



Newtown  
COMMUNITY CENTER

# Spring II Programs 2022



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Spring II Session Begins: April 25 | Registration Begins: April 11

# 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!



## 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.

## Hours Of Operation

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

Friday  
6:00am-8:00pm

Saturday  
7:00am-5:30pm

Sunday  
7:00am-5:00pm

# Membership Descriptions

## Membership Inclusions

- Unlimited access to 6 lane lap pool, recreational pool and spray bay
- Health & wellness programs
- Water aerobics
- Member events
- 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 & 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 membership termination require a 30 day written notification. If your billing cycle falls within 30 days you will be billed your monthly fee.



# Toddler Programs

*Must Pre-register for all Six Week Sessions*

## **NEW!** Twoosy Doodlers - All My Senses!

**Ages 20 months to 3 years**

Touch it! Smell it! Hear it! See it! Taste it! Have fun making art using all your senses. See what happens when you paint with fragrant substances! Tap your toes to the sounds of musical instruments that you build! Create tantalizing textures! Pop your art with eye-catching colors! Make art through sensory exploration to experience the world through not only what you see, but also through what you feel, taste, and hear too! This is a parent /caregiver and child class.

By  **abakadoodle**

*Tuesdays | 9:15 – 10:00 am*

### **Program Cost**

Member: \$125

Resident Non-Member: \$135

Non-Resident/Non-Member: \$145

## **NEW!** Mini Doodlers - Little Fingers, Big Ideas!

**Ages 3-5**

STEAM for preschoolers. We love little children who think BIG! Ideas know no limits in this special series dedicated to little artists! Reach for the sky on a cloudy day or moonlit night! Erupt with excitement over volcanoes! Stomp joyfully and tromp through time with massive creatures! Explode with celebratory color! Even explore the expanse of the universe! These big ideas tap into preschoolers' natural curiosity in the best way: the Abrakadoodle way!

By  **abakadoodle**

*Tuesdays | 10:15 – 11:00 am*

*12:30 – 1:15 pm*

### **Program Cost**

Member: \$125

Resident Non-Member: \$135

Non-Resident/Non-Member: \$145

## Wiggles & Giggles

**Ages 1-3**

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 and child class.

*Tuesdays | 10:15 – 11:00 am*

### **Program Cost**

Member: \$40

Resident Non-Member: \$50

Non-Resident/Non-Member: \$60

## Toddler Time

**Ages 1-3**

What sounds better than singing songs, music time, open play and meeting new pals? How about having a parent (caregiver) around to join you! This class is jam-packed full of fun.

*Thursdays | 10:15 – 11:00 am*

### **Program Cost**

Member: \$40

Resident Non-Member: \$50

Non-Resident/Non-Member: \$60

## Terrific Two's & Three's

**Ages 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 | 9:30 – 11:30 am*

*1 Day Per Week | Fridays | 9:30 – 11:30 am*

*2 Days Per Week | Wednesdays & Fridays | 9:30 – 11:30 am*

### **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



# Toddler Programs

*Must Pre-register for all Six Week Sessions*

## Music Mondays

**Ages 2-5**

Principal AI 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](http://www.chboothlibrary.org).

*Mondays | 11:00 am*

*Dates: April 25, May 9, May 23, June 6, June 20*

### Program Cost

Member/Non-Member: FREE

## JumpBunch

**Ages 2-5**

Jumpbunch encourages physical activity through play, exploration and movement. Children will develop their fine and gross motor skills while building coordination, balance and confidence. Jumpbunch classes are a perfect introduction to fitness using safe, bright and colorful equipment that is age appropriate. Activities will include T-Ball, Day at the Beach, Flying Discs and Lacrosse to name a few! Don't miss the fitness fun!

*Ages 2-5 | Fridays | 10:00 – 10:45am*

### Program Cost

Member: \$90

Resident Non-Member: \$105

Non-Resident/Non-Member: \$115

## It's Easy to Register!

- Members: Register through your Community Pass Account
- Non-Members: Register by phone 203.270.4349



## NEW! Storybook Yoga

**Ages 3-6**

Mommy & Me movement, set to favorite children's stories. Starts May 11.

*Wednesdays | 9:30 – 10:00 am*

### Program Cost

Member: \$25

Resident Non-Member: \$30

Non-Resident/Non-Member: \$35

## Come Party with us!

Pool Parties, Dance Parties, Craft or Cooking Parties- you bring the Party Supplies and we bring the FUN!! Visit [www.newtowncommunitycenter.org/room-rental](http://www.newtowncommunitycenter.org/room-rental) for more info and to book your party!



# After School Programs

*Busing Available for Newtown Public Schools Please Contact us for details*

NEW!

## The Joy of French Impressionism

**Ages 5-10**

A fun and lively art class including “traveling” to Paris learning about a variety of French master artists. Class will paint with acrylics, watercolors and pastels like Degas, Monet and Seurat to name a few.” The last class concludes with an art show for all families to enjoy! Instructor/artist Joy Hoffman.

*Thursdays | 4:30 – 5:45pm*

### Program Cost

Member: \$150

Resident Non-Member: \$175

Non-Resident/Non-Member: \$190

NEW!

## Steam Dreams! Part II

**Ages 5-11**

New Doodlers! Let’s continue our discovery of earth and space through an art STEAM adventure that reuses materials and explores everything from planets to pollinators, trees to technology, and oceans to outer space! No prerequisite for this program.

*Tuesdays | 4:30 – 5:30 pm*

### Program Cost

Member: \$155

Resident Non-Member: \$165

Non-Resident/Non-Member: \$175

## Kidz in the Kitchen

**Ages 6-8**

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. Each child will go home with a recipe for the day and a yummy creation that they can be proud of! Instructor Gio

*Tuesdays | ---4:30 – 5:30 pm*

### Program Cost

Member: \$150

Resident Non-Member: \$165

Non-Resident/Non-Member: \$180

NEW!

## Easel Painting

**Ages 6-9**

Paint like the Masters! Paint, Draw & More! presents another fantastic Easel Painting Class. This fun class will give students experience with acrylic paints and teach brush techniques that allow your child to express their creativity. Students are encouraged to problem solve and add their own unique ideas to their paintings. Their accomplishments help build self-esteem as they blossom and grow their own artistic style. Taught by JoAnn Claybourne.

*Fridays | 4:30 – 5:30 pm*

### Program Cost

Member: \$160

Resident Non-Member: \$170

Non-Resident/Non-Member: \$180

## Clay Play

**Ages 6-10**

Come play and learn about the properties of clay. We will be exploring a range of possibilities including the different techniques and methods used to hand build. Clay feels good! The experience of clay allows us to explore our sense of touch, sight, sound, and smell. In an era of digital technology, it is primary to come back to being directly connected to our hands in the molding process.

*Mondays | 4:30 – 5:30 pm*

### Program Cost

Member: \$145

Resident Non-Member: \$170

Non-Resident/Non-Member: \$195



# After School Programs

*Busing Available for Newtown Public Schools Please Contact us for details*

## **NEW!** Comic Book Illustration

**Ages 8-13**

In this class students will create comic book characters and an accompanying story. They will learn how to set up comic book boxes, story book ideas, create a title page, write narrative and speech within bubbles, and create a story that flows from their imagination. The class will culminate with each student having their own illustrated comic book. Taught by Heather Bennett.

*Wednesdays | 4:30 – 5:30 pm*

### **Program Cost**

Member: \$160

Resident Non-Member: \$180

Non-Resident/Non-Member: \$190

## **NEW!** Broadway Theatre and Jazz

**Ages 9-13**

This class is a celebration of the Broadway musical, featuring a curriculum based on the styles of many choreographers who have made Broadway and movie musicals what they are today. With great attention to presentation and performance, students will use teamwork to understand the Broadway production number. In addition, students will use the necessary techniques, musicality, and discipline that build confidence.

*Mondays | 4:30 – 5:30 pm*

### **Program Cost**

Member: \$65

Resident Non-Member: \$75

Non-Resident/Non-Member: \$85

## Performing Arts Circus Troupe

**Ages 9-14**

PACT classes focus on circus skills development and theatrical techniques with the goal of presenting a student-created show at the end of the academic year. Students learn and develop circus skills (acrobatics, juggling, physical comedy, etc.) and are encouraged to incorporate their own special skills (comedy, dance, music, athletics, etc). Focus on social connection, teamwork, self-confidence, and empowerment. Potential students must show desire to participate and join one try-out class to "audition" for the troupe. Starts April 21st.

*Thursdays | 4:30 – 6:00 pm*

### **Program Cost**

Member: \$150

Resident Non-Member: \$175

Non-Resident/Non-Member: \$190

## Pastry 101

**Ages 8-15**

In this introduction to Pastry class series, students will learn how to make treats like cakes, French macaron, ice cream and breads from scratch. Students will gain experience with essential kitsch fundamentals while making fun and exciting treats they'll enjoy! Instructor: Samanatha.

*Ages 8-11 | Wednesdays | 4:30 – 6:30 pm*

*Ages 12-15 | Thursdays | 4:30 – 6:30 pm*

### **Program Cost**

Member: \$150

Resident Non-Member: \$165

Non-Resident/Non-Member: \$180



# Events/Workshops for All!

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

## 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! Each child participant must be registered and adult must attend.

**Must pre-register on Motion Vibe.**

*Fridays | 1:00 – 2:00 pm*

### Event Cost

Member: FREE

Non-Member: \$8

## Recycled Art Creations

**All Ages**

Let's explore creating art with recycled materials! We will use recycled and craft materials to make art projects that foster your imaginations. No art experience is necessary for this event. All materials and supplies are included.

*Saturday, April 23 | 1:00 – 2:30 pm*

### Event Cost

Member/Non-Member: FREE

## Kids Night Out - Spring Fling!

**Ages 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, May 20 | 6:30 – 9:00 pm*

### Event Cost

Member: \$25 per child

Non-Member: \$30 per child

## 5th & 6th Grade Night Out

**Grades 5 & 6**

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, June 3 | 7:00 – 9:00 pm*

### Event Cost

Member: \$25 per child

Non-Member: \$30 per child



**NEW!**

## Mommy & Me Tea

**All Ages**

Come and celebrate Mother's day weekend with the important women in your life! Whether it's your Mother, daughter, sister, nana or friend! This event will have a fun craft, tea and sweet treat. Must register each person attending.

*Saturday, May 7 | 1:30 – 3:00 pm*

### Event Cost

Member: \$10 per adult, \$5 per child

Non-Member: \$15 per adult, \$7 per child





# Schools Out Programs

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

## School Days Off

Grades K-6

Does your child have the day off school but you're stuck at work? Send them to us, we'll keep them entertained! School's Days Off will include swimming, arts & crafts, outdoor play and lots of fun!

### Half Day

May 27 | 12:45 - 4:00 pm (Late Pick Up Available)\*

### Program Cost

Members/Non-Members: \$30

### Full Day

April 29 | 9:00 - 4:00 pm (Early Drop Off/Late Pick Up Available)\*

### Program Cost

Member: \$45

Non-Member: \$60

Non-Resident/Non-Member: \$84

*\*Optional*

Early Drop Off (8:00 - 9:00 am): \$5

Late Pick Up (4:00 - 6:00 pm): \$5



## KIDS Summer CAMP



Newtown  
COMMUNITY CENTER

June 20 - August 19

**REGISTER  
TODAY!**



## FUN AND CREATIVE ACTIVITIES!

Scan QR code to view our  
Summer Camp Guide:



Camps  
available  
to kids  
ages 3-15!

Before &  
After Care  
Available!

Sibling  
Discounts  
Offered!

Half or Full  
Day Camps  
Available

Call to Register 203.270.4349 | 8 Simpson St. Newtown, CT



# 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!



Wednesday, April 6th | 7:00pm  
Wednesday, April 13th | 7:00pm  
Wednesday, April 27th | 7:00pm



Members: \$75/month, \$15/day  
Non-Members: \$125/month, \$20/day



# Adult Programs

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

## Pottery

Learn how to transform a lump of clay into a beautiful creation by using hand building techniques such as; slab, coils, and sculptures with a chance to try the wheel. Finished work will incorporate glazing and decorating techniques. All our material is food safe. This class is designed for both beginner and intermediate students.

*Mondays / 7:00 – 9:00 pm*

### Program Cost

Member: \$155

Resident Non-Member: \$180

Non Resident Non-member: \$205



## Book Your Room Today!

Room Rentals are available for all your party or event needs! 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**

*Registration Open Now!*

## 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
Interval Workout	9:00 - 9:45am
Zumba	6:00 - 7:00pm
Total Body Blast	7:15 - 8:00pm

## Wednesday

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

## Thursday

Programs	Time
Yoga Flow	5:00 - 6:00pm
Cardio Pop Dance	6:30 - 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
Happy Hour Yoga	5:30 - 6:30 pm

## Saturday

Programs	Time
Total Body Blast	9:30 - 10:15am
 Pre-Natal Fit	8:15 - 9:15am

## Sunday

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

 **Fee Based Class**

## NEW CLASS!

***Pre-Natal Fit Class***

All Ages

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.

**Start Date: May 14**

**Pre-Natal Fit Class Program Cost:**

Member: \$75

Non-Members: \$100



# Health & Wellness Descriptions

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

**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.

**NEW! Cardio Pop Dance:** Dance like nobody is watching to pop and hip-hop party favorites! We will have fun and get sweaty in the process. Come join the fun!

**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/Happy Hour Yoga:** 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.

**Interval Workout:** This class is specifically to increase endurance and performance for the aerobic and anaerobic systems. Each exercise is crafted to help you burn fat and build muscle using your own body weight and bands. It is simply alternating short bursts of high intensity followed by a low intensity exercise. All levels are welcomed, modifications and progression will be provided.

**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.

**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.

**Pre-Natal Fit:** Pre-Natal Fit Invest in your health, for yourself and your baby! Energizing cardio, strength-training, and stretch's all modified for your pre-natal body. Cap it off with deep relaxation and a meditation for motherhood.

**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!

*Starts May 10th*

**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.

# Spring 2022 Swim Lessons

Register TODAY!



**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
5:00-5:30pm	Pre-School Level 1
5:30-6:00pm	School Age Level 3
6:00-6:30pm	School Age Level 5

## 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
5:00-5:30pm	Pre-School Level 2
5:30-6:00pm	School Age Level 4
6:00-6:30pm	School Age Level 2
6:30-7:00pm	School Age Level 5

## 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 - Sunday | 7 Week Sessions

\$110 for members

\$231 non-member/residents,

\$257 non-members/non-resident



Register at 203.270.4349

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

### Please Note:

- A participant canceling prior to the first day of the session (not the first day of the class) will receive a full credit for the program
- A participant canceling after the session begins, whether or not they attended, will receive a prorated refund as a credit
- No refund after the third class whether or not participants attended.
- Canceling due to medical reasons will be prorated. Written verification from a physician is required upon refund/credit request.
- All refund/credit requests may take up to 1 week to process. System credits can be viewed on your Community Pass account.

### **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
<b>TP</b> Aquacize II 9:00-9:45am	<b>TP</b> Aquacize 8:15-9:00am	<b>TP</b> Aquacize II 9:00-9:45am	<b>TP</b> Aquacize 8:15-9:00am	<b>TP</b> Tone & Sculpt <b>\$</b> 9:00-9:45am
<b>TP</b> Aquacize 10:00-10:45am	<b>TP</b> Aquacize 9:15-10:00am	<b>TP</b> Aquacize 10:00-10:45am	<b>TP</b> Aquacize 9:15-10:00am	<b>LP</b> Turn & Burn <b>\$</b> 10:00-10:45am
<b>TP</b> Aquacize II 11:00-11:45am	<b>TP</b> Aquacize II 10:00-10:45am	<b>TP</b> Aquacize II 11:00-11:45am	<b>TP</b> Aquacize II 10:00-10:45am	
	<b>TP</b> Aquacize II 6:00-6:45pm	<b>LP</b> Wave Yoga <b>\$</b> 7:00-8:00pm	<b>TP</b> Aquacize II 6:00-6:45pm	
	<b>TP</b> Aquacize II 7:00-7:45pm		<b>TP</b> Aquacize II 7:00-7:45pm	

**\$** Fee Based Class

**TP** Therapy Pool

**LP** Lap Pool

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



### 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!*

### 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.

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

### 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.

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

### 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).

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



Newtown  
COMMUNITY CENTER

# Triathlon Training and Support Group

Have you always wanted to do a triathlon but did not know where to start training? Have you doubted yourself and wished you had a supportive community around you to help push you to accomplish your goals? Then this 8 week Triathlon Group Training and Support Group is for you!

The Newtown Community Center is teaming up with the non-profit 2NDGO for an eight week session to help people get prepared to bike, swim and run their way to reach their goal. The group will meet once a week to run and bike on the Fairfield Hills campus and then will train in the Community Center pool. Every week we will have a featured speaker, trainer or special guest that will help all of our triathletes on their journey. A special private Facebook group will be formed to help with accountability and encouragement. A portion of the proceeds will be donated to the Chase Michael Anthony Kowalski Foundation to support the Race4Chase summer program.



Saturdays  
7:00 - 9:30 AM

*Starting April 30th through June 11th*



Member: \$80  
Non-Member: \$160



Call to register  
203.270.4349



203.270.4349

8 Simpson Rd, Newtown, CT

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





Newtown  
COMMUNITY CENTER

# Tri It 4 Chase: Teen Leadership Program

The Tri It 4 Chase program is designed to help build self-esteem, positive and healthy habits and a culture of inclusion at the middle school level. Tri It 4 Chase uses a multi-pronged strategy to inspire and engage young people to live a more positive and healthy lifestyle by improving physical, mental and emotional routines.

Volunteer high school mentors will help the middle school participants to develop critical social skills, encourage academic achievement and effort, and help participants develop a positive self image and mindset. Physical health will also be a main component as the participants will receive instruction in running, swimming and biking. The program will culminate in a mini-triathlon for the participants.

Tri It 4 Chase will be a six week program that meets three days per week for two hours each session. Each week will be centered around a theme including: Perseverance, Gratitude, Courage, Integrity, Communication and Respect



Mondays, Wednesdays &  
Thursdays  
3:00 - 5:30 PM  
*Starting May 2nd through June 9th*



\$100 Donation to  
CMAK Foundation



Call to register  
203.270.4349

COMMUNICATION  
PERSEVERANCE  
INTEGRITY  
GRATITUDE  
COURAGE  
RESPECT



203.270.4349

8 Simpson Rd, Newtown, CT

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

# Therapy Pool Schedule

Spring 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*



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

# Lap Pool - Open/ Lap Swim Schedule

Spring 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) 10:00-11:00am	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) 11:00-7:45pm	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) 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*



# All Access Pass!



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



**EARLY BIRD SPECIAL | On Sale March 1<sup>st</sup>- May 27<sup>th</sup>**

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

The outdoor facilities are opening for the 2022 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 2022. 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)	\$200.00 (\$25/additional family member)	\$405.00 (\$50/additional family member)
Individual	\$90.00	\$157.00
Senior	No Charge*	\$27.00

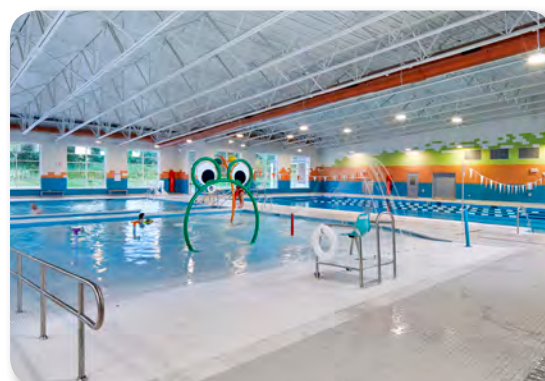
*\* Please bring proof of residency and your car registration; we will issue you a pass and parking permit.*

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