

2019 FALL SCHEDULE



WATERTOWN PARKS & RECREATION DEPARTMENT

61 ECHO LAKE ROAD

WATERTOWN, CT 06795

PHONE: (860) 945-5246

INFO-LINE: (860) 945-5272

FAX: (860) 945-4734

HOURS: Monday - Friday 8:00 AM - 5:00 PM

Website: www.watertownctrecreation.com

Crestbrook: www.crestbrookpark.com

Check out "Watertown Parks & Recreation" Facebook page

Watertown Human, Social & Leisure Services

Parks and Recreation, Food Bank, Crestbrook Park, Social & Senior Services

“Your Quality of Life Department”

INSIDE GUIDE TO FUN

MISSION STATEMENT The Watertown Parks and Recreation Commission, cognizant of the significant financial investment of the community in Parks and Recreational facilities, encourages their fullest possible use for recreational, cultural and educational purposes.

****PLEASE NOTE: ALL LOCATIONS** for classes listed in this brochure are subject to change on short notice. We will contact you with any changes from what is listed in the brochure. Thank you for your patience!

FALL ACTIVITIES WALK-IN REGISTRATION BEGINS THURSDAY, **SEPTEMBER 5, 2019** from 8:00 AM – 5:00 PM at the Watertown Parks & Recreation Department. These registrations are based on a first come, first served basis. **After that we will be accepting registrations until 4:00 pm the Thursday before the program begins only if program is not filled to capacity before that time.**

PHONE REGISTRATIONS may be taken over the phone with a credit card. (We accept VISA, Discover or Master Card) We will still need a registration form filled out before the participant begins the program.

ONLINE REGISTRATIONS We do not accept online registrations but you can print out a registration to mail to us. Log onto the Town’s website at www.watertownctrecreation.com.

REGISTRATION EXCEPTIONS Children must be the proper age before the program begins. We try our best to try and accommodate everyone. Programs are designed according to an age level that will best benefit the student and to have an appropriate instructor/student ratio.

REGISTRANTS ARE NOTIFIED when a course is cancelled. If a desired class is full you will be put on a waiting list. Additional classes may be opened if facility and instructor are available. The Parks & Recreation Department reserves the right to set a minimum and maximum for each program and to cancel any program due to low enrollment.

REGISTER EARLY Nothing kills a recreation program faster than residents who wait until last minute to register. There is a point when a program must be cancelled or modified if there is insufficient registration. All programs require a high level of coordination often including facility scheduling, staffing, volunteer recruitment and purchasing of supplies. **PLEASE REGISTER EARLY!!**

PAYMENT POLICY Payment is due with registration for all programs along with proof of age. We will accept cash, credit card, money order or check made out to Watertown Parks & Recreation. No pre/post dated checks. A \$20.00 fee will be charged for any returned checks. Instructors will not accept registration at the class site. Fees must be paid at the office prior to participation unless otherwise specified.

REFUND POLICY Refunds must be requested prior to the Friday before the program begins. No refunds will be given once class begins. A **\$10.00** processing fee will be charged for all refunds.

MEDICAL REASON FOR CANCELLATION If your child has a medical emergency or becomes ill, please let us know as soon as you can. We will ask for a written medical excuse note from your child's physician, but will work to help you place your child in a later camp session if at all possible. If your child is unable to participate in a future camp session, a **\$10.00** processing fee will be charged and you will be refunded the remaining balance.

PROGRAM CANCELLATIONS The Parks & Recreation Department reserves the right to cancel, postpone or combine classes or change instructors. If insufficient enrollment causes a class to be canceled, full tuition is refunded. The playgrounds, sports camps, and waterfront areas may close at any time in case of inclement weather. In the event of inclement weather, program cancellations will be made on the info-line at (860)945-5272 by 8:00 am. Fees will **not** be pro-rated in the event of rain.

PROGRAM SCHEDULING The Park & Recreation Staff has made every effort to prepare this brochure as accurately as possible, however due to publication deadlines program listings/information may require that adjustments be made to programs, fees, schedules, etc. We apologize in advance should you find an error or for any inconvenience that this may cause. Please call the Info Line or sign up on our website to receive cancellations or adjustments to the schedule.

PHOTOGRAPHS Participants may be photographed for the purpose of promotion or advertising in the future brochures, in newspapers or in other Watertown Parks & Recreation Department media.

SECURITY PRECAUTIONS When fall programs are in session all persons attending must be registered in the program. We are responsible for the children registered and the facilities being used. Persons not registered entering the facility or playground area

will be asked to leave. Please understand the taxpayers own these facilities, and we are responsible. Also, we are protecting and caring for someone's most precious commodity, their children. Please respect these rules and understand why we cannot have "outsiders" entering our playgrounds and facilities. Please check with your child's camp director regarding the pick-up of your child by someone other than yourself. There are procedures in place at every camp and they will be enforced. There will be no exceptions.

CONFIDENTIAL FINANCIAL SCHOLARSHIPS are available to qualified applicants (for Watertown/Oakville residents only). Please contact the Watertown Social Services Department at 860-945-5252 for more information.

OFFICE INFORMATION

Location: Watertown Parks & Recreation Department
(Old Heminway Park School)
61 Echo Lake Road
Watertown, CT 06795

Telephone: (860)945-5246
Fax: (860)945-4734
InfoLine (860)945-5272
Website: www.watertownctrecreation.com
Office Hours: 8:00 AM to 5:00 PM
Monday thru Friday

STAFF

Recreation Director:

Lisa Carew carew@watertownct.org 860-945-5246

Asst. Recreation Director:

Carrie Godfrey godfrey@watertownct.org 860-945-5246

Recreation Supervisor:

Garry Smith smith@watertownct.org 860-945-5246

Administrative Asst.:

Mary Tremaglio tremaglio@watertownct.org 860-945-5246

Senior Coordinator/Municipal Agent:

Catherine Dinsmore dinsmore@watertownct.org 860-945-5250

Senior Center Dispatcher:

Phyllis Schaar schaar@watertownct.org 860-945-5250

Crestbrook Park Golf Course Foreman:

Ray Marks marks@watertownct.org 860-945-5248

Parks Foreman:

John Buono buono@watertownct.org 860-945-5254

Parks Bookkeeper:

Jessica Modeen modeen@watertownct.org 860-945-5246

Social Services:

Jeanne Vichioli vichioli@watertownct.org 860-945-5252

Events Coordinator:

Hannah Collier wtnspecialevents.hc@gmail.com 860-945-5246

PARK AND RECREATION COMMISSION – Meets 1st Thurs. each month at 61 Echo Lake Road, W. – 7:00 p.m. William Donston, Chairman; Ken LaRosa, V. Chair; Christopher Martin, Secy.; Pat Rinaldi, Sabra Sarandrea, Margaret A. Germain and Robert Desena.

AQUATIC ATTRACTIONS

SWIMMING FOR ALL

PARENT AND CHILD AQUATICS – 6 MONTHS TO 3 YEARS

American Red Cross Parent and Child Aquatics is designed for children between **the ages of 6 months and 3 years old, and their parents**. The purpose of this course is to familiarize children with the water and teach swimming readiness skills. In addition, Red Cross Parent and Child Aquatics provides safety information for parents and teaches parents techniques they can use to help orient their children to the water. There must be one parent in the water per child. **Maximum of 8 students.**

LOCATION: WATERTOWN HIGH SCHOOL, POOL
DATES: **SATURDAYS;**
SEPTEMBER 21, 28; OCTOBER 5, 12, 19, 26
TIMES: 9:00 AM – 9:30 AM
AGES: 6 MONTHS TO 3 YEARS
COST: \$44.00
PROGRAM CODE: 131452

PRESCHOOL AQUATICS – 4 & 5 YEARS OLD

American Red Cross Preschool Aquatics is designed for children 4 and 5 years of age. The purpose of the course is to facilitate developmentally appropriate learning of fundamental water safety and aquatics skills. **Maximum of 8 students.**

LOCATION: WATERTOWN HIGH SCHOOL, POOL
DATES: **SATURDAYS;**
SEPTEMBER 21, 28; OCTOBER 5, 12, 19, 26

TIMES:
SESSION 1: 9:35 AM – 10:05 AM
SESSION 2: 10:10 AM – 10:40 AM
AGES: 4 & 5 YEARS OLD
COST: \$44.00
PROGRAM CODE: 131453

LEARN TO SWIM – AGES 6 & UP

Learn to swim through the Red Cross Swimming Program. Lessons for all abilities are available. A variety of levels are available as seen below. **Participants must be 4 feet tall and in first grade.** Read the following for more information. If you are unsure what level to put your child in, please read all descriptions below. A child placed in the wrong level will be moved to the correct level at the discretion of the instructor.

Maximum of 10 students per level.

LOCATION: WATERTOWN HIGH SCHOOL, POOL
DATES: **SATURDAYS;**
SEPTEMBER 21, 28; OCTOBER 5, 12, 19, 26
TIMES: LISTED BELOW ACCORDING TO LEVEL
COST: \$55.00
PROGRAM CODE: 131454

Level 1 (Water Exploration)

10:45 AM – 11:15 AM

The most basic of swimming skills to help the participants become comfortable in the water.

Level 2 (Fundamental Aquatic Skills)

11:20 AM – 12:00 PM

Gives students success with fundamental skills. Floating without support, simultaneous and alternating arm & leg motions on front and back. Also includes self-help and basic rescue skills.

Level 3 (Stroke Development)

12:05 PM – 12:45 PM

Students learn to coordinate front & back crawl strokes. Introduction to butterfly and treading water and basic diving rules are covered.

Level 4 (Stroke Improvement)

12:50 PM – 1:30 PM

Students will increase their endurance by swimming greater distances. Practice on butterfly continues. Elementary backstroke, breaststroke and elements of sidestroke are introduced along with basic turns at the walls.

Level 5 (Stroke Refinement)

12:50 PM – 1:30 PM

Students refine front & back crawl, butterfly, breaststroke, elementary backstroke and sidestroke and increase their distances. Front and back flip turns are learned in this level.

Level 6 (Swimming & Skill Proficiency)

12:50 PM – 1:30 PM

Refine strokes so students swim them with more ease, efficiency, power and smoothness over greater distances. Other aquatic activities such as Personal Water Safety, Fitness Swimmer, Fundamentals of Diving and Lifeguard Readiness may also be introduced.

WATERTOWN RECREATION AGE GROUP SWIM TEAM

Tryouts will be September 9th or 12th held at the Watertown High School, pool.

PRACTICE TIMES:

Start date: Monday, September 16

Practice times:

8 & Under: Monday - Thursday 5:30 PM - 6:30 PM

9 & 10: Monday - Thursday 5:30 PM - 6:30 PM

11 & 12: Monday - Thursday 6:30 PM - 8:00 PM

13 & Over: Monday - Thursday 6:30 PM - 8:30 PM

All ages: Friday: 5:30 PM - 7:00 PM (Limited age groups)

Look out for the flyer with more information or please call the Watertown Parks & Recreation Department at (860)945-5246. www.teamunify.com.ctycst

ADULT LAP SWIMMING

Adults age 16 and over are invited to come and swim laps for a good physical and cardiovascular workout. Please pay the lifeguard when you sign in at the pool.

NO RESERVATIONS REQUIRED. RESIDENTS ONLY.

LOCATION: WATERTOWN HIGH SCHOOL POOL

DATES/TIMES: **TUESDAYS;** 7:30 PM – 8:45 PM

OCTOBER 29; NOVEMBER 12, 19, 26; DECEMBER 3, 10, 17

FRIDAYS; 5:30 PM – 7:00 PM

OCTOBER 25; NOVEMBER 1, 8, 15, 22; DECEMBER 6, 13

COST: \$3.00/EACH DATE

POOL SHARKS - FRIDAY FAMILY SWIM

Adults and children enjoy the warm water of the swimming pool at the High School.

Adults watching do not have to pay. **Children ages 16 and under MUST be accompanied by an adult that is at least 18 years old. No shoes allowed on the deck.** Please pay the lifeguard when you get to the pool.

NO RESERVATIONS REQUIRED. RESIDENTS ONLY.

LOCATION: WATERTOWN HIGH SCHOOL, POOL

TIMES: 7:15 PM - 8:45 PM

DATES: FRIDAYS; OCTOBER 25; NOVEMBER 1, 8, 15, 22;
DECEMBER 6, 13

COST: \$3 PER EACH DATE/\$7 PER FAMILY EACH DATE.
IMMEDIATE FAMILY MEMBERS ONLY!

LET'S GET CERTIFIED

BABYSITTING COURSE

American Heart Association Babysitting course for anyone 10 years old and older. The class will offer students the necessary tools to become a reliable and safe babysitter. Students will learn basic childcare, safety precautions, child development, appropriate toys and more. Students will receive a handbook with all information needed to serve as a reference. Participants have to meet requirements of the course to receive certification. At the conclusion of the babysitting classes there will be a course on **Pediatric CPR and First Aid**. Instructor: Joan Palladino

LOCATION: FALLS AVENUE CENTER
DATES: BABYSITTING CLASSES WILL BE HELD ON THURSDAY, SEPTEMBER 26
TIME: 6:00 PM - 8:00 PM
DATES/TIMES: FIRST AID & CPR WILL BE HELD ON FRIDAY, SEPTEMBER 27
6:00 PM - 9:00 PM
COST: RESIDENTS: \$60.00 NON-RESIDENTS: \$70.00
PROGRAM CODE: 120106

BASIC FIRST AID AND CPR: ADULT, CHILD/INFANT and AED

This course combines the American Heart Association First Aid and Heart Saver CPR for Adults Infants and Children with AED. Participants learn first aid basics for adults and show proficiency in skills. This course teaches what to do in a life threatening emergency. These emergencies include not breathing, choking and cardiac arrest (heart stopping) which occurs mostly in or near home. Sudden infant death syndrome and prevention of injuries and choking in infants and children will be discussed. With the knowledge and skills in this course participants will learn the warning signs of heart attack, stroke, cardiac arrest choking and breathing difficulties; CPR and relief of choking for adults, children and infants. Students receive hands on training with the AED. This course has a skills exam and no written test. Participants will receive an AHA Heart Saver two year certification card for Adult First Aid, CPR for adults/children, infants and AED use. Text purchase is not necessary if recertifying. **This class reaches the requirements for coaching & job certification!!** Instructor: Joan Palladino

LOCATION: FALLS AVE CENTER
DATE: MONDAY, SEPTEMBER 16
TIME: 6:00 PM – 9:30 PM
COSTS:
ONLY FIRST AID OR CPR:
RESIDENTS: \$45.00/PP PLUS TEXT \$5.00

NON-RESIDENTS: \$55.00/PP PLUS TEXT \$5.00
PROGRAM CODE: FIRST AID: 130102 CPR: 131323

BOTH FIRST AID & CPR:

RESIDENTS: \$60.00/PP PLUS TEXT \$5.00
NON-RESIDENTS: \$70.00/PP PLUS TEXT \$5.00
PROGRAM CODE: 131401

HANDS ON AS WE GROW

****NEW** F.A.L.L GAME NIGHT** **FUN AND LOUD LAUGHTER**

Game night will have your child meeting new friends while having fun. There will be music and excitement as your child competes to win many different games. Snacks and juice will be provided.

WEEK ONE -BOARD GAMES: An assortment of games will be provided for your child to play and enjoy. They will get the chance to play games including Jenga, Life, Trouble, & many more.

WEEK TWO -BINGO: We will play many rounds of bingo. Every child will get the chance to win prizes.

WEEK THREE -CARD GAMES: Many card games will be played including Uno, Junior Apples to Apples, skip-bo, Spoons, & more.

WEEK FOUR - MINUTE TO WIN IT: There will be a variety of minute to win it games. Prizes will be given out to winners.

LOCATION: SWIFT MIDDLE SCHOOL, ROOM 136
DATES: WEDNESDAYS;
SESSION 1: OCTOBER 2, 9, 16, 30
SESSION 2: NOVEMBER 20; DECEMBER 4, 11, 18
GRADES: 1ST – 5TH
TIME: 5:30 PM- 7:30 PM
COST: \$20.00 FOR ALL OR \$5.00 PER DATE
PROGRAM CODE: 131482

****NEW** PARTY PLANNING CLASSES**

Let's start planning! Party planning classes provide students with valuable knowledge about organizing and planning parties. Participants will learn how to make invitations, set up decorations, and prepare a beautiful table setting. There will be food and music provided. Instructor: Rita Hubbard

LOCATION: FALLS AVE CENTER
DATES:
SESSION 1: FRIDAY; OCTOBER 11 (HALLOWEEN THEMED)
TIME: 7:00 PM – 9:00 PM
SESSION 2: SATURDAY; DECEMBER 7 (NYE THEMED)
TIME: 10:00 AM – 12:00 PM
AGES: 9 TO 14
COST: \$25.00.PER SESSION
PROGRAM CODE: 131494

STRIDES THROUGH STEM

This program is designed for students in grades 2-5 to work in teams while participating in a variety of STEM based challenges! Students will use their critical thinking skills to communicate and create projects that meet challenge expectations. Students will have access to a variety of materials to conduct different tests and experiments – from toothpick towers to marble race courses and simple machines! Join us as we learn to apply strategic-based thinking while solving real world problems!
Instructors: Mr. & Mrs. Milo

LOCATION: POLK SCHOOL, ART ROOM
DATES: MONDAYS; SEPTEMBER 16, 23, 30; OCTOBER 7, 21, 28;
NOVEMBER 4, 18
TIME: 5:30 PM – 6:30 PM
GRADES: 2 – 5
COST: \$120.00/PER SESSION
PROGRAM CODE: 131120

PARKS AND RECREATION'S OPEN PLAY

This class is an informal, unstructured group for children ages 1-3 that allows for a fun filled time for children to bond with their caregivers as well as their peers. They will have the opportunity to express themselves through play and develop social skills. This group is hosted by Little Bean Learning Center in collaboration with the Watertown Parks and Recreation Department due to the recent remodeling of their current location. We are happy to support Parks and Recreation during this transition so please come join us for some Little Bean fun!!!

LOCATION: LITTLE BEAN LEARNING CENTER
659 MAIN STREET, WATERTOWN
DATES: WEDNESDAYS;
SESSION 1: OCTOBER 2, 9, 16, 23, 30
SESSION 2: NOVEMBER 6, 13, 20, 27; DECEMBER 4
TIME: 9:30 AM – 11:00 AM
AGES: 1 - 3 YEARS OLD
COST: \$30.00/PER SESSION
PROGRAM CODE: 231220

KIDS COOK! JUNIOR CHEFS!

Got a fan of Food Network cooking shows in the family? Does your child love spending time experimenting in the kitchen? If so, Kids Cook! Junior Chef Camp is exactly what you need in your fall plans. Our awesome six-day culinary arts class gives children the skills they need to start cooking and building confidence in the kitchen. Youth learn the joys of preparing fun (and yes, healthy and nutritious) food from Chef Rita Hubbard as they receive age-appropriate instruction on kitchen and food safety, cleanliness, preparation, and presentation. To ensure safety and to make sure each child gets plenty of individual instruction, sessions are limited to 25 chefs. Instructor: Ms.

Rita Hubbard

LOCATION: SWIFT MIDDLE SCHOOL, COOKING ROOM
DATES: SATURDAYS;
OCTOBER 12, 19, 26; NOVEMBER 2, 9, 16
AGES/TIME: 5 TO 7 YEARS 9:00 AM – 10:30 AM
AGES/TIME: 8 TO 13 YEARS 11:00 AM – 1:00 PM
COSTS: RESIDENT: \$52.00 NON-RESIDENT: \$57.00
RESIDENT: \$23.00/PER DATE NON-RES: \$28.00/PER
PROGRAM CODE: 120802

HENNA "TATTOOING"

Henna "tattooing" is the ancient form of body decoration which has taken pop culture by storm. This class will cover the rich history of henna & the basics of henna paste mixing, application, and design elements. Students will try their hand at doing their own tattoos and even make some henna to take home! Class instructed by Caitlin McClure, professional henna artist with over 13 years' experience. 4 minimum, 20 max

LOCATION: POLK SCHOOL, ART ROOM
DATES: THURSDAY, OCTOBER 10
TIMES: 6:00 PM – 8:00 PM
AGES: 12 & UP
COST: \$40.00/INCLUDES ALL SUPPLIES
PROGRAM CODE: 131493

"HENNA TATTOOS - BASICS OF DESIGN 1"

Take your henna to the next level with this hands-on course! Learn tips, tricks, and step-by-step skills to create your own unique, beautiful designs just like professional henna artists! Students must complete 'Henna tattooing' class before attending." Class instructed by Caitlin McClure, professional henna artist with over 13 years' experience. 4 minimum, 10 max

LOCATION: POLK SCHOOL, ART ROOM
DATES: THURSDAY, OCTOBER 17
TIMES: 6:00 PM – 8:00 PM
AGES: 12 & UP
COST: \$40.00/INCLUDES ALL SUPPLIES
PROGRAM CODE: 131493

PLAYTIME PALS

Your child can enjoy creative crafts, stimulating story-time and polite playtime. Children will work on social skills and sharing in a caring environment while having fun. Children must be potty-trained. Instructor: Giuliana Guerrero

LOCATION: WATERTOWN PARK & RECREATION
61 ECHO LAKE ROAD, WATERTOWN
DATES: FRIDAYS; NOVEMBER 15, 22; DECEMBER 6, 13, 20
TIME: 9:30 AM – 11:00
AGES: 3&4 YEAR OLDS
COST: RESIDENTS: \$25.00 NON-RESIDENTS: \$35.00
PROGRAM CODE: 231312-01

****NEW** KID'S CHRISTMAS MUSICAL**

Keep a look out for auditions for A Christmas Carol for students ages 7-18!
Performance will be held in December with weekly rehearsals. There will be a flyer sent out through the schools with more information. You don't want to miss this!
Director: Elizabeth Donnelly

AFTER SCHOOL ALL STARS

****NEW** FUNtastic FALL!**

After a busy day at school, children benefit from a block of time that is dedicated to “play”! Children will have the opportunity to engage in a wide range of activities, including dramatic play, arts and crafts, board games, playdough creations, and outdoor play (weather permitting), while working cooperatively with their peers! A snack will be provided by the instructor! *A Recreation Employee will sign students out during the 3:15 JTPS dismissal. Please send a note to school for your child’s teacher, indicating that they have permission to stay after school! Pick-up will be at 4:35PM OUTSIDE of the JTPS Main Entry!* Instructor: Hannah Collier

LOCATION: JOHN TRUMBULL, ROOM D218
DATES: WEDNESDAYS; OCTOBER 2, 9, 16, 30
GRADES: K - 2
TIME: 3:35 PM - 4:35 PM
COST: \$65.00
PROGRAM CODE: 131486

****NEW** STORYTIME SCIENCE**

Each week, children will hear a fun and interactive stories! After each story, children will engage in science activities that relate to the stories read! Science lessons will include color blending, ultraviolet light, as well as matter and its interactions! *A Recreation Employee will sign students out during the 3:15 JTPS dismissal. Please send a note to school for your child’s teacher, indicating that they have permission to stay after school! Pick-up will be at 4:35PM OUTSIDE of the JTPS Main Entry!* Instructors: Donna Cincogrono and Hannah Collier

LOCATION: JOHN TRUMBULL, ROOM A100
DATES: TUESDAYS; SEPTEMBER 17, 24, OCTOBER 1, 8
GRADES: K - 2
TIME: 3:35 PM - 4:35 PM
Pick-up will be OUTSIDE of the JTPS Main Entry!
COST: \$65.00
PROGRAM CODE: 331111-01

****NEW** KIDS ON THE MOVE!**

Children this age need physical activity to build strength, coordination, and confidence! This hour-long program is a quality outlet that promotes self-esteem, healthy living, and fitness in a fun and positive environment! Sneakers are required. *A Recreation Employee will sign students out during the 3:15 JTPS dismissal. Please send a note to school for your child’s teacher, indicating that they have permission to*

stay after school! Pick-up will be at 4:35PM OUTSIDE of the JTPS Main Entry! Instructors: Hannah Collier and Scott McQueeney

LOCATION: JOHN TRUMBULL SCHOOL, GYMNASIUM
DATES: MONDAYS; OCTOBER 28, NOVEMBER 4, 18, 25
GRADES: K - 2
TIME: 3:35 PM – 4:35 PM
Pick-up will be OUTSIDE of the JTPS Main Entry!
COST: \$65.00
PROGRAM CODE: 131487

HOLIDAY HAPPENINGS! GET INTO THE HOLIDAY SPIRIT!

Join Miss Collier and Miss Coppola and get into the holiday spirit! Each week, children will engage in different activities including designing holiday ornaments, creating gingerbread houses, decorating holiday cookies, and participating in a holiday celebration! *A Recreation Employee will sign students out during the 3:15 JTPS dismissal. Please send a note to school for your child's teacher, indicating that they have permission to stay after school! Pick-up will be at 4:35PM OUTSIDE of the JTPS Main Entry!* Instructors: Hannah Collier & Sarah Coppola

LOCATION: JOHN TRUMBULL, ROOM D218
DATES: TUESDAYS; NOVEMBER 26; DECEMBER 3, 10, 17
GRADES: K - 2
TIME: 3:35 PM - 4:35 PM
COST: \$75.00
PROGRAM CODE: 131488

KIDS PARTY TIME!

This interactive class is packed with games, fun fitness activities, tag games, music and dancing, fitness and nutrition games, stretching and connecting with other children. Participation in this program will equip students with life-long multi-faceted wellness habits. It's also a lot of FUN! *A Recreation Employee will sign students out during the 3:15 JTPS dismissal. Please send a note to school for your child's teacher, indicating that they have permission to stay after school! Pick-up will be at 4:40PM OUTSIDE of the JTPS Main Entry!* This course will be taught by Jill Patterson, RDN-Registered Dietitian Nutritionist, Certified Personal Trainer, and Certified Fitness Instructor.

LOCATION: JOHN TRUMBULL, GREEN POD COMMON AREA
DATES: MONDAYS;
SESSION 1: SEPTEMBER 16, 23, 30; OCTOBER 7, 21, 28
SESSION 2: NOVEMBER 4, 18, 25; DECEMBER 2, 9, 16
TIME: 3:45 PM – 4:40 PM
AGES: 4 – 10 YEARS OLD

COST: \$70.00/PER SESSION
PROGRAM CODE: 333421

LITTLE SCIENTISTS

Little Scientists is a 4-week exciting hands-on, minds-on, and inquiry-based, science program. We are offering Fall/Winter classes that will explore different topics; which will include "The Wonders of a Volcano". "The Science of Colors" and more! Our program incorporates multiple experiments during each class, along with age-appropriate curriculum. *A Recreation Employee will sign students out during the 3:15 JTPS dismissal. Please send a note to school for your child's teacher, indicating that they have permission to stay after school! Pick-up will be at 4:15PM OUTSIDE of the JTPS Main Entry!*

LOCATION: JOHN TRUMBULL SCHOOL, ROOM B112
DATES: FRIDAYS;
SESSION 1: SEPTEMBER 27; OCTOBER 4, 18, 25
SESSION 2: NOVEMBER 15, 22; DECEMBER 6, 13
GRADES: PRE K - 2
TIME: 3:45 PM – 4:30 PM
COST: RESIDENTS: \$79.00 NON-RESIDENTS: \$89.00
PROGRAM CODE: 131203

GREAT SCIENTISTS SCIENCE CLUB

Great Scientists Science Club is a 4-week exciting hands-on, minds-on, and inquiry-based, science program. We are offering Fall classes that will explore different topics; which will include" Science of Magnets, Electricity, What is Engineering? Understanding Why Leaves Turn Color in the Fall, and more! Our program incorporates multiple experiments during each class, a hands-on take home project and a booklet which summarizes the lesson and has an additional activity that the students can do at home. After school a Parks & Recreation Department employee will meet the students at the gym.

LOCATION: JUDSON SCHOOL, ART ROOM
DATES: TUESDAYS, SEPTEMBER 24; OCTOBER 1, 8, 15
LOCATION: POLK SCHOOL, ART ROOM
DATES: TUESDAYS; NOVEMBER 12, 19, 26; DECEMBER 3
GRADES: 3 - 5
TIME: 3:45 PM – 4:30 PM
COST: RESIDENTS: \$79.00 NON-RESIDENTS: \$89.00
PROGRAM CODE: 332266

ACTIVE: SPORT PROGRAMS & LEAGUES

****NEW** KID'S OLYMPICS**

This program is designed for students to learn about and participate in a variety of Olympic events. Children will learn the basic rules and regulations of each sport and compete against one another in both individual and team events. Gold, silver, and bronze medals will be given out to winners of the different events each week! The different games will teach children renditions of hammer throw, hurdles, relays, archery, curling, and much more! Children will get the opportunity to explore their interests in these various sports in a safe and controlled environment. Instructor: Mr. Christopher Milo

LOCATION: POLK SCHOOL, GYMNASIUM
DATES: TUESDAYS; SEPTEMBER 10, 17, 24; OCTOBER 1, 8, 15
TIME: 5:00 PM – 6:00 PM
AGES: 7 - 12
COST: \$90.00
PROGRAM CODE: 131464

FUTURE STARS BASKETBALL CLINIC

Future Stars Basketball clinic teaches boys and girls in grades K-8 to be well rounded, team-oriented basketball players. Our Basketball Clinic challenges players to develop all aspects of their game. The program is led by a highly trained team of professionals who are carefully chosen to ensure each players safety and skill development. Practices cover Dribbling, Ball Handling, Passing, Shooting, Rebounding, Offense, Defense, Screens, 3on3 Half Court Games, 5on5 Full Court Games, Free Throw Contests, Skills Challenges, and more! Coach Ken Berube has coached high school and college basketball for 30 years. He has worked with many 1000-point scorers and All-Americans. For more information contact coach Ken Berube 860-274-5369.

LOCATION: SWIFT MIDDLE SCHOOL, LARGE GYM
DATES: SATURDAYS;
OCTOBER 12, 19, 26; NOVEMBER 2, 9, 16
GRADES/TIME: K – 4TH 9:00 AM – 10:15 AM
5TH – 8TH 10:30 AM – 11:45 AM
COST: RESIDENTS: \$100.00
NON-RESIDENTS: \$110.00
\$10.00/ OFF FOR EACH ADDITIONAL SIBLING
PROGRAM CODE: 131489

DODGEBALL

Duck! Its Dodgeball time! We play in a controlled setting with state of the art equipment (No rubber playground ball). Foam balls with rubber coating specifically made for the sport to ensure no sting on contact. No equipment needed, just excitement and enthusiasm! Please wear sneakers! Coordinator: Edwin Esson & Staff

LOCATION: POLK SCHOOL, GYMNASIUM
DATES: TUESDAYS; OCTOBER 1, 8, 15, 22; NOVEMBER 12, 19, 26; DECEMBER 3
TIME: 6:30 PM – 8:00 PM
GRADES: BOYS & GIRLS GRADES 6TH – 8TH
COST: \$30.00/ALL 8 WEEKS
PROGRAM CODE: 333390

LITTLE NINJAS KARATE

Karate techniques incorporated with essential motor skills for 3-4 year olds. The curriculum includes balance, memory, team work, coordination, focus, and other age specific skills training. Often young children want to do what the big kids do but don't have the essential motor skills. This class teaches those while building self-esteem and respect for self and others. This class teaches those while building self-esteem and respect for self and others through the art of Cheezic Tang Soo Do. Instructor: Master Lyne Landry

LOCATION: POLK SCHOOL, GYMNASIUM
DATES: MONDAYS; SEPTEMBER 16, 23, 30; OCTOBER 7, 21, 28; NOVEMBER 18, 25; DECEMBER 2, 9
TIMES: 5:00 PM – 5:30 PM
AGES: 3 & 4
COST: \$25.00/RESIDENTS; \$32.00/NON-RESIDENTS
PROGRAM CODE: 131358

KICKIN' KIDS KARATE

Dynamic karate techniques taught with an emphasis on kicks, punches, blocks, coordination, and bullying prevention. Situational self-defense will be taught so our youngest can avoid conflict. Class is designed to have a student develop into the more structured karate program that starts at 7 years old. Emphasis on technique and coordination without the traditional forms patterns of movement. This class teaches those while building self-esteem and respect for self and others through the art of Cheezic Tang Soo Do. Instructor: Master Lyne Landry

LOCATION: POLK SCHOOL, GYMNASIUM
DATES: MONDAYS; SEPTEMBER 16, 23, 30; OCTOBER 7, 21, 28; NOVEMBER 18, 25; DECEMBER 2, 9
TIMES: 5:30 PM – 6:15 PM
AGES: 5 & 6

COST: \$25.00/RESIDENTS; \$32.00/NON-RESIDENTS
PROGRAM CODE: 210202

YOUTH KARATE LESSONS

The Watertown Parks and Recreation Department offers a Karate program from 6:15 pm – 7:15 pm. A chance for 7-17 years old to develop martial arts skills, build strength and confidence, build self-discipline gained through the art of Cheezic Tang Soo Do. Participants should wear loose fitting clothing, such as sweat pants and t-shirts. Uniforms and equipment are optional and available for purchase directly from the instructor. Visit the organization's website at www.cheezictsd.com for details of their history and philosophy. Instructors: Master Gary Welton & Kirsten Shea

LOCATION: POLK SCHOOL, GYMNASIUM
DATES: **MONDAYS AND/OR WEDNESDAYS**, SEPTEMBER 16, 18, 23, 25, 30; OCTOBER 2, 7, 9, 16, 21, 28, 30, NOVEMBER 6, 18, 20, 25; DECEMBER 2, 4, 9, 11
NEW TIME: 6:15 PM – 7:15 PM
COST: **ONE DAY (YOUR CHOICE):**
\$50.00 YOUTH RESIDENTS
\$57.00 YOUTH NON-RESIDENTS
BOTH DAYS:
\$100.00 YOUTH RESIDENTS
\$114.00 YOUTH NON-RESIDENTS
FAMILY MAX: TAKE AN ADDITIONAL \$10 OFF FOR EVERY CHILD AFTER 2 PARTICIPANTS.
AGES: 7 - 17 YEARS OLD
PROGRAM CODE: 120301

ADULT KARATE LESSONS

The Watertown Parks & Recreation Department offers a 10-week program to adult students. The program will focus on self-defense from 7:15pm - 8:15pm on Mondays. This class teaches those while building self-esteem and respect for self and others through the art of Cheezic Tang Soo Do. Instructor: Master Gary Welton

LOCATION: POLK SCHOOL, GYMNASIUM
DATES: **MONDAYS**; SEPTEMBER 16, 23, 30; OCTOBER 7, 21, 28; NOVEMBER 18, 25; DECEMBER 2
TIME: 7:15 PM – 8:15 PM
AGES: 15 & UP
COST: \$50.00 RESIDENTS; \$54.00 NON-RESIDENTS
PARENT DISCOUNT: TAKE ½ OFF PARENT TUITION IF YOU HAVE AT LEAST 1 CHILD REGISTERED IN THE YOUTH PROGRAM.
PROGRAM CODE: 120302

VOLLEYBALL CLINIC

This program will include agility, strengthening and skill development for all players' grades 4th & 5th. Groups will be separated by age. Instructor: Michael Theriault

LOCATION: SWIFT MIDDLE SCHOOL, LARGE GYM
DATES: MONDAYS; NOVEMBER 18, 25; DECEMBER 2, 9, 16;
JANUARY 6, 13, 27
TIMES: 6:30 PM – 8:00 PM
GRADES: 4th & 5th
COST: \$40.00
PROGRAM CODE: 231299-01

ADULT HOOPS OPEN GYM BASKETBALL

These gym times are for adults of Residents of Watertown/Oakville only. Must show valid CT driver's license or State CT ID card with Watertown/Oakville address to be admitted each night. Coordinator: George Palomba

LOCATION: SWIFT MIDDLE SCHOOL, GYMNASIUM
DATE: TUESDAYS; OCTOBER 1, 8, 15, 22; NOVEMBER 12, 19,
26; DECEMBER 3, 10, 17
TIME: 7:00 PM – 9:00 PM
AGES: 18+
COST: \$3.00/PER PERSON PER VISIT
(NO PRE-REGISTRATION REQUIRED)

PICKELBALL "PICK UP GAMES"

This six week program will give the advanced and beginner player an opportunity to play pick-up pickleball games against other men and woman in the area. Players can focus on stroke, strategy and conditioning. Instruction and equipment will not be provided. No registration required.

LOCATION: CRESTBROOK PARK TENNIS COURTS
DATES: FRIDAYS; SEPTEMBER 13, 20, 27; OCTOBER 4, 11, 18
TIMES: 6:00 PM – 7:00 PM
COST: FREE

UPCOMING ROAD RACE

Sponsored by the Watertown Parks & Recreation Department

--**Harvest Ramble Run** 5 Mile Road Race, Sunday, December 1, 2019 at 9:00 A.M. at Crestbrook Park, Northfield Road, Watertown

--**Shamrock Shuffle** 3.5 Mile Road Race, Saturday March 14, 2020 at 10 A.M. At Polk School, 437 Buckingham Street in Oakville, CT 06779

INDOOR ICE SKATING

Indoor ice skating at Taft School's Mays Rink, on Guernseytown Road in Watertown. This is open to residents and non-residents of all ages. The cost is \$4.25 per resident, \$5.25 per non-resident, and you pay at the door. There are no reservations accepted, it is on first come first served basis only. Residents need to show proof of residency at the door. You must provide your own skates. Participants, skate at your own risk! At press time the skating schedule at Taft School has not yet been released. We will send information via a flyer through the school system. The season usually runs from November through the end of February.

YOUTH BASKETBALL

YOUTH BASKETBALL REGISTRATION INFORMATION

Location:

Watertown Parks & Recreation, 61 Echo Lake Road, Watertown

Dates & Time:

STARTING SEPTEMBER 6th, MONDAY THROUGH FRIDAY FROM 8:00 AM to 5:00 PM. EACH DIVISION HAS A CUTOFF DATE, PLEASE CHECK THOSE DATES BELOW.

Cost:

BANTAM	\$100.00
IN-TOWN	\$120.00
TRAVEL	\$140.00

"BANTAM" BASKETBALL

This is a beginner basketball program for boys and girls 6 & 7 year olds. Children must be 6 years of age by 1/1/20. This program will introduce young children to the sport of basketball; basic rules and skills, while using lower baskets and smaller size basketballs. The primary goal is for the children to have **FUN!** No scores will be kept.

LOCATION:

WATERTOWN HIGH SCHOOL, GYMNASIUM

TIME:

SATURDAYS (EXACT TIMES TO BE DETERMINED AFTER REGISTRATION NUMBERS ARE COMPILED. YOUR TEAM'S TIME SLOT WILL VARY EVERY WEEK.)

AGES:

6 & 7 YEAR OLDS

DATES:

8-WEEK SCHEDULE STARTING JANUARY 4

BANTAM REGISTRATIONS WILL BE ACCEPTED UNTIL NOVEMBER 29TH

ON A FIRST-COME FIRST SERVED BASIS. AFTER NOVEMBER 29TH, REGISTRATIONS WILL BE SUBJECT TO A \$10.00 LATE FEE AND WILL BE ACCEPTED ONLY IF TEAMS STILL HAVE OPENINGS.
PROGRAM CODE: 220201

IN-TOWN BASKETBALL

Basketball program for boys & girls ages 8 to 13 years old. Children must reach their 8th birthday by 1/1/20 and not have reached their 14th birthday by 12/31/20. If they are 14 years of age and in 8th grade they can play in-town basketball. Any child that attends team selections must be registered in our office by the deadline or they will not be allowed to participate and will not be placed on a team. There will be no registrations accepted at team selections. **All registrations must be submitted directly to the Watertown Parks & Recreation Department.**

IN-TOWN REGISTRATIONS WILL BE ACCEPTED UNTIL **OCTOBER 18th** ON A FIRST-COME FIRST-SERVED BASIS. AFTER **OCTOBER 18th**, REGISTRATIONS WILL BE SUBJECT TO A \$10.00 LATE FEE AND WILL BE ACCEPTED ONLY IF TEAMS STILL HAVE OPENINGS.

BOYS AGES 14 - 17 IN-TOWN BASKETBALL

Basketball program for boys ages 14 - 17 years old. Children must reach their 14th birthday by 1/1/20 and not have reached their 17th birthday by 12/31/20. Any child that attends team selections must be registered in our office by the deadline or they will not be allowed to participate and will not be placed on a team. There will be no registrations accepted at team selections. **All registrations must be submitted directly to the Watertown Parks & Recreation Department.**

IN-TOWN REGISTRATIONS WILL BE ACCEPTED **OCTOBER 18th** ON A FIRST-COME FIRST-SERVED BASIS. AFTER **OCTOBER 18th**, REGISTRATIONS WILL BE SUBJECT TO A \$10.00 LATE FEE AND WILL BE ACCEPTED ONLY IF TEAMS STILL HAVE OPENINGS.

TRAVEL BASKETBALL

This basketball program, is determined by school grade NOT age. There are teams for boys & girls and they are divided into 5th - 6th & 7th - 8th grade teams. Parents are responsible for their child's transportation to and from practices and games. Most away games are held in nearby surrounding towns. **Any child who does not make a travel team will be placed on an in-town team, if they are 14 years of age and in 8th grade they can play in-town basketball.** Any child who attends tryouts must be registered in our office by the deadline or they will not be allowed to participate. **There will be no registrations accepted at tryouts.** All registrations must be submitted directly to the Watertown Parks & Recreation Department.

TRAVEL REGISTRATIONS WILL ONLY BE ACCEPTED UNTIL **OCTOBER 4th**.

AFTER THAT THEY WILL BE PLACED ON AN IN-TOWN TEAM.

BASKETBALL COACHES

Anyone interested in becoming a volunteer coach, please contact the Watertown Parks & Recreation Department at (860)945-5246 by **Friday, September 13th**. Please let us know which division and age group you are interested in coaching. This is for both In-town and Travel Divisions. The Watertown Parks & Recreation Department is required to do a background check on all the volunteer coaches. We will provide the paperwork, which you will have to fill out. There is no charge.

SPONSORS NEEDED FOR YOUTH BASKETBALL

The Watertown Parks & Recreation Department is seeking sponsorship from local businesses or corporations for the upcoming basketball season.

TRAVEL TEAMS - There are four travel teams with two different age levels for both girls and boys, one being 5th and 6th graders with the other consisting 7th and 8th graders. The Parks & Recreation Department will accept a minimum sponsorship of \$250.00. Your company name will be printed on the back of the shirts.

IN-TOWN TEAMS - We are also looking for sponsorship for any of our local In-town basketball teams. There are Beginners Boys and Girls Ages 6 & 7; Girls Ages 8, 9, 10; Girls Ages 11, 12, 13; Boys 8 & 9; Boys 10 & 11; Boys 12 & 13; Boys 14 & 15. The Watertown Parks & Recreation will accept a minimum sponsorship of \$100.00. Your company name will be printed on the back of the shirts.

If you are interested in sponsoring a team or have any questions, feel free to call the Watertown Parks & Recreation Department at (860) 945-5246.

FITNESS & DANCE CLASSES

WE DON'T SWEAT, WE SHINE!

DANCE & TONE

The perfect mix of cardio and strength. Burn calories and tone your entire body. Suitable for all fitness levels. Please bring water and a mat. Instructor: Sarah Devino

LOCATION: SWIFT MIDDLE SCHOOL, ROOM 136
DATES: THURSDAYS; SEPTEMBER 26; OCTOBER 3, 10, 17, 24;
NOVEMBER 14, 21; DECEMBER 5 (NO CLASS OCT 31;
NOV 7)
TIME: 6:30 PM - 7:30 PM
AGES: 16+
COST: \$65.00
PROGRAM CODE: 231216

INTERVAL TRAINING!

Are you short on time and need to get the most bang for your buck with working out? Come join us for this fun, quick, efficient and effective workout! We will warm-up and then alternate cardiovascular exercises with toning exercises for arms, legs and abs and then finish with stretching. This type of workout has been shown to burn the most fat as the body readjusts to the varying exercises. All levels are welcome as you can go at your own pace. High intensity and low intensity options will be demonstrated. Please wear comfortable clothing and sneakers and bring hand held weights (3-5 pounds), a yoga or exercise mat, and water. Instructor: Jill Patterson

LOCATION: JOHN TRUMBULL, GREEN COMMON AREA
DATES: MONDAYS;
SESSION 1: SEPTEMBER 16, 23, 30; OCTOBER 7, 21, 28
SESSION 2: NOVEMBER 4, 18, 25; DECEMBER 2, 9, 16
TIME: 4:45 PM – 5:40 PM
AGES: 16+
COST: \$70.00/PER SESSION
PROGRAM CODE: 131490

ZUMBA

Perfect for everybody and everybody! The perfect combo of fun and fitness makes for an amazing calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba Fitness classes are often called exercise in disguise. Come join the party! Please note, session dates are subject to change due to unexpected inclement weather and/or scheduling conflicts. Instructor: Rita Hubbard any questions

you can call or text her at (203)232-3488.

LOCATION: POLK SCHOOL, CAFETERIA
DATES: MONDAYS & THURSDAYS;
SESSION 1: SEPTEMBER 23, 26, 30; OCTOBER 3, 7, 10, 17, 21, 24,
28; NOVEMBER 4, 11, 14, 18, 21, 25; DECEMBER 2
SESSION 2: DECEMBER 5, 9, 12, 16, 19; JANUARY 2, 6, 9, 13, 16, 23,
27, 30; FEBRUARY 3, 6, 10, 13
TIME: 6:30 PM – 7:30 PM
AGES: 12+
COST: RESIDENTS: \$40.00/PER SESSION
NON-RESIDENTS: \$45.00/PER SESSION
DROP IN COST: \$5.00/PER CLASS
PROGRAM CODE: 333358

GENTLE YOGA FOR HEALTH AND WELL-BEING

In this class you will learn yoga postures to strengthen your muscles, increase your flexibility, balance, and range of motion. You will learn breathing techniques to reduce stress and help you maintain deeper levels of relaxation throughout your day. Wear loose comfortable clothing and bring an exercise/yoga mat or large towel and a small pillow. Instructor: Pat Conti

LOCATION: FALLS AVE CENTER
DATES: TUESDAYS,
SESSION 1: SEPTEMBER 17, 24; OCTOBER 1, 8, 15, 22
SESSION 2: NOVEMBER 5, 12, 19, 26; DECEMBER 3, 10
TIME: 7:00 PM - 8:15 PM
AGES: 15+
COST: RESIDENTS: \$50.00 NON-RESIDENTS: \$60.00
PROGRAM CODE: 120502

T'AI CHI HEALTH & FITNESS

T'ai Chi Chuan is an exercise system that that uses slow smooth body movements to achieve a state of relaxation for both body and mind. As a system of physical exercise used to improve and maintain health, T'ai Chi can be helpful in achieving longevity and quality of life. Each weekly session consists of: Meditation - to quiet the mind, Qigong Warm Ups- to relax and strengthen the body and T'ai Chi forms practice - to improve health. Continued practice improves balance & coordination and strengthens major muscle groups, in addition to increasing flexibility of joints. It has been clinically shown to reduce stress and lower blood pressure, and supports the functions of the immune system. Classes will be facilitated by a Certified Health Preservation Association Instructor: Roger Godin

LOCATION: POLK SCHOOL, CAFTETERIA

DATES: WEDNESDAYS; SEPTEMBER 18, 25; OCTOBER 2, 9, 16, 30; NOVEMBER 6, 20
TIME: 6:30 PM—7:15 PM
AGE: 15+
COST: \$50.00/RESIDENTS \$55.00/NON-RESIDENTS
PROGRAM CODE: 101011

****NEW** BULLY BATTLERS**

Let your child be the hero of their own story!! We will teach a 4 week course on how to deal with bullying. Let us teach your child how to handle situation from verbal to physical attacks. No one wants their child to be bullied! Bring them to us!! Please bring a bottle of water!!

LOCATION: THUNDER MARTIAL ARTS ACADEMY
30 ECHO LAKE RD
DATES: SATURDAYS;
SESSION 1: SEPTEMBER 7, 14, 21, 28
SESSION 2: OCTOBER 5, 12, 19, 26
SESSION 3: NOVEMBER 2, 9, 16, 23
TIME: 12:00 PM – 1:00 PM
AGES: 6 - 13
COST: \$60.00/PER SESSION
PROGRAM CODE: 231212

WOMEN'S SELF DEFENSE

Sadly, today's world is the most unpredictable it has ever been. Unprovoked violence attacks are on the rise. Every 98 seconds a sexual assault occurs. Don't be another statistic. Remember it's not always a stranger attacking you. Keep your teenage girls safe ~ as well as yourself. Sometimes NO is met with an assault. Join our Women's Self Defense Program and tip the odds in your favor. Women ARE powerful! Learn to Fight Like a GIRL!! Please bring a bottle of water with you.

LOCATION: THUNDER MARTIAL ARTS ACADEMY
30 ECHO LAKE RD
DATES: SATURDAYS;
SESSION 1: SEPTEMBER 7, 14, 21, 28
SESSION 2: OCTOBER 5, 12, 19, 26
SESSION 3: NOVEMBER 2, 9, 16, 23
TIME: 1:00 PM – 2:00 PM
AGES: 13+
COST: \$60.00/PER SESSION
PROGRAM CODE: 231203

COUNTRY LINE DANCING

This line dance class will provide the confidence and ease needed on the dance floor as participants will learn some fundamental steps and a variety of line dances – from the “Classics” to the “Fresh new dances. Line dancing is perfect for anyone who wants to dance independently. No partner is required, but feel free to bring along some friends and have lots of fun! You can line dance almost anywhere to many genres of music. Plus, you get exercise without realizing you are actually exercising. Instructor: Joanne Kallipolites

LOCATION: SWIFT MIDDLE SCHOOL, CAFETERIA
DATES: THURSDAYS; SEPTEMBER 26; OCTOBER 3, 10, 17, 24;
NOVEMBER 14, 21
TIME: 7:00 PM – 9:00 PM
AGES: 18+
COST: \$65.00
PROGRAM CODE: 231204

KIDS HIP HOP

High energy and tons of fun. Kids will work up a sweat with kid friendly dance fitness routines. Increases focus and self-confidence, boosts metabolism and enhances coordination. Please bring water. Instructor: Sarah Devino

LOCATION: SWIFT MIDDLE SCHOOL, ROOM 136
DATES: THURSDAYS; SEPTEMBER 26; OCTOBER 3, 10, 17, 24;
NOVEMBER 14, 21; DECEMBER 5 (NO CLASS OCT 31;
NOV 7)
TIME: 6:00 PM - 6:30 PM
AGES: 6 - 11
COST: \$45.00
PROGRAM CODE: 231287

BEGINNING SALSA & MERENGUE FOR ALL!

Enjoy your favorite Latin tunes even more by learning two of the easiest of the Ballroom dances – SALSA & MERENGUE! Just three or four steps over four beats will get you moving to some of the greatest Latin music from around the world and looking like you grew up doing it. It’s a fun way to exercise and socialize. ALL AGES singles or couples welcome and NO previous dance experience or partners are necessary. We’ll develop a complete & easy routine for each dance that will get you attention at your next party! Dance notes and Song lists included.

Instructor: Jim Zaccaria has taught Social Dancing since 1985 and helped found the Philadelphia Swing Dance Society.

LOCATION: FALLS AVE CENTER
DATES: MONDAYS; OCTOBER 14 & 21

TIME: 6:30 PM – 8:30 PM
COST: RESIDENTS: \$40.00 NON-RESIDENTS: \$50.00
PROGRAM CODE: 131202-01

BEGINNING SWING & WALTZ FOR ALL!

Welcome to the most up-tempo of the Ballroom dances (SWING) and the smoothest (WALTZ)! They are dances everyone should know to experience the joy of boogieing to the beat and floating-on-air around the dance floor. You will gain confidence in your social dancing, acquire a new appreciation of music AND experience a fun way to get in shape and meet new people. ALL AGES singles or couples welcome and NO previous dance experience or partners are necessary. Dance notes and Song lists included. *Instructor: Jim Zaccaria has taught Social Dancing since 1985 and helped found the Philadelphia Swing Dance Society.*

LOCATION: FALLS AVE CENTER
DATES: MONDAYS; NOVEMBER 11 & 18
TIME: 6:30 PM – 8:30 PM
COST: RESIDENTS: \$40.00 NON-RESIDENTS: \$50.00
PROGRAM CODE: 131202-02

SPECIAL EVENTS

WATERTOWN FALL FESTIVAL **SATURDAY, SEPTEMBER 14, 2019** **10:00 AM - 5:00 PM**

Join us for a family-friendly day of fun at Veterans' Memorial Park in Watertown for our 41st Annual Watertown Fall Festival! This year's event will be better than ever: we'll have traditional fall activities, raffles, live entertainment, food and beverage and nearly 100 local vendors and businesses including artists, artisans, crafters and non-profits around the Greater Watertown-Oakville area. There are many people from far and wide that come to the Watertown Fall Festival to enjoy the weekend and we hope to see you there too!

WATERTOWN DAY AT QUASSY **SATURDAY, OCTOBER 5TH & SUNDAY, OCTOBER 6TH**

What a better way to say "so long" to the summer of 2019 than an afternoon at historic Quassy Amusement Park. Quassy is offering a day of rides for **ONLY \$5.00/per Watertown/Oakville resident**. You will need a valid license stating that you live in Watertown/Oakville. Anyone bringing a guest from out of town will be charged a \$10.00 fee. This is a way of thanking our local and area communities for helping us celebrate "Many Years of Fun".

An area will be set up for any residents of Watertown/Oakville to come and check in. At the gate a representative of Quassy will stamp that person and any kids that are with that person, provided they are immediate family members living in the same town. Then the group will enjoy all the land rides the rest of the day at the park. There is a **\$7.00 parking charge per car** and if you wish to eat, our restaurant and other stands will be open for business. Quassy Amusement Park, is on Route 64, Middlebury, CT.

HARVEST CRUZE FESTIVAL **MARKETPLACE/FOOD BAZAAR**

Co-Sponsored by the Watertown Lions Club and the
Watertown Parks & Recreation Department

- WHEN:** SUNDAY; SEPTEMBER 29, 2019
10:00 AM – 3:00 PM
- RAIN DATE:** SUNDAY, OCTOBER 6, 2019
- WHERE:** WATERTOWN HIGH SCHOOL PARKING LOT,
324 FRENCH STREET, WATERTOWN, CT
- RULES:** ANY YEAR WELCOME
- GOOD STUFF:** 25 LOCAL VENDORS & FOOD BOOTHS; 23 CLASS
TROPHIES, GIVE AWAYS, RAFFLES, MUSIC, FOOD &
FUN!
- ADMISSION:** SHOW CARS \$10.00 FREE ADMISSION FOR
SPECTATORS

INFO:**1ST 50 CARS GET A FREE T-SHIRT**

Bring a canned good or other donations for the Watertown Food Bank. Proceeds to benefit the Watertown Lions Club Community Service Projects.

TOWN-WIDE TAG SALE (YARD SALE)

Sales will occur in front yards, garages and on sidewalks throughout the town. A uniquely Watertown/Oakville event involving citizens, businesses, churches, civic groups, associations, Town leaders, neighbors and visitors building community and identity. Look for the “original green signs” by Watertown Parks & Recreation. Yard sales are a regular occurrence any weekend throughout the state. Several organizations hold annual fundraising rummage and book sales that have become anticipated events. Town-wide tag sales have long been a tradition in New England and in many Connecticut communities as well. The intent is that while cleaning out in the Fall everyone not toss everything but instead offer an opportunity to turn trash into treasure. All this to help build community through a shared experience and other celebrations one weekend in the Fall.

DATE: SATURDAY; OCTOBER 5
RAINDATE: SUNDAY, OCTOBER 6
TIME: EARLY BIRD: 7:00 AM – 3:00 PM
REGULAR HOURS: 8:00 AM – 3:00 PM
COST: \$25.00/PER HOUSEHOLD

Registrations are due by Friday, September 27th by 12pm. For more information call the Parks & Recreation Department at (860)945-5246 or visit our website: www.watertownctrecreation.com

TOWN-WIDE SCARECROW CONTEST

The Town of Watertown Parks & Recreation Department is presenting the Town-Wide Scarecrow Contest! We would like families, businesses, schools, and organizations to flood the town with scarecrows of your making. We’re sure you’ve seen some before: scarecrows on skis, horseback, bikes, behind a tractor or a lawn mower, sport theme scarecrows, farmers watching TV, even brides and grooms. It’s up to you to decide what you can come up with. It’s so easy to participate:

1. Decorate a Scarecrow
2. Display it outside your home or business
3. If you choose to participate we ask you to register by Wednesday, October 16th by 4pm with Watertown P&R at (860)945-5246 or email your address to godfrey@watertownct.org. We would like to give out a list to those interested in viewing these creative marvels in OUR TOWN. They will be on display until October 31st.

4. Win AWESOME prizes! Contest winners will be announced on Monday, October 28th. They will be notified and prizes will be awarded to the top 3 displays.

****Fan favorite!**** On Monday, October 21st the Parks & Recreation Department will post all pictures of scarecrows on Facebook, fans will have until Friday, October 25th at midnight to vote on their favorite by simply “liking” the picture. We will also have the pictures posted at the Watertown P&R office at 61 Echo Lake Rd, Watertown, CT if you would like to vote in person. Let’s put our talents out there for all to see!!

HALLOWEEN EVENTS

Event 1: Saturday, October 19th (Raindate: October 20th) Join us in **A Trunk or Treat** where we urge everyone to gather and park their vehicles at **John Trumbull Primary School, 779 Buckingham Street, Watertown, CT** from **3pm-4pm**. This event is absolutely free but we do have a few simple rules by which to abide to make the program run safely and smoothly.

- The parking lot will be open starting at **1:45pm** for those who want to decorate their trunks or the backs of their vehicles.
- Absolutely no decorated vehicles will be admitted to the parking lot after **2:30pm**. So, please get there early!
- Everyone will be asked to leave their trunks open as they pass out treats until **4pm**. Please make sure you have enough treats to hand out for the entire hour. Last year this was a huge event so please plan accordingly.
- In the interest of safety no decorated vehicles will be allowed to leave before **4pm**.
- You must have a wristband to participate.
- For admission into this event anyone not decorating their vehicle must donate a large bag of candy per child who wishes to participate in treating.

When it comes to decorating your vehicle there are the obvious choices, like decorating for Halloween, using pumpkins, spider webbing, spiders, brooms, bats, cauldrons, scary stuff... This event provides a safe family environment for trick or treaters. Prizes will be awarded in several categories.

Event 2: Wednesday, October 31st The Watertown Fire Department and the Parks & Recreation Department will be sponsoring their annual celebration of mischief and merriment. Halloween treats, games, and much more will be given out between **6pm-8pm** at **Watertown and Oakville Fire houses**. Volunteers needed to help run games and hand out treats.

SANTA’S LIGHT PARADE & FESTIVAL
Celebrating
SANTA CLAUS IS COMING TO TOWN
FRIDAY, NOVEMBER 29th

We continue to celebrate the arrival of Santa Claus with our annual parade and festival. This event is based upon a 20 year partnership between the Watertown Parks & Recreation and Watertown Fire Departments. Once again, for 2019, Santa's "escort" Parade will be a fully illuminated Light Parade. All participants must incorporate lighting into their parade costume, float, etc. The parade, which will be led by special holiday characters, is open to children, families, school & private music groups, theatre & performance groups, civic organizations and churches. Plan your participation early and start working on your plans now! In continuing with our tradition, Santa Claus will bring up the rear of the parade along with the Big Red Fire Engine.

"Winter Wonderland" is the theme for the parade route (Main Street from the Fire Department to the Gazebo) and so we are requesting that businesses and homes decorate with white lights and turn them on during the event.

When you arrive at the Gazebo, the Festival will continue with lots of fun activities for everyone in the family:

- Dessert and Hot Cocoa courtesy of the Watertown Fire Department
- Tree Lighting
- Family ornaments for the official Town Christmas Tree
- Children's games and entertainment
- Candle Lighting and Carol Singing
- Entertainment
- And of course Santa Claus himself will be present!

There is a lot more being planned and it is not too late to be involved.

Dress warmly.....lots of hot chocolate.....a great family holiday tradition.....join us!

Please email godfrey@watertownct.org if you want to be part of the festivities.

FREE OF CHARGE

LOCATIONS: WATERTOWN FIRE DEPARTMENT
935 MAIN STREET

GAZEBO – CORNER OF ROUTES 6 & 63

DATE: FRIDAY, NOVEMBER 29, 2019

TIME: 4PM- MEET BEHIND THE FIREHOUSE 4:30PM- PARADE STARTS
5PM- SANTA ARRIVES AT THE GAZEBO

THE SPIRIT OF GIVING HOLIDAY MARKETPLACE

The 10th annual The Spirit of Giving: Holiday Marketplace will be held from 10am – 2pm as part of the town-wide Santa's Light Parade and Festival. This Holiday Marketplace has developed a reputation and following because all of our vendors are local artists and artisans and offer their own hand-crafted and unique arts and crafts (no commercial vendors permitted). Applications for vendors are available at the Watertown Parks & Recreation Department. Come out for all your holiday gift shopping! There is something unique for everyone on your list. November 30th is also Small Business Saturday and in celebrating the many great businesses in

Watertown/Oakville, we will work with local merchants, restaurants and businesses to offer great incentives to stay and shop local. Businesses who want to participate may contact Carrie Godfrey at (860)945-5246 or email her at godfrey@watertownct.org if you want to be part of the festivities.

FREE OF CHARGE

LOCATION: SWIFT MIDDLE SCHOOL, GYMNASIUM
DATE: SATURDAY, NOVEMBER 30, 2019
TIME: 10:00 AM – 2:00 PM

“LETS REALLY LIGHT UP WATERTOWN/OAKVILLE” HOUSE/BUSINESS DECORATING CONTEST

It's back by popular demand! Come and participate in our “Light Up Watertown” Holiday decorating contest. This family event is open to all residents and businesses in Watertown/Oakville. The participation fee is \$20 for both residents and businesses. There will be a variety of categories such as best overall, most creative, most animated, most traditional and best business. All winners will receive wonderful prizes donated by local merchants. Help make our wonderful community an even better place to live and visit by decorating your property as creatively and festively as desired. Enter as early as the last week of October, so you don't forget to sign up. All entries must be in by December 6, 2019. All displays must be ready for judging December 13, 2019. Just in time for Christmas, all proceeds will be used to help out needy families in Watertown that wouldn't have a Christmas like it should be. Please call the Watertown Parks & Recreation Department at 860-945-5246 for more information.

COOKIES AND MILK WITH SANTA

DATE: SATURDAY, DECEMBER 7TH 1:00 PM – 3:00 PM
SNOWDATE: SUNDAY, DECMEBER 8TH

Come have Milk & Cookies with Santa! The Watertown Parks & Recreation Department & Water-Oak Community Women's Club formerly the Watertown Junior Women's Club sponsor this program. Come enjoy cookies & milk (or other beverage) with Santa from 1pm-3pm at John Trumbull Primary School. Also featuring raffles, Santa's adventure face painting and have fun with “Make-and-Take” projects. Look out for a flyer that will be sent through the schools.

NORTH POLE CALLING

Sponsored by the Watertown Parks & Recreation Department and The Watertown Recreation Commission. Children in Pre-K and Kindergarten can receive a call from Santa. Even with Santa's busy schedule, he will find time to call you directly from the North Pole. A special notice will be coming through the schools to help Santa schedule his call. For more information call The Watertown Parks & Recreation Office at (860)945-5246.

WATERTOWN BANNER ADVERTISING

The Watertown Parks & Recreation Department and Watertown Board of Education present Watertown Banner Advertising. It is our pleasure to provide you an advertising opportunity. Have your business proudly displayed on a beautiful 4' X 8' vinyl banner at your choice of locations: Deland Field, Echo Lake Road, or Mills Complex located at Watertown High School. If you have any questions please contact the Watertown Parks & Recreation Department at (860)945-5246 or Board of Education at (860)945-4807. Sign-Up today! We will be taking them on a first come, first served basis!

UPCOMING TRIPS

Passion to Travel??? Escape with us!!!

The Parks & Recreation Department offers an array of bus trips in the winter, spring, summer and fall to many destinations throughout greater New England and beyond. All trips require payment in full at the time of registration. A complete name and address is required for all registrants. Registrations may be made in person or by mail at the Parks and Recreation office located at the Old Heminway Park School, 61 Echo Lake Road, Watertown, CT 06795. Checks are to be made payable to THE WATERTOWN PARKS & RECREATION. The Parks and Recreation Department will issue NO REFUNDS unless a trip is cancelled. If you have an emergency situation and cannot attend please call the Parks & Recreation Department as soon as possible. All bus trips depart from and return to the Old Heminway Park School, 61 Echo Lake Road, Watertown, CT 06795. Seating on the motorcoach is not assigned, but is first come, first seated. Smoking is prohibited on the motorcoaches. No alcoholic beverages are allowed on the motorcoaches.

Note: In order for trips to be able to run they may be shared with other groups requiring one or more pick-ups enroute to the destination.

For further information, contact the Parks and Recreation Department at (860)945-5246 or check our website watertownctrecreation.com.

Wednesday, September 18, 2019; Big E World Tour

CONNECTICUT DAY!! Guests enjoy free entertainment, major exhibits, the Big E Super Circus, the Avenue of States, Storowtown Village, animals, rides, shopping, & foods from all around the world!

Depart: 9:00 am

Leave Big E: 6:15 pm

Estimated Return: 8:30 pm

Cost: \$40.00/Includes bus and fair admission

Program Code: 331114

Saturday, October 5, 2019; Covered Bridges of New Hampshire

Lunch will be at the **Fitzwilliam Inn** in Fitzwilliam, NH located near Mt Monadnock. The inn has been an anchor in the community for over 200 years. The present innkeepers are pleased to welcome you for a lovely sit down luncheon. Menu: Salad, Choice of Chicken Piccata OR Maple Salmon, Vegetable, Potato, Dessert & Beverage. Entrée Choice in Advance: **Covered Bridges** (or “Kissing Bridges”) are practically a trademark of New England life. They can reflect the town that they reside in, the artist or architect that designed them or the period in which they were built. Grab your camera and come explore several of them with us on a **Guided Driving Tour of Covered Bridges** in Southern New Hampshire with our local guide. We complete our day with a stop at Kringle Candle in Bernadston, MA a beautiful flagship store with

over 100 white candle fragrances. Be sure to stop at their Christmas Barn & Chocolate Cottage.

Depart: 8:00 am

Estimated Return: 7:30 pm

Cost: \$102.00/pp

Program Code: 333430

Saturday, November 9, 2019; A Taste of Italian in New York

New Itinerary for 2019 includes lunch at Carmine's Restaurant! Here's a chance to visit 3 New York Food 'Hot Spots'... all in one fun day! Stop at 3 locations to eat, shop & bring home your Italian food favorites! ZABAR'S UPPER WEST SIDE: Gourmet Market with cheeses, breads, meats, smoked fish, cooking gadgets, coffees, teas, and New York bagels plus lots of international foods. CARMINE'S UPPER WEST SIDE: Sit and indulge in an Italian lunch served family-style at this famous restaurant - be amazed by the enormous portions! ARTHUR AVENUE in the BRONX: Some consider this the real Little Italy of New York for bread, pasta, sausage, and pastries. Arthur Avenue Retail Market is a covered Italian market bringing together under one roof all the Italian food specialties you could want. Bring a cooler!

Depart: 8:00 am

Estimated Return: 7:30 pm

Cost: \$103.00/pp

Program Code: 333392

Sunday, December 15, 2019; Christmas in Newport

Come visit two of the most magnificent mansions - the Marble House and Breakers. Sunday Brunch at the Atlantic Resort. The Glitter of Gold – The Sparkle of Silver. The Breakers is the grandest of Newport's 'cottages' and is the sumptuous mansion of Commodore Cornelius Vanderbilt. Upon arrival everyone receives an audio guide so you can walk through at your leisure listening to the story of the mansion. Enjoy magnificently decorated rooms, poinsettias, charming ornaments, trees and wreaths.... Enjoy a delightful Sunday Brunch at the Atlantic Resort, a beautiful new hotel on the water in Middletown, RI. Sample menu: Salads, Omelet & Carving Stations, Selection of Hot & Cold Entrees, Breakfast & Lunch items, Pastries & Beverage. Marble House is the magnificent mansion of William Vanderbilt and is inspired by Versailles. Exquisite marble Corinthian columns with holiday decorations fill the mansion with beauty. Audio guide is included so enjoy an exceptional tour as you explore the mansion.

Depart: 7:30 am

Estimated Return: 7:15 pm

Cost: \$107.00/pp

Program Code: 131320

DID YOU KNOW?

INSTRUCTORS WE WANT YOU: The Watertown Parks & Recreation Department is looking for qualified and innovative instructors to do preschool, youth and adult programs. If you have a unique talent or skill or idea for a class, please contact, Carrie Godfrey at (860)945-5246.

FREQUENTLY REQUESTED NUMBERS: WaterOak Little League (860)274-0746; GROWS Softball (860)483-6402; WAYS Soccer (www.watertownyouthsoccer.net); Watertown Lacrosse (www.watertownlacrosse.com); WOAC (203)768-6709; Pop Warner Football & Pop Warner Cheerleading (203)560-7870.

PARK FIELD/PAVILION PERMITS: May be obtained by contacting the Watertown Parks & Recreation Department in the Municipal Offices at Heminway Park, 61 Echo Lake Road, Watertown, CT. Applications for permits of Watertown/Oakville will be available January 1st. All pavilion permits will be issued on a first-come-first-served basis.

THE STARS & STRIPES CAMPAIGN: Help us continue to display our American Flags on Major Town Roads. It is the goal of the Parks & Recreation Department to spread the patriotism along major Watertown thoroughfares. Any donation is greatly appreciated. You may consider making a donation, which will assist in the purchase an appliquéd 36" X 60" Flag, pole and mounting bracket; and the maintaining involved such as dry cleaning, seamstress repairs, replacement of parts and equipment.

PUBLIC TENNIS COURTS: Crestbrook Park, Northfield Rd, Watertown. There are four tennis courts available to the residents of Watertown/Oakville. For reserved court time (1 ½ hours) contact the Parks & Recreation Department, fee is \$1.00.

GIVE THE GIFT THAT GIVES BACK: Does the act of giving leave you cold? Have gifts previously given been a little noticed, unused, or unappreciated? The Watertown Parks & Recreation Department invites you to try again, or possibly have a first-time experience. Give a gift that satisfies both you, the giver, and all those who will benefit from your generosity.

Please make checks payable:
The Town of Watertown Parks Development Fund
For The Watertown Emergency Food Bank:
Watertown Emergency Food Bank.

Falls Avenue Community Center & Senior Services

311 Falls Avenue, Oakville

(860)945-5250

Open Monday through Friday 8:30 a.m. to 4:30 p.m.

The Falls Avenue Community Center & Senior Services offers quality programs and recreational activities for adults 55 years of age and older.

In 2017, the Falls Avenue Community Center & Senior Services was awarded Focal Point designation and status from the Western Connecticut Area on Aging. The Falls Avenue Community Center & Senior Services joins the more than 60 percent of American's senior centers that are designed Focal Points for delivery of Older American Act (OAA) services allowing older adults to access multiple services in one place.

Our weekly programs include Wii Bowling, Pokeno, Bingo, exercise, chair yoga, Zumba Gold, line dancing, chair aerobics, Scrabble, knitting, cards and billiards. Throughout the month we offer special activities such as dances, vocalists, musicians, guest speakers, crafts and educational and wellness programs. Energy Assistance applications are taken at the center from September to April by appointment only.

Our monthly newsletter, available at the center, the Parks & Recreation Department and on the Town of Watertown Website, lists all programs and activities.

Lunch is served Monday, Tuesday and Thursday at 11:30 a.m. Reservations are required to be made two working days in advance by 10:00 am. The suggested donation is \$3.00.

The senior bus (for residents 60 years of age or better or under 60 with a disability) runs Monday through Friday between the hours of 9:00 am and 3:30 pm. Riders may purchase bus tickets from the bus driver. The suggested donation is 50 cents per one-way ride or \$5.00 for a book of 20 one-way rides. Call for reservations the morning before you need a ride. Reservations are taken between 8:30 am and 12:30 pm Monday through Thursday and between 8:30 am and 11:30 am on Friday. Call the center for a bus application, a copy of the bus policies or to ask any questions about bus availability and destinations.

For more information, please visit us or call 860-945-5250.