



PARKS & RECREATION









SEPTEMBER NEWSLETTER

Our Mission:

The Town of Portland Parks and Recreation Department is committed to providing diverse leisure opportunities, clean and healthy facilities and parks, and a safe and inclusive environment that allows for community growth and collaboration. Our purpose is to physically, socially, and intellectually improve the quality of life for all of our residents.

GET ACTIVE, GET INVOLVED

Phone: 860-342-6757

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https://portland.recdesk.com

UPCOMING FREE TRIALS AT RIVERFRONT PARKI ABRAKADOODLE

We are excited to be starting 6-week Art Enrichment programs for three different age groups with Abrakadoole on September 23rd!

Each age group has its own Free Trial on September 16th!

ZUMBA AT THE RIVERFRONT

Zumba with Val is back, outdoors, and socially distant! Check out our free trial on September 16th! The following 6-week program starts on September 23rd.

AIR LINE TRAIL COMMUNITY BIKE RIDE

Come join the Portland community for a leisurely ride on the beautiful Air Line Trail! The trail is a mostly flat, gravel trail ideal for all ages and levels of experience. The ride is approximately 5 miles roundtrip

CDC recommended COVID-19 safety practices will be followed, and starttimes will be staggered

EVENT DATE: Saturday- September 26, 2020

RAIN DATE: Sunday- September 27, 2020

Staggered starting times between 12:30-3:30

eet at the Air Line Trail Head: 82 Middle Haddam Road Portland, CT 06486

VIRTUAL EXCERISE CLASSES WITH PERSONAL EUPHORIA

Our next wave of virtual exercise classes with Personal Euphoria are starting the week of September 14th!

Pilates (Mondays 8:00am - 8:45am), (Tuesdays 6:00pm - 6:45pm), (Wednesdays 6:35pm - 7:20pm Yoga (Thursdays 6:15pm - 7:15pm), (Fridays 8:15pm - 9:15pm) These classes run into December, and cost \$70!

ADULT FITNESS CLASSES AT THE PORTLAND RECREATIONAL COMPLEX

Our beginner and intermediate fitness classes with Jen LaFave and Mason Rambarose started earlier this month! We are offering both beginner and intermediate classes on Mondays, Wednesdays and Saturdays! Contact Portland Parks and Recreation to register for a fee trial or for the remaining classes with a prorated price! Choose from one, two, or three classes a week!

REFER A FRIEND OR FAMILY MEMBER. GET A FREE CLASS!

DANCE AND EXERCISE CLASSES WITH MISS ALICIAI

Miss Alica is offering a CARDIO DANCE CLASS for ages 5-12, CIRCLE TIME for ages 2-5, CIRCLE TIME W/TAP & BALLET for ages 3-6, TAP/BALLET for ages 2.5-4, TAP/BALLET for ages 5-8, and an ADULT TAP EXERCISE CLASS! All these programs are being held outside at Riverfront Park and begin on the week on September 14th!

TAI CHI WITH KEN ZABOROWSKI

We are offering virtual and in-person Tai Chi classes with instructor Ken Zaborowski! The virtual class is streamed through Zoom and takes place on Wednesdays from 9:30am - 10:30am! In person Tai Chi takes place on Saturdays at Riverfront Park from 9:00am - 10:00am! Drop-ins for both programs cost just \$7! Register online or over the phone!