



**Newtown**  
COMMUNITY CENTER

# Summer Programs 2021



**Registration begins**  
June 21  
**Summer Session begins**  
June 28  
*(Start dates vary for each program)*

# 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 will return starting July 12th | 9:00 am - 11:00 am

# Toddler & Youth Programs

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

## 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.

*Fridays*

10:00 – 10:45 am

7 week session | Start Date July 9th

### JumpBunch Cost

Member: \$90 per session

Resident Non-Member: \$105 per session

Non-Resident Non-member: \$115 per session

## 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! Registration required for each week, please call 203.270.4349 to register!

*Fridays*

1:00 – 2:00 pm

### Crafternoon Program Cost

FREE

## 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

7 week session | Start Date July 8th

### Toddler Time Program Cost

Member: \$30

Resident Non-Member: \$45

Non-Resident Non-Member: \$60



Newtown  
COMMUNITY CENTER

Music Monday  
with Principal Al  
at the Community Center  
July 12 & July 26  
August 2 & August 23  
@ 11am  
for Ages 2-5

Register at  
[www.chboothlibrary.org](http://www.chboothlibrary.org)

C.H.  
BOOTH  
LIBRARY





# Check out these FREE summer events for members!



**Music Mondays!** - 11 am on the following dates:  
July 12th and 26th | August 2nd and 23rd

Join us for a morning of singing and dancing with Principal Al!



C.H.  
**BOOTH**  
LIBRARY



**Creatology**

**Crafternoons** - Every Friday 1pm- 2pm

Join us for Creatology! You bring the creativity and imagination to create a masterpiece in our art studio. All ages welcome. Registration required!



**Family Outdoor Yoga** - Thursday, July 15th - 7 pm

Enjoy some quality time with your family, moving, breathing, being silly and relaxing with Yoga w/ Joy! We will gather on the Fairfield Hills campus. We have plenty of space to safely spread out and we ask that everyone brings their own mats!



**LUAU Party in the Park** - July 20th - 5:30 pm- 7:30 pm - Treadwell Park

Kids will enjoy making a craft, having a dance party, play games and snacks.



**Community Center Campout** - July 27th - 7 - 9 pm - Castle Hill Farm

Join us at Castle Hill Farm for smores, catching lightning bugs, hay rides, yard games and ghost stories.



**OUTDOOR MOVIE featuring MOANA** - August 17th

Fairfield Hills Soccer Field - Begins at Dusk (Inclement weather date 8/18)

Bring your blanket and chairs for seating, sit back and enjoy the show!



To Register for any of these events call us at (203) 270-4349  
or visit [NewtownCommunityCenter.org](http://NewtownCommunityCenter.org)

# 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. This class is designed for anyone with little or no experience with pottery. Space and wheels are limited - may also include hand-building techniques.

*Mondays*

*Seven week session | Start Date July 12th*

*6:30 – 8:30 pm*

### Spin the Wheel Program Cost

Member: \$140

Non-Member: \$165

Non-Resident Non-member: \$190

## Pre-Natal Fit Class

There's no better time to invest in your health, for yourself and your baby! 45 minutes of energizing movement including cardio, handheld weights, and stretches perfectly suited to your pre-natal body. Cap it off with 15 minutes of deep relaxation and a Motherhood meditation.

*Saturdays*

*Six week session | Start Date July 17th*

*10:00 – 11:00 am*

### Pre-Natal Fit Class Program Cost

Member: \$75

Non-Member: \$100



## Book Your Room Today!

Room Rentals are now available following CDC, Local, and State Health Department Guidelines. Call 203.270.4349 to learn more today!



# Health & Wellness Schedule

New class schedule begins week of June 28th

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

## Monday

Programs	Time
Cardio Kickboxing	9:30 - 10:30am
TaiChi/Qi Gong	6:00 - 7:00pm
Belly Dancing	7:15 - 8:15pm

## Tuesday

Programs	Time
Morning Yoga	6:30 - 7:30am
Zumba	6:00 - 6:45pm

## Wednesday

Programs	Time
Yoga Strong	9:30 - 10:30am
Mat Pilates	10:45 - 11:45am
Total Body Blast	6:30 - 7:15pm

## Thursday

Programs	Time
Barre Fusion	8:30 - 9:30am
MELT Method®	11:30 - 12:30pm
Yoga Flow	5:00 - 6:00pm
Dance Fusion (Starts August 5 <sup>th</sup> )	6:15 - 7:15pm

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

**Please register on Motionvibe:**

Limit of 12 inside,  
No Limit on Zoom

## Friday

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

## Saturday

Programs	Time
Total Body Blast	9:00 - 9:45am

## Sunday

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



# Health & Wellness Descriptions

**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.

**Cardio Kickboxing:** This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging cardio workout. Taught by Kristina Korin.

**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. 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! Wednesday class taught by Laura Danner/Saturday 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).

**Yoga Strong:** is a power yoga class designed to improve mobility, create lean muscles and renew energy while conditioning your total body. Taught by Tonya Bendigo

**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 Stephanie Vivas. 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.

# SUMMER WAVE YOGA DROP IN



**Newtown**  
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*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!*



Wednesday, July 7 | 7:00pm  
Wednesday, July 14 | 7:00pm  
Thursday, July 22 | 7:00pm  
Thursday, July 29 | 7:00pm



**Cost Per Class:** \$15.00  
*Limited space available*





# SUMMER Swim Lessons

July 12 - August 29 | 7 Week Session



Newtown  
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## Monday

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

## Tuesday

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

## Thursday

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



\$110 for members  
\$231 non-member/residents,  
\$257 non-members/non-resident



Register at 203.270.4349



[www.newtowncommunitycenter.org](http://www.newtowncommunitycenter.org)



### 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.

### 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.

### 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.

### 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.

### 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.

### 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

### 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.

### 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.

*\*Please call about pricing.*

### 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!

*\*Please call about pricing.*

### 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.

### 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.

### 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*



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# Water Aerobics Schedule

Summer Session

	Monday	Tuesday	Wednesday	Thursday	Friday
Aquacize 8:30-9:15am	Aquacize 8:15-9:00am	Aquacize 8:30-9:15am	Aquacize 8:15-9:00am	Aquacize 8:15-9:00am	Tone & Sculpt 9:00-9:45am
Aquacize 9:30-10:15am	Aquacize 9:15-10:00am	Aquacize 9:30-10:15am	Aquacize 9:15-10:00am	Aquacize 9:15-10:00am	Turn & Burn 10:00-10:45am
Aquacize II 10:30-11:15am	Aquacize II 10:00-10:45am	Aquacize II 10:30-11:15am	Aquacize II 10:00-10:45am	Aquacize II 10:00-10:45am	
	Aquacize II 6:00-6:45pm	Aquacize II 6:00-6:45pm		Aquacize II 6:00-6:45pm	
	Aquacize II 7:00-7:45pm	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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# Lap Pool - Open / Lap Swim Schedule

Summer Session

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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# Therapy Pool Schedule

Summer Session

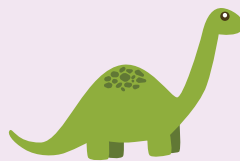
Monday/ Wednesday	Tuesday/ Thursday	Friday	Saturday	Sunday
Open Swim Spray Bay Off 6:00-9:00am	Open Swim Spray Bay Off 6:00-8:00am	Open Swim Spray Bay Off 6:00-10:00am	Open Swim Spray Bay Off 7:00-8:45am	Open Swim Spray Bay Off 7:00-9:00am
No Open Swim Spray Bay Off 9:00-11:00pm	No Open Swim Spray Bay 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 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 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*



Present:  
**FREE Summer  
Workshops**

**AGES  
3-5**  
THURS - 10 AM



**DINO DIG!**  
JULY 8



**WEATHER  
WORKSHOP**  
AUG 12

**AGES  
5-8**  
THURS - 1 PM



**OUT OF THIS  
WORLD!**  
JUL 15



**1,2,3  
BLAST OFF!**  
AUG 19

**AGES  
8-10**  
THURS - 1 PM



**OWL PELLETS**  
JULY 22



**EGG DROP  
CHALLENGE**  
AUG 26

Register in person at the Newtown  
Community Center or call 203.270.4349  
[WWW.NEWTOWNCOMMUNITYCENTER.ORG](http://WWW.NEWTOWNCOMMUNITYCENTER.ORG)