

Register online
at: www.suffieldrec.com

Town of Suffield

Suffield Parks & Recreation Department



97 Mountain Road, Suffield, CT 06078

Phone: 860-668-3862

Online Registration: www.SuffieldRec.com

Office Hours:

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

Friday, 8:00 a.m. – 1:00 p.m.

WELCOME MESSAGE,

Fall means back to school and a whole new slate of activities at the Suffield Parks & Recreation Department. I love our brochure but be sure to visit our website: www.suffieldrec.com, to see all of our program offerings and events happening in Town! Our programs are designed to be not only fun, but age appropriate, and educational as well.

One of the programs/events to look forward to after our fall programming is our new Family Nights. Watch for more details on our website, and in future brochures. These Family Nights are a sure way to have fun right here in Suffield with your whole family. If you are new to Suffield or just want to have some good family fun, these nights will be a perfect way to make some great family memories.

Lastly, we would love to see your pictures and posts from around Town, especially when you are taking advantage of one of our programs. Be sure to follow us and tag us in your pictures and posts. Use the tag: @suffieldrec for all of our social media (Facebook, Instagram, and Twitter).

We welcome everyone to get out and about, explore our parks, open spaces and trails.

Regards,

Peter Leclerc, Director of Parks & Recreation

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.

DEPARTMENT STAFF:

Director:

Peter Leclerc

Director of Special Programs:

Donna Carney-Bastrzycki

Recreation and Sport Programmer:

Jen Filer

Registration Administrative Assistant:

Pamela Cocca

Parks and Recreation Commissioners:

Brian Casinghino, *Chairman*

Bill Boucher, *Vice Chairman*

Leeayn Burke, *Clerk*

Jay Bombard

Lou Casinghino

Stephanie Dolan

Andrew Joly

Sam Lombardo

David Rusnock

ADDRESS:

Town Hall Annex
97 Mountain Road
Suffield, CT 06078

Phone: 860-668-3862

Fax: 860-758-0417

Online Registration: SuffieldRec.com

Town Website: suffieldct.gov

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WEATHER AND PROGRAM RELATED INFORMATION

Follow us on Facebook or twitter (@suffieldrec) to stay up to date on all department information, visit our website, or call the Parks & Recreation Office for cancellation information, 860-668-3862, during regular business hours.

YOUTH

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. Transportation is not 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.

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.

Instructor: End of Hunt Farms Staff

Registration closes on Tuesday, September 24 and/or earlier if enrollment reaches

Maximum capacity. Limited enrollment.

Dates: October 1, 8, 15

Day: Tuesday

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 St., Suffield

Fee: \$110.00 per person for the 3 sessions Non-Res: \$120.00



Cheerleading Fun

Your child will have a wonderful time in this introduction to the fundamentals of cheerleading and tumbling for students in grades 1-5. Basic to Intermediate skills will be taught based on proper progressions for tumbling, stunting, motions, jumps, cheers and dances, in a safe and age appropriate manner. Children that are attending from Spaulding School must check in at the McAlister School office and then proceed to the gym.

Instructor: World Cup Polaris All Stars Staff

Registration closes on Wednesday, October 16 and/or earlier if enrollment reaches maximum capacity. Limited enrollment

Dates: October 23, 30, November 6, 13, 20, December 4 (No program on November 27)

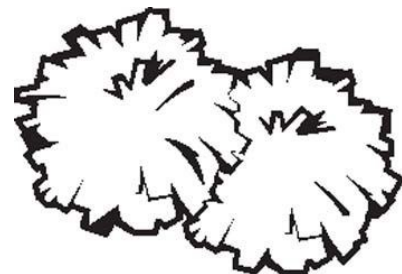
Day: Wednesday

Time: 3:30-4:30 p.m.

Grades: 1 – 5

Location: McAlister School Gym

Fee: \$55.00



YOUTH

Fall and Halloween Crafters

Children will have a fun afternoon expressing their creativity while making a variety of quality fall and “spooky” Halloween craft projects and treats. Please have your child bring or wear an old T-shirt/clothes to class. A small snack will be provided. Please indicate if your child has any food allergies. Registration closes if enrollment reaches maximum capacity. Limited enrollment

Instructor: Donna Carney-Bastrzycki

Date: September 25

Day: Wednesday

Time: 3:30-5:00 p.m.

Location: McAlister School Cafeteria

Grades: 1 - 5

Fee: \$12.00

Non-Res: \$17.00



Fitness Squad Fun (Grades 3-8)

Is your child ready to have fun while getting fit? Do they love a good challenge that is motivating? This heart pumping, enjoyable fitness class is for girls and boys in grades 3-8 at various fitness levels. Children will engage in core, strength, agility training, plyometrics and other important training exercises. The class's focus is to motivate with positivity and fun activities in a safe nonjudgmental environment helping to make fitness a lifestyle! Your child will have a blast in this class.

Instructor: Joseph Hicks, Certified Personal Trainer, ISTA.

Registration closes on Wednesday, October 16 and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

Dates: October 21, 28, November 4, 18, 25, December 2 (*there is no class on Nov.11*)

Day: Monday

Time: 3:30 - 4:30 p.m.

Grades: 3 - 8

Location: McAlister School Gym

Fee: \$45.00

Non-Res: \$50.00



YOUTH

Where the Wild Things 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, design ceramic robots, decorate birdhouses, wooden guitars, and so much more. Plus, hear wonderful stories, such as "Where the Wild Things Are" and "Nova the Robot," each relating to a work of art. Humor and surprises are always included. Explore, experiment, create. Art adventurers bring home awesome works of art each week! So much FUN!

Instructor: ART-ventures for Kids Staff

Registration closes on October 14 and/or earlier if enrollment reaches maximum capacity. Limited enrollment

Date: October 21, 28, November 4, 11, 18, 25

Day: Monday

Time: 3:40-4:40 p.m.

Location: Spaulding School Cafeteria A

Grades: K - 2

Fee: \$90.00 per person includes instruction, supplies and materials.

Non-Res: \$100.00



Halloween Pumpkin Painting and Pizza Party - New

Is your child ready to have a great time getting ready for Halloween fun? Children will have a blast with their friends as we decorate real pumpkins and celebrate Halloween with a party! We will be making a variety of fun crafts and treats. We will even have a pizza party and decorate cookies at the end of the event. Each child will also receive a goody bag filled trick or treat bag! Please indicate if your child has any food allergies. Please have your child wear and old T-shirt/cloths.

Instructor: Donna Carney-Bastrzycki

Registration closes on Wednesday, October 16 and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

Date: October 23

Day: Wednesday

Time: 3:30 – 5:00 p.m.

Location: McAlister School Cafeteria

Grades: 1-5

Fee: \$15.00

Non-Res: \$20.00



YOUTH

Intro. to STEM using LEGO® Grades K-3

Tap into your imagination with tens of thousands of LEGO® parts! Build engineer-designed projects such as: Boats, Snowmobiles, Catapults, and Merry-Go-Rounds. Design and build as never before, and explore your craziest ideas in a supportive environment. New and returning students can explore the endless creative possibilities of the LEGO® building system with the guidance of an experienced Play-Well instructor. There are no prerequisites for this course.

*Children may bring a peanut free snack to eat during this program.

Instructor: Play-Well TEKnologies Staff

Registration closes on Wednesday, September 18 and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

Dates: September 25, October 2, 9, and 16.

Day: Wednesday

Time: 3:30 - 5:00 p.m.

Grades: K - 3

Location: Spaulding School Cafeteria A

Fee: \$80.00

Non-Res.: \$90.00



Harry Potter Magical Engineering Grades K-3

Explore the magic of Harry Potter using LEGO®! Find Platform 9 ¾, build Hogwarts Express Train, work cooperatively to construct the mysterious Hogwarts Castle, and soar on the wings of a Norwegian Ridgeback Dragon. Travel to a world of wizardry and hone your magical skills while learning about Muggle (STEM) concepts.

*Children may bring a peanut free snack to eat during this program.

Instructor: Play-Well TEKnologies Staff

Registration closes on Wednesday, October 23 and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

Dates: October 30, November 6, 13, 20.

Day: Wednesday

Time: 3:30 - 5:00 p.m.

Grades: K - 3

Location: Spaulding School Cafeteria A

Fee: \$80.00

Non-Res.: \$90.00



YOUTH

Hoop It Up Basketball Clinic

This clinic will improve your child's understanding of the game of basketball and supply the children with skills and drills that they can use to develop confidence and enjoyment from playing. Get psyched for the upcoming basketball season, sign up now!

Instructor: Scott Wissel, Co-Director of Basketball World Clinics/NBA Advance Scout.

Registration closes on Thursday, October 31 and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

Date: November 7

Day: Thursday

Grades/Times: Grades 1 and 2: 3:30-4:15 p.m.

Grades 3-6: 4:15-5:15 p.m.

Location: McAlister School Gym

Fee: Grades 1 and 2: \$12.00

Grades 3-6: \$13.00



Winter Holiday Present Makers - New

What is better than quality, thoughtful handmade gifts for the holidays? In this creative holiday class, children will have a fun afternoon expressing their creativity while making a variety of beautiful holiday gifts, card projects and treats for the upcoming Winter Holidays. To put us in the holiday spirit we will sip on hot chocolate and listen to holiday songs while having a blast! Please have your child bring or wear an old T-shirt/clothes to class. A small snack will be provided. Please indicate if your child has any food allergies.

Instructor: Donna Carney-Bastrzycki

Registration closes on Monday, December 2 and/or earlier if enrollment reaches maximum capacity. Limited enrollment

Date: December 9

Day: Monday

Time: 3:30-5:00 p.m.

Location: McAlister School Cafeteria

Grades: 1 - 5

Fee: \$12.00 Non-Res: \$17.00



YOUTH

Speed Training Clinic (Grades 3-8)

Back by popular demand! 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 closes on Tuesday, October 22 and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

Dates: October 29, November 12, 19, 26 (No Class on November 5)

Day: Tuesday

Time: 3:30-4:30 p.m.

Grades: 3 - 8

Location: McAlister School Gym

Fee: \$47.00

Non-Res: \$52.00



Hauntingly Fun and Healthy After-School Snack Making - NEW

Is your child ready to make some “Spooktacular Treats?!” Join Enfield ShopRite Dietitian Michelle Mattia for a FREE workshop, which encourages kids to roll up their sleeves and make healthy snacks while learning and having fun. The session includes fun, no-cook recipes that the whole family will enjoy for Halloween and fall. Participants will engage in a healthy, hands-on nutrition discussion followed by the food preparation portion of the event. Please note any food allergies or intolerance when signing up. Children 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: Michelle Mattia, RDN, ShopRite of Enfield

Registration closes on Wednesday, October 23 and/or earlier if enrollment reaches maximum capacity. Limited enrollment

Date: Tuesday

Day: October 29

Time: 3:30 - 4:45 p.m.

Grades: 1 – 5

Location: McAlister School Cafeteria

Fee: Free (This program is free but limited to the first 14 children that enroll.)



YOUTH

Parent/Child Candy Making for Beginners - New

Let's make candy! This one, 3-hour class is an introduction to candy making. If you and your child ever wanted to make candy at home but were too intimidated to try, this class is for you. Work side by side with your child in this hands-on class. Together, you will learn how to melt, mold, color, flavor, marbleize, fill, and layer chocolate. You'll make and bring home beautiful candies including Nonpareils, Caramel Delights/Turtles, Clusters, Truffles, and Bark that taste as good as they look!

(Note: During this class we will be working with nuts, if your child has a nut allergy this class is NOT appropriate.)

When registering, fee for adult with one child is \$40.

Registration closes on **Tuesday, November 26, 2019** and/or earlier if enrollment reaches maximum capacity.

Limited enrollment.

Instructor: Sandy Nelson

Date: Tuesday, December 3

Time: 5:30-8:30 p.m.

Ages: 8 and over



Location: Suffield Parks and Recreation Office/Activity Room 97 Mountain Road

Fee: \$40.00 (for one child and adult- it is \$20.00 per participant) plus additional supplies **(Please note- additional supplies are necessary to be purchased for this class, please see the info on www.suffieldrec.com when registering)** **If you are only registering yourself and one child then one set supplies can be shared. If you are registering more than one child, each child will need their own separate supplies.**

Pre-School

Moving and Grooving Meditation/Yoga (Pre-Schooler with a Parent/Caregiver) (New)

Come join our fun new class that incorporates mindful movement exercises, de-stressing and fun. This class is designed for parent/caregiver and child to practice yoga in an engaging way that engages the child and gives the parent a chance to practice on the mat. The class will be a creative mixture of mindful movement exercises, animal poses, music, breathing and relaxation that is age appropriate and fun for the parent/caregiver and pre-school participant!

Instructor: Amy Manning, Certified Yoga Instructor and owner of Zag Fitness

Registration closes on Thursday, October 17 and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

Dates: October 23, 30, November 6, 13, 20, December 4 (No program on November 27)

Day: Wednesday

Time: 11:00 - 11:40 a.m.

Location: Suffield Town Hall Lower Level Meeting Room

Ages: 3-5 and caregiver

Fee: \$45.00 per one child/caregiver



Pre-School

Pre-school Playtime and Fitness Program (Pre-schooler with a Caregiver)

Do you want to get fit and have fun while making new friends with your child this fall? Pre-schoolers and their parent/caregiver will participate in a variety of fun and interactive activities that help keep your family fit while helping to develop balance, flexibility, gross motor skills, with music and movement. This class is a ton of fun and a great workout too!

Instructor: Joseph Hicks, Certified Personal Trainer, ISTA. teamitraining.com

Registration closes on Wednesday, October 16 and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

Dates: October 21, 28, November 4, 18, 25, December 2 (*there is no class on Nov.11*)

Day: Monday

Time: 1:00 - 1:45 p.m.

Location: Suffield Town Hall Lower Level Meeting Room

Ages: 3-5 and caregiver

Fee: \$45.00 per child and one adult



Adult

Adult Recreational Volleyball

Recreational volleyball for adults 18 yrs. and older

Instructor: Gym Supervisor

Registration closes on Tuesday, September 4 and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

Dates: September 10, 17, 24, October 1, 8, 15, 22, 29.

Day: Tuesday

Time: 7:00 - 9:00 p.m.

Location: Suffield Middle School Gym

Fee: \$25.00

Non-Res: \$30.00

*Look for more playing opportunities when this session ends.



Adult

Lunchtime Yoga Sampler - NEW

Have you ever wanted to try Yoga and see what it is all about and not have to commit to a longer six or eight-week session? This class is for you. Enjoy all the benefits of Yoga as we practice and enjoy a healthy de-stressing lunchtime. 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 distracting 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 Manning

Registration closes on Tuesday, September 10 and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

Dates: Sept. 11, 18, 25

Day: Wednesday

Time: 12:10-12:50 p.m.

Location: Town Hall-Lower Level Meeting Room

Ages 18 and up

Fee: \$25.00

Cupcake Decorating Made Easy

Decorate like a pro, get ready to impress all of your guests with your special goodies!

This is an introduction to cupcake decorating taught by Sandy Nelson, former award winning Hall of Fame Certified Wilton Method Decorating Instructor. Sandy has taught cake-decorating classes for over 30 years. Sandy's goal is to make your experience with decorating as easy and enjoyable as possible. You will learn how to tint icing, fill a decorating bag, fill a cupcake and pipe a variety of decorations, including the popular 1M Swirl and Drop Flowers. Best of all you will take home your decorated cupcake creations to share with family and friends.

Instructor: Sandy Nelson

Date: October 22

Day: Tuesday

Time: 6:00 - 9:00 p.m.

Ages: 16 and up

Location: Suffield Parks and Recreation Office/Activity Room 97 Mountain Road

Fee: \$20.00 (additional supplies are necessary to be purchased for this class, please see the supply info on www.suffieldrec.com when registering)

Registration closes on Wednesday, October 16 and/or earlier if enrollment reaches maximum capacity. Limited enrollment.



Adult

Cake Decorating for Beginners

This course is an introduction to cake decorating. During these specialty four, 3 hour sessions, you will learn basic cake decorating techniques such as preparing a cake for decorating (leveling, torting, filling, icing, smoothing), preparing and filling decorating bags, tinting icing. You will also learn the following decorating techniques: pattern transfers, pulled dots, star fill-in, ruffles, shells, elongated shapes, printing, writing, borders (zig-zag, star, bead and shell), grass, leaves, and buttercream flowers (Daisy, Sunflower, Zinnia, Petal Flower, Shaggy Mum, Ribbon Rose and the American Rose). You'll take home your amazing creations following each session to share with family and friends. Sandy has taught cake decorating classes for over 30 years. Sandy's goal is to make your experience with decorating as easy and enjoyable as possible.

Instructor: Sandy Nelson

Date: October 29, November 5, 12, 19

Day: Tuesday

Time: 6:00 - 9:00 p.m.

Ages: 16 and up

Location: Suffield Parks and Recreation Office/Activity Room 97 Mountain Road

Fee: \$80.00 (additional supplies are necessary to be purchased for this class, please see the info on www.suffieldrec.com when registering)



Lunchtime Yoga Re-charge - NEW 8 Week Session

Re-fresh and Re-charge your day while you Enjoy all the benefits of Yoga as we practice and enjoy a healthy de-stressing lunchtime. 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 distracting 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 Manning

Registration closes on Thursday, October 17 and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

Dates: October 23, 30, November 6, 13, 20, December 4, 11, December 18 (No Class on November 27)

Day: Wednesday

Time: 12:10-12:50 p.m.

Location: Town Hall-Lower Level Meeting Room

Ages 18 and up

Fee: \$60.00



Adult

Lunchtime Fitness Sampler- NEW

Are you looking for a perfect lunchtime workout? This new innovative fitness class will focus on core work, toning and building lean muscle. No experience necessary as certified Personal Trainer Joseph Hicks will accommodate and modify to suit all of your individual needs and fitness levels in this motivating class. Take charge of your health and fitness and break up your sedentary afternoon routine. The benefits of Wellbeing and healthy nutrition are also key elements of this fun class.

Instructor: Joseph Hicks, Certified Personal Trainer, ISTA. teamjtraining.com

Registration closes on Wednesday, October 16 and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

Dates: October 21, 28, November 4, November 18, 25 December 2 (No Class on Monday, November 11)

Day: Monday

Time: 12:05 p.m-12:50 p.m.

Ages: Adults

Location: Suffield Town Hall Conference Room

Fee: \$45.00

Kickboxing Re-charge

Re-charge your morning routine with this super fun, calorie burning and innovative body sculpting class. Achieve your fitness goals combining rhythmic cardio kick boxing moves and high-energy music. This class will help you get lean and toned all while having a blast!

Instructor: Tessa Eichelberger, Certified Kickboxing Instructor

Registration closes on Wednesday, October 16 and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

Dates: October 21, 28, November 4, November 18, 25 December 2 (No Class on Monday, November 11)

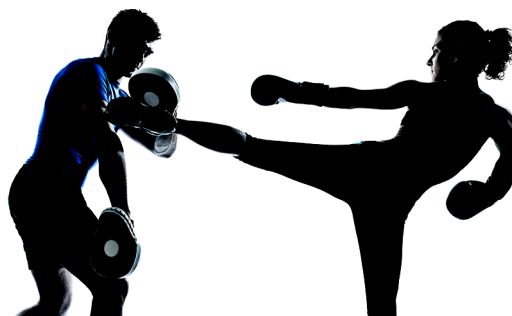
Day: Monday

Time: 9:30 - 10:15 a.m.

Location: Town Hall Lower Level Meeting Room

Ages 18 and up

Fee: \$45.00



Adult

Cardio Kickboxing

Re-vamp your after work routine or exercise program with our new Cardio Kickboxing class. This fun and action packed workout pairs motivating music with fun punching and kicking combinations. You will be burning many calories, get tightened and toned all while having a blast in this action packed class. All levels and abilities are welcome.

Instructor: Tessa Eichelberger, Certified Kickboxing Instructor

Registration closes on Wednesday, October 16 and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

Dates: October 21, 28, November 4, November 18, 25 December 2 (No Class on Monday, November 11)
Day: Monday
Time: 4:45 - 5:30 p.m.
Location: Town Hall-Lower Level Meeting Room
Ages 14 and up
Fee: \$45.00

CrossFit Adult - Phase 1, 2, & 3- Beginner

CrossFit is a fitness program that is, by design, broad, general and inclusive. There is no "gym intimidation" factor when trying this program. You will exercise at your own level under the supervision of Land Warrior CrossFit's experienced and professional staff. They will instruct you on how to do the exercises, so there is no apprehension about doing it the right way.

Land Warrior CrossFit in Suffield has worked with Suffield Parks & Recreation to create this specially designed program to eliminate barriers for you trying CrossFit. Now is your chance to take the first step toward being healthier.

If you are interested in Phase 2 or 3 or if Phase 1 dates do not work for you, you must register for Phase 2, or 3 separately.

Instructor: Land Warrior CrossFit Staff

Registration closes on Monday, September 16 and/or earlier if enrollment reaches maximum capacity for Phase 1. Limited enrollment.

Registration closes on Monday, October 14 and/or earlier if enrollment reaches maximum capacity for Phase 2. Limited enrollment.

Registration closes on Monday, November 11 and/or earlier if enrollment reaches maximum capacity for Phase 3. Limited enrollment.

Days: Tuesdays & Thursdays
Dates: September 24, 26, October 1, 3, 8,10,15,17 Phase 1
Dates: October 22, 24, 29, 31, November 5, 7, 12, 14 Phase 2.
Dates: November 19, 21 December 3, 5, 10, 15, 17, 19 Phase 3. (No program on Tuesday, November 26 & Thursday, November 28 (Thanksgiving)
Time: 7:30 - 8:30pm
Ages: 18 and up
Location: Land Warrior CrossFit, 110 Ff Tyler Place, Suffield
Fee: \$ 75.00
Non-Res. \$85.00

Adult

Barre It! (New)

Join us for our fun and new Barre Program! This Barre Above® class is a unique approach to barre workouts as you have seen them. This program is a fusion of the best of Pilates, Yoga, Aerobics, and elements of the strengthening exercises dancers do, Barre delivers a results-driven workout that is not only fun and dynamic, but it will sculpt your body and get you into absolutely amazing shape. This class will help you see improvements in your posture, flexibility, overall body strength, and balance. This program will help you obtain a body awareness and confidence that you may not have had before all while making new friends.

Registration closes on Wednesday, October 16 and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

Instructor: Sarah Supino/Unique Fitness Studio Staff

Registration closes if enrollment reaches maximum capacity. Limited enrollment.

Dates: October 24, November 7, 14, 21, December 5, 12 (No class on Oct. 31 and November 28)

Day: Thursdays

Times: 4:45-5:30 p.m.-Class 1

5:45-6:30 p.m.-Class 2

Ages: 14 and up

Location: Unique Fitness Studio

Fee: \$60.00

Non Res: \$70.00



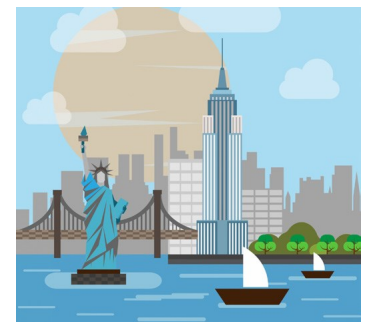
Trip to NYC

New York City on Your Own - Saturday, December 7

The cost is \$50.00 per person and includes:

- Round trip bus transportation *Departs:* Middle School Parking Lot at 7:30 a.m.
- Taxes *Departs:* New York City at 7:00 p.m.

Meals are on your own. Registration closes on **Thursday, November 14** and/or earlier if enrollment reaches maximum capacity. Limited enrollment.



Family & Community

Travel Back Centuries to a community and culture hidden in the Himalayans! (NEW)

Get ready for a fun evening, as Scott Emmons, Suffield resident, brings to you the small country of Nepal with a presentation of a trek that he recently participated in. Sandwiched between Tibet and India, Nepal is a country rich with culture, beauty and untouched civilizations dating back centuries.

Scott has extensive photos and tales of the trip he took which encompassed assisting in the building of three schools as a volunteer experience in the earthquake devastated regions of Nepal. He then went trekking for two weeks in the Himalayan Mountains. Scott hiked through regions only recently open to tourists and was able to witness the way that the Nepalese people live – their daily routines dating back centuries. It was truly a wonderful experience and the photos he took along the way will bring this amazing journey to life. Join us for an enjoyable and unforgettable evening to enjoy this rich cultural show.

Registration closes on Wednesday, November 13 and/or earlier if enrollment reaches maximum capacity. (Please pre-register for planning purposes and for light refreshments)

Presenter: Scott Emmons
Dates: November 21
Day: Thursday
Times: 6:00-8:00 p.m.
Ages: All ages
Location: Kent Memorial Library Auditorium and Gallery
Fee: Free (Must Pre-register)



Fall Steppers, Strollers, Runners and Joggers! Lunchtime Workout

Do you want to get in shape, stay motivated and get some spring back in your step? Are you tired of trying to fit your daily steps in but have excuses of not being able to exercise because of lack of time, safety and also not wanting to walk/jog alone? Join our group and make new walking/running/jogging friends and get in shape at the same time. Did you know you should be walking 10,000 steps a day? All levels and abilities welcome. We will go over warming up, fitness walking/jogging and have a fun time getting you re-energized for the rest of the day! The program will meet rain or shine so please bring proper gear. Even if you can be at class for a half hour, you are encouraged to join the group! Prizes will be awarded to the most dedicated participants. All ages and abilities welcome including parents with strollers and seniors.

Instructor: Donna Carney-Bastrzycki

Registration closes on Tuesday, October 15 and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

Dates: October 22, 29, November 5, 12, 19, 26
Day: Tuesday
Times: 12:00 - 1:00 p.m. Ages: All ages
Location: Meet at the Middle School Track
Fee: Free (Must Pre-register)

Town of Suffield | Parks & Recreation Programs | Fall 2019 | Online Registration: SuffieldRec.com

Family & Community

Friends and Family Bowling Nights

Real fun – real value!!! Get your friends together for some great times this fall. This is a program is for everyone and each Thursday night, participants will bowl three games. This program offers a terrific way to get some exercise and make new friends.

Registration closes on Monday, October 21 and/or earlier if enrollment reaches maximum capacity. Limited enrollment. You must pre-register and pre-pay before the deadline. Please register on time as teams must be formed and submitted to the bowling alley the week before the program.

Dates October 24, November 7, 14, 21, December 5, 12, 19 (No class on Oct. 31 and November 28)

Day: Thursday

Time: 7:00 p.m.-8:30 p.m.

Location: Spare Time, Route 75, Windsor Locks

Ages: All ages

Fee: \$82.00 (shoe rental not included)



Inclusive Programming

These programs foster friendships, socialization, promote community involvement and independence. This group enjoys educational presentations, fitness activities, crafting classes, games and evening trips that are inclusive. Many fun outings throughout the year are held. The programs are geared 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, Director of Special Programs at dcarney@suffieldct.gov or call (860)-668-3862.

Bowling Buddies and Outing Group

Enjoy a great evening of bowling and meeting new friends. Get some exercise and have some fun! This program is geared for high school students through adults. (Junior High School students that would like to participate are also welcome). Volunteer special partners, coaches and helpers are always needed and also welcome! Many fun trips and event nights are held throughout the year in addition to the bowling program!

Instructor: Donna Carney-Bastrzycki

Registration deadline is ongoing.

Dates: September 10, 2019

Day: Tuesday

Time: 4:30 - 6:30 p.m.

Age: Geared for High School students through adult

Location: Spare Time Lanes, Route 75, Windsor Locks

Fee: \$11.00-for three games and shoe rental, paid directly at Bowling alley (you must pre-register for this program)

Bowling Buddies JR

Enjoy a great evening of bowling and meeting new friends. Bowling Buddies JR is for any child with special needs in grades 2-9. 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, October 16 and/or earlier if enrollment reaches maximum capacity. Limited enrollment. Please register on time as teams. Must be formed and submitted to the bowling alley the week before the program.

Dates: October 29, November 5, 12, 19, 26, December 3

Day: Tuesday

Time: 5:30-6:45 pm

Age: Grades 2-9

Location: Spare Time Lanes, 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. 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 before Tuesday, October 16. Teams must be submitted to Spare Time bowling alley the week before the program. Please register early.

General Information

Children must be of the correct age or corresponding grade level to participate in specific programs. Special considerations may be made for children on a case by case situation. Children will be placed in groups accordingly by Parks & Recreation staff, please no special requests. **Please mark your calendars with dates of programs your child is registered for – you will not receive a call to remind you of your child's enrollment. Check your email** -Your program receipt will have this information on it. All programs are based on a limited enrollment - either deadline date and/or when program reaches capacity. Please register early to ensure that you have a spot and that the programs are not canceled for insufficient enrollment.

Cancellations: When schools are cancelled or dismissed early, there are no programs that are held in schools that day. Please check our website, or Facebook page for more information.

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 cancelled. 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 station: **WFSB-TV3**, our **Facebook** page and **suffieldrec.com**

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.

REGISTRATION INFORMATION

Easy ways to register for a program!

ON-LINE, 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, allergy information online registration will allow you to conveniently register for programs.

1. 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 programs 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 programs that don't usually fill up. All of our programs are self-supporting and we must reach minimum enrollment for it to run. There is a point (usually about one week before the program is due to start) that a program must be cancelled if there aren't enough people registered. Very often people look to register after the program has been cancelled, and if the registrations were done earlier, in many cases, the program would have run. So, if you know you want to join a program, please register early.

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



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