



P O R T L A N D



PARKS & RECREATION



Spring Brochure 2020

Contact Us!

265 Main Street
Portland, CT 06480

Office Phone:
860-342-6757

Fax #:
860-342-6763

Hotline
860-262-7234

Website
<https://portland.recdesk.com>

Facebook
@PortlandCTParksandRecreation

Online Registration is easy and available through

[https://portland.recdesk.com!](https://portland.recdesk.com)

Please refer to the "help" tab if you need further instructions!

You can also register in person or by filling out and mailing our registration form along with your payment to:

Portland Parks and Recreation

PO Box 71

Portland, CT 06480



PORTLAND PARKS AND RECREATION
Po Box 71, 265 Main Street, Portland, CT 06480
Phone: 860-342-6757 Fax: 860-342-6763 Hotline: 860-262-7234
Register online: <https://portland.recdesk.com>

Participant's Name _____ Phone _____ Grade _____
 Street Address _____ Apt # _____ Town _____ Zip _____
 Gender _____ Date of Birth _____ Email _____

Parent/Guardian Information- Required for All Participants Under the Age of 18	
Parent/Guardian Name:	Parent/Guardian Name:
Phone Numbers: <ul style="list-style-type: none"> • Home: _____ • Work: _____ • Cell: _____ 	Phone Numbers: <ul style="list-style-type: none"> • Home: _____ • Work: _____ • Cell: _____
Email:	Email:
Child's Physician:	Phone:
Please provide anyone authorized for child pick-up.	<ul style="list-style-type: none"> • _____ • _____ • _____

Emergency Information:

Emergency Contact _____ Relationship _____
 Home Phone _____ Work Phone _____ Cell Phone _____

Please include any medical concerns or allergies that we should be aware of:

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

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**

Program(s)	Date & Time	Fee

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 below

Guardian/Participant _____ (Print Name) _____ (Signature) _____ (Date)

Youth Programs

Art Enrichment Programs

Abrakadoodle 8 Week Sessions

Plug into Your Imagination

Plug into your imagination and explore new media such as video game art, rice painting, newspaper watercolor and a sculpture made with straws! Without leaving the country our imagination will plug us to Austria, Germany, Switzerland, France and India. We will visit a lollipop garden; we will play on a watercolor piano; we will celebrate the Festival of Lights and more. We will even interface with famous artists such as Fernand Léger and Alberto Giacometti! Register with Portland Parks & Recreation today!

Fee: \$120
Site: Buck-Foreman Community Center
Day: Tuesdays
Dates: Mar. 24 – May 19
(no program on Apr. 14)

Age: 20-36 Months
Time: 1:30pm – 2:15pm
Age: 3-5
Time: 2:30pm – 3:15pm
Age: 6+
Time: 3:30pm – 4:30pm



Abrakadoodle STEAM Camps

Space Art Adventure STEAM Camp

Join us and blast off to an outer space adventure! Learn about the solar system, meteoroids, meteors and meteorites, constellations and much more. Find out why astronauts wear spacesuits and why telescopes are important tools. Create art that focuses on science, technology, engineering and math concepts. Explore fun art techniques, play games and make friends that are "out of this world!" All while we reach for stars!

Fee: \$190
Site: Buck-Foreman Community Center
Dates: Apr. 13 – Apr. 17 (April Vacation!)

Age: 4-5
Time: 9:00am – 12:00pm
Age: 6+
Time: 1:00pm – 4:00pm

Dance with Miss Alicia

AcroDance

A fun way to explore dance & acrobatics! The focus of this program includes learning the beginner acro positions, locomotive skills (jumping, hopping, etc.) and balance skills which prepares dancers for mixing dance and tumbling!

* Attire: Leotard & tights for girls and t-shirt & shorts/athletic pants for boys along with ballet shoes.*

Fee: \$110
Site: Conn Valley Music & Dance Center
Day: Wednesdays
Dates: Mar. 4 – Apr. 29
(no program on Apr. 15 or Apr. 22)
Time: 4:30pm – 5:00pm
Ages: 3-6

Kids Cardio Dance Exercise & AcroDance

This high energy class for boys and girls will get you moving! Many different types of dance & exercise will be incorporated into the class including beginner acro positions, locomotive skills (jumping, hopping, etc.) and balance skills which prepares dancers for mixing dance and tumbling! Children should wear comfortable clothing that allows for movement.

Fee: \$126
Site: Conn Valley Music & Dance Center
Day: Wednesdays
Dates: Mar. 4 – Apr. 29
(no program on Apr. 15 or Apr. 22)
Time: 5:05pm – 5:50pm
Ages: 6-12



Pre-Ballet/Creative Movement

This creative movement class helps children develop gross motor skills, balance and listening skills. We will sing and dance incorporating props such as bean bags, ribbons, hoops, Lummi sticks and more! Basic ballet steps will be introduced.

Attire: Leotard & tights for girls and t-shirt & shorts/athletic pants for boys along with ballet shoes.

Fee: \$110
Site: Conn Valley Music & Dance Center
Day: Tuesdays
Dates: Mar. 3 – May 5
(no program on Apr. 14 or Apr. 21)
Time: 4:30pm – 5:00pm
Ages: 2-4

Tap/Ballet

We will explore tap steps and learn ballet terminology as we learn to dance with our arms and legs. Props are used in every class to increase creativity, hand eye coordination and fun!

Attire: Leotard & tights for girls and t-shirt & shorts/athletic pants for boys. Ballet & tap shoes are required.

Fee: \$126
Site: Conn Valley Music & Dance Center

Monday Class

Ages: 2-5
Dates: Mar. 2 – May 4
(no program on Apr. 13 or Apr. 20)
Time: 9:45am – 10:30am

Tuesday Class

Ages: 3-6
Dates: Mar. 3 – May 5
(no program on Apr. 14 or Apr. 21)
Time: 5:05pm – 5:50pm



First Aid / CPR / Babysitting

Second Chance Babysitting Course

A 6 Hour First Aid, CPR and AED course designed for babysitters. This course provides the skills to effectively assess and maintain a child's life in the critical minutes following an emergency until the arrival of emergency service personnel. The course also covers bee stings, diapering, and everything in between. This course also includes CPR and AED for training for Adults, Children, and Infants. Participants will be certified for 2 years by the American Heart Association.

All participants will receive an American Heart Association Pediatric Book that reinforces all the topics covered in the course.

Fee: \$80
Site: Buck-Foreman Community Center
Date: Wed., April 15th (during April Break!)
Time: 9:00am – 3:00pm
Ages: 12+



**American
Heart
Association®**

Inner Circle Martial Arts

Gymnastics and 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.

Fee: \$80
Site: Gildersleeve School
Day: Thursdays
Dates: Mar. 19 – May 21
(no program on Apr. 2 or Apr. 16)
Time: 6:00pm – 7:00pm
Ages: 6+

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.

Fee: \$80 for one day a week

Site: Gildersleeve School

Time: 6:00pm – 7:00pm

Ages: 7+

Day: Mondays

Dates: Mar. 16 – May 11
(no program on Apr. 13)

Day: Fridays

Dates: Mar. 20 – May 22
(no program on Apr. 10 or Apr. 17)

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

Fee: \$80 per session

Site: Gildersleeve School

Day: Tuesdays

Dates: Mar. 17 – May 12
(no program on Apr. 14)

Ages: 3-6

Session One:

Time: 4:00pm – 4:45pm

Session Two:

Time: 5:00pm – 5:45pm



Junior Golf Workshops

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 rain date. Max. 10.

Fee: \$75

Site: Portland West Golf Course

Day: Mondays

Dates: Apr. 20 – May 11

Grades: K-2

Time: 4:30pm – 5:30pm

Grades: 3-5

Time: 5:30pm – 6:30pm

Grades: 6-8

Time: 6:30pm – 7:30pm

Quick Start Tennis

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.

Fee: \$57

Site: Portland High School Tennis Courts

Day: Tuesdays

Dates: Apr. 21 – May 26

Grades: K-2

Time: 5:30pm – 6:15pm

Grades: 3-5

Time: 6:15pm – 7:00pm

Grades: 6-8

Time: 7:00pm – 7:45pm



Adult Programs

Adult Dance with Miss Alicia

Adult Cardio Dance Exercise Class

This high energy class will get you moving! Many different types of dance will be incorporated into this exercise class. No dance experience is necessary!

Fee: \$80

Site: Conn Valley Music & Dance Center

Day: Tuesdays

Dates: Mar. 3 – May 5

(no program on Apr. 14 or Apr. 21)

Time: 7:15pm – 7:45pm

Ages: 15+

Adult Tabata Exercise Class

Perfect way to start your day! Great for those with limited time but want the most efficient workout! Tabata is a high intensity interval training – 20 - 35 seconds of high intensity exercise (at your own pace) followed by 10 seconds of rest. Great workout for any fitness level.

Fee: \$128

Site: Conn Valley Music & Dance Center

Day: Tuesdays and Thursdays

Dates: Mar. 3 – May 5

(no program on Apr. 14, 16, 21, and 23)

Time: 5:45am – 6:15am

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!

Fee: \$80

Site: Conn Valley Music & Dance Center

Day: Tuesdays

Dates: Mar. 3 – May 5

(no program on Apr. 14 or Apr. 21)

Time: 6:15pm – 6:45pm



Adult Inner Circle Martial Arts

Cross Training Boot Camp

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 parents feel comfortable. No better way to get into the best shape of your life!!

Fee: \$80

Site: Gildersleeve School

Day: Thursdays

Dates: Mar. 19 – May 21

(no program on Apr. 2 or Apr. 16)

Time: 7:00pm – 8:00pm

Ages: 16+



Karate for Adults

Open to anyone 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.

Fee: \$80 for one day a week

Site: Gildersleeve School

Time: 7:00pm – 8:00pm

Day: Mondays

Dates: Mar. 16 – May 11

(no program on Apr. 13)

Day: Fridays

Dates: Mar. 20 – May 22

(no program on Apr. 10 or Apr. 17)

Ladies Spring Golf Clinic

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

Fee: \$110
Site: Portland West Golf Course
Day: Wednesdays
Dates: Apr. 22 – May 20
Time: 6:00pm – 7:00pm

Pilates with Personal Euphoria

Enjoy a 12-week session! Pilates is an exercise option for everyone! Designed to develop a strong core while maintaining loose, limber limbs!

Please note that a 9 participant minimum is required

Fee: \$80
Site: Buck-Foreman Community Center
Day: Thursdays
Dates: Apr. 9 – June 25
Time: 5:30pm – 6:30pm

Tai Chi

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.

Fee: \$50 for one day a week
Drop-In to any class for just \$7!

Site: Buck-Foreman Community Center

Day: Wednesdays
Dates: Mar. 18 – May 27
(no program on Apr. 15)
Time: 9:30am – 10:30am

Day: Saturdays
Dates: Feb. 29 – May 2
Time: 11:00am – 12:00pm

Yoga with Personal Euphoria

Unwind and recharge your batteries as you surrender into 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.

Fee: \$80
Site: Buck-Foreman Community Center
Day: Wednesdays
Dates: Apr. 8 – June 24
Time: 5:15pm – 6:15pm



Zumba

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!"

Fee: \$44
Drop-In to any class for just \$8!

Site: Valley View
Day: Wednesdays
Dates: Apr. 8 – June 3
(no program on Apr. 15)
Time: 6:15pm – 7:15pm
Ages: 13+ (ages 13 -17 must be accompanied by a registered adult)

****New Athletic Skills Clinics****

All clinics will be held at Portland Middle School Gymnasium!

Fee Structure: **1 Day per week: \$90** **2 Days per week: \$150**
Time: **5:30pm – 6:30pm (Gr. 4 – 8)** **6:30pm – 7:30pm (Gr. 9 - 12)**

This clinic is designed for youth who are interested in continuing to develop their skills during the off season while learning new and innovative techniques geared towards training and conditioning.

Basketball Offensive Skills and Vertical Jump Clinic (Tuesday/Thursday or Both)

Free Clinic will be held on March 11 from 6:00pm – 7:00pm

Program goals include: improved shooting %, improved ball handling, increased speed and agility, and increased vertical jumping ability.

Easter Egg Hunt at Valley View Fields (Portland High School- rain location)

The Parks and Recreation Department is excited to continue our Annual East Egg Hunt. This event is open to Portland residents who want the opportunity to hunt for eggs and candy! Children will be split up into age groups based on total number of participants and should bring their own Easter basket.

Fee: Free!!! Date: Sat., April 4th Time: 10:00am – 11:00am Ages: 1 – 10

Portland Community Garden 2020

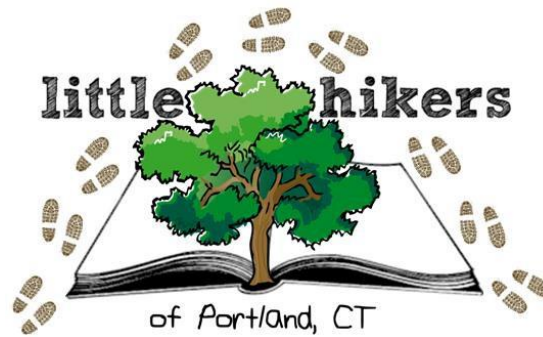
Hello Gardeners! It's never too early to think about warm summer days and all the delicious tastes of summer! Come join us at the Portland Community Garden. All are welcome to come and grow their favorite vegetable, flower or herb. The Portland Community Garden is located in Bransfield Park on Rose Hill 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. **Please contact Parks and Recreation or Marilyn McGrath at 860-342-1137 or wmcgrath42@comcast.net for more information!**





Early Childhood Council



Portland Youth Services

JOIN US FOR THE SPRING HIKES!!

Saturday, April 25 – 10:30 a.m. at Riverfront Park. We will be enjoying a new **AND IMPROVED** Story Walk together. A special community collaboration to bring families, books, and nature together!

Saturday, May 30 – 10:30 a.m. at the Portland Airline Trail. We will be hiking and learning about this beautiful Portland spot.

PLEASE RSVP. earlychildhoodcouncil@portlandct.org

860-342-6758

Maps and directions are available at Portland Youth Services, Portland Town Hall, or on the Youth Services page on www.portlandct.org. Directions will be sent out via email each month. To be added to the contact list, email earlychildhoodcouncil@portlandct.org. If the program will be canceled due to poor weather conditions an email will be sent out. You can also call the Parks & Recreation hotline at (860) 262-7234 on the day of the hike to learn if it has been canceled. Bring water, a snack if wanted, bug spray, and what you need. **Please, no dogs.**



Check us out on Facebook or visit the Youth Services Page at <http://portlandct.org> for more program information.



Middlesex United Way



Portland Soccer Club - Spring 2020 Season

Travel-Competitive and Club-Recreational Soccer Registration Information

Portland Soccer Club (PSC) is now accepting registrations for the spring 2020 soccer season.

Travel-Competitive registration will be accepted from January 1, 2020 to March 15, 2020. Registrations received after March 1, 2020 will be charged an additional **\$25** dollar late fee.

Club-Recreational registration will be accepted from January 1, 2020 to April 17, 2020. Registrations received after March 1, 2020 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 (01/01/16) TO (12/31/16) - Pre-K Club Recreational = \$60
- U5 (01/01/15) TO (12/31/15) - Pre-K Club Recreational = \$60
- U6 (01/01/14) TO (12/31/14) - Dribbler Club Recreational = \$75
- U7 (01/01/13) TO (12/31/13) - Kicker-Club Recreational = \$75
- U8 (01/01/12) TO (12/31/12) - Kicker-Club Recreational = \$75
- U9 (01/01/11) TO (12/31/11) - 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 25th through June 14th (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**.

Club Contacts:

Chris Donahue- President - donahuecj@sbcglobal.net or (860-342-3228)
Chad Wilson - Vice President – nosliw.dahc@gmail.com or (205-999-8842)
Stephanie Bolstridge - Registrar - stephaniebolstridge@gmail.com or (860-478-9693)

Conn. Valley & Parks and Rec Spring 2020

Classes are \$99 each and run from March 16th to April 24th

Rock Zone: Rock Zone is an acclaimed music program that teaches children how to play guitar, drums, and keyboards in the setting of a rock band. Kids will also learn to write and perform their own songs at our end of class concert! Using Loog guitars, our instruments for this class are meant to fit young children. Come check out this unique musical experience!

Ages 5-8, no experience necessary! *Tuesdays 6:30-7:15pm*

Flute Ensemble: Come play a variety of your favorite movie themes and pop hits all arranged for a flute ensemble! This class focuses on the self-conducted ensemble and encourages students to assume leadership roles and resolve musical challenges as a team.

All beginner/intermediate/high school levels welcome! *Wednesdays 6:30-7:15pm*

Group Piano for Beginners: This kid's group piano class will provide students with an excellent introduction to the keyboard and prepare them for private study as well as playing in a band/ensemble. Most importantly, students will begin to develop the skill of playing music with their peers which provides a lifelong benefit! This class fills up quickly so register now!

Tuesdays 5:00-5:45pm; Wednesdays 3:30-4:15pm

Group Guitar for Beginners: In this group guitar class, you will learn the notes on the fretboard, fifteen basic chord fingerings and learn several strumming techniques for accompanying songs! No experience necessary; please bring your own guitar. *Mondays 4:15-5:00pm*

Group Singing for Young Beginners: Learn to sing your favorite songs with our new voice teacher Miss Alla! A talented singer and classical pianist, Alla Bychkoyava will get you serenading in no time! No experience necessary! *Thursdays 5:30-6:15pm*



Conn. Valley School of Music and Dance
226 Main Street
Portland, CT 06480
(860) 342-2270
www.connvalley.net
info@connvalley.com

PORTLAND RIVERFRONT PARK

284 BROWNSTONE AVENUE, PORTLAND, CT 06480

RENTAL INFORMATION

Need a beautiful outdoor venue to host your next birthday party, family gathering or special event? Look no further! The Parks and Recreation Department is currently accepting pavilion and band shell rentals for the 2020 spring/summer/fall seasons! Rentals are available between May 1st and October 31st. Please contact the Portland Parks and Recreation Office for more details!



9TH ANNUAL MUSIC ON THE RIVER ***SUMMER CONCERT SERIES AT RIVERFRONT PARK***



“Come on Over”

Enjoy an evening of family, friends, and community throughout the summer!

Tuesday Evenings at 6:30pm!

July 14, July 21, July 28, August 4, and August 11!

(Rain Dates are August 18 and August 25 at 6:00pm)

Thank you to all of our 2019 Sponsors!

Presenting Sponsors: Liberty Bank, The Flood Law Firm, Powder Ridge Mountain Park and Resort, and Gildersleeve Spirit Shop.

Silver Sponsors: Budget Blinds, Dufford Well Drilling & Pump Service, Jarvis Airfoil Inc., Portland Automotive, Snyder Civil Engineering LLC, and Water and Sewer Specialties.

Bronze and Supporting Sponsors: Charlie’s Water Wagon, Portland Dairy Queen, Daniels Energy, Gotta’s Farm, Moore Brothers Inc., NAPA Portland, Portland Discount Liquors, Portland Memorial Funeral Home, Portland Home and Hardware, Curley Real Estate Assoc., Ken and Kim Fischburg, A & N Subway, Portland Veterinary Hospital, and The Wedding Dress LLC.