



Newtown
COMMUNITY CENTER

Summer Programs 2022



Registration begins

June 13

Summer Session begins

June 27

(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!



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 ¹	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

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 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

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 | 10:00 – 10:45 am
6 week session | Start Date July 7*

Program Cost

Member: \$40
Resident Non-Member: \$50
Non-Resident/Non-Member: \$60

Music Mondays

Ages 2-5

Principal Al & Francine Wheeler 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.

*Mondays | 11:00 am
Dates: June 20, July 11, July 25, August 8,
August 22*

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!

*Fridays | 10:00 – 10:45am
7 week session | July 15 - August 26*

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

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 anyone with little or no experience with pottery.

*Mondays | 6:30 – 8:30 pm
6 week session | Start Date June 13*

Program Cost

Member: \$155

Resident Non-Member: \$180

Non Resident Non-member: \$205



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
for more info and to book your party!



KIDS Summer CAMP



ages 8-12

August 1-5 | 9am-12pm
August 8-12 | 9am-12pm

Learn to create interactive games, stories and animations with Scratch, a visual coding platform developed by the MIT Media Lab. Aspiring artists and programmers will discover the magic of coding using this fun and easy to learn web-based application. No previous coding experience required. Taught by Mike Stuttmann and the Saugatuck Digital Arts workshop.

Member: \$275 per child/per week
Non-Member: \$300 per child/per week

2D Character Animation

ages 8-12

August 1-5 | 1pm-4pm
August 8-12 | 1pm-4pm

Students will learn to create and animate 2D anime and cartoon characters. They will design their characters using tablets, sketchbooks and computers then digitally render and prepare them for animation. The class will work individually and in-teams to create a short film of their animated characters using Adobe Character Animator. Ages 8+; for beginning and intermediate students. Taught by Mike Stuttmann and the Saugatuck Digital Arts workshop.

Member: \$275 per child/per week
Non-Member: \$300 per child/per week



ages 6-10
ages 11+

August 1-5 | 9am-12pm
August 1-5 | 1pm-4pm

Campers will expand their imagination as they explore the exciting world of clay! The week will focus on learning a variety of techniques in hand building, including slab and pinch construction to create functional and non-functional pieces. Campers will make functional pottery forms such as mugs, bowls, and planters as well as sculptural animals and insects. This week will emphasize creative problem solving and experimentation through shaping clay, designing and constructing projects, and clay surface decoration and glazing.

Member: \$195 per child/per week
Non-Member: \$215 per child/per week



ages 6-8
ages 9+

August 1-5 | 9am-12pm
August 1-5 | 1pm-4pm

Everyday is a Holiday during this camp! Each day will be a different holiday: Halloween, Christmas, Valentine's Day, Thanksgiving, and St. Patrick's Day, with sweet and savory recipes.

Member: \$225 per child/per week
Non-Member: \$250 per child/per week



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Register at www.newtowncommunitycenter.org | or Call 203.270.4349



KIDS Summer CAMP



ages 7-13

August 1 - 5 | 9am-3pm

Bouncing, balancing, juggling, jumping, tossing, tumbling, spinning, smiling, and lots of clowning around! A chance to step into the ring and try your hands at the fundamentals of circus skills. Budding circus artist-athletes will use their new skills to build friendships (and human pyramids!) while building a circus show to perform on the last day. Campers should be ready to be challenged and have fun! No experience necessary, all abilities welcome.

Member: \$175 per child/per week
Non-Member: \$200 per child/per week

**ages 6-8
ages 9+**

**August 8 - 12 | 9am-12pm
August 8 - 12 | 1pm-4pm**

Where science experiments and food meet! In this camp we'll make edible slime, chocolate swamp biomes, jiggly aliens, planet cookies, and much more! We will do a mix of sweet and savory recipes each day.

Member: \$225 per child/per week
Non-Member: \$250 per child/per week

Art Madness STEAM Camp

ages 6-12

August 8 - 12 | 9am-12pm

Art is everywhere! Look around you! You can find art while digging, looking up at the sky, watching storms or relaxing at the beach! We will create sunset silhouettes, Aboriginal dot art, beach drawings, 3d art and sculptures. Explore various techniques connecting with Science, Math, Technology, and Engineering concepts.

Member: \$180 per child/per week
Non-Member: \$200 per child/per week



ages 3-4

August 8 - 12 | 9:00am - 11:30am

Every day this dance camp focuses on a different ballet: Alice in Wonderland, Cinderella, Frozen, Peter and the Wolf, and Swan Lake. Each day there will be a dance class, art and craft projects related to the ballet of the day along with snack and story time.

Member: \$175 per child/per week
Non-Member: \$200 per child/per week



ages 5-10

August 15 - 19 | 9am-12pm

This one-week camp will include activities with a focus on the wonders and science of water. Each day of camp will have different activities with a science based theme as well as swimming.

Member: \$175 per child/per week
Non-Member: \$200 per child/per week
*Member pricing available to members of EverWonder.



ages 7-13

August 15 - 19 | 9am-12pm

Learn the art of metal work with Lee Skalkos, from Newtown. During each day students will experience drawing for design, fabrication and creation of metal pieces. Students will learn cutting with a jewelry saw, filing, forging, twisting of wire, piercing, sanding and polishing and if time allows, soldering and torch techniques and possibly stone settings.

Member: \$240 per child/per week
Non-Member: \$265 per child/per week



Newtown
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Continued Education Dept.

Register at www.newtowncommunitycenter.org | or Call 203.270.4349

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

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

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

Sunday

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

\$ Fee Based Class

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!

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.

NEW! 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.

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!

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 2022 Swim Lessons

Register TODAY!



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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 | 6 Week Sessions

\$110 for members

\$231 non-member/residents,

\$257 non-members/non-resident



Register at 203.270.4349

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.**

Water Aerobics Schedule

Summer Session - New Schedule begins **June 20th!**

Monday	Tuesday	Wednesday	Thursday	Friday
TP Aquacize II 8:15-9:00am	TP Aquacize 8:15-9:00am	TP Aquacize II 8:15-9:00am	TP Aquacize 8:15-9:00am	TP Tone & Sculpt \$ 9:00-9:45am
TP Aquacize II Plus 9:15-10:00am	TP Aquacize 9:15-10:00am	TP Aquacize II Plus 9:15-10:00am	TP Aquacize 9:15-10:00am	LP Turn & Burn \$ 10:00-10:45am
TP Aquacize 10:00-10:45am	TP Aquacize II 10:00-10:45am	TP Aquacize 10:00-10:45am	TP Aquacize II 10:00-10:45am	
	LP Aquacize II 6:00-6:45pm	LP Wave Yoga \$ 7:00-8:00pm	LP Aquacize II 6:00-6:45pm	
	LP Aquacize II 7:00-7:45pm		LP 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
Centered Around You

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 9:00-12:00pm	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

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) 10:00-11:00am	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



Check out these FREE Summer Events for members!

A Night Of Mini Golf! Wednesday, July 13 | 6:30-9:30PM



Join us at the Newtown Community Center for a night of 9 holes of Mini Golf!

Ages: **All Ages Welcome** | Registration: **Required**

National Ice Cream Day! Sunday, July 17 | 5:00-8:00PM



Celebrate National Ice Cream Day with fun filled activities including: face painting, family-friendly activities, a frozen treat (while supplies last)

Ages: **All Ages Welcome** | Registration: **Required**

LUAU Party at Dickinson Park! Thursday, July 28 | 5:30-7:30PM



Families will enjoy arts/crafts, games a dance party and snacks!

Ages: **All Ages Welcome** | Registration: **Required**

National Night Out! Tuesday, August 2 | 6:00-8:00PM



Newtown PD & FD games, exploration of emergency vehicles, DJ Entertainment, K-9 Demos and Family Activities!

Ages: **All Ages Welcome**

Outdoor Movie Night! Monday, August 8 | Dusk



Fairfield Hills Soccer Field - Movie begins at dusk! Bring your blankets, chairs and snacks and enjoy the show!

Ages: **All Ages Welcome**



For more information: www.newtowncommunitycenter.org



Outdoor, Explore & More!

CVH ANIMAL SANCTUARY SUMMER CAMP

EXPLORE NATURE, DRAW, SWIM, PAINT & SO MUCH MORE!



Newtown
COMMUNITY CENTER

For children
entering grades 2-4

\$150 NCC members
(\$175 non-members)

Call to register:
(203) 270-4349

July 18-21
9am-1pm

