

Vernon Parks and Recreation Spring 2010 Programs



STAFF DIRECTORY

General phone number: 860-870-3520
 Director: Bruce Dinnie
 Assistant Director: Steve Krajewski
 Administrative Assistant:
 Diane Garnelis
 Recreation Supervisor: Bruce Watt
 Recreation Supervisor: Amy Locandro
 Park Supervisor: Dave Bower

FREQUENTLY REQUESTED NUMBERS

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

www.Vernon-CT.Gov

REGISTRATION AND GENERAL INFORMATION

CONSIDER YOURSELF REGISTERED

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

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

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

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

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

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

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

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

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

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

SCHOLARSHIP PROGRAMS

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

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

PICNIC AREAS

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

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

TEEN CENTER RENTAL

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



Birthday Parties • Jack and Jills

Receptions • Baby Showers • Class Reunions

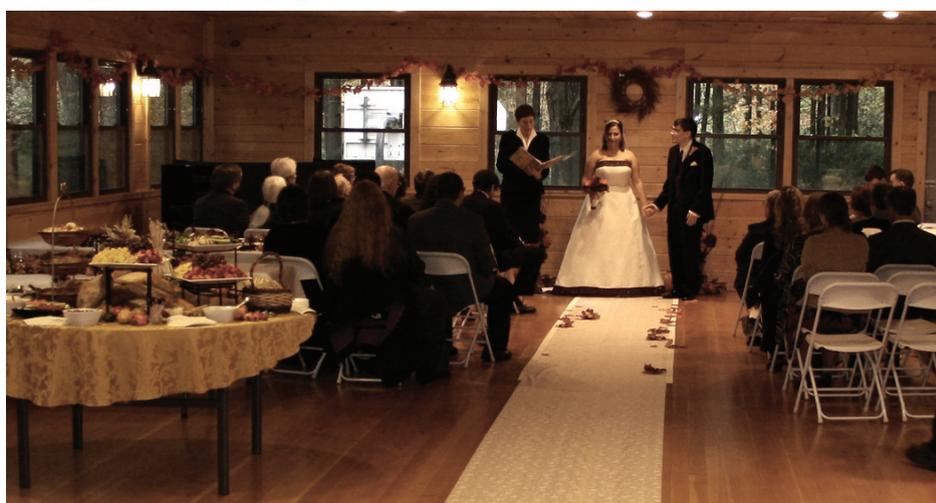
Business Meetings

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.

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.



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.

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.**



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,

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

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& 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

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

PEE WEE TRACK

SPONSORED BY TICKET NETWORK
This program is open to children ages 3 to 5 years old. Learn the fundamentals of track running. Participants will play fun drills and activities to develop an appreciation and love for running track. All participants will receive a T-shirt. This program will meet once a week for 6 weeks and will most likely begin in mid-April.

Dates: Thursdays; April 29-June 3

Time: 6:00-6:45p.m.

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

PEE WEE GIRL'S SOFTBALL

NEW!

An instructional, coed program, that teaches the fundamentals of softball to young players using a variety of fun drills and activities designed to develop skills and a love for the game. Frank Levick and the Rockville High coaches and their players provide instruction and discuss the importance of having fun and good sportsmanship.

The program meets for 6 weeks.

Class size is limited! Deadline April 9.

Who: Girls, Ages 6-8

When: Saturdays April 17- May 22

Time: 10:00 a.m.—11:00 a.m.

Where: Rockville H.S. Softball Field
Fee: \$33 Residents; \$38 Non-Residents
Register at the Lottie Fisk Building in Henry Park or call 860-870-3520 for more information.

OPEN GYM FOR TEENS

NEW!

There will be an open gym for boys and girls in high school, living in Vernon on Sundays starting April 11, and running for 6 weeks. The program will be held at Center 375 from 6pm-9pm, a limit of 12 players per hour will be the format. Cost is \$15 per player.

BASKETBALL CAMPS

Peter McCann the Rockville High Varsity boy's basketball coach will be running a Summer basketball camp for boys in grades 5 through 8. More information will be in the May brochure.

SHOWCASE YOUR HOOP SKILLS

NEW!

How would you like to be recognized as Vernon's best 3 point shooter or Vernon's best free throw shooter?? Accept the CHALLENGE. During the April vacation at Vernon Center Middle School you will have the chance to showcase your basketball skills. There will also be open gym for all grades. The competitive skills contest will consist of **free throws, 3 pointers, hotshot shooting, ½ court shots and obstacle course.**

MONDAY APRIL 19 SKILLS AT VCMS

10am -12pm boy's 5th & 6th grades
12pm - 2pm girl's 5th, 6th and 7th
2pm - 4pm boy's 7th & 8th grades

TUESDAY APRIL 20 SKILLS AT VCMS

10am - 1pm girl's 8th -12th grade
1pm - 4pm boy's 9th - 12th grade

WED. APRIL 21 OPEN GYM AT VCMS

10am -12pm co-ed 3rd & 4th grades
12pm-1:30pm boy's 5th & 6th grades
1:30pm-3pm girl's 5th, 6th & 7th
3pm-4:30pm boy's 7th & 8th grades

THURS. APRIL 22 OPEN GYM AT VCMS

10am-12pm boy's 9th - 12th grade
12:30-2:30 girl's 8th - 12th grade
2:30-4:00 boy's 7th & 8th grade
4:00-5:30 girl's 5th, 6th and 7th

FRI. APRIL 23 OPEN GYM AT VCMS

10am-12pm co-ed 3rd & 4th grades
12-1:30 boy's 5th & 6th grades
1:30-3:00 girl's 8th - 12th grade
3:00-4:30 boy's 9th - 12th grade

Cost is \$15 per child for the week, except the 3rd and 4th graders, the fee will be \$10. You must pre-register to be eligible for the week.

MAYOR'S CUP FITNESS CHALLENGE REMAINING EVENTS

- March 20 - Lake Street School Lion's Leap (1 mile)
- April 10 - Center Road School Road Runner Dash (1 mile)
- May 9 - Mother's Day Dash (5K race)
- June 5 - Trails Day Fun Run/Walk (various distances)

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; April 14-May 26 (no class 4/21)

Times: Beginner: 5:00-5:45p.m.
Advanced: 6:00-6:45p.m.
Preteen: 7:00-7:45p.m.

Location: Vernon Teen Center Fitness Room
Fee: Residents \$43; Non-Residents \$48

PEE WEE BASEBALL

An instructional, coed program, that teaches the fundamentals of baseball to young players using a variety of fun drills and activities designed to develop skills and a love for the game.



Art Wheelock and the Rockville High coaches and their players provide instruction and discuss the importance of having fun and good sportsmanship. The program meets for 6 weeks. Class size is limited! Deadline April 9.

Who: Coed, Ages 5-8

When: Saturdays, April 17– May 22

Time: 10:00 a.m.—11:00 a.m.

Where: Rockville H.S. Baseball Field

Fee: Residents \$33; Non-Residents \$38
Register at the Lottie Fisk Building in Henry Park or call 870-3520 for more information.

HIP HOP DANCE CLASS

NEW!

This is a dance class for ages 9 or older. Students will learn choreographed routines to Hip Hop, R&B, and Latin music. The class will fuse the elements of hip hop dance which will include Breakin', Poppin', Lockin' and Latin. This genre of dance is great exercise, as well as a chance to learn and use memory skills.

Dates: Thursdays; April 29-June 17

Times: 7:15-8:15pm

Location: Vernon Teen Center

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

SKATE LATE

The Vernon Parks and Recreation Department and Ron-A-Roll have teamed up to offer a fun program on Friday afternoons! Hop on the bus right after school on Fridays and be brought directly to Ron-A-Roll for some fun. This 6-week program is open to children in grades 1-8. The bus will pick the child up at their school and bring them to Ron-A-Roll. Parents are to pick them up at Ron-A-Roll at 6:30pm. Cost includes skating, skate rental (if needed), bus transportation and a pizza party on the last day. The program is not held during school vacations, ½ days or snow days. Don't miss out on this great way to exercise and have tons of fun!

Dates: Fridays, May 7-June 4

Time: Pick up 6:30pm

Fee: \$67

VERNON TRACK CLUB

SPONSORED BY TICKET NETWORK

The Vernon Parks and Recreation Department and Ticket Network will be sponsoring a track program for boys and girls in grades K-8. This program has track meets with neighboring towns, which requires you to transport your child to and from those towns. NOTE: Meets may run on a different day of the week.

Dates: Tues. & Thurs. April 27-June 10

Time: 5:45-6:45pm

Location: Rockville High School Track

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

DODGEBALL

NEW!

This program is for 8-13 year olds. Participants will meet once a week and have a great time playing Dodgeball. Get a group of friends to register or come to meet new friends!

Dates: Wednesday, April 28-June 2

Time: 7:00-8:00pm

Location: Vernon Teen Center Gym

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

TENNIS CLINIC

NEW!

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)

Fee: \$99

TUMBLE TIME

NEW!

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

Dates: Fridays; April 9-June 4

Time: 9:30-10:15am

Location: Vernon Teen Center

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

Instructor: Ms. Pat

PRESCHOOL FITNESS-NEW TIME

NEW!

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.

Dates: Tuesdays; April 27-June 1

Time: 6:00-6:45p.m.

Location: Vernon Teen Center Fitness Room

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

Instructor: Ms. Pat

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 cap-

ture 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

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

ADULT CLASSES/LEAGUES

ADULT SOFTBALL

Teams interested in participating in the Men's Co-ed or Women's softball leagues are asked to call the Parks and Recreation office. Entrance fee is \$825 and space is limited. Season starts the week of April 19.

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 12. For more information call 860-870-3520.

LOW IMPACT AEROBICS

For ages 17 and older. Participants will move and tone their bodies to various music, while at the same time, meet new friends.

Date: Tuesdays; April 27-June 1

Time: 7:00-8:00pm

Location: Vernon Teen Center Fitness Room

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

Instructor: Pat Stauder

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.

Dates: Thurs.; April 8-June 3 (no class 4/22)

Time: 5:45-7p.m.

Location: Vernon Teen Center Fitness Room

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

Instructor: Donna Edgerton

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. This is an ongoing program; the sessions are 8 weeks unless otherwise noted.

Dates: Mondays, TBA

Time: 6:30-7:30pm

Location: Vernon Teen Center Fitness Room

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

Instructor: Amy Xie

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.

Dates: Mondays; April 26-June 21 (no class 5/31)

Times: 5:30-6:30pm

Location: Vernon Teen Center Big Room

Fee: \$70 Residents; \$75 Non-Residents

TEEN/ADULT KARATE

This karate program is for 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.

Dates: Wednesdays; April 14-May 26 (no class 4/21)

Time: 8:00-8:45p.m.

Location: Vernon Teen Center Fitness Room

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

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; April 6-May 18

Time: 6:30-7:30pm

Location: Vernon Teen Center

Gymnasium (Center 375)

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

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LIFE IS PRECIOUS-LET'S SHARE IT!

Do you have a remarkable story that you would like to share with others? Or do you want to see how much life has to offer? Here is a perfect opportunity to come together and tell your story, or listen to others. Ms. Pat will run this seminar leading with her many life changing stories that will make you realize we should stop and smell the roses. Let you know that smiling is a beautiful, simple thing in life. Let us hear your stories too. Pre-registration is not necessary.

Date: Monday, May 10

Time: 7:00-8:00pm

Location: Vernon Teen Center

SPECIAL EVENTS/ FAMILY EVENTS & BUS TRIPS

TRAIL DAY TROT

The Vernon Parks and Recreation will be holding its Second Annual Trail's Day Trot on Saturday, June 5th on a section of the Rails to Trails. This fun walk/run is to celebrate the national Trail's Day holiday. There will be a kid's race and a main race. This is the last activity of the Mayor's Cup.

For: All Ages; Runners and Walkers

Fee: FREE

Location: Rails to Trails, Sacred Heart Church Parking Lot; Hartford Tpke

Date: Saturday, June 5th

Time: Kids Race

(.25 mile or .50 mile) 10am

Main Race

(1 mile or 3.1 mile) 10:15am

MOTHER'S DAY DASH-

MAJOR SPONSOR: FOX 61

The Vernon Parks and Recreation Department will be sponsoring the 37th annual 5K Mother's Day Dash on Sunday May 9th. The start and finish will take place in Henry Park (120 South St; Vernon).

There are 17 different age divisions and a special mother-daughter, mother-son division.

- Top three in each division will receive prizes.
- Special children's race in addition to the main race.
- Free raffle for all runners that stay for the awards ceremony.
- Live family entertainment throughout the race.
- Water, bagels and fruit available to the runners.
- Race proceeds will benefit the Morrinn Education Foundation, Vernon Teen Center, the Police Explorers and the Robert J. Bonadies Scholarship Fund at Rockville High School.

For further information, please contact Bruce Watt or Steve Krajewski at 860-870-3520.



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BOSTON RED SOX

Come and enjoy an exciting game between the Boston Red Sox and the Kansas City Royals at Fenway Park in Boston on Saturday, May 29. 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, May 29

Time: Departure at 12:00p.m. from Center 375 and will return at approximately 12:00a.m.

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

BUS TRIP TO BOSTON

Enjoy a nice day in Boston, MA. The Vernon Parks and Recreation Department is sponsoring a day trip to Boston, MA on Saturday, April 24. This is the perfect time to enjoy the city to sightsee, shop, go to a museum, the aquarium, and much more. Explore all the excitement and history that Boston holds. The bus will leave from the Vernon Teen Center at 8:30am and arrive in Boston at approximately 10:00am. The bus will depart from Boston at 6:00pm to arrive back in Vernon at approximately 7:30pm. Do not miss this wonderful opportunity to see Boston!

Date: Saturday, April 24

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

EARTH DAY

Help keep Vernon beautiful and clean on Thursday, April 22! The Vernon Parks and Recreation Department welcomes families, friends and organizations to help take part in projects to help beautify the town. Interested groups may call the Parks and Recreation Department at 860-870-3520 for more information.

45TH ANNUAL FISHING DERBY SPONSORED BY: JT'S FLYSHOP; UNION, CT

Saturday, May 1st, 8:00am to 11:00am (Rain date: May 2nd). Valley Falls Pond will be stocked with plenty of trout. Introduce your children (Ages 15 and under) to fishing when the odds are stacked in their favor. No charge for residents; \$3 for non-residents. Prizes will be given to the top 3 in each division. The John M. Gessay Award will be presented to the participant who catches the heaviest trout.

SEND A KID TO CAMP

The Vernon Parks and Recreation Department is looking for sponsorships to send a child to camp this 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 Wednesday, 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.



WINTER CONCERT SERIES

The Parks and Recreation Department is proud to bring you another cultural art series. All concerts will be held at the Vernon Senior Center in the upstairs hall at 1:00pm. For more information on the concerts please contact the Recreation Department.

Date: Saturday, March 27

Big Band Sound of the '40s

EASTER EGG HUNT

The Annual Easter Egg Hunt will once again take place at Henry Park this spring on Friday, April 2. Come and hunt for thousands of foil wrapped solid chocolate Easter Eggs hidden by the Easter Bunny. Children 2-4 must be accompanied by an adult during the event. No pre-registration is required.

Who: Children ages 2-8

When: Friday, April 2
(rain date Saturday, April 3)

Location: Henry Park

Times:
Age 2: 9:45am
Age 3-4: 10:15am
Age 5-6: 9:30am
Age 7-8: 10:00am