

CROMWELL RECREATION DEPARTMENT

2026-2027 FALL/WINTER BROCHURE

Cromwell Recreation Department

41 West Street

Cromwell, Connecticut 06416

Phone: 860-632-3467

FAX: 860-632-3435

Email: recreation@cromwellct.gov

Web Address: cromwellrec.com



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Letter from our New Recreation Director

Dear Residents,

It is a pleasure to introduce myself as your new Recreation Director. I am excited to join the Cromwell community. From the residents I've met at the summer's concerts and farmers markets, it's clear that Cromwell is a close-knit town with people who care deeply about their community. I look forward to meeting many more of you at upcoming programs, events, and town gatherings.

For nearly 20 years, I have had the privilege of serving the Brookfield, Trumbull, and Litchfield communities through parks and recreation. Growing up, I benefited from community programs, sports, and local events that shaped my appreciation for the important role recreation plays in bringing people together. My goal is to build on Cromwell's strong traditions while creating new opportunities for residents of all ages to connect, learn, and have fun.

To help guide the department's future, we have launched a community needs assessment survey. It takes about 8 minutes to complete, and your feedback will help shape future programs, events, and services. Thank you for taking the time to share your thoughts.

When I joined the department in June, one of the first issues I encountered was feedback about our recreation software. After listening to residents and staff and evaluating the system, we decided to return to MyRec for program registration and facility reservations. You can find more information about this decision on page 4.

I am pleased to present the 2026-2027 Fall/Winter Brochure. I look forward to seeing you at our programs and events and to hearing your ideas as we continue to strengthen recreation opportunities in Cromwell.

Sincerely,

Dan Gagne
Recreation Director



Mission:

The department is dedicated to offering a diverse range of leisure and enrichment programs for Town residents of all ages, from preschool through adulthood, including specialized senior programming. Our offerings include, but are not limited to, sports leagues, instructional classes, fitness programs, toddler activities, music education, arts and crafts, special events, summer concerts, and a variety of additional programs.

Americans with Disabilities Act (ADA) Compliance:

Cromwell Recreation complies with the Americans with Disabilities Act (ADA) prohibiting discrimination on the basis of disability. ADA requires that recreation programs must be implemented in the most integrated setting possible, appropriate for each individual. Persons with disabilities are encouraged to contact the Cromwell Recreation Department at least two weeks in advance regarding any accommodations needed to assist with participation in and enjoyment of any program or special event.

Contact Us:

Cromwell Recreation Department
41 West Street, Cromwell, CT 06416

Phone: 860-632-3467

Website: <https://cromwellrec.com>

Recreation Staff:

Dan Gagne, Recreation Director - Ext. 4

dgagne@cromwellct.gov

Shelby Jones, Recreation Supervisor - Ext. 3

sjones@cromwellct.gov

Rosanne Krajewski, Admin. Assistant - Ext. 2

recreation@cromwellct.gov

Joshua Heaney, Recreation Assistant - Ext. 2

jheaney@cromwellct.gov

Recreation Commission:

Commissioners

Dan Brisson

John Schmaltz

John Schukoske

Gregory Valente

Jim Vinchetti

*Meetings are held the first
Thursday of each month at
5:00P.M.*

Town Sports Organizations:

Cromwell Lions (Youth Football)

www.cromwelllions.com

cromwelllions@gmail.com

Cromwell Little League

www.cromwelllittleleague.com

info@cromwelllittleleague.com

Cromwell Chill Soccer Club

www.cromwellsoccer.com

cromwellchillsoccerclub@gmail.com

Rebels Travel Basketball

cromwellrebelsbasketball@gmail.com

MyRec is now Mobile!

Our switch back to the MyRec software also features a new mobile app! This will allow residents a much smoother experience navigating the website on their phone. More details on page 4.

**For any parks related issues or concerns,
please contact the
Public Works Department at:
860-632-3420.**

**OOPS! Despite our best effort, errors
sometimes make it into print or details
change after publication. Please check
the website for up to date information.**

Registration Process:

Registration is processed online at cromwellrec.com by phone or in person during regular office hours. You must create a MyRec account (see page 4) and add your household prior to any registration. Full payment is required at the time of registration. A receipt will be emailed automatically upon completion of registration or printed upon request. If a program reaches capacity, registrants will be placed on a waitlist and notified as space becomes available.

Photo Policy:

By registering for or participating in a program, you grant permission for Cromwell Recreation to photograph and/or publish images for promotional purposes. If you do not wish to be photographed, please submit your request in writing prior to the start of the program.

Non-Residents:

Non-residents are welcome to register for programs; however, for some programs Cromwell residents receive priority registration. A non-resident fee may apply to eligible programs and some programs may be restricted to residents only.

Pavilion Rentals:

Pavilion reservation requests may be submitted to the Recreation Department either in person or online through your MyRec account, beginning January 4th for 2027 reservations. Please submit your request at least two weeks prior to your desired reservation date. Once your request has been reviewed and approved, an invoice will be generated in your MyRec account. Payment must be received before a permit will be issued.

Payment:

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

Credit Cards:

Our MyRec registration system allows users to securely store credit card information for future transactions. To save your card, please select "Save This Card" at checkout.

Removing Your Credit Card from Account:

If your credit card has expired or is no longer valid, log in to your MyRec account and navigate to the Account Overview page. In the Accounts section, select Edit Payment Method, then click Edit next to the payment method you wish to update. From there, you can update your billing information, replace your credit card, or remove the payment method entirely.

Financial Assistance

Financial assistance is available on a first-come, first-served basis to those who qualify. For eligibility requirements and application information, please see page 4 or visit our website.

Refund Policy:

Cromwell Recreation strives to provide high-quality programs at reasonable costs. Program fees are based on participation numbers. Refunds are issued only when requested in advance and subject to the following conditions:

- Full refunds will be automatic if a session is cancelled.
- All refunds are subject to a \$10 processing fee.
- Cancellations and refund requests must be made three business days before the program begins.
- Once a program has begun, refunds will not be issued unless there is a waitlist or a medical emergency. A physician's note is required.
- No refunds will be issued for participants who miss classes.

CROMWELL RECREATION RESERVES THE RIGHT TO:

MAKE CHANGES TO PRICING, PROGRAM CONTENT, DESCRIPTIONS AND SCHEDULES AT ANY TIME WITHOUT NOTICE.

Weather Policy:

- If Cromwell Public Schools are **cancelled**, all recreation programs held in school facilities will also be cancelled. Determinations for non-school locations will be made by the department.
- If schools have a **delayed opening**, all morning programs scheduled before 12:00 p.m. will be cancelled.
- If schools have an **early dismissal**, all afternoon and evening programs held in schools will be cancelled.
- Please contact our office (Extension 1) or visit our website and social media pages for the most up-to-date information regarding cancellations on program and event updates.

MYREC REGISTRATION PROCESS

Cromwell Recreation will return to using the MyRec software.
All accounts are still active with the same credentials for login.



1. The web address is www.cromwellrec.com

- New Users to the MyRec platform will need to create a new account.
- If you have taken a program with us from 2017 to December of 2025, your account should still be active with the same login credentials.

2. Resetting your password

- Click the *reset password* link and enter the billing email address associated with the account.
- If you do not receive an email, try to whitelist our emails (see below) and try again.

3. Confirm your account information

- On your account page, review each members information and update, as needed.
- Birthdays and grades can only be changed by the office staff.
- Email addresses for adults should be unique for each adult member. Duplicate emails may cause issues with receiving emails.

4. Sign up for a program

- Select the activity by clicking 'register now'. Follow the prompts to select the member, add to your cart, and checkout.
- If a program is full, add the participant to the waitlist and you will be notified if space opens.
- Full registration instructions are available online under the 'General Info/Dept Info' drop down.

5. Payment process

- Payment must be made at the time of registration. Discover, Mastercard, Visa and American Express are accepted. Cash, check or credit cards are also accepted in the office.

6. To ensure you receive our emails

- Whitelist "noreply@myrecdepartment.com" and "noreply@receipts.myrecdepartment.com"
- Instructions for various email providers are available under 'General Info/Dept Info' on the website.

MyRec is now Mobile!

- Android users should use Chrome. Apple users should use Safari.
- On your phone's browser, go to www.cromwellrec.com.
- Click the pop-up on the bottom of your phone's screen, or button at the bottom of the homepage to download the app. Follow the instructions to add the app to your home screen.
- This application will provide residents with a user friendly version to access your account, register for programs, and easily check for updates on the go.

FINANCIAL AID INFORMATION

Financial aid is available for Recreation Department programs on a first-come, first-served basis for eligible families, with a maximum of \$390 per participant annually, pending proper documentation.

APPLICATION PROCESS (PLEASE READ CAREFULLY)

To apply for financial aid, families must:

- Complete the 2026 Cromwell Recreation Financial Aid Application, available online.
- Meet income eligibility guidelines based on family size and gross household income. Income must not exceed 200% of the Federal Poverty Guidelines.
- Submit proof of residency, one month proof of income, and current bank statement to the Cromwell Human Services Office.

Applicants will be contacted upon approval. All information will be kept confidential.

YOUTH BASKETBALL LEAGUE

Get ready to hit the court! Our **Youth Basketball League** is designed to provide players in Grades 3–8 with an opportunity to develop their basketball skills, learn the fundamentals of the game, and enjoy the excitement of playing on a team!

Players will work on dribbling, passing, shooting, defense, teamwork, and game strategies, while gaining valuable experience through organized practices and games. The program emphasizes skill development, sportsmanship, teamwork, and, most importantly, having fun! All skill levels encouraged to join! Whether your child is new to basketball or looking to build on their existing skills, this league is a great way to stay active, make new friends, and enjoy the game. If leagues experience low enrollment, the Recreation Department may work with neighboring towns to fill out the schedule. Some games may be played in other towns.

Coaches Wanted: Volunteer coaches are essential to the success of our basketball program. Whether you are sharing your love of the game or spending time with your child, coaching is a rewarding experience.

If you are interested, please complete the 2026 Coaching Application at cromwellrec.com and return it to recreation@cromwellct.gov.

Mandatory Coaches Meeting: Saturday, November 14

Mandatory Player Evaluations & Coaches Draft: Saturday, November 14 | 9:15 A.M. – 3:00 P.M.

Woodside Intermediate School. All players in Grades 3–8 are required to attend player evaluations for the coaches draft. Each division will be assigned a one-hour evaluation time and notified in advance. Evaluations are used to create balanced teams.

Special requests for teams will NOT be accepted.

FEE: \$125 PER PARTICIPANT (INCLUDES REVERSIBLE BASKETBALL JERSEY)

<u>DIVISIONS:</u> VARSIITY BOYS & GIRLS	GRADES: 3 & 4	Town Hall Gym M-F based on availability 5:30 – 6:30 P.M. or 6:30 – 7:30 P.M.	January 9 – February 27 Town Hall Gym Saturdays: 11:00 A.M., 12:45 P.M. & 2:15 P.M. *Possible Away Games
SEMI PRO BOYS & GIRLS	GRADES: 5 & 6	PRACTICE: NOVEMBER 30 Cromwell Middle School or Woodside Intermediate Gym M-F based on availability 6:45 P.M. – 8:00 P.M. <u>Times subject to change</u>	January 9 – February 27 Cromwell Middle School Saturdays: 9:00 A.M., 11:00 A.M., 12:45 P.M. & 2:30 P.M. *Possible Away Games
PRO BOYS & GIRLS	GRADES: 7 & 8		

SKYHAWKS BASKETBALL CLINICS ~ KINDERGARTEN, GRADES 1 & 2

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

Instructor: Skyhawks Staff

Dates: Saturdays, January 9 – February 13

Times: 9:00 A.M. – 9:45 A.M. ~ Kindergarten boys and girls

10:00 A.M. – 11:00 A.M. ~ Grade 1 boys

11:15 A.M. – 12:15 P.M. ~ Grade 2 boys

12:30 P.M. – 1:30 P.M. ~ Grades 1 and 2 girls

Location: Woodside Intermediate School Gym

Pricing: \$160 resident/\$170 non-resident Kindergarten; \$165 resident/\$175 non-resident (includes T-shirt)



TODDLER PLAYGROUP

An open-play social experience designed for children with parent or caregiver. Little ones can explore toys, move freely, and interact with others. *Parent supervision required.*

Ages: Birth - 4 years old

Staff: Miss Bonnie

Day: Thursdays

(No 11/26)

Dates: Fall Session: September 17 - December 10
Winter Session: January 7 - March 25

Time: 9:30 A.M. - 11:00 A.M.

Location: Town Hall Gym

Pricing: *FREE* Cromwell resident
\$25 non-resident



MESSY PLAY ART

Messy Play Art encourages children to explore creativity through sensory-based art activities. Participants will experiment with materials, textures, and colors in a fun environment where being messy is part of the fun! *Parent supervision required.*

Ages: 2 - 5

Instructor: Miss Bonnie

Dates: Fridays, October 9, 16, 23

Session 2: November 6, 13, 20

Session 3: January 15, 22, 29

Time: 10:30 A.M. - 11:15 A.M.

Location: Town Hall Activity Room

Pricing: \$15 resident/\$20 non-resident

PLAY DATE IN THE PARK

Join us under the Watrous Park Pavilion for a fun-filled morning of creating and playing! Children will have the opportunity to build social skills while enjoying a themed sensory station, decorating their own pumpkin and participating in free play activities. *Parent supervision required.*

Ages: 2 - 5

Staff: Miss Bonnie

Date: Saturday, October 24

Time: 10:00 A.M. - 11:00 A.M.

Location: Watrous Park Pavilion

Pricing: \$10 resident/\$15 non-resident per child



COOK, CREATE & MUNCH

Children will learn basic food-preparation skills while enjoying the opportunity to create fun, hands-on dishes in conjunction with local Cromwell businesses. *Parent supervision required.*

Ages: 2 - 5

Day: Wednesdays



Dates: September 30 - **Woody's Ice Cream**

October 21 - **Stew Leonard's, Newington**

November 18 - **Barbs Pizza**

Time: 11:00 A.M. - 11:45 A.M.

Location: *Refer to dates above for location*

Pricing: \$10 resident/\$15 non-resident ~ Each Date

PRESCHOOL HALLOWEEN PARTY

Enjoy a morning of free play, festive crafts, grab-and-go treats, and a Halloween-themed story. Then, don't miss the grand finale—Trick-or-Treating through Town Hall! Follow the pumpkins as you visit Town departments to collect Halloween treats and enjoy a fun, safe trick-or-treating adventure.

Day: Friday

Date: October 30

Time: 10:00 A.M. - 11:30 A.M.

Location: Town Hall Gym

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

Pre Registration is required as space is limited



PRESCHOOL HOLIDAY PARTY

Join us for some festive fun! Enjoy a morning of free play, holiday crafts, grab-and-go treats, and a festive story. We're excited to welcome Frosty as our special guest for photos. He will have a special gift for each child, making this a memorable holiday celebration!

Day: Thursday

Date: December 17

Time: 10:00 A.M. - 11:30 A.M.

Location: Town Hall Gym

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

Pre Registration is required as space is limited



MUSIC TOGETHER

Music Together classes feature a lively mix of classic favorites and new songs, blending traditional tunes, multicultural music, and playful rhythms that inspire movement, singing, and imagination. Families will enjoy weekly classes along with at-home learning materials, including an illustrated songbook and access to recordings through the Music Together app.

Ages: Newborn to 5 years with parent or caregiver

Instructor: Miss Amy

Day: Saturdays

Dates: Fall Session ~ September 12 – November 14

Jingle Jam ~ December 5 – December 19

Winter Session ~ January 9 – March 20 (no 2/13)

Times: 9:30 A.M. – 10:15 A.M. **OR** 10:30 A.M. – 11:15 A.M.

Location: Town Hall Arch Room

Pricing: Fall/Winter Sessions: \$235 first child/\$135 sibling / Jingle Jam: \$90 first child/\$50 sibling



EDIBLE MATH

Learning math is more fun when you can eat it! Preschoolers will practice counting, sorting, measuring, shapes, colors, and patterns while making simple, allergy-aware snacks. This hands-on class encourages learning, creativity, following directions, and sensory exploration – all while having a tasty time!

Ages: 3 – 5

Instructor: Erica Peryga

Days: Mondays

Dates: Session 1: October 19 – November 9

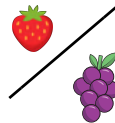
Session 2: January 11 – February 8 (no 1/18)

Session 3: March 1 – March 22

Time: 10:30 A.M. – 11:15 A.M.

Location: Town Hall Activity Room

Pricing: \$40 resident/\$50 non-resident



FRIENDSHIP BUILDERS

Making friends is a big part of growing up! Through stories, games, puppets, and role-play, children will practice sharing, taking turns, showing kindness, and understanding their feelings. This fun and interactive class helps build confidence, communication skills, and positive friendships.

Ages: 3 – 5

Instructor: Erica Peryga

Days: Tuesdays

Dates: Session 1: September 29 – October 20

Session 2: November 17 – December 8

Session 3: January 19 – February 9

Time: 10:00 A.M. – 10:45 A.M.

Location: Town Hall Activity Room

Pricing: \$40 resident/\$50 non-resident



SKYHAWKS SOCCER TOTS

Kickstart your child's soccer journey. 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: Skyhawks Staff

Dates: Saturdays, September 26 – November 7

(No 10/10)

Time: 9:00 – 9:45 A.M. – Age 2

10:00 – 10:45 A.M. – Age 3

11:00 – 11:45 A.M. – Age 4 & 5

Location: Riverport Park Grass Parking Lot

Pricing: \$109 resident/\$119 non-resident



NATURE EXPLORERS

Let's discover the wonders of nature! Children will explore leaves, flowers, bugs, animals, weather, and the changing seasons through fun scavenger hunts, simple observations, and nature crafts.

Ages: 3 – 5

Instructor: Erica Peryga

Days: Wednesdays

Dates: September 30 – Town Hall

November 4 – Pierson Park Pavilion

March 31 – Watrous Park Pavilion

Time: 9:00 A.M. – 9:45 A.M.

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





INTRO TO ACTING

Lights, camera, fun! Kids will explore the world of acting through theatrical games, improv, and role-play activities. This fun, creative class helps build confidence, imagination, communication skills, and teamwork while letting kids laugh and be themselves.

Grades: 3 - 5 (WIS) / 6 - 8 (CMS)

Instructor: Erica Peryga

Days: Mondays

Dates: **Fall CMS:** October 19 - November 16

Winter WIS: January 4 - February 8 (no class 1/18)

Late Winter WIS: March 1 - March 29

Time: 2:30 P.M. - 3:30 P.M. (CMS)

3:30 P.M. - 4:30 P.M. (WIS)

Pricing: \$50 residents/\$60 non-residents



BUILDING UP S.T.E.A.M. USING LEGO

Get ready to imagine, create, and build! Children work with standard LEGO® materials to problem-solve pre-engineering challenges involving structure, levers, gears, pulleys, and other machine elements! Each class features a new story-starter and building challenge. Instructors meet the students right after school. Parent pickup at the conclusion of the program.

Grades: K - 2 (ECS) / 3 - 5 (WIS)

Staff: Exceptional Youth Educational Services Staff

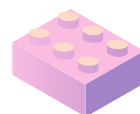
Days: Fridays

Dates: **WIS:** January 8 - February 5

ECS: February 26 - April 2 (no 3/26)

Time: 3:30 P.M. - 4:30 P.M.

Pricing: \$155 resident/\$165 non-resident



FUTSAL & STREET SOCCER

Futsal aims to increase the player's personal skills to the next level. It allows players to touch the ball up to 600% more than the traditional soccer thereby increasing the player's decision-making skills and comfort with the ball.

Dates: Saturdays, November 7 - December 5 (no 11/28)

Ages 2-5: 9:00 A.M. - 10:00 A.M.

Ages 6-9: 10:00 A.M. - 11:00 A.M.

Ages 10-13: 11:00 A.M. - 12:00 P.M.

Dates: Thursdays, March 4 - March 25

Ages 2-5: 3:30 P.M. - 4:30 P.M.

Ages 6-13: 4:30 P.M. - 5:30 P.M.

Location: Town Hall Gym

Pricing: \$120 resident/\$130 non-resident



YOUTH BASKETBALL CLINIC

Prepare for the 2026-2027 basketball season! Improve your game through a combination of individual and group drills designed to develop ball handling, shooting, passing, defense, footwork, and overall court awareness. Each session will also include controlled scrimmages, allowing players to apply what they've learned in a fun, game-like environment.

Grades: 3 - 6

Instructor: Rodney Hodge

Dates: Saturdays, September 26 - October 24

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

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



INTRO TO TENNIS

Class 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, focusing on using drills to improve balance, coordination, and agility.

Ages: 4 - 13

Instructor: Tennis & Fitness Center of Rocky Hill Staff

Days: Tuesdays and Thursdays

Dates: September 15 - October 8

Time: 6:15 P.M. - 7:15 P.M.

Location: Watrous Park Tennis Courts

Pricing: \$145 resident/\$155 non-resident



SKYHAWKS VOLLEYBALL CLINIC

This co-ed program is designed for beginner to intermediate players and emphasizes both skill development and essential life lessons such as teamwork and sportsmanship. Learn passing, setting, hitting, and serving through drills, game-based activities, and daily scrimmages.

Ages: 10 - 14

Instructor: Skyhawks Staff

(no 11/11)

Session 1: Wednesdays, November 4 - December 16

Session 2: Wednesdays, January 6 - February 10

Time: 4:00 P.M. - 5:45 P.M.

Location: Town Hall Gym

Pricing: \$175 resident/\$180 non-resident

AFFINITY E-SPORTS

Explore the world of gaming, coding, and creativity in this engaging, hands-on program! Participants will build and create in Minecraft, learn introductory coding and game design, explore pixel art and animation, and develop teamwork and strategy skills through games such as Minecraft and Rocket League. A fun opportunity for students to build creativity, problem-solving, communication, and digital skills while having fun!

Ages: 7 – 13

Dates: Thursdays, September 24 – October 22

Instructor: Affinity E-Sports Staff

Class 1: Minecraft Build Battle Clinic – 3:30 P.M. – 5:00 P.M.

Class 2: Game Creation and Coding – 5:15 P.M. – 6:45 P.M.

Dates: Thursdays, November 5 – December 10 (no 11/26)

Class 1: Minecraft Modlabs – 3:30 P.M. – 5:00 P.M.

Class 2: Character Creation in Pixel Art – 5:15 P.M. – 6:45 P.M.

Dates: Thursdays, January 21 – February 25 (no 2/11)

Class 1: Minecraft Bedwars Clinic – 3:30 P.M. – 5:00 P.M.

Class 2: Rocket League Introductory Clinic – 5:15 – 6:45 P.M.

Location: Woodside Dock n Dine Room

Pricing: \$150 resident/\$160 non-resident

ABRAKADOODLE ~ ECS

This elementary school art class focuses on developing skills and learning techniques while designing unique creations using a variety of materials. For students in Grades K to 2.

Instructor: Abrakadoodle Staff

Days: Tuesdays

Dates: October 6 – October 27 ~ Cute & Cuddly
November 17 – December 8 ~ Just Dreamy!

Time: 3:30 P.M. – 4:30 P.M.

Location: ECS Dismissal Room

Pricing: \$66 resident/\$76 non-resident



ABRAKADOODLE ~ WIS

Bust Doodle ~ Learn to sculpt and create a bust using air dry clay.

Sun Print Doodle ~ Learn about cyanotypes to create a photo collage

Grades: 3 – 5

Instructor: Abrakadoodle Staff

Dates: Monday, December 7 ~ Bust Doodle
Tuesday, January 5 ~ Sun Print Doodle

Time: 3:30 P.M. – 4:30 P.M.

Location: Woodside Dock n Dine Room

Pricing: \$25 resident/\$35 non-resident



PAINTING WITH MRS. LOEHR

Painting class with Mrs. Loehr is a fun, step by step guided painting class. Paintings may feature landscapes, people, animals, cartoons, or storybook themes. Paint will stain clothes, bring a snack and wear old clothes.

Dates: Grade 2: Fridays, September 25 – October 23

Dates: Grade 1: Fridays, November 6 – December 11 (no 11/27)

Location: ECS Art Room

Instructor: Mrs. Loehr

Time: 3:30 P.M. – 4:30 P.M.

Time: 3:30 P.M. – 4:30 P.M.

Pricing: \$60 per student



FOOD EXPLORERS

Young chefs will mix, bake, decorate, and create a variety of delicious seasonal and chocolate-inspired treats. Each session features recipes and teaches basic kitchen skills. Recipes are nut-free and vegetarian but contain dairy, eggs, and gluten.

Grades: 3 – 5

Instructor: Food Explorers Staff

Dates: Tuesdays **Time:** 3:30 P.M. – 4:30 P.M.

Fall Desserts: October 6 – October 27

Holiday Baking: November 24 – December 15

Chocolatey Creations: January 26 – Feb. 23 (no 2/16)

Location: Woodside Dock n Dine Room

Pricing: \$90 resident/\$100 non-resident

KIDS 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.

Grades: K – 5

Instructor: Master Debbie Bissonnette

Dates: Wednesday, November 18

Thursday, February 18

Time: 6:00 P.M. – 7:00 P.M.

Location: Town Hall Arch Room

Pricing: \$25 resident/\$35 non-resident



ZUMBA

Get moving and have fun with this energetic dance-fitness class! Zumba combines upbeat music with easy-to-follow dance moves for a fun, full-body workout suitable for all fitness levels.

Ages: 12 and up

Instructor: Briana O' Leary Frye

Dates: Mondays

Session 1: September 21 – November 2 (no 10/12)

Session 2: November 16 – December 21

Session 3: January 4 – February 22 (no 1/18, 2/15)

Time: 7:00 P.M. – 8:00 P.M.

Location: Town Hall Gym

Pricing: \$60 resident/\$70 non-resident



POUND FITNESS

Release your inner Rockstar! Participants build confidence and unleash freedom to let loose and experiment movement, love our body while improving it, make noise and exist exactly as you were designed. Lightly weighted Ripstix® provided.

Ages: 13 and up

Instructor: Donna Dorbuck

Dates: Thursdays,

Session 1: September 24 – October 29

Session 2: November 12 – December 17 (no 11/26) *

Session 3: January 7 – February 11

Time: 5:00 P.M. – 6:00 P.M.

Location: Town Hall Gym

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

\$45 resident/\$55 non-resident (5 weeks)



TENNIS FOR TEENS & ADULTS- BEGINNER

This beginner program will get you started playing tennis in 4 weeks; and that's FAST! Start learning with larger, slower balls using the short courts and quickly move through progression to get your game up to full court play.

Ages: 14 and up

Instructor: Tennis & Fitness Center of Rocky Hill Staff

Days: Tuesdays & Thursdays

Dates: September 15 – October 8

Time: 7:15 P.M. – 8:15 P.M.

Location: Watrous Park Tennis Courts

Pricing: \$145 resident/\$155 non-resident



CPR/FIRST AID TRAINING

Adult/Child/Infant CPR and AED: Learn the skills of CPR and AED use for adults, children and infants.

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

Ages: 15 & up

Instructor: Life Safe Services

Dates: Wednesday & Thursday, January 13 and 14

Time: 6:00 P.M. – 9:00 P.M.

Location: Town Hall Arch Room

Pricing: \$100 resident/\$110 non-resident



BEGINNER/ADVANCED PICKLEBALL

These 2 pickleball classes are designed for players of varying skill levels, covering core fundamentals such as proper grip, serves, groundstrokes, volleys, rules, and gameplay, while also advancing skills through shot variety, spin, movement, strategy, and effective practice techniques to support continued improvement. 1.5 hours of lesson; ½ hour of play.

Ages: 14 and up

Instructor: Coach Pete O'Callaghan

Days: Mondays and Wednesdays

Dates: October 5 – October 26 (No 10/12)

Beginner: 5:30 P.M. – 7:30 P.M.

Advanced: 7:00 P.M. – 9:00 P.M.

Location: Watrous Park Tennis Courts

Pricing: \$125 resident/\$135 non-resident



BEGINNER LINE DANCING

Come Dance! The goal of this class is to expose the new line dancer to all the different types, styles, and forms of line dancing. Both traditional and contemporary styling and techniques will be taught. Participants will dance to a variety of music.

No partner needed.

Ages: 10 and up

Instructor: Chris Hookie, Sunshine Entertainment

Days: Tuesdays

Dates: October 6 – November 10

November 24 – December 29

January 12 – February 16

Advanced: 7:00 P.M. – 8:00 P.M.

Location: Dick Nobile Fieldhouse

Pricing: \$85 resident/\$95 non-resident

RESTORATIVE YOGA

A deeply relaxing practice that uses supportive props to comfortably hold poses, allowing your body to release tension calm the nervous system and activate its natural healing process.

Ages: 18 and up

Staff: Jeannine Marron, E-RYT200, RCYT95, PYT, YACEP

Day: Tuesdays

Dates: Session 1: September 22 – October 27
Session 2: November 10 – December 15
Session 3: January 5 – February 9

Time: 5:15 P.M. – 6:15 P.M.

Location: Town Hall Arch Room

Pricing: \$85 resident/\$95 non-resident



ALIGN YOUR SPINE YOGA

Combines gentle movement, mindful stretching, and targeted core strengthening to improve posture, increase stability and reduce everyday discomfort.

Ages: 18 and up

Staff: Jeannine Marron, E-RYT200, RCYT95, PYT, YACEP

Day: Tuesdays

Dates: Session 1: September 22 – October 27
Session 2: November 10 – December 15
Session 3: January 5 – February 9

Time: 6:45 P.M. – 7:45 P.M.

Location: Town Hall Arch Room

Pricing: \$85 resident/\$95 non-resident



NEW ARRIVAL

QIGONG

Qigong is a Chinese/Daoist study and practice of cultivating life force energy through various techniques. Gentle fluid movements increase energy, stretching muscles, increased range of joint motion and enhance balance. It is mindful relaxation, self-awareness, the flow of breath, meditation, and soft movements. By developing the healing art of energy within your body, you can experience a rhythm of life that's balanced, supporting health and vitality.

Session 1: Thursdays, October 1 – December 10 (no class 11/26)

Time: 5:30 P.M. – 6:15 P.M.

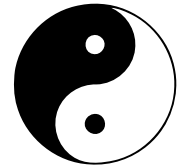
Session 2: Thursdays, January 7 – March 11

Time: 5:30 P.M. – 6:15 P.M.

Instructor: Larry Gal

Location: Dick Noble Field House, 20 James Martin Drive in Cromwell

Pricing: \$90 resident/\$100 non-resident



TOWN HALL GYM PROGRAMS

Men's Basketball 18+

Tuesdays

Sept. 15 – March 30

7:00 – 9:00 P.M.

Town Hall Gym

\$60 resident

\$70 non-resident

Supervisor: Jorge Sousa



Co-Ed Volleyball

Wednesdays

Ages 18+

Sept. 16 – March 31

(No 11/11)

Beg/Inter: 6:00 – 7:30 P.M.

Adv: 7:30 – 9:00 P.M.

\$60 resident

\$70 non-resident

Supervisor: Dave Theobald



Men's Basketball 35+

Thursdays

Sept. 17 – April 1

(no 11/26, 12/24, 12/31)

7:00 – 9:00 P.M.

Town Hall Gym

\$60 resident

\$70 non-resident

Supervisor: Dave Delvalle





860-632-3448

cromwellyouthservices@gmail.com

www.cromwellct.gov/171/Youth-Services

SAVE THE DATE

Community Baby Shower

November 7, 2026 | 10:00 AM - 12:00 PM

Cromwell Town Hall

A place for new and expectant families to learn about local resources, programs, and meet other new and soon-to-be parents!

This is a free event with informational speakers, giveaways, raffles, refreshments, and more!

Warm the Children

Each year the Middletown Kiwanis Club offers the Warm the Children program to income qualifying families in Cromwell. The program provides new warm winter clothing and footwear for children from birth to age 12. Applications are accepted in the month of October.



Applications available soon in the Human and Youth Services offices and also on our website:

www.cromwellct.gov/171/youth-services

Family Activity Kits

Plant the Promise Tulip Kit
Register by 10/9
Pickup 10/19-10/23

Holiday Baking Kit
Register by 11/27
Pickup 12/7-12/11

Cozy Connections Kit
Register by 1/22
Pickup 2/1-2/5

Ages: 18 & up to register

Pick Up: Cromwell Youth Services Office, 41 West Street

Register online: cromwellct.myrec.com

\$5.00 ~ Residents Only ~ 1 Kit per Household

Follow us!



@cromwellyouthservices



@cromwellctyouth

Find more information on these programs and more on our website!

www.cromwellct.com/171/youth-services



Bike & E-Bike Safety News

Cromwell Youth Services has been awarded a \$5,000 Connecticut Department of Transportation Active Transportation Microgrant, which includes funding for a Bike Rodeo event (date TBD) intended to teach safe biking and pedestrian skills. It will also fund safety equipment that will be available to the community, including helmets, high-visibility gear, bicycle lights, locks, maintenance materials, reflective stickers, and bike repair kits.

SAFETY FIRST



Home Alone Safety

This unique class is for children ages 8 to 13 who are left home alone. This interactive class will cover parents' safety concerns when their children are alone and students will learn to be more aware of the potential dangers they could face.

Instructor: Sarah Calos, Cromwell Youth Services

AGES:
8 - 13

Dates: Wednesday, October 14 ~ 1:00 P.M. - 2:30 P.M.

Tuesday, November 3 ~ 10:00 A.M. - 12:00 P.M.

Location: Town Hall Activity Room

Pricing: \$5 Cromwell residents only



Babysitter Training

Receive a Child Babysitting and Child/Pediatric CPR/First Aid Certification valid for 2 years. Open to ages 11-17.

Dates: Tuesday, 11/3 ~ 9:00 A.M.-2:00 P.M.

Friday, 2/12 ~ 9:00 A.M.-2:00 P.M.

Location: Town Hall Arch Room

Pricing: \$5 Cromwell residents only

Infant & Child CPR

Learn lifesaving skills when a child's breathing or heartbeat stops due to emergencies. Open to ages 12+.

Date: Saturday, November 21

Time: 9:00 A.M. - 12:00 P.M.

Location: Town Hall Arch Room

Pricing: \$5 Cromwell residents only



Family Art Workshop

Celebrate the season by creating handmade holiday cards. A fun and festive activity for ages 5+ with adult!

Date: Thursday, December 10

Time: 6:00 P.M. - 7:30 P.M.

Location: Town Hall Dining Room

Pricing: \$5 Cromwell residents only

QPR Suicide Prevention Training

Learn how to recognize the warning signs of suicide, offer support, and connect someone to professional help. Open to ages 18 and up.

Dates: 9/22 or 11/18 ~ 6:00 P.M. - 7:30 P.M.

Location: Town Hall Arch Room

Pricing: **FREE** but must register to attend

End Child Trafficking & Exploitation

This training provides an overview of Human Trafficking & Commercial Sexual Exploitation and indicators to help identify at-risk youth, engage children on this topic and provide tools to keep children safe. All adults welcome

Date: Wednesday, 1/13 ~ 6:00 P.M. - 7:30 P.M.

Location: Town Hall Arch Room

Pricing: **FREE** but must register to attend

Community & Facilities

We're looking for NEW Programs & Instructors!



Have an idea for a new program? Or have special skills or talent that you would like to teach others in our community? We are always looking for new instructors and new ideas for programs. A program proposal form is located on our website under GENERAL INFO and DEPT INFO. Send us your ideas!

Help Guide Cromwell Recreation!

Take our Needs Assessment Survey



Cromwell Recreation invites you to participate in a needs assessment survey. The survey takes 7-8 minutes to complete and will help us learn what residents are looking for in the coming years. If there is something you would like to share that is not addressed in the survey, please use the last question to share additional feedback with us.

Take survey by scanning the QR Code or visit the website at cromwellrec.com

Pavilion Reservations

The Cromwell Recreation Department will be accepting reservations on January 4th from Cromwell residents who wish to reserve one of the pavilions at **Watrous Park**, **Pierson Park** or **Riverport Park** during 2027. Non-residents may register beginning April 1, 2027.

To submit a reservation request, create or log into your MyRec account and select "Facility Requests". Choose your desired pavilion, date, and time, then click "Next". You will be prompted to provide your contact information, upload any required documents, complete the required questions, review the disclaimer, and submit. Once your request is submitted, the Recreation Department will review and notify you of its approval status and next steps.

Watrous Park
40 Geer Street



Pierson Park
7 West Street



Riverport Park
1 River Road





Town of Cromwell 9/11 Remembrance

**Friday, September 11th at 8:30 A.M.
Riverport Park at Frisbee Landing**



The public is invited to attend the Town of Cromwell 9/11 Remembrance for the 25th anniversary and help mark the solemn occasion. The morning will include a singing of the national anthem, sung by Richard Donahue, remarks from our local representatives, and a short prayer. There will be a moment of silence promptly at 8:46 A.M.



Family Scarecrow Decorating

**Wednesday, September 23rd
3:30 – 5:00 P.M.**

Residents Only ~ Registration Required



Bring the family out to Riverport Park to play in the hay! This FREE event will have you build your very own scarecrow to take home for fall display! The Recreation Department will provide the stakes, hay, and instruction. You bring the outfit, build and bring home!



Cromwell Riverport Festival September 24th – 26th @ Pierson Park www.cromwellriverport.com



Celebrating 175 years of Cromwell & 250 years of America!

The Cromwell Riverport Festival is a vibrant, family-friendly celebration that will bring our community together. The event will highlight the heart, spirit and local pride of Cromwell with a full weekend of live entertainment, delicious food from regional vendors, local artisans and businesses, kids' activities, carnival rides and games and community experiences for all ages.



Salem Haunted Happenings

Sunday, October 11th

8:00 A.M. – 8:00 P.M. | \$90 resident/\$95 non-resident



Travel aboard a deluxe motor coach to Salem, MA Haunted Happenings, New England's premier Halloween and fall celebration. Spend the day exploring the Salem Psychic Fair and Witches' Market, along with the city's festive attractions, at your own leisure. Depart from Cromwell Town Hall at 8:00 A.M. Salem from 11:00 A.M. to 5:00 P.M. Return to Town Hall approximately 8:00 P.M.



Leaf Peeping Kayak Tour

**Saturday, October 17th
11:00 A.M. – 1:30 P.M.**

\$75 per person ~ Open to ages 15+

**on the
Mattabasset
River**



Come Enjoy a relaxed, beginner-friendly guided kayak trip along the Mattabasset River as you take in the stunning colors of fall. Paddle at an easy pace while enjoying vibrant autumn foliage.

This tour is led by Janet Cunningham of Wanderlust Ecotours. All equipment provided.

****Minimum physical requirements: Must be able to paddle and enter and exit a sit-inside kayak.****

Special Events

4:30 P.M. - Caroling, Hot
Cocoa and Cookies
5:00 P.M. - Tree Lighting
5:15 P.M. - Santa Arrives

Mayor's Tree Lighting

Saturday, December 5

Cromwell Town Green

(Located next to the Police Department)



Enjoy an evening filled with
holiday magic and cheer!

Petting Zoo
Food Trucks
Santa's Mailbox

*Write a
Letter to
Santa*

DROP OFF YOUR
LETTERS TO SANTA
AT CROMWELL TOWN HALL
BEFORE DECEMBER 15

Santa's Mailbox is located
outside Town Hall by the flag pole.

You MUST include:

- Child's Name
- Address
- Age



Town of Cromwell Farmers Market 5th Annual Craft Fair



70+ Vendors!

Saturday, December 12

9:00 A.M. – 2:00 P.M.

A visit from Santa!

10:00am-12:00pm

Cromwell Town Hall

Follow the Farmers
Market on
Facebook!



**Be a
Vendor!**

Contact the Recreation Department

E-Mail: recreation@cromwellct.gov

Phone: 860-632-3467



Cromwell Recreation Department
41 West Street
Cromwell, CT 06416

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