



Newtown
COMMUNITY CENTER



Fall Programs

Registration begins August 16
Session Begins: September 13

Mission Statement

Hours Of Operation

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

Friday
6:00am-8:00pm

Saturday
7:00am-5:30pm

Sunday
7:00am-5:00pm

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!



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.



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!



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

* Proof of residency due at registration

¹ 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 & 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

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

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.

MASK POLICY

The situation around Covid-19 is ever changing. At this time, those who are unvaccinated are required to wear a mask in the building excluding while utilizing the pool. Children ages 3 and up are required to wear a mask indoors.



Toddler & Youth Programs

Six Week Session Starting Monday, September 13th

Mini Wonders Workshop

Ages 2-4

In this program, children as young as 2 can build their love of science through our ongoing 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 reptiles, space, sound, magnets, and more!

Thursdays

10:00 – 10:45 am

Mini Wonders Program Cost

Member: \$65

Resident Non-Member: \$80

Non-Resident Non-member: \$95

Music Mondays W/ Principal Al

Ages 2-5

Principal Al will continue this wonderful and popular music program for toddlers at the Community Center! Join us by registering with the C.H. Booth Library at www.chboothlibrary.org

Monday, September 13

11:00 – 11:45 am

Monday, September 27

11:00 – 11:45 am

Monday, October 4

11:00 – 11:45 am

Monday, October 25

11:00 – 11:45 am

Music Mondays Program Cost

FREE

NEW! Monday Afternoon Adventures

Ages 3-5

Monday afternoons have never been better! We will provide activities based around each theme that will include playtime, cool crafts, and storytime. Choose one of these great adventures or all of them!

Blast Off to Outer Space - September 20

12:30 – 2:00pm

Little Sprouts - October 4th

12:30 – 2:00pm

Let's Get Trackin' - October 18th

12:30 – 2:00pm

Monday Afternoon Adventures Program Cost

Member: \$15 per adventure

Resident Non-Member: \$25 per adventure

Non-Resident Non-member: \$50 per adventure

NEW! Wiggles & Giggles

Ages 2-4

Wiggle, giggle, dance and play! Delight in this popular exploration program where children participate in full-filled activities and games. This is a parent (caregiver)/child class.

Tuesdays

10:00 – 10:45 am

Wiggles & Giggles Program Cost

Member: \$50

Resident Non-Member: \$60

Non-Resident Non-member: \$70

NEW! Stories & Puppets!

Age 3-5

Join Adelka Polak of Sova Dance & Puppet Theatre for afternoons filled with story-telling and making puppets. This class is a hands-on learning experience promoting skill and confidence as well as communication, while laughing and having fun!

Thursdays

2:00 – 2:45 pm

Stories & Puppets Program Cost

Member: \$90

Resident Non-Member: \$105

Non-Resident Non-Member: \$115



Toddler & Youth Programs

Six Week Session Starting Monday, September 13th

NEW! Circus Together

Age 2-4 (With Parent)

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: \$90

Resident Non-Member: \$105

Non-Resident Non-Member: \$115

NEW! Terrific Two's & Three's

Age 2-3

Explore, encourage and nurture! We will guide your child's first interactive learning experiences with group activity, introducing socialization and learning skills while having fun. This is a drop-off program with the option for once or twice per week – pick your day! Instructor Ms Maria.

1 Day Per Week | Wednesdays or Fridays

9:30 - 11:30 am

2 Days Per Week | Wednesdays & Fridays

9:30 - 11:30 am

Terrific Two's & Three's Program Cost

1 Day/Week: Wednesday or Friday Only

Member: \$90

Resident Non-Member: \$105

Non-Resident Non-Member: \$125

2 Days/Week: Wednesday and Friday

Member: \$175

Resident Non-Member: \$190

Non-Resident Non-Member: \$210

NEW! Mini Chefs

Age 3-5

Introduce your child to the wonders of cooking! They will make easy kid friendly recipes that they can also do at home. Little ones will love to share what they made each week. Taught by Pamela Buchler.

Wednesdays

2:30 - 3:30 pm

Mini Chefs Program Cost

Member: \$125

Resident Non-Member: \$140

Non-Resident Non-Member: \$155

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 open play time!

Thursdays

10:00 - 10:45 am

(Six week session, Start date September 16)

Toddler Time Program Cost

Member: \$40

Resident Non-Member: \$50

Non-Resident Non-Member: \$60

Crafternoon w/ Ms. Maria

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! Must pre-register on Motion Vibe. Parent/caregiver must be in attendance.

Fridays

1:00 - 2:00 pm

Crafternoon Program Cost

FREE

NEW! Mini-Doodler's

Ages 3-4

Spend quality creative time with your toddler exploring painting, drawing, gluing, & constructing together. Your child will have tons of fun creating adorable art.

Fridays

10:00 - 10:45 am

Mini-Doodler's Program Cost

Member: \$125

Resident Non-Member: \$140

Non-Resident Non-Member: \$155



After School Programs

Busing Available for Newtown Public Schools Please Contact us for details

Tri-it 4 Chase

Grades 6-8

This after school program will help teens develop confidence, understand the importance of trying new things and incorporate physical health and emotional well-being. The program will also focus on the mind body connection with running, biking and swimming while creating a sense of accomplishment. The curriculum will also have a focus on team building, injury prevention, healthy eating and even cooking. Program acceptance through application/Limited capacity.

For more information about this program please contact Matt Ariniello at Matthew.Ariniello@newtown-ct.gov

Tuesday - Friday

4:00 – 6:00 pm

Tri-it 4 Chase Program Cost

FREE

Core Circus

Age 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

Core Circus 1: Ages 5-7

4:30 – 5:20 pm

Core Circus 2: Ages 8 & up

5:30 – 6:30 pm

Core Circus Program Cost

Member: \$145

Resident Non-Member: \$170

Non Resident Non-member: \$195

Clay Play

Age 5-11

Come play and learn about the properties of clay. Explore the different techniques and methods used to hand build. Experience the joy of creating with clay while learning about shapes, form and structure and become familiar with sculpting materials. Taught by Roberta Ahuja.

Mondays

4:30 – 5:30 pm

Clay Play Program Cost

Member: \$145

Resident Non-member: \$170

Non-Resident Non-Member: \$195

Fall into Art

Ages 5-9

This after-school series of art classes will focus on fun as you create art pieces inspired by the coming fall season. At the end of the session there will be a student run and inspired Art Show! Taught by Abrakadoodle!

Tuesdays

4:30 – 5:30 pm

Fall into Art Program Cost

Member: \$155

Resident Non-member: \$165

Non-Resident Non-Member: \$185



After School Programs

Busing Available for Newtown Public Schools Please Contact us for details

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

4:30 – 5:30 pm

Kidz in the Kitchen Program Cost

Member: \$150

Resident Non-Member: \$175

Non Resident Non-member: \$190

3D Cartooning

Age 8-12

Taught by Heather Bennett - Learn to create cartoon characters, superheroes 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.

Wednesdays

4:30 – 5:30 pm

3D Cartooning Program Cost

Member: \$155

Resident Non-Member: \$175

Non Resident Non-member: \$190

Creative Costuming & Mixed Media

Age 7-13

In this class artist Jo-Ann Claybourne will guide students through drawing the figure, designing clothing or costuming and implementing those designs with a creative array of materials. Students will learn to use a variety of mediums to feather, bejewel and detail their outfits. Jo-Ann has been selling her work for years and has a variety of collectors.

Thursdays

4:30 – 5:30 pm

Creative Costuming & Mixed Media Program Cost

Member: \$155

Resident Non-Member: \$175

Non Resident Non-member: \$190

Circus Moves Youth Troupe

Age 9-17

CMYT classes focus on skill-building and performance technique with the goal of performing a student-created show at the end of the academic year. Skills include balance (stilts, wire, globe, etc), acrobatics/tumbling, juggling/object manipulation, etc. Students are encouraged to incorporate special skills (comedy, dance, music, athletics, etc) to create inter-disciplinary acts. This is an invitation only class. Invitation is 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. To request an invite/audition contact Circus.

Thursdays

4:30 – 6:00 pm

CMYT Program Cost

Member: \$150

Resident Non-Member: \$175

Non Resident Non-member: \$190

Artists Around the World

Age 5-9

Taught by Joy Hoffman, this series of classes will focus on watercolors, pastels photography and acrylics using artists from around the world as inspiration while learning about their history and contribution to the art world. A 15-minute guided Yoga Nidra will conclude the class and at the end of the session there will be a student run and inspired Art Show!

Thursdays

4:30 – 5:45 pm

Artists Around the World Program Cost

Member: \$150

Resident Non-Member: \$175

Non Resident Non-member: \$190



CVH ANIMAL SANCTUARY AFTER SCHOOL SERIES



Newtown
COMMUNITY CENTER



CREATURES NOT MEANT TO FRIGHT



CREATURES THAT DELIGHT



CREATURES OF FLIGHT

OCTOBER 12, 13 & 14

4:30–5:15

GRADES K–4

BUS TRANSPORTATION & SNACKS PROVIDED

\$25 PER WORKSHOP / \$60 FOR 3-DAY SERIES (\$15 DISCOUNT)
OPEN TO RESIDENTS OF NEWTOWN & NON-RESIDENTS

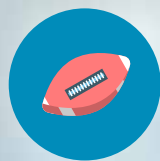
REGISTER AT NEWTOWN COMMUNITY CENTER: (203)270-4349

KIDS CLUB

After School Program



Newtown
COMMUNITY CENTER



Our focus is to provide a safe and fun environment for children in grades K-6. Children can join us for one day or for five days!

We provide various activities that engage children in:

- Homework Help
- Arts and Crafts
- STEAM Activities
- Indoor & Outdoor Play
- Swimming

**Half Day &
No School
Options
Available!**



**Register
Now!**

- Transportation Available
- Sibling Discounts Available



Monday - Friday
School Dismissal - 6:00pm



\$20
Per Day



To Register Contact:
Maria Neufeld at
Maria.Neufeld@newtown-ct.gov

Contact Us:
203.270.4349
www.newtowncommunitycenter.org
8 Simpson Street, Newtown, CT

Events/Workshops for All!

Don't Forget to Pre-register for all Events!

SCHOOL'S OUT!

Kid's Day Out!

Grades K-6

Spend your days off from school at the Newtown Community Center! We will fill your day with lots of activities like arts & crafts, and of course swimming! Bring a bag lunch.

Tuesday, September 7 | 9:00am – 4:00 pm

Thursday, September 16 | 9:00am – 4:00 pm

Before Care and After Care available beginning at 8 am and ending at 6pm for \$5.00 each

Half Day Availability

(following the Newtown Public Schools calendar)

- August 30 & 31
- September 1
- October 20, 21 & 22

Kid's Day Out Program Cost

Member: \$45

Non-member: \$60

½ Day Program Cost

Member/Non-member: \$30.00 per day

Mermaid for a Day

Age 6-12

Does your swimmer love mermaids? Learn to swim as gracefully as a creature under the sea! This one-day camp will include lots of activities too! Making seashells and treasure chests, fun mermaid arts and crafts, playing games and finding lost treasures! Bring a bag lunch.

Thursday, September 16 | 9:00am – 4:00 pm

Mermaid for a Day Program Cost

Member: \$65

Non-Member: \$90

Grandparents Weekend

Join us for two events in celebration of Grandparents Day! First, spend some quality grandparent and child time, painting a frame together, then take your picture and insert this lifelong memory. All art supplies provided.

Break out your poodle skirts and leather jackets and boogie with us for an old fashioned sock hop!

Photo booth, Milkshakes and more! Register for one or both events!

Frame Painting | Saturday, September 11 1:00 – 2:30 pm

Sock Hop | Sunday, September 12 2:00 – 4:00 pm

Grandparents Weekend Event Cost

FREE (You may register for this event at the Newtown Community Center or Senior Center)

Kid's Night Out - Back to School Edition

Age 5-10

Drop your kids off and enjoy a night off!! We will take care of everything, providing back to school themed games, swimming, and arts and crafts. Enjoy your night off!

Saturday, September 18

6:30 - 9:00 pm

Kids Night Out Event Cost

Member: \$25

Non-Member: \$30



Events/Workshops for All!

Don't Forget to Pre-register for all Events!

Back to School Bash!

Join in on the back to school fun! The Community Center will host a pool party accompanied with an evening of fun and entertainment. Bring your inflatables! 6:30 – 9:00 p.m.

Grades 5/6 | Friday, September 24 6:30 - 9:00 pm

Grades 7/8 | Saturday, September 25 6:30 - 9:00 pm

Back to School Bash Event Cost

Member: \$25

Non-Member: \$30

Spooktacular Kids Night Out

Age 5-10

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

Friday, October 22 6:30 – 9:00 pm

Kids Night Out Event Cost

Member: \$25

Non-Member: \$30

Pumpkin Painting Party

All Ages (with Parent/Caregiver)

Please join us to pick your pumpkin from the pumpkin patch and then paint your favorite character! Wear your costume and have a ghoulishly good time!

Saturday, October 16 1:00 – 2:30 pm

Pumpkin Painting Event Cost

Member: \$10 per pumpkin

Non-Member: \$15 per pumpkin

Gingerbread Haunted Houses

All Ages (with Parent/Caregiver)

Build your very own haunted house out of graham crackers and spooky candy! There will be spooky tunes, costumes, and fun with your friends and family!

Sunday, October 24 1:00 – 2:30 pm

Gingerbread Haunted Houses Event Cost

Member: \$5 per house kit

Non-Member: \$10 per house kit

Halloween Parade

Ages 1-5

Calling all Ghouls and Goblins! Join us for a Halloween Parade in conjunction with the Newtown Senior Center. Join us for a parade down the halls of the Community Center. Come in costume as we march and trick or treat through the halls to Halloween tunes. The parade will end in the Multi-purpose room with photo opportunities and some ghoulish treats!

Friday, October 29

11:00 am

Halloween Parade Event Cost

FREE

Halloween Spooktacular Drive-Thru

All Ages

Join us for a Drive-Thru Halloween experience around the Community Center that is kid and family friendly!

Register through Event Brite. Registration begins October 1st!

- October 29 | 7:00 - 9:00pm
- October 30 | 7:00 - 9:00pm
- October 31 | 2:00 - 4:30pm

Drive-Thru Event Cost

Member/Non-member: \$10 per vehicle

Newtown Art's Festival

All Ages

Come visit us at the Newtown Arts Festival Make & Take Tent Sunday September 19th 12:30 - 2:00 for a Tissue Paper Suncatcher craft!

Order tickets online at newtownartsfestival.com

Event held at Fairfield Hills | Corner of Trades Lane & DG Beers Blvd. Newtown, CT

Daytime Admission Fee

Adult: \$5

Child (Ages 6-12): \$3

Child (Under 5): FREE

Adult Programs

Don't Forget to Pre-register for all Adult Programming!

Pottery - 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: \$205

Wellness Wednesdays with



Stroke Prevention

What are the signs and symptoms of stroke?

- Who is at risk?
- What can one do to prevent a stroke?
- What are the latest treatment options?

INSTRUCTOR: Lauren Henriques, MSN, RN
Stroke Program Coordinator

Wednesday, September 29

6:00 – 7:00 pm

Wellness Wednesdays Program Cost

FREE

Community Flu Shot Clinic

The Newtown Health District in collaboration with the RVNA will provide a Community Flu Shot Clinic on Saturday, September 18th from 9-12. This is a walk in clinic, waivers will be provided in advance at the Community Center and the day of.

For more information contact the Newtown Health District at (203) 270-4291

Boxing for a Better Life

This is a unique non-contact boxing class designed for patients with Parkinson's neurological disorders, and or anyone with movement challenges. The goal of this class is to improve balance, coordination and gross motor skills through movement and powerful punch drills that encourage the use of "fancy feet" or simple foot moves.

Thursdays

12:30 pm

(7 Week session beginning September 16)

Boxing for a Better Life Program Cost

Member/Non-Member: \$75



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

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

New class schedule begins week of September 13th

Monday

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

Friday

Programs	Time
Yogalates	8:30 - 9:30am
Deep Stretch	10:00 - 10:45am
Happy Hour Yoga	5:30 - 6:30 pm (Oct. 1)

Tuesday

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

Saturday

Programs	Time
Total Body Blast	9:30 - 10:15am
Pre-natal Fit	10:30 - 11:30 am (Nov. 6)

Wednesday

Programs	Time
Yoga Strong	9:30 - 10:30am
Mat Pilates	10:45 - 11:45am
Tabata	6:30 - 7:30pm

Sunday

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

Thursday

Programs	Time
Barre Fusion	8:30 - 9:30am
Yoga Flow	5:00 - 6:00pm
Dance Fusion	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



Health & Wellness Descriptions

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

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.

Aqua Fitness Programs

Don't forget to Pre-register for all Programming!

Aqua Tone & Sculpt

Tone and sculpt your body with no impact to your joints. This popular water aerobics workout is a swimming blend of cardio and resistance training, and may incorporate resistance tools such as buoyant water weights and noodles.

Fridays at 9:00am | Therapy Pool

Turn & Burn Cost

\$37.50 for the month of October (5 classes)

\$30.00 for the month of November (4 classes)

\$22.50 for the month of December (3 classes)

Wave Yoga

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!

September Dates:

Wednesday, Sept. 1 | 7:00pm

Wednesday, Sept. 8 | 7:00pm

Wednesday, Sept. 15 | 7:00pm

Wednesday, Sept. 22 | 7:00pm

Wednesday, Sept. 29 | 7:00pm

October Dates:

Wednesday, Oct. 6 | 7:00pm

Wednesday, Oct. 13 | 7:00pm

Wednesday, Oct. 20 | 7:00pm

Wednesday, Oct. 27 | 7:00pm

Cost Per Class:

\$15.00

(Limited space available)

Turn & Burn

This is a Shallow and deep water exercise. Intended to help you burn fat, tone muscle, and improve cardiovascular function. This is a full-body cardio and abdominal workout. Various equipment is used for these classes including aquatic barbells. All exercises are designed to improve your strength and stamina in the water – so be ready to get a good workout! These classes will improve your lung strength, core and leg muscles, and endurance in water fitness format.

Fridays at 10:00am | Lap Pool

Turn & Burn Cost

\$37.50 for the month of October (5 classes)

\$30.00 for the month of November (4 classes)

\$22.50 for the month of December (3 classes)



Newtown
COMMUNITY CENTER

Fall 2021 Swim Lessons

Begins September 13 | 7 Week Session



Newtown
COMMUNITY CENTER
Centered Around You

Monday

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

Tuesday

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

Wednesday

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

Thursday

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

Saturday

Time	Classes
9:00-9:30am	Parent & Tot 1 Pre-School Level 3
9:30-10:00am	Parents & Tot 2 Pre-School Level 1
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



Monday-Thursday | 6 Week Sessions

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

Saturday & Sunday | 7 Week Sessions

\$125 for members
\$239 non-member/residents,
\$265 non-members/non-resident



Register at 203.270.4349
www.newtowncommunitycenter.org

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***

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.*

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 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!



Newtown
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Centered Around You

Lap Pool - Open / Lap Swim Schedule

Fall 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) 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) 10:00-11:00am	Lap Swim (4 lanes) 10:00-11:00am	Lap Swim (4 lanes) 10:00-11:00am	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) 11:00am-4:00pm	Lap Swim (6 lanes) 11:00-7:45pm	Lap Swim (6 lanes) 11:00-7:45pm	Lap Swim (6 lanes) 1:00-5:15pm	Lap Swim (6 lanes) 1:00-4:45pm
Lap Swim (5 lanes) 4:00-5:00pm	Lap Swim (5 lanes) 4:00-5:00pm	Lap Swim (5 lanes) 4:00-5:00pm				
Lap Swim (5 lanes) 5:00-7:00pm	Lap Swim (5 lanes) 5:00-6:00pm	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



Newtown
COMMUNITY CENTER
Centered Around You

Therapy Pool Schedule

Fall 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 9:00-12:00pm	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 9:00-1:45pm	No Open Swim Spray Bay Off 9:00-1:45pm
Open Swim Spray Bay On 12:00-4:00pm	Open Swim Spray Bay On 12:00-4:00pm	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
No Open Swim Spray Bay Off 4:00-7:00pm	No Open Swim Spray Bay Off 4:00-7:00pm			
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