

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

Gentle stretching exercises designed to strengthen, relax, and revitalize body, mind and spirit. The instructor will lead a series of basic stretches (poses); proceed with variations and a number of optional poses. Yoga reduces stress, limbers the spine, improves posture, increases circulation, and tones internal muscles and organs. You will also learn proper breathing techniques, deep relaxation and meditation. You will leave the class with a renewed feeling of being completely relaxed and refreshed. Please wear loose, comfortable clothing, avoid eating at least 2 hours before class, and bring a large beach towel or yoga mat (maybe an extra blanket for cover during deep relaxation) as well as a small firm pillow. Karen Gillotti will be your instructor.

Activity: 71113-1 6 classes
Dates: 7/9/15-8/13/15 Day: Thursday
Time: 10:00-11:30am Fee: \$72.00
Location: Congregational Church

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 for beginner, intermediate and advanced Pilate's students. Nancy Ciardullo is your instructor. Nancy is a STOTT trained instructor with 10 years of Pilates experience.

Evening classes

Monday

Activity: 71116-2 4 classes
Dates: 7/6/15-7/27/15 Day: Mon.
Time: 6:00-7:00pm Fee: \$44.00
Location: RCC Community Room

Wednesday

Activity: 71116-3 5 classes
Dates: 7/1/15-7/29/15 Day: Wed
Time: 6:00-7:00pm Fee: \$55.00
Location: RCC Community Room

Yogalates

Strengthen the core muscles (abdominals and low back) with mat pilates exercises. Develop strength, balance, and

[Click here to register online](#)

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.

Activity: 71113-5 3 classes
Dates: 7/11/15-7/25/15 Day: Saturday
Time: 9:30- 10:30am Fee: \$33.00
Location: RCC Community Room

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: 71113-4 3 classes
Dates: 6/30/15-7/14/15 Day: Tuesday
Time: 7:30-8:45p Fee: \$33.00
Location: RCC Community Room

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, 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. This class is open to anyone age 15 and up.



Activity: 71117-2 7 classes
Dates: 7/7/15-8/18/15 Day: Tue.
Time: 6:15-7:15pm Fee: \$77.00
Location: RCC Community Room

Waterfront Lifeguarding Class

Topstone Park will be hosting a Waterfront Lifeguarding Certification class; the course will certify students in

CPR/AED, First Aid, and lifeguarding at waterfront, and pool facilities. Students will learn in a real working environment to help understand and acquire the skills necessary to work at an aquatics facility. Upon successful completion of the class, students will be certified to work at waterfronts and pools across the United States. More information will be sent to participants 1 week before the beginning of the course. This class is held Monday – Friday.

Activity: 80710 -1 Dates: 7/6-7/17
 Time: 3–7pm
 Location: Topstone Park, Redding Connecticut
 Fee: \$300 residents, \$350 non-residents

Course prerequisites:

- Confidently be able to swim 550 yards without stopping, using a combination of breast stroke and freestyle.
- Able to swim underwater and retrieve objects without goggles
- Tread water without using hands for 2 minutes
- Be at least 15yrs old by August 5th
- Able to attend ALL classes

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. Three classes in each session feature irons, woods and “the short game.” These classes are for the Adult Novice or Intermediate Golfers.

Location: All classes meet at Golf Quest, 1 Sand Cut Rd., in Brookfield, CT

Ages: 16 and up Times: 6:30-7:30pm

Fee: \$115.00 for 4 classes No Senior Discount

Adult Novice

Activity: 71101-1
 Dates: 7/8-7/29 Day: Wednesday

Activity: 71101-2
 Dates: 8/6-8/27 Day: Thursday

Adult Intermediate

Activity: 71101-3
 Dates: 7/6-7/27 Day: Monday

Activity: 71101-4
 Dates: 8/4--8/25 Day: Tuesday

Women Only Golf Lessons

Activity: 71101-5
 Dates: 7/9-7/30 Day: Thursday

Activity: 71101-6
 Dates: 8/5-8/26 Day: Wednesday

Adult Open Gyms

Come down to the Redding Community Center gym for some air conditioned indoor sports! We have volleyball and basketball Open gyms this summer!

See open gym chart online

www.townofreddingct.org look for Park and Rec tab

Making a connection

Youth Employment Listing

Park and Recreation wishes to help connect local youth willing to do work and the people looking for workers. Young adults 12 and older wishing to mow lawns, babysitting, pet sit etc. 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 need a worker, 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 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

Outdoor Movie Classics

August 7, Mary Poppins

8:15 pm

Bring a chair or a blanket and enjoy an outdoor family movie under the stars. We'll use the “Kindergarten bowl” as our outdoor theater. There will be popcorn and snacks available for purchase. The movie will start at 8:15pm! Please park in the RCC parking lot.

Small Acoustic Performances at Topstone Park

As an extension of the Lyrics Coffee House series, we have scheduled some very special musical performances at Topstone Park this summer. Call our cancellation line if weather might force us indoors. (203) 938-5036 X 3

Children are welcome to attend all performances but once the music starts they are expected to remain alongside their parents. If your children are not into listening to music, this may not be an event for them. Bring your own food

and refreshments if you wish. Rancho Alegre will be preparing food for Mexican Night at a reasonable charge (50% discount with advanced sign up) Food details available online by 6/1.

Activity: 53001-4

Mexican Night

-Trio Fusion Bohemia Free
Monday, June 29th 7:00pm

Food available for purchase by Rancho Alegre with advance sign up by Thursday, 6/25 for \$10 or \$15 at the event.

Activity: 53001-5

Nu Haven Kapelye

“Rollicking Klezmer” Free
Thursday, July 16 7:30pm

Co-sponsored by Temple B’nai Chiam

Activity: 53001-6

Yale A Cappella Group \$12 advance \$16 at park
The Society of Orpheus and Bacchus

Wednesday, August 26 7:00pm

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.

See open gym chart online

www.townofreddingct.org look for Park and Rec tab

Amusement Park Tickets

These tickets are available to you at a discounted rate through a special Connecticut Recreation and Parks Association promotion for the convenience of our residents. These tickets are good for all rides and attractions unless otherwise noted at the park. Tickets are available to purchase until August 31, 2015.

Lake Compounce

Located in Bristol, CT, this classic theme park is the home of Boulder Dash, voted the world’s number one wood coaster! Lake Compounce also offers an expanded water park for all ages. Free soda all day! Ages 3 and under are free.

Activity: 73000-1 Gate Price \$40.99 Adult
Fee: \$29.00 Gate Price \$30.99 youth (52”)

Six Flags New England

[Click here to register online](#)

Located in Agawam, MA, Great Adventure offers a wide variety of coasters and games! Children 2 and under are free.

Activity: 73000-2 Gate Price \$59.99 Adult
Fee: \$38.00 Gate Price \$49.99 Youth (54”)

REDDING EXPRESS

Mets vs. Red Sox

Never too early to book your tickets for this game at Citi Field! The bus leaves the RCC at 4:30 for a 7:05 first pitch. Seats are located in the infield reserve section 415.



Activity: 33100-3
Dates: 8/29/15 Day: Sat.
Bus Time: 4:30pm Fee: \$75.00

Yankees vs. Toronto Blue Jays

The bus leaves the RCC at 9:30 for a 1:00pm first pitch. Seats are located in grandstand section 426, third base side.

Activity: 53100-2
Date: 8/8/15 Day: Saturday
Bus Time: 9:30am Fee: \$55.00

Halloween Event Information



Redding Park & Recreation and the Redding Neighbors & Newcomers Club are collaborating again to host “Trunk or Treat Street”. Watch both organizations’ websites and our fall brochure for all the details!

Youth Programs

Tennis Lessons

All lessons are held at the RES courts. Call the weather hotline for weather cancelations. 203-938-5036 x 3. Private lessons are available with Coach Glen to, call for contact info. 4 lessons per session Friday will be used as a makeup day. Please register your child according to the grade they are entering in the fall.

Beginner
Activity: 72123-2
Dates: 8/17-8/20 **Mon-Thur.**
Time: 3:00-4:30p grades 2-5
Instructor: Glen Englander Fee: \$85.00