

Town of Suffield

Suffield Parks & Recreation Department

Spring Programs 2015

Visit our Online
Registration at
SuffieldRec.com &
also sign-up for periodic
email notifications!



83 Mountain Road, Town Hall, *Lower Level*, Suffield, CT 06078

Phone: 860-668-3862 • Fax: 860-668-3324

Website: suffieldtownhall.com

Online Registration: SuffieldRec.com

Office Hours:

Monday – Thursday, 8:00 a.m. – 4:30 p.m.

Friday, 8:00 a.m. – 1:00 p.m.



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Welcome Message

Welcome to the Suffield Parks & Recreation Departments Spring program brochure. We are excited about the numerous programs we have to offer and look forward to you and your family’s participation. This is also an exciting time for the department as we recently launched a new online registration software program. We are using MyRec.com, that provides residents with flexibility and ease of navigation and the convenience of registering online using your credit card, any time – day or night. If you haven’t already done so, now is the time to set up your family household account. Please go to **SuffieldRec.com** and click on the Create New Account button to open your account and follow the easy steps that will provide us with names, phone numbers, emergency contacts, allergy/medical information & more so we can serve you better. We are pleased to offer our residents this new service which will provide convenience and streamline the registration process.

Regards,
Wendy LaMontagne, *Director*

Department Staff

Director:

Wendy LaMontagne, C.P.R.P.

Recreation Supervisor:

Cindy M. Fisher

Special Programs Coordinator:

Donna Carney-Bastrzycki

Registration Clerk:

Pamela Cocca

Parks and Recreation Commissioners

Lou Casinghino, *Chairman*

Cindy Nicholson, *Vice Chairman*

Kerri H. Milne, *Clerk*

Leeayn Burke

Brian Casinghino

Gerald Crane

Bill Clark

Amy Egan

David Rusnock

Suffield Parks & Recreation Mission Statement

To enhance the quality of life by providing a variety of affordable programs, quality parks, facilities and services to meet the needs of both passive and active recreation for Suffield's growing community.

Address:

83 Mountain Road, (Town Hall, Lower Level)
Suffield, CT 06078

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brochure design: Sandy Taylor Graphic Design & Marketing | Suffield
860-370-9961 | SandyTaylorMarketing@cox.net

Suffield Park & Recreation Registration Form

Phone: 860-668-3862 • Fax: 860-668-3324 • Website: suffieldtownhall.com • Online Registration: SuffieldRec.com

Primary Household Contact / Parent / Guardian: *(Please print neatly)*

Name: _____

Address: _____

Town/City/Zip: _____

Phone (H): _____ **Phone (W):** _____ **Phone (C):** _____

Date of Birth: _____ **Email Address:** _____

Emergency Contact Information:

Name/Relationship: _____ **Phone:** _____

Registration Information:

Last Name:	First Name:	Date of Birth:	Grade:	M/F:	Activity Name:	Date/Time:	Fee:

New! 3 Easy Ways To Register:

- 1. Online:** Register online at **SuffieldRec.com** with your credit card.
- 2. Mail In:** Enclose a check payable to: **Town of Suffield Parks & Recreation** with completed form to: **Suffield Parks & Recreation, 83 Mountain Road, Town Hall, Lower Level, Suffield, CT 06078**
- 3. Walk In:** Bring form and payment to: **Suffield Parks & Recreation Office, Town Hall, Lower Level.**

Total \$
Amount
Due

**Credit Cards are
ONLY Accepted
Online.**

Allergies / Epi-Pen / Special Needs Information:

(Please provide detailed information)

Last Name:	First Name:	List any allergies, epi-pen, special needs, medications or conditions.

WAIVER OF PARTICIPANT BY PARENT OR SELF: I understand that participation in any recreational or sports activity involves risk. As a parent, guardian, or participant, I am aware of these hazards and my child’s ability to participate. I further understand that the Town of Suffield does not provide accident/medical insurance for program participants. In consideration for participation in the program(s) listed above, I hereby for myself, my heirs, executors and administrators waive and release any and all claims of damage against the Town of Suffield, its successors and assigns, employees, agents, and representatives for any and all kinds of injury, including but not limited to personal injury and/or property damage suffered by my child, or myself, or my ward, while participating in this activity. In addition, I give my permission for the child(ren) to be treated by qualified medical personnel in the event that the above named parent/guardian can not be reached at the phone numbers above. **PHOTO RELEASE:** I understand that for promotional purposes, the Town of Suffield photographs, and/or videotapes participants enrolled in recreational activities, classes or at special events. I hereby release and permit the Town of Suffield to utilize for said promotional purposes any photographs and/or videotapes of me or my minor child engaging in the above-listed recreational activities.

Signature: _____ **Date:** _____

For Office Use Only: Amount Paid: _____ Entered By: _____ Date: _____ Payment Type: Cash CC Check #: _____

Registration Information

There are 3 easy ways to register for a program

- 1) **NEW!!!** ONLINE, register at **SuffieldRec.com** with a credit card. Create a new account and follow the easy steps that will provide us with names, phone numbers, emergency contacts, allergies, information... this new online registration will allow you to conveniently register for programs.
- 2) You may still mail in a paper registration form with a check.
- 3) You can still pay in person with cash or check.

Programs are for Suffield residents and for certain programs, non-residents. Non-resident registration will be accepted at an additional fee. Suffield residents will receive first priority in the registration process. Children must be of the correct age or corresponding grade level to participate in programs. Special considerations may be made for children on a case by case situation. Programs have limited enrollment. The Department reserves the right to set a maximum for each program and to cancel a program due to insufficient enrollment. No unregistered person may attend a program. No on-site registrations. Your early registration helps us make the decision to run the program.

Reasons to Register Early! Many classes are very popular and people know that in order to get a spot, they need to register early. But there are also reasons to register early for classes that don't usually fill up. All of our classes are self supporting and we must reach minimum enrollment for a class to run. There is a point (usually about one week before the program is due to start) that a program must be canceled if there aren't enough people registered. Very often people look to register after the program has been canceled, and if the registrations were done earlier, in many cases, the program would have run. So, if you know you want to take a class, please register early.

Cancellations

School activities and sports have priority over the Parks and Recreation activities. Whenever school is canceled due to inclement weather, all recreation activities held in the public schools will be canceled. Regarding programs other than those held in public schools, a decision to cancel a program will be made by 4:00 p.m., Monday-Thursday, OR one hour prior to the start of the program on Saturday. Cancellations will be announced on the following television stations: WFSB-TV3, and WVIT TV30, or call 860-668-3862, press 2 for a recorded announcement.

Refund Policy

ALL PROGRAMS ARE BASED ON A LIMITED ENROLLMENT – EITHER DEADLINE DATE OR WHEN PROGRAM IS FULL – Please register early to ensure that you have a spot and that the programs are not canceled. If the Parks & Recreation Office is notified 7 business days prior to the start of the program, all but 25% of the program fee will be refunded. No refunds once program starts.

We reserve the right to cancel or consolidate programs based on registrations. Full refunds are given for any canceled programs.

Table of Contents



Youth Programs.....Page 3



Pre-School Programs.....Page 7



Adult Programs.....Page 8



Trips 2015, Family & Community.....Page 10



Sports Information.....Page 12

Registration Information & Form.....Page 13

Youth Programs

Parents are responsible for notifying school, with a note, that child will participate in Parks & Recreation programs. No transportation is provided. After school programs are inclusive for all children. Children must be of the correct age or corresponding grade level to participate in programs. Special considerations may be made for children on a case by case situation. Space is limited on a first come/first paid basis.

Egg-Citing Easter Baskets and Scavenger Hunt! (Grades 1 - 5)

Children will have an enjoyable afternoon expressing their creativity while dying and decorating real Easter Eggs and finding candy filled eggs! This will be an action packed class as we will dye eggs, decorate Easter baskets and edible treats. If the weather is good outside, we will go on an outdoor Easter Egg Hunt otherwise the egg hunt will be inside! Please have your child bring or wear an old T-shirt/clothes to class. A snack will be provided.

Instructor: Donna Carney-Bastrzycki
Registration closes on **Tuesday, March 24**, and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

- **Date:** March 30 • **Day:** Monday
- **Time:** 3:15 - 5:00 p.m. • **Grades:** 1 - 5
- **Location:** McAlister School Cafeteria
- **Fee:** \$12.00 • **Non-Res:** \$17.00



Crafting Fun and Easter Egg Hunt! (Grades K - 2)

Children will have an enjoyable afternoon while decorating a variety of Easter Crafts and edible treats! We'll also go on an outdoor candy filled egg hunt! If the weather is not permissible the egg hunt will be inside. Please have your child bring or wear an old T-shirt/clothes to class. A snack will be provided.

Instructor: Donna Carney-Bastrzycki
Registration closes on **Tuesday, March 24**, and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

- **Date:** April 1 • **Day:** Wednesday
- **Time:** 3:15 - 4:45 p.m. • **Grades:** K - 2
- **Location:** Spaulding School Cafeteria A
- **Fee:** \$12.00 • **Non-Res:** \$17.00

Babysitter Safety 101

An entry level course intended to teach age appropriate skills necessary to care for children of all ages using team babysitting, mother's helper and individual babysitting concepts. The course focuses on safety with emphasis on prevention. Basic first aid and obstructed airway management for a conscious choking adult/child and infant will be covered. Other topics include hand washing, diapering, bottle feeding, personal safety, interview skills and many more topics. Course is 4 hours, bring a snack. Booklet, handouts and Babysitter Safety Certificate of completion included.

Instructor: LifeSafe Services Staff
Registration closes on **Monday, April 6** and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

- **Date:** April 13 • **Day:** Monday
- **Time:** 9:00 a.m. - 1:00 p.m.
- **Ages:** 10 - 15
- **Location:** Suffield Volunteer Ambulance Association, 205 Bridge Street
- **Fee:** \$75.00 • **Non-Res:** \$85.00



Speed Training Clinic (Grades 3 - 8)

A great cross training workout for athletes! Participants will learn to perform a proper warm-up before exercise, focus on the best practices of acceleration and change of direction, cool down of static stretches and core exercises. Clinic will help both boys and girls that participate in any sport, looking to enhance coordination, body weight strength, first step quickness, flexibility, injury prevention, weight loss, and most importantly a better sense of self confidence.

Instructor: Parisi Speed School Trained Coach
Registration closes on **Wednesday, April 1** and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

- **Dates:** April 14, 21, 28, May 5 • **Day:** Tuesdays
- **Time:** 3:15 - 4:15 p.m. • **Grades:** 3 - 8
- **Location:** McAlister School Gym
- **Fee:** \$45.00 • **Non-Res:** \$50.00

Sports Information

For these large scale programs we plan in advance. PLEASE MARK your calendars and plan accordingly. Call us at 860-668-3862 for other year round programs.

Program:	Register In:	Program Begins:
Softball	March	Mid April
Tee Ball	March	Mid April
Summer Camps	Mid April	Late June - August
Soccer	July	Late August
Field Hockey	Late August	September
Basketball	October - November	Early January

Other Organizations outside of the Parks & Recreation Department that offer athletic opportunities for the youth:

Football:
Contact, Dino Puia, 860-573-7008

Ice Hockey:
Contact, Mike Tenczar, 860-668-1365
Paul Faulkner (*Hockey Stars*) 860-651-5400 X27

Suffield Travel Basketball:
Contact, Jim Dion, 860-668-7099

Suffield Little League:
Contact, Paul Mandirola
president@suffieldlittleleague.com

Suffield Lacrosse League:
Contact, Will Masi
wmasi2000@yahoo.com

Suffield Travel Soccer Club:
Contact, Tim Lewis
ta1017@cox.net

Swimming:
Contact, Kathy Henaghan,
860-627-0062 (*Water Jets*)
Jon Levine, 860-653-9135 (*Aquabears*)

Youth Wrestling:
Contact, Jim Romano, 860-965-5606
jamesromano1@gmail.com

Please contact these numbers when referring to any of the above mentioned programs.
The Parks & Recreation Department is not affiliated with these organizations.

Family & Community continued

Keep The Ball Rolling



Real fun – real value!!! Get the family together for some real fun this spring. Bowl for 8 weeks for only \$10.00 per week. This is a program for all ages and each week participants will bowl three games. Everyone who joins will receive a white dot bowling ball! Shoe rental not included.

Registration closes on **Wednesday, April 1** and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

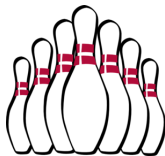
- **Dates:** April 7, 14, 21, 28, May 5, 12, 19, 26 • **Day:** Tuesdays • **Time:** 7:00 p.m. • **Ages:** All ages
- **Location:** Bradley Bowl, Route 75, Windsor Locks • **Fee:** \$80.00 (*shoe rental not included but FREE White Dot Bowling Ball is!*) Pay directly at Bowling alley.

Suffield Parks and Recreation offers inclusive Special Needs Programs and Group

These programs foster friendships, socialization, promote community involvement and independence. The group enjoys educational presentations, fitness activities, crafting classes, games and evening trips that are inclusive. We also go on many fun outings throughout the year. The program is for high school students through adult. Enrollment is on a first come first paid basis. **Volunteers are always welcome.** If you wish to join the group and receive notifications of upcoming events you must pre-register. Please contact Donna Carney-Bastrzycki, Special Programs Coordinator at 860-668-3862

Bowling Buddies & Outing Group

Enjoy a great evening of bowling and meeting new friends. Get some exercise and have some fun! This is for high school students through adults. **Volunteer special partners, coaches and helpers are always needed and welcome!**



Instructor: Donna Carney-Bastrzycki Registration deadline is ongoing.

- **Dates:** ongoing until May 2015 • **Day:** Tuesdays • **Time:** 4:30 - 6:30 p.m. • **Ages:** High School students through adult • **Location:** Bradley Bowl, Route 75, Windsor Locks • **Fee:** \$10.00 - for three games and shoe rental, paid directly at Bowling alley (*you must pre-register for this program*)

Attention!!! Lifeguards and Water Safety Instructors needed for summer programs!



Are you interested in a rewarding job this summer? Start training now to become a certified Lifeguard or Water Safety Instructor. We are looking for qualified waterfront staff for our summer camp programs. Get your training now and be ready for a summer job. Call us for further information, 860-668-3862.

Mark Your Calendars!!! Summer Camp/Program Brochure Information and Registration will start late April.

Youth Programs continued

New! Advanced Speed Training Clinic (Grades 3 - 8)

Get ready for a motivating cross training clinic for advanced athletes! This clinic is specially designed for past participants of the Speed Training Clinics or those that are very active in sports currently. Participants will continue to learn to perform a proper warm-up before exercise, focus on the best practices of acceleration and change of direction, cool down of static stretches and core exercises with increased intensity. Clinic will help both boys and girls that participate in any sport, looking to enhance coordination, running technique, body weight strength, first step quickness, flexibility, injury prevention, weight loss, and most importantly a better sense of self confidence.

Instructor: Parisi Speed School Trained Coach
Registration closes on **Wednesday, April 1** and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

- **Dates:** April 14, 21, 28, May 5 • **Day:** Tuesdays
- **Time:** 4:30-5:30 p.m. • **Grades:** 3 - 8
- **Location:** McAlister School Gym
- **Fee:** \$45.00 • **Non-Res:** \$50.00

New! Rocket Science!



Blast off in this thrilling class full of young “aerospace engineers!” Students in this class will use a wide variety of mediums, including but not limited to recycled plastic bottles, foam blocks, tape, cardboard, paper, newspaper, string and glue. Using the recycled materials, young engineers will design a rocket while learning about aerospace engineering. In addition, chemical engineering will be explored as a method of propulsion!

Instructor: Engineering Imagination Staff
Registration closes on **Monday, April 13** and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

- **Dates:** April 20 & 27 • **Day:** Mondays
- **Time:** 3:15 - 4:45 p.m. • **Grades:** K - 2
- **Location:** Spaulding School Cafeteria A
- **Fee:** \$40.00 • **Non-Res:** \$45.00

New! Where The Wild Things Art - Let’s Gogh Art

Art adventurers explore many whimsical and original art forms and techniques, discovering clay and collage, painting and drawing, mask-making and decorating, just to name a few! Sculpt colorful monsters and clay pots, design ceramic robots, decorate birdhouses and wooden guitars and so much more. Plus, hear wonderful stories, such as “Where the Wild Things Are” or “Nova the Robot,” that go hand-in-hand with each project. Humor and surprises are always included. Explore, experiment, create. Art adventurers bring home awesome works of art each week! So much FUN!

Instructor: Let’s Gogh Art-Western MA/CT Staff
Registration closes on **Tuesday, April 14** and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

- **Dates:** April 21, 28, May 5, 19, 26, June 2
*(No class on 5/12)
- **Day:** Tuesdays • **Time:** 3:15 - 4:15 p.m.
- **Grades:** K - 2 • Spaulding School Cafeteria A
- **Fee:** \$77.00 per person includes instruction, supplies and materials. • **Non-Res:** \$87.00

Little Links! - Golf For Youth



Program will consist of basic golf instruction. Grip, stance, swing fundamentals, as well as golf etiquette. Participants may borrow clubs at the facility or bring your own.

Instructor: Copper Hill Golf Academy Staff
Registration closes on **Wednesday, April 15** and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

- **Dates:** April 22, 29, May 6, 20
*(No class on 5/13)
- **Day:** Wednesdays
- **Time:** 5:00 - 6:00 p.m.
- **Ages:** 9 - 13
- **Location:** Copper Hill Golf Academy,
37 Griffin Road, East Granby
- **Fee:** \$46.00 • **Non-Res:** \$51.00

Tee Ball

Children will use a stationary tee to hit a modified ball and introduce them to the game of baseball and softball. This program focuses on skills and fundamentals and is a noncompetitive fun activity for boys and girls who have turned 5 years old by December 31, 2014 or are presently in Kindergarten and/or First Grade.

Instructor: Volunteer parent coaches (let us know if you can volunteer!)

Registration closes on **Monday, March 23** and/or earlier if enrollment reaches maximum capacity. Limited enrollment. **Coaches meeting, Wednesday, April 1, 6:00 p.m. Town Hall Meeting Room.**

- **Dates:** April 22-May 30 (*No program on 5/23)
- **Day:** Wednesdays and Saturdays
- **Time:** 5:30 - 6:30 p.m. Wednesday and 9:00 -10:00 a.m. Saturday
- **Grades:** K - 1
- **Location:** Spaulding School Playground
- **Fee:** \$30.00 (\$25.00 second child or more).
- Late fee \$45.00 after March 23

Girls Softball

A non-competitive recreational softball program for girls in Grades 2-5. This developmental program focuses on skills and fundamentals of softball while having fun.



Instructor: Volunteer parent coaches (let us know if you can volunteer!)

Registration closes on **Monday, March 23** and/or earlier if enrollment reaches maximum capacity. Limited enrollment. **Coaches meeting, Wednesday, April 1, 6:00 p.m. Town Hall Meeting Room.**

- **Dates:** April 22-May 30 (*No program on 5/23)
- **Day:** Wednesdays and Saturdays
- **Time:** 5:30 - 6:30 p.m. Wednesday and 9:00 -10:00 a.m. Saturday
- **Grades:** 2 & 3 and 4 & 5
- **Location:** Spaulding Softball Field Gr. 2 & 3/ Bruce Park Softball Field Gr. 4 & 5
- \$30.00 (\$25.00 second child or more).
- Late fee: \$45.00 after March 23

Youth Tennis Fun - Saturday

Join us on the newly created mini courts. This program is specifically designed for first time and beginner tennis enthusiasts and will be held on the newly developed courts. The smaller courts are sized just right for younger children to learn in a user friendly environment. The smaller court is easier for a child to maneuver. Modified balls are used that are larger, bounce lower and slower through the air, which makes them easier for children to hit. Children will use racquets that are sized for smaller hands and that are easier to swing and grip. All of this equates to more fun for a child to learn tennis!

Instructor: Tennis Sport for Life Staff

Registration closes on **Thursday, April 16** and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

- **Dates:** April 25, May 2, 9, 16 • **Day:** Saturdays
- **Time:** 9:30 – 10:20 a.m. OR 10:30 – 11:20 a.m.
- **If insufficient registration in both sessions, program may be consolidated into only one session.*
- **Ages:** 5 - 8 • **Location:** Family Recreation
- Complex New Mini Tennis Courts
- **Fee:** \$40.00



Youth Tennis Fun - Monday

See above for same description.

Instructor: Tennis Sport for Life Staff

Registration closes on **Monday, April 20** and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

- **Dates:** April 27, May 4, 11, 18 • **Day:** Mondays
- **Time:** 3:20 – 4:20 p.m.
- **Ages:** 5 - 8 • **Location:** Family Recreation
- Complex New Mini Tennis Courts
- **Fee:** \$40.00

The Suffield Parks & Recreation Department in conjunction with the Granby and East Granby Recreation Departments is sponsoring the following trips. All bus trips are on a first come, first paid basis and there are no refunds for trips unless a specific trip is canceled. Cost for trips is non-refundable but transferable to another person plus an additional registration fee. Everyone must pay the full price, no discounts apply. On rare occasions the bus company may cancel a trip due to severe weather conditions. All bus trips have scheduled departure and return times that are strictly followed. It is your responsibility to be at the bus on time, going to and from your trip destination. Customers who miss the bus on the scheduled departure time will be responsible for arranging and financing their own transportation. You must depart from the Town in which you register.

NO ASSIGNED SEATS. WE ARE NOT RESPONSIBLE FOR YOUR RETURN TRIP IF YOU ARE NOT AT THE DESIGNATED PICKUP LOCATION ON TIME!

New York City On Your Own, Saturday, April 18

The cost is \$40.00 per person and includes:

- Round Trip Bus Transportation & Taxes
- **Departs:** Suffield Middle School Parking Lot at 7.30 a.m. • **Departs:** New York at 7:00 p.m.

Meals are on your own. Registration closes on **Wednesday, April 1** and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

New York City On Your Own, Saturday, June 6

The cost is \$40.00 per person and includes:

- Round Trip Bus Transportation & Taxes
- **Departs:** Suffield Middle School Parking Lot at 7.30 a.m. • **Departs:** New York at 7:00 p.m.

Meals are on your own. Registration closes on **Thursday, May 21** and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

👉 Save the Date! Upcoming Trips 👈

Boston On Your Own: Saturday, July 11 • Bronx Zoo: Saturday, August 15

New York City On Your Own: Saturday, October 3

American Museum of Natural History: Saturday, November 7

New York City On Your Own: Saturday, December 5 *More information to follow!*

Family & Community

Lunchtime Walkers

Get in shape this spring and keep your Fitness Resolutions this year! Did you know you should be walking 10,000 steps a day? Let’s enjoy the spring weather get motivated and go on a lunch time walk. All levels and abilities welcome. We will go over warming up, fitness walking and have a fun time getting you re-energized for the rest of the day! We will walk rain or shine so please bring proper gear. Even if you can only walk for a half hour, you are encouraged to join the group! Prizes will be awarded to the most dedicated walkers!! All ages welcome even parents with strollers!

Instructor: Donna Carney-Bastrzycki Registration closes on **Wednesday, March 25** and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

- **Dates:** March 31, April 7, 14, 21, 28, May 5 • **Day:** Tuesdays • **Time:** 12:00 - 1:00 p.m. • **Ages:** All ages
- **Fee:** Free (*must pre-register*)

Adult Programs continued

Adult Beginner And Intermediate Tennis Lessons

This course is for beginners and intermediates. Instruction provided will include backhand, forehand, serve and volleys. Bring your own racquet.

Instructor: Tennis Sport for Life Staff
Registration closes on **Monday, April 20** and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

- **Dates:** April 27, May 4, 11, 18 • **Day:** Mondays
- **Time:** 6:30 - 7:30 p.m. • **Ages:** 16 & up
- **Location:** Family Recreation Complex
- Tennis Courts • **Fee:** \$40.00 • **Non-Res:** \$45.00

New! Gardening Classes taught by



Julie Harrison is a horticultural expert with over ten years of experience in landscape design and gardening. Julie is also a regularly featured guest on WFSB's daily show Better Connecticut where her segments as the show's Garden Guru can be seen every Monday. We are offering a series of three separate classes this Spring!

New! Orchid Basics

Phalenopsis: This workshop introduces the Moth orchids as an easy Orchid for beginners. Julie will discuss this orchid's growth requirements, their natural habitat and briefly review their plant structure. She demonstrate how to 'Dress up' an orchid for the home and one Orchid will go home with a lucky class participant.

Instructor: Julie Harrison, Landscape Design. Registration closes on **Monday, April 13** and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

- **Date:** April 22 • **Day:** Wednesday
- **Time:** 7:00 - 8:00 p.m.
- **Ages:** Adult (*high school students interested in gardening are welcome*)
- **Location:** Suffield High School's, Agriscience Large Animal Facility, hosted by the Suffield Agriscience Center • **Fee:** \$10.00

New! Gardening with Julie

Tips and tricks to garden and decorate like Julie 12 months a year. This talk and demonstration uses some of Julie's most popular topics as seen on her segment "Better Gardens" on WFSB's Better Connecticut Show. An interactive and educational talk so bring your garden questions and ideas to share! *Instructor:* Julie Harrison, Landscape Design. Registration closes on **Monday, May 4** and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

- **Date:** May 13 • **Day:** Wednesday
- **Time:** 7:00 - 8:00 p.m.
- **Ages:** Adult (*high school students interested in gardening are welcome*)
- **Location:** Suffield High School's, Agriscience Large Animal Facility, hosted by the Suffield Agriscience Center • **Fee:** \$10.00

New! Planting an Edible Container Garden

Julie will share different ideas of gardening with planting companions, herbs and other container-friendly and yummy plants. Container gardens will be available for purchase at the end of the talk. *Instructor:* Julie Harrison, Landscape Design. Registration closes on **Monday, June 1** and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

- **Date:** June 10
- **Day:** Wednesday
- **Time:** 7:00 - 8:00 p.m.
- **Ages:** Adult (*high school students interested in gardening are welcome*)
- **Location:** Suffield High School's, Agriscience Large Animal Facility, hosted by the Suffield Agriscience Center • **Fee:** \$10.00

New! Soaring Eagles!

Bald Eagles are massive, charismatic and increasingly common parts of Connecticut's wildlife. But what lead to their decline? How did they stage a comeback? And what can we do to help them today? Come learn about the bald eagle's biology, decline and recovery. Did you know that Suffield has Bald Eagles? *Instructor:* Brian Hess, Wildlife Biologist, CT. DEEP Registration closes on **Tuesday, April 21** and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

- **Date:** April 28 • **Day:** Tuesday
- **Time:** 6:00 - 7:15 p.m. • **Ages:** 16 & up
- **Location:** Kent Memorial Library • **Fee:** \$5.00



Youth Programs continued



Youth Beginner And Intermediate Tennis Lessons

This course is for beginners and intermediates. Instruction provided will include backhand, forehand, serve and volleys. Bring your own racquet.

Instructor: Tennis Sport for Life Staff
Registration closes on **Monday, April 20** and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

- **Dates:** April 27, May 4, 11, 18 • **Day:** Mondays
- **Time:** 4:30 - 5:30 p.m. for Ages 8 - 10
5:30 - 6:30 p.m. for Ages 11 - 15
- **Ages:** 8 - 15
- **Location:** Family Recreation Complex
- Tennis Courts • **Fee:** \$40.00 • **Non-Res:** \$45.00

New! Green Engineering

Dive into our "Green Engineering" curriculum with this inspirational, fascinating workshop where students will learn to design and build a functioning, hydroelectric waterwheel! Working individually and as a group, students will "Go Green" using only recycled and salvaged materials in an effort to generate as much electricity as possible. Don't miss out on this exciting opportunity to let your young ones explore the intriguing world of Green Engineering in a hands-on, minds-on environment!

Instructor: Engineering Imagination Staff
Registration closes on **Monday, April 27** and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

- **Dates:** May 4 & 18 (*No Class 5/11)
- **Day:** Mondays • **Time:** 3:15 - 4:45 p.m.
- **Grades:** K - 2 • **Location:** Spaulding School Cafeteria A • **Fee:** \$40.00 • **Non-Res:** \$45.00



Squeaky Sneakers

Have fun exercising and playing a variety of games with your friends in this interactive fitness program. Wear sneakers and comfortable clothing.



Instructor: Ashley Reid
Registration closes on **Thursday, April 23** and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

- **Dates:** April 30, May 7, 14, 21 • **Day:** Thursdays
- **Time:** 3:15 - 4:00 p.m. • **Grades:** K - 2
- **Location:** Spaulding School Gym (*weather permitting-this class will be held outside on Spaulding field*) • **Fee:** \$35.00

Introduction to Horseback Riding for Children

Learn to ride or improve current riding skills under the guidance of an advanced riding instructor. An approved safety riding helmet will be provided. Riders must wear jeans or riding pants, shoes with low heels. No sneakers or work boots with wide treads.

I heart horses!

Instructor: End of Hunt Farms Staff
Registration closes on **Tuesday, April 28** and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

- **Dates:** May 5, 12, 19 • **Day:** Tuesdays
- **Time:** 4:30 - 5:30 p.m.
- **Ages:** 3 - 17 years old * (*Ages 3 - 8 must be accompanied by an adult at all times on premises*)
- **Location:** End of Hunt Farms Training Center, 1360 Hill Street, Suffield
- **Fee:** \$90.00 per person for the 3 sessions
- **Non-Res:** \$100.00

Youth Programs continued

New! Get Crafty With Jewelry

Children will learn basic beading crafts and will make bracelets and necklaces in this fun and engaging class! Use your creative talents to create beautiful handmade pieces of jewelry that will impress your friends and family. Each child will have the opportunity to create three separate pieces of jewelry that they can take home.

Instructor: Mandy Kelsey, Kids Corner Company
Registration closes on **Wednesday, April 29** and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

- **Date:** May 6 • **Day:** Wednesday
- **Time:** 3:15 - 4:45 p.m. • **Grades:** K - 2
- **Location:** Spaulding School Cafeteria A
- **Fee:** \$20.00 per person includes instruction, supplies and materials. • **Non-Res:** \$25.00

Karate Kids

Is your child looking for a great way to get fit while having fun? This active martial arts class offers an introduction to karate through the use of drills and games while teaching self-control and focus in a welcoming environment.

Instructor: Lisa Jordan, 2nd degree Blackbelt and Superior Fitness Studio owner
Registration closes on **Tuesday, May 5** and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

- **Date:** May 12, 19, 26, June 2 • **Day:** Tuesdays
- **Time:** 3:15 - 4:15 p.m. • **Grades:** 3 - 8
- **Location:** McAlister School Gym
- **Fee:** \$45.00
- **Non-Res:** \$50.00

Pre-School Programs

Fun For Fours!

Join us for a fun filled program – designed just for Four year olds! Children will be introduced to a variety of sports using adaptive equipment designed for little hands and feet! This program will teach children good exercise habits and introduce them to sports.

Instructor: Ashley Boudle
Registration closes on **Thursday, April 16** and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

- **Dates:** April 25, May 2, 9, 16 • **Day:** Saturdays • **Time:** 9:10 - 9:50 a.m. • **Ages:** 4 years old by April 1
- **Location:** Behind Spaulding School-near Playscape • **Fee:** \$25.00 • **Non-Res:** \$30.00



Weather and Program Related Information:

Call the Parks & Recreation Office for cancellation information, **860-668-3862 (press 2)** for a recorded announcement.

Register Early! Reasons to Register Early! Many classes are very popular and people know that in order to get a spot, they need to register early. But there are also reasons to register early for classes that don't usually fill up. All of our classes are self supporting and we must reach minimum enrollment for a class to run. There is a point (usually about one week before the program is due to start) that a program must be canceled if there aren't enough people registered. Very often people look to register after the program has been canceled, and if the registrations were done earlier, in many cases, the program would have run. **So, if you know you want to take a class, please register early.**

Adult Programs

New! Slide and Glide

Get ready for thirty minutes of Fitness Blitz! This workout uses power gliding discs that are double sided. You will target and tighten your entire body from lunges, squats to upper body. With every move you will engage your core. It is a great workout for all levels. Class is limited to six for individualized attention.

Instructor: Lisa Jordan, Superior Fitness Owner/ Certified Trainer
Registration closes on **Thursday, March 26** and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

- **Dates:** April 4, 11, 18, 25, May 2, 9
- **Day:** Saturdays • **Time:** 9:15 - 9:45 a.m.
- **Ages:** 18 & older
- **Location:** Superior Fitness of Suffield, 880 Burbank Avenue, Suffield
- **Fee:** \$40.00

Core & Cardio Conditioning

This class offers a fun and total body workout consisting of a combination resistance training and boxillates. In this class you will move between upper and lower body exercises every 60-90 seconds. Most exercises are done right from your mat. Free weights, Pilate's machine, resistance



bans, rowing machine and the total gym are used in this one of a kind workout.

Instructor: Lisa Jordan, Superior Fitness Owner/Certified Trainer
Registration closes on **Thursday, April 2** and/or

earlier if enrollment reaches maximum capacity. Limited enrollment.

- **Dates:** April 9, 16, 23, 30, May 7, 14
- **Day:** Thursdays • **Time:** 9:15 - 10:00 a.m.
- **Ages:** 18 & older
- **Location:** Superior Fitness of Suffield, 880 Burbank Avenue, Suffield
- **Fee:** \$55.00

Tone & Tighten while Rebounding!

This class offers a new, fun, safe way to get a tightened and toned body. There is a full upper body strength routine for the first half of the class and then jump into a combination of core exercises and cardio work. This is all done on the Rebounder (mini trampoline!!!) making this workout one of a kind. The class size is limited to six. All levels are welcome.

Instructor: Lisa Jordan, Superior Fitness Owner/ Certified Trainer
Registration closes on **Thursday, March 26** and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

- **Dates:** April 6, 13, 20, 27, May 4, 11
- **Day:** Mondays • **Time:** 6:30 - 7:15 p.m.
- **Ages:** 18 & older
- **Location:** Superior Fitness of Suffield, 880 Burbank Avenue, Suffield
- **Fee:** \$55.00

Swing Into Spring - Golf For Adults

Includes instruction on full swing fundamentals, chipping, pitching and putting, as well as rules and etiquette discussion and practice drill suggestions. Participants may borrow clubs at the facility or bring your own.



Instructor: Copper Hill Golf Academy Staff
Registration closes on **Wednesday, April 15** and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

- **Dates:** April 22, 29, May 6, 20. *(No class on 5/13)
- **Day:** Wednesdays
- **Time:** 6:00 - 7:00 p.m.
- **Ages:** 18 & older
- **Location:** Copper Hill Golf Academy, 37 Griffin Road, East Granby
- **Fee:** \$55.00 • **Non-Res:** \$65.00