

REGISTRATION PROCEDURE

Nathanael B. Greene Community Center
32 Church Street
Guilford, CT 06437
Phone: (203) 453-8068
Fax: (203) 453-8456
guilfordparkrec.com

Office Hours: Monday through Friday
8:30 a.m.-4:30 p.m.

Weather Line: (203) 453-8134 ext. 301

ONLINE REGISTRATION POLICY

If you have not received a username and password from the Guilford Parks and Recreation Department, please call 453-8068 during office hours (Monday through Friday, 8:30-4:30 p.m.).

Starting Wednesday, April 22nd at 6:00 a.m. you can register for programs ONLINE.

Begin by going to www.guilfordparkrec.com and click on ONLINE REGISTRATION. This will take you to our SECURE ONLINE REGISTRATION website where all the help you need is available. Discover, Master Card and Visa are the only credit cards accepted. Your registration payment will be processed through our fully secure website. Guilford Parks and Recreation Department does not have access to your credit card number and we do not share any information. If you do not have access to a computer, there will be two (2) available for your use at the Community Center or at the library where free internet access is available. Online registrations process immediately.

MAIL IN OR WALK IN REGISTRATION POLICY

Mail-in registrations will be starting Wednesday, May 13, 2009 for Summer Programs. Please use registration form (located in brochure or www.guilfordparkrec.com), with payment attached. Envelopes will be dated and numbered as they are received in the office and will be processed accordingly. **Envelopes cannot be postmarked before Tuesday, May 12th. Envelopes postmarked and/or received before Wednesday, May 13th will be processed at random on May 18th.** We cannot be responsible for postal delays. NOTIFICATION will only be made if there is a problem. Otherwise, assume you have been enrolled as requested. If a receipt is required, please enclose a stamped, self-addressed envelope. Please be sure to use the proper program number (This could make the difference in getting into a program.).

NON-RESIDENT REGISTRATION POLICY

Non-resident registration will begin on Wednesday, May 20, 2009. You will have the option of any of the above methods of registration.

MESSAGE FROM THE DIRECTOR

We are all aware that many families may need to vacation at home this summer. With this in mind, the Parks and Recreation Department has created exciting special events, and we have not raised the fee on most of our summer programs. There are over 150 classes to choose from.

Our very popular Camp Menunkatuck, Adventurers, Pre-School Camp, and various sports camps will provide structured, supervised fun, skills and adventure for hundreds of Guilford children. Swim lessons are offered at beautiful Lake Quonnipaug with well trained staff.

New programs include Adult Learn to Row, Yoga on the Beach, Intermediate Tennis League for ages 55+, and a new Great Outdoors Camp at Bittner Park.

We also provide many free special events like the Summer Sizzler and Battle of the Bands at Jacobs Beach, the Community Picnic on the Green, the fireworks display at the Fairgrounds, five concerts on the Town Green, and several beach events.

Individuals and families can have a relaxed day at the beach, watch a ballgame in a park, go kayaking or windsurfing at Lake Quonnipaug or Long Island Sound or hike many miles on trails.

Our Parks maintenance crew will keep the athletic fields safe and well maintained, the beaches groomed, and the Town Green beautiful.

We endeavor to provide fun, safe, and affordable recreational opportunities for you and your family at home this summer. We wish you an enjoyable season.

Sincerely,

Rick Maynard

Parks and Recreation Director

PROGRAM INFORMATION

NEW TO TOWN: The Guilford Parks and Recreation Department invites you to come in and find out what we have to offer. We have programs, classes, trips, and facilities for all ages. Give us a call at 203-453-8068. We will be happy to make an appointment to show you around and explain any program of interest to you! We look forward to meeting you!

PAYMENT: Payment must be made in full at the time of registration. There is a \$30 charge for all checks returned by the bank. Programs are not pro-rated. Donations received will go to the Florence Chittenden Scholarship Fund (Program # 24500 A1) to help a child attend a Parks and Recreation program. Non-Residents must add an additional \$10 per participant per program.

CANCELLATION POLICY: The Recreation Department reserves the right to set a minimum and maximum for each program and to cancel any program due to low enrollment or weather conditions. One week prior to a program start date a decision will be made to cancel or run the program.

WE AIM TO PLEASE: We strive to enhance the quality of life for all residents with high quality recreation programs, special events and well maintained parks, beaches, athletic fields and facilities. We do our best to satisfy. If you are not satisfied, please let us know how we can improve.

INCLEMENT WEATHER: Program cancellations are announced on the weather line. If school is canceled due to inclement weather, day programs are cancelled. After school and evening program cancellations will be announced on the weather line (see number above).

If school is delayed, recreation programs begin as scheduled. Weather updates can also be found Mon-Fri at www.guilfordparkrec.com.

PARTICIPATION: Participants may only attend the day and time of the program for which they are registered. Only persons registered in a program may participate in that program. Sorry, but visitor/family will not be allowed in classroom unless invited by the instructor.

PROGRAM AGE: Instructor designs and develops class which is age appropriate, therefore, participant must meet that age requirement.

MAKEUP CLASSES: Every effort will be made to makeup any cancelled class date. However, due to extenuating circumstances, this is not always possible. We apologize for any inconvenience. No refunds will be given.

REFUND POLICY:

Since programs are self-supporting and commitments need to be made to instructors and staff, the following is the department's refund policy. Please read carefully before registering for a program.

- A full refund will automatically be given for any program cancelled by the Department.
- Full refunds, minus a \$10 processing fee, will be given when requested in writing up to one week prior to the start of a program.
- Once the decision has been made to run a particular program, no refund will be given, unless a substitute can be found by this department, minus a \$10 processing fee, or there is a medical emergency and a doctor's note must be provided.
- No refunds will be given for any used portion of a program.

NO SMOKING POLICY: In support of providing positive adult role modeling behavior for our children, the Guilford Parks and Recreation Department has adopted a policy that bans smoking in parks and recreation facilities.

INCLUSION POLICY: The Recreation Department intends to comply with the A.D.A. regulations. Participation in many of our non-adaptive programs is possible for those with special needs. Our programs and services are designed to be consistent with the principles of inclusion, natural supports, normalization, and least restrictive environments. We do request advance notice, however, to ensure that any needed personalized accommodations will be met.

SCHOLARSHIP: Scholarships are available for all programs based on eligibility, please inquire.

OOPS!: The department apologizes in advance for any mistake you may find in this brochure. Due to the continuous program information updates, rescheduling issues, as well as other circumstances, some information is subject to change or errors may occur. Thank you in advance for your cooperation and understanding in this matter.

NOTE: All costs associated with the printing and mailing of this brochure are covered by program fees.

PRESCHOOL PROGRAMS

SUMMER FUN (AGES 2-5)

When/Day	Age 2	Aug. 25 - Sept. 8	Tuesday	36107 A1
Program #:	Age 3	Aug. 26 - Sept. 9	Wednesday	36107 A2
	Ages 4-5	Aug. 27 - Sept. 10	Thursday	36107 A3
Time:	9:30 - 12:00 p.m.			
Where:	Community Center			
Instructor:	Gerri Parent			
Fee:	\$60			

Drop your young ones off while you get the older ones ready for school. Your little one will be busy playing, painting and building. Bring a change of clothes, snack and juice. Please label all belongings.

Minimum	6	Maximum	8
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SEASIDE SCIENCE AND CRAFTS (AGE 4-5)

Day:	Tuesday and Thursday
When:	September 1, 3, 8, 10
Time:	10:00-10:45 a.m.
Where:	Jacobs Beach
Instructor:	Kathy Giroux
Program #:	36202 A1
Fee:	\$45

Now that the older brothers and sisters are back in school, bring the little ones down to the shore for one last blast of summer learning fun. We'll do seashore studies, experiments and some nature crafts seaside, while enjoying the natural beauty of our own nature's classroom, Jacob's Beach and Long Island Sound. This is a great opportunity to practice for preschool.

We'll meet each day at Jacob's Beach Pavilion, weather permitting.

Minimum	6	Maximum	8
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PRESCHOOL/YOUTH PROGRAM

SPORTS R FUN (AGE 4-6)

Day: Friday
 When: June 26-July 31 36104 A1
 August 7-September 4 36104 A2
 No Class Date: July 3
 Time: 5:30-6:30 p.m.
 Where: Community Center
 Instructor: Recreation Staff
 Fee: \$45



The program is an introduction to baseball, soccer and floor hockey. Children will learn basic skills through games and activities.

Minimum 10 Maximum 16

BEGINNER / INTERMEDIATE IRISH STEP DANCE (AGE 7-16)

Day: Thursday
 When: July 2-August 13
 Time/Program #: 3:00-4:00 p.m. (Beginner) 36105 A1
 4:00-5:00 p.m. (Intermediate) 36105 A2
 Where: Community Center
 Instructor: Kathy Carew
 Program #: 36105 A1
 Fee: \$80

Beginner: Participants will learn both step and group dance with a traditional style passed down through many generations. All dancers will start with the Irish jig.

Advanced: Dancers will begin to work on steps with an emphasis on more intricate movements.

Minimum 6 Maximum 16

SIBSHOPS (AGE 7-12)

Day: Thursday
 When: June 4-June 18
 Time: 4:30-6:00 p.m.
 Where: Community Center
 Instructor: Marian Roy, Kidsteps Family and Children's Center and Recreation Staff
 Program #: 36210 A1
 Fee: \$40

Sibshops are a celebration of the many contributions made by brothers and sisters. A Sibshop is an activity based support workshop for brothers and sisters of people with unique concerns and special health issues or disabilities. Children will have an opportunity to talk with peers, become involved in many fun activities, including games, crafts and cooking. Dinner is included, prepared by participants.

Minimum 6 Maximum 10

PEE WEE TENNIS (AGE 4-6)

Day: Monday or Wednesday
 When: July 6-August 3 (Mon)
 July 8-August 5 (Wed)
 Time: 4:00-4:45 p.m.
 Where: Adams Tennis Courts
 Instructor: Recreation Staff
 Program #: 36101 A1 (Mon) 36101 B1 (Wed)
 Fee: \$55

Introduction to the game of tennis. The basic program will introduce tennis through games and fun. Each participant receives a racquet.

Minimum 6 Maximum 8

RETURNING PEE WEE TENNIS (AGE 4-6)

Day: Monday or Wednesday
 When: July 6-August 3 (Mon)
 July 8-August 5 (Wed)
 Time: 5:00-5:45 p.m.
 Where: Adams Tennis Court
 Instructor: Recreation Staff
 Program #: 36102 A1 (Mon) 36102 B1 (Wed)
 Fee: \$45

The program will be a more advanced version of the Pee Wee Tennis class. New games and lots more fun. Each participant must have their own racquet and prior tennis experience and/or having participated in our Pee Wee class.

Minimum 6 Maximum 8

GYMNASTICS CAMPS

Day: Tuesday or Thursday
 When: June 30 - July 23
 Time: Age 2-3 9:00-10:00 a.m. (Tumbling Tots)
 Age 4-5 10:00-11:00 a.m. (Gymbugs)
 Age 6-7 11:00-12:00 p.m. (Kindergym)
 Age 7+ 12:00-1:00 p.m. Level 1- Level 3
 Where: Community Center
 Instructor: Florence Chittenden, Director
 Program #: 36004 (Age 2-3) Tumbling Tots
 36005 (Age 4-5) Gymbugs
 36006 (Age 6-7) Kindergym
 36007 (Level 1 - Level 3)
 Fee: \$45

Tumbling Tots with Parent - Semi-structured class with focus on exploration into climbing, balancing, jumping.

Gymbugs and Kindergym - Based on a structured design to understand the basics of gymnastics in a recreational setting.

Level 1-3 - Extension of gymnastics performance and movement.

YOUTH PROGRAMS

JUNIOR TAE KWON DO

Day: Monday and Wednesday
 When: June 15 - September 9
 No Class Date: July 15, September 7
 Time/ Program #: 3:30-4:15 p.m. (White Belt Age 4-6) 36206 A1
 4:15-5:00 p.m. (White Belt Age 7-10) 36206 A2
 5:00-6:00 p.m. (Yellow Belt & up to age 11) 36206 A3
 Where: Community Center
 Instructor: John Cuddy
 Fee: \$80

Our 5th degree black belt instructor with extensive teaching experience will introduce techniques and strategies of tae kwon do and karate, aikido, kung fu and other martial arts. This multi-faceted program will also introduce kick boxing and self-defense.

Minimum 10 Maximum 30

TAE KWON DO - WHITE & BLUE BELT (AGE 11-ADULT)

Day: Monday and Wednesday
 When: June 22-August 26
 No Class Date: July 15
 Time: 6:00-7:30 p.m. (White to Blue Belt) 36205 A1
 6:00-8:00 p.m. (Black and Red Belt) 36205 A2
 Where: Community Center
 Instructor: John Cuddy
 Fee: \$100

Our 5th degree black belt instructor with extensive teaching experience will introduce techniques and strategies of tae kwon do and karate, aikido, kung fu and other martial arts. This multi-faceted program will also introduce kickboxing and self-defense. If under 11, permission is needed from the instructor.

Minimum 10 Maximum 30

NEIGHBORHOOD MUSIC SCHOOL - SUMMER

<u>Class/Age</u>	<u>Tuesday</u>	<u>Instructor</u>
Teddy Bear Rhythms(Birth-18mo)	9:30-10:15 (6/23-7/28)	Gail Etter
Teddy Bear Rhythms(12-48mo)	10:30-11:15	Gail Etter

	<u>Wednesday</u>	
Tiny Dancers II (12-20mo)	9:30-10:10 (6/24-7/29)	Pam Welch
Tiny Dancers III (20-30mo)	10:15-10:55	Pam Welch
Rhythmic Movement w/parent(2.5-3.5)	11:00-11:40	Pam Welch
Rhythmic Movement w/o parent(3.5-4.5)	11:45-12:25	Pam Welch

<u>Dance Classes</u>	<u>Wednesday</u>	
Jazz 1-2 (ages7-10)	12:45-1:45 (6/24-7/29)	Victoria Streeto
Hip Hop 1-2 (Ages 7-10)	1:50-2:50	Victoria Streeto
Creative Dance (Ages 4-5)	3:20-4:00	Gerry Parent

Teddy Bear Rhythms Fee: \$110 First Child; \$55 Sibling
 (Includes seasonal CD and songbook)

<u>All other class fees:</u>	<u>Resident</u>	<u>Non-Resident</u>
40 minute class	\$110	\$125
60 minute class	\$115	\$130

Class descriptions and NMS registration forms are available at www.nmsmusicschool.org. For questions about classes, contact: Pam Welch at (203)624-5189 X18 or Laura Richling (Dance) at (203)624-5189 X49.

JUNIOR GOLF (AGE 7-15)

Date/Time/ Program #: Mon-Thurs (6/22-6/25) 4:00-5:00pm 36204 A1
 Tues-Fri (6/30-7/3) 1:00-2:00pm 36204 A2
 Mon-Thurs (8/3-8/6) 3:00-4:00pm 36204 A3
 Where: Kleins Driving Range, 391 Durham Rd. Madison
 Instructor: Jon Wilson
 Fee: \$120

This program will introduce your child to all aspects of the game of golf. Fundamentals of full swing, chipping, pitching, putting and sand shots will be covered. Rules and etiquette will also be discussed. Additionally, your child will be offered opportunities to participate in future (advanced) Junior Golf Programs conducted by Jon Wilson. Equipment and balls will be furnished. However if your child has their own clubs please bring them.

See page 15 for parent/child golf lessons. See page 12 for NEW youth golf camp!

Minimum 5 Maximum 10

SUMMER STRING ORCHESTRA

Day: Monday-Friday
 When: July 27-July 31
 Time: 9:00 a.m.- 12:00 p.m.
 Where: To Be Determined
 Instructor: Susannah Bryan
 Program #: 36203 A1
 Fee: \$125

This one week program offers a string orchestra and small chamber music experience for violin, viola, cello and string bass students. Participants must have completed a minimum of one year of instrumental study in public schools or private instruction. An advanced chamber group will be offered to high school students, so please indicate instrument and years of experience on your registration form. Students should bring a healthy snack and water with them each day.

Minimum 10 Maximum 40

PERFORMING ARTS CAMP (AGE 5-16)

Day: Monday-Friday
 When: July 20-July 24
 Time: 9:00 a.m.-2:30 p.m.
 Where: To Be Determined
 Instructor: Performing Arts
 Program #: 36208 A1
 Fee: \$195

Performing Arts Camp is for the young drama, dance and singing enthusiasts. This camp is designed to help each child come out of their shell, gain confidence and express themselves in a creative and nurturing environment. They will participate in exciting Acting and Dance classes, which will culminate in an end of the week performance for family and friends on Friday!

Minimum 15 Maximum 50

SKATE PARK/TEEN

BITTNER PARK SKATE PARK

**Please note that Bittner Skate Park is NOT supervised by Recreation Staff unless a program is in session.

Season: April-November

Rules & Regulations

All patrons assume all risk of injury and shall hold the Town of Guilford, Department of Parks & Recreation harmless. Further, all patrons agree to abide by the following:

- No skating alone.
- Helmets, knee and elbow pads, and wrist guards must be worn at all times while skating or biking.
- No skating if ramps are wet.
- Skating only in skatepark area.
- Only one person per skateboard/bike.
- Maintain control at all times; skate only within ability.
- Skate or bike with flow.
- Be courteous and respectful of other patrons and skaters.
- No unauthorized pieces of equipment, obstacles, or apparatus may be brought into the skate area.
- No destroying or defacing property of any type.
- No smoking, alcohol, drug use, or weapons in the park.
- No food, gum or chewing tobacco in skating area.
- No littering. Keep the park clean. Place trash in appropriate trash containers.
- No pets in skatepark area.
- All organized events must have written approval from the Parks and Recreation Department.

Violations may result in loss of skate privileges.



LITTLE TYKES ON BLADES & BIKES (AGE 3-6)

Day: Wednesday
When: July 1 - July 29
Time: 9:15-10:00 am
Where: Bittner Skate Park
Instructor: Recreation Staff
Program #: 36002 A1
Fee: \$30

We have reserved this time for children in this age group and their parents to enjoy the skate park. Bring bike, trike or roller blades. Helmets required. Skate waiver required.

Minimum 6 Maximum 8

RAMPS PROGRAM (AGE 5 AND UP)

Day: Saturday
When: June 27 - July 25
Time/Program #: 10:00-10:45 a.m. 36201 A1
11:00 - 11:45 a.m. 36201 A2
Where: Bittner Skate Park
Instructor: Recreation Staff
Fee: \$40

This beginner skateboarding class will teach the fundamentals, basic maneuvers and ramp use. Helmets are required.

Minimum 3 Maximum 6

SUPERVISED SKATE

Day: Saturday
When: June 27 - July 25
Time/Program #: 12:00-5:00 p.m. 36213 A1
Where: Bittner Skate Park
Instructor: Recreation Staff
Fee: \$50

This beginner skateboarding class will teach the fundamentals, basic maneuvers and ramp use. Helmets are required.

Minimum 3 Maximum 6

SUMMER SIZZLER HIGH SCHOOL BATTLE OF THE BANDS

Day: Saturday
When: June 6
Time: 8:00 p.m.
Where: Jacob's Beach

Call the Recreation Office if you are interested in having your band perform at the event. Best band will have the opportunity to play at the Fireworks special event as the entertainment!!!

SWIM LESSONS AT LAKE QUONNIPAUG

Times	Dates July 6 - July 16	Dates July 20 - July 30	Dates August 3 - August 13
9:30 a.m.-10:05 a.m.	Level 1 #33203 A1	Level 2 #33204 B1	Level 3 #33205 C1
10:05 a.m.-10:30 a.m.	Preschool (Age 2-3) #33202 A1	Preschool (Age 4-5) #33202 B2	Preschool (Age 2-3) #33202 C1
10:30 a.m.-10:55 a.m.	Preschool (Age 4-5) #33202 A2	Preschool (Age 2-3) #33202 B1	Preschool (Age 4-5) #33202 C2
10:55 a.m.-11:30 a.m.	Level 2 #33204 A1	Level 1 33203 B1	Level 4 #33206 C1
11:30 a.m.-12:05 p.m.	Level 3 #33205 A1	Level 4 #33206 B2	Level 1 #33203 C1
12:05 p.m.-12:40 p.m.	Level 4 #33206 A1	Level 5/6 #33207 B1	Level 3 #33205 C2
12:40 p.m.-1:15 p.m.	Level 1 #33203 A2	Level 3 #33205 B1	Level 2 #33204 C1
5:30 p.m.-6:05 p.m.	Level 1 #33203 A3	No program	Level 3 #33205 C3
6:05 p.m.-6:40 p.m.	Level 2 #33204 A2	No program	Level 4 #33206 C2
6:40 p.m.-7:15 p.m.	Level 5/6 #33207 A2	No program	Level 5&6 #33207 C2

SWIM LESSONS PROGRAM DESCRIPTION: FEE: \$50

Preschool (Age 2-3): Parent **MUST** go in water with child (No exceptions!). A parent and child class that is designed to familiarize children with the water. In this class, children will learn the basics of swimming and become comfortable in the water. Instructors will play games with the children and instruct parents how to help their child swim.

Preschool (Age 4-5): This class is done without the help of parents and helps children become even more comfortable with the water with the help of swim instructors. During this beginner class, the child will learn the fundamentals of swimming on their stomach and back as well as floating and fully submerging their heads.

Level 1 Water Exploration (Ages 5-7): This class helps children start to swim for longer distances, all with the help of our instructors. Level 1 is designed to help the swimmers learn the different swimming strokes. The children will learn how to float and tread as well as go completely under the water.

Level 2 Primary Skills (Ages 6-8): This class is for swimmers that can swim alone or are almost able to swim by themselves. The swimmer should need minimal help and should be able to float on their fronts and backs by themselves. In this class, they will also learn floating and treading techniques. This class is designed to help with independence in the water.

Level 3 Stroke Readiness (Ages 8-10): The swimmers in this class must be able to independently swim 15 yards of the swimming area. They will learn to swim freestyle, backstroke, elementary backstroke and have introductions into breaststroke, butterfly and sidestroke. Participants should be able to float by themselves and instructors will also help them learn to tread by themselves. The swimmers will be in the deeper water learning how to dive.

Level 4 Stroke Development (Ages 8-11): This class is done entirely in the deep lap lane. Students must be comfortable in deep water and should know freestyle, backstroke, elementary backstroke and some of butterfly, breaststroke and sidestroke. This class helps refine the swimmers strokes and helps them improve on their technique by working on different exercises. Also, this class works on treading and practices diving.

Level 5 Stroke Refinement/Level 6 Skill Proficiency (Ages 11 and up): Done entirely in the lap lane, this is a combined class where the student knows all of the strokes and is comfortable in deep water. During this class, the student will refine their skills and work on endurance by swimming long distances. In the class, we will work on different exercises to help the swimmer swim with proficiency and smoothness. By the end of the class, the swimmer will have learned and practiced all of the strokes, treaded for 2 minutes and practiced a standing dive.

Swim Lessons Schedule

1st week schedule meets Monday-Friday, 2nd week scheduled Monday-Thursday. In the event of rain, classes meet under the pavilion for water safety instruction. In the event of a cancellation, class will be made up on the 2nd Friday. Swim evaluations will be given at the end of each session.

CAMP MENUNKATUCK

CAMP MENUNKATUCK	Dates and Fee	1st Child	Each Additional Child
SESSION 1	June 29-July 2 No Program July 3	\$100	\$95
SESSION 2	July 6 - July 17	\$210	\$190
SESSION 3	July 20 - July 31	\$210	\$190
SESSION 4	August 3 - August 14	\$210	\$190

Summer Day Camp is located at Jacobs Beach on Seaside Avenue. The hours for regular camp will be Monday through Friday from 8 a.m.-3 p.m. Extended camp hours are available for an additional fee and numbers will be limited. Rain site will be at Baldwin Middle School or the Community Center. Must register by the THURSDAY before session begins, if space is still available. Camp can fill, therefore, we highly recommend registering early. Payment in full is required at the time of registration. NOTE: There is a \$25 cancellation fee per session per participant.

TRIPS: Session 1: Nomad's Adventure Quest Cost: \$40 Program #: 34108A1 Session 2: CoCo Key Cost: \$40 Program #: 34108A2
Session 3: CT Rock Gym Cost: \$40 Program#: 34108A3 Session 4: Active Wildlife Cost: \$40 Program #: 34108A4

CAMP MENUNKATUCK Grades 1-6 (Program #34101):

Camp consists of a structured day where the individual groups will have a schedule to follow with activities to include archery, arts & crafts, sports, nature, creative games and canoeing. Trips will be taken each session at an additional fee. Each child will receive a Camp tee shirt that MUST be worn on trip days. Note: The Parks and Recreation Department makes every effort to accommodate students with special needs. In this program, campers are mainstreamed into all facets of Camp Menunkatuck. They will participate, as their ability allows in swimming, crafts, boating, sports and special events as a member of the camp unit. THIS IS NOT A ONE ON ONE PROGRAM. Campers must be independent with activities of daily living. *Parent/Guardian will be charged \$5 for every 15 minutes late after 3 p.m.

COUNSELOR IN TRAINING GRADES 9-10 (Program #34103):

This program is designed for the student who is considering working with children. Gain valuable experience in the supervision of children, safety, first aid and overall operation of a camp. The C.I.T. must apply to the Recreation Office and be ACCEPTED into the program before they can register. Each applicant will be interviewed and those selected will participate in this training program. The department will accept eight (8) C.I.T. applicants per session. C.I.T.'s must register by May 23. Interviews will be held on June 2-6. Fee: \$100 per session payable at the time of acceptance.

AFTERCARE: (Program #34104):

We will provide extended care from 3 p.m.-5:30 p.m. It includes an unstructured, supervised period after camp. The fee will be \$75 per session. For every 15 minutes the parent/guardian is late after 5:30 p.m., a \$5 fee will be paid to the counselor on that day at the time of pickup. Sorry, there are no exceptions.

A.M. PRESCHOOL CAMP (AGE 3-4 1/2) 9:00 A.M. - 12:00 P.M.

P.M. PRESCHOOL CAMP (AGE 4 1/2 - 6) 12:15 P.M. - 3:15 P.M.

SESSION 1	A.M. Program #36301 A1 P.M. Program 36302 A1	June 22-July 2 No program July 3	Fee: \$160
SESSION 2	A.M. Program #36301 A2 P.M. Program 36302 A2	July 6-July 17	Fee: \$165
SESSION 3	A.M. Program #36301 A3 P.M. Program 36302 A3	July 20-July 31	Fee: \$165
SESSION 4	A.M. Program #36301 A4 P.M. Program 36302 A4	August 3-August 14	Fee: \$165

Gerry Parent will once again run the half-day camp program which is held indoors at the Community Center in the specially tailored preschool room for children ages 3-K. The building is comfortably air conditioned and the room is bright and busy with a fabulous painted mural. Two days a week campers will report directly to Jacobs Beach on Seaside Avenue for an outdoor camp experience. Activities include arts, crafts, circle games, outside free play, parachute activities, music and much more. Children should bring a healthy snack, juice or water, and lunch each day. CAMPERS MUST BE POTTY TRAINED (no pull ups, no exceptions).

* Non-Residents may register for Camp Menunkatuck and Preschool Camp beginning Monday, May 18.

*There is an additional \$20 non-resident fee for Camp Menunkatuck and Preschool Camp per participant per session.

CAMP MENUNKATUCK 2009 REGISTRATION FORM

Use Parks & Recreation Registration form for Pre-School Camp and Trips

Parent /Guardian Name _____ Email Address _____

Address: _____

Home Phone: _____ Work Phone: _____ Cell Phone: _____

Emergency Contact: _____ Phone: _____ Relation: _____

Child's Name: _____ Age: _____ DOB: _____ Male/Female: _____

Grade(Entering in September 2009) _____ Allergies/Medications/Other notes: _____

Child's Name: _____ Age: _____ DOB: _____ Male/Female: _____

Grade(Entering in September 2009) _____ Allergies/Medications/Other notes: _____

Child's Name: _____ Age: _____ DOB: _____ Male/Female: _____

Grade(Entering in September 2009) _____ Allergies/Medications/Other notes: _____

Please indicate your session(s) by filling in or circling the fee using the chart below. Discount applies only when registering more than one (1) child PER SESSION. Non-resident fee: Additional \$20 per participant per session.

	Session 1	Session 2	Session 3	Session 4
Single Child	\$100	\$210	\$210	\$210
Additional child	\$95	\$190	\$190	\$190
Additional child	\$95	\$190	\$190	\$190

Selection	Session 1	Session 2	Session 3	Session 4	Total Fee
Camp #34101 Name _____	Fee:	Fee:	Fee:	Fee:	
Camp #34101 Name _____	Fee:	Fee:	Fee:	Fee:	
Camp #34101 Name _____	Fee:	Fee:	Fee:	Fee:	
Aftercare #34101 Name _____	Fee:	Fee:	Fee:	Fee:	
Aftercare #34101 Name _____	Fee:	Fee:	Fee:	Fee:	
Aftercare #34101 Name _____	Fee:	Fee:	Fee:	Fee:	
CIT #34103 Name _____	Fee:	Fee:	Fee:	Fee:	

Camp availability is limited.	Register as soon as possible.	Registration first come first serve.	Payment in full required.	Total Due:	
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I agree to hold the Guilford Parks and Recreation Commission and any person connected there within and the Town of Guilford, its employees, and those associated with its program harmless from any and all claims for bodily injury and property damage arising from the use of facilities of Town equipment during the course of a Guilford Parks and Recreation activity.

Parent/Guardian Signature: _____ Date: _____ Received: _____
Entered: _____

ADVENTURERS

ADVENTURERS CAMP (GRADES 6-9)

Feeling adventurous this summer? Adventurers Camp is based at Chittenden Park. Each Monday will be a special theme. Wednesday and Friday field trips. Campers will enjoy kayaking, hiking, mountain biking and visits to the CT Rock Gym. Tuesday and Thursday will be onsite adventure and team building activities. Your child will be busy all summer!

Monday-Friday 8 a.m.-3 p.m. #34102

- Session 1 \$210 June 22- June 26 **CANCELLED**
- Session 2 \$210 June 29-July 2 (No class July 3)
- Session 3 \$210 July 6-July 10
- Session 4 \$210 July 13-July 17
- Session 5 \$210 July 20-July 24
- Session 6 \$210 July 27-July 31
- Session 7 \$210 August 3-August 7
- Session 8 \$210 August 10-August 14

TRIP FEES INCLUDED IN COST OF PROGRAM

Aftercare: 3 p.m.-5:30 p.m. at Jacobs Beach
 Aftercare Fee: \$35 per week.
 Non-Residents: Register May 18 - \$20 additional fee per week
 There is a \$25 cancellation fee per session per participant.

Fee	Extended Care	Total
1		
2		
3		
4		
5		
6		
7		
8		

Total Fee:	\$
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NEW**GREAT OUTDOORS CAMP (GRADES 3-5)

Campers will be dropped off at Bittner Park. This camp will be exploring our Town's backyard habitats and our local waterways. Some of our daily adventures will include hiking, fishing, crabbing, clamming. We will be learning how to identify trees, animals, tracks, birds and more. We will have lots of fun meeting exciting new people and going on interesting trips.

Monday-Friday 8 a.m.- 3 p.m. #34107

- Session 1 \$175 June 22- June 26 **CANCELLED**
- Session 2 \$175 June 29-July 2 (No class July 3)
- Session 3 \$175 July 6-July 10
- Session 4 \$175 July 13-July 17
- Session 5 \$175 July 20-July 24
- Session 6 \$175 July 27-July 31
- Session 7 \$175 August 3-August 7
- Session 8 \$175 August 10-August 14

TRIP FEES INCLUDED IN COST OF PROGRAM

Non-Residents Register May 18 - \$20 additional fee per week
 There is a \$25 cancellation fee per session per participant.

Fee	Extended Care	Total
1		
2		
3		
4		
5		
6		
7		
8		

Total Fee:	\$
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Parent /Guardian Name _____

Address: _____

Home Phone: _____ Work Phone: _____ Cell Phone: _____

Emergency Contact: _____ Phone: _____ Relation: _____

Child's Name: _____ Age: _____ DOB: _____ Male/Female: _____

Grade(Entering in September 2009) _____ Allergies/Medications/Other notes: _____

Child's Name: _____ Age: _____ DOB: _____ Male/Female: _____

Grade(Entering in September 2009) _____ Allergies/Medications/Other notes: _____

I agree to hold the Guilford Parks and Recreation Commission and any person connected there within and the Town of Guilford, its employees, and those associated with its program harmless from any and all claims for bodily injury and property damage arising from the use of facilities of Town equipment during the course of a Guilford Parks and Recreation activity.

Parent/Guardian Signature: _____ Date: _____ Received: _____
 Entered: _____

CAMP MENUNKATUCK & SPORTS CAMPS

CAMP MENUNKATUCK TRIPS

Session 1:

Where: Nomad's Adventure Quest
When: Tuesday, July 1
Program # 34108A1
Fee: \$40

For more information visit www.nomadsadventurequest.com.

Session 2:

Where: CoCoKey Indoor Water Park
When: Wednesday, July 15
Program # 34108 A2
Fee: \$40

For more information visit www.cocokeywaterresort.com.

Session 3:

Where: CT Rock Gym
When: July 28 (Grades 1-3), July 29 (Grades 4-6)
Program # 34108A3
Fee: \$40

For more information visit www.ctrockgym.com.

Session 4:

Where: Action Wildlife
When: Wednesday, August 12
Program # 34108 A4
Fee: \$40

For more information visit www.actionwildlife.org.

Don't be left out! Sign-up in advance for your child's camp trips. Child must be registered in the session of Camp Menunkatuck the trip is taking place to attend.

CAMP MENUNKATUCK OPEN HOUSE - INFORMATIONAL PARENT MEETING

Date: Tuesday, June 16
Time: 6:00-9:00 p.m.
Where: Community Center

Perfect opportunity to meet with your child's counselors, meet the program specialists and hear about the facilities before camp begins. Sign-up for field trips, fill out forms and receive other important information.



BASEBALL CAMP (AGES 6-8)

Day: Monday-Friday
When: July 6 - July 10
Time: 8:30-10:30 a.m.
10:45-12:45 p.m.
Where: Guilford Lakes School
Instructor: Rich Bello
Program #: 33111 A1 (8:30 a.m.)
33111 A2 (10:45 a.m.)
Fee: \$75

This camp will help young players learn fundamental skills including fielding, hitting, base running, catching and throwing. The emphasis will be on developing individual skills in a safe environment. The accent will be on having fun and learning to enjoy the game of baseball. Bring your own glove. In case of inclement weather, we have made arrangements to meet inside the gym at Guilford Lakes School. So rain or shine, batter up!!!

BASEBALL CAMP (AGES 9-13)

Day: Monday-Thursday
When: June 29 - July 2 (No program July 3)
Time: 9:00-11:30 a.m.
Where: Guilford Lakes School
Instructor: Rich Bello A1
Program #: 33112
Fee: \$75



This camp will help young players learn fundamental skills including fielding, hitting, base running, catching and throwing. The emphasis will be on developing individual skills in a safe environment. The accent will be on having fun and learning to enjoy the game of baseball. Bring your own glove. In case of inclement weather, we have made arrangements to meet inside the gym at Guilford Lakes School. So rain or shine, batter up!

GIRLS SOFTBALL CAMP (GRADES 3-6)

Day: Monday-Friday
When: July 13 - July 17
Time: 9:00 a.m.-12:00 p.m.
Where: Guilford High School
Instructor: Steve Zajac
Program #: 33110 A1
Fee: \$85

Fundamental drills in fielding, throwing, base running and batting with daily scrimmages. Participants will work in small groups with high school players. Steve has been head coach for 7 years with 13 years at Guilford High School.

SPORTS CAMPS

BEGINNER SOCCER (AGE 3 1/2-5)

Day: Monday-Friday
When, Time: June 29 - July 2, 9:00-10:30 a.m., Session 1
July 6 - July 10, 9:00-10:30 a.m., Session 2
No program: July 3
Where: Guilford High School
Instructor: Larry Bell
Program #: 33101 A1 (Session 1)
33101 A2 (Session II)
Fee: \$70 (Session 1) \$85 (Session 2)

This extremely popular program is for young children. Coaches Bill Wallach and Larry Bell, as well as a number of the best local high school soccer players, will teach the children how to dribble, kick, pass, and shoot a soccer ball. Before the end of the week, the children will be able to play mini games. Parents must provide a size 3 soccer ball. Camp tee shirt is included.

SOCCER CAMP (AGE 6-7)

Day: Monday-Friday
When/Time: July 6 - July 10 11:00-1:00p.m. 33102 B1
Program #: July 13 - July 15 9:00-11:00a.m. 33102 B2
Where: Guilford High School
Instructor: Larry Bell
Fee: \$85 (33102 B1) \$55 (33102 B2)

This program is designed to teach the fundamentals of soccer in a supportive environment, experience is not necessary. The children will practice individual soccer skills and begin to learn player positioning and team concepts. Coach Wallach and Coach Bell and their staff will introduce new skills each day and work with each child in small groups to help them improve. Parents must provide a size 4 soccer ball. A tee shirt is included.

SOCCER CAMP (AGE 8-10)

Day: Monday-Wednesday
When: July 13 - July 15
Time: 11:15-1:15 p.m.
Where: Guilford High School
Instructor: Larry Bell
Program #: 33102 A1
Fee: \$55



This program is designed to teach the fundamentals of soccer in a supportive environment, experience is not necessary. The children will practice individual soccer skills and begin to learn player positioning and team concepts. Coach Wallach and Coach Bell and their staff will introduce new skills each day and work with each child in small groups to help them improve. Parents must provide a size 4 soccer ball. A tee shirt is included.

BASKETBALL CAMP

OFFENSIVE SKILLS CAMP (AGE 7-12)

Day: Monday-Thursday
When: June 29 - July 2
Time: 8:30-11:30 a.m.
Where: Guilford High School
Instructor: Megan Rooney and GHS Coaches
Program #: 33106 A1
Fee: \$75 (tee shirt and ball included)

This camp for boys and girls will concentrate on the young player's individual offensive skills. Drills for improvement on ball handling, shooting, layups and passing will be emphasized.

BASKETBALL CAMP

COMPREHENSIVE SKILLS CAMP (AGE 7-12)

Day: Monday-Friday
When: July 6 - July 10
Time: 8:30-11:30 a.m.
Where: Guilford High School
Instructor: Megan Rooney and GHS Coaches
Program #: 33107 A1
Fee: \$90 (tee shirt and ball included)

This camp will include handouts, stations, drills, contests, games and prizes. Coach Megan Rooney will be assisted by her assistant coach and varsity staff for this all inclusive and fun camp. One area will be highlighted each day.

JR. GIRLS BASKETBALL LEAGUE (GRADES 4-7)

Day: Monday and Wednesday
When: August 3 - August 12
Times: 8:30-10:30 a.m. (Grades 4-5)
10:30-12:30 p.m. (Grades 6-7)
Where: Police Station Courts
Instructor: John Cuddy
Program #: 36209 A1 (Grades 4-5)
36209 A2 (Grades 6-7)
Fee: \$30

Grab your friends and join this new outdoor league through Parks and Recreation! John Cuddy has coached recreational, travel, and AAU basketball for over 10 years. This program will offer a combination of "League Play" and instruction. Girls will have one hour of team practice and one hour of instructional game play.



SPORTS CAMPS

STRENGTH & CONDITIONING (GRADE 7-12)

Day: Monday, Tuesday, Thursday, and Friday
When: July 6-August 14
Time: 9:00a.m.-11:00 a.m.
Where: Guilford High School
Instructor: GHS Athletic Staff
Program #: 33116 A1
Fee: \$200

Learn and improve safe and effective techniques of weight training geared toward all sports. Learn dynamic warm up techniques used by high school and college sports teams. Learn the proper techniques of running. Increase explosiveness, power, speed and endurance. All middle school and high school athletes and prospective athletes are welcome. T-shirt is included.

SUMMER FOOTBALL CLINIC (AGE 6-14)

Day: Monday-Thursday
When/Program#: July 20-23 Session 1 33124 A1
July 27-30 Session 2 33124 A2
Time: 5:30-7:30 p.m.
Where: Long Hill Field
Instructor: Guilford High School
Football Coaches
Fee: \$40



The non-contact clinic will stress football fundamentals and terminology of the game with the main areas of focus being player conditioning, increasing player foot speed, quickness and agility.

LEARN TO ROW CAMP (AGE 13 - 17)

Day: Monday, Tuesday, Thursday
When: July 20-July 30
Time: 6:00-7:30 p.m.
Where: Lake Quonnipaug
Instructor: Guilford High School Team Coaches
Program #: 33109 A1
Fee: \$80

Sweep (one oar) rowing technique will be taught in the team's eight person shells. During the first week, basic technique will be taught, then participants will start to learn how to row together in multi-person boats. Camp will be run by Guilford's High School team coaches, with assistance by experienced athletes, depending on the number of participants. A race day will be held on Saturday, August 1 at 9:00 a.m.

BOYS LACROSSE (GRADE 7-8)

Day: Monday-Friday
When: July 13-July 17
Time: 3:00 - 6:00 p.m.
Where: Guilford High School
Instructor: Brian White
Program #: 33123 A1
Fee: \$100 (tee shirt included)

This program would focus on the essentials of the Boys High School Lacrosse team. This includes individual skills, footwork, stickwork, transition, and settled situations. The main focus is to improve the overall knowledge of young lacrosse players in a hard working and rewarding environment.

Minimum 12 Maximum 50

GIRLS LACROSSE - RISE, SHINE AND RELAX (GRADE 4-6)

Day: Monday-Friday
When: August 17 - August 21
Time: 8:30 - 9:30 a.m.
Where: Guilford High School
Instructor: Jody Rebhun
Program #: 33114A1
Fee: \$50 (tee shirt included)

Girls will learn the basics of the fastest growing sport in America in a relaxed atmosphere conducive to learning, focusing on fun and enjoyment. Participants will need a lacrosse stick, mouth guard, goggles, water and sneakers or cleats.

GIRLS LACROSSE - RISE, SHINE AND RELAX (GRADE 7-10)

Day: Monday-Friday
When: August 17 - August 21
Time: 9:45 - 11:00 a.m.
Where: Guilford High School
Instructor: Jody Rebhun
Program #: 33115A1
Fee: \$60 (tee shirt included)

Girls will learn the basics of the fastest growing sport in America in a relaxed atmosphere conducive to learning, focusing on fun and enjoyment. Participants will need a lacrosse stick, mouth guard, goggles, water and sneakers or cleats.

TRACK AND FIELD MEET NIGHTS (AGE 9 & UP)

Day: Tuesday, Thursday and Friday
When: July 28 - August 7
Time: 6:00-7:30 p.m.
Where: Guilford High School
Instructor: Jonathan Rivera
Program #: 33104 A1
Fee: \$65

Come out to the track and learn about and participate in track and field with Guilford Varisty Athletes and Alumni. There is something for everyone. Jump, Throw, Sprint, Hurdle, and Run! All are welcome.

JR. GOLF CAMP (AGE 7 & UP)

Day: Tuesday - Friday
When: July 21 - July 24
Time: 9:00 - 1:00 p.m.
Where: Kleins Driving Range - 391 Durham Rd. Madison
Instructor: Jon Wilson, Sound Approach Golf
Program #: 36214 A1
Fee: \$375

This golf school will incorporate all aspects of the game. Participants will spend four hours per day working on and playing golf at Kleins Golf Range and Guilford Lakes Golf Course. Refreshments and snacks will be served each day. Jr.s should bring their own clubs and lunch. All participants will receive a Jr Golf School golf cap at the conclusion of the school.

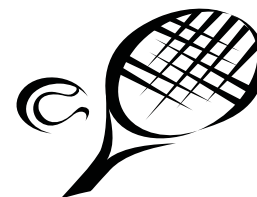
TENNIS CAMPS

SCHEDULE FOR SESSION I

Dates: June 29, 30, July 1, 2, 6, 7, 8, 9(8 classes)

Location: Guilford High School Tennis Courts, New England Road, Guilford FEE: \$75

AGES	TIME	PROGRAM NUMBER
7-10	8:00 a.m.-8:55 a.m.	33117 A1
7-10	9:00 a.m.-9:55 a.m.	33117 A2
11-16	10:00 a.m.-10:55 a.m.	33117 A3
11-16	11:00 a.m.-11:55 a.m.	33117 A4



SCHEDULE FOR SESSION II

Dates: July 20, 21, 22, 23, 27, 28, 29, 30 (8 classes)

Location: Guilford High School Tennis Courts, New England Road, Guilford FEE: \$75

AGES	TIME	PROGRAM NUMBER
7-10	8:00 a.m.-8:55 a.m.	33118 A1
7-10	9:00 a.m.-9:55 a.m.	33118 A2
11-16	10:00 a.m.-10:55 a.m.	33118 A3
11-16	11:00 a.m.-11:55 a.m.	33118 A4

SCHEDULE FOR SESSION III

Dates: August 3, 4, 5, 6, 10, 11, 12, 13 (8 classes)

Location: Guilford High School Tennis Courts, New England Road, Guilford FEE: \$75

AGES	TIME	PROGRAM NUMBER
7-10	8:00 a.m.-8:55 a.m.	33119 A1
7-10	9:00 a.m.-9:55 a.m.	33119 A2
11-16	10:00 a.m.-10:55 a.m.	33119 A3
11-16	11:00 a.m.-11:55 a.m.	33119 A4

COMPETITIVE TENNIS

Competitive matches will be conducted by Mr. Frank Kelley and his staff. Participants must sign up for one of the above sessions to be eligible to participate in the competitive program. Participants will play area clubs and enrollment is limited. Mr. Kelley will provide information regarding schedule.

FEE: \$70

PROGRAM NUMBER
33120 A1

We welcome back Mr. Frank Kelley, Guilford High School Tennis Team Coach who will direct this program again. Coach Kelley has successfully coached both boys and girls at Guilford High School and at other schools for over thirty-five years. He will be assisted by experienced, helpful instructors. Morning sessions are non-competitive, both beginner and experienced players will be instructed in technique. Participants must bring their own racquet. Rain out make-ups will be on Monday and/or Friday. A ratio of 4 to 5 students per instructor will be maintained for the morning sessions. A tee shirt is included.



ADULT PROGRAMS

BEGINNER TENNIS LESSONS

Day: Tuesday
When: July 7-August 4
Time: 7:00-8:00 p.m. 32101 A1
Program#: 8:00-9:00 p.m. 32101 A2
Where: Guilford High School
Instructor: Tom Dolan
Fee: \$45

Participants will learn the basic fundamentals of forehand, backhand, serve and other strategies.

Minimum 6 Maximum 8

INTERMEDIATE TENNIS LESSONS

Day: Wednesday
When: July 8-August 5
Time: 7:00-8:30 p.m.
Where: Guilford High School
Instructor: Tom Dolan
Program #: 32102 A1
Fee: \$60

Geared for players with some experience. Participants must know the basic skills of forehand and backhand drives, serve, lob and volley.

Minimum 6 Maximum 8

ADVANCED TENNIS LESSONS

Day: Thursday
When: July 9-August 6
Time: 7:00-8:30 p.m.
Where: Guilford High School
Instructor: Tom Dolan
Program #: 32103 A1
Fee: \$60

Advanced players should participate in this program. Focus will be on strategies for doubles and singles competition.

Minimum 6 Maximum 8

INTERMEDIATE TENNIS PLAY (AGES 55+)

Day: Tuesday or Thursday
When: July 9-August 6
Time/Program: 7:00-10:00a.m. Tues.
5:00-8:00 p.m. Tues.
6:00-9:00 p.m. Thurs.
Where: Guilford Lakes Tennis Court
Coordinator: Ted Braun
Fee: \$15

After participants register, a schedule will be made for one hour play each week within above three hour time frame.

Minimum 2 Maximum 6

ADULT BEACH VOLLEYBALL

Day: Tuesday
When: July 7-August 18
Time: 6:00 - 8:00 p.m.
Where: Jacobs Beach
Instructor: Recreation Staff
Program #: 32111 A1
Fee: \$20

After a hard day at work, have some fun with pick up volleyball at the beach. Teams will be chosen weekly and then it's game on.

LEARN TO ROW CAMP (AGE 18 +)

Day: Monday, Tuesday, Thursday
When: September 8 - September 17
Time: 6:00-7:30 p.m.
Where: Lake Quonnipaug
Instructor: Guilford High School Team Coaches
Program #: 32114 A1
Fee: \$80

Sweep (one oar) rowing technique will be taught in the team's eight person shells. During the first week, basic technique will be taught, then participants will start to learn how to row together in multi-person boats. Camp will be run by Guilford's High School team coaches, with assistance by experienced athletes, depending on the number of participants. **A race day will be held on Saturday, September 19 at 9:00 a.m.**

SUMMER BASKETBALL LEAGUE

Day: Tuesday
When: June 9-August 11
Time: 6:00 p.m., 7:00 p.m., 8:00 p.m.
Where: Police Station Courts
Fee: \$550 per Guilford Team
\$600 per Non-Resident Team

Join us this summer for the Shoreline's best summer league.

Teams must be registered by May 15th. Call the office at 453-8068 for more information.

RE-CYCLE! MOUNTAIN BIKING FOR THE MATURE RIDER (Ages 55+)

Day: Tuesday
Date: May 19-June 16
Time: 2:00-4:00p.m.
Where: Various locations including Branford Supply Ponds, Guilford Westwoods and Timberlands
Facilitators: Ted Braun and Phil Bacon
Fee: \$20

This 5 week program will meet weekly to introduce conservative mountain biking to older riders. Initial routes will be selected for ease of riding for the neophyte. Subsequent rides will offer a variety of terrain to address different skill levels. Participants will need a safe and functioning mountain bike, a helmet, and a positive attitude. Goals: Fun off-road riding . Potential for substantial mud splatter. The Broken Spoke Bicycle Shop has generously offered the use of some loaner bikes.

Minimum 2 Maximum 10

ADULT PROGRAMS

DEP SAFE BOATING COURSE

Day: Monday and Wednesday
 When: July 13, 15, 20, 22
 Time: 7:00-9:30 p.m.
 Where: Community Center
 Instructor: Bob Sica, DEP
 Program #: 22116 A2
 Fee: \$10 Resident

This 10 hour course fulfills the requirements for CT Boating Certification

Minimum 10 Maximum 30

AMERICA'S BOATING COURSE

Day, Tuesday
 Date: June 2 & 9
 Time: 5:30-9:30 p.m.
 Where: Community Center
 Instructor: Guilford Flotilla
 Program #: 22107A2
 Fee: \$70

Learn boating safety in this two day eight hour course. Fulfills classroom requirement for CT Safe Boating & PWC operation. Introduction to boating, boating law, safety, navigation, problems, trailering, and storing will be covered.

Minimum 10 Maximum 20

NEW**YOGA ON THE BEACH**NEW

Day: Saturday
 Date: June 6 - July 25
 Time: 7:00-8:00 a.m.
 Where: Jacobs Beach
 Instructor: Cindy Cartier
 Program #: 32113 A1
 Fee: \$10 (All proceeds go towards the Chittenden Scholarship Fund)

Enjoy the outdoors and watch the sun rise while you work your entire body using a presentation of poses and learn to connect them through attention to breathing, alignment and mindfulness. Get strong, burn calories, gain flexibility, reduce stress, increase energy, and calm your mind—all while enjoying our Guilford Beach!!!! Physical benefits: muscle toning and strengthening, improved circulation, heightened immune system and improved posture. Mental benefits: happiness, reduced stress, improved focus, better memory and calmness you keep with you. Bring a yoga mat and a water bottle – you will sweat!!!

Minimum 10

LADIES GOLF LESSONS

Date/Time/ Mon-Thurs (6/22 - 6/25) 12:00 - 1:00pm 32112 A1
 Program #: Tues-Fri (6/30 - 7/3) 10:00 - 11:00am 32112 A2
 Wed & Fri (7/8 - 7/17) 9:00 - 10:00am 32112 A3
 Mon-Thurs (7/27 - 7/30) 6:00 - 7:00pm 32112 A4
 Where: Kleins Driving Range, 391 Durham Rd - Madison
 Instructor: Jon Wilson
 Fee: \$120

This program will introduce all aspects of the great game of golf. We will cover the fundamentals of the full swing, chipping, pitching, putting and sand shots. Rules and etiquette will be discussed as well. Additionally, future on-course playing opportunities will be offered by Jon Wilson to help with a seamless transition into the game.

Minimum 5 Maximum 12

ADULT GOLF LESSONS

Date/Time/ Mon-Thurs (6/22 - 6/25) 5:30 - 6:30pm 32104 A1
 Program #: Tues-Fri (6/30 - 7/3) 4:00 - 5:00pm 32104 A2
 Wed & Fri (7/8 - 7/17) 1:00 - 2:00pm 32104 A3
 Mon-Thurs (7/20 - 7/23) 5:30 - 6:30pm 32104 A4
 Where: Kleins Driving Range, 391 Durham Rd.
 Instructor: Jon Wilson
 Fee: \$120

This program will introduce all aspects of the game of golf. Fundamentals of the full swing, chipping, pitching, putting and sand shots will be covered. Rules and etiquette will also be discussed. Additionally, on – course playing programs will be offered to the participants to make the transition to the golf course as seamless as possible. Equipment and balls will be provided, however if you have your own clubs please bring them.

Minimum 5 Maximum 12

ADULT/CHILD GOLF LESSONS

Date/Time/ Wed& Fri (7/8-7/17) 5:30 - 6:30pm 32105 A1
 Program #: Mon-Thurs (7/27-7/30) 3:00 - 4:00pm 32105 A2
 Where: Kleins Driving Range, 391 Durham Rd.
 Instructor: Jon Wilson
 Fee: \$180

This program will introduce you and your child / children to the great game of golf. Share in the learning of the fundamentals of full swing, chipping, pitching, putting and sand shots in a fun and safe environment. Rules and etiquette will be discussed as well. Additionally, you will be offered on-course playing opportunities with Jon to help make your transition to the course as seamless as possible.

Minimum 3 Maximum 6

ADULT CO-ED KICK BALL PROGRAM

Day: Tuesday
 Date: August 18 - September 15
 Where: Bittner Park
 Instructor: Recreation Staff
 Fee: \$50 per team of six - ten
 Time: games 6:30, 7:30, 8:30 p.m.
 Program #: 32116 A1

Grab your friends and enjoy a childhood favorite game!! This program is sure to be filled with fun and laughs. Call the Recreation Office for more details at 453-8068.

SUMMER YOGA AND FITNESS

Class Schedule	Days/Dates	Times/Dates	Fee	Fitness Instructor	Program Number
Pilates Mat (Menunkatuck)	Mon/Wed/Thurs 6/15-9/10	7:30-8:30am	\$75	Geraldine Chandler	32407A1
Body Sculpting	Mon / Wed 6/15-9/9	7:30-8:25am	\$65	Connie DeCicco	32403A1
Body Sculpting	Tues/Thurs 6/16-9/10	7:30-8:25am 8:30-9:25am	\$65 \$65	Connie DeCicco	32403A2 32403A3
Cardio Lite	Mon/Wed /Fri 6/15-9/11	8:30-9:25am	\$75	Connie DeCicco	32402 A1
Yoga AM (Menunkatuck)	Monday 6/15-8/31	9:00-10:30am	\$65	Susan Brinigar	32110A1
Yoga AM (Menunkatuck)	Wednesday 6/17-9/9	9:00-10:30am	\$65	Nancy Ashcroft	32110A2
Yoga AM (Menunkatuck)	Friday 6/19-9/11	10:00-11:30am	\$65	Susan Brinigar	32110A3
Cardio Combo	Mon/Wed/Fri 6/15-9/11	9:30-10:30am	\$75	Connie DeCicco	32401 A1
Step Mania	Tues/Thurs 6/16-9/10	9:30-10:30am	\$65	Connie DeCicco	32404 A1
Yoga PM (Menunkatuck)	Monday 6/15-8/31	5:30-7:00pm	\$65	Chris Gaynor	32108A1
Yoga PM (Menunkatuck)	Wednesday 6/17-9/9	5:30-7:00pm	\$65	Susan Brinigar	32108A2
Pilates Mat (Menunkatuck)	Tues/Thurs 6/16-9/10	5:45-6:45pm	\$65	Geraldine Chandler	32407A3
Strength & Stretch	Tues/Thurs 6/16-9/10	6:05-7:05pm	\$65	Bobbi Errato	32405 A1
Core and More	Mon/Wed 6/15-9/9	6:00-7:00pm	\$65	Joyce Tierney	32408 A1
Kickboxing	Tues/Thurs 6/16-9/10	5:15-6:00pm	\$60	Erika Hetrick	32409 A1
Aerobics Mix	Mon/Thursday 6/15-9/10	7:05-8:05pm	\$65	Sharon Shuffitt Erika Hetrick	32406 A1

- **Body Sculpting:** This class is just what your muscles need to wake up and get going. Body shaping workout to strengthen and tone. All fitness levels welcome.
- **Pilates:** This class will focus on the pilates method of conditioning by using a series of movements designed to build core strength, provide increased flexibility and balance as well as improve posture. All fitness levels welcome.
- **Cardio Lite:** This is a low impact, high intensity class. There is no jumping but you will get a complete cardio workout. Easy to follow progressions/innovative choreography get your heart pumping. Includes strength segment, core work and well deserved stretch. All fitness levels (except advanced).
- **Cardio Combo:** This class is designed to meet all your fitness needs. High and low impact choices with an intense format. Includes strength segment as well using body bars, weights or bands, and floorwork for a total body workout. Most fitness levels.
- **Step Mania:** This program will instruct basic and proper skills in step as well as low impact segments and weight training. This class offers the variety you may be looking for in a cardio class. All fitness levels welcome (should have previous step experience).
- **Yoga:** Class provides introductory instruction on postures, breathing exercises and relaxation. Stretching and toning as well as a calming aspect to fitness.
- **Core and More:** 20 minutes of cardio step, 20 minutes of strength/abs and 20 minutes of stretch. All fitness levels welcome.
- **Aerobics Mix:** Traditional aerobics class with one evening of weighted low impact. Good for all levels.
- **Kickboxing:** Combining punching and kicking combinations, this class is designed to enhance your coordination, flexibility and cardio endurance.

No Class Dates: July 3, September 7 Additional No Class Dates for Exercise Room: August 19, 20, 21

Fitness Instructors are CPR and First Aid certified!

BEACH PASS INFORMATION

Beach Passes will be available through Labor Day.

NEW -- PURCHASE YOUR BEACH PASS ONLINE!!! REGISTER JUST LIKE A PROGRAM AND WE WILL MAIL YOUR BEACH PASS TO YOU. PLEASE GIVE 3 BUSINESS DAYS FOR PROCESSING. (www.guilfordparkrec.com)

Passes can also be purchased at the Recreation office Monday-Friday from 8:30 a.m.-4:30 p.m.

Resident Verification: The following will be accepted as proof of residency; Valid Drivers License, Lease Agreement, Checkbook, Tax Bill or Property Deed.

Non-Resident: May purchase a beach pass for Jacobs Beach and Lake Quonnipaug. See fee schedule below.

Guests: Each pass holder may bring up to 12 guests per season to Lake Quonnipaug. Holes will be punched into the pass for each guest. After 12 punches, guests will have to pay the daily fee. At Jacobs Beach, the pass will allow all passengers in one (1) car to enter (no punches of pass at Jacobs Beach). Walk-ins and bicycle riders must have a pass to use either beach.

Beaches opened weekends from Memorial Day, May 23 until June 21st. Beaches will be open daily beginning Friday, June 26th.

LAKE QUONNIPAUG HOURS

Monday-Saturday 9:30 a.m.-7:30 p.m.
 Sunday 11:00 a.m.-7:30 p.m.

JACOBS BEACH HOURS

Monday-Saturday 9:00 a.m.-5:00 p.m.
 Sunday 11:00 a.m.-5:00 p.m.

NOTE: Lost Seasonal Beach Pass - There will be a \$5 fee to obtain a replacement for a lost seasonal Beach Pass.

SEASONAL PASS FEE	RESIDENTS	NON-RESIDENTS	PROGRAM #
Household (1 or 2 adults and children thru age 17 residing at the same address)	\$35	\$70	38000 A1
Senior Resident (age 60 and older)	\$5	\$10	38000 A3
Individual Adult Pass	\$20	\$40	38000 A2

If registering for a beach pass online, an additional \$.50 will be applied for postage.

DAILY FEES	LAKE QUONNIPAUG	JACOBS BEACH
Guilford Residents (Monday-Friday)	\$5 per person	\$5 per car
Non-Residents (Monday-Friday)	\$8 per person	\$8 per car
Guilford Residents (Saturday and Sunday)	\$7 per person	\$7 per car
Non-Residents (Saturday and Sunday)	\$10 per person	\$10 per car

SPECIAL EVENTS/ IMPORTANT ANNOUNCEMENTS

2009 SUMMER PERFORMANCES ON THE GREEN

Sunday, July 5 6:30-8:00 p.m.	Marcel & Magnifique Shoreline Arts Alliance
Saturday, July 11 4:00-7:00 p.m.	Community Picnic & Community Band Parks and Recreation Department
Sunday, July 19 3:00-6:00 p.m.	Kazoo Family Funday Shoreline Arts Alliance
Sunday, July 26 6:30-8:00 p.m.	Ron Gartner - "Vegas on the Green" Parks and Recreation Department
Sunday, August 2 6:00- 8:00 p.m.	Shoreline Jazz Collective Parks and Recreation Department
August 5-9	Shakespeare on the Green "Mid Summer Nights Dream" Shoreline Arts Alliance
Sunday, August 16 6:30-8:00 p.m.	Abbey Road Parks and Recreation Department
Sunday, August 23 6:30-8:00 p.m.	Chicago Tribute Parks and Recreation Department
Sunday, August 30 3:00-8:00 p.m.	In the Pocket, The Forgotten Ones, and Moody Blossom Parks and Recreation Department

Call the Parks and Recreation Department weather line at 453-8134, x 301 for information on rain site during inclement weather or visit www.guilfordparkrec.com.

FAMILY EVENTS AT THE BEACH

Wednesday, July 22 3:00-5:00 p.m. Lake Quonnipaug	Clowning Around
Wednesday, August 5 3:00-5:00 p.m. Jacob's Beach	Under the Sea
Wednesday, August 19 3:00-5:00 p.m. Lake Quonnipaug	BBQ/ Sand Castle Building Contest

SPECIAL EVENTS

GHS Sports Carnival
Sunday, May 31st at GHS Turf Field
Guilford High School sports teams will conduct fun activities and games for boys and girls, ages 6-12. This will give Guilford youth the opportunity to use the turf field!

Summer Sizzler
Saturday, June 6 at Jacobs Beach (Raindate: June 7)
4:00-7:00 p.m.
7:00-10:00 p.m. High School "Battle of the Bands"

Family Walk
Shoreline Greenway Trail and Guilford Parks and Recreation
Saturday, July 4th at 10:00a.m.
The family-friendly walk will leave from the Community Center at 10:00 A.M. and walk across the historic Guilford green and then follow Whitfield Street to the Marina. At the Marina we will pause to take in the views of Grass Island and the Guilford Harbor, before returning to the Community Center. On the walk some of you may want to visit the historic Whitfield Museum, reputed to be the oldest stone house in America. The entire walk is about 3 miles, mostly on sidewalks, and would be suitable for baby strollers, bikers (on the road) and walkers. For information call Larry Dowler at 453-3994 or Parks & Recreation at 453-8068. No registration necessary.

Community Picnic / Fireworks Spectacular
Saturday, July 11 (rain date July 12)
Community Picnic is on the Guilford Green from 4:00-7:00p.m.
Concert at 7:30- 9:15 pm
Fireworks 9:30 pm at Guilford Fair Grounds
Parking \$3 per car
The 10th annual fireworks display sponsored by the Parks and Recreation Department will stun the audience. Please arrive early!

Geocache and Letterbox Event - Guilford Fund For Education
Have you ever gone on a treasure hunt?
Do you like solving puzzles and following clues?
Your family and friends can discover the "Treasures of Guilford" as participants in either a high tech geocaching event, or a low-tech letterboxing event, or both! Proceeds support the Guilford Fund for Education.

Kick off for the event will be an informational meeting in early June that will provide an overview of geocaching and letterboxing
For more information please visit www.gffe.org
or call 203.671.4773

SENIOR ADULT PROGRAMS

PROGRAMS

- Tuesday and Friday Senior Low Impact Aerobics/Weight Training - Instructor Barbara Corso 1:30-2:30 p.m. Cost: \$50 for residents or \$55 for non-residents
- Mondays Gentle Yoga with Geraldine Chandler-10:45-12:00 p.m. Cost : \$40
- Tuesdays Spanish with Esther Bracken-Time: 11:00 a.m.-12:00 p.m. Cost: \$35
Italian with Senora Anna - Time 1:00-2:00 p.m. Cost: \$40
- Tuesdays/
Thursdays Body Wise - \$30 for residents \$35 non-residents
1:00-2:00 p.m. or 2:00-3:00 p.m. Instructor: Elizabeth Santoro
- Fridays Line Dance - A fun way to get your exercise. Instructor: Joan Wheeler 10:00 a.m. - 11:00 a.m. Cost: \$12
- Tuesdays & Fridays Tai Chi - Instructor Martin Reichgut - Several classes offered. Call the office for more information.
Beginners and Intermediate
- Tuesdays 2009 Bocci Season - April 28 - June 30, Games at Chittenden Park. Cost: \$10.00 per season.
- TRIPS**
- Sunday
June 28 My Fair Lady at the Stageloft Theater in Sturbridge, MA. Lunch at the Salem Cross Inn. Cost: \$72.00
- Saturday
July 11 Metropolitan Museum of Art, New York - Bring a child or grandchild! Cost: 66.00
- Thursday
September 10 Woodstock's Roseland Cottage. Lunch at the Mansion at Bald Hill. A stop at the Country Store before heading home. Cost: \$70.00
- Saturday
September 19 USS Intrepid, America's history at sea, in the air and space. Children and grandchildren welcome. A stop at South Street Seaport for lunch. Cost: \$60.00
- Saturday-Monday
October 10-12 Washington, D.C. Autumn in the Nation's Capital. Call for detailed intinerary. Cost: \$401.00
- February 18-28
2010 Inclusive Hawaiian Islands Cruise Tour - Please call or stop in for complete itinerary.

PLEASE NOTE: REGISTRATION FORMS FOR SENIOR ACTIVITIES ARE AVAILABLE AT THE PARKS AND RECREATION OFFICE. DO NOT USE THE GUILFORD PARKS AND RECREATION DEPARTMENT FORM IN THIS BROCHURE. WE HAVE A SPECIFIC FORM FOR OUR PROGRAM. Transportation available within the Town of Guilford for errands, food shopping, medical appointments, hairdresser, etc. Twenty four hour notice requested. Please call the office at 453-8086.

HOT MEALS

Enjoy a complete hot meal on Monday, Tuesday, Thursday and Friday served at noon at the Community Center. Please pre-register for lunch the day before. Stop at the office for a monthly menu. Nominal fees. Breakfast also available from 8:00-10:00 a.m.

Other Services Provided:

Municipal Agent - Tammy DeFrancesco at 453-8009 Monday through Friday from 8:30 a.m.-4:30 p.m.
Notary - JoAnn Kautz at 453-8086 (please call in advance regarding time availability)
Transportation - 453-8086
Senior Newsletter - 453-8086

