



Newtown  
COMMUNITY CENTER  
*Centered Around You*

Registration  
Begins  
August 26

Fall

PROGRAMS

Session Runs : September 9 - October 20



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

# Mission Statement

## Hours of Operation

The Newtown Community Center is a multi-generational hub that enhances our community by promoting social interaction, health and wellness, creative opportunities, and personal growth.

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

Friday  
6:00am-8:00pm

Saturday  
7:00am-5:30pm

Sunday  
7:00am-5:00pm



## Family & Youth

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



## Individuals

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



## Teens & Tweens

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



## Seniors

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

# Membership Descriptions

## Membership Inclusions

- Unlimited access to 6 lane lap pool, recreational pool and spray bay
- Health & wellness programs
- Water aerobics
- Member events
- Discounted programs
- Discounted space rentals including birthday parties
- (4) Free guest passes annually
- Family time activities

## Membership rates

	Payment Frequency	Resident Rates	Non-Resident Rates
Joiners Fee <sup>1</sup>	One-time	\$0	\$50
Youth/Teen (Ages 0-18)	Monthly	\$18	\$25
Adult	Monthly	\$31	\$40
Single Parent Family (Includes 1 adult and children in the same household)	Monthly	\$34	\$42
Family (Includes 2 adults and children in the same household)	Monthly	\$41	\$49
Senior (60 +)	Monthly	\$18	\$28
Senior Couple (2 senior individuals in the same household)	Monthly	\$32	\$41
Day Passes	Daily	\$8	\$10

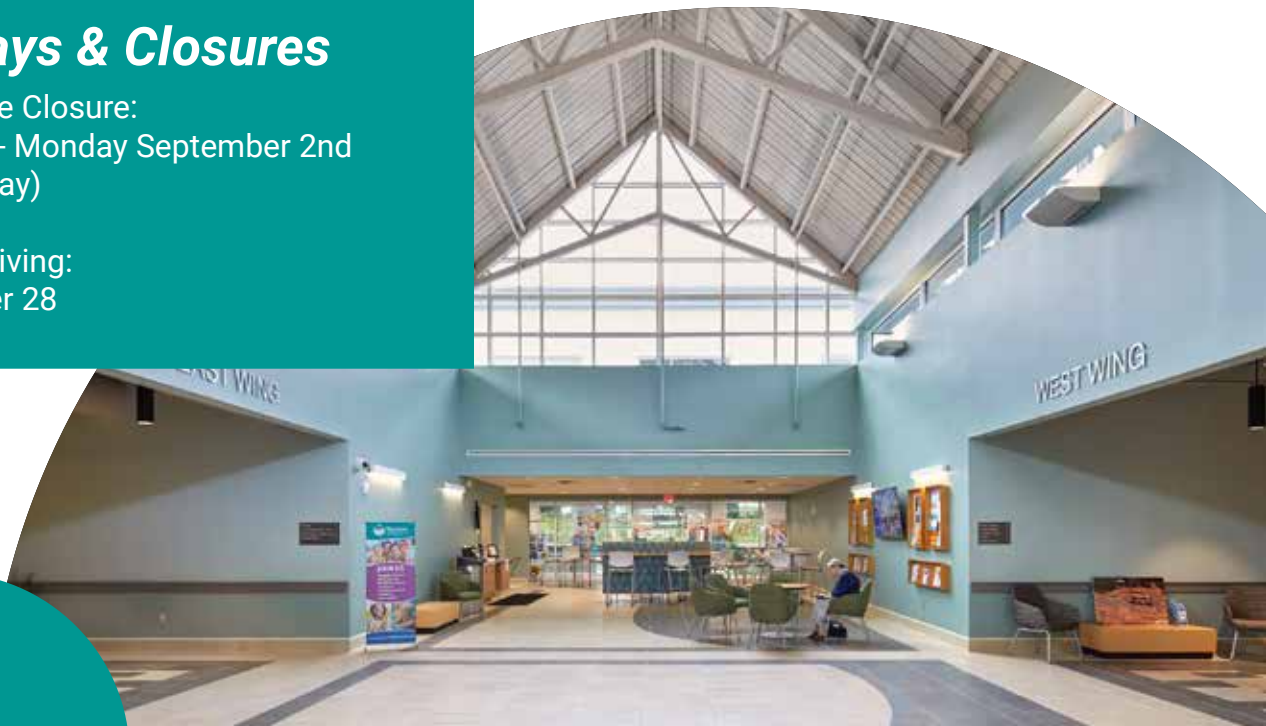
\* Proof of residency due at registration

<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.

## Holidays & Closures

Annual Maintenance Closure:  
Monday August 26 - Monday September 2nd  
(Closed for Labor Day)

Closed for Thanksgiving:  
Thursday, November 28



# 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.

*Tuesdays | 9:45 – 10:30 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 two or three times per week – pick your day!

*2 Days Per Week | Wednesdays & Fridays | 9:30 – 11:30 am*

*3 Days Per Week | Monday, Wednesday & Friday | 9:30 - 11:30 am*

### Program Cost

**2 Days/Week: Wednesday & Friday Only**

Member: \$195

Resident Non-Member: \$210

Non-Resident/Non-Member: \$225

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

Member: \$219

Resident Non-Member: \$235

Non-Resident/Non-Member: \$250

## 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. This is a drop-off program with the option for once or twice per week – pick your day!

*Tuesday | 9:30-11:30 am*

*Thursday | 9:30 -11:30 am*

### Program Cost

**1 Day/Week: Tuesday or Thursday Only**

Member: \$110

Resident Non-Member: \$125

Non-Resident/Non-Member: \$145

**2 Days/Week: Tuesday and Thursday**

Member: \$195

Resident Non-Member: \$210

Non-Resident/Non-Member: \$225

## Ballet

**Ages 2.5-4**

A fun introductory class for kids 2.5-4 years old. Pre-dance is designed to help children learn basic dance movements, how to take turns, work on fine and gross motor skills and put movement to music. Class will include a basic warm-up, stretching, across the floor, obstacle courses and more!

*Thursdays | 9:45 - 10:30 am*

### Program Cost

Member: \$110

Resident Non-Member: \$115

Non-Resident/Non-Member: \$120

## Piglet's Playgroup

**Ages 2-4**

Join us for a delightful 6-week adventure designed for little ones and their caregivers! Our "Discover Autumn" class invites you to immerse yourselves in the wonders of the fall season through sensory-based learning and exploration. Each week features hands-on activities that engage your child's senses. From exploring crunchy leaves and squishy pumpkins to discovering the smells and textures of autumn, every session is a sensory delight.

*Tuesdays | 10:45 - 11:30 am*

### Program Cost

Member: \$125

Resident Non-Member: \$130

Non-Resident/Non-Member: \$135



## Music Mondays

**Ages 2-5**

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

*Mondays | 11:00 - 11:45 am*

*Dates: September 16 - Al deCant*

*September 30 - Al deCant*

*October 7 - Francine Wheeler*

### Program Cost

Member/Non-Member: FREE



# After School Programs

## Must Pre-register for all After School Programs

### Clay Creations

**Ages: 5-10**

In this class, your child will make beautiful creations while learning basic clay techniques. Children will make leaf bowls using a coil method using rocks, shells, bark and much more! Come join the fun and let your child's imagination run wild!

*Mondays | 4:30-5:30*

#### Program Cost

Member: \$175  
Resident Non-Member: \$185  
Non-resident/Non-Member: \$195

### The Joy of Art in Fall

**Ages 5-10**

Students K-5 will have so much fun learning to paint fall landscapes and pumpkins, and apples. Students will also learn about photography and take fall walks for inspiration!

*Thursdays | 4:30 – 5:45pm*

#### Program Cost

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

### Knitting for Kids and Teens NEW!

**Ages: 8-13**

This is a fun class for beginners and for those wanting to learn the basics of knitting including slip knot, casting on, knit stitch, purl stitch and binding off. All materials provided - Knitting projects are great for boys and girls!

*Thursdays | 4:30 – 5:30 pm*

#### Program Cost

Member: \$65  
Resident Non-Member: \$75  
Non-resident/Non-Member: \$85

### Youth Yoga & Movement

**Ages 9-14**

Come stretch, breathe, move, relax, create, and have FUN! These classes include age-appropriate yoga and movement, infused with music, games, stories, and more! Each class ends with a peaceful relaxation focusing on breathing techniques, meditation, and mindfulness. Your little yogi will get to practice fine and gross motor skills and social and group skills, all while learning how to build awareness of body and mind.

*Mondays | 4:30 – 5:30pm*

#### Program Cost

Member: \$75  
Resident Non-Member: \$85  
Non-Resident/Non-Member: \$95

### Performing Arts Circus Troupe

**Ages 9-17**

Build a circus! Troupers form a tight-knit group focused on building individual, partner, and group circus skills including juggling, diabolo, spinning plates, walking globe, balance boards, stilts, unicycle, tumbling, partner balance, physical comedy, performance techniques, and more. We encourage building in special skills (comedy, music, skate, hoverboard, etc). Students choose their focus and build a circus at the end of the year. PACT classes run September-June with enrollment through January. This is an invitation only class. Invitation is based on desire to participate and participation in one "try-out" class. To request a try-out class contact [info@circusmoves.com](mailto:info@circusmoves.com)

*Mondays | 4:30 – 6:00pm*

#### Program Cost

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

### Intro to Circus Arts

**Ages 7-14 & up**

Run away with the circus and still be home in time for dinner! This class introduces the fundamentals of circus arts without deep focus on any one. Circus arts classes are unique in that the more ages and sizes there are, the more circus things we get to do. Try your hands at juggling, spinning plates, and diabolo, experiment with rolling and tumbling, test your balance on the walking globe, stilts, and partner balancing and more! In this exciting movement filled class students will develop core-strength, flexibility, and body-awareness while increasing self-esteem, leadership skills, and social-emotional development. No experience necessary. Presented by Circus Moves.

*Thursdays | 4:30 – 5:30pm*

#### Program Cost

Member: \$110  
Resident Non-Member: \$115  
Non-Resident/Non-Member: \$120

### Art Journaling NEW!

**Ages: 7-12**

Students will use their creative expression to tell their stories through art and words. Each child's work will be unique to them! We will explore various art forms, textures, page layouts, and creative ways to write. Join us to make an art journal keepsake that will be enjoyed for years to come!

*Wednesdays | 4:30 pm - 6:00 pm*

#### Program Cost

Member: \$100  
Resident Non-Member: \$105  
Non Resident/Non-Member \$110

# Youth Yoga & Movement

Come stretch, breathe, move, relax, create, and have FUN! These classes include age-appropriate yoga and movement, infused with music, games, stories, and more!

Each class ends with a peaceful relaxation focusing on breathing techniques, meditation, and mindfulness. Your little yogi will get to practice fine and gross motor skills and social and group skills, all while learning how to build awareness of body and mind.

**Mondays | Sept 9 - Oct 14 | 4:30 – 5:30pm**

**Ages: 9-14**

Program Cost

Member: \$75

Resident Non-Member: \$85

Non-Resident/Non-Member: \$95



**Newtown**  
COMMUNITY CENTER

Register: 203-270-4349  
[NewtownCommunityCenter.org](http://NewtownCommunityCenter.org)



# Adult Craft & Sip Night

Ages: 21 + 6:30 pm - 8:30 pm

## Fall Wreath Workshop

Wed. September 18

Member: \$55

Non-Member: \$60



## Stuffy Ghost Workshop

Thur. October 10

Member: \$50

Non-Member: \$55



REGISTER

[NewtownCommunityCenter.org](http://NewtownCommunityCenter.org)

203.270.4349



**Newtown**  
COMMUNITY CENTER

# Adult Craft & Sip Night

Ages: 21 + 6:30 pm - 8:30 pm

## Initial Tray Workshop

Thur. November 14

Member: \$60

Non-Member: \$65



## Holiday Ornaments Workshop

Mon. Dec. 11

Member: \$50

Non-Member: \$55



REGISTER

[NewtownCommunityCenter.org](http://NewtownCommunityCenter.org)

203.270.4349



Newtown  
COMMUNITY CENTER



Newtown  
COMMUNITY CENTER

# PUMPKIN PAINTING

SUNDAY, OCTOBER 20 - 1PM - 3PM

Gather your family and friends for a spooktacular Halloween event at the Newtown Community Center! Join us for a fun pumpkin painting session—everything you need, including pumpkins and supplies, will be provided. All ages are welcome!

**RESIDENTS: \$10**  
**NON RESIDENT: \$15**  
**REGISTER BY OCT. 17**



**REGISTER: 203.270.4349**  
**NEWTOWNCOMMUNITYCENTER.ORG**

✦

# Essential Oil Wellness Workshops



## Body Scrub Make & Take

Thursday September 12th 6:30 - 7:30 pm

Learn about the damaging effects of chemicals, how to reduce their use while nourishing our skin with vitamins and minerals. Experience several Essential Oils and then create your own take-home scrub.



## Essential Oils for Health

Thursday September 19th 6:30 - 7:30 pm

Learn how to minimize trips to the doctor with pure natural essential oils. This class will sample several oils and take home sample recipes for adults and children.



## Body Butter Workshop

Thursday September 26th - 6:30 - 7:30 pm

Make your own soothing and healing body butter with essential oils while learning the benefits of using oils topically including aromatherapy for the mind.

### Program Cost

Per Session- Member/ Non-member: \$15/\$18  
All 3 Sessions- Member/ Non-member: \$30/\$36



**Newtown**  
COMMUNITY CENTER

[NewtownCommunityCenter.org](http://NewtownCommunityCenter.org) | 203.270.4349

# Fall CULINARY CLASSES



Newtown  
COMMUNITY CENTER

Presented by  
Loree's Fine Foods chef's Loree Ogan  
and Susan Cardoza

All classes begin promptly at 6:30 pm and end 8:30pm. Classes are fun, interactive and suitable for adult cooks from beginners to accomplished.



## September 17, 2024 CHARCUTERIE BOARDS

Learn the basics of assembling the right combination of both savory and sweet charcuterie boards. **Please bring your own board (8'-10")**. You will be taking your completed boards home to share with family and friends. Plus you'll be able to sample the variety on our demo boards.



## October 16, 2024 THANKSGIVING FOR EVERYONE

Holidays should be fun and as stress free as possible. But so many family and friends have **special dietary concerns**. This class will give you a jump on great recipes suitable for vegans, vegetarians, gluten-free and carnivores alike. Plus we will share samples of winning holiday pies!

### Program Cost

Member: \$99

Resident Non-Member: \$109

Non-Resident/Non-Member: \$119

### REGISTER

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

Call: 203.270.4349



# Fall



Newtown  
COMMUNITY CENTER

# CULINARY CLASSES

Presented by  
**Loree's Fine Foods chef's Loree Ogan  
and Susan Cardoza**

All classes begin promptly at 6:30 pm and end 8:30pm. Classes are fun, interactive and suitable for adult cooks from beginners to accomplished.



**November 12, 2024**

## SOUPS ON

Having lots of really good recipes in your soup arsenal is a must for you and your family. This season the class will cover three variations of classic chicken, hearty vegetarian, and an easy version of the **trending ramen bowls** (no prepackaged soup you ate to survive college!)



**December 11, 2024**

## OUR HOLIDAY GIFT TO YOU

With so many years in the food business, Loree and Sue will share some of their favorite kitchen hacks - everything from fool proof, over easy eggs, to super simple add-ons for holiday parties. Learn simple tricks that make cooking a joy!

**BONUS - Bring us your favorite knife and we will sharpen it for the holidays.**

### Program Cost

Member: \$99

Resident Non-Member: \$109

Non-Resident/Non-Member: \$119

### REGISTER

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

Call: 203.270.4349





Newtown  
COMMUNITY CENTER



Boool You Are Invited to

HALLOWEEN

HOOTSON HOWL

KIDS 10 AND UNDER  
WEAR YOUR COSTUME!



Friday Oct 25

6pm - 8pm

Members: \$5

Non-Members: \$10

JOIN US FOR AN EVENING OF

Hayrides, Games, DJ Dance, Inflatables, Crafts

Call to Register  203.270.4349

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



Newtown  
COMMUNITY CENTER

NEW!

# KNITTING

for kids and teens

Thursdays, Sept 12–Oct 17 | 4:30–5:30 PM

## AGES 8–13

This is a fun class for beginners and for those wanting to learn the basics of knitting including slip knot, casting on, knit stitch, purl stitch and binding off. All materials provided – Knitting projects are great for boys and girls!



### Program Cost

Member: \$65

Resident Non-Member: \$75

Non-resident/Non-Member: \$85



REGISTER

203.270.4349

NewtownCommunityCenter.org



**SAVE THE DATE**



*Newtown's 29th*

# HEALTH FAIR



**SATURDAY, NOVEMBER 2ND**

**9:00 am - Noon**

**Newtown Community Center**

- **FREE EVENT**
- Something for all ages
- Be looking for new and exciting exhibits



**Newtown**  
COMMUNITY CENTER



# Events/Workshops for All!

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

## **NEW!** Kids Night Out- Arts Festival Edition

Drop your kids off and enjoy the night out or go see the Arts Festival's Music Under the Stars. Kids will celebrate the arts with art activities, games and of course swimming.

To purchase Music Under the Stars tickets and for more information visit [www.newtownartsfestival.com](http://www.newtownartsfestival.com)

Friday, September 20 | 6:30 - 9:30 pm

### **Event Cost**

Member: \$30 per child/\$25 additional siblings  
Non-Member: \$35 per child/\$30 additional siblings

## **Newtown Arts Festival**

All Ages

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

*Music Under the Stars Event held at Fairfield Hills | Corner of Trades Lane & DG Beers Blvd Newtown, CT*

Sunday, September 22 | 11:00 am - 12:30 pm

### **Event Cost**

Children age 6 & over & Adults: \$5 per person  
Children (Under 5): FREE



## **Spooktacular Kids Night Out**

Ages 1-5

Drop your Kids off and Enjoy a night out! We will provide Halloween themed games, arts & crafts, and of course swimming! Snacks only provided for \$1 each. (Dinner NOT included)

Friday, October 11 | 6:30 -9:00 pm

### **Event Cost**

Member: \$25 per child/\$15 additional sibling  
Non-Member: \$30 per child/\$20 additional sibling

## **Haunted Gingerbread House**

All Ages (with a caregiver)

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

Friday, October 18 | 6:30 - 8:00 pm

### **Event Cost**

Member: \$5 per house kit  
Non-Member: \$10 per house kit

## **Pumpkin Painting**

All Ages (with a caregiver)

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

Sunday, October 20 | 1:00-3:00 pm

### **Event Cost**

Member: \$10 per pumpkin  
Non-Member: \$15 per pumpkin

## **Trunk or Treat**

All Ages (with a caregiver)

Come trick or treat in the Newtown Community Center parking lot!\*Parent or guardian must attend with all children. Please bring non-perishable item for Faith Food Pantry.

Sunday, October 27 | 5:00 - 7:00 pm

Interested in tricking out your trunk?

Info at: [newtowncommunitycenter.org](http://newtowncommunitycenter.org)

### **Event Cost**

FREE

## **Halloween Parade**

Ages 1-5

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

Thursday, October 31 | 11:00 am

### **Event Cost**

FREE



# Adult Offerings

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

## Fall Cooking Classes

**Charcuterie Boards** - Learn the basics of assembling the right combination of savory to sweet charcuterie items. Please bring your own board (8"-10") Presented by Loree Ogan and Susan Cardoza of Loree's Fine Foods.

Tuesday, September 17 | 6:30 - 8:30 pm

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

**Thanksgiving** - Holidays should be fun and as stress free as possible, but so many have dietary concerns. This class will give you a jump on great recipes suitable for vegans, vegetarian, as well as gluten-free and keto friendly recipes. Presented by Loree Ogan and Susan Cardoza of Loree's Fine Foods.

Wednesday, October 16 | 6:30 - 8:30 pm

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

### Program Cost (per class)

Member: \$99

Non-member: \$105

Non-member/Non-resident: \$120

## Essential Oil Wellness Workshops NEW!

**Body Scrub Make & Take:** Learn about the damaging effects of chemicals, how to reduce their use while nourishing our skin with vitamins and minerals. Experience several Essential Oils and then create your own take-home scrub.

Thursday September 12th 6:30 - 7:30 pm

**Essential Oils for Health:** Learn how to minimize trips to the doctor with pure natural essential oils. This class will sample several oils and take home sample recipes for adults and children.

Thursday September 19th 6:30 - 7:30 pm

**Body Butter Make & Take:** Make your own soothing and healing body butter with essential oils while learning the benefits of using oils topically including aroma therapy for the mind.

Thursday September 26th - 6:30 - 7:30 pm

### Program Cost

Per Session- Member/ Non-member: \$15/\$18

All 3 Sessions- Member/ Non-member: \$30/\$36

## 2 Day Pottery Workshops

### September - Lace Doilies Trinket Dishes

In this 2 day 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 the first day, 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.

Friday September 6 and 13 | 5:30-7:30pm

### October - Paper Resist Dishes

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.

Friday October 4 and 11 | 5:30-7:30pm

### 2 Day Workshop Cost :

Member: \$80

Non-Member: \$85

## Adult Craft & Sip Nights NEW!

Ages: 21 +

Bring your friends and enjoy an evening of crafting. All materials are provided and sourced from Mommy's Board Silly. Feel free to bring beverage of choice.

Fall Wreath- Wednesday, September 18th | 6:30 - 8:30 pm

Member: \$55

Non-Member: \$60

Stuffy Ghost - Thursday, October 10th | 6:30 - 8:30 pm

Member: \$50

Non-Member: \$55



# Save the Date

Join us at the Newtown Community Center for our 4th 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!

Newtown Community Center | 8 Simpson Street, Newtown, CT

## Friday, December 6th

FOR MORE INFORMATION  
VISIT [WWW.NEWTOWNCOMMUNITYCENTER.ORG](http://WWW.NEWTOWNCOMMUNITYCENTER.ORG)





Newtown  
COMMUNITY CENTER

Available  
for  
children  
K-6

# KIDS CLUB

# days off

We got you covered! The Newtown Community Center offers childcare on early dismissals, days off from school and school vacations!

*Transportation available from all Newtown Public Schools and St. Rose of Lima School. The Kids Club days off schedule coincides with the Newtown School District calendar.*

## Half Days

August 29th  
August 30th  
October 23rd  
October 24th  
October 25th

**Half Days Off - Dismissal- 6pm**  
\$30/ members  
\$35/ non-members

## Full Days

September 25th  
October 3rd  
November 5th  
November 27th  
November 29th

**Full Days Off - 9:00am-4:00pm**  
\$60/ members  
\$65/ non-members

**Before and After Care**  
Available for Full Days only:  
7:30 - 9:00am - \$5  
4:00 - 6:00pm - \$5



REGISTER NOW



8 SIMPSON ST. | 203-270-4349

# KIDS CLUB

## After School Program 2024-2025 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 for kids in the Newtown School District & St. Rose of Lima right to the Community Center!

**We provide various activities that engage children in:**

- Homework Assistance
- Arts and Crafts
- Indoor & Outdoor Play
- Swimming
- Kids Club follows Newtown Public Schools Calendar



**Monday - Friday**  
School Dismissal - 6:00pm



**\$20**  
Per Day



**To Register:**

[Click Here](#)

**\*Early Dismissals, Days off from school and Vacations are a separate registration fee**

Registration  
begins  
**JUNE  
2nd**

**Grades  
K-6**



- Transportation Available
- Sibling Discounts Available



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

# ART JOURNAL WORKSHOP

**DATES: SEPT. 11 - OCT. 16**  
**WEDNESDAYS 4:30 PM - 6PM**  
**AGES 7-12**



STUDENTS WILL USE THEIR CREATIVE EXPRESSION TO TELL THEIR STORIES THROUGH ART AND WORDS. EACH CHILD'S WORK WILL BE UNIQUE TO THEM! WE WILL EXPLORE VARIOUS ART FORMS, TEXTURES, PAGE LAYOUTS, AND CREATIVE WAYS TO WRITE. JOIN US TO MAKE AN ART JOURNAL KEEPSAKE THAT WILL BE ENJOYED FOR YEARS TO COME! WORKSHOP INCLUDES JOURNAL.

## Program Cost

Member: \$100

Resident/Non-Member: \$105

Non Resident/Non-Member: \$110



**Newtown**  
COMMUNITY CENTER

NewtownCommunityCenter.org

203.270.4349

ALL AGES WITH CAREGIVER



Newtown  
COMMUNITY CENTER

# HAUNTED GINGERBREAD HOUSE

COST

MEMBER: \$5

NON-MEMBER: \$10

PER HOUSEHOLD

FRI. OCT 18 / 6:30-8 PM

BUILD YOUR VERY OWN HAUNTED HOUSE OUT OF GRAHAM CRACKERS AND  
SPOOKY CANDY! THERE WILL BE SPOOKY TUNES, COSTUMES, AND FUN  
WITH YOUR FRIENDS AND FAMILY!

NEWTOWNCOMMUNITYCENTER.ORG

8 SIMPSON ST. NEWTOWN, CT

# Health & Wellness Schedule

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

Registration Open Now!

## Monday

Programs	Time	Instructor
<b>NEW!</b> Align & Explore	8:30 - 9:30am	Dyllin
TaiChi/Qi Gong	6:00 - 7:00pm	Audra

## 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
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!

**Align & Explore:** This class provides a combination of healthy alignment and the freedom to play within familiar and new yoga poses. From beginners to seasoned practitioners, this class hopes to broaden the range of capabilities of each person through the instruction of alignment and breath. Taught by Dyllin.

**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!

**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. Sneakers or appropriate footwear must be worn.

**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. Sneakers or appropriate footwear must be worn.

**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.

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

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

**Yoga:** 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.

**Zumba:** Take this high-energy latin dance based cardio class with Stephanie Vivas. Dance moves are choreographed to emphasize moving to the music - no rhythm or dance experience required! You'll get a great cardio workout that also strengthens your core, and improves flexibility.

**Book Your Room Today!**

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

# Fall Swim Lessons

Register TODAY!



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

## Monday

Time	Classes
NEW! 11:00-11:30am	Parent & Tot 1
NEW! 11:30am-12:00pm	Parent & Tot 2
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

## 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
6:30-7:00pm	School Age Level 6

## 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	Pre school Level 2      Pre-School Level 1
11:00-11:30am	School Age Level 1      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
12:30-1:00pm	School Age Level 6

## 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  
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
TP Aquacize I 8:15-9:00am	TP Aquacize I 8:15-9:00am	TP Aquacize I 8:15-9:00am	TP Aquacize I 8:15-9:00am	LP Hydro Spin \$ 7:00-7:45am
TP Aquacize I 9:15-10:00am	TP Aquacize I 9:15-10:00am	TP Aquacize I 9:15-10:00am	TP Aquacize I 9:15-10:00am	TP Tone & Sculpt \$ 9:00-9:45am
LP Aquacize II 10:15-11:00am	LP Aquacize II 10:15-11:00am	LP Aquacize II 10:15-11:00am	LP Aquacize II 10:15-11:00am	LP Turn & Burn \$ 10:00-10:45am
\$ LP Aquacize II 1:00-2:00pm	LP Aquacize II 6:00-6:45pm	\$ LP Aquacize II 1:00-2:00pm	LP Aquacize II 6:00-6:45pm	
	Aquacize II 7:00-7:45pm		Aquacize II 7:00-7:45pm	

**\$** Fee Based Class

**TP** Therapy Pool

**LP** Lap Pool

## Water Aerobics Descriptions

### 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.

### 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

### 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*

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

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 On 7:00-9:00am	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 On 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	No 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

## 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) 7:00-9:00am	Lap Swim (6 lanes) 7:00-9:00am
Lap Swim (4 lanes) 11:00-12:00pm	Lap Swim (4 lanes) 10:00-11:00am	Lap Swim (4 lanes) 10:00-11:00am	Lap Swim (5 lanes) 9:00-1:00pm	Lap Swim (5 lanes) 9:00-1:00pm
Lap Swim (6 lanes) 12:00-4:00pm	Lap Swim (6 lanes) 11:00am-4:00pm	Lap Swim (6 lanes) 11:00-7:45pm	Lap Swim (6 lanes) 1:00-5:15pm	Lap Swim (6 lanes) 1:00-4:45pm
Lap Swim (5 lanes) 4:00-5:00pm	Lap Swim (5 lanes) 4:00-5:00pm			
Lap Swim (5 lanes) 5:00-7:00pm	Lap Swim (5 lanes) 5:00-6:00pm			
Lap Swim (6 lanes) 7:00-8:45pm	Lap Swim (3 lanes) 6:00-8:00pm			
	Lap Swim (6 lanes) 8:00-8:45pm			

- 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