

STAFF DIRECTORY

GENERAL PHONE NUMBER: 870-3520

Website: www.vernon-ct.gov

DIRECTOR:	BRUCE DINNIE
ASSISTANT DIRECTOR:	STEVE KRAJEWSKI
ADMINISTRATIVE ASSISTANT:	DIANE GARNELIS
RECREATION SUPERVISOR:	BRUCE WATT
RECREATION SUPERVISOR:	AMY LOCANDRO
PARK SUPERVISOR:	DAVE BOWER
PARK MAINTAINER:	MITCH REID
PARK MAINTAINER:	MARK LUCAS
PARK MAINTAINER:	ROB ARTHUR
PARK MAINTAINER:	D.J. LUPACCHINO
PARK MAINTAINER:	MIKE MANFRE
PARK MAINTAINER:	JEFF CARLSON

FREQUENTLY REQUESTED NUMBERS

Rockville Little League-Hans Peterson	875-1832
Vernon Little League-Joe Kurowski	
Babe Ruth Baseball- Joe Pane	997-0536
Girls' Little League Softball-Steve Turgeon	872-9790
Vernon Youth Soccer-Stu Jones	875-9408
Vernon Youth Football-Tom Lukas	871-7345
Youth Hockey-Jim Larza	529-5295
Youth Lacrosse-Bruce Gezelman	870-9461
Over 55 Softball-Joe Nolette	420-9345
Junior Women's Club-Nancy Carter	871-2233
Vernon Town Hall	870-3599
Vernon Public Works	870-3500
Vernon Animal Control	870-3558
Indian Valley Y.M.C.A.	872-7329
Vernon Orioles-Steve Krajewski	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 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.

Youth Programs

(REK) RECREATION & EDUCATION FOR KIDS

The new after school program that meets all expectations!

Programs at Skinner Road, Center Road, & Maple Street School Year 2009-10
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 2009-10
\$11.50 per day
\$17.50 per early dismissal

To Register:To register now for the 2009-10 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
120 South Street, Vernon CT 06066
870-3520

PRESCHOOL FITNESS

The focus of this program is to get children involved in physical activity at an early age. Classes include exercise, dance, body awareness, and fun games. Motor and listening skills will also be emphasized. Parents must participate in the Age 2 class.

Fridays

Session 1: September 25-October 30

Session 2: November 6-December 18 (no class November 27)

2-3yrs(parents required to attend): 9:30-10:15am

3-5 yrs: 10:15-11:00 am

Vernon Teen Center Fitness Room

Fee: \$35 Residents \$40 Non Residents



PEE WEE TRACK

This program, sponsored by **TicketNetwork**, is open to children ages 3 to 5 years old. Learn the fundamentals of track and cross country running. Here is the opportunity to meet new friends, release that bundle of energy and have fun learning 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. This program will run for 6 weeks.

Thursday

September 17-October 22

6:00-6:45

Location: Rockville High School Track

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



SAVE YOUR MONEY-PIGGY BANK PROJECT

This ceramics program is for **Parent & Tots**. Start teaching your child good habits on saving money and having a good place for them to keep it. Parent and child will paint a piggy bank. Stencils and design ideas will be provided. Once projects are decorated, they will be fired in a kiln and returned to the Recreation Department for pick up by October 13.

Monday

October 5

10:00-11:00am

Vernon Teen Center Big Room

Fee: \$18 Residents \$23 Non-Residents



CHERISH THE MEMORIES

This ceramics program is for all ages (parents required to attend with those 5 years and younger). Paint your own frame and display a special memory from 2009. Frame holds a 4x6 picture and is a perfect gift or keepsake for all ages. Stencils and design ideas will be provided. Once projects are decorated, they will be fired in a kiln and returned to the Recreation Department for pick up by November 13.

Thursday

November 5

4:00-5:00pm

Vernon Teen Center Big Room

Fee: \$18 Residents \$23 Non-Residents



HAPPY HOLIDAYS-ORNAMENT PROJECT

This ceramics program is for all ages (parents required to attend with those 5 years and younger). Get in the holiday spirit by painting a round ornament. These are fantastic keepsakes or gifts and you can personalize them any way you want! Stencils and design ideas will be provided. Once projects are decorated, they will be fired in a kiln and returned to the Recreation Department for pick up by December 11.

Thursday
December 3
4:00-5:00pm
Vernon Teen Center Big Room
Fee: \$18 Residents \$23 Non-Residents



BACK TO SCHOOL-PENCIL HOLDER CERAMICS

This ceramics program is for children ages 6-12 years old. It's important to be organized for school. In this class kids will paint their very own pencil holder to hold all their supplies for the school year. Stencils and design ideas will be provided. Once projects are decorated, they will be fired in a kiln and returned to the Recreation Department for pick up by September 30.

Tuesday
September 22
4:00-5:00p.m.
Vernon Teen Center Big Room
Fee: \$18 Residents \$23 Non-Residents



JACK-O-LANTERN CERAMIC PROJECT

This ceramics program is for children ages 6-12 years old. Participants will paint their own Halloween pumpkin just in time for Halloween. Use it to store candy or light it up for the darkness. Stencils and design ideas will be provided. Once projects are decorated, they will be fired in a kiln and returned to the Recreation Department for pick up by October 21.

Tuesday
October 13
4:00-5:00p.m.
Vernon Teen Center Big Room
Fee: \$18 Residents \$23 Non-Residents



HIDE YOUR TREASURE!

This ceramics program is for children ages 6-12 years old. Kids will paint their own little treasure chest where they can store all their secret goodies. Stencils and design ideas will be provided. Once projects are decorated, they will be fired in a kiln and returned to the Recreation Department for pick up by November 24.

Tuesday
November 17
4:00-5:00pm
Vernon Teen Center Big Room
Fee: \$18 Residents \$23 Non-Residents

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
WHEN: Wednesday, Sept. 9-Oct. 14
TIME: Section A: 5:30-6:15 Section B: 6:30-7:15
FEE: \$42.75 Res. \$47.75 Non Res.



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 learning 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. This program will run for 6 weeks.

Thursday

September 17-October 22

6:00-7:00 pm

Location: Rockville High School Track

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



IT'S A KID NIGHT OUT....and PARENT NIGHT TOO!

Kids get ready to have a fun night at the Vernon Teen Center! Parents, clear your calendar, drop off your children and have some time to enjoy the night for yourself. This night is open to children ages 10-14 years old. Participants will have fun playing pool, air hockey, foosball, watch a movie, special entertainment and activities in the gym and much more! Feel free to bring extra money for the snack bar. This special night out will be held on Saturday, November 4 from 6:00-10:00pm at the Vernon Teen Center.

Saturday

November 7th

6:00-10:00pm

Vernon Teen Center

Fee: \$10.00

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.

Wednesdays

Session 1: September 23-October 28

Session 2: November 4-December 23 (no class November 11&25)

Dragons (Beginner): 5:00-5:45 pm

Advanced: 6:00-6:45 pm

Vernon Teen Center

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

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

October 17

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

Vernon Teen Center

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

PRETEENS KARATE

This karate program is for children ages 9-12 years old. 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.

Wednesdays

Session 1: September 23-October 28

Session 2: November 4-December 23 (no class November 11&25)

7:00-7:45 pm

Vernon Teen Center

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

SPORTS NUTZ

If your 3- to 5-year-old child already believes he/she is the next NBA Superstar or Baseball All Star, here is your opportunity to release some of that energy and enjoy his/her first sports experience. 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. 10 to Oct 31

Time: 10 to 11 a.m.

Where: Vernon Teen Center

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

ELEMENTARY SCHOOL CROSS COUNTRY CHALLENGE

The Vernon Parks and Recreation Department will be sponsoring the 11th annual Cross Country Challenge on Wednesday October 14, 2009 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

2nd and 3rd graders

4th and 5th graders

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.

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 two parochial schools 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 870-3520.

Town of Vernon Mayor's Cup Fitness Challenge 2009 – 2010 Schedule (Tentative)

September 19, 2009	Northeast School Fall Dash
October 14, 2009	Cross Country Challenge – RHS (Various distances)
November 21, 2009	Skinner Road School Turkey Trot (1.0 mile loop):
December 5, 2009	Dicken's Day Dash (Maple Street School) – (1.0 mile loop) – to coincide with Rockville's Dicken's Day celebration)
January 23, 2010	Vernon Winter Sports Spectacular- at Henry Park (Snow Shoeing, Cross Country Skiing, and more...?)
March 20, 2010	Lake Street School Lion's Leap (1.0 mile loop)
April 10, 2010	Center Road School Road Runner Dash (1.0 mile loop)
May 9, 2010	Mother's Day Dash (Henry Park) and Children's Run – 5K (Vernon Parks and Recreation)
June 5, 2010	Trails Day Trot (Various Distances)

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 January 2, 2009

Where: RHS Wrestling Room

Time: 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; so register today!!

BUILD A RACE CAR AND LETS RACE

Attention all racing fans. Family Raceway and the Vernon Parks and Recreation Department are proud to offer you this new program. Participants will learn how to build their own race car and then have the opportunity to race them. Participants keep their car at the end of the program. This is a six week program. Building the cars takes four weeks and the final two weeks will be set aside for racing. Space is limited to 8 participants per section.

Who: Grades 4-8

When: Wednesday, October 14th-Nov 18th

Times: 6:00-7:00 p.m. for grades 4&5

7:15-8:15 p.m. for grades 6-8

Where: Family Raceway

Fee: \$68 (fee includes all car kit and race time)

For more information please contact the Vernon Parks and Recreation Department

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. 12 to Jan. 23	9 a.m. to 9:55 a.m.
Section A2: Coed, Grade: K&1	Dec. 12 to Jan. 23	10 a.m. to 10:55 a.m.
Section A4: Girls, Grade: K&1	Feb 7 to March 15	9 a.m. to 9:55 a.m.
Section A5: Boys, Grade: K&1	Feb 7 to March 15	10 a.m. to 10:55 a.m.

Center 375 Gym
Fee:\$38or \$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. 12th

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. This is an eight-week program

Saturdays, starting Dec. 12th

Coed Grade 3 and 4

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

Fee: \$58 per child

Discount fee of \$53 if registered before Oct. 26th

*****Registration Deadline is Friday, Nov. 8th

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. 12th to Mid-March
Practices begin in late Nov.

Tentative Evaluation Date: Nov. 21, 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 for 1st child (\$5 Discount for each additional child in the Recreational League)

Discount fee of \$53 if registered before Oct. 26th

*****Registration Deadline is Friday, Nov. 8th

TRAVEL BASKETBALL

Advanced basketball competition for Boys and Girls in Grades 5-8. Tryouts 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 25 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 870-3520.

For more information contact the Recreation Department at 870-3520.

TEEN PROGRAMS

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. 8, 15, 22, 29, and Saturday, Feb. 6

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. 2, 2009

Registration for Adults: Monday, Nov. 16, 2009

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, 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.

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. 18 7-10 p.m. OPENING NIGHT FOR 7th & 8th GRADE

Sept. 25 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! 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.

ADULT CULTURAL & FITNESS

TEEN/ADULT KARATE

This karate program is for people ages 13 years and older. Martial Arts is 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.

Wednesdays

Session 1: September 23-October 28

Session 2: November 4-December 23 (no class November 11&25)

8:00-8:45 pm

Vernon Teen Center

Fee: \$43 Residents \$48 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 8 weeks unless otherwise noted.

Adults (17 and older)

Mondays
Sept. 28-Nov 23 (no class Oct 12)
6:30-7:30p.m.
Vernon Teen Center
Fee: \$56 Resident \$61 Non-Resident



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.

Mondays
Session 1: October 5-November 9 (no Oct 12)
Session 2: November 16-December 14
5:00-6:00pm
Vernon Teen Center
Fee: \$50 Residents \$55 Non-Residents

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.

Tuesdays
Session 1: Sept. 22-Oct 27
Session 2: Nov. 3-Dec. 8
6:45-7:45 p.m.
Vernon Teen Center Fitness Room
FEE: \$40 Residents \$45 Non-Residents

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)
Thursdays
Oct. 1-Nov. 19
5:45-7:00 p.m.
Vernon Teen Center Fitness Room
FEE: \$52 Residents \$57 Non-Residents

VERNON ADULTS GET TOGETHER

Are you single? Widow(er)? Divorced? Looking for a new way to meet people and have fun? Here is a perfect way to get your heart beating to a new beat! This group of adults will get you up and having a great time doing activities such as hiking, card playing, going to movies, out for coffee, dinner and much more. New ideas are great to bring to this meeting. The group will decide on the activities and where to venture out to next. Don't be left out; get up and join this group, it's a sure way to meet new friends and be a part of fun adventures. This meeting will meet once a month, directed by Ms. Pat. Upcoming gathering dates are:

Tuesday, September 29
7:45 p.m.
Vernon Teen Center
No Fee



HOW TO TALK TO YOUR CHILDREN...WITHOUT A COMPUTER OR THROUGH TEXTING!

Do you ever wonder how to communicate with your children the good old fashion way...face to face? How can you have a discussion without texting or e-mail? Technology is a big part of children's lives and how can we learn to handle it? Don't worry because you're not alone, come to this seminar and learn how to communicate better with your children. Learn how to make face to face discussion easy and not have to battle with the iPods, computers, cell phones, etc.

Tuesday, October 27

7:45-8:45pm

Vernon Teen Center

No Fee

BECOME A BARGAIN SHOPPER!

The holidays are coming and it's time to become a bargain shopper! Its tough keeping up with the prices rising, but no need to worry, we can help you find where the prices are dropping. Come to this seminar to learn the hidden secrets to finding those great deals!

Monday

November 30

7:00-8:00p.m.

Vernon Teen Center

FREE

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 team or to join a team should contact the Parks and Recreation Department at 870-3520. Teams need to register by Sept. 25.

Tuesdays Games starting Oct. 20

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 to join a team should contact the Parks and Recreation Department at 870-3520. Teams need to register by Sept. 25.

Tuesdays Games starting Oct. 20

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. 20. 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. 4

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. 16 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.

SPECIAL EVENTS

HALLOWEEN BOO BASH

Come and enjoy an evening of fun Halloween activities with a movie showing of "The Great Pumpkin" in big-screen, a walk down trick-or-treat aisle, play games, lots of candy and giveaways.

Who: Children ages 3-10

When: Saturday, Oct. 24th

Movie starts promptly at 4:00 p.m.

Where: Vernon Teen Center

Fee: \$2 per child

Tickets are limited, please purchase in advance at the Parks and Recreation office in Henry Park starting Oct. 5th

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. 5th, 9:00a.m. to 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.

TOWN OF VERNON GOLF TOURNAMENT

The Vernon Parks and Recreation Department will be sponsoring the 2nd Annual Vernon Park and Recreation Golf Tournament.

The tournament will be held on Friday September 18th at Twin Hill Country Club in Coventry. The format will be a 4 person scramble. Cost will be \$100 per person, which includes greens fees, cart, prizes, lunch and dinner. Tee times will start at 11:00am to 1:00pm.

Individuals interested are asked to call the Parks and Recreation Department at 870-3520.

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 12. 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. and 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 miss this wonderful opportunity to see New York City at one of the most beautiful times of the year!

Saturday, December 12

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

CULTURAL ART WINTER CONCERT SERIES

The Parks and Recreation Department is proud to bring you another great cultural art series. All concerts will be held at the Vernon Senior Center in the upstairs hall at 1:00p.m. Concerts will be held once a month January through March. For more information on the concert schedule, please contact the Recreation Office.

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 the middle of 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 \$25 an hour for a resident and \$30 per hour for non-residents. For more details, call Diane Garnelis at 870-3520.

PICNIC AREAS

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

The Town's picnic groves are available for rent. Reserve yours today. 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 three picnic grove areas. There is a \$10.00 charge for the use of these groves.

Newhoca Park: Located on Grier Road, Neshoba Park has a pavilion that is great for all occasions. There is a \$25.00 per hour charge with a two-hour minimum.

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!!!