Redding Park & Recreation

Winter Programs 2020

Register online!
townofreddingct.org  (203)938-2551

Adult Programs  5
Extended Day  8
Family  7
Heritage Center  17
Ice Rink  16
Open Gyms  1
Preschool  9
Registration Form  22
Teens and Tweens  14
Trips  7, 21
Youth Programs  9
# Winter 2020
## RCC Open Gym Schedule

**Tuesday, December 17, 2019 – Sunday, April 5, 2020**

In an effort to create a more open Community Center, we have made youth open gym times for grades 5-12 **FREE TO ALL RESIDENT YOUTH.** This fall, we offer three free youth open gym times on our schedule including Saturdays combined youth / family time. High school students over 18 attending the designated adult gym times must pay the adult drop in fee. Family gym times on Saturdays and Sundays are also free but parents must be here to play with their children. Saturday’s combined gym time can be used by families and by those in grades 5-12 without a parent. As you probably know, many of the gym hours during the afternoon and evening are occupied by Park and Recreation classes, leagues, community sports groups and outside rentals. The gym is also available for adults to bring their children during the day on many weekdays. Just give us a call and we’ll let you know when you can come down since schedules change.

<table>
<thead>
<tr>
<th>Day</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preschool Open Gym time</td>
<td>Pickleball 10:00-11:30am</td>
<td>Pickleball 10:00-11:30am</td>
<td>Pickleball 10:00-11:30am</td>
<td>FREE High School/ Middle school Open Gym 5:30 -7:30pm Starts up 3/19</td>
<td>FREE High School/ Middle school Open Gym 4:00-6:00pm</td>
<td>FREE High School/ Middle school Open Gym 10:00am-12:00pm Starts up again 3/28</td>
<td>Adult (40+) Basketball 8:30-10:30am</td>
</tr>
<tr>
<td>10-11:30am</td>
<td>No 1/20, 2/17</td>
<td></td>
<td></td>
<td>FREE High School/ Middle school Open Gym 5:30 -7:30pm Starts up 3/19</td>
<td>FREE High School/ Middle school Open Gym 4:00-6:00pm</td>
<td>FREE High School/ Middle school Open Gym 10:00am-12:00pm Starts up again 3/28</td>
<td>Adult Soccer (18+) 10:30a-12:00pm</td>
</tr>
<tr>
<td>No 1/20, 2/17</td>
<td></td>
<td></td>
<td></td>
<td>FREE High School/ Middle school Open Gym 5:30 -7:30pm Starts up 3/19</td>
<td>FREE High School/ Middle school Open Gym 4:00-6:00pm</td>
<td>FREE High School/ Middle school Open Gym 10:00am-12:00pm Starts up again 3/28</td>
<td>FREE Family Only Time 12:00 -2:00p</td>
</tr>
<tr>
<td>Open Volleyball</td>
<td>Adult Open Basketball 18+ 7:30-9:30pm</td>
<td>Adult Open Basketball 18+ 7:30–9:30pm</td>
<td>Adult Open Basketball 18 yr + 7:30 – 9:30pm</td>
<td></td>
<td>FREE Family Only Time 12:00 -2:00p</td>
<td>FREE Family Only Time 12:00 -2:00p</td>
<td>Free Family Only Time 12:00 -2:00p</td>
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<tr>
<td>All ages (11- Adult)</td>
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<td>FREE High School/ Middle school Open Gym 5:30 -7:30pm Starts up 3/19</td>
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<td>FREE High School/ Middle school Open Gym 10:00am-12:00pm Starts up again 3/28</td>
<td>Free Family Only Time 12:00 -2:00p</td>
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<tr>
<td>7:30-9:30PM</td>
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<td>FREE High School/ Middle school Open Gym 5:30 -7:30pm Starts up 3/19</td>
<td>FREE High School/ Middle school Open Gym 4:00-6:00pm</td>
<td>FREE High School/ Middle school Open Gym 10:00am-12:00pm Starts up again 3/28</td>
<td>Free Family Only Time 12:00 -2:00p</td>
</tr>
</tbody>
</table>

**The RCC Gym will be closed on:**
- Dec 24-25, 12/31, 1/1 and 4/10, 4/12
- Additional open gyms 12:00-4:00PM 12/23, 12/26-28; 1/21, 2/14

## Daily Fees

<table>
<thead>
<tr>
<th></th>
<th>Resident Adult</th>
<th>Non-resident Adult</th>
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<tbody>
<tr>
<td></td>
<td>$5.00</td>
<td>$7.00</td>
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</table>

## Unlimited Use Passes

<table>
<thead>
<tr>
<th></th>
<th>Resident Adult</th>
<th>Non-Resident Adult</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>$30.00</td>
<td>$49.00</td>
</tr>
</tbody>
</table>

All participants in open gym programs are expected to conduct themselves in a cordial, respectful and non-violent manner. The town will not be held responsible for any medical costs incurred by the participant. Should the site supervisor need to remove a participant for any reason, they will lose their open gym privileges. Open time is designed for people to come down and find people to play with and therefore organized teams are not permitted to use this time as practice.
**Park and Recreation Commission**

*Celebrating 48 Years, 1971 to 2019*

**Chairperson – Kevin Jones**

Scott Palmer   Mary Lou Carlson
Pete Graziano   Lorcan O’Connor
Mitch Edwards

**Park and Recreation Staff**

Robert Blick, Director
Tracie Bozzutti, Administrative Assistant
Laura Anderson, Director of Recreational Programs
Mary Jo Dix, Director of Extended Day Programs
Sarah Ewud-Kilburn, Program Coordinator

**Redding Park & Recreation Mission Statement**

*The mission of the Redding Park and Recreation Department is to provide recreational opportunities for Redding residents, through the maintenance of our park and the development of sports and recreational programs.*

**Office Information**

The Park and Recreation Department office is located in the Redding Community Center at 37 Lonetown Road behind the Redding Elementary School. The office is open Monday through Wednesday 8:30 a.m. to 5:30 p.m and Thursdays 8:30-6:00pm. Our phone number is (203)938-2551 and our Fax is 938-1071.

**Inclusion**

Redding Park and Recreation programs are inclusive of all who wish to participate. We do not discriminate on the basis of race, color, national origin, gender, religion, age or disability in provision of programs and services. Individuals with disabilities are encouraged to register for activities.

The Redding Parks & Recreation Department is complying with the Americans with Disabilities Act, Public Law 101-336. The law addresses issues of accessibility of facilities and programs. Reasonable program accommodations will be made on a case by case basis to allow people with disabilities to both participate in, and benefit from our programs.

The ADA does not require the Town of Redding to take any action that would fundamentally alter the nature of its programs or services, or impose an undue financial or administrative burden.

If you need an accommodation, please contact us well in advance so that we can begin the process of making our programs available to all.

**How do I register for programs?**

Registering in the traditional manner requires a registration form and form of payment at the time of registration. Some registration forms are included in this brochure such as our camp registration form and our regular program registration form. All other “special registrations forms” are available at our offices or are on line at www.townofreddingct.org

Payments may be in the form of cash, check or credit card (Visa, Mastercard, American Express or Discover). Due to heavy seasonal volume, credit card numbers must be written on the forms for us to process later. No phone registrations will be accepted during peak period.

TO REGISTER ONLINE go to Park and Recreation’s page off the town website (townofreddingct.org) and click on the link to register online. If you have any problems registering online for any program, call us and we’ll help you get registered for your favorite programs.

Another convenient way for you to sign up for programs would be to fax in your form (938-1071) with the credit card information on it. Another option for those of you who can’t get into the office would be to either mail it or drop the form in our green drop box near the gym entrance side of the Community Center. Just be sure to attach your check or write in the credit card information.

**When should I enroll?**

You should enroll as soon as possible. For most programs to be conducted, a minimum enrollment must be reached. In addition, there is usually a maximum enrollment based on the facility size and the instructor’s requirements. Many of our popular camps fill up. Registration is always on a first come, first served basis. Register early to avoid being closed out of an activity or us being forced to cancel an activity! ONLINE registration often is shut off a day or two before the program starts but we can take registration for some non-camp programs over the phone.

-You may register for all programs as soon as you have received this brochure.

**How will I know if I got into a class?**

We do not send or call with confirmations unless you register online. We will only call you if you did not get into a class or if the class didn’t reach the minimum enrollment necessary to run the class. We will try to call at least 2 days in advance if we have to cancel a class. If more notice is required by you, feel free to call us to see how enrollment is doing. Most classes have limited enrollment, and may fill. If so, please ask to be placed on a waiting list. We may be able to form a new class if enough people are interested and there is enough space to do so.

**Can Non-Residents attend programs?**

Yes and there is no additional fee for classes and camp. There are additional fees for open gyms and Topstone Park. Non-residents must wait to register for 1 week after registration begins.

**Is there a discount for seniors?**

Residents 60 years of age and over are entitled to a 50% discount on most programs except trips or unless otherwise stated.
What is your department’s credit / refund policy?
1. Any credit that might be issued will be applied to your household and may be used towards another Park & Recreation program. There is no time limit to use this credit.
2. There will be no refunds unless specifically requested.
3. A full refund/credit will be given if the program is canceled by the Park and Recreation Department prior to the program's start.
4. A refund/credit for the amount of the program (less a 10% processing fee) will be given when an individual withdraws from a program at least one week prior to the program's printed starting date. When withdrawal occurs less than a week before the program starts, only 50% of the fee can be credited.
5. After a class starts, no credit will be given.
6. Credits or refunds for trips and special events will only be issued if a waiting list exists and the spot can be filled.
7. **Separate credit policies exist in our before and after school programs as well as our summer and vacation camps. Please look for our policies on those special registration forms or handbooks.**

How do I find out if programs are canceled due to inclement weather?

Light rain or drizzle does not automatically cancel classes. If there is a question as to whether class will be held or not, call the Park and Recreation Cancellation line at 938-5036 and select voice mail option #3. The voicemail will have cancellations listed at least 30 minutes prior to the class time. However, decisions are often made earlier.

What happens if a class is right after school at RES?

Parents should contact the school through the School Dismissal Manager (SDM) each day. Please indicate “the class title” (not the location) This is required by RES allowing the child to go to Park and Recreation classes at 3:00pm or 3:15pm. Please do not indicate Walker’s Room unless you are picking up your child and he/she is not attending class (see next section).

If the program is at RES, children in grades 1-4 walk themselves to the cafeteria (or the class location if the class is at RES) after they announce that the last bus has been called. We will always pick up kindergartners at their classrooms and walk them to our classes. For tennis classes and programs at the Redding Community Center, instructors will pick up the students in the cafeteria after the last bus is called and walk them to the program area.

Do you provide transportation from JRMS?

JRMS Students who want to attend Park and Recreation classes may now take a school bus directly to the Redding Community Center. This convenient method of transportation to the RCC should make it easier for all parents to enroll their children in Park and Recreation classes.

Students will just need to hand-in a bus note to the JRMS Office first thing in the morning requesting to take the bus to the Redding Community Center. Students will be told which bus is assigned to RCC. In order to make this run smoothly, we can not accept day of registration for classes and allow bus transportation from JRMS.

Parents should explain to their child that they are expected to check-in to the Park and Recreation office upon their arrival at the Community Center and will be asked to wait quietly inside the Community Center for a few minutes for class to begin. Because there may be a short delay while students wait before classes begin (without supervision), it is up to each parent to determine if using the new RCC bus is something with which they are comfortable.

Please be sure your child hands in their bus note at the JRMS office FIRST THING IN THE MORNING.

What if my child is not attending a class?

Park and Rec. works closely with the school to ensure the safety of all children. Park and Rec. needs parents to call us if your child will not be at a 3:00pm or 3:15pm class. Please call us by 9:00 AM so that we don’t spend time trying to determine where the children are going. If plans change during the day, you should always make separate calls to us and the school and always update School Dismissal Manager.

From the Director......

Well winter is finally here and Park and Recreation welcomes the change of seasons. The cold weather means that basketball season is in full swing.

Many people have been using our open gyms for basketball, volleyball, Pickleball or family time. It is great to have the Community Center available so often.

This time of the year, much of the gym time is focused on the basketball leagues here in town. On Saturdays, Park and Recreation runs the recreational league games for 3-8th graders as well as the high school league that has grown to more than 60 players in the last few years. REBA runs the travel leagues, whose games are on Friday and Sundays. We share the schools and the Community Center for practices.

This brochure features our usual programs and some great special events and trips. For teenagers, we have a 3-4th grade Dodgeball Tournament on January 11 and the 5-8th grade version on January 25. We also are running a trip to Urban Air
Trampoline Park on February 14. This winter teens can enjoy three Friday Night Ski Trips with their friends at Mohawk Mountain 1/17, 2/7 and 2/21.

We also have 4 family coach bus trips and two weekends reserved for our “drive yourself ski weekends” at Smugglers Notch Ski Resort. The coach bus trips are to see the NY Rangers play the LA Kings at Madison Square Garden on Sunday, February 9 and a trip to Broadway to see Come From Away on Sunday, March 29. We also have two major League baseball games round out the offerings. The Yankees Host the Cubs on June 26 and the Mets on July 8 at Yankee Stadium.

OPEN GYMS
Our complete line-up of “Drop-In Gym Times” is listed on page 1. The schedule features some free admission times, such as designated “Family” times and free student times for grades 5-12. During a typical weekday, adults may use the RCC gym with or without their children, whenever it is not previously scheduled for a class or other event. But, please call us in advance as daytime schedules can often change. We also offer three separate adult basketball times; Tuesday and Thursday evenings and Sunday mornings. We also have open volleyball on Monday nights. We are also offering Pickleball on Tuesday and Thursday mornings.

ONLINE REGISTRATION
Signing up for our programs has never been easier with our online registration option.

If you are a new online registration user who is having trouble connecting to your existing account with us, please contact us. Rob will get back to you and help resolve the problem so you can take advantage of this convenient 24 hour a day registration option. Online registration often closes as we get close to the start date of a program. Please call us if that is the case or you have any problem whatsoever.

You may still, of course, browse our website to find information about our programs and special events just as you did before, but now you can conveniently register online as an option.

WEEKLY EMAIL BLASTS
Please take advantage of our weekly email “blast” that keeps you up-to-date on Park & Recreation news. Sign up online for our email blast by clicking on the yellow oval that says, “sign up now” from our web page. We currently have more than 990 people signed up for this informative news blast. Once on the list, you can forward information you receive to your friends or family, (but your email information will always remain confidential.) Please remember that Redding Park and Recreation programs are available to all, residency is not required. Help spread the word! Invite your friends to join!

REDDING COMMUNITY CENTER
Redding Community Center is now even easier for residents to use since the insurance requirements for individuals have been removed. While groups still need to furnish an insurance certificate, individuals only need insurance if alcohol will be served at their event. We even have an easy way to make that happen too. Come down and use the Community Center for your event. It’s roughly $35 per hour plus set up and cleanup time. Check our website, for a more detailed page describing typically available dates and times and an explanation of the application process. Reserve your dates early to be assured of availability.

Birthday parties can also be held at RCC on weekends. You can reserve the Community Center up to a year in advance for a birthday party (although gym use is limited during basketball season.)

OUTDOOR ICE RINK
Details on the Ice rink can be found on page 16

LYRICS COFFEEHOUSE
The monthly Lyric’s Coffeehouse series began this fall with Pat Wictor and David Morgan. We have created a nice coffeehouse feel the last few seasons. Bring a bottle of wine, food and snacks just like you do in the summer at Concerts on the Green. The series showcases singer-songwriters performing their own music in an environment conducive to listening. Links to each performer’s website are listed online.

The series is usually held on the First Friday of each month except in December, which is held on a Saturday.

YOUTH WORKERS
To help students who want to find work and connect with people who need workers our department has an ongoing list of “workers needed” and “workers wanted”. If you or your child puts their name on the list, they can get the updated corresponding list. Just give us a call.

We hope that you choose to use our facilities and sign up for our programs. Remember… the Benefits of Park and Recreation are Endless!

Get more information on any of our programs from our webpage off of the town website at www.townofreddingct.org

Rob Blick
Director of Park and Recreation
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>
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</table>

<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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</tr>
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</table>

<table>
<thead>
<tr>
<th>Activity No: 31113-4</th>
<th>7 classes</th>
</tr>
</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>
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</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>
<tbody>
<tr>
<td>Dates: 1/28/19</td>
<td>Tuesday</td>
</tr>
<tr>
<td>Time: 6:00-7:15pm</td>
<td>Fee: FREE</td>
</tr>
<tr>
<td>Location: RCC Community Room</td>
<td></td>
</tr>
</tbody>
</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.

<table>
<thead>
<tr>
<th>Activity No: 31113-5</th>
<th>10 classes</th>
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</thead>
<tbody>
<tr>
<td>Dates: 2/4/20-4/7/20</td>
<td>Tuesday</td>
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<tr>
<td>Time: 6:00-7:15pm</td>
<td>Fee: $140.00</td>
</tr>
<tr>
<td>Location: RCC Community Room</td>
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</table>

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.

<table>
<thead>
<tr>
<th>Activity No: 31113-8</th>
<th>1 classes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dates: 2/1/20</td>
<td>Saturday</td>
</tr>
<tr>
<td>Time: 9:30-10:30am</td>
<td>Fee: FREE</td>
</tr>
<tr>
<td>Location: RCC Community Room</td>
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</tbody>
</table>

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 7 classes Dates: 2/22/20-4/4/20 Saturday 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: 31116-2 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: 31116-4 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

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

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.
Women Only
Activity No: 31101-5 Dates: 1/7-1/28 Day: Tue.
Activity No: 31101-6 Dates: 2/4-2/25 Day: Tue.

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 non-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.
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

<table>
<thead>
<tr>
<th>Activity No</th>
<th>Description</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>13100-6</td>
<td>Students and their chaperones</td>
<td>$90</td>
</tr>
<tr>
<td>13100-7</td>
<td>Adults without a student</td>
<td>$130</td>
</tr>
</tbody>
</table>

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  
**Activity:** 13100-1  
“West Balcony” barstool seats  
**Fee:** $115.00

**Date:** 2/9/19  
**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 be completed online at [https://urbanair.tray.com/signwaiver/91](https://urbanair.tray.com/signwaiver/91)

**Activity No:** 33100-1

<table>
<thead>
<tr>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>2/14/20</td>
<td>9:00am-4:00pm</td>
<td>$65.00</td>
</tr>
</tbody>
</table>

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.

Activity No: 88888-1  Youth Workers List
Activity No: 88888-2  Workers wanted List

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.

Extended Day Programs

Extended Day: grades K-4

Extended Day is a safe, familiar environment that offers fun, games, snack, sports, arts, crafts, homework and lots of outdoor play at the conclusion of your K-4th grader’s regular school day and scheduled minimum days. This program meets in the south wing of RES and concludes at 6:00pm.

The program supervision is shared by Director Mary Jo Dix and Program Assistant Sarah Ewud-Kilburn (“Mrs. E”). In addition, our counselors are a great group of talented, enthusiastic teens and young adults. Children may be signed up for a regular schedule or occasional attendance as openings exists. Advanced registration is required.

Extended Day 2019-20 registration begins on July 1, 2019 and is ongoing throughout the school year. Registration packet, “Owner's Manual” (required reading!) and attendance calendar forms are available online. However, online registration itself is not available at this time. If you need a guaranteed schedule of certain days for the coming school year, please register anytime during the month of July. Also for guaranteed schedules, you can sign up for a month at a time but attendance calendars with payment are due by the 1st of the current month for the coming month. (For example, October calendars are due by September 1. After the 1st of September, October attendance is on a first come, first served basis...and so on)

Days: Every regular and scheduled minimum day
Time: The close of school until 6:00pm
Location: South wing of RES
Registration fee: $30
Daily attendance fees:

<table>
<thead>
<tr>
<th>Regular school days</th>
<th>Minimum days</th>
</tr>
</thead>
<tbody>
<tr>
<td>2:50- 6:00…. $19</td>
<td>12:50-4:00…. $20</td>
</tr>
<tr>
<td>12:50-6:00…. $22</td>
<td></td>
</tr>
</tbody>
</table>

Extended Day: grades 5-8

This program is a natural extension of our popular Extended Day program and is designed especially for JRMS students. Your middle school student can ride a designated school bus to the Redding Community Center where the program begins as soon as the bus arrives. Participants will check in the P&R office with an Extended Day Senior staff member, enjoy snack,
homework time and a variety of recreational activities, including gym time, computer lab, outdoor play and more! Children may be signed up for a regular schedule or occasional attendance, however advanced sign-up is required. 2019-20 Extended Day registration begins July 1, 2019 and is ongoing throughout the year as long as openings exist. A registration packet and calendar sign-up forms are available online or in our office. Online registration is not available at this time. Call the P&R office or contact Mary Jo Dix at mdix@townofreddingct.org for more information.

Days: Every regular and scheduled minimum day
Time: When the bus from JRMS arrives at the RCC until 6:00pm
Location: Redding Community Center
Registration fee: $30 per school year
Daily attendance fees: $17 for a regular school day; $19 for a minimum day

Preschool Programs

Preschool Open Gym

This is an unstructured play time for you and your children. We will supply all the “fun stuff” you supply the energy! See Open Gym schedule on page # 1

Tumbling Fun

Each Tumbling Fun class taught by Deatra Nocito will include a warm-up activity, stretching, a gymnastics circuit and a closing game. Students will learn basic beginner tumbling skills with games and activities that will build strength, balance and agility. We ask caregivers to wait during the class outside the gym for potty breaks and other preschool nuances. Location: RCC gym

Activity No: 32108-1
Dates: 1/13/20-3/9/20
Time: 1:45-2:30pm
No Class: 1/20, 2/17, 2/24
Location: RCC Gym

Activity No: 32108-2
Dates: 3/16-20-4/6/20
Time: 1:45-2:30pm
Location: RCC Gym

Little Dragons

A fun and energetic class, students will learn basic kicks, blocks and strikes. Also playing games to help with reflexes etc. Master Fagan is your instructor, a 5th Degree Black Belt in the style of Kempo. Master Fagan has been teaching karate for 20 years. We ask caregivers to wait during the class outside the gym for potty breaks and other preschool nuances. Location: RCC gym

Activity No: 32117-13
Dates: 1/9/20-2/6/20
Time: 1:45-2:30pm
Location: RCC Gym

Activity No: 32117-14
Dates: 2/20/20-3/26/20
Time: 1:45-2:30pm
Location: RCC Gym

Youth Programs

PARK & RECREATION POLICY AT RES & RCC*

No Day of Registrations

Please make sure your child’s dismissal plan is updated on the School Dismissal Manager for each class your child is registered for.

Please Note: If your child is signed up for back to back classes it is YOUR responsibility to escort your child to the second class. Park and Recreation staff will not be available to do so.

Dodgeball

Join us on Sat. January 11, 2020 for Dodgeball for grades 3 & 4! Get your friends together and come on down to the RCC for a fun-filled night of dodgeball! This was a big hit last year so don't miss out on the fun! 7:30-9:30 pm. Pizza and drink are included. Sign up online or at the P&R office in advance by Thursday, Jan 9, 2020 or pay $15 at the door.

Activity No: 32121-1
Dates: 1/11/20
Time: 7:30-9:00pm
Location: RCC Gym

Day: Sat.
Grade: 3-4
Fee: $12
**Soccer**

Our Park and Recreation staff will instruct soccer basics to all players. This class will focus on soccer fun and fitness.

**Activity No:** 32113-1  
**Dates:** 1/16/20-2/20/20  
**Time:** 3:00-4:00pm  
**No Class:** 2/13  
**Location:** RCC Gym  
**Fee:** $55.00

**Activity No:** 32113-2  
**Dates:** 1/16/20-2/20/20  
**Time:** 4:00-4:45pm  
**No Class:** 2/13  
**Location:** RCC Gym  
**Fee:** $55.00

**Activity No:** 32113-3  
**Dates:** 2/27/20-3/26/20  
**Time:** 3:00-3:45pm  
**Location:** RCC Gym  
**Fee:** $55.00

**Activity No:** 32113-4  
**Dates:** 2/27/20-3/26/20  
**Time:** 4:00-5:00pm  
**Location:** RCC Gym  
**Fee:** $55.00

**Lego’s - Animal Architects**

Let your imagination run wild as we design and build leaping dolphins, buzzing beehives, and towering giraffes. Play, create, and learn in a world inspired by the animal kingdom. Design and build as never before and explore your craziest ideas.

**Activity No:** 32006-1  
**Dates:** 2/11/20-4/7/20  
**Time:** 3:00-4:30pm  
**Location:** RCC Gym  
**Fee:** $171.00

**Chess**

All levels  
Children are taught the basic rules and strategies of the exciting world of scholastic chess. No prior chess knowledge is needed here. Children will also be introduced to basic chess notation. All equipment will be provided. James Santorelli is your instructor.  
Location: RES Teachers lounge

**Activity No:** 32127-1  
**Dates:** 1/13/20-3/16/20  
**Time:** 3:00-4:00pm  
**No Class:** 1/20, 2/17  
**Fee:** $120.00

**Hands on Science**

Redding resident and hands on science camp guy, Chris Greene, presents 8 weeks of really cool after school science. Each week, your child will delve into the wonderful world of the physical sciences. Your child will make magnets, wire circuits, create chemical reactions, examine fossils and skulls, touch lightning, make silly putty, erupt volcanoes, change matter, meet giant bugs, use stethoscopes, and even touch a heart. Some of the experiments will be repeated from the fall class some will be new.

**Activity No:** 32209-1  
**Dates:** 1/16/20-3/12/20  
**Time:** 4:15-5:15pm  
**Location:** RCC Art Room  
**Fee:** $126.00

**The Wizards School of Magic Workshop # 2 – Abracadabra Magic**

Students will learn four magic tricks from Tom O’Brien, a full-time professional magician, whose credits also include appearances on the Fox 61 Morning Show and WFSB’s Better Connecticut. Tom O’Brien is a master at his craft and is a wonderful and entertaining teacher as well. All students will receive their own magic kits containing the props necessary to perform them at home, and a magic wand! Please register soon before the spaces – alakazaam – disappear!

**Activity:** 33500-1  
**Date:** 2/20/20  
**Time:** 3:00 - 4:00pm  
**Location:** RCC Community Room  
**Fee:** $20.00

**Football Fun**

Pigskin mania! 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 No:** 32110-1  
**Dates:** 1/8/20-2/5/20  
**Time:** 3:00-4:00pm  
**Grades:** 2-4  
**Fee:** $55.00

**Activity No:** 32110-2  
**Dates:** 1/8/20-2/5/20  
**Time:** 4:00-5:00pm  
**Grades:** 5-8  
**Fee:** $55.00
Football continued:

Activity No: 32110-3  6 classes  
Dates: 2/19/20-3/25/20  Wednesday
Time: 3:00-4:00pm  
Grades: 2-4  
Fee: $66.00

Activity No: 32110-4  6 classes  
Dates: 2/19/20-3/25/20  Wednesday
Time: 4:00-5:00pm  
Grades: 5-8  
Fee: $66.00

Junior Chef Saturday Series

Description: This series will take place on various Saturdays during the school year. Each of our Saturday Series Junior Chefs will have a chance to create an entire meal to enjoy for lunch and make a luscious dessert to take home for the family table. Junior Chefs will learn about food safety issues as well as attractive displays of their creations. All recipes will go home with the children. Children who love to eat and help create treats for themselves and their families are welcome! Session 2 and 3 are not appropriate for children with significant food allergies or sensitivities. Session 3 is NUT FREE! Times and grades vary per session. Each class this winter will be different but will feature recipes from all around the world...our own little “International Sampler”!!!

Activity: 32107-1  1 Class  
Date: 1/25/20  Day: Sat.  
Time: 12:00-5:00pm  
Grades: 1 - 4  
Location: RCC Multipurpose Room/kitchen

Activity: 32107-2  1 Class  
Date: 2/22/20  Day: Sat.  
Time: 12:00-5:00pm  
Grades: 5 - 12  
Location: RCC Multipurpose Room/kitchen

NUT FREE class!

Activity: 32107-3  1 Class  
Date: 3/21/20  Day: Sat.  
Time: 12:00-5:00pm  
Grades: 2 - 12  
Location: RCC Multipurpose Room/kitchen

Youth Golf—Golf Quest

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 we will supply them. Three classes in each session feature irons, woods and “the short game.” Location: Class meets at Golf Quest at 1 Sand Cut Rd. in Brookfield. Open to ages 9-15. Fee: $130.00. Time: 4:30 - 5:30PM

Activity No: 32132-1  
Dates: 1/6/20-1/27/20  Monday

Activity No: 32132-2  
Dates: 2/5/20-2/26/20  Wednesday

Activity No: 32132-3  
Dates: 3/5/20-3/26/20  Thursday

Activity No: 32132-4  
Dates: 4/1/20-4/22/20  Wednesday

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.

Activity No: 32218-4  6 classes  
Dates: 1/14/20-2/25/20  Tuesday
Time: 3:00-4:00pm  
Fee: $90  
Grades: 3-4

Activity No: 32218-5  6 classes  
Dates: 1/14/20-2/25/20  Tuesday
Time: 4:00-5:00pm  
Fee: $90  
Grades: 5-8

Activity No: 32218-6  6 classes  
Dates: 3/3/20-4/7/20  Tuesday
Time: 3:00-4:00pm  
Fee: $90  
Grades: 3-4

Activity No: 32218-7  6 classes  
Dates: 3/3/20-4/7/20  Tuesday
Time: 4:00-5:00pm  
Fee: $90  
Grades: 5-8

www.townofreddingct.org
Basketball Classes

Children will learn the basic skills needed in basketball in this non-competitive atmosphere. Developmentally appropriate skills will be taught.

Activity No: 32109-1  6 classes
Dates: 1/14/20-2/25/20  Tuesday
Time: 3:00-4:00pm  Fee: $66
Grades: 3-4
No Class: 1/21
Location: RCC Gym

Activity No: 32109-2  6 classes
Dates: 1/14/20-2/25/20  Tuesday
Time: 4:00-4:45pm  Fee: $66
Grades: 1-2
No Class: 1/21
Location: RCC Gym

Activity No: 32109-3  6 classes
Dates: 3/3/20-4/7/20  Tuesday
Time: 3:00-3:45pm  Fee: $66
Grades: 1-2
Location: RCC Gym

Activity No: 32109-4  6 classes
Dates: 3/3/20-4/7/20  Tuesday
Time: 4:00-5:00pm  Fee: $66
Grades: 3-4
Location: RCC Gym

Paint Draw & More!

Join Paint Draw & More! as we enter our 25th year of teaching children art. We are proud to look back at our 24 years of success as pioneers in children’s drawing classes. Our classes are fun, engaging and each project is developed with your child in mind. We teach young artists how to build an image vocabulary, and develop problem-solving skills through the medium of art. PDM uses high quality supplies which are included in the class fee. Instructor: Heather Bennett

Activity No: 32201-1  6 classes
Dates: 1/9/20-2/13/20  Thursday
Time: 3:00-4:00pm  Ages: 5-8  Fee: $110.00
Location: RCC Multi Purpose Room

Activity No: 32201-3  6 classes
Dates: 2/27/20-4/2/20  Thursday
Time: 3:00-4:00pm  Ages: 5-8  Fee: $110.00
Location: RCC Multi Purpose Room

Cartooning

Learn to create cartoon characters, super heroes and comic strips! Students will learn to develop characters and story lines with associated dramatic illustration. The first few classes will concentrate on drawing and technique which students will then apply while designing and drawing their own projects for the rest of the session. Take the bus from JRMS to the RCC!
Instructor: Heather Bennett

Activity No: 32201-2  6 classes
Dates: 1/9/20-2/13/20  Thursday
Time: 4:00-5:00pm  Ages: 8-13  Fee: $110.00
Location: RCC Multi Purpose Room

Activity No: 32201-4  6 classes
Dates: 2/27/20-4/2/20  Thursday
Time: 4:00-5:00pm  Ages: 8-13  Fee: $110.00
Location: RCC Multi Purpose Room

Young Artist Weaving Class

This fantastic weaving class gives students the opportunity to work on a floor loom, table loom and rigid heddle loom. They will learn how to make a warp, dress a loom, and explore weaving patterns. Projects like woven bags, scarves, and mug rugs will be made. The class has a three-week break due to the instructor’s own weaving workshop plans. During the break students will be able to take home a loom to work on. Class is limited to 3 students. Students must be 8 years or older or by special arrangement with the instructor. Held at Georgetown School of the Arts.
Instructor Ellen Goldman—Ellen is an enthusiastic weaver who enjoys sharing her love of weaving with others. A former middle school teacher, she has since taught weaving and crafts to children at the Wilton Historical Society and a variety of other venues.
Ellen is an active member of The Handweavers Guild of Connecticut. Location: Georgetown School of the Arts, 25 Old Mill Rd., West Redding, CT

Activity No: 32201-7  6 classes
Dates: 1/10/20-2/21/20  Friday
Time: 4:15-6:00pm  Ages: 8 and up  Fee: $210.00
No Class: 2/14

Activity No: 32201-10  6 classes
Dates: 3/6/20-4/24/20  Friday
Time: 4:15-6:00pm  Ages: 7 and up  Fee: $210.00
No Class: 4/10, 4/17
Woodworking

This highly successful and popular project-oriented class is designed to give students hands on experience with carpentry and woodworking. They will learn to plan, measure, cut, build and decorate their projects using basic hand and carving tools. Class enrollment is limited to offer each child focused attention from the teacher. Students must be 8 years or older or by special arrangement with the instructor. All materials are provided. There is a $30 materials fee payable to your instructor on the first day of class. Taught by Steve Burke. Location: Georgetown School of the Arts, 25 Old Mill Rd., West Redding, CT

Activity No: 32201-8  6 classes
Dates: 1/10/20-2/21/20  Friday
Time: 4:15-5:45pm  Fee: $220.00
Ages: 7 and up
No Class: 2/14

Activity No: 32201-9  6 classes
Dates: 3/6/20-4/24/20  Friday
Time: 4:15-5:45pm  Fee: $220.00
Ages: 7 and up
No Class: 4/10, 4/17

Karate

Kempo Karate originates from the Shaolin Temple; this style of karate teaches basic blocks, strikes, forms, combinations, and self-defense techniques. This is a wonderful way to help your child with confidence, discipline, and balance. The instructor is Redding’s own June Fagan, who has studied karate for over 40 years and is a 5th degree black belt.

Beginner
Activity No: 32117-1  6 classes
Dates: 1/8/20-2/12/20  Wednesday
Grades: 1-4
Time: 3:00-4:00pm  Fee: $84.00
Location: RCC Community Room

Activity No: 32117-3  6 classes
Dates: 2/19/20-3/25/20  Wednesday
Grades: 1-4
Time: 3:00-4:00pm  Fee: $84.00
Location: RCC Community Room

Orange Belt or Higher AND All levels MS/HS
Activity No: 32117-2  6 classes
Dates: 1/8/20-2/12/20  Wednesday
Grades: 1-4
Time: 4:00-5:00pm  Fee: $84.00
Location: RCC Community Room

Activity No: 32117-4  6 classes
Dates: 2/19/20-3/25/20  Wednesday
Grades: 1-12
Time: 4:00-5:00pm  Fee: $84.00
Location: RCC Community Room

Kinder Karate

Kempo Karate for our youngest school age students!

Activity No: 32117-5  5 classes
Dates: 1/27/20-3/2/20  Monday
Grade: K
Time: 3:00-3:45pm  Fee: $70.00
Location: RCC Community Room
No class: 2/17

Activity No: 32117-6  5 classes
Dates: 3/9/20-4/6/20  Monday
Grade: K
Time: 3:00-3:45pm  Fee: $70.00
Location: RCC Community Room

Advanced Karate – Orange belt or higher

Activity No: 32117-7  5 classes
Dates: 1/9/20-2/6/20  Thursday
Grade: 1-4
Time: 3:00-4:00pm  Fee: $70.00
Location: RCC Community Room

Activity No: 32117-8  5 classes
Dates: 2/27/20-3/26/20  Thursday
Grade: 1-4
Time: 3:00-4:00pm  Fee: $70.00
Location: RCC Community Room

Meditation

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. During this 45 minute class your child will be guided and given tools such as, breathing techniques, gentle body movements and guided visualizations to help them on their journey. June and Tracy are the Principals of Kindred Spirits. They each have an extensive background in the Healing Arts and believe Meditation is one of the core practices to learn in order to live a strong, healthy life.
**High School & Middle School Programs**

### Teen Ski Club

Our ever popular ski club will be off and running again this winter. Special registration forms are available at the Park & Recreation Department and online at townofreddingct.org. PARENTS MUST SIGN PERMISSION SLIP & THE SPECIAL REGISTRATION FORM. Participants must sign-up by the Wednesday before the trip, but it will probably be sold out by then so don’t wait! You cannot register over the phone. The bus leaves from JRMS at 3:45pm. All trips will be via coach bus. Open to all in grades 5-12. The fee for transportation and lift ticket is $65.00. Other fees are listed on the flyer.

- **Date:** 1/17/20  Mohawk
- **Date:** 2/7/20  Mohawk
- **Date:** 2/21/20  Mohawk

### Karate

**Orange Belt or Higher AND All levels MS/HS**

- **Activity No:** 32117-4  6 classes
- **Dates:** 2/19/20-3/25/20  Wednesday
- **Grades:** 1-12
- **Time:** 4:00-5:00pm  Fee: $84.00
- **Location:** RCC Community Room

### Dodgeball Tournament

Join us on Sat. Jan 25, 2020 for our Dodgeball Tournament for grades 5-8. Get your friends together and come on down for at night of dodgeball at the RCC. This a tournament. Pizza and drinks are included. Sign up online or in the P&R office by Thursday, Jan 23, 2020 and the cost is $12. Pay at the door the cost is $15. Check in begins at 7:00 pm. SHARP!

- **Activity No:** 33101-2
- **Dates:** 1/25/20  Saturday
- **Grades:** 5-8
- **Time:** 7:30-9:00pm  Fee: $12.00
- **Location:** RCC Community Room

### Babysitter Awareness

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 and drink and a pen or pencil. Location: RCC Multi Purpose Room

- **Activity:** 32130-1  1 class
- **Dates:** 3/8/20  Day: Sun.
- **Times:** 9:00am -3:00pm
- **Ages:** 11-15  Fee: $66.00

### Cartooning

Take the bus from JRMS to the RCC!

- **Instructor:** Heather Bennett

- **Activity No:** 32201-2  6 classes
- **Dates:** 1/9/20-2/13/20  Thursday
- **Time:** 4:00-5:00pm
- **Ages:** 8-13  Fee: $110.00
- **Location:** RCC Multi Purpose Room

- **Activity No:** 32201-4  6 classes
- **Dates:** 2/27/20-4/2/20  Thursday
- **Time:** 4:00-5:00pm
- **Ages:** 8-13  Fee: $110.00
- **Location:** RCC Multi Purpose Room
Joy of Art

Activity No: 32218-5
Dates: 1/14/20-2/25/20
Time: 4:00-5:00pm
Grades: 5-8
No Class: 1/21
Location: RCC Multi Purpose Room

Activity No: 32218-7
Dates: 3/3/20-4/7/20
Time: 4:00-5:00pm
Grades: 5-8
Location: RCC Multi Purpose Room

MS Football

Touch football with Mark Kilburn and staff. You can take the bus from JRMS! Location: RCC gym

Activity No: 32110-2
Dates: 1/9/20-2/6/20
Time: 4:00-5:00pm
Grades: 5-8
Fee: $55.00

Activity No: 32110-4
Dates: 2/20/20-3/26/20
Time: 4:00-5:00pm
Grades: 5-8
Fee: $66.00

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

Thank you to our Basketball League Sponsors

Brady's Smile
Dr. Allan Phillips Orthodontics
Exteriors Inc. - Landscape Design/Build
Kempo Karate and Self Defense
Kindred Spirits
Lily Tulip Landscape
Redding Nursery
Redding Preservation
Redding Roasters
Sherry Karraker
The Scherb/Satriano Family
Toozy Patza
West Redding Hair Stylists
Seasonal Ice Rink at the RCC Parking Lot

Our Seasonal Ice Rink is located at the Redding Community Center Parking lot (to the right as you pull into the RCC). The ice rink is provided for the enjoyment of Redding residents and their guests.

It is very important that people stay off of it until it is officially open as the liner underneath can get cut by a skate blade. We will announce when the rink is open for this season initially with a Park and Recreation email blast and a Town of Redding Facebook post.

When ready, the rink will be open “dawn until dusk”

Designated “Sticks and Puck” times:
Saturdays and Sundays 9:00-11:00am

Evening Hours
If we have a period of time where the ice is solid, we might announce evening hours via the Park and Recreation email blast and official Town of Redding Facebook page.

Ice Skating Rules
• Skating only is allowed during designated time when posted OPEN FOR USE
• Skating permitted dawn until dusk
• Supervision not provided - Children 12 and under must be accompanied by someone 16 years or older.
• Be aware of others. Please skate respectfully and at a speed that takes into account varied abilities
• Slower skaters or stopped skaters should stay towards the center.
• Sticks and pucks are only permitted at designated times.

Skate at your own risk.
• The Town of Redding will not be held liable for any reason. Skaters skate at their own risk.
• Ice skating can be dangerous. Do not skate alone. Helmets are strongly recommended for all especially children and beginners.
• Be aware of changing ice conditions. It will vary on any given day or any part of the ice surface.

Sticks And Pucks are only permitted in designated posted times.

• No full size nets permitted.
• Milk crate height goals are permitted to keep the shots low to the ice.
• Varied age groups may be using the surface during sticks and pucks time Please play cross rink when necessary to allow maximum use for all residents.
• Protective hockey equipment recommended (minimally hockey gloves and helmets with a face shield.
• No checking

For your safety and enjoyment
Skates must be worn on the ice surface
No skating aids (chairs, milk crates etc…) permitted on ice.
No food or beverage permitted on the ice surface
No dogs on the ice surface.
No smoking, drugs or alcohol permitted (including parking areas adjacent to the rink)
Inappropriate language or behavior will not be tolerated

The Park and Recreation Cancellation line will indicate if the rink is opened or closed each day.

Park and Recreation Cancellation Line. - (203) 938-5036 X 3
Please be sure to call before coming out!
Heritage Center is a place for adults to come together in a friendly environment to participate in cultural, creative, informative and physical activities designed for their interests. It is also home to Redding’s Social Services where advice and support services are available through a licensed social worker. Programs at the center are open to all adults. The listed registration fees reflect the discounted fees applied to those over the age of 50. Younger adults’ fees are 50% more. Payment is expected with your registration. If you are new to a class, you may try your first class free of charge. For more detailed information on our programs, registration and services please call (203)938-9725 or stop by the Heritage Center office in the Community Center on Lonetown Road.

**Weekly Activities**

The programs listed below are on-going and meet on a weekly basis. If a fee is required (those noted with an *), it must be submitted to Heritage Center office before attending the class. If you are new to the class, there is no fee for your first class. If possible, please register on a monthly basis unless the program is noted as a full course of study in which case a one-time advance payment for the course is required.

**Acupuncture and/or Massage** – Beth Dobsevage, a licensed practitioner, offers sessions of 15 minutes at $15.00, 30 minutes at $30.00 or 1 hour at $60.00. Appointments must be made a week in advance by calling the Heritage Center office (203)938-9725. Payment is made to Beth at the time of your appointment.

**Time:** Wednesdays 10:00 a.m. – 3:00 p.m.
**Location:** Private area of the Tech. Center

**Art** – An open studio class (medium of your choice) with an emphasis on composition, color, value and design. Bring your own materials and subject matter.

**Instructor:** Adele Moros

**Time:** Location: Tuesdays 1:00 p.m. – 3:00 p.m.
**Location:** Arts & Crafts Room

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<thead>
<tr>
<th>Month</th>
<th>Activity #</th>
<th>Fee</th>
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<tbody>
<tr>
<td>January 7-28</td>
<td>62001-01</td>
<td>$32.00</td>
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<tr>
<td>February 4-25</td>
<td>62001-02</td>
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<tr>
<td>March 3-31</td>
<td>62001-03</td>
<td>$40.00</td>
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**Blood Pressure Screening** – Offered free of charge and conducted by visiting nurses every second and fourth Tuesday each month.

**Time:** 12:30 p.m. – 1:30 p.m.
**Location:** Lounge

**Book Discussion** – The last Monday of each month a group of avid readers gather to informally discuss a particular book. Book selections are made at each meeting for the next discussion. The group meets at 1:30 p.m. for about 90 minutes. Free.

**Bridge** – All level of players are welcome to join this group of “bridge loyalists”. Stan Rhodes, group facilitator, willingly gives individual orientations and refreshers to the game if you would like. No registration or fee required.

**Time:** Tuesdays & Thursdays 12:30 p.m. – 3:00 p.m.
**Location:** Card Room

**Current Events** – This enthusiastic discussion group shares views on a variety of topics of current interest. Each week a group facilitator selects a topic and moderates the discussion on the relevant subject. Coffee and refreshments are served.

**Time:** Wednesdays 10:00 a.m. – 12:00 p.m.
**Location:** Card Room

**Fitness to Fit You** – A class tailored to meet your personal fitness needs. Each class has some group activities as well as personal fitness exercises.

Instructor Garner Lester is a certified personal trainer who has experience working with people with specific health issues as well as guiding participants in overall fitness. Payment for individual class is accepted.

**Time:** Tuesdays 9:00 a.m. – 10:00 a.m.
**Location:** Community Room

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<tr>
<td>January 7-28</td>
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<td>March 3-31</td>
<td>61016-03</td>
<td>$25.00</td>
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</table>
*Fitness to Fit You - continued*

**Time:** Fridays 9:30 a.m. – 10:30 a.m.  
**Location:** Community Room

January 3-31  
5 classes  
Activity # 61015-01  
Fee: $25.00

February 7-28  
4 classes  
Activity # 61015-02  
Fee: $20.00

March 6-27  
4 classes  
Activity # 61015-03  
Fee: $20.00

*Genealogy* – Explore your heritage and family lineage using computer technology while being guided by experienced genealogy researcher, Toni McKeen. This nine week course scheduled on Monday afternoons offers the excitement of discovery and the satisfaction of acquired knowledge that can be passed on to all family members. The advanced class already has a start on their research, but a new beginners’ class will be forming if at least 4 people register for the course.

**Classes held March 16 – May 18, 2020**  
**Register by 3/12/20**  
**Location:** Computer Lab

**Beginner Class:** Monday 3:30 p.m. – 5:30 p.m.  
Complete Course Fee: $120.00  
Activity # 62019-03

**Advanced Class:** Monday 1:30 p.m. – 3:30 p.m.  
Complete Course Fee: $120.00  
Activity # 62020-03

**Opera Talks** – Jean Schroeder, a knowledgeable opera enthusiast, welcomes opera lovers to join her informative program each month on a Tuesday morning at 10:00 a.m. You’ll be listening to excerpts of a specific opera at each session and refining your knowledge of various aspects of the masterpiece. Free.  
**Dates:** January 14th, February 19th (12:30 p.m.), March 10th, April 14th and May 12, 2020.

**Mah Jongg** – This centuries old game played with sets of tiles has players compete against each other to win their hand of “mah jongg”. Beginners are welcome to join and learn the game. If you are interested in learning to play Mah Jongg, please contact our office at (203) 938-9725. “There’s always room for more players with or without experience,” says game facilitator Debby Schwartz. No registration or fees apply.  
**Time:** Fridays 9:15 a.m. – Noon  
**Location:** Card Room

**Needleworks** – A quality time for all levels of knitters, crocheters, and other needle crafters to come together and share ideas as they work on individual projects. Inspiration and assistance is always available from fellow crafters. No registration or fees apply.  
**Time:** Tuesdays 10:00 a.m. – Noon  
**Location:** Lounge

**Playing with Clay** – Make vessels, jewelry and decorative objects from raw clay. Pieces will be fired in our kiln, returned to you for glazing, before given a final firing. We welcome all ability levels with facilitator Ruth Moran guiding participants through the process of clay building from beginning through finished piece.  
**Facilitator:** Ruth Moran

**Time:** Mondays 2:00 p.m. – 7:00 p.m. (Open Studio with some instruction)  
**Location:** Arts & Crafts Room

January 6, 13 & 27  Activity # 62005-01  
Fee: $15.00  
3 Open Studio Sessions  
Fee does not include materials and kiln firing

February 3, 10 & 24  Activity #62005-02  
Fee: $15.00  
3 Open Studio Sessions  
Fee does not include materials and kiln firing

March 2-30  Activity #62005-03  
Fee: $25.00  
5 Open Studio Sessions  
Fee does not include materials and kiln firing
Quilting – All levels of quilters are welcome to bring their individual projects to this class and experience the satisfaction of peer support and inspiration. Many of the quilters continue their work in the afternoon at the “quilting bee” held in the same location. There is no registration or fee for this activity.

Time: Thursdays 10:00 a.m. – Noon; Quilting Bee held after lunch
Location: Arts & Crafts Room

*Sketch, Paint, Create – A class designed to explore your own creativity and drawing skills in the medium of your choice. Participants work on their own projects with individualized attention given by instructor Laura McCormick. All skill levels welcome.

Time: Wednesdays 10:00 a.m. – Noon
Location: Arts & Crafts Room

January 8-29 Activity # 62003-01
4 classes Fee: $32.00
February 5-26 Activity # 62003-02
4 classes Fee: $32.00
March 4-25 Activity # 62003-03
4 classes Fee: $32.00

*Spanish – Work on basic components of conversational Spanish in an informal setting. Two levels of instruction are offered: “Beginners” for those without prior experience in Spanish and “Intermediate” for those who speak the language in a limited manner.

Instructor: Madeline Doscher
Location: Arts & Crafts Room

Beginners class: Tuesdays 9:45 a.m. -10:45 a.m.

January 7 & 28 Activity # 62012-01
2 classes Fee: $10.00
February 4-25 Activity # 62012-02
4 classes Fee: $20.00
March 3, 10, 24 & 31 Activity # 62012-03
4 classes Fee: $20.00

Intermediate class: Tuesdays 11:00 a.m. -12:00 p.m.

January 7 & 28 Activity # 62010-01
2 classes Fee: $10.00
February 4-25 Activity # 62010-02
4 classes Fee: $20.00
March 3, 10, 24 & 31 Activity # 62010-03
4 classes Fee: $20.00

*Tai Chi – This ancient discipline of slow, fluid like movements is an excellent way to relax the full body and mind. In addition, this physical activity has a wide variety of health benefits including improving balance and circulation. Payment for individual class is accepted.

Instructors:
Deby Goldenberg (Monday & Friday classes)
Master June Fagan (Wednesday classes)
Location: Community Room

Beginner Class
Time: Mondays 9:00 a.m. – 10:00 a.m.

January 6, 13 & 27 Activity #61034-01
3 classes Fee: $15.00
February 3, 10 & 24 Activity # 61034-02
3 classes Fee: $15.00
March 2-30 Activity # 61034-03
5 classes Fee: $25.00

Beginner Class
Time: Wednesdays 11:10 a.m. – 12:10 p.m.

January 8-29 Activity # 61054-01
4 classes Fee: $20.00
February 5-26 Activity # 61054-02
4 classes Fee: $20.00
March 4-25 Activity # 61054-03
4 classes Fee: $20.00
Tai Chi (continued)

**Intermediate Class**

**Time:** Mondays 10:00 a.m. – 11:00 a.m.

- **January 6, 13 & 27**
  - 3 classes
  - Activity # 61004-01
  - Fee: $15.00

- **February 3, 10 & 24**
  - 3 classes
  - Activity # 61004-02
  - Fee: $15.00

- **March 2-30**
  - 5 classes
  - Activity # 61004-03
  - Fee: $25.00

**Intermediate Class**

**Time:** Wednesdays 10:00 a.m. – 11:00 a.m.

- **January 8-29**
  - 4 classes
  - Activity # 61014-01
  - Fee: $20.00

- **February 5-26**
  - 4 classes
  - Activity # 61014-02
  - Fee: $20.00

- **March 4-25**
  - 4 classes
  - Activity # 61014-03
  - Fee: $20.00

**Technology Instruction:** We aim to match instructors to your specific needs to help you improve your skills in using various technologies, i.e. smart phones, digital cameras, computer photo shop, word processing, excel programs, etc. Call our office to let us know your need(s) and we will do our best to set up appropriate instruction for you. Dates and fees will be set accordingly. You are also welcome to use our computer lab on an independent basis free of charge. Please call for open tech lab times.

*Yoga – This class consists of gentle stretching exercises designed to strengthen, relax and revitalize the body, mind, and spirit. Exercise mats are available or you may bring your own.

**Instructor:** Laurie Mayper

**Location:** Community Room

**Time:** Wednesdays 8:50 a.m. – 9:50 a.m.

- **January 8-29**
  - 4 classes
  - Activity # 61001-01
  - Fee: $20.00

- **February 5-26**
  - 4 classes
  - Activity # 61001-02
  - Fee: $20.00

- **March 4-25**
  - 4 classes
  - Activity # 61001-03
  - Fee: $20.00

*Yoga Nidra – Conducive to deep emotional and physical healing, experience beautiful rejuvenation in this hour long guided meditation session by Deby Goldenberg. Please bring your own yoga mat, light blanket and bolster pillow or towel to promote your maximum relaxation. The class is held on the 2nd and 4th Thursdays of the month from 1:45 p.m. to 2:45 p.m. $8.00 per session.

*Yoga for the Rest of Us – This gentle yoga class, taught by Jean Rexford, is designed for those who are more concerned about gentle stretching, body symmetry, and relaxation rather than specific yoga postures. The class is free and meets most Tuesdays from 10:30 a.m. to 11:15 a.m. Call our office to register and for scheduled session dates.

*Lunch at the Heritage Center – CW

Resources provides lunch to seniors each Tuesday and Wednesday at noon for a donation of $3.00. If you are interested in attending, please call our office (203) 938-9725 for more information and to make reservations. Reservations must be made a week in advance of attendance.

**Registration** - Registration forms for all Heritage Center programs are available in our office as well as on the Town of Redding website:

http://townofreddingct.org/government/services/heritage-senior-center/
Redding Park and Recreation’s Trips

*Leave the headache of driving & parking to us!*

**Come From Away**  **Sunday, March 29th**

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.

- **Students and their chaperones** - $90
- **Adults without a student** - $130

Wow what a price! … the trip includes your ticket and coach bus to the city.

We leave RCC at 10:00am for the 3:00pm performance.

**New York Rangers vs LA Kings**  **Sunday, February 9th**

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. Total cost (includes you ticket and coach bus)

- **“Bridge” barstool seats** – $142
- **“West Balcony” barstool seats** – 115

**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. Friday, June 26 bus leaves RCC at 4:30pm for a 7:05 game  $79

**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. Wednesday, July 8 bus leaves RCC at 4:30pm for a 7:05 game $83

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

January 24-26, 2020 & 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!
Class Registration Form - Redding Park and Recreation

Please be sure to fill out this form completely to assure proper registration. Make checks payable to: "Town of Redding". Our mailing address: PO Box 1071 Redding, CT 06875. You may fax this form to 938-1071. Additional Park and Recreation forms can be accessed at www.townofreddingct.org. Email information will not be shared other than an estimate twice per month email blast. You may opt out of at anytime.

Is there any special information that you would like to share that would enable us to serve your child better?

☐ No  ☐ Yes* The appropriate person from the department will call you or you may attach a note to this form.

NAME or HOUSEHOLD NAME (often different from child's)

ADDRESS_________________________ TOWN & ZIP __________________

Email Addresses _______________________________________________________

HOME PHONE ______________________________ WORK PHONE ________________ Ext. ___ Cell _____

PARTICIPANT'S NAME_________________________ SCHOOL TEACHER________ SEX____ GRADE____ Birth Date _______

CLASS TITLE__________________________ ACTIVITY #_____________ DAY & TIME______________ COST __________

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PARTICIPANT'S NAME_________________________ SCHOOL TEACHER________ SEX____ GRADE____ Birth Date _______

CLASS TITLE__________________________ ACTIVITY #_____________ DAY & TIME______________ COST __________

CLASS TITLE__________________________ ACTIVITY #_____________ DAY & TIME______________ COST __________

List all additional names for TRIPS, SPECIAL EVENTS

GRAND TOTAL: $________

I understand that I need to send a note if my child attends a 3 pm class at RES or the RCC and should call the Park and Recreation office if my child won’t be attending his/her 3 p.m. class. I understand that the Town of Redding has no accident insurance and that costs incurred due to injury to myself or the student's name listed above while participating in the activities listed on this form are my responsibility. I release and hold the town harmless from any injuries incurred in town recreational activities. I understand photos may be used by the department for promotional materials or advertising unless I notify the department in writing. I have read the refund policy from the brochure. NO REFUNDS WILL BE MADE ONCE CLASSES HAVE STARTED.

SIGNATURE________________________________ DATE_____________________

I authorized the use of this credit card for the above payments. (Circle one ) Mastercard Visa AMEX Discover

Credit Card Number ___________________________________________ Expiration Date_______ CVV Code__________
POSTAL PATRON

All of us at the Park and Recreation Department wish you and yours a happy holiday season!

<table>
<thead>
<tr>
<th>Date</th>
<th>Performer</th>
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<tbody>
<tr>
<td>Friday, November 2</td>
<td>Pat Wictor</td>
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<tr>
<td>Saturday, December 7</td>
<td>David Morgan</td>
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<tr>
<td>Friday, January 3</td>
<td>The Whispering tree</td>
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<tr>
<td>Friday, February 7</td>
<td>Milton</td>
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<tr>
<td>Friday, March 6</td>
<td>Loretta Hagen</td>
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<tr>
<td>Friday, April 3</td>
<td>The Society of Orpheus and Bacchus</td>
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</tbody>
</table>

Lyrics Coffeehouse Line up

Bring a bottle of wine, your laptop and enjoy original music worth listening to at the Redding Community Center 7:30-9:30pm.

$12 at the door; $10 in advance-
½ price for senior or children

You can link to our performer’s websites online at www.townofreddingct.org