



SUMMER 2018

CHESHIRE PARKS & RECREATION

INCLUDING COMMUNITY POOL & THERAPEUTIC REC.

Harmon Leonard, Jr. Youth Center



Office Hours: 8:30AM-4:00PM Mon-Fri

559 South Main Street
Cheshire, CT 06410

<http://www.cheshirect.org/parkrec>

Phone 203.272.2743 Fax 203.272.5858

General Email Inquiries: recreation@cheshirect.org

Information Hotline 203.250.2470

Cheshire Community Pool



520 S. Main St.
Cheshire, CT 06410

www.cheshirect.org/pool

Phone 203.271.3208 Fax 203.271.3481

MEET THE STAFF

Director

Joshua Medeiros, Ed.D., CPRP

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◆ jmedeiros@cheshirect.org

Assistant to the Director

Stephanie Dunn

(203) 272-2743

◆ sdunn@cheshirect.org

Secretary

Kathy Forenza

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Program Supervisor

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◆ emayne@cheshirect.org

Therapeutic Coordinator

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◆ sadams@cheshirect.org

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◆ trkozlowski@cheshirect.org

Pool Coordinator

Jackie Swift

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◆ jswift@cheshirect.org

Head Lifeguard

Ethan Deal

(203) 271-3208

◆ edeal@cheshirect.org

Facility Technician

Brian Blair

(203) 271-3208

◆ bblair@cheshirect.org

DIVE-IN MOVIES

SATURDAY, JULY 21

JAWS

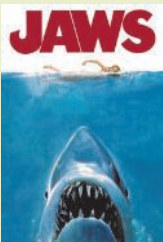
SATURDAY, AUGUST 18

MOANA

Pre-registration is required!

\$3/person

Free to Pool Members



FRIDAY NIGHT CONCERTS AT BARTLEM PARK

SHOWS BEGIN AT 7:00PM

July 20th - SOUL SOUND REVUE

Motown 60s, 70s & 80s

July 27th - SUGAR

High Energy Party Band

August 3rd - LAST LICKS

Classic Rock

August 10th - PARROT BEACH

Jimmy Buffet Tribute



IMPORTANT INFORMATION

Office Hours

Monday - Friday, 8:30AM - 4:00PM

Location

Harmon Leonard, Jr. Youth Center
559 South Main Street, Cheshire, CT 06410

Contact Us

Phone 203.272.2743 Fax 203.272.5858

Hotline 203.250.2470 www.cheshirect.org/parkrec

recreation@cheshirect.org

www.facebook.com/CheshireParksandRec

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REGISTRATION PROCESS and PAYMENT POLICY

- Don't wait until the last minute to register! If there are not enough registrations by one week prior to start date the program may be cancelled. If a program must be cancelled, registrants will be notified by email or telephone approximately 2 days before a program start date. Participants will receive a full refund for classes we cancel.
- Complete appropriate registration form or register online. Online registration is now available for Sport Camps!
- Registration is now open for everything except Pool Programs. Summer Pool Registration for residents begins May 29.
- **MAIL-IN:** Parks & Rec. and Therapeutic registrations: mail form and payment to 559 S. Main St., Cheshire, CT 06410
- **IN-PERSON:** Parks & Rec. hours are Monday-Friday from 8:30AM to 4:00PM.
- **ONLINE:** Visit our website www.cheshirect.org/parkrec and click the link on the left for Online Registration.
- We now send confirmations via email only. If you do not get your email receipt, then please call our office to verify that we have the correct email address on file.
- Registration forms must be accompanied with full payment in order to be processed.
- The Parks and Rec. Dept. and Community Pool accept cash, checks, Master Card, Visa, American Express and Discover.
- **NON-RESIDENTS:** Registration for nonresidents will be accepted with an additional \$10 fee. Residents are defined as those persons domiciled on a permanent basis in the Town of Cheshire and individual property owners of real property (non-motor vehicle). Some programs are subject to additional restrictions.

REFUND POLICY

- Full refunds will be given only if a recreation program is cancelled due to lack of registration.
- Refund for recreation programs minus a \$15 administration fee will be given if notification is received two weeks prior to the start of the program and your vacancy is filled. All refund requests must be in writing.
- Once a program begins no refunds will be given.
- Any exceptions from the above policy will only be considered after the Director reviews your written request.
- Children removed from a program or camp for discipline problems will not receive a refund.

TRANSFER POLICY

Transfers must be in writing with a transfer form two weeks in advance. The transfer fee is \$15 for one person and \$5 for each additional family member. A transfer form may be obtained from the Parks and Recreation office or website.

PARKS & REC. CAMP POLICIES

- Parents must read the Camp policies before registering a child. These policies are on online and in the Parks & Rec. office.
- The deadline to register is the Thursday prior to the start of a session. Registrations received after this deadline will be assessed a \$15 Rush Processing Fee. Please note these deadlines when planning your registration to avoid additional fees.
- Camp is exempt from licensing by the Office of Early Childhood because they are administered by a municipal department.

POOL POLICIES

- For Pool Policies see page 15.

INCLEMENT WEATHER NOTICE

For cancellation information please check www.cheshirect.org/parkrec. We also post on Facebook ([facebook.com/CheshireParksandRec](https://www.facebook.com/CheshireParksandRec)) and Twitter ([@CheshireParkRec](https://twitter.com/CheshireParkRec)).

SPECIAL ACCOMODATIONS

Programs and activities are for individuals of all ability levels and we are committed to meeting the needs of the entire population. Accommodations may be arranged for individuals with special needs. To request program modifications or accommodations, contact Josh Medeiros, Director, at jmedeiros@cheshirect.org to discuss your specific needs.

Every effort has been made to prepare this brochure as accurately as possible. Nonetheless, errors may make it to print. Circumstances may require that adjustments be made to program fees, schedules, etc. We reserve the right to make such changes. Cheshire Parks & Recreation apologizes for any inconveniences these errors or adjustments may cause.

RECREATION PROGRAM REGISTRATION FORM

Please print clearly and mail completed form to: **559 South Main Street, Cheshire, CT 06410**

Participant Info: First Name: _____ Last Name: _____

Gender: _____ Birth date: _____ Grade-*Fall 2017*: _____ School-*Fall 2017*: _____

P-Rex/Campers Only: Authorized pick-up person(s) other than parent/guardian _____

PARTICIPANT HEALTH INFORMATION: *All information will be kept confidential. Check all that apply and elaborate below.*

- | | | | |
|--|---|---|---|
| <input type="checkbox"/> Allergy/Anaphylaxis | <input type="checkbox"/> Has Epi-Pen | <input type="checkbox"/> Congenital Heart Disease | <input type="checkbox"/> Receives Special Education Services |
| <input type="checkbox"/> ADD/ADHD | <input type="checkbox"/> Uses Inhaler | <input type="checkbox"/> Cystic Fibrosis | <input type="checkbox"/> Seizure Disorder |
| <input type="checkbox"/> Asthma | <input type="checkbox"/> Auditory or Visual Processing Difficulty | <input type="checkbox"/> Diabetes | <input type="checkbox"/> Vision, Hearing or Speech Problem |
| <input type="checkbox"/> Autism | <input type="checkbox"/> Intellectual Disability | <input type="checkbox"/> Learning Disability | <input type="checkbox"/> Will/May need Medication (prescription or over the counter) during the program |
| <input type="checkbox"/> Behavioral Issues | <input type="checkbox"/> Physical Dysfunction/Mobility Difficulty | | |

If any item was checked please elaborate: _____

For us to better accommodate participant's needs, please list any medical, physical, psychological or emotional issues not mentioned above: _____

ADULT PARTICIPANT OR Mother/Guardian 1

Father/Guardian 2 Info

Name: _____	Name: _____
Address: _____	Address: _____
Town & Zip: _____	Town & Zip: _____
Home Phone: _____	Home Phone: _____
Work Phone: _____	Work Phone: _____
Cell Phone: _____	Cell Phone: _____

Family E-mail: _____

Emergency Contact (Other than Parent/Guardian): _____ Phone: _____

<u>Activity Code</u>	<u>Name of Program</u>	<u>Fee (Non-Residents add \$10)</u>

Complete section below for all applicable programs:

Dog Obedience: Dog's Name _____ Dog's Age _____ Dog's Breed _____

Basketball (Gr. K-4 only): Please place on team with _____

Basketball: Volunteer Coach's Name: _____ Volunteer Activity Code: _____

T-Shirt Size: Yth. Small Yth. Medium Yth. Large Adult Small Adult Medium Adult Large Adult X-Large Adult XX-Large

WAIVER: Participant acknowledges that he/she or the parent or guardian 1) has read and understands the information given, 2) certifies that he/she is in good physical condition and is fit to participate in this activity 3) understands that the Aquatic/Recreational Activities have categories of inherent risk and that accidents can occur, and 4) that he/she must always be alert for dangers to themselves and to other participants. Participants may be photographed or videotaped by Parks and Rec. staff for future promotional use. For Camp & P-Rex Days, my child has permission to ride the bus to attend offsite trips and be transported to an indoors in case of inclement weather. My child may receive first and/or be treated by the Camp Nurse when necessary. Participant must sign below. If participant is under 18 years of age, a parent/guardian signature is required.

Signature _____
Date

PAYMENT

Cash Check payable to: Cheshire Parks & Recreation

Card Number: _____ Exp. Date _____ Amt. Paid: _____

Signature

Date

TRADITIONAL DAY CAMPS

Camp Suntime Funtime

Max: 20

Campers must be at least 4 years old by August 31 to participate in Suntime Funtime. The program is for 4 year olds thru those entering grade one in the Fall. This half day or full day camp is the perfect way for young children to get an introduction to the camp experience, make friends and develop or enhance socialization skills. Our caring staff will offer opportunities for free play and self-expression and organize story time, arts & crafts, games, sports and water activities. Weekly themes and special guests will make each day an adventure! In case of rain, this camp may be moved indoors to the Youth Center. In case of questionable weather please check our Facebook posts, Twitter feed, website or call 203-250-2470. Information will be posted by 6:45am if a change in location is required.

Director: Sara DiBenedictis

Ages: 4 yrs - Gr 1 (Fall 2018)

Location: Cheshire Park Pavilion

<u>Theme</u>	<u>Guest</u>	<u>Time</u>	<u>Dates</u>	<u>Fee</u>	<u>Code</u>	<u>No Class</u>
Survivor	Face Painter	8:30-11:30a	6/25-6/29	\$95	41700 A	
Survivor	Face Painter	8:30a-3:30p	6/25-6/29	\$165	41700 AF	
Space	Face Painter	8:30-11:30a	7/2-7/6	\$75	41700 B	No Camp 7/4
Space	Face Painter	8:30a-3:30p	7/2-7/6	\$130	41700 BF	No Camp 7/4
Super Hero	Face Painter	8:30-11:30a	7/9-7/13	\$95	41700 C	
Super Hero	Face Painter	8:30a-3:30p	7/9-7/13	\$130	41700 CF	
Safari	Animals	8:30-11:30a	7/16-7/20	\$95	41700 D	
Safari	Animals	8:30a-3:30p	7/16-7/20	\$165	41700 DF	
Sports	Face Painter	8:30-11:30a	7/23-7/27	\$95	41700 E	
Sports	Face Painter	8:30a-3:30p	7/23-7/27	\$165	41700 EF	
Sea/Ocean	Music Show	8:30-11:30a	7/30-8/3	\$95	41700 F	
Sea/Ocean	Music Show	8:30a-3:30p	7/30-8/3	\$165	41700 FF	
Olympics	Face Painter	8:30-11:30a	8/6-8/10	\$95	41700 G	
Olympics	Face Painter	8:30a-3:30p	8/6-8/10	\$165	41700 GF	

Camp Sizzler

Max: 50

Sizzler is our all-day collaborative program with the Board of Education, offering the best of both worlds: academic enrichment conducted by Summer School staff and planned recreational activities conducted by Parks and Recreation Department camp staff. *New for 2018* If you are looking for an afternoon only camp, Sizzler is the place for you! Sizzler is now open to all; attending Summer School is not a prerequisite! Recreational activities will consist of a variety of games, sports, sprinkler/water activities and arts & crafts. Weather permitting on Thursdays children will be bused to the Community Pool and return to Highland School in time for regular 4:00PM pickup. On trip days, no staff will remain at the school. If your child is not going to the pool you must pick up your child in the school cafeteria by 12:05PM. In case of inclement weather on scheduled Pool days the children will remain at the school. Before swimming, camp lifeguards will conduct a swim test to determine the swimming ability of each child.

Director: Marissa Ferraro

Location: Highland School (pick up & drop off in cafeteria)

Head Counselors: Nicholas Druckrey & Peyton Tiriolo

Ages: Gr K-8 (Fall 2018)

<u>Theme</u>	<u>Day</u>	<u>Time</u>	<u>Dates</u>	<u>Fee</u>	<u>Code</u>
Super Hero	Mon-Fri	12:00-4:00p	7/9-7/13	\$100	42700 C
Safari	Mon-Fri	12:00-4:00p	7/16-7/20	\$100	42700 D
Sports	Mon-Fri	12:00-4:00p	7/23-7/27	\$100	42700 E
Sea/Ocean	Mon-Fri	12:00-4:00p	7/30-8/3	\$100	42700 F

Sizzler Before Care

Max: 20

Before Care is offered as an extension of the day for parents requiring an early drop-off for Summer School. Children participate in supervised free play, arts & crafts and simple organized games while waiting for Summer School to start. Those registering for both Before Care and After Care will receive a discount. Any child enrolled in Summer School may enroll in Sizzler Before Care.

Director: Marissa Ferraro

Location: Highland Cafeteria

<u>Day</u>	<u>Time</u>	<u>Dates</u>	<u>Fee</u>	<u>Code</u>
Mon-Fri	7:00-9:00a	7/9-7/13	\$40	42706 C
Mon-Fri	7:00-9:00a	7/16-7/20	\$40	42706 D
Mon-Fri	7:00-9:00a	7/23-7/27	\$40	42706 E
Mon-Fri	7:00-9:00a	7/30-8/3	\$40	42706 F

Sizzler After Care

Max: 20

After Care is offered as an extension of the "camp" day as a convenience to parents requiring a late pick-up. Children participate in supervised free play, arts & crafts and simple organized games while waiting for a parent/guardian to pick them up at the end of the day. Participants must also be enrolled in the corresponding "camp" to enroll. Those registering for both Before Care & After Care will receive a discount.

Director: Marissa Ferraro

Location: Highland Cafeteria

<u>Day</u>	<u>Time</u>	<u>Dates</u>	<u>Fee</u>	<u>Code</u>
Mon-Fri	4:00-6:00p	7/9-7/13	\$50	42707 C
Mon-Fri	4:00-6:00p	7/16-7/20	\$50	42707 D
Mon-Fri	4:00-6:00p	7/23-7/27	\$50	42707 E
Mon-Fri	4:00-6:00p	7/30-8/3	\$50	42707 F

TRADITIONAL DAY CAMPS

Camp Quinnetukit Max: 45

Campers must be entering grades one thru four in the fall. Children will have a blast this summer at Camp Quinnetukit! Engaging staff will closely supervise and join campers in organized games, sports, arts & crafts, swimming, sprinklers, boating and other age appropriate activities for the campers. All campers will be required to complete a swim test conducted at camp by the lifeguards before entering the pond. Non-swimmers will be required to stay where they can touch with secure footing during swim times and will be able to boat with camp staff. Weekly themes, special activities, trips and special guests will be scheduled each week to add variety and keep campers interested and entertained throughout the summer!

Directors: Amanda Cianciola & Kiely Giusti

Location: Mixville Large Pavilion

Head Counselor: Heath Post

Ages: Gr 1-4 (Fall 2018)

<u>Theme</u>	<u>Trip</u>	<u>Time</u>	<u>Dates</u>	<u>Fee</u>	<u>Code</u>
Survivor	Laser Planet	9:00a-3:30p	6/25-6/29	\$175	41712 A
Space	Science Center	9:00a-3:30p	7/2-7/6	\$140	41712 B
Super Hero	Highland Bowl	9:00a-3:30p	7/9-7/13	\$175	41712 C
Safari	Beardsley Zoo	9:00a-3:30p	7/16-7/20	\$175	41712 D
Sports	Laser Planet	9:00a-3:30p	7/23-7/27	\$175	41712 E
Sea/Ocean	RollerMagic	9:00a-3:30p	7/30-8/3	\$175	41712 F
Olympics	SkyZone	9:00a-3:30p	8/6-8/10	\$175	41712 G

No Camp 7/4

Camp Sassacus Max: 30

Campers must be entering grades 5 and 6 in the fall. The Mixville Tradition continues! Campers go on one trip each week. Besides the trips campers will have plenty of fun playing games, completing arts & craft projects, swimming, boating and participating in sports. All campers will be required to complete a swim test before participating in water activities. Weekly themes, special activities, and trips will be scheduled each week to add variety and keep campers interested and entertained throughout the summer! Trips will be on Tuesdays this year; campers are transported by bus and return to Mixville in time for regular 3:30PM pickup.

Directors: Amanda Cianciola & Kiely Giusti

Location: Mixville Large Pavilion

Head Counselor: Kyle Simonetta

Ages: Gr 5-6 (Fall 2018)

<u>Theme</u>	<u>Trip</u>	<u>Time</u>	<u>Dates</u>	<u>Fee</u>	<u>Code</u>
Survivor	Laser Planet	9:00a-3:30p	6/25-6/29	\$185	41710 A
Space	Science Center	9:00a-3:30p	7/2-7/6	\$150	41710 B
Super Hero	Rocky Neck	9:00a-3:30p	7/9-7/13	\$185	41710 C
Safari	Beardsley Zoo	9:00a-3:30p	7/16-7/20	\$185	41710 D
Sports	Laser Planet	9:00a-3:30p	7/23-7/27	\$185	41710 E
Sea/Ocean	Rocky Neck	9:00a-3:30p	7/30-8/3	\$185	41710 F
Olympics	SkyZone	9:00a-3:30p	8/6-8/10	\$185	41710 G

No Camp 7/4

Camp Sachem Max: 30

Campers must be entering grades 7 thru 9 in the fall. If your teen or tween thinks he or she has outgrown camp, we'll fix that! Our energetic staff will lead traditional camp activities and give campers choices between activities including sports, strategy games, arts & crafts, boating and swimming. Campers go on a trip each week. On trips campers will have check-in times with counselors, but are on their own during parts of the trips. All campers will be required to complete a swim test before participating in water activities. Weekly themes will be scheduled each week to add variety and keep campers interested and entertained throughout the summer! Each Friday campers are invited to participate in a cookout lunch. Campers provide their own hot dog or hamburger and bun and staff grills the food at lunch time. Trips are on Thursdays, weather permitting, and may be postponed or cancelled due to inclement weather. For all trips campers are transported by bus and return to Mixville for pickup between 5:00PM and 6:00PM.

Directors: Amanda Cianciola & Kiely Giusti

Location: Mixville Small Pavilion

Head Counselor: Sam Donahue

Ages: Gr 7-9 (Fall 2018)

<u>Theme</u>	<u>Trip</u>	<u>Time</u>	<u>Dates</u>	<u>Fee</u>	<u>Code</u>
Survivor	Brownstone	9:00a-3:30p	6/25-6/29	\$200	41715 A
Space	Lake Compounce	9:00a-3:30p	7/2-7/6	\$165	41715 B
Super Hero	Six Flags	9:00a-3:30p	7/9-7/13	\$200	41715 C
Safari	Brownstone	9:00a-3:30p	7/16-7/20	\$200	41715 D
Sports	Lake Compounce	9:00a-3:30p	7/23-7/27	\$200	41715 E
Sea/Ocean	Six Flags	9:00a-3:30p	7/30-8/3	\$200	41715 F
Olympics	Brownstone	9:00a-3:30p	8/6-8/10	\$200	41715 G

No Camp 7/4

Mixville Before & After Care: Quinnetukit, Sassacus & Sachem Max: 20

Before Care

After Care

<u>Time</u>	<u>Dates</u>	<u>Fee</u>	<u>Code</u>	<u>Time</u>	<u>Dates</u>	<u>Fee</u>	<u>Code</u>
7:00-9:00a	6/25-6/29	\$40	41717 A	3:30-6:00p	6/25-6/29	\$50	41727 A
7:00-9:00a	7/2-7/6	\$32	41717 B	3:30-6:00p	7/2-7/6	\$40	41727 B
7:00-9:00a	7/9-7/13	\$40	41717 C	3:30-6:00p	7/9-7/13	\$50	41727 C
7:00-9:00a	7/16-7/20	\$40	41717 D	3:30-6:00p	7/16-7/20	\$50	41727 D
7:00-9:00a	7/23-7/27	\$40	41717 E	3:30-6:00p	7/23-7/27	\$50	41727 E
7:00-9:00a	7/30-8/3	\$40	41717 F	3:30-6:00p	7/30-8/3	\$50	41727 F
7:00-9:00a	8/6-8/10	\$40	41717 G	3:30-6:00p	8/6-8/10	\$50	41727 G

YOUTH PROGRAMS & SPECIALTY CAMPS

Martial Arts: Tiny Tigers Min: 2 / Max: 10

NEW! Physical Skills: Learn the basic blocks, kicks and punches to use for self-defense only. Increase physical fitness, coordination and flexibility through our carefully designed drills for skill. Learn the fundamentals to be prepared for Black Belt Training! Mental Skills: Learn the characteristics of being a Black Belt! Apply to not only their Martial Arts, but home and school as well. Learn to set goals and overcome obstacles! Remember: Goals We Set are Goals We Get! Class fee includes student uniform. It is not mandatory to attend all 12 classes. Participants are welcome to attend as many or as few dates as their personal schedules allow. Please note that the program fee will remain the same regardless of the number of classes attended.

Director: Rick Griffin

Location: Leadership Martial Arts

<u>Age</u>	<u>Days & Time</u>	<u>Dates</u>	<u>Fee</u>	<u>Code</u>
3-4 yrs	Mon 4:00-4:30p & Sat 9:45-10:15a	7/9-8/18	\$75	42325 A

Martial Arts: Little Dragons Min: 2 / Max: 10

NEW! Physical Skills: Learn the basic blocks, kicks and punches to use for self-defense only. Increase physical fitness, coordination and flexibility through our carefully designed drills for skill. Learn the fundamentals to be prepared for Black Belt Training! Mental Skills: Learn the characteristics of being a Black Belt! Apply to not only their Martial Arts, but home and school as well. Learn to set goals and overcome obstacles! Remember: Goals We Set are Goals We Get! Class fee includes student uniform. It is not mandatory to attend all 12 classes. Participants are welcome to attend as many or as few dates as their personal schedules allow. Please note that the program fee will remain the same regardless of the number of classes attended.

Director: Rick Griffin

Location: Leadership Martial Arts

<u>Age</u>	<u>Days</u>	<u>Time</u>	<u>Dates</u>	<u>Fee</u>	<u>Code</u>
5-6 yr	Mon & Wed	4:30-5:00p	7/9-8/15	\$75	42326 A

Martial Arts: Karate Kids Min: 2 / Max: 10

NEW! Physical Skills: Learn the basic blocks, kicks and punches to use for self defense only. Increase physical fitness, coordination and flexibility through our carefully designed drills for skill. Learn the fundamentals to be prepared for Black Belt Training! Mental Skills: Learn the characteristics of being a Black Belt! Apply to not only their Martial Arts, but home and school as well. Learn to set goals and overcome obstacles! Remember: Goals We Set are Goals We Get! Class fee includes student uniform. It is not mandatory to attend all 12 classes. Participants are welcome to attend as many or as few dates as their personal schedules allow. Please note that the program fee will remain the same regardless of the number of classes attended.

Director: Rick Griffin

Location: Leadership Martial Arts

<u>Age</u>	<u>Day</u>	<u>Time</u>	<u>Dates</u>	<u>Fee</u>	<u>Code</u>
7-12 yr	Mon & Wed	5:15-5:45p	7/9-8/15	\$75	42327 A

HobbyQuest: Aviation Min: 12 / Max: 40

NEW! STEM - Science, Technology, Engineering and Math. Children learn step-by-step how to build their own airplanes that actually fly, and then go and fly them together with the class! Along the way they learn the history and science of aviation, as well as the parts of the plane, skills like measuring angles, sanding and gluing. They take home every plane they build, and have the satisfaction of knowing they crafted it with their own hands. Register for both Aviation and Magic and save \$25 off the total cost!

Director: Hobby Quest

Location: Youth Center Tabor Room

<u>Age</u>	<u>Day</u>	<u>Time</u>	<u>Dates</u>	<u>Fee</u>	<u>Code</u>
5-11 yrs	Mon-Fri	9:00a-12:00p	8/20-8/24	\$195	42750 A

HobbyQuest: Magic Min: 12 / Max: 40

NEW! If illusions and mysterious feats are your favorite way to impress people, join us in Abracadabra Quest and learn how to become a real magician today! In this magical Quest, we will teach you everything you need to know to become a real performing magician! You'll learn all of the secrets that have been guarded for centuries by magicians! Reading your audience's minds will be a piece of cake after you learn our "Mind Reading Paper" and "Dice Prediction" tricks! Next you'll discover the "Magic Blank Deck", where you will dazzle your friends and family by turning a blank deck into an actual deck of playing cards right in front of their eyes! Some tricks will amaze even the most seasoned magicians, like when you turn one die into a bunch of smaller die with the "Color Exploding Dice" trick! If that wasn't enough, we'll make sure your parents get a chance to see exactly how fascinating your performance is by inviting them in for a real magic show at the end of the semester! Register for both Aviation and Magic and save \$25 off the total cost!

Director: Hobby Quest

Location: Youth Center Tabor Room

<u>Age</u>	<u>Day</u>	<u>Time</u>	<u>Dates</u>	<u>Fee</u>	<u>Code</u>
5-11 yrs	Mon-Fri	12:30-3:30p	8/20-8/24	\$195	42751 A

TEEN & PRE-TEEN PROGRAMS

Red Cross Babysitting Min: 6 / Max: 10

This American Red Cross course provides individuals with the information and skills necessary to provide safe and responsible care for children in the absence of parents. Everyone should bring a pen and a snack to class each session. Participants will each receive a handbook, CD-ROM and pocket reference to keep. Participants must be at least 11 1/2 years old on the first day of class to enroll!

Instructor: Marie Solimine

Location: Youth Center Tabor Room

<u>Age</u>	<u>Day</u>	<u>Time</u>	<u>Dates</u>	<u>Fee</u>	<u>Code</u>
11.5-15	Mon-Wed	9:00-11:30a	7/30-8/1	\$80	43200 A

College Essay Writing Min: 3 / Max: 5

NEW! Instructor, Dawn DeMeo, will conduct a series of three-day workshops in which students will: gain insight to the college application process and how to successfully round out their applications; learn what colleges are looking for in a successful essay; learn how to avoid topics that are overused; learn how to find a perfect topic for their essay; find a way to tell their own unique story; get feedback on two complete drafts of an essay; leave with confidence for further writing and edits and tips on how to approach supplemental essays. Starting the college essay can be stressful, but with the right support, it can be an opportunity for rewarding self-reflection! This enrichment workshop is a great way for rising juniors and seniors to jumpstart their college essay writing process! Students must attend all three days of the session they register for; there is no mixing/matching.

Instructor: Dawn DeMeo

Location: Highland School

<u>Age</u>	<u>Day</u>	<u>Time</u>	<u>Dates</u>	<u>Fee</u>	<u>Code</u>
Gr 11-12	Tue-Thu	12:30-2:00p	6/26-6/28	\$150	43275 A
Gr 11-12	Tue-Thu	2:00-3:30p	6/26-6/28	\$150	43275 B
Gr 11-12	Tue-Thu	3:30-5:00p	6/26-6/28	\$150	43275 C
Gr 11-12	Tue-Thu	12:00-1:30p	7/10-7/12	\$150	43275 D
Gr 11-12	Tue-Thu	1:30-3:00p	7/10-7/12	\$150	43275 E
Gr 11-12	Tue-Thu	3:00-4:30p	7/10-7/12	\$150	43275 F
Gr 11-12	Tue-Thu	12:00-1:30p	7/17-7/19	\$150	43275 G
Gr 11-12	Tue-Thu	1:30-3:00p	7/17-7/19	\$150	43275 H
Gr 11-12	Tue-Thu	3:00-4:30p	7/17-7/19	\$150	43275 I
Gr 11-12	Tue-Thu	12:00-1:30p	7/24-7/26	\$150	43275 J
Gr 11-12	Tue-Thu	1:30-3:00p	7/24-7/26	\$150	43275 K
Gr 11-12	Tue-Thu	3:00-4:30p	7/24-7/26	\$150	43275 L
Gr 11-12	Tue-Thu	12:00-1:30p	7/31-8/2	\$150	43275 M
Gr 11-12	Tue-Thu	1:30-3:00p	7/31-8/2	\$150	43275 N
Gr 11-12	Tue-Thu	3:00-4:30p	7/31-8/2	\$150	43275 O

High Performance Tennis Min: 4 / Max: 20

Tennis lessons under the direction of Scott Matthews! Programs are broken down by skill level and age groups so that participants at all skill levels will have a chance to learn more about the game of tennis, improve their skills on the court and get the most out of their game. Intensive training for the serious junior player. The training sessions will include work on the four main ingredients of playing high-level tennis: Skills, Athletic Ability, Strategy and Sportsmanship. Skills include correct stroke techniques. Athletic Ability consists of speed, stamina and balance, Strategy will encompass developing a game plan and learning how to adapt it during a match. Sportsmanship is respect for the game, rules, and opponents. In case of rain, makeups will be held on Friday and information about cancellations and makeups will be available on our website, hotline (203-250-2470), Facebook and Twitter. No classes will be held on July 4; for that week lessons will meet Monday, Tuesday, Thursday and Friday.

Instructor: Scott Matthews

Location: Youth Center Tennis Court

<u>Age</u>	<u>Day</u>	<u>Time</u>	<u>Dates</u>	<u>Fee</u>	<u>Code</u>
Gr. 9-12	Mon-Thu	1:00-3:00p	6/25-6/28	\$120	42415 A
Gr. 9-12	Mon-Fri	1:00-3:00p	7/2-7/6	\$120	42415 C
Gr. 9-12	Mon-Thu	1:00-3:00p	7/9-7/12	\$120	42415 E
Gr. 9-12	Mon-Thu	1:00-3:00p	7/16-7/19	\$120	42415 G
Gr. 9-12	Mon-Thu	1:00-3:00p	7/23-7/26	\$120	42415 I
Gr. 9-12	Mon-Thu	1:00-3:00p	7/30-8/2	\$120	42415 K
Gr. 9-12	Mon-Thu	1:00-3:00p	8/6-8/9	\$120	42415 M
Gr. 9-12	Mon-Thu	1:00-3:00p	8/13-8/16	\$120	42415 O

No Class 7/4

YOUTH TENNIS LESSONS

Quick Start Tennis Min: 3 / Max: 6

Programs are broken down by skill level and age groups so that participants at all skill levels will have a chance to learn more about the game of tennis, improve their skills on the court and get the most out of their game. With Creative games and drills we focus on developing agility, balance and coordination, all while forming the fundamental skills of tennis in a fun environment.

Director: Scott Matthews

Location: Youth Center Tennis Courts

<u>Age</u>	<u>Day</u>	<u>Time</u>	<u>Dates</u>	<u>Fee</u>	<u>Code</u>	
5-8 yrs	Mon-Thu	8:30-9:30a	6/25-6/28	\$80	42411 A	
5-8 yrs	Mon-Thu	9:30-10:30a	6/25-6/28	\$80	42411 AA	
5-8 yrs	Mon-Thu	10:30-11:30a	6/25-6/28	\$80	42411 B	
5-8 yrs	Mon-Thu	11:30a-12:30p	6/25-6/28	\$80	42411 BB	
5-8 yrs	Mon-Fri	8:30-9:30a	7/2-7/6	\$80	42411 C	No Class 7/4
5-8 yrs	Mon-Fri	9:30-10:30a	7/2-7/6	\$80	42411 CC	No Class 7/4
5-8 yrs	Mon-Fri	10:30-11:30a	7/2-7/6	\$80	42411 D	No Class 7/4
5-8 yrs	Mon-Fri	11:30a-12:30p	7/2-7/6	\$80	42411 DD	No Class 7/4
5-8 yrs	Mon-Thu	8:30-9:30a	7/9-7/12	\$80	42411 E	
5-8 yrs	Mon-Thu	9:30-10:30a	7/9-7/12	\$80	42411 EE	
5-8 yrs	Mon-Thu	10:30-11:30a	7/9-7/12	\$80	42411 F	
5-8 yrs	Mon-Thu	11:30a-12:30p	7/9-7/12	\$80	42411 FF	
5-8 yrs	Mon-Thu	8:30-9:30a	7/16-7/19	\$80	42411 G	
5-8 yrs	Mon-Thu	9:30-10:30a	7/16-7/19	\$80	42411 GG	
5-8 yrs	Mon-Thu	10:30-11:30a	7/16-7/19	\$80	42411 H	
5-8 yrs	Mon-Thu	11:30a-12:30p	7/16-7/19	\$80	42411 HH	
5-8 yrs	Mon-Thu	8:30-9:30a	7/23-7/26	\$80	42411 I	
5-8 yrs	Mon-Thu	9:30-10:30a	7/23-7/26	\$80	42411 II	
5-8 yrs	Mon-Thu	10:30-11:30a	7/23-7/26	\$80	42411 J	
5-8 yrs	Mon-Thu	11:30a-12:30p	7/23-7/26	\$80	42411 JJ	
5-8 yrs	Mon-Thu	8:30-9:30a	7/30-8/2	\$80	42411 K	
5-8 yrs	Mon-Thu	9:30-10:30a	7/30-8/2	\$80	42411 KK	
5-8 yrs	Mon-Thu	10:30-11:30a	7/30-8/2	\$80	42411 L	
5-8 yrs	Mon-Thu	11:30a-12:30p	7/30-8/2	\$80	42411 LL	
5-8 yrs	Mon-Thu	8:30-9:30a	8/6-8/9	\$80	42411 M	
5-8 yrs	Mon-Thu	9:30-10:30a	8/6-8/9	\$80	42411 MM	
5-8 yrs	Mon-Thu	10:30-11:30a	8/6-8/9	\$80	42411 N	
5-8 yrs	Mon-Thu	11:30a-12:30p	8/6-8/9	\$80	42411 NN	
5-8 yrs	Mon-Thu	8:30-9:30a	8/13-8/16	\$80	42411 O	
5-8 yrs	Mon-Thu	9:30-10:30a	8/13-8/16	\$80	42411 OO	
5-8 yrs	Mon-Thu	10:30-11:30a	8/13-8/16	\$80	42411 P	
5-8 yrs	Mon-Thu	11:30a-12:30p	8/13-8/16	\$80	42411 PP	

Juniors Tennis Min: 3 / Max: 16

Programs are broken down by skill level and age groups so that participants at all skill levels will have a chance to learn more about the game of tennis, improve their skills on the court and get the most out of their game. The emphasis of Junior Tennis will be on fundamental stroke production and sportsmanship, developing the correct mechanics of each stroke, proper court position and movement and sound strategies for future growth and development. All of the techniques will be reinforced constantly through fun games, singles and doubles play, coordination exercises and team competitions.

Director: Scott Matthews

Location: Youth Center Tennis Courts

<u>Age</u>	<u>Day</u>	<u>Time</u>	<u>Dates</u>	<u>Fee</u>	<u>Code</u>	
8-14 yrs	Mon-Thu	8:30-10:30a	6/25-6/28	\$120	42413 A	
8-14 yrs	Mon-Thu	10:30a-12:30p	6/25-6/28	\$120	42413 B	
8-14 yrs	Mon-Fri	8:30-10:30a	7/2-7/6	\$120	42413 C	No Class 7/4
8-14 yrs	Mon-Fri	10:30a-12:30p	7/2-7/6	\$120	42413 D	No Class 7/4
8-14 yrs	Mon-Thu	8:30-10:30a	7/9-7/12	\$120	42413 E	
8-14 yrs	Mon-Thu	10:30a-12:30p	7/9-7/12	\$120	42413 F	
8-14 yrs	Mon-Thu	8:30-10:30a	7/16-7/19	\$120	42413 G	
8-14 yrs	Mon-Thu	10:30a-12:30p	7/16-7/19	\$120	42413 H	
8-14 yrs	Mon-Thu	8:30-10:30a	7/23-7/26	\$120	42413 I	
8-14 yrs	Mon-Thu	10:30a-12:30p	7/23-7/26	\$90	42413 J	
8-14 yrs	Mon-Thu	8:30-10:30a	7/30-8/2	\$120	42413 K	
8-14 yrs	Mon-Thu	10:30a-12:30p	7/30-8/2	\$120	42413 L	
8-14 yrs	Mon-Thu	8:30-10:30a	8/6-8/9	\$120	42413 M	
8-14 yrs	Mon-Thu	10:30a-12:30p	8/6-8/9	\$120	42413 N	
8-14 yrs	Mon-Thu	8:30-10:30a	8/13-8/16	\$120	42413 O	
8-14 yrs	Mon-Thu	10:30a-12:30p	8/13-8/16	\$120	42413 P	

SPORT CAMPS

Soccer Camp Min: 30 / Max: 80

The Ultimate Soccer Academy is devoted to developing an athlete's knowledge of the game of soccer and to teaching the skills required to play it successfully. At the Ultimate Soccer Academy it is our purpose and goal to create an atmosphere where players will have a chance to learn and to develop the necessary skills associated with soccer, while improving their knowledge of the game. The staff is made up of dedicated and accomplished players and/or coaches with years of experience at the collegiate and high school level. Grouping of participants will depend on age, experience and overall ability. Players are advised to bring plenty of water. Those taking part in the full day program should bring their own lunch with plenty of ice packs; coolers are recommended. Players are REQUIRED to wear shin guards at all sessions. Each player is expected to bring his/her own ball. Closing ceremonies will start at 11:45am on Friday. In order to accommodate rain cancellations during camp, Friday's day will be extended to 2:45pm and closing ceremonies will be moved to 2:45pm.

Director: Artur Branco

Location: Quinnipiac Soccer Fields

<u>Age</u>	<u>Day</u>	<u>Time</u>	<u>Dates</u>	<u>Fee</u>	<u>Code</u>
5-18 yr	Mon-Fri	9:00a-12:00p	7/9-7/13	\$165	42400 A
5-18 yr	Mon-Fri	9:00a-3:00p	7/9-7/13	\$190	42400 B

Strength & Conditioning Min: 15 / Max: 60

The number one priority of the Cheshire Strength & Conditioning Camp is to safely provide athletes with a foundation in the fundamentals of athletic training. This includes weight training, footwork and conditioning. Improving each athlete's overall physical fitness is the main focus in the camp's training. Through hard work and perseverance, it is Coach Tuscano's and Coach Jawidzik's goal to help athletes see improvements in both physical and emotional health.

Directors: Thomas Tuscano and Frank Jawidzik

Location: CHS Weight Room

<u>Age</u>	<u>Day</u>	<u>Time</u>	<u>Dates</u>	<u>Fee</u>	<u>Code</u>	<u>No Class</u>
7-9	Mon-Thu	8:30-10:00a	6/25-8/9	\$200	43400 A	7/4, 7/5, 7/16

Baseball Clinic Min: 12 / Max: 80

Participants will be grouped according to age, physical maturity, experience and overall ability. Instruction will range from basic fundamentals to advanced skills and techniques. Camp meets Monday thru Thursday with a rain date of Friday in case of cancellations earlier in the week.

Director: Bill Mrowka

Location: CHS Athletic Complex

<u>Age</u>	<u>Day</u>	<u>Time</u>	<u>Dates</u>	<u>Fee</u>	<u>Code</u>
8-16 yrs	Mon-Thu	9:00a-12:00p	7/23-7/26	\$125	43405 A

Basketball Camp Min: 20 / Max: 100

Campers will be provided with basic skills and knowledge of basketball. This will enable them to develop a sound basketball foundation which they can successfully build upon in years to come. During each session, campers will compete in one of three age groups, 8-9 years, 10-11 years, or 12-14 years, in order to allow for a fun and competitive time for everyone. There will be an awards ceremony on Friday at 11:30am; all parents and friends are invited!

Director: Dan Lee

Location: CHS West Gym

<u>Age</u>	<u>Day</u>	<u>Time</u>	<u>Dates</u>	<u>Fee</u>	<u>Code</u>
8-14 yrs	Mon-Fri	8:30-11:30a	6/25-6/29	\$140	43410 A
Gr 4-8	Mon-Fri	8:30a-2:30p	7/23-7/27	\$200	43411 A

Beginner Triathlon Camp Min: 4 / Max: 25

The camp is designed to introduce kids to the sport of triathlon. Coaches will provide basic instruction on swimming, biking and running technique. The camp will focus on FUN (showing that exercise can be fun), NUTRITION (explaining the importance of eating healthy) and SAFETY (including a free bike safety check). The last day of camp will be a real race so that the campers can officially say that they are "Triathletes". Although drop off and pick up will be at the Youth Center (Parks & Rec. Office), camp will take place at the Community Pool, Bartlem Park and CHS Track (around the turf field). To be eligible for the camp, kids must be able to: swim at least 2 lengths of the pool, bike 2 mi. and run .5 mi.

Director: Doug Levens

Location: Youth Center

<u>Age</u>	<u>Day</u>	<u>Time</u>	<u>Dates</u>	<u>Fee</u>	<u>Code</u>
8-12 yrs	Mon-Fri	9:00a-3:00p	6/25-6/29	\$245	43404 A

Advanced Triathlon Camp Min: 4 / Max: 25

The camp is designed to further develop athlete's enjoyment and understanding of the sport of triathlon. Coaches will provide detailed instruction on swimming, biking and running technique. The camp will focus on FUN (showing that exercise can be fun), NUTRITION (explaining the importance of eating healthy) and SAFETY (including a free bike safety check). The focus will be on preparing for a late season race. Although drop off and pick up will be at the Youth Center (Parks & Rec. Office), Camp will take place at the Community Pool, Bartlem Park and CHS Track (around the Turf). To be eligible for the camp, kids must have: completed a Cheshire Kids Triathlon Camp in the past, competed in a triathlon, or received prior approval from the Camp Director.

Director: Doug Levens

Location: Youth Center

<u>Age</u>	<u>Day</u>	<u>Time</u>	<u>Dates</u>	<u>Fee</u>	<u>Code</u>
10-14 yrs	Mon-Fri	9:00a-3:00p	8/20-8/24	\$245	43414 A

SPORT CAMPS

Girls Lacrosse Camp Min: 25 / Max: 75


CT CHOICE Girl's Lacrosse Camp will focus on basic skills and knowledge of lacrosse. The latest techniques, as well as offensive and defensive tactics will be taught. A highly skilled coaching staff will provide excellent instruction for this 4-day camp. If you're looking to improve your stick skills or want to elevate your play, this camp is for you!

Director: Dan Warburton

Location: CHS Turf Field

<u>Age</u>	<u>Day</u>	<u>Time</u>	<u>Dates</u>	<u>Fee</u>	<u>Code</u>
Gr 2-9	Mon-Thu	9:00a-12:00p	7/9-7/12	\$160	43417 A

Lady Rams Soccer Camp Min: 20 / Max: 60

 This Camp has been designed to provide young players an opportunity to be a part of a challenging and fun soccer experience. Fundamentals, as well as advanced techniques of the game, will be taught on an individual level. Various forms of group instruction will also be included. Players considering competing at the high school level will benefit from the comprehensive training program and interaction with current and past Lady Rams players.

Director: James Luis

Location: CHS Turf Field

<u>Age</u>	<u>Day</u>	<u>Time</u>	<u>Dates</u>	<u>Fee</u>	<u>Code</u>
Gr 3-9	Mon-Fri	5:00-8:00p	7/16-7/20	\$140	43425 A

Field Hockey Camp Min: 20 / Max: 60

The camp will instill in its campers strong fundamental skills on which they can build. In addition, players will be taught the newest developments in the sport of field hockey. Wildermann's and Vieira's coaching philosophy is centered on establishing strong fundamental skills and applying these skills to game situations.

Director: Eileen Wildermann & Michelle Vieira

Location: CHS Turf Field

<u>Age</u>	<u>Day</u>	<u>Time</u>	<u>Dates</u>	<u>Fee</u>	<u>Code</u>
Gr 2-9	Mon-Thu	9:00a-12:00p	6/25-6/28	\$150	43430 A

Field Hockey League Min: 20 / Max: 60


Directed by Michelle Vieira! The Cheshire Field Hockey League will instill in its campers strong fundamental skills on which they can build. In addition, players will be taught the newest developments in the sport of field hockey.

Director: Michelle Vieira

Location: CHS Turf Field

<u>Age</u>	<u>Day</u>	<u>Time</u>	<u>Dates</u>	<u>Fee</u>	<u>Code</u>
Gr 2-9	Mon	5:00-7:00p	7/2-7/30	\$65	43431 A

Wrestling Camp Min: 30 / Max: 100

 We invite children at all skill levels to join us this summer! Wrestling builds endurance, strength and agility - improving athlete performance in others sports. Wrestlers develop self-confidence and discipline as they work toward individual and team goals. We love the sport of wrestling and are excited to share our passion with you. Snacks and drinks will be provided daily. Each member will receive a t-shirt.

Director: Bill Lee

Location: CHS Cafeteria

<u>Age</u>	<u>Day</u>	<u>Time</u>	<u>Dates</u>	<u>Fee</u>	<u>Code</u>
Gr K-8	Mon-Fri	8:30a-4:30p	6/25-6/29	\$300	43440 A
Gr K-8	Mon-Fri	8:30a-12:30p	6/25-6/29	\$175	43440 AAM
Gr K-8	Mon-Fri	12:30-4:30p	6/25-6/29	\$175	43440 APM
Gr K-8	Mon-Fri	8:30a-4:30p	8/20-8/24	\$300	43440 B
Gr K-8	Mon-Fri	8:30a-12:30p	8/20-8/24	\$175	43440 BAM
Gr K-8	Mon-Fri	12:30-4:30p	8/20-8/24	\$175	43440 BPM

Volleyball Camp Min: 20 / Max: 60

Volleyball Camp is for young athletes to get introduced to or build on current volleyball skills. Each session will instruct the basic but necessary skills to learning volleyball. The skills covered include passing, serving, hand setting and attacking (hitting). Prior playing experience is not required!! Camp includes: Teaching of Fundamentals including demonstration. All campers will be able to try all of the skills. Multiple coaches ensure continual instruction. Register by June 29 to get a camp t-shirt!

Director: Jared Ocoma

Location: CHS West Gym

<u>Age</u>	<u>Day</u>	<u>Time</u>	<u>Dates</u>	<u>Fee</u>	<u>Code</u>
Gr 6-8	Mon-Fri	6:00-8:00p	7/9-7/13	\$140	43480 A
Gr 9	Mon-Fri	4:00-6:00p	7/9-7/13	\$140	43481 A

SPORT CAMPS

Strength & Conditioning Min: 15 / Max: 60


The number one priority of the Cheshire Strength & Conditioning Camp is to safely provide athletes with a foundation in the fundamentals of athletic training and injury prevention. This includes weight training, footwork, flexibility, conditioning and nutrition. Improving each athlete's overall physical fitness and building a strong foundation for future athletic success will be the main focus in the camp's training.

Director: Chris Trifone

Location: CHS Weight Room

<u>Age</u>	<u>Day</u>	<u>Time</u>	<u>Dates</u>	<u>Fee</u>	<u>Code</u>
Gr 10-12	Mon-Thu	6:30-8:30a	6/25-8/9	\$125	43499 A

SKYHAWKS: Golf Min: 12 / Max: 40


 Skyhawks Sports Academy provides sports programs where children discover and develop athletic skills and social values, such as teamwork, respect and sportsmanship. We offer children a positive sports experience while promoting a healthy, active lifestyle. Boys and girls will learn the fundamentals of swinging, putting and body positioning. Using the SNAG (Starting New At Golf) system, we have simplified instruction so that young players can make an effective transition onto the golf course.

Director: Skyhawks Sports Academy

Location: Bartlem Park (Simmons Field)

<u>Age</u>	<u>Day</u>	<u>Time</u>	<u>Dates</u>	<u>Fee</u>	<u>Code</u>
5-8 yrs	Mon-Thu	6:00-7:30p	7/9-7/12	\$75	42481 A

SKYHAWKS: Flag Football Min: 12 / Max: 40


 Skyhawks Sports Academy provides sports programs where children discover and develop athletic skills and social values, such as teamwork, respect and sportsmanship. We offer children a positive sports experience while promoting a healthy, active lifestyle. Boys and girls learn skills on both sides of the football including the core components of passing, catching and defense - all in a fun and positive environment.

Director: Skyhawks Sports Academy

Location: Bartlem Park (near bathrooms/garages)

<u>Age</u>	<u>Day</u>	<u>Time</u>	<u>Dates</u>	<u>Fee</u>	<u>Code</u>
7-12 yrs	Mon-Fri	9:00a-12:00p	7/16-7/20	\$125	42483 A

SKYHAWKS: Track & Field Min: 12 / Max: 40


 Skyhawks Sports Academy provides sports programs where children discover and develop athletic skills and social values, such as teamwork, respect and sportsmanship. We offer children a positive sports experience while promoting a healthy, active lifestyle. Skyhawks track and field combines technical development, fundamental techniques and safety with a major focus on fun! Using special equipment, boys and girls learn the fundamentals of body positioning, stride, proper stretching and cool-down techniques.

Director: Skyhawks Sports Academy

Location: CHS Turf Field

<u>Age</u>	<u>Day</u>	<u>Time</u>	<u>Dates</u>	<u>Fee</u>	<u>Code</u>
7-12 yrs	Mon-Fri	9:00a-12:00p	7/30-8/3	\$125	42485 A

SKYHAWKS: MiniHawk Min: 12 / Max: 40

 Skyhawks Sports Academy provides sports programs where children discover and develop athletic skills and social values, such as teamwork, respect and sportsmanship. We offer children a positive sports experience while promoting a healthy, active lifestyle. This multi-sport program gives children a positive first step into athletics. The essentials of each sport are taught in a safe, structured environment with lots of encouragement and a focus on fun. All games and activities are designed to allow campers to explore balance, movement, hand/eye coordination and skill development at their own pace.

Director: Skyhawks Sports Academy

Location: Bartlem Park (near bathrooms/garages)

<u>Age</u>	<u>Day</u>	<u>Time</u>	<u>Dates</u>	<u>Fee</u>	<u>Code</u>
7-12 yrs	Mon-Fri	9:00a-12:00p	8/13-8/17	\$125	42487 A

**DISCOUNT TICKETS
FOR SALE**

Tickets available for purchase at Parks & Rec.
May 25 - August 24, 2018 or until sold out
Monday - Friday 8:30AM - 4:00PM
The office is closed on May 28 & July 4.

Lake Compounce

All tickets \$31 each - Save \$12.99!
Tickets valid until Sept. 3, 2018!

Six Flags New England

All tickets \$40 each - Save \$25.99!
Tickets valid any regularly scheduled operating
day during the 2018 season!



FARMER'S MARKET PLANNING

The Cheshire Parks and Recreation Department is excited to announce planning is underway for the new *Cheshire Market!* It is anticipated the market will include a variety of vendors ranging from farm fresh produce, to crafts, baked goods and more. The market schedule, location and times will be announced shortly. It is anticipated the market will be open to the public starting in late summer. Vendor applications will be available soon. If you would like to be put on the list of interested vendors please e-mail bcostello@cheshirect.org.

MIXVILLE SEASONAL PARKING PASSES - NOW AVAILABLE ONLINE!

Season Pass for Residents- \$40/one car; up to 2 additional cars registered to your household may be added on for \$5.00 each
Season Pass for Non-Resident- \$130/one car; up to 2 additional cars registered to your household may be added on for \$5.00 each
We are proud to offer a 50% discount on season passes for Seniors (65 & older) and Veterans (DD-214 required).

New this year, seasonal passes may be purchased in the following ways:

Online at www.cheshirect.org/parkrec (non-discounted passes only as proof of eligibility is required)

In person at the Parks and Recreation Office Monday-Friday 8:30am-4:00pm


In person at the Community Pool Monday-Friday 6am-8:30pm, Saturday 7am-4:30pm, and Sundays 9am-4:30pm

Day Passes are available at the Gate: **Resident-** \$5.00/per car **Non-Resident-** \$10.00/per car

1 Day Pass per day may be purchased with cash (exact change) or check. Driver's license must be presented to prove residency

ADULT PROGRAMS

Intro to Paddleboard Min: 3 / Max: 5


 This class is designed to introduce & expose participants to sufficient skills and knowledge, so that they can enjoy the sport of Paddleboarding in a calm, flat water setting. Board, personal floatation device, paddle, and instructor are all included. Be prepared to get wet. Wear synthetic clothing, closed-toed shoes, a hat, sunglasses, and sun screen. No flip-flops or slide on sandals.

Instructor: Martin Torresquintero

Location: Mixville Pond

<u>Age</u>	<u>Day</u>	<u>Time</u>	<u>Dates</u>	<u>Fee</u>	<u>Code</u>
12 yr & Up	Fri	4:00-5:00p	8/3-8/3	\$25	44380 A
12 yr & Up	Fri	5:00-6:00p	8/3-8/3	\$25	44380 B
12 yr & Up	Fri	6:00-7:00p	8/3-8/3	\$25	44380 C

Intro to Kayak Min: 5 / Max: 12

 This class is designed to introduce and expose participants to sufficient skills and knowledge, so that they can enjoy the sport of Kayaking in a calm, flat water setting. Kayak, personal floatation device, paddle, and instructor are all included. Be prepared to get wet. Wear synthetic clothing, closed-toed shoes, a hat, sunglasses, and sun screen. No flip-flops or slide on sandals.

Instructor: Joe Milone

Location: Mixville Pond

<u>Age</u>	<u>Day</u>	<u>Time</u>	<u>Dates</u>	<u>Fee</u>	<u>Code</u>
12 yr & Up	Thu	5:00-6:00p	8/16-8/16	\$25	44381 A
12 yr & Up	Thu	6:00-7:00p	8/16-8/16	\$25	44381 B

Women's Tennis Doubles Min: 5 / Max: 15

A competitive tennis doubles league with a round robin schedule. Enjoy weekly tennis with other intermediate and advanced female tennis players (suggested level player 3.0 and above). One player will be designated to bring an unopened can of tennis balls each week. A schedule will be emailed to all participants; please verify your email address during registration. Players must get their own subs; missing two weeks without a sub will eliminate a player from the league.

Coordinator: Marybeth Brubaker

Location: Youth Center Tennis Courts

<u>Age</u>	<u>Day</u>	<u>Time</u>	<u>Dates</u>	<u>Fee</u>	<u>Status</u>	<u>Code</u>
Adults	Mon	6:30-8:30p	7/9-8/27	\$30	Player	44406 A
Adults	Mon	6:30-8:30p	7/9-8/27	No Fee	Substitute	44406 B

Pickleball

Did you know that three tennis courts at Cheshire Park are lined for Pickleball? Pickleball is a paddle sport created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. It's a combination of badminton, ping pong and tennis. Pickleball has become the fastest growing sport in the US with over 100,000 players that is mainly played by the over 50 crowd but is also taught in high school PE classes. Come try out Pickleball or stop by to play with a group of enthusiasts! Pauline Cacace volunteers on the pickleball courts in Cheshire Park three days per week offering instruction, equipment and coordinating matches between players. Tuesdays and Thursdays are 5:00PM to Dusk and Fridays are 9:00-11:00AM.

Instructor: Pauline Cacace

Location: Cheshire Park Pickleball/Tennis Courts

Adult Volleyball

Please email Elizabeth (emayne@cheshirect.org) if you are interested in joining an Adult Volleyball League tentatively scheduled for Thursday evenings at Mixville. If there is enough interest, we will start an outdoor league during July and August.



ADULT PROGRAMS

Dog Obedience Puppy & Beginner Min: 10 / Max: 50

Who's walking who? Does your puppy or dog pull, lunge, jump, counter surf, not come when called or bark incessantly? Owners of dogs four months or older will receive instruction in basic obedience training to include the 7 common commands - sit, stay, down, heel, off, come and no. We will also address other common issues and individual dog/handler needs. This class has 4 instructors for a variety of styles and training options, the head instructor is an AKC Sanction Judge. Together the instructors have almost 100 years of experience! All dogs must have their shots prior to the first class. Bring your dog, a training collar and 6 foot leash to class. No harnesses or extenda-leads! Let's see what your dog can do and have some fun! If you are unsure if this class is right for you, please call Bruce at 203-235-4852 from 5:00-9:00PM.

Instructor: Bruce Giannetti, Phil Huntington, Kathy Queen & Michelle Goslin **Location:** Youth Center Main Room

<u>Age</u>	<u>Day</u>	<u>Time</u>	<u>Dates</u>	<u>Fee</u>	<u>Code</u>	<u>No Class</u>
Adults	Mon	6:15-7:15p	5/21-7/16	\$125	34205 A	5/28
Adults	Mon	6:15-7:10p	7/30-9/24	\$125	44205 A	9/3

Dog Obedience Novice & Open Min: 5 / Max: 50

Let's get moving! Dogs and handlers who have completed the Puppy/Beginner Course can move on to perfect their skills and continue their learning journey by adding skills working toward off lead work! A stepping stone from beginners we continue to work on sit, stay, off, down, come, heel and no while adding additional movement, obstacles and distractions! This course also has 4 instructors to continue with a variety of styles and training options - the head instructor is an AKC Sanction Judge and we continue with almost 100 years of experience. This course requires a training collar and 6 foot leash. Instructors are able to begin laying groundwork for therapy work if you are interested. Participants must complete the Cheshire Parks & Rec. Puppy/Beginner Course prior to registering for Novice/Open. If you are unsure if this course is for you, please call Bruce at 203-235-4852 from 5:00-9:00PM.

Instructor: Bruce Giannetti, Phil Huntington, Kathy Queen & Michelle Goslin **Location:** Youth Center Main Room

<u>Age</u>	<u>Day</u>	<u>Time</u>	<u>Dates</u>	<u>Fee</u>	<u>Code</u>	<u>No Class</u>
Adults	Mon	7:15-8:10p	5/21-7/16	\$125	34210 A	5/28
Adults	Mon	7:15-8:10p	7/30-9/24	\$125	44210 A	9/3

Kick-Fit Kickboxing Min: 2 / Max: 15

Come join this adult fitness and self-defense program. Kick-Fit Kickboxing is an exciting workout program where you punch, jump, lift and kick using heavy bags, rip bands and kettle bells, all while learning valuable self-defense skills to build confidence wherever you go. The training is rigorous and intense, but you'll learn effective self-defense skills for the real world while having fun, making new friends and getting in the best shape of your life. Fee includes boxing gloves! Participants are welcome to attend as many or as few dates as their personal schedules allow. Please note that the program fee will remain the same regardless of the number of classes attended.

Director: Rick Griffin **Location:** Leadership Martial Arts

<u>Age</u>	<u>Days & Times</u>	<u>Dates</u>	<u>Fee</u>	<u>Code</u>
Adults	M 7:15-8p, W 7:30-8:15PM & Sat 9-9:30a	7/9-8/18	\$99	44234 A

Cardio Tennis Min: 7 / Max: 24

Cardio Tennis is a new, fun, group activity featuring drills to give players of all abilities an ultimate, high-energy workout. It combines the best features of the sport of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout set to MUSIC! If you have never played tennis before, it's a great way to be introduced to the sport, and if you are an experienced or high level player it's great conditioning! Cardio Tennis includes a warm-up, cardio workout and cool down phases. Cardio Tennis is a great way for players to enjoy the game. In about an hour, you can get an AMAZING workout, socialize and enjoy tennis - all at once! There are three different options when registering for this program. You may register for the full program and have the option to attend all of the classes for the session. You may purchase a 10 card punch pass that you can use for any 10 classes during this session or even save a few to use during the summer or fall seasons. Finally, you may choose to just pay per day.

Instructor: Scott Matthews **Location:** Youth Center Tennis Courts

<u>Age</u>	<u>Days & Times</u>	<u>Dates</u>	<u>Fee</u>	<u>Code</u>
Adults	Tue 6-7p & Sat 9-10a	6/26-9/1	\$145	44344 A
Adults	10 Classes		\$10	44344 C
Adults	1 Class		\$15	44344 D

Over 30 Soccer Min: 12 / Max: 45

Come enjoy the game of soccer with the coed over 30 soccer players. We play pickup games on Saturday mornings. Be prepared to have a lot of fun with a very energetic and positive group of players. All levels of soccer experience welcome. Bring both a red and a blue shirt and a fun attitude.

Coordinator: Dave Loura **Location:** CHS Turf Field

<u>Age</u>	<u>Day</u>	<u>Time</u>	<u>Dates</u>	<u>Fee</u>	<u>Code</u>
30 yrs & up	Sat	8:00-10:00a	6/16-8/11	\$40	44450 A

THERAPEUTIC PROGRAMS

TR Camp Acorn Max: 4



Specializing in helping children develop social skills, participate in a variety of fun leisure skills, and enjoy a great camp life. Staff will provide physical, behavioral, and social support during activities as needed. Campers will be encouraged to be as independent as possible. The camp will be a safe environment for children to enjoy a summer camp experience. Campers will be bused from Highland School to Bartlem if they are participating in Cheshire Summer School; other campers must provide their own transportation. Activities will include: daily swimming and water activities, simple crafts, board games, sports, games, flat hikes and integration with traditional camp whenever possible. Campers will need to bring bathing suit, towel, water shoes, sunscreen and a lunch every day. Non-residents are welcome. This camp is designed for children in the Intensive Ed Program at Highland School. The campers will be integrated into Camp Pine Cone, but with a higher staff:camper ration of 2:1 and personalized accommodations made as needed.

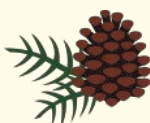
Director: Patricia Siarkowski

Location: Bartlem Pavilion

<u>Recommended Age</u>	<u>Time</u>	<u>Dates</u>	<u>Fee</u>	<u>Code</u>
8-12 yr	1:00-3:30p	6/25-6/29	\$155	45671 A
8-12 yr	1:00-3:30p	7/2-7/6	\$120	45671 B
8-12 yr	1:00-3:30p	7/9-7/13	\$155	45671 C
8-12 yr	1:00-3:30p	7/16-7/20	\$155	45671 D
8-12 yr	1:00-3:30p	7/23-7/27	\$155	45671 E
8-12 yr	1:00-3:30p	7/30-8/3	\$155	45671 F

No Camp 7/4

TR Camp Pine Cone Max: 8



Specializing in helping children develop social skills, participate in a variety of fun leisure skills, and enjoy a great camp life. Staff will provide physical, behavioral, and social support during activities as needed. Campers will be encouraged to be as independent as possible. The camp will be a safe environment for children to enjoy a summer camp experience. Campers will be bused from Highland School to Bartlem if they are participating in Cheshire Summer School; other campers must provide their own transportation. Activities will include: daily swimming and water activities, simple crafts, board games, sports, games, flat hikes and integration with traditional camp whenever possible. Campers will need to bring bathing suit, towel, water shoes, sunscreen and a lunch every day. Nonresidents are welcome. This camp is designed for children with any special need. Campers will be given support and adaptations to enable their participation in camp.

Director: Patricia Siarkowski

Location: Bartlem Pavilion

<u>Recommended Age</u>	<u>Time</u>	<u>Dates</u>	<u>Fee</u>	<u>Code</u>
5-12 yr	12:00-3:30p	6/25-6/29	\$155	45672 A
5-12 yr	12:00-3:30p	7/2-7/6	\$120	45672 B
5-12 yr	12:00-3:30p	7/9-7/13	\$155	45672 C
5-12 yr	12:00-3:30p	7/16-7/20	\$155	45672 D
5-12 yr	12:00-3:30p	7/23-7/27	\$155	45672 E
5-12 yr	12:00-3:30p	7/30-8/3	\$155	45672 F

No Camp 7/4

TR Teen Camp Max: 15

In coordination with Cheshire Board of Education, Parks & Rec is offering a fun-filled week of camp at the Youth Center. Campers will participate in cooking, community outings, exercise, board games and recreation activities in addition to swimming twice during the week. Parents are responsible for transportation. Registration through Parks and Rec is a MUST!

Director: Barbara Costello

Location: Youth Center Main Room

<u>Age</u>	<u>Day</u>	<u>Time</u>	<u>Dates</u>	<u>Fee</u>	<u>Code</u>
15-21	Mon-Fri	9:00a-12:00p	8/20-8/24	\$100	45673 A

SPECIAL OLYMPICS

Visit www.SOCT.org to register and complete all applicable health and registration forms. Contact Barbara Costello, Local Coordinator at bcostello@cheshirect.org with any questions about the registration process and which forms are required.



Unified Fitness Club 8 & up Thu 5:15-6:00p Fee: \$40 payable to SOCT
Join this non-competitive walking program with a goal of bringing together people with & without intellectual disabilities.

Unified Golf 18 & up Mon PM (Time TBA) Fee: \$40 payable to SOCT

Come to our Kickoff Party at Mixville Park on June 4 to get all the details and take care of registration and requisite paperwork. There a golf experience for everyone!! Athletes can participate in a Skills division or play alternate stroke with a partner. Practices and the Fall Festival are held at Sleeping Giant Golf Course in Hamden.

CHESHIRE COMMUNITY POOL INFORMATION

Hours of Operation

Monday - Friday, 6:00AM - 9:00PM

Saturday, 7:00AM - 5:00PM

Sunday, 9:00AM - 5:00PM

Location

520 South Main Street, Cheshire, CT 06410

Contact Us

Phone 203.271.3208 Fax 203.271.3481

www.cheshirect.org/pool

www.facebook.com/CheshireCommunityPool

Aquatics Director

Shelia Adams

Head Desk Attendant

Tracey Kozlowski

Pool Coordinator

Jackie Swift

Head Lifeguard

Ethan Deal

Facility Technician

Brian Blair

◆ sadams@cheshirect.org

◆ trkozlowski@cheshirect.org

◆ jswift@cheshirect.org

◆ edeal@cheshirect.org

◆ bblair@cheshirect.org

REGISTRATION PROCESS and PAYMENT POLICY

- Summer registration for residents begins on Tuesday, May 29. Nonresident registration will begin on Monday, June 4.
- **MAIL-IN:** Mail form and payment to 520 S. Main St., Cheshire, CT 06410
- **IN-PERSON:** Front Desk hours are Monday-Friday: 6AM to 9PM, Saturday: 7AM to 5PM and Sunday: 9AM to 5PM
- **ONLINE:** Visit our website www.cheshirect.org/pool and click the link on the left for Online Registration.
- Registrations must be accompanied with full payment to be processed. Make checks payable to "Cheshire Community Pool"
- We accept cash, check, Master Card, Visa, American Express and Discover Card.
- **TIER PRICING:** Resident with Pass / Resident without Pass / Non Resident with Pass / Non Resident without Pass

REFUND POLICY

- Refunds will be given only if the program is cancelled due to low enrollment.
- If a you need to cancel a registration, the cancellation is received one week prior to the start of a program and the vacancy is not filled, you will be charged a \$15 administration fee.
- All refund requests must be received in writing.
- Any exception to this policy will be reviewed by the Aquatics Director.

LAP SWIM

- Exclusive Lap Swim is Monday-Friday: 6:00AM-10:00AM and Saturday: 7:00AM-9:00AM.
- Lap lanes are also always available during Family Open Swim.

FAMILY OPEN SWIM

- Monday-Friday: 10:00AM-8:45PM and Saturday & Sunday: 9:00AM-4:45PM. Weekend hours extend to 6:45PM starting June 16 thru August 26. At times, pool space will be limited due to lessons and other activities.

SWIM LESSONS

- The first summer lesson session will be June 25-July 6, the second: July 16-July 26 and the third: August 6-August 16.
- Lessons are Mon-Thurs with make-up lessons on Fri. If needed, make-up lessons will run the week after each session ends.
- First time in lessons with us your child will need an evaluation to ensure they are placed in the appropriate level. Please contact the front desk to set up an evaluation. If you are registering for Level One or private lessons an evaluation is not necessary. Semi private lessons may need an evaluation to determine whether or not the two children are at the same swim level.

HOLIDAY, WEATHER AND OTHER CLOSURES

- There will be times that pool space will be limited because of lessons and other activities.
- Cancellations and meet schedule updates are available at www.cheshirect.org/pool, on our [Facebook](#) page and by phone.
- Call the Pool at 203-271-3208 with any questions regarding the hours of operation or any programs.

PASS DESCRIPTIONS & DEFINITIONS

Family Pass: For a family unit, which comprises any of the following: up to 2 adults (over the age of 18) who legally live at the same residence with up to 4 legal dependents (under the age of 18) living at the same residence, and/or full-time college students (up to the age of 25). There is an additional \$10 fee for each legal dependent after the fourth.

Adult Individual Pass: Any person over the age of 18 who is not purchasing a Family Pass.

Youth Individual Pass: Any person 17 and under who is not included in a Family Pass. Any person under the age of 12 MUST be accompanied by an adult while at the pool. The adult does not need a pass, but will be required to pay if they plan to swim.

Senior Couple Pass: Two adults with at least one over the age of 65, legally living at the same residence.

Senior Individual Pass: Any individual over the age of 65.

Seasonal Pass: Valid only for either our winter or summer season and can be purchased for any of the above descriptions.

Business Pass: An owner of a Cheshire business or person who works full time in Cheshire, but lives outside of Cheshire.

Resident: Persons domiciled on a permanent basis in the Town of Cheshire & property owners of real property (non vehicular).

COMMUNITY POOL PROGRAM REGISTRATION FORM

THIS FORM MUST BE COMPLETED IN FULL & ACCOMPANIED BY FULL PAYMENT OR IT WILL NOT BE ACCEPTED!

PARTICIPANT REGISTRATION

First Name: _____ Last Name: _____ Gender: _____
 Birth Date: _____ School: _____ Grade: _____

Activity Code	Name of Program	Fee

SWIM LESSON INFORMATION REQUESTED: Please complete if registering for swim lessons.

Group Lesson Alternate: _____

Private Lessons Only:

First Choice: Day _____ Time _____ Second Choice: Day _____ Time _____

Teacher Preference (Private Lesson Only) _____

PARTICIPANT HEALTH INFORMATION: All information will be kept confidential. Check all that apply and elaborate below.

- | | | | |
|---|--|--|---|
| <input type="checkbox"/> Allergy/Anaphylaxis | <input type="checkbox"/> Has Epi-Pen | <input type="checkbox"/> Behavioral Issues | <input type="checkbox"/> Learning Disability |
| <input type="checkbox"/> ADD/ADHD | <input type="checkbox"/> Uses Inhaler | <input type="checkbox"/> Congenital Heart Disease | <input type="checkbox"/> Physical Dysfunction/Mobility Difficulty |
| <input type="checkbox"/> Asthma | <input type="checkbox"/> Cystic Fibrosis | <input type="checkbox"/> Receives Special Education Services | <input type="checkbox"/> Seizure Disorder |
| <input type="checkbox"/> Auditory or Visual Processing Difficulty | <input type="checkbox"/> Diabetes | <input type="checkbox"/> Vision, Hearing or Speech Problem | |
| <input type="checkbox"/> Autism | <input type="checkbox"/> Intellectual Disability | | |

If any item was checked please elaborate: _____

For us to better accommodate participant's needs, please list any medical, physical, psychological or emotional issues not mentioned above:

ADULT PARTICIPANT OR MOTHER/GUARDIAN 1

FATHER/GUARDIAN 2 INFO

Name: _____	Name: _____
Address: _____	Address: _____
Town & Zip: _____	Town & Zip: _____
Home Phone: _____	Home Phone: _____
Work Phone: _____	Work Phone: _____
Cell Phone: _____	Cell Phone: _____

Family E-mail: _____

Emergency Contact (Other than Parent/Guardian): _____ Phone: _____

WAIVER: Participant acknowledges that he/she or the parent or guardian 1) has read and understands the information given, 2) certifies that he/she is in good physical condition and is fit to participate in this activity, 3) understands that Aquatic/ Recreational Activities have categories of inherent risk and that accidents can occur, and 4) that he/she must always be alert for dangers to themselves and to other participants. Participants may be photographed for the purpose of promotion or advertising in future brochures, in newspapers, the Pool website, and/or Facebook page. Participant must sign below, if participant is under 18 years of age a parent/guardian signature is required.

Signature

Date

PAYMENT

- Cash
 Check payable to: Cheshire Community Pool

Card Number: _____ Exp. Date _____ Amt. Paid: _____

Signature

Date

POOL PASS FEES

<u>ANNUAL PASS</u>	<u>RESIDENT</u>	<u>NON-RESIDENT</u>	<u>BUSINESS</u>
Family	\$380	\$570	\$460
Adult Individual	\$220	\$330	\$295
Youth Individual	\$135	\$185	\$150
Senior Couple	\$220	\$330	\$260
Senior Individual	\$135	\$185	\$150

<u>SEASONAL PASS</u>	<u>RESIDENT</u>	<u>NON-RESIDENT</u>	<u>BUSINESS</u>
Family	\$265	\$405	\$320
Adult Individual	\$145	\$180	\$150
Youth Individual	\$100	\$110	\$105
Senior Couple	\$145	\$180	\$170
Senior Individual	\$100	\$110	\$105

<u>DAILY PASS</u>	<u>RESIDENT</u>	<u>NON-RESIDENT</u>
Adult	\$8	\$13
Senior or Youth	\$6	\$9



ADULT AQUATIC PROGRAMS

TIER PRICING: Resident with Pass / Resident without Pass / Non Resident with Pass / Non Resident without Pass

AQUA ZUMBA

Make a splash and join the party. Aqua Zumba is a pool dance party for all ages with international rhythms and fun dance moves that anyone can do. This class is for all levels. The only requirement is to have FUN.

565266 **\$68/\$75/\$75/83**
 A 7:00-7:45pm Tues. & Thurs. 8:00-8:45am Sat. 6/25-8/18

No Class 7/14, 8/2 & 8/4

Class is offered 2 days/ week you are paying for 2 days/week.

AQUAMOTION

This class is an invigorating mid-morning workout appropriate for all fitness levels. Working at your own pace, you will do a balance of cardio, strength, flexibility, balance, range of motion and stretching exercises. Use of flotation and resistance equipment is included but optional. Everything you need for an effective workout!

564102 **\$150/\$165/\$165/80**
 A 9:00-10:00 am Mon-Fri 6/25-9/7

No Class 7/4, 7/17, 7/18, 7/19, 7/20, 7/23 & 9/3

Class is offered 5 days a week, you are paying for 3 days/week.

ADULT SWIM LESSONS

Inquire at front desk if you are interested in adult lessons.

PAY AS YOU GO PRICES

Pay as you go for aerobic classes:

\$8 for each 1 hour class
 \$6 for each 45 minute class

WATER FITNESS BENEFITS

- Increase Muscle strength – resistance in the pool can range from 4-42 times greater than air, ensuring the body's muscles get a rigid workout.
- Build endurance – water resistance is a more natural resistance which requires the body to strain thru the water instead of against it.
- Increases flexibility – while adjusting to the push and pull of water, the joints naturally increase their range of motion.
- Low-impact exercise – the buoyancy of the water helps take off some of the impact we tend to place on our body, due to our water weight.
- Alleviates pressure on joints – Studies have shown water exercise relieves pressure placed on joints from normal wear & tear and arthritis.
- Relieves stress and decreases anxiety – a Polish study found that aquatic exercise decreased anxiety and negative mood states in women.
- Burns calories – The combo of strength and cardio mixed with water resistance ensures the body is getting a full workout.
- Reduces blood pressure – The water pressure actually works with your blood and enables blood flow to circulate more effectively
- Cooling exercise – Water exercise can keep you cool in warmer weather while you exercise
- Popular activity – it is known to be one of the most popular bonding activities for friends and family for any age group.

SUMMER SWIM LESSONS: NO CLASSES 7/4/18

TIER PRICING: Resident with Pass / Resident without Pass / Non Resident with Pass / Non Resident without Pass

PARENT & CHILD AQUATICS

Children and adults come together under the supervision of an instructor in this initial swimming experience. Each child must be between the ages of 6 months and 2 years and must come with an adult who will work with him or her each class. Together they will work on the child's adjustment to the water thru activities such as bubble blowing, floating, and kicking! Children will move at their own rate with assistance from an adult with whom they are already comfortable.

560010		\$85/\$95/\$95/\$105
A 6:00-6:30 pm	Mon-Thurs	6/25-7/6 no class 7/4
560020		
A 6:00-6:30 pm	Mon-Thurs	7/16-7/26
560030		
A 6:00-6:30 pm	Mon-Thurs	8/6-8/16

LEVEL 1: INTRODUCTION TO WATER SKILLS

For any child over the age of 3 years, with little or no independent swimming experience. The objective of this class is to help students feel comfortable in the water and to enjoy it safely. Under the supervision of an instructor they will work on kicking, front crawl arm action with feet on bottom of pool, supported floating, entering and exiting the water independently, breath control, & safety skills.

562011		\$85/\$95/\$95/\$105
A 9:00-9:30 am	Mon-Thurs	6/25-7/6 no class 7/4
B 10:00-10:30 am	Mon-Thurs	6/25-7/6 no class 7/4
C 5:00-5:30 pm	Mon-Thurs	6/25-7/6 no class 7/4
D 6:00-6:30 pm	Mon-Thurs	6/25-7/6 no class 7/4
562021		
A 9:00-9:30 am	Mon-Thurs	7/16-7/26
B 10:00-10:30 am	Mon-Thurs	7/16-7/26
C 5:00-5:30 pm	Mon-Thurs	7/16-7/26
D 6:00-6:30 pm	Mon-Thurs	7/16-7/26
562031		
A 9:00-9:30 am	Mon-Thurs	8/6-8/16
B 10:00-10:30 am	Mon-Thurs	8/6-8/16
C 5:00-5:30 pm	Mon-Thurs	8/6-8/16
D 6:00-6:30 pm	Mon-Thurs	8/6-8/16

LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

For any child over the age of 3 years, who is comfortable in the water and who can complete the prerequisite skills. The objective of this level is to give students success with fundamental skills. Under the supervision of an instructor, students will work on kicking, floating, combined stroke front and back, entering deep water, along with other basic water skills.

562012		\$85/\$95/\$95/\$105
A 9:30-10:00 am	Mon-Thurs	6/25-7/6 no class 7/4
B 10:30-11:00 am	Mon-Thurs	6/25-7/6 no class 7/4
C 4:30-5:00 pm	Mon-Thurs	6/25-7/6 no class 7/4
D 5:30-6:00 pm	Mon-Thurs	6/25-7/6 no class 7/4
562022		
A 9:30-10:00 am	Mon-Thurs	7/16-7/26
B 10:30-11:00 am	Mon-Thurs	7/16-7/26
C 4:30-5:00 pm	Mon-Thurs	7/16-7/26
D 5:30-6:00 pm	Mon-Thurs	7/16-7/26
562032		
A 9:30-10:00 am	Mon-Thurs	8/6-8/16
B 10:30-11:00 am	Mon-Thurs	8/6-8/16
C 4:30-5:00 pm	Mon-Thurs	8/6-8/16
D 5:30-6:00 pm	Mon-Thurs	8/6-8/16

LEVEL 3: STROKE DEVELOPMENT

For any child over the age of 3 years, who is very comfortable in the water, is able to swim in deep water independently and has met all prerequisites. The objective of this level is to build on the skills taught in the previous level, providing guided practice. Under the supervision of an instructor they will work on front crawl with breathing, back crawl, elements of butterfly, diving and other skills.

562013		\$85/\$95/\$95/\$105
A 9:30-10:00 am	Mon-Thurs	6/25-7/6 no class 7/4
B 10:30-11:00 am	Mon-Thurs	6/25-7/6 no class 7/4
C 4:30-5:00 pm	Mon-Thurs	6/25-7/6 no class 7/4
D 5:30-6:00 pm	Mon-Thurs	6/25-7/6 no class 7/4
562023		
A 9:30-10:00 am	Mon-Thurs	7/16-7/26
B 10:30-11:00 am	Mon-Thurs	7/16-7/26
C 4:30-5:00 pm	Mon-Thurs	7/16-7/26
D 5:30-6:00 pm	Mon-Thurs	7/16-7/26
562033		
A 9:30-10:00 am	Mon-Thurs	8/6-8/16
B 10:30-11:00 am	Mon-Thurs	8/6-8/16
C 4:30-5:00 pm	Mon-Thurs	8/6-8/16
D 5:30-6:00 pm	Mon-Thurs	8/6-8/16

PRE-TEAM PREP 1

For the child that wants to be on the swim team but stroke mechanics are not where they need to be. Must be able to swim in water over their head independently and comfortably. The primary focus of this class is freestyle and backstroke, but will introduce other competitive strokes.

564105		\$85/\$95/\$95/\$105
A 9:30-10:00am	Mon-Thurs	6/25-7/6 no class 7/4
B 6:00-6:30pm	Mon-Thurs	6/25-7/6 no class 7/4
564205		
A 9:30-10:00am	Mon-Thurs	7/16-7/26
B 6:00-6:30pm	Mon-Thurs	7/16-7/26
564305		
A 9:30-10:00am	Mon-Thurs	8/6-8/16
B 6:00-6:30pm	Mon-Thurs	8/6-8/16

PRE-TEAM PREP 2

For the child that is unsure of being on a team and would like to experience it in a modified version. In this class we will work on the fundamentals of being on a swim team. We will do a "practice" each evening, working on all strokes, dives, and turns.

564106		\$85/\$95/\$95/\$105
A 9:00-9:30 am	Mon-Thurs	6/25-7/6 (no class 7/4)
B 5:30-6:00 pm	Mon-Thurs	6/25-7/6 (no class 7/4)
564206		
A 9:00-9:30 am	Mon-Thurs	7/16-7/26
B 5:30-6:00 pm	Mon-Thurs	7/16-7/26
564306		
A 9:00-9:30 am	Mon-Thurs	8/6-8/16
B 5:30-6:00 pm	Mon-Thurs	8/6-8/16

PRIVATE & SEMI-PRIVATE LESSONS

Following the same schedule as group lessons, indicate on the form times your child is available for lessons. These fill up quickly so register promptly. Lessons are assigned in the order they are received. We do not pair people for semi-private lessons and individuals must be about the same swimming ability.

Private Lessons: 565101	\$200/\$240/\$240/\$280
Semi-Private Lessons: 565001	\$160/\$200/\$200/\$240

AMERICAN RED CROSS AQUATIC SAFETY PROGRAMS

LIFEGUARD TRAINING

For individuals 15 years old and older interested in becoming a certified lifeguard. Must be strong swimmers capable of swimming 20 lengths of a 25 yard pool. The course is 28 hours in duration, 10 hours the students will do independently online (you will be provided with the link to access the material), and the rest will be done at the pool with an instructor, all hours must be completed. After successful completion participants will have certification in Lifeguard Training, CPR for the Professional Rescuer and First Aid.

Students will be responsible for printing the manual from a link provided by the pool, or ordering a book, and will need to order a pocket mask, the front desk will give you the information on what you need to order and where to get it from. You will also need to make out a separate check for \$35 to Parks and Recreation for the cost of the certification, in addition to the class fee below.

564277 A **\$135/\$145/\$145/\$155***
June 20: 12:30-3:30p; June 21: 12:30-4:30p June 22: 10a-4p
***Plus cost of materials @ \$45/person and separate \$ 35 certification fee**

We will do a class in August too, if there is interest.

Call the pool if you are interested so we can start a list.

MUST ATTEND EVERY DAY OF CLASSES AND BE THERE THE ENTIRE CLASS.



**American
Red Cross**

Together, we can save a life

LIFEGUARD RECERTIFICATION

For individuals who currently have lifeguard training certification that is getting ready to expire. Individuals will need to complete all components of the course which includes: lifeguarding, CPR/AED and first aid. All individuals need to complete the entire recertification review process which is a 12 hour course. Anyone interested in a Lifeguard Training Recertification class, please inquire at the front desk.

\$60/\$70/\$80/\$90

CPR RECERTIFICATION

564278

\$75/\$85/\$85/\$95

Call pool for details

WSI: WATER SAFETY INSTRUCTOR

For individuals who wish to teach the American Red Cross Learn-to-Swim program. Participants must be at least 16 years old and strong swimmers. You must be able to swim all strokes, freestyle, backstroke, breaststroke, butterfly, side-stroke, elementary backstroke. The course is approximately 30 hours in duration, and all hours must be completed. Inquire at the front desk for scheduling of this course.

\$220/\$230/\$230/\$240

FAMILY FUN DAYS

June 21 & 22 the Community Pool will be hosting Family Fun Days for all ages and swimming abilities! Moms and Dads, bring your suits to join in the fun. Bring a picnic lunch and stay for the afternoon!! This is a great way to get some exercise and spend quality time with the family.

***IF YOUR CHILD IS A NON-SWIMMER, AN ADULT MUST BE IN THE WATER WITH THEM.**

Come in and join the fun at the Community Pool!

The hours will be from 12:00pm-3:00pm.

If you don't have a seasonal or yearly pass the cost will be \$2 per person to come to the Facility.



BIRTHDAY PARTIES

The Community Pool offers 2 hour birthday parties to children of all ages. You can have either an "Open Swim" party where the party goers are included in the general open swim for the duration of the party. Or an "Organized Games" party that you can have a lifeguard or lifeguards (depending on the size of the party) assigned to the party who will run a variety of activities with the children for an hour. The party schedule allows 15 minutes for guests to arrive, then the activities will go for 1 hour, and the last 45 minutes will be for food and presents.

The hours within which parties can be scheduled are Saturdays and Sundays 11:30AM—2:30PM

Cost:

Residents with a pool pass:	\$130 + \$20/guard
Residents without a pool pass:	\$150 + \$20/guard
Non-Residents with a pool pass	\$170 + \$20/guard
Non-Residents without a pool pass:	\$190 + \$20/guard

If you are interested in a pool party, call the Community Pool at 203-271-3208.



FACILITY RENTALS

Wondering where to have your next party, meeting or family gathering?

Look no further than the Cheshire Parks & Recreation Department! We have indoor and outdoor locations available for rent. Call 203-272-2743 or email recreation@chshirect.org for more information, availability and to reserve your space. Office Hours are 8:30AM-4:00PM Monday-Friday.

Please Note:

- * Full payment is due at the time of reservation.
- * The Youth Center can be rented year round. Dates are a few months in advance.
- * Pavilion rentals can be made beginning January 2 for the upcoming year.
- * Pavilions are typically available from late April to the middle of October.
- * Pavilion rental includes picnic tables; other groups may need permits for other areas of the park.
- * Set up and clean up are the responsibility of the renter.

Harmon Leonard, Jr. Youth Center: 559 South Main Street

Rental time must include your time to set-up & break-down. Set-up & clean-up are the renter's responsibility.

Main Room Rental Fee: \$200 for 3 hours, \$50 for each additional hour

This is an indoor facility with heat but no air conditioning. The Main Room is approximately 36'x62' and can be filled with tables and chairs (included) for a sit down dinner or left open for a dance. Amenities include a kitchen with refrigerator, sink, microwave and stove (all included); outdoor sand volleyball pit; outdoor basketball court; outdoor tennis courts and close parking. Other groups may have reserved use of the outside courts. The spacious main room is perfect for all occasions; family parties, large meetings and so much more. There will be a supervisor present for the event to assist you and grant access to the facility.

Tabor Room Rental Fee: \$75 for 2 hours, \$25 for each additional hour

The Tabor Room is approximately 21'x27' and is ideal for a small gathering/meeting. Rental time includes time needed for set up and clean up, which is the responsibility of the renter. There will be a supervisor present for the event to assist you and grant access to the facility.

Bartlem Park Pavilion: 520 South Main Street

Pavilion Rental is 10:00AM - Dusk (~7:45PM)

Fee: \$150

This pavilion equipped with picnic tables, grills and standard electric outlets is in the park named for the Town's first Rec. Director. Park amenities include various ball fields, the Kids in Motion Playground, community gardens, skate park and the Community Pool (additional fee - contact the Pool at 203-271-3208 for special party rate for day passes to accompany your pavilion rental).



Cheshire Park Pavilion: 1000 Highland Avenue (Parking Lot Entrance off Stony Hill Road)

Pavilion Rental is 10:00AM - Dusk (~7:45PM)

Fee: \$150

This pavilion has picnic tables, grills, standard electric outlets and is located inside a 75 acre park, of which 25% is set aside for active recreation such as basketball, softball, tennis and amphitheater. There is a newer playground in the park that is accessible for everyone.



Mixville Recreation Area: Large & Small Pavilions: 1300 Notch Road

Large Pavilion Rental is 10:00AM - Dusk (~7:45PM)

Fee: \$300

Small Pavilion Rental is 10:00AM - Dusk (~7:45PM)

Fee: \$150

(Larger parties can rent both pavilions for \$350)

Both pavilions are equipped with grills, picnic tables and standard electric outlets. Features include rest rooms near the large pavilion, changing rooms near the waterfront, fishing, playground, open fields, sand volleyball court, basketball court, two horseshoe pits and swimming and fishing in Mixville Pond.



Lock 12 Historical Park Pavilion: 487 North Brooksvale Road

Pavilion Rental is 10:00AM - Dusk (~7:45PM)

Fee: \$150

This pavilion is located in the historic Lock 12 Historical Park. The pavilion has picnic tables and grills and is in a park with a restored 150+ year old canal lock and a museum (open by appointment only) and is near the Linear Trail.



Quinnipiac Park Pavilion: 1325 Cheshire Street

Pavilion Rental is 10:00AM - Dusk (~7:45PM)

Fee: \$150

This pavilion has grills and picnic tables and is located in a 59 acre park that offers soccer, lacrosse and an in-line skating rink. There are hiking trails nearby that lead to a boat launch into the Quinnipiac River. There is limited rental availability for this pavilion.

