

DISCOVER

The Town of Guilford



Spring & Summer

Program Guide 2024

Active
Adults
55+

Day
Camps

Fitness &
Yoga

Nathanael B. Greene
Community Center
32 Church Street
Guilford, CT 06437
(203) 453-8068

www.guilfordparkrec.com

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DIRECTOR'S MESSAGE - WELCOME PAMELA GERY

Letter from your "new" Director,

It is with great enthusiasm and a deep sense of pride that I introduce myself as the newly hired Director of Parks & Recreation for our beloved community of Guilford. Having called this vibrant town, my home, for the past 31 years, I am both honored and excited to take on the responsibility of overseeing the Parks and Recreation Department which has played such a significant role in my life.

Guilford holds a special place in my heart, and in my role as your Director of Parks & Recreation, my vision is to build upon the strong foundation established by the former director, Rick Maynard, and his staff. My dedication lies in ensuring that our parks remain vibrant hubs of activity, providing a diverse range of programs and events that cater to the needs of our community.

I encourage you to carefully review this brochure, which showcases the dedicated efforts of our department staff in organizing a range of programs for all ages, along with exciting bus trips, and seasonal events that your entire family will enjoy.

I am genuinely looking forward to collaborating with residents, community organizations, and local businesses to make Guilford's parks and recreational spaces, even more dynamic and accessible. Please feel free to reach out with your thoughts, ideas, and suggestions. I am eager to hear from you as I start in this new position and am ready to make positive impacts for many years to come.

Warm regards,

Pamela Gery

Parks and Recreation Director

PRESCHOOL & YOUTH PROGRAMS

Note: Classes highlighted in blue contain summer session information

TAE KWON DO (AGES 3-18+)

Day: Monday & Wednesday
Dates: **April 15 - June 26**
No Class: **May 22, 27, June 19**
Time: 4:30 - 5:30pm - A1
6:00 - 7:30pm - A2
Program #: 26116 A1/A2
Fee: \$100.00(A1) \$150.00(A2)
Day: Monday & Wednesday
Dates: **July 8 - September 11**
No Class: **September 2**
Time: 4:30 - 5:30pm - A1
6:00 - 7:30pm - A2
Program #: **36206 A1/A2**
Fee: \$100.00(A1) \$150.00(A2)
Location: Community Center
Instructor: John Cuddy

Our 6th degree black belt instructor will introduce techniques and strategies of tae kwon do and karate, aikido, kung fu and other martial arts. 4:30 - 5:30pm kids class, ages 3 - 9 yrs, for white, yellow, green and blue belts. Program will cover motor skills, tumbling and basic kicks, pad work and games to inspire this age group for the sport. 6:00 - 7:30pm, ages 5+ for all belts, white through black.

PEE WEE SOCCER (AGES 3.5 - 5)

Day: Saturday
Dates: **April 20 - May 18**
Time: 9:00 - 9:45am
10:00 - 10:45am
Program #: 26111 A1/A2
Location: Bittner Park Softball Field
Instructor: Scott McMahon & Jeff Sullivan
Fee: \$60
Learn the fundamentals of soccer through fun games and drills in a non-competitive format that fosters independence. Each child is required to bring a size 3 or 4 soccer ball.

PEE WEE TENNIS (AGES 4 - 6)

Day: Monday
Dates: **April 22 - May 20**
July 8 - August 5
Time: 10:15 - 11:00am
Program #: 26107 A1/**36101 A1**
Location: Community Center
Adams Tennis Courts
Instructor: Recreation Staff
Fee: \$50
This class is a playful introduction to the game of tennis. Each participant needs to bring their own racquet.

PEE WEE FIT (AGES 3 - 6)

Day: Wednesdays
Dates: **April 24 - May 22**
July 3 - July 31
Time: 4:00 - 4:45pm
Program #: 26103 A1 / **36101 B1**
Location: Adams Tennis Courts
Chittenden Park
Instructor: Recreation Staff
Fee: \$50
Couple healthy exercise with fun activities that foster athletic skills and social development.

IRISH STEP DANCE (AGES 7 - 16)

Day: Thursday
Dates: **April 25 - June 13**
Time: 3:45 - 4:45pm Beginner
4:30 - 5:30pm Advanced
Program #: 26208 A1/A2
Fee: \$100
Day: Monday - Thursday
Dates: **July 1 - July 5 (Mon-Fri)**
No Class: **July 4**
Time: 2:30-3:30pm Beginner
3:30-4:30pm Advanced
Program #: **36105 A1/A2**
Fee: \$50
Location: Community Center
Instructor: Kathy Carew
Participants will learn step and Ceili (group

dance) with a traditional style. Dancers start with the Irish jig, progress on to Reel Slip Jig and Hornpipe. Advanced: Dancers will begin to work on steps with a higher level of difficulty with emphasis on more intricate movements.

GUILFORD YOUTH FIELD HOCKEY

(GRADES 1 - 8)

Day: Thursday
Dates: **April 25 - May 23**
Time: 5:00 - 6:00pm
Program #: 26009
Location: Adams Middle School
Instructor: Kitty Palmer & GHS Staff
Fee: \$100
*Guilford coaches and players will teach the game fundamentals to prepare you for middle and high school play. They hope that you grow to love the game as much as they do. Kids will be divided by ages and abilities. **Bring ShinPads, Goggles, Stick, Mouth Guard and Water.***

YOUTH YOGA (GRADES 1 - 5)

Day: Friday
Dates: **April 26 - May 24**
Time: 4:15 - 5:00pm
Program #: 26205
Location: Community Center
Fee: \$50
Instructor: Angela Creamer
Yoga sharpens the ability to focus and develop self discipline, but most importantly keeps the kids ACTIVE!

AFTER SCHOOL BASKETBALL

(GRADES 5-8)

Day: Wednesday
Dates: **May 1 - May 29**
Time: 3:00 - 5:00pm
Program #: 26104 B1
Instructor: Chris Pappa
Location: Courts @
Emergency Services
Fee: \$25
Hang out afterschool at the Emergency Services Basketball Courts. Equipment will be provided. Snacks will be provided.

AFTER SCHOOL FLAG FOOTBALL (GRADES 3 - 5)

Day: Tuesday
Dates: **May 21 - June 18**
Time: 3:30 - 4:30pm
Program #: 26104 A2
Instructor: Recreation Staff
Location: Guilford Green
Fee: \$50
Join us for a fun afternoon of Flag Football with your friends at the green!

AFTER SCHOOL FLOOR HOCKEY

(GRADES 1-4)

Day: Tuesday
Dates: **April 16 - May 14**
Time: 4:00 - 5:00pm
Program #: 26104 A1
Instructor: Recreation Staff
Location: Community Center
Fee: \$50
Players can learn and improve on skills including puck/ball control, passing, shooting, teamwork and overall game play.

OPEN INDOOR PLAYGROUND

(AGES 15 - 24 MONTHS)

Day: Wednesday
Dates: **April 17 - May 15**
Time: 9:15 - 10:00am
Program #: 26003
Location: Community Center
Instructor: Recreation Staff
Fee: \$50
Come enjoy this Parent & Me Class, where you will enjoy the ultimate indoor playground. This is a great class to come meet new parents and friends!

Volleyball Clinic

Volleyball Clinic

Day: Tuesday

Dates: April 23 - May 28

Time: 6:00 - 7:15pm (Grade 5 - 6)
7:15 - 8:45pm (Grade 7-8)

Fee: \$90.00

Location: Adams Middle School Gymnasium

Instructor: Art Fonicello

Program #: 26102 A1/A2



Volleyball Clinic

Day: Thursday

Dates: April 25 – May 23

Time: 6:00 - 7:15pm (Grade 3 -4)

Fee: \$75.00

Location: Adams Middle School Gymnasium

Instructor: Art Fonicello

Program #: 26102 B1

This clinic is designed to teach volleyball in a fun and positive atmosphere. Training ranges from fundamental skills (passing, serving, hitting, etc.) to position-based training (setters, middle blockers, defensive specialists, etc). Team systems in offense, defense, and transition is integrated into the clinic. Beginners get exposed to the game, learn the skills and have fun with the sport. More advanced players can begin to hone their technique and comprehension of the game for the Junior and High school level.

PRESCHOOL PROGRAMS

Ready, Set, Leap (Ages 3 - 5yrs)

Day: Monday, Wednesday, Friday

Dates: April 15 - June 14

No Class: May 27

Time: 9:30am - 1:30pm

Location: Community Center

Fee: \$565.00 (for the entire session)

Instructor: Nicole Porter, Certified Teacher

Program #: 26012

*This is a developmental program for 3-5 year olds to learn skills through cooperative play. Children will have activity centers, snack, outdoor play, crafts, songs and stories related to weekly themes. Must be potty trained to attend. Please bring a snack, lunch & drink. **No Peanut Products!***

MARY'S CULINARY CLASSES, LLC

Time: 4:30 - 6:30pm Tuesdays @ Community Center

Fee: \$45.00 / date Program #: 26222 A1 - A5 Ages: 5 - 11

April 16th	Taco Casserole & Lamb Pretzel Pops
April 30th	Chicken Alfredo Stuffed Shells and s'mores' Brownies
May 14th	Broccoli and Cavatelli & Ding Dong Cake
May 28th	Garlic Honey Crunch Chicken & Edible Cookie Dough Ice Cream Cones
June 4th	Chicken Francaise & Berry Cheesecake Parfaits



MARY'S CULINARY - EARLY DISMISSAL (GRADES 5-12)

Worried about what your Middle Schoolers will eat for lunch on their half days? Don't be! Let them make their own lunch and dessert in a Mary's Culinary Class! Students will learn beginning to advanced cooking skills and will sit and eat with their friends after they've finished their creations.

Chicken Bacon Gnocchi and Fudgy Brownie Cosmic Cookies

Day: Wednesday, April 24th Time: 1:30 - 3:30pm Program #: 26222 B1

Where: Community Center Fee: \$45.00

RE-LOVED DESIGNS LLC - CRAFT CLASSES

Ages: 6 + Location: Community Center Instructor: Courtney Rosenberg

Program #: 22116 A1 - A9 Fee: \$40.00/date - Fairy Gardens

\$50.00/date - Coastal Treasures Plaque

March 13th	Coastal Treasure Art - Adult Class - 10:00am - 12:00pm or 6:00 - 8:00pm
March 27th	Fairy Garden - Adult Class - 10:00 - 11:30am Kids Class - 1:00 - 2:30pm
April 17th	Coastal Treasure Art - Adult Class - 10:00am - 12:00pm
April 24th	Fairy Garden - Adult Class - 10:00 - 11:30am Kids Class - 1:00 - 2:30pm
May 22nd	Coastal Treasure Art - Adult Class - 10:00am - 12:00pm
May 29th	Fairy Garden - Kids Class - 1:00pm - 2:30pm

Fairy Gardens: Come design your miniature magical landscape using soil, stones, moss and a wide variety of accessories and embellishments to make the perfect whimsical fairy tale garden.

Coastal Treasures Plaque: In this class, participants will craft stunning art pieces using coastal treasures including: a wide variety of seashells, sea glass, stones, sand and more on a beautiful wood plaque. All materials are included but we invite you to bring any small beach treasures that you have that might add to the story of your piece.



YOUTH PROGRAMS

Fee: \$65.00 / 45 min class * \$75.00 / 60 min class

Our program is a combination of fun and learning, fostering the benefits of strength and appreciation culminating into the ultimate goal of flexibility and fitness.

Thursday

April 25 - May 23 - Session 1 (A1-A4)

May 30 - June 27 - Session 2 (B1-B4)

Lil' Movers w/parent (18 months - 3 yrs)

9:00 - 9:45am

26001 A1/B1

Movers w/parent (Ages 2 - 4)

10:00 - 10:45am

26001 A2/B2

Tumbling & Stumbling (Ages 3 - 5)

3:00 - 3:45pm

26001 A3/B3

Movers & Shakers (Ages 5 - 7)

3:45 - 4:45pm

26001 A4/B4

Saturday

April 27 - May 25 - Session 1 (A1-A4)

June 1 - June 29 - Session 2 (B1-B4)

Lil' Movers w/parent (18 months - 3 yrs)

8:15 - 9:00am

26002 A1/B1

Lil' Movers w/parent (18 months - 3 yrs)

9:15 - 10:00am

26002 A2/B2

Tumbling & Stumbling (Ages 3 - 5)

10:15 - 11:00am

26002 A3/B3

Movers & Shakers (Ages 5 - 7)

11:15am - 12:15pm

26002 A4/B4

Summer Classes

July 11 - August 8 - Session 1 (A1-A3)

August 15 - Sept. 12 - Session 2 (B1-B3)

Lil' Movers w/parent (18 months - 3 yrs)

9:00 - 9:45am

36004 A1/B1

Tumbling & Stumbling (Ages 3 - 5)

9:45 - 10:45am

36004 A2/B2

Movers & Shakers (Ages 5 - 7)

10:45 - 11:45am

36004 A3/B3

Lil' Movers/Movers with Parent is a social class where kids and parents can interact with one another while exploring mats, big shapes and balance beam.

Tumbling & Stumbling/Movers & Shakers they will explore basic techniques, while using the mats, balance beam, rings and more!

All classes are co-ed.



S.T.E.A.M. CAMPS

Building Up S.T.E.A.M. Using LEGO® (Ages 5-6)

Day: Monday - Friday
Dates: July 8 - 12
Time: 9:00am - 12:00pm
Program #: 36215 A1
Fee: \$ 150.00
Location: Guilford Community Center
Instructor: Eyes 4 Learning



Children are working independently and cooperatively as they begin to explore simple machines using LEGO® Duplo® early childhood materials. There will be 2 or 3 motion-based projects introduced each day with additional challenge activities for all building skill levels. Your child will have the opportunity to work with and bring home evidence-based lab sheets. Projects may include wedge launchers, scissor lifts, and drumming machines.

S.T.E.A.M. Works Using LEGO® (Ages 7-10)

Day: Monday - Friday
Dates: July 8 - 12
Time: 1:00 - 4:00pm
Program #: 36215 A2
Fee: \$ 150.00
Location: Guilford Community Center
Instructor: Eyes 4 Learning

Please Note: There is a \$25 cancellation fee per session, per participant.

Children are working with standard LEGO® materials to problem-solve engineering challenges involving structure, levers, gears, pulleys, and other elements of simple machines. There will be 2-3 projects introduced each day with additional challenge activities to accommodate all building skill levels. Your child will have the opportunity to work with and bring home evidence-based lab sheets that demonstrate what they are building so they can share with family and continue the learning process outside of camp. Projects may include drawbridges, flywheel cars, and amusement park rides.

JUNIOR TENNIS

Our junior program will give all beginner to intermediate level players a strong set of fundamentals for their game. Our program will cover all the strokes as well as footwork and strategy. Players will receive all the tools to play on their own. Pro on court. **MAX: 16 Players, Play will be outdoors**

Spring Juniors

Day: Tuesdays
Dates: April 9 - June 11
Fee: \$230.00
Green Ball (Ages 10-13)
4:00pm - 5:00pm
Program # 26216 A1
Orange Ball (Ages 7-10)
5:00pm - 6:00pm
Program # 26216 A2

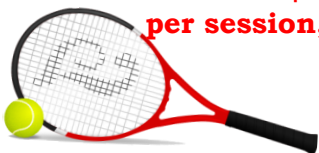
Summer Juniors

Session 1: June 24 - July 18
No Class: 7/4
Green Ball (Ages 10-13)
Monday & Wednesday, 4:30pm - 5:30pm
Fee: \$200.00 Program # 33117 C1
Orange Ball (Ages 7-10)
Tuesday & Thursday, 4:30pm - 5:30pm
Fee: \$180.00 Program # 33117 B1
Session 2: July 22 - August 15
Green Ball (Ages 10-13)
Monday & Wednesday, 4:30pm - 5:30pm
Fee: \$200.00 Program # 33117 C2
Orange Ball (Ages 7-10)
Tuesday & Thursday, 4:30pm - 5:30pm
Fee: \$200.00 Program # 33117 B2

In collaboration with Guilford Racquet & Swim Club

Note: Programs held at GRSC are instructed by GRSC Staff

There is a \$25 cancellation fee per session, per participant.



SPECIAL EVENTS

Annual Eggstravaganza

Saturday, March 23, 2024
Guilford Green at 10:00am

*Photo opportunity
with the Easter Bunny.*

*Participants should
bring a basket to collect
all their eggs!*

Rain Date: Saturday, March 30th

Fishing Derby

Saturday May 11, 2024

FREE! Mill Pond
8:00 - 9:30am

Register Online: www.guilfordparkrec.com

Program #: 21102



**Trucks,
Tractors, Vendors
& More!**

**Live Music,
Inflatables,
Petting Zoo,
Pizza Truck!**

Bring on Spring

Saturday, May 4th

10:00am - 1:00pm

Baldwin Middle School

**For more information
call Guilford Parks
and Recreation at
(203)453-8068.**



SUMMER YOUTH SPECIALTY CAMPS

DIAMOND SPORTS CAMP (AGES 6- 11)

Day: Monday - Friday
Dates: June 24 - June 28
 Time: 9:00 - 11:30am
 Program #: 33111 A1
 Location: Guilford Lakes School
 Instructor: Rich Bello
 Fee: \$100

*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**. Other diamond sports such as wiffle ball and kick ball will be utilized to teach players the essential skills needed for success in these game formats.*

Register for Baseball and Best of Phys Ed and stay for lunch with Mr. Bello!

BEST OF PHYS-ED (AGES 6- 11)

Day: Monday - Friday
Dates: June 24 - June 28
 Time: 12:30 - 3:00pm
 Program #: 33112
 Location: Guilford Lakes School
 Instructor: Rich Bello
 Fee: \$100

*This camp will be a week of the best activities from every kid's favorite subject in school! Participants will stay busy and have fun playing their favorite games and sports from PE class. In case of inclement weather, we have made arrangements to meet inside the gym at Adams Middle School. So rain or shine! Some games that campers could expect are: **Tag games:** octopus tag, gotcha tag, tunnel tag; **Throwing and catching games:** castle ball, pin ball, clean up your room, duck hunt, mat ball; **General games/activities:** nervous wreck, running of bulls, Hungary hippos, relay races, parachute, field day challenges and project adventure.*

BASKETBALL OFFENSIVE SKILLS

(AGES 7- 12)

Day: Monday - Friday
Dates: June 24 - June 28
 Time: 8:30 - 11:30am
 Program #: 33106 A1
 Location: Guilford High School
 Instructor: Jeff DeMaio
 Fee: \$125

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.

Please Note: There is a \$25 cancellation fee per session, per participant.

BASKETBALL COMPREHENSIVE SKILLS

(AGES 7- 12)

Day: Monday - Friday
Dates: July 1 - July 5
No Class: July 4 (Thursday)
 Time: 8:30 - 11:30am.
 Program #: 33107 A1
 Location: Guilford High School
 Instructor: Jeff Demaio
 Fee: \$100

This camp for boys and girls will include handouts, stations, drills, contests, games and prizes. Coaches Jeff DeMaio will be assisted by varsity players for this all inclusive and fun camp. One skill area will be highlighted each day.

EVERSON SOCCER CAMPS (AGES 3 - 14)

Day: Monday - Friday
Dates: June 24 - June 28
 July 29 - August 2
 Time: 1/2 DAY-9:00am - 12:00pm
 Location: Calvin Leete Elementary
 Fee: \$155(before June 1st) \$175

Join us for the 16th year of Everson Soccer Academy camp in Guilford, CT. Elevate your skills with our experienced staff, focusing on both basic and advanced techniques tailored to different age groups and levels. Make this summer unforgettable with fun-filled sessions. Please visit EversonSoccer.com or call 203-298-4763 for more information.

YOUTH FIELD HOCKEY CAMP (GR. 1 - 8)

Day: Monday - Friday
Dates: June 24 - June 28
 July 22 - July 26
 Time: 9:00 - 11:00am
 Program #: 33121 A1/A2
 Location: GHS-Upper Turf Field
 Instructor: Kitty Palmer & GHS Staff
 Fee: \$125

*Guilford coaches and players will teach the game fundamentals to prepare you for middle and high school play. They hope that you grow to love the game as much as they do. Kids will be divided by ages and abilities. **Bring Shin Pads, Goggles, Stick, Mouth Guard and Water.***

GIRLS VOLLEYBALL CAMP (GR.4 - 9) GRADE ENTERING IN SEPT. 2024

Day: Monday - Friday
Dates: July 8 - July 12 (Grades 8 & 9)
 July 15 - July 19 (Grades 6 & 7)
 July 15 - July 19 (Grades 4 & 5)
 Time: 9:00 - 11:30am (A1/ A2)
 12:00 - 2:00pm (A3)
 Program #: 33122 A1 - A3
 Location: Guilford High School
 Instructor: Art Fonicello
 Fee: A1/ A2 \$125 A3 \$100

This camp is designed to teach volleyball in a fun and positive atmosphere. Training ranges from fundamental skills (passing, serving, hitting, etc.) to position-based training (setters, middle blockers,

defensive specialists, etc). Team systems in offense, defense, and transition is integrated into the camp. Beginners get exposed to the game, learn the skills and have fun with the sport. More advanced players can begin to hone their technique and comprehension of the game for the high school level and beyond This is a great camp for those preparing to try out for the high school team.

LEARN TO ROW (AGES 13+)

Day: Tues. Wed. Thurs.
Dates: July 9 - July 18
 Time: 5:30 - 7:00pm
 Program #: 33109-A1
 Location: Lake Quonnipaug
 Instructor: Matthew Wilson
 Fee: \$100

Sweep (one oar) rowing technique will be taught in the teams eight person shell. 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 GHS coaches. Must be able to swim!

FITNESS ADVENTURE CAMP

(GRADES 1- 5)

Day: Monday - Friday
Dates: July 15 - July 19
 July 22 - July 26
 August 19 - August 23
 Time: 9:00am - 3:00pm
 Program #: 33108 A1 - A3
 Location: Guilford Lakes School
 Instructor: Henry Prescott
 Fee: \$399

Join Calvin Leete Elementary P.E. teacher, Mr. Prescott for an action packed fitness adventure day camp! Mr. Prescott is excited to share his knowledge and experience as an Eagle Scout and Certified Strength and Conditioning Specialist (CSCS). In response to high demand, FitnessAdventureCampCT is pleased to offer three one week camp sessions. Ryan Baker, friend, world traveler, youth professional, and newest member of FitnessAdventureCampCT will be sharing his knowledge and expertise for the first two camp sessions. Ryan has worked with campers in ten different countries, all while bringing genuine enthusiasm and vigor. Michael, a long time friend and outdoor enthusiast will assist in hosting the August 19th-23rd session. He brings a wealth of practical outdoor hiking and camping knowledge and plans to share his journey and plethora of knowledge gained from hiking the Appalachian Trail! Children will improve their fitness level through creative and fun games which build team work, cooperation and problem solving skills. Furthermore, students will learn essential health and wellness principles designed to foster a love of movement for a lifetime. Each student will be provided with a healthy nutrient dense non processed lunch! Afternoons will consist of nature adventures including hiking, survival skills, as well as plant and animal identification. Finally, each student will receive a new and updated survival backpack complete with compass, cutlery, flashlight, pocho and more!

SUMMER CAMPS

Pre-School Camp (Ages 3.5 - 5)

<u>Dates</u>	<u>Fee</u>	<u>Program #</u>
June 24 - June 28	\$175	36301 B1
*July 1 - July 5	\$150	36301 B2
July 8 - July 12	\$175	36301 B3
July 15 - July 19	\$175	36301 B4
July 22 - July 26	\$175	36301 B5
July 29 - August 2	\$175	36301 B6
August 5 - August 9	\$175	36301 B7
August 12 - August 16	\$175	36301 B8
All 8 Sessions:	\$1,250	36301 B9



(Register for all 8 session, by May 1st, to receive the discounted rate. Refunds will not be available to those registered for all sessions, as you are receiving a discounted rate)

Please note: There will not be camp on Thursday, July 4th.

Pre-School Camp is located at the Community Center.

The hours for Camp are Monday - Friday from 9:00am - 1:30pm

Get ready for pre-school or full day kindergarten in this creative and educational summer camp! Campers will enjoy a mix of physical, imaginative and academic activities such as fresh air fitness, nature, art, number/letter recognition and games. Please provide a snack, lunch, beverage and a change of clothes. Please apply sunscreen before arrival. **There is a \$20 per session non-resident fee.**

Campers must be potty trained to attend. No Peanut Products!

**NOTE: There is a \$25 cancellation fee per session, per participant
(No refunds given week prior to camp unless medical)**

Learning Pathways Recreational Component

Grades 1 - 6

Monday - Thursday, 12:00 - 4:00pm

At Guilford High School

July 1 - July 25

Fee: \$275.00 Program # 34105

On Tuesday & Thursday Campers will be bussed to Jacob's Beach

No Camp: Thursday, July 4th

****To attend, you must be registered for Learning Pathways at Guilford High School****

Please Note: There is a \$25 cancellation fee per participant.

SUMMER CAMP

Camp Menunkatuck (Entering Grades 1 - 6)

<u>Dates</u>	<u>Fee</u>	<u>Program #</u>
June 24 - June 28	\$175	34101 A1
*July 1 - July 5	\$150	34101 A2
July 8 - July 12	\$175	34101 A3
July 15 - July 19	\$175	34101 A4
July 22 - July 26	\$175	34101 A5
July 29 - August 2	\$175	34101 A6
August 5 - August 9	\$175	34101 A7
August 12 - August 16	\$175	34101 A8
All 8 Sessions:	\$1,250	34101 B1



(Register for all 8 sessions, by May 1st, to receive the discounted rate. Refunds will not be available to those registered for all sessions, as you are receiving a discounted rate)

Please note: There will not be camp on Thursday, July 4th.

Camp Menunkatuck is located at Jacobs Beach on Seaside Avenue.

The hours for Camp are Monday - Friday from 8:00am - 4:00pm

Camp can fill, therefore, we highly recommend registering early. Payment in full is required at the time of registration. Camp consists of a structured day where the individual groups will have a schedule to follow with activities to include arts & crafts, sports, nature, cooperative games, swimming and kayaking. **Parents/Guardian will be charged \$5.00 for every 15 minutes late after 4:00pm.**

There is a \$20.00 per session non-resident fee

**NOTE: There is a \$25 cancellation fee per session, per participant
(No refunds given week prior to camp unless medical)**

Contact Taryn by phone (203-453-8068) or by e-mail erbt@guilfordct.gov for any questions regarding camp.

Counselor In Training Program

<u>Dates</u>	<u>Fee</u>	<u>Program #</u>
* June 24 - July 5	\$150	Please contact office
July 8 - July 19	\$165	Please contact office
July 22 - Aug 2	\$165	Please contact office
Aug 5 - Aug 16	\$165	Please contact office

The Counselor in Training Program is open to youth ages 14-15.

This program is designed for the student who are considering working with children. The program will provide 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.

Contact Taryn by phone (203-453-8068) or by e-mail erbt@guilfordct.gov for any questions.



SUMMER CAMP

Get Out Way Out (Entering Grades 7 - 9)

<u>Dates</u>	<u>Fee</u>	<u>Program #</u>
June 24 - June 27	\$225	34102 A1
*July 1 - July 5	\$225	34102 B1
July 8 - July 11	\$225	34102 C1
July 15 - July 18	\$225	34102 D1
July 22 - July 25	\$225	34102 E1
July 29 - August 1	\$225	34102 F1
August 5 - August 8	\$225	34102 G1
August 12 - August 15	\$225	34102 H1



Please note: There will not be camp on Thursday, July 4th.

Camp will be held on Friday, July 5th!

Camp Get Out Way Out is located at Chittenden Park on Seaside Avenue.

The hours for Camp are Monday - Thursday from 8:00am - 3:00pm

Notification will be given if trip hours are extended

**NOTE: There is a \$25 cancellation fee per session, per participant
(No refunds given week prior to camp unless medical).**

Contact Taryn by phone (453-8068) or by e-mail erbt@guilfordct.gov for any questions regarding camp.

Week Of	Monday	Tuesday	Wednesday	Thursday
June 24	<i>Sports Center of CT</i>	<i>Argia Mystic Cruises</i>	<i>Tree Trails Adventures</i>	<i>Hammonasset Beach</i>
July 1 *No Camp 7/4*	(Monday) <i>Berlin Batting Cages</i>	(Tuesday) <i>Roller Magic</i>	(Wednesday) <i>Lake Compounce</i>	(Friday) <i>Hammonasset Beach</i>
July 8	<i>Urban Air</i>	<i>Farmington River</i>	<i>CT Sun vs NY Liberty Camp Day!</i>	<i>Misquamicut Beach</i>
July 15	<i>Bowling/Hibachi</i>	<i>Brownstone</i>	<i>The Westfield Starfires vs. TBD Camp Day!</i>	<i>Hammonasset Beach</i>
July 22	<i>Dave and Busters</i>	<i>Three Belles Outfitters</i>	<i>Lake Compounce</i>	<i>Hammonasset Beach</i>
July 29	<i>Sports Center of CT</i>	<i>City Climb</i>	<i>Bronx Zoo</i>	<i>Misquamicut Beach</i>
August 5	<i>Berlin Batting Cages</i>	<i>Farmington River</i>	<i>The Adventure Park at Storrs</i>	<i>Hammonasset Beach</i>
August 12	<i>Bowling/Hibachi</i>	<i>Brownstone</i>	<i>Lake Compounce</i>	<i>Hammonasset Beach</i>

SWIM PROGRAMS @ LAKE QUONNIPAUG

Supervised Swim Program

<u>Times:</u>	<u>Program #:</u>	<u>Ages:</u>
10:00am - 10:30am	33201 A1/B1	Ages 2-3
10:30am - 11:00am	33201 A2/B2	Ages 3-4
11:00am - 11:30am	33201 A3 /B3	Ages 5-7

DAY: TUESDAY & THURSDAY

FEE: \$60.00

SESSION 1: JULY 9 - JULY 25

SESSION 2: JULY 30- AUGUST 13

SWIM PROGRAM DESCRIPTION

DURING THE ABOVE PROGRAMS THE PARTICIPANTS WILL HAVE KICKBOARDS, NOODLES, BALLS AND OTHER ITEMS TO HAVE FUN. THIS PROGRAM IS DESIGNED TO GET CHILDREN ACCLIMATED TO THE WATER AND BASIC SWIM TECHNIQUES WILL BE TAUGHT.

Silver Fins Parent -N -Me (Age 2-3): Parent MUST go in water with child (No exceptions!). In this class, child will begin to learn to become comfortable in the water. They will play games with the children and parents will be instructed on how to help.

Aqua Tots (Age 3-4): In this class your child will be independently working with a kickboard and learning basic strokes such as breaststroke, backstroke and freestyle.

Dashing Dolphins (Ages 5-7): In this class your child will develop more self confidence and build upon the skills and strokes they already have already learned.

SPRING/SUMMER FITNESS SCHEDULE

Note: Classes highlighted in blue are Summer Programs

MONDAY April 15- July 1 July 8-Sept 23 No Class: 5/27, 9/2	TUESDAY April 16- July 2 July 9-Sept 24	WEDNESDAY April 17- July 3 July 10- Sept 25	THURSDAY April 18- June 27 July 11- Sept 26	FRIDAY April 19- July 5 July 12-Sept 27	SATURDAY April 20- July 6 July 13- Sept 28
<u>Cardio Tone</u> 22421 A1 32405 A1 (Canetti) \$50 8:30-9:25am	<u>The Reiki Circle</u> 22106 B1 \$50.00 9:00-10:00am	<u>Cardio Tone</u> 22421 A2 32405 A2 (@ Beach) (Canetti) \$50 8:30-9:25am	<u>Cardio Tone</u> 22421 A3 32405 A3 (Canetti) \$50 8:00-8:50am		<u>Yoga</u> 22108 A1 April 20- June 29 (Creamer) \$90 8:00-9:30am
<u>Deep Gentle Yoga</u> 22407 A1 & A2 32403 H1 & H2 (Beale) \$90.00 9:00-10:30am	<u>Yoga</u> 22106 A1 (Limbach)\$50.00 10:00-11:00am	<u>Essentrics@ Barre</u> 22411 A3 (Armstrong) \$50 9:30-10:30am No SUMMER CLASSES July 10 - Sept. 25	<u>Sculpt and Tone</u> 22407 E1 & E2 32403 A1 & A2 (Beale) \$50 9:00-10:00am	<u>Yoga Tone</u> 22407 G1 & G2 32403 A3 & A4 (Beale) \$50 9:00-10:00am	Yoga @ Jacobs 32113 A1 July 6 - August 31 7:30-8:30am (Creamer) (\$75) No Class 8/24
<u>Strength (Chair Based)</u> 22407 B1 32403 C1 (Beale) \$50 11:00-12:00pm	<u>Sculpt and Tone</u> 22407 E3 32403 B3 (Beale) \$50 9:00-10:00am	<u>Mat Pilates</u> 22407 C1 & C2 32403 I1 & I2 (Beale) \$50 9:00-10:00am	<u>Slow Flow Yoga</u> 22407 F1 & F2 32403 G1 & G2 (Beale) \$75 10:15-11:30am	<u>Deep Gentle Yoga</u> 22407 H1 & H2 32403 F1 & F2 (Beale) \$50.00 10:15-11:15am	<u>Zumba</u> 22418 C1 32417 C1 (Outside-AW Cox) (Prior) \$50.00 or \$8/class 9:00-10:00am
		<u>Strength (Chair Based)</u> 22407 I1 & I2 32403 D1 & D2 (Beale) \$50 10:30-11:30am			
<u>Yoga</u> 22109 A1 & A2 32117 A1 & A2 (Gaynor) \$90.00 5:30-7:00pm	<u>Strength & Stretch</u> 22415 A1 (Zergiebel) \$50 4:50-5:50pm		<u>Strength & Stretch</u> 22415 A3 (Zergiebel) \$50 4:50-5:50pm		
		<u>Deep Gentle Yoga</u> 22407-D1 32403 E1 (Beale)\$50 5:30pm-6:30pm	<u>Yoga</u> 22109 B1 & B2 32117 B1 & B2 (Gaynor) \$75.00 5:30-6:45pm		
<u>Zumba Toning</u> 22418 A1 32417 A1 (Prior) \$50.00 or \$8/class 7:00-8:00pm	<u>Strength &Stretch</u> 22415 A2 32415 A1 (Zergiebel) \$50 6:00-7:00pm	<u>Zumba</u> 22418 B1 32417 B1 (Prior) \$50.00 or \$8/class 7:00-8:00pm	<u>Strength & Stretch</u> 22415 A4 32415 A2 (Zergiebel) \$50 6:00-7:00p		

Programs in Green: Zoom Instructor sends Zoom link

Programs in Blue: Class will be held in person at the community center/Jacobs beach.

Programs in Purple: Class will be held in person at the Community Center and will be streamed through Zoom.
1 - In Person
2-Zoom

FITNESS DESCRIPTIONS

CARDIO TONE: Cardio Tone combines the definition of muscles and cardio exercise for a total body workout. Participants will improve cardio endurance and increase muscle strength and flexibility. The workout will include resistance training to work different muscle groups. We will use weights, body bars and band combinations, finishing each class with floor work, core and stretching.

DEEP GENTLE YOGA: For all levels, experience postures, slow meditative movements to warm and stretch the body, and soothing breathing techniques to release stress, an opportunity to slow down and deepen your practice.

STRENGTH(CHAIR BASED): Focuses on building muscle from our chairs. Safe and effective way to strengthen the body with light weights and bands. All work will be done from the support of the chair.

YOGA: Hatha style practice which offers a slow flow and longer holds. Class offers an introduction to breathing (pranayama) and meditation. Practice will lend itself to all levels, beginner to seasoned yogi.

ZUMBA TONING: Incorporates the international music of Zumba with light weight resistance to create a fun workout that will burn calories, strengthen, sculpt and tone muscles. 1-3 lbs. dumbbells or Zumba toning sticks are used to enhance the engagement and toning of targeted muscle groups including chest, back, core, shoulders, legs and arms.

SCULPT & TONE: Offers a full body workout beginning with a light cardio warm up followed by strength and conditioning exercises layering on Pilates style movements. Lengthen and tone muscles while improving balance, increasing flexibility.

STRENGTH & STRETCH: This class is an intense strength training workout using balls, weights, body bars, and bands. Designed to focus on strengthening and toning. All fitness levels welcome!

ZUMBA: A fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training — alternating fast and slow rhythms — and resistance training.

YOGA TONE: A combination of Pilates and Yoga fused together to build strength and still leave you feeling the wonderful benefits of yoga. Suggested prop blocks and blanket for towel to support the knees.

SLOW FLOW YOGA: Meditative flow to provide a well rounded practice incorporating standing and grounding poses. Suitable for all levels.

ESSENTRICS™ □ BARRE: A gentle but effective stretching program that uses a series of fluid movements inspired by ballet to strengthen muscles “eccentrically” (as they lengthen). This innovative workout program helps to improve posture, unlock tight joints, and build full body strength and flexibility.

THE REIKE CIRCLE: Reiki invites a shift in the nervous system to rest and repair. It is an invitation to wellness whether you are managing disease or coping with our world on fire, A healing practice to bring us all into balance on every level, physically, mentally, spiritually and even globally!

CHARCUTERIE BOARDS

Ages: 18+ Time: 10:00 - 11:30am or 6:00 - 7:30pm

Location: Community Center

Instructor: Perfectly Planned Parties by Andrea

Program #: 22115 A1 - A6 Fee: \$55.00/date

Tuesday - March 26th: *Easter Board*

Tuesday - April 23rd: *Spring Board*

Tuesday - May 7th: *Mother's Day*

Grade: 5+

Time: 5:30 - 7:00pm

Location: Community Center

Instructor: Perfectly Planned Parties by Andrea

Program #: 22115 A7 Fee: \$45.00

Tuesday - April 16th: *Spring Board*

NEW! Kids Class

Interested in learning how to build a beautiful, artful charcuterie board to wow your guests? Grab your friends and family for this food enthusiast board styling class! Andrea Savino and Courtney Rosenberg from Perfectly Planned Parties by Andrea have teamed up to teach you how to create your own board while adding some creative ways to bring your board to the next level! **What you'll get:** A 10" disposable palm leaf plate, Fine cheeses, cured meats and all additional accompaniments for creating the perfect board. (Vegetarian option available upon request) Step-by-step guidance in turning ordinary fruits and vegetables into beautiful works of art. Each guest will be given a box to take their own creations home.



ADULT PROGRAMS

Note: Classes highlighted in blue contain summer session information

TAE KWON DO

Day: Monday & Wednesday
Dates: **April 15 - June 26**
No Class: **May 22, 27, June 19**
Time: 6:00 - 7:30pm - A2
Program #: 26116 A2
Fee: \$100.00

Day: Monday & Wednesday
Dates: **July 8 - September 11**
No Class: **September 2**
Time: 6:00 - 7:30pm - A2
Program #: **A2**
Fee: \$150.00
Location: Community Center
Instructor: John Cuddy

Please see Page 6 for more information

DOG OBEDIENCE

Day: Thursday
Dates: **April 25 - May 23**
Time: 6:30 - 7:30p.m. (A1)
7:45 - 8:45p.m. (A2)
Location: Adams Basketball Courts
Instructor: Paula Milnes (CPDT)
Program #: 22102 A1
Program #: 22102 A2 (Advanced)
Fee: \$60

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 re-

tractable leashes. Wear sneakers or low sole shoes. One person per dog should attend this class. Remember to bring lots of treats!

Advanced: Looking to sharpen up your skills? Maybe you're interested in getting a CGC (canine good citizen), Rally or Obedience title. This is the class for you!! We will focus on loose leash walking, better sits, recalls and more!

BOAT AMERICA

Day: Thursdays
Dates: **May 2 & May 9**
Time: 5:30 - 9:30p.m.
Program #: 22107
Location: Community Center
Instructor: Guilford Flotilla
Fee: \$65

Boat America is a boating certificate class to learn boating Safety at a USCG Basic Boating Course. This is a two day, four hours each class to fulfill requirements for Connecticut Boating Certification. Upon completion of test you will be qualified for a Connecticut Personal Watercraft Certificate. Topics Include: **Introduction to Boating, Boating Law, Safety Equipment, Safe Operation and Navigation, Boating Emergencies, Trailing, Sports and Boating.**

PILOTING AND CHARTING NAVIGATION

Day: Thursdays
Dates: **June 6, June 13, June 20**
Time: 6:00 - 9:00p.m.
Program #: 32102 A1
Location: Community Center
Instructor: Guilford Flotilla

Fee: \$65
The Piloting and Charting course is a three night navigation course, 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. Please bring parallel rulers and divider or other navigation plotting tools or they will be available for purchase for \$45.00

PICK-UP FIELD HOCKEY

Day: Tuesday
Dates: **June 25 - August 13**
Time: 7:00 - 8:00p.m.
Program #: 32123
Location: GHS Turf Field
Instructor: Former GHS Player
Fee: \$25

Miss playing field hockey? Join GHS veterans and bring back some memories. Prior experience is a MUST!

PROGRAM INFORMATION

NEW TO TOWN: Come in and find out what we have to offer. We have programs, classes, trips, and facilities for all ages. 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. Non-Residents must add an additional \$10 per participant per program unless indicated otherwise.

INCLEMENT WEATHER: If school is canceled due to inclement weather, programs scheduled between 7:00am and 11:00am are cancelled. A decision to cancel after 11:00am will be at the discretion of the Parks and Recreation Director and will be announced on the weather line (203)453-8134, www.guilfordparkrec.com and on Channel 3,8 and 30. If school is delayed, programs/activities scheduled before 10:30am will be canceled.

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.
- A partial refund may 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 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.

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 request advance notice to ensure that any needed personalized accommodations will be met.

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.

CANCELLATION POLICY: We reserve 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.

BALLROOM LINE DANCE

Spring: 20212

Summer: 30214

Date: April 2-June 28

Date: July 5-Sept 27

(No Tuesday Class in Summer)

Friday A1- Time: 9-10am

TUESDAY A2 -Time: 8:45-9:45am

Friday A3- Beg 8:15-9am

Instructor: Karen Pfrommer

Fee: \$30 / \$35 N/R

Remember the songs & dances you love & the wonderful memories they invoke while having fun & getting fit. Come cha cha cha, to tea for two, waltz to Moon River & mambo to Tequila. Done in line format-no partner needed.

CHAIR YOGA

Spring: 20222

Summer: 30216

WEDNESDAY

Date: April 3-June 26

Date: July 3-Sept 25

NO CLASS: 6/19

Time: 11am-12:15pm

Instructor: Lynda Corcoran

Fee: Wed. \$40- \$45 N/R

A program of gentle stretching, facilitating the chair as a prop for standing & seated poses. Yogic philosophy, breathing & relaxation techniques explored.

BODY WISE

Spring: 20201

Summer: 30210

Tuesday & Thursday

Date: April 2-June 27

Date: July 2-Sept 26

NO CLASS: 7/4

Time: 1-2 pm

Instructor: Lynne Keyser

Fee: \$60/\$65 N/R

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

OIL PAINTING

Spring: 20203

Summer: 30222

THURSDAYS

Date: April 4-June 27

Date: July 11-Sept 26

Time: A1 12:30-2:00 pm

A2 -2:30-4 pm

Instructor: Emer Gearheart

Fee: \$65 / \$75 N/R

Explore the wonderful world of art by starting with a black & white painting & progress to color. Express your creativity & have fun with other budding artists. All materials included.

TAI CHI

Spring: 20204

Summer: 30219

TUESDAY or FRIDAY

Date: April 2-June 28

Date: July 2-Sept 27

A1- 10-11 am Beg 1 day

A2- 10-11 am Beg 2 days

B1- 11am-12pm Yang 24 2 Days

B2- 11am-12pm Yang 24 3 Days

C1- 12-1pm Yang 108 2 Days

C2- 12-1pm Yang 108 3 Days

D1- 1-2pm Advanced Forms 2 Days

D2- 1-2pm Advanced Forms 3 Days

Instructor: Karen Strawson-Brereton

Fee: \$65—1 class per week

\$120—2 classes/week

\$140— 3 classes/week

Traditional Chinese martial arts to improve their physical well-being, manage stress and defend against the confrontations of everyday life. Open to adults of all ages.

SENIORSIZE

Spring:20202

Summer: 30211

MONDAY & WEDNESDAY

Date: April 1-June 26

Date: July 1-Sept 25

NO CLASS: 5/27, 6/19, 9/2

Time: 3:15-4:15pm

Instructor: Gisel Zergiebel

FEE: \$60/\$65 N/R

Exercise in a safe effective format. This program will focus on strength, flexibility, balance & cardio fitness. Instructor may use equipment for safety.

Fit & Fabulous

Spring: 20214

Summer: 30201

Monday & Wednesday

Date: April 1-June 26

Date: July 1-Sept 25

NO CLASS: 5/27, 6/19, & 9/2

Time: 4:45-5:45 pm.

Instructor: Lucy Krauchick

Fee: \$60.- \$65. N/R

One hour of functional cardio, weight & body weight training with cool & stretch segments all designed to enhance your overall well-being. All fitness levels welcome. "The body achieves what the mind believes"& we can do it!

PICKLEBALL

Spring: 20210

Summer: 30213

Instructor: Stephanie Blaha/Marilyn

Fee: \$20/ \$30 NR

Date: Apr 1- Jun 28

Date: July 1-Sept 27

(Registration limits are listed in parentheses next to each class)

Monday Organized Play

Date: Apr 1- Jun 24

Date: July 1-Sept 23

9am-10am INT (35) A1

10am-11am INT (35) A2

11am-12pm ADV (35) A3

Wednesday Instruction w/Marilyn at ADAMS

Date: Apr 3- Jun 26

Date: July 3-Sept 25

8am-9am BEG (16)

9am-10am ADV/BEG (16)

4:30-5:30pm INT/ADV Skills & Drills (20)

Wednesday Organized Play

Date: Apr 3- Jun 26

Date: July 3-Sept 25

9am-10am INT (35) A5

10am-11am INT (35) A6

11am-12pm ADV (35) A7

5:30pm-6:30pm INT/ADV(35) A8

Friday Organized Play

Date: Apr 5- June 28

9am-10am INT (35) A9

10am-11am INT (35) A10

11am-12pm ADV (35) A11

ACTIVE ADULTS (55+) / PAVILION RENTALS

CJ's CIRCUIT CIRCUS

Spring: 20223

Summer: 30217

TUESDAY & FRIDAY

Date: April 2- June 28

Date: July 2-Sept 27

Time: 1:45-2:45 pm

Instructor: CJ Cofrancesco

Fee: \$60/\$65 N/R

Excellent program for cardio & stretching exercises.

CONVERSATIONAL FRENCH

Spring: 20220

Summer: 30221

MONDAYS

Date: April 1-June 24

Date: July 1-Sept 23

NO CLASS: 5/27 & 9/2

Time: 10 -11:30am

Instructor: Candace Routh

Fee: \$35 / \$45 N/R

Parlez-Vous Francais? Would you like to? Come join the French class! Some prior exposure to French is desirable. Not a grammar class but an opportunity to practice French & add to your vocabulary in a fun & supportive environment.

SUMMER SPANISH # 30202

TUESDAYS & THURSDAYS

Date: June 11- August 8

NO CLASS: 7/4

Time: 1pm-2pm

Instructor: Sr. DeFilippo

Fee: \$45 / \$55 N/R

Join Sr. DeFilippo a teacher of five years for Spanish this summer. We will be learning about grammar, culture, and other components of the language. No prior experience is required. All materials be provided in class and all are welcome.

TRANSPORTATION SERVICES -

(203) 453-8086

*Curb-to-curb transportation services are provided to Guilford residents who are 55+ or disabled to medical appointments, errands, shopping & the Community Center.

To schedule: Call 24-48 hours in advance. Provide the following:

*Name, Address & Phone Number / *Date, Time, Estimated Appointment Length / *Name, Address, Phone Number of Appointment

* You MUST call upon completion of appointment for pick up

Dancing with Parkinson's

Spring: 20206

Summer: 30225

MONDAY:

Date: April 1-June 24

Date: July 1-Sept 23

NO CLASS: 5/27 & 9/2

Time: 10:45-11:45 am

Instructor: Rose Costanzo

No Charge

Living with Parkinson's? Experience the joy & benefits of dancing. Participating in dance is good for your brain & stability, boost confidence, focus your senses on movement & balance.

FALL PREVENTION: #20217

MONDAYS

Date: April 1-June 10

NO CLASS: 4/8 & 5/27

NO SUMMER CLASS

Time: 12:30PM-1:30PM

Instructor: Kathy Szabo

Fee: \$35 / \$40 N/R

Dr. Kathy Papayani-Szabo, is a physical therapist and a Senior Fitness Instructor in the community. She is a Fall Prevention Specialist and Orthopedic Clinical Specialist and enjoys educating others on injury and fall prevention. This class is sure to be very popular and space is limited to provide quality instruction so sign up

Pavilion Rentals

Guilford Residents

\$90.00

10:00am - 1:00pm

Non-Residents

\$180.00

5:00pm - 8:00pm

Rental Timeslots

1:30pm - 4:30pm

Pavilion use form

can be found at

www.guilfordparkrec.com



GUILFORD LAKES GOLF COURSE

Discover the Guilford Lakes Golf Course 25th Anniversary Event



Where: Guilford Lakes Golf Course
200 North Madison Road, Guilford CT

When: Saturday, May 18, 2024

Time: 10:00am - 12:00pm



This 2-hour event celebrates 25 years of golf at Guilford Lakes. Take a walking tour of the course and learn the history of one of Guilford's most picturesque parks. Additional activities for children, teenagers, young and older adults will be offered that appeal to those who currently golf and those who may never have considered playing. Activities include tossing frisbees, putting competitions, an introduction to golf etiquette and more! No golf equipment is needed. Refreshments, snacks, and beverages will be served.

The event is FREE and your registration reserves your place to attend. Please e-mail Vicky Ahern at ahernv@guilfordct.gov or visit our website at guilfordlakesgolf.com to register for the event. Golf Course Number: 203-453-8214

GUILFORD LAKES GOLF COURSE CLINICS

Spring/Summer Session 1

Ages 8-11 - \$200.00/Per Child

Spring Session Dates/Locations

- * Sundays, April 7, 14, and 21
at Klein's Golf Range (Madison, CT)
10 a.m. - 11 a.m.
- * Sundays, April 28 and May 5
at Guilford Lakes Golf Course
10 a.m. - 11 a.m.
Rain Date: May 19

Ages 12-16 - \$200.00/Per Child

Spring Session Dates/Locations

- * Sundays, April 7, 14, 21
at Klein's Golf Range (Madison, CT)
11:30 a.m. - 12:30 p.m.
- * Sundays, April 28 and May 5
at Guilford Lakes Golf Course
11:30 a.m. - 12:30 p.m.
Rain Date: May 19



Spring/Summer Session 2

Ages 8-11 - \$200.00/Per Child

Spring Session Dates/Locations

- * Sundays, June 2, 9, and 23
at Klein's Golf Range (Madison, CT)
10 a.m. - 11 a.m.
- * Sundays, June 30 and July 7
at Guilford Lakes Golf Course
10 a.m. - 11 a.m.
Rain Date: July 14

Ages 12-16 - \$200.00/Per Child

Spring Session Dates/Locations

- * Sundays, June 2, 9, and 23
at Klein's Golf Range (Madison, CT)
11:30 a.m. - 12:30 p.m.
- * Sundays, June 30 and July 7
at Guilford Lakes Golf Course
11:30 a.m. - 12:30 p.m.
Rain Date: July 14

Spring/Summer Session 3

Ages 8-11 - \$200.00/Per Child

Spring Session Dates/Locations

- * Sundays, July 28, August 4 and 11
at Klein's Golf Range (Madison, CT)
10 a.m. - 11 a.m.
- * Sundays, August 18 and 25
at Guilford Lakes Golf Course
10 a.m. - 11 a.m.
Rain Date: September 8

Ages 12-16 - \$200.00/Per Child

Spring Session Dates/Locations

- * Sundays, July 28, August 4 and 11
at Klein's Golf Range (Madison, CT)
11:30 a.m. - 12:30 p.m.
- * Sundays, August 18 and 25
at Guilford Lakes Golf Course
11:30 a.m. - 12:30 p.m.
Rain Date: September 8

Registration opens on March 1, 2024. To register, contact Ryan Quinn at 860-575-1720 or by e-mail to golfswingdr@comcast.net

BEACH INFORMATION

LAKE QUONNIPAUG AND JACOBS BEACH ARE OPENED WEEKENDS FROM MEMORIAL DAY THROUGH JUNE 23. BEACHES WILL BE OPEN DAILY BEGINNING JUNE 24 THROUGH THE END OF AUGUST.

BEACH PASSES

<u>Seasonal Pass Type:</u>	<u>Residents</u>	<u>Non-Resident</u>
General Pass	\$35.00	\$80.00
Active Adult (Age 55+) or Veteran (must show valid ID)	\$15.00	\$30.00

(If purchased online, there is a \$1.50 convenience fee.) All passes purchased online will be mailed the week of May 13th. You will not be able to purchase a pass online after May 9th.

Passes will be available for purchase during open beach hours.



Boat Racks

**Fee: \$90 Res
\$180 Non. Res**

JACOBS BEACH

Seaside Avenue

Monday - Friday:

9:00am - 5:00pm /

Saturday & Sunday:

10:00am - 6:00pm

AMENITIES: Pavilions, playground, bathrooms, showers, boat racks, basketball 1/2 court, volleyball, corn hole, splash pad

LAKE QUONNIPAUG BEACH

Route 77, North Guilford

Monday - Sunday:

10:00am - 6:00pm

AMENITIES:

Paddleboats - Fee:\$10.00, changing rooms, bathrooms, showers, pavilion, hiking trails

Kayaks no longer available

SUMMER SOUNDS



Concerts on the Green

6:30pm - 8:00pm

July 28 - *Cast of Beatlemania – a Tribute to the Beatles*

August 4 - *Rumrunners*

August 11 - *Changes in Latitude – a Tribute to Jimmy Buffet*

August 18 - *Live Bullet – a Tribute to Bob Seger*

August 25 - *The Foreigner- Journey Experience*

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Concerts at Jacobs Beach

5:00pm - 6:30pm

July 11th - *Cover Girl*

July 18th - *Daily Planet*

July 25th - *Blue Rhythm Band*

August 1st - *Foxtrotter*

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REGISTRATION FORM

Completed forms with full payment included may be mailed or delivered to:
 Guilford Parks and Recreation 32 Church Street Guilford, CT 0643 Phone: (203)453-8068

Name	Phone
Address	Phone (Other)
Town	Email

PROGRAM REGISTRATION INFORMATION

Name (If different than above)	DOB	Grade	Program #	Program/Trip Name	Fee
				Non-Resident Fee	
				TOTAL	

OTHER INFORMATION
Allergies:
Emergency Contact Name/Number
Other

I the undersigned affirms that:

I agree to hold the Guilford Parks and Recreation Commission and any person connected therewith and the Town of Guilford its employees, and those associated with its program harmless from any and all claims for bodily injury, negligence and property damage arising from the use of facilities or Town equipment during the course of a Guilford Parks and Recreation sponsored activity. In addition, I have read the refund policy in the program brochure and agree to its terms and conditions. Photos taken during programs may be used for promotional purposes. Please notify Parks & Recreation if you do not want picture published.

Participant/Parent/Guardian Signature: _____

Date: _____

FIREWORKS / CONTACT INFORMATION

Community Band Concert

July 13th, 4:00 - 7:00pm

Town Green

Live Music: *The Community Band*

Community Fireworks

July 13th, 7:00 - 10:00pm

Guilford Fairgrounds

Live Music: *TBA*

Rain Date: July 14th

Inflatables

Food Trucks

PARKS AND RECREATION

COMMISSION MEMBERS

Laura Hartman, Chairwomen

Rose Dostert, Vice Chairwomen

John Jagielski

Tara Hunt-Melvin

Mike Mennone

Lawrence Rooney

Diane VanSteenbergen

Susan Welsh

Bradley Kronstat

Kathy Stewart, Secretary

*Commission meetings are held the first
Monday of each month at 6:30pm
at the Community Center.*

Nathanael B. Greene Community Center

32 Church Street

Guilford, CT 06437

Phone: (203) 453-8068

Fax: (203) 453-8456

Weather Line: (203) 453-8134

www.guilfordparkrec.com

Office Hours: Monday through Friday

8:30 a.m. - 4:30 p.m.

**"like" Town of Guilford on Facebook for
Important Updates**

www.facebook.com/town.guilford.ct