

P O R T L A N D



PARKS & RECREATION



Winter 2020

Contact Us!

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Portland, CT 06480

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860-342-6757

Fax:

860-342-6763

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860-342-7234

Website:

<https://portland.recdesk.com>

Facebook:

@PortlandCTParksandRecreation

Check out our
Winter BRRRRRRR
-rouchure!



Get Active, Get Involved

REGISTRATION INFORMATION

Online Registration is easy and available through ww.Portland.Recdesk.com – refer to “help” tab for further instructions

- Create a new user account on the right sidebar if you don't already have one
- Include any household member that will be participating in Parks and Recreation programs

Fill out and drop off or mail in our registration form on the next page of this program packet

- Payment in the form of cash or check must be included with the registration form – Thank you!

Youth Programs

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. For more information, go to www.partners.quickstarttennis.com

Fee: \$57
Site: Valley View Gym
Day: Tuesdays
Dates: Feb. 11 – Mar. 24

Grade: K – 2nd
Time: 5:30pm – 6:15pm
Grade: 3rd – 6th
Time: 6:15pm – 7:00pm



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!!

Fee: \$80
Site: Inner Circle Family Martial Arts Studio
Day: Tuesdays

Session 1

Dates: Jan. 7 – Feb. 25
Time: 3:00pm – 3:45pm

Session 2

Dates: Jan. 7 – Feb. 25
Time: 4:00pm – 4:45pm

Session 3

Dates: Jan. 7 – Feb. 25
Time: 5:00pm – 5:45pm



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.

Fee: \$80
Site: Inner Circle Family Martial Arts Studio

Mondays

Dates: Jan. 6 – Feb. 24
Time: 5:00pm – 6:00pm

Fridays

Dates: Jan. 10 – Feb. 28
Time: 4:00 – 4:45pm

Gymnastics & Tumbling (Ages 6+)

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: Inner Circle Family Martial Arts Studio
Day: Thursdays
Dates: Jan. 9 – Feb. 27
Time: 6:00pm – 7:00pm



Winter Golf Fun and Fitness

PGA Golf Professional Gerry D'Amora is running a 4 week Golf Clinic. Gerry will combine a variety of activities with golf instruction in order to ensure that the participants of this program are working on the fundamentals of the game in a fun and engaging way. This is a great chance to hone your golf skills during the offseason!

Fee: \$75
Site: Valley View Gym
Day: Mondays
Dates: Feb. 24 – Mar. 16

Grade: K – 3rd
Time: 5:00pm – 6:00pm
Grade: 4th – 8th
Time: 6:00pm – 7:00pm



Youth Dance with Miss Alicia

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.

Session 1:
Date: Jan. 7 – Feb. 25
Session 2:
Date: Mar. 3 – May 5

Fee: \$110 per session
Site: Conn Valley Music & Dance Center
Day: Tuesdays
Time: 4:30pm – 5:00pm
Age: 2 to 4 years



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.

Session 1:
Date: Jan. 6 – Feb. 24 / Jan. 7 – Feb. 25
Session 2:
Date: Mar. 2 – May 4 / Mar. 3 – May 5

Age: 2.5-5
Day: Mondays
Time: 9:45am – 10:30am
Age: 3-6
Day: Tuesdays
Time: 5:05pm – 5:50pm

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

Kids Cardio Dance Exercise Class

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 the use of props (ie. Drum sticks, hula hoops, etc.) Children should wear comfortable clothing that allows for movement.

Session 1:
Date: Jan. 7 – Feb. 25
Session 2:
Date: Mar. 3 – May 5

Fee: \$110 per session
Site: Conn Valley Music & Dance Center
Day: Tuesdays
Time: 5:55pm – 6:25pm
Age: 6 – 14 years



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.

Session 1

Date: Jan. 8 – Feb. 26

Session 2

Date: Mar. 4 – April 29

Day: Wednesdays

Age: 3-6

Time: 4:30pm – 5:00pm

Age: 6-8

Time: 5:05pm – 5:35pm

Fee: \$110 per Session

Site: Conn Valley Music & Dance Center



Adult Dance with Miss Alicia

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!

Session 1:

Date: Jan. 7 – Feb. 25

Session 2:

Date: Mar. 3 – May 5

Fee: \$80 per session

Site: Conn Valley Music & Dance Center

Day: Tuesdays

Time: 6:30pm – 7:00pm

Adult Tabata 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. Please bring your own mat.

Try a FREE Class on December 17th & 19th!

Session 1:

Date: Jan. 7 – Feb. 27

Session 2:

Date: Mar. 3 – May 5

Fee: \$128 per session

Site: Conn Valley Music & Dance Center

Day: Tuesdays & Thursdays

Time: 5:45am – 6:15am

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!

Come try a FREE Class on December 10th!

Session 1:

Date: Jan. 7 – Feb. 25

Session 2:

Date: Mar. 3 – May 5

Fee: \$80 per session

Site: Conn Valley Music & Dance Center

Day: Tuesdays

Time: 7:15pm – 7:45pm

Age: 15 & up



Adult Programs & Sports

ZUMBA!

Zumba fitness uses Latin rhythms and easy to follow moves to create a dynamic program that will totally change the way you look at fitness! Zumba is an exhilarating, caloric-burning, body-energizing, and exciting 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!"

FREE CLASS on January 8, 2020! Try it!

Fee: \$55 per session or \$8 drop-in fee
Site: Valley View Gym

Day: Wednesdays
Date: Jan. 15 – Mar. 25
10 Week Session
Time: 6:15pm – 7:15pm
Age: 13 and older; participants under 18 must be accompanied by a registered adult.

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!!

Fee: \$80
Site: Inner Circle Family Martial Arts Studio
Day: Tuesdays
Date: Jan. 7 – Feb. 25
Time: 7:00pm – 8:00pm

Women's /Men's Drop-in Basketball

Looking for the opportunity to shoot some hoops and brush up on your game? Open to Portland residents only, please. Women: 18+ / Men: 30+

Site: Portland Middle School Gym
Day: Mondays (women) / Tuesdays (men)
Date: 9/23- 4/6 (women) / 9/10-4/7 (men)
Time: 7:00 – 8:30 (women) / 7:30 – 9:00 (men)



Adult Co-Ed Volleyball

Participate in competitive and/or non-competitive drop-in volleyball. Bring your friends and join the fun! Sneakers must be worn. This program is free. Must be 18+

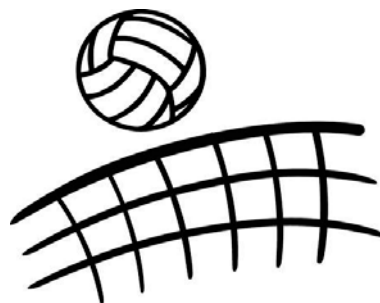
Site: Gildersleeve School gym
Day: Wednesdays
Date: October 16 – May 20

No volleyball on:

12/25, 1/1 & 22, 3/25, 4/14 & 22

Competitive Play: 5:00pm – 6:30pm

Non-competitive Play: 6:30pm – 8:00pm



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

Instructor: Ken Zaborowski

Fee: \$50- 1 class per week
\$100- 2 classes per week
\$7 per drop in

Site: Buck Foreman Community Center

Wednesdays

Date: Dec. 11 – Feb. 26

Time: 9:30am – 10:30am

Saturdays

Date: Dec. 14 – Feb. 22

Time: 11:00am – 12:00pm



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 king's game! 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!



Fee: \$80
Site: Inner Circle Family Martial Arts Studio
Day: Sundays
Date: Jan. 5 – Feb. 23
Time: 6:00pm – 8:00pm
Age: All ages welcome

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: Fridays
Date: Jan. 10 – Mar. 27
Time: 5:30pm - 6:30pm

Pilates – 12 Week Session!

Pilates is an exercise option for everyone. Designed to develop a strong core while maintaining loose 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.

Fee: \$80
Site: Buck Foreman Community Center
Day: Thursdays
Dates: Jan. 9 – Mar. 26
Time: 5:30pm – 6:30pm
Age: 18 years and older

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.

Instructor: GM Dennis Bivens
Fee: \$80
Site: Inner Circle Family Martial Arts Studio
Day: Saturdays
Dates: Jan. 11 – Feb. 29
Times: 11:15am – 12:30pm

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

Instructor: Michael Pelton
Fee: \$80
Site: Inner Circle Family Martial Arts Studio
Day: Saturdays
Dates: Jan. 4 – Feb. 22
Time: 7:30am – 8:30am





Portland Soccer Club Announces its Winter Futsal Program Registration

PSC is now accepting registrations for the 2020 Winter Futsal season

Winter Futsal registration will be accepted from October 18, 2019 until December 31, 2019. Registrations received after December 20, 2019 will be charged an additional **\$25** dollar late fee.

Registration for this program will close on December 31, 2019.

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/>

Winter Futsal: the cost per registrant will be structured as follows:

U6 (01/01/14) TO (12/31/14) - Dribbler-Club = \$40

U7 (01/01/13) TO (12/31/13) - Kicker-Club = \$40

U8 (01/01/12) TO (12/31/12) - Kicker-Club = \$40

U9 (01/01/11) TO (12/31/11) - Kicker-Club = \$40

The Winter Futsal Season will run from 1/4/20 - 2/15/20 (7 week season)

All Games will take place on Saturdays at Gildersleeve Gym

Dribbler sessions: 12:00-1:00pm (no practice during the week)

Kicker sessions: 1:00-2:00 or 2:00-3:00pm (no practice during the week)

Final registration numbers will determine the session configuration for this winter session.

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)



Portland Little League Registrations Now Open!!

Current Programs For Baseball and
Softball:

Winter Clinics From 2/15/20 to 3/14/20

Spring Season From 4/20/20 to 6/14/20

For more information and to register,
visit our website:

<https://tshq.bluesombrero.com/portlandlittleleague>



Instructional K-1 Basketball Program

This co-ed instructional program concentrates on dribbling, passing, and shooting along with small-sided games that are developed each week. Each child will receive a tee shirt Portland residents only.

Registration closes once sessions begins!

Fee: \$45.00

Site: Gildersleeve School

Day: Saturday Mornings

Date: January 4th – February 15th

Time: Kindergarten: 8:00-8:45AM

First Grade: 9:00-9:45AM

Instructional 2nd Grade Basketball Program

This instructional program is not co-ed. Concentration is on dribbling, passing, and shooting with a progression into 3 on 3 games. Each child will receive a tee shirt Portland residents only. All participants are encouraged to attend Thursday evening practice sessions! Registration closes once sessions begins!

Fee: \$55.00

Site: Gildersleeve School

Day: Saturday

Date: January 4th – February 15th

Time: 2nd Grade Boys, 10:00-10:45AM

2nd Grade Girls 11:00-11:45AM

Valley View

Thursday Evenings

January 2nd – February 13th

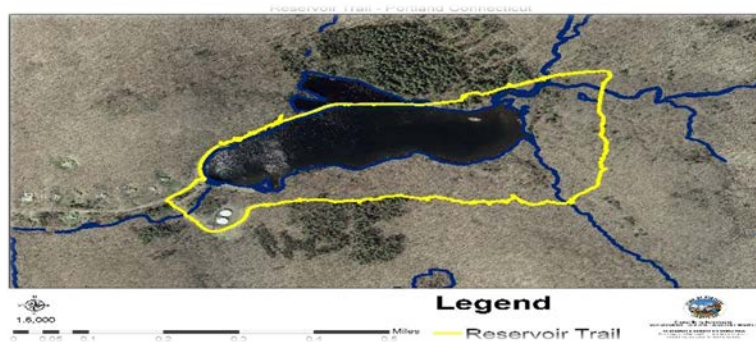
2nd Grade Girls, 5:00-6:00PM

2nd Grade Boys, 6:00-7:00PM

Enjoy and Explore Portland, CT- Beautiful Outdoors!

Portland Reservoir Rim Trail

A natural hiking trail that loops around the Portland Reservoir. This trail is two miles, well established, and is blazed with red marks. The first section of the trail takes you along the edge of the reservoir. As you pass through a large gate into the next trail section, you turn right on the Old Marlborough Turnpike (early Portland settlement area). This trail takes you on along the East side of the reservoir and over the largest water crossing, Reservoir Brook. Once you cross Reservoir Brook, enjoy a stretch of hiking until you come to a right turn. You will cross a foot bridge that was completed as an Eagle Scout project. Continue to hike parallel of the southern bank of the reservoir until you reach a fork in the trail- follow it right. After the fork, you will come to the 3rd and final water crossing. This trail will lead you back to the main parking area.



Portland Riverfront Park

Enjoy a walk or a hike through Portland's beautiful 40 acre Riverfront Park.

Riverfront Park Rental Information (284 Brownstone Avenue, Portland CT 06480):

- Rental pricing is currently being updated and we will be able to provide the community with more accurate information early 2020.
- Please contact Portland Parks and Recreation with any questions regarding pavilion or band shell rentals.
- Rentals are available between May 1st and October 31st

