time to discuss your needs.

Instructor: Tiff Bush, Insurance With T, LLC

.410 Friday, October 16th

10:00 – 11:00am

.411 Monday, October 26th

10:00 – 11:00am

Location: Room 1

Fee: Free

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

.400: Sunday, October 18th 12:00pm – 2:00pm

.401: Sunday, December 13th 12:00pm – 2:00pm

Location: Room 7 **Fee:** \$25 per participant

3329.400 FIT BY NATURE AGES 5 – 12 (MOVE TO LEAP)

Fit by Nature is a one of a kind program run by Wallingford native Mary Cole. An experienced Connecticut state and nature based certified educator with over 20 years experience with children, Mary incorporates what she knows kids love! Specific nature-based games, nature lessons, fitness activities, nature art, nature science experiments and more are included in this 6-week program. Fit by Nature is a multi-sensory, holistic experience where kids feel free! The great outdoors provides countless learning experiences!

Instructor: Mary Cole, Owner Fit By Nature

Time: 4:15pm – 5:30pm

Dates: Tuesdays, September 29th – November 3rd

Location: Marcus Cooke Park **Fee:** \$135

ICE SKATING

2026 Ice Skating Tags will go on sale Monday, November 16, 2026 starting at 9:00 am. For residents only at the parks & recreation department. Non-residents can begin registering on Monday, November 23rd. Tags may be purchased at a cost of \$20 per person, which will allow you to skate the entire time we rent the ice. This year we are offering open skate from 11:00 - 1:30 pm, unless noted per Choates Ice Hockey Schedule. The rink is located on the Choate Campus, 35 N. Elm Street, Wallingford. *Please note skaters must provide their own ice skates. Choate does not rent skates.* You must fill out the provided Choate waiver upon registering and give it to the recreation department. Registration must be done in person.

Dates: January 10, 17, 24, 31. February 7, 14, 21, 28

7204. BEGINNER CAKE DECORATING

Join Sheryl, owner of the home bakery "Frosted", for a fun, hands-on introduction to cake decorating – perfect for beginners! Learn how to fill and frost a mini cake, create a smooth buttercream finish, and practice simple piping techniques like borders and rosettes. Each participant will decorate their own mini cake to take home. All supplies are included – bring a friend and your creativity! No experience needed!

Instructor: Sheryl (Frosted Bakery)

.400 Thursday, September 10th 6:00 - 8:00pm

.401 Saturday, September 19th 11:00am - 1:00pm

.402 Saturday, October 24th 11:00am - 1:00pm (Halloween Theme)

.403 Tuesday, October 27th 6:00 - 8:00pm (Halloween Theme)

.404 Saturday, November 14th 11:00am - 1:00pm (Fall Theme)

.405 Thursday, November 19th 6:00 - 8:00pm (Fall Theme)

.406 Thursday, December 3rd 6:00 - 8:00pm (Holiday Theme)

.407 Thursday, December 17th 6:00 - 8:00pm (Holiday Theme)

**Note that registration closes one week before each class date*

Location: Room 7 **Fee:** \$40

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

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

Instructor: Britt Soden

Date: Saturday, Oct. 17th

Time: 12:00pm - 2:00pm

Location: Room 14 **Fee:** \$25

**6500.400 GUIDED KAYAKING ECOTOUR:
LEAF PEEPING IN A FORESTED RIVER**

Come enjoy a relaxed, guided kayaking trip designed for beginners and nature lovers alike. We'll paddle the Mattabesset River at an easy pace, taking in the brilliant colors of fall reflected in the water. Along the way, you'll see the fiery reds of silky dogwood, winterberry, Virginia creeper, red, silver, and sugar maples; golden yellows from catalpas, shagbark hickories, and sycamore trees glowing against the oranges of buttonbush and wild grape. This peaceful paddle is the perfect way to celebrate the season and connect with nature from the water's edge.

Instructor: Jannet Cunningham

Date: Sunday, October 18th

Time: 2:00 – 4:30pm

Location: Mattabesset River - Cromwell, CT

(Dunkin' Parking Lot, 24 Shunpike Rd) **Fee:** \$85

Early Childhood

**3075. MIGHTY MINDS IN MOTION AGES 3-4**

This early childhood program combines thematic adventures with socialization, physical play, and mindfulness. Using everyday household items and big imaginations young learners build early academic skills through literacy and dynamic play. Every session balances gross motor activity, cognitive stimulation, and mindful cool-downs to foster confidence, cooperation, and self-regulation. It offers an engaging space where kids connect with peers and leave physically active, mentally engaged, and completely calm. "With mighty minds and bodies strong, we read, we learned and moved along. Mighty Minds in Motion!"

Instructor: Dr. Lauren Chicowski (EdD)

.400 Saturdays, October 3rd – November 7th 10:00-10:45am

.401 Saturdays, October 3rd – November 7th 11:00-11:45am

Location: Room 14 **Fee:** \$35



LIL REC'ERS EARLY CHILDHOOD LEARNING CENTER



Lil Rec'ers pre-school offers a half day program for 3-5 year old children M,W,F / T, Th and/or Mon-Fri.
Our hours of operation are from 8:45 - 11:30am. Now offering Extended Day options all 5 days!
Session 1 begins Monday September 14th.
Registration for the next session typically begins about half-way through the current one.

Sessions

Session 1: September 14th – November 13th
(no class 10/12, 11/3, 11/11)

Session 2: November 16th – January 22nd
(no class 11/26, 11/27, 12/24-1/1, 1/18)

Session 3 (2027): February 1st – April 2nd (no class 2/12, 2/15, 3/26)

Session 4 (2027): April 5th – June 11th (no class 4/12 - 4/16)

2027 holidays TBD based on Town and BOE calendar.

Fees per session for Lil Rec'ers 2026 - 2027

Monday – Friday AM (5 Day) -

\$705 per session

Monday, Wednesday, Friday AM (3 Day) -

\$420 per session

Tuesday / Thursday AM (2 Day) -

\$330 per session

Fees for Extended Day Ages 3-5

Monday – Friday (5 Day) -

\$580 per session

Monday, Wednesday, Friday (3 Day) -

\$305 per session

Tuesday / Thursday (2 Day) -

\$240 per session

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

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 class meets on Tuesdays and Thursdays.

Instructor: Miss Coleen

Session 2: November 24th – January 28th
(No class 11/26, 12/24)

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

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

Session 3: February 9th – April 22nd
(No class 4/13, 4/15)

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

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

Fee: \$100 per session



8000. RECREATION PROS LITTLE CHAMPIONS

Join Recreation Pros Little Champions, an exciting multi-sport program designed just for toddlers! Young athletes will be introduced to a variety of sports and movement activities in a fun, supportive environment led by experienced and enthusiastic coaches. Through age-appropriate games and skill-building activities, children will develop coordination, confidence, teamwork, and fundamental motor skills. It's the perfect way for little ones to stay active, make new friends, and discover a love for sports!

Instructor: Rec Pro Staff

Date: Tuesdays, September 29th – November 10th
(No class 11/3)

.400 4:00 – 4:45pm, Ages 2-3

.401 5:00 – 5:45pm, Ages 4-5

Location: Gym 1

Fee: \$70

KARATE

4051. LITTLE NINJAS, AGES 3-4

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

Instructor: The Institute of Martial Arts Staff

.401 Mondays: September 28th – December 14th
5:30pm – 6:00pm for 12 weeks

.402 Saturdays: October 3rd – December 19th
9:00am – 9:30am for 12 weeks

Location: Room 14 Mondays/Room 15 Saturdays

Fee: \$75

4053. KARATE FOR BEGINNERS, AGES 7-ADULT

A traditional karate program for ages 7-adult, the style of Karate we study is Tang Soo Do, a Korean based martial art. In addition to learning techniques, board breaking, forms and exercise patterns, the class focuses on self-esteem, character building, respect for self and others, and proper approaches to competition. Parents are encouraged to begin training at the same time as their children's class regardless of rank. Great fun family activity!

Instructor: The Institute of Martial Arts Staff

.400 Wednesdays: September 30th – December 16th
5:30pm – 6:30pm for 12 weeks

.401 Saturdays: October 3rd – December 19th
10:15am – 11:30am for 12 weeks

Location: Room 15

Fee: \$90



SOCCER

4030. TINY TYKES SOCCER, AGES 2-5YRS

Tiny Tykes 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.

Instructors: Tiny Tykes Staff

Dates: Saturday September 19th – October 31st
for 6 weeks (no class 10/10)

.400 Ages 2-3 Saturdays 8:00am – 8:45am

.401 Ages 2-3 Saturdays 9:00am – 9:45am

.402 Ages 2-3 Saturdays 10:00am – 10:45am

.403 Ages 4-5 Saturdays 11:00am – 11:45am

Location: Gym 1 & 2

Fee: \$100 (includes the uniform)

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

.400 Mondays: September 28th – December 14th
6:05pm – 6:50pm for 12 weeks

.401 Saturdays: October 3rd – December 19th
9:30am – 10:15am for 13 weeks

Location: Room 15

Fee: \$90



BASKETBALL

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

.401 Ages 5-6yrs
Wednesdays October 7th – November 11th
5:45 - 6:45pm for 6 weeks

.402 Ages 7-9yrs
Wednesdays October 7th – November 11th
6:45 - 7:45pm for 6 weeks

Location: Gym 2

Fee: \$65

FENCING

4150.400 BEGINNER FENCING, AGES 8-ADULT

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

Instructor: Cooper Johnson, Head Coach/Owner of Iconic Fencing Club

Time: 4:30pm – 5:30pm

Date: Wednesdays, September 30th – December 16th
(no class 11/25)

Location: Room 15

Fee: \$80

4060.420 SKYHAWKS SPORTS & GYM GAMES, AGES 5-7

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

Instructor: Skyhawks Staff

Dates: Mondays September 28th – November 9th
(no class 10/12)

Time: 5:30pm – 6:30pm

Location: Gym 1

Fee: \$105

HOOPSTER TOTS

Discover the joy of basketball with HoopsterTots! This fun program focuses on dribbling, shooting, passing, and teamwork using adjustable hoops for age-appropriate challenges. Join HoopsterTots to shoot and score foundational skills! Parent participation is required with children 3.5 years and younger.

Instructor: Skyhawks Staff

When: Mondays September 28th – November 9th
4:30pm – 5:15pm. (no class 10/12)

Location: Gym 1

Fee: \$105

TENNIS**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! 11/1 is scheduled for any rain makeup.

Instructor: USTA Staff

Date: Sundays, September 6th-October 25th
(no class 9/27 & 10/4)

.400 9:00-10:00AM, Grades 1 & 2

.401 10:00-11:00AM, Grades 3 – 5

.402 11:00-12:00PM, Grades 6 – 8

Location: Doolittle Park Tennis Courts **Fee:** \$75

GOLF**4055.400 JUNIOR GOLF LESSONS**

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

PICKLEBALL**8500. BEGINNER PICKLEBALL LESSONS**

Ready to try the fastest-growing sport in America? Our Beginner Pickleball Lessons are the perfect introduction to this fun, social, and easy-to-learn game! Whether you're brand new to sports or just new to pickleball, this class is designed to help you build confidence on the court.

What You'll Learn:

- Basic rules and scoring
- Proper grip, stance, and paddle techniques
- Fundamental shots: dinks, volleys, serves, and returns
- Court positioning and movement
- Etiquette and safety on the court

What to Expect:

- Small group instruction for personalized feedback
- Friendly, encouraging environment
- Fun drills and light gameplay to practice skills
- No equipment needed—we'll provide paddles and balls!

Instructor: Jen Nuzzo

Time: Late Morning - Tuesdays and Thursdays: 11:00-12:15pm

.400 Sept 22 & 24

.401 Sept 29 & Oct 1

.402 Oct 6 & 8

.403 Oct 13 & 15

.404 Oct 20 & 22

Evenings - Tuesdays and Thursdays: (times vary see below)

.405 Sept 22 & 24 – 5:30 - 6:45pm

.406 Sept 29 & Oct 1 – 5:15 - 6:30pm

.407 Oct 6 & 8 – 5:15 - 6:30pm

.408 Oct 13 & 15 – 5:00 - 6:15pm

.409 Oct 20 & 22 – 4:45 - 6:00pm

Location: Harrison Park Pickleball Courts

Fee: \$110

8501. PICKLEBALL COACHED MATCH PLAY

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

Instructor: Angelo Rossetti

.400: Saturday, September 12th

.401: Saturday, September 26th

.402: Saturday, October 10th

.403: Saturday, October 24th

.404: Saturday, November 7th

.405: Saturday, November 28th

Time: All Sessions are 9:00-10:30am

Location: Harrison Park Pickleball Courts

Fee: \$35

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

Date: September 16th – October 7th

Time: 5:00-6:00pm

Location: Traditions Golf Course **Fee:** \$110

4000. CO-ED RECREATIONAL GYMNASTICS FOR 12 MONTHS – 8 YRS

Come join in the fun of recreational gymnastics under the direction of our gymnastics staff. These classes will provide a fun and exciting experience for participants. All programs start with the basics and move along the skill path at their own pace. All participants will receive a ribbon upon completion of a class session. Classes begin the week of September 28th for 10 weeks. (no class 10/12, 11/3, 11/11, 11/26)

**Do not bring siblings who are not registered to class.*

*Only registered, age appropriate children will be able to participate**

Classes start the week of September 28th and run for 10 weeks.

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.

Instructors: Gymnastics Staff

- .400 Mondays September 28th 9:15am – 10:00am
- .401 Mondays September 28th 10:55am – 11:40am
- .402 Mondays September 28th 5:15pm – 6:00pm
- .403 Tuesdays September 29th 9:15am – 10:00am
- .404 Tuesdays September 29th 10:05am – 10:50am
- .405 Tuesday September 29th 5:15pm – 6:00pm
- .406 Wednesdays September 30th 9:15am – 10:00am
- .407 Wednesdays September 30th 10:05am – 10:50am
- .408 Thursdays October 1st 5:15pm – 6:00pm
- .409 Saturdays October 3rd 9:15am – 10:00am
- .425 Wednesdays September 30th 5:15pm – 6:00pm
- .426 Wednesdays September 30th 6:05pm – 6:50pm

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.

Instructors: Gymnastics Staff

- .410 Mondays September 28th 10:05am – 10:50am
- .411 Mondays September 28th 6:05pm – 6:50pm
- .412 Tuesdays September 29th 10:55am – 11:40am
- .413 Tuesdays September 29th 6:05pm – 6:50pm
- .414 Wednesdays September 30th 10:55am – 11:40am
- .415 Thursdays October 1st 6:05pm – 6:50pm
- .416 Saturdays October 3rd 10:05am – 10:50am
- .417 Saturdays October 3rd 10:55-11:40am

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.

Instructors: Gymnastics Staff

- .420 Mondays September 28th 6:55pm – 7:40pm
- .421 Tuesdays September 29th 6:55pm – 7:40pm
- .427 Wednesdays September 30th 6:55pm – 7:40pm
- .422 Thursdays October 1st 6:55pm – 7:40pm
- .423 Saturdays October 3rd 11:45am – 12:30pm
- .424 Saturdays October 3rd 12:35pm – 1:20pm

Location: Gymnastics Room

Fee: \$85

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 (.400)	9:15 - 10:00 AM Tiny Tumblers (.403)	9:15 - 10:00 AM Tiny Tumblers (.406)		9:15 - 10:00 AM Tiny Tumblers (.409)
	10:05 - 10:50 AM Pre-School Gymnastics (.410)	10:05 - 10:50 AM Tiny Tumblers (.404)	10:05 - 10:50 AM Tiny Tumblers (.407)		10:05 - 10:50 PM Pre School Gymnastics (.416)
	10:55 - 11:40 AM Tiny Tumblers (.401)	10:55 - 11:40 AM Pre-School Gymnastics (.412)	10:55 - 11:40 AM Pre-School Gymnastics (.414)		10:55 - 11:40 AM Pre School Gymnastics (.417)
Afternoon					11:45 - 12:30 PM Beginner Gymnastics (.423)
					12:35 - 1:20 PM Beginner Gymnastics (.424)
Evening	5:15 - 6:00 PM Tiny Tumblers (.402)	5:15 - 6:00 PM Tiny Tumblers (.405)	5:15 - 6:00 PM Tiny Tumblers (.425)	5:15 - 6:00 PM Tiny Tumblers (.408)	
	6:05 - 6:50 PM Pre-School Gymnastics (.411)	6:05 - 6:50 PM Pre-School Gymnastics (.413)	6:05 - 6:50 PM Tiny Tumblers (.426)	6:05 - 6:50 PM Pre-School Gymnastics (.415)	
	6:55 - 7:40 PM Beginner Gymnastics (.420)	6:55 - 7:40 PM Beginner Gymnastics (.421)	6:55 - 7:40 PM Beginner Gymnastics (.427)	6:55 - 7:40 PM Beginner Gymnastics (.422)	

4285. INTRO TO BOXING

Boxing Skills with Greatness Boxing Academy is a youth boxing program designed to teach the fundamentals of boxing in a safe, structured, and supportive environment. Participants will learn proper boxing techniques including footwork, defense, timing, and a variety of punching combinations. Classes focus on building coordination, discipline, confidence, and overall fitness while emphasizing respect, focus, and personal growth. This program is ideal for youth who want to develop boxing skills, stay active, and learn the sport the right way.

Instructor: Nate Green, Greatness Boxing Academy

.400 Sundays, October 4th – December 13th – 10:00-11:00am
Ages 7 – 12

.401 Sundays, October 4th – December 13th
11:00am - 12:00pm. Ages 13+

Location: Room 14

Fee: \$80

4200.400 GIRLS YOUTH VOLLEYBALL, AGES 6-15

Learn the game of volleyball, skills, rules, teamwork, and sportsmanship while having fun. Program includes clinics, practices, and games. Season begins Saturday September 27th.

Instructor: Marion Kish - Head Coach at Lyman Hall

When: Saturday, September 19th - November 21st

September 19th & 26th: 2 Hour clinics

5-11 year olds from 12pm – 2pm

12-14 year olds from 2pm – 4pm

After September 26th, sessions are 1 hour every Saturday, full schedule to come.

Fee: \$90

4200.401 CO-ED VOLLEYBALL LEAGUE

League plays Sundays beginning Mid Nov. (15 matches, 3 games each match) plus playoffs. Game times are generally between 4:30pm – 8:30pm using both courts, depending on the amount of teams.

Limit of 16 Teams. Team rosters need to be completely filled out or they will not be accepted. Payment must accompany the roster. Steve Pesta will evaluate teams and players for the first few weeks and will designate what division a team will participate in. Divisions may join together depending on registration numbers.

Registration for all teams will begin on Monday October 5th.

League Supervisor: Steve Pesta

Fee: \$300

**4210.402 CO-ED INTERMEDIATE/ADVANCED ADULT VOLLEYBALL**

Co-ed Adult Volleyball will run weekly on Sundays and is designed for players with solid fundamentals and game experience. Expect faster-paced & more competitive play. This program is open only for ages 18 and older! If at any time numbers of participants are low, the Rec Dept reserves the right to accommodate other groups or activities on an as need basis on one side or both sides of the gym. Registration is limited to 36 participants.

Dates: Sundays, September 13th – November 8th

Time: 6:30-9:30pm

Location: Gym 1 & 2

Fee: \$50 for residents / \$70 for non-residents

4169. WEBER BOYS & GANNON GIRLS YOUTH BASKETBALL LEAGUE

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

DIVISIONS (subject to change based on registration numbers)

.401 Weber - 1st/2nd Grade

.403 Weber - 3rd Grade

.404 Weber - 4th Grade

.405 Weber - 5th Grade

.406 Weber - 6th Grade

.407 Weber - 7th Grade

.408 Weber - 8th Grade

.409 Weber - 9th – 12th Grade

.410 Gannon - Grades 1, 2

.411 Gannon - Grades 3, 4, 5

.412 Gannon - Grades 6, 7

.413 Gannon - Grades 8 - 12

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

Fee: \$130 Non-Residents

4222.400 INDOOR CORNHOLE LEAGUE

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

Dates: Tuesdays, September 22nd – November 17th

Time: 6:00pm – 8:00pm for 8 weeks (no class 11/3)

Location: Gym 2

Fee: \$50 per team

4840.400 ADULT CO-ED 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

Date: Wednesdays, September 16 - October 7

Time: 6:00pm – 7:00pm

Location: Traditions Golf Course

Fee: \$135

4545.403 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. 11/1 is scheduled for any rain makeup.

Instructor: USTA Staff

Dates: Sundays, September 6th - October 25th
(no class 9/27 & 10/4)

Time: 12:30-2:00pm

Location: Doolittle Park Tennis Courts **Fee:** \$85

Youth League Information

Fall 2026 - Guide to Leisure & Fun!

www.wallingfordct.myrec.com

(203) 294-2120

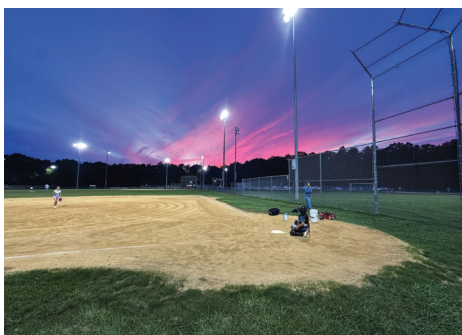


Wallingford Yalesville Little League

President: Ray Gomes

WallingfordYalesvilleLL@gmail.com

www.yalesvillelittleleague.com



Girls Little League Softball of Wallingford - Fast Pitch

President: Danielle Yagovane

wallingfordLLS@gmail.com

www.gllsow.org



Wallingford Cardinals Travel Baseball/Softball

President: Chris Bishop

wallingfordcardinalssports@gmail.com

www.wallingfordcardinals.com



Wallingford Girls Softball League Slow Pitch

President: Scott Smith

WGSLPresident@gmail.com

www.wgsl.org



Wallingford Hawks Hockey

President: Blair Kavanagh

president@whawks.com

www.whawks.com



Wallingford Flag Football

President: Dom Colavito

dominic.colavito@gmail.com

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



Wallingford Vikings Football

President: Chris Cirri

Wallingford.vikings@yahoo.com

www.wallingfordvikings.com



Wallingford Youth Lacrosse

President: Dan Bush

President@wallingfordyouthlacrosse.com

www.wallingfordlacrosse.com

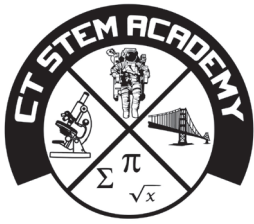


Wallingford Soccer Club

President: Dave Rodriguez

wallingfordsoccer@gmail.com

www.wallingfordsoccer.net



CT STEM ACADEMY

Fall 2026 and Winter 2027

School Based STEAM Enrichment



All programs on this page will be at local schools
with **NEW TOPICS** for the 2026 – 2027 School Year.

Get ready for an exciting adventure in STEAM (Science, Technology, Engineering, Arts, and Math)! Our school-based enrichment program offers hands-on activities that spark curiosity and foster a love for learning. Through **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 currently attending schools listed below. Different topics will be in Session 1 and Session 2. Join us to experiment, build, design, and imagine in a fun and supportive environment! **Cost per program: \$50**

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



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

E.C. Stevens

7750.405 Session 1: Wednesdays
10/21, 10/28, 11/4, 11/18
7750.105 Session 2: Thursdays
2/4, 2/11, 2/18, 2/25

Pond Hill

7750.406 Session 1: Mondays
10/19, 10/26, 11/2, 11/9
7750.106 Session 2: Tuesdays
1/19, 1/26, 2/2, 2/9

Moses Y. Beach

7750.408 Session 1: Thursdays
10/29, 11/5, 11/12, 11/19
7750.108 Session 2: Thursdays
2/4, 2/11, 2/18, 2/25

Rock Hill

7750.401 Session 1: Mondays
11/2, 11/9, 11/16, 11/23
7750.101 Session 2: Mondays
2/22, 3/1, 3/8, 3/15

Highland

7750.402 Session 1: Wednesdays
10/21, 10/28, 11/4, 11/18
7750.102 Session 2: Thursdays
1/14, 1/21, 1/28, 2/4

Mary G. Fritz

7750.404 Session 1: Thursdays
10/29, 11/5, 11/12, 11/19
7750.104 Session 2: Tuesdays
1/19, 1/26, 2/2, 2/9

Cook Hill

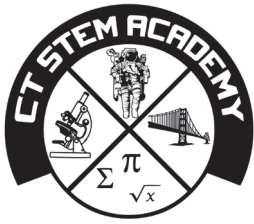
7750.407 Session 1: Thursdays
10/29, 11/5, 11/12, 11/19
7750.107 Session 2: Thursdays
1/14, 1/21, 1/28, 2/4

Parker Farms

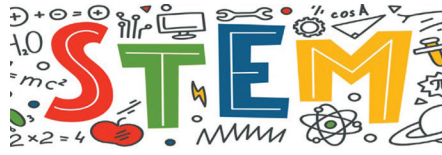
7750.403 Session 1: Mondays
11/2, 11/9, 11/16, 11/23
7750.103 Session 2: Tuesdays
1/19, 1/26, 2/2, 2/9

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

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



CT STEM ACADEMY Fall 2026 and Winter 2027 Programs



STEAM Sprouts: For Ages 4 to 6 (NEW Topics)

Course Number 2005.410

Tuesdays: 10/6, 10/13, 10/20

Time 6:00 p.m. to 7:00 p.m.

Location: Wallingford Parks and Rec STEM Room

Cost: \$40

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

STEAM Sprouts: For Ages 4 to 6 (NEW Topics)

Course Number 2005.110

Tuesdays: 1/5, 1/12, 1/19, 1/26

Time 6:00 p.m. to 7:00 p.m.

Location: Wallingford Parks and Rec STEM Room

Cost: \$50

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

Summer 2027 STEM Camps Information Session

Course Number 2005.134

Monday, 2/22

Time 6:00 p.m. to 7:00 p.m.

Location: Wallingford Parks and Rec STEM Room

No Cost

Stop in to hear about our Summer 2027 offerings and how to register for our summer of engaging hands-on youth experiences.



Ages 7 to 9 STEM (NEW Topics)

Course Number 2005.406

Thursdays: 10/8, 10/15, 10/22

Time 6:00 p.m. to 7:00 p.m.

Location: Wallingford Parks and Rec STEM Room

Cost: \$40

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

Ages 7 to 9 STEM (NEW Topics)

Course Number 2005.115

Thursdays: 1/7, 1/14, 1/21, 1/28

Time 6:00 p.m. to 7:00 p.m.

Location: Wallingford Parks and Rec STEM Room

Cost: \$50

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

Ages 7 to 9 STEM (NEW Topics)

Course Number 2005.111

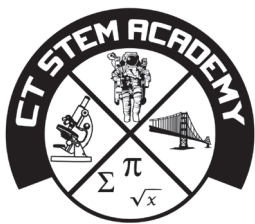
Thursdays: 2/4, 2/11, 2/18

Time 6:00 p.m. to 7:00 p.m.

Location: Wallingford Parks and Rec STEM Room

Cost: \$40

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

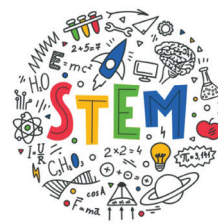


CT STEM ACADEMY

Fall 2026 and Winter 2027

Robotics & AI Programs

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



UBTECH Robotics Club - Beginner Level for Ages 8 to 14

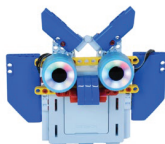
Course Number 2005.425

Tuesdays: 9/22, 9/29, 10/6, 10/13

Time: 6:00 p.m. to 7:30 p.m.

Cost: \$50

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



UBTECH Robotics Club - Intermediate Level for Ages 8 to 14

Course Number 2005.125

Tuesdays: 1/12, 1/19, 1/26, 2/2

Time: 6:00 p.m. - 7:30 p.m.

Cost: \$50

*This program is designed for participants who would like to continue their robotic education. This program encourages **critical thinking, problem solving, and communication.** Participants will be using **UBTECH Robotics** to learn how to build a specific robot, coding and related STEM applications. **Topics from fall program will not be repeated. Must have prior robotics experience.***



Robotics For Ages 6 to 8 (NEW Topics)

Course Number 2005.128

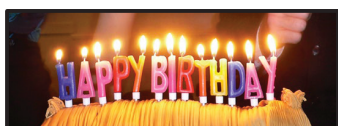
Tuesdays: 2/2, 2/9, 2/23 (no class on 2/16)

Time 6:00 p.m. to 7:00 p.m.

Location: Wallingford Parks and Rec STEM Room

Cost: \$40

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



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

Lego Robotics Club - Beginner Topics for Ages 8 to 14

Course Number 2005.404

Tuesdays: 11/10, 11/17, 11/24, 12/1

Time: 6:00 p.m. to 7:30 p.m.

Cost: \$50

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



Lego Robotics Club - Intermediate Level for Ages 8 to 14

Course Number 2005.127

Thursdays: 2/4, 2/11, 2/18, 2/25

Time: 6:00 p.m. to 7:30 p.m.

Cost: \$50

*This program is designed for participants who would like to continue their robotic education. This program encourages **critical thinking, problem solving, and communication.** Participants will be using **Lego Mindstorms Robotics** to learn how to build a specific robot, coding and related STEM applications. Instructors will adjust program instruction to meet the needs of all participants. **Topics from fall program will not be repeated. Must have prior robotics experience.***



AI Explorers - Unlocking the Future for Ages 10 to 14

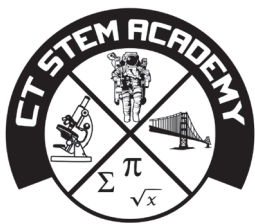
Course Number 2005.129

Tuesday, March 2, 2027

Time 6:00 p.m. to 7:00 p.m.

Cost: \$10

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



CT STEM ACADEMY

Fall 2026 and Winter 2027

One Day Programs

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



Hispanic Heritage Month

Family Movie Night

Course Number 2005.435

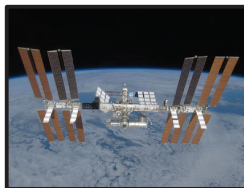
Friday, September 18, 2026

6 to 7:30pm

Registration Is Required

Cost: \$15 per family (up to 4 people)

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



International Space Week Family Night

Course Number 2005.436

Wednesday, October 7, 2026

6:00 p.m. to 7:30 p.m.

Cost: \$15 per family (up to 4 people)

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

Robotics Exploration for Ages 8 to 12

Course Number 2005.411

Tuesday, November 3, 2026 – Election Day

Time: 9:30 a.m. to 12:30 p.m.

Cost: \$35

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

Lt. Governor's Coding Challenge for Ages 8 to 14

Course Number 2005.126

Monday, Jan. 18, 2027 - Martin Luther King, Jr. Day

Time 9:30 a.m. to 12:30 p.m.

Cost: \$35

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

Girl Powered STEM Day for Ages 8 to 14

Course Number 2005.140

Tuesday, February 9, 2027

6:00 p.m. - 7:00 p.m.

Cost: \$15

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

STEAM Explorations for Ages 8 to 14

Course Number 2005.133

Monday, February 15, 2027 - Presidents' Day

Time: 9:30 a.m. - 12:30 p.m.

Cost: \$35

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



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

YOGA, PILATES, TAI CHI, SENIORS & SPECIALTY FITNESS

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

5003.401 ALL LEVELS VINYASA YOGA

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

Instructor: Cathy Dean, Certified Yoga Instructor

Dates: Mondays, September 28th – December 14th
for 12 weeks

Time: 5:30 - 6:30pm

Location: Room 15

Fee: \$70

5007.402 YOGA FOR NOT-FLEXIBLE PEOPLE

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

Instructor: Zorayda Cocchi OTR/L, RYT 500, CYKT
Certified Yoga Instructor

Dates: Tuesdays, October 6th – December 22nd
for 11 weeks (No class 11/3)

Time: Tuesdays 5:50 – 6:50pm

Location: Room 15

Fee: \$65

5050.400 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. Participants should bring two towels or beach blankets.

Instructor: Mary Rinaldi, RTY 200
Certified Yoga Instructor

Date: Wednesdays, September 30th – December 16th
for 12 weeks

Time: 6:45 - 7:45pm

Location: Room 14

Fee: \$70

5006.401 BASIC YOGA MONDAYS - ZORAYDA

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

Instructor: Zorayda Cocchi OTR/L, RYT 500, CYKT
Certified Yoga Instructor

Dates: Mondays, October 19th – December 21st
for 10 weeks (No class 10/12)

Time: 9:30 - 10:45am

Location: Room 15

Fee: \$70

5007.404 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

Time: Tuesdays 7:00 – 8:15pm

Dates: Tuesdays, October 6th – December 22nd
for 11 weeks (No class 11/3)

Location: Room 16

Fee: \$80

5050.402 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, October 1st – November 12th
for 7 weeks

Time: Thursdays 10:00 – 11:15am

Location: Community Lake

Fee: \$50

5103.400 ARTHRITIS FOUNDATION

This class is a program of specialized exercises promoting range of motion, flexibility and relaxation enhancing the quality of life.

Instructor: Elaine Doherty

Dates: Mondays & Wednesday, September 28th –
December 16th for 12 weeks

Time: 12:15 – 1:15pm

Location: Room 16 **Fee:** \$40

5007.420 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, RTY 200
Certified Yoga Instructor

Dates: Fridays, October 2nd – December 18th
for 11 weeks (No class 11/27)

Time: 8:30 - 9:30am

Location: Room 14

Fee: \$65

5005. GENTLE YOGA STRETCH

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

.402 Mondays

Instructor: Christina Casavina, Certified Yoga Instructor

Dates: Mondays, September 28th – December 14th
for 11 weeks (no class 10/12)

Time: 9:30-10:45am

Location: Room 16

Fee: \$80

.401 Thursdays

Instructor: Christina Casavina, Certified Yoga Instructor

Date: Thursdays, October 1st – December 17th
for 11 weeks (No class 11/26)

Time: 9:30-10:45am

Location: Room 16

Fee: \$80

5013.406 VINYASA FLOW

A traditional yoga practice, moving through our warriors to find balance and ultimately end in deep relaxation. All levels welcome!

Instructor: Christina Casavina, Certified Yoga Instructor

Dates: Tuesdays, September 29th – December 15th
for 11 weeks (No class 11/3)

Time: Tuesdays 7:00-8:00pm

Location: Room 14

Fee: \$65

5010.405 PILATES CORE

A hybrid Pilates class that offers classic Pilates, fused with strength training and yoga poses for a full body, wakeup your body experience. All levels welcome!

Instructor: Christina Casavina, Certified Yoga Instructor

Dates: Mondays, September 28 – December 14, for 11 weeks
(no class 10/12)

Time: 8:30 – 9:15am

Location: Room 14

Fee: \$65

5050.403 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: Fridays, October 2nd – December 18th
for 11 weeks (No class 11/27)

Time: 9:45 - 10:45am

Location: Room 14

Fee: \$65

5007.406 CORE AND MORE

How many ways can we activate your core and strengthen and tone the whole body? Come see, play and energize your body and mind for the week ahead. All levels welcome!

Instructor: Christina Casavina, Certified Yoga Instructor

Dates: Mondays, September 28th - December 14th for
11 weeks (no class 10/12)

Time: 4:00 - 5:00pm

Location: Room 16

Fee: \$65

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, October 2nd – December 18th
for 11 weeks (No class 11/27)

Time: 9:30 - 10:30am

Location: Room 16

Fee: \$65

5106.400 BABY BOOMER BOOGIE (50+ YEARS OLD)

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

Instructor: Stacey Bobbitt

Dates: Tuesday & Thursday, September 29th - December 17th
for 12 weeks (no class 11/3 & 11/26)

Time: ~~12:05 - 12:50pm~~ 11:45am - 12:30pm

Location: Room 16

Fee: \$30

5013.400 YOGA WITH WEIGHTS: WEDNESDAY

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

Instructor: Christina Casavina, Certified Yoga Instructor

Dates: Wednesdays, September 30th – December 16th for 11 weeks (no class 11/11)

Time: 9:30 -10:30am

Location: Room 16

Fee: \$85 ~~\$65~~

5010.406 YOGA CORE

Classic yoga and deep core meet for a full body practice to strengthen and lengthen muscles to support the whole body. Ending class in a deep relaxing, rejuvenating final resting pose. All levels welcome. Come explore!

Instructor: Christina Casavina, Certified Yoga Instructor

Date: Wednesdays, September 30 – December 16, ~~for 12 weeks~~

Time: 4:00 – 5:00pm for 11 weeks, No class 11/11

Location: Room 14

Fee: ~~\$70~~ \$65

5018.400 CHAIR YOGA

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

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

Instructor: Lauren Henrici, RYT, Yoga Fit Certified Instructor

Dates: Tuesday & Thursday, September 29th - December 17th for 12 weeks (no class 11/3 & 11/26)

Time: 1:00-1:45pm

Location: Room 16

Fee: \$70

5821.400 VIRTUAL EARLY MORNING PUMP

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

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

Instructor: Jess Holloway AFAA Certified Instructor

Dates: Tuesday & Thursday, September 29th – December 17th for 12 weeks (no class 11/26)

Time: 6:00-6:45am

Location: ZOOM

Fee: \$90

5005.409 YOGA WITH WEIGHTS: THURSDAY

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

Equipment Needed: light blanket suggested

Instructor: Christina Casavina, Certified Yoga Instructor

Dates: Thursdays, October 1st – December 17th for 11 weeks (No class 11/26)

Time: Thursdays 5:30 – 6:30pm

Location: Room 16 **Fee:** \$65

5013.404 YOGA FORM & FLOW: SATURDAY

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

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

Instructor: Christina Casavina, Certified Yoga Instructor

Dates: Saturday, October 3rd – December 19th for 12 weeks

Time: 8:30 – 9:45am

Location: Room 16 **Fee:** \$85

5820.400 VIRTUAL POWER UP

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

Instructor: Jess Holloway AFAA Certified Instructor

Dates: Mon, Wed, Fri, September 28th – December 18th for 12 weeks (No class 11/27)

Time: 6:00-6:45am

Location: ZOOM **Fee:** \$110

5519.400 HARDCORE STRENGTH

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

Instructor: Sue Moreschi, ACE Certified Instructor

Dates: Mondays, September 28 – December 14 for 12 weeks

Time: 5:30-6:15pm

Location: Room 16 **Fee:** \$50

5522.400 TOTAL BODY CONDITIONING

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

Instructor: Sue Moreschi, ACE Certified Instructor

Dates: Tuesdays, September 29th – December 15th for 11 weeks (No class 11/3)

Time: 5:45 – 6:30pm

Location: Room 16 **Fee:** \$45

5100.400 TAI CHI CH'UAN TUESDAYS

"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, September 29th – December 15th for 11 weeks (No class 11/3)

Time: 7:00-8:00pm

Location: Room 15

Fee: \$65

5018.400 MINDFUL MOTION

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

Instructor: Penny & Tom Delahanty,
Certified Husband & Wife Team

Dates: Thursdays, October 1st – December 17th for 11 weeks (no class 11/26)

Time: 5:00 - 5:45pm

Location: Room 14

Fee: \$55

5511.400 CARDIO KICKBOXING

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

Instructor: Kristie Miller

Date: Tuesdays, September 29th – December 15th
for 11 weeks (No class 11/3)

Time: 5:45 – 6:30pm

Location: Gym 1

Fee: \$45

5519.402 POWEROLOGY

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

Instructor: Sue Moreschi, ACE Certified Instructor

Dates: Sundays, September 13th - November 29th for 12 weeks

Time: 9:00-9:45am

Location: Room 16

Fee: \$50

5100.401 TAI CHI QIGONG WEDNESDAYS

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

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

Dates: Wednesdays, September 30th – December 16th
for 12 weeks

Time: Wednesday 11:15 – 12:15pm

Location: Room 15

Fee: \$65

~~5019.400 BALANCE THROUGH STRENGTH~~ CANCELED

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, September 29th – December 15th
for 11 weeks (No class 11/3)

Time: 2:00 - 2:45pm

Location: Room 14

Fee: \$42

5521.400 IT'S HIIT

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

Instructor: Sue Moreschi, ACE Certified Instructor

Dates: Mondays, September 28th – December 14th
for 12 weeks

Time: 6:20 – 7:05pm

Location: Room 16

Fee: \$50

5522.401 CARDIO BLAST

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

Instructor: Sue Moreschi, ACE Certified Instructor

Dates: Thursdays, October 1st – December 17th
for 11 weeks (no class 11/26)

Time: 7:00 – 7:45pm

Location: Room 16

Fee: \$45

5511.401 SATURDAY MORNING CIRCUITS

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

Instructor: Kristie Miller

Dates: Saturdays, October 3rd – December 19th
for 12 weeks

Time: Saturdays 10:00 – 10:45am

Location: Room 16

Fee: \$50

5105.400 SWING SHIFT (50+ YEARS OLD)

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

Instructor: Cheryl Myers, NETA Certified Instructor

Dates: Wednesday & Friday, September 30th - December 18th
for 11 weeks (No class 11/27)

Time: 10:20 - 11:05am

Location: Gym 1 & 2

Fee: \$30

5106.405 BOOGIE BLAST (50+ YEARS OLD)

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

Instructor: Kathy Matus

Dates: Wednesdays, September 30th – December 16th
for 12 weeks

Time: Wednesdays 5:05 – 5:50pm

Location: Room 16

Fee: \$30

5510.410 ZUMBA LIFT

What is Zumba® + Lift™? Love Zumba® but wish you could add strength training too? Now you can! Zumba® + Lift™ combines the fun, music, and energy of Zumba® with resistance training to create a total-body workout that brings cardio and strength together in one class. This music-driven program blends easy-to-follow Zumba®-style cardio intervals with light weight training using dumbbells to help build strength, tone muscles, improve endurance, boost metabolism, and support overall fitness. If you love to dance, move, and have fun – but also want to feel stronger – this is the combination class you've been waiting for!

Instructor: Penny Delahanty

Dates: Thursdays, October 1st – December 17th for
11 weeks (no class 11/26)

Time: 6:00 - 6:45pm

Location: Room 14

Fee: \$45

5510 ZUMBA!®

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

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

.401 ZUMBA GOLD MONDAYS 10:20 – 11:05 AM

Instructor: Cheryl Myers, Zumba & NETA Certified Instructor

Dates: Mondays, September 28th – December 14th
for 11 weeks (no class 10/12)

Time: **Location:** Gym 1

Fee: \$42

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

Instructor: Cheryl Myers, Zumba & NETA Certified Instructor

Dates: September 28th – December 14th for 12 weeks

Location: Room 16

Fee: \$45

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

Instructor: Fee Adams, AFAA & Zumba Certified Instructor

Dates: September 30th – December 16th for 12 weeks

Location: Room 16

Fee: \$45

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

Instructor: Becky Fusco, Certified Zumba Instructor

Dates: October 1st – December 17th for 11 weeks
(no class 11/26)

Location: Room 15

Fee: \$42

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

Instructor: Lisa Wasylean, Certified Zumba Instructor

Dates: Thursdays, October 1 – December 17 for 11 weeks
(no class 11/26)

Location: Room 15

Fee: \$42

5520.400 FALL SPECIAL SERIES - POWER PUMP

Get ready to move, sweat, and stay motivated through the Fall season! Each session features a different format whether it's circuits, intervals, body weight training, functional movements, or cardio focused challenges. Join us this Fall for a full-body workout experience that keeps you guessing and delivering results!

Instructor: Sue Moreschi, ACE Certified Instructor

Dates: Wednesdays, September 30th – December 16th

Time: 6:00 – 6:45pm

Location: Room 16 **Fee:** \$50

2026 Fall Health and Fitness Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Early Morning	6:00 - 6:45 AM Jess H Virtual Power Up	6:00 - 6:45 AM Jess H Early Morning Pump	6:00 - 6:45 AM Jess H Virtual Power Up	6:00 - 6:45 AM Jess H Early Morning Pump	6:00 - 6:45 AM Jess H Virtual Power Up	
	8:30-9:15 AM Christina Pilates Core 14			8:30 - 9:30AM Mary Strong Yoga Flow 15	8:30 - 9:30 AM Mary Gentle Yoga 14	
Morning	9:30 - 10:45 AM Christina Gentle Yoga 16		9:30 - 10:30 AM Christina Yoga with Weights 16	9:30 - 10:45 AM Christina Gentle 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 15		10:20 - 11:05 AM Cheryl Swing Shift 50+ Gym	10:00-11:15 AM Mary Yoga Walk @ Comm. Lake	9:45 - 10:45 AM Mary All Levels Vinyasa 14	10:00 - 10:45 AM Kristie Saturday AM Circuits 16
	10:20 - 11:05 AM Cheryl Zumba Gold Gym 1		11:15 - 12:15 PM Central CT Tai Chi Tai Chi 15		10:20 - 11:05 AM Cheryl Swing Shift 50+ Gym	
Afternoon	12:15 - 1:15 PM Elaine Arthritis Foundation 16	12:05 - 12:50 PM Stacey Baby Boomer Boogie 16	12:15 - 1:15 PM Elaine Arthritis Foundation 16	12:05 - 12:50 PM Stacey Baby Boomer Boogie 16		
		1:00 - 1:45 PM Lauren Chair Yoga 16		1:00 - 1:45 PM Lauren Chair Yoga 16		SUNDAY
		2:00 - 2:45 PM Tom Delahanty Balance Through Strength 14				
Evening	4:00 - 5:00 PM Christina Core and More 16	5:45 - 6:30 PM Kristie Cardio Kickboxing Gym 1	4:00 - 5:00 PM Christina Yoga Core 14	5:00 - 5:45 PM Penny & Tom Mindful Motion 14		9:00 - 9:45 AM Sue M Powerology 16
	5:30 - 6:30 PM Cathy All Levels Vinyasa Yoga 15	5:45 - 6:30 PM Sue M Total Conditioning 16		5:30 - 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	7:00 - 8:00 PM Christina Vinyasa Flow 14	6:00 - 6:45 PM Sue Fall Special Series 16	6:00 - 6:45 PM Penny ZUMBA Lift 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 ZOOM CLASSES IN PERSON	
		7:00 - 8:00 PM Central CT Tai Chi Tai Chi 15	7:30 - 8:30 PM Fee ZUMBA 16	6:30 - 7:15 PM Lisa ZUMBA 15		

ADULT DANCE**6012.402 ADULT INTERMEDIATE TAP DANCE**

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

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

Instructor: Sharon Wilhelm

Dates: Mondays, September 28th – November 16th
for 8 weeks

Time: 6:40 – 7:25pm

Location: Room 15

Fee: \$60

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

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

Instructor: Amy Malone

Dates: Tuesdays, September 29th – November 24th
for 8 weeks (No class 11/3)

Time: 4:15 – 4:45pm

Location: Room 14

Fee: \$45

6000.406 BALLET & TAP COMBINATION CLASSES**AGES 5-6**

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

Instructor: Amy Malone

Dates: Tuesdays, September 29th – November 24th
for 8 weeks (No class 11/3)

Time: 5:45 – 6:45pm

Location: Room 14

Fee: \$55

6012.401 ADULT BEGINNER TAP DANCE

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

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

Instructor: Sharon Wilhelm

Dates: Mondays, September 28th – November 16th
for 8 weeks

Time: 7:30 – 8:15pm

Location: Room 15

Fee: \$60

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

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

Instructor: Amy Malone

Dates: Tuesdays, September 29th – November 24th
for 8 weeks (No class 11/3)

Time: 4:45 – 5:45pm

Location: Room 14

Fee: \$55

6000.420 HIP HOP DANCE CLASS**AGES 6-9**

Our Youth Hip Hop Dance class is high-energy, fun, and perfect for kids who love to move! Dancers will learn age-appropriate hip hop choreography while building coordination, rhythm, and confidence. Classes focus on foundational steps, freestyle expression, and performance skills in a supportive and upbeat environment. No experience needed – just bring your sneakers and get ready to groove!

Instructor: Amy Malone

Dates: Tuesdays, September 29th – November 24th
for 8 weeks (No class 11/3)

Time: 6:45 – 7:30pm

Location: Room 7

Fee: \$50

7050.410 ABRAKADOODLE MINI DOODLERS CLAY PLAY TIME (AGES 3 - 5)

Swish, squeeze, roll, pinch and press! It's Clay-Play-Time! Sculpt laughing ladybugs, balloon dogs, fluffy sheep, dazzling dinosaurs and glittery unicorns! Add color to your clay creations with rainbow yarn and watercolor prints! Let happiness guide your clay sculptures!

Instructor: Abrakadoodle

Dates: Tuesdays, September 29 - November 10 for 6 weeks
(No class 11/3)

Time: 3:00 - 4:00pm

Location: Room 12

Fee: \$90

7050. ABRAKADOODLE SPOOKY SPIDERS DOODLE

Just in time for Halloween! Create a spooky spider inspired by California artist, Bruce Gray using air dry clay, mixed media materials and of course our imaginations!

Instructor: Abrakadoodle

Dates: Thursday, October 15th

.407 12:00 - 1:00pm (Twoosy Doodlers: Ages 20mo - 3y)

.408 1:00 - 2:00pm (Mini Doodlers: Ages 3-5)

.409 2:00 - 3:00pm (Doodlers: Ages 6+)

Location: Room 7

Fee: \$22

7010.402 COME PAINT, COME DRAW! AGES 18+

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

Instructor: Rashmi Talpade (Fine Arts Supervisor)

Dates: Mondays, September 28th - November 2nd
for 6 weeks

Time: 6:30 - 8:30pm

Location: Room 7

Fee: \$60

8038.445 PARENT-CHILD WINTER DEER COUNTDOWN BOARD

Each of you get to create a "Deer Me" wood countdown craft. You can choose to create a winter deer (10 inch.) or a reindeer who holds a chalkboard. You can count days until break or days until birthdays or just use it for chalkboard fun!

Instructor: Kim Larkin

Date: Friday, December 4th

Time: 6:30 - 8:45pm

Location: Room 7

Fee: \$30 (\$20 supply fee made payable to instructor night of class)

7050.411 ABRAKADOODLE DOODLERS CLAY EXPLORERS (AGES 6+)

Experiment with ideas from master sculptors and historical objects. Get inspired by African clay pots, ancient bells, Native North American canoes, Katazryna Kobro sculptures, Claymation characters and much more. Using clay, modern plasticene and Model Magic®, students will learn and practice the possibilities of creating unique three-dimensional objects. Feel like an accomplished artist!

Instructor: Abrakadoodle

Dates: Tuesdays, September 29 - November 10 for 6 weeks
(No class 11/3)

Time: 4:30 - 5:30pm

Location: Room 12

Fee: \$90

7010 CELEBRATE YOUR CREATIVE SELF

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

Instructor: Sue Murphy

Dates: Wednesdays, September 30th - November 18th
for 7 weeks. (no class 11/11)

.404 12:30 - 3:00pm Ages 18+

Location: Room 7

Fee: \$80

8020.400 KNITTING WITH MARILYN

Learn or improve knitting skills. Beginners welcome! Challenge your abilities. All levels of knitters are welcome. Appropriate projects will be offered. A sweater knit along will be main project.

Instructor: Marilyn Pettison

Dates: Mondays, October 19th - December 21st for 10 weeks

Time: 10:00am - 12:00pm

Location: Room 3

Fee: \$60

8038.444 PARENT-CHILD HALLOWEEN MANSION CLASS

Each of you get to create your own spooky wood Halloween mansion with all the trimmings, including lights! We will have every spooky accessory like crooked fences, ghosts, and fun creatures to boot. Halloween brew.

Instructor: Kim Larkin

Date: Friday, October 9th

Time: 6:30 - 8:45pm

Location: Room 7

Fee: \$30 (\$24 supply fee made payable to instructor night of class)



5910.400 FAMILY PUZZLE CHALLENGE

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

How It Works:

- Register your family by October 16th
- Puzzle Pickup: November 2nd at 6:00pm from the Parks & Recreation Office
- Challenge Begins: As soon as you get your puzzle, the race is on! All families will receive the same 1,000-piece puzzle at the same time.

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

To Win:

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

Fee: \$25 per family

LIFEGUARD TRAINING



BE PREPARED. SAVE LIVES.



DATES

**NOVEMBER 30TH –
DECEMBER 4TH
5:00 – 9:00PM**



LOCATION

**SHEEHAN HIGH
SCHOOL POOL**



AGES

16+



**CERTIFICATIONS
YOU'LL RECEIVE**

**CPR, AED,
AND FIRST AID**

American Red Cross
Certifications



CLASS SIZE

**MAX 10
STUDENTS**



**SUCCESSFUL CANDIDATES
WILL BE**

GUARANTEED

**AN INTERVIEW FOR THE
LIFEGUARD STAFF AT THE
WALLINGFORD COMMUNITY
POOL IN 2027.**



CONTACT KEITH CARGAN
FOR MORE INFORMATION AND TO REGISTER

kcargan@gmail.com



WALLINGFORD GARDEN MARKET

MAY 9 – NOVEMBER 14, 2026

Join us each Saturday at Doolittle Park for our Garden Market. Various items to be sold may include breads, jams, dairy, eggs, plants, homemade pizzas, coffee, crafts, jewelry and more. All items are Connecticut made and or grown. Garden Market is held rain or shine and will run from 10:00am - 1:00pm. To become a vendor please contact the department at wallingfordgardenmarket@gmail.com limited space is available.

A GOBLIN GATHERING

Calling all goblins, ghouls, and costumed creatures — it's time for Wallingford's annual Halloween gathering!

Join us for a spooky good time starting at 5:30 p.m. in front of the YMCA Teen Center to line up for our costume parade, which steps off at 6:00pm sharp. Or, meet us at the Wallingford Town Hall at 6:30pm for an evening packed with frightfully fun activities!

Enjoy:

- Monster mash tunes from Sound Spectrum Entertainment
- Ghoulish games, art projects, and more
- Pre-bagged candy, apple cider, and donuts for all

This free community event is proudly sponsored by the Wallingford Public Celebrations Committee, Wallingford Parks and Recreation Department, and Wallingford Center Inc. Get your costumes ready — we can't wait to see you there!

Dates: Friday, October 23rd with a rain date of October 24th

Time: Parade Begins around 5:30pm at YMCA

Location: Wallingford Town Hall for Music, fun, and Halloween Treats 6:30pm – 8:00pm

Fee: Free

17TH ANNUAL DOWNTOWN WALLINGFORD HOLIDAY STROLL

Shop and enjoy retailers & restaurants along Center St, Quinpiac St, North & South Colony Rd. and Simpson Court. Get ready for the Holiday Stroll in Wallingford, CT! Local merchants will be rolling out special discounts and deals to kickstart your Christmas shopping. As you stroll down Center Street, indulge in warm coffee, sample festive goodies, and even catch a glimpse of Santa himself! Don't miss the cozy bonfire at the Gazebo, where you can warm up and enjoy delicious treats from local food trucks, along with roasted chestnuts and kettle corn. Marvel at the Christmas tree and discover delightful surprises around every corner. Bring the whole family and join us for a night of holiday magic—we can't wait to see you there!

For more information visit:

<https://www.wallingfordcenterinc.com/holiday-stroll>

Date: Friday, December 4th, 2026

Time: 5:00pm – 9:00 pm

Location: Up and down E. Center Street, Simpson Court

Fee: Free to the public (minimal fee for some food items)

CELEBRATE WALLINGFORD

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

Dates: Saturday & Sunday, October 3rd and 4th 2026

Time: Saturday 11:00am - 6:00pm / Sunday 11:00am - 5:00pm

Location: North Main St & Center Street

For more information visit:

<https://www.wallingfordcenterinc.com/celebrate-wallingford>

9 AND A CHICKEN

Gobble Up the Fun at This Year's Turkey Scavenger Hunt! Get ready for a scavenger hunt like no other! Start your adventure by heading to the back parking lot of Chick-fil-A, where you'll pick up your official packet of CERTIFIED clues — we want everyone to begin on equal footing for a fair and festive challenge. Your mission: follow the clues, hunt high and low, and be one of the first ten families to return to the Wallingford Recreation Department with a cardboard turkey or rubber chicken in hand. The quickest gobblers will win a special prize, courtesy of Chick-fil-A! This fun-filled event is proudly co-sponsored by Chick-fil-A and Wallingford Parks and Recreation. Don't forget — clue packets must be turned in to claim your reward. Let the hunt begin!

Date: Friday, November 20th, 2026

Time: 7:00pm

Location: Begins at the Wallingford Chic-fil-A.
Ending at the Parks and Rec. Dept.

Fee: Free

SEASONS OF CELEBRATION

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

Date: Saturday, December 5th, 2026 (no rain date)

Time: 1:00pm- 5:00pm

Location: Wallingford Town Hall and Parade Grounds

Fee: Free

FROSTY PARADE

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

Date: Saturday, December 5th, 2026

Time: 4:00pm – Music and Entertainment at
Johanna Manfreda Fishbein Park

5:00pm – Parade departs Town Hall

5:30pm – Holiday Entertainment Begins at the Gazebo

5:45pm – Tree Lighting

Fee: Free

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

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

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

COOK HILL SCHOOL - Located on School House Road, which includes a baseball field.

COYLE FIELD - Located on Woodhouse Avenue, includes a large soccer field with two smaller fields crossing them.

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

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

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

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

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

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

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

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

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

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

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

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

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

RAY GOMES COMPLEX AT PARKER FARMS SCHOOL - Located on Parker Farms Road, includes 5 baseball fields. 20.3 acres

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

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

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

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

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

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

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

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.

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

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

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

BERT AND HARRY SUBKOWSKY DOG PARK - Located on Quinnipiac Street. 2 acres of fenced in fun for the furry friends in your life.

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

TYLER MILL PRESERVE - Over 11 miles of trails on 700 acres, including diverse terrain, access to the Muddy River, traprock ridges, wetlands, meadows, and successional forest. Four Access Points: 11/15 Northford Rd; Rear of Vietnam Vets Park; 300 Tamarack Rd; Coyle Field (524 Woodhouse Rd)

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

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

FERGUSON WOODS - Over 2 miles of trails on 65 acres, including successional forest, traprock ridges, stream and pond habitat. Access: 75 Dibble Edge Rd.

BERTINI PARK - Over 2 miles of trails on 70 acres, including successional forest, diverse terrain, and access to Muddy River. Access: 116 West Dayton Hill Rd.

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

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

ORCHARD GLEN/SPRUCE BROOK - Over 3 miles of trail through hilly successional forest, featuring streamside attractions. Access: 358 Hall Ave.

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

DAVID J. DOHERTY MUNICIPAL BUILDING



ENTER

EXIT

FACILITY REQUESTS FOR 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 park 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!

Wallingford Parks & Recreation Presents:

CHRISTMASTIME

Waltham, MA

Reagle Music Theatre Players

Saturday, December 5, 2026

Haul out the holly! Reagle's beloved Christmas extravaganza returns to the stage in a festive production and engaging performance that is sure to put you into the Holiday Spirit.

Experience the magic of live theatre! **The Reagle Music Theatre of Greater Boston** will present **CHRISTMASTIME**, their annual holiday presentation featuring 100 performers, live orchestra, precision dancers, living nativity and over 20 yuletide tunes. The show is a spectacle of sight and sound.

Preshow lunch at **The Chateau Restaurant** in Waltham. Family owned since 1933, the Chateau has been a local favorite for generations. Menu: Salad, Eggplant Parmesan with Penne, Chicken Parmesan over Penne, or Haddock St. Germaine with cream sauce and seasoned bread crumbs. **(Entrée choice in advance)** Dessert with Coffee or Tea.



COST: \$203pp based on 35-50

Depart: 9:30am Wallingford Parks & Rec, 6 Fairfield Blvd

Estimated Return: 6:30pm Wallingford

Trip Questions? Call Wallingford Parks & Rec 203-294-2120

CHATEAU
ITALIAN KITCHEN • BAR
Est. 1933



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**

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



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:

Vincent Testa Jr., Chairman
Samuel Carmondy, Vice Chair
Autumn Allinson
Craig Fishbein
Thomas Laffin
Jess Reynolds
Bryan Rivard
Melanie Rossacci
Christina Tatta

**Parks & Recreation
Commission:**

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

DEPARTMENT STAFF:

Director: Kenny Michaels, MS, CCMO
Recreation Superintendent: Shawn Keogh, CPRP, CCMO
Recreation Program Specialist: Bob Kilpatrick, CPRP
Recreation Program Specialist: Max Robbins, CPRP
Executive Secretary: Lorianne Ouellette
Senior Clerk: Stacey Hoppes
Recreation Facilities Maintainer: Scott Janus
Recreation Facilities Maintainer: Rene Laliberte
Early Childhood: Amy Carpenter

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.

September 9, 2026
December 9, 2026

**FRONT OFFICE
STAFF:**

Daytime:
Laura Allen
Sharon Bates
Paula Knecht
Jackie Taglianetti

Nights/Weekends:
Ryan Brawn
Jaidyn Carpenter
Matt Knecht
Grace Kopakow
Lauren Montano
Dominick Riveccio
Bev Somers
Brooklyn Stanley
Tom Talbot