



Portland Parks and Recreation Fall 2018



Programs

**Portland's "COME ON OVER" 5K Road Race
Youth Tennis Program
Junior Golf Workshop with Gerry D'Amora
Youth Karate & Gymnastics/Tumbling Classes
Dance & Movement with Miss Alicia
American Red Cross "When I'm In Charge" & "Babysitting"
Pre-Season Basketball Clinics
Zumba, Pilates & Tai Chi
Hoop Fitness & Yoga
Cross Training Boot Camp for Men & Women
Jujitsu for all ages
Ladies Golf Clinic
Adult Co-Ed Volleyball
Men's Drop- in Basketball
Holiday Happenings
Portland SPORTS Contact Information
Brownstone Quorum HAUNTED TRAIL TOUR**

PORTLAND PARKS AND RECREATION

Po Box 71, 265 Main Street, Portland, CT 06480 Phone: 342-6757 Fax: 342-6763

Hotline: 860-262-7234 Register online: portland.recdesk.com

Website: www.portlandct.org

Participant's Name: _____ Phone Number: _____

Street Address _____ Apt. # _____ Town: _____ Zip Code: _____

Male: ___ Female: ___ Date of Birth _____ School Grade: _____

Under 18 years old, please fill in parent information

Mother's Name _____ Father's Name _____

Home Number _____ E-mail Address: _____

Mom's Work Phone: _____ Dad's Work Phone: _____

Mom's Cell Phone: _____ Dad's Cell Phone: _____

If a parent is not available:

Emergency Contact: _____ **Relationship:** _____

Home Phone # _____ **Work Phone:** _____ **Cell Phone #** _____

Child's Physician: _____ Phone #: _____

* If there are any medical concerns or allergies that we should be aware of, please list below:

In case of an emergency, may we transport via ambulance? Please circle: Yes No

Please list anyone who does not have permission to pick up your child (If this is a biological parent, a copy of the court order must accompany this form). _____

I give the Portland Parks and Recreation Dept. permission to use any photographs taken during the program to be used in any advertising, i.e. web site, program literature: Yes No

<u>Program(s)</u>	<u>Date & Time</u>	<u>Fee</u>
1. _____	_____	_____
2. _____	_____	_____

I hereby agree to hold harmless the Town of Portland and its agents for any accidental injury caused by participation in any Town of Portland sponsored activities. In signing this form, it is understood that Portland Parks and Recreation Department and the Town of Portland DO NOT assume responsibility for accidents and the participant(s) agree(s) to abide by all rules and regulations set by the Portland Parks and Recreation Department. If enrollment is low the Parks & Recreation Dept. has the right to determine if classes should be canceled.

If under the age of 18 years old, please have parent or guardian sign;

Participant: _____
(Print Name) (Signature) (Date)

Youth Programs

Junior Golf Workshop with Gerry D'amora (PGA Golf Professional)

This workshop is designed to acquaint participants with the game of golf. The daily schedule includes demonstrations, learning the rules of golf, golf skills & techniques, learning the short game (putting and chipping), golf etiquette, and a chance to walk and play Portland's Executive

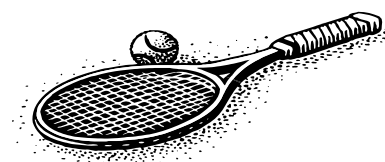


Course, Portland West. If you have clubs please bring them. Sneakers are allowed. The instructor will give a rain date. Min: 8 & Max: 10 Enrollments.
 Day: Monday Dates: Sept. 10 – Oct. 1 Time: 5:00 – 6:00 pm
 Age: 6 to 12 Site: Portland West Fee: \$77 per session

Youth Tennis Program

Quick Start Tennis is an exciting new instruction and play format for learning tennis. It is designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions and modified games tailored to any age and size of the player. This is a proven method to accelerate your child's development and enjoyment of the game.

Day: Tuesdays Date: Sept. 11 – Oct. 16 Fee: \$57
 Grade: K – 2nd Time: 5:45 – 6:30 pm
 Grade: 3rd – 5th Time: 6:30 – 7:15 pm
 Grade: 6th – 8th Time: 7:15 – 8:00 pm
 Site: Portland High School Tennis Courts (PHS or PMS Gym if it rains)



Pre-Season Youth Basketball Clinics

This is a great chance to get ready for the season!!! The Parks and Recreation Department will be hosting a series of pre-season drills and clinics during the fall to help prepare youth in grades 1 – 4 for the upcoming Basketball Season. **Fee: \$17 for the program (all 3 dates).**

Gender/Grades	Site	Day	Dates	Time
Girls 1 & 2	Valley View School	Thursdays	Dec. 6, 13, 20	5:00 – 5:45 pm
Boys 1 & 2	Valley View School	Thursdays	Dec. 6, 13, 20	6:00 – 6:45 pm
Girls 3 & 4	Gildersleeve School	Thursdays	Nov. 1, 8, 15	5:30 – 6:30 pm
Boys 3 & 4	Gildersleeve School	Thursdays	Nov. 1, 8, 15	6:30 – 7:30 pm

Karate Classes / Gymnastics for KIDS

Little Ninja's Karate (Ages 3-5)

This class taps into the “Inner Ninja” in every kid and will focus on learning some basic karate moves, listening skills, balance and coordination, taking turns and more. Parents are welcome to participate. If you or your child is a fan of American Ninja Warrior, this is the class for you!!

Day: Monday	Dates: Sept. 10 – Oct. 15	Time: 3:15 – 4:00 pm
Day: Tuesday	Dates: Sept. 11 – Oct. 16	Time: 4:00 – 4:45 pm
Day: Tuesday	Dates: Sept. 11 – Oct. 16	Time: 5:00 – 5:45 pm
Site: Inner Circle	Fee: \$67 for 6 classes	



Karate for Kids (Ages 7+)

Open to kids with or without karate experience, with the focus on proper form, self-defense, body-control, self-confidence, katas and more! All students receive white belt and will earn first stripe during this session! GI's provided at reduced cost.

Day: Wednesday	Dates: Sept. 12 – Oct. 17	Time: 5:00 – 6:00 pm
Day: Friday	Dates: Sept. 14 – Oct. 19	Time: 4:00 – 4:45 pm
Site: Inner Circle	Fee: \$67 for 6 classes	

Gymnastics & Tumbling

These classes are ideal for both the beginner and advanced students. The focus will be on floor skills (balance moves, cartwheels, rolls, handsprings, etc...) as well as balance beam and some bar work. Each student will be assessed and pushed to perfect existing skills as well as learn newer, more advanced moves. All ages and skill levels.

Day: Thursday	Dates: Sept. 13 – Oct. 18	Time: 6:30 - 7:30 pm
Site: Inner Circle	Fee: \$67 for 6 classes	



American Red Cross

“When I’m in Charge”

“When I’m In Charge” is designed for youth the age of 7 and up. The program gives youth increased confidence and the ability to feel safe and in control when home alone, by teaching them to act safely, think responsibly, and be independent decision makers. Topics include:

- Answering the door or telephone
- Internet Safety
- Gun Safety
- Who and When to call in an emergency

Each child will receive:

- Student workbook which includes
 - Emergency information sheet`
 - House rules form
 - How to call 911 card



Day: Friday

Date: October 12

Fee: \$32

Time: 5:30 – 7:30 pm

Age: 7 years old and up

Site: Buck Foreman Comm. Ctr.

“Babysitting Course”

This course provides youth planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. This training will help participants to develop leadership skills; learn how to develop a babysitting business, choose safe and appropriate toys and games, diapering, bedtime, keeping themselves and others safe and help children behave; and learn about basic child care and basic first aid. A great way to get your teen ready for a babysitting job!

Day: Monday- Tuesday

Date: November 19 & 20

Age: 11 – 15 years old

Time: 12:15 to 2:45 p.m.

Fee: \$57

Site: Buck Foreman Center



Dance Classes with Miss Alicia



Classes start September 27th! New this fall we are looking into a couple of opportunities for the dancers to perform, if they wish at local nursing homes in December!

Session I: September 27 to October 25

Session II: November 1 to December 6 (no classes 11/22)

Pre-Ballet – This class is for young dancers who want to express their independence without the assistance of an adult. Dancers will have fun learning pre-ballet movement to popular children’s music through singing and dancing. We will also use props such as hoops, bean bags, lummi sticks and more. Dancers should wear comfortable clothing that allows for movement and ballet shoes/socks.

Day: Thursday

Time: 4:45 to 5:15 p.m.

Fee: \$57

Site: Inner Circle

Age: 2 to 4 years



Ballet/Jazz – An introduction to ballet & jazz class for young dancers. Dancers will be introduced to basic ballet & jazz steps and vocabulary. Dancers should wear comfortable clothing that allows for movement and ballet shoes/socks.

Day: Thursday

Time: 5:15 to 6.00 p.m.

Fee: \$67

Site: Inner Circle

Age: 4 to 6 years



Cardio Dance/ Gymnastics & Tumbling - This high energy class for boys and girls will get you moving and dancing to the music! We will warm up with some dancing and then focus on floor skills (balance moves, cartwheels, rolls, handsprings, etc.) as well as balance beam and some bar work. Students should wear comfortable clothing that allows for movement.

Day: Thursday

Time: 6:00 p.m. to 6:45 p.m.

Fee: \$67

Site: Inner Circle

Age: 6 to 12 years



Adult Programs

ZUMBA!

10 Week Session!

Zumba fitness uses Latin rhythms and easy to follow moves to create a dynamic fitness program that will totally change the way you look at fitness! Zumba is an exhilarating, caloric-burning, body-energizing, and most of all, **FUN** program that will totally blow you away! Once you've tried Zumba, you will be hooked on the most amazing fitness program you have ever experienced! So come on, "Stop the workout and Join the Party!"



Day: Wednesday Date: Sept. 12 – Nov. 14 Time: 6:15-7:15

Free Class Sept. 5th

Fee: \$52 per session or \$7 per class

Site: **Valley View Gym**

Age: 13 and older; participants under 18 must be accompanied by a registered adult.

Instructor: Valerie Swiantek

Yoga for Everyone!

This class focuses on the three main aspects of yoga (exercise, breathing and meditation) and is ideal for both the beginner and more advanced student. Proper breathing techniques will be combined with student-appropriate exercises and techniques to help quiet the mind, strengthen the body and lower stress. Mats provided or bring your own.



Day: Wednesday

Dates: Sept. 12 – Oct. 17

Time: 7:15-8:30 pm

Fee: \$74 for 6 sessions

Instructor: Jodette Bentley

Site: Inner Circle

NEW! Hoop Fitness with Cori

Come join the hoopla!! Join America's Fit Mrs. and certified FXP hoop instructor Cori Magnotta and burn up to 600 calories per hour while having fun! This class combines the elements of barre, Pilates and yoga and provides an intense cardio and core workout for maximum results in a fun and supportive environment. Beginners welcome!

Day: Tuesday

Dates: Sept. 11 – Oct. 16

Time: 7:00 – 8:00 pm

Fee: \$67 for 6 classes

Site: Inner Circle

Ladies Fall Golf Clinic

Always wanted to learn how to play golf or just brush up on your skills? Parks and Recreation in cooperation with Portland West will offer a ladies golf clinic. Golf Professional Gerry D'Amora from Portland West will be the instructor of this 4-week session.



Day: Tuesday
Fee: \$112

Dates: Sept. 11 to Oct. 2
Site: Portland West

Time: 5:30 to 6:30 p.m.

Tai Chi for Long Life – 10 Week Session!

Tai Chi for Long Life is a unique health and fitness program designed to help relieve chronic pain and sickness, reverse many symptoms associated with normal aging, significantly reduce the harmful effects of stress, instill a deep sense of calm and relaxation, increase vitality and improve one's overall quality of health. Tai Chi has been proven through scientific studies to, among other things, improve balance, alleviate arthritis, reduce bone loss due to osteoporosis and manage blood sugar levels.

Day: Wednesday Sept. 12 – Nov. 14

Time: 9:30 – 10:30 a.m.

Day: Saturday Sept. 15 – Dec. 1 (no class 11/24)

Time: 1:00 – 2:00 p.m.

Instructor: Ken Zaborowski

Fee: \$42 1 class a week or \$84 for 2 classes a week

Site: Buck Foreman Comm. Ctr.

Drop In for \$6.00 a class

Pilates – 13 Week Session!

Pilates is an exercise option for everyone. Designed to develop a strong core while maintaining loose, limber limbs, the exercises provide multiple variations to meet the needs of different body types. This class will focus on the basic principles of Pilates to start strengthening core muscles (stomach, back and gluts), and improve balance and coordination between the body's limbs.

Class is taught by a Personal Euphoria Pilates Certified Instructor.

Day: Thursday

Site: Buck Foreman Comm. Ctr.

Dates: Sept. 13 – Dec. 13 (No class 11/22)

Time: 5:30pm – 6:30pm

Age: 18 years and older Min. 13

Fee: \$62

Jujitsu for All Ages

Jujitsu, known as the “gentle art” is an ancient Japanese martial art that uses an opponent's energy against themselves. In addition to learning a variety of joint locks, disarms, pins and throws, you will also learn to properly fall, neutralize aggression and become more aware of your surroundings. All ages and skill levels welcome.

Day: Saturday

Dates: Sept. 15 – Oct 20

Time: 11:15 am-12:30

Instructor: GM Dennis Bivens

Fee: \$67 for 6 classes

Site: Inner Circle



Cross Training and Boot Camp for Men & Women

Training for a Tough Mudder? Spartan Race? American Ninja Warrior? This is the class for you! Get stronger, faster, fitter and more flexible than you thought possible. This is a full body workout that includes a focus on core, cardio and a variety of body weight exercises – and all skill and fitness levels are welcome. This class is for ages 14 and older, but kids are welcome to participate if the parents feel comfortable. No better way to get into the best shape of your life!

Day: Tuesday Dates: Sept. 11 – Oct. 16 Time: 6:00 - 7:00 pm
Day: Saturday Dates: Sept. 15 – Oct. 20 Time: 7:30 – 8:30 am Fee:
\$8 for 12 classes Site: Inner Circle

Men's Drop-in Basketball

Looking for the opportunity to shoot some hoops and brush up on your game? Here's a chance to participate in free play basketball games. Portland residents only please.

Over 30 Men's Drop in Basketball: Portland Middle School
Day: Tuesday Dates: November 13 - April 2
Time: 7:30 – 9:00 pm **No Program:** 12/26 & 2/20



Adult Co-Ed Volleyball

Participate in this fun, drop-in volleyball program. Bring your friends and join the fun! Sneakers must be worn. This program is free. Must be 18 and Older

Day: Wednesday Date: November 7 – April 10
Competitive Recreation Time: 5:00 – 6:30 pm
Non – Competitive Recreation Time: 6:30 – 8:00 pm
No Program: 11/21 & 12/26 Site: Gildersleeve School gym

ENJOY A FALL HIKE, RUN OR WALK



Portland Reservoir Rim Trail

A natural hiking trail that loops around the Portland Reservoir is a nice two mile trail that is well established and is marked with red blazed markers. The first section of the trail takes you along Reservoir Rd. This section of trail takes you along the edge of the reservoir. You enter the next section of the trail as you pass a gate. After the gate you turn right on the Old Marlborough Turnpike (that was used by the early settlers to the area. This trail takes you on along the East side of the reservoir and over the biggest water crossing which is Reservoir Brook. Once you cross Reservoir Brook, hike for a while until you come across a right hand turn. Turn right and quickly come across our second water crossing. This crossing has a foot bridge completed by an Eagle Scout. Continue to hike parallel of the southern bank of the reservoir; you will then come to a fork in the road. At this point follow the fork right. After the fork, you will come to the 3rd and final water crossing. After this crossing, the trail takes you back to the parking area.

Portland Riverfront Park

Enjoy a walk or a hike through Portland's beautiful 40 acre Riverfront Park. This easy to intermediate hike along the Connecticut River will include a summit overlook with view looking North up the Connecticut River. Directions: (284 Brownstone Avenue) Take Middlesex Avenue (off of Main Street – Route 17A) follow to first stop sign. Take at left onto Brownstone Avenue where at the bottom of the Hill on the right is the driveway to the back parking lot.



HOLIDAY HAPPENINGS

Halloween at the Portland River Front Park Saturday, October 13, 2018



PORTLAND'S "COME ON OVER"

5K THE ZOMBIE RUN/WALK

Time: Race starts 9:00 am (registration starts at 7:30 am) Rain or Shine
Place: Start and Finish at Portland Town Riverfront Park, Brownstone Ave.

Entry Fee: \$15 per runner prior to October 5th, 2018
\$20 per runner on or after October 5th, 2018
\$10 for any runner age 19 and under thru day of race
\$10 for walkers division – the course will be 2.1 miles.



HAUNTED TRAIL TOUR

Fun Games, Activities, Prizes, & Haunted Woods!!

SPECIAL GUEST: THE CONNECTICUT GHOSTBUSTERS!

Time: 3:00 – 6:00 pm for Children 10 and Under

6:30 – 9:00 pm for Anyone 11 and Up

Fee: \$6.00 (Children 2 years and younger are free)

Portland Historical Society “Fundraiser”
Jingle & Mingle, a Festival of Wreaths

“Jingle & Mingle” a Festival of Wreaths, will take place on **Saturday, Dec. 1st** and **Sunday, Dec. 2nd** (coinciding with the Holiday Parade festivities). Wreaths decorated by individuals, businesses and organizations will be on display in the carriage barn, behind the Historical Society’s 329 Main Street location, from noon to 4:00 p.m. both days. The winning names will be drawn on Sunday at 4:00 just before the “Holiday Parade”. More info will be posted on the website! If you would like to sign up to donate a wreath, please e-mail the Society at portlandcthistory@gmail.com or call Deb at 860-342-1927 prior to Nov. 29th. All proceeds will be used to further the Society’s mission to preserve Portland’s history and to fund educational projects for the community.



Pancake Breakfast Sunday, December 2nd

Company #1, Middlesex Ave from **7:00 am to 11:00 am**. You will have a choice of Plain, Blueberry, Chocolate Chip, Sausage and a Beverage.
Bring either a food item or unwrapped toy and receive a free breakfast.

(Toys and Food will be distributed throughout Portland). Santa will be there from 9:00 to 11:00 a.m. for pictures with your children (take your own or support Portland Youth Services teens Youth Action Council & pay \$3.00). The Youth Action Council will also be on hand to make crafts with the children!



Holiday Parade and Tree Lighting December 2nd

Come back downtown at 5:00 p.m. to see the **Holiday Parade!**
It will start at the Town Hall on East Main Street, and then it will go down Freestone Ave., and end at Brownstone School for the Tree Lighting and Carol Singing.
Special Guest will be **SANTA!**



PORTLAND TRAVEL BASKETBALL CLUB

Registrations are now OPEN!

Basketball grades 4 - 8

Cheerleading grades 5 – 8

5th Annual Red & Black Golf Tournament

Parents can register on-line at:

<http://portlandcttravelbasketball.com>

Returning families use the same account as last year.

New families create an account.

Parents may add siblings to an existing account.

No payment is needed to register

The season runs through early March!

RECREATION BASKETBALL

Any player interested in playing recreation basketball – registration is separate from travel basketball

Basketball brochure/information will be

Available early October!

Tee-Ball/ Portland Little League/Softball 2018

Portland Little League offers softball and baseball programs for players ages 5-16.

(Please see the PLL website for age requirements)

Opening day is around the corner!

Information for Portland Little League registration for the upcoming season can be found by visiting their web site at www.portlandctlittleleague.org or by sending an email to infor@portlandctlittleleague.org



**PSC Announces its Fall 2018
Club Registration**

PSC is now accepting registrations for the Fall 2018 club soccer season

Club registration will be accepted until September 1, 2018. Registrations received after August 17, 2018 will be charged an additional **\$25** dollar late fee.

The PSC will only accept registrations through their on-line registration system, which can be accessed via the Internet at **A NEW PORTLAND WEBSITE**

<http://portland.cjsalive.org/>

Club Soccer: the cost per registrant will be structured as follows:

U4 (01/01/15) TO (12/31/15) – Pre-K Club Recreational = \$60

U5 (01/01/14) TO (12/31/14) – Pre-K Club Recreational = \$60

U6 (01/01/13) TO (12/31/13) – Dribbler Club Recreational = \$75

U7 (01/01/12) TO (12/31/12) – Kicker-Club Recreational = \$75

U8 (01/01/11) TO (12/31/11) – Kicker-Club Recreational = \$75

U9 (01/01/10) TO (12/31/10) – Kicker-Club Recreational = \$75

Full team uniforms for all divisions and balls for Pre-K are included in the registration fees and will be available for distribution prior to and during the first day of play.

The Club program will run from September 8th through October 27th (8 Week season). All games will take place at Camp Ingersoll.

Pre-K sessions: 9:30 -10:15 (no practice during the week)

Dribbler sessions: 9:00-10:15 (no practice during the week)

Kicker sessions: 8:30-10:00 (one practice during the week)

Club Contacts:

Chris Donahue- President - donahuecj@sbcglobal.net or (860-342-3228)

Dave Fenton - Vice President – david.fenton@hhchealth.org or (860-342-5269)

Chad Wilson – Registrar - nosliw.dahc@gmail.com or (205-999-8842)



Portland's Parks and Recreation



"Come On Over" 5K

The Zombie Run/Walk

Take a spooky run/walk in the Haunted Woods!!

The Race starts at 9:00AM (registration starts at 7:30AM)



Saturday, October 13, 2018!!

Portland Riverfront Park

Main St to Middlesex Ave, Left on Brownstone Ave
Registration: (forms available at www.portlandct.org)

\$15 per runner prior to October 5th, 2018

\$20 per runner on or after October 5th, 2018

\$10 per runner 19 and under through race day

\$10 for walkers division – the course will be 2.1 miles



For more information call:

Sean Dwyer at 860-342-6757 or email sdwyer@portlandct.org

Theme Costumes are Optional with Prizes for the Best Ones!

This event is Rain or Shine!!



Sponsors 2017

A & N Subway, LLC
Bordonaro's Pharmacy
Brownstone Quorum
CT Metal & Tool Supply
Donahue Family
Faraci Concrete, LLC
The Flood Law Firm, LLC
Gotta's Farm

Jarvis Airfoil
Mormile Family Chiropractic
Portland Discount Liquors
Portland SNAP Fitness
Quality Welding Service
Superior Concrete Products
Top Dog Tri Town Foods
Tri Town Foods

Entry Form

Make all checks payable to Portland Parks and Recreation

\$15 per runner before October 5th

\$20 per runner on and after October 5th or Race Day

\$10 for runners 19 and under or walker division

Send to Portland Parks and Recreation P.O. Box 71, Portland, CT 06480

Name: _____ Gender: ____ Age: _____

Phone: _____ E-mail: _____

Address: _____ City: _____ State: _____ Zip Code: _____

Adult Shirt Size: S M L XL Walker Division: Y N

Waiver: I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the sponsors, coordinating groups, Town of Portland and any individuals associated with this event, their representatives, successors and assigns, and will hold them harmless for any and all injuries in connection with this event. I attest that I am physically fit to compete in this 5K event. I grant permission for all of the foregoing to use any photograph, motion pictures, recordings or any other record of this event for legitimate purpose. I understand that bicycles, baby joggers, skateboards, roller skates, in-line skates, radio headsets, and dogs are not allowed in the event and I will abide by this guideline.

SIGNATURE: _____ DATE: _____

Athlete's Signature (parent/guardian's signature if under 18)

PARENT SIGNATURE: _____ DATE: _____



**Brownstone Quorum
and Portland Park and Rec
2018**



Haunted Trail Tour

Take a spooky walk in the Haunted Woods!

PORTLAND RIVERFRONT PARK

Saturday, October 13th, Rain Date 14th

BEFORE DARK - FOR YOUNGER KIDS UP TO 10 YEARS OLD:

3:00 pm to 6:00 pm

AFTER DARK - FOR OLDER KIDS 11+ YEARS OLD:

6:30 pm to 9:00 pm

Fun games, Activities, Prizes!

SPECIAL GUESTS: THE CONNECTICUT GHOSTBUSTERS!

Main St to Middlesex Ave, Left on Brownstone Ave

Admission \$6.00

Children 2 y.o. and under free

For cancellation information, call

860-262-7234

