

WINTER YOUTH PROGRAMS—REGISTER ONLINE AT SIMSBURYREC.COM

ACTING WORKSHOP

Join us for this exciting acting program. Topics covered include theater games, concentration exercises, voice and speech, and improvisational exercises.



Acting terminology, sense memory, stage skills and script work will also be covered. This class is also challenging and offers new and exciting activities for the more experienced participant as well! This seven week program on Friday evenings begins February 5 at Boy Scout Hall. Class will not be held on 2/20.

Sec.A 2/5-3/26 Gr k-1 4:15-5:00p.m. \$135
 Sec B 2/5-3/26 Gr 2-4 5:05-6:00p.m. \$135
 Sec C 2/5-3/26 Gr 5-8 6:05-7:00p.m. \$135

BABYSITTER SAFETY CLASS

This class for boys and girls ages 11-15 will teach participants the basic principles of First Aid, Rescue Breathing and CPR. The course, taught in an entertaining and interactive manner, will cover diapering techniques, safe play, child development, and roles and responsibilities of safe babysitting. Each student will receive a text and supplemental information. Certificates will be issued upon completion. Students should bring a lunch to this day long class taught at the Apple Barn.



Sec A Tues Feb. 16 9:00-3:00p.m. \$60

ALL PRO SPORTS

HOLIDAY VACATION PROGRAM

Join your friends during the holiday vacation period. Have fun playing a variety of sports and games that will keep you moving the whole morning. A great way to “burn up” that excess energy from the long holiday break. Register online at www.simsburyrec.com or look for registration flyers that was recently sent home with kids through the schools. This program is for students in grades K-6 and will take place at Central School. Participants should bring a water bottle and snack each day. The fee is \$135 for this program.

Sec A Mon Dec 28 – Wed Dec 30 9-1p.m.

CAMP TONS-TA-DOO VACATION PROGRAM

This program offers a fast paced exciting environment for the child who wants to be active during the *February* school vacation. Supervised by Simsbury Physical Education Teacher, Mike Luzietti, children will be engaged in a variety of sports and games

throughout the day. This program is held from 9a.m.-3p.m. at the Tariffville Elementary School and parents can may choose 2,3, or 4 day options at a very reasonable cost. Please look for registration flyers to be passed out through the schools in mid-January. You may call the Simsbury Recreation Dept at 658-3255 with any questions.

SIMSBURY CLASSICAL BALLET

This popular program is designed for the beginning through experienced dancer who is interested in learning more about the art of ballet. All technique classes will follow a traditional ballet format, promoting the joy of dance through movement exercises, and disciplined study. Each class is an integral part of the planned curriculum for the year and performance opportunities will be made available for more experienced dancers. These classes are held at Boy Scout Hall. All classes are \$185 per 12 week series, payable in 2 installments if you prefer. No class on 2/16.

PRE-BALLET 1

Sec A 1/5-3/30 Ages 3-4 1:00-1:45 p.m.

PRE-BALLET 2

Sec A 1/5-3/30 Ages 4-5 2:00-2:45 p.m.

BALLET LEVELS 1&2

Sec A. 1/5-3/30 Ages 5-6 4:00-5:00 p.m.

JUKIDO - JUJITSU MARTIAL ARTS

Jukido is a Japanese style of Jujitsu. Jukido, a practical, realistic, and effective martial arts system, emphasizes self-defense through hard work and self discipline. Students learn techniques to counter aggression, prevent fights and manage bullies. Moves and techniques include: roll-outs, throws, take downs, evasions, wrist grabs, and joint manipulations. Safety, doing one’s best and fun is emphasized! Discover authentic martial arts. Jukido is a great family activity for ages 6 and older. This program is held on Wednesday evenings at Scout Hall.

Sec A 1/13-2/3 6:30-7:30 p.m. \$45

Sec B 2/10-3/10 6:30-7:30 p.m. \$45

FAMILY OPEN GYM

A supervised drop-in basketball program is offered on Sunday afternoons from 12:00-4:30PM at Henry James Junior High. Children under 10 must be accompanied by an adult. Please note that no full court play will be allowed from 2:00-3:00pm. The season runs from December 6, 2009 – March 28, 2010 (except 12/27, 1/3, 2/17). Fee: \$2.00 per person, \$5.00 max per family living in same household.

AFTER SCHOOL FENCING CLASS

This program is open to boys and girls beginner to intermediate level fencers. The program will teach the basic fencing fundamentals, develop proper technique and bouting experience. Every aspect of fencing is covered developing a solid skill foundation. On the first day of class safety rules and the proper use of the fencing weapon (foil) and protective gear are introduced. This 8-week program is held at Eno Hall (Old Court Room, lower level) and costs \$124 per student.



Sec A 1/26-3/23 Gr 7-12 2:30-3:30PM

PRESCHOOL MUSIC AND FUN WITH FERN!

In each class, Fern will entertain children ages 18 months – 3 years and their caregivers with a variety of fun songs and finger-plays. This popular local singer brings a fantastic attitude and smile to each class that can’t be beat. This class will meet at the Simsbury Farms Apple Barn on Wednesday mornings. No class on 2/3 on 2/17 during the winter session.

Sec A 1/13-2/24 9:30-10:00a.m. \$55

Sec B 1/13-2/24 10:00-10:30a.m. \$55

REGISTRATION INFO

By now most everyone reading this flyer has had the opportunity to experience our website and online program registration system. This terrific tool allows you to view program descriptions and register online anytime of the day or night. Did you forget what class you signed up for? What time does it start? Where do I go? What activities was my child in last year? All of these questions can be answered with just a few keystrokes at www.simsburyrec.com.

Registration for Winter 2010 programs has begun. If you still prefer to use the mail in method of registration please print the mail-in form available on the website **Don’t wait to register!** Nothing hurts a good program like late registrations.



SIMSBURY RECREATION DEPARTMENT WINTER 2010 PROGRAMS

VINYASA FLOW YOGA

This style of Hatha Yoga synchronizes breath (pranayama) with movement (asanas), flowing through a series of yoga poses. The practice encourages increased strength, flexibility, balance, vitality & detoxification. These classes will incorporate vinyasa flow and posture alignment with a focus on breathwork for physical, mental & emotional health and balance. Allow yourself to gain inner awareness, shift mind/body habits & find joy in your practice. All levels are welcome-no experience is necessary. These classes are taught by Julie Erasmus, Certified Yoga Instructor and are held at the Scout Hall on Route 10 in downtown Simsbury.

Sec A Tues. 1/5-2/9 9:15-10:30 a.m. \$65

Sec B Tues. 1/5-2/9 7:00-8:00 p.m. \$65

GENTLE YOGA

Low back pain? Loss of flexibility? This class is for you. This Gentle class is designed for students interested in a slower yet deep practice to loosen and strengthen muscles, increase range of motion in the joints while calming the body and mind. We will use yogic breathing, gentle and restorative postures and guided deep relaxation to connect with the peace and joy that resides deep within. This is the class for times of high stress or low energy, giving you an opportunity to nurture yourself as you safely build strength, mobility and flexibility – even if you're healing from injury or illness. Students leave class relaxed, refreshed, and balanced. No yoga experience required and this class is held at the Valley Healing and Yoga Center at 540 Hopmeadow Street.

Sec A 1/6-2/24 7:30-8:30 p.m. \$100

YOGA FOR SKIERS AND BOARDERS

Preparing your body before stepping into those boots can reduce injury and increase

your enjoyment of the sport. Yoga's ability to improve strength, flexibility, stamina, balance and breathing makes it the perfect conditioning for any skier or boarder.

This will be an upbeat 1 hour class, suitable for those who currently exercise on a regular basis. Through many standing poses you will increase your lower body strength, flexibility and balance. You will experience a full-body stretch along with some core conditioning. You will leave the class relaxed and ready to for the slopes.

• NO YOGA EXPERIENCE NEEDED – SUITABLE FOR MEN, WOMEN AND KIDS OF ALL AGES – MAX 15 PER CLASS.

This class is held at the Zen Zone at The Mill in Tariffville.

Sec A 1/6-2/24 6:00-7:00 p.m. \$100

YOGALATES

Yogalates is a fusion of yoga and pilates. In this class, we will warm up our bodies, clear our minds and breath deeply to a vinyasa yoga flow. Once the body, mind and breath are warmed up through yoga, we will fuse into the pilates portion of the class. The pilates piece will focus on building both core and upper body strength in an almost meditative environment. Don't be intimidated, everyone is encouraged to listen to their bodies and work at their own pace. Without even realizing it, you will watch your core get stronger, your body feel healthier and your mind at peace. This class is at held at Boy Scout Hall on Friday mornings. **Join us for a free trial class at Scout Hall on Friday, January 8.**

Sec A 1/15-2/26 9:15-10:30a.m. \$65

PILATES

Mat Pilates. Great for all fitness levels. Don't

let the fact that the class is taught entirely on a mat fool you. It is a challenging complete body workout focusing on your core muscles. Pilates will strengthen and tone muscles, improve posture and flexibility, increase circulation and cardiovascular strength, and unite the body and mind. This class is at Boy Scout Hall on Wednesday mornings. **Join us for a free trial class on Wednesday, January 6 at Scout Hall.**

Sec A 1/13-2/24 9:15-10:30a.m. \$65

RED SOX BUS TRIPS

The Simsbury Recreation Department has planned 2 exciting bus trips to Fenway Park for the summer of 2010. Tickets to these games would be a great holiday gift for the sports fans on your holiday shopping list. There is a limit of 4 tickets per family until Jan 7. Purchase seats, while quantities last, at our website at www.simsburyrec.com

We hope to schedule a trip or two to Yankee Stadium this season when group tickets become available.

RED SOX vs. Tampa Bay Rays at Fenway Park

The Monday, April 19 (**Patriot's Day Game & School Vacation Period**) trip includes deluxe motorcoach transportation (leaving SHS at 7:15AM) and a game ticket (**Right Field Box #91**). The game is scheduled for **11:05AM**, however, game time may be changed at MLB's discretion. The fee is \$110 per person.

RED SOX vs. Chicago White Sox at Fenway Park

The Sunday, September 5 trip includes deluxe motorcoach transportation (leaving SHS at 10:15AM) and a game ticket (**Center Field Bleachers Section 40**). The game is scheduled for 1:35PM, however, game time may be changed at MLB's discretion. The fee is \$84 per person.



SIMSBURY FARMS ICE RINK INFORMATION & PROGRAMS

SKATING LESSONS & PROGRAMS

All LEARN-TO-SKATE classes meet six times, Mondays and Wednesdays or Tuesdays and Thursdays. Emphasis is on basic skills for the recreational as well as the serious skater. Get more info on these lessons at www.simsburyrec.com Fees: Learn-to-Skate \$40.00 Figure Skating \$70.00

Session 3 (M/W) classes begin Monday January 4 (T/Th) begin Tuesday, January 5 4:10p.m. and 4:40p.m. class times available

Session 4 (M/W) classes begin Monday February 1 (T/Th) begin Tuesday, February 2 4:10p.m. and 4:40p.m. class times available

PUBLIC SKATING INFORMATION

Weekday skating is held on Mon-Fri. from 10:45AM-2:00PM for adults and parents with pre-schoolers. Call Simsbury Farms (658-2512) for daily status, as some days are not available. There will be no morning skate on school holidays, vacations, or on Simsbury Public School snow days. No hockey sticks or playing allowed. (No unauthorized private professional lessons allowed) Fees: Resident Adults \$1 Children \$.50 Non Residents: Adults \$2 Children \$1

Weekend Public Skating is held Saturday evenings 7:30-9:00p.m. & Sundays 1:00-3:00p.m. Fees: Residents \$2 Non Residents \$4

We have a wide selection of figure and hockey skates that can be rented for lessons or Public Skate sessions at \$3 per pair.

SNOW DAY PUBLIC SKATES

Join us for special Public Skating Sessions held on Simsbury Public School Snow Days from 12PM-3:45PM. The admission is \$2 per person. Please call Simsbury Farms at 658-3836 for status, some days are not available.

