

PORTLAND PARKS AND RECREATION

WINTER BROCHURE 2010



New Year

New Programs



**Portland Parks and Recreation
265 Main Street
PO Box 71
Portland, CT 06480
860-342-6757
860-342-6763 FAX
www.portlandct.org**

PORTLAND PARKS AND RECREATION

Po Box 71, 265 Main Street, Portland, CT 06480 Phone: 342-6757 Fax: 342-6763
www.portlandct.org

Participant's Name: Phone Number:

Street Address Apt. # Town: Zip Code:

Male: Female: Date of Birth School Grade:

Under 18 years old, please fill in parent information

Mother's Name Father's Name

Home Number E-mail Address:

Mom's Work Phone: Dad's Work Phone:

Mom's Cell Phone: Dad's Cell Phone:

If a parent is not available:

Emergency Contact: Relationship:

Home Phone # Work Phone: Cell Phone #

Child's Physician: Phone #:

* If there are any medical concerns or allergies that we should be aware of, please list below:

In case of an emergency, may we transport via ambulance? Please circle: Yes No

Please list anyone who does not have permission to pick up your child (If this is a biological parent, a copy of the court order must accompany this form).

I give the Portland Parks and Recreation Dept. permission to use any photographs taken during the program to be used in any advertising, i.e. web site, program literature: Yes No

Table with 3 columns: Program(s), Date & Time, Fee. Rows 1, 2, 3.

TOTAL:

I hereby agree to hold harmless the Town of Portland and its agents for any accidental injury caused by participation in any Town of Portland sponsored activities. In signing this form, it is understood that Portland Parks and Recreation Department and the Town of Portland DO NOT assume responsibility for accidents and the participant(s) agree(s) to abide by all rules and regulations set by the Portland Parks and Recreation Department.

Parent or Guardian: (Print Name) (Signature) (Date)

Table of Contents

<u>Program</u>	<u>Age/Grade</u>	<u>Page</u>
Skyhawks Tiny-Hawk	Age 3 & 4	1
Skyhawk Mini-Hawk	Age 5 – 7	1
Parent Child Yoga	Age 3 – 5	1
Yoga for Kids	Grade 1 – 2	1
Hippity Hoppiy Dance Class	Age 3 – 5	1
Acrobatics	Age 5 – 7	2
Youth Gymnastics	Ages 3 – 11	2
Youth Tennis Program	Grade K – 8	2
ARC “When I’m in Charge”	Age: 7 and up	3
CT Hot Shot Contest	Age: 9 – 15	3
Kids in the Kitchen	Grade: K – 6	3
K – 2 Basketball Program	Grade: K – 2	4
Portland Rocks - Band Jam	Grade 7 – 12	4
ARC “Babysitting” Class	Age: 11 – 15	4
Co-ed Volleyball	Grade: 7 – 12	5
Ultimate Frisbee	Grade: 7 – 12	5
Exercise and Diet Program	Grade: 5 – 8	5
Softball and Baseball Conditioning	Grade: 5 – 8	5
Indoor Family Soccer	Grade 5 – 6	6
Kundalini Yoga	Age: 18 and up	6
Adult Conditioning Class	Age: 18 and up	6
Zumba	Age: 18 and up	6
Pilates	Age: 18 and up	7
Kimnetics Hula Hooping	Age: 13 and up	7
Kimnetics Nia Dance	Age: 13 and up	7
Co-ed Volleyball	Age: 18 and up	7
Men’s Free Play Basketball	Age: 18 and up	8
Little League Registration	Age: 7 – 16	8
Youth Soccer Registration	Age: 4 – 14	9
Ice Skating	All Ages	9

WINTER BROCHURE

Early Childhood & Youth Programs:

Skyhawks Athletic Programs

Skyhawks Tiny-Hawk (Parent & Me Teams)

Skyhawks camps and programs for 3 and 4 year olds helps children fine-tune their motor skills in soccer and basketball. No pressure, just lots of fun while these little athletes learn the basics through unique Skyhawks games. Parents work with our coaching staff to teach these young children. Skyhawks staff is committed to creating a positive introduction to sports. Participant-to-coach ratio is approximately 10:1.

Mini-Hawk (Soccer & Basketball)

Multi-sport camps for 5-7 year olds, commonly known as Mini-Hawk, allow young children to explore soccer and basketball. There is no pressure -- just lots of fun while these young athletes participate in both sports through unique Skyhawks games. Our Mini-Hawk coaching staff is trained to meet the specific needs of young children and is committed to helping them start off on the right foot as they venture into athletics. The participant-to-coach ratio is approximately 8:1

Date: January 25 – March 8	No Class: February 15 th	Min: 8	Max: 20
Day: Mondays	Site: Valley View	Fee: \$65 per session	
Tiny-Hawk (Parent & Me Teams)	Time: 5:30 p.m. to 6:20 p.m.	Age: 3 & 4 Years Old	
Mini-Hawk (Soccer & Basketball)	Time: 6:30 p.m. to 7:30 p.m.	Age: 5 – 7 Years Old	

Parent and Child Yoga & Yoga for Kids

Instructor: Anne Keefe- Forbotnick

Date: January 12 – February 23	No Class: February 16 th	Min: 7	Max: 10
Day: Tuesdays	Site: Parks and Recreation	Fee: \$60 per session	

Parent and Child Yoga is a hands on class that involves BOTH parent and child. **Parent and Child Yoga** is a unique class designed to help encourage your child's self exploration through movement. It helps your child to develop strength, flexibility, coordination, and balance with a sense of playfulness and imagination. **Parent and Child Yoga** is designed so the child discovers these benefits both individually and as part of a group.

Parent and Child Yoga	Time: 4:15 p.m. to 5:00 p.m.	Age: 3 to 5 Years Old
-----------------------	------------------------------	-----------------------

Yoga for Kids is a unique class designed to help build your child's strength, flexibility, coordination, and balance. **Yoga for Kids** increases your child's ability to concentrate, improves learning and also improves social skills. **Yoga for Kids** is designed so the child discovers these benefits with a sense of playfulness and imagination both individually and as part of a group.

Yoga for Kids	Time: 5:15 p.m. to 6:00 p.m.	Grade: 1 - 2
---------------	------------------------------	--------------

Must register prior to January 7th

Youth Dance Classes

Hippity Hoppity Dance Classes

Hippity Hoppity is a combination of acrobatics and hip hop. It's a great introduction class for the pre-school age students that have a lot of energy to burn or just want to be introduced to a dance program.

Day: Wednesdays	Date: January 13 – February 24	No Class: February 17
Age: 3 – 5 Years Old	Time: 9:30 am – 10:15 am	Fee: \$65
Site: Encore Dance Studios	350 Marlborough Street	

Acrobatics

Acrobatics is similar to gymnastics, but is all floor work and encompasses some “contortion tricks” all with an artistic flair. Bars are used for most of the training, but are not always used in some or all of the performances to avoid restriction on choreographic artistry. Our acrobatics program reinforces motor skills, coordination, discipline, strength, flexibility, and of course tumbling!!!

Day: Thursdays Date: January 14 – February 25 No Class: February 18
Age: 5 – 7 Years Old Time: 4:30 pm – 5:15 pm Fee: \$65
Site: Encore Dance Studios 350 Marlborough Street

Youth Gymnastics Classes

Please register for all classes through the Parks and Recreation Office.

Dates: Thursday Site: Valley View Elementary School
Days: Jan. 7 – Feb. 18 Instructor: Caffery’s Dance and Gymnastics
No Class: January 28th Fee: \$80 for 6 Weeks

Beginners Class- “Rollers” Class is open to boys and Girls, no experience necessary. Students will be introduced to all pieces of gymnastic apparatus. A favorite for the boys is the vaulting horse and the girl’s favorite event is the uneven bars.

Age: 5 – 7 years old Time: 3:30 – 4:15 pm

Pre-school “Tumble Bears” –

Calling all boys and girls who love running, jumping, and flipping upside down. You will enjoy learning floor tumbling skills such as: Front rolls, back rolls and cartwheels. We will explore several basic skills on the un-even bars and the mini balance beam and much more!

Ages: 3 & 4 years old Time: 4:15 – 5:00 pm

“Handstanders” This class is not recommended for the 1st time student. We will work again on all the apparatus, adding new skills to each event.

Ages: 8 to 11 years old Time: 5:00 – 5:45 pm

Youth Tennis Program

QuickStart Tennis is an exciting new instruction and play format for learning tennis. It is designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions and modified games tailored to age and size of the player. This is a proven method to accelerate your child’s development and enjoyment of the game. For more information, go to the www.partners.quickstarttennis.com or call Miguel Garcia at 203-410-2453 with any questions you may have.

Day: Tuesdays Date: January 5th – March 2nd No Program: February 16th
Grade: K – 2nd Time: 5:00 – 5:45 pm
Grade: 3rd – 5th Time: 6:00 – 7:00 pm
Grade: 6th – 8th Time: 7:00 – 8:00 pm
Site: Valley View School Fee: \$40

American Red Cross “When I’m In Charge”. When I’m In Charge is designed for youth between the ages of 7 and up. 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
- Who and When to call in an emergency

Each child will receive:

- Student workbook which includes
 - Emergency information sheet
 - House rules form
 - How to call 911 card

Day: Friday Date: January 22nd Fee: \$30
Time: 6:15 – 8:15 pm Age: 7 and up Site: Parks and Recreation Office

17th Annual CRPA Hotshot Basketball Shooting Contest

The Hot Shot contest is a state wide event. Each player will have one minute to shoot from “hotspots” placed on one half of the court. Starting from the center of half-court, the player dribbles into shooting range. The contest challenges a player’s speed, shooting, dribbling and rebounding abilities. Three one minute rounds constitutes the duration of play for each player. The top scorer for each age division will move to the next level. A birth certificate will be required to move to the county level. Top winners will advance to compete in a county contest, state and championship rounds. The contest is to promote basketball enthusiasm as well as basketball skills, fun, physical fitness and good sportsmanship. Open to Boys and Girls ages 9 – 15 years of age as of December 31, 2009.

Day: Tuesday Date: January 12, 2010
Age: As of December 31, 2009
Age: 9 & 10 years old Registration: 5:30pm Start: 5:45 pm
Age: 11 & 12 years old Registration: 6:15pm Start: 6:30 pm
Age: 13 – 15 years old Registration: 7:00pm Start: 7:15 pm
Site: Portland Middle School Gym Fee: FREE

Kids in the Kitchen –An innovative program for kids from Kindergarten to sixth grade. Kids will prepare and share a full meal and dessert. Participants may want to have a light snack prior to coming to the program.

Day: Friday Dates: January 29, February 26, and March 26
Fee: \$22 per class Site: Brownstone Intermediate School Café
Time: 5:30 – 8:00 pm Grade: K – 6th Grade
Class Limit: 14 Instructor: Kristin Zajac and Kelly Francesco

Must register one week prior to class – NO REFUNDS FOR THIS PROGRAM

K-2 Basketball Program

This program is instructional only. Concentration is on dribbling, passing and shooting along with small-sided games that are developed each week. Each child will receive a tee shirt.

Day: Saturdays	Dates: December 12 – February 20th
Fee: \$30	No Basketball: Dec. 26, Jan. 2, and Feb. 13
Place: Gildersleeve School	Grade: Portland Residents in Grade K – 2 nd .
8:00 a.m. to 8:45 a.m. Kindergarten	9:00 a.m. to 9:45 a.m. First Grade
10:00 a.m. to 10:45 a.m. Second Grade	

Teens

Portland Rocks 2010 –Band Jam

Band Jam ensemble programs provide recreational musicians a unique opportunity to experience the thrill of playing, writing, recording and performing music with others. We enable budding musicians to explore their own musical interests and talents and provide opportunities to play with other kids, discover original composition, and expand their musical repertoire. Band Jam is about having fun playing music. Band Jam will give students the opportunity to play in small groups, developing skills in playing with drummers, bass players and guitar players as well as keyboard players. It also teaches students how to work on songs, develop musical skills in song writing, stage etiquette and musicianship. Our ensemble programs are led by musicians experienced in all facets of musical performance, composition, and production. At the end of the 6 week program students will perform and record their compositions.

Day: Mondays	Date: January 11 – February 22	No Class: February 15 th
Instructor: Dave Kuzminski	Fee: \$146	
Site: Connecticut Valley School of Music, 226 Main Street, Portland, CT 06480		
Grades: 7 – 9	Time: 6:00 to 7:00 PM	
Grades 10 – 12	Time: 7:00 to 8:00 PM	

American Red Cross “Babysitting” Provides youth (ages 11 - 15) who are planning to baby sit with the knowledge and skills necessary to safely and responsibly give care for children and infants. This training will help participants to develop leadership skills; learn how to develop a babysitting business, choose safe and appropriate toys and games, diapering, bedtime, keep themselves and others safe and help children behave; and learn about basic child care and basic first aid. A great way to get your teen ready for a babysitting job.

Day: Friday	Date: February 12th	Age: 11 – 15 years old
Time: 9:00 – 3:00 pm	Fee: \$55	Site: Parks and Recreation Office

Co-ed Volleyball – Portland Parks and Recreation is sponsoring an eight week teenage volleyball program for Portland Residents. They will learn some basic rules of the game as well as get to play matches each week.

Day: Wednesdays Date: January 6 – February 24
Grade: 7 – 12 Time: 6:00 – 7:00 pm
Site: Gildersleeve School Fee: \$10

Ultimate Frisbee League-- Combining the non-stop movement and athletic endurance of soccer with the aerial passing skills of football, a game of Ultimate is played by two squads with a high-tech plastic disc. The Parks and Recreation Department is looking to form a four to six team league so Portland teens can enjoy playing the action packed sport.

Days: Tuesday and Thursdays Dates: February 9th – March 18th
No Program: February 16th Time: 2:30 – 4:00 p.m.
Site: Portland Middle School Fee: \$10 per person
Grades: 7 – 12 Gender: Co-ed

GREAT WAY TO START THE NEW YEAR

Exercise and Diet for the Whole Family

You only have 1 body, this program is designed to inform parent and children on how to eat healthier and exercise at home to stay fit and reduce your risk of heart disease and cancer for adults and obesity and diabetes for the kids. Dr. John Mormile, chiropractor in Portland has been in practice since 1985 along with Kevin Dean, licensed personal trainer and fitness instructor with over 10 years experience will be the instructors. Bring comfortable clothing and be ready to have fun

Day: Wednesdays Date: January 20 – February 10 (4 Weeks)
Instructors: Dr. John Mormile and Kevin Dean Time: 6:30 pm to 7:30 pm
Site: Parks and Recreation Office, 265 Main Street Fee: FREE must pre-register
Age: Children in Grades 5 - 8 with a Parent or Guardian

Portland Softball and Baseball Speed and Conditioning Program

This is a new exercise program designed to improve the overall athletic ability for children interested in softball and baseball. The program will be segmented by position and perform speed and conditioning drills designed to improve their athletic ability based on their respective position. Instructor: Paul Bruni: certified personal trainer

MONDAY, JANUARY 4TH WILL BE A FREE ONE HOUR CLINIC TO TRY

THE PROGRAM. The program will be held at Valley View School

Sessions: Mondays	Fridays
Dates: Jan. 11 – Mar 22	Jan 8 – Mar 26
No Class: Jan. 18 & Feb 16	Feb. 12
Fee: \$80	\$90
Both Sessions: \$170	Min: 10 Max: 20
Gender: Boys and Girls	Age: 9 to 13 years old
Mondays: 7:30 – 8:30 pm	Fridays: 6:30 – 7:30 pm

Pilates Pilates is an exercise option for everyone. Designed to develop a strong core while maintaining loose, limber limbs, the exercises provide multiple variations to meet the needs of different body types. This class will focus on the basic principles of Pilates to start strengthening core muscles (stomach, back and gluts), and improve balance and coordination between the body's limbs. Class is taught by a Personal Euphoria Pilates Certified Instructor

Day: Thursdays Date: January 7 – March 25th Min: 10 Max: 16

Site: Buck Foreman, 265 Main Street Age: 18 years and older

Time: 5:30 p.m. – 6:30 p.m. Fee: \$90 Resident/\$100 Non-Residents

Hula Hooping & Nai Dancing

Day: Fridays Date: January 8 – March 26th

No Class: February 12 & March 5th Instructor: Kim Renee Thibodeau

Site: Valley View Min: 10 Max: 20 Age: 13 years and older

Participants under the age of 18 must be accompanied by an adult



Kimnetics Hooping

Kimnetics Hooping is an energizing, fat-burning and muscle sculpting hoop dance workout. Hooping reconnects you to your childhood memories while toning the entire body, strengthen your core, and define your waistline. This creative class is easy to learn thanks to design of the fitness hoop. Kim's classes are sassy, fun and reduce stress but most importantly you will leave class smiling! Students receive a professional fitness hula hoop included within the cost of the program.

Time: 4:30 p.m. – 5:20 p.m. Fee: \$125 Resident/\$135 Non-Resident

If you already have a fitness hoop, fee will be \$80 Resident/\$90 Non-Resident

Kimnetics Nia



The Nia Technique is an expressive fitness practice based on pleasure movements for the body, mind, emotions and spirit. Nia blends martial arts, dance arts and the healing arts into a routine fueled by music. Nia is for all bodies, all fitness levels and promotes moving "The Body's Way". We move bare foot. Wear comfortable clothes, bring water and be ready to have fun.

Time: 5:30 p.m. – 6:30 p.m. Fee: \$80 Resident/\$90 Non-Resident

Adult Co-Ed Volleyball

Participate in this fun, non-competitive drop-in volleyball program. Bring your friends and join in the fun. Sneakers must be worn. This program is free.

Day: Wednesdays Date: November 4 – April 7th

Time: 7:00 – 8:30 pm No Program: November 11, 25, December 23 & 30

Site: Gildersleeve School

Men's Drop in Basketball

Looking for the opportunity to shoot some hoops and brush up on your game? Here's a chance to participate in free play basketball games. Portland Residents Only.

Over 30 Men's Drop in Basketball Portland Middle School
Day: Tuesdays Dates: November 3rd to March 30th
Time: 8:00 – 9:30 p.m. No Program: December 29th and February 16th

Under 30 Men's Drop in Basketball: Portland Middle School
Day: Thursdays Dates: November 5th to April 1st
Time: 8:00 – 9:30 p.m. No Program: November 26th and December 24th & 31st

Portland Little League Announces Registration for the Spring 2010 Season

Portland Little League (PLL) is offering baseball and softball programs for boys and girls league aged 7 to 16 this upcoming Spring 2010 season. PLL strives to develop citizenship, discipline, teamwork, and physical well-being in the youths of today while participating in a fun and supportive environment.

League age 7 for **baseball** is any child who turns 7 on or before April 30th, 2010.

League age 7 for **softball** is any child who turns 7 on or before December 31st, 2009.

League age matrix's can be found on the league web site; www.portlandctlittleleague.org

Registration is earlier than years past. There are many benefits to early registration. It will allow the league to:

- Organize clinics over the winter and leading up to Opening Day
- Properly evaluate players and their skill sets
- Allows teams to be put together earlier

Registration for baseball and softball is ongoing through January 31st, 2010 with the following fees.

Received prior to December 1st, 2009:

- \$75 for the first child, \$60 for first sibling, \$50 for each additional sibling.

Received December 1st thru December 31st, 2009:

- \$85 for the first child, \$70 for first sibling, \$60 for each additional sibling.

Received January 1st thru January 31st, 2010:

- \$95 for the first child, \$80 for first sibling, \$70 for each additional sibling.

Registration can be processed through our league website at www.portlandctlittleleague.org We will also hold three walk in dates for registration at the **Senior Center, downstairs**; as follows;

Wednesday December 9th, 2009 from 6:00 pm to 8:00 pm

Wednesday January 13th, 2010 from 6:00 pm to 8:00 pm

For more information about Portland Little League, please visit our website above, or contact the league at PortlandCTLittleLeague@comcast.net or the League President, Eric Peterson, at Eric5346@yahoo.com (342-2578)

**Portland Soccer Club Announces its Spring 2010
Travel and Recreational Registration**

The Portland Soccer Club continues the annual spring soccer sessions in announcing the registration periods for Travel and Recreational soccer. These programs for Portland's youth help to develop their soccer skills from the newest program, the pre-kindergartner recreational program, through our highly successful travel program, offering competitive soccer programs to enhance and development players skills through their teenage years.

The Portland Soccer Club (PSC) is now accepting recreational soccer registrations for the Spring 2010 soccer season, until April 2, 2010. Registrations received after April 2, 2010 will be charged an additional \$15 dollar late fee. The PSC will only accept registrations through their on-line registration system, which can be accessed via the Internet at www.bluesombrero.com/portlandsoccerclub. The cost per registrant is \$35 dollars. Recreational jerseys will cost an additional \$10 dollars and will be available during the first day of play. Recreational programs will be available for the following age groups, during our Spring 2010 recreational soccer season:

U4 Pre K (08-01-05) to (07-31-06)
U5 Pre K (08-01-04) to (07-31-05)
U6 Dribbler (08-01-03) to (07-31-04)
U7/U8 Kickers (08-01-01) to (07-31-03)
U9/U10/U11 Strikers (08-01-98) to (07-31-01)

The Portland Soccer Club (PSC) is now accepting Travel soccer registrations for the Spring 2010 soccer season, until March 26, 2010. There are no tryouts planned for the Spring season, however registration for the Fall 2010 teams will be conditional upon annual tryouts in June 2010, after the Spring season. The PSC will only accept Spring registrations through the on-line registration system, which can be accessed via the Internet at www.bluesombrero.com/portlandsoccerclub. The cost per travel registrant is \$95 dollars (Travel Family Discounts may Apply). We anticipate fielding gender based teams for the following age groups during the Spring 2010 soccer season, depending on player participation: U9, U10, U11, U12, U13, U14

The Club also anticipates continuing the musically successful spring training clinics with Coach Vagel for the Travel Teams (weekdays) and Recreational teams (saturday mornings) for the Spring Season.

Club Contacts: Joe Balskus-President - jbalskus@hotmail.com or (860-342-5410)
Chris Donahue- Vice President - donahuecj@sbcglobal.net or (860-342-3228)

Ice Skating

The Portland Parks and Recreation has one designated site for skating at the Melba and Earle Prout Jr. Memorial Park on Rt. 17A next to the fairgrounds. Please call the Parks and Recreation Hot Line at 262-7234 for updates on the ice conditions. However, please be aware that conditions may change, here are some safety guidelines;

- Skate at your own risk and never alone
- Ice thickness is not consistent.
- Beware of ice around partially submerged objects.

Don't congregate in one area. Stay away from cracks, seams, pressure ridges, slushy areas and darker areas.

