Middletown Recreation & Community Services
RECREATION DIVISION FALL BROCHURE

Featuring activities from September 1 thru December 31, 2019

Middletown Recreation  61 Durant Terrace  Middletown CT 06457
Phone 860.638.4500 | Fax 860.344.3319
www.middletownct.gov/recreation

PLEASE  REGISTER  EARLY TO ENSURE YOUR SPOT!
MIDDLETOWN RECREATION
& COMMUNITY SERVICES
PROGRAMS ARE HELD AT THE FOLLOWING SITES:

- Bielefield: 70 Maynard Street
- Farm Hill: 390 Ridge Road
- Lawrence: Kaplan Drive
- Macdonough: 66 Spring Street
- Moody: 300 Country Club Road
- Spencer: 207 Westfield Street
- Snow: 299 Wadsworth Street
- Wesley: Wesleyan Hills Road
- Keigwin: 99 Spruce Street
- Woodrow Wilson: 370 Hunting Hill Ave
- Middletown High: 200 LaRosa Lane

Senior & Community Center: 61 Durant Terrace

Please like us on Facebook for the most up to date information and/or closing information for Middletown Recreation.

Middletown CT Rec
ADULT & YOUTH LEAGUE CONTACTS

⇒ Ahern Whalen Baseball
   http://mybbsb.org
   Gregory Brooks 860.836.3258
   Russ Cormier 860.980.0378

⇒ Men’s Softball
   203.427.5377

⇒ Women’s Softball
   860.343.0555

⇒ Middletown Little League
   http://mybbsb.org
   Russ Cormier 860.980.0378

⇒ Middletown Youth Football & Cheerleading
   Jrbluedragons.com
   info@jrbluedragons.com
   Jim Gallant 860.800.2070

⇒ Middletown Youth Soccer
   middletownsoccer.org
   Steve Crouch 860.347.9397

⇒ Middletown Youth Lacrosse
   www.middletownyouthlacrosse.org
   middletownyouthlacrosse@gmail.com
   Pete Piazza 860-227-6483

Prof. Gallitto Youth Basketball
Coed Grades K-2 Recreation Division
Dean Wilborn 860.638.4503

Boys Grades 3-8 Zach Eddinger 860.632.2900
http://www.valesc.org

Girls Grades K-8 Harold Panciera 860.346.6697
PGGbasketball.org

Department Contact Information

RECREATION DIVISION

Office 860.638.4500
Office Fax 860.344.3319
Director - Cathy Lechowicz 860.638.4505
Manager - Karen Nocera 860.638.4502
Supervisor - Dean Wilborn 860.638.4503
Budget Analyst - Jody Picard 860.638.4508
Clerk - Rebecca Carroll 860.638.4500
Email: rec@middletownct.gov
Like us on Facebook! Middletown CT Rec
Follow us on Instagram! @MiddletownCTRec

SENIOR DIVISION

Senior & Community Center

Office 860.638.4540
Office Fax 860.344.3319
Director - Cathy Lechowicz 860.638.4505
Manager - Ann Gregg 860.638.4548
Coordinator - Heidi Geores 860.638.4541
Specialist - Laura Runte 860.638.4542
Clerk - Rebecca Carroll 860.638.4500
Email: seniors@middletownct.gov
Like us on Facebook! Middletown Senior Services

PARKS DIVISION OF PUBLIC WORKS

319 Butternut Street

Office 860.638.4520
Office Fax 860.343.8097
Superintendent - Brian Young 860.638.4522
Clerk - Christina Giurintano 860.638.4521
Field Conditions/Cancellations 860.344.3552
Field/Park Reservations 860.638.4520

Park Hours
Parks open sunrise to sunset for pedestrian use.

**Winter** December 1 - February 28
Gates open 8:00 am and close at 2:30 pm

**Summer** March 1 - November 30
Gates open at 8:00 am and close at sunset

Like us on Facebook! Middletown CT Rec
Follow us on Instagram! @MiddletownCTRec
Recreation and Community Services Department

Mission Statement
The Recreation & Community Services Department will enhance the quality of life for all Middletown residents with regard to recreational, athletic, leisure, and senior services. Through community partnerships, long-range planning, and professional management, the Department is committed to the highest level of equitable service, integrity, safety, and fiscal management. The Department will enhance the dignity of seniors while supporting their wellness, independence, and encouraging their community involvement.

Inclusion Mission Statement
The Middletown Recreation and Community Services Department recognizes the value of including people with all levels of ability as a means of strengthening our community and providing a recreational choice. We provide opportunities for people with and without disabilities to experience recreation together. We strive to enhance each individual’s potential for full and active participation through specialized programs designed for those who need more assistance.

For specific information concerning policy and programming, please call our office at 860.638.4500.

YOUTH SPORTS GRANTS APPLICATIONS are available now and due by January 15.


Any questions? Please contact Cathy Lechowicz 860.638.4505

The Mayor’s Committee Concerning People with Disabilities (CCPD) is an organization of citizen volunteers dedicated to helping Middletown become fully accessible for all people.

The Committee is dedicated to awareness, concern, communication, encouragement, service, and support.

The CCPD meets the first Tuesday of the month at 6:00pm in the Conference Room at
The Senior and Community Center, located at 61 Durant Terrace.
The 10th Annual Run For The Fallen CT will be held at the Connecticut Trees of Honor Memorial located at Veterans Memorial Park in Middletown, CT. We invite runners, walkers, volunteers, and visitors to attend this very special event and ceremony supporting our fallen heroes and their families. Registration is available under The Event menu for participants and Gold Star families. We also welcome military/veteran service organizations who are interested in sharing information about their organizations. Please contact us for further information about setting up a booth. Parking will be on-site at Veterans Memorial Park. The park entrance for the event is the intersection of Old Mill Road and Walnut Grove Road, west side of the park. Once you get there, you will be directed to parking. Overflow and bus parking will be the Palmer Field gravel lot behind the park (off of Washington Street) next to Palmer Field. There is a walking path and footbridge from the lot to the park. Directional signs will be posted.

**Schedule of Events**

5:15 AM: Registration Opens
6:00 – 2:30 PM: 65K Run and Walk*
11:00 – 2:00 PM: Lunch @ Pavilion Opens
11:00 – 11:15 PM: Missing Man Table Honors/Ceremony
11:00 – 2:00 PM: Exhibits, Children’s Activities & Military Passport Activity
2:15 – 2:30 PM: Children’s Run (400 yard)
2:15 – 2:30 PM: Runners- Final Lap around Memorial
2:30 PM: Raffle Drawings
2:30 PM – 3:30 PM: Remembrance Ceremony, RFTFCT & Honor and Remember CT

*Runners depart every hour, on the hour. The 5K tribute run will run the last 5KM of lap 8. Runners will gather at Snow School no later than 1:30pm to join the last group of runners.

**Send a Child to Camp**

Please help us say yes to every kid who wants to come to camp - make a donation to our department to fund a child to go to camp next summer! Any amount makes a difference.

Sending a child to camp for just one week ($80) will ensure that they engage in fun, productive, and safe activities during summer vacation.

You can make a donation in any of the following ways:
- Mail or drop off a check made out to “Middletown Recreation."
- Cash donations may be made in our office.
- Make a donation with a credit card over the phone or in our office.

Thank you!

Middletown Recreation and Community Services
Summer Recreation Youth Day Participants raised over $550 this summer to benefit The Gracie Wall Foundation, which pays for participants to go to our summer camps. Thank you very much to everyone who donated.

**Bernie O’ Rourke / Detroit Hunter**

**68th Memorial Christmas Toy Drive**

Middletown families who are eligible may apply between Monday, November 14 and Friday, December 13.

Complete an application to our office with proof of residency and each child’s birth certificate.

NO applications will be accepted after December 13th.

Applications will be accepted in person only.

NO applications will be accepted by mail.

Gifts will benefit children 12 and under only.

**Picking up toys:**

You will be called to pick up your toys on a specific day between December 9 and December 20. Donations of new, unwrapped toys can be dropped off at our office at 61 Durant Terrace, any time before December 20.
CITY OF MIDDLETOWN’S SKATING RINK AT VETERAN’S MEMORIAL PARK

Saturday, November 30 - Saturday, March 28

Saturdays and Sundays 12:00 pm – 4:00 pm
Friday, December 27 12:00 pm – 4:00 pm
Monday, December 30 12:00 pm – 4:00 pm
Tuesday, February 18 12:00 pm – 4:00 pm

Last Saturday of the month, the rink will be open 12:00 pm – 7:00 pm
Saturday, November 30
Saturday, December 28
Saturday, January 25
Saturday, February 29
Saturday, March 28

ICE RINK ADMISSION FEES

Middletown Residents:
Adults $5.00
Kids $3.00

Non-Residents:
Adults $8.00
Kids $3.00

Season Pass (includes skate rental):
Resident Family Pass $25.00
Resident Individual Pass $15.00
Resident Senior Pass Free
Nonresident Family Pass $50.00
Nonresident Individual Pass $30.00
Nonresident Senior Pass $15.00

Skate Rental $4.00 for non season pass holders
Rink Rental: $125 an hour
This rate includes one staff person. Any additional staff will be charged at $15 per hour.
For groups of 15 or more during operational hours: $4/person all-inclusive.
PUMPKIN DECORATING
Ages 12 & under
Sunday, October 6, Rain or Shine
9:30 am - 12:30 pm
Crystal Lake off of Livingston Road
Walk-in registration ends at 11:00 am
Fee: $4 for resident registered by October 4th @ 4:00 pm
    $10 for nonresident and day of registrations
Registration Number: 517030
• Pumpkin Decorating
  Pumpkins & decorating materials provided.
  Come dressed to paint, create, and have fun.
• Bring something to Tie-dye
• Have fun at the Petting Zoo!!
• Scavenger hunt
• Free donuts & juice for paid participants!
• Lots of games and crafts
• Bounce houses
• Face painting and more!
Thank you to Dunkin’ and Gotta’s Farm for donating!

RAFFLE PRIZES WILL BE ANNOUNCED DURING THE EVENT
FALL FESTIVAL & DOWNTOWN TRICK OR TREAT
Saturday, October 19 - All Ages!
Please consider bringing one non-perishable item
to the gazebo on the South Green for
The Amazing Grace Food Pantry.

Downtown Trick-or-Treat 11:00 am – 1:00 pm
Children accompanied by an adult are invited to “trick-or-treat” downtown.
All participating businesses will have a Trick or Treat Stop poster displayed.
Come in costumes and bring your own candy bag to fill.
Maps will be available at:
• The gazebo on the South Green in Union Park
• On our city website on Friday, October 18, after 3:00pm.
  https://www.middletownct.gov/recreation
• On our Facebook page MiddletownCTRec on Friday, Oct 18 after 3:00pm

Fall Festival on the South Green 12:00 pm – 3:00 pm
Petting zoo, pony rides, bounce houses, games, food vendors, crafts, face
painting, costume parades, temporary tattoos, music & more.

Costume contests start at 3:00 pm
on the showmobile!

⇒ Contest categories for children under 6
  Funniest          Best Duo/Group
  Cutest            Most Original
  Best Theme        Best Disney
  Best Superhero    Best Witch
  Best Food         Best Character

⇒ Contest categories for children 6 & over
  Funniest          Best Duo/Group
  Cutest            Most Original
  Best Theme        Best Disney
  Best Superhero    Best Witch
  Best Food         Best Character

⇒ Best Family or Group Costume

THIS EVENT IS HELD RAIN OR SHINE!
ELECTION DAY YOUTH DAY CAMP
Tuesday, November 5
Farm Hill School

HOLIDAY RECESS YOUTH DAY CAMP
Monday December 23
Thursday December 26  Swim at WWMS
Friday December 27
Monday December 30
Woodrow Wilson Middle School

WINTER RECESS YOUTH DAY CAMP
Tuesday February 18
Wednesday February 19
Keigwin Middle School

SPRING RECESS YOUTH DAY CAMP
Monday April 13
Tuesday April 14
Wednesday April 15
Thursday April 16  Swim at WWMS
Friday April 17
Spencer School

ELECTION DAY YOUTH DAY CAMP
Tuesday April 28
Farm Hill School

Nonresidents may now register for the Programs below!
Registration Number: 120120
No bus transportation. Enjoy a day of games, arts, & crafts, and more!

These dates are subject-to-change, if the are changes to the Middletown Public Schools calendar.
TOY STORY PARTY
Ages 3 - 8
Saturday, September 21
Doors open at 9:45 am    Toy Story starts 10:00 am - 12:00 pm
Fee $10 resident $15 nonresident
Senior & Community Center
Registration Number: 300001
Toy Story themed activities. Come ready to play and have fun.

HALLOWEEN PARTY
Ages 3 - 10  5+ May stay with out an adult
Saturday, October 26
Doors open at 9:45 am    Party 10:00 am - 12:00 pm
Fee $ 5 resident $ 7 nonresident
Senior & Community Center
Registration Number: 300001
Lots of traditional Halloween day activities. Come ready to play and have fun.

TRICK OR TREAT AT CITY HALL
Halloween Day
Thursday, October 31
10:00 am - 4:00 pm
City Hall - 245 deKoven Drive
Come in costume and trick or treat on all 3 floors of city hall.

DINOSAUR PARTY
Ages 3 - 8   May stay with out an adult
Saturday, November 2
Doors open at 9:45 am    Activities 10:00 am - 12:00 pm
Fee $ 5 resident $ 7 nonresident
Senior & Community Center
Registration Number: 300001
Lots of traditional dinosaur activities. Come ready to play and have fun.

SESAME STREET PARTY
Ages 1.5 - 5   Parents should stay and play with their children.
Saturday, November 16
Doors open at 9:45 am    Activities start 10:00 am - 12:00 pm
Fee $ 5 resident $ 7 nonresident
Senior & Community Center
Registration Number: 300001
Lots of fun games and activities with your favorite Sesame Street characters! Come ready to play and have fun.
READelicious Preschool Fun

Saturday mornings 10:00 am - 11:00 am
Saturday, October 5
Saturday, December 14

Friday evenings, 5:30 pm - 6:30 pm
Friday, September 27
Friday, November 15
$3 per session resident, participant only
$5 per session nonresident, participant only
Any accompanying adult is free.
Senior and Community Center
Registration Number: 300300
Each class begins with a fun read aloud story and ends with a related food and craft project.
We will have different activities planned with our Recreation staff. Come ready to have lots of fun.

MUSIC TOGETHER

Ages: Newborn to 5 years with parent or caregiver
Thursdays, September 12 - November 14
6:00 pm - 7:00 pm
$190 resident  $210 nonresident  $100 for additional siblings
Senior & Community Center, Multi Purpose Room
Siblings under 8 months at time of registration are free with older sibling registration.
Registration Number: 333123
Instructor: Alicia Hass

Music Together® is an innovative, thoroughly researched approach to early childhood music education and is 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.

Middletown Public Schools is providing Clever Kids University, a bilingual mobile kindergarten readiness app, FREE to Middletown children and their families.
This engaging app will help your child excel at reading and be better prepared for school.
Download the app and play with your child 15 minutes each day.
Register for FREE at www.myf2b.com/register/middletown
BACK TO SCHOOL BINGO FOR EVERYONE  All Ages Welcome!
Friday, September 13
Doors open at 5:00 pm  Games start promptly at 5:30 pm
Games are from 5:30 pm - 7:30 pm
$3 resident, if preregistered  ~  Includes 2 cards & pizza
$4 walk-ins & nonresident  ~  Includes 2 cards & pizza
Additional cards - $0.50 each
Senior & Community Center  Registration Number: 547060
Come enjoy a night of bingo with your family & win great bingo prizes!
Prizes include lots of back to school items!!
All participants 16 and under must be accompanied by an adult.

SATURDAY MORNING BREAKFAST BINGO  All Ages Welcome!
Saturday, October 5
Doors open at 9:45am. Breakfast and Games start promptly at 10:00 am.
Eat breakfast and play Bingo until 11:30 am.
$3 resident if preregistered  ~  Includes 2 cards & breakfast
$4 walk-ins & nonresident  ~  Includes 2 cards & breakfast
Additional cards - $0.50 each
Senior & Community Center  Registration Number: 547060
Come enjoy a morning of bingo with your family with great bingo prizes!
All participants 16 and under must be accompanied by an adult.

TURKEY BINGO FOR EVERYONE  All Ages Welcome!
Friday, November 22
Doors open at 5:00 pm  Games start promptly at 5:30 pm
Games 5:30 pm - 7:30 pm
$3 resident, if preregistered  ~  Includes 2 cards & pizza
$4 walk-ins & nonresident  ~  Includes 2 cards & pizza
Additional cards - $0.50 each
Senior & Community Center  Registration Number: 547060
Come enjoy a morning of bingo with your family with great bingo prizes!
All participants 16 and under must be accompanied by an adult.
YOU COULD WIN THE THANKSGIVING TURKEY AND FIXING!!

BINGO FOR EVERYONE  All Ages Welcome!
Friday, October 18
Doors open at 5:00 pm  Games start promptly at 5:30 pm
Games are from 5:30 pm - 7:30 pm
$3 resident if preregistered  ~  Includes 2 cards & pizza
$4 walk-ins & nonresident  ~  Includes 2 cards & pizza
Additional cards $0.50 each
Senior & Community Center  Registration Number: 547060
Come enjoy a morning of bingo with your family with great bingo prizes!
All participants 16 and under must be accompanied by an adult.
SANTA MAILBOXES
No one is busier than Santa, but every year Santa and his elves find time to read all of the letters sent to The North Pole. The Recreation Staff offered to help make sure those letters get delivered. Special mailboxes will be set up in all 8 Middletown elementary schools and the Chamber of Commerce from November 18 – December 13. Children can either mail or stop by in person to drop off their letters but the elves want to make sure that each one has a full name, age, and return address on it. In order for all letters to be answered on time, they must be received NO LATER than Friday, December 13. Due to his busy schedule, Santa and the elves cannot guarantee a return letter if received after the 13th. Letters should be addressed to:
North Pole Delivery at the Recreation Office, 61 Durant Terrace, Middletown, CT 06457

FREE PICTURES WITH SANTA & MORE
Ages 12 and under
Saturday, December 7
Ages 5 & under 9:00 am - 9:45 am
Ages 6 - 12 9:45 am - 10:30 am
Vinnie’s Jump and Jive, 424 Main Street
Welcome Santa to Middletown by joining him for juice, donuts, and instant pictures!
Parents are welcome to bring their own cameras.
No pre-registration needed.

FAMILY HOLIDAY FUN
All Ages
Saturday, December 7
10:30 am – 1:00 pm
Fee: $2       Accompanying Adults are free
Senior & Community Center    Registration Number: 348348
All children must be accompanied by an adult.
There will be multiple stations to participate in.
Bring your family to enjoy spending time together while engaging in our fun activities, while getting into the holiday spirit.
• Cupcake Decorating  Cookie Decorating
• Face Painting  Ornament Making
• Holiday Games  Bingo
• Crafts  And so much more!

EVERGREEN CENTERPIECE OR WREATH WORKSHOP
All Ages Are Welcome ~ Under 16 must be accompanied by an adult.
Thursday, December 5
3:30 pm - 7:00 pm. Arrive anytime between 3:30 pm - 6:00 pm
Each arrangement takes about 45 minutes to make.
Fee: $7 resident $10 nonresident
Senior and Community Center    Registration Number: 428428
Come create your holiday master piece. We will provide everything you will need. If you would like to bring decorations, please do!
Thank you very much to Deb Bradshaw for donating holly and to Maria Holzberg and the Middletown Garden Club, Lagana Florist, and Wild Orchid for donating supplies.
BABYSITTER SAFETY
Instructor: Life Safe Services, LLC
Ages 11-17
Saturday, November 16
OR
March 28, 2020
9:00 am – 2:00 pm
Fee per Session: $75 resident  $80 nonresident
Recreation and Community Center Socialization Room
Registration Number: 318318
This is an entry level course intended to teach age appropriate skills necessary to care for children of all ages using team babysitting, mother’s helper and individual babysitting concepts. The course focuses on safety with emphasis on prevention. Other topics include hand washing, diapering, bottle feeding, personal safety, and interview skills. Basic first aid and obstructed airway management for a conscious choking adult/child and infant will be covered. First Aid including adult and child CPR (requires passing written and skills testing to receive 2 year certification).
Booklet, handouts, and Babysitter Safety Certificate of completion included. Please bring a snack, lunch, and drink.
Scholarships are available for Middletown boys in middle school or high school.

FREE DROP IN FAMILY ZUMBA
Bring the whole family and enjoy Family Zumba together!
Friday, October 18
Friday, November 15
6:00 pm - 6:30 pm
Recreation and Community Center Upstairs Multi Purpose Room

FAMILY FUN NIGHT
All Ages
Friday, January 17     Snow Date: Friday, January 24
5:00 pm - 8:30 pm
Swimming in the WWMS Pool from 5:30 pm - 7:30 pm.
$3 for participants 14 & under who register by January 17 by 3:00 pm
$5 Walk-ins and nonresidents
Woodrow Wilson Middle School    Registration Number: 447050
All children must be accompanied by an adult. All accompanying adults are free.
Includes pizza, chips, and a drink for paid participants. Also available for purchase for accompanying adults.
Come and enjoy a fun evening of video games, bounce houses, gym, and café activities, professional balloon artists, music & dancing!
**FAMILY “VALENTINES DAY” FUN**

All Ages
Saturday, February 8
9:30 am - 12:30 pm
$1 resident $2 nonresident Drop-Ins Welcome
Senior & Community Center Registration Number: 510510

Making Valentine’s cards & Valentine’s cupcakes, Valentine Games.
Make Valentine’s for our Seniors, Vets, or anyone in the hospital!
Valentine Bingo from 11:30 am - 12:30 pm.

Many thanks to Middletown Apple Rehab for donating art supplies.

**FREE NATURE WALK & SCAVENGER HUNT FOR FAMILIES @ Crystal Lake**

Saturday, October 5
10:00 am - 11:30 am
Meet at the Pavilion at Crystal Lake Ron McCutcheon Park
Registration Number: 460460

Family fun with nature! We will use our creativity and senses with a scavenger hunt and find new ways to appreciate being outdoors. Please wear hiking shoes and bring a snack & water.

**RECREATION COOKING CLASSES**

Ages 9-15
Fridays
September 20
October 4
December 6
5:30 pm - 7:30 pm
Fee per class $10 resident $15 nonresident
Keigwin Middle School
Registration Number: 355352

Participants will learn cooking skills and appropriate group work. We enjoy working together while classes will include set up, clean up, and dining in!

**RECREATION BAKING CLASSES**

Ages 9-15
Fridays
September 27
October 25
November 8
December 13
5:30 pm - 7:30 pm
Fee per class $10 resident $15 nonresident
Keigwin Middle School
Registration Number: 355351

Participants will learn baking skills and appropriate group work. We enjoy working together, and make plenty to take home and share!

**CRAFTY CLAY ORNAMENTS**

Ages 6 - 10
Wednesday, December 4
6:00 pm - 7:00 pm
Fee per class $15 resident $20 nonresident
Senior and Community Center
Registration Number: 375375

Get into the holiday spirit early by making gingerbread ornaments out of air dry clay! Participants will go home with 2 clay ornaments and festive ribbons to hang them. All materials will be supplied. Feel free to wear a holiday shirt or hat.
KIDS CORNER
Kids Corner CT school enrichment programs provide children with a variety of activities including sports, arts and crafts, technology, science, games, and MUCH MORE!
Learning and Fun, All in One!
One session classes
Fee per session $5 resident $7 nonresident
Senior & Community Center Registration Number: 325325

BUDDING BUILDERS
Ages 6 – 9
Saturday, September 21
10:30 am - 11:30 am

Kids Corner helps students create with wood!
Students safely work with hammers and nails to create wood slice art and a game board.

DIGITAL ART
Ages 6 – 9
Saturday, October 5
10:30 am - 11:30 am

During this fun and experimental digital art workshop, students will learn to use computer graphics software to create art. We will use pixel art and online painting.

GOOP, GAK, SLIME, & MORE
Ages 4 – 9
Saturday, November 2
10:30 am - 11:30 am

Squish, splash, smash, squelch, splash, slime, drop, smear, spray, and ooze are some of the things we will do/hear during this fun hands-on program. They can be observing, creating, building, exploring, imagining, discovering, investigating, interpreting, and even collaborating. Active learning through messy play. What child doesn’t want to get slimed or at least play with it! Each day we will create a new a group ‘creation’ and allow for individual crafting.

WINTER CRAFTS
Ages 4 – 9
Saturday, November 16
10:30 am - 11:30 am

Join Kids Corner instructors to welcome winter with Snowmen arts and crafts! Crafts are not pictured.
KIDSCAPADES
Fee per class $15 resident $20 nonresident
Senior and Community Center Art Room
Registration Number: 360360
Instructor: Elena Bigio kidscapadesllc@gmail.com

TOASTER SENSORY SCIENCE
Ages 3 - 4
Saturday, September 21  9:30 am - 10:30 am
Sensory Science! Toddlers will discover the fun world of sensory and science through hands-on science experiments and messy sensory explorations!

TOASTER TIME ART
Ages 3 - 4
Saturday, October 5  9:00 am - 10:00 am
Does your child like to glue, paint, and use glitter but you don't want the mess at home? In this class, we explore different materials and the mess stays here! Creativity is encouraged and unique art projects are made based on seasons, holidays, books, and characters.

SIZZLING SCIENCE
Ages 4 - 8
Saturday, December 7  9:30 am - 10:30 am
Come fizz, pop, and boom with Sizzling Science! Children will discover the fun and fascinating world of science through amazing hands-on based experiments, some with an eruption component. Future scientists will be engaged and inspired!

ELECTRIC CIRCUIT INVENTIONS
www.ctstemacademy.org
Ages 8+
Tuesdays 6:00 - 7:15 pm
October 22, 29, November 5 and 12
Senior & Community Center
$35 resident  $40 nonresident  Instructor: Christopher Stone
Do you like to explore science, solve problems, and use technology? Join us for an engaging session of exploring Makey, Makey. Makey, Makey is an invention kit for the 21st century. Turn everyday objects into touchpads and combine them with the internet. It's a simple Invention Kit for Beginners and Experts doing art, engineering, and everything in between. Participants will create inventions and explore personal interests.
Registration Number: 150150

STEM CHALLENGES
www.ctstemacademy.org
Ages 8+
Tuesdays 6:00 - 7:15 pm
November 5, 12, 19, and 26
Senior & Community Center
$35 resident  $40 nonresident  Instructor: Christopher Stone
This hands on enrichment program is designed for students interested in deepening their knowledge of STEM concepts through daily STEM challenges led by experienced instructors.
Registration Number: 150150
K - 2 INSTRUCTIONAL BASKETBALL

Grade/Day:
Kindergarten  Mondays  starting November 18
First grade   Tuesdays  starting November 12
Second grade  Wednesdays starting November 13

Time: 5:30 pm - 6:30 pm or 6:30 pm - 7:30 pm

Fees: $15 resident  $20 nonresident

Site: Bielefield or Spencer School
Registration Number: 316100

Shirt Size: Youth Small, Youth Medium, Youth Large, or Adult Small

On Registration Form, please indicate grade/day, time choice, site, and shirt size!

Noncompetitive, 10 session program which emphasizes basic skills, ball handling, good sportsmanship, and fun!
Children should bring their own intermediate sized ball to each session.

Please consider volunteering!! This program cannot be held without enough parent or adult volunteers to coach.
Parents: please let Dean Wilborn know what you are interested in assisting with: coaching, assistant coaching, coach’s aid. Dean.Wilborn@middletownct.gov or 860.638.4502

HOT SHOT CONTEST
Ages 5-16 & Parents
Saturday, November 9
Ages 5 -11 9:30am
Ages 12-16 10:15am
Parents 11:00am

$3 resident fee if registered by October 26th
$10 fee for nonresident or day-of registrations
Woodrow Wilson Middle School Gym
Registration Number: 347040

Take your best shot from five different spots on the court!
First and Second place winners gets a free frozen turkey and the chance to advance to a regional competition.
Look for our new parent vs child competition.

FUN RUN  Grades K -12  Resident only
Saturday, April 4  8:30 am - 11:30 am
Woodrow Wilson Middle School Track

Contact your school PE teacher for details! Students K-12 can practice for the CT Physical Fitness Test, families can exercise together walking and/or jogging the track while competing for a trophy for their school! A trophy will be awarded to the school with the highest number of participants (based on enrollment percentages) and a plaque to the school with the highest adult participation!

Join us rain or shine for this FREE event!
The Fun Run is the same day as our Easter Candy Hunt at WWMS.
HOOPS AND MORE
Ages 8 - 15
Fridays
January 10
February 21
March 13
April 3
May 15
6:00 pm - 9:00 pm
FREE Residents only
Macdonough School Gym & Cafe
Registration Number: 415040
Free basketball drills, games, dance, cheer, table, and board games.

OUTREACH ADVENTURES FIELD TRIPS
Ages 8 -15
Fee: $3.00
Saturdays
September 28 Metro Movies
October 19 Roller Magic
November 16 Bowl-O-Rama
February 15 Metro Movies
March 21 Roller Magic
April 25 Bowl-O-Rama

Transportation is available at the following bus stops for out-of-town trips only.
Daddario Road, Maplewood Terrace, Traverse Square, and Macdonough School.

Bus Times to-be-determined.
Registration Number: 415040
THE ART OF DOUBLE DUTCH TECHNIQUES
Ages 8 — 15

Mondays
October 7 - November 4
No Class Columbus Day, October 14
6:00 pm - 7:00 pm
$20 resident $25 nonresident

Double Dutch is a game in which two long jump ropes turning in opposite directions are jumped by one or more players jumping simultaneously. So much fun and a great way to get moving.

DANCING TO TOP HITS & MORE
Ages 12+

Wednesdays
October 9 - October 30
7:00 pm - 7:45 pm
$25 resident $30 nonresident

Come dance the daily stress away!

STEPPING DRILL TEAM
Ages 8 — 18

Fridays
October 11 - November 1
6:00 pm - 6:45 pm
$25 resident $30 nonresident

Military and Rhythm steps
Senior and Community Center
Registration Number: 380380
Instructor: Patricia Hall Jemison
Patriciahall026@gmail.com
KIDS’ KICKBOXING & KRAV MAGA CLASSES

Anti-bullying/Confidence-Building Class
Ages 5 - 11
Saturday, September 21
10:30 am - 11:30 am
$12 resident $15 nonresident
Learn basic self-defense techniques while building self-esteem and confidence to help your child avoid bullies. Learn new ways to stand up for others!

Women’s Self-Defense Class
Ages 12+
Saturday, October 26
10:30 am - 11:30 am
$12 resident $15 nonresident
Learn the fundamentals of the practical self-defense system, Krav Maga! Designed to work for anyone, regardless of size.

Intro to Krav Maga and Kickboxing
Ages 12+
Saturday, November 2
10:30 am - 11:30 am
$12 resident $15 nonresident
With kickboxing & Krav Maga you learn effective striking and self-defense while getting an awesome workout! Hit pads and learn how to defend yourself against chokes.

Kids’ Self-Defense Class
Ages 5 - 11
Saturday, November 16
10:30 am - 11:30 am
$12 resident $15 nonresident
Safety is key! You will learn Krav Maga self-defense basics that will help you stay safe.

Self-Defense Class Against Mugger Attacks
Ages 12+
Saturday, December 14
10:30 am - 11:30 am
$12 resident $15 nonresident
Muggers usually attack from behind - we will go over what to do.

Senior and Community Center
Registration Number: 480480
Instructor: Kayla Stomberg
360defensemiddletown@gmail.com
SATURDAY MORNING ART CLUB
Ages 6 - 11
October 12
November 16
December 7
10:00 am - 11:00 am
Fee per session $5 resident $10 nonresident
Registration Number: 390390
Join other student artists and create art your way in this studio style art club.
A new project and materials will be presented each session.
Children can work independently or collaboratively to create their own version of the project, or they can create whatever they imagine.
Instructor: Alyssa Sestero

KIDS NIGHTS AT THE OBSERVATORY
September 20 @ 8pm
October 4 & 18 @ 8pm
November 1 & 15 @7pm
Wesleyan University Astronomy Department
Van Vleck Observatory
96 Foss Hill Drive
Kids’ Nights are the 1st and 3rd Fridays of the month at 7pm or 8pm, during the academic year. Aimed at elementary school ages, but open to all. Kid-friendly, space-related activities led by grad and undergrad students, including observing with our telescopes when it is clear.

SPACE NIGHTS AT THE OBSERVATORY
Rain or Shine
September 11, 18, 25
October 2, 9, 16, 23, 30
November 6, 13, 20
December 4
Our Location on Earth - Van Vleck Observatory:
Latitude: 41 33’ 18” N (41.555°N)
Longitude: 4h 50m 38s W (72.66°W)
Altitude: 65m
Space Nights will happen every Wednesday at 8 pm at Wesleyan during the academic year. Aimed at high school level and above, but all visitors are welcome. Starts with a half-hour interactive presentation by a member of a Wesleyan department (astronomy majors, graduate students, or faculty) on some topic of space news or recent discoveries in astronomy, followed by observing through the telescopes, if it’s clear.
Come visit Recreation Division and make some fun crafts at the South Fire District Open House Safety Fair
Saturday, October 5th, 10:00 am

Loose Parts Fun
Ages 2-6 with Parent Caregiver (All abilities)
Senior & Community Center
Friday evenings  September 27  October 25
Time: 5:30 pm - 6:30 pm  Registration Number: 316110
Each class  $8 Resident  $10 Nonresident  Sibling discounts $2 off
Victoria Boccalatte 860.638.9923  victoria@peaceofnaturellc.com

Loose parts are open-ended materials that can be moved, carried, combined, redesigned, lined up, taken apart, and put back together in multiple ways. They are materials with no specific set of directions that can be used alone or combined with other materials. Loose parts play is a type of play that supports invention, divergent thinking, problem solving, and offers a sense of wonder to children.

Nature Playgroup
Ages 2-6 with Parent Caregiver (All abilities)
Senior & Community Center
Friday evenings:  September 20  Time: 5:30pm - 6:30pm
Saturdays:  September 28  October 26  November 16
Time:10:00 am -11:00am
Each class  $8 Resident  $10 Nonresident  Sibling discounts $2 off
Victoria Boccalatte 860.638.9923  victoria@peaceofnaturellc.com

Nature play helps children and families connect to mother nature in their own unique way. Connection to nature promotes personal well being and environmental stewardship (which comes from respect, love, and consideration for our earth). This also allows us to gain qualities such as empathy, kindness, and compassion for human beings. Most importantly nature connection promotes conservation of our earth, while also caring for our own mind, body, and spirit. Play includes ‘Loose parts’: open-ended materials that can be moved, carried, combined, redesigned, lined up, taken apart, & put back together in multiple ways. Registration Number: 316110

“Connecting strong roots to the Earth to help the mind, body, and spirit grow.”
RECREATIONAL GOLF
These individualized classes are great for beginners and advanced players wishing to improve their game. The sessions include instruction on all aspects of golf, video analysis, and playing the course. Taught at Miner Hills Golf Course by their popular resident professional, George Claffey, who is named one of the top 100 teachers by the World Golf Teachers Federation. These classes include range balls!
No classes are scheduled on Holiday weekends.
Each session includes four one-hour classes.
Miner Hills Golf Course: 80 Miner Hills Drive, Middletown
Registration Number: 316316

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<thead>
<tr>
<th>RECREATIONAL GOLF</th>
<th>Ages 14+</th>
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<tr>
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<td>Sundays, September 8 - 29 - 5:00 pm - 6:00 pm</td>
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<tr>
<th>RECREATIONAL GOLF “FORE” WOMEN</th>
<th>Ages 16+</th>
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<td>See Spring Brochure</td>
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<td>Fee: $50 resident $55 nonresident</td>
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<tr>
<th>RECREATIONAL GOLF JUNIORS</th>
<th>Ages 7 - 13</th>
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<tr>
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<td>Sundays, September 8 - 29 - 4:00 pm - 5:00 pm</td>
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<td>Fee per session: $50 resident $55 nonresident</td>
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<tr>
<th>RECREATIONAL GOLF SENIORS</th>
<th>Ages 50+</th>
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<td>See Spring Brochure</td>
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<td>Fee: $50 resident $55 nonresident</td>
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<tr>
<th>RECREATIONAL FAMILY GOLF</th>
<th>All Ages 8+</th>
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<td>See Spring Brochure</td>
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<tr>
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<td>Fee: $35 resident $40 nonresident</td>
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<td></td>
<td>First 2 classes at Zoars Pond Field off Randolph Road</td>
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<td>Last 2 classes at Miner Hills Golf Course</td>
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<tr>
<th>FIRST TEE GOLF CLINIC</th>
<th>Ages 10 – 16</th>
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<td>Middletown Resident only</td>
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<td>TPC River Highlands</td>
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<td>Register at <a href="http://www.thefirstteectomputicut.org">www.thefirstteectomputicut.org</a></td>
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NO SCHOOL SWIM DAY
All Ages
Thursday, December 26
Thursday, April 16
12:00 pm - 3:00 pm NEW TIME
Woodrow Wilson Middle School Pool

Resident Fees
$2 Ages 3-17 $4 Ages 18-59 Free Seniors 60+

Nonresident Fees
$4 Ages 3-17 $8 Ages 18+

Resident Veterans Pool Passes from 2019 will be accepted or pay at the door. Children 16 years and younger must be accompanied by an adult.

Only U.S. Coast Guard approved flotation devices.

FRIDAY NIGHT SWIM
All Ages
Friday, October 4
Friday, November 1
Friday, December 6
5:30pm - 7:30 pm
Woodrow Wilson Middle School Pool

Resident Fees
$2 Ages 3-17 $4 Ages 18-59 Free Seniors 60+

Nonresident Fees
$4 Ages 3-17 $8 Ages 18+

Resident Veterans Pool Passes from 2019 will be accepted or pay at the door. Children 16 years and younger must be accompanied by an adult.

Only U.S. Coast Guard-approved flotation devices.

SUNDAY SWIM
All Ages
Sundays: January 12 - March 29
12:00 pm - 2:00 pm NEW TIME
Woodrow Wilson Middle School Pool

Resident Fees
$2 Ages 3-17 $4 Ages 18-59 Free Seniors 60+

Nonresident Fees
$4 Ages 3-17 $8 Ages 18+

Resident Veterans Pool Passes from 2019 will be accepted or pay at the door. Children 16 years and younger must be accompanied by an adult.

Only U.S. Coast Guard approved flotation devices.

WINTER SWIM TEAM Ages 5 - 18
Fun, Instructional, and Competitive
Head Coach: Amber Murphy
Assistant: Taylor Garboski
November 4 – February 10
No practice on November 5 & 6
Practice Monday -Thursday 4:30-6:30 @ WWMS POOL
$200 Resident $220 Nonresident
Registration Number: 233108-90
Swim Meets TBD
Please contact Vetsswimteam@gmail.com for more information. Swimmers are required to complete one 25 yard length of the pool prior to joining! Please bring a swimsuit, towel, goggles, swim camp, and water bottle to each practice.

FRIDAY NIGHT BACK-TO-SCHOOL FLOAT NIGHT
All Ages
Friday, September 27
5:30 pm - 7:30 pm
Bring a favorite float to use in the pool, then have an ice cream float after swimming.
Only individual floats, one person per float.
Non swimmers must be accompanied by an adult in the water.
BLUE DRAGON JUDO
Ages 6 - 13
Mondays & Wednesdays
October - December
6:00 pm - 7:30 pm
Fee per session:
$40 resident  $45 nonresident

Ages 13 - Adult
Mondays & Wednesdays
No Class School Vacations & Snow Days
October - December
7:30 pm - 9:00 pm
Fee per Session:
$50 resident  $60 nonresident

WWMS Small Gym
Registration Number: 343343
Instructor Pam Hinkle - pehinkle@msn.com

Judo is both a martial art & Olympic sport.
Participants may train for tournaments or simply enjoy fitness & skill development.

KUMSAJADO MARTIAL ARTS
Ages 6 - Adult
Sessions - Thursdays
October 1 - December 31
January 1 - March 30
April 1 - June 30
July 1 - September 30

Beginners 6:00 pm-7:30 pm
Advanced 6:00 pm-8:30 pm

Fee per Session
$40 three months residents
$50 three months nonresidents
$60 three months advanced residents
$70 three months advanced nonresidents

Woodrow Wilson Middle School Gym
Registration Number: 444344
Instructor Richard Conforti
rconforti@goldenlionacademy.com

We combine Judo, Kung Fu, Hapki-Do, and Tae Kwon Do to create a well-rounded individual. The advanced class is designed for participants with a Green Belt or higher. We are a family oriented organization and encourage families to sign up together.

No class on school vacations and snow days.

INTERMEDIATE AMERICAN MAHJONG  Ages 18+
Thursdays: September 19 - December 19  NO class on November 28
6:30 pm - 8:30 pm
Fee: Resident $12; Nonresident $15, Resident Seniors 60+ Free

Senior & Community Center  Socialization Room

This group is for players with experience who are able to play one game in 18 minutes without coaching on how to select a play. Players need to be able to play offensively and defensively. Bring your own 2019 mahjong card, no wagering, and have fun! Minimum 7 players registered with a maximum of 15 players for the fall season. Cards can be purchased at Amazon.com or by mail through National Mahjongg. Prices range $9 - $13.
PRE BALLET
Ages 3 - 6
Fridays 4:30 pm – 5:15 pm
Session 1 October 4 - October 25
Session 2 November 1 - November 22
Session 3 January 17 – February 7
Fee per session: $35 resident $40 nonresident
Senior & Community Center Multi Purpose Room Registration Number: 340340
Instructor - Kerri Lake. This class focuses on creative expression through movement. Students will explore new motor skills and be introduced to basic concepts with a major focus on the joy of dancing. Some basic ballet foundations will be taught in preparation for future ballet technique. Please wear a leotard and tights or clothes you can easily move in.

FAMILY CRAFT NIGHT
All Ages
Friday, November 1
5:00 pm - 8:00 pm
$1 per participant
Senior & Community Center Registration Number: 375375
LIFE SKILLS COOKING
Ages 15 - 25
Fridays
September 20
October 4
December 6
5:30 - 7:30 pm
Fee per class: $10 resident
$15 nonresident
Keigwin Middle School
Registration Number: 355352
This program is intended for individuals who would benefit from one-to-one instruction. Participants will learn cooking skills that will aid them in becoming self-sufficient. We enjoy working together while classes will include set up, clean up, and dining in!

LIFE SKILLS BAKING CLASSES
Ages 15 - 25
Friday
September 27
October 25
November 8
December 13
5:30 pm - 7:30 pm
Fee per class: $10 resident
$15 nonresident
Keigwin Middle School
Registration Number: 355351
This program is intended for individuals who would benefit from one-to-one instruction. Participants will learn baking skills that will aid them in becoming self-sufficient. We enjoy working together, and make plenty to take home and share!

BOWLING
Ages 6 - 21
Saturday, November 9
Arrival Time: 10:15 am
Bowling: 10:30 am
Lunch: 12:00 pm Pizza & Chips
Fee: $5 resident $10 nonresident
Bowl-o-Rama, 2143 Berlin Turnpike, Newington
Registration Number: 355357
Bowl two games with bumpers and lunch.

DINNER AND A MOVIE
Ages 14 - 21
Friday
September 27
November 15
5:00 pm - 7:30 pm
Fee: $5 resident $10 nonresident
Senior & Community Center
Registration Number: 355354
Come enjoy games, crafts, lunch and a lot of fun!! Providing respite for parents and fun for participants.

SATURDAY MORNING FUN
Ages 8-21
Saturday, September 21
9:30 am - 12:30 pm
Fee: $5 resident $10 nonresident
Senior & Community Center
Registration Number: 355354
Come enjoy games, crafts, lunch and a lot of fun!! Providing respite for parents and fun for participants.

SATURDAY LUNCH DOWNTOWN MAIN ST
Ages 16+
October 19 November 2
Meet at the rear entrance to Main Street Market at 11:30 am. We will have lunch and shop.
Please bring money to cover what you would like to buy today.
Registration Number: 355350

METRO MOVIES TRIP Ages 8+ TIME DEPENDS ON SHOW TIME
Saturday, September 14 Approximately 12 pm
Monday, October 14 Approximately 12 pm
Monday, November 11 Approximately 12 pm
Saturday, December 21 Approximately 12 pm
Fee per movie: $5 resident
Please meet in the theater lobby and look for Recreation staff. Bring additional money for snacks.
SPOTLIGHT ON ABILITY UNIFIED THEATER

This year’s show theme is **Dear Journal**

**Grades 6 and up**

October 23 - February 12

Rehearsals:  
- Wednesdays: 5:30 pm - 7:30 pm
- Saturdays: 10:00 am - 12:00 pm  (December and January only)

No rehearsal:  
- November 27 and December 25

Show Dates:  
- January 30, January 31, and February 1 at 7:00 pm

Snow Date:  
- February 1 at 2:00 pm at MHS

Wrap Party:  
- February 12 at 5:30 pm - 8:00 pm - 61 Durant Terrace

Resident:  
- $15 registration fee

Nonresident:  
- $20 registration fee

Keigwin Auditorium

Registration number: 355355 - 01

Unified Theater is a student-driven initiative that facilitates inclusion of all students through performing arts. Let teens lead and let creativity rule. Unified Theaters partner with middle and high schools, train student leaders, and help them reach a successful final production. middletownunifiedtheater.org

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SPOTLIGHT ON ABILITY UNIFIED THEATER FASHION SHOW

**WE ALL BELONG**

“Who Says,” by Selena Gomez

Friday, January 31 at 6:30 pm

6+ Come individually or as a family or a group of friends.

Practices on January 28 at MHS.
- 5:00 pm - 6:00 pm

No Fee

Middletown High School

Registration number: 355355-02

We are thankful to The Civitan Club of Middletown for their continuous generous donations and support of our Friends and Fun Programs!
GORAN VASIC SOCCER FALL CLINIC
Saturdays
September 14 - October 19
Ages 4 & 5  9:00 am - 10:00 am
Ages 6 -10  10:00 am - 11:00 am
Fee per Session: $95 resident
             $105 nonresident
Long Hill Road
Registration Number: 370370
Please contact Goran for more information.
Goran Vasic - 201.532.3778
vasicgoran@yahoo.com

GORAN VASIC SOCCER WINTER CLINIC
First week only: Tuesday, November 12,
Then Mondays
November 12 - December 16
Ages 4 & 5  5:30 - 6:30 pm
Ages 6 -10  6:30 - 7:30 pm
Fee per Session: $95 resident
             $105 nonresident
Wesley School Gym
Registration Number: 370370
Please contact Goran for more information.
Goran Vasic - 201.532.3778
vasicgoran@yahoo.com

GORAN VASIC SOCCER WINTER CLINIC
Mondays
January 27 - March 2
Ages 4 & 5  5:30 - 6:30 pm
Ages 6 -10  6:30 - 7:30 pm
Fee per Session $95 resident
             $105 nonresident
Wesley School Gym
Registration Number: 370370
Please contact Goran for more information.
Goran Vasic - 201.532.3778
vasicgoran@yahoo.com
### CIRCUIT TRAINING

**Ages 18+**  
Mondays & Thursdays  
Sessions: January 1 - June 30  
July 1 - December 31  
6:00 pm – 8:00 pm  
Come anytime between 6:00 pm - 7:15 pm to do a 45 minute circuit.  
Fee per Session $20 resident  Seniors 60+ Free  $50 nonresident

Weight Room  
Registration Number: 433432  
This is a circuit training program and is open to all levels. An instructor will monitor and suggest appropriate lifting techniques. No equipment is required.

### WATER FITNESS

**Ages 18+**  
Mondays & Thursdays  
Sessions: January 1 - June 30  
July 1 - December 31  
7:00 pm - 8:00 pm  
Fee per Session $20 resident  Seniors 60+ Free  $50 nonresident

Pool  
Registration Number: 433434  
The buoyancy and constant resistance from the water creates a safe environment to focus on body conditioning. Expand your range of motion, breathe deeper and fuller, strengthen and balance muscle groups, and condition slow and quick reflexes.

### LAP SWIMMING  Ages 18+

Mondays & Thursdays  
Sessions: January 1 - June 30  
July 1 - December 31  
8:00 pm - 8:45 pm  
Fee per Session $20 resident  Seniors 60+ Free  $50 nonresident

Pool  
Registration Number: 433436  
Free when registered for Water Fitness or Circuit training.

### BADMINTON  Ages 16+

Thursdays  
Session 1: Oct 3 - Jan 30  
No class October 12 November 7  
Session 2: Feb 6 - May 28  
7:30 pm - 9:30 pm  
Fee per Session $25 resident  $30 nonresident

Gym  
Registration Number: 433438  
Instructor Jim Honer - jameshoner@comcast.net  
Players must provide own rackets. Get great exercise while playing and improving your badminton skills.

### AQUA ZUMBA  Ages 16+

Thursdays  
September 26 - October 31  
Six sessions  
6:00 pm - 6:45 pm  
Fee: $60 resident  $70 nonresident

Pool  
Registration number: 213213  
Come join certified instructor Briana O’Leary for Aqua Zumba classes! No experience required. Those looking to make a splash by adding a low impact high energy aquatic exercise to their fitness routine.
**KICKBALL**

Ages 18+

Wednesdays
September 18 - October 9
5:30 pm - 6:30 pm
Session Fee: $10 resident  $15 nonresident

Pat Kidney Softball Field
Recreational kickball...with kickball league potential!!
Looking for a fun way to relieve stress and have some fun? Come play kickball with us!!

Registration Number: 380380

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**INSANITY LIVE CLASS**

Ages 18+

Thursdays
September 26 - October 17
4:30 pm - 5:15 pm

Fee: $40 resident  $45 nonresident

Wesley School  Instructor: Mary Ann Oszurek

INSANITY LIVE is a HIIT interval class that requires no equipment, is easy to learn, and fun to participate in. INSANITY is driven by motivating music and the direction of the instructor. This training program takes into consideration the special needs of group-exercise participants by providing a variety of modifications for all fitness levels.

Please bring a towel and a water bottle.

Registration Number: 233080

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**CO ED DROP IN VOLLEYBALL**

Ages 18+

Wednesdays
Session 1: October 9 - December 4
  No class on October 23
Session 2: December 11 - February 5
Session 3: February 12 - April 8
6:15 pm - 8:30 pm

Fee per Session  $35 resident  $40 nonresident

Snow School Gym
Instructor Janice Skene
Play is intermediate to advanced

Registration Number: 436436
LIFEGUARDING CLASS
Ages 15+
Class 1: Thursday, October 17 8:00 pm - 9:00 pm
Woodrow Wilson Middle School Pool
Pre-Course Session
Class 2: Monday, October 21 4:00 pm - 6:30 pm
61 Durant Terrace
Class 3: Saturday, October 26 9:00am - 1:00 pm
Woodrow Wilson Middle School Pool
Class 4: Monday, October 28 4:30 pm - 7:30 pm
61 Durant Terrace
Class 5: Wednesday, October 30 4:00 pm - 7:30 pm
61 Durant Terrace
Class 6: Saturday, November 2 9:00 am - 1:00 pm
Woodrow Wilson Middle School Pool
Class 7: Sunday, November 3 9:00 am - 1:00 pm
Fee $225 resident $245 nonresident
Woodrow Wilson Middle School Pool
Registration Number: 233108 – 99
Final Written Exam & In-water Skill Scenarios
⇒ If you are 15 years old or older looking for a great summer job or challenging career that’s in demand, the American Red Cross Lifeguarding program is the place to start! Through videos, group discussion, and hands-on practice, you’ll learn patron rescue and surveillance skills, first aid, and CPR/AED for Professional Rescuers. Participants will be asked to bring in an ID that identifies that they are at least 15 years of age. To participate in the lifeguarding course, each participant must pass the Pre-Course Session of the class. This includes completing:
• 300 Yard Swim incorporating the front crawl & breaststroke
• Tread water for 2 min. without support, only using legs
• Timed event – swimming 20 yards and retrieving a 10 pound object out of water in less than 1 minute and 40 seconds
Upon successful completion of the Pre-Course, the students will complete an Online Blended Learning Program. Students will be able to complete assignments in the comfort of their home, as well as participate in facility trainings to obtain the hands-on experience of the skills that they need. Students will be given all necessary information to set up an online account and directions on how to complete the online assignments. Please bring to every class appropriate swim suit, towel, Lifeguard Manual Textbook, a print out of progress report of previous assignment, resuscitation mask, lunch/snack, notebook and pen. All lessons must be attended. Missing a class may result in course failure!

FALL ROWING
Intermediate & Advanced
Ages 18+
Minimum: 12
Maximum: 24
September 5 - October 17
Monday & Thursday
5:45 pm – till dusk
Saturday
9:00 am –11: 00 am
Fee $245 resident
$265 nonresident
*plus $40 race fee
John K. Smith Boat House at Harbor Park
Registration Number: 450450
There is the opportunity to race for those rowers who are interested.
For more information please go to Centralctrowing.com
Please speak to Coach Brady for further questions about the program or to see if the fall session is right for you.
(202)680-4951 OR send an email to:
info@centralctrowing.com
More information is available on www.centralctrowing.com!
**Experienced rowers interested in racing will incur additional fees for regattas.
ALL LEVELS YOGA  
Ages 16+  No Experience Necessary  

Wednesdays  
Session 1: September 11 - November 13  No Class October 9  
   Session 2: November 20 - December 18  No Class November 29  
   This session only $44  Resident  $49  Nonresident  
Session 3: January 8 - March 4  
Session 4: March 11 - May 6  
5:30 pm - 6:30 pm  
Fee per session:  $99  Resident  $109  Nonresident  

Senior & Community Center Multi-Purpose Room  
Registration Number: 428090  
Instructor: Suzan Sirois-Riesbeck, RYT  

Yoga for any level of practice  A well balanced mix of Yoga Poses, Breathing, and Relaxation exercises to develop a stronger body and mind. This series is designed to reinvigorate your soul and strengthen the body mind connection. Modifications will be provided on an individual basis to personalize the practice to your capabilities.

D.E.E.P. BOATING COURSE  All Ages - Must be able to pass the written test.  

Tuesdays & Thursday  
October 15, 17, & 22  
6:00 pm - 9:00 pm  
Fee: $20 resident  $25 nonresident  

Senior & Community Center  
Registration Number: 348010  

This is a 8 hour course taught by the CT DEEP Boating Division and fulfills the requirements for a State Boating Certificate and/or a Certificate of Personal Watercraft Operation. After successful completion the student can send in the application and the appropriate fee to obtain the certificate.

DRUMS ALIVE  
Ages 8 - 88  

Thursdays  
Session 1: October 3 -31  
Session 2: November 7 - December 12, no class November 28  
Session 3: January 9 - February 6  
   6:30 pm - 7:15 pm  
Fee per session:  $45  resident  $50  nonresident  

Spencer School Gym  
Registration Number: 318110  

Ever felt like drumming along to your favorite song on the car radio? Cardio Drumming is a class that combines great music with movement. The Drums Alive program is designed to be very inclusive and is a unique sensorimotor experience that appeals to many people who aren’t inspired by traditional sports or other group fitness activities. The aim of this class is to create a fun and inclusive environment where everyone, families, individuals with and without disabilities, people of all ages, shapes and sizes - can indulge in the joy of movement together and reap the physical, mental, social, and emotional benefits of physical activity.
WESLEYAN TENNIS COURTS ON VINE STREET

SESSION ONE

September 3 - October 3
Tuesdays OR Thursdays

“No Fault”
Ages 6 – 10
Time: 5:30 – 6:15 pm

“Serves You Right”
Ages 10 - 14
Time: 6:15 – 7:00 pm

“Simply Smashing”
Ages 15+
Time: 7:00 – 8:00 pm

Fee per session: $30 resident   $35 nonresident
Balls are provided.
Some racquets are available.
Registration Number: 350450

PAT KIDNEY TENNIS COURTS ON NEWTON STREET

SESSION ONE

September 7 - October 5
Saturdays

“No Fault”
Ages 6 – 10
Time: 10:00 am – 10:45 am

“Serves You Right”
Ages 10 - 14
Time: 10:45 am – 11:30 am

“Simply Smashing”
Ages 15+
Time: 11:30 am – 12:30 pm

FREE DROP IN PICKLE BALL
Ages 16+

Wednesdays
Beginning September 4 and will run as long as weather allows.
5:00 pm - 7:00 pm
Pat Kidney Courts off of Newtown Street
Looking for someone to play Pickle Ball with? Drop in on Wednesdays and learn about the game.

FREE INTRO TO PICKLE BALL
Ages 16+

Saturdays
September 21 and/or September 28
10:00 am - 11:00 am
Pat Kidney Courts off of Newtown Street
Registration Number: 436436
Instructor: Janice Skene
MULTI-USE TRAILS
Joggers, walkers, strollers, cyclists, wheelchairs, and roller bladders are welcome to enjoy the trail. The trail begins at the Middle Street and Timber Ridge Road intersection to Smith Street to the Westlake Drive and Rising Trail Drive intersection. Trails are open through November. http://www.middletownplanning.com/documents/mdtntrailguide.pdf

FREE FALL NATURE WALKS
All Ages
Children under 16 must attend with an adult.
Beth Lapin, Ecotherapist
Wear hiking shoes, bring a light snack and water.
Leashed dogs generally okay.
Please check for specifics.
Registration Number: 460460

SEPTEMBER NATURE WALK
Saturday, September 7
Time: 10:00 am ~ lasts 1.5 hours
Spiderweed Preserve, at bend in Dripps Road, 500 feet from Saybrook Road ~ GPS address 60 Dripps Road. Bring your camera, a great area for birding and views. This is a moderate hike, with a few steep areas. We will investigate a little known 150 acre Nature Conservancy preserve that was the former summer retreat of a New York actress. We will explore pegmatite outcrops with long range views and follow colonial stone walls that demark old fields and roadways.

OCTOBER NATURE WALK
Saturday, October 5
Time: 10:00 am ~ lasts 3.5 hours
Mount Higby on Route 66, about a quarter-mile west of the junction with Higby Road (Red Dog Saloon), look for an unmarked driveway on the right (north) with an orange cone that leads to the reservoir (west of the driveway with mailbox #238 Route 66, Middlefield). Follow it to the buildings and park. We will have a rare opportunity to access the Mattabesset Trail through the city’s water department lands that include Higby and Adder Reservoirs. This is a more difficult hike due to length (4.5 miles) and steepness. **Not suitable for young children.

NOVEMBER NATURE WALK
Sunday, November 3
Time: 10:00 am ~ lasts 1.5 hours
Wadsworth State Park at the parking lot on 721 Wadsworth Street, Middlefield. Educational walk on the trails of Wadsworth State Park. This is a mostly level 3 mile loop walk through the park, exploring both Little and Big Falls.

DECEMBER NATURE WALK
Sunday, December 1
Time: 10:00 am ~ lasts 1.5 hours
Highlawn Forest, on Route 66, 4 miles east from Interstate 91, exit 18, or 2.7 miles west from Main/Washington Street junction. Trail head to right of CT Forest and Park Association building.
GPS 16 Meriden Rd, Rockfall, CT 06481
This 275-acre preserve, under easement to CFPA, includes plantations, forests, and swamps.
Trail is primarily level and easy.
MIDDLETOWN WALKS WITH A DOC
The first Sunday of each month from 12:00 pm - 1:00 pm at Harbor Park.

September 1
October 6
November 3
Come walk, socialize, and learn in a supportive group.

WESLEYAN WALKING PROGRAM
Ages 50+ Middletown Resident only
Monday - Friday from 7:00 am - 9:30 am
During Wesleyan Spring Training - 9:00 am - 11:00 am
Wesleyan University Freeman Athletic Center
Free, unsupervised program. Walk at your own pace.
Wear walking pass at all times.
- Facility availability may vary due to Wesleyan events and activities.
- Proof of age and residency is required when registering.
Thanks to Wesleyan University for sponsoring this program!
Registration Number: 438438

THE MILE CLUB BREAKFAST AND AWARDS
Middletown Recreation and Community Services will have an Awards Day on Thursday, November 14 at 8:30 am.
At The Wesleyan University Freeman Athletic Center
Award pins for your walking pass lanyards will be provided and there will be coffee, juice, fruit, and more.

250 Mile Club           500 Mile Club          750 Mile Club
Please self-record how many laps you walk at the Wesleyan University indoor and/or outdoor tracks.
You can pick up a mileage chart in our office to help you log your progress. We realize that the indoor track is a little bit shorter than the outdoor track; please adjust your numbers accordingly.

LADY KATHARINE FALL CRUISE
Ages 50+
Thursday, October 3
Registration starts Tuesday, September 3
Arrive at the Dock at Harbor Park at 9:30 am
Cruise Departs PROMPTLY at 10:00 am and returns at 11:45 am.
$1.00 Non-Refundable Registration Fee

Middletown Resident only
Sail the Connecticut River on The Lady Katharine, with a light breakfast provided!
The boat has three levels with a bathroom on the lower level.
Registration Number: 525525
PlantHer Workshops
Senior and Community Center
Thursdays
Registration Number: 420420
PlantHerLife@gmail.com

PlantHer is a Garden Coaching and Consulting Service run out of Middletown, CT. Founder Jillian Shea offers video tutorials, educational curriculum packages, customized trainings, and empowerment talks on anything growing related.

OCTOBER 10 6:00 pm
Create Elevated Pumpkin Planters
$25 - All materials provided All ages, families welcome!
Transform the classic pumpkin candy bucket into an elevated Fall planter!
Paint, stencils, pants, and soil provided.

NOVEMBER 7 6:00 pm
Create Your Own Thanksgiving Cut Flower Centerpiece
$30 - All Materials Provided Teens and Adults
Learn the fundamentals of flower arranging by creating your own Thanksgiving centerpiece! Containers, floral foam, flowers, flower design inspiration, hands-on instruction, and care instructions are all provided. Why pick up a bouquet when you can create your own, one-of-a-kind piece?

DECEMBER 5 5:00 pm
Teacup Evergreen Arrangements (for gifts!)
$25 - All materials provided Teens and Adults
Create a miniature evergreen world inside a teacup as the perfect gift for a teacher, friend, or family member. Perfect for anyone who wants a houseplant with no maintenance. Teacup, floral foam, live evergreen pieces, decorative touches (like ribbon and berries), and hands-on instruction will be provided.

DECEMBER 5 6:00 pm
Bring the Harvest Inside with Microgreens
$20 - All materials provided Teens and Adults
Learn all about the nutritional benefits of eating microgreens followed by planting your very own microgreens tray. Samples will be provided for tasting, as well as soil, seeds, and a hangout with care instructions.
Urban Homesteading - The Basics

All classes start at 6:00 pm
Fee: $23 residents  $28 nonresidents
Recreation and Community Center  Registration Number: 410410

In this series of workshops, we will explore how to make your lifestyle more sustainable, authentic, and fun. Rediscover skills and know-how from earlier generations that we can adapt to 21st century living.

Hands-on; limited to 8 participants.
Any questions, please contact Jennifer Eifrig at eifrigjen@netscape.net

September 25 - Wednesday
Make and Freeze Pie Filling
Freezing is a great way to preserve the harvest, and who doesn’t love pie?
At Thanksgiving, you will be so glad you took this class!

October 23 - Wednesday
Make jellied cranberry sauce
Here’s your chance to learn hot water bath canning and how to create jellied fruit purées, just in time for the holidays.
You’ll never eat cranberries from a store-bought can again.
Reduce, Reuse, Rethink, then Recycle!

Fall 2019

Reduce Your Waste: All plastic checkout bags will be banned in Middletown starting October 1. Paper bags will cost ten cents each. Avoid the fee and bring your own bags to all stores and restaurants.

Upcoming FREE Household Hazardous Waste Event
9:00 a.m—1:00 p.m.
Saturday, October 12th
Middlesex Community College
100 Training Hill Rd, Middletown

Compost Bin and Rain Barrel Community Sale
And Workshop
Composting 101 at Russell Library on
Wednesday, Sept. 18 at 6:30 pm
Bins and Barrels can be ordered at:
https://rivercogcompostersale.ecwid.com/
Pick up will be Saturday, Sept. 28 between 9 am—11 am at Veteran’s Park on Walnut Grove Road. Available to residents and non residents.

Electronics Collection and Hard Drive Shred Event
9:00—1:00 pm
Saturday, Sept. 14
Wesleyan University
170 Long Lane
Open to all CT residents

Repair Café
12:00-3:00 pm
Saturday, Sept. 21
Dekoven House
27 Washington Street
Bring your broken items in for free repair services!