



Newtown
COMMUNITY CENTER

Spring Programs 2023



Registration begins: February 20
Session: February 27-April 16

Mission Statement

Hours of Operation

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.

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

Friday
6:00am-8:00pm

Saturday
7:00am-5:30pm

Sunday
7:00am-5:00pm



Family & Youth

For families and youth, that means amenities and activities that keep parents and kids engaged and entertained. Plan an activity or rent our multi-purpose rooms or our large banquet space for parties, celebrations and other special occasions. Take full advantage of our two indoor pools: one 6-lane lap pool for swimming, water aerobics and one uniquely accessible warm water “zero-entry” family pool (complete with spray bay) for infant and toddler play, as well as swim lessons, and other year-round, kid friendly aquatic programs. You’ll also love the convenience of our family locker room!



Individuals

There is plenty for everyone to enjoy at the Newtown Community Center. The 6-lane lap pool or activity pool are ideal for some quality swim time. Host a party or milestone celebration in one of our banquet rooms. Meet new friends or peers at social events throughout our meeting and multi-purpose rooms. There’s always a detailed Calendar of Events—no matter what the activity our campus affords endless opportunities for connection and interaction.



Teens & Tweens

For teens and tweens, that means a safe and spacious place to meet up with good friends—and make a few new ones. Gather for pizza and a movie in one of our activity rooms. Host a “Battle of the Bands” in a multi-purpose room. Join an art, wellness, after school program or chill at the pool. Hire a DJ and throw a birthday party. If you’ve got the ideas, we’ve got the space!



Seniors

For seniors, that means programs designed to complement those of our campus neighbor, the Newtown Senior Center. Enjoy our 6-lane lap pool and unique-to-the-area “zero entry” pool that’s easy in, easy out – great for water aerobics. There’s also a selection of engaging activities such as evening social events and multi-generational opportunities.

Membership Descriptions

Membership Inclusions

- Unlimited access to 6 lane lap pool, recreational pool and spray bay
- Health & wellness programs
- Water aerobics
- Member events
- 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/CHBOOTH/ekmonth.cfm>

Mondays | 11:00 am

Dates: Principal AI- March 6, March 20

Program Cost

Member/Non-Member: FREE

JumpBunch

Ages 2-5

Jump, Run, Kick, Throw, Catch and much more with JumpBunch! Our exciting spring session is filled with sports exploration, fitness fun and creative movement all through age-appropriate play! Children ages 2yr-5yr will develop fine and gross motor skills while building coordination, balance, and confidence. Each class features a new sport or fitness activity using bright and colorful equipment, lively music and lots of positive reinforcement! **No class April 7th.**

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.

Fridays | 11:30am – 12:15pm

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.

Fridays | 12:15 – 1:00pm

Program Cost

Member: \$120

Resident Non-Member: \$125

Non-Resident/Non-Member: \$130

NEW! Morning Adventures

Ages 2.5-4

Mornings have never been better! We will provide activities based around each theme that will include playtime, cool crafts, and Storytime.

Dr. Seuss Extravaganza Immerse yourself in the world of Dr. Seuss-inspired activities including wild stories, games, and crafts.

Thursday, March 2 | 9:00 - 9:45 am

Lil' Astronauts Suit up and blast into space! Learn about astronauts and explore the galaxy. Rockets and galactic lime are just a glimpse into your space adventure.

Thursday, March 23 | 9:00 - 9:45 am

Program Cost

Member: \$10

Resident Non-Member: \$15

Non-Resident/Non-Member: \$20

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 Spring Impressionism

Ages 5-10

Joy Hoffman offers students K-5 an opportunity to learn about Master artists around the world. Classes are lively and fun as students experiment with acrylics, watercolors and crafts weekly. Class concludes on April 6 with a student art show.

Thursdays | 4:30 – 5:45pm

Program Cost

Member: \$165
Resident Non-Member: \$180
Non-Resident/Non-Member: \$195

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

Program Cost

Member: \$160
Resident Non-Member: \$165
Non-Resident/Non-Member: \$175

Performing Arts Circus Troupe

Public show: MAY 25th, 6:30pm

Come see our jugglers and acrobats, stilt-walkers and more show off amazing skills at their year-end performance! Our 7-13 year old artist-athletes will spend SESSION 3 developing a performance based on the skills learned in sessions the first two sessions. No new students accepted, please consider joining us for the 2023/2024 season of this unique program on Thursdays from 4:30-6pm. More info visit www.circusmoves.com.



Registration starts March 1st!



View all of our camp offerings on our website under programs!

**If you are a member:
Register through your
Community Pass Account!**

If you are not a member:



**Give us a call!
203-270-4349**



Newtown
COMMUNITY CENTER
Centered Around You

EGG

Dive



Sunday, March 26 | 12:30-1:30 pm

Ages 2-4

Ages 5-8

Ages 9-12

12:30

1:00

1:30

Splash and Dash with us as we race against other participants to gather as many easter eggs as possible with the hopes of finding the golden egg! We will also have spring crafts while you wait!

Children 7 and under must have a parent accompany them in the pool. Life jackets are available if needed

Registration is required!

FREE for Members | \$5.00 for Non-members

8 Simpson St., Newtown, CT | (203) 270-4339

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!

Half Day Cost - March 16-17 & April 7 | arrival- 6:00 pm

Member/Non-Member: \$30





Newtown
COMMUNITY CENTER

SCHOOLS OUT!

Spring Break Escape

Grades K-6

Looking for something fun and exciting to do during your time off from school? This camp has everything you're looking for like crafts, outdoor play and swimming. We will have trips available throughout the week. Meet new friends and have a good time!

April 10-14 | 9:00 – 4:00 pm

*Early Drop Off & Late Stay Available | 8-9am & 4-6 pm
(Additional \$5)*

Spring Break Escape Cost

Member: All 5 days \$185 | 1 day \$45

Non-Member: All 5 days \$200 | 1 day \$45

Optional Field Trips:

4/10 The Cave \$20

4/12 Bowling New Milford \$20

Field trips are available only to children enrolled in the Spring Break Escape camp in grades K-6 (see specific dates). Space is VERY limited and only the first children to register will be able to reserve a seat on the bus/van.

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, March 10 | 6:00 - 9:00 pm

Event Cost

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

St. Patty's Day Party

All Ages

Enjoy a fun-filled night of Irish music, crafts, and BINGO! Snacks and beverages provided! Please register each participant.

Friday, March 17 | 6:00 - 7:30 pm

Event Cost

\$2 per person

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, February 26 | 1:00 - 2:30 pm

Event Cost

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

5th & 6th Grade Night Out

Grades 5-6

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, March 31 | 6:30 - 9:00 pm

Event Cost

Member: \$25 per child
Non-Member: \$30 per child

Earth Day Bird Feeders

All Ages

With common household items, you can help your child create a bird feeder that birds will be chirping about! While you're crafting, ask your child to describe different birds that they've seen in your neighborhood. What color are the birds? What sorts of chirping sounds they make.

Saturday April 22 | 10:00 am - 12:00 pm

Event Cost

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

Egg Painting

Adults 16+

Create Easter decorations. Using acrylic paint and oil-based markers, we will paint egg-shapes for fun Easter decorations. Suggestions for designs, from traditional to abstract styles,

Wednesday, March 29 | 6:00 - 8:00 pm

Event Cost

Member: \$30 per person
Non-Member: \$35 per person

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Book Your Room Today!

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

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

Gouache Painting

Practice using a loose painting style to paint floral designs using gouache paint. Gouache is an opaque water based paint similar to watercolor and more easily workable. We will experiment with page layout, color palettes and learn basic color concepts. No drawing or art experience needed. Must be 16 or older.

Tuesdays March 21- April 11 | 10:00 am – 12:00 pm

Program Cost

Member: \$119

Resident Non-Member: \$129

Non-Resident/Non-Member: \$129

OUR PATIO IS NOW *open!*

Our NEW spacious patio adjacent to our multipurpose rooms is ideal for outdoor events for business functions, luncheons, showers, parties and any type of get together.

Having an indoor event and need more space? This space is great to host a cocktail party or overflow for a large event. Check it out!

FOR RESERVATION INFORMATION OR
MORE INFORMATION PLEASE CALL (203) 270-4349



Newtown
COMMUNITY CENTER

8 SIMPSON ST.
203.270.4349

Health & Wellness Schedule

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

Registration Open Now!

Monday

Programs	Time
Total Body Blast	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
Dance Fusion	6:30 - 7:30pm

Thursday

Programs	Time
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.

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.

Spring 2023 Swim Lessons

Register TODAY!



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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 2 Pre-School Level 1
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.

Children that are not potty trained are required to wear swim diaper, reusable swim diaper and swimsuit. (The 3 layer system) while in the pools, and splash pad.

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.

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. *Children that are not potty trained are required to wear swim diaper, reusable swim diaper and swimsuit. (The 3 layer system) while in the pools, and splash pad.*

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. *Children that are not potty trained are required to wear swim diaper, reusable swim diaper and swimsuit. (The 3 layer system) while in the pools, and splash pad.*

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



Water Aerobics Schedule

Spring Session

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

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!

Preregistration 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.

Preregistration 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

Spray Bay & 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 6:00-9:00am	Open Swim Spray Bay Off 7:00-8:45am	Open Swim Spray Bay Off 7:00-9:00am
Open Swim Spray Bay Off 9:00am-12:00pm	Open Swim Spray Bay Off 8:00am-12:00pm	No Open Swim Spray Bay Off 9:00-10:00am	No Open Swim Spray Bay Off 9:00am-1:00pm	No Open Swim Spray Bay Off 9:00am-1:45pm
Open Swim Spray Bay On 12:00-4:00pm	Open Swim Spray Bay On 12:00-4:00pm	Open Swim Spray Bay Off 10:00-11:00am	Open Swim Spray Bay On 1:00-5:15pm	Open Swim Spray Bay On 1:00-4:45pm
Open Swim Spray Bay Off 4:00-7:00pm	Open Swim Spray Bay Off 4:00-7:00pm	Open Swim Spray Bay On 11:00am-7:45pm		
Open Swim Spray Bay On 7:00-8:45pm	Open Swim Spray Bay On 7:00-8:45pm			

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



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



Newtown
COMMUNITY CENTER

Breakfast with the Bunny



sponsored by:  Newtown Savings Bank
The Power of Local

SUNDAY, APRIL 2ND
8AM-1PM TIME SLOTS AVAILABLE

\$10 ADULTS | \$6 CHILDREN

**A VERY SPECIAL BUNNY IS MAKING A STOP AT THE NCC TO
TAKE PART IN OUR PANCAKE BREAKFAST!**

PHOTOS WILL BE AVAILABLE

REGISTRATION IS REQUIRED! LIMITED SPACE AVAILABLE

REGISTER ONLINE!

www.newtowncommunitycenter.org

8 Simpson St., Newtown CT

203-270-4349



JOIN US AT
THE
COMMUNITY
CENTER



Newtown
COMMUNITY CENTER



Center For Active Living

THE COMMUNITY CENTER AND THE
NEWTOWN SENIOR CENTER BRING TO YOU

MARDI GRAS PARTY



ENTRY \$10 | MUST PRE PAY

TUESDAY

7TH

MARCH

Starts 11:30am

WEAR YOUR "FUN" MASKS AND BEADS AND
LET'S PARTY LIKE THE FRENCH QUARTER!!

LIVE ENTERTAINMENT

ENJOY JAMBALAYA, MOCKTAILS AND
MARDI GRAS CAKES FOR DESSERT!

**SIGN UP
AT THE**

REGISTER AT THE FRONT DESK AT THE SENIOR
CENTER OR CALL 203-270-4310
OR CALL THE COMMUNITY CENTER AT 203-270-4349

All Access Pass!



Newtown
COMMUNITY CENTER
Centered Around You



EARLY BIRD SPECIAL | On Sale March 1st- June 1st

The outdoor facilities are opening for the 2023 season on Memorial Day Weekend! Come enjoy the benefits of all of our Newtown swimming facilities. Especially this summer, everyone will see the benefits of becoming an All Access Member at a discounted rate.



You must be an Active Community Center member to receive:

- A 10% discount on your Parks & Recreation Summer Swim Pass for the Treadwell and Eichlers facilities for 2023. You must also have a park permit for your vehicle.
- Non-Resident Parking Permit Fees do apply.



Membership Cost with discount:

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****

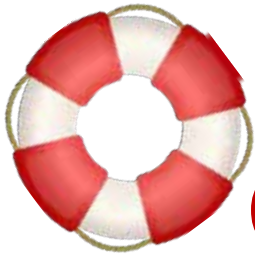
** All Access Passes must be purchased in person!

Are you an active Community Center Member?
Please write your full name below:

Contact Information:

- Newtown Community Center
203-270-4349
- Newtown Parks & Recreation
203-270-4340

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:

MARCH SESSION:

March 17th 4:00pm - 7:30 pm
March 18th 12:00pm - 5:00 pm
March 19th 12:00pm - 5:00 pm

APRIL SESSION:

April 21st 4:00pm - 7:30 pm
April 22nd 10:00am - 5:00 pm
April 23rd 10:00am - 5:00 pm

MAY SESSION:

May 5th 4:00pm - 7:30 pm
May 6th 10:00am - 5:00 pm
May 7th 10:00am - 5:00 pm

*You must attend all 3 classes within
the month session

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



Newtown
COMMUNITY CENTER

phinney's
LOCAL GROCER



Power Salads

Cooking Class

with Stephen Forgione and Gayle Miner

Date: Friday, March 10

Time: 6:30-8:30pm

Program Cost:

Member: \$55 per person

Non-Member: \$65 per person

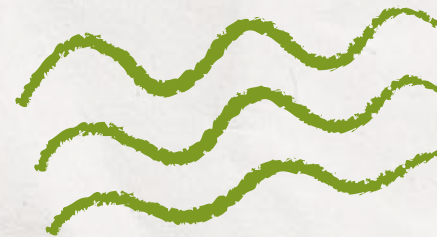
Join Phinney's Local Grocer owners Stephen Forgione and Gayle Miner for a night of dining on heart healthy salads, wine tasting, entertainment and good conversation.

Watch as Stephen and Gayle create delicious power salads and homemade salad dressings! Good enough to eat on their own or sit alongside a home cooked meal, it's time to get fresh, seasonal and delicious with your salads. Everyone will leave with a salad dressing of their own making!

Call to Register!

(203) 270-4349

www.newtowncommunitycenter.org



WAVE YOGA



Newtown
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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.

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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, March 1st | 7:00pm
Wednesday, March 15th | 7:00pm
Wednesday, March 29th | 7:00pm
Wednesday, April 29th | 7:00pm
Wednesday, May 10th | 7:00pm
Wednesday, May 31st | 7:00pm



Members: \$15 per class
Non-Members: \$20 per class

