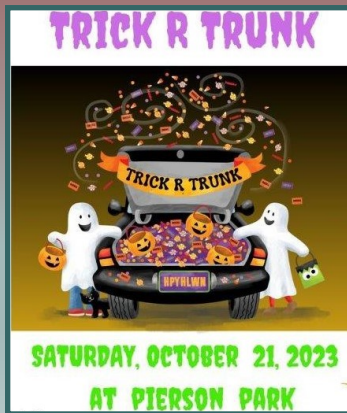


CROMWELL RECREATION DEPARTMENT

2023 FALL / 2024 WINTER BROCHURE

CROMWELL RECREATION DEPARTMENT
41 WEST STREET
CROMWELL, CONNECTICUT 06416
PHONE: 860-632-3467
FAX: 860-632-3435
EMAIL: RECREATION@CROMWELLCT.COM
WEB ADDRESS: CROMWELLREC.COM



BECOME A FAN OF CROMWELL RECREATION
ON FACEBOOK TODAY! SEARCH CROMWELL
RECREATION ON FACEBOOK!



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Letter from the Director

We hope you had a great summer here in Cromwell. Park/pavilion rentals were once again at an all-time high; our concerts and movies were extremely well attended and our Town of Cromwell Farmers Market was successful despite the uncooperative weather.

As Fall begins, I would like to update all the enhancements the Town has made to our facilities this past summer. The Varsity Softball and Baseball fields at the high school had improvements to their infields which will make for better playing surface to all user groups. Also, upgraded work was done to McCrossen, Bateau and Franklin Fields. All these fields will be an added attraction not only to Cromwell user groups but the residents as well. The Town also has plans to replace the pavilion at Watrous Park in November. Work at Pierson Park, which will include team rooms, is scheduled for the winter of 2024.

As always, we welcome your feedback and ideas to better serve our community; do not hesitate to contact us.

Sincerely,

Scott Kieras

Recreation Director

Contact Us

Cromwell Recreation Department

Cromwell Town Hall

41 West Street

Cromwell, CT 06416

Phone: 860-632-3467

Fax: 860-632-3435

Website: <https://cromwellct.myrec.com>

Recreation Staff

Scott Kieras, Recreation Director - Ext. 4

skieras@cromwellct.com

Shelby Jones, Recreation Supervisor - Ext. 3

sjones@cromwellct.com

Rosanne Krajewski, Administrative Assistant - Ext. 2

recreation@cromwellct.com



Recreation Commission

Commissioners

Dan Brisson

John Schmaltz

Gregory Valente

Jim Vinchetti

Vacancy

Meetings are held the first Thursday of each month at 5 p.m.

Mission: The department is charged with providing a variety of leisure time activities for the residents of the Town. These activities are for all ages ranging from preschool through adults, including special needs. Programs include sports leagues, instructional sports, fitness, toddler activities, music introduction, arts and crafts, special events, summer concerts and many other classes.

Compliance with the Americans with Disabilities Act (ADA): We strive to accommodate all participants in all of our programs. If you require special services in order for you to participate, please contact our department and give us a minimum of 20 business days advance notice prior to the program.

Town Sports Organizations

Cromwell Lions (Youth Football)

cromwelllions.com

cromwelllions@gmail.com

Cromwell Little League

cromwelllittleleague.com

info@cromwelllittleleague.com

Cromwell Chill Soccer Club

cromwellsoccer.com

cromwellchillsoccerclub@gmail.com

Rocky Hill/Cromwell Lacrosse

rockyhilllacrosse.com

rockyhilllax@gmail.com

Rebels Travel Basketball

cromwellrebelsbasketball@gmail.com

Registration Process: Registrations will be processed in the order in which they were received: online, in person, or by phone. Full payment is due at time of registration. A receipt will be emailed to you or printed at your request. In the event a program is full, you will be placed on the wait list and notified.

Photo Policy: By attending or participating in a program, you give us permission to take and publish photos of you. If you do not wish to be photographed, you must include this request in writing.

Non-residents: While we do welcome non-residents to register for our programs, Cromwell residents will receive priority in the registration process. A separate fee for non-residents may apply to eligible programs. Some programs are not available to non-residents.

Pavilion Rentals: The Department will accept reservations for Cromwell residents for pavilion use of Watrous, Pierson or Riverport Park at Frisbee Landing beginning **January 1**. Non-residents may book starting **April 1**. Please refer to our Request for Pavilion use form on our website.

Payment: Payment may be made by cash, check or credit card.
All checks should be made payable to "Town of Cromwell."
Returned checks are subject to a \$20 service charge.

Credit Cards: Our registration software program has been upgraded so that you now have the ability to store your credit card information for future use. Just be sure to toggle the box under "Save This Card".

Removing Credit Card From Account: When a credit card expires or is no longer valid, go to your MyRec account, click Edit Payment Methods in the Accounts box listed in the Account Overview. Click Edit This Payment Method. You will be able to change the billing information or remove payment information completely.

Financial Assistance: Funding is available on a first-come, first-serve basis to those who qualify. For further information, visit our website.

Refund Policy: As Cromwell Recreation Department strives to provide excellent customer service, we make all attempts to provide top-quality programs at reasonable costs. Program costs are based on participation numbers. Refunds can only be given when requested in advance, or when a program's budget allows.

- If a program is cancelled by Cromwell Recreation a full refund will be given.
- Registration may be cancelled up to 5 business days prior to a program starting date. **NO REFUNDS** on tickets or trips.
- No refunds will be given once a program has begun unless there is a wait list for the program or there is a medical emergency. A physician's note will be required.
- Absolutely no refunds will be given for any unused portion of a program.
- All refunds are subject to a \$10 processing fee. Anyone registered for programs with multiple sessions (i.e. summer camp), the fee would apply to each individual session (7 weeks x \$10 = \$70) per child.
- When a program is run by a third party vendor (i.e. Abrakadoodle, etc.) no refunds will be given 5 business days prior to start of the program.
- In the case of summer camp, no refunds will be given once a session begins, without a physician's note.

We reserve the right to: Make changes in price, content, description, etc. at any time without notice.

Updates and Cancellations

- * If Cromwell Public Schools are **cancelled** all recreation programs held in the schools will be cancelled. Determination of programs not in the schools will be made by our Department
- * If schools have a **delayed opening**, all morning programs and activities will be cancelled that are scheduled up to 12:00 p.m.
- * If there is an **early dismissal** for the schools, all afternoon and evening programs held in the schools will be cancelled. Determination of programs not in the schools will be made by our Department.
- * Please call our office and hit Extension 1 or check our website for all cancellations and updates on programs.

TODDLER PLAYGROUP

An open play, drop in social group for ages birth to 5 years **with parent/caregiver.**

Ages: Birth - 5 years

Staff: Miss Lynn

Day: Thursdays

Dates: Fall Session: September 14 - December 7
(no 11/23)

Winter Session: January 4 - March 21

Time: 9:30 a.m. - 11:00 a.m.

Location: Town Hall Gym

Fee: No fee for Cromwell residents
\$24 per session non-residents



*** Must pre-register in order to attend ***

PRESCHOOL CRAFTS

Make a variety of seasonal inspired projects. Get ready to paint, glue, color, create and have **FUN!**

Ages: 2 - 5

Instructor: Miss Lynn

Day: Mondays

Dates: September 25 ~ *It's Raining Leaves*

October 23 ~ *Spooky Faces*

November 13 ~ *Being Thankful is Fun*

December 11 ~ *Warm Up with Hot Cocoa*

January 22 ~ *Winter Wonderland*

February 12 ~ *Bee Mine*

March 11 ~ *Somewhere Over the Rainbow*

Time: 10:00 a.m. - 10:45 a.m.

Location: Town Hall Activity Room

Fee: \$15 resident/\$20 non-resident per class

PLAY DATE IN THE PARK

Children and caregivers will meet to play and socialize under the Pierson Park Pavilion. Activities will include themed sensory stations, decorate your own pumpkin and free play opportunities. Feel free to head over to the playground after to keep the fun going!

Ages: 2 - 5

Instructor: Miss Lynn

Day/Dates: Friday, October 6 ~ *Pumpkin Friends*
(Rain locations: Town Hall Gym)

Time: 10:00 a.m. - 11:00 a.m.

Location: Pierson Park Pavilion

Fee: \$10 resident/\$15 non-resident



FUN WITH FOOD

We have revamped our Fun With Food program to make holiday themed treats. Each month you will make a special themed treat for that season while exploring your culinary skills.

Ages: 3 - 5

Instructor: Miss Lynn

Day: Wednesdays

Dates: October 18 ~ *Spooky Treats*

December 20 ~ *Gingerbread House Decorating*

February 14 ~ *Valentine's Day Cake*

March 27 ~ *Butterflies & Caterpillars*

Time: 1:00 p.m. - 1:45 p.m.

Location: Town Hall Activity Room

Fee: \$20 resident/\$25 non-resident includes all food and supplies

Parent supervision required

PRESCHOOL HALLOWEEN PARTY

Join us for our Preschool Halloween Party! Come for free play, crafts, grab and go treats and a story courtesy of the Cromwell Belden Public Library. The grand finale is **Trick or Treating** through Town Hall. Follow the pumpkins to Town departments to get some tasty treats!

Day: Tuesday

Date: October 31

Time: 10:00 a.m. - 11:30 a.m.

Location: Town Hall Gym

Fee: \$5 resident/\$10 non-resident

Pre-registration is required as space is limited!

Costumes are welcome!



PRESCHOOL HOLIDAY PARTY

Join us for some festive fun at our Preschool Holiday Party! Come for free play, crafts, grab and go treats, and a story courtesy of the Cromwell Belden Public Library. Frosty the Snowman will be our special guest available for photos and will be handing out a special gift for each child.

Day: Thursday

Date: December 14

Time: 10:00 a.m. - 11:30 a.m.

Location: Town Hall Gym

Fee: \$5 resident/\$10 non-resident

Pre-registration is required as space is limited!



MUSIC TOGETHER

Sing, Dance, and Jam along with us! Younger children enjoy watching and imitating older ones; older children learn by leading younger ones; and adults are happy because the children in the family can go to class together. Each child participates at his or her own level in singing, moving, chanting, listening, watching, or exploring musical instruments.

Fall Session: Bongos ~ The songs in the Bongos collection include lots of upbeat, active songs like "See How I'm Jumping," or take on the timeless nursery rhyme "Hey, Diddle, Diddle," and beautiful melodies such as the Japanese song "Hotaru Koi" and "Walking through the Woods." Join us for this fun and energetic collection!

Winter Session: Bells ~ In the Bells collection, families will play with their voices by mimicking the sounds of instruments in the "French Folk Song" and will have fun with the Spanish-speaking animals in "De Colores." We will sail away in "Lukey's Boat" and play with the upbeat song "Alabama Gal." Join us for this sweet, fun, and musical collection!

Ages: Newborn to 5 Years with parent or caregiver

Instructors: Tuesdays with Miss Alicia / Saturdays with Miss Amy

Day/Dates: Fall Session 1: Tuesdays, September 12 - November 14, 10:00 a.m.

Fall Session 2: Saturdays, September 16 - December 2, 9:30 a.m.
(no 11/18 or 11/25)

Winter Session 1: Tuesdays, January 9 - March 12, 10:00 a.m.

Winter Session 2: Saturdays, January 13 - March 16, 9:30 a.m.

Location: Town Hall Arch Room

Fees: Fall Session: \$210 first child, \$130 for first sibling; each additional sibling and under 8 months at time of registration are free with older sibling registration.



SOC CERTOTS ~ AGES 2-5

Younger age groups focus on developing motor skills and self-confidence; older classes focus more on developing core soccer skills and personal focus, and introduce an element of light competition. Instructor-to-student ratio is kept small to maximize individual development and most of all to promote FUN!

Staff: Skyhawks Staff

Day: Saturdays

Dates: September 23 - October 28 (no 10/7)

Time: 9:00 a.m. - 9:45 a.m. ~ 2 year olds
10:00 a.m. - 10:45 a.m. ~ 3 year olds
11:00 a.m. - 11:45 a.m. ~ 4 & 5 year olds

Location: Riverport Park Grass Parking Lot

Fee: \$95 resident/\$105 non-resident



Wear comfortable clothes, sneakers and bring a water bottle.

BEGINNER BALLET

Join Miss Adriana from New England Dance in a beginner ballet program.

Ages: 2-3 ~ Movement with Ballet

Ages: 4-5 ~ Ballet with show preparation*

Instructor: Miss Adriana, New England Dance

Day: Wednesdays

Dates: September 20 - October 25 (no 10/11)

November 15 - December 13

January 17 - February 14

February 28 - March 27

Time: 10:15 a.m. - 11:00 a.m. ~ 2-3 year olds

11:00 a.m. - 11:45 a.m. ~ 4-5 year olds

Location: Town Hall Gym

Fee: \$80 resident/\$85 non-resident



*Chance to perform in New England's Nutcracker 12/2, 1 p.m.

Wear leotard or leggings & tank top and ballet slippers or socks.

CREATIVE TIME MACHINE

We are taking a trip through time to learn about both wonderful historical classics and fun contemporary art. Create Rembrandt-inspired self-portraits, learn about French sculptor Auguste Rodin's hand sculptures, make abstract sculptures, landscapes inspired by American artist Darryl Norem. Finish with Kara Walker's silhouettes and Haitian houses!

Ages: Grades K-2 and 3-5
Instructor: Abrakadoodle Staff
Day: Tuesdays
Dates: September 19 - October 24
Time: 3:30 p.m. - 4:30 p.m.
Location: Edna C. Stevens School
 Woodside Elementary School
Fee: \$80 resident/\$85 non-resident includes all supplies

AROUND THE WORLD WE GO

Birds light on branches and pop out of clocks as we learn about Australian artist Kareem Rizk and the craft of German Black Forest cuckoo clocks. Japanese culture comes to life as we learn about kimonos. Dutch windmills spin over brightly colored tulip fields. Paint fruit like Brazilian Artist Leonor Alvim Brazão. And "ancient" Greek columns are built in a day!

Ages: Grades K-2 and 3-5
Instructor: Abrakadoodle Staff
Day: Tuesdays
Dates: November 14 - December 19
Time: 3:30 p.m. - 4:30 p.m.
Location: Edna C. Stevens School
 Woodside Elementary School
Fee: \$80 resident/\$85 non-resident includes all supplies

SKYHAWKS VOLLEYBALL

Skyhawks Volleyball takes the energy and excitement of this great team sport and puts it all together into one fun-filled program. All aspects of the game are taught through drills and exercises that focus on passing, setting, hitting and serving. This co-ed program is designed for the beginner to intermediate player and will incorporate essential life-lessons such as teamwork and sportsmanship.

Ages: 10 to 14
Instructors: Skyhawks Staff
Days: Wednesdays
Dates: September 27 - November 1
Time: 4:00 p.m. - 5:45 p.m.
Location: Town Hall Gym
Fee: \$149 resident/\$159 non-resident



KID'S SELF DEFENSE COURSE

This class teaches basic karate skills as well as simple moves to escape grabs, chokes and unwanted hugs. Stranger danger and how to handle bullies will also be discussed.

Ages: Grades K-5
Instructor: Debbie Shekosky, Champions Karate School
Day/Dates: Wednesdays, November 8 & November 15
Day/Dates: Wednesdays, January 31 & February 7
Time: 6:00 p.m. - 7:00 p.m.
Location: Town Hall Gym
Fee: \$25 resident
 \$30 non-resident



BUILDING UP S.T.E.A.M. USING LEGO®

Children work independently and cooperatively as they begin to explore simple machines using LEGO/DUPLO® early childhood materials. Projects may include spin tops, motorcycles, and hockey players.

Ages: Grades K-2
Staff: Exceptional Youth Educational Services Staff
Days: Fridays
Dates: Fall Session: September 15 - October 20
 Winter Session: January 5 - February 9
Location: Edna C. Stevens School
Time: 3:45 p.m. - 4:45 p.m.
Fee: \$155 resident/\$160 non-resident



S.T.E.A.M. WORKS USING LEGO®

Children work with standard LEGO® materials to problem solve pre-engineering challenges involving structure, levers, gears, pulleys, and other elements of simple machines. Projects may include wall rocket racers, battle top spinners, and flywheel cruisers.

Ages: Grades 3-5
Staff: Exceptional Youth Educational Services Staff
Days: Fridays
Dates: Fall Session: November 3 - December 15
 (no 11/24)
 Winter Session: February 23 - April 5
Location: Woodside Intermediate School
Time: 3:30 p.m. - 4:30 p.m.
Fee: \$155 resident/\$160 non-resident

OOPS! Despite our best efforts, errors sometimes make it into print. We apologize for any inconvenience these errors may cause.

HOME ALONE WORKSHOP

This interactive course will cover safety concerns parents have when their children are by themselves. Students will learn to be more aware of the potential dangers that they could face when they are alone: *house key safety, indoor and outdoor safety, kitchen safety, fires, first aid kit essentials, phone, door, internet safety.*

Ages: 8-13

Instructor: Sarah Maffiolini

Dates: Tuesday, October 17
Monday, November 13

Time: 4:30 p.m. - 6:00 p.m.

Location: Town Hall Arch Room

Fee: \$5 residents only

Registration is required / Open to residents only



BABYSITTER SAFETY

This entry-level course is intended to teach age-appropriate skills necessary to care for children using team babysitting, mother’s helper, and individual babysitting concepts. Focused on safety with an emphasis on prevention. Two-year Certification for Basic First Aid and Adult/Child CPR provided.

Ages: 11-17

Instructor: Life Safe Services

Dates: Tuesday, November 7 (no school)
Friday, February 16 (no school)

Time: 9:00 a.m. - 2:00 p.m.

Location: Town Hall Arch Room

Fee: \$5 residents only

Registration is required / Open to residents only



YOUTH BASKETBALL CLINIC

Improve basketball skills in preparation for the 2023-2024 season. Individual and group basketball drills along with some controlled scrimmaging will work on fine-tuning overall skills. Great way to keep active this Fall while working on improving your basketball skills.

Ages: Grades 3-6

Instructor: Rodney Hodge

Day: Saturdays

Dates: September 16 - October 28
(no 10/7)

Time: 9:00 a.m. - 10:15 a.m. - Grades 3 and 4
10:30 a.m. - 11:45 a.m. - Grades 5 and 6

Location: Town Hall Gym

Fee: \$35 resident/\$40 non-resident



MYTHS & LEGENDS

Listen and learn! Spark creative art experiences with time-honored stories. Exciting myths, legends and tales from around the world inspire artwork to narrate stories in new ways. Folded paper puppets, painted story scrolls and sculpted creatures retell our heritage. Open ears, creativity, and good stories are all we need to get started!

Ages: Grades K-2 and 3-5

Instructor: Abrakadoodle Staff

Day: Tuesdays

Dates: January 9 - February 13

Time: 3:30 p.m. - 4:30 p.m.

Location: Edna C. Stevens School
Woodside Elementary School

Fee: \$80 resident/\$85 non-resident includes all supplies

DON'T LET A GOOD PROGRAM FADE AWAY!

Nothing destroys a recreation program faster than participants who wait until the last minute to register! There is a point when a program must be cancelled or modified due to insufficient registrations. All programs require a high level of coordination involving facility scheduling, staffing, volunteer and supplies.

REGISTER EARLY!

PROGRAMS COULD BE IN JEOPARDY OF CANCELLATION ONE WEEK PRIOR TO START IF THERE ARE NOT ENOUGH REGISTRANTS.



ZUMBA

Dance to great music and burn a ton of calories. This is a total workout, combining all elements of fitness ~ cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

Ages: 12 and up

Instructor: Briana O'Leary Frye

Day: Mondays

Dates: Session 1: September 18 - October 30 (no 10/9)

Session 2: November 13 - December 18

Session 3: January 22 - March 4 (no 2/19)

Time: 7:00 p.m. - 8:00 p.m.

Location: Town Hall Gym

Fee: \$55 resident/\$65 non-resident



POUND FITNESS

Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out!

Ages: 13 and up

Instructor: Donna Dorbuck

Days: Thursdays

Dates: Session 1: September 14 - October 19

Session 2: November 2 - December 14 (no 11/23)

Session 3: January 11 - February 15

Session 4: February 29 - April 4

Time: 5:00 p.m. - 6:00 p.m.

Location: Town Hall Gym

Fee: \$50 resident/\$60 non-resident



FAMILY PAINT NIGHT

Youth in grades 3 through 8 and their parents/guardians are invited to enjoy a relaxing and fun Paint Night. This workshop can help youth and families soothe school and home stressors. Instruction, canvas, paint supplies, and dinner are provided.

Ages: 7 and up

Instructor: Camp Simon Art Center

Day: Thursday

Date: October 5

Time: 6:00 p.m. - 7:30 p.m.

Location: Town Hall Dining Room

Fee: \$5 residents only



Registration is required / Open to residents only

FAMILY PLANT NIGHT

Start by painting a 4" terra cotta pot. Once the painting is complete families get their hands dirty with our interactive plant bar. Gardening together gives each member of the family a chance to spend quality time together while promoting stress relief and relaxation. Dinner will be provided.

Ages: 5 and up with parent/guardian

Instructor: The Flower Shed

Day: Thursdays

Date: September 21 *or* December 7

Time: 6:00 p.m. - 7:30 p.m.

Location: Town Hall Dining Room

Fee: \$5 residents only



Registration is required / Open to residents only

CPR/FIRST AID TRAINING

CPR and AED (Part One): Learn the skills of CPR and AED use for adults, children and infants
First Aid Essentials (Part Two): This class will cover the most common emergencies and the immediate actions needed to care for someone until Emergency Medical Services arrive.

These classes are very hands on and interactive.

Ages: 15 & up

Instructor: Life Safe Services

Days/Dates: Tuesday & Wednesday, Sept. 12 & 13

Day/Date: Saturday, November 18

Days/Dates: Tuesday & Wednesday, March 12 & 13

Time: 6:00 p.m. - 9:00 p.m.

Location: Town Hall Arch Room

Fee: \$75 resident

\$80 non-resident



TENNIS

Intro to Tennis (ages 4-13) is designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions and modified games tailored to the age and size of the player. With a focus of using drills to improve balance, coordination and agility, kids will have fun learning and improve skills faster.

Teens and Adults: Beginner program will get you playing tennis in 8 lessons; and that's FAST! Start learning by using larger slower balls and quickly move you through progressions to get your game up to full court play. Lessons and drills will focus on technique, stroke development, and movement.

Instructor: Miguel Garcia

Days: Tuesdays and Thursdays

Dates: September 19 - October 12

Time: 6:00 p.m. - 7:00 p.m. Ages 4-13

7:00 p.m. - 8:00 p.m. Teens and Adults

Location: Watrous Park Tennis Courts

Fee: \$140 resident/\$150 non-resident



FAMILY FUN MOVEMENT & DANCE



A pleasant change from your ordinary family time by having fun and bonding with your children. Each session will include easy-to-follow dance steps from popular songs. Props will also be used for added enjoyment!



Instructor: Lynn Agnew
Days: Tuesdays
Dates: Session 1: September 12 - October 24 (no 10/10)
 Session 2: November 7 - December 12
 Session 3: January 9 - February 13
 Session 4: February 27 - April 2
Time: 5:00 p.m. - 5:45 p.m.
Location: Town Hall Gym
Fee: \$40 per family resident/\$50 per family non-resident

FAMILY YOGA OUTDOOR EXPLORATION

Mix up the family weekend routine and reconnect with the outdoors together. In this one and a half hour session, families will take a 30 minute walk along the path at Pierson Park with plenty of time to explore and learn a few fun facts about the area, followed by family centered yoga that will be light and fun for everyone. Each child will be able to make their own nature craft to take home!

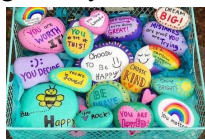
Ages: Families with children under 12
Instructor: Carli Herz, Peaceful Chaos Yoga
Day: Saturdays
Date: September 23 *or* October 14
Time: 1:00 p.m. - 2:30 p.m.
Location: Pierson Park
Fee: \$40 per family resident/\$50 per family non-resident



DIY FAMILY KITS

Do It Yourself activities are a great way to bond with family and work together! One kit per family. Kits will be **delivered** to registrants homes the Friday after the registration deadline.

- Kindness Rocks Painting**
*Register by September 22
- Red Ribbon Week Tulip Planting**
*Register by October 13
- Holiday Baking**
*Register by December 1



Fee: \$5 residents only
Registration is required / Open to residents only

FALL CORNHOLE LEAGUE

Join us for our *new* Fall Cornhole League for six weeks under the lights at Pierson Park. Two players per team; can list alternates on team roster form. Alternates cannot be on any other active roster in our league. **12 teams maximum**

Ages: 21 and up
Instructor: Recreation Department Staff
Day: Thursdays
Date: September 21 - October 26 (No playoffs)
Time: 6:30 p.m. - 7:30 p.m.
Location: Pierson Park
Fee: \$75 per team resident/\$85 per team non-resident



Town Hall Gym Programs

Must **pre-register** on a first come, first serve basis. Cromwell residents have first priority.
 Open to non-residents starting September 18.

MEN'S BASKETBALL 18+

Come join us on Tuesday nights in the Town Hall Gym for a game of pick up basketball.
Ages: 18+
Supervisor: Jorge Sousa
Day: Tuesdays
Dates: September 19 - March 26
Time: 7:00 p.m. - 9:00 p.m.
Location: Town Hall Gym
Fee: \$55 resident/\$65 non-resident

COED VOLLEYBALL

Come join us on Wednesday nights in the Town Hall Gym for Co-Ed Volleyball.
Ages: 18+
Supervisor: Dave Theobald
Day: Wednesdays
Dates: September 20 - March 27
Time: 6:00 - 7:30 p.m. - Beg/Inter.
 7:30 p.m. - 9:00 p.m. - Adv.
Location: Town Hall Gym
Fee: \$55 resident/\$65 non-resident

MEN'S BASKETBALL 35+

Come join us on Thursday nights in the Town Hall Gym for a game of pick up basketball.
Ages: 35+
Supervisor: Dave Delvalle
Day: Thursdays
Dates: September 21 - March 28
 (No 11/23)
Time: 7:00 p.m. - 9:00 p.m.
Location: Town Hall Gym
Fee: \$55 resident/\$65 non-resident

VIRTUAL YOGA ~ Vinyasa Flow

Participate at your own level while developing strength, balance and flexibility. Instructor will lead you through a flowing sequence of seated, standing and reclined postures.

Please have a yoga mat and wear comfortable clothing.

Ages: 18 and up

Instructor: Stacey Schnurr

Day: Tuesdays

Dates: Session 1: November 7 - December 12
 Session 2: January 2 - February 13 (no 1/23)
 Session 3: March 5 - April 9

Time: 6:30 p.m. - 7:30 p.m.

Location: Zoom (link will be emailed prior to the start of class)

Fee: \$55 resident/\$65 non-resident



BROADWAY JAZZ CLASS

Jazz class inspired by a variety of Broadway shows. Learn easy-to-follow steps following Broadway-inspired music. Come laugh, meet people and have the time of your life! There's never a dull moment in Jazz Class!

No experience necessary.

Ages: 18 and up

Instructor: Lynn Agnew

Days: Tuesdays

Dates: Session 1: September 12 - October 24 (no 10/10)
 Session 2: November 7 - December 12
 Session 3: January 9 - February 13
 Session 4: February 27 - April 2

Time: 6:00 p.m. - 6:45 p.m.

Location: Town Hall Gym

Fee: \$45 resident/\$55 non-resident



MEDITATION

Destress for the winter holidays with this relaxing guided meditation class.

Instructor: Stacey Schnurr

Days: Wednesdays

Dates: Session 1: October 18
 Session 2: December 20
 Session 3: February 21

Time: 6:30 p.m. - 7:30 p.m.

Location: Zoom (link will be emailed prior to the start of class)

Fee: \$15 resident/\$25 non-resident



VIRTUAL

GENTLE YOGA

A slower paced yoga class for all levels.

Please have a yoga mat, pillow, bath towel and blanket.

Instructor: Stacey Schnurr

Day: Wednesdays

Dates: Session 1: October 25
 Session 2: December 27
 Session 3: February 28

Time: 6:30 p.m. - 7:30 p.m.

Location: : Zoom (link will be emailed prior to the start of class)

Fee: \$15 resident/\$25 non-resident



WOMEN'S SELF DEFENSE COURSE

This women's self defense class is great for women of all ages ~ teenagers, college students, moms and grandmas. The class includes prevention and awareness tips as well as easy self-defense moves against grabs, chokes, unwanted hugs and more.

Bring your friends and your questions.

Instructor: Debbie Shekosky, Champions Karate School

Day/Dates: Wednesday, November 8

Day/Dates: Wednesday, January 31

Time: 7:00 p.m. - 8:00 p.m.

Location: Town Hall Gym

Fee: \$30 resident
 \$35 non-resident



YOGA

This class will explore asana (poses) from four different types of yoga: Vinyasa, Yin, Restorative, and Gentle. Each class includes a guided meditation during savasna (final relaxation).

Ages: 18 and up

Instructor: Jeannine Marron, Peaceful Chaos Yoga

Day: Tuesdays

Dates: Session 1: September 19 - October 24
 Session 2: November 7 - December 12
 Session 3: January 9 - February 13

Time: 5:45 p.m. - 6:45 p.m.

Location: Peaceful Chaos Yoga Studio

Fee: \$75 resident/\$85 non-resident



PROGRAM PROPOSALS

Have an idea for a new program? Or have a special skill or talent that you would like to teach others in our community? We are always looking for new instructors and new ideas for programs. Please email the Recreation Department at recreation@cromwellct.com with your ideas or proposal. It is very possible that we can provide a new program or offer a program built around your expertise to offer to the community through our department.



ABRAKADOODLE: Kevin and Brian are co-educational directors for Abrakadoodle Central Connecticut. Together, they manage a team of teachers who bring art to the central Connecticut region. They also enjoy bringing a free-spirited safe space for kids to foster their creativity through art by showing techniques and different artistic styles. They have one philosophy when it comes to art: There is **no** wrong at Abrakadoodle!



MUSIC TOGETHER: ALICA HAAS' Music Together® journey began in 2015, after the birth of her son. Growing up she was in her high school marching, jazz, and concert bands and many choirs. She even plays the ukulele. Music Together® has allowed her the opportunity to explore her love of music with her two children, Connor and Amelia. Her energetic and enthusiastic teaching style makes her engaging to children and adults.



MUSIC TOGETHER: AMY STERN received a bachelors of music in music education with a minor in Spanish from Susquehanna University and a Masters degree in Music Education with an emphasis in the Kodaly methodology from the University of Hartford Hartt School of Music. She teaches K-3rd grade general music and chorus in Higganum.



POUND FITNESS: DONNA DORBUCK describes herself as a fitness enthusiast. She rediscovered fitness when her daughter got older and a co-worker didn't want to go to a Zumba class alone. She has never looked back! Donna enjoys taking on the challenges of a variety of fitness classes and when she discovered Pound, she was immediately hooked on the format. She believes that working out should be fun and approachable and encourages her students to get lost in the music!



YOGA: JEANNINE MARRON is a Cromwell resident with a strong desire to increase access to programs for those with disabilities. She is a trauma informed adult and children's yoga instructor with a specialty in serving those with cognitive, physical, or emotional challenges. Jeannine is also certified in First Aid, Mental Health First Aid, and concussion response.



ZUMBA: BRIANA O'LEARY is a life-long dancer who has been a Zumba instructor since 2014. She found her passion for Zumba after looking for opportunities to continue dancing after graduating college. She is certified to teach B1, Aqua Zumba, Zumba Kids, and Zumba Kids Jr. Her favorite part is seeing the smiles and hearing the cheers when a class favorite comes on the playlist. When Briana is not teaching Zumba, she is over at Woodside Intermediate School teaching her third grade students.



BALLET: MARIA ADRIANA ROSCIO is the owner, director and instructor at New England Dance with over 40 years of experience. She has been professionally trained by the founder of the Hartford Ballet and Albano Ballet Company and has performed with the Albano Ballet Company as a soloist performer for over 35 years. She is the owner, director and choreographer for New England's Nutcracker and is currently modeling and instructing at John Casablanca's modeling and acting agency.



SELF DEFENSE CLASSES: Debbie Shekosky owner and master instructor of Champions Karate School, has been teaching karate and self-defense classes for over 28 years. Her passion is to empower women and children by teaching them the skills and mindset to protect and defend themselves.



YOGA: STACEE SCHNURR started practicing yoga in 2003 and immediately fell in love with the mind-body-soul connection. She completed her Yoga Teacher Training at Bloom Yoga Fitness Studios then finalized her certification and became a E-Registered Yoga Teacher 200. She received her yin yoga and meditation teacher certification. She believes everyone can benefit from yoga and find what they need: calm, confidence, courage, love, peace, positivity, power, presence or strength.



DANCE/PRESCHOOL PROGRAMS: LYNN AGNEW is an instructor at New England Dance with 48 years of teaching dance experience. She teaches preschool Ballet/Tap combo classes to children 2 years of age and up, Lynn runs our preschool programs and is the Director of Little Camp Cromwell. She currently also instructs at Fred Astaire Dance Studio in Middletown as well as Vinnie's Jump & Jive Dance Studio. She continues to share her passion for the art of dance to so many lucky students in Connecticut, both children and adults.



LEGO® PROGRAMS: Exceptional Youth Educational Services (E.Y.E.S) provides opportunities for children ages 4-12 to explore problem solving activities using a hands-on approach to their learning and higher order thinking. We have four programs using LEGO® as the tool for experiential learning and reinforcing S.T.E.A.M. concepts ~ Build With Me, Building Up STEAM, STEAM Works, and Full STEAM Ahead.



CROMWELLCT.COM/YOUTH-SERVICES

Cromwell Prevention & Awareness Councils (CPAC)

CPAC’s mission is to increase community awareness of alcohol, tobacco, and other substance abuse and to provide the resources and programs that lead to the prevention of substance abuse in Cromwell through the collaborative efforts of community representatives. Meetings are held at Cromwell High School with a Zoom meeting option from 9:45 a.m. to 10:25 a.m.

For more information call 860-632-3448.

Thursday, September 21, 2023

Thursday, November 16, 2023

Thursday, February 22, 2024

Thursday, May 16, 2024



Kin Care Connection

The Cromwell Kin Care Connection is a place for caregivers raising a relative's child(ren) to gather, network, and support one another. **Meeting times are 5:30 p.m. to 7:30 p.m.**

Dinner and childcare provided.

*Please RSVP by the Tuesday before each meeting.

For more information call 860-632-3448.



Thursday, October 12

Thursday, November 9

Thursday, December 14



Warm the Children

Cromwell Youth Services will be participating in the 2023 Warm the Children program. With the help of local organizations, Warm the Children provides new winter clothing for local children in need.

Information and Applications are coming soon!

Follow Cromwell Youth Services on social media for updates or contact Cromwell Youth Services 860-632-3448.

Medication Safe Storage Lock Bags Available for FREE



Keep children safe by locking up medications and other substances. Cromwell Youth Services has a limited supply of safe storage lock bags available to Cromwell residents for pick up at our office.

Please contact Cromwell Youth Services at 860-632-3448 for more information.

2024 Family Resource and Preschool Expo

Save The Date

Thursday, March 7, 2024*

5:30 p.m. to 6:45 p.m.

Town Hall Gym

***Snow Date March 12, 2024**

This Expo allows parents to learn about the Cromwell community’s family resources and programs.



Grade 1 - Basketball Clinic

This is a fun, skill based program for beginner players. Focus will be on the whole player - teaching sportsmanship and teamwork. Learn fundamentals of passing, shooting, ball handling, rebounding and defense through skill-based instruction.

Age: Grade 1

Staff: Skyhawks Staff

Day: Saturdays

Dates: January 6 - February 24 (no 2/17)

Times: 9:00 a.m. - 10:00 a.m. **OR**

10:00 a.m. - 11:00 a.m.

Location: Woodside Intermediate School Gym

Fee: \$130 resident includes t-shirt

Note New Times

Grade 2 - Basketball Clinic

The focus is on teaching sportsmanship and teamwork. Boys and girls will learn the fundamentals of passing, shooting, ball handling, rebounding and defense through skill-based instruction and small-sided scrimmages at the end of each session.

Age: Grade 2

Staff: Skyhawks Staff

Day: Saturdays

Dates: January 6 - February 24 (no 2/17)

Time: 11:15 a.m. - 12:15 p.m. ~ Girls

12:30 p.m. - 1:30 p.m. ~ Boys

Location: Woodside Intermediate School Gym

Fee: \$130 resident includes t-shirt

Note New Times

Youth Basketball League

Register by: November 1

Make-up dates are March 1 & 2

Interested in Coaching - We need YOU! Each year we look for coaches to assist with our teams. We cannot run this program without **YOU!** It's a great way to share your knowledge of the game with new players looking to learn or to stay connected with your child. Please fill out the 2023 Coaching Application located on our website, cromwellrec.com and return it to recreation@cromwellct.com.



Mandatory Coaches Meeting: Wednesday, November 15, 7:00 p.m.

Mandatory Players Evaluation & Coaches Draft: Saturday, November 18 from 9:15 a.m. - 3:00 p.m. at Woodside Intermediate School. Each division will be notified as to when their 1 hour evaluation will take place prior to this evaluation. This season we will evaluate all players (Grades 3-8) in their respective divisions for the purpose of a coaches draft. Our goal will be to evenly distribute the talent throughout the league for better parity amongst teams. **No special requests for teams will be taken by our department.**

Fee: \$100 per participant includes reversible basketball jersey

| Divisions | Grades | Practice | Games* |
|-------------------------|--------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Varsity – Boys & Girls | 3 & 4 | Starting November 27 Town Hall Gym M-F based on coach availability 5:30 p.m.-6:30 p.m. OR 6:30 p.m.-7:30 p.m. | January 6 - February 24 Town Hall Gym Fridays: 5:30 p.m. & 7:15 p.m. Saturdays: 11:00 a.m., 12:45 p.m. & 2:15 p.m. *Possible away games |
| Semi Pro – Boys & Girls | 5 & 6 | Starting November 27 Cromwell Middle School OR Woodside Intermediate School M-F based on coach availability 5:30 p.m.-6:45 p.m. Times subject to change | January 6 - February 24 Cromwell Middle School Fridays: 5:30 p.m. & 7:15 p.m. Saturdays: 9:00 a.m., 11:00 a.m., 12:45 a.m., & 2:30 p.m. *Possible away games |
| Pro – Boys & Girls | 7 & 8 | | |

FALL / WINTER

Join us on **OCTOBER 13**
at Pierson Park for a
showing of *Hocus Pocus 2*
on the big screen!



5:00 p.m. ~ Event Starts
6:00 p.m. ~ Movie

In conjunction with the Cromwell Belden Public Library and Cromwell Youth Services join us for an evening of face painting, a visit from the Sanderson sisters, food trucks and more!



BUS TRIP to *SALEM HAUNTED HAPPENINGS*

Travel on a deluxe motor coach to Salem to enjoy Salem Haunted Happenings ~ a festive celebration of Halloween and Fall in New England. Experience the Salem Psychic Fair and Witches' Market all on your own.

Sunday, October 15

\$85 resident/\$90 non-resident plus driver gratuity

Itinerary:

8:00 a.m. - Depart Cromwell Town Hall

11:00 a.m. - Arrive in Salem

5:00 p.m. - Depart Salem

8:00 p.m. - Return Cromwell
Town Hall



2024 Town of Cromwell Farmers Market

The Town of Cromwell Farmers Market will be returning in 2024, bigger and better than ever! 2023 was another year of growth for the market, bringing in additional entertainment and many new vendors. We look forward to continuing to grow and get better each year!



Fridays
June through September
4:00 p.m. to 7:00 p.m.
Riverport Park



Vendor Applications will be available beginning in January. Please contact the Recreation Department to get your name on the list!

PAVILION RESERVATIONS

The Cromwell Recreation Department will be accepting reservations for residents who wish to reserve one of the Pavilions at Pierson Park, Riverport Park, or Watrous Park beginning **January 1, 2024**. Non-residents may register beginning **April 1, 2024**. Please find a Request for Pavilion Use form on our website. This form along with the required fees must be returned to the Cromwell Recreation Department.



Pierson Park
7 West Street



Riverport Park
1 River Road



Watrous Park
40 Geer Street

Food Trucks

3D Glasses

Petting Zoo

Photo Booth

Caroling

Mayor's Tree Lighting

Saturday, December 2
5:00 p.m. Tree Lighting
Followed by Santa's arrival
Cromwell Town Green
(next to the Police Department)



Join us for a fun family holiday gathering!

Sponsored by the Mayor's Office and Cromwell Recreation Department

Town of Cromwell Farmers Market 2nd Annual Craft Fair

Saturday, December 9
9 a.m. to 2 p.m.
Cromwell Town Hall

Over 70 vendors including
some of your favorites from
the Town of Cromwell
Farmers Market.



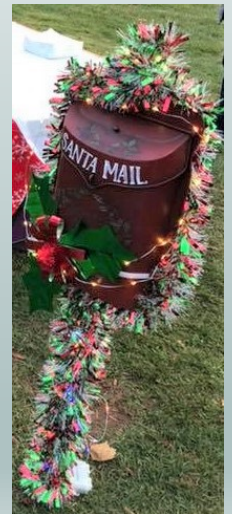
Craft Vendors
Food Vendors
Visit from Santa

Contact Cromwell Recreation Department for a Vendor Application ~ 860-632-3467

~ write a letter to ~
Santa

Tell Santa what you want for Christmas by writing a letter and leaving it in Santa's Mailbox at the Mayor's Tree Lighting or at Town Hall by the flag pole starting December 4. Please place letters in the mailbox prior to **December 15** to ensure Santa can respond to everyone before Christmas.

Be sure to include:
Child's name
Address
Age





Cromwell Recreation Department
41 West Street
Cromwell, CT 06416

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cromwellrec.com

