



**Newtown**  
COMMUNITY CENTER

# Spring Programs 2021



**Registration begins**  
February 17  
**Spring Session begins**  
March 8  
**Summer Camps & Programs**  
Information available March 1

# Mission Statement

The Newtown Community Center is a multi-generational hub that enhances our community by promoting social interaction, health and wellness, creative opportunities, and personal growth.



## Family & Youth

For families and youth, that means amenities and activities that keep parents and kids engaged and entertained. Plan an activity or rent our multi-purpose rooms or our large banquet space for parties, celebrations and other special occasions. Take full advantage of our two indoor pools: one 6-lane lap pool for swimming, water aerobics and one uniquely accessible warm water “zero-entry” family pool (complete with spray bay) for infant and toddler play, as well as swim lessons, and other year-round, kid friendly aquatic programs. You’ll also love the convenience of our family locker room!



## Teens & Tweens

For teens and tweens, that means a safe and spacious place to meet up with good friends-and make a few new ones. Gather for pizza and a movie in one of our activity rooms. Host a “Battle of the Bands” in a multi-purpose room. Join an art, wellness, after school program or chill at the pool. Hire a DJ and throw a birthday party. If you’ve got the ideas, we’ve got the space!

## Hours Of Operation

Monday-Thursday  
6:00am-9:00pm

Friday  
6:00am-8:00pm

Saturday  
7:00am-5:30pm

Sunday  
7:00am-5:00pm



## Individuals

There is plenty for everyone to enjoy at the Newtown Community Center. The 6-lane lap pool or activity pool are ideal for some quality swim time. Host a party or milestone celebration in one of our banquet rooms. Meet new friends or peers at social events throughout our meeting and multi-purpose rooms. There’s always a detailed Calendar of Events- no matter what the activity our campus affords endless opportunities for connection and interaction.



## Seniors

For seniors, that means programs designed to complement those of our campus neighbor, the Newtown Senior Center. Enjoy our 6-lane lap pool and unique-to-the-area “zero entry” pool that’s easy in, easy out – great for water aerobics. There’s also a selection of engaging activities such as evening social events and multi-generational opportunities.

# Membership Descriptions

## Membership Inclusions

- Unlimited access to 6 lane lap pool, recreational pool and spray bay
- Health & wellness programs, water aerobics, member events and child care
- Discounted programs
- Discounted space rentals including birthday parties
- (4) Free guest passes annually
- Family time activities

## Membership rates

	Payment Frequency	Resident Rates	Non-Resident Rates
Joiners Fee <sup>1</sup>	One-time	\$0	\$50
Youth/Teen (Ages 0-18)	Monthly	\$18	\$25
Adult	Monthly	\$31	\$40
Single Parent Family (Includes 1 adult and children in the same household)	Monthly	\$34	\$42
Family (Includes 2 adults and children in the same household)	Monthly	\$41	\$49
Senior (60 +)	Monthly	\$18	\$28
Senior Couple (2 senior individuals in the same household)	Monthly	\$32	\$41
Day Passes	Daily	\$8	\$10

\* Proof of residency due at registration

<sup>1</sup> The Newtown Community Center charges a one time Joiners Fee of \$50.00 to Non-Residents who wish to secure or become a member. This Joiners Fee is a one time fee and will be waived within a 6 month period if the member discontinues their membership and decides to rejoin. For non-resident members who joined before Nov. 1, 2019, this joiners fee will apply should they discontinue their membership for more than 6 months.





# Membership Handbook

## Membership Cards and Photo IDs

- Membership Cards and/or photo IDs are essential tools to maintaining safety at the Newtown Community Center
- Membership cards are issued to all members. Members must have their photo taken upon joining the Community Center
- Never loan your card or transfer your membership to someone else; these actions could lead to grounds for termination
- In order to have access to the full amenities all guests must complete a liability waiver prior to entrance

## Membership for All

The Newtown Community Center does not turn anyone away for inability to pay. An individual's rate for membership/programs is determined by household income and based on need depending on the situation. Applicants are required to provide income verification and a letter of need. To apply for assistance, please complete an assistance application or you can download from our website.

## Locker Rooms

The Community Center provides the following locker rooms:

- Men's and Women's Locker Room: Ages 13 & above (unless accompanied by an adult)
- Family Locker Room: Adults with children or dependent adults



# Policies

## Open Door Policy

The Newtown Community Center is open for all residents to use our open space in the facility including the café and social gathering space. Our Community Conference room is open to non-profits and local organizations. Please contact the Front Desk to reserve the space.

## Cell Phone Policy

Cell phone use is strictly prohibited in the locker rooms and pool area. This is in effect for the safety of our visitors.

## Guest Pass Policy *(Unavailable at this time due to COVID-19.)*

The Newtown Community Center seeks to encourage memberships through guest privileges. Members are invited to bring 4 guests per year and to enjoy the facility at no additional cost.

- Each guest must be accompanied by a member and provide a valid photo ID on each visit
- Each guest must check in properly at the welcome desk
- The current member will be held responsible for their guests
- After exceeding your guest passes for the year, you may pay an additional \$5.00 per guest you would like to bring to the facility.

## Day Pass Policy *(Unavailable at this time due to COVID-19.)*

The Newtown Community Center is open for those who want to use the facility for the day. Those wishing to use the facility must show proper identification, pay the fee up front and sign the necessary waiver.

## Lifeguard and Aquatic Policies

All Newtown Community Center Lifeguards are certified and trained through the American Red Cross and follow local health department guidelines. Our lifeguards and aquatic staff are well trained to prevent and respond to any aquatic emergency and to provide appropriate care if necessary. To ensure safety for all, our staff is empowered to enforce all rules and policies with guests in attendance.

All Children under the age of 13 must be supervised by their parents or guardians at all times on the Newtown Community Center property. The only exception to this policy is if a child is enrolled in an organized program.

The Community Center is not responsible for lost or stolen items. Members are asked to not wear athletic shoes from the outside in the health and wellness space or on the pool deck. Swimsuits are required in the pools, no street clothes are permitted. Reusable swim pants/diapers for children ages 2 & under are required. While in the locker room, please wear a towel at all times.

*Please see the full list of complete pool rules, lap swim rules and spray bay rules for clarification found on our pool deck.*

## Fees and Payments

Accepted forms of payment: MasterCard, Visa, Discover, American Express, Cash and Check

Members are responsible for notifying the Newtown Community Center if their account information changes, including expiration dates of credit cards.

- All memberships must have a method of payment on file
- All monthly draft charges are continuous until the member notifies the NCC, in writing, to cancel the charges
- In the instance your monthly draft is returned for non-payment you will be notified via mail and email
- Should my Bank or Credit Card Company not honor the transaction for any reason, the member is responsible for that payment plus a Service Charge for the amount of \$15.00 and any service fees my Bank or Credit Card Company may make

## Membership Termination

To cancel a membership, please visit the Newtown Community Center to complete a membership termination form. All bank drafts require a 30 day written notification.

## Kidz Cove

Kidz Cove is unavailable at this time due to COVID-19. We are hoping to return this program in the coming months.

# All Access Pass!



**Newtown**  
COMMUNITY CENTER  
*Centered Around You*



**EARLY BIRD SPECIAL | On Sale March 1<sup>st</sup>- May 26<sup>th</sup>**

Become an All Access Member for Year Round Swimming Indoor and Out!

The outdoor facilities are opening for the 2021 season! Come enjoy the benefits of all of our Newtown facilities. Especially this summer, everyone will see the benefits of becoming an All Access Member!

**You must be an Active Community Center member to receive:**

- A 10% discount on your Summer Swim Pass for the Treadwell and Eichlers facilities for 2021. You must also have a park permit for your vehicle.
- Non-Resident Parking Permit Fees do apply.
- Receive Community Center SWAG!

### Membership Cost:

Membership Type	Resident Rates	Non-Resident Rates
Family (Limit 4)	\$180.00 <i>(\$25/additional family member)</i>	\$360.00 <i>(\$50/additional family member)</i>
Individual	\$67.00	\$140.00
Senior	No Charge*	\$27.00

*\* Please bring proof of residency and your car registration; we will issue you a pass and parking permit.*

Must bring All-Access pass to all facilities for entry. **PASSES ARE ON SALE NOW\*\***

*\*\* All Access Passes must be purchased in person!*

Are you an active Community Center Member?  
Please write your full name below:

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### Contact Information:

- Newtown Community Center  
203-270-4349
- Newtown Parks & Recreation  
203-270-4340

# Toddler & Youth Programs

*Don't forget to Pre-register for all Toddler & Youth Programs!*

## **NEW!** Mini Wonders Workshops

**Ages 2-4**

In this program, children as young as 2 can build their love of science through our \*new\* Mini Wonders Workshops, developed by EverWonder Children's Museum in collaboration with the Newtown Community Center. STEM education helps the youngest learners understand the world around them. Each week, our minis will get to do hands-on experiments on topics such as weather, gravity, dinosaurs, rockets, and even bubbles! (who doesn't love bubbles!)

*Mondays*

*10:00 – 10:45 am*

### **Mini Wonders Workshop Cost**

Member: \$60

Resident Non-Member: \$75

Non-Resident Non-member: \$90

## **NEW!** Curious Critters!

**Ages 4-6**

We will learn how to make totally interactive art with spiders that weave, bugs that crawl, insects that fly and frogs that hop both through drawings and puppets made from everyday materials. This is sure to capture the curiosity of every young mind! You will see your child come home laughing, smiling and hopping as inspired by the nature-based fun here!

*Mondays*

*2:00 - 2:45 pm*

### **Curious Critters Program Cost**

Member: \$90

Resident Non-Member: \$105

Non-Resident Non-member: \$115

## **NEW!** JumpBunch

**Ages 2.5-4**

A highly interactive program, designed to provide PE to pre-k aged children. Children will develop loco-motor movement skills (Hop, skip, jump, run, etc.) as well as practice throwing, kicking, and catching to improve hand/eye coordination, spatial awareness and working with others. Parents are encouraged to participate with their child.

*Tuesdays*

*10:00 – 10:45 am*

### **JumpBunch Cost**

Member: \$90

Resident Non-Member: \$105

Non-Resident Non-member: \$115

## Dabble n' Splash

**Ages 3-4**

First dabble in some fun arts activities in our Art Studio.....paint, color, splatter, and more....then off to play games in the zero-depth entry Spray Bay with water features where you can splash to your hearts' content!

*Tuesdays*

*11:00 am – 12:00 pm*

### **Dabble n' Splash Program Cost**

Member: \$95

Resident Non-Member: \$110

Non Resident Non-member: \$125

## **NEW!** TOTally Two's

**Age 2**

Drop off program. Explore, encourage and nurture! We will guide your child's first interactive learning experience with group activity, introducing socialization and learning skills while having fun.

*Wednesdays*

*9:00 – 10:30 am*

### **Totally Two's Program Cost**

Member: \$125

Resident Non-Member: \$140

Non-Resident Non-Member: \$155



# Toddler & Youth Programs

*Don't forget to Pre-register for all Toddler & Youth Programs!*

## **NEW!** Circus Together

**Age 3-4**

Join us for a guided tour of circus-based play activities developed to strengthen the trust bond between children and their caregivers. Play together, learn together, and support each other in exploring new movement skills including balancing peacock feathers, tossing juggling scarves, partner "acrobatics," balance boards, "stilts," and more! Class size limited to six adult/child pairs.

*Wednesdays*

*10:00 – 11:00 am*

### **Circus Together Program Cost**

Member: \$95

Resident Non-Member: \$110

Non-Resident Non-Member: \$125

## Toddler Time

**Age 1-3**

Toddler Time is for 1 – 3 year-olds with a caregiver. Specifically, for children ready to engage in a fun program setting outside the home but haven't started preschool yet. Classes may include story time, music, crafts, and play time!

*Thursdays*

*10:00 – 10:45 am*

### **Toddler Time Program Cost**

Member: \$30

Resident Non-Member: \$45

Non-Resident Non-Member: \$60

## Crafternoon

**All Ages**

Explore and create art in our Art Studio. All supplies provided... you bring the creativity and imagination to create whatever masterpiece you envision! All ages welcome!

*Fridays*

*1:00 – 2:00 pm*

### **Crafternoon Program Cost**

FREE





presents....

# mini wonders

STEM education helps the youngest learners understand the world around them!

In this program, children as young as 2 can build their love of science through our \*new\* Mini Wonders Workshops, developed by EverWonder Children's Museum in collaboration with the Newtown Community Center.

STEM education helps the youngest learners understand the world around them. Each week, our minis will get to do hands-on experiments on topics such as weather, gravity, dinosaurs, rockets, and even bubbles!

Who doesn't love bubbles?!



## DETAILS

March 8th - April 19th  
Mondays 10:00-10:45am  
ages 2-4  
\$60 members  
\$75 non-members

**Contact information:**

Jennifer Cebry 203.270.4349 or  
jennifer.cebry@newtown-ct.gov

# Adult Programs

*Don't forget to Pre-register for all Adult Programs & Workshops!*

## Spin the Wheel

Learn the basics (or get a refresher) on wheel throwing and glazing in this class. Students will first learn how to center clay on the pottery wheel and then learn to create basic pottery forms. Finished work will incorporate glazing and decorating techniques. At the end of the session, your piece will be displayed in the Municipal Center Gallery showcase! This class is designed for anyone with little or no experience with pottery. Space is limited to only 5 students.

*Mondays 6:30 – 8:30 pm*

### Spin the Wheel Program Cost

Member: \$155  
Non-Member: \$180  
Non-Resident Non-member: \$200

## **NEW!** Sauces Master Class

Learn to master the basic sauces: Bechemel; Hollandaise; Veloutte Espagnole, and your dinner preparations will take on a whole new look! Wear comfortable shoes and come with an appetite as you will enjoy all of the recipes we prepare. Taught by Loree Ogan of Loree's Fine Food.

*Tuesday, March 23 6:00 – 8:30 pm*

### Sauces Master Class Dinners Cost

Member: \$85 per person or \$125 per couple  
Non-Member: \$115 per person or \$155 per couple

## **NEW!** Catch of the Day

Do you love seafood? Learn how to make these delicious, catch of the day creations! Wear comfortable shoes and come with an appetite as we will enjoy all the recipes we prepare. Taught by Loree Ogan of Loree's Fine Food.

- Scallops Provencal
- Filet of Sole Francese
- Salmon Roasted with Orange and Fennel

*Tuesday, April 13 6:00 - 8:30 pm*

### Catch of the Day Cost

Member: \$85 per person or \$125 per couple  
Non-Member: \$115 per person or \$155 per couple

## **NEW!** Open Art Studio

Have a project you want to work on? Book some time in our bright and airy Art Studio! Our studio is available to artists of any level to work independently or to drop-in, create and socialize! Please call to register and inquire.

*Mondays 9:00 – 11:00 am  
Wednesdays 6:30 – 8:30 pm*

### Open Art Studio Cost

Member: \$15 per hour per person  
Non-Member: \$25 per hour per person

## Watercolor Your World

Learn the art of watercolor painting and drawing with brushes. Classes will progress as new skills are learned and practiced. Components of each lesson includes color mixing, washes, paint brush drawing, plant and flower painting and intro to faces. This class is for you if you have recently said: "I used to watercolor.", "I haven't painted in years", "I'd love to loosen up my style." A small supply list will be emailed after you sign up. Beginners to intermediate level welcome!

*Wednesdays 10:00 am – 12:00 pm*

### Watercolor Your World Cost

Member: \$95  
Resident Non-Member: \$110  
Non Resident Non-member: \$125

### Contact information:

Jennifer Cebry 203.270.4349 or  
jennifer.cebry@newtown-ct.gov

# After School

Don't forget to Pre-register for all After School Programs

Busing available for Newtown Public Schools - Please contact us for details

## **NEW!** Art & Drama

**Ages 7 - 9**

Kids will create masks, puppets, props and costumes to bring imagined characters to life and tell an original story that the participants will create as a group. Taught by local puppeteer Adelka Polak.

*Mondays*

*4:15 – 5:15 pm*

### **Art & Drama Program Cost**

Member: \$145

Resident Non-Member: \$170

Non-Resident Non-member: \$195

## **NEW!** Core Circus

**Ages 5 & up**

Run away with the circus and still be home in time for dinner! Introduction to the fundamentals of circus skill building, including tumbling, juggling and object manipulation, balance (stilts, balance board, circus globe), and cooperative games. In this exciting movement filled class students will develop core-strength, flexibility, and body-awareness while increasing self-esteem and social skills. Progressive skills match each learner's developmental level. Class limited to six participants. No experience necessary. Presented by Circus Moves.

*Mondays | Ages 5 - 7*

*4:30 - 5:20 pm*

*Mondays | Ages 8 - 12*

*5:30 - 6:30 pm*

### **Core Circus Program Cost**

Member: \$150

Resident Non-Member: \$165

Non-Resident Non-member: \$180

## World of Weaving

**Age 7-13**

Color! Texture! Pattern! Go! In this class we will use rigid heddle looms to make bags, scarves, or hanging works of art. Students will receive their own loom to use in the classroom. We will explore loom use, technique, yarns, patterns and some weaving history. Perfect for Spring, kids can wear home what they make!

*Tuesdays*

*4:30 – 5:30 pm*

### **World of Weaving Cost**

Member: \$140

Resident Non-Member: \$165

Non Resident Non-member: \$190

## Joy of Art

**Ages 5 - 9**

Travel the world with Joy Hoffman exploring art and artists from different countries while learning techniques including photography. Each class will end with a few minutes of Yoga Nidra. At the end of the session there will be an Art Show!

*Wednesdays*

*4:15 – 5:30 pm*

### **Joy of Art Program Cost**

Member: \$145

Resident Non-member: \$160

Non-Resident Non-Member: \$175

## Kidz in the Kitchen

**Age 8-12**

Your child will explore new techniques and flavors from around the world. They will learn to build their culinary confidence by learning simple fun tools that can impact their eating habits for the rest of their lives. Each class will discuss a new superfood that our bodies need for healthy living. (Chocolate being one example!) Each child will go home with a recipe for the day and a yummy creation that they can be proud of! Taught by Pamela Buchler.

*Wednesdays*

*4:15– 5:30 pm*

### **Kidz in the Kitchen Cost**

Member: \$150

Resident Non-Member: \$165

Non Resident Non-member: \$180

## **NEW!** 3D Cartooning and Plush

**Age 8-12**

Taught by Heather Bennett - Learn to create cartoon characters, super heroes and comic strips! Students will learn to develop characters and story lines with associated dramatic illustration. The first few classes will concentrate on drawing and technique which students will then apply while designing and drawing their own projects for the rest of the session.

*Thursdays*

*4:30 – 5:30 pm*

### **3D Cartooning and Plush Program Cost**

Member: \$140

Resident Non-member: \$165

Non-Resident Non-Member: \$190

# After School

*Don't forget to Pre-register for all After School Programs!*

*Busing available for Newtown Public Schools - Please contact us for details*

## **NEW!** Circus Moves Youth Troupe (CMYT)

**Age 9 & up**

CMYT classes place focus on developing existing skills into creative inter-disciplinary acts, culminating in a community show at the end of the academic school year. Students are encouraged to incorporate dance, music, and other arts and movement/athletic techniques acquired outside of circus class. Invitation based on audition or participation performance in prior Circus Moves programming. Auditions are informal - potential troupers must show desire to participate, demonstrate skills, and participate in one "try-out" class. Ideal candidates have some experience in circus, gymnastics, theater, dance or other movement/performance art discipline.

*Thursdays 4:30 – 6:00 pm*

### **CMYT Cost**

Member: \$150

Resident Non-Member: \$165

Non Resident Non-member: \$180

## **NEW!** Sea to Shining Sea Art Class

**Age 5-9**

This after-school series of art classes will focus on fun while creating iconic images from around the country. Learn watercolors and acrylics techniques and more! At the end of the session there will be a student run and inspired Art Show! Taught by Abrakadoodle!

*Thursdays 4:15 – 5:15 pm*

### **Sea to Shining Sea Art Class Cost**

Member: \$145

Resident Non-Member: \$160

Non Resident Non-member: \$175

### **Contact information:**

Jennifer Cebry 203.270.4349 or  
jennifer.cebry@newtown-ct.gov



# Kids Events

*Don't forget to Pre-register for all Kids Events Programs!*

## 5/6 Night Out

**Ages 10-12**

For 5th and 6th graders only! A night of swimming and the obstacle course in the pool all to yourselves! Games and music, too! Hang out with friends and have a splash!

*Friday, March 19*

*6:30 – 9:00 pm*

### 5/6 Night Out Cost

Member: \$15

Non-Member: \$20

## Egg Dive

**Ages 5 - 9**

Join us for a fun afternoon making chick, bunny and egg crafts galore. After, we will jump, splash, and swim for eggs in the pool! Make sure you bring your bathing suit, towel, and puddle jumper! Oh and don't forget your basket!!

*Sunday, March 28*

*12:00 – 1:00 pm*

### Egg Dive Cost

Member: Free

Non-Member: \$10 per family

## Superhero Kids Night Out

**Ages 5 - 11**

Drop your kids off and enjoy a Date Night! We will take care of the rest, providing themed games, swimming, and an arts and crafts activity. Enjoy your night off!

*Friday, April 2*

*6:30 – 9:00 pm*

### Superhero Kids Night Out Cost

Member: \$10

Non-Member: \$15

## Spring Break Mash-Up

**Ages 5 - 9**

Each day will include themed activities, free swim, arts & crafts and fun & games! Bring your own lunch.

*Monday, April 12 – Friday, April 16*

*9:00 am – 3:30 pm*

### Spring Break Mash-Up Cost

Member: \$175

Non-Member: \$200

## Earth Day Recyclable Art Workshop

**Ages 5 - 11**

From trash we will create Art! Using all recyclable materials, we will make everything from paper flowers to egg carton trees, paper mâché pots and paper bag paintings!

*Sunday, April 18*

*1:00 – 2:30 pm*

### Earth Day Cost

Member: Free

Non-Member: \$10

## High School Madness!

**Ages 14-18**

Calling all teenagers! Join us for an after-hours party for high schoolers only. You will have the place to yourselves! There will be local teen bands, a food truck and of course swimming and the obstacle course in the pool.

*Saturday, April 24*

*6:00 – 9:00 pm*

### High School Madness Cost

Member: \$15

Non-Member: \$20



# Health & Wellness Schedule

*Don't forget to Pre-register for all Health & Wellness Programs!*

**Zoom option available for all classes**

## Monday

Programs	Time
Deep Stretch	10:00-10:45pm
TaiChi/Qi Gong	6:00-7:00pm
Belly Dancing	7:15-8:15pm

## Tuesday

Programs	Time
Morning Yoga	6:30-7:30am
Barre Fusion	9:30 - 10:30 am
Dance Fusion	6:00-7:00pm

## Wednesday

Programs	Time
Mat Pilates	10:45-11:45am
Adult Ballet	6:00-7:00pm

## Thursday

Programs	Time
MELT Method®	11:30-12:30pm
Yoga Flow	5:00-6:00pm
Zumba	6:15-7:15pm

## Friday

Programs	Time
Yogalates	8:30-9:30am
Deep Stretch	10:00-10:45am

## Saturday

Programs	Time
Total Body Blast	10:00-10:45am

## Sunday

Programs	Time
Gentle Yoga	9:30-10:30am

**We highly suggest making reservations 48 hours in advance.**

**Please register on Omnify:**

Limit of 7 inside,  
No Limit on Zoom  
*Mask required*



# Health & Wellness Descriptions

**Adult Ballet:** Leap into ballet technique with Jennifer Cebry to achieve real body change, improve posture, balance, strength and musicality. All ages all levels welcome. No prior dance experience necessary. Ballet slippers needed.

**Barre Fusion:** Is a ballet-based workout formatted and designed to increase your cardiovascular strength while helping you to tone, sculpt, and lengthen your muscles from head to toe. Combining some elements of Mat Pilates, this class will be taught by Beth Rodbell.

**Belly Dancing:** Have a blast with Liz Sortino, learning the basic moves of Middle-Eastern Belly Dance while strengthening your core, arms and legs! Come in your workout clothes....Hip scarves are provided.

**Dance Fusion:** This exciting dance cardio-based fitness program with Matthew Ames will have you burning calories while having fun, moving, and learning easy to follow dance moves to the latest tunes. No dance experience necessary.

**Deep Stretch:** Set to soothing music, low-impact stretching and breathing exercises designed to de-stress you physically and mentally while increasing flexibility. Dress comfortably.

**Gentle Yoga:** Gentle Yoga class taught by Trish Cannizzaro includes carefully orchestrated movements, well-measured stretches, and range of motion exercises. Postures may be approached in gradual steps, with plenty of time to focus on breathing and repetition.

**Mat Pilates:** Stretch and strengthen your body from your core...from your hips to your shoulders. Taught by Nada Daccache, this class is performed equipment-free, utilizing your own body as resistance, with a floor mat for cushion and support.

**MELT**®: The MELT Method®, taught by Katie Oeser, is designed to help you stay healthy, youthful, and active for a lifetime and reduces the effects of accumulated tension and stress caused by daily living. Improve performance and decrease the risk of repetitive stress injuries by eliminating chronic pain. Using specialized techniques, a soft body roller, and four different balls, MELT is designed to reconnect whole-body communication, rebalance the nervous system, rehydrate the connective tissue, and release compression in joints.

**Morning Yoga:** Wake up and get moving with Eileen Byrnes! This impactful class uses efficient movement along with breath work to start your day with a strong mindset and positive outlook.

**Qi Gong / Tai Chi:** Taught by Audra Mace, this class is about slow and gentle meditative movements that require breathing and focus to strengthen and stabilize muscles and help improve balance. No experience necessary – beginner to intermediate levels.

**Total Body Blast:** is a high-energy, full body work out that is intended to tone, and strengthen a combination of muscle groups throughout your body. Cardio and Strength-training collide in this fun exercise class! Taught by Jessi Ruotolo.

**Yoga Flow:** This mixed level class, taught by Sharon Poarch, strings yoga postures together in a flowing, vinyasa style sequence of breath and movement. Class is infused with balance work and optional challenges, with modifications provided for all levels. (Bring your own mat and props –blocks or straps if you have them).

**Yogalates:** Harness the physical and mental benefits of both practices with Sharon Poarch. This class is a fusion of practices “East meets West,” because it merges the ancient Indian practice of yoga with the Western practice of Pilates.

**Zumba:** Take this high-energy latin dance based cardio class with Vanessa White. Dance moves are choreographed to emphasize moving to the music - no rhythm or dance experience required! You'll get a great cardio workout that also strengthens your core, and improves flexibility.

# WAVE YOGA



**Newtown**  
COMMUNITY CENTER  
*Centered Around You*

Join us in the pool to practice yoga sequences on the board to build stability, flexibility and strength while in the water. This class uses a pace slower than on land, since you'll also be balancing on the paddleboard.

Unlike land-based yoga classes, you won't need a mat—it's built into the paddleboard. Previous yoga experience isn't needed for this class, however, if you already do yoga, WAVE Yoga can help take your practice to the next level in an exciting way.

The Community Center will provide all the materials for this class. You don't need to be a proficient swimmer to enjoy this class, but you will need to get into the water to get to your paddleboard for class. Pool depths vary by location. (Swim suits or water wicking workout gear required). Space is limited!



Thursday, March 18th | 7:00pm  
Thursday, March 25th | 7:00pm



\$15.00 per class  
*Limited space available*





# Swim Lesson Schedules

## Safe Swimmers Start Here

Spring Session Dates: March 8 - April 25

### Level 1

**Preschool:** Familiarize children approximately 3 and 5 years old to the aquatic environment and help them acquire rudimentary basic aquatic skills. Help participants begin to develop positive attitudes and safe practices in and around water.

**School Age:** Orient participants to the aquatic environment and help them gain basic aquatic skills. Help participants begin to develop positive attitudes and safe practices around water.

#### 7 Weeks Swim Lesson Cost

Member: \$110

Resident Non-Member: \$231

Non-Resident Non-Member: \$257

### Level 2

**Prerequisites Preschool:** Enter independently, using the side, travel at least 5 yards, submerge to mouth and blow bubbles for at least 3 seconds then safely exit the water. While in shallow water, glide on front at least 2 body lengths, then roll to back and float on back for 3 seconds, then recover to a vertical position.

**Prerequisites School:** Enter independently, using the side, travel at least 5 yards, bob 5 times, then safely exit the water. Glide on front at least 2 body lengths, roll to a back float for 5 seconds, then recover to a vertical position.

#### 7 Weeks Swim Lesson Cost

Member: \$110

Resident Non-Member: \$231

Non-Resident Non-Member: \$257

### Level 3

**Prerequisites Preschool:** Glide on front for at least 2 body lengths, roll to back, float on back for 15 seconds, then recover to a vertical position. Glide on back for at least 2 body lengths, roll to front, then recover to a vertical position. Swim using combined arm and leg actions on front for at least 3 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming on front for at least 3 body lengths.

**Prerequisites School Age:** Step from the side into chest-deep water, push off the bottom, move into a treading or floating position for at least 15 seconds, swim on front and/or back for 5 body lengths, then exit the water. Move into a back float for 15 seconds, roll to front, then recover to a vertical position. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front, then continue swimming for at least 5 body lengths.

#### 7 Weeks Swim Lesson Cost

Member: \$110

Resident Non-Member: \$231

Non-Resident Non-Member: \$257

### Level 4

**Prerequisites School age:** Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, rotate one full turn, then turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary backstroke for 25 yards, then exit the water. Push off in a streamlined position, then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards, then exit the water.

#### 7 Weeks Swim Lesson Cost

Member: \$110

Resident Non-Member: \$231

Non-Resident Non-Member: \$257

# Swim Lesson Schedules

## Safe Swimmers Start Here

Spring Session Dates: March 8 - April 25

### Level 5

**Prerequisites School age:** Perform a feet first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards. Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards. Submerge and swim a distance of 3 to 5 body lengths underwater without hyperventilating, return to the surface, then exit the water.

#### 7 Weeks Swim Lesson Cost

Member: \$110

Resident Non-Member: \$231

Non-Resident Non-Member: \$257

### Level 6

**Prerequisites School age:** Perform a shallow-angle dive into deep water at least 9 feet deep, swim front crawl for 50 yards, then swim elementary backstroke for 50 yards using appropriate and efficient turning styles throughout. Swim breaststroke for 25 yards, change direction of travel as necessary and then swim back crawl for 25 yards using appropriate and efficient turning styles throughout

#### 7 Weeks Swim Lesson Cost

Member: \$110

Resident Non-Member: \$231

Non-Resident Non-Member: \$257

### Adult Learning the Basics

The purpose of this course is to help participants gain basic aquatic skills and swimming strokes. Teach skills and concepts needed to stay safe in and around water and to help themselves or others in an aquatic emergency.

#### 7 Weeks Swim Lesson Cost

Member: \$110

Resident Non-Member: \$231

Non-Resident Non-Member: \$257

### Adaptive Private Lessons

#### Ages 3+

This program is taught by specially trained aquatic staff and personalized to suit the needs of each individual. Scheduled at the child's convenience, and coincides with a children's group swimming class this class is offered in six week sessions; once per week.

#### Adaptive Lesson Cost

Member/Non-Member: \$185 (6 lessons)

### Private & Semi-Private Lessons

#### Ages 3+

Whether you are just starting out or are an experienced swimmer, our instructors will design an individual program and critique your skills to help motivate and achieve your swimming goals!

#### Private Lesson Cost

Member: \$259 (6 lessons)

Non-Member: \$330 (6 lessons)

#### Semi-Private Lesson Cost

Member: \$300 (4 lessons)

Non-Member: \$360 (4 lessons)

#### Aquatics Director:

Kristin Rebelo 203.270.4349 or  
Kristin.rebelo@newtown-ct.gov

# Swim Lesson Schedules

## Safe Swimmers Start Here

Spring Session Dates: March 8 - April 25

### Baby Basics

*2 months to 5 Months*

This FREE swim class is for infants who are 2 months through 5 months old and requires an adult in the water to participate. This swim class introduces infants to the aquatic world and all of the fun that comes with it. Let us show you the benefits of early childhood swimming!

#### Cost

FREE

### Parent and Tot 1

*6 Months to 16 months*

Parent and Tot 1 is a group class for our little swimmers and requires an adult in the water with them. They will learn the basics of back floating, water acclimation, breath control, safety skills and learn how their body moves in the water.

#### Cost

Member: \$110

Resident Non-Member: \$231

Non-Resident Non-Member: \$257

### Parent and Tot 2

*17 months to 36 months*

Our older baby swimmers will work on back floating, submersions, breath control, safety skills and gain more independence by gaining confidence in their ability to swim both to and from a parent. An adult is required to be in the water for this group swim class.

#### Cost

Member: \$110

Resident Non-Member: \$231

Non-Resident Non-Member: \$257

### Parent and Tot 3

*26 months to 36 Months*

This is a 3:1 swim class that does not require a parent in the water. The students will focus on being independent in the water while learning basic safety skills on their own. Submersions, breathe control, safety skills and independent swims are the focus of this class. They will learning basic safety skills including rollover breathing, swimming across the pool on their back and furthering.

\*Need to pass Parent and Tot Level 2

#### Cost

Member: \$110

Resident Non-Member: \$231

Non-Resident Non-Member: \$257



# Swim Lesson Schedules

## Safe Swimmers Start Here

Spring Session Dates: March 8 - April 25

### Monday

Time	Classes	
4:30-5:00pm	Pre-School Level 1	Pre-School Level 2
5:00-5:30pm	School Age Level 2	Pre-School Level 3
5:30-6:00pm	School Age Level 1	
6:00-6:30pm	School Age Level 3	
6:30-7:00pm	Adult Learn the Basics	

### Tuesday

Time	Classes	
10:00-10:30am	Pre-School Level 2	
10:30-11:00am	Baby Basics	
11:00-11:30am	Pre-School Level 1	
4:30-5:00pm	Pre-School Level 3	Pre-School Level 2
5:00-5:30pm	Pre-School Level 1	School Age Level 2
5:30-6:00pm	Pre-School Level 2	School Age Level 3
6:00-6:30pm	School Age Level 5	School Age Level 6

### Wednesday

Time	Classes	
4:30-5:00pm	Pre-School Level 1	Pre-School Level 3
5:00-5:30pm	Pre-School Level 2	School Age Level 3
6:00-6:30pm	School Age Level 2	School Age Level 3
6:30-7:00pm	School Age Level 1	Pre-School Level 1

### Thursday

Time	Classes	
4:30-5:00pm	Pre-School Level 1	
5:00-5:30pm	Pre-School Level 2	School Age Level 3
5:30-6:00pm	School Age Level 4	Pre-School Level 1
6:00-6:30pm	School Age Level 2	

### Saturday

Time	Classes	
9:00-9:30am	Parent & Tot 1	Pre-School Level 3
9:30-10:00am	Parents & Tot 2	School Age Level 3
10:00-10:30am	Parent & Tot 1	School Age Level 4
10:30-11:00am	Parent & Tot 3	Pre-School Level 2
11:00-11:30am	School Age Level 6	Pre-School Level 1
11:30-12:00pm	School Age Level 2	School Age Level 5
12:00-12:30pm	School Age Level 1	School Age Level 3

### Sunday

Time	Classes	
9:30-10:00am	School Age Level 2	
10:00-10:30am	Pre-School Level 1	
10:30-11:00am	Pre-School Level 3	
11:00-11:30am	Pre-School Level 2	
11:30-12:00pm	School Age Level 4	

### Session Information:

Monday-Sunday is 7 weeks \$110





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# Spring Schedule

## Water Aerobics

Monday	Tuesday	Wednesday	Thursday	Friday
Aquacize 9:00-9:45am	Aquacize 8:15-9:00am	Aquacize 9:00-9:45am	Aquacize 8:15-9:00am	Tone & Sculpt \$ 9:00-9:45am
Aquacize 10:00-10:45am	Aquacize 9:15-10:00am	Aquacize 10:00-10:45am	Aquacize 9:15-10:00am	Turn & Burn \$ 10:00-10:45am
Aquacize II 11:00-11:45am	Aquacize II 10:00-10:45am	Aquacize II 11:00-11:45am	Aquacize II 10:00-10:45am	
Aquacize II 6:00-6:45pm	Aquacize II 6:00-6:45pm	Aquacize II 5:00-5:45pm	Aquacize II 6:00-6:45pm	
	Aquacize II 7:00-7:45pm		Aquacize II 7:00-7:45pm	

## Descriptions

### Aquacize

Aquacize is a beginner to intermediate level water fitness class and is low impact to moderate pace. This water exercise class includes warm-up, aerobic training, and cool down, along with strength, toning and flexibility in shallow water. This class is perfect for the beginner athlete who likes the low-impact nature of water fitness programs.

*Preregistration is required. Spots are first come, first served!*

### Aquacize II

Aquacize II is a medium to advanced level water fitness class that works at a higher pace. This program offers mid-to-high cardio aerobic workouts in shallow water. It consists of stretching, running, ab and muscle toning. We do not advise this class for starters or those with physical ailments. If you're looking for a shallow water workout in a group setting, try one of these fun classes!

*Pre-registration is required. Spots are first come, first served!*

*Schedules are subject to change based on instructor availability and NCC Holidays*



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# Spring Schedule

## Lap Pool - Open/Lap Swim

Monday/ Wednesday	Tuesday/ Thursday	Friday	Saturday	Sunday
Lap Swim (6 lanes) 6:00-11:00am	Lap Swim (6 lanes) 6:00-10:00am	Lap Swim (6 lanes) 6:00-10:00am	Lap Swim (6 lanes) 7:00-9:00am	Lap Swim (6 lanes) 7:00-9:00am
Lap Swim (4 lanes) 11:00-12:00pm	Lap Swim (4 lanes) 10:00-11:00am	Lap Swim (4 lanes) 10:00-10:45am	Lap Swim (5 lanes) 9:00-1:00pm	Lap Swim (5 lanes) 9:00-1:00pm
Lap Swim (6 lanes) 12:00-4:00pm	Lap Swim (6 lanes) 11:00am-4:00pm	Lap Swim (6 lanes) 10:45-7:45pm	Lap Swim (6 lanes) 1:00-5:15pm	Lap Swim (6 lanes) 1:00-4:45pm
Lap Swim (3 lanes) 4:00-5:00pm	Lap Swim (3 lanes) 4:00-5:00pm			
Lap Swim (3 lanes) 5:00-7:00pm	Lap Swim (5 lanes) 5:00-6:00pm			
Lap Swim (6 lanes) 7:00-8:45pm	Lap Swim (3 lanes) 6:00-8:00pm			
	Lap Swim (6 lanes) 8:00-8:45pm			

*Schedules are subject to change based on instructor availability and NCC Holidays*



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# Spring Schedule Therapy Pool

Monday/ Wednesday		Tuesday/ Thursday		Friday		Saturday		Sunday	
Open Swim Spray Bay Off 6:00-9:00am	Open Swim Spray Bay Off 6:00-8:00am	Open Swim Spray Bay Off 6:00-10:00am	Open Swim Spray Bay Off 7:00-8:45am	Open Swim Spray Bay Off 6:00-10:00am	Open Swim Spray Bay Off 7:00-8:45am	Open Swim Spray Bay Off 7:00-9:00am	Open Swim Spray Bay Off 7:00-8:45am	Open Swim Spray Bay Off 7:00-9:00am	Open Swim Spray Bay Off 7:00-9:00am
No Open Swim Spray Bay Off 9:00-11:00pm	No Open Swim Spray Bay Off 8:00-12:00pm	No Open Swim Spray Bay Off 10:00-11:00am	No Open Swim Spray Bay Off 12:15-1:45pm	No Open Swim Spray Bay Off 10:00-11:00am	No Open Swim Spray Bay Off 12:15-1:45pm	No Open Swim Spray Bay Off 12:15-1:45pm	No Open Swim Spray Bay Off 12:15-1:45pm	No Open Swim Spray Bay Off 12:15-1:45pm	No Open Swim Spray Bay Off 12:15-1:45pm
Open Swim Spray Bay On 11:00-4:00pm	Open Swim Spray Bay On 12:00-3:30pm	Open Swim Spray Bay On 11:00-7:45pm	Open Swim Spray Bay On 1:45-5:15pm	Open Swim Spray Bay On 11:00-7:45pm	Open Swim Spray Bay On 1:45-5:15pm	Open Swim Spray Bay On 1:00-4:45pm	Open Swim Spray Bay On 1:45-5:15pm	Open Swim Spray Bay On 1:00-4:45pm	Open Swim Spray Bay On 1:00-4:45pm
Open Swim Spray Bay On 7:00-8:45pm	Open Swim Spray Bay On 7:00-8:45pm								

*Schedules are subject to change based on instructor availability and NCC Holidays*

# Spring 2021 Stroke Clinic

## Safe Swimmers Start Here

Spring Session Dates: March 8 - April 25

### Session I:

The Newtown Community Center Swimming Stroke Clinic is the ideal program for swimmers who want to improve their four competitive strokes: Butterfly, Backstroke, Breaststroke, and Freestyle. Swimmers practice and apply drills to improve their technique, making their strokes more efficient. Our trained instructors work with each child in a small group to guarantee individual progress. Swimmers build their overall stamina and endurance in addition to improving their strokes. Many swimmers in the program progress to the next level, to a competitive swim team.

*March 8 - April 25*

#### Sessions and Pricing

*Monday & Wednesday from 4:00-5:00pm | \$175*

*Tuesday & Thursday from 4:00-5:00pm | \$175*

*Monday, Tuesday, & Wednesday from 4:00-5:00pm | \$200*

*Monday - Thursday from 4:00-5:00pm | \$225*

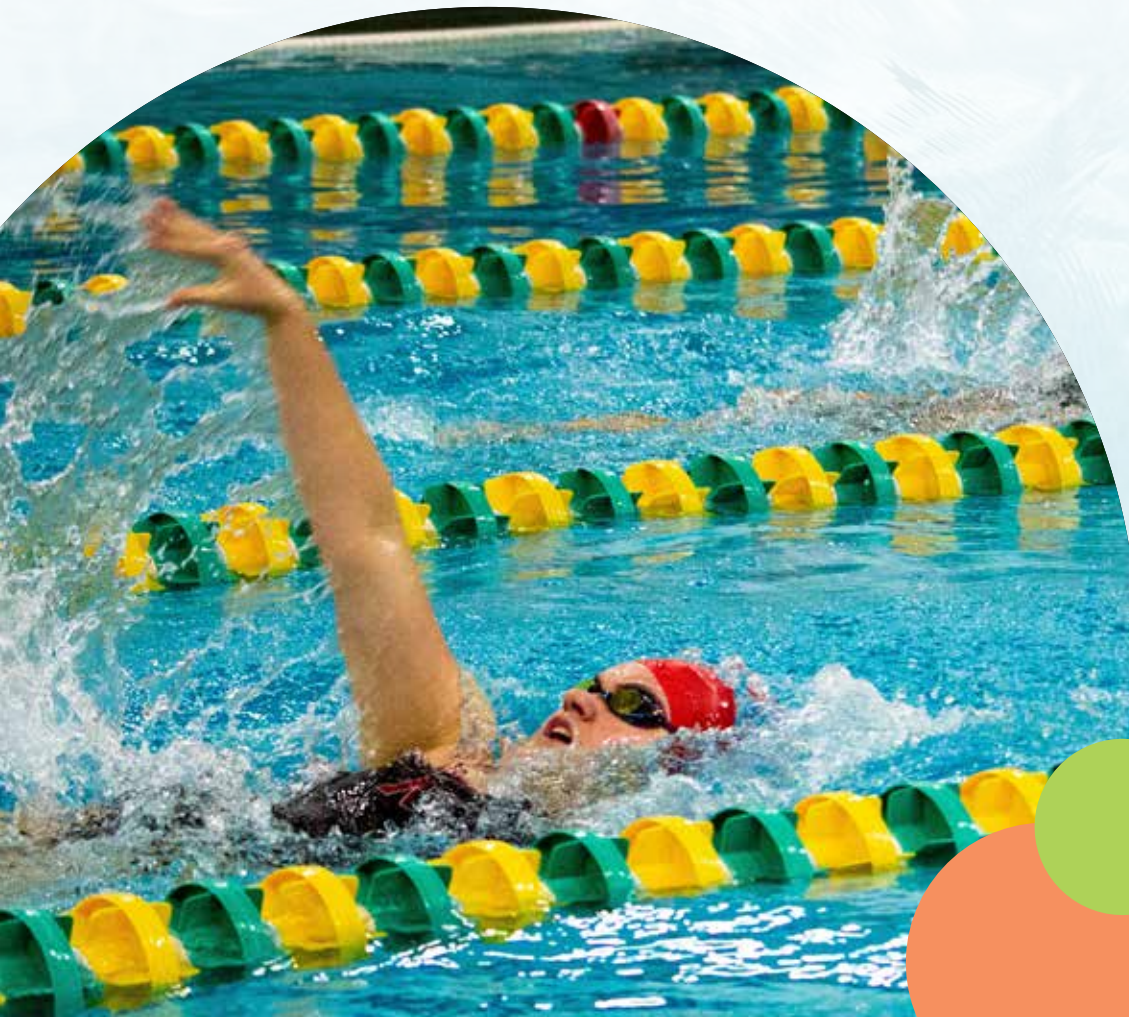
#### Class I

Monday 4:00-5:00pm

Tuesday 4:00-5:00pm

Wednesday 4:00-5:00pm

Thursday 4:00-5:00pm





# Lifeguarding Training

## Red Cross Programs

### Blended Learning Full Course

American Red Cross Lifeguard programs are designed to prepare individuals to become certified lifeguards in the pool and waterfront aquatic environments. The program is a combination of various aquatic and non-aquatic safety components. Each class will consist of classroom and pool time. For the water portion of the program, participants need to bring a bathing suit, goggles, swim cap and towel. For the classroom portion, participants need the class book (passed out on first day), a pen and notebook. There is an online component.

Dates/Times:

**Please call for more information**

#### Blended Learning Full Course Cost

Members: \$335 (2 year certification)

Non-Members: \$385 (2 year certification)

### Lifeguard Recertification Course

Gives individuals the opportunity to review the course content within a formal course setting in order to renew their certification. The review course format optimizes a participant's ability to successfully complete the knowledge and skills evaluation testing.

*\*A current Lifeguarding/First Aid/CPR/AED certification or certification expired by no more than 30 days is required to be eligible to take a review course.*

*Class Date: Please call for more information.*

#### Lifeguard Training Recertification Course

\$150 (2 year certification)

### Waterfront Lifeguard Course

Teaches lifeguards the skills and knowledge needed to prevent and respond to emergencies in non-surf, open water areas found at public parks, resorts, summer camps and camp playgrounds.

*\*Candidates must have a current American Red Cross Lifeguarding/First Aid/CPR/AED certificate to participate in the waterfront module.*

**Please call for more information**

#### Waterfront Lifeguard Course

#### Lifeguard Course Pre-requisites

- Swim 300 yards (Lifeguarding) 550 yards (Waterfront) CONTINUOUSLY (NO STOPPING), demonstrating breath-control and rhythmic breathing. Candidates may swim using front crawl, breaststroke or a combination of both, but swimming on the back is not allowed. Swim goggles are not allowed.
- Tread water for 2 minutes using only the legs.
- Complete a timed event within 1 minute, 40 seconds. (Goggles not allowed)
  - Starting in the water, swim 20 yards. The face may be in/out of the water.
  - Surface dive, feet first or head first, to a depth of 7-10 feet to retrieve a 10lb object.
  - Return to surface and swim 20 yards to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath.
- Exit the water without holding using the ladder or steps.
- Additional for Waterfront: Swim 5 yards, submerge and retrieve 3 dive rings placed 5 yards apart in 4-7 feet of water, resurface and continue to swim another 5 yards to complete the skill sequence.

#### To successfully complete the Lifeguarding courses, the participant must:

- Be 15 years old on or before the final scheduled session.
- Attend the entire course and participate in all class sessions.
- Actively participate in all course activities and assignments.
- Demonstrate competency in all required skills.
- Pass the final practical in-water, CPR & FA skills scenarios.
- Successfully pass final written exams with an 8- percent or above.

*Please note: participants should bring a bathing suit, goggles, swim cap, towel, pen and notebook, snack/lunch/dinner/beverages to each class.*

**American Red Cross Programs Contact:**  
Kristin Rebelo 203.270.4349 or  
Kristin.rebelo@newtown-ct.gov

## COVID-19 INFORMATION

We understand how important it is to follow current health guidelines and implement new practices to ensure a healthy and safe environment. You will see new cleaning routines, signage to assist with social distancing, and limited activities where social distancing or guidance tells us it is not yet safe. All members will complete a new liability waiver including infectious disease policies. **Please keep in mind, these guidelines are subject to change based on new information or additional guidance from local, state and health officials.**

Our team has begun training on the new required health and safety protocols prior to reopening and are looking forward to serving you.

**Matthew Ariniello**  
*Community Center Director*

## KNOW BEFORE YOU GO!

When inclement weather poses a threat, The Newtown Community Center may adjust or cancel scheduled hours of operation, programs and/or special events. If such circumstances occur, please check with the following for additional information.

If the Community Center has a delayed opening, all morning classes until noon will be canceled.

We thank you for your understanding and cooperation!

Updates will be posted via:  
E-blast, Facebook, Instagram, NBC30, & WTNH

## Breakfast with the Bunny



Join us for pancakes, pastries, coffee and OJ, crafts and a visit with the bunny!

Registration is required for each attendee due to Covid restrictions. Families will be allotted a table for one hour time slot.

Sunday's visitors will drive around the Community Center to pick up your "grab and go" hot breakfast and take a curbside photo with the bunny himself!

**In person:** Saturday, March 20<sup>th</sup> | 8:00am - 12:00pm

**Grab and Go:** Sunday, March 21<sup>st</sup> | 9:00am - 11:00am

**Cost:** \$20/table (up to 6 individuals)

**To register visit:** [www.newtowncommunitycenter.org](http://www.newtowncommunitycenter.org)



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