

PORTLAND PARKS AND RECREATION

SPRING 2018 PROGRAMS

Easter Egg Hunt
Youth Tennis Program
Youth & Ladies Golf Lessons
Joe Reilly's Basketball Clinic
Youth Karate & Gymnastic/Tumbling
American Red Cross "When I'm In Charge"
American Red Cross "Babysitting"
Zumba!
Pilates Classes
Tai Chi for Long Life
Cardio Kickboxing
Hoop Fitness
Jujitsu & Cross Training
Adult Co-Ed Volleyball
Men's Drop in Basketball
Community Garden
Youth Sports Contacts
Riverfront Pavilion Rental

On-line Registrations – portland.recdesk.com

PORTLAND PARKS AND RECREATION

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

Table with 3 columns: Program(s), Date & Time, Fee. Rows 1 and 2.

TOTAL

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. The Parks & Recreation Department has the right to cancel any program if the minimum participation has not been met.

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

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

Annual Easter Egg Hunt

****NO REGISTRATION NEEDED****



The Parks & Recreation Department is holding the Annual Easter Egg Hunt on Saturday, April 1st. The Egg Hunt is open to **Portland** children. **Participants should bring their own Easter basket or bucket.** Please arrive on time to participate in the hunt! In case of inclement weather, please call 860- 262-7234.

Day: **Saturday** Date: March 24th Age: 1 to 10 years old
Time: 10:00 a.m. Place: Valley View School
RAIN DATE: Sunday, March 25th 1:00 pm at Valley View School



Youth Tennis Program

QuickStart 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 age and size of the player. This is a proven method to accelerate your child's development and enjoyment of the game. For more information, go to the www.partners.quickstarttennis.com or call Miguel Garcia at 203-410-2453 with any questions you may have. Limit 8 per class

Day: **Tuesday** Date: April 24 – May 29 Fee: \$55
Grade: K – 2nd Time: 5:30 – 6:15 pm
Grade: 3rd – 5th Time: 6:15 – 7:00 pm
Grade: 6th – 8th Time: 7:00 – 7:45 pm
Site: Portland High School, Tennis Courts or PHS Gym if it rains.





Junior Spring Golf Workshop for Beginners

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, 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 rain date.

Min. Enrollment 8/Max. 10

Day: **Monday**

Dates: April 23 – May 14

Time: 5:00 to 6:00 p.m.

Fee: \$75

Site: Portland West

Age: 6 to 12 years old

Junior Spring Golf Refresher Clinic

With Gerry D'Amora, PGA Golf Professional, this workshop is designed to refresh & bring more knowledge to participants. The daily schedule includes demonstrations, recapping the rules of golf, skills & techniques, working on the short game (putting and chipping), golf etiquette, and a chance to enjoy and play Portland's Executive Course, Portland West. If you have clubs please bring them. Sneakers are allowed. The instructor will give rain date.

Min. Enrollment 8/Max. 10

Day: **Monday**

Dates: April 23 – May 14

Time: 6:00 to 7:00 p.m.

Fee: \$75

Site: Portland West

Age: 6 to 12 years old

SkyHawks Flag Football

SkyHawks Flag Football is the perfect program for young athletes who want a complete introduction to "America's Game" or for those who simply want to brush up on their skills in preparation for league play. Kids will learn skills on both sides of the ball including the core components of passing, catching, and de-flagging or defensive positioning – all presented in a fun and positive environment. SkyHawks Flag Football is recommended for beginning to intermediate athletes. Each week ends with scrimmage play to showcase their skills on the gridiron!

Day: **Friday**

Date: May 4 – May 25 (June 1 make up)

Time: 5:45 – 7:15 pm

Age: 7-12 year olds

Site: Veteran's Park (behind Town Hall)

Gender: Co-ed

Fee: \$75

Little Hikers

FREE to young children and their families (older siblings welcome!)

The Portland Early Childhood Council, Youth Services, and Parks and Recreation are teaming up to offer an exciting opportunity for young children and their families to hike Portland trails, enjoy nature, and learn a little more about the natural space around them! Please wear weather appropriate clothing, bring anything that will help your little ones along the way such as water, snacks, backpacks, carriers, bug spray, etc.

Please call or e-mail to sign up before each hike: Allison Behnke, PECC Coordinator
860-342-6758 Earlychildhoodcouncil@portlandct.org

Map/directions are available at Portland Youth Services, Portland Town Hall, or on-line at www.portlandct.org (Youth Services Page) If the program will be canceled due to poor weather conditions-an email will be sent out or you may call Parks & Recreation Hotline the day of the hike to learn if it has been canceled 860-262-7234, **Please, no dogs.**

Hikes

Saturday, April 21 – 10:30 a.m. at Riverfront Park. We will be enjoying a new Story Walk together. A special community collaboration to bring families, books, and nature together!

Saturday, May 12 – 10:30 a.m. at the Reservoir Property. We will be hiking, learning about this beautiful Portland spot, and enjoying a snack together!

Karate Classes for Kids

Little Ninga's Karate

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 are a fan of American Ninja Warrior, this is the class for you!

Day: **Monday** Date: April 16-May 21 Age: 3 to5 Time: 3:00 – 3:45 pm

Day: **Tuesday** Date: April 17-May 22 Age: 3 to5 Time: 3:00 – 3:45 pm

Site: Inner Circle Studio Fee: \$60 (6 weeks)

Karate for Kids

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: **Tuesday** Date: April 17-May 22 Age: 7+ Time: 5:00 – 5:45 pm

Day: **Wednesday** Date: April 18-May 23 Age: 7+ Time: 5:00 – 5:45 pm

Site: Inner Circle Studio Class Size: 5-10 kids Fee \$60 (6 weeks)

Gymnastics Tumbling Classes

These classes are ideal for both the beginner and advanced students. The focus is 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 welcome!

Day: **Sunday** Date: April 22-May 27 Age 6+ Time: 5:30 to 6:30 pm
Site: Inner Circle Studio Fee: \$60 for 6 weeks

Arts & Crafts for Kids!

Come flex your creative muscles and learn some new techniques in this fun Arts & Crafts class! Each week will bring a new and exciting project that will help your child tap into their inner artist! Weaving, drawing, and sewing skills will be introduced as we work on projects like friendship bracelets, canvas art, stuffed animals and self-portraits! All skill levels are welcome and no experience is necessary. All materials are included.

Day: Tuesday Date: March 20 to April 10 Grade: 3 to 5 Site: Parks & Rec Bldg.
Time: 5:30 to 6:30 p.m. Min. 6/Max. 12 Fee: \$45

American Red Cross "When I'm In Charge"

When I'm In Charge is designed for youth age 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, and who and when to call in an emergency. Each child will receive:

Student workbook which includes, emergency information sheet, house rules form, and how to call 911 card.

Day: Friday Date: April 6th Age: 7 & up
Time: 5:45 – 7:30 pm Site: Parks & Recreation Office Fee: \$30

American Red Cross "Babysitting"

This program provides youth (ages 11 - 15) who are planning on babysitting 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, keep themselves and others safe and help children behave, and learn about basic child care and basic first aid.

Day: Tuesday & Thursday

Date: April 24 & May 1

Age: 11 – 15

Time: 5:45 to 8:15 pm

Site: Parks & Recreation Bldg.

Fee: \$55

Athlete Conditioning Clinic Program

Grades: 6-8

Day: Mondays

Time: 6:15-7:15 PM

Dates: April 9 – May 21

No Program: April 16th

Site: Brownstone Intermediate

School

Instructor: Nick Ogorzalek Fee: \$75

The Portland Park and Recreation will be teaming up with Peak Performance Personal Training & Fitness, LLC to offer an Athlete Conditioning Clinic. The goal is to help prepare student athletes in grades 6-8 for athletic completion at the high school level. The clinic will be conducted by Nick Ogorzalek, the owner and Head Fitness Coach at Peak Performance. Nick is a NASM Certified Personal Trainer and has taught Physical Education and coached at the high school level for the last 10 years.

The Athlete Conditioning Clinic will run on Monday nights from 6:15 to 7:15 at the Brownstone Intermediate School. The clinic will focus on preparing middle school athletes for the level of conditioning that is needed to compete at the high school level. Athletes will work on improving attributes such as strength, speed, agility, quickness, power and explosiveness. If you have questions or would like more information on the clinic please contact Nick at PeakPerformancePTandFitness@gmail.com.



Joe Reilly Jr Basketball Clinic – Vacation Week!

Joe Reilly Jr., Head Basketball Coach at Wesleyan University will be hosting a school vacation clinic. The clinic will consist of a series of instructional drills which will serve to educate, train, and create a feeling of enjoyment one can derive from participating in basketball. Coach Reilly will teach different aspects of offense such as dribbling, shooting, and passing. A great way to enjoy your spring vacation!!!

Day: Friday	Date: April 20th	Time: 9:00 a.m. to Noon
Grade: 2 – 6 (Boys and Girls)	Site: Portland Middle School	Fee: \$30

ADULT PROGRAMS

Adult Co-ed Volleyball

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

Day: Wednesday	Date: Runs through – April 11 th
Competitive Recreation	Time: 5:00 – 6:30 pm
Non – Competitive Recreation	Time: 6:30 – 8:00 pm
Site: Gildersleeve School	

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 also improve balance, alleviate arthritis, reduce bone loss due to osteoporosis and manage blood sugar levels.

Day: Wednesday	Time: 9:30 a.m.	Dates: March 28 to May 30
Day: Saturday	Time: 11:00 a.m.	Dates: March 31 – June 2
Site: Buck Foreman Comm. Ctr.		Instructor: Ken Zaborowski
Fee: \$40 for 1 class per week or \$80 for 2 classes per week or \$6.00 drop in class.		



Zumba! 8-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: April 25 to June 13

Time: 6:00 pm to 7:00 pm

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

Site: Valley View School (*use side door pls.*) Instructor: Val Swaintek

Fee: \$40

Drop In \$7 per class



Pilates 10-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**

Date: April 12 – June 14

Site: Buck Foreman, 265 Main Street

Age: 18 years and older

Min: 10 Max: 16

Time: 5:30 p.m. – 6:30 p.m.

Fee: \$55

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 are provided or bring your own.

Day: **Wednesday** Date: April 18-May 22 Time: 7:15 to 8:30 p.m.
Site: Inner Circle Studio Instructor: Jodette Bentley Fee: \$72 for 6 sessions

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 are welcome!

Day: **Saturday** Date: April 21-May 26 Time: 11:15 to 12:30
Site: Inner Circle Studio Fee: \$60 for 6 classes

Cross Training 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. For ages 14 and older but kids are welcome to participate if the parent is comfortable. No better way to get into the best shape of your life!!

Day: **Tuesday** Date: April 17-May 22 Time: 6:00 to 7:00 p.m.
Day: **Thursday** Date: April 19-May 24 Time: 7:00 to 8:00 p.m.
Day: **Saturday** Date: April 21-May 26 Time: 7:30 to 8:30 a.m.
Site: Inner Circle Studio Fee: \$84 for 12 classes

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 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** Date: April 17-May 22 Time: 7:00 to 8:00 pm
Site: Inner Circle Studio Fee: \$60 for 6 Weeks

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.

Site: Portland Middle School Time: 7:30 – 9:00 pm

Over 30 Men's Drop in Basketball

Day: **Tuesday** Dates: April 3 – May 22

Ladies Spring Golf Clinic-*Beginner 101*

Always wanted to learn how to play golf? Parks and Recreation in cooperation with Portland West will offer a ladies beginner golf clinic. PGA Golf Professional Gerry D'Amora from Portland West will be the instructor of this 5-week session. .

Day: **Tuesday** Dates: April 24 – May 22 Time: 5:00 to 6:00 p.m.
Fee: \$110 Site: Portland West

Ladies Spring Golf Clinic-*Refresher 102*

Always wanted to brush up on your golf skills and continue learning more? Parks and Recreation in cooperation with Portland West will offer a ladies refresher clinic. PGA Golf Professional Gerry D'Amora from Portland West will be the instructor of this 5-week session. .

Day: **Tuesday** Dates: April 24 – May 22 Time: 6:00 to 7:00 p.m.
Fee: \$110 Site: Portland West





PORTLAND COMMUNITY GARDEN 2018

Hello Gardeners! It's never too early to think about warm summer days and all the delicious tastes of summer. Come join us at the Portland Community Garden. All are welcome to come and grow their favorite vegetable, flower or herb. The Portland Community Garden is located in Bransfield Park on Rose Hill Road in Portland. Gardeners can purchase a 10x10 plot for the summer. The cost is \$30/plot. Plots will be rototilled and water and a hose are provided. Each gardener is responsible to Plant, Weed, Water and Clear their plot at the end of the season. We are an organic garden so no pesticides or herbicides please. We welcome back the many returning gardeners and look forward to all who wish to join us this year. Are you new to gardening and not sure of what to do? Marilyn McGrath, Master Gardener is here to assist you with all your gardening questions. Families, Groups and Clubs are welcome too.

For additional information, please contact the Parks and Rec office at 860-342-6757 or sdwyer@portlanct.org or Marilyn McGrath, at 860-342-1137 or wmcgrath42@comcast.net. Please join us!

Picnic Pavilion Rental at Portland Riverfront Park



Portland Parks and Recreation is currently renting the 30' x 52' laminated Gothic arch gable shelter and/or covered stage for your spring and summer events. The pavilion is furnished with 8 picnic tables that fit 8 people per table. To obtain a permit with fee information, please contact the office or you may go online to portlandct.org web site and click onto Parks & Recreation Department to download a form.

YOUTH SPORTS ORGANIZATIONS

Tee-Ball/ Portland Little League/Softball 2018

Portland Little League offers softball and baseball programs for players 5 through 16. Please refer to the Portland Little League website www.portlandctlittleleague.org.

Panther Youth Football & Cheer

Football Ages 6-13 Cheer 6-14

For Registration and Fee Information, Please visit our website:

www.panthersyouthfootballct.com,

Please Note: Registration for the following:

Portland Soccer, Portland Panther Football/Cheer and Portland Little League are through each individual sport, not through the Parks & Recreation Department.

CONCUSSION IN YOUTH SPORTS

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

1. Seek medical attention right away. A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
2. Keep your child out of play. Concussions take time to heal. Don't let your child return to play until a health care professional says it's OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
3. Tell your child's coach about any recent concussion. Coaches should know if your child had a recent concussion. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

For more information and to order additional materials free-of-charge, visit:

www.cdc.gov/ConcussionInYouthSports

The Class of 2020 PRESENTS THE HARLEM WIZARDS

The Harlem Wizards basketball team will play against a team of Portland Teachers and Coaches. The Wizards put on a world-class, slamtastic basketball show! Please come out for this exciting community event. FUN FOR THE WHOLE FAMILY!!

Purchase Tickets online at <https://www.harlemwizards.com/schedule-tickets> (click on March 18/Portland. Only a limited tickets available on –line. Additional tickets available at each school and at High School.

Student Tickets are \$12 and premium seating-including meet and greet with the players – are also available. Tickets at the door, if still available will be \$12 and \$14. Proceeds benefit the Class of 2020.

NOTE: Form will also be distributed through the schools.



Aerial Circus Extravaganza

This Fun Free Family Event is open to everyone and is a great opportunity to enjoy a great spring day at the Portland Riverfront Park with a picnic lunch and blanket. Briana Lachapelle is a High School Student at Hartford Magnet Trinity College Academy. She has also trained the last five years at the Woodbridge Air Temple Arts of Aerial Circus. As part of her Individual Service Project, she and member of her studio will be introducing and performing a variety of Aerial Circus events such as Silk and Lyra Aerial Dancing, Hula Hooping, and Juggling. The group will also be interacting with the audience.



Day: Saturday

Date: April 21st

Where: Riverfront Park

Fee: FREE

Time: 2 to 4 pm

Make-up Date: April 22nd from 2 - 4

In case of inclement weather, please call the Parks and Recreation Hot Line at 860-262-7234





Portland Soccer Club - Spring 2018 Season

Travel-Competitive and Club-Recreational Soccer Registration Information

Portland Soccer Club (PSC) is now accepting registrations for the spring 2018 soccer season.

Travel-Competitive registration will be accepted from January 1, 2018 to March 23, 2018. Registrations received after March 2, 2018 will be charged an additional **\$25** dollar late fee.

Club-Recreational registration will be accepted from January 1, 2018 to April 13, 2018. Registrations received after March 2, 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 www.bluesombrero.com/portlandsoccerclub

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

- U4 (01/01/14) TO (12/31/14) - Pre-K Club Recreational = \$60
- U5 (01/01/13) TO (12/31/13) - Pre-K Club Recreational = \$60
- U6 (01/01/12) TO (12/31/12) - Dribbler-Club Recreational = \$75
- U7 (01/01/11) TO (12/31/11) - Kicker-Club Recreational = \$75
- U8 (01/01/10) TO (12/31/10) - Kicker-Club Recreational = \$75
- U9 (01/01/09) TO (12/31/09) - Kicker-Club Recreational = \$75

Full team uniforms for Dribbler and Kicker divisions and shirts 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-Recreational program will run from April 28th through June 16th (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)

Travel-Competitive Soccer: there are no tryouts planned for the spring season. New participants that did not play in the fall season are not guaranteed a spot on a spring travel team and will be added based on PSC Board Approval. The cost per travel registrant is **\$170 for U9 to U15 and \$130 for U16+** (Travel Family Discounts may apply).

PSC also anticipates continuing the successful skill development clinics with Coach Jeff Vagell and his music and rhythmic activities for the Travel Teams (weekdays) and Recreational Teams (Saturday mornings) for the Spring Season.

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)



2018 Portland Riverfront Park
MUSIC AND ARTS FESTIVAL

* Sponsored by The Brownstone Quorum and
Portland Parks and Recreation Dept. *

Saturday, June 9th Rain Date June 10th

12:00 PM Until 8:00 PM Admission \$15.00

MUSIC, FOOD, ARTS AND CRAFTS

FEATURING:

Ellen Iovino

Seat of Our Pants

The Wallace Trio

CJ West and The Downtown Train

Plywood Cowboy

Portland Riverfront Park
284 Brownstone Avenue
Portland, Ct 06480
More Info: 860-262-7234