

Registration begins December 11



**Newtown**

COMMUNITY CENTER

*Centered Around You*

# WINTER PROGRAMS 2024

Session Runs : January 8 - February 18



[www.newtowncommunitycenter.org](http://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 <sup>1</sup>	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

<sup>1</sup> 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

Christmas Eve: CLOSING AT NOON  
Christmas Day: CLOSED  
New Years Eve: CLOSING AT 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.*

## Lap Swimming Etiquette Guidelines

Swimmers are encouraged to contribute to an atmosphere of cooperation and courtesy.

- Please enter the pool from the shallow end
- A family is allowed to reserve a lane for family swim
- Please let swimmers in your lane know when you are entering the water
- Do not stand at the ends of the pool for an extended period of time
- Please avoid stopping in the middle of the pool for any reason as this can cause a collision
- Please be responsive if you are asked to move by the lifeguards
- Please do not enter the lap lane before your reserved time slot

Not following these guidelines can lead to suspension or revocation of your membership

## Other

- No Private lessons allowed, private lessons are only to be provided by Community Center staff
- Our Lap Pool is a 6 lane pool with a depth of up to 7 feet and temperature maintained between 78-81 degrees, our therapy pool and zero depth entry area ranges from 0 feet to 4 feet 6 inches and the temperature is maintained between 85 and 88 degrees.

## 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 | Mondays | 9:30 – 11:30 am*

*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: Monday, 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

**3 Days/Week: Monday Wednesday and Friday**

Member: \$293

Resident Non-Member: \$308

Non-Resident/Non-Member: \$323

## 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**

Explore, learn, develop, and play with Amazing Athletes JumpBunch. Our classes are designed to engage and excite kids to try a variety of sports and fitness activities in a positive and non-competitive environment. Your Amazing Athlete will also have the opportunity to practice turn-taking, sharing and socialization in a group setting with their caregiver still within reach! Come join us as we march, run, jump, balance, throw, catch and kick our way through an AMAZING series of classes!

*Ages 2-3(with a caregiver) | Tuesdays | 9:45-10:45 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: January 8, February 26 - Francine Wheeler*

*January 29, February 5 - Principle AI*

### Program Cost

Member/Non-Member: FREE



**Newtown**  
COMMUNITY CENTER

# KIDS day out

**FULL DAYS: JANUARY 15, FEBRUARY 16, 19, 20**

**HALF DAYS: JANUARY 31**

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  
Member/Non-Member \$60

Half Day Cost  
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**



# After School Programs

**Must Pre-register for all After School Programs**

## Winter Wonderland

**Ages 5-10**

Step into an enchanting Winter Wonderland Art Series, where young artists embark on a journey of creativity! This magical series is designed to capture the magic of winter through hands-on art experiences. The weather outside may be frightful but the Art inside is delightful. Each week we will use different mediums to make art celebrating the snowy wonderland we love.

*Tuesdays | 4:30 – 5:30pm*

### Program Cost

Member: \$115

Resident Non-Member: \$130

Non-Resident/Non-Member: \$140



## The Joy of Winter Art

**Ages 5-10**

The Joy of Winter Art offers students K-5 an opportunity to paint with acrylics, watercolors and pastels. The theme celebrates painting beautiful winter landscapes, winter sports and arts and crafts. Explore and be creative while having fun. The last class concludes with a student art show!

*Thursdays | 4:30 – 5:45pm*

### Program Cost

Member: \$170

Resident Non-Member: \$180

Non-Resident/Non-Member: \$200

## Kids In The Kitchen

**Ages 6-11**

Over the course of these six weeks our little bakers will be creating healthy and delicious snacks, sides and treats. We will be learning about healthier alternatives to the store-bought favorites. Our bakers will learn valuable life skills about crafting dishes that not only taste great but are equally nourishing for body and mind.

*Wednesdays | 4:30 – 6:00pm*

### 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

## **NEW!** Crazy For Card Weaving

**Ages: 5-10**

*In this class students will work with a card loom and a variety of yarns. They will learn different weaving patterns and how to warp their looms. Projects include woven pouches, wall hangings, how to piece together a scarf or use their weaving as mounted art. This loom has endless possibilities and can be made at home! Taught by Jo-Ann Claybourne.*

*Fridays | 4:30 – 5:30 pm*

### Program Cost

Member: \$165

Resident Non-Member: \$175

Non-resident/Non-Member: \$185





# NEWTOWN COMMUNITY CENTER



DEC 24

**CLOSING AT NOON**  
NO SWIM LESSONS AND  
HEALTH AND WELLNESS  
CLASSES (12/23 & 12/24)




DEC 25

**CLOSED**  
**MERRY CHRISTMAS!**




DEC 31

**CLOSING AT 2 PM**  
NO HEALTH AND  
WELLNESS CLASSES  
(12/30 & 12/31)



JAN 1

**CLOSED**  
**HAPPY NEW YEAR!**



WATER AEROBICS WILL TAKE A HOLIDAY BREAK  
FROM 12/26- 1/1. NO CLASSES WILL BE HELD.



# Events/Workshops for All!

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

## Kids Night Out

**Ages 5-11**

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, January 26 | 6:00-9:00 pm*

### Event Cost

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

## Valentines for Veterans & Troops

**All Ages**

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

*Sunday, February 4 | 1:00 – 2:00 pm*

### Event Cost

FREE

## Family Noodle & Wubit Slide Night

**All Ages**

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

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

### Event Cost

Member/Non-member: \$5.00 a child

## Lunar New Year Celebration

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

We're celebrating Lunar New Year with special crafts, and games.

*Saturday, February 10 | 1:00 - 2:30 pm*

### Event Cost

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

A festive poster for a Winter Farmer's Market. At the top, there's a blue and white striped awning with snowflakes. Below it, the word "Winter" is written in a large, black, cursive font, and "FARMER'S MARKET" is in a bold, black, serif font. In the center, there's an illustration of a wooden table with various fresh vegetables like bell peppers, cucumbers, and onions, along with some jars and a bottle. Below the table, the text "NEWTOWN COMMUNITY CENTER" is written in blue, and "2-6PM" is in a large, blue, serif font. At the bottom, there are four blue buttons with white text: "NOVEMBER 14", "DECEMBER 19", "JANUARY 16", and "FEBRUARY 6".

**Winter FARMER'S MARKET**

NEWTOWN COMMUNITY CENTER

**2-6PM**

**NOVEMBER 14 DECEMBER 19 JANUARY 16 FEBRUARY 6**



# Adult Offerings

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

## Couples Valentine Yoga

This class is full of fun, playful partner poses to uplift and invigorate you and your partner followed by relaxation bliss to end the class.

All levels welcome

*Thursday, February 8 | 6:00 - 7:00 pm*

## Valentine Wine Etching

Celebrate Valentine's Day with a pair of heart-etched wine glasses. In this unique workshop we will learn how to use adhesive vinyl stencils with glass etching cream to produce beautifully elegant heart-etched wine glasses. No experience needed. Price includes all materials, instruction, and a pair of stemless wine glasses to take home. Perfect for your Valentines gift!"

*Sunday February 11th | 2:00 - 4:00 pm*

### Event Cost

Member: \$40

Resident Non-Member: \$45

Non-resident/Non-Member: \$50



## Sushi Rolling Class

Join the Sushi Rolling Class Company and learn how to roll your own Sushi! Each participant will make 3 sushi rolls: one California Roll, one Salmon Roll and one Vegetarian Roll.

Dietary restrictions/allergies can be accommodated - please notify upon registration.

*Friday, February 2 | 6:30 - 8:30 pm*

### Event Cost

Member: \$60

Resident Non-Member: \$65

Non-resident/Non-Member: \$70



## WINTER BREAK SPECIAL

Is your college student home for the Winter break? The Newtown Community Center is having a special promotion for full time college students. This will give your college students the opportunity to try-out our facility, programs, classes, and more!

*December 12 - January 16*

### Cost:

Residents/Non-residents: \$20/month

*Note: Offer is only valid with a valid school ID*



**Newtown**  
COMMUNITY CENTER  
*Centered Around You*

### For more information:

- 203.270.4349
- [www.newtowncommunitycenter.org](http://www.newtowncommunitycenter.org)
- 8 Simpson Street, Newtown, CT



# POTTERY OFFERINGS

## POTTERY CLASS

**Mondays | 6:30 - 8:30 pm | 4 week session | Ages 16+**

Let's get back to Basics! Perfect for Adult Beginners Students with no experience. We will learn how to prepare clay for use, how to make pinch pots, coil pots and/or basic slab construction. We will learn how to properly connect pieces of clay together and then refine those shapes, getting them ready for their first (bisque) firing in the kiln. From there, we'll explore basic decoration techniques using glazes, and fire once more to finish them.

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.

**January 8 - 29**



**Mondays**  
6:30-8:30pm

Member: \$140

Program Cost

Non-Member: \$150

Non-Resident: \$155

### **Lace Doilies Trinket Dishes** **Friday 1/19 and 1/26 | 5:30 - 7:30 pm**



In this workshop, we'll craft exquisite decorative dishes from a single slab of clay, utilizing delicate lace doilies to infuse them with texture and captivating visual allure. During our initial session, we'll apply the texture and perfect the edges of your dish, ensuring a refined and elegant finish. In the subsequent week, we'll adorn your bisque-fired creation with a ceramic glaze, adding a touch of artistry to the already beautifully textured surface. Once the second firing is complete, students can collect their unique, handcrafted dishes, now transformed into functional art.

### **Paper Resist Dishes** **Friday 2/2 and 2/9 | 5:30 - 7:30 pm**



We'll employ the slab construction technique to shape unique vessels or dishes, and then we'll introduce a paper resist to selectively shield chosen areas from the glaze. This process will result in pieces that exhibit a captivating interplay of textures, colors, and glaze effects, making each vessel a true work of art.



**Fridays**  
5:30-7:30

Program Cost

Member: \$80

Non-Member: \$85



**Newtown**  
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Centered Around You

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



Newtown Community Center

## Lifeguard Recert 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:**

Jan 19th 4:00pm - 8:30 pm

Jan 20th 10:00am - 5:00 pm

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

\*You must attend all above classes

You must **register** By January 18th 2024. 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](mailto:Nancy.Wolf@newtown-ct.gov)



Newtown  
COMMUNITY CENTER  
*Centered Around You*

# WINTER CLOTHING DRIVE

Help families in need in our community by donating new coats, socks, scarves, and gloves for all ages

Donations will be made to local families in need, the Center for Empowerment and Ability Beyond Disability clients

Collections accepted until  
January 8th

Drop Of Locations:

Newtown Community Center &

**AROUND TOWN**  
REAL ESTATE

17 Church Hill Road  
Newtown



# PADDLE BOARD YOGA



**Newtown**  
COMMUNITY CENTER  
*Centered Around You*

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, Paddleboard Yoga can help take your practice to the next level in an exciting way.

Wednesday , January 10th & 24th | 7:00pm



Wednesday, February 7th & 21st | 7:00pm

Wednesday, March 6th & 20th | 7:00pm

Wednesday, April 3rd & 24th | 7:00pm

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





**26-29 DECEMBER**

**SPEND YOUR DAY OFF AT THE  
COMMUNITY CENTER!**

**GRADES  
K-6  
9:00AM -  
4:00PM**

# **WINTER BREAK ESCAPE**



**LOTS OF FUN ACTIVITIES**

**ARTS & CRAFTS, GAMES, SWIMMING AND MORE!**

**BRING A BAG LUNCH**

## **Fees:**

Members: \$160 | 1 Day \$45

Non-Member: \$180 | 1 Day \$45

Non-Resident/Non-Member: \$180 | 1 Day \$45

## **Optional:**

Early Drop Off: 7:30 - 9:00AM (Additional \$5)

Late Pick Up: 4:00-6:00PM (Additional \$5)

## **FOR MORE INFORMATION**

203.270.4349

[www.newtowncommunitycenter.org](http://www.newtowncommunitycenter.org)

8 Simpson St. Newtown, CT



**Newtown**  
COMMUNITY CENTER



# KIDS CLUB

After School Program  
2023-2024 School Year



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](http://www.newtowncommunitycenter.org)  
8 Simpson Street, Newtown, CT



# 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 exercises 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 Audra Mace learning the basic moves of Middle-Eastern Belly Dance while strengthening your core, arms and legs! Come in your workout clothes....Hip scarves are provided.

**Cardio Kickboxing:** This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging cardio workout. Taught by Kristina Korin.

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

**Dance Fusion:** This exciting dance cardio-based fitness program with Matthew Ames will have you burning calories while having fun, moving, and learning easy to follow dance moves. No dance experience necessary.

**Deep Stretch:** Set to soothing music, low-impact stretching and breathing exercises designed to de-stress you physically and mentally while increasing flexibility. Dress comfortably.

**Gentle Yoga/Happy Hour Yoga:** Yoga class taught by Trish Cannizzaro includes carefully orchestrated movements, well-measured stretches, and range of motion exercises. Postures may be approached in gradual steps, with plenty of time to focus on breathing and repetition.

**Interval Workout:** This class is specifically to increase endurance and performance for the aerobic and anaerobic systems. Each exercise is crafted to help you burn fat and build muscle using your own body weight and bands. It is simply alternating short bursts of high intensity followed by a low intensity exercise. All levels are welcomed, modifications and progression will be provided.

**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.

**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:** is a power yoga class designed to improve mobility, create lean muscles and renew energy while conditioning your total body. Taught by Kathryn Ulrich

**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.

**Book Your Room Today!**

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

# Winter 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: January 8 - February 18

Make up dates: TBD



\$120 for members  
\$231 non-member/residents,  
\$257 non-members/non-resident



Register at 203.270.4349  
[www.newtowncommunitycenter.org](http://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 &amp; Sculpt 9:00-9:45am</div> <div>LP Turn &amp; 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



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# Spray Bay & Therapy Pool Schedule

Winter 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*





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# Lap Pool - Open/ Lap Swim Schedule

Winter 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) 11:00am-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) 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) 7:00-8:45pm	Lap Swim (3 lanes) 6:00-8:00pm	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*

# Know Before you GO!

When inclement weather poses a threat,  
The Newtown Community Center may adjust or  
cancel scheduled hours of operation, programs  
and/or special events. If such circumstances  
occur, please check with the following for  
additional information.

If the Community Center has a delayed opening, all  
morning classes will be canceled.

We thank you for your understanding and  
cooperation!

***Updates will be posted via:***

**E-Blast Facebook Instagram NBC30 WTNH**



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*Give the Gift of the Newtown Community Center this Holiday Season!*

# Now Selling Gift Cards!

Looking for a holiday gift? The Newtown Community Center is a great gift for all ages. Gift Certificates can be used towards memberships, programs, and more!



203.270.4349



[www.newtowncommunitycenter.org](http://www.newtowncommunitycenter.org)



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