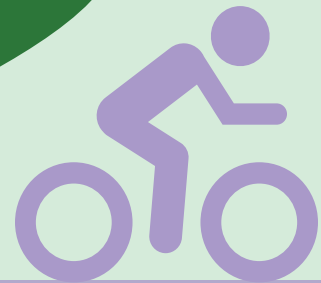
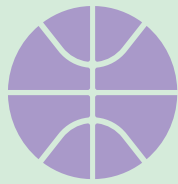
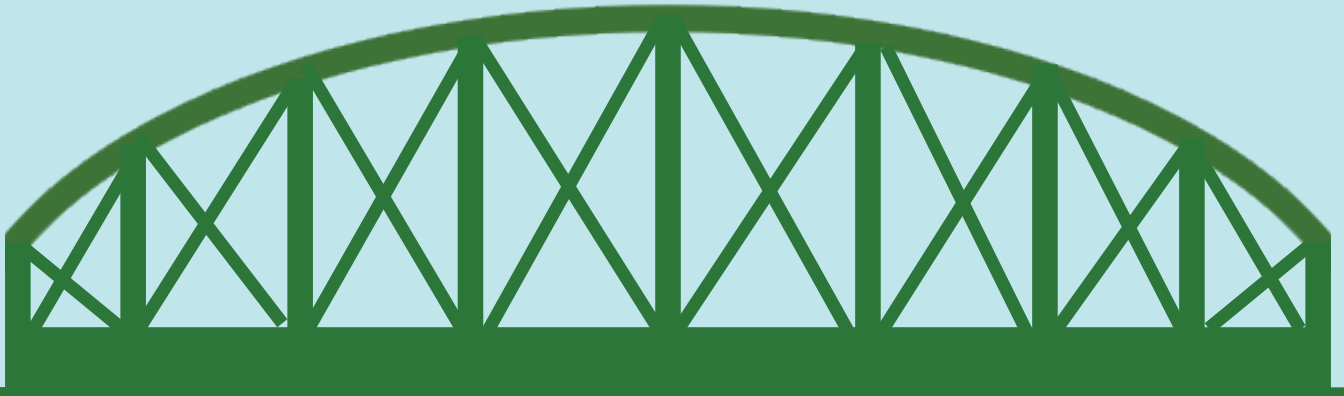
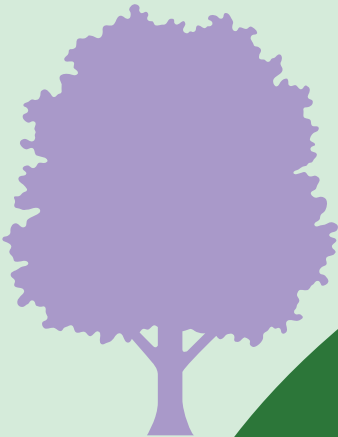


SPRING/SUMMER 2020



# NEW MILFORD PARKS & RECREATION



[www.newmilfordrec.com](http://www.newmilfordrec.com)



## ABOUT US

### Our Mission

The mission of the New Milford Parks and Recreation Department is to provide quality leisure opportunities in a safe and healthy atmosphere and to enhance the quality of life of the community through the responsible management of parks, recreation activities and natural resources. To meet these ends, the Parks and Recreation Department attempts to provide safe and wholesome recreational services of both a passive and active nature. Our goal is to create a balance of activities, special events and programs for any and all segments of the population.

### Contact Information

Phone: (860) 355-6050

Fax: (860) 355-6052

Website: [www.NewMilfordRec.com](http://www.NewMilfordRec.com)

Hours: Monday – Friday, 7:30 AM – 4 PM

Location: John Pettibone Community Center (JPCC) 2 Pickett District Road, New Milford, CT

### Our Programs are Accessible to All

The New Milford Parks and Recreation Department is an equal opportunity agency and we do not exclude or discriminate with regard to our services, programs and activities regardless of race, color, religion, sex, natural origin, age, or disability. The Recreation Department is committed in both policy and practice to enforce and implement all required provisions of the Americans with Disabilities Act. Efforts shall be made to accommodate the needs of any individual with any disability.

### Scholarships are Available

Any New Milford resident may request a scholarship for recreation programs when a need exists. Requests must be made in writing on an official application form. All requests are kept confidential and will be evaluated based on financial and/or personal hardship. Applications are available at the Social Services Department at the John Pettibone Community Center, 2 Pickett District Road, New Milford.

### Reserving a Town Park

New Milford residents may, with approval of the Parks and Recreation Director or Parks and Recreation Commission, reserve all parks except for Baldwin Park, Nostrand Trail and Ray Ramsey Park. A Park Reservation Form can be obtained at the Parks & Recreation Department or at [www.NewMilfordRec.com](http://www.NewMilfordRec.com).

### Reserving the Gymnasium

New Milford residents may, with approval of the Parks and Recreation Director, reserve the Gymnasium at the John Pettibone Community Center. A Building Use Form can be obtained at the Parks & Recreation Department.

### Open Gym Time

Please check our website for an updated monthly calendar for our open gym times.

### Publicity

Program offerings are published in the sports section of the New Milford Spectrum. Special information flyers are distributed through the schools and are available at the Library or Town Hall.

### New Milford Gift Fund

As a governmental Department, New Milford Parks and Recreation programs and services are limited monetarily. We do our best to provide high-quality recreation programs and well-maintained parks, trails and open space for the citizens of New Milford while constrained by our budgetary limits. We graciously accept tax-deductible gifts. A gift to the Parks and Recreation Department is a gift to the community and citizens of New Milford. We accept general monetary or material donations or you may wish to donate for a specific project or program. Please call today if you are interested in giving back to your New Milford.

### Insurance

The New Milford Parks and Recreation Department does not provide accident insurance coverage for any of our programs or activities. Participants are advised to carry a personal accident insurance policy to protect them in the event of an injury.

**Gift Certificates-** Recreation programs make great gifts for that special someone. Call or stop by to purchase gift certificates for any of our programs.

## REGISTRATION

Registering online is a great way to save time and can be accessed 24 hours a day. To register online, just follow these simple steps:

1. Go to [www.NewMilfordRec.com](http://www.NewMilfordRec.com)
2. Click on "Account" and select "Create Account". Create an account with your household name. Providing us with emergency contacts, allergy/medical information and more allows us to better serve you. It is recommended that you do not opt out of email notifications as it is our way to notify you of changes and cancellations.
3. Be sure to add all the members of your household into the account.
4. Once your new account is created, you can access your account at any time, view program information, register for programs, view account history and much more.

We accept online, walk-in, phone and mail-in registrations for most programs unless otherwise noted. There is a 3% processing fee for any registration paid by credit/debit card. Fees cannot be accepted at the class site (except for drop-in programs).

All programs listed in this brochure or online are open for registration on March 5th unless otherwise stated. We reserve the right to cancel any program not meeting enrollment requirements. All dates are subject to change. Please contact New Milford Parks and Recreation for updated information.

All fees and league deposits for youth, teen, adult and family programs are non-refundable unless a program is cancelled. If false information is given on a registration form, you will be asked to leave the program with no refund. Programs are open to all New Milford residents. Non-residents may register for most programs at an additional \$20 fee.

Individuals who submit an invalid check for a Parks and Recreation program will be charged an additional \$20.

## TOWN PARKS

**All Park Hours: One-half hour before sunrise to one-half hour after sunset everyday**

### Addis Park

Picnic area on the Housatonic River with a boat launch ramp. Directions: Route 67 to 220 Grove Street. A park pass is required.

### Andrew Gaylord Barnes Park

Small passive area along the Housatonic River. Directions: Route 7 north to Boardman's Bridge at 292 Kent Road.

### Baldwin Park

Walking trail with native flowers and plants. Directions: Route 202 to Hipp Road, the park is on the left behind Schaghticoke School. Park your car and follow the path to the start of the trail.

### Canterbury Pond

A small one-acre park used for fishing and ice skating. Directions: Route 202 North on the left side ¼ mile past the New Milford Police Department at Park Lane Road.

### Carlson's Grove

A very picturesque park along the East Aspetuck River. A playground, picnic tables, pavilion, grills, fishing, and a field for passive-active recreation is located at this site. Directions: Route 202 to 10 Wheaton Road and the Park is on the right after the bridge.

### Chappuis Park

A 1.43-acre open meadow on the banks of the East Aspetuck River. Directions: Route 202 north; make a left onto Van Car Road and a right on to 108 Paper Mill Road. Park is on your right.

### Clatter Valley

Approximately 100+ acres of open space for outdoor recreational activities, including horseback riding, cross country skiing, fishing, tobogganing, a hiking trail and a pond. There is a public pavilion with picnic tables available for reserved group use. Directions: Rt. 67, turn right on to Grove Street, left on to Hine Hill Road. At the stop sign take a right to 158 Town Farm Road. Park is on the right.

### Emanuel Williamson Park

Park with playground area, basketball courts, and a picnic area. Park opens one half hour before sunrise and closes one half hour after sunset. Directions: Route 7 North to Gaylordsville. Park is on the left at 643 Kent Road and Donna Drive.

### Helen Marx Park

Two Little League Baseball fields with an overlapping soccer field located at 91 Housatonic Avenue.

### Hulton Meadow

Small (3.69 acres) landscaped area along the East Aspetuck River with benches and picnic tables. Directions: Rte. 202 south to Grove Street, right turn onto Mill Street (small parking area at the bridge).

### Lynn Deming Park

Lynn Deming Park opens on Saturday of Memorial Day Weekend and closes on Labor Day. Animals, of any kind, are not permitted in the park. Smoking is not permitted on the beach or playground areas. Alcohol and tobacco products are prohibited in the park. Complete copies of the park rules are available at the park entrance, the Parks and Recreation office or at [www.NewMilfordRec.com](http://www.NewMilfordRec.com). Gate attendants are on duty 24/7 from Memorial Day – Labor Day and weekends through September.

Location: 134 Candlewood Lake Road North

Park Hours: One-half hour before sunrise to one-half hour after sunset everyday

Lifeguards are on duty to enforce park rules and regulations. Parents are responsible for the safety of their child. Swimming after lifeguard hours is dangerous!

Lifeguard Hours:

- May 23 – September 7
  - o Weekdays (until last day of school) 12 PM-6 PM, (after last day of school) 11 AM – 6PM
  - o Weekends 11 AM – 6 PM

Item	Cost	Where to Purchase	Requirements	Methods of Payment Accepted
Resident Vehicle Sticker	\$60	Lynn Deming Park 8:00 AM - 8:00 PM	Proof of residence, driver's license, vehicle registration	Cash or Check
Senior (65+) Vehicle Sticker	\$20	Lynn Deming Park 8:00 AM - 8:00 PM	Proof of residence, driver's license, vehicle registration	Cash or Check
Vehicle Replacement Sticker	\$20	Lynn Deming Park 8:00 AM - 8:00 PM	Proof of residence	Cash or Check
Resident Personal Day Pass	\$10	Parks & Recreation Office 7:30 AM – 4 PM (M-F)	Proof of residence	Cash, Check or Card
Non-Resident Personal Day Pass	\$25	Parks & Recreation Office 7:30 AM – PM (M-F)	I.D.	Cash, Check or Card
Kayak, Paddleboard, Pedal Boat Rental	\$10/hour	Lynn Deming Park 8:00 AM - 8:00 PM	I.D. (Age 18+)	Cash or Check
Resident Launch Pass	\$135	Lynn Deming Park 8:00 AM - 8:00 PM	Proof of residence, Boat registration	Cash or Check
Resident 1x in or out Launch	\$25	Parks & Recreation Office 7:30 AM – 4 PM (M-F)	Proof of residence	Cash, Check or Card
Resident Boat Slip with Sticker	\$1,400	Parks & Recreation Office 7:30 AM – 4 PM (M-F)	Proof of residence/tax payer, vehicle registration, boat registration	Cash, Check or Card
Senior (65+) Resident Boat Slip with Sticker	\$1,360	Parks & Recreation Office 7:30 AM – 4 PM (M-F)	Proof of residence/tax payer, vehicle registration, boat registration driver's license	Cash, Check or Card
Kayak Rack Rental	\$60	Parks & Recreation Office 7:30 AM – 4 PM (M-F)	Proof of residence	Cash, Check or Card

Lynn Deming Pavilion Rental Fee (plus applicable filing fee)	\$125	Parks & Recreation Office 7:30 AM – 4 PM (M-F)	Proof of residence/tax payer	Cash, Check or Card
Resident Park Reservation Filing Fee (Individual)	\$20	Parks & Recreation Office 7:30 AM – 4 PM (M-F)	Proof of residence/tax payer	Cash, Check or Card
Resident Park Reservation Filing Fee (Group)	\$50	Parks & Recreation Office 7:30 AM – 4 PM (M-F)	Proof of residence/tax payer	Cash, Check or Card

### Northville Soccer Fields

Two full-sized soccer fields located immediately behind Northville Elementary School at 22 Hipp Road. There is a walking trail that links the Northville Soccer Fields to Sullivan Farm. Directions: Route 202 north, turn left onto Hipp Road and turn right into the Northville School Parking lot. The fields are located behind the school.

### Nostrand Trail

Wilderness trail through 138 acres of land at 56 Squire Hill Road. Directions: Route 202 north; make a left onto Little Bear Hill Road and a right onto Squire Hill Road. Trail approx. ½ mile on the right at the top of the hill.

### Pettibone Park

A park with a new state of the art playground, two softball fields and a multipurpose field. Directions: Route 7 south; make a left to 2 Pickett District Road and the park is on your immediate right.

### Pickett District Road Ball Fields

Four bambino-sized baseball fields on 10 acres of land at 189 Pickett District Road. Fields located on the left past Kimberly Clark

### Ray Ramsey Park

Small landscaped square with benches and a kiosk listing community events. The park is located at the junction of Bridge and Railroad Streets, next to the Railroad Station.

### Sarah Noble Soccer Fields

A two-acre parcel that contains a soccer field. The field may be accessed from the Sarah Noble Intermediate School or from the Home Depot stairs found on the right-hand side of the parking lot. The field is located on Route 7 directly behind Home Depot (25 Sunny Valley Road).

### Sega Meadows Park

Forty-three acres of undeveloped park land bordering the Housatonic River with a biking path, trails and fishing pond. Directions: Route 7 North, turn right onto Boardman Road, turn left onto River Road, the asphalt road turns into dirt and the park entrance will be on your left at 120 River Road.

### Town Green

The New Milford Town Green is located on Main Street and boasts of being the prettiest Green in New England. It consists of a passive open space with a picturesque bandstand. The Green can be used by New Milford non-profit organizations if applied for and approved by the Parks & Recreation Commission or Parks and Recreation Director. Bandstand use is permitted until 9 PM.

### Young's Field

An active recreation area which offers a skate park, tennis courts, basketball court, brand-new playground, pavilion, and multi-use athletic fields. A walking trail, fishing dock and kayak portage is located across the street on the Housatonic River. Directions: Bridge Street to 6 Young's Field Road



## EVENTS & TRIPS

### Orchid Show – New York Botanical Garden

Join us for a spectacular trip to the New York Botanical Gardens Annual Orchid Show! We will meet at the John Pettibone Community Center Parking lot closest to Rt. 7 and depart via Coach Bus at 8 AM for the New York Botanical Garden.

- Date: Saturday March 28th
- Time: 8 AM – 6 PM
- Location: New York Botanical Gardens
- Cost: Resident \$80, Non-resident \$80
- Registration: Online or in person



### Easter Egg Hunt

Come join Parks and Rec for a free holiday favorite event! Bring your own basket or bag, these are not supplied. This event is ideal for children 8 years of age and younger. Please bring one can of food per child to donate to the New Milford Food Bank.

- Date: Saturday, April 4th
- Time: 10 AM – 10:30 AM
- Location: New Milford Town Green
- Rain Date: April 5th at 3 PM – 3:30 PM
- Cost: Free
- Registration: No registration required



### Running - 5K Fun Run

Join us for our first annual 5K Fun Run! All proceeds will support the New Milford Parks and Rec Barracuda swim team. The Barracuda's are committed to helping children grow through teaching values of competition, sportsmanship, strength and team spirit. Winning is more than a swimmers place at the end of the race and the New Milford Barracudas strive to help children grow in character, skill and personal development. Adults, kids, dogs and strollers are welcome!

- Date: Sunday, April 26th
- Time: 8:30 AM – 9:30 AM
- Location: John Pettibone Community Center
- Cost: Resident and Non-Residents \$10
- Registration: Online or in person up to race day
  - o Day of Race: In person only 8 AM – 8:25 AM



### Kids Fishing Derby

For kid's ages 4-15, no fishing license required! Parents may help, but not fish. Prizes will be awarded in different categories. All fish will be released back into Candlewood Lake. No fishing gear will be provided, please bring your own.

- Date: Saturday, May 2nd
- Time: 10 AM – 12 PM
- Location: Lynn Deming Park
- Cost: \$5
- Registration: Online or in person
- FREE Fishing Class April 29, 6:30 - 8:30 PM at the John Pettibone Community Center, Classroom #2



### Family Fun Day

Join us for our first ever Family Fun Day at Parks and Rec's beautiful Lynn Deming Park! There will be games, music and plenty of activities for the entire family to enjoy. We hope to see you there! This event is for New Milford residents.

- Date: Saturday, May 16th
- Time: 11 AM – 2 PM
- Location: Lynn Deming Park
- Cost: Free
- Registration: Online or in person



### NY Yankee vs. TB Rays

Join us for a fun trip to the New York Yankee Stadium to see the Yankees vs. the Rays! Ticket price includes a Coach Bus ticket, admission into the stadium, and a voucher for a hot dog with 1 beverage! We will meet at the John Pettibone Community Center Parking lot closest to Rt. 7 and depart via Coach Bus at 10 AM.



- Date: Saturday June 6th
- Time: 10 AM – 7 PM \*time will vary based on length of game
- Location: New York Yankee Stadium
- Cost: \$80 Resident, Non-resident \$80
- Registration: Online or in person

### 53rd Annual Road Race - 8 Mile & 5K Run/Walk

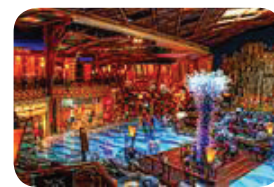
The New Milford 8-mile Road Race is the third oldest race of its kind in the state, and one of the most challenging in the area. Runners test themselves during this hilly course through rural New Milford. Held in conjunction with the Village Fair Days, this thrilling community event adds to the excitement, and energy of the weekend. Both the 8-Mile and 5K race will start at 8:30 AM. Race day registration will be from 7 AM-8 AM. Volunteers needed: We need help with many components of this race. Water stop volunteers, registration of runners, pre-packet set-up, split timers on the course, and many more. All volunteers receive a t-shirt. Please contact New Milford Parks and Recreation if you are interested in volunteering at this special event. All runners are required to register.



- Date: Saturday, July 25th
- Time: 8:30 AM 10:30 AM (both 8-mile and 5K)
- Location: New Milford Town Green
- Cost: Resident and Non-Residents \$25
- Registration: Online and in person, registration will increase to \$30 after July 20th
- Coordinator Lauren Ellard

### Trip - Mohegan Sun

Join us on a fun trip to Mohegan Sun! Transportation is provided and each attendee receives a free spin! Bring money for food and to play with, must be 21 years or older. We will meet at the John Pettibone Community Center Parking lot closest to Rt. 7 and depart via Coach Bus at 8 AM.



- Date: Monday, September 7th
- Time: 8 AM – 6 PM (time will vary based on length of game)
- Location: Will depart the parking lot of John Pettibone Community Center, 2 Pickett District Road, New Milford and travel to the Mohegan Sun.
- Cost: \$35 Resident, Non-resident \$35
- Registration: Online or in person

## PRE SCHOOL ACTIVITIES

### Ballet Princesses

Come and dance to the music of fairy tale princesses while learning the fundamentals of basic ballet and ballet terminology! Parents are invited to stay and watch their “princesses” perform! Feel free to dress up in ballet attire and/or your favorite character, or comfy clothes are ok.

- Requirements: Ballet shoes are encouraged. We accept all skill levels.
- Coordinator: Lindsey Rourke Burk



Activity	Ages	Day	Date	Time	Location	Fees
Ballet Princesses, 10 Week	2.5-3	M	3/23/2020 - 6/8/2020	3:30 PM - 4:00 PM	JPCC Gym	\$95.00 Res, \$115.00 Non-Res
Ballet Princesses, 10 Week	4-6	M	03/23/2020 - 6/8/2020	4:00 PM - 4:45 PM	JPCC Gym	\$95.00 Res, \$115.00 Non-Res

### Crafty Art

Come play for this eight-week program run by the Parks & Recreation Summer Camp Director/ Village Center for the Arts Instructor! Children will explore with paint, oil pastels, clay and other medium to create their own masterpieces. They will complete and take home a different art project each week!

- Requirements: Clothes that you don't mind getting paint on!
- Coordinator: Roberta Baker



Activity	Ages	Day	Date	Time	Location	Fees
Crafty Art for Pre School	3-4	Tu	3/24/2020 - 5/19/2020	11:30 AM - 12:15 PM	JPCC Room #8	\$80.00 Res, \$100.00 Non-Res

### Irish Step Dancing - Gettin' Jiggy

Let your child experience the history and culture of Ireland. Parents are encouraged to drop off students and can watch during the "open class" on the last week and the class performance. Information about purchasing formal Irish Dancing Gillies (shoes) and Irish Dance Practice Music will be given the first week of class.

- Requirements: Sneakers or any type of soft dancing shoe, comfortable clothes
- Coordinator: Catherine Friel



Activity	Ages	Day	Date	Time	Location	Fees
Tiny Dancers	3-6	M	3/23/2020 - 5/18/2020	4:45 PM - 5:45 PM	JPCC Gym	\$80.00 Res, \$100.00 Non-Res

### Karate - Ages 3-4 Little Ninjas

This dynamic karate program, conducted by USA Martial Arts instructors, is designed specifically for children 3-4 years of age to learn basic martial arts skills, as well as respect, cooperation, leadership and fitness.

- Requirements: Comfortable clothing, water bottle
- Coordinator: Bob Murphy, Susan Leeper and David Leeper



Activity	Ages	Day	Date	Time	Location	Fees
Little Ninjas-Spring	3-4	Sa	3/21/2020 - 6/13/2020	9:30 AM - 10:00 AM	JPCC Gym	\$65.00 Res, \$85.00 Non-Res
Little Ninjas-Summer	3-4	Sa	6/20/2020 - 9/12/2020	9:30 AM - 10:00 AM	JPCC Gym	\$65.00 Res, \$85.00 Non-Res

### Multi-sport (Skyhawks)

This multi-sport program was developed to give children a positive first step into athletics. The essentials of baseball, basketball and soccer are taught in a safe, structured environment with lots of encouragement and a big focus on fun. Our Tiny-Hawk games and activities are designed to allow kids to explore balance, movement, hand/eye coordination, and skill development at their own pace. Skyhawks staff are trained to handle the specific needs of young athletes.

- Requirements: Bottle of water, comfortable clothing, sneakers
- Coordinator: Alex Shoudy



Activity	Ages	Day	Date	Time	Location	Fees
Tiny-Hawks	3-4	M, Tu, W, Th	6/22/2020 - 6/25/2020	4:00 PM - 4:45 PM	JPCC Field	\$75.00 Res, \$95.00 Non-Res

### Soccer

Learn the fundamentals in this instructional league that plays on Saturday mornings. Soccer takes place at the Sarah Noble Soccer Fields (directly behind Home Depot). Please park to the far right of the parking lot and walk up the stairs to the left. Every child plays in every game, with emphasis on sportsmanship, teamwork and fun. Every child is placed on a team. Want to join in the fun with your child and friends? Parent volunteers are always needed to help run this program!

- Requirements: Shin guards
- Coordinator: Tracie Bramhall



Activity	Ages	Day	Date	Time	Location	Fees
Soccer	3-6	Sa	4/4/2020 - 6/20/2020	9:00 AM - 10:00 AM	Sarah Noble Soccer Fields	\$55.00 Res, \$75.00 Non-Res

### For Tikes Only

Tikes will have a great time playing with friends while guardians have some time out! Time will fly as the kids sing, play, slide, draw, glue, paint and listen to stories

- Requirements: A snack, drink, smock, must be toilet trained
- Coordinator: Michele Gasiewski



Activity	Ages	Day	Date	Time	Location	Fees
Tikes Only-Early Spring Session	3-4	F	3/13/2020 - 5/8/2020	9:30 AM - 11:30 AM	JPCC Room #1	\$75.00 Res, \$95.00 Non-Res
Tikes Only-Late Spring Session	3-4	F	5/15/2020 - 6/12/2020	9:30 AM - 11:30 AM	JPCC Room #1	\$75.00 Res, \$95.00 Non-Res



### Tumblin' Tikes

Children and parents learn to play, sing, create and laugh together while romping to music, exploring our indoor play land, and meeting new friends. This program helps children develop sensory awareness and build motor skills. If needed, siblings are welcome to attend, but for safety reasons, they are not permitted on any of the equipment.



- Requirements: Guardians must be present
- Coordinator: Michele Gasiewski

Activity	Ages	Day	Date	Time	Location	Fees
Tumblin' Tikes-Early Spring (Tues, Early AM)	1-2	Tu	3/17/2020 - 5/5/2020	9:15 AM - 10:00 AM	JPCC Gym	\$70.00 Res, \$90.00 Non-Res
Tumblin' Tikes-Early Spring (Tues, Mid AM)	2-3	Tu	3/17/2020 - 5/5/2020	10:15 AM - 11:00 AM	JPCC Gym	\$70.00 Res, \$90.00 Non-Res
Tumblin' Tikes-Early Spring (Wed, Early AM)	1-2	W	3/18/2020 - 5/6/2020	9:15 AM - 10:00 AM	JPCC Gym	\$70.00 Res, \$90.00 Non-Res
Tumblin' Tikes-Early Spring (Wed., Mid AM)	2-3	W	3/18/2020 - 5/6/2020	10:15 AM - 11:00 AM	JPCC Gym	\$70.00 Res, \$90.00 Non-Res
Tumblin' Tikes-Late Spring (Tue, Early AM)	1-2	Tu	5/12/2020 - 6/23/2020	9:15 AM - 10:00 AM	JPCC Gym	\$70.00 Res, \$90.00 Non-Res
Tumblin' Tikes-Late Spring (Tues, Mid AM)	2-3	Tu	5/12/2020 - 6/23/2020	10:15 AM - 11:00 AM	JPCC Gym	\$70.00 Res, \$90.00 Non-Res
Tumblin' Tikes-Late Spring (Wed, Early AM)	1-2	W	5/13/2020 - 6/24/2020	9:15 AM - 10:00 AM	JPCC Gym	\$70.00 Res, \$90.00 Non-Res
Tumblin' Tikes-Late Spring (Wed., Mid AM)	2-3	W	5/13/2020 - 6/24/2020	10:15 AM - 11:00 AM	JPCC Gym	\$70.00 Res, \$90.00 Non-Res

## YOUTH ACTIVITIES

### Archery

Experience the sport of archery in a fun, safe and supervised environment. Four-week class, safety instructions followed by hands-on shooting.



- Requirements: No prior experience needed, bows and targets are provided. You must bring your own target arrows; an arm guard sleeve is highly recommended. Items can be purchased at Hall's Arrows, Dick's Sporting Goods, Amazon, Newberry Archery and more.
- Coordinator: Dez Noa Volnixshin

Activity	Ages	Day	Date	Time	Location	Fees
Archery	10 and up	Sa	4/25/2020 - 5/16/2020	10:00 AM - 10:45 AM	Hulton Meadow Park	\$45.00 Res, \$65.00 Non-Res

### Badminton, Ping Pong & Jianzi – Drop In

Join us for family badminton, ping pong and Jianzi on Saturdays! Play either sport and just have fun!



- Requirements: All equipment is provided, we accept all skill levels!
- Coordinator: Kamkeung Ho, Mark Pernerewski

Activity	Ages	Day	Date	Time	Location	Fees
Badminton, Ping Pong, Jianzi (Spring)	6 and up	Sa	03/14/2020 - 06/20/2020	6:00 PM - 9:00 PM	JPCC Gym	\$5.00 Res, \$5.00 Non-Res
Badminton, Ping Pong, Jianzi (Summer)	6 and up	Tu, F	06/26/2020 - 09/04/2020	7:00 PM - 10:00 PM	JPCC Gym	\$5.00 Res, \$5.00 Non-Res

**Basic Boating Class**

Earn your boating license here! Your attendance for all four classes is mandatory in order to receive your license. This course will fulfill the operating requirements for the State of Connecticut.

- Requirements: Attendance for all four classes. Children under the age of 16 must be accompanied by an adult throughout the entire program. New requirement this year - You must bring a photo ID of the person taking the class. If you are under 16 years old, a guardian can verify the child's ID. You must go online to the CT DEEP website to obtain your conservation ID # prior to the start of the class. If you have a hunting or fishing license you already have that number, bring it to class.
- Coordinator: Chris Kuebler



Activity	Day	Date	Time	Location	Fees
Basic Boating	Tu, Th	03/31/2020 - 04/09/2020	7:00 PM - 9:00 PM	JPCC Program Room #2	\$25.00 Res, \$25.00 Non-Res

**Basketball - Hot Shot Hoop Camp**

A fun camp which will focus on ball handling, passing and shooting, using a variety of drills, games and individual instruction. Players will be grouped by age and/or experience.

- Requirements: Sneakers and comfortable clothing, T-shirt size needed prior to start. Bring a snack, lunch and water.
- Coordinator: Jason Maxwell



Activity	Ages	Day	Date	Time	Location	Fees
Hot Shot Hoop Camp	8-10	M, Tu, W, Th, F	07/20/2020 - 07/24/2020	9:00 AM - 2:00 PM	Sarah Noble Intermediate School Gym	\$165.00 Res, \$185.00 Non-Res

**Basketball - Wild Hoops**

Players will work on skills and drills and apply the skills learned that day by both playing and observing games. Our instructor will create teams based off skill levels and create a fun atmosphere for kids to enjoy the sport of basketball.

- Requirements: Sneakers and comfortable clothing
- Coordinator: Joe Vita



Activity	Ages	Day	Date	Time	Location	Fees
Wild Hoops - Spring Break Basketball Camp	8-10	Tu, W, Th	04/14/2020 - 04/16/2020	9:00 AM - 11:00 AM	JPCC Gym	\$40.00 Res, \$60.00 Non-Res

**Crafts - Crafty Art for Kids**

Children will explore with paint, oil pastels, clay and other mediums to create their own masterpieces. They will complete and take home a different art project each week.

- Requirements: Clothes that you don't mind getting paint on!
- Coordinator: Roberta Baker



Activity	Ages	Day	Date	Time	Location	Fees
Crafty Art for Kids	6-9	Tu	03/24/2020 - 05/19/2020	4:30 PM - 5:30 PM	JPCC Room #8	\$80.00 Res, \$100.00 Non-Res

### Cricket

During this program, we will go over the fundamentals of cricket (fielding skills, batting skills, and bowling skills). All equipment will be supplied.

- Requirements: Sneakers and comfortable clothing
- Coordinator: Jay Singh



Activity	Ages	Day	Date	Time	Location	Fees
Cricket	7 and up	Sa	05/02/2020 - 06/06/2020	9:00 AM - 11:00 AM	Clatter Valley Park	\$70.00 Res, \$90.00 Non-Res

### Fitness - Yoga

This program is aimed at learning how to manage situational anxiety and stress while enjoying a gentle stretch. Students will learn breathing and relaxation techniques to take off the mat and out into the real world.

- Requirements: Comfortable clothing, a water bottle, we will provide yoga mats, however, you are more than welcome to bring your own.
- Coordinator: Dawn Delpha

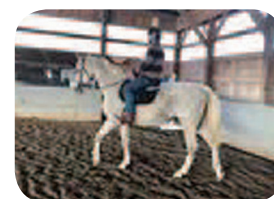


Activity	Ages	Day	Date	Time	Location	Fees
Stress Less Yoga	11-14	Th	03/19/2020 - 04/30/2020	2:45 PM - 3:45 PM	JPCC Room #2	\$100.00 Res, \$120.00 Non-Res

### Horseback Riding Lessons

Learn the basics of horsemanship using the friendly horses and ponies at Quiet Rein Stables! Enjoy an intro to grooming, handling, and caring for the horses, all while learning the basics of English style riding. Participants will be able to learn at their own comfort level as they practice the proper position, and of course, learn to steer and control a horse while mounted. There is a waiting room for parents to observe their child riding. If the weather becomes too cold for horse and rider, Quiet Rein reserves the right to cancel lessons.

- Requirements: Helmets supplied by Quiet Rein (or bring your own), riding boots or closed toe boots, and jeans
- Coordinator: Quiet Rein Stables



Activity	Ages	Day	Date	Time	Location	Fees
Horseback Riding Lessons	8 and up	Th	03/26/2020 - 04/30/2020	5:15 PM - 6:30 PM	Quiet Reins Horse Stables	\$280.00 Res, \$300.00 Non-Res
Horseback Riding Lessons	8 and up	Th	05/28/2020 - 07/02/2020	5:15 PM - 6:15 PM	Quiet Reins Horse Stables	\$280.00 Res, \$300.00 Non-Res

### Irish Step Dancing - Gettin' Jiggy

Let your child experience the history and culture of Ireland. Parents are encouraged to drop off students and can watch during the "open class" on the last week and the class performance. Information about purchasing formal Irish Dancing Gillies (shoes) and Irish Dance Practice Music will be given the first week of class.

Requirements:

- Requirements: Sneakers or any type of soft dancing shoe, comfortable clothes, a water bottle, a smile, and listening ears!
- Coordinator: Catherine Friel



Activity	Ages	Day	Date	Time	Location	Fees
Tiny Dancers	3-6	M	03/23/2020 - 05/18/2020	4:45 PM - 5:45 PM	JPCC Gym	\$80.00 Res, \$100.00 Non-Res
Gettin' Jiggy	7 - 16	M	03/23/2020 - 05/18/2020	5:45 PM - 6:45 PM	JPCC Gym	\$80.00 Res, \$100.00 Non-Res

**Karate - Ages 5-6 Kids Kicks**

This dynamic karate program, conducted by USA Martial Arts instructors, is designed specifically for children 5-6 years of age to learn basic martial arts skills, as well as respect, cooperation, leadership and fitness.

- Requirements: Comfortable clothing, water bottle
- Coordinator: Bob Murphy, Susan Leeper and David Leeper



Activity	Ages	Day	Date	Time	Location	Fees
Kids Kicks, Spring	5-6	W	03/04/2020 - 05/13/2020	5:30 PM - 6:15 PM	JPCC Gym	\$65.00 Res, \$85.00 Non-Res
Kids Kicks, Summer	5-6	W	05/27/2020 - 08/12/2020	5:30 PM - 6:15 PM	JPCC Gym	\$65.00 Res, \$85.00 Non-Res

**Karate - Ages 7 & up Tang Soo Do**

This dynamic karate program, conducted by USA Martial Arts instructors, is designed specifically for ages 7 and up. This popular program was developed to provide each student with increased self-discipline and self-confidence, coordination, strength and a sense of accomplishment.

- Requirements: Comfortable clothing, water bottle
- Coordinator: Bob Murphy, Susan Leeper and David Leeper



Activity	Ages	Day	Date	Time	Location	Fees
Karate: Spring Wednesday	7 and up	W	03/04/2020 - 05/13/2020	6:15 PM - 7:15 PM	JPCC Gym	\$75.00 Res, \$95.00 Non-Res
Karate: Spring Advanced Wednesday	7 and up	W	03/04/2020 - 05/13/2020	7:15 PM - 8:15 PM	JPCC Gym	\$75.00 Res, \$95.00 Non-Res
Karate: Spring Saturday	7 and up	Sa	03/21/2020 - 06/13/2020	10:00 AM - 11:00 AM	JPCC Gym	\$75.00 Res, \$95.00 Non-Res
Karate: Summer Wednesday	7 and up	W	05/27/2020 - 08/12/2020	6:15 PM - 7:15 PM	JPCC Gym	\$75.00 Res, \$95.00 Non-Res
Karate: Summer Advanced Wednesday	7 and up	W	05/27/2020 - 08/12/2020	7:15 PM - 8:15 PM	JPCC Gym	\$75.00 Res, \$95.00 Non-Res
Karate: Summer Saturday	7 and up	Sa	06/20/2020 - 09/12/2020	10:00 AM - 11:00 AM	JPCC Gym	\$75.00 Res, \$95.00 Non-Res

**Multi-sport (Skyhawks)**

This multi-sport program was developed to give children a positive first step into athletics. The essentials of baseball, basketball and soccer are taught in a safe, structured environment with lots of encouragement and a big focus on fun. Our Mini-Hawk games and activities are designed to allow kids to explore balance, movement, hand/eye coordination, and skill development at their own pace. Skyhawks staff are trained to handle the specific needs of young athletes.

- Requirements: Bottle of water, comfortable clothing, sneakers
- Coordinator: Alex Shoudy



Activity	Ages	Day	Date	Time	Location	Fees
Mini-Hawks	5-6	M, Tu, W, Th	06/22/2020 - 06/25/2020	5:00 PM - 6:00 PM	JPCC Field	\$75.00 Res, \$95.00 Non-Res

**Multi-sport - All Tuckered Out**

Kids will play a variety of outdoor games (capture the flag, badminton, 4-Square, etc.) guaranteed to get them "All Tuckered Out!"

- Requirements: Bottle of water, comfortable clothing, sneakers
- Coordinator: Matt Carlson



Activity	Ages	Day	Date	Time	Location	Fees
All Tuckered Out	8-10	W	04/01/2020 - 05/13/2020	3:15 PM - 4:45 PM	Sarah Noble Intermediate School	\$65.00 Res, \$85.00 Non-Res

### Rec-On Summer Camp

Get ready for your child's best summer yet at New Milford's favorite summer camp program! Our CPR and First Aid certified Counselors lead campers in a variety of activities designed to develop life skills and to have fun. Every day is different with games, arts and crafts, trips and more. If your student is attending summer school, the guardian is responsible for transportation to and from camp. Parks and Recreation will no longer meet summer school buses. Please register camper as what grade they just completed. Children must have completed Kindergarten to register.



First day - Monday, June 29th (9 AM - 3 PM)

Last day - Friday Aug. 7th (Ends Early at 12 PM)

A household account with Parks and Rec is required to register. Children must have completed Kindergarten to register! Please bring your child's progress report as proof of attendance - no exceptions! If a child has not completed Kindergarten and has registered for camp, the child will be asked to leave without a refund.

#### New Milford Residents:

Early bird registration dates: May 4 - June 12

Early bird registration fees: \$380 first child; \$325 second child; \$255 each additional child, (not to exceed \$960)

Regular registration dates: June 13 – June 25 Regular registration fees: \$430 first child, \$375 second child, and \$305 for each additional child, (not to exceed \$1110).

Multiple child discounts are only for immediate family members of New Milford residents

Please Note: If your children are attending Rec-on Camp in separate locations, you must contact our office to receive the multiple child discount.

#### **Non-Residents:**

Registration fee: \$480 (there is no multiple child discount)

Registration fees include a T-shirt which must be worn on all field trips and all on-site special events.

Trips are an additional fee and must be registered for separately. Space is limited, we recommend registering for trips at the time of camp registration. No refunds for trips will be granted.

- Requirements: Toilet trained, bagged lunch, water bottle, closed toed shoes
- Coordinator: Roberta Baker

Activity	Ages	Day	Date	Time	Location	Fees
Rec-On, Northville School (Gr K-4)	5-10	M, Tu, W, Th, F	06/29/2020 - 08/07/2020	9:00 AM - 3:00 PM	Northville Elementary School	\$380.00 Res, \$480.00 Non-Res
Rec-On, JPCC (Gr K-4)	5-10	M, Tu, W, Th, F	06/29/2020 - 08/07/2020	9:00 AM - 3:00 PM	JPCC	\$380.00 Res, \$480.00 Non-Res
Rec-On, SMS (5th-8th)	11-14	M, Tu, W, Th, F	06/29/2020 - 08/07/2020	9:00 AM - 3:00 PM	Schaghticoke Middle School	\$380.00 Res, \$480.00 Non-Res

### Running - Girls in the Groove

Whether you are into sports or not, we think you have potential to be a great runner! This non-competitive program is geared to equip you with self-confidence and encourage healthy living. The capstone event will be one of the local road races. Cost does not include race entry fee.

- Requirements: Sneakers, comfortable attire, and a water bottle
- Coordinator: Lydia Patry



Activity	Ages	Day	Date	Time	Location	Fees
Girls in the Groove	8-10	Tu	03/31/2020 - 06/16/2020	3:15 PM - 4:45 PM	Sarah Noble Intermediate School Teacher's Lounge	\$140.00 Res, \$160.00 Non-Res

### Soccer

Learn the fundamentals in this instructional league that plays on Saturday mornings. Soccer takes place at the Home Depot soccer fields (directly behind the store). Please park to the far right of the parking lot and walk up the stairs to the left. Every child plays in every game, with emphasis on sportsmanship, teamwork and fun. Every child is placed on a team. Want to join in the fun with your child and friends? Parent volunteers are always needed to help run this program!

- Requirements: Shin guards
- Coordinator: Tracie Bramhall

Activity	Ages	Day	Date	Time	Location	Fees
Soccer	3-6	Sa	04/04/2020 - 06/20/2020	9 AM – 10 AM	Sarah Noble Fields	\$55.00 Res, \$75.00 Non-Res
Soccer	7-9	Sa	04/04/2020 - 06/20/2020	10:15 AM - 11:15 AM	Sarah Noble Fields	\$55.00 Res, \$75.00 Non-Res
Soccer	10-13	Sa	04/04/2020 - 06/20/2020	11:30 AM - 1:00 PM	Sarah Noble Fields	\$55.00 Res, \$75.00 Non-Res

### AMERICAN RED CROSS SWIM LEVELS:

**LEVEL 1: INTRODUCTION TO WATER SKILLS** Purpose is to help students feel comfortable in the water. Class includes basic skills such as entries, submerging, holding breath, floating, kicking, and arm action.

**LEVEL 2: FUNDAMENTAL AQUATIC SKILLS** Purpose is to give students success with fundamental skills. New skills introduced include bobbing, turning over, gliding, front and back crawl, treading water, swim on side.

**LEVEL 3: STROKE DEVELOPMENT** Purpose is to build on the skills in Level 2 through guided practice. New skills include deep water entries, survival float, butterfly dolphin kick, rotary breathing, and basic rescue skills.

**LEVEL 4: STROKE IMPROVEMENT** For students who have passed Level 3 or can demonstrate proficiency in Level 3 skills. New skills in Level 4 include turns, shallow dives, swim underwater, feet first surface dives, front crawl, back crawl, breaststroke, butterfly, and elementary backstroke.

**LEVEL 5: STROKE REFINEMENT** For students who have passed Level 4 or can demonstrate proficiency in Level 4 skills. Class skills include standing dives, head first surface dives, flip turns, survival swimming, rescue breathing.

### Swim Lessons - Summer Indoor

We offer swim lessons for all levels at Brookfield’s Dive Shop, please see the American Red Cross swim level chart listed above to determine where you fit best! Thunder and Lightning is a hazard for both indoor and outdoor lessons. In the event of such weather, the water safety instructors will hold “out of water” lessons that contain important information that your child must know (“Why People Drown”, basic water safety, accident prevention, water hazards, and using the buddy system). Registration for Session Two is July 20-24. Due to limited space we ask that no more than one person stay with the swimmer to observe. There are no changing facilities available on site.



- Requirements: Swimmers must be at least four years old, be able to put face in the water without fear, and be comfortable in 3-1/2’ of water and swimwear

Indoor Swim Session 1	Indoor Swim Session 2
Dates: 06/29/2020 - 07/16/2020	Dates: 07/27/2020 - 08/13/2020
Location: Dive Shop of Brookfield	Location: Dive Shop of Brookfield
Cost: \$80 Res, \$100 Non-Res	Cost: \$80 Res, \$100 Non-Res
Days: M, Tu, W, Th	Days: M, Tu, W, Th
Ages: 4-16	Ages: 4-16
Level 1: 6:00 PM - 6:30 PM, 6:40 PM - 7:10 PM	Level 1: 6:00 PM - 6:30 PM
Level 2: 6:00 PM - 6:30 PM, 6:40 PM - 7:10 PM	Level 2: 6:00 PM - 6:30 PM, 6:40 PM - 7:10 PM
Level 3: 7:20 PM - 7:50 PM	Level 3: 6:40 PM - 7:10 PM, 7:20 PM - 7:50 PM
Level 4: 8:00 PM - 8:30 PM	Level 4: 8:00 PM - 8:30 PM
Level 5/6: 8:00 PM - 8:30 PM	Level 5/6: 8:00 PM - 8:30 PM

### Swim Lessons - Summer Outdoors

We accept swimmers of all levels! Please see the American Red Cross swim level chart listed above to determine where you fit best. Classes are 30 minutes in length for three weeks. Thunder and Lightning is a hazard for both indoor and outdoor lessons. In the event of such weather, the water safety instructors will hold “out of water” lessons that contain important information that your child must know (“Why People Drown”, basic water safety, accident prevention, water hazards, and using the buddy system). Registration for Session Two is July 20-24.

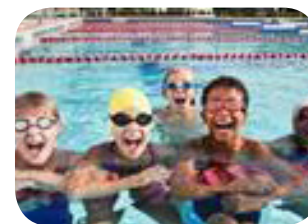


- Requirements: Registration is on a first-come/first-serve basis. A friend or family member who is registering their own child(ren) may also register your child if you are unable to be present.

Outdoor Swim Session 1	Outdoor Swim Session 2
Dates: 06/29/2020 - 07/16/2020	Dates: 07/27/2020 - 08/13/2020
Location: Lynn Deming Park	Location: Lynn Deming Park
Cost: \$60.00 Res, \$80.00 Non-Res	Cost: \$60.00 Res, \$80.00 Non-Res
Days: M, Tu, W, Th	Days: M, Tu, W, Th
Level 1 (Ages 3-5): 12:00 PM - 12:30 PM, 1:10 PM - 1:40 PM, 4:00 PM - 4:30 PM	Level Parent/Child (Ages 4 and under): 4:00 PM - 4:30 PM
Level 1 (Ages 6+): 12:00 PM - 12:30 PM, 2:50 PM - 3:20 PM	Level 1 (Ages 3-5): 12:00 PM - 12:30 PM, 12:35 PM - 1:05 PM, 2:50 PM - 3:20 PM
Level 2 (Ages 5-17): 12:35 PM - 1:05 PM, 1:45 PM - 2:15 PM, 3:25 PM - 3:55 PM	Level 1 (Ages 6+): 1:10 PM - 1:40 PM
Level 3 (Ages 5-17): 12:35 PM - 1:05 PM, 1:10 PM - 1:40 PM, 3:25 PM - 3:55 PM	Level 2 (Ages 5-17): 12:35 PM - 1:05 PM, 3:25 PM - 3:55 PM
Level 4 (Ages 5-17): 1:45 PM - 2:15 PM, 4:00 PM - 4:30 PM	Level 3 (Ages 5-17): 12:00 PM - 12:30 PM, 1:45 PM - 2:15 PM, 4:00 PM - 4:30 PM
Level 5/6: 8:00 PM - 8:30 PM	Level 4 (Ages 5-17): 1:10 PM - 1:40 PM, 3:25 PM - 3:55 PM
	Level 5/6 (Ages 5-17): 2:50 PM - 3:20 PM
	Adult Learn to Swim (Ages 18 and up) 4:00 PM - 4:30 PM

### Swim Team - Summer at Canterbury School

Develop teamwork, meet new friends, and enjoy the cool pool water during those hot summer days. This team places emphasis on fun and participation while providing the opportunity for kids to compete against other local swim teams. There are two practices per week and two meets per week. Registration Deadline is Friday, May 15th.



- Requirements: Participants must be able to swim 25 yards freestyle with their face in the water using correct breathing technique, a swim suit
- Coordinator: Jeanne DiGiacomo

Activity	Ages	Day	Date	Time	Location	Fees
Summer Swim Team	6-17	M, Tu, W, Th	06/29/2020 - 08/06/2020	6:00 PM - 7:30 PM	Canterbury School Pool	\$155.00 Res, \$175.00 Non-Res

### Swim Team - Fall Barracudas

The Barracudas are a competitive team and participants are expected to swim in meets. This is NOT an instructional program. The Fall/Winter swim season runs from September 14, 2020 through the first week of March 2021 (contingent on championship dates). Open Registration is August 1, 2020 through August 31, 2020 and limited to 120 registrations. Once swimmers have been placed into their appropriate practice group, the final payment must be completed by September 7, 2020 to avoid a \$50 late fee. Swimmers will not be allowed in the pool until all fees are paid in full. T-shirts are included in the final registration fee. Practice days may be M-T-W-T-F evenings with competitive meets generally held on Saturdays. All new swimmers will be subject to a tryout prior to the season. Tryouts will be announced, and guardians will be notified of assigned practice groups after the completion of tryouts. Swimmers will be grouped by Beginner (A Group), Intermediate (B Group) and Advanced (C Group) after try-outs. Practice takes place at Canterbury School Pool OR alternative location TBA.



Group A-Final Balance = \$395.

Group B-Final Balance = \$425.

Group C-Final Balance = \$440.

Group D (Boys HS swimmers, non-USA)-Final Balance = \$340.

Group E (Girls HS swimmers, non-USA)-Final Balance = \$340. Due by Nov. 18

Group USA Swimmers-Final Balance = \$375.

Parents meeting To Be Announced.

Please visit [www.newmilfordbarracudas.com](http://www.newmilfordbarracudas.com) for more information.

Please Note: If a pool closure beyond the Barracudas control occurs (i.e. weather, pool repairs, high school swim meets), the Barracudas will make every effort possible to notify the team in a timely fashion when such closures are announced to us.

While we hope that interruptions to practices are kept to a minimum, they still occur during every season. Families are still responsible for payment of program fees. Make up session are held only when possible (and are not guaranteed), based on pool and coach availability.

Requirements:

A \$50 registration fee must be paid during the initial registration. No refunds after September 7, 2020. Team suit fitting date TBA. All swimmers are required to wear the current team suit and cap at meets. Additional required equipment includes: practice suit, fins, caps and goggles. Older swimmers may be required to have hand paddles and practice snorkels. Equipment will be available for purchase/order at the team suit fitting.

Activity	Ages	Grade	Date	Fees
Fall Barracuda Swim Team (Registration Fee)	6-17		08/01/2020 - 03/15/2021	\$50.00 Res, \$50.00 Non-Res
Fall Barracuda Swim Team (Group A)	6-16		08/01/2020 - 03/15/2021	\$405.00 Res, \$425.00 Non-Res
Fall Barracuda Swim Team (Registration Fee)	6-17		08/01/2019 - 03/01/2020	\$50.00 Res, \$50.00 Non-Res
Fall Barracuda Swim Team (Group B)	6-16		08/01/2020 - 03/15/2021	\$435.00 Res, \$455.00 Non-Res
Fall Barracuda Swim Team (Group C)	6-16		08/01/2020 - 03/01/2021	\$450.00 Res, \$470.00 Non-Res
Fall Barracuda Swim Team (Group A)	6-16		08/01/2019 - 03/01/2020	\$385.00 Res, \$405.00 Non-Res
Fall Barracuda Swim Team (Group D-BOYS High School Team)		9-12	08/01/2020 - 03/15/2021	\$350.00 Res, \$370.00 Non-Res
Fall Barracuda Swim Team (Group E-GIRLS High School Team)		9-12	08/01/2020 - 03/08/2021	\$350.00 Res, \$370.00 Non-Res
Fall Barracuda Swim Team (Group USA Swimmers)	6-16		08/01/2020 - 03/15/2021	\$385.00 Res, \$405.00 Non-Res
Fall Barracuda Swim Team (Group B)	6-16		08/01/2019 - 03/01/2020	\$415.00 Res, \$435.00 Non-Res
Fall Barracuda Swim Team (Group C)	6-16		08/01/2019 - 03/01/2020	\$430.00 Res, \$450.00 Non-Res
Fall Barracuda Swim Team (Group D-BOYS High School Team)		9-12	08/01/2019 - 03/01/2020	\$330.00 Res, \$350.00 Non-Res
Fall Barracuda Swim Team (Group E-GIRLS High School Team)		9-12	08/01/2019 - 03/01/2020	\$330.00 Res, \$350.00 Non-Res
Fall Barracuda Swim Team (Group USA Swimmers)	6-16		08/01/2019 - 03/01/2020	\$365.00 Res, \$385.00 Non-Res



**Tennis**

Learn a game you can play for a lifetime. Through the game of tennis, you can maintain fitness, enjoy the outdoors, meet new people, and discover the new you!

**Beginner:** Introduction to ball control, hitting balls in an appointed direction and basic forehand and backhand strokes.

**Low Intermediate:** Continued emphasis on ball control, serving, volleying and overhands, and keeping the ball on the court.

**Intermediate:** Introduces the concept of competition, keeping the balls volleying back and forth on the court, steadiness and repetition. Possible introduction to score keeping, how to win a game, a set, and more.

- Requirements: Bring your own tennis racquet, tennis shoes and a bottle of water
- Coordinator: Rob Gannon

Activity	Ages	Day	Date	Time	Location	Fees
Tennis Spring Beginner	8-12	Sa	04/04/2020 - 05/16/2020	9:00 AM - 10:00 AM	Young's Field Tennis Courts	\$75.00 Res, \$95.00 Non-Res
Tennis Spring Low Intermediate	8-12	Sa	04/04/2020 - 05/16/2020	10:00 AM - 11:00 AM	Young's Field Tennis Courts	\$75.00 Res, \$95.00 Non-Res
Tennis Spring Intermediate	8-12	Sa	04/04/2020 - 05/16/2020	11:00 AM - 12:00 PM	Young's Field Tennis Courts	\$75.00 Res, \$95.00 Non-Res
Tennis Evening: Beginner	8-12	Th	06/11/2020 - 07/16/2020	5:00 PM - 6:00 PM	Young's Field Tennis Courts	\$75.00 Res, \$95.00 Non-Res
Tennis Evening: Low Intermediate	8-12	Th	06/11/2020 - 07/16/2020	6:00 PM - 7:00 PM	Young's Field Tennis Courts	\$75.00 Res, \$95.00 Non-Res
Tennis Evening: Intermediate	8-12	Th	06/11/2020 - 07/16/2020	7:00 PM - 8:00 PM	Young's Field Tennis Courts	\$75.00 Res, \$95.00 Non-Res

**Volleyball**

We will introduce the game of volleyball through positive coaching. The focus will be to develop skills and learn the game of volleyball with teamwork and sportsmanship.

- Requirements: Comfortable clothing, sneakers, water bottle
- Coordinator: Lisa Stein

Activity	Ages	Day	Date	Time	Location	Fees
Volleyball	9-12	Th	03/26/2020 - 05/28/2020	4:30 PM - 6:00 PM	JPCC Gym	\$80.00 Res, \$100.00 Non-Res

**ADULT ACTIVITIES**

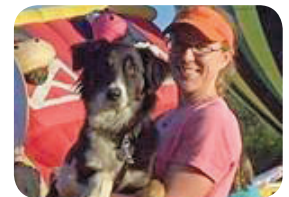
**Dog Training - Sit and Stay Dog Class**

During this program, establish communication, leadership and cooperation as you build a bond of trust, understanding of and mutual respect with your dog.

**Beginner:** Teach your dog to happily respond to the words come, sit, down, stand, stay, heel, off and leave it, by using gentle methods of positive reinforcement. If you are registered for the beginner's course, please leave your dog at home for the first class.

**Real Life Situation:** Must know skills listed in beginner class. These will be applied to real life situation and aid to develop a companion dog with good manners.

- Requirements: A proof of rabies vaccination is required at the time of registration
- Coordinator: Julie Soucy



Activity	Day	Date	Time	Location	Fees
Beginners	Th	04/02/2020 - 05/14/2020	6:30 PM - 7:30 PM	East Street School (Lillis Building) Gym (Lower Level)	\$95.00 Res, \$115.00 Non-Res
Real Life Situations	Th	04/02/2020 - 05/14/2020	7:30 PM - 8:30 PM	East Street School (Lillis Building) Gym (Lower Level)	\$95.00 Res, \$115.00 Non-Res
Beginners	Th	06/04/2020 - 07/16/2020	6:30 PM - 7:30 PM	East Street School (Lillis Building) Gym (Lower Level)	\$95.00 Res, \$115.00 Non-Res
Real Life Situations	Th	06/04/2020 - 07/16/2020	7:30 PM - 8:30 PM	East Street School (Lillis Building) Gym (Lower Level)	\$95.00 Res, \$115.00 Non-Res

### Badminton, Ping Pong & Jianzi

Join us for family badminton, ping pong and Jianzi on Saturdays! Play either sport and just have fun!

- Requirements: All equipment is provided, we accept all skill levels!
- Coordinator: Kamkeung Ho, Mark Pernerewski

Activity	Ages	Day	Date	Time	Location	Fees
Badminton, Ping Pong, Jianzi (Spring)	6 and up	Sa	03/14/2020 - 06/20/2020	6:00 PM - 9:00 PM	JPCC Gym	\$5.00 Res, \$5.00 Non-Res
Badminton, Ping Pong, Jianzi (Summer)	6 and up	Tu, F	06/26/2020 - 09/04/2020	7:00 PM - 10:00 PM	JPCC Gym	\$5.00 Res, \$5.00 Non-Res

### Fitness - Pilates

Get the most out of your week by joining Jen in her combo pop/mat Pilates workout!

Tuesday 7pm Pop Pilates - POP Pilates is an incredible fusion of ab-chiseling and total body defining moves choreographed to upbeat pop songs. This intense, mat-based workout challenges student to rhythmically flow from one exercise to the next, developing a rock-solid core while leaving no muscle untouched.

Thursday 7pm Mat Pilates - Pilates is a wonderful total body workout focusing on quality over quantity to lengthen and strengthen your muscles and increase core stability. With an emphasis on breath, core conditioning and body awareness, Pilates is a safe and highly effective way to stretch, strengthen and streamline your body without building bulk or stressing your joints. The perfect complement to cardiovascular exercise, sport, rehab and life, Pilates exercises will leave you looking toned, feeling revitalized and moving with ease. Great for all ability levels, men and women.

- Requirements: A mat, comfortable clothing, water bottle, recommended to purchase a 7-9-inch Pilates ball for use in class.
- Coordinator: Jen Estrada

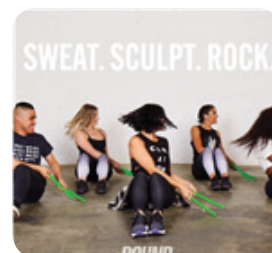


Activity	Ages	Day	Date	Time	Location	Fees
Pilates	18 and up	Tu, Th	04/21/2020 - 06/11/2020	7:00 PM - 8:00 PM	JPCC Gym	\$75.00 Res, \$95.00 Non-Res

### Fitness - Pound Class

Sweat, sculpt and rock in this (45 min) cardio jam session inspired by drumming. You won't just listen to music-you'll become the music in this exhilarating full-body workout that combines cardio, conditioning and strength training with yoga and Pilates inspired movements. Designed for all fitness levels, POUND, provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out!

- Requirements: One or two mats, comfortable clothing, water bottle
- Coordinator: Jen Estrada



Activity	Ages	Day	Date	Time	Location	Fees
Pound Class	18 and up	Th	04/23/2020 - 06/11/2020	6:00 PM - 7:00 PM	JPCC Gym	\$38.00 Res, \$58.00 Non-Res

### Fitness - Yoga

Adult Gentle Yoga - Let Dawn guide you through gentle yoga moves that are perfect for all levels. Learn breathing and relaxation techniques to take off the mat and out into the real world. Enjoy some stretching and leave class feeling calm and rejuvenated!

- Requirements: A yoga mat
- Coordinator: Dawn Delpha



Activity	Ages	Day	Date	Time	Location	Fees
Gentle Yoga	18 and up	W	03/18/2020 - 05/13/2020	11:00 AM - 12:00 PM	JPCC Room #3	\$95.00 Res, \$105.00 Non-Res

**Fitness - Zumba**

This is one big cardio party! This class is filled with exciting Latin and International dance moves like Salsa, Merengue, Cumbia, Reggaeton, Samba, Flamenco, Pop and more! Get down and dance while you burn calories.



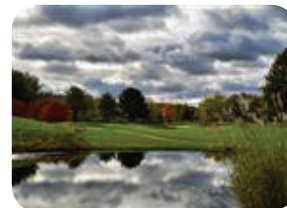
Requirements:

- Requirements: Comfortable clothing, water bottle
- Coordinator: Jen Estrada

Activity	Ages	Day	Date	Time	Location	Fees
Zumba	18 and up	Tu	04/21/2020 - 06/09/2020	6:00 PM - 7:00 PM	JPCC Gym	\$38.00 Res, \$58.00 Non-Res

**Golf - 9 Hole Golf League**

Want to brush up on your golf game or get out for a little rest and relaxation? Look no further! Join our weekly Tuesday night, men and women, 9-hole league. Golfers of all abilities are welcome. Greens and cart fees for 9 holes are included. Golf handicaps are not needed! Candlewood Valley Country Club's head golf professional, Scott Eckelman, PGA, will score the league weekly and you will get points for showing up! Long drive and closest to the pin contests will be held each week. Prizes are given at the end of the session for the top three finishers in the league.



- Requirements: Each golfer will need to bring a set of clubs, however, there are rentals available.
- Coordinator: Scott Eckelman

Activity	Ages	Day	Date	Time	Location	Fees
Session 1	18 and up	Tu	05/19/2020 - 07/07/2020	4:45 PM - 8:00 PM	Candlewood Valley Country Club	\$265.00 Res, \$285.00 Non-Res
Session 2	18 and up	Tu	07/14/2020 - 09/01/2020	4:45 PM - 8:00 PM	Candlewood Valley Country Club	\$265.00 Res, \$285.00 Non-Res

**Pickleball**

Play the game of pickleball, a fun sport that combines tennis, badminton, and ping-pong! We welcome all levels from beginners to advance. Equipment is available to borrow. To read more about the rules and instructions of pickleball see the link included in the forms section below.



- Requirements: Please wear sneakers and athletic clothing. For Tuesday drop in, you must make your own arrangements for pickleball partners.
- Please check our update for drop-in hours and class times

### **Full-Time Parks and Recreation Staff**

Daniel Calhoun – Director of Parks and Recreation  
Laura Murphy - Director of Programs and Event  
Jeanne Radcliff  
Dianne Littlefield  
Bill Faure  
Blaze Tuz  
Kevin Swanson  
John Moniz  
Joe Cole  
Patrick Archiere

DCalhoun@newmilford.org  
LMurphy@newmilford.org  
Administrative Assistant I  
Administrative Assistant II  
Working Foreman  
Maintainer I  
Maintainer II  
Maintainer II  
Maintainer II  
Maintainer II

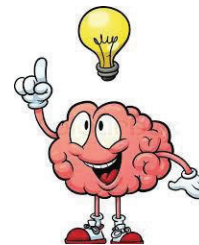
### **New Milford Parks and Recreation Commission**

William Kamp  
Tom Saunders  
Thomas Beecher  
Lisa Lawson  
Alfred Esposito  
Paul Szymanski  
Lisa Gallick

Vice Chair  
Secretary



Do you have a new program idea?  
Are you interested in becoming a coach?  
Would you like to run your own program?  
Contact Parks and Recreation  
today and ask for Laura!



Cover design created by April Li

Thank you to New Milford High School's Art Teacher, Kristi Soucie,  
and her students that participated in our Brochure Cover Design Contest.

Thank you to Mayor Pete Bass for being our judge!