



NEW LONDON RECREATION



New London Recreation Department

connect

Spring/Summer
2024

111 Union Street, New London, CT 06230 • 860-447-5230

New London Youth Affairs 860-442-4994

Visit us on the web at www.newlondonrec.com • REGISTER ONLINE!

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Message From the Director of Recreation

Dear Families and Friends of the New London Recreation Department:

As we look forward to spring, I am pleased to announce that on October 9, 2023, New London Recreation achieved re-accreditation through the fall of 2028. This accomplishment means that New London Recreation has fully demonstrated its commitment to the park and recreation field by complying with a body of standards deemed essential to the quality of services delivered, proving the professionalism of its operational system, and accomplishing best management practices. Congratulations to our hard-working staff and our partners in the community for this outstanding achievement.

Our Rec Department is excited to offer programming in response to the community conversations and assessments completed this past year. The plan is to have that programming at the Community Center once completed and in neighborhoods near you. Our goal is to aim for the seven dimensions of well-being—the social, cultural, economic,

emotional, environmental, intellectual, and, of course, physical components. We want to keep the community conversations going – in partnership with the ‘host’ groups and the administration, so that we continually engage more people in Recreation Programming.

We know the health benefits of spending time outdoors, connecting with others, and pursuing recreational activities that refresh, educate, and energize are essential. NL Recreation is committed to providing accessible and affordable recreation experiences for our diverse community. Please take a moment to browse our brochure. Contact us with any questions. Our program registration is available online in multiple languages at www.newlondonrec.com and in our office. We look forward to seeing you out and about the neighborhood.

All the best,
Joshua Posey, Director of Recreation



Follow Us on Social Media

for the latest news and information regarding City of New London Recreation



CITY OF NEW LONDON DEPARTMENT OF RECREATION INCLUSION STATEMENT

The City of New London Recreation Department provides recreation and leisure programs which are open to all residents in the City and seeks and supports participation by all citizens with a variety of interests and abilities. If you or a family member require special accommodations or support to participate in the New London Recreation Department programs, please contact us at least 5 business days prior to the start of class so we may make appropriate accommodations.

MISSION STATEMENT

To connect the community with resources that will enrich and enhance the quality of life of all individuals through healthy lifestyle initiatives, inclusive prevention services, and programs that encourage civic involvement and community partnerships. Safety of participants and staff is our number one priority.



*Please contact us 2 wks. in advance of program with any special accommodation requests. We will make every effort to meet those needs so every child or adult can participate with success. 860-447-5230



Call 860-447-5230 or
email ldelucca@newlondonct.org
Para mas infomacion

NEW LONDON INFORMATION

CITY COUNCIL

Reona M. Dyess, President | Alma D. Nartatez | James Burke | Efrain Dominguez Jr. | Akil Peck | Jocelyn Rosario | John D. Satti, Parks & Recreation Commission Liaison | Jennifer Startz, Administrative Assistant

PARKS & RECREATION COMMISSION

Donna Bailey, Co-Chairperson | Norman Harrison, Co-Chairperson | James Diaz-Saavedra | Troy McKelvin | Christina Bliven | Ricky J. Free | James Singleton, Jr. | Alberto Garcia | Karen Paul | Michelle Johnson-Scovish, Recording Secretary

MAYOR'S OFFICE

- Mayor Michael Passero
- Steven Fields, Chief Administrative Officer
- Richelle Meneses, Executive Assistant

PARKS DIVISION OF PUBLIC WORKS

- Brian Sear, Director of Public Works
- Stephen Lee, Deputy Director of Public Works
- George Brososke, Parks Crew Leader

RECREATION DEPARTMENT OFFICES

- Main Office: Phone: 860-447-5230
- Fax: 860-447-7956
- Youth Affairs Office: Phone: 860-442-4994

RECREATION DEPARTMENT STAFF

- Joshua Posey, Director of Recreation

Recreation:

- Sharon Bousquet, Assistant Director of Recreation
- Sally Brennan, Program Manager II
- Tom Podeszwa, Aquatics & Recreation Coordinator
- Tara Hannaford, Recreation Supervisor II
- Lori DeLucca, Assistant to the Director of Recreation
- Zach Morales, Park Ranger

Youth Affairs:

- Ellen Kleckner, Coordinator of Youth Services
- Tina Salcedo, Program Coordinator
- Cindy Alvarez, Teen Development & Employment Program Leader
- Paola Cruz, Program Coordinator
- Rianna Rubino, Program Assistant
- Gail Palladino, Program Facilitator
- Nicole Broadus, Program Assistant
- Debra Sargent, Program Assistant
- Margaret Lancaster, Program Assistant
- Jenny Alvarez, Program Assistant
- Yamilla Mateo, Program Assistant
- Maria Cortorreal, Program Coordinator
- George Lopez, Program Assistant

CITY YOUTH SPORTS LEAGUES

NL Youth Soccer Club

Clare DePeter Powers, President
nlscprez@gmail.com
<http://newlondon.cjsalive.org>

NL Little League

Catrina Zion, President
860-876-7024
NLLLpresident@gmail.com
Andria Fraser, Secretary
860-333-2965
newlondonlittleleague@gmail.com
<http://newlondonlittleleague.com>

NL Youth Football & Cheerleading

James Singleton, President
860-625-5861
newlondonyouthfootball@gmail.com
<http://nlyouthfootballleague.com/>

NL Babe Ruth

John Satti, President
860-287-0526

CITY PARK GROUPS

The City of NL is fortunate to have volunteer, non-profit groups to enhance our parks. To learn how you can help, contact:

Save Ocean Beach | Bill Lacey | (860)608-6009
steeringcommittee@saveoceanbeach.org | www.save-oceanbeachpark.org

Riverside Park Conservancy | Ronna Stuller
info@riversideparkconservancy.org | www.riversidepark-conservancy.org

New London Park Conservancy - Williams Park & Williams-Memorial Park | newlondonparksconservancy@hotmail.com

FRESH - McDonald Park & Community Garden
info@FRESHNEWLONDON.ORG



FACILITY RENTAL

Are you planning a practice, game or event and need a recreational location to host your family, friends, associates or co-workers? Look no further! The City of New London Recreation Department and Parks Department are proud to provide the public with wonderful facilities, parks, & fields.

- A permit is required for any organized picnic or activity of 10 or more participants.
- No permit is final until an application is submitted, processed, paid in full, and any additional requested documentation is received.
- Do you have a NLRD account at www.newlondonrec.com? You'll need one to apply for a permit.

Applications for one-time permitted uses are due at least 14 calendar days before the date of use. Requests of less than 14 days will incur a \$5 late fee. No requests will be accepted with less than 3 business days to process. Many one-time permitted uses will be approved at the time of application. Some events, especially larger community events, may require additional information and documentation including but not limited to Certificate of Liability Insurance, 501-3c status, etc. These applications will not be approved until the Recreation Office has reviewed the request and ensured that all appropriate documentation has been provided.

BEACH INFORMATION

GREEN HARBOR BEACH

Address: Pequot Ave., New London

Access to the beach and parking are free. Beach lot located on the park side of the road as well as on street parking. Lifejackets for children to borrow while at the beach available upon request- on a first come first serve basis.

Beach Open*:

May 25 - June 16, 2024

Weekends only: 10:00 AM – 6:00PM

June 17 – September 2, 2024

Weekday: 9:00 AM – 5:00 PM

Weekends: 10:00 AM – 6:00 PM

** July 4th: 9:00 AM – 6:00 PM

*Hours are subject to change. In the event of severe weather, the beach will close.



RECREATION PROGRAMS

AQUATIC PROGRAMS

YOUTH SWIM LESSONS

Classes are in 6 levels. Please designate your level and time of choice during registration. Sunday classes. Baby and Me (ages birth to 3) and adult classes (age 15 and older) are offered under separate headings.

Date Information:

Session 1: Mar 17 – May 5 (no lessons 3/31 or 4/7) Sundays; 1:30/2:30/3:30 PM

Session 2: June 24 – July 31 Monday, Tuesday, or Wednesdays; 5:30/6:30 PM

Cost: \$55 residents; \$65 nonresident

Age Requirements: Ages 4-14 years old

Location: Spring: Avery Point Pool -

1084 Shennecossett Rd., Groton

Summer: Ocean Beach Pool – 98 Neptune Ave., New London

For questions contact Thomas Podeszwa at 860-447-5230 or email at tpodeszwa@newlondonct.org.

Learn to swim levels

Level 1 - For the beginner who is comfortable in the water. Swimmers learn basics of swimming: bobbing, going under water, supported front and back floating, supported rolling over from front to back and back to front, supported gliding, supported flutter kick, supported front crawl arms and jumping in.

Level 2 - Swimmers should already be able to float on front and back and put their head under water. Swimmers will work on: independent front and back floating, independent rolling over from front to back and back to front, independent front and back glides, front crawl arms and kicks, back crawl arms and kicks, retrieving underwater objects, and jumping into water over their head.

Level 3 - Swimmers should already be comfortable swimming front stroke and swimming on their back. Swimmers will work on: gliding, freestyle with side breathing, backstroke, breast stroke and dolphin kicks, retrieving objects in deeper water, treading water, jumping into deep water and compact dives.

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Level 4 - Swimmers should already be able to: swim front and back crawl 25 yards. Swimmers will work on: rotary breathing, freestyle, backstroke, elementary backstroke, scissors kick and sidestroke, whip kick and breaststroke, intro to turning at wall, treading water with modified scissors, and diving in kneeling position.

Level 5 - Swimmers should already be able to: swim freestyle, breaststroke and backstroke 50 yards, scissors kick, whip kick, treading water, and dive. Swimmers will work on: alternate breathing, stride jump, refinement of: freestyle, backstroke, elementary backstroke, sidestroke, breaststroke, dolphin kick and butterfly, open turn on front and back, feet-first surface dive, and treading water.

Level 6 - Swimmers should already be able to: swim front and back crawl 100 yds, elementary backstroke 25 yards, breaststroke 25 yards, butterfly 25 yards, sidestroke 10 yards, use 3 strokes to swim a 500 meter swimmer must be able to swim, use all strokes.

ADULT SWIM LESSONS

This class will focus on basic swim strokes to make all adults comfortable in the water and improve your strokes based on the level you are at. Beginner & intermediate swimmers welcome. 45 min class for 6 weeks.

Date Information:

Session 1: Mar 17 – May 5 (no lessons 3/31 or 4/7), Sundays; 1:30/2:30/3:30 PM

Session 2: June 24 – July 30, Monday, Tuesday, or Wednesday; 6:30-7:15 PM

Cost: \$55 resident; \$65 nonresident

Age Requirements: 15 years and up

Location: Spring: Avery Point Pool, 1084 Shennecossett Rd., Groton

Summer: Ocean Beach Pool, 98 Neptune Ave., New London

For questions contact Thomas Podeszwa at 860-447-5230 or email at tpodeszwa@newlondonct.org

BABY AND ME

The goal of the class is to help make the child comfortable in the water. Parents will be in the water with their child 1:1. Children will participate in activities with songs, jumping into the water as able, using toys to have fun in the water, etc. 45 min class at Avery Point for 6 wks.

Date Information:

Session 1: Sundays, Mar 17 – May 5 (no lessons 3/31 or 4/7); 1:30/2:30/3:30 PM

Session 2: Mondays, Tuesdays, or Wednesdays; June 24 – July 30; 5:30 - 6:15 PM

Cost: \$55 Resident; \$65 nonresident

Age Requirements: Birth to age 3 with parent in water

Location: Spring: Avery Point Pool - 1084 Shennecossett Rd., Groton

Summer: Ocean Beach Pool – 98 Neptune Ave., New London

For questions contact Thomas Podeszwa at 860-447-5230 or email at tpodeszwa@newlondonct.org

OPEN SWIM

Six-week open swim at Avery Point Pool. Lifeguards will be on duty. Limited to 6 family members per registration. Adults must stay in the pool. All minors must be accompanied by an adult.

Date Information:

Session 1: Saturdays, March 16 – May 4 (no program 3/30 or 4/6); 2:30 – 3:15 PM

Cost: Residents: \$30 for the first family member, \$5 for each additional family member (up to 5 additional family members for a total of 6 family members).

Nonresidents: \$35 for the first family member. \$10 for each additional family member (up to 5 additional family members for a total of 6 family members).

Age Requirements: All ages.

Location: Avery Point Pool, 1084 Shennecossett Rd., Groton

LAP SWIM

Lap swim at Avery Point on Saturdays. For ages 15 years and older. Lifeguards will be on duty.

Date Information: Saturdays, March 16 – May 4 (no program 3/30 or 4/6); 3:30 - 4:15 PM

Cost: \$30/resident; \$40/nonresident

Age Requirements: 15 years and up

Location: Avery Point Pool, 1084 Shennecossett Rd., Groton

SURF & TURF

Surf & Turf is a 60-minute moderate intensity exercise class suitable for all ages. Located at Avery Point; we spend half of the class on the deck and the other half in the pool. Although the class is cardio intensive it takes a more athletic approach to water fitness! The support of the water helps to protect against injury while also supplying a resistance aspect as you push and pull through the water. Intensity is adjustable to the participant. Bring sneakers for the Turf portion of the program.

Instructor: Cindy Lohr (Session 1) Rachel Smith (Session 2)

Date Information:

Session 1: Saturdays, March 16 – May 4 (no class 3/30 or 4/6); 2:30 – 3:30PM

Session 2: Thursdays, July 11 – August 8; 5:30 – 6:30PM

Cost: \$45 resident; \$55 nonresident

Age Requirements: Ages 18 years up

Location: Spring: Avery Point Pool – 1084 Shennecossett Rd., Groton

Summer: Ocean Beach Pool – 98 Neptune Ave., New London

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AQUA TAI CHI

Come experience movement in the water! This gentle water flow class is designed for any fitness level, from beginner to any previous Tai-Chi practice. Class includes warm up, qi-gong, general flow movement series, cardio-zen opportunities, and floating relaxation.

Instructor: Lyn Litchke

Date Information: Thursdays, July 11- August 8; 5:00 – 6:00 PM

Cost: \$45 resident; \$55 nonresident

Age Requirements: Ages 16 and older

Location: Ocean Beach Pool – 98 Neptune Ave., New London

YOUTH ENRICHMENT AND DANCE

PRESCHOOL SPORTS - TBALL

Parent and child class which will focus on sport specific skills. Hitting, throwing, catching, running, etc. will be the different skills each parent will do with their child. The class is set up in stations so that each child/parent rotates around. A beginning warm up and ending activity will be done with the lead instructors as a group. We will not be playing a t-ball “game” however fun games associated with the sport will be played at the end of each night.

Please bring water.

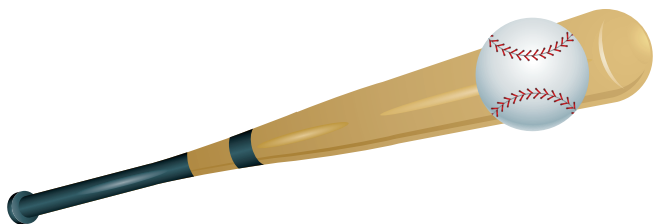
Instructor: Department of Recreation Staff

Date Information: Wednesdays, April 17 - May 22; 5:00 – 6:00 PM or 6:00 – 7:00 PM

Cost: \$25 for 6 weeks residents/\$30 for nonresidents

Age Requirements: 3-5 Years old with parent

Location: BP Learned Field - 40 Shaw Street, New London



KOREAN KARATE

The goal of Tang Soo Do is to teach self-respect and respect for others. This class will teach the Korean art of Tang Soo Do. Training is traditional encompassing the refinement of technique, hyung (forms) and dae ryan (sparring). There will be 12 weeks of class- at the end of the session you will need to re-register to continue. Additional \$25 at end of class to be tested for belt.

Ages 9+: Traditional Beginner Karate (Tuesday and/or Thursday) 6:30 - 7:30 PM

Ages 9+: Intermediate Karate (Tuesday and/or Thursday) 7:30-8:30 PM

Instructor: Roberto Padua

Date Information: April 16 – July 9 (no class July 4) See description for times.

Cost: \$60 resident; \$70 nonresident 2 x week for 12 weeks;

\$50 resident; \$60 nonresident 1 x week for 12 weeks

Age Requirements: 9 years and up

Location: BP Learned (Gym) – 40 Shaw St., New London

TENNIS IN THE PARK

The official USTA tennis program where kids play while they learn! Led by an approved USTA Net Generation tennis coach, the program will focus on developing the skills to serve, rally, and play – it’s perfect for beginners and first-time players. Once the skills are there, participants will play fun matches with other players in the program. This program uses modified tennis balls, age-appropriate rackets, court sizes and the latest fun and engaging activities that help players successfully learn and play the game quicker! **All players in their first session will receive and keep a new age-appropriate racket, and a program shirt!

Instructor: Andre Danford

Date Information: Saturdays, May 4 - June 8

Orange Ball: 1:00 – 2:00 PM Grade 3-5

Green Ball: 2:00 – 3:00 PM Grade 6-8

Cost: \$30 resident; \$35 nonresident for 5 weeks

Age Requirements: Grades 3-5, 6-8

Location: Toby May Park Tennis Courts – Ocean Ave., New London

RHYTHM & SYNC TAP DANCE

Beginner and intermediate tap dance lessons. Program runs throughout the year & meets 2 times per week. Tap shoes required. Please also bring a water bottle each day. Program is now in the Senior Center Dance Room located off the bottom of the Senior Center. Those that attend regularly throughout the year will be working towards an end of year performance.

Instructor: Amanda Darling

Date Information:

Session 1: Tuesdays and Thursdays, February 6 – March 28

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Session 2: Tuesdays, April 16 – June 6

Age 4-8: 5:30 – 6:15 PM

Age 9-17: 6:30 – 7:30 PM

Cost: \$45 resident; \$55 nonresident

Age Requirements: Ages 4-8, 9-17

Location: Senior Center Dance Room – 10 Brainard St., New London

BALLET

The class will focus on the basic ballet skills which includes ballet positions, the students' awareness of proper body alignment, flexibility, balance, and self-confidence. Dancers should wear leotards and tights are recommended, no baggy clothing.

Instructor: Amanda Darling

Date Information:

Session 1: Tuesdays, February 6 – March 26; 4:30 – 5:15 PM

Session 2: Tuesdays, April 16 – June 4; 4:30-5:15 PM

Cost: \$45/resident \$55/nonresident

Age Requirements: Ages 4-10 years old

Location: Senior Center Dance Room – 10 Brainard St., New London



YOUTH VOLLEYBALL SKILL LESSONS

Ages 12 - 14: This volleyball class is intended for new volleyball players who want to learn and develop their skills in a supportive atmosphere. Lessons emphasize technique, sportsmanship, and fun. Skills covered include passing, serving, hitting, and setting.

Ages 15 – 18: This volleyball class is intended for intermediate volleyball players who want to develop and improve their skills in a supportive atmosphere. Lessons emphasize technique, strategy, sportsmanship and fun. Skills covered include passing, serving, hitting, setting, and blocking.

Instructor: Jennifer Sullivan

Date Information: Mondays, January 22 – March 4 (no class 2/19)

Ages 12 – 14: 5:30 – 6:45 PM

Ages 15 – 18: 6:45 – 8:00 PM

Cost: \$40 residents; \$50 nonresidents

Age Requirements: Ages 12-14, 15 - 18

Location: Jennings Elementary School Gym- 50 Mercer St., New London

YOUTH VOLLEYBALL SKILL WORKSHOPS

Hitting & Blocking Workshops:

This workshop is for players who want to develop and improve their hitting and blocking technique. Skill development will focus on footwork, technique, activities to practice at home, and fun. Intermediate level will also include strategy.

Serving Workshops:

This workshop is for volleyball players who want to develop and improve their serving technique. Skill development will focus on serving technique and fun. Intermediate level will also focus on serve placement.

Instructor: Jennifer Sullivan

Date Information: Hitting & Blocking: Saturday, January 20 and February TBD

Serving: January 27 and February TBD

Ages 12 – 14 (Beginner): 9:30 – 10:45 AM

Ages 15 – 18 (Intermediate): 11:00 AM – 12:15 PM

Cost: \$40 residents; \$50 nonresidents

Age Requirements: Ages 12-14, 15 - 18

Location: Jennings Elementary School Gym- 50 Mercer St., New London

TINY TUMBLERS (GYMNASTICS)

An introduction to basic gymnastic skills for 4-6 year olds. Utilizing gymnastics apparatus including the beam, junior bars, vaulting, and floor tumbling. Gymnastics cannot only help your child develop physically but it also helps to build listening skills and confidence.

Instructor: Cindy Lohr

Date Information:

Session 1: Tuesdays, February 27 – April 2; 4:15 – 5:00 PM

Session 2: Tuesdays, April 16 – May 21; 4:15 – 5:00 PM

Cost: \$45 residents; \$55 nonresidents

Age Requirements: Age 4-6

Location: Harbor Elementary School Gym – 432 Montauk Ave., New London

BREAKDANCING

In this breakdancing class, students will learn about the essence and origins of Hip Hop through this dynamic art form and will be learning all 4 elements of what makes a BBOY

Instructor: Miguel DeJesus

Date Information: Session 1: Wednesdays, February 7 – February 28; 5:30 – 6:30 PM

Session 2: Wednesdays, March 6 – March 27; 5:30 – 6:30 PM

Cost: \$50 residents; \$60 nonresidents

Age Requirements: Ages 5-13

Location: Senior Center Dance Room – 10 Brainard St., New London

TUTTING

Tutting is an old Egyptian Dance Style which consists of lines and shape manipulation while mainly using the hands and body to form boxes and different angles. Students will learn about different geometrical grids and how to combine this with music to master Tutting Choreography and Tutting Freestyle.

Instructor: Miguel DeJesus

Date Information: Session 1: Wednesdays, February 7 – February 28; 6:30 – 7:30 PM

Session 2: Wednesdays, March 6 – March 27; 6:30 – 7:30 PM

Cost: \$50 residents; \$60 nonresidents

Age Requirements: Ages 5-13

Location: Senior Center Dance Room – 10 Brainard St., New London

PARENTS NIGHT OUT

Do you need a night out with your significant other or friends? Need time to go shopping? Parent's Night Out offers parents or caregivers a worry-free time to spend an evening out while their child or children are cared for and involved in exciting activities at the BP Learned Center. More information for each night will be available online. Dinner provided.

February 9: Valentine's Celebration

March 15: St. Patrick's Celebration

May 3: Making Mother's Day Gifts

June 14: Making Father's Day Gifts

Date Information: Fridays, 5:00-9:00 PM

Cost: \$10 residents; \$20 nonresidents. Sibling discount, \$5 off for each sibling

Age Requirements: Ages 4-10

Location: BP Learned – 40 Shaw St., New London



SUPER SATURDAY

Join us for a weekly Saturday program where kids can spend time with friends, explore activities, go on field trips, play group games and much more! Children ages 6 to 10 years old spend time at BP Learn from 10AM – 2PM, children must be picked up by 2PM. Lunch is provided.

Date Information: Saturdays, March 2 - April 13 (no program 3/31); 10:00 – 2:00 PM

Cost: \$50 residents; \$60 nonresidents.

Age Requirements: Ages 6-10

Location: BP Learned – 40 Shaw St., New London

REC MOBILE CALENDAR

Coming this summer to New London Parks: The Rec Mobile! The Rec Mobile will be traveling to different parks from 9-11 AM, Monday – Thursdays from late June – August. Different activities will take place at the Rec Mobile all summer long! Keep an eye out for the detailed schedule on our website and on our Facebook page.

Date Information: Monday – Thursday, late June - August

Cost: Free

Age Requirements: All Ages

Location: City Parks

BEFORE AND AFTER SCHOOL CARE

BEFORE AND AFTER SCHOOL CARE

BEFORE CARE- ELEMENTARY SCHOOLS

Do you need to get to work before the time the school day starts? Do you need care for your child so you can get to work on time? New London Recreation in partnership with NLPS will offer care starting at 7AM at all 3 elementary schools in New London every day school is in session starting on the 1st day school! Registration will be monthly on our website- if you are unable to pay the full amount monthly, please reach out to the office at 860-447-5230 for a payment plan. *Register for the school the child attends

Date Information: Mon-Fri, on school days, Sept-Jun monthly; 7:00 AM-start of school.

Cost: \$30 per week/resident, \$35 per week/nonresident

Age Requirements: Grades K-5

Location: Nathan Hale, Winthrop, Jennings

WEDNESDAY ONLY AFTER CARE - ELEMENTARY SCHOOLS

After school program on early release Wednesdays. Nathan Hale, Winthrop, and Jennings school sites. Registration limited at each school. Parent pickup on Wednesdays, after school between 4:30 and 5:00 PM. Games, playground time, crafts, and more. Monday, Tuesday, Thursday, Friday after care is run by the New London Public Schools.

Date Information: March 6 through end of school year. Registration opens on February 1st

Cost: \$5 registration fee (remaining cost covered by NLPS)

Age Requirements: Grades K-5

Location: Nathan Hale, Winthrop, Jennings

SCHOOL VACATION PROGRAMS

APRIL VACATION CAMP

Spring is here and NESS is bringing the science challenges! Using experiments, art, and games we'll dive into different topics of science which may include experimenting with different ingredients to create the ultimate bubble solution, imagining a new creature and drawing it or modeling it with clay, exploring what echolocation is by playing a game, and more!

Date Information: Mon-Fri, April 8-12; 9:00 AM - 3:00 PM

Cost: \$65 residents/ \$70 nonresident

Age Requirements: Ages 4-10

Location: BP Learned - 40 Shaw St., New London

APRIL VACATION SOCCER CLINICS

Is your child interested in learning how to play soccer or improve current skills? Clinics will focus on developing individual and team skills in soccer. Focusing on technical, physical, cognitive, and emotional development in a fun and safe environment. Players should bring water bottle, shin guards, cleats (if you have them), and a willingness to learn.

Instructor: Jason Marika & Department of Recreation Staff

Date Information: Monday/Tuesday/Wednesday/Thursday, April 8-11; 9:00 AM - 12:00 PM

Cost: \$20 residents/per day; \$30 nonresident/day

Register for 3 days get one free: 4 days \$60 residents; \$90 nonresidents

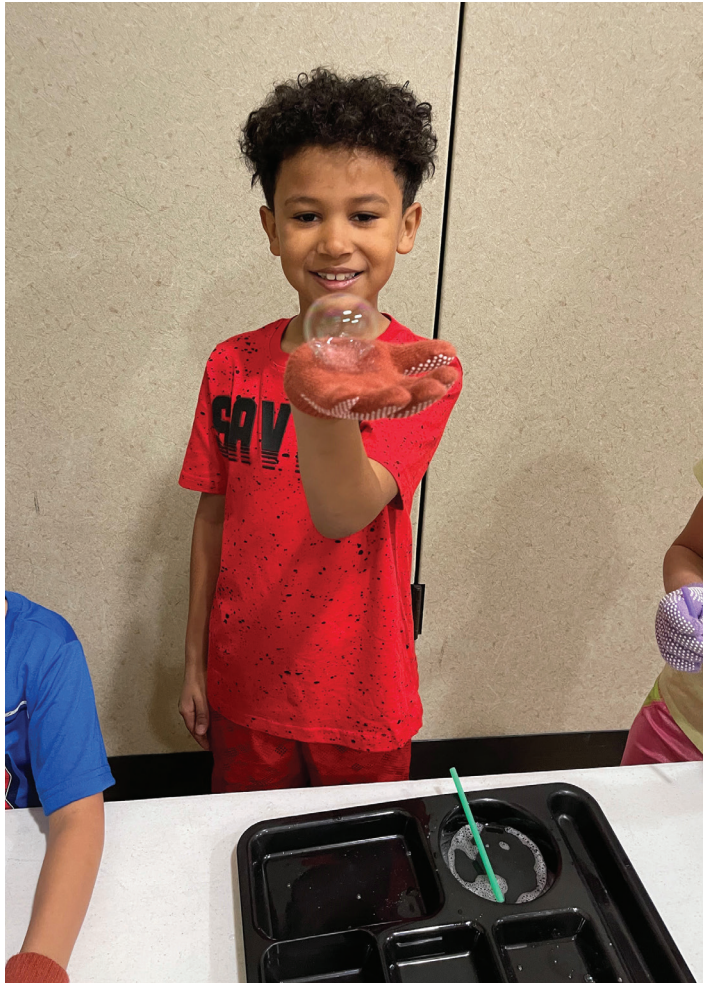
Age Requirements: Ages 6 - 14

Location: Calkins Park – Crescent St., New London



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SUMMER PLAYGROUND PROGRAMS



SUMMER PLAYGROUND PROGRAM

New London Recreation offers a summer playground program for ages 4-10. Activities include arts & crafts, sports, group games, swimming lessons, and field trips. Registration opens February 1st.

Date Information:

Monday-Friday, July 1-August 9 (no camp July 4); 9:00 AM - 3:00 PM

Participants can register weekly or for entire summer.

Cost: \$75/week residents \$100/week nonresidents. A \$5 late fee per registration per week will be applied to registrations after June 14.

Age Requirements: Ages 4-5, 6-9, 10-14

Location: Locations are subject to change.

Ages 4- 5 at BP Learned

Ages 6-9 at Nathan Hale and Harbor School – Location is selected at time of registration

Ages 10-14 at Bates Woods

BEFORE AND AFTER CARE – PLAYGROUND PROGRAM

Do you need childcare before or after playground program. This program gives parents the option to drop off early or pick up late. Participants can register for either before or after-care or for both. Held at BP Learned, participants are bussed to and from their respective program sites.

Date Information:

Before Care: Monday-Friday, July 1-August 9 (no care July 4); 7:00 AM – 9:00 AM

After Care: Monday-Friday, July 1-August 9 (no care July 4); 3:00 – 5:00 PM

Participants can register weekly or for entire summer.

Cost: \$30/week for before care/ \$30 per week for aftercare

Age Requirements: Ages 4-14

Location: BP Learned (subject to change) – 40 Shaw St., New London

SOCCER & SWIM CAMP

Soccer Camp: Is your child interested in learning how to play soccer or improve current skills? This camp will focus on developing individual and team skills in soccer. Focusing on technical, physical, cognitive, and emotional development in a fun and safe environment. Players should bring water bottle, shin guards, cleats (if you have them), and a willingness to learn.

Swim Camp: This portion of camp will be part aquatics instruction & education on swimming techniques and general water safety. Participants additionally have the opportunity to participate in a wide range of pool games and activities.

Combo Soccer/Swim: Will participate in both individual camps and enjoy a supervised lunch (provided). The participants will be guided in a group walk to Ocean Beach from Nathan Hale.

Instructor: Jason Marika & Department of Recreation Staff

Date Information: Monday - Friday, June 24 – June 28; (NO before/after care)

Soccer Camp: 9:00 AM – 12:00PM

Swim Camp: 1:00 PM – 3:00PM

Combo Soccer/Swim: 9:00 AM – 3:00 PM

Cost: Swim or Soccer Camp: \$40 residents; \$50 nonresidents

Combo – Soccer and Swim: \$75 residents \$100 nonresidents

Age Requirements: Ages 6-14

Location: Soccer at Nathan Hale – 37 Beech Dr., New London

Swim at Ocean Beach – 98 Neptune Ave., New London

Combo Camp: Drop off at Nathan, Pickup at Ocean Beach



Instructor: Sue Greenleaf

Date Information: Wednesdays, April 10 – June 5; 5:30-7:00 PM

Cost: \$45 residents/\$50 NR for 9 weeks of class

Age Requirements: 18 and up

Location: Senior Center Dance Room – 10 Brainard St., New London

BODY SCULPT

Full body strength building class which is guaranteed to help you in changing your body composition. Whether you need to lose weight or just tone up, this class will be great for you! Exercises are adaptable to people with varying fitness abilities. Exercise level: beginner – intermediate.

Instructor: Rachel Smith

Date Information: Thursdays, February 22 – March 28; 6:00 – 7:00 PM

Cost: \$45 residents; \$55 nonresidents

Age Requirements: 16 and up

Location: Jennings Elementary School – 50 Mercer St., New London

AMPED UP WITH PINKY - CARDIO KICK-BOXING

Our cardio kickboxing program is an intense, non-contact, full body training. Which combines elements of boxing, aerobics, strength, and balance routines. The workout provides overall physical conditioning of the heart and toning of the body. Warmup session will incorporate dynamic movements that will increase body temperature that will prepare it for the workout. Cardio conditioning phase shall train the body to increase its speed, endurance, and cardiovascular capacity by performing moving combinations from basic types of punches and kicks. Focus will be given strongly on proper body mechanics, alignment, and technique.

Instructor: Pinky Shabarekh

Date Information: Saturdays, March 9 – April 20 (no class 3/31); 10:00 AM – 10:50 AM

Cost: \$45 residents; \$55 nonresidents

Age Requirements: Ages 18 and up

Location: BP Learned Gym – 40 Shaw St., New London

TAI CHI

Come join Dr. Lyn for a gentle Tai Chi flow class. You will have the opportunity to learn each movement and then put them together in a slow combined series. This is a beginner class, so no experience necessary. This class will help improve your balance and coordination plus provide stress relief.

Instructor: Dr. Lyn Litchke

Date Information: Fridays, March 1 – April 5; 5:00-5:45 PM

Cost: \$45 residents; \$55 nonresident

Age Requirements: Age 16 and up

Location: Harbor School – 432 Montauk Ave., New London

ADULT FITNESS & DANCE

ZUMBA WITH DAWN

Zumba fitness is a Latin inspired, aerobic fitness class that incorporates not only Latin music but many different styles of music with steps & moves that everyone is able to participate in. It's what we like to call 'exercise in disguise'. Fast and slow rhythms are combined to achieve a blended balance of cardio & muscle toning benefits. No dance experience needed or necessary & all fitness levels are welcome.

Instructor: Dawn Martin

Date Information: Begins March 5 – April 11 Tuesday and/or Thursdays; 5:00 – 6:00 PM

Cost: \$60 res/ \$65 nonresident for 2 per week; \$40 res/\$45 nonresident. for 1 per wk.

Age Requirements: 16 & up

Location: BP Learned (Gym) – 40 Shaw St., New London

ADULT/CONTEMPORARY LYRICAL DANCE

Join me in a 1 1/2-hour adult contemporary/lyrical dance class once a week for 9 weeks. Previous dance exp. helpful but not required. Class is designed for advanced beginner to intermediate level students. Active clothing as well as ballet slippers, jazz shoes, OR dance sneakers are required. No street shoes allowed in the dance room.

INDOOR PICKLEBALL LESSONS

Join our USA Pickleball Certified Coach for indoor pickleball to improve your skills. Sessions for beginners and intermediate/advanced players. Four classes per session, for adults.

Date Information:

Session 1: Tuesdays, February 6 – February 27

Session 2: Tuesdays, March 5 – March 26

Session 3: Tuesdays, April 2 – April 23

Sessions will continue throughout the year.

Beginners: 7:00-8:15 PM

Intermediate/Advanced: 5:30 – 6:45 PM

Instructor: Wayne Qian

Cost: \$40 residents; \$50 nonresidents

Age Requirements: Age 18 and up

Location: Harbor Elementary School Gym – 432 Montauk Ave., New London



PICKLEBALL OPEN GYM

An opportunity for individuals to play pickleball with others indoors. Monday, Wednesday, and Thursday nights at 5:30 PM and 7:00 PM. To reserve your spot, sign up with the Team Reach App, our group is New London Recreation with group code 06320. You must purchase a pickleball card, you can choose 10 sessions for \$30 or you can pay \$5 per session per night via New London Recreation website.

Date Information: Mondays, Wednesdays, or Thursdays, February 1- June 20; 5:30-7:00 PM/7:00-8:30 PM

Cost: \$5/session drop-in; \$30 punch card for 10 sessions

Age Requirements: 16 and up

Location: Harbor School Gym – 432 Montauk Ave., New London

HALF & HALF WITH CINDY LOHR

A class that has it all! First half is cardio and balance, and the second half of the class will focus on strength and flexibility. Great to start out with or build on what you already have! Beginner to intermediate level.

Instructor: Cindy Lohr

Date Information: Thursdays, February 29 – April 4 and April 18 – May 23; 4:15 – 5:15 PM

Cost: \$45 residents; \$55 nonresident

Age Requirements: Age 16 and up

Location: Harbor School Gym – 432 Montauk Ave., New London

FUN FUSION

A different kind of class that focuses on fitness components of strength, flexibility, and balance which becomes more and more important as we age. Each class begins with a rhythmic warm-up and “flows” into a non-stop mix of traditional exercises, yoga, Pilates, ballet, and more, utilizing a variety of tools. Bring a mat. Beginner to intermediate levels.

Instructor: Cindy Lohr

Date Information: Mondays, February 26 – April 1 and April 15 – May 20; 4:30-5:15 PM

Cost: \$45 residents/\$55 nonresidents

Age Requirements: Ages 16 and up

Location: Harbor School Gym– 432 Montauk Ave., New London

YOGA WITH BRONWYN

Each class is comprised of a unique yoga routine made up of classis yogic poses, asanas, that balance strengthening, stretching, and relaxation. The practice is intended to enhance mental and physical health through attentiveness and ease during activity and rest. No prior experience is required as the classes are designed to simultaneously appeal to a wide range of experience levels, but with each student receiving tailored attention as needed. A yoga mat and clothing that provides free movement is suggested. Program will take place in the dance room. No shoes are allowed in the room.

Instructor: Bronwyn Hughes

Date Information: Wednesdays, March 20 – May 29 (no class 4/10); 5:30-7:00 PM

Cost: \$50 residents; \$60 nonresident

Age Requirements: 18 and up

Location: Nathan Hale Elementary School – 37 Beech Dr., New London

ZENTERED YOGA WITH PINKY

This is a 50-minute participant friendly, non-impact, total body stretch workout designed to lengthen, strengthen, increase balance, and loosen up your mind and body. Modified sun salutations are the core components of this hatha and ashtanga style yoga fusion placing heavy emphasis on breath and body alignment. Novice participants are given modifications for their own weakness and imbalance to help create a practice that is tailored to their own needs and capabilities. A five to ten minute mindful meditation closes each class to help bring enlightenment to your whole being.

Instructor: Pinky Shabarekh

Date Information:

Session 1: Tuesdays, February 27 – April 2; 9:00 AM – 9:50 AM

Session 2: Tuesdays, April 16 – May 21; 9:00 AM – 9:50 AM

Cost: \$45 residents; \$55 nonresident

Age Requirements: Ages 18 and up

Location: Harbor School – 432 Montauk Ave., New London



YOGA FLOW VINYASA & MEDITATION

A 60-minute vinyasa yoga practice suitable for all levels followed by 15 minutes of guided meditation. Vinyasa is a style of yoga characterized by stringing postures together so that practitioners move from one to another, seamlessly, using breath. A vinyasa yoga practice provides you with calming, mental focus, cardiovascular benefit, increased flexibility & strength workout for your body. Vinyasa is a great workout for the whole body. Combined with meditation, the body, mind and spirit benefit tremendously! Comfy clothes, leggings or yoga pants, and a yoga mat are recommended.

Instructor: Traci Boiselle

Date Information: Tuesdays and/or Thursdays, January 23 – March 19 (no class 2/20); 6:30 – 7:45 PM

Cost: 1x per week: \$40 residents; \$50 nonresidents
2x per week: \$60 residents; \$70 nonresidents

Age Requirements: Ages 16 and up

Location: Nathan Hale Elementary School Dance Room – 37 Beech St., New London

COOKING CLASSES

101 COOKING SERIES

A workshop series that gives a crash course into cooking! Please indicate any food allergies upon registration. Please bring a hat and apron to class.

March 4: Vegan Dishes 101

May 13: Gluten Free 101

Instructor: Erika Gradecki

Date Information: Mondays, March 4 and, May 13; 5:30 - 7:00 PM

Cost: \$30 residents per class; \$40 nonresident per class

Age Requirements: 18 and up

Location: New London Senior Center – 10 Brainard St., New London



CHEF JUNIOR

Do you love food? Is cooking fun and interesting to you? Then, learn some tricks of the trade with a certified personal chef! Please indicate any food allergies upon registration and bring a hat and apron to class.

February: One Pot Meals – part II

March: After-School Pick-Me-Ups

April: Around the World – part I

May: Around the World – part II

June: Party Foods!

Instructor: Erika Gradecki

Date Information:

Session 1: February 6 – February 28

Session 2: March 5 – March 27

Session 3: April 2 – May 1 (no class 4/9 and 4/10)

Session 4: May 7 – May 29

Ages 5-12: Tuesdays: 6:00 – 7:00 PM /Wednesdays: 5:00 – 6:00 PM

Ages 12 – 17: Wednesdays, 6:00 – 7:00 PM

Cost: \$50 residents/month; \$60 nonresident/month

Age Requirements: Ages 5-12, 12-17

Location: New London Recreation Department – 111 Union St., New London

INTERNATIONAL COOKING WORKSHOPS

For the food explorer within, these one-night cooking classes will dive into a different country and take you on an adventure with various flavors and textures. Please indicate any food allergies upon registration and bring a hat and apron to class.

February 12: Thailand

April 1: Spain

June 3: Korea

Instructor: Erika Gradecki

Date Information: Mondays, February 12, April 1, and June 3; 5:30 - 7:00 PM

Cost: \$30 residents per class; \$40 nonresident per class

Age Requirements: 18 and up

Location: New London Senior Center – 10 Brainard St., New London



EDUCATION & CERTIFICATIONS

CPR/FIRST AID

The New London Recreation Department's First Aid/CPR/AED program is designed to help participants recognize and respond appropriately to cardiac, breathing, and first aid emergencies. The course gives participants the knowledge and skills needed to give immediate care to an injured or ill person when minutes matter, and to decide whether advanced medical care is needed. Participants will receive Red Cross CPR certification upon successful completion of the program. Each session is three, two-hour classes.

Instructor: Tommy Podeszwa

Date Information:

Session 1: Mondays, March 11 – 25; 5:30 – 7:00PM

Session 2: Mondays, May 6 – 20; 5:30 – 7:00

Cost: \$55 residents; \$65 nonresidents

Age Requirements: Ages 15 and up

Location: New London Recreation Department – 111 Union St., New London

AMERICAN RED CROSS LIFEGUARDING CERTIFICATION

The primary purpose of the Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize, and respond to aquatic emergencies and to provide professional-level care for breathing and cardiac emergencies, injuries, and sudden illnesses until emergency medical services (EMS) personnel take over. This program includes Lifeguarding, First Aid, CPR, and AED training. Participants who successfully complete the course will receive certification(s). Participants must meet minimum swim requirements.

Instructor: Tommy Podeszwa

Date Information: Saturdays, February 10 – March 23; 2:30-4:30 PM

Cost: \$150 residents; \$160 nonresidents

Age Requirements: Ages 15 and up

Location: Avery Point Pool - 1084 Shennecossett Rd., Groton

SITUATIONAL AWARENESS/SELF DEFENSE

This program offered by New London Police Chief, Bryan Wright is for all ability levels and teaches participants about situational awareness. The intention is for individuals to be more self-aware in their surroundings and reduce their own vulnerability. The course includes information, scenarios, and a question and answer session. Light refreshments will be provided.

Instructor: Bryan Wright

Date Information:

Session 1: Wednesday, February 7; 5:30 – 6:45 PM

Session 2: Wednesday, March 13; 5:30 – 6:45 PM

Cost: Free for New London Residents; \$10 nonresidents

Age Requirements:

Session 1: Age 14 – 24

Session 2: Age 18+

Location: BP Learned – 40 Shaw St., New London

New Programs Coming Soon

- Community Movie Nights
- Fencing
- Adaptive Programming

NEW LONDON YOUTH AFFAIRS

Mission: New London Youth Affairs is a youth Service Bureau which promotes positive outcomes for children, youth, and families by supporting a wide range of comprehensive services and collaborations.

All the following programs are offered free of charge:

EARLY CHILDHOOD FAMILY CENTER:

Family series/resources are provided for children from birth to 3 years and their caregivers. The Family Center promotes child development skills, assistance accessing preschool slots, links to community services, developmental screening, free books, educational trips, parent mental health support workshops, and early childhood/family basic needs items.

WHALE'S TALES CHILDREN'S BOOK BANK & LITTLE FREE LIBRARIES:

The book bank provides thousands of free books to youth, their families, and the community; and collaborates to implement literacy programs. Books and donations are welcome at Stanton Building book bank, and Little Free Libraries at Bates Woods Park, Green Harbor Beach, Mahan Park, Jennings School, Calkins Park, & Stanton Building lawn.

DIAPER BANK:

NLYA distributes diapers to enrolled families, packaged per individualized needs. New registrants can complete forms on the Youth Affairs website: www.newlondon-youthaffairs.org. Please call the diaper cellphone at 959-242-4818 with related questions. In addition to office hours (M-F, 8:30-4), open hours are also available Mondays, 5-7 pm, for diapers, other distributions, and links to community resources.

COOL (CAREERS OF OUR LIVES):

COOL targets high school juniors and seniors for placement in post-secondary education/training, and/or employment/apprenticeships. COOL assists with career and educational guidance, job seeking skills, portfolio development, driver's education support, and work based learning experiences including internships.

TEEN EMPLOYMENT:

Provides short-term summer and school year employment, career pipeline opportunities, as well as long-term employability training for 14-24 year olds. Young people gain work experience, initiate career contacts, and improve marketable skills. Dozens of varied worksites and contributing employment partners benefit youth.

TEEN LINKS:

Teen Links supports middle school and high school aged teens achieve academic and employment objectives. Skill growth is targeted via school year workforce/career readiness certification including first aid/CPR, employment placements, evidenced based curricula life skills series (Your Voice Counts, E3, Girls Circle, Boys Council), Let's Talk career/risk prevention/mental health sessions, basic needs support, and enhancement excursions.

PARENT LEADERSHIP:

This program offers an opportunity to strengthen parents'/adults' skills to advocate for children in schools and the community. Free courses include childcare, meals, translation, transportation, and family supports. English and Spanish trainings include People Empowering People (PEP) and Por Los Ninos (opioid prevention), and other skill building/education workshop opportunities.

NL COMMUNITY CONNECTIONS COALITION (NLCCC):

NLCCC functions as a consortium of New London area organizations, dedicated to preventing youth substance use/risky behaviors and promoting health/mental health. Efforts include community education, skills development, and prevention initiatives.

JUVENILE REVIEW BOARD (JRB) AND SCHOOL ATTENDANCE PROMOTION:

The JRB is a community based opportunity that diverts young people from the Juvenile Justice System and connects them with local services and resources to meet their needs and interests. Strategies are also implemented to promote school attendance and support FWSN (Families with Service Needs) youth, enhancing employment, academic, life skills, and health opportunities.

FAMILY/COMMUNITY EVENTS:

Youth Affairs coordinates and partners to offer large scale family and community events, providing information and activities.

CITY OF NEW LONDON PARKS

Permit required for Reservations/League play.

Please obey sign postings at each location. City Ordinance requires dogs to be leashed. Smoking and alcohol are not permitted on City property. Please clean up after your dog.

Use of the facilities is a privilege. Please respect the facilities for the benefit of all patrons.

RP Riverside Park - Adelaide Street



BW Bates Woods Park - Chester Street



SC New London Sports Complex



WP Williams Park - Broad St.

VF Veterans Field - Cedar Grove Ave.



WM Williams Memorial Park - Hempstead St.

BP Bartlett Park - Broad St.



MP Mahan Park - Ledyard St.



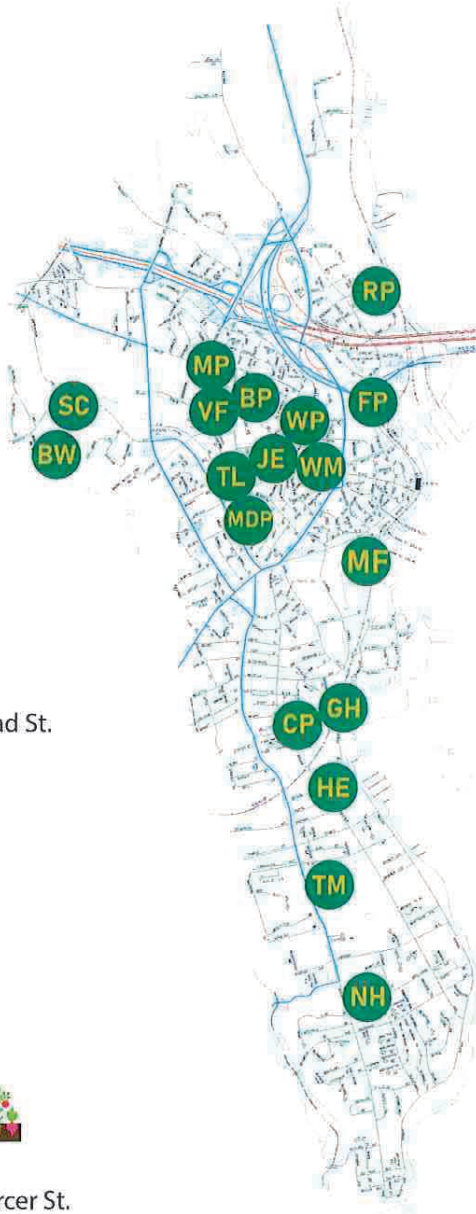
MDP McDonald Park - CT Ave.



JE Jennings Elementary - Mercer St.



TM Toby May Park - Ocean Avenue



FP Fulton Park - State Pier Road



MF

Mercer Field - Beckwith St.



TL Tot Lot - Blackhall St.



CP Calkins Park - Riverview Ave.



NH Nathan Hale Elementary



HE Harbor Elementary - Montauk Ave.



GH Greens Harbor Park - Pequot Avenue

