

ADULT PROGRAMS

You must register at least 3 days before the start of class. This will enable us to determine if a class will run or not.

Morning Yoga



A multi-level class that helps to release chronic tension and stress, activate energy and balance, cultivate inner focus and clear awareness both on and off your yoga mat. No two classes will be the same in this fun and creative mix of various yoga traditions. Modifications will be offered to accommodate varying physical needs. Classes include yoga postures, breathing techniques and deep relaxation. Please bring a yoga mat or large towel and a blanket for relaxation. Karen Gillotti will be your instructor.

Activity: 11113-1 12 classes
Dates: 9/26/16-12/12/16 Day: Monday
Time: 10:30am -12:00pm Fee: \$144.00
Location: Congregational Church
(corner of Cross Highway & Lonetown Ext.)

Activity: 11113-2 13 classes
Dates: 9/8/16-12/15/16 Day: Thursday
Time: 10:00-11:30AM Fee: \$156.00
Location: Congregational Church
No Class: 9/22, 11/24
(corner of Cross Highway & Lonetown Ext.)

Yogalates



This is a workout which works on isometrics, stretching, strengthening, lengthening and cardio. This class combines moves from yoga and pilates. If you have never taken this class this is definitely a great workout just talk to the people who take it on Saturday, it works every muscle in your body, and the music is fabulous too! Laurie Mayper is your instructor.

Saturday Class
Activity: 11113-7 11 classes
Dates: 9/17/16-12/17/16 Day: Saturday
Time: 9:30- 10:30am Fee: \$121.00
Location: RCC Community Room
No class: 10/8, 10/15, 11/26

Evening Yoga

Hatha yoga begins with learning the art and science of yoga postures. The method of study is orderly and progressive and the postures are adjusted to meet the physical conditions and needs of each student. Strength, coordination, flexibility, stress relief and an increase in well-being are some of the derived benefits.

Activity: 11113-3 8 classes
Dates: 9/8/16-10/27/16 Day: Thursday
Time: 7:00 - 9:00pm Fee: \$104.00
Location: RCC Community Room
Instructor: Pat Reichart

Activity: 11113-4 7 classes
Dates: 11/3/16-12/22/16 Day: Thursday
Time: 7:00 - 9:00pm Fee: \$91.00
Location: RCC Community Room No Class: 11/24
Instructor: Pat Reichart

Tuesday Night Yoga

Energize the body and calm the mind. Focus on poses that develop strength, flexibility, and balance. New students are welcome, including those brand new to yoga. Basic poses, more challenging variations, and gentle modifications will be offered, so all students find safe alignment and inner well-being. Leave class both invigorated and stress-free.

Instructor, Laurie Mayper, has certifications including YogaSpirit Studios, yin yoga, restorative yoga, pilates mat and group exercise.

Activity: 11113- 5 13 classes
Dates: 9/13/16-12/13/15 Day: Tuesday
Time: 7:30-8:45pm Fee: \$143.00
Location: RCC Community Room
No class: 11/8

Zumba



Zumba fitness fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. The goal is simple: We want you to want to work out, to love working out, and to get hooked. Zumba Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting class of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! Jessica Ewud is your instructor.

Activity: 11117-2 13 classes
Dates: 9/13/16-12/13/16 Day: Tuesday
Time: 6:15-7:15pm Fee: \$143.00
Location: RCC Community Room No class: 11/8

Pilates



Pilates is a conditioning program focused on teaching the muscles to work effectively through pelvic & spinal stabilization. Pilates not only focuses on your core; it is a complete body workout designed to tone and lengthen many of the body's muscles. All these aspects are incorporated with effective breathing techniques. This class is geared for beginner, intermediate and advanced Pilates students. Nancy Ciardullo is your instructor. Nancy is a STOTT trained instructor with 12 years of Pilates experience.

Evening classes

Monday

Activity: 11116-2 10 classes
Dates: 9/12/16-12/19/16 Day: Mon.
Time: 6:15-7:15pm Fee: \$110.00
No class: 10/3, 10/10, 10/31, 11/7, 12/12
Location: RCC Community Room

Wednesday

Activity: 11116-3 14 classes

Dates: 9/7/16-12/14/16 Day: Wed
Time: 6:15-7:15pm Fee: \$154.00
Location: RCC Community Room
No Class: 11/23
Class on 10/12 will we in the RCC gym

Morning classes

Monday

Activity: 11116-4 12 classes
Dates: 9/12/16-12/19/16 Day: Mon.
Time: 9:00-10:00am Fee: \$132.00
Location: RCC Gym
No class: 10/3, 10/10, 11/7

Wednesday

Activity: 11116-5 14 classes
Dates: 9/7/15-12/14/16 Day: Wed
Time: 9:00 - 10:00am Fee: \$143.00
Location: RCC Gym No class: 11/9

Pickleball

What is Pickleball? It is a paddle sport created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. The USAPA currently estimates there are now over 100,000 players actively playing pickleball. the daily fee is \$5 for residents and \$7 non-residents. A three month pass for only \$30 (\$49 for no-residents) can be purchased at the gym also. Pickleball time will be Tuesdays from 10:00-11:30am

See open gym schedule on page 1 for details

Tennis Lessons

For weather related concerns call the cancellation line at 203-938-5036, option 3.

Adult Beginners:

Activity: 11114- 2 6 Lessons
Dates: 9/7/16-10/12/16 Day: Wed.
Time: 9:00-10:00am Fee: \$72.00
Instructor: Glen Englander

Adult Advanced Beginners:

Activity: 11114-3 6 Lessons
Dates: 9/7/16-10/12/16 Day: Wed.
Time: 10:00-11:00am Fee: \$72.00
Instructor: Glen Englander

Adult Intermediate

Activity: 11114-4 6 Lessons
Dates: 9/7/16-10/12/16 Day: Wed.
Time: 11:00am-12:00pm Fee: \$72.00
Instructor: Glen Englander

Adult 55+:

Activity: 11114-5 6 Lessons

Dates: 9/7/16-10/12/16 Day: Wed.
Time: 12:00-1:00pm Fee: \$72.00
Instructor: Glen Englander

Adult Drawing and Painting

These classes are a lovely way to spend some time on you! Beginner to advanced students welcomed. This studio class is designed to offer individual instruction for independent projects regardless of skill level. Susan and her creative staff will help you design and create artwork that inspires you. All material provided unless you prefer your own. Mediums available at class are drawing pencils, colored pencils, pastels, charcoals, watercolors and acrylic paints, and clay. Classes are held at Georgetown School of the Arts, 25 Old Mill Rd., West Redding, CT.
No Senior Discount for these classes

Session 1

Activity: 11218-1 5 classes
Dates: 9/22/16-10/20/16 Day: Thurs.
Time: 10:00am-12:00pm Fee: \$180.00

Session 2

Activity: 11218-2 5 classes
Dates: 11/3/16-12/8/16 Day: Thurs.
Time: 10:00am-12:00pm Fee: \$180.00
No class 11/24

Golf Quest - Golf Lessons

Golf season is upon us! Join the professionals at Golf Quest this fall. These classes are perfect for the beginner or for those looking to improve certain elements of their game. You may bring your own clubs or they will supply them. Of the 72 stations at Golf Quest, 36 are heated so colder weather will not be a factor. You may stay late after each class and enjoy a free bucket of balls or ask for a coin good for a small bucket. Three classes in each session feature irons, woods and the short game. All classes meet at Golf Quest, 1 Sand Cut Rd., in Brookfield, CT
Ages: 16 and up Time: 6:00-7:00pm
Fee: \$115.00 for 4 classes, No Senior Discount

Adult Novice

Activity: 11101-1
Dates: 10/5-10/26 Day: Wed.

Activity: 11101-2
Dates: 11/7-11/28 Day: Mon.

Activity: 11101-3
Dates: 12/1-12/22 Day: Thur.

Women Only

Activity: 11101-5
Dates: 10/6-10/27 Day: Thur.

Activity: 11101-6
Dates: 11/8-11/29 Day: Tue.

Activity: 11101-7
Dates: 12/7-12/28

Day: Wed.

Youth Employment Listing

Park and Recreation wishes to help connect local youth willing to do work and the people wishing to offer work.

Young adults 12 and older wishing to mow lawns, baby sit, shovel snow or any other work can get listed at Park and Recreation on our youth worker list. Please be sure to tell us what type of work you are willing to do and when you are generally available. If you are a person who has work to offer young people please let us know what you are looking for. These listings will be given to anyone who asks for either the workers wanted listing or youth worker listing after they have registered with us. Listings will be given out going back for two years unless you ask us to take your name off of the list.

88888-1 Youth Workers List
88888-2 Workers Wanted List

Adult Open Gyms

See open gym chart on page # 1

FAMILY PROGRAMS

Birthday Parties

Why not use the Redding Community Center for your child's next birthday party? Park and Recreation is now offering a room to use for youth birthday parties on most weekends. You must arrange for your party at least one month before the desired date and allow a few days for us to check availability. The gym is also available for use during certain designated times. Call Rob Blick at 938-2551 x 6 for pricing and availability.

Scarecrow Decorating



Decorate a scarecrow with your family at the Redding Community Center. We will provide the post, hay and string. All you provide are the clothes and anything else you need to make your scarecrow unique! Don't miss out on the fun! This is a free event! Advanced registration is required. Please sign up by Tuesday, October 25th.

Activity: 13131-2
Date: 10/28/16
Time: 5:00pm

Day: Friday

Trunk or Treat Steet

Saturday, 10/29/16 3:00-5:00pm

The Redding Neighbors and Newcomers along with the Redding Park and Recreation Department are very excited to team up once again and offer this event to the community. The RCC parking lot will become your child's fun and scary trick or treat street. Residents will distribute candy to children from the back of their elaborately decorated vehicles. The Community Center will be open with entertainment during designated trunk or treating time.

Fee: cost to attend is one bag of candy per child. Registration is encouraged. Walk ins are permitted.

For more information and to Register go to the Neighbors and Newcomers website:
<http://www.reddingneighborsandnewcomers.org>

Redding Family Ski Weekends **Smugglers Notch, Vermont**

January 27-29, 2017

March 10-12 2017

Join us for these special Redding family weekends at Smugglers Notch, VT, the number one family ski resort in the east! Units come in a variety of sizes for your group of friends. Ben Childs, Group Coordinator at Smugglers, will be glad to describe the units and the unbelievable pricing options for you (800) 521-0536 or call Rob Blick for more information.

Lyrics Coffeehouse Series

The *Lyrics* music series features artists performing original music in a warm coffeehouse environment. The performances are typically held on the first Friday night of each month starting at 7:30pm at the Redding Community Center from November ó April. Admission is \$12 at the door or \$10 in advance for each show.

Come to the Community Center with a bottle of wine and enjoy some ðlyricsð worth listening to. The coffee is always free and snacks and soft drinks are available for purchase. Bring the kids or the parents; it is half price for seniors or children. The coffee is free and you will receive one coupon good for a soft drink or desert item. Additional snacks are for sale. Wi-Fi is available so bring your laptop.

Friday, November. 4	Sweet Little Bloodhound
Saturday, Dec. 3	David Morgan
Thursday, January 5	Brooks Williams
Friday, February 3	Milton
Friday, March 3	Kerri Powers
Friday, April 7	The Young Novelists



Annual Tree Lighting Event

Let's all celebrate the winter season on the Town Green, Saturday, December 3rd at 3:30pm. Check the *Redding Pilot* or call Park and Recreation for more information the week before the event. The Georgetown Lions Club will be on hand serving hot cocoa.

Family Open Gym

This family time is unstructured and allows parents and their children to enjoy time together in a gym atmosphere. Bring the entire family down for a wonderful bonding experience. Saturday's, 10am-12pm and Sundays, 12-2pm. In December this will only be Sundays due to our basketball league.

See Open Gym Chart on page # 1

Swimming in the Redding Area

There are some great local places residents can swim this fall and winter now that Topstone Park is closed. We would like to let residents know about these other swimming options that are available in the neighboring towns.

- The Wilton Family Y has two pools, a swim team and swim lessons year round. (203)762-8384
wiltonymca.org

- The Ridgefield Park and Recreation Center offers swim lessons, fitness and swimming year round 203 431-2755 or at ridgefieldct.org
- The Town of Weston offers swimming in their town pool. Call (203)222-2656 for more information.

REDDING EXPRESS

Haunted Graveyard



CALLING ALL 5th graders and up! Grab on to your friends and come to **Lake Compounce with us** for the **Haunted Graveyard!**

We will leave the RCC at 3 PM for a night of fun and fright! Come and ride your favorite rides in the dark! Mrs. E, the Travel Camp Director, will head the trip with her staff. Our return time will be 11:00 PM.

***Please note everyone must go through the Graveyard. This is scary. We do not have extra staff to stay out if your child is afraid.**

Activity # 13100-5

Date: 10/22/16

Day: Saturday

Fee: \$62.00

Time: Bus leaves the RCC at 3:00pm.

NY Jets vs. L.A. Rams

Activity # 73100-1

Date: 11/13/16

Day: Sunday

Fee: \$105.00

Time: Bus leaves the RCC at 8:30am to arrive at Met Life Stadium a little after 10:00am

Seats: Upper Tier Corner

We will provide grills for tailgating. You bring the food, beverages and leave the driving to us.

NY Rangers vs. Columbus Blue Jackets

Activity # 13100-4

Date: 2/26/17

Day: Sunday

Fee: \$144.00

Time: Bus leaves the RCC at 2:00pm for a 5pm game

School of Rock

Nominated for Best Musical! Based on the film of the same name, *School of Rock—The Musical* tells the story of wannabe rock star Dewey Finn, who poses as a substitute teacher at a prestigious prep school. When he discovers his students' musical talents, he enlists his fifth-graders to form a rock group and conquer the Battle of the Bands.

Date: 11/19/16

Day: Saturday

Time: 2:00pm show

Bus leaves the RCC at 9:30am

Seats: Rear mezzanine

Activity: 73100-2

Adults who do not bring their children: \$102.00

Activity: 73100-3

Student and Student's Chaperones: \$77.00