

Vernon Parks and Recreation Summer 2010 Programs



PICNIC AREAS FOR RESERVATION

The Town's picnic groves are available for rent. Reserve yours today. **As low as \$10 per DAY!!!** Picnic groves are located at the following locations:

Valley Falls Park: Located on Valley Falls Road, Valley Falls Park 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 \$15 charge for residents and \$20 charge for non residents for the use of these groves.

Newhoca Park: Located on Grier Road, Newhoca Park has a pavilion that is great for all occasions. There is a \$30 resident charge and a \$35 nonresident charge per hour.

OTHER PICNIC AREAS

- Fox Hill Tower-Free
- Church St. Rails to Trails-Free
- Dart Hill Park-Free
- Walker's Reservoir-Free
- Saxony Mill Park-Free
- Phoenix Street-Free

Register Online at: www.Vernon-CT.Gov

FREE!! FREE!! FREE!! FREE!!

DISCOVER NEWHOCA PARK.

It's the last day of school, LET'S CELEBRATE! Visit NEWHOCA on Wednesday, June 23, for free. Walk around and see what the park has to offer. The Parks and Recreation Department will be providing free hot dogs, snacks and refreshments. Have an opportunity to win raffle prizes, and participate in games and activities. Activities will be held as open swim. Don't miss this opportunity to discover NEWHOCA Park and all it has to offer.

SAVE THE DATE

- July in the Sky: July 1
- Rain date July 2nd and July 6
- Days of Summer Carnival: July 28-3
- We're having a party! Rent various Park and Recreation sites to host your next party.

LOOK WHAT'S INSIDE!

- Camps as low at \$60.....PG. 5
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- Community Gardens ...PG. 10

...and more!

STAFF DIRECTORY

GENERAL PHONE NUMBER:	860-870-3520	
Director:	Bruce Dinnie	
Assistant Director:	Steve Krajewski	
Admin Assistant:	Diane Garnelis	
Recreation Supervisor:	Bruce Watt	
Recreation Supervisor:	Amy Locandro	
Park Supervisor:	Dave Bower	

FREQUENTLY REQUESTED NUMBERS

Rockville Little league-	Hans Peterson	860-875-1832
Vernon Little League-	Kim Aliczi	860-558-6478
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

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. Participants 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 pro-rated 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 program 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.

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VACATION IN VERNON!!

A staycation, a vacation you do at home, can be a wonderful alternative to a long, expensive, painstakingly-planned trip - the time and money you can save are significant. However, if you don't take certain precautions, your staycation can be little more than a stressful extension of everything you need a break from. The following staycation ideas that the Town of Vernon can provide will assure that your staycation is truly a relaxing romp rather than a wasted week.

1. DAY TRIP TO VALLEY FALLS PARK

Valley Falls Park, located on Valley Falls Road, is a great place to take your family for a day of fun. Valley Falls Park offers a beach front for swimming (with lifeguards on duty), fishing (the park is an official State of Connecticut Trout Park), picnic tables, grills, pavilion, hiking trails, beautiful scenery, and plenty of open space for games and family activities. Seasonal Fees Apply.



2. DAY TRIP TO NEWHOCA PARK.

Newhoca Park is located along the Middle of Bolton Lake on Grier Road. This site includes a beach front (with lifeguards on duty), hiking trails, Volleyball nets, picnic areas, pavilion, grills, fishing, paddle boats and canoes (free of charge on the weekends), basketball court, and an open field for all your family activities. Seasonal Fees Apply.



3. SPEND A DAY AT HENRY PARK

Located at 120 South Street, Henry Park has something for everybody. The park has one softball field, one baseball field, 3 little fields, tennis courts, a sand volleyball court, basketball courts, picnic grounds, a playscape, a spray tower, a swimming pool, Fox Hill Tower (which gives patrons a beautiful view of surrounding towns), and plenty of open space. Seasonal Fees Apply.



POOL PARTIES!!

Make a big splash at your next party. Community Pool and Horowitz Pool is now available for pool parties. Pool parties are available on Saturdays and Sundays from 10:00 am to noon or 6:00 p.m. through 8:00 p.m. The cost of the pool party is \$200. For further information, please call 860-870-3520.



VERNON TEEN CENTER 20TH ANNIVERSARY!!

The Vernon Teen Center is open to Vernon Teens on Friday evenings starting September 17th. The Teen Center provides a variety of safe, supervised activities for all teens. Some of these activities include billiards, basketball tournaments, video games, dances, karaoke, band jams, and much, 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.

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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.



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.



PICNIC AREAS FOR RESERVATION

The town's picnic groves are available for rent. Reserve yours today. **Only \$10 per Day!**

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 \$10 per Day!** Picnic groves are located at the following locations:

Birthday Parties • Jack and Jills

Receptions • Baby Showers • Class Reunions

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NEW! SUMMER DAY CAMPS NEW!

SESSIONS

(Newhoca, 375, Valley Falls, Henry Park, Kiddie Camp and Teen Camp)

- Session 1: June 28-July 2
- Session 2: July 5-July 9
- Session 3: July 12-July 16
- Session 4: July 19-July 23
- Session 5: July 26-July 30
- Session 6: August 2-August 6
- Session 7: August 9-August 13
- Session 8: August 16-August 20

POST CAMP: August 23-27

FEES:

Center 375 & Valley Falls Camp:
Residents \$70; Non-Residents \$75
Henry Park Camp:
Residents \$60; Non-Residents \$65
Camp Newhoca:
Residents \$90; Non-Residents \$95
Kiddie Camp:
Residents \$75; Non-Residents \$80
Teen Camp: Sessions 1-5, 7, 8
Residents \$95; Non-Residents \$100
Session 6
Residents \$125; Non-Residents \$130
Extended A.M.:
Residents \$20; Non-Residents \$25
Extended P.M.:
Residents \$30; Non-Residents \$35
Post Camp:
Residents \$105; Non-Residents \$110
Late Fee: Late fees apply to those who are not picked up on-time. Fee is \$5 for the first 15 minutes, \$1 per minute thereafter.



KIDDIE CAMP

Kiddie Camp is held at Center 375 from 9:00am to 3:30pm for children 4-5 years old. Campers meet in the Fitness Room of Center 375 each day. This location also features playing fields, playground and a kiddie pool. Activities focus on interaction with peers, with theme weeks, physical fitness, educational learning activities, arts and crafts, story time, movies and much more. Limit is 25 campers. Campers attending this camp ARE eligible to register for the Center 375 Extended Day program. No Bus transportation is provided.

CENTER 375 CAMP

This camp is held at the Center 375 from 9:00am to 3:30pm for children 6-12 years old. This location features a swimming pool, softball field for games, basketball court, playground, picnic area and an air conditioned indoor facility. Campers enjoy fun theme days, physical fitness, arts and crafts, open swim and much more! Limit is 60 campers. Campers attending this camp ARE eligible to register for the Center 375 Extended Day program. No Bus transportation is provided.



VALLEY FALLS NATURE CAMP

This camp is held at Valley Falls Park from 9:00am to 3:30pm for children 6-12 years old. Campers meet at the Valley Falls Pavilion in the morning and are picked up there in the afternoon. In the event of inclement weather, campers are to go to the Valley Falls Barn. This camp features

Nature with special explorations in the pond, learn about fishing, excursions on hiking trails, special guest presenters and much more! Along with fun nature explorations, campers will also enjoy fun camp games, arts & crafts, swim time, basketball court and much more! Limit is 40. Campers attending this camp ARE eligible to register for the Valley Falls Extended Day program. No transportation is provided.

HENRY PARK CAMP

This camp is held at Henry Park from 8:30am to 4:00pm (**NEW TIME**) for children 6-12 years old. Campers meet at the Picnic Grove in the morning and are picked up there in the afternoon. This location features a swimming pool, multiple baseball fields for games, basketball courts and a playground with a spray pool. **A free lunch program is offered at this site.** In the event of inclement weather, campers will be bused to one of the town's elementary schools. Limit is 80 campers. Campers are NOT eligible for the extended day program. **No transportation is provided. Please note this camp has longer camp hours.**

CAMP NEWHOCA

This camp is located at Newhoca Park which is on Middle Bolton Lake and goes from 9:00am to 3:30pm. It is for campers 6-12 years old. This camp features swimming in the lake, canoes & paddle boats, basketball courts, hiking, field games, an arts&crafts instructor, exciting theme days and much more! This camp also has indoor facilities featuring an Arts and Crafts cabin, Game Room (with Foosball tables, Air Hockey, board games, etc), Rec Hall and an office. During sessions 2, 4, 6 and 8, campers ages 10-12 are eligible to sign up for a sleep over at Camp Newhoca. Camp Newhoca is known for their exciting themes. Themes include Survivor, Caribbean, Movie Star, Olympic and much more!
Bus Transportation is ONLY provided from Valley Falls: Drop-Off 8:45am. Pick Up 3:45pm.

CONTINUED...



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SUMMER DAY CAMPS CONTINUED

TEEN CAMP

This camp is located at Henry Park from 8:30am to 4:00pm (**NEW TIME**) for children 13-15 years old. This location features a swimming pool, baseball fields, basketball court, tennis court, volleyball court and much more! Campers play field games, go swimming and go on field trips twice a week. Field trips include Lake Compounce, Rope Courses, Bowling and much more. Session 6 will include an overnight trip to Club Getaway in Kent, CT (brought back by popular demand) **A free lunch program is offered at this site.** In the event of inclement weather, campers will be bused to one of the town's elementary schools. Limit is 30 campers. Campers are NOT eligible for the extended day program. **No Bus transportation is provided. Please note this camp has longer camp hours.**

EXTENDED DAY

This is an extension to the summer camp day that allows you to drop off your child as early as 7:30am and stay as late as 6:00pm in the evening. **Campers needing Extended Day for Camp Newhoca and Valley Falls will be located at Valley Falls Park (in the event of inclement weather it is held at the Valley Falls Barn).** Camp Newhoca campers will be bused to Newhoca Park. **Campers needing Extended Day for Center 375 and Kiddie Camp will be located at Center 375. Please note, this program is NOT available for Henry Park campers and Teen campers as transportation is NOT provided to site.**

POST CAMP

This program allows you to keep a normal schedule at the end of the summer. It is located at Center 375 and is for children 5-12 years old. A wide variety of camp activities are offered, as well as swimming. Camp runs from 7:30am-6:00pm.

YOUTH PROGRAMS

KARATE

This karate program is for children 5-12 years old. The Dragons and Advanced is for children 5-8 and the Preteen program is for children 9-12 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.

Dates: Wednesdays

Session I: June 2- July 7

Session II: July 14 - August 18

Times: Beginner: 6:00-6:30 p.m.

Advanced: 6:45 - 7:15 p.m.

Preteen: 7:30-8:00 p.m.

Location: Vernon Teen Center Fitness Room

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

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 and 5 & 6

When: Wednesday, Sept. 9-Oct. 14

Time: Ages 3 & 4 5:30-6:15;

Ages 5 & 6 6:30-7:15

Where: Henry Park

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



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SPORTS CAMPS

MULTI SPORTS PROGRAM

Experience over 15 different sports from around the world with the US Sports Institute. All activities will take place in an atmosphere which promotes good sportsmanship, teamwork, and most of all fun. Participants will receive Technical Instruction in each sport then experience the sport in a realistic game situation as well as participating in the exciting USSI World Cup Competition. Participants will receive a t-shirt and certificate. This is the only sports program truly dedicated to children of all sporting abilities.

Location: Rockville High School

Dates: August 9 -13

Ages: 5 to 14 year olds

Time: 9am-1pm (5-7 Yrs)

9am-3pm (8-14 Yrs)

Cost: \$149 half day; \$169 full day

SPORTS SQUIRTS PROGRAM

The Sport Squirts program introduces children aged 3 to 5 to a variety of sports such as Soccer, T-ball, Basketball, Lacrosse and Hockey, all taking place in a safe structured environment ensuring learning is taking place. Activities are designed to evoke a child's imagination in which they can Find Nemo, send Shrek into a spin or capture Jellyfish with Sponge Bob Square Pants. All activities promote hand-eye coordination, movement and balance and most importantly Fun, Fun, Fun.

Location: Rockville High School

Dates: August 9-13

Ages: 3 to 5 year-olds

Time: 4pm to 5:30pm

Cost: \$89

BEGINNERS GOLF CLINIC

Using a revolutionary new system, the USSI Golf clinic is the ideal way to introduce youngsters to the game of Golf. Children will learn all the basic golf techniques such as the swing, grip and ball striking using unique and fun training methods, as well as doing team challenges and playing in our US Open Competition. Children will experience greater success using the larger balls and club heads, allowing them to strike the ball more consistently and increase their confidence which will encourage them to continue to enjoy the game of Golf.

Location: Rockville High School

Dates: July 26 - 30

Ages: 5 to 12 year olds

Time: 4:30pm to 6pm (5-7 year olds)

6pm to 7:30pm (8-12 year olds)

Cost: \$99

TENNIS CLINIC



USSI tennis staff will follow curriculums and guidelines laid out by the USTA, which includes the highly appraised Quickstart Tennis format. At every level, participants will learn the basic fundamentals in stroke production, court movement and footwork skills, all in a low pressured environment. Most importantly it's all about fun, with games, games and more games during each session! This Tennis Camp is suited to players who are of beginner to intermediate level. All children who attend the tennis camp will have a great time playing and learning the number one racket sport. Children need to provide racket.

Location: Rockville High School

Dates: July 26 - 30

Ages: 5 to 12 year olds

Time: 9am-10:30am (5-7 yr olds)

10:30am-12pm (8-12 yr olds)

Cost: \$99

ROCKSOLID GIRLS HOOP CAMP

Fundamental skills camp for girls age 6-14. The camp will be run by Craig Archambault, Rockville High School's girls varsity coach. Campers will learn a variety of fundamental basketball drills through stations, games and contests. All campers will receive a t-shirt. The camp will be held July 19- 23 at VCMS from 10:00 a.m. to 4:00 p.m.

Cost: \$90 residents/\$100 non-resident. Class size is limited.

ROCKSOLID OPEN HOOP

This six week program will be under the supervision of Rockville High School's basketball coach, Craig Archambault. It will be held on Thursdays, starting June 24th until July 29th, from 6:30 p.m. to 8:00 p.m. at Center 375. The first hour will be skill stations, the second hour will be organized games. All participants will receive a t-shirt.

Cost: \$40



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SUMMER PROGRAMS

CSI TEEN CAMP

Join the C.S.I. team. This is a special half-day summer camp full of science, Investigation and FUN! Participants will mix learning and fun in this hands-on experience. By examining hair samples, taking fingerprints, testing for tell-tale substances and more; participants will work toward solving the crime by the end of the week. Throughout the week the CSI team will collect crime scene evidence, examine fingerprints and foot castings, learn forensic techniques used by police, take photographs and learn to interview suspects. This program is open to students in grades 6-8 and takes place at Valley Falls.

Dates: Monday-Friday, August 23-27

Time: 9:00am to 12:00pm

Location: Valley Falls

Fee: \$125

PLAY WELL PRE-ENGINEERING CAMP

This camp is open to children ages 5-6 years old. Create, Play, and Learn. Build a town, city, or star base with houses, buildings, pyramids, bridges, tunnels, towers, and more. Build motorized cars, trains, buses, and trucks; race them; crash them; repair them. Explore the many possibilities of LEGO® building systems while learning useful construction techniques.

Dates: Monday-Friday, August 23-27

Time: 9:00a.m. to 12:00p.m.

Location: Camp Newhoca

Fee: Residents \$135; Non-Residents \$140

PLAY WELL FUNDamentals

This exciting program is for children ages 7-9 years old. Design and build motorized machines, catapults, pyramids, demolition derby cars, truss and suspension bridges, buildings, and other constructions. Explore concepts in physics, mechanical engineering, structural engineering, and architecture while playing with your favorite creations. This is a hands-on and minds-on class suitable for LEGO® building system novices to "maniacs."

Dates: Monday-Friday, August 23-27

Time: 1:00p.m. to 4:00p.m.

Location: Camp Newhoca

Fee: Residents \$135; Non-Residents \$140



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AQUATICS

AQUATICS SWIM LESSONS

Swim lessons are available at Horowitz and Community pools in the mornings and evenings. Lessons are held Monday-Thursday and consist of two weeks of 45-minute instruction. Fridays will be reserved for make-up lessons in the case that we need to cancel swim lessons. Swim lessons will not be cancelled if it rains, but will be cancelled in the case of thunder and lightening (please call ahead to see if classes will be cancelled due to weather), and in the case that there is a home swim meet for the Vernon Gator Swim Team. Descriptions are available at Henry Park and on our Web site: www.Vernon-ct.gov

REGISTRATION INFORMATION

- * ON-LINE registration for residents will begin May 10th; www.vernon-ct.gov
- *In person registration For residents will begin May 10th; after 12:00pm
- * ON-LINE registration for non-residents will begin May 24th; www.vernon-ct.gov
- *In person registration For non-residents will begin May 24th; after 12:00pm

FEES

- \$45 Residents
- \$55 Non-Resident
- \$80 Semi-Private Lessons Resident
- \$100 Semi-Private Non-Resident

HOROWITZ POOL SWIM LESSON SCHEDULE

Classes run Monday through Thursday; Fridays are used for make-ups

Time/Level	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Tiny Tots
9:50 AM		X	X	X		X	
10:40 AM	X	X		X	X		
11:30 AM	X		X		X	X	
12:20 PM							X
6:00 PM		X	X	X	X	X	
6:50 PM	X	X					

- Session One: June 28-July 9
- Session Two: July 12-July 23
- Session Three: July 26-August 6
- Session Four: August 9-August 20
- *Tiny Tots is only offered sessions two and four*
- *Level 5 at 6:00pm Sessions 1 and 3 ONLY*
- *Level 6 at 6:00 pm Sessions 2 and 4 ONLY*



COMMUNITY POOL SWIM LESSON SCHEDULE

Time/Level	Level 1	Level 2	Tiny Tots	Semi Private	Adult
10:35 AM	X	X			
11:25 AM	X	X		X	
12:15 PM	X	X	X		
5:00 PM	X	X	X		
5:50 PM	X	X		X	
6:40 PM					X

- Classes run Monday through Thursday; Fridays are used for make-ups
- Session One: June 28-July 9
- Session Two: July 12-July 23
- Session Three: July 26-August 6
- Session Four: August 9-August 20
- *Adult Swim lessons are only offered sessions two and four*

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OPEN SWIM SCHEDULE-STARTING JUNE 28TH

FACILITY LOCATIONS

- HOROWITZ POOL** - Henry Park, South Street 860-870-3527
Hours: Mon.-Fri. 1:00-4:50pm, Sat.-Sun. 1:00-6:00pm Fee: \$1.50pp
- COMMUNITY POOL** - Hartford Turnpike 860-870-3529
Hours: Mon.-Fri. 1:00-4:50pm; 7:10pm-7:50pm, Sat.-Sun. 1:00-6:00pm Fee: \$2.00 pp
Evening Swim Monday through Friday
- VALLEY FALLS PARK** - Valley Falls Road 860-870-3528
Hours: Sun.-Sat. 11:00am-6:00pm Fee: \$5.00 per car; \$1.00 per walk-in
- NEWHOCA PARK** - Grier Road 860-647-7232
Hours: Sun.-Sat. 11:00am-6:00pm Fee: \$5.00 per car; \$1.00 per walk-in

SEASON PASSES

Season Passes- A Season pass will grant you admission to any of our aquatic facilities for the summer season. Passes may be purchased at any one of the four aquatic locations during the season.

	Resident	Non-Resident
Adult	\$10	\$15
Child	\$5	\$10
Senior	\$7	\$12



GATOR SWIM TEAM

The Vernon Gators swim team had a very strong 2009 season. The season begins tentatively June 28; interested individuals can pick up a registration form after April 20 at the Parks and Recreation Department. Teams practice in the evening

Junior Team	Senior Team
8 and under 25 yards (1 lap)	13-18 years old 50 & 100 yards
9-12 years old 50 yards (2 laps)	Fee: \$65 residents; \$70 non residents





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ADULT PROGRAMS

COMMUNITY GARDENS

Located at Vernon Center Middle School, individuals can rent a 25x25 garden plot for their personal gardening needs. Each plot cost \$20 (\$15 for seniors) and will be ready for planting by May 14. Registration for last year's gardeners will start March 22. All new gardeners may register starting April 12th. For more information call 860-870-3520.

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. Minimum class size 8. Classes run for 4 weeks.

Dates: Mondays - August 2-23

Time: 5:30-6:30pm

Location: Vernon Teen Center Fitness Room

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

ZUMBA

"Ditch the Workout - Join the PARTY!!!" Working's never been known to be much fun UNTIL NOW! Zumba® Latin Dance-Fitness fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Zumba® Fanatics achieve long term health benefits while experiencing an absolute blast in one exhilarating hour of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! 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!

Dates: Tuesdays

Session1 : Sept. 7-Oct. 12

Session2: Oct. 26-Dec. 7 (No class Nov. 23)

Time: 6:30-7:30pm

Fee: Resident \$56; Non Resident \$61

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SPECIAL EVENTS/ FAMILY EVENTS & BUS TRIPS

DISCOVER NEWHOCA PARK- END OF THE YEAR SCHOOL BASH

It's the last day of school, LET'S CELEBRATE!!! Visit Newhoca on Thursday, June 23 for free. Walk around and see what the park has to offer. The Parks and Recreation Department will be providing free hot dogs, snacks and refreshments. Have an opportunity to win a raffle prizes, games and activities will be held as well as open swim. Don't miss this opportunity to discover Newhoca Park and all it has to offer!

Wednesday, June 23, 2010, 5:00-8:00p.m.

**Moon Bounce • Boating • Big Daddy Racing
Big Screen Video Games • And more!!!**

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. You will have plenty of time before the game to enjoy sightseeing, shopping and more in Boston. Game time is tentatively set at 7:00p.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

Time: Depart from Center 375 at 12 p.m. and will return at approx. 12 a.m.

Cost: \$90 for Vernon Residents; \$95 for Non-Residents

JULY IN THE SKY FIREWORKS

The 65th Annual July in the Sky Fireworks will be held Thursday, July 1st, with a rain date of Friday, July 2nd at the Veterans War Memorial Tower in Henry Park. There are two main viewing sites, Henry Park and Downtown Rockville. The gates will open at 6:00 p.m. The display will be launched at approximately 9:40 p.m. At Henry Park's Fun Zone, there will be a food court, entertainment, giant inflatable toys, face painting and glow toys. In Downtown Rockville, there will be the popular Push, Pedal, Pull Patriotic Parade, food court, entertainment and glow toys. The event sponsors are Rockville Bank Association and Price Chopper/Kraft.

SUMMER DAYS CARNIVAL

The second annual Summer Days Carnival will be held July 28th to July 31st at the Golfand Complex. The carnival starts at 6:00 p.m. on the 28th, 29th and 30th. On Saturday, the gates open at 4:00 p.m. Rides, food and game booths will be offered. The Lions Club will have a Duck Race on Saturday. The event organizers are The Rockville Exchange Club, The Vernon Lions Club and The Town of Vernon, Parks and Recreation Department.

SEND A KID TO CAMP

The Vernon Parks and Recreation Department is looking for sponsorships to send a child to camp this upcoming summer. A \$70 sponsorship can send a child to camp for a full week. Our goal is to give 100 children the opportunity to go to camp this summer that may not usually be able to attend.

FIREWORKS SPONSORSHIP

The annual fireworks will be held on Thursday, July 1. The Parks and Recreation Department is accepting donations from individuals and businesses for this event. For details, contact the office at 870-3520.

SPONSORSHIP OPPORTUNITIES

Any business interested in having a 4x8 sign displayed, year round at the Henry Park softball field are asked to contact the P&R office regarding details. Henry Park has over 200,000 participants that use the Park. There are numerous special events that take place in the Park. There isn't a more visible place in Vernon, take advantage of this opportunity.

RECREATION & EDUCATION FOR KIDS

Sponsored by Vernon Parks & Recreation

The new after school program that meets all expectations! Programs at Skinner Road, Center Road, **Maple Street and Northeast School - Year 2010-11

** children will be bused to Skinner Road School

Enrollment begins August 3rd

YOUR AVERAGE 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 2010-11

\$12.00 per day

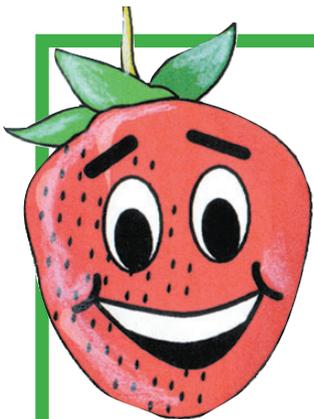
\$18.00 per ½ day (early dismissal)

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

**July in the Sky
FIREWORKS**

Rockville/Vernon Fireworks Festival
Thursday, July 1st
(Rain date July 2nd)

**Look for the insert in next week's
ReminderNews for all the event details!**



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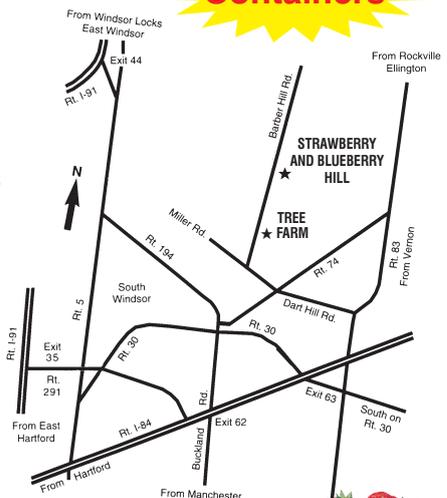
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