

**Portland Parks & Recreation**  
**P.O. Box 71**  
**Portland, CT**  
**860-342-6757**

[News for the week of March 8, 2010](#)

To register or to obtain additional information for any Parks & Recreation programs, please call 860-342-6757, or you may go online to [www.portlandct.org](http://www.portlandct.org), click on Departments, then to Parks & Recreation. The individual registration forms will be listed as a link on the web page. Forms can be printed, completed and returned back to the Parks & Recreation office. The secretary is in the office Monday – Friday from 1:00 to 4:30 p.m. Registration Forms must be completed for each program prior to the program start date. Your cooperation is greatly appreciated. The Parks & Recreation Hotline is 860-262-7234. This number is for closures and cancellations or updates.

**The New Parks & Recreation Spring/Summer Brochure is now available at the Parks & Recreation Office, or on line at [portlandct.org](http://portlandct.org) !**

**Tee Ball**

Registration for Tee Ball begins on **March 1<sup>st</sup>**. This program is open to boys and girls ages 5 to 7 (on July 1, 2010). Games will be played on Saturday mornings and weeknights. The season begins May 1<sup>st</sup>. Make up games will be played at the end of the season. The fee is \$30.00 which includes a cap and T-shirt. Registrations taken after April 1<sup>st</sup> will include a late fee of \$10.00. If you are interested in coaching, there will be a coaches meeting, Monday, March 29 at 6:30 p.m. at the Parks & Recreation office. Forms are located in the office or on-line at [portlandct.org](http://portlandct.org).

**Kids in the Kitchen**

A great class for kids from Kindergarten to 6<sup>th</sup> Grade. Kids prepare and share a full meal and dessert. The program is held Friday, **March 26<sup>th</sup>** at The Brownstone Intermediate School Café from 5:30 to 8:00 p.m. The fee is \$22. There are no refunds for this program and you must register at least one week in advance.

**Annual Easter Egg Hunt**

The Parks & Recreation Department is holding the **Annual Easter Egg Hunt** on Saturday, **March 27<sup>th</sup>** at 10:00 a.m. at Valley View School. The Event is open to Portland children ages 1 to 10 years old. We are asking that participants bring a non-perishable food item for the Portland Food Bank. In case of inclement weather, please call the Parks & Recreation Hot Line at 860-262-7234. The rain date will be Sunday, March 28<sup>th</sup> at 1:00 p.m.

[Early Spring Programs:](#)

### ***Kundalini Yoga – Spring Classes***

Class is held Mondays at the Buck Foreman Comm. Center from 5:30 to 6:45 p.m. *the new session begins April 6<sup>th</sup>*. Drop in's are welcome in which the fee is \$10. The fee for the 10-week session is \$80. and \$90. for non-residents.

### ***Free Demo Day – Tuesday, April 6<sup>th</sup>***

*Come try our new adult fitness class on Tuesday April 6<sup>th</sup>! Kimnetics Hula Hooping 5:30 to 6:20 p.m. and Kimnetics NIA Dance from 6:30 to 7:30 p.m. both classes held at Valley View School.*

*Hooping is designed for age 13 and up, participants under age 18 must be accompanied by an adult. Hooping is an energizing, fat-burning and muscle sculpting hoop dance workout. This creative class is easy to learn thanks to the design of the fitness hoop. NIA Dance is an expressive fitness practice based on pleasure movements for body, mind, emotions and spirit & blends marital arts, dance arts and healing arts into a routine fueled by music.*

*These creative classes begin on April 20<sup>th</sup> at Valley View School. Hooping from 5:30 to 6:20 with a fee of \$90 residents/\$105 for non-residents (which includes the fitness hula hoop) and NIA Dance is from 6:30 to 7:30p.m. the fee is \$60 for residents and \$70 for non-residents.*

### ***Zumba –Spring Session***

Zumba fitness uses Latin rhythms and easy to follow moves to create a dynamic fitness program that will totally change the way you look at fitness! *The New Session begins on Wednesday, April 7<sup>th</sup>* at Valley View School from 6:00 to 7:00 p.m. The fee is \$80 residents and \$90 non-residents. Age: 13 and older. Under 18 must be accompanied by a registered adult.

### ***Pilates – Spring Session***

Pilates is an exercise option for everyone! *The new session begins on April 8<sup>th</sup>* at The Buck Foreman Comm. Center from 5:30 to 6:30 p.m. Open to age 18 and older. The fee for the 10-week program is \$90. residents and \$100. for non-residents. *There are No drop in classes with this program.*

### ***Major League Baseball “Pitch, Hit, and Run”***

*This FREE event provides Portland youngsters an opportunity to participate in an exciting baseball skills competition. The national initiative gives boys and girls, ages 7 to 14 (on 7/17/10) the chance to showcase their pitching, hitting and running abilities! The winner advances to the Sectionals in Middletown, CT! The program will be held Friday, April 9<sup>th</sup> at Valley View Ball Fields at 5:30p.m. The rain date is Friday, April 16<sup>th</sup>.*

### ***April Vacation Events***

#### ***Chris Corkum's Baseball Mini Camp***

*The program will consist of a series of drills and instructional games which will serve to educate, train, and create a feeling of enjoyment one can derive from participating in baseball. Throwing, fielding, hitting and team play are the major areas of concentration. What a great way to get ready for your season! The Mini Camp will be held at Valley View School fields on Monday and Tuesday, **April 12 & 13** from 9:00 to 1:00. The fee is \$65.00*

#### ***American Red Cross "When I'm In Charge"***

*This April Vacation Program is designed for youth ages 7 and up. Class is held at the Buck Foreman Comm. Ctr. On Monday, **April 12<sup>th</sup>** from 10:00 to Noon. The program gives youth increased confidence and the ability to feel safe and in control when home alone, by teaching them to act safely, think responsibly and be independent decision makers. Topics include: answering the door or telephone, internet safety, gun safety and more. Students will receive a workbook which includes an emergency info sheet, house rules and how to call 911 card. The fee is \$30.*

#### ***Arts and Crafts Programs***

*The April Vacation Arts & Crafts Program, instructed by Jennifer Theokar will be held on Tuesday, **April 13<sup>th</sup>** at The Buck Foreman Comm. Ctr.*

***Grade K & 1** held from 9:00 to 10:00, Drawing and painting with watercolor and pastels. Students learn how to use oil pastels as a resist with watercolor to make eye catching colorful paintings.*

***Grade 2 & 3** held from 10:15 to 11:15, Making wire jewelry with colored wire and beads. Using color copper wire (a soft wire) and beads the students will create bracelets, necklaces and charms to wear.*

***Grade 5 & 6** held from 11:30 to 12:30, Creating people from wire. Using the same colored (soft) wire and beads students will learn twisting and connecting techniques to create colorful wire people or animals.*

*The fee for each group is \$15.00*

#### ***American Red Cross "Babysitting"***

*This April Vacation program provides youth (ages 11- 15) who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. Some topics will be diapering, bedtime, keeping themselves and others safe along with basic child care and first aid. The program is held at the Buck Foreman Comm. Ctr. On Wed. & Thurs. **April 14 & 15** from 10:00 to 1:00 p.m. The fee is \$55.00 which includes a pizza luncheon on the 15<sup>th</sup>!*

