



2014 Summer Program Guide



COME SPEND THE SUMMER WITH THE SIMSBURY RECREATION DEPARTMENT!

SUMMER EXPLORERS (Formerly Camp Stuff-Ta-Doo)

***** New EXTENDED CAMP DAY! 8:30am-4:00pm! *****

***** ALL SESSIONS ARE NOW 1 WEEK LONG *****

This outdoor day camp includes a wide variety of sports, arts, crafts, group games, free play, and special events. A swim lesson is also included. Campers will be divided into groups according to age and swim lesson levels. Swim lessons are provided for all ability levels. The camp meets rain or shine at Central Elementary School from **8:30AM-4:00PM** and uses the pool facilities at Memorial Park. Campers must provide their own lunch and transportation to and from camp. Participants must be in grades 1-6 during the 2014-2015 school year. Fee: \$175 per week.

Check out the themes & special activities for Summer Explorers!

- * Session 1 - Fun & Fitness Week; Sports Bounce House
- * Session 2 - Celebrates the Holidays Week; Americana Celebration
- * Session 3 - Under The Sea Week; Surf The Wave Slip & Slide
- * Session 4 - Crazy Science Week; Mad Science Fire & Ice show
- * Session 5 - Mystery Adventure Week; Creepy Castle Bounce House
- * Session 6 - Goin' Buggy Week; Riverside Reptiles show
- * Session 7 - Mess Fest Week; Slip & Slide
- * Session 8 - Olympic Week; Ice Skating at Veterans Memorial Rink



KEY DATES:

- Summer Camp Programs are set to begin June 23
- Simsbury Farms Pools open June 14
- Memorial Pool opens June 23

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SIMSBURY RECREATION DEPARTMENT SUMMER CAMPS
REGISTER ONLINE AT WWW.SIMSBURYREC.COM

SUMMER 2014 CAMP SESSIONS (All sessions are now 1 week long!)

Session 1: June 23-27

Session 2: June 30-July 3 (No camp on July 4)

Session 3: July 7-11

Session 4: July 14-18

Session 5: July 21-25

Session 6: July 28-August 1

Session 7: August 4-8

Session 8: August 11-15

JUNIOR EXPLORERS (Formerly Koala Kids)

This special half-day camp for our small friends is held rain or shine at the Simsbury Farms Apple Barn from 8:45AM-Noon, Monday through Friday, for children ages 5 years - 6 years (as of December 31, 2014). Activities include arts, crafts, games and special events. A swim lesson is included. The cost for Junior Explorers is \$95 per week.

AWESOME EXPLORERS (Formerly Awesome Adventure)

This exciting camp will give youths ages 12-15 the opportunity to try a variety of challenging activities that will stimulate the senses. Each session will include activities such as training in rock climbing, river rafting, ropes courses, and swimming. Participants will meet daily at the Simsbury Farms Ice Rink Facility from 8:15AM-3:15PM. Campers must provide their own lunch and transportation to and from camp. Participants must be 12-15 years old as of the end of the session they are attending. The cost for Awesome Explorers is \$250 per week; Sessions end August 8.

PLAYGROUND EXPLORERS

(Formerly Summer Playground Program)

This program for children entering grades 1-5 is held at Tariffville School, 9:00AM-Noon, Monday-Friday. This five week recreation program is held rain or shine and features sports, games, special events and crafts. The playground runs June 23-July 25; No July 4.

Sec A Five weeks – 1 child \$160

Sec B Five weeks - 2+children \$295

Sec C 1 Week Fee – 1 child \$80

PRE & END-OF-SUMMER EXPLORERS

(Formerly Camp Lots-Ta-Doo)

This camp will fill the gap for those children looking for fun until camps begin and until school starts again. This camp will meet rain or shine at the Simsbury Farms Ice Rink Facility and will feature sports, games, special events, and swimming every afternoon! Summer Explorers will meet Monday-Friday 8:30AM-3:00PM. Participants must be 6-12 years old as of December 31, 2014. Campers must provide their own lunch and transportation to and from camp.

Session I June 18-20 \$90

Session II August 18-22 \$145

ADULT FITNESS CLASSES

WATER EXERCISE

These classes include a progression of exercises using the water's resistance to tone up and firm without a strain. Participants need not be swimmers, but must be comfortable in the water. The program runs 8 weeks at Simsbury Farms beginning June 23. Classes are held on Monday/Wednesday/Friday.

Sec A 12:00-12:45PM \$80 Adult \$50 Senior \$5 Drop-Ins (spaces limited)



AQUA CARDIO PUMP

Bring your cardio fitness to the next level! This class provides the variety your body needs to see results by combining fun cardio routines with specific muscle conditioning and core work. This is a great time to enjoy feeling the burn! Classes are held Tuesdays & Thursdays at Simsbury Farms Pool beginning June 24 and running for 8 weeks.

Sec A 12:00-12:45PM \$65 -Full 8-week series \$5 Drop-Ins (spaces limited)



YOGA IN THE PARK

Come out and salute the sun with this 8 week yoga series! Enjoy the outdoors while building strength, flexibility, and balance through a 60 minute vinyasa flow. De-stress with the sound of nature and the summer breeze. Bring your own yoga mat, towel, or practice with the grass between your toes! All levels welcome. In the case of rain, class will be held in the rink. Instructor: Julie Beliveau, E-RYT 200

Sundays, June 22—August 24 (No July 6 or August 3)

11:00am-12:00pm at Simsbury Farms (locations will vary throughout facility)

Sec A Full 8-week series pre-register: \$65

Sec B Drop In Rate: \$10 per day

CARDIO INTERVAL **

This intense workout is a combination of cardio, strength training and core work. This class will get your heart rate up and keep you fit in no time! Taught by certified Group Exercise Instructor Jen Lehman.

Tuesdays, June 24—August 12; 6:15-7:15pm at the Simsbury Farms Ice Rink

Sec A Full 8-week series pre-register: \$65

Sec B Drop In Rate: \$10 per day



ABS, BACK AND GLUTES **

This class is designed to target, tone and strengthen all the muscle groups in the abdominals, back and glutes. You will need a yoga mat for this class. Taught by certified Group Exercise Instructor Jen Lehman.

Thursdays, June 26—August 14; 6:15-7:15pm at the Simsbury Farms Ice Rink

Sec A Full 8-week series pre-register: \$65

Sec B Drop In Rate: \$10 per day

**** As an added bonus, anyone taking either of these night Adult Fitness classes will be able to use the Simsbury Farms Pool free of charge for a "cool-down" from 7:15-8:00pm! ****

COMING SOON: POUND Fitness classes! A full-body cardio jam session, combining light resistance with constant simulated drumming. Burn calories, strengthen and sculpt with this rocking workout! Reuters has said: "Drumming classes do more than conjure up dreams of rock glory. They provide effective workouts for all sorts of different drummers, from grandmothers to fitness fanatics." Check www.simsburyrec.com for more info in the coming weeks.



SUMMER PROGRAMS & ACTIVITIES



SIMSBURY SPRINTERS SUMMER SWIM TEAM

This program is for swimmers up to age 18. The swim team provides coaching and instruction in competitive swimming techniques. Senior practices (13 years & older) and Juniors (11 & 12) are held from 8:30-9:25AM and Juniors (10 years and younger) from 7:30-8:25AM. Both sessions are held at the Simsbury Farms Pool. The fee for the team is \$130 for the season (Maximum family rate is \$260). Parental Assistance with the Swim Team Parents Association is essential.

– Due to space and coaching considerations, there is a limited number of slots available for the swim team and a **DEADLINE FOR REGISTRATION OF JUNE 16**. After this date, interested swimmers will be put in on a space available basis.

Prerequisite: To participate each swimmer is required to take a swim test (date TBA) demonstrating the ability to do one length of the pool using a freestyle stroke (with arms out of the water). Refunds will be given for those who don't meet requirements.

BRONX ZOO BUS TRIP

Join us on an exciting trip to the world famous Bronx Zoo. With award-winning, cutting-edge exhibits featuring over 4,000 animals, there is no other zoo in the world like it! Whether you're nose-to-nose with Western Lowland Gorillas in their famous Congo Gorilla Forest, spotting Snow Leopards in their naturalistic Himalayan Highlands Habitat, or experiencing almost an acre of an indoor Asian rainforest, you're always within roaring distance of the world's most amazing wildlife. The Total Experience Deluxe package includes zoo shuttles, Wild Asia Monorail, Bug Carousel, Children's Zoo, the New 4-D Theater, and the Congo Gorilla Forest.

Sec A 8/25 7:15am-7:15pm \$54



SIX FLAGS TICKETS

The Simsbury Recreation Department is once again selling discount tickets to this exciting theme park. Tickets are just \$38 (\$59.99 at the gate) and can be purchased at Simsbury Farms anytime during operating hours. Tickets will be available through early October and are valid until the end of Six Flags' operating season.

FARMINGTON VALLEY GIRLS FALL FIELD HOCKEY LEAGUE

The towns of Simsbury, Avon, Granby, Canton and Farmington are working together on the Farmington Valley Girls Fall Field Hockey League. Teams will practice one day a week in their respective towns and games will be played on Sunday afternoons in the various communities. Grades 5 & 6 will play at 2:30 pm, and grades 7 & 8 will play at 4:00pm. There will be 6 games, running September 8 - October 13. The 5th & 6th grade team will play 8 v 8 games with no goalie. The 7th & 8th grade team will play 11 v 11 games, with a goalie. Goalie equipment will be provided by the Town. Parent volunteers are needed to act as coaches and assistant coaches; if you are interested please contact Taryn Rea at 860-658-3836.

Sec A Grades 5 & 6 \$79

Sec B Grades 7 & 8 \$99

LEGO CAMPS BY PLAY-WELL TEKNOLOGIES

Pre-Engineering

Let your imagination run wild with over 100,000 pieces of LEGO®! Build your engineer-designed projects such as boats, bridges, mazes and motorized cars. Explore the endless creative possibilities of the LEGO® building system with the guidance of an experienced Play-Well instructor. Camp is held at Squadron Line School.

Sec A Ages 5-7 7/14 -18 8:45-11:45AM \$175

Sec B Ages 5-7 7/28 -8/1 12:30-3:30PM \$175



Engineering Fundamentals

Power up your engineering skills with Play-Well TEKologies and over 100,000 pieces of LEGO®! Apply real-world concepts in physics, engineering and architecture through engineer-designed projects such as arch bridges, motorized gondolas and the Battletrack! Challenging for new and returning students. Camp is held at Squadron Line School.

Sec A Ages 7-10 7/14 -18 12:30-3:30PM \$175

Sec B Ages 7-10 7/28 -8/1 8:45-11:45AM \$175

SUMMER FENCING CAMP

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 to build upon after camp. On the first day of camp safety rules, regarding the proper use of the fencing weapon (foil) and protective gear are introduced; student are quizzed on safety rules each day. A tournament is held on the last day of camp; parents and visitors are encouraged to attend. This program is held at Boy Scout Hall and all equipment is provided.

Sec A 6/23-27 Ages 8-18 9:00-12:00PM Cost: \$200

Sec B 6/23-27 Ages 8-18 12:30-3:30PM Cost: \$200



SUMMER BATON TWIRLING CAMPS

Summer Spinning is quickly approaching. Register now for Twirling Camp at Boy Scout Hall. Call or e-mail Colleen Tighe (cttighe@comcast.net, 651-3649) with questions.

NEW TO DANCE AND TWIRL - This is an opportunity for twirlers (grades K-2) who are just getting started! Come develop and polish your beginner skills.

Sec A 8/18-8/21 9:30-11:00 a.m. \$80

GEM STONE TEAM - This session is designed for twirlers 1st—6th grade who have previously twirled with the Spinners. The twirlers will be challenged to achieve finger twirls, 1 spins, partner skills and beginner 2 baton tricks.

Sec B 8/18-8/21 12:30-2:30 p.m. \$100

SENIOR SPINNERS - This camp is designed for our most proficient spinners, grades 4-9, who will continue working on challenging team routines with emphasis on synchronized twirling and advanced skill development. This camp is also open to twirlers interested in stepping up to a more concentrated level of twirler. All twirlers must be proficient in both vertical and horizontal 1 spins and both vertical and horizontal 4 & 8 finger twirls.

Sec C 8/18-8/21 2:30-5:00 p.m. \$125



SUMMER PROGRAMS & ACTIVITIES

MAD SCIENCE CAMP: EUREKA! INVENTION

Discover - Create - Invent! Each day campers will be given a series of challenges they must overcome using basic materials, simple machines, tips from world famous inventors and the most important thing of all - their minds. Because of the team-based approach to problem solving these challenges, this camp is never the same twice. You'll make your very own light saber, an awesome marshmallow shooter... and much more!

Sec A 7/7 -7/11 1:00-4:00PM \$186



MAD SCIENCE CAMP: NATURE ADVENTURE

Come explore the wonderful world around us with this fun new Awesome Activity Week! We will discover the Earth under our feet and above our heads. Learn why fish can float better than humans, how similar the water and rock cycle really are and how plants can feed themselves using only the sun! Children will participate in hands-on experiments and take home activities like dinosaur fossil casting, special sun beads that change color to remind you to put on your sunscreen and a "deep-sea diver."

Sec B 8/11 -8/15 1:00-4:00PM \$186



PERFORMING ARTS SUMMER PROGRAM

This exciting, fun and highly charged summer program is being offered for children ages 6-12 years old. Mornings will consist of exciting acting classes and dance classes. The acting classes consist of creative theater games, concentration exercises, voice and speech work and structured improvisation to improve performance. Other topics include: monologue work, acting terminology, sense memory, sub-text, stage skills, script work and more! These classes help students build confidence and inspire their imagination in a fun and supportive environment! The dance classes include high energy jazz dance and movement. The afternoons will consist of rehearsals that will culminate with an end of the week performance for family and friends, Friday at 1:30pm! Please pack a lunch and a snack. For more info please visit www.performingartsprograms.biz. This program will be held at Tootin' Hills School.

Sec A 7/28 -8/1 9:00am-2:30pm \$235

LET'S GOGH ART CAMP: LET'S GOGH ART-VENTURES WITH PIGasso AND MOOTisse

Art explorers learn about real artists, their vision of the world and the materials and techniques they use or used. Think about famous artists like Picasso, Matisse, van Gogh, Modigliani, Homer and more. Included are fun and funky 3-D projects using unconventional and sometimes kooky, artist's techniques and materials. During this art-packed week create vibrant tie dyed t-shirts, tissue box decoupage, leather wristbands, celestial stained glass, emotion collages, mosaic art and so much more. We even add a little sparkle with GLITTER TATTOOS or awesome FACE PAINTING. Discover how far your creativity can go! Camp is for kids ages 5-12, and is held at the Apple Barn.

Sec A 7/14 -7/18 1:00-4:00PM \$165

LET'S GOGH ART CAMP: LET'S GOGH ART-VENTURES WITH PRINCESSES AND PIRATES

Who wants to be a Princess or a Pirate? Adventures begin when explorers search for a treasure, carrying their own hand-crafter pirate flag and wearing their newly designed princess wings (think Tinkerbell). Build castles, paint wooden boats and design treasure chests. Princesses design tiaras, wands and jeweled mosaic frames and both pirates and princesses experience beading, ceramic art, fabric, stained glass and clay art. Princess and Pirate treasure hunt storytelling is included as well as FACE PAINTING or GLITTER TATTOOS. All in all, an art-filled week of fun, creative art activities the kids will love to do! Camp is for kids ages 5-12, and is held at the Apple Barn.

Sec B 8/4 -8/8 1:00-4:00PM \$165

WELL-SERVED TENNIS ACADEMY

The mission of the Well Served Tennis Academy is to provide children with autism in grades 4-8 an opportunity to learn the lifelong sport of tennis in a social environment. A camp day features group tennis instruction and fitness activities, craft, snack and lunch. Snacks and lunch should be brought from home, no peanuts please! Each camper will have access to a volunteer coach to encourage interest in tennis, model and teach stroke production and facilitate appropriate social interactions. Upon registration, campers will be contacted regarding specific guidelines and regulations about camp. Camp will be held rain or shine at HJMS.

Sec A 6/23-7/2 10:00am-1:00pm \$25



REGISTER FOR THESE PROGRAMS ONLINE AT WWW.SIMSBURYREC.COM or CALL 860-658-3836

SUMMER SPORTS CAMPS

TOTAL PLAY SPORTS SQUIRTS

The Total Sport Squirts program introduces children aged 3 to 5 to a variety of sports such as soccer, basketball, lacrosse, hockey and T-Ball. All classes will take place in a safe, structured environment which is sure to encourage learning and skill development. Games and drills are designed to capture each child's imagination. Whether it is trying to find Nemo, sending Shrek into a spin or capturing jellyfish with Sponge Bob Square Pants, there's fun to be had by all. All activities promote hand-eye coordination, movement, balance and most importantly Fun, Fun, Fun!

Section A Aug 4-8 Ages 3-5 4:30-5:30PM \$99 @ HJMS

TOTAL PLAY MULTI SPORTS CAMP

Experience over 16 different sports from around the world including, soccer, basketball, lacrosse, volleyball, disc golf, cricket, floor hockey and many more at US Sports Institute's Total Play Multi Sports camp. All activities will take place in an atmosphere which promotes good sportsmanship, teamwork and most of all, fun. Campers will receive technical instruction, have the chance experience the sport in a realistic game situation, and will participate in the exciting USSI World Cup Competition. All participants will receive a t-shirt and certificate. This is the only sports camp truly dedicated to children of all abilities. Camp will be held at HJMS.

Section A July 21-25 Ages 5-12 9:00-12:30PM \$185
Section B July 21-25 Ages 5-12 1:00-4:00PM \$139
Section C July 21-25 Ages 6-12 9:00-4:00PM \$220
Section D Aug 4-8 Ages 5-12 9:00-12:30PM \$185
Section E Aug 4-8 Ages 5-12 1:00-4:00PM \$139
Section F Aug 4-8 Ages 6-12 9:00-4:00PM \$220

FIRST PLAY LACROSSE CAMP

US Sports Institute's First Play Lacrosse curriculum ensures players will have great fun learning this exhilarating, fast paced game. All participants will learn the fundamentals of the sport including, stick handling, passing, scooping, dodging and shooting as well as many other key techniques. The First Play Lacrosse clinic is ideal for entry level players with little or no previous playing experience. Participants will be grouped by age and playing ability as necessary. The US Sports Institute will provide all equipment for this class, but if you have your own stick please feel free to bring it along.

Section A July 21-25 Ages 5-12 4:30-6:00PM \$119 @ HJMS

RAY REID SOCCER SCHOOL -YOUNG STARS CAMP

The Ray Reid Soccer School is pleased to partner with the Simsbury Recreation Department to offer a Young Stars Skills Camp this summer. The Ray Reid Soccer School's Simsbury Young Stars Camps are weeklong, three-hour a day instructional soccer programs for boys & girls ages 5-13. These regional camps seek to develop and improve each player's technique, skills and creativity with the ball. Under the direction of a first-class coaching staff, players will be exposed to dribbling, passing, receiving, shooting, and small-sided games emphasizing touches on the ball and possession. The Ray Reid Soccer School's Young Stars Camp will challenge players to improve their skills in a fun filled environment while instilling a passion for the game. All players will receive a camp t-shirt, Ray Reid School cinch sack, a soccer ball and Young Stars Certificate. Camp will be held at the Curtiss Park Soccer Fields.

Section A June 23-27 9:00AM-12:00PM Ages 5-13 \$160



SIMSBURY SOCCER CAMP

Local Soccer Coach Ken Akien and his coaching staff lead this great summer program for younger soccer players. Each camper will receive enthusiastic instruction based on the individual's age, ability and experience. Staff will create a positive environment for children to learn the game, while enhancing their individual skill development, using small sided games and keeping things FUN! All campers will receive a t-shirt during the program. Please bring a labeled ball, shin guards, water and a snack to camp! Friday, July 4th will be reserved as a make-up day in case of rain. Register for either the 3-day or 4-day option!

Section A June 30-July 3 Grades 1-4 9:00-11:30AM \$130

Section B June 30-July 3 Grades 1-4 9:00-11:30AM \$99

FASTPITCH NATION SOFTBALL CAMP

The 3-day skills camp runs July 14-16 from 9am to 1pm. Don't miss this fantastic opportunity for players ages 8-18 at Memorial Park, Field 6 in Simsbury to work with Granby High School varsity Head Coach, Brian McDermott. Players will be separated by age and ability and coaches will emphasize different aspects of the game including: Infield, Outfield, Throwing, Hitting, and Baserunning. Early Drop Off allowed at 8am. Emphasis will be put on the fundamentals and drills used in college and applied for girls of all ages. Players will work hard each day in a fast paced college style workout that will leave them wanting more. Players will need cleats, glove and plenty of water.

THERE ARE NO RAINOUTS. If rain is forecasted the camp will move indoors to Fastpitch Nation in Bloomfield.

Section A 7/14-16 Ages 8-18 9:00AM-1:00PM \$195

TROJAN BASEBALL SUMMER BASEBALL CAMPS

At the Trojan Baseball Camp, each player will experience hands-on instruction. We concentrate on the game's fundamentals as well as the values of hard work, persistence, preparation, teamwork and sportsmanship. We offer professional and individualized instruction at every position. All campers will be kept within their own age and ability bracket. Games are played daily at each level. The very popular "slip-n-slide" sliding practice as well as an appearance by Rocky the Rockcat are just a few of the highlights! Both camps ages 6-13. \$150. Sign up a sibling and the sibling can come for only \$100! (To get this discount you MUST call the Recreation Department to register.) Includes T shirt and New Britain Rockcats game ticket. Both camps will be held at Simsbury High School and run by SHS Varsity Baseball coaches Steve Matyczuk and Dave Masters.

Pitching Instruction:

For players who have an interest in pitching. Special instruction, proper pitching mechanics, wind-up, stretch, long tossing, different pitches and grips, pick off moves, fielding from pitchers position and arm strengthening are the focus of the week. 8:20-9:00 am prior to the camp, \$40 per week.

Sec A July 7-July 10 9:00AM-12:00PM SHS Baseball Field \$150

Sec B July 7-July 10 8:20-9:00AM SHS Baseball Field \$40

Sec C Aug 4-Aug 7 9:00AM-12:00PM SHS Baseball Field \$150

Sec D Aug 4-Aug 7 8:20-9:00AM SHS Baseball Field \$40

FARMINGTON VALLEY FOOTBALL CAMP

Do you love football? Are you ready to bring your game to the next level?

At Farmington Valley Football Camp your athlete will be taught the key skills and techniques of a successful football player in a **non-contact environment**. Our camp includes small group instruction at each position on both offense and defense. The small group approach will help each player learn key skills that will make them a better football player. Our camp also focuses on other aspects of football such as leadership, teamwork, and hard work. Camp will be held rain or shine Monday-Thursday at Weatogue Park and will be run by SHS Freshman Football coach Steve Petrella.

Section A June 30-July 3 Grades 6-8 9:00AM-12:00PM \$150

Section B July 14-July 17 Grades 3-5 9:00AM-12:00PM \$150

SUMMER SPORTS CAMPS

SIMSBURY GIRLS BASKETBALL SKILLS ACADEMY (Gr. 6-9)

This camp will focus on building the skills necessary for competing at the high school level. Ball handling, form shooting, man to man defense and the ability to think the game will be the core focus of the camp. The camp will not just focus on teaching the skills of the game for one week, but will aim on ensuring each player knows what they need to do to improve once they leave camp. All players will leave with drills they can do on their own to improve each of these skills. Players will also compete in skill and team competitions for awards at a brief ceremony on Thursday afternoon. A camp t-shirt is included for each participant. This camp will be held at Simsbury High School and will be run by SHS Girls Varsity Basketball Coach Sam Zullo.

Section A July 28-31 9:00AM-3:30PM Grades 6-9 \$175

SIMSBURY GIRLS BASKETBALL YOUTH CAMP (Gr. 1-5)

The camp will focus on teaching the basic fundamentals of the game of basketball. A major camp focus will be on teaching kids how to play the game and how to enjoy the game. There will be games and competitions throughout the week and awards for all at a brief ceremony on Thursday night. A camp t-shirt is included for each participant. Please send you camper with a water bottle labeled with name, sneakers, and a snack. This camp will be held at Simsbury High School and will be run by SHS Girls Varsity Basketball Coach Sam Zullo.

Section A July 28-31 5:00PM-8:00PM Grades 1-5 \$85

CREW CAMP

This program is held at the Simsbury Crew Boathouse off of Drake Hill Road. Simsbury High School Crew Coach Ann Carabillo and staff members will introduce the fundamentals of the sport of rowing for those entering grades 7-12 beginners and advance beginners. Participants must feel comfortable in the water. The camp will run Mondays-Thursdays. Cost of the Crew Camp is **\$110 per session**. Non residents may register after June 1.

Session 1 June 30-July 10

Sec. A 9:00-11:00AM

Sec. B Noon-2:00PM

Session 2 July 14-July 24

Sec. C 9:00-11:00AM

Sec. D Noon-2:00PM

HIGH SCHOOL CREW CLINIC

This program is held at the Simsbury Crew Boathouse off Drake Hill Road. Simsbury High School Crew Coach Ann Carabillo and staff will lead this intermediate level crew clinic for those entering grades 10-12 with previous rowing experience. The camp is held Monday through Thursday from 9:00-11:00AM. Cost of the High School Crew Clinic is **\$55 per session**. Non residents may register after 6/1.

Session 1 June 30-July 3

Session 2 July 7-July 10

Session 3 July 14-July 17

Session 4 July 21-July 24

HIGH SCHOOL CREW CONDITIONING CLINIC

This program is held at the Simsbury Crew Boathouse off Drake Hill Road. Simsbury High School Crew Coach Ann Carabillo and staff will lead this intermediate level crew conditioning clinic for those entering grades 10-12 with previous rowing experience. The clinic will meet Monday-Thursday from 6:00-8:00PM. Cost of the High School Crew Conditioning Clinic is **\$55 per session**. Non residents may register after 6/1.

Session 1 June 30-July 3

Session 2 July 7-July 10

Session 3 July 14-July 17

Session 4 July 21-July 24

SIGN UP FOR BOTH AND SAVE!

Sign up for both the Crew Camp and Conditioning Clinic for only \$90! This reduced rate is not available online. To register for both camps at the reduced price, please call Simsbury Farms at 860-658-3836

SUMMER RUGBY PROGRAMS

Flag Rugby Intro—Grades 3-6: Introductory, non-contact Flag Rugby group.

USA 7's Rugby—Grades 6-8: Fantastic course taking your player through the basics of Rugby, from non-contact flag rugby leading into more rugby skills and games, while stressing skills and safety.

More Information available on www.simsburyrec.com

SIMSBURY FARMS TENNIS & GOLF CAMP

The Simsbury Farms Tennis and Golf Camp is held from 9:00AM - 2:00PM. The camp is designed to offer youths ages 7 -15 a combination of tennis, golf and swimming in a fun filled environment that includes quality instruction, activities and low-key competition. The program is directed by Bill Donahue, Director of Fun Unlimited Tennis for the past 20 years. The tennis staff includes Bill and his teaching staff from Farmington Valley Racquet Club. The PGA Professionals at Simsbury Farms Golf Course, as well as special guest speakers and counselors, provide golf instruction and lectures. Swimming will be held daily at the Simsbury Farms Pool. The camp is held Monday - Thursday, rain or shine. In the event of bad weather, campers will report to Farmington Valley Racquet Club for a full day of activity. Cost for the camp is **\$195 per session**.

Section A June 30-July 3

Section B July 14-July 17

Section C July 28-July 31

Extend your day of tennis by taking an additional lesson from 2-3PM (\$40).

FUN UNLIMITED TENNIS CAMP

This fun-filled, action packed tennis program is held from 9:00AM - 2:00PM for ages 7 -15 and features many of your child's favorite drills and games, high quality instructors, supervised competitive play and swimming. Younger, less experienced players will work primarily on basic stroke development, proper footwork and consistency. Older, more experienced players will concentrate on more advanced aspects of tennis including specialty shots, percentage tennis and basic shot patterns as well as further development of basic strokes. Competitive play will include round robins, team tennis, tiebreaker tournaments and the Camp Singles and Doubles Championships. The camp is held at Simsbury Farms and Farmington Valley Racquet Club, Monday - Thursday. Cost for the camp is **\$195 per session**.

Session A June 30-July 3

Session B July 14-July 17

Session C July 28-July 31

Extend your day of tennis by taking an additional lesson from 2-3PM(\$40).

QUICK START TENNIS & SWIM CAMP

Our special beginner/youth tennis camp will be offered at Simsbury Farms this summer. This exciting new camp features two 45 minute sessions of fun filled tennis instruction, a 45 minute swim lesson, and arts and craft project each day. In the event of rain, children will report to Farmington Valley Racquet Club.

Section A July 7 -July 10 Ages 5-7 9:00-12:30PM \$140

Section B July 21-July 24 Ages 5-7 9:00-12:30PM \$140

Section C Aug 4-Aug 7 Ages 5-7 9:00-12:30PM \$140

DON'T DELAY - REGISTER TODAY!

ONLINE AT WWW.SIMSBURYREC.COM

IN-PERSON AT SIMSBURY FARMS, 100 OLD FARMS RD.

CALL US AT 860-658-3836 WITH QUESTIONS

SPRING & SUMMER TENNIS PROGRAMS

SUMMER TENNIS INFO

This exciting program is under the direction of the staff of Fun Unlimited Tennis. The classes meet Monday through Thursday for one week sessions.

- Session 1 June 30-July 3
- Session 2 July 7-July 10
- Session 3 July 14-July 17
- Session 4 July 21-July 24
- Session 5 July 28-July 31
- Session 6 August 4-August 7

* In the event of rain, classes may be moved indoors to Farmington Valley Racquet Club or made up on Friday of each session.

*The Department reserves the right to assign a child to the correct class according to the child's ability to ensure that every child receives the proper instruction.

*Loaner racquets are available each day to any participant who would like to borrow one.

QUICK START TENNIS (AGES 5-7)

Beginner/Advanced Beginner

Children are introduced to tennis using scaled-down racquets and special equipment in a fun and rewarding way. Games and activities are designed especially for this age group.

Sec. A 1:00-1:55PM Simsbury Farms \$40

HOT SHOT TENNIS (AGES 8-10)

Beginner/Adv. Beginner

Younger Beginners and Advanced Beginners work primarily on basic stroke development, proper footwork and consistency. Children are gradually introduced to competitive play through a series of fun-filled games like 9 Lives and King of the Court.

Sec. A 1:00-1:55PM Simsbury Farms \$40

BOYS & GIRLS START-UP GROUP (AGES 11-15)

Beginner/Advanced Beginner

Boys and Girls Start-up Tennis is a program for older beginners. The program focuses on learning fundamental skills quickly to allow campers to catch up to their friends that have played longer. Participants are grouped with players their own age to insure a fun, comfortable, social environment.

Sec. A 2:00-2:55PM Simsbury Farms \$40

RISING STARS TENNIS (AGES 11-15)

Intermediate

This fun-filled, action-packed program is designed for the intermediate to advanced level juniors of all ages. Players continue to work on basic stroke development along with specialty shots in a series of high energy drills and games.

Sec. A 2:00-2:55PM Simsbury Farms \$40



SUMMER ADULT TENNIS PROGRAM

This summer, Simsbury Farms and Fun Unlimited are proud to be part of the USTA Tennis Welcome Center Program. Tennis Welcome Centers are designed to offer participants a variety of tennis programs including round robins, leagues, social events and instructional clinics. Come on out and join the FUN!!!

Adult Beginner & Advanced Beginner Clinic - The six-week program is designed to teach players the correct basics including proper grips, forehand & backhand groundstrokes, volleys, overheads, serves and scoring. We strive to get you ready to play & enjoy the sport of tennis as quickly as possible. Free loaner racquets available.

Sec A Mon. 6/30-8/4 6:30-7:45PM \$130 Simsbury Farms
Sec B Wed. 7/2-8/6 7:45-9:00PM \$130 Simsbury Farms

Adult Intermediate-Advanced Tennis Clinics - These six week high-energy, more advanced adult tennis clinics focus on proper stroke production, basic shot patterns, and percentage tennis. They are also a great workout!!!

Sec C Mon. 6/30-8/4 7:45-9:00PM \$130 Simsbury Farms
Sec D Wed. 7/2-8/6 6:30-7:45PM \$130 Simsbury Farms

ADULT TENNIS CAMPS

This three day camp features a series of action-packed drills and games designed to push your game to the next level. The camp will focus on creating more depth, pace and consistency on groundstrokes and serves, as well as proper court positioning and shot selection during competitive play. Classes are held Tuesday thru Thursday at Simsbury Farms.

Sec A 5/27-5/29 9:30am-12:00pm \$130 (Full)
Sec B 6/3-6/5 9:30am-12:00pm \$130 (Full)
Sec C 6/10-6/12 9:30am-12:00pm \$130

TENNIS COURT RENTALS

Simsbury Farms houses four tennis courts equipped with lights for night play. Reservations may be made by calling Simsbury Farms Monday-Friday 9:00AM-5:00PM, at 658-3836.

Fees:

Daytime (before 5pm) \$6.00/hour and a half
Evening \$10.00/hour and a half
Long Term (6 week session) \$42.00 daytime/ \$70.00 evening

SUMMER GOLF INFORMATION

Looking for golf camps, clinics, leagues or tournaments this summer? Simsbury Farms Golf Course has everything you need! Information on the Junior Golf Clinics, Junior Golf Camps, Adult Beginner Clinics and Parent/Child Golf Tournament is available on the Simsbury Farms Golf Course website, www.simsburyfarms.com or by calling 658-6246.



SUMMER AQUATICS INFORMATION

PUBLIC SWIMMING SCHEDULE

SIMSBURY FARMS POOL June 14 – August 24

Mon.-Fri 1:00-8:00PM

Sat. & Sun. Noon-6:00PM

** The pool will close at 5:00pm on nights of Swim Meets

Please refer to meet schedule on simsburyrec.com **

MEMORIAL POOL June 23 – Aug. 15

Mon.-Fri 9:00-11:00AM –wading pool only

11:00AM-1:00PM -both pools

ADULT LAP SWIM SCHEDULE

Admission per session: \$3.00 residents \$5.00 non-resident

MEMORIAL POOL – June 23 – Aug. 15

Mon.-Fri 9:00-11:00AM – 6 Lanes

2:30-3:30PM – 2 Lanes minimum

SIMSBURY FARMS POOL – June 14 – Aug. 23

Mon.-Fri 7:00-7:45PM – 2 Lanes minimum

** Not held on nights of Swim Meets.

Please refer to meet schedule on simsburyrec.com **

Sat. & Sun. 11:00AM – Noon – 4 Lanes minimum



CLASS DESCRIPTIONS

Parent and Child Aquatics (6 months to approximately 4 years)

Parents and children learn together to increase a child's comfort level in the water and build a foundation of basic skills, such as arm and leg movements and breath control. The two levels are fun-filled and help introduce water safety concepts, encouraging a healthy recreational habit that your entire family can enjoy.

(6 months – 3 years)

Provides experiences and activities for children to:

- Learn how to enter and exit the water in a safe manner
- Feel comfortable in the water
- Explore submerging to the mouth, nose and eyes and fully submerging
- Explore buoyancy on the front and back position
- Change body position in the water
- Learn how to play safely.

(2 years– 4 years)

Builds upon the skills learned in Level 1 and provides experiences and activities for children to:

- Learn more ways to enter and exit the water in a safe manner
- Explore submerging in a rhythmic pattern (bobbing)
- Glide on the front and back with assistance
- Perform combined stroke on front and back with assistance
- Change body position in the water.

Swim Readiness – Ages 2 & 3 – Introduce children to the water and group instructional situation

Participants learn:

- * Adjustment to class situation w/o parent
- * Puts face in water
- * Blow bubbles in water
- * Explores deeper water with assistance
- * Explores floating and kicking on front and back
- * Water safety rules

Level 1—Introduction to Water Skills –Students can be 3 years old to enroll, however the child must be able to participate in a group instructional situation

Helps participants feel comfortable in the water * Enter water using ramp, steps or side * Exit water using ladder, steps or side * Blow bubbles through mouth and nose * Bobbing * Open eyes underwater and retrieve submerged objects * Front and back * glides and recover to a vertical position * Back float * Roll from front to back and back to front * Tread water using arm and hand actions * Alternating and simultaneous arm and leg actions on front * Alternating and simultaneous arm and leg actions on back * Combined arm and leg actions on front and back * Age appropriate water safety topics

EXIT SKILLS

Enter independently, using either the ramp, steps or side, travel at least 5 yards, bob 5 times, then safely exit the water (Participants can walk, move along the gutter or "swim.")
Glide on front at least 2 body lengths, roll to a back float for 5 seconds, then recover to a vertical position.

Students must be 4 years old to participate in a group instructional situation.

NOTE: All swim lesson participants must be of the correct age by Dec. 31, 2014.

Level 2—Fundamental Aquatic Skills

Gives participants success with fundamental skills * Enter water by stepping or jumping from the side * Exit water using ladder, steps or side * Fully submerge and hold breath * Bobbing * Open eyes underwater and retrieve submerged objects * Rotary breathing * Front, jellyfish and tuck floats * Back glide and recover to a vertical position * Front glide and recover to vertical position * Roll from front to back and back to front * Tread water using arm and leg actions * Change direction of travel while swimming on front or back * Combined arm and leg actions on front and back * Finning arm action * Plus age-appropriate water safety topics

SIMSBURY FARMS ADMISSION RATES

RESIDENT: \$3.00 Children 15 & under/65+ \$5.00 16 & over

NON RESIDENT: \$5.00 Children 15 & under/65+ \$7.00 16 & over

MEMORIAL POOL & SIMSBURY FARMS TWILIGHT RATES (After 6:00pm)

RESIDENT: \$1.50 Children 15 & under/65+ \$2.50 16 & over

NON-RESIDENT: \$2.50 Children 15 & under/65+ \$3.50 16 & over

SEASON PASSES AVAILABLE AT WWW.SIMSBURYREC.COM.

Season Pass rates will increase as of June 1.

American Red Cross Swimming and Water Safety Program

The Simsbury Recreation Department is proud to be an authorized provider of the American Red Cross Swimming and Water Safety program. If you have a passing certificate from last year or last session, then please select the next level for your child. Proper swim lesson placement is instrumental in providing a successful enjoyable swim lesson experience and in ensuring participant safety in the water. Group lessons are held on Monday-Friday or Saturday mornings at Simsbury Farms and semi private lessons are held at Memorial Pool.

SIMSBURY FARMS SWIM LESSONS

All lessons are instructed by one of our qualified Swim Lesson Instructors and meet for 45 minutes.

Level One - Level Six and Diving classes are offered in one week sessions.

Full swim lesson time schedules are listed on page 9.

FEE: \$50 or \$40 if you have a 2014 season swim pass

NEW!!!!

SATURDAY SWIM LESSONS AT SIMSBURY FARMS POOL

All lessons are instructed by one of our qualified Swim Lesson Instructors and meet for 45 minutes. Level One - Level Six are offered Saturdays, June 28-July 26 from 11:00-11:45am. Full swim lesson time schedules are listed on page 9.

FEE: \$50 or \$40 if you have a 2014 season swim pass

NEW !!!!!

MEMORIAL POOL - SEMI PRIVATE SWIM LESSONS

New this summer, Memorial Pool is offering semi private swim lessons (minimum 2 maximum 3 students) for those looking for a smaller instructional setting. All lessons are instructed by one of our qualified Swim Lesson Instructors and meet Monday – Friday for 45 minutes. Level One - Level Six and Teen/Adult classes are offered in one week sessions.

Full swim lesson time schedules are listed on page 9.

FEE: \$70 or \$60 if you have a 2014 season swim pass

EXIT SKILLS

Step from the side into chest-deep water, push off the bottom, move into a treading or floating position for at least 15 seconds, swim on front and/or back for 5 body lengths, then exit the water.

Move into a back float for 15 seconds, roll to front, then recover to a vertical position.

Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front, then continue swimming for at least 5 body lengths.

Level 3—Stroke Development

Builds on the skills in Level 2 through additional guided practice in deeper water * Enter water by jumping from the side, fully submerge then recover to the surface and return to the side * Head-first entries from the side in sitting and kneeling positions * Bobbing while moving toward safety * Rotary breathing * Back float * Survival float * Change from vertical to horizontal position on front and back * Tread water * Flutter and dolphin kicks on front * Scissors and breaststroke kicks * Front crawl and elementary backstroke * Plus age-appropriate water safety topics

EXIT SKILLS

Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 60 seconds, rotate one full turn, then turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary backstroke for 25 yards, then exit the water.

Push off in a streamlined position, then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards, then exit the water.

Level 4—Stroke Improvement

Develops confidence in the skills learned and improves other aquatic skills * Headfirst entries from the side in compact and stride positions * Swim underwater * Feet first surface dive * Survival swimming * Open turns on front and back * Tread water using 2 different kicks * Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly * Flutter and dolphin kicks on back * Plus age-appropriate water safety topics

EXIT SKILLS

Perform a feet first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards.

Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.

Submerge and swim a distance of 3 to 5 body lengths underwater, return to the surface, then exit the water

Level 5—Stroke Refinement

Provides further coordination and refinement of strokes * Shallow-angle dive from the side then glide and begin a front stroke * Tuck and pike surface dives, submerge completely * Front flip turn and backstroke flip turn while swimming * Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly * Sculling * Plus age-appropriate water safety topics

EXIT SKILLS

Perform a shallow-angle dive into deep water at least 9 feet deep, swim front crawl for 50 yards, then swim elementary backstroke for 50 yards using appropriate and efficient turning styles throughout.

Swim breaststroke for 25 yards, change direction of travel as necessary and then swim back crawl for 25 yards using appropriate and efficient turning styles throughout.

Level 6—Personal Water Safety

To refine strokes so participants swim them with more ease, efficiency, power and smoothness and over greater distances * To teach students how to prevent aquatic emergencies in various aquatic environments * To introduce and practice self-rescue

techniques * Treading water for an extended amount of time * Tuck, Pike and Feet First surface dives, submerge completely * Front flip turn and backstroke flip turn while swimming * Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly * Survival Floating and Swimming * Plus age-appropriate water safety topics

EXIT SKILLS

Swim 500 yards continuously using any 3 strokes, swimming at least 50 yards of each stroke.

Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes.

Perform a feet first surface dive, retrieve an object from the bottom of the pool at a depth of 7 to 10 feet, return to surface and return to starting point.

Junior Lifeguarding (Prerequisite – Passed Level 6) (Ages 11-15)

This course provides participants with the knowledge and skills necessary to prevent, recognize and respond to aquatic emergencies. It also prepares participants for aquatic emergencies by teaching them how to protect themselves while assisting others. This course will prepare your child to take the Lifeguard Training class when they reach 15.

Competitive Stroke Clinic

Competitive stroke clinic offers children ages 5-15 the fundamental stroke techniques used in competitive swimming. Whether you are interested in your child joining a team or wanting them to learn a lifelong skill with correct technique, this is the program for you. The clinic will focus on the four competitive strokes, racing starts, and turns.

SPRINGBOARD DIVING INSTRUCTION

These diving lessons are designed for Beginner through Advanced levels. No experience is necessary. Eight 1-week sessions. Fee: \$50/session, or \$40 if you hold a 2014 season pass.

SIMSBURY FARMS DIVE TEAM

A four week dive program features practice Mon-Fri., from 12:00-12:45PM and Dive Team meets. Participants must have passed Beginner Diving class. The fee is \$75. Begins June 23.



LIFEGUARD TRAINING COURSE

This is the Red Cross course to become a Lifeguard. Prerequisites 1.- 300 yard continuous swim using either front crawl, breaststroke or a combination of front crawl and breaststroke 2.- Tread water for 2 minutes with your legs only 3.- Timed Event: 1 minute; 40 seconds: Swim 20 yards using front crawl or breaststroke, retrieve a 10 pound object, return to the surface, and swim 20 yards back to the starting point with object 4.-Feet first or Head first surface dive to a depth of 7-10 feet and retrieve a 10-pound object. This course is held at the Simsbury Farms Pool. Candidates must be 15 years of age by the end of the class to enroll.

Sec A	June 23-July 11 Mon-Fri	Sec B	July 14-August 1 Mon-Fri
	*8:00-10:30AM	\$175	*8:00-10:30AM \$175

**** See Page 4 for Simsbury Sprinters Swim Team Information ****

****POOL RENTALS****

Simsbury Farms Pool Rental Fee: \$375.00 for all 3 pools for a two-hour period, weekends - 6:15-8:15PM.

Memorial Pool Rental Fee: Memorial Pool is available for rental on weekends from 10:00am-6:00pm in two hour periods. \$250.00 for the main pool and wading pool



Simsbury Farms—The Heart of a Great Community

Hours: Monday-Friday
9:00am-5:00pm

Simsbury Farms Phone:
860-658-3836
Fax: 860-408-9283

Address:
Simsbury Farms
100 Old Farms Road
P.O. Box 455
West Simsbury, CT 06092

Website: www.simsburyrec.com
Twitter: @SimsburyRec
E-mail: recinfo@simsbury-ct.gov

Director of Culture, Parks & Recreation

Gerard Toner

Recreation Supervisors

John Thibeault

Taryn Rea

Administrative Secretary

Rebecca Riendeau

Parks Superintendent

Orlando Casiano

Parks Foreman

Walter Soule

Park Maintenance Staff

Walter Anderson

Stephen Gingras

Don Arsenaault

Henry Lacharite

Ethan Deeds

Tom Gaghan

Kerry Muller

Golf Course Superintendent

Michael Wallace

Golf Course Maintenance Staff

Lawrence Gauvain

Randall Niederwerfer

Steven Mainville

The Simsbury Culture, Parks and Recreation Department seeks to provide quality leisure opportunities which contribute to the environment, needs and interests of the people of Simsbury. Recreation is recognized as a necessary service to the community and as an integral part of Simsbury's health and welfare.

The Simsbury Recreation Department would like to thank the following individuals for their time and efforts in improving parks and recreation in Simsbury.

Culture, Parks and Recreation Commission

David Bush, Chairman Kelly Kearney, Vice-Chairman
Sarah Cramer William Mullen Gerald Post
Frank Salls Steven Spalla Gerry Wetjen

Simsbury Farms Committee

Gerald Post, Chairman
Antonio Braz David Dell Denis Fallon
Linda Johnson Ron Patterson Kevin Schultz

DEPARTMENT POLICIES AND INFORMATION

REFUND AND TRANSFER POLICY: Cash refunds for withdrawal from classes are issued for medical reasons only, upon receipt of a doctor's note. Program credit will be issued for a withdrawal for any other reason if the request is made at least seven days prior to the start of a class. No refunds or transfers are made once a class has begun. Transfers before classes have begun are only allowed on a space available basis and a \$5 processing fee will be charged all refunds/credits/transfers.

GENERAL INFORMATION: No unregistered person may attend classes at any time. Children must be of the correct age or corresponding grade level by 12/31/2014 (except where noted).

REGISTRATION QUESTIONS: Please call Simsbury Farms at 658-3836 for questions regarding class availability.

CANCELLATIONS & POSTPONEMENTS: No classes are held on Town holidays (except where noted), or if schools are closed due to inclement weather. If school openings are delayed due to inclement weather, all classes will be held at the regular scheduled time. If schools are closed early, all afternoon and evening classes are cancelled. Cancellations and postponements will be announced on www.simsburyrec.com. The department reserves the right to set a maximum number for each class and to cancel any class or event due to insufficient registration.

SPECIAL NEEDS PROGRAMS:

The Simsbury Recreation Department welcomes persons with disabilities in all programs and services. Please call the Recreation Office at 658-3836 so that we will know how to best serve you.

DON'T BE DISAPPOINTED! REGISTER EARLY!

Unfortunately we are sometimes forced to cancel programs two to three days before the listed program start date because of under-enrollment. **Don't be disappointed. Register early!**

