



The Newington Parks and Recreation Presents

Winter 2026

RESIDENTS: REGISTRATION BEGINS DECEMBER 3 @ 9 AM

NON-RESIDENTS: REGISTRATION BEGINS DECEMBER 10 @ 9 AM





Newington Parks and Recreation

Building a Strong Community

200 Garfield St. Newington, CT 06111 Phone: 860-665-8666 Fax: 860-665-8739 www.NewingtonCT.gov

Activity Registration Form



PRIMARY HOUSEHOLD CONTACT INFORMATION - PLEASE FILL OUT COMPLETELY

First Name _____ Last Name _____ Gender _____ DOB _____ / _____ / _____
 Street Address _____ City _____ State _____ Zip _____
 Home Phone (_____) _____ Work Phone (_____) _____ Extension _____
 Cell Phone (_____) _____ Email Address _____
 Emergency Contact #1 _____ Relationship _____ Phone (_____) _____
 Emergency Contact #2 _____ Relationship _____ Phone (_____) _____

ACTIVITY INFORMATION

One registration form can be used for more than one person in the same household.

Participant's First and Last Name	M/F	DOB	Special Medical Concerns?	Activity Code #	Program Name	Fee
			[] Yes [] No			
			[] Yes [] No			
			[] Yes [] No			
			[] Yes [] No			

*If any participant above has special medical concerns, allergies or special needs that we should be aware of, please describe: _____

Supplemental registration forms are available in our office or on our website: www.newingtonct.gov/parksandrec.

READ CAREFULLY AND SIGN BELOW

Assumption of Liability: Participation in the activity may involve risk or injury. As a parent, guardian, or participant, I am aware of these hazards and my ability to participate. I hereby agree to release, discharge, and hold harmless the Town of Newington, its employees, contracted instructors, and volunteers from the liabilities that may occur while participating in the activity. During the COVID-19 pandemic, I also understand that I must adhere to all CDC, state, and local COVID-19 guidelines, including all social distancing, temperature checks, personal protective equipment requirements, and sanitation protocols. I acknowledge that there is a risk of transmission when in a group or class setting, even with personal protective equipment. I understand that participation in any recreational or sports activity involves risk. I further understand that the Town of Newington does not provide accident/medical insurance for the program participants. In addition, I permit the participant to be treated by qualified medical personnel if the above-named parent/guardian/emergency contact cannot be reached at the phone numbers provided. The Parks and Recreation Department reserves the right to photograph program participants for publicity purposes. Please be aware that these photos are for Parks and Recreation use only and may be used in future catalogs, websites, social media, brochures, pamphlets, and/or flyers. No refunds will be given after a participant has registered and paid for a program, except for medical reasons (illness or injury) that prohibit active participation in the program. Refund Requests must be accompanied by a note from the participant's physician. The amount refunded will be prorated to reflect the number of classes remaining at the time of request.

ADULT SIGNATURE: _____ DATE: _____

PAYMENT INFORMATION

Payment Type: [] Cash [] Check [] Credit Card [] Debit

Credit Card Type: [] Visa [] Mastercard [] Discover

Please note that there is a \$10 minimum for all credit card transactions.

Signature for Credit Card Use: _____ Date: _____

CREDIT CARD #: _____ EXP. DATE _____ / _____ Security Code: _____

Activity Fee Subtotal: \$ _____

“ROUND UP” For Youth Recreation

Rounding up your program fee helps provide financial assistance for those unable to afford the program fees for youth activities. + \$ _____

TOTAL AMOUNT: \$ _____



GENERAL INFORMATION



Parks and Recreation Office Information

Location: 200 Garfield Street, Newington, CT 06111
Office Hours: Monday, Wednesday, Thursday: 8:30 AM - 4:30 PM
 Tuesday: 8:30 AM - 6:00 PM
 Friday: 8:30 AM - 12:00 PM

Phone: 860-665-8666 **Program Hotline:** 860-665-8686
Fax: 860-665-8739
Website: www.newingtonct.gov/parksandrec
Facebook: www.facebook.com/newingtonparksandrecreation

Parks and Recreation Department Staff:

Bill DeMaio, Superintendent of Parks and Recreation
 Hadeel Majdoub, Recreation Supervisor
 Nancy Glynn, Recreation Supervisor
 Roderick Smith, Recreation Supervisor
 Melissa Miller, Administrative Secretary
 Sam Lostocco, Administrative Secretary
 Clay Pedigo, Supervisor of Parks, Grounds, and Cemeteries



Registration Information

- When registering online, you may choose to receive a confirmation email with your receipt attached. When registering by mail or fax, you will receive a confirmation email with your receipt attached once your form is processed.
- Registration is taken on a first-come, first-served basis. Residents may register for programs in this program guide beginning on the registration date listed on the front cover. Any registration forms received prior to the registration start date will be processed randomly on the first day of registration.
- We try to accommodate all registrants, but some programs fill to capacity. Please do not delay in registering for a program you wish to take.
- If the participant has any medical concerns (allergies, asthma, etc.) that we should be aware of, please list them on the registration form and complete and submit an Authorization for Administration of Medication Form (available on our website under 'Forms').
- If the participant has any special needs that we should be aware of, please list them on the registration form and complete and submit a Supplemental Registration Form (available on our website under 'Forms').
- Sometimes we are forced to cancel programs before their start date because of insufficient registrations or causes beyond our control. If a program is canceled, any registered participants will be contacted and refunded.
- A minimum of \$10.00 is required for all credit card transactions.

Convenient Ways To Register

- Online: To make the registration process more convenient and environmentally friendly, we have now made it possible to register for programs from your very own electronic device. Search the link below to get started:

<https://recreation.newingtonct.gov/wbwsc/webtrac.wsc/SPLASH.html>

Walk-in: Register in our office, which is located in the Mortensen Community Center at Town Hall, 200 Garfield Street, Newington, CT. Walk-in office hours are: Monday, Wednesday, Thursday: 8:30 AM - 4:30 PM

Tuesday: 8:30 AM - 6:00 PM
 Friday: 8:30 AM - 12:00 PM

Upcoming Program Guide

The Spring 2026 Program Guide will be distributed to Newington residents in February.

Concussion Information

The Newington Parks and Recreation Department is dedicated to creating a safe environment for all participants in our programs. A fact sheet for parents containing information regarding concussions is available on our website at www.newingtonct.gov/parksandrec.

Facilities

A full list of Newington Parks and Recreation facilities, their locations, and amenities can be found on our website.

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Non-Residents

Non-residents are eligible to register for programs beginning on the date listed on the front cover, which is generally one to two weeks after the date when resident registration begins. A separate fee for non-residents may apply to eligible programs. Some programs (including pool passes and others) are not available to non-residents.

Waiting List

If your desired class is filled, you will be notified and placed on a waiting list. We make every effort to accommodate those on waiting lists by adding classes when possible.

Inclusive Statement

The Newington Parks and Recreation Department does not discriminate on the basis of race, color, national origin, gender, religion, age, or disability in the provision of programs and services. Individuals with disabilities are encouraged to register. The Newington Parks and Recreation Department is complying with the Americans with Disabilities Act (ADA), Public Law 101-336. The law addresses issues of accessibility of facilities and programs. Provisions of reasonable program modifications will be made on a case-by-case basis to allow people with disabilities to participate in and benefit from programs. Please contact us for more information.

Refunds

The Newington Parks and Recreation Department does not issue refunds once you have registered for a program unless there is an injury or illness which prohibits active participation in the program and is documented by a physician. No refunds will be issued without a completed Refund Request Form accompanied by a doctor's note. If a refund is granted, the amount will be prorated to reflect the number of classes remaining from the date the Refund Request Form was submitted. Refund requests are not accepted after a program has ended. A \$20.00 processing fee will be deducted from any refund issued.

Inclement Weather / Program Cancellations

Program information and cancellations due to inclement weather are available on our program information line (860-665-8686) which is updated when cancellations occur. When there are program cancellations due to inclement weather during the week, the information line is generally updated by 9:00 AM for morning programs, 12:00 PM for afternoon programs, and 4:30 PM for evening programs. Weekend update times during inclement weather may vary due to program schedules. During the summer, aquatic program cancellations will be posted on the Pool Activity Line at 860-665-8766.



Newington Parks and Recreation Department Presents

THE NIGHT OF LIGHTS!



Friday, December 5, 2025 6:00 - 8:30 PM

***Santa's Big Arrival, at 6:20 PM!
Main Street, Newington***

FREE ACTIVITIES FOR THE WHOLE FAMILY!

**Santa's Mailbox - Write him a letter and get a reply
from the North Pole!**

Hay Wagon & Train Rides

Bonfire with S'mores

Video Game Trailer

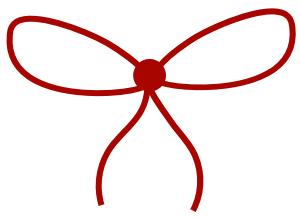
Clowns & Magicians

...and MORE!





Santa's Mailbox Is Coming to Town!



The magic of the season is coming to town!

Write your letter to Santa Claus and drop it in his special red mailbox during our Night of Lights celebration.



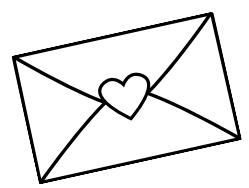
Friday, December 5, 2025



6:00 PM — 8:30 PM



Main Street, Newington



Santa Claus
123 Elf Road
North Pole, 88888

Don't forget to include your return address so Santa and his elves can write back!

Return Letters from Santa will only be sent to Newington Residents but all are welcome to write him!

SPECIAL THANKS TO OUR NIGHT OF LIGHTS SPONSORS



the flash lady
photography



FACILITY RENTALS

FIELDS

\$40 per hour fee per ballfield (except for any synthetic turf field) in the Town of Newington for adult teams with at least 90% Newington residents.

\$80 per hour fee per ballfield (except for any synthetic turf field) in the Town of Newington for a non-resident adult team.

GYMNASIUM

The Parks and Recreation Department offers rentals at the Mortensen Community Center Gymnasium throughout the fall, winter, and spring seasons. Rental availability is limited due to programming demands. The fees are as follows:

Room	Resident Fee Weekdays	Resident Fee Weekends	Non Resident Fee Weekdays	Non Resident Fee Weekends
Large Double Gymnasium	\$85/hour	Sat. \$160/hour Sun. \$180/hour	\$210/hour	Sat. \$315/hour Sun. \$420/hour
One Full Size Gymnasium	\$45/hour	Sat. \$80/hour Sun. \$90/hour	\$105/hour	Sat. \$160/hour Sun. \$210/hour

Questions? Call 860-665-8666

NEWINGTON PARKS & RECREATION PRESENTS

EXERCISE THE RIGHT CHOICE

AFTER SCHOOL
PROGRAM



FOR CHILDREN IN KINDERGARTEN-GRADE 4
SEPTEMBER 16, 2025 - MAY 19, 2026
(TUESDAYS DURING TEACHERS' PROFESSIONAL LEARNING DAYS)

1:45 - 5:30 PM

PRORATED FEE (1/13 - 5/19): \$255.00
HELD AT THE MORTENSEN COMMUNITY CENTER
TRANSPORTATION TO PROGRAM INCLUDED

FEATURING EXCITING ENTERTAINERS,
SPECIAL GUESTS, AND TONS OF FUN
THROUGHOUT THE YEAR!

ACTIVITY CODE: 3031201-A1

COMMUNITY GARDENS DEMING-YOUNG FARM 282 CHURCH ST.



20' x 20' plot size

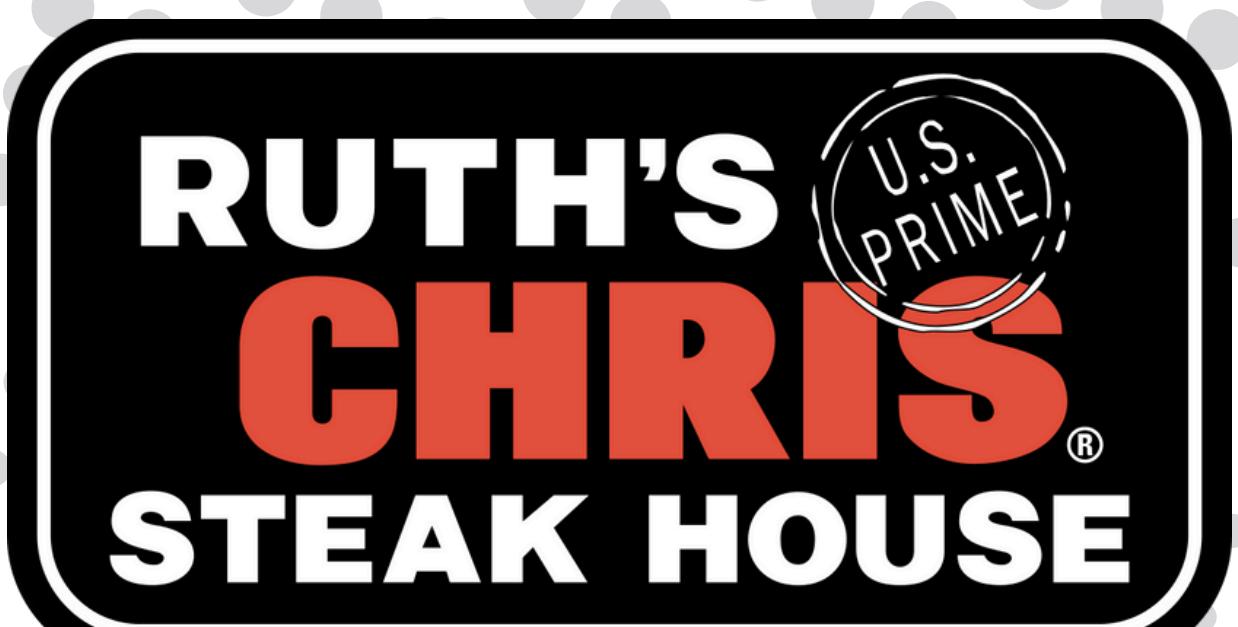
Returning Gardeners:
Registration begins
Thursday, March 19, 2026

New Gardeners:
Registration begins
Thursday, March 26, 2026

\$45 per plot, Newington Residents Only



SPECIAL THANK YOU
TO OUR YOUTH
BASKETBALL
SPONSORS





Summer Sunshine

MONDAY, JUNE 22, 2026 - FRIDAY, AUGUST 14, 2026

(no camp 7/3)

REGISTER IN PERSON AT THE PARKS & RECREATION OFFICE!

ABOUT THE CAMP

WHERE?

CREATIVE PLAYTIME
PRESCHOOL CLASSROOM

WHO?

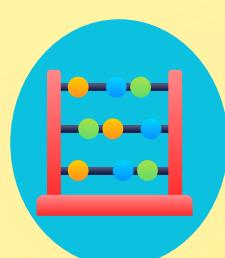
CHILDREN 3 AND 4 YEARS
OF AGE (POTTY TRAINED)

DATE?

MONDAY THROUGH
FRIDAY WITH 2-DAY
(T&TH), 3-DAY (M,W,F), OR
5-DAY (M-F) OPTIONS

TIME?

7:30 AM TO 5:30 PM WITH
FLEXIBLE DROP-OFF AND
PICK-UP TIMES!



Flexible schedules



Special guests



Games & crafts



Pool time

EARLY BIRD REGISTRATION (FEBRUARY 25, 2026- MAY 13 2026)

NON-RESIDENT REGISTRATION OPENS ON MAR. 4, 2026

Residents/Non-Residents:

2 days (Tuesday & Thursday):
\$166/\$186 per week

3 days (Monday, Wednesday, Friday):
\$236/\$262 per week

5 days (Monday-Friday):
\$358/\$396 per week

REGISTRATION AFTER MAY 13, 2026

Residents/Non-Residents:

2 days (Tuesday & Thursday):
\$226/\$246 per week

3 days (Monday, Wednesday, Friday):
\$302/\$328 per week

5 days (Monday-Friday):
\$428/\$466 per week



10% sibling discount! 15% discount for registered Creative Playtime

Preschool Students! **Register for all 9 weeks and save 20%!**

SUMMER CAMP

RECreate

MONDAY-FRIDAY, JUNE 22, 2026-AUGUST 7, 2026

(no camp 7/3)

7:30 AM TO 5:30 PM



CAMPERS
ENTERING
GRADES
K-8

**REGISTRATION IS
EXCLUSIVELY ONLINE!**



THEME WEEKS:

WEEK 1 WE GOT THE BEAT

WEEK 2 STARS, STRIPES & SUMMER FUN

WEEK 3 OUT OF THIS WORLD

WEEK 4 SPLASH-TACULAR

WEEK 5 CAMP-LYMPICS

WEEK 6 ANIMAL ADVENTURES

WEEK 7 SUMMER SENDOFF

FIELD TRIPS & SPECIAL GUESTS

(SUBJECT TO CHANGE)

WINDING TRAILS

NATURE WALKS

EXTRAVAGANZA CARNIVAL

BROWNSTONE PARK

QUASSY AMUSEMENT PARK

JUMP ON IN / FUN CITY

POOL PARTY

**REGISTRATION BEGINS
1/14/26 FOR
RESIDENTS!**

PLEASE NOTE,
REGISTRATION IS A
FIRST COME, FIRST
SERVE BASIS.

CAMP PRICING

Residents: 1/14 - 5/14

\$1,535 for all 7 Weeks

\$330 per week

Residents: after 5/14

\$1,999 for all 7 weeks

\$380 per week

Non-Residents: 1/28 - 5/14

\$1,999 for all 7 weeks

\$385 per week

Non-Residents: after 5/14

\$2,480 for all 7 weeks

\$452 per week

WHAT'S INCLUDED:

SWIM LESSONS

CAMP T-SHIRT

PIZZA / COOKOUT FRIDAYS

ALL FIELD TRIP ADMISSION

& MORE!

LEADERS-IN-TRAINING

Camp for teens entering grades 9 & 10

MONDAY - FRIDAY

JUNE 29, 2026 - JULY 31, 2026

8:30 AM - 4:30 PM

MORTENSEN COMMUNITY CENTER

5-week program! No camp 7/3/26. Registration open 1/14/26!

BUILD SELF-CONFIDENCE -- CREATE RESUMES -- MOCK INTERVIEWS
-- SHADOW SUMMER STAFF -- IMPROVE COMMUNICATION SKILLS --
CREATE LASTING MEMORIES

FIELD TRIPS/ ACTIVITIES INCLUDE

- Escape Room
- Cookouts
- Quassy Amusement Park
- Movie Theater
- Adventure Park
- & More!

HOW TO APPLY?

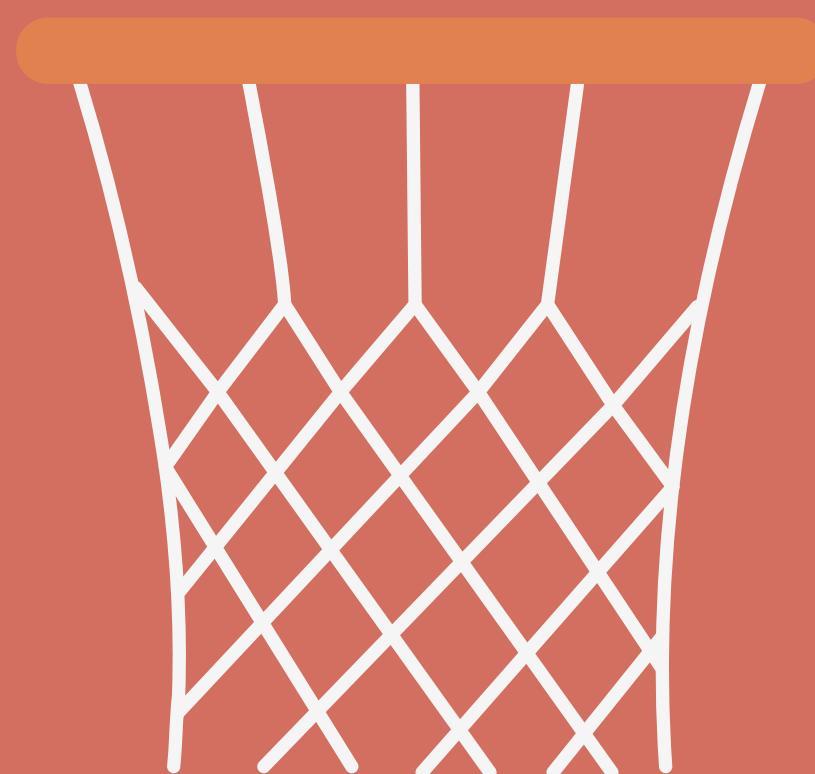
Pick up the application forms at the
Newington Parks and Recreation Office
or print the online forms from
www.newingtonct.gov/parksandrec

FOR RESIDENTS **\$770**
\$830 FOR NON-RESIDENTS

QUESTIONS?

CALL 860-665-8666

MEN'S BASKETBALL LEAGUE



WEDNESDAY NIGHTS

JANUARY 7, 2026 - MARCH 18, 2026

10 GAME SEASON



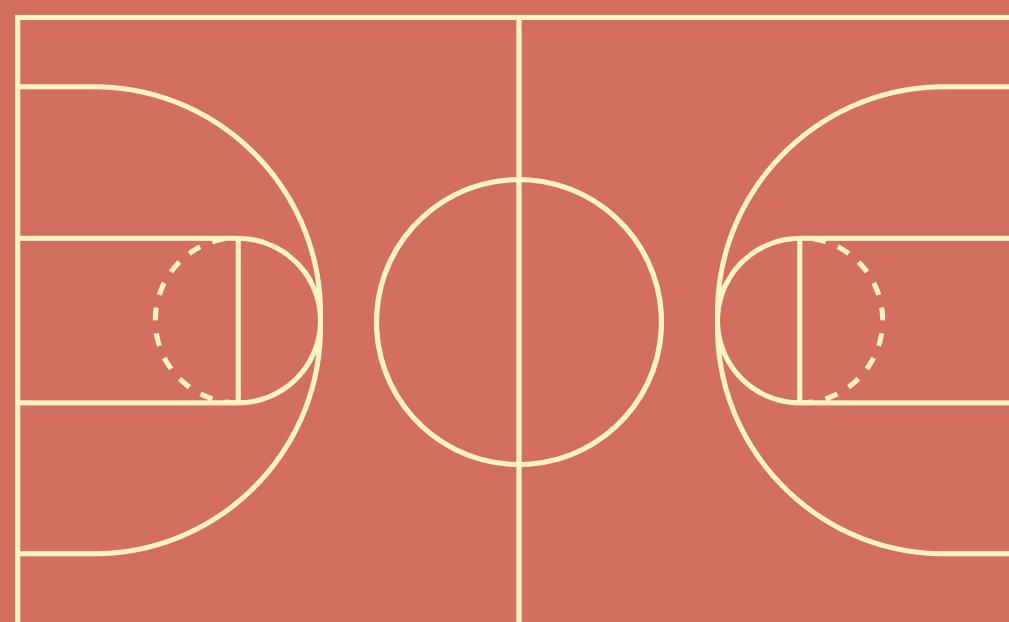
\$1,350 FOR A TEAM WITH 90% NEWINGTON
RESIDENTS



\$1,650 FOR A TEAM WITH LESS THAN 90%
NEWINGTON RESIDENTS



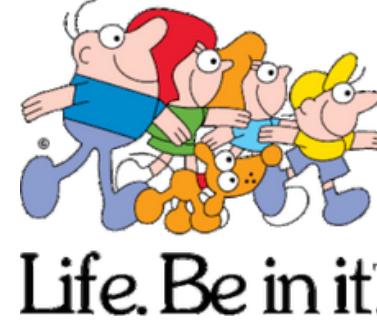
USE CODE: ABBMLSA



(860) 665-8666 * 200 Garfield Street * www.newingtonct.gov/parksandrec



Celebrating Don Woods' Impact in Newington Parks and Recreation



Mr. Don Woods, Chairperson of the Newington Parks and Recreation Board, will be stepping down after more than 38 years of dedicated service to the Board in various capacities. His passion for both the Town of Newington and the Newington Parks and Recreation Department is unmatched.

Throughout his decades of volunteer service, Don gave generously of his time, participating in countless programs and events. He could often be found presenting awards, delivering remarks that celebrated volunteers and supporters, or selling fundraising tickets to support community initiatives. His expertise in construction and horticulture made him an invaluable resource, often serving as the “go-to person” for guidance on numerous parks projects. Don’s leadership style inspired collaboration, teamwork, and motivation among employees and volunteers alike. During his tenure as Chairperson, the Parks and Recreation Department achieved numerous milestones under his guidance. Among these are the development of the Clem Lemire Sports Complex, the field turf stadium, and enhancements to little league, softball, and high school fields. His leadership also supported the installation of more than 15 playgrounds and outdoor fitness facilities across Newington’s parks system.

Perhaps Don’s most notable contribution was his unwavering support for the successful referendum to build the state-of-the-art Mortensen Community Center. Not only did he play a pivotal role in championing the project, but he also served on the Building Committee and contributed to its design.

Don’s impact has been recognized with numerous honors, including the prestigious Connecticut Recreation and Parks Association Public Service Award in 2016. Beyond his achievements, Don will be remembered as a kind, generous, and inspirational leader whose commitment to the residents of Newington and to the Parks and Recreation Department leaves a lasting legacy. On behalf of the community, thank you, Don, for your extraordinary service and dedication. Your contributions will be deeply missed, but your legacy will continue to enrich Newington for years to come.

Newington

PARKS & RECREATION

Building A Strong Community

Est.
1956

AQUATICS

Recreational Swimming at Newington High School

The Newington High School Pool will open for indoor recreational swimming from mid-September through late May. Recreational swimming is supervised by certified American Red Cross lifeguards. Anyone may pay a daily admission fee at the pool. Newington residents may use a Summer 2025 pool pass for the 2025-2026 indoor season, or may purchase pool passes for the indoor season at the Newington Parks and Recreation office. The fee for a household pass is \$45.00 and includes up to six people who permanently reside in the same Newington household. For households with more than six people, the additional fee for each person is \$5.00, up to a maximum of 8 people per household. Passes for resident individuals are \$39.00. Daily admission rates are listed below. Newington's aquatic facilities are open to anyone. Rocky Hill and Wethersfield residents participating in the Tri-town swimming program (see below) may use their town-issued pool pass. An adult must accompany children under 13.

Time: 7:00 - 8:45 PM

Dates: Mondays, Wednesdays & Fridays, Sept. 15, 2025 - May 22, 2026. The pool is unavailable on all holidays and dates that the high school is closed, when school is canceled due to inclement weather, and occasionally due to NHS swim meets. Call 860-665-8666 for information regarding school vacation swim times.

Fee: **Pool Pass:** Individual: \$39.00

Household: \$45.00 (Pool passes may only be purchased at the Newington Parks and Recreation office.)

Daily Admission Rate: \$6.00 for adults, \$4.00 for children under 18, \$4.00 for seniors (62+)



Swim Lesson Level Descriptions

The Newington Parks and Recreation Department is proud to be an authorized provider of the American Red Cross Learn-To-Swim Program for Levels 1 - 6. Proper swim lesson level placement is critical for your child's success in swim lessons, as well as ensuring that the experience is enjoyable and safe. If your child has taken swim lessons with us before, please select the level recommended by their instructor. Please note that children must be at least 5 years of age to register for Levels 1 and up. Please review the swim lesson level descriptions below before registering your child. If your child can complete the skills listed, please register them for the next level.

Note: These skills are the requirements to pass the level listed.

Level 1 - (MUST BE AT LEAST 5 YEARS OLD) Enter and exit the water unassisted, open eyes underwater, bobbing, combined arm/leg action on front and back, front/back glides (two body lengths), and unsupported front/back float (5 seconds).

Level 2 - Jump from the deck into shoulder-deep water, front float (10 seconds), back float (15 seconds), tread water (15 seconds), submerge completely and hold breath for 10 seconds, swim using leg and arm strokes (5 body lengths).

Level 3 - Jump into deep water, begin diving, tread water (1 minute), front crawl (15 yards), elementary backstroke (15 yards), survival float (30 seconds), and rotary breathing (15 times).

Level 4 - Standing dives, swim underwater (3-5 body lengths), tread water (2 minutes), front crawl and elementary backstroke (25 yards each), breaststroke, butterfly, and back crawl (15 yards each).

Level 5 - Shallow water dives, tuck and pike surface dives, front flip turns, front crawl and elementary backstroke (50 yards each), breaststroke, butterfly, and back crawl (25 yards each).

Level 6 - Fitness Swimmer: front crawl and elementary backstroke (100 yards each), breaststroke, butterfly, and back crawl (50 yards each), competitive turns, surface dives, and object retrieval.

For a more detailed list of the level descriptions, please visit

www.newingtonct.gov/parksandrec

Program Information & Cancellation Hotline:

860-665-8686

Tri-Town Swimming

The Newington, Rocky Hill, and Wethersfield Parks and Recreation Departments are offering a chance for residents of all three towns to utilize their indoor pools. If you purchase a season and/or yearly pool pass (household or individual) from one town, you can use it in all three towns. All you have to do is present your pass.

Tri-town swimming is only available for season pass holders.

Newington High School Indoor Pool 605 Willard Avenue, Newington Open Monday, Wednesday, and Friday: 7:00 PM - 8:45 PM Office Number: 860-665-8666 / Hotline: 860-665-8686

Rocky Hill High School Indoor Pool 50 Chaplin Avenue, Rocky Hill Office: 860-258-7429 / Information Line: 860-258-2772

Wethersfield High School Indoor Pool 411 Wolcott Hill Rd, Wethersfield Office/Information Line: 860-721-2890

For more information on pool hours in Rocky Hill and Wethersfield, please contact their Parks and Recreation offices directly.

Please note: The NHS Pool is kept cooler for lap swimming and aquatic sports.

AQUATICS

Preschool & Parent

Ages 3 - 5 with parent

These lessons are the perfect opportunity for 3 to 5-year-olds to get acquainted with being in the water. A parent is required to be in the water, at all times, with their child and should be comfortable in the water. There are no credits or refunds given for missed or canceled swim lessons. We will attempt to schedule a make-up class when lessons are canceled. Children must be three years old when the program begins.

Location: Newington High School Indoor Pool

Fee: \$32 for residents /
\$37 for non-residents

Code: Time: Dates:

4060110-A1 5:30 - 6:00 PM Wednesdays, Jan. 7 - Jan. 28 (4 classes)

4060110-B1 5:30 - 6:00 PM Wednesdays, Feb. 4 - Feb. 25 (4 classes)

Lifeguarding Course

Ages 15 and up

Newington Parks & Recreation will be offering the latest American Red Cross Lifeguarding Course. Students will learn safety and rescue techniques designed to prevent and respond to a variety of on-land and aquatic emergencies. Pre-requisite skills must be demonstrated during the pre-course session, which will be held on the first day. Fee includes instruction, the latest ARC Lifeguard Manual, pocket mask, and certification in American Red Cross Lifeguarding, First Aid, and CPR/AED after successful completion of the course. Students should bring a snack, their Lifeguard Manual (received on the first day), bathing suit, and towel to every class. Attendance of all course dates is mandatory! This class is open to any and all interested participants. Participants must be age 15 by the end of the class. This is a blended course; all participants must also complete the online portion of the class. Employment opportunities available upon successful completion of the course!

Location: Newington High School Indoor Pool

Fee: \$300 residents / \$325 for non-residents

Instructor: Dylan Correll



Code: Time: Dates:

3060605-A1 9:00 AM - 3:00 PM Friday, December 26
Monday, December 29
Tuesday, December 30

9:00 AM - 12:30 PM Wednesday, December 31

Group Swim Lessons

Ages 5 - 17

Our group swim lessons are taught by American Red Cross-certified lifeguards and are held at the Newington High School indoor pool. There are no credits or refunds given for missed/canceled swim lessons. We will attempt to schedule a make-up class when lessons are canceled. Please see the level descriptions on page 15 as a guide to register your child.

Location: Newington High School Indoor Pool

Fee: \$62 for residents /
\$67 for non-residents

Wednesdays, Jan. 7 - Feb. 25 (8 classes)

5:30 - 6:00 PM 6:00 - 6:30 PM

Level 1	Code: 4060101-A1	Code: 4060101-A2
Level 2	Code: 4060102-A1	Code: 4060102-A2
Level 3	Code: 4060103-A1	(Not Offered)
Level 4	(Not Offered)	Code: 4060104-A2
Level 5/6	(Not Offered)	Code: 4060108-A2

Semi-Private Swim Lessons

Ages 5 - 17

Our semi-private swim lessons are a great opportunity to get individualized attention when learning how to swim. The limit is 2 participants per instructor. Please note that there are no refunds given for missed or canceled lessons. If lessons are canceled, we will attempt to schedule a make-up class. If a make-up class cannot be scheduled, we will issue household credits. Please see the level descriptions on page 15 as a guide to registering your child.

Location: Newington High School Indoor Pool

Fee: \$93 for residents / \$100 for non-residents

Session 1- WEDNESDAYS

Jan. 7 - Jan. 28
(4 Classes)
6:30 - 7:00 PM

Level 1	Code: 4060201-A1
Level 2	Code: 4060202-A1
Level 3	Code: 4060203-A1
Level 4	Code: 4060204-A1
Level 5/6	Code: 4060208-A1

Session 2- WEDNESDAYS

Feb. 4 - Feb. 25
(4 Classes)
6:30 - 7:00 PM

Level 1	Code: 4060201-B1
Level 2	Code: 4060202-B1
Level 3	Code: 4060203-B1
Level 4	Code: 4060204-B1
Level 5/6	Code: 4060208-B1

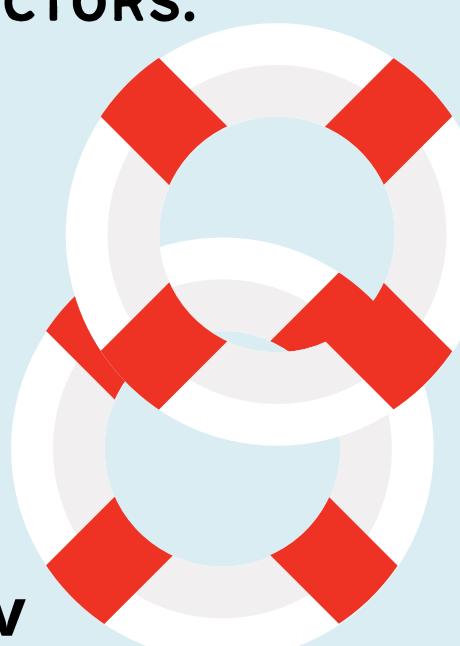
WE'RE HIRING!

JOIN OUR INDOOR TEAM AT NEWINGTON HIGH SCHOOL

NEWINGTON PARKS AND RECREATION IS CURRENTLY SEEKING
ENTHUSIASTIC INDIVIDUALS, AGED 15 AND ABOVE, FOR THE
LIFEGUARD POSITIONS, AS WELL AS THOSE AGED 16 AND ABOVE
FOR THE ROLE OF WATER SAFETY INSTRUCTORS.

HOURS
RANGING
FROM: **MONDAY - FRIDAY EVENINGS
FROM 5:30 - 8:30 PM**
**& WEDNESDAY EVENING SWIM
LESSONS FROM 5:30 - 7:00 PM**

For more information, please email
Nancy Glynn at nglynn@newingtonct.gov



CREATIVE PLAYTIME PRESCHOOL PROGRAM

Creative Playtime Preschool Program is located at 200 Garfield Street, Newington.

Creative Playtime Preschool Program is open to children ages 2 years and 9 months -5 years. Morning, Afternoon, or Full-Day Programs are available. Our program is fully licensed through the State of Connecticut Office of Early Childhood!

WHY CHOOSE CREATIVE PLAYTIME PRESCHOOL PROGRAM?

- We are proudly licensed by the State of Connecticut, ensuring we meet and exceed the highest standards for early childhood education, safety, and care.
- Our experienced, nurturing staff are passionate about early childhood development and complete annual Continuing Education Units (CEUs) to stay on the cutting edge of preschool teaching practices.
- Since earning our State licensure in 2007, hundreds of children have thrived in our program, gaining the skills, confidence, and readiness they need for kindergarten and beyond.
- We offer a flexible schedule designed to meet the needs of today's families. Choose from morning, afternoon, or full-day options, from just one day per week up to all five!
- Our spacious, beautifully designed classroom features multiple hands-on activity areas that spark creativity, curiosity, and a love of learning in every child.
- Need an extra day? Our convenient Flex Day option gives families the added support they need when life gets busy.
- We believe preschool should be more than just learning, it should be a joyful experience for the whole family! That's why we host exciting community events throughout the year, including Thanksgiving Luncheons, Pizza Parties, Preschool Proms, Family Nights, and more. These special moments help foster strong connections between families, staff, and the children we serve.

INFORMATION ABOUT OUR PROGRAM

The Newington Parks & Recreation Department's Creative Playtime Preschool

Program seeks to create a nurturing, educational environment in which children can learn, grow, and feel safe with adults other than their parents. Our primary goal is to foster competent learners across all ages and domains through development consistent with the CT Early Learning Standards and Development Standards, and that have the essential dispositions that result in the ability to be creative, inquisitive, flexible, critical thinkers, purposeful and reflective and social learners. Children will have the opportunity to express their interests and feelings through creative experiences in all parts of the program.

The Creative Playtime Preschool Program provides a rich resource of experiences and education that create unique learning opportunities for children in the community and our on-site preschool program. Our facility is special in that we have a gymnasium, a community room, Mill Pond Park, and the Lucy Robbins Welles Library next door to our school. We believe the strength of our program lies in the dedication of our professional educators. We believe the Creative Playtime Preschool Program is a great introduction to a classroom environment!

OUR TEACHERS:

Jessica Coelho, Assistant Director

Janet Arnold, Assistant Teacher
Anne Carella, Assistant Teacher
Patricia McCarthy, Assistant Teacher

Mili Panduro, Assistant Teacher
Natalie Poulin, Assistant Teacher
Kristyna Ross, Assistant Teacher



WE'RE EXCITED TO WELCOME CHILDREN AGES 2 YEARS AND 9 MONTHS TO 5 YEARS INTO A NURTURING ENVIRONMENT WHERE FUN, FRIENDSHIP, AND SCHOOL READINESS COME TOGETHER!

Our program focuses on developing important school skills and promoting kindergarten readiness through play-based learning. Children must be toilet trained by the start of the program (no diapers or pull-ups, please).

Classroom ratio: No more than 10 children per teacher, with at least two teachers scheduled at all times!

Deposit: A 25% non-refundable deposit is due at registration

Payment plan available! Remaining balance due in four equal installments:

August 14, 2025 | November 13, 2025 | January 22, 2026 | March 12, 2026

 **Call us at (860) 665-8666 to schedule a tour!**

 **Visit the Parks and Recreation office for a registration packet with complete program details.**



CREATIVE PLAYTIME PRESCHOOL PROGRAM

Daily Program Schedule

Morning Program

7:30 AM - 12:00 PM

7:30 - 9:00 AM - Drop off and morning play

9:00 AM - 12:00 PM - Educational curriculum including teacher-directed projects, fine and gross motor activities, science, storytime, and more!

11:00 AM - 12:00 PM - Pick up and morning play
The morning session also includes snack time, bathroom breaks, and outdoor play!

Afternoon Program

1:00 - 5:30 PM

1:00 - 1:30 PM - Drop off and free play

1:30 - 4:30 PM - Educational curriculum including teacher-directed projects, fine and gross motor activities, science, storytime, and more!

4:30 - 5:30 PM - Pick up and afternoon play

The afternoon session also includes snack time, bathroom breaks, and outdoor play!

Full Day Program

7:30 AM - 5:30 PM

This option combines the morning and afternoon programs and includes a bonus hour from 12:00 - 1:00 PM. Students will eat lunch at 12:00 PM and, once finished, will have rest time in the classroom on cots provided by the Creative Playtime Preschool.



Affordable, High-Quality Preschool That Fits Your Family's Needs

Our convenient program schedule allows you to register only for the days and times that you choose. You can register for one day per week or all five! Choose the morning or afternoon program, or register your child for our full-day program. We also offer a Flex Day program, which allows you to sign your child up for an additional program when you need extra care.

At Creative Playtime Preschool, we offer exceptional early childhood education at an incredible value. Tuition is based on the time slot and number of days your child attends, giving you the flexibility to choose a schedule that works best for your family. For example, enrolling in our full-day program five days a week for the school year is \$15,802.50. With our \$500 multi-day discount, your total is just \$15,302.50 for the year. That's approximately \$392 per week for 50 hours of care, which breaks down to just \$7.88 an hour for licensed, nurturing, and enriching preschool programming.

You won't find a better blend of affordability, flexibility, and quality. Contact us today to learn more or to receive a personalized quote based on your preferred schedule!

2025 - 2026 Program Fees

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
\$1,580.25	\$1,580.25	\$1,580.25	\$1,580.25	\$1,580.25
\$1,580.25	\$1,580.25	\$1,580.25	\$1,580.25	\$1,580.25
\$3,160.50	\$3,160.50	\$3,160.50	\$3,160.50	\$3,160.50

Secure your spot with a 25% deposit and enroll in our convenient payment plan!

Full Day Savings! Save up to \$500!!

Register your child for one full day and receive \$100 off your total tuition bill for each additional full day your child is registered for! A discount of up to \$500 is available per child. The child must be registered before the beginning of the school year. Register for:

***Two full-days - receive \$200 off your total tuition bill**

***Three full-days - receive \$300 off your total tuition bill**

***Four full-days - receive \$400 off your total tuition bill**

***Five full-days - receive \$500 off your total tuition bill**

Sibling Discount!

Register siblings together and save money! Save 10% on the second sibling's registration, 20% on the third sibling's registration, and so on!

Join us for an Open House!

Meet our staff and tour the classroom!

Thursday, January 8, 2026 from 6:00-7:00 PM

Tuesday, February 24, 2026 from 6:00-7:00 PM

Wednesday, March 18, 2026 from 6:00-7:00 PM

 **Call us at (860) 665-8666 to schedule a tour!**

YOUTH PROGRAMS

Jumpin' Gym Daze *Ages 12 - 36 Months, with a parent / guardian*

Get ready for active fun, laughter, and connection!

This lively gym-based program is the perfect way for toddlers to explore, move, and play in a safe, open space filled with balls, hoops, tunnels, and more. Each session offers unstructured free play with a variety of rotating activities to keep things fresh and exciting.

It's a wonderful opportunity for your little one to burn off energy, build social skills, and make new friends—while parents and grandparents enjoy time to connect with other caregivers. Come join the fun and create special memories together!

Instructor: Mili Panduro

Location: Mortensen Community Center Gymnasium

Fee: \$70 for residents / \$90 for non-residents



Code: Time: Dates:

4020311-A1 9:00 - 9:45 AM Mondays, January 5 - Mar. 9
(8 classes, no class 1/19, 2/16)

Rhythm Kids *Ages 4 - 6*

Rhythm Kids is the next musical step for your child (ages 4–8) with a parent or caregiver. Each week, we drum, sing, dance, play rhythm instruments, and begin to play music-based games. Rhythm Kids Level 1 guides children toward developmentally appropriate music and movement activities, where they can begin to take charge, lead others, and be musically creative, as they:

- make up their own drumming patterns; • create movement ideas for songs;
- invent new ways to play rhythm instruments • and even take a drum solo!

Instructor: Ms. Sue

Location: Mortensen Community Center Multi-Purpose Room

Fee: \$250 (\$140 for each additional sibling registered for same class.)

Fees include CD and all materials. Fees remain the same for non-residents.)



Code: Time: Dates:

4030806-A1 6:00 - 6:45 PM Tuesdays, January 6 - March 10
(10 classes)

Music Together:

Winter Sticks Song Collection *Ages newborn to 5 years*

Music Together is an innovative, thoroughly researched approach to early childhood music education, based on the premise that all children are inherently musical. Music Together is committed to helping families rediscover the pleasure and value of musical activity by providing children with new opportunities to experience and express themselves musically alongside their most important role models: their parents, caregivers, and teachers. Your child will love going for a musical ride with "Ridin' in the Car" and "Trot to Grandma's House" this semester.

We'll dance with "Don Alfredo baila," march, and scamper with "The Tailor and the Mouse," and go "Pop!" with that good ol' classic weasel! You'll have lots of new songs and chants to keep the music going all winter long! In addition to your weekly classes, your tuition includes recordings and materials for you to use at home, including an illustrated songbook and access to the songs through the Music Together app.



Mornin' Munchkins

Ages 12 - 36 Months, with a parent / guardian

This fun and social class is perfect for both toddlers and their caregivers! Activities include music, movement, story time, and arts & crafts—plus plenty of opportunities to make new friends. It's a great way for parents and grandparents to bond, get creative, and engage with their little ones in a welcoming group setting. Ideal for those looking to connect with other families in the community.

Instructor: Mili Panduro

Location: Mortensen Community Center
Multipurpose Room

Fee: \$70 for residents / \$90 for non-residents



Code: Time: Dates:

4020312-A1 10:30 - 11:15 AM Mondays, Jan. 5 - Mar. 9
(8 classes, no class 1/19, 2/16)

Jingle Jam *Ages newborn to 8 years*

Get ready for a festive adventure with your favorite Music Together teachers as we spread some winter magic at our Jingle Jam! This winter-themed celebration is packed with singing, dancing, instrument play, and creative crafts – all designed for you and your little ones to enjoy together. With three weeks of winter wonder, we'll make memories that sparkle as brightly as the season itself. Don't miss out on the holiday cheer!

Instructor: Ms. Sue

Location: Mortensen Community Center
Multi-Purpose Room

Fee: \$80 (\$50 for each additional sibling registered for the same class.)



Code: Time: Dates:

4030807-A1 5 - 6 PM Tues., Dec. 2 - 16 (3 classes)
4030807-B1 10 - 11 AM Sat., Dec 6. - 20 (3 classes)

Instructor: Ms. Sue

Location: Mortensen Community Center
Multi-Purpose Room

Fee: \$230 (\$135 for each additional sibling registered for the same class. Fees include CD and all materials. Fees remain the same for non-residents. Infants under 8 months are free with a registered sibling.)

Code: Time: Dates:

4030801-B2 5:00 - 5:45 PM Tuesdays, January 6 - March 10 (10 classes)

4030801-C2 9:30 - 10:15 AM Saturdays, January 10 - March 28 (10 classes, no class 1/17, 2/14)

4030801-C3 10:30 - 11:15 AM Saturdays, January 10 - March 28 (10 classes, no class 1/17, 2/14)

YOUTH PROGRAMS

Multisport Tots All Stars Ages 2-5

Begin an athletic journey with Multi-SportTots! This program offers a variety of sports through fun, age-appropriate activities, enhancing balance, coordination, and fitness. This engaging introduction to multiple sports is packed with learning and teamwork! Parent participation is required with children 3.5 years and younger

Instructor: Skyhawks Staff
 Location: Mortensen Community Center Gymnasium
 Fee: \$102 for residents/non-residents

Code: Age: Time: Dates:

4030401-A1	2-3	9:00 - 9:45 AM	Wed., January 7 - March 11 (6 classes)
4030401-B1	4-5	10:00- 10:45 AM	Wed., January 7 - March 11 (6 classes)

Hoopster Tots Ages 2 - 5

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
 Location: Mortensen Community Center Gymnasium
 Fee: \$102 for residents /non-residents

Code: Age: Time: Dates:

4030402-A1	2-3	9:00 - 9:45 AM	Tues., January 6 - March 10 (6 classes)
4030402-B1	4-5	10:00 - 10:45 AM	Tues., January 6 - March 10 (6 classes)

Painting And Drawing Class Ages 10-17

Explore and learn techniques in watercolor, acrylic, and drawing. This is a relaxed class aimed at inspiring creativity and helping students develop their own unique art style while creating exciting works of art. Beginners and all levels welcome! Supplies are provided, but feel free to bring your own supplies if you prefer them. Please wear a smock or old clothes.

Instructor: Ali Lenehan
 Location: Mortensen Community Center Multi-Purpose Room
 Fee: \$150 for residents / \$160 for non-residents



Code: Time: Dates:

4030710-A1	7:00 - 8:30 PM	Tuesdays, January 6 - February 24 (8 classes)
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Desserts Around The World Ages 7-11

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

Staff: Food Explorers
 Location: Mortensen Community Center Gymnasium
 Fee: \$94 for residents / \$104 for non-residents



Code: Time: Dates:

4030807-A1	4:00- 5:00 PM	Mon., January 5 - February 2 (4 classes, no class 1/19)
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Food Explorers: Winter Camp Ages 7-11

Join Food Explorers for a fun and engaging half-day camp! Kids will roll up their sleeves and dive into the world of cooking and baking by making two delicious recipes from scratch; Hot Chocolate Mousse Trifles and Homemade Pasta. Guided by experienced instructors, young chefs will learn essential kitchen skills, explore new ingredients, and gain confidence in the kitchen—all while having a blast. Perfect for aspiring chefs! All recipes are nut-free and vegetarian but will contain dairy, eggs, and gluten.



Instructor: Food Explorers
 Location: Mortensen Community Center Multi-Purpose Room
 Fee: \$60 for residents/ \$70 for non-residents

Code: Time: Dates:

4030712-A1	8:30 - 11:30 AM	Tuesday, December 30
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Gymnastics Ages 18 months - 12 years

A wonderful opportunity to learn the art of gymnastics! Participants will learn gymnastic skills according to their ability level. Participants should wear leotards, warm-ups, or shorts and a t-shirt.

Instructor: Aerials Gymnastics Staff

Location: Aerials Gymnastics, 136 Day Street, Newington

Fees: **3 class, 45-minute sessions:** \$60 for residents / same for non-residents

3 class, 1-hour sessions: \$70 for residents / same for non-residents

4 class, 45-minute sessions: \$75 for residents / same for non-residents

4 class, 1-hour sessions: \$85 for residents / same for non-residents



Code: Time: Dates:

Parent and Child: Ages 18 months - 3 years with Parent

4031002-B1	9:00 - 9:45 AM	Saturdays, Jan. 10 - Jan. 31 (4 classes)
4031002-C1	9:00 - 9:45 AM	Saturdays, Feb. 7 - Feb. 28 (3 classes, no class 2/14)
4031002-D1	9:00 - 9:45 AM	Saturdays, Mar. 7 - Mar. 28 (4 classes)

Preschool: 3 year old class

4031003-B1	10:00 - 10:45 AM	Saturdays, Jan. 10 - Jan. 31 (4 classes)
4031003-C1	10:00 - 10:45 AM	Saturdays, Feb. 7 - Feb. 28 (3 classes, no class 2/14)
4031003-D1	10:00 - 10:45 AM	Saturdays, Mar. 7 - Mar. 28 (4 classes)

Preschool: 4 year old class

4031004-B1	11:00 - 11:45 AM	Saturdays, Jan. 10 - Jan. 31 (4 classes)
4031004-C1	11:00 - 11:45 AM	Saturdays, Feb. 7 - Feb. 28 (3 classes, no class 2/14)
4031004-D1	11:00 - 11:45 AM	Saturdays, Mar. 7 - Mar. 28 (4 classes)

Beginner: Kindergarten - 2nd Grade

4031006-B1	12:00 - 12:45 PM	Saturdays, Jan. 10 - Jan. 31 (4 classes)
4031006-C1	12:00 - 12:45 PM	Saturdays, Feb. 7 - Feb. 28 (3 classes, no class 2/14)
4031006-D1	12:00 - 12:45 PM	Saturdays, Mar. 7 - Mar. 28 (4 classes)

Intermediate: 7 - 12 years old

4031007-B1	12:00 - 1:00 PM	Saturdays, Jan. 10 - Jan. 31 (4 classes)
4031007-C1	12:00 - 1:00 PM	Saturdays, Feb. 7 - Feb. 28 (3 classes, no class 2/14)
4031007-D1	12:00 - 1:00 PM	Saturdays, Mar. 7 - Mar. 28 (4 classes)

Physical Education Camp - Winter Edition

Grades K - 8

Have you ever wanted to play your favorite games and activities from Wellness class during school vacation? Join us at P.E. CAMP for super fun activities including scooter games, parachute activities, capture the flag, basketball, hot ball, Dodgeball, mat ball, bucket relay, cup stacking, and MANY more! Students help pick what we play every day!



Instructors: Mr. Liebler and Mr. Percival
Location: Ruth L. Chaffee Elementary School Gymnasium
Fee: \$50 per day / \$120 for three days

Code: Time: Dates:

4030405-A1	9:00 AM - 12:00 PM	Mon., Tues., and Wed. December 29, 30, 31
4030405-A2	9:00 AM - 12:00 PM	Monday, December 29
4030405-A3	9:00 AM - 12:00 PM	Tuesday, December 30
4030405-A4	9:00 AM - 12:00 PM	Wednesday, December 31

Volleyball Fundamentals Girls Grades 5 - 8

Learn and practice the basic fundamentals of volleyball. Participants will learn forearm passing, overhand serving, setting, spike approach, and game rotations. This program is fun and engaging, allowing beginners to develop a love of the game with the goal of playing in high school. No experience is necessary.

Instructor: Tami Hyde
Location: Mortensen Community Center, Gymnasium
Fee: \$130 for residents / \$143 for non-residents

Code: Time: Dates:

4030418-A1	5:30 - 7:00 PM	Tuesdays, January 13 - March 31 (11 classes, no class 1/20, 2/10)
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YOUTH PROGRAMS

Karate Ages 5 -12

Come and learn the traditional art of Okinawan Shorin-Ryu Karate, taught by Lee Anne Brophy, a 7th-degree black belt with over 25 years of teaching experience. You will learn the basics of Karate – blocking and striking – as it is still taught in Okinawa today. Students will also learn discipline, self-confidence, and how to defend themselves.

Instructor: Lee Anne Brophy

Location: Mortensen Community Center, Gym B

Fee: \$85 for residents / \$95 for non-residents

Dates: Wednesdays, Jan. 7 - Mar. 11 (10 classes)

Code: Ages: Time:

4031005-A1	5 - 6	5:00 - 6:00 PM
4031005-B1	7 - 12	6:00 - 7:00 PM

Just For Fun ART-VENTURES FOR KIDS



Grades K - 5

Get ready to "create some fun"! Just for Fun ART-Ventures leads children on an imaginary tour through the world's greatest art museums, inspiring creativity through exposure to the FUN-damentals of artists' tools, techniques, and art forms, many inspired by masters. But don't just admire these great works- decorate your home with masterpieces of your own! Draw Oil Pastel Flowers like O'Keefe, and create colorful canvases in the style of Matisse. Sculpt Swirly Clay Pencil Holders and decorate Paper Mache Boxes. Creatively educational, whimsical, and unconventional, these ART-ventures welcome children into a world of artistic wonder. Children bring home beautiful masterpieces each week, sure to transform any home into a gallery!

Location: Mortensen Community Center Multi-Purpose Room

Instructor: ART-ventures for Kids Staff
Fee: \$189 for residents / \$199 for non-residents

Code: Time: Dates:

4030709-A1	4:30 - 5:30 PM	Thursdays, January 29 - March 19 (8 classes)
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Kids Series Sewing Class

Students will learn the basics of sewing machine operation while crafting useful take-home pieces each class. Beyond the basics, tackling elastic application, hems, and French seams. All materials included; students must bring their sewing machine.

Instructor: Miss Ashley

Location: Mortensen Community Center, Multi-Purpose Room
Fee: \$135 for residents / \$145 for non-residents

Code: Time: Dates:

3041303-A1	4:30 - 6:00 PM	Mondays, Dec. 8 - Dec. 22 (3 classes)
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SPONSORSHIP »»» OPPORTUNITY «««

Newington Parks and Recreation Department Introducing TV Monitor Advertisement Opportunities!

Advertise your business on our 75-inch monitors, positioned in two state-of-the-art gyms, and capture the attention of hundreds of thousands of annual visitors. Your business will enjoy maximum exposure and engagement with audiences drawn from basketball, pickleball, volleyball, high school sports, special entertainment showcases, live bands, and Newington Parks and Recreation programs.

Advertisement Options

3 Month
Advertisement
Periods

24/7 Exposure

\$400 per
3-month
period

Silver Package: 20% off for two sessions

Gold Package: 30% off for three sessions

Platinum Sponsorship Package: 40% off for a full year

Contact Superintendent of Newington Parks and Recreation, Bill DeMaio, for more information at 860-665-8666.

FREE Indoor Walking

The Mortensen Community Center Gymnasium

Tuesdays and Thursdays, 8:30 - 10:30 AM

There will be no indoor walking available when the Town Hall is closed.

Mortensen Community Center Gymnasium will be open for walkers on Tuesday and Thursday mornings throughout the fall, winter, and spring. All walkers must pre-register for this program. Registration is accepted at the Newington Parks & Recreation office during business hours. Walkers should carry an ID with them at all times. We ask that walkers wear an alternate pair of shoes or boots outside, and carry walking sneakers in. This will help reduce the amount of salt, sand, and snow tracked indoors.

**Indoor walking may be canceled due to special events, program changes, and/or reasons beyond the control of the Newington Parks and Recreation Department. We apologize in advance for any inconvenience this may cause.*

Qigong

Qigong is the study and practice of cultivating life force energy through various techniques, including breathing, relaxed stretching, meditation, postures and movements, and guided imagery. Qi means breath, life force, and energy. Gong means work, practice, and commitment. Exercises are effective in maintaining health, preventing illness, and extending longevity. It is a powerful tool for maintaining and restoring harmony in the organ systems.

Instructor: Larry Gal

Location: Mortensen Community Center Multi-Purpose Room

Fee: \$88 for residents / \$97 for non-residents

Code: Time: Dates:

4041021-A1 10:00 - 10:45 AM Fridays, December 19 - February 27 (11 classes)

Pickleball Open Play *For ages 18 & up*

Enjoy the fun of the fastest-growing sport in the world! Come play and join the friendly competition of other enthusiastic players. Increase aerobic fitness and stamina by participating in this weekly program. Pickleball is a paddleball sport that combines elements of badminton, table tennis, and tennis. Participants must bring their own Pickleball paddle. If you do not own a Pickleball paddle, you can purchase one from the Parks and Recreation office before the program begins.

Location: Mortensen Community Center Gymnasium

Fee: \$90 for residents / \$100 for non-residents

Code: Time: Dates:

4041204-A1 7:00 - 9:00 PM Fridays, January 9 - March 27 (10 classes, no class 2/6, 2/20)

Badminton *For ages 18 & up*

Enjoy the fun of the number two "participant sport" in the world, second only to soccer in popularity. Upgrade your level of play by joining the friendly competition of other enthusiastic players. Increase aerobic fitness and stamina by participating in this weekly event. Faster than a game of tennis, players can burn 600-1000 calories an hour. Players with even a moderate amount of skill can jump right in and enjoy not only the social aspects of team play but also the fantastic health benefits of a great cardiovascular workout. This is an unsupervised open-play program.

Location: Mortensen Community Center Gymnasium

Fee: \$90 for residents / \$100 for non-residents

Code: Time: Dates:

4040301-A1 7:30 - 9:30 PM Thursdays, Jan. 8 - Mar. 19 (10 classes, no class 2/12)

ADULT & OLDER ADULT PROGRAMS

Line Dancing

Line dancing isn't just country western anymore! It could be anything from a waltz to a cha-cha. You will learn some of the most popular dances. No partner is needed. It's fun, great exercise, and just a few classes will free the dancer in you!

Instructor: Wendy Nielsen

Location: Senior & Disabled Center, Auditorium

Fee: \$87 for residents / \$102 for non-residents

Code: Time: Dates:

4040701-A1 6:30 - 7:30 PM Wednesdays, January 7 - March 18 (11 classes)

Low Impact Zumba

This class is a low-impact alternative to the traditional Zumba class. It offers fun and easy-to-follow dance movements that will burn calories, increase metabolism, and relieve stress with NO jumping. The songs are somewhat slower and less intense than those in fully loaded Zumba. You can count on 45 minutes of enjoyable and empowering fun and fitness!

Instructor: Deb Carabillo

Location: Senior & Disabled Center Auditorium

Fee: \$88 for residents / \$97 for non-residents



Code: Time: Dates:

4041007-A1 5:30 - 6:15 PM Thursdays, January 8 - March 12 (10 classes)

The Art of T'ai Chi

T'ai Chi is a unique mind/body system that helps reverse many symptoms associated with normal aging, instill a deep sense of calm, and increase vitality. T'ai Chi has been shown through scientific studies to, among other things, improve balance, alleviate arthritis, and release stress.

Instructor: Ken Zaborowski

Location: Mortensen Community Center Multi-Purpose Room

Fee: \$67 for residents / \$77 for non-residents



Code: Time: Dates:

4041003-A1 5:30 - 6:30 PM Mondays, January 5 - March 9 (8 classes, no class 1/19, 2/16)

Ballroom Dance *For ages 18 & up*

Feel confident and have fun at parties, weddings, and other events. This is a great way to have a 'date' with your partner or make new friends. Dancing will keep you energized and fit. In this session, you will learn Bacahta and Tango from a professional dance teacher. No partner is required. Please wear comfortable shoes with a smooth sole.

Instructor: Wendy Nielsen

Location: Senior & Disabled Center Auditorium

Fee: \$87 for residents / \$102 for non-residents

Code: Time: Dates:

4040702-A1 7:30 - 8:30 PM Wednesdays, January 7 - March 18 (11 classes)



ADULT & OLDER ADULT PROGRAMS

Yoga for Well Being

This class is appropriate for all ages and levels of fitness. It is an easy practice consisting of highly effective gentle movement and breath to strengthen both awareness and physical function. This is a relaxing and rejuvenating gift for ourselves that erases the daily effects of stress and grounds us in our divine presence. Please bring a yoga mat.

Instructor: Jamie Wright
Location: Mortensen Community Center Multi-Purpose Room
Fee: \$75 for residents /
\$85 for non-residents



Code: **Time:** **Dates:**

4041001-C1 6:00 - 7:15 PM Wednesdays, Jan. 7 - Mar. 11
(10 classes)

Beginner Yoga

If you've been wondering how yoga might support you in your life, this is the class for you! We'll start at the very beginning, giving detailed descriptions of poses and breathing techniques, so that you can experience the many benefits of yoga for yourself. Among these are: reduced stress, greater flexibility, improved balance, increased concentration, and a greater sense of overall well-being. Non-beginners who are comfortable with a slower pace are welcome also! Sticky yoga mats are required and yoga blankets are highly recommended.

Instructor: TBD
Location: Mortensen Community Center Multi-Purpose Room
Fee: \$75 for residents / \$80 for non-residents

Code: **Time:** **Dates:**

4041001-A1 6:00 - 7:15 PM Thursdays, January 8 - March 19
(10 classes, no class 2/12)

Qigong

Qigong is a Chinese holistic exercise practice.

Gentle fluid movements increase energy, stretch muscles, and enhance balance. It is mindful relaxation, self-awareness, the flow of breath, meditation, and movement. By cultivating the healing art of energy within your body, you can experience a rhythm of life that's balanced, supporting health and vitality.

Instructor: Larry Gal
Location: Senior & Disabled Center
Fee: \$88 for residents /
\$97 for non-residents



Code: **Time:** **Dates:**

4050407-A1 10:00 - 10:45 AM Thursdays, Dec. 18 - Feb. 26
(11 classes)

Kendo

Join the New England Kendo Club in exploring this modern Japanese martial art, meaning "way of the sword". This mixed group of novice and experienced practitioners uses bamboo swords (shinai) and protective armor (Bogu), based on the techniques of samurai swordsmanship, with the goal of self-improvement and cultivating a strong spirit. It's focus on PHYSICAL FITNESS, MENTAL DISCIPLINE, CHARACTER DEVELOPMENT & MIND/BODY CONNECTION. REQUIREMENTS: Bring your own shinai

Location: Mortensen Community Center Gymnasium
Fee: \$125 for residents / \$135 for non-residents
\$15 Drop-in Rate

Code: **Time:** **Dates:**

4050408-A1 7:00 - 9:00 PM Saturdays, Dec. 27 - Feb. 28
(10 classes)

Gentle Flow Yoga

This is a gentle yoga class with a bit of challenge sprinkled in here and there. We'll aim to focus on the breath and improve balance, flexibility, and strength. Along with some meditation instruction, the practice involves different poses and movements that are performed sitting, lying on the ground, and standing using a yoga mat. Relaxation and mental clarity may be a side effect. Beginners welcome!

Instructor: Jamie Wright
Location: Mortensen Community Center Multi-Purpose Room
Fee: \$75 for residents /
\$80 for non-residents



Code: **Time:** **Dates:**

4041001-D2 9:00 - 10:15 AM Thursdays, Jan. 8 - Mar. 19
(10 classes, no class 2/12)

T'ai Chi for Older Adults

T'ai Chi is one of the most effective exercise systems for mental and physical well-being. Emphasis is on breathing and the use of fluid, graceful, and gentle movements. T'ai Chi releases tension, deepens relaxation, improves balance, increases bone density, and develops muscle tone. Its gentleness is especially suitable for the elderly and people rehabilitating from illness or accident.

Instructor: Ken Zaborowski
Location: Senior & Disabled Center Auditorium
Fee: \$67 for residents / \$77 for non-residents

Code: **Level:** **Time:** **Dates:**

4050403-A1 Beginner 9:00 - 9:45 AM Mondays, January 5 - March 9
(8 classes, no class 1/19, 2/16)

4050403-A2 Intermediate 10:00 - 10:45 AM Mondays, January 5 - March 9
(8 classes, no class 1/19, 2/16)

Zumba Gold

A perfect class for active older adults or anyone who is looking for a modified class that recreates the original Zumba moves at a lower intensity. The class introduces easy-to-follow choreography that focuses on balance, motion, and coordination. It will also burn calories, increase metabolism, relieve stress, and probably be the most fun 45 minutes of your day! You and your new Zumba friends will enjoy rhythms such as Salsa, Merengue, Cha-Cha, Swing, and more! Participants should wear comfortable clothing and appropriate footwear for a dance/exercise class and bring water. Come ready to sweat and expect to leave empowered and strong!

Instructor: Deb Carabillo
Location: Senior & Disabled Center Auditorium
Fee: \$80 for residents / \$89 for non-residents



Code: **Time:** **Dates:**

4050402-B1 10:00 - 10:45 AM Fridays, January 2 - March 6
(10 classes)



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