



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

Registration  
Begins  
February 10!

# SPRING

## Programs

Session Runs : February 24 - April 6



[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

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# 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.

Plan Ahead!

## Holiday Closure Schedule

Easter- April 20

President's Day- February 17th

The following classes will not be held on President's Day:

- Health & Wellness
- Water Aerobics



# 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 83 and 85 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 - 10:30 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

## 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! Please wear a leotard, tights, and ballet slippers.

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

### Program Cost

Member: \$110

Resident Non-Member: \$115

Non-Resident/Non-Member: \$120

## Piglet's Playgroup

**Ages 1-4**

Piglet's Playgroup is a weekly session for children ages 1 - 4 and caregivers to nurture their creative relationships. 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. Dress for a mess!

*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:*

*March 7, April 14 - Al deCant*

*May 2 - 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 Little Petting Zoo

**Ages 5-10**

Join our animal experts to see, touch & learn about different animals each week! This hands on class is fun, educational and caters to sensory challenges! See and learn about new friends each week including our hedgehog, snake, lizard, baby ducks, bunny and many more friends.

*Wednesdays | 4:30 – 5:30pm*

### Program Cost

Member: \$120  
Resident Non-Member: \$135  
Non-Resident/Non-Member: \$150

## The Joy of Spring Impressionism

**Ages 5-10**

Students will love using a variety of vibrant watercolors, pastels and acrylics creating paintings like master Impressionist artists. Students will study many great Impressionist painters like Monet, Degas, Renoir and more! Weather permitting, we'll go outside for a photography walk. Class concludes with a student art show party on the last day.

*Thursdays | 4:30 – 5:45pm*

### Program Cost

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

## 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

**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! Class includes journal.

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

### Program Cost

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

## Knitting for Kids and Teens

**Ages: 7-13**

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

# Events/Workshops for All!

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

## Family Bingo

**All Ages**

Enjoy a fun filled afternoon of Irish music, snacks and BINGO! Please register each participant.

*Friday, March 16 | 2:00 -3:30 pm*

### Event Cost

Members: FREE

Non-Member: \$5 per person

## Kids Night Out

**Ages 5-11**

Drop your kids off and enjoy a night out! We will take care of the rest, we will have fun games, crafts and swimming! Snacks are available for purchase.

*Friday, March 7th | 6-8:30pm*

*Friday, April 4th | 6-8:30 pm*

### Event Cost

Member: \$30per child/\$15 additional child

Non-Member: \$45 per child/\$15 additional child

## Family Noodle & Wibit Slide Night

**All Ages**

Come out and play in oodles of Noodles! We'll get as many poolnoodles as we can get for a fun filled night. Each child participant must be registered and adult must attend. Must be 5 and up to use the inflatable and wear a life jacket. All spray bay & therapy pools will be open for general swim

*Friday, March 21 | 6:00 - 7:30pm*

### Event Cost

Members: FREE

Non-Member: \$5.00 a child

# Adult Offerings

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

## Adult Pottery - Molding & Folding Workshop

In this class, we'll explore how to make decorative wares by using and creating slabs and then making simple cutouts and folds to add diminutions. If desired, you'll learn how to add and refined a foot for your dish to help elevate your work, and make it more professional! Best for Beginners and Intermediate potters. Age 16+

*Mondays, April 21 & 28 | 6:30-8:30 pm*

### Program Cost:

Member: \$85

Non-Member: \$90

Non-Member/Non-Resident: \$95







**Newtown**  
COMMUNITY CENTER



# **WE ARE HIRING**

## Lifeguards Swim Instructor

**JOB POSITION : LIFEGUARDS**

**We are hiring for Lifeguard Shifts**

**JOB POSITION : SWIM INSTRUCTOR**

**We are hiring for the following Swim Instructor Shifts**

- **Mon, Tue, Sat, Sun**

**APPLY NOW**

**<https://newtowncommunitycenter.org/job-openings/>**

**FOR MORE INFORMATION  
CONTACT NANCY AT  
203.270.4328**

**NEWTOWNCOMMUNITYCENTER.ORG**





Newtown  
COMMUNITY CENTER



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# BINGO PARTY

SUNDAY  
MARCH  
16TH

FREE FOR MEMBERS  
\$5 FOR NON MEMBERS

ALL AGES | 2:00-3:30PM

ENJOY A FUN FILLED AFTERNOON OF  
MUSIC, SNACKS AND BINGO!

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

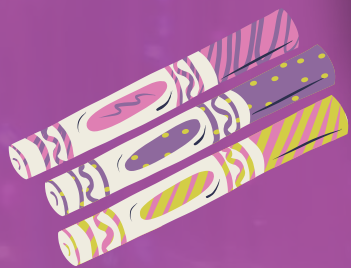
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# Kids Night Out

Parents, let us watch your kiddos so you can have some kid-free time to yourselves!  
We will spend our evening swimming, making some crafts, and enjoying playtime!  
Drop-off and pick-up will be inside the lobby of the Community Center.

**FRI. MARCH 7 | FRI. APRIL 4**

**6:00 - 8:30PM**

**AGES  
5 - 10**

Member: \$30 per child/\$15 each addl. child  
Non-Member: \$45 per child/\$15 each addl. child



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Newtown  
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NEWTOWN COMMUNITY CENTER

# SPRING BREAK ESCAPE

ARE YOUR KIDS LOOKING FOR SOMETHING TO DO FOR SPRING BREAK? SEND THEM TO US AND WE'LL KEEP THEM ENTERTAINED - MUCH LIKE SUMMER CAMP BUT IN THE SPRING! SPRING BREAK ESCAPE WILL OFFER TWO FIELD TRIPS FOR ADDITIONAL COST. OTHER FUN ACTIVITIES INCLUDE CRAFTS, SPORTS, SWIMMING AND MORE - YOUR KIDS' SPRING BREAK WILL BE FULL OF ADVENTURES!

**COST: Resident \$50/day | Non Resident \$55/day**

**Optional Drop-off: between 7:30 -9am (addl. \$5)**

**Optional Pick - Up between 4-6pm (addl. \$5)**

**Field Trips - addl \$30 ea.**

**AGES: 5-12**

Mon | Apr 14 | 9:00 - 4:00pm \*

Tue | Apr 15 | 9:00 - 4:00pm

Wed | Apr 16 | 9:00- 4:00pm \*

Thur | Apr 17 | 9:00 - 4:00pm

Fri | Apr 18 | 9:00 - 4:00pm

\*Field Trips | Mon - The Cave | Wed - Sports Center

Addl. \$30 per trip

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

203.270.4349





# Puzzle Palooza



**Sunday, April 6 | 1:00 - 3:00pm**

**Come as a family (or a group of friends) to see how fast you can piece together a puzzle! You'll be challenged to assemble a 200-piece puzzle in one hour.**

#### **PRIZES WILL BE AWARDED TO THE TOP 3 FINISHERS**

- Check in begins at 1:00pm
- The competition will begin promptly at 1:30pm
- Competition will end at 2:30pm
- Feel free to bring snacks & treats for your team
- 

#### **EVENT RULES:**

- All teams will be given the same puzzle design as their competitors.
- All teams are limited to 4 members.
- All ages welcome, but at least one member of each team must be 5 years old or younger at the time of the event.
- Puzzle design will NOT be announced prior to event.

**Ages: All Ages Welcome (at least one member of each team must be 5 years old or younger)**

**Member/Non Member Fee: \$25 / \$35 per team**

**Pre-register By: March 30th**

**Registration will NOT be taken at the door, so be sure to pre-register.**

**REGISTER: 203.270.4349**

**NewtownCommunityCenter.org**

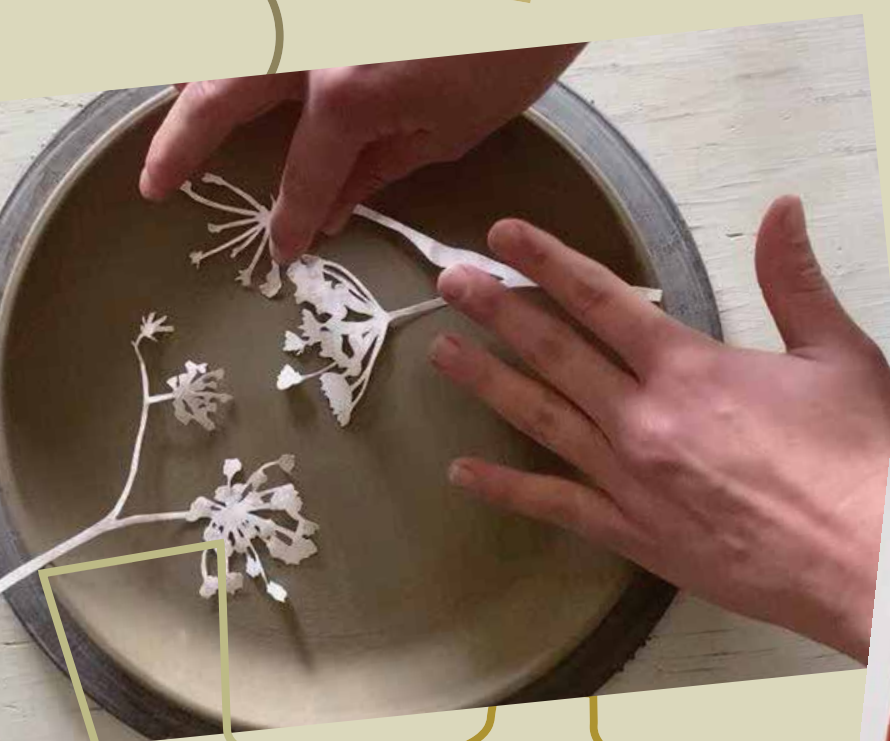
# UPCOMING ADULT POTTERY CLASSES



## PAPER RESIST WORKSHOP

**Mondays, March 3 & 10 | 6:30 - 8:30pm**

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. Best for Beginners and Intermediate Potters.  
Age 16+



### 2-WEEK WORKSHOP PROGRAM COST

- Members: \$85
- Non-Members: \$90
- Non-Member Non-Residents: \$95



8 Simpson Street | 203-270-4349 | [www.NewtownCommunityCenter.org](http://www.NewtownCommunityCenter.org)

# UPCOMING ADULT POTTERY CLASSES

## MOLDING & FOLDING WORKSHOP

**Mondays, April 21 & 28 | 6:30 - 8:30pm**

In this class, we'll explore how to make decorative wares by using creating slabs and then making simple cutouts and folds to add dimension. If desired, you'll learn how to add and refine a foot for your dish to help elevate your work, and make it more professional! Best for Beginners and Intermediate Potters.

Age 16+



### 2-WEEK WORKSHOP PROGRAM COST

Members: \$85

Non-Members: \$90

Non-Member Non-Residents: \$95

# Health & Wellness Schedule

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

Registration Open Now!

## Monday

Programs	Time	Instructor
Vinyasa Yoga	9:30 - 10:30am	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

## 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
Zumba	8:15 - 9:15 am	Stephanie

## Sunday

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

We highly suggest making reservations 48 hours in advance.

Please register on Motionvibe





# Health & Wellness Descriptions

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

**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!

**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

**Vinyasa Yoga:** 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.

**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

**Book Your Room Today!**

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

# Spring Swim Lessons

Register TODAY!



**Newtown**  
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## Monday

Time	Classes
11:00-11:30am	Parent & Tot 1 & 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
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 5
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	School Age Level 3

## 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 1
9:30-10:00am	Parents & Tot 2      Pre-School Level 2
10:00-10:30am	School Age Level 4      Pre-School Level 3
10:30-11:00am	Pre school Level 2      School Age 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

## 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.

### **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!  
203.270.4328



Monday	Tuesday	Wednesday	Thursday	Friday
TP Aquacize I 8:00-8:45am	TP Aquacize I 8:00-9:00am	TP Aquacize I 8:00-8:45am	TP Aquacize I 8:00-9:00am	TP Tone & Sculpt \$ 9:00-9:45am
TP Aquacize I 9:00-9:45am	TP Aquacize I 9:00-10:00am	TP Aquacize I 9:00-9:45am	TP Aquacize I 9:00-10:00am	LP Turn & Burn \$ 10:00-10:45am
LP Aquacize II 10:00-10:45m	LP Aquacize II 10:00-11:00am	LP Aquacize II 10:00-10:45am	LP Aquacize II 10:00-11:00am	
	LP Aquacize II 6:00-6:45pm		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.

### 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*

## Spray Bay & Therapy Pool Schedule

Spring 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 On 7:00-9:00am	Open Swim Spray Bay On 7:00-9:00am
Open Swim Spray Bay Off 8:00-10:00am	Open Swim Spray Bay Off 8:00-10:00am	Open Swim Spray Bay Off 9:00-10:00am	Open Swim Spray Bay Off 9:00-10:00am	Open Swim Spray Bay Off 9:00am-1:00pm
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 Off 10:00am-12:30pm	Open Swim Spray Bay On 12:00-4:45pm
Open Swim Spray Bay On 12:00-4:30pm	Open Swim Spray Bay On 11:00am-4:30pm	Open Swim Spray Bay On 11:00am-7:45pm	Open Swim Spray Bay On 1:00-5:15pm	
Open Swim Spray Bay Off 4:30-7:00pm*	Open Swim Spray Bay Off 4:30-7:45pm			
Open Swim Spray Bay On 7:00-8:45pm	Open Swim Spray Bay On 7:45-8:45pm			

- 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
- \*Please note that half of the pool will be closed during this time slot for lessons**

## Lap Pool - Open/ Lap Swim Schedule

Spring Session

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

- 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*