# TOWN OF SOUTH WINDSOR PARKS REC

SUMMER HAPPENINGS 2021



# SOUTH WINDSOR Parks & Recreation

# SUMMER IS HERE!

# Register online at recreation.southwindsor.org

We are pleased to offer the following classes and events for the Summer of 2021. Our updated programs publication will be posted monthly on **recreation.southwindsor.org**. Hope to see you all soon!

The SWPRD is committed to the health and safety of all participants, and as such is following all appropriate guidelines in relation to the COVID-19 pandemic. For specific information, please review the program details online for each individual program.

#### Americans with Disabilities Act

South Windsor Parks & Recreation complies with the Americans with Disabilities Act (ADA) prohibiting discrimination on the basis of disability.

### Weather Cancellation Policy

For updated information on program cancellations due to inclement weather, please call our Cancellation Hotline at 860-648-6349. SWPRD reserves the right to change schedules as necessary and cancel programs that do not meet minimum enrollment levels.

#### Behavior of Participants

Participants and guests of participants are expected to exhibit appropriate behavior at all times. Participants and their guests shall behave in a safe and responsible manner, show courtesy and respect to other participants, volunteers, and staff, and treat equipment and facilities with care. We use a positive approach to behavior management. However, we reserve the right to take appropriate action based upon an evaluation of each situation on its own merits.

#### Public Safety

If you appear impaired or under the influence of drugs or alcohol, we will suggest that you allow us to help find someone to drive you and your child home. We will notify proper authorities if deemed appropriate.

#### Contact Us:

Do you have any ideas or suggestions for the Parks & Recreation Department? Please call 860-648-6355 or email us at rec@southwindsor-ct.gov. We would love to hear from you.

Call us: Phone: 860-648-6355

Fax: 860-648-5048

Hotline: 860-648-6349

rec@southwindsor-ct.gov Email ne Facebook Facebook.com/swprd

At the office: Wapping Parks & Recreation Facility.

91 Avers Road, South Windsor, CT 06074

Monday-Friday - 8:00 a.m. - 4:30 p.m.

Holiday Closings: Monday, 5/31, Monday 7/5, and Monday, 9/6

recreation.southwindsor.org

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# HOW TO REGISTER

In the interest of streamlining the registration process and allowing for a safe and socially distant registration, we ask that you register online if at all possible. If you are unable to register online, please contact our office at rec@southwindsor-ct.gov or 860-648-6355 for assistance

MAIL in a registration form.

FAX - 860-648-5048. Faxed registrations are processed at the end of the day.

ONUNE - recreation.southwindsor.org

#### I Forgot My Username or Password

Visit recreation southwindsor.org

- Click the "Log In" button

- Follow the instructions for forgotten name or password.

For further assistance signing into your account, contact the office Monday-Friday, 8:00 a.m.- 4:30 p.m. at (860) 648-6355.

#### Telephone registrations will NOT be accepted.

Registrations will not be accepted without FULL payment and a completed registration form.

#### When to Register

South Windsor residents on Thursday, May 6 at 8am. Non residents on Thursday, May 13 at 8am.

#### Non-Resident Fees

There will be an additional charge for each non-resident program registration of \$5 for programs under \$50 and \$10 for programs over \$50.

The Parks & Recreation Department accepts cash, checks, or credit cards. Please make checks payable to the Town of South Windsor, checks must have driver's license number and expiration date written on them. Memberships and program registrations will not be accepted without FULL payment.

#### Fee Assistance

The South Windsor Parks & Recreation Department's programs, classes, and special events are available to all residents regardless of economic status. The Parks and Recreation Department determines all fee assistance for qualified residents. A confidential application is available at the front desk, located in the Main office at 91 Ayers Road in South Windsor. Fee assistance is made possible through the Recreation Scholarship Fund.

#### Refund Policy

Many programs are very popular and fill quickly, so quickly that we often have waiting lists. The sooner we know of your intentions to cancel out of a program, the sooner we can accommodate others. Requests for refunds will be handled on a case-by-case basis. Generally, full refunds are granted for legitimate medical reasons, or if our department cancels a program. Otherwise, refunds are pro-rated and determined by the percentage of classes or sessions held prior to the date of written notification to the Parks & Recreation Department Main Office (NOT the instructor). The sooner we know, the bigger the refund.

There are NO refunds for Veteran's Memorial Park daily admission or season memberships. Once these are purchased they are nonrefundable,

# Register Online! rec desk



RecDesk is a 100% web based solution for Recreation Departments, Schools, Churches, Civic and Non-Profit Organizations that helps manage facilities, programs, memberships, leagues, and registrations. RecDesk is a new, intuitive program that will allow customers an easier and more efficient way to manage their family's registrations, memberships and reservations. The Family Portal feature will allow customers to track family balances and registrations and will also provide a new calendar view of your family's activity schedule.

Unless otherwise noted, you can register for all of our programs from the convenience of your home computer. Online registration can be accessed 24 hours a day.

Create your RecDesk account now before registration begins on May 6th!

# STEP ONE

. Go to southwindsor.recdesk.com and click the "Log In" button on the top right corner.

# STEP TWO

- · Fill in your family household information and create a login name (must be an email address) and password.

# STEP THREE

· Access your account and review program information, register for available programs, pay on account, view account history, and more!

Our activity numbers are a thing of the past! Registration for programs is similar to most internet shopping. Simply just search by program name or keyword.

As always, please feel free to call the office at 860-648-6355 for assistance.





# YOUTH & TEEN

# SUMMER (AMPS

#### Pre-Ballet Ages 3-5

This class is a wonderful introduction to the world of dance! We use imaginative games and mime to provide a sound foundation for future dance education.

Mondays at 5:30pm July 12, 19, 26 (N/C on 7/5) Fee: \$60

Tuesdays at 4:00pm July 6, 13, 20, 27

Location: Dance Progressions Studio, 259 Sullivan Ave.

#### Kindertap Ages 7-9

This class is an introduction to basic tap and jazz techniques. Rhythmic exercise enhances children's memory, musical awareness, and coordination. For ages 5-6 (children entering kindergarten and/ or first grade)

Mondays at 4:00pm July 12, 19, 26 [N/C on 7/5] Location: Dance Progressions Studio, 259 Sullivan Ave.

#### Tap | Ages 7-9

Beginner Level. This class teaches Basic steps, rhythmic exercises, and foundation skills to set a sound foundation for future tap dance education. For ages 7-9 (children entering 2nd/3rd grade)

Mondays at 4:45pm July 12, 19, 26 (N/C on 7/5) Location: Dance Progressions Studio, 259 Sullivan Ave.

#### Sportz Skillz Ages 6-9

Students learn fun games and drills to enhance basic sports agility, strength and coordination.

Tuesdays at 5:30pm July 6, 13, 20, 27 Location: Dance Progressions Studio, 259 Sullivan Ave.



#### Acrobatics Workshops Ages 8+

This high energy workshop will focus on basic tumbling skills, partner skills and group formations and towers. All skills will be compatible with Cheerleading.

Wednesdays at 3:00pm June 23rd & 30th Fee: \$30 per session or \$50 for both Location; Dance Progressions Studio. 259 Sullivan Ave.

#### Adult and Youth Jukido Jujitsu Ages 6+

Jukido is a Japanese jujitsu system made safe to practice. Although there is a sporting element, Jukido is a self-defense system with emphasis on doing one's best. Participants will learn counter measures against aggression, fight prevention and bully management. A free first try-out class is available. All classes raught by Master Paul Ward.

Sundays, June- August, 5:30pm to 6:30 pm, Location: Wapping Parks & recreation Facility Gym Instructor: Paul Ward, 5th Degree Black Belt

# Welcome to South Windsor Parks & Recreation's day camps!

We take pride in our camp programs, and each one is uniquely designed to fit you and your child's needs. This summer, all of our camp programs will be held at SWPRD's home base: Wapping Parks & Recreation Facility! We were pleased with the convenience of having a one-stop-shop for all of our camps at this cohesive location, and are excited that each Camp will continue to remain its separate entity. We believe summer camp is about having fun, making friendships, teamwork, and, of course, recreating! We can't wait to see you there!

#### **Payments**

Payments may be made in full or place on a payment plan. Payment plans require a deposit of \$25 per session per camper. Deposits are non-refundable after 6/1/2021. Balances will be due one week before the program start date (balance will be automatic credit card charge). Extended day programs must be paid in full.

#### Staff

Our staff is the strength of our day camps. We continuously have a competitive hiring pool for top-of-the-line employees. Our counselors can make connections with your children on the playground, highlight the value of teamwork during a game of handball, and teach patience and creativity during arts and crafts, all while acting as a mentor to campers.

Additionally, all camp personnel are trained in Standard First Aid and CPR and have training on bloodborne pathogens, child development, child abuse recognition, and reporting, diversity awareness, positive disciplining, games, leadership, and much more.

#### Full-Time RN for Camps

Continuing this year, we will have a registered nurse on-site during our 8 weeks of Camp Evolution and Little Evolution (not guaranteed during pre-camp). The nurse will be available to the campers when they are on-site during our scheduled camp hours. We will continue the medical administration and first aid training of our management staff and have an acting First Aid Responder when/if camps travel off-site.

### Need something after school ends?

Join us as we greet summer and prepare for the main event... Camp! This program will immediately follow the last day of school and will be held on a day-to-day basis. These dates may be altered depending on the school calendar. Each day participants will meet at Wapping Parks & Recreation Facility and participate in arts & crafts, and field games. Children can be dropped off as early as 7:00 am and stay until 6:00 pm.

#### First Days of Summer!

Ages 5-11

June 17 - June 18

\$60/day

7:00 am - 6:00 pm

Wapping Parks and Recreation Facility - 91 Ayers Road

#### Pre-Camp

Ages 5-11

June 21 - 25

\$225/week

7:00 am - 6:00 pm

Wapping Parks and Recreation Facility - 91 Ayers Road

Please know that ALL plans are subject to change based on COVID-19 guidelines and restrictions.

# SUMMER (AMPS

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# CAMP EVOLUTION

Ages 5-11

Monday - Friday = 8:30am - 4:00pm Price: Sessions A, C-H \$225 Session B \$185 Location: Wapping Parks and Recreation Facility

Campers will engage in fun, exciting and safe camp activities all day long! These activities will include... water games, arts and crafts, sports, team building activities, and much more!

At this time, we are planning to be able to take each cohort/group to VMP! The details are still being determined as the restrictions and guidelines are updated daily from our stare and local health officials.

"Cohort Olympics will be played on Fridays! Our staff will create a game that each cohort will participate in. Activities will include talent shows, so you think you can dance, sports races and more!



SESSION	DATE	TUESDAY	THURSDAY	FRIDAY
A	June 28 - July 2	Favorite Color Day	VMP & Stars and Stripes Day	Cohort Olympics!
В	July 6 - July 9 (*No camp 7/5)	Super Hero Day	Crazy Hat Day	Cohort Olympics!
C	July 12 - July 16	Clash Day	Halloween Day	Cohort Olympics!
D	July 19 - July 23	Sports Day	Pirate Day	Cohort Olympics!
E	July 26 - July 30	Disney Day	Tie-Dye Day	Cohort Olympics!
F	August 2 - August 6	Wacky Sock Day	Space Day	Cohort Olympics!
G	August 9 - August 13	Decades Day	Neon Day	Cohort Olympics!
н	August 16 - August 20	Safari Day	School Spirit Day	Cohort Olympics!

Campers will be in their own cohorts and we will follow all local and state Covid-19 health and safety guidelines.

Per the Office of Early Childhood, all children ages 3 and older must use a face covering unless eating, drinking, or are outdoors. Campers will be socially distant when they have their masks off.

# LITTLE EVOLUTION

Ages 3-

All campers must be potry trained to attend this camp!

TWO OPTIONS:

#### 5 FULL DAYS

Monday - Friday - 8:30am - 4:00pm Price: Sessions A, C-H - \$220 Session B - \$185 Location: Wapping Parks and Recreation Facility

5 Full Days - Campers will be involved in great camp activities all day long, Monday through Friday! Campers will bring their lunches each day (please no products that contain nuts), Full-day campers also enjoy additional crafts, activities, games, free play, and much more! Afternoons will also include "rest time" so please bring a pillow and blanker.



#### 3 HALF DAYS

Tuesday - Thursday • 8:30am - 12:00pm Price: \$75 Location: Wapping Parks and Recreation Facility

3 Half Days - Your little camper will enjoy three mornings of camp on Tuesdays, Wednesdays, and Thursdays from 8:30 - 12:00pm! They will enjoy activities with their new friends, engage in water games, eat snacks, and even make exciting crafts!

SESSION	DATE	THEME	SPIRIT THURSDAY
A	June 28 - July 2	Ahoy Mateys!	Pirate Day
В	July 6 - July 9 (*No camp 7/5)	Star Spangled Summer	Stars and Stripes Day
C	July 12 - July 16	When I grow up	Dream Job Day
D	July 19 - July 23	Let's do the Time Warp!	Decades Day
E	July 26 - July 30	Camp for the Holidays	Halloween Day
F	August 2 - August 6	All-Star Campers	Sports Day
G	August 9 – August 13	We're going to Disney!	Disney Day
Н	August 16 - August 20	Motion of the Ocean	Beach Day

Campers will be in their own cohorts and we will follow all local and state Covid-19 health and safety guidelines.

Per the Office of Early Childhood, all children ages 3 and older must use a face covering unless eating, drinking, or are outdoors. Campers will be socially distant when they have their masks off.

# SUMMER (AMPS

# SUMMER (AMPS

### MINI (AMP FOR YOU- TWO!

Fridays . 9:30 - 11:00am July 9, 16, 23 & 30 August 6 & 13 Price: \$100

Location: Wapping Parks and Recreation Facility

Give your 2-year-old a taste of what camp is all about! The SWPRD summer camp counselors will lead the fun in this 6-week class with stories, crafts, games, snacks, songs and friends! Get ready for a great time! Potty training is not required for this class for 2-year olds.

Campers will be in their own cohort and we will follow all local and state Covid-19 health and safety guidelines. SWPRD is requiring all children registered for Mini Camp to wear a mask, unless eating, drinking, or outdoors. Campers will be socially distant when they have their masks off



Ages 12 - 15

We are currently working on the possibility of offering a camp for Teens (ages 12-15. Similar to our typical Junior Adventurers/ Adventure Unit)! More information will come out later in the summer IF and WHEN we have better guidance on what trips (if any) we can go on!

STAYTUNED FOR MORE INFORMATION!



BEN E'S HIBERNATION STATION

Ben E's Hibernation Station is an opportunity for your camper to pick a special treat to have after lunch!

Memberships come \$5, \$10, or \$20.

Sign up prior to the start of your session. Balances will carry throughout Summer 2021

A membership is required to chaose one ice cream or condy per day, Prices are typically around 51 or 52 and choices will vary throughout

### BEFORE AND AFTER CARE IS BACK!

We will be offering the opportunity for you to drop off as early as 7:00 a.m. and stay as late as 6:00 p.m. This extension on the camp day is offered for both Little Evolution (full-day campers only) and Camp Evolution.

> BEFORE CARE - \$25 each week AFTER CARE - \$30 each week EMERGENCY BEFORE & AFTERCARE is \$10 each per day.

# OTHER IMPORTANT CAMP INFORMATION

#### REGISTRATION IS DONE ONLINE

Registration will begin on May 6th. Ben E.'s Hibernation Station and Before and Aftercare are separate registrations.

#### SPACE IS LIMITED

Space is limited so please sign up when registration opens. Keep our front desk up to date with any changes you have throughout the summer.

#### ePACT - MEDICAL FORMS

Every year, campers must fill out a health history form with updated information prior to the start of Camp. Continuing this year, to the convenience of our users and camp staff, we are using online forms through ePACT. Prior to your camp session, you will receive an email prompting you to fill out the necessary forms online. If we do not have the medical form prior to the start of the program, your child will not be able to attend camp for safety reasons. Our forms do not require a doctor's signature.

#### COVID-19 RESTRICTIONS AND GUIDELINES

We will always follow the direction of the CDC, OEC, and our town's health department. In case of exposure, you will be contacted immediately.

#### THINGS MAY CHANGE

Camp is a program that is constantly evolving. Changes may be made daily if it means we will have a safer camp. We will notify you of any necessary changes.

#### WE ARE HERE TO HELP!

The staff is here to help you. Please feel free to contact the Camp Director, Camp Nurse, or Camp Supervisor at any time if you have any questions!

#### Important emails:

littleevolution.swprd@gmail.com campevolution.wappingswprd@gmail.com

# SCIENCE (AMPS

# SCIENCE (AMPS

### MAD SCIENCE SPACE & BEYOND!

Entering Grades 1 - 6

Entering Grades 1 - 6

Manday - Friday \* 9:00am - 12:00pm July 12-16 Price: \$192 Location: Orchard Hill Elementary School \* Room 134 Instructor: Mad Science

Experience our program co-designed by NASA & Mad Science! From Earth's atmosphere to the outer reaches of our solar system, this hands-on program sends children on a quest for exploration! Comets, planets, stars and more are all waiting to be discovered. Explore the solar system and create a lunar cellipse in this "mad" planetary tour! Learn about the four forces of flight and the challenges of space travel, build your very own rocket to take home and participate in an awayene proket launch!



Monday = Friday = 1:00 = 4:00pm July 12-16 Price: \$193 Location: Orchard Hill Elementary School = Room 134 Instructor: Mad Science

Shake up a flask of fun in the lab as a junior chemist! This week of fun is packed solid with explorations of cool chemical and physical reactions, laboratory equipment, acids and bases, florescence, states of matter, atoms and molecules and much more! Children take home a complete set of lab-ware by the end of the week to continue the chemistry fun at home!



# FULL DAY

MAD SCIENCE SPACE & BEYOND! AND (RAZY (HEMWORKS

Entering Grades 1-6

Enjoy both classes for a full day of fun! Supervised lunch time included.

> Monday-Friday July 12 - 16 9:00am - 4:00pm = \$343

Location: Orchard Hill Elementary School Room 134

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# MAD SCIENCE JUNIOR SCIENTIST FUN LAB NEW

Ages 4 - 6

Monday - Friday \* 9:00am - 12:00pm August 2-6 Price: \$193 Location: Orchard Hill Elementary School \* Room 134 Instructor: Mad Science

Preschoolers discover science! This program is a great introduction to science as preschoolers explore the human body and our senses, the science of colors and the way things move. Children may explore fossils and take an exciting mission with Mad Science to explore the planets, moons and stars. Junior Scientists continue the science at home with take-home projects related to each subject.

# MAD SCIENCE SECRET AGENT LAP

Entering Grades 1 - 6

Monday - Friday \* 9:00am - 12:00pm August 9-13 Price: \$193 Location: Orchard Hill Elementary School \* Room 134

Location: Orchard Hill Elementary School • Room 134 Instructor: Mad Science

Develop secret agent and detective skills in this super hands-on week of fun! Uncover the science involved in evidence gathering and analysis – from fingerprints to tracks to trash! Discover how chemistry and the science of forensics can come to the aid of a secret agent or detective. Kids should be reading at a first grade level to participate in this program.

# MAD SCIENCE

Entering Grades 1 - 6

Monday - Friday \* 1:00 - 4:00pm August 9-13 Price: \$193 Location: Orchard Hill Elementary School \* Room 134 Instructor: Mad Science

An exciting program exploring famous inventors such as da Vinci, Edison, Archimedes, Franklin and even Rube Goldberg, along with contributions each made to science, engineering and society. Guided by our Mad Scientist, children use knowledge and creativity to overcome a series of challenges using basic materials, simple machines, tips from famous inventors and most importantly—their minds! While Thomas Edison said 'invention is 10% inspiration and 90% perspiration," this program is 100% FUN!

# FULL DAY

MAD SCIENCE
SECRET AGENT LAP
AND
EUREKA! INVENTION

Entering Grades 1-6

Enjoy both classes for a full day of fun! Supervised lunch time included.

> Monday-Friday August 9 – 13 9:00am – 4:00pm » \$343

Location: Orchard Hill Elementary School Room 134 Instructor: Mad Science

# SCIENCE (AMPS

# SPECIALTY (AMPS

### BUILDING UP S.T.E.A.M. WITH LEGO®

Ages 5 - 6

Tuesday - Friday \* 9:00am - 12:00pm Price: \$125 Location: Orchard Hill Elementary School • Room 134 Instructor: Exceptional Youth Educational Services (E.Y.E.S.) Staff

Children are working independently and cooperatively as they begin to explore simple machines using LEGO® DUPLO® early childhood materials. Your child will have the opportunity to work with and bring home evidence-based lab sheets to share with family to continue the learning process outside of camp. Projects may include spin tops, motoreycles, and hockey players.

### S.T.E.A.M. WORKS USING LEGO®

Ages 7 - 10

Tuesday - Friday . 1:00 - 4:00pm Price: \$125 Location: Orchard Hill Elementary School . Room 134 Instructor: Exceptional Youth Educational Services (E.Y.E.S.) Staff

Children are working with standard LEGO® materials to problem solve pre-engineering challenges involving structure, levers, gears, pulleys, and other elements of simple machines. Your child will have the opportunity to work with and bring home evidence-based lab sheets to share with family to continue the learning process outside of camp. Projects may include drawbridges, flywheel cars, and amusement park rides.

# FREE!

at Veterans Memorial Park

#### Tuesday, August 31 Enter at VMP's back gate!

Lil' Doggy Dip 45 lbs. and under 4:00pm-5:30pm Big Doggy Dip Over 45 lbs. 6:00p.m.-7:30p.m

Donations accepted for the T.R.A.C.S. Animal Shelter.

Bring your pooch for some fun and leash free swimming at the pool! Dogs of all sizes with a current registration are welcome!! Pups must be 6 months or older. Dog registration tags or proof of registration is required.

#### Please note the times for different sized dogs!

For everyone's safety, pet owners are responsible for managing their dog's behavior. Aggressive pooches may be asked to leave. All participants attend at their own risk. Masks and social distancing will be enforced

Please note: at this event, swimming is only for our four legged friends!





# SUMMER **ART-VENTURES** FOR KIDS

### ART VENTURES FAIRIES & DRAGONS NEW

Ages 5 - 12

Monday - Friday \* 9:00am - 12:00pm June 28 - July 2 \* Price: \$167 Location: Orchard Hill Elementary School \* Room 134 Instructor: Art-ventures For Kids Stoff

Enter the fantasy world of imagination where fairies fly and unicorns roam. Art explorers unleash their inner elves as they conjure up fire-breathing dragons, goblins and other fantasy creatures. Experience painting, drawing, stained glass, ceramic, fabric, clay art, and more while creating two and three dimensional works of art, Fairies and Dragons storytelling is included. Fun, fantasy-filled art-ventures!

### ART VENTURES PIGASSO & MOOTISSE

Ages 5 - 12

Monday - Friday • 9:00am - 12:00pm July 19 - 23 . Price: \$167 Location: Orchard Hill Elementary School • Room 134 Instructor: Art-ventures For Kids Stof-

Art explorers learn about real artists, their vision of the world and the materials and techniques they use or used. Think about famous artists like Picasso, Matisse, van Gogh, Modigliani, Winslow Homer and more, Included are fun and funky 3-D projects using unconventional and sometimes kooky artist's techniques and materials. During this art-packed week create vibrant tie-dyed t-shirts, decoupage jumbo stars, design leather wristbands and celestial stained glass, and experiment with emotion collages, mosaic art and so much more.

### MINI BROADWAY (AMP

Ages 5 - 7

Monday, Wednesday, Friday . 12:30 - 3:30pm July 12, 14, 16 . Price: \$94 Location: CT Performing Arts Center, 869 Sullivan Ave . Suite 9 Instructor: Mrs. Bryn Chandler (CT Performing Arts Staff)

This 3 day camp is for our youngest Broadway stars! We will perform songs and scenes from various shows! We will use various acting games and storytelling to build our acting skills as well as lots of singing and Broadway dance. We will have a small performance for parents on the last day of camp.

### JUNIOR BROADWAY THEATER CAMP

Ages 8 - 11

Monday - Friday - 9:00am - 12:00pm July 19 - 23 . Price: \$188 Location: CT Performing Arts Center, 869 Sulfivan Ave . Suite 9 Instructor: Mrs. Bryn Chandler (CT Performing Arts Staff)

Calling all upper Grade School Actors and Performers! Join us at the CT Performing Arts Center for a week filled with theater fun! We will perform songs and scenes from various shows! Young actors will also develop skills in both acting improv, singing and Broadway dance. We will have a small performance for parents on the last day of camp on our outdoor stage (weather permitting).

# PREMIER THEATER CAMP

Ages 12 - 18

Monday - Friday = 10:00am - 1:00pm July 26 - 30 . Price: \$188 Location: CT Performing Arts Center, 869 Sullivan Ave . Suite 9 Instructor: Mr. Thomas Kindall (CT Performing Arts Staff)

For all our actors in middle school and high school. Join us for this one week camp of developing and refining acting skills and characterization. Students will work on scenes from known plays or shows and perform them at the end of the week for their family. Performance will be on our outdoor stage (weather permitting) on the last day of camp.

# SPECIALTY (AMPS

# SPORTS (AMPS

### FOOD EXPLORERS: AROUND THE WORLD

Grades 3-6

Monday - Friday • 9:00am - 12:00pm June 28 - July 2 Price: \$170 Location: Veterans Memorial Park Pavilion Located at 575 Pleasant Valley Rd (behind the pool facility) Instructor: Katie Shepard, Registered Distillian

Join Food Explorers for a week of cooking and learning about food from all Around the World! Each day you'll learn about a different country and the different foods that they eat. Then, you'll make two of those recipes! Get ready to try some new recipes and have fun. You'll be making things like Greek Quesadillas, Tiramisu Cups and Summer Spring Rolls! All recipes are nut free and each child will make their own individual portion.

# FOOD EXPLORERS: EXPLORE MYPLATE!

Grades 2 - !

Monday - Friday • 2:00 - 5:00pm July 26 - 30 Price: \$170 Location: Veterans Memorial Park Pavilion located at 575 Pleasant Valley Rd (behind the pool facility) Instructor: Exceptional Youth Educational Services (E.Y.E.S.) Staff

Join Food Explorers for a week of cooking with the food groups of MyPlate! Each day will focus on foods from a different food group, and you'll make your own snack and meal. You'll make recipes like: Bagels, Nachos, Zucchini Lasagna Boats and Blueberry Pie. All recipes are nut free and each child will make their own individual portion.

# 4th "R" Before & After School Program

Reading - Writing - 'Rithmatic - and... Recreation!

A convenient, affordable, and FUN program for your children before and/or after school!

AM Program: 7:00 AM - Start of School PM Program: School Dismissal - 6:00 PM

 SPACE IS LIMITED for the 2021/2022 school year. All available spots and subsequent waitlist positions will be determined via a lottery. Availability is dependent upon school and session.

### Registration Process

Facility Gymnasium at the following times:

Registration is Saturday, May 22, 2021
 The lottery will take place at the Wapping Parks and Recreation



- Eli Terry: 9:00 AM 10:00 AM
- Orchard Hill: 10:00 AM 11:00 AM
- Philip R. Smith: 11:00 AM 12:00 PM
- Pleasant Valley: 12:00 PM 1:00 PM
- · Each lottery will begin at the top of the hour.

SEE OUR WEBSITE FOR MORE DETAILS: RECREATION.SOUTHWINDSOR.ORG

### (HRIS (ORKUM'S BASEBALL (AMP

Ages 7 - 1

Monday-Friday • 9:00am – 12:00pm June 28 – July 1 (with a rain date of 7/2) • Price: \$150 Location: Ayers Rd Complex Director: Chris Corkum

This long standing summer camp program is geared towards players age seven through Little League age 12. Emphasis is on skill development, in-depth work in fielding, throwing, litting, pitching, catching, base running and game play. Program includes lectures, demonstrations, physical conditioning, knowledge of rules and regulations and stress on the importance of good sportsmanship. Campers receive both individual and small group instruction from college and professional level coaches. The player to coach ratio never exceeds 8:1.

Chris Corkum has over 50 years of baseball experience. After years of education and experience, Chris formed his own baseball school and it has become well known throughout Southern New England for its quality experience.

### FIELD HOCKEY CAMP

Grades 5 - 10

Monday - Thursday • 5:30pm - 7:30pm August 16 - 19 (rain day make up 8/20) • Price: \$80 Location: SWHS Turf Field

For beginner players to seasoned veterans, this camp will assist in maximizing your potential. Focus on technique and game play that will provide confidence, still development, fun and fitness. Learn to love the game. Practice and learn the important principals of team play to maximize your chances of making the team for any level of play. Players need to provide their own: stick, shin guards, eye protection and mouth guard.

# (ougar VollEYBALL (AMP

Grades 6 - 9

Monday - Friday • 9:00am - 12:00pm July 26 - 30 • Price: \$142 Location: Timothy Edwards Gym Instructor: Tipo Holt

25 year SWHS Veteran Volleyball Coach, Tina Holt, will bring her long time experience coaching girls and boys high school volleyball to camp. Tina Holt and her staff will focus on skills, drills, and improving each player. The camp is open to grades 6-8 and 8th graders going into their freshman year. Come have tim, improve your skills and meet former high school coaching staff and players.

### RON PIRES BASKETBALL (AMP FOR BOYS

Ages 8 - 16

Monday - Friday • 9:00am - 3:00pm July 19 - 23 • Price: \$168 Location: South Windsor High School Gym Instructor: Ron Pires

Back by popular demand as usual, with over 60 participants in 2019, The Ron Pires Basketball Camp will once again offer a challenging and highly instructional week of basketball for boys. Emphasis is on slidl development and teamwork. Directed by E.O. Smith High School Coach Ron Pires, along with several past and present players, your player will not only improve their skills but build character and confidence. Coach Ron Pires has over 30 years of head coaching experience at E.O. Smith High School as the Boys Varsity Head Coach. All participants should wear sneakers, bring a bag lunch, and a basketball to camp daily.

# SPORTS (AMPS

# TIMOTHY EDWARDS PHYSICAL EDUCATION EXPERIENCE (TEPEE)

Grades 6-9

Monday - Friday • 8:30am - 12:00pm August 2 - 6 • Price: \$150 Location: Timothy Edwards Middle School Gym Instructor: Vol Gioccone, TEMS Health and Physical Education Teacher

Our very own certified physical education & health professional from Timothy Edwards Middle School will lead physical education units while incorporating the use of rechnology to monitor health benefits. Team games, cooperative learning and individual activities will emphasize the skills and strategies needed to perform each activity. Learn different ways to be active while meeting new friends and having fund TEPEE will utilize the gym, weight room, and grounds. Please bring a water bottle and snack every day.

### COUGAR SOCCER CAMP

Grades 4 - 9

Monday - Friday \* 9:00am - 12:00pm July 19 - 23 \* Price: \$135 Location: Timothy Edwards Middle School Fields Instructor: Coaches Brian Chandler & Gary Swierczynski

Beginners and Veterans: Take your game to a whole new level. Learn new skills while meeting new friends and having fun! Daily schedule will include a technical/dynamic warm-up, a circuit of skills and challenges, small sided games, and a street soccer style tournament. All participants must bring a soccer ball, water bottle, snack (optional) and shin guards.

### SWIM CAMP

Ages 6 - 18

Monday - Friday • 4:30 - 7:00pm August 9 - 13 • Price: \$140 Location:VMP Instructor: Mike Krajewski

Want to get a jump on the fall swim season?

USA ASCA Certified Level 3 coach Mike Krajewski will lead this swim camp for swimmers who would like to work on the four competitive swim strokes and building endurance. The camp will focus on the findamentals of each stroke while developing the muscle memory needed to make the changes last. Extensive work on starts, turns and finishes. Video will be used to aid in this process. Bring sneakers and clothes for dry land exercises at the end of each session. The camps are open to swimmers who have a background in competitive swimming.



Register online at recreation.southwindsor.org

# SKYHAWKS SPORTS

# SKYHAWKS SPORTS

# Skyhawks Sports Camps

\* \$10 fee applied to registrations for all non-residents

Since 1979, Skyhawks sports has led safe, fun and skill-focused sports camps and programs for youth between the ages of 3-12. We offer 15 different sports-and countless ways for your child to grow. The camps range from soccer to baseball to our popular multi-sport camps where kids sample three different sports (soccer, basketball and baseball) in one camp. Skyhawks camps and programs are offered locally throughout over 500 communities. The format includes traditional week-long summer day camps and year-round after-school programs that range from 45 minutes to 6 hours in duration, per day. Our progression of camps and programs, led by our expert staff, are generated toward youth looking for a sport introduction or those who want to refine and master their sport-specific skills.



# MULTI-SPORT CAMP

(Baseball, Basketball, Flag Football, & Soccer)

Monday - Friday \* 9:00am - 3:00pm

AGES 7 - 11 June 21 - 25 • Price: \$175

June 21 - 25 \* Price: \$17:

AGES 7 - 12 August 9 - 13 • Price: \$175

Location: New Orchard Hill School

Our multi-sport camp is designed to introduce young athletes to a variety of different sports in one setting. Athletes will learn the rules and essentials of each sport through skill-based games and extrimmages. By the end of the week, your child will walk away with knowledge of multiple sports along with vital life lessons such as respect, teamwork, and self-discipline.

# MINI-HAWK® CAMP

(Baseball, Basketball, & Soccer)

Ages 4 - 6

Monday - Friday • 9:00am - 12:00pm June 21 - 25 • Price: \$145

August 9 - 13 • Price: \$145 Location: New Orchard Hill School

This multi-sport program was developed to give children a positive first step into athletics. Sports are taught in a safe, structured environment filled with encouragement and fun. Through exciting games and activities, campers explore balance, hand/eye coordination and skill development at their own pace.

# MULTI SPORT TOTS (Baseball, Basketball, & Soccer)

Monday - Thursday June 21 - 24 • Price: 579 Age: 2 • 4:00 - 4:45 p.m Age: 3 • 5:00 - 5:45 p.m Age: 4 • 6:00 - 6:45 p.m Location: New Orchard Hill School

Introduce your little superstar to sports in our most popular program! This multi-sport class uses age-appropriate games and activities to exploit balance, hand/eye coordination, fitness, sport skills and child development. Parent participation required for ages 2-3.5 years.

### BASKETBALL (AMP

Ages 6 - 8

Monday - Friday = 9:00am - 12:00pm July 12 - July 16 = Price: \$145 Location: New Orchard Hill School

This fun, skill-intensive program is designed for beginning to intermediate players. Using our progressional curriculum, we focus on the whole player -teaching sportsmanship and teamwork. Boys and girls will learn the fundamentals of passing, shooting, ball handling, rebounding and defense through skill-based instruction and small-sided scrimmages.

### FLAG FOOTBALL (AMP

Ages 7 - 12

Manday - Thursday • 9:00am - 1:00pm July 19 - July 23 • Price; \$159 Location: New Orchard Hill School

Skyhawks Flag Football Fueled by USA Football is an exciting introduction to America's favorite gamel Using skills and drills from the Football Development Model, developed by the experts at the sport's national governing body – USA Football – coaches will teach the key concepts of passing, receiving, running, kicking, punting and flag pulling, all presented in a positive environment with a focus on critical life lessons such as teamwork and sportsmanship.

### STEM & PLAY: BASKETBALL (AMP

Ages 8 - 1

Monday - Friday = 9:00am - 3:00pm July 26 - 30 \* Price: \$185 Location: New Orchard Hill School

This fun, skill-intensive program is designed for beginning to intermediate players. Using our progressional curriculum, we focus on the whole player -teaching sportsmanship and teamwork. Boys and girls will learn the fundamentals of passing, shooting, ball handling, rebounding and defense through skill-based instruction and small-sided scrimmages.

### BEGINNER GOLF (AMP

Ages 5 - 8

Monday - Friday • 9:00am - 12:00pm August 2 - 6 • Price: \$145 Location: New Orchard Hill School

Participants will learn the fundamentals of swinging, putting, body positioning, etiquette and keeping score. The program is specifically designed for the entry-level player, simplifying instruction so that young players can make an easy and effective transition onto the golf course. All equipment provided.

# TENNIS LESSONS

# TENNIS LESSONS

All tennis lessons are at the Wapping Tennis Courts on Ayers Road, and are taught by long time instructor Todd Custer. Each student is responsible for providing their own racquet. In order to maintain high quality instruction and plan accordingly for each session, no customized sessions will be allowed. The participant should attend all session days they are signed up for. Participants will not be permitted to make up missed days in a different session. Make-ups will be scheduled for inclement weather cancellations.

Please check the cancellation hotline (860) 648-6349.

#### CLASS LEVELS:

Youth Pee Wee: Ages 5-7

No previous experience. Parents must remain on site.

Youth Beginner: Ages 7-11

No previous experience.

Youth Advanced Beginner: Ages 9-15

Must know forehand, backhand, and be able to sustain rally.

Youth Intermediate: Ages 9-15

Will focus on command of volley, be able to sustain rally, and know positioning.

Youth Hi Performance: Ages 13-19

Must have command of volley, be able to sustain rally, and know positioning.

Adults: Ages 16 and older

Classes will be organized based on skill level

Youth Pee Wee: Ages 5-7

No previous experience. Parents must remain on site.

MORNING LESSONS:

Monday-Thursday in two week sessions, 30 minutes, \$65

8:35a.m.-9:05a.m.

Session A Session B 6/21 - 7/17/5 - 7/157/19 - 7/298/2 - 8/12

Youth Beginner: Ages 7-11

No previous experience.

MORNING LESSONS:

Monday-Thursday in two week sessions, 45 minutes, \$65

9:10a.m.-9:55a.m.

Session A Session B Session C Session D 6/21 - 7/17/5 - 7/157/19 - 7/298/2 - 8/12

Twice a week in four week sessions, 1 hour, \$86

Mondays/Wednesdays: 6:00p.m.-7:00p.m.

Session 1

6/21 - 7/147/19 - 8/11

Tuesdays/Thursdays: 6:00p.m.-7:00p.m.

Session 1

6/22 - 7/157/20 - 8/12

Youth Advanced Beginner: Ages 9-15

Have command of a serve and be able to sustain rally.

MORNING LESSONS:

Monday-Thursday in two week sessions, 45 minutes, \$75

9:10a.m.-9:55a.m.

Session A Session C Session D 6/21 - 7/17/5 - 7/157/19 - 7/29





Youth Intermediate: Ages 9-15

Will focus on command of volley, be able to sustain rally, and know positioning.

MORNING LESSONS:

Monday-Thursday in two week sessions, 45 minutes, \$75

10:00a.m.-10:45a.m.

Session A Session D

6/21 - 7/17/19 - 7/298/2 - 8/12

Youth Hi Performance: Ages 13-19

Must have command of volley, be able to sustain rally, and know positioning.

MORNING LESSONS:

Monday-Thursday in two week sessions, 1 hour 45 minutes, \$160

10:50a.m.-12:35a.m.

Session A Session C Session D Session B 7/19 - 7/29 8/2 - 8/12 6/21 - 7/17/5 - 7/15

Adults: Ages 16 and older

Classes will be organized based on skill level

Twice a week in four week sessions, 1 hour 30 minutes, \$125

Mondays/Wednesdays: 7:00p.m.-8:30p.m.

Session 1 Session 2

6/21 - 7/147/19 - 8/11

Tuesdays/Thursdays: 7:00p.m.-8:30p.m.

Session 1 Session 2

6/22 - 7/15

7/20 - 8/12

# AQUATICS



# THE FAMILY POOL PASS IS BACK!

This pass is good for up to four family members who live in the same household. An additional family member can be added for an additional fee with a maximum of 6 people on a pass. All family members need to have their photo taken before you receive your pass. When purchasing a pool pass you need to provide proof of residency. Please note that a pool pass does not guarantee entry into the facility if we reach capacity.

VMP pool strives to be the location that YOU and YOUR family want to be.
Why bring your family to VMP? There are lots of reasons!

#### 1) Family Pool Pass

Dive into the new decade with our family pool pass. This new pass option allows your family to enjoy VMP all summer long at an affordable rate! This pass is good for up to four people who reside in the same household. Two additional people can be added for an additional fee. Perks of purchasing a pool pass includes free special events, unlimited use of VMP and a \$10 discount on any swim lesson registration when lessons become available this season.

#### 2) State-of-the-Art Facility

Our three pools offer a variety of options for the entire family whether you are 2 or 102! Our pools feature beach entry, which creates a comfortable environment for swimmers of all abilities. We offer varied pool depths in all three of our pools, two diving boards, two water features to keep the kids busy, and we have both short course and long course lanes for those who are looking to get a workout in. The park also features picnic tables and a snack shack. So, whether you are looking to soak up the sun, relax by the pool, or swim some laps, we have what you need.

#### 2) Fun Special Events

We offer a variety of fun things to do throughout the summer while you are enjoying your day at VMP!

#### 3) Swim Lessons (when available this season)

Did you know that drowning is the 2nd leading cause of death in children ages 1-14? Learning to swim is a vital life skill. We offer swim lessons to make it easy for you to get your whole family involved. Group swim lessons are taught by our certified American Red Cross Water Safety Instructors for children starting at 6 months old in our parent child classes, 2 years in our preschool classes, and 4 years progressing up to Level 6. Private lessons are available for children and adults. Make this the summer when you or your child learns to swim or take it to the next level!

# VETERANS MEMORIAL PARK POOL

575 Pleasant Valley Road, 860,289,1333

#### Public Swim Hours

May 29 - June 20	
Monday-Friday	3:00 p.m6:00 p.m.
Saturday	12:00 p.m 6:00 p.m.
Sunday	12:00 p.m 6:00 p.m.
Memorial Day (5/31) * holiday rates apply	12:00 p.m6:00 p.m.
"Extended Hours for Pass holders and Resid	ients Only
Saturday & Sunday	11:00 a.m12:00p.m.

June 21 - August 29	
Monday-Friday	12:00 p.m7:00 p.m
Sarurday	12:00 p.m6:00 p.m
Sunday	12:00 p.m6:00 p.m
4th of July (7/4) * holiday rates apply	12:00 p.m7:00 p.m
**Extended Hours for Pass holders and Reside	ents Only:
Saturday & Sunday	11:00 a m -12:00n m

#### MONEY-SAVER MONDAY

1/2 price rates for all daily admissions on Mondays!

#### June 21-August 23

#### The Benefits of Being a Passholder:

- · Unlimited use of VMP facilities during our Public Swim hours
- \$10 discount on any swim lesson registration when they become available this season
- Specially-priced guest admission rate of only \$8 (Limit 5 guests per day)
- · Early entry for pass holders and residents on Saturdays

When purchasing a season pass you need to provide proof of residency and have your photo taken. Passes purchased ONLINE will need to have a photo added to the account before you will receive your pass. To have a photo added to your account and receive your pass you MUST visit the Parks & Recreation office and bring proof of residency.

We highly encourage guests to purchase passes and have a picture added to the account before the pool opens for the season.

We experience a high volume of guests as Memorial Day approaches, which will result in longer wait times.



AQUATICS

# AQUATICS

### Veterans and Active Military Rates

Veterans and active and reserve members of the military may present their military IDs or obtain a DD2-14 from the Town Clerk's Office and present it at the Parks & Recreation main office to receive the following reduced pass rates. For spouse and child passes, you must prove household residency.

Passes can only be purchased at the Recreation Main Office.

Resident Adult: \$40 Non-resident Adult: \$50 Resident Child: \$30 Non-resident Child: \$40

#### Season Pass

	Resident	Non-Resident
NEW! Family Pass (4 people)	\$260	\$360
Additional Family Pass (maximum of 2)	\$27	\$47
Individual (age 18 and up)	\$92	\$125
Individual Child (age 3-17) (Children under the age of 12 are not	\$72 permitted with	\$102 out an adult.)
Seniors	\$65	\$102

### Day Admission Rates

	Resident	Non-Resident
Adult weekday (age 18+)	S11	\$16
Adult weekend & holidays (age 18+)	\$11	\$19
Passholder Guest * ( Limit 5 guests/day)	\$8	\$8
Child weekday (age 3-17)	\$8	\$13
Child weekend (age 3-17)	\$8	\$15
Lost Cards	\$8	\$8

Children 2 and under are free

"Passholders are limited to bring in up to 5 guests per day at the \$8 rate

"I would just like to commend the amazing job the staff at VMP did this summer. Myself and my, two young daughters (ages 8 and 4) were able to go to the pool sit or seven times and we loved it. It provided us with some much need "normaley" in an abnormal time. The lifeguards and staff were all wonderful, and it was truly appreciated by this family."

—THOMAS DWYPE

### Thank you for joining us!

We value our guests and enjoy sharing our enthusiasm of summer days at VMP!

- Thank you for treating our facility properly.
   We take pride in the cleanliness of VMP!
- Thank you for respecting our staff, we work really hard to make this a safe and enjoyable atmosphere for all!
- Thank you for considering fellow patron's right to have an enjoyable day at VMP!
- Thank you for acting in a safe manner for your own well-being and the well-being of everyone around you!
- · Thank you for having fun!

#### Inclement Weather/Unforeseen Circumstances

In the event of park closure due to inclement weather or any other unforeseen circumstances that involves the safety of our guests or staff members, guests who have been in the park for under 60 minutes, and who have a receipt from the gate, may receive a voucher to come back and join us another day of their choice within the current season.

# Playing by the rules while enjoying your day in the sun at VMP!

Although fun in the water is encouraged, the facility experiences many extremely busy weekends and weekdays, so for all of our guests to enjoy a comfortable atmosphere, please adhere to the following midelines:

- Water guns and hard surface balls, such as tennis balls, are not allowed.
- · Group rates and reservations are not available.
- · Grilling anywhere on the facility grounds is not permitted.
- · All lifejackets must be Coast Guard approved.
- · There are no snorkel masks allowed.
- · All patrons must wear appropriate swim attire.
- . Horseplay and running are not permitted while in the park.
- Parents/Guardians are responsible for the children at all times.
   Non swimmers must be within an arm's reach.
- For the safety of everyone in the park, alcohol and glass bottles are strictly prohibited.
- Plan ahead and bring your own tables and chairs. Picnic tables at the park grounds are limited; they are on a first come first serve basis.
- Lap lanes are for lap swim only. Please do not utilize this area if you don't plan on swimming laps.
- · Please be respectful to lifeguards, they are there for everyone's safety.
- Please be mindful of the personal space of others around you.
- Please be aware of other rules that have been posted throughout the park.
- Additional Pool rules due to Covid-19 will be in place and can be found on our website.

The stuff reserves the right to ask guests to leave the park, without refund, if policies are not followed. Guest and stuff safety is our first priority.

# Special Events at VMP Pool

#### Included with your pass or daily admission!

As a pool pass member, there is no cost to participate in these events (unless otherwise noted). If you are not a member, all activities will be included in the daily pass purchased at the pool entrance on the event day.

#### Father's Day Celebration

Sunday, 6/2

Come celebrate Father's Day at VMP Pool! This celebration will include free pre-packaged snacks (while supplies last) and fun activities for fathers and their families!

#### Celebrate Veterans at VMP

7/11, 12:00 p.m.

Veterans and their families enjoy FREE admission to the pool and use of the rotary VMP pavilion. Veterans are invited for the day and benefit from a beautiful park, pool, and free refreshments while supplies last. Must show military ID for free admission.

#### National Ice Cream Day!

Sponsored by Imperial Oil & Plumbing. 7/18, 12:00 p.m.

Paid patrons to VMP can enjoy an ice cream treat while supplies last. Thank you to our sponsor: Imperial Oil and Plumbing.



#### Senior Sunday

7/25, 12:00 p.m.

Free admission to VMP and use of the Rotary VMP pavilion for South Windsor Senior Citizens (over age 62). Individual ice cream and popsicles will be available while supplies last. Transportation is available; please call 860-648-6361 by July 16. Thanks to South Windsor Human Services for sponsoring this event.

#### DOGGY DIPS at Veterans Memorial Park Sponsored by Camp Bow Wow

TUESDAY, August 31 • FREE! Enter at VMP's back gate!

- Lil' Doggy Dip 45 lbs, and under 4:00p.m.-5:30p.m.
- Big Doggy Dip- Over 45 lbs.
   6:00p.m.-7;30p.m.



Bring your pooch for some fun and leash free swimming at the pool! Dogs of all sizes with a current registration are welcome!! Pups must be 6 months or older. Dog registration tags or proof of registration is required.

#### Please note the new times for different sized dogs!

For everyone's safety, pet owners are responsible for managing their dog's behavior. Aggressive pooches may be asked to leave. All participants attend at their own risk. Masks and social distancing will be enforced

Please note: at this event, swimming is only for our four legged friends!



AQUATICS

# AQUATICS

#### Swim Lessons

Stay used for more information regarding swim lessons! We are doing our best to make these available to you this summer. We are currently waiting for more guidance from the Department of Public Health. You and your child's safety is our utmost importance at this time. Please be on the lookout for a swim lesson schedule as we get closer to the opening of Veterans Memorial Park Pool.

### Aquatic Programs -

#### The SEALS Swim Team Ages 5 -18

Come join the 30th season of the South Windsor Seals Swim Team sponsored by the South Windsor Jaycees. Make new friends and improve your strokes. The Seals is a developmental team geared toward personal improvement while having fan. Swimmers will learn and improve upon all 4 racing strokes, using a starting block, and finishing an event. The coaches are dedicated to each individual while creating a fan team atmosphere.

Parent & Coaches meeting. Please attend this meeting to get to know your coaches, hear the expectations for the season and have all your questions answered. Tuesday 5/25 at 6:30pm, Location is TBD

#### Preseason tryouts for NEW members only:

Friday, 5/28 4:30p.m.-6:00p.m. at VMP

Swimmers may arrive at any time and will be expected to swim to be evaluated to make the team.

#### Preseason schedule- 6/1-6/19:

#### Monday-Friday

Ages 8 & Under: 4:00pm-5:00pm Ages 9-12: 4:00pm-5:30pm OR 5:30pm-7:00pm Ages 13 & Over: 5:30pm-7:00pm

Ages 8 & Under: 10:00am-11:00am Ages 9 & Over: 10:00am-11:30am

#### In-Season schedule- 6/21 - TBD;

#### Monday, Wednesday, Friday

Ages 8 & Under: 10:00am-11:00am Ages 9-12: 8:30am-10:00am OR 10:00am-11:30am Ages 13 & Over: 8:30am-10:00am

# Tuesday, Thursday

Ages 8 & Under: 4:00pm-5:00pm Ages 9-12: 4:00pm-5:30pm OR 5:30-7:00pm Ages 13 & Up: 5:30pm-7:00pm

#### Saturda

Ages 8 & Under: 10:00am-11:00am Ages 9 & Over: 10:00am-11:30am

- Please note that swim meets are TBD at this time. Swim meets will be depending on state and local DPH guidelines and other team's participation within the swim league.
- · Swimmers must attend a minimum of 2 practices a week.
- Junior meets (ages 5-12) are usually Monday nights in July and senior meets (ages 13-18) are usually Wednesday nights in July. Swimmers must compete in two meets in order to compete at championships.
- All meets and championships are to be determined. The CCSL league meets in early June to determine dates, times and locations.
- Please note: we will provide each swimmer with one new latex cap.
   Each swimmer will be responsible for purchasing their own practice bathing suit, meet bathing suit, goggles and any additional caps.
- Non-residents please note that we may only accept swimmers from East Hartford, East Windsor, Ellington, and Manchester. League policy dictates that swimmers from other towns must join a team that neighbors them.
- The full summer schedule will be posted on our website at https://southwindsor.recdesk.com once the league sets the dates in late May

Seals Swim Team A, Individual Member, \$182 Seals Swim Team B, Two Family Members, \$297 Seals Swim Team C, Three Family Members, \$367 Seals Swim Team D, \$97 additional per every member beyond 3

#### sponsored by





### Lifeguard University

#### Want to be a lifeguard? Or teach swim lessons?

In just 3 or 4 days' time, you can receive your certification in lifeguarding or WSI and be ready to work this summer.

#### Lifeguarding Course Minimum age 15

The American Red Cross Lifeguarding program objective is to teach the skills needed to prevent and respond to aquatic emergencies. Fee includes all materials. There is approximately 7 hours of online learning that must be completed prior to the first class. Once registered with South Windsor Parks & Rec. the instructor of the course, will send a web link directly to the participant in order to begin their online course work. Please check your email for a link from Nancyaglynn@southwindsor-et.gov.

#### Prerequisites:

- . Swim 300 yards continuously using a mix of front crawl & breaststroke.
- Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object, and exit the water without using a ladder or steps, within 1 minute, 40 seconds
- Tread water with no hands for 2 minutes
   Certification: American Red Cross Lifeguarding/First Aid and CPR/AED for the Professional Rescuer: Valid for 2 years.

#### · Lifeguard Course A

#### \$365

Friday, 5/21, 5 p.m.-8 p.m. Saturday and Sunday 5/22-5/23, 9:00 a.m.-5:00 p.m. Location: VMP, please bring a lunch on the weekend days.

#### Lifeguard Course B

#### \$36

Friday, 6/4, 5 p.m.-8 p.m. Saturday and Sunday, 6/5 - 6/6, 9:00 a.m.-5:00 p.m. Location: VMP, please bring a lunch on the weekend days.

#### Lifeguard Course C

#### \$365

Monday- Friday, 6/28-7/2, 9:00 a.m.-1:00 p.m. Location: VMP

#### · Lifeguard Course D

#### \$36

Monday-Friday, 7/12-7/16, 9:00 a.m.-1:00 p.m. Location: VMP



#### Water Safety Instructor Course (WSI)

#### Minimum age 16

The American Red Cross WSI course trains instructor candidates to teach and conduct Swimming and Water Safety Program courses, including Basic Water Rescue course, the six levels of Learn to Swim, Parent and Child Aquatics among others. There is approximately 6 hours of online learning that must be completed prior to the first class. Registration must be completed by May 24 to allow enough time to complete this portion.

#### Prerequisites:

- · Must pass a pre-course skills test
- Demonstrate swimming skills consistent with the stroke performance charts of Level 4
- Swim the following strokes for 25 yards each; front crawl, back crawl, breaststroke, sidestroke, elementary backstroke, and butterfly for 15 yards
- Maintain position on back 1 minute in deep water (float or sculling)
- · Tread water for 2 minutes

#### Certification:

American Red Cross Water Safety Instructor: Valid for 2 years

#### · Water Safety Instructor Course A

\$345 + an additional \$40 PAID directly to The American Red Cross Friday 5/28 - 5:30 p.m.-8:30 p.m., MEETS AT WAPPING Soturday and Sunday 5/29-5/30 9:00 a.m.-6:00 p.m. MEETS AT VMP Makeup date will be 6/4 in the event of rain on any af the other days.

#### · Water Safety Instructor Course B

\$345 + on additional \$40 PAID directly to The American Red Cross Friday 5/28 5:30 p.m.-8:30 p.m. MEETS AT WAPPING Saturday and Sunday 6/5-6/6 9:00 a.m.-6:00 p.m. MEETS AT VMP Makeup date will be 6/4 in the event of rain on any of the other days.

# ADULT PROGRAMS

# ADULT PROGRAMS

# VIRTUAL KRIPALU YOGA

#### Classes held via Zoom

#### Instructors Sydnie or Paul Coté

We have been offering virtual Kripalu Yoga classes for a year now. These classes have been a wonderful antidote to the isolation students have felt of "sheltering in place" for so long.

And although we have good news and high hopes that in-person classes may open up on a limited basis this summer, we invite you to join us in Zoom classes for the month of May.

The month of May and Kripalu yoga have a lot in common. They are both a celebration of expansive energy and renewal. May is a time when nature bursts forth into full bloom, and it is also a time when renewing energy bursts forth within each of us. Kripalu yoga both grounds us and inspires us to move forward and flourish. And when the weather is coaxing you to be outside, we invite you to take your yoga mat and laptop onto your deck or patio and take the classes outdoors. It's a fabulous experience!

On the mat classes We offer 3 on the mat classes each week. These classes are moderate and mindful. You can attend as many of these classes as you can fit into your schedule.

Saturday morning chair yoga class This is a fun class that everyone can do and enjoy. We alternate between sitting in a chair and standing. We will offer this class through May, and then we will take a break until October.

All of our classes offer a deep guided relaxation at the end that will reduce your tension and stress and give you an overall sense of well being like nothing else can.

#### Registration opens on Monday, April 26.

Virtual Kripalu Yoga Class Schedules:

TUESDAY MORNING . 9:30 - 10:45 AM May 4, 11, 18, 25 Location: Zoom

Residents \$19/4 weeks; non-residents \$24/4 weeks

TUESDAY EVENING . 6:00 - 7:15 PM May 4, 11, 18, 25

Residents \$19/4 weeks; non-residents \$24/4 weeks

WEDNESDAY EVENING . 7:00 - 8:15 PM

May 5, 12, 19, 26

Residents \$19/4 weeks; non-residents \$24/4 weeks

SATURDAY MORNING CHAIR YOGA . 9:30 - 10:30 AM

May 1, 8, 15, 22

Residents \$15/4 weeks; non-residents \$20/4 weeks



### KRIPALU YOGA

Kripalu Yoga is a heart-opening practice that will increase your vitality, uplift your mood and keep you cool, calm and collected all through the summer months as little-by-little our world opens up again. The instructors, Sydnie and Paul Coté, have been teaching for many years and have the experience and expertise to show you the profound benefits of Kripalu Yoga. We invite you to celebrate Summer with us!

#### 2 WAYS TO JOIN US:

1. In-Person Classes We are pleased to announce that we will once again be offering in-person Kripalu Yoga Classes in the air-conditioned comfort of the newly remodeled Banquet Room at the Wapping Recreation Center at the following days and times. Tuesday 9:30 am, Tuesday 6:00 pm, Wednesday 7:00 pm Yoga mat is recommended. Classes will be limited in size to insure safe distancing, Registration will be open until each class size limit is reached. Ample notice will be given for the date Registration opens. Masks are required for all participants. Students must be registered in a specific class. Drop-ins or make-ups are not allowed at this time.

2. Virtual Classes via Zoom: All 3 classes will be live streamed and can be taken from the comfort and convenience of wherever you are. All you need is a laptop or tablet and a yoga mad. We have been live streaming classes from our home yoga studio since May, 2020. Now we will live stream them from the Banquet Room at the Wapping Recreation Center to accommodate students who live too far away to come to in-person classes, students who plan to be away a lor this summer, and students who have hectic, busy lives and have found it more convenient to take their yoga classes from home.

#### Kripalu Yoga Class Schedules:

TUESDAY MORNING • 9:30-10:45

10 classes: June 8, 15, 22, 29 July 13, 20, 27 (nc 7/6), August 10, 17, 24 (nc 8/3, 8/31)

TUESDAY EVENING . 6:00-7:15

10 classes: lune 8, 15, 22, 29 July 13, 20, 27 (nc 7/6). August 10, 17, 24 (nc 8/3, 8/31)

WEDNESDAY EVENING . 7:00-8:15

June 9, 16, 23, 30 July 14, 21, 28 (nc 7/7) August 11, 18, 25 (nc 8/4)

BONUSI Students registered in one of the in-person classes will be provided logon information to the Zoom classes. If you are autof-town for any of the classes, you can take them via Zoom,

In-person Discounted Summer Session Cost: 10 classes \$75

tocation: Air-conditioned Banquet Hall (Tuesday AM class will be held in avm 6/8, 6/15

#### VIRTUAL CLASS COSTS:

Summer Session - 10 classes \$48 June \$20 (4 classes) July \$15 (3 classes) August \$15 (3 classes)

# AERORICS WITH BODY SCULPT Ages 16+

(REATIVE CARDIO-

In-person and zoom options available!

A traditional aerobic fitness class providing a challenging total body workout set to energetic music that is sure to get your heart pumping and your body moving. This class provides stretching, cardiovascular endurance, strengthening and toning, with an additional 15 minutes of low weight strength training, focusing on strengthening the arms, back, shoulders and core muscles. Participants are asked to bring a set of hand-held weights between 1-5 lbs. Tested to have over 3,500 Fitbit steps per class! A great workout for all fitness levels.

Register for either in-person classes or by zoom, Location; Wapping

TUESDAYS, 6:00 P.M.-7:15 P.M. Instructor Linda Hull July, \$20.00 August, \$20.00 N/C 8/3

THURSDAYS, 6:00 P.M.-7:15 P.M. Instructor Linda Hull June, \$20.00 . July, \$25.00 August, \$20.00 N/C 8/5

### MORNING JOGA

What better way to start your day? This LivFree for All yoga class will be held outside at the Rotary Pavilion (rain or shine). This class is open to all levels - beginners and more advanced yogis. Classes are taught by a rotation of amazing yoga teachers from The Yoga Shop. After class, enjoy a cup of coffee from Between Rounds.

Yoga + Cuppa Joe = Joga!

TUESDAYS, 6/15 - 8/17, 6:30 A.M. - 7:30 A.M. Full Session: \$80 (10 Classes) Location: Rotary Pavilion at Nevers Park Instructor: The Yoga Shop Instructors

# ADULT AND YOUTH JUKIDO JULITSU

Ages 6 and up

Jukido is a Japanese jujitsu system made safe to practice. Although there is a sporting element, Jukido is a self-defense system with emphasis on doing one's best. Participants will learn counter measures against aggression, fight prevention and bully management. A free first try-out class is available, All classes taught by Master Paul Ward.

SUNDAYS, JUNE- AUGUST, 5:30PM TO 6:30 PM.

\$30/month, N/C 7/4

Location: Wapping Parks & recreation Facility Gym Instructor: Paul Ward, 5th Degree Black Belt

# ADULT PROGRAMS

# SELF-DEFENSE IS KOKONDO KARATE

Ages 15+

Did you ever wonder what you would do if you had to defend yourself or your family? There is no App you can download to replace personal readiness! Just like everything in life, you actually have to practice to be effective at anything you do.

With Kokondo Karate you will learn effective and practical self-defense. We will train for multiple attackers, surprise attacks, grabs, pushes, weapons and learn take downs. We will deal with real life situations with candid discussion and realistic defenses that work.

In this ongoing, co-ed class we will be working with striking pads and shields to practice your kicks and punches. During the hands-on training with your partner, we will work on grabs and take downs. Nothing good comes easy, be prepared to world We will do warm ups, body conditioning, mobility drills, basic techniques, Kata's and stretches. For you and your partners' safety, keep excess jewelry at home and wear comfortable but durable clothing.

Peter J Dylag is a resident of South Windsor and started training with Kokondo Karate in 1989 directly under its founder Mr. Paul Arel and earned his 5th Degree Black Belt in 2013. For more info visit: kokondo.org

Students may try their 1st class for free.

SUNDAYS, JUNE - AUGUST, 7:00-8:30 P.M., \$30/ month, N/C 7/4 Location: Wapping Gym, Instructor: Peter Dylag





Enjoy these FREE family friendly movies on the South Windsor Parks and Recreation BIG SCREEN!

Movies will be shown at South Windsor High School Student Parking Lot

(located between the South Windsor High School football field and the back of Wapping Parks and Recreation Facility)

Pre-Registration is required each Monday prior to the movie! Space is limited. Only register once per vehicle.

Registration for each movie begins each Monday (8:00am) prior to the Friday movie. Vehicles can arrive from 8:00pm-8:30pm.

Those attending are asked to sit in or next to their vehicles. Movie Audio will be broadst over 88.3 FM.

Please follow social distancing and most restrictions. If the weather is questionable, please check the cancelation halline: 860-648-6349.



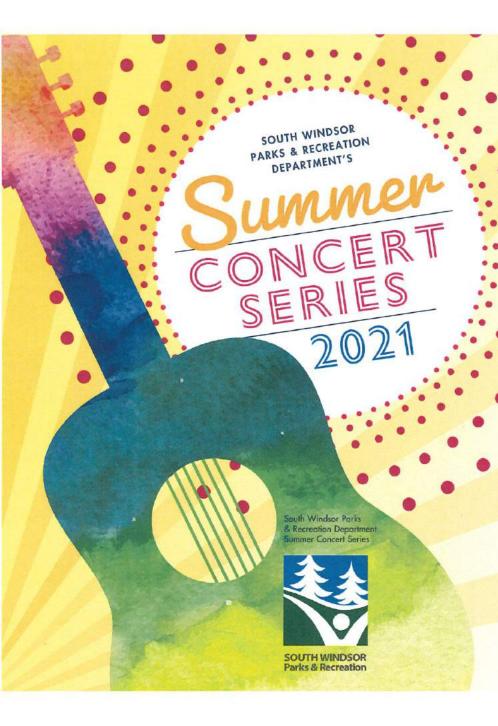
JUNE 18 FERDINAND



JULY 23
THE CALL OF THE WILD



AUGUST 6
THE GREATEST SHOWMAN



# **Thursday Night Tailgating!**

7:00-9:00pm Promenade Shops at Evergreen Walk in Parking Lot B (behind the New Balance Store) Registration for each show will be the Monday prior to the Thursday concerts at Barn. Pre-registration is required. Only one registration required per vehicle. Only passenger vehicles allowed. Space is limited. Please stay in or near your vehicle.

JUNE 24 \* SAVAGE BROTHERS savagebrothersband.com presented by: Tely's Landscaping

BILLY PILGRIM BAND facebook.com/BillyPitgrimCT Eclectic Mix presented by: Stuth Windsor Community Women's Club

JULY 8 ° KICK facebook.cem/kicktunes precented by: Charles Solwab, South Windson

JULY 15 . SOUTHERN VOICE southernvioleband.com Contemporary Country

JULY 22 . NIGHTSHIFT nightshiftbandct.com 60's 70's & 80's presented by: Integrated Rehabilitation Network

JULY 29 ° LOVELAND HILL facebook,com/LovelandHillBand presented by: Red Heat Tavarm and Wapping Fair

AUG 5 . POP ROCKS tacebook.com/thepograckspt 80's presented by: Wapping Fair

AUG 12 MASS-CONN-FUSION (MASS-CONN-FUSION) (RAB/FUNK/Metawa)

AUG 19 · SOUL SOUND REVUE AND AUGUSTE AND AUGUSTE AND AUGUSTE AND AUGUSTE AUGU presented by: Charles Schwab, South Windsor

Cooperating Spansors

The Promenade Shops at EVERGREEN WALK











# A.B.(.D. AWARDS

# A.B.(.D. AWARDS

Back in August of 2009, we began a new initiative for our department. We realized that we had many folks who do go above and beyond the call of duty to make us successful, so we created the annual South Windsor Parks & Recreation Department Merit awards program. It includes the "Hall of Fame" and the "A,B,C,D" award which stands for "above & beyond the call of duty.

#### 2020 RECIPIENTS



#### CHRISTINE APARO

Christine joined our preschool team in the fall of 2017, and she's been making a positive impact on the program and the families ever since! Christine's true passion for working with children is evident in the dedication she brings to her job; she pours

her heart into each of her classes, and the children can feel her love and warmth in every interaction. She always has a smile and a great big hug ready for each child. This authentic quality is what makes Christine such a fantastic preschool teacher, and one who is beloved by both current and former students and the parents alike. You know she is doing something right when our preschoolers' tiny faces light up every time they see her! Christine has truly cultivated a warm and welcoming environment, one that every preschool child is excited to be a part of and one that every parent is confident and delighted to send their child to, Christine takes an earnest approach to her classes, and she goes above and beyond to plan thoughtful activities that engage the children in meaningful development. She truly understands and utilizes a "whole development" approach, and reflects this in her plans. From activities such as a nature walk around the grounds, to fine-motor-strengthening table activities, to helping the children be kind and good friends to one another, to helping them develop selfhelp skills. Christine is a top-notch teacher and one we are so fortune to have on our SWPRD team!



#### ALLYSON COSMAN

Allyson has served in many roles at VMP such as: life guard, swim instructor, and most recently a pool director. She comes to work every day with a smile and a positive attitude, Allyson's main mission each summer is for her staff and patrons to have the best experience possible. She is always willing to go above and beyond her assigned duties. With all of the

challenges we faced this summer, Allyson continued to go above and beyond which is a prime example of her dedication and commitment to VMP. It is evident that Allyson's positive attitude and hard work played a vital role in VMP's success this summer. We are so grateful to have someone like Allyson representing our department at Veterans Memorial Park Pool.



#### **ALEX GOSLIN**

Alex has worked for us four 4 years and has been a camper favorite from day one! She's someone who consistently works hard and does her best every single day. She's prepared, musting, energetic and passionate about summer camp. She started working as a counselor at our Adventure Unit program and it was very evident from the start how well she does at

relating to our staff and campers. Her positive attitude and willingness to do anything helped create an instant impact within our program. With all the challenges this year she has become one of our go to counselors whenever we need a counselor to handle a difficult situation or to help plan fin and exciting activities. She's a natural leader and she has gone above and beyond with her planning this year and albeit with a completely new age group then she has been used to. In addition to camp, this year she was nominated for NCAA Women of the Year for her efforts as a women's basketball player at Springfield College! She shines wherever she goes and she is a fancastic member of our camp staff. Congranulations Alex!



#### JENNIE HATHORN

Jennie has been part of the preschool team since 2013, and we count ourselves very lucky to have her! She always puts superior effort into each of her classes to make sure that every child gets the best preschool experience possible. She does this through thoughtful classroom set-up, insightful planning of

activities, and true love and care. Jennie really understands the preschool age group, and is adept at knowing what the children need from her and from the program and tailoring her classes to meet the needs of each child. In her classroom, Jennie really focuses on the process of different activities rather than the end product, and she makes sure that each child is having fin, engaging, and learning through experiences. Jennie's calm demeanor makes her such a strong preschool teacher, as she does not get flustered in chaotic situations and can de-escalate a sad, upset or frustrated child with ease. Coupled with her genuine caring nature, this makes her the perfect person to cuddle a child who needs some extra support; the kids know that Jennie is always good for a hug and she will always make them feel better!

Jennie is also very forward thinking, and shares her vision with us by providing ideas for how to better our preschool program and our department as a whole. Her suggestions are well-thought out and always with the goal of benefitting her classes and the department, and we greatly appreciate Jennie sharing her time and talents with us!



#### JAKE LAVOIE

Jake Lavoic has been with our department for 3 years. During that time, he has excelled in the Day Camp program as a camp counselor, inclusion counselor and specialist. We are fortunate to have a staff member who is dedicated to the programs and participants, showing leadership, enthusiasm

and flexibility daily. At any moment, Jake is willing to switch gears. Including spending time spontaneously as an inclusion counselor, helping with setting up all equipment, and jumping in to help with the Drive in Movie set up, Concert set up and break down and other department events. We appreciate his dedication and hard work. Our programs shine bright because of staff like Jake Lawie.



#### RONNIE PINKARD

In the short time Ronnie has been with the department he has made quite the impact. Whether it's working special events, with 4th R or at the VMP Ronnie has proven to be a dependable member of our team. Every task he takes on is completed beyond expectations. His willingness to

adapt to tasks at any moment makes him invaluable at our special events. Ronnie's attitude and work ethic are nearly unmatched, helping make each event exceptional. He is consistently there to lend a hand. Being on time means being late for Ronnie. At 4th "R", Ronnie is a fan-favorite amongst both kids and parents. His ability to connect with children, take a true interest in their well-being, and provide a fun, engaging environment for everyone is a true strength of his. We are lucky to have such a reliable person on our staff.



#### JENNIE TETREAULT

Jennie has been teaching with us since the Fall of 2016, and we are so grateful to have her se part of our team! Jennie's hands-on approach has her right in the middle of all the activity, and as such the kids just love playing and participating with her! Jennie will sit right down with the kids to read them a story, build a

block tower, paint a picture, or show them how a toy works. She is always ready with a silly face, a belly tickle, or a quick snuggle all in the name of making the kids smile, laugh, and enjoy a wonderful preschool experience. Her genuine care and love for the children and for what she does is apparent to all who know her! Jennie also takes the time to really get to know the children and has created strong connections with a multitude of preschool families. This makes an immeasurable difference in our programs, as kids truly love attending Jennie's classes each day and the parents trust and feel comfortable with Jennie to care for their children. Jennie takes pride in her classes, often planning and preparing for her activities on her own time or bringing in special toys and books to share with the kids. From coloring multiple pounds of rice at home to bringing in a talking robot that quickly became a preschool fan-favorite, Jennie makes her classes fun, special, and unique. Jennie is always willing to lend a hand and do whatever is necessary for the good of the preschool program and our department. As such, you will often hear Jennie respond to requests for help and support with "Whatever you need! I'm flexible!" This dedication and willingness to help is so appreciated by both her co-teachers and all the staff at our department, and it's what makes her a true "ABCD" teacher!

# HALL OF FAME

The Hall of Fame Award is reserved for those exceptional folks who have dedicated themselves to Parks & Recreation exhibited over a long term. Specifically, it is "to honor and recognize those individuals who, because off their outstanding dedication, have contributed immeasurably to the establishment, maintenance and continuation of community parks and recreation in South Windsor

#### 2020 RECIPIENTS



#### SOUTH WINDSOR JAYCEES

Since 1992, the South Windsor Jayrees have been bringing young people together to make a difference not only in the community, but also in the lives of their members. Their goal is to teach leadership skills through community service. Under the multi-year leadership of President Paul Petrillo, the South Windsor chapter coordinates a wide variety of events throughout the year to meet the needs of both the community and their 75 members.

Their most notable events are the Wapping Fair in September and Paws in the Park in May each year - two large regional family events that showcases South Windsor!

SWPRD has been the appreciative recipient of substantial portions of proceeds from these events to benefit improvements at the Gary Tyler Memorial Bark Park and our park system as a whole. The Jaycees have also become a reliable sponsor of numerous summer concerts and other programs like Kite Nite, the Seals Swim Team, and our annual Fishing Derby. If we need a program sponsor, SW Jaycees always seem to be there for us!

Their generous contributions go way beyond Parks & Recreation. Over the years other significant benefactors include:

- · Fidelco (\$27,000)
- Tyler Regional Animal Control Shelter (\$25,100)
- . Friends of SW Swimming (\$12,300)
- · Boy Scouts (\$12,000)
- · SW Food and Fuel Bank (\$11,000)
- SWPD Child Car Seat Safety (\$8,800)
- · SW Elementary, Middle and High Schools (\$7,500)
- SW Friends of Performing Arts (\$3,840)
- Girls Scouts (\$3,200)
- Down to Earth Garden Club (\$1,000)

And too many more to mention! That translates to unselfish donations of nearly \$120,000 over their 28-year existence! It is quite evident that the Jaycees are in fact all about South Windsor!

# BIKING & HIKING

# Walk and Wheel Ways



The South Windsor Walk & Wheel Ways is a walking and bicycling volunteer advocacy group.

Under their leadership South Windsor has achieved the Bronze level recognition from the League of American Bicyclists, and is now striving for Silver. Join us on the first Wednesday of each month at the Wapping Parks & Recreation Focility, 91 Ayers Rd. or contact them at swwandww@cox.net and help us celebrate 13 years promoting safe biking, walking, hiking and running!

#### Women's Bike Ride & Basic Skills Review

Sunday, May 16, 2021 • FREE Pre-Registration required, Ages 18 and older

This free program will help you enjoy riding your bike while feeling confident riding on the road. We will review basics skills such as helmet fit, checking if your bike is in good working order, repairing a flat tire, signaling, scanning, changing gears, and the basic rules of the road. Then we will head out for a nostly flat 8 to 10-mile bike ride on quiet roads to apply these skills.

Time: 9:00am to 12:00pm

Location: Nevers Rd. Park

Meet at Nevers Park parking lot at the corner of Nevers Rd. and Sand Hill Rd. next to the soccer fields and new restroom facility. Restrooms will be available as well as use of bike racks, and water bottle refilling station.

League Cycling Instructor: Ginny Hole

Requirements: Please bring a working bike, sunscreen, water, snacks, helmet and mask. You must know how to ride a bike and please wear bright comfortable clothing and closed toe shoes. If you don't have bright clothing, we can provide you with an orange vest.

#### Thursday Evening Bike Rides - Adults

June 17 - September 2, 2021 • FREE

Join us as often as you'd like on Thuradays for a leisurely 10 - 15-mile ride through South Windsor, basking in stunning sunset views of our lovely town. This ride is for beginners and casual riders. Helmets required. Please bring water and masks. Meet at 5:45pm at the CT Valley Brewing Company, 765 Sullivan Avenue ride departs 6pm.

Time: 5:45pm • Location: CT Valley Brewing Company

#### Connecticut Trails Day

Sunday, June 6, 2021 • FREE Pre-Registration required, Ages 18 and older

If there was ever a time to celebrate our amazing Connecticut Trails, 2021 is it! South Windsor is participating in this celebration by inviting visitors to enjoy a guided 2 mile nature walk through the Michael Donnelly Preserve at 1165 Sullivan Avenue at 1PM. Please bring water and masks,

Registration begins May 20, 2021. Please register on the Connecticut Forest & Park Association website using the following link:

https://www.ctwoodlands.org/ct-trails-weekend/events-2021/south-windsor-nature-walk-record-6447

Time: 1:00pm . Location: Michael Donnelly Preserve

#### Sunset Walk

Friday, July 9, 2021 . FREE

Join us for a 1.5 - mile Sunset Walk through Nevers Park. Meet us under the Rotury Pavilion at 55 Chief Ryan Way at 8PM. The walk departs 8:15PM. Masks required. All ages are welcomed!

Time: 8:00pm . Location: Rotary Pavilion

# Memorial Wall at Veterans Memorial Park



Veterans Memorial Park. 575 Pleasant Valley Road South Windsor, CT

# 2021 South Windsor **Patriotic Commission Events**

recreation.southwindsor-ct.gov

Please follow mask and social distancing requirements.

#### May 31, 2021

Memorial Day annual parade and ceremony at 11:00am.. All community groups, as well as military and veterans' organizations are invited to march. The parade begins at 10am on South Satellite Road, concluding at VMP. The ceremony follows at 11am, which includes wreath placement on monuments by local Boy and Girl Scouts, music, guest speaker, recognition of essay contest winners, SWPD Honor Guard, and taps.

### June 12, 2021

Formal flag retirement ceremony at VMP at 9:00am Old and worn flags are collected throughout the year at the following locations: South Windsor Public Library, 1550 Sullivan Avenue. South Windsor Parks and Recreation Department, 91 Ayers Rd. South Windsor Community Center, 150 Nevers Rd. South Windsor Town Hall, 1540 Sullivan Ave.

### November 11, 2021

Veterans Day ceremony at VMP at 11:00am. The program includes a guest speaker, wreath placement, music by South Windsor High School students, and a ceremonial volley by the SWPD Honor Guard.

### December 18, 2021

Wreaths Across American Ceremony at VMP at 12:00pm to remember and honor our veterans through the laying of remembrance wreaths on the graves of South Windsor's Veterans. Hosted by American Legion Post 111.











# SOUTH WINDSOR VETERANS DID YOU KNOW?

The Connecticut Soldiers, Sailors and Marines Fund is available to qualified veterans and/or their family members.

The Funds mission is to provide temporary assistance such as utilities, medical expenses, etc., etc...

To qualify you must have been honorably separated and demonstrate need.

Representatives for the Fund meet once a month, the first Thursday of the Month (8:00am-9:30am) at the South Windsor Community Center.

For further information go to www.alctssmf.org or call Ken Lewis (860-416-5276) for an appointment.

Please join the South Windsor Patriotic Commission and the Abe E. Miller American Legion Post 133 throughout the year as they celebrate:

Armed Forces Day Memorial Day | Flag Retirement Day | Veterans Day | Wreaths Across America