



Newtown
COMMUNITY CENTER

www.newtowncommunitycenter.org
203-270-4349



Winter Programs

Registration begins: December 19
Session: January 9 - February 13

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

Wiggles & Giggles

Ages 1-3

Wiggle, giggle, dance and play! Delight in this popular exploration program where children participate in fun 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: \$100

Resident Non-Member: \$115

Non-Resident/Non-Member: \$135

2 Days/Week: Wednesday and Friday

Member: \$185

Resident Non-Member: \$200

Non-Resident/Non-Member: \$220

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**

<https://www.eventkeeper.com/mars/xpages/C/CHB00TH/ekmonth.cfm>

Mondays | 11:00 am

Dates: Music with Francine Wheeler -January 9, February 6

Principal AI- January 30, February 13, March 6, March 20,

Program Cost

Member/Non-Member: FREE

JumpBunch

Ages 2-5

JumpBunch is an exciting, creative, high-energy multisport program perfect for preschoolers who love to run, jump, catch, throw, be silly and have lots of fun! Our program focuses on gross and fine motor skills, balance, coordination, self-esteem and teamwork. It's the perfect introduction to sports and fitness using age-appropriate equipment and curriculum that will have your child looking forward to "JumpBunch day" each week. Each of our sessions offer different activities - we have over 70 curriculums each year. Don't miss the fun, register today!

Fridays | 10:00 – 10:45am

Program Cost

Member: \$100

Resident Non-Member: \$115

Non-Resident/Non-Member: \$125

It's Easy to Register!

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

Toddler Programs

Must Pre-register for all Six Week Sessions

NEW! Pre Ballet

Ages 2.5-3

This class will give your dancer a basic introduction to ballet steps and positions, while enhancing their motor skills and coordination with fun exercises in music qualities and rhythms and story-telling with movement.

Saturdays | 10:30 – 11:15am

Program Cost

Member: \$120

Resident Non-Member: \$125

Non-Resident/Non-Member: \$130

NEW! Ballet & Tap

Ages 3-5

Dancers will learn beginner steps of ballet and the rhythmic skills of tap. Basic terminology is taught for both types of dance.

Saturdays | 11:20-12:20 pm

Program Cost

Member: \$120

Resident Non-Member: \$125

Non-Resident/Non-Member: \$130

Mini Wonders Workshop

Ages 3-5

Sink or Float? Explore sink and float by making your own boat and seeing how much weight it can hold. Be a scientist and make predictions as you test a variety of objects to see whether they will sink or float. This is a parent/caregiver and child class.

Tuesday, January 17 | 10:00-10:45 am

Snowy Science Let it Snow! Explore the mystery of snow and winter through fun, burr-illiant hand-on science experiments!

Thursday, February 16 | 10:00-10:45 am

Program Cost

Member:\$80

Resident Non Member: \$80

Non-Resident/Non Member:\$80



COME party WITH US!

Newtown COMMUNITY CENTER

Parties at the Community Center are a fun way to create lasting memories and can be customized to suit your needs.

- Parties are two hours long, and available on weekends and after hours.
- We handle the set up!
- Parties can host up to 20 children.
- You provide decorations, food and party supplies.
- Birthday Party Package/Themes we offer are:
 - DJ Dance Party, Crafty Kids, Mermaid Party, Kidz In The Kitchen, Make A Splash Party, Toddler Make a Splash Party

For more information on parties and packages, visit www.newtowncommunitycenter.org/room-rental/ or Call us at 203-270-4349

After School Programs

Busing Available for Newtown Public Schools Please Contact us for details

NEW!

The Joy of Winter Artscapes

Ages 5-10

"The Joy of Winter Landscapes" offers all kids K-5 an opportunity to enjoy painting winter landscapes and arts and crafts. We'll enjoy celebrating the 2023 Beijing winter Olympics as we paint many winter sports: skiing, bobsledding, ice hockey, luge, snowboarding and more! We'll paint landscapes of previous countries like Norway and Sweden. Let the Olympics begin, with class concluding an Olympic art show on Feb. 16!

Thursdays | 4:30 – 5:45pm

Program Cost

Member: \$165

Resident Non-Member: \$180

Non-Resident/Non-Member: \$195

Clay Play

Ages 6-10

Build castles, make coil pots or create a favorite animal-the possibilities are endless! Learn hand-building and surfacing techniques, the stages of the glazing process and how to design and develop projects.

Tuesdays | 4:30 – 5:30 pm

Program Cost

Member: \$160

Resident Non-Member: \$175

Non-Resident/Non-Member: \$190

Kids In The Kitchen

Ages 6-10

Make , Bake & Decorate! Let's get creative and do some decorating! We'll make cookies, cakes,& so much more.

Thursdays | 4:30 – 5:45 pm

Program Cost

Member: \$190

Resident Non-Member: \$195

Non-Resident/Non-Member: \$200

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

Mondays | 4:30 – 5:30 pm (No class 1/16 & 2/20)

Program Cost

Member: \$160

Resident Non-Member: \$165

Non-Resident/Non-Member: \$175

Broadway Theatre & Jazz

Ages 7-12

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: \$75

Resident Non-Member: \$80

Non-Resident/Non-Member: \$85

Performing Arts Circus Troupe

Ages 9+ (exceptions by invitation only)

PACT is a 9-month performing arts program with the goal of presenting a student-created show at the end of the academic year. Students learn and develop circus & performance skills (acrobatics, juggling, physical comedy, etc.) and are encouraged to incorporate special skills (dance, athletics, music, comedy, etc).

This cooperative class fosters social-emotional learning, self-confidence, strength, coordination, & more. Potential students must show desire to participate and join one try-out class to "audition" for the troupe.

Thursdays | 4:30 – 6:00 pm

Program Cost

Member: \$219

Resident Non-Member: \$224

Non-Resident/Non-Member: \$224



Newtown
COMMUNITY CENTER

WINTER BREAK ESCAPE

DECEMBER 26-30 | 9:00AM-4:00PM | GRADES K-6

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SPEND YOUR DAY OFF AT THE
COMMUNITY CENTER! WE WILL
FILL YOUR DAY WITH LOTS OF
ACTIVITIES LIKE ARTS & CRAFTS,
GAMES, AND OF COURSE
SWIMMING!
BRING A BAG LUNCH.



Winter Break Escape Cost

Member: \$185 | 1 Day \$45

Non-Member: \$185 | 1 Day \$45

Non-Resident/Non-Member: \$200 | 1 Day \$45

Optional:

- Early Drop Off | 7:30 - 9:00am (Additional \$5)
- Late Pick Up | 4:00 - 6:00pm (Additional \$5)



For more information:

- 203.270.4349
- www.newtowncommunitycenter.org
- 8 Simpson Street, Newtown, CT



Events/Workshops for All!

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



Crafternoon

All Ages (with a caregiver)

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

Kids Night Out

Ages 5-10

Drop your kids off and enjoy a night out! We will take care of the rest, we'll have fun games, crafts and swimming! Snacks are available for purchase.

Friday, February 10 | 6:30-9:30 pm

Event Cost

Member: \$25 per child/\$15 additional sibling
Non-Member: \$35 per child/\$20 additional sibling

Valentines for Veterans

All Ages

A great way to bring love to our Veterans! The Community Center will provide all of the materials for you to create a handmade Valentine's Day Card. Cards created will be sent to troops overseas by our local veteran's organizations.

Sunday, February 5 | 1:00 – 2:00 pm

Event Cost

FREE

Noon Years Eve!

All Ages

Ring in the new year with dancing, crafts, a countdown to noon and balloon animals! Snacks and drinks will be provided.

Pre-registration is required. This is a family event.

Saturday, December 31 | 11:00 - 12:30pm

Event Cost

Member: \$5 per child
Non-Member: \$10 per child

Have The SLIME of Your Life!

Ages 5-11

Have the slime of your life with your family & friends. Make slime that stretched, bubbles and smells yummy. Customize your slime to your liking, we'll provide the supplies you provide the imagination. Each child participant must be registered and adult must attend.

Saturday, January 21 | 1:00 - 2:30 pm

Event Cost

Member/NonMember: \$8 first child
Additional Child: \$4 additional child

Family Noodle & Inflatable Slide Night

All Ages

Come out and play in oodles of Noodles! We'll get as many pool noodles and tubes as we can get for a fun filled night. We will have fun noodle craft and noodle challenges. Each child participant must be registered and adult must attend. Must be 6 and up to use the inflatable and wear a life jacket.

Friday, February 24 | 6:00 - 7:30pm




Event Cost

Member/Non-member: \$5.00 a child



Book Your Room Today!

Room Rentals are available for all your party or event needs! Call 203.270.4349 to learn more today.



School Days Off

Don't Forget to Pre-register for all programs

School Days Off

Grades K-8

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, indoor/outdoor play and lots of fun!

Full Day: January 16, February 20-21 | 9:00 am – 4:00 pm

Optional:

- *Early Drop Off | 7:30 - 9:00am (Additional \$5)*
- *Late Pick Up | 4:00 - 6:00pm (Additional \$5)*

Half Day: February 17 | 12:00– 6:00 pm

Full Day Cost

Member: \$50
Non-Member: \$60
Non-Resident/Non-Member: \$75

Half Day Cost

Member/Non-Member: \$30

Mermaid Camp

Ages 7-13

Does your swimmer love mermaids? Or wants to be a pirate on the high seas? This two day camp will include lots of activities - Making seashells and treasure chests, fun arts and crafts, playing games and finding lost treasures! Swim evaluation must be completed prior to registration. Bring a bag lunch or purchase lunch at the Better Day Café. **All swimmers must be Level 4.** Space is limited so please register by February 13.

Monday, February 20 & Tuesday, February 21
9:00 am – 1:00 pm

Program Cost

Member/Non-member: \$85/\$100



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 slab forming, coil building, and sculpting. More advanced students will have a chance to try throwing pottery on the wheel. Students will then refine, decorate and glaze their pieces and their work will be fired in the kiln. All our materials are low-fire and food safe. This class is designed for beginner to intermediate students. Cost includes \$20 materials fee.

Mondays | 6:30 – 8:30 pm

Program Cost

Member: \$190

Non-Member: \$195

Non-Resident Non-Member: \$215

Couples Valentine Yoga

Couples Valentine Yoga All levels welcome This class is full of fun, playful partner poses to uplift and invigorate you and your partner followed by relaxation bliss to end the class.

Thursday, February 9 | 6:00 - 7:00 pm

Program Cost

Member/Non-member: FREE

SO MUCH TO CELEBRATE! HOST YOUR NEXT EVENT WITH US!



EVENT SPACES

INDOOR SPACES

Whatever event you are looking to host, we have you covered with many options!

Cooking space, Art class, Birthday party, or even small meeting spaces take advantage of our many affordable rooms:

- Multi-Purpose Room
- Activity Room
- Meeting Room
- Art Studio

OUTDOOR SPACES **NEW**

Take advantage of our newly renovated patio this Fall right in our backyard! A beautiful stone patio, complete with this fire pit! Leave the set up to us!



Newtown
COMMUNITY CENTER

8 SIMPSON ST., NEWTOWN, CT | 203.270.4349 | WWW.NEWTOWNCOMMUNITYCENTER.ORG

RENTAL DETAILS

Pricing, themed birthday party packages and how to book your party can be found on our website newtowncommunitycenter.org, under **Room Rentals**





Newtown
COMMUNITY CENTER

ADULT BAKING CLASSES

with Samantha Miller

Chef Samantha Miller graduated from Johnson and Wales with a degree in Baking and Pastry Arts. She was able to immerse herself in the food culture of Providence, Rhode Island, where she worked with and grew to love some incredibly talented and inspiring chefs. Since then, she's been lucky enough to continue her education, taking sugar art classes whenever possible, each time falling more in love with the craft.

Seasonal French Macarons

Thursday, January 19 | 6:30 – 9:30 pm

French macarons from scratch with Chef Samantha. Participants will learn to whip up a perfect French meringue and macaronage by hand before honing their batter piping skills. We'll prepare seasonal fillings while our macarons bake and each student will take home recipes and a box of their own creations.

Program Cost

Member: \$125

Non-Member: \$130

Non-Resident Non-Member: \$130

Cake Decorating I

Thursday, January 26 | 6:30 – 9:30 pm

Take home: Recipes / decorated cake
Class includes Italian meringue buttercream demonstration, How to flavor buttercream, cutting even cake layers, Stacking and filling cake layers with multiple fillings, Crumb coating and applying smooth icing to cake, decorating techniques including ribbon icing, spackled icing, watercolor icing and piped border.

Program Cost

Member: \$175

Non-Member: \$180

Non-Resident Non-Member: \$180

Artisinal Chocolates

Thursday, February 9 | 6:30 - 9:30 pm

Class includes a brief history of chocolate, demonstration of how to temper chocolate, and demonstration of advanced flavor/filling preparations. Hands on rolling, dipping and garnishing of chocolate truffles, plus learn different techniques of enrobing chocolates.

Program Cost

Member: \$150

Non-Member: \$155

Non-Resident Non-Member: \$155

Cake Decorating II

Saturday, February 4 | 10:00 - 1:00 pm

Students will continue learning from Cake Decorating I while adding advanced decorating techniques including arranging florals, chocolate bark and edible moss.

Program Cost

Member: \$175

Non-Member: \$180

Non-Resident Non-Member: \$180

Call to Register!

203-270-4349

8 Simpson St.
Newtown, CT 06470

Health & Wellness Schedule

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

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	8:45 - 9:30am
Zumba	6:00 - 7:00pm

Wednesday

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

Thursday

Programs	Time
NEW! Core & More	8:45 - 9:30am
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

We highly suggest making reservations 48 hours in advance.

Please register on Motionvibe



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.

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.

Core & More: This class focuses on strengthening the abdominals, glutes, lower back, hips, and shoulders either as the primary or supportive muscles.

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.

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

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

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

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.

HOLIDAY HOURS

The Newtown Community Center will observe the following holidays:

- Christmas Eve we will be closing at 1pm. (No classes)
- Christmas Day CLOSED (No classes held on December 24-26)
- New Year's Eve closing at 4pm
- New Years Day CLOSED (No classes will be held the 31- January 2)

Winter 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 | 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.***

Interested in Private Lessons?

Give us a call to schedule!
203.270.4349



Newtown
COMMUNITY CENTER
Centered Around You

Water Aerobics Schedule

Winter Session

Monday	Tuesday	Wednesday	Thursday	Friday
<div><div>TP</div><div>Aquacize I 9:15-10:00am</div></div>	<div><div>TP</div><div>Aquacize I 8:15-9:00am</div></div>	<div><div>TP</div><div>Aquacize I 9:15-10:00am</div></div>	<div><div>TP</div><div>Aquacize I 8:15-9:00am</div></div>	<div><div>TP</div><div>Tone & Sculpt 9:00-9:45am</div></div>
<div><div>LP</div><div>Aquacize II 10:15-11:00am</div></div>	<div><div>TP</div><div>Aquacize I 9:15-10:00am</div></div>	<div><div>LP</div><div>Aquacize II 10:15-11:00am</div></div>	<div><div>TP</div><div>Aquacize I 9:15-10:00am</div></div>	<div><div>LP</div><div>Turn & Burn 10:00-10:45am</div></div>
<div><div>TP</div><div>Aquacize I 11:00-11:45am</div></div>	<div><div>LP</div><div>Aquacize II 10:00-10:45am</div></div>	<div><div>TP</div><div>Aquacize I 11:00-11:45am</div></div>	<div><div>LP</div><div>Aquacize II 10:00-10:45am</div></div>	
	<div><div>LP</div><div>Aquacize II 6:00-6:45pm</div></div>		<div><div>LP</div><div>Aquacize II 6:00-6:45pm</div></div>	
	<div><div>LP</div><div>Aquacize II 7:00-7:45pm</div></div>		<div><div>LP</div><div>Aquacize II 7:00-7:45pm</div></div>	
		<div><div>TP</div><div>Therapy Pool</div></div>		
	<div><div>\$</div><div>Fee Based Class</div></div>		<div><div>LP</div><div>Lap Pool</div></div>	

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

Winter 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

WAVE YOGA



Newtown
COMMUNITY CENTER
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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, November 30th | 7:00pm

Wednesday, December 7th | 7:00pm



Wednesday, January 11th | 7:00pm

Wednesday, January 25th | 7:00pm

Wednesday, February 8th | 7:00pm

Wednesday, February 15th | 7:00pm

Wednesday, March 8th | 7:00pm



Members: \$15 per class

Non-Members: \$20 per class



Are You Whistle Worthy?

Job Opportunities Available*

Newtown Parks and Recreation & Newtown Community Center

Lifeguard Certification Course

This **American Red Cross** course is designed to give participants the basic skills and knowledge needed to respond to aquatic emergencies.

This comprehensive course will train you on how to provide professional-level care for breathing and cardiac emergencies, injuries and sudden illnesses until the EMS arrive.

This is an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED **valid for 2 years**

Ages 15+
(no exception to this age requirement, we encourage adults to take course)

\$325 Per Person
Space is limited

**Classes will be held at the
Newtown Community Center:**

February 17th 4:00pm - 7:30 pm

February 18th 12:00pm - 5:00 pm

February 19th 12:00pm - 5:00 pm

*You must attend all above classes



You must **register** By February 10th.
Checks made payable to Newtown
Community Center. Please call or email
Nancy Wolf to register.

For more information call
(203) 270-4328 or
e-mail nancy.wolf@newtown-ct.gov

Are You Whistle Worthy?

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**Classes will be held at the
Newtown Community Center:**

March 17th 4:00pm - 7:30 pm

March 18th 12:00pm - 5:00 pm

March 19th 12:00pm - 5:00 pm

*You must attend all above classes



You must **register** By March 10th.
Checks made payable to Newtown
Community Center. Please call or email
Nancy Wolf to register.

For more information call
(203) 270-4328 or
e-mail Nancy.Wolf@newtown-ct.gov