

Portland Parks and Recreation

SPRING 2019

Programs

Easter Egg Hunt
Youth Tennis Program
Youth & Ladies Golf Lessons
Youth Karate & Gymnastic/Tumbling
American Red Cross “When I’m In Charge”
American Red Cross “Babysitting”
Youth Dance Classes with Miss Alicia
Adult Tap Dance Class
Little Hikers
Zumba!
Pilates Class & Yoga
Tai Chi for Long Life
Chess Club
Jujitsu & Cross Training
Adult Co-Ed Volleyball
Men’s Drop in Basketball
Community Garden
Youth Sports Contacts
Riverfront Pavilion Rental
SkyHawks Flag Football & Intro to BB/Softball

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. Contains two rows of data.

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 13th. 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!

Day: **Saturday** Date: April 13th Age: 1 to 10 years old
Time: 10:00 a.m. **Place: Valley View School

****Note:** In case of inclement weather the event will be held at Portland High School Gym.
Please call the Hotline 860-262-7234 for site updates!



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 23 – May 28 Fee: \$57

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 22 – May 13

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 22 – May 13

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

Fee: \$75

Site: Portland West

Age: 6 to 12 years old



SkyHawks Intro to Softball/Baseball

This program is designed to introduce 4 & 5 year olds to the game of baseball/softball. Each session will have stations in throwing, catching, hitting, and base running. We will end each session with a mini game. The program is all instructional. Parents must please stay on site.

Day: **Friday**

Date: May 10 – May 31 (June 7 make up)

Time: 5:00 –5:45 pm

Age: 4 & 5 year olds

Site: Veteran's Park (behind Town Hall)

Gender: Co-ed

Fee: \$55



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 10 – May 31 (June 7 make up) Time: 6:00 –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 27 – 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, June 1st – 10:30 a.m. at the Portland Airline Trail. We will be hiking, learning about this beautiful Portland spot, and enjoying a snack together!

Karate Classes for Kids

Little Ninga's Karate – (Age 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 are a fan of American Ninja Warrior, this is the class for you!

Day: **Monday** Date: March 11 Time: 3:15 –4:00 pm
Day: **Tuesday** Date: March 12 Time: 3:00 –3:45 & 4:00-4:45 pm
Site: Inner Circle Studio Fee: \$80 (8 weeks)

Karate for Kids – (Age 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: **Monday** Date: March 11 Time: 5:00 – 6:00 pm
Day: **Friday** Date: March 15 Time: 4:00 – 4:45 pm
Site: Inner Circle Ctr. Class Size: 5-10 kids Fee \$80 (8 weeks)

Gymnastics Tumbling Classes - (Age 6+)

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: **Thursday** Date: March 14 Time: 6:00 to 7:00 pm
Day: **Sunday** Date: March 17 Time: 5:00 to 6:00 pm
Site: Inner Circle Family Center Fee: \$80 for 8 weeks

Generation Pound Kids Fitness - (Age 6 to 13)

What's better than combining rhythm, drumming fitness and fun in the same class??

Generation Pound is a fun and exciting kids fitness class that combines drumming, music and exercise in a fast paced and fun 45 minutes! Ideal for ages 6 -13! Interested? Join us!! Parents welcome to participate as well!

Day: **Wednesday** Date: March 13 Time: 3:30 to 4:15 pm
Site: Inner Circle Family Center Fee: \$60 for 6 weeks

Sunday Night Chess Club

Join us Sunday nights for an evening of chess and great conversation! Whether you're a beginner or ranked player, come on down and play the kings games! Challenge yourself and others, improve your play, meet other chess lovers! All ages and skill levels welcome and we will have a club tournament on the last class!

Day: **Sunday** Date: March 17 Time: 6:00 to 8:00 pm
Site: Inner Circle Family Center Fee: \$80 for 8 weeks



Dance with Miss Alicia



Spring Session

8 weeks

Tuesday Classes: April 2, 9, 23, 30, May 7, 14, 21, 28 (No class April 16)

Thursday Classes: March 28, April 4, 25, May 2, 9, 16, 23, 30 (No class April 11 & 18)

Classes held at Inner Circle – 143 Marlborough St – Portland

Tap/Ballet (ages 2.5 - 6) This class introduces young dancers to ballet & tap through imagination activities, movement games and singing. Dancers will have fun learning dance along with the use of props such as lummi sticks, bean bags, ribbons, etc. Class will also incorporate Acro-Dance preschool program. Dancers should wear comfortable clothing that allows for movement and ballet shoes or socks & tap shoes.

Day: Tuesdays

Time: 10:30 to 11:15am

Fee: \$104.00 per session

Pre-Ballet (ages 2-4) – This creative movement class is for young dancers who want to express their independence without the assistance of an adult. This class helps children develop gross motor skills, balance and listening skills. Creative movement incorporates props such as bean bags, ribbons, hoops, Lummi sticks and more along with basic tumbling skills to popular children's music through singing and dancing. Dancers should wear comfortable clothing that allows for movement and ballet shoes or socks.

Day: Thursdays

Time: 4:45 to 5:15pm

Fee: \$88.00 per session

Ballet/Jazz/Tumbling (ages 4-6) - An introduction to ballet and jazz for young dancers. Dancers will be introduced to basic ballet & jazz steps and vocabulary. The class will end with the introduction of basic tumbling skills. Dancers should wear comfortable clothing that allows for movement and ballet shoes or socks.

Day: Thursdays

Time: 5:15 to 6:00pm

Fee: \$104.00 per session

Cardio Dance/Gymnastics (ages 6 – 12) - This high energy class for boys and girls will get you moving! Half the class time will be spent dancing to the music with Miss Alicia! Many different types of dance & exercise will be incorporated into the class including the use of props (ie. Drum sticks, hula hoops, etc.) The other half with Mr. Pelton focusing on floor skills (balance moves, cartwheels, rolls, handsprings, etc.) as well as balance beam and some bar work. Children should wear comfortable clothing that allows for movement.

Day: Thursdays

Time: 6:00 to 6:45pm

Fee: \$104.00 per session

Adult

Tap Exercise Class – Love to Tap or always wanted to try? Want to incorporate it into a workout? Then this is the class for you! No experience necessary just the desire to have a great workout while having a great time tap dancing!

Day: Thursdays

Time: 7:00 to 7:30pm

Fee: \$80.00 per session



American Red Cross

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 5th

Age: 7 & up

Time: 5:45 – 7:30 pm

Site: Parks & Recreation Office

Fee: \$32



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 & Wednesday

Date: April 16 & 17

Age: 11 – 15

Time: 5:45 to 8:15 pm

Site: Parks & Recreation Bldg.

Fee: \$57

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 10th

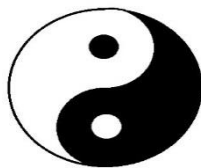
Competitive Recreation

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: February 20 to April 24

Day: **Saturday**

Time: 11:00 a.m.

Dates: February 23 – April 27

Site: Buck Foreman Comm. Ctr.

Instructor: Ken Zaborowski

Fee: \$42 for 1 class per week or \$84 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 3 to May 29 (No Class 4/17)
Time: 6:15 pm to 7:15 pm Site: Valley View School Instructor: Val Swaintek
Age: 13 and older; participants under 18 must be accompanied by a registered adult
Fee: \$42 Drop In \$7 per class



Pilates 12-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 25 – July 18 (no class 7/4)
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: \$58

YOGA with Personal Euphoria (10-Week Session)

Unwind and recharge your batteries as you surrender in Yoga poses designed to strengthen your core, build stamina and increase flexibility. Class will focus on connecting breath with movement and simple mindfulness practices. Different variations of poses are offered, making this class fun, safe, and challenging for all levels. Please bring a mat (there are a few available in the class) a water bottle and any props (pillow, yoga block, blanket, etc..) that will add to your comfort. Mixed level class. Minimum 12

Day: **Wednesday** Date: May 1 to July 3 Time: 5:30 to 6:30 p.m.
Site: Buck Foreman Comm. Ctr. Instructor: Noreen Fee: \$48

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: March 9 Time: 11:15 to 12:30
Site: Inner Circle Family Center Fee: \$80 for 8 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: **Monday** Date: March 11 Time: 7:00 to 8:00 p.m.
Day: **Saturday** Date: March 9 Time: 7:30 to 8:30 a.m.
Site: Inner Circle Studio Fee: \$80 for 8 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: March 12

Time: 7:00 to 8:00 pm

Site: Inner Circle Family Center

Fee: \$80 for 8 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 9 – May 21 (no BB on April 16th)

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 23 – May 21 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 23 – May 21 Time: 6:00 to 7:00 p.m.

Fee: \$110 Site: Portland West





PORTLAND COMMUNITY GARDEN 2019

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. Plots are limited! 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 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 & fall 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.

***Watch for the SUMMER CONCERT SERIES !
Held at Riverfront Park ~ Tuesday evenings!***

YOUTH SPORTS ORGANIZATIONS

Tee-Ball/ Portland Little League/Softball 2019

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

Please Note: Registration for the following:

Portland Soccer 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



Portland Soccer Club - Spring 2019 Season

Travel-Competitive and Club-Recreational Soccer Registration Information

Portland Soccer Club (PSC) is now accepting registrations for the spring 2019 soccer season.

Travel-Competitive registration will be accepted from January 1, 2019 to March 17, 2019. Registrations received after March 1, 2019 will be charged an additional **\$25** dollar late fee.

Club-Recreational registration will be accepted from January 1, 2019 to April 14, 2019. Registrations received after March 1, 2019 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 <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 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 27th through June 15th (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**.

PSC also anticipates continuing the successful skill development clinics with Coach Jeff Vagell 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)

