

ADULT PROGRAMS

You must register at least 3 business 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. Location:

Congregational Church
(corner of Cross Highway & Lonetown Ext.)

Activity: 11113-1 14 classes
Dates: 9/18/17-12/18/17 Day: Monday
Time: 10:30am -12:00pm Fee: \$210.00
No Class: 9/25

Activity: 11113-2 13 classes
Dates: 9/7/17-12/14/17 Day: Thursday
Time: 10:00-11:30AM Fee: \$195.00
No Class: 9/28, 11/23

Yogalates



Strengthen the core muscles (abdominals and low back) with mat pilates exercises. Develop strength, balance, and flexibility with yoga poses. Combine yoga and pilates, with breath awareness and stress reduction, for a complete workout, and return to your busy day with focus and energy. Instructor, Laurie Mayper, has certifications including YogaSpirit Studios, yin yoga, restorative yoga, pilates mat, and group exercise.

Saturday Class
Activity: 11113-7 11 classes
Dates: 9/23/17-12/16/17 Day: Saturday
Time: 9:30- 10:30am Fee: \$154.00
Location: RCC Community Room
No class: 10/14, 11/25

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 7 classes
Dates: 9/14/17-10/26/17 Day: Thursday
Time: 7:00 - 9:00pm Fee: \$ 126.00
Location: RCC Community Room
Instructor: Pat Reichart

Activity: 11113-4 6 classes
Dates: 11/2/17-12/14/17 Day: Thursday
Time: 7:00 - 9:00pm Fee: \$108.00
Location: RCC Community Room No Class: 11/23
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 11 classes
Dates: 9/19/17-12/12/17 Day: Tuesday
Time: 7:30-8:45pm Fee: \$154.00
Location: RCC Community Room
No Class: 10/31, 11/7

Prenatal Yoga

Embrace this wonderful time in your life with yoga postures and breathing exercises designed to enhance your comfort during pregnancy and birth. Learn to stand, sit, and move, as you progress in your pregnancy, as well as alleviate common pregnancy aches and pains. No prior yoga experience needed. Please check with your physician prior to first class. Instructor, Laurie Mayper, is certified in prenatal yoga. Location: RCC Community Room

Activity: 11113-6 6 classes
Dates: 9/19/17-10/24/17 Day: Tuesday
Time: 6:15-7:15PM Fee: \$60.00

Activity: 11113-8 5 classes
Dates: 11/14/17-12/12/17 Day: Tuesday
Time: 6:15-7:15PM Fee: \$50.00
No class: 11/25

Baby and Me Yoga

Come join the fun as we stretch and play with the little ones, letting both of you enjoy the experience of yoga. Help introduce you child to a lifelong practice of yoga while you take some time for yourself. Incorporate your baby into some of the postures, and teach him/her to model you in others. Then we all take a few moments to relax and share in the joy of the day. No prior yoga experience needed for mom, dad, or caregiver, for babies 8-weeks old but not yet walking. Instructor, Laurie Mayper, is certified in yoga.

Activity: 11113-9 4 classes
Dates: 9/23/17-10/28/17 Day: Saturday
Time: 10:40am-11:40am Fee: \$40.00
Location: RCC Community Room
No class: 10/7, 10/14

Activity: 11113-10 4 classes
Dates: 11/11/17- 12/16/17 Day: Saturday
Time: 10:40am-11:40am Fee: \$40.00
Location: RCC Community Room

No class: 11/25, 12/2

Yoga Stretch, Relax, & Restore

One-Day Workshop

This class is a combination of gentle hatha yoga, yin yoga, and restorative yoga. Begin with brief centering and breath awareness. Warm up with gentle hatha yoga, which may include standing, seated, kneeling, and mat-lying postures. Find stillness in your mind and body as you unwind into longer held yin postures. Yin yoga works deeply into the connective tissues, stimulating blood flow to the ligaments, tendons and fascia, and helps to increase flexibility. Melt into relaxation in lying down restorative poses, and leave feeling restored, renewed, and stress free. New students are welcome, including complete beginners. Class moves slowly, so everyone can practice at their own pace.

Please bring 2 pillows and 2 large towels or blankets to class. If you have a yoga mat and/or bolster bring them. Bring what you have; no need to buy anything. Instructor, Laurie Mayper, has certifications including YogaSpirit Studios, yin yoga, restorative yoga, pilates mat, and group exercise.

Activity: 11113-11

Date: 10/22/17

Day: Sun.

Time: 10:00-11:45am

Fee: \$15 or \$20 at the door

Location: RCC Community Room

Pilates

Pilates is based on the principles of centering, full-body sculpt workout includes props (weights) as well as body weight to improve mobility, flexibility, posture, strength and balance. This class is for participants of all fitness levels. Nancy Ciardullo is your instructor. Nancy has over 13 years of Pilates experience.



control, fluid movement, breathing and precision. This (Stability balls, Pilates balls, bands, rings, light mobility, flexibility, posture, strength and balance. levels. Nancy Ciardullo is your instructor. Nancy

Evening classes

Monday

Activity: 11116-2

10 classes

Dates: 9/18/17-12/18/17

Day: Mon.

Time: 6:15-7:15pm

Fee: \$140.00

No class: 10/9, 10/23, 10/30, 11/6

Location: RCC Community Room

Wednesday

Activity: 11116-3

13 classes

Dates: 9/6/17- 12/20/17

Day: Wed

Time: 6:15-7:15pm

Fee: \$182.00

Location: RCC Community Room

No Class: 10/25, 11/1, 11/22

Morning classes

Monday

Activity: 11116-4

10 classes

Dates: 9/25/17-12/18/17

Day: Mon.

Time: 9:00-10:00am

Fee: \$140.00

Location: RCC Gym

No class: 10/9, 10/23, 10/30

Wednesday
Activity: 11116-5 11 classes
Dates: 9/20/17-12/20/17 Day: Wed
Time: 9:00 - 10:00am Fee: \$154.00
Location: RCC Gym
No class: 10/25, 11/1, 11/22

Tennis Lessons

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

Adult Beginners and Advanced Beginners:

Activity: 11114- 2 6 Lessons
Dates: 9/18/17-10/23/17 Day: Mon.
Time: 1:00-2:30pm Fee: \$185.00
Instructor: Fairfield County Tennis Pro
No Class: 10/9

Adult Open Gyms

See open gym chart on page # 1

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 and Thursdays from 10:00-11:30am.

See open gym schedule on page 1 for details

Golf Quest - Golf Lessons

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. 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: \$130.00 for 4 classes, No Senior Discount

Adult Novice

Activity: 11101-1
Dates: 10/4-10/25 Day: Wed.

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

Activity: 11101-3
Dates: 12/7-12/28 Day: Thur.

Women Only

Activity: 11101-5
Dates: 10/5-10/26

Day: Thur.

Activity: 11101-6
Dates: 11/6-11/27

Day: Mon.

Activity: 11101-7
Dates: 12/6-12/27

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

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.

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

January 26-28, 2018

March 9-11 2018

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.

Scarecrow Decorating

Decorate a scarecrow with your family at the provide the post, hay and string. All you provide are make your scarecrow unique! Don't miss out on the registration is required. Please sign up by Tuesday,

Activity: 13131-2



Redding Community Center. We will the clothes and anything else you need to fun! This is a free event! Advanced October 24th.

Date: 10/27/17
Time: 5:00pm

Day: Friday

Trunk or Treat Steet

Saturday, 10/28/17 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>

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 to 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 lyrics 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 3	Scott Wolfson
Saturday, December 2	David Morgan
Friday, January 5	Plywood Cowboy
Friday, February 2	Pat Wictor
Friday, March 2	The Whispering Tree
Friday, April 6	John McAuliffe

Annual Tree Lighting Event

Let's all celebrate the winter season on the Town. Check the *Redding Pilot* or call Park and Recreation. The Georgetown Lions Club will be on



Green, Saturday, December 2nd starting at 3:30pm. Recreation for more information the week before the 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, Sundays, 12-2pm.

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 **JRMS** at 4 PM for a night of rides in the dark! Mrs. E, the Travel Camp return time will be 11:00 PM.

***Please note everyone must go through the extra staff to stay out if your child is afraid.**



fun and fright! Come and ride your favorite Director, will head the trip with her staff. Our

Graveyard. This is scary. We do not have

Activity # 13100-5

Date: 10/28/17

Day: Saturday

Fee: \$65.00

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

NY Jets vs. New England Patriots

Activity # 73100-1

Date: 10/15/17

Day: Sunday

Fee: \$120.00

Time: Bus leaves the RCC at 8:30am to arrive at Met Life Stadium a little after 10:00am for the 1pm game.

Seats: Upper Tier Corner

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

NY Rangers vs. Buffalo Sabers

Activity # 13100-4

Date: 3/24/18

Day: Saturday

Fee: \$164.00

Time: Bus leaves the RCC at 2:00pm for a 7pm game