

Registration begins October 16



Newtown
COMMUNITY CENTER
Centered Around You

FALL II PROGRAMS 2023

Session Runs : November 1-December 10

*Fall into something new at the
Newtown Community Center*

www.newtowncommunitycenter.org

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 (<i>Includes 1 adult and children in the same household</i>)	Monthly	\$34	\$42
Family (<i>Includes 2 adults and children in the same household</i>)	Monthly	\$41	\$49
Senior (60 +)	Monthly	\$18	\$28
Senior Couple (<i>2 senior individuals in the same household</i>)	Monthly	\$32	\$41
Day Passes	Daily	\$8	\$10

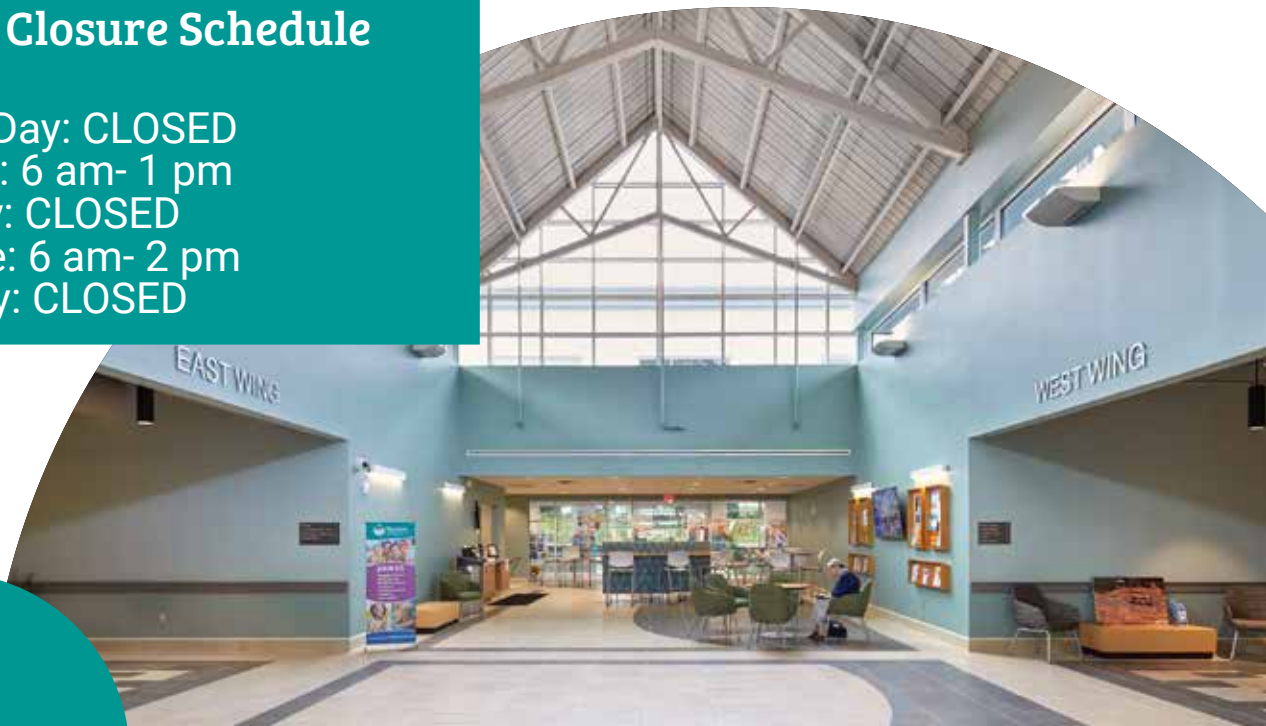
* Proof of residency due at registration

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

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 | 9:45 – 10:45 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

Fabulous Fours

Age 4

Nurturing a 4-year-old's social and emotional growth, participants learn to follow directions, make new friends and share with others in a group as they participate in daily activities.

Tuesday | 9:30 – 11:30 am

Program Cost

Member: \$110

Resident Non-Member: \$125

Non-Resident/Non-Member: \$145

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

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: \$110

Resident Non-Member: \$115

Non-Resident/Non-Member: \$120

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



Toddler Programs

Must Pre-register for all Six Week Sessions Music Mondays

Ages 2-5

Principal AI will continue this wonderful and popular music program for toddlers at the Community Center! **Join us by registering with the C.H. Booth Library at**
<https://www.eventkeeper.com/mars/xpages/C/CHBOOTH/ekmonth.cfm>

Mondays | 11:00 - 11:45 am

Dates: October 30, November 13, November 27, December 11: Principal AI

Program Cost

Member/Non-Member: FREE



C.H.
BOOTH
LIBRARY



After School Programs

Must Pre-register for all After School Programs

Sweets & Treats

Ages 5-10

Join the Giggling Pig for a weekly Sweets and Treats inspired art class. Students will complete colorful artwork each week inspired by all our favorite sweets. Candy, cookies, Ice cream and so much more. Your little sweet tooth will come home with so much fun artwork.

Tuesdays | 4:30 - 5:30pm

Program Cost

Member: \$115
Resident Non-Member: \$130
Non-Resident/Non-Member: \$140



The Joy of Holiday Art

Ages 5-10

Joy invites kids to create beautiful and magical paintings and crafts throughout the holiday season. Fun, lively and creative.

Thursdays | 4:30 - 5:45pm

Program Cost

Member: \$170
Resident Non-Member: \$180
Non-Resident/Non-Member: \$200

The 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 specialty treats.

Wednesdays | 4:30 - 5:30pm

Program Cost

Member: \$195
Resident Non-Member: \$205
Non-Resident/Non-Member: \$215

Let's Play With Clay

Ages: 5-10

In this class, your child will make beautiful creations while learning basic clay techniques. We will pinch a pot, make a coil 'snake', and roll out a flat slab. We will also use tools to create, shape, and add texture to 3 dimensional pieces. But most of all, we have fun, think outside the box and be creative! You will be amazed at what your little one can make!

Mondays | 4:30-5:30

Program Cost

Member: \$165
Resident Non-Member: \$175
Non-resident/Non-Member: \$185

Performing Arts Circus Troupe

Ages 9+ (Age 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.

Session 1: ongoing enrollment

Session 2: New students accepted the first week

Session 3: No new students.

Thursdays | 4:30 - 6:00pm

Program Cost Per Session

Member: \$130
Resident Non Member: \$135
Non-Resident/Non-Member: \$140

Events/Workshops for All!

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

Kids Night Out

Ages 5-11

Take the night off while your kids enjoy a full evening of fun! Dinner is not provided, we will have snack available for purchase.

Gobble Gobble Fun November 10 | 6:00 – 9:00 pm

Kids have their own fun-filled night with a Turkey Hunt, games and most importantly swimming.

Gingerbread Hunt December 15 | 6:00 – 9:00 pm

Kids have their own fun making gingerbread a craft, decorating a cookie, and swimming.

Event Cost

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

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

Noon Years Eve!

All Ages

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

Pre-registration is required.

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

Event Cost

Member: \$8 per child

Non-Member: \$11 per child

Giant Gingerbread House Workshop

All Ages (Students under 16 must be accompanied with an adult)

Get the kids into THE HOLIDAY SPIRIT by having them decorate their own gingerbread house! Enjoy hot chocolate and festive holiday music while you and your family decorate your own family gingerbread house! Preassembled gingerbread house and all candy decorations will be provided. Bring a box to take home your creation. Price includes one Gingerbread house, each additional house is \$10. Sign up is required, space is limited.

Sunday, December 10 | 2:00 - 4:00 pm

Event Cost

Member: \$15 for the 1st child & \$10 for each additional child

Non-Member: \$20 for the 1st child & \$10 for each additional child

*If you only want one Gingerbread house for the family only register one child.

NEW! Wizarding World of Harry Potter

Ages 5-10

The Joy of Art and Deep Sleep Meditation invites all families and kids ages 5-10 for a Harry Potter afternoon of fun with Dumbledore! Listen to Dumbledore read from Harry Potter, participate with his drumming and arts and crafts. Dress in your favorite Harry Potter character.

Sunday, November 5 | 3:00 - 4:30 pm

Event Cost

Member: \$5 per child

Non-Member: \$10 per child

Elf Dance Party

Ages 5-10

Have fun decorating cookies, write a letter to Santa, make a treat for his reindeers and enjoy the hot chocolate buffet! We'll even have a special visit from The Elf! The Elf will get you into the holiday spirit with a fun and festive dance party!

Sunday, December 17 | 2:00 - 4:00pm

Event Cost

Member: \$5 per child

Non-Member: \$10 per child

Book Your Room Today!

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



Adult Offerings

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

Seasonal Connection Series

Part nature walk, part meditation, enjoy connecting with the changing seasons and the natural world around you guided by a naturalist and therapeutic horticulturist. This six week series introduces adults to ways to take care of their mental and physical health aiming to increase mood, offer grounding, and be a restorative practice. It helps participants decrease feelings of isolation and anxiety—a great introduction to self-care practices of mindfulness, movement in nature, and connection. Each week will consist of a slow walk outdoors along with a specific nature based grounding or mindfulness activity.

Thursdays | 11:00am - 12:00 pm

Program Cost

Member: \$65

Non-Member: \$70

Non-Member Non-Resident: \$75

Holiday Gift Bag and Glass Paint & Sip

This gorgeous wine bag and matching glass will be the perfect holiday gift! Join us for this adult Paint & Sip night... BYOB, and some light snacks.

Dress for a mess!!

DATE TBD

Program Cost

Member: \$55

Non-Member: \$60

Non-Member Non-Resident: \$65

Holiday Hors D'oeuvre Party

We will show you the trick of putting together a stunning charcuterie board plus how to make four favorite appetizers - crab wontons, sirloin sliders, upscale potato skins and flatbreads three ways.

Thursday, November 9 | 6:30 - 8:30 pm

Please arrive 5 minutes early - class will start promptly at 6:30.
Wear comfortable clothing and shoes.

Program Cost

Member: \$42

Non-Member: \$45

Non-Resident Non-Member: \$48

Fall Centerpiece Workshop

Just in time for Thanksgiving! Make and take a beautiful fall inspired mini wreath perfect as a table centerpiece paired with a candle. Work with fresh and dried botanicals and spend some time slowing down and appreciating an autumn afternoon. A great workshop for friends and family to attend together, bring your favorite fall candle to incorporate into your wreath, all other supplies are provided.

Sunday, November 19 | 2:00 - 3:30 pm

Program Cost

Member: \$25

Non-Member: \$30

Non-Resident Non-Member: \$35

Wine Glass Etching Workshop

Let's welcome winter with a pair of snowflake-etched wine glasses. In this unique workshop we will learn how to use adhesive vinyl stencils with glass etching cream to produce beautifully elegant snowflake-etched wine glasses. No experience needed. Price includes all materials, instruction, and a pair of stemless wine glasses to take home. Perfect for holiday gifts!"

Sunday December 10 | 2:00 - 4:00 pm

Program Cost

Member: \$40

Non-Member: \$45

Non-Member Non-Resident: \$50

Save the Date

Join us at the Newtown Community Center for our 3rd Annual Sip 'n Shop event! We will have shopping vendors, wine and beer tastings, delicious food, music and more! Grab your friends and come on down!

Where:The Newtown Community Center
8 Simpson Street, Newtown, CT

When:Friday, December 1st

VIP Ticket Holders- 5:45-7:00pm

General Ticket Holders- 7:00-9:30pm

Cost:\$45 VIP Ticket- Includes early entrance Sneak Preview, specialty cocktails, Food/Appetizers, Door Prizes and more!
\$25 General Admission



Friends of the
Newtown
COMMUNITY CENTER

SIP 'n SHOP
Benefitting the Newtown Community Center

FOR MORE INFORMATION
VISIT WWW.NEWTOWNCOMMUNITYCENTER.ORG

POTTERY OFFERINGS

POTTERY CLASS

Mondays | 6:30 - 8:30 pm | 6 week session

Starting from a raw lump of clay, students will learn the intricate techniques of slab forming, coil building, and sculpting, allowing them to shape their visions into reality.

For those seeking an extra challenge, advanced students will have the opportunity to try their hand at throwing pottery on the wheel. Following the initial sculpting, students will refine, decorate, and glaze their pieces, imparting their unique touch to each creation. The finished pieces will undergo kiln firing, ensuring their durability.

With a focus on low-fire materials, this class caters to both beginners and intermediate-level students, providing a platform for artistic growth and expression. Cost includes a \$20 materials fee.



Mondays
6:30-8:30pm



Member: \$190



Program Cost

Non-Member: \$195



Non-Resident: \$215

HOLIDAY ORNAMENTS Friday 11/10 and 11/17 | 5:30 - 7:30 pm



Let's craft festive Holiday Ornaments employing the slab construction method. We will embellish them with captivating textures or seasonal glaze transfers. They can be glazed a simple winter white, or painted with a symphony of hues to bring forth a holiday spirit that dazzles and delights. These ornaments will be prepared with a convenient hook or loop for hanging, ready to grace your tree with their charm. Alternatively, they can be used to add a touch of seasonal beauty to any corner of your space, providing a versatile and delightful decorative element.

WINTER BOTANICAL DISHES Friday 12/8 and 12/15 | 5:30 - 7:30 pm



Sculpt exquisite, nature-inspired dishes from a single clay slab, harnessing the intricate beauty of winter foliage and ephemera to infuse them with texture and captivating visual allure. In our initial session, we'll craft the texture and perfect the edges of your piece. In the subsequent week, we'll adorn your bisque-fired creation with a ceramic glaze, bringing it to life in a burst of stunning color or opt for a refined monochromatic palette, adding depth and sophistication. After the second firing, students can collect their unique, handcrafted dishes, now transformed into true works of art.



Fridays
5:30-7:30



Program Cost

Member: \$30



Non-Member: \$35



Newtown
COMMUNITY CENTER
Centered Around You

8 SIMPSON ST. | 203-270-4349 | WWW.NEWTOWNCOMMUNITYCENTER.ORG

KIDS day out

FULL DAYS: NOVEMBER 7TH ✨ **HALF DAYS: DECEMBER 22ND**

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! Sibling discount available!

Program Cost

Full Day Cost - 11/7
Member/Non-Member \$60

Half Day Cost - 12/22
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



Newtown
COMMUNITY CENTER

WINTER BREAK ESCAPE

DECEMBER 26-29 | 9:00 AM - 4:00 PM | GRADES K-6

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Spend your days 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.

Program Cost

Member: \$160 | 1 day \$45

Non-Member: \$180 | 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)

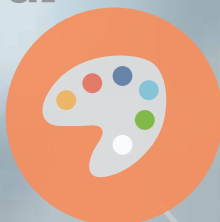


KIDS CLUB

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

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)

\$375 Per Person
Space is limited

Classes will be held at the
Newtown Community Center:

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

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

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

*You must attend all above classes



You must **register** By November 13th
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 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)

\$375 Per Person
Space is limited

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

December 15th 4:00pm - 7:30 pm

December 16th 12:00pm - 5:00 pm

December 17th 12:00pm - 5:00 pm

*You must attend all above classes



You must **register** By December 11th
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
Barre Above®	6:00 - 7:00pm	Matt

Wednesday

Programs	Time	Instructor
Yoga	9:30 - 10:30am	Kathryn
Mat Pilates	10:45 - 11:45am	Nada
Strong Nation™	5:30 - 6:30pm	Matt
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

We highly suggest making reservations 48 hours in advance.

Please register on Motionvibe

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



Health & Wellness Descriptions

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

Barre Above®: This is a totally unique approach to barre workouts as you've seen them. Fusing the best of pilates, yoga, aerobics, and elements of the strengthening exercise dancers do, Barre Above® delivers a results-driven workout that is not only fun and dynamic, but it will sculpt your body and get you into amazing shape!

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.

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.

Strong Nation™ : combines high intensity interval training with the science of synced music motivation. In every class, music and moves sync perfectly to push you beyond your limits.

Total Body Blast: is a high-energy, full body workout 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

Fall 2023 Swim Lessons

Register TODAY!



Newtown
COMMUNITY CENTER

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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

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

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.

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
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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
No Open Swim Spray Bay Off 8:00-10:00am	No 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		
No Open Swim Spray Bay Off 4:30-7:00pm	No 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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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 (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 (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) 11:00-7:45pm	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) 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 (6 lanes) 7:00-8:45pm	Lap Swim (3 lanes) 6:00-8:00pm	Lap Swim (6 lanes) 8:00-8:45pm				

- 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