

TOWN OF SUFFIELD

# Suffield Parks & Recreation Department

## Winter Programs 2018



Visit our Online Registration at [SuffieldRec.com](http://SuffieldRec.com) & also sign-up for periodic email notifications!



**Address:**

**Town Hall Annex • 97 Mountain Road • Suffield, CT 06078**

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

Online Registration: [SuffieldRec.com](http://SuffieldRec.com)

Town Website: [suffieldct.gov](http://suffieldct.gov)

**Office Hours:**

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

Friday, 8:00 a.m. – 1:00 p.m.

# WELCOME MESSAGE,

WINTER 2018

As we welcome the New Year, it is the ideal time to join the Parks & Recreation Department and get active while promoting a healthy lifestyle for you and your family. Participate in a fitness or yoga class, learn a new craft and begin 2018 with new possibilities.

We are offering several new programs for preschool, youth and adults along with some of our popular favorites. Online registration is available 24/7, it's easy and convenient to use. Remember to register early as programs fill up quickly.

The Parks & Recreation Commission and staff continually work together to provide quality recreational programs. We welcome your thoughts and feedback on how we can better serve you. If you have any suggestions please call the office at 860-668-3862 or email us at [recreation@suffieldct.gov](mailto:recreation@suffieldct.gov).

Cheers to a happy and healthy New Year!

Wendy LaMontagne, Director

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## 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.*

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### 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*

Leeayn Burke, *Clerk*

Jay Bombard

Bill Boucher

Brian Casinghino

Stephanie Dolan

David Rusnock

Scott Tobey

### ADDRESS:

#### Town Hall Annex

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Suffield, CT 06078

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*Brochure Design: Jennifer Grace • 860-573-5173*

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# YOUTH PROGRAMS

Parents are responsible for notifying school, with a note, that child will participate in Parks & Recreation programs. The Parks & Recreation program instructor will transition and supervise the children from the 3:15 p.m. school dismissal time to the program start time of the 3:30 p.m. 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.

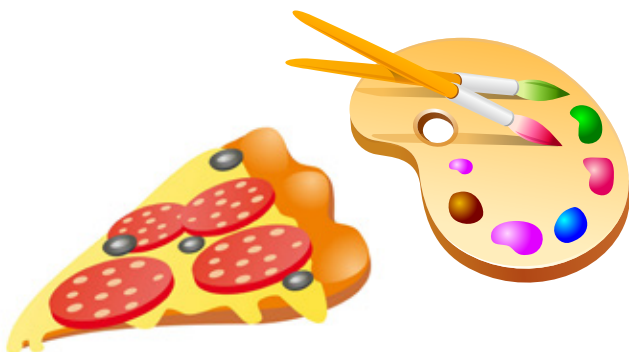
## **NEW!** Pizza Party and Painting! (Grades 1-5)

Children will have a great afternoon while painting a variety of fun winter craft projects and enjoy delicious Pizza after school. This class offers a fun social afternoon with a Pizza Party and children will paint quality projects. (Children who are attending from Spaulding School must check in at the McAlister School office and then proceed to the Cafeteria.) Parents may pick children up from back of the McAlister school-cafeteria entrance, near the playscape.

**Instructor:** Donna Carney-Bastrzycki

**Registration deadline is Wednesday, January 3** and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

- **Date:** January 8
- **Day:** Monday
- **Time:** 3:30 p.m. - 5:00 p.m.
- **Grades:** 1 - 5
- **Location:** McAlister School Cafeteria
- **Fee:** \$12.00
- **Non Res:** \$17.00



## **NEW!** Children's Fitness Squad (Grades 2-5)

This clinic is designed to accommodate boys and girls in grades 2-5 and fitness levels and will engage each individual in core training, strength and agility training, plyometrics and other training exercises. The class focus is to motivate with positivity and fun activities in a safe nonjudgmental environment. It is geared towards making fitness a lifestyle!

**Instructor:** Joseph Hicks,  
Certified Personal Trainer, ISTA.

**Registration closes on Wednesday, January 3** and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

- **Dates:** January 8, 22, 29, February 5, 12  
(No Class on Monday, January 15)
- **Day:** Monday
- **Time:** 3:30 p.m. - 4:30 p.m.
- **Grades:** 2 - 5
- **Location:** McAlister School Gym
- **Fee:** \$45.00
- **Non-Res:** \$50.00



# YOUTH PROGRAMS CONTINUED

## Winter Speed Training Clinic (Grades 3-8)

This clinic offers 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. This 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 deadline is Wednesday, January 10** and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

- **Dates:** January 16, 23, 30, February 6
- **Day:** Tuesday • **Time:** 3:30 p.m. - 4:30 p.m.
- **Grades:** 3 - 8 • **Location:** McAlister School Gym
- **Fee:** \$45.00 • **Non-Res:** \$50.00



## Introduction to Horseback Riding For Children (Ages 3-18)

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.

**Instructor:** End of Hunt Farms Staff

**Registration closes on Tuesday, January 9** and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

- **Dates:** January 16, 23, 30
- **Day:** Tuesday • **Time:** 4:30 p.m. - 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 St., Suffield
- **Fee:** \$105.00  
*per person for the 3 sessions*
- **Non-Res:** \$115.00



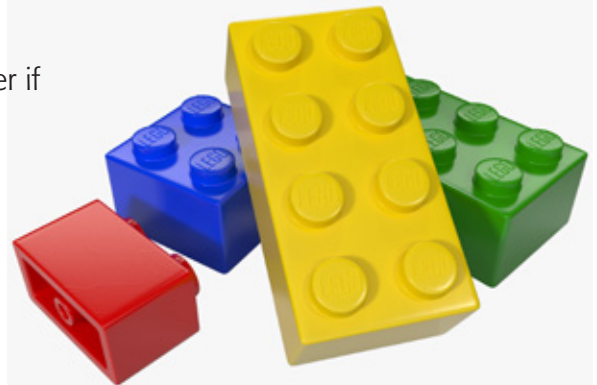
## Intro. to STEM using LEGO® for Grades K-2

Let your imagination run wild with tens of thousands of LEGO® parts! Build engineer-designed projects such as: Trains, Helicopters, Treehouses and Beam Bridges. Design and build as never before and explore your craziest ideas in a supportive environment. *\*Children may bring a snack to eat during this program.*

**Instructor:** Play-Well TEKnologies Staff

**Registration closes on Wednesday, January 10** and/or earlier if enrollment reaches maximum capacity. Limited enrollment

- **Dates:** January 17, 24, 31, February 7
- **Day:** Wednesday • **Time:** 3:30 p.m. - 5:00 p.m.
- **Location:** Spaulding School Cafeteria A
- **Grades:** K - 2 • **Fee:** \$85.00 • **Non-Res:** \$95.00



# YOUTH PROGRAMS CONTINUED

## **NEW!** Energy, Forces, Flight & Robots (Grades 3-5)

May the forces be with you! Explore inertia, momentum and gravity by launching race cars, spinning bike wheels and launching catapults. Experiment with tension and compression, discover which shapes are strongest and try to make an earthquake-proof building. Work with robots that react to coding, follow a maze of lines, pick up toys, or even listen and react to sounds, then build your own robotic hand to continue the exploration at home. Discover the wonders of potential and kinetic energy, the mechanics of flight and many more related topics. There will be different projects from the Fall 2017 class. *\*Children may bring a snack to eat during this program.*

**Instructor:** Mad Science Staff

**Registration closes on Wednesday, January 10** and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

- **Dates:** January 17, 24, 31, February 7
- **Day:** Wednesday
- **Time:** 3:30 p.m. - 4:30 p.m.
- **Grades:** 3 - 5
- **Location:** McAlister School Art Room #109
- **Fee:** \$85.00 • **Non Res:** \$95.00



## **NEW!** Energy, Forces, Flight & Robots (Grades K-2)

May the forces be with you! Explore inertia, momentum and gravity by launching race cars, spinning bike wheels and launching catapults. Experiment with tension and compression, discover which shapes are strongest and try to make an earthquake-proof building. Work with robots that react to coding, follow a maze of lines, pick up toys, or even listen and react to sounds, then build your own robotic hand to continue the exploration at home. Discover the wonders of potential and kinetic energy, the mechanics of flight and many more related topics. There will be different projects from the Fall 2017 class. *\*Children may bring a snack to eat during this program.*

**Instructor:** Mad Science Staff

**Registration closes on Thursday, January 11** and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

- **Dates:** January 18, 25, February 1, 8
- **Day:** Thursday • **Time:** 3:30 p.m. - 4:30 p.m.
- **Grades:** K - 2
- **Location:** Spaulding School Cafeteria A
- **Fee:** \$85.00 • **Non Res:** \$95.00



## **Cookies, Cocoa and Crafting (Grades 1-5)**

Children will have a fun afternoon expressing their creativity while making a variety of creative winter themed crafts, decoration projects and treats. Participants will also enjoy Hot Chocolate and Cookies. This class is great for both girls and boys. Some of the crafts include: snowmen and penguin themed cards, crafts and sun catchers. Please have your child bring or wear an old T-shirt/clothes to class. A snack will be provided. If your child has a food allergy, dietary accommodations will be made so they will enjoy class too, please be sure to indicate this when registering! (Children who are attending from Spaulding School must check in at the McAlister School office and then proceed to the Cafeteria.) Parents may pick children up from back of the McAlister school-cafeteria entrance, near the playscape.

**Instructor:** Donna Carney-Bastrzycki

**Registration deadline is Wednesday, January 10** and/or earlier if enrollment reaches maximum capacity. Limited enrollment

- **Date:** January 18 • **Day:** Thursday • **Time:** 3:30 p.m. - 5:00 p.m.
- **Location:** McAlister School Cafeteria • **Grades:** 1 - 5 • **Fee:** \$12.00 • **Non-Res:** \$17.00

# YOUTH PROGRAMS CONTINUED

## More Penguins and Polar Bears ART-ventures for Kids (Grades K-2)

For new and continuing art explorers! All new projects. Embark upon a journey through the Arctic and Antarctic regions to learn about the captivating lives of penguins, polar bears and other cold-weather creatures. In this fun, art-packed series, art explorers-equipped with a myriad of unique materials, tools and techniques-set out on an adventure across frozen tundra to discover life in and around the icy waters of the earth's Poles. Sculpt clay turtles and paint wooden fishes. Build sand castle lighthouses and create shimmering sea jellies out of recycled materials. Make gyotaku fish print aprons and transform plain t-shirts into oceans teeming with creatures. Explore the art of collage, painting, sculpting, stained glass and so much more while learning fun facts about amazing animals. Don't miss the art-rageous fun! *\*Children may bring a snack to eat during this program.*

**Instructor:** ART-ventures for Kids Staff

**Registration closes on Monday, January 15** and/or earlier if enrollment reaches maximum capacity. Limited enrollment

- **Dates:** January 22, 29, February 5, 12, 26, March 5. *\*(No class on 2/19)*
- **Day:** Monday
- **Time:** 3:30 p.m. - 4:30 p.m.
- **Location:** Spaulding School Cafeteria A.
- **Grades:** K - 2
- **Fee:** \$79.00 per person includes instruction, supplies and materials.
- **Non-Res:** \$89.00



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## Very Cool Valentines and So Cool Snowmen! (Grades 1-5)

Your child will have a wonderful time while getting ready for Valentine's Day and creating fun winter projects. We will make a variety of fun Valentine's cards, winter crafts and decorate cookies. At least three quality gifts will be made. Please have your child bring or wear an old T-shirt/clothes to class. A snack will be provided. If your child has a food allergy, dietary accommodations will be made so they will enjoy class too, please be sure to indicate this when registering! (Children who are attending from Spaulding School must check in at the McAlister School office and then proceed to the Cafeteria.) Parents may pick children up from back of the McAlister school-cafeteria entrance, near the playscape.

**Instructor:** Donna Carney-Bastrzycki

**Registration deadline is Wednesday, January 31** and/or earlier if enrollment reaches maximum capacity. Limited enrollment

- **Date:** February 12
- **Day:** Monday
- **Time:** 3:30 p.m. - 5:00 p.m.
- **Location:** McAlister School Cafeteria
- **Grades:** 1 - 5
- **Fee:** \$12.00
- **Non-Res:** \$17.00



# YOUTH PROGRAMS CONTINUED

The following four programs are made with **JumpingClay**, an air-drying polymer clay that is 100% safe and non-toxic and completely mess free! All projects will be taken home the same day - just leave them out to dry for 24 hours! Beginners welcome! \*Children may bring a snack to eat during this program.

**The instructor for all classes is Aime, from JumpingClay USA.**

## **NEW!** "Cool to be Kind" – Snowman (Grades 3-5)

Roll up a couple of "snow" balls, add a carrot nose and a hat and scarf and you've got yourself a cool clay snowman! Each participant will create their own clay snowman using JumpingClay while learning about basic shapes and color mixing.

**Registration closes on Tuesday, January 30** and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

- **Date:** February 6 • **Day:** Tuesday • **Time:** 3:30 p.m. - 4:30 p.m. • **Grades:** 3 - 5
- **Location:** McAlister School Art Room #109 • **Fee:** \$15.00 • **Non-Res:** \$20.00



## **NEW!** "Ooh La La!" (French Toast and Eiffel Tower) (Grades 3-5)

Bon Jour! Each participant will create their own clay French Toast and Eiffel Tower magnets using JumpingClay while learning about basic shapes and color mixing.

**Registration closes on Tuesday, February 6** and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

- **Date:** February 13 • **Day:** Tuesday • **Time:** 3:30 p.m. - 4:30 p.m. • **Grades:** 3 - 5
- **Location:** McAlister School Art Room #109 • **Fee:** \$15.00 • **Non-Res:** \$20.00



## **NEW!** "Beary Loved" - Teddy Bear (Grades K-2)

Make an adorable bear and heart for your Valentine! Each participant will create their own clay bear using JumpingClay while learning about basic shapes and color mixing.

**Registration closes on Wednesday, February 7** and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

- **Date:** February 14 • **Day:** Wednesday • **Time:** 3:30 p.m. - 4:30 p.m. • **Grades:** K - 2
- **Location:** Spaulding School Cafeteria A • **Fee:** \$15.00 • **Non-Res:** \$20.00



## **NEW!** "Winter Wonderland" - Color Penguin & Snowman magnets (Grades K-2)

We're playing it cool with these lovable penguin and snowman magnets! Each participant will create their own clay penguin and snowman magnets using JumpingClay while learning about basic shapes and color mixing.

**Registration closes on Wednesday, February 14** and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

- **Date:** February 21 • **Day:** Wednesday • **Time:** 3:30 p.m. - 4:30 p.m. • **Grades:** K - 2
- **Location:** Spaulding School Cafeteria A • **Fee:** \$15.00 • **Non-Res:** \$20.00





# YOUTH PROGRAMS CONTINUED

## Gymnastics (Grades 3-5)

This introductory gymnastics program will teach boys and girls the basic skills of gymnastics. We will focus on coordination, flexibility and safety. Participants will learn basic skills to develop a good foundation in gymnastics including: Floor Exercise, balance beam, bars, rings and vault. For comfort and safety, girls should wear leotards and boys should wear shorts and a t-shirt that can be tucked in. Buckles, snaps or zippers are not allowed.

**Instructor:** Heather Casinghino, S.M.S., P.E. Teacher and Brian Casinghino.

**Registration closes on Sunday, February 25**

and/or earlier if enrollment reaches maximum capacity. Limited enrollment

- **Date:** March 1, 2, 8, 9, 15 (snow date Friday, March 16) • **Day:** Thursday and Friday
- **Time:** 5:45 p.m. - 7:15 p.m. • **Location:** Middle School Gym
- **Grades:** 3, 4 and 5 • **Fee:** \$55.00 • **Non-Res:** \$65.00

# PRESCHOOL PROGRAMS

## Fun Family Fitness (Preschooler with a caregiver) Ages 3-5

Want to have fun with your preschooler, meet new friends and get fit? The Family Fitness class is for you! Pre-schoolers and their caregiver will participate in a variety of fun and interactive activities that help keep your family fit while helping to develop gross motor skills, balance and flexibility with music and movement.

**Instructor:** Joseph Hicks, Certified Personal Trainer, ISTA. [teamjtraining.com](http://teamjtraining.com)

**Registration closes on Tuesday, January 2** and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

- **Dates:** January 8, 22, 29, February 5, 12, 26  
(No Class on Monday, January 15 and February 19)
- **Day:** Monday
- **Time:** 1:00 p.m. - 1:45 p.m.
- **Ages:** 3 - 5 and caregiver
- **Location:** Suffield Town Hall  
(Lower Level Meeting Room)
- **Fee:** \$45.00 per child and one adult

## Movers & Shakers! Ages 2-4

A fun morning of preschool songs, movement, dance and playing instruments. Put on your sneakers and move to the beat with your friends. This is a child and parent/caregiver participation class.

**Instructor:** Chelsea Smith

**Registration closes on Wednesday, January 17** and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

- **Dates:** January 23, 30, February 6, 13, 20, 27
- **Day:** Tuesday • **Time:** 9:00 a.m. - 9:30 a.m.
- **Ages:** 2-4
- **Location:** Great Room, Suffield Senior Center,  
145 Bridge Street
- **Fee:** \$25.00  
(\$15.00 for second child or more in same family)
- **Non Res:** \$30.00



# PRESCHOOL PROGRAMS CONTINUED

**NEW!**

## **“Some People are Worth Melting For” (Melted Snowman Magnet) Ages 3-5**

Show your Valentine how much you love them! Each participant will create their own clay melted snowman magnet using JumpingClay while learning about basic shapes and color mixing. All projects will be taken home the same day - just leave them out to dry for 24 hours! Beginners welcome! JumpingClay is an air-drying polymer clay that is 100% safe and non-toxic and completely mess free! This program is for children to be accompanied by a parent/caregiver.

**Instructor:** Aime, JumpingClay USA

**Registration closes on Monday, February 5**

and /or earlier if enrollment reaches maximum capacity. Limited enrollment.

- **Dates:** February 12. • **Day:** Monday • **Time:** 9:30 a.m. - 10:15 a.m.
- **Ages:** 3-5 year olds • **Location:** Multi-Purpose Room, Suffield Senior Center, 145 Bridge Street • **Fee:** \$12.00 • **Non Res:** \$15.00



# ADULT PROGRAMS

**NEW!**

## **Find your “Fitness & Food Balance” (NEW-FREE Class Demo)**

Start the New Year right and find the perfect balance between your workouts and eating habits. Are you exercising and not getting the results you had hoped for, or want to take your fitness to the next level? Join us for free and find out how to balance a good exercise program with healthy, nutrient dense food choices! Once you balance exercising with eating the very best foods you can, you will begin to see the results you are after. This is not about products, potions, pills or pyramid schemes. It is about making a commitment to not only fitness but choosing the best foods, at the right times and in the right amounts! Learn some basic exercise techniques and learn what you can do to stay healthy, active and fit and take charge of 2018! Participants will also learn more about the new lunchtime Healthy and Happy-New Fit You Class that begins on Monday, January 8.

**Instructor:** Joseph Hicks, Certified Personal Trainer, ISTA.

**Registration closes on Wednesday, December 27** and/or earlier if enrollment reaches maximum capacity. Limited enrollment

- **Date:** January 3
- **Day:** Wednesday
- **Time:** 12:05 p.m. - 12:50 p.m.
- **Ages:** All Ages
- **Location:** Suffield Town Hall (Lower Level Meeting Room)
- **Fee:** FREE (Must Pre-Register)



# ADULT PROGRAMS CONTINUED

## Adult Recreational Volleyball

Recreational volleyball for adults 18 yrs. and older.

**Instructor:** Gym Supervisor

**Registration closes on Tuesday, December 26**

and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

• **Dates:** January 2, 9, 23, 30, February 6, 13, 27\*, March 6.\*

*\*Program moves to a new location to be determined. (no program on 1/16 & 2/20)*

• **Day:** Tuesday • **Time:** 7:00 p.m. - 9:00 p.m. • **Ages:** 18 and older

• **Location:** Suffield Middle School Gym • **Fee:** \$25.00 • **Non-Res:** \$30.00



**NEW!**

## Healthy and Happy-New Fit You!

Looking for a fun class that offers great motivation to get fit in the New Year? This lunch time strengthening class will focus on toning and building lean muscle. No experience necessary as Instructor will accommodate and modify to suit all of your individual needs and fitness levels. Come learn about your muscles, mechanics and improve even further on your strengths. Take a break from the sedentary work day and join us! This class offers a great way to get in shape in the New Year with great motivation while having fun!

**Instructor:** Joseph Hicks, Certified Personal Trainer, ISTA. [teamjtraining.com](http://teamjtraining.com)

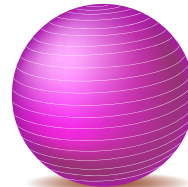
**Registration closes on Tuesday, January 2** and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

• **Dates:** January 8, 22, 29, February 5, 12, 26  
(No Class on Monday, January 15 and February 19)

• **Day:** Monday • **Time:** 12:05 p.m - 12:50 p.m.

• **Location:** Suffield Town Hall (Lower Level Meeting Room)

• **Ages:** Adults • **Fee:** \$45.00



## Lunchtime Yoga

Enjoy all the benefits of Yoga as we practice and enjoy a healthy de-stressing lunch time. Vinyasa flow style of yoga is empowering, edgy, creative and athletic for any level. We will use specific sequences to create a practice that is challenging and healing for everyone. This class will help you clear your mind of everyday thoughts. Practicing yoga creates a satisfying and rewarding feeling of achievement.

*Please wear comfortable clothes that allow for movement and bring a water bottle and a Yoga Mat.*

**Instructor:** Amy Goodwin

**Registration closes on Wednesday, January 3**

and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

• **Dates:** January 10, 17, 24, 31, February 7, 14 • **Day:** Wednesday

• **Time:** 12:10 p.m. - 12:50 p.m. • **Location:** Suffield Town Hall (Lower Level Meeting Room)

• **Ages:** 18 and up • **Fee:** \$45.00



# ADULT PROGRAMS CONTINUED

## Gutts and Butts!

Back by popular demand! Get ready for a great lower body workout. We will have a blast in this legs and core class. This class is designed to strengthen and tone everything from the stomach and below. We will work on abs, low back and do lots of squats that will help trim the core and lower body, not to mention burning lots of calories.

**Instructor:** Lisa Jordan / Owner of Superior Fitness.

**Registration closes on Wednesday, January 3** and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

- **Dates:** January 11, 18, 25, February 1, 8, 15
- **Day:** Thursday • **Time:** 6:30 p.m. - 7:15 p.m.
- **Location:** Superior Fitness, 880 Burbank Ave. Suffield
- **Ages:** 18 and up • **Fee:** \$55.00



# FAMILY & COMMUNITY

## Friends and Family Bowling Nights!

Real fun – real value!!! Get the family together for some real fun this winter. This program offers great exercise and fun. Each week participants will bowl three games. Every new bowler who joins will receive a white dot bowling ball! Shoe rental not included.

**Registration closes on Wednesday, December 27** and/or earlier if enrollment reaches maximum capacity. Limited enrollment. **You must pre-register and pre-pay before the deadline.**

- **Dates:** January 2, 9, 16, 23, 30, February 6, 13, 20
- **Day:** Tuesday • **Time:** 6:45 p.m.-9:00 p.m.
- **Location:** Bradley Bowl, Route 75, Windsor Locks • **Ages:** All ages
- **Fee:** \$80.00 (*Shoe rental not included but a FREE White Dot Bowling Ball is included for all NEW bowlers to this program!*)



## **NEW!** Taking Better Photos

Do you love photography and want to take better photos? This informative program will feature a demonstration and discussions of basic “rules” of composition and focus. Attendees should bring their cameras and manuals. Participants are also encouraged to bring 1 or 2 photographs (prints) for brief comments at the end of class.

**Instructor:** Rick Haeseler

**Registration closes on Monday, January 22** and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

- **Date:** January 29 • **Day:** Monday • **Time:** 6:30 p.m. - 8:30 p.m.
- **Location:** Suffield Town Hall Lower Level Meeting Room • **Ages:** Adults • **Fee:** \$10.00



## Lunchtime Walkers and Snowshoers! (FREE)

Get in shape this winter and keep your Fitness Resolutions this year! Did you know you should be walking 10,000 steps a day? Let's enjoy the brisk winter 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, snow or shine so please bring proper winter 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!!!

**Instructor:** Donna Carney-Bastrzycki

**Registration closes on Wednesday, January 3** and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

- **Dates:** January 9, 16, 23, 30, February 6, 13 • **Day:** Tuesday • **Times:** 12:00 p.m. - 1:00 p.m.
- **Location:** Meet at the Middle School Track (*if there is too much snow/ice on the track we will walk behind the McAlister and Middle School*)
- **Ages:** All ages • **Fee:** Free (Must Pre-register)

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## Suffield Parks and Recreation offers inclusive Special Needs Programs and Group Outings

*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**

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## Bowling Buddies and 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 2018 • **Day:** Tuesday
- **Time:** 4:30 p.m. - 6:30 p.m.
- **Age:** High School students through adult
- **Location:** Bradley Bowl, Route 75, Windsor Locks
- **Fee:** \$11.00-for three games and shoe rental  
(you must pre-register for this program)



# FAMILY & COMMUNITY CONTINUED

## Bowling Buddies JR. (Winter) (Grades 2-12)

Enjoy a great evening of bowling and meeting new friends. Bowling Buddies JR is for any child with special needs in grades 2-12. Each buddy will bowl one string and enjoy pizza and refreshments.

**Facilitators:** Donna Carney-Bastrzycki, Special Programs Coordinator-Suffield Parks and Recreation Department, Sue Davis and Jill Caron-Foundation for Exceptional Children of Suffield Founders

**Registration Deadline: Wednesday, December 27**, and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

- **Dates:** January 2, 9, 16, 23, 30, February 6
- **Day:** Tuesday • **Time:** 5:30 p.m. - 7:00 p.m.
- **Age:** Grades 2-12
- **Location:** Bradley Bowl, Route 75, Windsor Locks
- **Fee:** FREE-A maximum of 16 special needs children will be sponsored fully by the Foundation for Exceptional Children of Suffield. Children will also receive a free t-shirt! Enrollment is on a first come first registered basis. Parent volunteers and Special Partner helpers are needed in order for this program to be successful. Enrollment maximum is 16 children. **Please register at [www.suffieldrec.com](http://www.suffieldrec.com)**

## TRIPS 2018

### New York City on Your Own - Saturday, May 5

The cost is \$46.00 per person. **Includes:** Round trip bus transportation & Taxes

• **Departs:** Middle School Parking Lot at 7:30 a.m. • **Departs:** New York City at 7:00 p.m.

Meals are on your own. Registration closes on **Monday, April 23** and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

### SAVE THE DATE:

**New York City on Your Own - Saturday, October 6.**

**New York City on Your Own - Saturday, December 1.**

*The Suffield Parks & Recreation Department shares most bus trips in conjunction with the Granby and East Granby Recreation Departments. All bus trips are on a first come, first paid basis and due to the nature and commitment of bus contracts; there are no refunds for trips unless a specific trip is canceled. Purchased seats are non-refundable but transferable to another person and you must inform the Parks & Recreation Department of such change. Everyone must pay the full price, no discounts apply. On rare occasions the bus company may cancel a trip due to severe weather conditions at which time a full refund would be issued. 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. We are not responsible for your return trip if you are not at the designated pickup location on time! NO ASSIGNED SEATS. Remember – Your reservation is not confirmed until your payment has been received. on time!*

# SUMMER HELP WANTED

## SUMMER POSITIONS INCLUDE:

- Camp Directors
- Camp Counselors
- Junior Counselors
- Lifeguards

**Applications are available in the Parks and Recreation Office, 97 Mountain Road.**



**HELP  
WANTED**

## ATTENTION!!!

**Lifeguards and Water Safety Instructors needed for Sunrise Park and Babb's Beach.**

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 camps and public swim. Get your training now and be ready for a summer job. **Call us for further information and assistance in participating in a course, 860-668-3862.**



## WEATHER AND PROGRAM RELATED INFORMATION

During the winter months - call the Parks & Recreation Office for cancellation information, 860-668-3862 (press 2) or check the TV.



**Cancellations will be announced on T.V. Stations – WFSB-3 & WVIT-30.**



If school is cancelled due to inclement weather, all programs are cancelled.

If there is an early release due to inclement weather or other reasons, the school procedure is followed and activities are cancelled for that day.

# SPRING PROGRAMS COMING SOON



## MARK YOUR CALENDARS!!! - SPRING PROGRAMS

**Registration for:** Girls & Boys Tee-Ball – Girls Softball

Starting in early March, registration will be available online at **[suffieldrec.com](http://suffieldrec.com)**

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### ICE SKATING

is permitted at Sunrise Park - weather permitting. A sign is posted at park entrance, or contact Park Superintendent at 668-3846. *Skating is at your own risk.*

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### CROSS COUNTRY SKIING

Cross Country Skiing is permitted at Bruce Park, Sunrise Park, and Stony Brooke Park (Remington Street entrance) weather *permitting*. *Ski at your own risk.*

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# SPRING PROGRAMS COMING SOON

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

<b>PROGRAM</b>	<b>REGISTER IN</b>	<b>PROGRAM BEGINS</b>
<b>SOFTBALL</b>	<b>MARCH</b>	<b>MID APRIL</b>
<b>TEE BALL</b>	<b>MARCH</b>	<b>MID APRIL</b>
<b>SUMMER CAMPS</b>	<b>MID APRIL</b>	<b>LATE JUNE - AUGUST</b>
<b>SOCCER</b>	<b>JUNE</b>	<b>LATE AUGUST</b>
<b>FIELD HOCKEY</b>	<b>LATE AUGUST</b>	<b>SEPTEMBER</b>
<b>BASKETBALL</b>	<b>OCTOBER - NOVEMBER</b>	<b>EARLY JANUARY</b>



## OTHER ORGANIZATIONS OUTSIDE THE PARKS & RECREATION DEPT.

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

### **FOOTBALL**

Jen Pelletier, 860-849-3109

### **ICE HOCKEY**

Mike Tenczar, (Enfield rink) 860-668-1365  
Paul Faulkner (Hockey Stars) 860- 651-5400 X27

### **SUFFIELD TRAVEL BASKETBALL**

Jim Dion, 860-668-7099

### **SUFFIELD LITTLE LEAGUE**

Bill Baril  
president@suffieldlittleleague.com

### **SUFFIELD LACROSSE LEAGUE**

Melissa Staunton  
melstaunton@gmail.com

### **SUFFIELD TRAVEL SOCCER CLUB**

Tim Lewis  
Ta1017@cox.net

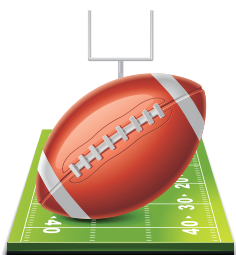
### **SWIMMING**

Kathy Henaghan, 860-627-0062 Water Jets  
Jon Levine 860-653-9135 Aquabears

### **YOUTH WRESTLING**

Jim Romano, 860-965-5606  
jamesromano1@gmail.com

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



# REGISTRATION INFORMATION

## Registration information. Ways to register for a program.

**1. ON-LINE, register at [suffieldrec.com](http://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, allergy information... this online registration will allow you to conveniently register for programs.

**2. You may still pay by cash or check,** but you must first set up a household account on-line to initiate this form of payment and procedure.

- Create a household account, at check out time, click on form of payment (Cash or Check).
- Print out invoice and mail or drop off final payment to Parks & Recreation Office, 97 Mountain Road, Suffield.

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.

For payments that are mailed, we recommend you call the office to verify receipt. A mail box is located in the front of the Town Hall Annex building for customers who need to conduct business before or after our scheduled office hours. There will be a fee of \$10.00 for checks returned for insufficient funds. Please plan your selections in advance. Any change or modification to your initial registration will incur a \$10.00 processing fee.

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

Cancellations or weather related changes will be announced on the department phone system, call: 860-668-3862, press 2 for a recorded announcement.

School activities and sports have priority over the Parks and Recreation activities. Whenever school is canceled due to inclement weather, or if there is an early release, 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.

## 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 5 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.



**Address:**

**Town Hall Annex • 97 Mountain Road • Suffield, CT 06078**

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

Online Registration: [SuffieldRec.com](http://SuffieldRec.com)

Town Website: [suffieldct.gov](http://suffieldct.gov)

**Office Hours:**

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

Friday, 8:00 a.m. – 1:00 p.m.