Adult Programs

Our programs do not follow the school cancelation schedule. If there are weather related questions please call the cancelation line, 203-938-5036 X3

**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. Location: Congregational Church. (corner of Cross Highway & Lonetown Ext.

<table>
<thead>
<tr>
<th>Activity No: 31113-1</th>
<th>11 classes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dates: 1/13/20-4/6/20</td>
<td>Mondays</td>
</tr>
<tr>
<td>Time: 10:30-11:45am</td>
<td>Fee: $165.00</td>
</tr>
<tr>
<td>Location: Congregational Church</td>
<td></td>
</tr>
<tr>
<td>Instructor: Karen Gillotti</td>
<td></td>
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<table>
<thead>
<tr>
<th>Activity No: 31113-2</th>
<th>14 classes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dates: 1/9/20-4/9/20</td>
<td>Thursdays</td>
</tr>
<tr>
<td>Time: 10:00-11:30am</td>
<td>Fee: $210.00</td>
</tr>
<tr>
<td>Location: Congregational Church</td>
<td></td>
</tr>
<tr>
<td>Instructor: Nancy Schur</td>
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</table>

**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. Location: RCC Community Room Instructor: Pat Reichart

<table>
<thead>
<tr>
<th>Activity No: 31113-3</th>
<th>7 classes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dates: 1/9/20-2/20/20</td>
<td>Thursday</td>
</tr>
<tr>
<td>Time: 7:00-9:00pm</td>
<td>Fee: $140.00</td>
</tr>
<tr>
<td>Location: RCC Community Room</td>
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<table>
<thead>
<tr>
<th>Activity No: 31113-4</th>
<th>7 classes</th>
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</thead>
<tbody>
<tr>
<td>Dates: 2/27/20-4/9/20</td>
<td>Thursday</td>
</tr>
<tr>
<td>Time: 7:00-9:00pm</td>
<td>Fee: $140.00</td>
</tr>
<tr>
<td>Location: RCC Community Room</td>
<td></td>
</tr>
<tr>
<td>No Class: 3/19</td>
<td></td>
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</tbody>
</table>

**Intro to Yoga – Free Trial class**

New to yoga and don't know where to start? Come to the intro class to learn the basics with detailed instruction

<table>
<thead>
<tr>
<th>Activity No: 31113-7</th>
<th>1 classes</th>
</tr>
</thead>
</table>

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. Instructor is Laurie Mayper. Her teaching is a blend of hatha, Iyengar-inspired, and Kripalu-inspired styles, so all students find safe alignment and inner well-being. Class focuses on postures, with the basics of breathing, a brief meditative centering, and class ending in brief relaxation. Leave class replenished and stress-free. Laurie is certified in yoga at the 500-hour level. She has training in hatha, yin, restorative, and prenatal yoga, yoga nidra, and has been teaching yoga since 2004.

Activity No: 31113-5  
Dates: 2/4/20-4/7/20  
Time: 9:45-10:45am  
Fee: $140.00  
Location: RCC Community Room

Intro to Yogalates – Free Trial class

Curious about Yoga? Curious about Mat Pilates? Come to the intro class and start at the beginning for safe alignment with detailed instructions.

Activity No: 31113-8  
Dates: 2/1/20  
Time: 9:30-10:30am  
Fee: FREE  
Location: RCC Community Room

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. The yoga in this class focuses on strength and balance, not just stretching to relax. Instructor is Laurie Mayper. Her teaching is a blend of mat pilates and yoga, so all students find safe alignment and inner well-being. Leave class feeling invigorated, stronger, and better balanced. Laurie is certified in yoga at the 500-hour level. She has training in pilates, mat science, pi-yo, traditional and fitness yoga, and has been teaching pilates since 2003 and yoga since 2004.

Note: This class offers modifications for students who cannot get down on the mat, including exercises seated in or holding onto a chair.

Activity No: 31113-6  
Dates: 2/22/20-4/4/20  
Time: 9:30-10:30am  
Fee: $98.00  
Location: RCC Community Room

Pilates

Pilates is based on the principles of centering, control, fluid movement, breathing and precision. This full-body sculpt workout includes props (Stability balls, Pilates balls, bands, rings, light 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 15 years of Pilates experience.

Morning Classes
Activity No: 3111- 2 12 classes
Dates: 1/6/20-4/6/20  Mondays
Time: 9:00-10:00am Fee: $168.00
Location: RCC Gym
No Class: 1/20, 2/17

Activity No: 31116-3 14 classes
Dates: 1/8/20-4/8/20 Wednesdays
Time: 9:00-10:00am Fee: $196.00
Location: RCC Gym

Evening Classes
Activity No: 3111- 4 12 classes
Dates: 1/6/20-4/6/20 Monday
Time: 6:15-7:15pm Fee: $168.00
Location: RCC Community Room
No Class: 1/20, 2/17

Activity No: 31116- 5 14 classes
Dates: 1/8/20-4/8/20 Wednesdays
Time: 6:15-7:15pm Fee: $196.00
Location: RCC Community Room

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 and Sundays, 4-6pm, starting on March 22, 2020.

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 No: 31101-1
Dates: 1/6-1/27 Day: Mon.

Activity No: 31101-2
Dates: 2/5-2/26 Day: Wed.

Activity No: 31101-3
Activity No: 31101-4  
Dates: 4/1-4/22  
Day: Wed.

Women Only  
Activity No: 31101-5  
Dates: 1/7-1/28  
Day: Tue.

Activity No: 31101-6  
Dates: 2/4-2/25  
Day: Tue.

Activity No: 31101-7  
Dates: 3/4-3/25  
Day: Wed.

Activity No: 31101-8  
Dates: 4/2-4/23  
Day: Thur.

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 – 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 dessert item. Additional snacks are for sale. Wi-Fi is available so bring your laptop.

Friday, January 3  
Whispering Tree
Friday, February 7  
Milton
Friday, March 6  
Loretta Hagen
Friday, April 3  
Society of Orpheus & Bacchus

Redding Express

Come From Away on Broadway

This New York Times Critics’ Pick takes you into the heart of the remarkable true story of 7,000 stranded passengers and the small town in Newfoundland that welcomed them. Cultures clashed and nerves ran high, but uneasiness turned into trust, music soared into the night, and gratitude grew into enduring friendships. Don’t miss this breathtaking new musical written by Tony® nominees Irene Sankoff and David Hein, and helmed by Tony-winning Best Director, Christopher Ashley. Newsweek cheers, “It takes you to a place you never want to leave!” On 9/11, the world stopped. On 9/12, their stories moved us all. The price varies depending on if you have a student joining you. This trip includes your ticket and coach bus to the city. The bus leaves the RCC at 10:00am for the 3:00pm performance.

Date:  
Sunday, March 29 2020

13100-6  
Students and their chaperones  
$90
13100-7  
Adults without a student  
$130

Yankees vs Cubs
Celebrate the end of the school year with a rare interleague matchup. The Yankees host the Chicago Cubs for the first time since 2014. They won’t meet in the regular season until 2026. The bus leaves the RCC at 4:30pm for a 7:05 game.

Activity No: 13100-3  
Dates: 6/26/20  
Time: 4:30pm  
Fee: $75.00

Yankees vs Mets

Catch this Subway series regular season matchup at Yankee Stadium this summer. Last year, we went to CitiField for this annual matchup. The bus leaves the RCC at 4:30pm for a 7:05 game.

Activity No: 13100-4  
Dates: 7/8/20  
Time: 4:30pm  
Fee: $83.00

NY Rangers vs LA Kings

Bus leaves RCC at 2:30pm for an early evening 6:00pm game. This will allow us to grab a bite before entering Madison Square Garden. The Rangers have rebuilt their team and should be heading to a great year. We have two seating option available. Both are in barstools seating which is an excellent way to enjoy a game. You can stand whenever you need to and you have a counter for your food and beverages.

Date: 2/9/19  
Day: Sunday  
Activity: 13100-1  
“West Balcony” barstool seats  
Fee: $115.00  
Activity: 13100-2  
“Bridge” barstool seats  
Fee: $142.00

Urban Air Trampoline Park

Join us on February 14, 2020 (February break) for a trip to Urban Air, Orange, CT. This is an exciting place with indoor trampolines, a ninja warrior course, bumper cars, sky ride and much more! Please send your child with a lunch or money to buy lunch. The trip leaves from the Redding Community Center at 9:00 am and will return at 4:00 pm. A waiver must completed online at https://urbanair.tray.com/signwaiver/91

Activity No: 33100-1  
Dates: 2/14/20  
Time: 9:00am-4:00pm  
Fee: $65.00

Family Programs

Redding Family Ski Weekends—Smugglers Notch, Vermont

January 24-26, 2020 and March 13-15 2020

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.

**Family Open Gym**

This family time is unstructured and allows parents and their children to enjoy time together in a gym atmosphere. Come on down to the RCC this winter on Sundays from 12:00-2:00pm.

**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. Call the office at 203-938-2551 to get on a list and request a list.

<table>
<thead>
<tr>
<th>Activity No: 88888-1</th>
<th>Youth Workers List</th>
</tr>
</thead>
<tbody>
<tr>
<td>Activity No: 88888-2</td>
<td>Workers wanted List</td>
</tr>
</tbody>
</table>

**Ice Rink - Outdoor Skating**

The temporary ice rink is set up in the parking lot near RCC Field 2. We now just need Mother Nature to cooperate. Sign up for our email blast to receive notification when it is ready. It might take a few weeks but it will be open dawn to dusk with designated times also set aside for “sticks and pucks”? It is going to be lots of fun!

There is more information online on the Park and Recreation page of the town website and on page 16 of this brochure. www.townofreddingct.org.

**Birthday Parties**

Why not use the Redding Community Center for your child’s next birthday party? Park and Recreation offers a room to use for youth birthday parties on the weekends. The gym is also available for use during certain designated times. Please call us to reserve your party at least one month before the desired date allowing a few days for us to check availability. Parties may be reserved up to 1 year in advance to guarantee availability. Call Rob Blick at 938-2551 X6 for pricing and availability.