

CROMWELL RECREATION DEPARTMENT

2018 FALL / 2019 WINTER BROCHURE



CROMWELL RECREATION DEPARTMENT
41 WEST STREET
CROMWELL, CONNECTICUT 06416

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



SAVE THE DATE

Mayor's Tree Lighting and
Holiday Stroll
Saturday, December 1st
Times: TBD



WHERE TO FIND IT

Letter from the Director:
Policies and Procedures:

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RECREATION PROGRAMS

Pre-School:
Youth:
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Letter from the Director

We hope your family was able to partake in some of our summer activities such as Camp Cromwell and the Summer Concert Series @ Riverport Park. These programs/events were very well attended and received great reviews from our residents.

As you review our brochure, we hope you register for as many programs as possible. We always look for new program ideas so please contact our office with your suggestions. We also encourage you to attend our department's special events we proudly offer. This fall/winter we will be offering the Riverport Food Festival on Saturday, October 6th and the Mayor's Tree Lighting on Saturday, December 1st. As always we welcome your feedback and ideas to better serve the 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: www.cromwellrec.com

Recreation Staff

Scott Kieras, Recreation Director

skieras@cromwellct.com

Shelby Jones, Recreation Supervisor

sjones@cromwellct.com

Rosanne Krajewski, Administrative Assistant

recreation@cromwellct.com

For any parks related maintenance issues please contact the Public Works Department at 860-632-3420.

Town Organizations

Cromwell Lions (Youth Football)

www.cromwelllions.org

Cromwell Little League

www.cromwelllittleleague.com

Cromwell Chill Soccer Club

www.cromwellchill.org

Travel Basketball

Eric Stearns - 860-839-0372

Mission

The department is charged with providing a variety of leisure time activities for the residents of Town. These activities are for all ages ranging from preschoolers 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.

Recreation Commission

Commissioners

Dan Brisson

Ruth Checko

Mike Holcomb

John Schmaltz

Meets on the first Thursday of each month at 5 p.m.



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 (except where noted), Cromwell residents will receive priority in the registration process. An additional non-resident fee may be applicable.

Pavilion Rentals: The Department will accept reservations for Cromwell residents for pavilion use of Watrous, Pierson or 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.

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. Mad Science, 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.



Cancellations Due to Weather

If Cromwell Public Schools are cancelled or dismissed early, all recreation programs will be cancelled. If schools have a delayed opening, programs will continue as scheduled, except for programs starting before 11:00 a.m.

Please note: If the BOE cancels their evening activities, it is at our discretion to keep evening programs on at Town Hall.

Please check our website after 3:00 p.m. for an update.

For our latest updates and cancellation information, please:

Like our Facebook page

Visit our website: www.cromwellrec.com

Sign up for a MyRec account at www.cromwellrec.com to receive email updates

PARENT/TODDER PLAY GROUP

A free drop in play and socialization program for children up to age 5. ***Pre-registration required**

Staff: Miss Jess

Day: Tuesdays & Thursdays

Dates: September 11 - May 28
(no 10/9, 11/6, 11/22, 12/25, 12/27, 1/1, 2/19)

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

Location: Town Hall Gym

Fee: No Fee*



MUSIC TOGETHER ~ INFANTS

Every child's development benefits from early exposure to music and movement. This class is specially designed for infants 8 months and younger (non-walkers) along with a parent or caregiver.

Instructor: Susan Freese

Day: Tuesdays

Dates: Fall Session: September 11 - November 13
Winter Session: January 8 - March 12

Time: 11:30 a.m. - 12:15 p.m.

Location: Town Hall Arch Room

Fee: \$160 (Twin Sibling Free)*



MUSIC TOGETHER

Each child participates at his or her own level in singing, moving, chanting, listening, watching, or exploring musical instruments. Weekly classes include parent education to help adults understand and enhance their child's music development.

Instructors: Susan Freese (Tues) / Alicia Haas (Wed & Sat)

Day/Dates: Fall Session 1: Tuesdays, September 11 - November 13, 9:30 a.m. **and** 10:30 a.m.
Fall Session 2: Wednesdays, September 12 - November 14, 6:00 p.m. - 6:45 p.m.
Fall Session 3: Saturdays, September 15 - November 17, 10:00 a.m. - 10:45 a.m.
(Sept. 22 class @ Peace, Love Music Festival at Bushnell Park)
Mini Session 4: Tuesdays, November 27, December 4 & 11, 10:00 a.m. - 10:45 a.m.
Mini Session 5: Wednesdays, November 28, December 5 & 12, 6:00 p.m. - 6:45 p.m.
Mini Session 6: Saturdays, December 1, 8 & 15, 10:00 a.m. - 10:45 a.m.
Winter Session 1: Tuesdays, January 8 - March 12, 9:30 a.m. **and** 10:30 a.m.
Winter Session 2: Wednesdays, January 9 - March 13, 6:00 p.m. - 6:45 p.m.
Winter Session 3: Saturdays, January 5 - March 9, 10:00 a.m. - 10:45 a.m.

Ages: Newborn to 5 Years with parent or caregiver

Location: Town Hall Arch Room

Fees: \$190 first child, \$100 for additional siblings*; under 8 months at time of registration are free with older sibling registration. *Mini sessions are **FREE** if registering for Fall and Winter Sessions at the same time or \$80 for first child, \$40 for additional siblings.

*Tuition includes CD along with access code to FREE "Hello Everybody" app & online Family Music Zone, plus a beautifully illustrated songbook with family activity suggestions.

PRE-K FUN WITH FOOD

Each class children will learn food preparing skills and take part in making a variety of take home snacks. Miss Jess plans a good balance of healthy eating and special themed treats while letting the kids explore their culinary skills. **Parent supervision required.**

Staff: Miss Jess

Day: Wednesdays

Dates: September 19	<i>All About Apples</i>	October 17	<i>Spooky Snacks & Fall Foods</i>
November 14	<i>Pumpkins & Pies</i>	December 12	<i>Festive Foods</i>
January 9	<i>Wintertime Treats</i>	February 13	<i>Sweetheart Sweets</i>
March 13	<i>St. Patty's Day & Spring Snacks</i>		

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

Location: Town Hall Activity Room

Fee: \$20 includes all food and supplies / Sign up for 3 or more classes at \$16 per class.



START SMART PROGRAM

This introductory sports program is appropriate for ages 3 to 5 to develop fundamental skills. The program prepares children and their parents for organized sports in a fun, safe and nurturing environment.

Staff: Miss Sage

Day: Saturdays

Dates: Fall Session: October 13 - November 3
 Winter Session: March 2 - March 23

Time: 9:00 a.m. - 9:45 a.m.

Location: Town Hall Gym

Fee: \$45



FUN CRAFTS WITH MISS JESS

Open to children ages 2 -5. Make a variety of seasonal inspired projects. Get ready to paint, glue, color, create and have **FUN!** *Parent supervision required.*

Staff: Miss Jess

Day: Mondays

Dates: Session 1: October 1, 15, 22
 Session 2: November 5, 19, 26
 Session 3: December 3, 10, 17
 Session 4: Jan. 28, Feb. 4, 11
 Session 5: March 11, 18, 25

Time: 10:15 a.m. - 11:00 a.m.

Location: Town Hall Activity Room

Fee: \$25

*Autumn and Halloween Inspired Crafts
 Fall Finale and Thanksgiving Inspired Crafts
 Festive Creations and Holiday Gifts
 Winter Wonderland and Valentine's Inspiration
 Springtime Colors and St. Patrick's Day Fun*



PRESCHOOL HALLOWEEN SPECIAL

Join us for our Halloween Eve Special! We will be making a take home Halloween craft, having Storytime and enjoying a snack before parading through Town Hall to **Trick or Treat.**

Day/Date: Tuesday, October 30

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

Location: Town Hall Gym

Fee: Free - *Preregistration required*



Costumes are welcome!

HOLIDAY HAPPENINGS

Join us for our Holiday Happenings! We will be making a Holiday craft, having Storytime and enjoying a snack before a visit by a special visitor.

Day/Date: Tuesday, December 18

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

Location: Town Hall Gym

Fee: Free - *Preregistration required*



MONOGRAM MANIA

Claim your space by personalizing it! Come make wall art with your name or initials using various craft materials. *All supplies included.*

Instructor: Jeannine Marron

Day: Wednesdays

Dates: October 17 - Ages 5 to 8
March 13 - Ages 5 to 8

Time: 5:30 p.m. - 6:30 p.m.

Dates: October 24 - Ages 9 to 12
March 20 - Ages 9 to 12

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

Location: Town Hall Senior Center

Fee: \$30



DREAM CATCHERS

Learn about the history of dream catchers! Make a dream catcher to catch all of your happy dreams and banish your scary ones. *All supplies included.*

Instructor: Jeannine Marron

Day: Wednesdays

Dates: January 30 - Ages 5 to 8
April 3 - Ages 5 to 8

Time: 5:30 p.m. - 6:30 p.m.

Dates: February 6 - Ages 9 to 12
April 10 - Ages 9 to 12

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

Location: Town Hall Senior Center

Fee: \$30



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.

Staff: Debbie Shekosky, Champions Karate School

Day: Mondays

Dates: November 12 and 19

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

Location: ECS School Gym

Fee: \$20



Need to get some holiday shopping done? Or just need a break from all of the holiday stress? Let our summer Camp Cromwell staff entertain your child(ren) for a few hours and give yourself a break! We will keep them busy with games, crafts, movies and more! Pizza dinner included. Grades K-5 welcome.

Day: Friday

Date: December 14

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

Location: Town Hall Gym

Fee: \$25 per child; each additional sibling \$20

KINDERGARTEN GYM TIME

Each week a different activity or sport will be done with the children under the direction of a staff member from Cromwell Recreation Department. Advanced registration is required to be part of this program. Children must wear sneakers each week. Examples of activities are: basketball, soccer, running games, parachute games, baseball, scooters and volleyball.

Staff: Recreation Staff

Days: Saturdays

Dates: January 5 - February 23 (no 1/19, 2/16; make up date 3/2)

Location: Woodside Intermediate School Gym

Time: 9:15 a.m. - 10:15 a.m.

Fee: \$25



ART-VENTURES

The first session Magical Art Mystery Tour draws children into a world of wonder, revealing unbelievable art tricks and inspiring out-of-the-box creativity. *Abracadabra, Hocus Pocus ~ It's magic and mystery with art as the focus!* The second session Where The Wild Things Art explores many whimsical and original art forms and techniques, discovering clay and collage, painting and drawing, mask-making and decorating., plus hear wonderful stories along the way.

Art adventurers bring home awesome works of art each week. So much **FUN!**

Day: Tuesdays

Dates: Session 1: October 9 - December 11 (no class 11/6, 11/27) ~ *Magical Art Mystery Tour* Art
Session 2: January 15 to March 12 (no class 2/19) ~ *Where The Wild Things*

Time: 3:45 p.m. - 4:45 p.m.

Location: Edna C. Stevens School - Grades K - 2

Fee: \$104 per session

*By signing up for this program, you are giving the school permission to dismiss your child to program staff. Supervision will be provided from 3:30 p.m. -3:45 p.m.



EUREKA! Invention

Kids explore famous inventors such as Leonardo da Vinci, Thomas Edison and Ben Franklin, along with the contributions they made to science, engineering and society. Kids use their knowledge and creativity to overcome a series of challenges using basic materials, simple machines, tips from famous inventors and the most important of all ~ **their minds!** Each child will bring home a cool science take-away each week.

Instructor: Mad Science Staff

Day: Thursdays

Dates: Session 1: October 18 - December 20 (no 11/22, 11/29)
Session 2: February 7 - March 28

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

Location: Edna C. Stevens School

Day: Wednesdays

Dates: Session 3: October 24 - December 19 (no 11/21)
Session 4: February 6 - April 3 (no 3/6)

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

Location: Woodside Intermediate School

Fee: \$135 per session



MAD SCIENCE

MAGIC WORKSHOP

Children ages 5 to 10 will join Professional Magician Tom O'Brien in learning to perform magic tricks. Each session will feature a different trick and include materials to be brought home.

Please note: Transportation will not be provided from Woodside to ECS for this program.

Instructor: Tom O'Brien

Day: Fridays

Dates: Oct. 26, Nov. 30, Jan. 11, Feb. 22, Mar. 8

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

Location: Edna C. Stevens School

Fee: \$20 per session

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 purchasing of supplies.

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

BEACHBODY PIYO

PiYo is for people who would love to take a strength class, a cardio class, a yoga class, and a Pilates class. It is a non-impact, strength based, flexibility and cardio program infused with yoga and Pilates moves to stretch, strengthen and tone your entire body.

Instructor: Claudia Elfreich

Day: Fridays

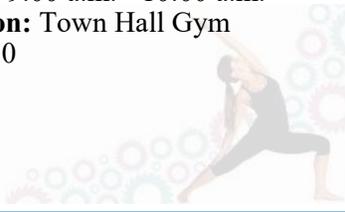
Dates: September 14 - October 19

Time: 9:00 a.m. - 10:00 a.m.

Location: Town Hall Gym

Fee: \$50

**FREE
CHILD
CARE
being
offered for
this
program!**



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.

Instructor: Briana O'Leary

Day: Mondays

Dates: Session 1: Sept. 17 - Oct. 29 (no 10/8)

Session 2: Nov. 19 - Dec. 17

Session 3: Jan. 28 - March 11 (no 2/18)

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

Location: Town Hall Gym

Fee: \$50 per session



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 bring a yoga mat and wear comfortable clothing.

Instructor: Stacey Schnurr

Day: Tuesdays

Dates: Session 1: Oct. 9 - Nov. 27 (no 11/6 or 11/20)

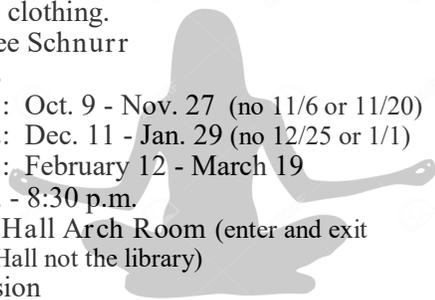
Session 2: Dec. 11 - Jan. 29 (no 12/25 or 1/1)

Session 3: February 12 - March 19

Time: 7:30 p.m. - 8:30 p.m.

Location: Town Hall Arch Room (enter and exit through the Town Hall not the library)

Fee: \$50 per session



WOMEN'S SELF DEFENSE COURSE

This women's self defense class is great for women of all ages ~ teenagers, college students and adults. The class teaches awareness, avoidance, prevention and easy self-defense concepts and techniques in a comfortable, fun environment. The class empowers women, giving them simple techniques to defend themselves against grabs, chokes, unwanted hug, etc.

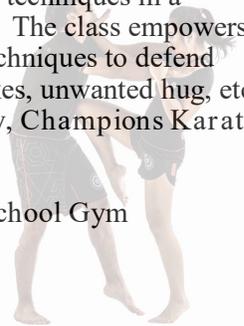
Instructor: Debbie Shekosky, Champions Karate

Date: November 19

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

Location: Edna C. Stevens School Gym

Fee: \$30



Due to the upcoming construction of the library addition, there is the potential to have to relocate/reschedule programs scheduled for the Town Hall Gym and Arch Room. We apologize in advance for any inconvenience this may cause.

SET BACK LEAGUE

Adults interested in joining a set back league either as a regular or a substitute should contact Mel Christiansen at 860-635-5727.

Instructor: Mel Christiansen

Day: Thursdays

Time: 7:00 p.m.

Location: Coles Road Fire House



OPEN GYM

OPEN GYM IS FOR **RESIDENTS ONLY**. You must register online for an annual pass for \$45 family/\$40 individual. **No drop ins allowed.** A printed pass will be given on first night you attend. Supervisors will have a roster to verify participants.

FAMILY OPEN GYM

Open gym for families to get out and play ball (bring your own). All children must be accompanied by an adult over the age of 21.

Day: Mondays

Dates: October 15 - April 8
(no 11/5, 12/24, 12/31, 1/21, 2/18)

Time: 7:00 p.m. - 9:00 p.m.



BASKETBALL FOR AGES 30+

Day: Tuesdays

Dates: October 16 - April 9
(no 11/6, 12/25, 1/1)

Time: 8:00 p.m. - 10:00 p.m.



CO-ED VOLLEYBALL

Days: Wednesdays

Dates: October 17 - April 10
(no 11/21, 12/26, 1/16, 3/6)

Time: 8:00 p.m. - 10:00 p.m.

All held at Cromwell Middle School

**TIMES SUBJECT TO CHANGE BASED
ON AVAILABILITY OF GYM**

CT DEEP LEARN TO FISH PROGRAM



THURSDAY, SEPTEMBER 6

6:00 p.m. to 8:00 p.m.

Cromwell Town Hall ~ Senior Center

Ages 8 & up ~ No Experience Needed

REGISTRATION IS REQUIRED

The very best class for beginners!

Learn the basics about fish, fishing and overhead casting and then go on a fishing trip to a local waterbody to

Butternut Park Pond ~ Middletown

(66 Thomas Street)

SATURDAY, SEPTEMBER 8

9:30 a.m. to 12:00 p.m.



**SAVE THE DATES FOR OUR SPRING
SESSION 2019!**

Thursday, April 25 ~ Class
Saturday, April 27 ~ Fishing Trip

Sweat, Sculpt, Rock. POUND FITNESS; THE WORKOUT from Ages 8-88

FREE DEMO: Thursday, September 20 ~ 5:00 p.m. - 6:00 p.m. ~ Town Hall Gym

Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. 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! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men, women and children of all ages and abilities.

Instructor: Susie Kulas

Days: Thursdays

Dates: Session 1: September 27 - November 1
Session 2: November 15 - January 3 (no 11/22, 12/27)
Session 3: January 17 - February 21

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

Location: Town Hall Gym

Fee: \$45.00 per individual. Each additional family member \$35



Introduction to Sports and Recess Games (Ages 5 - 12)

Need an active Saturday morning activity for your child? We will provide a fun, safe environment in which to learn the rules and fundamentals of sports and recess games such as basketball and soccer. It will be broken down into a step-by-step process. Your child will gain social skills and have an active fun time with their peers.

Typical siblings are welcome to attend at no additional cost.

Instructor: Sage Hojda, CTRS

Day: Saturdays

Dates: Fall Session: October 13 - November 3

Winter Session: March 2 - March 23

Time: 10:15a.m. - 11:00 am

Location: Town Hall Gym

Fee: \$40*

(*price offset by budgeted funds from the Town of Cromwell.)



SENSORY ART CLASS

Create crafts while exploring various textures and mediums to enhance fine motor skills, provide sensory input, and have fun. Plan to get messy!

For ages 3-5.

Instructor: Jeannine Marron

Day: Mondays

Dates: October 15 - November 5

March 4 - March 25

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

Location: Town Hall Activity Room

Fee: \$25*

(*price offset by budgeted funds from the Town of Cromwell.)



SPECIAL WARRIORS YOGA

Participate to whatever extent you feel comfortable in a children's yoga class designed to provide sensory input, calming strategies, muscle tone and flexibility (of body AND mind). Join in, observe, or "you do you". All abilities, all amounts of energy, and all degrees of focus are welcome at this all inclusive class (**friends and siblings too!**)

Instructor: Jeannine Marron

Day: Thursdays

Dates: October 4 - October 25 - Ages 3-5

February 7 - February 28 - Ages 3-5

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

Day: Mondays

Dates: November 19 - December 10 - Ages 5-10

January 7 - February 4 (no 1/21) - Ages 5-10

Time: 5:15 p.m. - 6:00 p.m.

Location: Town Hall Arch Room

Fee: \$25* (*price offset by budgeted funds from the Town of Cromwell.)

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

CROMWELL TOPSOCCER PROGRAM

Cromwell Chill Soccer extends an invitation to all athletes ~ Come play with us!

Cromwell Chill Soccer will be offering "The Outreach Program for Soccer" for children ages 4 years and older with either intellectual or physical disabilities. TOPSoccer provides exposure, fun and instruction to children who may or may not have had the opportunity to be included in organized sports before. This program is open to any child who would like to play soccer or soccer-related activities. The program will develop activities based on each athlete's abilities. All children are welcome to participate and parents are encouraged to be involved. The program, which runs from mid-September through mid-November and April through June, takes place Saturdays from 10 - 11 am at the Cromwell High School varsity soccer field, 34 Evergreen Road, Cromwell. The cost is **\$35.00 for the year ... 7 Fall and 7 Spring Sessions**. For registration information contact: **Amy Neves @ 860-951-2242** or email @ **nevesfamily34@gmail.com** or visit their web page at **www.cromwellchill.org**

Youth Basketball - \$50.00 per participant includes T-Shirt



Division	Times at Woodside Intermediate School
First Grade	Saturdays 10:30 a.m. - 11:45 a.m.
Second Grade	Saturdays 12:00 p.m. - 1:15 p.m. <u>OR</u> 1:15 p.m. - 2:30 p.m.

Beginner Division - Grade 1

This is a skills development program. Parent volunteers are needed to assist with instruction. No notification will be sent; just show up on the first day at Woodside.

Day: Saturdays

Time: 10:30 a.m. - 11:45 a.m.

Dates: January 5 - February 23 (no 2/16)

Register by: December 14

Instructional Division - Grade 2

Children are placed on teams; program is half instructional and half skill building. Boys and girls are in separate programs. A letter will be sent after the deadline with your child's team name and times.

Day: Saturdays

Time: 12:00-1:15 p.m. **or** 1:30 p.m.-2:45 p.m.

Dates: January 5 - February 23 (no 2/16)

Register by: December 14

Divisions	Grades	Practice	Games
Varsity – Boys & Girls	3 & 4	Starting Nov. 26 at Town Hall M-F based on coach availability 5:00 p.m.-6:15 p.m. OR 6:15 p.m.-7:30 p.m.	Starting Jan. 4-Feb. 23 (no program 2/16) at Town Hall Gym Fridays: 5:30 p.m. & 6:30 p.m. Saturdays: 11:00 a.m., 12:00 p.m., & 1:00 p.m.
Semi Pro – Boys & Girls (May play out of town games)	5 & 6	Starting Nov. 26 at Cromwell Middle School or Woodside Intermediate School M-F based on coach availability 5:30 p.m.-6:45 p.m. OR 6:45 p.m.-8:00 p.m.	Starting Jan. 4-Feb. 23 (no program 2/16) at Cromwell Middle School Fridays: 5:30 p.m. & 6:45 p.m. Saturdays: 9:15 a.m., 10:30 a.m., 11:45 a.m., 1:00 p.m., & 2:15 p.m.
Pro – Boys & Girls (May play out of town and week night games)	7 & 8		

Register by: November 2

Make-up dates are March 1 & 2

Interested in Coaching – Fill out coaching application located on our website. All coaches will receive a \$25 credit on their account at the end of the season for future use.

Mandatory Coaches Meeting

Thursday, November 15, 7:00 p.m. in the Town Hall Gym





Cromwell Youth Services

A network of resources and opportunities that meet the needs of our Community. Enrichment and Educational Programs for Children, Youth, and Family; Advocacy, Crisis Intervention, Referrals, and Support. Cromwell Youth Services is committed to the development of a coordinated system of services and programs for youth and their families in the Town of Cromwell. These offerings foster positive youth development, assist in social and emotional growth and strive to prevent substance abuse and anti-social behavior. Youth Services provides educational and positive youth development programs which support

Direct Services:

Mentor Program - Cromwell Youth Services and Woodside Intermediate School (WIS) administers the Mentoring Program for the Town of Cromwell. The mentors commit to supporting, guiding, and being a friend to some of the students at Woodside Intermediate School for a period of at least one year and once per week.

Essential Life Skills – Classes offered to teenagers and young adults, providing information and practical skill-building to increase competency and confidence in important foundational life skills. Young people can pick and choose from classes such as Car Maintenance, Financial Literacy, Employment Skills, Basic Safety & Emergencies, and Health & Wellness.

Youth Advisory Board – Cromwell Youth Advisory Board is organized to advise and make recommendations on program direction for the Cromwell Youth Services Administrator. The board members consist of youth in the community, Cromwell Police Department, youth agency providers in the community, and parents/grandparents. Meetings held once a month in the Activity Room at the Town Hall.

Service Review Team (SRT) - A collaborative effort between area providers and families to create a service plan for youth and their families that may be experiencing some level of difficulty and/or need of assistance. Referrals can be completed by family, school, or community providers. Meetings held 2nd Friday of each month in the Activity Room at the Town Hall.

Kin Care – Support group for Grandparents/Relatives raising children. This meeting is held every 2nd Thursday of the month in Activity Room at Town Hall from 12:00 – 1:30 pm.

Hire Our Youth (H.O.Y.) - 860-632-3448 Employer/Employee Opportunity contact service.

Teen Volunteers- Cromwell Youth Services and Cromwell Belden Public Library are providing a volunteer program for Middle and High School Students to complete their volunteer hours. Youth can help at the Library, Senior Center, and Human Services departments.

Additional programs, services & after school enrichment activities - Baby Sitter Safety/Home Alone Training, Mother/Daughter Night, Back To School Program, Santa's Workshop, Advocacy & Crisis Intervention, Internet Safety Concepts, student and parent assemblies and presentations.



2-1-1 is Connecticut's free information and referral service. Simply by dialing 2-1-1, a toll-free number throughout Connecticut, callers can reach knowledgeable, multilingual staff and get information, referrals or seek help in a crisis. 2-1-1 operates 24 hours a day, every day of the year. www.infoline.org

Hours of Operation: Monday – Friday, 8:30 A.M. - 4:00 P.M.

Phone: (860) 632-3448 or (860) 632-3474 **Fax:** (860) 632-3435 *Attention Youth Services

Address: 41 West St. Cromwell, CT 06416, Cromwell Town Hall



Cromwell Senior Center offers activities and programs for those 60 and above. For a full listing of activities please visit our website at: www.cromwellct.com/seniorservices or on Facebook!



Wii Bowling

Drop in and try Wii Bowling! Lots of fun, trips to other centers for fun competition and a great social activity!

Wednesdays and Fridays at 9:30am.

Billiards

We have 2 billiard tables and sticks available for all. Tables open at 8:30 each morning. Come have a cup of coffee and challenge your friends! We occasionally have tournaments vs. other towns.

Bingo

Who doesn't love a great game of Bingo! We have lots of fun, prizes and laughter.

Tuesdays at 1:00pm. and **Thursdays** at 10:30am.

Bridge

Bridge is a fun and challenging game to be enjoyed by players of all ages. We are always looking for more players, so come join us on **Thursdays** at 1:00pm.

Mah-Jongg

Mah-Jongg is a game of skill, strategy and calculation and it involves a degree of chance! Come join the fun on **Mondays, Tuesdays and Fridays** at 1:00pm.

Rummikub

This addicting game may start rather uneventfully, but when the players start putting more and more tiles in play, the options for your upcoming turns can become more complex, challenging and exciting! **Thursdays**, 1:00pm.



TAI CHI

Mondays 8:30am-9:30am

Wednesdays 10:30am-11:30am

Friday, 9:00am-10:00am

YOGA

Monday, Yoga w/Weights, 9:35-10:35am

Wednesday, Beginner, 9:00-10:00am

Friday, Intermediate, 10:00-11:00am

SENIOR AEROBICS

M, W, F, 10:30-11:30am

ARTHRITIS EXERCISE

Thursday, 2:00pm-3:00pm

PICKLEBALL

Mondays, 1:00pm-4:00pm

Tuesdays, 1:00pm-4:00pm

Fridays, 1:00pm-4:00pm

We have all equipment, just bring yourself!

WALKING CLUB

Tuesdays and Thursdays—9:00am

Group meets at the Senior Center



TECH TUESDAYS

Bring your devices and questions and our volunteer, Tony, will help you! Tuesdays, 1:00pm

FOR THE LOVE OF ART CLASS

Our instructor will provide group and individualized instruction to each student. The instructor will take your skills from where you are to where you would like to be. This is an ongoing class meeting regularly and you can join at any time.

Wednesdays 1:00-3:00pm

LET'S LEARN TO QUILT!

Whether you're renewing your love of quilting, or making a quilt for the first time we will to guide you to success. You'll learn all the skills you need to bring a quilt to life!

Mondays 1:00pm-3:00pm



CROMWELL BELDEN PUBLIC LIBRARY

Fall 2018

Monday, Tuesday, Thursday 10:00 AM - 8:00 PM
 Wednesday 12:00 PM - 8:00 PM
 Friday & Saturday 10:00 AM - 5:00 PM
 Sunday Closed

Friends of the Library Books & Media Sale

Friday Sept. 21st and Saturday, Sept. 22nd 10:00 AM - 4:00 PM

Stop by the Arch Room to browse and purchase gently used books - all proceeds benefit the library.

Weekly Travel Films

Wednesdays at 2:00 PM

No registration required.

Virtual Reality Weekly Meet-Up

Thursdays 4:00 - 6:00 PM

All ages, no registration required.

Adult Knitting Club

2nd & 4th Friday of the month
6:30 PM

An Evening with Edgar Allen - Thursday, October 11th - 7:00 PM

The writer is brought to life by **Campbell "Lou" Harmon** in dramatic readings, historical biography and direct audience interaction. All ages, registration required.

Medicare for All

Wednesday, October 24th at 6:30 PM

All ages, registration required.

Join us for an expert overview of Medicare options for all.

Library Book Discussion Group

Last Thursday of the Month at 6:30 PM

Books available at the library at the end of the month, no registration required.

Marvel Movie Night: Thor Ragnarok

Tuesday, Sept. 25th - 5:30 PM

Join us for a screening in honor of National Comic Book Day! Pizza provided, registration required.

Music & Movement

Mondays at 11:00 AM in the Library Arch Room
Thursdays at 11:15 AM in the Library Arch Room
Birth to 5, no registration required.

Tiny Chefs: Halloween Cupcakes

Tuesday Oct. 30th at 6:30 PM

Ages 5-8, registration required.

Coding Club for Kids

Alternate Tuesdays 4-5 PM Oct. 9 & 23; Nov. 6 & 20; Dec. 4 & 18
Grades 4-7, registration required.

Join Emily and Emma to learn cool coding skills through fun and interactive computers projects

Tiny Chefs: Halloween Cookies

Fridays at 10:30 AM

Ages 8 and up, registration required.

Bongo for Books

Tuesday Sept. 18th 4:00 PM

Ages 6 and up, registration Required. Play games and leave with a free book!

Music and Movement Just for Babies

Thursdays at 11:00 AM

Just for babies, before regular M&M, no registration required.

Pumpkin Painting

Friday October 19th at 3:30 PM

Ages 6 and up, registration required.

Storytime & Film with Ms. Lois

Fridays at 10:30 AM

Ages 3-5, no registration required.

Sing Me a Fairytale

Wednesday Oct. 24th and Nov. 12th at 1:00 PM

Ages 3-5, no registration required.

39 West Street
Cromwell, CT 06416
(860) 632-3460

Visit us online at:
www.cromwellct.com/library
www.facebook.com/CromwellBeldenPublicLibrary

SAVE THE DATES !

FIRST EVER ~ RIVERPORT FOOD FESTIVAL



SATURDAY, OCTOBER 6
(Rain Date: Sunday, October 7)
11:00 a.m. - 6:00 p.m.
Riverport Park at Frisbie Landings



Food Trucks, Local Restaurants, Music, Entertainment and much more!
Food Trucks and Entertainment Schedule coming out soon!

**The Mayor's Tree Lighting,
Carol Sing and Stroll**



Saturday, December 1
5:00 p.m. Tree Lighting at
Cromwell Town Hall

Holiday Stroll beginning at 1 p.m.
Details coming soon

Join us for a family holiday gathering !

~ write a letter to ~
Santa

Tell Santa what you want for Christmas by writing a letter and leaving it in the Recreation mailbox at Town Hall by the flag pole the night of the Mayor's Tree Lighting event. If you are unable to attend, letters can still be placed in the mailbox until December 14 to ensure Santa can respond to everyone before Christmas.
Please be sure to include:
Child's name
Address
Age



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, 2019**. Non-residents may register beginning April 1, 2019. 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.



RECAP OF SPRING / SUMMER 2018

