

Mayor Jason L. McCoy Announces The Vernon Parks and Recreation Department's Fall 2011 Programs



Photo By Andre Garant

Summer is ending and the Vernon Parks and Recreation Department and I would like to thank everyone for making this summer so successful. Our town camps were filled with campers participating in many exciting activities while our lifeguards kept everyone at the pools and lake fronts safe as they cooled down with a nice swim. As the seasons change, so do the programs at the Vernon Parks and Recreation Department. I encourage everyone to participate in as many of the upcoming programs as possible. The programs are run by our very enthusiastic staff to make your experiences as memorable as possible. I encourage you to get out and see what our Parks and Recreation Department has to offer. Find out for yourself why the "Benefits are Endless." Stop by our facilities or visit us on-line at www.vernon-ct.gov

Sincerely,

Mayor Jason L. McCoy

STAFF DIRECTORY

General phone number: 860-870-3520
Website: www.vernon-CT.gov
Mayor: Jason L McCoy
Director: Bruce Dinnie
Assistant Director: Steve Krajewski
Administrative Assistant: Diane Garnelis
Recreation Supervisor: Bruce Watt
Recreation Supervisor: Amy Locandro
Park Supervisor: Dave Bower
Crew Leaders: Mitch Reid, Mark Lucas
Parke Maintainers: Rob Arthur, Jeff Lemay, Joe Powers, Jeff Carlson

FREQUENTLY REQUESTED NUMBERS

Rockville Little League-
Chris Holt 860-875-7547
Vernon Little League-
Kim Aliczi 860-558-6478
Vernon Youth Baseball Organization-
Dave Glidden 860-872-0455
Girls' Little League Softball-
Kim Aliczi 860-558-6478
Vernon Youth Soccer-
Jordan Scheff 860-872-1668
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-
Mary Gracyalny 860-712-1274
Junior Women's Club-
Nancy Carter 860-989-3170
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. 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 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 (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.

ADULT PROGRAMS

AMERICAN RED CROSS CPR FOR ADULT, CHILD & INFANT-NEW 2 YEAR CERTIFICATION!

American Red Cross training such as CPR helps everyday people save lives. Through your participation in our health and safety programs, you enable the American Red Cross to provide lifesaving programs and services within our community. The new CPR program incorporates the latest science in CPR and emergency cardiovascular care and features a wealth of educational innovations to enhance the learning experience for students. An innovative and engaging "practice-while-you-watch" instructional method that allows learners to perform skills along with a video while a classroom instructor provides more individual guidance. New training DVDs that are customized with the specific types of emergency scenarios that are likely to occur in community, school or workplace environments, enhancing the relevancy of training for students.

Saturday, September 24

8:30am-12:30pm

Vernon Teen Center Small Room

Fee: Resident \$45 Non-Resident \$50

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 taught by certified instructor from Personal Euphoria. All skill levels are welcome to attend. This is a 6 week class. Minimum class size 8.

Mondays

Session 1: September 12-October 24

(no class 10/10)

Session 2: November 7-December 12

5:45-6:45pm

Vernon Teen Center Fitness Room

Fee: \$60 Residents \$65 Non-Residents

Instructor: Gina from Personal Euphoria

CARDIO KICKBOXING-NEW

This class combines cardio conditioning, toning, and self defense techniques to help you build lean muscle and increase your energy levels and confidence. A Cardio Kick workout is sure to burn calories, build strength, and invigorate your entire day. Participants will need to bring a mat as there is a segment for glutes and abs as well! Good for all fitness levels. This is a 6 week class.

Mondays

Session 1: September 12-October 24

(no class 10/10)

Session 2: November 7-December 12

6:45-7:45pm

Vernon Teen Center Fitness Room

Fee: Resident \$53 Non-Resident \$58

LOW IMPACT AEROBICS

This is a 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. This is a 6 week class.

Tuesdays

September 13-October 18

7:00-8:00pm

Vernon Teen Center Fitness Room

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

Instructor: Pat Stauder

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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 6 weeks.

Tuesdays

Session 1: September 13-October 18

Session 2: October 25-November 29

5:45-6:45p.m.

Vernon Teen Center Fitness Room

Fee: Residents \$50.00

Non-Residents \$55.00

Instructor: Kathleen

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!

Tuesdays

Session 1: September 6-October 11

Session 2: November 1-December 6

7:00-7:45pm

Vernon Teen Center Gymnasium

(Center 375)

Fee: Residents \$53.00 Non-Residents \$58.00

Daily Drop In Rate: \$10.00

Instructor: Marlene

CARDIO/STRENGTH CLASS-NEW

Get Fit. Stay Fit. For Life! Join this class and get amazing health benefits! This is a cardio/strength class will improve self confidence, speed up your metabolism, strengthen your heart and so much more. This program is a 6 week class taught by W.I.T.S. certified Personal Trainer, AFAA Group Fitness Instructor Holly Pellegrino. Minimum 6 in class.

Thursdays

Session 1: September 15-October 20

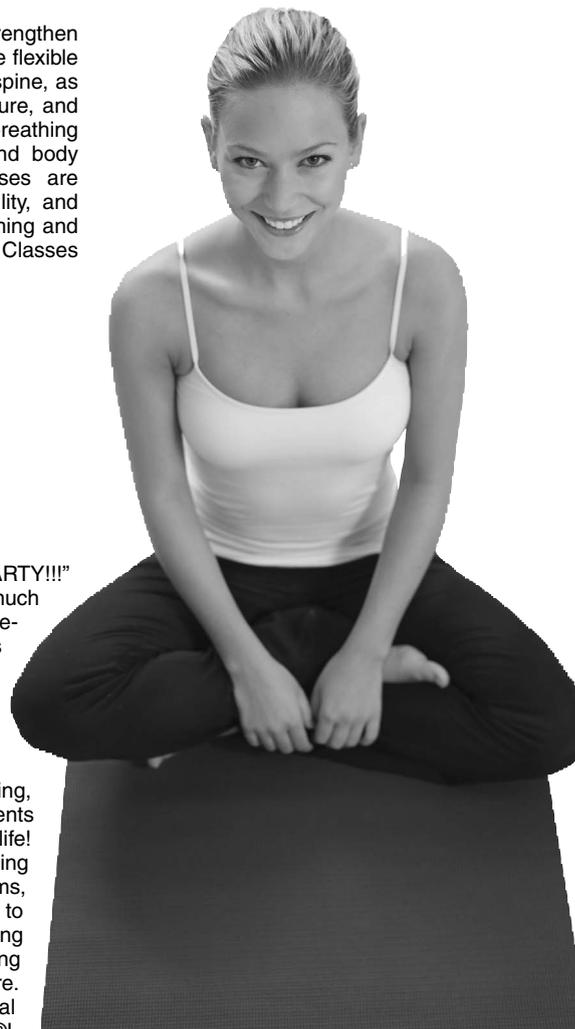
Session 2: November 3-December 15

11:00am-12:00pm

Vernon Teen Center Fitness Room

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

Instructor: Holly Pellegrino



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. 23.

Tuesdays Games starting Oct. 18

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. 23.

Tuesdays Games starting Oct. 18

Vernon Center Middle School

Fee: \$400 per team

BASKETBALL

ADULT 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. 18. Individuals interested in getting on a team must be Vernon residents and should contact the Recreation Department at 870-3520.

Monday thru Thursday evenings

Season begins on Jan. 2

Vernon Center Middle School

Fee: \$675 per team

& Rockville High School

\$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. 14 7:30-9 p.m.

Schedule available at gym

Vernon Residents ages 35 and older

Fee: \$3 per week

Vernon Center Middle School \$35 flat rate

To participate, register at the gym on Fridays with identification.

SENIOR LEAGUE HOOPS

Looking for a way to get into shape during the Winter Season? The Vernon Parks and Recreation Department is proud to offer a Senior Drop-in Basketball Program. Open gym will start December 9th. This is your chance to get those legs moving and your heart pumping.

This is an eight week program that will run one night a week. Program will be determined by the number of participants.

You MUST be registered to participate.

Days: Wednesdays

Dates: December 14

Times: 7:00-8:30

Fee: \$20.00

Location: Teen Center Gym

375 Hartford Turnpike, Vernon, CT 06066



RENTALS

PICNICS PICNIC AREAS FOR RESERVATION

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

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 two picnic grove areas and three picnic sites. There is a \$15.00 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 \$35 an hour for the first 2 hours and \$17.50 for each additional hour for a resident and \$40 an hour for the first 2 hours and \$20 for each additional hour for non-residents.

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

Birthday Party Shower Reunion Meetings Celebrations

RENT THE TEEN CENTER!!!

Who wants to dirty their own house? Or have a bunch of kids running around? You don't have a convenient place to hold a meeting? Vernon Parks & Recreation has the perfect place for you!

Big Community Room: Holds up to 75 people
Booth style seating
Six 6' tables available upon request
60 folding chairs available upon request
Pool table, foosball table & air hockey table
Food allowed

Small Meeting Room: Holds up to 20 people
3 sofas for seating
Two 6' tables available upon request
Additional folding chairs available upon request
NO food allowed

Fitness/Preschool Room: Holds up to 30 people
NO food allowed

Gymnasium: Holds up to 300 people with or without chairs
Holds up to 175 with tables & chairs
2 Basketball hoops

Fees are PER HOUR. After 2 hours, additional time made be added in half hour increments if desired. Your reservation must include set-up and clean up time. Renters are responsible for cleaning up.

ROOM/PACKAGE

	Resident Fee	Non-Res Fee
Big Community Room OR Small Meeting Room	\$35	\$40
Big Community Room AND Small Meeting Room	\$55	\$60
Fitness Room	\$35	\$40
Gymnasium	\$50	\$55

Pre-School Party Package: Includes 2 hour party rental with 1 hour of VPR staff led activities with games in the Preschool/Fitness Room and 1 hour of cake/gift time in Big Community Room.

Appropriate for ages 5 and under.

\$160 for 2 hours
\$180 for 2 hrs

Premium Bouncy/Sport Party: Includes 2 hours party rental with 1 hour in the Gym with a Moon Bounce and gym equipment (basketballs, dodgeballs, playground balls) and 1 hours of cake/gift time in Big Community Room.

\$200 for 2 hours
\$220 for 2 hours

PICTURE OPPORTUNITES!!

The Vernon Parks and Recreation Department, in conjunction with Photography on Demand (Andre Garant) has now created a Flickr account for all to enjoy. Pictures of your favorite parks and programs are now available for viewing at: <http://www.flickr.com/photos/vernonpr/>

Don't miss out on all the fun. Visit our site today!!

SPECIAL EVENTS

VERNON WINTERFEST!!!

The Parks & Recreation Department is helping organize the Vernon Winterfest which will begin Friday, December 2. There will be numerous activities and events going on throughout the month run by numerous organizations. Full schedules will be available.

VERNON FIRE TRUCK PARADE, CAROL SING & TREE LIGHTING

On Friday, December 2 the Vernon Winterfest will begin with an exciting Fire truck parade, Tree lighting and Carol Sing. The Vernon Fire Departments along with neighboring towns will be decorating their trucks with lights and festive decorations to create an exciting parade leading to the Vernon Town Green at Central Park in Downtown Rockville. Once at Central Park there will be a Carol Sing and a Tree Lighting. Refreshments will be available.
Friday, December 2
Parade Start Time: TBA
Carol Sing Start Time: TBA

CHILDREN'S HOLIDAY FESTIVAL

Enjoy a morning of shopping and errand running while your child enjoys a fun filled morning of holiday craft and gift making, cookie decorating, games, and more. (Children under 4 must be accompanied by a parent or babysitter over the age of 16)
Who: Children ages 10 and under
When: Saturday, Dec.3rd , 9:00a.m.-12:00 p.m.
Where: Vernon Teen Center
Fee: In lieu of a fee please bring an unwrapped toy for the Toy for Tots program. **Participants must be registered in advance. Space is limited.**

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 10. 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. New York City is filled with excitement! 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. Don't enjoy this wonderful opportunity to see New York City at one of the most beautiful times of the year!
Saturday, December 10
Fee: Residents \$35 Non-Residents \$40

BOSTON RED SOX

Come and enjoy an exciting game between the Boston Red Sox and the Oakland A's at Fenway Park in Boston on Saturday, August 27. You will have plenty of time before the game to enjoy sightseeing, shopping and more in Boston. Game time at 1:05pm. 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.
Saturday, August 27
Departure at 8:30a.m. from Vernon Teen Center (375 Hartford Tpke)
Fee: \$90 for Vernon Residents
\$95 for Non-Residents

HALLOWEEN BOO BASH

Come and enjoy an afternoon of fun and safe 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. 29th 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. 3rd

HOLIDAY DECORATION CONTEST

The Vernon Parks and Recreation Department, in conjunction with the Rockville Community Alliance, is holding a Holiday Decorating Contest for all residential houses and commercial buildings located in Vernon. The contest will also include the best decorated street/road in Vernon.

Entry Information:

- **Entries must be submitted by 1:00 pm, December 16, 2011.**
- **Judging will take place the week of December 19, 2011.**
- **Recognition will be given out to the top three winners in each category.**
- **Participants may only enter in ONE of the following categories:**

Overall Best Display
Best Commercial Building
Best Door
Best Holiday Themed House
Best "Green" Display
For further information call 870-3520.



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Our Mission...

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 enhance Rockville's
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- sponsorship for events
- membership information and applications (in or out-of-town welcome)
- newsletters and web updates

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RENTALS

TEEN CENTER RENTAL



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

NEWHOCA LODGE RENTAL



Newhoca lodge is set on a gorgeous camp ground 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 \$35 an hour for the first 2 hours and \$17.50 for each additional hour for a resident and \$40 an hour for the first 2 hours and \$20 for each additional hour for non-residents. For more details, call Diane Garnelis at 870-3520.

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.

PROGRAM INPUT

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

ADVERTISING OPPORTUNITIES

This is an opportunity for businesses to purchase a 4 x 8 permanent annual sign at Henry Park softball field. With more than 150,000 visiting the park annually, the visibility is excellent. For more information contact Steve Krajewski at 870-3520.

TOWN OF VERNON ON-LINE

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

MESSAGE FROM THE PARKS & RECREATION OFFICE

We would like to thank our part-time staff for helping to put together another successful summer. The day camps provided a summer of fun for over 300 children of Vernon and surrounding towns.

The Vernon Pools and Beaches were packed all summer and more than 300 children participated in swim lessons in town. The Parks and Ballfields were well maintained to provide Vernon residents with a great place to picnic, hike or play ball.

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!!!

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Seated: Owners Philip and Jessica Pietras
 Back L-R: Jennifer R., Jacqueline, Robert, Jennifer A., Corrine

Pietras Family Funeral Home has been family owned and operated and serving the area's needs for generations. Our primary goal is serving our communities. To better serve that purpose we incorporated Burke-Fortin, Tolland-Memorial and Coventry Funeral Homes. These four locations allows us better flexibility and greater convenience for you. The things that are important to you are what make us different in our business... personal details, family, community, and being a good neighbor. We are always available to speak with you during a difficult time or just for information on planning for the future. We make arrangements to fit your needs for burials or cremations."

Funeral Directors Philip & Jessica Pietras, Robert J. Binkowski, Jennifer E. Arrieta, Jacqueline L. Teske, Jennifer L. Ryan

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YOUTH PROGRAMS

(REK) RECREATION & EDUCATION FOR KIDS

The new after school program that meets all expectations!

Programs at Skinner Road, Northeast, Center Road, & Maple Street School Year 2011-12 ENROLL NOW!

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, Great Activities & Great Staff

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 2011-2012
\$12.50 per day
\$18.50 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 month 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
120 South Street, Vernon CT 06066
870-3520

RISE & SHINE KIDS-
(BEFORE SCHOOL PROGRAM)

The Vernon Parks & Recreation Department announces a before-school program for grades K-5 (a.m. kindergarten only) at Center Road, Skinner Road and Lake Street Schools, beginning at 7:00 a.m., every school morning.

Registration and payments are on a monthly basis, whether your child attends one day or five days (no daily rate/no refunds). All payments are due one month prior to attendance. If payment is not received for the following month, your child will not be registered and may not attend the program.

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If school has a delayed opening, there is no additional fee. If school is cancelled, so is the program, there is no refund. If school is delayed and then turns to a cancellation you must pick up your child by 12:00 p.m.

Payment schedule:
\$154 due at registration (8/31-9/30)
\$133 due 1/15/12 (2/1-2/29)
\$140 due 9/15/11 (10/3-10/31)
\$154 due 2/15/12 (3/1-3/30)
\$126 due 10/15/11 (11/1-11/30)
\$98 due 3/15/12 (4/2-4/30)
\$119 due 11/15/11 (12/1-12/23)
\$154 due 4/15/12 (5/1-5/31)
\$140 due 12/15/11 (1/3-1/31)
\$54* due 5/15/12 (6/1-6/12*)
***may change due to snow**

You must pre-register for this program. There are absolutely NO DROP-INS allowed. Registration for 2011-12 begins August 2, 2011 or the Thursday prior to the start of the program.

Breakfast is available to all children through the school. The cost is \$1.25 per day and is not included in the Parks and Recreation Department fee. This is only an option and not an obligation, you may send your child to the program with their own breakfast. Due to severe allergies, we request that you do not send any foods containing nuts.

To register: Every child must have a completed registration form submitted to the Parks and Recreation Department office. Parents/Guardians may register in person or by mail to Vernon Parks and Recreation Department, 120 South Street, with a check or money order made payable to "Town of Vernon" or register on-line with a Visa or MasterCard at www.vernon-ct.gov

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 20 months to 35 months. Participants will play fun games with hoola hoops, 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.

Fridays
September 16-October 21, 9:30-10:15am
Vernon Teen Center
Fee: Residents \$35.00 Non-Residents \$40.00
Instructor: Ms. Pat

PRESCHOOL FITNESS

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.

Friday
September 16-October 21, 10:15-11:00am
Vernon Teen Center Fitness Room
Fee: Residents \$35.00 per class
Non-Residents \$40.00 per class
Instructor: Ms. Pat

PEE WEE TRACK

This program is open to children ages 3 to 5 years old. Learn the fundamentals of track running. Here is the opportunity to meet new friends, release that bundle of energy and have fun learn the sport behind running! Participants will play fun drills and activities to develop an appreciation and love for running track. All participants will receive a T-shirt.

Tuesdays
September 13, 20, 27, Oct 4, 5:45-6:30p.m.
Fall 2011

Rockville High School Track
Fee: Residents \$40 Non-Residents \$45
Instructor: Ms. Pat

CROSS 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. Here is the opportunity to meet new friends, release that bundle of energy and have fun learn the sport behind 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 Tuesdays and Thursdays; participants are required to attend one day a week, two days is preferred. The coach will give you a detailed schedule the first week. Some weeks practice will take place at various Rails to Trails in Vernon (ex: Valley Falls, VCMS, etc)

Schedule: Tues. Sept. 6, Thurs. Sept 8, Tues. Sept 13, Thurs. Sept 15, Tues. Sept 20 Thurs. Sept 22, Tues. Sept 27, Thurs. Sept 29 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; 5&6
Where: Henry Park
When: Wednesday, Sept. 7-Oct. 12
(please note that scheduled days may vary due to the RHS Varsity Soccer schedule, though the majority of meetings will be on Wed.)
Time: Ages 3 and 4: 5:30-6:15
Ages 5 and 6: 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 870-3520.

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. 8 to Oct 29
Time: 10 to 11 a.m.
Where: Vernon Teen Center
Fee: \$33 Resident \$38 Non-Resident

ZUMBATOMICS

Fitness for kids!! Join us for 45 minutes of Zumbatomic with Hula Hoops. Children ages 5-10 will dance, move and twirl to exciting Zumba approved music. No prior skills needed. They'll be having too much fun to realize they are exercising! Don't miss out on this new and fun class.

Mondays
Session 1: September 12-October 24

(no class 10/10)
Session 2: November 7-December 12
4:45-5:30pm
Fee: \$45.00
Drop-in Fee: \$8.00

ELEMENTARY SCHOOL CROSS COUNTRY CHALLENGE

The Vernon Parks and Recreation Department will be sponsoring the 13th annual Cross Country Challenge and will take place at Rockville High School Track.

This is the first event as part of the Mayor's Cup Fitness Challenge.

Divisions

Kindergarten and 1st graders; Wednesday, October 19th, Kindergarten meets at 5:45, First Grade at 6:15

2nd and 3rd graders; Monday, October 24th, Second Grade meets at 5:45 and Third Grade meets at 6:15

4th and 5th graders; Wednesday, October 26th, Fourth Grade meets at 5:45 and Fifth Grade meets at 6:15

All participants must register at the P&R office. There is NO fee and participants are asked to arrive at least 20 minutes before their scheduled times.

KARATE

This karate program is for children ages 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.

Wednesdays
Session 1: September 21-October 26
Session 2: November 2-December 14
(no class 11/23)
Dragons(Beginner): 5:00-5:30p.m.
Advanced: 5:45-6:15p.m.
Preteen/Teen: 6:30-7:15p.m.
Vernon Teen Center Fitness Room
Fee: Residents \$43.00 Non-Residents \$48.00
Instructor: Hidden Dragons

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 is a 8-week program.

Ages: 5-12
When: Fridays, Starting December 09, 2011
Where: RHS Wrestling Room
Time: 6:00-7:15
Fee: \$43 Res. \$48 non-res.
Space is Limited; so register today!!

YOUTH PROGRAMS

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. 10 to Jan. 28, 9 a.m. to 9:55 a.m.

Section A2: Coed, Grade: K&1
Dec. 10 to Jan. 28, 10 a.m. to 10:55 a.m.

Section A4: Girls, Grade: K&1
Feb 11 to March 18, 9 a.m. to 9:55 a.m.

Section A5: Boys, Grade: K&1
Feb 11 to March 18, 10 a.m. to 10:55 a.m.

Center 375 Gym

Fee: \$38 or \$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. This is an eight-week program

Saturdays, starting Dec. 10th

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

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. This is an eight-week program

Saturdays, starting Dec. 10th

Coed Grade 3 and 4

Game times Starting at 10:00am
(schedule varies)

Fee: \$58 per child Registration Fee will increase by \$12.00 after Friday, Nov. 11th

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. 10th to Mid-March

Practices begin in late Nov.

Tentative Evaluation Date: Dec 3rd, 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: 8,9,10,11&12

(Non-Residents allowed in this Division)

Section F1: Boys, Grades: 9,10,11&12

Fee: \$58 per child Registration Fee will increase by \$12.00 after Friday, Nov. 11th

TRAVEL BASKETBALL

Advanced basketball competition for Boys and Girls in Grades 5-8. Tryouts will be in late September/early October. 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 \$150. 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 870-3520. For more information contact the Recreation Department at 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.

Saturday

November 5

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

Vernon Teen Center

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



BERKSHIRE EAST SKI PROGRAM

This is a five-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 all 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.

Fridays, Jan. 6, 13, 20, 27, and Saturday,

Feb. 4 Bus departs from Vernon Teen Center

Bus departure and return times are listed above

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

FEE: TBD

(Contact Recreation Dept. in late October)

Registration for Students: Monday, Nov. 7, 2011

Registration for Adults: Monday, Nov. 14, 2011

VERNON TEEN CENTER

The Vernon Teen Center is open to Vernon Teens on Friday evenings from September to May. The Teen Center provides a variety of safe, supervised activities for all teens. Some of these activities include billiards, basketball tournaments, video games, wii tournaments, dances, karaoke, 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. Teen Center will be open for seventh and eighth-graders only, except on the first and last Friday of each month. The first and last Friday of each month will be sixth grade night. Guests are permitted on a limited basis.

Sept. 23 7-10 p.m. OPENING NIGHT FOR 7th & 8th GRADE

Sept. 30 7-10 p.m. OPENING NIGHT FOR 6th GRADE

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! Help 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!

VOLLEYBALL

For High School Girls

The Vernon Parks and Recreation Department announces a new and exciting Volleyball Program, for girls attending Rockville High School and 8th grade Vernon Center Middle School.

Thursdays at Vernon Center Middle School Starting December 1st through February.

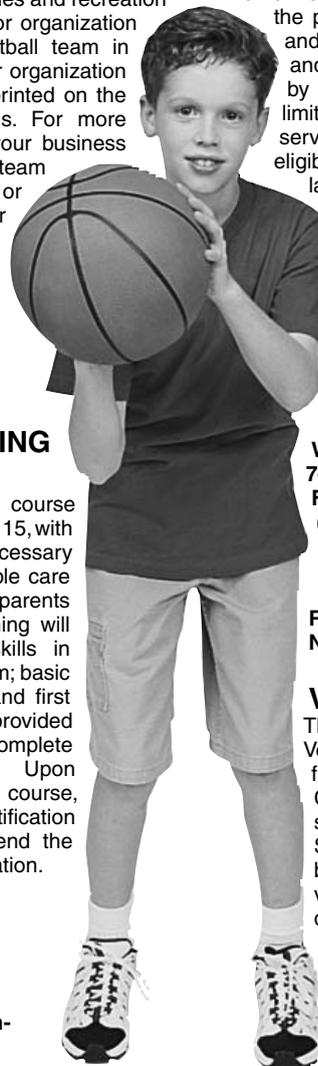
6:00 p.m. to 9:00 p.m.

\$30 per player (includes t-shirt)

Deadline to register is Friday, November 18, 2011

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.



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