



2016 Summer Program Guide



COME SPEND THE SUMMER WITH THE SIMSBURY RECREATION DEPARTMENT!

NEW FOR THIS SEASON

**POOL PASSES WILL BE SOLD UNTIL MAY 31 AT A REDUCED RATE!
AFTER MAY 31 YOU WILL STILL BE ABLE TO PURCHASE POOL PASSES,
BUT IT WILL BE AT AN INCREASED RATE!**

2016 HIGHLIGHTS

Pool season June 11– August 30

Weekly special events including early evening and weekend special events for working families

Season pool pass holders can be cash free at the snack bar with our debit account system “Snack Bucks”

Party at the Pool- exclusive to season pass holders. Use our upper deck above the snack bar for your own private party area during public swim, at no cost. Reservations are required to secure a date, call Simsbury Farms for details and available dates.



KEY DATES:

- Summer Camps are set to begin June 20
- Simsbury Farms Pools open June 11

VISIT US ONLINE AT WWW.SIMSBURYREC.COM!

GIVE US A CALL AT 860-658-3836

VISIT US IN PERSON AT SIMSBURY FARMS!

100 OLD FARMS ROAD, WEST SIMSBURY

FOLLOW US ON FACEBOOK:

Simsbury Culture, Parks & Recreation

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

SUMMER 2016 CAMP SESSIONS (All sessions 1 week long!)



Session 1: June 20-24
Session 2: June 27-July 1
Session 3: July 5-8
Session 4: July 11-15
Session 5: July 18-22
Session 6: July 25-29
Session 7: August 1-5
Session 8: August 8-12



SUMMER EXPLORERS CAMP

This outdoor day camp includes a wide variety of sports, arts, crafts, group games, free play, and special events. One field trip or special event is included per session. Campers will be divided into groups according to age. The camp meets rain or shine at *****HENRY JAMES MEMORIAL SCHOOL ***** from **8:30AM-4:00PM** and campers will be bussed to use the pool facilities at Memorial Park for free swim in the afternoon. Campers must provide their own lunch, 2 snacks, water and transportation to and from camp. Participants must be in grades 1-6, or ages 6-12, during the 2016-2017 school year. *There will be no swimming lessons included in the camp day this summer, due to the location change. However, a swimming lesson may be added on for \$15 – please see website for details.*

The 2016 cost for Summer Explorers is \$160 per week.

Changes for 2016:

- Summer Explorers camp will be held at HJMS for the 2016 summer.
 - Cost will be reduced from \$175 per week to \$160 per week to account for the swimming lesson being removed.
 - Swimming lessons can be added on for \$15; lessons will be held from 3:15-3:45pm, and campers must be picked up at Memorial Pool – they will not be bussed back to HJMS.
- Everything else will remain the same! You will still get the different weekly themes, special activities & trips, the sports, games & crafts, and most of all, the wonderful staff!

JUNIOR EXPLORERS

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, 2016). Activities include arts, crafts, games and special events. A swim lesson is included.

The cost for Junior Explorers is \$95 per week.

SIMSBURY RECREATION DEPARTMENT SUMMER CAMPS

AWESOME EXPLORERS

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 5.

PLAYGROUND EXPLORERS

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 20-July 22.

Sec A Five weeks – 1 child \$170
Sec B Five weeks - 2+children \$305
Sec C 1 Week Fee – 1 child \$85

PRE & END-OF-SUMMER EXPLORERS

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, crafts, 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, 2016. Campers must provide their own lunch and transportation to and from camp.

Session I June 13-17 \$145
Session II August 15-19 \$145

ADULT AQUATIC FITNESS PROGRAMS

AQUA TONE

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 Pool beginning June 20. Classes are held on Monday/Wednesday/Friday. Class is taught by Certified Group Exercise Instructor Jen Lehman

12:00-12:45PM \$70-Full 8-week series \$5 Drop-Ins (spaces limited)

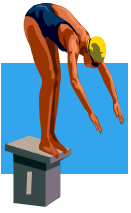


AQUA CARDIO PUMP

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 21 and running for 8 weeks. Class is taught by Certified Group Exercise Instructor Jen Lehman

12:00-12:45PM \$60 –Full 8-week series \$5 Drop-Ins (spaces limited)

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 \$135 for the season (Maximum family rate is \$270). 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.

JULY 4TH ICE CREAM SOCIAL

The Fourth of July Ice Cream Social and Community Band Concert will be held on **Wednesday, July 6** at the Simsbury Farms Ice Rink. Ice cream sundaes, costing \$2, will be served at 6:00 p.m. with the Community Band kicking off at 7:00 p.m.

15th ANNUAL FAMILY FUN NIGHT

Join the Simsbury Social Services Department, Recreation Department, Police Department and other local organizations on Tuesday, July 19 for an evening of fun for the whole family! Live entertainment, including the popular Boogie Bodies attraction, food, inflatables and other family activities will be featured from 5:30-8:00PM. Watch for more detailed flyers out this summer.

BRONX ZOO BUS TRIP

Join us on an exciting trip to the world famous Bronx Zoo. There is no other zoo in the world like it! 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 8/22 7:15am-7:15pm \$56



NEW YORK YANKEES VS. BOSTON RED SOX BUS TRIP

Join us on **Friday, July 15** for our bus trip to see the Yankees play the Red Sox at Yankee Stadium. We expect to have seats in section 233 for this game (straightaway left field, 2nd level).

Sec A 7/15 3:00pm-7:00pm \$109

SIX FLAGS TICKETS

Tickets are just \$38 (\$61.99 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.

LEGO CAMPS BY PLAY-WELL TEKNOLOGIES

Explore concepts in physics, mechanical engineering, structural engineering, and architecture while playing with your favorite creations. Children will be given instruction, design challenges, and competitions appropriate to their facility with LEGO™ Technic and System components. Camps are 3-hour programs, run by expertly trained and background checked staff from Play-Well TEKnoLogies. All descriptions are available on www.simsburyrec.com. Camps are \$175 per week, and are held at Latimer Lane Elementary School.

Sec A Ages 5-6 7/11 - 7/15 9:00AM-12:00PM \$175 (Super Hero Engineering)

Sec B Ages 7-10 7/11 - 7/15 1:00-4:00PM \$175 (Super Hero Master Engineering)

Sec C Ages 5-7 7/25 - 7/29 9:00AM-12:00PM \$175 (Pre-Engineering)

Sec D Ages 7-10 7/25 - 7/29 1:00-4:00PM \$175 (Engineering FUNdamentals)

SUMMER BATON TWIRLING CAMPS

For information on dates and costs, please visit our website at www.simsburyrec.com

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.

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.

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.

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 Latimer Lane School.

Sec A 7/11-7/15 9:00am-2:30pm \$240

SUMMER PROGRAMS & ACTIVITIES

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 bout 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 6/27-7/1 Ages 8-18 9:00-12:00PM

Cost: \$200

Sec B 6/27-7/1 Ages 8-18 12:30-3:30PM

Cost: \$200

GRR, BUZZ, HISS, ROAR...

Art...ventures

Animal lovers and art explorers, take a walk on the wild side. Visit the jungle, go on safari and travel back in time to the Dinosaurs. Discover how far your creativity can go while creating 2 and 3-dimensional animals, butterflies, birds, snakes, frogs and lizards, lions and yes, even dinosaurs. Campers use an amazing variety of art materials, textures and techniques while experimenting with clay and paints, ceramic and fabric art, wood, oil pastels, stenciling, collage, decoupage and more. These cool and playful art-ventures include fun facts about the animals, storytelling and FACE PAINTING or GLITTER TATTOOS. Bring an oversized old t-shirt to use as a smock, a nut-free snack and a drink each day.

Camp is for kids ages 5-12, and is held at the Apple Barn.

Sec A 6/27 -7/1 1:30-4:30PM \$165



INCREDIFLIX CAMPS

Our camps are focused on expanding imagination and creativity using hands on activities. Kids will learn brainstorming, story structure, and story boarding in all camps. In animation camps, kids will create characters, backgrounds, film, and do voice-overs. In filmmaking camps, kids will location scout, act, film, and learn filmmaking strategies. We will provide lunch supervision at no cost for any student that is enrolled in both the morning and afternoon camps. Sign up for the full day program and save! We bring all equipment and supplies, so the children do not need to bring anything! The instructor-student ratio is 12 to 1 for our animation camps. Our instructors are typically film majors or professionals who we train on our curriculum. All of our instructors are background checked.

Animation Flix 9:00am-12:00pm

Each day you'll use a new style of stop-motion, combining favorites from the past with new styles, making this program different each year! It's the ultimate arts and crafts program where students create, direct, and film their movies in age-appropriate groups. *All flix downloadable within a month after camp ends.

Minecraft Flix 1:00pm-4:00pm

You love Minecraft! Let your imagination be your guide as you turn the popular video game into an exciting Minecraft world. Using stop-motion animation you will bring Steve, the creepers, animals and more to life. Students will write, storyboard, shoot and add voice-over in age-appropriate groups. *Flix downloadable within a month after camp ends.

Sec A 8/15 -8/19 9:00AM-12:00PM \$195

Sec B 8/15 -8/19 1:00-4:00PM \$195

Sec C 8/15-8/19 9:00 AM-4:00PM \$350

WEIRD FACES AND PLACES ART-VENTURES

Oh, the places we'll go! Art explorers travel to some pretty weird places while creating some wicked cool art forms dating back to when art began. Discover weird gargoyle faces and visit the amazing Taj Mahal. Experience cave painting, fossil making and egg shell mosaics. Make worry dolls and totem poles. Learn about Oaxacan alebrijes while designing t-shirts. Sculpt and paint colorful Mexican pots, make bark paintings, and create Haitian sequined banners. Fun facts and concepts in history and geography are included as well as FACE PAINTING or GLITTER TATTOOS. This is our most creative and original art-venture week! Bring an oversized old t-shirt to use as a smock, a nut-free snack and a drink each day. Camp is for kids ages 5-10, and is held at the Apple Barn.

Sec B 8/1 -8/5 1:30-4:30PM \$165

MAD SCIENCE CAMP: CRAZY CHEMWORKS

We'll learn about the tools scientists use in their laboratories - atoms, molecules, and reactions; acids and bases; and fluorescence and phosphorescence. We'll also examine and investigate super sticky things by exploring suction, hydrogen bonding, and static cling and see some very cool dry ice demonstrations! The best part is that each day we'll be able to continue the science fun at home with our very own labware take-homes! This camp will be held at the Apple Barn.

Sec B 7/18-7/22 1:00-4:00PM \$176

MAD SCIENCE CAMP: SURVIVAL/SECRET AGENT LAB

Survival! Plants, Predators & Prey

Predator or Prey; which will you be? In our newly revamped nature/environmental camp, kids will explore how animals, big and small, adapt to life here on earth. Campers will experience how birds and beasts catch their prey without becoming someone else's lunch and will then be challenged to survive in the pulse pounding "Food Chain Survival" game. Kids will also discover what Mr. Owl had on his dinner plate during the famous owl pellet dissection. We'll also have fun finding and magnifying nature's smaller critters - from insects to pond slime. Campers will build a real birdhouse to take home and will have creepy-crawly fun building a bughouse and searching for tenants! In addition, kids will enjoy hands-on fun learning how changes in wind, water and temperature can affect Earth's inhabitants. Morning session runs from 9:00-12:00.

Secret Agent Lab

Develop your special agent and detective skill in this super hands-on week of fun! Uncover the science involved in evidence gathering and analysis. Sharpen your secret agent skills and discover how chemistry and the science of forensics can come to the aid of the secret agent. Identify and collect evidence - from fingerprints to tracks to trash! Secret agents-in-training will use science and awesome technological tools to connect the dots and help sniff out the suspects in this investigation into the science of sleuthing. This session runs from 1:00-4:00, These camps will be held at the Apple Barn.

Sec A 8/22 -8/26 9:00AM-12:00PM \$176

Sec B 8/22 -8/26 1:00-4:00PM \$176

Sec C 8/22-8/26 9:00 AM-4:00PM \$315

SUMMER SPORTS CAMPS

MULTI SPORTS CAMP

Experience over 16 different sports from around the world including, soccer, basketball, lacrosse, volleyball, cricket, floor hockey and more at this camp. All activities will take place in an atmosphere which promotes good sportsmanship, teamwork and most of all, fun. This is the only sports camp truly dedicated to children of all abilities. Camp will be held at Latimer Lane Elementary School.

Section A July 18-22 Ages 5-11 9:00AM-12:30PM \$165

Section B July 18-22 Ages 5-11 1:00-4:00PM \$115

Section C July 18-22 Ages 5-11 9:00-4:00PM \$195

LACROSSE CAMP

Participants 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. Ideal for beginners and no experience required. Equipment can be provided, but if you already have a stick please bring it along (with name on it) Camp will be held at Latimer Lane Elementary School.

Section A July 18-22 Ages 5-14 5:00-6:30PM \$110

RAY REID SOCCER SCHOOL -YOUNG STARS CAMP

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 20-24 9:00AM-12:00PM Ages 5-13 \$170

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. Both camps ages 6-12. Both camps will be held at Simsbury High School and run by SHS Varsity Baseball coach Dave Masters.

Pitching Instruction:

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.

Please see www.simsburyrec.com for dates & pricing

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. Register for either the 3-day or 4-day option!

Section A July 25-28 Grades 1-4 9:00-11:30AM \$149

Section B July 25-28 Grades 1-4 9:00-11:30AM \$119

GIRLS BASKETBALL-COACH ZULLO SKILLS ACADEMY WITH LENNY RICH TRAINING

This basketball 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 Friday 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 18-22 9:00AM-4:00PM Girls Grades 6-9 \$225

GIRLS BASKETBALL-COACH ZULLO YOUTH SKILLS ACADEMY

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 Monday-Thursday and will be run by SHS Girls Varsity Basketball Coach Sam Zullo.

Section A July 18-21 5:00PM-8:00PM Girls Grades 1-5 \$105

BOYS BASKETBALL-COACH STILLMAN SKILLS ACADEMY

The camp is designed to help each player develop their basketball skills through small group instruction and team competition. Players will learn drills to improve their ball-handling, passing, shooting, and defense as well as basketball concepts like screening, moving without the ball, and playing team defense. Each camper will leave at the end of the week with a camp t-shirt and a packet of drills they can work on the rest of the summer. This camp will be run by Simsbury Boys Varsity Basketball Coach Greg Stillman along with Ethel Walker Girls Varsity Basketball Coach John Monagan. Camp will be held at Simsbury High School.

Section A July 25-29 9:00AM-4:00PM Boys Grades 6-9 \$225

BOYS BASKETBALL-COACH STILLMAN YOUTH SKILLS ACADEMY

The camp will focus on teaching the basic fundamentals of the game of basketball – dribbling, passing, shooting, defense, and...most importantly, having fun! There will be lots of games and competitions during the week where the players will be able to practice and display the skills they are learning in a fun setting. Each camper will also receive a camp t-shirt. This camp will be run by Simsbury Boys Varsity Basketball Coach Greg Stillman along with Ethel Walker Girls Varsity Basketball Coach John Monagan.

Section A July 25-28 5:00-8:00PM Boys Grades 1-5 \$105

LENNY RICH ELITE BASKETBALL TRAINING & CONDITIONING

Lenny Rich Elite Basketball Training will be run by Lenny Rich Training founder Brad Seaman and Simsbury Girls Varsity Basketball Coach Sam Zullo. Brad uses techniques that challenge the body and mind to take players outside of their comfort zone. The workouts will push players to their limits to breakthrough on improving skills that they may not have even worked on before. Each night of camp include skill workouts, physical workouts and situational small group play. The focus of this week is to teach kids how to work hard and push themselves outside of their comfort level. Only players that are serious about wanting to compete at the varsity level and beyond should attend! This program will be held at Simsbury High School.

Please see www.simsburyrec.com for dates & pricing

SUMMER SPORTS CAMPS

FIELD HOCKEY CAMP

Come learn the great game of field hockey with our summer Field Hockey camp! This great 3-day camp is for girls in grades 1-4 and 5-8 and will help participants develop fundamental skills by using drills and scrimmages to teach stick handling, passing, receiving and dribbling. Basic game play will occur to let the participants put all their skills to use. Participants should bring their own stick, mouth guard, shin guards and plenty of water! Sneakers or cleats are required for this program. This intramural program will be coached by Shari Bowers Shenkman and held at SHS.

Sec A July 12-July 14 Gr. 1-4 5:30-6:30 PM SHS \$75

Sec B July 12-July 14 Gr. 5-8 6:30-7:30 PM SHS \$75

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 27-July 8

Sec. A 9:00-11:00AM

Sec. B Noon-2:00PM

Session 2 July 11-July 21

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 27-June 30

Session 2 July 5-July 8

Session 3 July 11-July 14

Session 4 July 18-July 21

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 27-June 30

Session 2 July 5-July 8

Session 3 July 11-July 14

Session 4 July 18-July 21

Session 5 July 25-July 28

Session 6 Aug. 1-Aug. 4

Session 7 Aug. 8-Aug. 11



ELITE SPORTS EVENTS SOFTBALL ACADEMY

Sponsored by Under Armour

Skills Development- Evaluation - Success Starts Here

All Skill Levels Welcome. Session 1: Developmental- 8:00 am-9:45am

Session 2: High Performance - 10:00am - 12:00 pm. Both sessions held at Weatogue Park for girls entering grades 4-9.

Early Registration/\$100/Camper before June 1, 2016

Section A July 25-28 Grades 4-9 8:00-9:45AM \$110

Section B July 25-28 Grades 4-9 10:00AM-12:00PM \$110

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 **\$210 per session**.

Section A June 27-June 30

Section B July 11-July 14

Section C July 25-July 28

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 **\$210 per session**.

Session A June 27-June 30

Session B July 11-July 14

Session C July 25-July 28

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 18 - July 21 Ages 5-7 9:00-12:30PM \$140

Section B August 1-4 Ages 5-7 9:00-12:30PM \$140

Section C August 8-11 Ages 5-7 9:00-12:30PM \$140

SUMMER FITNESS CONDITIONING

Join us for some fun while we work out and get ready for the fall sports season!! This non-specific sports camp is fitness based and will incorporate drills to enhance endurance, footwork & agility, full body strength training, core based exercises, balance and flexibility. There will be some short and long distance runs as well as aerobic and pilates classes incorporated. All fitness levels welcome. Run by Terri Ziemnicki; Nationally Certified Group Fitness Instructor and Personal Trainer with over 30 years of experience, Connecticut Certified Hall of Fame High School Coach for over 30 years.

Sec A July 13-August 10 Gr. 7-12 6:00-8:00PM Simsbury Farms \$80

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 27-30
- Session 2 July 11-14
- Session 3 July 18-21
- Session 4 July 25-28
- Session 5 August 1-4

* 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 \$45

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 \$45

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 \$45

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 \$45



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. 6/27-8/8 6:30-7:45PM \$130 Simsbury Farms
Sec B Wed. 6/29-8/10 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. 6/27-8/8 7:45-9:00PM \$130 Simsbury Farms
Sec D Wed. 6/29-8/10 6:30-7:45PM \$130 Simsbury Farms

ADULT TENNIS CAMPS—Wait List Only!

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 5/24-5/26 9:30am-12:00pm \$130
Sec B 5/31-6/2 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.

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 11 – August 30

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 20 – Aug. 12

Mon.-Fri 10:00-1:00PM

SIMSBURY FARMS DAILY ADMISSION RATES

RESIDENT: \$5.00 All Ages DISCOUNT CARD: \$50 - 11 VISITS

NON RESIDENT: \$7.00 All Ages DISCOUNT CARD: \$70 - 11 VISITS

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

RESIDENT: \$2.50 All Ages

NON-RESIDENT: \$3.50 All Ages

ADULT LAP SWIM SCHEDULE

MEMORIAL POOL – June 20 – Aug. 12

Admission per session: \$2.00 residents \$4.00 non-resident

Season Passes WILL BE accepted for admission

Mon.-Fri 10:00AM-1:00PM – 2 Lanes minimum

SIMSBURY FARMS POOL – June 11– Aug. 30

Admission per session: \$2.00 residents \$4.00 non-resident

Season Passes not accepted for admission to morning sessions

Mon.-Fri 9:00-9:55AM - 1 Lane minimum -begins June 20

10:00-10:55AM - 1 Lane minimum –begins June 20

Mon.-Fri 7:00-7:45PM – 2 Lanes minimum** -Season Pass Accepted

Sat. & Sun. 11:00AM–Noon –4 Lanes minimum-add'l fee to stay for public swim

**Not held on nights of Swim Meets. Meet schedule on simsburyrec.com

CLASS DESCRIPTIONS

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 Monday-Friday afternoons 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 2016 season swim pass

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 25-July 23 from 11:00-11:45am. Full swim lesson time schedules are listed on page 9.

FEE: \$50 or \$40 if you have a 2016 season swim pass

MEMORIAL POOL - SWIM LESSONS

All lessons are instructed by one of our qualified Swim Lesson Instructors and meet Monday – Friday for 45 minutes. Level One - Level Six are offered in one week sessions.

Full swim lesson time schedules are listed on page 9.

FEE: \$50 or \$40 if you have a 2016 season swim pass

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, 2016.

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

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.

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 2015 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 20.



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
- class will be held July 4; must attend 80% of classes
- class meets Monday, Tuesday, Thursday, Friday

Sec A	June 20-July 8 Mon-Fri	Sec B	July 11-July 29 Mon-Fri
	*7:30-10:00AM	\$175	*7:30-10:00AM \$175

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

****POOL RENTALS****

Simsbury Farms Pool Rental Fee: \$425.00 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. \$300.00 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 Facebook: Simsbury Culture, Parks & Recreation E-mail: recinfo@simsbury-ct.gov
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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

Henry Lacharite

Ethan Deeds

Tom Gaghan

Kerry Muller

Karen Salvas

Golf Course Superintendent

Michael Wallace

Golf Course Maintenance Staff

Brian Johnson

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 Dennis Fallon

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 12/31/2016 (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!**

