

PARKS AND RECREATION STAFF

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Donna Benson Secretary
Rita Pavia Clerk

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John Moore Parks Operations Supervisor
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James Tani Parks Maintainer
Linda Bradley-Gillette Parks Maintainer
John Benvenuti Parks Maintainer
Amando Dos Santo Parks Maintainer
Richard Paloian Parks Maintainer
Joseph Freebairn Parks Maintainer
Luis Otero Parks Maintainer
Peter Sponheimer Mechanic

PARKS & RECREATION COMMISSION

Edward Marks
Patrick Barczak
Peggy Jo Yochum
Thomas DiNicola
Maureen Crick Owen



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COMMUNITY SPORTS ORGANIZATIONS

NEWTOWN AMERICAN YOUTH FOOTBALL
www.newtownyouthfootball.org
NEWTOWN BABE RUTH BASEBALL
www.newtownbaseball.com
NEWTOWN BABE RUTH SOFTBALL
splak@hotmail.com
Stacey Laaksonen.....270-8999
NEWTOWN BRIDLE LANDS ASSOCIATION
Dr. Beverly A. Marr.....426-6334
www.nblact.org
NEWTOWN HIKERS
Ester Nichols.....788-1398
NEWTOWN MEN’S SUNDAY SOFTBALL LEAGUE
Mike Lancaster.....203-313-1563
lancaster_michael@yahoo.com
NEWTOWN MEN’S WEEKNIGHT SOFTBALL LEAGUE
Chris Dennis.....770-1824
NEWTOWN SOCCER CLUB
www.newtownsoccerclub.org
NEWTOWN TENNIS ASSOCIATION
Hugh Lavery.....426-2740
www.ntaweb.com
NEWTOWN WOMEN’S SOFTBALL
Jackie Kulikowski.....426-0774
NEWTOWN YOUTH BASKETBALL
Jack Shpunt.....426-1935
www.newtownyouthbasketball.org
NEWTOWN YOUTH LACROSSE
Bobby Marusi.....914-325-2390
newtown-lax@yahoo.com
NEWTOWN YOUTH & FAMILY SERVICES...270-4335
WINTERSET SKI CLUB
Thomas Donnelly.....426-7707
www.wintersetskiclub.org



POLICIES

RESIDENCY-DEFINED: A person whose primary residence, either as an owner or renter, is considered a Newtown resident. (No exceptions to this rule.) Proof of residency is required.

NON-RESIDENT POLICY

- ⇒ Non-resident registrations will be accepted no earlier than (5) business days prior to the start of a program, provided there is availability.
- ⇒ Non-residents will be admitted on a restricted basis and only after Newtown residents have had sufficient time to register.
- ⇒ Not all programs allow for non-resident participation.
- ⇒ Non-residents will be required to pay an additional \$10.00 per program.
- ⇒ Non-residents may participate in bus trips.

DO NOT WAIT UNTIL THE LAST MINUTE!!

Nothing spoils a good program quicker than everyone waiting until the last minute to register. If there are not enough registrations by a certain date, the program may be canceled. Coming in on the day the program begins won't resurrect it, so please register early.

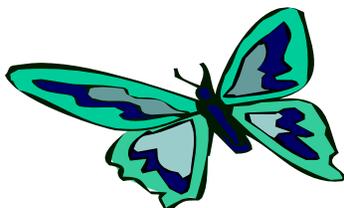
REFUND POLICY

All programs are self-supporting and a commitment needs to be made to instructors and staff. Therefore, NO REFUNDS will be given after the start of a program EXCEPT for medical reasons, upon receipt of a physician's note. Communication to Parks and Recreation at onset of the condition is required. Refunds for cancellations made within one week prior to the start of a program are issued, but a \$10 processing fee will be charged.

CANCELATION POLICY

- ⇒ If Newtown schools have a delayed opening, morning open swim will be canceled.
- ⇒ If Newtown schools are closed or canceled, all Parks and Recreation programs will be canceled.
- ⇒ Cancellation information may be obtained by calling us at 270-4340 and choosing option # 1 or by checking our website at www.newtown-ct.gov. Sign up for automatic cancellation notices on our website.

All Parks and Recreation programs are canceled on major holidays, school closings, early dismissals, and school vacations.



IMPORTANT NOTES

- ⇒ All Parks and Recreation programs are on a first-come, first served basis.
- ⇒ Parks and Recreation does not send confirmations. No news is good news! Please assume you are registered for the program(s) you have selected. You will be contacted only if there is a problem.
- ⇒ As mentioned earlier, Parks and Recreation cannot be responsible for loss of mail or postal delays.
- ⇒ Program participants are reminded NOT TO PARK IN FIRE LANES, per order of the Fire Marshall. Fire lanes are those areas in front of each school which are painted yellow.
- ⇒ When participating in a program at the Teen Center please park in front of the Teen Center ONLY. Do not park in front of businesses.
- ⇒ Get up to the minute program or cancellation information or leave a message at 270-4340, after hours and on weekends.
- ⇒ The Newtown Parks & Recreation Commission meets the second Tuesday of each month. Public input is welcomed at these meetings.
- ⇒ If a participant displays unruly behavior, he / she will be asked to leave the program and NO refund will be given.

INCLUSION STATEMENT

In an effort to meet the recreational needs of all residents of Newtown, the Parks & Recreation Department has adopted a policy of inclusion. Although some facilities are not yet wheelchair accessible every attempt will be made to accommodate and encourage people with disabilities to participate in our programs. Please use comment section on the registration form detailing your circumstances.

NEWTOWN YOUTH ACADEMY

All programs that are held at the Newtown Youth Academy, you must register two weeks before the program starts.



SPECIAL EVENTS

EGG HUNT

Join the Parks & Recreation Department for their Annual Spring Egg Hunt. A special appearance by the Spring Bunny. Children should bring a bag to hold their eggs. There will be prize eggs throughout the hunt. Toys are not appropriate for children under 3. Please meet at the Dickinson Park Pavilion. RAINDATE for this event will be April 11, 2009.



ACTIVITY:

314501 A Saturday, April 4
10:00 am - 12:00 pm AGE: 3 - 8.99 FEE: \$0

LOCATION: Dickinson Memorial Town Park, Elm Drive

5TH ANNUAL FLASHLIGHT EGGHUNT

5th Annual Flashlight Egg Hunt-One is never too old to enjoy a Spring Egg Hunt, come join the fun!!! All participants must bring their own flashlights, Meet at the Dickinson Park Pavilion. Please register on line. The rain date will be April 11, 2009.



ACTIVITY:

314601 A Friday, April 3
7:45 - 8:15 pm AGE: 9 and up FEE: \$0

LOCATION: Dickinson Memorial Town Park, Elm Drive

NATURE WALK

This event is sponsored by The Town & Country Garden Club and The Lions Club. Enjoy a walk, explore the waterfall, learn about wild flowers, ferns, trees...and much more! Answer some questions and WIN A PRIZE! Also come try Frisbee Golf, free frisbees. Fun for All!

ACTIVITY:

300019 A Sunday, May 17
2:00 - 4:00 pm AGE: All Ages

LOCATION: Orchard Hill Nature Center, Huntingtown Road

ROOSTER RUN PRE-REGISTRATION

ON YOUR MARK, GET SET, GO! Start training now for this great annual event. The Rooster Run/Walk is a 5K course with the proceeds benefiting the Newtown Scholarship Association. The race will begin and end at Reed Intermediate School on Wasserman Way. Entry forms and maps are available at the Parks and Recreation office. Registration will end at 8:00 a.m. on the day of the race. Make it a family event, and bring your friends. This race/walk is for the elite to the novice. Support the Newtown Scholarship Association.

ACTIVITY:

314102 A Saturdays, June 6
7:30 am - 11:00 pm AGE: 3 and up FEE: \$18

LOCATION: Reed Intermediate School

APRIL BREAK

FOX RIDGE FARM HORSEBACK RIDING

April 13 to April 17

The program includes basic horsemanship; English hunt seat equitation, grooming, tacking, carriage driving, hipology and horse related games and crafts. We can adjust the program for beginners through intermediate and advanced. Snacks and drinks will be provided.

ACTIVITY:

309110 A Monday - Friday, April 13 to April 17
9:00 am - 12:00 pm AGE: 5 and up FEE: \$275
309110 B Monday- Friday, April 13 to April 17
1:00 - 4:00 pm AGE: 5 and up FEE: \$275
309110 C Monday - Friday, April 13 to April 17
9:30 am - 3:30 pm AGE: 5 and up FEE: \$550

LOCATION: Fox Ridge Farm, 37-39 Aunt Park Lane

INSTRUCTOR: Fox Ridge Farm

MLS SOCCER CAMP

April 13 to April 17

Each participant will receive a T-shirt and soccer ball, evaluation, MLS gift and free companion ticket to a MLS Game. All campers should bring shin guards, water bottle & sunscreen. Please indicate shirt size (YS, YM, AS, AM, AL, AXL) and ball size 3 (5 - 7 years old), size 4 (8 - 10 years old) and size 5 (11 years and older).



ACTIVITY:

309604 A Monday- Friday, April 13 to April 17
9:30 - 11:00 am AGE: 4 - 6.99 FEE: \$87
309604 B Monday- Friday, April 13 to April 17
11:00 am - 12:30 pm AGE: 4 - 6.99 FEE: \$87
309604 C Monday- Friday, April 13 to April 17
9:30 am - 12:00 pm AGE: 6 - 9.99 FEE: \$108

LOCATION: Treadwell Turf Field, Philo Curtis Road

INSTRUCTOR: MLS Certified Coaches

HITTING AND INFIELD CLINIC

April 13 to April 17

Hitting: The hitting clinic is designed for players to continue working on their swing during off-season. Players will participate in various hitting stations targeting certain parts of their swing. The key focus of this clinic is balance and increasing the players bat speed. Players will be taught the proper way to practice in order to reach their full potential. Infield: The infield clinic is designed to teach players the correct techniques used when fielding ground balls. Players will learn to be soft on their feet, attack the baseball and have soft hands. Players will work on various defensive plays such as the forehand, backhand, double play turn, double play feed and the body control play.



ACTIVITY:

309616 A Monday- Friday, April 13 to April 17
9:00 - 11:00 am AGE: 8 - 14.99 FEE: \$200

LOCATION: Newtown Middle School, Queen Street

INSTRUCTOR: Matt Memoli

FUN FOR ALL AGES

AIKIDO

Aikido is a gentle martial art that can be experienced and enjoyed by the whole family. The grace and power of Aikido comes from using the attackers force to throw him/her with minimal effort. The Aikido principles of balance, blending and non-resistance teach students to seek creative alternatives to conflict, both physical and verbal. By training in a supportive, non-competitive atmosphere, students will learn and experience: Useful physical skills such as rolling and falling safely: Creative conflict resolution, body awareness and practical self-defense skills: Enhanced coordination of mind and body: Improved balance and coordination: Increased self-confidence and self-discipline, while having fun along the way. In a world increasingly filled with stress and conflict, the lessons of Aikido are useful tools for both children and adults. We are associated with Berkshire Hills Aikido in Great Barrington, MA. Adults and children 8 years and older are invited to experience this special art form. For more information please call (203) 364-1380.

ACTIVITY:

313101 A Tuesdays, April 7 to June 23
(No class April 14)
6:30 - 7:45 pm AGE: 8.99 and up FEE: \$120

LOCATION: Middle Gate School, Cold Spring Road
INSTRUCTOR: Barbara and Bill Toomey

TENNIS LESSONS

All players are required to bring: One unopened USTA approved can of tennis balls. Class sizes are limited.

FEE: \$66.00 (4 - one hour lessons)
FEE: \$56.00 (4 - 30 minute lessons)



ACTIVITY:

Adults - Beginner

309103 A Tuesdays, May 5 to May 26
9:30 - 10:30 am AGE: 16 and up FEE: \$66

Adults - Adv Beg/Inter

309103 B Tuesdays, May 5 to May 26
10:30 - 11:30 am AGE: 16 and up FEE: \$66

Youth

309103 C Tuesdays, May 5 to May 26
3:30 - 4:30 pm AGE: 8 - 11.99 FEE: \$66

309103 D Tuesdays, May 5 to May 26
4:30 - 5:00 pm AGE: 6 - 7.99 FEE: \$56

309103 E Tuesdays, May 5 to May 26
5:00 - 6:00 pm AGE: 8 - 11.99 FEE: \$66

Match Play (Must be able to serve, keep score, keep ball in play)

309103 F Tuesdays, May 5 to May 26
6:00 - 7:00 pm AGE: 12 and up FEE: \$66

Youth

309103 G Thursdays, May 7 to May 28
3:30 - 4:30 pm AGE: 8 - 11 FEE: \$66

309103 H Thursdays, May 7 to May 28
4:30 - 5:00 pm AGE: 6 - 7.99 FEE: \$56

309103 I Thursdays, May 7 to May 28
5:00 - 6:00 pm AGE: 8 - 11.99 FEE: \$66

Youth & Adults

309103 J Thursdays, May 7 to May 28
6:00 - 7:00 pm AGE: 12 and up FEE: \$66

LOCATION: Dickinson Memorial Town Park, Elm Drive
INSTRUCTOR: Sue Gardner

history camp

July 20th - 24th

The fourth Annual Newtown Historical Society's Summer History Camp will take place July 20th - 24th. Students ages 8, 9, and 10 will experience what life was like for families and kids living in the Eighteen Century. Activities will include ice cream making, making and playing marble games, tinsmithing, making bricks, painting in the way of the Eighteen Century, making costumes to wear, and playing other colonial games. Cost is \$150.00. If interested, looking to register or have questions, call Gordon Williams at 426-6443.

ALL PRO SPORTS APRIL BREAK

Students will be exposed to basketball, soccer, floorhockey, baseball, football and more in an environment that stresses FUN over competition! Children will learn new skills while having fun and making new friends.

ACTIVITY:

314505 A Mondays - Fridays, April 13 to April 17
8:30 am - 1:00 pm AGE: 5 - 11.99 FEE: \$150

LOCATION: Newtown Middle School, Queen Street
INSTRUCTOR: Tim Leahy



ADAPTIVE RECREATION

APRIL BREAK MULTI-SPORT

This program is designed to introduce children to the basics of a sport and competition. In addition to enhancing and learning skills in soccer, floor hockey, baseball, basketball, flag football, kickball and more they will also learn about self-esteem, teamwork and the value of hard work. Consultations with specialists in education helped design this program that stimulate and motivate children to learn. Volunteers are welcomed. Participants will have time to take a 15 minute snack break. Please bring a snack with you.



ACTIVITY:

318102 A Monday - Friday, April 13 to April 17
9:00 am - 12:00 pm AGE: 5 and up FEE: \$160

LOCATION: Newtown Middle School Gym, Queen Street
INSTRUCTOR: Erica Belden

SNOOPY T-BALL

Snoopy T-Ball is a non-competitive instructional T-Ball League. There are no practices and no score is kept. Participants will receive a t-shirt and baseball cap. This will run for 7 weeks, beginning May 2. It is one hour every Saturday morning from 9:00 - 10:00 a.m. There are no games over the Memorial Day weekend. Parent coaches are needed. Please indicate on registration form under roster notes. It will be held at Sandy Hook School Field, easy access for all!

ACTIVITY:

318101 A Saturdays, May 2 to June 20
(No class May 24)
9:00 - 10:00 am AGE: 4 - 15 FEE: \$40

LOCATION: Sandy Hook School
INSTRUCTOR: Brady Eggleston & Joanne DiDinato

FUN FOR ALL AGES

ICE SKATING-LEARN TO SKATE

TOT 1 The Tot 1 program is for 3.5 to 5 years old, where they will learn the proper method for falling down and standing up, marching, gliding, balancing, swizzles and backward wiggles in four consecutive levels. Instructors incorporate creative play and interactive learning games to teach these skills. Helmets and mittens are required. (Bike helmets are ok.) Helmet will be provided, quantities are limited. Max class is 8, register early!

TOT 2 For the preschool skater who has passed Tot 1. Skaters will learn a two-foot glide.

SKATE 1 The Basics program is for children 6 years and older. Beginning with the New Skater level, the program consists of consecutive levels, which allow a beginner to gain discipline, confidence, and knowledge of basic skating skills, which are needed to advance to the higher levels of figure skating and hockey. As much as possible, students will be grouped according to age and ability. Max class is 8, register early.

SKATE 2 This class is for graduates of skate 1 or for those skaters who have skating experience, but have not had formal lessons. Skaters must be able to skate and glide on their own. They will learn 2-foot and 1-foot glides, forward and backwards swizzles, alternating forward 1/2 swizzles and snowplow stops.

ADULT Pre-teens, teens and adult This program is for pre-teens, teens and adults who would like to learn to skate. The adult classes follow the same curriculum as the Basic Skating Program. Classes are conducted on the same ice as the children, but with a different instructor.

FEE: \$127.00 (Includes skate rental and unlimited public skating)

ACTIVITY:

309201 A	Wednesdays, April 15 to May 27	Adult	TIME: 4:00 - 4:30 pm
309601 A	Wednesdays, April 15 to May 27	Skate 1	TIME: 4:00 - 4:30 pm
309602 A	Wednesdays, April 15 to May 27	Skate 2	TIME: 4:00 - 4:30 pm
309801 A	Wednesdays, April 15 to May 27	Tot 1	TIME: 4:00 - 4:30 pm
309801 B	Thursdays, April 16 to May 28	Tot 1	TIME: 10:00 - 10:30 am
309801 C	Fridays, April 17 to May 29	Tot 1	TIME: 10:00 - 10:30 am
309802 A	Thursdays, April 16 to May 28	Tot 2	TIME: 10:00 - 10:30 am
309802 B	Fridays, April 17 to May 29	Tot 2	TIME: 10:00 - 10:30 am



LOCATION: Danbury Ice Arena, One Independence Way

INSTRUCTOR: Danbury Ice Arena

FOX RIDGE FARM

HORSEBACK RIDING

Introductory horseback riding lessons. Sessions include four half hour lessons per month at \$150.00 a session.



ACTIVITY:

309102 A	Saturdays, May 2 to May 23	2:30 - 3:00 pm	AGE: 5 and up	FEE: \$150
309102 B	Saturdays, May 2 to May 23	3:00 - 3:30 pm	AGE: 5 and up	FEE: \$150
309102 C	Saturdays, June 6 to June 27	2:30 - 3:00 pm	AGE: 5 and up	FEE: \$150
309102 D	Saturdays, June 6 to June 27	3:00 - 3:30 pm	AGE: 5 and up	FEE: \$150

LOCATION: Fox Ridge Farm, 37-39 Aunt Park Lane

INSTRUCTOR: Fox Ridge Farm

BRUSHY HILL HORSEBACK RIDING LESSONS

This course offers basic horse care, grooming, tacking up and riding skills from beginners to advanced. An indoor facility is available for inclement weather. Register with Parks and Recreation and Brushy Hill Farm will contact you to set up a convenient time for lessons. The farm is located in Southbury, just 13 minutes from the flagpole; take route 84 to exit 14. Turn left onto route 172. Proceed 4 miles to farm on right just before 4 way stop. Turn right onto Coachman's Drive and left into farm. (203-262-6466). You pick the start date, arrange days and time with instructor Ev Lindeborn. Website: www.brushyhillfarm.com

ACTIVITY:

309101 A Mondays - Sundays, April 1 to June 1
9:00 am - 8:00 pm **AGE:** 4 and up **FEE:** \$275

LOCATION: Brushy Hill Farm, Coachman Drive

INSTRUCTOR: Richard Lindeborn

CAVING

Join us as we explore the mysterious passages of Tori's Cave in Gaylordsville, CT crouching and crawling (just a wee bit) in this fabulous and cool environment. This two hour program covers safety issues, cave facts (and fiction) and helmets. Flashlights required. For more information call 860- 350-6752

ACTIVITY:

322201 A	Saturdays, May 30	12:00 - 2:00 pm	AGE: 8 and up	FEE: \$40
322201 B	Saturdays, May 30	9:00 - 11:00 am	AGE: 17 and up	FEE: \$40

LOCATION: Tori's Cave, Gaylordsville, CT

INSTRUCTOR: Small World Adventures

BEGINNER ROCK CLIMBING

Learn the basics of this cool and exciting sport. We put a priority on SAFETY, ADVENTURE & FUN! All equipment and training provided, easy to challenging. If you can climb a tree, you've already got what it takes! For more information call 860-350-6752



ACTIVITY:

322202 A	Saturdays, May 23	10:00 am - 2:00 pm	AGE: 18 and up	FEE: \$80
322202 B	Saturdays, May 9	10:00 am - 2:00 pm	AGE: 8 and up	FEE: \$80

LOCATION: Kent, CT

INSTRUCTOR: Small World Adventures

PRESCHOOL/YOUTH PROGRAMS

TINY TIGERS KARATE

Karate Tang Soo Do is a non-contact ancient martial art based on the ancient oriental methods to help coordination, control, and balance. Free Uniform. Available at the studio please call 426-2427



ACTIVITY:

313702 A Tuesdays, March 10 to April 28
(No class April 16)

5:00 - 5:30 pm AGE: 3 - 4.99 FEE: \$65

LOCATION: Reed Auxiliary Gym

INSTRUCTOR: Mike Porco

THEATRE TOTS

Acting fun for the younger stars...have fun creating stories, creating characters, use your imagination. If you like to pretend, join us for some acting sessions. Promoting positive self esteem in young stars.



ACTIVITY:

307801 A Thursdays, April 23 to June 11
(No class April 17)

4:00 - 4:30 pm AGE: 4 - 6.99 FEE: \$75

LOCATION: Newtown Middle School, Queen Street

INSTRUCTOR: Linda Randazzo

THE HAPPY PIANO

The Happy Piano: these are actual piano lessons! These lessons are for children 3-6 years old. In class the children play songs and learn about the staff, treble clef, time value of notes and more through fun and interactive games and activities. Sessions are 12 weeks long. Continuing sessions will be offered in The Happy Piano level 2 and above, so that returning children are not repeating what they've already done. The Keyboards have accordion sized keys (just right for little fingers). Each child uses its own keyboard. The cost includes: a binder, weekly take-home sheets, lesson materials, and Happy Piano t-shirt and CD. If a parent would like to purchase a keyboard identical to those used in class the cost is: \$59.00.

ACTIVITY:

306501 A Mondays, March 23 to June 1
(No class April 13 & May 25)

4:30 - 5:00 pm AGE: 3 - 6.99 FEE: \$127

LOCATION: Newtown Middle School, Queen Street

INSTRUCTOR: The Happy Piano

HAPPY PIANO II

The Happy Piano is back for new and continuing students ages 3-6. Studies show that piano lessons during early childhood aid in the connection of brain neurons which help children academically in the future...but our students only know that they are having a blast playing the keyboard and learning lots of music theory through fun and age-appropriate games, songs, and activities. Continuing students will pick up where they left off in December. Log on to www.happypiano.com or call (203) 575-1567 with questions or for further information. Keyboards are provided for in-class use and are available for purchase from the instructor if desired. (Cost is \$59; please call (203) 575-1567 prior to the class.)



ACTIVITY:

306502 A Mondays, March 23 to June 1
(No class April 13 & May 25)

4:00 - 4:30 pm AGE: 3 - 6.99 FEE: \$107

LOCATION: Newtown Middle School, Queen Street

INSTRUCTOR: The Happy Piano

Passport to the Parks:

How would you like to take a journey through Newtown? Newtown Parks and Recreation has many hidden treasures and we are finding that many residents do not know about them all.

On separate days throughout the spring and summer Newtown residents will be invited to participate in this program to let you explore and experience all our areas in which a Newtown Resident can recreate.

Pick up your passport to fun at the Newtown Parks and Recreation office anytime after March 27, 2009.

Bring your passport to any event scheduled for this program and receive a stamp at this event. When all events have been attended turn your passport into our department and receive a prize.

Our first event is a Nature Walk hosted by The Lions Club and the Town and Country Garden Club see page 3 for more details.

Lake Lillinonah Family Day: Saturday, August 1, 2009 11:00 am – 2:00 pm

Activities include: BBQ (5.00 per person), water ski and wake boarding demonstrations, learn about rowing, kayaking, fishing and much more.

Sponsored by Friends of the Lake

More passport programs will be listed on our website please sign up for messages at

www.newtown-ct.gov

All activities are planned for Newtown Residents and you do not have to have a Passport to attend it will just make it more fun!



KIDSFIT PROGRAMS

ALL KIDSFIT PROGRAMS ARE HELD AT THE TEEN CENTER, CHURCH HILL ROAD

KIDSFIT-MOTHER'S MORNING OUT

Our preschool readiness program designed for your child to experience the magic of learning, cooperative play and social interaction with other children in hopes to prepare them for their first preschool experience. A typical class includes circle time, songs and parachute play, weather, group gym games, arts and crafts projects and a story. Appropriate transitions between activities allow your child to recognize and become familiar to the structure of the day and to look forward to the next activity. Don't miss out; this is a very popular class! Children must turn 2 years old by the start of the program; they DO NOT need to be potty trained. Please pack a snack and drink for your child each class. Taught by Miss Patty, Miss Sarah, Miss Cathy, Miss Judy and Miss Lori.

ACTIVITY:

311801 A Mondays, April 20 to June 15
(No class May 26)
10:30 am - 12:30 pm AGE: 2 - 5.99 FEE: \$160
311801 B Wednesdays, April 22 to June 17
9:15 - 11:15 am AGE: 2 - 5.99 FEE: \$160
311801 C Thursdays, April 23 to June 23
9:15 - 11:15 am AGE: 2 - 5.99 FEE: \$160
311801 D Fridays, April 24 to June 19
9:15 - 11:15 am AGE: 2 - 5.99 FEE: \$160

LOCATION: Teen Center, Church Hill Road

INSTRUCTOR: CT Kidsfit, LLC

LITTLE MISS BALLERINA

Aspiring ballerinas will experience the joy of movement in this Pre-Ballet class. We will introduce the style and language of Ballet while teaching the concept of positions, poise and gracefulness. Young ballerinas will develop coordination, rhythm, and body awareness in this fun-filled class. Miss Judy brings many years of dance experience and is excited to bring out the imagination in your child!



ACTIVITY:

311802 A Tuesdays, March 31 to May 5
3:15 - 4:00 pm AGE: 3 - 4.99 FEE: \$65
311802 B Tuesdays, March 31 to May 5
4:30 - 5:15 pm AGE: 4 - 6.99 FEE: \$65
311802 C Tuesdays, May 12 to June 9
3:15 - 4:00 pm AGE: 3 - 4.99 FEE: \$65
311802 D Tuesdays, May 12 to June 9
4:30 - 5:15 pm AGE: 4 - 6.99 FEE: \$65

LOCATION: Teen Center, Church Hill Road

INSTRUCTOR: CT Kidsfit, LLC

KIDSFIT-PLAYFIT

A physical education program designed to lay the foundation for a lifetime of fitness! The fun way to play new games and activities! Obstacles, balls, tunnels, beanbags, and lots of crazy games to expend energy! There are sport skills to try, room to run and, of course, the giant parachute.

ACTIVITY:

311803 A Mondays, April 20 to May 18
3:15 - 4:00 pm AGE: 3 - 4.99 FEE: \$65
311803 B Mondays, April 20 to May 18
4:30 - 5:15 pm AGE: 4 - 6.99 FEE: \$65

LOCATION: Teen Center, Church Hill Road

INSTRUCTOR: CT Kidsfit, LLC

KIDSFIT MOM & ME CREATIVE MOVEMENT

For ~ walkers to 4 years old ~ 45 minute classes meet weekly for children and their Moms, Dads, or adult friends to explore perceptual motor themes through circle time, rhythm equipment, tumbling apparatus and parachute time.

ACTIVITY:

311805 A Tuesdays, April 21 to June 9
9:15 - 10:00 am AGE: 1 - 2.5 FEE: \$99
311805 B Tuesdays, April 21 to June 9
10:15 - 11:00 am AGE: 2 - 4.99 FEE: \$99
311805 C Tuesdays, April 21 to June 9
11:15 am - 12:00 pm AGE: 2 - 4.99 FEE: \$99

LOCATION: Teen Center, Church Hill Road

INSTRUCTOR: CT Kidsfit, LLC

GREAT SHAPE FOR GIRLS

Improving Your ~ Strength, Health, Attitude, Physical, Endurance. A class designed to bring health awareness and help girls to be physically fit. Introduction to healthy eating habits and a full body workout. Works all major muscle groups: Core, abs, back (upper and lower), biceps, triceps, chest and legs. This 45-minute class will enhance muscle tone while improving balance, posture, and coordination. This class is geared for all, from the competitive athlete to the novice. At the end of this class, each girl will feel and know she is a wonderful model of great health.



ACTIVITY:

311806 A Wednesdays, April 22 to May 20
3:15 - 4:00 pm AGE: 9 - 13 FEE: \$75
311806 B Wednesdays, April 22 to May 20
4:15 - 5:00 pm AGE: 5 - 9.99 FEE: \$75

LOCATION: Teen Center, Church Hill Road

INSTRUCTOR: CT Kidsfit, LLC

MARVELLOUS MOVES FOR MOMS

A NEW exciting dance and exercise program with you in mind. MOMS take 45 minutes out of your busy schedule and dance your way to a NEW YOU. Move to the rhythm, strengthen those abs, and tone your glutes. Dance those pounds away and burn up those calories. Come and Enjoy! Child care provided.



ACTIVITY:

311808 A Thursdays, April 2 to May 7
12:00 - 12:45 pm AGE: 18 and up FEE: \$75
311808 B Thursdays, May 14 to June 11
12:00 - 12:45 pm AGE: 18 and up FEE: \$75

LOCATION: Teen Center, Church Hill Road

INSTRUCTOR: CT Kidsfit, LLC



YOUTH PROGRAMS

FOOTBALL CLINIC

Your child will learn the basics of football to give them a head start on the season. If you plan on playing football this season or just want to see if it's right for you, this is the clinic for you. Each session will challenge you, keep you fit and build confidence. Sessions are taught by coach Sean Remson, with over 19 years experience coaching football. Only non-contact drills, no pads, cleats or equipment is required. Space is limited.



Session 1: Introduction: Facts about football and injuries (for parents); Warm-up lap, Stretch/exercise; Learn sprint/back pedal/side to side movements; 2, 3, 4, point stances; basic football skills; how to throw/catch a football.

Session 2: Warm-up lap, Stretch/exercise: How to block (offense) post (defense); How to tackle.

Session 3: Warmup lap, Stretch/exercise; Learn about positions and what position is right for you; Learn the names of holes and formation (offense); Learn gaps and formations (defense).

Session 4: Warm-up lap, Stretch/exercise; practice running plays as a team; What to expect at practices and games. Learn about the equipment. And watch film of games for Q & A.

ACTIVITY:

309510 A Saturdays, April 4 to April 25
8:00 - 10:00 am AGE: 5 - 11 FEE: \$65
309510 B Saturdays, April 4 to April 25
10:15 am - 12:15 pm AGE: 12 - 14 FEE: \$65

LOCATION: Hawley School, Church Hill Road

INSTRUCTOR: Sean Remson

ELEMENTARY SCHOOL TRACK PROGRAM

Practice will be offered, Monday, Wednesdays, or Thursdays. This is an introduction to track and field and will include fun and games time too.



ACTIVITY:

309516 A Mondays/Wednesdays/Thursdays, March 23 to May 21
5:15 - 6:45 pm AGE: 5 - 10.99 FEE: \$50

LOCATION: Newtown High School, Route 34

INSTRUCTOR: Eileen Fish

LITTLE DRAGONS KARATE

Karate Tang Soo Do is a non-contact ancient martial art based on the ancient oriental method to help coordination, control, and balance. Free Uniform. Available at the studio. Please call 426-2427

ACTIVITY:

313501 A Tuesdays, March 10 to April 28
(No class April 15)
5:45 - 6:30 pm AGE: 5 - 6.99 FEE: \$65

LOCATION: Reed Intermediate School,

INSTRUCTOR: Mike Porco

MULTI-SPORT

This program is designed to introduce children to the basics of a sport and competition. In addition to enhancing and learning skills in soccer, floor hockey, baseball, basketball, flag football, kickball, and more they will also learn about self-esteem, team work and the value of hard work. Consultations with specialists in education helped design this program that stimulate and motivate children to learn. No class on April 18th.



ACTIVITY:

309607 A Wednesdays, April 8 to June 3
(No class April 15)
4:45 - 5:55 pm AGE: 5 - 9.99 FEE: \$160

LOCATION: Middle Gate School, Cold Spring Road

INSTRUCTOR: Erica Belden

CHARLIE BROWN T-BALL

Charlie Brown T-Ball is a non-competitive instructional T-Ball league. There are no practices and no score is kept. Participants receive T-shirts and caps. Please indicate on the registration form, under comments, if you would like to coach. The commitment is only one hour a week for six weeks. Games will not be scheduled over Memorial Day weekend (May 23rd).



ACTIVITY:

309803 A Saturdays, April 25 to June 6
(No class May 23)
9:00 - 10:00 am AGE: 4 - 7.99 FEE: \$40

LOCATION: Dickinson Memorial Town Park, Elm Drive

YOUTH KARATE

Karate Tang Soo Do is a non-contact ancient martial art based on the ancient oriental method to help coordination, control and balance. Free Uniform. Call the studio 426-2427

ACTIVITY:

313603 A Tuesdays, March 10 to April 28
(No class April 15)
6:45 - 7:30 pm AGE: 7 - 12.99 FEE: \$65

LOCATION: Reed Intermediate School,

INSTRUCTOR: Mike Porco

FLAG FOOTBALL

Come and play the most positive, fun flag football league going. Each participant will learn everything they need to know about football by PLAYING the game! Each participant should bring a water bottle and plenty of enthusiasm. Play, Play, Play!!

ACTIVITY:

309606 A Fridays, April 3 to May 15
6:30 - 9:00 pm AGE: 6 - 12.99 FEE: \$149

LOCATION: Newtown Youth Academy,

INSTRUCTOR: Jeffrey Tolson

YOUTH PROGRAMS

KID'S IN THE KITCHEN

We'll celebrate the return of warm weather as we create seasonal menu items. Students will plant herbs to bring home as we use them in our recipes. Each student receives recipe cards, an apron, chef's hat, cooking utensil and diploma. Each week you'll bring home leftovers to share! ***This is a nut-free class and substitutions will be used for any other food allergies***



ACTIVITY:

302501 A Tuesdays, April 7 to May 12
(No class April 14)
4:15 - 5:30 pm AGE: 6 - 12.99 FEE: \$125

LOCATION: Newtown Middle School, Queen Street
INSTRUCTOR: Sharon E. Martovich

F.I.T. (FEMALES IN TRAINING)

Females In Training is an experiential learning program for girls grades 3rd to 5th that combines training for a 3.1 mile run/walk (5K) event with life changing, self esteem, enhancing, uplifting warm-ups and work outs that encourage emotional, social, mental, spiritual and physical development. Any questions or inquires please call coach Liz Raftery at (203) 364-0059. Space is limited to 16 girls.



ACTIVITY:

309511 A Mondays/Thursdays, March 23 to June 8
(No class April 15, April 17 & May 25)
4:15 - 5:15 pm AGE: 8 - 11.99 FEE: \$140

LOCATION: Hawley School, Church Hill Road
INSTRUCTOR: Elizabeth Raftery

SPEED, QUICKNESS AND AGILITY TRAINING

Dedicate one day a week to learning the secret of getting faster and more explosive. This is designed to improve every athlete's performance in their sport. Use the same techniques that professional and Olympic athletes use to improve their athletic speed. Program is designed and implemented by Cody Foss MS, CSCS, LATC, NASM owner of The Fitness Loft and strength coach to multiple NHS Teams and Athletes.

ACTIVITY:

Phase I

308504 A Wednesdays, March 25 to April 29
(No class April 15)
4:30 - 5:30 pm AGE: 8 - 10.99 FEE: \$65

Phase II

308504 B Wednesdays, May 6 to June 3
(No class May 25)
4:30 - 5:30 pm AGE: 8 - 10.99 FEE: \$65

Phase I & II

308504 C Wednesdays, March 25 to June 3
(No class April 15, May 25)
4:30 - 5:30 pm AGE: 8 - 10.99 FEE: \$115

LOCATION: Newtown High School, Route 34
INSTRUCTOR: The Fitness Loft

INTERMEDIATE JUMP ROPE/TEAM

Team members will continue to develop jump roping skills by learning new tricks and playing fun games. The team will learn a fun routine to music that we can perform locally. There will be the opportunity for team members to compete in several events, including Single Rope routines, Pair routines, Speed Jumping, Speed Relay and more.

ACTIVITY:

309509 A Mondays/Wednesdays, March 30 to June 10
(No class April 13, April 15 & May 25)
6:30 - 7:30 pm AGE: 7 and up FEE: \$30

LOCATION: Middle School GymB
INSTRUCTOR: Pamela Patterson

HIP HOP FREE STYLE

Ages: 6-11 years. Learn the latest moves! Dance is a great way to get exercise and improve self-confidence. Class is taught by Jessica Morrow.

ACTIVITY:

304502 A Mondays, March 30 to June 1
(No class May 25)
5:30 - 6:30 pm AGE: 6 - 11.99 FEE: \$120

LOCATION: Graceful Planet, 7 Berkshire Road
INSTRUCTOR: Graceful Planet

LET'S PUT ON A SHOW

Have fun acting on the stage: Learn some acting skills and reach for the stars. Theatre games incorporated into the class. Acting promotes positive self esteem in young people. Put on a show at the end of the session.



ACTIVITY:

307502 A Thursdays, April 23 to June 11
4:30 - 5:30 pm AGE: 7 - 11.99 FEE: \$100

LOCATION: Newtown Middle School, Queen Street
INSTRUCTOR: Linda Randazzo

8 -10 YR OLD FITNESS

The 8 - 10 year old program is designed to develop the love of fitness at a young age. This class will teach the basics of balance, coordination, agility and strength training, from an expert in the field of strength training. The recreational activities will include free weights, selectorized machines and agility equipment. "We encourage overall fitness while having fun."

ACTIVITY:

308501 A Tuesdays/Thursdays, March 24 to April 30
(No class April 14, April 16)
4:00 - 5:00 pm AGE: 8 - 10.99 FEE: \$115
308501 B Tuesdays/Thursdays, May 5 to June 4
(No class May 25)
4:00 - 5:00 pm AGE: 8 - 10.99 FEE: \$105
308501 C Tuesdays/Thursdays, March 24 to June 4
(No class April 14, April 16, May 25)
4:30 - 5:30 pm AGE: 8 - 10.99 FEE: \$200

LOCATION: The Fitness Loft,
INSTRUCTOR: Cody Foss

YOUTH AND TEEN PROGRAMS

"THE GARAGE" TEEN CENTER

Newtown residents only! Located on Church Hill Road, Newtown, CT. "The Garage" Teen Center is open every Friday and Saturday night. Come on down and enjoy the fun or just hang out. Come and check out our air hockey table, 2 pool tables, and foosball table. We also have 2 video games and a claw machine for only 25 cents a play. You can also bring down your cd or dvds to play on our cd player or TV. Live bands events are for High School students only! The Teen Center also provides music with a live Dj. Fee for special events, DJs or live bands will vary from \$3.00 - \$7.00.

Check our website for upcoming events.

www.newtown-ct.gov



High School Nights - Grades 9 - 12 only

Hours 7:00 - 11:00 pm - Open Friday and Saturday nights unless designated for Middle School, 5/6 nights or birthday parties. High School students may be required to show proof of residency.

Middle School Nights - Grades 7 & 8 only

Hours 7:00 - 10:00 pm - Open every second Friday of the month, unless a band or birthday party is scheduled.

Reed Intermediate School Nights - Grades 5 & 6 only

Hours 7:00 - 9:30 pm - Open every third Friday of the month, unless a band or birthday party is scheduled.

TEEN CENTER BOARD

The Teen Center is currently looking for Middle School / High School students who are interested in joining the Teen Center Board. This board will meet once a month at 7:30 pm to help develop, plan and promote events and activities for the Teen Center. Please call Newtown Parks and Recreation office 270-4340 if you are interested. Meetings held every second Friday of the month at the Teen Center.

TEEN CENTER BIRTHDAY PARTY

Newtown residents only! Come have your next birthday party at the Teen Center. Available for grades 5th to 12th. Access to pool tables, foosball table, air hockey table and video games.

FEES:

Rental Fee: \$125.00 per event

Refundable Deposit: \$100.00

Insurance: \$1.10 per person

Party MUST be scheduled at least two weeks in advance.

Available Friday or Saturday nights from 7:00 - 11:00 pm. NO Holidays!

Maximum 4 hours including set-up and clean up.



JUDO

Join our Newtown Judo Team! Judo is an excellent self-defense with no kicking and no punching. Judo consist of standing throws and complex grappling techniques used both offensively and defensively, as well as falling techniques for safety. It is a vigorous competitive sport, which requires both physical and mental endurance. Judo is practiced by people of all ages and is the only official competitive martial art that is sponsored by the Olympic Games (since 1964). The practice of Judo builds strength and aerobic fitness while improving self-discipline, concentration, self-awareness, balance, and coordination. We are a member of the United States Judo Association. With over 16 years of teaching experience and we look forward to sharing our love of the sport with you. For more information call: (203) 270-9468. Students should come at 5:00p.m to get ready. The lessons start at 5:15 p.m.

ACTIVITY:

313601 A Thursdays, April 2 to June 4

5:15 - 6:15 pm **AGE:** 7 - 19.99 **FEE:** \$149

LOCATION: Teen Center,

INSTRUCTOR: Christine Rinaldi, 2nd degree black belt in Judo-jujitsu from the Kodokan of Japan, from the French college of black belt and from the USA.

NEWTOWN YOUTH THEATRE

Authentic Youth Theatre has arrived in Newtown! This is a creative drama experience like no other. Using the European model of Youth Theatre, there are no scripts, rather, the young people themselves voice their opinions, explore and decide on the issues, create new characters and make discoveries about drama, theatre and performance. The young people who join Newtown Youth Theatre will inspire their peers and increase their self-awareness as they develop poise and interpersonal skills; all valuable no matter what their future career aspirations may be. Whether you're simply a bit curious about theatre (traditional or experimental) or have always been center stage, JOIN US. No auditions will be held. All you need is the ability to have FUN and the desire to be part of something great! Newtown Youth Theatre is led by Theresa Talluto, a veteran Broadway performer, former New York casting director, trained Youth Theatre facilitator, certified teacher and Newtown resident.

ACTIVITY:

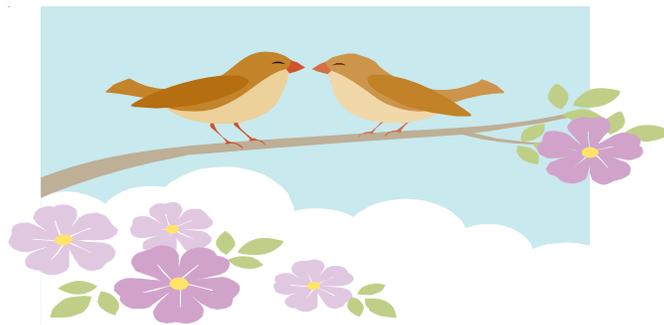
307601 A Tuesdays, March 24 to May 26

6:30 - 8:30 pm **AGE:** 12 - 14.99 **FEE:** \$100

307601 B Thursdays, March 26 to May 28

7:00 - 9:00 pm **AGE:** 15 - 17.99 **FEE:** \$100

LOCATION: Newtown Middle School, Queen Street



WEBSITE: www.newtown-ct.gov
PHONE NUMBER: (203) 270-4340

YOUTH AND TEEN PROGRAMS

SPEED, QUICKNESS AND AGILITY TRAINING

Dedicate one day a week to learning the secret of getting faster and more explosive. This is designed to improve every athlete's performance in their sport. Use the same techniques that professional and Olympic athletes use to improve their athletic speed. Program is designed and implemented by Cody Foss MS, CSCS, LATC, NASM owner of The Fitness Loft and strength coach to multiple NHS Teams and Athletes.

ACTIVITY:

- 308604 A Wednesdays, March 25 to April 29
(No class April 15)
4:30 - 5:30 pm AGE: 11 - 13.99 FEE: \$65
- 308604 B Wednesdays, May 6 to June 3
(No class May 25)
4:30 - 5:30 pm AGE: 11 - 13.99 FEE: \$65
- 308604 C Wednesdays, March 25 to June 3
(No class April 15, May 25)
4:30 - 5:30 pm AGE: 11 - 13.99 FEE: \$115

LOCATION: Newtown High School, Route 34
INSTRUCTOR: The Fitness Loft

PAINT, DRAW, & MORE

This program teaches children to draw what they see, to enhance their drawings with their own ideas and concepts and to use different materials in creative ways. Students learn to draw in a non-competitive, nurturing and fun environment. This art program helps children build self-esteem through personal drawing success, and enhances hand-eye coordination as well as an understanding of spatial and color relationships. The instructor brings projects, materials and other drawing aids and leads a structured, yet creative art lessons.



ACTIVITY:

- 301601 A Wednesdays, April 29 to June 3
4:00 - 5:00 pm AGE: 5 - 8.99 FEE: \$105
- 301601 B Wednesdays, April 29 to June 3
5:00 - 6:00 pm AGE: 9 - 13.99 FEE: \$105

LOCATION: Newtown Middle School, Queen Street
INSTRUCTOR: Susan Jackson

BABY-SITTING COURSE

Participants will learn the basic principles of First Aid and Rescue Breathing. Diapering techniques, safe play, child development, responsibilities and roles of safe babysitting. Course is presented in an entertaining and interactive manner. Each student receives a text and supplemental information. Certification is issued upon completion.



ACTIVITY:

- 321601 A Mondays, April 27 & May 4
3:45 - 6:45 pm AGE: 11 - 15.99 FEE: \$55
- 321601 B Thursdays, May 7 & May 14
3:45 - 6:45 pm AGE: 11 - 15.99 FEE: \$55

LOCATION: Newtown Middle School, Queen Street
INSTRUCTOR: CPR O'Heart

BASEBALL HITTING CLINIC

Yale University Assistant Baseball Coach Matt Memoli will be offering a hitting clinic designed to prepare players for the 2009 baseball season. This program is designed to get young hitters into solid work habits to develop proper hitting fundamentals and mechanics. Instruction will focus on balance, bat speed and the swing path. Each player's swing will be broken down into parts and analyzed. Players will participate in various hitting drills and stations and take live batting practice. Players will receive: Personal DVD showing child's progress week to week. Personal print out of strengths and areas that need improvement.

ACTIVITY:

- 309605 A Sundays, April 26 to June 7
(No class May 24)
8:30 - 10:00 am AGE: 8 - 14.99 FEE: \$140
- 309605 B Sundays, April 26 to June 7
10:00 - 11:30 am AGE: 8 - 14.99 FEE: \$140

LOCATION: Newtown Middle School Baseball Field, Queen Street
INSTRUCTOR: Matt Memoli

SPRING TRACK PROGRAM

The Newtown Hawks Running Club Spring Track Program. Practices will take place at the Newtown High School Track. This 16-session program is for beginners as well as experienced athletes. We will work on field events, including shot, discus, long, high and triple jumps. Track events will include sprints through the 3200-meter race as well as hurdles and relays. There will be at least one home meet. We will also compete in other area meets and championship AAU meets. Head coach: Eileen Fish (assistant girls track coach at Newtown High School) and assistant coaches will be members of the Newtown High School Track Team. All athletes will receive a team jersey. Warm ups will be available for purchase. Please bring a water bottle to all activities.



ACTIVITY:

- 309515 A Mondays/Wednesdays/Thursdays, March 23 to May 21
(No class April 15, April 17)
5:15 - 6:45 pm AGE: 9 - 14.99 FEE: \$110

LOCATION: Newtown High School, Route 34
INSTRUCTOR: Eileen Fish

VOLLEYBALL CAMP

This camp is designed to introduce and expose the athletes to the sport of Volleyball. Sessions will begin with basic skills and fundamentals and will progress to more advanced skills and game competition. This is a Parks and Recreation sponsored camp and has no bearing on the outcome of High School tryouts. Registration is limited to 40. Please bring sneakers, water and knee pads (optional).



ACTIVITY:

- 309608 A Tuesdays/Thursdays, April 21 to May 21
6:00 - 8:00 pm AGE: 10 - 14.99 FEE: \$100

LOCATION: Newtown Youth Academy Court 2
INSTRUCTOR: Thomas Czaplinski, Sandy Doski & Newtown High School Players

YOUTH/TEEN/ADULT PROGRAMS

GOLF QUEST GOLF LESSONS

Each lesson concentrates on a different aspect of the game. Work on your swing, improve your driving and putting with a Golf Quest professional. Class size is limited for more individual attention.

ACTIVITY:

309603 A Thursdays, May 7 to May 28
4:30 - 5:30 pm AGE: 8 - 16.99 FEE: \$100

LOCATION: Golf Quest, Brookfield

INSTRUCTOR: Golf Quest

TOTAL BODY FITNESS PROGRAM

This 10-week exercise class will be a cardio and strength-training theme, which is designed to challenge you head to toe. Participants will learn about strength and cardio strategies while enjoying many different elements of exercise. Bring water, a towel and be ready to sweat!

ACTIVITY:

Phase I

308209 A Tuesdays/Thursdays, March 24 to April 30
(No class April 14, April 16)
6:00 - 7:00 pm AGE: 18 and up FEE: \$115

Phase II

308209 B Tuesdays/Thursdays, May 5 to June 4
6:00 - 7:00 pm AGE: 18 and up FEE: \$105

Phase I & II

308209 C Tuesdays/Thursdays, March 24 to June 4
(No class April 14, April 16)
6:00 - 7:00 pm AGE: 18 and up FEE: \$200

LOCATION: The Fitness Loft, 3 Simm Lane

INSTRUCTOR: The Fitness Loft

HIGH SCHOOL STRENGTH & CONDITIONING

This program will introduce more advanced training techniques as well as the basics for beginners. This program teaches individuals how to work out on their own and includes all aspects of nutrition, flexibility, strength and power.



ACTIVITY:

Phase I

308301 A Tuesdays/Thursdays, March 24 to April 30
(No class April 14, April 16)
5:00 - 6:00 pm AGE: 14 - 18.99 FEE: \$115

Phase II

308301 B Tuesdays/Thursdays, May 5 to June 4
5:00 - 6:00 pm AGE: 14 - 18.99 FEE: \$105

Phase I & II

308301 C Tuesdays/Thursdays, March 24 to June 4
(No class April 14, April 16)
5:00 - 6:00 pm AGE: 14 - 18.99 FEE: \$200

LOCATION: The Fitness Loft, 3 Simm Lane

INSTRUCTOR: The Fitness Loft

MIDDLE SCHOOL FITNESS

This program provides Middle School children with the necessary exercises and drills to prepare their bodies for overall athleticism and general fitness. This has become our most popular program as many children have used this to not only prepare for improving at sports but to learn how to work out safely and efficiently.



ACTIVITY:

Phase I

308601 A Tuesdays/Thursdays, March 24 to April 30
(No class April 14, April 16)
3:00 - 4:00 pm AGE: 11 - 13 FEE: \$115

Phase II

308601 B Tuesdays/Thursdays, May 5 to June 4
(No class May 25)
3:00 - 4:00 pm AGE: 11 - 13 FEE: \$105

Phase I & II

308601 C Tuesdays/Thursdays, March 24 to June 4
(No class April 14, April 16, May 25)
3:00 - 4:00 pm AGE: 11 - 13.99 FEE: \$200

LOCATION: The Fitness Loft, 3 Simm Lane

INSTRUCTOR: The Fitness Loft



DO NOT WAIT UNTIL THE LAST MINUTE!!

Nothing spoils a good program quicker than everyone waiting until the last minute to register. If there are not enough registrations by a certain date, the program may be canceled. Coming in on the day the program begins won't resurrect it, so please register early.

TEEN/ADULT PROGRAMS

PARTNER YOGA

Put a twist in your yoga by sharing your practice with a partner. Reach new depths in your traditional yoga postures and explore some new ones. All that's needed is a mat, a partner, spouse or friend. Open to all levels.



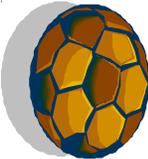
ACTIVITY:

308210A Mondays, April 6 to May 4
(No class April 13)
7:00 - 8:00 pm AGE: 17 and up FEE: \$110

LOCATION: Sandy Hook Gym
INSTRUCTOR: Missy Gregson

ADULT CO-ED DROP-IN SOCCER

Come out and kick it around! What a great way to get some exercise. This is a laid back game, not a league. All skills welcome. For more information call Marlina Smith at (914)-760-9307 or e-mail marlaynas@yahoo.com. Open to Newtown Residents only! Proof of residency may be required.



ACTIVITY:

109205 A happening now until June 5
Thursdays 10:00 - 11:00 pm AGE: 18 and up
Tuesdays 9:00 - 10:30 pm FEE: \$0
Saturdays beginning March 28 7:00 - 9:00 am

LOCATION: Newtown Youth Academy

MENS OVER 35 DROP IN BASKETBALL

Open to Newtown residents only! Proof of residency may be required.

ACTIVITY:

109203 A Saturdays, happening now until June 6
7:00 - 9:00 am AGE: 35 and up FEE: \$0

LOCATION: Newtown High School, Route 34

ADULT DROP IN BASKETBALL

Open to Newtown residents only! Proof of residency may be required. Last night will be on June 6th. Gym not available on September 26, November 14, January 30 and March 27.



ACTIVITY:

109204 A Fridays, happening now until June 6
7:00 - 9:00 pm AGE: 18 and up FEE: \$0

LOCATION: Newtown Middle School Gym B, Queen Street

ADULT RUNNING PROGRAM

Are you an adult who has never run or tried to run but don't know where to start? Worried that you are out of shape or just find it hard to motivate yourself on your own? This program is designed for adults who just want to get into shape or those who would like to run in races throughout the area. All levels of fitness are welcome! We will go over everything from proper stretching and warm up, to the correct shoes to wear and when a pain is more than just unused muscles awakening.



ACTIVITY:

309216 A Tuesdays, March 24 to June 2
9:00 - 10:00 am AGE: 18 and up FEE: \$75
309216 B Thursdays, March 26 to June 4
7:00 - 8:00 pm AGE: 18 and up FEE: \$75

LOCATION: Newtown High School, Route 34
INSTRUCTOR: Eileen Fish

WOMEN'S SELF DEFENSE

What would you do when faced by an attacker? Master Mike Porco, 4th degree black belt and instructor at Porco's Karate Academy will help you learn effective and simple methods to ward off an attacker if you find yourself confronted by violence. Students will work with each other to build awareness and practice some practical ways to defend themselves. Wear loose comfortable clothing and shoes.

ACTIVITY:

313201 A Fridays, March 13 to March 27
7:00 - 8:00 pm AGE: 13 and up FEE: \$40

LOCATION: Porco's Karate Academy, Church Hill Road
INSTRUCTOR: Mike Porco

KARATE - ADULT

Karate Tang Soo Do is a non-contact ancient martial art based on the ancient oriental method to help coordination, control and balance. Emphasis on movement, coordination, timing, concentration, and conditioning, as you participate, you will build self-esteem and confidence. Uniform may be purchased at studio. Available at the studio please call 426-2427.



ACTIVITY:

313402 A Mondays, March 9 to April 27
(No class April 14)
7:30 - 8:15 pm AGE: 13 and up FEE: \$65

LOCATION: Porco's Karate Academy, Church Hill Road
INSTRUCTOR: Mike Porco

TEEN/ADULT PROGRAMS

MEDITERRANEAN & ASIAN RECIPES

Learn to make easy and delicious menu items from two cultures offering healthy cuisines. Each week we'll make 3 food items, with recipe cards and leftovers to take home. We'll make bigger meals that can be turned into several meals, and use ingredients that can be found locally, to make exotic recipes that don't need a lot of time in the kitchen!

ACTIVITY:

302201 A Thursday, April 23
6:30 - 8:30 pm **AGE:** 18.99 and up **FEE:** \$45

302201 B Thursday, May 7
6:30 - 8:30 pm **AGE:** 18.99 and up **FEE:** \$45

302201 C Thursday, May 14
6:30 - 8:30 pm **AGE:** 18.99 and up **FEE:** \$45

302201 D Thursday, May 21
6:30 - 8:30 pm **AGE:** 18.99 and up **FEE:** \$45

302201 E Thursday, May 28
6:30 - 8:30 pm **AGE:** 18.99 and up **FEE:** \$45

302201 F Thursday, April 23 to May 28
6:30 - 8:30 pm **AGE:** 18.99 and up **FEE:** \$140

LOCATION: Newtown Middle School, Queen Street

INSTRUCTOR: Sharon E. Martovich

DOG TRICK TRAINING

This 6-week course will introduce you to the basic skills needed for training. We will introduce a wide range of tricks including (but not limited to) Roll Over, Head Up, Head Down, jump through a hoop. Weave through your legs, Shake, Crawl, and Bow. This is a fun class to teach your dog anything that it is physically capable of doing; special requests are welcome! **PRE-REQUISITE:** Dog's must not be people or dog aggressive in order to attend class. **Recommended:** Successful completion of a Puppy Kindergarten or Basic Obedience course. Once you have reached the final screen of registration please print the form under "View Additional Attachment: ctbs.pdf."



ACTIVITY:

300017 A Thursdays, March 19 to April 23
7:30 - 8:15 pm **AGE:** 14 and up **FEE:** \$150

LOCATION: Teen Center, Church Hill Road

INSTRUCTOR: Margaret Reed, CTBS

HOUSEHOLD DOG OBEDIENCE

Education is the key to successful dog training and this class is fun and educational for both the dog and the owner. Your dog will learn the basics: sit, stay, down, come, walk on a loose lead, etc. In addition, you will learn how to solve common behavior issues through effective and humane techniques as well as shaping good manners for the family pet. **PRE-REQUISITE:** Dog's must not be people or dog aggressive in order to attend class. Open to all dogs 3 months of age and older. Once you have reached the final screen of registration please print the form under "View Additional Attachment: ctbs.pdf."



ACTIVITY:

300018 A Thursdays, March 19 to April 23
6:30 - 7:15 pm **AGE:** 14 and up **FEE:** \$165

LOCATION: Teen Center, Church Hill Road

INSTRUCTOR: Margaret Reed, CTBS

GOLF QUEST SHORT GAME SCHOOL

The short game makes up at least 60 to 70 percent of the shots in a given round of golf. Yet most people spend very little time practicing their short game or learning proper technique. This program will include work with pitch shots (full, partial, lob or flop shots, uneven lies), sand play (greenside bunker shots, medium and long bunker shots, uneven lies, firm v. soft sand, different club selection, buried lies and fried eggs) and more. The Golf Quest facility has a large putting green with chipping areas, a pitching green with both artificial and natural grass hitting areas, a greenside bunker and a fairway bunker. The newly constructed natural grass hitting area is ideal for practicing pitch shots from fairway lies, from the deep rough, as well as a variety of uphill, downhill, and side hill lies. There is a maximum of 6 people per class so that students will receive more individual attention.



ACTIVITY:

309202 A Saturdays, April 18
10:00 am - 12:30 pm **AGE:** 16 and up **FEE:** \$80

309202 B Saturdays, May 2
10:00 am - 12:30 pm **AGE:** 16 and up **FEE:** \$80

309202 C Saturdays, May 16
10:00 am - 12:30 pm **AGE:** 16 and up **FEE:** \$80

LOCATION: Golf Quest, Brookfield

INSTRUCTOR: Golf Quest

GOLF QUEST INTERMEDIATE GOLF LESSONS

This is a class for students who have already taken novice and have some experience playing golf. More individual attention, more advanced techniques, shots, and drills are covered in this novice class. Computer video analysis also plays a bigger role in this class.

ACTIVITY:

309401 A Tuesdays, May 5 to May 26
6:30 - 7:30 pm **AGE:** 16 and up **FEE:** \$100

LOCATION: Golf Quest, Brookfield

INSTRUCTOR: Golf Quest

WOMEN'S GOLF LESSONS

Come to Golf Quest to help improve driving, irons, and putting with a professional.



ACTIVITY:

309402 A Thursdays, May 7 to May 28
6:30 - 7:30 pm **AGE:** 16 and up **FEE:** \$100

LOCATION: Golf Quest, Brookfield

INSTRUCTOR: Golf Quest

ADULT NOVICE GOLF LESSONS

Come to Golf Quest to help improve your driving, irons, and putting with a professional. You will receive four lessons from Golf Quest golf pro, with each lesson concentrating on a different aspect of the game.

ACTIVITY:

309403 A Wednesdays, May 6 to May 27
6:30 - 7:30 pm **AGE:** 16 and up **FEE:** \$100

LOCATION: Golf Quest, Brookfield

INSTRUCTOR: Golf Quest

TEEN/ADULT PROGRAMS

BALLROOM DANCING

Instructor Nonnie Low has been dancing for over twenty years with numerous competitions to her credit. Take this opportunity to learn from an experienced dancer and steal the show at the next event. Learn the Fox Trot, The Waltz and more.....Cha Cha Cha.....



ACTIVITY:

304202 A Wednesdays, March 11 to April 1
7:00 - 8:00 pm AGE: 18 and up FEE: \$55
304202 B Wednesdays, April 8 to May 6
(No class April 15)
7:00 - 8:00 pm AGE: 18 and up FEE: \$55
304202 C Wednesdays, May 13 to June 3
6:00 - 7:00 pm AGE: 18 and up FEE: \$55

LOCATION: Newtown Middle School, Queen Street
INSTRUCTOR: Nonnie Low

BALLET

All levels welcome come and discover the ballet dancer in you! Liz Tevolini teaches this class. Liz is a certified yoga instructor and a dance teacher and performer. Liz attended the University of Massachusetts at Amherst on full scholarship, where she earned a BFA in Dance and BS in Nutrition. Liz can currently be seen performing with Bernier Dance: a CT based contemporary dance company.

ACTIVITY:

304403 A Wednesdays, May 6 to June 10
(No class April 15)
8:00 - 9:00 pm AGE: 13 and up FEE: \$90

LOCATION: Graceful Planet, 7 Berkshire Road
INSTRUCTOR: Graceful Planet

ZUMBA

Zumba is a fusion of Latin and International music - dance themes that create a dynamic exciting, effective fitness program! It combines high energy and motivating music with unique moves and rhythms to improve aerobic capacity, strength, flexibility, balance and coordination, while maximizing caloric output, fat burning and total body conditioning. Lynda Muir, a certified Zumba Instructor, teaches class. Lynda holds a Masters Degree in Exercise Science and Health Promotion from the University of California at Pennsylvania, is certified with AFAA as personal trainer, and holds a NASM-PES. Performance Enhancement specialist certification.

ACTIVITY:

304404 A Mondays, May 4 to June 15
9:30 - 10:30 am AGE: 13 and up FEE: \$90
304404 B Mondays, May 4 to June 15
(No class May 25)
7:30 - 8:30 pm AGE: 13 and up FEE: \$90
304404 C Wednesdays, May 6 to June 10
9:30 - 10:30 am AGE: 13 and up FEE: \$90
304404 D Thursdays, May 7 to June 11
7:00 - 8:00 pm AGE: 13 and up FEE: \$90

LOCATION: Graceful Planet, 7 Berkshire Road
INSTRUCTOR: Graceful Planet

YOGA & PILATES

This hour and a half class is the best of everything. We will work on our core strength, and lower body, we then incorporate the ball into our workout developing upper body strength and balance. we utilize bands, and weights in our conditioning and then stretch it all out with Kripalu yoga and relaxation. This class is taught by Kat Barton, who co-directs The Graceful Planet and is trained in Pilates and is a 500 hr. Professional Level Kripalu Yoga teacher.



ACTIVITY:

308203 A Saturdays, May 2 to June 6
(No class April 16)
8:30 - 10:00 am AGE: 13 and up FEE: \$90

LOCATION: Graceful Planet, 7 Berkshire Road
INSTRUCTOR: Graceful Planet

PILATES SCULPT & TONE

We will build our strength and tone our bodies using light weights as we focus on our core.

ACTIVITY:

308206 B Thursdays, March 5 to April 30
(No class April 16)
9:30 - 10:30 am AGE: 18 and up FEE: \$120

LOCATION: Graceful Planet, 7 Berkshire Road
INSTRUCTOR: Graceful Planet

HATHAYOGA

Hatha Yoga is basic yoga. Class incorporating the breath with movement. This class is appropriate for all levels and is a wonderful way to relax and unwind. This class is taught by Frank Thomas and Mary Hadley, alternating weekly.



ACTIVITY:

308212 B Wednesdays, March 4 to April 29
(No class April 15)
9:30 - 10:30 am AGE: 18 and up FEE: \$120
308212 C Wednesdays, May 6 to June 10
9:30 - 10:30 am AGE: 13 and up FEE: \$90

LOCATION: Graceful Planet, 7 Berkshire Road
INSTRUCTOR: Graceful Planet

NEW ZUMBA GOLD!

The Zumba Gold Fitness program is second to none. It is an innovative, fun and exciting program. It was designed for the active older adult, the true beginner, and/or people who are not used to exercising, or people who may be limited physically. The main difference between Zumba Gold and Zumba Basic is Zumba Gold is done at a lower intensity, not as fast, but it certainly is as fun. The same great Latin styles of music and dance are used.

ACTIVITY:

308401 B Wednesdays, March 4 to April 29
(No class April 15)
11:00 am - 12:00 pm AGE: 18 and up FEE: \$120

LOCATION: Graceful Planet, 7 Berkshire Road
INSTRUCTOR: Graceful Planet

TEEN/ADULT PROGRAMS

VINYASA YOGA

Vinyasa Yoga is a Yoga Flow class that keeps the body moving through the postures. It is both an invigorating practice and a relaxing one. This class is appropriate for all levels and is with our certified Yoga teacher, Kate Perchuck.



ACTIVITY:

308404 A Mondays, May 4 to June 15
(No class May 25)

9:30 - 10:30 am AGE: 13 and up FEE: \$90

308404 B Tuesdays, May 5 to June 9

6:30 - 7:30 pm AGE: 13 and up FEE: \$90

LOCATION: Graceful Planet, 7 Berkshire Road

INSTRUCTOR: Graceful Planet

MINDFUL PILATES

This mind body workout focuses on building core strength and flexibility. We will explore mindful practices in this class, enhancing the experience. Pilates is a great way to tone the entire body and build strength. We will use light weights, work our abs, and the entire body! Come discover your Inner Strength! Class is taught by Kat Barton.

ACTIVITY:

308405 A Tuesdays, May 5 to June 9

9:30 - 10:30 am AGE: 13 and up FEE: \$90

308405 B Thursdays, May 7 to June 11

9:30 - 10:30 am AGE: 13 and up FEE: \$90

LOCATION: Graceful Planet, 7 Berkshire Road

INSTRUCTOR: Graceful Planet

YOGA AND PILATES

This hour and a half class is the best of everything. We will work on our core strength and lower body, we then incorporate the ball into our workout developing upper body strength and balance, and we utilize bands and weights in our conditioning and then stretch it all out with Kripalu yoga and relaxation. This class is taught by Kat Barton, who co-directs The Graceful Planet and is trained in Pilates and is a 500hr. Professional Level Kripalu Yoga Teacher.



ACTIVITY:

308406 B Saturdays, March 7 to April 25

8:30 - 10:00 am AGE: 18 and up FEE: \$120

LOCATION: Graceful Planet, 7 Berkshire Road

INSTRUCTOR: Graceful Planet



YOGILATES

This class is a blend of Yoga & Pilates incorporating poses that focus on building core strength as well as Hatha Yoga. This class is taught by Liz Tevolini, a certified Yoga Teacher, Liz also has her BS in Dance and Nutrition.

ACTIVITY:

308407 A Wednesdays, March 4 to April 29

6:45 - 7:45 pm AGE: 13 and up FEE: \$135

308407 B Wednesdays, May 6 to June 10

6:45 - 7:45 pm AGE: 13 and up FEE: \$90

LOCATION: Graceful Planet, 7 Berkshire Road

INSTRUCTOR: Graceful Planet

KRIPALU YOGA & MEDITATION

This class will explore Yoga beyond Asana (yoga postures). We will learn Pranayama (breath work) and explore meditation., chanting and more. This class will explore Yoga as a practice in self transformation. Class is taught by Kat Barton.

ACTIVITY:

308408 A Fridays, March 6 to April 24

(No class April 17)

9:30 - 11:00 am AGE: 18 and up FEE: \$105

LOCATION: Graceful Planet, 7 Berkshire Road

INSTRUCTOR: Graceful Planet

YOGA FOR BACK & SHOULDERS

Yoga for Strengthening the Backs and Shoulders. Join Wendy Verga, P.T. for this dynamic six week series which will focus on Back and Shoulder strengthening. Journey with us as we explore basic anatomy, go over principles of alignment as well as learn yoga poses that will both strengthen and produce greater flexibility. Each class will end with guided relaxation which reduces stress and leads to better overall health. Come join us in this quest for healthier backs and shoulders!!

ACTIVITY:

308409 A Thursdays, March 5 to April 30

(No class April 16)

6:00 - 7:00 pm AGE: 13 and up FEE: \$120

LOCATION: Graceful Planet, 7 Berkshire Road

INSTRUCTOR: Graceful Planet

INTRO TO SALSA DANCING

In this 3-week beginner course students will be introduced to the basics of Salsa in a fun and supportive environment. Join instructor Deb Linley, former competitor in American and International Style dancing, as she shares her love of this Latin dance. Whether you are dancing for exercise or just the sheer enjoyment, come join us for the craze that is sweeping the nation.



ACTIVITY:

304201 A Mondays, April 27 to May 11

7:00 - 8:00 pm AGE: 18 and up FEE: \$55

LOCATION: Middle Gate School, Cold Spring Road

INSTRUCTOR: Deborah Linley

TEEN/ADULT PROGRAMS

INTRO TO FENG SHUI

Explore the universal wisdom of this ancient art as it relates to contemporary home and work spaces. This class is designed to help you learn the fundamental concepts of Feng Shui as well as how to apply age-old principles to modern day living. Find out how Feng Shui can enhance all areas of your life including relationships, health, career, and finances. We will take time out during class to apply what we've learned to our own living spaces.

ACTIVITY:

304203 A Thursday, April 30
6:30 - 8:30 pm AGE: 18 and up FEE: \$40

LOCATION: Newtown Middle School, Queen Street

INSTRUCTOR: Deborah Linley

BABY STROLLER BOOT CAMP

Led by Cody Foss and his 8-month-old son Christian. Equipment will be provided. All that you will need is a jogger stroller, water and your baby. This class is designed to accelerate your weight loss with cardio interval training and resistance training. What better way to get back to health than to include your baby?



ACTIVITY:

308101 A Mondays, March 30 to June 8
(No class April 13 & May 25)
11:00 am - 12:00 pm AGE: 18 and up FEE: \$125

LOCATION: Fairfield Hills, Wasserman Way

INSTRUCTOR: Cody Foss

EXTREME BOOT CAMP

Unlike any workout you have experienced. This intense class is designed to burn more calories and build muscles faster than your typical workout. Come join Cody Foss and members of The Fitness Loft for their signature workout.

ACTIVITY:

308200 A Wednesdays, April 1 to May 6
(No class April 15)
5:30 - 6:30 pm AGE: 18 and up FEE: \$75

LOCATION: Newtown High School, Route 34

INSTRUCTOR: Cody Foss

AM BOOT CAMP

The fitness loft is expanding its highly popular night boot camp to the AM as well. Come learn what happens to your body when you constantly expose it to different exercises. Get outside and have some fun while enjoying a challenging workout.

ACTIVITY:

308201 A Tuesdays, March 31 to June 9
(No class April 14)
9:30 - 10:30 am AGE: 18 and up FEE: \$125

LOCATION: Treadwell Memorial Town Park, Philo Curtis Road

INSTRUCTOR: Cody Foss

PILATES FUSION

Pilates improves your mental and physical well being, increases flexibility, and strengthens core muscles. This class uses controlled movements in the form of mat exercises to strengthen and tone muscles, improve posture and balance, and create a more streamlined shape. Our main focus will be your core muscles, but we will also do some upper and lower body toning exercises. All levels of fitness are welcome.



ACTIVITY: FEE: \$115 AGE: 18 and up
308202 A Mondays, March 30 to June 15 10:30 - 11:30 am
(No class April 13, May 25)
308202 B Mondays March 30 to June 15th 7:00 -8:00 pm

LOCATION: The Fitness Loft, 3 Simm Lane

INSTRUCTOR: Fitness Loft Staff

BODY PUMP

This exclusive class is only offered at The Fitness Loft. This popular strength training class will provide an intense workout that is unlike any class taught in Newtown. Participants will use a step, body bar, and various weights to burn up to 600 calories a class. This class pairs weight training with up beat music to work every part of your body.

ACTIVITY:

308205 A Fridays, March 27 to June 12
(No class April 17)
5:30 - 6:30 pm AGE: 17 and up FEE: \$125

LOCATION: The Fitness Loft, 3 Simm Lane

INSTRUCTOR: Fitness Loft Staff

VINYASA FLOW YOGA SUNDAYS

This yoga is rooted in the principles of alignment and the integration of breath and movement and realized through the grace and flow of yogic thought and choreography. Combining graceful, energetic movement with breath work and precision, mental energy and clarity, increased strength and flexibility, and restored balance.

ACTIVITY:

308207 A Sundays, March 29 to June 6
10:30 - 11:45 am AGE: 18 and up FEE: \$125

LOCATION: The Fitness Loft, 3 Simm Lane

INSTRUCTOR: Fitness Loft Staff

TRAIL RUN

Come run and train with the Fitness Loft using the beautiful backdrop of Treadwell Park. This class will consist primarily of running but will include strength exercises and a complete dynamic and static stretch program.

ACTIVITY:

308208 A Thursdays, April 2 to June 11
(No class April 16)
9:30 - 10:30 am AGE: 18 and up FEE: \$125

LOCATION: Treadwell Memorial Town Park, Philo Curtis Road

INSTRUCTOR: Fitness Loft Staff

COMPUTER PROGRAMS

WORD LEVEL 1

Learn the basics skills needed to use this program. Copy, cut, paste, save, insert tables and more will be covered.

ACTIVITY:

315101 A Mondays, April 20 to April 27
6:30 - 8:00 pm AGE: 18 and up FEE: \$75

LOCATION: Computer Program/Jess Inc., 475 Federal Road
INSTRUCTOR: Steven Werndorfer

WORD LEVEL 2

Learn how to prepare more complex documents. We will create a newsletter and in the process learn how to create headers and footers. Import graphics and pre-created text, create and format tables and more. A working knowledge of MS word is required. A course manual and disk are included. This class is scheduled for three classes, if all material/explanations are covered within 2 days, the third class may not be needed.

ACTIVITY:

315102 A Mondays, May 4 to May 18
6:30 - 8:00 pm AGE: 18 and up FEE: \$140

LOCATION: Computer Program/Jess Inc., 475 Federal Road
INSTRUCTOR: Steven Werndorfer

EXCEL LEVEL 1

Learn to do spreadsheets, charts and more. Class will teach use of formula's charting, fill commands, nomenclature and more.

ACTIVITY:

315103 A Tuesdays, April 21 to April 28
6:30 - 8:00 pm AGE: 18 and up FEE: \$75

LOCATION: Computer Program/Jess Inc., 475 Federal Road
INSTRUCTOR: Steven Werndorfer

EXCEL LEVEL 2

Working with records, and ranges. Sorting, outlining and filtering lists. Importing and exporting data. Using data analysis tools. Protecting and sharing workbooks and managing workbooks with comments. Manual and disks included. If the class finishes in two days the third will not be needed.

ACTIVITY:

315108 A Tuesdays, May 5 to May 19
6:30 - 8:00 pm AGE: 18.99 and up FEE: \$140

LOCATION: Computer Program/Jess Inc., 475 Federal Road
INSTRUCTOR: Steven Werndorfer

EXCEL LEVEL 3

Working with records and ranges. Sorting, outlining and filtering lists. Importing and exporting data. Using data analysis tools. Protecting and sharing workbooks and managing workbooks with comments. Manual and disks included.

ACTIVITY:

315107 A Tuesdays, May 26 to June 9
6:30 - 8:00 pm AGE: 18.99 and up FEE: \$140

LOCATION: Computer Program/Jess Inc., 475 Federal Road
INSTRUCTOR: Steven Werndorfer

ACCESS LEVEL 1

This course will center on learning the basic features of Access. Manual and disk included. If all materials are finished within 2 days, the third class might not be necessary.

ACTIVITY:

315104 A Thursdays, April 23 to May 7
6:30 - 8:00 pm AGE: 18 and up FEE: \$140

LOCATION: Computer Program/Jess Inc., 475 Federal Road
INSTRUCTOR: Steven Werndorfer

ACCESS LEVEL 2

For those of who want to learn to create more complicated databases, the following topics will be covered: modifying tables in design view, using multiple data types and more. Manual and disc included. If the class material/explanations are covered within 2 days the third class may not be needed.

ACTIVITY:

315105 A Thursdays, May 14 to May 28
6:30 - 8:00 pm AGE: 18 and up FEE: \$140

LOCATION: Computer Program/Jess Inc., 475 Federal Road
INSTRUCTOR: Steven Werndorfer

BASIC COMPUTING

This course is designed for individuals with no computer skills who wish to learn the basics of windows operating system and the use of a word processor, spreadsheet and database. MS works will be used in the course to teach word processing, spreadsheets and database use. If all materials /explanations are covered the need for the full class dates will not be necessary.

ACTIVITY:

315109 A Wednesdays, May 13 to June 17
(No class April 19, April 26, May 3)
6:30 - 8:00 pm AGE: 18.99 and up FEE: \$190

LOCATION: Computer Program/Jess Inc., 475 Federal Road
INSTRUCTOR: Steven Werndorfer

POWER POINT 1

The objective of this course is to teach you how to create a professionally designed presentation. You will lean a variety of skills. Manual and disk included. The class may finish in two days if all the material / explanations are covered; the need for the third day won't be necessary.

ACTIVITY:

315110 A Wednesdays, April 22 to May 6
6:30 - 8:00 pm AGE: 18 and up FEE: \$140

LOCATION: Computer Program/Jess Inc., 475 Federal Road
INSTRUCTOR: Steven Werndorfer

