

REGISTRATION PROCEDURE

*******PLEASE READ CAREFULLY!*******

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, September 1 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 AND WALK IN REGISTRATION POLICY

Mail-in and walk in registrations starting Friday, September 10, 2010 for Fall 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 Friday, September 10. Envelopes postmarked and/or received before Friday, September 10th will be processed at random on September 15th. 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, September 15th. You will have the option of any of the above methods of registration.

MESSAGE FROM THE DIRECTOR

We are aware that the current economic climate continues to have an impact on many families in Guilford. Therefore, we have held the cost of most programs at the same fee as last spring. In some cases, the cost may be more due to additional weeks or longer classes.

As you read through the brochure, you will see that our program staff have scheduled a variety of offerings for pre-school children through senior citizens. There are also low cost special events and no cost opportunities such as hiking trails at Bittner Park, Westwoods, Timberlands, and North Woods or kayaking at Lake Quonnipaug and from Jacobs Beach.

Over 60% of participants in the summer programs took advantage of our easy on-line registration. We expect many people to use the simple and secure process this fall. Check out the registration procedure above.

We look forward to seeing you in the Community Center or at the athletic fields and in the parks this autumn.

Sincerely,

Rick Maynard
Parks and Recreation Director

PRESCHOOL PROGRAMS

LITTLE PEOPLE'S (AGE 3 -4)

Day: Monday Sept. 20-Nov.29 46101 A1
 Wednesday Sept. 22-Dec. 1 46101 A2
 No Class Dates: Oct. 11, Nov. 24
 Time: 9:00-1:00 p.m.
 Where: Community Center
 Instructor: Gerry Parent
 Fee: \$180



This is a developmental program for 3-4 year olds to learn skills through parallel and cooperative play. Children will have freeplay, snack, outdoor play and activity time such as art, song, and stories related to weekly themes. Must be potty trained. Bring a lunch and snack. No Peanut Butter!!

Minimum 6 Maximum 8

WEE FOLKS W/ PARENT (AGE 1 1/2 - 2 1/2)

Day: Friday
 When: Sept. 24-Dec. 3
 No Class Dates: Nov. 26
 Time: 9:00-10:30 a.m.
 Where: Community Center
 Instructor: Gerry Parent
 Program #: 46123 A1
 Fee: \$75

This parent/child program is designed to introduce your child to creative and developmental activities including, art (paint, dough, clay, ect.) and music/movement with parachutes, hula hoops, balls and much more. Bring a snack for mid-morning.

Minimum 6 Maximum 10

STOMPING, DRUMMING & CLAPPING (AGE 2-3)

Day: Tuesday
 Date/Program#: Sept. 21-Oct. 19 46105 A1
 Oct. 26-Nov. 23 46105 A2
 Time: 9:00-9:45 a.m.
 Where: Community Center
 Instructor: Gerry Parent
 Fee: \$60

This program will include music and movement! Children will play different instruments and learn songs to move to! Each child will receive a drum to take home!

Minimum 3 Maximum 6

TWO'S WITHOUT YOU (AGE 2)

Day: Tuesday Sept. 21-Nov. 23 46113 A1
 Thursday Sept. 23-Dec. 9 46113 A2
 No Class Dates: Nov. 11, 25
 Time: 9:30-11:30 a.m. (Tuesday)
 11:15-1:15p.m. (Thursday)
 Where: Community Center
 Instructor: Christine Papp
 Fee: \$180

Designed for you to leave your child in a safe environment while you're out on your own. Child will experience free play and music as well as interaction with other children.

Minimum 3 Maximum 5

PARENTS NIGHT OUT (AGE 3-10)

Day: Friday
 When/Program #: Oct. 15 46215 A1
 Nov. 12 46215 A2
 Dec. 10 46215 A3
 Time: 6:00-9:00 p.m.
 Where: Community Center
 Instructor: Recreation Staff
 Fee: \$10 per child

Safe and comfortable babysitting for your convenience. Enjoy this time alone to have dinner, shop or take in a show while your child is supervised. Have peace of mind that they are safe and well taken care of by our professional staff. Must be potty trained (no pull ups, no exceptions).

Minimum 10 Maximum 25

UN, DEUX, TROIS - FUN AND SIMPLE FRENCH (AGE 4-5)

Day: Tuesday
 When: Sept. 21-Oct. 19
 Time: 11:00-11:45 a.m.
 Where: Community Center
 Instructor: Kathy Giroux
 Program #: 46103 A1
 Fee: \$40

Each week we will learn age appropriate words based on different themes. There will be a learning craft to bring home and some fun learning games.

Minimum 6 Maximum 8

PRESCHOOL PROGRAMS

LETS GO GREEN (AGE 4-5)

Day: Tuesday
When: Oct 26-Nov. 23
Time: 11:00-11:45 a.m.
Where: Community Center
Instructor: Kathy Giroux
Program #: 46116 A1
Fee: \$40

Recycle and save our planet! We will make wonderful treasures and talk about ways to go green at home.

NATURE ARTS @ CHAFFINCH ISLAND (AGE 4-5)

Day: Tuesday
When: Sept. 21-Oct. 19
Time: 1:15-2:15 p.m.
Where: Community Center
Instructor: Kathy Giroux
Program #: 46104 A1
Fee: \$40

Come visit Guilford's Hidden Treasure for an outdoor class blending nature and art. We will create art projects using natural items while enjoying and exploring the outdoors. Rainy day projects will be planned for the Community Center for inclement weather.

KITCHEN SCIENCE (AGE 4-5)

Day: Tuesday
When: Oct. 26-Nov. 23
Time: 1:15-2:15 p.m.
Where: Community Center
Instructor: Kathy Giroux
Program #: 46102 A1
Fee: \$40



This program will explore all the new and wonderful ooey and goopy projects that can be made with basic kitchen items. We will create new and innovative projects each week.

LETS PRETEND...FAIRIES AND PRINCESSES AGE 3-4

Day: Wednesday
When: Sept. 22-Oct. 20
Time: 9:45-10:30 a.m.
Where: Community Center
Instructor: Kathy Giroux
Program# 46121 A1
Fee: \$40

Gather your princess and fairy imaginations as we pretend while we make treasures and read stories all about the magical world of princesses and fairies.

Minimum 6 Maximum 8

LETS PRETEND...WIZARDS AND DRAGONS(AGE 3-4)

Day: Wednesday
When: Oct. 27-Dec. 1
No class date: Nov. 24
Time: 9:45-10:30 a.m.
Where: Community Center
Instructor: Kathy Giroux
Program# 46121 A2
Fee: \$40

Let's go on a journey discovering all the mysteries of wizards and dragons. Each week we will make a projects to take home to help us be wizards or dragons even at home.

KIDS, KRITTERS AND KRAFTS (AGE 3-4)

Day: Wednesday
When: Sept. 22-Dec. 1
No class date: Nov. 24
Time: 1:15-2:00 p.m.
Where: Community Center
Instructor: Kathy Giroux
Program #: 46117 A1
Fee: \$80

Come explore the world of nature. Learn about different animals each week. Also we will read a story and make a fun craft with all new animal themes.

SMALL FRY COOKING (AGE 4-5)

Day: Thursday
When: Sept. 23-Dec. 9
No class date: Nov. 25
Time: 9:45-10:45 a.m.
Where: Community Center
Instructor: Kathy Giroux
Program #: 46122 A1
Fee: \$80

Children will enjoy making non-bake culinary delights and doing hands on creative activities. A children's cookbook will be developed throughout the session as a keepsake with all new recipes. Parents: Certain allergies may require parents/guardians to provide food substitutions.

FANTASTIC FALL (AGE 3-4)

Day: Thursday
When: Sept. 23-Dec. 9
No class date: Nov. 25
Time: 1:15-2:00 p.m.
Where: Community Center
Instructor: Kathy Giroux
Program #: 46119 A1
Fee: \$80

Come and explore all the fun of Autumn in New England. We will use nature projects, crafts and literature to learn about our changing seasons and the holidays of Autumn.

PRESCHOOL & YOUTH PROGRAMS

SPANISH (AGES 4-6)

Day/When: Tuesday Sept. 21-Nov. 23
 Time: 10:15-11:00 a.m.
 Program #: 46118 A1
 Where: Community Center
 Instructor: Esther Bracken
 Fee: \$50

Spanish made easy and fun with songs, games, dances, and puppets. Children stay actively engaged with a multi-sensory learning experience. Designed for early age when language learning is easiest.
 Minimum 6 Maximum 8

SPORTS R FUN (AGE 4-6)

Day: Friday
 When/Program #: Sept. 24-Oct. 22
 Nov. 5-Dec. 17

No class date: Nov. 26, Dec. 4
 Time: 5:00-6:00 p.m.
 Program #: 46110 A1

Where: Community Center
 Instructor: Recreation Staff
 Fee: \$30

Always popular, this program will include an introduction to various sports such as soccer, hockey, baseball and more. Basic drills will be learned with a recreation and fun focus.

Minimum 8 Maximum 16

PEE WEE TENNIS (AGE 4-5)

Day: Wednesday
 When: Sept. 22-Oct. 20
 Time/Program #: Wednesday 9:30-10:15 a.m. 46106 A1
 Wednesday 1:15-2:00 p.m. 46106 A2
 Wednesday 4:00-4:45 p.m. 46106 A3

Where: Adams Tennis Courts
 Instructor: Maureen McManus Hackett
 Fee: \$55

A playful introduction to the game of tennis. Simple games will have your little one ready for Wimbledon in no time! Each participant receives a racquet.

Minimum 6 Maximum 8

RETURNING PEE WEE TENNIS (AGE 5-6)

Day: Wednesday
 When: Sept. 22-Oct. 20
 Time: Wednesday 10:30-11:15.m. 46107 A1
 Wednesday 2:15-3:00 p.m. 46107 A2
 Wednesday 5:00-5:45 p.m. 46107 A3

Where: Adams Tennis Courts
 Instructor: Maureen McManus Hackett and P&R Staff
 Fee: \$45

A continuation of learning with same playful focus of the game. Participants will continue to learn basic tennis skills. Must have tennis experience.

Minimum 6 Maximum 8

JUNIOR TAE KWON DO (AGE 4-8)

Day: Monday and Wednesday
 When: Sept. 20-Dec. 8
 No Class Date: Oct. 11

Time/Program #: 4:00-4:45 p.m. (White Belt - Age 4-6) 46205 A1
 4:45-5:30 p.m. (White Belt - Age 7-11) 46205 A2
 5:30-6:30 p.m. (Yellow and Green Belt) 46205 A3
 7:00-8:30 p.m. (Blue and Red Belt @GHS) 46205 A4

Where: Community Center and Guilford High
 Instructor: John Cuddy
 Fee: \$80

This program will cover motor skills, tumbling and basic kicks, pad work and games to inspire this age group for the sport.

Minimum 6 Maximum 30

PEE WEE SOCCER (AGE 4-6)

Day: Saturday
 When: Sept. 25-Oct. 23
 Time: 9:00-9:45 a.m.
 10:00-10:45 a.m.

Where: Bittner Park Softball Field
 Instructor: Scott McMahon
 Program #: 46109 A1(9:00) 46109 A2 (10:00)
 Fee: \$40



This program will teach basic fundamentals of soccer through fun games and drills in a non-competitive format. **Each child is required to bring a size 3 soccer ball.**

Minimum 15 Maximum 50

CREATIVE EXPRESSIONS (GRADE K-2)

Day: Thursday
 When: Sept. 30-Nov. 18
 No Class Date: Nov. 11
 Time: 4:45-5:30 p.m.
 Where: Community Center
 Instructor: Performing Arts Programs Staff
 Program #: 46209 A1
 Fee: \$100

This is a multi-faceted program for young children. Theater games, concentration games, basic voice and speech, improv, exercises, creative movement, imagination play, sense work and basic stage skills. The workshop will focus on developing each child's creativity and self-confidence. For more information call 860-432-9890 or performingartsprograms.biz.

Minimum 7 Maximum 25

FLORENCE CHITTENDEN / CHRISTINE PAPP GYMNASTICS PROGRAM

<u>CLASS</u>	<u>TIME</u>	<u>DATE</u>	<u>NO CLASS DATE</u>	<u>PROGRAM #</u>
<u>MONDAY PROGRAM SCHEDULE</u>				
Tumbling Tots w/Parent (Age 1-3)	9:00-9:45 a.m.	9/20-11/29	10/11	46007A5
Tumbling Tots w/Parent (Age 1-3)	10:00-10:45 a.m.	9/20-11/29	10/11	46007A4
Tumbling and Stumbling (Age 3-5)	11:00-11:45 a.m.	9/20-11/29	10/11	46008A3
Tumbling and Stumbling (Age 3-5)	1:00-1:45 p.m.	9/20-11/29	10/11	46008A5
<u>THURSDAY PROGRAM SCHEDULE</u>				
Tumbling Tots w/Parent (Age 1-3)	9:15-10:00 a.m.	9/23-12/9	11/11, 11/25	46007A1
Tumbling and Stumbling (Age 3-5)	10:15-11:00 a.m.	9/23-12/9	11/11, 11/25	46008A1
Level I (Age 6-8)	4:30-5:30 p.m.	9/23-12/9	11/11, 11/25	46006A1
Level II (Age 8-10)	5:30-6:30 p.m.	9/23-12/9	11/11, 11/25	46006A2
<u>SATURDAY PROGRAM SCHEDULE</u>				
Level 1(Age 7-9)	8:00-9:00 a.m	9/25-12/18	10/23, 10/30, 11/27, 12/4	46006A4
Kindergym (Age 5-6)	9:00-10:00 a.m.	9/25-12/18	10/23, 10/30, 11/27, 12/4	46004A2
Gymbugs (Age 3-4)	10:00-11:00 a.m.	9/25-12/18	10/23, 10/30, 11/27, 12/4	46002A1
Tumbling Tots w/Parent (Age 1-3)	11:00-11:45 a.m.	9/25-12/18	10/23, 10/30, 11/27, 12/4	46007A3
Gymbugs (Age 3-5)	12:00-1:00 p.m.	9/25-12/18	10/23, 10/30, 11/27, 12/4	46002A2

FEE: 45 minute session: \$60

1 hour class session: \$75

Minimum # of Participants: 6

Maximum # of Participants: 12

Maximum # of Participants w/Parent Class: 15

The gymnastics program is a combination of fun and learning, fostering the benefits of being strong and the appreciation to learn to become flexible and fit. All classes are co-ed.

Preschool Classes - **Tumbling Tots w/Parent and Tumbling and Stumbling** are semi-structured classes of exploration into climbing, balancing, jumping, interacting with other children and most of all focusing on fun.

Gymbugs and Kindergym Classes - Classes are based on a structured design to understand the basics of gymnastics.

Level I, II - This USGF Jr. Olympics program is designed to improve skills and work up to competition level.

Gymnastics Notes: Attire for Class - Girls must wear leotards, no skirts. Shorts and a tee shirt may be worn over a leotard. Long hair must be pulled back. Footless tights may be worn. Boys must wear tee shirts and shorts. Requirement is barefeet. No clothing with zippers, buttons or buckles. No baggy clothing or jeans.

Observation of Classes - Parents are welcome to observe classes in progress from the outside of the classroom only to ensure that there are no disruptions. No siblings or spectators allowed in room for safety. Must be registered to participate in class.

NEIGHBORHOOD MUSIC SCHOOL

EARLY CHILDHOOD MUSIC AND MOVEMENT

The NMS Early Childhood program gives younger children their first introduction to the joy of music and movement through classes that are fun and age-appropriate. The developmentally-based program enhances motor, aural and social skills, laying the foundation for future music and dance education. Classes for younger children (ages 6 months - 3 1/2 years) are designed to include a parent or other adult, enhancing strong parent-child bonds. Older children (ages 3-4 years) can continue their musical development and explore their independence in classes without a parent present.

For questions about class placement or progression, please contact Gerry Parent, Early Childhood Program Head at Neighborhood Music School, tel. 203-635-5189, ext. 18 or gparent@neighborhoodmusicschool.org

Early Childhood Music and Movement Classes - Nathanael B. Green Community Center, 32 Church Street, Guilford
All classes will be in the Faulkner Room.

TUESDAY

Teddy Bear Rhythms Level I(6 mos-2 years) \$190 Res / \$200 Non Res	10:00 - 10:45 am	9/21-11/30; No class 11/23	G. Etter
Teddy Bear Rhythms Level II(2yrs - 4yrs) \$190 Res / \$200 Non Res	11:00 - 11:45 am	9/21-11/30; No class 11/23	G. Etter

WEDNESDAY

Teddy Bear Rhythms Level I(6mos-2 years) \$190 Res / \$200 Non Res	9:30 - 10:15 am	9/22-12/1; No class 11/24	G. Etter
Teddy Bear Rhythms Level II(2yrs - 4yrs) \$190 Res / \$200 Non Res	10:30 - 11:15 am	9/22-12/1; No class 11/24	G. Etter

THURSDAY

Making Music II(15 - 24 months) \$180 Res / \$195 Non Res	9:00 - 9:45 am	9/23-12/2; No class 11/25	G. Parent
Making Music III 25 - 36 months \$180 Res / \$195 Non Res	10:00 - 10:45 am	9/23-12/2; No class 11/25	G. Parent
Rhythmic Movement w/ parent(2 1/2 - 3 1/2 years) \$180 Res / \$195 Non Res	10:45 am - 11:30 am	9/23-12/2; No class 11/25	G. Parent
Rhythmic Movement w/o parent(3 1/2 - 4 1/2 years) \$180 Res / \$195 Non Res	11:45 am - 12:30 am	9/23-12/2; No class 11/25	G. Parent

SATURDAY

Making Music III (25 - 36 months) \$180 Res / \$195 Non Res	9:30 - 10:10 am	9/25-12/4; No class 11/27	G. Parent
Rhythmic Movement with parent(2 1/2 - 3 1/2 years) \$180 Res / \$195 Non Res	10:15 - 10:55 am	9/25-12/4; No class 11/27	G. Parent
Rhythmic Movement w/o parent(3 1/2 - 4 1/2 years) \$180 Res / \$195 Non Res	11:00 - 11:45 am	9/25-12/4; No class 11/27	G. Parent

Registration Information: All classes and registrations are ongoing. There is an annual NMS registration fee of \$15 for Guilford Residents, \$25 for non-residents. Class descriptions and NMS registration forms are available at www.neighborhoodmusicschool.org. To register, submit registration form directly to NMS with full payment (class fee plus annual registration fee) by fax at 203-772-3566, by mail or in person at 100 Audubon Street, New Haven, CT 06510.

Note: Teddy Bear Rhythms classes include seasonal CD and songbook

YOUTH PROGRAMS

LET'S CREATE...PAPER MACHE (GRADES 1-2)

Day: Wednesday
When: Oct. 13-Oct. 20
Time/Program#: 4:00-5:00 p.m.
Where: Community Center
Instructor: Kathy Giroux
Program #: 46202 A1
Fee: \$20

Come spend two afternoons creating a paper mache project. The first week we will make the project and during the second week we will decorate it for take home.

Minimum 6 Maximum 8

GUITAR LESSONS (AGE 7-14)

Day: Tuesday
When: Sept. 21-Nov. 23
Time/Program#: 5:00-5:45 p.m. Beginner 46210 A1
6:00-6:45 p.m. Beginner 2 46210 A2
Where: Community Center
Instructor: Rick Barker
Fee: \$60

Basic guitar lessons to get you started and on your way to knowing how to play! This beginner instructional program is awesome. Participant must have a guitar.

Minimum 6 Maximum 10

IRISH STEP DANCE (AGE 7-16)

Day: Thursday
When: Sept. 23-Dec. 9
No class date: Nov. 11, 25
Time/ Program #: 3:45-4:45 p.m.(Beginner) # 46207 A1
4:45-6:00 p.m. (Advanced) #46207 A2
Where: Community Center
Instructor: Kathy Carew
Fee: \$95

One hour of the fundamentals of Irish step dancing. Participants will learn both step and group dancing with a traditional style passed down through many generations. This class starts with the Irish jig!!! Advanced class will continue working on Irish steps, with emphasis on more intricate movements with their feet. The dancers will start with hornpipe and continue on to other advanced dances.

Minimum 6 Maximum 16

YOUTH TENNIS (AGE 7-9)

Day: Tuesday
When: Sept. 21-Oct. 19
Time: 4:00-4:50 p.m.
Where: Adams Middle School
Instructor: Wendy Renz
Program #: 46203 A1
Fee: \$50

In this class you will learn and improve upon all the basics needed for the challenging game of tennis. Forehand, backhand, volleys, overheads and serves will be taught using drills and fun games continuing with the basics of learning.

Minimum 6 Maximum 8

YOUTH TENNIS (AGE 10-12)

Day: Tuesday
When: Sept. 21-Oct. 19
Time: 5:00-5:50 p.m.
Where: Adams Middle School
Instructor: Wendy Renz
Program #: 46203 A2
Fee: \$50

Ready to play! In this intermediate class, students must know how to serve, rally, and be ready to learn match play. Drills and games will be played.

Minimum 6 Maximum 8

COOKING (GRADES 6-10)

Day/When: Tuesday Sept. 21-Oct 19 46222 A1
Program#: Tuesday Oct. 26-Nov 23 46222 A2
Time: 3:00-4:30 p.m.
Where: Community Center
Instructor: Cafe Grounded, Andrew Speziale
Fee: \$60

Enjoy this afternoon cooking class with your friends. Participants will learn nutrition, reading recipes, how to use basic cooking utensils, table set-up all while making delicious meals, snacks, and desserts.

Minimum 6 Maximum 10

ZUMBA (AGES 4-6)

Day: Monday
When: Sept. 20-Nov. 1
Time: 3:45-4:30
Where: Community Center
Instructor: Kelly Gottlick
Program #: 46120 A1
Fee: \$35

Zumba is all the craze around the globe! Making children want to get up and move to fun Latino and international music! Children have the opportunity of individual creative movements to upbeat music!

YOUTH PROGRAM

JUNIOR GOLF (AGE 7-15)

Day: Monday, Tuesday, Wednesday and Thursday
When/Time/Program #: Sept. 20 - 23 3:30-4:30 p.m. 46217 A1
Oct. 4 - 7 3:30-4:30p.m. 46217 A2
Where: Kleins Driving Range & Guilford Lakes
Instructor: Jon Wilson, Chris Hearn & PGA Pros
Fee: \$120
Where: Kleins Driving Range & Guilford Lakes
Instructor: Jon Wilson, Chris Hearn & PGA Pros
Fee: \$120

This clinic will introduce the game of golf and all of its components from chipping, pitching and putting to fairway full shots and driving of the golf ball. Rules and etiquette will be discussed. The first three classes will be held at Kleins Golf Range, Rte 79 in Madison. The final class will be held at the Guilford Lakes Golf Course. On course playing opportunities with a Professional will be offered throughout the Fall Golf Season! Equipment and balls will be provided. If you possess your own equipment you are encouraged to bring your own clubs with you.

RED CROSS BABYSITTING (AGE 11-15)

Day: Tuesday and Thursday
When/Program #: Oct. 19 & 21 46201 A1
Oct. 26 & 28 46201 A2
Time: 3:30-7:00 p.m.
Where: Community Center
Instructor: Red Cross Staff
Fee: \$80

Participants will learn how to interview for a job, generate clients, choose safe and age appropriate toys and games, perform first aid, safety, diapering, bedtime and more. A great way to get your teen ready for a babysitting job. We suggest bringing a snack.

Minimum 8 Maximum 12

ACTING (GRADES 3-6)

Day: Thursday
When: Sept. 30-Nov. 18
Time: 5:35-6:30 p.m.
Where: Community Center
Instructor: Performing Arts Programs Staff
Program #: 46221 A1
Fee: \$100

Theater games, concentration exercises, voice and speech, improv, acting terminology, sense memory, subtext, stage skills and script work. For more information call 860-432-9890 or the website performingartsprograms.biz.

Minimum 7 Maximum 25

JUNIOR GOLF LEAGUE (GRADE 5-8)

Day: Wednesday
When: Sept. 1-Sept. 29
Time: 3:45p.m.
Where: Guilford Lakes Golf Course
Instructor: Golf Course Staff
Program #: 46218 A1
Fee: \$50

Participants will enjoy Guilford Lakes Golf Course on Wednesdays (Weather permitting.) Minimal instruction provided. Please bring golf clubs. Register NOW!

MT SOUTHLINGTON SKI PROGRAM

Unfortunately, registration information will not be available until Mid-September. The program will be similar to prior years with approximately 5 trips beginning in early January. To receive registration information, please register for Mt. Southington Ski Trips, Program #16212. We will send trip information as soon as it is finalized.

TAE KWON DO (AGE 11 TO ADULT)

Day: Monday and Wednesday
When: Sept. 20-Dec. 8
No Class Date: Oct. 11, Nov. 24
Time: 7:00-8:30p.m. (White to Blue Belt)
7:00-9:00p.m. (Black to Red Belt)
Where: Guilford High School
Instructor: John Cuddy
Program #: 46212A1 (Beginner) 46212 A2 (Advanced)
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. Advanced program is for red and black belts only. If under 11, permission is needed from the instructor.

Minimum 10 Maximum 30

ADULT MEN'S BASKETBALL

Day: Monday (18+)
When: Sept. 20 - May 2011
No Class Date: Oct. 11
Time: 7:00-9:00 p.m.
Where: Baldwin Middle School
Program #: 42101 A1
Fee: \$20

Join other Guilford residents for pick-up basketball at Baldwin School. Space is limited. Mondays are for ages 18 and up. Must pre-register and reside in Guilford. Program does not meet on days that school is not scheduled according to the school 2011 calendar through Board of Education.

ADULT PROGRAMS

WOMENS TENNIS DOUBLES ROUND ROBIN

Day: Thursday
When: Sept. 23-Oct. 21
Time: 11:15-1:15p.m.
Where: Adams Tennis Courts
Instructor: Connie DeCicco
Fee: \$60
Program #: 42115 A1

Focus will be on FUN and strategies for doubles. Participants must bring their own racquet and water bottle.

Minimum 6 Maximum 16

BEGINNER TENNIS LESSONS AM

Day: Tuesday
When: Sept. 21-Oct. 19
Time: 10:00-11:00 a.m.
Where: Adams Tennis Court
Instructor: Wendy Renz
Program #: 42112 A1
Fee: \$45

Participants will learn the basics of the game of tennis.

Minimum 6 Maximum 8

INTERMEDIATE TENNIS LESSONS AM

Day: Thursday
When: Sept. 23-Oct. 21
Time: 9:30-11:00 a.m.
Where: Adams Tennis Courts
Instructor: Wendy Renz
Program #: 42112 A2
Fee: \$60

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

Minimum 6 Maximum 8

ADVANCED TENNIS LESSONS AM

Day: Friday
When: Sept. 24-Oct. 22
Time: 9:30-11:00 a.m.
Where: Adams Tennis Courts
Instructor: Wendy Renz
Program #: 42112 A3
Fee: \$60

Focuses on strategies for doubles and singles competition.

Minimum 6 Maximum 8

BEGINNER TENNIS LESSONS PM

Day: Monday
When: Sept. 20-Oct. 25 (No Class: Oct. 11)
Time/ 7:00-8:00 p.m. 42113 A1
Program #: 8:00-9:00 p.m. 42113 A2
Where: Guilford High School Tennis Courts
Instructor: Tom Dolan
Fee: \$45

Participants will learn the basics of the game of tennis.

INTERMEDIATE TENNIS LESSONS PM

Day: Wednesday
When: Sept. 22-Oct. 20
Time: 7:00-8:30 p.m.
Where: Guilford High School Tennis Courts
Instructor: Tom Dolan
Program #: 42113 A3
Fee: \$60

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

Minimum 6 Maximum 8

ADVANCED TENNIS LESSONS PM

Day: Thursday
When: Sept. 23-Oct. 21
Time: 7:00-8:30 p.m.
Where: Guilford High School Tennis Courts
Instructor: Tom Dolan
Program #: 42113 A4
Fee: \$60

Focuses on strategies for doubles and singles competition.

Minimum 6 Maximum 8

CPR / FIRST AID BASICS (AGE 16 AND UP)

Day: Monday
Date: October 4 CPR 42104 A1
October 25 1st Aid 42105 A1
Time: 6:00-10:00 p.m.
Where: Guilford Emergency Complex
Instructor: Fire Department
Fee: \$50

Infant, child and adult CPR will be included in this course. Emergency Care and Safety Institute certification is good for two years. First aid basics will be covered in this course. Emergency Care and Safety Institute certification is good for two years.

Minimum 6 Maximum 10

ADULT PROGRAMS

ADULT GOLF LESSONS 16+

Day: Monday, Tuesday, Wednesday and Thursday
 When/Time/Program #: Sept. 20 - 23 12:00-1:00p.m. 42103 A1
 Oct. 4 - 7 1:00-2:00p.m. 42103 A2
 Where: Kleins Driving Range & Guilford Lakes
 Instructor: Jon Wilson, Chris Hearn & PGA Pros
 Fee: \$120

This clinic will cover the fundamentals of the short game and full swing golf shots. We will discuss rules, etiquette and course management. The first three classes will be held at Kleins Golf Range, Rte 79 in Madison. The final class will be held at the Guilford Lakes Golf Course. All participants will have the opportunity to enroll in our on course playing programs which will be available throughout the Fall Golf Season! Equipment and balls provided. If you possess your own equipment you are encouraged to bring your clubs with you.

Minimum 5 Maximum 10

ADULT SCORING CLINIC

Day/When Friday, Sept. 17
 Program #: 42114 A1
 Time: 5:00-6:00 p.m.
 Where: Kleins Driving Range
 Instructor: Jon Wilson, Chris Hearn & PGA Pros
 Fee: \$25

Clinic will cover chipping, pitching, putting and sand shot fundamentals to improve your game! Equipment and balls provided. If you possess your own equipment you are encouraged to bring your clubs with you. This program will be held at Kleins Golf Range, Rte 79 in Madison.

Minimum 5 Maximum 10

COOKING WITH CAFE GROUNDED

Day/When: Tuesday Sept. 21-Oct. 19 42116 A1
 Program#: Tuesday Oct. 26-Nov. 23 42116 A2
 Time: 7:00-9:00
 Where: Community Center Kitchen
 Instructor: Andrew Speziale
 Fee: \$100

Come and join Chef Andrew in the first session to learn about basic skills. Knife skills, kitchen safety, roasting, soups, soup making will be covered in this fun class. Once you have mastered the basic skills, join Andrew for an advanced cooking class. This class will focus on the execution of dishes, sides and garnishes beyond the basics (Beef Wellington, Tempura, Risotto's and Sauce Hollandaise to name a few).

Minimum 6 Maximum 10

DOG OBEDIENCE

Day: Thursday
 When: Sept. 23-Oct. 28
 Time: 6:30-7:30 p.m.
 Where: Adams Basketball Courts
 Instructor: Paula Milnes
 Program #: 42111 A1
 Fee: \$50

Have your dog barking up the right tree. Sit, stay and heel are some of the commands. Dog must be 4 months old and have all shots. No chain or retractable leashes. Wear sneakers or low sole shoes. One person per dog should attend this class.

Minimum 8 Maximum 16

10

SHALL WE DANCE? BALLROOM DANCING

Day: Monday
 When: Sept. 20-Oct. 25 Fox Trot & Swing (S1)
 Nov. 1-Nov. 29 Tango & Latin (S2)
 No Class Date: Oct. 11
 Time: 7:00-8:15 p.m.
 Where: Community Center
 Instructor: Karen Pfrommer
 Program #: 42108 A1 (S1) 42108 A2 (S2)
 Fee: \$30 per person per session



Getting ready for a special event? Want to learn to dance? Then we've got the class for you set-up and ready to go. Covers basic patterns of foxtrot, swing, tango and latin dances with an emphasis on learning to move comfortably on the dance floor. If you don't have a partner, go ahead, ask a friend! Instructor Karen Pfrommer is the owner of Let's Dance in Rhythm.

Minimum 12 Maximum 40

PHOTOGRAPHY

Day: Wednesday
 When/Program #: Sept. 22-Oct. 20 42107 A1
 Oct. 27-Dec. 1 42107 A2
 No Class Date: Nov. 24
 Time: 7:00-8:15 p.m.
 Where: Community Center
 Instructor: Christian Skorik
 Fee: \$50

Want to improve your photography? Come and learn how to get the most from your camera! Learn what to look for in a great photo, how to set up your camera to get the best shot, and learn effective and time saving methods on editing and sharing your photos online with friends and family.

Minimum 8 Maximum 16

PILOTING AND CHARTING COURSE

Day: Tuesday
 When: Oct. 5, 12, 19
 Time: 7:00-9:00 p.m.
 Where: Community Center
 Instructor: USCG Auxiliary
 Program #: 42118 A1
 Fee: \$60

The Piloting and Charting course is the first of three courses on navigation, covering the basics of coastal and inland navigation. This course focuses on traditional techniques so the student will be able to find his/her way even if their GPS fails. The course includes many in-class exercises, developing the student's skills through hands-on practice and learning. Topics covered include but not limited to charts and their interpretation, navigation aids and how they point to safe water, plotting courses and determining direction and distance, the mariner's compass and converting between True and Magnetic, pre-planning safe courses, the Seaman's Eye simple skills for checking that one is on course.

Minimum 4 Maximum 10

ADULT (55+) PROGRAMS

LOW IMPACT AEROBICS/WEIGHT TRAINING

Day: Tuesday and Friday
When: Sept. 21 - Dec. 17
No Class Date: Nov. 26
Time: 1:30-2:30 p.m.
Where: Community Center
Instructor: Barbara Corso
Program #: 40215 A1
Fee: \$52

Excellent program for cardio and stretching exercises.

GENTLE YOGA

Day: Monday
When: Sept. 20 - Dec. 13
No Class Date: Oct. 11
Time: 10:45-12:00 p.m.
Where: Community Center
Instructor: Geraldine Chandler
Program #: 40214 A1
Fee: \$40

Protect yourself from stiffness thru Gentle Yoga exercise. A program of gentle stretching, proper breathing and also relaxation techniques. Improve posture and a sense of balance which will help reduce your risk of falling

BODY WISE

Day: Tuesday/Thursday
When: Sept. 21 - Dec. 16
No Class Date: Nov. 11, 25
Time: 1:30-2:30 p.m.
Where: Community Center
Instructor: Elizabeth Santoro
Program #: 40218 A1
Fee: \$36

A safe program of gentle exercise and movements designed to increase flexibility, muscle tone, bone density, improve circulation, balance and coordination.

LINE DANCING

Day: Friday
When: Sept. 10-Dec. 17
No Class Date: Oct. 22, Nov. 26, Dec. 3
Time: 10:00-11:00 a.m.
Where: Community Center
Instructor: Joan Wheeler
Program #: 40210 A1
Fee: \$12

A fun way to get your exercise!

SPANISH

Day: Tuesday
When: Sept. 21-Dec. 7
Time: 11:00-12:00 p.m.
Where: Community Center
Instructor: Esther Bracken
Program #: 40203 A1
Fee: \$30

ITALIAN

Day: Tuesday
When: Sept. 21-Dec. 7
Time: 1:00-2:00 p.m.
Where: Community Center
Instructor: Anna Sincavage
Program #: 40219 A1
Fee: \$35

SHORELINE INSTITUTE OF LIFELONG LEARNING

Our primary mission is to offer meaningful intellectual programs to retired and semi-retired citizens of Guilford and Madison, who share a love of learning. However, membership is open to all adults who would enjoy a few hours of intellectual stimulation and socializing. Interested residents from other communities are also welcome. Affiliated with the Elderhostel Institute Network, we offer daytime academic programs designed to suit varied interests. All instructors and team leaders are unpaid volunteers. Our objective is to offer college level classes without concern for credit, grades, or prerequisites. No previous level of high school or college education is required. All we require is your interest and enthusiasm.

To obtain a Fall catalog with details on classes, membership, & registration, call 453-8086 or stop by the Guilford Community Center.

TRANSPORTATION

Transportation available within the Town of Guilford for errands, food shopping, medical appointments, hairdresser, etc. Transportation within Guilford and surrounding towns for medical appointments is also available. 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.

ADULT TRIPS (55+) / SPECIAL EVENTS

FALL MYSTERY TRIP

September 9, 2010

Bring two things: your curiosity and your appetite! We are off to the oldest . . .

To learn about the world's finest???? We'll be outdoors as well as "undercover", so a light jacket and comfortable shoes are suggested. One of our stops will be a tasty treat—voted best in the region. We'll also view the largest in the State. We've never done this destination before. Motorcoach transportation.

Cost: \$63.00. Bring your camera!! Do I have your interest yet????

FEAST OF SAN GENNARO AND CHINATOWN

September 22, 2010

In fascinating New York City. Spend time at the 83rd annual Feast of San Gennaro, New York's longest running outdoor festival held on the streets of historic Little Italy. In the morning we will join our informative guide on a walking tour of the open markets, apothecaries, temples, street merchants and see life in historic Chinatown. Motorcoach transportation.

Cost: \$50.00

LEXINGTON & CONCORD, MA

October 9, 2010

The birthplace of American Liberty, "the shot heard around the world" that began the American Revolution on the Battle Green. We'll greet our costumed guide who will transport us back in time, recounting the exciting events of April 19, 1775. Visit Old North Bridge and Minute Man National Park. Lunch, included, will be at the 1716 Colonial Inn set on the Concord Village Green with time to walk it off and explore on your own. We've planned this "history lesson" on a Saturday with the thoughts of giving you the opportunity to share this trip with your children/grandchildren.

Cost: \$77.00 pp

WESTPOINT MILITARY ACADEMY & MOHONK MOUNTAIN HOUSE

October 18-19

A colorful fall foliage destination that has something for everyone! We will start off with a morning cruise on the Hudson River. For history buffs we will have a guided tour of West Point. Our accommodations for the night will be at the historic Hotel Thayer located right on campus. Dinner at Coppola's included. After enjoying a full breakfast at the hotel we will depart for Mohonk Mountain House with a spectacular vista of Mother Nature's fall colors! Time to enjoy the lake, the beautiful grounds, the gardens before we sit down to lunch. A stop at the Water Street Marketplace before heading back to Guilford.

Cost: \$329.00 pp Bring your camera!!

HALLOWEEN PARADE

October 31, 2010

The annual Halloween Parade! Come to the Guilford Green, dressed in your Halloween Costume and have fun. A performer, jack-o-lantern contest and much much more. Details will be available in September!

FAMILY GAME NIGHT - MINUTE TO WIN IT

Day/Date: Friday, November 12

Where: Community Center

Fee: \$20 per family

Bring the whole family and play Guilford Parks and Recreation Department's version of Minute to Win It!

STARSHIP DANCE THEATER - THE MAGIC TOYSHOP AUDITIONS

Day/Date: Sunday, September 12

Where: Community Center

Artistic Director: Joyce DiLauro

Fee: \$10

Please call 457-0822 or 468-8998 to set up an audition for the Holiday Production, Starship Dance Theater, The Magic Toyshop. Parents need to be present for children under 12 years old. Please visit www.starshipdancetheater.org for more information.



FITNESS PROGRAM



Weekday AM Class Schedule	Days/Dates	Times/Dates	Fee	Fitness Instructor	Program Number
Pilates Mat (Menunkatuck)	Mon/Wed/Thurs 9/20-12/9	7:30-8:30am	\$75	Geraldine Chandler	42413 A1
Body Sculpting	Mon/Wed 9/20-12/11	7:30-8:25am	\$65	Connie DeCicco	42402 A1
Body Sculpting	Tues/Thurs/Fri 9/21-12/10	7:30-8:25a.m.	\$75	Connie DeCicco Nancy Marcy	42402 A2
Body Sculpting	Tues/Thurs 9/21-12/9	8:30-9:25am	\$65	Connie DeCicco	42402 A3
Cardio Lite	Mon/Wed/Fri 9/20-12/10	8:30-9:25am	\$75	Connie DeCicco	42410 A1
Cardio Combo	Mon/Wed/Fri 9/20-12/10	9:30-10:30am	\$75	Connie DeCicco	42401 A1
Step Mania	Tues/Thurs 9/21-12/9	9:30-10:30	\$65	Connie DeCicco	42406 A1
Yoga AM (Menunkatuck)	Monday 9/27-12/6	9:00-10:30am	\$65	Susan Brinigar	42109 A1
Yoga AM (Menunkatuck)	Wednesday 9/22-12/8	9:00-10:30am	\$75	Vicky Clement	42109 A2
Yoga AM (Menunkatuck)	Friday 10/1-12/10	10:00-11:30am	\$65	Susan Brinigar	42109 A3

- **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 Mat:** 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 aerobic class, a step up from floor work with a soft low impact approach. This moderate level class is just what you are looking for to begin fitness again or to maintain your workout. All fitness levels (except advanced).
- **Cardio Combo:** This intense 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. Very popular class. All fitness levels (must have previous experience in aerobics)
- **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:** Our three incredible yoga instructors offer instruction on postures, breathing and relaxation, each with their own flair, energy and expertise. As we learn to reconnect with our natural state of health and well being, we become stronger, more balanced and flexible. If you can breathe, you can do yoga. All fitness levels welcome!

If there is a fitness program that you would love to participate in which is not scheduled, feel free to call Ellen Clow at 453-8068 or email clowe@ci.guilford.ct.us with suggestions or ideas.

NO CLASS DATES: Oct. 11, Nov. 11, 24, 25, 26

Fitness classes backup to one another each season, therefore, we are now unable to makeup any classes. We hope that this feature will meet the needs of our participants who have encouraged us to have classes ongoing. We apologize if there has to be a cancellation but reserve the right to cancel classes due to illness, scheduling conflicts, weather or emergencies.



FITNESS PROGRAM



Weekday PM Class Schedule	Days/Dates	Times/Dates	Fee	Fitness Instructor	Program Number
Yoga PM (Menunkatuck)	Monday 9/20-12/6	5:30-7:00pm	\$75	Lynda Corcoran	42110A1
Yoga PM (Menunkatuck)	Wednesday 9/29-12/8	5:30-7:00pm	\$65	Susan Brinigar	42110A2
Yoga PM (Faulkner)	Thursday 9/30-12/9	5:30-7:00pm	\$55	Chris Gaynor	42110A3
Pilates Mat (Menunkatuck)	Tues/Thurs 9/21-12/9	5:45-6:45pm	\$65	Geraldine Chandler	42414A1
Strength & Stretch	Tues/Thurs 9/21-12/9	6:00-7:00pm	\$65	Bobbi Errato	42408A1
Aerobics PM	Tues/Thurs 9/21-12/9	7:05-8:05pm	\$65	Erika Hetrick	42405A1
Kickboxing	Mon/Wed 9/20-12/8	6:00-7:00pm	\$65	Erika Hetrick	42407A2
Stability Ball (Guilford)	Tuesday 9/21-12/7	6:00-7:00pm	\$40	Joyce Tierney	42404A2
Belly Dance 101	Monday 9/20-12/6	7:05-8:00	\$35	Heather Dostert	42417A1
Weekend Class Schedule	Days/Dates	Times/Dates	Fee	Fitness Instructor	Program Number
Yoga	Saturday 9/25-12/11	8:00-9:30am	\$65	Angela Creamer	42412A1
Rise n' Shine Mix	Saturday 9/25-12/11	9:30-10:30am	\$35	Sharon Shuffit	42416A1
Stability Ball	Saturday 9/25-12/11	8:30-9:30am	\$35	Joyce Tierney	42404A1

- **Pilates Mat:** 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.
- **Yoga:** Our incredible yoga instructors offer instruction on postures, breathing and relaxation, each with their own flair, energy and expertise. As we learn to reconnect with our natural state of health and well being, we become stronger, more balanced and flexible. If you can breathe, you can do yoga. Refreshing and invigorating! All fitness levels welcome!
- **Strength and Stretch:** This class is an intense strength training workout using balls, weights, bands and body bars. Designed to focus on strengthening and toning. All fitness levels welcome.
- **Rise n' Shine Mix:** Participants engage in low-impact aerobics and strength/stretch training to awaken the body and spirit! Resistance equipment utilized. All fitness levels welcome!
- **Aerobics PM:** Format includes both high and low impact aerobic options. This not to "dancy" class with interval bursts to increase cardiovascular endurance. Class ends with stretch and abdominal work and optional 15 minute bonus strength training.
- **Stability Ball:** This class will improve your overall well being by strengthening muscles and increasing postural awareness. Targets core musculature and improves balance and coordination. Participants must provide their own body ball for this class.
- **Kickboxing:** Combining punching and kicking combinations this class is designed to enhance your coordination, flexibility and cardio endurance. All fitness levels are welcome!
- **Belly Dance 101:** Come have fun and learn the basics to belly dance. Participants will learn moves both stationary and traveling including shim-mies, hip drops/pops, eqyptian walk, snake arms and more! A wonderful workout!!

PROGRAM INFORMATION

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

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

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

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 prorated. Donations received will go to the Florence Chittenden Scholarship Fund to assist with a child attending program (Program # 24500 A1). 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 or www.guilfordparkrec.com. 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) or www.guilfordparkrec.com. If school is delayed, recreation programs begin as scheduled.

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.

SPECIAL NEEDS POLICY:

Individuals who need reasonable accommodations in order to participate are welcome in all programs offered by the Parks and Recreation Department. S.A.R.A.H. Inc., works with us to determine necessary accommodations for people with special needs in order to make programs available to all community members. Our programs and services are designed to be consistent with the principles of inclusion, natural supports, normalization and least restrictive environments.

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.