

Vernon Parks and Recreation Fall 2010 Programs

STAFF DIRECTORY

General phone number: 860-870-3520
Director: Bruce Dinnie
Assistant Director: Steve Krajewski
Administrative Assistant: Diane Garnelis
Recreation Supervisor: Bruce Watt
Recreation Supervisor: Amy Locandro
Park Supervisor: Dave Bower
Park Maintainers: Mitch Reid,
Mark Lucas, Rob Arthur, Jeff Lemay
Joe Powers, Jeff Carlson

FREQUENTLY REQUESTED NUMBERS

Rockville Little league-
Hans Peterson 860-875-1832
Vernon Little League-
Joe Kurowski 860-730-3270
Babe Ruth Baseball-
Dave Glidden 860-872-0455
Girls' Little League Softball-
Steve Turgeon 860-872-9790
Vernon Youth Soccer-
Dain Perkins 860-649-4495
Vernon Youth Football-
Scott Hagelin 860-871-0619
Youth Hockey-
Jim Larza 860-529-5295
Youth Lacrosse-
Bruce Gezelman 860-870-9461
Over 55 Softball-
Sam Cusocvitch 860-742-7403
Junior Women's Club-
Nancy Carter 860-871-2233
Vernon Town Hall 860-870-3599
Vernon Public Works 860-870-3500
Vernon Animal Control 860-870-3558
Indian Valley Y.M.C.A. 860-872-7329
Vernon Orioles-
Steve Krajewski 860-870-3520



www.Vernon-CT.Gov

REGISTRATION AND GENERAL INFORMATION

CONSIDER YOURSELF REGISTERED

– if you do not hear from us. You will be notified if a change occurs or if the program is filled. You are automatically put on the waiting list and your payment returned if the class is filled at the time your registration is received. Assume classes will begin on the dates listed. If you would like a receipt, please enclose a SASE with your registration. All programs are open for registration unless otherwise noted in the program description.

You may register on-line at www.vernon-ct.gov

INSURANCE – All persons participating in recreation programs should carry their own personal health insurance. The Town of Vernon is not responsible for personal injuries. Par-

ticipants in all department sponsored programs participate at their own risk. Only those enrolled in the program may attend.

ADA – The Town of Vernon does not discriminate on the basis of race, color, national origin, sex, religion, age, or disability in provision of programs and services. We are committed to assuring equal access to programs, activities, and services to all individuals. If you or a family member needs assistance, please let us know when you register.

CLASSES – We reserve the right to limit class size and to cancel classes failing to meet minimum requirements. Vernon residents are given preference for all programs during the 1st week of registration.

PAYMENT – Registration is not considered valid until the program fee is paid. We accept cash, check, Mastercard or Visa.

REFUNDS – Are given only prior to the start of classes or if we cancel the program. Once an activity has started no refunds will be granted except in the case of injury, illness, or relocation. Refunds will then be given on a prorated basis and are under the discretion of the parks and recreation director. Please note that there is a **\$5.00 Charge** for refunds and transfers.

INCLEMENT WEATHER – In the case of inclement weather, the Parks and Recreation Department reserves the right to cancel programs for the day. All decisions on programs will be made by 4:00 p.m., unless your pro-

gram starts earlier. A decision will be made by 9:00 a.m. for weekend and morning programs. Please contact the Recreation Office at 860-870-3520. The department will attempt to post any program cancellation information on 1080AM and WFSB channel 3.

SCHOLARSHIP PROGRAMS

It is our policy that residents of Vernon who cannot afford to participate in programs or activities can make confidential inquiries for assistance to Bruce Dinnie, director of Parks and Recreation (860-870-3520)

NO CLASS DATES - Class and programs that are not scheduled for a certain date i.e. holiday, are marked with a NC and followed by dates that the class will not meet.

PICNIC AREAS

Fox Hill Tower - Free
Church St. Rails to Trails- Free
Dart Hill Park- Free
Walker's Reservoir- Free
Valley Falls- See info
Newhoca Park- See info
Henry Park- See info
Saxony Mill Park- Free

Valley Falls Park: Located on Valley Falls Road, Valley Falls Parks contains picnic areas out in the field and one pavilion. Fees vary upon picnic areas and length of rental time.

Henry Park: Located at 120 South Street, Henry Park has three picnic grove areas. There is a \$10 Resident or \$15 Non-Resident charge for the use of these areas.

Newhoca Park: Located on Grier Road, Newhoca Park has a pavilion that is great for all occasions. There is a \$30 Resident or \$35 Non-Resident per hour charge with a two-hour minimum.

The town's picnic groves are available for rent. Reserve yours today. **Only \$15 per Day!** Picnic groves are located at the following locations:

TEEN CENTER RENTAL

Looking for a place to have your child's next birthday party? Need to hold a community meeting? Look no further than the Vernon Teen Center! Available to individual and community groups. Fee is \$33 per hour, with minimum of 2 hours. For details, contact Amy Locandro at 860-870-3520.



Birthday Parties • Jack and Jills

Receptions • Baby Showers • Class Reunions

Business Meetings

NEWHOCA LODGE RENTAL

NEWHOCA Lodge is set on a gorgeous campground on Middle Bolton Lake. This is the perfect spot to hold a family reunion, baby shower, birthday party and much more. The fee to rent the lodge is \$30 an hour for a resident and \$35 per hour for non-residents. For more details, call Diane Garnelis at 860-870-3520.



YOUTH PROGRAMS

(REK) RECREATION & EDUCATION FOR KIDS

The new after school program that exceeds all expectations!

PROGRAMS AT: Skinner Road, Northeast, Center Road, & Maple Street School

Program runs from the first day of school through the last day of school.

HOURS: Monday – Friday (from the end of the school day until 6pm)

Programs offered on half days, and school vacations.

The Vernon Parks and Recreation Department is committed to providing high quality educational experiences for your child. Our after school program includes many community partnerships.

This program has been carefully designed to offer parents a great option to have your child in a well-rounded, fun filled environment. P&R strives to make this program affordable and convenient. Your feedback is always welcome!!!!

YOUR TYPICAL DAY

The REK program strives to meet each child's intellectual and physical needs through a variety of creative indoor and outdoor experiences. Everyday activities include:

- Homework – Children have time each day to complete their homework.
- Fitness- Everyday there is a designated time for introducing kids to new and fun ways to achieve physical fitness.
- Sports- Different sports will be played each day
- Snack- a nutritious snack will be served.
- Arts & Crafts- Other fun activities will be planned for your child.

PRICING FOR 2010-2011

\$12.00 per day • \$18.00 per early dismissal

TO REGISTER: To register now for the 2010-2011 REK program, you must complete the registration form and return to the Vernon Parks and Recreation office with a non-refundable check for the first two weeks of the program. This deposit will reserve your spot for the school season and pay for your first two weeks of the program. Don't wait, space is limited!!!!

Parents must choose and commit to which days of the week their child will attend.

For more information please contact Vernon Parks & Recreation

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HOLIDAY CLOSING

Closed September 6th for Labor Day



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PEE WEE LACROSSE

This coed program teaches the fundamentals of lacrosse to young players using a variety of fun drills and activities designed to develop lacrosse skills and a love for the game.

Who: Ages 5-8

Where: Center Road School Field

Dates: Tuesdays and Thursdays ,
Sept. 14-Oct. 7

Time: 5:30-7:00pm (daylight permitting)

Fee: \$43 Residents; \$48 Non Residents

TUMBLE TIME

Get your little ones on their feet and ready to have some fun! This program is a **PARENT/CHILD** class for children ages 18 months to 30 months. Participants will play fun games with hula hoops and parachutes, sing songs, skip, jump and much more. This class will help your child develop motor, listening and social skills. Don't miss out on this fun Friday morning class.

Dates: Fridays;

Session 1: September 17-October 22

Session 2: October 29-December 10

Time: 9:30-10:15am

Location: Vernon Teen Center

Fee: Residents \$35; Non-Residents \$40

Instructor: Ms. Pat

**PRESCHOOL FITNESS-
NEW TIME**

The focus of this program is to get children involved in physical activity at an early age. This class is for children ages 3-5 years old. Classes include exercise, dance, body awareness, and fun games. Motor and listening skills will also be emphasized.

Tuesday Evening Class:

Session 1: September 14-October 19

Session 2: October 26-November 30
6:00-6:45 p.m.

Friday Morning Class:

Session 1: September 17-October 22

Session 2: October 29-December 10
10:30-11:15 a.m.

Location: Vernon Teen Center Fitness Room

Fee: Residents \$35; Non-Residents \$40

Instructor: Ms. Pat

PEE WEE TRACK

SPONSORED BY TICKET NETWORK

This program is open to children ages 3 to 5 years old. Learn the fundamentals of track running. Participants will play fun drills and activities to develop an appreciation and love for running track. All participants will receive a T-shirt. This program will run for 4 weeks.

Dates: Thursdays; Sept. 9-Sept. 30

September 16 class will have alternate location.

Time: 5:30 - 6:15 p.m.

Location: Rockville High School Track

Fee: Residents \$35; Non-Residents \$45

X COUNTRY RUNNING CLUB

This program, sponsored by TicketNetwork, is open to children ages 6 to 12 years old. Learn the fundamentals of cross country running. Participants will play fun drills and activities to develop an appreciation and love for running.

All participants will receive a T-shirt.

This program will run for 4 weeks.

Days: Tuesdays & Thursdays
(with some Wed. due to the track availability)

Schedule:

Wed, Sept. 8 Thurs. Sept 9

Tues. Sept 14 Wed. Sept 15

Tues. Sept 21 Thurs. Sept 23

Tues. Sept 28 Thurs. Sept 30

Time: 5:30-6:30

Location: Rockville High School Track

Fee: \$40 Resident; \$45 Non-Resident

PEE WEE SOCCER

This coed program teaches the fundamentals of soccer to young players using a variety of fun drills and activities designed to develop soccer skills and a love for the game.

Who: Ages 3 & 4 Section A

Ages 5 & 6 Section B

Where: Henry Park Softball Field

When: Wednesday, Sept. 15-Oct. 20

Time: Section A: 5:30-6:15

Section B: 6:30-7:15

Fee: \$43 Res. \$48 Non Res.

HOT SHOTS CONTEST

The Hot Shots Event is a basketball shooting contest for children ages 9-15. The event is split up by age and gender divisions and winners of each division will represent the Town of Vernon in the county Hot Shots Event. The program will be held at the beginning of January. The exact date and location will be available in December. There is no fee to participate. Participants must provide a copy of their birth certificate. For more information call 860-870-3520.

DODGEBALL

This program is for anyone ages 8-13 years old. Participants will meet once a week and have a great time playing Dodgeball.

Days: Wednesday

Time: 7:00-8:00pm

Dates: October 6-November 10

Where: Vernon Teen Center Gymnasium

Fee: Residents \$45; Non-Residents \$50

SPORTS NUTZ

This instructional, coed program, teaches the fundamentals of four different sports (Basketball, Baseball, Soccer, Track & Field) to young players using a variety of fun drills and activities designed to develop athletic skills and a love for the game. Program focuses on the most basic fundamentals of sport. All participants receive a T-shirt. Class size is limited to 20 participants.

Ages: 3-5

When: Saturdays Oct. 9 to Oct 30

Time: 10:00-11:00 a.m.

Where: Vernon Teen Center

Fee: \$33 Resident; \$38 Non-Resident

SKATE LATE

The Vernon Parks and Recreation Department and Ron-A-Roll have teamed up to offer a fun program on Friday afternoons! Hop on the bus right after school on Fridays and be brought directly to Ron-A-Roll for some fun. This

6 week program is open to children in grades 1-8. The bus will pick the child up at their school and bring them to Ron-A-Roll. Parents are to pick them up at Ron-A-Roll at 6:30pm. Cost includes skating, skate rental (if needed), bus transportation and a pizza party on the last day. The program is not held during school vacations or snow days. Sessions that include ½ days will still run, however, the cost for the sessions is an additional \$10. Each participant will receive a **FREE GIFT!**

Days: Fridays

Session 1: September 24-October 29

Session 2: November 5-December 17

Fee: \$72.00

**ELEMENTARY SCHOOL CROSS
COUNTRY CHALLENGE**

The Vernon Parks and Recreation Dept. will be sponsoring the **12th annual Cross Country Challenge** taking place at the Rockville H.S. Track. This is the first event as part of the **Mayor's Cup Fitness Challenge.**

Divisions

Kindergarten and 1st graders;

Wednesday, October 20th
Kindergarten meets at 5:45

First Grade at 6:15

2nd and 3rd graders; Mon., Oct. 25th,
Second Grade meets at 5:45

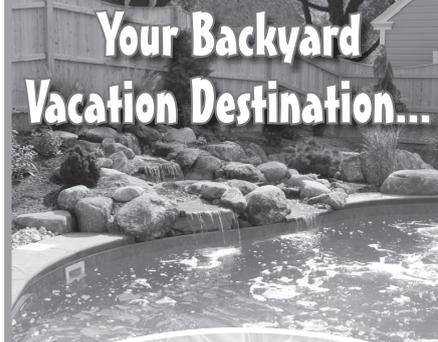
Third Grade meets at 6:15

4th and 5th graders; Wed. Oct. 27th,
Fourth Grade meets at 5:45

Fifth Grade meets at 6:15

All participants must register at the P&R office. There is a \$1.00 fee and participants are asked to arrive at least 20 minutes before their scheduled times.

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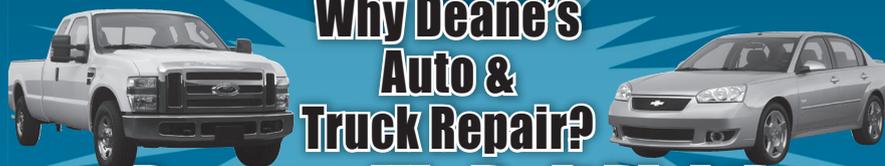
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MAYOR'S CUP FITNESS CHALLENGE

The Mayor's Cup Challenge is a series of events held every month. The Mayor's Cup Fitness Challenge is a new program being implemented by the Vernon School District's Wellness Committee and the Vernon Parks and Recreation Department. Children and families from the five elementary schools and the parochial school are invited. Children must be accompanied by an adult. Most events are free. In case of inclement weather, contact the Parks and Recreation Department Program Cancellation Line at 860-870-3520.

September 25

Northeast School Fall Dash

October 2010 TBA

Cross Country Challenge - RHS

November 20

Skinner Road School Turkey Trot

December 4

Dickens Day Dash

January 22, 2011

Vernon Winter Sports Spectacular at VCMS

March 19, 2011

Lake Street School Lion's Leap

April 9, 2011

Center Road School Road Runner Dash

May 8, 2011

Mother's Day Dash 5K

June 4, 2011

Trails Day Fun Run/Walk

DRAGON AND ADVANCED KARATE

This karate program is for children ages 5-8 years old. Martial Arts will help your child develop self-defense, self-control, self-discipline and confidence. Trained instructors, under the direct supervision of Kempo Master Rod Fuller of Hidden Dragon Karate, will teach the program. Program runs for 6 weeks.

Days: Wednesdays

Session 1: August 25-September 29

Session 2: October 6-November 10

Session 3: November 17-January 5
(no class Nov 24, Dec 29)

Dragons (Beginner): 5:00-5:30 pm

Advanced: 5:45-6:15 pm

Location: Vernon Teen Center

Fee: \$43 Residents; \$48 Non-Residents

PRETEENS & TEEN KARATE

This karate program is for children ages 9yrs and older. Karate is a Martial Arts discipline designed to teach real self-defense, self-control, self-discipline and confidence. Trained instructors, under the direct supervision of Kempo Master Rod Fuller of Hidden Dragon Karate, will teach the program.

When: Wednesdays

Session 1: August 25-September 29

Session 2: October 6-November 10

Session 3: November 17-January 5
(no class Nov 24, Dec 29)

Time: 6:30-7:15 pm

Location: Vernon Teen Center

Fee: \$43 Residents; \$48 Non-Residents

WRESTLING

Learn the sport of Wrestling!!! Wrestling has been an Olympic Sport since 1904. It teaches self-discipline, self confidence and fortitude. It also helps to develop a strength of character in young people. This program will be taught by Zach Odell. This is a 8-week program.

Ages: 5-12

When: Saturdays, Starting Dec. 11

Where: RHS Wrestling Room

Who/Times: Ages 5-7; 12:30-1:30 pm
(section A)

Ages 8-12; 1:30-2:30 pm (section B)

Fee: \$43 Res.; \$48 non-res.

Space is Limited! Register today!!



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PARKS & RECREATION

BASKETBALL

LOU BAZZANO PEE-WEE BASKETBALL

An instructional, coed program, that teaches the fundamentals of basketball to young players using a variety of fun drills and activities designed to develop basketball skills. Class size is limited! Participants will receive a T-shirt. This is a six-week program.

Saturdays

Section A1: Coed, Grade: K&1
Dec. 11 to Jan. 29, 9 a.m. to 9:55 a.m.

Section A2: Coed, Grade: K&1
Dec. 11 to Jan. 29, 10 -10:55 a.m.

Section A4: Girls, Grade: K&1
Feb 12 to March 19 9 a.m.-9:55 a.m.

Section A5: Boys, Grade: K&1
Feb 12 to March 19, 10 a.m.-10:55 a.m.

Location: Center 375 Gym

Fee: \$38 Resident; \$43 Non-Residents

BEGINNERS LEAGUE

Full court basketball games are introduced in this instructional format. Volunteer coaches and staff will provide a combo of instructional drills and controlled scrimmages. Participants will receive a T-shirt. Program runs 8 weeks.

Saturdays, starting Dec. 11th

Section B1: Coed, Grade: 2
Game times 12:30 p.m. or 1:30 p.m.
(schedule varies)

Fee: \$43 per child

GRADE 3 AND 4 BASKETBALL

Full court basketball games are introduced in this instructional format. The Rockville High School Boy's Basketball team, coaches and recreation staff will provide a combo of instructional drills and controlled scrimmages. Practices will take place for an hour one day a week. Participants will receive a T-shirt. Program runs 8 weeks.

When: Saturdays, starting Dec. 11th

Who: Coed Grade 3 and 4

Time: Game times Starting at 10am
(schedule varies)

Fee: \$58 per child

Discount fee of \$53 if registered before October 26th

Registration Deadline is Fri., Nov. 12th

RECREATION LEAGUE PLAY

Develop your basketball skills while you become a team player in this league program. Participants will be placed on a team and will be coached by volunteers. They will practice one hour a week and games will be played on Saturdays and a few Sundays at various times. There are no requests for team placement or practice nights. Participants will receive a T-shirt. Evaluations are required for all participants, evaluation date will show on receipt. Any players interested in playing high school basketball should register in the Rec League and if selected to High School

team you can be refunded. Non-Residents are allowed only in the Girls Grades 8-12 League.

Saturday Games, tentatively Dec. 11th to Mid-March. Practices begin in late November. Tentative Evaluation Date:

Nov. 20, Times TBA

Section D1: Boys, Grades: 5 & 6

Section D2: Girls, Grades: 5, 6 & 7

Section E1: Boys, Grades: 7 & 8

Section E2: Girls, Grades: 9,10,11 & 12
(Non-Residents allowed in this Division)

Section F1: Boys, Grades: 9,10,11 & 12
Fee: \$58 for 1st child

(\$5 Discount for each additional child in the Recreational League)

Registration Deadline is Fri., Nov. 12th

TRAVEL BASKETBALL

Advanced basketball competition for Boys and Girls in Grades 5-8. Try-outs will be in late September. Upon making the team, the fee will be due. Fliers will be sent out through the schools with dates, times and site. All interested players must be registered before tryouts. The season consists of approximately 20 games, starting in December through March. There will be one/two practices per week and all teams will participate in one/two tournaments. The fee will be \$165 per player. Each team must fundraise.

COACHES NEEDED

Volunteer coaches are needed for the basketball and soccer programs operated by the Vernon Parks and Recreation. If you are interested in coaching please contact the Recreation Department at 870-3520 so that we can send out information, requirements and an application for coaching with our department. This is a great opportunity for you to give back to the community.

BASKETBALL TEAM SPONSORS

In order to keep our programs at an affordable cost to our participants and to provide proper and safe equipment for these programs the Parks and Recreation Department needs the assistance of local businesses. Sponsorship is a great way to show your community spirit, through the donation of equipment, services, or funding to enhance park facilities and recreation opportunities. Your business or organization can sponsor a youth basketball team in Grades 2 to 12 for \$125. Your organization will be the team name and printed on the back of the team's uniforms. For more information on how you or your business can help or sponsor a team contact Steve Krajewski or Bruce Watt at 860-870-3520.

TEEN PROGRAMS

BABYSITTER TRAINING COURSE

This American Red Cross course provides individuals, ages 11 to 15, with the information and skills necessary to provide safe and responsible care for children in the absence of parents or adult guardians. This training will help participants develop skills in leadership and professionalism; basic care; safety and safe play; and first aid. Course handbooks are provided and students are required to complete homework assignments. Upon successful completion of the course, students will be given a certification card. Participants must attend the entire class to receive certification.

When: Saturday, November 6

Time: 9:00a.m.-3:00p.m.

Location: Vernon Teen Center

Fee: \$65 Residents; \$70 Non-Residents

BERKSHIRE EAST SKI PROGRAM

This is a 5 week ski program held at Berkshire East Ski Resort located in Charlemont, Mass. This program is for skiers of all abilities (beginner to advanced). Lessons are available for an additional fee at all levels. The program is open to skiers as well as snowboarders. Rentals are available for an additional fee. Lessons, lift ticket, and bus transportation to and from Berkshire East are included in the cost of the program. Bus departs at 3:30 p.m. and returns at 10:45 p.m. on Fridays and departs at 8:30 a.m. and returns by 4:30 p.m. on Saturday. Space is limited and is on a first come, first served basis. **NOTE:** Adults are also eligible to register for this program at a later date. Ski trips are schedule for Fridays, Jan. 7, 14, 21, 28, and Saturday, Feb. 5 Bus departs from Vernon Teen Center Bus departure and return times are listed above

Who: Vernon Residents grades 7-12, Adults aged 18 and older

Fee: TBD (Contact Recreation Dept. in late October).

Registration for Students: Nov. 8, 2010

Registration for Adults: Nov. 15, 2010

VERNON TEEN CENTER- CELEBRATES 20 YEARS!!!

The Vernon Teen Center is open to Vernon Teens on Friday evenings from September to May. The Teen Center provides safe, supervised activities for all teens. Some of these activities include billiards, basketball tournaments, video games, wii tournaments, dances, karaoke, and much, more. Monthly calendars of events will be available at Vernon Center Middle School, the Parks and Recreation Office, and at the Teen Center. Teens must register for a membership on their first visit.

WHO: Vernon Residents or Vernon Center Middle School teens in grades 6-8. Teen Center will be open for seventh and eighth-graders only, except on the first and last Friday of each month (with the exception of Oct 1, all grades welcome). The first and last Friday of each month will be sixth grade night. Guests are permitted on a limited basis.

• **September 17, 7-10 p.m.**

Opening Night for 7th & 8th Grade

• **September 24, 7-10 p.m.**

Opening Night for 6th Grade

• **October 1, 7-10 p.m.**

Special 20th Anniversary Night for 6th, 7th & 8th Graders

FEE: \$8 membership fee per year / nightly activities vary in price

TEEN BOARD: Be a part of making the Teen Center the place you want to be! Meet once every other month a half hour before the Teen Center opens. Plan the activities that will be held at the Teen Center, you will be the ones to make the schedule. Board members are also asked to volunteer at special events throughout the year. We are looking for creative and committed individuals. The Teen Board also has the opportunity to go on special trips!

REGISTRATION INFORMATION:

A registration form must be completed upon the first visit to the Teen Center. The registration form must have a parent or guardians signature before any activities can be attended. Rules, policies and regulations must be adhered to or membership may be revoked. Registration forms will be distributed through the Middle School, on the above dates at the Teen Center, and at the Parks and Recreation office.

20TH ANNIVERSARY CELEBRATION EVENT

The Vernon Teen Center is celebrating its 20th year anniversary. We are proud that our drug, alcohol free center has been so successful for 20 years and continues on its promising path. On Friday, October 1, we will celebrate the anniversary, opening up the center to all 6th, 7th and 8th grade members for a fun-filled night. We will be having special activities, give aways and much fun! This event will NOT have an additional fee to members.

When: Friday, October 1

Who: Grades 6-8

Location: Vernon Teen Center

ADULT FITNESS

LOW IMPACT AEROBICS

This low impact aerobics program is for those ages 17 and older and will be sure to get you a good workout. Participants will move and tone their bodies to various music, while at the same time, meet new friends.

When: Tuesdays

Session 1: September 14-October 19

Session 2: October 26-November 30

Time: 7:00-8:00 p.m.

Vernon Teen Center Fitness Room

Fee: \$40 Residents; \$45 Non-Residents

TAI CHI

This class is a traditional Chinese low impact exercise. It is the best balance conditioning exercise through smooth execution and focus on developing the internal energy flow of the individual. Tai Chi helps numerous areas such as body balance, weight loss, stress release, flexibility, increase memory and much more. Come join this class and feel healthier, more energetic and happier! This is an ongoing program, the sessions are 6 weeks.

Adults (17 and older)

When: Mondays

Session 1: Sept. 13-Oct. 25

(no class Oct 11)

Session 2: Nov. 1-Dec. 13

(no class Nov 22)

Time: 6:30-7:30p.m.

Vernon Teen Center

Fee: \$48 Resident; \$53 Non-Resident

YOGA

Learn to relax, reduce stress, stretch, strengthen muscles and joints, and develop a more flexible body. Special attention is given to the spine, as the focus is on proper alignment, posture, and limbering up. Relaxation with deep breathing is emphasized, so that both mind and body feel restored and rejuvenated. Classes are appropriate for all ages, levels of ability, and belief systems. Please wear loose clothing and bring a mat or towel for extra comfort. Classes meet for eight weeks.

Adults (17 and older)

Days: Thursdays

Dates: Sept. 16-Nov. 4

Times: 5:45-7:00 p.m.

Location: Vernon Teen Center Fitness Room

Fee: \$56 Residents; \$61 Non-Residents

ZUMBA

Zumba® Latin Dance-Fitness fuses hypnotic latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Marlene's routines feature interval training sessions where fast and slow rhythms, plus resistance training are combined to tone and sculpt your body while burning fat. She focuses strongly on increasing your strength and flexibility in the core. Add some Latin flavor and international zest into the mix and you've got Zumba®!

Zumba® promises to give you a GREAT

workout while having a blast and will get you hooked right away! This program is for those 13 and up, so Adults can bring their teenagers too!

Days: Tuesdays

Session 1: September 7-October 12

October 26-December 7 (no class 11/23)

Time: 6:30-7:30pm

Location: Vernon Teen Center Gymnasium (Center 375)

Fee: \$55 Residents; \$60 Non-Residents

PILATES

What Is Pilates? Pilates is an exercise option for everyone. Designed to develop a strong core (stomach, back and glutes) while maintaining loose, limber limbs. The exercises provide multiple variations to meet the needs of different body types. It strengthens the body while keeping all the joints mobile and flexible. While it's not cardiovascular exercise, you'll feel your muscles working and probably break a sweat. Bring a mat, comfortable clothes, and water. This is a mixed-level class so all are welcome to attend.

Days: Mondays

Dates: Session 1: Sept. 13-Oct. 25

(no class 10/11)

Session 2: Nov. 1-Dec. 13

(no class 11/22)

Time: 5:30-6:30pm

Location: Vernon Teen Center Big Room

Fee: \$53 Residents; \$58 Non-Residents

ADULT ATHLETIC LEAGUES

VOLLEYBALL

COED VOLLEYBALL

Spend some time with friends, make new ones, or just enjoy playing volleyball. Matches will be officiated by league supervisors. Individuals ages 18 and over that are interested in participating in the coed league as a team or joining a team should contact the Parks and Recreation Department at 870-3520. Teams need to register by Sept. 24.

When: Tuesdays Games starting Oct. 19

Location: Vernon Center Middle School

Fee: \$400 per team

WOMEN'S VOLLEYBALL

The women's volleyball league is a great opportunity to team up with friends once a week with the common goal of fun. Matches are officiated! Individuals ages 18 and over that are interested in participating in the league as a team or joining a team should contact the Parks and Recreation Department at 870-3520. Teams need to register by Sept. 24.

When: Tuesdays Games starting Oct. 19

Location: Vernon Center Middle School

Fee: \$400 per team



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NEW SUNDAY BRUNCH!

10:00 AM - 1:00 PM

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- Little Necks
- on the Half Shell
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NEW DINING ROOM COMING IN SEPTEMBER

Tritown Gymnastics

SPECIAL EVENTS

BASKETBALL HOOP LEAGUE

This program is for Vernon residents ages 18 and over. The league plays on Monday thru Thursday evenings. All teams interested must register by Nov. 19. Individuals interested in getting on a team must be Vernon residents and should contact the Recreation Department at 860-870-3520.

When: Mon. thru Thurs. evenings
Season begins on Jan. 3

Where: Vernon Center Middle School & Rockville High School

Fee: \$675 per team \$750 Tolland/Ellington
All players must be from their respective town

OVER THE HILL HOOPS

Have fun and get in shape at this drop-in basketball program for Vernon residents ages 35 and over. Half-court games are organized each week. Fridays Starting Oct. 15 7:30-9 p.m. Schedule available at gym.

Vernon Residents ages 35 and older
Fee: \$3 per week, \$35 flat rate

Location: Vernon Center Middle School
To participate, register at the gym on Fridays with identification.

SENIOR LEAGUE HOOPS

The Vernon Parks and Recreation Department is proud to offer a Senior Drop-in Basketball Program. Open gym will start December 9th. This is an 8 week program that runs one night a week. Program will be determined by the number of participants.

You **MUST** be registered to participate.

Dates: Wednesdays starting Dec. 9th

Times: 7:00-8:30

Location: Teen Center Gym

Fee: \$20.00

BOSTON RED SOX

Come and enjoy an exciting game between the Boston Red Sox and the Chicago White Sox at Fenway Park in Boston on Saturday, September 4. The bus will leave from Center 375 at 12:00noon. You will have plenty of time before the game to enjoy sightseeing, shopping and more in Boston. Game time is tentatively set at 7p.m. Cost includes game ticket in Right Field Box and coach bus transportation. An adult must accompany children under age of 18. Space is limited and is on a first-come, first-serve basis.

Date: Saturday, September 4
Departure at 12p.m. from Center 375 and will return at approximately 12a.m.

Fee: \$90 for Vernon Residents
\$95 for Non-Residents

FALL MUSIC FESTIVAL

The Vernon Parks & Rec. Dept. will be holding a Fall Music Festival at the Rockville High Auditorium on November 4, 5 and 6. The Festival will feature different concerts on each night. Thursday, Nov. 4 will be hosted by the Gene Pitney Committee. Friday, Nov. 5 will feature young adult, up and coming bands.

There will be 4-5 bands performing. Saturday, Nov. 6 will be our feature performance. Friday and Saturday's concert will benefit the Vernon Teen Center and Send-a-Kid to Camp Scholarship fund.

Dates: November 4, 5 & 6 • 7-10pm

Where: Rockville H.S. Auditorium

Fee: Tickets in Advance: \$5

NEW YORK CITY BUS TRIP

Enjoy a fun day on your own in New York City. The Vernon Parks and Recreation Department is sponsoring this day trip to New York City on Saturday, December 11. This is a perfect time of year to view the famous tree in Rockefeller Center, see the amazing windows decorated in the stores, shop for holiday gifts, and get tickets to a show. The bus will leave from the Vernon Teen Center at 8:30a.m. to arrive in New York City at approximately 10:45a.m. The bus will depart from New York City at 6:30p.m. to arrive back in Vernon at approximately 9:00p.m.

Date: Saturday, December 11

Fee: \$35 Residents; \$40 Non-Residents

HALLOWEEN BOO BASH

Come and enjoy an evening of fun Halloween activities with a movie showing of "Charlie Brown's The Great Pumpkin" in big-screen, a walk down trick-or-treat aisle, play games, lots of candy and giveaways. A special thank you to Price Chopper for their support and donations.

Who: Children ages 3-10

When: Saturday, Oct. 30th, 3:00 p.m.

Where: Vernon Teen Center (begins at the lower level side entrance)

Fee: \$2 per child

Tickets are limited, please purchase in advance at the Parks and Recreation office in Henry Park starting Oct. 4th.

ADDITIONAL INFORMATION

INSTRUCTORS AND SUPERVISORS NEEDED

If you have any specific talent or are looking for part time work, contact the Parks and Recreation office.

TOWN OF VERNON ON-LINE

You can access the Vernon Parks and Recreation Program Information on-line at: www.vernon-ct.gov

PROGRAM INPUT

If there is a program that you would like to see offered, please give us a call and share your ideas.

PUBLIC PARK FYI

Dogs Must Be Leashed. Town ordinance requires dogs to be leashed on public property, including town parks. Also, please clean up after your dog. People (especially children) are playing everywhere! This is unhealthy and inconsiderate. Please don't give the majority of dog owners & dog lovers a bad reputation. No Golf Allowed ... Town ordinance prohibits the play of golf at Public Parks. Golf is unsafe for others in the park and can cause damage to the turf.

Please Respect Your Property. Town parks are your parks. THANK YOU!!!

Holiday Pizza

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