

CROMWELL RECREATION DEPARTMENT

2024 FALL / 2025 WINTER BROCHURE

CROMWELL RECREATION DEPARTMENT
41 WEST STREET

CROMWELL, CONNECTICUT 06416

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WHERE TO FIND IT

Letter from the Director 2

Policies and Procedures 3

RECREATION PROGRAMS

Preschool 4-5

Youth 6-7

All Ages 8-9

Adult 10

Bios 11

Youth Services 12

Youth Basketball 13

Farmers Market/Pavilion Use 14

Special Events 15

PAGE

Letter from the Director

We hope you had a great summer here in Cromwell. Park/pavilion rentals were once again at an all-time high; our concerts and movies were extremely well attended and our Town of Cromwell Farmers Market was very successful. We have navigated field rentals this summer with the Cromwell Middle School Project full steam ahead.

As Fall begins, I would like to update all the enhancements the Town has made to our facilities this past summer. The pavilion at Watrous Park was completed in April. It was open for rentals starting in May. This new structure has been well received by the patrons; lights will be available for Fall Rentals. Work at Pierson Park began in July. Work includes new football team rooms, restrooms, official rooms and a trainer room. Added parking is also part of this Phase 1 project which should be completed by November.

Be sure to check out our special events included in this Fall and Winter Brochure.

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

Sincerely,

Scott Kieras

Recreation Director

Contact Us

Cromwell Recreation Department

Cromwell Town Hall

41 West Street

Cromwell, CT 06416

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

Recreation Staff

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Recreation Commission

Commissioners

Dan Brisson

John Schmaltz

John Schukoske

Gregory Valente

Jim Vinchetti

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

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

Compliance with the Americans with

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

Town Sports Organizations

Cromwell Lions (Youth Football)

cromwelllions.com

cromwelllions@gmail.com

Cromwell Little League

cromwelllittleleague.com

info@cromwelllittleleague.com

Cromwell Chill Soccer Club

cromwellsoccer.com

cromwellchillsoccerclub@gmail.com

Rebels Travel Basketball

cromwellrebelsbasketball@gmail.com

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

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

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

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

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

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

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

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

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

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

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

Updates and Cancellations

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

TODDLER PLAYGROUP

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

Ages: Birth - 5 years

Staff: Miss Lynn

Day: Thursdays

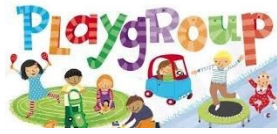
Dates: Fall Session: September 12 - December 12
(no 10/31, 11/28)

Winter Session: January 9 - March 27

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

Location: Town Hall Gym

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



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

PRESCHOOL CRAFTS

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

Ages: 2 - 5

Instructor: Miss Lynn

Day: Mondays

Dates: September 23 ~ *Fall is in the Air*
October 21 ~ *Halloween Happenings*

November 18 ~ *Cornucopias*

December 16 ~ *O Christmas Tree*

January 13 ~ *Falling Snow*

February 10 ~ *Valentine Love*

March 17 ~ *Lucky Leprechauns*

Time: 11:00 a.m. - 11:45 a.m.

Location: Town Hall Activity Room

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



PLAY DATE IN THE PARK

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

Ages: 2 - 5

Instructor: Miss Lynn

Day/Dates: Friday, October 25 ~ *Fall Festivities*
(Rain location: Town Hall Arch Room)

Time: 11:00 a.m. - 12:00 p.m.

Location: Pierson Park Pavilion

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



FUN WITH FOOD

Come learn food preparing skills and take part in making a variety of take home snacks. Miss Lynn plans a good balance of healthy eating and special themed treats while letting your child explore their culinary skills.

Ages: 3 - 5

Instructor: Miss Lynn

Day: Wednesdays

Dates: October 16 ~ *Halloween Eats*

February 12 ~ *Valentine's Day Sweets*

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

Location: Town Hall Activity Room

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



Parent supervision required

PRESCHOOL HALLOWEEN PARTY

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

Day: Thursday

Date: October 31*

**in lieu of Toddler Playgroup*

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

Location: Town Hall Gym

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

Pre-registration is required as space is limited!
Costumes are welcome!



PRESCHOOL HOLIDAY PARTY

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

Day: Thursday

Date: December 19

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

Location: Town Hall Gym

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



Pre-registration is required as space is limited!

MUSIC TOGETHER

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

Fall Session: *Fiddle Song Collection* ~ During the chant "Sounds of Fall" your child will be mesmerized as the class expresses the sound and movement of leaves falling and birds chirping and flying.

Winter Session: *Drum Song Collection* ~ Your little ones will love jumping and hiding in "John the Rabbit" and "Sneak and Peek." You will all be enchanted by the beautiful lullaby, "Arroró, mi niño" and enjoy the catchy rhythms of "Jim Jam Drummer."

Ages: Newborn to 5 Years with parent or caregiver

Instructors: Tuesdays with Miss Alicia / Saturdays with Miss Amy

Day/Dates: Fall Session 1: Tuesdays, September 10 - November 12, 10:00 a.m. - 10:45 a.m.
Fall Session 2: Saturdays, September 14 - November 16, 9:30 - 10:15 a.m. *or* 10:30 - 11:15 a.m.
Winter Session 1: Tuesdays, January 7 - March 11, 10:00 a.m. - 10:45 a.m.
Winter Session 2: Saturdays, January 11 - March 15, 9:30 - 10:15 a.m. *or* 10:30 - 11:15 a.m.

Location: Town Hall Arch Room

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

DANCE WITH YOUR DARLINGS

This class is a perfect time to bond with your child in a fun atmosphere. It promotes concentration, coordination, balance, discipline and more. A variety of props will be used along with well-known preschool songs.

Ages: 3 - 4 *with parent/guardian*

Staff: Miss Lynn

Day: Fridays

Dates: September 27 - October 25 (5 weeks)
November 8 - December 20 (no 11/29)
January 17 - February 21
March 7 - April 11

Time: 9:30 a.m. - 10:00 a.m.

Location: Town Hall Arch Room

Fee: \$20 resident/\$25 non-resident (5 weeks)
\$25 resident/\$30 non-resident

STORYTIME BALLET

A preschool level "ballet/dance" related story will be read in class so that the child gets accustomed to ballet terminology, ballet attire, and ballet shoes as they will see ballet illustrations in each book. After the story is read, they will perform ballet steps "just like Susie" in the story.

Ages: 3 - 4 *with parent/guardian*

Staff: Miss Lynn

Day: Mondays

Dates: September 16 - October 28 (no 10/14)
November 4 - December 16 (no 11/11)
January 13 - March 3 (no 1/20, 2/17)

Time: 9:30 a.m. - 10:00 a.m.

Location: Town Hall Arch Room

Fee: \$25 resident/\$30 non-resident



SOCCERTOTS ~ AGES 2-5

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

Staff: Skyhawks Staff

Day: Saturdays

Dates: September 21 - November 2 (no 10/12)

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

Location: Riverport Park Grass Parking Lot

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

Wear comfortable clothes, sneakers and bring a water bottle.

BEGINNER BALLET

Join Miss Adriana from New England Dance in a beginner ballet program with a chance to perform in New England's Nutcracker on December 7.

Ages: 2-3 ~ Movement with Ballet

Ages: 4-5 ~ Ballet with show preparation

Instructor: Miss Adriana, New England Dance

Day: Wednesdays

Dates: September 25 - October 23
November 6 - December 4
January 8 - February 5
February 19 - March 19

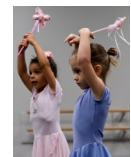
Time: 10:15 a.m. - 11:00 a.m. ~ 2-3 year olds

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

Location: Town Hall Gym

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

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



CLAY EXPLORERS

Adventure Through Time: Experiment with ideas from master sculptors and historical objects. Get inspired by African clay pots, ancient bells, Claymation characters and much more. Using clay, modern plasticine and Model Magic® students will learn and practice the possibilities of creating three-dimensional objects.

Ages: Grades K-2 and 3-5

Instructor: Abrakadoodle Staff

Day: Tuesdays

Dates: September 24 - October 15 (4 weeks)

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

Location: Edna C. Stevens School

Woodside Elementary School

Fee: \$65 resident/\$70 non-resident includes all supplies



STEAM SMART!

Artists are SMART kids! What better way to engage young artists than through STEAM lessons designed especially for them? Age-appropriate Science, Technology, and Engineering blend seamlessly with Art projects. Students explore Math concepts such as geometry, fractions, and size.

Ages: Grades K-2 and 3-5

Instructor: Abrakadoodle Staff

Day: Tuesdays

Dates: November 12 - December 3 (4 weeks)

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

Location: Edna C. Stevens School

Woodside Elementary School

Fee: \$65 resident/\$70 non-resident includes all supplies



SKYHAWKS VOLLEYBALL

All aspects of the game are taught through drills and exercises that focus on passing, setting, hitting and serving. This co-ed program is designed for the beginner to intermediate player and will incorporate essential life-lessons such as teamwork and sportsmanship.

Ages: 10 to 14

Instructors: Skyhawks Staff

Days: Wednesdays

Dates: September 25 - October 30

November 13 - December 18

January 8 - February 12

Time: 4:00 p.m. - 5:45 p.m.

Location: Town Hall Gym

Fee: \$149 resident/\$159 non-resident



KID'S SELF DEFENSE COURSE

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

Ages: Grades K-5

Instructor: Debbie Shekosky, Champions Karate School

Day/Dates: Wednesdays, November 6 & 13

Day/Dates: Wednesdays, February 5 & 12

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

Location: Town Hall Arch Room

Fee: \$25 resident

\$30 non-resident



BUILDING UP S.T.E.A.M. USING LEGO®

Your child brings curiosity, creativity and enthusiasm, and we provide the rest! They work independently and cooperatively as they begin to explore simple machines using LEGO® early childhood materials. Each class is a new project with a story-starter and building challenge.

Ages: Grades K-2

Staff: Exceptional Youth Educational Services Staff

Days: Fridays

Dates: September 20 - October 25

January 10 - February 7 (5 weeks)

Location: Edna C. Stevens School

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

Fee: \$155 resident/\$160 non-resident

\$130 resident/\$135 non-resident (5 weeks)



BUILDING UP S.T.E.A.M. USING LEGO®

If you like building challenges, then this is the class for you! Children work with standard LEGO® materials to problem-solve pre-engineering challenges involving structure, levers, gears, pulleys, and other elements of simple machines. Each class is a new project with a story-starter and then a building challenge

Ages: Grades 3-5

Staff: Exceptional Youth Educational Services Staff

Days: Fridays

Dates: November 8 - December 20 (no 11/29)

February 28 - March 28 (5 weeks)

Location: Woodside Elementary School

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

Fee: \$155 resident/\$160 non-resident

\$130 resident/\$135 non-resident (5 weeks)

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

HOME ALONE SAFETY

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

Ages: 8-13

Instructor: Sarah Maffiolini

Dates: Wednesday, September 18
Wednesday, November 20

Time: 5:00 p.m. - 6:30 p.m.

Location: Town Hall Arch Room

Fee: \$5 residents only

Registration is required / Open to residents only



BABYSITTER SAFETY

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

Ages: 11-17

Instructor: Life Safe Services

Dates: Tuesday, November 5 (no school)
Friday, February 14 (no school)

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

Location: Town Hall Arch Room

Fee: \$5 residents only

Registration is required / Open to residents only



YOUTH BASKETBALL CLINIC

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

Ages: Grades 3-6

Instructor: Rodney Hodge

Day: Saturdays

Dates: September 21 - October 26

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

Location: Town Hall Gym

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



TEEN MAKEUP WORKSHOP

This workshop will explore makeup techniques, choosing the right foundation, grooming, defining eyebrows, natural day and night application, "must have" products and tools for your kit, and so much more!

Ages: 13 - 18

Staff: Celebrity Makeup Artist Joby Rogers

Day: Tuesday

Date: October 15

Location: Town Hall Dining Room

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

Fee: \$5 residents only

Registration is required / Open to residents only



WINTER ART EXTRAVAGANZA

Masterpieces with a Twist: Unique art program exploring creativity and learning about famous artists. Create three stunning winter-themed paintings ~ Starry Night Winter Wonderland, Pop Art Snowmen, and Northern Lights Spectacular

Ages: Grades K-2 and 3-5

Instructor: Abtrakadoodle Staff

Day: Tuesdays

Dates: January 7 - January 21 (3 weeks)

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

Location: Edna C. Stevens School
Woodside Elementary School

Fee: \$50 resident/\$55 non-resident



ABRAKADOODLE

Doodle & Design: Grades K-2 Students doodle and design to explore new techniques, materials, art history and design-loving artists

Master Artist Cartoons: Grades 3-5 Create artworks inspired by artists who explore color, innovate with paint and depict familiar scenes.

Ages: Grades K-2 and 3-5

Instructor: Abtrakadoodle Staff

Day: Tuesdays

Dates: February 11 - March 11 (no 2/18)

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

Location: Edna C. Stevens School
Woodside Elementary School

Fee: \$65 resident/\$70 non-resident includes all supplies



ZUMBA

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

Ages: 12 and up

Instructor: Briana O'Leary Frye

Day: Mondays

Dates: September 16 - October 28 (no 10/14)

November 18 - December 16 (5 weeks)

January 6 - February 24 (no 1/20, 2/17)

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

Location: Town Hall Gym

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

\$45 resident/\$55 non-resident (5 week session)



POUND FITNESS

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

Ages: 13 and up

Instructor: Donna Dorbuck

Days: Thursdays

Dates: September 19 - October 24

November 7 - December 19 (no 11/28)

January 9 - February 13

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

Location: Town Hall Gym

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



FAMILY PAINT NIGHT

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

Ages: 7 and up

Instructor: Camp Simon Art Center

Days: Thursdays

Dates: October 24 *or*

December 12

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

Location: Town Hall Dining Room

Fee: \$5 residents only



Registration is required / Open to residents only

FAMILY PLANT NIGHT

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

Ages: 5 and up with parent/guardian

Instructor: The Flower Shed

Day: Thursdays

Date: November 7 *or*

January 16

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

Location: Town Hall Dining Room

Fee: \$5 residents only



Registration is required / Open to residents only

CPR/FIRST AID TRAINING

Adult/Child/Infant CPR and AED (Part One): Learn the skills of CPR and AED use for adults, children and infants

First Aid Essentials (Part Two): This class will cover the most common emergencies and the immediate actions needed to care for someone until Emergency Medical Services arrive.

These classes are very hands on and interactive.

Ages: 15 & up

Instructor: Life Safe Services

Day/Date: Monday & Wednesday, October 21 & 23

Day/Date: Saturday, March 22

Time: 6:00 p.m. - 9:00 p.m. (Monday & Wednesday)

9:00 a.m. - 3:00 p.m. (Saturday)

Location: Town Hall Arch Room

Fee: \$80 resident/\$90 non-resident



TENNIS

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

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

Instructor: Miguel Garcia

Days: Tuesdays and Thursdays

Dates: September 17 - October 10

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

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

Location: Watrous Park Tennis Courts

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



GIRL TALK

This workshop is designed to give girls a better understanding of the changes their bodies will go through during puberty. Topics discussed include the importance of positive self-worth, healthy communication, and how to deal with difficult situations that may arise during these dynamic times of their lives.

Must attend with a parent or guardian.

Ages: Grades 5-8

Instructor: Alicia Berger Harriman, MSPT

Day/Date: Monday, November 18

Time: 5:30 p.m. - 7:30 p.m.

Location: Room 222

Fee: \$5 residents only

Dinner, Dessert and Goody Bags Provided



DIY FAMILY KITS

Do It Yourself activities are provided by Cromwell Youth Services and are a great way to bond with family and work together! One kit per family. Kits will be available for pick up at Cromwell Youth Services the Monday after the registration deadline.

Red Ribbon Week Tulip Planting

*Register by Monday, October 14

Holiday Baking Grinch Cookies

*Register by Monday, December 10

It's a Marshmallow World

*Register by Monday, January 13

Fee: \$5 residents only

Registration is required / Open to residents only

FALL CORNHOLE LEAGUE

Join us for our Fall Cornhole League for six weeks under the lights at Pierson Park. Two players per team; can list alternates on team roster form.

Alternates cannot be on any other active roster in our league. **12 teams maximum**

Ages: 21 and up

Instructor: Recreation Department Staff

Day: Thursdays

Date: September 19 - October 24 (No playoffs)

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

Location: Riverport Park Grass Parking Lot

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

DON'T LET A GOOD PROGRAM FADE AWAY!

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

REGISTER EARLY!

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

Town Hall Gym Programs

Must pre-register on a first come, first serve basis. Cromwell residents have first priority. Open to non-residents starting September 16.

MEN'S BASKETBALL 18+

Come join us on Tuesday nights in the Town Hall Gym for a game of pick up basketball.

Ages: 18+

Supervisor: Jorge Sousa

Day: Tuesdays

Dates: September 17 - March 25
(no 12/24 & 12/31)

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

Location: Town Hall Gym

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

COED VOLLEYBALL

Come join us on Wednesday nights for Co-Ed Volleyball.

Ages: 18+

Supervisor: Dave Theobald

Day: Wednesdays

Dates: September 18 - March 26
(no 12/25 & 1/1)

Time: 6:00 - 7:30 p.m. - Beg/Inter.
7:30 p.m. - 9:00 p.m. - Adv.

Location: Town Hall Gym

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

MEN'S BASKETBALL 35+

Come join us on Thursday nights in the Town Hall Gym for a game of pick up basketball.

Ages: 35+

Supervisor: Dave Delvalle

Day: Thursdays

Dates: September 19 - March 27
(No 11/28)

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

Location: Town Hall Gym

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

VIRTUAL YOGA ~ Vinyasa Flow

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

Please have a yoga mat and wear comfortable clothing.

Ages: 18 and up

Instructor: Stacey Schnurr

Day: Tuesdays

Dates: November 12 - December 17

January 14 - February 18

March 4 - April 8

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

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

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



WOMEN'S SELF DEFENSE COURSE

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

Bring your friends and your questions.

Instructor: Debbie Shekosky, Champions Karate School

Day/Dates: Wednesday, November 6

Day/Dates: Wednesday, February 5

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

Location: Town Hall Gym

Fee: \$30 resident

\$35 non-resident



ON BOARD WITH TAP

Learn the basic fundamentals of tap dance on an individual, custom- made tap board that will be provided for you. Tapping on a tap board is an energetic form of tap that focuses on technique, rhythm and sounds.

No experience necessary. Tap shoes are required.

Ages: 18 and up

Instructor: Lynn Agnew

Days: Tuesdays

Dates: September 24 - October 29

November 19 - December 17 (5 weeks)

January 14 - February 18

Time: 5:00 p.m. - 5:45 p.m.

Location: Town Hall Gym

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

\$37.50 resident/\$47.50 non-resident (5 weeks)



BROADWAY JAZZ CLASS

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

Ages: 18 and up

Instructor: Lynn Agnew

Days: Tuesdays

Dates: September 24 - October 29

November 19 - December 17 (5 weeks)

January 14 - February 18

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

Location: Town Hall Gym

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

\$37.50 resident/\$47.50 non-resident (5 weeks)

Jazz shoes are preferred.



YOGA

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

Ages: 18 and up

Instructor: Jeannine Marron, Peaceful Chaos Yoga

Day: Tuesdays

Dates: September 17 - October 22

November 5 - December 10

January 7 - February 11

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

Location: Peaceful Chaos Yoga Studio

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



NARCAN TRAINING

This training will prepare you to identify possible opioid overdose, what steps to take if you suspect an overdose, and how to administer Narcan. Narcan will be available upon completion of this training and is free.

Ages: 18 and up

Instructor: Wheeler Clinic Project Coordinator

Day/Date: Thursday, September 19

Day/Date: Tuesday, December 3

Time: 5:30 p.m. - 6:00 p.m.

Location: Town Hall Arch Room

Fee: Free for Cromwell residents



Must be registered to attend

PROGRAM PROPOSALS

Have an idea for a new program? Or have a special skill or talent that you would like to teach others in our community? We are always looking for new instructors and new ideas for programs. Please email the Recreation Department at recreation@cromwellct.com with your ideas or proposal.



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



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



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



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



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



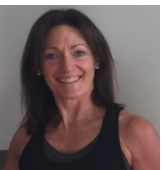
ZUMBA: BRIANA O'LEARY is a life-long dancer who has been a Zumba instructor since 2014. She found her passion for Zumba after looking for opportunities to continue dancing after graduating college. She is certified to teach B1, Aqua Zumba, Zumba Kids, and Zumba Kids Jr. Her favorite part is seeing the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



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



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



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



DANCE/PRESCHOOL PROGRAMS: LYNN AGNEW is the Preschool/Tap Instructor at New England Dance in Cromwell. She has owned and operated her own dance studio and has studied under prominent NYC teachers as well as competed for 12 years! She also teaches "Performing Arts" at the prestigious Fred Astaire Dance Studio. Most recently, Lynn was welcomed back teaching Tap & Jazz Classes at the brand new "Vinnie's Jump & Jive" where she taught for 10 years before moving to Virginia. She is in her 50th year of teach all ages from preschool to adult.



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



CROMWELLCT.COM/YOUTH-SERVICES

Cromwell Prevention & Awareness Council (CPAC)

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

For more information call 860-632-3448.

Thursday, September 19, 2024

Thursday, November 21, 2024

Thursday, February 20, 2025

Thursday, May 15, 2025



Cromwell Diaper Bank

The goal of the Cromwell Diaper Bank is to help support families with infants and toddlers to offset some of the cost to care for their children. If you need diapers, please contact 860-632-3448. Applications can be found on our website.



* Accepting donations *



Kin Care Connection

The Cromwell Kin Care Connection is a safe place for caregivers raising a relative's child(ren) to gather, network, and support one another. Regular meetings take place at the Cromwell Town Hall.



For more information call 860-632-3448.



Cromwell Senior Center

Warm the Children

Cromwell Youth Services will be participating in the 2024 Warm the Children program. With the help of local organizations, Warm the Children provides new winter clothing for local children in need.

Information and Applications are coming soon!

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

SAFE MEDICAL DISPOSAL

Remove expired, unwanted, or unused medications from your home as quickly as possible to help reduce the chance that others accidentally take or intentionally misuse them. Drop medications in the locked drop box inside the lobby of the Cromwell Police Department located at 5 West Street. *No questions asked.*

Please see our website for accepted items.

SAFELY DISPOSE. PREVENT ABUSE.



BRING UNWANTED MEDICATION TO THE LOCKED DROP BOX AT THE CROMWELL POLICE DEPARTMENT 5 WEST ST. CROMWELL, CT (860) 635-2256

2025 Family Resource and Preschool Expo

Save The Date

Thursday, March 11, 2025

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

Town Hall Gym

**Snow Date March 13, 2025*

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



Grade 1 - Basketball Clinic

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

Age: Grade 1

Staff: Skyhawks Staff

Day: Saturdays

Dates: January 4 - February 22 (no 2/15)

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

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

Location: Woodside Intermediate School Gym

Fee: \$140 resident includes t-shirt

Grade 2 - Basketball Clinic

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

Age: Grade 2

Staff: Skyhawks Staff

Day: Saturdays

Dates: January 4 - February 22 (no 2/15)

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

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

Location: Woodside Intermediate School Gym

Fee: \$140 resident includes t-shirt

Youth Basketball League

Register by: November 1

Make-up dates are February 28 & March 1

Interested in Coaching - We need YOU! Each year we look for coaches to assist with our teams. We cannot run this program without **YOU!** It's a great way to share your knowledge of the game with new players looking to learn or to stay connected with your child. Please fill out the 2024 Coaching Application located on our website, cromwellrec.com and return it to recreation@cromwellct.com.

Mandatory Coaches Meeting: Wednesday, November 13, 7:00 p.m.

Mandatory Players Evaluation & Coaches Draft: Saturday, November 16 from 9:15 a.m. - 3:00 p.m. at Woodside Intermediate School. Each division will be notified as to when their 1 hour evaluation will take place prior to this evaluation. This season we will evaluate all players (Grades 3-8) in their respective divisions for the purpose of a coaches draft. Our goal will be to evenly distribute the talent throughout the league for better parity amongst teams. **No special requests for teams will be taken by our department.**

Fee: \$110 per participant includes reversible basketball jersey

Divisions	Grades	Practice	Games*
Varsity – Boys & Girls	3 & 4	Starting November 23 Town Hall Gym M-F based on coach availability 5:30 p.m.-6:30 p.m. OR 6:30 p.m.-7:30 p.m.	January 4 - February 22 Town Hall Gym Fridays: 5:30 p.m. & 7:15 p.m. Saturdays: 11:00 a.m., 12:45 p.m. & 2:15 p.m. *Possible away games
Semi Pro – Boys & Girls	5 & 6	Starting November 23 Cromwell Middle School OR Woodside Intermediate School M-F based on coach availability 5:30 p.m.-6:45 p.m. Times subject to change	January 4 - February 22 Cromwell Middle School Fridays: 5:30 p.m. & 7:15 p.m. Saturdays: 9:00 a.m., 11:00 a.m., 12:45 a.m., & 2:30 p.m. *Possible away games
Pro – Boys & Girls	7 & 8		

FALL / WINTER

Join us on **OCTOBER 11**
at Pierson Park for a
showing of *Halloweentown*
on the big screen!



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

In conjunction with the Cromwell Belden Public Library
and Cromwell Youth Services join us for an evening of
fun Halloween activities, popcorn, food trucks and more!



BUS TRIP to **SALEM HAUNTED HAPPENINGS**

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

Sunday, October 13
\$85 resident/\$90 non-resident
includes driver gratuity

Itinerary:

8:00 a.m. - Depart Cromwell Town Hall
11:00 a.m. - Arrive in Salem
5:00 p.m. - Depart Salem
8:00 p.m. - Return Cromwell
Town Hall



2025 Town of Cromwell Farmers Market

The Town of Cromwell Farmers Market will be returning in 2025, bigger and better than ever! 2024 saw a record number of vendors as well as patrons along with some fantastic entertainment throughout the summer! With your support, we continue to grow and expand the market each year.



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

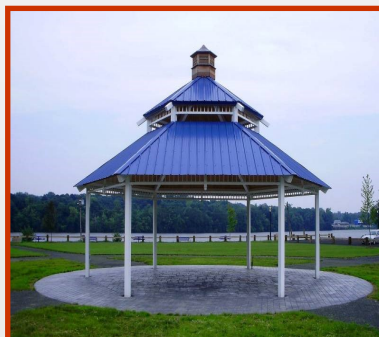
Vendor Applications will be available beginning in
January. Please contact the Recreation Department to
get your name on the list!

PAVILION RENTALS

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, 2025**. Non-residents may register beginning **April 1, 2025**. Please find a Request for Pavilion Use form on our website. This form along with the required fees must be returned to the Cromwell Recreation Department.



Pierson Park
7 West Street



Riverport Park
1 River Road



Watrous Park
40 Geer Street

Mayor's Tree Lighting

Caroling
Hot Chocolate
Cookies

Saturday, December 7
5:00 p.m. Tree Lighting
Followed by Santa's Arrival
Cromwell Town Green
(next to the Police Department)

Petting Zoo
3D Glasses
Photo Booth
Food Trucks

Join us for a fun family holiday gathering!

Sponsored by the Mayor's Office and Cromwell Recreation Department

~ write a letter to ~
Santa

Tell Santa what you want for Christmas by writing a letter and leaving it in Santa's Mailbox at the Mayor's Tree Lighting or at Town Hall by the flag pole starting December 9. Please place letters in the mailbox prior to **December 16** to ensure Santa can respond to everyone before Christmas.

Be sure to include:

Child's name

Address

Age



Town of Cromwell Farmers Market 3rd Annual Craft Fair

Saturday, December 14
9 a.m. to 2 p.m.
Cromwell Town Hall

Santa will be here from 10 a.m. to 12 noon

Over 70 vendors including some
of your favorites from the
farmers market.

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



Cromwell Recreation Department
41 West Street
Cromwell, CT 06416

US Postage
PAID
Hartford CT
Permit # 5126

Residential Customer
Cromwell, CT 06416



cromwellrec.com

