

SIMSBURY CULTURE, PARKS AND RECREATION DEPARTMENT FALL 2018 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 9/17-10/29 9:15-10:15am \$55
Sec B 11/05-12/10 9:15-10:15am \$55

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 \$68 each.



Sec A Mon 9/10-10/15 9:30-10:45am
Sec B Wed 9/12-10/17 9:30-10:45am

Super Soccer Sundays

Start early and learn from the pros from Soccer Shots! Your child will have a blast participating in soccer related drills, games and fun! This program will be held at Weatogue Park on Route 10 in Simsbury on Sunday mornings. This 5 week program is designed for children 3-5 years old and costs \$80. Your child must be 3 by the end of the program to participate. No class on 10/7.



Sec A Sun 9/16-10/21 12:15-1:10pm
Sec B Sun 9/16-10/21 1:15-2:10pm

Ice Skating Lessons at Simsbury Farms

Learn to skate at your home town rink! Registration for lessons will begin **Oct. 1** on www.simsburyrec.com.

Session 1: **Wednesdays** \$50
Nov. 14, 21, 28, Dec. 5, 12
Session 1: **Thursdays** \$50
Nov. 15, 29, Dec. 6, 13, 20
Free Skate rentals for lessons, reservations are required. Size quantities are limited.
4:15-4:50pm Parent & Child
Pre-Star
1 Star
2 Star
4:55-5:30pm Pre-Star
1 Star
2 Star
3 Star

Complete winter skating lesson schedule and level descriptions can be found at www.simsburyrec.com.

Wellness and Nutrition Seminars

Wellness on Autopilot— Using the power of habits to eat better, improve fitness and live your best life

Food Labels and Nutrition Claims— Read them like an expert and get the most out of your food dollars

Recipe Makeovers— How to update the health quotient of your favorite recipes without sacrificing taste

Thriving During the Holidays— Practical tips for getting the best of the holidays without adding pounds

Seminars run on Wednesday mornings and Thursday evenings in the Apple Barn during October and November. To see a full description as well as dates and times check www.simsburyrec.com.

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.



10/20 8am-12pm \$85 Apple Barn

Mommy, Daddy, Music & Me

Introduce your toddler to music with Martocchio 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 10/5-11/16.



Sec A 18 mnths-3 yrs 10-10:50am
Sec B 3 yrs -5 yrs 11-11:50am

Pregnancy Nutrition

Pregnancy is a time of great excitement and change and while we know good nutrition is important the dos and don'ts can be overwhelming. When it comes to nutrition there is lots of focus on things to avoid and weight gain goals but little support for what to eat to stay healthy. This foundational class covers the basics of healthy pregnancy nutrition. We will go beyond what to avoid and cover practical topics such as energy needs, healthy food choices, and challenges of eating as our body changes and strategies to optimize pregnancy weight gain. The class is aimed at women planning to get pregnant and those already pregnant without major pregnancy complications.

11/1 6-8pm \$30 Apple Barn

Adult Tennis Programs

Learn how to play tennis, or improve on your skills with Bill Donahue and the staff of the Farmington Valley Racquet Club! Check www.simsburyrec.com for new session dates & times for the following programs:

Live Ball Action Drill & Play

Tennis Apprentice Level I—Adult Beginner/Advanced Beginner

Tennis Apprentice Level II—Advanced Beginner/Low Intermediate

SIMSBURY RECREATION DEPARTMENT FALL 2018 PROGRAMS

You can register for all of our programs through our website, 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.

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. 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. To learn more, please visit www.simsburyrec.com.

Trunk or Treat 2018

Join us on Saturday, October 27th from 1:00-2:30pm as we celebrate Halloween! Parking spaces are free but 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, and so much more! Register for your space at 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 for more information.

Simsbury Youth Basketball

This awesome program will be back for kids in grades K-4! Keep an eye out for more information coming in early October & don't wait to sign up!

Visit www.simsburyrec.com for info!



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 BS 101: 10/8 9:00am-1:00pm

Sec B BS 102: 10/8 1:30-3:30pm

Classes are held in the Apple Barn and are \$65

Sports Nutrition

Serious athletes know that in order to reach high levels of performance you must constantly push your athletic limits. Training takes dedication, hard work and energy delivered at the right time. Fueling athletic growth and performance requires that the right nutrients be delivered at the right time to meet the ever changing needs of every individual athlete. Setting a healthy nutrition foundation is especially important for young athletes to ensure healthy growth and minimize risk of injury. Join Anna Daniele, Nutritionist and Certified Health Coach, for an informative class focused on the basic principles of nutrition and hydration for athletes

10/11 6-8pm \$30 Apple Barn

Simsbury Celebrates! 2018

Mark your calendars for this wonderful annual event! This year it will be taking place on **Saturday, November 24 from 5:00-8:00pm**. Find more info at www.simsburycelebrates.com!



Gingerbread House Workshops

It's a holiday twist on paint nights! The holiday season will be here before you know it and the Annual Simsbury Celebrates Gingerbread House Competition & Exhibit will be here even sooner! Grab a friend and join us for a night or two out for some learning, socializing and fun! Classes will be held at Freemasons Hall.

Night 1 - Design & Construction

This class covers the basics of Gingerbread House Design and Construction and will give you the knowledge and instruction on how to build your own Gingerbread masterpiece! Learn how to use templates, assemble a home using royal icing, and so much more! All participants will leave with a custom template and 3-D model* of their Gingerbread creation along with a complete instruction manual.

Night 2 - Decorating Techniques

This class covers the basics of Gingerbread House decorating techniques. Learn techniques for roofing, siding, windows, stonework, landscaping, ground cover, and more! All participants will leave with a sample board of their class work and a Decorating Techniques Instruction Manual. *Attendance at the first session is not required to participate in this class.*

Night 1 10/11 7:00-9:00pm \$25

Night 2 10/25 7:00-9:00pm \$25

Mindless vs Mindful Eating

Explore two different eating theories, Mindful Eating and Mindless Eating, and discover how changing the way we approach eating, not just what we eat, can lead to weight loss and better health without restrictive diets. If you like food, are not a fan of restrictive diets and want to learn about different options Join Anna Daniele, Nutritionist and Certified Health Coach, for a fun and informative workshop series as we explore how we eat, why we eat and what we eat on a journey to better health. Class in the Apple Barn,

Sec A 9/26-10/10 10am-12pm \$80

Sec B 9/20-10/4 6-8pm \$80

**WE WANT YOU TO BE A PART OF OUR PROGRAMS! LOG ON TO
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