

Wallingford | Spring 2024 | Activities Guide

PARKS & RECREATION

6 FAIRFIELD BLVD | WALLINGFORD, CT 06492 (203) 294-2120 | PARKSREC@WALLINGFORDCT.GOV



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

6 FAIRFIELD BLVD | WALLINGFORD, CT 06492 (203) 294-2120 | PARKSREC@WALLINGFORDCT.GOV

Wallingford Parks & Recreation presents:

Good Old Fashioned New England Hospitality... Fireplace Feast at the Salem Cross Inn

Saturday, March 16, 2024



The Salem Cross Inn is a restored 18th Century farmhouse nestled on 600 acres of countryside in West Brookfield, MA. Enjoy winter at its best with a full day of “New England” activities. Perfect for those Early Spring Months.

Welcome Cider Reception with Cheese & Crackers

Tour the historic inn & learn about its history

Sleigh Ride over the beautiful Salem Cross Property

Watch your **Prime Rib** roast in an open hearth fireplace

Prime Rib luncheon to include: *Chowder of the Sea, Prime Rib, Vegetable, Potato, Apple Pie with fresh whipped cream*

Alternate entrée in advance: Vegetarian Stuffed Squash with Quinoa & Vegetables

Local country shopping before we depart for home

COST: \$155 pp based on 35-50

Trip Questions: Wallingford Parks & Rec 203-294-2120

Depart: 9:00am Wallingford Parks & Rec, 6 Fairfield Blvd

Est. Return: 5:15 pm Wallingford



FRIENDSHIP TOURS
THE SHIP SHOP

705 Bloomfield Ave, Bloomfield, CT 06002
860-243-1630 • 800-243-1630
www.friendshiptours.net

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



DAVID DOHERTY FACILITY HOURS

Business Hours: Monday - Friday
9:00am to 5:00pm
Facility Hours: Monday - Friday
8:30am to 10:00pm

CLOSED:
February 12th Lincoln's Birthday
(Open at 5pm)
February 19th President's Day
(Open at 5pm)
March 29th Good Friday
March 31st Easter
May 27th Memorial Day

Address: 6 Fairfield Blvd.
Wallingford, CT 06492

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PARKS AND RECREATION WEB SITE:
www.wallingfordct.myrec.com

TOWN WEB SITE:
www.town.wallingford.ct.us

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

Produced and Edited By:
The Wallingford Parks & Recreation Staff

Design, Layout, Printing: Graphic Image
THE GUIDE TO RECREATION AND LEISURE FUN IS PUBLISHED JANUARY, MAY AND AUGUST.

Vision Statement

"Our vision is to be the eminent community park and recreation department in Connecticut. To accomplish this, we will develop our programs, services and facilities to meet the diverse and dynamic needs of the community; to promote inclusion, encourage health and wellness, foster human development and enrich the lives of community members through recreation and leisure experiences."

MESSAGE FROM THE DIRECTOR

"Change is not an event, it's a process."
-Cheryl James

2024.....2024?!?!? As I write this it's crazy to believe we are just one week away from the year 2024. As Ferris Bueller once said, "life moves pretty fast if you don't stop and look around once in a while you could miss it." This past year was a busy and successful year for the Parks and Recreation Department. Programmatically we are reaching pre-pandemic enrollment and program offerings. Shawn Keogh and Michelle Bjorkman have done an excellent job keeping up with program trends and keeping our program guide loaded with exciting offerings for you all.

Our parks systems have seen some upgrades, repairs and capital projects during 2023. Below is a list of Park Projects that took place in 2023:

- Doolittle Park:**
- The completion of a full park surveillance camera system that is linked directly back to the Wallingford Police Department. This system provides full surveillance of all areas of the Parks. This was a necessity to protect the town's investments in the park after recent damage to playground equipment and overall mischievous activity within the Park.
 - Replacement of the damaged playground from arson. This damaged portion of playscape was replaced in its entirety and ready for use at the end of the summer 2023.
 - The replacement of (2) aging basketball courts on Henry St. and Wall St. sides of the park. These courts were replaced with (2) new post tension concrete basketball courts, (2) new posts and hoops on each court and new galvanized coated fencing on the Wall St. court. The total project will be completed in early spring 2024 when the weather is cooperative to paint.

West Side Field:

- West Side Field Softball saw a new addition to the playing field with a new 24' outside fence. This replaced an aging outfield fence.

Dog Park:

- The Parks and Recreation Department worked with the Wallingford Dog Lovers Association on the construction and installation of (2) new water fountains for participants to use for dog bowls. This project was fully funded on donations raised by the WDLA and donated to the town.

Vietnam Veterans Park

- With the help of the Public Works Department, Baseball Field #2 lower infield was regraded to address a reoccurring drainage problem. This will hopefully address this problem and alleviate any post rain cancellations for Wallingford Little League.

- In coordination with Wallingford Little League and their receipt of American Rescue Plan funding, batting cages behind field #1 were repaired to alleviate the bowing top fence fabric and support rails.

Pragemann Park

- Again, another thanks to the Public Works Department for their work in skinning and regrading the entire infield on softball field #5. This project removed unwanted lips and dips on the playing surface and removed unwanted weed and grass growth along the outside edges of the infield.

Wallace Park

- This park was the first focus of our Parks and Recreation Commission, most notably Chairman John Sullivan, as an area to beautify, as it is considered by many to be the gateway into Wallingford. Hanging floral baskets, repainting of the concrete columns, seasonal plantings and landscape clean up, all with the new addition to the parks flag pole in the center of Legacy Gardens.

New Parks Signs Installed

- New park signs have been installed at Pat Wall Field, Grand Street Park, Community Lake and Harriet Wallace Park replacing old dated signs from over 25 years ago.

These are all great projects that were completed in our Parks in 2023. We are looking forward to what 2024 is going to bring and the changes and upgrades to our Park Systems for the residents to enjoy!

The opening quote in this letter is about change. I would be remised if I did not acknowledge a big change that will happen in the town on January 8th. It will be the first time in 40 years Mayor William Dickinson Jr will not be sworn into office as he did not seek re-election. For 40 years, Mayor Dickinson committed himself to the betterment on the Wallingford Community.....40 years! On behalf of myself and the staff we are thankful for your leadership and support of Parks and Recreation Department over the years! Now for the change.....as Wallingford turns the page, we welcome new Mayor Vincent Cervoni. Vinny has served on the Town Council the last 14 years, being the Chairman since 2014. We are excited to work with Mayor Cervoni and look forward to his leadership as we continue to make Wallingford a great place to live, work and play!

On behalf of all of our staff we like to wish you and your families a Happy Holidays and A Happy and Healthy New Year!

Best regards,
Kenny Michaels
Director of Parks and Recreation



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KEEP IN MIND...

- REGISTER EARLY!** Nothing cancels a good class quicker than everyone waiting until the last minute to register. If there are not enough registrations by a certain date, the course may be cancelled. Coming in on the day the course begins won't resurrect it, so please register early.
- **REGISTRANTS ARE NOTIFIED** when a course is filled or cancelled. If a desired class is full you will be put on a waiting list. Additional classes may be opened if facility and instructor are available.
 - **PROPER ATHLETIC SHOES (NO BLACK SOLES)** must be worn in gym and aerobics room.
 - **CHILDREN UNDER 16** are not to be left unattended in the Doherty Rec Center Building.
 - **REFUND POLICY:** The Rec Dept. reserves the right to cancel, postpone or combine classes or change instructors. If insufficient enrollment causes a class to be cancelled, full tuition is refunded or a credit is given for future use. We made our best effort to provide the class and instructor advertised in the brochure. In the event an instructor can no longer teach a class we will provide another instructor, if one is available, to finish the session. A credit may be issued for the amount of remaining classes. Materials and supplies purchased by you are excluded from refunds and credits.
 - **ADDITIONAL MATERIALS AND OR EQUIPMENT** may be required in some programs. Please check the program's descriptions for information on material or other needs. If questions still exist please call the office so we may help you.
 - **REGISTRATION EXCEPTIONS?** Children must be the proper age before the program begins. We try our best to accommodate everyone. Programs are designed according to an age level that will best benefit the student and to have an appropriate instructor/student ratio.
 - **FEE PAYMENT:** Instructors will not accept registration at the class site. FEES must be paid at the office prior to participation with EXACT CASH OR CHECK. Credit card payments are accepted with online registration through our website www.wallingfordrec.com. There is a non-refundable 3% transaction fee for online credit card payments.
 - **PHONE REGISTRATIONS:** Sorry, phone registrations are not accepted.
 - **CLASS CANCELLATIONS:** When schools have delayed opening in the A.M. classes till noon are cancelled. When the schools are closed, Rec Dept. classes will not meet for the school day from 8a.m. to 4p.m. Evening programs are still on unless otherwise indicated. Evening class cancellations will be made at 4p.m. Cancellations are announced on WTNH CH 8, WFSB CH 3, WNBC CH 30 and Govt. Access CH. 20.
 - **A.D.A. STATEMENT / INCLUSION POLICY:** The Recreation Dept. intends to comply with the A.D.A. regulations. It is the policy that recreation be "FUN FOR ALL". Participation in many of our non-adaptive programs is possible for those with special needs. We are limited in our ability to provide additional staff, specialized equipment and medical services. To discuss how we can support your abilities, interest and desire to participate please contact our office at (203) 294-2120. Together we can make recreation FUN FOR ALL.
 - **SPECTATORS: CHILD PROGRAMS:** One of the fundamental instructional program goals is to provide your child with a fun and positive learning opportunity with their peers while developing separation skills. Parents are encouraged to abide by the observation schedule determined by the program instructor in order to provide the best instructional atmosphere. Please feel free to discuss your child's progress with the instructor either before or after class.
 - **NEW TO THE AREA?** The Wallingford Parks & Recreation Department invites you to come in and find out what we have to offer. We have programs, classes and facilities for all ages. Want to learn more? Give us a call at 203-294-2120. We will be happy to make an appointment at your convenience to show you around and explain any program that is of interest to you. We want to meet you and talk with you and your family.
 - **PHOTOGRAPHS:** Participants may be photographed for the purpose of promotion or advertising in future brochures, in newspapers or in other Wallingford Park and Recreation Department media.

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

0200.400 HIP HOUSE DANCE SERIES 2023-2024

There are still 3 remaining dances for the 2023 season. Get your dance pass now! We will not sell passes the day of the dance! Price is reduced to \$45 and will reduce \$15 after each dance.

2023 - 2024 HIP HOUSE DANCE SCHEDULE

March Madness – March 22nd

Spring Fest – April 19th

Last Blast – May 17th

0041.200 SPRING STINGERS AGES 6-11

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

Dates: April 8th – April 12th

Drop Off: 8:30am Park & Rec Gym

Pick Up: 4:00pm Park & Rec Gym

Fee: \$250

0041.204 SKYHAWKS SPORTS & GAMES CAMP AGES 6 – 11

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

When: April 8th – April 12th 10:00am - 2:00pm

Fee: \$155

Location: Parks & Rec Gym

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

3329.202 FIT BY NATURE SPRING CAMP AGES 5-12

Fit by Nature is a one-of-a-kind program run by Wallingford native Mary Cole. An experienced Connecticut state and nature based certified educator with over 20 years' experience with children, Mary incorporates what she knows kids love! Specific nature-based games, nature lessons, fitness activities, nature art, nature science experiments and more are included in this 5-week program. Fit by Nature is a multi-sensory, whole body experience where kids are free to learn and play in a relaxed atmosphere! The great outdoors provides countless learning experiences! Health and fitness make up a solid foundation for a resilient life. Connection to peers and nature help a child become confident, courageous and caring for the natural world and breeds empathy for all living things. Mary understands the challenge parents struggle with concerning the seeming "addiction" to technology and wants to help by providing an experience that's unplugged, yet connected! Being a part of this group will provide positive experiences that will last a lifetime

When: April 8th – April 12th 10:00am - 2:00pm

Fee: \$300

Location: Marcus Cooke Park

Instructor: Mary Cole Fit By Nature

0041.202 SPRING VACAY ART DAY: BIRDS OF A FEATHER AGES 8+

Come get creative and welcome spring by creating a wooden work of art: a flock of whimsical ombre wooden birds. We'll have a great selection of fun embellishments to help unleash the imagination and make a fun clock of your own! Bring a snack and wear your art clothes!

When: Friday April 12th 10:00am - 12:30pm

Fee: \$20 (\$12 supply fee paid to instructor day of class)

Location: Room 7

Instructor: Kim Larkin

1020.300 SUMMER SIZZLERS 2023 - AGES 12-15

Summer Sizzlers to be BACK this year!! Are you looking for an exciting way to spend your summer vacation? The always popular Summer Sizzlers Registration will begin on **Monday March 4, 2024**. This very popular program is a hit every year for all participants ages 12 – 15 years! **DUE TO THE OVERWHELMING POPULARITY OF THIS PROGRAM, PARTICIPANTS ARE TO BE THE APPROPRIATE AGE BY THE END OF THE PROGRAM. PROGRAM IS MAXED AT 125 PARTICIPANTS.** Participants will go on daily trips Monday – Thursday. We strongly recommend you register early! You must come with a copy of your child's birth certificate unless you have previously been registered for this program. Consideration will be given to non-residents beginning May 1st (Space Permitting). Fee covers transportation and admission to all locations. Potential trips: Baseball Games, Farmington Tubing, Boston Harbor Cruises, Six Flags, Empower Leadership, White Water Rafting and MORE!



TRAVELING F.Y.I.'s

This year we hope you will find many new opportunities to travel this spring. We are proud to announce a continued working agreement with Friendship Tours. The staff at Friendship Tours and the Parks and Recreation Department has lined up some new trips for the 2024 trip year. Reminder, trip itineraries are subject to change and the Parks and Recreation Department will do its best to notify travelers ahead of time. We look to continue the trend this year. We hope you find this line up enjoyable and we look forward to seeing you board the bus! All trips are subject to change in price and itinerary. Day tour cancellation policy applies to all Wallingford Park & Recreation day tours operated by Friendship Tours Inc. Any passenger that cancels a reservation 7 days or less prior to departure will not be eligible for a refund. We will examine cancellations on a case by case basis to determine any exceptions to this rule. Please note the Recreation Dept. will make every effort to send a representative from the office to see off the trip to and from our destination and to hear any complaints, concerns and or recommendations. It should be understood that this person is not a tour guide. Please retain the same seats throughout the trip. A tip for the coach driver is included in the trip fee. Please contribute only if you wish since the gratuity is included. Trips are rain or shine, unless the tour company cancels. Many trips involve walking tours; either with a tour guide or on your own. Children must be accompanied by an adult unless otherwise specified. No lap sitters on the coach bus. Complete trip itineraries will be distributed on the morning of the trip. Travel insurance is recommended for overnight trips and is offered through Friendship Tours. Forms are available at the Recreation Dept. front office. We would like to thank all of our travelers for choosing Wallingford Parks & Recreation for their travel needs during the 2024 season!

1002.200 FIREPLACE FEAST AT THE SALEM CROSS INN**Saturday, March 16th**

Bus Departs Rec. Dept. 9:00am

Bus Returns: 5:15pm

Fee: \$155

The Salem Cross Inn is a restored 18th Century farmhouse nestled on 600 acres of countryside in West Brookfield, MA. Enjoy winter at its best with a full day of "New England" activities. Perfect for those Early Spring Months. Welcome Cider Reception with Cheese & Crackers Tour the historic inn & learn about its history Sleigh Ride over the beautiful Salem Cross Property Watch your Prime Rib roast in an open hearth fireplace Prime Rib luncheon to include: Chowder of the Sea, Prime Rib, Vegetable, Potato, Apple Pie with fresh whipped cream Alternate entrée in advance: Vegetarian Stuffed Squash with Quinoa & Vegetables Local country shopping before we depart for home.

1002.201 AMERICAN MUSEUM OF NATURAL HISTORY**Saturday, April 27th**

Bus Departs Rec. Dept. 7:45am

Bus Returns: 6:00pm

Fee: \$110 Ages 5-12 / \$120 Ages 12+

Spend a wonderful day at The American Museum of Natural History, one of the world's greatest museums. You can stand under a 94-foot-long blue whale, the largest animal that ever lived. Marvel at the most important collection of dinosaurs in the world. Walk through a central African rainforest or feel the rumble of an earthquake. Explore the exhibition of the inside story of the brain. Worlds Beyond Earth, an all-new Space Show narrated by Lypita.

Nyong'o, tells the story of the dynamic world that share our solar system and the unique conditions that make life on Earth possible. Fascinating Gift Shop and Museum Food Court (on your own).

1002.202 WEST POINT CAMPUS TOUR**Saturday, May 18th**

Bus Departs Rec. Dept. 8:00am

Bus Returns: 6:30pm

Fee: \$140

Lunch at the Hotel Thayer for their Bountiful Buffet. Wonderful assortment of salads, cold cut display, hot entrees and dessert buffet. Following lunch enjoy a fun & informative 90 minute guided tour of the United States Military Academy at West Point. Stop at the Cadet Chapel, Trophy Point, Battle Monument and the Plain. Explore the campus and learn in great detail the history of West Point and our nation. *This tour requires moderate walking on some uneven ground at the various stops, most of which are outdoors. Morning stop to The National Purple Heart Hall of Honor in New Windsor, NY, commemorating the extraordinary sacrifices of America's servicemen who were killed or wounded in combat.

1002.203 SAVOR THE FLAVOR: PROVIDENCE, RHODE ISLAND**Saturday, June 29th**

Bus Departs Rec. Dept. 7:30am

Bus Returns: 6:00pm

Fee: \$144

Welcome to Federal Hill—Providence's Little Italy. It is a great place to stroll and visit the Italian food emporiums and bakeries. Enjoy a slice of Italy as you watch the great fountain in DePasquale Square. We'll begin our day at Scialo Bros. Bakery, well known for their fine bread & pastries. Bring home some of their delicious baked goods. We then continue to Trattoria Zooma, a Southern Italian kitchen featuring handmade pasta and wood-fired pizza. The chef delights and entertains you with his tableside demonstration of the techniques used in pizza making. Our 5 course family-style meal includes: salad, margherita pizza, potato gnocchi, penne pasta, and Chicken Marsala, with Cannoli & Coffee. Following lunch we will stroll over to Venda's Ravioli Emporium to shop for fine Italian foods, olive oil, and cheeses... We'll complete our day with a riding Tour of Providence with our local step on guide.

Wallingford Parks & Recreation presents:

AMERICAN MUSEUM OF NATURAL HISTORY



American Museum of Natural History New York City

Hayden Planetarium Space Theater
Space Show: *Worlds Beyond Earth*

Saturday April 27, 2024



Spend a wonderful day at The American Museum of Natural History, one of the world's greatest museums. You can stand under a 94 foot long blue whale, the largest animal that ever lived. Marvel at the most important collection of dinosaurs in the world. Walk through a central African rainforest or feel the rumble of an earthquake. Explore the exhibition of the inside story of the brain.

Worlds Beyond Earth, an all new Space Show narrated by Lypita Nyong'o, tells the story of the dynamic world that share our solar system and the unique conditions that make life on Earth possible.

Fascinating Gift Shop and Museum Food Court (on own)



COST: \$120^{pp} Adult based on 35-50 passengers
\$110^{pp} Child 5-12

Trip Questions: Wallingford Parks & Rec 203-294-2120

Depart: 7:45am Wallingford Parks & Rec, 6 Fairfield Blvd

Est. Return: 6:00 pm Wallingford

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LIL REC'ERS EARLY CHILDHOOD LEARNING CENTER



LIL REC'ERS PRE-SCHOOL OFFERS A HALF DAY PROGRAM FOR 3-5 YEAR OLD CHILDREN M,W,F / T, TH. AND OR MON-FRI. OUR HOURS OF OPERATION ARE FROM 8:45 - 11:30AM.
WE ALSO OFFER EXTENDED DAY OPTIONS

Sessions

Session 3: January 8th – March 1st (no class 1/15, 2/12, 2/19)

Session 4: March 11th – May 10th (no class 3/29, 4/8-4/12)

	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
3 YEAR OLDS	8:45 - 11:30AM MISS AMY & MISS MEGAN	8:45 - 11:30AM MISS AMY & MISS MEGAN	8:45 - 11:30AM MISS AMY & MISS MEGAN	8:45 - 11:30AM MISS AMY & MISS MEGAN	8:45 - 11:30AM MISS AMY & MISS MEGAN
4 - 5 YEAR OLDS	8:45 - 11:30AM MISS ERIN & MISS AVA	8:45 - 11:30AM MISS ERIN & MISS AVA	8:45 - 11:30AM MISS ERIN & MISS AVA	8:45 - 11:30AM MISS ERIN & MISS AVA	8:45 - 11:30AM MISS ERIN & MISS AVA
EXTENDED DAYS PM SESSION	11:30 - 2:15PM MISS COLEEN		11:30 - 2:15PM MISS COLEEN		11:30 - 2:15PM MISS COLEEN

Fees per session for Lil Rec'ers 2023 - 2024

MONDAY – FRIDAY AM (5 DAY) - \$625
MONDAY, WEDNESDAY, FRIDAY AM - \$370
TUESDAY / THURSDAY AM - \$290

Fees for Extended Day Ages 3-5

MONDAY, WEDNESDAY, FRIDAY \$305

Wallingford Parks and Recreation

A	C	G	D	R	O	F	G	N	I	L	L	A	W
T	M	R	E	C	R	E	A	T	I	O	N	G	O
B	C	S	C	I	T	S	A	N	M	Y	G	B	S
L	Y	O	G	A	C	O	R	N	H	O	L	E	N
S	W	O	A	E	S	S	B	E	R	N	F	B	M
E	T	A	R	A	K	R	L	N	M	K	O	A	S
P	A	P	L	A	Y	G	R	O	U	N	D	S	P
M	T	I	S	G	H	A	P	A	R	K	S	K	M
U	P	A	S	P	A	Y	T	O	R	M	A	E	A
E	R	L	E	C	W	E	R	R	E	K	Y	T	C
A	C	E	N	F	K	L	L	L	S	O	Y	B	E
L	G	W	T	A	S	T	F	A	R	C	P	A	G
M	A	T	I	S	R	E	M	M	U	S	N	L	A
T	R	B	F	S	T	R	O	P	S	O	A	L	N

- KARATE
- SKYHAWKS
- BASKETBALL
- SPORTS
- RECREATION
- PARKS
- WALLINGFORD
- YOGA
- SUMMER
- GYMNASTICS
- FITNESS
- PLAYGROUND
- CAMP
- CRAFTS
- CORNHOLE



Just for fun! Let your kids have a turn with the brochure and let them discover all the things we have to offer!

LIL REC'ERS OPEN HOUSE

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

When: Saturday, April 27th 9:00am – 12:00pm

Fee: FREE

LIL REC'ERS MINI SESSION

Come join us in the land of make believe for a 4-week mini session starting May 13th. Have your child bring their wildest imagination. We will help your child write their very own fairy tale to bring home at the end of the session. Art, music, and games inspired by mythical creatures will also be included in the fun!

When: Mon/Wed or Tues/Thurs May 13th – June 6th
(no class 5/27)

Time: Same as Lil Rec'ers Traditional Program. Extended day will run Mon-Thurs if numbers allow.

Fee: \$130 for Mon/Wed or Tues/Thurs
\$110 for extended day

TERRIFIC TWOSIES WITH PARENT

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

Session 3: February 20th – May 2nd (no class 4/9, 4/11)

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

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

Fee: \$100

Instructor: Miss Coleen

3329.200 FIT BY NATURE AGES 3 - 5

Fit by Nature is a one-of-a-kind program run by Wallingford native Mary Cole. An experienced Connecticut state and nature based certified educator with over 20 years' experience with children, Mary incorporates what she knows kids love! Specific nature-based games, nature lessons, fitness activities, nature art, nature science experiments and more are included in this 5-week program. Fit by Nature is a multi-sensory, whole body experience where kids are free to learn and play in a relaxed atmosphere! The great outdoors provides countless learning experiences! Health and fitness make up a solid foundation for a resilient life. Connection to peers and nature help a child become confident, courageous and caring for the natural world and breeds empathy for all living things. Mary understands the challenge parents struggle with concerning the seeming "addiction" to technology and wants to help by providing an experience that's unplugged, yet connected! Being a part of this group will provide positive experiences that will last a lifetime.

When: Tuesdays March 26th – May 7th 9:30am – 10:30am for 6 weeks (no class 4/9)

Fee: \$125

Location: Marcus Cooke Park

Instructor: Mary Cole Fit By Nature

**Special Interest****2005.180 HOMESCHOOL STEAM EXPLORATIONS WINTER – AGES 8-14**

Does your child like to explore science, solve problems and use technology? If so, then STEM Academy is the perfect place for your child! Join us for engaging sessions of exploring many different STEM Challenges through hands-on investigations. Topics may include, but not limited to Rocketry, Coding with Ozobots and Engineering Challenges. All programs will be hands-on and program content will be varied for each session.

Instructor: CT STEM Academy

Date: January 22nd – February 12th for 4 weeks

Class Time: Mondays 1:00pm – 2:15pm

Location: Room 13 (February 12th will be held at CT STEM ACADEMY 284 Washington ST)

Fee: \$38

2005.280 HOMESCHOOL LT. GOVERNOR'S COMPUTING CHALLENGE – AGES 8-14

The Lt. Governor's Computing Challenge is a statewide coding competition for Connecticut students. The "Coding for Good" Challenge is open to all students who can enter on their own or as a team. Our program will guide and support students. Upon enrollment, participants must commit to submitting an entry. For more information about the challenge, please visit <https://www.ltgovcc.org>.

Instructor: CT STEM Academy

Date: February 26th – March 18th for 4 weeks

Class Time: Mondays 1:00pm – 2:15pm

Location: CT STEM Academy 284 Washington Street

Fee: FREE

2005.281 HOMESCHOOL STEAM EXPLORATIONS SPRING – AGES 8-14

Does your child like to explore science, solve problems and use technology? If so, then STEM Academy is the perfect place for your child! Join us for engaging sessions of exploring many different STEM Challenges through hands-on investigations. Topics may include, but not limited to Rocketry, Coding with Ozobots and Engineering Challenges. All programs will be hands-on and program content will be varied for each session.

Instructor: CT STEM Academy

Date: April 15th – May 6th for 4 weeks

Class Time: Mondays 1:00pm – 2:15pm

Location: Room 13

Fee: \$38

2022.200 HOOK A FAMILY ON FISHING

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

Place: Wharton Brook State Park

When: TBD

Fee: FREE

Instructor: John Kadow and other DEEP CARE Instructors

2023.200 DEEP SAFE BOATING CLASS

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

Conservation ID:

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

Location: Room 1

When: April 20th 9:00 - 1:00pm, April 21st 9:00-1:00pm
(PARTICIPANTS MUST ATTEND BOTH DATES)

FEE: \$20

Questions about the class? Please contact DEEP Safety Coordinator, Emily Picard, at Emily.Picard@ct.gov.

2009.402 KRAV MAGA

Co-Ed Self Defense Seminar Ages 13 & Older

Krav Maga is the official hand to hand combat system of the Israeli Defense Forces. Its quick counter-attacks and brutal offensive techniques make it the ideal fighting style for dangerous and unexpected situations. It's also the preferred system for U.S. military and law enforcement personnel. Krav Maga is not a traditional martial art, but a revolutionary self-defense program. No katas. No rituals. Based on simple principles and instinctive movements, this reality based system is designed to teach extremely effective self-defense in the shortest possible time. Learn to defend against common chokes, grabs, and strikes, as well as more serious threats involving guns, sticks and edged weapons.

When: Thursdays April 4th – June 6th 5:30pm – 6:30pm for 10 weeks

Location: Room 14 **Fee:** \$125

Instructor: Britt Soden

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

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

When: Saturday, April 20th 12:00pm – 2:00pm One Day

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

Instructor: Britt Soden

2010.200 PUPPY KINDERGARTEN

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

Limit of 8 students

When: Mondays March 25th – April 29th 6:30pm - 7:15pm for 6 weeks

Location: Gym 2

Fee: \$60

Instructors: Joan Hamel

CANINE COMMUNICATION, DOG OBEDIENCE FOR BEGINNERS

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

Limit 12 students

2015.201 Mondays March 25th – April 29th

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

2015.202 Mondays March 25th – April 29th

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

Location: Gym 2

Fee: \$60

Instructors: Joan Hamel

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

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

.200 Thursday, March 14th 10:00am

.201 Friday, April 19th 10:00am

.202 Tuesday, May 21st 10:00am

.203 Wednesday, June 12th 10:00am

Instructor: Michael Bush

Fee: FREE

Location: Room 3

7201.COOKIE DECORATING CLASS

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

7201.200: Wednesday, March 27th 5:00m – 6:00pm (Easter Theme)

7201.301: Tuesday, July 2nd 5:00m – 6:00pm (4th of July Theme)

Location: Room 7

Fee: \$30

Instructors: The Tasty Sprinkle

7202. PARENT/CHILD PASTA MAKING CLASS

Pasta is something we all enjoy and love! Why not learn how to make it together as a family! It is like edible playdough that the kids can play with. Learn how to make dough and some fun shapes that everyone can make! Registration is good for 1 adult and 1 child. Please call to add additional people to the list.

7202.200: Sunday, March 17th 12:00pm – 2:00pm

7202.201: Sunday, May 12th 12:00pm – 2:00pm

Location: Room 7

Fee: \$50 for 2 people

(\$10 per additional child, \$15 per additional adult 18+)

Instructors: Passionately Pasta

7390.200 CREST EDUCATIONAL SAT PREP COURSE

The Crest SAT course is crafted for high school sophomores and juniors who are strongly considering enrolling in four-year degree programs and applying for merit scholarships. This year's (2023-2024) junior class will be the first to use the Bluebook app to take the new, adaptive digital SAT in March of 2024. We want this group to feel well prepared, not overly anxious!

Students will learn the purpose and the structure (the rules of the game) of the new digital SAT/PSAT, practice and master strategies for decoding the 'tricky' language of the test, and develop confidence in their testing skills, which will be important for any future certification and licensing exams.

Students will also receive personal guidance in the Math and English modules of the digital SAT from an experienced, local instructor. Please email camila@cresteducational.com with any questions about our course offerings.

When: Saturdays March 9th - April 13th for 6 weeks

10:00am - 12:00pm

Location: CREST EDUCATIONAL, 476 N Colony St

Fee: \$525

Instructors: Dan Murphy, Owner of CREST EDUCATIONAL





TINYTYKES SOCCER AGES 2-5YRS

TinyTykes is an exciting child development program delivered through soccer. Our soccer and child development professionals have designed an innovative curriculum that takes children on 'Immersive Interactive Adventures' through fun and exciting themes. It is through these semi-structured adventures that every child has the ability to build their own experiences and be introduced to the basic skills needed in soccer; motor, social, and psychological skills.

Our International coaches are experts at working with young children and will combine soccer and adventure in a way that keeps your children entertained and enthused to return next week. Player package that includes: Full custom designed TinyTykes Uniform (Shirt and Shorts) Graduation certificate after level completion Class begins Saturday April 13th – May 18th for 6 weeks.

4030.200 Ages 2-3 Saturdays 8:00am – 8:45am

4030.201 Ages 2-3 Saturdays 9:00am – 9:45am

4030.202 Ages 2-3 Saturdays 10:00am – 10:45am

4030.203 Ages 4-5 Saturdays 11:00am – 11:45am

Fee: \$100 (includes the uniform)

Location: Gym 1 & 2 **Instructors:** Tiny Tykes Staff

HOOP HOUSE BASKETBALL ACADEMY • FOR BOYS AND GIRLS 5-9YRS

Great tune up for the coming basketball league play! Wallingford Parks & Rec in conjunction with Central Connecticut Hoop Stars offers a premiere youth basketball program which includes instruction by top coaches, game play, basketball contest and the Hoop House "lessons of life" program. Each participant will receive a Hoop House T-Shirt.

4020.201 5-6yrs Wednesdays April 3rd - May 15th
5:45 - 6:45pm for 6 weeks (no class 4/10)

4020.202 7-9yrs Wednesdays April 3rd - May 15th
6:45 - 7:45pm for 6 weeks (no class 4/10)

Fee: \$65 **Location:** Gym 2

Instructor: Greg Morrone and Hoop House Staff

4020.203 PROJECT TRIPLE THREAT BASKETBALL CLINICS • AGES 10 - 14

Project Triple Threat (PTT) was founded by Drew Dawson, a former Division 1 college player, coach and current head coach at Choate Rosemary Hall Boys Basketball. This instructional clinic is designed to expose our younger generation of basketball players to the essential skills, intangibles and team concepts for growing as an aspiring player and teammate in the game of basketball.

When: Tuesdays April 23rd – May 28th

6:00pm – 7:00pm for 6 weeks

Location: Parks and Recreation Gym

Staff: Coach Drew Dawson & Staff

Fee: \$115

4028.200 LITTLE SLUGGERS • 4-6 YEARS

Tee ball clinic for ages 4-6 to help children learn basic fundamentals of baseball. A gentle approach by instructors will make learning America's Pastime an enjoyable experience.

When: Tuesdays March 26th – April 30th

4:45pm - 5:30pm for 6 weeks

Fee: \$70 **Location:** Gym 1

Instructor: Diamond Kings Baseball Academy, Bristol, CT

4060.200 MINI HAWK BASKETBALL & SOCCER 4 YEAR OLDS

This multi-sport program was developed to give children a positive first step into athletics. Sports are taught in a safe, structured environment filled with encouragement and fun. Through exciting games and activities, campers explore balance, hand/eye coordination and skill development at their own pace.

When: Mondays March 25th – April 22nd

4:30pm - 5:15pm for 5 weeks

Location: Gym 1 **Fee:** \$89

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

4061.220 SPORTS & GYM GAMES • AGES 5-7

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

When: Mondays March 25th – April 22nd

5:25 – 6:25pm for 5 weeks

Fee: \$89 **Location:** Gym 1

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

4239.200 CROSSFIT TRITON - CROSSFIT KIDS & TEENS • AGES 8 - 15

Crossfit Kids is a strength and conditioning program that is specifically designed for kids and teenagers, helping them develop a lifelong love of fitness. In a group setting based by age, children and teens participate in fun and engaging workouts that will deliver measurable results, along with preparing them to be well rounded athletes. Participants will learn nutritional information and how the program can improve all participants.

We encourage all participants, athletes and non-athletes to participate in this program.

When: Saturdays March 30th – May 4th

9:15am – 10:15am for 6 weeks

Instructors: Triton Athletics Staff **Fee:** \$70

Location: Triton Athletics 20 Capitol Dr.

4051.200 JUNIOR TENNIS DEVELOPMENT**AGES 12-16**

Our junior development program for intermediate or higher tennis players, capped at 16 participants, focuses on honing fundamental skills. Through personalized coaching, participants will refine their techniques in serving, returning, forehand, backhand, and volley. The program emphasizes a foundation of mental skills, strategic live ball play, fitness drills, and sportsmanship, fostering a well-rounded approach to tennis development. Sessions are designed to provide individual attention, ensuring each player's growth within a supportive, encouraging and engaging environment.

When: Saturdays April 6th – May 11th

11:00-12:00pm for 6 weeks

Fee: \$140

Location: Doolittle Park Tennis Courts

Instructor: Angelo Rossetti

3329. FIT BY NATURE • AGES 5-12

Fit by Nature is a one-of-a-kind program run by Wallingford native Mary Cole. An experienced Connecticut state and nature based certified educator with over 20 years' experience with children, Mary incorporates what she knows kids love! Specific nature-based games, nature lessons, fitness activities, nature art, nature science experiments and more are included in this 5-week program. Fit by Nature is a multi-sensory, whole body experience where kids are free to learn and play in a relaxed atmosphere! The great outdoors provides countless learning experiences! Health and fitness make up a solid foundation for a resilient life. Connection to peers and nature help a child become confident, courageous and caring for the natural world and breeds empathy for all living things. Mary understands the challenge parents struggle with concerning the seeming "addiction" to technology and wants to help by providing an experience that's unplugged, yet connected! Being a part of this group will provide positive experiences that will last a lifetime.

When: Tuesdays March 26th – May 7th

4:15 – 5:30pm (no class 4/9)

Fee: \$150

Location: Marcus Cooke Park

Instructor: Mary Cole Fit By Nature

0118.203 ADAPTIVE KARATE • AGES 7+

A traditional karate program for ages 7 and up, the style of Karate we study is Tang Soo Do, a Korean based martial art. In addition to learning techniques, board breaking, forms and exercise patterns, the class focuses on self-esteem, character building, respect for self and others, proper approaches to competition and general life skills for today's child.

When: Wednesdays April 3rd – May 22nd for 8 weeks

Time: 6:05 – 6:35pm

Instructor: Lyne Landry and The Institute of Martial Arts Staff

Location: Room 14

Fee: \$55

LITTLE NINJAS • AGES 3-4

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

4051.200 When: Mondays March 25th – June 17th
5:30 – 6:00pm for 12 weeks (no class 5/27)

4051.201 When: Saturdays March 30th – June 15th
9:00 – 9:30am for 12 weeks

Fee: \$75

Location: Room 14 Monday / Room 15 Saturdays

Instructor: The Institute of Martial Arts Staff

KICKIN' KIDS • AGES 5-6

Dynamic karate techniques taught with an emphasis on kicks, punches, blocks, coordination, bullying prevention, and beginning karate weapons training. Situational self-defense will be taught so our youngest can avoid conflict. Class is designed to have a student develop into the more structured karate program that starts at 7 years old. Emphasis on technique and coordination without the traditional forms patterns of movement.

4052.200 When: Mondays March 25th – June 17th
6:00 – 6:45pm for 12 weeks (no class 5/27)

4052.201 When: Saturdays March 30th – June 15th
9:30 – 10:15am for 12 weeks

Fee: \$90 **Instructor:** The Institute of Martial Arts Staff

Location: Room 14 Mondays / Room 15 Saturdays

KARATE FOR BEGINNERS • AGES 7-ADULT

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

4053.200 When: Wednesdays March 27th – June 19th
5:30 – 6:30pm for 12 weeks

4053.201 When: Saturdays March 30th – June 15th
10:15 - 11:30am for 12 weeks

Fee: \$90

Instructor: The Institute of Martial Arts Staff

Location: Room 15

LEAGUES

BILL FARM SLOW PITCH SOFTBALL LEAGUE

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

League Commissioner: Stan Capp

Division Schedules Is As Follows:

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

Tuesday: D Division/E Division

Wednesday: A Division/Women's Division

Thursday: B Division/C Division

Friday: F Division/G Division

Fee: \$800

BILL FARM SLOW PITCH SOFTBALL IMPORTANT DATES

March 8th	4:30pm: Registration closes
April 3rd	6:00pm Manager's meeting Location: Rec Dept.
April 11th	4:00-8:00pm and April 13th 10:00-3:00pm: Photo ID Days
April 15th	Season Begins
May 24th	4:30 pm Last Day to Add/Drop from Roster – FINAL ROSTERS

4185.200 THE JACK DOYLE ADULT MEN'S 60YRS & OVER 2024 SLOW PITCH SOFTBALL LEAGUE

Practice and games tentatively scheduled for Monday and Wednesday mornings from 9:00am – 11:00am. Letters for registration were e-mailed out in the month of January to the players from the previous year. Registration forms must be completely filled out and returned in person with payment and a copy of a CT Driver's License to the Parks and Recreation Department. Harry Fazio is the league commissioner. For more information contact the Rec. Department at 294-2120. Registration begins February 1st. Tentative Start Date is Monday in Mid April.

Fee: \$50

*New players are always welcome and can register after February



4222.200 INDOOR CORNHOLE LEAGUE

Register as a team to play a minimum of 6 games per week. Teams will play three, best of three series each night. At the end of the season, teams will compete in a single elimination tournament to determine the league champion. League is limited to 12 teams. Registration for returning teams will begin right away. New teams will be able to register beginning February 1st.

When: Tuesdays March 12th –April 30th 6:00pm – 8:00pm for 8 weeks

Fee: \$50 per team

Location: Gym 2

PICKLEBALL 101 FOR BEGINNERS

Want to learn how to play pickleball? You're not alone. Pickleball is now the fastest-growing sport in America, and it's tons of fun! **Three lessons** are all you need to possess the basic skills, rules, and terminology that will enable you to enjoy a full game of pickleball on your own!! *We cap the lessons at 4 people* in order to provide you with as much one-on-one attention as possible. Small groups enable the instructors to answer questions as they arise. **No experience needed to participate.** At the end of the season we hold a *pickleball palooza* for all of the graduates! It's a great way to meet new people and make pickleball friends! **Please note ... there are NO make-up lessons unless we get rained out. Bring water and wear sneakers and comfortable clothes (if applicable - a hat, sunglasses, and sunblock.)** Equipment - You will need to provide your own paddle. *Need help deciding which paddle to buy?* Contact us at centrecourtpickleball@gmail.com or visit our website centrecourtpickleball.com

Max of 4 people per session

All sessions run three consecutive days on Tuesday, Wednesday, and Thursday.

AFTERNOON SESSIONS 12:00-12:50pm:

- 8500.200:** April 9th – April 11th
- 8500.201:** April 16th – April 18th
- 8500.202:** April 23rd – April 25th
- 8500.203:** April 30th – May 2nd
- 8500.204:** May 7th – May 9th
- 8500.205:** May 14th – May 16th
- 8500.206:** May 21st – May 23rd

EVENING SESSIONS 6:40-7:30pm:

- 8500.210:** April 9th – April 11th
- 8500.211:** April 16th – April 18th
- 8500.212:** April 23rd – April 25th
- 8500.213:** April 30th – May 2nd
- 8500.214:** May 7th – May 9th
- 8500.215:** May 14th – May 16th
- 8500.216:** May 21st – May 23rd

Fee: \$110

Location: Harrison Park Pickleball Courts

Instructor: Jen Nuzzo

PICKLEBALL COACHED MATCH PLAY

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

ALL SESSIONS WILL BE 9:00-10:30am**8501.200:** Saturday, April 6th**8501.210:** Sunday, April 7th**8501.201:** Saturday, April 13th**8501.211:** Sunday, April 14th**8501.202:** Saturday, April 20th**8501.212:** Sunday, April 21st**8501.203:** Saturday, April 27th**8501.213:** Sunday, April 28th

The above sessions will have rain dates of Saturday, May 5th and Sunday, May 6th

8501.204: Saturday, May 11th**8501.214:** Sunday, May 12th**8501.205:** Saturday, May 18th**8501.215:** Sunday, May 19th**8501.206:** Saturday, June 1st**8501.216:** Sunday, June 2nd**8501.207:** Saturday, June 8th**8501.217:** Sunday, June 9th

The above sessions will have rain dates of Saturday, June 15th and Sunday, June 16th

Fee: \$35**Location:** Harrison Park Pickleball Courts**Instructor:** Angelo Rossetti**4000. CO-ED RECREATIONAL GYMNASTICS • FOR 12MO. – 8 YRS**

Come join in the fun of recreational gymnastics under the direction of our gymnastics staff. These classes will provide a fun and exciting experience for participants. All programs start with the basics and move along the skill path at their own pace. All participants will receive a ribbon upon completion of a class session. *Classes begin the week of March 18th for 10 weeks. (no class 5/27)*

****Do not bring siblings who are not registered to class. Only registered, age appropriate children will be able to participate****

TINY TUMBLERS: 12 MONTHS - 35 MONTHS

Parents share in the experience with their young child. We create an atmosphere geared for physical and social activity for the participants. This open play will give your child an opportunity to play on the mats, while building skills through play to get them to the next level.

.200 Mondays March 18th 9:15am - 10:00am**.201** Mondays March 18th 10:55am - 11:40am**.202** Mondays March 18th 5:15pm – 6:00pm**.203** Tuesdays March 19th 9:15am - 10:00am**.204** Tuesdays March 19th 5:15pm – 6:00pm**.205** Wednesdays March 20th 9:15am - 10:00am**.206** Wednesdays March 20th 10:05am – 10:50am**.207** Thursdays March 21st 5:15pm – 6:00pm**.208** Saturdays March 23rd 9:00am - 9:45am**.209** Saturdays March 23rd 9:50am – 10:35am**Fee:** \$85 **Location:** Gymnastics Room**Instructors:** Gymnastics Staff**.213** Tuesdays March 19th 10:55am – 11:40am**.214** Tuesdays March 19th 6:05pm – 6:50pm**.215** Wednesdays March 20th 10:55am – 11:40am**.216** Thursdays March 21st 6:05pm – 6:50pm**.217** Saturdays March 23rd 10:40am – 11:25am**.218** Saturdays March 23rd 11:30am – 12:15pm**Fee:** \$85 **Location:** Gymnastics Room**Instructors:** Gymnastics Staff**BEGINNER GYMNASTICS CLASS: 5 - 8 YEARS OLD**

***MUST BE 5 BY THE START OF THE CLASS. NO EXCEPTIONS**

In this class we will introduce your child to the skills on all of the gymnastics equipment. Your child will develop skills on the beam and bars.

.220 Mondays March 18th 6:55pm – 7:40pm**.221** Tuesdays March 19th 6:55pm – 7:40pm**.222** Thursdays March 21st 6:55pm – 7:40pm**.223** Saturdays March 23rd 12:20pm – 1:05pm**.224** Saturdays March 23rd 1:20pm – 2:05pm**Fee:** \$85 **Location:** Gymnastics Room**Instructors:** Gymnastics Staff**PRE-SCHOOL GYMNASTICS CLASSES: 3 - 4 YEARS OLD WITHOUT PARENT**

***MUST BE 3 BY THE START OF THE CLASS. NO EXCEPTIONS**

This class takes a gentle approach to the introduction of gymnastics. Participants will be introduced to gymnastics equipment, as well as learning the basics of tumbling in a fun and easy going environment.

.210 Mondays March 18th 10:05am - 10:50am**.211** Mondays March 18th 6:05pm – 6:50pm**.212** Tuesdays March 19th 10:05am – 10:50am



CT STEM ACADEMY

Spring 2024 - In Person Programs



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

State of CT – Lt. Governor’s Computing Challenge

Session A, Grades 3 to 5 Participants
Course Number 2005.226
Tuesdays, 3/5, 3/12, 3/19, 3/26
6:00 pm - 7:00 pm

Location: CT STEM Academy, 284 Washington Street
Cost: FREE

The Lt. Governor's Computing Challenge is a statewide coding competition for Connecticut students. The "Coding for Good" challenge is open to all students who can enter on their own or as a team. Our program will guide and support students. Upon enrollment, participants must commit to submitting an entry. More information about the challenge, please visit <https://www.ltgovcc.org/>



Session B, Grades 6 to 8 Participants
Course Number 2005.227
Tuesdays, 4/2, 4/16, 4/23
No meeting on 4/9
6:00 pm - 7:15 pm

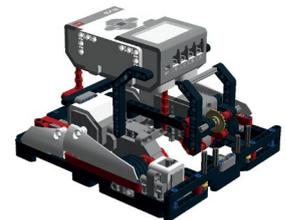
Location: CT STEM Academy, 284 Washington Street
Cost: FREE

The Lt. Governor's Computing Challenge is a statewide coding competition for Connecticut students. The "Coding for Good" challenge is open to all students who can enter on their own or as a team. Our program will guide and support students. Upon enrollment, participants must commit to submitting an entry. More information about the challenge, please visit <https://www.ltgovcc.org/>

Lego Robotics Beginner Course
Course Number 2005.204
Ages 9-14
Tuesdays - 4/30, 5/7, 5/14, 5/21
6:00 pm to 7:00 pm



Location: Wallingford Parks and Rec STEM Room
*This program is designed for participants who would like a rich introduction to robotics. **This program encourages critical thinking, problem solving, and communication.** Participants will be using Lego Mindstorms EV3 to learn the basics of applications. Instructors will adjust program instruction to meet the needs of all participants.*
Cost: \$31



Robotics Advanced Course
Course Number 2005.216
Ages 9-14
Tuesdays, 5/28, 6/4, 6/11
5:30 pm - 7:00 pm

Location: Wallingford Parks and Rec STEM Room
Cost: \$36

*Building on previous knowledge from Lego Robotics participants will be exploring new technology that will enhance robotics skills and concepts. "UB TECH is a global leading AI and humanoid robotics company" **Prerequisite: must have attended the Fall 2023/ Spring 2024 Lego Robotics Program or Ages 7 and 8 Robotics***

Family STEM Nights, Summer Camp Open House & VEX IQ Robotics Competition Team Q & A Session
All Ages
Friday, April 12 – 5:30 pm to 6:45 pm 2005.234
Friday, May 17 – 5:30 pm to 6:45 pm 2005.235
Location: CT STEM Academy, 284 Washington Street
Cost: FREE

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

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



CT STEM ACADEMY

CT STEM ACADEMY

Spring 2024 - In Person Programs



CT STEM ACADEMY

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

STEAM Explorations – Half Day Program

Course Number: 2005.225

Ages 9 to 14

Good Friday – Friday, March 29, 2024

Time: 9:00 am to 12:00 pm

Location: CT STEM Academy, 284 Washington Street

Cost: \$35

Do you like to explore science, solve problems and use technology? If you do, then STEM Academy is the perfect place for you! Join us for an engaging session of exploring a range of topics from Science, Technology, Engineering, Art, and Mathematics. Participants will be grouped based upon experience and/or age. Lunch supervision not provided between AM and PM program on 3/29.

Ages 5 and 6 STEM

Course Number 2005.207

Ages 5 and 6

Spring Break – Wednesday, April 10, 2024

Time 10:00 am to 12:00 pm

Location: Wallingford Parks and Rec STEM Room

Cost: \$30

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

Robotics Sampler – Half Day Program

Course Number 2005.203

Ages 9 to 14

Good Friday- Friday, March 29, 2024

Time: 1:00 pm to 4:00 pm

Location: CT STEM Academy, 284 Washington Street

Cost: \$35

Are you interested in robotics and ages 9 to 14? If so, then you'll want to be a part of designing and testing micro robots and coding. Each participant will get to work with a variety of robots. This program will be led by experienced STEM educators. Lunch supervision not provided between AM and PM program on 3/29.

Ages 7 and 8 STEM

Course Number 2005.206

Ages 7 and 8

Spring Break – Wednesday, April 10, 2024

Time: 1:00pm to 3:00pm

Location: Wallingford Parks and Rec STEM Room

Cost: \$30

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



Discovery Museum/Challenger Learning Center

Space Mission Simulation

Course Number 2005.299

Friday, April 12, 2024 – 9:00 am (Depart) and 2:30 pm (Return)

Ages: 10 to 14

Minimum Number of Participants: 20, Maximum Number 30

Cost: \$30 per participant

Participants will engage in a mock simulation by spending time in the mission control and spacecraft environments. The simulation promotes awareness of how technologies make space exploration possible through a cooperative problem-solving atmosphere.

Participants will need to pack a lunch, snack, and water bottle.

Participants will be supervised by CT STEM Academy staff and travel by bus, with CT STEM Academy staff, from the Wallingford Parks and Recreation Department to the Discovery Museum located on Park Avenue in Bridgeport, CT.

Join us for this fantastic STEM learning opportunity!



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

Yoga, Pilates, Tai Chi, Seniors, & Specialty Fitness

PLEASE NOTE: the following health and fitness classes are for participants 13 years and older unless noted.

5003.201 ALL LEVELS VINYASA YOGA

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

Equipment Needed: Your own yoga mat
Instructor: Cathy Dean certified yoga instructor
Time: Monday 5:30-6:30 PM
Dates: March 25th – June 10th for 11 weeks (no class 5/27)
Location: Room 15
Fee: \$65

5006.201 BASIC YOGA MONDAYS-ZORAYDA

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

Equipment Needed: Your own yoga mat
Instructor: Zorayda Cocchi OTR/L, RYT 500, CYKT certified yoga instructor
Class Time: 9:30 – 10:45AM
Date: March 25th – June 10th for 11 weeks (no class 5/27)
Location: Room 15
Fee: \$75

5103.200 ARTHRITIS FOUNDATION

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

Instructor: Elaine Doherty
When: Mondays March 25th – June 10th for 11 weeks (no class 5/27)
Time: 12:00pm – 1:00pm
Location: Room 15
Fee: \$25

5007.202 YOGA FOR NOT-FLEXIBLE PEOPLE

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

Instructor: Zorayda Cocchi OTR/L, RYT 500, CYKT certified yoga instructor
Time: Tuesdays 5:50 – 6:50pm
Date: March 26th – June 11th for 12 weeks
Location: Room 15
Fee: \$70

5007.204 THERAPEUTIC YOGA

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

Equipment Needed: Your own yoga mat.
Time: Tuesdays 7:00 – 8:15pm
Date: March 26th – June 11th for 12 weeks
Location: Room 16 **Fee:** \$80

GENTLE YOGA & MEDITATION

A nurturing, healing yoga experience for everyone. Bring some much needed relaxation and ease into your life. Basic yoga postures and breathing are taught in a gentle way to help students release deep tension and stress from their bodies and minds. Sign up for both classes for a \$10 discount.

Equipment Needed: Your own yoga mat
5005.202 Mondays 9:15-10:30 AM
Instructor: Christina Casavina certified yoga instructor
Date: March 25th – June 10th for 11 weeks (no class 5/27)
Location: Room 16
Fee: \$75
5005.201 Thursdays 9:30-10:45 AM
Instructor: Christina Casavina certified yoga instructor
Date: March 28th – June 13th for 12 weeks
Location: Room 16 **Fee:** \$80

5013.200 ALL LEVELS YOGA WITH A TWIST

This class is the perfect well rounded yoga class, using a different prop or weight within the practice. A new way to body awareness! Form, Flow and Fun with a Twist.

Equipment Needed: Your own yoga mat
Instructor: Christina Casavina, certified yoga instructor
Date: March 27th – June 12th for 12 weeks
Class Time: Wednesdays 9:30 -10:45 AM
Location: Room 15 **Fee:** \$80

5005.209 YOGA WITH WEIGHTS

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

Equipment Needed: Your own yoga mat
Class Time: Thursdays 5:30 – 6:30PM
Instructor: Christina Casavina certified yoga instructor
Date: March 28th – June 13th for 12 weeks
Location: Room 16 **Fee:** \$70

5013.204 YOGA FORM & FLOW

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

Equipment Needed: Your own yoga mat and a light blanket
Instructor: Christina Casavina, certified yoga instructor
Date: March 30th – June 15th for 12 weeks
Class Time: Saturday 8:30 – 9:45 AM
Location: Room 16 **Fee:** \$80

5013.206 WARM VINYASA YOGA

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

Equipment Needed: Your own yoga mat

Instructor: Christina Casavina, certified yoga instructor

Date: March 26th – June 11th for 12 weeks

Class Time: Tuesdays 6:45- 7:45pm

Location: Room 14 **Fee:** \$70

5013.205 TEEN YOGA & MINDFULNESS

Learn the importance of breathing and mindfulness to help us navigate challenges in our lives, Friendships, families, school, social media and the world around us. Learn how the physical practice can help to move and shift stress that finds its way into the physical body, as well as our mental and emotional bodies. Class will begin with an open discussion and follow with breathing techniques and a light practice. No experience necessary. Bring something to cover up with for final resting Pose

Equipment Needed: Your own yoga mat

Instructor: Christina Casavina, certified yoga instructor

Date: March 28th – June 13th for 12 weeks

Class Time: Thursdays 4:00 – 5:00pm

Location: Room 16 **Fee:** \$70

5041.200 YIN YOGA & REIKI

Take some time to realign physically and energetically during this yin yoga practice enhanced with the healing magic of reiki. Deonna will guide you through deeply restorative yin poses to release tension in the soft tissue of the body while reconnecting with the self. As you rest in each pose for several minutes Deonna will go around to offer healing to the energetic body through the ancient eastern practice of reiki.

Equipment Needed: Your own yoga mat

Instructor: Deonna Thomas, certified yoga instructor

Date: March 26th – June 11th for 12 weeks

Class Time: Tuesdays, 9:30 -10:45 AM

Location: Room 15 **Fee:** \$80

5041.201 AWAKENING HATHA YOGA

Start your day with a hatha yoga class to awaken the mind, body, and Soul. Deonna will guide you through a movement practice meant to bring balance to your entire being; uniting yin and yang energies. Fiery yang energy and movement will be softened with gentle yin poses throughout this practice. We will begin with breath and meditation followed by a Soul balancing hatha sequence and ending with a restful savasana.

Equipment Needed: Your own yoga mat

Instructor: Deonna Thomas, certified yoga instructor

Date: April 7th – May 19th for 7 weeks

Class Time: Sundays, 9:30 -10:45 AM

Location: Room 15 **Fee:** \$55

5106.200 BABY BOOMER BOOGIE (50+ YEARS OLD)

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

Instructor: Stacey Bobbitt

Date: March 26th – June 13th for 12 weeks

Class Time: Tues. & Thurs. 12:05 - 12:50 PM

Location: Room 16

Fee: \$30

5106.205 BOOGIE BLAST (50+ YEARS OLD)

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

Instructor: Stacey Bobbitt

Dates: March 27th – June 12th for 12 weeks

Class Time: Wednesdays 5:.05 – 5:50pm

Location: Room 16

Fee: \$25

5018.200 CHAIR YOGA

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

Equipment Needed: Your own yoga mat

Instructor: Lauren Henrici, RYT, Yoga Fit certified instructor

Date: March 26th – June 13th for 12 weeks

Class Time: Tuesdays & Thursdays 1:00-1:45 PM

Location: Room 16

Fee: \$70

Fitness Classes**5820.200 VIRTUAL POWER UP**

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

Instructor: Jess Holloway AFAA certified instructor

Date: March 25th – June 21st for 13 weeks

(no class 3/29, 5/27)

Class Time: Mon, Wed, Fri 6:00-6:45 AM

Location: Zoom

Fee: \$110

5821.200 VIRTUAL EARLY MORNING PUMP

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

Instructor: Jess Holloway AFAA certified instructor

Date: March 26th – June 20th for 13 weeks

Class Time: Tues. & Thurs. 6:00-6:45 AM

Location: Zoom **Fee:** \$90

5519.200 HARDCORE STRENGTH

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

Instructor: Sue Moreschi ACE certified instructor

Date: March 25th – June 10th (no class 5/27) for 11 weeks

Class Time: Mondays 5:30-6:15 PM

Location: Room 16 **Fee:** \$42

5521.200 IT'S HIIT

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

Instructor: Sue Moreschi ACE certified instructor

Date: March 25th – June 10th (no class 5/27) for 11 weeks

Class Time: Mondays 6:20-7:05 PM

Location: Room 16 **Fee:** \$42

5522.200 TOTAL BODY CONDITIONING

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

Instructor: Sue Moreschi ACE certified instructor

Date: March 26th – June 11th for 12 weeks

Class Time: Tuesdays 5:45 – 6:30 PM

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

5522.201 CARDIO BLAST

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

Instructor: Sue Moreschi ACE certified instructor

Class Time: Thursdays 7:00 – 7:45 PM

Date: March 28th – June 13th for 12 weeks

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

5519.202 POWEROLOGY

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

Instructor: Sue Moreschi ACE certified instructor

Class Time: Sunday 9:00-9:45 AM

Dates: April 7th – May 26th for 8 weeks

Location: Room 16 **Fee:** \$30

5100.200 TAI CHI CH'UAN

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

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

Time: Tuesdays 7:00 – 8:00pm

Date: March 27th – May 29th for 10 weeks

Location: Room 15 **Fee:** \$65

5511.200 CARDIO KICKBOXING

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

Instructor: Kristie Miller

Time: Tuesdays 5:00 – 5:45 PM

Date: March 26th – June 11th for 12 weeks

Location: Room 15 **Fee:** \$45

5012.203 PILATES PLUS CORE

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

Instructor: Linda Roy, STOTT pilates certified instructor

Class Time: Wednesdays 5:00 - 5:45 PM

Date: March 27th – June 12th for 12 weeks

Location: Room 14 **Fee:** \$80

5012.204 BARRE AND TOTAL STRENGTH

The best of both worlds. The ballet barre will be used for lower body strength and balance with high reps in a smaller range of motion. We will be using postural muscles as well as our fascia system for amazing definition. This will be fused with traditional upper body strength with a variety of equipment for a complete sculpting workout.

Equipment Needed: Please bring your own mat.

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

Class Time: Wednesdays 6:00 - 6:45PM

Date: March 27th – June 12th for 12 weeks

Location: Room 16 **Fee:** \$80

5105.200 SWING SHIFT (50+ YEARS OLD)

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

Instructor: Cheryl Myers

Dates: March 27th – June 12th (no class 3/29) for 12 weeks

Class Time: Wed. & Fri. 10:20 - 11:05 AM

Location: Gym 1 **Fee:** \$30

2024 Spring Health and Fitness Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Early Morning	6:00 - 6:45 AM Jess H Virtual Power Up	6:00 - 6:45 AM Jess H Early Morning Pump	6:00 - 6:45 AM Jess H Virtual Power Up	6:00 - 6:45 AM Jess H Early Morning Pump	6:00 - 6:45 AM Jess H Virtual Power Up	
Morning	9:15-10:30 AM Christina Gentle Yoga 15	9:30 - 10:45 AM Deonna Yin Yoga & Reiki 15	9:30 - 10:45 AM Christina All Levels Yoga 15	9:30 - 10:45 AM Christina Gentle Yoga 16		8:30 - 9:45 AM Christina Form & Flow Yoga 16
	9:30 - 10:45 AM Zorayda Basic Yoga 16		10:20 - 11:05 AM Cheryl Swing Shift 50+ Gym		10:20 - 11:05 AM Cheryl Swing Shift 50+ Gym	
	10:20 - 11:05 AM Cheryl Zumba Gold Gym					
Afternoon	12:00 - 1:00PM Elaine Arthritis Foundation 15	12:05 - 12:50 PM Stacey Baby Boomer Boogie 16		12:05 - 12:50 PM Stacey Baby Boomer Boogie 16		
		1:00 - 1:45 PM Lauren Chair Yoga 16		1:00 - 1:45 PM Lauren Chair Yoga 16		SUNDAY
Evening		5:00 - 5:45 PM Kristie Cardio Kickboxing 15		4:00 - 5:00PM Christina Teen Yoga & Mindfulness 16		9:00 - 9:45 AM Sue M Powerology 16
	5:30-6:30 PM Cathy All Levels Vinyasa Yoga 15	5:45 - 6:30 PM Sue M Total Conditioning 16	5:00 - 5:45 PM Linda Pilates Plus Core 14	5:30 - 6:15 PM Becky ZUMBA 15		9:30 - 10:45 AM Deonna Awakening Hatha Yoga 15
	5:30-6:15 PM Sue Hardcore Strength 16	5:50 - 6:50 PM Zorayda Yoga for Non Flexible People 15	5:05 - 5:50 PM Stacey Boogie Blast 16	5:30 - 6:30 PM Christina Yoga with Weights 16		
	6:20 - 7:05 PM Sue It's HIIT 16	6:45-7:45PM Christina Warm Vinyasa Yoga 14	6:00 - 6:45 PM Linda Barre & Total Strength 16	7:00 - 7:45 PM Sue M Cardio Blast 16		
	7:10 - 7:55 PM Cheryl Zumba 16	7:00 - 8:15 PM Zorayda Therapeutic Yoga 16	7:30 - 8:30 PM Fee ZUMBA 16	7:00 - 7:45 PM Lisa ZUMBA 15		
		7:00 - 8:00 PM Central CT Tai Chi Tai Chi 15				
					KEY	
					VIRTUAL CLASS	
					IN PERSON	

5510 ZUMBA!®

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

.201 ZUMBA GOLD MONDAYS**10:20 – 11:05 AM****Instructor:** Cheryl Myers Zumba and NETA certified instructor**Dates:** March 25th – June 10th for 11 weeks (no class 5/29)**Location:** Gym 1**Fee:** \$42**.200 ZUMBA MONDAYS****7:10-7:55 PM****Instructor:** Cheryl Myers Zumba and NETA certified instructor**Dates:** March 25th – June 10th for 11 weeks (no class 5/29)**Location:** Room 16**Fee:** \$42**.203 ZUMBA WEDNESDAYS****7:30-8:30 PM****Instructor:** Fee Adams, AFAA and Zumba certified instructor**Date:** March 27th – June 12th for 12 weeks**Location:** Room 15**Fee:** \$45**.207 ZUMBA THURSDAYS****5:30-6:15 PM****Instructor:** Becky Fusco certified Zumba instructor**Date:** March 28th – June 13th for 12 weeks**Location:** Room 15**Fee:** \$45**.206 ZUMBA THURSDAYS****7:00-7:45 PM****Instructor:** Lisa Wasylean certified Zumba instructor**Date:** March 28th – June 13th for 12 weeks**Location:** Room 15**Fee:** \$45

Wallingford Parks & Recreation presents:

WEST POINT CAMPUS TOUR

Lunch at the Hotel Thayer



Saturday, May 18, 2024

Lunch at the **Hotel Thayer** for their Bountiful Buffet. Wonderful assortment of salads, cold cut display, hot entrees and dessert buffet.

Following lunch enjoy a fun & informative 90 minute guided tour of the **United States Military Academy at West Point**. Stop at the Cadet Chapel, Trophy Point, Battle Monument and the Plain. Explore the campus and learn in great detail the history of West Point and our nation. *This tour requires moderate walking on some uneven ground at the various stops, most of which are outdoors.

Morning stop to **The National Purple Heart Hall of Honor** in New Windsor, NY, commemorating the extraordinary sacrifices of America's servicemen who were killed or wounded in combat.

COST: \$ 140pp based on 35-50

Trip Questions: Wallingford Parks & Rec 203-294-2120

Depart: 8:00am Wallingford Parks & Rec, 6 Fairfield Blvd

Est. Return: 6:30 pm Wallingford



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Adults Dance**6012.202 ADULT INTERMEDIATE TAP DANCE**

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

When: Mondays March 25th – May 13th for 8 weeks
6:40-7:25pm

Instructor: Sharon Wilhelm

Location: Room 15

Fee: \$60

6012.201 ADULT BEGINNERS TAP DANCE

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

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

When: Thursdays March 28th – May 16th for 8 weeks
6:30-7:15pm

Instructor: Sharon Wilhelm

Location: Room 14

Fee: \$60

6015.200 SALSA DANCE FOR BEGINNERS AGES 18+

Don't miss out on this exciting new salsa dancing class that promises to be fun and dynamic! This is a beginner level class, geared toward those with little to no salsa dancing experience. Participants will be introduced to a social style of salsa dancing, including steps such as Basic, Cumbia, Suzie Q, Left Turn/Right Turn, Cross Body Lead, and more. Partner work will be focused on the fundamentals of leading and following. If you are looking to expand your social opportunities and take your new moves out to the dance floor, or simply wish to burn some calories and relieve some stress, the Salsa Fuego Beginners Class will be the friendly, inclusive, and encouraging environment to do so in!

When: Wednesdays March 27th – May 15th for 8 weeks
6:45 – 7:45pm

Instructor: Rob Marone

Location: Room 14

Fee: \$60

Kids Dance**DIAPER DARLING DANCE CLASS****AGES 18MO. – 3 YEARS**

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

6000.201 Tuesdays March 26th – May 14th
4:00pm - 4:30pm for 8 weeks

Instructor: Amy Malone

Location: Room 14

Fee: \$45

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

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

6000.203 Tuesdays March 26th – May 14th
4:30pm – 5:30pm for 8 weeks

6000.213 Saturdays April 6th – May 25th
9:00am – 10:00am for 8 weeks

Instructor: Amy Malone – Tuesdays

Jordyn Bowler - Saturdays

Location: Room 14

Fee: \$55

BALLET & TAP COMBINATION CLASSES AGES 5-6

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

6000.206: Tuesdays March 26th – May 14th
5:30pm - 6:30pm for 8 weeks

6000.216 Saturdays April 6th – May 25th
10:05am – 11:05am for 8 weeks

Instructor: Amy Malone – Tuesdays

Jordyn Bowler - Saturdays

Location: Room 14

Fee: \$55

6000.217 JAZZ/HIP HOP COMBO AGES 5-7

Come learn some fun urban dance moves in this funky Hip Hop class! Using today's popular music, we'll do a warm up and learn some steps center floor and travelling back and forth across the dance floor. Then we will put those learned steps together to music to make an awesome Hip Hop combination. We will add on weekly to make one cool routing that you can show off to your friends and family. Please wear clean sneakers and exercise clothes and bring plenty of water.

When: Saturdays April 6th – May 25th
11:10am – 12:10pm for 8 weeks

Instructor: Jordyn Bowler

Location: Room 14

Fee: \$55

Visual Arts / Crafts

SPIRITUAL JOURNEY THROUGH SOUND AGES 18+

Gather for a unique spiritual sound journey experience with Good Vibes Yoga Studio founder & creator Deonna Thomas. Beginning by connecting to Spirit and breath with the use of essential oil aromatherapy and a collective oracle card reading, we will receive and decipher a message from Spirit as we set an intention for our transcendental journey. Deonna will then use guided imagery and an array of sound instruments to transport you to what feels like another dimension in space and time. The sound vibrations will bring equilibrium and healing to the physical body on an energetic level, while regulating the emotional body and nervous system, and connecting to Spirit through physical sensations and visions. Awakening from our journey with the option to share our experience in a supportive compassionate community.

8039.200: Sunday, April 14th

8039.201: Sunday, May 19th

Time: 11:00am - 12:00pm

Fee: \$25

Location: Room 3

Instructor: Deonna Thomas

7050.205 SPLAT ART STUDIO: KIDS NIGHT OUT: ST. PATRICK'S DAY AGES 7-15

Drop off your little artists at Splat Art Studio for a wee bit of fun at a kids paint night. Learn & have fun. Students will be guided step by step how to paint their very own St. Patrick's Day inspired masterpiece. Ages 7-15. Kids only event. All art supplies & paint smocks provided.

When: Saturday, March 9th 6:00-8:00pm

Location: SPLAT Art Studio, 106 South Colony Road

Fee: \$40

7050.206 SPLAT ART STUDIO: KIDS NIGHT OUT: SUMMER PAINT NIGHT AGES 7-15

Drop off your little artists at Splat Art Studio for a fun kids paint night. Learn & have fun. Students will be guided step by step how to paint their very own summer inspired masterpiece. Ages 7-15. Kids only event. All art supplies & paint smocks provided.

When: Saturday May 18th 6:00-8:00pm

Location: SPLAT Art Studio, 106 South Colony Road

Fee: \$40



8000.200 KNITTING WITH MARILYN

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

When: Mondays March 25th – June 3rd (no class 5/27)

10:00am – 12:00pm for 10 weeks

Location: Room 3 **Fee:** \$40

Instructor: Marilyn Pettison

8038.200 MOM'S CRAFT NIGHT: BOX PLANTER & SUCCULENT GARDEN

Come paint and create this sturdy wooden box planter that measures a spacious 18" long x 6" wide. You will have a choice of colorful chalk paint, stamps, stencils, dimensional mediums, metallic paints, wood feet. Part two will consist of planting two succulents in your finished box, so come take time to play!

When: Friday May 3rd 6:30pm – 8:45pm

Fee: \$20

(\$24 Supply fee payable to the instructor the night of the class)

Location: Room 7

Instructor: Kim Larkin

8038.201 PARENT & CHILD WOOD BOOK/ JOURNAL BOX

Come create your own journal box that looks like a book! It's hardcover size, has a hinged lid and measures 7 x 10. This big book offers lots of creative surface both inside and out. We will create a fun binding of choice, use gilding, choices of mandala/lotus stencils, metallics, faux pages, printed tissue, and material for lining. Included will be a journal to decorate as well. Come create your own story!

When: Friday June 7th 6:30pm – 8:45pm

Fee: \$20 per team of 2 (\$10 per additional family member)

(\$25 Supply fee per team of 2 payable to the instructor the night of the class)

Location: Room 7

Instructor: Kim Larkin



Example of one of Kim Larkin's Parent/Child Class Crafts

WALLINGFORD ARTS AND RECREATION COME & CREATE SPRING 2024 FINE ARTS PROGRAM

7010.202 COME PAINT, COME DRAW! AGES 18+

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

Time: Mondays: 6:30 pm– 8:30 pm

When: March 25th – May 13th for 8 weeks

Fee: \$80

Location: Room 7

Instructor: Rashmi Talpade (Fine Arts Supervisor)

7010.204 PASTELS FOR ADULTS AGES 18+

Come and create your own original, pastel painting. Bring a photograph or still life set up to create your own personal art. Individual attention and direction will be available and different techniques will be demonstrated. Whether you're new to pastels or experienced, you're more than welcome. Supply list for newbies! A box of Nu-pastels, preferably 96 ct a pad of either Canson or Wallis sanded pastel paper. Kneaded eraser, xacto knife, charcoal B pencil.

Time: Thursdays: 12:00pm – 2:00pm

When: March 28th – May 16th for 8 weeks

Fee: \$80

Location: Room 7

Instructor: Sue Murphy

7010.205 POLYMER CLAY JEWELRY AND MORE AGES 18+

In this class we will explore many different usages of polymer clay. Each week participants will learn different techniques, from faux stone, ombre making beads, chain making, "painting with clay" surface techniques, caning and more. You will then use your new skills to create jewelry, crafts, sculptures and art pieces. This class is taught by award-winning clay artist Deb Jaffe. You will have loads of fun, be filled up with new ideas and create masterpieces in polymer clay.

Time: Tuesdays: 6:30 pm – 8:30 pm

When: March 26th – May 14th for 8 weeks

Fee: \$80

Location: Room 7

Instructor: Deb Jaffe

7010.206 TEEN S.A.S.: STUDENT ARTISTS SAFE SPACE

Do you love art? Do you want to learn more and meet other likeminded artists your own age? Are you planning to go to art college and need portfolio help? This is a judgement free zone with a focus on creativity. We will encourage discourse about art, artists and pop culture in a positive way. If you are a tween/ teen and want to be exposed to different materials and techniques you are welcome here. Each week there will be a short demonstration of different materials and styles, including, paint, clay, paper, assemblage, and digital arts. Each young artist is free to explore their creativity using the materials available. There are no limits or boundaries. Peer encouragement, collaboration and age-appropriate fun is the language of this group. Some supplies included. Please feel free to bring your own as well.

Time: Tuesdays: 5:00pm – 6:15pm

When: March 26th – May 14th for 8 weeks

Fee: \$80

Location: Room 7

Instructor: Deb Jaffe



AFTER SCHOOL ARTS PROGRAM (ASAP)

FACTS:

- Classes run for 6 weeks after regular school hours.
Holidays and canceled classes will be made up at the end of the session.
- The cost is \$60 per class, all materials and supplies included.
- The program is available to the specific students in the schools where the classes are offered.
- Minimum 5, maximum 12 students per class.
- Registration forms and class details will be sent by email via the Board of Education in early 2024 Please look out in your inbox for this email. Some printed flyers will be available at the recreation center as well. **Classes are scheduled to begin in March 2024.**
- To enroll please use the special registration forms sent via email or those available at the Recreation Center.
- Parents are required to sign their children out at the main door after class. Children attending the YMCA daycare program will be escorted to the appropriate area of the school after art classes. The school will put in place any safety protocols deemed necessary to be followed by teachers and children.

HIGHLAND SCHOOL

Grades K – 2, Time: 3:35pm – 4:35 pm

7750.202 – ArtPouri – Instructor: Debbie Jaffe

Your pint-sized Picasso will create a masterpiece using a variety of materials. Each week we will use a different material and different techniques. We will use clay, paper and paint, fabric, wood and found objects to create sculptures, paintings and everything in between. Imagination is the theme. If your little one likes to make things and likes to have fun, this is the class for them. Make sure your child is dressed to get messy or send a smock with them.

6 Mondays: March 18th – April 29th (no class 4/8)

COOK HILL

Grades K – 2, Time: 3:35 pm – 4:35 pm

7750.207– ArtPouri - Instructor: Debbie Jaffe

Your pint-sized Picasso will create a masterpiece using a variety of materials. Each week we will use a different material and different techniques. We will use clay, paper and paint, fabric, wood and found objects to create sculptures, paintings and everything in between. Imagination is the theme. If your little one likes to make things and likes to have fun, this is the class for them. Make sure your child is dressed to get messy or send a smock with them.

6 Tuesdays: March 19th - April 30th (no class 4/9)

PARKER FARMS

Grades 3 – 5, Time: 3:25pm – 4:25pm

7750.203 – ArtPouri – Instructor: Debbie Jaffe

Each week your mini Michelangelo will create a masterpiece with a focus on design and technique. Each week we will use a different materials and different techniques. We will use clay, paper, paint, fabric, wood and found objects to create sculptures, paintings and everything in between. Your child will learn about the great masters such as Picasso, Di Vinci, Seurat and Kahlo while making cool art. Don't be fooled by the learning, fun is the inspiration for this class. Make sure your child is dressed to get messy or send a smock with them.

6 Wednesdays: March 20th – May 1st (no class April 10th)

ROCK HILL

Grades 3 – 4, Time: 3:25 pm – 4:25 pm

7750.200 – Fine Art Basics – Instructor: Sue Murphy

Make your own original piece of art. It's all up to you. You can explore and experiment working with watercolors, pastels, tempera paint and model magic. Bring a photo of your choice or pick one of your own to create your own design. Pets, animals, sunsets, flowers, people, landscapes are just a few suggestions. The possibilities are endless. I'm excited to guide you into making art to give away or hang proudly in your home.

6 Wednesdays: March 20th – May 1st (no class April 10th)

E.C. STEVENS

Grades K – 2, Time: 3:35pm – 4:35 pm

7750.205 – Fine Art Basics – Instructor: Sue Murphy

Make your own original piece of art. It's all up to you. You can explore and experiment working with watercolors, pastels, tempera paint and model magic. Bring a photo of your choice or pick one of your own to create your own design. Pets, animals, sunsets, flowers, people, landscapes are just a few suggestions. The possibilities are endless. I'm excited to guide you into making art to give away or hang proudly in your home.

6 Thursdays: March 14th – May 23rd (no class March 21st, April 4th, April 11th, April 25th, May 16th)

MARY FRITZ SCHOOL

Grades 3 – 5, Time: 3:25pm – 4:25pm

7750.204 – ArtPouri – Instructor: Debbie Jaffe

Each week your mini Michelangelo will create a masterpiece with a focus on design and technique. Each week we will use a different materials and different techniques. We will use clay, paper, paint, fabric, wood and found objects to create sculptures, paintings and everything in between. Your child will learn about the great masters such as Picasso, Di Vinci, Seurat and Kahlo while making cool art. Don't be fooled by the learning, fun is the inspiration for this class. Make sure your child is dressed to get messy or send a smock with them.

6 Fridays: March 15th – May 3rd (no class March 29th, April 12th)

POND HILL

Grades 3 – 5, Time: 3:25 pm – 4:25 pm

7750.206– STEAM

This is a fun program for all who are interested in Art connections to STEM. Each day we will explore a wide range of topics from Robotics, Science, Engineering, Art and Math that will result in a variety of Make and Take projects including Chemistry projects! This program will be high engagement, hands-on, and interactive!

6 Mondays: March 18th – April 29th (no class 4/8)

EASTER BALL EVENT (WALLINGFORD DOG PARK)

Let's not forget about our furry friends. All friendly dogs are welcome but must be on leash, even inside the dog park. Event is 1:00pm – 3:00pm on Saturday, March 23rd, 2024. Each dog will get to hunt for tennis balls and take one coveted ball home. The Easter Bunny will be available for photos with dogs during the event. Cost for the photo is \$5 per dog. This event is weather permitting, please check your emails for cancellation notice.

MARSHMALLOW PEEPS AT THE PARKS & RECREATION

This event will be held at Wallingford Parks and Recreation Department Gym. We will have music, arts and crafts, Easter bags of candy and chocolate dipped PEEPS. The event is free and will run from 6:00p.m. - 8:00p.m. on Thursday March 28, 2024.

COMMUNITY GARDEN PLOTS

We will be accepting registration for returning Community Garden Plot members on March 7th and new gardeners will be allowed to register on April 4, 2024. Returning gardeners will be allowed to keep their existing plots. If you choose not to keep your plot Gary Copas garden supervisor will assign you a plot. Any new members will be assigned a plot from Gary. Plot sizes are as follows: Raised garden bed approximately 3x12, \$15.00, Small plot approximately 15x15, \$25.00, Medium plot approximately 15x30, \$35.00 and Large plot approximately 30x30, \$45.00. Any fences that are erected on the garden plots must receive prior approval from Gary Copas.

GARDEN MARKET

The garden market will begin in the early spring and end sometime in early November. The market will once again be held at Doolittle Park on Saturday mornings from 10:00a.m.-1:00p.m vendors will be assigned on an as needed basis per the Garden Market Supervisor. For more information follow us on Facebook, Wallingford Garden Market, or email us at michelle.bjorkman@wallingfordct.gov



SUMMER FAVORITES AND REGISTRATION INFORMATION

Tiny Bubbles, Pop Shots for children ages 3-6 Registration will begin on Monday February 26th, 2024 at 9:00a.m. at the Rec. Dept. or online at www.wallingfordct.myrec.com a 3% credit card fee will be applied for the online transaction. We only accept exact cash or check at the Rec. Dept. window. This summer we will be running both Tiny Bubbles and Pop Shots from 9:00a.m.-1:00p.m. We will increase our programming ideas with new and exciting activities such as music time, yoga, gym activities, and outdoor play.

Tiny Bubbles is for children ages 3-4, Pop Shots is for children ages 5-6. Registration is open to all Wallingford residents. You must come with a copy of your child's birth certificate unless they have previously been registered for these programs. Program consideration will be given to non-residents closer to the start of the program. **Fee:** T.B.D. per child.

Summer Sizzlers for children ages 12-15. Registration will begin on Monday March 4th, 2024 at 9:00a.m. or online at www.wallingfordct.myrec.com a 3% credit card fee will be applied for the online transaction. This program is a trip program for students ages 12-15. The program is run from Monday through Thursday approximately 8:30-3:00. All trips leave from the Recreation Dept. Some trips may leave earlier and return later. Trips may include movies, Boston Quincy Market, Dave and Busters Providence Place Mall and more. You must come with a copy of your child's birth certificate unless you have previously been registered for this program. Program fee to be determined. Consideration will be given to non-residents closer to the start of the program.

Summer Playground Program for Children Ages 6-11

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

JOB OPPORTUNITIES Wallingford Parks & Recreation will start accepting applications for the following positions after January 2, 2024.

Summer Camp Counselors positions. Working with children ranging in ages from 3-4, 6-11 and 12-15. All applicants can obtain an application by picking one up at the Rec. Dept. or emailing us at parksrec@wallingfordct.gov and one will be sent to you. A cover letter stating your present position and why you are applying should be included with your application.

WINTER WARMER'S "R" BAND CONCERT

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

When: Saturday January 20th, 2024 1:00pm

Snow date: January 21st, 2024 1:00pm

Fee: Free

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

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

**WALLINGFORD LAND TRUST**

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

TYLER MILL PRESERVE

Tyler Mill Preserve has approximately 15 miles of well blazed trails through fields, wetlands, woodlands and along streams and the Muddy River. Many of the trails are loop trails that will bring you back to where you began. There is also an interpretive nature trail in the preserve with 25 numbered stops of interest. **NO MOTORIOZED VEHICLES** are allowed on these trails! Trail maps are available at the Parks and Recreation Department, the Wallingford Public Library and the Environmental Planning Office in Town Hall. PLEASE NOTE SAFETY NOTICE: small game hunting is allowed in the preserve; Mondays, Wednesdays, Saturdays and Thanksgiving Day, October - February. Do not use the preserve on these days for safety reasons.

THE NEW ENGLAND TRAIL

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

FRESH MEADOWS

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

USE OF DAVID DOHERTY FACILITY:

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

USE OF PARK PAVILIONS:

Permits are required for use of pavilions and fields. Permits are given out on a first come first serve basis to residents, businesses and non-profit organizations of Wallingford. Reservations will not be received over the phone. Persons must fill out the facility request form which is available at the Front office of the Rec Dept. RECYCLING must be done by each person using any Town of Wallingford Recreational Facility. The items you must recycle are newspapers, corrugated cardboard, office paper, glass bottles, and plastic containers #1 or #2 and scrap metals. Town containers are for rubbish, not recycling. With your help recycling works!

1 – BERTINI PARK - Located on West Dayton Hill Road. Includes a low ropes course and a nature trail for hiking. 68.55 acres

2– CARINI FIELD - Located on Woodhouse Avenue. This field includes a large soccer field with two smaller fields crossing them. 5.09 acres

3 – COMMUNITY LAKE PARK - Located on the West Shore of Community Lake off Hall Avenue. The park offers a pavilion for picnics with restrooms, electricity, two tennis courts with lights, one sand volleyball court, a baseball field and basketball court and playground equipment. 11.6 acres

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

5 – COYLE FIELD - Located on Woodhouse Avenue, includes a large soccer field with two smaller fields crossing them. 8.33 acres

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

7 – DOOLITTLE PARK - Located on South Elm Street, includes ball fields, 4-lighted tennis courts and two basketball courts. This park is also known for its wonderful playscape and has a pavilion for picnics. 15.24 acres

8 – DUTTON PARK - This park is located at the end of North Main Street, is the home to a Civil War Monument and the Vietnam Veterans Memorial. 0.48acres

9 – GRAND ST. PARK - Located on Grand St. and Washington St., includes a basketball court and playground. 0.63acres

10 – Ferguson Woods - Contains 2.5 miles of blazed trails, woodlands and pond/stream habitat. Trail head at cul-de-sac of Dibble Edge Road via Durham. 65 Acres

11 – HARRIET WALLACE PARK - This park is located on North Elm Street and is a passive park with benches. 0.6 acres

12 – HARRISON PARK - This park is located on Cedar Lane and includes a youth baseball field and eight pickleball courts. 14.35 acres

13 – HIGHLAND SCHOOL - Located on Highland Avenue, and includes a softball field.

14 – JOHANNA MANFREDA FISHBEIN PARK - This park is located on North Colony Road, includes a Gazebo and is permitted out for special events at discretion of Director. Electricity is available upon request. 0.67acres

15 – KENDRICK PARK - This park is located at the end of Grandview Avenue. This park includes a half-court basketball Court and playground equipment. 6.49acres

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

17 – LUFBERY PARK - Going west on Cheshire Road, it is located at the first bend of the road. This park is home to the Flying Ace Frisbee Golf Course. It has a pavilion for picnics, small open field and nature trail. Electrical outlets are available. 44.92 acres

18 – MARCUS COOKE PARK - This park is located on Old Rock Hill Rd. and has a pavilion, playground equipment and a ball field and a series of connecting loop trails through a wooded area. A perfect place to take young hikers. 44.05 acres

19 – MORAN MIDDLE SCHOOL - Located on Hope Hill Road, includes a baseball field.

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

21 – PARKER FARMS SCHOOL - Located on Parker Farms Road, includes 4 little league fields, 1 baseball field, concession stand and restrooms.

22 – PAT WALL FIELD - Located on South Elm Street and includes a high school baseball field. 9.1 acres

23 – PIRE PARK - Located on Northfield Road. This park includes a baseball field, basketball court and playground equipment. 3.62 acres

24 – PRAGEMANN PARK - This park is located on Oak Street, Yalesville. It includes 6 softball fields (youth and adult) with lights, small multi-purpose field no lights. Large soccer field with two small fields crossing large field, large multi-purpose lacrosse, youth soccer and youth football field with lights and field house with restrooms. 29.49 acres

25 – QUINNIPIAC RIVER LINEAR TRAIL - A handicap accessible paved trail extending 2.2 miles from Hall Ave. North along the west side of the river, through a tunnel underneath Rt. 15 and continuing to a bridge onto Fireworks Island and ending at the northern end of the Island in Yalesville. To access the Trail from Yalesville (Rt. 150), you must drive through the Yalesville on the Green condominium complex parking lot and drive over their bridge. Park on the Trail side of the seashell parking lot. No pedestrian or bicycle traffic is allowed on their bridge. When complete the Wallingford trail will cover 6.7 miles across the town of Wallingford.

26 – RICHARD SHEAHAN PARK - Located on Algonquin Drive, includes youth softball field, basketball court, and playground equipment. 1.93 acres

27 – SHEEHAN HIGH SCHOOL - Located on Hope Hill Road, includes a baseball and softball field, tennis courts, and multi-purpose turf field and track.

28 – STEVENS SCHOOL - Located on Kondracki Lane, includes a softball/tee ball field, basketball court, and playground equipment.

29 – VIETNAM VETERANS MEMORIAL FIELD - Located on East Center Street, includes two Little League baseball fields, five large soccer fields, two small soccer fields crossing one of the larger fields, pavilion, and community gardens. 27.11acres

30 – ROBERT WALLACE PARK - Located on Quinnpicac Street, the home of Wallingford's monument park includes playground equipment. 1.41 acres

31 – WESTSIDE FIELD - Located on East and South Streets. This park includes adult softball field with lights, field house with restrooms, high school baseball field, and multi-sport court. 9.3acres

32 – STANLEY BUDLESKI - Located on Main St. Rt.150 Yalesville "The Yalesville Green" 0.63 acres

Host Your Party **HERE!**

Looking for a place to host your next birthday party, baby shower, family reunion, or board meeting? Rent one of our rooms that can host up to 75 people with tables and chairs provided for you. Or if it's a nice day, get outside and rent one of our park pavilions! Rentals are on a first come basis so plan ahead and get your rental application in.

FEES

- **Meeting Rooms starting at \$25 per hour**
- **Projector with screen available for movies/presentations for additional \$25**
- **Park Pavilions \$50 per reservation**

Download our facility request packet from our website at www.wallingfordrec.com for more information.

Call 203-294-2120 for more information or email parksrec@wallingfordct.gov for a rental form.



WE CARE: PLAYFUL CRUISERS

Are you bored sitting at home with your little ones? Well we have just the right program for you!

WE CARE's Playful Cruisers and Bebés Activos offers playgroups for families who have children from birth to 5 years old. This program is a great way for children and caregivers to make lifelong friends. Children will participate in playtime, weekly themed craft, snack, story time, nursery rhymes, singing and dancing. Our playgroups help prepare children; with caregivers present, for a school atmosphere to make them feel safe and adjust easily to a structured environment.

Playful Cruisers: Classes are offered 5 days a week, Monday – Friday 9:30-11:00am. There will also be a Tuesday evening class 4:30-6:00pm. Classes are held at the Wallingford Youth and Social Services Department, located at 6 Fairfield Blvd. Our in person registration at the Wallingford Youth and Social Services Department will be held on Thursday, March 14th 4:00-6:00pm. There will be a snow date registration on March 21st 4:00-6:00pm.

Bebes Activos is run through the Spanish Community of Wallingford. Call 203-265-5866 for more information. Registration took place on January 4th.

Tuesdays: Session 1 is 10:00am - 12:00pm, Session 2 is 12:30pm - 2:30pm

Thursdays: Session 3 is 10:00am - 12:00pm

Families are able to sign up for one day per week for the session.

In person registration will be held for Playful Cruisers **March 14th 4:00-6:00pm** at the Family Resource Center in the Youth and Social Services Dept. 6 Fairfield Blvd. Playful Cruisers are offered Monday - Friday mornings 9:30-11:00am and Tuesday evenings 4:30-6:00pm in the Family Resource Center.

We will follow the lead of Wallingford Public Schools in regard to school closures.

Wallingford Youth League Information



Wallingford Flag Football

President: Dom Colavito

Email: dominic.covalito@gmail.com

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



Wallingford Vikings Football

President: Sean Reynolds

Email: Wallingford.vikings@yahoo.com

Website: www.wallingfordvikings.com



Wallingford Little League

President: Larry McClure

Email: wallingfordlittleleague@gmail.com

Website: www.wallingfordlittleleague.com



Yalesville Little League

President: Ray Gomes

Email: yalesvilleLL@gmail.com

Website: www.yalesvillelittleleague.com



Girls Little League Softball of Wallingford Fast Pitch

President: Danielle Yagovane

Email: wallingfordLLS@gmail.com

Website: www.gllsow.org



Wallingford Girls Softball League Slow Pitch

President: Scott Smith

Email: WGSLSPresident@gmail.com

Website: www.wgsl.org



Wallingford Cardinals Travel Baseball/Softball

President: Chris Bishop

Email: cbishop@wallingfordcardinals.com

Website: www.wallingfordcardinals.com



Wallingford Soccer Club

President: Dave Rodriguez

Email: wallingfordsoccer@gmail.com

Website: www.wallingfordsoccer.net



Wallingford Youth Lacrosse

President: Al Criscuolo

Email: president@wallingforyouthlacrosse.com

Website: www.wallingfordlacrosse.com



Wallingford Hawks Hockey

President: Gregory MCGovern

Website: www.whawks.com

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

Household Account Last Name: _____

Participant First Name: _____ Last Name: _____

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

Address: _____
No. & Street Town Zip

Phone: _____ Email: _____

Does Participant require EPI Pen Y/N _____ if yes, what is the allergy _____, has Asthma Y/N _____,
 or other Health Issues Y/N _____ **Shirt Size** (if applicable) _____ Youth S-M-L / Adult S-M-L-XL

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

Any Special Needs or Concerns: _____

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

Course #	Course / Program Title	Day & Time	Fee

PAYMENT METHOD IN PERSON:
CASH - please have EXACT AMOUNT

**CHECK - Make checks payable to
 "Treasurer Town of Wallingford"**

PAYMENT METHOD ONLINE: Credit Card ONLY

Fees: _____

Credit: _____

Total Amount: _____

REGISTER ONE OF THESE WAYS:

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

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

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

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

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

Wallingford Parks & Recreation presents:



Providence Rhode Island

Scialo's Bakery
Trattoria Zooma with
Pizza Demo
Venda's Food Emporium
Tour of Providence



Saturday, June 29, 2024



Welcome to Federal Hill—Providence's Little Italy. It is a great place to stroll and visit the Italian food emporiums and bakeries. Enjoy a slice of Italy as you watch the great fountain in DePasquale Square.

We'll begin our day at **Scialo Bros. Bakery**, well known for their fine bread & pastries. Bring home some of their delicious baked goods.

We then continue to **Trattoria Zooma**, a Southern Italian kitchen featuring handmade pasta and wood-fired pizza. The chef delights and entertains you with his **tableside demonstration** of the techniques used in pizza making.



Our **5 course family-style meal** includes: salad, margherita pizza, potato gnocchi, penne pasta, and Chicken Marsala, with Cannoli & Coffee.

Following lunch we will stroll over to **Venda's Ravioli Emporium** to shop for fine Italian foods, olive oil, and cheeses...



We'll complete our day with a riding **Tour of Providence** with our local step on guide.

COST: \$144.00 based on 35-50

Trip Questions: Wallingford Parks & Rec 203-294-2120

Depart: 7:30pm Wallingford Parks & Rec, 6 Fairfield Blvd

Est. Return: 6:00pm Wallingford



FRIENDSHIP TOURS
THE SHIP SHOP
705 Bloomfield Ave, Bloomfield, CT 06002
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www.friendshiptours.net

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

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

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The Wallingford Parks & Recreation Department is an essential quality of life service.

Our Mission: Our vision is to be the eminent community park and recreation department in Connecticut, to accomplish this, we will develop our programs, services and facilities to meet the diverse and dynamic needs of the community; to promote inclusion, encourage health and wellness, foster human development and enrich the lives of community members through recreation and leisure experiences.”

Town Officials

Mayor Vincent Cervoni

Town Council Members:

Autumn Allinson
Samuel Carmody
Craig Fishbein
Tom Laffin
Joseph Marrone
Christopher Regan
Jesse Reynolds
Christina Tatta
Vincent Testa

Parks & Recreation Commission:

John Sullivan, Chairman
Don Crouch, Vice Chair
Lars Edeen
Lori Cooke-Marra
Steve Rossacci

DEPARTMENT STAFF:

Director: Kenny Michaels, MS
Supt. of Recreation: Michelle Bjorkman, MS
Recreation Programs Spec.: Shawn Keogh, CPRP
Executive Secretary: Jennifer Griswold
Senior Clerk: Loriann Ouellette
Recreation Facilities Maintainers: Mike Magetteri and Scott Baur
Early Childhood: Amy Carpenter
Crafts: Kim Larkin
Fine Arts: Rashmi Talpade
STEM: Chris Stone

FRONT OFFICE STAFF:

Daytime:
Laura Allen
Christel Beaumont
Paula Knecht
Jackie Taglianetti

Nights/Weekends:

Ryan Brawn
Jaidyn Carpenter
Grace Kopakow
Lacie Low
Jamie Malone
Lauren Montano
Dominick Riveccio
Bev Somers
Tom Talbot

The Commission is a five member advisory board responsible for overseeing the operation of the Parks & Recreation Dept. The Commission meets at the Recreation Department on Wednesdays at 5:30pm. The 2024 regular meeting schedule is below.

January 10, 2024	September 11, 2024
March 13, 2024	November 13, 2024
May 8, 2024	December 11, 2024