

# SIMSBURY CULTURE, PARKS AND RECREATION DEPARTMENT FALL 2017 PROGRAMS—WWW.SIMSBURYREC.COM

**Strength Interval:** In this class you will use hand weights and your own body weight to strengthen and tone everything! Strength training can provide significant functional training and improvement in overall health. This class, taught by certified Group Exercise Instructor Jen Lehman, will be held at the Apple Barn on Monday mornings. Please bring a mat, 5 or 8 lb weights and a water bottle and join the fun!!

Sec A 9/11-10/2 10:00-11:00am \$45

Sec B 10/16-11/13 10:00-11:00am \$55

Sec C 11/27-12/11 10:00-11:00am \$35

**Vinyasa Flow Yoga:** This is a fun & light-hearted vinyasa style yoga class that links breath (pranayama) with movement (asanas), flowing through a series of yoga poses to increase strength, flexibility, balance, vitality & detoxification. This practice will incorporate vinyasa flow and posture alignment, while remaining aware of the importance of your breath and core strength. Gain inner awareness, shift mind/body habits & find contentment in your practice. All levels welcome. Please bring a mat, blanket & water. Instructor: Julie Erasmus, Certified Yoga Instructor. Classes are held at Boy Scout Hall and are \$48 each.



Sec A Mondays 9/11-10/2 9:30-10:45am

Sec B Wednesdays 9/13-10/4 9:30-10:45am

Sec C Wednesdays 9/13-10/4 5:30-6:30pm

**Abs, Back & Booty:** 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 and plenty of water for this class! Taught by certified Group Exercise Instructor Jen Lehman, this class will be held on Wednesday mornings at the Apple Barn.

Sec A 9/13-10/11 8:45-9:30am \$55

Sec B 10/18-11/22 8:45-9:30am \$65

Sec C 11/29-12/13 8:45-9:30am \$35

## Family Open Gym

Looking for fun? Try our Family Open Gym Basketball Program @ HJMS Gym on Sundays from December 10 - March 18 from 12-4:30PM. Only \$2 pp, max \$5 per family.

## Soul Speak: Yoga & Vision Board

**Workshop:** Create a Vision and align your Goals for the Year! This life changing event begins with an all levels yoga practice to open the heart and calm the mind. Once the body and mind are receptive, Kristal will guide you in a meditation to manifest your heart's desire and your soul's intent. Then you will create your Vision Board, a concrete example of your passions and goal for the upcoming year. Join Kristal Fiorentino, Yoga Therapist at The Om Within, for this 3 1/2 hour morning workshop that will be held in the Apple Barn.

Sec A 11/17 6:00-9:00pm \$59

## Rock Your Life: Yoga & Vision Board Workshop for Teens:

Visualize your dreams; Put it on paper; Make it happen. Join us for a relaxed, creative event where you'll get centered with some easy yoga, get crafty, and get up close and personal with your action plan for your future. No experience needed. No pressure. Just fun. This 1-day session will be held on Saturday, November 18th from 11am-2pm in the Apple Barn. Cost will be \$59 per person, and is for young women & teens ages 13-18.

Sec B 11/18 11:00am-2:00pm \$59

## Platform Tennis Lessons

### Novice Platform Tennis

Those new to paddle or have just started to progress at paddle will be instructed in the basic shots needed to play the game. This four week program will cover the basic concepts of the game, including the drive, lob and serve. Small class size ensures concentrated instruction. The cost of the class is \$90.

**Mondays - 8:30-9:30PM, October 2-23**

### Intermediate Clinic

For players who would like to hone their skills and become proficient in lobs, screens and tactics. This high energy clinic will meet four weeks. Small class size ensures concentrated instruction. The cost of the clinic is \$120.

**Tuesdays - 4:00-5:30PM, October 3-24**

### Mixed Doubles Intermediate

Mixed doubles are for those who would like to hone their skills and become proficient in lobs, screens and tactics. This high energy clinic will meet four weeks. Small class size ensures concentrated instruction. The cost of the clinic is \$120.

**Thursdays - 6-7:30PM, October 5-26**

**CPR & First Aid:** Do you want to learn CPR & First Aid, or do you need to re-certify? This class is for youth and adults, ages 13 and up. Kneeling on the ground is a required ability; if you cannot kneel you can practice on a table, but you would not be able to receive the CPR certification. Completed certifications are good for 2 years. Classes will be held at the Apple Barn.

Sec A 10/19 4:30-8:30pm \$85

## Ice Skating Lessons at Simsbury Farms

Learn to skate at your home town rink! Registration for lessons will begin in early October. Complete skating lesson schedule can be found at [www.simsburyrec.com](http://www.simsburyrec.com).

## Music Classes with Martocchio Music

**Mommy, Daddy, Music & Me:** Introduce your toddler to music! Our classes are designed to help develop your child's ability to understand the concepts of music, rhythm and dance by using real musical instruments (winds, brass, strings and drums). Mommy, Daddy, Music and Me classes are for children ages 18 months to 5 years old, are \$80 each and are held at Martocchio Music. Session runs 9/22-11/10.

**Sec A 18 mths. - 3 yrs 10:00-10:50am**

**Sec B 3 yrs - 5 yrs 11:00-11:50am**

**Rock Band:** Come play in a rock band and be a star! This is a unique opportunity to play in a rock band coached by professionals every Saturday this spring. All levels are welcomed. Students will play in rock bands according to their age and skill level. Participants will be featured in an end of session concert showcasing all of their hard work. This will be held at Martocchio Music, and will cost \$160.

**Level 1 Sat. 9/23-11/18 (no 11/11)**

**10:00am -12:00pm**

**Level 2 Sat. 9/23-11/18 (no 11/11)**

**10:00am -12:00pm**

**Adult Music 101:** Introduction to music 101: Unlock the mysteries of the music language. Topics will include: musical instruments of the band and orchestra, the mystery of the piano, the musical alphabet (A, B, C, D, E, F, G), basic rhythm and pitch concepts. This class will be held in the Apple Barn, and will cost \$80.

**Sec A Mon. 10/16-11/6 6:30-7:45pm**



# SIMSBURY RECREATION DEPARTMENT FALL 2017 PROGRAMS

You can register for all of our programs through our website, [www.simsburyrec.com](http://www.simsburyrec.com); you can visit the Simsbury Farms main office at 100 Old Farms Road during business hours, Monday-Friday 9:00am-4:30pm; or call 860-658-3836 for more information.

## Simsbury Spinners Baton Team

The Simsbury Spinners Baton Twirling Program is designed to provide all students the opportunity to advance their twirling and performance skills in a fun and non-competitive atmosphere. All twirlers are encouraged to strive for their personal best. However, a competitive option is available for Juvenile and Junior Age twirlers. The Team Twirling program runs from September through June. Twirlers are encouraged to twirl the entire school year to fully benefit from the once per week instructional format and enjoy the multiple performance opportunities scheduled. Registration will occur in September for Fall Session (Sept.-Nov/Dec) and then again in January for the Winter/Spring Session (Jan-June). To learn more and to register for the program, please visit [www.simsburyrec.com](http://www.simsburyrec.com).

**Super Soccer Sundays:** Start early and learn from the pros! Have fun spending quality time with your child as you participate in soccer related drills, games and fun! This parent/child program will be held at Weatogue Park on Route 10 in Simsbury on Sunday mornings.

Sec A 9/17-10/8 10:30-11:15am \$60

Sec B 9/17-10/8 11:15am-12:00pm \$60

## ICE SALE AT SIMSBURY FARMS ICE

**RINK:** Simsbury Farms Ice Rink is the perfect place to rent for a birthday party, family event, business outing or hockey game. Let us help you plan the perfect event. We are now taking reservations for ice time at the rink for the upcoming season. There are still great times available, but spots are filling. Call the Simsbury Recreation Department at 860-658-3836 for more info.



## SIMSBURY CELEBRATES!

Mark your calendars for this wonderful annual event! This year it will be taking place on **Saturday, November 25 from 4:30-7:30pm.**

## Babysitter Safety Classes

**Babysitter Safety 101:** This is an entry level course intended to teach age appropriate skills necessary to care for children of all ages using team babysitting, mother's helper and individual babysitting concepts. Basic first aid and obstructed airway management for a conscious choking adult/child and infant will be covered.

**Advanced Babysitter Safety 102:** Building on the entry level skills, objectives for this scenario based, expanded course includes additional First Aid concept, Adult/Child and Infant CPR. Requires written and skills testing to be awarded an American Heart Association 2 year certification.

Sec A Babysitter Safety 101: 10/9 12:00pm-4:00pm \$65

Sec B Advanced Babysitter Safety 102: 11/7 12:00pm-3:00pm \$65

## TRUNK OR TREAT 2017

Join us on Saturday, October 28th from 1:00-2:30pm as we celebrate Halloween! Parking spaces must be reserved; walk-ins are not allowed. Car decorating will take place from 1:00-2:00pm, and trick or treating will run from 2:00-2:30pm. Our Fun Zone will be rocking from 1:00-2:00pm, with an inflatable from Bounce About; Halloween Tennis with Bill Donahue & the staff of Farmington Valley Racquet Club and Fun Unlimited Tennis; Halloween games with the Simsbury Public Library; a Halloween party DJ and so much more! Register for your space at [www.simsburyrec.com](http://www.simsburyrec.com)—it's FREE!



## Acting Workshop

Join us for this exciting acting program. Topics covered include theater games, concentration exercises, voice and speech, and improvisational skills. Acting terminology, sense memory, stage skills and script work will also be covered. This class is challenging and offers new and exciting activities for the more advanced participant as well! This seven week program is held on Friday evenings at Boy Scout Hall, from September 29-November 17. The cost for this program is \$145.



Sec A Grades K-4 5:05-6:00pm

Sec B Grades 5-8 6:05-7:00pm

## Simsbury Youth Basketball

Simsbury High School Girls Varsity basketball coach Sam Zullo and his staff and players will be leading these great programs focusing on techniques and mastering the fundamentals of the game. Programs will be for Boys & Girls grades K-2, Girls grades 3 & 4 and Boys grades 3 & 4. Each program is designed for the beginner through experienced player who wants to build on their shooting, ball handling, passing, defense and rebounding skills through quality instruction, drills, scrimmages and games. The program creates a safe, fun and confidence building atmosphere through encouragement, teamwork, sportsmanship and respect. For grades 3 & 4, practices will be held on Wednesday evenings. Practices & Games for all grades will be held on Saturdays.

Registration for these great programs will begin in October, please visit [www.simsburyrec.com](http://www.simsburyrec.com).



**HJMS After School Ski Program:** The Simsbury Recreation Department will once again be running a winter after school ski program for HJMS students. Registration will begin in late September. Visit [www.simsburyrec.com](http://www.simsburyrec.com) for more information.

**WE WANT YOU TO BE A PART OF OUR PROGRAMS! LOG ON TO [WWW.SIMSBURYREC.COM](http://WWW.SIMSBURYREC.COM), CREATE AN ACCOUNT, AND BE IN THE KNOW ABOUT WHAT'S GOING ON AROUND TOWN!**

For More Information Call Simsbury Farms @ 860-658-3836 or visit us at [www.simsburyrec.com](http://www.simsburyrec.com)