



Newtown
COMMUNITY CENTER
Centered Around You

Fall I Programs 2023



Registration begins: August 21
Session : September 11 - October 22

www.newtowncommunitycenter.org

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.

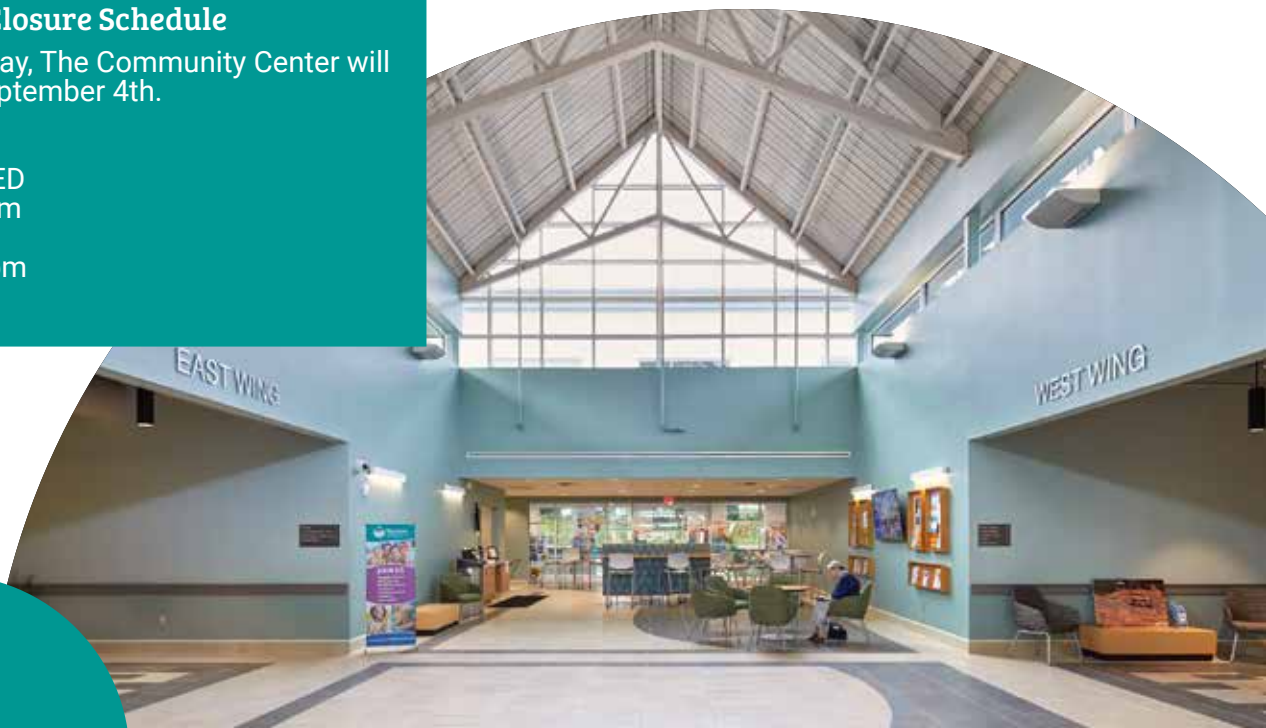
Plan Ahead!

Holiday Closure Schedule

In observance of Labor Day, The Community Center will be closed on Monday, September 4th.

Holiday Hours

Thanksgiving Day: CLOSED
 Christmas Eve: 6 am- 1 pm
 Christmas Day: CLOSED
 New Years Eve: 6 am- 2 pm
 New Years Day: CLOSED



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

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.

Thursdays | 10:15 – 11:00 am

Program Cost

Member: \$45

Resident Non-Member: \$55

Non-Resident/Non-Member: \$65

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: \$110

Resident Non-Member: \$125

Non-Resident/Non-Member: \$145

2 Days/Week: Wednesday and Friday

Member: \$195

Resident Non-Member: \$210

Non-Resident/Non-Member: \$230

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 - 11:45 am

Dates: September 18 with Francine Wheeler

October 16; October 30 with Principal AI

Program Cost

Member/Non-Member: FREE



JumpBunch

Ages 2-5

Join the Fun! For children, exercise is play, and play is fun! With more than 70 different sport & fitness activities, Amazing Athletes JumpBunch offers more ways to play! From age-appropriate traditional sports and skills to active games, there's always something new to learn, discover and explore each week. Our child with caregiver classes focus on all phases of physical growth including fine/gross motor movement, hand/eye coordination, body balance, agility, muscle development, teamwork, and social skills! Children are provided with colorful, safe and age-appropriate equipment to learn and explore for each week's activity.

Ages 2-3(with a caregiver) | Tuesdays | 9:45-10:30 am

Ages 3-5 | Tuesdays | 10:30-11:15 am

Program Cost

Member: \$115

Resident Non-Member: \$130

Non-Resident/Non-Member: \$140

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.

Thursdays | 11:00 - 11:45 am

Program Cost

Member: \$120

Resident Non-Member: \$125

Non-Resident/Non-Member: \$130

Piglet's Playgroup

Ages 2-4

Children and caregivers nurture their creative relationships together during a hour and a half art based course. Through meaningful, sensory rich experiences including dry and messy sensory play, playdough provocations and collage tables, and paint exploration stations we will play and learn together, picking up powerful skills like problem solving and making friends.

We believe in child-led learning. There is so much power (and joy) that follows when you provide your child with the space and tools to discover themselves through sensory rich, meaningful exploration. We hope you'll join us and share moments of joy magic together this fall. Caregivers will leave with an understanding of the benefits of sensory play and tips on how to encourage this journey together at home.

Tuesdays | 9:45-10:30 am

Program Cost

Member: \$125

Resident Non-Member: \$130

Non-Resident/Non-Member: \$135



After School Programs

Busing Available for Newtown Public Schools Please Contact us for details

The Joy of Art Fall

Ages 5-10

Students K-5 will have fun learning to paint fall landscapes, pumpkins, apples and create fall arts & crafts. Students will also learn about photography on fall walks together. (Disposable camera needed)

Thursdays | 4:30 – 5:45pm

Program Cost

Member: \$170

Resident Non-Member: \$180

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

Fridays | 4:30 – 5:30 pm

Program Cost

Member: \$165

Resident Non-Member: \$175

Non-Resident/Non-Member: \$185

Kids Baking Academy

Ages 6-11

We teach young bakers how to cook up some FUN! Our chief baker brings knowledge and creativity to your kitchen, equipped with recipes and a list of ingredients and equipment your kiddo needs to prepare culinary delights! Our young bakers are always exploring something new and will create fall speciality treats. This fall's treats will include Petite Pies & Tarts, Snickers French Macarons, Scones, Apple Cinnamon Rolls, Toffee Chocolate Chip Cookies, Cider Caramel Cupcakes and Donuts!

Wednesdays | 4:30 – 5:30 pm

Program Cost

Member: \$195

Resident Non-Member: \$205

Non-Resident/Non-Member: \$215

It's Easy to Register!

- Members: Register through your Community Pass Account

Non-Members: Register by phone 203.270.4349

Famous Artists

Ages 5-10

Calling all artists and creative minds! It's time to unleash your child's inner Picasso with our captivating after-school classes! From painting to sculpting, our classes and workshops are designed to ignite imagination, nurture talent and foster a lifelong love for artistic expression. Join us for this weekly class, each week spotlighting a different famous artist throughout history.

Tuesdays | 4:30 – 5:30pm

Program Cost

Member: \$115

Resident Non-Member: \$130

Non-Resident/Non-Member: \$140



Performing Arts Circus Troupe

Ages 9+

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. Session 1: ongoing enrollment/Session 2: New students accepted the first week/Session 3: No new students. THURSDAYS 4:30-6p ages 9+ (Age exceptions by invitation only.)

Program Cost Per Session

Member: \$130

Resident Non Member: \$135

Non-Resident/Non-Member: \$140

Girllife Empowerment Workshops

Ages 5-7 & 8-10

Girllife Empowerment Project is a series of workshops designed for young girls/tweens to be Empowered with the inner tools to help them navigate through life They also learn the importance of fueling their body with healthy foods. Attend one workshop or the entire series. Presented by: Love The You Project.

Ages 5 - 7 | Mondays | 4:30-6:00 pm

Dates: September 11 - September 25

Ages 8 - 10 | Mondays | 4:30-6:00 pm

Dates: October 2 - 16

Program Cost

Member: \$55 for 1 workshop, \$165 for all 3

Resident Non-Member: \$60 for 1 workshop, \$170 for all 3

Non-Resident/Non-Member: \$65 for 1 workshop, \$175 for all 3

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

Enjoy the night out, while your children celebrate the end of summer with these fun activities: Face painting, popsicles, a dance party, games and more. Dinner is not included, but snacks will be available for purchase for a \$1.00.

Friday, September 8 | 6:00 – 9:00 pm

Event Cost

Member: \$20 per child/\$10 additional sibling

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

Pumpkin Painting

All Ages (with a caregiver)

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

Saturday, October 14 | 1:00-2:30 pm

Event Cost

Member: \$10 per pumpkin

Non-Member: \$15 per pumpkin

Halloween Parade

Ages 1-5

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

Tuesday, October 31 | 11:00am

Event Cost

FREE

Haunted Gingerbread House

All Ages (with a caregiver)

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

Sunday, October 22 | 1:30 – 3:00 pm

Event Cost

Member: \$5 per house kit

Non-Member: \$10 per house kit

Newtown Arts Festival

All Ages

Come visit us at the Newtown Arts Festival Make & Take Tent for Pipe Cleaner Sculpture making! Order tickets online at www.newtownartsfestival.com or buy tickets at the gate

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

Saturday, September 23 | 12:30 - 2:00 pm

Event Cost

Children age 6 & over & Adults: \$5 per person

Children (Under 5): FREE



Trunk or Treat

All Ages (with a caregiver)

Come trick or treat in the Newtown Community Center parking lot!

Sunday, October 29 | 5:00 – 7:00 pm

Event Cost

FREE

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

NEW! Fall Cooking Classes

Pasta Sauces- Learn how to make three super sauces to turn your pasta in to a feast for the whole family. We will make and of course sample Bolognese, no cook tomato and fresh cherry tomato sauces. *Presented by Loree and Susan of Loree's Fine Foods.*

Wednesday, September 20 | 6:30 - 8:30 pm
Please arrive 5 minutes early - class will start promptly at 6:30.
Wear comfortable clothing and shoes.

Seafood Dinner- Afraid to "tackle" fish or seafood for dinner? We will show you the foolproof methods of mastering Swordfish with pineapple salsa, Fish & Chips and Stuffed Shrimp!! Of course you will sample all of the dishes. *Presented by Loree and Susan of Loree's Fine Foods*


Tuesday, October 17 | 6:30 - 8:30 pm
Please arrive 5 minutes early - class will start promptly at 6:30.
Wear comfortable clothing and shoes.

Program Cost (Per session)

Member: \$42

Non-Member: \$45

Non-Resident Non-Member: \$48

 **Newtown**
COMMUNITY CENTER
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HydroSpin

Take a high intensity and low impact aqua spin class in our lap pool!
Classes are 45 minutes long, all levels welcome!

\$15.00 per class

Fridays | 7:00am
Sept. 8th, 15th, 22nd, 29th
Oct. 6th, 13th, 20th, 27th

PROPER FOOTWEAR REQUIRED

Limited Spots Available!
Call 203-270-4349 to Register

SCHOOL



days off

FULL DAYS: 8/28, 8/29, 9/25 ✦ **HALF DAYS: 9/27, 10/4, 10/18-20**

Does your child (GRADES K-6) have the day off school but you're stuck at work? Send them to us, we'll keep them entertained! School Days Off will include swimming, arts & crafts, indoor/outdoor play and lots of fun!



Program Cost (Arrival - 6:00 pm)

Full Day Cost - August 28-29; September 25
Member/Non-Member \$60

Half Day Cost - September 27; October 4; October 18 - 20
Member/Non-Member \$30

Optional:

- Early Drop Off | 8-9am (additional \$5)
- Late Pick Up | 4-6pm (additional \$5)



REGISTER NOW



8 SIMPSON ST. | 203-270-4349



spooktacular KIDS NIGHT OUT

DROP YOUR KIDS OFF AND ENJOY A NIGHT OFF!!
WE WILL TAKE CARE OF EVERYTHING, PROVIDING
THEMED GAMES, SWIMMING, AND AN ARTS AND
CRAFTS ACTIVITY. ENJOY YOUR NIGHT OFF!

Date: Friday, October 6 | 6:30-9:00 pm

Event Cost: Member- \$25/child, Non-Member-\$30/child

Register: By phone- 203-270-4349 or Members can register through Community Pass

AGES
5-10

KIDS CLUB

After School Program 2023-2024 School Year



Newtown
COMMUNITY CENTER



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

Kids Club provides transportation from kids in the Newtown School District right to the Community Center!

We provide various activities that engage children in:

- Homework Assistance
- Arts and Crafts
- Indoor & Outdoor Play
- Swimming

In addition, we offers special programs for early-release and no-school days for an additional cost



Register Now!

- Transportation Available
- Sibling Discounts Available



Monday - Friday
School Dismissal - 6:00pm



\$20
Per Day



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

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

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)

\$375 Per Person

Space is limited

Classes will be held at the
Newtown Community Center:

Sept 22nd 4:00pm - 8:30 pm

Sept 23rd 10:00am - 5:00 pm

Sept 24th 10:00am - 5:00 pm

*You must attend all above classes



You must **register** By September 15th.
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

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)

\$375 Per Person

Space is limited

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

Oct 20th 4:00pm - 8:30 pm

Oct 21st 10:00am - 5:00 pm

Oct 22nd 10:00am - 5:00 pm

*You must attend all above classes



You must **register** By October 15th.
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

Health & Wellness Schedule

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

Registration Open Now!

Monday

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

Tuesday

Programs	Time	Instructor
Morning Yoga	6:30 - 7:30am	Eileen
Interval Workout	8:45 - 9:30am	Nada

Wednesday

Programs	Time	Instructor
Yoga	9:30 - 10:30am	Kathryn
Mat Pilates	10:45 - 11:45am	Nada
Dance Fusion	6:30 - 7:30pm	Matt

Thursday

Programs	Time	Instructor
Core & More	8:45 - 9:30am	Nada
Yoga Flow	5:00 - 6:00pm	Sharon
Zumba	6:00 - 7:00pm	Stephanie

Friday

Programs	Time	Instructor
Yogalates	8:30 - 9:30am	Sharon
Deep Stretch	10:00 - 10:45am	Jenn
Happy Hour Yoga	5:30 - 6:30 pm	Trish

Saturday

Programs	Time	Instructor
Total Body Blast	9:30 - 10:15am	Jessi

Sunday

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

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.

Fall 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

Lesson Dates: September 11- October 22
Make up dates: October 23-29



\$120 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

Fall Session

Monday	Tuesday	Wednesday	Thursday	Friday
<p>TP Aquacize I 8:15-9:00am</p> <p>TP Aquacize I 9:15-10:00am</p> <p>LP Aquacize II 10:15-11:00am</p> <p>\$ LP Aquacize II 1:00-2:00pm</p>	<p>TP Aquacize I 8:15-9:00am</p> <p>TP Aquacize I 9:15-10:00am</p> <p>LP Aquacize II 10:15-11:00am</p> <p>LP Aquacize II 6:00-6:45pm</p> <p>Aquacize II 7:00-7:45pm</p>	<p>TP Aquacize I 8:15-9:00am</p> <p>TP Aquacize I 9:15-10:00am</p> <p>LP Aquacize II 10:15-11:00am</p> <p>\$ LP Aquacize II 1:00-2:00pm</p> <p>Aquacize II 7:00-7:45pm</p>	<p>TP Aquacize I 8:15-9:00am</p> <p>TP Aquacize I 9:15-10:00am</p> <p>LP Aquacize II 10:15-11:00am</p> <p>LP Aquacize II 6:00-6:45pm</p> <p>Aquacize II 7:00-7:45pm</p>	<p>LP \$ Hydro Spin 7:00-7:45am</p> <p>TP \$ Tone & Sculpt 9:00-9:45am</p> <p>LP \$ Turn & Burn 10:00-10:45am</p>
	\$ 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 - Seasonal

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! If you cannot commit to the full session, drop in rates are available for \$15.00

Hydro Spin

Underwater spinning, also known as aqua cycling, is a water-based exercise using a hydro-spin bike. This is a 45 minute class held in our lap pool. Space is limited to four participants. Appropriate water footwear is required.

Pre-registration is required. Spots are first come, first served!
Fee \$15



Newtown
COMMUNITY CENTER
Centered Around You

Spray Bay & Therapy Pool Schedule

Fall Session

Monday/ Wednesday	Tuesday/ Thursday	Friday	Saturday	Sunday
Open Swim Spray Bay On 6:00-8:00am	Open Swim Spray Bay On 6:00-8:00am	Open Swim Spray Bay On 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 8:00-10:00am	Open Swim Spray Bay Off 8:00-10:00am	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 Off 10:00-11:00am	Open Swim Spray Bay Off 10:00-11:00am	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 On 12:00-4:30pm	Open Swim Spray Bay On 12:00-4:30pm	Open Swim Spray Bay On 11:00am-7:45pm		
Open Swim Spray Bay Off 4:30-7:00pm	Open Swim Spray Bay Off 4:30-7:00pm			
Open Swim Spray Bay On 7:00-8:45pm	Open Swim Spray Bay On 7:00-8:45pm			

- All Lanes are shared (2 people each)
- Reservations are Required for Lap lanes
- Spray Bay features unavailable during water aerobics classes and therapy pool swim lessons

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



Newtown
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Centered Around You

Lap Pool - Open / Lap Swim Schedule

Fall Session

Monday/ Wednesday		Tuesday/ Thursday		Friday		Saturday		Sunday	
Lap Swim (6 lanes) 6:00-11:00am	Lap Swim (6 lanes) 6:00-10:00am	Lap Swim (6 lanes) 6:00-10:00am	Lap Swim (6 lanes) 6:00-10:00am	Lap Swim (6 lanes) 6:00-10:00am	Lap Swim (6 lanes) 7:00-9:00am	Lap Swim (6 lanes) 7:00-9:00am	Lap Swim (6 lanes) 7:00-9:00am	Lap Swim (6 lanes) 7:00-9:00am	Lap Swim (6 lanes) 7:00-9:00am
Lap Swim (4 lanes) 11:00-12:00pm	Lap Swim (4 lanes) 10:00-11:00am	Lap Swim (4 lanes) 10:00-11:00am	Lap Swim (4 lanes) 10:00-11:00am	Lap Swim (4 lanes) 10:00-11:00am	Lap Swim (5 lanes) 9:00-1:00pm	Lap Swim (5 lanes) 9:00-1:00pm	Lap Swim (5 lanes) 9:00-1:00pm	Lap Swim (5 lanes) 9:00-1:00pm	Lap Swim (5 lanes) 9:00-1:00pm
Lap Swim (6 lanes) 12:00-4:00pm	Lap Swim (6 lanes) 11:00am-4:00pm	Lap Swim (6 lanes) 11:00am-4:00pm	Lap Swim (6 lanes) 11:00am-4:00pm	Lap Swim (6 lanes) 11:00-7:45pm	Lap Swim (6 lanes) 1:00-5:15pm	Lap Swim (6 lanes) 1:00-5:15pm	Lap Swim (6 lanes) 1:00-4:45pm	Lap Swim (6 lanes) 1:00-4:45pm	Lap Swim (6 lanes) 1:00-4:45pm
Lap Swim (5 lanes) 4:00-5:00pm	Lap Swim (5 lanes) 4:00-5:00pm	Lap Swim (5 lanes) 4:00-5:00pm	Lap Swim (5 lanes) 4:00-5:00pm	Lap Swim (5 lanes) 4:00-5:00pm	Lap Swim (5 lanes) 4:00-5:00pm	Lap Swim (5 lanes) 4:00-5:00pm	Lap Swim (5 lanes) 4:00-5:00pm	Lap Swim (5 lanes) 4:00-5:00pm	Lap Swim (5 lanes) 4:00-5:00pm
Lap Swim (5 lanes) 5:00-7:00pm	Lap Swim (5 lanes) 5:00-6:00pm	Lap Swim (5 lanes) 5:00-6:00pm	Lap Swim (5 lanes) 5:00-6:00pm	Lap Swim (6 lanes) 11:00-7:45pm	Lap Swim (6 lanes) 1:00-5:15pm	Lap Swim (6 lanes) 1:00-5:15pm	Lap Swim (6 lanes) 1:00-4:45pm	Lap Swim (6 lanes) 1:00-4:45pm	Lap Swim (6 lanes) 1:00-4:45pm
Lap Swim (6 lanes) 7:00-8:45pm	Lap Swim (3 lanes) 6:00-8:00pm	Lap Swim (3 lanes) 6:00-8:00pm	Lap Swim (3 lanes) 6:00-8:00pm	Lap Swim (6 lanes) 11:00-7:45pm	Lap Swim (6 lanes) 1:00-5:15pm	Lap Swim (6 lanes) 1:00-5:15pm	Lap Swim (6 lanes) 1:00-4:45pm	Lap Swim (6 lanes) 1:00-4:45pm	Lap Swim (6 lanes) 1:00-4:45pm
	Lap Swim (6 lanes) 8:00-8:45pm	Lap Swim (6 lanes) 8:00-8:45pm	Lap Swim (6 lanes) 8:00-8:45pm	Lap Swim (6 lanes) 11:00-7:45pm	Lap Swim (6 lanes) 1:00-5:15pm	Lap Swim (6 lanes) 1:00-5:15pm	Lap Swim (6 lanes) 1:00-4:45pm	Lap Swim (6 lanes) 1:00-4:45pm	Lap Swim (6 lanes) 1:00-4:45pm

- All Lanes are shared (2 people each)
- Reservations are Required for Lap lanes through Motion Vibe

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