

MIDDLE SCHOOL & HIGH SCHOOL

Middle School Football

Join the Park and Recreation staff for some great football variations. From flag football to Frisbee football, to any crazy variation our instructor comes up with! Location: RCC gym

Activity: 12110-3	5 classes
Dates: 9/28/16-11/2/16	Day: Wed.
Times: 4:10 - 5:10pm	Fee: \$47.50
Grades: 2 ó 4	No Class: 10/12

Activity: 12110-4	5 classes
Dates: 11/16/16-12/21/16	Day: Wed.
Times: 4:10 - 5:10pm	Fee: \$47.50
Grades: 2 ó 4	No Class: 11/23

Meditation Class

With June Fagan and Tracy

Mignone

In a world filled with sensory (electronic) overload, school, family, peer and friend pressures, children more than ever need to meditate. Meditation helps children to develop their focus and attention, regulate and process their emotions when the world around them seems overwhelming and provides a sense of self and of resiliency. Although adult meditation is about going within, children's meditation is about connecting to their senses in order to create focus, self-awareness and calmness.

Activity: 12117-13	8 classes
Dates: 9/29/16- 11/17/16	Day: Thurs.
Times: 6:00-7:00pm	Fee: \$ 64.00
Grades: 5-8	

The Joy of Art

This popular art class gives students the freedom to discover their creativity through charcoal, pastel, watercolor, and acrylic. As they work at their own pace, they will learn the skills necessary to express themselves through their art. Along with basic drawing instruction, students will learn to master all of the different mediums ~

building self-esteem as they do! ALL materials are supplied (a \$10 materials fee will be included in the fee). Laura McCormick is your instructor. Laura has a BA in Graphic Design, does portrait commissions and teaches all ages the love of art. Class is held in the RCC Multi Purpose room.

Activity: 12218-6	6 classes
Dates: 9/13/16-10/25/16	Day: Tue.
Time: 4:05-5:05pm	Fee: \$76.00
Grades 5-8	No class: 10/11

Activity: 12218-8	6 classes
Dates: 11/1/16-12/13/16	Day: Tue.
Time: 4:05-5:05pm	Fee: \$76.00
Grades 5-8	No class: 11/8

American Red Cross Babysitter's Training

American Red Cross Babysitter's Training gives 11-15 year olds the skills and confidence they need to become great babysitters. This 6-hour class covers training in care giving, decision making, safety and first aid skills, and preventing and responding to emergencies. Course participants receive The Babysitter's Training Handbook, which provides course review and 30 easy-to-follow first aid action plans for handling emergencies. Red Cross Babysitter Certification cards will be awarded upon successful completion. Please bring a lunch, drink and a pen or pencil.

Activity: 12130-1	1 class
Dates: 10/16/16	Day: Sunday
Times: 9:00am -3:00pm	Fee: \$65.00
Ages: 11-15	
Location: RCC Multi Purpose Room	

Cartooning

Session 1

Activity: 12201-2	6 classes
Dates: 9/15/16-10/20/16	Day: Thur
Time: 4:15-5:15PM	Fee: \$110.00
Ages: 8-13	

Session 2

Activity: 12201-4	6 classes
Dates: 11/3/16-12/15/16	Day: Thur
Time: 4:15-5:15PM	Fee: \$110.00
Ages: 8-13	No class 11/24

Teen Water Color Art Class

Come and learn basic watercolor techniques to help you begin your journey into the fantastic world of watercolor painting! We will learn the ways of the art, with wet on wet vs wet on dry, lifting off and layering paint, painting from light to dark, masking fluid, and various other techniques. These techniques will guide you as we lastly construct and begin a painting of your choice of subject. Laura DeOnofrio is an accomplished watercolorist that has refined her area of expertise to specialize in portraiture. She is a member of the Connecticut Watercolor Society, has a bachelor's degree in art, and has won several awards at a variety of art shows. Born and raised in Wilton, and now living in Redding, she has been a Connecticut resident for almost 30 years. For more information, please visit www.lauradonofrio.com

You will need the following supplies for the class:
(can find at Jerry's Artarama):

11x15 at least 140lb watercolor paper, and at least 15 sheets, arches "22x"30 watercolor paper - just one Robert E. Wood watercolor palette, Mandalay 4" flat brush round set of brushes, flat set of brushes, Viva paper towel roll, 1 empty gallon milk jug

Activity: 12218-1	6 classes
Dates: 9/15/2016-10/20/16	Day: Thur.
Times: 5:30-7:30pm	Fee: \$135.00
Ages: 13 to adult	
Location: RCC Art Room	

Activity: 12218-2	6 classes
Dates: 10/27/16-12/8/16	Day: Thur.
Times: 5:30-7:30pm	Fee: \$135.00
Ages: 13 to adult	No Class: 11/24
Location: RCC Art Room	

Kempo Karate

Wednesdays

Session 1

Orange Belt and up AND all levels Middle School

Activity: 12117-2	5 classes
Dates: 9/14/16-10/19/16	Days: Wed.
Time: 4:05 - 5:05pm	Fee: \$57.50
Grades: 1-12	No Class: 10/12

Session 2

Orange Belt and up AND all levels Middle School

Activity: 12117-4	6 classes
Dates: 10/26/16-12/14/16	Days: Wed.
Time: 4:05 - 5:05pm	Fee: \$69.00
Grades: 5-12	No Class: 11/9, 11/23

H.S. Basketball League



Redding Park and Recreation's High School basketball league is for anyone in grades 9-12.

All games will be on Saturdays after 4pm..

Games will begin on January 7th, 2017 and run through March 11th. Each team will have a parent volunteer coach and games will be refereed by adult referees. Practices will be on Tuesdays or Thursdays at JRMS. Each team will have one practice per week starting the week of 1/2/17. The registration form is available online at www.townofreddingct.org. Mandatory ratings clinic will be held on Saturday, 12/10/16 at 3:30pm.

FEE: \$90.00

Youth Tennis

Please call the Park and Recreation cancellation hotline at 938-5036, ext. 3, about 30 minutes prior to a class when there is questionable weather.

ALL Levels – divided once at the courts

Activity: 12122-3	5 lessons
Dates: 9/12/16-10/24/16	Day: Mon.
Time: 5:00-6:00 pm	Fee: \$110.00
Grade: 5-6	
No Class: 10/3, 10/10	
Instructor: Fairfield County Tennis LLC Pro	

All levels – Middle School

Activity: 12122-6	6 lessons
Dates: 9/7/16-10/19/16	Day: Wed.
Time: 5:00-6:00 pm	Fee: \$72.00
Grade: 5-8	No Class: 10/12
Instructor: Glen Englander	

M.S. & H. S. Open Gyms

See the open gym chart on page 1