

Program Sub Committee Minutes
Monday, October 15th 2018
6:30 pm (Town Hall South)

In attendance: Judy Blanchard, Eileen Byrne, Jeff Tousignant, Patty Powers and Kinga Walsh

Not in attendance: Jason Jaronko, Anna Wiedemann and Brian Hartgraves

Mr. Ariniello started the meeting by presenting a template of a pool schedule in regards to operating hours. Mr. Ariniello did research regarding most active times for lap swimmers and family open swim. Mr. Ariniello also discussed the water aerobics programming and discussed the research he had done at other facilities.

The next topic of discussion was member value added programs. Mr. Ariniello suggested we start looking at the health and wellness section first. Newtown Youth Academy and Senior Center schedules were presented by Mr. Ariniello to make sure there is no duplication and to expand Senior Center offering to active older adults during an extended time period.

Offerings for member inclusion included: Yoga, Dance Fusion, Meditation, Tai chi, balance and strength programs and Pilates. The topics of pop up classes were discussed so that members could try different types of programming. Pop up classes could include specialized programs (ex. Line dancing, square dancing, east coast swing etc. or other types of wellness programs).

Specialized health and wellness programs include- Diabetes prevention (could do coinciding with cooking classes), nutritional counseling, Parkinson's and Multiple Sclerosis.

Mr. Ariniello also went into detail about what classifies as a program and what defines a special event.

The committee began to discuss the four topics that are included in our mission statement and integrate them into programming (Social Interaction, Health and Wellness, Personal Growth and Creative Opportunities). The committee began to discuss those topics and Mr. Ariniello said he will begin to draw a map that encompasses these categories and will fill it in based off our discussions and to be expanded at the next meeting.

Mr. Ariniello will reach out to the Cultural Arts Commission to invite a representative or two to our next meeting to discuss the topic of creative opportunities and future programs. Mr. Ariniello will be meeting with Elissa Gellas from Continuing Education as well.

Matt will put together a sample Health and Wellness member value added program package for the group to look at the next meeting TBD.

Meeting adjourned at 8:27 pm.